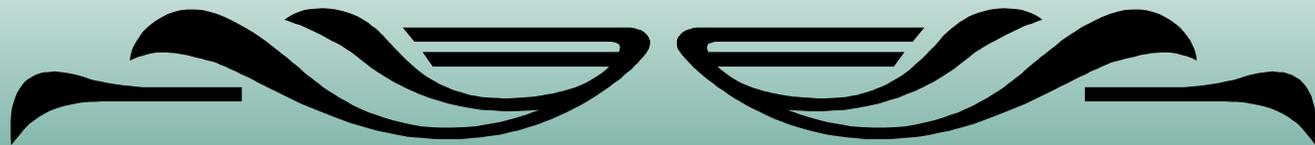


# THE TIMES



## Abbie Jones Leads the Texas Terrapins to VICTORY at TAGS!!!



The Texas Terrapins Swim team is proud to proclaim that one of their swimmers, Abbie Jones age 11, qualified to participate in TAGS this year at Texas A&M University. For those of us who are unfamiliar with swimming terminology TAGS is the Texas Age Group finals that takes place every year for those swimmers with qualifying times in each event. That is correct folks this is a state level competition

Abbie is a very dedicated and amazing 11 year old. She is not one you see every day. Abbie is focused, down to earth, and a girl that is always willing to help anyone out anyway she can. She is a pure joy and a source of pride for our team and anyone that knows her. On Sunday, August 2, 2009 Abbie made a commitment to herself and working with our Coach Jason did the remarkable. I believe our Coach's words sum that up the best:

"Tonight at finals I do believe I had a grin on my face that was huge and would not go away. To prelude the evening let me start at the beginning. This morning Abbie did a wonderful job and dropped .3 seconds off her 50 meter free time for 30.20 seconds. In a 50 that kind of drop is very good and we were both happy and EXCITED to hear that she was seeded first going into the finals.

As we were walking down the stairs that evening at A&M to get her over to the blocks for her event we had a nice little chat. I had nothing to tell her about her strokes or how to swim her race as doing the 50 free is like blinking for that girl, it's natural and requires no thought. We talked about what she should do if she took a breath and saw people ahead of or close to her. I told her to use her breathing to find out her position in the race and to use that as fuel to push harder than she ever has before. After the start she came up not quite in first place. She took her first breath after 7 or so pulls and to the right side. She noticed that she did not have a commanding lead so her pace picked up a bit. Her next breath was to the left and that is when she saw someone out in front of her. It was right at that moment that the fire inside of Abbie lit up so brightly that everyone in the whole natatorium could not help but watch as she burned up the pool. After her second breath there was no stopping her and she stormed through that water like she owned it. She ended up finishing first place with a time of 29.25 (almost a full second faster than this morning) and second place was a 29.95!!!! I am proud to say that I am Abbie's coach and it will be an honor to continue coaching her and watch her grow into a wonderful, amazing, and very talented swimmer"

In listening to Coach Jason relive the moment you can smell the chlorine, feel your heart race with adrenaline, and feel the thump in your body from the crowd roaring her to a victory. Carry that feeling with you every time you think of swimming and Abbie Jones because right here in Cypress, TX we have a bona fide State champion. I think I can say with certainty that this will not be the last time you hear the name Abbie Jones!

[www.texasterrapins.com](http://www.texasterrapins.com)

## Bridgeland 4-H Club

Bridgeland is looking to start a local 4-H club for the community members. Clubs have regular meetings and officers. There is no cost to join.

**To start a 4-H Club Bridgeland must meet the following:**

- Five or more members (must be from more than one family)
- Two or more teen or adult managers
- Elected officers
- Each member enrolled in at least one 4-H project experience

### WHAT IS 4-H?

4-H is a community of young people across America who are learning leadership, citizenship and life skills.

### LEARNING BY DOING!

Youth program sponsored by Texas AgriLife Extension Service-Texas A&M System, to foster skills that develop self-esteem, problem-solving, personal development, & global understanding.

Encourages youth to explore science, technology, & citizenship.

Prepares youth to meet the challenges of childhood, adolescence, & adulthood through a coordinated progressive

*(Continued on Page 2)*

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY .....	911
Fire .....	911
Ambulance .....	911
Harris County Sheriff.....	713-221-3300
Cy-Fair Volunteer Fire Dept. ....	281-550-6663

### AREA HOSPITALS

Cy-Fair Medical Center.....	281-897-3300
North Cypress Medical Center .....	281-477-0830
Willowbrook Methodist .....	281-477-1000

### SCHOOLS

Cy-Fair ISD.....	281-897-4000
Cy-Fair ISD .....	281-897-4000
Robison Elementary School.....	281-213-1700
Spillane Middle School .....	281-213-1645
Cy Woods High School.....	281-213-1727
Cy Fair High School.....	281-897-4600

### UTILITIES

Trash - Republic Waste.....	281-446-2030
Water and Sewer .....	800-579-4500
Gas-Centerpoint Energy.....	800-579-4500
Electricity - Reliant Energy.....	800-735-42568

### PUBLIC SERVICES

Cypress Post Office .....	281-373-9125
Drivers License Info. ....	281-955-1100
Harris County Tax .....	713-224-1919

### NEWSLETTER PUBLISHER

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### Bridgeland 4-H Club - (Continued from Cover Page)

series of educational experiences that enhances life skills & develop social, emotional, physical, & cognitive competencies.

#### WHAT DOES 4-H STAND FOR?

Head, Heart, Hands, Health

#### WHO IS 4-H FOR?

ALL YOUTH between the ages of 9 (or 8 and in the 3rd grade) to 18, regardless of socioeconomic level, race, color, sex, religion, disability, or national origin

## Disc Golf Drop in League

Sunday's 5:00 pm  
Oak Meadow Park Disc Golf Course

Not Available Online

## Rachael's



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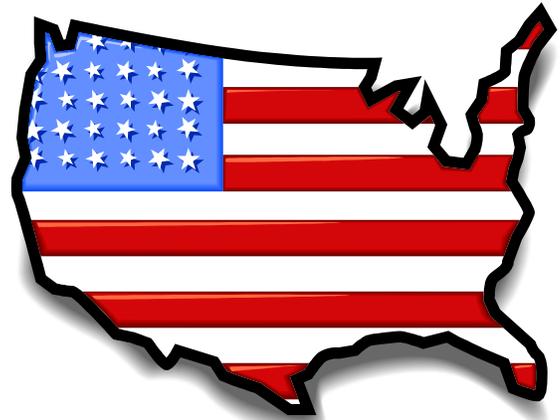
expires 10/15/09

not to be combined with any other offers  
or used on sale merchandise

12312 Barker Cypress @ 290 • 281-256-9800

**AMERICA IS GOOD**

- I believe in God and He is the Center of my Life.
- The family is sacred. My spouse and I are the ultimate authority, not the government.
- I have a right to life, liberty and pursuit of happiness, but there is no guarantee of equal results.
- I work hard for what I have and I will share it with who I want to. Government cannot force me to be charitable.
- The government works for me. I do not answer to them, they answer to me.



If you agree with any or all of the statements above then come to

The Glenn Beck 9/12 Project Organizational meeting for Cypress on July 9th at 7:00 pm.  
 Located at 15010 Mueschke Rd.

*Get involved.*

For more information, please call 281-373-9337.



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October 17, 2009

Come out and support the Cypress Ranch Athletics Program and **WATCH THE UT vs. OU** game with us before the tournament starts. Lunch will be served during the football game and dinner at the end of the tournament. Shotgun start will be at 2:00PM

# 2<sup>nd</sup> Annual Mustang Classic Golf Tournament

LONGWOOD GOLF CLUB  
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www.longwoodgc.com

## Games and Prizes:

- *Putting Contest* for \$10,000 chance
- *Longest Drive*
- *Closest to the Pin*
- *Hole-in-One contest*
- *Silent Auction!!*

**AND MUCH, MUCH MORE!!**

**Name**

**Address**

**Email Address**

**Phone**

Registration Fee: \$400 - Foursome (before 9/18/09)  
\$500 - Foursome (after 9/18/09)

<b>Player 1:</b>
<b>Player 2:</b>
<b>Player 3:</b>
<b>Player 4:</b>

I cannot play in the tournament, but would like to make a donation to the Cypress Ranch Athletic Booster Club in the amount of:

---

**TOURNAMENT HELD RAIN OR SHINE**

Mail registration form and payment to:

CRABC - GOLF TOURNAMENT  
10700 Fry Road  
Cypress, TX 77433

**PAY ON-LINE:** [WWW.CYPRESSRANCHATHLETICS.COM](http://WWW.CYPRESSRANCHATHLETICS.COM) (Please mail this form with players names and contact information to complete the registration process)

# Cy-Fair ISD & Volunteers in Public Schools (VIPS): *Volunteers Rock!*

VIPS is an acronym for Volunteers in Public Schools. VIPS in Cy-Fair ISD center the attention of their service on supporting students and staff and making a significant contribution to the education of children. These dedicated individuals, who give freely of their time and resources, impact the academic and personal development of Cy-Fair students. Cypress-Fairbanks ISD is fortunate to be able to draw from a diversity of skills and knowledge in its community.

The district VIPS Executive Board spearheads the business of the VIPS. This board is comprised of volunteers elected to take on specific responsibilities offering support, guidance, and training to all volunteers in the district. The VIPS Executive Board meets monthly to evaluate and address the needs of the district and distribute information relating to volunteer and community activities and strengthen parental involvement in education.

If you are interested in being involved at Cy-Fair schools as a volunteer who "Rocks!" and making a difference, or would like more information, please contact Pam Scott, Partners in Education Director at 281-894-3950.

## *September 2009 Upcoming Events*

**SEPTEMBER 8 - INTERMEDIATE READING & WRITING TRAINING – 9:30 A.M. TO 12 P.M., BERRY CENTER**

Techniques will be presented that volunteers can use when they assist teachers and students working to improve reading and writing skills in grades 2 thru 5.

**SEPTEMBER 10 - VIPS GENERAL MEETING – 9:30 A.M. TO 12 P.M., BERRY CENTER**

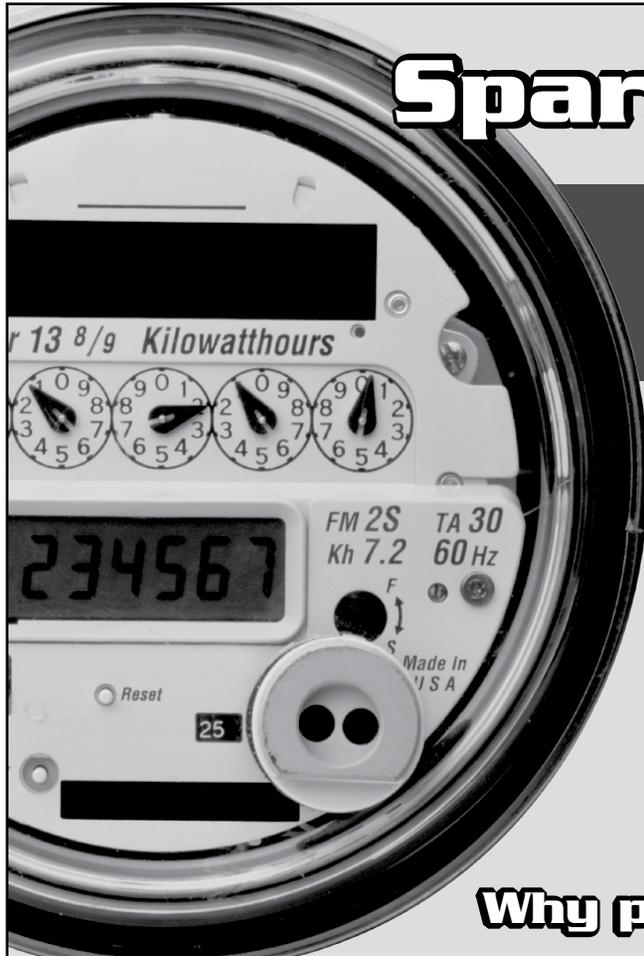
Open to all CFISD school staff, volunteers, parents and community members. Get the latest information on what is happening in CFISD.

**SEPTEMBER 11 - TAG TEAM TRAINING – 9:30 A.M. TO 12 P.M., BERRY CENTER**

Training for individuals who are interested in working directly with students to help them reach their full academic potential.

**SEPTEMBER 15 - PRIMARY READING & WRITING TRAINING – 9:30 A.M. TO 12 P.M., BERRY CENTER**

*(Continued on Page 7)*



# Spark Power Bank

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**I'm Texas Energy Analyst Alan Lamme. 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!**

## **Why pay more than you have to?**

## Cy-Fair ISD VIPS - (Continued from Page 6)

Techniques and games will be presented that volunteers can use when they assist teachers and students with spelling, high frequency words, phonological awareness as well as developmental stages of writing for Pre-K thru 1st grade.

### SEPTEMBER 16 - PIE MENTOR TRAINING – 9:30 A.M. TO 12 P.M., BERRY CENTER

Training for individuals committed to serve as a role model and friend to CFISD students.

### SEPTEMBER 16 - VIRTUAL VOLUNTEER TRAINING – 1:00 P.M. TO 2:30 P.M., ISC WEST

Training for Volunteer Coordinators to learn how to effectively and efficiently manage their campus Virtual Volunteer account.

### SEPTEMBER 23 - VISION CERTIFICATION TRAINING – 9:30 A.M. TO 1:30 P.M., BERRY CENTER

Become a State certified trained volunteer to assist your CFISD school in vision testing for the students. Please RSVP to your school nurse by September 18.

### SEPTEMBER 24 - HEARING CERTIFICATION TRAINING – 9:30 A.M. TO 1:30 P.M., BERRY CENTER

Become a State certified trained volunteer to assist your CFISD school in hearing testing for the students. Please RSVP to your

school nurse by September 18.

### SEPTEMBER 29 - PIE MENTOR TRAINING – 6:00 P.M. TO 8 P.M., BERRY CENTER

Training for individuals committed to serve as a role model and friend to CFISD students.

### SEPTEMBER 30 - JUNIOR ACHIEVEMENT COORDINATOR TRAINING – 8:30 A.M. TO 9:30 A.M., BERRY CENTER

Specifically for those who will take responsibility for implementing the JA program for their campus.

### SEPTEMBER 30 - JUNIOR ACHIEVEMENT VOLUNTEER TRAINING – 9:30 A.M. TO 12 P.M., BERRY CENTER

The purpose of Junior Achievement is to educate and inspire young people to value free enterprise, understand business and economics, and be workforce ready.

## How to Register for Training

With the exception of Hearing and Vision Certification, register for training by emailing the PIE office at [vipsrsvp@cfisd.net](mailto:vipsrsvp@cfisd.net). Provide your name and the name and date of the training you wish to attend. Registration is required to guarantee a seat and training materials. Adults only please.



## COLIN'S HOPE

Increasing water safety awareness and standards

### FACTS YOU NEED TO KNOW ABOUT DROWNING

Drowning is the leading cause of unintentional injury-related death in children ages 1-4



### DROWNING WILL AFFECT YOU OR SOMEONE YOU KNOW



Drowning is the 2nd leading cause of unintentional injury-related death ages 1-14.

### DROWNING IS QUICK AND SILENT



Drowning occurs in as little as 2 minutes.



Irreversible brain damage occurs in as little as 4 minutes.



Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Most children die who are submerged for as little as 6-10 minutes.

Children who drown do not **scream, splash, or struggle**. They silently slip beneath the water, even with adults & lifeguards present.

For more information, check out our website at

[www.colinshope.org](http://www.colinshope.org)

### DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM

NO ONE is "drown proof" – no matter their level of swimming ability.

Falls, entrapments, and injuries lead to drowning regardless of swimming level.

A majority of people overestimate their own and their child's ability to swim, especially in a panic event.

## Cy-Fair Community Emergency Response Team - CERT Training

Are You Prepared? This free emergency response training will again be offered to everyone at Lone Star College at Cy-Fair, 9191 Barker Cypress, Cypress TX 77433 starting on Sept 2-Oct 21, 2009. It is an 8-week course, every Wed from 6 to 9 pm. There is NO cost to you! A training manual and starter emergency response backpack of supplies is also provided. The course is taught by professionals in their field. Classes cover

- Disaster Preparedness
- Small Fire Suppression
- Medical Operations and Triage
- Light Search and Rescue
- Disaster Psychology
- Terrorism Awareness
- Disaster Simulation Drill

CERT training is designed to prepare you to help yourself, your family, your neighbors and your communities in the event of a catastrophic disaster. If emergency personnel are not available, you can use this training to save lives and protect property.

For more information, see [www.harriscountycitizenrcps.com](http://www.harriscountycitizenrcps.com). To ask questions, contact Patrick Wong (a Fairfield resident) at [pcwong1@earthlink.net](mailto:pcwong1@earthlink.net). To sign up for training, contact Terri Pope-Mobley at [tpopemobley@yahoo.com](mailto:tpopemobley@yahoo.com).

*Be aware and be prepared!*

## Charity Golf Tournament - CERT

Cy-Fair CERT (Community Emergency Response Team), a 501 (c) (3) non-profit organization in emergency response, will hold a charity golf tournament on Friday, October 2, 2009 at the Bear Creek Golf Club, Masters Course. The tournament format will be a 4 man scramble with a shotgun start at 9 am.

Early bird entry fee is \$85 per golfer for registrants through 8/31/09, with the fee increasing to \$100 per golfer on 9/1/09. Entry includes 1/2 cart, lunch, gift bag and 4 free future rounds of golf per golfer at an Arnold Palmer course in Houston. We'll have contests and prizes will be awarded. Company sponsorships are available from \$50 to \$1,000 with banner recognition. A sponsor advertising table will also be set-up.

Tournament proceeds will benefit Cy-Fair CERT and our project to place storage containers filled with emergency supplies in 15 neighborhoods where our team members reside. CERT has over 250 trained Cy-Fair members who volunteered in local neighborhoods after Hurricane Ike.

For more information about our tournament, obtain an entry form or get information about CERT training please contact Terri Pope-Mobley at [tpopemobley@yahoo.com](mailto:tpopemobley@yahoo.com). General questions about Cy-Fair CERT please contact Patrick Wong (a Fairfield resident) at [pcwong1@earthlink.net](mailto:pcwong1@earthlink.net).



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If you're unhappy with any area we've cleaned, call within 24 hours, and we'll come back to reclean it free of charge!

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[www.maids.com](http://www.maids.com)



## The Foundry Church Holiday Market & Tea Room *A Shopper's Heaven on Earth!*

The Foundry United Methodist Church will host over 100 vendors at its annual Judy Dierker Holiday Market on Saturday, October 17, 2009, 9 a.m. to 4 p.m. You'll find terrific values on a wide array of goods from vendors offering handcrafted items, fall & Christmas specialties, gourmet baked goods, children's toys, clothing, jewelry and more in a fun and friendly marketplace. You can also shop The Foundry General Store where every cent you spend benefits local and foreign missions. And, when you're hungry, be sure to stop by our Texas Tea Room, open 10:30 a.m. to 1:30 p.m., and enjoy salads, desserts, and coffees.

Admission to the market is FREE; purchase tea room tickets at the event for \$10 each (all proceeds benefiting missions). Come rain or shine! Foundry is located at 8350 Jones Road, 1-1/2 blocks north of Hwy 290. For more information, call 713-937-9388 or see [www.foundrychurch.org](http://www.foundrychurch.org).



### The Tri-County Quilt Guild

*Meets the 1st Tuesday of the month, 7-9pm*

Meeting Place: Fairfield Baptist Church, 27240 Highway 290  
(Between Muescke and Mason Rd) Cypress, TX 77433-4907  
website: [www.tricountyquiltguild.org](http://www.tricountyquiltguild.org)  
*Established 2005*

Some of our activities include Show & Tell, BOM's, Fabric Raffle, Charity Quilts, Bees, Special Programs, guest speakers and more, with Door Prizes at every meeting!

We are a very friendly group and welcome quilters of all levels of expertise, from the Just Love Quilts and never sewn to the experienced and published. Visitors welcome!

Please check out our website for more information.

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# Eating to Live: 5 Foods You Should Eat Daily

Submitted by  
Dr. Tenesah Weine

1. Spinach - Spinach is the best source of omega-3s (plant-based), and folate, both help reduce the risk of heart disease, stroke, and osteoporosis. Incorporate Spinach into your salads, add spinach to scrambled eggs, or drape it over pizza.

2. Blueberries - Blueberries have more antioxidants than any other North American fruit; blueberries help prevent cancer, diabetes, and age-related memory changes (they are nicknamed “brain berry”). Blueberries are rich in fiber and vitamins A and C, they also boost cardiovascular health. Aim for 1 cup fresh blueberries a day, or 1/2 cup frozen or dried. Stick them into yogurt, cereal, or a smoothie. Of course they are great alone!

3. Yogurt - Yogurt containing probiotics will boost your immune system by building the gut lining. One ailment I test for in my office is candid/yeast, when positive I treat with probiotics. Not all yogurts have probiotics, so make sure the label says “live and active cultures.” Aim for 1 cup of the calcium and protein-rich yogurt a day. Avoid yogurts with high sugar content, goat yogurt is most preferred.

4. Walnuts - Walnuts are richer in heart-healthy omega-3s than salmon, loaded with more anti-inflammatory polyphenols than red wine, and packing half as much muscle-building protein as chicken. Other nuts combine only one or two of these features, not all three. A serving of walnuts - about 1 ounce, or 7 nuts--is good anytime, but especially as a post workout recovery snack. Walnuts are great sprinkled over a salad.

5. Tomatoes - Red are the best, because they're packed with more of the antioxidant lycopene, and processed tomatoes are just as potent as fresh ones, because it's easier for the body to absorb the lycopene. Diets rich in lycopene can decrease your risk of bladder, lung, prostate, skin, and stomach cancers, as well as reduce the risk of coronary artery disease. Aim for 22 mg of lycopene a day, which is about eight red cherry tomatoes or a glass of tomato juice.

Note: While eating blueberries and other fruits you want to eat them on an empty stomach. You may have heard people complaining - every time I eat watermelon I burp, when I eat durian my stomach bloats up, when I eat a banana I feel like running to the toilet. When you eat fruit with foods, the fruit mixes with the putrefying other food and produces gas, hence you will bloat!

When you eat fruit, it immediately wants to go straight through the stomach into the intestines, but it is prevented from doing so when other food is present in the stomach. Adding fruit to a meal causes the whole meal to rot, ferment and turn into acid. The moment fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil.

This will not arise if you eat the fruit on an empty stomach. If you eat fruit on an empty stomach, or right before a meal, it will play a major role to detoxify your system. It supplies you with a great deal of energy for weight loss and other life activities.

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COLIN'S HOPE

*Increasing water safety awareness and standards*

# Water Safety Word Find

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

**Find and circle all of the words that are hidden in the grid.  
The words may be hidden in any direction.**



- POOL
- LIFE JACKET
- LIFEGUARD
- LEARN TO SWIM
- NO RUNNING AT POOL
- SWIM LESSONS
- FEET FIRST
- SWIM WITH BUDDY
- OBEY POOL RULES
- WATER WATCHER



For more information check out our website at:

[www.colinshope.org](http://www.colinshope.org)

Colin's Hope is an all-volunteer 501(c)(3) nonprofit organization that creates and supports programs that aid in preventing children from drowning. Despite numerous sources for water safety, the number of children who drown per year is staggering. Colin's Hope of saving children from drowning is being achieved through increased water safety awareness and improved standards throughout the community.

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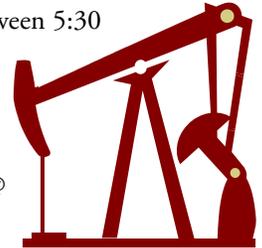
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## Oil & Gas Networking

If you work in any aspect of the Oil & Gas Industry and would like to network and meet your Cypress neighbors in your field, please come say Hi!

We will meet the 1st Monday of each month at IHOP on Hwy 290 (Next to CVS on Fry Road) between 5:30 am and 8:00 am.

Come by have a cup of coffee and get the latest events and happenings in the Industry. If you have any questions please feel free to email me at [Kevin.Kays@sbcglobal.net](mailto:Kevin.Kays@sbcglobal.net)



## Knights of Columbus

Knight of Columbus Council 8771 is sponsoring a Golf Tournament benefiting the Cypress Assistance Ministries and Youth Activities on Monday, October 5 2009 at Longwood Golf Club.

For more information and registration please see <http://www.kofc8771.org>.



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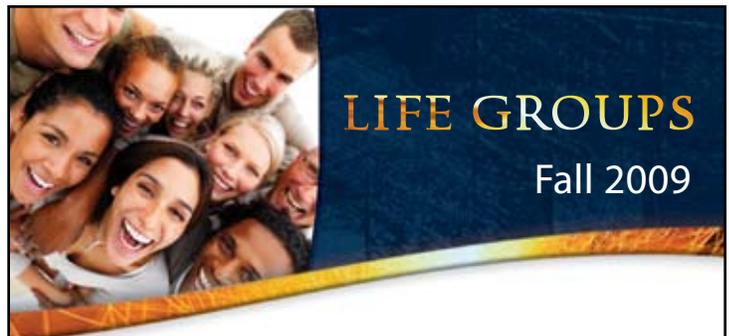
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Movie Theatre on Hwy. 290 & Spring Cypress  
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### Jones Road Campus

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## Online Shopping and Doing it Safely

Submitted by Laurie Scott

Online shopping is fast and money saving, but it can also be a minefield filled with everything from a disreputable seller to identity theft. However, with basic safeguards you can take advantage of the variety and cost savings the Internet can provide, while saving time and gas.

First, ALWAYS make sure before entering your credit card number in any website that you have a secure connection (easily confirmed by the https://... in the address bar rather than the usual http://...) Second, do basic research about the vendor if you're not familiar with them. A simple Google search on the name of the company will tell you if you're dealing with a legitimate company - if in doubt, shop elsewhere, it's not worth saving \$2.00 if the company isn't reliable.

An excellent option is available from many credit card companies, this is known as "Virtual" account numbers (one-time use) that if stolen, won't do the thief any good. This can be either in the form of an online tool you use prior to your purchase, or an applet you download one-time to your computer and use it to generate a new number for you. You



can ask at your bank if they offer this, but you're probably better off checking with their online support (they may not know in the brick and mortar building.) How it works is the applet generates a credit card number for you including the 3 digit security code and an expiration date (usually the end of the current month). The credit card company knows this number was generated for you, and charges your account normally just as if you had entered your real credit card information. The great thing is that it is good for the one purchase, and after that the number is not valid. If you want to make another purchase, you just have another number generated for you. The next month someone else may get that same number to use, but it will have a different security code and expiration date, so the credit card company won't be confused and think this is you.

Because we all have so many sites that require us to have a username and a password, it is easy to just use the same login for all your sites to keep it simple. The problem with this is of course if

(Continued on Page 15)



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**Online Shopping-** (Continued from Page 14)

someone should get your username and password to one site, they now have it to all your sites. Roboform is a great tool that I use many times throughout the day. This inexpensive program (available at [www.roboform.com](http://www.roboform.com)) will store as many user names and passwords as you need, allowing you to create different logins for each site with real hard passwords (because now you don't have to remember them.) If you have a Mac, 1Password is an excellent solution (available at [agilewebsolutions.com](http://agilewebsolutions.com)) A great benefit of Roboform is that IF you are infected with a keystroke logger trojan (a virus that sends all your keystroke information back to the author of the virus), nothing is captured by the virus because Roboform doesn't use the keyboard mode to enter your personal information. All your information is kept securely encrypted using a passphrase only you know. If your computer is ever stolen, no one will be able to see your usernames and passwords because they won't know your master passphrase. Also, it has a password generator that will create passwords that are almost impossible to figure out (the limiting factor is the site and their password policy.)

So don't fear shopping on the Internet, just take basic precautions and you'll be fine.

Next month, news about the upcoming operating system from Microsoft, Windows 7.

**290 Cypress Business Networking Group**

The Cypress Business Networking Group meets every Thursday morning at 7:30 am at Cypress Station Grill on Spring Cypress and Hempstead Highway behind Target. The group is open to all business owners and professionals who want to increase their exposure to the residents of Cypress and the surrounding areas. Job seekers are welcome to attend also.

If you would like more information, please call Ken Parker at 281-384-1562. Visit our new website at [290Cypress.com](http://290Cypress.com).



**Attention Kappa Delta Sisters ...**

The Houston Northwest Kappa Delta Alumnae Association holds meetings the 4th Tuesday of each month at 6:30 p.m. Visit [www.kdhnwaa.com](http://www.kdhnwaa.com) for all the details.

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## Lone Star College - CyFair Perspective

*In an effort to provide you with important information about Lone Star College-CyFair "Perspective" was developed. This column provides the latest information about news and events. Here is a sampling of what's going on:*

### Teens Driver's Education Available this Fall

Fall driver's education courses for teens ages 15 to 18 are available at Mondays through Thursdays at 4 p.m. and 6 p.m. Sept. 8 (Sept. 7 is Labor Day holiday) through Oct. 5 and at 6 p.m. Oct. 12 through Nov. 5 and Nov. 9 through Dec. 7 (except Thanksgiving holiday Nov. 26). The in-classroom (permit) driver's education course covers road rules, road signs, and laws to prepare the teens for the Department of Public Safety's written exam. Other topics are car maintenance, effects of drugs and alcohol, laws and penalties for drinking and driving, emergency situations, basic driving procedures, road rage, and insurance. Parents are responsible for the in-car instruction. Students are required to purchase the Texas Traffic Safety Education Student Manual, which is available at the campus bookstore. Call 281-290-5242 for information.

### "2009 Faculty Art Exhibition" in the Bosque Gallery

Check out the artistic talent of full-time and adjunct art faculty from LSC-CyFair and LSC-Fairbanks Center this fall. This exhibition will be on display Sept. 8 through Sept. 24 in the Bosque Gallery with an opening reception at 4:30 p.m. Sept. 10. Go to [LoneStar.edu/bosquegallery](http://LoneStar.edu/bosquegallery) for gallery hours and information.

### L.I.F.E. Lessons in September

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.) Programs in September include: flavors of Autumn Sept. 2, organ donation Sept. 9, preview of "Crowns" Sept. 16, travel tips Sept. 23 and new features on Cragislist Sept. 30. Call the library at 281-290-3213 for L.I.F.E. program information or go online to [LoneStar.edu](http://LoneStar.edu).

### An Evening of ComedySportz

Enjoy comic improvisation at its best. "It's not stand-up comedy about sports ... it's improv comedy played as a sport!" This free event will be held at 7:30 p.m. Sept. 17 in the Main Stage Theatre. Go to [Lonestar.edu/student-activities](http://Lonestar.edu/student-activities) for information on this or other LSC-CyFair Student Activities events or call 281-290-3270.

### Mark Your Calendars for Fifth Annual Cy-Fest

Lone Star College-CyFair will host the fifth annual community day for all ages in the Cy-Fair community Saturday, Oct. 10. Cy-Fest, the college's gift to the community, is a day of free food, festivities and family fun! There are games, entertainment, face painting, hay rides, moonwalks, a petting zoo and more. To help celebrate the five-year anniversary, Radio Disney will also be on site. For information go online to [LoneStar.edu](http://LoneStar.edu).



*Exciting Events*  
**Hosted By**  
*Cy-fair Republican Women*

Sept. 8 - Come join us at Carraba's Italian Grill on Hwy 6 between Longenbaugh and FM 529 for an informative talk by Melinda Biersdorfer, Harris County Probation Officer. Coffee and social beginning at 10:30 AM, speaker and lunch beginning at 11:00 AM. RSVP on the website cfrw.net or call Mary Moss at 281-550-9415

Oct. 2 - HIGH HEELS AND HIGH TEA - this not-to-be-missed event is a luncheon, fashion show and shopping day all wrapped up into one. Come get to know your local officials and other women in the club. The event will be held at the beautiful Houston National Golf Club in the Stonegate subdivision. See our website for more details - cfrw.net or call Mary Moss at 281-550-9415.



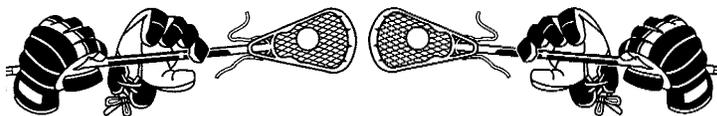
**CY-FAIR IRON MAIDENS LACROSSE CLUB**

The Cy-fair Iron Maidens Lacrosse Club will be holding a free, introductory Lacrosse clinic on Saturday September 12, 2009 for girls entering grades 4 to 12. No equipment required. Just bring yourself, your running shoes, and a parent. Equipment will be available for the participants' use during the clinic.

What is Lacrosse? Lacrosse is a combination of soccer, basketball, and field hockey all in one. It is a fast paced and exciting game to play and to watch.

Why Lacrosse? Lacrosse is a great option for girls looking for a fast paced alternative to the "traditional" women's team sports. Over the past 10 years Lacrosse has been the fastest growing High School sport in the nation. Lacrosse is also the fastest growing NCAA sport with an annual player participation growth rate of 10% for the past 6 years.

*So come and see what all the excitement's about!  
 Maybe you'll win a prize!!! We'll be there, just LAX'n.*



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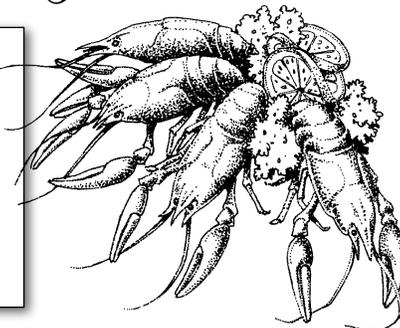
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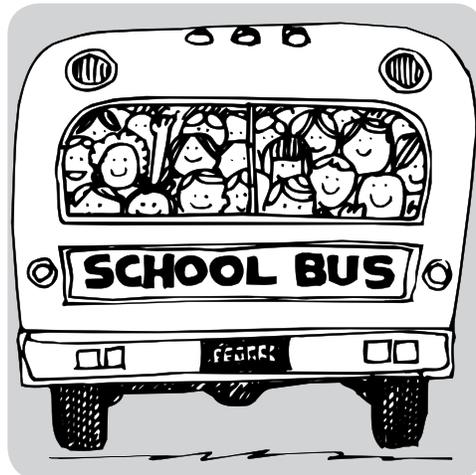
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# It's Not Too Late to Get Organized for the New School Year

*Submitted by Kelly Butcher*

School has just begun and you probably feel like you are drowning in the sea of papers, activities, and homework. As a professional organizer, I work with a lot of busy families who need help setting up routines for handling the abundance of paper from school, the mail, and for getting homework done. I hope to offer a few suggestions about routines to set-up and implement to help you have smooth sailing through this school year.



## SOME GENERAL SYSTEMS TO HAVE IN PLACE INCLUDE:

- Calendar
- Incoming papers
- Homework

A large wall calendar with room enough to write each family member's activities is a must. Display the calendar in a location easily accessed by all family members. If you track your calendar electronically, have a centrally located computer with easy access for all family members. Assign a color to each family member and color-code activities.

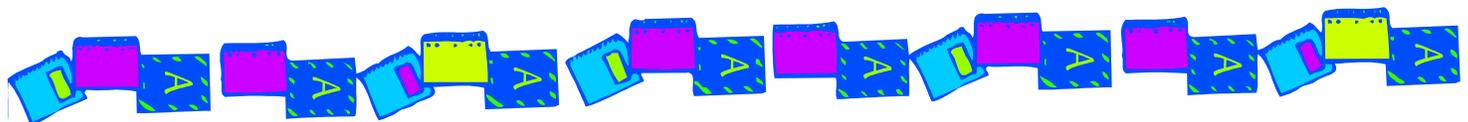
Papers consisting of incoming mail, school papers, both school work and items that require a response, and activity-related items (schedules, release forms, etc) are always an issue. Set up an action file system for handling the incoming paperwork such as a desktop hanging file organizer with files for each child or school. Teach your children to get into the habit of putting important papers or papers requiring a signature in a folder marked with "Mom" or "Dad". After you have signed the paper, either place the paper in a folder

to return to school or have your child put directly into their backpack. Also set up an archival system for the treasured school work that you want to save.

Fitting homework into our busy schedules is often difficult. Designate an area for your children to complete their work. For younger students, the kitchen table is probably where most of the homework is completed, so make sure all of the necessary supplies are available, so there is no excuse not to get started. I recommend using lidded plastic shoe-box size containers to hold markers, crayons, scissors, glue sticks, etc. Label the containers for ease in cleaning up. For older students who may complete their homework at a desk in their bedroom, ensure they have the necessary supplies available as well. A well-lit, clutter-free area away from distractions will help them stay focused on their work.

Establish a set time for homework to be completed. It may not be the same time every afternoon or evening based on after school activities. Look at the week ahead on Sunday evening and map out with your child the time they should complete their homework for each day based on that day's activities and mark it on the calendar. Most importantly, help your child get into the habit of packing their backpack before they go to bed. That way during the morning rush, important papers and items needed for school will not be forgotten at home.

Remember that developing new habits requires consistency and time. Begin setting up and implementing new systems as soon as possible and this school year will be off to a great start!



***Good Shepherd Gift Market***

Saturday, October 10<sup>th</sup> from 9:00am-4:00pm

Good Shepherd UMC, 20155 Cypresswood Dr. in Fairfield (290 & Mason)

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

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Questions? Need more info? Contact Valerie Ward at [val.ward@comcast.net](mailto:val.ward@comcast.net)

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\$451,000--\$499,999	0	1	0	0	1	1	0	0	1	1
\$351,00--\$450,000	2	2	2	1	1	2	2	2	1	2
\$276,000--\$350,000	3	5	7	4	0	3	3	3	2	3
\$231,000--\$275,000	1	2	1	1	1	1	0	0	2	3
\$201,000--\$230,000	3	0	1	0	0	0	1	1	2	1
\$200,000 and below	0	0	0	0	1	0	0	1	0	1
<b>Total</b>	<b>10</b>	<b>10</b>	<b>11</b>	<b>6</b>	<b>4</b>	<b>7</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>12</b>
Highest \$/sq ft	\$118.45	\$108.11	\$94.12	\$92.42	\$118.16	\$101.67	\$99.74	\$100.68	\$112.90	\$133.96

*This information is taken from the Houston Multiple Listing Service*

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