

THE TIMES



The Cy-Fair VFD Urges Citizens to be prepared for Hurricane Season

June 1st is the official start of Hurricane season and the Cy-Fair Volunteer Fire Department would like to urge all citizens to make sure they are prepared in the event a hurricane affects them this year. The best way to do this is to have a Disaster Supply Kit ready in advance. This kit should include at a minimum:

- ☐ Water –At least a five to seven day supply (one gallon per person per day)
- ☐ Food –At least a five to seven day supply of nonperishable/canned food
 - (Change out stored water and food supplies every six months)
- ☐ First Aid Kit
- ☐ Flashlight with extra batteries
- ☐ Battery powered radio
- ☐ Medications and special items (pain relievers, diapers, etc.)
- ☐ Tools and supplies
- ☐ Sanitation (toilet paper, personal hygiene items, etc.)
- ☐ Change of clothes and bedding
- ☐ Cash
- ☐ Important documents (birth certificates, insurance/bank account information, etc.)
- ☐ Food, water, and medicine for your pets
- ☐ Kennels or crates for pets

You can also visit the Harris County Office of Emergency Management's website at: www.hcoem.org and click on the right side link to natural disasters to access additional information on preparing for and dealing with hurricanes.

The Cy-Fair Volunteer Fire Department provides fire, rescue, and EMS services to 156 square miles of Northwest Harris County for the residents of Harris County Emergency Service District #9. By operating from 12 community based volunteer fire stations we are able to quickly and efficiently respond to help our neighbors in times of emergency.

For more information on the Cy-Fair Volunteer Fire Department or on how you can join the other 350 volunteers of our Department and be one of Cy-Fair's bravest call us at 281-656-3840 or visit us on the web at www.cyfairvfd.org.

Disc Golf League Dates

MAY 31-JULY 11, 2009

Awards day July 17/18

JULY 19-AUGUST 29, 2009

Awards day September 4/5

SEPTEMBER 7-OCTOBER 17, 2009

Awards day October 23/24

OCTOBER 25-DECEMBER 5, 2009

Awards day December 11/12

FEBRUARY 28-APRIL 10, 2010

Awards day April 16/17

APRIL 18-MAY 29, 2010

Awards day June 4/5



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IMPORTANT NUMBERS

EMERGENCY NUMBERS

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

AREA HOSPITALS

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

SCHOOLS

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

UTILITIES

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

PUBLIC SERVICES

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

NEWSLETTER PUBLISHER

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CFISD VIPS TAG Team Program

Since April is National Volunteer Month, the VIPS General Meeting held on April 30 included a celebration of the exceptional and critically important work of all volunteers in the Cypress-Fairbanks Independent School District.

One of the groups receiving special acknowledgement for its contributions to student success in the district was the Cy-Fair VIPS TAG (Targeting Achievement Globally) Team. The generous global volunteers who make up the Team go into identified elementary schools across the district and work alongside the district helping teachers to tutor students in math and science. The TAG Team members were presented with special t-shirts and certificates of appreciation by Pam Wells, Associate Superintendent for Facilities, Planning and Community Relations.

The TAG Team volunteers have been very successful this year in helping increase student skills as well as improving the children's confidence and self-esteem. They have also found their volunteer work to be extremely rewarding and are the program's biggest proponents.

If you are interested in becoming a member of the VIPS TAG Team next fall, please contact Kim Nash (kfnash1@sbcglobal.net or 281-550-2685) or the CFISD Partners in Education Office (Pamela.scott@cfisd.net or 281-894-3950).



Pictured above from left: Pam Scott, CFISD Director of Partners in Education; Helen Brewer; Richard Oxenreiter; Valerie Starrett; Chris Duncan; Maria Baptista; David Franklin; Mary Turner; Kim Nash, CFISD VIPS Global Chairman



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Lone Star College - CyFair Perspective

"ALADDIN" ON STAGE IN JUNE

Join Aladdin and his friends, June 8 through June 20 in the Main Stage Theatre, in a new version of a classic children's tale that is funny, fast-paced and based on William Glenon's "Arabian Nights." Show times are Monday through Friday at 10 a.m. and Saturdays at noon. Tickets are \$5 each or \$4 for groups of 20 or more. Reserved and group seating available. Save the date July 17 through July 26 for "High School Musical 2" performed in collaboration with Houston's Center Stage Theater. For information on these summer shows, call 281-290-5201 or go to CyFair.LoneStar.edu/boxoffice.

FREE NEW STUDENT ORIENTATIONS SET

Take a tour, learn about campus programs, meet with an advisor, choose a schedule and register for fall classes at LSC-CyFair's free new student orientations this summer. Three orientation sessions, including separate sessions for parents and family members, will be available each Wednesday June 17 through August 19. For information, go to CyFair.LoneStar.edu/orientation.

L.I.F.E. LESSONS IN JUNE

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.) Programs in June include: harness your inner success June 3, professional tea tasting June 10, missing books of the Bible June 17 and marvels of olive oil June 24. Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.

DISCOVERY COLLEGE OFFERED JUNE THROUGH AUGUST

Registration for Lone Star College-CyFair's popular Discovery College summer camp for ages 6 to 15 is under way. The one-week summer sessions are fun and educational programs to develop skills in a friendly environment. Camps are offered at the Barker Cypress campus and the Fairbanks Center campus, Monday through Friday. For information, go to cyfair.lonestar.edu/discoverycollege. For Barker Cypress camps only, call 832-482-1043 and for Fairbanks Center camps only, call 832-782-5038.

LIBRARY OFFERS SUMMER FUN FOR EVERYONE

The Harris County Public Library Lone Star College-CyFair Branch offers Summer Reading Program for children and adults.

(Continued on Page 6)

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

Questions or Concerns?

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

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

to find out more about ECI

and to find your local program.

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

Lone Star College- (Continued from Page 5)

A variety of monthly book clubs are and there are plenty of youth programs with activities and book clubs for teens and storytime for younger children. Go online to CyFair.LoneStar.edu/library for information.

REGISTER FOR FALL AND PAY EARLY FOR FREE TUITION

Register and pay for fall credit courses before the close of business Monday, Aug. 3 and automatically be entered to win free tuition, IPOD Shuffle or \$300 book voucher. The grand prize covers payment of tuition and fees up to \$500 for credit classes at the Barker Cypress and Fairbanks Center campuses. Funds will be posted to the student's account. All winners will be notified and announced by Aug. 14. Call 281-290-3200 or 832-782-5000 for information; go online to CyFair.LoneStar.edu; or visit one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway.

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Eight Water Safety Rules for a Safe Summer

Submitted by Lynn Neillie

1. Always have a pool gate around home pools. This includes having a locked and securely fastened gate that is not accessible to little ones.
2. Continuously educate children on water safety. This is a great thing to do at home, on the boat, at the pool, wherever there is water. Each time you are getting your little one ready for a swim session or water play, go over the rules of water safety. Repetition is key with small children. Make sure your swim instructor incorporates a "Safety Lesson of the Week" into its lesson curriculum. This includes questions about water safety and how to avoid dangerous situations.
3. Designate a "Water Watcher." This is a responsible adult who sticks to alcohol-free beverages during swim time and who is in charge of keeping both eyes on the pool while it is in use. Or, better yet: consider renting a Lifeguard for your party or group event.
4. Remove all pool toys, floaters, ring buoys and other child-enticing items from the pool area when it is not in use. One wrong reach for that floating rubber ducky could be disaster.
5. Clear homes of common household items that can be dangerous to a curious toddler. It takes just 2 inches of water for a child to drown in a bucket. Put all mop buckets, dog dishes and coolers out of children's reach.
6. Never leave a young child in the pool or bathtub--even "just to get the phone."
7. Enroll your child in swim classes. Start lessons early. The longer a child has lessons the more they understand water safety. A great time to do this is in the spring! This way your kids are already prepped and ready to roll for the summer swim season. You'll want to find an inside heated pool and lesson times geared towards working families.
8. Supervise, Supervise, Supervise! Try to have your eyes on your children in and around the pool at all times. Adults should always be present when any child is in the pool area.

Let's help our kids love the water while also respecting it by being safe and well-trained at all levels.



Attention Kappa Delta Sisters ...

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

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June Landscaping

Submitted by Ron Kerwin

It is getting hotter out; plan your lawn/garden work for early morning or evening to avoid the heat of the day. Make sure you drink plenty of non-alcoholic fluids, preferably water, to keep from becoming dehydrated.

Plan your mowing schedule around the growth of your lawn. You should not mow more than 1/3 of the blade length off at a time. If you water or fertilize too much, you will generate excessive growth. This will require more frequent mowing to avoid cutting off more than 1/3. If you postpone mowing, you will be damaging your lawn, generating excess clippings which will require more of your time to mow over them multiple times, and you will do your small mower engine harm by trying to mow too much grass with its smaller horsepower. With proper fertilization and watering, weekly mowing should be adequate; there will be exceptions however.

You can fertilize again this month with a 3-1-2-ratio fertilizer or 4-1-2; try to get it with a minimum of 50 % slow release nitrogen to stretch out its benefits. Water the granular fertilizer in soon after application. You can water your patio plants and hanging baskets with a diluted 20-20-20 water-soluble fertilizer. Try to use filtered or distilled water for these plants and baskets

to reduce the chlorine getting to the plants.

Canopy your trees to allow more sunlight to get to the lawn grasses underneath. Low tree canopies will not allow grass to survive. You want the lower branches removed anyway for safety reasons while mowing. You don't want to get poked in the eye.

On Red-tip Photinia and Indian Hawthorne's watch for maroon colored spots on the leaves. This indicates a fungal leaf spot and could be fatal to the shrubs if left unattended.

Apply a fungicide, Banner or Daconil as soon as you can. Powdery mildew on roses, crape myrtles, eunonymus and zinnias in late spring can be treated with a funginex spray weekly.

Trim your spring flowering shrubs now and then leave them alone. Your Indian Hawthornes and other spring flowering shrubs are done blooming. Now is the time to trim them back. After you do this, do not trim them again until after they bloom next spring. Trimming them later in the year may result in your removing the flower bud heads for next year. June bugs DO NOT mean to treat for their larva, grub worms. Treatment is only effective in late July/early August IF you have grubs. Spider mites can be treated with miticides, insecticidal soaps or just a blast of water from your hose.

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Healthier Homes

By: Michelle and Charlie Bubnis

Non-toxic Relief from Mosquitoes

That high pitch hum in your ear...summer is here and the mosquitoes have arrived. It's time to take action but let's keep the family protected and safe.

Don't use any mosquito spray that contains DEET (diethyl toluamide). DEET is a very effective insect repellent but not the best choice for the families' health.

DEET is a known neurotoxin, causes kidney and liver damage and has been implicated in birth and developmental defects. "Children in particular are at risk for subtle brain changes caused by chemicals in the environment, because their skin more readily absorbs them, and the chemicals more potently affect their developing nervous systems." ¹ The World Health Organization (WHO) states that over 30% of the global burden of disease in children can be attributed to environmental factors, including pesticides.²

If the bottle of repellent you are planning to purchase contains DEET the label will say: may damage furniture finishes, watch crystals, leather, painted or varnished surfaces. This is a very harsh chemical that shouldn't be sprayed on the skin.

So what are some other options? Vinegar, either white or apple cider will work. Put it in a salad dressing bottle and sprinkle it on exposed skin. There are also herbal oils that are recommended such as tea tree, cedar, peppermint, citronella, eucalyptus and lemongrass. Mix these oils with cooking oil to dilute prior to putting on the skin.

If you wish to purchase insect repellent BUG OFF ³ from Dr. Mercola is a healthier option. It contains several of the essential oils listed above.

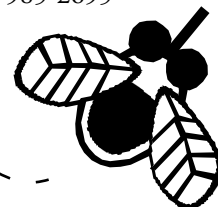
Mosquitoes are attracted to light colored clothing especially yellow. They zero in on fragrances from scented body care products, laundry detergents and scented fabric softeners. The use of unscented fragrance free products decreases the families' neurotoxic exposure but also keeps mosquitoes searching for another meal. Mosquitoes do not like the smell of garlic so by using a product called Mosquito Barrier(a very potent garlic solution) on the lawn, this will repel mosquitoes from the yard.

Check the external home environment. Be sure to empty any standing water around the home because this will provide the mosquitoes with a breeding ground. Consider putting up a bat house. A bat can eat approximately 600 mosquito sized insects an hour.

With these measures in place your family will probably not hear a high pitch hum in the ear this summer. The mosquitoes will find a better location than your home for their next meal.

For more learning and resources:

- 1 Duke University Medical Center (2002, May 2) DEET Brain Effects in Animals , Warrant Caution
- 2 Beyond Pesticides Fact Sheet: Children and Pesticides Don't Mix, Debra Lyn Dadd: About Natural Mosquito Relief, www.1001nets.net, cotton mosquito nets form Australia
- 3 Bug Off Toll free number to order: 877-985-2695



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Regular Checkups Big Part of Staying Healthy

Regular screenings are an important part of staying healthy, but it's hard to remember what tests are needed at what age. Baylor College of Medicine doctors offer guidelines to help maintain good health through the ages.

"It is very important at any age to have regular health screenings," said Dr. Steve Rosenbaum, assistant professor of medicine at BCM and section chief of general internal medicine at Baylor Clinic. "It allows us to appreciate our good fortune for good health, and regular exams can detect problems early, so they can be treated and dealt with more expeditiously."

As we age, it is even more important to have regular screenings, kind of like having a favorite old car that we have to "baby" along, Rosenbaum said. He recommends people come in during their birth month. That way it's very easy to remember.

Just how often people should visit their doctor for regular checkups and screenings is a common question. **For people with no chronic health issues, Rosenbaum suggests:**

- People in their 30s should have checkups every two to three years
- By 40, checkups are recommended every 12 to 18 months
- Annual checkups starting by 50

RECOMMENDED SCREENINGS INCLUDE:

CHILDREN

- Hearing, Vision, Height/weight/Body mass index, Blood pressure,

Speech and motor skills development, and Social/behavioral skills

TEENS

- Pap smear, Sexually transmitted infection screening if sexually active, and Vision

20S

- Vision, Pap smear, and Lipid test

30S

- Baseline mammogram at 35, Vision, and Pap smear

40S

- Mammogram, Pap smear, Vision, Prostate, and Heart stress test

50-PLUS

- Colonoscopy, Glaucoma/vision, Prostate screening, Skin cancer, Stress test, and Hearing

There are many factors that could influence the frequency of screenings.

Family history of certain illness and risk factors should be discussed with your doctor. For some illnesses, like skin or colorectal cancer, if a first degree relative has been diagnosed, screening could be recommended to begin in the early 20s.

Remember, talking about family medical history with your doctor is just as important as staying up to date on your checkups.



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Recipe of the Month

Blueberry Muffins

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| 1 3/4 cup sugar | 2 eggs |
| 1 1/2 T. Butavan | |

Combine:

- | | |
|--------------|--------------------|
| 3 cups flour | 1 T. baking powder |
| 1 tsp. soda | |

Add alternately to the first mixture with 1 cup buttermilk.
Stir in 1/2 can canned blueberries (drained) plus 6 T. juice.
Bake in muffin tins at 350° for 20 minutes.

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

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- Clean range top
- Damp wipe cabinet doors
- Clean counters
- Hand wash floor
- Load dishwasher

Bathrooms

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

All Rooms

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

Windows

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



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Cy-Fair Community Emergency Response Team (CERT)

Cy-Fair CERT now has over 200 team members in your neighborhood. The team members are not only from Fairfield/Cypress area, but Alief, Katy, Bear Creek, Copperfield, Tomball, and Sugarland. More trained CERT members will be needed in each of these areas to form neighborhood teams.

CERT training is designed to prepare you to help yourself, your family, and your neighbors in the event of a catastrophic disaster. Because emergency services personnel will not be able to help everyone immediately, you can make a difference by using this training to save lives and protect property. For example, during and after Hurricane Ike members of the Cy-Fair CERT volunteered at the phone bank of the Harris County Office of Emergency Management, manned the federal PODs all over the county, distributed Meals on Wheels food, cleared debris in their communities, etc.

The 8-week course (24 hours of training) covers basic skills that are important to know in a disaster when emergency services are not available. You are taught skills about disaster preparedness, small fire suppression, urban search & rescue, medical operations and more. With training, practice and working as a team you will be able to do

the greatest good for the greatest number of people after a disaster, while protecting yourself from becoming a victim.

In 2003, President Bush asked Americans to volunteer to serve others. The Harris County Citizen Corps www.harriscountycitizen corps.com was created to help our citizens find volunteer and training opportunities. CERT training is just one of the programs created.

CERT training courses are provided throughout Harris County. There is no cost for this course. A backpack of emergency/medical supplies is provided to all CERT team members during training. This program is brought to you by Harris County Judge Emmett. The next CERT training class for the Cy-Fair area will begin on April 1, 2009 at the Lone Star College (Barker-Cypress campus).

For more information on how you can become involved in CERT contact Patrick Wong (Fairfield/Cypress Team Lead) at pcwong1@earthlink.net. For more information on how you can register for the next training class contact Terri Pope-Mobley at tpopemobley@yahoo.com.

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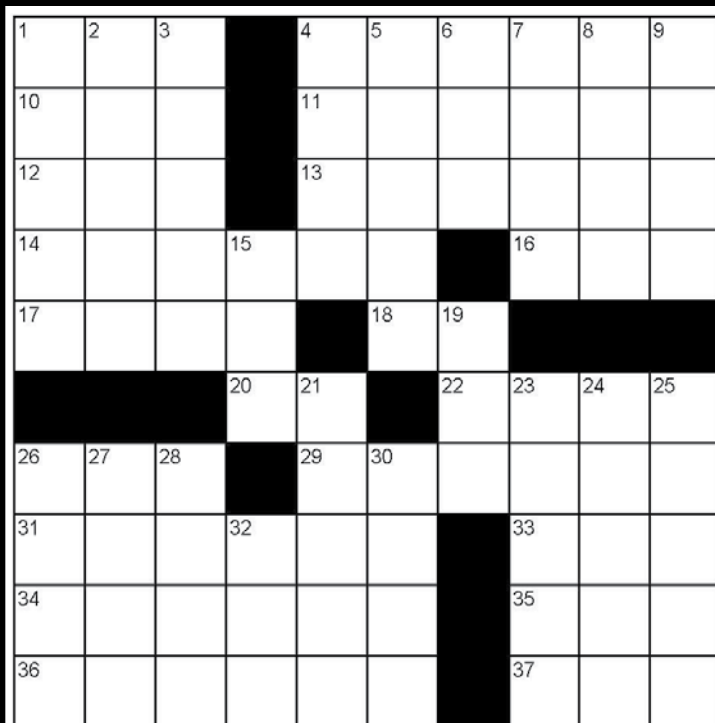


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Crossword Puzzle



ACROSS

1. Dawdle
4. Permanant
10. Brew
11. Brand of adhesive strip
12. Charged particle
13. A Nissan car
14. Parallelograms
16. Male cat
17. France & Germany river
18. Father
20. Strontium (abbr.)
22. Animal oil
26. Part of a min.
29. Saudi ____
31. Singer Bing
33. No. eggs in a package
34. One-celled water animal
35. Southwestern Indian
36. Raving
37. Hallucinogen

DOWN

1. Dens
2. Hawaiian 'hello'
3. City
4. Replace a striker
5. Spring flower
6. Music
7. Lure
8. Type of car
9. Cheese
15. Married woman
19. Wing
21. Jewish religious leader
23. BB player Kareem ____ Jabar
24. Public disorder
25. Groggy
26. Blemish
27. Writer Bombeck
28. Racoon's nickname
30. Baseball's Nolan
32. Scene

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Bridgeland Year-to-Date Sales Report

	July '08	Aug '08	Sep '08	Oct '08	Nov '08	Dec '08	Jan '09	Feb '09	Mar '09	Apr '09
\$500,000 and above	1	0	0	1	0	0	0	0	0	0
\$451,000--\$499,999	0	0	1	0	1	0	0	1	1	0
\$351,00--\$450,000	1	1	3	2	2	2	1	1	2	2
\$276,000--\$350,000	7	5	1	3	5	7	4	0	3	3
\$231,000--\$275,000	3	5	0	1	2	1	1	1	1	0
\$201,000--\$230,000	0	0	1	3	0	1	0	0	0	1
\$200,000 and below	1	1	0	0	0	0	0	1	0	0
Total	13	12	6	10	10	11	6	4	7	6
Highest \$/sq ft	\$108.23	\$122.01	\$105.47	\$118.45	\$108.11	\$94.12	\$92.42	\$118.16	\$101.67	\$99.74

This information is taken from the Houston Multiple Listing Service

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