

October 2017

Volume 17, Issue 10

)ctober, is Breast Cancer, Awareness Month



October is breast cancer awareness month, and physicians affiliated with Memorial Hermann Cypress Hospital say it's a great reminder for women to schedule their annual mammography.

"I chose to go into medicine after a close family member passed away from breast cancer at a young age. That's why I encourage all my patients to have an annual mammography beginning at age 40," says Iyabode M. Ogunlade, M.D., an OB-GYN affiliated with Memorial Hermann Cypress.

Symptoms of breast cancer include any lump, thickening, or swelling in the breast or armpit, pain in the breast, or change in size or shape of the nipple. However, the American Cancer Society says many women don't experience any symptoms.

"The key to successfully treating breast cancer is detecting the cancer early. That's why having your annual mammography is so important," says Dr. Ogunlade. "There are also several types of mammograms, including 3-D mammograms, so make sure you speak with a physician about the different screening methods to determine which is right for you."

MD Anderson Breast Care with Memorial Hermann- Cypress combines the convenience and advanced technologies of Memorial Hermann's breast care centers with interpretation and consultation provided by expert radiologists from MD Anderson. This innovative partnership ensures the high quality, safe imaging and expert reading that are critical for precise diagnosis, effective treatment and follow-up for breast cancer patients. MD Anderson Breast Care with Memorial Hermann- Cypress offers 3-D mammography (breast tomosynthesis), breast MRI, breast MRI biopsies, breast ultrasound, stereotactic breast biopsies, and ultrasound biopsies. All of these advanced technologies are conveniently offered close to home for Cypress area residents, and appointments can be scheduled by calling 346.231.6950.



## CYRANCH THEATRE COMPANY PRESENTS HAIRSPRAY

The award winningCyRanch Theatre Company Presents HAIRSPRAY winner of multiple Tony Awards, November 9-12th Tickets on sale www.cyranchtheatre.org

Hairspray is an American musical with music by Marc Shaiman, lyrics by Scott Wittman and Shaiman and a book by Mark O'Donnell and Thomas Meehan, based on the 1988 John Waters film Hairspray. The songs include 1960s-style dance music and "downtown" rhythm and blues. In 1962 Baltimore, Maryland, plump teenager Tracy Turnblad's dream is to dance on The Corny Collins Show, a local TV dance program based on the real-life Buddy Deane Show.[1] When Tracy wins a role on the show, she becomes a celebrity overnight, and meets a colorful array of *(Continued on Page 2)* 

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### **Important Numbers**

Robison Elementary							
Spillane Middle School281-213-1645							
Cy-Fair High School281-897-4600							
Cy-Woods High School							
Constable Ron Hickman, (24 Hour Emergency) 281-376-3472							
Centerpoint Energy Gas713-659-2111							
Centerpoint Emergency Gas Leaks 713-659-3552							
CenterPoint Energy713-207-2222							
Poison Control Center							
Cypress Mill M.U.D. #1							
AT&T Repair Center800-246-8464							
Street Light Outages713-207-2222							
Comcast Cable713-341-1000							
Waste Corporation of America Recycling 281-368-8397							
Principal Management713-329-7100							
<b>Pipeline Company</b>							
Street Lights – Center Point Energy713-207-2222							
Damaged or Burned Out Street Lights **They will need 6-digit pole number when calling**							
Harris County Road and Bridge281-463-6300							

To request street signs and to report street damage, curb damage, street flooding, or missing/damaged street signs.

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### **Newsletter Deadline**

The deadline for the newsletters is the 9<sup>th</sup> of each month. Please email articles to: <u>cypressmill@peelinc.com</u>

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#### (Hairspray - Continued from Cover)

characters, leading to social change as Tracy campaigns for the show's integration. In 2003 it won eight Tony Awards, including one for Best Musical, out of 13 nominations. It ran for 2,642 performances, and closed on January 4, 2009. [2] Hairspray has also had national tours, a London West End production, and numerous foreign productions and was adapted as a 2007 musical film. The London production was nominated for a record-setting eleven Laurence Olivier Awards, winning four including Best New Musical.





boundless opportunities. Stop by today and learn more

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## Cypress 5K Fun Run and Puppy Parade



Cypress and Houston area residents can strengthen their families, their bodies, their neighborhood school, and their dogs at a very fun family friendly event this fall. Cypress 5K Fun Run and Puppy Parade benefiting the Performing Arts Department at Spillane Middle School will take place Saturday, November 18th at 9:00 a.m. at Spillane Middle School, 13403 Spillane Woods Blvd.

The event is the school's fourth

annual Fun Run, and will feature a timed run. You don't have to be a competitive runner to participate since the race also features a family run for those pushing strollers or wanting to walk, and a dog walking segment. The race will begin at Spillane Middle School, and go through the Coles Crossing neighborhood. Medals will be awarded in multiple age brackets, and to the first three dogs who cross the finish line. While generating funds to support the school's award-winning Performing Arts programs is one goal of this run, event organizers want to strengthen the school's ties to the community as well as encourage community spirit and fitness. The race has become an annual tradition for many, and provides the opportunity to run, walk, bond with, and support family, friends, and neighbors. Last year's run had over 900 participants, and was a great success.

Early bird registration runs August 20 through October 28 for \$30 per individual or \$100 for a family of four, and includes a commemorative T-shirt. From Oct. 29 Nov. 11th registration increases to \$35 per individual or \$110 for a family of four, and a T-shirt is not guaranteed. Late registration, which continues until race day, is \$40 per individual or \$160 for a family of four, and does not include the shirt.

Returning this year will be the option to "Sleep in for the Arts." Pay the registration fee. Do not participate on Race Day. Get a t-shirt!

Runners who have pre-registered can pick up their packets Thursday, November 16th at Spillane Middle School.

To register or for more information, visit the Cypress 5K Fun Run & Puppy Parade website at https://thedriven.net/cypress5k.



Please join The Cypress Ranch High School Choirs for our **FALL CONCERT** 

Thursday, October 12th @ 7:00 pm

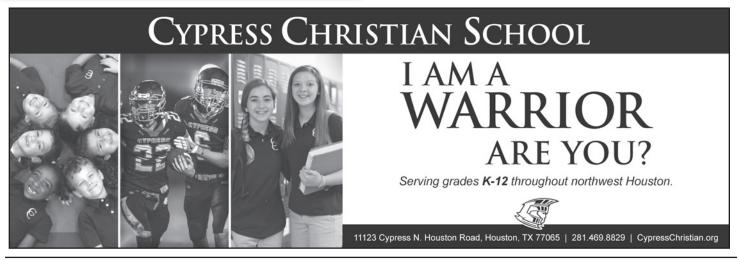
### **SHADOW OAKS FALL FUTSAL LEAGUE**

Development at a young age is vital to a player's growth. Our goal is to create technically sound players who are individually more skilled than their opponents. AHFC is launching the Shadow Oaks Futsal League.(Shadow Oaks: 10502 Westview Drive Houston Texas United States 77043). This new league provides a platform for players to express their creativity and put their skills to the test.

Divisions:

U10 Boys | U10 Girls | U8/9 Boys | U8/9 Girls Registration: \$250 per team (8 player maximum). Get your friends together and come play!

Non AHFC players welcome per League, Club, Associations Rules



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## Harvey Effects in Real Estate

Prepare for the shift into a seller's market! Inventory will be low and demand for homes that did not flood will be higher than ever.

Rentals, Rentals, Rentals, if you are considering putting your home on the market as a rental, NOW is the time to do it. People all over the city are looking for dry houses they can call home for the next few months and up to a year.

Price gouging in a time of catastrophe; just don't do it. While the supply and demand concept is a real thing, these homes still need to appraise once they are under contract. Don't jeopardize your risk of appraising by overpricing your home!

If your home is currently on the market consider becoming an investor. If your situation allows for it, consider renting out your current home after purchasing your new one.

When purchasing a home after a catastrophe don't be completely driven away by insurance claims, more and more houses will have that disclosed and it will be a commonly seen aspect of many homes to come.



# **Albion Hurricanes**

AHFC Premier GK Program will be held on Friday evening's. Our objectives are to further aid our current goalkeepers' development, and to develop any prospective goalkeepers.

\*\*\* Non AHFC players welcome per League, Club, Associations Rules\*\*\*

Block 2 training will run on a pattern where keepers will train for two weeks, have one week off, followed by two weeks of training to complete the block. Our second block of training will run slightly different due to prior engagements with our coaching staff.

All sessions will be held at Campbell Road Sports Park (CRSP 3601 Campbell Rd.). U11 - U14 6:00 - 7:00PM U15 - U18 7:30 - 8:30PM Fall Training Block 2: October 13, 20

November 3, 10

Cost: \$120

To Register visit www.albionhurricanes.org



A lost pet's best chance



### Cy-Fair Republican Women **October Meeting**

CFRW will meet on Tuesday, October 10th at 10:30 AM to Noon. Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095

Meeting is \$3 – Meeting with Lunch at Noon is \$23.

The program will be the State Representative Panel that was scheduled for September. See the website for details and RSVP to www.cfrw.net by October 3rd. We look forward to seeing you there.

HIGH HEELS & HIGH TEA tickets are available now. Event is November 3rd at Sterling Country Club. This is our biennial fundraiser to help local candidates and our Scholarship fund . You'll want to be part of the fun!

Cy-Fair RepublicanWomen - info@cfrw.net



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

Saturday, October 21, 2017 NOON - 2:00 PM - John Devine, Justice of the Texas Supreme Court

Saturday, November 11, 2017 NOON - 2:00 PM - County Judge Ed Emmett - Judge Renee Magee, Candidate for 184th District Court - Judge Catherine Evans, 180th District Court

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

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### **Floodwater Mosquitoes**



If you've been outside lately, you have most likely noticed the giant mosquitoes **EXTENSION** that seem to want to pick people up and carry them off. With recent weather conditions, floodwater

mosquitoes have emerged in large numbers.

Floodwater mosquitoes lay their eggs above the water line in ponds, ditches, pastures, or other places where water collects. The eggs can remain in dry areas and when these areas are flooded the eggs hatch, leading to swarms of hungry mosquitoes. These mosquitoes are larger than mosquitoes we are used to and can swarm in high numbers.



While floodwater mosquitoes won't last forever, other mosquitoes called container breeding mosquitoes emerge when floodwaters begin to recede. Many of these species are ones that we are used to seeing around our homes. Many things can help to reduce mosquito

problems around the home. Eliminate all sources of standing water. Containers such as watering cans, buckets and bottles can turn into mosquito breeding grounds. Water should be drained from birdbaths, gutters, flowerpots and pet dishes at least once a week. Children's wading pools should be emptied of water at least once a week and stored so they cannot collect water when not in use. Tree holes should

be filled in with sand or mortar, or drained after each rain. Leaky faucets and pipes located outside should be repaired.

Areas that cannot be drained, such as ponds or large rain collection systems, can be stocked with mosquito fish that eat mosquito larvae. Dunks can also be used in these areas. Dunks are a small, donutshaped product that contains Bacillus thuringiensis var. israeliensis. The donut disrupts the life cycle of the mosquito and is non-toxic to humans, amphibians and fish.

When outside, wear loose-fitting, light colored clothing with long sleeves & long pants. Repellants containing active ingredients such as DEET, Picaridin, IR3535, or oil of lemon eucalyptus can be effective to keep mosquitoes from biting when activities cannot be rescheduled.

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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## Counselors Offer Help in Disaster's Aftermath

For most of us, when we are in the middle of a major life stressor, we focus on the most important survival tasks. In the immediate aftermath, we are shocked that we made it through and many of us experience a heart full of gratitude. We are glad to be alive.

Over the next several weeks, the emotional reality of the trauma we survived begins to affect us. Allie Scott, Clinical Coordinator at Shield Bearer, shared her experience working with trauma survivors who lived through rape, crime, fire, traffic accidents and suicides. "Our adrenaline kicks in to help us get through the traumatic event. But after we are safely out of harms way, our emotions tend to take over. Sometimes you will just find yourself crying, sweating or angry with no explanation for it."

The team of trauma specialists at Shield Bearer who have experience working with survivors of sex trafficking, war, and other traumatic events put together this advice for surviving the emotional aftermath of trauma.

#### Take a huge breath.

Breathing deeply helps your body deal with the chemicals in your body that have been released from your emotional trauma. Studies have shown that deep breathing, meditation, and prayer support your immune system and decrease the effects of stress.

#### Accept how you feel.

Whatever you are feeling is part of your natural response to the horrible experience you have been through. Give yourself permission to feel what you are feeling. Give yourself grace to be okay with your emotions.

#### Process your experience.

You need to express what you went through. You can talk to

friends, write a journal of your experience, or meet with a professional counselor or faith leader. Not expressing what you have been through causes your thoughts about the event to increase.

#### Get back to your routine.

Your body and mind thrive on routine. Set your alarm and get back to a normal wake - sleep cycle. Eat meals regularly. Go to work, school or find an activity to do every day.

#### Discover what you are thankful for.

Gratitude opens up space in your heart to feel something other than negative emotions. Look around to see what you can find to be thankful for. Write the list down, post on social media, or tell a friend what you are happy to have in your life.

#### Get help if you need it.

You may need to see a professional counselor or physician if you are sleeping or eating too little or too much. If you feel like you do not want to do anything or are having thoughts of a suicidal nature, you need to be assessed by a professional.

Scott added, "Trauma reactions usually include a period where you feel like things are hopeless and will never change. The truth is that if you get help, you will move through this period and hope will reappear."

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



## **Selling Your Home In Cypress Mill?**

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Cypress Mill Year-to-Date Sales Report											
	Nov '16	Dec '16	Jan '17	Feb '17	Mar '17	Apr '17	May '17	Jun '17	Jul '17	Aug '17	
\$201,000 and above	3	4	0	3	3	2	4	3	1	6	
\$176,000\$200,999	0	2	1	1	1	1	4	7	3	1	
\$151,000\$175,999	1	2	0	1	1	1	0	3	0	0	
\$141,000\$150,999	0	0	0	0	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	
Total	4	8	1	5	5	4	8	13	4	7	
Highest \$/sq ft	\$107.78	\$119.26	\$97.55	\$102.65	\$119.58	\$100.83	\$113.13	\$136.00	\$108.58	\$123.17	

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