

CYPRESS *pulse*

JUNE 2017 - VOLUME 3, ISSUE 6

NEWS FOR THE CYPRESS PARK COMMUNITY



Congratulations

KAITLYN RICE

Class of 2017
CyRanch High school

Will be attending
Mississippi State University

For Animal and Dairy Sciences
pre-veterinary

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 (include the newsletter you would like to recognize them in, photo, name, etc).

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire/Ambulance.....	911
Officer.....	911
Poison Control	800-222-1222
Cy-Fair Medical Clinic (24 Hour)	281-890-4285
Sheriff Non-emergency.....	281-463-2648

NON-EMERGENCY NUMBERS

Emergency Roadside Assistance.....	800-525-5555
Fire/Ambulance.....	713-466-4073
Harris County Precinct 4	281-376-3472
Texas No Call List Registration	866-TXN-OCAL
Vacation Watch	281-401-6200

SCHOOLS

Bus Information	281-897-4380
Ault Elementary School.....	281-373-2800
Keith Elementary School.....	281-213-1744
Swenke Elementary School.....	281-213-1200
Rosehill Christian School	281-351-8114
Cy-Fair Administration	281-897-4000
Cy-Ranch High School	281-373-2300
Cy-Woods High School.....	281-213-1800
Salyards Middle School	281-373-2400
Spillane Middle School.....	281-213-1645

UTILITY NUMBERS

Eagle Water Management, Inc.....	281-373-8989
Centerpoint (Gas)	713-659-2111
Reliant Energy (Electricity).....	713-207-7777

OTHER NUMBERS

AT&T Repair Center	800-246-8464
Street Light Outages (Need to provide the 6 digit pole number).....	713-207-2222
Harris County Animal Control	832-999-3191
Best Trash (They provide free trashcan for recyclables)	281-313-2378
Harris County Public Library.....	281-290-3210
Post Office.....	281-858-9021

NEWSLETTER INFO

PUBLISHER

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

Introducing "Get To Know Your Neighbors"

We are all very fortunate to call Cypress Park home. But, Cypress Park 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 Park a better place to live, please let us know. We would like to introduce them to your neighbors.



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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. Hearststone Country Club, 7615 Ameswood, Houston, TX 77095

All are welcome!

Come and enjoy like-minded fellowship and relevant speakers.

RSVP to 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 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.

Fitness and Nutrition for the Busy Professional



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

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

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

(Continued on Page 4)

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CYPRESS PULSE

(Continued from Page 3)

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

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.



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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.



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 to learn more about our new women's retreat, Finding Yourself, coming this June***



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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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The advertisement features a black and white background with a sunburst pattern. Five puppies are positioned around the text: one at the top left, one at the top right, one in the middle left, one at the bottom left, and one at the bottom right. The text 'SELL US YOUR CAR!™' is written in large, bold, black capital letters. Below the text, there is a dark banner with the Texas state flag logo and the website address 'TEXASDIRECTAUTO.COM' in white capital letters.

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, and clicking on the Vacation Bible School words at the top of the home page.



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 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

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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

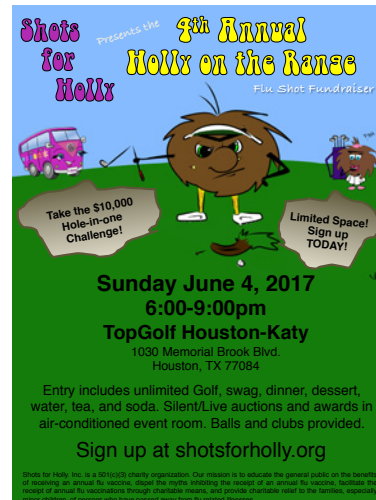
at 1030 Memorial Brook Blvd., Houston, TX 77084.

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

(Continued on Page 9)



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IN HEALTH CARE. AND IN CYPRESS.

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 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.

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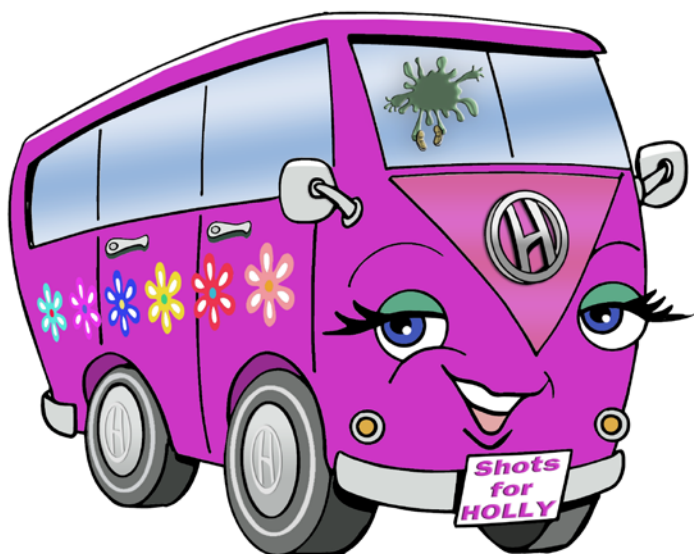
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(Continued from Page 8)

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.



HOUSE FLIES TEXAS A&M **AGRI LIFE** EXTENSION



Moving into summer, we should prepare for the inevitable.... house flies. While many see house flies as a nuisance, they are capable of spreading diseases such as dysentery or food poisoning. Due to the locations house flies frequent- garbage, manure, and

carrion- they can pick up bacteria and other disease organisms which can transfer to other areas where they may land such as dishes, food, or countertops. House flies regurgitate onto food to liquefy it before eating and they can further contaminate items by defecating upon surfaces.

The common house fly has two wings and is dull gray with black stripes on the thorax (the section where the wings are attached). Adult flies can only eat liquid foods and have sponging mouthparts specialized to help them feed.

Eggs are usually laid on decaying matter such as animal fecal material, grass clippings, or garbage. Around 100-150 eggs are laid by the female. Depending upon temperature (warmer temperatures speed things up); eggs may hatch within 8 hours to 2 days.

Maggots, the immature stage of a fly, are small, white, carrot-shaped, and legless. There are 3 larval molts then mature larvae seek a dry location for pupation. Pupae are reddish brown and somewhat oval in shape.

During the summer, house flies may live up to 2.5 weeks while during cooler times of the year they may live up to 3 months.

The key to fly management is sanitation, or cleaning. Eliminate breeding sites by picking up animal waste one to two times per week; empty garbage cans regularly; clean garbage cans at least once a month with soapy water. Keep garbage cans located away from doors that lead into the home and make sure they have tight fitting lids.

Other items that can help reduce fly problems include keeping window screens in good repair; making sure doors and windows have a tight seal and weather stripping is in good condition; and using fly swatters or sticky fly paper to get rid of adult flies.



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

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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. Saint Aidan's Episcopal is located at 13131 Fry Road, just south of Hwy 290.

Register at our website: <http://aidanschurch.org>

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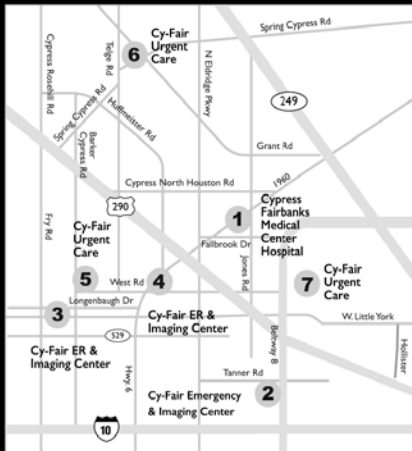
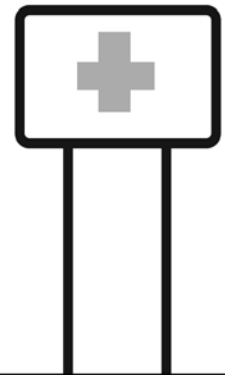
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Pkwy. N. at Tanner Rd
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- 3 7015 Barker Cypress at F.M. 529
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- 7 9138 West Rd at Beltway 8
Houston, TX 77064
281.949.3737

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.

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