



CYPRESS MILL *Chronicle*

NEWS FOR THE RESIDENTS OF CYPRESS MILL

April 2014

Volume 14, Issue 4

BLOOD PRESSURE

TAKE CONTROL OF THE SILENT KILLER



High blood pressure, or hypertension, is sometimes called the silent killer because there are often no symptoms. That's why keeping track of blood pressure is one of the most important things a person can do to stay healthy, said doctors at Baylor College of Medicine.

Left untreated, hypertension, can cause organ damage over time, leading to heart attack, blindness, kidney failure or stroke, said Dr. Biykem Bozkurt, professor of medicine at BCM.

Some factors that are associated with hypertension are diabetes, family history of hypertension, being overweight, taking in too much sodium, drinking excessive alcohol and smoking. Generally a healthy

reading is 120/80, and hypertension diagnosis is made at 140/90. People considered prehypertensive generally have readings that fall between 120/80 and 140/90. Doctors always check blood pressure as part of appointments and there are also many locations where blood pressure machines are available for anyone to have their pressure checked. Bozkurt advises talking to a doctor to determine if your reading is at a healthy level rather than taking the machine's reading at face value.

"For a relatively healthy person not suffering from any other illnesses, only a few lifestyle changes like diet modifications and exercise may be needed," said Bozkurt.

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	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)

281-376-3472

Harris County Road and Bridge

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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!

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



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Cypress-Tomball Democrats Host Easter Egg Hunt April 12th

The Cypress-Tomball Democrats will host their 3rd Annual Community Easter Egg Hunt on Saturday, April 12th from 3:00 pm – 5:00 pm. This fun event will be held at the D. Bradley McWilliams YMCA at Cypress Creek, 19915 State Highway 249 at Cypresswood, in the outdoor pavilion.

The free activities are open to the public, and include an Easter Egg Hunt for kids under 12, recreational activities, music, prizes, and a visit from the Easter Bunny. Attendees should bring their own baskets and lawn chairs.

For more information, visit the club website at www.cytomdems.com; contact Glenn Etienne at cytomdems@yahoo.com; or "Like" the club on Facebook.




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VOLUNTEERS AND INTERNS NEEDED.

Altus Hospice is looking for awesome, loving, and caring volunteers to help with several programs.

PATIENT CARE VOLUNTEERS

Have you ever felt like your calling or passion in life is to work with terminally ill patients? If so we have a volunteer opportunity working with patients and their families . approaching the end of life.

With just a couple of hours a week, you can really make a difference in the life of our terminally ill patients and their loved ones. Many enjoy to sit outside in the fresh air or in their room and share stories about their life: Others are more hands on and enjoy reading, puzzles, watch football/basketball games or play other games, like Bingo and Dominos.

ADMINISTRATIVE VOLUNTEER

The administrative volunteer serves as an integral member of the

Hospice interdisciplinary team in our office in The Woodlands area. Office support volunteers perform duties such as, filing, copying, answering the telephone, mail-outs, and inventory control of medical supplies.

Volunteers are crucial for these programs to succeed! Volunteers must be reliable, motivated, and flexible. Training will be provided. (Qualifies for In Service Credits) Background check will be required. There is no charge for this.

Get involved and be a blessing to someone by taking advantage of this wonderful opportunity. Please leave your name and telephone number.

FOR MORE INFORMATION PLEASE CALL:

Altus Hospice Leanne Crowe, Volunteer Coordinator 713-382-7934, or email me at lcrowe@altushospicecare.com.

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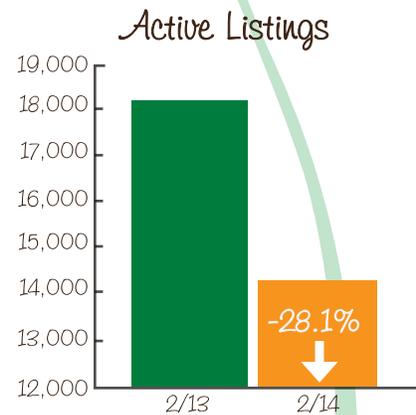
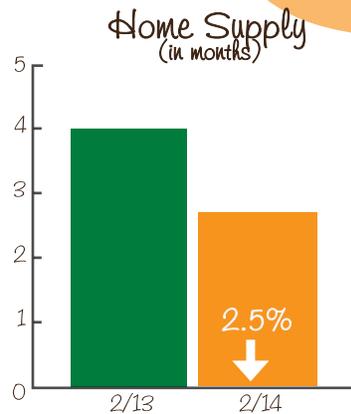
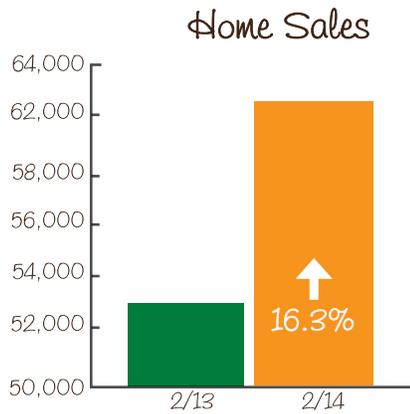
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For more information, please contact the chapter Regent, Cheryl Partney at cpart86@comcast.net or by phone at 832-654-0306. We look forward to meeting you.



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Cypress Mill Year-to-Date Sales Report

	May '13	June '13	July '13	Aug '13	Sept '13	Oct '13	Nov '13	Dec '13	Jan '14	Feb '14
\$201,000 and above	0	2	2	4	0	0	1	0	0	1
\$176,000--\$200,999	0	2	1	1	2	1	0	0	0	1
\$151,000--\$175,999	3	0	2	3	4	2	2	3	1	4
\$141,000--\$150,999	3	1	4	2	0	0	0	1	2	0
\$121,000--\$140,999	3	2	3	3	3	0	2	1	2	1
\$101,000--\$120,999	1	0	0	0	1	0	0	0	0	0
\$100,000 and below	1	0	0	0	1	0	0	0	0	0
Total	11	7	12	13	11	3	5	5	5	7
Highest \$/sq ft	\$84.10	\$82.51	\$85.91	\$82.31	\$84.70	\$84.26	\$85.57	\$81.80	\$86.06	\$107.43

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