

THE Ranch Review

December 2017
Volume 11, Issue 12

A Newsletter for Riata Ranch Residents

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.



Candles and Carols CYPRESS RANCH WINTER CONCERT

Thursday December 7th @ 7:00PM
Cypress Ranch High School Auditorium

Join us for Hot Chocolate and Cookies
And Holiday Cheer!

For more information, go to ranchchoir.com

IMPORTANT NUMBERS

EMERGENCY

Sheriff.....	713-221-6000
Fire Department.....	281-855-1110
Cy-Fair Medical Center.....	281-890-4285
Memorial City Hospital.....	713-932-3000
Poison Control.....	800-222-1222

SCHOOLS

Cypress Fairbanks ISD.....	281-897-4000
Postma Elementary.....	281-345-3660
Rennell Elementary.....	281-213-1550
Spillane Middle.....	281-216-1645
Cy-Fair High.....	281-897-4600
Cy-Falls High.....	281-856-1000
Cy-Woods High.....	281-213-1800
Cy-Fair College.....	281-290-3200

UTILITIES

HCMUD #196	
Billing.....	281-579-4500
Repairs.....	281-398-8211
Centerpoint Electric.....	713-207-2222
Centerpoint Entex Gas.....	713-659-2111
AT&T/SBC.....	800-464-7928
Comcast Cable/High Speed Internet..	713-341-1000
Waste Mgt.....	713-686-6666
HOA, SCS Mgt.....	281-463-1777
United States Post Office.....	800-275-8777

LIBRARY

Cy-Fair College Library.....	281-290-3210
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NEWSLETTER INFO

NEWSLETTER

Articles.....	riataranch@peelinc.com
Peel, Inc.....	888-687-6444
Advertising.....	advertising@Peelinc.com

ARTICLE SUBMISSIONS

Do you have an idea or suggestion for the newsletter? Want to submit a photo, article, or both? It's easy!! Email your articles to riataranch@peelinc.com by the 10th of the preceding month. So if you get your ideas in before the deadline, you should see them in the very next month's newsletter.

We are glad to hear all of the positive feedback and we intend to continue to improving the look and feel of the newsletter according to what you tell us. So get as involved as you like! We look forward to hearing from you.

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.

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.

SAVE THE DATE!

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

MORE LATER!

CYPRESS CHRISTIAN SCHOOL



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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****



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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

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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DUE: December 31st

Be sure to include the following so we can let you know!

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(first name, last initial)

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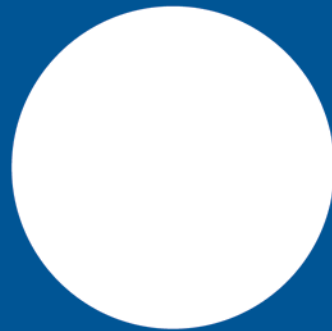
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