



CYPRESS MILL *Chronicle*

NEWS FOR THE RESIDENTS OF CYPRESS MILL

January 2018

Volume 18, Issue 1

National Charity League Cypress Gem Chapter

Twenty-two young women in the senior class of the Cypress Gems Chapter of National Charity League were recently recognized for their outstanding community service. At a formal event held in the Norris Conference Center, the Cypress Gems graduating class of 2018 were presented by their families and honored for their contributions to their chapter and their communities.

National Charity League is a mother-daughter service organization committed to fostering the mother-daughter relationship through community service, leadership development, and cultural experiences. Alongside their mothers, the 2018 class have performed over 3,000 hours of community service. Their work has benefitted multiple Houston area nonprofit organizations such as Reach Unlimited, Houston Food Bank, and Cy-Hope Disaster Relief. The Cypress Gems chapter comprises girls attending Cypress Ranch, Cypress Woods, Cypress Fairbanks and Bridgeland High Schools.

Elizabeth Franklin, Cypress Gems Chapter President stated, "I

could not be more proud of these senior girls and the accomplishments they have achieved over the past year. Every single one of them have worked hard to be remarkable role models for our younger members and to truly demonstrate the embodiment of what NCL is about. Our chapter will forever cherish their commitment and dedication as we have grown together to accomplish our goals as Cypress Gems."

The Class of 2018 Cypress Gems TickTockers as pictured are:

Front Row Left to Right - Isabel Ray, Maren Mullally, Jessica Sackschewsky, Madison Kippes, Madison Gvist

Middle Row Left to Right - Erica Barfield, Julia Rock, Katy Thomas, Hannah Haesly, Kathryn Motsinger, Emily Estes, Lexi Angelica, Ashley Bruton

Back Row Left to Right - Caitlyn Schade, Hallie Bruton, Sarah Theriot, Shannon Hebert, Maggie Lucas, Lexie Hluchanek, Jensen MacLeod, Anna Kolodziejcyk, BeckyClark



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Cy-Woods High School.....	281-213-1919
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Centerpoint Emergency Gas Leaks.....	713-659-3552
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AT&T Repair Center	800-246-8464
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The deadline for the newsletters is the 9th of each month.
Please email articles to: cypressmill@peelinc.com

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Cy-Fair Republican Women January Meeting

CFRW will meet on Tuesday, January 9th from 10:30 AM to Noon.
Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095

Meeting is \$3 – Meeting with Lunch at Noon is \$23
(or \$24 w/credit card).

The program will be information regarding the High Speed Rail Project. See the website for details and RSVP to
www.cfrw.net by January 2nd.

2018 being an election year, we look forward to many new faces and opportunities to promote our Republican candidates. We need you with us to get our ideals advanced locally, statewide and nationally. Give CFRW a try!

Nancy Roberts | Publicity Chair
Cy-Fair Republican Women | info@cfrw.net



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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.



I'd Rather Die than Speak in Front of a Crowd



Chaille Ralph
Broker Associate / President

Luncheon Details

Thursday, January 25, 2018
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

According to most studies, people's number one fear is public speaking. Number two is death. Death is number two. Does that sound right? This means to the average person, if you go to a funeral, you're better off in the casket than doing the eulogy. ~Jerry Seinfeld

Do you fear speaking in front of an audience? You are not alone. Join us for "I'd Rather Die Than Speak in Front of a Crowd" by Chaille Ralph, a graduate and former instructor of The Dale Carnegie Course.

A licensed real estate Broker since 1982, Chaille Ralph brings a wealth of experience and a broad body of knowledge to Heritage Texas Properties and her position as President.

A native Houstonian, it was Chaille's love of the city that led her to a career in real estate. It began with the management and marketing of commercial office buildings, and then grew to include commercial construction and project management, before shifting into the residential sales market in the mid-80s.

Chaille also has an impressive history of industry leadership, serving on numerous committees, task forces and leadership positions with the Houston Association of Realtors, where she was Chair of the Board of Directors for the 2014 calendar year. In addition, she holds Director positions with both the Texas and National Associations of Realtors.

Chaille says that she loves the challenges that face her every day and delights in the fact that she found a way to mold her passion for Houston and its continuous redevelopment and growth into her life's work.

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Cy Ranch Choir

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ENCORE 2018: TEN POP SHOW
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Friday, February 2nd @ 7:00 pm
Saturday, February 3rd @ 7:00pm
Cypress Ranch High School Auditorium

Cypress Springs FFA



Calling all vendors!
The 2nd Annual Mother's Day Market & Car Show presented by Cypress Springs FFA Booster Club will be held on Saturday, April 21, 2018 between 9AM-5PM & Sunday, April 22, 2018 between 10AM-4PM. This

event will be advertised in various media outlets such as local community newsletters, social media, online sites such as craftshowdates.com and craftlister.com among others, Houston Chronicle Festivals and Bazaars Spring Edition, billboards, and extensive signage throughout the area. We are also working on entertainment and radio spots to generate business and excitement this year. Indoor booths are \$110.00 and outdoor booths are \$100.00. All proceeds will benefit the Cypress Springs FFA students in attending state convention, competitions and creating scholarships for graduating seniors. The event is held at the CFISD Exhibit Center at 11206 Telge Road, Cypress, TX 77429, ¼ mile north of Hwy 290. For additional information, please visit www.cyspringsffa.org or contact Elizabeth Ordonez via email at cy_springsffa@yahoo.com.

"How can I get in Ski-Shape?"

Dr. Cunningham spent 15 years as a traveling doctor for the men's Olympic downhill team, accompanying the athletes throughout the US, Canada and Europe on the World Cup tour. He was able to pick up tips from some of the world's finest altitude athletes and their trainers.

Ski conditioning begins about 6 weeks prior to travel, and involves three phases:

Muscle training | Stamina | Agility

Muscle training for the skier or boarder utilizes stretching, closed & open-chain strengthening exercises, and emphasizing the core muscle groups of the spine, hips, quadriceps & hamstrings. For most recreational athletes, low-weight/high-repetition sets will be best. Another option may be a personal trainer or workout club pro to help you design a program to strengthen your core without over-stressing your joints. Joint pain is a common skier injury so muscle training will aid in prevention.

Stamina is crucial for a recreational athlete, especially at altitude. (That's another discussion for later!) Cardio conditioning can be as simple as running, jumping on a bike or elliptical, preferably using "interval" periods to increase your heart rate. Sports like tennis, swimming, and basketball have built-in interval training as part of the sport.

Speaking of sports, these are great for honing the **athletic agility** that helps prevent ski injury, especially at the end of a long, fatiguing ski or snowboarding day. These are "ski-adaptive" sports. "Ski-specific" training involves side-to-side training tools that focus on the specific ski muscles and coordination. Slide boards, closed-chain waist belt regimens, in or out of ski boots, are popular.

The goal is to decrease fatigue-related injury but also to increase your enjoyment, help you relax, and enjoy the sport!

If you have a history of joint pain or arthritis (DJD), consider your options before you head to the slopes—perhaps 3 to 4 weeks before your trip, you might want to explore PRP or stem cell injectable treatments in Austin as an autologous, potentially regenerative medicine alternative to steroids to ensure that you get the most out of your trip.

By Kelly Cunningham, MD, Sports Medicine specialist and Founder. Austin OrthoBiologics.

Austin, Texas, resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society

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Cypress Texas Tea Party

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

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

Rick Walker, Candidate for US Representative, Congressional District 2

Ray Black Jr., Candidate for County Probate Court #2

Judge Paula Goodhart, Criminal Court at Law #1

Judge Linda Garcia, Criminal Court at Law #6

Jesse McClure, Candidate for 182nd District Court

Katy Boatman, Justice, 1st Court of Appeals District, Place 7

Erin Lunceford, Candidate for 189th District Court

Saturday, February 3, 2018 NOON - 2:00 PM

Judge Alyssa Lemkuil, Candidate for 257th District Court

Judge Christine Riddle Butts, Harris County Probate Court #4

Judge Denise Collins, 208th District Court

- Judge Debra Ibarra Mayfield, 190th District Court

- Geric Tipsword, Candidate for 180th District Court

- Judge Analia Wilkerson, County Criminal Court #9

- Lori Botello, Candidate for County Criminal Court #9

- Jessica Padilla, Candidate for Criminal Court at Law #13

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.cypressstexasteaparty.org

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MEET IRIS

By Cheryl Conley, TWRC Wildlife Center



Let me introduce you to Iris, our 9-year-old Eastern Screech Owl. She makes her home at TWRC Wildlife Center and is a “gal about town”. As one of our Animal Ambassadors, she can often be seen at schools, churches and community events throughout the Houston area.

Iris was just a few days old when a rescuer found her on the ground. Our vet staff could see that one of her eyes wasn’t developing properly. After being examined by a specialist, it was discovered that she was blind in that eye. Knowing that owls can still survive in the wild with only one eye, a dedicated rehabilitator worked with her to prepare her for release. With her eye problem and some other issues that developed, it was decided that it was in the best interest of Iris not to release her and instead “promote” her to an Animal Ambassador.

Iris lives a pretty good life. She is served with frozen mice that have been warmed. She goes to the “beauty shop” every couple of months to get her nails done (actually they’re called talons) and get her beak trimmed and shaped. She is also given a thorough examination to make sure she is healthy. We are grateful to Dr. White at Briarcrest Veterinary Clinic who donates his time to the Center to care for Iris and our other Animal Ambassadors. In the wild, Screech Owls live an average of 12 years but because Iris doesn’t have to face the challenges of life in the wild, she is expected to live well beyond 12 years of age.

Screech owls have a unique call. One source described it as a horse on helium. They let out a descending whinny capped off with a trill. If you come to our Center to visit, she may even “talk” to you. One of her favorite things is to do is to respond to sirens she hears. As soon as she hears a siren, she starts in. Wish we could read her mind to find out why she does that.

Iris and her handlers are available to come and talk to your group, your school, your church or other gatherings. If you would like pricing information, send an email to education@twrcwildlifecenter.org.

TWRC Wildlife Center is a 501(c)(3) organization.
www.twrcwildlifecenter.org

MAKE YOUR HEALTH A TOP PRIORITY IN 2018

Eating healthier and losing weight are common New Year’s resolutions. However, keeping them can be difficult. Family medicine physician, Toni Odumosu, M.D., with Memorial Hermann Medical Group Fairfield, offers these tips for making your health resolutions last all year long.

1. **Start with a big, measurable goal.** Make your goal specific and easy to track, like losing a specific amount of weight, exercising a specific number of days, or eating a certain amount of vegetables daily.

2. **Then set small goals.** Look at your overall goal, and then break it down into smaller weekly and monthly goals. You won’t run a marathon tomorrow, but you may be able to run one mile.

3. **Don’t do it alone.** Find a friend to be your workout buddy or enlist help from a professional like a nutritionist or personal trainer. Tell your friends and family about your goals so that they can help hold you accountable.

4. **Display your motivation.** Is there certain event you want to participate in or attend that is the motivation behind your goal? Or perhaps a loved one who inspired the change? Put a photo of what’s motivating you somewhere you’ll see it every day. That can help fight temptation, because temptation will come!

5. **Don’t be afraid to celebrate!** Celebrating the small goals can energize you to continue towards the big goal. However, be mindful that your “prize” doesn’t derail you from achieving the goal you set.

“It’s also a good idea to talk with your primary care physician when you’re in the goal setting process. Your doctor can help you make sure your goals are realistic and achievable for your current health level. He or she may also have additional tips and resources that can help you along the way,” encourages Dr. Odumosu.

NORTHWEST FLYERS YOUTH TRACK CLUB HOLDS REGISTRATION FOR 31ST SEASON

The Northwest Flyers Youth Track Club will celebrate its 31st Anniversary Season by hosting its annual free Registration/Orientation breakfast on Saturday, February 3rd, 2018, for all boys and girls who are interested in joining for the 2018 track season. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The event is an opportunity for youth athletes to register for the 2018 spring/summer track season, and to meet the Northwest Flyers coaches, staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization (USATF). All athletes and parents who wish to join the Northwest Flyers must attend the orientation.

The Northwest Flyers Track Club is a youth (ages 6 -18) track club, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned “track” events such as sprints, hurdles, middle distance, distance and relays, and sanctioned “field” events such as long jump, triple jump, high jump, pole vault, shot put, discus and javelin.

For additional information on the Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org>; contact Linette Roach at linette.roach@sbcglobal.net; or “Like” the club on Facebook.



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