

# Cypress Point CIRCULAR

Official Publication of the  
Cypress Point Homeowner's Association

JANUARY 2012

VOLUME 4, ISSUE 1

## News, News and More News

*Happy New Year!!!*

### WAY TO ROCK!!!

Congratulations to the Farney Freshman Buccaneers Cheer squad for winning 3rd place in cheer and 2nd place in dance at this years CFSA Cheer Off! They did a great job and worked very hard!!!

### SCHOOL NEWS

Cy-Woods - 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.

### UPCOMING EVENTS:

"Give Back Night" at Raising Cane's every 1st & 3rd Wednesday!! 15% of your purchases all day long will be donated when you mention WRAP to the cashier. No Flier needed!!! Just mention WRAP. This is good for dine in, carry out, and drive thru!! WRAP is the very first booster club to get a Spirit Night at Raising Cane's, so let's make it count!

Night at Newk's - every 4th Monday. Come support WRAP by dining at Newk's and 20% of your purchase will be donated when you mention WRAP to the cashier at dinner time. For lunch purchases, you will need to bring the flier (see attachment or go to the website!)

Kroger Gift Cards: Kroger gives 3% back to WRAP of the amount you load onto the

card, and you earn 100 WRAP Bucks for every \$1 you load on the card! Each card you request will be linked to your senior, so family, friends and neighbors can use it to support your senior and WRAP! Reload the card as often as needed to keep earning WRAP Bucks. (Contact JJ Walden at jacqjw@sbcglobal.net to get a Kroger Gift Card)

Keep your eyes open for more details about Mr. Cy-Woods and 'Rangler & Rhinestones Silent Auction & Dinner.

**Denim Sponsors: (\$150-\$499)**

**Jewel Sponsors: (\$500-\$999)**

**Diamond Sponsors: (\$1,000+)**

To find out more about becoming a community sponsor for this wonderful event please email [CyWoodsWRAP@yahoo.com](mailto:CyWoodsWRAP@yahoo.com).

### MEETINGS:

Other meeting will be the 2nd TUESDAY of each month is the Cy Woods Commons @ 7:00 pm

Next General Membership Meeting Dates: Jan 10th and Feb 14th

Cy- Ranch - Are you ready for Mr. Mustang? A Project Prom M.A.N.E. event for Senior Men Categories are Talent, Swim Wear and Tuxedo. Who will be Mr. Mustang? January 19th, 7. Pm at the Cy-Ranch Auditorium. Tickets will be sold during lunches January 9-19th until sold out. [www.mane2012.com](http://www.mane2012.com) (Mustang At Nights End Fundraiser for After Prom Party)

### PICK UP THE PILE

Happy New Year to all! As we embark on 2012's journey, some will think of ways to improve upon themselves. I'd like to offer an idea to those that still think dog poop is fertilizer, let's try picking up after our dogs. In case you were not aware, scientists have established the fact that the dog's gut harbors a particular type of bacteria known as the coli form bacteria. This bacterium includes the dreaded E. coli bacteria and also contains strains of salmonella and giardia. Now, since the rains have finally come, all the piles that have been left behind will be washed into our storm drains and contaminate our water supply. Not only is our water supply affected but perhaps even the air we breathe...I came across this article: ScienceDaily (Aug. 18, 2011) "Bacteria from fecal material -- in particular, dog fecal material -- may constitute the dominant source of airborne bacteria in Cleveland's and Detroit's wintertime air, says a new University of Colorado Boulder study." This was the first test conducted, for air borne disease so far, however, scientist presume other cities, with an abundance of the canine kind, will show similar results.

Please be kind, don't leave it behind. To those that pick up....THANK YOU  
[www.pickupthepile.com](http://www.pickupthepile.com)

# CYPRESS POINT

## IMPORTANT NUMBERS

### NON-EMERGENCY NUMBERS

Cy-Fair V.F.D.....	281-550-6663
Sheriff's Department.....	713-221-6000
Cypress Substation.....	281-376-2997
Cy-Fair Medical Center.....	281-890-4285

### GOVERNMENT NUMBERS

Animal Control.....	281-999-3191
Automobile Registration.....	713-224-1919
Dead Animal Pick-Up.....	713-802-5000
Department Of Public Safety.....	713-681-6187
Driver's License.....	281-890-5440
FBI.....	713-693-5000

### GAME WARDEN

(Tx. Parks & Wildlife Dept.).....	281-842-8100
Harris County Judge.....	713-755-4000
Harris County Precinct 3.....	281-463-6300
Harris County Tax Office.....	713-224-1919
(Tags/Titles, Taxes & Voter Registration)	
Health Department.....	713-439-6000
Social Security.....	1-800-772-1213
U.S. Post Office.....	1-800-275-8777

### MISCELLANEOUS NUMBERS

Better Business Bureau.....	713-605-7767
Cypress Creek Library.....	281-376-4610
Cy-Fair Sports Association.....	281-345-7426
Harris County Library (NW Branch.....)	281-890-2665
<i>The Houston Chronicle</i> .....	713-220-7171
Victim's Assistance.....	713-755-5625
Special Pals (lost pets.....)	281-579-7387

### SCHOOL NUMBERS

Goodson Middle School.....	281-373-2350
Bus Information.....	281-897-4380
Cy-Fair Administration.....	281-897-4000
Cy-Fair College.....	281-290-3200
Cy-Fair High School.....	281-897-4600
Cy-Woods High School.....	281-213-1800
Farney Elementary.....	281-373-2858

### UTILITY NUMBERS

NWHC MUD 10 (Water & Sewer).....	281-578-4200
Severn Trent, 16337 Park Row, Houston, TX 77084-5109	
Gas Customer Service.....	713-659-2111
Power Outages/Downed Power Lines.....	713-207-2222
Best Trash (Trash).....	281-313-2378
Comcast (Cable/Internet/Phone).....	713-341-1000

### EMERGENCY NUMBERS

Ambulance, Fire, Sheriff.....	911
Sheriff's Department (non-emergency).....	281-376-2997
Poison Control.....	1-800-222-1222
Report Street Lights Out....	<a href="http://cnp.centerpointenergy.com/putage">http://cnp.centerpointenergy.com/putage</a>

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Community website is [www.cypresspoint.org](http://www.cypresspoint.org).

### NEWSLETTER

Editor - Tammie Ogradowicz..... [two63059@gmail.com](mailto:two63059@gmail.com)

Board Members can be reached via private message and/or email by looking up each member by name on the website.

**Rachael's** THANKS FOR ALL OF YOUR BUSINESS IN 2011.



Happy New Year!

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*Do You Have Reason to Celebrate?*

We want to hear from you! Email [two63059@gmail.com](mailto:two63059@gmail.com) to let the community know!

## TOP TEN TIPS for Protecting Your Enamel from Erosion

The outer coating of enamel on your teeth may be the hardest substance in your body, but if it erodes, there's no way to get it back. Follow these top ten tips for keeping your enamel — which will help you keep your teeth! Enamel, the outer coating on your teeth, is the hardest substance in your body. But while it's tougher than bones, enamel has a key weakness: it lacks the ability to regenerate itself as bones do. If you break a bone, it can grow back together. If your enamel wears away, it's gone and you can't get it back. Since enamel defends your teeth against cavities, it's extremely important to take care of this protective layer.

Enamel erosion can occur for a variety of reasons, and the three major categories are diet, health issues and physical wear and tear. Many people are unaware of the effect diet has on enamel. Acid sources like carbonated drinks and citrus drinks, when consumed with regularity, can have a serious effect on your enamel. Health issues including dry mouth, acid reflux disease, gastrointestinal problems and bulimia can also lead to enamel erosion. Wear and tear includes friction from your teeth rubbing against each other, fractures due to stress on the teeth, and damage from outside sources, such as brushing your teeth too vigorously or chewing on hard objects. Watch your diet



### FOLLOWING ARE OUR TOP TEN TIPS FOR HOLDING ON TO YOUR ENAMEL.

- **1** - Drink fewer carbonated drinks like soda pop and citrus drinks like grapefruit juice, or eliminate them altogether.
- **2** - If you do occasionally indulge in these types of beverages, drink them through a straw, so the liquid goes straight to the back of your mouth instead of surrounding your teeth.
- **3** - Rinse your mouth with water after eating or drinking.

- **4** - Chew sugar-free gum to increase saliva, which helps clean your teeth.

### ADDRESS HEALTH ISSUES

- **5** - If you experience dry mouth, let us know; your dentist can help you with this condition.
- **6** - If you suffer from acid reflux, gastrointestinal problems, or bulimia, talk to your family doctor to address the issue; each of these conditions affects more than just your teeth.

### BE GENTLE WITH YOUR TEETH

- **7** - Always avoid biting pens and other hard objects, and use your teeth for chewing food only — not as tools to open containers.
- **8** - If you are a habitual tooth-grinder, your dentist can help you address the habit.

### STAY ON TOP OF ORAL HYGIENE

- **9** - Brush with fluoride toothpaste to strengthen your teeth.
- **10** - Keep up with your regular oral care, including brushing and flossing daily and getting professional cleanings every six months.

- Submitted by Dr. Flury



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We are located at the corner of Spring Cypress and Telge. See you Sunday!**

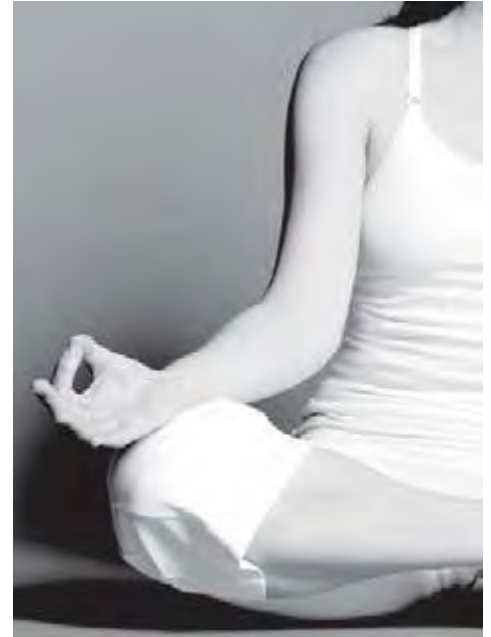
## Yoga for Weight Loss?

We've all heard the formula for weight loss. Just "burn more calories than you take in." But if weight loss is so simple, how come so many of us have a hard time with it? If we all know what to do, how come we're not doing it? There are many factors to weight loss, and there's a big gap between knowledge and action. It's a lot more than calories in, calories out. In between the "I know what I should be doing," and "how come I'm not doing that?" is a pause (and sometimes frustration). This 'pause' is where yoga can help.

Being aware of your actions - what you're eating, when you're eating it and why, are keys to weight loss success. Tuning in to your inner voice and actually hearing your body's signals is difficult. Diets fail a great deal of the time. What if you were able to smooth out your brain waves, so that you could notice the moment of choice? Yoga for weight loss? Maybe you've thought in the

past that only heavy-duty cardio would do the trick, and the pounds would magically melt away. But if you are successful at this heavy-duty huffing and puffing, how come the pounds come back, and the change isn't permanent? It may surprise you to know that a recent study at the Fred Hutchinson Cancer Research Center in Seattle found that an ongoing yoga practice correlates nicely with a healthy weight - and not only because of the calorie burn. (Excerpts from Natural Health, "The New Weight-Loss Math," by Hillari Dowdle). Yoga practitioners were found to be "more aware of what they were eating and better able to stop when they were full," characteristics that the study attributes to mindfulness.

In yoga, postures are practiced slowly, which is counter-intuitive to what the mind wants. We want to burn calories, and lose weight this instant, so we think we have to move fast. But, by practicing the postures



*(Continued on Page 5)*

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## Yoga for Weight Loss? - (Continued from Page 4)

slowly, we allow our minds to catch up with our bodies. We use the breath to actually feel what our muscles are doing. And this introspection, this reflection, will bring about an awareness. An awareness of choice. "Smoothing out the brain waves and calming down the nervous system give you an opportunity to notice the moment of choice," explains Ashley Turner, M.A. "You get to ask yourself, 'Do I really want to eat more?' Most of us never even encounter that moment," she adds.

Yoga can help you develop that awareness. And, it can also help you remove toxins from your body. New studies indicate that toxins in the body suppress thyroid function, slowing metabolism. "Scientists now believe that the obesity epidemic is going hand in hand with an increase in environmental toxins," says Gaetano Morello, N.D. from British Columbia. And fasting only slows your metabolism and causes more toxins to be released from your fat stores. Yoga can help remove these toxins.

You will get more benefits from yoga than you could ever imagine. And over time, it gets easier and more fun. No, it will not be a quick "fix" overnight. But what if you could develop the awareness to be more mindful of what you were eating, and better able to stop when you were full? These are all characteristics of mindfulness, which is practiced in every yoga class.

*Hope to see you in class soon! - Submitted by Melinda Jennings*

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Visit us on



Cy-Woods W.R.A.P. 2012 and become a fan or [www.wix.com/wrap2012/wrap](http://www.wix.com/wrap2012/wrap) and be an active parent!

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