

SPECTATOR

December 2017

NEWS FOR THE RESIDENTS OF CYPRESS CREEK LAKES

Volume 6, Issue 12

8th Annual Houston Methodist Cy-Hoops Invitational



The Houston Methodist Cy-Hoops Invitational will be here before we know it.

The championship game will be played at 5:30 p.m. Saturday, December 9, 2017 at the Berry Center.

The Cy-Fair Educational Foundation in partnership with Houston Methodist Willowbrook

Hospital and Houston Methodist West Hospital will host the 8th Annual Houston Methodist Cy-Hoops Invitational December 7, 8, & 9, 2017. Wainwright Dental & Associates, P.C., a longtime supporter of this elite high school basketball tournament, has joined with Underwood Orthodontics, Spradley Endodontics, and Spring Cypress Oral Surgery and Implant Center as premier sponsors. The Cy-Hoops tournament looks to engage the community, promote the sport of basketball, and foster community spirit, while raising funds for student scholarships and innovative staff development programs for Cypress-Fairbanks ISD.

This year's Houston Methodist Cy-Hoops Invitational is loaded with talent including the 2017 6A State Champion Cypress Falls Golden Eagles and 2017 Class 4A State Champion Silsbee Tigers.

The tournament showcases the 10 Cypress Fairbanks ISD boys' varsity basketball teams, along with 14 out of district teams. Preseason rankings by the Texas Association of Basketball Coaches have five (5) out of district teams competing in this tournament ranked in the top 25. Dekaney High School is returning to defend their title as last year's Houston Methodist Cy-Hoops Invitational winner.

Join the community in cheering on our teams at the Berry Center, Cypress Falls High School, Cypress Woods High School and Cypress Ridge High School Thursday through Saturday, December 7-9, 2017. The tournament bracket will be posted on the Berry Center website after Thanksgiving.

Candy Cane Fun Run 5K

Come enjoy a fun family friendly event to support Keith, Swenke and Ault Elementary and Salyards Middle School.

December 16th at 9am

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Sounds of the Season

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500th Baby Born at Memorial Hermann Cypress Hospital

Memorial Hermann Cypress Hospital is excited to announce the birth of the hospital's 500th baby! Theodore Dennis McConkie was born at 12:50 pm on Thursday, November 9th. He was 7 lbs 2 oz, and 20 inches long.



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Holiday Luncheon and Gift Exchange Event

Luncheon Details

Thursday, December 21, 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

At the December 21 Cy-Fair Express Network Luncheon, members and guests will enjoy cheery festivities during the annual Holiday Luncheon and Gift Exchange Event. As always, guests are welcome and encouraged to join in and network. Please join us and be a part of the fun.

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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Grief and the Holiday Season



The holiday season is usually filled with festive family gatherings, but this can highlight the absence of those we've lost. There is no one right way to grieve during the holiday season. When facing the first holiday season without a loved one, Executive Director Roy Wooten of local nonprofit Shield Bearer, shares this advice:

1. Remember you are normal in what you are feeling. You are not alone. What you are feeling is felt by others with losses this year. You are not "bad" for feeling what you feel.
2. The fear of what the holiday will be like without your loved one can be much worse than the actual day. Don't stay away from the holidays because of what you fear.
3. This year might be different, but just because you change a tradition this year does not mean the holiday traditions cannot make a reappearance next year.
4. Take care of your physical needs: get rest, eat within a healthy range, and hydrate. Leave out alcohol and other drugs.
5. Share stories about your loved one. Talking about memories and reminiscing will be helpful to you and likely the others gathered for the festivities.
6. Consider doing something symbolic in memory of your loved one (perhaps a special ornament or a lit candle during the meal).
7. Give yourself grace. Understand that the unrealistic expectations of joy, intimacy, and peace are felt by everyone during the holidays.
8. Cry when you need to. Your tears will be welcomed by your loved ones. If you feel you need to excuse yourself, then have a good cry and return. Give yourself permission to also feel the joy that may follow.
9. Ask for what you want or need from others during the holidays. Do not try to knuckle your way through all by yourself.
10. Consider doing something for someone else. Focus on volunteering, sending a gift, or doing something for a neighbor, friend, loved one, or charity.

Wooten adds, "My hope is that anyone that has experienced the loss of a loved one this year will find the courage to move through this holiday season with self-acceptance and grace. It's okay to reach out for help, you are not alone."

For more information about grief counseling and other counseling services and programs at Shield Bearer, visit shieldbearer.org or call (281)894-7222.

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