

SPECTATOR

February 2018

NEWS FOR THE RESIDENTS OF CYPRESS CREEK LAKES

Volume 7, Issue 2

Special Needs Expo right in our own backyard!

by Jackie Devine

**The Community of Faith 2nd Annual Special Needs Expo
will take place February 23, 2018, from 6 p.m. - 9 p.m.**

Everyone knows that parenting is a difficult job, even in the best of times and under the most favorable circumstances. But, moms and dads with children of special needs face an entirely different set of challenges that often redefine the meanings of parenthood, stress, anxiety, and isolation. In fact, it has been said that their life is very similar to the pressures felt by soldiers in combat.

Knowing that, and responding to a desire to address the situation

in 2016, Cassie Kraus, the current Special Needs Director at Community of Faith, sought out Mark Shook, Senior Pastor, and Bradley Thomas, Connections Pastor of Community of Faith, and posed her idea. Cassie wanted to provide some much-needed assistance to families yearning to attend worship services or other church functions but were unable to do so because their children required special considerations.



*Bradley Thomas,
Connections Pastor*

Cassie received overwhelming support to create a program that not only addressed the needs of parishioners, but has grown to offer collaborative, family-centered assistance to caregivers in other parts of Texas and as far as Louisiana.



*Cassie Kraus,
Special Needs Director*

Sharing her personal understanding of the issues, Cassie said, "As the parent of a child with autism and a former special education professional in Cy-Fair, I was well-versed in the challenges parents face trying to make their way through the special needs maze.

"We were delighted when we found Community of Faith. Their warm welcome and willingness to work with us to address some of our unique challenges offered us an environment of understanding and respect—one in which we thrived." Continuing, she said, "The special needs community, as a whole, is very small, and when you find a church that is willing to work with you and that looks at each child as their own, that's huge. As the parent of a child with different abilities, it was comforting to find people willing to walk that journey with you who are striving to find the best outcome for your child and to see him or her as a unique individual."

Bradley chimed in, "Our special needs ministry has been operating
(Continued on Page 3)



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- Sexual Assault/Domestic Violence.....	713.967.5743
- Runaway Unit	713.755.7427
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Cy-Fair Hospital.....	281.890.4285
North Cypress Medical Center.....	832.912.3500

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CLUB TRACK TEAM REGISTRATION FOR MIDDLE AND HIGH SCHOOL



Now in its 31st year, the Northwest Flyers Track Club is accepting registrations for all middle and high school athletes for the spring and summer 2018 season. The team is sanctioned by USA Track & Field, and offers a full program of "track" events such as sprints, hurdles, middle distance, distance and relays, and "field" events such as long jump, triple jump, high jump, discus, shot put and javelin and pole vault. It is an excellent "off-season" program for young athletes who currently compete on their middle school or high school track teams.

The team was founded 31 years ago by local Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the northwest Houston area. In July, 2017 the Northwest Flyer had one of its most successful competitions ever at the Junior Olympics in Lawrence, KS.

In order to register, athletes must first attend one of the orientation sessions in late March/early April, 2018, which are listed on the team website at www.northwestflyers.org. For additional information about the team, email linette.roach@sbcglobal.net and "Like" the club on Facebook.



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full tilt for about a year and a half now. Cassie brought expertise, heart, and connections to the team, which has added the necessary foundation to create a welcoming, dynamic, family-centered environment.

"We sponsored our first 'Special Needs Expo' last year and over 200 families participated. With Cassie's unbelievable network of organizations willing to step in and provide the needed framework of access, information, and resources, 50 vendors worked diligently to help families get connected and feel supported.

"This year, we're hoping the Expo is attended by anyone that has a need or a desire to help." He emphasized, "They don't need to go to our church. Our goal is that our Special Needs Ministry continues to build a reputation as a key contact when families need help with parenting, family interaction, physical or emotional well-being, or disability-related support.

"As advocates for children and adults with special needs, whether it's autism, Downs Syndrome, MS, behavioral challenges or anything in between, we want Community of Faith to be their 'go to' for support and acceptance—the organization that brokers partnerships and relationships for families.

"Community of Faith is unique in that we have made a substantial investment in personnel, equipment, rooms, volunteers and other resources to meet the growing need.

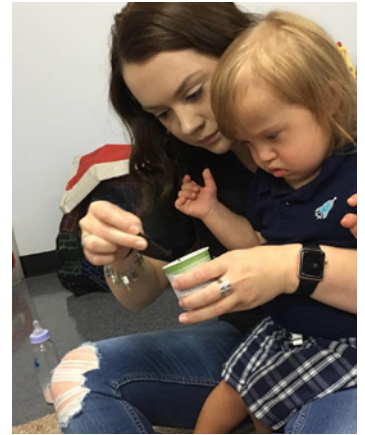
"We recognize that the parenting of a special needs child is 24/7. There is no downtime. Not only do we provide opportunities to get them connected to resources, but we also offer opportunities to walk in friendship with them.

"For example, once a quarter, Cassie facilitates a 'Special Needs Family Night Out.' She and her team come up with a unique event where they create a safe and stimulating atmosphere with fun activities, like story time, games, bounce houses, and relationship-building activities for the children and their siblings.

"Parents can confidently leave and enjoy a few hours of freedom to do whatever they want. If they're going to go home and take a nap, that's great! If they're going to go shopping, out to eat, or to a movie they are free to choose.

The Community of Faith 2nd Annual Special Needs Expo will take place February 23, 2018, from 6 p.m. to 9 p.m.

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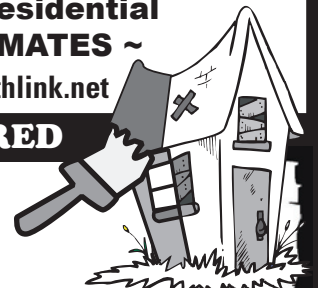
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Christmas Festivities at Community of Faith

"The way it works is families will check in at the lobby and filter through the multipurpose room where they will have the opportunity to visit with an assortment of vendors, such as therapies, estate planning, school districts, transition services, and adaptive sports (such as cheerleading and gymnastics).

"Attendees will find a variety of resources for families just starting out as well as families entering those adult years. The culmination will be speeches from field experts."

In closing, I asked Bradley, "Plain and simple, what is the ultimate purpose of the Expo?"

Without missing a beat, he said, "Our goal is for hundreds of families living in and around Cypress—members of Community of Faith or not—to know they have a friend. We want every family living with a special needs child to know that they are not alone, and they have someone who will walk with them every step of the way in raising their children all the way up to adulthood."



Community of Faith Student

10TH Anniversary Salute to Our Heroes Gala

On February 3, 2018, the Cy-Fair Educational Foundation (CFEF) will celebrate the 10th Anniversary of the Salute to Our Heroes Gala at the Omni Hotel Houston Westside. North Cypress Medical Center Hospital is the Missing Man Underwriter for this gala honoring the brave men and women who have served to protect our freedom and liberty. The evening includes a Missing Man Table and Honors Ceremony to honor our missing loved ones [or missing comrades in arms, for veterans].

Station & Ayers Insurance Services & Consulting is the Edward Station Memorial Photography Sponsor. Memorial Hermann Cypress is a Brigadier General Sponsor. VIP Reception Sponsors include ACU of Texas and Houston Methodist, and Hightower Electric Company is the Floral Sponsor.

Salvatore "Sal" Giunta, former U.S. Army Staff Sergeant, is the evenings guest speaker. Giunta was presented with our nation's highest military decoration—The Medal of Honor—for his heroic actions during combat in the Korengal Valley of Afghanistan on October 25, 2007. His courage and leadership while under extreme enemy fire were integral to his team's survival and led to his selection as the first living recipient of the Medal of Honor since the Vietnam War and the eighth service member to receive the nation's highest military decoration for valor in Iraq and Afghanistan.

CFEF was established in 1970 as a non-profit to raise money to fund a scholarship for high school graduates in the area. Over the past 47 years, the Foundation has grown tremendously through the efforts of the Board of Trustees and the generosity of the Cy-Fair Community. The Foundation has awarded over \$7.5 million in scholarships to 1600 graduating seniors. CFEF is a 501(c)3 non-profit organization, all contributions are tax deductible, as allowed by the law.

***Sponsorships and tickets are available for Salute to Our Heroes
Tickets Must Be Purchased in Advance: \$125 individual; \$75 veterans***

**For more information please contact marie@thecfef.org or
visit our website at www.theCFEF.org.**



Making Sense of the Numbers



*Karen Sharp, MBA
Business Advisor*

Luncheon Details

Thursday, February 22, 2018

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

Houston, Texas (January 9, 2018) Karen Sharp started her career in systems analysis at Shell Oil and Tenneco Oil E&P where she programmed, maintained, and managed the Personnel /HR systems. She later moved into information technology marketing and sales in companies including BMC Software and Ansa Software, a highly successful tech startup. Karen earned a BS in Applied Science, Systems Analysis from Miami University, Oxford, Ohio and an MBA from University of Houston.

Karen founded her branding solutions business in 1997 in which she provides digital, print, and promotional marketing and branding solution to mid-large firms in the private and public sectors. Her clients include Harris County Public Health, Harris County Community Health Choice, and various oil and gas service firms. She joined Lone Star College as adjunct business faculty in 2007, where she taught marketing and business management courses. In 2009, she joined America's SBDC at Lone Star College as a senior business advisor where she provides business advising services to businesses in the CyFair, and Northwest Houston areas. Karen developed the Business Success Seminar series which offers powerful information seminars at no charge for business owners in the CyFair area with the CyFair Houston Chamber and the Harris County Public Library. Karen's specialties are marketing, information technology, supplier diversity, and franchising.

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.

Make Your Heart Health a Top Priority

CYPRESS – Heart disease is the leading cause of death in the United States according to the Centers for Disease Control and Prevention. February is Heart Month, and cardiologists affiliated with Memorial Hermann Cypress Hospital hope people will use this time to focus on their heart health.

“Long-term heart health is all about making small, healthy choices every day. Many of the risk factors for heart disease are preventable, so the earlier you can start making healthy choices, the better. However, it is never too late to start,” says Ahmad Aslam, M.D., a cardiovascular disease specialist affiliated with Memorial Hermann Cypress.

The American Heart Association offers these tips for a heart healthy lifestyle.

1. **Eat Smart-** A heart healthy diet includes a variety of fruits and vegetables, whole grains, low-fat dairy products, and skinless poultry. For those looking for a specific diet, the AHA recommends the DASH eating plan.

2. **Move More-** It's recommended that people get at least 150 minutes of physical activity a week. That averages to 30 minutes a day, 5 times a week. Walking is a great place to start.

3. **Quit smoking-** Smokers have a higher risk of developing many chronic disorders that can lead to coronary heart disease and stroke. Talk with your primary care physician about ways to quit smoking and available resources.

“It's also important that everyone know the signs of a heart attack. Major signs include pain or discomfort in the chest, one or both arms, back, neck or jaw. People having a heart attack can also experience shortness of breath, nausea, or light-headedness. If you think that you or someone you know is having a heart attack, you should call 911 immediately,” says Dr. Aslam.



CY-FAIR REPUBLICAN WOMEN FEBRUARY MEETING

CFRW will meet on Tuesday, February 13th at 10:30 AM to Noon.

Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095

Meeting is \$3 – Meeting with Lunch at Noon is \$23.

Jay Guerrero, our speaker, is the Regional Director for Texas Senior Senator and Majority Whip, Senator John Cornyn. Jay is part of the Senator's team that is working for Texans and will update us on what the Senator is working on in Washington DC.

See the website for details and RSVP to www.cfrw.net by February 6th.

We look forward to seeing you there.

SPECTATOR

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The Houston Choral Society Presents "A Night on Broadway" Saturday, March 10, 2018 at 7:30 PM

Houston, TX – The treasured music and lyrics of some of Broadway's greatest songs are presented in the Houston Choral Society's **A Night on Broadway** concert Saturday, March 10, 2018 at 7:30 PM, at The Foundry Church. Under the direction of Dr. Kevin M. Klotz, HCS Artistic Director, this concert features brilliant arrangements of Broadway classics.

The chorus performs songs from a broad range of Broadway shows including Kiss Me Kate, West Side Story, Oklahoma, Carousel, The Sound of Music, A Chorus Line, Rent, Frozen, Hairspray, Chicago, Aspects of Love and Phantom of the Opera. Audience favorites include "Oklahoma," "Climb Every Mountain," "Let It Go," "You Can't Stop the Beat," "And All That Jazz," "Music of the Night," and more. The highlight of the performance is a medley of songs from Les Misérables.

Ticket prices are \$25 for adults, \$20 for seniors/students/veterans, and \$10 for children ages 5 and younger. Group rates are available. Tickets are available online at www.houstonchoral.org. Tickets may also be purchased at the door. The Foundry Church is one of the premiere choral venues in Houston with extraordinary acoustics. It is located in northwest Houston at 8350 Jones Road, Houston, TX 77065 with easy access from Highway 290.

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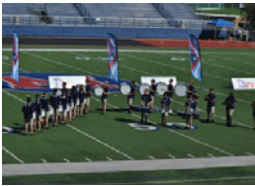
Cypress Christian School had a great start to the 2017-2018 school year.

CYPRESS CHRISTIAN WARRIORS WIN STATE!



On Friday, December 8, the Warriors took home the TAPPS Division III State Championship for the first time in the school's 40 year history with a record setting 68 - 34 victory. TAPPS named 19 players to the All-District Team, 9 players to the All-State Team and 9 players to the Academic All-State Team.

Cypress Christian Warrior Drumline Wins State Runner-Up



Cypress Christian's Warrior Drumline had spectators and judges alike tapping their feet and singing along to Deep in the Heart of Texas, as they drummed their way to State Runner-Up in the TAPPS Tier 1 competition, with the tenor section taking first place

Cypress Christian Senior Earns National Award



Cypress Christian Senior, Halle Hudson, has earned the Girl Scout Gold Award, the highest honor in Girl Scouting. The award recognizes girls in grades 9-12 who demonstrate extraordinary leadership through sustainable and measurable community service projects

that require a minimum of 80 hours to complete. Less than five percent of Girl Scouts earn the award.

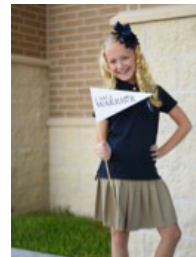
Cypress Christian Varsity Volleyball Finishes in Final Four



The Cypress Christian varsity volleyball rose to the occasion this season, finishing in the State Final Four, the highest level in the program's recent history.

Throughout the season, the Lady Warriors fought through each match as a team, exemplifying great hustle and demanding a high work ethic from each other. TAPPS named 7 players to the All-District Team, 2 players to the All-State Team and 3 players to the Academic All-State Team.

Cypress Christian Upcoming Admission Event



Thursday, February 15 Cypress Christian School will host a student visitor day. Visit www.cypresschristian.org/admissions for more details and information on how to register your student.

Cypress Texas Tea Party

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

Saturday, February 3, 2018 NOON - 2:00 PM

- Aaron Burdette, Candidate for Criminal Court at Law #11
 - Lori Botello, Candidate for County Criminal Court #11
 - Jessica Padilla, Candidate for Criminal Court at Law #13
 - Judge Alyssa Lemkuil, Candidate for 257th District Court
 - Judge Denise Collins, 208th District Court
 - Geric Tipsword, Candidate for 180th District Court
 - Judge Christine Riddle Butts, Harris County Probate Court #4
 - Judge Debra Ibarra Mayfield, 190th District Court
- Saturday, February 24, 2018 NOON - 2:00 PM
- Dan Crenshaw, Candidate for US Representative, Congressional District 2
 - Kathaleen Wall, Candidate for US Representative, Congressional District 2

- Gary Elkins, Texas State Representative, District 135
- Judge Angelina Gooden, 280th Family Protective Order Court
- George Clevenger, Candidate for 280th District Court
- Judge Bill Harmon, Criminal Court at Law #2
- Judge Rory Olsen, Harris County Probate Court #3
- 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 the meetings and confirmed speakers can be found on their website, www.cypressstexasteaparty.org



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