

CYPRESS MILL MESSENGER

Volume 6, Issue 2

Official Newsletter

Cypress Mill Ladies Association

Cypress Mill Ladies want to thank Dennis Bryant for having us all over and teaching us to play coupon poker. We had such a wonderful time learning how to read the secret codes on coupons. The hoagies and chips really added to the atmosphere.

The next meeting will be at Virginia Balducci's house it is a planning meeting where we bring up new ideas for what we can do over the year and elect new officers. We meet every third Sunday of the month from 2pm till 4pm. Please come and join us we would love to have you. Contact Jennifer Klawinski (281) 381-2987 for directions and with any questions you might have.

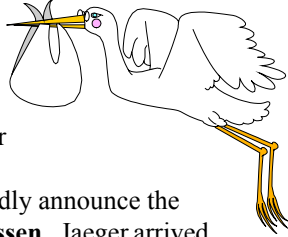
The Cypress Mill Ladies annual progressive dinner is March 25 at 6:30 pm. This is the one time where we bring our significant others along with us. We are starting at Liz Campbell's house with appetizers. Laura Rucker has opened her home this year for the main course and we will be ending the evening at Tovar Holmes house with dessert. This is so much fun and everyone is welcome so come out and join us.

Stork Report

Congratulations to **Darren and Carol Marchi** on the birth of their daughter, **Gabriella Sofia Marchi**, on January 5, 2006. She was born at 5:25 p.m. weighing 8 lbs. and 19 1/4 inches long. She was welcomed home by big brother **Brant** (3 1/2 yrs.).

Charlene & Soren Rasmussen proudly announce the birth of their son, **Jaeger Caleb Rasmussen**. Jaeger arrived on November 7, 2005, at 7:47 a.m., weighing 6 lbs 14 ozs, and was 18 3/4 inches long; he was eagerly welcomed by big sister, Journey.

Are you or your neighbor expecting a baby? We will announce the baby's arrival in the monthly newsletter. If you are interested in having your baby's picture in the newsletter, please email it to cypressmillmessenger@yahoo.com or you can leave a picture with Gisel at the recreation center and we will scan it in and make arrangements for pick up at the recreation center during Gisel's scheduled hours. The storks are available to check out at the Recreation Center; you will need to make arrangements to pick up and return. Due to the size of the storks, a truck will be necessary for transport. Please do not feel obligated to use the stork. Contact Gisel, at 281-213-3174 or email cypressmillmessenger@yahoo.com for announcements. Rec center hours are Mon, Wed, Fri 1-6, Sat 11-5.



Keenagers Planned Activities

Cypress Mill Over 50 Group

Feb 18, Sat. bus trip to Schulenburg, Painted Churches. The bus will leave the activity center on Mills Pk Ln at **8AM**. Please note the change of time. There is a charge of \$9 a person to see the four historic churches. We will have a tour guide from the Chamber of Commerce. Lunch at Oakridge Smokehouse Restaurant. I will need your reservation ASAP.

Feb 24th, Fri. evening 7 PM we will have our first Garden Club planning meeting. The meeting will be held at the activity center and we will discuss what we might want to do in our gardens at this time of the year. Let us know what you would like to do with this group. Bring your thoughts and if you've been in other garden clubs let us hear what you have done previously.

March 3, Fri. we will have another bus trip. We are still working on a play and dinner. More information will follow.

Our planning group had a meeting to discuss the dates and plans for April/May/June. We chose all Saturdays so our members that work would be able to attend

April 8th we will be taking a bus trip to San Marcos Outlet Center. We will leave the activity center at 8AM

May 6th – bus trip to Kema

June 3rd – bus trip to Cleveland Hilltop Herb Farm - more than 2,000 varieties or herbs from all over the world. Then on to Alabama - Coushatta Indian Reservation. Home of the Coushatta Indians, part of Southern forest tribes, dense wooded area know as Big Thicket.

Please contact Carolyn Hoffmann with your ideas and reservations for our trips: carolwatec@sbcglobal.net or 281-256-3480.

*Happy Valentine's
Day* ♥

CYPRESS MILL

Cypress Mill Contacts

Block Captain Committee

Susan White susan__white@sbcglobal.net, 281-373-5084

Cypress Mill Ladies Association

Laura Graff..... 281-373-9192

Newsletter Committee

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Gisel, HOA cypressmill@sbcglobal.net, 281-213-3174

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Chris Gilbert... christophermgilbert@yahoo.com, 281-373-0260

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

Secretary

Amy Merrill user972216@aol.com, 281-256-6449

Treasurer

Chris Forrest..... forrest_hoa@yahoo.com, 832-236-1298

Director

Emergency Numbers

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

Other Important Numbers

ACC Changes/Questions - VanMor Properties

Cy-Fair High School.....281-897-4600

Cypress Lakes Golf Club.....281-304-8515

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

24 Hour Emergency713-983-3604

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

Entex Gas.....713-659-2111

Entex Gas-Emergency Gas Leaks.....713-659-3552

Goodson Middle School281-373-2350

Houston Lighting and Power713-207-7777 or 800-332-7143

Irrigation Leaks/Common Area Repairs - VanMor Properties

Newsletter Publisher

Peel, Inc..... advertising@PEELinc.com, 512-989-8905

Adv./Kelly Peel, Sales Managerkelly@PEELinc.com, 512-989-8905

Adv./Kim Moore, Sales Rep... kim@PEELinc.com, 281-373-3807

Poison Control Center.....800-764-7661

Reliant Energy "On Call" System.....800-669-8344

Robison Elementary.....281-213-1700

Southwestern Bell.....800-246-8464

Street Light Outages713-207-2222

Texas Environmental Waste.....281-368-8397

Time Warner Cable713-462-9000

VanMor Properties – Susan Vandagriff.....281-493-0668

Newsletter Deadline

The deadline for the newsletters is the 10th of each month.

Please hand deliver articles to:

Amy Merrill

281-256-6449 or e-mail Cypressmillmessenger@yahoo.com

(please save electronic files in Word format)

Cypress Mill HOA, Inc. Who To Call List

Aqua Services – Cypress Hill MUD#1 713-988-3602

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

Park 5 Playground; repairs, irrigation leaks

Walking Paths: repairs, irrigation leaks

Individual water meter: leaks, repair and maintenance

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

VanMor Properties – Cypress Mill HOA, Inc. 281-493-0668

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

Deed Restrictions

Architectural Control Applications/Approvals

Recycling Program

Cypress Mill Administrative Assistant – Gisel 281-213-3174

Recreation Center Concerns

Activity Room Rentals

Yard of the Month

Fitness Center

Community Directory

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.

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281-256-6190

Kids are always welcome!

CYPRESS MILL

Cypress Hill M.U.D. #1 Constable Patrol Statistics

For the areas of Cypress Mill, Sydney Harbor, Cypress Ridge,
Walmart and Cypress Mill Commercial Center

Tickets	102
Burglary of Habitation	0
Burglary of Motor Vehicle	4
Theft from Habitation	2
Theft of Motor Vehicle	1
Robbery	0
Assault	0
Criminal Mischief	0
Disturbance - Family	5
Disturbance - Juvenile	3

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Cy Fair High School Band's Annual Dinner, Raffle and Auction

The Cy Fair High School Band Boosters will be holding their annual dinner, raffle and auction on Friday March 31, 2006 at Cy Fair College. This annual event offers something for everyone. There will be performances by the four Cy Fair bands, Symphonic, Concert I, Concert II, Varsity, and the Color Guard. Dinner will be available, along with a silent auction with a wide variety of items donated by local vendors and parents. There will be games for the kids and a live auction featuring donated items, gift baskets and cakes.

Look out for the many band students in mid March that will be selling raffle tickets at various locations in Cypress and in your neighborhood. The raffle drawing will be held at the auction. There will be great prizes offered.

This annual fundraising event is more important than ever to the school band program as state and district funds continue to decrease.

Please come support these talented high school musicians and enjoy a great family night with wonderful music. Admission is free.

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281/373-1191

281/373-1232 (Fax)

Kindred Hospital Houston Northwest Offers FREE Support Groups and Diabetes Classes to the Community

Free Better Breathers Support Group meets the 4th Wednesday of each month at 10:30 am – 11:30 am in the hospital cafeteria. Better Breathers is a support group for individuals who suffer from chronic lung disease.

Free Diabetes Support Group meets the 1st Tuesday of each month from 6:30 pm – 7:30 pm in the hospital cafeteria led by Sylvia Kircher, RN, CDE, CPT.

Free Diabetes Teaching Classes

These 3 classes will be given on the following Saturdays: Jan. 14, Feb. 11, March 11, April 8, May 6, June 3, July 15, August 12, September 9.

These classes will be repeated on a monthly basis, which allows you to take classes when it is convenient for you. All classes led by Sylvia Kircher, RN, CDE, CPT

8:30 am – 10:30 am Introduction to Insulin Pumps

10:30 am – 12:30 pm Basics of Carb Counting

1:30 pm – 3:30 pm Getting the most out of your insulin pump

For more information or to RSVP please contact Tere Kelly @ 281-517-1008. Kindred Hospital Houston Northwest is located at 11297 Fallbrook Dr.

Rachael's Valentine's Day Headquarters



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15040 Fairfield Village Drive, Suite 100

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.

	Jul 05	Aug 05	Sept 05	Oct 05	Nov 05	Dec 05
\$200,000 Above	0	1	0	0	0	0
\$180,000-199,999	0	0	1	0	0	0
\$150,000-179,999	1	1	2	2	1	2
\$120,000-149,999	8	9	3	4	5	6
\$100,000-119,999	0	0	0	1	0	0
\$100,000 Below	0	0	0	0	0	0
TOTAL	9	11	6	7	6	8
Highest \$/Sq Ft	73.50	77.07	74.35	75.41	75.87	70.30

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

#1 Selling Agent In Cypress Mill 2001-2004

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*Ranked by the Houston Business Journal 3/2005

CYPRESS MILL

MOMS Club of Cypress-North

Are you an at-home mom (either full- or part-time) looking for some fun activities for your kids, interesting activities for yourself, or just some good adult conversation? If you live in the 77429 zip code, why not try out MOMS Club of Cypress-North!

MOMS (Moms Offering Moms Support) Club is a national, non-profit organization that gives at-home mothers the opportunity to share activities and discussions with other mothers and their children. Upcoming activities include outings, playgroups and MOM'S Night Out, as well as scrapbooking, craft days, a cooking group and monthly mixers where moms get to chat while the kids play. And best of all, the activities and meetings are held during the day, when at-home mothers need support and interaction with others. We also perform service projects throughout the year to help needy children and organizations in the community.

Most of the club activities are held in Cypress. You can choose the activities that interest you and that are convenient to your schedule. Meetings are held on the 2nd Tuesday of each month at 10:00 a.m.

If you are interested, please come to our next meeting on **March 14th** at 10 a.m. Please call Gina Garnett, Membership VP, at 281-256-3995 (gkgarnett@sbcglobal.net) or Anabel Lenox, President, at 281-373-3252 (aleno@houston.rr.com) for location, directions, or any questions. We are happily welcoming new moms at each meeting.

Hope to see you there!



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Let Us Entertain You!

On Saturday, March 25, Cypress Community Christian School will host a night of fun, fellowship, great food and fun-filled entertainment for the adults in the family. Don't miss this opportunity to enjoy a night out with your spouse or friends to enjoy a wonderful buffet dinner with a scrumptious dessert, bid on creative silent and live auction items and enjoy the delightful entertainment planned for the evening! This Spring Benefit will be held at Wyndhaven Terrace on 12716 Cutten Road on Saturday, March 25 at 6:00 p.m. The cost is \$20 per person if reservations are made by March 17. Seating is limited so please contact Carol Crawford at 281-664-0211 or ccrawford@cccs-hou.org to reserve seats for this fun night.

For a sneak peak at the auction items available, please visit the school web site at www.cccs-hou.org. Cypress Community Christian School is a K-12 accredited school located at 11123 Cypress N. Houston Rd. at Jones Rd.

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.

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Fairfield Baptist Church

Jazzercise This new year, connect back to fitness and come to our new Jazzercise classes! Most people are looking for fitness program this time of year as part of their New Year's resolution. We just made it easier by bringing Jazzercise to you! We will be hosting an open house on Tuesday, January 31st. We will have food, fun and prizes so come early. Try a class for FREE! Classes will be held on Tuesday and Thursday evenings at 6:30 p.m. and on Saturday mornings at 9:15 a.m. Classes will be located in the youth room located in the new building. Morning classes are available during the week at an alternate facility. For more information, please call Kristine Lewis at (281) 855-8895.

God's Little Angels MDO is a two-day a week preschool program. Our learning and social activities are based on God's Word in a Christian environment which allows the children a well-rounded fun experience to learning. We offer Tuesday and Thursday classes from 9 am to 2 pm, August through May. Each month our crafts, learning activities, Bible stories, music, interactive reading time and open classroom playtime is coordinated with specific themes and units. The Mother's Day Out program is designed to encourage children to know that learning and socializing can be exciting and fun away from the familiar surroundings of home.

Fall registration for 2006 will be open to the public beginning Tuesday, February 7. The MDO office will be open on Monday, Feb 6 between 10 am and 2 pm for tours/questions. For information about enrolling your child, contact Jenny Cunningham at 281-373-5446 or jenny.cunningham@fairfieldbaptist.com.

Ladies Retreat, February 3-4. "Lei Down All Your Troubles" and join us at the NW Forest Retreat Center. Special guest speaker is Paige

Henderson. Ladies Bible Studies meet on Tuesday and Thursday nights at 7 pm and Wednesday morning at 9:30 am. Check the website for current study information.

AWANA teaches kids that God is real, that He loves them, and that He has proven His love through Jesus! Kids also learn how God can help them in their everyday life. AWANA meets each Sunday from 5:00-6:45 pm. It is not too late to join! The AWANA program encompasses children from age 3 through High School. Call 281-373-5446 for more information or check our website at www.fairfieldbaptist.com.

Student Ministry: Half Time happens every Wednesday night from 6:45-8:00 p.m. Hang Time follows Half Time. Hang Time for Middle School is on campus in the Education Building from 8:00-8:45 p.m. Hang Time for High School is at Wendy's, Chik-Fil-A, or Taco Bell from 8:00-9:00 p.m. The first Wednesday of every month Half Time is at Gambino's, for both Middle School and High School, from 6:45-9:00 p.m. Sunday morning Connection Groups meet at 9:45 a.m. in the Education Building. Free Shipping is our Sunday night event that is geared toward the core students who desire to worship through service.

"BigStuf" registration for summer camp will begin this month. A \$50 deposit is required to make a student reservation! BigStuf dates are July 20-24, 2006. Total cost is \$350.

Services: Fairfield Baptist Church has **Worship Services** and Bible Study for all ages at 9:45 and 11:00 am. **Kidstuf Live**, family worship meets Sunday at 9:00 am. Our Adult Small Groups meet Sunday morning and off-campus throughout the week. Call for times and locations. Join us for Adult Bible study or Adult Celebration Choir each Wednesday at 6:45 pm.

At Community of Faith, we put family first.

Don't miss Pastor Mark Shook's marriage series
on the first Sunday of every month this year.

- February's Message -

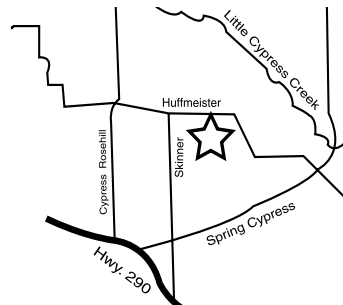
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CYPRESS MILL

Good Shepherd United Methodist Church

Good Shepherd Cares About Marriages:

A sermon series on building a strong and happy marriage began January 22 and will continue at all services on Sunday mornings through February 19th. That's not all, the sermon series will be followed by a 14 - 16 week small group program called, "Intimate Encounters - Discovering the Secrets of a Really Great Marriage" Further information about when the groups will meet and what is involved, please call Bill Haygood at 281-373-2273 or email to bhaygood@sbcglobal.net. Even though the Sunday series has already begun, it is not too late to join in! The series will focus on building a lasting marriage with Spiritual, emotional and physical intimacy. The program is open to everyone so please join us and let others know about this great opportunity to grow closer to your spouse and to God.

Lent is Here!! We are preparing to enter the season of Lent, the 40 days prior to Easter Sunday, and we will celebrate with our traditional Shrove Tuesday Pancake Supper on Tuesday evening February 28th serving from 5:30 to 7:00 pm. The following day we will observe Ash Wednesday, (March 1st) with a service at 7:00 pm.

SERVICE AND MISSION: We have active Youth, Women and Men's ministries as well as a Missions Committee who supports needs local and abroad. With the help of our community, we collected an entire trailer of food and clothing for the homeless in December. Get your youth involved in the mission trips our youth will be taking this summer. Senior High students can participate in UM Army, an annual camp that provides youth the opportunity to help repair the homes of people in need this July. Junior High students are set to go to JUMMP, which is a less intense version of UM Arm in early June. Registration for all three started in January so contact Jeff Dunbar at the church office for more information on how you can get involved. Adults

– are needed to serve and a mission trip for you is on the drawing boards. Watch for details.

WORSHIP: We meet in 5 very different and special services each week. On Saturday evening at 6:00 we have an informal "coffee house" and worship gathering we call Common Grounds. A great opportunity to meet and worship actively includes music and drama. On Sunday three services – two traditional services, one at 8:30 featuring weekly communion and the second at 9:45. These feature the time-honored music and liturgy that we continue to cherish today. Our Contemporary Praise service is held at 11:00 featuring a time of community praise and contemporary Christian music. Fuel your week on Wednesday evenings at the 7:00 Deep Community worship that encourages us to really explore our faith walk. These services offer a place for all – find one that is your style and join in. God wants to meet with you!

March Women's Retreat: The Women of the Word (WOW) Retreat will be held on March 25/26 at Kaiserhoff Center in Tomball, TX. The cost for the weekend is \$110 and will feature Donna Nalley as our speaker. Please drop by the church for a registration form with all the details. Spaces are limited and your forms and fees are due by March 1st. All women are invited to attend this wonderful weekend.

Methodist Men: Want to get involved with other men in service and fun. Be at church for a pancake breakfast the first Saturday of the month at 8:00 to learn more. This is a great meal, and you will get the information you need on upcoming activities.

Come join GSUMC and begin the journey. Good Shepherd is located on Cypresswood, two blocks east of Mason Rd. The church family looks forward to meeting you and your family. Call 281 373-CARE (2273) or check our web site at www.cypressgs.net for more information.

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Dr. Michelle Stern, DPM

Member, American Academy of Podiatric Sports Medicine

Dr. Amy Walsh, DPM

Diplomate, American Board of Podiatric Surgery
Board Certified in Foot Surgery



Tarsal Tunnel Syndrome

By now, most everyone has heard of Carpal Tunnel Syndrome. A similar phenomenon, Tarsal Tunnel Syndrome, may occur in the foot, when the nerves at the side of the ankle become entrapped. The symptoms are burning and/or tingling in the bottom of the foot. The discomfort can occur anywhere on the bottom of the foot, including the heel and toes. If diagnosed early enough, TTS may be treated nonsurgically.



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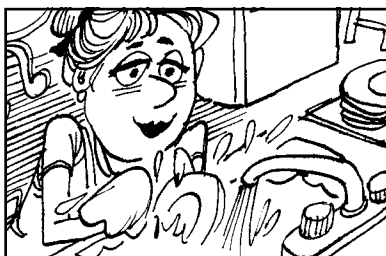
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Business Classifieds

HANDYMAN: Retired & Small jobs are my specialty. Fences, painting - exterior/interior, siding, exterior mold removal, etc. NO job is too small. Satisfaction guaranteed. References available. Call Jack @ 281-744-8636. Leave a message, All calls returned. Reasonable rates on all work.

HELP WANTED: Kids R Kids-Fairfield is looking for caring and qualified teachers to fill our full-time and part-time positions. A part time (morning - 6am-12pm or 11am-7pm) Assistant Director position is also available. For more information, please call 281/304-5437.

THE ERRAND MAN: Allow a Retired Cypress Grandfather to run those daily errands you can't seem to get to. Services include: dry cleaning, grocery shopping, prescriptions, vehicle inspection/servicing, meet your repairman/cableman, pet care (vet, feeding, walking), etc. Call Jack at 832-758-0949.



The average American household uses about 110,000 gallons of water a year.

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 512-989-8905, advertising@PEELinc.com or our Sales Rep, Kim Moore at 281-373-3807, kim@PEELinc.com.



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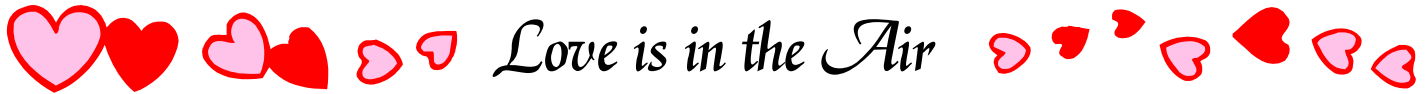
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Words listed on page 13

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Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

Eat Well to Stay Motivated and Energized

Do you have trouble exercising at noon or after work even though you're truly committed to exercise and it's the only time you have to work out?

Do you feel so exhausted that you just can't face the gym?

Your diet - rather than simple sloth - may be the problem.

If you tend to skip meals in an attempt to save calories, you may be robbing yourself of important fuel for your workout. While skipping meals may temporarily make your stomach feel flatter, doing so can also leave you feeling tired, irritable and unfocused.

Then you'll be tempted to forego your noontime workout, or go home, eat and stretch out on the couch in front of the TV after work.

If, however, you follow some simple, sensible dietary practices throughout your day, you'll get that workout done. And rather than feeling lightheaded and exhausted afterward, you'll be energized and refreshed.

Stay with feel-good foods

One key to staying motivated to exercise is to keep the amount of sugar in your blood - and thus, your energy level - stable. You can best do that by eating a series of small meals throughout the day - as many as five or six - that are composed of complex carbohydrates such as whole grain breads, beans and other vegetables, whole grain crackers and fruit.

If you plan ahead and make time for grocery shopping, you can easily pack some simple meals and snacks to take to work with you.

Eating complex carbohydrates helps keep your blood sugar stable because they are digested and absorbed slowly into the blood and don't require your pancreas to produce much insulin.

Refined carbohydrates, such as potato chips, doughnuts and cookies, are absorbed very quickly and trigger the pancreas to produce large amounts of insulin. So, while

they may give you an initial boost, your energy will drop off quickly, and your mood will follow.

The amount of sugar in your blood is also related to the amount of serotonin in your brain. Serotonin is an important chemical called a neurotransmitter that helps to regulate mood.

If your level of serotonin is where it should be, you'll have a sense of well-being and confidence - and feel ready to tackle the treadmill. Should it drop, you may feel tired and depressed.

If you often experience a craving for carbs, this may be your brain's way of telling you it needs more serotonin.

Cut the caffeine

What about caffeine? Good question. Many athletes rely on caffeine for the initial kick it can provide.

Remember, though, that caffeine can also affect the amount of insulin, and thus, sugar, in your blood. Further, it can cause dehydration, which can also sap your energy.

While drinking a caffeinated beverage may help get you to the gym, within an hour you may feel tired and too lightheaded to complete your workout, or to do it well.

If you plan to engage in running or other highly vigorous activity, remember that some

You'll keep your motivation to exercise if you:

- Have a glass of juice to boost your energy before a morning workout.
- Eat a breakfast that includes whole grains and fruit or fruit juice.
- Eat small, frequent small meals and snacks during the day to maintain your blood sugar.
- Make sure to have a light, healthy snack an hour before your noon or after-work workout.
- Stay hydrated, keeping a water bottle at your desk at work.
- Limit - or eliminate - the amount of caffeine in your diet.

(Continued on Page 15)



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Fit Facts - (Continued from Page 14)

forms of caffeine, coffee in particular, can lead to mild gastronomical distress, as can some bulky foods.

So, you'd be wise to limit the amount of coffee, tea and soda that you drink for a number of reasons.

Suppose you're an early bird, and your best time to work out is in the morning before you go to work. For quick energy, drink some juice upon rising and avoid coffee.

Once you've completed your workout, have a more solid breakfast of whole-wheat cereal or toast and fruit to fuel your concentration for the morning's work. If you work out and eat too lightly, chances are you'll get "the drowsies" by 2 p.m., if not sooner.

Keep in mind that finding the right combination of food and drink to energize your workout - whatever time of day you choose - may take some experimenting. It all depends upon your individual tastes and your metabolism.

With a little patience, an open mind and a little creativity, you'll determine which foods suit you best.



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The following Cypress Mill Students are interested in helping you with babysitting (B), pet walking or care (P), vehicle washing (VW), or doing yard work (Y) for extra money.

Teenage Job Seekers
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A colorful advertisement for "Jumpers" birthday party headquarters. The background is yellow with a pattern of colorful streamers and confetti. At the top, the word "JUMPERS" is written in large, stylized, multi-colored letters. Below it, the text "Your Birthday Party Headquarters!" is written in a blue, bubbly font. The address "10750 Barker Cypress Rd. Cypress, TX 77433 - 1 mile south of Hwy290" and phone number "281-256-2500" are listed. A website "www.jumpparty.net" is also provided. There are three main images: a pineapple-shaped inflatable structure, a Batman-themed inflatable structure, and a large slide. A "GRAND OPENING" starburst is in the top right. A "Fun for kids of all ages!" starburst is in the middle right. A "Private Party Rooms Available Special Package!" starburst is in the bottom right. Three promotional boxes are at the bottom: a red box for a \$219 Grand Opening Special for up to 25 kids, a white box for open bounce times from Monday to Friday, and a blue box for a Thursday Family Night with pizza and drinks.

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Thursdays: Family Night
6pm - 9pm
Admission \$10 per Child - Parents FREE
Free Pizza & Drinks for the kids
Pizza & Drinks for the Parents \$3

Texas Events - February

3-4—HOUSTON: Ballet Hispanico Night Club This is a sensual, three-dance piece portraying the evolving role of Hispanics in the Americas. Begins at 8 p.m. Show not recommended for children younger than age 14. Wortham Center's Cullen Theater. www.spahouston.org 713/227-4SPA

3-Apr. 23—HOUSTON: Eva Hesse Drawing The exhibition features about 100 of the artist's finished drawings, as well as examples of her early drawings, major examples of Hesse's "reliefs" of 1965 and a group of sculptural works, and several "test pieces." The Menil Collection. www.menil.org 713/525-9400

4—HOUSTON: Donizetti's Don Pasquale Houston Grand Opera performs. Wortham Theater Center. 713/228-6737 or 800/626-7372

5, 8, 11—HOUSTON: Puccini's Manon Lescaut Houston Grand Opera performs. Wortham Theater Center. 713/228-6737 or 800/626-7372

6-7—ORANGE: Cirque Rain Lutchter Theater. www.lutchter.org 409/745-5535 or 800/828-5535

8-26—HOUSTON: Searching for Eden: The Diaries of Adam & Eve The world's first lovers meet in paradise at the dawn of time and embark on an epic, exuberant battle of the sexes. One fall from grace and several thousand years later, the middle-aged couple returns to present-day Eden attempting to recapture their primal passion. www.stagetheatre.com 713/527-0123

10—BEAUMONT: The Golden Dragon Chinese Acrobats Presents spellbinding, award-winning acrobatics, traditional dance, spectacular costumes, and ancient and contemporary theatrical techniques. Jefferson Theatre. www.jeffersontheatre.org 409/835-5483

10-11, 17-19, 24-25—BAYTOWN: The Importance of Being Earnest Baytown Little Theater. E-mail: ellenbradj@aol.com 281/424-7617

11-12—KATY: Katy Antique & Collectible Show Katy ISD Merrell Center. E-mail: info@cwgs.com • www.cwgs.com 877/840-3829

11-12—LA PORTE: Remember the Maine Pays tribute to Americans who fought in the Spanish American War and to the first U.S. Navy ship named *Texas*, which played a crucial role in the American Naval victory in Cuba. Memorial service is held on the bow of the ship at 3 p.m. Saturday and noon Sunday. Battleship *Texas* State Historic Site. 281/479-2431

13-14—HOUSTON: Valentine's Day Lectures Explore the wild world of animal mating and dating and learn about the zoo's renowned breeding programs to save endangered species. Houston Zoo. www.houstonzoo.org 713/533-6500

17—VICTORIA: Country Opry Hours are 7:30 to 10 p.m. Victoria Community Center Annex. 361/552-9347

17-19—HOUSTON: Alvin Ailey American Dance Theater Begins at 8 p.m. Friday and Saturday and 2 p.m. Sunday. Jones Hall. www.spahouston.org 713/227-4SPA

17-19—PORT NECHES: Trade Days on the Avenue 409/722-4023

17-28—GALVESTON: Mardi Gras! Galveston Strand Historic District. www.mardigrasgalveston.com 888/425-4753

18—PORT ARANSAS: Rotary Club Shrimp Boil Proceeds benefit local youth activities and scholarships. Port Aransas Civic Center. 361/749-6222

18—VICTORIA: Livestock Show Parade 361/573-3707

18-May 7—CLEAR LAKE AREA: Robots & Us Meet the lifelike, intelligent machines known as robots — passionately created to maintain

(Continued on Page 17)



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Texas Events - (Continued from Page 16)

and extend human capabilities. Why do people embrace and fear them? The answer lies at the curious intersection where humans meet machines. Space Center Houston, 1601 NASA Road. www.spacecenter.org 281/244-2100

22-Mar. 12—HOUSTON: *An Infinite Ache* Taking its title from a Pablo Neruda poem, this play chronicles a love that spans 60 years. www.stagestheatre.com 713/527-0123

23-26—PORT ARTHUR: 14th Annual Mardi Gras Weekend/Floral Fantasy Enjoy a traditional Mardi Gras celebration with six parades, carnival and fireworks. Features Texas music, zydeco, Cajun, oldies, national and regional acts. Includes children's activities, street entertainment, rock wall, bull riding and more. Downtown, 617 Proctor St. E-mail: laura@portarthur.com • www.portarthur.com/mardigras 409/721-8717

23, 25-26—HOUSTON: *Swan Lake* Houston Ballet Artistic Director Stanton Welch creates a spectacular new version of this ballet. Wortham Theater Center. www.houstonballet.org 713/227-2787

24—CORPUS CHRISTI: The Hughes Brothers Branson vocal quintet performs at Selena Auditorium. 361/980-1949

24-26—PORT ARANSAS: Celebration of Whooping Cranes & Other Birds Includes birding bus and boat tours, renowned speakers, exhibits, trade show, seminars, demonstrations, concessions and more. Civic Center and Marine Science Institute. E-mail: info@portaransas.org • www.portaransas.org 800/452-6278

24-May 21—CORPUS CHRISTI: *Sacred Landscapes: Collins/Woodson/Dixon* Exhibit of works by these Texas-based artists addresses humankind's relationship with place and the spiritual, psychological nature of landscape. South Texas Institute for the Arts. www.stia.com 361/825-3500

25—BEAUMONT: *Gentlemen Prefer Blondes* This zany musical, set in

the Roaring '20s, follows the mad-cap adventures of two chorus girls who board a ship bound for Paris looking for rich husbands. Julie Rogers Theatre. www.beaumont-tx-complex.com 409/838-3435

25—BEAUMONT: *Symphony of Southeast Texas Performance by the Orchestra* Begins at 7:30 p.m. Julie Rogers Theatre. www.sost.org 409/892-2257

25—CRYSTAL BEACH: Mardi Gras Parade & Party Enjoy the festive floats, catch tons of colorful Mardi Gras beads and trinkets, and then follow the parade down Highway 87 to Gregory Park where revelers will enjoy an afternoon of frolic, food and music in the great Mardi Gras tradition. Parade begins about 11:30 a.m. www.lighthousekrewe.com 800/386-7863

25—HOUSTON: *Teddy Bear Repair Clinic* Bring your child and teddy bear to the Memorial Hermann Children's Hospital Teddy Bear Repair Clinic. Houston Zoo. www.houstonzoo.org 713/533-6500

25—LAKE JACKSON: *Nature Day* See live animals exhibits. Hear tips on enjoying nature in your backyard or at your favorite outdoor getaways. Youth planning to fish will need to bring rod, reel, tackle and bait. No artificial lures. Barbless hooks only. Nature scavenger hunt is from 10 a.m. to noon. Sea Center Texas. 979/929-0100

25-26—KEMAH: *Mardi Gras Kemah* Celebrate Mardi Gras all weekend with beads and zydeco music. Kemah Boardwalk. www.kemahboardwalk.com

26—PASADENA: *Philharmonic Society Symphony Concert* 713/941-3332

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Pleasing The Picky Eater

Baylor College of Medicine

Getting picky eaters to eat during mealtime can turn into a battle between parents and their children.

Eating behaviors are developed early in childhood and parents have to acknowledge that children aren't going to like everything that's served.

"Getting children to eat foods they don't like can be difficult," says Dr. Karen Cullen, an associate professor of pediatrics at Baylor College of Medicine (BCM) in Houston. "But by continuing to offer foods they don't like as choices for other family members at mealtimes; many children will eventually acquire a taste for those foods."

Many parents try to bribe, punish or reward children in order to get them to eat, but this tactic is never a good solution. Such bribes or rewards may make the disliked food even more undesirable or cause them to overeat because they're not hungry.

"We want children to recognize and respond to their internal signals that tell them when they are full and when they are hungry," Cullen says. "Having a parent who's constantly trying to get a child to eat may cause the child to ignore these important signals and overeat."

If this continues, the child may be at risk of eating too much and gaining excess weight.

If your child doesn't want to eat what was prepared for the family, then they should not be forced to, because this can turn into a power

struggle. However, avoid giving your child something else to eat. Children will not starve after missing a single meal and providing alternatives to the prepared meal will reinforce the idea that special foods will be prepared for each meal.

The key to getting picky eaters to eat is by offering choices. Cullen, also a behavioral nutrition researcher at the USDA/ARS Children's Nutrition Research Center at Baylor and Texas Children's Hospital, suggests giving children one vegetable that you know they will eat and one that they may not like, so there is always a choice.

Parents often worry that their picky eaters aren't getting enough nutrition from the foods they choose to eat, but Cullen says even though your child may not be eating the food choices parents would like, most children eat enough and grow normally. Parents can always check with their pediatrician during check-ups.

Cullen stresses the importance of parents modeling the behavior that they are trying to instill in their children, and of putting less emphasis on the food being served and more on the positive aspects of enjoying mealtime as a family.

"Children tend to watch and mimic their parents, so the more frequently you eat a particular food, the more likely your child will be to eventually try it."

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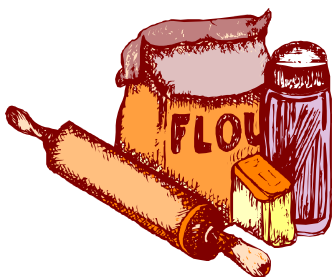
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Recipe of the Month

Strudel

- 2 cups flour
- 1 can Apple Pie Filling
- 1 cup margarine
- 1 cup powdered sugar
- ½ pt. sour cream or half & half
- slivered almonds (optional)

Cut margarine into flour, stir in sour cream. Refrigerate overnight. Cut in half; roll each half out to a 16x10" rectangle. Fill center with canned pie filling. Fold over sides & ends. Bake in 350° oven 50 minutes. About 15 minutes before taking out of oven, sprinkle with almonds if desired. Combine powdered sugar & 3 tablespoons water to make icing. When cool, drizzle with icing. Any flavor pie filling may be used.



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Cypress Mill Sec 3	3	\$60.14	141	4	0
Cypress Mill Park Sec 1	1	\$77.07	61	2	0
Cypress Mill Park Sec 2	8	\$56.55	85	5	2
Cypress Mill Park Sec 3	0	-	-	2	0
Cypress Mill Park Sec 4	0	-	-	2	0
Cypress Mill Park Sec 5	2	\$63.52	111	0	0
Cypress Mill Estates 1	2	\$64.76	104	4	0
Cypress Mill Estates 2	0	-	-	2	1
Cypress Mill Estates 3	0	-	-	2	0
Cypress Mill Estates 4	0	-	-	1	0

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