



BLOOD PRESSURE

TAKE CONTROL OF THE SILENT KILLER



High blood pressure, or hypertension, is sometimes called the silent killer because there are often no symptoms. That's why keeping track of blood pressure is one of the most important things a person can do to stay healthy, said doctors at Baylor College of Medicine.

Left untreated, hypertension, can cause organ damage over time, leading to heart attack, blindness, kidney failure or stroke, said Dr. Biykem Bozkurt, professor of medicine at BCM.

Some factors that are associated with hypertension are diabetes, family history of hypertension, being overweight, taking in too much sodium, drinking excessive alcohol and smoking. Generally a healthy

reading is 120/80, and hypertension diagnosis is made at 140/90. People considered prehypertensive generally have readings that fall between 120/80 and 140/90. Doctors always check blood pressure as part of appointments and there are also many locations where blood pressure machines are available for anyone to have their pressure checked. Bozkurt advises talking to a doctor to determine if your reading is at a healthy level rather than taking the machine's reading at face value.

"For a relatively healthy person not suffering from any other illnesses, only a few lifestyle changes like diet modifications and exercise may be needed," said Bozkurt.

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- Sexual Assault/Domestic Violence.....	713-967-5743
- Runaway Unit	713-755-7427
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ARTICLE INFO

The *Tribune* is mailed monthly to all Cypress Creek Lake residents. Residents, community groups, churches, etc. are welcome to submit information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for consideration please email it to cypresscreeklakes@peelinc.com. The deadline is the 9th of the month prior to the issue.

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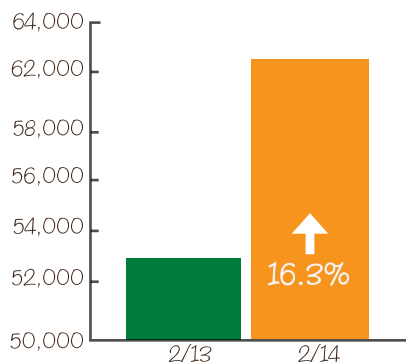
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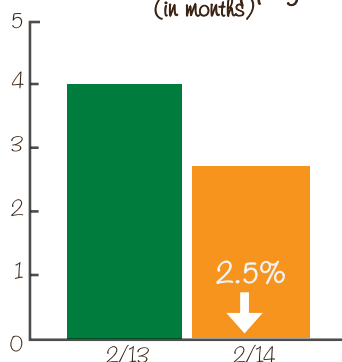
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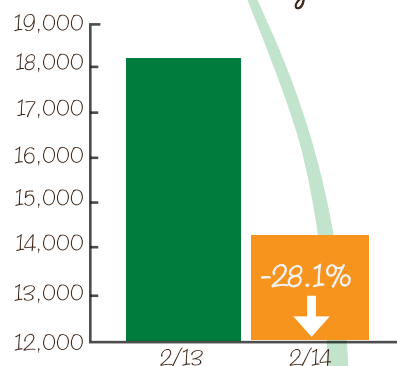
Home Sales



Home Supply
(in months)



Active Listings



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THE NEW MISS CY-FAIR HOUSTON 2014 IS CROWNED

AND READY TO REPRESENT CY-FAIR AT MISS TEXAS IN JULY!

On Saturday, February 15, 2014, the Miss Cy-Fair Houston Organization held the 5th annual Miss Cy-Fair Houston Pageant. For the 2nd year in a row, the Miss division (ages 18-24) is an official prelim for the Miss America and Miss Texas Organization, and the 2014 Miss Cy-Fair Houston will represent the Cy-Fair community at Miss Texas.

On Saturday night, Callie Thompson captured the crown of Miss Cy-Fair Houston 2014 and earned a \$1000 scholarship from LoneStar College Cy-Fair. She wowed the judges in personal interview, swimsuit & fitness, evening gown, on-stage question, and talent competition. She won each category and performed a lyrical dance to "Via Delarosa" for her talent.

Callie is a Cy-Fair native and graduated from Cy-Springs High School. She earned her bachelor's degree from Texas A&M University's Mays Business School and plans to earn a Master of Science in Human Services with a concentration in Organizational Management and Leadership.

Callie's personal platform is "Living without Limitations: Moving Beyond Your Own Challenge". She was diagnosed with asthma at 2 years of age and has struggled both physically and emotionally to overcome and live with her illness. Through her love of dance and her determination, she has not allowed her life-threatening illness to define or limit her possibilities and opportunities. Through her platform, Callie hopes to encourage children in Cy-Fair and throughout Texas to live without limitations and move beyond their own personal challenges in order to pursue their own dreams and passions.

In addition to serving the Cy-Fair community, Callie will compete on the Miss Texas Stage in July. If she becomes Miss Texas, she will represent our community and state at the historic and iconic Miss America Pageant, which will air live on ABC on September 14, 2014. "I couldn't be more thrilled to win the title of Miss Cy-Fair Houston. It is an honor to compete at Miss Texas, and an even bigger honor to do it representing your hometown community. I am looking forward to serving the Cy-Fair community this year and making Cy-Fair proud at Miss Texas," says Callie.

For more information on Miss Cy-Fair Houston 2014, Callie Thompson, or to request an appearance or autographed picture, please visit www.misscyfairhouston.com/meetmisscyfairhouston

Many local Cy-Fair businesses have supported the Miss Cy-Fair Houston Pageant and Callie as she begins her journey to Miss



Texas. Some of these local businesses and organizations include Longoria Dentistry, Lonestar College Cy-Fair, Sweet & Sassy, The Colour Bar: A Cynthia Diersen Salon, The Cypress Academy of Performing Arts, Kids R Kids, Buttercup Tans, Your Community Magazine, Mitchell Alexander Photography, MK Floral Designs, McCall Gibson Swedlund Barfoot PLLC, Queen B's Dowry, Muzzie's Couture, Consolidated Mills, and Chelsea B Cosmetics.

The Miss Cy-Fair Houston Pageant is a not-for-profit organization aimed at raising scholarship for young women. Its mission is to encourage scholarship, service, style, and success, and to empower young women and girls to become positive leaders, mentors, and role models in our community. For more information on the Miss Cy-Fair Houston Organization, please visit www.misscyfairhouston.com

ADDITIONAL INFORMATION ON MISSTEXAS

An official preliminary to the Miss America Scholarship Pageant, the Miss Texas Pageant, Inc. has a rich history of empowering young women to achieve their dreams and goals. Larger than the young women who have held the title of Miss Texas is the volunteer team and "pageant family" who have dedicated their lives to ensure these young women have every opportunity available to them through this transformational pageant system.

ADDITIONAL INFORMATION ON MISS AMERICA

The Miss America Organization is one of the nation's leading achievement programs and the world's largest provider of scholarship assistance for young women. Last year, the Miss America Organization and its state and local organizations made available more than \$45 million in cash and scholarship assistance. This assistance is not just for the handful of young women who become Miss America, but is available to the over 12,000 young women who compete in the state and local competitions as well.

DID YOU KNOW?

Kaye Lani Rae Rafko, a young woman from the small town of Monroe, Michigan, entered a Miss America local competition to earn scholarship money to pay her nursing school bills. To her surprise, she captured not only a local and state title, but was ultimately named Miss America 1988. Kaye Lani used the scholarship money she earned as Miss America to pursue an advanced degree and fulfill her dream of opening a hospice for the terminally ill in her hometown.

Cypress-Tomball Democrats Host Easter Egg Hunt April 12th

The Cypress-Tomball Democrats will host their 3rd Annual Community Easter Egg Hunt on Saturday, April 12th from 3:00 pm – 5:00 pm. This fun event will be held at the D. Bradley McWilliams YMCA at Cypress Creek, 19915 State Highway 249 at Cypresswood, in the outdoor pavilion.

The free activities are open to the public, and include an Easter Egg Hunt for kids under 12, recreational activities, music, prizes, and a visit from the Easter Bunny. Attendees should bring their own baskets and lawn chairs.

For more information, visit the club website at www.cytomdems.com; contact Glenn Etienne at cytomdems@yahoo.com; or “Like” the club on Facebook.



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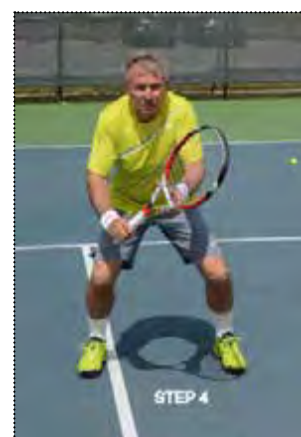
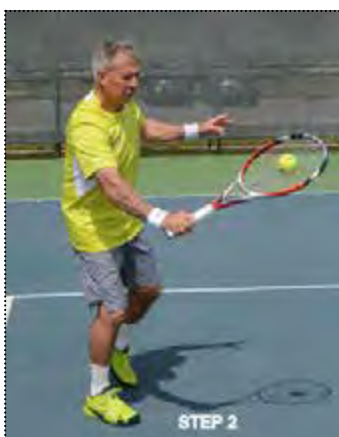
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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How To Execute The Backhand Drop Shot

In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, the forehand high volley approach shot, the two handed high volley approach shot, the one-handed high volley approach shot, the forehand lob, the two-handed backhand lob, the one-handed backhand lob and the forehand drop shot.

In this issue, I will offer instructions on how to execute the Backhand Drop Shot. This shot is used when a player is deep on the baseline and returns a short soft ball. The player hitting the drop shot is forcing the opponent to run toward the net. This ball should be hit high enough to clear the net and almost bounce back toward the net. If the player running for the shot can get it on the first bounce, he/she will most likely be off balance and will be forced to commit an error or return for an easy put away volley. In the illustrations, Fernando Velasco, Manager and Director of Tennis at the Grey Rock Tennis Club,

shows the proper technique to execute this stroke. This shot can also be executed from the base line when the opponent is expecting a deep return of a serve.

Step 1: The Back Swing: When Fernando realizes that the ball will landing short and high, he starts his back swing high and compacted. He is using the continental grip and keeping his eyes focused on the flight of the ball. His left hand is holding the throat of the racket.

Step 2: The Point of Contact: Fernando is now ready to perform the drop shot. His eyes are now focused on the point of contact and the face of the racket is angled up to create the underspin on the ball. His goal is to keep his head still. His left hand pulling back to keep the center of gravity in the center and his weight is shifting toward his right foot.

Step 3: The Follow Through: The success of a drop shot is to keep the ball on the strings as long as possible. Fernando is almost “cupping” the ball during the follow through. Fernando’s grip is relaxed and the head of the racket is pointing toward the sky. His left shoulder is almost opening backwards and his eyes are following the path of the ball.

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Cypress Creek Lakes Year-to-Date Sales Report

	May '13	June '13	July '13	Aug '13	Sept '13	Oct '13	Nov '13	Dec '13	Jan '14	Feb '14
\$500,000 and above	2	1	1	0	0	1	0	1	0	1
\$451,000--\$499,999	2	1	0	1	0	1	0	1	1	0
\$351,000--\$450,999	5	3	3	3	5	2	4	5	5	3
\$276,000--\$350,999	6	2	2	1	2	0	3	3	1	2
\$231,000--\$275,999	6	2	1	3	0	1	1	2	2	3
\$201,000--\$230,999	5	1	0	10	0	0	2	2	0	0
\$200,999 and below	0	0	0	0	0	0	0	0	0	0
Total	26	10	7	9	7	5	10	14	9	9
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VOLUNTEERS AND INTERNS NEEDED.

Altus Hospice is looking for awesome, loving, and caring volunteers to help with several programs.

PATIENT CARE VOLUNTEERS

Have you ever felt like your calling or passion in life is to work with terminally ill patients? If so we have a volunteer opportunity working with patients and their families . approaching the end of life.

With just a couple of hours a week, you can really make a difference in the life of our terminally ill patients and their loved ones. Many enjoy to sit outside in the fresh air or in their room and share stories about their life: Others are more hands on and enjoy reading, puzzles, watch football/basketball games or play other games, like Bingo and Dominos.

ADMINISTRATIVE VOLUNTEER

The administrative volunteer serves as an integral member of the

Hospice interdisciplinary team in our office in The Woodlands area. Office support volunteers perform duties such as, filing, copying, answering the telephone, mail-outs, and inventory control of medical supplies.

Volunteers are crucial for these programs to succeed! Volunteers must be reliable, motivated, and flexible. Training will be provided. (Qualifies for In Service Credits) Background check will be required. There is no charge for this.

Get involved and be a blessing to someone by taking advantage of this wonderful opportunity. Please leave your name and telephone number.

FOR MORE INFORMATION PLEASE CALL:

Altus Hospice Leanne Crowe, Volunteer Coordinator 713-382-7934, or email me at lcrowe@altushospicecare.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 April 17, 2014 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.

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Jersey Village Hosts Outdoor Easter Drama

By Susan Murphy

Resurrection is a high priority theme this time of year in Christian churches. This Easter, Jersey Village Baptist Church (JVBC) in Northwest Houston is spreading good news by breathing new life into an interactive drama designed to let visitors witness firsthand the highlights of Jesus' last week of life on earth. Journey to the Cross is being presented around the JVBC walking path on April 18 & 19 at 6 pm with tours beginning every 10 minutes. The event is free to the public. Journey to the Cross is a 2014 revival of a dramatic Easter presentation by Jersey Village Baptist Church members that had become an annual tradition for many Houston, Cypress and Jersey Village area residents. Guests are led in small groups to five stops along the path where they will watch vignettes about events leading Christ to the cross. "What makes this drama unique is not only is it outdoors, but the audience must be active participants in capturing the whole story of Christ's last week on earth," said Andrew Werley, pastor at Jersey Village Baptist Church. "Those who keep walking the path will discover the truth about Jesus." * Jersey Village Baptist Church is located at 16518 Jersey Drive. Journey to the Cross will be held behind the Worship Center on Rio Grande St. near Village St. in Jersey Village.

**Journey to the Cross provides easy access for guests in wheelchairs.*



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When it's hot outside and you've been sweating, you get thirsty. Why? Thirst can be a sign of dehydration (say: dee-hye-DRAY-shun). Dehydration means that your body doesn't have enough water in it to keep it working right. A person gets water by drinking and eating. You lose water when you sweat, urinate (pee), have diarrhea, or throw up. You even lose a little water when you breathe. Our bodies need water to work properly. Usually, you can make up for the water you lose — like when you come in from outside and have a long, cool drink of water. If you don't replace the water your body has lost, you might start feeling sick. And if you go too long without the water you need, you can become very ill and might need to go to the hospital.

WHY AM I DEHYDRATED?

Many times kids get dehydrated when they're playing hard and having fun. Have you ever gotten really sweaty and red-faced when you've been playing? This often happens when it's hot outside, but it can happen indoors, too, like if you're practicing basketball in a gym. Kids also can get dehydrated when they're sick. If you have a stomach virus, you might throw up or have diarrhea (say: dye-uh-REE-uh) or both. On top of that, you probably don't feel very much like eating or drinking. If you have a sore throat, you might find it hard to swallow food or drink. And if you have a fever, you can lose fluids because water evaporates from your skin in an attempt to cool your body down. That's why your mom or dad tells you to drink a lot of fluids when you're sick.

SIGNS OF DEHYDRATION

In addition to being thirsty, here are some signs that a person might be dehydrated:

- feeling lightheaded, dizzy, or tired
- rapid heartbeat
- dry lips and mouth

Another sign of dehydration is not peeing as much. Normally, urine should be a pale yellow color. Dark or strong-smelling pee can be a sign of dehydration.

WHAT TO DO

If you can, try not to get dehydrated in the first place. If you're going to be going outside, it's a good idea to drink water before,

during, and after you play, especially if it's hot. Dehydration can happen along with heat-related illnesses, such as heat exhaustion and heat stroke. In addition to drinking water, it's smart to dress in cool clothes and take breaks indoors or at least in the shade.

If you're sick, keep taking small sips of drinks like water or diluted juice, even if you're not that thirsty or hungry. Eating an icepop is a great way to get fluids. How is an icepop a liquid? Well, it's basically frozen water and flavoring. The warmth in your mouth and stomach turns it from a solid to a liquid. Other foods, such as fruits and vegetables, contain water, too, but if your stomach is not feeling well you might not be ready for them.

DO I NEED A DOCTOR?

Some cases of dehydration can be handled at home. But sometimes, that isn't enough to get a kid feeling better. A kid may need to go to the doctor or emergency room if he or she has a heat-related illness or a virus with vomiting or diarrhea that just won't quit. At the hospital, the good news is that an intravenous (say: in-truh-VEE-nus) (IV) line can get fluids into your body fast. An IV line is a special tube (like a very thin straw) that goes right into your vein, so the liquid goes right to where your body needs it most. It may pinch a little when the nurse is inserting it, but it will help you feel much better.

THIRST-QUENCHING TIPS

So do you have to drink eight glasses of water a day? No, but you do need to drink enough to satisfy your thirst, and maybe a little extra if you're sick or if you're going to be exercising.

The best drink is water, of course, but milk is another great drink for kids. Juice is OK, but choose it less often than water and milk. Sports drinks are fine once in a while, but water should be considered the drink of champions. Limit soda and other sugary drinks, such as fruit punches, lemonades, and iced teas. These drinks contain a lot of sugar that your body doesn't need. Some of them also contain caffeine, which can cause you to urinate (pee) more often than normal. In other words, it tells your body to get rid of fluids. And as you now know, that's the opposite of what you need to do if you're dehydrated!

Reviewed by: Mary L. Gavin, MD Date reviewed: July 2013

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NORTHWEST HARRIS COUNTY
AGGIE MOM'S CLUB

Northwest Harris County Aggie Moms to Award Scholarships

Please join us for the Northwest Harris County Aggie Mom's Club monthly meeting on Tuesday, April 8, 2014 at 7:00 p.m. at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. You will want to find out which deserving students will be awarded the 2014 scholarship awards and learn how these scholarships impact the Aggie experience. NWHC Aggie Moms Club members will also vote on which Texas A&M student organizations they would like the club to support. All meetings are open to the public and prospective students, current students and Aggie families are always welcome!

Mark Your Calendars!

Parents Weekend- April 11-13th-Parents' Weekend is a cherished Aggie tradition honoring Aggie moms and dads since 1919. Among the many weekend activities is the popular Aggie Moms' Boutique, a gift and craft fair held on April 11 and 12 in the Memorial Student Center at Texas A&M. Check out our booth! We will be selling our Tradition beads! For more information on the scheduled parents weekend events go to <http://parentsweekend.tamu.edu/node/38>.

Aggie Muster-April 21st- Aggies around the world will join together for Muster to honor Aggies who are no longer among us. Muster is a day celebrating the camaraderie and the friendships, the triumphs and the defeats, the legacies and the impact that Texas A&M University has made, and continues to make, in all of our lives. This year, the NWHC Aggie Moms will join the CyFair A&M Club at Sterling Golf Club, 16500 Houston National Blvd, Houston, TX 77095 at 5:00 PM for this time-honored tradition. For more information go to <http://www.cyfairags.org/cy-fair-aggie-muster/>

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at 7100 High Life Drive. Refreshments are available at 6:45! 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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