

# SPECTATOR

February 2019

NEWS FOR THE RESIDENTS OF CYPRESS CREEK LAKES

Volume 8, Issue 2

## Team Nichols

*by Andrew Nichols*



For those of you who have been following the progress of Team Nichols – made up of team members of eight adults and eight teens (teacher/pastor, Rob's co-worker, family friends, family members). Progress has been made, and momentum continues to build.

Andrew says: "This year, I was honored to be nominated as a candidate for The Leukemia & Lymphoma Society's 2019

Student of the Year Campaign."

The Student of the Year campaign is a seven-week fundraising competition to raise money to support LLS. The Mission of LLS is to find a cure for blood cancers and improve the quality of life of patients and their families through research, access to drugs, and advocacy.

Team Nichols, my fundraising team, and I have high expectations to raise \$35,000 with your help and support. We desire to make blood cancer a thing of the past!

I am passionate about this campaign because in August 2014, the day before I entered middle school, my mom was diagnosed with a rare form of Acute Lymphoblastic Leukemia (also known as ALL). Her cancer required 2½ years of aggressive treatment at MD Anderson. My mom's battle with Leukemia deeply affected our family and every aspect of our lives. The only reason my mother is alive and in remission is due to medical research breakthroughs and her clinical trial drug Ponatinib that she will take every day for the rest of her life. This breakthrough drug

has been possible due to the help of LLS funding research. This campaign will help raise funds to pursue more research and develop more ways to save lives like my mom. Best of all, it gives our family and support system a chance to use our unfortunate experience to impact others in a way that offers hope and one day finds a cure for blood cancers!

The Leukemia & Lymphoma Society (LLS) is the world's largest voluntary health agency dedicated to blood cancer. The LLS mission: Cure leukemia, lymphoma, Hodgkin's disease, and myeloma, and improve the quality of life of patients and their families. LLS funds lifesaving blood cancer research around the world and provides free information and support services.

The Leukemia & Lymphoma Society is a 501(c)(3) organization, and all monetary donations are tax deductible to the fullest extent allowed by tax laws. Andrew's Update:

Toy Drive update

- Number of toys donated: \$1522 Toys
- Amount of Gift cards donated: \$420.00
- Thank you to community

Coin Drive – Coins for Cancer

• Participating schools are Salyards Middle School and Ault Elementary

- Dates: Monday, January 28th – Friday, February 8th

Ways you can contact or help TeamNicholsLLS are listed below:

• Local business sponsorship, auction items, ad or buy table for Gala

- Andrew's LLS website link
- Facebook page for TeamNicholsLLS
- Andrew's email to contact
- QR code
- Gala information: Friday, March 1st at Junior League of Houston

## IMPORTANT NUMBERS

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Ambulance.....	911
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Sheriff - Non-emergency .....	713.221.6000
- Burglary & Theft .....	713.967.5770
- Auto Theft .....	281.550.0458
- Homicide/Assault .....	713.967.5810
- Child Abuse.....	713.529.4216
- Sexual Assault/Domestic Violence.....	713.967.5743
- Runaway Unit .....	713.755.7427
Poison Control.....	800.222.1221
Traffic Light Issues .....	713.881.3210

### SCHOOLS

Cypress Fairbanks ISD Administration .....	281.897.4000
Cypress Fairbanks ISD Transportation .....	281.897.4380
Warner Elementary .....	281.213.1650
Smith Middle School .....	281.213.1010
Cy-Ranch High School .....	281.373.2300

### UTILITIES

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En-Touch (Customer Service) .....	281.225.1000
Reliant Energy.....	713.207.2222
Water - Severn Trent.....	281.646.2383
Waste Management - Trash .....	713.686.6666

### OTHER NUMBERS

Animal Control.....	281.999.3191
Cypress Fairbanks Medical Center.....	281.890.4285
Harris County Health Department .....	713.439.6260
Post Office.....	281.859.9021
Harris County Public Library.....	281.290.3210
Cy-Fair Hospital.....	281.890.4285
North Cypress Medical Center.....	832.912.3500

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## ★★For Immediate Release★★



Cy-Fair Republican Women February Meeting

CFRW will meet on Tuesday, February 12th from 10:30 AM to Noon.

Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095

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

See the website for details and RSVP to [www.cfrw.net](http://www.cfrw.net) by February 5th.

You can register and pay on the website also.

There is much to be done prior to the next election cycle. We look forward to many new faces and opportunities to promote our Republican candidates. We need you with us to get our ideals advanced locally, statewide and nationally. Give CFRW a try!

Nancy Roberts  
Publicity Chair  
Cy-Fair Republican Women  
[info@cfrw.net](mailto:info@cfrw.net)



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- Free heart screenings, including cholesterol and blood pressure readings, to learn your 10-year risk for heart disease
- Talk with an expert about your results

**Free Heart Screening Event**  
**Thursday, Feb. 28 | 6-8 p.m.**

Houston Methodist Willowbrook Hospital  
18220 State Hwy. 249  
Conference Center, 1st Floor  
Houston, TX 77070

Light refreshments provided.

Visit [houstonmethodist.org/heart-event](https://houstonmethodist.org/heart-event) to reserve your spot.





## Elisha Roberts Chapter, Daughters of the American Revolution wants you!

Greetings from the ladies and young women of the Elisha Roberts Chapter of the Daughters of the American Revolution! Our motto is God, Home, and Country.

We are inviting any female, age 18 and over who can provide direct lineal descent from someone who either fought in or provided aid during the American Revolution.

We are a family-oriented, national organization that promotes patriotism, education, and historic preservation.

If this sounds like you, please join us at our next meeting on third Thursday of each month at the Cypress Historical Society Building behind Jurgens Hall (26026 Hempstead Road Cypress, Texas 77429). Our monthly meetings begin at 7 p.m.

For more information, contact Elisha Roberts Chapter Regent Mary Lynn Goins at [mlgoins1@att.net](mailto:mlgoins1@att.net).

We look forward to meeting you!

## Adding Yoga to Your Workout Regime can Improve Health

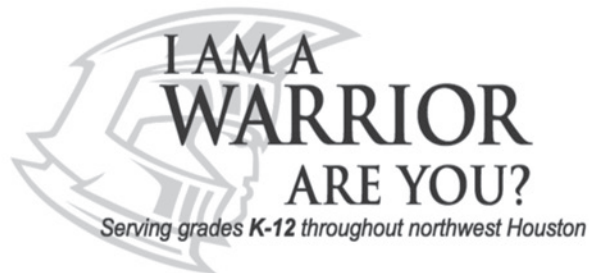
Implementing yoga into a workout routine can provide unique health benefits, said a Baylor College of Medicine physician and yoga enthusiast.

Yoga is a broad philosophy containing many different paths to achieve the goal of physical, mental and spiritual well-being, said Dr. Bobby Kapur, assistant professor of medicine at BCM and associate chief for emergency medicine at the Harris County Hospital District's Ben Taub General Hospital. In physical fitness, yoga is the practice of physical postures and breathing exercises that allow a person to strengthen the body and at the same time enter a meditative and relaxed state of awareness.

Yoga entails various positions, stretching and deep breathing. Practicing yoga can help a person improve flexibility, balance, limberness, blood circulation, and it can also relax muscle tension and fight infection, Kapur said.



## CYPRESS CHRISTIAN SCHOOL



11123 Cypress N. Houston Road, Houston, TX 77065 | 281.469.8829 | [CypressChristian.org](http://CypressChristian.org)

## Classic Adults to Celebrate Texas Independence at the STEAMBOAT HOUSE Restaurant

by Joan Hagan



Whether you are a native or a newcomer to Texas, you won't want to miss Classic Adults' March luncheon! Circle Monday March 4 on your calendar for another Lunch and Learn event.

Texas won its independence from Mexico and became a republic during the 19th century. Texas Independence Day commemorates the adoption of the Texas Declaration of Independence from Mexico on March 2, 1836. Sixty delegates from all over Texas signed the declaration. March 2nd is an annual legal holiday in Texas. March 2 also marks Texas Flag Day and Sam Houston Day, although these are special observances rather than legal holidays.

Steamboat House, a great Texas steakhouse, is also a great Texas history museum! Steamboat House is located at 8045 North Sam Houston Pkwy. W. If you haven't been here, you will really be amazed at all the Texas History in the fine restaurant! Owner Charlie Fogarty will lead a tour for us before we have lunch in the Log Cabin Room! The cost of the meal is \$21.50. Pre-registration is a must.



Good Shepherd Classic Adults welcomes any person 50+ to gather with us for Christian fellowship, entertainment, adventure, and light-hearted and inspirational programs! We usually meet the first Monday of the month in the Youth Room of the church, located at 20155

Cypresswood Drive. You do not have to be a member of Good Shepherd to attend Classic Adults. For more information and to register for the March luncheon go to the Good Shepherd website [www.goodchurch.us](http://www.goodchurch.us) and click on registrations\March. Still have questions? Call the church at 281-373-2273. Seating is limited, so register soon.

For all the early birds, make your calendars for our April luncheon scheduled for Monday, April 1, 2019! Details to follow!

## Round Up Sunday



Come join us on February 24th for Round Up Sunday in Bible Study at 9:30am and Worship at 11:00am! This will be a Sunday you'll want to come in your best western gear – cowboy boots included! Adult Bible Study will have a fun breakfast in each class! Second Kids (ages birth – 5th grade) and Second Students (middle and high school) invite you to come dressed up in your cowgirl or cowboy outfits and be a part of the fun western games, snack, and festivities.

We would love for you and your family to come be part of this exciting Sunday with us!



## 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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## CFISD Chamber Choir Concert

Featuring Cypress Ranch High School,  
Cypress Woods High School, Cy Fair High School,  
Langham Creek High School  
as well as other CFISD Choirs.

**Date:** 2/19/19

**Time:** 7pm

**Location:**

The Foundry  
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Houston, TX 77065



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## 10 POWERHOUSE FOODS THAT WILL HELP YOU BURN FAT IN THE NEW YEAR

*Marissa Balch - CPT, Nutrition Coach - Texas Fit Chicks Boot Camp*

1. Oatmeal - Great source of soluble fiber and slow-digesting carbohydrates that will keep blood sugar and insulin in check so fat burning can stay high.

2. Eggs - A form of well-absorbed protein, healthy fats and Vitamin D (found in the egg yolk). Eggs also contain lecithin, which promotes healthy liver function, thereby helping the body to burn fat.

3. Salmon - High in omega-3 fatty acids, salmon reduces inflammation in the body and lowers LDL and triglyceride levels while raising good HDL levels. Salmon also has a beneficial effect on leptin (hunger hormone) levels in the body, which means it helps to suppress your appetite.

4. Nuts - Another source of fiber and rich in omega-3s, these fats help to regulate blood sugar and protect the heart and the immune system.

5. Grapefruit & Berries - These fruits contain slow-digesting carbs and are rich in fat-fighting fiber. Strawberries, raspberries, blueberries and blackberries all are loaded with soluble fiber and antioxidants that protect blood vessels and promote healthy

blood flow.

6. Avocado - It's got fat, yes, but the good kind! The monounsaturated fats found in avocado are burned readily for fuel during exercise and actually encourage fat burning. Good source of fiber and antioxidants.

7. Leafy Greens - Broccoli, specifically, is a fibrous carb that can make you feel full quickly—one reason why it's a great food for getting lean. Broccoli also contains phytochemicals that can help enhance fat loss.

8. Cinnamon - Helps to reduce blood sugar levels, which in turn prevents the body from storing sugar as fat. Add it to your oatmeal and yogurt to enhance flavor without adding calories.

9. Green Tea - Drink this! Not only is green tea packed with antioxidants, it also contains catechins, a phytochemical that helps speed up metabolism and burn more fat.

10. Beans & Legumes - Great sources of protein and they normalize insulin levels and help keep your blood sugar steady throughout the day. Black beans, Garbanzo beans, red beans and lentils are all great to incorporate into your diet.

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