

July 2016

NEWS FOR THE RESIDENTS OF CYPRESS CREEK LAKES

Volume 5, Issue 7



Calling all Aggie Moms!

If you are a mom, step-mom or guardian to a student at Texas A&M, please join us in making a difference in student's lives. The NWHC Aggie Mom's club will be hosting, Summer Mixers. This is an opportunity for you to meet other Aggie Mom's and find out what our club is all about. Please join us at one of our informal Summer Mixers details can be found on our website.

Save the Date: July 7 and July 14 Summer Mixers Howdy Party-August 9, 2016

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 6:30 pm at 7100 High Life Drive. Refreshments are served at 6:30 with meeting beginning at 7:00. For more information on monthly speakers or upcoming events visit our website at www.nwhcaggiemoms.org or contact Summer Perkins, Club President at summer@nhh-realty. com.

Volunteer with Girl Scouts

From the time your daughter came into your life, you've only wanted the best for your girl. You want to see her feel happy and loved, be confident, make new friends, stay healthy, excel in school, and eventually rise up the ranks in a career she finds fulfilling. Girl Scouts gives girls and their leaders opportunities to share new experiences, make new friends and to become confident young ladies.

In Girl Scouts, the volunteers are the backbone of our organization. Without our volunteers, there are no Girl Scout troops, no camping experiences, no cookie businesses, and no troop badges earned. As an adult, all of your experiences have brought you to where you are in your life today. As a Girl Scout leader, an adult has the chance to mentor a group of girls to help them reach their fullest potential through your shared experiences.

Please consider volunteering with Girl Scouts so you can have a direct impact on the girls in your community. To volunteer, please visit our website at www.gssjc.org and click on "Volunteer Today." Let's show the girls in CyFair what's possible!

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	
Fire	
Ambulance	
Constable	
Sheriff - Non-emergency	713-221-6000
- Burglary & Theft	713-967-5770
- Auto Theft	
- Homicide/Assault	713-967-5810
- Child Abuse	713-529-4216
- Sexual Assault/Domestic Violence	713-967-5743
- Runaway Unit	713-755-7427
Poison Control	
Traffic Light Issues	713-881-3210

SCHOOLS

Cypress Fairbanks ISD Administration	281-897-4000
Cypress Fairbanks ISD Transportation	281-897-4380
Warner Elementary	281-213-1650
Smith Middle School	281-213-1010
Cy-Ranch High School	281-373-2300

UTILITIES

CenterPoint Energy	
Reliant Energy	
Water - Severn Trent	
Waste Management - Trash	713-686-6666

OTHER NUMBERS

Animal Control	281-999-3191
Cypress Fairbanks Medical Center	281-890-4285
Harris County Health Department	713-439-6260
Post Office	281-859-9021
Harris County Public Library	281-290-3210
Cy-Fair Hospital	281-890-4285
North Cypress Medical Center	832-912-3500

NEWSLETTER PUBLISHER

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Workshop

Saturday, August 6 Saint Aidan's Episcopal Church

Choosing Authenticity: Discover how to reach deeper levels of authenticity in your life and work by engaging with Brene Brown's celebrated research. A Daring Way workshop led by The Rev. Les Carpenter, M.Div., DWF. Saturday, August 6, 9:30-3:30. Saint Aidan's Episcopal Church, 13131 Fry Rd, Cypress, Tx. \$20.00 includes lunch. Registration information available online at http://aidanschurch.org/brenebrown. Please call us at 281-373-3203 with questions.

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# OF LISTINGS	27	13		
PRICE RANGE:	\$289,900 \$624,999	\$290,000 \$775,000		
AVERAGE PRICE:	\$414,989	\$414,454	\$437,169	
AVG PRICE/SQ.FT.	\$114.29	\$115.48	\$120.08	
AVG DAYS ON MARKET	52	59	66	
HIGH PRICE/SQ.FT.			\$118.35	
LOW PRICE/SQ.FT.			\$72.39	

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*As stated in Forbes Magazine 2008

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VENDOR OPPORTUNITY AWAITS!!

St.Elizabeth Ann Seton Ladies Auxiliary will be holding their 24th annual Gingerbread Village Holiday Market on October 29th, 2016. The show will be held from 9 A. M. to 4 P. M. at 6646 Addicks Satsuma Road, Houston, TX. If you are interested in showcasing your various arts, crafts or other unique offerings, please contact fae@krenekprinting.com.

KIWANIS CLUB OF CY-FAIR HOUSTON

If you live or work in the Cy-Fair area, we would welcome the opportunity to meet you and tell you about the service the Cy-Fair Kiwanis Club gives to our community. Be our guest at our meeting on July 12, 19. and 26.

Time and place: Meetings are held at the Hearthstone Country Club. Lunch is served at 12:15pm, followed by a brief, informative program. Adjournment is at 1:15pm.

What is Kiwanis? Kiwanis is an international service organization focused on changing the world one child and one community at a time. 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. In addition, Kiwanis members actively participate in many service projects in their home communities.

The Cy-Fair Kiwanis Club of Houston seeks to serve this community through sponsoring Key Clubs for high school students, BuildersClubs 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. Enjoy the pleasure of being a part of this service.

Visit the Cy-Fair Kiwanis Club website at www. KIWANISHOUSTONCYFAIR.COM.

For more information, call John Carroll at 281-463-0373; George Crowlat 832-467-1998; or Peggy Presnell at 281-304-7127.

Cypress- Tomball Democrats

July Meeting

The Cypress-Tomball Democrats monthly meeting for the month of July will be held on Tuesday, July 19th 2016, at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 p.m. to 8:00 p.m. Dr. Mark Thorsby, Professor of Philosophy, at Lone Star College (Cy Fair) will be our Guest Speaker. He would be speaking on "History of Liberalism, in the context of Political Philosophy".

Everybody is welcome to attend the meeting and to join this growing club, which meets on the third Tuesday of every month. The meetings foster great fellowship and feature informative guest speakers. For further information, visit the website www.cytomdems.com; contact Cris Hernandez at cytomdems@yahoo.com; Follow us on Facebook at Cypress-Tomball Democrats.



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Cy-Fair Republican Women July Meeting

Cy-Fair Republican Women's General Meeting on July 12th will be a tribute to our Military & Veterans and CFRW's 11th Anniversary. Bring a photo of your family members in uniform.

Our guest speaker is Teri Poulton, Board of Directors, Lone Star Veterans Association (LSVA), the largest organization of post-9/11 veterans in Texas.

LSVA goal is to collaborate with other service providers to help returning service members.

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

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 by 7/5/16.



Northwest Houston chapter of Business Professional Women

The July meeting of the Northwest Houston chapter of Business Professional Women will take place on Thursday, July 21st, at 11:00am at Northgate Country Club, 17110 Northgate Forest Drive, Houston, Texas (off FM 1960 between TC Jester & Kuykendahl).

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.

The cost for our luncheon is \$25.00 for members and guests. Reservations received after Tuesday, July 19th will cost \$30.00. Inquiries may be sent via email to: nwhoustonbpw@yahoo.com. Please include your name and contact information.

Reservations can be made on our website: nwhoustonbpw.com

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Rosehill Christian School won their first State Championship title in against Conroe Covenant Christian at Baseball USA. Covenant Christian pulled to within two runs in the fourth inning, but a three-run hit by Jake Cooper helped RCS pull away for a 9-2 victory at the complex.

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- I **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

USA Fit Champions Ready to Get Aspiring Runners Marathon/Half Marathon-Ready by January



With many winter long distance races to look forward to, USA Fit Champions seeks to get Spring and Northwest Houston area residents "marathon-ready." The local full and half marathon training group is currently taking registrations through Aug. 30 at www.ChampionsFit.net for its new season, which kicks off with two orientation/in-person registration events at 7 a.m., Saturday, July 9 and 16, at the D. Bradley McWilliams YMCA in Spring. Now, Co-Organizer Roy McDonald says, is the perfect time, no matter a runner's ability level, to start training for January races such as the Chevron Houston Marathon, Aramco Half Marathon and Memorial Hermann USA Fit Marathon.

"Most people don't believe they can complete a full or half marathon for various reasons," said McDonald. "Our mission at USA Fit is to show people they absolutely can succeed by providing training plans for every fitness level in a fun, non-intimidating and safe environment."

McDonald himself joined USA Fit's Houston group 25 years ago when he and four fellow employees at his company discussed running a marathon. It was a goal he had never entertained. At the time, he weighed 240 pounds and at the end of his first marathon training with the group dropped to 185 pounds. In addition to gaining a lifelong love of running, McDonald gained a lifelong friend in member and now co-organizer Mitchell Garcia, who was one of the employees who had initially joined him.

McDonald and Garcia both hope as organizers and coaches to bring the same motivation and encouragement that their coaches and fellow members had given him to help runners and walkers around the Champions area reach their own personal goals.

According to McDonald, the top myths about marathon running include:

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GREAT BUSINESS RATES TOO!

SPECTATOR FACT OR HOGWASH?

By Cheryl Conley, TWRC Wildlife Center

I think we've all heard that one should never touch a baby bird or the mother will not accept it again or may even kill it. This is simply not true. There are many misconceptions about wildlife. Let me help you separate fact from hogwash on a few of the most common ones.

MYTH: MOTHER BIRDS WILL ABANDON THEIR BABIES IF TOUCHED BY HUMANS

FACT: Mother birds will not abandon their offspring if touched by a human. For this to be true we would have to believe that birds can pick up on human scent. In fact, most birds have a rather poor sense of smell. For more information on what to do if you find a baby bird, see our website.

MYTH: IF YOU FIND A FAWN ALONE, IT HAS BEEN ABANDONED.

FACT: It is common to see fawns alone. Since they are incapable of keeping up with mom, she will leave the fawn, sometimes for hours, while she goes off to eat. The doe will visit the fawn two to three times a day. This will continue until the fawn is about 4 weeks old. It's best to leave fawns alone unless you know that the mother is dead and/or fawns are crying incessantly.

MYTH: IF YOU SEE A RACCOON OUT DURING THE DAY, IT'S RABID

FACT: Raccoons are typically nocturnal but are opportunistic creatures and can appear whenever food is around, day or night. In spring and summer when the mother's energy levels are depleted by nursing cubs it is not uncommon to see them out during the day. However, if the animal is acting disoriented or sick, such as circling, staggering or screeching — in addition to being seen during daylight hours — contact TWRC Wildlife Center or animal control.

MYTH: RACCOONS WASH THEIR FOOD

FACT: Raccoons have very sensitive feet and it is believed that dipping their food in water heightens that sensitivity so they can better feel the food before they eat it. They will also use water to soften food.

MYTH: IF YOU GET CLOSE TO A SKUNK, IT WILL SPRAY YOU.

FACT: Skunks only spray to defend themselves, such as when a dog runs up and grabs them. Before they spray, they will stamp their front feet as a warning to get you to back off. Skunks are also nearsighted so if you come across one, simply talk softly and back away.

MYTH: LIVE TRAPPING AND RELOCATING ANIMALS IS HUMANE

FACT: Most animals are very territorial. Residents of an area will more than likely attack and kill a newly relocated animal.

MYTH: OPOSSUMS LIKE TO HANG BY THEIR TAILS

FACT: The opossum's tail is capable of grabbing onto a limb to help with balance but it is not strong enough to support the animal's weight.

MYTH: TOADS CAUSE WARTS

FACT: Warts on people are caused by a herpes virus, not toads! Toads do, however, have wartlike bumps behind the ears that contain a poison that can irritate your skin.

MYTH: OPOSSUMS ARE DIRTY ANIMALS AND ARE VICIOUS

FACT: Opossums are fairly clean when compared to other animals. They groom themselves frequently. While in the care of a rehabilitator, they can even be trained to use a litter box. Like any other wild animal, they are more afraid of you than you are of them. They hiss and show teeth to scare you away, so, GO AWAY!

MYTH: IF AN ANIMAL IS FOAMING AT THE MOUTH, IT HAS RABIES

FACT: There are other reasons why an animal may be foaming at the mouth. Some of them are distemper, ticks, worms, diabetes, liver failure, poisoning, and many others.

TWRC Wildlife Center is currently looking for volunteers to help at our center in Houston. If you have a passion for animals and are looking for a worthy organization to help, check our website at www. twrcwildlifecenter.org or call 713-468-8972.



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(Continued from Page 7)

- · Marathoners must be young.
- · Marathoners must be athletes.
- · It is not possible to walk 13.1 or 26.2 miles.
- · Running long distances is dangerous to one's health.

· Runners must be a certain weight or size to successfully run a full or half marathon.

He said that members of USA Fit Champions defy all of these myths and have gone on to complete half and full marathons during their very first seasons with the group as well as meet personal health and fitness goals.

"The most rewarding part of our job as coaches is to see members achieve so much more than they thought possible, no matter their fitness level or stage in life," said McDonald. "The only thing we ask our members to show up with is a goal and the passion to meet it. We take care of the rest."

Registration for USA Fit Champions is \$140 for new members and \$100 for returning members. Runners meet Saturday mornings for ability-based group trainings, enjoy weekly seminars and social events throughout the season and benefit from the encouragement and expertise of certified coaches. To learn more and to register, visit www.ChampionsFit.net or contact Roy McDonald at info@ championsfit.net.

Summer Sun Safety Tips

10z. of sunscreen should be applied to entire body Only broad-spectrum SPF 15+ should be used Limit your time in the sun from 10am-4pm You still need sunscreen on a cloudy day





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\$500,000 and above	1	0	0	0	1	0	2	5	1	3
\$451,000\$499,999	3	2	2	0	3	1	0	1	1	1
\$351,000\$450,999	8	3	3	6	6	6	2	3	3	10
\$276,000\$350,999	4	0	1	1	4	0	3	5	3	7
\$231,000\$275,999	1	0	2	2	2	0	5	1	1	4
\$201,000\$230,999	1	0	0	0	0	0	0	0	0	0
\$200,999 and below	0	0	0	0	0	0	0	0	0	0
Total	18	5	8	9	16	7	12	15	9	25
Highest \$/sq ft	\$143.33	\$107.88	\$146.20	\$133.27	\$139.20	\$132.42	\$130.97	\$147.30	\$143.92	\$123.56

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