

Volume 6, Issue 1 Village Creek Community Association

January 2009

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. For more information about Kendrell and Jonathan, please contact: Grace Lindgren, LMSW, Adoption Coalition of Texas/Wendy's Wonderful Kids Recruiter, Gracelindgren@ adopttexas.org, 512-687-3209.

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.

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 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.

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

(Continued on Page 3)

IMPORTANT NUMBERS

EMERGENCY NUMBERS or 911

CenterPoint-Gas Leak	713-659-3552
Constables Office	
www.cd4.hctx.net	
Klein Fire Dept.	
Poison Control Center	
Willowbrook Methodist	
SCHOOLS	

SCHOOLS

Tomball ISD	
www.tomballisd.net	
Willow Creek Elem (K-4)	
Northpointe Int (5-6)	
Willow Wood Jr (7-8)	
Tomball High (9-12)	
Transportation	
—	

HOA MGMT

Chaparral Management Company	
Ms. Tally Jenkins	. tallyj@chaparralmanagement.com
Fax	

6630 Cypresswood Drive, Suite 100 Spring, Texas

Mailing: P.O. Box 681007: Houston, Texas 77268-1007

SERVICES

CPS	
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FBI	
Harris County Animal Control	
Houston Chronicle	
Greater Houston Pool	
Municipal District Services (24 hrs)	
Reliant–Street lights	
www.centerpointenergy.com/outage	
Sex Offenders	www.familywatchdog.us
Time Warner Cable	
Waste Management	
Trash pickup Tues/Fri	
Recycling Fri (only newspapers/#1 &	2 plastics/aluminum cans)
Yard Stork	1 /
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NEWSLETTER

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(Deadline is the 10 th of eac	ch month)
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Cypress Christian School Families Help Cypress Assistance Ministries

The Cypress Christian School community overwhelmed CAM (Cypress Assistance Ministries) with 134 turkeys and two truckloads of food on November 19. Beginning in October, students contributed non-perishable food items and toiletries for families in need.

Mr. Gaithe, CAM's representative, spoke to students at elementary chapel November 19. He explained to the students that CAM's food pantry was low (due to needs caused by Hurricane Ike) and that they did not have even one turkey to give to the 200 families that needed them. Because of the generosity of Cypress Christian school families, CAM was able to meet the needs of those families. Afterward, some of the fourth and fifth grade boys helped Mr. Gaithe load two trucks of food and toiletry items donated by school families. A third truck was sent to Kroger and loaded with 134 turkeys that had been purchased by the faculty and staff.

CAM was overwhelmed by the school's generosity. Mr. Gaithe, through tears, asked the school staff to personally thank everyone for the outpouring of generosity.

The relationship between Cypress Christian School and CAM began many years ago and continues to this day. The school has partnered to help meet the needs of families in crisis due to illness, job loss or other circumstances.

HOA Meetings

The Home Owners Association (HOA) meets the 3rd Monday of each month at 6:00 p.m. to discuss general business and special concerns. The meetings are held at the Fairwood club house, located at 14701 Spring Cypress. All residents are encouraged to attend.

Block Captains Still Needed!!!

The streets below still are in need volunteer block captains. If you'd like to volunteer or would like to receive more information, please visit www.myvillagecreek.net or email mike@myvillagecreek.net.

Brair Harbor	Pedder Way
Cloverview	Scarlet Forest
Cobbleshores-South	Sherlock Acres
Days Dawn	Sky Haven
Flower Mist	Towne Bridge
Gables Bend	Village Breeze
Imperial Crossing	Village Commons
Leeside Drive	Village Creek Trail Court
Ligustrum Trail	Willow Breeze
Midland Creek	Wandering Streams-East
Morning Rain	Wandering Streams-West

Lone Star College - (Continued from Cover Page)

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.

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.

Did You Know?



No two giraffes have identical markings. Scientists say the coat pattern of each animal is unique.

The Village Gazette

Celebration Women's Ministry at Cypress United Methodist Church

All women are invited to join us for Saturday brunch and speaker on January 24th at 9 am to noon at Cypress United Methodist Church in the Fellowship Hall at 13403 Cypress N. Houston Rd, just east of Huffmeister Rd. We'll have a lite breakfast, fellowship, praise and worship, prayer time, along with our guest speaker—Rachel Norris of Joy Pottery Ministries. Rachel uses pottery demonstrations and her testimony to reveal God's purposes of His love, mercy and grace. Celebration is a woman-to-woman ministry of sharing, encouraging, discipling, and mentoring in the faith. Our focus is presenting the truth and beauty of the message of salvation, healing, renewal, and restoration.

It's an awesome morning to meet new friends and hear an inspiring message. And the cost is free! Our nursery is available upon request. Please RSVP so we may save a seat for you. Contact Karen Bidinger at 281-304-8888. We hope you'll join us!





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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

Check Out Our Website: www.Myvillagecreek.net



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

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."



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

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 and 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. 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.

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Village Creek 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
\$350,000 +	0	0	0	0	0	0
\$300,000 - 349,999	1	0	0	1	0	0
\$250,000 - 299,999	1	1	0	0	0	0
\$200,000 - 249,999	1	3	2	0	1	0
\$160,000 - 199,999	0	2	0	2	0	2
\$160,000 -	0	0	1	0	0	0
TOTAL	3	6	3	3	1	2
Highest \$/Sq Ft	88.58	82.36	70.50	83.25	66.30	76.42

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



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Díshín' wíth... 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
³∕₄ Tsp	Ground cumin
³∕₄ 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 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

** 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

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Attention Teenagers

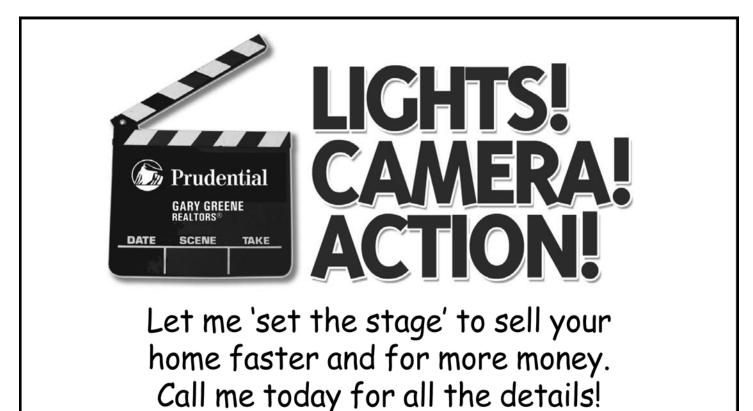
The **Teenage Job Seekers** listing service is offered free of charge to all Village Creek teenagers seeking work. Submit your name and information to skstengle@sbcglobal.net by the 8th of the month!

Deed Restriction Reminder:

Village Creek deed restrictions prohibit residents from operating a business from their residential home. Selling items from your personal business, such as overstock and clearance items, are in violation of the deed restrictions.

Lost and Found Pets

Have you found someone's pet? Have you lost your pet? If your answer is yes, we encourage all residents to please call **Harris County Animal Control** at **281-999-3191**. The HOA offers their sympathy when one has misplaced a cat or dog, but please do not report lost or found pets to HOA Board Members.





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