



CYPRESS MILL *Chronicle*

NEWS FOR THE RESIDENTS OF CYPRESS MILL

December 2019

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The Wildlife Drummers

By Cheryl Conley, TWRC Wildlife Center



Is it a red-headed woodpecker or a red-bellied woodpecker? One would think that the names are self-explanatory, right? One has a red head and one has a red belly. Both birds have red feathers on their heads so you might hear people tell you they saw a red-headed woodpecker when in fact it was a red-bellied woodpecker that they saw. A red-bellied woodpecker was named for an area on the lower front that is actually a light pinkish-rosy color—not really red. The top and back of the male's head is red. Females lack the red crown but do have a red patch on the nape of the neck. Red-headed woodpeckers have a solid red head, neck and the top of the breast.

Both red-bellied and red-headed woodpeckers are year-round residents in our area with the red-bellied being the most common. They eat insects, acorns, other types of nuts, berries, fruit, seeds, and will also eat sap from trees, mice, and nestlings (baby birds). They like to store food in cracks and crevices of trees.

Woodpeckers like to use their beaks to “drum” on hollow limbs, utility poles, gutters or the siding of your house. This “drumming” is used to attract and communicate with potential mates, to communicate a food source to its mate or can be a call for help at the nest. They can drum up to twenty times a second.

The red-bellied female will lay up to five eggs. One egg is laid each day. Babies are fed by both parents for up to four weeks. Once they fledge, Mom and Dad will continue to look after them for another six or more weeks. The red-headed female will lay between four and seven eggs. Both parents feed the babies. What's unique about the red-bellies is that they can have two broods in the same season. They may still be caring for their fledglings while attempting to have their second brood.

Some interesting facts about woodpeckers are:

- Woodpeckers have stiff feathers near the nostrils that prevent small pieces of wood from getting into the nostril.
- They have extremely sharp claws for hanging on trees. There are four toes on each foot and the arrangement of the toes is called “zygodactyl.” The first and fourth toes are pointed backwards, the second and third face forward.
- The tail of the woodpecker has spikes that dig into tree trunks and helps to keep the bird anchored.
- Woodpeckers have extraordinarily long tongues. There is a barb at the tip for catching insects and grubs.

Texas Wildlife Rehabilitation Coalition (TWRC) is celebrating 40 years serving the greater Houston area. Thank you to all of our supporters and those that care about wildlife as much as we do. If you have questions or would like to volunteer, call 713.468.8972.

CYPRESS MILL

Important Numbers

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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
Pipeline Company	281-925-3816
<i>Mowing of Pipeline easement; Standing water; Smells or leaks</i>	
Street Lights – Center Point Energy.....	713-207-2222
<i>Damaged or Burned Out Street Lights</i>	
<i>**They will need 6-digit pole number when calling**</i>	
Harris County Road and Bridge	281-463-6300
<i>To request street signs and to report street damage, curb damage, street flooding, or missing/damaged street signs.</i>	
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Please email articles to: cypressmill@peelinc.com

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ALBION HURRICANES



Albion Hurricanes FC (AHFC), established in 1989, is leading the way in South Texas youth soccer by inspiring and developing young men and women through world class coaching and innovative techniques, as well as instilling the proper framework, self-esteem, confidence and sportsmanship within our athletes.

The club invites all interested competitive players from the ages of 7 to 13, to the Player Evaluations and to become part of our success. AHFC competitive evaluations will be the first week of December. We ask that all interested players pre-register before coming out to the fields. Please visit albionhurricanes.org for details about your particular campus. Players older than 13 interested in joining AHFC will need to contact the Directors below.

Boys Director: Mark Rufo - mrufo@albionhurricanes.org

Girls Director: Dan Hill - dhill@albionhurricanes.org

ECNL/Elite Director: Steve Firth - sfirth@albionhurricanes.org

AHFC also offers JHSL (a recreational program for 4 - 10 year old) at our Cy Fair and Central locations and offers additional training at Katy Friday Night Academy as well at Thursday Night Academy for players in the New Territory area

Visit albionhurricanes.org to register and for times and dates of the evaluations.



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Bridgeland HS Theater



Bridgeland HS Theatre presents *The Lost Boy*. This is a fictional account of the author's creation of the Peter Pan character, sure to warm your heart. Showtimes are 7 PM on December 6, 7, 13 and 14. Tickets available at bridgelandhstheatre.org

The Junior Tiger Fun Run



The Klein Collins Cross Country and Track and Field Programs are pleased to announce the return of the Junior Tiger Fun Run. In its 6th edition, the run will take place on January 25, 2020. The event benefits KCHS' track and field and cross country programs and offers a Kids 2K

and 3K by grade, Parent 5K as well as the Tiger Marketplace!

The event will take place on January 25, 2020 at Klein Collins High School Track. Registration is now open online at <https://kleincollinsxtrack.teamapp.com/events/9551783>. Cost is \$18 children and \$20 adults, and \$20/\$25 for regular registration. The first 150 runners registering for the event will receive a free T-shirt and goodie bag. All proceeds from the Fun Run benefit the Klein Collins boys and girls Cross Country and Track Programs.

Still on the Fence about Hosting an Exchange Student?

You don't have any kids? Are you a single parent? Same sex couple? An empty nester? This is not a problem, we place our students in all kinds of families!

You're not rich? Neither am I! Your exchange student comes with their own spending money and health insurance. All you provide is room/board and three meals a day. Oh and TLC...but that's free.

Live in the middle of no where? Small town? Not a big deal. Some kids prefer to get away from the hustle and bustle of big cities. The exchange students also do pretty well in small schools, as they usually get to be the center of attention and make friends rather quickly. Our students also get chances to travel to New York, Washington DC, Hawaii and California...so they can get their fill of the city life and return back to the peaceful sounds of nature.

Do you consider yourself a boring person? More than likely this is not true, and you should quit being so hard on yourself. Your student will make friends. Your student will meet other exchange students. Your student will attend activities offered by our program. Your student will get involved in sports and school clubs. Your purpose is not to entertain them. But you might find that you bring a little adventure to each others lives.

Kids are too young? Great! Lots of students love young kids, and your kids will love them. It's beneficial to introduce your kids to new cultures at a very young age. You're preparing them to accept people no matter what the religion, color of their skin, or language they speak. That my friend, is good parenting.

Don't hold back! This is a great experience for both parties. You get the opportunity to change a child's life. You get the satisfaction of seeing them grow, even after they leave your home into becoming a doctor, a lawyer, a diplomat, artist, teacher...the list goes on. And you contributed to that success! And the best part of it all, is you gain another family member for life. We need people like you to give these kids a chance.

STS Foundation is a 501(c)(3) organization whose mission is to place exchange students in our area. If you are interest in hosting, please contact me at 832-455-7881 or at vicki.stsfoundation@yahoo.com. I'll be happy to answer any question you might have and get you started on hosting your very own student!

CYPRESS CHRISTIAN SCHOOL



I AM A WARRIOR ARE YOU?
Serving grades K-12 throughout northwest Houston

K-12 PREVIEW THURSDAY NOV. 7 @ 7 P.M.

11123 Cypress N. Houston Road, Houston, TX 77065 | 281.469.8829 | CypressChristian.org

Cypress Christian School Events

Cypress Christian Advanced Theatre students competed in the Division I TAPPS One Act Play competition. Students performed their production of *These Shining Lives* by Melanie Marnich and received third place in district..

National Junior Honor Society is hosting our annual Operation Christmas Child.

The purpose of OCC is to share the gospel with children around the world by filling shoe boxes with small Christmas gifts.

On January 16, 2020, 7p.m. future sixth graders and their parents are invited to explore sixth grade with the help of the Middle School Principal, Dean of Students and current CCS parents. Classroom tours will be available. The event will begin in the West Gym.

On January 30, 2020, 7p.m. future kindergartners and their parents are invited to our Kindergarten Preview. The event will be held in the Elementary Building.

Protect the World's Children this Holiday Season

The holidays signal a time for family gatherings, traditions and the spirit of giving. Make this holiday season even more meaningful by giving gifts that help children in need around the globe.

According to UNICEF, around 15,000 children die every day from preventable diseases. In over 190 countries, the organization's staffers are in the field working through war zones, natural disasters and disease outbreaks, doing whatever it takes to save children's lives. This holiday season, you can join the charge by choosing gifts that give back.

With Inspired Gifts, you can provide supplies in the name of a loved one that get delivered directly to children who need it most. Just \$19 can provide polio vaccines to protect 100 children from the deadly disease. Additional life-saving and life-changing options including food packets, educational materials and menstrual hygiene kits can be found at unicefusa.org/HolidayInspired.

If you are looking for stocking stuffers and unique finds, UNICEF Market has a vast collection of handcrafted items made by artisans from around the world. From blankets woven in India to recycled glass pitchers crafted in Mexico and more, these gifts help support the artisans and their families, keep traditional skills alive and give back to essential programs for children. Start checking off your wish lists at unicefusa.org/HolidayMarket.

As part of Louis Vuitton's #MakeAPromise pledge, a specially designed product line of Silver Lockits is available, helping to protect children who have been exposed to diseases, natural disasters and other conflicts that threaten their safety and well-being. \$100-\$250 of each purchase go to programs that help children most in need. Find out more at louisvuitton.com/lvforunicef.

This year, Garnier USA will donate \$1 to UNICEF USA for every Whole Blends Holiday Kit sold through Dec. 31 with a minimum donation of \$300,000. Each kit purchased helps educate a child for up to one week, as it costs around 15 cents to help educate one child per day. Learn more at garnierusa.com/unicef.

Vitamin A is important for strengthening the immune system and preventing childhood blindness. Through Dec. 31, L'OCCITANE will donate \$3.95 for each Solidarity Soap purchased to support UNICEF's Vitamin A supplementation programs around the world. Available in stores or at loccitane.com/en-us/solidaritysoap.

A holiday favorite since 1950, UNICEF Greeting Cards can be purchased at IKEA, select Hallmark Gold Crown® stores and online at hallmark.com and unicefusa.org/HolidayCards2019. One hundred percent of the purchase price of each pack from IKEA will go to support the world's most vulnerable children.

UNICEF does not endorse any brand, company, product, or service.

*No part of the purchase price is tax deductible. Content downloaded from FamilyFeatures.com.



OUTSMARTING CANCER

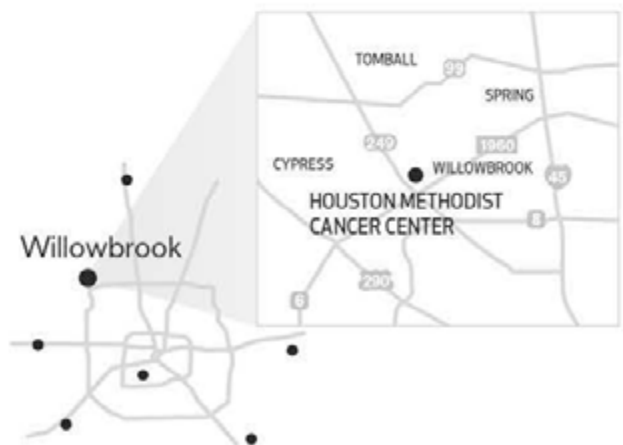
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Our nationally recognized specialists are finding new ways to outsmart cancer.

From screenings and diagnosis to the most advanced treatments, our leading cancer care is available at our Willowbrook location, which also serves the Cypress, Spring and Tomball communities. We offer personalized guidance and support, so you can focus on healing, surviving and thriving.

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Whether you're huddled around the fireplace, gathered at the table or strolling through a winter wonderland, the holidays are all about enjoying pure and memorable moments with family and friends. With all of the seasonal gatherings, you can certainly expect that almost any host or guest will attempt to provide a classic holiday treat for everyone to enjoy.

This year, you can give your traditional holiday bake a refreshing twist sure to spread all kinds of holiday cheer with this Enjoyment Peppermint Pie topped with Homemade Whipped Cream, which can be easily whipped up with less than 10 ingredients total.

From pumpkin pies to gingerbread cookies and everything in-between, an option like DairyPure Heavy Whipping Cream can be a must-have kitchen staple this season, one you can feel good about knowing it's sourced from trusted dairies.

For more recipes for the holidays and every day, visit DairyPure.com, and find DairyPure on Facebook, Instagram and Pinterest. Downloaded from FamilyFeatures.com.

Prep time: 15 minutes

Cook time: 20 minutes

- 1 envelope unflavored gelatin
- 1/4 cup cold water
- 2 1/2 cups DairyPure Heavy Whipping Cream, divided
- 8 ounces soft peppermint candy
- 1 chocolate cookie crust
- crushed peppermint candies, for garnish

Soften gelatin in water; set aside.

In small saucepan over low heat, cook 1/2 cup whipping cream with candy until candy melts.

Add gelatin; mix well.

Whip remaining whipping cream. Let gelatin mixture cool and fold in whipped cream, reserving 1/2 cup for garnish.

Pour into crust. Chill.

Before serving, top with reserved whipped cream and crushed peppermint candies.

Homemade Whipped Cream



2 tablespoons granulated or confectioners' sugar

2 cups DairyPure Heavy Whipping Cream

1 teaspoon vanilla extract or liqueur

In chilled glass bowl, add sugar to whipping cream. Using whisk or hand mixer, incorporate sugar into heavy whipping cream until it begins to thicken, leaving visible trails. Continue to whip until soft peaks start to form.

Fold in vanilla extract or liqueur. Serve immediately or refrigerate and remix 1-2 minutes before serving.

5 Tips to Ward Off Cold Weather

Colder weather brings plenty of changes, especially in the ways you take care of your home and self. Especially when the temperature drops, extreme winter conditions can play havoc not only with your skin and health, but also your family's comfort.

Take steps to protect your family and household as the weather starts to cool this season with these practical tips:

Take steps to help prevent the flu. As temperatures drop, the chances of getting sick rise. That's partly because certain germs and viruses thrive in colder temperatures, and because the cold puts extra strain on your immune system. When it is cold outside, people are also more likely to spend time indoors (and in closer quarters) where germs are more easily spread. Do your part to help prevent the flu by washing your hands often and covering your mouth or nose when you cough or sneeze. Also be sure to stay home if you're sick and avoid exposing others to your illness.

Prepare your wardrobe. Colder weather outside means more skin sensitivities and dryness. Long pants and sleeves don't just add warmth; they also protect your skin from harsh outdoor elements. When you haul your winter wardrobe out of storage, start the season on a comfy note by washing everything with an option like 'all Free Clear Liquid Detergent or Mighty Pacs. It's the No. 1 laundry detergent brand recommended by dermatologists, allergists and pediatricians for sensitive skin due to its hypoallergenic formula.

Dress in layers from head to toe. Bundle up with winter accessories to match the daily weather forecast. For chillier mornings and nights, cover exposed areas such as your head with a hat, neck with a scarf and hands with gloves. To accommodate warmer weather during the day, layer flexible clothing options to accommodate temperature shifts.

Stay active. Physical activity naturally warms your body in the short term. In fact, shivering is your body's natural physical response to generate body heat when you're cold. Aside from the immediate benefits, keeping active during the colder months can help in other ways, too. A healthy cardiovascular system keeps your blood flow steady and strong, and a good circulatory system plays an important role in keeping your body, and especially your extremities, warm when temperatures take a dip.

Nourish your body and skin. Preventing painful dry cracks and itchy, scaly skin is a job that requires attention inside and out. Externally, moisturize shortly after showering to trap in the water lingering on your skin, use extra lotion throughout the day on areas prone to drying and reapply lotion after washing hands. Remember to protect sensitive spots like your lips that can easily chap and crack. You can also prevent dry skin by ensuring you're drinking plenty of water and eating a healthy diet with plenty of essential vitamins and healthy fats.

For more ideas to prepare for changing weather, visit:
all-laundry.com.

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