

# CYPRESS MILL NEWSLETTER

January 2009, Volume 9, Issue 1

## Okay, I'm Ready to Change, Made My Resolutions....What's Next??

*Submitted by Allison Weaver*

We all need a hand in designing our grand plan...what will do the trick for us? First, start SMART..

**S**et goals that are smart. Write

them down, post them in several prominent places in your home, car, and office. Research shows that people who take the time to write down goals are much more likely to achieve them. Count on 1 to 2 pounds per week, depending on your current health situation. (Losing 45 pounds in one month is not healthy, unless you have recently given birth and are breastfeeding twins!)

**M**easurable: Make sure to be specific.

Vagueness will have a less than desirable effect. If you want to lose 30 lbs, then set that limit to lose the above 1-2 lbs per week; if it is to get more exercise, then be specific: "I will get up 15 minutes early to walk, jog, run, do push-ups, sit-ups, etc." then after 2 weeks, add another 15 minutes to your routine. (Life does happen, and you can always change your goals later once you get into a routine.)

**A**ttainable: Count on 1 to 2 pounds per week, depending on your current health situation. (Losing 45 pounds in one month is not healthy, unless you have recently given birth and are breastfeeding twins! Losing a lot of weight quickly can lead to rapid weight gain as well, and it can take a toll on your heart and other internal organs.) If getting more exercise for energy is your goal, "split training" is a great way to get those energizing exercise minutes into your day. AND it can help with energy



"slumps" during the day. Throw in 10 to 15 minutes throughout your day of walking, jumping, stair climbing, squats, lunges, etc.

Getting creative with your surroundings will help as well; bringing resistance bands to the job is easy.

Anchor them to the foot of your chair and voila! Instant gym!

**R**easonable: Here is where planning is key. If you have a full time job, 4 children with all different schedules, then you will need a plan of action. Especially in the first 6 weeks, set up a plan that you know you can follow; making small changes a little at a time. (For example: switch to organic fruit and veggies for a snack along with some all natural peanut butter for 2 weeks, then make another change, such as getting up 15 mins early to do jumping jacks or walking) Keep adding incrementally, and in no time at all you will have completely transformed out of bad habits and into good ones! That is an incredible way to begin a new year!

**T**ime sensitive: Have a beginning and ending date. When will you begin? When will you end? If you have slip-ups, just pick yourself up and go from there; it may give you even more determination than before! If your ending date comes and you are not where you want to be, or even if you are; set a new goal, rearrange your thinking, shift a paradigm or two, and begin again. It's not about perfection, it's all about being the best you can be!

*(Continued on Page 2)*

# HAPPY NEW YEAR!

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## Go Green Go Paperless

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Visit [PEELinc.com](http://PEELinc.com) for details.

# CYPRESS MILL

## Important Numbers

Cy-Fair High School .....281-897-4600  
Cy-Woods High School .....281-213-1919  
Cypress Lakes Golf Club .....281-304-8515  
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 Gas .....713-659-2111  
Centerpoint Energy Gas-Emergency Gas Leaks... 713-659-3552  
CenterPoint Energy .....713-207-2222  
Irrigation Leaks/Common Area Repairs - Principal Management  
Poison Control Center .....800-764-7661  
Principal Management ..... 281-367-8137  
Robison Elementary .....281-213-1700  
AT&T Repair Center .....800-246-8464  
Spillane Middle School .....281-213-1645  
Street Light Outages .....713-207-2222  
Comcast Cable .....713-462-9000  
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](mailto:cypressmill@peelinc.com)

Peel, Inc..... [advertising@PEELinc.com](mailto:advertising@PEELinc.com), 888-687-6444

## Okay, I'm ready - (Continued from Cover Page)

Helpful hints to help achieve your goals:

Start by getting some accountability....engage a friend, child, spouse (this one is really tricky though) or just anyone you know will hold your feet to the fire, and be honest in their tact.

Go to a local gym for an orientation on machines and weights; this can be much less expensive than hiring a trainer for a number of sessions...

Or, if you would like someone to get you started on the right track; hire a personal trainer for a 3 months; you will gain valuable information from someone who has "been there, done that" with so many people.

Set your schedule to revolve around exercise first; and it will become a habit. Once it is a habit, you are golden!! If you get off schedule, do all you can to get back on as soon as possible.

Find some local exercise classes; pilates, kickbox, there are even several walking, running, and biking clubs around.

Remember the analogy of putting the big rocks in place first: Nutrition and Exercise are "big rocks" in your life, and deserve top spots on your priority list. If you lose your health, you have lost the game. All other things can come and go, but health must remain it's best.

A healthy lifestyle will help you to handle any curve ball life may throw out. Losing money in the market? Don't know how to help your children? Big decisions to make? Take a walk, jog, bike, or run to stir up those positively charged endorphins. Borrow your child's jump rope and jump yourself to sanity, help you clear your mind, and focus on what's important.

**You can do it!!! Just GO FOR IT!!!**

## 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>

## Newsletter Deadline

The deadline for the newsletters is the 10<sup>th</sup> of each month.

Please email articles to: [cypressmill@peelinc.com](mailto:cypressmill@peelinc.com)

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



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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!**

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## **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!!!*



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## 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

## 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

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# CYPRESS MILL

## 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.

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## 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!*

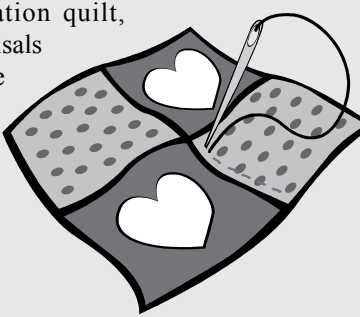
Shelly Fine-VP Programs  
832-606-8170



### 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.



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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.

	Jun 08	Jul 08	Aug 08	Sep 08	Oct 08	Nov 08
\$200,000 +	0	0	1	0	1	0
\$180,000 - 199,999	0	0	0	0	1	0
\$160,000 - 179,999	1	1	0	0	0	0
\$140,000 - 159,999	4	2	6	3	0	1
\$120,000 - 139,999	3	1	6	1	1	1
\$120,000 -	0	1	0	0	1	2
<b>TOTAL</b>	<b>8</b>	<b>5</b>	<b>13</b>	<b>4</b>	<b>4</b>	<b>4</b>
<b>Highest \$/Sq Ft</b>	<b>80.76</b>	<b>80.36</b>	<b>83.49</b>	<b>78.40</b>	<b>81.08</b>	<b>75.28</b>

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

## #1 Selling Agent In Cypress Mill 2001-2007

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\*Realtor Teams per Remax 9/2007

## 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)

## Meet 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.



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# CYPRESS MILL

## 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).

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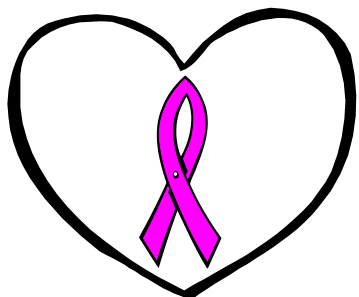
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## Cy-Fair Area Y-ME Breast Cancer Support Group



### *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.

## Business Classifieds

Give the gift of health for the Holidays! Pilates for Real People..Come unwind, get fit, in a relaxing fun atmosphere! Mat Pilates will help regain/increase strength, flexibility, range of motion, posture, and most importantly your sanity! Your body and family will thank you! For more information contact Allison Weaver, Fit and Loving It! 713.922.4391. Gift Certificates available

### Rachael's



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*Happy  
New Year!*

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## **290 LOCATION:**

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**Saturday 9am-12pm**

## **meet our team**

Huong T Le, MD

Quoc Le, MD

Alex Nguyen, MD

Blandina Sison, MD

Marian Allan, MD

Anthony Yee-Young, MD

Diana Malone, MD

Shital Patel, MD

Heidi Nashed-Guirgis, MD

Luz Marquez, MD

Jennifer Dong, MD

Haley Nguyen, MD

Tami Berckenhoff, PA-C

Brandi Valenzuela, PA-C

Sydney Payne, PA-C

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for the  
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Because sickness doesn't revolve around a Monday-Friday 8-5 schedule, we offer Urgent Care for your convenience. Our 1960 location has extended hours with evenings and weekends available. The 290 location offers Saturday hours from 9am-12pm.

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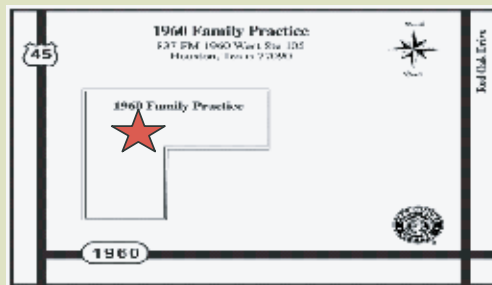
1960



**FAMILY PRACTICE**

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Accepting New Patients

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Appointment press option 1

# 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](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)



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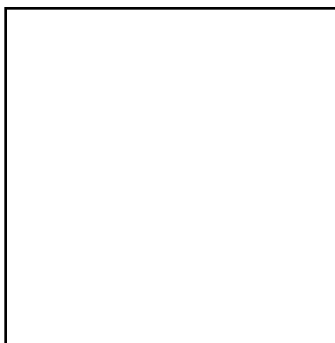
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12344 Barker Cypress Road, Ste. 170  
(north of 290 behind Randalls)



## 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.



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# CYPRESS MILL

## 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 (knash1@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 18)*

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A UNITED METHODIST CONGREGATION

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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

# Safe Harbor Biblical Counseling

*11623 Spring Cypress Rd Unit B, Tomball, TX 77377*

**281-376-3449**

In today's fast paced living, it is easy to lose our focus in life. We start out with great ambitions and aspiration to make our mark in this world. We make a five year plan stating where we would like to be at the end of that time period. We do all of this planning and working so that we can give our families the best that this life has to offer.

Sometime during the process of making our mark, we lose our focus of why we are doing what we are doing. We forget how to love our families. We tend to speak a different languages even though we still use English. We find ourselves saying the same things over and over but not being heard or understood.

Over the years of offering my counseling services, I have learned that people start out well intended, but lose their way in the process of achieving their goals. When this happens, it happens slowly over a long period of time. Family members live in the same house but they don't know each other. They speak to each other but no one listens. It becomes a losing battle which often times ends in divorce.

You may be wondering if you need biblical counseling. Maybe you can relate to some of these thoughts:

- *"I am so depressed and I wonder why I even bother getting out of bed..."*
- *"My marriage is falling apart and I have no hope it can be saved..."*
- *"I feel trapped by pornography and can't see a way out..."*
- *"I have persistent sin in my life that I can't seem to overcome..."*
- *"I don't even know if I am a Christian..."*
- *"No one listens to me"*
- *"My wife consistently nags me to my breaking point"*
- *"My kids are out of control"*
- *"I think my spouse is cheating on me"*
- *"My husband doesn't love me"*
- *"My wife doesn't respect me"*

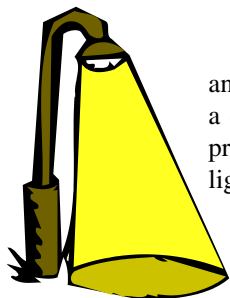


If you can relate to the thoughts mentioned above, I want to encourage you in that there is hope for you. Starting over with a new marriage has statistically proven that it doesn't fix the problems. Most people who divorce will divorce again. This is because "if you always do what you've always done, then you'll always get what you've always got".

***Call and get an appointment set up today. Our service is no charge to you. This is a free service! Yes it is free. It costs you nothing.***

- In His Care, Pastor Gordon White

# CYPRESS MILL



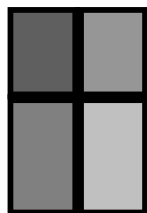
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"Have you noticed a street light out? You can report it to CenterPoint Energy 24 hours a day at 713-207-2222. Choose a language preference and then select option "4" for street light outages.

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

## CALLING ALL SCRAPBOOKERS!

Looking for scrapbookers interested in joining a new Scrapbook Club! The Club would meet monthly and members would create pre-designed scrapbook layouts. If you would like more information on joining this new Scrapbook Club or attending an existing Monthly Card Workshop, please contact [jonowak@comcast.com](mailto:jonowak@comcast.com).



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### Sunday Schedule

8:00am Worship

9:15am Sunday School for All Ages

10:30am Worship

### Wednesday Schedule

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6:30pm Worship

6:45pm Classes for All Ages

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Father Justin, our Priest,  
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Come see our new church at  
13131 Fry Road, Cypress, TX 77433



### Volunteers (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.

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Tues-Thurs 9AM - 7PM

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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.

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"Advanced Pumping Skills  
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**Make sense?**

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# CYPRESS MILL

## Need More Space? Reclaim the Space You Already Own

Heather Bland-Ho

Many of us, especially after holidays spent hosting family and friends in cramped or cluttered quarters, might be feeling the urge for more space. In the current economy, however, moving out or “up” might not be an option. But waiting out the housing downturn doesn’t mean you need to put up with spaces that are stressing you out or bringing you down... RECLAIM THE SPACE YOU ALREADY HAVE AND FALL IN LOVE AGAIN with the home you already own!

Follow these simple steps to make your home work harder to meet your needs:

### 1. Prioritize

What areas bug you the most? What are your trouble spots? From that list, which area, when improved, would have the biggest impact on your life?

### 2. Look with an Outsider’s Eyes

Pretend you’re a stranger coming into the house- what do you notice? You can even ask a friend to help with this part... they will notice piles or unnecessary objects better and faster than you will.

### 3. Systematize

What works and what doesn’t work in the space? Create systems to help alleviate problems, such as putting baskets to corral errant shoes near a doorway or designating a home for newspapers and magazines that are always lying around.

### 4. Sort and Purge

(Sorry... I tried for an –ize word here, but this is such an important concept I couldn’t just make something up!) Get rid of things that you no longer need, are broken or don’t serve a purpose. Keep only what you need, think to be beautiful or love.

### 5. Recognize when you need help

Often we need another person to give opinions or to help keep the project moving along; enlist a friend or call a professional organizer. For a fraction of the cost of a new home, a professional organizer can help you transform your space and inspire you to do amazing things. I have worked with families to reclaim toyrooms, gamerooms, bedrooms, garages and many other spaces. Recently, one mom was overjoyed to see that her six-year-old daughter sat for two hours playing happily on her own because now she had the space to set up her Littlest Pet Shop “village.” That same sweet girl also told her mom how happy she was to be able to do a cartwheel in her room again without hurting herself!

### 6. Realize the gain

Congratulations- you’ve just made a major improvement to your home! You’ve reclaimed space you already own, without the cost and hassle of relocating. You’ve fallen back in love with your home, saving yourself thousands of dollars.



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A graphic of a spiral-bound notebook. The left side shows the black spiral binding. The main body of the notebook is a solid teal color. The text "Not Available Online" is centered in white on the teal background.

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so we can  
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(first name, last initial)

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

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

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



CM

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4/2.5/2, 2584 SqFt, \$224,900



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



20313 Scenic Woods Drive,  
4/2.5/2, 2500 SqFt, \$168,000



15703 Township Glen Lane,  
4/2.5/2, 2727 SqFt, \$224,



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

### Dawn Fore's Cypress Mill Market Report

Neighborhood	3 <sup>rd</sup> 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.

**Peel, Inc.**

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

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