

# CYPRESS MILL NEWSLETTER

February 2009, Volume 9, Issue 2



## February is American Heart Month

*Submitted by Karen Behrend*

February is American Heart Month! Here are some facts and tips to help you keep your heart healthy and help prevent Heart Disease.

### COOL HEART FACTS:

- o The heart beats 2.5 billion times in a lifetime (65 yrs) (if you take care of it, maybe more!)
- o It takes 23-24 seconds for a drop of blood to circulate through the entire body
- o Your body pumps 1 million barrels of blood in a lifetime!
- o Your body has 60,000 miles of blood vessels
- o Every day over 650 Americans have coronary bypass surgery.

### RISK FACTORS:

#### I. Unalterable Risk Factors you CAN NOT change:

- o Family History (father/brother had heart disease before age 55, or mother/sister before age 65).
- o Gender (men have a higher risk)
- o Age (Men over 45 and Women over 55 are at increase risk)

#### II. Risk Factors you CAN alter:

- o High Blood Pressure (three readings at 140/90 in a month, see your doctor)
- o Smoking (#1 preventable cause of heart attacks in the US. Smokers have a 70% great risk than nonsmokers). Tough habit to break, but sooner or later you will quit!
- o Cholesterol (Blood cholesterol of 200 mg/dl is desirable, 239 mg/dl is borderline and 240 mg/dl+ is high) Know your numbers and get a complete breakdown of your total cholesterol, HDL, LDL and Triglycerides. Have your doctor explain the numbers to you!
- o Obesity (more than 30% of your desirable weight) Eating too much of the wrong foods can make you fat! Focus on 5 fruits or veggies a day for the next 20 days.
- o Physical Inactivity (Choose to move! 30-60 minutes 3-4 times a week!)

*(Continued on Page 2)*

## Stork Report in Cypress Mill

Baby Boy

Chase Alexander Webster

Born December 4, 2008 at 12:49 p.m.

8 lb. 6 oz.

20 inches

Proud parents:

David & Marcia Webster

Proud big brother:

Ryan Webster

Submit your information  
on the arrival of  
your little one to  
[cypressmill@peelinc.com](mailto:cypressmill@peelinc.com)



baby  
boy!

# 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 .....	<a href="http://records.txdps.state.tx.us/">http://records.txdps.state.tx.us/</a>
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

**Feb. is American Heart Month-** (Continued from Cover page)

### III. Other contributing Factors

- o Diabetes
- o Stress/Tension
- o Hormonal Factors
- o Alcohol

Primary Risk Factors have the strongest relationship to heart disease (family history, smoking, high blood pressure, high cholesterol and physical inactivity), when two or more of these are present, the likelihood of heart disease greatly increases.

### 10 TIPS TO HELP DEVELOP HEALTHY HABITS AND PREVENT HEART DISEASE IN YOUR FAMILY

**Take care of your heart and your children's hearts by:**

1. Regular daily physical activity (walk, bike, hike together)
2. Participate in age-appropriate sports, lesson or clubs. Let kids try a variety and find what they like
3. Participate in household chores (the physical kind)
4. Follow a healthy diet; low in fat and high in complex carbohydrates. Be supportive. Focus on positive instead of negative. Praise for a job well done!
5. Don't reward kids with food...find other ways to celebrate!
6. Be supportive. Focus on positive instead of negative. Praise for a job well done!
7. Limit TV, video game and computer time...disconnect from it! 1-2 hours a day max!
8. Be a positive role model and practice what you preach
9. Set goals and limits. Daily activity, 1-2 desserts a week
10. Learn CPR. The next life you save may be someone you love!

## 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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Thursday-Saturday 10-3

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- Housewares



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## CLAY ROAD'S AR TOP READERS



Clay Road Baptist School is pleased to announce its AR Top Readers in Middle School (Grades 6-8) for the Fall '08 semester. Accelerated Reader (AR) is a computer software program that helps teachers manage and monitor students' reading. Students choose a book at their level and read it at their own pace. When finished, the student takes a short quiz on the computer. The following readers earned 20 points or more last semester;

*Corrie Andrews  
Ashton Binkley  
Hannah Cochran  
Christian Dixon  
Yvonne Espinoza  
Andrew Harding*

*Katherine Hulbert  
Daniel Mueller  
Jeremy Nguyen  
Lauren Nugent  
Jared Pereira  
Beau Powell*

*Rebecca Royall  
Jeffrey Schultz  
Randal Schultz  
Amanda Sutherland  
Anderson Touns  
Phoebe Touns*

*Austin Ulmer  
Kristen Walker  
Kylee Waters  
**Not Pictured:**  
Daniel Bunch*



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## Cypress Creek High School Celebrates Spring Cougar Day

Houston, TX, January 3, 2009

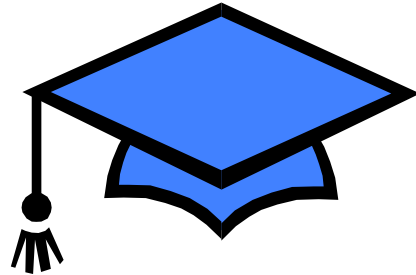
The Cypress Creek High School Athletic Booster Club will be having its annual spring fundraiser, Cougar Day, on Saturday, February 7th, 2009 from 12:00 p.m. to 5:00 p.m. The community is invited to participate in the day's festivities, which will take place at the Cypress Creek High School football stadium complex, 9815 Grant Road, Houston.

Featured activities are: Baked Potato Meal Sale, Silent Auction, Concession Stand, Face Painting, Cake Walk, and Cougar Spirit Items sale. The day will also showcase the spring season boys' and girls' sports: Baseball, Soccer, Softball, Track & Field, Swimming, Golf, Wrestling and Tennis. Several of the teams will have scrimmages or do demonstrations.

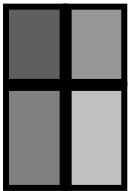
All funds raised will go directly to support Cypress Creek's boys' and girls' athletic programs.

For further information, please visit the Cypress Creek Athletic Booster club website at [www.cycreekabc.com](http://www.cycreekabc.com) or contact Jeneane Schultz at 832-444-7607.

## ATTENTION 2009 CY-FAIR / CY-WOODS HIGH SCHOOL SENIORS



The Ault Elementary PTO awards a \$500 scholarship to one male and one female applicant who is graduating from either Cy-Fair High School OR Cy-Woods High School and graduated from Ault Elementary. Scholarship applications and guidelines can be obtained from the Counselors' office. The deadline for submitting applications is April 10, 2009.



### SAINT AIDAN'S

EPISCOPAL CHURCH

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#### Sunday Schedule

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

#### Wednesday Schedule

6:00pm Dinner  
6:30pm Worship  
6:45pm Classes for All Ages  
*Faith.Family.Focus.Finances*

#### Super Bowl Party

February 1<sup>st</sup> 4-9pm

#### Five Love Languages Seminar

February 8<sup>th</sup> 4-7pm

*Nursery care provided at all Worship and Programs.*

Check us out on the web at [www.staidanshouston.org](http://www.staidanshouston.org)  
or by phone at 281.373.3203.

*Father Justin, our Priest,  
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## ★ FOR THE TROOPS ★

As 2009 is now underway, Cypress Cares would like to announce the dates that we will be boxing up our care packages for the year. All boxing events will be held at the Cole's Crossing Community Center, located at 13050 Barker Cypress Road at Jarvis Road.

Several of our packing days this year are specifically at times when Cy Fair ISD is not in session so that our students will have an opportunity to be involved as well. The dates are as follows:

January 31, 10:00

March 14, 10:00

April 25, 10:00

July 8, 12:00

August 17, 2:00

October 3, 10:00

### **Halloween Treats for Troops**

November 14, 10:00

### **Christmas Trees and Decorations**

December 28, 1:00

### **Christmas Break Service Project for Cy Fair Students**

Cypress Cares has received more thank you notes from the troops who have received packages. Visit our website, [www.cypress-cares.org](http://www.cypress-cares.org) to view the troop responses, as well as more current information about upcoming events, donation ideas and more.

Our troops need and deserve our support; get involved today!








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## **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, Feb. 3rd - Apr. 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  
(aynnedaugherty@yahoo.com) at  
281-373-1822 Visit Mindy's ministry  
website at: [www.Fruitfulword.org](http://www.Fruitfulword.org)

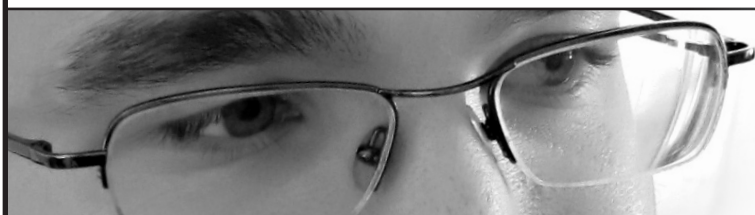
## **Cy-Fair Area Y-ME Breast Cancer Support Group**



### ***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.



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## Virus and Spyware and Mail... Oh My!

*Submitted by Laurie Scott*

Here we are in 2009, and the days of thinking that our anti-virus and anti-spyware software will protect us is over. We live in a time when organized crime all over the world is trying to either get your personal information directly or turning your computer into a “zombie” that without your knowledge attacks other computers or sends out spam. Even Apple computer has posted (rather quietly) a recommendation that Mac users consider using anti-virus software.

The generic term for viruses, spyware, etc. is malware, and malware authors are getting more and more creative in getting their hands into your computer. A particularly nasty approach being used is to trick you by popping up a window that says your computer is being scanned for viruses, and that upwards of 40 have been found. It instructs you to click on a button to download their “anti-virus” software to clean your system. When you click on that button, you’ve just allow the spyware onto your system. It is a very convincing window and looks legitimate. Once downloaded, it adds insult to injury by telling you need to purchase the software to actually remove the viruses. Of course, it doesn’t remove any spyware or virus, and getting you to send them money is just icing on their cake. The most common names for this program is WinAntiVirus 2008 (and now a 2009 version) and Pro AntiSpyware.



The problem with these and many other malware programs is that they are increasingly difficult for your anti-virus and anti-spyware program to detect and almost impossible to completely remove. Many threats appear before the anti-virus companies even have a chance to update their software, leaving you completely unprotected.

So how can you keep your computer safe from such threats? The first thing you must do is be sure to keep your anti-virus up to date. If your subscription has expired, you should either renew it or else use one of the free anti-virus programs like AVG Free or Avast (they have paid versions but you don’t need them). Microsoft’s anti-spyware program “Defender” is included with Vista and can be downloaded free from Microsoft for Windows XP. Though the threat for Macs is low, programs like ClamXav and MacScan are available, as are programs from Symantec and McAfee.

Next is keep your operating system up to date. Both Microsoft and Apple frequently issue updates, and it’s very important you patch your computer before the bad guys worm their way in.

Finally and most important is your behavior when using your computer. You can own a Volvo or Mercedes with 12 airbags and 5-way seat belts, but if your behavior is to drive 120 miles an hour, those safety features aren’t going to help you when you hit a solid wall. Likewise, when you’re using your computer, don’t click on links or open attachments in email, even if it’s from someone you know – they may not even know they sent it! If you’re expecting it, then ok. Don’t click on email links that look like they came from your bank, many people have given their banking login information to thieves because they thought they were logging into their bank, but really weren’t. If you use Internet Explorer, be sure you’ve upgraded to version 7 (click on Help | About to see the version number.) If you’re using Firefox, you should be using version 3. Safari users should be at 3.2 (4.0 will be released sometime “soon”.) Don’t click on pop-up’s, and don’t download music sharing sites like LimeWire, where malware is EVERYWHERE. Follow those few tips and you’ll enjoy a much safer computing experience.

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Contemporary Services: 9:20 a.m., 10:40 a.m.

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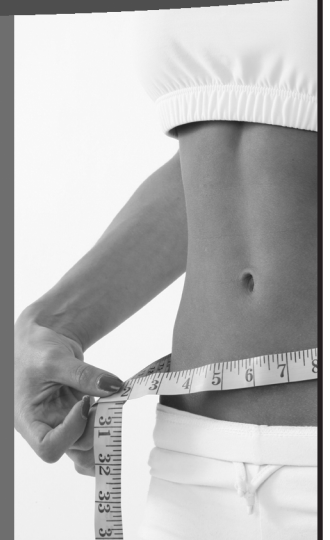


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# CYPRESS MILL



*Children are our greatest treasures,  
and we're creating a threat  
to their safety by parking  
on the streets and by speeding  
through Cypress Mill.*

## **SPEEDING IN CYPRESS MILL PARKING ON THE STREET**

Most homeowners have some space in their garage reserved for storage – in some cases most of the garage, thereby not leaving enough room for their vehicles. Consequently, many owners park their vehicles on the street making it difficult for others to pass and creating hazardous conditions for the children.

Although we're all anxious to get home to be with our families, speeding and reckless driving is against the law and endangers everyone. Cypress Mill is a family oriented community with many children; for that reason before you speed or park on the street, please consider their well-being. Also, children playing in the street can unknowingly create a dangerous situation, especially on heavily traveled streets; the driver may not see the child, especially in the evening or after dark.

We all know that children have a tendency to move about impulsively and may inadvertently run into the street. Please don't let a tragedy happen before parking your vehicle off the street or obeying the speed limit. For the benefit of all the residents and children, and the overall appearance of your neighborhood, please do not park on the street. Make accommodations in your garage or driveway for your vehicles and keep your streets clear and safe for all and please, **DO NOT SPEED IN CYPRESS MILL.**

2nd Annual



**HOME AND GARDEN SHOW**  
**March 14 & 15, 2009**

### **SHOW HOURS**

Saturday 9am-7pm  
Sunday 10am-6pm

### **TICKETS**

Adults \$9 • Seniors \$7  
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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,

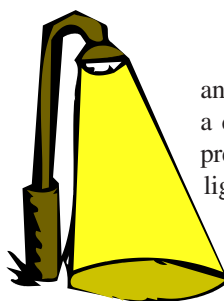
RB Cox

alert@CypressLostPetAlert.com

www.CypressLostPetAlert.com

## Business Classifieds

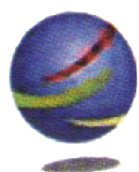
**Give the gift of health for the Holidays!** Pilates for Real People..Come unwind, get fit, in a relaxing fun atmosphere! Mat Pilates will help regain/increase strength, flexibility, range of motion, posture, and most importantly your sanity! Your body and family will thank you! For more information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



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**Dr. Michelle Stern DPM**  
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**Dr. Amy Walsh DPM**  
Board Certified in  
Foot Surgery

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(between Champions Dr. & Champions Forrest Dr.)

**Foot Specialists of Tomball**  
**281-351-5599**

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**Saturday 9am-12pm**

## meet our team

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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

*providing  
quality care  
for the  
entire family*



Our physicians at 1960 Family Practice are using the latest and most advanced technology to diagnose and treat your medical conditions. We perform routine physicals, well woman exams including pap, pilot/flight physicals and well child exams.

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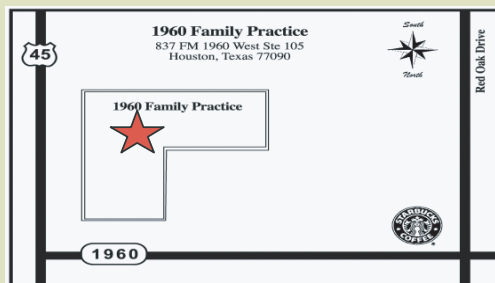
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# CYPRESS MILL

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"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



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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.

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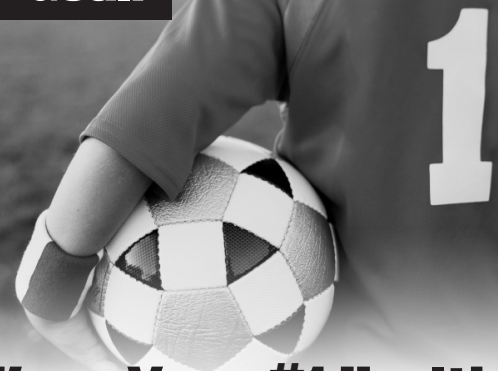


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## US Olympian to Speak at Northwest Flyers Registration Breakfast on February 7, 2009

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).

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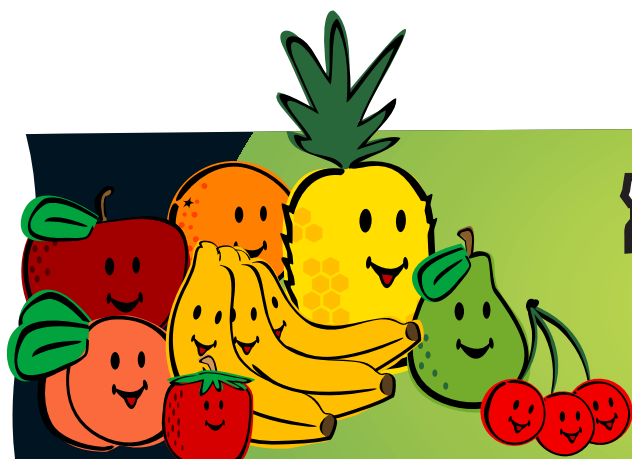
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# NEW FOOD GUIDE PYRAMID FOR PRESCHOOLERS

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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.

	Jul 08	Aug 08	Sep 08	Oct 08	Nov 08	Dec 08
\$200,000 +	0	1	0	1	0	0
\$180,000 - 199,999	0	0	0	1	0	0
\$160,000 - 179,999	1	0	0	0	0	0
\$140,000 - 159,999	2	6	3	0	1	1
\$120,000 - 139,999	1	6	1	1	1	0
\$120,000 -	1	0	0	1	2	1
<b>TOTAL</b>	<b>5</b>	<b>13</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>2</b>
<b>Highest \$/Sq Ft</b>	<b>80.36</b>	<b>83.49</b>	<b>78.40</b>	<b>81.08</b>	<b>75.28</b>	<b>69.74</b>

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

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\*Realtor Teams per Remax 9/2007



# CYPRESS MILL



## The Tri-County Quilt Guild

*Meets the 1st Tuesday of the month, 7-9pm*

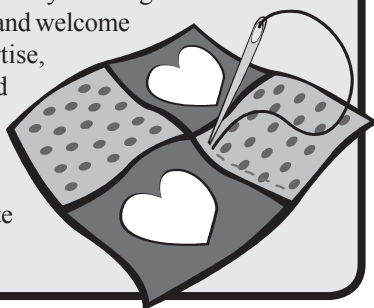
Meeting Place: Fairfield Baptist Church, 27240 Highway 290  
(Between Muescke and Mason Rd) Cypress, TX 77433-4907  
website: [www.tricountyquiltguild.org](http://www.tricountyquiltguild.org)

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Some of our activities include Show & Tell, BOM's, Fabric Raffle, Charity Quilts, Bees, Special Programs, guest speakers and more, with Door Prizes at every meeting!

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## February is American Heart Month

*Submitted by Karen Behrend*



February is American Heart Month! Here are some facts and tips to help you keep your heart healthy and help prevent Heart Disease.

### COOL HEART FACTS:

- o The heart beats 2.5 billion times in a lifetime (65 yrs) (if you take care of it, maybe more!)
- o It takes 23-24 seconds for a drop of blood to circulate through the entire body
- o Your body pumps 1 million barrels of blood in a lifetime!
- o Your body has 60,000 miles of blood vessels
- o Every day over 650 Americans have coronary bypass surgery.

### RISK FACTORS:

#### I. Unalterable Risk Factors you CAN NOT change:

- o Family History (father/brother had heart disease before age 55, or mother/sister before age 65).
- o Gender (men have a higher risk)
- o Age (Men over 45 and Women over 55 are at increase risk)

#### II. Risk Factors you CAN alter:

- o High Blood Pressure (three readings at 140/90 in a month, see your doctor)
- o Smoking (#1 preventable cause of heart attacks in the US. Smokers have a 70% great risk than nonsmokers). Tough habit to break, but sooner or later you will quit!
- o Cholesterol (Blood cholesterol of 200 mg/dl is desirable, 239 mg/dl is borderline and 240 mg/dl+ is high) Know your numbers and get a complete breakdown of your total cholesterol, HDL, LDL and Triglycerides. Have your doctor explain the numbers to you!
- o Obesity (more than 30% of your desirable weight) Eating too much of the wrong foods can make you fat! Focus on 5 fruits or veggies a day for the next 20 days.
- o Physical Inactivity (Choose to move! 30-60 minutes 3-4 times a week!)

#### III. Other contributing Factors

- o Diabetes
- o Stress/Tension
- o Hormonal Factors
- o Alcohol

*(Continued on Page 21)*

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## Feb. is American Heart Month- (Continued from page 20)

Primary Risk Factors have the strongest relationship to heart disease (family history, smoking, high blood pressure, high cholesterol and physical inactivity), when two or more of these are present, the likelihood of heart disease greatly increases.

## 10 TIPS TO HELP DEVELOP HEALTHY HABITS AND PREVENT HEART DISEASE IN YOUR FAMILY

Take care of your heart and your children's hearts by:

1. Regular daily physical activity (walk, bike, hike together)
2. Participate in age-appropriate sports, lesson or clubs. Let kids try a variety and find what they like
3. Participate in household chores (the physical kind)
4. Follow a healthy diet; low in fat and high in complex carbohydrates. Be supportive. Focus on positive instead of negative. Praise for a job well done!
5. Don't reward kids with food...find other ways to celebrate!
6. Be supportive. Focus on positive instead of negative. Praise for a job well done!
7. Limit TV, video game and computer time...disconnect from it! 1-2 hours a day max!
8. Be a positive role model and practice what you preach
9. Set goals and limits. Daily activity, 1-2 desserts a week
10. Learn CPR. The next life you save may be someone you love!

## Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

			6					
	5	1			9	3		
					5	1		
6				5				4
			3					
	9				7		1	5
					1	4		
	8			7			6	
3		4					2	

\*Solution at [www.PEELinc.com](http://www.PEELinc.com)

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## images

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## MAKE YOUR OWN CANDY FOR VALENTINE'S DAY!

Valentine's Day is Thursday, February 14 ... and it's a really really big holiday! According to the Greeting Card Association, an estimated one billion valentine cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. Since many folks give candy along with their cards, this year you might have fun making your own candy. Put some pieces of homemade white divinity in a clear bag tied with a red or pink ribbon, and your gift is sure to generate sweet thoughts (and probably some hugs and kisses as well)! There are many recipes for divinity, all fairly similar; so pick one from your favorite cookbook or Internet site, and start cooking. It's easy to make; and if you're a WeightWatchers member, this candy won't sabotage your good efforts—it's only one point per piece!

### Divinity

2 egg whites • 1/2 cup water  
1/2 cup light corn syrup • 2 cups white sugar

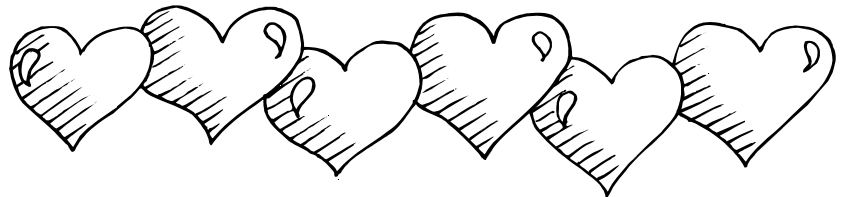
MIX together water and corn syrup in a heavy pan, and bring to a boil. Add sugar and continue boiling until dissolved. Continue cooking over medium heat, without stirring, to the hard-ball stage (about 250° on a candy thermometer).

WHILE syrup mixture is cooking, beat egg whites in a large bowl until they just hold their shape. When the syrup is ready, pour it slowly over the egg whites in a steady thin stream, whipping slowly at the same time. Do not scrape pan.

BEAT candy mixture until candy can be dropped onto waxed paper into pieces that hold their shape. (This can take a while.)

YIELD: 40 pieces (about 1-1/2 pounds of candy)

WeightWatchers Points: 1 point per piece



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Cypress Mill





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17403 Tempe Court,  
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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, \$224,000



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.

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