



A FOCUS ON SUNBURN

Protect Your Skin From Our Powerful Sun

By: Concentra Urgent Care

Sunburn is caused from over-exposure to the harmful ultraviolet rays of the sun. While the symptoms (such as red skin that is painful to the touch) are usually temporary, the skin damage is often permanent and can cause serious long-term health effects, including skin cancer, pigmentation and premature aging. In addition to the skin, eyes can get burned from sun exposure; sunburned eyes turn red, dry, and painful, and can feel gritty.

Sunburn results when the amount of exposure to the sun or other ultraviolet light source exceeds the ability of the body's protective pigment, melanin, to protect the skin. Sunburn in a very light-skinned person may occur in less than 15 minutes of midday sun exposure, while a dark skinned person may tolerate the same exposure for hours.

Sunlight contains an invisible form of radiation called ultraviolet (UV) rays. UV A and possibly UV B can harm skin, connective tissue and increase risk for developing skin cancer. Certain drugs such as some blood pressure medication, antibiotics and nonsteroidal anti-inflammatory drugs increase sensitivity to sunlight and the risk of getting sunburn.

SYMPTOMS

The first signs of a sunburn may not appear for a few hours. The full effect to your skin may not appear for 24 hours or longer. Possible symptoms include:

- Red, tender skin that is warm to touch. (1st degree burn)
- Blisters that develop hours to days later. (2nd degree burn)
- Severe reactions (sometimes called "sun poisoning"), including fever, chills, nausea, or rash.
- Skin peeling on sunburned areas several days after the sunburn.

FIRST AID

- Try taking a cool bath or shower. Or place wet, cold wash cloths on the burn for 10 to 15 minutes, several times a day. You can mix baking soda in the water to help relieve the pain. Small children may become easily chilled, so keep the water tepid.
 - Apply a soothing lotion to the skin.
 - Aloe gel is a common household remedy for sunburns. Aloe contains active compounds that help stop pain and inflammation of the skin.
- Over-the-counter steroid cream can also be applied several times a day.
- Over-the-counter pain medication, such as nonsteroidal anti-inflammatory drugs, or NSAIDs, including aspirin, may be helpful, and are excellent for reducing burn inflammation whereas Tylenol only reduces pain, not the burn itself.

***For more information, check out:
www.cdc.gov/niosh/topics/uvradiation.***

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- Auto Theft	281-550-0458
- Homicide/Assault	713-967-5810
- Child Abuse.....	713-529-4216
- Sexual Assault/Domestic Violence.....	713-967-5743
- Runaway Unit	713-755-7427
Poison Control.....	800-222-1221
Traffic Light Issues	713-881-3210

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Cypress Fairbanks ISD Transportation	281-897-4380
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Cy-Ranch High School	281-373-2300

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Reliant Energy.....	713-207-2222
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Waste Management - Trash	713-686-6666

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Harris County Public Library.....	281-290-3210
Cy-Fair Hospital.....	281-890-4285
North Cypress Medical Center.....	832-912-3500

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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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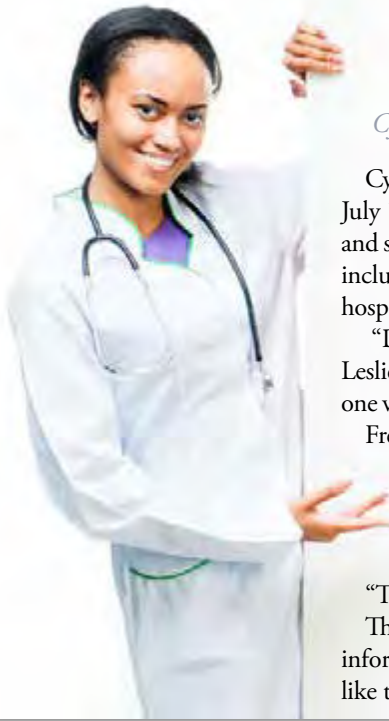
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HEALTH CARE EXPO EXPANDS TO PROVIDE RESOURCES FOR CY-FAIR COMMUNITY

Cy-Fair Houston Chamber of Commerce hosts Health Care Expo during general membership luncheon



Cy-Fair Houston Chamber of Commerce invites guests to attend its 2014 Health Care Expo on Tuesday, July 15 at the Berry Center. The event will offer health-related businesses the opportunity to market products and services to Chamber members and the community. There will be 40+ exhibitors from a variety of industries including medical offices, local hospitals, skilled nursing and rehabilitation facilities, assisted living facilities, hospice providers and nutritional service providers.

“Due to a demand from our membership and community, we have expanded our Health Care Expo,” said Leslie Martone, President of the Chamber. “The Expo will bring leaders in the health care industry together in one venue to answer questions, as well as provide referrals and resources necessary to businesses and individuals.”

Free medical screenings will also be offered by Event Underwriter, Memorial Hermann, and Event Sponsor’s Cypress Fairbanks Medical Center Hospital and North Cypress Medical Center. The Health Expo will remain open from 9 a.m. to 3 p.m. The general membership luncheon, from 11:30 a.m. to 1 p.m., will have a panel of health-related speakers discussing preventative medicine, insurance exchanges, health care reform for businesses and health care funding.

“This year promises to be the largest, most comprehensive Expo ever,” said Martone.

The public is welcome. General admission to the Expo is free; however, luncheon tickets are \$30. For more information or general inquiries, visit cyfairchamber.com or call the Chamber at (281)373-1390. If you would like to participate as an exhibitor or sponsor, contact Sara Cantrell at sara@cyfairchamber.com.

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The next meetings of the Cypress Texas Tea Party will be on:

Saturday, May 31, 2014 12:00 PM - 2:00 PM

Saturday, July 12, 2014 12:00 PM - 2:00 PM

The Cypress Texas Tea Party meets every three weeks on
Saturday

Noon until 2:00 PM at:

Spring Creek BBQ

25831 Northwest Freeway

Cypress, Texas 77429

Map: <http://goo.gl/maps/OoNjY>

A schedule of our meetings and confirmed speakers can be
found at our website, www.cypresstexasteaparty.org



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. Our next meeting will be on September 18, 2014 at 7:00 p.m.

For more information, please contact the chapter Regent, Melinda Sims at melinda@mazzaroth.net.

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Incorporate a variety of plants to provide food and cover for a variety of living things. Diversity also minimizes damage from pests because many of them attack only one plant species. Dense plantings can provide shade that keeps out invading weeds.

Avoid frequent or deep cultivation, which can damage plant roots, dry out the soil, disturb healthy soil organisms, and bring weed seeds to the surface where they can germinate. Cover all bare soil between plants with a solid mulch layer.

Visit www.KeepCyFairBeautiful.org to access free "Take Care of Texas" publications and a Guide to Native Plants

KIWANIS CLUB OF CY-FAIR HOUSTON

YOU ARE CORDIALLY INVITED TO ATTEND
A Kiwanis meeting in June at the Hearthstone Country Club
At 12:15 pm. Reservations requested.
Call George at 832-467-1998.

Dates: We meet the first, second, and third Tuesday each month. June meetings are the 3rd; the 10th; and the 17th. Join us for lunch, followed by a short, informative program. Receive an invitation to join the Club.

Why join Kiwanis? Kiwanis is an international service organization focused on changing the world one child and one community at a time. The Cy-Fair Kiwanis Club of Houston seeks to serve this community through sponsoring Key Clubs for high school students, Builders Clubs for middle school students, and Aktion clubs for adults with disabilities. Also, we sponsor Boy Scout and Girl Scout troops. We provide support to various other organizations in the community that serve children and families.

Upcoming Events: The Kiwanis Kids Triathlon on June 14th at the Langham Creek YMCA. For information call Louis Iselin at 281-256-1874.

What is Kiwanis? Service is at the heart of every Kiwanis club, no matter where in the world it's located. Members stage nearly 150,000 service projects and raise nearly US\$100 million every year for communities, families and projects.

Kiwanis members don't just do service—they have fun. Members make new friends by being part of a club where they attend meetings and participate in social events. Kiwanis clubs also provide excellent networking opportunities for professionals. Members meet new people from all over their region and the world through service projects, fundraising and by attending district and international conventions.

Learn more about the Cy-Fair Kiwanis Club at www.kiwanishoustoncyfair.com.

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Cypress Creek Lakes Year-to-Date Sales Report

	July '13	Aug '13	Sept '13	Oct '13	Nov '13	Dec '13	Jan '14	Feb '14	Mar '14	Apr '14
\$500,000 and above	1	0	0	1	0	1	0	1	0	0
\$451,000--\$499,999	0	1	0	1	0	1	1	0	1	3
\$351,000--\$450,999	3	3	5	2	4	5	5	3	8	2
\$276,000--\$350,999	2	1	2	0	3	3	1	2	2	2
\$231,000--\$275,999	1	3	0	1	1	2	2	3	5	3
\$201,000--\$230,999	0	10	0	0	2	2	0	0	2	0
\$200,999 and below	0	0	0	0	0	0	0	0	0	0
Total	7	9	7	5	10	14	9	9	18	10
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Bring the World to your Child By Hosting a Foreign Exchange Student

If you've read the newspaper lately, you know that the world can be a scary place: wars, economic crisis, revolutions, climate change, border disputes, refugees, and protests. So, how do we teach our children about the world, and the variety of people in it, when most of the examples we read about in the press are so negative?

One life changing way to broaden your child's world view is to volunteer to host a HYPERLINK "<http://www.ayusa.org>" high school foreign exchange student. Foreign exchange programs have been around for almost 100 years, and their mission has always been the same – to educate people about different cultures through person-to-person exchange. What better message to pass on to your children?

There are quite a few misconceptions about foreign exchange programs – especially around who can host. The biggest misconception is that you must have high school aged children when you host a high school exchange student. Nothing could be further from the truth.

"We welcome host families of all shapes and sizes – families with young children, families with no children, empty nesters whose

children have left home, single parents and non-traditional families," says Heather Wells, Senior Regional Director for HYPERLINK "<http://www.ayusa.org>" Ayusa, a non-profit promoting global learning and leadership through foreign exchange and study abroad opportunities for high school students. "The key requirements for a host family are to provide a safe and nurturing home environment, genuinely love children, and have a desire to learn more about a different culture."

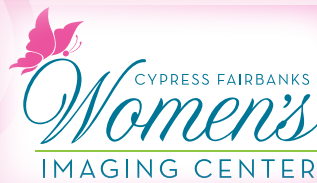
Families with young children find that hosting an exchange student provides their children with an especially unique educational experience in the form of an international big brother or sister. Without even realizing it, children learn about different types of people and different cultural traditions.

"My daughter Kelsie feels as if Isabelle, our exchange student from Germany, is an older sister to her," said Melissa Hughes, an Ayusa host mom from Ashville, North Carolina. "They have confided in each other, have had movie nights together, and have gone to the

(Continued on Page 9)

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(Continued from Page 8)

mall together - much like natural sisters would do. Kelsie will never forget Isabelle and they have already planned future get-togethers when they are older."

Volunteer host families provide foreign exchange students a nurturing environment, three meals a day and a bedroom (either private or shared with a host sibling of the same gender). Each host family and student is supported by a professionally trained community representative who works with the family and student for the entire program. All interested host families must pass a criminal background check and a home visit by an exchange organization.

"In Tunisia, we always hear about Americans and American life style, in movies, media, songs, everything, and I know it is different, and I wanted to figure out this difference myself," said HYPERLINK "http://www.youtube.com/watch?v=h8_px-f7mhY" Asma, a bubbly high school student from Tunisia who spent a school year living with the O'Donnell family in Anchorage, Alaska.

Foreign exchange students come from all over the world. Ayusa matches host families with students from more than 60 different countries including Argentina, China, Ecuador, Egypt, France, Germany, Japan, Lebanon, Norway, Pakistan, Sweden, Thailand, Tunisia and Turkey. All high school foreign exchange students are fully insured, bring their own spending money, and are proficient

in English – and all high school exchange programs are regulated by the U.S. Department of State.

Interested host families are required to fill out an application, pass a background check and interview with a local exchange program representative in their homes. Once accepted to a program, host families can view profiles of students to find the right match for their family.

"Hosting an exchange student is a life-changing experience – for the student, the host family, and the host community," says Heather Wells. "There is no better way to teach your children about the world around them than through welcoming an international high school student into your home."

Ayusa is currently accepting applications for families to host an exchange student for the 2014-2015 school year. For more information about hosting a high school foreign exchange student, please contact Ayusa at 1.888.552.9872 or by visiting the website at:

www.ayusa.org

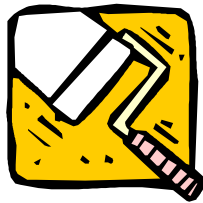
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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



The Modern Game: The Top Spin Backhand

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing.

I am now offering suggestions on how to play the “modern” game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute the Top Spin Backhand. This shot is used when a player is presently hitting the ball long and out. The ball will be aimed high over the net and hit with power. The ball will have a “top spin” so that when the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise.

In the illustrations, Tyler Duncum, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Tyler is coached by the Director of the Tennis Academy, Darin Pleasant. This shot can also be executed from the service line as an “approach shot” to the net.

Step 1: The Back Swing: When Tyler is pulled wide to her backhand, she makes a quick turn of her upper body and takes her racket back. The head of the racket is now at waist height, her shoulders are turned, the left hand holding the racket, and her right hand changing to the “continental grip”. She has loaded her left

hip to help her drive her weight forward. Her left grip is relaxed and her wrist is “laid back” to allow maximum point of contact.

Step 2: The Point of Contact: The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle and accelerating the racket head around the outside of the ball. Tyler started the swing high and “looped” it to allow the head of the racket to drop down. She will be brushing around the outside of the ball as she makes contact with it. Her right shoulder is almost opening and her weight has now been shifted toward the front.

Step 3: The Follow Through: In order to get maximum control and power, Tyler is keeping her left arm almost straight as she extends through the shot. She has “snapped” her left wrist and her right hand helps with the stability and power. She has now allows her left side to transfer forward towards the net.

Step 4: The Finish: Tyler’s upper body acceleration is creating a high finish over her right shoulder. Her legs are already in position to recover back towards the middle of the court.

Step 5: The Ready Position: Once Tyler returns the ball to her opponent, she goes back home (towards the center of the court), to be ready for the next shot. Her knees are slightly flexed, she is in a good athletic stance and her eyes are focused on the oncoming ball.

Look in the next Newsletter for: “The Modern Game: The Forehand Approach Forehand Volley”

PERSONAL CLASSIFIED

FOR SALE: Duncan Pyfe Antique Dining Table with 3 leaves and 6 chairs for Sale. Asking \$300 OBO. Please contact Sherry at Ricksherry1986@yahoo.com for picture and questions.

SEND US YOUR *Event Pictures!!*

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to Cypresscreeklakes@peelinc.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



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