



CYPRESS MILL *Chronicle*

NEWS FOR THE RESIDENTS OF CYPRESS MILL

February 2014

Volume 14, Issue 2

Wine Fair Cy-Fair

The community will gather to enjoy fine wines, fabulous food and socializing with neighbors at the third-annual Wine Fair Cy-Fair on April 5 at Cypress Village Station and at the upscale One Fine Affair on April 4 at the Alamo at Northwest Forest Conference Center.

Wine Fair features 125+ wines, 15+ restaurants and food tasting-tables serving signature specials, The Backyard Grill Beer Garden, a Home Zone and the Aruba Live Music stage. Wine Fair is a community-wide party benefitting Reach Unlimited.

The evening will be packed with engaging experiences such as displays from local artisans and community businesses. Guests will sway and dance the night away to the captivating tunes of the Robert Hartye Band, and fundraising for Reach will feature a wine pull, gift baskets, restaurant certificates and great swag donated by local businesses.

The vendor village welcomes art, jewelry, food products and everything in between. For the pampered treatment, The Loken Group VIP Premium room boasts relaxed seating, restroom facilities and great views along with premium wine selections and delicious food offerings provided by La Madeleine Country French Café.

The Backyard Grill Beer Garden showcases craft beer offerings as well as signature nibbles from Backyard Grill and Backyard Smokehouse.

Before the doors open on Wine Fair, the pre-event All that Sparkles is an effervescent party from 4:30 to 5:30 p.m. Guests will enjoy

Tickets and Information

Must be 21 or older to attend. Online tickets available at www.winecyfair.com

Wine Fair Cy-Fair

\$25 general admission

\$65 VIP Premium Wine Lounge

\$55 VIP Premium Wine Lounge

early bird special – offer good through 2/28/14

All That Sparkles - \$20 pre-party ticket add on

One Fine Affair - \$100 (limited to 100 guests)



French champagnes, sparkling wines and culinary treats.

Wine Fair is limited to 2,500 entrants. Last year, all events sold out.

One Fine Affair is Friday from 7 to 10 p.m. The elegant affair will feature fine wine, fine foods and a mighty fine time. Guests will learn more about Reach Unlimited. Attendance is limited to 100 guests.

Wine Fair Cy-Fair is a collaboration between the Cy-Fair Houston Chamber of Commerce and Food & Vine Time Productions, the organization that produces the world-class Wine & Food Week in The Woodlands, Brewmasters Craft Beer Festival, Zest in the West, Katy Sip n Stroll, the wildly popular Haute Wheels Houston The Food Truck Festival and the newly announced Big Brew Houston Craft Beer Celebration.

“This is a unique, once-a-year opportunity for the community to come together to socialize and have a great time while enjoying

high-quality wines, craft beers and foods,” said Founder & Co-Producer Constance McDerby. “And we get to benefit a worthy cause by helping to support a local community partner in Reach Unlimited.”

Leslie Martone, President of the Cy-Fair Houston Chamber of Commerce, said, “The first two years of this great event were huge successes – better than we could have hoped for. And really, we expect this year to be even more fun and successful. As a Chamber, our focus is on the community, and we’re proud to present this type of community-wide event.”

CYPRESS MILL

Important Numbers

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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	http://records.txdps.state.tx.us/
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

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Constable Ron Hickman (24 Hour Emergency)

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Harris County Road and Bridge

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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

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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

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<http://www.cypresshillmud1.com/contact/index.html>

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Kidney Walk

The National Kidney Foundation is the leading organization in the U.S. dedicated to the awareness, prevention and treatment of kidney disease for hundreds of thousands of healthcare professionals, millions of patients and their families, and tens of millions of Americans at risk

Nearly six of ten Americans will develop kidney disease in their lifetime, according to a new analysis published in the American Journal of Kidney Disease. In comparison, lifetime risk of diabetes, heart attack and invasive cancer is approximately four in ten.

The Kidney Walk is the nation's largest walk to fight kidney disease and is held to raise awareness of, and support those who are battling this disease. Held in nearly 100 communities, the event raises awareness and funds lifesaving programs that educate and support patients, their families and those at risk. Take a lifesaving step today and sign up for a walk below. The Houston Walk will be held on May 4th at 7:30am at Discovery Green Park Downtown. Registration at www.donate.kidney.org.

For more information on forming teams or sponsorship, please call 713-964-2644.

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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

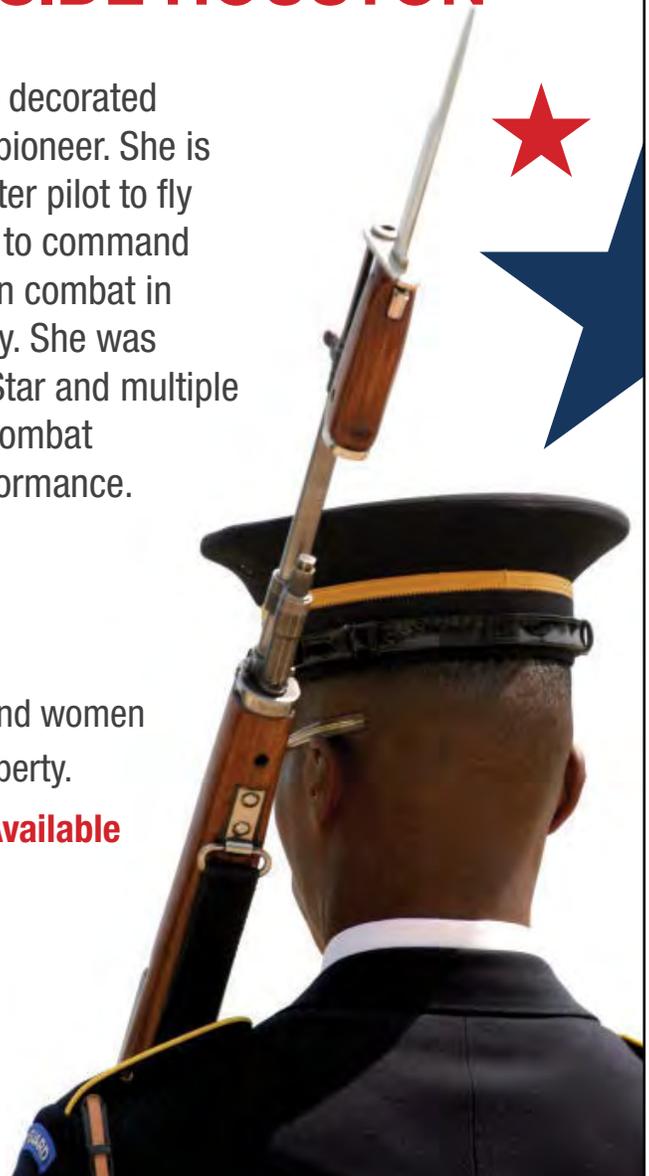
Salute to Our Heroes will honor the brave men and women who have served to preserve our freedom and liberty.

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.



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Sat 9AM - 4PM

Dr. Eleanor M. Green, Dean of the College of Veterinary Medicine and Biomedical Sciences to speak to

NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

on February 11th

Join us for the Northwest Harris County Aggie Mom's Club monthly meeting on Tuesday, February 11, 2014 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. Our speaker will be Dr. Eleanor Green who holds the Carl B. King deanship of the Texas A&M University College of Veterinary Medicine & Biomedical Sciences. Dr. Green is a Diplomate of the American College of Veterinary Internal Medicine, Large Animal, and Diplomate of the American Board of Veterinary Practitioners, Certified in Equine Practice. Her clinical interests have included general internal medicine, gastrointestinal disorders, neurologic disorders, diseases of the newborn, and lameness. Her research interests have been primarily in the areas of endotoxemia, laminitis, neonatology, and gastric ulcer disease. She has delivered lectures across the nation and internationally on subjects related to her clinical and research interests, as well as equine welfare issues. She now also speaks on leadership and has delivered the commencement address to the graduating classes of veterinary students at Auburn University (1995), Mississippi State University (1995), and Louisiana State University (2010) and has delivered numerous keynote addresses. Additionally, Dr. Green has served as president of three national organizations, the American Board of Veterinary Practitioners, the American Association of Veterinary Clinicians, and the American Association of Equine Practitioners. Refreshments will be available at 6:45!

China Luncheon and Style Show- Get Your Ticket Today!

Don't miss the Annual China Luncheon and Style Show on Saturday, February 8, 2014 from 10:30 a.m. - 1:30 p.m. at Shirley Acres located at 217 Woerner Rd., Spring, Texas. We are looking for talented ladies to decorate one of our themed tables and silent auction item donations. Individual tickets are \$30. Get your ticket at one of our monthly meetings or visit our website.

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. 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.

10 POWERHOUSE FOODS THAT WILL HELP YOU BURN FAT

Marissa Balch - CPT, Nutrition Coach - Texas Fit Chicks Boot Camp

1. Oatmeal - Great source of soluble fiber and slow-digesting carbohydrates that will keep blood sugar and insulin in check so fat burning can stay high.

2. Eggs - A form of well-absorbed protein, healthy fats and Vitamin D (found in the egg yolk). Eggs also contain lecithin, which promotes healthy liver function, thereby helping the body to burn fat.

3. Salmon - High in omega-3 fatty acids, salmon reduces inflammation in the body and lowers LDL and triglyceride levels while raising good HDL levels. Salmon also has a beneficial effect on leptin (hunger hormone) levels in the body, which means it helps to suppress your appetite.

4. Nuts - Another source of fiber and rich in omega-3s, these fats help to regulate blood sugar and protect the heart and the immune system.

5. Grapefruit & Berries - These fruits contain slow-digesting carbs and are rich in fat-fighting fiber. Strawberries, raspberries, blueberries and blackberries all are loaded with soluble fiber and antioxidants that protect blood vessels and promote healthy blood

flow.

6. Avocado - It's got fat, yes, but the good kind! The monounsaturated fats found in avocado are burned readily for fuel during exercise and actually encourage fat burning. Good source of fiber and antioxidants.

7. Leafy Greens - Broccoli, specifically, is a fibrous carb that can make you feel full quickly—one reason why it's a great food for getting lean. Broccoli also contains phytochemicals that can help enhance fat loss.

8. Cinnamon - Helps to reduce blood sugar levels, which in turn prevents the body from storing sugar as fat. Add it to your oatmeal and yogurt to enhance flavor without adding calories.

9. Green Tea - Drink this! Not only is green tea packed with antioxidants, it also contains catechins, a phytochemical that helps speed up metabolism and burn more fat.

10. Beans & Legumes - Great sources of protein and they normalize insulin levels and help keep your blood sugar steady throughout the day. Black beans, Garbanzo beans, red beans and lentils are all great to incorporate into your diet.



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CY-FAIR KIWANIS CLUB

Come join us at the CY-FAIR KIWANIS

CLUB and be a part of sponsoring children's activities that help to develop leadership and good citizenship in the youth of our community. CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs in the Cy-Fair High Schools, Girl Scout, Boy Scout, and Sea Scout troops and activities; provides scholarships to outstanding Key Club members in our district; assists at Cypress Assistance Ministries, Bear Creek Ministries; the Houston Food Bank; and other charitable groups.

Membership is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International. If you would like to know more



about Kiwanis and the programs it promotes, we invite you to be our guest at one of our monthly meetings. The Cy-Fair Kiwanis meet at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. February meetings will be on the 4th, 11th, and 18th. For more information, call John Carroll (Copperfield and Hearthstone areas) at 281-463-0373; George Crowl (Jersey Village area) at 832-467-1998; or Peggy Presnell (Fairfield and CyRanch)

at 281-304-7127. If you live anywhere in the Cy-Fair Communities, you may call any one of the above for information. COME, BE A PART OF OUR FELLOWSHIP. See www.kiwanishoustoncyfair.com for more information.

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Cypress Fairbanks
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NORTHWEST FLYERS YOUTH TRACK CLUB BEGINS 27TH SEASON

The Northwest Flyers Youth Track Club is now registering boys and girls ages 6 – 18 for the 2014 season. The team provides a full program of track and field events, and is affiliated with USA Track & Field (USATF). The club was founded 27 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

Registration and practice is at 5:30 p.m. on Mondays and Thursdays at the Cypress Creek High School track, 9815 Grant Rd., Houston.

For registration forms and additional information, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at linette.roach@sbcglobal.net or (281) 587-8442.

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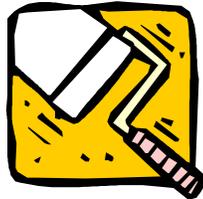
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Cypress Mill Year-to-Date Sales Report

	Mar '13	Apr '13	May '13	June '13	July '13	Aug '13	Sept '13	Oct '13	Nov '13	Dec '13
\$201,000 and above	0	1	0	2	2	4	0	0	1	0
\$176,000--\$200,999	0	1	0	2	1	1	2	1	0	0
\$151,000--\$175,999	0	3	3	0	2	3	4	2	2	3
\$141,000--\$150,999	0	2	3	1	4	2	0	0	0	1
\$121,000--\$140,999	2	2	3	2	3	3	3	0	2	1
\$101,000--\$120,999	0	0	1	0	0	0	1	0	0	0
\$100,000 and below	0	0	1	0	0	0	1	0	0	0
Total	2	9	11	7	12	13	11	3	5	5
Highest \$/sq ft	\$82.55	\$83.00	\$84.10	\$82.51	\$85.91	\$82.31	\$84.70	\$84.26	\$85.57	\$81.80

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