



# CYPRESS MILL *Chronicle*

---

NEWS FOR THE RESIDENTS OF CYPRESS MILL

---

December 2017

Volume 17, Issue 12

## *Is it a cold, or the flu*

*Physicians offer tips to tell the difference*

It may be the most asked healthcare question of the winter season: is it a cold, or the flu? Physicians affiliated with Memorial Hermann Cypress Hospital know that it can be a tough one to answer on your own.

“While the cold and flu can have similar symptoms, the treatments are very different,” says Lillian Howard, M.D., a family medicine physician with Memorial Hermann Medical Group at Cypress.

The National Institute of Health says the flu will usually cause fever and chills, cough, sore throat, runny or stuffy nose, headaches and/or body aches, and fatigue. A cold has much milder symptoms like runny or stuffy noses and scratchy throats.

“Your best shot at protecting yourself against the flu is to get the flu vaccination,” says Dr. Howard. “If you haven’t gotten the vaccine, and you start feeling flu-like symptoms, schedule a visit with your primary care physician. If you do have the flu, there are medications that can be prescribed to help shorten the duration and severity of the flu.”

The flu can lead to more serious complications, including pneumonia, dehydration, and even death.

“Those older than 65 years old, young children and pregnant women are at higher risk for experiencing complications from the flu. If you experience high fever, a cough, or shortness of breath or chest pains, you need to see a doctor immediately,” recommends Dr. Howard.

Memorial Hermann Medical Group Cypress is open Monday-Friday from 7:30 a.m. to 5 p.m. The clinic is conveniently located on FM 1960 at Wortham Boulevard, just north of Highway 290 and across from the Commons at Crossroads. Call 281.890.6446 to schedule an appointment.



## **Save the Date: Just in from the North Pole**

Santa will be visiting the Cypress Mill Community on Saturday, December 9th. Remember...he knows when you've been good or bad so be good for goodness sake!

Cypress Mill Community Residents are invited attend the Annual HOA Community Holiday Party. The event will be held on Saturday, December 9th from 9:00 am - Noon at the Community Recreation Center.

The Holiday Party begins at 9:00 am with Suzzala the Head Elf! Children can select a festive face painting design, decorate an ornament, and be entertained by a balloon artist. The Cy-Fair Fire Department will also be on site offering Fire Truck Tours!

Santa arrives at 9:00 am - remember to bring your camera to capture your family holiday photo!

Please remember, children must have a parent or guardian accompanying them. The holiday festivities will end at noon.

\*If you would like to volunteer or participate in the event, please contact Jacqui Williams (Holiday Party Coordinator) at 832-692-2203.

# 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
Street Light Outages.....	713-207-2222
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>	

**Street Lights** – Center Point Energy.....713-207-2222

*Damaged or Burned Out Street Lights*

*\*\*They will need 6-digit pole number when calling\*\**

**Harris County Road and Bridge**.....281-463-6300

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

### Newsletter Publisher

Contributing Editor .....

Samantha Y. Obas

Articles .....

[cypressmill@peelinc.com](mailto:cypressmill@peelinc.com)

Peel, Inc. ....

[advertising@PEELinc.com](mailto:advertising@PEELinc.com), 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)

## HEADIN' SOUTH

*By Cheryl Conley, TWRC Wildlife Center*

I was sitting on my back porch last night and heard the familiar “honking” sound I hear every fall—geese flying overhead. I looked up to see an almost perfect V. It instantly filled my mind with several questions. How do they know where they’re going? Why do they fly in a V shape? How far do they fly? Do they stop and rest? I decided to do some research and get some answers and I am sharing them with you. After reading about them, I have a whole new respect for them.

### WHY DO BIRDS MIGRATE?

They migrate in search of food and warmer temperatures. Because of climate change and changes in farm practices that makes waste grain more available, the geese aren’t migrating as far south as they used to. Some Canada geese don’t migrate at all anymore. Lack of natural predators is another reason geese may not migrate.

### HOW DO GEESE KNOW WHERE THEY’RE GOING?

One tool they use is the earth’s magnetic field. There are small pieces of what’s called magnetite found in some birds’ brains. It acts like a compass. They also use the position of the sun and the stars.

*(Continued on Page 3)*



**FAIRFIELD**  
ANIMAL HOSPITAL

**Mike Hicks, DVM**

**Sandra Harris, DVM**

**P.J. Wonder Koehne, DVM**

15040 Fairfield Vlg. Sq. Dr. #100  
Cypress Tx 77433 • 281.256.3150  
[www.myfairfieldvet.com](http://www.myfairfieldvet.com)

### Office Hours:

Mon-Thurs: 7am-7pm

Friday: 7a-6p

Saturday: 9a-3p

Closed Sunday

- Compassionate, Quality Care for your Pet Family Member

- A Full Service Veterinary Hospital

- Experienced, Caring, Professional Staff



**HomeAgain**  
A lost pet's best chance

# CYPRESS MILL

(Continued from Page 2)

Birds follow the same migration path every year and use landmarks like rivers, mountains, and valleys as their roadmap.

## WHERE DO THEY GO?

They follow the same path every year. There are four routes which are the Atlantic flyway (along the east coast of North America), the Mississippi flyway (named after the river), the Central flyway (along the Rocky Mountains) and the Pacific flyway (west of the Rockies).

Canada geese spend winters in southern Florida and southern North America including the southern United States and part of Mexico.

## WHY DO GEESE FLY IN A "V"?

This formation is sometimes call a skein and helps them conserve energy. Each bird flies a little higher than the bird in front of him/her. This reduces the wind resistance. As an example, in a V formation of 25 geese, each bird experiences a reduction in what's called induced drag. This results in an increase of their range by 71%. Geese rotate taking the lead position since being in front takes the most energy.

## HOW FAST CAN GEESE FLY AND HOW LONG DO THEY FLY BEFORE RESTING?

Most articles I read put their cruising speed at between 20 and 30 miles per hour. For long distance flying their estimated

speed is 40 miles per hour.

## DO MIGRATING BIRDS STOP TO REST

Birds need to take a "pit stop" occasionally to rest and refuel. They stop where there is ample food and water, shelter and with few competitors. They normally will spend a couple of days on the ground before continuing their journey.

The animal kingdom is amazing and the volunteers and staff at TWRC Wildlife Center get to experience the wonders everyday. If you'd like to be a part of this amazing world, volunteer! For more information, visit [www.twrcwildlifecenter.org](http://www.twrcwildlifecenter.org) Be sure to follow us on Facebook for amazing stories and photos.

Hours: M, Th, F: 9-6 • Tues, Wed: 8-7 • Sat: 9-3 Use your HSA or Flex Accounts



Dr. Jane Strong, O.D.

Dr. Lisa Kakade, O.D.

Dr. Cassandra Knight, O.D.

Dr. Lindsay Owen, O.D.

## Now 2 Locations to Serve You!

### Strong Vision Center

17445 Spring Cypress Rd Ste G  
Cypress, TX 77429  
ph 281-373-3063

### Strong Vision Fairfield

28070 Highway 290, Suite 120  
Cypress, TX 77433  
ph 281-746-7176 fx 281-373-3089

[www.strongvisionctr.com](http://www.strongvisionctr.com)

Like us on [www.facebook.com/strongvision](https://www.facebook.com/strongvision)



## EXPLORE A CAREER WITH A HEALTH CARE LEADER

Houston Methodist The Woodlands Hospital, the eighth hospital in the prestigious Houston Methodist system, opened on June 26, 2017 and continues to grow to support our vibrant, local community. Our state-of-the-art hospital builds upon Houston Methodist's history of health care innovation and clinical excellence. Energize your career in one of the following areas:

- **Nursing** – All Specialties
- **Clinical** – Laboratory, Medical & MRI Technicians, Pharmacy
- **Support** – Administrative Support, Food Services, Housekeeping
- **Additional Opportunities Available**

To learn more and apply online, please visit:

<http://www.houstonmethodistcareers.org/hmw>

Our 187-bed, 470,000-square-foot, full-service, acute care hospital offers many of the same services as our flagship hospital in the Texas Medical Center. Here, you'll find exceptional learning opportunities, unparalleled resources and benefits such as a free employee fitness center, educational assistance, unique 403(b) and defined contribution retirement plans, and employee wellness programs.

Houston Methodist The Woodlands Hospital is an Equal Opportunity Employer inclusive of female, minority, disability and veterans.

HOUSTON  
**Methodist**  
THE WOODLANDS HOSPITAL



# CYPRESS MILL

## EARLY REGISTRATION OPEN FOR SPRING-KLEIN ATHLETICS YOUTH TRACK & FIELD

SPRING – (Nov 04, 2017) – Registration is now open for the spring and summer youth outdoor track and field seasons! Spring-Klein Athletics Foundation, Inc (SKAF) offers two competitive options for the outdoor season—Full Outdoor Track & Field and Summer Track & Field.

The full Outdoor Track and Field Season is for boys and girls in K – 6th grade as well as Home School Athletes who desire to compete in track and field. It provides a solid base for beginners and is designed to provide basic training in track and field and quality instruction in running mechanics.

The summer Outdoor Track season is ideal for middle and high school athletes who desire to continue their track & field season after school track is over and younger athletes looking to cross-train or stay active and engaged in positive activities during the summer.

Teams are coached by volunteer coaches. For full details and registration information, please visit us online [www.SpringKleinAthletics.org](http://www.SpringKleinAthletics.org). If you have questions email at [teamska@skathletics.com](mailto:teamska@skathletics.com) or call (832) 415-0568.

### About the Spring-Klein Athletics Track & Field

Spring-Klein Athletics Track & Field is a non-profit organization managed by the Spring-Klein Athletics Foundation, Inc and is sanctioned by the Texas Amateur Athletic Federation (T.A.A.F.) and Amateur Athletic Union (AAU) youth track programs for boys and girls from ages 6 to 18 years old. Our track team is focused on quality and precision instruction in a fun learning environment, while providing a platform for kids to reach their dreams. Questions? Contact the Spring-Klein Athletics Track & Field at (832) 415-0568 or email: [teamska@skathletics.com](mailto:teamska@skathletics.com) on the web at <http://www.springkleinathletics.org>.

## Finding Hope

Sometimes I just feel broken. Broken as in not whole, shattered & not even sure how to begin putting the pieces back together. Are all of the pieces even still there?

I'm not going to lie. Living and dealing with emotional trauma is no cup of tea. You feel lost, beaten, broken, and very much alone. You frequently feel things will never get better. After all, how can they ever be as good as they were (or, at least, as good as you thought they were) when you're this broken shell of a person. Then, you watch and see the rest of the world passing, and think, "Why even try? It's hopeless."

With the passing of spring, I've been thinking about the significance of this particular season at this junction of my life. Spring is the season of rebirth and renewal; the time of fresh starts. So, as I sit & watch the renewal of everything around me, I wonder... What about me? Can I be renewed? Is there enough left of this broken person to put back together, fill the holes, and turn out a new person fresh and whole?

I've found that spending time with friends, both the human and equine variety, is a great healer. They have become my glue that pulls the shattered pieces back together. While spending quiet moments relaxing with my horse I hear God more clearly, telling me that I have purpose in this life. What came before was meant to happen, if only to prepare me for what is to come and to help me become the person He means me to be. Learning God's plans for me not only helps reassemble the scattered pieces, but leads me to discover new pieces, more vibrant than the old ever were. Suddenly, I find myself renewed and, just like that, there it is--- **Hope Resurrected**

*\*\*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 newest workshop, **Finding Courage**, coming this November\*\**

## CYPRESS CHRISTIAN SCHOOL



I AM A  
WARRIOR  
ARE YOU?

Serving grades K-12 throughout northwest Houston.



11123 Cypress N. Houston Road, Houston, TX 77065 | 281.469.8829 | [CypressChristian.org](http://CypressChristian.org)

**CYPRESS WOODS THEATRE COMPANY PRESENTS**



**Pinkalicious**

ORCHESTRA	MEZZANINE	STUDENT/CHILD
\$15	\$10	\$5

**DECEMBER 8 7PM**    **DECEMBER 9 2PM & 7PM**

**CWTC.WEEBLY.COM**

## Cypress Texas Tea Party

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

**Saturday, December 2, 2017 NOON - 2:00 PM**

- David Balat, Candidate for US Representative, District 7
- Judge Rory Olsen, Harris County Probate Court #3
- Judge Christine Riddle Butts, Harris County Probate Court #4
- Melanie Flowers, Candidate for 257th District Court
- Xavier Alfaro, Candidate for Criminal Court at Law #5
- Mike Schofield, Texas State Representative, District 132
- Justin Kieter, Candidate for 263rd District Court
- Judge Jeff Williams, Justice of the Peace, Precinct 5, Place 2

**Saturday, January 13, 2018 NOON - 2:00 PM**

- Ray Black Jr., Candidate for County Probate Court #2
- Judge Paula Goodhart, Criminal Court at Law #1

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)*

## BASHANS PAINTING & HOME REPAIR

- Interior & Exterior Painting
- HardiPlank Replacement
- Sheetrock Repair
- Cabinet Painting
- Pressure Washing
- Fence Repair/Replacement
- Custom Staining
- Gutter Repair & Replacement
- Crown Molding
- Wallpaper Removal
- Wood Replacement
- Interior Carpentry
- Wallpaper Removal & Texture
- Garage Floor Epoxy
- Roofing
- Faux Painting

**NO MONEY UP FRONT**

20 Years Experience • References Available

**Commercial/Residential**

~ **FREE ESTIMATES** ~

BashansPainting@earthlink.net

◆ **FULLY INSURED**

**281-347-6702**

**281-731-3383 cell**



**HARDIPLANK®**



## WIRED

### ELECTRICAL SERVICES

SERVICING ALL YOUR ELECTRICAL NEEDS

- Panel Upgrades
- Home Inspections
- TV Install/Mounting
- Troubleshooting
- Remodeling
- Landscaping Lighting
- Home Generators

RESIDENTIAL & COMMERCIAL 24-7 SERVICE  
LICENSED & INSURED

**Take \$25.00 Off Your Next Service Call**



FAMILY OWNED AND OPERATED

**713.467.1125 or 281.897.0001**

**[www.WiredES.com](http://www.WiredES.com)**



TECL 22809 Master 100394



**NOT AVAILABLE  
ONLINE**

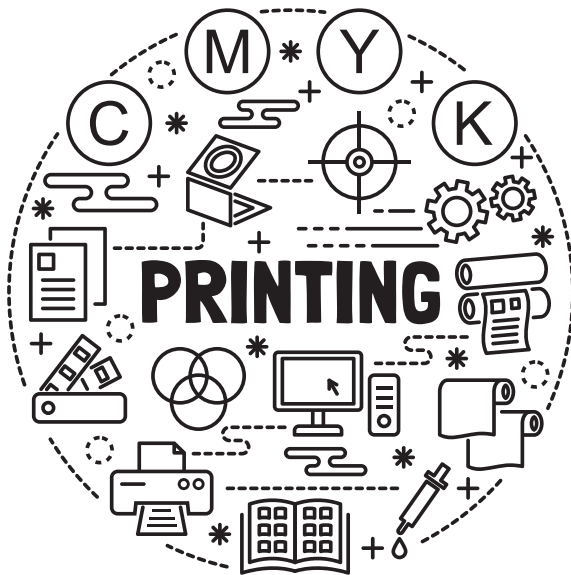
**DISCLAIMER:** Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

The Cypress Mill Chronicle is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use The Cypress Mill Chronicle contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.



**From design to print to  
mail, Quality Printing  
can help you with all of  
your printing needs!**



**512.263.9181**  
**QualityPrintingOfAustin.com**



**ADVERTISE  
YOUR BUSINESS  
TO YOUR  
NEIGHBORS**

*support your community newsletter*

**Nichole Taylor**

ntaylor@peelinc.com • 512-263-9181  
Sales Representative



## Carpet Beetles

Carpet beetles adults can be found outdoors on crape myrtles or other plants where the adults eat pollen and nectar. The adults may also be found in rodent or bird nests. When these adults move into homes, they may lay eggs which can lead to problems. These beetles can be pests in warehouses, homes, museums and other locations.



Carpet beetle adults are small, round to oval shaped and often brightly colored. Larvae are small, tan, and ringed with bands of long hairs.

Carpet beetle larvae feed on high protein foods, usually animal based, but they can also feed on plant material. They can be found in a variety of locations throughout the

home. In the pantry, you may find them in items such as powdered milk, dried meats (jerky), or pet food. Other areas of the home they can be attracted to items made from wool, fur or feathers, areas where dead insects accumulate (i.e. light fixtures), leather book bindings, hair, silk or dried plant products. If the larvae are seen feeding on synthetic fibers, it is because the material is stained with body oils or food.

A program utilizing sanitation, exclusion and insecticides should be able to get a carpet beetle problem under control.

- Clean accumulations of hair, dead insects, and bird, rodent or wasp nests
- Regularly clean rugs, carpets, upholstery, etc.
  - o make sure to get along edges, under cushions, and under furniture where debris may collect
- Inspect animal based items (taxidermied animals, leather, wool, silk, etc.) once a year to avoid infestations
- Keep pantry items/ dry goods in sealed, air-tight containers
- Infested items (if possible, depending on the items) can be heated or cooled to kill any beetles
  - o freeze 2 weeks at temperatures below 18°F
  - o heat for at least 30 minutes to temperatures above 120°F
- Insecticides should be used as spot treatments- make sure carpet beetles are listed on the label as well as the area/ item you are treating
  - o make sure the product will not stain

If you find a few adult carpet beetles in your home, squish them on vacuum them up. A few adults usually do not warrant a full treatment, but you should watch for a developing infestation.

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)

The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service or the Texas A&M AgriLife Research is implied.

*The Texas A&M AgriLife Extension Service provides equal access in its programs, activities, education and employment, without regard to race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation or gender identity.*

## Share Your America

What if you didn't have chocolate chip cookies, Dr. Pepper, corndogs or \*gasp\* Tex-Mex food or Whataburger? These are just some of the things that we take for granted every day. Imagine having a whole year to experience new foods, a new culture, a whole new life! That's what hosting an exchange student is all about!

STS Foundation is currently looking for families for the 2018/2019 school year. What does it take to be a host family? STS accepts all types of families, be it single parents, young marrieds, empty nesters or same sex couples – we are looking for families that are willing to Share their America with a high school student for the year. All you need to provide is three meals a day and a room for them to sleep in. The student can share a room with a same sex sibling that is within five years of their age. Each student comes with their own spending money and health insurance. Most of all, they come with an excitement to learn all they can about our American way of life.

Hosting is a great way to learn about the student's culture as well, perhaps even learn a few new words in a new language. It's a way of opening a new world to your children as well. Most importantly, it's a way of making the world just a little bit smaller, so that we can all live in peace and harmony together.

Contact Vicki Odom at 832-455-7881 or via email at [vicki.stsfoundation@gmail.com](mailto:vicki.stsfoundation@gmail.com) if you'd like more information on hosting a foreign exchange student.

STS Foundation is a 501(c)(3) not for profit organization who mission is to facilitate educational opportunities where all participants can break down cultural barriers, and gain respect and understanding of each other's way of life.



**Please remember to pick  
up after your pets and  
“scoop the poop”**



**PEEL, INC.**

308 Meadowlark St. South  
Lakeway, TX 78734

PRSRT STD  
U.S. POSTAGE  
PAID  
PEEL, INC.

CM



**This is wishing all of our Cypress Residents a  
Merry Christmas and a Happy New Year.**

*We thank you for your business and look forward  
to a safe and prosperous 2018.*

**Remember...Nobody sells more real estate than RE/MAX.  
Call us for all of your real estate needs.**

**RE/MAX Preferred Homes**  
**Selling Homes in Cypress since 1993**

**281-373-4300**

