



CYPRESS MILL *Chronicle*

NEWS FOR THE RESIDENTS OF CYPRESS MILL

November 2009

Volume 9, Issue 11

SPIRIT OF LIFE &
HOPE FOR THE FUTURE

Benefit in Honor of Monica Hernandez



Last year, our friend Monica Hernandez was in a tragic car accident leaving her paralyzed. She has limited use of her arms and is working very hard at home therapy to gain more mobility. You wouldn't believe her positive spirit! This is a young woman with energy for life like no one we have known. Even faced with this new challenge, Monica lives by her positive attitude and determination to be her best every day. What an amazing person and true inspiration to all!

With minimal help from insurance to pay for extended therapy, Monica's chances of walking again are slim. However, there is a program in California called Project Walk that has had wonderful success with paralyzed patients. We'd like to give Monica a chance at that success! Please attend the benefit being held in Monica's honor.

WWW.MONICAFUNDRAISING.COM

Save
The Date!

NOVEMBER 14, 2009
3.00 – 7.00 PM

CYPRESS SALOON
12710 Telge Road
Cypress, TX

Barbeque Dinner \$10.00

Silent Auction

Raffle

Live Entertainment

Moonwalk for the Kids

Contact
Information

Pam

281.389.1306
mwpaje@yahoo.com

Jennifer

281.520.5450
jennk0712@sbcglobal.net

WILDCATS RAP
(Wildcats Right After Prom, Inc.)

CY-WOODS HIGH SCHOOL

JEANS & JEWELS DANCE

*All proceeds provide a safe
After Senior Prom Party*

Mark your calendars for the event of the year! Join us on Friday, January 29, 2010, from 7:30 pm to 11:30 pm for an evening of dancing, dinner and a silent auction. The event will be held at the Northwest Forest Conference Center, 12715 Telge Road, Cypress, Texas. Tickets are \$30 per person. For more information, visit the WRAP website www.cywoodswrap.org or send an email to cywoodswrap.org. Donations are currently being accepted for the silent auction. All donations and purchases for this event are tax deductible (501©3 organization).

ATTENTION CY-WOODS 2010 SENIOR PARENTS!

Please join us on Thursday, November 5th @ 7:00 pm in the Commons area at Cy-Woods High School for our WRAP General Parent meeting (earn 5,000 WRAP bucks for attending). For more information on WRAP, please visit our website at cywoodswrap.org, contact us via email at cywoodswrap@yahoo.com or join us on Facebook at <http://www.facebook.com/WRAP2010>.

The next WRAP General Parent meeting is scheduled for Thursday, December 3rd @ 7:00 pm.

(Continued on Page 4)

CYPRESS MILL

Important Numbers

Cy-Fair High School281-897-4600
 Cy-Woods High School.....281-213-1919
 Cypress Lakes Golf Club281-304-8515
 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 Center800-764-7661
 Principal Management713-329-7100
 Robison Elementary281-213-1700
 AT&T Repair Center800-246-8464
 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>

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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CY-FAIR KIWANIS CLUB

By the time you read this, the Kiwanis Golf Tournament will have occurred. The Club thanks all who participated by playing or contributed through sponsoring a hole, a team, a player, or making a donation. Proceeds will go toward scholarships, sponsoring Key Clubs, supporting SIRE, cerebral palsy, boy and girl scout troupes and projects, and other worthwhile causes in the community.

The Cy-Fair Kiwanis Club meets three times a month at the Hearthstone Country Club in Hearthstone from 12:15 p.m. to 1:15 p.m. for lunch, and programs including guest speakers on subjects of concern to the community and individuals. We invite you to a complimentary lunch, fellowship with our members, an informative program, and an opportunity to learn more about our organization. Reservations are not required. The Club will meet November 3, 10, and 17.

Membership in Kiwanis is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International. If you would like to know more about Kiwanis and the service programs it promotes, call John Carroll at 281-463-0373; George Crowl at 832-467-1998; or Robert Presnell at 281-304-7127.

CHILDREN: PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club, an affiliate of the International Kiwanis organization, focuses its services, programs and activities on this theme.

WRAP- (Continued from Cover Page)

SCRIPS

www.glscrip.com

Scrips is a term that means "substitute money". This program allows WRAP members to purchase gift cards for everyday expenses like food, clothing, and entertainment; and with each purchase, earn revenue for WRAP. Don't forget the holidays are coming and what better gift than a gift card, so plan early and order gift cards for everyone on your list. Please contact Lisa or Douglas Bell at douglasbell@yahoo.com with any questions or to place an order. Orders can be placed at every monthly WRAP meeting.

WRAP is Cy-Woods High School's parent-driven Project Prom organization. The purpose of WRAP is to provide a drug and alcohol free all-night party for the graduating seniors and their guests after their prom.



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JERSEY VILLAGE PROJECT PROM FUNDRAISER

November 21st & 22nd at Trader's Village

Jersey Village Project Prom Fundraiser will be accepting donations until Thursday, November 19th. Items can be dropped off at Jersey Village Baptist Church parking lot corner of Rio Grande and Jersey Drive across from the fire station at the following times:

November

Tuesday	11/03/09	6:00 p.m. – 8:00 p.m.
Thursday	11/05/09	6:00 p.m. – 8:00 p.m.
Tuesday	11/10/09	6:00 p.m. – 8:00 p.m.
Thursday	11/12/09	6:00 p.m. – 8:00 p.m.
Saturday	11/14/09	10:00 a.m. – Noon
Sunday	11/15/09	

10:00 a.m. – Noon

Monday thru Thursday 11/16 to
11/19 6:00 – 8:00 p.m.

To donate items at other times or if you have any questions, please contact:
Rhonda Coolures at 713.256.1811 or
Joe Bontke at 713.907.2855



Not Available Online

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.



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CYPRESS MILL

CONGRATULATIONS



Congratulations to Karissa Garcia who was chosen to represent Clay Road Baptist School in DECATS (DeBusk Enrichment Center for Academically Talented Scholars), a gifted scholar program held each summer. The intensive three-week program features challenging and enriching coursework in the areas of literature, drama, social studies, mathematics, science, computer science, creative writing, journalism, art, music, and creative problem solving. Students are nominated by their Principals and selected for their high intellectual ability, a strong commitment to learning, and exceptional creativity. Clay Road Baptist School is proud to recognize Karissa's achievements!

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Cypress Ranch Mustang Band News

The 2009-2010 school year has brought great things for the Mustang Band. The band has doubled in size from its inaugural year. In addition to regularly performing in the stands and on the field at the JV football games at Cypress Ranch High School, the band performed at the opening of Compass Bank in Cypress on September 26. Under bright sunny skies, the Mustang Band performed a number of "pep" pieces in the Compass Bank parking lot. The highlight of the morning was a parade around the bank, including marching through the drive-thru lanes. Compass Bank officers and Mustang Band members are shown with a donation made by the bank to the band.

This fall the Cypress Ranch Mustang Band has debuted its new show, "Australia" with a performance at Barber Hill High School, in Mont Belvieu on September 11, 2009. The show features specially commissioned music which evokes musical images from down under. The full show culminates with aboriginal chanting and motions.

In its first 5A marching competition at Blinn College in Brenham on Saturday, October 3, the Mustang Band brought home first place trophies for marching, solo, and color guard. Although performing in a downpour, the band showed their commitment to their motto "Trust, Commitment, Excellence" by performing their "Australia" show with precision. The Mustang Band is under the direction of Russell Holcombe, Director of Bands, with assistance from Kyle Straub, director. Fairfield residents Kourtney Kech and Sarah Guhl are drum majors.

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Cypress Ranch High School FFA

Cypress Ranch High School FFA is participating in the Wreaths Across America ceremonies at Houston National Cemetery, on Saturday, December 12th, by helping with the wreath-laying.

Wreaths Across America is a non profit organization that reaches out to thousands of children with the message of Remember the fallen, Honor those who serve; and Teach our children the value of freedom.

Would you like to see hundreds of wreaths laid to honor veterans here in Houston?

The FFA students are selling the Wreaths Sponsorships for \$15.00. The wreath will be placed on the grave of a veteran here in Houston. If you would like to sponsor a wreath for \$15.00 please send an email to FFAWreaths@comcast.net and we will email you an order form.

You may also go to WWW.wreathscrossamerica.org and click on Sponsor a Wreath and select Individual Wreath Sponsorship. Our Location ID is TXHNCH and the Fundraising Group Number is TXFFA0001.

Thank you for your support.



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Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Cypress Mill residents, limit 30 words, please e-mail advertising@PEELinc.com. **Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 888-687-6444 or advertising@PEELinc.com.

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CYPRESS MILL RESIDENTS INVITED

Pictures with Santa at Bridgeland



Bridgeland has a number of family friendly events around the corner and would like to invite Cypress Mill residents to participate!

BRIDGELAND'S PICTURES WITH SANTA

November 28, 2009

2:00 - 5:00 pm


Lakeland Activity Center

*Please bring an unopened,
unwrapped toy
to donate to Toys for Tots.*

Capture your family's holiday picture with Santa! A professional photographer will be present to take your holiday picture. Pictures taken by the photographer will be uploaded to Shutterfly.com. Guest may also bring and use their own cameras.

Bridgeland Lakeland Activity Center
16902 Bridgeland Landing
Cypress, Texas 77433





2nd Annual Christmas with Santa Jim

Join us as we celebrate the holiday season
on November 21 from 1:00-3:30 p.m.

*Free pictures with Santa by
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Photography, coloring contest,
cookies and holiday cheer!*

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Real Estate Market Report

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# of Listings	21	9	40
Price Range:	135,900 252,500	104,500 186,900	95,500 245,000
Average Price	\$168,528	\$139,688	\$145,550
Avg Price/sq.ft.	\$72.27	\$63.96	\$68.69
Avg DOM	61	72	54
High Price/sq.ft.			\$84.44
Low Price/sq.ft.			\$54.02



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**Realtor Teams per Remax 9/2008, 3/2009

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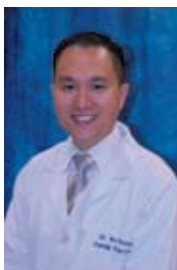
meet our team

Huong T Le, MD
Quoc Le, MD
Alex Nguyen, MD
Blandina Sison, MD
Anthony Yee-Young, MD
Diana Malone, MD
Shital Patel, MD
Heidi Nashed, MD
Luz Marquez, MD
Jennifer Dong, MD
Asma Ahmad, MD
Vu Anh Phung, MD
Annie Hoang, MD
Tami Berckenhoff, PA-C
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1960 Family Practice Is Pleased To Introduce Our Newest Physicians



Dr. Vu Phung joined 1960 Family Practice in July 2009. Dr. Phung graduated from Texas Tech University and is board certified in Family Medicine. He completed his residency in Family Practice and in pursuing his special interest; he completed his fellowship in Geriatric Medicine. Dr Phung welcomes patients of all ages to his practice.



Dr. Annie Hoang joined our practice in August of 2009. She graduated from Texas A & M University and finished her training in Family Practice at Texas Tech University. She is board certified in Family Medicine and has been providing comprehensive care for adults and children with compassion and kindness for the past 10 years. She welcomes all new patients to her practice.

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evaluations
have
blood
should
once

Don't
W
Flu Season
can c

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The physicians of 1960 Family Practice follow the recommendations of the American Cancer Society for a healthy life style.

Annual Physical - A physical is the examination of the body and its function. During a physical you will also have your cholesterol, diabetes, and blood pressure evaluated. Individuals should have a physical examination once a year.

Well Woman Exam - This is a comprehensive gynecologic and obstetric evaluation. Including the evaluation of the cervical epithelial cells for abnormalities that could cause cancer. Women of child bearing age should have a well woman exam once a year.

Mammograms - 1960 Digital Imaging offers Digital Mammograms. Women should have a baseline mammogram beginning at age 35. Mammograms are recommended every 2 years through age 45. Women over the age of 45, should have a mammogram every year.

**Don't get caught
with the flu!!**

Season starts in October and
continue well into spring!!
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Traditional burgers or chili	Burgers or chili made with lean ground beef or ground turkey breast
Sandwiches or hoagies made with salami, high-fat cheese and mayo	Sandwiches or hoagies made with lean meats, low-fat cheeses and mustard on whole wheat bread
New England clam chowder	Low fat gumbo
Pork brats	Turkey brats
Potato salad	Grilled corn on the cob
Cookies and cakes	Caramel or candied apples and low-fat brownies and desserts
Regular beer and wine	Light beer and wine spritzers
Soda or juice	Iced tea or diet lemonade

Now you finally know its fall, not because the temperatures are cooler, but because it is FOOTBALL season! With high school games on Friday nights, college games on Saturdays and professional games on Sundays, our weekends can be full of concession-stand food, barbecue, six-foot sandwiches and chips.

All of these game-day feasts can lead



(Continued on Page 13)

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Healthy Tailgating - (Continued from Page 12)

to extra calories, which can mean extra pounds, even before the holiday season arrives! The good news is that with a few changes, such as these tailgate make-over tips, you can decrease the fat and calories and increase the nutrition of your tailgating menu, without sacrificing taste:

It is also never a bad idea to have a fruit and/or vegetable tray available for those who are vegetarian or for low-calorie snacking. If you have a favorite tailgating food or snack, allow yourself to indulge in it, but try to replace other tailgating options with healthier alternatives and be mindful of portion sizes.

Whether you are tailgating at the stadium or "tablegating" in your living room, it's easy to keep game day food fun, tasty and healthy. Most importantly though, remember, it is about the camaraderie and the love of the game, not the food. Consider having your own game of touch football during half time to burn off those extra calories!

With the last football games in both pro and college football set for the beginning of next year, we still have many opportunities to load up on calorie-laden and high-fat tailgating food. Practice these easy and tasty substitutions to help you stay healthy this football season. -TARIE BELDIN



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SURVIVING THE HOLIDAY BULGE

The holidays are here! The air is crisp and the days are shorter, leading into the hibernation patterns. Don't be a casualty of the holiday weight gain. This is primarily due to the abundance of cookies, chocolates, fruit cake, eggnog, holiday breads and a myriad of other 'goodies' food available during holiday parties, office parties, and family gatherings. With Thanksgiving, Christmas, Hanukkah, Kwanzaa, and New Year's all occurring within a span of just 41 days, many of us overindulge in celebrating the holiday season, resulting in excess weight gain.

With adult and child obesity in the United States sky-rocketing and Texas ranking as the 16th fattest state in 2008, individuals and families are finding it more difficult to keep the weight off. Don't worry; these 5 simple tricks will help with surviving the holiday weight gain. Remember, it's easy to gain weight than to lose weight.

1. Keep a positive attitude and don't sweat the small stuff. Enjoy the holidays.

This is the time to enjoy gatherings with your friends and family. The holidays come once a year so enjoy the festivities.

2. Get enough sleep.

Sleep deprivation may affect various components of metabolism which can influence hunger and weight gain. People who are sleep deprived tend to eat more than people who sleep at least 8 hours.

3. Plan ahead and add physical activity.

Schedule some me time and 20-30 minutes of physical activity on a daily basis. Go to the mall and power walk while enjoying the holiday decorations. Go for a walk outdoors and enjoy the cooler weather.

4. Never skip a meal(s) before going to holiday party.

Many people make this mistake. You are more likely to eat twice as many calories. Eat 4-6 small meals a day. If you know that there is going to be high fat foods at a party eat a hearty healthy meal before you attend the function, therefore, you are less likely to indulge in high calorie foods.

5. Drink in moderation.

Alcoholic drinks are wasted calories. The average alcoholic drink contains 150 - 200 calories per glass. Indulge in just 2-3 drinks and you've drunk the equivalent calories of an entire meal. Drink one 8oz glass of water for every alcoholic drink you have. Water will make you feel fuller and also prevent dehydration which alcohol can cause.

Have a fit and healthy holiday season.

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Recipe of the Month String Bean Casserole

- 4 cans French style green beans, drained
- 1 lb. Velveeta cheese
- 1 medium jar pimentos
- 1 large can mushrooms
- ¼ lb. butter or margarine
- 1 large green pepper, chopped
- Ritz crackers or sliced almonds



Melt butter. Saute green peppers. Add cheese to melt. Add beans, mushrooms, and pimentos. Put into baking dish and sprinkle with Ritz cracker crumbs or sliced almonds. Bake at 350° for 25 minutes.

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

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- Kids Stuff -

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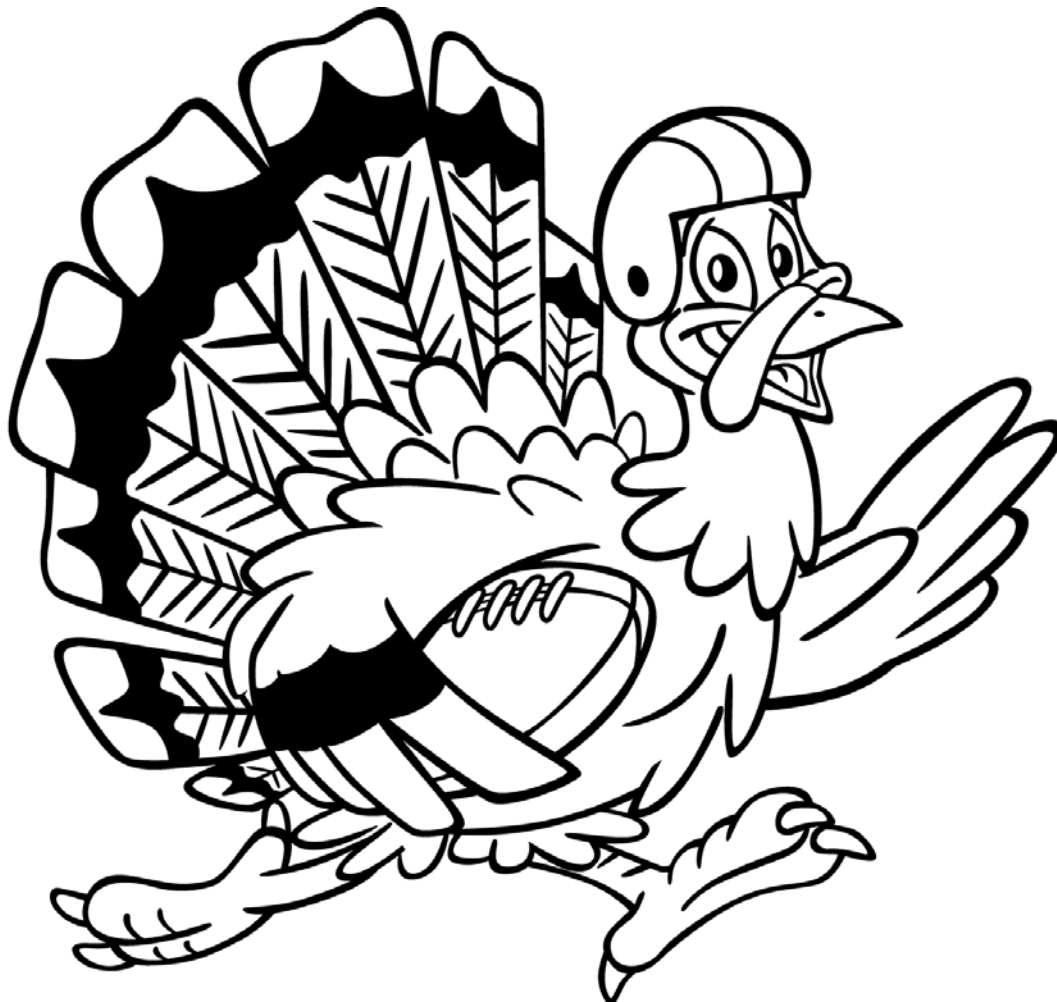
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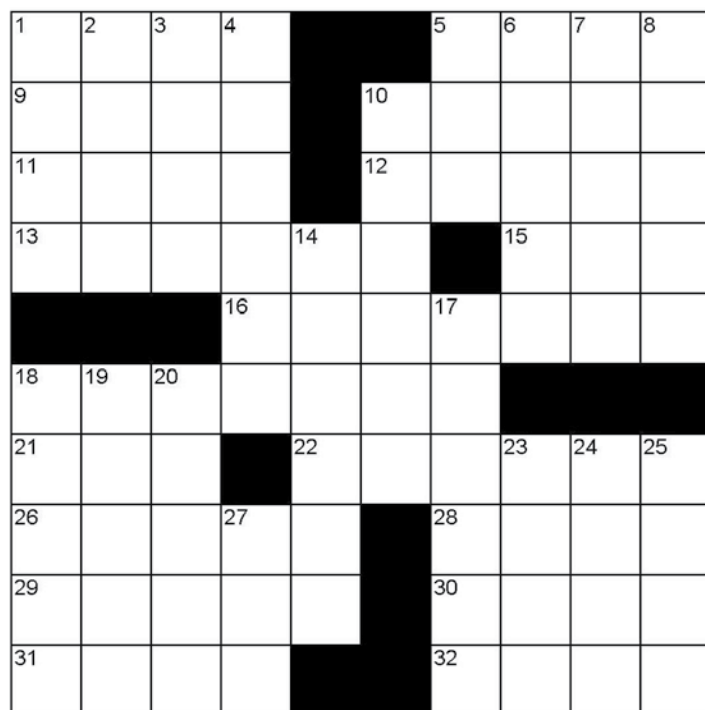
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CM

Crossword Puzzle



ACROSS

1. Catch in nylons
5. Speed
9. Station
10. Scoop out
11. Healing plant
12. Colder
13. Geneve
15. Consume
16. Collective Israeli farm
18. Chewbacca's partner (2 wds.)
21. Card game
22. Legume
26. Coding system
28. Portend
29. Induct
30. Look
31. Loch __ monster
32. Opp. of yeses

DOWN

1. Male deer
2. Large African river
3. Long time
4. Mediterranean island dwellers
5. IBM Competitor
6. Adios
7. Sports shoe projection
8. Hz
10. Apt
14. Purplish color
17. Candy
18. Woman
19. Negative battery terminal
20. Averages
23. African nation
24. Bored
25. Dregs
27. Bro.'s sibling

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18411 Cypress Meade Lane,
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16438 Redbud Berry,
4/2.5/2, 2163 SqFt, \$154,900



15411 Evergreen Knoll Lane,
4/2.5/2, 2534 SqFt, \$179,900



16402 Crimson Flower,
4/2.5/2, 3249 SqFt, \$209,900



15630 Twisting Springs,
4/3.5/3, 3208 SqFt, \$252,900

Dawn Fore's Cypress Mill Market Report

Neighborhood	3 rd Quarter 2009			Current	
Cypress Mill	Sold	\$ per SqFt	DOM	Avail	Pending
Up to \$125,000	2	\$64.73	60	0	1
\$125,001 - \$140,000	6	\$71.72	64	2	3
\$140,001 - \$155,000	7	\$64.16	58	5	4
\$155,001 - \$170,000	3	\$67.17	46	5	0
\$170,001 - \$200,000	0	-	-	0	0
Cypress Mill Estates	Sold	\$ per SqFt	DOM	Avail	Pending
All Price Ranges	3	\$66.48	120	6	1

These numbers for resale homes were obtained from the Houston Multiple Listing Service. While we have no reason to doubt the accuracy of this information, we cannot guarantee it. This is not a solicitation of currently listed properties.