



# CYPRESS MILL *Chronicle*

NEWS FOR THE RESIDENTS OF CYPRESS MILL

July 2009

Volume 9, Issue 7

## Stork Report in Cypress Mill baby boys

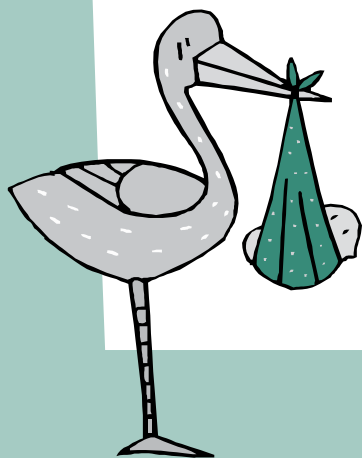


Kaleb Thomas Jordan  
Born 2/13/09 at 9:08 a.m.  
6 lb. 8.5 oz. 19.25 inches

*Proud Parents:*  
Jesse and Kristen Jordan  
*Proud Big Sister:*  
Katelyn Jordan

Alexander Carl Anthony  
Born 5/25/09 (Memorial Day)  
9 lb. 4 oz. 20 3/4 inches

*Proud Parents:*  
Carl and Kay Anthony



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

Congrats!

## The American Business Woman's Association of Cy-Fair Express Network

**EVENT:** Cy-Fair Express Network  
**WHEN:** Thursday, July 23, 2009  
**TIME:** 11:30 am - 1:00 pm  
**WHERE:** Houston National Golf Club  
16500 Houston National Blvd  
Houston, TX. 77095  
(281)304-1400

### NETWORKING AND BUSINESS LUNCHEON

The American Business Women's Association Cy-Fair Express Network invites you to their monthly networking meeting and luncheon. Join us as

Marlene Lobberecht of Intellaskill shows us how to "Update Your Business Plan". Lots of fun, networking and giveaways. Bring plenty of business cards.

**Reservations:** Contact Anya Lucas 713-459-2331 or [anya@lucasarecare.com](mailto:anya@lucasarecare.com) Or go to [www.cyfen.org](http://www.cyfen.org) for more information. Please try to RSVP by Friday May 22, 2009.

CYFEN is an ABWA Express Networking organization providing opportunities to network with professionals in the Northwest Houston area, and offers professional development and educational advantages through ABWA. CYFEN meets the fourth Thursday of each month (except November and December), and visitors are always welcome. Contact Anya Lucas for more information.

## Go Green Go Paperless

Sign up to receive the *Cypress Mill Newsletter* in your inbox. 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 ..... 713-329-7100  
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

## 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!**

## 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>

## Street Light Out?

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.



## Not Available Online



## Just a Reminder



Please be considerate and pick up after your dog when you are out for a walk including the walking trails by the retention ponds.

It is illegal to sweep grass clippings and trash into the drains. Please report violators at 713-525-2525.

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## Cypress Assistance Ministries



### School Supplies Needed

11202 Huffmeister, 281-955-7684  
[www.cypressassistance.org](http://www.cypressassistance.org)

Families of hundreds of school-aged children in the Cypress area are depending on CAM to assist them with necessary school supplies for their children. These start-up supplies can be impossible to fit into an already strained budget.

**Your donations of the following would be greatly appreciated:**

- pocket folders with brads
- washable markers
- large & small packages manila paper
- large & small packages multi-colored construction paper

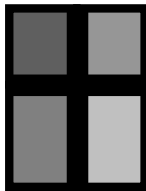
- pencil boxes/pouches
- scissors
- new socks and underwear in adult sizes

**For the Food Pantry, donations of the following will help families with children home for the summer:**

- Peanut butter & jelly
- Sweetened Drink Mixes
- Spaghetti Os
- Snack Foods
- Canned Meats
- Powdered milk
- Toilet Paper/Paper towels



*Donations can be made Monday through Wednesday from 10AM – 6PM and Thursday through Saturday from 10AM – 3PM For a description of the services and volunteer opportunities at Cypress Assistance Ministries please see our web site, [www.cypressassistance.org](http://www.cypressassistance.org).*



### SAINT AIDAN'S EPISCOPAL CHURCH

*...where people come together...*

#### Summer Schedule

During the summer months, we will be taking a break from our Sunday morning Sunday school classes, as well as our Wednesday Evening Worship. We will resume with these two programs in the Fall.



#### Sundays at St. Aidan's

8:00am Worship with Children's Sermon / 9:15am Fellowship Breakfast / 10:30am Worship with Children's Chapel.

Nursery care provided at all Worship and Programs.

You are invited to worship with us at our new church located at 13131 Fry Road, Cypress, TX 77433.

For more information, contact us by phone at 281.373.3203 or on the web at [www.staidanshouston.org](http://www.staidanshouston.org).

PLEASE JOIN US FOR VACATION BIBLE SCHOOL... Ages Pre-K through 5<sup>th</sup> grade!

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Crocodile Dock fun begins July 27<sup>th</sup>-31<sup>st</sup> from 9am to 12pm.

For more information, please call 281-373-3203 or download a registration form at [www.staidanshouston.org](http://www.staidanshouston.org).

## Healthier Homes - Easy Ways to Improve Household Air Quality

By: Michelle & Charlie Bubnis

Home cleaning products contain an array of harmful chemicals that are not required by law to be listed on the products' label. These chemicals have a toxic effect on indoor air quality. The best way to avoid this unknown risk to your family is to create your own cleaning products which is much easier than one may think. **Here are some suggestions:**

- Almond Oil: Furniture polish
- Baking Soda: Cleans, deodorizes, removes stains and softens fabrics
- BonAmi: Functions as an abrasive cleanser
- Borax: Natural mineral that can be used to bleach, deodorize, remove stains, and boost soap. It also kills bacteria and mold. It can also be used in your dishwasher as 1 part borax and 1 part washing soda. Add ¼ cup to dishwasher load
- Castile Soaps: All purpose cleaner
- Citrus peels: Deodorize garbage disposal
- Cornstarch: Absorb oil and grease, starches clothes
- Club Soda: Pre-wash and stain remover
- Hydrogen Peroxide: Germicidal. Hydrogen Peroxide and cream of tartar paste make a good cleaner for sinks and bathtubs
- Lemon Juice: Bleach alternative, grease cutter, stain and

perspiration remover for clothing. Lemon juice and salad oil as a furniture polish. Lemon juice on a cloth cleans aluminum

- Table Salt: Abrasive cleaner
- Vinegar : Water softener, cuts grease, removes stains; strips lime deposits from showers, removes white haze on glassware
- Washing Soda :Cleans clothes, boosts soap's cleaning power, softens water, cuts grease and disinfects

Consider always avoiding fragranced cleaning or fragranced laundry products as 95% of chemicals used in fragrances are synthetic and derived from petroleum. These chemicals are combined in untested combinations. They are capable of causing cancer, birth defects, central nervous system disorders and allergic reactions.

So pick up a few of the suggested items listed above at the grocery store and the air quality in the home will improve along with the health of your family.

### FOR MORE INFORMATION:

1. Less Toxic Alternatives by Carolyn Gorman, 2004
2. The Most Common Chemicals Found in Thirty-One Fragrance Products by a 1991 EPA Study by Julia Kendall [www.immuneweb.org/articles/perfume.html](http://www.immuneweb.org/articles/perfume.html)

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## Health Briefs

Baylor College of Medicine

### GOOD NIGHT'S SLEEP IMPORTANT TO WOMEN'S HEART HEALTH

Getting a good night's rest may help women minimize their risk of developing heart disease.

"Research has shown a link between sleep disturbances and the risk of developing heart disease," said Dr. Bhuvana Muthuswamy, assistant professor of medicine at BCM. \

***Women need about eight hours of sleep a night, said Muthuswamy. That's easier said than done and may require key behavioral changes, including:***

- Maintain a regular sleep/wake time
- Exercise regularly, but avoid exercising three hours prior to bedtime
- Finish eating two to three hours prior to bedtime
- Avoid caffeine and chocolate about six to eight hours prior to bedtime
- Restrict fluids, especially alcohol, close to bedtime

But most important is eliminating stress, according to Muthuswamy. "Approximately half of all sleep problems are attributed to stress," she said. "Relax with a good book, music or a bath before bedtime."

### MINOR STROKES HARDLY HARMLESS

No one is at zero risk for stroke, which explains why it is vital to know the signs and understand how to decrease the chance of experiencing one.

***Warning signs include:***

- Sudden numbness or weakness affecting the face, arm or leg, especially on one side of the body
- Sudden difficulty in speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination

It's important to seek immediate emergency care if a person experiences these symptoms because current therapies for stroke must be applied within a few hours, according to neurologists at Baylor College of Medicine.

Good cardiovascular health habits greatly reduce the risk of stroke. Hypertension and diabetes must be recognized and treated. Smoking, obesity and lack of exercise all increase the risk of stroke, but that risk is reduced when a person modifies those habits.

*(Continued on Page 7)*

## The Foot Wellness Center



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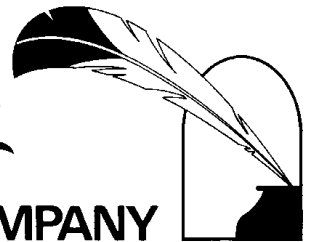
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## Health Briefs - (Continued from Page 6)

### DON'T LET SWIMMER'S EAR RUIN YOUR SUMMER

If you've ever had swimmer's ear, chances are you've wanted to pull the plug on the pain.

Swimmer's ear is an inflammation of the outer ear that is most often caused by the accumulation of excess moisture from swimming or daily showering, explained Dr. Jeffrey Vrabec, associate professor of otorhinolaryngology at Baylor College of Medicine.

Symptoms include swelling, redness, itching, muffled hearing and/or discharge from the ear. Antibiotic drops are used to treat the condition, and pain can be lessened by applying a warm cloth to the ear or by using a heating pad.

#### ***Prevention is possible. Vrabec recommends the following:***

- Wear earplugs and a cap when swimming.
- Use alcohol-based drops before and after swimming and showering.
- Use a hairdryer to dry the ear canal to prevent water build-up and infection.
- After getting out of the shower or pool, lie down on the affected ear to help remove excess water.
- Do not use cotton swabs to remove excess water from the ear.

### REGAINING A HEALTHY LIVER, ONE POUND AT A TIME

For those suffering from cirrhosis of the liver resulting from nonalcoholic fatty liver disease, each pound lost is a step toward regaining your health, say doctors at Baylor College of Medicine in Houston.

"It's important for people to understand that cirrhosis can be caused by obesity in adults and children," said Dr. John Vierling, professor of medicine and surgery at BCM and director of Baylor Liver Health. "Very often people think it is only associated with over consumption of alcohol or viral hepatitis."

Reaching a healthy weight is one way to reverse damage to the liver. For many people the thought of having to lose 100 to 200 pounds is daunting, but Vierling said even losing 10 percent of your body weight can help the liver begin to heal.

Cirrhosis is a condition associated with dense scarring and regenerating nodules on the liver. It can result from a number of illnesses, including alcoholic and viral hepatitis, autoimmune and metabolic liver diseases. Nonalcoholic fatty liver disease causes cirrhosis when a large amount of fat accumulates in the liver in the presence of damaging inflammation.



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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.

|                         | Dec 08       | Jan 09       | Feb 09       | Mar 09       | Apr 09       | May 09       |
|-------------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| \$200,000 +             | 0            | 0            | 0            | 0            | 0            |              |
| \$180,000 - 199,999     | 0            | 3            | 0            | 0            | 1            | 1            |
| \$160,000 - 179,999     | 0            | 0            | 0            | 1            | 1            | 1            |
| \$140,000 - 159,999     | 1            | 0            | 0            | 0            | 0            |              |
| \$120,000 - 139,999     | 0            | 0            | 2            | 2            | 0            | 5            |
| \$120,000 -             | 1            | 0            | 0            | 0            | 1            | 1            |
| <b>TOTAL</b>            | <b>2</b>     | <b>3</b>     | <b>2</b>     | <b>3</b>     | <b>3</b>     | <b>8</b>     |
| <b>Highest \$/Sq Ft</b> | <b>69.74</b> | <b>80.63</b> | <b>75.44</b> | <b>76.05</b> | <b>84.44</b> | <b>78.90</b> |

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

## #1 Selling Agent In Cypress Mill 2001-2008

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\*Realtor Teams per Remax 9/2008

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Owners

## Not Available Online

### 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



## Spark Power Bank

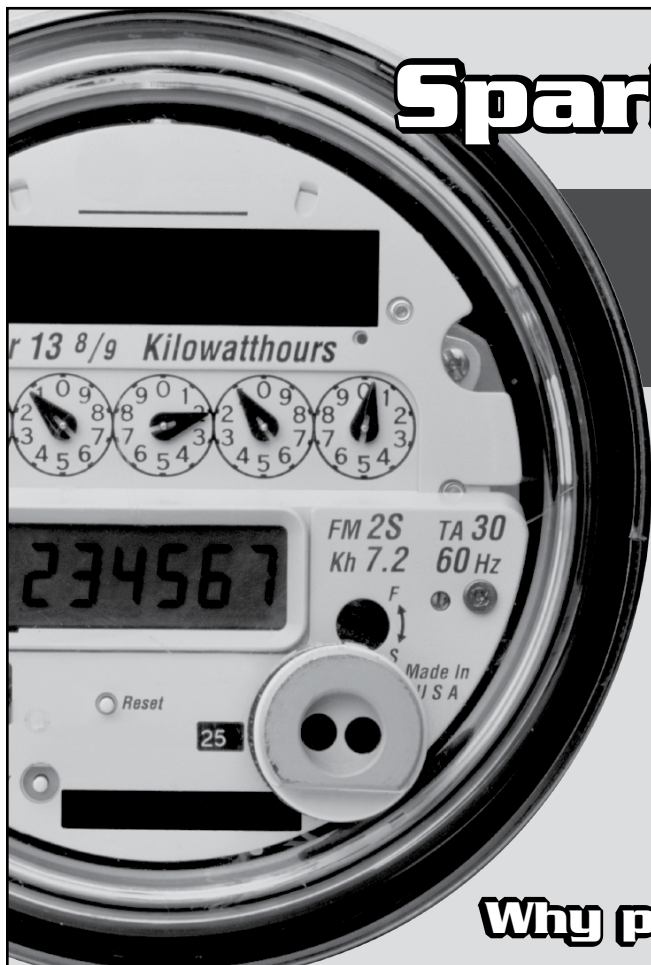
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## **meet our team**

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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Flu



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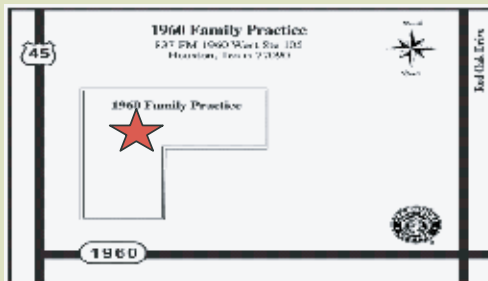
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## Summer Fun and Safety Go Hand in Hand

Fun is the word on everyone's mind as summer heats up, but doctors at Baylor College of Medicine say "prevention" should not be far behind.

"There are common health issues that many people face during the summer, like sunburn, heat exhaustion and injuries from outdoor activities," said Dr. John Rogers, professor and interim chair of the department of family and community medicine at BCM. "But there are things you can do to prevent them rather than just waiting to treat the issue after the fact."

### SUNBURN

Always wear sunblock and make sure to apply it as evenly as possible over all exposed skin. Sunblock SPF 15 and above is sufficient coverage, but you should always reapply throughout the day regardless of your activities, especially if the skin becomes wet, Rogers said.

"Once a tan starts to show, you are damaging your skin with long-term results," said Rogers.

Wearing a hat with a wide rim and long sleeve shirts in a light-weight material can also protect the skin.

### HEAT EXHAUSTION

"Don't wait until you are thirsty to drink water. That means you are already becoming dehydrated," Rogers said. "If you know you will be out in the heat, start drinking fluids before hand, and continue through out the day. Sports drinks with some sodium or salt is important."

Keep the elderly in mind during the summer, Rogers advised. Other health issues could be heightened by the heat. Even if they are indoors, they could still become victims of heat exhaustion. Maintaining kidney output that is "clear and copious" is the goal to prevent serious problems, he said.

### POOL SAFETY

Never swim alone. Even the most experienced swimmer could suffer an injury and need help getting out of the pool.

When it comes to small children, Rogers said once they go under water it is easy to not see them at the bottom of the pool. Assigning swimming buddies could be one way to make sure all children are accounted for. Children 2 or under should wear floatation devices even around a swimming pool.

### BIKE SAFETY

Helmets are a must if bike riding is in the plans this summer. Elbow and knee pads are also suggested for skateboarding or roller skating.

Not all outdoor injuries can be prevented - like scraped knees. But usually a minor injury like that doesn't require a trip to the emergency room.

"If there is an actual gap in the skin, impaired movement or excessive pain or more bleeding than you think there should be, it might be time to call the physician," Rogers said. "You shouldn't second guess yourself if you decide to go for medical care and it turns out to be minor. The peace of mind of knowing your child is safe should be your first concern."

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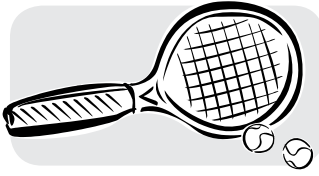
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## Four Stages Of Improving Your Game

*Submitted by: Fernando M. Velasco*

In past issues, we have covered how to get proper equipment and how to practice. In this issue, we will give you some advice on how to progress on your game following the CCDP stages:

### STAGE ONE: CONSISTENCY

Our muscles react to repetition of something that feels good and natural. If a player needs work on a particular stroke, hundreds of balls need to be given so the production of their stroke looks the same regardless of where the ball is located. Consistency of grips, foot work, anticipation, point of contact and follow-through, need to be almost “carbon” copy of each other.

### STAGE TWO: CONTROL

Do you know that there are only eight shots that can be executed when you hit a groundstroke? They are: cross court, down the line, flat, top spin, slice, drop shot, lob and “miss-hits” Once a player reaches the consistency of getting the ball over the net and into the court, the player needs to start working on controlling the “where” and “how” type of shot. As players advance on control, they will combine these shots, such as “top spin cross court, slice down the line, top spin lobs, etc.

### STAGE THREE: DEPTH

Most players want to hit the ball an inch above the net height. If players look at most of the great players, they will realize that most of the shots they hit are at least three feet over the net and land between the service line and base line of their opponents. The balls that are “skimmed” over the net, are usually passing shots when the players come up to the net, or great winners that only a Roger Federer or an Andy Roddick can do with great control and consistency.

### STAGE FOUR: POWER

Once a player feels comfortable with the first three stages, then it is time to create Power. Unfortunately, most tennis players become injured by going to the Fourth Stage too quick into the game and become frustrated, thus ruining their weekend games and being sore for an entire week due to torn muscles. Power is generated mostly by good timing, good foot work, reading early where the ball will land, and by planning the shot even before the player gets to the ball.

Most players in League level 2.5 to 4.0 will end up winning their matches by mastering the first three stages, while the ones going to stage Four too quick, will be spending their time with ice packs and taking Ibuprofen pills until the next match and start the “vicious” circle again...

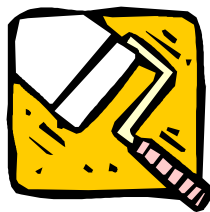
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## How to Google Smarter

*Submitted by Rich Keith*

In my work as a financial service professional I often help my clients find information which will guide their understanding. But with my background in computer science I'm just geeky enough to enjoy the finer points of searching online. Here then, are ways to improve your Google experience.

- **Check your stocks.** Take a deep breath, and then enter a ticker symbol to see a real-time quote. Try ORCL or LUV.
- **Include the word you need.** Google ignores common words and characters such as where, the, how, and other digits and letters which slow down your search without improving the results. (Google will indicate if a word has been excluded by displaying details on the results page below the search box.)
- **If a common word is essential** to getting the results you want, you can include it by putting a "+" sign in front of it. (Be sure to include a space before the "+" sign.) For example, here's how to ensure that Google includes the "IV" in a search for Star Wars, Episode IV: Star Wars Episode +IV
- **Convert currency and units.** Easy examples: "12 euros in dollars" or "12 tsp in tbsp" or "12 % of 93,755" for example.
- Get the synonyms too with synonym search. If you want to

search not only for your search term but also for its synonyms, place the tilde sign (~) immediately in front of your search term. For example, suppose you want to search for food facts. Here's how to search for food facts and also get similar information on nutrition and cooking information: ~food ~facts.

- **Narrow by file type.** To find PowerPoints, Excel spreadsheets, or books scanned into PDFs, add "filetype:ppt" (or any other extension) to your query.
- **Search ranges.** Use two periods between two numbers, like "Wii \$200..\$300." Even dates work. Try "Earl Campbell 1970..1990"
- **Be prepared for flight delays.** Type in the airline, then your flight number, like "AA 1237."
- **Easy definitions.** To get the definition for a word, just type the word define: followed by the word. Include the colon and space, such as "define: annuity"
- **Find the right sources:** Add "site:edu" or "site:gov" to limit your search to school, org, or government domains. For example, "529 plan site:org." To target a specific web site, type, say, "annuity site: primerica.com."

*(Continued on Page 17)*

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## How to Google Smarter - (Continued from Page 16)

- **Little known search operators.** This is neat: the asterisk (\*) can be used if you don't know exactly how to spell a word. For instance, "contagiu\*" will match all articles containing words that start in "contagiu." Give it a try, it's contagious. Other operators include the pipe code (|) which acts as the word "OR." For example, a search for "large cap|mid cap" will return search results for "large cap" OR "mid cap." You can also use the uppercase word OR. For example, here's how to search for a vacation in either Sedona or Flagstaff: "vacation Sedona OR Flagstaff"
- **Want a picture or a map?** Google can search for different media such as websites, images, videos, maps etc. Select the option above the input box. An easy way to refine your search is to select the "advanced search" option next to the input box.
- **Exact Phrases.** By default, Google searches for any of the terms you enter. To find a specific phrase, use double quotes (""). You will get different results for invest dollar cost average than you will for invest "dollar cost average".

Combine and see what happens. Now you have what you need to mix it up! I combined the stock search with the date range and it worked. To see information on Intel from 1968 (founding year) to 1978, type in "INTC 1968..1978". Now go and play with Google and see what you can find! Sources: Google, Wired.

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## Lone Star College-CyFair "Perspective"

### Sign Up for the Summer Bridge Program

Set July 13 through Aug. 6, this program is available for first-time college students who are on the threshold of being able to enroll in college-level courses. Free textbooks, mentoring, tutoring and support services as well as a \$400 stipend upon course completion are incorporated into the program to assist students in their transition into college. For program eligibility requirements and information, call Erin Smith at 281-290-3430 or go to [CyFair.LoneStar.edu/summerbridge](http://CyFair.LoneStar.edu/summerbridge).

### "High School Musical 2" on stage in July

Don't miss this new high energy show, an adaption of the Disney Channel's sequel to the wildly popular "High School Musical," which follows the Wildcats from East High School into their summer months at Lava Springs Country Club. Reserved and group seating available. "High School Musical 2" will be performed in collaboration with Houston's Center Stage Theater July 17 through July 26. For ticket information, call 281-290-5201 or go to [CyFair.LoneStar.edu/boxoffice](http://CyFair.LoneStar.edu/boxoffice) or [www.houstonscenterstage.com](http://www.houstonscenterstage.com).

### "Milestones and Signposts" in the Bosque Gallery

Check out this exhibition of work by two talented Houston Area artists Chris Narum and Humberto Saenz whose content is connected by the investigation of the idea of the marginalization. The exhibition will be

on display July 7 through July 23 in the Bosque Gallery with an opening reception at 4:30 p.m. and artist talk at 5 p.m. July 9. Go to [CyFair.LoneStar.edu/bosquegallery](http://CyFair.LoneStar.edu/bosquegallery) for gallery hours and information.

### 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, continue each Wednesday through August 19. For information, go to [CyFair.LoneStar.edu/orientation](http://CyFair.LoneStar.edu/orientation).

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

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 July include: Dance Salad video of eclectic mix of dancing July 1, stress and your health July 8, Nia "cardiovascular" dancing July 15, genealogical expedition July 22 and curry/korma cooking July 29 (held in HSC 105). 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).

(Continued on Page 19)

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## Lone Star College - (Continued from Page 18)

### Summer Film Series and Art Exhibitions

The free Cinema WOW! Film Series, which includes an engaging discussion after the movie, continues with "Touch of Evil" July 8; "LA Confidential" July 14 (at LSC-Fairbanks Center) and "Bad Education" July 22. For information, go to [CyFair.LoneStar.edu/filmseries](http://CyFair.LoneStar.edu/filmseries).

Check out "Milestones and Signposts" July 7 through July 23 and "Confluence, Study Abroad 2009" Aug. 4 through Aug. 27 at the Bosque Gallery. Go to [CyFair.LoneStar.edu/bosquegallery](http://CyFair.LoneStar.edu/bosquegallery) for gallery hours and information.

### Discovery College continues 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](http://cyfair.lonestar.edu/discoverycollege). For Barker Cypress camps only, call 832-482-1043 and for Fairbanks Center camps only, call 832-782-5038.

### 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](http://CyFair.LoneStar.edu); or visit one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway.

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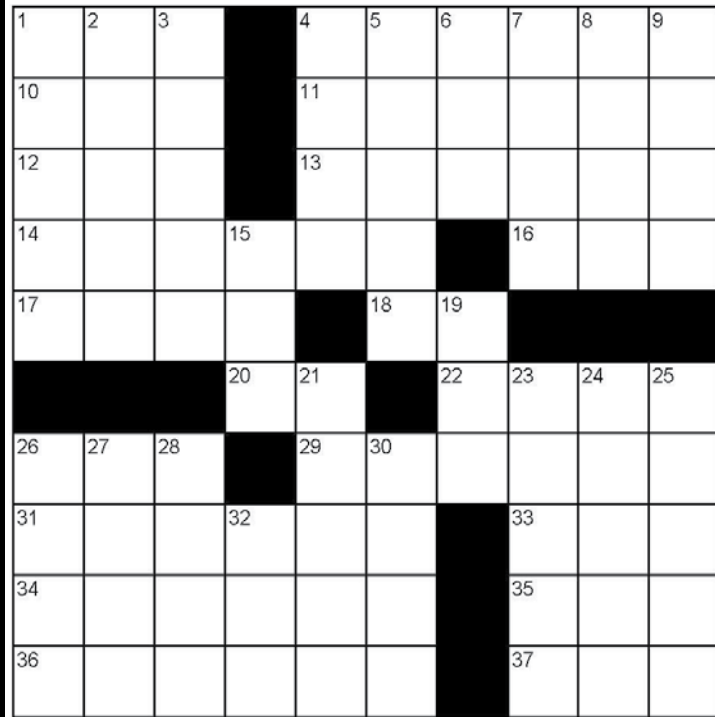
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## Crossword Puzzle



### ACROSS

1. However
4. Brand of soda
10. Environmental protection agency (abbr)
11. Large zoo animals
12. Revolutions per minute
13. Timely (2 wds.)
14. Careen
16. BB association
17. Totals
18. We
20. Disc jockey (abbr.)
22. \_\_\_ the hatchet, forgive
26. Move up and down
29. Famous female pilot Earhart
31. For each one
33. Teaspoon (abbr.)
34. What a pastor gives
35. Representative
36. Scours
37. Whichever

### DOWN

1. Baseball player Yogi
2. Elevated
3. Broken in
4. Loafer
5. Eastern religion
6. Liable
7. Gyrate
8. Burial chamber
9. At sea
15. Drug
19. Compass point
21. Israel's former name
23. Radical
24. Got out of bed
25. Talky
26. Singing voice
27. Organization of Petroleum Exporting Countries
28. Energy
30. Not women's
32. Flightless bird

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## Dawn Fore's Cypress Mill Market Report

| Neighborhood          | 1 <sup>st</sup> Quarter 2009 |             |     | Current |         |
|-----------------------|------------------------------|-------------|-----|---------|---------|
| Cypress Mill          | Sold                         | \$ per SqFt | DOM | Avail   | Pending |
| Up to \$125,000       | 1                            | \$75.44     | 123 | 0       | 5       |
| \$125,001 - \$140,000 | 3                            | \$58.82     | 121 | 9       | 4       |
| \$140,001 - \$155,000 | 0                            | -           | -   | 3       | 1       |
| \$155,001 - \$170,000 | 0                            | -           | -   | 3       | 0       |
| \$170,001 - \$200,000 | 0                            | -           | -   | 2       | 0       |
| Cypress Mill Estates  | Sold                         | \$ per SqFt | DOM | Avail   | Pending |
| All Price Ranges      | 5                            | \$68.34     | 78  | 6       | 4       |

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.