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Ambulance 911
Harris County Sheriff713-221-6000
Cy-Fair Volunteer Fire Dept. Bus. Office281-550-6663
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Cy-Fair Medical Center
North Cypress Medical Center281-477-0830
Willowbrook Methodist281-477-1000
SCHOOLS
Cy-Fair ISD
Warner Elementary School
Spillane Middle School
Cy Woods High School
Cy Fair High School
Cypress Ranch High School
PUBLIC SERVICES
Cypress Post Office
Drivers License Info
Harris County Tax713-224-1919
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#### Don't want to wait for the mail?

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# Kids' Cross-Country Team's Season Starts September 10<sup>th</sup>

The Northwest Flyers Track Club Youth Cross-Country Team kicks off the fall season with registration and an orientation for parents and athletes on Tuesday, September 10, 2013, at 6:00 p.m. (location to be announced.) The first practice will be held at the Cypress Creek YMCA on Thursday, September 12. The Northwest Flyers Track Club is a member program of USA Track and Field (USATF), the national governing body for track and cross country. The club is in its 26th year in the northwest Houston area. Ages 6-18 may participate in the team, and both beginners and experienced runners are welcome.

Contact Coach Eric Wentworth at emw1105@ gmail.com 281-961-6603 or Coach Donnell Carter atdcarterpfs@msn.com, 281-467-4727 for more information. Visit www.northwestflyers. org to get updates and learn more about the team.



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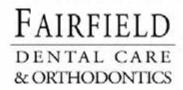
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#### **CY-FAIR KIWANIS CLUB**

Kiwanis wants YOU! The Cy-Fair Kiwanis Club is actively seeking new members who are interested in giving service to improve our community and our world. Visit the Cy-Fair Kiwanis Club and learn about the projects in which its members participate to enrich and improve life for citizens in our community. We sponsor the Key Clubs in the Cy-Fair,

the projects in which its members participate to enrich and improve life for citizens in our community. We sponsor the Key Clubs in the Cy-Fair,

Jersey Village, and Katy communities and work memle with them in service to the Cy-Fair area. Internationally, both Kiwanis and Key Club are participating in the ELIMINATE the Houston Food Band PROJECT aimed at the eradication of maternal/neonatal tetanus.

The Cy-Fair Kiwanis

Businesses of the community are encouraged to support a representative for membership in Kiwanis. If you work for a business that is oriented toward involvement in community improvement and leadership, suggest to them that you would like to represent that business through membership and involvement in work with Kiwanis. We welcome business and organization as well as individual

memberships.

CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs and one Builders' Club in the Cy-Fair School District; sponsors the Kids Triathlon; Girl Scout, Boy Scout, and Sea Scout troops and activities; awards scholarships to outstanding Key Club

members in our district; provides assistance to Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.

The Cy-Fair Kiwanis Club meets 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 John Carroll at 281-463-0373, George Crowl at 832-467-1998 or Peggy Presnell at 281-304-7127. We invite you to be our guest at one of the meetings and enjoy the fellowship of Kiwanians from your community as you learn about our organization.

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## A FOCUS ON HEAT EMERGENCIES

### Healthy Tips To Stay Cool In Extremely Hot Weather By: Concentra Urgent Care

Heat emergencies fall into three categories of increasing severity: if the person is a child, elderly, or injured. Heat Cramps, Heat Exhaustion, and Heatstroke.

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs. If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

#### **SIGNS AND SYMPTOMS:**

#### **Heat Cramps**

- Sweating
- Dizziness and lightheadedness
- Pain in arms, legs, and abdomen Headache and confusion
- Heat Exhaustion • Nausea and vomiting
- Moist, pale skin
- Rapid pulse and breathing
- Fatigue and fainting

#### **Heat Stroke**

- No sweating
- Dry, hot, red skin
- Rapid pulse
- Temperature over 103° F
- Confusion/loss of consciousness Seizures

#### **CAUSES:**

The following are common causes of heat emergencies:

- High temperatures or humidity Medications, such as diuretics,
- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- neuroleptics, phenothiazines, and anticholinergics
- Cardiovascular disease
- Alcohol use

#### WHAT TO DO IN HEAT EMERGENCIES...

#### First Aid

- 1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.
- 2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.
- 3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.
- 4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.
- 5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

#### DO NOT:

• DO NOT underestimate the seriousness of heat illness, especially

- DO NOT give the person medications that are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.
  - DO NOT give the person salt tablets.
- DO NOT give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal
  - DO NOT use alcohol rubs on the person's skin.
- DO NOT give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

#### PREVENTION:

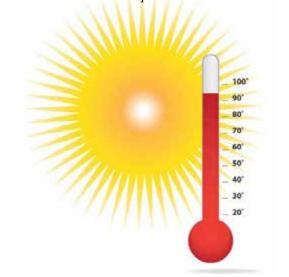
- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.
- Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.
- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.
- Be careful of hot cars in the summer. Allow the car to cool off before getting in.
  - Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: www. cdc.gov/niosh/topics/heatstress/

#### References

Auerbach PS. Wilderness Medicine. 4th ed. St. Louis, Mo: Mosby; 2001:240-316.

DeLee JC, Drez Jr. D, Miller MD, eds. DeLee and Drez's Orthopaedic Sports Medicine. 2nd ed. Philadelphia, Pa: Saunders; 2003:763.



# Girl Scouts Celebrate 101 Years!

Girls Scout across the country and around the world are celebrating a new century of leadership in Girl Scouts!

This is the organization's 101st year. Girl Scouts of America was founded in 1912 in Savannah, Georgia by a woman who was determined to empower young women and help teach them values. Juliet Low, started her first Girl Scout troop at her home in Savannah. It is now a museum and home of the national headquarters.

Girl Scouts all over the planet invite you to take action this summer and volunteer, recycle, conserve, explore, teach and make the world a better place!



# NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

nwhcaggiemoms.org

Are you a New Aggie Mom? Are you an Aggie Mom that wants to join other Aggie Moms in supporting our students? Find out how we can help your student succeed during those college years at one of our informal Summer Mixers. The Northwest Harris County Aggie Mom's Club, as an organization, encourages parents to become familiar with A&M during their student's freshman year. The path to graduation can be a challenging journey; don't go it alone. Northwest Harris County Aggie Moms has been here for 25 years and we're committed to helping your student and YOU enjoy the TAMU experience. Please join us at one of the following locations in your area. Please RSVP to thompson5511@sbcglobal. net. or 713-956-0972 so our hostesses will know how many people to expect. We look forward to meeting you!

#### **SUMMER MIXER LOCATIONS**

Monday, June 17 - 7-9 pm

Hosted by: Linda Saxby

17210 Prescott Manor, Cypress, TX 77433

Lakes Fairhaven subdivision (just north of Fairfield off of Mason Rd.)

Sunday, June 23 - 2-4 pm

Hosted by: Connie Pritchard

12418 Pedder Way Drive, Tomball, TX 77377

Village Creek Subdivision

Thursday, July 11 - 7-9 pm

Hosted by: LaDonna MacDonald

15903 Harwick Drive, Spring, TX 77379

Champions Forest Subdivision

Tuesday. July 23 - 7-9 pm

Hosted by: Cheryl Williams

8331 Church Light Lane, Houston, TX 77064

Carriage Lane Subdivision

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at the Houston Distributing Center, 7100 High Life Drive, conveniently located near Willowbrook Mall. We are looking forward to kicking off the 2013-2014 school year at our 'HOWDY PARTY" on August 13th-Please join us! All meetings are open to Aggies, future, present or past. We provide light refreshments and you can shop our Boutique for that one-of-a-kind Aggie treasure. Our hand crafted items celebrate the heart-warming TAMU traditions. You will also enjoy hearing from dynamic speakers throughout the year like, Brigadier General, Joe Ramirez, Commandant of the Corp of Cadets. For more information on monthly speakers or upcoming events visit our website at www. nwhcaggiemoms.org or contact Shannon Eberle, Club President at clubpres2012@gmail.com.





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Ongoing: Colin's Hope Athlete Ambassadors needed! http://www.tinych.org/signup
July 21: Colin's Hope Kids Got2Swim Pure Austin Quarry Lake. http://www.tinych.org/got2swim
August 29: Colin's Hope Got2Swim Lake Austin 10K/10 miler. http://www.tinych.org/got2swim
September 8: 5th Annual Colin's Hope Kids Triathlon http://www.tinych.org/KidsTri



ALERT: 18 Texas children have already drowned this year! YOU can help us prevent children from drowning. Please KEEP YOUR KIDS SAFE around water.

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**LEARN CPR** 

CHECK POOLS/HOTTUBS

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# Cypress-Tomball Democrats July Meeting

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, July 16, 2013. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 to 8:00 p.m.

All are welcome to attend and to join this growing club, which meets on the third Tuesday of every month. The meetings always feature informative guest speakers who address timely topics. For more information, visit the website at www.cytomdems.com or contact Glenn Etienne at cytomdems@yahoo.com.





### Elisha Roberts Chapter

The wonderful ladies of the Elisha Roberts Chapter, NSDAR, extend an invitation to any female, 18 years or older, who can prove direct lineal descent from someone who either fought in or provided aid during the American Revolution. We are a family oriented group of ladies who promote patriotism, education and historic preservation. Our motto is God, Home and Country. If this sounds like you, please come and join us for a meeting. We meet the third Thursday of each month, September through May, at the Backyard Grill, located at 9453 Jones Road. Our next meeting will be on September 19, 2013 at 7:00 p.m. For more information, please contact the chapter Regent, Cheryl Partney at cpart86@comcast.net or by phone at 832-654-0306.

We look forward to meeting you.



# Physical Symptoms Could Be Sign Of Depression

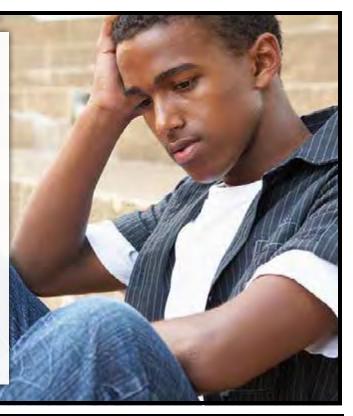
Depression and chronic mood disorders can manifest themselves through physical symptoms, said an expert at Baylor College of Medicine.

"Physical symptoms often drive a patient to see a primary care physician, and then the diagnosis of depression may emerge," said Dr. Sanjay Mathew, associate professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM.

Symptoms include gastrointestinal syndromes or chronic pain conditions. Many patients will have diagnoses of both a physical illness as well as depression.

The first step is to get a complete medical history and physical exam to rule out any medical conditions before making a psychiatric diagnosis.

Certain types of antidepressants and medications that help treat seizures also help with the physical symptoms of depression at low doses. This can help avoid the use of multiple medications.





### PROTECT EYES THIS SUMMER

Take precautionary measures to protect your eyes during the summer to prevent long-term damage to eyesight, said a Baylor College of Medicine ophthalmologist.

"Ultraviolet light, or UV exposure, has been linked to the development of macular degeneration, cataracts and other visionloss problems," said Dr. Elizabeth Baze, assistant professor of ophthalmology at BCM.

Baze offered tips you can practice to help protect your eyes from sun damage this summer.

The more the sunglasses wrap around and shield your eyes and the skin around the eyes, the more protection you have. Sunglasses need to provide 99 to 100 percent UV protection.

Sunblock is a must, including the skin around the eyes. A broad-brimmed hat can add extra protection.

If you have an existing eye condition like macular degeneration or cataracts, protecting your eyes from the sun should be a top priority during the summer, she said.





### RANCH RECORD

### **Quality Of Meals Should Not** Change During Summer Students shouldn't close the door on healthy eating habits

during the summer, says a Baylor College of Medicine pediatrician.

"Certainly it is just as important to eat healthy over the summer as it is any other time of the year," said Dr. Teresia O'Connor, assistant professor of pediatrics - nutrition at BCM.

She offers the following tips for health summer eating:

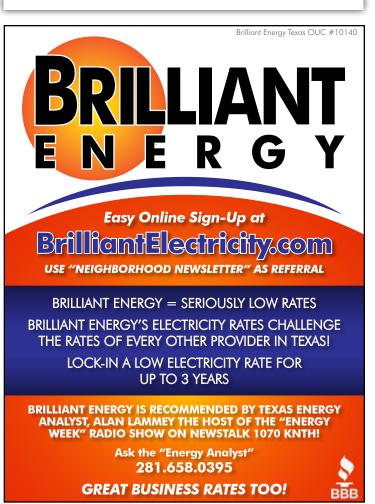
- Incorporate fruits and vegetables in all meals.
- A healthy summer lunch should include a fruit, a vegetable, some form of protein and whole grains.
- Don¹t skip breakfast.
- Eat three meals a day with one to two snacks.
- Stay hydrated water is the best and healthiest way to
- stay hydrated.
- Be aware of how much sugar is in beverages. While it's okay to drink a small amount of these beverages, primary drinks should be water and low-fat or skim milk.

Encourage children and teens to help prepare their own meals so they become responsible for their own healthy eating.

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Blackhorse Ranch Year-to-Date Sales Report										
	Aug '12	Sept '12	Oct '12	Nov '12	Dec '12	Jan '13	Feb '13	Mar '13	Apr '13	May '13
\$500,000 and above	0	0	0	0	0	0	0	2	0	0
\$451,000\$499,999	0	0	0	0	1	1	0	0	0	0
\$351,000\$450,999	0	0	1	0	1	1	0	1	1	2
\$276,000\$350,999	0	0	0	1	0	0	0	0	3	1
\$231,000\$275,999	1	1	1	0	0	0	0	0	1	2
\$201,000\$230,999	0	2	2	1	2	0	0	1	1	2
\$200,999 and below	1	0	4	1	0	0	1	0	1	1
Total	2	3	8	3	4	2	1	4	7	8
Highest \$/sq ft	\$78.58	\$84.06	\$85.59	\$84.06	\$101.66	\$131.93	\$70.49	\$103.11	\$112.37	\$106.72

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