

Enchanted Valley Echo



February 2011

Official Publication of Enchanted Valley Homeowners Association

Volume 5, Issue 2

Celebrations!

FEBRUARY BIRTHDAYS

Ron Andreo, Jr., Larry Bagley, Dan Bennett, Butch Blackmon, Marjorie Brinegar, Sheryl Bumgardner, Thomas Celonia, Rose Marie Cesmirosky, Matt Cilny, Danny Cilny, Rebecca Cormier, Goerge Dalton, Russell Fishbeck Anne Goad, Ty Gorham, Bill Gross, Zerlene Gruenzner, Pat Hartman, Bobby Don Hill, Crystal Hill, Kenneth Horn, Wally Hudnall, Matthew Junklaus, Kenneth Kite, Carole Linseisen, Ruth Livingston, Laura Love, DJ McCowin, Jodean Meischen, Amanda Mitchell, Bob Morse, Jaden O'Bryan, Daniel Ogradowicz, Todd Parsons, Randy Potter, Ryan Strobel, Joseph Tilley, Bryce Toler, Amie Tomich, Tim Tsotsonis, Alexander Tsotsonis, Barney Van Huss, David Whitfield, and Marilyn Wilson.

FEBRUARY ANNIVERSARIES

Austin & Sue Weatherle, Ken & Carolyn Maniscalco, Mr. & Mrs. Celania, Eric & Lynn Lange, Kevin & Grace Anderson, Rihard & Christina Umberger, Jorge & Yngre Barco, Monty & Samantha Collins, Richard & Marjorie Brinegar, and Robert & Pamela Geyer.

Heard and Overheard

CY-FAIR HIGH SCHOOL BAND BOOSTERS 1ST ANNUAL GOLF TOURNAMENT FUNDRAISER

Please support the Cy-Fair HS Band & Color Guard as we host our 1st Annual Golf Tournament Fundraiser on Monday, February 21, 2011 (Presidents' Day) at the Longwood Golf Course. Noon Shot-gun start! Awards ceremony and catered dinner reception with live and DJ music to follow. *WE WOULD LOVE FOR YOU TO CONSIDER SPONSORING OUR BAND!* Registration is NOW open for sponsorships and, effective January 1, 2011, will be open for general players & teams. Donations are also being accepted for Raffle Prizes. Please help this talented and dedicated group of terrific kids! Our Band Boosters is a 501(c)3 nonprofit organization and 100% of the proceeds will go toward the competition expenses of the Band and Color Guard.

Please check out our tournament website at cfhsband.golfreg.com and sign up to join the fun! All major credit cards accepted. Please feel free to call Gillian Crowley at (713) 906-2543 if you have any questions.

BFND! CY-WOODS KEY CLUB CONTINUES TO HELP COMMUNITY

Boasting over 300 official members, the Key Club of Cy-Woods High School is proud to say that 2010 was yet another successful year in helping out in the Cypress community. From local churches to elementary schools, neighborhood events to community service projects, sports' concession stands to after school tutoring, the members of the Cy-Woods Key Club are looking forward to another great semester of volunteering! Some of our recent events included the Sampson Elementary Reading Night, Coles Crossing's Christmas at the North Pole, and the Good Shepherd United Methodist Church's Bethlehem Village. If you are aware of a community service event in the Cypress area that could need some extra volunteers (be it 1 or 300!), please don't hesitate to email us at cywoodskeyclub@gmail.com. We look forward to all types of projects, and we can't wait to start off another great year!

CRAFT SHOW - CYPRESS FELLOWSHIP

15014 Spring Cypress March 25th & 26th

10 am – 4 pm both days!

Spend the day with us shopping with your girlfriends! We will have local vendors and concessions! A limited number of booths are still available for vendors. Proceeds benefit the Cypress Fellowship building fund! Please contact Erica Ryan for more information at 713.632.4265.

(Continued on Page 3)

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 tbrown@scsmgmt.com

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 anewby@scsmgmt.com

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Deed Restriction Inspector

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Heard and Overheard - (Continued from Cover Page)

SPRING GIFT MARKET

Cypress Point subdivision (corner of Barker Cypress and Spring Cypress) will be hosting their first annual Spring Gift Market on March 26th at the Recreation Center. This will feature all types of crafts from jewelry, yard and home decorations, fragrances, candles, you name, they'll try to have it. Are you interested in having a booth? Inside booths will be \$50 for a 10 X 10. Inside space is limited and is on a first come first serve basis. Outside booths will be \$35.00 and are the same size. Outside booths can be larger upon the vendors request if they need more space. The fees for the booths will go toward heavily promoting the event in the area and we will submit info for other subdivision newsletters as well. If you are interested in having a booth, please contact Brenda Karsteter at: BKarsteter@vtaig.com. Hurry, it will be here before you know it!

CYPRESS OIL & GAS NETWORKING GROUP

We will start our 2011 monthly meetings on the 1st Monday of every month in February. We will meet at IHOP(In the glass room) on 290 & Fry road between 6:30 am - 7:30 am the 1st Monday of every month. In 2010 we had a total of 52 people in our data base and look to grow it more in 2011. If you work in any aspect of the O&G Industry come stop by, meet your Industry neighbors, and have a cup of coffee. Network with us as we share Industry news, job openings, event happenings, and much more. Please feel free to call me @ 832-623-2419 or Email me at Kevin.kays@sbcglobal.net

DAVE RAMSEY

Would you like to learn basic financial concepts to help get you ahead of the game? You're not alone. If you missed it last time, Messiah Lutheran Church will be again be offering Financial Peace University®. You are invited to participate in this motivational financial training class, designed by renowned Christian financial advisor Dave Ramsey. Beginning Sunday, February 13th. The course will run thirteen weeks and costs approximately \$100 per family for materials. Classes will meet at Messiah Lutheran Church Sunday evenings from 4-6pm. Child care is provided, but please let us know how many children you will be bringing. The class is a step-by-step mentor process to reducing debt and gaining inner peace through financial freedom. By wisdom a house is built, and through understanding it is established Proverbs 24:3. This class helps you create a plan to help control and then eliminate debt, thereby establishing your "financial house" on good foundations, creating lasting peace. A Preview Class is scheduled for February 13th at 9:00am. If you are interested in more information, please see www.daveramsey.com or for registration, send an email with subject line "DAVE" at rrms2808@att.net.

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YOM - DECEMBER

The judging for the Christmas Lights was quite challenging. There were many attractive homes and oh so many lights! I would like to thank everyone who participated. However, we can only have a limited number of winners and here they are:

- 1st Place**
Ty and Maryann Gorham @14710 Earlyhollow
- 2nd Place**.....
Ray and Olga Rivera @ 12622 Pine Bough
- 3rd Place**.....
Ronnie and Bit Rud @ 14407 Enchanted Valley Dr
- 4th Place**.....
David and Susan Kubacak @ 12606 Pinebough
- Honorable Mention**
Michael and Dianna Jozwiak @ 12605 Pleasant Grove

May you new year be blessed! The Yard of the Month will begin again in March. See you when I knock on your door.

Gloria Ashbaugh

Cycling from Austin to Alaska to Fight Cancer

My name is Will Ragan and I am from Floresville, Texas, a small town just south of San Antonio. I am writing to you today because this summer I am cycling from Austin, Texas to Anchorage, Alaska to fight cancer.

Yes, you read that correctly. I am not crazy, but am a member of the 2011 LiveSTRONG Texas 4000 for Cancer team. We are a group of fifty-six students from the University of Texas at Austin who is working hard to raise money and awareness for the fight against cancer. Next summer, my team and I will embark upon a 4,500 mile trek across North America in hopes of inspiring communities across the nation to help in the battle against cancer. Starting June 4th, 2011, we will cycle through various communities, make cancer awareness presentations, and educate people on cancer prevention and early detection. By sharing our experiences and enthusiasm, we will work to foster hope among those who are personally suffering from this disease. Additionally, we hope to contribute over \$400,000 to cancer research with the American Cancer Society and MD Anderson Cancer Center.

Each rider is responsible for raising \$4,500. Please consider being a part of our group and sharing in our enthusiasm by making a much appreciated donation. Besides helping in a meaningful cause, your donation will be entirely tax-deductible as we are a registered 501(c)(3) non-profit organization. The proceeds from our event will go towards research for finding a cure for our nation's second leading cause of death. If you are so generous as to make a monetary contribution to support our cause, please send checks to the address below, made payable to Texas 4000 with my name (Will Ragan) on the "payment for" line. I highly encourage you to visit our website, www.texas4000.org, for much more information or contact me with any questions that you may have. If you prefer to donate online you can do so from our team website by clicking on "Donate" and then the "Make a Donation" button and through PayPal, you can make a donation with your credit card. Don't forget: Put "Will Ragan" in the "Purpose" field, so I can receive credit for your donation. Anything you decide to donate will be greatly appreciated - no amount is too small.

Ask about our Introductory Offer!

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Improve Running Workouts by Not Running

Whether you are training for a marathon or just getting into shape, keeping a regular running schedule is important. But doctors at Baylor College of Medicine (www.bcm.edu) say if you miss a workout, all is not lost. In fact, it can be beneficial.

“Rest days are important for runners to prevent injury as well as increase muscle strength,” said Dr. Jane Corboy, associate professor of family and community medicine at BCM and certified sports medicine physician (<http://www.baylorclinic.com/find-a-doctor/details/index.cfm?id=231>). “They allow the muscles to replenish glycogen (the energy source used during exercise) as well as allow the muscles to repair minor ‘wear and tear’ injuries.”

Running every day, even while sore, does not weaken the muscles or joints, but it may not allow them to recover enough to adapt to training as well, said Corboy.

Soreness is caused by microscopic tears to the muscle. It is part of adapting to a new activity and plays a role in eventually strengthening and conditioning the muscles, said Corboy.

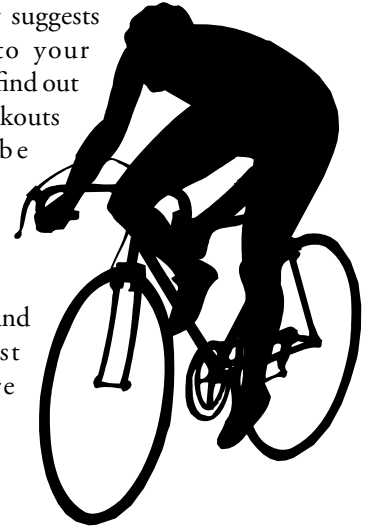
She adds that doing another hard workout during the peak soreness, usually 24 to 48 hours after the workout that caused it, may result in increasing the inflammation and prolonging the pain. This could prevent gaining as much benefit out of the hard workout as you would if you did it when the muscles had recovered somewhat.

Doing a lighter workout or run may help with soreness but if the muscle is especially stiff, it may be better to do an alternative activity such as swimming or cycling, or take a day off from working out to allow recovery.

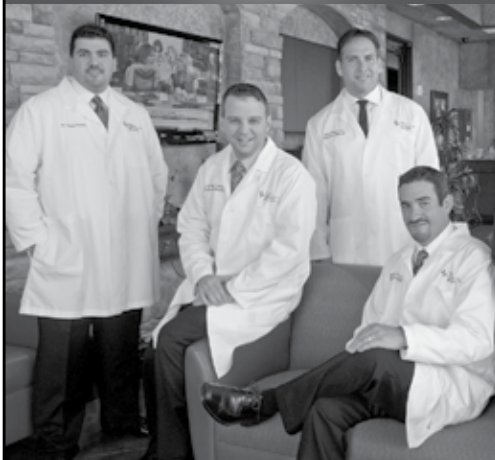
Corboy also suggests including strength training, particularly of core muscles, in order

to avoid injury and improve performance. Having weak core muscles makes the wear and tear of a long run become more and more magnified as the leg muscles fatigue. If the core is “wobbly” so are the hips, knees and ankles, she said.

Corboy suggests talking to your doctor to find out what workouts would be best to add to your running schedule and when rest times are needed.



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Speak! Being a Considerate Dog Owner

This month's column is about you as a dog owner being considerate of your neighbors.

Last month's column was all about poop management in your own yard. Now, I'd like to address poop management everywhere else. But first, there is one use for the poop in your backyard. If your dog digs a hole, put some poop in it... he won't dig there again. He may dig somewhere else, but if you do this enough times he may finally give up digging holes. There is another use, but I've only heard about it. You fill a paper bag with dog poop then put it on someone's porch, set it on fire, ring the doorbell, and run away! The person that opens the door goes to stamp out the fire... they say it's a practical joke!

There is a leash law in Harris County. It is NOT okay to leave your dog (or your cat, for that matter) loose in the front yard so that he can walk across the street and poop in the neighbor's yard. It is rude and inconsiderate to force someone else to clean up after your pet. When I lived in California, someone actually shot the owner of a dog that still pooped in his yard despite repeated warnings. Also, every time a loose pet crosses a street, there is a chance he will be hit by a car. I cannot tell you the number of times that someone has told me that the only time the dog was loose (usually accidentally) it was hit by a car and killed. And that can have a lifelong impact on your family and anyone who sees it happen.

When you take your dog anywhere, always carry a bag to pick up after him. I am glad to see more and more owners doing this. Not picking up after your dog is the biggest reason dogs are being banned from public places. There are holders containing small bags that you can attach to your leash. The holders come with a small zip tie... attach the tie to a small clip and then attach the clip to the leash. The dollar stores sometimes have a box of 50 bags. Or, you can carry a plastic bag that the newspaper comes in or one you brought home from a store. Keep a couple of bags tied to the leash handle so you won't forget them. Make sure you check used bags for holes before you take them on dog walks. I have a box of holeless bags... the ones with holes get recycled. In our subdivision, we have the grassy area between the sidewalk and the street. It is more considerate to have your dog potty there than in someone's yard, even if you are picking it up. If there is no common grass, it is better to stay on the edge of the yard as close to the street as you can.

The most common complaint people have about dogs in their neighborhood is barking. No one likes being wakened up early on Sunday morning by the barking of his neighbor's dog. It's quiet early in the morning and sound seems to travel further. The dog owner may not realize how loud the barking is or how long it is lasting. I think it's best to not let your dog bark outside before 9 am on weekends or after 10 pm at night. You should try

(Continued on Page 7)

**NOT AVAILABLE
ONLINE**

Do You Have Reason to Celebrate?

We want to hear from you! Email two63059@gmail.com to let the community know!

**SEND US YOUR
Event Pictures!!**

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to two63059@gmail.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



Speak! - (Continued from Page 6)

to avoid excessive barking (continuous barking that lasts longer than 15 minutes) regardless of time of day. If you have a dog that barks a lot, talking to your neighbors might help prevent a bitter confrontation. If I had a neighbor that works at night and sleeps during the day, I would speak to him and try to ensure that my dog does not wake him up.

Next month will be about the food your dog eats and how it can be used to train him.

Speak! deals with dog behavior and training. If you have any questions, send them to Carol Pitlock, PO Box 2066, Cypress, TX 77410 or email DogTrainerCarol@aol.com. Carol is a professional dog trainer and dog training instructor and will be including answers to your questions in her column.

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