



# CYPRESS MILL *Chronicle*

NEWS FOR THE RESIDENTS OF CYPRESS MILL

June 2015

Volume 15, Issue 6



## Registration for the Fall Soccer Season is from May 4th till June 5th

Fairfield Soccer is a recreational soccer league for the residents of Fairfield and surrounding communities. We are a volunteer organization supported by the Fairfield Soccer Committee and we offer soccer for boys and girls ages 4-14.

2014 Statistics; 114 teams; 843 players participating & over 150 volunteer parents to help develop and foster a love for the game.

The fall season runs from August to November. The tentative dates for the 2015 season are:

- Player Assessments - Ages 7-14, June 13th and/or June 20th.
- Practices are starting August 3rd.
- The season starts August 22nd, and ends the weekend of November 14th.

Weather permitting all teams will play a minimum of 10 games. Ages 7-14 will play 8 league games followed by a tournament. All coaches must complete a background check.

**For more info and registration visit our website:  
[www.fairfieldsports.net/soccer.aspx](http://www.fairfieldsports.net/soccer.aspx)**

*I hope to see you in the Summer & Fall!*  
FSA Soccer Commissioner  
([soccer@fairfield-sports.org](mailto:soccer@fairfield-sports.org))

## Northwest Houston Chapter of Business Professional Women

The June meeting of the Northwest Houston chapter of Business Professional Women will take place on Thursday, June 18th, at 11:00am at Northgate Country Club, 17110 Northgate Forest Drive, Houston, Texas.

Join other professional businesswomen for networking, lunch and learning with a speaker who will impart pertinent information on a specific area of business from a woman's perspective.

Reservations to: Laura Poshard, [HYPERLINK "mailto:Laura.Poshard@AmegyBank.com"](mailto:Laura.Poshard@AmegyBank.com) Laura.Poshard@AmegyBank.com, 281-320-1301 by Tuesday before the meeting. If you attend the luncheon without a reservation, the cost will be \$30 in lieu of the prepaid option of \$25.

## Cy-Fair Republican Women



June 9th meeting of Cy-Fair Republican Women will be from 10:30 AM - Noon. (Second Tuesday each month) at Hearstone Country Club, 7615 Ameswood, Houston, TX 77095.

***Meeting only is \$3 -- Meeting w/Lunch at Noon is \$20***

Invite your friends and neighbors for informative, educational guest speakers and great fellowship. Harris County Judge Ed Emmett will be our June guest speaker. Please RSVP to [www.cfrw.net](http://www.cfrw.net) by 6/2/15.

# CYPRESS MILL

## Important Numbers

Cy-Fair High School ..... 281-897-4600  
 Cy-Woods High School ..... 281-213-1919  
 Cypress Lakes Golf Club ..... 281-304-8515  
 Cypress Mill M.U.D. #1, (24 Hour Emergency) 281-374-8989  
 Constable Ron Hickman, (24 Hour Emergency) 281-376-3472  
 DPS Sex Offenders website ..... <http://records.txdps.state.tx.us/>  
 Centerpoint Energy Gas ..... 713-659-2111  
 Centerpoint Energy Gas-Emergency Gas Leaks. 713-659-3552  
 CenterPoint Energy ..... 713-207-2222  
 Irrigation Leaks/Common Area Repairs - Principal Management  
 Poison Control Center ..... 800-764-7661  
 Principal Management ..... 713-329-7100  
 Robison Elementary ..... 281-213-1700  
 AT&T Repair Center ..... 800-246-8464  
 Spillane Middle School ..... 281-213-1645  
 Street Light Outages ..... 713-207-2222  
 Comcast Cable ..... 713-341-1000  
 Waste Corporation of America (WCA) Recycling ..... 281-368-8397

### Pipeline Company – Exxon Mobil.....

281-925-3816

*Mowing of Pipeline easement; Standing water; Smells or leaks*

### Street Lights – Center Point Energy .....

713-207-2222

*Damaged or Burned Out Street Lights*

*\*\*They will need 6-digit pole number when calling\*\**

### Constable Ron Hickman (24 Hour Emergency) .....

281-376-3472

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

281-463-6300

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

### Newsletter Publisher

Articles ..... [cypressmill@peelinc.com](mailto:cypressmill@peelinc.com)

Peel, Inc. .... [advertising@PEELinc.com](mailto:advertising@PEELinc.com), 888-687-6444

## 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!**

## Cypress United Methodist Church Says Farewell To Dr. Jerome Brimmage, Senior Pastor



Dr. Jerome Brimmage has just been appointed to serve at Lufkin UMC in Lufkin, TX in July 2015. Dr. Brimmage has served Cypress UMC for seven years and his last day to preach will be on Sunday, June 7, 2015 at 8:15, 9:30 and 11:00 a.m. worship services.

With the leadership of Dr. Brimmage, the church has been a part of two exciting partnerships with their adopted Cy-Fair ISD schools, Adam and Millsap Elementary. From the very beginning of his ministry he has always sought to reach out to the hurting. "I have a passion to seek and save the lost. I believe the church is the hope of the world and the church has the opportunity in this day and time to make a difference in people's lives," says Dr. Brimmage. His ministry will be greatly missed in the community of Cypress.

There will be a "Farewell Luncheon" for Dr. Brimmage and his family at Cypress United Methodist Church, on Sunday, June 7, 2015 at 12:00 p.m. in their Ministry Activity Center.



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Sat 9AM - 4PM

## Creating Your Own ABWA Experience by using WINing technology

### *Luncheon Details*

Thursday, June 25

Networking 11 a.m.; Luncheon begins at 11:30 a.m.

Sterling Country Club, 16500 Houston National Blvd., Houston, TX 77095

Costs \$25 with advanced reservations; \$30 for guests

The June 25 Cy-Fair Express Network Luncheon will be a career- focused educational opportunity with special guest Gaylyn DeVine, 2013-2014 American Business Women's Association (ABWA) National Secretary/Treasurer.

DeVine joined ABWA as a charter member of the South East Express Network in November 2004. Since joining, she has served in a variety of positions encouraging women of all ages to overcome the voices in their head that keep them from reaching their full potential. She serves as a role model and mentor to women across the country helping them set goals and achieve both personal and professional success through ABWA leadership opportunities.

DeVine will demonstrate how using ABWA's Women's Instructional Network (WIN) website can empower members to create their personal ABWA experience. With tutorials, networking, team board interactions, and a safe place to store all of the Leagues important documents, every member should be accessing the power of WIN.

This month's CYFEN meeting begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Luncheons are held at the Sterling Country Club,

16500 Houston National Blvd. Cost is \$25 for members with reservation and \$30 for guests.



*Gaylyn DeVine*

### **ABOUT CY-FAIR EXPRESS NETWORK (CYFEN)**

The Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and national recognition. CYFEN is part of the national organization of American Business Women's Association (ABWA), for more information go to [www.CYFEN.org](http://www.CYFEN.org).

### **ABOUT AMERICAN BUSINESS WOMEN'S ASSOCIATION (ABWA)**

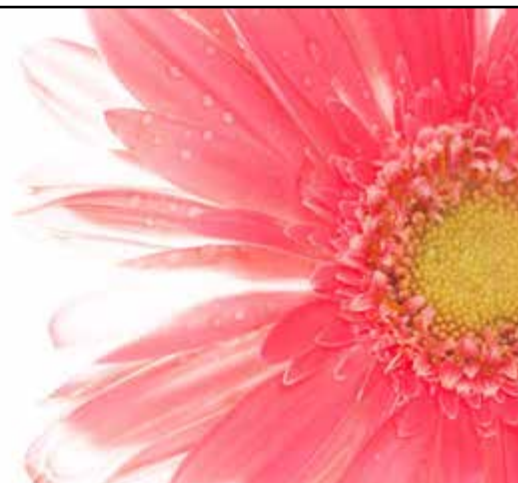
Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 60 years to women's education, workplace skills and career development training. For more information, visit, [www.abwa.org](http://www.abwa.org).



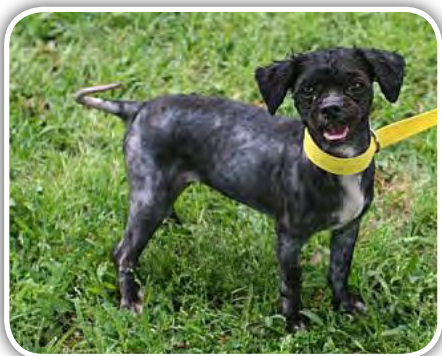
**Sunday Service at 10:45 AM**  
**Wednesday Youth Service at 7:00 PM**



16620 Cypress Rose Hill Road | 281-246-7700 | [cypressfellowship.org](http://cypressfellowship.org)







## Pet of the Month

Karen is a Shih Tzu mix girl. She is approx 1 years old (10 lbs) and up to date on shots. She was found as a stray and brought to us in terrible shape. Her fur was extremely matted and we shaved her down and she feels so much better! She will be a beautiful long-haired dog once her hair starts to grow back. She is a sweet, happy & friendly girl! Call or email us to find out more information on how to adopt her.

*animalrescuekingdom@gmail.com*  
832-267-5777



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## A FOCUS ON PHYSICAL ACTIVITY Pathway to Improved Health

*By Concentra Urgent Care*

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

### HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

1. Any physical activity is better than no physical activity
- Includes people with disabilities
  - Far outweighs the possibility of risk of injury or illness
2. Most health benefits occur with at least 150 minutes a week
- Both aerobic and muscle-strengthening are beneficial
3. For most people, additional benefits occur when
- You increase the intensity of your physical activity
  - You increase the frequency of your physical activity
  - You increase the duration of your physical activity

### SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

### WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

### HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

## The Benefits of Hosting Span Borders

Traveling the world and experiencing new cultures is something many dream of but few are able to do. Hosting an Ayusa exchange student provides the opportunity to experience the world while bringing other benefits to their family and local community.

For schools, opening their doors to an exchange student provides their students the opportunity to experience new cultures and expand their understanding of the global society. Not only will students be able to expand their circle of friends, they will be able to reference different perspectives of world events. The new perspectives that both local and exchange students gain through the exchange experience are invaluable for the ever-expanding global community.

Ayusa exchange students are eager to learn and participate in school and community programs. They take their role as ambassadors for their country seriously. Ayusa students are not simply bystanders to their program year; they are active participants looking to make a difference in their host school and community.

Ayusa exchange students are strong academic performers, well-rounded, and open-minded. Prospective students go through an extensive interview process in their home countries and are evaluated for maturity, strength of goals, leadership skills, and academic background. Ayusa honors all school enrollment standards, academic

requirements and student placement criteria specified in school or district policies.

Host families also reap the benefits of opening their home by sharing their America. When they share with their exchange student, they are also able to see America with fresh eyes through the student. Families often learn new things about the U.S. and have different perspectives after hosting. The experiences and memories that are shared during the program last a lifetime and span international borders.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or [HYPERLINK "mailto:vodom@ayusa.org" vodom@ayusa.org](mailto:vodom@ayusa.org) or Ayusa at 1.888.552.9872 or by visiting the website at [www.ayusa.org](http://www.ayusa.org).

### ABOUT AYUSA

Ayusa is a non-profit educational organization that promotes global learning and leadership through foreign exchange and leadership program programs for high school students from around the world. Ayusa offers unique, richly personal cross-cultural experiences for students, volunteer host families, schools, and local communities.

## CHECK-IN ONLINE SAVE TIME

The Smarter Way to ER  
[CyFairERandUrgentCare.com](http://CyFairERandUrgentCare.com)



### ER & URGENT CARE WAITING IS NO FUN.

At Cypress Fairbanks Medical Center Hospital, we understand that waiting in the ER or Urgent Care is no fun. That's why we're offering an online check-in service at [CyFairERandUrgentCare.com](http://CyFairERandUrgentCare.com) for all six locations of our urgent care and emergency services to reserve your time online and comfortably wait at home. It's quick, easy and you'll be seen by a healthcare professional within 15 minutes of your scheduled time.

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Medical Center Hospital**



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# CYPRESS MILL

## Crimson Cadette Drill Team DANCE CLINIC

The Cy-Woods Crimson Cadettes Drill Team will host their 10th annual dance clinic for K – 12 from 8:30 a.m. to 11:30 a.m. on August 11 – 13. This is a major fund-raiser for the Cadettes and enables them to participate in activities throughout the 2015-2016 school year. Please register by July 31, 2015 to get the Pre-Registration price of \$60 which includes dance technique, specially choreographed routines for each age group, a t-shirt, drinks and snacks each day and a picture for each participant. Showoffs will be held the last day at 11:30 a.m. For more information email [mrfaulk@msn.com](mailto:mrfaulk@msn.com) or check out our website at [www.crimsoncadettes.com](http://www.crimsoncadettes.com). On the website, you will find a sign-up form and a link to PayPal for easy payment.

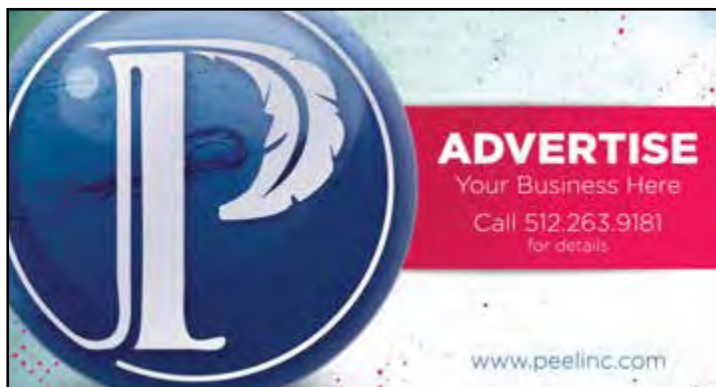
**WHEN:**  
**AUGUST 11-13, 8:30 – 11:30**

**WHERE:**  
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# got news?

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	Jul '14	Aug '14	Sep '14	Oct '14	Nov '14	Dec '14	Jan '15	Feb '15	Mar '15	Apr '15
\$201,000 and above	2	1	4	0	2	1	1	2	2	3
\$176,000--\$200,999	2	3	2	3	3	2	0	0	1	4
\$151,000--\$175,999	2	2	4	3	5	2	0	3	0	4
\$141,000--\$150,999	0	1	0	0	0	0	0	0	0	1
\$121,000--\$140,999	0	0	0	0	0	0	0	0	0	0
\$101,000--\$120,999	0	0	0	0	0	0	0	0	0	0
\$100,000 and below	0	0	0	0	0	0	0	0	0	0
<b>Total</b>	<b>6</b>	<b>7</b>	<b>10</b>	<b>6</b>	<b>10</b>	<b>5</b>	<b>1</b>	<b>5</b>	<b>3</b>	<b>12</b>
Highest \$/sq ft	\$98.30	\$95.79	\$101.93	\$83.68	\$97.41	\$89.36	\$77.29	\$101.63	\$86.99	\$111.26

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