



CYPRESS MILL *Chronicle*

NEWS FOR THE RESIDENTS OF CYPRESS MILL

August 2009

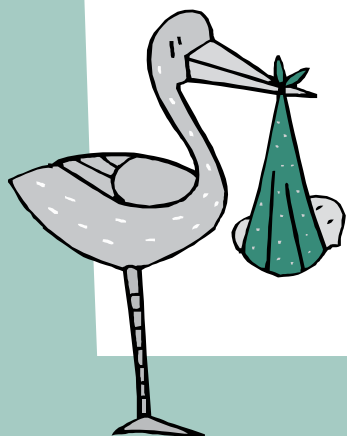
Volume 9, Issue 8

Stork Report in Cypress Mill baby girl

**Naomi
Kayla Obas**
Born 1/21/2009
6 lbs. 7 oz. 19 ins.

Proud parents:
**Sanchez &
Samantha Obas**

Proud Big Sister:
Ayana Obas



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

Congrats!

Year-Round Texas Terrapins Swim Team (TTST)

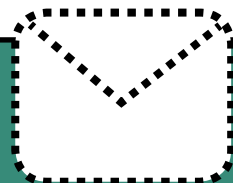
Announces Open Registration Days for Competitive Training

The Texas Terrapins Swim Team (TTST) will have Pre-Registration for the 2009 / 2010 year-round swim season on Wednesday, August 19th & Friday, August 21st from 5:15 PM – 7:30 PM @ Lakeside Pool in Fairfield. Open Registration for the 2009 / 2010 year-round swim season will be on Wednesday, August 26th from 5:00 PM – 7:00 PM @ Lakeside Pool in Fairfield. For directions to the pool, please visit our website at www.texasterrapins.com and click on pool locations. Registration forms are on our website and can be completed out ahead of time!

TTST has accomplished some great things this past year such as almost doubling our team size. We went from a peak season of 80 swimmers to a peak season of 155 and we are continuing to grow while keeping our family atmosphere. All of our swimmers improved tremendously throughout the year and topped the charts during summer league as most of them were invited to Ponderosa and Red, White, and Blue Invitationals where they were ribbon and medal winners. One of our swimmers, Sydney Stanford, won high point at Ponderosa for the 7/8 year old girls! Just before summer league started, we also attended short course T.A.G.S. and will be attending long course T.A.G.S. later this summer as well. We invite you to join our growing team and find out why we are a stroke above the rest.

Go Green Go Paperless

Sign up to receive the *Cypress Mill Chronicle*
in your inbox. Visit 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
Peel, Inc. advertising@PEELinc.com, 888-687-6444

Newsletter Deadline

The deadline for the newsletters is the 10th of each month.
Please email articles to: 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 MILL

New Club Charter Granted to Cypress Ranch Key Club



Picture of Bob Presnell, Cy-Fair Kiwanis Club President, and Aliah Kelly, Cypress Ranch Key Club President

Cypress, Texas – July 2, 2009 – A new Key Club has been chartered by Kiwanis International at one of Cy-Fair's newest high schools, Cypress Ranch. The new school club of 238 members has been meeting since the school's opening in August 2008 and made formal application for a charter in January 2009. The official Club Charter was presented to Key Club President Aliah Kelly at the club's first annual banquet held on May 21. The charter presentation was made by Bob Presnell, President of the Cy-Fair Kiwanis Club, and Peggy Presnell, who serves as Kiwanis Sponsor for the new Key Club.

Members attending the banquet were presented with membership items including their membership cards and pins. New officers for the 2009-10 school year were installed by Madhumita Govindu, a Cy-Fair High School student who serves as Lt. Governor of Division 3N of Key Club. Miss Govindu oversees the Katy and CFISD Key Clubs for the Texas-Oklahoma District of Key Club.

For more information, please contact:

Bri Holcombe, Publicity Chairman - sbvbcchick@hotmail.com

Justin Bradley, Publicity Chairman - Thebradley5@comcast.net

Jennifer Hydes, Faculty Advisor - Jennifer.hydes@cfisd.net

Cypress Ranch Key Club



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Lone Star College - CyFair "Perspective"

IT'S NOT TOO LATE TO REGISTER FOR FALL

Registration continues through Aug. 22 for fall semester. Register for online, weekend, evening or distance learning courses by phone, 281-290-3200 or 832-782-5000; online to LoneStar.edu/cyfair; or in person at one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway. Week day classes begin Aug. 24 with weekend classes beginning Aug. 28-30.

"CONFLUENCE, STUDY ABROAD 2009" IN THE BOSQUE GALLERY

Check out this showcase of student installations and photography taken during this summer's study abroad trips to Italy and China. The exhibition will be on display Aug. 4 through Aug. 27 in the Bosque Gallery with a closing reception at 4:30 p.m. Aug. 27. Go to 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 LoneStar.edu/orientation.

L.I.F.E. LESSONS IN AUGUST

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 August include: unveiling the Chip Hosek Collection of American Art Aug. 5, preventing arthritis Aug. 12, the science and art of perfume making Aug. 19 and new application on Google Aug. 26. Call the library at 281-290-3213 for L.I.F.E. program information or go online to LoneStar.edu.

BECOME A CERTIFIED LICENSED MASSAGE THERAPIST OR PERSONAL TRAINER

Interested in helping people lead healthy and stress-free lifestyles? Let Lone Star College-CyFair jump start your career in massage therapy and personal training. In the Massage Therapy program, which only costs \$1827 plus books and supplies, students learn

(Continued on Page 6)

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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
Established 2005

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!

We are a very friendly group and welcome quilters of all levels of expertise, from the Just Love Quilts and never sewn to the experienced and published. Visitors welcome!

Please check out our website for more information.



Lone Star College - (Continued from Page 5)

business practices and professional standards as well as health and hygiene in massage and more. Scholarships are also available. The Personal Trainer program covers aspects of one-on-one training including marketing, program development and design, legal aspects, documentation, training methodologies and business considerations. Students who also take Exercise Science and CPR courses will be ready to take the National Academy for Sports Medicine certification exam. Financial aid is available for this workforce program. Registration is under way for fall classes, which start Aug. 24. For information call 281-290-3930 or go to LoneStar.edu.

290 Cypress Business Networking Group

The 290 Cypress Business Networking Group meets every Thursday morning at 7:30 am at Newk's Express Café located at Hwy 290 and Spring Cypress in the Kroger Shopping Center near the Cinemark Theater. The group is open to all business owners and professionals who want to increase their exposure to the residents of Cypress and the surrounding areas. There is no cost to attend the meeting. If you would like more information, please call Ken Parker at 281-384-1562. Visit our new website at 290Cypress.com

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Diana Malone, MD
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MOPS at The MET Registration



If you need a listening ear, friendship with other moms, your kids involved in a fun program, delicious breakfast buffets, advice from seasoned moms ... then you need MOPS at The MET.

Two dynamic groups meet two Friday mornings per month (September – May) from 9:15 – 11:45a.m. Childcare is provided upon registration; \$55 per semester.

Register online today to secure your spot at metmops.org or TheMETonline.org

MOPS stands for Mothers of Preschoolers, a program led by mothers themselves and designed for mothers with children ages birth to 5. These mothers all have a shared desire...to be the best mothers they can be!

For more information on meetings in Fairfield, please contact Renate Wheeler at renateqw@yahoo.com. They will meet on the second and fourth Fridays during the school year.

"Adventures in Mothering" at The MET
Join the Adventure! Get Connected...with MOPS!

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Cy-Fair CERT -

Community Emergency Response Training

Are You Prepared? This free emergency response training will again be offered at Lone Star College at Cy-Fair, 9191 Barker Cypress, Cypress TX 77433 starting on Sept 2-Oct 21, 2009. It is an 8 week course, every Wed from 6 to 9 pm. There is NO cost to you!

A training manual and starter backpack of supplies is also provided. The course is taught by professionals in their field. Classes cover:

- Disaster Preparedness
- Small Fire Suppression
- Medical Operations and Triage
- Light Search and Rescue
- Disaster Psychology
- Terrorism Awareness
- Disaster Simulation Drill

CERT training is designed to prepare you to help yourself, your family and your neighbors in the event of a catastrophic disaster. If emergency personnel are not available, you can use this training to save lives and protect property. For more information, see www.harriscountycitizenrcps.com. To sign up for training, contact Terri Pope-Mobley at tpopemobley@yahoo.com. Be aware and be prepared!



Houston Hemophilia Walk

Saturday, September 19, 2009

Minute Maid Park

9 am Registration - 10am 3K Walk begins

Join us as we raise awareness and funds for bleeding disorders. Register your Walk team at www.hemophilia.org/walk and choose the Texas Lone Star Chapter Walk.

For more information about the Lone Star Chapter's Hemophilia Walk '09, contact Event Manager, Melissa Compton, at 713-686-6100 or mcompton@lonestarahemophilia.org



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Fall Life Groups and Bible Studies for all ages and stages. Visit foundrychurch.org to learn more.

Join us this Sunday for worship.

Fry Road Campus

Movie Theatre on Hwy. 290 & Spring Cypress
Traditional Service: 9:00 a.m.
Contemporary Service: 10:20 a.m.

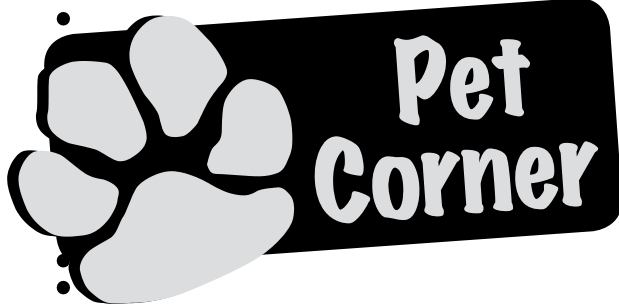
Jones Road Campus

8350 Jones Road, 1/4 mile off Hwy. 290 & Jones
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Contemporary Services: 9:20 & 10:40 a.m.



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Need Help With A Lost Or Found Pet ...

Please contact Susan Locke, Fairfield's Lost and Found Pet Coordinator at 281-605-5775 or you may go to <http://groups.yahoo.com/group/fairfieldpets>. Susan is the contact for someone that has lost or found a pet and tries to match the two together. Susan is unable to pick up, deliver or provide medical assistance to lost, found or injured animals but will try to help locate the dog or owner when they are lost.

~Your pet's ID tag is their ONLY ticket home! ~

* * * * *
SAVE A Life ... Be A Foster Parent.

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

BEAR IS STILL MISSING! PLEASE HELP

Our dog, Bear, is still lost somewhere in Fairfield. He went missing near Autumn Park on Monday, 5/5/09, night. He is an Australian Shepherd, and his body is black, his chest is white and he has some brown markings on his face and paws. My three-year-old misses him very much.

Please help us find Bear. If you happen to find Bear or have seen Bear around please call 281-373-1121 or 832-573-8704.



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The “Four Awareness” Points When Playing Tennis

Submitted by Fernando M. Velasco

In past issues, I have written about how to choose proper tennis equipment and efficient ways to practice. This issue offers advice on how to tackle the “critical points” in your matches.

In every match, you will find critical points that can determine whether a player wins or losses. At these critical points, I suggest reviewing what I call the “four awareness” points:

FIRST AWARENESS: SELF

Every player possesses certain shots that they feel more comfortable hitting on a critical point. For example, it could be a forehand topspin, or a slice one. When choosing which shot to hit on a critical point, decisively utilize the shot that comes more naturally without changing your mind. That is when mistakes are made.

SECOND AWARENESS: OPPONENT

When the players decide on a shot at a critical point, they need to consider their opponent’s strengths and weaknesses. During the match, they should notice the shots the opponent has less success with than others. On a critical point, players should use the shot they feel more comfortable with but also they will aim towards their opponent’s weaknesses.

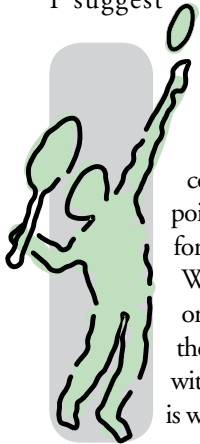
THIRD AWARENESS: COURT

Once you decide on your most consistent shot, consider the opponent’s weakness, you also need to take into account the court conditions. Factors such as the sun, wind, and surface will make a difference on the shot executed. When in doubt, you should either choose a shot toward an opening on the court, or directly at your opponent’s feet; open spaces or shoe laces.

FOURTH AWARENESS: SCORE

When you decide on your shot, the placement and being aware of the court challenges, a good player should also remember the score in hand. Players will be aggressive when the score is in their favor, and be more conservative when tied, or behind. For example, when a player is serving at 40-15, the serve should be a powerful and assertive. In contrast, if the score is 15-40, the player should serve the first serve with some power, but with more placement.

Over time, these four awareness points will become both automatic and reactionary as players become more experienced in playing and competing. After the shot has been properly executed, they will sometimes give themselves a pat on the back for doing the right thing at the right time, and remind themselves that they followed the “four awareness” points.



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Saturday 9am-12pm

meet our team

Huong T Le, MD

Quoc Le, MD

Alex Nguyen, MD

Blandina Sison, MD

Marian Allan, MD

Anthony Yee-Young, MD

Diana Malone, MD

Shital Patel, MD

Heidi Nashed-Guirgis, MD

Luz Marquez, MD

Jennifer Dong, MD

Haley Nguyen, MD

Tami Berckenhoff, PA-C

Brandi Valenzuela, PA-C

Sydney Payne, PA-C

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

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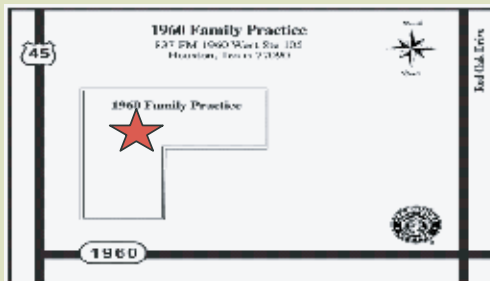
1960



FAMILY PRACTICE

NEW LOCATION AT HWY 290

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Located at 290 and 1960



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Accepting New Patients

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Appointment press option 1

The Science of Grocery Shopping

Submitted by Kelly Bruneman, Certified Nutrition Specialist

The grocery store can be a scary place! All those aisles filled with grocery goodness! What is healthy and what isn't? How do you know where to start and what to buy? Follow these simple rules to ensure that you get the most out of your grocery shopping experience:

- **STAY TO THE OUTSIDE**

- Most everything you need is on the perimeter of the store. Your produce, meats, and dairy cases are all on the outside. The aisles are where the boxed and processed foods reside.

- **ORGANIC...IS IT WORTH IT?**

- Not all things are necessary to buy organic. The following produce list is often referred to as the "Dirty Dozen" because they contain the highest levels of pesticides.
 - **THE DIRTY DOZEN:** Peaches, Apples, Sweet Bell Peppers, Celery, Nectarines, Strawberries, Cherries, Pears, Grapes (Imported), Spinach, Lettuce, Potatoes.
 - **THE LEAST CONTAMINATED:** Onions, Avocado, Sweet Corn (Frozen), Pineapples, Mango, Asparagus, Sweet Peas (Frozen), Kiwi Fruit, Bananas, Cabbage, Broccoli, Papaya.

- Beef, Poultry, and Dairy are also worth the organic price because they are produced without growth hormones and antibiotics.
- Currently the USDA has not developed organic certification standards for seafood.
- **REMEMBER:** buying organic foods that aren't good for you doesn't make them healthy!!


- **BUY FROZEN**

- Frozen fruits and vegetables are often flash frozen locking in nutrients better than canned foods.
- Frozen fish and chicken is also flash frozen at the source locking in nutrients and making them convenient alternatives to store in your freezer.

- **DON'T BE AN IMPULSE BUYER**

- Make a list according to how your grocery store is laid out and **STICK TO IT!** If ice cream isn't on your list, don't go down the ice cream aisle.
- Don't go to the grocery store when you are tired, hungry or irritable. This almost always leads to impulse buys.

(Continued on Page 15)



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Why pay more than you have to?

The Science of Grocery Shopping- (Continued from Page 14)

- If possible, don't take the kids! Grocery stores target impulse buyers and almost all kids are impulse buyers!
- Don't get distracted at the checkout line. As you are waiting to check out grocery stores stock the racks with tempting candy bars and sodas. Don't be fooled! If you think you might give in bring in water with you and pop a piece of sugar free gum! Or flip through the latest gossip magazine until it is your turn to pay.
- If you don't buy the junk food, you won't have it in the house!

• CHECK OUT THE LABEL

- THE FDA requires that all ingredients be listed in descending order of predominance by weight. Try to pick foods that have a short ingredient list that don't have many artificial ingredients.
- Look for foods that have ingredients that you can pronounce
- Choose foods that are "real". Examples are 100% fruit juice or 100% whole-grain items with as little processing and as few additives as possible. If you want more salt or sugar, add it yourself.

Finally, just take a deep breath and go for it! You are in control and remember if you don't buy it; it won't find its way into your house!

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.

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

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The Road of Uncertainty

By Mindy Ferguson

As I traveled along a remote road on my way to speak at a women's retreat, my GPS suddenly began an annoying repetition of the phrase, "lost satellite". After a few minutes, I picked up my cell phone to call for directions. No service. I found myself on an unfamiliar country road in East Texas, with no cell phone and a GPS that appeared to be as disoriented as I was.

Uneasy, I pulled over onto the side of the road, took a deep breath, reviewed my map and prayed. I studied the map and located a road that I remembered passing a few miles earlier. I estimated my location and eased back onto the road, following the map with my finger as I drove. Needless to say, I was grateful to discover a sign with the retreat center's logo and an arrow, indicating the turn was ahead.

Thinking back on my experience, it occurred to me that our journey through life often presents us with circumstances that make us feel as disoriented and uneasy as I felt that day when I was lost on an unfamiliar country road without cell service. It also occurred to me that our response to life's uncertainties should be the same as mine was that day on the road —Pause, Ponder, Pray, and then Proceed.

Pause

When faced with uncertainty, we need to take some time to quiet ourselves before the Lord. Psalm 46 assures us, God is our refuge

and strength, an ever-present help in trouble. Be still and know that I am God (vs. 1,10a NIV).

Regardless how lost or helpless we may feel, God is our refuge and our strength and He is always available to help us. We can rest in the truth that He knows every detail of our circumstances and He is never disoriented. It's important to "be still" in order to hear His voice and sense His presence.

Ponder

Next, we need to take the time to gather information, reflect, and regroup. When conflict arose in the early church between Jewish and Gentile believers, the apostles took time to ponder the issues before deciding how to proceed. Acts 15:6 says, the apostles and elders met to consider this question (NIV). When we are unsure how to proceed, we need to gather information and ponder the facts.

Pray

Prayer is crucial. Through prayer, we can come before the Lord with the facts of a situation and earnestly seek His guidance. James 1:5 assures us, If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him (NIV). We can count on God to listen and to grant us the

(Continued on Page 17)



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The Road- (Continued from Pg 16)

wisdom that we need to move forward in His will.

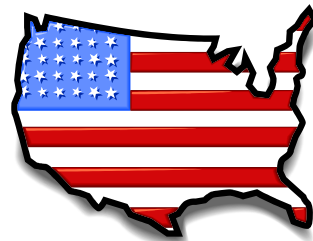
Proceed

Finally, after we have patiently paused, diligently pondered and earnestly prayed, it is time to act. You may step out cautiously, just as I did that day on the unfamiliar country road, but we can count on the truth of Exodus 15:13, which says, In your unfailing love you will lead the people you have redeemed (NIV). God loves us abundantly and although our circumstances can be frightening, we can trust that our God will lead us as He works out everything in conformity with the purpose of His will (Ephesians 1:11 NIV).

Are you facing uncertainty on an unfamiliar road? Pause... Ponder... Pray... and then Proceed. Our God faithfully leads the people He has redeemed!

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- I believe in God and He is the Center of my Life.
- The family is sacred. My spouse and I are the ultimate authority, not the government.
- I have a right to life, liberty and pursuit of happiness, but there is no guarantee of equal results.
- I work hard for what I have and I will share it with who I want to. Government cannot force me to be charitable.
- The government works for me. I do not answer to them, they answer to me.



If you agree with any or all of the statements above then come to
The Glenn Beck 9/12 Project Organizational
 meeting for Cypress on July 9th at 7:00 pm.
 Located at 15010 Mueschke Rd.

Get involved.

For more information, please call 281-373-9337.

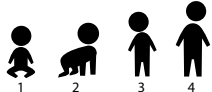


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FACTS YOU NEED TO KNOW ABOUT DROWNING

Drowning is the leading cause of unintentional injury-related death in children ages 1-4



DROWNING WILL AFFECT YOU OR SOMEONE YOU KNOW

Drowning is the 2nd leading cause of unintentional injury-related death ages 1-14.

For more information, check out our website at

www.colinshope.org

DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM

NO ONE is "drown proof" – no matter their level of swimming ability.

Falls, entrapments, and injuries lead to drowning regardless of swimming level.

A majority of people overestimate their own and their child's ability to swim, especially in a panic event.

DROWNING IS QUICK AND SILENT



Drowning occurs in as little as 2 minutes.



Irreversible brain damage occurs in as little as 4 minutes.



Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Most children die who are submerged for as little as 6-10 minutes.

Children who drown do not **scream, splash, or struggle**. They silently slip beneath the water, even with adults & lifeguards present.

Real Estate Market Report

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	ACTIVE	PENDING	SOLD Last 6 Mos
# of Listings	23	4	28
Price Range:	129900 271000	134900 168000	95500 190035
Average Price	\$167,562	\$149,450	\$144,901
Avg Price/sq.ft.	\$70.02	\$66.78	\$68.32
Avg DOM	48	91	61
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Low Price/sq.ft.			\$49.44



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LOVING CAREGIVERS WANTED. Local church is looking for responsible, caring childcare workers for Wednesday mornings beginning in September. Great job for stay at home mom! Must be 18 or older. Please contact Brigitte at 281-373-5446 or email tinytown@fairfieldbaptist.com to set up interview.

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Travel Tips

Submitted by Marina Byrum

If you plan to travel this year, you should be able to take advantage of the many bargains that are available. With the stock market wavering and the economy slowing, most cruise lines, tour operators and hoteliers are feeling the pinch as travelers cut back on vacation spending.

The good news is that this is a great time to travel, as prices for almost everything are being slashed by as much as 75% off normal pricing. Many seven-night cruises are available for about \$1,000.00 per couple, based on an inside cabin (no window or porthole). Hotels are cutting their rates also; with some offering 4th and 5th nights free; or discounts as high as 60% off the normal rack rates.

Whereas cruise lines have always offered discounts to those who book six months or more ahead; now they are discounting even more. Carnival Cruise Lines, for example, now offers an Early Saver Fare that offers about a 45% discount; with the caveat that your deposit is non-refundable. They also offer an optional insurance policy that would recover your deposit if you need to cancel for any covered reason; i.e., accident, illness or death in the immediate family.

Planning a vacation has never been easier; and it's doubtful we will ever see it cheaper. That is, unless the economy continues to slide. As we enter the month of July, there is still plenty of availability for the rest of the summer; something that has not been true in summers past.

So take advantage of the deep discounts if you can; and remember that no matter where you go, just take care to enjoy the journey. Have a fun, safe summer.

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Helping Your Child-(Continued from pg 19)

the transfer from your care to the classroom when you arrive in the morning. Some kids may jump right in with their classmates, whereas others might want a private cuddle and a story from a caregiver before joining the group.

Many preschools begin with a daily ritual, such as circle time (when teachers and children talk about what they did the day before and the activities that are ahead for the day). Preschoolers tend to respond to this kind of predictability and following a routine will help ease the move from home to school.

Updated and reviewed by: Mary L. Gavin, MD

Date reviewed: September 2007

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation

Your Home's Air Conditioning Efficiency

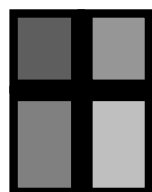
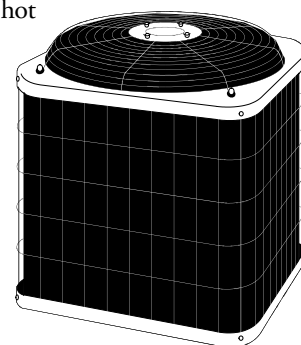
Submitted by Robert Lee

Over the previous six months there has been more discussion on Air Conditioning efficiency and home efficiency than any other time in recent years! Since manufacturers, local utilities and the Federal Government are offering rebates people have a better understanding of SEER and EER (efficiency ratings) of air conditioners. Overall this is a good thing, but it only addresses half of the problem!

The air distribution system (air ducts) are the other half of the equation and have nothing to do with the published SEER or EER ratings! The only way to know if your system is even close to running at capacity is to test it after it is installed so that the entire system, including the ductwork, is tested.

Have you spent good money on a new system but still have hot spots, cold spots or uncomfortable rooms; or maybe you haven't seen your energy bills reduced? Are you thinking about taking advantage of the Federal Rebate by purchasing new high efficient equipment? If your answer is yes to any of these questions then please think about the whole system! Efficient new equipment on old, inefficient ducts is a recipe for discomfort, or worse, failure!

Call to have a certified professional test your entire system today; stop throwing money away every month and have a more comfortable, and efficient, home.



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9:15am Fellowship Breakfast
10:30am Worship with
Children's Chapel

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IT'S THAT TIME OF THE YEAR AGAIN!

Students Can Win Thousands of Dollars in Scholarships and Savings Bonds!

Commander William "Bill" Shaffer of the Veterans of Foreign Wars (VFW) Post 2427 and its Ladies Auxiliary announces the kick-off of the years "Voice of Democracy and Patriot's Pen Essay Competition." These competitions are designed to give local students the opportunity to earn Scholarships and savings bonds toward their education. Students from public, private, and parochial schools are encouraged to participate, as well as students in home study programs.

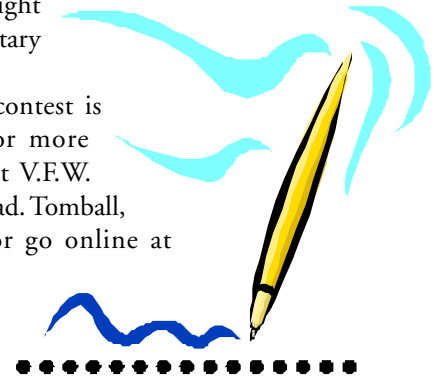
Students begin competing at the local Post level, Post winners advance to the District level, District winners then compete in the State competition. The State winners compete for more than 2.5 million in scholarships and savings bonds.

The Voice of Democracy contest is open to Students in grades 9 – 12 who are enrolled in a public, private or parochial high school, and those in a home study program in the United States, its territories and possessions; or in an overseas U.S. Military/civilian dependent school. Foreign exchange students, students age 20 or over and previous Voice of Democracy first place winners are ineligible. The

theme for the year is, "Does American Still Have Heroes?"

The Patriot's Pen Contest is opened to 6th, 7th, and 8th grade students enrolled in public, private or parochial schools in the US, its territories or its possessions. Home-schooled students are also eligible. Dependents of U.S. of military or civilian personnel in overseas schools can participate too. Foreign exchange students and former winners that placed in the National finals are excluded from the contest. The theme for this year is, "When Is The Right Time To Honor Our Military Heroes?"

The deadline for this contest is November 1, 2009. For more information please contact V.F.W. Post 2427, 14408 Alice Road. Tomball, Texas (281) 351-2427 or go online at www.vfw.org.



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Meet Johnathan

DOB: 10/1997

Johnathan is an affectionate child who loves to give and receive hugs. He loves trains, building with Legos and cardboard boxes. He also enjoys going on outings and watching cartoons, especially Scooby-Doo. His favorite food is pizza.

He has been diagnosed with an Autistic Spectrum Disorder which requires therapy. He is not able to communicate as easily as other children his age, which can be very frustrating for him. He has made tremendous progress in foster care and has a strong desire to please the adults around him. Johnathan requires a high level of supervision due to his activity level and his social skills. Johnathan's foster mom describes him as a "lovable child" and a "good kid."

For more information about adoption in general or Johnathan, please contact the Adoption Coalition of Texas at info@adopttexas.org.

GET ON THE BUS!

a sermon series

We invite you to join us for F.R.A.N.K. Day on **Sunday, August 30, 2009**. A special day for Friends, Relatives, Acquaintances, Neighbors, and Kids. Lunch, music and activities for families.

New classes starting in the fall including Financial Peace University, Questions of Life, Divorce Care, children & youth classes, and many more. Please join us on Sundays for worship at 8:05, 9:30 & 11 AM.



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4/2.5/2, 2196 SqFt, \$179,900



20907 Katie Marie Ct,
4/3/3, 2816 SqFt, \$255,000

Dawn Fore's Cypress Mill Market Report

Neighborhood	1 st 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.