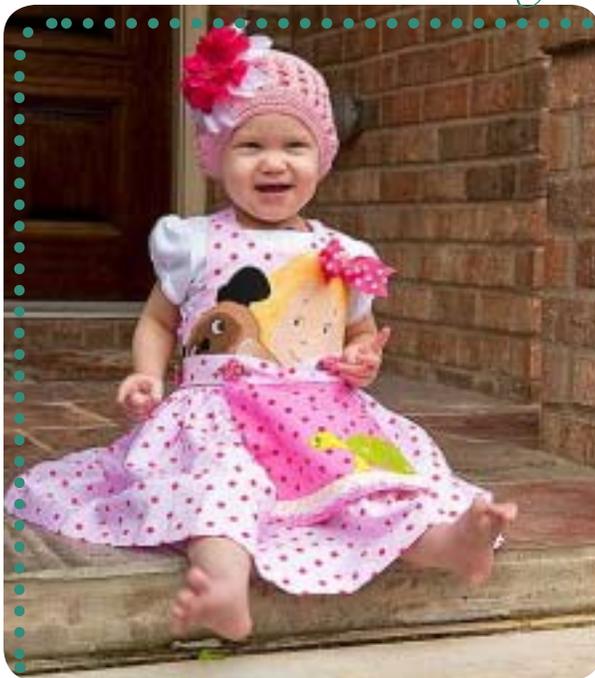


THE TIMES



CYPRESS RANCH KEY CLUB

Looking out for Layla Grace



Layla Grace is a beautiful twenty-two month old girl. On May 7, 2009 Layla was diagnosed with Stage 4 Neuroblastoma, a tumor that develops from nerve tissue, in her kidney. She had a massive tumor in her abdomen that extended from above her left kidney, around her side, over her belly and around her aorta. Her grandmother is a faculty member at Cypress Ranch High School.

When they Cypress Ranch Key Club learned about Layla's illness, they took action. The Key Club held a Lock-In in September and designated funds raised from Macy's "Shop for a Cause" to help Layla Grace.

On September 18, 2009 a Lock-In was held at our school. Students paid \$30 to attend or \$25 and a donation of two new children's books. At the Lock-In students enjoyed activities such as food, friends, karaoke, movies, and video games. Every hour door prizes were awarded, and games such as four square, volleyball, soccer, and twister were played all night long. The Cypress Ranch Key Club raised over \$6,000, and \$4,500 was donated to Layla Grace's medical bills. The other \$1,500 will be split among the Key Club's Lieutenant Governor's and District Governor's Projects.

Macy's "Shop for a Cause" was October 17, 2009. Cypress Ranch Key Club members sold Macy's discount coupons for \$5. The proceeds from coupons sales were also designated for Layla Grace's medical bills. The members raised a total of \$1,100 for Layla Grace selling a total of 220 coupons.

Our total donation towards Layla Grace to date is \$5,600. The total will continue to grow. To learn more about this precious little girl and how you can help, visit www.laylagrace.org.

FOR MORE INFORMATION, PLEASE CONTACT:

Bri Holcombe, Publicity Chairman
sbvchick@hotmail.com

Justin Bradley, Publicity Chairman
Thebradley5@comcast.net

Jennifer Hydes, Faculty Advisor
Cypress Ranch Key Club
Jennifer.hydes@cfisd.net



IMPORTANT NUMBERS

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EMERGENCY911
 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 Center281-477-0830
 Willowbrook Methodist281-477-1000

SCHOOLS

Cy-Fair ISD.....281-897-4000
 Cy-Fair ISD281-897-4000
 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

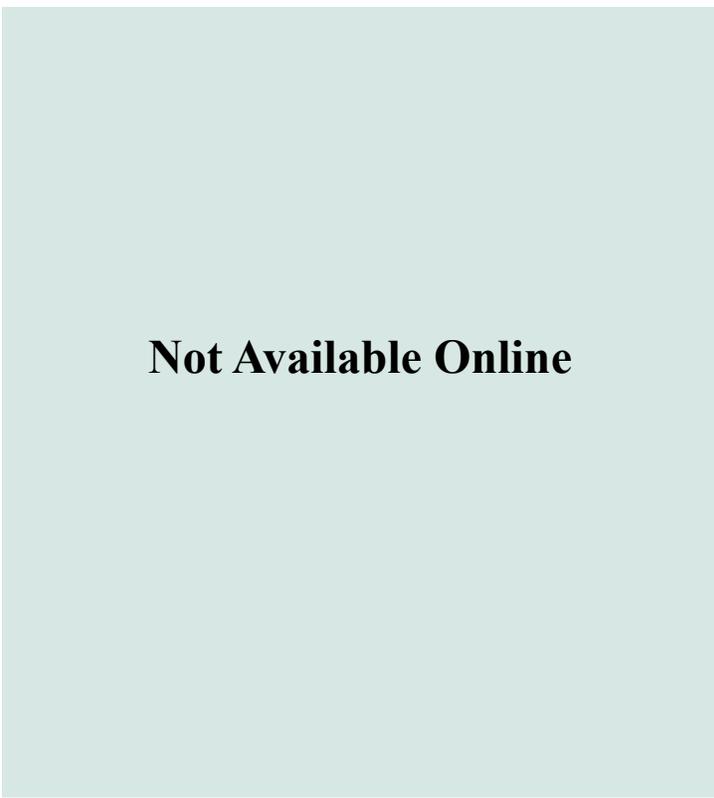
Trash - Republic Waste..... 281-446-2030
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Cy-Fair High School Project Prom 2010
It's Finally Here --- Senior Year 2010

There will be much going on in the lives of our senior students this school year, and two of those exciting events will be Prom and Project Prom, April 30, 2010. Project Prom is a year-long fundraising effort by senior parents for the purpose of providing a fun, drug- and alcohol-free overnight lock-in event for our seniors and their dates after the Prom.

Our next general meeting is Monday, November 23, at 7:00 p.m. in the Cy-Fair High School cafeteria. Take this opportunity to be involved in your senior's BIG NIGHT! There are many ways parents and community members can help. Fundraising and donations are vital to the success of Project Prom. We are a non-profit 501C3 organization. No donation is too small. A list of fundraising opportunities and more detailed information is available on-line at www.cyfairprojectprom.org.

IMPORTANT DATES AND EVENTS:

Meeting Dates: December 21, 2009; January 25, 2010; February 22, 2010; March 22, 2010; April 26, 2010

McDonalds Fundraiser is Nov. 23 at Cypress N. Houston and Huffmeister, from 5 - 8pm. Invite all your friends to come by and eat and McDonalds will donate 20% of the sales to Project Prom. In December we will be collecting receipts from the Cypress N. Houston/Huffmeister

McDonalds all month long.

Vender Rebates- If you have a business and would like to promote it at our general meeting please visit the Cy-Fair Project Prom website to learn how to become a part of our meetings.

Randall's and Kroger's Grocery Store – You can link your Kroger or Randall's card to Cy-Fair Project Prom. For Randall's cards use charity # 3374. You can obtain the barcode for Kroger from the Cy-Fair Project Prom web page.

Upcoming events : Mulch sales- March 6,2010 sales in Stonegate, Barwood, Wortham Prom Dress Boutique- ongoing collection of gently used formal clothes (girls and guys) for sale in early spring 2010; Denim and Diamonds- Dinner/Dance and silent auction happening in Feb 2010 looking for table sponsors and silent auction items; Lollipops & T-shirt sales- ongoing and during CFHS lunches \$10.00 each ; Casseroles To Go – Orders due Jan. 15th

Cy-Fair Project Prom Golf Tournament – Date to be announced And finally Cyfair Projectprom is on Facebook.

Sign up for Facebook to connect with Cyfair Projectprom.

The December general meeting will be Monday, December 21, 2009, at 7:00 p.m. in the Cy-Fair High School cafeteria. Please join us!



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NEW ORGANIZING CYPRESS CHAPTER OF THE

Daughters of the American Revolution

A DAR chapter is forming here in Cypress, Texas. Any woman who is 18 years of age or older may join as long as direct lineage can be proven to a patriot in the American Revolution.

We meet on every third Thursday at the IHOP on 290 near Fry Road from 7 pm - 9 pm. Any ladies who are interested please feel free to contact me. The next meeting is November 19, 2009. Please come out and join us.

Cy-Fair Republican Women Recap Great Year

Cy-Fair Republican Women had a terrific 2009. Our meetings are the second Tuesday of the month at 10:30, usually at Carraba's on Hwy 6 just south of Longenbaugh. Our speakers in 2009 addressed issues that affect our everyday lives. A few examples are TxDot gave us an update on the 290 corridor, the head of the Harris County Juvenile Courts spoke on gang activity, Operation Military Embrace - a group that does outreach for our wounded troops and their families spoke, a local doctor gave a talk on Health Care Reform and a member of the Baker Institute that deals with crime in Mexico and along the border informed the club. In addition the Harris County Tax Assessor/Collector Leo Vasquez spoke and then deputized many in the group as voter registrars. We have held voter registrations at Lone Star College and other locations. Many of our members do volunteer work for various campaigns and have attended district and state conventions. We do our best to be good members of the community and have helped out an elementary school in an economically depressed area by giving dictionaries, Texas and US flags and Constitution Handbooks. This is a fun way to make a difference in our local, state and federal government. For information please see our website at CFRW.net or call Mary Moss at 281-550-9415.



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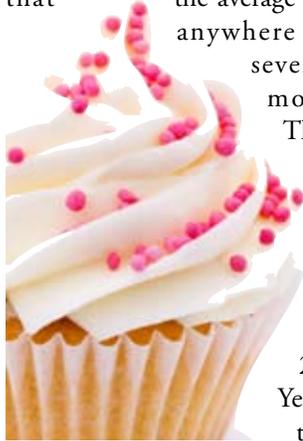
Salons at Stone Gate Tues-Thurs 9AM - 7PM
 11734 Barker Cypress Fri 9AM - 5PM
 (One block south of Hwy 290) Sat 9AM-4PM

20% Off Gift Certificates Available in December!

HAVE A HEALTHY HOLIDAY SEASON

and a Happy New Year!

Immediately after Halloween, people begin to focus on holiday shopping, decorating, baking and parties, parties, parties! Between office parties, happy hours, school functions for the kids, in-store food samples and large family gatherings, it is not surprising that



the average American gains anywhere from two to seven pounds (or more!) between Thanksgiving and New Years!

This year, you don't have to wait until you make your 2010 New Year's resolutions to make some

changes. Here are some helpful tips to help you avoid packing on the pounds this holiday season:

- You don't have to go to every party or dinner!
- Don't show up to a party hungry
- Size up the buffet before you grab a plate
- Decide what you really want to eat ahead of time
- Limit yourself to one trip to the buffet
- Fill your plate three-quarters full with fruits and veggies first
- Limit your alcohol intake
- Don't stand near the buffet table
- Eat with your non-dominant hand
- Chew gum when not eating
- Dance, talk and socialize—it's not all about the food!

The small appetizers typically served at

parties are packed with a lot of calories. Here are some examples of popular party foods, the amount of calories they contain, and how much activity would be needed to burn off those calories:

- Two hot chicken wings with two tablespoons of blue cheese dressing contain 550 calories, and it would take a 150 pound person over two hours of vigorous housework to work off those calories.
- One-half of a cup of mixed nuts contains 400 calories, and it would take a 150 pound person over one-and-a-half hours of walking to burn off those calories.
- One ounce of cheese served with one ounce of crackers contains 225 calories and it would take a 150 pound person almost 45 minutes of fast dancing to burn off those calories.

(Continued on Page 7)

While we can't prevent the flu, together we can slow it down.



What you can do.

- Ask your physician about getting both the seasonal and the H1N1 flu shots
- Wash hands frequently with soap and water
- Sneeze or cough into the crook of your elbow, not your hand
- Use a household disinfectant regularly on doorknobs, appliance handles, remote controls, light switches, phones and other commonly touched surfaces
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Have a Healthy Holiday Season - (Continued from Page 6)

There are some healthier options that you should choose or serve on a buffet line at your next holiday party:

- Boiled shrimp with cocktail sauce
- Bruschetta (tomato appetizer served with small pieces of toasted bread)
- Rather than the standard carrot and celery sticks, try an Asian theme with baby corn, snow peas and red pepper slices served with low-fat sesame or ginger dressing.
- Another option is to replace the standard chips and salsa with a mix of corn, black beans and salsa scooped inside of a bell pepper half.
- For a tasty dessert, make an eggnog flavored dip to serve with fruit, angel food cake or small gingerbread cookies.

In addition to choosing healthier options, try to eat normally throughout the day. Don't try to starve yourself to "save up" calories before a party or dinner. Also, be sure to exercise regularly and get enough sleep. Most importantly, put the emphasis on spending time with family and friends, not on the food!

Thinking of giving cookies, fudge or a box of chocolates as a holiday gift? This year, try to give your family, friends and co-workers a healthier gift, such as a cookbook with quick and healthy recipes, sign them up for a cooking class or fill a recipe box with some of your own healthy recipes. You can also give gifts that encourage outdoor activity. Purchase pedometers, compasses or other gear that will encourage those you care about to be outside and active, they'll thank you later! - **Tarie Beldin**

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Recipe of the Month

Ham Roll-Ups

Ingredients

- Flour tortillas
- 8 oz. Philadelphia cream cheese (softened)
- 1 small can Hormel canned ham
- Picante sauce

Directions

Mix the cream cheese, ham, and picante sauce together. Spread on tortillas and roll up. Refrigerate several hours, then slice.



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



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Jackie Sherrill, Guest Speaker at January NWHC Aggie Mom's Club Meeting

Please join the NWHC Aggie Moms as they welcome, Jackie Sherrill, former head coach and athletic director at Texas A&M University to their January meeting. Jackie Sherrill will be discussing his book, No Experience Required, written by Caleb Pirtle III. This book was written in collaboration with the 12th Man Kickoff Team Foundation comprised of over 80 former players and founded in 2007. Come hear a truly inspirational story in which the 12th Man Kickoff Team brought Texas A&M fans and players together to win 3 consecutive Southwest Conference titles. The 12th Man Kickoff Team Foundation currently works to provide scholarships for students with financial needs and encourages students to follow their dreams.

The Aggie Mom's Club meeting will be held Tuesday, January 12, 2010 at the Houston Distribution Center conveniently located near Willowbrook Mall at the corner of Cutten Road and 7100 High Life Drive. Please come enjoy refreshments provided at 7 pm and learn about valuable information regarding student activities, scholarships, the Aggie Boutique, door prizes, and more. Help support our outstanding Aggie students!

The Aggie Mom's Club is accepting Scholarship Applications for the 2010-2011 school year. Applications must be postmarked no later than Feb. 7, 2010. Last year 8 scholarships totaling \$8,750 were awarded to area students.

For more information, check out our website at www.nwhcaggiemoms.com.

290 Cypress Business Networking Group

The 290 Cypress Business Networking Group meets every Thursday morning at 7:30 am at Cypress Station Grill located at 26010 Hempstead Road. Behind the Target shopping center at 290 and Spring Cypress. 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. There is no cost to attend the meeting. If you would like more information, please call Ken Parker at 281-384-1562 or visit our website at 290Cypress.com

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“Everyone loves to receive gifts. During the Christmas season, we celebrate the most special gift of all—God’s Son, Jesus Christ.” These are the words of Franklin Graham, President of Samaritan’s Purse, an international relief organization. The students of Cypress Christian School chose to share the ‘good news of great joy’ (Luke 2:10) with children around the world through the Operation Christmas Child project sponsored by Samaritan’s Purse.

This year, millions of children will experience Christmas joy when they receive gift-filled shoe boxes and hear the Gospel message through Christian literature and follow-up discipleship programs.

Over the course of several weeks, CCS students took time out of their busy classroom schedules to write letters, fill shoe boxes with gifts, and wrap them in preparation for shipping to needy children across the globe. “This has been a wonderful example to teach our children the gift of giving to those less fortunate,” said Elementary Principal Donna Stumbaugh. “Several teachers commented on the great discussions about giving to others that their classes entertained as a result of participation in the project.”



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CHRISTMAS EVE WORSHIP SERVICES

- 1:00 p.m. Family Service
- 2:30 p.m. Family Service
- 4:00 p.m. Communion Service with Praise Team
- 5:30 p.m. Candlelighting & Communion Service with Chancel Choir
- 7:00 p.m. Candlelighting & Communion Service with Chancel Choir
- 11:00 p.m. Acoustic Service

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Cypress Cares



*Our troops need and deserve our support;
get involved today!*

Cypress Cares would like to announce the dates that we will be boxing up our care packages for the year. All boxing events will be held at the Cole's Crossing Community Center, located at 13050 Barker Cypress Road at Jarvis Road. Several of our packing days this year are specifically at times when Cy Fair ISD is not in session so that our students will have an opportunity to be involved as well. The dates are as follows:

December 28, 1:00

Christmas Break Service Project for Cy Fair Students

Cypress Cares has received more thank you notes from the troops who have received packages. Visit our website, www.cypress-cares.org to view the troop responses, as well as more current information about upcoming events, donation ideas and more.



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Lone Star College - *CyFair Perspective*

HOLIDAY PERFORMANCES ON STAGE

This holiday in the Main Stage Theatre are "A Taffeta Christmas" set Dec. 3 through Dec. 13 and the free String Orchestra concert "Collage" set Dec. 7. For tickets and information call 281-290-5201 or go to LoneStar.edu/boxoffice.

L.I.F.E. LESSONS IN DECEMBER

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 December include: learning about the Texas Rangers Dec. 2, tips for permanent weight loss, Dec. 9 and creating a holiday wreath Dec. 16. Programs will resume Jan. 13, 2010. Call the library at 281-290-3213 for L.I.F.E. program information or go online to LoneStar.edu.

HOLIDAY HAPPENING WITH A.L.L.

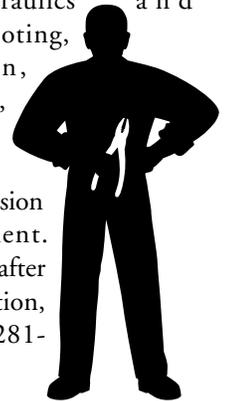
Celebrate the season with music, food and friends at the Dec. 10 Holiday Happening with LSC-CyFair's Academy for Lifelong Learning (A.L.L.) This event will be held at 4:30 p.m. – 6:30 p.m. at Heritage Lodge at Towne Lake. A.L.L. is designed for adults age 50 and better. For information, send an e-mail to LSCCFCE@lonestar.edu or call 281-290-3460.

REGISTER NOW FOR MINI-MESTER AND SPRING SEMESTER CLASSES

Catch up or get ahead this holiday season! Take a mini-mester course in December or register early for spring. Mini-mester classes begin Dec. 14. Spring semester classes begin Jan. 19, 2010. For information, call 281-290-3200 or 832-782-5000 or go online to LoneStar.edu.

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FOOD AND ENVIRONMENTAL ALLERGIES

Pose Threat to Children

Baylor College of Medicine

When introducing your newborn to new foods, be sure to look out for signs of food allergies, said an expert at Baylor College of Medicine.

“Food allergies can occur in babies as young as six months old,” said Dr. Carla Davis, assistant professor of pediatrics - allergy and immunology at BCM.

There are eight foods that cause 90 percent of allergies in kids, said Davis. These include: cow’s milk, egg, soy beans, wheat, tree nuts, peanuts, fish and shellfish.

Davis, who sees patients at Texas Children’s Hospital, emphasizes the importance of introducing one food at a time to infants, so it is easier to recognize if an infant is having an allergic reaction to a specific food.

“Wait one or two days between foods,” said Davis.

Signs of a reaction include allergic skin conditions such as eczema and hives. Davis recommends consulting with a pediatrician to conduct allergy tests if these symptoms are present. Allergies can be detected through skin tests or blood tests. If there are allergies present, it’s a good idea to consult with a pediatric allergist, said Davis.

Although food allergies can be detected early, environmental allergies do not usually occur until after two years of age, said Davis.

“A child’s immune system needs to be exposed to the environmental allergen for at least two seasons before an allergic reaction occurs,” said Davis.

Environmental allergies can also be detected through blood tests or skin tests. Common allergies include grass, weeds, tree, mold, cockroaches, cats, dogs, feathers and dust mites. Tree allergies occur in the spring, grass allergies are most common in the summer and weed allergies are present in the fall.

Treatment for both food and environmental allergies includes medication and avoiding the allergen. For older children, allergy shots are an option.

Ignoring food allergies can be dangerous to a child, said Davis.

“It can lead to anaphylaxis, a severe reaction that can even lead to death,” said Davis.

Although anaphylaxis is less common in environmental allergies, Davis emphasizes the importance of treating a child’s allergies and minimizing their exposure to the allergen.



Christmas Eve Service
Rejoice in the glow of His light this Christmas

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Rosehill Christian School
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Terra Verde Community Church
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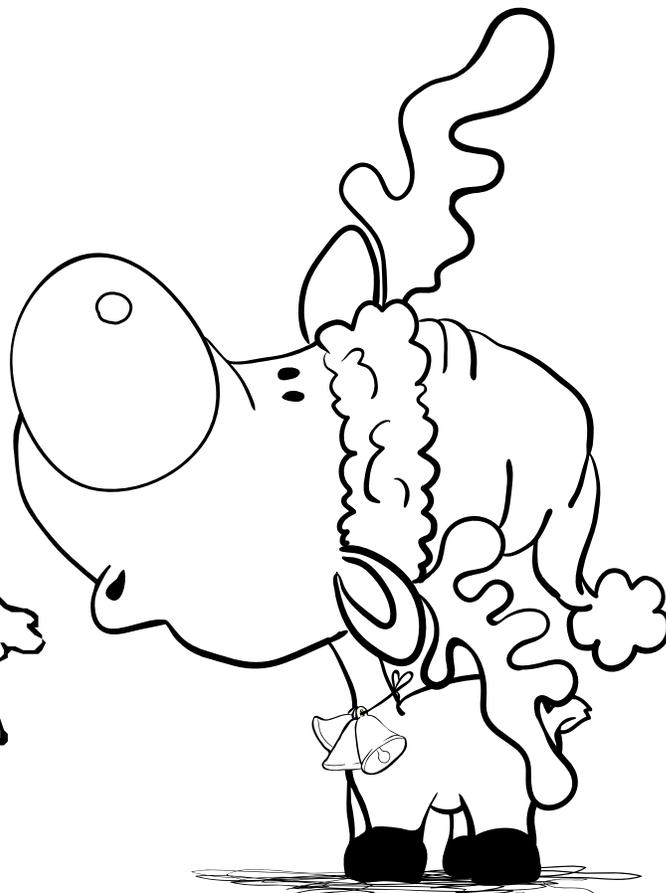
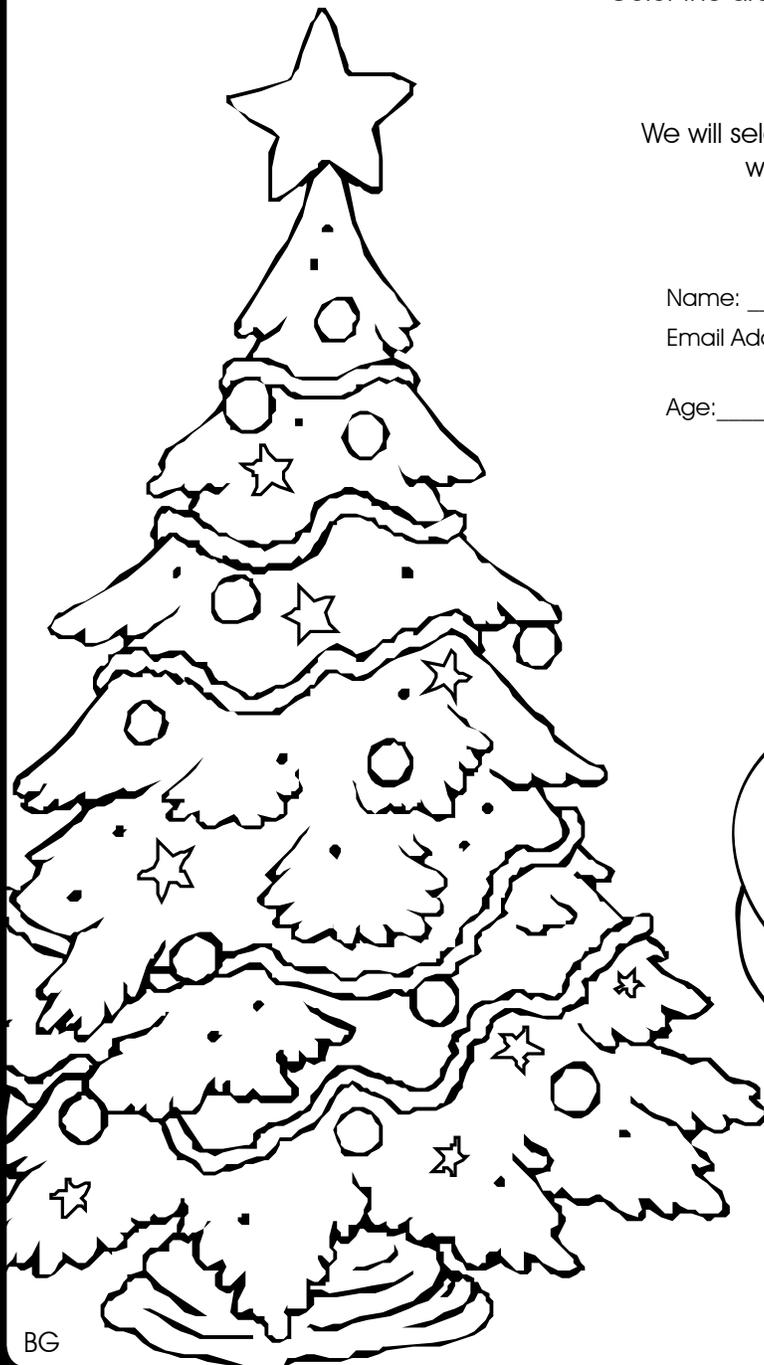
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Age: _____ [This information will only be used to notify you
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BG

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.

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

*Solution at www.PEELinc.com

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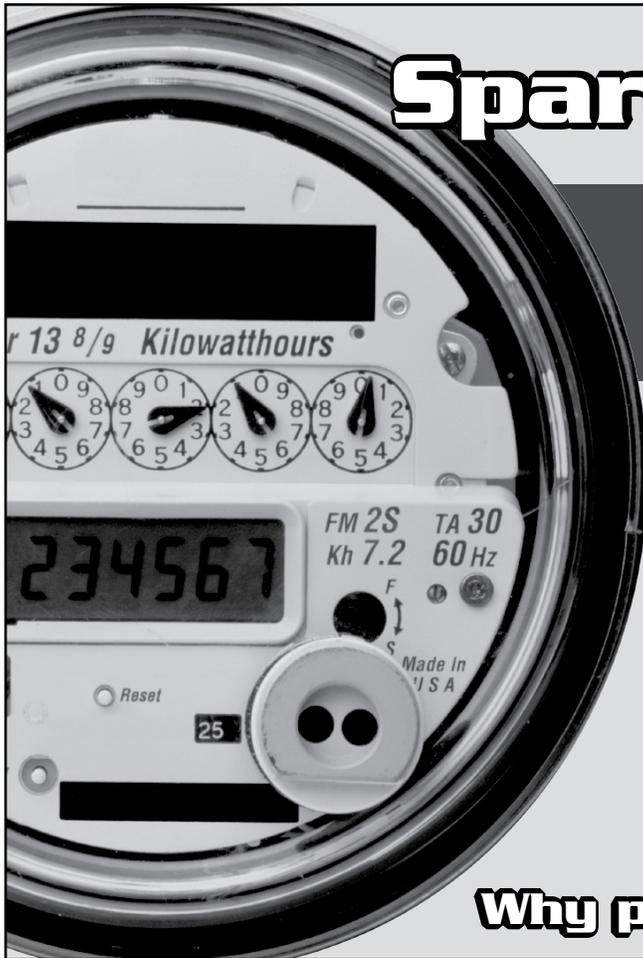
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Bridgeland Year-to-Date Sales Report

	Jan '09	Feb '09	Mar '09	Apr '09	May '09	June '09	July '09	Aug '09	Sept '09	Oct '09
\$500,000 and above	0	0	0	0	0	0	1	0	0	2
\$451,000--\$499,999	0	1	1	0	0	1	1	4	0	0
\$351,000--\$450,000	1	1	2	2	2	1	2	1	5	1
\$276,000--\$350,000	4	0	3	3	3	2	3	5	1	1
\$231,000--\$275,000	1	1	1	0	0	2	3	0	2	2
\$201,000--\$230,000	0	0	0	1	1	2	1	1	3	0
\$200,000 and below	0	1	0	0	1	0	1	1	1	1
Total	6	4	7	6	7	8	12	12	12	7
Highest \$/sq ft	\$92.42	\$118.16	\$101.67	\$99.74	\$100.68	\$112.90	\$133.96	\$127.56	\$118.25	\$115.21

This information is taken from the Houston Multiple Listing Service

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