



# CYPRESS MILL *Chronicle*

NEWS FOR THE RESIDENTS OF CYPRESS MILL

May 2016

Volume 16, Issue 5

## FALL SOCCER SEASON

**Registration for the Fall Soccer Season is from May 2nd through May 29th.**

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.

2015 Statistics; 114 teams; 919 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 11th and/or June 18th.
- Practices are starting August 1st (tentative).
- The season starts August 20th, and ends the weekend of November 12th.

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.

### **VOLUNTEERS NEEDED**

As far as my involvement with FSA Soccer, this will be a transition year for me. I have enjoyed supporting the FSA soccer league for the past 2 years. The combination of personal, and work agenda's and my own children growing out of the FSA league, made me decide to pass on the leadership to a new team by end of this season.

We need the candidates in place by June 2016, to allow me to share and transfer the knowledge I've gained over the past 2 years. Please email me if you are interested in volunteering for FSA Soccer.

**For more info and registration visit our website:**

**[www.fairfieldsports.net](http://www.fairfieldsports.net)**

**I hope to see you in the Summer & Fall!**

**Marijn van den Elsen**

**FSA Soccer Commissioner**

**[soccer@fairfieldsports.net](mailto:soccer@fairfieldsports.net) (new email)**

## Signing Day



**Jagger Segovia**

**Signed to play soccer at North Greenville  
Division II at South Carolina**

## CYPRESS RANCH CHOIRS SPRING SHOW

Please join the Cypress Ranch Choirs for their Spring Show on Monday, May 16th, at 7:00 p.m. in the Cypress Ranch High School Auditorium. All Cy-Ranch Choir alumni is especially invited to attend!

**[www.ranchchoir.com](http://www.ranchchoir.com)**

# 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 .....	<a href="http://records.txdps.state.tx.us/">http://records.txdps.state.tx.us/</a>
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!**

## 2016 Scouting for Food Results

Scouting for Food is a project rooted in the very foundation of the Scouting movement and its dedication to do and implement the Scout Slogan, Do a Good Turn Daily. It is an ongoing annual program of the Boy Scouts of America, organized at a local level throughout the country, with one objective, to collect food for local food banks. Each year local Cub Scout Packs, Boy Scout Troops, Venture Scout Crews and Sea Scout Ships in every District leave door hangers throughout their neighborhoods soliciting non-perishable food items. One week later Scouts return in the morning hours to pick up and deliver any food donations left on front porches to their local food banks. For the Big Cypress District this occurs annually in late January and donations are provided to Cypress Area Ministries (CAM), our local pantry.

The Big Cypress District of Sam Houston Area Council includes Scouting units in the Northwest area of the Cy-Fair ISD attendance zones of Harris County. This includes Cypress, Bridgeland and Fairfield. The Big Cypress District overall collected 22,168 lbs of food, translating to approximately \$37,686. CAM estimates, for the number of families they anticipate supporting, this will last from February til end August this year. Thank you to all those that placed a bag, large or small, on their front porch this February!

Cub Scout Pack 3, chartered thru the A. Robison Elementary PTO, has 45 boys, grades 1-5, who primarily attend A. Robison Elementary School. Pack 3 would like to extend a huge THANK YOU to the communities of Lakes of Rosehill, Cypress Mill Parks 1 & 2, Cypress Mill Estates, Cypress Ranch Estates and Cypress Village. With their help the 45 boys of Pack 3 checked the porches of over 2000 homes and collect a combined weight of 751.2 pounds of food to deliver to CAM. The boys enjoy finding these treasured bags of food left on porches, knowing they are doing something to help make a difference in someone's life. Be on the lookout next January for your door hanger and please consider leaving a few things out for the boys to collect, every little bit helps!

Thank you again from the Cub Scouts of Pack 3 to everyone that contributed to the Scouting for Food movement!!



## Cy-Fair Republican

# Women

May 10th our guest speakers will be candidates for Harris County Republican Party Chairman, Paul Simpson, Tex Christopher, and Rick Ramos.

**10:30 AM - Noon. (Second Tuesday each month)**

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

**Hearthstone Country Club,  
7615 Ameswood, Houston, TX 77095**

Come, enjoy likeminded fellowship and getting to know our candidates. All are welcome! Candidates, we want to get to know each of you. Please RSVP to [www.cfrw.net](http://www.cfrw.net) by 5/3/16.

The run-off election is May 24th. Our turn-out is very important as there are several areas with run-off candidates.

# שלום!

## Shalom Cypress

Shalom Cypress was established in 2011 by local families seeking a Jewish presence in Northwest Houston. We are the closest synagogue within 25 miles of the nearest synagogue. Many thought that they were the only Jews in the Cypress area, but it turns out that they were wrong! Shalom Cypress has grown to more than 30 affiliated families.

I hope that everyone had a great Purim & Passover! In May, we will have our monthly Friday & Saturday services. Noah will be called to the Torah to become a Bar Mitzvah. Come join us for this celebration. In June, we are having a free BBQ to kick-off the summer. You can eat the best Kosher hamburgers & hotdogs right here in Cypress!

Shalom Cypress has many ongoing & active programs for people of all ages. Please visit our website at [www.shalomcypress.org](http://www.shalomcypress.org), e-mail us at [info@shalomcypress.org](mailto:info@shalomcypress.org), or call Ben Federman at 832-795-2002 to find out more details about the upcoming events.

**Did you know only about 5 - 10% of breast cancer cases are thought to be hereditary?**

Don't take chances - get your annual mammogram starting at age 40.

Now offering 3D mammography and genetic testing!



Evening and weekend appointments are available for your convenience. Please call 281-897-3121 for availability.

- 1 **\*\*Women's Imaging Center at Cy-Fair Hospital (FM 1960 at Jones Road)** \*Genetic testing available here
- 2 **\*\*Cy-Fair Urgent Care & Imaging Center (at Spring Cypress & Grant)**
- 3 **Cy-Fair Emergency & Imaging Center (at Barker Cypress & FM 529)**
- 4 **Cy-Fair Emergency & Imaging Center (Beltway 8 & Tanner Rd.)**  
Opening May 2016

\* According to the American Cancer Society \*\*Tomosynthesis, (3D mammography) an FDA approved imaging technology designed for early breast cancer detection, is available here.



281.897.3121

[CyFairWomensImaging.com](http://CyFairWomensImaging.com)

# CYPRESS MILL

## Networking Methods to Help You Succeed

**THURSDAY, MAY 26, 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 May 26 Cy-Fair Express Network Luncheon, our speaker, Kathryn Crawford Wheat will enthusiastically teach attendees her proven networking methods to those looking for answers on what makes networking really work. She teaches based on the principal, "Networking is simply starting a conversation with no destination in mind".



Kathryn is a Professional Motivational Speaker, Networking Instructor, Blogger and Author of the book, *Networking: Naked & Unafraid*. She began her journey as an entrepreneur in 2007 with Home Staging. In 2010 she launched her own website, *Woman's InSite*.

Then in 2014 she established Kathryn C. Wheat School of Real Estate.

Kathryn enjoys spending time with family and friends, scuba diving, wine tasting, dancing, exercise, yoga, writing and musical theater. Some of the best things about Kathryn include her faith, courage, and fierce loyalty. Kathryn will inspire and encourage you to move forward and take the next step in your journey to success.

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](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).

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# 6 Health Benefits of Eating Dark Chocolate

If your sweet tooth craves chocolate, there are plenty of reasons to surrender to your cravings and indulge. Dark chocolate is loaded with nutrients that can positively affect your health. Made from the seed of the cocoa tree, it is one of the best sources of antioxidants on the planet. Cacao offers a number of health benefits from helping to control blood sugar to lowering the risk of cardiovascular disease because it contains flavonols, which are a type of antioxidant that has been shown to improve blood flow and can protect against sun-induced damage, improve blood flow to the skin and increase skin density and hydration.

Bottom Line: Quality dark chocolate has various nutritional perks so enjoying a delicious treat that has at least 65% cacao can be guilt-free if you don't overdo it.

**NUTRITIONAL PERKS**

**HEART-HEALTHY**

Dark chocolate has been shown to improve blood flow and possibly prevent blood clots. It also helps lower blood pressure and may help keep arteries from hardening.

**BRAIN FOOD**

Because chocolate increases blood flow to the brain, it can be a boost to your cognitive health.

**MOOD CHANGER**

Chocolate also contains phenylethylamine (PEA), which encourages your brain to release endorphins that make you feel good.

**CANCER FIGHTER**

Antioxidants in chocolate help rid your system of free radicals, which have been linked to multiple age-related health risks and diseases.

**SOMETHING TO SMILE ABOUT**

Theobromine, found in dark chocolate, helps harden tooth enamel, which helps prevent cavities.

**SUN BLOCKER**

Some studies show that people with diets high in flavonols take longer to burn in the sun than people with low flavonol diets.

*Written by: Claudia Mosley, Moms Making Six Figures*

*Reviewed by: Dr. Barbara Ryan, MD*

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## Whiteflies

Whiteflies are small, soft bodied insects with piercing-sucking mouthparts. They are creamy white and adults have a mealy wax coating their body and wings. Immatures, also called nymphs, are small, oval, flattened and wingless.

Whitefly populations can increase quickly when temperatures are warmer. The insects like to be on the underside of leaves, often in clusters. Common species of whiteflies have a wide host range and can switch host plants.

Whiteflies suck plant juices and large populations can cause foliage to turn yellow, appear to be dry or even fall off the plant. Some whiteflies cause plant distortion or foliage to turn silver in color. Whiteflies produce honeydew, a sticky substance secreted by some insects. Honey dew causes foliage to become shiny in appearance and can attract a fungus called sooty mold. Some whiteflies are capable of transmitting plant viruses.

Try to encourage natural enemies to help manage whitefly populations in your garden. To do this, make wise pesticide choices. Try to choose pesticides to target specific pests and/ or specific areas. Also, you may need to manage ants that tend the whiteflies to obtain honeydew. The ants protect whiteflies from natural enemies

that may normally keep the pest population at manageable levels.

In vegetable gardens, you may want to try reflective mulches to make the underside of the leaves where whiteflies hide less habitable.

As for chemical treatment, you can use high pressure water sprays, insecticidal soap, azadirachtin, d-limonene, botanicals or a synthetic product. Target your treatment to the underside of the leaves to get to where the whiteflies like to hide.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at [www.urban-ipm.blogspot.com](http://www.urban-ipm.blogspot.com)

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## Cypress Mill Year-to-Date Sales Report

	May '15	June '15	July '15	Sept '15	Oct '15	Nov '15	Dec '15	Jan '16	Feb '16	Mar '16
\$201,000 and above	4	2	2	5	5	3	3	2	1	7
\$176,000--\$200,999	5	2	2	3	3	3	4	1	3	3
\$151,000--\$175,999	1	4	7	2	1	2	2	1	1	5
\$141,000--\$150,999	0	0	0	0	0	0	0	0	1	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>10</b>	<b>8</b>	<b>11</b>	<b>10</b>	<b>9</b>	<b>8</b>	<b>9</b>	<b>4</b>	<b>6</b>	<b>16</b>
Highest \$/sq ft	\$94.59	\$98.20	\$103.47	\$105.25	\$94.51	\$103.69	\$108.99	\$100.49	\$102.35	\$108.23

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