



# CYPRESS MILL *Chronicle*

NEWS FOR THE RESIDENTS OF CYPRESS MILL

March 2017

Volume 17, Issue 3



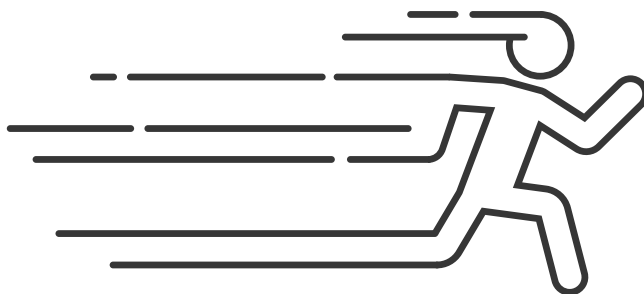
## 1st Annual Spring Festival

7425 WESTGREEN BLVD  
CYPRESS, TX 77433

**Saturday, March 25, 2017 • 9:00am-Noon**  
**Cypress Park HS Sports Complex**

Community event benefitting the Cypress Park Athletic Program. Featuring music, games, concessions, and a silent auction including autographed sports memorabilia from Houston's professional sports teams.

## Middle School and High School Club Track Sign Ups Announced



The Northwest Flyers Track Club is now registering middle and high school athletes for the spring and summer 2017 season. The team is sanctioned by USA Track & Field, and provides a full program of "track" events such as sprints, hurdles, middle distance, distance and relays, and "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. It is an excellent "off-season" program for young athletes who compete on their middle school or high school track teams.

The team, which is celebrating its 30th anniversary season this year, was founded by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the northwest Houston area. In July, 2016 the Northwest Flyers had one of its most successful competitions ever at the Junior Olympics in Sacramento, California.

For additional information about the team and the orientation for middle and high school athletes, visit [www.northwestflyers.org](http://www.northwestflyers.org), email [linette.roach@sbcglobal.net](mailto:linette.roach@sbcglobal.net), or "Like" the club on Facebook.

# CYPRESS MILL

## Important Numbers

Robison Elementary .....	281-213-1700
Spillane Middle School.....	281-213-1645
Cy-Fair High School .....	281-897-4600
Cy-Woods High School.....	281-213-1919
Constable Ron Hickman, (24 Hour Emergency)	281-376-3472
Centerpoint Energy Gas.....	713-659-2111
Centerpoint Emergency Gas Leaks.....	713-659-3552
CenterPoint Energy.....	713-207-2222
Poison Control Center .....	800-764-7661
Cypress Mill M.U.D. #1 .....	281-374-8989
AT&T Repair Center .....	800-246-8464
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Comcast Cable.....	713-341-1000
Waste Corporation of America Recycling .....	281-368-8397
Principal Management .....	713-329-7100
<b>Pipeline Company</b> .....	281-925-3816
<i>Mowing of Pipeline easement; Standing water; Smells or leaks</i>	
<b>Street Lights</b> – Center Point Energy.....	713-207-2222
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<i>**They will need 6-digit pole number when calling**</i>	
<b>Harris County Road and Bridge</b> .....	281-463-6300
<i>To request street signs and to report street damage, curb damage, street flooding, or missing/damaged street signs.</i>	
<b>Newsletter Publisher</b>	
Contributing Editor .....	Samantha Y. Obas
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Peel, Inc. ....	<a href="mailto:advertising@PEELinc.com">advertising@PEELinc.com</a> , 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)

## Advertising Information

Please support the businesses that advertise in the Messenger. Their advertising dollars make it possible for all Cypress Mill residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact Peel, Inc. Sales Office at 888-687-6444, [advertising@PEELinc.com](mailto:advertising@PEELinc.com)



## Cypress Texas Tea Party

The next meeting of the Cypress Texas Tea Party will be on:  
Saturday, March 4, 2017 NOON - 2:00 PM

*Debbie Riddle,*

*Texas State Representative, District 150*

*Jeremy Newman,*

*Director of Public Policy, Texas Home School Coalition*

*Saturday, March 25, 2017 NOON - 2:00 PM*

The Cypress Texas Tea Party meets every three weeks on Saturday from noon until 2PM at Spring Creek BBQ, 25831 Northwest Freeway Cypress, Texas 77429

A schedule of the meetings and confirmed speakers can be found at the website, [www.cypressstexasteaparty.org](http://www.cypressstexasteaparty.org)



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## Messiah Lutheran Church's BUTTERFLY FAMILY FESTIVAL

Come see a LIVE butterfly release! Messiah Lutheran Church is hosting its annual Butterfly Family Festival on Sunday, April 23, 12:00-3:00 PM at 11522 Telge Road in Cypress. The event will also include a Petting Zoo, barbecue lunch, a silent auction, a raffle, games and activities for all ages. The auction will run from 9:00 am-2:30 pm. The barbecue lunch will begin at 11:00 am and can be taken home or eaten at Messiah. All games will begin at noon. Bring the whole family to see the butterfly release, eat some great food, and have some fun!

The day's events will benefit Chrysalis, A Grace Place for Children, scholarships and playground improvements. Chrysalis features a Christian preschool, after school, and summer camp programs. Chrysalis Christian Preschool admits students of any race, color, and national or ethnic origin. Call 281-807-0764 or go to [www.messiahlc.org/events](http://www.messiahlc.org/events) for further information.

Messiah Lutheran Church is a grace place, a congregation of the Evangelical Lutheran Church in America (ELCA). Messiah is located at 11522 Telge Road, ½ mile north of Highway 290. Regular Sunday

worship times are: 8 am—Traditions; 9:30 am—The Gathering; and 10:45 am—The Crossing. The Discovery (education) Hour is 9:15-10:15 AM on Sundays. For more information, 281-890-3013 or [www.messiahlc.org](http://www.messiahlc.org). All people are welcome at Messiah.



### Cy-Fair Hospital now has **SEVEN** locations to serve your Emergency and Urgent Care needs.

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(open 24 hours, 7 days a week)

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Main Hospital 800.681.2733  
ER 281.897.3150
- 2 5655 W. Sam Houston Pkwy. N.  
at Tanner Rd,  
Houston, TX 77041  
281.949.3800
- 3 7015 Barker Cypress at F.M. 529  
Cypress, TX 77433  
281.949.3600
- 4 8470 Hwy. 6 North at West Rd  
Houston, TX 77095  
281.949.3799

#### URGENT CARE

(open 9 a.m. to 9 p.m., 7 days a week)

Walk ins welcome, no appointments  
necessary

- 5 9110 Barker Cypress at West Rd  
Cypress, TX 77433  
281.517.9900
- 6 14044 Spring Cypress at Grant Rd  
Cypress, TX 77429  
281.949.3703
- 7 9138 West Rd at Beltway 8  
Houston, TX 77064  
281.949.3737



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**CyFairHospital.com**



# CYPRESS MILL

## Vacation Bible Study Registration Opens March 5th

Saint Aidan's Episcopal Church VBS registration opens March 5th! Come join us for an In and Out, Over, Under Adventure July 17-21! This year's theme is Maker Fun Factory. Our VBS is completely Gluten, and nut free. The cost is \$30.00. Registration ends July 2. If you have any questions, please contact Taylor at [taylor@aidanschurch.org](mailto:taylor@aidanschurch.org). Saint Aidan's Episcopal is located at 13131 Fry Road, just south of Hwy 290. Register at our website:

[HTTP://AIDANSCHURCH.ORG](http://aidanschurch.org)

## AHFC Soccer Summer Camp Series 2017

AHFC is please to offer the Summer Camp Series at multiple campuses in and around Houston. The club invites all interested players to the Canes Fundamental Camp (Ages 5-9) or the Canes Skills & Drills Camp (Ages 10-16).

Please visit [albionhurricanes.org](http://albionhurricanes.org) to register and for more details about each particular campus. The camps will be offered in New Territory, Cy Fair and Katy locations. All information can be found under "Camps" at [albionhurricanes.org](http://albionhurricanes.org).

## Cypress Area Food Pantry Times And Services

Do you know of someone who has trouble putting food on the table? Maybe their employment was suddenly terminated; maybe it's a choice between medications or food; for whatever reason a family can find themselves in a situation where they need a little help.

Fountain of Life Church of God on Mueschke Road runs a food pantry on Mondays from 3:30 pm to 6:00 pm and the only requirement is that the client should live in zip code 77433 and west of Skinner 77429. For more information, contact 281-373-9337. Food donations and volunteers are also greatly appreciated.

Computerized job search and resume preparation and printing are also available.

## Cypress Park Athletics

Cypress Park Athletics will host their First Annual Spring Sports Festival on Saturday, March 25, 2017

Located at 7425 Westgreen Blvd. Cypress, TX 77433 from 9:00AM till 12:00PM

Featuring music, games, food, and a silent auction including autographed sports memorabilia from Houston's professional sports teams.



## EXPANDING EXPECTATIONS.

IN HEALTH CARE. AND IN CYPRESS.

**We've grown to meet our community's need for exceptional care.**

Soon Cypress families can get Memorial Hermann healthcare services and specialties close to home. Opening this spring, Memorial Hermann Cypress Hospital will offer orthopedics and sports medicine, neurology, general surgery, heart and vascular, labor and delivery, gastroenterology, urology and more. The 80-bed, state-of-the-art hospital will include an Emergency Center staffed by board-certified affiliated emergency medicine physicians, 8 operating rooms, a 16-bed intensive care unit, labor and delivery, a neonatal intensive care unit, a cardiac catheterization lab and Memorial Hermann Life Flight® helipad. The hospital is set on a 32-acre, master-planned campus designed with room to grow as Cypress does. And you can expect all of our advanced offerings to maintain the highest quality and safety standards, because a community as special as ours deserves the very best.

Highway 290 between  
Mueschke and Mason  
[memorialhermann.org/cypress](http://memorialhermann.org/cypress)

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**OPEN SPRING 2017**

## MARCH MARKS NATIONAL NUTRITION MONTH

### *Five Key Nutrition Tips for a Health Lifestyle*

March is National Nutrition Month, and it marks the perfect time to assess the foods you eat and commit to a healthy lifestyle. It's never too late to make healthy eating a part of your everyday life and DyRel DiLorenzo, Hospitality Site Manager at Baylor Scott & White Medical Center – Lakeway, is ready to help get you started with these five key tips:

- **Highlight fruits, vegetables, and whole grains** - This category should be 45-60 percent of your daily calorie intake.
- **Fiber, fiber, fiber** - Fiber is important for our bodies during the digestion process, as it slows down how we process these foods.
- **Embrace lean proteins** - This includes poultry, fish, beans, egg whites, nuts, and other lean meats. 15-25 percent of our diet should come from proteins, according to the USDA.

- **Don't fear fats** - Although fats sound like something we should stay away from, it is essential to get between 20-30 percent of your daily calories from fats. Good fats include, olive oil, nuts, seeds, avocado and fatty fish.

- **Moderation is key** - Just because you are eating healthy doesn't mean you can't indulge on occasion. Just be wary of your sugar and calorie intake, read the ingredients, and decide "is this really worth it?"

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health and stabilizing your mood.

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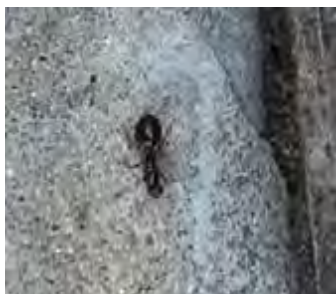
# CYPRESS MILL

## Red Imported Fire Ants

TEXAS A&M  
AGRI LIFE  
EXTENSION

I was making dinner the other night and my kiddo was outside playing. He came rushing in panicked. He discovered the fire ants of the season. While I knew it was inevitable, I was hoping that it would occur a bit later in the year. But, it's true. Fire ants have begun to yet again, dot the landscape with their mounds.

Spring time is usually when people see fire ants swarming (although it can also happen in the fall). Swarming is a reproductive process that usually occurs on warm days after a rain event. Winged males and females leave the mound and fly into the air to mate. After mating, they fall to the ground where males die and females break off their wings and search for a location to establish a new colony. Mated females dig a small chamber in soil, lay a few eggs and rear those young by themselves until the young become mature worker ants. At that point workers take



*Fire ant queen without wings.*

over colony functions and the queen continues to expand the population of the colony by laying more eggs.

While searching for a new colony location, many mated fire ant queens are killed by lizards, birds, spiders, other ants, and often my shoe stomping on them. Queens that survive can be managed by broadcasting fire ant bait over your entire property. New colonies are usually very small and may not have substantial mounds for locating easily for individual treatment. When worker ants forage for food, they would have the opportunity to locate, pick up, and carry fire ant bait back to the colony to share with other ants including the queen.

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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	Apr '16	May '16	June '16	July '16	Aug '16	Sep '16	Oct '16	Nov '16	Dec '16	Jan '17
\$201,000 and above	5	3	7	4	1	1	1	3	4	0
\$176,000--\$200,999	3	4	7	2	2	3	2	0	2	1
\$151,000--\$175,999	2	3	0	2	1	3	0	1	2	0
\$141,000--\$150,999	0	0	1	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
<b>Total</b>	<b>10</b>	<b>10</b>	<b>15</b>	<b>9</b>	<b>4</b>	<b>7</b>	<b>3</b>	<b>4</b>	<b>8</b>	<b>1</b>
<b>Highest \$/sq ft</b>	<b>\$108.23</b>	<b>\$111.12</b>	<b>\$113.28</b>	<b>\$109.40</b>	<b>\$109.44</b>	<b>\$118.41</b>	<b>\$102.58</b>	<b>\$107.78</b>	<b>\$119.26</b>	<b>\$97.55</b>

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