



CYPRESS MILL *Chronicle*

NEWS FOR THE RESIDENTS OF CYPRESS MILL

November 2010

Volume 10, Issue 11



Cypress Mill Park Annual Holiday Party

The Cypress Mill Park Residents are invited attend the Annual Community Holiday Party. The event will be held on Saturday, December 11th from 9:00 am - Noon at the Cypress Community Recreation Center.

The Holiday Party begins at 9:00 am with Suzzala the Head Elf! Children can select a festive face painting design, decorate a tree ornament, and be entertained by a balloon artist. While you wait for Santa to arrive, stop by the holiday vendor fair for a shopping extravaganza. The Cy-Fair Fire Department will also be on site offering Fire Truck Tours!

Santa arrives at 10:00 am - remember to bring your camera to capture your family holiday photo!

Please remember, children must have a parent or guardian accompanying them.

*If you would like to volunteer or participate in the vendor fair, please contact Jacqui Williams (Holiday Party Coordinator) at 832-692-2203.

NORTHWEST FLYERS TRACK CLUB

U.S. Track Olympian to Speak at Northwest Flyers Track Club Registration Breakfast on Feb. 5th

The Northwest Flyers Track Club will host its annual free information / registration breakfast on Saturday, February 5, 2011, for all boys, girls and their parents who are interested in joining for the 2011 track season. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The breakfast is the annual opportunity for youth athletes to register for the 2011 spring/summer track season, and to meet the Northwest Flyers coaches, staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic team.

The Northwest Flyers Track Club is a youth (ages 6 -18) track organization, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance and relays, and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. The Northwest Flyers has approximately 275 members, boys and girls. The club was founded 24 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

The Northwest Flyers is a member of the "Win with Integrity" program, a partnership between USATF and the American College of Sports Medicine. "Win with Integrity" brings elite track & field athletes and school-aged kids together to promote healthy lifestyles, keeping active, and living with integrity through the sport of track & field.

For additional information on the Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at (281) 587-8442 or linette.roach@sbcglobal.net.



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) 281-374-8989
 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.

SALONS at STONE GATE

Book Your Next Appointment Online!



Jodi Messa



Sarah Sawaya

Welcome to our New Stylists!

281-256-2204

www.salonsatstonegate.com

Salons at Stone Gate

11734 Barker Cypress
 (One block south of Hwy 290)

Tues-Thurs 9AM - 7PM

Fri 9AM - 5PM

Sat 9AM-4PM



free teeth whitening for life!

There's a new way of caring for you and your teeth.

Come in for your initial exam, cleaning and x-rays (services covered by most insurance companies) and you'll get **FREE custom take-home whitening trays and gel*** (\$399 value). As long as you keep up with your recommended cleaning visits, you'll get 2 FREE tubes of whitening gel, twice per year, for the rest of your life.

We're also proud to provide:

- The latest dental techniques and state-of-the-art technology, including our fast, painless, affordable oral cancer screening
- Open acceptance of most insurance plans
- Flexible financing options
- Convenient early morning and evening hours
- Exceptional patient care and service in a friendly setting

*Subject to exam results and doctor approval.



\$

\$300

off

any full
orthodontic
treatment,
plus 2 years interest free financing**

**With approved credit. Full upper and lower arch treatment required. Offer available to new orthodontic patients only. Not applicable with other discounts. Limited time offer.

FAIRFIELD
DENTAL CARE
& ORTHODONTICS

YOUR
DentalWorks®
DENTIST

dentures | partials | crowns | bridges | restorative | cosmetic | preventive | braces

281.256.6190
dentalworks.com

Fairfield Dental Care and Orthodontics
Keith T. Grimm, DMD | Paula Herber, DDS
15040 Fairfield Village Drive, Suite 240
Cypress, TX 77433
Located at 290 West at Mason Road

CYPRESS MILL

CY-FAIR PROJECT PROM 2011

CHICK-FIL-A SPIRIT NIGHT

Take the night off! Make the first Thursday of each month a Chick Fil A night! Project Prom will receive 20% of the proceeds for each time someone mentions "I'm supporting CyFair Project Prom." You don't need a flyer, just say the magic words. Spirit Night is the first Thursday of each month. Our next Spirit Night is Thursday, November 4th, from 5-8pm. The Cy-Fair Chick-Fil-A location is located at 1960/Eldridge.

CASINO NIGHT

Mark your calendars! Get your sitter lined up and get ready to have a great time! Bring your bling and your cha-ching to Parkway Chevrolet(Hwy 249). Casino Night is Sunday, November 14th from 5-9pm. Tickets are \$30 or 2/\$50 and can be purchased at the General Meeting. Ticket includes BBQ dinner buffet, 2500 Gaming

Chips, and dancing. This event is strictly for 21yrs and older. The night will include, dinner, dancing, gambling. There will also be a silent auction, raffle, and door prizes. This promises to be a night of fun! For more information, email or call Karen Bidinger at karen@bidingerdsgn.com or 281-304-8888.

GENERAL MEETING

Our first General Meeting was a huge Success! Let's keep that momentum going! Join us for our next General Meeting Monday, November 29th at 7:00pm in the Cy-Fair HS Cafeteria! There is so much to share with so much to do! Come see how you can earn points while learning about all the opportunities to help make Project Prom 2011 a raving success! Earn Points for wearing your PP T-Shirt! Don't forget to wear it!

COW PLOP

This fundraiser is December 8th. We grid off a field with numbers... sell the ticket numbers...place a cow on the field and when she plops (nice word for "takes a dump"), we check the number and ticket with corresponding number wins! For more information, call Mary Cilia at (281) 682-1228 or Sheila Schneider at (281) 536-8864.

TEXANS FOOTBALL - Aramark Concessions Project Prom Booth 546

Come out and support Project Prom! Project Prom is working Aramark Concession booth #546. Come buy and purchase all your food and beverage needs next time you go to a Texan Football game! Aramark will be donating a percentage of the proceeds to Project Prom! This takes a lot of work and effort from many of our awesome parents! Stop by, make a purchase and make it worth their while!

When It's
**TRULY AN
EMERGENCY ...**



We Provide Expert Care STAT!

Did you know that in many hospital emergency rooms, you could spend up to 10 hours in the waiting room while your condition possibly worsens? If you are experiencing a true medical emergency, minutes can be critical. That's why it's important to see an expert as quickly as possible.

At Texas Emergency Care Center, you will always be seen by a physician who is Board Certified in Emergency Medicine. What's more, the average wait time is less than 20 minutes, depending on the severity of patients being treated.

**24-Hour Emergency Care
That's Close To Home.**



**T E X A S
EMERGENCY CARE
C E N T E R™**

READY OR NOT ... WE ARE.™



Accredited by the Joint Commission of
Accreditation of Healthcare Organizations
for our commitment to excellence.

A Licensed, Free-Standing
Emergency Medical Care Facility.

txercare.com

All private insurance accepted.

PEARLAND

3115 Dixie Farm Road, Suite 107
FM 518 at Dixie Farm Road
281-648-9113

CYPRESS

17255 Spring Cypress Road, Suite A
Spring Cypress at Skinner Road
281-304-9113

Cy-Ranch High School FFA Booster Club

1st Annual Chili Cook-Off Fundraiser

SATURDAY, DECEMBER 4, 2010

Cypress Ranch High School Parking Lot

Cooking Begins at 9:00 AM and Judging Begins at 2:05 PM



The Cypress Ranch FFA Booster Club would like to invite the surrounding Cypress communities to come out and enjoy a fun-filled day of GREAT CHILI TASTING, GOOD OLE FASHIONED GAMES and of course, CHILI COOK-OFF JUDGING!

GAMES BEGIN AT 9:00 AM

CHILI TASTING BEGINS AFTER ALL CHILI HAS BEEN
TURNED INTO THE JUDGES - 2:05 PM

ENTRANCE FEE

(Includes Chili Tasting)

\$5.00 per Person; Children under 10 are Free

(All proceeds benefit the Cypress Ranch FFA Booster Club)

ALL ARE WELCOME!!!

ATTENTION CFISD Students, Parents, Staff: If you are a CFISD FFA and/or 4-H Member or Parent; a CRHS Student; Parents of a CRHS Student or CRHS Staff Member, you may enter the Chili Cook-off! Please go to the FFA Booster Club website at: Cyranchffa.com for an Entry Form and view the Rules, Requirements & Guidelines.

*Please feel free to contact Donna Wilson
at pointeofgrace7@aol.com with any questions.*

SEE YOU AT THE RANCH!

Chili Cookers Wanted!

The Cy-Ranch High School FFA will be hosting its 1st Annual Chili Cook-Off on Saturday, December 4th, in the Cy-Ranch High School parking lot located off of Fry Road. A team of local judges will used to judge the chili; but for all you Chili Eaters, plan on coming by and tasting some Chili samplings from the hot and spicy to the mild and tangy and cast your vote for the perfect Texas Chili. Tickets for chili are \$5 each, four for \$15, and children ages 10 & under are free. Additional food and beverages will also be available as well as games for children and adults.

Registration is going on now for Chili Cookers. Additional information on registration and the cook-off rules can be found at: www.CyRanchFFAboosterclub.com

Chili cooking begins by 9AM and ends at 2PM. Judging will commence at 2:05PM. The Grand prize winner will receive \$500, 1st place winners \$100 per category, and 2nd place winners \$50 per category.



PC & MAC REPAIR

COMPUTER & INTERNET DOCTORS

On-site Home or Business Repair
Pickup/Delivery & Setup Available

Holiday Special **\$49**
**VIRUS / SPYWARE
REMOVAL**
Must present ad. Expires November 30, 2010

Holiday Special **\$199**
**DATA
RECOVERY**

Holiday Special **\$69**
**BACKUP
DATA & PICTURES**
Must present ad. Expires November 30, 2010

**LOST OR DELETED
PICTURES & DATA**
Must present ad. Expires November 30, 2010

PRICES ARE FOR IN-STORE ONLY

281.256.8777

FREE SECOND OPINIONS



17510 HUFFMEISTER RD. #106 | CYPRESS 77429
CORNER OF SKINNER RD. & HUFFMEISTER RD.



Angels' Attic

Resale Shop

benefiting
Cypress Assistance Ministries

281-955-7683

Monday-Wednesday 10-6
Thursday-Saturday 10-3

- Clothing
- Furniture
- Toys
- New Jewelry
- Housewares



11202 Huffmeister

Donations Welcome
Tax Receipts Given

Cy-Fair Project Prom **COW PLOP**

Wednesday, December 8, 2010

5:00 pm

Location to be Announced

Tickets are \$10 each. Field is plotted for 800 squares.
Winner of the "Plopped Square" wins \$1,000 American Express gift card.
Four surrounding squares each win \$100 American Express gift card.

Winners need not be present to win.

For more information or to buy tickets, call Mary Cilia
at (281) 682-1228 or Sheila Schneider at (281) 536-8864

www.cyfairprojectprom.org

All proceeds go to Cy-Fair 2011 Project Prom

Official Rules: Field is plotted for 800 squares and will be marked off in a grid formation with chalk prior to the event. Each numbered ticket will be assigned a random square prior to the event and the squares will be hypothetically marked with a number. A map of squares will be posted at the event and on the Project Prom website prior to the event. If cow's plop covers more than one square, the square with the most plop wins. The official judge will determine the winning square and their decision is final. If cow does not plop by 5:45 pm, winner will be determined by drawing.



Real Estate Market Report

Cypress Mill Specialist

DAVID "SUPER DAVE" FLORY



- #1 Realtor in **Cypress Mill***
- #2 Realtor in Houston & Texas**
- #7 Realtor in United States**
- Selling Over 500 Homes A Year

	ACTIVE	PENDING	SOLD Last 6 Mos
# of Listings	25	7	33
Price Range:	\$125,000 \$249,900	\$121,000 \$149,950	\$113,500 \$205,000
Average Price	\$160,790	\$134,307	\$146,825
Avg Price/sq.ft.	\$66.01	\$61.35	\$65.69
Avg DOM	60	86	68
High Price/sq.ft.			\$84.71
Low Price/sq.ft.			\$49.02



RE/MAX

Professional Group

832-478-1205

Direct line: **281-477-0345**

WWW.SUPERDAVE.COM

*According to information taken from the HAR MLS Computer

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

CYPRESS MILL

The Nutcracker

CYPRESS MILL RESIDENTS MICHELLE AD CHRISTEN JACKSON TO PERFORM IN HOUSTON REPERTOIRE BALLET'S HOLIDAY CLASSIC, THE NUTCRACKER, ALONG SIDE HOUSTON BALLET STARS KARINA GONZALEZ AND CONNOR WALSH



*Jared Matthews and Yuriko Kajiya of American Ballet Theatre perform in Houston Repertoire Ballet's the Nutcracker in 2008.
Photo by Kym Merrill*

Houston Repertoire Ballet (HRB) and the Tomball Regional Arts Council (TRAC) bring The Nutcracker ballet back to the Tomball stage.

Cypress Mill residents Michelle and Christen Jackson will perform December 3-5 in Houston Repertoire Ballet's enchanting Christmas production of The Nutcracker, a beautiful ballet that has delighted Harris County audiences for the past decade. This holiday tradition tells the story of young Clara and her Nutcracker doll, who magically comes to life as a handsome prince. Throughout the ballet, Clara and the Nutcracker Prince share many adventures together as they fight off the Mouse Queen and her army of mice, and travel through the snow to the Kingdom of Sweets.

Audiences of all ages will be entertained by an exciting sword fight in the first act, and

the delightful Polichinelles in the second act, who enter the stage from beneath Mother Ginger's giant dress, whose skirt uses enough material to cover a football field. Young and old alike will enjoy the production's special affects that include 100 pounds of snow that falls during the snow scene, explosive canon-fire in the fight scene and a Christmas tree that grows from 13 to 24 ft. after the Christmas party in the first act. Audiences will be delighted with the classical ballet that takes place in nineteenth century Germany that features

(Continued on Page 9)

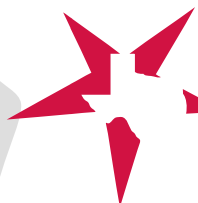
Electricity is **ON SALE** at StarTex Power!



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

Sign Up Today Online: www.StarTexPower.com or call 866-917-8271
PLEASE USE "NEIGHBORHOOD NEWSLETTER" as your referral!



**StarTex
POWER™**

PUCT #10089



The Nutcracker- (Continued from Page 8)

Tchaikovsky's breathtaking musical score and HRB Artistic Director Victoria Vittum's beautiful choreography.

Houston Repertoire Ballet will give 4 full-length performances of The Nutcracker at the Tomball High School Auditorium December 3-5. There will be 2 abbreviated matinee performances offered as part of our Arts & Education program on December 3rd and 5th. To purchase tickets to HRB's 2010 Nutcracker call 281-861-0199 or visit www.hrbdance.org. Ticket prices range from \$15-\$18.

Houston Repertoire Ballet brings back Houston Ballet's Connor Walsh and welcomes Houston Ballet's newest member Karina Gonzalez to the Tomball stage

Houston Repertoire Ballet is proud to welcome Houston Ballet stars Karina Gonzalez and Connor Walsh to guest perform the roles of the Sugar Plum Fairy and Cavalier in this season's Nutcracker. Walsh has been a principal dancer with the Houston Ballet since 2007, and performed the role of the Prince in HRB's production of Sleeping Beauty last spring. Ms. Gonzales joined the Houston Ballet as a Soloist in 2010 and will make her first appearance in a guest role for HRB. The artistic staff of HRB is thrilled to bring such prominent talent to the residents of the greater Houston area.

HRB Nutcracker showcases Cy-Fair's rising young talent

This season's Nutcracker will showcase 41 members of the HRB ballet company, the majority of those students from the Cy-Fair community. Along with the dedicated company members, HRB will open its production to over 60 young students of its sister-school, Ballet Center of Houston. These young ballet students will perform roles including mice, bakers, Polichinelles and party children. The Senior Company members perform the lead roles in the ballet that include Clara, Snow Queen, Dew Drop Fairy, Mouse Queen and many more. In addition, the members of HRB and students of the Ballet Center of Houston have the wonderful opportunity of performing with Houston Ballet professionals Connor Walsh and Karina Gonzalez.

Major funding for HRB is provided by Houston Endowment Inc. ConocoPhillips Company and Statoil. The Nutcracker is funded in part by grants from Harris County and Texas Commission of the Arts through the Houston Arts Alliance. Arts and Education Performances are generously sponsored by Target.



FAIRFIELD

ANIMAL HOSPITAL

Mike Hicks, DVM
Sandra Harris, DVM
15040 Fairfield Vlg. Sq. Dr. #100
Cypress Tx 77433 • 281.256.3150
www.myfairfieldvet.com

• Compassionate,
Quality Care for your
Pet Family Member

• A Full Service
Veterinary Hospital

• Friendly, Caring,
Professional Staff

Office Hours:
Mon-Fri 7am-6pm
Close Sat & Sun
Early Morning Drop Off
Mon-Fri 7am

Call 281.256.3150
for Appointments

WE PROUDLY OFFER:

HomeAgain®

Microchip
Identification System

STRONG Vision Center

281-373-3063

- **TWO Full Time Doctors**
- Thorough Adult & Childrens Eye Exams
- Treatment of Eye Disease/Infection
- Large Selection of Glasses & Contact Lenses
- Most Vision Insurance Accepted
- Free Lasik Consultation
- Board Certified Opticians
- Authorized Oakley
Sunglass Dealer



Dr. Jane A.P. Strong (Cypress Resident)
& **Dr. Cassandra Knight**
Therapeutic Optometrists

17445 Spring Cypress @ 290 • Suite G
Mon-Fri 9-6 • Sat 9-3

www.strongvisionctr.com

CYPRESS MILL

An American Holiday Tradition

Christmas is a time of joy, happiness, and goodwill. It is a time of giving and helping those who are less fortunate than us, especially impoverished children. For over half a century, one organization, the U.S. Marine Corps Reserve, is the unchallenged leader in looking after America's needy children at Christmas.

Though we know that gifts aren't the true meaning of Christmas, a child's expectation of a present from Santa is their innocent definition of hope. And, to try to bolster hope in our world is the least we can do. Do you remember counting the days until Santa arrived? Then, lying quietly in your bed on Christmas Eve hoping to hear reindeer on the roof? As adults, we cherish those memories, but for children waiting in their beds this Christmas, the worries of no presents under the tree can be all too real. Jobs have been lost and media reports continue to deliver



unfavorable news for many families and even the littlest children are frequently aware of the struggle to put food on the table.

The ultimate success of Toys for Tots depends on the support of the local community and the generosity of people, such as you, who help the U.S. Marines carry on the tradition of delivering toys to children who might otherwise be forgotten by donating toys and funds to purchase toys.

The Toys for Tots campaign in our area is being conducted once more by the Marine Corps League Tijerina Detachment #1295. This Detachment is named after and in

honor of James R. Tijerina, Katy High School Graduate, who died serving his country in Karma Iraq. All toys and funds collected remain in our local area. The toys are distributed through local assistance agencies and all families are screened and vetted. This year we are proud to include the children of our local military who are presently serving in Iraq and Afghanistan.

If you would like to participate, please drop off a new unwrapped toy in the one of the toy bins located at the following Fairfield locations: Fairfield Chiropractic, Fairfield Recreation Center, Jitterbug Cafe, Kids R Kids or RE/MAX. The collections bins will be set up from November 15 thru December 17, 2010. The ages of the children are from infant to 17 years of age (as long as the child is in school). If you have any questions, please feel free to call Kimberly Drake at 281-758-0936.

UNIVERSITY of HOUSTON

NORTHWEST CAMPUS

All the quality ...

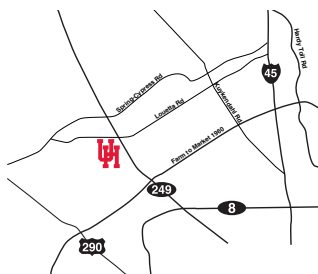
All the resources ...

All the prestige ...

All the tradition ...

All right here in

Northwest Houston!



(832) 842-5700
northwest@uh.edu
uh.edu/northwest

The University of Houston is an EEO/AA institution.



**Apply now for
Spring 2011!**

Your Unwanted Books

If you throw out your paperbacks, please give me a call and let me pick them up, if they are in good condition. We spread them around to people who can't buy for themselves (homeless shelters, prison ministry, etc.). Hardbacks and kid's books are welcomed, as well. Thanks! Please call Deanna at (281)-373-4477.

Fairfield Women's Club

Come join us November 16th to support our troops with Cypress Cares! Don't forget to wear your tennis shoes for your free Zumba Class! Bring samples of your favorite holiday recipe to share!

Bradford Creek Clubhouse 7-9pm!



Not Available Online

DO YOU HAVE REASON TO CELEBRATE?

We want to hear from you! Email cypressmill@PEELinc.com to let the community know!

Bashans Painting & Home Repair

Commercial/Residential
Free Estimates

281-347-6702



281-731-3383 cell



- Interior & Exterior Painting
- Hardi Plank Installation
- Wood Replacement
- Sheetrock Repair
- Interior Carpentry
- Cabinet Painting
- Wallpaper Removal and Texturizing
- Pressure Washing
- Fence Repair/Replacement
- Garage Floor Epoxy
- Custom Staining
- Roofing
- Gutter Repair/Replacement
- Faux Painting

References Available • Fully Insured
NO PAYMENT UNTIL COMPLETION
bashanspainting@earthlink.net

Our Goal:



To Keep Your #1 Healthy.



Dr. Amit Parikh, D.O.
Board Certified Family Practice
Fellowship Trained Sports Medicine

281-373-9400

14315 Cypress Rosehill Road
Suite 180 • Cypress, TX 77429

Houston Center for Family Practice & Sports Medicine

Comprehensive Primary Care & Sports Medicine
for infants, children, adolescents, and adults.
Comprehensive Dermatology Service Available.

Schedule your appointment today!

BASEBALL TRYOUTS!

*9U Texas Tigers select
baseball team is now forming!*

We will hold tryouts in November 14th & 15th. Must attend both sessions to be considered. Consult website for time and location.

Shortly after the team is announced, we will begin an 8 week training period in preparation for the Spring 2011 season.

Please consult the website for all up-to-date information and to register for the tryouts.

Looking for serious baseball players with the athletic ability, commitment and determination to excel.

www.texasigersbaseball.com



Cy-Fair ThunderCats Baseball Tryouts

9U Elite (AAA)

We are looking for talented serious players for the upcoming Spring 2011 Season.

Our core has been playing together for five seasons and are a professionally instructed team. Please contact us via email for an individual tryout date and time and also a workout with the current team.

You may visit our website www.cy-fairthundercats.com for more additional information about our organization.

Darin@cy-fairthundercats.com



Quality
PRINTING COMPANY



BUSINESS FORMS
NEWSLETTERS
FLYERS
ENVELOPES
LETTERHEADS
NCR SNAP APART
FORMS
RUBBER STAMPS
BUSINESS CARDS

Solving all your printing needs.
1-888-687-6444 ext. 24



Pediatric Dentist

infants children teens

13611 Skinner Road, Suite 135
Cypress, Texas 77429
(Skinner at Spring Cypress)
www.cypresskidsdentist.com

p 281.758.2790 f 281.758.2791

- Kids Stuff -

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



You've been looking forward to Thanksgiving dinner all year — turkey, mashed potatoes, cranberry sauce, and pumpkin pie. Mmm-mmm! But after you finish that second helping of turkey with gravy, you start to feel a little sleepy.

As your Uncle George starts to explain why eating turkey makes people so tired, you suddenly feel like curling up in front of the TV and napping until next Thanksgiving. But is gobbling up all that turkey really to blame?

THE USUAL SUSPECT: L-TRYPTOPHAN

Not exactly. Here's why: Turkey meat contains a lot of an amino acid called L-tryptophan (say: el-trip-teh-fan). Amino acids are the "building blocks" for the proteins that make up our muscles and other important parts of our bodies. (L-tryptophan is just one kind of amino acid — there are many different kinds of amino acids in the foods we eat.)

When we eat foods that contain L-tryptophan, this amino acid travels in the blood from the digestive system and later enters the brain. The brain then changes the L-tryptophan into another chemical called serotonin (say: sare-uh-toh-nin). Serotonin calms us down and helps us sleep.

But scientists now know that L-tryptophan can really only make a person tired right away if it is eaten or taken by itself without any amino acids. And the protein in turkey contains plenty of other amino acids!

BLAME IT ON BLOOD FLOW

Most scientists think that there's a different reason why eating a special meal might make you drowsy. Eating a big Thanksgiving dinner causes increased blood flow to the stomach (needed to help digest the meal) and less blood flow to the brain.

AVOIDING DROWSINESS

So just how do you avoid that sleepy feeling on Turkey Day?

- Eat small, healthy meals (try to limit junk foods) throughout the day before you sit down for your big meal — don't starve yourself in anticipation of the feast to come.
- Have small portions of foods that are part of your Thanksgiving meal (including whatever veggies are on the table).
- Drink water and take breaks while you are eating to see how full you've become.
- Stop eating once you're full — there will always be leftovers tomorrow.
- Finally, take a walk outside afterward to digest your meal. This will make you feel better than crashing on the couch.

Follow these tips and have a Happy Thanksgiving — gobble, gobble!

REVIEWED BY: Steven Dowshen, MD

DATE REVIEWED: August 2009

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!

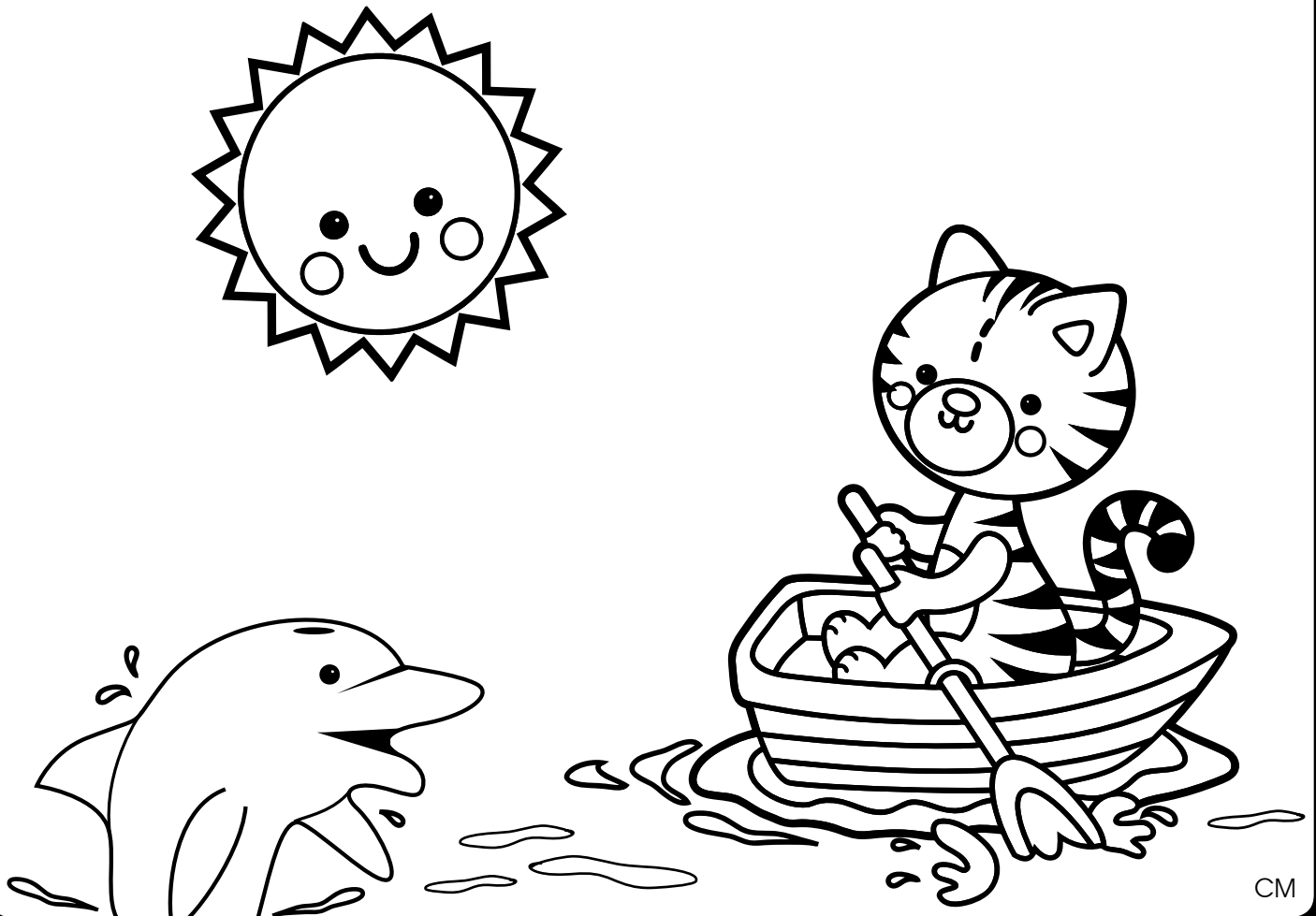
Color the drawing below and mail the finished artwork to us at:

Peel, Inc. - Kids Club
311 Ranch Road 620 S, Suite 200
Lakeway, TX 78734

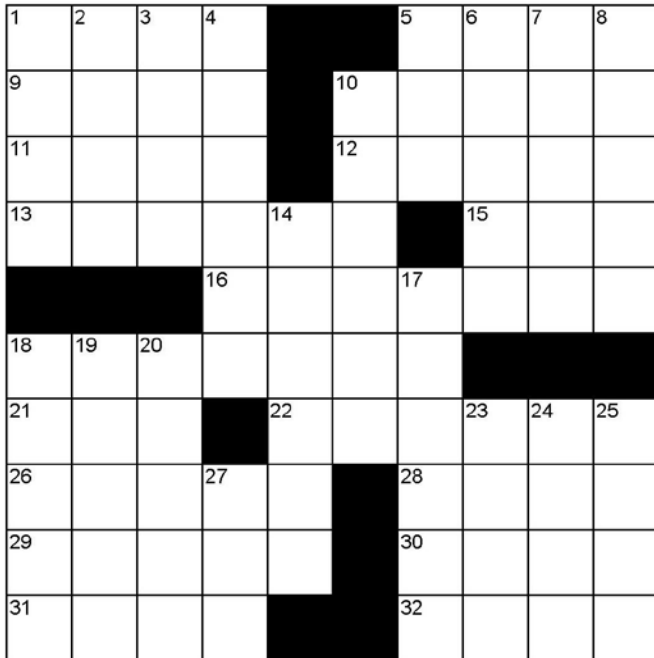
We will select the top few and post their artwork online at www.PEELinc.com. DUE: November 30th

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)



Crossword Puzzle



ACROSS

1. Cleaning agent
5. Welt
9. Factual
10. Raise one's shoulders
11. Gain
12. Making a knot
13. Opposite of cubic
15. Pride
16. Passes
18. Dress up
21. Dined
22. Wagerer
26. __ Gras
28. Possess
29. Rock and Roll "King"
30. Spread
31. Flow out slowly
32. Goody two shoes

DOWN

1. Stair
2. Spoken
3. Nimbus
4. Enclosed
5. Reporter's question
6. Sign of the zodiac
7. Surge
8. Kellogg's waffles
10. Shoot from a plane
14. Excuses
17. Type of snake
18. Ladies
19. Dickens' " __ of Two Cities" (2 wds.)
20. Sensitive point
23. Record
24. Above
25. Rip
27. Sink

*Solution at www.PEELinc.com

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

The Cypress Mill Chronicle is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use The Cypress Mill Chronicle contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

Peel, Inc. COMMUNITY NEWSLETTERS

Blackhorse Ranch
Bridgeland
Coles Crossing
Copperfield
Cypress Mill
Cypress Point
Eagle Springs
Enchanted Valley
Fairfield
Fairwood
Harvest Bend The 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

1-888-687-6444

advertising@PEELinc.com

www.PEELinc.com

Publishing Community Newsletters Since 1991

**Advertise
Your Business Here
888-687-6444**



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	1	0	0	0
\$151,000--\$175,000	2	1	1	3	1	1	0	0	0	0
\$141,000--\$150,000	2	2	2	2	0	1	1	0	0	0
\$121,000--\$140,000	3	3	2	3	4	1	1	2	0	0
\$101,000--\$120,000	0	1	0	2	0	0	2	0	0	0
\$100,000 and below	1	0	0	0	0	0	0	0	0	0
Total	8	7	5	11	6	4	5	2	0	0
Highest \$/sq ft	\$70.57	\$77.72	\$75.74	\$77.09	\$84.71	\$73.16	\$68.41	\$70.66	-	-

This information is taken from the Houston Multiple Listing Service

**FOR OUTSTANDING AGENTS &
OUTSTANDING RESULTS....
CALL 281-373-4300**

RE/MAX PREFERRED HOMES

We support Cypress Lost Pet Alert.com!

e-mail: jeanne@donandjeanneteam.com

www.remaxpreferredhomes.com



*Thinking
about a career
in real estate?
Schedule a confidential
conversation with Jeanne
at 713.582.3131.*