



# CYPRESS MILL *Chronicle*

NEWS FOR THE RESIDENTS OF CYPRESS MILL

January 2014

Volume 14, Issue 1

## A FOCUS ON RESOLUTIONS

RESOLVE TO BE A BETTER YOU

By: *Concentra Urgent Care*

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

### LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes.

Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use.

Your healthy eating plan should include:

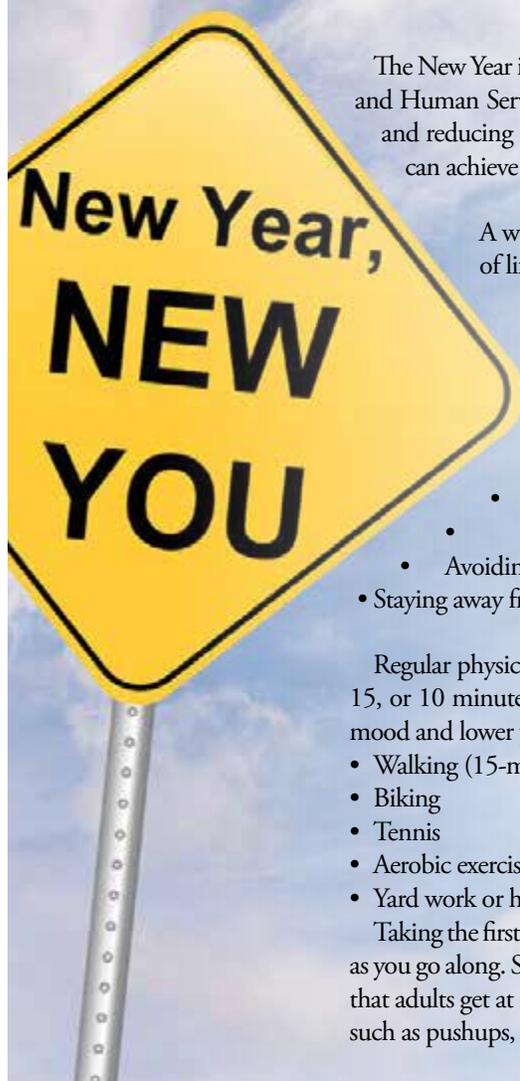
- Taking into account foods you like and dislike
  - A focus on fresh fruits, vegetables, and whole grains
  - Consuming fat-free or low-fat dairy products such as yogurt, cheese, and milk
  - Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
  - Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils
- Staying away from foods high in sodium and added sugars

### GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)
- Biking
- Tennis
- Aerobic exercise classes (step aerobics, kickboxing, dancing)
- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged.



# CYPRESS MILL

## Important Numbers

Cy-Fair High School .....	281-897-4600
Cy-Woods High School.....	281-213-1919
Cypress Lakes Golf Club .....	281-304-8515
Cypress Mill M.U.D. #1, (24 Hour Emergency)	281-374-8989
Constable Ron Hickman, (24 Hour Emergency)	281-376-3472
DPS Sex Offenders website .....	<a href="http://records.txdps.state.tx.us/">http://records.txdps.state.tx.us/</a>
Centerpoint Energy Gas.....	713-659-2111
Centerpoint Energy Gas-Emergency Gas Leaks.	713-659-3552
CenterPoint Energy.....	713-207-2222
Irrigation Leaks/Common Area Repairs - Principal Management	
Poison Control Center .....	800-764-7661
Principal Management .....	713-329-7100
Robison Elementary .....	281-213-1700
AT&T Repair Center.....	800-246-8464
Spillane Middle School.....	281-213-1645
Street Light Outages.....	713-207-2222
Comcast Cable.....	713-341-1000
Waste Corporation of America (WCA) Recycling.....	281-368-8397

### Pipeline Company – Exxon Mobil.....

281-925-3816

*Mowing of Pipeline easement; Standing water; Smells or leaks*

### Street Lights – Center Point Energy .....

713-207-2222

*Damaged or Burned Out Street Lights*

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

### Constable Ron Hickman (24 Hour Emergency) .....

281-376-3472

### 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

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)

**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](mailto: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.

Mr. Ronald S. ("Ronnie") Koehn, President

Mr. Bob Henry, Vice President

Mr. Tim Halloran, Secretary

Ms. Angell Swedlund, Treasurer

Mr. Jerry Bryant, Assistant Secretary

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\*Low cost Spay and Neuter Wednesdays

*Cy Woods Theatre Company Proudly Presents*  
“**INTO THE WOODS**”

Cy Woods theatre students will be performing the musical “Into the Woods” by Stephen Sondheim and James Lapine. This musical encompasses classic fairy tale characters that portray a sense of fantasy and reality.

Performances will be held in the Cy Woods High School Auditorium  
Thursday – Saturday (January 30th – February 1st) at 7:00 pm  
Saturday Matinee at 2:00 pm.

Tickets may be purchased online at [www.showtix4u.com](http://www.showtix4u.com).

**TICKET PRICES:**

Orchestra Level - \$15.00 | Mezzanine Level - \$10.00

Synopsis: The story follows a Baker and his wife who wish to have a child, Cinderella who wishes to attend the King’s Festival, and Jack who wishes his cow would give milk. When the Baker and his wife learn that they cannot have a child because of a Witch’s curse, the two set off on a journey to break the curse. Everyone’s wish is granted, but the consequences of their actions return to haunt them later with disastrous results.

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## SALUTE TO OUR HEROES

**SATURDAY, FEBRUARY 8, 2014 @ 6:30 P.M.**  
**OMNI HOTEL WESTSIDE HOUSTON**



Martha McSally is a decorated military leader and pioneer. She is the first female fighter pilot to fly in combat, and first to command a fighter squadron in combat in United States history. She was awarded a Bronze Star and multiple Air Medals for her combat leadership and performance.

**GUEST SPEAKER:**  
Martha McSally

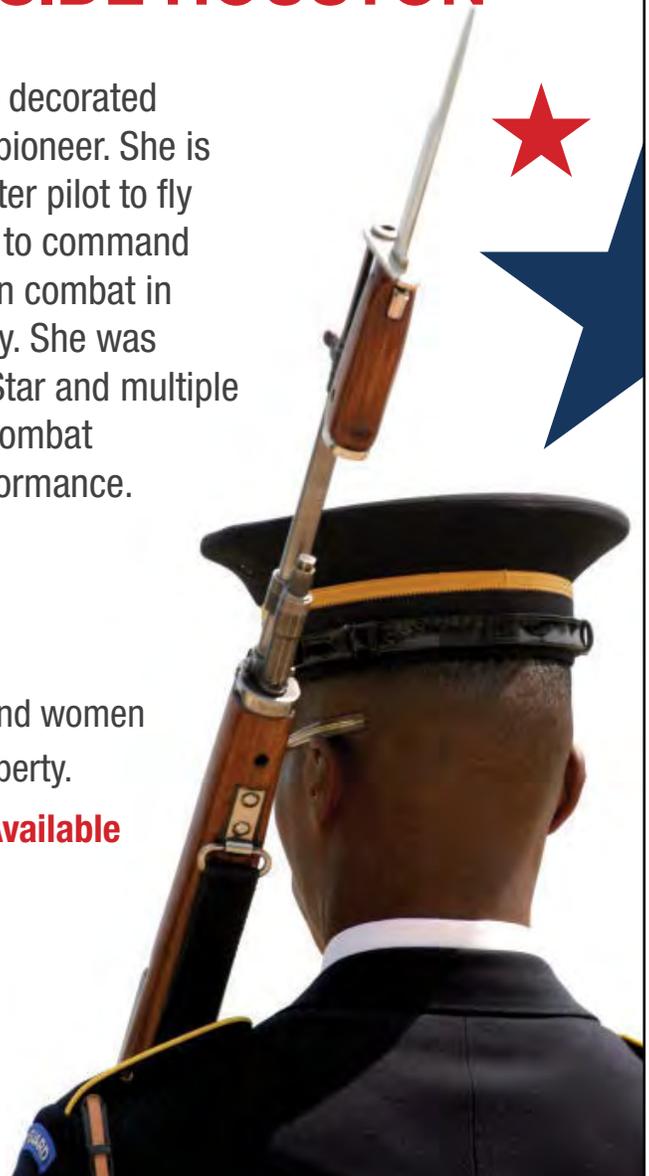
Salute to Our Heroes will honor the brave men and women who have served to preserve our freedom and liberty.

**Tickets and Sponsorship Opportunities Still Available**

Individual Tickets \$75 • Veterans Tickets \$50

Contact Marie Holmes at 281-807-3591 or  
marie@thecfef.org • www.thecfef.org

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Fundraising activities and private donations finance Cy-Fair Educational Foundation. The Foundation is a 501c3 organization and all contributions are tax deductible as allowed by law.





*Happy New Year*  
from

**THE DAVID FLORY TEAM**

*Your Neighborhood Report*

Year	# Sold	Lowest \$	Highest \$	Average \$	Avg. Days on Market
2013	87	\$97,000	\$265,000	\$160,190	39
2012	72	\$104,900	\$259,000	\$143,829	57

\*Based on HAR.com through December 1, 2013



*Contact us to determine your house value in 2014*

**THE DAVID FLORY TEAM**

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## 2013 ALL DISTRICT FOOTBALL TEAM

### DISTRICT 17

#### CENTER

**#50 - Austin Keith** | 5'11" | 240lbs | 12th Grade | Cy Fair

#### OFFENSIVE LINE

**#73 - Vincent Dale** | 6'4" | 290lbs | 12th Grade | Cy Fair

**#77 - Morgan Magness** | 6'3" | 300lbs | 12th Grade | Cy Fair

**#77 - Elijah Rodriguez** | 6'6" | 280lbs | 12th Grade | Cypress Creek

**#65 - Brady Vinson** | 6'3" | 235lbs | 12th Grade | Cy Ranch

**#58 - Willie Wright** | 6'3" | 275lbs | 12th Grade | Cy Ridge

#### TIGHT END

**#85 - Luis Lopez** | 6'3" | 235lbs | 12th Grade | Cy Fair

#### WIDE RECEIVER

**#2 - Darius Crawley** | 6'0" | 190lbs | 12th Grade | Cy Ridge

**#4 - Dominique Harris** | 5'7" | 160lbs | 12th Grade | Langham Creek

**#2 - Bryce Johnson** | 6'0" | 175lbs | 12th Grade | Cy Ranch

**#1 - Kevin Lovings** | 5'10" | 166lbs | Cy Springs

**#1 - Mason Roberts** | 5'8" | 175lbs | 12th Grade | Cy Woods

**#16 - Kemah Siverand** | 6'2" | 185lbs | 11th Grade | Cy Ridge

#### RUNNING BACK

**#6 - Terrell Aldridge** | 6'0" | 190lbs | 12th Grade | Cypress Creek

**#20 - Dillon Birden** | 5'11" | 180lbs | 12th Grade | Cy Fair

**#21 - Charlie Booker** | 5'8" | 175lbs | 11th Grade | Cy Ranch

#### QUARTERBACK

**#10 - Kyle Cutbirth** | 6'0" | 165lbs | 12th Grade | Langham Creek

**#9 - Nick Hooper** | 6'0" | 185lbs | 11th Grade | Cy Woods

**#1 - Deshun Qualls** | 5'11" | 155lbs | 10th Grade | Jersey Village

#### 2<sup>ND</sup> TEAM OFFENSE

#### CENTER

**#76 - Tito Rueda** | 6'3" | 270lbs | 12th Grade | Cy Ridge

#### OFFENSIVE LINE

**#76 - Chris Abo-shear** | 6'3" | 320lbs | 12th Grade | Jersey Village

**#70 - Shawn Andrew** | 6'3" | 290lbs | 12th Grade | Cypress Creek

**#53 - Hunter Gonzalez** | 5'8" | 240lbs | 11th Grade | Cy Fair

**#76 - Zach Kinninger** | 6'5" | 275lbs | 11th Grade | Cy Ranch

**#64 - Trevor Rogas** | 6'1" | 220lbs | 11th Grade | Cy Woods

#### TIGHT END

**#81 - Jackson Solbeck** | 6'3" | 225lbs | 11th Grade | Cy Ranch

#### WIDE RECEIVER

**#15 - Zach Duncan** | 5'9" | 170lbs | 11th Grade | Cy Woods

**#6 - Bryce Elkin** | 6'4" | 200lbs | 12th Grade | Langham Creek

**#11 - Michael Ewing** | 5'8" | 155lbs | 12th Grade | Cy Springs

**#2 - Bryce Langan** | 5'7" | 150lbs | 12th Grade | Langham Creek

**#11 - Jorren Pollard** | 5'11" | 175lbs | 10th Grade | Cy Falls

**#17 - Jalen Richardson** | 6'1" | 180lbs | 12th Grade | Jersey Village

#### RUNNING BACK

**#22 - Kalen Lavine** | 5'8" | 185lbs | 12th Grade | Cy Ranch

**#33 - Chris Robinson** | 5'9" | 190lbs | 12th Grade | Cy Ridge

**#24 - Sam Stewart** | 5'9" | 195lbs | 12th Grade | Cy Woods

#### QUARTERBACK

**#4 - Troy Brown** | 5'11" | 185lbs | 12th Grade | Cy Springs

**#14 - Cole Martin** | 6'2" | 195lbs | 12th Grade | Cy Ranch

#### COACH OF THE YEAR

**Coach Ed Pustejovsky** - Cy Fair High School

#### OFFENSIVE MVP

**#10 - Kyle Cutbirth** | 6'0" | 165lbs | 12th Grade | Langham Creek

#### DEFENSIVE MVP

**#52 - Dexter Collins** | 6'0" | 290lbs | 12th Grade | Langham Creek

#### OFFENSIVE NEWCOMER

**#1 - Deshun Qualls** | 5'11" | 155lbs | 10th Grade | Jersey Village

#### DEFENSIVE NEWCOMER

**#25 - Micah Pryor** | 5'10" | 170lbs | 10th Grade | Langham Creek

## 2013 ALL DISTRICT FOOTBALL TEAM

### DISTRICT 17

#### 1<sup>ST</sup> TEAM DEFENSE

##### DEFENSIVE LINE

- #40 - Jabriel Alexander | 6'2" | 230lbs | 12th grade | Jersey Village
- #55 - Alton Brown | 6'0" | 260lbs | 12th Grade | Jersey Village
- #52 - Dexter Collins | 6'0" | 290lbs | 12th Grade | Langham Creek
- #90 - Ross Donelly | 6'2" | 305lbs | 11th Grade | Cy Fair
- #99 - Justyn Johnson | 6'1" | 270lbs | 11th Grade | Cy Woods
- #48 - Jordan Molden | 6'2" | 245lbs | 12th Grade | Cy Ridge
- #40 - Brady Wright | 6'3" | 230lbs | 12th Grade | Cy Fair

##### LINEBACKER

- #42 - Otaro Alaka | 6'2" | 205lbs | 12th Grade | Cy Falls
- #31 - Jacoby Brooks | 6'0" | 215lbs | 11th Grade | Cypress Creek
- #44 - Brandon Brown | 5'11" | 230lbs | 12th Grade | Cypress Creek
- #36 - Nico Costanzo | 6'2" | 215lbs | 12th Grade | Langham Creek
- #23 Nick Csatlos | 6'0" | 200lbs | 12th Grade | Cy Woods
- #41 - James Kohlschmidt | 5'11" | 195lbs | 11th Grade | Cy Fair
- #35 - Austin Scheaffer | 5'10" | 175lbs | 12th Grade | Cy Fair

##### DEFENSIVE BACK

- #3 - Michael Austin | 5'9" | 165lbs | 12th Grade | Cy Ridge
- #22 - Keith Batista | 5'11" | 175lbs | 11th Grade | Langham Creek
- #5 - David Dudley | 6'0" | 180lbs | 12th Grade | Cy Fair
- #5 Henry Hite | 6'0" | 160lbs | 12th Grade | Cypress Creek
- #5 - Jacob Hobbs | 5'9" | 165lbs | 12th Grade | Langham Creek
- #4 - Stevie Polly | 5'9" | 160lbs | 12th Grade | Cy Woods
- #2 - Christian Taylor | 6'2" | 180lbs | 11th Grade | Jersey Village

#### 2<sup>ND</sup> TEAM DEFENSE

##### DEFENSIVE LINE

- #59 - Tyler Breggs | 6'1" | 190lbs | 12th Grade | Cy Lakes
- #40 - Brandon Frazier | 5'11" | 185lbs | 12th Grade | Cy Ridge
- #49 - Michael Omirin | 6'1" | 210lbs | 12th Grade | Cy Fair
- #29 - Safar Sheriff | 6'0" | 240lbs | 12th Grade | Cypress Creek
- #48 - Ross Tuzin | 5'11" | 240lbs | 12th Grade | Cy Fair
- #42 - Malik Warner | 6'1" | 225lbs | 12th Grade | Langham Creek

##### LINEBACKER

- #52 - Jarious Boone | 5'11" | 210lbs | 12th Grade | Jersey Village
- #20 - Josh Head | 5'10" | 215lbs | 11th Grade | Cypress Creek
- #33 - Michael Hoehner | 5'10" | 185lbs | 10th Grade | Langham Creek
- #43 - Taylor Holms | 6'2" | 210lbs | 12th Grade | Cy Woods
- #45 - Collin Marcum | 6'0" | 185lbs | 12th Grade | Jersey Village
- #15 - Bryce Saracene | 5'7" | 180lbs | 11th Grade | Cy Ranch
- #21 - Yiovani Williams | 5'10" | 200lbs | 12th Grade | Cy Springs

##### DEFENSIVE BACK

- #6 - Lakent Alexis | 5'10" | 165lbs | 11th Grade | Jersey Village
- #18 - Maxx Chrest | 5'10" | 160lbs | 11th Grade | Cy Fair
- #10 - Drake Moore | 5'9" | 180lbs | 12th Grade | Cy Lakes
- #25 - Micah Pryor | 5'10" | 170lbs | 10th Grade | Langham Creek
- #10 - Brandon Richmond | 5'11" | 180lbs | 11th Grade | Cy Fair
- #5 - Jimmy Washington | 6'2" | 185lbs | 12th Grade | Cy Springs

#### 1<sup>ST</sup> TEAM KICKER

- #11 - Chase McLaughlin | 6'1" | 170lbs | 12th Grade | Cy Woods
- #16 - Joel Scarbrough | 5'10" | 170lbs | 11th Grade | Langham Creek

#### 2<sup>ND</sup> TEAM KICKER

- #31 - Omar Portillo | 5'5" | 190lbs | 11th Grade | Cy Ridge

#### 1<sup>ST</sup> TEAM PUNTER

- #16 - Joel Scarbrough | 5'10" | 170lbs | 11th Grade | Langham Creek

#### 2<sup>ND</sup> TEAM PUNTER

- #84 - Mitch Fly | 5'9" | 150lbs | 11th Grade | Jersey Village

#### 1<sup>ST</sup> TEAM RET SPECIALIST

- #4 - Dominique Harris | 5'7" | 160lbs | 12th Grade | Langham Creek

#### 2<sup>ND</sup> TEAM RET SPECIALIST

- #6 - Terrell Aldridge | 6'0" | 190lbs | 12th Grade | Cypress Creek

# CYPRESS MILL



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## "Cypress Serenades"

### Cypress Symphony Presents Second Concert of their Inaugural Season

The Cypress Symphony invites you to celebrate our historical inaugural season at our second concert in January! Join us as we explore some of the earliest orchestral writing by the lighthearted CPE Bach and journey through history to the romantic and passionate Mendelssohn and Tchaikovsky. We are pleased to welcome our talented guest conductor Mark Dupere, as he leads the Cypress Symphony through a musical odyssey! We look forward to seeing you on this magical evening!

**Saturday January 18th, 2014**

**7pm at the Centrum**

*Mark Dupere, guest conductor*

#### PROGRAM:

C.P.E Bach Symphony for Strings in B-flat  
Mendelssohn String Symphony No. 7 in D minor  
Tchaikovsky Serenade for Strings Op. 48  
*Tickets can be purchased at [cypresssymphony.org](http://cypresssymphony.org)  
Student admission is free.*

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- 7015 Barker Cypress Rd at 529  
Cypress, Texas 77433



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## CY-FAIR KIWANIS CLUB

Kiwanis wants YOU! Start the new year by giving in service to others by joining with the Cy-Fair Kiwanis Club. We work with Key Clubs, Builders Clubs, and Boy and Girl Scout troops to build leadership and orientation toward service to others, and with community based organizations that provide goods and services to the needy in 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 worldwide. Internationally, both Kiwanis and Key Club are participating in the ELIMINATE PROJECT aimed at the eradication of maternal/neonatal tetanus.



Businesses of the community are encouraged to support a representative for membership in Kiwanis. We welcome business and organization representatives as well as individual memberships. Regular meetings of the club will occur on January 7, 14, and 21 at the Hearthstone Country Club at 12:15 p.m. We invite you to be our guest for lunch and fellowship and for 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 welcome your visit at our Club meeting and your consideration of membership in our service organization. Join Now.

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# CYPRESS MILL

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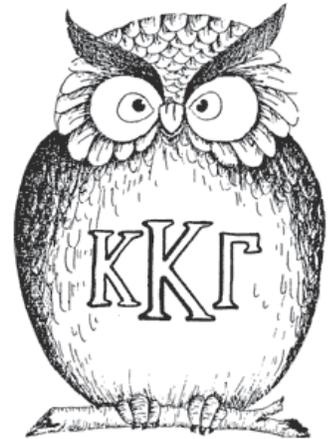
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- The Mike Schroeder Team has over 30 years of combined real estate experience.
- The market is HOT, homes are selling at a record pace and we would be honored to sell your home.
- Flexible commission plans

## Cypress Mill Year-to-Date Sales Report

	Feb '13	Mar '13	Apr '13	May '13	June '13	July '13	Aug '13	Sept '13	Oct '13	Nov '13
\$201,000 and above	0	0	1	0	2	2	4	0	0	1
\$176,000--\$200,999	0	0	1	0	2	1	1	2	1	0
\$151,000--\$175,999	1	0	3	3	0	2	3	4	2	2
\$141,000--\$150,999	1	0	2	3	1	4	2	0	0	0
\$121,000--\$140,999	1	2	2	3	2	3	3	3	0	2
\$101,000--\$120,999	1	0	0	1	0	0	0	1	0	0
\$100,000 and below	0	0	0	1	0	0	0	1	0	0
<b>Total</b>	<b>4</b>	<b>2</b>	<b>9</b>	<b>11</b>	<b>7</b>	<b>12</b>	<b>13</b>	<b>11</b>	<b>3</b>	<b>5</b>
Highest \$/sq ft	\$79.82	\$82.55	\$83.00	\$84.10	\$82.51	\$85.91	\$82.31	\$84.70	\$84.26	\$85.57

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