

September 2010 Volume 10, Issue 9

### GIRLFRIENDS GIFT MARKET AT GOOD SHEPHERD

Saturday, October 9th from 9am-4pm Good Shepherd UMC 20155 Cypresswood Dr. in Fairfield (290 & Mason)

Indoor & Outdoor booths featuring jewelry, yard art, home décor, gourmet foods, clothing, candles, plus a bake sale, silent auction, Pumpkin Patch, & much more!

Admission is free but donations are welcome. All proceeds will benefit local mission projects & community outreach programs.

Sponsored by the GSUMC Women's Ministry

Need more info? Contact Yvette at yhhayes@att.net or visit www. goodchurch.us



#### JUST IN FROM THE NORTH POLE

Santa will be visiting the Cypress Mill Park Community on Saturday, December 11, 2010. Remember...he knows when you've been good or bad so be good for goodness sake!



#### **Important Numbers**

Cy-rail 1 light 3chool
Cy-Woods High School281-213-1919
Cypress Lakes Golf Club281-304-8515
Cypress Mill M.U.D. #1, (24 Hour Emergency) 281-374-8989
Constable Ron Hickman, (24 Hour Emergency) 281-376-3472
DPS Sex Offenders website http://records.txdps.state.tx.us/
Centerpoint Energy Gas713-659-2111
Centerpoint Energy Gas-Emergency Gas Leaks. 713-659-3552
CenterPoint Energy713-207-2222
Irrigation Leaks/Common Area Repairs - Principal
Management
Poison Control Center800-764-7661
Principal Management713-329-7100
Robison Elementary
AT&T Repair Center800-246-8464
Spillane Middle School281-213-1645
Street Light Outages713-207-2222
Comcast Cable713-462-9000
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

Peel, Inc. .....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: <u>cypressmill@peelinc.com</u>

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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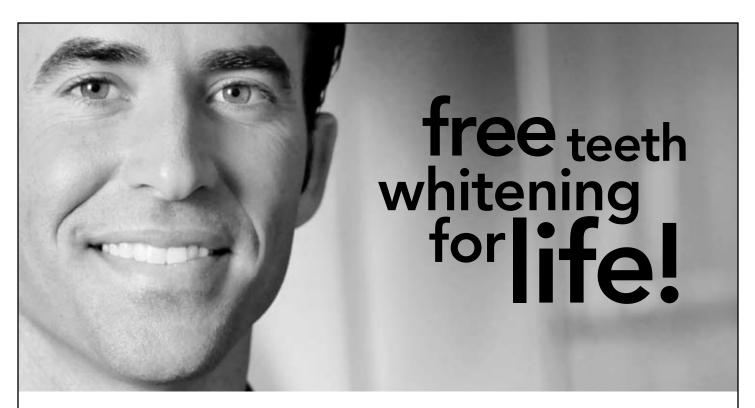




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### **NORTH/WEST HOUSTON MOCHA MOMS**

Promote Reading Amongst African-American Kids



On September 18, 2010, the North/West Houston Chapter of Mocha Moms will launch a literacy program, Boys Booked on Barbershops (B-BOB)/ Girls Booked on Beauty-Shops (G-BOB) at "Sassy but Classy" Salon.

B-BOB/G-BOB is a program designed to promote literacy and the importance of reading to young, African-American children. The chapter will set up and stock a reading nook at Sassy's with age-appropriate books for children to read during their regular visits to the barbershop. These naturally-occurring encounters create a great opportunity for children to read and learn while making use of their wait time. The nook will feature books by and about African-Americans, with an emphasis on topics that interest the shop's clientele.

The program aligns with the Mocha Moms' national community service initiative, "Closing the Gap on Minority Prosperity, Health and Achievement." The North/West Houston chapter has collected over 55 donated books for the event and Scholastic, which has teamed with Mocha Moms on a national level, will provide additional books. The Mocha Moms will also be on hand to discuss ways parents can support the development of reading and other literacy skills at home.

Hesma Stephens, President of the North/ West Houston Chapter commented, "Painful reports have shown that despite some parent's level of education, African-American children have fewer resources available than other non-ethnic families. We are reinforcing our

(Continued on Page 5)



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#### CYPRESS

17255 Spring Cypress Road, Suite A Spring Cypress at Skinner Road 281-304-9113 North/West Houston Mocha Moms- (Continued from Page 4)

commitment to community by providing reading resources in social settings for boys and girls in an attempt to close the literacy gap".

The Mocha Moms anticipate over 30 families will attend the program's launch at Sassy's. The chapter plans to set up reading nooks at nine more locations at local barber and beauty-shops before years' end. Sassy's is located at South Barker Cypress Rd. (FM 1464) and Westheimer. The program will start at 11:00 a.m.

### **Personal Classifieds**

**FOR SALE:** Glass/brushed steel breakfast table and two matching chairs w/ off white cushions. All IKEA brand in excellent condition for \$70.00. Call 281-304-9781.

**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 <u>advertising@PEELinc.com</u>.

**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*.



# Join Girl Scouts!!

Saturday, September 11th 10:00am to 3:00pm Fairfield Market Square

Cypress Trails Service Unit covers all girls in the Ault, Keith, Swenke, Robison and Spillane area and will be registering new girls and forming troops. We are looking for adults to participate in troop leadership.

Bring the family for moonwalk, hotdogs, snocones, popcorn and tons of fun!!!

Contact denise030594@yahoo.com with any questions.



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# CYPRESS MILL



School is underway and so is the planning for Project Prom 2011! In April 2010, the newly elected Executive Committee was chosen and they quickly began planning what is expected to be one of the best Project Proms ever. Here's the inside skinny for what is about to unfold. Be sure to mark your calendars!

#### **MONTHLY MEETINGS THIS FALL**

Join us on September 27th, October 25th and November 29th. All general meetings are held at Cy-Fair HS Cafeteria and begin at 7pm. You'll have a chance to learn about Project Prom Points. Earn Project Prom Points just for attending!

#### **FUNDRAISERS**

Project Prom relies solely on the efforts of Senior Parents and the surrounding community for funding and resources. The Executive Committee has decided to continue to use the same methods and events that have proven to be successful in the past. We hope that you will consider joining us in our efforts to raise money for this event. There are a number of opportunities for parents, seniors, and folks from the

community to join in on!

- We will be working an Aramark concessions booth at all the Texans Football games. For more information, contact Brett Bidinger at brett@bidingerdesign.com.
- Homecoming is October 2nd. We will be selling Homecoming Mums & Garters. A limited number will be sold so be sure to submit your order! Order forms can be found at www.cyfairprojectprom.org.
- Casino Night is a fun filled night of fellowship, dancing, and best of all gambling! Mark your calendars and save the date for Nov. 14th You definitely won't want to miss out! This is a major fundraiser and we are in great need of volunteers to help make this night a success. For more information, contact Karen Geisler at cfprojectprom@yahoo.com.
- The holidays will soon be upon us. We would appreciate your support in our annual Christmas Wreath Fundraiser. For more information, contact Michelle Leech at cfprojectprom@yahoo.com.

#### S.I.T = STAY IN TOUCH

The best ways to keep up with the fast moving train of CF Project Prom 2011 are to subscribe to our newsletter and by visiting our website. Please complete a Parent Information Form (located on the Forms page) on our website at www. cyfairprojectprom.org or simply send an email with your name, your student's name and your telephone no. to cfprojectprom@yahoo.com.



Project Prom is not financially supported by CFISD. It is a private non-profit event run by concerned parents supported in effort by the staff of Cy-Fair HS. The purpose of Project Prom is to provide a drug and alchohol-free overnight lock-party for the graduating seniors and their guests after their prom.





# **Real Estate Market Report**

Cypress Mill Specialist

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Average Price	\$156,436	\$135,367	\$143,970			
Avg Price/sq.ft.	\$68.22	\$58.40	\$65.95			
Avg DOM	55	117	56			
High Price/sq.ft.			\$84.71			
Low Price/sq.ft.			\$53.94			



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\*According to information taken from the HAR MLS Computer

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

### **CYPRESS WOODS HIGH SCHOOL**

Wildcat Band and Color Guard Casino Night and Silent Auction

On Saturday, September 25th from 7:00-11:00 p.m. the Cy-Woods Band will be hosting their fifth annual Casino Night at Cypress Woods High School. This annual event is not only to raise funds for the band and color guard, but also to have fun with friends and family. Ages 12 and up can participate. Play to win a great prize in our Texas Hold'em Tournament! You don't want to miss the fabulous Silent Auction and grand prize drawings! Come join the fun and help support the Wildcat Band and Color Guard. For more information visit the band website at www.cywoodsband.org.

# Calling ALL Cy-Fair High School Senior Parents!

PROJECT PROM NEEDS YOU!

Come see what it's all about & how you can help! **SAVE THE DATE:** 

September 27th • 7pm Cy-Fair Cafeteria

#### **AREYOU AN**

Aggie Mom?

Northwest Harris County Aggie Moms is an organization that

Northwest Harris County Aggie Moms is an organization that supports our Aggie students through scholarships and donations to the many campus organizations that enrich and enhance their experience at Texas A&M University. We also support each other as we share the joys and trials of parenting our Aggies through this important time in their lives.

Whether you are sending your first Aggie off to College Station or your last, we invite you to join us this year and be a part of this special group of women! Plan to attend one of the informal mixers held in neighborhoods across the Northwest Harris County area this summer. Our annual Howdy Party will be on Tuesday, August 10th at the Houston Distributing Company conveniently located near Willowbrook Mall at the corner of 7100 High Life Drive and Cutten Road.

Please check our website at www. nwhcaggiemoms.org for a list of dates and locations or contact Vickie Hamley at 713-466-4494 for more information. We look forward to meeting all our Aggie Moms!



# Electricity is ON SALE at StarTex Power!



Alan "Petrodamus" Lammey, host of 'Energy Week', can be heard every Sunday on 1070 KNTH in Houston.

I'm Texas Energy Analyst, Alan Lammey. In case you didn't know, electricity rates are currently at lows not seen in years, which means that NOW is the time to lock in a very low electricity rate with the provider that I highly recommend to all my radio show listeners: StarTex Power. StarTex Power is local and reputable, with some of the most competitive rates available in all of Texas. You can switch right online at www.StarTexPower.com

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WRAP 2011 planning has begun! 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. This year WRAP will be held at ITZ on May 27, 2011, as an overnight lock-in party, it is a fun-filled evening of shows, games, activities, food, gifts and prizes! WRAP is totally dependent on donations to raise the funds necessary to host an event of this size.

#### **REMEMBER:**

- Our next WRAP meeting is August 5th, Thursday at 7pm in the CyWoods Teaching Theater
- Wildcat Express is August 5th and 6th. WRAP Spirit items will be for sale and are for use by all students not just seniors!
- Earn 10,000 WRAP bucks by sending a check for \$20.11 to WRAP, Inc., P.O. Box 800, Cypress, TX 77410 by September 1, 2010.
- Running Wild Fun Run, Homecoming Mum Sales, and Senior Faces are our first fund raisers!

WRAP has openings for event chairs and co-chairs! Earn mega bucks by serving as a chair or co-chair!

Visit www.cywoodswrap.org and be an active parent! Seniors – become a Fan on Facebook. Refer 10 friends and receive WRAP bucks. Sign up today!



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# DOYOU HAVE REASON TO CELEBRATE?

We want to hear from you! Email <a href="mailto:cypressmill@PEELinc.com">cypressmill@PEELinc.com</a> to let the community know!



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# Local Bluegrass and Old Time Music Jamming

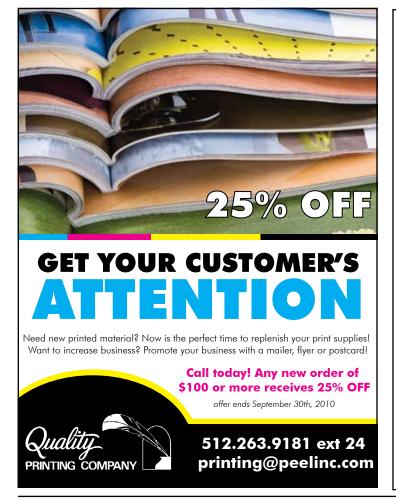
The Fairfield Bluegrass Jammers are sponsoring Bluegrass music jamming at Kleb Woods Nature Center and Preserve where the fun begins on the 4th Saturday of each month at 12 noon and where everyone is invited to pick, sing, listen, fellowship, or walk the trails and watch the beautiful birds. You will find folks with their guitars, banjos, fiddles, mandolins, bases and dobros warming up to do a little picking and singing. When the music and singing begins so does the foot tapping and fun.

The musicians from beginner to pro are having a great ole time playing this old-time music of Bill Monroe and Ralph Stanley. There are 3 types of music played – Bluegrass, Gospel, and old-time country. The listeners are so captivated by the joyful energetic music and musicians they are hearing that they also cannot help but do a little toe tapping and clapping themselves. When 4 PM arrives you find the musicians just as enthusiastic and reluctant to leave as at the beginning. The energy comes from the deep love that everyone has for the music.

Pickers and listener are welcome. No charges. Just fun Jammin or listening.

Kleb Woods Nature Center and Reserve (Draper Rd.) is located about 15 to 20 minutes away and is located on Draper Rd., off Mueschke Rd. in Tomball area. The Reserve is a Harris County Park and a bird watchers paradise and museum. From the parking lot you will walk about 200ft to the center. No selling, soliciting, alcohol,or drugs permitted. Check out Kleb Woods web-site at: www.pct3.hctx. net/parks/klebwoodsnaturepres.aspx.

The Cypress/Tomball Area Bluegrass Jam (Northwest Harris County) 4th Saturday Jam is sponsored by The Fairfield Bluegrass Jammers and is being held at the nearby Kleb Woods Nature Center and Reserve outside Tomball, 12 Noon to 4 PM. For more Information regarding the Bluegrass Jam contact - Nema Redding at: 281-373-1777 or 281-910-4395. E-Mail: tn.blugras@earthlink.net





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### **Cy-Fair Storm News Golf Tournament**

Submitted by Dan LeDoux

Cy-Fair Storm 8U Softball team is holding their 1st Annual Golf Tournament at Longwood Golf Club on October 1st. We are looking for players as well as sponsors. For more information, please contact: cfstorm2002@yahoo.com.

#### **SOFTBALL LADIES???**

Cy-Fair 8U Storm Softball team is looking for girls interested in playing tournament ball. Contact cfstorm2002@yahoo.com for tryout information.

## **Attention NW Harris County Tri Delta Alumnae**

Mark your calendars to join your Tri Delta sisters for our annual "Salad Social" to kick off the year on Tuesday, September 14th at 7:00 pm. Our group meets on the second Tuesday of every month September - April. We have a diverse group of women of all ages from a variety of colleges. For more information, please contact Christina at 281 -855-6893 or Karen at trideltanews@yahoo.com



## Visit the St. Mary's Fall Gift Market!

On September 24 and 25, from 9 a.m. to 3 p.m., St. Mary's Episcopal Church is hosting its annual Fall Gift Market. This is the ideal event to kick off your holiday shopping and decorating! The convenient location at the corner of Louetta Road and N. Eldridge Parkway makes it easy to shop the selection of unique jewelry, home decor, flower arrangements, handcrafted gifts, collectibles, pottery, candles and trendy clothing for ladies and children. The Fall Gift Market also features The Tea Room offering the famous taco soup, sandwiches, desserts and homemade baked goods, plus the Silent Auction/Raffle benefiting church-affiliated projects and outreach.

For more information, please visit stmaryscypress.org, or call Jennifer (281-655-8774) or Terri (281-304-0764.)

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Salons at Stone Gate 11734 Barker Cypress (One block south of Hwy 290) Tues-Thurs 9AM - 7PM Fri 9AM - 5PM Sat 9AM-4PM

# 5th Annual Cy-Fair VFD Fire Fest Sat Oct 9th



The Cy-Fair Volunteer Fire Department would like to welcome the community to our fifth Annual "Fire Fest" on Saturday, October 9th, 2010 from 10:00 to 02:00 p.m. The event will be held at Cy-Fair Station 11 (18134 West Road, Cypress, TX 77433) behind Lone Star College just west of Barker Cypress. Fire Fest allows the community a glimpse into the life of a fire fighter by providing demonstrations on vehicle fires, vehicle extrications, landing the Life Flight helicopters, and even canine search and rescue. Children can get an up-close look at the fire trucks, play with an actual fire fighting hose, and help put out simulated fires. Families can see some history about each station through story boards depicting the evolution of our fire department. Want to take a picture with a firefighter? No problem, we have that too. New this year will

be demonstrations extinguishing fires using home fire sprinklers and fire extinguishers.

For those interested in joining the ranks of volunteer firefighting we will have a booth set-up to provide details and answer questions on what it takes to be a volunteer firefighter. We will also be showing a short video, providing applications, and giving directions to one of our twelve stations.

The Cy-Fair VFD provides emergency services to residents in the Harris County Emergency Services District #9 located in Northwest Harris County. We currently operate from twelve community based fire stations covering 156 square miles and over 385,000 citizens.

For more information on Fire Fest visit us online at www.cyfairfirefest.org. For more information on joining the Department please visit us at www.cyfairsbravest.org.

# COMMUNITY NEWSLETTERS

Blackhorse Ranch **Bridgeland Coles Crossing** Copperfield Cypress Mill Cypress Point **Eagle Springs Enchanted Valley** Fairfield Fairwood Harvest Bend The Village Heatherwood Village Lakemont Lakes of Fairhaven Lakes of Rosehill Lakes of Savannah Lakes on Eldridge Lakes on Eldridge North Lakewood Grove

Legends Ranch Longwood Oak Forest Riata Ranch Shadow Creek Ranch Silverlake Steeplechase Stone Gate Summerwood Village Creek Villages of NorthPointe Willowbridge Willowlake Willow Pointe Winchester Country Winchester Trails Windermere Lakes Woodedge Village Wortham Villages



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# - Kids Stuff-

Section for Kids with news, puzzles, games and more!



Eat your breakfast. It's the most important meal of the day!" Why are parents always saying that?

Well, imagine you're a car. After a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road.

#### What Should You Eat?

Any breakfast is better than no breakfast, but try not to have doughnuts or pastries all the time. They're high in calories, sugar, and fat. They also don't contain the nutrients a kid really needs. And if you have a doughnut for breakfast, you won't feel full for long.

Just like with other meals, try to eat a variety of foods, including:

- grains (breads and cereals)
- protein (meats, beans, and nuts)
- · fruits and vegetables
- · milk, cheese, and yogurt

Here are some breakfast ideas. First, the traditional ones:

- eggs
- French toast, waffles, or pancakes (try wheat or whole-grain varieties)
- · cold cereal and milk
- hot cereal, such as oatmeal or cream of wheat (try some dried fruit or nuts on top)
- · whole-grain toast, bagel, or English

muffin with cheese

- · yogurt with fruit or nuts
- fruit smoothie, such as a strawberry smoothie

And now some weird (but yummy)

- banana dog (peanut butter, a banana, and raisins in a long whole-grain bun)
- breakfast taco (shredded cheese on a tortilla, folded in half and microwaved; top with salsa)
- country cottage cheese (apple butter mixed with cottage cheese)
- fruit and cream cheese sandwich (use strawberries or other fresh fruit)
- sandwich grilled cheese, peanut butter and jelly, or another favorite
- leftovers (they're not just for dinner anymore!)

#### Skipping Breakfast

Some kids skip breakfast because they sleep too late or because they think it's a way to stay thin. But skipping breakfast doesn't help people maintain a healthy weight. In fact, someone who skips breakfast tends to eat more calories throughout the day.

If you find yourself skipping breakfast because you're too rushed, try these

quick breakfasts. They're easy to grab on the way out the door or can be prepared the night before:

- single servings of whole-grain, lowsugar cereal
- yogurt
- fresh fruit
- whole-grain muffin
- trail mix of nuts, dried fruits, pretzels, crackers, and dry cereal

#### **Need More Convincing?**

Just in case you need more evidence that eating breakfast is the way to go, kids who don't eat breakfast are less able to learn at school, get less iron (an important nutrient) in their diets, and are more likely to have a higher body mass index (BMI), which is a sign they may be overweight.

On the other hand, kids who eat breakfast do better in school, are more likely to participate in physical activities, and tend to eat healthier overall. So tomorrow morning, don't run out the door on an empty stomach. Fuel up with a healthy breakfast!

Updated and reviewed by: Mary L. Gavin, MD

Date reviewed: March 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



# Attention KIDS: Send Us Your Masterpiece!

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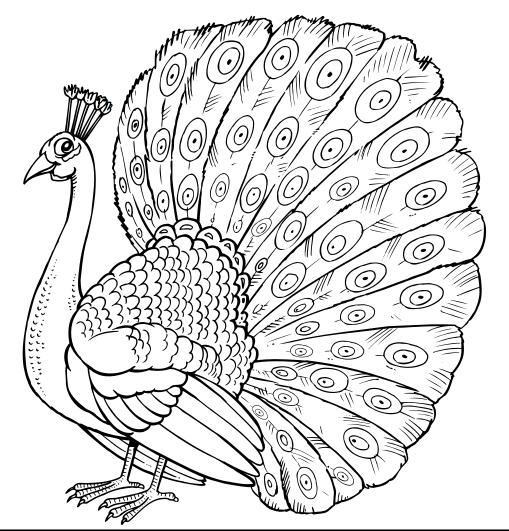
We will select the top few and post their artwork online at www.PEELinc.com. DUE: September  $30^{\text{th}}$ 

Be sure to include the following so we can let you know!

Name: \_\_\_\_\_ Email: \_\_\_\_\_ Age: \_\_\_\_

(first name, last initial)

(This information will only be used to notify you or your parents if your artwork is selected)



CM

# CYPRESS MILL

#### Crossword Puzzle 10 11 12 13 14 18 19 21 22 23 24 25 26 27 28 29 31 32

#### **ACROSS**

- 1. Blow
- 5. Green Gables dweller
- 9. Not there
- 10. Ask for legally
- 11. Smooth
- 12. Island nation
- 13. Fertilized cell
- 15. Ex-serviceman
- 16. Rovers
- 18. Covered in coarse hair
- 21. Single
- 22. Sacred songs
- 26. Scrimmage
- 28. Prophet who built the arc
- 29. Remove
- 30. Canal
- 31. Eye infection
- 32. Tear

\*Solution at www.PEELinc.com

#### **DOWN**

- 1. Virtuoso
- 2. Airv
- 3. "Ribbit" animal
- 4. Singing voices
- 5. Wing
- 6. Innocent
- 7. Meat curing ingredient
- 8. Gives off
- 10. Sharks
- 14. Man's wig
- 17. Less nice
- 18. Houses
- 19. Sluggish
- 20. Electrical device
- 23. Tenet
- 24. Water pipe
- 25. Cote
- 27. East southeast

Don't want to wait for the mail?

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Serving the Community for 20 years

#### **CORNS AND HAMMERTOES**

Corns are circular areas of thickened skin that sit on the top or the sides of the toes. Corns and Hammertoes are caused by pressure created by an enlarged piece of bone (bone spur) underneath the corn. If your toes are squeezed in your shoes with painful corns, give us a call.

# \*X-rays and treatment not included. usive only of co-payment for HMO, PPO, and Medicare patients.



Dr. Brad Bachmann DPM Board Certified in



Dr. Michelle Stern DPM Member, American Academy of Podiatric Sports Medicine



Dr. Amy Walsh DPM Board Certified in Foot Surgery

**Louetta Foot Specialists** 281-370-0648

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# Selling Your Home In Cypress Mill?

Put the Don and Jeanne
Machrowicz Team to work for you!!

- Marketing on multiple websites for 24/7 exposure of your home
- Don & Jeanne Machrowicz have over 30 years of real estate experience
- Honored by the Houston Business Journal as one of the top 25 residential real estate teams in the city
- Flexible commission plans

Cypress Mill Year-to-Date Sales Report											
	Feb '10	Mar '10	Apr '10	May '10	Jun '10	Jul '10	Aug '10	Sep '10	Oct '10	Nov '10	
\$500,000 and above	0	0	0	0	1	0	0	0	0	0	
\$176,000\$200,000	0	0	0	1	0	1	0	0	0	0	
\$151,00\$175,000	2	1	1	3	1	1	0	0	0	0	
\$141,000\$150,000	2	2	2	2	0	1	0	0	0	0	
\$121,000\$140,000	3	3	2	3	4	1	0	0	0	0	
\$101,000\$120,000	0	1	0	2	0	0	0	0	0	0	
\$100,000 and below	1	0	0	0	0	0	0	0	0	0	
Total	8	7	5	11	6	4	0	0	0	0	
Highest \$/sq ft	\$70.57	\$77.72	\$75.74	\$77.09	\$84.71	\$73.16	-	-	-	-	

This information is taken from the Houston Multiple Listing Service

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