

# Cypress Philharmonic

The Cypress Philharmonic proudly launches its second season with a Four Seasons theme. On September 22, the first concert, "Stirrings of Autumn," evokes a fall mood with Peggy Stuart Coolidge's two-movement "New England Autumn" and Kirt Mosier's "Overture to the Wind." The program features Antonín Dvořák's powerful "New World" Symphony (No. 9) and the world premiere of Houston artist Joe LoCascio's sneaky "Gently Criminal" for strings. Rounding it all out is Mexican composer Arturo Márquez's lively "Danzón No. 2" just in time to kick off Hispanic Heritage Month.

This year, the CyPhil adds a special event, collaborating with the Houston Repertoire Ballet to create a "Winter Wonderland" with a full production of Pyotr Tschaikovsky's The Nutcracker. Houston Repertoire Ballet, founded by Gilbert Rome and under the direction of Victoria Vittum, has mounted a production of The Nutcracker annually since 2001, but now will feature live music from the Cypress Philharmonic. Performances will be held on Saturday, December 7 at 2 p.m. and 7 p.m. and Sunday, December 8 at 1 p.m. and 4:30 p.m. in the Tomball High School auditorium with reserved seating. Ticket information is at www.hrbdance.org and 281-940-4721. Major funding for the project is provided by Houston Endowment and ConocoPhillips Company. The Nutcracker is also funded in part by grants from Harris County and Texas Commission on the Arts through the Houston Arts Alliance.

On March 23, 2014, "Spring Fever" highlights the passion of romance with music from Georges Bizet's Carmen Suites No. 1 and 2 and Aaron Copland's "Appalachian Spring." Themes of rebirth and renewal are visited in music from Linda Tutas Haugen's Transformations of Darkness and Light and Nikolai Rimsky-Korsakov's Russian Easter Overture.

The annual pops concert will be held on June 28, 2014. Information about this "Summertime" concert will be made available through the website and print and social media.

The Cypress Philharmonic is a 50+ member ensemble made up of music educators and professional musicians in and around the Cypress area. Founded by Music Director Glynnes Lanthier in 2012, the CyPhil presents classical favorites alongside new and recent works by a diverse group of composers. We welcome inquiries from musicians, community members and prospective board members. To find out more about the CyPhil, visit the website or e-mail at admin@cyphil.org. The Cypress Philharmonic performs in the Berry Center on 8877 Barker Cypress in Cypress, Texas. Tickets and performance information are available online or by leaving a message at 713-939-9493.

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# VIPS&CY-FAIRISD

VIPS is an acronym for Volunteers in Public Schools. VIPS in Cy-Fair ISD center the attention of their service on supporting students and staff and making a significant contribution to the education of children. Our volunteers give freely of their time and resources and impact the academic and personal development of Cy-Fair ISD students.

If you are interested in being involved in Cy-Fair schools as a volunteer, please contact Pam Scott, Partners in Education Director at 281-894-3950.

## CY-FAIR ISD & VOLUNTEERS IN PUBLIC SCHOOLS SEPTEMBER 2013 EVENTS

**September 5** - VIPS General Meeting – 9:30 a.m. to 12:00 p.m., Berry Center - Open to all CFISD school staff, volunteers, parents and community members. Get the latest information on what is happening in CFISD.

**September 10** - Vision Certification Training – 9:30 a.m. to 1:30 p.m., Berry Center - Become a state certified trained volunteer to assist a CFISD school nurse in vision testing for the students. Please RSVP to the school nurse by September 3.

**September 11** - Hearing Certification Training – 9:30 a.m. to 1:30 p.m., Berry Center - Become a state certified trained volunteer to assist a CFISD school nurse in hearing testing for the students. Please RSVP to the school nurse by September 4.

**September 17** - PIE Mentor Training -6:00 p.m. to 8:00 p.m., Berry Center - Training for individuals committed to serve as a role model and friend to a CFISD student.

**September 19** - PIE Mentor Training – 9:30 a.m. to 11:30 a.m., Berry Center - Training for individuals committed to serve as a role model and friend to a CFISD student.

**September 24** - VIPS Math Training – 9:30 a.m. to 11:30 a.m., Berry Center - Participants will learn the approach to the process and actions used in elementary math. This class will be presented by the CFISD math coordinator.

**September 25** - Junior Achievement Coordinator Training – 8:30 a.m. to 9:30 a.m., Berry Center - Specifically for those who will take responsibility for implementing the JA program for their campus.

**September 25** - Junior Achievement Volunteer Training – 9:30 a.m. to 11:30 a.m., Berry Center - The purpose of Junior Achievement is to educate and inspire young people to value free enterprise, understand business and economics, and be workforce ready.

#### **HOW TO REGISTER FOR TRAINING**

With the exception of Hearing and Vision Certification, register for training by emailing the PIE office at vipsrsvp@cfisd. net. Provide your name and the name and date of the training you wish to attend. Registration is required to guarantee a seat and training materials.

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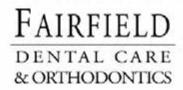
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### **CY-FAIR KIWANIS CLUB**

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, Jersey Village, and Katy communities and work with them

in service to the Cy-Fair area. Internationally, both Kiwanis and Key Club are participating in the ELIMINATE PROJECT aimed at the eradication of maternal/neonatal tetanus.

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.

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.

We look forward to welcoming you to our meetings.

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# JOINYOUR FRIENDS ON THE GOLF COURSE

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Announcing the 9th Annual American Cancer Society Relay For Life of Cy-Fair Golf Tournament

Grab your clubs and join with friends and sponsors to have some fun for a great cause. The 9th Annual Relay For Life of Cy-Fair Golf Tournament benefiting the American Cancer Society is on for Thursday, October 3, 2013 with a 1:00 pm Shotgun Start at Windrose Golf Club located in Spring, Texas (www.windrosegolfclub.com). The tournament format is a 4-Person Scramble.

Registration is quick and easy online at http://www.hprelayforlife.com. Golfers can play as a team or as an individual. Registration Fee is \$440 per foursome and includes greens fee, cart, range balls, and 4-drink tickets. Lunch and dinner are provided. Silent Auction winners and tournament awards and prizes are announced at dinner following the tournament.

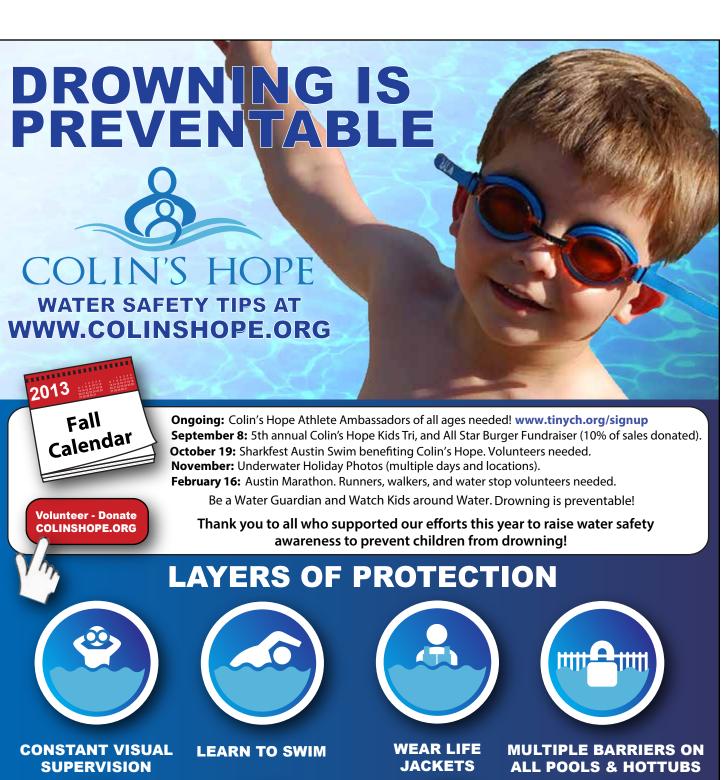
"This is a great opportunity for golfers to have some fun and also contribute to the American Cancer Society," said Stacie Hemann, event founder and organizer. "It is also the perfect time for local companies and organizations to become sponsors and join some of the great charitable sponsors we already have who will offer fun activities on almost every hole along with contests and giveaways. For 2013, our main event Platinum Sponsor is North Cypress Medical Center; Rudy's BBQ is Lunch Sponsor; and Lupe Tortilla's is Dinner Sponsor."

Golfers interested in participating and any businesses and individuals interested in sponsoring this event can contact Stacie Hemann at 512.319.0929 or hprelayforlife@gmail.com.

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### **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.

## BACK-TO-SCHOOL STRESS CAN TRIGGER ACNE

For teens, getting rid of embarrassing may seem impossible, but Dr. Denise Metry, an assistant professor of dermatology and pediatrics at Baylor College of Medicine, says improving your skin isn't as difficult as you may think. "Stress can be a catalyst for acne breakouts because it stimulates hormones, which in turn causes some skin glands to pump out more oil," Metry said. She suggests that teens wash their face twice a day with a gentle cleanser, maintain a healthy diet and get adequate rest to help prevent future breakouts.

Other treatment options include topical creams such as Retin-A to help unclog oil ducts and antibacterial creams, lotions or gels with benzoyl peroxide, which can be used alone or in combination with topical or oral antibiotics. Some young women may be prescribed the birth control pill to help control acne, and Metry may recommend chemical peels for those with severe acne. "I think that parents downplay acne a lot of the time, but it can become a serious problem if it's not addressed early on," Metry said. "I encourage kids to talk to their physicians and in severe cases contact a dermatologist."



# BE LICE-FREE FOR BACK-TO-SCHOOL

By Stacey Pomerantz

Back-to-school means lots of new things: new clothes, new backpacks and new supplies. It's a time to navigate a new class schedule and meet new teachers. Yet, it needn't be a time to worry about head lice. We often hear about lice during back-to-school season because kids return to a tighter environment after a summer of being outdoors. Lice are transmitted via direct head-to-head contact 95% of the time. The ideal scenario for lice transmission is when kids talk, hug or sit with heads touching. Keep in mind that lice don't jump or fly. They also die relatively quickly (24-36 hours) if they're not directly on your scalp. Lice are easier to avoid and get rid of than you might imagine. Since lice do not carry or spread disease, there is no formal exclusion policy in Texas schools. Head lice doesn't mean a child is dirty or should be shunned. Mostly, lice are inconvenient due to the time necessary to eliminate them. Here are some easy tips to stay lice-free this school year:

- 1. Each child should have his/her own set of brushes and combs. Store them in separate drawers or baskets at home. Label them accordingly and make sure each child knows whose is whose and keep your own separate.
- 2. Use lice deterrent spray every day. There are a few varieties of combination detangler/lice repellent sprays on the market. These sprays contain scents that lice find offensive, such as mint or tea tree oil. When

used daily, these scents repel a louse and cause it to nest elsewhere (in another scalp). It can be most effective when applied every day, including before sleepovers, play dates and school.

- 3. This is a biggie: teach your kids to avoid direct head-to-head contact when playing with friends. Show your little ones a photo of children using the iPad or reading books in very close proximity. Help them learn how to play with other kids elbow-to-elbow, not head-to-head!
- 4. If school reports a lice outbreak though they are not required to or you suspect your child has lice, do not panic! Instead,make sure you have a good quality nit comb (normal combs do not trap lice or nits). Most parents say that it is hard to see evidence of lice. Use the comb as your eyes via daily comb-outs. Catching lice early can often prevent a household contraction. If you're not sure how to do a proper comb-out, look online where many 'how to' videos exist.
- 5. Finally remember the rule of "once a week, take a peek." While your kids are de-compressing after a long day of learning, run your nit comb through their hair at the base of their necks and behind their ears. Nits can be many colors from a cream color to amber. They glisten in dry hair and are the shape of a sesame seed that clings to one side of the hair shaft, often close to the scalp.



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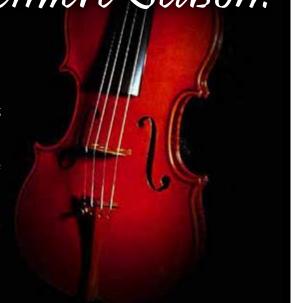
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## RANCH RECORD

# KIDS' CROSS-COUNTRY TEAM'S SEASON STARTS SEPTEMBER 10TH

The Northwest Flyers Track Club Youth Cross-Country Team kicks off the fall season with registration and a mandatory orientation for parents and athletes on Tuesday, September 10, 2013, at 7:00 p.m. Registration will be held at Cypress Creek High School, 9815 Grant Rd., Houston, TX. 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. Middle school and high school cross country athletes can also register, but should compete after their cross country season is over.

Contact Coach Eric Wentworth at emw1105@gmail.com, 281-961-6603, or Coach Donnell Carter at dcarter.nwflyers@yahoo. com, 281-467-4727, for more information. Email Coach Carter to get on the email list and you will receive a free running training video. Visit www.northwestflyers.org to get updates and learn more about the team.

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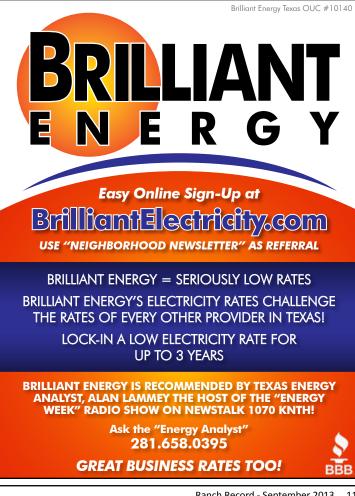


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\$500,000 and above	0	1	3	0	1	1	0	0	5	4	
\$451,000\$499,999	2	2	1	0	2	2	0	2	3	3	
\$351,000\$450,999	1	1	1	0	0	1	0	0	0	0	
\$276,000\$350,999	0	1	0	0	0	0	0	0	0	0	
\$231,000\$275,999	0	0	0	0	0	0	0	0	0	0	
\$201,000\$230,999	0	0	0	0	0	0	0	0	0	0	
\$200,999 and below	0	0	0	0	0	0	0	0	0	0	
Total	3	5	5	0	3	4	0	2	8	7	
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