

CYPRESS MILL NEWSLETTER

December 2008, Volume 8, Issue 11

Cypress Christian School Athletes Serve Those Affected By Hurricane

On September, 20 several CCS varsity football players and parents got together to help people in the community who were affected by Hurricane Ike and clean up the grounds of CCS. The group met at CCS at in the morning, then split up into three groups and went to three different locations.

In the first location, the group completely cleaned the front and back yards, blew debris off the roof, cut up large limbs and hauled them to the street, and bagged approximately 20 bags of pine needles and debris.

Another group went to the house of an elderly woman who had requested help because she was unable to clean up debris from Hurricane Ike. With the help of parent Wes Van Pelt and CCS student Josh Rodriguez, two trees were cut down – one that was partly on a storage shed and partly in the pool. The group also cleaned the roof of a covered patio of limbs and debris, and hauled large limbs and debris from the property to the road.

The last group went to a single mom's house in Bear Creek. They pulled up and removed wet carpet, due to a hole in the roof, and hauled it to the street.

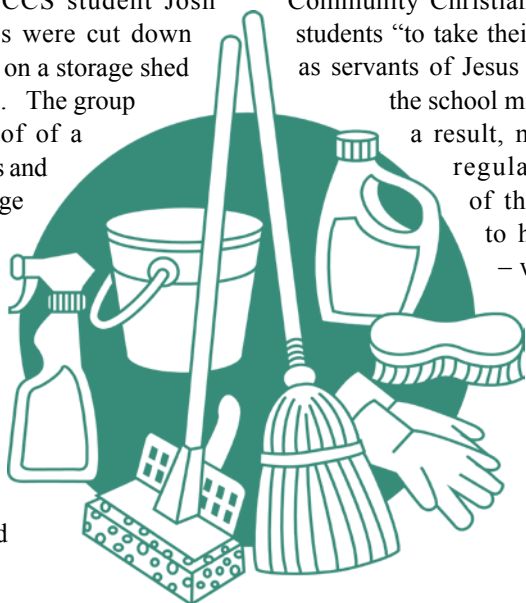
At CCS, a group hauled logs from trees lost during the hurricane to the street and stacked them. They were also able to clean up the front yard of the school.

Those who served included Coach Spenn, Coach van Pelt, Ron Hinn, Scott and Becky Morgan, Ray Groll, Michelle and Bud Bennett, Jim Alldridge, Alan Reed, Helen Mitchell, Austin Barton, Ben Bennett, Ben Mitchell, Mason McCollum, Brandon Galloway, Cameron Kostak, Clark Alldridge, Clay Buhler, Garrett Higginbotham, Jack Mitchell, Jacob Reed, Jason Groll, Josh Rodriguez, Kyle Hinn, Ryan Morgan, and Scott Ordeneaux.

The administration and faculty of Cypress Community Christian School encourage students "to take their place in the world as servants of Jesus Christ" as stated in the school mission statement. As

a result, many CCS students regularly take time out of their busy schedules to help others in need – whether it is local or far away – and each of them testify that their lives were changed as a result of helping someone else.

~George Buhler



Season's Greetings

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and much more!!

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CYPRESS MILL

Important Numbers

Cy-Fair High School281-897-4600
 Cy-Woods High School281-213-1919
 Cypress Lakes Golf Club281-304-8515
 Cypress Mill M.U.D. #1, (24 Hour Emergency) ...713-983-3604
 Constable Ron Hickman, (24 Hour Emergency) ...281-376-3472
 DPS Sex Offenders website <http://records.txdps.state.tx.us/>
 Centerpoint Energy Gas713-659-2111
 Centerpoint Energy Gas-Emergency Gas Leaks... 713-659-3552
 CenterPoint Energy713-207-2222
 Irrigation Leaks/Common Area Repairs - Principal Management
 Poison Control Center800-764-7661
 Principal Management 281-367-8137
 Robison Elementary281-213-1700
 AT&T Repair Center800-246-8464
 Spillane Middle School281-213-1645
 Street Light Outages713-207-2222
 Comcast Cable713-462-9000
 Waste Corporation of America (WCA) Recycling 281-368-8397

Pipeline Company – Exxon Mobil
 281-925-3816
Mowing of Pipeline easement; Standing water; Smells or leaks

Street Lights – Center Point Energy
 713-207-2222
Damaged or Burned Out Street Lights
They will need 6-digit pole number when calling

Constable Ron Hickman (24 Hour Emergency)
 281-376-3472

Harris County Road and Bridge
 281-463-6300
To request street signs and to report street damage, curb damage, street flooding, or missing/damaged street signs.

Newsletter Publisher
 Articles cypressmill@peelinc.com
 Peel, Inc..... advertising@PEELinc.com, 888-687-6444

Newsletter Deadline

The deadline for the newsletters is the 10th of each month.
 Please email articles to: cypressmill@peelinc.com

**Remember: The Speed Limit
 throughout Cypress Mill is 30 MPH!**

290 Cypress Business Networking Group

The 290 Cypress Business Networking Group meets every Thursday morning at 7:30 am at Newk's Express Café located at Hwy 290 and Spring Cypress in the Kroger Shopping Center near the Cinemark Theater. The group is open to all business owners and professionals who want to increase their exposure to the residents of Cypress and the surrounding areas. There is no cost to attend the meeting. If you would like more information, please call Ken Parker at 281-384-1562.

Visit our new website at 290Cypress.com

MUD Board of Directors

The District is governed by the Board of Directors, consisting of five directors, who have control over and management supervision of all affairs of the District. All of the Directors reside in the District.

Mr. Ronald S. ("Ronnie") Koehn, President

Mr. Bob Henry, Vice President

Mr. Tim Halloran, Secretary

Ms. Angell Swedlund, Treasurer

Mr. Jerry Bryant, Assistant Secretary

<http://www.cypresshillmud1.com/contact/index.html>

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Have you noticed a street light out? You can report it to CenterPoint Energy 24 hours a day at 713-207-2222. Choose a language preference and then select option "4" for street light outages.

Please provide the street light's six digit number located approximately 5 feet up the pole. Also the street name and address are helpful.



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 Resale Shop

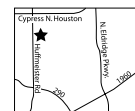
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CYPRESS MILL

US Olympian to Speak at Northwest Flyers Registration Breakfast on February 7, 2009

The Northwest Flyers Track Club will host its annual free information / registration breakfast on February 7, 2009 for all boys and girls and their parents interested in joining for the 2009 season. The breakfast starts at 8:30AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The breakfast is the annual opportunity for youth athletes to register for the 2009 summer track season, and to meet the Northwest Flyers coaches and staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic team.

The Northwest Flyers Track Club is a youth (age 6-18) track organization, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance,

relays and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. The Northwest Flyers has approximately 195 members, boys and girls. The club was founded 21 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

The Northwest Flyers is a member of the "Win with Integrity" program, a partnership between USATF and the American College of Sports Medicine. "Win with Integrity" brings elite track & field athletes and school-aged kids together to promote healthy lifestyles, keeping active, and living with integrity through the sport of track & field.

For additional information on The Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at (281) 587-8442 or linette.roach@sbcglobal.net.



"Adventures in Mothering" at The MET

***Join the Adventure! Get
Connected...with MOPS!***

MOPS stands for Mothers of Preschoolers, a program led by mothers themselves and designed for mothers with children ages birth to 5. These mothers all have a shared desire...to be the best mothers they can be!

For more information on meetings in Fairfield, please contact Renate Wheeler at renateqw@yahoo.com. They will meet on the second and fourth Fridays during the school year.

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Texas Terrapins Swim Team

TTST has 130 swimmers ranging in age from 4–18 years old. Our Fall Sign up brought 80 new swimmers joining the ranks of year round competitive swimming right here in the heart of Fairfield. We couldn't be more excited as our swim season begins.

Meets that TTST has competed in so far include:

- 11 & Up Open sponsored by Woodlands Swim.
- 15 & Over Senior Meet sponsored by FLEET
- 11-14 BB & Under Meet sponsored by North Channel Aquatics
- 15 & Over Senior meet sponsored by Woodlands Swim
- Swimmer's receiving "A" times are Derek Miller, age 15, Michelle Scott, age 14, Danny Thorne, age 13, Carter McMillien, age 13, and C.J. Warren, age 13. All these swimmers are working on achieving TAGS times in their next meets. Kelsey Johnson, age 13, and Kevin Johnson have received many "BB" times working toward "A" times. Katelyn Blankenburg has also shown great improvement in the first two meets of the season.
- Our girls, 11-12, relay teams have placed in recent meets. Congratulations to Paige Fery, Noah Kelley, Sarah Whetstone, Kenzie Golladay, and Sarah Orr.
- 10 & Under Open sponsored by the Eagle Swim Association.
- Abbie Jones, age 10, has achieved 3 TAGS times and is now working on her fourth TAGS time. Abbie also has multiple "AAA" times. Beth McNeese, age 7, has many "B" times and is quickly working to make those "BB" times in upcoming meets. Sydney Stanford, age 7, has many "B" times. Sydney Begnaud, age 6, Savannah Stone, age 8, Makaylynn Seeley, age 8, Savannah McMillien, age 10, Rachel Parker, age 10, Griffin Kaye, age 6, Collin Stewart age 7, Matthew Braswell age 7, and Ben Blankenburg, age 8 have all made excellent showings in meets earning them all numerous ribbons. Notable times have been received by Lexi Bruno, age 10, Kennedy Stone, age 10, and Lakshmi Sekharan, age 8.

This is just the start of short course season and we have many more meets that we will have our Turtles showing off their technique that they have worked so hard on in practice. Our team is planning to participate in the LSU Mardi Gras Meet to be held in Baton Rouge January 23 - 25. This promises to be lots of fun as well as a great opportunity for our swimmers and families to have a winter weekend away. Once in Baton rouge TTST will be participating in a Mardi Gras parade with the other swim teams to kick off the meet.

Our Team is always ready to have new swimmers join. It's an excellent form of exercise, a great way to meet new friends and conveniently located for Mom and Dad too. Feel free to check our website www.texasterrapins.com for more information or e-mail HCTTST@hotmail.com.



Recipe of the Month:



Hot Christmas Punch

Ingredients

- 3 Cups water
- 3/4 tsp. salt
- 1 Tall can pineapple juice
- 1 large jar cranberry juice
- 6 sticks cinnamon, broken
- 3 T whole cloves
- 1 Cup brown sugar

Directions

Dissolve sugar in water and pour in percolator. Add juices. Place cinnamon sticks, cloves, and salt in basket. Percolate.

If you would like to submit YOUR recipe email it to articles@peelinc.com.

The Foot Wellness Center



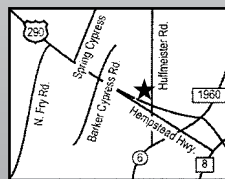
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CYPRESS MILL



Attention Kappa Delta Sisters ...

The Houston Northwest Kappa Delta Alumnae Association holds meetings the 4th Tuesday of each month at 6:30 p.m. Visit www.kdhnwaa.com for all the details.

Cy-Fair Area Y-ME Breast Cancer Support Group

Are you a Breast Cancer Survivor?

Please join us for the Cy-fair Area Y-Me Breast Cancer Support Group. We meet the second Thursday of each month @ Kindred Hospital Houston Northwest from 6 p.m. – 7 p.m.

For more information please contact Tere Kelly@ 281-517-1008.



The MOMS Club® of Cypress / NW-Fairfield Moms Offering Moms Support

On behalf of the Mom's Club we want to thank the community for all your support and help with the Fall Festival we hosted on November 8th. We could not have done it without you!



MOMS Club® is an international organization with a neighborhood feel! We are teachers, business women, counselors, chefs, CPA's and artists who have put those careers on hold and have made the choice to stay home with our kids.

MOMS Club® is a place to find friendship, support, playmates and sisterhood!

ALL events include our children and we believe there is something for every mom out there! Are you looking for park days, coffee breaks, lunch outings, (free) babysitting co-op, craft projects, time to sit and chat, cooking club, book club or someone to share dinner with when your husband is traveling or working late? We even find the time to meet once a month for a mom's night out a great time to unwind. Or are you interested in helping the within the community with service projects. We have that! (And a whole lot more!)

Come visit our next all-member meeting and see for yourself! There is a lot of fun and support just waiting for you! Our next meeting is Tuesday, December 9th, 10AM at Good Shepherd United Methodist Church located on Cypresswood Drive in Fairfield. As always, children welcomed!

For more information please contact Danielle Slot, Membership VP at 832-876-4358, danielleslot@yahoo.com or Amy Wilkes, President at 281-455-2807, amywilkes2003@yahoo.com.



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8:30 am - 10:30 am

“Introduction to Insulin Pump Therapy”

10:30 am – 12:30 pm

**“Advanced Pumping Skills
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1:30 – 3:30

*RSVP prior to each class to Tere Kelly
at 281-517-1008*

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Questions or Concerns?

Call ECI of MHMRA Harris County at 713-970-4900

or visit www.dars.state.tx.us/ecis

to find out more about ECI

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CYPRESS MILL

RE/MAX Lakeland Goes "Passionately Pink for the Cure"

Cypress, TX - October 30, 2008 - The team at RE/MAX in Cypress went pink in October, partaking in the nationwide show of support for Komen for the Cure, Passionately Pink Day.

"Our fabulous agents raised funds for Komen for the Cure, and wore their best pink attire all day," says RE/MAX Lakeland Owner Dawn Fore. "We also treated the office to a special breakfast and had an all around good time."



*The RE/MAX
Lakeland Team
came decked
out in Pink
to show support
for Komen for
the Cure.*

Back Row (left to right): Catherine Reinhard, David Jordan, Robert Fore, Clint Nabors, Jon Paquette
Front Row: Corey Guerrero, Dawn Fore, Jodi Willis

Heritage Presbyterian Christmas Cantata and Pageant December 14, 2008

On Sunday evening, December 14th at 7 pm, the combined choirs of Heritage Presbyterian and St. Giles Presbyterian will present a moving Christmas cantata and pageant. The cantata, the result of many months of preparation and practice, will be presented in Heritage's beautiful main sanctuary.

The cantata is free of charge and all Northwest Houston residents are welcome and encouraged to attend (childcare will be provided).

Please bring your entire family so you can experience this wonderful and joy-filled evening. It will be a memorable way to set the stage for your family's Christmas celebration.

More information is available by calling the church office at 281-463-7701. Heritage Presbyterian is located in the Copperfield area at 7934 Highway 6 North @ Longenbaugh Drive (next to Cy-Fair VFD fire station). Contact the church office for more information at (281) 463-7701

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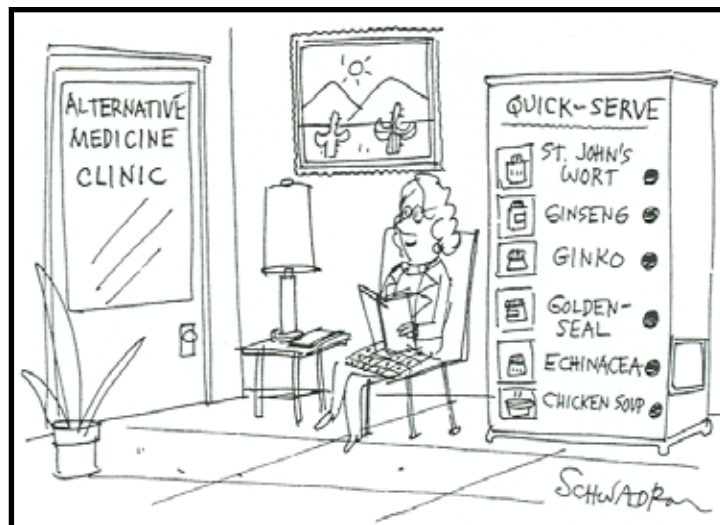
Come see our new location!

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(between CVS and IHOP)

Truth Student Ministry of The MET

Truth Student Ministry of The MET is hosting a huge garage sale Saturday, December 13 from 8 a.m. to 12 Noon. Adults and students will be raising money to support both local and global mission endeavors. These endeavors range from food and safety for children in Uganda to reaching our community here in Northwest Houston. Students, grades 7-12, will be handling all aspects of the fundraiser, including collecting the donated items, sorting, pricing and the actual sale. "This is a great chance for our students to come together, serve our community and provide for families that need help," Beth Smith, MET member and event coordinator. This sale will include clothes, electronics, toys and much more. With over 300 donors from inside the church congregation, this garage sale will be one of the best around town. Make sure you tell your friends and come early as the best items will be gone fast. Look for the crowd in the Truth Student Building parking lot at the corner of Jones and Mills!

If you can't stop by, but would like to make a donation, please send it to Truth Student Ministry, Attn. Garage Sale, 13000 Jones Road, Houston, Texas 77070. For more information about The MET check us out at TheMETonline.org.



Street Light Out?

"Have you noticed a street light out? You can report it to CenterPoint Energy 24 hours a day at 713-207-2222. Choose a language preference and then select option "4" for street light outages.

Please provide the street light's six digit number located approximately 5 feet up the pole. Also the street name and address are helpful.

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CYPRESS MILL

Cy-Fair Kiwanis Club

Officers for the 2008-2009 year were installed at the first meeting in October. They were Robert Presnell, president; David Paul, vice-president; George Crowl, Secretary, and Jim Meadows, treasurer. Board members are Steve Gleinser, Vernon Jones, Andy Lawrence, Janet Tabor, and Larry Zarker. Terry Ortiz is immediate past president.

The Cy-Fair Kiwanis Club meets three times a month at the Hearthstone Country Club in Hearthstone from 12:15 p.m. to 1:15 p.m. for lunch, and programs including guest speakers on subjects of concern to the community and individuals. We invite you to a complimentary lunch, fellowship with our members, an informative program, and an opportunity to learn more about our organization. Reservations are not required. The Club will meet on December 2 and December 16. No regular meeting will be held on December 9; instead, the Club's annual Family Night Christmas party will be held at 6:30 pm that night at the Hearthstone Club.

Membership in Kiwanis is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International. If you would like to know more about Kiwanis and the service programs it promotes, call John Carroll at 281-463-0373; George Crowl at 832-467-1998; or Robert Presnell at 281-304-7127.

CHILDREN: PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club, an affiliate of the International Kiwanis organization, focuses its services, programs and activities on this theme. Local projects of the Club with the emphasis on Children include sponsorship of seven Key Clubs, Circle K at Cy-Fair College, Boy Scout and Girl Scout projects; Cypress Assistance Ministries, Bear Creek Assistance Ministries, the Houston Food Bank, the Salvation Army, and others as needs are identified. Come, join, and work with us in service to the community.

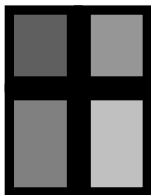


American Legion Post #324 Looking for new members!

If you are a Veteran of the U.S. Army, U.S. Navy, U.S. Air Force, U.S. Marines, U.S. Coast Guard, or Merchant Marines you may be eligible to join.

American Legion Post 324 of Jersey Village meets the second Sunday of each month (except May when it's the third Sunday) at the Jersey Village Civic Center at 4:00 p.m.

Please come to the meeting or contact the Post by mail at P.O. Box 41962, Houston TX 77241 or call Commander Howard Mead at 713-466-3610.



**SAINT AIDAN'S
EPISCOPAL CHURCH**
...where people come together...

*But the Angel said to them, "Do not be afraid.
I bring good news of great joy that will be for all
the people. Today in the town of David, a Savior
has been born to you; he is Christ the Lord."
Luke 2: 10-11*

***Saint Aidan's wishes you a blessed Christmas season.
We look forward to celebrating Christ's birth with you!***

December 13th 3-6pm Church Christmas Party Potluck – Santa is coming!

December 24th 4pm Family Lessons and Carols with Holy Eucharist – Children lead worship
9pm Holy Eucharist Rite II with the Service of Light – Children's activity provided

Regular Worship Schedule

Sundays at Saint Aidan's

8:00am Worship
9:15am Sunday School for All Ages
10:30am Worship

Wednesdays at Saint Aidan's

6:00pm Dinner
6:30pm Worship
6:45pm Programs for All Ages

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Come see our new church!
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Father Justin, our Priest,
looks forward to meeting you!





WRAP is Cy-Woods High School's parent-driven Project Prom organization. The purpose of WRAP is to provide a drug- and alcohol-free all-night party for the graduating seniors and their guests after their prom. Held at the CFISD Berry Center on May 22, 2009, from 11:00 p.m. to 6:00 a.m., it is a fun-filled evening of shows, games, activities, food, gifts and prizes!

CURRENT FUNDRAISERS:

JEANS & JEWELS: Feb 20, 2009. An evening of fun for adults: dinner, dancing, and a silent auction. Please contact our committee chair (see website cywoodswrap.org) if you have donations for the silent auction or to purchase tickets. Entire community welcome.

MR. WILDCAT: Winter/early spring. This

is a beauty pageant type show spotlighting senior men that the students attend. More to come on this fun event for the students!

SCRIPS: Monthly. Purchase giftcards and WRAP gets %, List of retailers at www.glscrip.com. Orders taken at monthly WRAP meetings and delivered at following meeting.

RECYCLABLES: Monthly. We are collecting recyclables at the WRAP meetings. Bring empty ink cartridges and old cell phones in a zip lock bag with your senior's name to earn WRAP bucks for your student! Visit www.cartridgesforkids.com for a complete listing of acceptable items and brands.

PREFERRED VENDOR PROGRAM: Ongoing. Vendors include Quance Design and Photography, Siobhan Photography,

Mary Kay, Creative Memories, Pampered Chef and Mac Haik Ford. See website for more information cywoodswrap.org

PLAY IT AGAIN SPORTS: Monthly. Bring used sports equipment such as gloves, bats, cleats, golf clubs, or exercise equipment, to the meetings to earn money for WRAP and WRAP bucks for your student. For a complete list of acceptable items, visit <http://playitagainsportshouston.com/>.

GOODSEARCH: GoodSearch.com is a new Yahoo-powered search engine that donates half its advertising revenue, about a penny per search, to the charities its users designate. GoodShop.com is a new online shopping mall which can donate up to 37 percent of each purchase! See cywoodswrap.org for more info.



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CYPRESS MILL MARKET REPORT

Courtesy of "DAVID FLORY"

This market information report is provided to keep you informed of resale market activity in your subdivision.

	May 08	Jun 08	Jul 08	Aug 08	Sep 08	Oct 08
\$200,000 +	0	0	0	1	0	1
\$180,000 - 199,999	0	0	0	0	0	1
\$160,000 - 179,999	3	1	1	0	0	0
\$140,000 - 159,999	1	4	2	6	3	0
\$120,000 - 139,999	4	3	1	6	1	1
\$120,000 -	3	0	1	0	0	1
TOTAL	11	8	5	13	4	4
Highest \$/Sq Ft	78.25	80.76	80.36	83.49	78.40	81.08

This chart represents the homes that have sold and closed in the past 6 months according the Houston Multiple Listing Service.

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*Realtor Teams per Remax 9/2007

Geeky Gifts for the Techie in Your Life

Submitted by Laurie Scott

Rather than giving a white shirt and narrow black tie to the geek in your life this Christmas, here are some different ideas for you...

Go online and start with ThinkGeek.com. Here you can find anything from t-shirts to toys to new ways of getting caffeine into your system. Looking for a solar-powered baseball cap? They have it. If you wish you had an anti-gravity globe floating on your office desk, this is the place to find it.

KlearGear.com has a desktop water cooler for under \$18. For you Star Trek fans they have a voice-activated light switch/dimmer that you talk to like the computer on the Enterprise. The official computer voice even talks back to you.

If you're as old as I am you remember vinyl LP's (read your history books kids.) If you have a collection of vinyl that you would like to convert to .mp3's or CD's, Amazon.com has the ION Audio USB turntable for \$100. You don't need any other special equipment; it plugs directly into your computer's USB port and includes recording software so you can create your own CD's. If you still have your old trusty turntable but nothing to plug it into anymore, DAK.com has an adapter you plug your turntable into and it plugs into your computer. It comes with software that is smart enough to split the songs into tracks for you and includes filters for the ticks and pops that go along with vinyl.

Have someone who loves games but you want to stay away from the shooters and other violent games? Check out X-Plane.com for a very realistic flight simulator that give you a wide choice of aircraft you can fly anywhere in the world. You can even try flying and landing the space shuttle if you're brave enough. Available for both the PC and MAC it is \$39.

My personal favorite geeky gifts are USB slippers. That's right, slippers. The slippers plug into your computer's USB ports and in no time your feet are nice and toasty. We don't get a lot of cold mornings here in Texas but you'll love these when we do. They're available at Vavolo.com.

Have a wonderful holiday season! Next month I'll help you with a New Year's resolution you can actually keep.

Just a Reminder

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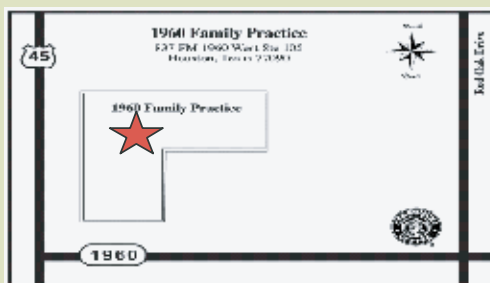
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Tips for Parents of Young Athletes Ways to Enhance the Child's Experience and Yours!

Submitted by Elizabeth Mirabal

With a new year around the corner, many of us are working on creating our annual list of resolutions as well as preparing for another year of team sports with our children. Aside from less sweets and more exercise, parents may also want to consider a few goals to work toward as they participate in youth sports. Here are a few ideas to consider:

- Talk to your child about his/her practices and games. Guide your athlete as he/she discovers personal areas of success and skills that need improvement. You may say, "I'm proud of how fast you ran on the field. What are you most proud of today?"

- Choose your role and stick to it. Have you chosen to be a spectator and root for the teams? Did you volunteer to coach? Are you a game official? All are necessary in maintaining a positive environment for children. When compelled to switch roles, remind yourself of the role you've chosen. If you're a spectator, refrain from shouting out a call or play. If you're a coach, take the lead in ensuring young athletes are demonstrating good sportsmanship-like behavior at all times. As an official, recognize that you are the final frontier when it comes to game rules and team conduct. When all groups work together, the results provide for a supportive and educational experience.

- Be emotional! Laugh! Cheer! Smile! Fun isn't only for kids! Feel free to holler and liven up the environment! There may be times, however, when you believe an unjust call was made or a rule is not being adhered to. Suddenly, your emotions are all but requiring laughter. Reduce the possibility of an outburst by taking a few deep breaths, counting to ten, or by taking a walk to the parking lot. Then, find an appropriate time and place to address your concerns with a league official. Statistics show that 28% of young athletes saw their parents yelling at or arguing with coaches and 31% saw parents arguing with officials (Trends & Tunes, HarrisInteractive, Volume 3, Issue 8, August 2004). That is one statistic you want to steer clear from!

- Focus on FUN and not winning. Help children develop self-esteem through their personal improvements and not a game win. Rather than asking, "Did your team win?" Why not ask, "Did you do your best? What did you learn today? Did you have fun?" Emphasize that his/her improvement was related to hard work at practice and listening to the coach. Therefore, the child learns to define individual success as a result of his/her own effort. This turns the focus away from an aspect he/she cannot fully control; the entire team's win/loss record.

(Continued on Page 17)

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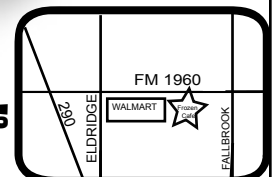
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Tips for Parents - (Continued from Page 16)

• Ensure your fueling your child's engine with the "Good Stuff": It has happened to many of us. We ask our child to pick a snack to eat before a game and he/she runs out of the house with cookies. While the cookies may provide a quick burst of energy, it'll remain just that: a burst (that fizzles out quickly). Why not make a brief list of nutritional snacks your child can choose from THEN allow him/her to choose from there. Your options may include: a banana and milk, apple slices and cheese, or an ol' fashioned PB & J sandwich on whole-grain bread. This way, you've ensured your athlete chooses wisely and he/she maintains his ability to make the final choice. A win-win situation! Don't forget to rehydrate during practice and games with plenty of water! Frequent small sips of water are more beneficial than gulping down a bottle of water at half-time which may lead to stomach discomfort.

CALLING ALL SCRAPBOOKERS!

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			6	8				9
		9	2	3	1	5		
		4		1	5			8
5		1	9		3			
6								
					4			
2				5			4	
	4						8	1

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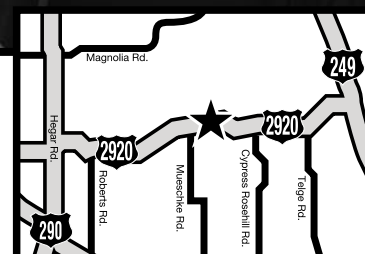
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Happy Pets Make For Happy Holidays

Submitted by: Cammie Teliha, DVM

The fall holiday season is a wonderful time for fun, food, family and friends all of which can be overwhelming for you family pets. The extra activities of the season can dramatically change the household routines, sights, and smells around the home. Therefore, it is important to consider these holiday activities from your pet's perspective and safe guard your furry friends to ensure that everyone in your family enjoys a happy and healthy holiday season.

First it is important to understand the hazards that our pets face as the holidays approach. The following are some basic hazards that each pet can face during the holidays:

- Rich, fatty foods can be very dangerous to both cats and dogs. Many holiday foods such as turkey, smoked ham, garlic, onions and chocolate can cause GI upset, vomiting, diarrhea and even death.
- All bones, especially turkey bones, can cause intestinal tears and obstruct the digestive tract.
- Even grapes and raisins can be dangerous for dogs and can lead to kidney failure.
- Caffeine and alcohol can be toxic and should never be given to our pets, no matter how funny Uncle Pete thinks it might be.
- Cooking aids like aluminum foil, string and holiday decorations can all be very enticing for any pet, but each can be very dangerous and potentially deadly if ingested.

In addition to these specific hazards, the fact that the family routine can change dramatically can be very stressful to any pet. As parties occur, or when family and guests spend the night, pets can be overwhelmed with the noises and interactions which often leads to unwanted behaviors such as aggression, soiling and possibly running away.

With all these hazards to contend with my recommendation is to develop a simple and direct plan that everyone, both young and old, family and guest, can quickly understand and support.

HOLIDAY GAME PLAN:

Post the Rules: How often have you heard your guest say "Oh, just one bite won't hurt"? The problem is if everyone offers your pet a little nibble there is no way to know what might have caused your pet to get sick. Preventative safety measures are the best strategies. By simply letting everyone know the rules your pet will be safer and there won't be any confusion about your expectations from both family and friends.

No Table Scraps: With so many holiday health hazards involving food and diet, this simple recommendation will ensure a healthy and well fed pet throughout the holiday season. Discourage family members and guests from indulging your pets with inappropriate treats.

(Continued on Page 19)



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Happy Pets- (Continued from Page 18)

Food that is high in sodium and fats, such as peanuts, chips, poultry skin and other meats can cause an inflammation of the pancreas which can lead to pancreatitis, a potentially life threatening condition. Always try to maintain the same feeding schedule as the rest of the year and if Uncle Pete just can't resist, have a small amount of veterinary approved pet treats on hand.

Tidy Tidy Tidy: This means everything from food to decorations. I know that this is easier said than done, but if everyone knows the game plan you will be more successful than you might expect. Decorations might not seem like a good meal, but the holiday season can seem like a buffet smorgasbord to some pets. Keeping the house neat with decorations out of reach will discourage bad behavior and help you keep track of the ornaments that go missing. Keep leftover foods out of reach and in tightly closed containers and make sure garbage cans are secure and all trash bags and places in trash can. It only takes a couple of minutes for a pet to tear up a trash bag and devour whatever is inside.

Time Out: When animals are stressed they can often become unpredictable and behave erratically. This is never good for a party. Be mindful of how scared your cat might get with a house full of strangers or how hyper Fido can be when all of the cousins are over. Providing a quiet out of the way spot for your pet to relax and get

away from all of the holiday activities can go a long way to ensuring a comfortable get together for everyone. Consider a pet time out when you sit down to eat. This will serve double duty by limiting the temptations for everyone. Cats are especially well served if they can hideaway in a back bedroom until everyone has gone home.

Be Prepared: This is especially true during the holidays. Always have your pet fully vaccinated and maintain your records for easy access. If your pet bites a guest the first question the ER will ask is "Is the animal vaccinated for rabies." If you can answer yes and provided current documentation you will greatly reduce all medical concerns and your potential financial obligations. Also, keep your veterinary hospital and the emergency veterinary clinic numbers handy. Your veterinarian can provide you with the closest emergency clinic information, this is especially important during the holidays when many animal hospitals are not open.

The holiday season should be fun for everyone, including your family pet. By putting together a Holiday Game Plan you can ensure the health and safety of your pet and your guests. Remember to share your plan with all of your family and friends, maintain your pet's regular diet and schedule, keep hazards away and be prepared and ready to take action if your pet becomes sick. By following these simple guidelines you can ensure that your pet will be healthy and happy for the holidays.

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529 College Savings Plans Make Sense

Submitted by Rich Keith

With college savings plans, students of all ages can save for all college costs, including tuition, fees, room, board, textbooks and computers. It's not just for kids: If you are considering going back to college or graduate school, you can open a college savings plan for yourself. You will save on taxes, and if you end up not going to school, you can always transfer the money, tax-free, to another 529 plan for your children or spouse.

Withdrawals from college savings plans can be used at most colleges and universities throughout the country, including graduate schools. Some foreign education institutions also may be eligible. Many states now offer at least one college savings plan that has no residency restrictions. You can live in Ohio, contribute to a plan in Maine, and send your child to college in California. However, if your state offers state tax advantages to residents who participate in the local plan, you'll miss out if you opt for another state's 529 plan.

College savings plans typically cover all "qualified education expenses" at eligible colleges, universities and other post-secondary institutions, including tuition, fees, books and supplies, equipment, room and board.

When you invest in a college savings plan, you pay money into an investment account on behalf of a designated beneficiary.

Contributions can vary and are only limited by the maximum and minimum contributions limits set by most plans. Although the maximum contribution amount differs from state to state, in the majority of states offering college savings plans, the maximum amount that you can contribute for one beneficiary exceeds \$200,000. To further increase the amount of contributions you can make, you can open a second college savings plan in another state.

Most states also offer very flexible minimum contribution limits. Many require a \$250 initial contribution with subsequent contributions of as little as \$50. Typically, each plan gives you a number of investment options that allow you to invest in various mutual fund portfolios. Some college savings plans offer age-based mutual fund portfolios. When the child is younger, the portfolio typically invests mostly in stock funds, which carry a higher risk, but higher return potential. As your child grows older, the asset allocation becomes increasingly conservative as it gradually shifts to bond funds and other fixed-income funds.

Many states also offer non-age-based investment options, allowing you to select portfolios with conservative, moderate and aggressive asset allocations. The IRS allows you to change your investment

(Continued on Page 22)



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Going Green Hair Care Tips

Submitted by Michelle Lasher

With the whole world turning to green energy and green products, there is little being said on taking care of one's hair on the green. Many people do not think about what changes can be made to help turn show time into green energy and energy consumption time, although it can be done.

1. Limit the time in the shower- The amount of hot water being used is decreased as well as energy. This helps the environment because water usage is down, gas usage is down, and energy is being conserved.
2. Wash your hair once every other day- If you ask a hair care professional how often to wash one's hair, he or she will often say once every other day or every two days. This gives one's hair more time to recover the natural oils that were stripped away during the washing process. This leads to softer, more manageable hair that has a very soft feel.

3. Rinse with cold water- By rinsing with cold water, the gas consumption is decreased. This in turn decreases the amount of pollution in the air and provides for a greener world. Need another reason to turn off the heat? The cold air helps to close the pores in the skin and the follicles in the hair. This leads to fewer pimples and shinier and softer hair.

4. Buy the bigger bottles- Although large bottles of shampoo tend to have more plastic in them, they also have more shampoo in them and cost less than the smaller bottles. Because the larger bottles have more shampoo in them, it is possible to use less plastic in the end because fewer bottles of shampoo will be purchased.

5. Use products that use recycled bottles!

Happy Green Living!

Did You Know?



President-elect Zachary Taylor refused to take his oath of office on the designated inauguration day, March 4, 1849, because it was a Sunday. He was sworn in the next day, leaving David R. Atchison, president pro tempore of the Senate, as acting president for the day.



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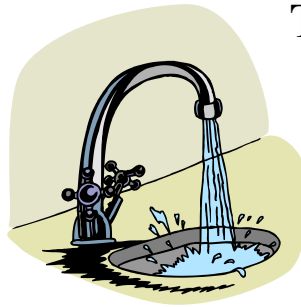
529 College Savings Plan - (Continued from Page 20)

options once every calendar year in a college savings plan.

Investing in college savings plans does come with some risk. Unlike prepaid tuition plans, they don't lock in tuition prices. Nor does the state back or guarantee the investments. There also is the risk with most college savings plan investment options that you may lose money or your investment may not grow enough to pay for college.

Fees, charges and expenses. All 529 plans have fees and expenses. Not only do these charges vary among 529 plans, but also they can vary within a single 529 plan. It is very important to take fees and expenses into account when selecting a college savings plan. Slightly larger fees and expenses can make a big difference in the value of your investment over time. Let's say you invest \$10,000 in a college savings plan with a return of 8% before expenses. With a plan that had annual administration and operating expenses of 3.03%, after 18 years, you would end up with only \$22,966.81. If the college savings plan had expenses of 0.65%, you would end up with \$35,534—a 35% difference!

Before buying a 529 plan, you should find out about the particular plan you are considering, and be sure you understand the plan's description of fees and expenses. Work with your financial professional to help you make the right choices.



The Miracle Cure....

Submitted by Dr. Tenesha Weine

WATER. It's not fish oils, not calcium or magnesium, not even vitamin D... but Water. Water is the single most important nutrient in your body. So simple, yet so many of us are dehydrated. Your body loses about two quarts of water a day through perspiration, urination and exhalation. It

is important for our bodies that we replenish this.

Water is needed and involved in every function of our body:

- Muscles are about 75% water
- Brain Cells are 85% water
- Blood contains 82% water
- Even your bones are 25% water

By depriving your body of water, your organs and cells can not function to their highest capacity. Water is essential for cell life and existence. You can live five to seven weeks without food but no more than 5 days without water.

Major signs you are dehydrated:

- **Joint and Arthritis Pain** - water is a main lubricant in the joint spaces.
- **Digestion Issues** - water helps keep digestive juices in the GI tract supplied in order to create the acids it needs to prevent ulcers, gastric reflux, and constipation, and heart burn.
- **High Blood Pressure** - when the body is dehydrated it can restrict the flow of blood to non vital organs and only concentrate on vital organs.
- **Asthma** - bronchial tubes need adequate hydration to prevent constriction
- **Poor Memory** - Synapses in the brain slow down without adequate hydration.
- **Weight Management** - When you are dehydrated your body releases a hormone, aldosterone, which causes water retention.

If you are suffering from any of the above Conditions or Symptoms instead of reaching for a big gulp, star bucks, or any of the other unnatural beverages we consume.... try drinking more natural clean water. Gradually increase the amount of water you drink each day and these symptoms may start to subside.

So, how much water do you need to drink??

Take your body weight in pounds and divide it by two.

This is the number in ounces that you should drink per day.

_____ Weight / 2 = _____ ounces per day

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at Skeeter's."*

– Nichole Ford

Senior Account Manager, CBS Radio Houston

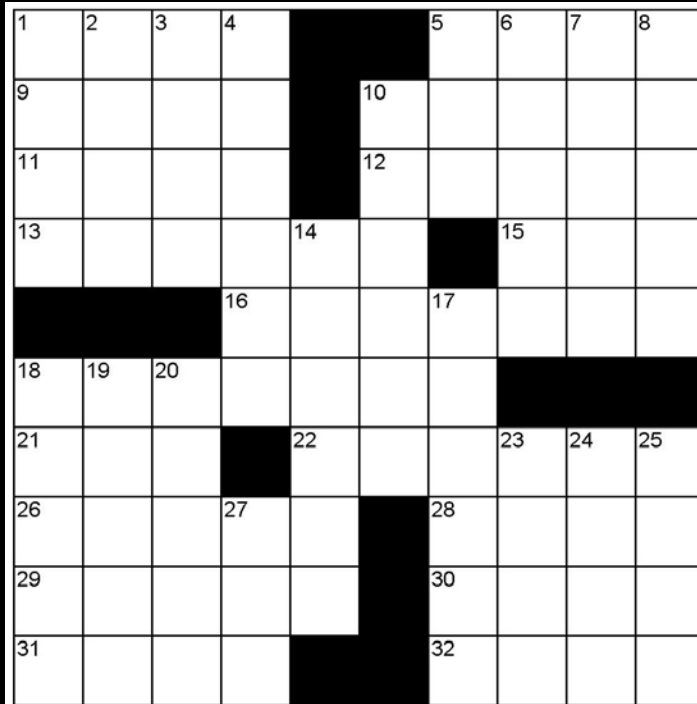
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Crossword Puzzle



ACROSS

1. Syllables used in songs (2 wds.)
5. Dress
9. Time periods
10. Satan
11. Tap in lightly
12. Adult insect
13. Prioress
15. Today
16. Chapel
18. 10,000 squared meters
21. Cutting tool
22. Scents
26. Small herring
28. Two
29. Fish tank dweller
30. Volcano
31. Otherwise
32. Hold

DOWN

1. Soft white cheese
2. Arabian
3. Mutton
4. Facet
5. Jewel
6. ___-garde
7. Severity
8. Wispy
10. Render harmless
14. Soft drink brand
17. Lacked
18. Hurry
19. Deport
20. Tic tac's competitor
23. Pear shaped instrument
24. Alley
25. Close the door hard
27. Be

*Solution at www.PEELinc.com

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16247 Field Haze Trail,
3/2/2, 1728 SqFt, \$134,900



11723 Mesa Creek Ln,
4/2.5/2, 3391 SqFt, \$289,900



7715 Prairie Fire Ln,
3/2/2, 1682 SqFt, \$117,500



16327 Redbud Berry Ln,
4/2.5/2, 2170 SqFt, \$139,900

Dawn Fore's Cypress Mill Market Report

Neighborhood	3 rd Quarter 2008			Current	
Cypress Mill	Sold	\$ per SqFt	DOM	Avail	Pending
Up to \$125,000	3	\$66.00	43	4	3
\$125,001 - \$140,000	9	\$69.86	60	5	2
\$140,001 - \$155,000	9	\$62.13	79	10	1
\$155,001 - \$170,000	2	\$69.13	46	5	0
\$170,001 - \$200,000	0	-	-	2	0
Cypress Mill Estates	Sold	\$ per SqFt	DOM	Avail	Pending
All Price Ranges	2	\$66.06	25	9	1

These numbers for resale homes were obtained from the Houston Multiple Listing Service. While we have no reason to doubt the accuracy of this information, we cannot guarantee it. This is not a solicitation of currently listed properties.

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