

5 Ways to Honor Your Local Veterans on Veterans Day



While most of us are quick to post on social media, fly an American flag, or offer a quick handshake to a local servicemember on Veterans Day, many are unsure how to show our full appreciation for their service and sacrifice.

Below are five ways to truly honor veterans this Veterans Day:

1. Volunteer Your Time

There are hundreds of volunteer organizations that work both directly and indirectly with veterans. Turn your appreciation into action by offering your time and energy to any one of these noble causes. Contact your local

VFW or American Legion to see what upcoming events may be in need of volunteers. Offer assistance to a local elderly or disabled vet, or volunteer a few hours to a local veteran-owned business. Whatever your skill, put it to use in your community by helping out the veterans closest to you. Visit texvet.com/volunteer to search for opportunities available in your area.

2. Donate Your Dollars

If you're short on time, making a monetary donation is another great way to show support. There are many organizations that offer various forms of aid and assistance to our country's servicemen and women. For instance, Homes for Our Troops builds specially-equipped homes for injured servicemembers. Navy-Marine Corps Relief Society offers financial assistance and scholarships. The Gary Sinise Foundation creates and supports unique programs specifically for veterans. There are countless organizations dedicated to improving the lives of American veterans, and they can only continue to do so with the financial support of grateful citizens like you.

3. Take Time to Listen

Taking time to have a real conversation with your neighbor seems to be a lost art in today's virtual world! Veterans have a wealth of knowledge and interesting stories to share for those willing to listen.

Of course, not every veteran will be willing to share the details of his or her time in the service, but many enjoy reminiscing and sharing their unique perspective. Rather than simply thanking them for serving their country, take a moment to open up a meaningful dialogue about their military service and how it has shaped their views on life and liberty.

4. Stay Informed

How much do you really know about how our country's military works? What is the status of current legislation regarding today's active-duty troops and veterans? Which political leaders have a military background? Many people have little more than basic knowledge of America's armed forces. One of the best ways to show your appreciation is to take the time to understand exactly what role the military plays in today's world. Arm yourself with knowledge by reading (and verifying) information about the military's mission and its history, and always exercise your rights by voting for people and policies that support veterans.

5. Pay it Forward

The service of veterans is the cornerstone on which American freedom stands. It is important to appreciate both the rights and responsibilities of being an American and to work together to ensure that veterans' sacrifices are not in vain. Honor a veteran this Veterans Day by being a good citizen, a good neighbor, and a good friend. Even the smallest good deed can go a long way towards making America a better place for everyone.



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

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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 cypresspark@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.



CYPRESS AREA FOOD PANTRY New Days And Times

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 twice a month from 3:30 pm to 5 pm. Please call 281-373-9337 for days of service. The only requirement is that the client should live in zip code 77433 and west of Skinner 77429.

Food donations and volunteers are also greatly appreciated.

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Harvey Knocked Us Down But A Night in Bethlehem Is Back in 2018!

"A Night in Bethlehem"

**VISIT BETHLEHEM THIS SEASON ON
SATURDAY, DECEMBER 1ST &
SUNDAY, DECEMBER 2ND
5:00-8:00 PM.**

THIS IS A FREE EVENT FOR THE COMMUNITY!

Messiah's A Night in Bethlehem is an outdoor, interactive event where individuals and families are invited to stroll through Bethlehem at their own pace. Imagine what life was like during this miraculous time in history as you visit the Spice Merchant, the Produce Market, sample the wonderful treats at the Bakery and taste the savory soup at the Soldier's Tavern. Listen to the storyteller, and visit the shepherds, & the Inn. Listen for the Kings arrival at the stable with gifts for Jesus, as Mary & Joseph look on. Don't miss this living, interactive recreation of the original Christmas story. Join us for free activities for the family including candle making, creating a clay pinch pot, sewing a coin bag or playing Bethlehem dress-up. Pet the live animals and enjoy cookies, hot cider and coffee.

Messiah A Lutheran Faith Community is a congregation of the Evangelical Lutheran Church in America (ELCA). Messiah is located at 11522 Telge Road, ½ mile north of Highway 290. Regular Sunday worship times are: 8 am—Traditions; 9:30 am—The Gathering; and 10:45 am—The Crossing. The Discovery (education) Hour is 9:15-10:15 AM on Sundays. For more information, 281-890-3013 or www.messiahlc.org. All people are welcome at Messiah.



Cypress Christian School

Senior to Compete in Essay Contest

Lauren Storey was selected to represent Cypress Christian School in the Daughters of the American Revolution annual essay contest. Lauren's essay will be sent to the local chapter where one student will be moved on to the state competition. The scholarship is awarded to students showing dedication to the pursuit of degrees in diverse disciplines including history, law, nursing and education.

National Merit Hispanic Scholar

Each year students of Hispanic background are recognized for their outstanding scores on the PSAT-NMSQT. Congratulations to Sophia Slabic on this accomplishment!

Senior Receives State-wide Football Award

Congratulations to Senior Christian Fleischhauer for being honored as the Texas Private School Built Ford Tough Player of the Week. This award is presented to one player, selected from all private schools across the state of Texas.

Admissions Information

Call to schedule a tour, 281.469.7745

Upcoming Admissions Events:

- K-12 Preview - November 6
- Student Visitor Day - November 13

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Cypress Ranch Theatre Presents: The Little Mermaid

Based on one of Hans Christian Andersen's most beloved stories and the classic animated film, Disney's The Little Mermaid is a hauntingly beautiful love story for the ages. With music by eight-time Academy Award winner, Alan Menken, lyrics by Howard Ashman and Glenn Slater and a compelling book by Doug Wright, this fishy fable will capture your heart with its irresistible songs, including "Under the Sea," "Kiss the Girl" and "Part of Your World."

Ariel, King Triton's youngest daughter, wishes to pursue the human Prince Eric in the world above, bargaining with the evil sea witch, Ursula, to trade her tail for legs. But the bargain is not what it seems, and Ariel needs the help of her colorful friends, Flounder the fish, Scuttle the seagull and Sebastian the crab to restore order under the sea.

Disney's The Little Mermaid offers a fantastic creative opportunity for rich costumes and sets, as well as the chance to perform some of the best-known songs from the past 30 years.



Cy-Fair Republican Women July Meeting

**CFRW will meet on Tuesday, November 13th, at 10:30 AM.
Hearthstone Country Club, 7615 Ameswood,
Houston, TX 77095**

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

Melissa Rothholz, Director of Shield Bearer Mission, will be our speaker for November and can address the sex trafficking.

Shield Bearer promotes individual growth and development, preserves and enriches marriages and strengthens and unites families. Through a variety of mission focused programs and services, including professional counseling, seminars, retreats and workshops, Shield Bearer is an active partner with community based organizations, hospitals, universities, schools and churches.

See the website for details and RSVP to www.cfrw.net by November 6th. We look forward to seeing you there.

Nancy Roberts, Publicity Chair

713-466-4199, nancyroberts004@att.net

Cy-Fair Republican Women

info@cfrw.net

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Cooking up a Successful 2019

Luncheon Details

Thursday, November 15, 2018

Open Networking 11:00 a.m. Luncheon begins at 11:30 a.m.

Sterling Country Club, 16500 Houston National Blvd.,

Houston, TX 77095

Visitor costs \$30 with advanced online reservations; \$35 at the door



Angela Gray- Sandler Training

Houston, Texas (October 9, 2018)- At the November 15th lunch meeting Angela will be teaching us how to make a sales “cookbook.” She will go over all the ingredients to make sure you know exactly what it takes to hit your goals in 2019!

Angela obtained her Bachelors degree in Business Marketing from Texas State University. She worked at AT&T during college and after graduation she moved on to advance her career by working for Sadler Training. Sandler Training helps small and mid-sized companies grow and develop. They work with Owners, Presidents, VP of Sales, and Salespeople in four specific areas. Those areas include: sales strategy, sales process, improving sales staff hiring, and improving sales skills.

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.

Thanksgiving Trivia

Did you know.....

- Americans eat approximately 46 million turkeys each Thanksgiving.

- The heaviest turkey on record, according to the Guinness Book of Records, weighs 86 pounds.

- The average turkey served for Thanksgiving weighs 16 pounds.

- Campbell’s Soup created green bean casserole for an annual cookbook over 50 years ago. Now, Campbell’s sells about \$20 million worth of cream of mushroom soup, most likely purchased by folks making what has become a thanksgiving tradition- green bean casserole.

- Historians say turkey was not served at the first Thanksgiving dinner, a three-day meal shared between the pilgrims and Wampanoag tribe in 1621. Instead, venison and seafood are most likely what was eaten.

- The first Thanksgiving dinner was eaten with spoons and knives — but no forks! Forks weren’t a popular utensil until the 18th century.

- President Lincoln declared Thanksgiving a national holiday in 1863, to be celebrated each year on the last Thursday of November.

- Benjamin Franklin said in a letter to his daughter in 1784 that he believed a turkey would be “a much more respectable Bird” for the young United States than the bald eagle. He said the turkey is “a true original native of America” and “a bird of courage.” Franklin’s take on the national bird was not popular enough to displace the bald eagle.

- In 1953, Swanson had so much extra turkey (260 tons) that a salesman told them they should package it onto aluminum trays with other sides like sweet potatoes — and thus the first TV dinner was born.

- Each year, the president of the United States pardons a turkey and spares it from being eaten for Thanksgiving dinner. The first turkey pardon ceremony started with President Truman in 1947.

- The Macy’s Thanksgiving Day Parade began in 1924 with 400 employees marching from Convent Ave to 145th street in New York City. During this time the parade was accompanied not with oversized balloons of our favorite cartoon characters, but with live animals borrowed from the Central Park Zoo.

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Northwest Flyers Kids Track Club Holds Registration for 32nd Season

The Northwest Flyers Youth Track Club will celebrate its 32nd Anniversary Season by hosting its annual free Registration/Orientation Breakfast on Saturday, February 2nd, 2019, for all boys and girls who are interested in joining for the 2019 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 2019 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 before registering.

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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MAKE TIME FOR YOUR MAMMOGRAM

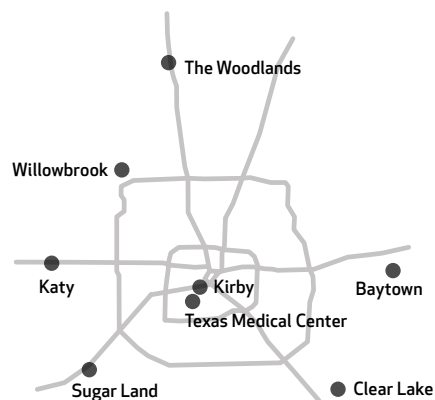
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