

# SPECTATOR

June 2017

NEWS FOR THE RESIDENTS OF CYPRESS CREEK LAKES

Volume 6, Issue 6

## From The Editors Desk

Hey Everyone, I am your newest addition to the editor team. My name is Sarah Banh, and I am currently enrolled at Cypress Ranch High School, Class of 2018. I am looking forward to being involved with this community newsletter in the near future, and am more than ecstatic to input contribution to address social concerns and interests. Although I am the youngest editor on the elusive team, I will strive to perfect the tasks and efficiently execute requests, leaving you accessible to submit pieces to your content.

A better introduction of myself is that I am very involved with my community. Whether it is challenging myself with multiple, rigorous AP classes, or being apart of the social community as a whole, such as: being apart of the Chamber Orchestra, Vice

President of the Model United Nations, spreading awareness as Events Chairman of the Premature Babies Awareness Club (Beanies for Premies), Historian for the Spanish Society, teaching and influencing elementary students to pursue STEM education by volunteering at the Science Resource Center, performing Music Therapy for elderly care centers and children's hospitals, aiding the Food Bank, am a resigned Captain of the Cross Country team, and also teaching piano lessons and Dyslexic children on the side. I satisfy myself with putting smiles on people's faces and laughing crinkles to their eyes! This opportunity is unbelievably wondrous, and I am more than willing to dive in and bring to you the newest additions to the community. Thank you.



## Attention Parents of Graduating Seniors!

We would like to recognize our graduating seniors by including a small picture and a few lines about where your child will be attending college. Please send your information to [articles@peelinc.com](mailto:articles@peelinc.com) (include the newsletter you would like to recognize them in, photo, name, etc).

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY .....	911
Fire.....	911
Ambulance.....	911
Constable .....	281-463-6666
Sheriff - Non-emergency .....	713-221-6000
- Burglary & Theft .....	713-967-5770
- Auto Theft .....	281-550-0458
- Homicide/Assault .....	713-967-5810
- Child Abuse.....	713-529-4216
- Sexual Assault/Domestic Violence.....	713-967-5743
- Runaway Unit .....	713-755-7427
Poison Control.....	800-222-1221
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.....	713-659-2111
En-Touch (Customer Service) .....	281-225-1000
Reliant Energy.....	713-207-2222
Water - Severn Trent.....	281-646-2383
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

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## Introducing

## "Get To Know Your Neighbors"

We are all very fortunate to call Cypress Creek Lakes home. But, Cypress Creek Lakes is more than just a place to live; it is a vibrant community brimming with family-friendly neighborhoods, chock-full of fascinating, talented people. Our variety is what makes us so both unique and extraordinary. However, sometimes, we get so busy, we lose sight of how interesting and diverse we've become. We believe that getting to know the people who live nearby will help us create a sense of belonging and shared identity. We have created a column entitled, "Get to Know Your Neighbors" which we hope will strengthen connections, build trust in our wider community, and contribute to a happier neighborhood for everyone.

If you know of a person or a family that you believe is making Cypress Creek Lakes a better place to live, please let us know. We would like to introduce them to your neighbors.



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## Fitness and Nutrition for the Busy Professional



Tony Vinchealle, BA, CPT, PNI  
tony@asufit.com

Tony Vinchealle is a wife, a mother of 4 children, a Holistic Fitness Professional, and founder of A'Stronger-U Fitness, Health, and Wellness. She was motivated to start her company in January 2013 after having her own transformational experience with a weight loss coach. Prior to becoming a full-time entrepreneur in the Fitness industry, Tony worked in Corporate America for over 10 years in Employee Training and Development and she also worked as a business developer for a large tax firm here in Houston, TX. She earned her degree in Biological and Physical Sciences from the

### Luncheon Details

Thursday, June 22, 2017  
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

University of Houston-Downtown where she concentrated her studies in Biochemistry and Human Metabolism and completed 2.5 years of graduate-level research at MD Anderson Cancer Center. Tony is certified as a Personal Trainer through the American College of Sports Medicine, a Metabolic Technician through Lifetime Fitness, and as a Nutritionist through Precision Nutrition.

Tony's mission is to empower people by providing them with the information and knowledge that is necessary to create a type of wellness that is well-rounded and comprehensive. She believes that Fitness, Health, and Wellness must be accomplished through knowledge, power, and the confidence to exhibit Self-Efficacy when it comes to YOUR overall Health. Through education, proper Metabolism Based Nutrition, Holistic Lifestyle Coaching, and through teaching you how to create synergistic teams who have YOUR best interest at heart, she is here to help YOU achieve your goals as you move towards #BecomingAStrongerU.

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 60 members strong, Cy-Fair Express Network's vision is to be a community and national leader for the support  
*(Continued on Page 4)*



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*Reserve your summer camp spot today!*

Attendance all summer is not required; you may register for one week at a time as long as space is available!



# SPECTATOR

(Continued from Page 3)

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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## Cy-Fair Republican Women May Meeting

Tuesday, June 13th will be CFRW General Meeting  
from 10:30 AM - Noon.

Meeting is \$3 -- Meeting w/Lunch at Noon is \$23.  
Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095

All are welcome!

Come and enjoy like-minded fellowship and relevant speakers.

RSVP to [www.cfrw.net](http://www.cfrw.net) by June 6th.

We look forward to seeing you there!

Scholarship is available for a female college student. Go to [www.cfrw.net](http://www.cfrw.net) for criteria and application. Deadline is June 15th.

SAVE the DATE—November 3rd for High Heels & High Tea at Sterling CC. Watch this space or website for further details.

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## CYPRESS TEXAS TEA PARTY

The next meetings of the Cypress Texas Tea Party will be on:

**Saturday, June 17, 2017 NOON - 2:00 PM**

- Gary Elkins, Texas State Representative, District 135  
- Massey Campos, [www.TheSelfEvidentTruth.com](http://www.TheSelfEvidentTruth.com)

The Cypress Texas Tea Party meets every three weeks  
on Saturday Noon until 2:00 PM at:

*Spring Creek BBQ  
25831 Northwest Freeway  
Cypress, Texas 77429*

Map: <http://goo.gl/maps/OoNjY>

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

## Cypress Area Food Pantry

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.



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## GOOD SHEPHERD UNITED METHODIST CHURCH



Good Shepherd United Methodist Church will again host one of the largest Vacation Bible Schools in the area, June 19-23, 9 am-noon. The VBS theme this year is Maker Fun Factory - Created by God, Built for a Purpose. Children ages 3 through incoming 6th graders are welcome to participate. VBS activities will include rallies in the Worship Center with interactive songs, creative Bible lessons, fun crafts and projects, yummy snacks, and more! Registration fee is \$20, and includes a t-shirt. Register by going to the Good Shepherd Church website, [www.goodchurch.us](http://www.goodchurch.us), and clicking on the Vacation Bible School words at the top of the home page.

## FINDING YOURSELF

Wife. Daughter. Sister. Teacher. Friend. These are some of the roles I play in life. They have become what define me. I have discovered the closer I adhere to each role, I lose a bit more of my identity; the “je ne sais quoi” that makes me unique. The mundane sameness of each day has trapped me into playing the roles I wear and forgetting who I really am. Most days I find myself on autopilot just trying to make it to the end of the day.

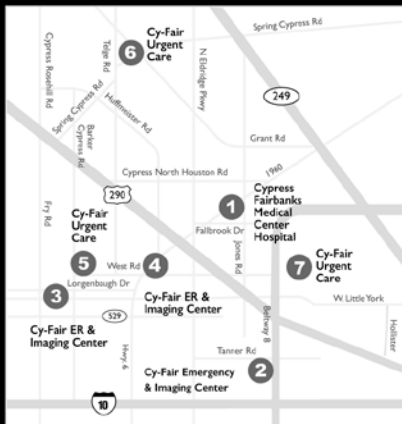
All too often, the roles we claim begin to take ownership of who we are as a person and we lose our sense of unique individuality. Don't you remember that feeling of knowing exactly who you were? I remember feeling strong, confident and comfortable in my skin. Now I just feel tired most of the time.

It's time for a change. It's time to take a step back to gain some clarity and fresh perspective. I need to know who I am now and what I want for my life. I don't know what that may be, but I am pretty excited to find out. I hope you will join me on this journey. It might be a little scary, but Finding Yourself might just be the best thing you ever do.

**\*\*If you find these things to be true in your own life, and would like to make a change, please visit our website at [www.fivehorses.com](http://www.fivehorses.com) to learn more about our new women's retreat, Finding Yourself, coming this June\***

## Cy-Fair Hospital Has SEVEN LOCATIONS

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- 3 7015 Barker Cypress at F.M. 529  
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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

At Cypress Fairbanks Medical Center Hospital, we understand that waiting in the ER and Urgent Care is no fun. That's why we offer an online check-in service at **CyFairHospital.com** for all seven locations to select your arrival time and comfortably wait at home.



18265 3/17 © 2017 Cypress Fairbanks Medical Center Hospital. All rights reserved.



# Girl from Sweden needs Host Family

Hi neighbors! As many of you know, I am a Local Coordinator for STS Foundation, a non-profit exchange student placement organization. I believe the exchange of cultures among high school students is so important. I am looking for host families for the 2017-18 school year.

Meet Emilie from Sweden....

I'm a kind and happy person who always tries to see things from the positive side. I'm a helpful person with a good ability to work with others. My friends has described me as a social person and I have to agree with them. I really like to talk and meeting new persons. In general, I've always been very motivated and responsible over my school work. When getting an assignment I always want to perform as good as I can. I love to challenge myself and to try new things, that way I always develop as a person. This is one of my many reasons going on an exchange year. To do something totally out of my comfort zone and to try new things is something I'm so excited for.


My hobbies include hanging out with friends and family,

listening to music, dancing, working out, watch series, reading and baking. I love hanging out with my family and friends and do that every opportunity that I get. I start and end everyday by listening to music. Music is something that helps me to express how I'm feeling, while at the same time gives me energy. I also have a big interest for dance, especially tap dance which is the only thing that I dance right now. I love to move and jump around even though I may not be the best dancer in the world. I also read on a daily basis. My favorite kinds of books are teen fiction and fantasy novels. I also watch a lot of series- all different kinds of them. It's something that I love to do and makes me feel relaxed. As said, I also love to bake. When I was younger a used to bake every day after school but now I only bake to special events, like family gatherings.

Emilie and others like her are looking for a host family for the year. If you are interested in hosting her or any other student, please give me a call at 832.455.7881 or email me at vicki.stsfoundation@gmail.com. I can answer any questions you might have. Remember on year of hosting leaves a lifetime of memories!

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<b>Cypress - Cypress Mill Plaza</b> 26084 Hwy 290 W 281-256-1344	<b>Fairfield Town Center</b> 28610 Hwy 290 346-218-7630
<b>Houston - Tomball Crossing</b> 22545 State Hwy 249 281-251-7103	<b>Cypress Creek Plaza</b> 9814 Fry Rd 281-758-1274

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## Registration Now Open!

July 17-21

**St. Aidan's Episcopal Church**  
**13131 Fry Rd.**  
**Cypress, TX**

Saint Aidan's Episcopal Church VBS registration is NOW OPEN! 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>

## Free Community Breakfasts at Shield Bearer this Summer



Shield Bearer, a local non-profit organization that brings hope and healing to survivors of trauma, including abused children, women rescued from human trafficking, veterans and their families, and survivors of domestic abuse, invites you to breakfast this

summer! Tour their central location, hear how they reach over 15,000 struggling hearts each year, and find ways to get involved in the fight for these hearts. Volunteers are needed for the prayer team, ambassadors team, event team, administrative team, and so much more. Bring the family (high school age and up) and find out how serving together can impact the community for generations. For more information, visit [shieldbearer.org](http://shieldbearer.org) or call (281) 894-7222.

Shield Bearer Free Community Breakfast Dates

June 6, July 11, or August 1st 9AM-10AM

12340 Jones Rd Ste 290

Houston, TX 77070

RSVP at [events@shieldbearer.org](mailto:events@shieldbearer.org)



## EXPANDING EXPECTATIONS.

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**We're now open to meet our community's need for exceptional care.**

Now Cypress families can get Memorial Hermann healthcare services and specialties close to home. Memorial Hermann Cypress Hospital offers 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 includes an Emergency Center staffed by boardcertified 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.

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## 4th Annual Holly on the Range: Flu Shot Fundraiser

### Fundraiser Details

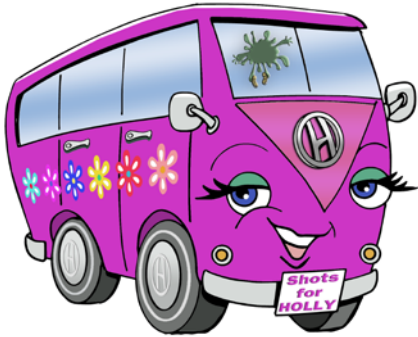
Sunday, June 4, 2017

6:00-9:00pm

TopGolf Houston-Katy, 1030 Memorial Brook Blvd.

Houston, TX 77084

Cost \$100 per golfer



We are gearing up for our 4th Annual Holly on the Range fundraiser to be held Sunday, June 4, 2017. Money is raised to fund ongoing programs aimed at educating the public about the flu, and providing flu vaccines for people in our community. Each year,

approximately 50,000 people die of flu-related complications. Deaths among young people 29-45 are on the rise. With the help of our supporters, over the past three years, we have raised over \$70,000, facilitated over 700 flu shots, traveled over 4000 miles in our bus, and made over 50 appearances at medical facilities and health expos to raise flu awareness. To fulfill our mission, we need the money raised to provide flu shots for people in need, cover printing costs concerning flu information, maintain and house our mascot vehicle, and pay exhibitor fees to raise awareness.

The 4th Annual Holly on the Range will be held at TopGolf Houston-Katy from 6:00-9:00pm. TopGolf Houston-Katy is located at 1030 Memorial Brook Blvd., Houston, TX 77084.

### About Shots for Holly

Cy-Fair residents Dr. Michelle Becker and a team of dedicated volunteers started Shots for Holly on January 31, 2014, following the death of a friend. 41-year-old Holly Munsinger succumbed to the flu virus. Once believed to be a virus that affects mostly children and the elderly, the recent flu outbreaks affect all ages. Still, less than 50% of the population is vaccinated against the flu virus. Thus, the Shots for Holly team built a multi-purpose platform to raise awareness concerning the dangers of the flu virus, the importance of getting an annual flu vaccine, and provide flu shots to people in need. The Corporation's mission shall be to educate the general public on the benefits of receiving an annual flu vaccine, dispel the myths inhibiting the receipt of an annual flu vaccine, facilitate the receipt of annual flu vaccinations through charitable means, and provide charitable relief to the families, especially minor children, of persons who have passed away from flu related illnesses. Shots for Holly is a 501(c)(3) charity organization. For more information, go to [www.shotsforholly.org](http://www.shotsforholly.org).

## BREAKING NEWS TEXAS CHRISTIAN SCHOOL

Texas Christian School, home of the Tigers, was given the highest honor by receiving the title of "2016 – 2017 School of the Year"! This award was given to TCS because of the academic and athletic accomplishments the students have received this school year. Students won awards in the Houston Rodeo Art, Speech Meet, Math Competition, Football State Champs, Tennis State Champs, Basketball State Runner Up, 1st and 3rd in Spelling Bee, and more. To learn more about this amazing school visit [www.TexasChristianSchool.org](http://www.TexasChristianSchool.org) or call to schedule a tour.

281-550-6060 Way to go Tigers!!!



**Shots for Holly** Presents the **4th Annual Holly on the Range** Flu Shot Fundraiser

**Sunday June 4, 2017**  
**6:00-9:00pm**  
**TopGolf Houston-Katy**  
1030 Memorial Brook Blvd.  
Houston, TX 77084

Entry includes unlimited Golf, swag, dinner, dessert, water, tea, and soda. Silent/Live auctions and awards in air-conditioned event room. Balls and clubs provided.

**Sign up at [shotsforholly.org](http://shotsforholly.org)**

Shots for Holly, Inc. is a 501(c)(3) charity organization. Our mission is to educate the general public on the benefits of receiving an annual flu vaccine, dispel the myths inhibiting the receipt of an annual flu vaccine, facilitate the receipt of annual flu vaccinations through charitable means, and provide charitable relief to the families, especially minor children, of persons who have passed away from flu related illnesses.

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## The Houston Choral Society Announces 2017 Summer Vocal Performance Camp July 10-14

The Houston Choral Society (HCS) announces its 2017 Summer Vocal Performance Camp – Voyages of the Voice Finders. This one week camp is for students entering grades 3-5 and grades 6-8. The camp runs July 10-14, 2017, at The Foundry United Methodist Church in northwest Houston.

For students entering grades 3-5 the camp runs from 9 AM to noon and for students entering grades 6-8 the camp runs from 1-4 PM. Students will learn how music enriches their brain, body and mind through singing classical, folk, and popular music. Songs that will be taught in these camps include “How Far I’ll Go,” and “You’re Welcome” from Disney’s Moana, “Ghostship,” “Captains Mate,” “The Water is Wide,” and “Count on Me” by Bruno Mars.

Finding your voice, learning how to improve breath and tone quality, musicianship, singing on sight, and music games will be taught one-on-one and in ensembles. Workshops are led by professional, certified music teachers and singers from The Houston Choral Society.

Marguerite Lapetina, the camp director, has helped kids learn to sing for 35 years in public schools. She is a Music Education graduate from Sam Houston State with a Vocal Performance minor and has extensive directing experience. She is assisted by Shanan Colvin, Alyssa Orlando and Katie Vargo. Colvin has degree in Choral Music Studies from the University of Texas at Austin and teaches music at Prelude Music Classes for Children. Orlando has a degree in Vocal Performance from HBU and has performed opera and choral works abroad. Vargo has a degree in Music Education from Ashland University and teaches music at Blackshear Elementary in Klein ISD.

The HCS Summer Vocal Performance Camp provides an exceptional education to all of our students with an excellent student/teacher ratio. Camps are filling up fast so we encourage parents to sign up for camps now.

Camp tuition for 15 hours of instruction is only \$175. The average performing arts camp in Houston costs in excess of \$14.00 per hour. HCS offers these camps with four degreed instructors for less than \$12.00 per hour.

Each family will receive 2 free tickets for the end of class performance. Additional tickets can be purchased for only \$5 per person. The camps include two complimentary tickets to the show, a camp t-shirt, music, and other needed materials.

The camps will be held at The Foundry United Methodist Church. It is located in northwest Houston at 8350 Jones Road, Houston, TX 77065 with easy access from Highway 290. For more info and to register for summer camps, check The Houston Choral Society website at [www.houstonchoral.org](http://www.houstonchoral.org) or call 832-478-6986.

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- 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 Creek Lakes Year-to-Date Sales Report

	July '16	Aug '16	Sep '16	Oct '16	Nov '16	Dec '16	Jan '17	Feb '17	Mar '17	Apr '17
\$500,000 and above	5	1	3	1	1	2	2	0	3	2
\$451,000--\$499,999	0	1	1	2	2	1	1	4	5	0
\$351,000--\$450,999	5	7	4	4	3	3	2	1	9	5
\$276,000--\$350,999	4	4	1	2	3	4	2	1	2	4
\$231,000--\$275,999	1	1	1	1	3	1	2	4	9	3
\$201,000--\$230,999	0	0	0	0	0	0	0	0	3	0
\$200,999 and below	0	0	0	0	0	0	0	0	0	0
<b>Total</b>	<b>15</b>	<b>14</b>	<b>10</b>	<b>10</b>	<b>12</b>	<b>11</b>	<b>9</b>	<b>10</b>	<b>31</b>	<b>14</b>
<b>Highest \$/sq ft</b>	<b>\$138.91</b>	<b>\$158.48</b>	<b>\$139.12</b>	<b>\$133.21</b>	<b>\$112.77</b>	<b>\$115.35</b>	<b>\$127.91</b>	<b>\$128.31</b>	<b>\$144.29</b>	<b>\$150.66</b>

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