



# CYPRESS MILL *Chronicle*

NEWS FOR THE RESIDENTS OF CYPRESS MILL

June 2014

Volume 14, Issue 6

## Bring the World to your Child By Hosting a Foreign Exchange Student

*By Vicki Odom*

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 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 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.

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.

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.

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](http://www.ayusa.org)

# CYPRESS MILL

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Constable Ron Hickman, (24 Hour Emergency)	281-376-3472
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Centerpoint Energy Gas-Emergency Gas Leaks.	713-659-3552
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Principal Management .....	713-329-7100
Robison Elementary .....	281-213-1700
AT&T Repair Center .....	800-246-8464
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281-376-3472

### Harris County Road and Bridge .....

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*To request street signs and to report street damage, curb damage, street flooding, or missing/damaged street signs.*

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## Newsletter Deadline

The deadline for the newsletters is the 9<sup>th</sup> of each month.

Please email articles to: [cypressmill@peelinc.com](mailto:cypressmill@peelinc.com)

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

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The many advantages of using native plants include using less water, reducing the need for soil modification, and using little or no fertilizer. They are less susceptible to pest problems, and are tolerant of stressful environments such as drought.

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](http://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](http://www.kiwanishoustoncyfair.com).

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## 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](http://www.cdc.gov/niosh/topics/uvradiation).

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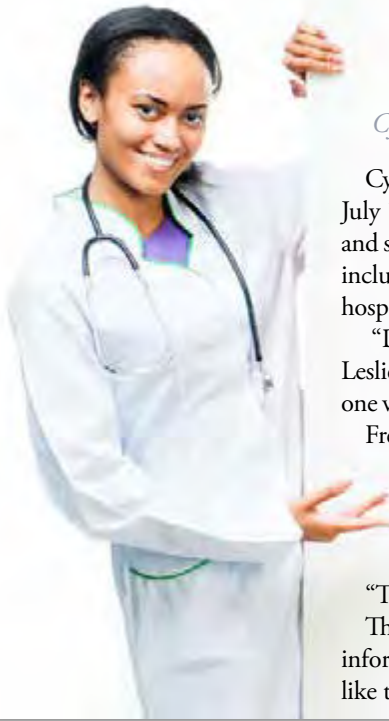
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## HEALTH CARE EXPO EXPANDS TO PROVIDE RESOURCES FOR CY-FAIR COMMUNITY

*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](http://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](mailto:sara@cyfairchamber.com).

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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”

# CYPRESS MILL

## Cypress Texas Tea Party

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](http://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](mailto:melinda@mazzaroth.net).

We look forward to meeting you.



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## How to Get the Most of your ABWA Membership

### Keynote speaker shares tips at the June 26 CYFEN meeting

Come to the Cy-Fair Express Network (CYFEN) luncheon June 26 and learn how to enhance your American Business Women's Association (ABWA) experience.

This month's keynote speaker is Sheri L. Parrack, founder and President of Texas Motor Transportation Consultants, LLC. Not only does she have more than 34 years of experience assisting with transportation companies, leasing corporations, banking institutions, attorneys and individuals in motor vehicle tax law and regulatory compliance in 48 states, Parrack also has 34 years of ABWA experience and success.

Parrack is an enthusiastic businesswoman whose determination and commitment to hard work has earned her a reputation of providing quality service in a male-dominated industry. Her basic business philosophy has always been "walk your talk."

In 1980, when Parrack was asked to ABWA, she was also elected as delegate of her business league, Woman of the Year and attended her first national convention in Las Vegas. In addition, she was selected as a Top Ten Business Woman of ABWA and elected onto the National Board of Directors as District II Vice President and became ABWA's National President in 1996.

Parrack received the Vision Award in 2005 and is currently a National Ambassador and Charter Member of the following, CYFEN, Women of Vision, South West Area Professional Express Network, South East Express Network, and Houston Area Professional Express Network. Parrack was also the Charter President of HAPEN and The Charter VP of finance of SEEN. She is currently servicing as VP of Best Practices of HAPEN. She reached her Diamond Level of Inner Circle by sponsoring 88 members.

Today after three decades in business, Parrack continues her commitment to providing the same quality service to clients. For the past several years, her company has been selected One of the Top 500 Women-Owned Business in the United States, one of the TOP 100 Diversity Companies in the State of Texas and one of the Top 100 Women-Owned Companies in Texas.

All are welcome to join Parrack at this month's CYFEN meeting, which begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Monthly meetings are held the fourth Thursdays at the Sterling Country Club, 16500 Houston National Blvd.

Bring business cards for networking. The meeting cost is \$25 with advanced reservations made by the Thursday prior to the meeting and \$30 at the door.

For information on CYFEN, which is part of the American Business Women's Association, go to [www.CYFEN.org](http://www.CYFEN.org).



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## HOUSTON FAMILY ARTS CENTER ANNOUNCES THE 2014 – 2015 SEASON

The Houston Family Arts Center (HFAC) announces its 10th mainstage season, which explores life, love and laughter through timeless musicals, zany comedies, a classic murder mystery and a Shakespearean comedy. This exciting line-up begins with the zany, musical comedy *Nunsense*. After the laughter prepare for mystery with Agatha Christie's *And Then There Were None*, followed by the traditional holiday production of Dickens' *A Christmas Carol*. The New Year opens with the beautiful and touching *A Secret Garden*. HFAC ends the season with a trip around the world and the first stop is France for a riveting production of *The Three Musketeers*. Argentina is the next destination with the award winning, *Evita*. Then on to merry, old England for Shakespeare's *A Midsummer Night's Dream*. This magical season ends with the patriotic musical, 1776.

Acting Artistic Director, Lisa Garza says, "This is a season that will inspire you to explore the past- in literature, in history, and in yourself. The HFAC 2014-15 Season allows you to experience how others have dealt with grief, danger, power, love, and life. Don't miss it!"

The season opens with Dan Goggin's *Nunsense*, September 5 – 28. With a let's-put-on-show-attitude, the zany Little Sisters of Hoboken are on a comedy crusade to fund raise their way out of an unfortunate cooking accident. This light-hearted and enduring musical, comedy will make a disciple out of any doubter.

Next is Agatha Christie's thriller, *And Then There Were None*. After being stranded on a storm-shrouded rock, an unlikely group of houseguests are picked off one at a time by an unseen killer. Agatha Christie's spare-no-suspense plotting keeps mystery buffs on the edge of their seats from October 17 – November 9!

For the holidays from November 28 – December 21, HFAC proudly presents Charles Dickens' classic *A Christmas Carol*. Dickens' craftily cantankerous Ebenezer Scrooge has no time for charity until three ghostly visitors appear on Christmas Eve. A plum pudding of a show, *A Christmas Carol* gives you a reason to celebrate the season all year long!

The New Year at HFAC begins February 6 – March 1, with the uplifting children's story, *The Secret Garden*. An unlikely hero, spoiled orphan, Mary Lennox blossoms when she learns to cultivate not only an

abandoned garden, but also the lives of those around her. This uplifting children's classic from 1911 is a musical oasis of redemption and an odyssey of renewal.



### HOUSTON FAMILY ARTS CENTER 2014-2015 MAINSTAGE SEASON

#### *Nunsense*

September 5 – 28, 2014

#### *And Then There Were None*

October 17 – November 9, 2014

#### *A Christmas Carol*

November 28 – December 21, 2014

#### *The Secret Garden*

February 6 – March 1, 2015

#### *The Three Musketeers*

March 20 – April 12, 2015

#### *Evita*

May 1 – 24, 2015

#### *A Midsummer's Night Dream*

June 12 – July 5, 2015

#### *1776*

July 24 – August 16, 2015

From children's story to swashbuckling, HFAC presents *The Three Musketeers*. Promising swordsman d'Artagnan, saddled with his plucky tomboy sister, travels to Paris in 1625 to seek his fortunes with the famous trio of heroes. This swashbuckling romp, liberally peppered with nefarious villains, alluring ladies, and narrow escapes, is truly the one-for-all! The action will take place March 20 – April 12.

*Evita* storms the stage, May 1 – May 24 in HFAC's next production. For Eva Peron, every crowd has a silver lining. The parabolic career of Argentina's first lady inspired Andrew Lloyd Webber and Tim Rice's pop-opera phenomenon. Was she a sainted hero of the working-class or a working-class seductress? This passionate work retains the power to entice and inflame.

Suggested for mature audiences

Shakespeare comes to life, June 12 – July 5 with *A Midsummer Night's Dream*. The canon's most enchanted comedy pursues love with calculated abandon! This story of mortal and immortal paramours set in a mythical forest is one that will cast a spell on lovers of all ages.

Closing this exciting season, July 24 – August 16, is the American musical, 1776. With revolutionary immediacy, our lofty founding fathers are found to be genuine people who debate, bargain, and fray one another's nerves as they struggle on the tortuous road to independence. This musical witness to the creation of one of the most eloquent documents in history will stir the soul of every American.

Season subscriptions packages are now available for purchase for the 2014-2015 season. Season subscriptions offer incentives

and discounts to new and returning patrons for every performance and packages start as low as \$100. Subscribers save 20% off single-ticket prices. Other subscriber perks include the opportunity to pick the best seats before they go on sale to the general public, personalized customer service, two complimentary concession items for every show and recognition in every Playbill. Patrons can purchase their subscriptions online at [www.houstonfac.com](http://www.houstonfac.com) or call the HFAC box office at 281-685-6374.

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# Selling Your Home In Cypress Mill?

*Put the Mike Schroeder Team  
to work for you!!*



- Marketing on multiple websites for 24/7 exposure of your home.
- The Mike Schroeder Team has over 30 years of combined real estate experience.
- The market is HOT, homes are selling at a record pace and we would be honored to sell your home.
- Flexible commission plans

## Cypress Mill 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
\$201,000 and above	2	4	0	0	1	0	0	1	0	0
\$176,000--\$200,999	1	1	2	1	0	0	0	1	0	1
\$151,000--\$175,999	2	3	4	2	2	3	1	4	1	0
\$141,000--\$150,999	4	2	0	0	0	1	2	0	0	1
\$121,000--\$140,999	3	3	3	0	2	1	2	1	0	1
\$101,000--\$120,999	0	0	1	0	0	0	0	0	0	0
\$100,000 and below	0	0	1	0	0	0	0	0	1	1
<b>Total</b>	<b>12</b>	<b>13</b>	<b>11</b>	<b>3</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>7</b>	<b>2</b>	<b>4</b>
Highest \$/sq ft	\$85.91	\$82.31	\$84.70	\$84.26	\$85.57	\$81.80	\$86.06	\$107.43	\$74.99	\$88.69

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