

Cypress 5K Fun Run and Puppy Parade

Submitted by Tracy Williams

Cypress and Houston area residents can strengthen their families, their bodies, their neighborhood school, and their dogs at a very fun family friendly event this fall. Cypress 5K Fun Run and Puppy Parade benefiting the Performing Arts Department at Spillane Middle School will take place Saturday, November 18th at 9:00 a.m. at Spillane Middle School, 13403 Spillane Woods Blvd.

The event is the school's fourth annual Fun Run, and will feature a timed run. You don't have to be a competitive runner to participate since the race also features a family run for those pushing strollers or wanting to walk, and a dog walking segment. The race will begin at Spillane Middle School, and go through the Coles Crossing neighborhood. Medals will be awarded in multiple age brackets, and to the first three dogs who cross the finish line.

While generating funds to support the school's award-winning Performing Arts programs is one goal of this run, event organizers want to strengthen the school's ties to the community as well as encourage community spirit and fitness. The race has become an annual tradition for many, and provides the opportunity to run, walk, bond with, and support family, friends, and neighbors. Last year's run had over 900 participants, and was a great success.

Early bird registration runs August 20 through October 28 for \$30 per individual or \$100 for a family of four, and includes a commemorative T-shirt. From Oct. 29 Nov. 11th registration increases to \$35 per individual or \$110 for a family of four, and a T-shirt is not guaranteed. Late registration, which continues until race day, is \$40 per individual or \$160 for a family of four, and does not include the shirt.

Returning this year will be the option to "Sleep in for the Arts." Pay the registration fee. Do not participate on Race Day. Get a t-shirt!

Runners who have pre-registered can pick up their packets

Thursday, November 16th at Spillane Middle School.

To register or for more information, visit the Cypress 5K Fun Run & Puppy Parade website at <https://thedriven.net/cypress5k>.



The poster features the text "CYPRESS 5K" at the top in a large, light font. Below it is a silhouette illustration of a group of people running, with a dog running alongside them. The main title "FUN RUN & PUPPY PARADE" is written in large, bold, black letters, with a paw print icon next to the word "RUN". Below the title, it says "All Proceeds Benefit Spillane Middle School Performing Arts Department". At the bottom, the date and time are listed: "Saturday, November 18, 2017 9:00 AM Spillane Middle School". A QR code is located in the top right corner of the poster.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire/Ambulance.....	911
Officer.....	911
Poison Control.....	800-222-1222
Cy-Fair Medical Clinic (24 Hour).....	281-890-4285
Sheriff Non-emergency.....	281-463-2648

NON-EMERGENCY NUMBERS

Emergency Roadside Assistance.....	800-525-5555
Fire/Ambulance.....	713-466-4073
Harris County Precinct 4	281-376-3472
Texas No Call List Registration	866-TXN-OCAL
Vacation Watch	281-401-6200

SCHOOLS

Bus Information.....	281-897-4380
Ault Elementary School.....	281-373-2800
Keith Elementary School.....	281-213-1744
Swenke Elementary School.....	281-213-1200
Rosehill Christian School.....	281-351-8114
Cy-Fair Administration	281-897-4000
Cy-Ranch High School	281-373-2300
Cy-Woods High School.....	281-213-1800
Salyards Middle School	281-373-2400
Spillane Middle School.....	281-213-1645

UTILITY NUMBERS

Eagle Water Management, Inc.....	281-373-8989
Centerpoint (Gas)	713-659-2111
Reliant Energy (Electricity).....	713-207-7777

OTHER NUMBERS

AT&T Repair Center.....	800-246-8464
Street Light Outages (Need to provide the 6 digit pole number).....	713-207-2222
Harris County Animal Control	832-999-3191
Best Trash (They provide free trashcan for recyclables)	281-313-2378
Harris County Public Library.....	281-290-3210
Post Office.....	281-858-9021

NEWSLETTER INFO

PUBLISHER

Peel, Inc.	888-687-6444
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FAIRFIELD

Sunday October 22, 2017

Benefitting Our Charities: JDRE, OMS Life & Teddy Bear Drive, Team Tiara, Phred's Place, & Gulf Coast Lupus Foundation

Location: Fairfield Athletic Club, 16055 Mason Road, 290/Mason
Check-In: 5:30 am; Race Starts: 7:15 am
Awards/Prize Drawings 10:00 am
Registration Individual \$85, Relays \$155 per team
\$105 VIP (Registration limited to 1st 200)
New this year, VIP Pricing Includes:

- Custom Headsets Visor, or Cap
- Custom Socks
- VIP Hot Meal
- VIP Parking
- VIP Packet Pick-up

Register Early
Save \$\$\$

	SWIM	RUN	BIKE	RUN
TRIATHLON	300 Meters		10 Miles	5K
DUATHLON	NO SWIM	1 Mile	10 Miles	5K
AQUA BIKE	300 Meters		10 Miles	NO RUN

Individual divisions by age and relay team entries (Men, Women and Youth)
 To Register <https://enduranceui.active.com/event-reg/select-race?e=4500652>
 Swim, Bike & Transition Clinics available for \$15 each or all 3 clinics for \$40
 Clinics Oct. 1, 8, & 15 at 2 pm Certified coaches take your race to the next level!

RSVP for Clinics to reserve your spot!

To sponsor, volunteer or for information, FAIRFIELDTRIATHLON.ORG
 Email: mbyrne9961@aol.com or call (832)594-7656



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FAIRFIELD

Saturday October 21, 2017

Location: Fairfield Athletic Club, 16055 Mason Road, 290/Mason
Check-In: 5:30 am; **Race Starts:** 7:15 am
Awards/Prize Drawings: 10:00am
Registration Fee: \$40 \$50 VIP (Registration limited to 1st 250)

VIP Pricing Includes:

- Custom Socks
- VIP Hot Meal
- VIP Parking
- VIP Packet Pick-up

Register Early
Save \$\$\$

	SWIM	BIKE	RUN
5 – 6 yrs	25 meters	1 mile	½ mile
7 – 11 yrs	50 meters	2 miles	¾ mile
12 – 14 yrs	100 meters	3 miles	1 mile

Calling all Kids! Come and enjoy a Fun Family Event supporting our charities: JDRF, OMS Life and Teddy Bear Drive, Phred's Place, Gulf Coast Lupus Foundation, and Team Tiara

To Register or to view bike & run routes:
Fairfieldtriathlon.org

<https://endurancecul.active.com/event-reg/select-race?e=45006552>



4TH ANNUAL SHOTS FOR HOLLY FLU SEASON KICKOFF PARTY

The Shots for Holly crew is gearing up for the 4th annual Flu Season Kickoff Party, set for Sept. 9 at The Shack, 12710 Telge Road in Cypress.

"We want to invite everyone out to join us," said Dr. Michelle Becker, founder and president of Shots for Holly. "We'll be there from 11 to 2. We'll have information about the flu, prevention and inoculations, as well as our infamous bus for picture-taking, raffle items and games."



"One of our clinic partners will be there to administer the flu shots. And, we're super excited to announce that the band Soul Shine will be with us that day, providing a backdrop of great music for our festivities."

Proceeds from the raffle items will fund ongoing educational programs.

"We will have several items up for grabs in our raffle. You don't need to be present to win," Becker said. "Check our Facebook page and website for details on how you can purchase tickets for a wagon loaded up with party supplies, as well as a grill, and other fun items."

Each year, approximately 50,000 people die of flu-related complications, according to the Center for Disease Control. Deaths among young people 29-45 are on the rise.

"Thanks to our supporters, in the last three years, we have raised more than \$70,000, facilitated over 700 flu shots, traveled over 4000 miles in our bus, and made over 50 appearances at medical facilities and health expos to raise flu awareness," Becker said.

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Monday, September 11 from 2-4 pm

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NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

www.nwhcaggiemoms.org



Calling all Aggie moms!!! Whether you are a mom of a past, current, or new Aggie, come check out the Northwest Harris County Aggie Mom's Club!! We meet the second Tuesday of every month (Aug-May), at the Houston Distributing Company, 7100 High Life Drive, Houston, Texas. Socializing starts at 6:30 pm, and the meeting starts at 7:00 pm. Each month, we have interesting speakers, and a chance to win a door prize, a fun money raffle, and a chance to enter the book award drawing! We have a lot of fun in our quest to support our Aggie students, and in awarding a number of student scholarships each year. The scholarship applications are due by early Feb, and are awarded in April.

On October 14th is our Hullabaloo Huddle football watch party at Swanny's Grill! Please refer to our website for details on our upcoming meetings and events. We hope you will join us!! Gig 'Em and God Bless!

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Albion Hurricanes



Technical Development Indoor Soccer Program (TDIS) will be held on Monday evening's from 5:00 - 6:00 PM. The objective is to further the technical skills of each player through innovative drills, guided discovery exercises and fun and challenging game play. This program is open to all players regardless of club affiliation.

All sessions will be held at Dynamic Indoor Soccer, 20212 Franz Road, Katy TX 77449 for nine weeks.

AGE GROUP: (BOYS & GIRLS) U8 - U10

DATES Fall 2017 Option 1:

August 7, 14, 21, 28

September 4, 11, 18, 25

October 2

COST: \$200

For further information please contact Eliel Pierre:
epierre@albionhurricanes.org

25th ANNUAL SEAS Ladies Auxiliary presents the
Gingerbread Village Holiday Market
Saturday, October 28, 2017
9 am to 4 pm
 Shop for Arts, Crafts,
 Specialty Foods and Fashion Goods

St. Elizabeth Ann Seton Catholic Church
 6646 Addicks Satsuma, Houston, Tx 77084
 In northwest Houston, approximately 1 mile east of Hwy 6
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CY FAIR ISD CLUB REWIND

CFISD's before- and after-school care program, Club Rewind, is now enrolling elementary and middle school students for the 2017-2018 school year.

The fun-filled program gives the benefit of being in a familiar area without being transported to a daycare center. Children remain with their friends and are able to build relationships with varying age groups from their campus, increasing the "family atmosphere" within the school. Club Rewind has access to different areas of the campus to create the ideal environment for each activity.

Revenue generated from Club Rewind is reinvested back into the children of Cypress-Fairbanks ISD. Tuition rates for combination before/after-school care begin at \$310/month with discounts for siblings, students who qualify for reduced or free lunch and varying rates for before only or after-school only services.

Visit www.cfisd.net/clubrewind for more information or register at cpo.cfisd.net.

Cypress Area Food Pantry

Do you know of someone who has trouble putting food on the table? Maybe their employment was suddenly terminated; maybe it's a choice between medications or food; for whatever reason a family can find themselves in a situation where they need a little help.

Fountain of Life Church of God on Mueschke Road runs a food pantry on Mondays from 3:30 pm to 6:00 pm and the only requirement is that the client should live in zip code 77433 and west of Skinner 77429. For more information, contact 281-373-9337. Food donations and volunteers are also greatly appreciated.

Computerized job search and resume preparation and printing are also available.



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Buddy Holly comes to Cypress!

Cypress Woods Theatre Company season starts with "BUDDY: The Buddy Holly Story."

This award-winning musical celebrates the life of the singer-songwriter Buddy Holly who shot to stardom in the 1950's. This is the first time a high school in Texas has performed this show- especially significant since Buddy Holly was a native himself.

Musical numbers include:

"La Bamba", "Peggy Sue", "Shout", "That'll be the Day!"

The show is at Cypress Woods High School auditorium, Friday Sept 15th at 7pm, Saturday Sept 16th at 2pm and 7pm, and Monday Sept 18th at 7pm. It is rated PG-13

Tickets are available online at showtix4u.com and at the door
Sit back, relax, and enjoy a night of entertainment.

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CYFEN'S FALL FASHION SHOW

Luncheon Details

Thursday, September 28, 2017

Networking 11 a.m.; Luncheon begins at 11:30 a.m.

Sterling Country Club,

16500 Houston National Blvd., Houston, TX 77095

Costs \$25 with advanced reservations; \$30 at the door

Houston, TX (August 9, 2017) CYFEN's first annual Fall Fashion Show will be held at our September 28th luncheon. September is also our annual Fall Membership drive, so this will be a perfect time for guests to visit and see what CYFEN has to offer. Fashions will be provided by Cabi and J. Hilburn – Angela Altamuro; Ruby Ribbon – Angila Ervin; Ruth Pataine Jewelry – Dr. Michelle Becker; A Splash of Sass – D'Ann Gummelt; LuLa Rue – Carrie Morrison and Premier Jewelry – Joan Deasy. Guests in attendance will receive a complimentary swag bag.

This month's CYFEN meeting begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Luncheons are held at the Sterling Country Club, 16500 Houston National Blvd.

About Cy-Fair Express Network (CYFEN)

Now over 60 members strong, Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring.

Our members have opportunities to pursue excellence and achieve both local and national recognition. CYFEN is part of the national organization of American Business Women's Association (ABWA), for more information go to www.CYFEN.org.

About American Business Women's Association (ABWA)

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 60 years to women's education, workplace skills, and career development training. For more information, visit, www.abwa.org.



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Cy-Fair Republican Women September Meeting

**Tuesday, September 12th will be
CFRW General Meeting from 10:30 AM - Noon.**

Meeting is \$3 -- Meeting w/Lunch at Noon is \$23.

Hearthstone Country Club,

7615 Ameswood, Houston, TX 77095

We will have a Discussion Panel with our local State Representatives.

All are welcome! Bring a friend to lunch and enjoy discussing timely topics with informed Republican Women.

RSVP to www.cfrw.net by September 5th. We look forward to seeing you there!

SAVE the DATE

November 3rd for High Heels & High Tea at Sterling CC.

Tickets are available now. Check the website or ask a member for a couple.

CYPRESS TEXAS TEA PARTY

The next meetings of the Cypress Texas Tea Party will be on:

Saturday, July 8, 2017 NOON - 2:00 PM

- To be determined

Saturday, July 29, 2017 NOON - 2:00 PM

- To be determined

The Cypress Texas Tea Party meets every three weeks on Saturday

Noon until 2:00 PM at:

Spring Creek BBQ

25831 Northwest Freeway

Cypress, Texas 77429

Map: <http://goo.gl/maps/OoNjY>

A schedule of our meetings and confirmed speakers can be found at our website, www.cypresstexasteaparty.org



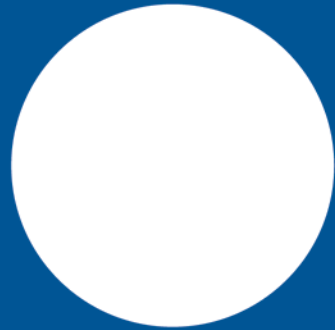
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