

CYPRESS

pulse

DECEMBER 2017 - VOLUME 3, ISSUE 12

NEWS FOR THE CYPRESS PARK COMMUNITY

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.



*Sounds
of the
Season*

**Candles and Carols
Cypress Ranch
Winter Concert
Thursday December 7th
@ 7:00PM
Cypress Ranch High
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Join us for Hot Chocolate
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And Holiday Cheer!**

For more information go to ranchchoir.com

IMPORTANT NUMBERS

EMERGENCY NUMBERS

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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

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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. I have attached a photo of the McConkie family for your consideration. Please let me know if you need anything else.



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Cypress Texas Tea Party

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

Saturday, December 2, 2017 NOON - 2:00 PM

- David Balat, Candidate for US Representative, District 7
- Judge Rory Olsen, Harris County Probate Court #3
- Judge Christine Riddle Butts, Harris County Probate Court #4
- Melanie Flowers, Candidate for 257th District Court
- Xavier Alfaro, Candidate for Criminal Court at Law #5
- Mike Schofield, Texas State Representative, District 132
- Justin Kieter, Candidate for 263rd District Court
- Judge Jeff Williams, Justice of the Peace, Precinct 5, Place 2

Saturday, January 13, 2018 NOON - 2:00 PM

- Ray Black Jr., Candidate for County Probate Court #2
- Judge Paula Goodhart, Criminal Court at Law #1

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.cypressstexasteaparty.org

NW Flyers Track



The Northwest Flyers Youth Track Club will celebrate its 35th Anniversary Season by hosting its annual free Registration/Orientation breakfast on Saturday, February 3rd, 2018, for all boys and girls who are interested in joining for the 2018 track season. The breakfast starts

promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The event is an opportunity for youth athletes to register for the 2018 spring/summer track season, and to meet the Northwest Flyers coaches, staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization (USATF). All athletes and parents who wish to join the Northwest Flyers must attend the orientation.

The Northwest Flyers Track Club is a youth (ages 6 -18) track club, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance and relays, and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, shot put, discus and javelin.

For additional information on the Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org>; contact Linette Roach at linette.roach@sbcglobal.net; or "Like" the club on Facebook.

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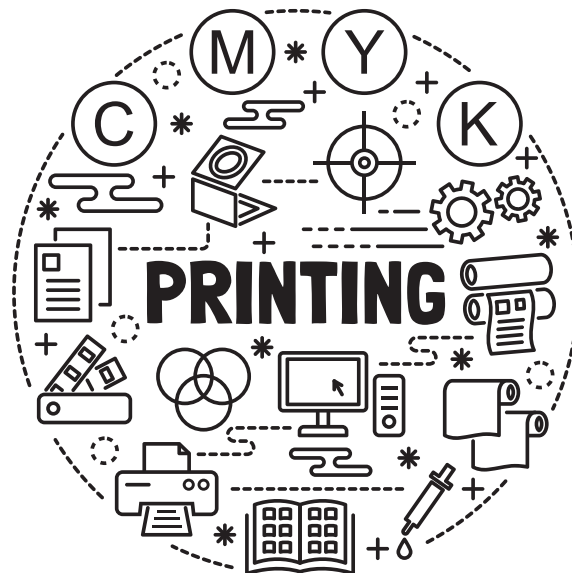
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Holiday Luncheon and Gift Exchange Event

Luncheon Details

Thursday, December 21, 2017

Networking 11a.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.

CYPRESS AREA FOOD PANTRY TIMES AND SERVICES

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.

Flood Damage Relief

Houston-based O'Connor is looking to help their neighbors with flood damage by implementing a Harvey Tax Reduction Program designed to help those home and business owners obtain property and federal tax reduction.

During this very busy time, most appraisal districts will not have the staffing to determine which houses and businesses have flooded. This means the responsibility to report damage will fall on the property owner. O'Connor is offering to coordinate the appraisal process, allowing property owners to upload documents and complete forms which the firm will forward to the appropriate appraisal district. Then, a member of the O'Connor team will follow up with the property owner shortly after Jan. 1 to discuss their status and whether additional communications with the appraisal districts are advisable.

The program will also offer owners of flooded property a free consultation regarding the casualty loss deduction they could claim. For those wondering to what extent property flooding affects their home's worth, the firm will have free copies of its study which examines the impact disclosure of house flooding has on market value.

A typical homeowner with a home worth \$200,000 to \$300,000 that flooded and did not have flood insurance is eligible for approximately \$30,000 to \$50,000 in federal income tax refunds, and they can get the money in less than a month. A homeowner living in a house worth \$200,000 to \$300,000 that flooded and did have insurance is likely eligible for a \$10,000 to \$20,000 federal income tax refund. It is the quickest way for affected property owners to get money to rebuild.

O'Connor is looking to raise awareness about this program with a series of public service announcements and would appreciate your assistance in sharing this important message with your audience.

Thanks in advance for your consideration. We know that your support will make it possible for O'Connor to reach a significant number of Texans who were affected by flooding.

Candy Cane Fun Run 5K

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

REGISTER NOW

Adults \$20 - Children \$15
Must register by 11/24 to be guaranteed a shirt

www.candycanefunrun.com

Please email Brittany DeCaires at bdecaires@gmail.com to become a sponsor.

December 16th at 9am

Finding Hope

Sometimes I just feel broken. Broken as in not whole, shattered & not even sure how to begin putting the pieces back together. Are all of the pieces even still there?

I'm not going to lie. Living and dealing with emotional trauma is no cup of tea. You feel lost, beaten, broken, and very much alone. You frequently feel things will never get better. After all, how can they ever be as good as they were (or, at least, as good as you thought they were) when you're this broken shell of a person. Then, you watch and see the rest of the world passing, and think, "Why even try? It's hopeless."

With the passing of spring, I've been thinking about the significance of this particular season at this junction of my life. Spring is the season of rebirth and renewal; the time of fresh starts. So, as I sit & watch the renewal of everything around me, I wonder... What about me? Can I be renewed? Is there enough left of this broken person to put back together, fill the holes, and turn out a new person fresh and whole?

I've found that spending time with friends, both the human and equine variety, is a great healer. They have become my glue that pulls the shattered pieces back together. While spending quiet moments relaxing with my horse I hear God more clearly, telling me that I have purpose in this life. What came before was meant to happen, if only to prepare me for what is to come and to help me become the person He means me to be. Learning God's plans for me not only helps reassemble the scattered pieces, but leads me to discover new pieces, more vibrant than the old ever were. Suddenly, I find myself renewed and, just like that, there it is--- **Hope Resurrected**

If you find these things to be true in your own life, and would like to make a change, please visit our website at www.fivehorses.com to learn more about our newest workshop, **Finding Courage**, coming this November

Fair Ladies of Christ the Redeemer

Fair Ladies of Christ the Redeemer, or FLOC, is a faith and fellowship group for the women who live in Fairfield and Lakes of Fairhaven that attend Christ the Redeemer Catholic Church.

We generally meet once a month, usually at a member's home, or a local restaurant, and occasionally at Christ the Redeemer. Our meetings consist of food and drinks, prayer and fellowship! We occasionally have a speaker on topics that pertain to our faith, have fun craft nights, attend Christ the Redeemer events, try out new restaurants, and we also "give back" to the community and the church with some sort of charity or donation activity several times a year.

Our main goals are:

- To bring the CtR women of these two neighborhoods together to make social connections with each other,
- To support one another,
- To surround ourselves with women who share a common faith, and
- To bring those that are hesitant to attend CtR each weekend for Mass (due to the large size of the parish) back to Mass because there will be a friendly face in the crowd.

For more information, please contact Amy Wilkes at apw1974@juno.com, or search for our group on Facebook - Fair Ladies of Christ the Redeemer (FLOC) - and request to join our closed group.

We look forward to meeting you at our next event!



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KNIGHTS OF COLUMBUS VEGAS NIGHT

JANUARY 27, 2018

The Knights of Columbus Council #8096 will be holding their 32nd annual Vegas Night on Saturday, January 27, 2018! Great fun, food and prizes have been the hallmark of this event for several years.

Where – St. Elizabeth Ann Seton Catholic Church
Community Life Center

6646 Addicks-Satsuma Rd. Houston, TX 77084

When – January 27, 2018 at 6:30 pm

Mark your calendars now and more detailed information will be coming soon!

*For interest in table sponsorships or donating prizes contact
Tom DeScioli at 918-633-3806; email tdescioli@aol.com*

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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.



Shield Bearer Earns Certified Transparent and Top-Rated Nonprofit Awards



Local nonprofit Shield Bearer was recently *Certified Transparent* through the national nonprofit analytics organization *Excellence in Giving*. Shield Bearer submitted 175 data points about operations and performance including more data about governance, finances, strategy, and impact than required by the IRS. In a world where dishonest nonprofits have made headlines, the Certified Transparent designation distinguishes a new breed of nonprofits committed to a higher standard of open and accountable relationships with donors.

Shield Bearer also received the 2017 Top-Rated Award from Great Nonprofits. This award is the one and only people's choice award where volunteers, donors, and people served by nonprofits are asked to share stories of inspiration and express their appreciation. Shield Bearer achieved Top-Rated status for their service to the community and volunteer involvement in the mission.

Shield Bearer has five counseling offices in Houston and serves individuals, couples, and families including those recovering from the trauma of human trafficking, abuse, crime, war, and natural disasters. Additional volunteers are needed to continue the mission of hope and healing in Houston. Find out more at a free community breakfast. Call (281) 894-7222 or visit shieldbearer.org for details.



TEXAS CHRISTIAN SCHOOL JR. HIGH FOOTBALL CHAMPS

The **Texas Christian Jr. High Football Team** won their post season Bowl Game and came home with a huge trophy to show off their hard work. The team had a great season under the lead of Coach Perry where they truly learned to gel as a team and play off one another's strengths. TCS could not be more proud of our Tigers! Way to work hard & play hard Jr. High! www.TexasChristianSchool.org





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