



CYPRESS MILL *Chronicle*

NEWS FOR THE RESIDENTS OF CYPRESS MILL

September 2011

Volume 11, Issue 9

Immunizations **NOT JUST FOR KIDS**

By- Concentra Urgent Care

Although most toddlers in the United States have received all recommended vaccines, many adults and adolescents have not. These missed vaccinations increase their risk for infection, hospitalization, death, and disease spread, and they contribute to the estimated \$10 billion that is spent annually on vaccine preventable diseases in the United States.

Evidence shows that currently approved vaccines are safe and effective. However, coverage rates for persons of all ages vary nationwide. Reasons cited include lack of health insurance, unfamiliarity with vaccine recommendations, limited access at physicians' offices, or the perceived cost of vaccines.

What you need to know is that obtaining recommended vaccines in a timely manner can prevent disease. The Advisory Committee on Immunization Practices (ACIP) recommends the following immunization schedule for generally healthy adults and adolescents:

VACCINE	RECOMMENDED SCHEDULE
INFLUENZA:	Yearly, especially if at risk
MENINGOCOCCAL:	One dose, age 11-12 or 13-18 if not previously immunized
TETANUS-DIPHTHERIA/TETANUS -DIPHTHERIA-PERTUSSIS:	One dose, age 11-12, then booster every 10 years
HUMAN PAPILLOMA VIRUS: (FEMALES ONLY)	Three doses, age 11-26
MEASLES - MUMPS - RUBELLA:	If born after 1956, one or two doses if never immunized up to age 65
PNEUMOCOCCAL:	One dose, at or after age 65
VARICELLA (CHICKEN POX):	Two doses if no prior infection or immunization received
ZOSTER (SHINGLES):	One dose, at or after age 60

Specific recommendations for individuals may vary depending on age, prior immunization history and the presence of other existing conditions; please see the Centers for Disease Control (CDC) Web site at: <http://www.cdc.gov/vaccines/recs/schedules/default.htm>.

For more information about immunizations and where to get them, contact your health care provider, your Concentra health specialist, or visit the CDC's Web Site at: www.cdc.gov/vaccines.

CYPRESS MILL

Important Numbers

Cy-Fair High School	281-897-4600
Cy-Woods High School.....	281-213-1919
Cypress Lakes Golf Club	281-304-8515
Cypress Mill M.U.D. #1, (24 Hour Emergency)	281-374-8989
Constable Ron Hickman, (24 Hour Emergency)	281-376-3472
DPS Sex Offenders website	http://records.txdps.state.tx.us/
Centerpoint Energy Gas.....	713-659-2111
Centerpoint Energy Gas-Emergency Gas Leaks.	713-659-3552
CenterPoint Energy.....	713-207-2222
Irrigation Leaks/Common Area Repairs - Principal Management	
Poison Control Center	800-764-7661
Principal Management	713-329-7100
Robison Elementary	281-213-1700
AT&T Repair Center.....	800-246-8464
Spillane Middle School.....	281-213-1645
Street Light Outages.....	713-207-2222
Comcast Cable.....	713-341-1000
Waste Corporation of America (WCA) Recycling.....	281-368-8397

Pipeline Company – Exxon Mobil.....

281-925-3816

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.

Newsletter Publisher

Articles..... cypressmill@peelinc.com

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

Newsletter Deadline

The deadline for the newsletters is the 9th of each month.

Please email articles to: cypressmill@peelinc.com

**Remember: The Speed Limit
throughout Cypress Mill is 30 MPH!**

MUD Board of Directors

The District is governed by the Board of Directors, consisting of five directors, who have control over and management supervision of all affairs of the District. All of the Directors reside in the District.

Mr. Ronald S. ("Ronnie") Koehn, President

Mr. Bob Henry, Vice President

Mr. Tim Halloran, Secretary

Ms. Angell Swedlund, Treasurer

Mr. Jerry Bryant, Assistant Secretary

<http://www.cypresshillmud1.com/contact/index.html>



Just a Reminder



Please be considerate and pick up after your dog when you are out for a walk including the walking trails by the retention ponds.

It is illegal to sweep grass clippings and trash into the drains. Please report violators at 713-525-2525.

STRONG Vision Center

281-373-3063

- **TWO Full Time Doctors**
- Thorough Adult & Childrens Eye Exams
- Treatment of Eye Disease/Infection
- Large Selection of Glasses & Contact Lenses
- Most Vision Insurance Accepted
- Free Lasik Consultation
- Board Certified Opticians
- Oakley & Ray-Ban
Sunglasses



Dr. Jane A.P. Strong (Cypress Resident)

& Dr. Cassandra Knight

Therapeutic Optometrists

**17445 Spring Cypress @ 290 • Suite G
Mon-Fri 9-6 • Sat 9-3**

www.strongvisionctr.com

*Now Featuring
Optomap Digital
Retinal Photos!*



WRAP 2012 planning is underway! WRAP is Cy-Woods High School's parent-driven Project Prom organization. The purpose of WRAP is to provide a drug- and alcohol-free all-night party for the graduating seniors and their guests after their prom.

**Have you filled out your Parent Information Form yet?
We need this to get you on our e-mail list!**

MEETINGS:

KICK-OFF Meeting will be September 13th Cy Woods Commons
Other meeting will be the 2nd TUESDAY of each month in the Cy Woods Commons (except March, 2012 – TBD)

Upcoming Events:

- * \$20.12 fundraiser – earn up to 10,000 points for every check turned in that amount for your senior in UNTIL Sept. 30th (after that date only 1,000 will be earned)
 - * Fall Fun Run – more details to follow
- Consider being a sponsor: Gold Sponsorship (\$1,000), Silver Sponsorship (\$500) and Bronze Sponsorship (\$150)

Visit us on



Cy-Woods W.R.A.P. 2012 and become a fan or www.cywoodswrap.org and be an active parent!

FENCING CLASSES

AGES 6 AND OLDER

The Met Life Family Center

Located in 1960 Area off Jones Rd.



Fencing Academy

Northwest

832-338-9808

11202 Huffmeister • 281-955-7683

www.cypressassistance.org



Angels' Attic

Discover the Hidden Gem of Cypress! Voted 2009 Resale Shop of the Year!

Benefiting Cypress Assistance Ministries

20% off

your entire purchase.

Coupon valid thru Sept. 30, 2011

- Furniture
- Designer Clothes and accessories
- Home Decor
- Toys...and more, all at dazzling prices!

Monday-Wednesday 10-6 • Thursday-Saturday 10-3

CYPRESS MILL

HUGE SALE!

The Northwest Houston Mothers of Multiples (www.nwhmom.org) is having a huge sale! Over 25 families with twins, triplets and more will be selling maternity, baby, toddler and children's clothing, toys, furniture, feeding supplies, carriers, you name it!

DATE: SATURDAY, OCTOBER 1ST
TIME: 7:00 AM - 12:00 PM
WHERE: KIDS R KIDS PARKING LOT
ADDRESS: 10740 BARKER CYPRESS RD
CYPRESS, TX 77433

*Mark your calendars, tell your friends
and come by and see for yourself!*

CY-WOODS CRIMSON CADETTES

**BOOSTER CLUB ANNUAL
FUNDRAISER GOLF TOURNEY
MONDAY, OCTOBER 10TH 1:00 P.M. AT HOUSTON
NATIONAL GOLF CLUB**

The Cy-Woods H.S. Crimson Cadettes Booster Club will host their annual golf tournament fundraiser on Monday, October 10, 2011 at Houston National Golf Club. All proceeds from this major fundraising event will directly benefit the Crimson Cadette Drill Team and assist with their many activities during the 2011-2012 school year. The tournament will be a 4-person scramble with a 1:00 P.M. shotgun start followed by an awards dinner. The entry fee is \$125 per player and includes green fees, cart, goodie-bag and dinner. Hole sponsorship opportunities are also available. The organization has a 501 (C) 3 designation and our tax ID can be provided for tax purposes.

*To register for the event, or for more information, please visit
our website: www.crimsoncadettesgolf.com*



FAIRFIELD ANIMAL HOSPITAL

Mike Hicks, DVM
Sandra Harris, DVM
15040 Fairfield Vlg. Sq. Dr. #100
Cypress Tx 77433 • 281.256.3150
www.myfairfieldvet.com

Office Hours:
Mon-Fri 7am-6pm
Close Sat & Sun
Early Morning Drop Off
Mon-Fri 7am

Call 281.256.3150
for Appointments



• Compassionate,
Quality Care for your
Pet Family Member

• A Full Service
Veterinary Hospital

• Friendly, Caring,
Professional Staff

WE PROUDLY OFFER:

HomeAgain®

**Microchip
Identification System**

Our Goal:

Schedule
Back To School
Physicals
Today!

To Keep Your #1 Healthy.



Dr. Amit Parikh, D.O.
Board Certified Family Practice
Fellowship Trained Sports Medicine

281-373-9400

14315 Cypress Rosehill Road
Suite 180 • Cypress, TX 77429

**Houston Center for
Family Practice & Sports Medicine**

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

Schedule your appointment today!

KAPPA KAPPA GAMMA ALUMS OF NW HOUSTON



COME JOIN YOUR SISTERS THIS MONTH AT THE
FALL KICK OFF
ON THE EVENING OF TUESDAY, SEPT 13TH.

For more information on this or future events & membership please contact Natalie Bunton at gmat02@gmail.com or 832-717-3294.

CYPRESS WOODS HIGH SCHOOL WILDCAT BAND & COLOR GUARD

CASINO NIGHT AND SILENT AUCTION

On Saturday, September 24th from 7:00-10:00 pm the Cy-Woods Band will be hosting their annual Casino Night at Cypress Woods High School. This annual event is not only to raise funds for the band and color guard, but also to have fun with family and friends. It will be an exciting night filled with casino style gaming tables, a variety of items for silent auction bidding, along with a great dinner catered by On The Border! Come join the fun and help support the Wildcat Band and Color Guard! For more information visit the band website at www.cywoodsband.org.

STREET LIGHT OUT?

Have you noticed a street light out? You can report it to Center-Point Energy 24 hours a day at 713-207-2222. Choose a language preference and then select option "4" for street light outages. Please provide the street light's six digit number located approximately 5 feet up the pole. Also the street name and address are helpful.

The New Emergency Room Standard *has been* Set

- Open 24 hours a day, seven days a week, 365 days a year
- Physicians Board Certified or Board Eligible in Emergency Medicine
- Licensed, free-standing emergency medical care facility

Any type of emergency, day or night. Ready or not...we are.

PEARLAND

3115 Dixie Farm Road, Suite 107
FM 518 at Dixie Farm Road
281-648-9113

CYPRESS

17255 Spring Cypress Road, Suite A
Spring Cypress at Skinner Road
281-304-9113

ATASCOCITA

(Opening soon)
19143 W. Lake Houston Parkway

txercare.com



Accredited by the Joint Commission of Accreditation of Healthcare Organizations for our commitment to excellence.



**T E X A S
EMERGENCY CARE
CENTER™**

CYPRESS MILL

Cypress Ranch High School Classics Drill Team Dance Clinic

All Girls In Grades K-12 are Invited to a Dance Clinic hosted by the Classics Drill Team

SATURDAY, SEPTEMBER 17, 2011, FROM 8:00 A.M. – 1:00 P.M.

AT CYPRESS RANCH HIGH SCHOOL

(Performance for Parents 12:30 P.M. – 1:00 P.M.)

- \$30.00 to Pre-Register (Please make checks payable to CRCPC.)
- \$40.00 to Register at the Door (IF SPACE IS AVAILABLE)
- Each child will receive a Classics Clinic t-shirt, 2 slices of pizza and a snack!
- Remember to bring extra money for Spirit Items and the "Pretty in Pink Princess Corner".
- (Dress up all in pink and have your picture taken with a special celebrity – just \$5!)
- Please wear dance clothing and dance shoes if you have them. Please pull hair back.
- No jewelry or gum allowed.

CERTIFICATES WILL BE AWARDED!!

PRE-REGISTRATION DEADLINE: FRIDAY, SEPTEMBER 9, 2011

*To pre-register, complete the form below and mail to:
Amy Janak 12826 Mason Terrace Ln., Cypress, TX 77433
Attn: Classics Drill Team or call (281) 550-2576*



Name: _____ Phone No. _____
Address: _____ City, State, Zip: _____
School: _____ Grade: K-2 ___ 3-5 ___ 6-8 ___ 9-12 ___

T-SHIRT ORDER (CIRCLE SIZE): YOUTH: SM MED LG ADULT: SM MED LG

COMPLETE PERMISSION SLIP BELOW - FORM MUST BE SIGNED BY PARENT OR GUARDIAN

I give _____ permission to participate in the Cypress Ranch Classics Dance Clinic on Saturday, September 17, 2011, from 8:00 a.m. to 1:00 p.m. at Cypress Ranch High School. I hereby release and hold harmless the Cypress Fairbanks I.S.D., their employees and volunteers acting on behalf of Cypress Fairbanks I.S.D. and Cypress Ranch High School from any liability for injuries incurred by my child while attending the above mentioned activity. I hereby authorize emergency medical treatment for my child when I cannot be contacted to give personal consent. Such medical treatment may include administration of tests, drugs, X-ray examinations, anesthetics, dental or surgical examinations or treatment and general hospital care as necessary.

Signed: _____ Date: _____
Parent or Guardian _____ Parent Cell Phone or Contact Number: _____

ADVERTISE YOUR BUSINESS TO YOUR NEIGHBORS

Support Your Community Newsletter



PEEL, INC.
community newsletters

www.PEELinc.com

Ryan Lundberg
Sales Manager
1-888-687-6444 ext 23
ryan@PEELinc.com



RE/MAX

Professional Group

832-478-1205

Cypress Mill

**T
H
A
N
K
Y
O
U**



True to their word! I have used David Flory's Team both as a seller and a buyer. Great team, knowledgeable, always there when you needed them! I feel that the team was more towards my needs then trying to close a deal. Thanks for making it happen!

- The Tran Family -



David Flory

Direct line:

281-477-0345

WWW.SUPERDAVE.COM

Each Office Independently Owned and Operated

- **#1 Realtor in Cypress Mill***
- **#2 Realtor in Houston & Texas****
- **#7 Realtor in United States****
- **Selling Over 500 Homes A Year**

*According to information taken from the HAR MLS Computer
**Realtor Teams per Remax 9/2008, 3/2009

CYPRESS MILL

ATTENTION NW HARRIS COUNTY TRI DELTA ALUMNAE

Mark your calendars to join your Tri Delta sisters for our annual "Salad Social" to kick off the year on Tuesday, September 13th at 7:00 pm. Our group meets on the second Tuesday of every month September - April. We have a diverse group of women of all ages from a variety of colleges. For more information, please contact Patsy at 281-370-8516 or Karen at trideltanews@yahoo.com

AMERICAN BUSINESS WOMEN'S ASSOCIATION CY-FAIR EXPRESS NETWORK (CYFEN)

EVENT: Cy-Fair Express Network
Monthly Networking Luncheon

WHEN: September 29, 2011

TIME: 11:30 am – 1:00 pm

WHERE: Houston National Golf Club
16500 Houston National Blvd
Houston, TX 77095

Networking and Business Luncheon; Cy-Fair Express Network invites you to their monthly meeting and luncheon. Bring plenty of business cards for networking. Please make reservations online by September 23 @ www.cyfen.org or contact Melissa Rotholz @ 713-256-9569.

Our mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.



Dynamic Air & Heat
TACUB19050E
www.dynamicairandheat.com

Be Comfortable No Matter How Hot It Gets.

A/C Check-Up
\$59⁹⁵
Cannot be combined with any other offer, coupon or special. Expires JUL 31, 2011.

A/C Tune-Up
\$89⁹⁵
Cannot be combined with any other offer, coupon or special. Expires JUL 31, 2011.

10% OFF Any Repair & No Service Charge
(with repair)
Not to be combined with other offer, coupon or special. Expires JUL 31, 2011.

Rely On
RUUD

CashBack
Rebates Up To \$1,000

Tax Credits Up To \$500
Dynamic's Trade-In Allowance Up To \$500

"Your call is important to us."
Greg Rottler, Owner



FREE Price Quotes Financing (WAC)




Schedule Your A/C Tune-Up Today
832-593-7555

SALONS

Book Your Next Appointment Online!

at STONE GATE





Now Booking for Homecoming!

281-256-2204
www.salonsatstonegate.com

Salons at Stone Gate
11734 Barker Cypress
(One block south of Hwy 290)

Tues-Thurs 9AM - 7PM
Fri 9AM - 5PM
Sat 9AM-4PM



ADOPTION COALITION

Omar is a sweet, loving boy—and he almost always has a smile on face! While he is extremely active and loves to play sports and be outside, Omar does well academically and is a very polite young man. Omar, who turns ten in November, needs an active and involved family who can provide him with consistent expectations, boundaries and structure. An abundance of support and patience will help Omar achieve success in his promising young life.

To find out more about Omar, please contact Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter, at the Adoption Coalition of Texas (512) 810-0813 or gracelindgren@adopttexas.org. Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group. To learn more about the foster care adoption process, please call the Adoption Coalition of Texas at (512) 301-2825, email info@adopttexas.org and visit our website at <http://www.adoptioncoalitiontx.org>

www.adopttexas.org

REACHING YOUR NEIGHBORS

and many others...

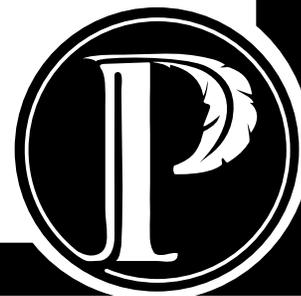
- Atascocita
- Blackhorse Ranch
- Bridgeland
- Chelsea Harbour
- Coles Crossing
- Copperfield
- Cypress Mill
- Cypress Point
- Eagle Springs
- Enchanted Valley
- Fairfield
- Fairwood
- Harvest Bend The Village
- Kleinwood
- Lakemont
- Lakes of Fairhaven
- Lakes of Rosehill
- Lakes of Savannah
- Lakes on Eldridge
- Lakes on Eldridge North
- Lakewood Grove
- Legends Ranch
- Longwood
- North Lake Forest
- Riata Ranch
- Riverpark on the Brazos
- Shadow Creek Ranch
- Silverlake
- Southgate
- Steeplechase
- Stone Forest
- Stone Gate
- Summerwood
- Village Creek
- Villages of NorthPointe
- Willowbridge
- Willowlake
- Willow Pointe
- Winchester Country
- Winchester Trails
- Windermere Lakes
- Wortham Villages

**CONTACT US TODAY
FOR ADVERTISING INFORMATION**

1-888-687-6444

www.PEELinc.com
advertising@PEELinc.com

PEEL, INC.
community newsletters



CYPRESS MILL

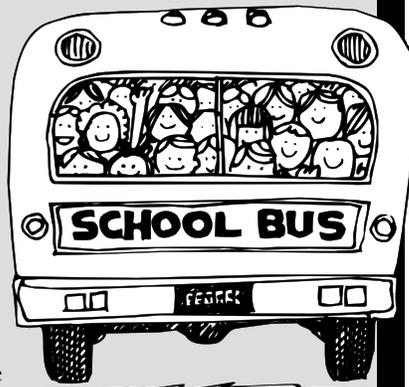
BACK TO SCHOOL

Now that the kids are back in school, it's time for drivers to pay closer attention to the school zones in Steiner Ranch. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

Other changes to be aware of include;

- Children behaving unpredictably
- School Bus Stops
- Crossing Guards – please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is illegal!

Please give yourself extra time in the mornings and mid-afternoons and remember if you are traveling in a school zone to slow down.



TIME TO SLOW DOWN!

DO YOU HAVE REASON TO CELEBRATE?

We want to hear from you!

*Email
cypressmill@
PEELinc.com
to let the
community know!*



CONSTANT VISUAL SUPERVISION



LEARN TO SWIM



WEAR LIFE JACKETS



MULTIPLE BARRIERS ON ALL POOLS & HOTTUBS



KEEP BACKYARDS & BATHROOMS SAFE



ALWAYS CHECK POOL/HOTTUB FIRST FOR MISSING CHILD



LEARN CPR



COLIN'S HOPE

Increasing water safety awareness and standards



More than 68 children have drowned in Texas this year...SO FAR! Please continue to be safe in and around the water. Drowning is PREVENTABLE!

Source: Texas Department of Family and Protective Services



For more information, check out our website at

www.colinshope.org

Download a QRcode App on your phone & scan me!



JOIN US IN HAVING A SAFE SUMMER IN THE WATER!



September 2011 The Hospital at Westlake Medical Center Flamingo Sale to Benefit Colin's Hope!

When the beloved garden center, Pots & Plants closed its doors- several flamingos were injured in the move. You can help them return for the best care in town at The Hospital at Westlake by donating \$15. ALL profit in July, August and September benefits Colin's Hope. You can add to The Hospital at Westlake's flock, or start your own flock at home. Visit www.westlakemedical.com for more details or stop in The Hospital's Waterfall Café, 5656 Bee Caves Road, Building L, level 3 to sponsor your flamingo. Spread the word on Facebook and raise even more funds for Colin's Hope!

September 2011 - Sign up for Ourgift and Colin's Hope will receive donations during September!

OurGift.Org™ has chosen Colin's Hope as one of the charities that will benefit from donations in September. Please visit www.ourgift.org to learn more and sign up to receive the daily deals from local businesses. It's a great way to help prevent childhood drowning! You get a great deal, a local business is supported and Colin's Hope will get a donation! Follow them on Twitter @ourgiftlists and find them on Facebook at <http://www.tinych.org/ourgift>

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

HEALTH BRIEFS - SEPTEMBER

EASE YOUR CHILD BACK INTO SCHOOL

Establishing a normal school routine can be hard for children of any age after the long lazy days of summer. Dr. James H. Bray, a family psychologist and associate professor of family and community medicine at Baylor College of Medicine, offers the following tips to help make going back to school a less stressful experience for children and parents.

- Get kids into the school mode early. Many children have a summer schedule that includes staying up late and sleeping in. Kids need at least a week before school starts to get back into the school schedule.
- Develop a plan. Doing things like buying supplies and clothes, and finding out about schedules and teachers in advance, rather than waiting to the last minute, helps reduce stress for parents and kids.
- Talk with children about their fears and concerns and do some advance problem

solving and planning.-Get involved with your child's school by getting to know the teacher and discussing their expectations.

- Talk to your children about what they want to accomplish and get out of their school year. Discuss their academic and social goals, but emphasize balance.

BACK-TO-SCHOOL CHECKLIST SHOULD INCLUDE EYE EXAM

Preparing for the start of a new school year? Remember to get a new backpack, paper and pencils, and get your children's vision screened as part of their back-to-school checklist.

"Poor vision can interfere with learning, school performance, participation in sports and other activities, as well as self esteem," said Dr. Kimberly Yen, assistant professor of ophthalmology at Baylor College of Medicine in Houston and an ophthalmologist at Texas

Children's Hospital.

Yen said if parents know that eye problems run in their family or if they suspect problems, it is especially important that their child receive eye exams regularly. All children should have their eyes examined, as part of their well-child check ups and children who exhibit no signs of visual problems should have their vision screened by age 3.

Good eye care should also include wearing protective eyewear during sports activities. Children who play basketball, baseball and racquet sports are more susceptible to eye injuries. Sports goggles can significantly reduce the likelihood of potentially sight damaging injuries. Good vision not only helps children develop in the classroom, but it teaches them the life-long value of regular vision screenings.

(Continued on Page 12)

UNIVERSITY of HOUSTON

NORTHWEST CAMPUS

Take your career to the next level with a
Bachelor's Degree, Master's Degree,
or Professional Certificate from
Houston's only Carnegie-rated
Tier One Public Research University

Now right in your neighborhood!

TIER ONE EDUCATION

NORTHWEST LOCATION

Located in LSC-University Park near Tomball Parkway and Louetta Road

northwest@uh.edu uh.edu/northwest 832-843-5700  

UH is an EEO/AA institution.

CYPRESS MILL

Health Briefs - (Continued from Page 11)

STUDENT ATHLETES' HEALTH STARTS OFF THE FIELD

Even though it is students who will be taking the field as extracurricular school activities begin, doctors at Baylor College of Medicine say parents play an important role in keeping their kids safe. Family health history, especially heart illnesses, is important information for doctors to know during an exam, said Dr. John Rogers, professor of family and community medicine at BCM.

A certain type of heart murmur and rapid heart beats can be detected during a physical, but the exam can't determine if past family members have heart problems or if anyone has died suddenly due to a cardiac problem. Being armed with that information helps doctors know whether the student-athlete should undergo an echocardiogram or ultrasound for a more in-depth examination.

Parents' knowledge of their child's previous injuries can also be helpful. Teens may downplay an injury, because they don't want it to prevent them from taking part in their favorite sport. However, a parent might remember lasting effects that will help doctors determine the severity of the injury.

Rogers said other issues that cannot be detected during a physical are light-headedness or shortness of breath that is not proportionate to the exertion level of the activity. Parents should keep an eye out for these issues and let their doctor know at the time of the physical exam.

TEENS BENEFIT BY MAKING TIME FOR BREAKFAST

Teens who start their day without breakfast are twice as likely to have diets low in iron - a shortfall that could be hurting their grades. "Breakfast supplies more than just the energy kids need to get through the morning," said Dr. Theresa Nicklas, a professor of pediatrics at Baylor College of Medicine in Houston. "Teens who eat breakfast are also two to five times more likely to consume at least two-thirds the recommended amounts of most vitamins and minerals, including iron."

Iron-deficiency anemia has long been known to have a negative affect on behavior and learning. Eating breakfast has been linked to improved memory, grades, school attendance and punctuality in children. In addition, intakes of other vitamins and minerals, including zinc, calcium, and folic acid, are higher among breakfast-eaters, while fat consumption is lower.

"It's important for parents to realize that the nutrients teens miss when they're allowed to skip breakfast are rarely recouped during other meals," said Nicklas, also a researcher at the USDA/ARS Children's Nutrition Research Center.

Bashans Painting & Home Repair

Commercial/Residential
Free Estimates

281-347-6702



281-731-3383 cell



- Interior & Exterior Painting
- Hardi Plank Installation
- Wood Replacement
- Sheetrock Repair
- Interior Carpentry
- Cabinet Painting
- Wallpaper Removal and Texturizing
- Pressure Washing
- Fence Repair/Replacement
- Garage Floor Epoxy
- Custom Staining
- Roofing
- Gutter Repair/Replacement
- Faux Painting
- Door Refinishing
- Window Installation
- Trash Removal
- Ceiling Fan/Light Fixtures

References Available • Fully Insured
NO PAYMENT UNTIL COMPLETION
bashanspainting@earthlink.net

DID YOU SAY FREE?

**YES! YOUR NEWSLETTER IS
PROVIDED 100% FREE OF CHARGE**

and is made possible by the advertisers within. Please frequent their businesses and let them know where you saw their advertisement. While there, be sure to say "Thanks!"

www.PEELinc.com

PEEL, INC.
community newsletters



Recipe of the Month **TORTILLA SOUP**

INGREDIENTS

- 1 Onion, chopped
- ¼ Cup oleo
- ¼ Cup flour
- 6 cans chicken broth
- 3-4 chicken breasts; cooked and chopped
- 2 - 4 oz. cans chopped green chilies
- 1 can diced Rotel tomatoes or 1 can diced tomatoes
- 2 T chili powder
- 2 tsp. garlic salt
- 1 T Cumin
- 8 Corn tortilla chips, cut up
- 2 chopped avocados
- shredded Monterey Jack Cheese

Combine oleo and flour. Brown. Add broth, tomatoes, chilies, chicken, chili powder, cumin, garlic salt. Simmer for 1 hour. Saute onion and chips. Add to soup. Pour over cheese and avocados. Optional: Add sour cream.

Enjoy!

Not Available Online

community of faith

Check out our website for events coming up!

www.cof.tv

832-875-2520

Hwy. 290 at Becker Rd.

SERVICE TIMES:

Saturdays at 6:00 p.m.

Sundays at
9:30 a.m. and 11:30 a.m.

10:30 a.m. TV time

on



Pastor Mark & Laura Shook

CYPRESS MILL

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

The Cypress Mill Chronicle is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use The Cypress Mill Chronicle 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 Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

Save on Your Energy Costs with StarTexPower.

SIGN UP online TODAY at www.StarTexPower.com



SCAN THE
QR CODE!

THEN ENTER
"NEIGHBORHOOD
NEWSLETTER"
AS THE PROMO CODE.

We pride ourselves with low rates,
award-winning customer service,
and no surprises.

Listen to Alan "Petrodamus"
Lammy, host of 'Energy Week',
every Sunday on 1070 KNTH in
Houston.

To speak to Alan Lammy about
your electricity needs,
call: 281-658-0395



PH: 866-917-8271
PUCT #10089

MENTOR ONE CHILD CHANGE TWO LIVES

CROSSROADS: Community Partnership for Youth Inc. (CROSSROADS), a United Way agency, provides mentoring for youth involved with the Harris County Juvenile Probation Department. These youth are in need of caring adults who can serve as mentors to provide encouragement and guidance. With thousands in the juvenile justice system, the need for mentors is growing.

Mentors must be at least 21 years of age, commit to 1 hour each week and attend a training and orientation session. There are many sites, areas (Katy, Clear Lake, Chimney Rock/Bellaire, and Downtown) and available times of the week for mentors to meet with their assigned child. Volunteers mentor boys and girls that are placed in facilities by the juvenile probation department and who are in desperate need of a positive role model.

The program is very simple, flexible and especially beneficially to both the youth and the mentor. Please consider devoting just one hour a week to the future of a needy and hurting child (10 -17 yrs. old). Many times you may be the only positive role model in their lives! The mission of CROSSROADS is to prevent or reduce youth involvement with the juvenile justice system by fostering positive relationships between youth and volunteers. CROSSROADS is symbolic of where the youth we serve are standing - at a critical point in time in their lives.

For more information you may contact us at 713-295-2779
or visit our website at www.crossroads-volunteers.org.

Advertise
Your Business Here
888-687-6444

Cypress-Fairbanks I.S.D.

2011

JULY						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

AUGUST						
S	M	T	W	T	F	S
		1	2	3	4	5
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

OCTOBER						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Important Dates

Aug. 11-12	New Staff Orientation
Aug. 15-19	Professional Days
Aug. 22	1st Day of School
Sept. 5	Student/Staff Holiday
Oct. 10	Professional Day / Elem. Parent Conferences
Nov. 21-25	Student/Staff Holidays
Nov. 21, 22	Inclement Weather Days
Dec. 21	Inclement Weather Day
Dec. 21-30	Student/Staff Holidays
Jan. 2-3	Professional Days
Jan. 16	Student/Staff Holiday
Feb. 20	Professional Day / Inclement Weather Day
March 12-16	Student/Staff Holidays
April 6	Student/Staff Holiday
May 28	Student/Staff Holiday
May 30	Last Day of School
May 31	Professional Day / Inclement Weather Day

2012

JANUARY						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

MARCH						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

APRIL						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MAY						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JUNE						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

GRADING PERIODS

Elementary Schools	
1st 9 Weeks:	Aug. 22-Oct. 11
2nd 9 Weeks:	Oct. 24-Jan. 13
3rd 9 Weeks:	Jan. 17-March 23
4th 9 Weeks:	March 26-May 30

Secondary Schools	
1st Semester	
1st 6 Weeks:	Aug. 22-Sept. 28
2nd 6 Weeks:	Sept. 29-Nov. 4
3rd 6 Weeks:	Nov. 7-Dec. 20
2nd Semester	
4th 6 Weeks:	Jan. 4-Feb. 17
5th 6 Weeks:	Feb. 21-April 13
6th 6 Weeks:	April 16-May 30

LEGEND

-  STUDENT/STAFF HOLIDAY
-  PROFESSIONAL DAY (Student Holiday)
-  FIRST & LAST DAY OF SCHOOL
-  PARENT CONFERENCES/ HOLIDAY FOR ALL STUDENTS/ PROFESSIONAL DAY
-  INCLEMENT WEATHER DAY



Selling Your Home In Cypress Mill?

*Put the Mike Schroeder Team
 to work for you!!*



Cypress Mill Year-to-Date Sales Report

	Oct '10	Nov '10	Dec '10	Jan '11	Feb '11	Mar '11	Apr '11	May '11	June '11	July '11
\$500,000 and above	0	0	0	0	0	0	1	0	0	0
\$176,000--\$200,999	0	0	0	0	0	0	0	0	0	1
\$151,000--\$175,999	0	0	0	0	1	0	2	0	3	0
\$141,000--\$150,999	1	0	0	3	0	0	1	2	0	0
\$121,000--\$140,999	3	3	4	0	1	2	0	3	6	4
\$101,000--\$120,999	0	0	0	0	1	2	1	0	0	2
\$100,999 and below	0	0	0	0	0	0	1	0	0	0
Total	4	3	4	3	3	4	6	5	9	7
Highest \$/sq ft	\$74.85	\$70.77	\$69.66	\$66.00	\$53.97	\$51.00	\$75.36	\$76.69	\$78.49	\$77.52

Selling homes in Cypress since 1993

Nobody in the world sells more Real Estate than RE/MAX
CALL 281-373-4300 RE/MAX Preferred Homes

Each office independently owned and operated. We support Cypresslostpetalert.com!!

e-mail: mike@mikeschroederteam.com

www.mikeschroederteam.com

This information is taken from the Houston Multiple Listing Service

Are you a big hitter? Join RE/MAX Preferred Homes at The Golf Center in Fairfield on Sunday October 23, 2011 for a longest drive contest. Proceeds will benefit Texas Children's Hospital. For more information go to www.buyahomincypress.com/longestdrive or call 281-373-4300.

