

SPECTATOR

February 2013

NEWS FOR THE RESIDENTS OF CYPRESS CREEK LAKES

Volume 2, Issue 2

CREATE YOUR IDEAL HOME

Discover fresh, new ideas at sixth annual Cy-Fair Home and Garden Show

SATURDAY AND SUNDAY, FEB. 23 & 24

Spending a little time with the experts and exhibitors at the sixth annual Cy-Fair Home and Garden Show can have a big payoff – helping you enjoy your home more and even increasing its value.

The event will be held Saturday and Sunday, February 23 and 24 at the Berry Center, 8877 Barker Cypress Road, Cypress, TX 77433.

“Sometimes a small improvement to a home or yard can make all the difference,” said Tony Wood, president of Texwood Shows, Inc. and producer of the event.

Wood said this year’s Cy-Fair Home and Garden Show will be one of the best yet and a great place for inspiration. “We are especially excited about some of our new show features,” Wood said, “such as the Belgard Hardscapes Mobile Display. It literally is a semi truck filled with ideas to create your own picture-perfect patio.”

Featured for the first time at the show is a Cooking Stage. “The Whirlpool Cooking Stage will be informative, fun and tasty, with live demos both days of the show,” said Wood.

The Tea in Texas Tasting Stage is another first-time offering. “Here our visitors can take a soothing break, learn about the history of tea and its health properties, and sample unique Texas tea blends that local purveyors will be showcasing,” added Wood.

“We are pleased to welcome two more new and exciting exhibitor features: the Farmers Market at Bridgeland with fresh produce and homemade products from over twenty vendors; and unique home accessories in the **Antiques & Artisans Exhibit Area**.”

Brandon Lynch, a certified Aging-in-Place Specialist, will be featuring the Easy Living by Design booth. “Brandon is with Keechi Creek Builders and will share products and ideas on how to update a home to make it more accessible and comfortable to meet an owner’s changing needs - a trend as baby boomers age,” said Wood.

Creative ideas to transform a backyard into a relaxing oasis can be found at the Custom Outdoors Inc. booth, added Wood. Then complete the



The Belgard Hardscapes Mobile Display, a semi truck filled with ideas to create the picture-perfect patio, will be featured at the Cy-Fair Home & Garden Show.

Photo courtesy Belgard Hardscapes.

picture with assorted fruit trees and gardening containers and enjoy special discounts at the RCW Nurseries, Inc. in-show Garden Center.

“In addition to the more than 200 exhibitors, we have an excellent lineup of speakers that are well known, enthusiastic and have a wealth of experience - just what it takes to get you started on the right track with your home improvement projects,” added Wood.

Aspiring green thumbs can meet Kathy Huber, the Houston Chronicle’s gardening editor, and listen to Randy Lemmon, popular host of AM 740 KTRH’s GardenLine show, who will broadcast live from the show on Saturday until 1 p.m.

Linda Durham, professional home organizer, will offer innovative tips to organize your home and life; and color consultant Trish Buscemi will share the latest in color trends.

LaVerne Williams, AIA, LEED certified architect, will offer tips for creating a more energy efficient and sustainable home; and Mary Scalli, a home staging professional, will share some secrets for getting homes to sell quickly.

(Continued on Page 5)

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Harris County Public Library.....	281-290-3210
Cy-Fair Hospital.....	281-890-4285
North Cypress Medical Center.....	832-912-3500

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ARTICLE INFO

The *Tribune* is mailed monthly to all Cypress Creek Lake residents. Residents, community groups, churches, etc. are welcome to submit information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for consideration please email it to cypresscreeklakes@peelinc.com. The deadline is the 9th of the month prior to the issue.

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CYPRESS TEXAS TEA PARTY

It is the purpose of the Cypress Tea Party to work for the return of the United States of America to the conservative constitutional principles on which the Republic was founded. Those principles being freedom and liberty for the citizens, smaller government, limited government interference in the lives of citizens and less government spending.

We meet every three weeks from Noon to 2:00 PM on Saturday at:

**Spring Creek BBQ
25831 Northwest Freeway
Cypress, TX 77429**

Go to our website at www.cypressstexasteaparty.org for meeting days and speakers or email me for more information

*David M. Wilson
Director, Cypress Texas Tea Party
cypressstexasteaparty@gmail.com*

Cypress-Tomball Democrats *Host February Monthly Meeting*

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, February 19th, 2013. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 to 8:00 p.m.

All are welcome to attend the meeting and to join this growing club, which meets on the third Tuesday of every month, and always features an informative guest speaker. For more information, visit the website at www.cytomdems.com or contact Olga Moya at cytomdems@yahoo.com.



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Friday, April 26, 2013 | 7 p.m.

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For more information, contact erin.kasperek@cancer.org
or go to www.relayforlife.org/cyfairtx

Cy-Fair Home & Garden Show (Continued from Cover Page)

"This year's show is truly a fun event for the entire family – with many new ideas to take back home and lots of opportunities to shop," Wood said.

THE 6TH ANNUAL CY-FAIR HOME & GARDEN SHOW

The 6th Annual Cy-Fair Home & Garden Show will be held from 9 a.m. to 7 p.m. on Saturday, Feb. 23 and from 10 a.m. to 6 p.m. on Sunday, Feb. 24. Tickets are cash only and are \$9 for adults, \$7 for seniors and free for children under 12. Parking is free. The event takes place at the Berry Center, 8877 Barker Cypress Road, Cypress, TX 77433. More information and discount admission coupons and exhibitor special offers available at www.CyFairHomeAndGarden.com.



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Northwest Harris County AGGIE MOM'S CLUB

China Luncheon Party Invitation

Saturday, February 23 at Shirley Acres!

If your dewy eyed darling has just morphed into an Aggie and you want to know what's next, Aggie Moms has the answers, for free. Our February speaker is Andy Richardson, Director of Big Screens, 12th Man Productions. Andy will give us a behind-the-scenes look at how they put together and produce the big screen videos the fans see on game day. Aggie Dads, Grands, bros and sis's are always welcome!

We want you at our China Luncheon, Saturday, February 23. The Fourteenth Annual Northwest Harris County Aggie Moms China Lunch one of this years' must attend luncheons.

You'll be treated to mimosas and invited to shop our vendors' booths. While you enjoy a wonderful lunch served by some of the best looking table hosts you can imagine, our guest speaker will share this spring's fashion surprises. Make your table reservation today on line at www.nwhcaggiemoms.org.

VENDOR CALL:

We still have space available for vendors at our China Lunch event. Visit our web site for more information.

Aggie Moms, as an organization, encourages parents to become familiar with A&M during their student's freshman year instead of waiting for graduation to visit as is the custom on other university campuses. T

he path to graduation can be a challenging journey; don't go it alone. Northwest Harris County Aggie Moms has been here for 25 years and we're committed to helping your student and YOU enjoy the TAMU experience.

Aggie Moms won't ask you to wear a funny hat, learn a secret hand shake or give a speech. We simply help you help your student reach their potential. Find out how by exploring our website www.nwhcaggiemoms.org.

Aggie Moms meet the second Tuesday of the month at 7:00 pm, at the Houston Distributing Company, 7100 High Life Drive and Cutten Road from August through May. We have food, beverages, answers and fun. Drop on by and say Howdy. We'll be darn glad you did!



CYPRESS RANCH HIGH SCHOOL M.A.N.E. EVENT 2013

M.A.N.E Event is a drug and alcohol free lock-in for our Seniors and their dates, after the prom. This is a free, fun-filled evening for ALL seniors, regardless of whether they attend prom or not. Fundraising and donations are tax deductible and are vital to the success of M.A.N.E. Event 2013. Next General Meeting Date is Thursday, February 21, 2013 at 7p.m. in the Commons.

UPCOMING FUNDRAISER EVENTS:

(Volunteers wanted for each event)

Student T-Shirts – The students have voted and our senior T-Shirt is on sale at lunches and on our website (www.maneevent2013.org)

Spring Car Wash – Watch for more information about date and location! For more information contact: Cris at: 2013MANE@gmail.com.

Powder Puff Football. April 15, 2013 For more information contact: Rebecca and Daryl Weyand at: 2013MANE@gmail.com

Crawfish Boil - SPJST (on Huffmeister) April 6 , 2013 For more information contact: Cris at: 2013MANE@gmail.com

Parent T-Shirts – All Parents volunteering at MANE Event in May will need to purchase a parent t-shirt. We ask that parents also wear this t-shirt for all volunteering events through-out the year so one shirt is all you need to buy! Parent t-shirts can be viewed online and will be available for sale at the next general meeting on February 21st.

www.maneevent2013.org

MARK YOUR CALENDAR:

GENERAL MEETING DATES:

- Feb. 21, 2013
- April 11, 2013
- Mar. 7, 2013
- May 9, 2013

Meetings start at 7:00pm in the Commons at CRHS.





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CY-FAIR KIWANIS CLUB

Kiwanis wants YOU! The Cy-Fair Kiwanis Club is actively seeking new members who are interested in giving service to improve our community and our world. Visit the Cy-Fair Kiwanis Club and learn about the projects in which its members participate to enrich and improve life for citizens in our community. We sponsor the Key Clubs in the Cy-Fair, Jersey Village, and Katy communities and work with them in service to the Cy-Fair area. Internationally, both Kiwanis and Key Clubs are participating in the ELIMINATE PROJECT aimed at the eradication of maternal/neonatal tetanus.

Businesses of the community are encouraged to support a representative for membership in Kiwanis. If you work for a business that is oriented toward involvement in community improvement and leadership, suggest to them that you would like to represent that business through membership and involvement in work with Kiwanis. We welcome businesses and organizations as well as



individual memberships.

CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs and two Builders' Clubs in the Cy-Fair School District. We sponsor the Kids Triathlon; Girl Scout, Boy Scout, and Sea Scout troops and activities; awards scholarships to outstanding Key Club members in our district; provides assistance to Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.

The Cy-Fair Kiwanis Club meets at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll at 281-463-0373, George Crowl at 832-467-1998 or Peggy Presnell at 281-304-7127. We invite you to be our guest at one of the meetings and enjoy the fellowship of Kiwanians from your community as you learn about our organization.

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Youth Track Club Registration in February

The Northwest Flyers Youth Track Club is registering athletes for the 2013 summer track season. Elementary students up to 6th grade should register during February and the first week of March. Middle and high school athletes can also register, but should compete after their school season is over.

The non-profit, 501(c)(3) club is affiliated with USA Track & Field (USATF), and 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, shot put, discus and javelin. The Northwest Flyers has approximately 285 members, and was founded 26 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

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.



6th Annual



Cy-Fair

HOME & GARDEN SHOW

February 23 & 24 Berry Center

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Headaches

Submitted by Dr. Jeff Echols

I've been treating headaches for over 25 years and I believe they are very misunderstood by the general public.

It's only human nature to have a reason for why something is occurring, so when people get a headache they usually try to determine the reason for their headache. Some of the reasons I hear are quite amusing. "My husband gives me a headache, ... my boss, ...my kids." "I sit at a computer all day and THAT is the reason I have a headache." Sometimes people think that headaches are just normal and everyone gets them. I can assure you that headaches are not normal. Headaches are a sign that there is something wrong. Just like all symptoms are signs that something is wrong.

Headaches can be caused by a lot of different things. They can be caused by exotic and dangerous things like a brain tumor, but more often they are caused by common things. The most common reason is pressure on the nerves of the neck that radiate back into the head. When the bones of the spine are misaligned it will put pressure on the delicate nerves that exit the spine. This will in turn cause the muscles of the neck and shoulders to become

tight and develop knots in them. You can actually reach up and feel the knots in your muscles. These knots are not normal and are a sign of spinal misalignment and soft tissue damage. Once the spinal misalignments are corrected the muscles relax more and the headaches are gone. Just for fun, I sometimes ask a headache patient when was the last they had a headache, once they have had their spine corrected. They will usually say something like "Gosh I haven't had a headache in months". I will ask them if they got divorced and they will look at me funny and say "NO, why?" You said your husband was the cause of your headaches! "Oh I guess I was wrong!"

So headaches are not normal, but are very common. They're usually caused by nerve pressure built up in the neck which causes tight muscles in the neck and shoulders. They can usually be corrected with gentle chiropractic therapy. You should get this checked even if the headaches are mild because if the bones of the spine are misaligned it will cause arthritic changes to form in the bones of the spine which will limit your ability to move and bend as well as other difficulties. Be proactive about your health.

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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 Cypresscreeklakes@peelinc.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.



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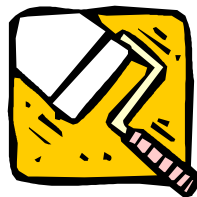
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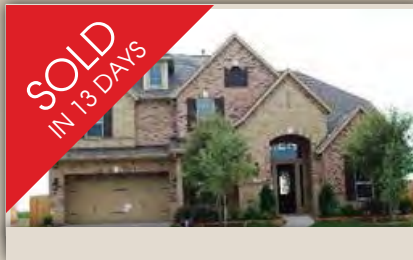
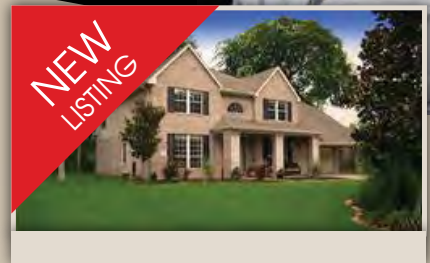
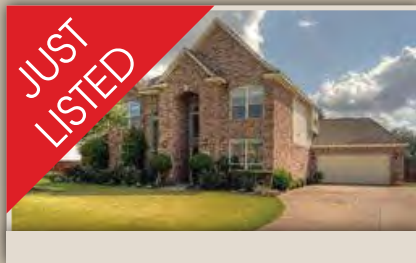
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- Layla Schliver Client, Seller

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-Brenda Hughes

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