

# THE TIMES



## RE/MAX Lakeland Brings Holiday Cheer to Cypress Bridgeland



*(L to R) Clint Nabors, Robert Fore, Dawn Fore, Jodi Willis and Catherine Reinhard of RE/MAX Lakeland bundled up and manning the cookie table*

Cypress's RE/MAX Lakeland was well represented at the Bridgeland's community Christmas celebration in early December. The office of eight agents sponsored and manned the event's popular cookie booth, where children did their best to get more than one holiday sweet. "We had a fabulous time," says Broker/Owner of RE/MAX Lakeland Dawn Fore. "The Bridgeland community went all out for the event with live reindeer and a snow machine for the kids. Many of the agents brought their own children to help out at the booth and enjoy the celebration. It also helped that the weather turned so cold and brought a special feeling of Christmas to the event."

RE/MAX Lakeland added a sweet taste to an event that also featured Santa Claus, strolling carolers dressed in Dicken's era costume and hot chocolate to warm attendees and wash down the cookies. The agents complimented their surroundings with festive holiday headbands and good cheer for all the attendees. Dawn intends to sponsor a booth again next year and is already looking ahead to sponsoring other Bridgeland events in 2009.

## Event Calendar

### January 5th

Mat Pilates ..... 6:00 pm  
30 Minute Arms & Abs ..... 7:30 pm

### January 6th

Cardio Boot Camp ..... 7:00 pm  
Zumba ..... 7:00 pm  
Ballet/Jazz Dance Class ..... 5:30 pm

### January 8th

Creative Movement Pre-k Dance Class ..... 5:30 pm

### January 8th

Book Club ..... 7:00 pm

### January 13th

Jazzercise Personal Touch ..... 9:15 am  
Chinese Cooking Class ..... 10:00 am

### January 16th

First Ladies Of Bridgeland ..... 7:00 pm

### February 7th

Create A Valentines Day Card ..2-4:00 pm

### February 20th

First Ladies Of Bridgeland ..... 7:00 pm

### February 10th

Chinese Cooking Class ..... 10:00 am

Go Green  
Go Paperless



Sign up to receive  
*The Times* in your inbox.  
Visit [PEELinc.com](http://PEELinc.com) for details.

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY.....	911
Fire.....	911
Ambulance.....	911
Harris County Sheriff.....	713-221-3300
Cy-Fair Volunteer Fire Dept. ....	281-550-6663

### AREA HOSPITALS

Cy-Fair Medical Center.....	281-897-3300
North Cypress Medical Center.....	281-477-0830
Willowbrook Methodist.....	281-477-1000

### SCHOOLS

Cy-Fair ISD.....	281-897-4000
Cy-Fair ISD.....	281-897-4000
Robison Elementary School.....	281-213-1700
Spillane Middle School.....	281-213-1645
Cy Woods High School.....	281-213-1727
Cy Fair High School.....	281-897-4600

### UTILITIES

Trash - Republic Waste.....	281-446-2030
Water and Sewer.....	800-579-4500
Gas-Centerpoint Energy.....	800-579-4500
Electricity - Reliant Energy.....	800-735-42568

### PUBLIC SERVICES

Cypress Post Office.....	281-373-9125
Drivers License Info.....	281-955-1100
Harris County Tax.....	713-224-1919

### NEWSLETTER PUBLISHER

Peel, Inc.....	888-687-6444
Article Submissions.....	<a href="mailto:articles@peelinc.com">articles@peelinc.com</a>
Advertising.....	<a href="mailto:advertising@peelinc.com">advertising@peelinc.com</a>

The Times is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use The Times contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

## The Times

*A newsletter for Bridgeland residents.*

The Times is a monthly newsletter mailed to all Bridgeland residents. Each newsletter is filled with valuable information about the community, local area activities, school information and more.

If you are involved with a school group, play group, scouts, sports activity, social group, etc. and would like to submit an article for the newsletter you can do so online at [www.PEELinc.com](http://www.PEELinc.com) or you can email it [articles@peelinc.com](mailto:articles@peelinc.com). Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome.

Our goal is to keep you informed!

## Bridgeland Women's Club

First Ladies of Bridgeland  
Meet the third Friday of every month.



## Our Goal:

## To Keep Your #1 Healthy.



Dr. Amit Parikh, D.O.  
Board Certified Family Practice  
Fellowship Trained Sports Medicine

**281-373-9400**

14315 Cypress Rosehill Road  
Suite 180 • Cypress, TX 77429

## Houston Center for Family Practice & Sports Medicine

Comprehensive Primary Care & Sports Medicine  
for infants, children, adolescents, and adults.

*Schedule your appointment today!*

## Holiday Cheer in Bridgeland



*Dawn Fore, Jodi Willis and Catherine Reinhard of RE/MAX Lakeland hand out goodies to the children.*

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.



## *Listing Your Home for Sale in Bridgeland?*

*Call your Cypress RE/MAX real estate expert*

# Dawn Fore

*Named one of Houston's Top 25 Real Estate Teams by the  
Houston Business Journal for 2007!*

**Virtual Tour Our Listings  
at:**

**[www.DawnFore.com](http://www.DawnFore.com)**

Broker/Owner

**281-304-9500**

**281-731-7399**



**RE/MAX<sup>®</sup> Lakeland**

17920 Huffmeister, Suite 140 • Cypress, Texas 77429





# FULL SERVICE LANDSCAPE COMPANY



*Making your lawn shine.*

## 281-373-0378

*Proudly Serving Cypress Since 1997*



### Lawn Service

Commercial & Residential  
\$25 & up

### Sprinkler Systems

Design - Installation - Repairs  
Licensed Irrigator #8587



### Landscaping

Landscape Design & Installation  
Seasonal Flowers - Drainage -  
Lighting - Sod Installation - Mulch  
Installation - Rock Borders

### Patios & Walkways

Pavestone & Flagstone

Mulch Installation (2 yds)  
& 54 Seasonal Flowers

**\$175.00**

(bed cleaning extra)

### Tree Service

Tree Trimming - Removal -  
Installation

### Fertilization & Pesticide

Spraying & Feeding for Lawn, Shrubs &  
Trees - Fire Ant Control - Tree Deep  
Root Feeding - Brown Patch Reduction  
State Licensed Applicator



Insured for Your Protection  
Financing Available



## *Now Offering...*

### *Covered Boat & RV Storage*

*18411 Fenske Rd.*

# www.horizon-landscape.com

## A Special Invitation to All Women in the Community *Eyewitness to Majesty: Abandoning Self for Christ* with Mindy Ferguson



*Come, walk along with Peter as an eyewitness to the life of Christ. Watch Peter transform from Simon the ordinary fisherman, to Peter fisher of men. Peter will encourage you and inspire you. But most of all, he will challenge you to abandon self for Christ.*

All women in the community are invited to join us on Tuesday evenings at Good Shepherd United Methodist Church in Fairfield for this eleven-week Bible study, featuring author and Cypress resident, Mindy Ferguson of Fruitful Word Ministries. Each week we will come together for 90 minutes of fellowship, music, prayer and in-depth teaching by Mindy. Childcare is free with advance reservations. Please come and bring a friend!

### **DATES:**

Tuesday evenings, February 3rd through April 21st.

### **TIME:**

7:00 to 8:30 p.m.

### **LOCATION:**

Good Shepherd UMC, 20155 Cypresswood Drive,  
Fairfield Subdivision (290 and Mason Rd)

### **COST:**

\$13.00 for workbook

### **TO REGISTER CONTACT:**

Good Shepherd UMC office at 281-373-2273 or  
Aynne Daugherty (aynnebaugherty@yahoo.com) at 281-373-1822  
Visit Mindy's ministry website at: [www.Fruitfulword.org](http://www.Fruitfulword.org)



## 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.

## LET KIDS BE KIDS



**climb ~ swing ~ slide**

### **Come and explore the world of PlayNation Play Systems**

Quality Redwood & Cedar or Pine Swing Sets.  
We're close to home at 20204 Schiel Rd.



[www.PlayNationHouston.com](http://www.PlayNationHouston.com)  
281-923-2874

Featuring Play System Installation  
by **Some Assembly Required**



## South Shore Pools

Northwest Houston's Preferred Builder



Jandy



**got2swim.com**  
**281-477-7776**



## Lone Star College-CyFair Perspective

### It's Not Too Late to Register for Spring Semester Classes

Spring semester classes begin Jan. 12. It's not too late to register for spring as well as some late start and continuing education courses. Lone Star College-CyFair provides a variety of options such as weekend, evening, distance learning and even hybrid (part on campus instruction and part online learning) courses. For information, call 281-290-3200 or 832-782-5000 or go online to [CyFair.LoneStar.edu](http://CyFair.LoneStar.edu).

### Center for the Arts Season Tickets on Sale

Order your seats for the 2009 Season of Entertainment at Lone Star College-CyFair and not only save 25% off regular ticket prices, but receive one free ticket to the 2009 summer children's production. A variety of season ticket packages are available for this year's engaging and enjoyable choral, music and theatre line up. All performances are held in the Center for the Arts on the Barker Cypress campus at 9191 Barker Cypress. Call 281-290-5201 or go to [CyFair.LoneStar.edu/boxoffice](http://CyFair.LoneStar.edu/boxoffice) for information.

### Deadline Jan. 26 to Submit a Film for Quack Attack Competition

Do you have what it takes to make a movie? Five-minute film submissions will be accepted monthly through Jan. 26, with the Quack Attack Film Festival set for Feb. 27. Competition categories

include: Drama, Comedy, Public Service Announcements, Action, Documentary, Commercial/Advertising, Horror, Science Fiction, Romance, Animation, News Packages and Music Video. Each film will be judged on the basis of: Creativeness, Sound, Cinematography and Special Effects. For competition rules, guidelines, entry form and information go to [cyfair.lonestar.edu/video](http://cyfair.lonestar.edu/video).

### Try Tai Chi in the New Year

Lone Star College-CyFair offers a variety of continuing education courses, such as Tai Chi. This introductory course offers practice in the simplified styles and forms of Tai Chi. A person doing tai chi moves his or her body slowly and gently, while breathing deeply. The 24-point posture is emphasized in this course. Students also study history and basic terms along with philosophical and physiological principles and the movements of Tai Chi. Registration is under way. For information, go to [CyFair.LoneStar.edu/ce](http://CyFair.LoneStar.edu/ce).

### L.I.F.E. Lessons in January

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) Call the library at 281-290-3213 for L.I.F.E. program information or go online to [CyFair.LoneStar.edu/library](http://CyFair.LoneStar.edu/library).



**MASONRY & GLASS SYSTEMS INC.**  
Master Distributor of **PITTSBURGH CORNING GLASSBLOCK**

**It's not too late to have beautiful glass blocks in your new Bridgeland Home.**

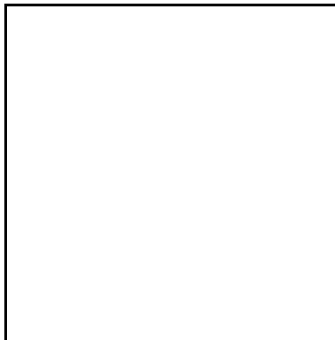
**No obligation in-home estimate and design ideas.**

Sales and Installation  
(713) 944-9716  
9365 Winkler Drive  
Houston, TX 77017

[www.masonryglass.com](http://www.masonryglass.com)  
[www.pittsburghcorning.com](http://www.pittsburghcorning.com)

MEMBER OF:  
**GHBA** Building a GREATER Houston  
**NARI** NATIONAL ASSOCIATION OF THE REMODELING INDUSTRY  
**ASID** INDUSTRY PARTNER

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



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!)

The New Year is here and what a better time to start something new! You can attend two events before joining. Our membership fee is only \$20 a year. The Moms club is a great opportunity for you and your kids to make new friends in our area. 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, January 8th, 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.

**Rachael's**



**THANKS FOR  
ALL OF YOUR  
BUSINESS IN 2008.**

*Happy  
New Year!*

**12312 Barker Cypress @ 290 • 281-256-9800**

*a lifetime of  
beautiful  
smiles*



- Special emphasis on gentle treatment
- Modern state-of-the-art equipment
- Exceptional dental care for the entire family
- Comfortable and relaxing environment
- An uncommonly friendly and caring staff who will listen to your needs
- Meticulous sterilization procedures for your safety
- Sedation available to make your visit more relaxing



**LORI LOGAN, DDS**

**Family & Cosmetic Dentistry**



*creating beautiful,  
healthy smiles  
with a gentle hand*

**281-256-6866**

**www.lorilogandds.com**

1 block south of 290  
on Barker Cypress



## 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

# 529 PLAN

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 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.



## St. Elizabeth Ann Seton Catholic School

### OPEN HOUSE

January 28, 2009

9am-2pm and 6pm-8pm

*Learn to love! Love to learn!*

Kindergarten-Eighth Grade

281-463-1444

6646 Addicks-Satsuma Rd.

[www.seasc.org](http://www.seasc.org)







***The Best Dreams Happen...  
With Your Eyes Wide Open***



- **Custom Swimming Pools & Renovations**
- **Outdoor Kitchens • Cabanas & Pergolas**



**713-869-SWIM (7946)**

***ParagonPool.com***

## Hurricane Ike First Responders Appreciation Party



RE/MAX Preferred Homes sponsored a party to honor the Hurricane Ike First Responders for their dedication and service to Fairfield and the surrounding community. RE/MAX feted the firemen and policemen and Fairfield residents, with refreshments and photos with Santa Claus.

Members of a local blue grass band donated their talent to the festivities. In addition to the modern fire truck Cy-Fair Station 7 brought along for the community to check out, they also brought a 1935 fire truck reserved for such special events. A ride in this special truck delighted kids and parents alike. K-9 rescue dog Aid'n enjoyed lots of attention from everyone. Shown in this photo are Paul Davis, Fauzia Zaki, Robin Cox, Rhonda Strain, Broker-Owners Jeanne and Don Machrowicz and Mike Schroder as Santa Claus.



**DAVID W. HOEFER, M.D.**  
*Board Certified Family Medicine*



**PAUL E. SHEPARD, M.D.**  
*Board Certified Family Medicine*



**ALFREDO ERMAC, JR., M.D.**  
*Board Certified Family Medicine*

*Introducing ...*

**Our Newest Associate,  
S. Giovanni Perossa, M.D.**



**HSE**

MEDICAL ASSOCIATES

**We now offer 2 locations  
to care for your needs better!**

**NEW LOCATION**



**10720 Barker Cypress**



**S. GIOVANNI PEROSSA, M.D.**  
*Board Certified Internal Medicine  
Accepting new patients 18 and older*



**SHANNON GREGOREK, M.S.**  
**R.N., NP-C**



**KIMBERLY JOHNSON**  
**N.P., R.N., NP-C**

**HSE Medical Associates • 7825 Hwy. 6 N., Ste. 101 at Longenbaugh in the Copperfield Professional Plaza • 281-345-4800**



## More HELP for PETS ...

When a pet is lost, finding the pet means that time is of the essence. It takes time to create, print and distribute flyers. The flyers are many times illegible because of wind or rain. I certainly do not fault the pet owner because I have done this myself.

Frustrated, I thought there has to be a better way. So that is why we created Cypress Lost Pet Alert.com. The idea is to very quickly get the word out through an e-mail alert to as many neighbors as possible plus post the picture and information about the pet on the website under the specific neighborhood.

Once the email alert goes out to the specific neighborhood, many, many neighbors are now aware. If they happen to forward the email to their friends who have not signed up, it could mean hundreds of your neighbors are already alerted and are keeping their eyes open for your lost pet.

Cypress Lost Pet Alert.com is on-call 7 days a week from sun up to sun down and is FREE. We are glad to work with any informal email chains. The whole idea is to find lost pets quick for the good neighbors in Fairfield and surrounding areas.

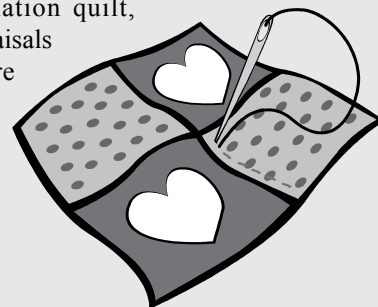
Regards,  
RB Cox  
alert@CypressLostPetAlert.com  
www.CypressLostPetAlert.com



## Threads of Time Quilt Show

*Submitted by Susan McClendon*

West Houston Quilter's Guild's bi-annual quilt show will be held February 20-21 at the Leonard E Merrell facility in Katy, Texas. Hours: Fri. 9-5 Sat. 9-4 There will be over 200 quilts, vendors, donation quilt, guild boutique, quilt appraisals by appointment. For more information: [www.whqg.org](http://www.whqg.org) or 281-373-0072.





## OPTIMAX VISION

*Dr. Sharon U. Than*  
*Therapeutic Optometrist*

**281-373-1163**  
**www.optimaxvision.com**

12344 Barker Cypress Road, Ste. 170  
(north of 290 behind Randalls)

- Comprehensive Adult and Children Eye Exams
- Full Glasses and Contact Lens Dispensary with In-house Laboratory
- LASIK and Cataract Evaluations
- Management of Eye Infections and Diseases
- Non-dilation Retinal Camera Available



Accepting New Patients  
Same Day Appointments  
*Se Habla Espanol*

Authorized Merchant  
for prescription  
Maui Jim Sunglasses

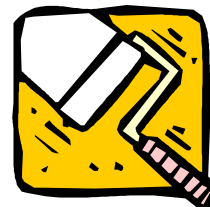
## Bashans Painting & Home Repair

**Commercial/Residential**  
**Free Estimates**

**281-347-6702**



**281-731-3383 cell**



- Interior & Exterior
- 20 Years Experience
- Hardiplank Installation
- Wood Replacement
- Pressure Washing
- Sheetrock Repair & Texturing
- Cabinet Painting
- Door Refinishing & Replacement
- Wallpaper Removal
- Custom Staining
- Fence Replacement or Repair

**References Available • Fully Insured**  
**NO PAYMENT UNTIL COMPLETION**

[bashanspainting@earthlink.net](mailto:bashanspainting@earthlink.net)

## **WRAP** *(Wildcats Right After Prom)*

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 DINNER-DANCE AND SILENT AUCTION – FEB 20th

Entire community – you are cordially invited to the **Jeans & Jewels Dinner-Dance and Silent Auction** in honor of WRAP (Wildcats Right After Prom)! This evening of fun will be at Lindsay Lakes on Friday, February 20th from 7:30-11:30 – so save the date! Tickets will be going on sale soon and

cost will be \$25 if purchased by February 1st, \$30 after February 1st and at the door. Please contact our committee chair (see website [cywoodswrap.org](http://cywoodswrap.org)) if you have donations for the silent auction or to purchase tickets.

### MR. CY WOODS

**Winter/early spring. This is a beauty pageant type show attended by the students that spotlight the senior men. More to come on this fun event for the students!**

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!

## Cy-Woods Wildcat Band & Color Guard Casino Night and Silent Auction

On Saturday, January 31st from 7pm to 11pm, the Cy-Woods Wildcat Band and Color Guard will be hosting their third annual Casino Night at Cy-Woods High School. This is a once-a-year fundraiser for the band. Casino Night is a time not only to raise funds for the band, but also to have fun. Given the huge success of last year's Casino Night, a Texas Hold'em tournament has been added this year. You don't want to miss the fabulous Silent Auction and grand prize drawings for a ping pong table, foosball table, digital camera and a Wii. Come join the fun and help support the Wildcat Band and Color Guard. For more information visit the band website at [www.cywoodsband.org](http://www.cywoodsband.org).

*Join now and perform in our first annual recital!!!*



Performing Arts Center

281-979-6932

[www.SteppinTimePAC.com](http://www.SteppinTimePAC.com)



Boys Only! Hip Hop 4 yrs. +



Girls Hip Hop 7 yrs. +



Also ask about!

Drill Team Jazz 11 yrs. +

Musical Theatre 8 yrs. +

**NEW! Elementary Ballet, Tap and Jazz classes starting soon!**



Dishin' with...  
**Molly Fowler**



**Light, Lean, & Healthy  
in the New Year**

New Year's resolutions for healthier eating do not have to mean boring and tasteless meals. My tortilla soup is bursting with flavor but very little fat! Veggies are sautéed in pecan oil, which is lower in saturated fat than olive oil. Add green chiles, some herbs and spices, finish with oven-baked tortilla strips and you've got a soul-satisfying soup in minutes.

**Molly's Tortilla Soup**

*Serves 4-6*

1 Small	Onion, diced
3	Roma tomatoes, seeded and diced
	Pecan Oil *
1 4-oz can	Diced green chiles
1 10-oz can	Rotel tomatoes
2 Tbsp	Minced fresh cilantro
¾ Tsp	Ground cumin
¾ Tsp	Dried leaf oregano
4 Cups	Chicken or vegetable broth
	Oven-baked tortilla strips or chips**
	Salt and pepper to taste

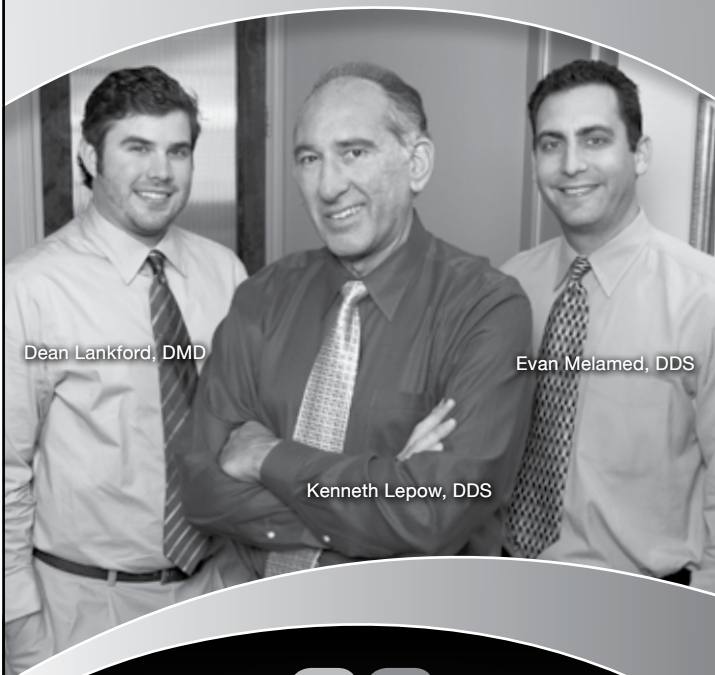
Sauté onion and tomatoes in small amount of pecan oil in a saucepan until onion is almost translucent. (\*Go to [www.pecanoil.com](http://www.pecanoil.com) for more information and retailers) Add green chiles and Rotel. Stir in cilantro, cumin, oregano, and chicken broth. Simmer for 10 minutes. Adjust seasonings if needed. Add cooked diced chicken or prepared taco meat to make more substantial. To serve: Place tortilla strips in bottom of bowl. Ladle soup over. Garnish with diced avocado, light sour cream, reduced-fat cheddar cheese.

\*\*To prepare tortilla strips, preheat oven to 375°. Cut soft corn tortillas into thin strips. Place in a single layer on baking sheet (lightly spray with olive oil if desired) and bake in oven 10 minutes, or until crisp, stirring if needed.

Enjoy!  
Molly

[www.thediningdiva.com](http://www.thediningdiva.com)

*All of Your Dental Needs Under One Roof*



Dean Lankford, DMD

Evan Melamed, DDS

Kenneth Lepow, DDS



**LEPOW DENTAL  
ASSOCIATES**

- Team of Dental Specialists
- Family Dentistry
- Cosmetic Dentistry
- Orthodontics and Invisalign
- Periodontal (Gum) Treatment/Surgery
- Root Canal Treatment
- Wisdom Tooth Removal
- Dentures and Partial
- Dental Implants



**Now Welcoming New Patients!**  
**(713) 937-0050** ■ **[www.lepowdental.com](http://www.lepowdental.com)**

## 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](mailto:linette.roach@sbcglobal.net).

## 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](http://290Cypress.com)

## NOW OPEN Emergency Room Open 24 Hours

### Ready or not... we are.

Texas Emergency Care Center is open **24 hours a day.**

We're committed to delivering comprehensive medical services in a comfortable environment with little to no wait time – day or night.

You'll experience:

- A full-service facility equipped with a complete laboratory, radiology, CT scanning and cardiac monitoring.
- Prompt, friendly and caring service.
- Quality face time with a physician who is both emergency residency-trained and Board Certified in Emergency Medicine.

**After all, emergencies just can't wait.**

### 281-304-9113

All private insurance accepted.



TEXAS  
EMERGENCY CARE  
CENTER AT CYPRESS



Spring Cypress at Skinner Road  
17255 Spring Cypress Road, Suite A

**[www.txercare.com](http://www.txercare.com)**

Accredited by the Joint Commission of Accreditation of Healthcare Organizations for our commitment to excellence.





***When it comes to your  
child's development,  
getting help early is best!***



Texas Early Childhood Intervention (ECI) provides early intervention and therapy services for children birth to 36 months. If you have questions about how your baby or toddler is developing-ask ECI! Programs are in every Texas County.

**Questions or Concerns?**

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

or visit [www.dars.state.tx.us/ecis](http://www.dars.state.tx.us/ecis)

to find out more about ECI

and to find your local program.

*ECI developmental screenings & evaluations  
are at no cost to families!*

## Creating Strong Vibrant Communities

It's a fact of our global economy that consumers are drawn to the internet because of convenience. Why it is important to "Think Local Business First?"

1. Local businesses are often collectively our largest local employer. The largest growth of jobs is from small business owners.
2. When one dollar is spent at a local business, economists indicate it is circulated four to seven additional times in the local economy.
3. Every dollar spent locally generates up to 75% more tax revenue to our community and State.
4. Local businesses are often the largest financial supporters of neighborhood school programs, local charities and youth sports activities.
5. Strong local businesses help maintain property values and contribute to the character of our community by offering a diverse selection of goods and services.
6. Local businesses are most often the first job for our children and also the first introduction into the "real world" of economics.
7. Small businesses often innovate quicker and thus grow faster and can have a greater impact on our community.

Support the businesses in your community and "Think Local Business First."

### TAXES • ACCOUNTING • BOOKKEEPING

## TAX TIME IS HERE

Call Lisa Beitler CPA at 281-455-5625  
to schedule your tax preparation

### Lisa Beitler

*Certified Public Accountant*

17 years experience

Texas A&M Graduate

Cypress resident

**"The Cypress CPA"**

**281-455-5625**

**[lisabeitler@yahoo.com](mailto:lisabeitler@yahoo.com)**



*"I am a full-service CPA  
offering a personalized  
approach to your  
personal and business  
accounting needs in  
Cypress, Texas."*

- Personal and Business Tax returns
- QuickBooks services including training
- IRS problem resolution
- Payroll preparation, Sales Tax, Property taxes
- Financial statements
- Small business set-up and consulting
- Tax planning

## Let's Talk Real Estate



**IT'S ABOUT  
MORE THAN  
A SIGN  
OUT FRONT**

**Amy Healy**  
832-567-7830  
[amy.healy@century21.com](mailto:amy.healy@century21.com)  
[century21.com](http://century21.com)

**Century 21**  
CORNERSTONE

**Your  
Property  
Marketing  
Expert**

**Come see our new location!**

**26331 Northwest Freeway, Suite 100  
Cypress, TX 77429  
(between CVS and IHOP)**

## VOLUNTEERS NEEDED!

Do you have some extra time in your schedule each week that you would like to use to make a profound difference in the life of a child? Cypress-Fairbanks ISD needs caring members of the community to join the VIPS TAG Team (Targeting Achievement Globally). This team of volunteers works with the district's helping teachers to tutor students in selected elementary schools.

You do not need to be a parent or family member of a student to become a team member. You can become a global volunteer – a generous, concerned resident of the community who wants to help children reach their full academic potential. No specialized knowledge or training is necessary. We do ask that team members be willing to work on a consistent, weekly schedule so that the students receive the utmost benefit from their work.

We have tutoring opportunities available in several schools throughout the district and can schedule a time that is convenient for you. If you have questions or need more information, please contact Kim Nash (kfnash1@sbcglobal.net or 281-550-2685) or the CFISD Partners in Education Office (Pamela.scott@cfisd.net or 281-894-3950).

### **Cy-Fair ISD & Volunteers in Public Schools (VIPS): A Winning Combination January / February 2009 Upcoming Events**

#### **1/7 - CFISD VIPS Pie Mentor Training**

Richard E. Berry Educational Support Center, 8877 Barker Cypress, 9:30 a.m. – 12 p.m.

Training for individuals committed to serve as a role model and friend to CFISD students. Register with the CFISD PIE office at [vipsrsvp@cfisd.net](mailto:vipsrsvp@cfisd.net) and include the date and name of this training, your name and phone number.

#### **1/13 - CFISD VIPS Sooper Puppy Training**

Richard E. Berry Educational Support Center, 8877 Barker Cypress, 9:30 a.m. – 12 p.m.

Training for individuals interested in presenting the Sooper Puppy series to first graders about dealing with life lessons, facing dilemmas

and arriving at solutions by making good choices. Register with the CFISD PIE office at [vipsrsvp@cfisd.net](mailto:vipsrsvp@cfisd.net) and include the date and name of this training, your name and phone number.

#### **1/15 - CFISD VIPS General Meeting**

Richard E. Berry Educational Support Center, 8877 Barker Cypress, 9:30 a.m. – 12 p.m.

Open to all CFISD school staff, volunteers, parents and community members. Get the latest information on what is happening in CFISD and enjoy the opportunity to network with fellow volunteers

#### **1/21 - CFISD VIPS Pie Mentor Training**

Richard E. Berry Educational Support Center, 8877 Barker Cypress, 6:00 p.m. – 8 p.m.

Training for individuals committed to serve as a role model and friend to CFISD students. Register with the CFISD PIE office at [vipsrsvp@cfisd.net](mailto:vipsrsvp@cfisd.net) and include the date and name of this training, your name and phone number.

#### **1/27 - CFISD JA VIPS Training**

Richard E. Berry Educational Support Center, 8877 Barker Cypress, 9:30 a.m. – 12 p.m.

Training for individuals interested in facilitating the Junior Achievement program for all grade levels about educating and inspiring young people to value free enterprise, understand business and economics and be workforce ready. Register with the CFISD PIE office at [vipsrsvp@cfisd.net](mailto:vipsrsvp@cfisd.net) and include the date and name of this training, your name and phone number.

#### **1/29 - VIPS Multicultural Meeting**

Richard E. Berry Educational Support Center, 8877 Barker Cypress, 9:30 a.m. – 12 p.m.

Open to all CFISD school staff, volunteers, parents and community members. The purpose of the CFISD Multicultural Committee is to raise the level of cultural understanding and respect by sharing information with the CFISD community to encourage cultural sensitivity and parental involvement to strengthen student success. Register with the CFISD PIE office at [vipsrsvp@cfisd.net](mailto:vipsrsvp@cfisd.net) and include the date and name of this meeting, your name and phone number.

*(Continued on Page 17)*

## full.fill.life.

*Find out how becoming a part of a church family can help fulfill your life.*



**THE FOUNDRY**  
A UNITED METHODIST CONGREGATION

### **Fry Road Campus**

Movie Theatre on Hwy 290 & Spring Cypress  
Worship: 9:00 a.m. and 10:20 a.m.

### **Jones Road Campus**

8350 Jones Road, ¼ mile off Hwy 290 on Jones  
Traditional Services: 8:15 a.m., 9:20 a.m., 10:40 a.m.  
Contemporary Services: 9:20 a.m., 10:40 a.m.

[www.foundrychurch.org](http://www.foundrychurch.org) | 713.937.9388



## Volunteers Needed (Continued from Page 16)

### 2/10 - CFISD VIPS Galveston Bay Training

Richard E. Berry Educational Support Center, 8877 Barker Cypress,  
9:30 a.m. – 11:30 a.m.

Open to all CFISD school staff, volunteers, and parents. Learn how to present a TEKS based science lesson to 4th. grade students at your school. Students will learn about the importance of our bay and waterways and what measures can be taken to protect this life-giving estuary. Register with the CFISD PIE office at [vipsrsvp@cfisd.net](mailto:vipsrsvp@cfisd.net) and include the date and name of this training, your name and phone number.

### 2/19 - CFISD VIPS General Meeting

Richard E. Berry Educational Support Center, 8877 Barker Cypress,  
9:30 a.m. – 12 p.m.

Open to all CFISD school staff, volunteers, parents and community members. Get the latest information on what is happening in CFISD and enjoy the opportunity to network with fellow volunteers and share best practices. No RSVP is needed for this meeting.

If you are interested in becoming part of the winning combination at Cy-Fair schools as a volunteer, and making a difference, or would like more information, please contact Pam Scott, Partners in Education Director at 281-894-3950.

## Flying Eagles

Clay Road Baptist School is proud to announce our “Flying Eagles” for the first quarter of the school year. Like a traditional honor roll based on academics, “Flying Eagles” is an honor roll based on character. Students are selected based on qualities like patience, kindness, work ethic, spiritual growth, respectfulness, study skills, consideration of others and joyfulness. We are especially pleased to recognize the following students;

K	Mark Nimri- Tampke Bianca Gordon	4 <sup>th</sup>	David Scott
1 <sup>st</sup>	Olivia Einnarsson Connor Panto	5 <sup>th</sup>	Mary-Kate Scurlock Hope Tang
2 <sup>nd</sup>	Natalie Morel Carter Joutraw	6 <sup>th</sup>	Kirsten Binkley Cody Parcus
3 <sup>rd</sup>	Jonathan Loeb	7 <sup>th</sup>	Beau Powell
		8 <sup>th</sup>	Corrie Andrews

# Creating Reflections of Elegance

## Perry Pools & Spas

281-213-8100

David Perry, Owner

Since 1986

Cypress, Texas



2006 Cy-Fair Small Business of the Year  
2005, 2006, 2007 BBB – Gold Star Award  
2007 NHMCCD Finalist-Small Business of the Year  
[www.PerryPools-Spas.com](http://www.PerryPools-Spas.com)

## Don't Stress – It's Just a Test

*Baylor College of Medicine*

HOUSTON – (Dec. 4, 2008) – When children complain about upset stomachs and headaches, it could be more than just the flu. This is the time of year when students are preparing for mid-term exams, and test anxiety could be causing their symptoms.

Anxiety about an impending test is a serious problem that can even make some students physically ill, according to a Baylor College of Medicine psychologist.

Test anxiety can be seen in students of all ages. Some will deal with it throughout their schooling because anxiety can be a genetic trait, said Dr. Megan Mooney, adjunct assistant professor of psychiatry and behavioral sciences at BCM. Other students may be able to overcome their test anxiety, especially if parents respond to it in the right way, she said.

"If we respond by talking about being nervous and anxious as a normal thing and introducing techniques to cope with it, then test anxiety can be very manageable," said Mooney, also staff psychologist at DePelchin Children's Center and a counselor at River Oaks Elementary.

If, on the other hand, parents respond by letting their child stay home and avoid the test or by getting upset and reinforcing the feeling of nervousness, then test anxiety could become a longer-term condition.

Mooney works with students on relaxation techniques, such as deep breathing, and on thought-stopping skills that get rid of negative thoughts that start creeping in at exam time.

"These techniques really need to be reinforced at home as well," Mooney said. "All of the skills to decrease the symptoms of anxiety should be practiced. It's just like learning how to play a sport – you have to practice over and over again so these techniques become a habit for children."

Parents must also be aware of the messages they are sending their children, Mooney said. Schools can be high-pressure settings where there is a lot of competition, and parents can add to the pressure with their own high expectations. Mooney urges parents to talk about the importance of kids' trying their best, rather than focusing on grades.

Students of all ages must also take care of their physical health at exam time by eating well and getting enough sleep. Older students also can help ease their anxiety by creating a schedule for themselves as soon as they receive their syllabus. They should find an optimal studying environment, whether it's a quiet library or somewhere they can have music playing.

While anxiety can be overwhelming if not properly dealt with, Mooney pointed out that it is a biological symptom that exists for a reason.

"When we experience anxiety, we get a burst of adrenaline that makes us more aware and helps us focus and concentrate," she said. "Having a little bit of anxiety about wanting to do well on a test can actually help motivate us."

**Finally, GET REWARDED for going shopping!**



**With A  
FIRST SERVICE  
VISA CHECK CARD  
YOU EARN ONE  
POINT FOR EVERY  
TWO DOLLARS  
SPENT!**

**EVERY TIME YOU USE YOUR  
FIRST SERVICE VISA® CHECK CARD,  
you'll EARN POINTS TOWARDS:**  
•MERCHANDISE •AIRLINES •TRAVEL PACKAGES  
•RESTAURANTS •RENTAL CARS •AND MUCH MORE

**Don't have a checking account yet?  
Ask for details on how to open one today!**



**Cypress Branch**  
7025 Fry Road at FM 529  
832.688.1000  
[www.FSCU.com](http://www.FSCU.com)

## *Little Lambs*

*MDO & Preschool*

**Registration for Fall**

*Little Lambs MDO & Preschool is holding  
registration for the 2009/2010 school year  
January 28th – February 2nd.*

Little Lambs is a mother's day out and preschool  
that serves children from 18 months to 5 years old  
M-F from 9am-2pm.

Little Lambs is located at Good Shepherd United  
Methodist Church in the subdivision of Fairfield.

**Find out more by calling 281-373-0052 or  
on our website at [www.littlelambsmdo.org](http://www.littlelambsmdo.org).**







## ***“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](mailto:renateqw@yahoo.com). They will meet on the second and fourth Fridays during the school year.

NOT AVAILABLE ONLINE

### ***Classified Ads***

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Bridgeland residents, limit 30 words, please e-mail [articles@peelinc.com](mailto:articles@peelinc.com).

**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

When was the last time  
someone got down on hands  
and knees and cleaned *your*  
bathroom floors?



**100% Satisfaction Guarantee**  
Call us within 24 hours after your  
clean. If we didn't clean something  
to your satisfaction, we will reclean  
it – free of charge.

**Call today for a FREE, no obligation  
estimate right over the phone.**

When we say “*Nobody Outcleans The Maids*”® we mean it. When you hire us, we'll assign you a team that's bonded, insured, uniformed, fully trained, supplied with state-of-the-art equipment and ready to give you a healthier, more thorough clean than you've ever experienced before.

### **Some things we'll always do. Our 22-Step Healthy Touch® Deep Cleaning System**

#### **Kitchen**

- Clean sink
- Clean appliance exteriors
- Clean inside microwave
- Clean range top
- Damp wipe cabinet doors
- Clean counters
- Hand wash floor
- Load dishwasher

#### **Bathrooms**

- Clean sinks, counters; change towels
- Clean, disinfect toilets, tubs, showers
- Hand wash, disinfect floors

#### **All Rooms**

- Pick up and straighten
- Dust sills, ledges, wall hangings
- Remove cobwebs
- Dust/vacuum furniture
- Vacuum floors, carpets
- Vacuum stairs
- Vacuum under beds
- Change linens, make beds
- Empty trash

#### **Windows**

- Clean entry window & one set of patio door windows
- Clean window over kitchen sink

**832-593-7500**

[www.maids.com](http://www.maids.com)



**The Maids®**  
Home Services

***Nobody Outcleans The Maids®***



## Attention all Aggie Moms

(and FUTURE Aggie Moms too!)

You are invited to join the members of the Northwest Harris County Aggie Moms Club as we welcome Ron Sasse-Director of Residence Life as the speaker for our January 13 meeting.

Come listen as Ron shares his vision of how living on campus helps students learn to live in a community of individuals with different interests, cultures, lifestyles, and attributes. Find out about the benefits of living on campus (as well as some of the trials your student may face), the plans for providing additional housing, and how the Department of Residence Life handled the challenges of finding housing for our displaced Galveston Aggies after Hurricane Ike.

Join us and learn through the experiences of other moms about how to best support our outstanding Aggies! We will meet for food, fun, and fellowship at 7:00 p.m. at the Houston Distributing Company, conveniently located near Willowbrook Mall at the corner of 7100 High Life Drive and Cutten Road, just south of FM 1960.

*Hope to see you there!*

Shelly Fine-VP Programs  
832-606-8170

## 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 6pm-7pm.

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



# NOW OPEN!

## Caring for the Eyes of Bridgeland

**Total Medical Eyecare • Exams  
Fashion and Designer Eyewear**

*Most vision insurance plans accepted, including VSP/Spectera*

Walk-ins welcome or call for an appointment:

**281.758.0008**

**Dr. Ly Nguyen - Therapeutic Optometrist**

26321 Northwest Hwy., Suite 500 (Fry Rd. Exit, between CVS and IHOP)

**Mention this ad to receive a FREE  
EXTENDED EYEWEAR WARRANTY  
(\$40 value)**

**[www.cypress.tso.com](http://www.cypress.tso.com)**



## FREE DIABETES CLASSES OFFERED

on the 2nd Saturday of each month  
At Kindred Hospital Houston Northwest  
11297 Fallbrook Dr.

"Introduction to Carbohydrate Counting"  
8:30 am - 10:30 am

"Introduction to Insulin Pump Therapy"  
10:30 am - 12:30 pm

"Advanced Pumping Skills  
& Support Group"  
1:30 - 3:30

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

## January Classes now enrolling Gymnastics



Owner & Western Athletic Conference champion  
Frank Thompson coaches all age groups.

### Boys & Girls

- Toddlers
- Preschool
- Elementary



Mom & Tot classes - so much FUN!



"Frank's leaving competitive coaching was a tremendous loss to American gymnastics, but an even greater gain to American children through his specialized and creative program." - YOICHI TOMITA, 1988 & 2000 US OLYMPIC COACH

Frank Thompson is the one "who I give the credit of instilling the love of gymnastics within me." - RAJ BHAVSAR, 2008 OLYMPIAN

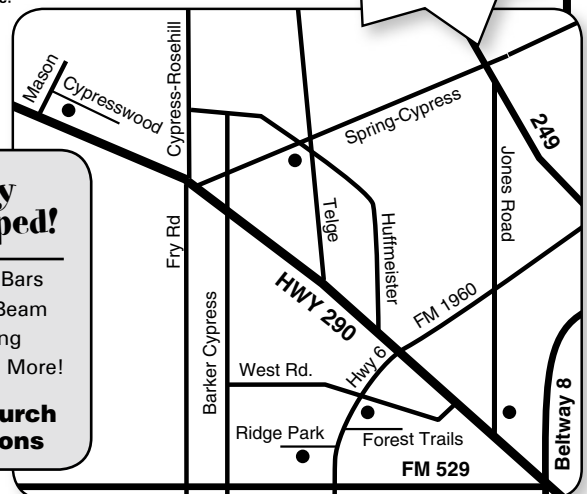


## 20th Anniversary Specials!

**FREE**  
Preview Class  
for New Families

**Super  
MULTI-CHILD  
Discounts!**

Positive, kid-friendly instructors are  
our signature.



### Fully Equipped!

Rings & Bars  
Balance Beam  
Tumbling  
Vaulting & More!

### Five Church Locations

**Thompson Tumblers**  
**281-373-5151**



**EXCEL**  
URGENT CARE



## Need medical care fast?

We can help with all your  
minor illnesses and injuries:

- Fever
- Strains and Sprains
- Earache & sore throats
- Non-severe asthma attacks
- Vomiting, nausea, diarrhea
- Cuts that need stitches
- Rashes & minor allergic reactions
- And of course flu-like symptoms, colds & upper respiratory infections

**281-304-1100**

[www.excelurgentcare.com](http://www.excelurgentcare.com)

**Open Everyday**  
**9am-9pm**  
(except major holidays)

**25801 US HWY 290**  
**Cypress, Texas 77429**

Conveniently located at the end  
of the Target shopping strip  
adjacent to the Best Buy on  
US Hwy 290 & Spring Cypress

*Your Neighborhood Urgent Care Center*

## Adoption Coalition of Texas

*Submitted by Tracy Eilers*

### Kendrell and Jonathan

**DOB: October 1993 & October 1997**

Kendrell and Jonathan want to find a forever family. They have a close bond; Jonathan looks up to his sister and Kendrell is very nurturing to her brother. They enjoy each other's company and play well together and other children. Kendrell and Jonathan do well in school and excel in sports. They are both wonderful children who appear shy or quiet when you first meet them, but both can also be strong-willed and determined.

Kendrell is outgoing, cheerful and makes friends easily. She enjoys running and doing typical "girl" things. She is engaging and talkative. Kendrell may present as a tough girl, but her foster parents report that underneath her tough exterior, Kendrell has a big and generous heart.



Jonathan is a happy, easy-going child. He is active and enjoys sports and drawing. He is smart and can watch someone doing something and it will only take him a few tries to be able to do it himself.

These children very much want to be adopted together and would contribute significantly to the happiness of a family. Jonathan would benefit from a positive male role model that will spend time doing mutually enjoyable activities. Kendrell would thrive in a home that allows her to be a teenager while guiding her in becoming a mature young woman.

If you would like more information on becoming an adoptive parent, please contact the Adoption Coalition of Texas at 512-301-2825 or [info@adopttexas.org](mailto:info@adopttexas.org). For more information about Kendrell and Jonathan, please contact: Grace Lindgren, LMSW, Adoption Coalition of Texas/Wendy's Wonderful Kids Recruiter, [Gracelindgren@adopttexas.org](mailto:Gracelindgren@adopttexas.org), (512) 687-3209 office/(512) 692-2540 fax



**SparkPowerBank**  
[www.sparkpowerbank.com](http://www.sparkpowerbank.com)

By **Spark Energy**

**SIGN-UP ONLINE  
TODAY!**

## We Challenge What You Pay For Electricity!

If SparkPowerBank isn't your current electricity provider...chances are you're paying too much!



I'm Texas Energy Analyst Alan Lammey. Maybe you've heard me on the radio talking about the market forces that drive energy prices. I'm here to tell you that you're not stuck paying those high prices to big electric companies anymore! **Stop it.**

Why pay more than you have to? Those days are over!

Why would you want to go with an electric provider that charges you more, when you can go to [www.sparkpowerbank.com](http://www.sparkpowerbank.com) and pay far less for the same electricity?

**Make sense?**

Please choose "Newsletter Ad" as your referral on the SparkPowerBank.com website.





## Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at  
Peel, Inc. - Kids Club  
311 Ranch Road 620 S, Suite 200  
Lakeway, TX 78734

We will select the top few and post their artwork online at [www.PEELinc.com](http://www.PEELinc.com). DUE: January 31st

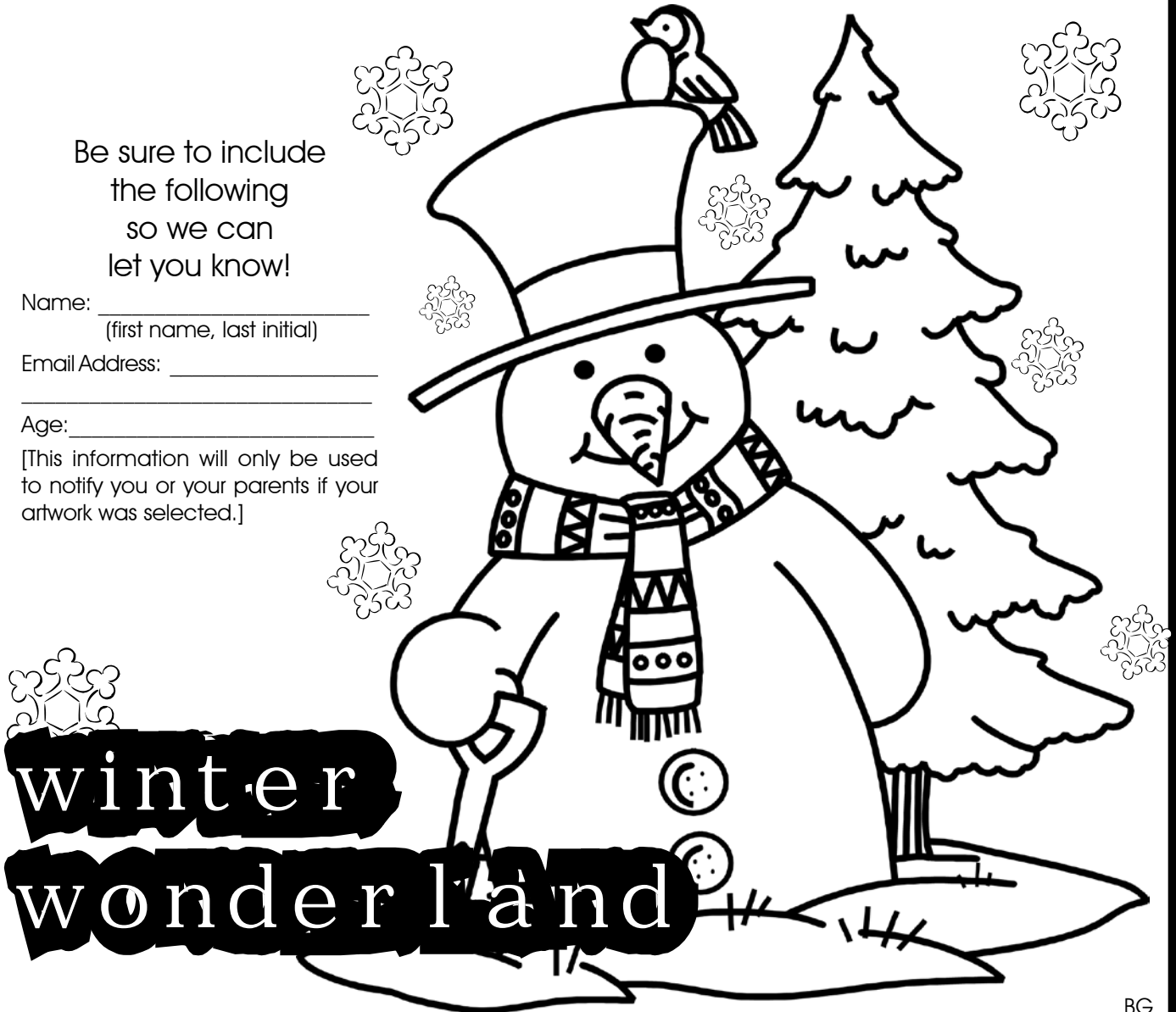
Be sure to include  
the following  
so we can  
let you know!

Name: \_\_\_\_\_  
(first name, last initial)

Email Address: \_\_\_\_\_

Age: \_\_\_\_\_

[This information will only be used  
to notify you or your parents if your  
artwork was selected.]



BG



# Selling Your Home In Bridgeland?

*Put the Don and Jeanne  
Machrowicz Team to work for you!!*

- Marketing on multiple websites for 24/7 exposure of your home
- Don & Jeanne Machrowicz have over 30 years of real estate experience
- Honored by the Houston Business Journal as one of the top 25 residential real estate teams in the city
- Flexible commission plans

## Bridgeland Year-to-Date Sales Report

	Feb '08	Mar '08	Apr '08	May '08	Jun '08	July '08	Aug '08	Sep '08	Oct '08	Nov '08
\$500,000 and above	0	0	0	0	0	1	0	0	1	0
\$451,000--\$499,999	0	1	1	0	0	0	0	1	0	1
\$351,00--\$450,000	0	3	3	2	0	1	1	3	2	2
\$276,000--\$350,000	2	1	3	2	2	7	5	1	3	5
\$231,000--\$275,000	2	3	3	0	1	3	5	0	1	2
\$201,000--\$230,000	2	5	2	0	1	0	0	1	3	0
\$200,000 and below	1	2	0	1	0	1	1	0	0	0
<b>Total</b>	<b>7</b>	<b>15</b>	<b>12</b>	<b>5</b>	<b>4</b>	<b>13</b>	<b>12</b>	<b>6</b>	<b>10</b>	<b>10</b>
Highest \$/sq ft	\$101.59	\$104.76	\$114.84	\$104.50	\$93.49	\$108.23	\$122.01	\$105.47	\$118.45	\$108.11

*This information is taken from the Houston Multiple Listing Service*

**FOR OUTSTANDING AGENTS &  
OUTSTANDING RESULTS....  
CALL 281-373-4300**

**RE/MAX PREFERRED HOMES**

*We support Cypress Lost Pet Alert.com!*

e-mail: [jeanne@donandjeanneteam.com](mailto:jeanne@donandjeanneteam.com)

**[www.remaxpreferredhomes.com](http://www.remaxpreferredhomes.com)**



*Thinking  
about a career  
in real estate?  
Schedule a confidential  
conversation with Jeanne  
at 713.582.3131.*

**Peel, Inc.**

311 Ranch Road 620 S. Ste 200  
Lakeway, Texas 78734-4775

PRSRT STD  
U.S. POSTAGE  
PAID  
PEEL, INC.

☎ **Voice 512-263-9181**

💻 **[www.PEELinc.com](http://www.PEELinc.com)**

BG