

May 2013 Volume 13, Issue 5

EASTER HELPERS



Cypress Trails Brownie Troop 14512 helped stuff Easter eggs for the Cypress Mill Easter Egg hunt and celebration. Pictured from left to right are Emily Thomason, Julianne Braswell, Sarah Garcia, Hannah Elliott, Lexi Joyner, and Peyton Cole, all 3rd Graders at Robison Elementary.

Important Numbers

Cy-Fair High School281-897-4600
Cy-Woods High School281-213-1919
Cypress Lakes Golf Club281-304-8515
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 Gas713-659-2111
Centerpoint Energy Gas-Emergency Gas Leaks. 713-659-3552
CenterPoint Energy713-207-2222
Irrigation Leaks/Common Area Repairs - Principal
Management
Poison Control Center
Principal Management713-329-7100
Robison Elementary281-213-1700
AT&T Repair Center800-246-8464
Spillane Middle School281-213-1645
Street Light Outages713-207-2222
Comcast Cable713-341-1000
Waste Corporation of America (WCA) Recycling
281-368-8397
Pipeline Company – Exxon Mobil
Pipeline Company – Exxon Mobil
281-925-3816
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Newsletter Deadline

The deadline for the newsletters is the 9th of each month. Please email articles to: <u>cypressmill@peelinc.com</u>

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

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 888-687-6444, advertising@PEELinc.com

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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.

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Looking for Volunteers!

High School Students from 60 countries are arriving to our area this coming August and I am looking for volunteers to host them. You need to provide a bed and meals for the student. They have their own spending money and are fully insured. If you are interested in volunteering and making a dream of a teen come true please email or call.

Jennifer Tausworthe jennifer4cci@aol.com 713.203.6556





Deputy Voter Registrar Training Available

at Cypress-Tomball Democrats Meeting

The Cypress-Tomball Democrats will offer Deputy Voter Registrar training during their Tuesday, May 21st meeting. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 to 8:00 p.m.

Xavier Herrera, Manager of Outreach from the Harris County Tax Office, will conduct training for anyone interested in becoming a Volunteer Deputy Voter Registrar.

All are welcome to attend and to join this growing club, which meets on the third Tuesday of every month. For more information, visit the website at www.cytomdems.com or contact Glenn Etienne at cytomdems@yahoo.com.





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*Realtor Teams per RE/MAX 4th Quarter 2011, 2nd Quarter 2012

CY-FAIR KIWANIS CLUB

PLAY GOLF with the Cy-Fair Kiwanis Club: MAY - annual Golf to rewarding the outstanding service and academic achievements of our Tournament at the Hearthstone Country Club! Bring your own team or we will team you up with other players.

You do not have to be a Kiwanis member to play in or sponsor a team in the Golf Tournament. We welcome any who wish to participate. Businesses are encouraged to sponsor teams for their organization. It,Äôs good publicity to have your clients know you support activities that return all profits to the community through projects that support our youth and others in need. Play will be at the Hearthstone Country Club. For information, call Aaron Mackey at 281-865-2663.

The Kiwanis Kids Triathlon will be one of only 6 triathlon Citywide events this year and will be held at Langham Creek YWCA. Events include swimming, running, and bicycling and begin at 8 a.m. Registration information will be given out at the schools and can be found in the newspaper and community newsletters. All children 6 years through 12 years of age are invited to participate.

The Cy-Lakes Key Club was chartered in February by the Cy-Fair Kiwanis Club, sponsor. Congratulations to these outstanding students. They have a charter membership of 169 students!

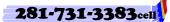
Attention, graduating seniors! It's time to get your applications in for Kiwanis college scholarships. Information should be available from your sponsors by the time this newsletter is published. We look forward Key Club members.

Wouldn't you like to be a part of this organization that assists in these activities that promote good citizenship and leadership in our youth? We invite you to a complimentary lunch to hear more about the children's activities we sponsor. The Cy-Fair Kiwanis Club sponsors nine Key Clubs in the Cy-Fair Schools; Girl Scout, Boy Scout, and Sea Scout troops and activities; we provide scholarships to outstanding Key Club members in our district; and support other family oriented groups such as Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations. CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide.

Membership is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International. If you would like to know more about Kiwanis and the programs it promotes, we invite you to be our guest at one of our monthly meetings. The Cy-Fair Kiwanis meet at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call Peggy Presnell at 281-304-7127; John Carroll at 281-463-0373 or George Crowl at 832-467-1998.

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Cypress Mill Chronicle - May 2013

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Food Safety Tips Help Prevent Food Poisoning

When getting together to cook for loved ones, the last thing you want is to get sick from the food you eat. Roberta Anding, a registered dietitian at Baylor College of Medicine, has a few tips to keep your food safe.

- Always use a meat thermometer to check if meat is fully cooked. The color of the meat can't determine the safety of the meat. All meat should be cooked to 165 degrees Fahrenheit.
- Wash your hands frequently and thoroughly during food preparation.
- Wash all produce before cutting and chopping.
- Refrigerator leftovers within two hours.
- Use a thermometer when reheating food as well. Following these basic guidelines will ensure that the food you serve is safe to eat, said Anding.



NOT AVAILABLE ONLINE



CONTROLYOUR WEIGHT, MINIMIZE CANCER RISK

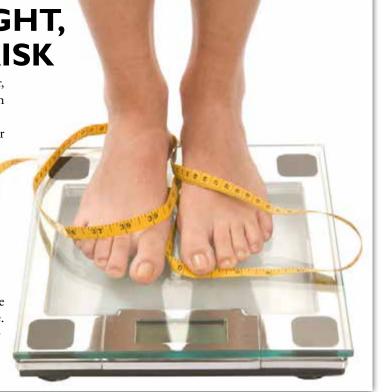
Controlling weight can help a person reduce the risk of cancer, said an oncologist from the NCI-designated Dan L. Duncan Cancer Center at Baylor College of Medicine.

"We do not know exactly how and why obesity affects cancer risk, but we know there is an increase, so it is important for everyone to control their weight to minimize this risk," said Dr. Kent Osborne, director of the Duncan Cancer Center and the Lester and Sue Smith Breast Center, both at BCM.

Research has linked obesity to a greater risk of developing esophageal, pancreatic, colorectal, breast, endometrial, kidney, thyroid and gallbladder cancer, Osborne said.

In some cancers like breast cancer, there is also an increase in the risk of recurrence if a patient already has the cancer and is obese.

Many other factors, such as genetics, may play a role in cancer development, but keeping a normal weight is one thing people can change and it may help, he said.





ADOPTION COALITION OF TEXAS

Marcus

05/1997

Marcus is a smart, funny and passionate young man. He is a thinker and a planner who likes to explore new ideas and gain knowledge. He likes to write and listen to rap music. Marcus craves acceptance and responds well to positive attention from adults. He is determined to have a bright future and works hard to reach his academic potential.

Marcus wants very much to be adopted so that he can have a family to love and support him in the future. His adoptive family needs to be nurturing, firm, patient and willing to provide him with much needed one-on-one attention. Marcus will do best in a family with older children and one with parents that can help build his self-esteem while encouraging him to discover his strengths and find his place in the world.

For more information on Marcus, please contact Stephanie Berka at the Adoption Coalition of Texas by email stephanieberka@adopttexas.org or by phone: 512-450-8750.





SNAKE BITES A CONCERN AS WEATHER WARMS UP

Warmer weather coaxes snakes out of hiding, and it's important to know what to do after a snake bite, according to a medical toxicologist at Baylor College of Medicine (www.bcm.edu).

"Many people don't realize how much of an issue snake bites are in this area of the country," said Dr. Spencer Greene, director of medical toxicology and assistant professor of medicine – emergency medicine at BCM. "In fact, our regional poison center reported 235 snake bites – including 148 from known venomous snakes in the Houston area in 2012, and I am sure many more are going unreported".

According to Greene, the first step is avoidance.

"Never reach into a hole or a bush blindly, a snake may be resting there," he said. "It is also important to maintain an appropriate distance from a snake. Most pit vipers, which include rattlesnakes, copperheads and water moccasins, can strike at a target up to twothirds of their body length when provoked."

If you are bitten by a snake, Greene suggests the following important steps:

- Stay calm.
- Call 911 immediately to be evaluated.
- Take off anything that is constricting the affected area, such as a ring or watch.
- Position the affected area at or above heart level. This means that
 if you are bitten on the hand, bring it to heart level, and if you're
 bitten on the leg or foot, elevate it if possible. This minimizes
 the amount of local tissue damage and swelling, which is the
 most common finding in pit viper bites.
- Go to the emergency room the sooner the better. Greene also dispels several myths about treating snake bites and suggests heeding the following advice:
- Do not apply a tourniquet or a constriction band.
- Do not apply ice; it can cause local tissue damage.
- Do not apply heat.
- Don't cut the affected area and attempt to suck the venom out

 this increases the amount of local tissue damage.

- Don't use a commercially-available extraction device. These have also shown to be ineffective in removing venom and actually increase the amount of tissue damage.
- Don't use electrical therapy.
- Don't apply any type of lotions or ointments.

The management of snake bites has changed over the years and the newer type of anti-venom has proven to be very effective in reducing pain, bleeding complications, swelling and tissue damage, Greene says. Although anti-venom has been shown to have the maximum effectiveness within the first 12 hours of the bite, it can still be effective a few days after the bite.

At the hospital, physicians will determine if anti-venom and hospital admission is necessary.

"Ideally, patients should be evaluated by a medical toxicologist with experience in managing snake bites," Greene says.

If a patient requires anti-venom, he or she usually spends one or two days in the hospital. After hospital discharge, patients will need to follow up twice a week for two weeks to watch for any signs of recurrent toxicity.









WATER SAFETY TIPS AT WWW.COLINSHOPE.ORG



May is Texas and National Water Safety Month

Ongoing: Volunteers needed to stuff and distribute water safey packets info@colinshope.org
Ongoing: Colin's Hope Athlete Ambassadors needed! http://www.tinych.org/signup
Now-June 18: Discount Schlitterbahn Tickets for sale. http://www.tinych.org/tickets
May 18: Colin's Hope Got2Swim Pure Austin Quarry Lake. http://www.tinych.org/QuarryLake





Water Safety Alert: 74 Texas children drowned last year. Keep your children and families safe in, near and around all bodies of water. Multiple layers of protection can prevent drowning.

LAYERS OF PROTECTION









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LEARN TO SWIM

WEAR LIFE
JACKETS

MULTIPLE BARRIERS ON ALL POOLS & HOTTUBS









KEEP BACKYARDS & BATHROOMS SAFE

LEARN CPR

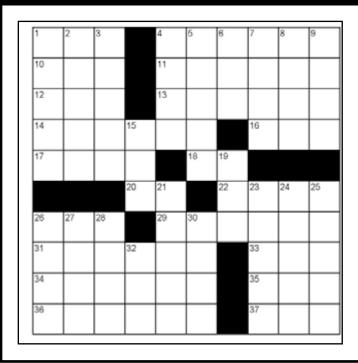
CHECK POOLS/HOTTUBS
1ST FOR MISSING CHILDREN

VISIT US ONLINE

CYPRESS MILL



CROSSWORD PUZZLE



ACROSS

- 1. Bad (prefix)
- 4. Asks for legally
- 10. Monkey
- 11. Author of "Sense and
 - Sensibility"
- 12. Gross national product (abbr.) 6. Tree
- 13. Plan
- 14. More humble
- 16. Swab
- 17. Retired persons association (abbr.) 15. Kilometers per hour
- 18. Education (abbr.)
- 20. Headquarters (abbr.)
- 22. Cool
- 26. Poisonous snake
- 29. African country
- 31. Penzoil is this (2 wds.)
- 33. MD
- 34. Build
- 35. Kimono sash
- 36. Walk quietly
- 37. Misty

View answers online at www.peelinc.com

DOWN

- 1. Lava
- 2. Sleep disorder
- 3. Biblical outcast
- 4. Casing
- 5. Money
- 7. Detail
- 8. Business note
- 9. Metal fastener
- 19. Cell stuff
- 21. Capital of Ecuador
- 23. Give
- 24. Mud brick
- 25. Inferred
- 26. Account (abbr.)
- 27. Dress
- 28. Secondary
- 30. Rejoicing
- 32. Grain

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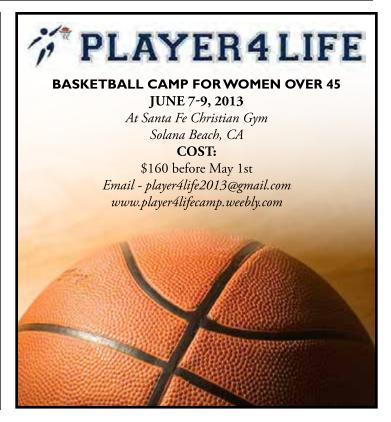


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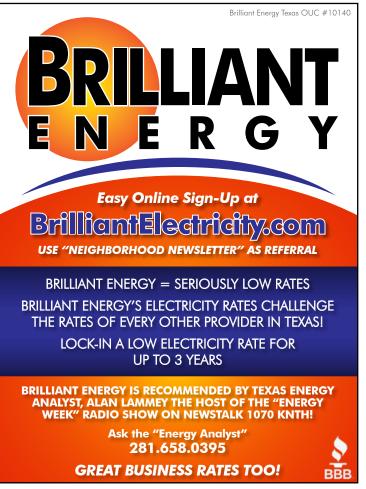
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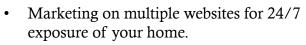






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	June '12	July '12	Aug '12	Sept '12	Oct '12	Nov '12	Dec '12	Jan '13	Feb '13	Mar '13
\$201,000 and above	0	1	1	1	0	1	0	0	0	0
\$176,000\$200,999	0	0	0	0	0	0	0	0	0	0
\$151,000\$175,999	0	2	0	0	2	0	0	2	1	0
\$141,000\$150,999	2	0	2	3	3	1	2	0	1	0
\$121,000\$140,999	3	5	4	4	0	4	4	1	1	2
\$101,000\$120,999	1	0	3	1	1	0	0	1	1	0
\$100,000 and below	0	0	0	0	0	0	0	0	0	0
Total	6	8	10	9	6	6	6	4	4	2
Highest \$/sq ft	\$76.36	\$76.36	\$79.57	\$84.95	\$75.72	\$82.36	\$81.79	\$73.77	\$79.82	\$82.55

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