



CYPRESS MILL *Chronicle*

NEWS FOR THE RESIDENTS OF CYPRESS MILL

September 2013

Volume 13, Issue 9

A FOCUS ON BACKPACK SAFETY TIPS

By: Concentra Urgent Care

WEAR BOTH STRAPS

The use of one strap causes one side of the body to bear the weight of the backpack. By using two shoulder straps, the weight of the backpack is evenly distributed.

WEAR OVER STRONGEST MID-BACK MUSCLES

Pay close attention to the way the backpack is positioned on the back. It should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and allow free movement of the arms. Straps should not be too loose, and the backpack should not extend below the low back.

LIGHTEN THE LOAD

Keep the load at 10%-15% or less of the child's body weight. Carry only those items that are required for the day. Organize the contents of the backpack by placing the heaviest items closest to the back. Some students have two sets of books, so as not to have to carry the heavy books to and from school.

PROPER BACKPACK USAGE

While a backpack is still one of the best ways to tote homework, an overloaded or improperly worn backpack gets a failing grade, according to the American Physical Therapy Association (APTA). Improper backpack use can cause injury, especially to children with young, growing muscles and joints. Injury can occur when a child, in trying to adapt to a heavy load, uses harmful postures such as arching the back, leaning forward or, if only one strap is used, leaning to one side. According to physical therapists, these postural adaptations can cause spinal compression and/or improper alignment, and may hamper the proper functioning of the disks between the vertebrae that provide a shock absorption. A too-heavy load also causes muscles and soft tissues of the back



to work harder, leading to strain and fatigue. This leaves the back more vulnerable to injury. A heavy load may also cause stress or compression to the shoulders and arms. When nerves are compressed, the child may experience tingling or numbness in the arms.

WHAT TO LOOK FOR IN A BACKPACK

Physical therapists recommend the following features when selecting a backpack:

- A padded back to reduce pressure on the back and prevent the pack's contents from digging into the child's back
- A waist belt to help distribute some of the load to the pelvis
- Compression straps on the sides or bottom of the backpack that, when tightened, compress the contents of the backpack and stabilize the articles

- Reflective material so that the child is visible to drivers at night

THE RESULTS

Worn correctly and not overloaded, a backpack is supported by some of the strongest muscles in the body: the back and abdominal muscles. These muscle groups work together to stabilize the trunk and hold the body in proper postural alignment.

HOW A PHYSICAL THERAPIST CAN HELP

A physical therapist can help you choose a proper backpack and fit it specifically to your child. Children come in all shapes and sizes, and some have physical limitations that require special adaptations. Additionally, a physical therapist can help improve posture problems, correct muscle imbalances, and treat pain that can result from improper backpack use. Physical therapists can also design individualized fitness programs to help children get strong and stay strong – and carry their own loads.

For more information on backpack safety, visit the American Physical Therapy Association at www.apta.org.

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Newsletter Publisher

Articles..... cypressmill@peelinc.com

Peel, Inc. advertising@PEELinc.com, 888-687-6444

Newsletter Deadline

The deadline for the newsletters is the 9th of each month.

Please email articles to: cypressmill@peelinc.com

Remember: The Speed Limit throughout Cypress Mill is 30 MPH!

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

MUD Board of Directors

The District is governed by the Board of Directors, consisting of five directors, who have control over and management supervision of all affairs of the District. All of the Directors reside in the District.

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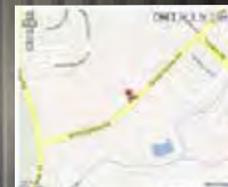
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VIPS & CY-FAIR ISD

VIPS is an acronym for Volunteers in Public Schools. VIPS in Cy-Fair ISD center the attention of their service on supporting students and staff and making a significant contribution to the education of children. Our volunteers give freely of their time and resources and impact the academic and personal development of Cy-Fair ISD students.

If you are interested in being involved in Cy-Fair schools as a volunteer, please contact Pam Scott, Partners in Education Director at 281-894-3950.

CY-FAIR ISD & VOLUNTEERS IN PUBLIC SCHOOLS SEPTEMBER 2013 EVENTS

September 5 - VIPS General Meeting – 9:30 a.m. to 12:00 p.m., Berry Center - Open to all CFISD school staff, volunteers, parents and community members. Get the latest information on what is happening in CFISD.

September 10 - Vision Certification Training – 9:30 a.m. to 1:30 p.m., Berry Center - Become a state certified trained volunteer to assist a CFISD school nurse in vision testing for the students. Please RSVP to the school nurse by September 3.

September 11 - Hearing Certification Training – 9:30 a.m. to 1:30 p.m., Berry Center - Become a state certified trained volunteer to assist a CFISD school nurse in hearing testing for the students. Please RSVP to the school nurse by September 4.

September 17 - PIE Mentor Training – 6:00 p.m. to 8:00 p.m., Berry Center - Training for individuals committed to serve as a role model and friend to a CFISD student.

September 19 - PIE Mentor Training – 9:30 a.m. to 11:30 a.m., Berry Center - Training for individuals committed to serve as a role model and friend to a CFISD student.

September 24 - VIPS Math Training – 9:30 a.m. to 11:30 a.m., Berry Center - Participants will learn the approach to the process and actions used in elementary math. This class will be presented by the CFISD math coordinator.

September 25 - Junior Achievement Coordinator Training – 8:30 a.m. to 9:30 a.m., Berry Center - Specifically for those who will take responsibility for implementing the JA program for their campus.

September 25 - Junior Achievement Volunteer Training – 9:30 a.m. to 11:30 a.m., Berry Center - The purpose of Junior Achievement is to educate and inspire young people to value free enterprise, understand business and economics, and be workforce ready.

HOW TO REGISTER FOR TRAINING

With the exception of Hearing and Vision Certification, register for training by emailing the PIE office at vipsrsvp@cfisd.net. Provide your name and the name and date of the training you wish to attend. Registration is required to guarantee a seat and training materials.

Adults only.

NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

nwhcaggiemoms.org

GOT A STORY FOR YA AGS!

The Northwest Harris Aggie Moms Club will host Texas A&M University's former Yell Leaders on Tuesday, September 10, 2013 at 7:00 p.m. at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. Be prepared to be entertained as the yell leaders teach us the Aggie yells and traditions! Enjoy light refreshments while you shop our Boutique for that one-of-a-kind hand-crafted Aggie treasure or our new Tradition Beads!

Aggie Moms as an organization, encourages parents to become familiar with A&M during their student's freshman year. Aggie Moms has been here for 25 years and we're committed to helping your student and you enjoy the TAMU experience through graduation.

COMING SOON!

Shop Till You Drop, September 14 from 9-5 at the Berry Center. Check out the NWHC Aggie Mom's Club booth for one-of-a-kind Aggie gifts and jewelry.

Hullabaloo Huddle, October 12, Bareback Bar and Ice House, 19940 Kuykendahl, Spring, Texas 77379. NWHC Aggie Mom's Watch Party-Texas A&M vs. Ole Miss. Tickets are \$12 each /No one under 21/Cash Bar/Food Trucks

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at 7100 High Life Drive. All meetings are open to Aggies, future, present or past. You will enjoy hearing from dynamic speakers throughout the year! For more information on monthly speakers or upcoming events visit our website at www.nwhcaggiemoms.org or contact Shannon Eberle, Club President at clubpres2012@gmail.com. We are looking forward to meeting all our Aggie Moms!



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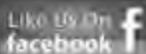
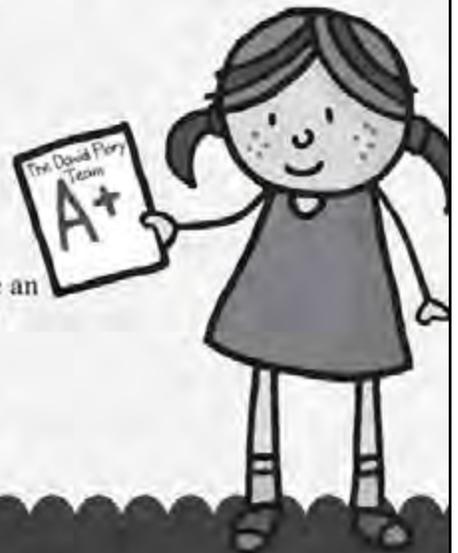
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HEART OF TEXAS



GIRL SCOUTS COMMUNITY SIGN-UP RALLY

Rally Date:

Saturday September 7th, 2013 – 10:00AM – 2:00PM

Rally Location:

Good Shepherd UMC, 20155 Cypresswood Dr., Cypress, 77433

Rally Contacts:

Jackie Morris (JF4Morris@gmail.com)

Susan Lawyer (hotcommunityscouter@gmail.com)

San Jacinto Council Website: www.gssjc.org

GIRLS IN KINDERGARTEN – 12TH GRADE MAY JOIN!

We also need caring adults (age 18 and older) to share your time/ talents and help girls achieve their potential.

KIDS' CROSS-COUNTRY TEAM'S SEASON STARTS SEPTEMBER 10TH

The Northwest Flyers Track Club Youth Cross-Country Team kicks off the fall season with registration and a mandatory orientation for parents and athletes on Tuesday, September 10, 2013, at 7:00 p.m. Registration will be held at Cypress Creek High School, 9815 Grant Rd., Houston, TX. The first practice will be held at the Cypress Creek YMCA on Thursday, September 12. The Northwest Flyers Track Club is a member program of USA Track and Field (USATF), the national governing body for track and cross country. The club is in its 26th year in the northwest Houston area. Ages 6 - 18 may participate in the team, and both beginners and experienced runners are welcome. Middle school and high school cross country athletes can also register, but should compete after their cross country season is over.

Contact Coach Eric Wentworth at emw1105@gmail.com, 281-961-6603, or Coach Donnell Carter at dcarter.nwflyers@yahoo.com, 281-467-4727, for more information. Email Coach Carter to get on the email list and you will receive a free running training video. Visit www.northwestflyers.org to get updates and learn more about the team.

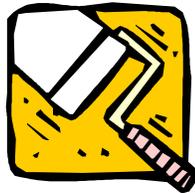
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How To Execute The Two-Handed High Backhand Volley Approach Shot

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, and the forehand high volley approach shot.

In this issue, I will offer you instructions on how to execute the two-handed backhand high approach shot. This shot is used when a player is caught in “no-person’s land” (around the service line area) and receives a high ball to volley. The important part of this shot is to be able to hit a deep volley to the feet of the opponents and/or to hit a deep volley close to the baseline, so the opponent is put in a defensive mode and hits a softer ball so the player can now move closer to the net for the “killer or placement volley”. In the illustrations, Linda Henson, a player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

Step 1: The Ready Position and Split Step: When Linda realizes that she is caught in “no-person’s land”, she takes the split step by bending the knees and staying on her toes. Her racket is in the volley position and her feet are angled toward the path of the incoming ball.

Step 2: The Back Swing: Once Linda realizes that the ball has been directed to her backhand, she will turn her upper body and will take the racket slightly back. Notice that the left hand next to the right

hand to allow her to keep her center of gravity in the center. She has loaded her weight on her left foot and will be ready to step forward to meet the ball. She will make a slight change toward the continental grip on both hands.

Step 3: The Point of Contact: Linda now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted toward the point of contact. Notice the right toe pointing to the ball meeting the racket. The face of the racket is open to allow her to hit behind the ball and allow maximum net height and allow her to hit the ball deep. The control of the ball will be made with the left hand, which is holding the racket tighter. The right hand is more relaxed and helps keep the face of the racket in a 45 degree angle at the point of contact.

Step 4: The Follow Through: Once Linda has made contact with the ball, she finishes the follow through with her wrist laid back. Her right arm is next to her body and her eyes have shifted toward her target.

Step 5: The Move for the Kill Volley: As the ball is headed toward her opponent and Linda realizes that her shot is deep, now she moves close to the net for the put away volley. If her shot was not deep, Linda will decide to stay close to the service line to protect the lob over her head. By the look in her eyes and her smile, she is ready to go for the “kill volley”.

Look in the next Newsletter for: The One-Handed Backhand Volley Approach Shot

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JOIN YOUR FRIENDS ON THE GOLF COURSE FOR A GREAT CAUSE!

Announcing the 9th Annual American Cancer Society Relay For Life of Cy-Fair Golf Tournament

Grab your clubs and join with friends and sponsors to have some fun for a great cause. The 9th Annual Relay For Life of Cy-Fair Golf Tournament benefiting the American Cancer Society is on for Thursday, October 3, 2013 with a 1:00 pm Shotgun Start at Windrose Golf Club located in Spring, Texas (www.windrosegolfclub.com). The tournament format is a 4-Person Scramble.

Registration is quick and easy online at <http://www.hprelayforlife.com>. Golfers can play as a team or as an individual. Registration Fee is \$440 per foursome and includes greens fee, cart, range balls, and 4-drink tickets. Lunch and dinner are provided. Silent Auction winners and tournament awards and prizes are announced at dinner following the tournament.

“This is a great opportunity for golfers to have some fun and also contribute to the American Cancer Society,” said Stacie Hemann, event founder and organizer. “It is also the perfect time for local companies and organizations to become sponsors and join some of the great charitable sponsors we already have who will offer fun activities on almost every hole along with contests and giveaways. For 2013, our main event Platinum Sponsor is North Cypress Medical Center; Rudy’s BBQ is Lunch Sponsor; and Lupe Tortilla’s is Dinner Sponsor.”

Golfers interested in participating and any businesses and individuals interested in sponsoring this event can contact Stacie Hemann at 512.319.0929 or hprelayforlife@gmail.com.

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CY-FAIR KIWANIS CLUB

The Cy-Fair Kiwanis Club is actively seeking new members who are interested in giving service to improve our community and our world. Visit the Cy-Fair Kiwanis Club and learn about the projects in which its members participate to enrich and improve life for citizens in our community. We sponsor the Key Clubs in the Cy-Fair, Jersey Village, and Katy communities and work with them in service to the Cy-Fair area. Internationally, both Kiwanis and Key Club are participating in the ELIMINATE PROJECT aimed at the eradication of maternal/neonatal tetanus.

The Cy-Fair Kiwanis Club meets at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll at 281-463-0373, George Crowl at 832-467-1998 or Peggy Presnell at 281-304-7127. We invite you to be our guest at one of the meetings and enjoy the fellowship of Kiwanians from your



community as you learn about our organization. Businesses of the community are encouraged to support a representative for membership in Kiwanis. If you work for a business that is oriented toward involvement in community improvement and leadership, suggest to them that you would like to represent that business through membership and involvement in work with Kiwanis. We welcome business and organization as well as individual memberships.

CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs and one Builders' Club in the Cy-Fair School District; sponsors the Kids Triathlon; Girl Scout, Boy Scout, and Sea Scout troops and activities; awards scholarships to outstanding Key Club members in our district; provides assistance to Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.

We look forward to welcoming you to our meetings.

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Back To School

School started in August, so now is the time for drivers to pay closer attention to the school zones in the neighborhood. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

Other changes to be aware of include;

- Children behaving unpredictably
- School Bus Stops
- Crossing Guards – please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is prohibited!

Please give yourself extra time in the mornings and mid-afternoons and remember if you are traveling in a school zone to slow down.

Time To Slow Down!



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Cypress Philharmonic

The Cypress Philharmonic proudly launches its second season with a Four Seasons theme. On September 22, the first concert, "Stirrings of Autumn," evokes a fall mood with Peggy Stuart Coolidge's two-movement "New England Autumn" and Kirt Mosier's "Overture to the Wind." The program features Antonín Dvořák's powerful "New World" Symphony (No. 9) and the world premiere of Houston artist Joe LoCascio's sneaky "Gently Criminal" for strings. Rounding it all out is Mexican composer Arturo Márquez's lively "Danzón No. 2" just in time to kick off Hispanic Heritage Month.

This year, the CyPhil adds a special event, collaborating with the Houston Repertoire Ballet to create a "Winter Wonderland" with a full production of Pyotr Tchaikovsky's *The Nutcracker*. Houston Repertoire Ballet, founded by Gilbert Rome and under the direction of Victoria Vittum, has mounted a production of *The Nutcracker* annually since 2001, but now will feature live music from the Cypress Philharmonic. Performances will be held on Saturday, December 7 at 2 p.m. and 7 p.m. and Sunday, December 8 at 1 p.m. and 4:30 p.m. in the Tomball High School auditorium with reserved seating. Ticket information is at www.hrbdance.org and 281-940-4721. Major funding for the project is provided by Houston Endowment and ConocoPhillips Company. *The Nutcracker* is also funded in part by

grants from Harris County and Texas Commission on the Arts through the Houston Arts Alliance.

On March 23, 2014, "Spring Fever" highlights the passion of romance with music from Georges Bizet's *Carmen Suites No. 1 and 2* and Aaron Copland's "Appalachian Spring." Themes of rebirth and renewal are visited in music from Linda Tutas Haugen's *Transformations of Darkness and Light* and Nikolai Rimsky-Korsakov's *Russian Easter Overture*.

The annual pops concert will be held on June 28, 2014. Information about this "Summertime" concert will be made available through the website and print and social media.

The Cypress Philharmonic is a 50+ member ensemble made up of music educators and professional musicians in and around the Cypress area. Founded by Music Director Glynnes Lanthier in 2012, the CyPhil presents classical favorites alongside new and recent works by a diverse group of composers. We welcome inquiries from musicians, community members and prospective board members. To find out more about the CyPhil, visit the website or e-mail at admin@cyphil.org. The Cypress Philharmonic performs in the Berry Center on 8877 Barker Cypress in Cypress, Texas. Tickets and performance information are available online or by leaving a message at 713-939-9493.

Ten Tiny Toes... 100 Billion Reasons

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Jan. 18 - 7PM A team of virtuosos tackle rediscovered string works by Giuseppe Capuzzi and Vivaldi Classics

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May 10 - 7PM Haydn's Symphony #49 in F Minor "La Passione" and Mozart's Piano Concerto K. 414 played by Mina Gajic

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- Ongoing:** Colin's Hope Athlete Ambassadors of all ages needed! www.tinych.org/signup
- September 8:** 5th annual Colin's Hope Kids Tri, and All Star Burger Fundraiser (10% of sales donated).
- October 19:** Sharkfest Austin Swim benefiting Colin's Hope. Volunteers needed.
- November:** Underwater Holiday Photos (multiple locations and dates).
- February 16:** Austin Marathon. Runners, walkers, and water stop volunteers needed.

Be a Water Guardian and Watch Kids around Water. Drowning is preventable!
Thank you to all who supported our efforts this year to raise water safety awareness to prevent children from drowning!

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Cypress Mill Year-to-Date Sales Report

	Oct '12	Nov '12	Dec '12	Jan '13	Feb '13	Mar '13	Apr '13	May '13	June '13	July '13
\$201,000 and above	0	1	0	0	0	0	1	0	2	2
\$176,000--\$200,999	0	0	0	0	0	0	1	0	2	1
\$151,000--\$175,999	2	0	0	2	1	0	3	3	0	2
\$141,000--\$150,999	3	1	2	0	1	0	2	3	1	4
\$121,000--\$140,999	0	4	4	1	1	2	2	3	2	3
\$101,000--\$120,999	1	0	0	1	1	0	0	1	0	0
\$100,000 and below	0	0	0	0	0	0	0	1	0	0
Total	6	6	6	4	4	2	9	11	7	12
Highest \$/sq ft	\$75.72	\$82.36	\$81.79	\$73.77	\$79.82	\$82.55	\$83.00	\$84.10	\$82.51	\$85.91

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