

CYPRESS

pulse

JULY 2017 - VOLUME 3, ISSUE 7

NEWS FOR THE CYPRESS PARK COMMUNITY

WELCOME TO THE CYPRESS PULSE

A Newsletter for the Cypress Park Community

The Pulse is a monthly newsletter mailed to all Cypress Park residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at www.PEELinc.com. Personal news (announcements, accolades/honors/celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!

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.



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



Cy-Fair Republican Women July Meeting

Tuesday, July 11th 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! Bring a friend to lunch and enjoy discussing timely topics with brilliant Republican Women! Speaker to be announced. RSVP to www.cfrw.net by July 3rd. We look forward to seeing you there!

In August, we have an evening social. Watch for details.

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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ABWA CY-FAIR EXPRESS NETWORK (CYFEN) INDUCTS NEW EXECUTIVE BOARD



Luncheon Details

*Thursday, July 27, 2017
Networking 11a.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*

American Business Women's Association (ABWA) District

II Vice President Julie Burch is slated to induct the new 2017-2018 Executive Board of the Cy-Fair Express Network (CYFEN) at the upcoming luncheon and networking July 27.

New inductees to the 2017-18 CYFEN Board include: President – Dr. Michelle Becker, Shots for Holly; President-Elect/Vice President – Sonja Rucker Hines, Amegy Bank of Texas; VP of Communications – Diana Saufley, Keller Williams; VP of Finance – Michelle Guerra, MichelleGuerra.com; VP of Marketing – Cathy Conrad, Action

Specialties, LLC; VP of Membership – Robin Haynes, Robin Haynes State Farm; VP of Programs – Kerrie Saeger, Plexus Worldwide; VP of Outreach – Patty Bergfield, Cruise Planners - CyFair; and Past President – Kristin Severson, Aire Serv of Northwest Houston.

Julie Burch is an active second-generation member of ABWA, she is a charter member of the North Dallas Business Women and served on the executive board for three years. She has served on many committees, she was the campaign manager for a District II Vice Presidential candidate, and co-chaired the DACA Woman of the Year luncheon in 2015. She is the North Dallas Business Women's Woman of the year for 2016 and is currently your District II Vice President.

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.

(Continued on Page 4)



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CYPRESS PULSE

(Continued from Page 3)

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.

Cy-Fair Women's Club

Save the Date
Shop 'til You Drop Marketplace, presented
by Cy-Fair Women's Club.

Saturday, September 9th, 2017.

The Berry Center
www.cyfairwomensclub.com

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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CYPRESS TEXAS TEA PARTY

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

Saturday, July 8, 2017 NOON - 2:00 PM

- To be determined

Saturday, July 29, 2017 NOON - 2:00 PM

- To be determined

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

NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

www.nwhcaggiemoms.org



Calling all Aggie moms!!! We would love to see you at one of the Aggie Mom mixers this summer, hosted by the Northwest Harris County Aggie Mom's club. This is a great opportunity for you to meet other Aggie moms, and to meet members of the NWHC Aggie Mom's Club, in a fun & casual get-together! The dates for the mixers are: June

29, July 13 & July 16. Come alone or bring another Aggie Mom with you! Please check our website (above) for details on locations.

And please mark your calendars for Tues, August 8th at 6:30 pm. at the Houston Distributing Company, 7100 High Life Drive, Houston, Texas!! This is our annual Howdy party, and a great way to meet other Aggie Moms, find out about upcoming events, and enter for a chance to win a door prize! We welcome all Aggie Moms, whether of freshman Aggies, current Aggie students or former Aggies. We'd love to meet you!

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Don't Spend Your Holiday in the Hospital

Physicians encourage safety while celebrating Independence Day

The upcoming Independence Day holiday may have people thinking about fireworks, barbecues, and outdoor activities. However, they are the very same activities that can make the holiday a dangerous one. In fact, according to the National Safety Council, Independence Day is one of the most dangerous holiday weekends of the year. Physicians and staff at the Memorial Hermann Convenient Care Center in Cypress want to remind people to stay safe while celebrating.

"We see a lot of heat and firework related injuries during the Fourth of July holiday weekend. Parents may not think about it, but even sparklers can cause serious burns," says Marco Garza, M.D., a board-certified emergency medicine physician and Medical Director of the Emergency Center at Memorial Hermann Convenient Care Center in Cypress. The Consumer Product Safety Commission reminds parents that sparklers can burn at a temperature of 2,000 degrees.

The CPSC also offers these tips to use fireworks more safely:

- Follow local laws
- Do not allow young children to play with fireworks and older children should have adult supervision
- Never have any portion of your body directly over a firework while lighting
- Keep a bucket of water nearby for emergencies

If a person is burned by a firework, the injury may need immediate care.

"Any burn involving your face, hands, feet, genitals or over a major joint should get medical attention. If the burn is larger than your hand, or a blister forms soon after the injury, you should go to the emergency center or call 9-1-1," adds Dr. Garza.

The summer heat can also prove dangerous over the holiday weekend.

"It's no secret that it's hot here in Texas. Spending too much time in the sun can lead to everything from sunburn to heatstroke," reminds Dr. Garza. Physicians encourage people to stay hydrated, use sunscreen, and take a break from the sun when possible.

"If you do choose to drink alcohol over the holiday weekend, it's even more important that you also drink plenty of water. Excessive alcohol consumption can cause dehydration. Dehydration combined with the Texas heat can make for a dangerous situation," advises Dr. Garza.

If an emergency does arise, the Memorial Hermann Convenient Care Center in Cypress offers a 24-hour emergency center at their location at 27700 Northwest Freeway in Cypress, Texas. The Convenient Care Center also offers access to primary care physicians through the Memorial Hermann Medical Group, a diagnostic laboratory, outpatient imaging, The University of Texas MD Anderson Cancer Center Breast Care with Memorial Hermann and Sports Medicine & Rehabilitation.

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Join other community, business, and ministry leaders for a celebration of the hope and healing found at Shield Bearer. Beat the summer time heat with a refreshing evening of tapas style appetizers, sangria tastings, networking, and door prizes. Discover the story behind the Shield Bearer name and hear how they serve over 15,000 people each year including human trafficking survivors, victims of crime and abuse, veterans and active military families, struggling marriages, and many more. Find out how you can join in Shield Bearer's mission and strengthen the community, one heart and one family at a time. RSVP required by July 29 at events@shieldsbearer.org or (281) 894-7222.

For more information about Shield Bearer, a Houston based non-profit and lead agency in the movement to strengthen individuals, couples, families, and the entire community visit shieldsbearer.org, call (281) 894-7222.

ST. MARY'S FALL GIFT MARKET



On Friday, September 29 and Saturday, September 30 from 9 a.m. to 4 p.m., St. Mary's Episcopal Church is hosting its 12th annual Fall Gift Market. This is the ideal event to kick

off your holiday shopping and decorating! The convenient location at the corner of Louetta Road and N. Eldridge Parkway makes it easy to shop the selection of unique jewelry, home decor, creative toys, handcrafted gifts, collectibles, pottery, candles and trendy clothing for ladies and children. The Fall Gift Market also features The Tea Room offering the famous taco soup, sandwiches, desserts and homemade baked goods, plus the Silent Auction benefiting church-affiliated projects and outreach. For more information, please visit: stmaryscypress.org, or call Michelle at 832-559-8726.

Memorial Hermann Cypress Hospital welcomed its 100th

Memorial Hermann Cypress Hospital welcomed its 100th. You may recall, Memorial Hermann Cypress opened just a little over 2 months ago. Baby Jasmine was born on June 3rd at 8:22pm, weighing 7 lbs 1 oz and 20 inches in length. Proud parents are Parneetpal Kaur, and Navjot Sahi. A big congratulations to all!



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