



CYPRESS MILL *Chronicle*

NEWS FOR THE RESIDENTS OF CYPRESS MILL

January 2016

Volume 16, Issue 1

WELCOME TO CYPRESS MILL CHRONICLE

*A Newsletter
for the Cypress Mill
Community*

The Cypress Mill Chronicle is a monthly newsletter mailed to all Cypress Mill residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at www.PEELinc.com. Personal news (announcements, accolades/honors/celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!



Boundary Changes Proposed for Spillane Middle School

Changes have been proposed for the 2016-17 school year that will sever the section of Cypress Mills west of Cypress-Rosehill Rd and send those middle schoolers from Spillane MS to Goodson MS. The rest of the community will remain at Spillane MS. At cfisd.net, under the Schools & Facilities drop down, click on Attendance Boundaries. Information is provided there along with a button labelled "Community Input for Middle Schools". Please consider submitting the input form right away requesting that our community remain together. More conversation about this change can also be found on the community Facebook page. From the CFISD website:

One high school and one middle school plan is presented for community review. You may review these proposed boundary plans and provide written input, all of which will be sent to the Board of Trustees. Please note that community input is not in any way a vote, but rather a way to gain insight into the opinions and concerns of the community, as well as to receive additional ideas for boundary plans. These proposed plans may be modified after considering community input. The final decision will be made at the regularly scheduled board meeting on January 19, 2016. For questions about the boundary process, please e-mail: blanca.cooper@cfisd.net

Finding Resolution

I am a goal-oriented, list-making individual. It's how I'm wired, and it has helped me be productive and successful in many ways. However, being goal-oriented doesn't always work so well when building relationships. What if the other individual doesn't have the same goals as you do?

This has been the case many times in my life, and my tendency was to bulldoze over them with my lack of concern for their goals. My goals were better, more thought out, more important, etc. What does that do to this relationship that I valued to work on so much? It completely undermines the whole thing! So, how did I learn to stop this destructive pattern in my relationships? Horses!

How many of you have tried to get an animal that weighs over 1000 pounds to meet your personal goals? It's not easy. Yes, it is possible to

force them to do many things, but can you catch them easily the next day? Do they really want to have a relationship with you after you have met said goals? Mine didn't. Mine ran away and fought many things I tried to "teach".

What did it take for me to listen to the horse's thought on our relationship? An unplanned dismount is the nicest way I've heard it phrased. When a horse goes to bucking, it is pretty clear it doesn't respect your leadership. A wise man once asked me what happened before that buck. I answered, "Lots of little things that I ignored, actually."

I'm too old to ignore those little signals anymore. It hurts to hit the ground with that kind of force! As I've learned to listen to horses better, it has also helped me to listen to people better. Have you ever asked a friend what they want to receive out of the

(Continued on Page 3)

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

Peel, Inc. advertising@PEELinc.com, 888-687-6444

Newsletter Deadline

The deadline for the newsletters is the 9th of each month.

Please email articles to: cypressmill@peelinc.com

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

(Continued from Cover)

relationship you have? Do they have needs that aren't being met? If they aren't treated respectfully and valued, they may not stick around.

Setting goals is still helpful, especially in helping me think of the steps to help myself achieve them. I just want to make sure I am not ruining relationships along the way. So, my goal setting looks different now as I make sure it includes the friends I value the most.

These are a few of my relational goal ideas for the next year. They are all oriented toward preventing those blow ups, like my horse gave me, with one of my friends or husband.

Be a better friend by:

1. Stopping to question myself when feeling annoyed or offended- "Is really that important?"

2. Plan monthly dates to build relationships.

3. Check in with my friends to find out their needs, before they ask!

4. Be more available by being less BUSY- say no to more things, so I can say yes to important ones.

5. LISTEN better- friends are giving early signs of needs, but we are distracted with our own.

Shannon Birkelbach works at Five Horses, LLC in Waller, Texas. To find out more about how horses can help you and your relationships, check out the natural horsemanship program as well as the equine assisted learning workshops provided here. www.fivehorses.com

WIRED

ELECTRICAL SERVICES

SERVICING ALL YOUR ELECTRICAL NEEDS

- Panel Upgrades
- Home Inspections
- TV Install/Mounting
- Troubleshooting
- Remodeling
- Landscaping Lighting
- Home Generators

RESIDENTIAL & COMMERCIAL 24-7 SERVICE
LICENSED & INSURED

**Take \$25.00 Off Your
Next Service Call**



FAMILY OWNED AND OPERATED

713.467.1125 or 281.897.001

www.WiredES.com



TECL 22809 Master 100394



“Work-Life Rhythm for Busy Business Women”

Luncheon Details

Thursday, January 28, 2016

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 at the door

At the January 28 Cy-Fair Express Network Luncheon, Leslie Marchand, a clinical social worker (LCSW), yoga instructor (RYT-500) and certified life coach (TDM) and Founder & President of SoYoCo Wellness Services, will present Work-Life Rhythm for Busy Business Women.

How do you manage your own stress while juggling personal and professional responsibilities? When your peers, co-workers and employees interact with you, do they see a model of work-life balance or someone who lives for the job or for their business? Can you really have it all, be it all, do it all? We will explore these questions and look at the latest research and strategies of how to find a rhythm between work and life that works for you, your family, your co-workers/employees and your business.

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.

About Cy-Fair Express Network (CYFEN)

Now over 50 members strong, 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.

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.



Mike Hicks, DVM
Sandra Harris, DVM
15040 Fairfield Vlg. Sq. Dr. #100
Cypress Tx 77433 • 281.256.3150
www.myfairfieldvet.com

Office Hours:

Mon-Fri 7am-6pm
Close Sat & Sun

Early Morning Drop Off
Mon-Fri 7am

- Compassionate, Quality Care for your Pet Family Member

- A Full Service Veterinary Hospital

- Friendly, Caring, Professional Staff

Call 281.256.3150
for Appointments

WE PROUDLY OFFER:



Fast Refunds

Accurate Tax Preparation by
Tax Professionals - Guaranteed

**\$30 Off Tax Preparation Fees
for New Customers**

We can assist you in preparation of
All Personal Returns (1040),
Nonresident Returns (1040 NR)
Corporate Returns (1120 and 1120S)
Partnership Returns (1065)
Estates and Trust (1041)
and Nonprofit (990)

Accounting/Bookkeeping and
Notary Services also available.

Contact us today!

26201 NW Freeway, Ste 650
Fry Rd @ Hwy 290
Cypress, TX 77429
281-304-7300

9260 Cypress Creek Parkway
Perry Rd @ FM 1960
Houston, TX 77070
281-894-5888

12303 Jones Rd, Ste 300
Jones Rd @ Cypress-N-Houston
Houston, TX 77070
346-206-2178

866-871-1040 LibertyTax.com

For new customers. Valid at participating locations. Cannot be combined with other offers or used toward past services. One coupon per customer and per return. Void where prohibited by law. Valid 1/1-2/28/2016

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 or Ayusa at 1.888.552.9872 or by visiting the website at 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.

Why have your baby at Cy-Fair Hospital?



We'll give
you 50,000
reasons why!

Cypress Fairbanks Medical Center Hospital recently celebrated the delivery of our 50,000th baby.

For more than 30 years, thousands of families have trusted Cy-Fair Hospital to care for their tiniest family members.

Our experienced team of caring, dedicated medical professionals remain committed to standing by you during your entire journey to motherhood.

Cy-Fair Hospital offers a full range of maternity services including:

- OB physicians onsite 24/7
- Private labor and delivery suites with in-room sleeping accommodations
- Advanced ultrasound imaging services
- Level III NICU to care for the most critically ill babies
- Neonatal specialists onsite 24/7
- Maternal Fetal Medicine Clinic for high-risk pregnancies

Cypress Fairbanks
Medical Center Hospital



A PART OF
CY-FAIR REGIONAL HEALTH NETWORK

To learn more about our services, or to find a physician, visit cyfairhospital.com/maternity.

TENNIS TIPS

*By USPTA/PTR Master Professional
Fernando Velasco
Owner, Manager and Director of Tennis
Grey Rock Tennis Club, Austin, TX*



STEP 1



STEP 2



STEP 3



STEP 4

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand and a forehand volley. In this issue, I will give you instructions on how to execute a two-handed backhand volley for a right hander. This stroke is used whenever the player is forced to hit a ball in the air. In these pictures player Robyn Fuller from the Grey Rock Tennis Club demonstrates the proper form and technique.

Step 1: Ready Position: The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is next to the right hand. The left hand is holding the racket slightly tighter than the right hand. Feet are a shoulder width apart and the body is in equal balance. For beginners it is okay to use the forehand and backhand grips for the forehand and backhand volleys. As the player gets stronger and the balls come at a faster speed, it will be best to use the continental grip for both volleys.

Step 2: Back Swing: Since the volley is usually executed when a player is close to the net and there is very little time to react to the

incoming ball, the back swing is very short. The left hand will make a slight change of the grip and the right hand will be relaxed and loose. The left shoulder should take a short turn and the head of the racket should align to the flight of the ball. The left wrist should be “cocked” back slightly and the head of the racket should be above the wrist. Eyes are still focused on the incoming ball.

Step 3: Point of Contact: The right foot is now taking a step forward and the racket is making contact with the ball. It is important to keep the left shoulder closed and not rotate the right hip too early. Flexing the right knee will allow more flexibility to find the proper point of contact and give power to the ball.

Step 4: Follow Through: Once the racket has made contact with the ball, the follow through is very short to allow the player to immediately get back to the ready position. The right arm should be close to the body.

Look for in the next Newsletter: The Serve



CYPRESS CHRISTIAN SCHOOL

CypressChristian.org
K-12 • Established 1978
Serving Northwest Houston
281.469.8829

CYPRESS MILL

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

The Cypress Mill Chronicle is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use The Cypress Mill Chronicle contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

**NOT AVAILABLE
ONLINE**

Hours: M, Th, F: 9-6 • Tues, Wed: 8-7 • Sat: 9-3 17445 Spring Cypress @ 290 Suite G (Next to Kroger)

STRONG Vision Center

• 2 Full-Time Doctors •

• Eye Exams • Glasses • Contacts • Lasik Co-Management

281-373-3063

www.strongvisionctr.com

Ask About Flex Spending

Dr. Jane Strong Dr. Cassandra Knight

Therapeutic Optometrist Therapeutic Optometrist

Cypress Resident

Like us on www.facebook.com/strongvision

St. Elizabeth Ann Seton Catholic School

Come grow with us!

St. Elizabeth Ann Seton Catholic School

"Living, loving, and learning in Christ and the Church."

6646 Addicks Satsuma Rd.
Houston, TX 77084
281-463-1444
www.seascs.org

Now Registering 2015-2016 School year

EXCELLENT CURRICULUM • ATHLETICS
COMPUTER & SCIENCE LABS
BEFORE & AFTER SCHOOL PROGRAMS

BASHANS PAINTING & HOME REPAIR

- Interior & Exterior Painting
- HardiPlank Replacement
- Sheetrock Repair
- Cabinet Painting
- Pressure Washing
- Fence Repair/Replacement
- Custom Staining
- Gutter Repair & Replacement
- Crown Molding
- Wallpaper Removal
- Wood Replacement
- Interior Carpentry
- Wallpaper Removal & Texture
- Garage Floor Epoxy
- Roofing
- Faux Painting

NO MONEY UP FRONT
20 Years Experience • References Available

Commercial/Residential

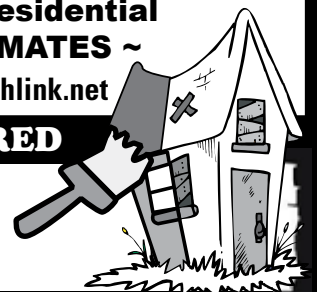
~ **FREE ESTIMATES** ~

BashansPainting@earthlink.net

♦ **FULLY INSURED**

281-347-6702

281-731-3383 cell



HARDIPLANK®



JANET LAURITSEN

REALTOR®, CRS, GRI, ABR, SRES, SFR



THINKING OF BUYING OR SELLING?



4785 JACKSON SQUARE DR



15827 ROSEVIEW

Request a Free Market Analysis at
WWW.CYPRESSMARKETANALYSIS.COM

ELITE TEXAS PROPERTIES
12320 BARKER CYPRESS, SUITE 600-224 CYPRESS, TEXAS 77429
JANET.LAURITSEN@GMAIL.COM

713-562-0222

WWW.CYPRESSAREAHOMESOURCE.COM





PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

CM

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

	Jan '15	Feb '15	Mar '15	Apr '15	May '15	June '15	July '15	Sept '15	Oct '15	Nov '15
\$201,000 and above	1	2	2	3	4	2	2	5	5	3
\$176,000--\$200,999	0	0	1	4	5	2	2	3	3	3
\$151,000--\$175,999	0	3	0	4	1	4	7	2	1	2
\$141,000--\$150,999	0	0	0	1	0	0	0	0	0	0
\$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
Total	1	5	3	12	10	8	11	10	9	8
Highest \$/sq ft	\$77.29	\$101.63	\$86.99	\$111.26	\$94.59	\$98.20	\$103.47	\$105.25	\$94.51	\$103.69

**Looking for a Career in Real Estate with the #1 Brand in Real Estate?
Call Mike for a Confidential Interview with RE/MAX Preferred Homes.**

Mike Schroeder, ABR, CDPE
Broker-Owner - RE/MAX Preferred Homes
Fightin' Texas Aggie Class of 1989
281-373-4300 (office)
281-373-4345 (fax)
281-705-6385 (cell)
www.mikeschroederteam.com



*"Celebrating 23 years of
selling homes in Cypress"*