

April 2008

CYPRESS MILL MESSENGER

Volume 8, Issue 4

Official Newsletter

Easter Egg Hunt

Our annual Easter Egg Hunt was held March 8th. The weather was a little chilly but, we had a great turnout and the children had fun meeting the Easter Bunny, (Georgia Layman) jumping in the moon walk, decorating the recreation center sidewalks with chalk, and crafts. Everyone had delicious treats to eat, cookies, cake and drinks. David Layman and Austin Jadloski took pictures of all the events. Thank you to all the Girl Scouts from Cadets Troop 5746: Sydney

Pugh and her Mom, Jennifer McLafferty; Megan Osburn and her Mom Laura; Erica Strautman and her Mom Tina; Kaelea Butterfield and her Mom Shelli. The girls stuffed all the eggs with treats and took charge of the egg hunt. Thank you Austin and his Mom Vickie and Paula Lilienthal for all their help in making our Easter Egg Hunt a huge success. It was a fun time for all.



(More pictures on page 5)

OPEN NEIGHBORHOOD HOA MEETING

The Cypress Mill HOA will hold their open meeting on April 23, 2008. Information will be sent out by Principal Management Company prior to the meeting as to location of the meeting. Please read your letter for location. This meeting will focus on election and/or re-election of three board members.

At this time there are several homeowners running for open positions for the board. Please come out and hear what they have to say about their candidacy.

We look forward to a large turnout.

CYPRESS MILL

Resident Board Members

The Board Members are volunteers, elected by the residents of Cypress Mill. They are working for the well being of our community. Please consider that they have families also and respect their time and privacy.

President

Shirley Whitley swhitley6675@sbcglobal.net

Vice President

Larry Rameriz 281-304-4037

Secretary

Jennifer Uherek juherek@comcast.net, 281-213-3154

Treasurer

Robert Lilienthal paulalili@sbcglobal.net

Director

Stephen Howard usacc23@msn.com, 281-373-0030

Cypress Mill Contacts

Block Captain Committee

Cassy Hearn Chearn002@comcast.net, 281-256-4941

Cypress Mill Ladies Association

Laura Graff 281-373-9192

Newsletter Committee

..... CypressMillMessenger@yahoo.com

Swim Team Committee

..... www.cmmakosharks.org

Administrative Assistant

Carolyn 281-213-3174

..... carolyn.hoa@sbcglobal.net

Emergency Numbers

Constable Ron Hickman (24 Hour Emergency) 281-376-3472

Other Important Numbers

ACC Changes/Questions - Principal Management:

Jessica Tafton 713-329-7138

Cy-Fair High School 281-897-4600

Cy-Woods High School 281-213-1919

Cypress Lakes Golf Club 281-304-8515

Cypress Mill M.U.D. #1/Aquasource Emergency 713-983-3602

24 Hour Emergency 713-983-3604

DPS Sex Offenders website <http://records.txdps.state.tx.us/>

Entex Gas 713-659-2111

Entex Gas-Emergency Gas Leaks 713-659-3552

CenterPoint Energy 713-207-2222

Irrigation Leaks/Common Area Repairs - Principle Management

Newsletter Publisher

Peel, Inc. advertising@PEELinc.com, 888-687-6444

Poison Control Center 800-764-7661

Principle Management – Amanda Jensen 281-367-8137

Robison Elementary 281-213-1700

Southwestern Bell 800-246-8464

Spillane Middle School 281-213-1645

Street Light Outages 713-207-2222

Time Warner Cable 713-462-9000

Waste Corporation of America (WCA) 281-368-8397

Cypress Mill HOA, Inc. Who To Call List

Aqua Services – Cypress Hill MUD#1 713-983-3602

Detention Pond: mowing, standing water, repair, & maintenance

Park 5 Playground; repairs, irrigation leaks

Walking Paths: repairs, irrigation leaks

Individual water meters, leaks, repairs and maintenance

MUD Facilities Lift stations & Treatment Plants: mowing, repairs, maintenance, leaks, and smells.

Principal Management – Cypress Mill HOA, Inc.

Customer Care 713-329-7171

Jessica Tafton 713-329-7138

Reserves/Parks/Common Areas: mowing, repairs, irrigation leaks

Deed Restrictions

Architectural Control Applications/Approvals

Recycling Program

Cypress Mill Administrative Assistant – Carolyn 281-213-3174

..... carolyn.hoa@sbcglobal.net

Administrative hours at the Rec Center:

Mon 12-5, Tues 12-5, Wed 9 - 2, Sat 9 - 2

Recreation Center Concerns

Activity Room Rentals

Yard of the Month

Fitness Center

Community Directory

Stork Report

Pipeline Company – Exxon Mobile 281-591-3700

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.

Don't want to wait for the mail?

**View the current issue of the
Cypress Mill Messenger on the**

1st day of each month at

www.PEELinc.com

**Check out the talent in the Center for
the Arts at Lone Star College-CyFair**

World Music Festival

April 4

Choral production

Hollywood Boulevard

April 11

Student Activities talent show

Spring 2008

Student Exhibition

April 15 - May 8

Art in the Bosque Gallery

A Piece of My Heart

April 17 - April 27

Drama for mature audiences



cyfair.lonestar.edu

affirmative action/eco college

Barker Cypress Campus
9191 Barker Cypress
Cypress, TX 77433



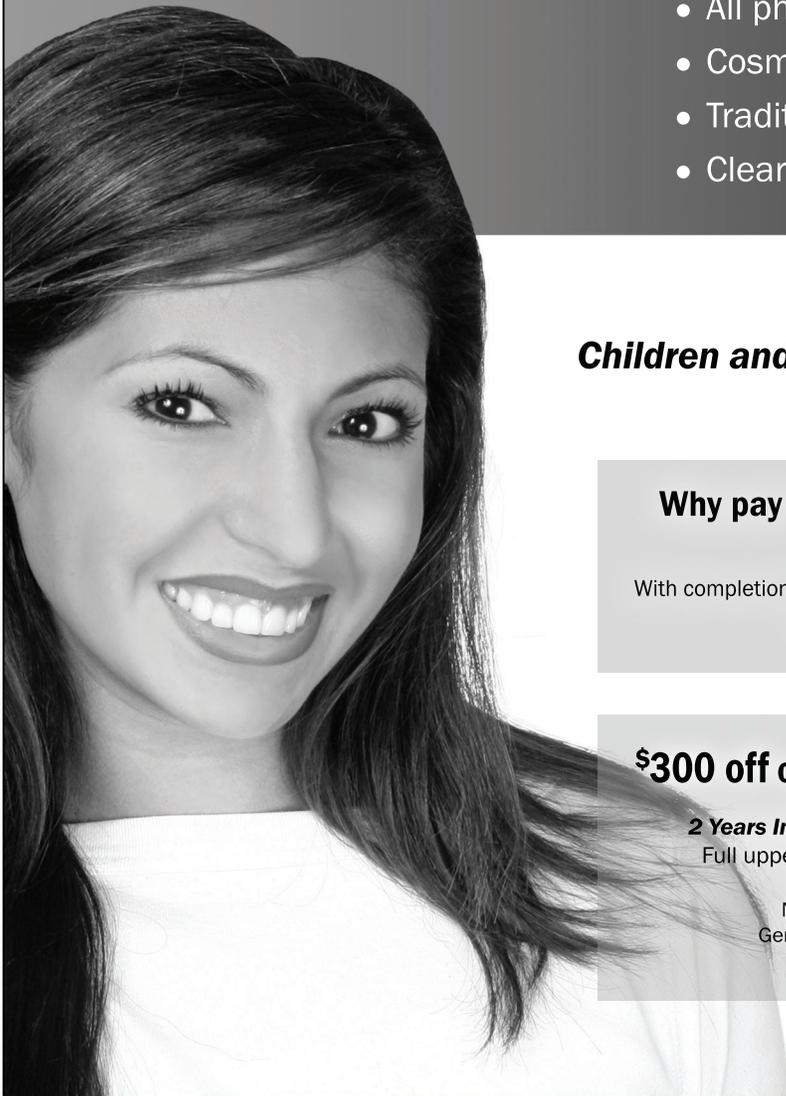
FAIRFIELD

DENTAL CARE
& ORTHODONTICS

Keith T. Grimm, DMD
Paula Wood-Herber, DDS
15040 Fairfield Village Drive, Suite 240
Cypress Texas 77433
Located at 290 West at Mason Road
281-256-6190



- All phases of General Dentistry
- Cosmetic Dentistry
- Traditional Braces
- Clear Aligner Braces **invisalign**



Children and families are always welcome!

**Why pay for Teeth Whitening?
Our patients get it FREE!**

With completion of dental exam, cleaning, and necessary x-rays.
Available to new patients only.

limited time offer

\$300 off on any full orthodontic treatment

2 Years Interest Free Financing *(with approved credit)*

Full upper and lower arch treatment is required.

New orthodontic patients only.

Not applicable with other discounts.

General Dentists practicing orthodontics.

limited time offer

We work when you don't...Early Morning and Evening Appointments Available!

CYPRESS MILL

Block Captains

Street	Block Capt	Phone #			
Arbormont Dr.	Shelia Wiggs	281-304-0245	Rosehill Estates Ln.	Ronnie J. Kallus	281-304-1246
Arbor Trace Ct.			Rose Hill Park Ln.	Bill & Elizabeth Brown	281-373-3118
Aster Estates Ln.	Kari Joyner	832-797-0380	Rosemont Estates Ln.	Annabelle Martinez	281-213-9079
Auburn Woods Dr.	Herb Hays	281-373-4078	Spring Walk Ln.	Sharon Strasburg	281-304-1382
Autumn Glen Ct.	Courtney Hicks	281-213-3182	Sweetstone Estates Ct	Michelle O'Keane	281-304-8188
Begonia Estates Ct.	Diana Pretus	281 330-8251	Thicket Hollow	Sheri Pivonka	281-658-2161
Bladenboro (Park I)	Dawn Shirley	281-373-4892	Thornbluff Ct.		
Calacaterra Ct.			Timber Cliff Ct.		
Camellia Estates Ln.	Jennifer M. Klawinski	281-381-2987	Timber Cliff Ln.		
Carriage Crossing Ln.			Trellis Estates Ct.		
Cascade Bend Lane	Fernando Aguirre	281-373-0186	Valley Stone Ct.	Rhonda & David Bubenik	
Chapel Cove Ct.			Water Mill Dr.	Gilbert Tovar	832-922-1865
Cinderwood Dr	Amy Arthur	281-304-1999	Wild Ivy Ct.		
Cobblestone Dr.			Windwood Park Ln.	Gail Norris	281-256-9859
Country Rose			Wisteria Estates Lane	Matt Buss	281-304-9321
Courtly Estates Ln.	Richard & Theresa Brutka	281-256-7810	Woodcypress Ln.		
Creekmill Ct.			Wooded Glen Ct.		
Cross Stone Ct.					
Cypress Cottage Ct.					
Cypress Meade Ct.					
Cypress Meade Ln.					
Cypressmill Ct.					
Cypress Orchard	Debbie Deleon	832-289-6580			
Cypress Ridge Grove	Sheri Lyn Klein	281-373-3674			
Cypress Stone Ln.	Sharon Covington	281-851-3484			
Cypress Valley Ln.					
Delta Estates Ct.	Michelle Peting	281-304-8894			
Emerald Cypress Ct.					
Emerald Cypress Ln.	Jennifer Patterson	281-256-8221			
Emerald Moss	Sue Zahn Lucas	832-687-5778			
Enola Dr.	Tina Bunn				
Floret Estates Ct.					
Floret Estates Ln.					
Grandbluff Ct.	Shari Bumpas	281-304-1511			
Green Cypress Ct.	Ed Noble	281-304-9810			
Grove Estates Ln.	Cassy Hearn	281-256-4941			
Harmony Estates	Andrea Anderson	281-256-8515			
Harnett Dr.	Tina Bunn				
Harvest Chase Ct.					
Hazy Ridge Lane	Amy Merrill	281-256-6449			
Heathcrest Ct.					
Hollow Branch Ct.	Jacqui Williams	281-304-8006			
Huntmont (Park I)					
Huntmont Street (Place)					
Laurus Estates Ln.	Kellie Berger	281-304-1910			
Mallard Estates Ct.	Jo Ann Nowak	281-304-1614			
Maple Mill & Bladenboro	Dawn Shirley (temp. vol.)	281-373-4892			
Maple Mill Dr	Toby Simmons	281-373-9498			
Maranta Estates	Sharon Mason	281-256-2970			
Meadow Estates Ln.	Amanda McCumber	713-906-7338			
Mesquite Estates Ln.	Vernon & Cheryl Henry	281-256-8964			
Mills Park Lane	Carolyn Hoffman	281-256-3480			
	Shirley Whitley				
Millstone Estates Ln					
Mosshill Estates Ln	Candy Pinkard	281-304-5037			
	Danielle Hines	281-213-3868			
Moss Valley (Place)					
Palos Park Dr.					
Palos Place Pl.					
Park Arbor Ct.	Lauren Gaspard	281-373-9966			
Pebble Meadow Ct.	Gina Williams	281-373-4427			
Plains River Dr.	Geneva Fritch	281-304-1255			
Pinson Dr.	Debbie Brown	281-256-1875			
Rochelle Ct.	Jen Malota	281-213-3778			

Interested in getting involved with your community? New to the neighborhood and want to get to know people? We have streets that need block captains. It's a great opportunity for you to meet your neighbors, hand out directories, and organize events for your street. Please contact Cassy Hearn if you would like to volunteer or if you have any questions about the responsibilities of a block captain at 281-256-4941 or chearn002@comcast.net. **If your street does not have a block captain and you have an issue on your street you would like to bring to our attention please send me an e-mail.**

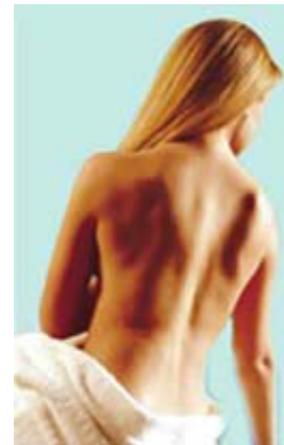
Huffmeister Family Chiropractic Clinic

Serving the Cy-Fair Community for over 10 years

Bang H. Nguyen, D.C.

11045 Huffmeister Road * (281) 970-4299

Mon-Fri 9am-12pm & 2pm-6pm



Spinal Pain Relief

- Neck & Shoulder Pain
- Lower Back Pain
- Headaches
- Arthritic Pain
- Acupuncture for Migraine Headaches, Quit Smoking, Stress & Pain-Relief, and Weight Loss

We Accept Most Major Medical Insurance, Cash, Credit Cards, Worker's Comp, Auto & Personal Injuries

Complimentary Consultation

New patients only (does not include exam & x-rays). Present Ad at time of visit. Expires 05/30/2008

CYPRESS MILL

Easter - (Continued from cover page)



Newsletter Deadline

The deadline for the newsletters is the 9th of each month.
Please hand deliver articles to: Carolyn Hoffmann,
281-213-3174 or e-mail Cypressmillmessenger@yahoo.com
(please save electronic files in Word format)

POOL TAGS

Pool tags will be validated the weekends of April 5, 2008 and April 12, 2008, at the recreation center. Someone will be available from 10:00 a.m. to 12 p.m. and then from 1:00 p.m. to 3:00 p.m. Please bring your tags from last year and have them identified for use this swim season. If you have lost your pool tags from last year, additional tags can be purchased for \$2.00 each. There will also be a \$5.00 per family administrative fee for replacement tags.

Your pool tag will not be validated if you are behind on your HOA maintenance fees.

HOA Maintenance Fees

HOA maintenance fees were due by January 31, 2008. If you have not paid your fees this year please do so as soon as possible. If your fees are not current denial to the swimming pools, rental of the recreation center, and use of the fitness room.

Fundraiser for Kristine Pilbeam

Cars! View race cars, more cars, trucks and motorcycles! Chili-Cook-off, helicopter rides, moonwalk, kids games and more. Located at the "Cars for Christ Car Show" on April 19 from 1-6 pm at Fairfield Baptist Church parking lot .

A special "Healing Hugs" balloon release will kick-off our show at 4:30 pm. Cost is \$10/balloon as this is a medical expense fundraiser for Kristine Pilbeam. Contact Fairfield Baptist Church at springoutreach@fairfieldbaptist for more information.

Houston Center for Family Practice & Sports Medicine

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



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

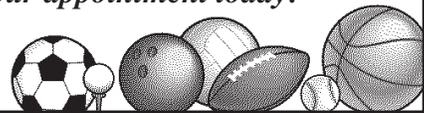
Acute, chronic, and preventative healthcare
for all individuals and all disease states, such as: asthma,
diabetes, hypertension, heart diseases, and depression.

Specialist and Fellowship Trained in Sports Medicine

Broad spectrum of sports medicine services including: treatment of acute and chronic musculoskeletal injuries, management of medical problems in athletes (e.g. asthma, diabetes, heart disease, etc), education regarding injury prevention and performance enhancement, pre-participation screenings and physical exams.

- **Advanced Dermatology Procedures**
 - **X-Ray On Site** • **Flu Shots**
- Schedule your appointment today!*

14315 Cypress Rosehill Road,
Suite 180 • Cypress, TX 77429



Thinking of Selling?

*Call Amy for a FREE
Complimentary Market Analysis.*

Amy Patton

Cypress Resident

Direct 281-380-2622
www.hometohouston.com
www.amypattonhomes.com
amypatton@remax.net

*Recognized by Houston
Association of Realtors as a
"Top Production REALTOR"*



RE/MAX W. Houston Professionals
"Outstanding Agents. Outstanding Results."



Cy-Fair High School Project Prom 2008 Final Countdown

From now until May 2 is the final countdown to the Night of Project Prom. Check out the volunteer requests in this article and online at www.cyfairprojectprom.org so you won't miss out on the opportunity to be involved. In order to hold a successful event for up to 967 seniors and their dates, we are asking the community as well as parents to donate money and refreshments. Parents are urged to visit the website to register your senior and sign up for email updates if you have not already done so, and to contact us to sign up for a Night of Project Prom volunteer shift. If you have any questions, call CFHS Project Prom 2008 President Karen Fitzgerald at 281-304-8272.

Final general membership meeting: Apr. 21, CFHS cafeteria at 6:30 p.m. Bring used printer cartridges, packs of bottled water, a case of soft drinks, and patronize the vendors.

Aramark events. We urgently need more people to join our team of parents to work at stadium events. This effort has a huge earning potential. Contact Teresa Cardamone at teresa.cardamone@cfisd.net.

Cartridges and More Recycling. Bring your printer cartridges, used cell phones, and other items to the designated bin in the Cy-Fair High School library or to April general membership meeting in a bag or box marked with the senior's name. For a list of items accepted, see www.cartridgesforkids.com.

Casseroles-to-Go. We need people to prepare casseroles for sale. Contact Maggie Machacek at r_machacek@sbcglobal.net.

Night of Project Prom Donations. We are collecting donations from area businesses and individuals for refreshments and prizes for the night of Project Prom. Visit our website and click on the tax deductible donations link in the "Important Announcements" section at the top of the main page.

The Busy Parent Fundraiser form on our website at www.cyfairprojectprom.org provides an easy way to contribute. Other individuals are welcome to contribute as well. We are a 501(c)(3) organization, and therefore, contributions are tax deductible.

CYPRESS HILL M.U.D. #1 CONSTABLE PATROL STATISTICS

February 2008 Results

Tickets	270
Burglary of Habitation	0
Burglary of Motor Vehicle	1
Theft from Habitation	0
Theft of Motor Vehicle	0
Robbery	1
Assault	0
Criminal Mischief	6
Disturbance – Family	4
Disturbance – Juvenile	0
Disturbances – Other	38
Other Calls	69

Report reflects areas of: Cypress Mill, Sydney Harbor, Cypress Ridge, Wal-Mart, Cypress Mill Commercial, Cypress Landing

STRONG Vision Center 281-373-3063

- 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

**Mon-Fri 9-6
Sat 9-3**



DR. JANE A.P. STRONG
THERAPEUTIC OPTOMETRIST
Cypress Resident

**17445 Spring Cypress @ 290 • Suite G
Next to Kroger Signature**

www.strongvisionctr.com



832-593-6767

Speech and Language Therapy

*Now Located at
13611 Skinner Road, Suite 250
Cypress, TX 77429*

Kristie K Gatto, MA, CCC-SLP Insurance Accepted
Jennifer A Swearingin, MA, CCC-SLP www.speechemporium.com

CYPRESS MILL

KEENAGERS ARE TRAVELING AGAIN

On February 23, 2008, 24 Keenagers went to "The Liberty Opry" in Liberty, Texas, for the Country Legends Show. A good time was had by all. The Keenagers were off to the "Spindletop-Gladys City Boomtown Museum in Beaumont on Saturday, March 15th Lunch was at the Golden Corral, the largest in the United States. On Saturday, April 12th, the Keenagers will be off to the "Bluebonnet Festival" in Chappell Hill, Texas. The bus will leave the Recreation Center at 11:00 AM. Contact Theresa at 281-256-7810 or email at texasterry51@sbcglobal.net for more info.

REC CENTER HOURS

OPEN 7 DAYS A WEEK 5 AM - 10PM

Administrative Office Hours

MONDAY 12 - 5
 TUESDAY 12 - 5
 WEDNESDAY 9 - 2
 SATURDAY 9 - 2

Office telephone number: 281-213-3174 or
 e-mail carolyn.hoa@sbcglobal.net

*If there is a day that I will not be there,
 it will be posted the week of that date.*

Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

			5		9		
	6			1	2		3
1							4
		9		6	3		
		1					
7	4	3					
		2					1
8		7	4				2
	3						8

* Solution at www.peelinc.com

© 2006. Feature Exchange

Bashans Painting & Home Repair

Commercial/Residential
 Free Estimates

281-347-6702



281-731-3383 cell



- Interior & Exterior
- 20 Years Experience
- Hardiplank Installation
- Wood Replacement
- Pressure Washing
- Sheetrock Repair & Texturing
- Cabinet Painting
- Door Refinishing & Replacement
- Wallpaper Removal
- Custom Staining
- Fence Replacement or Repair

**References Available • Fully Insured
 NO PAYMENT UNTIL COMPLETION**

bashanspainting@earthlink.net

SALONS at STONE GATE

Now Offering
 Makeup & Eyelash Extensions!
 Now Booking for Prom!



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

Gift Certificates Available!

Cypress Assistance Ministries Antique and Collectible Sale

11202 Huffmeister
281-955-7684

www.cypressassistanceministries.com

Don't miss Angels' Attic Antique and Collectible Sale, April 15th and 16th, 10am – 6pm. A fantastic assortment of vintage glassware, silver, linens and hard to find collectibles can be found at this great event! Donations for this successful, bi-annual sale are also being accepted. As you drop off your donation, please let the attendant know the donation is designated for the Antique Sale. Proceeds from the Antique and Collectible Sale benefit client services at CAM.

Interested in becoming a member of our dedicated volunteer team? Volunteer opportunities are available in Angels' Attic Resale Shop, the donation center, and the Food Pantry. To become a volunteer, contact Lisa at 281-955-7684 to sign up for an orientation.

Cypress Assistance Ministries provides an array of services to families in need within the Cypress and Northwest Houston area. For a description of all our services, volunteer opportunities or Food Pantry requests please see our web site, www.cypressassistanceministries.com.

Donations to Cypress Assistance Ministries can be made Monday through Wednesday from 10AM – 6PM and Thursday through Saturday from 10AM – 3 PM.

A-Beautiful Pools is Looking forward to a Safe and Exciting Summer in 2008

A-Beautiful Pools, Inc. is thrilled about managing your pool again this year for a great season of fun in the sun. With 23 years of experience in the pool management industry, we pride ourselves on providing safety and quality service. We plan to deliver on that mission statement summer, spring, winter and fall because the pool gates will eventually close but the pool pumps never turn off. We consider it a privilege and an opportunity to be working with Cypress Mills and hope that we are not only viewed as your management company, but also viewed as a part of your neighborhood.

When you walk into one of our facilities you should expect the most qualified and well trained lifeguard & management staff in the city of Houston. Our lifeguards are trained to "proactively scan" their water, anticipating problem swimmers before a problem occurs. With frequent in-service training, emergency scenario testing and training by the American Red Cross, we know that our lifeguards will be ready in an emergency situation. A clean and orderly facility from top to bottom is also a top priority for our staff. We work hard to deliver a clean pool and spotless restrooms and furniture. If you ever find one of our staff members not delivering on that goal, please do not hesitate to contact the office staff directly.

Please look for your pool dates and times of operation in an upcoming issue!



PRETZEL TIME
Freshness With A Twist.

HOUSTON PREMIUM OUTLETS

(ACROSS FROM THE FOOD COURT)
281-373-0767



**FREE PRETZEL
AND LARGE DRINK**

WITH THE PURCHASE OF A PRETZEL AND LARGE DRINK

Coupon valid at Houston Premium Outlets only. Not valid with any other offer. Present coupon when ordering. No cash value.

Expires 04/30/2008
© 2008 Cookie Associates, Ltd



CYPRESS MILL

REMINDERS:

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.

Solicitation is against our deed restrictions.

Please do not purchase from solicitors and ask them to leave our neighborhood. Although it is difficult to enforce this violation, we can work together to keep this activity at a minimum. Please contact Constable Ron Hickmans office at 281-376-3472 if any harassment issues or suspicious behavior arises.

**Remember the
Speed Limit
throughout
Cypress Mill
is 30 MPH!**



HINTON PERSONAL



TRAINING

**Personal Training (1-on-1 or Group)
For Cypress & Houston Area Residents**

My name is Scott Hinton - I am a Personal Trainer. Offering In Home / On Site, and in Studio Training.

ACE Certified Personal Trainer and

ISSA Certified Specialist in Performance Nutrition.

Over 20 Yrs Experience in Health, Fitness, and Nutrition.

**I Am Looking Forward To Helping You Achieve
Your Personal Fitness Goals!**

2 Types Of Programs:

1. In Home / On Site Training

This is a 1 Hour program in your home, at work, or other location --- Call for Rates.

2. IN STUDIO

Training Sessions are done in my studio.

First Session only \$25.00

713-725-9539

www.hinton-personal-training.com

DR. BEN WELCH SPEAKS TO AGGIE MOMS ON THE SPIRIT OF AGGIELAND



Dr. Ben Welch will share his insights into what makes Texas A&M University such a special place, when he speaks on the Spirit of Aggieland at the NW Harris County Aggie Moms club on Tuesday, April 8. Dr. Welch serves as the Director of the Center for Executive Development and Clinical Associate Professor for the Department of Management in the Mays Business School. Among his many honors are having a Fish Camp and T-Camp named after him; being selected as Professor-of-the-Year for 1995-96 and 1991-92 by student members of the Management Society, as well as the College of Business Honors-Professor-of-the-Year for 1991; serving as Academic Advisor for Squadron 17 with the Corps of Cadets for seven years; and receiving the 1991-92 Corps Outstanding Academic Advisor award. Other honors include the John J. Koldus III Faculty/Staff Achievement Award and the Ed Guthrie Advisor-of-the-Year Award. Dr. Welch was the 2005 recipient of the coveted University-wide Association of Former Students Award for Teaching. Dr. Welch previously served as the Director of the Department of Student Activities for Texas A&M University, Director of Mays College of Business Fellows and Honors Programs and as Associate Director of the Center for Teaching Excellence at Texas A&M University. Mothers of current and former students are invited to the April 8 meeting that will be held at the Houston Distributing Company, Inc., 7100 High Life Drive, Houston, TX 77066. The evening begins at 7 p.m. with snacks and a casual social time, and the meeting starts at 7:30 p.m.

For more information about this and upcoming events check the website at www.nwhcaggiemoms.com

KIM MOORE
Sales Representative

281-414-0218
Fax 281-373-3807
kim@PEELinc.com



Peel, Inc.

www.PEELinc.com

203 West Main Street, Suite D
Pflugerville, Texas 78660

PH. 512-989-8905
Fax 512-989-8946

Lone Star College-CyFair Perspective

Bring the Family to the Annual Chili Cook-Off April 19: The Fifth Annual Emergency Services Chili Cook-Off, set 9 a.m. to 3 p.m. April 19, includes "Firefighter Combat Challenges" throughout the day, live entertainment, children's activities Life Flight demonstration and more. Pay \$3 to taste all the teams' homemade chili and vote on the winners. Hot dogs, chips and drinks will be for sale. Proceeds benefit the Emergency Services Scholarship Fund. Shuttle service will be provided from Barker Cypress campus parking lot to the Emergency Services Education Center parking lot. For information call 281-290-5900.

Look at the Talent Showcased in the Center for the Arts: The month kicks off with the Choral Department's annual spring "World Music Festival" April 4. Then enjoy a variety of talents at the "Hollywood Boulevard" talent show April 11. In the Bosque Gallery the work of student artists will be highlighted in the "Spring 2008 Student Exhibition" April 15 through May 8. Finally, the Theatre Department presents "A Piece of My Heart" – a riveting drama, for mature audiences only, set April 17 through April 27. For visual and performing arts information, go to cyfair.lonestar.edu/centerforthearts.

Diversity in the Information Technology Field Speaker Series: Come hear first-hand about the benefits and rewards of a career in IT from three minority guest speakers who have been successful in a field of Computer Information Technology, one of the fastest growing and constantly evolving industries in the country. Dr. Denise Chatam,

Lone Star College-CyFair Dean of Technology and Institutional Research will speak April 8; Christopher Powe, business systems analyst with BP, April 9 and Janine Mahone, product manager with Symantec. For speaker series or LSC-CyFair Computer Information Technology program information, call Kimberly Hubbard, CIT Professor, at 281-290-3920 or go to cyfair.lonestar.edu.

Check out L.I.F.E. Lessons in April: The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) In April, programs feature real estate websites April 2, Harris County history with county district clerk Theresa Chang April 9, create your own Indian artwork April 16, learn about protecting our water supplies April 23, and history of political mud slinging April 30 (Recital Hall, ART 102.) Call the library at 281-290-3213 for L.I.F.E. program information or go online to cyfair.lonestar.edu/library.

Spring Film Series Concludes This Month: The Lone Star College-CyFair Spring Film Series is a continuing education course called Film Appreciation. The series is presented at no charge. A professor or student organization at the college hosts each film and an in-depth discussion after the movie. April films include "John Q" April 3 at Barker Cypress, "High Noon" April 10 at the Fairbanks Center; and "The 11th Hour" April 23 at Barker Cypress. Registration is available at all the film events. For information, go to cyfair.lonestar.edu/filmseries.

**GREAT AMERICAN
COOKIES®**

HOUSTON PREMIUM OUTLETS
(ACROSS FROM THE FOOD COURT)
281-373-0767



\$5.00 OFF
16" OR LARGER COOKIE CAKE

COUPON VALID AT HOUSTON PREMIUM OUTLETS LOCATION ONLY.
NOT VALID WITH ANY OTHER OFFER. PRESENT COUPON WHEN
ORDERING. NO CASH VALUE.

Expires 04/30/2008
© 2008 Cookie Associates, Ltd

**GREAT AMERICAN
COOKIES®**



How To Start Playing Tennis

By Fernando M. Velasco

In past issues, we have discussed on how to start taking lessons, purchasing rackets, shoes and giving you some tips to begin playing.



Now that you are ready to start playing the game, in this issue, we will discuss on how to become “mentally prepared” when competing and playing socially with spouses, friends and children.

Game of “Mistakes” – Tennis, unlike other sports, is based on minimizing mistakes. Even the tournament players, will make mistakes.

We will hit balls long, short, into the net, into the parking lot and sometimes even hit our own partners, if playing doubles.

Three basis rules that I have my students follow when making an error are the three “R’s” that I learned from Dr. Karl Slaikeu in his book “Focused for Tennis”:

1. “Release” – The mistake is done. There is nothing to get the point back.

2. “Review” – Think of what you could have done to avoid the mistake.
3. “Reset” – Start the next point refreshed and with your mind clear.

Tennis is a game where, unless the opponent hit the last shot to win the match, that you still have plenty of opportunities to get your “rhythm” and confidence back.

In order to hit “winner” shots, one must take chances. On critical points, I ask my students to review the following “awareness points”:

1. “Own awareness” – Hit the shot that you have and can depend on it.
2. “Opponent awareness” – Hit the shot to the opponent’s weak area.
3. “Court awareness” – Plan your shot according to where the sun is and where the wind is coming from.
4. “Score awareness” – If ahead in the score, take chances, if behind or even, be more conservative.

YES, WE DELIVER
TO YOUR
NEIGHBORHOOD!



NOW Right to Your Door.

P: 281.758.2169 F: 281-758-2171

25823 Northwest Freeway Suite K. Cypress TX, 77429

Valid at this location only

Quiznos® DELIVERY

Catering | Lunch | Dinner

Quiznos DELIVERY Buy 2 Subs at Regular Price and Get 3rd One FREE
Expires July 1, 2008

This original coupon must be surrendered when ordering. Limit one coupon per person per visit. May not be combined with any other offer or coupon. Taxes not included. No cash value (unless prohibited by law, then cash value is \$.005). Value of promotional item(s) varies by location. No substitutions. Void if copied or transferred and where prohibited.

Quiznos DELIVERY **5 5 5 DEAL**
3 Reg Subs - \$5 Each
add \$2.00 for premium steak subs
Minimum 3 Subs
Expires July 1, 2008

This original coupon must be surrendered when ordering. Limit one coupon per person per visit. May not be combined with any other offer or coupon. Taxes not included. No cash value (unless prohibited by law, then cash value is \$.005). Value of promotional item(s) varies by location. No substitutions. Void if copied or transferred and where prohibited.

Recipe of the Month:



Granny's Cole Slaw

½ cup mayonnaise ¼ cup sugar
1 tsp. salt ½ tsp. celery seed
2 tbs. vinegar ½ head cabbage, shredded

Mix mayonnaise, sugar, salt, vinegar, & celery seed.
(May want to adjust to taste.)
Shred cabbage. Mix with dressing.
Is better make several hours ahead.

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

**\$20 off
Office Visit***

**BLACKHORSE
ANIMAL HOSPITAL**

Our Mission Statement: To provide high quality medicine and surgery to all patients in a compassionate, caring manner, along with educating pet owners in a productive way that will actively involve them in the decisions that affect their pets.

- Medical, Surgical, Dental and Wellness Services
- Convenient hours and Online Pharmacy that can deliver right to your door
- Call us or come by and see how making the right choice for your four legged family members can make the world of difference.

832-220-1380

www.BlackhorseAH.com

Located in The Shops at Blackhorse near the intersection of Fry and Mound Roads.

*Coupon good for new clients only. Expires 5/2008



OPEN REGISTRATION for 2008-2009 school year began Friday, Feb. 1st!

Our state licensed preschool program is for children age three as of September 1 through Pre-K. We offer classes from 9:15a.m. to 2:15p.m. Monday thru Friday. Please call 281-373-0834.

Fairfield Preschool Coupon

\$125⁰⁰ OFF

Preschool Registration Fee

Good for the 2008-2009 school year

*applies to new students to our program, must be presented at initial enrollment. Offer expires 3/31/2008

Fairfield Summer Camp open registration begins Saturday March, 1st!

We offer camp for children who have completed Kindergarten through incoming fifth graders. Summer Camp is offered on a weekly sign up basis.

Call: 281-373-0834

www.fairfieldvillage.org

Cryptogram



A cryptogram is a puzzle where a sentence is encoded by substituting the actual letters of the sentence with different letters. The challenge of the puzzle is to 'decode' the sentence to reveal the original English sentence. We have provided a few of the decoded letters to help get you started.

Hint: Quote by Loretta Lynn 1935-, American Musician, Singer, Songwriter

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
			Z					M												E					Q

$\frac{Y}{S}$ $\frac{I}{O}$ $\frac{U}{F}$ $\frac{E}{M}$ $\frac{E}{F}$ $\frac{E}{A}$ $\frac{E}{Z}$ $\frac{E}{F}$ $\frac{E}{N}$ $\frac{E}{D}$ $\frac{E}{O}$ $\frac{E}{G}$ $\frac{E}{A}$ $\frac{E}{S}$ $\frac{E}{Z}$ $\frac{E}{Y}$ $\frac{E}{D}$ $\frac{E}{U}$ $\frac{E}{N}$
 $\frac{E}{S}$ $\frac{E}{Z}$ $\frac{E}{V}$ $\frac{E}{V}$ $\frac{E}{O}$ $\frac{E}{G}$ $\frac{E}{N}$ $\frac{E}{E}$ $\frac{E}{Y}$ $\frac{E}{A}$ $\frac{E}{M}$ $\frac{E}{V}$ $\frac{E}{V}$ $\frac{E}{M}$ $\frac{E}{S}$ $\frac{E}{B}$ $\frac{E}{P}$ $\frac{E}{Z}$ $\frac{E}{M}$ $\frac{E}{H}$
 $\frac{Y}{Q}$ $\frac{U}{N}$ $\frac{I}{E}$ $\frac{I}{H}$ $\frac{I}{M}$ $\frac{I}{Y}$ $\frac{I}{A}$ $\frac{I}{Z}$ $\frac{I}{S}$ $\frac{I}{T}$ $\frac{I}{M}$ $\frac{I}{P}$ $\frac{I}{P}$ $\frac{I}{Z}$ $\frac{I}{S}$

(Solution on page 19)

© 2007. Feature Exchange

FOOT & ANKLE Specialists

www.louettafootandankle.com

Serving the Community for 18 years

CORNS & 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.

FREE* Initial Consultation

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



Dr. Brad Bachmann DPM
Board Certified in
Foot Surgery



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

8681 Louetta Road #150
(between Champions Dr. & Champions Forrest Dr.)

Foot Specialists of Tomball
281-351-5599

13414 Medical Complex Dr., Ste. 9

Tutoring Club

A Class Above. Guaranteed.™

Tutoring for students of all
academic levels, K-12

GUARANTEED to
improve academic
performance in
LESS TIME and
at a **LOWER COST**
than any other
program.



Special Individualized programs for

Math

Reading

Writing

Study Skills

All School Coursework



Make sure your student is prepared!

Ask about our Tutoring Club guarantee!

- Proven Success in School
- Increased Confidence and Self-esteem
- Help Throughout the School Years
- Free Conferencing to Discuss Performance
- No Long-term Contracts
- Guaranteed to Succeed

281-373-9200

www.tutoringclub.com

24140 Highway 290 @ Barker Cypress
in front of Randalls

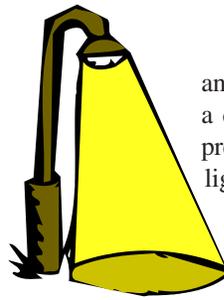
Volunteers

Would you like to volunteer your time occasionally? Do you have a special skill at planning parties? gardening? decorating? Are you a do-it-yourself handyman who would consider making minor repairs around the community? If so, think about putting your name on our volunteer list.

We have many seniors in the neighborhood that have made cookies and volunteered their time at the children's Easter and Christmas parties. We had a resident and her teenage son volunteer at the Easter party. By volunteering he was able to get a letter of thanks that will help with his resume' when he applies for college.

Volunteering not only makes you feel good you are also giving back to the neighborhood.

Interested parties should e-mail their names and telephone numbers to switley6675@sbcglobal.net



Street Light Out?

"Have you noticed a street light out? You can report it to CenterPoint Energy 24 hours a day at 713-207-2222. Choose a language preference and then select option "4" for street light outages.

Please provide the street light's six digit number located approximately 5 feet up the pole. Also the street name and address are helpful.

kids R kids

QUALITY LEARNING CENTERS

281-304-KIDS

Monday - Friday 6:00 a.m. - 6:30 p.m.

20151 Cypresswood Drive

Conveniently located near Fairfield's entrance, between Good Shepherd UMC and the Golf Center.

SUMMER IS NEAR

stop in to find out about our Summer Program!



Dynamic Air & Heat

www.dynamicairandheat.com



BEAT THE HEAT

Stay Cool & Confident

Be Sure Your A/C Is Ready For Summer

Spring Specials Thru May 15, 2008

A/C Check-Up
\$39⁹⁵

Cannot be combined with any other offer, coupon or special. Expires May 15, 2007

A/C Tune-Up
\$89⁹⁵

Cannot be combined with any other offer, coupon or special. Expires May 15, 2007

10% Off Any REPAIR AND No Service Charge

with repair. Cannot be combined with any other offer, coupon or special. Expires May 15, 2007



Sales • Service • Installation

832-593-7555

www.dynamicairandheat.com

Call us if you want to be added to our mailing list.

Financing Available

(with approved credit)

There are many options including 6 Months, No Payments, No Interest! Apply for the plan that's right for you.



Greg Riddle
Owner



Let's Talk Real Estate



"IT'S ABOUT MORE THAN A SIGN OUT FRONT."

Amy Healy
Cell: 832-567-7830
Direct: 281-290-2014

Century 21
CORNERSTONE
281-290-2000

Each office individually owned & operated

Your Property Marketing Expert

When you use my real estate services, I will donate a portion of my commission to the PTO/PTA at the school of your choice!

CYPRESS MILL



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.

Advertising Information

Please support the businesses that advertise in the Messenger. Their advertising dollars make it possible for all Cypress Mill residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact Peel, Inc. Sales Office at 888-687-6444, advertising@PEELinc.com

KEITH A HUYNH, MD PA

Specialized in Internal Medicine



*Caring for patients
since 1995*

*Monday - Friday
9:00 to 5:00*

- General and Internal Medicine
- Accept most insurance plans
- Our staff also speaks Spanish and Vietnamese

281-758-0700

17400 Spring Cypress, Suite 110A
Cypress, Texas 77429
(Corner of Hwy 290 & Spring Cypress)
(Close to Home Depot)

281-469-3221

10720-B FM 1960 West
Houston, Texas 77070

Se Habla Espanol

TAX TIPS – 2008

Don't forget to file your Federal Income Taxes (or apply for an extension) by Tuesday, April 15, 2008!! The IRS has made it much easier to file electronically if you do not want to file a paper return or are in need of a last minute extension. You can also file form 4868 electronically which will give you an extension of up to 6 months to file your return (October 15, 2008) but it does not extend the payment for those taxes. If you think you will owe when you do file your return, then you must pay the balance along with the extension request or you will pay the government interest and penalties.

Looking for your refund? If you have already filed your return and want to know the status of your refund, you can now log on-line and find out when you can expect to receive it. This option is available whether you requested automatic deposit into one or multiple accounts or a check mailed to your home address. Log on to: www.irs.gov for a link to this feature.

Make sure you: Maximize your credits! The credits available to many filers are often overlooked. These include:

Child & Dependent Care Credit: may be available for daycare expenses paid even if you participate in a flexible spending program with your employer.

Child Tax Credit: generally available for taxpayers having qualifying children with adjusted gross income under \$110,000

Education Credits: for higher education expenses two different credits apply, the Hope Credit and the Lifetime Learning Credit

Adoption Credits: a nonrefundable credit available for taxpayers with qualified adoption expenses

Watch Out For: The IRS has new substantiation requirements for common itemized deductions such as employee business deductions and charitable contributions including non-cash contributions.

Make sure you get with your tax advisor if you think any of the above could possibly benefit you as each individual situation is different.

Garage Sales In Cypress Mill

Please remove all the garage sale signs after you have completed your sale. The signs make litter in the neighborhood. Let's all work on keeping Cypress Mill a place we are proud of.



**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

Texas Events - April

4-20—HOUSTON: Rounding Third Two well-meaning dads are eager to coach their sons' Little League team to victory but struggle to resolve their differences. www.stagetheatre.com 713/527-0123

10-12—HOUSTON: Spring into Summer Doll Festival & Competition Registered participants can attend lectures, workshops, auction and more. The public can shop the sales room or visit the competition display room to see the top ribbon winners in doll artistry. www.bayareadollclub.com 281/614-0077

10-13—HOUSTON: Bay Area Houston Motorcycle Rally Includes Texas Women's Riders Symposium, classic motorcycle show and auction, MST safety classes and courses, daily poker runs and tours, boat cruises, entertainment stage, barbecue cook-off, two parades and a special Rock the Dock venue at Kemah Boardwalk. Space Center Houston. www.bayarearally.com 888/725-5989

10-13—HOUSTON: Outlaw Music Festival www.outlawmusicfestival.com 281/996-0831

11, 13, 17, 19, 23, 26—HOUSTON: La Boheme Four young bohemians test the boundaries of friendship and art, love and life. Houston Grand Opera. www.houstongrandopera.org 713/228-6737

12—HOUSTON: Manuel Barrueco with Cuarteto Latinoamericano Brilliant Cuban classical guitarist performs with the noted Mexican string quartet at the Wortham Center's Cullen Theater. www.dacamera.com 713/524-5050

12-13—HOUSTON: 2008 BP MS 150 Bicyclists ride from Houston to Austin to raise funds for multiple sclerosis-related research and Lone Star Chapter client programs and services. www.ms150.org

14—HOUSTON: Bruce Springsteen & the E Street Band Toyota Center. www.toyotacentertix.com 866/446-8849

18-19—HOUSTON: Spring Showcase Features the gifted young artists of Houston Ballet's Ben Stevenson Academy. Wortham Theater Center. www.houstonballet.org 713/227-2787

19-20, 26-27—HOUSTON: Houston International Festival Spotlights Out of Africa with a comprehensive cultural tour, featuring cuisines of Africa, artwork, interactive exhibits and performers from around the world. Downtown Houston. www.ifest.org 713/654-8808

23-27—HOUSTON: The Grand Wine & Food Affair An array of renowned winemakers, celebrated award-winning chefs and others offer exotic and sumptuous samplings. www.thegrandwineandfoodaffair.com 713/747-9463

25, 27—HOUSTON: Billy Budd Accusations of mutiny and an accidental death leave a sailor in danger of hanging for murder. Houston Grand Opera. www.houstongrandopera.org 713/228-6737

26-27—HOUSTON: 37th Annual Houston Pod Chili Cook-Off Held under the auspices of the Chili Appreciation Society International, chili cooks from as far away as New York City will be joined by chiliheads. Traders Village, 7979 N. Eldridge Road. www.tradersvillage.com 281/890-5500

28—HOUSTON: Classical Superstars: Mozart & Haydn Zilkha Hall, Hobby Center for the Performing Arts. 713/315-2525

Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.

Fitness Center Usage

No one under the age of 18 may use the facility.



The Foot Wellness Center

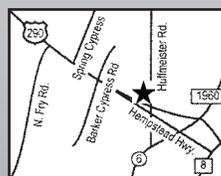
Put your best foot forward for the NEW YEAR!

- Bunions • Hammertoes • Heal Pain
- Ingrown Nails • Corns, Calluses
- Injuries • Sport Injuries • Children
- Diabetic Foot Care • Orthotics
- Fractures of the Foot & Ankle

Have No Insurance?

We Will Work With You!

- 3D State-of-the art Walking Analysis
- Certified in Endoscopic Heel Surgery, Ossatron Non-Invasive Heel Spur Surgery, & Laser Surgery For Warts
- Alternative Medicine



Dr. Judith E. Rubin,
Podiatrist/Foot Specialist

NEW Location!
North Cypress Medical Center
21216 N.W. Frwy., Ste. 240
281-955-5500

- * Diplomat, American Board of Podiatric Surgery
- * Board Certified in Foot & Ankle Surgery
- * Fellow American College of Foot & Ankle Surgery
- * Certified Wellness Educator

www.DrRubinFootWellness.com
Serving the Houston Area 24 Years

CYPRESS MILL MARKET REPORT

Courtesy of "DAVID FLORY"

This market information report is provided to keep you informed of resale market activity in your subdivision.

	Sep 07	Oct 07	Nov 07	Dec 07	Jan 08	Feb 08
\$200,000 +	0	1	0	0	0	1
\$180,000 - 199,999	0	0	2	2	0	1
\$160,000 - 179,999	1	1	2	1	0	0
\$140,000 - 159,999	5	4	1	0	1	4
\$120,000 - 139,999	0	4	3	5	0	4
\$120,000 -	0	0	0	1	2	3
TOTAL	6	10	8	9	3	13
Highest \$/Sq Ft	73.55	75.28	82.20	78.29	71.63	82.32

This chart represents the homes that have sold and closed in the past 6 months according to the Houston Multiple Listing Service.

#1 Selling Agent In Cypress Mill 2001-2007

David "Super Dave" Flory



- #3 Realtor in Houston (out of 17,000)!*
- Top 1% of Realtors in the U.S.
- Over 615 Homes SOLD in 2006
- Over 96% of David's Listings Result in a Sale

HIGHEST PRICE PER SQ.FT. resale homes sold in
Cypress Mill: \$90.48

RE/MAX
Professional Group
832-478-1205

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

*Ranked by the Houston Business Journal 3/2007

Cryptogram Solution

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
O	J	R	A	Z	H	W	U	M	L	T	P	S	Y	N	B	K	G	V	F	E	C	D	X	Q	I

MY ATTITUDE TOWARD MEN WHO
 SQ OFFMFEAZ FND OGA SZY DUN
 MESS AROUND IS SIMPLE: IF
 SZVV OGN EYA MV VMSBPZ MH
 YOU FIND 'EM, KILL 'EM.
 QNE HMYA ZS TMP P ZS

© 2007. Feature Exchange

WOMEN'S LUNCHEON & CONFERENCE

Idols of the Heart

God Empowered Ministries
www.godempowered.com

Karen Haught

The practical applications of biblical truth about heart idols will transform lives and empower the listener to help others who are in the midst of struggle and doubt.

Saturday, April 12, 2008

10 a.m. till 2 p.m.

Ashelynn Manor

25276 Nichols Sawmill Rd.

Magnolia, Texas

R.S.V.P.
information@terraverdechurch.org

Terra Verde
Community Church

Rosehill Christian School • 19830 FM 2920 • Tomball, TX 77377



281-373-4640

**Doggie Daycare
15% off during April**

PET OF THE MONTH



DAKOTA

Your dog can come and enjoy off-leash playtime with other active dogs in a controlled environment. Drop-off on your way to work, pick-up on your way home.

www.tailsoftexaspetresort.com

Luxury Suites, Doggie Daycare, Grooming, Training

17720 Huffmeister Road
Between Skinner and Cypress Rosehill

CYPRESS MILL

At no time will any source be allowed to use the Cypress Mill Messenger 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 the Cypress Mill Homeowners Association and Peel, Inc. The information in the Cypress Mill Messenger is exclusively for the private use of Cypress Mill residents only.

Disclaimer: Cypress Mill Homeowners Association and the Newsletter Committee, assume no responsibility for the advertising content, warranties or representations made in such advertising of this newsletter. These are solely the responsibility of the advertiser.

* Cypress Mill Homeowners Association and the Newsletter Committee assume 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. In the case of misprints or misinformation on the part of the publisher, a printed retraction or correction are the only liability assumed by the publisher.

* Under no circumstances shall the above named 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 the liabilities stated above.

* The above named shall not be held liable for any information contained in any of the articles contained in this publication. Ideas expressed in the articles are the opinions of their authors and the accuracy of any related information is also the responsibility of the authors. The Cypress Mill Newsletter Committee reserves the right to edit articles for space limitations.

Cartoon Corner



"Who do I complain to about you?"

FAIRFIELD ANIMAL HOSPITAL



- ▶ Quality Compassionate Care for your Pet Family Member
- ▶ A Full Service Veterinary Hospital
- ▶ Friendly, Caring Professional Staff

* Office Hours:

Mon-Fri 7AM-6PM
Closed Sat & Sun.



* Early Morning Drop-off Mon-Fri 7AM

HomeAgain® MICROCHIP IDENTIFICATION SYSTEM

Call (281) 256-3150
for Appointment

Mike Hicks, DVM
Sandra Harris, DVM

We're in your neighborhood!



- Creating beautiful smiles in less time
- We accept most insurance and PPO plans
- Flexible payment options
- X-rays, photos & models done in-office
- Open Saturdays by appointment

"Our commitment is to help you get the smile you've always wanted"

Call now to schedule an appointment for a **FREE** consultation!

Virginia Noriega, DMD, MS
5547 Highway 6 North
Houston, TX 77084
291-463-6757

www.coppercreekortho.com



Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

After the Marathon ...

YOU MADE IT. YOU FINISHED A marathon. Whether it's your first or your fiftieth, the feeling is still the same: exhilaration, which, at some point, gives way to the tired, achy feeling that inevitably comes from having logged more than 26 miles in a single stretch.

Too often we try to ignore what our body is telling us and carry on with our regular training. This inevitably leads to that flat, "out-of-shape" feeling, illness, or worse, an injury that sidelines you for weeks or even months.

Take it Easy

Rest—which many athletes consider a four-letter word—is one of the most important components of a successful training program. Endurance events such as a marathon pose special challenges in replenishing hydration levels and fluid stores, repairing/remodeling cellular disruption in skeletal muscle and regaining a sensible mental drive. Other factors, such as environmental conditions (hot/cold, calm/windy, humid/dry), terrain (hilly/flat), intensity, and your own physical state (rested/fatigued, trained/untrained) also may affect the recovery process.

Here are some guidelines to help ensure your recovery process:

The First Few Hours

Keep moving and change clothes as soon as possible to stay warm. Resist the tendency to just stop and plop! A gradual cool-down is important and will enhance the recovery process.

Drink, drink, drink. Complete restoration of your fluid balance is a critical part of the recovery process, particularly in hot, humid conditions. A combination of water and sports drinks will help replenish lost fluids, sodium and electrolytes.

Alcohol and caffeine should be avoided during the rehydration process as both may potentially increase urine output.



Eat. Early food intake is essential to fuel replacement following endurance exercise, and also assists in restoring hydration levels. While complete reloading of muscular glycogen supplies may take up to 48 to 72 hours, a significant portion can be refueled in the initial 2 hours after the race.

Check yourself out. Look for blisters, rashes and other irritated areas that may require treatment to prevent infection and further injury.

Week One

Relax. This is your week to do "nothing." Give your musculoskeletal system a break, an opportunity to repair and remodel. Even if you do not experience excessive fatigue and soreness, resist the temptation to train. What's a week of rest compared to spending two to four months recovering from a major illness or injury? Studies have shown that muscular strength five days after an event is greater in athletes who completely rest than those who jog or exercise in the days following the marathon.

Additionally, continuing to exercise, even in a limited fashion, will only delay the refueling/rehydration process. And, as you move back in to physical activity, the temptation to start training harder again grows—too soon. Giving

in to the temptation to train harder at this point in time generally leads to an extended recovery from unnecessary injury.

Weeks Two to Four

Gradually return to your training routine, but remember that complete musculoskeletal recovery may take up to a month. Start out at 25 percent or less of your normal average training quantity at an easy intensity. Increase to 35 percent to 40 percent during week three and no more than 50 percent by week four. During weeks three and four, it is okay to consider doing one or two tempo-type training sessions. Don't be afraid to take a day or two off should you start feeling soreness and/or fatigue.

Maintain proper hydration and emphasize good nutrition throughout this recovery month. Your muscles need adequate fuel and protein intake to continue healing and adapting once again to the training routine. Pay attention to restoring flexibility and mobility, but be careful not to over-stretch. This is especially critical during the first two weeks following the competition. After the first month continue to gradually increase your training (10 percent to 15 percent per week) until you've eased back into your normal routine.

Good luck, and remember, rest means the opportunity to compete and train—an injury means watching from the sidelines.



It's the plan where
your savings for college
grow tax free.*

It's the start of
something



With the Texas College Savings Plan, a professionally managed 529 plan, your money grows tax free and can be used at most accredited colleges in the US. You can open an account for your child with as little as \$25. Enroll today—the earlier you start, the bigger they can dream. It's fast and easy to get started.

Go to www.texascollegesavings.com

1.800.445.GRAD (4723)



Susan Combs Texas Comptroller of Public Accounts



OppenheimerFunds
Distributor, Inc.

*Earnings on non-qualified withdrawals are subject to income tax and penalty. Not FDIC insured, not guaranteed and may lose money. Established and maintained by the Texas Prepaid Higher Education Tuition Board. Distributed by OppenheimerFunds Distributor, Inc. Non-Texas residents should see if their state offers a plan with alternative tax advantages. Carefully consider the Plan objectives, risks, admin fees and expenses. Plan documents contain this and other info. Read them carefully before investing.
©Copyright 2008 OppenheimerFunds Distributor, Inc. All rights reserved.

Teenage Job Seekers

NOT AVAILABLE ONLINE

YARD DOODY

Weekly dog waste removal services

Finally a service that benefits you,
your backyard and your little friends
at the same time!



Easy Sign-up

No Contracts

Senior Discounts

Disabled Discounts

Referral Rewards

Become DOODY-FREE
Today! Give us a call:

281-256-2512

Going Where your dog has gone before

4th Visit Free!
www.YardDoody.com



We Challenge What You Pay For Electricity!

If SparkPowerBank isn't your current electricity provider...
chances are you're paying too much!

I'm Texas Energy Analyst Alan Lammey. Maybe you've heard me on the radio talking about the market forces that drive energy prices. I'm here to tell you that you're not stuck paying those high prices to big electric companies anymore! Stop it.

Come to the Power Bank – www.SparkPowerBank.com.

Why pay more than you have to? Those days are over!

Some electric companies talk about “**Simple**” rate plans – that just means it **simply** costs you more!!

Others brag that they'll “Send you a Rebate” – that just means you're already paying too much!!

Why would you want to go with an electric provider that charges you more, when you can go to **www.sparkpowerbank.com** and pay far less for the same electricity?
Make sense?



Sign-up Today Right Online!

Please choose “**Newsletter Ad**” as your referral on the SparkPowerBank.com website.



Listing Your Home for Sale in Cypress Mill?

Call Dawn and get the Scoop on her Unique Marketing Package
 Find Out How to Sell Your Home 24 Hours a Day - Online and Offline
 Several Commission Options Available to Fit Various Needs

www.DawnFore.com

Shop Online! Virtual Tours, Photos And Floorplans

Dawn Fore

Broker/Owner

281-304-9500

281-731-7399



20902 Katie Marie Court,
4/3/3, 2651 SqFt, \$262,900



11723 Mesa Creek Ln,
4/2.5/2, 3391 SqFt, \$329,900



14806 Wild Ivy Ct, 4/2.5/2,
2745 SqFt, \$172,500



21815 Broken Limb Trail,
4/2/2, 2144 SqFt, \$164,900



21310 Heartwood Oak Trail,
4/3.5/2+, 3660 SqFt, \$335,000



16223 Lavender Creek Ct,
3/2.5/2, 2424 SqFt, \$169,000



**RE/MAX
Lakeland**

Dawn Fore's Cypress Mill Market Report

Neighborhood	3 rd Quarter 2007			Current	
	Sold	\$ per SqFt	DOM	Avail	Pending
Cypress Mill					
Up to \$125,000	5	68.67	19	4	0
\$125,001 - \$140,000	6	70.54	61	11	3
\$140,001 - \$155,000	6	66.54	56	12	2
\$155,001 - \$170,000	3	64.34	121	4	0
\$170,001 - \$200,000	1	65.78	70	1	0
Cypress Mill Estates	Sold	\$ per SqFt	DOM	Avail	Pending
All Price Ranges	7	68.71	69	6	7

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

Peel, Inc.

203 W. Main Street, Suite D
Pflugerville, Texas 78660

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

Voice 512-989-8905

www.PEELinc.com

CM