

SPECTATOR

November 2019

NEWS FOR THE RESIDENTS OF CYPRESS CREEK LAKES

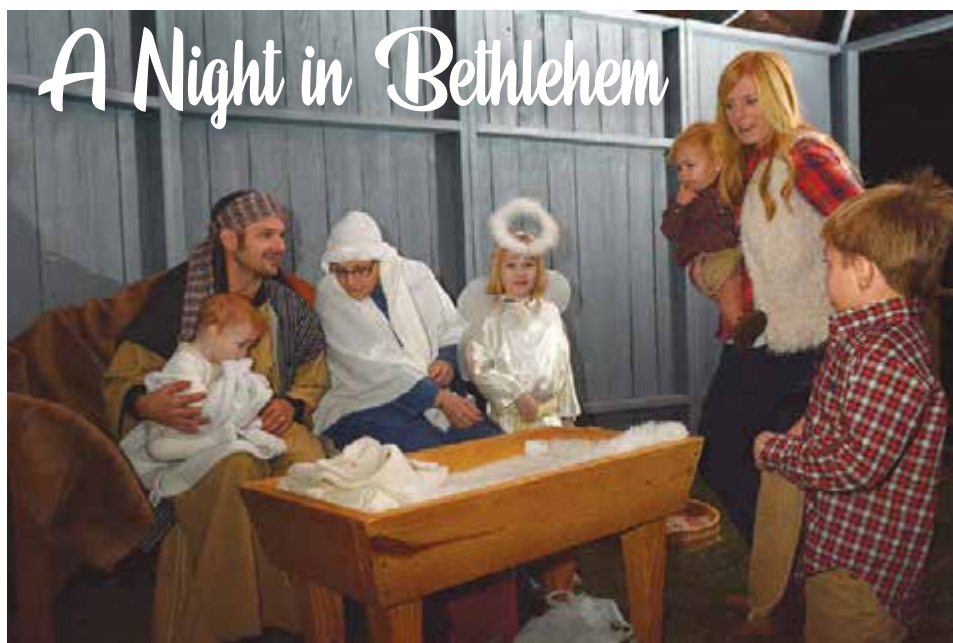
Volume 8, Issue 11

Visit Bethlehem this season on
Saturday, December 7th &
Sunday, December 8th
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. Sample the soldiers stew, 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.



IMPORTANT NUMBERS

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EMERGENCY	911
Fire.....	911
Ambulance.....	911
Constable	281.463.6666
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

CenterPoint Energy.....	713.659.2111
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

NEWSLETTER PUBLISHER

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Please Join The Cypress Ranch High School Choirs for our Winter Concert, "Candles & Carols"



Monday, December 9th, at 7:00 p.m. in the Cypress Ranch High School Auditorium.

Join us for hot chocolate, cookies and holiday cheer!

For more information, please check the Cypress Ranch Choir website <http://www.ranchchoir.com/> or follow us on

Instagram @cyranchchoir.

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THE CYPRESS-TOMBALL DEMOCRATS

SPEAKER: BARBARA RADNOFSKY, AUTHOR A CITIZEN'S GUIDE TO IMPEACHMENT



The Cypress-Tomball Democrats will hold its next monthly meeting Tuesday, November 19, 2019, at Rudy's Grill and Cantina, 11760 Grant Road, Houston. There is a meet and greet at 6:30 p.m., and the general meeting begins at 7:00 p.m.

Barbara Ann Radnofsky is a grandmother, mother, wife and professional mediator. She was named the Outstanding Young Lawyer of Texas in 1988. In 2006, Barbara left her partnership at Vinson & Elkins to become the first woman Texas Democratic U.S. Senate nominee and in 2010 the first woman Texas Democratic Attorney General nominee.

Practicing on both sides of the docket, she has been listed for over 25 years in "Best Lawyers in America" in multiple areas, including dispute resolution.

Barbara co-founded the Houston chapter of the National Association of Urban Debate Leagues and has served on many other charitable boards and as a volunteer peer mediation teacher in public and private schools.

Barbara's latest book is "A Citizen's Guide to Impeachment," from Melville House (New York). Ed Supkis and Barbara, married since 1982, co-own, with many other community members, Brazos Bookstore, an independent bookseller.

All are welcome to attend and to join this growing club, which meets on the third Tuesday of every month.

For more information, contact Undrai Fizer at cytomdemocrats@gmail.com, or visit the club's Facebook page.

EXPRESSING GRATITUDE THROUGH ART

November is National Gratitude Month and local nonprofit Shield Bearer is encouraging children to practice gratitude through artwork. "Gratitude is good for you! It can help with stress, moods, and our overall health and wellbeing," shared Shield Bearer Executive Director Thad Cardine. "This art contest is a great reminder to practice gratitude each day from an early age."

Local kids ages 5 to 17 are encouraged to submit original art centered around the theme "I am grateful for..." and winners will be selected in four age categories. A fun Art Contest Party to announce the winners is planned for November 21, 2019 at Plum Coffee Shop in Cypress. Elizabeth Hale, co-owner of Plum Coffee Shop shared, "We are excited to see the kids' artwork and to celebrate all there is to be grateful for this month!"

To enter the contest, visit shieldbearer.org/art or stop by Plum Coffee Shop at 11688 Barker Cypress Rd, Cypress, TX or Shield Bearer at 12340 Jones Rd Ste 290 in Houston, TX to pick up an entry form. Final artwork submissions are due November 19, 2019.

For more information about Shield Bearer counseling services, programs, or training, visit shieldbearer.org or call (281) 894-7222.



CYPRESS CHRISTIAN SCHOOL



11123 Cypress N. Houston Road, Houston, TX 77065 | 281.469.8829 | CypressChristian.org

**K-12
PREVIEW
THURSDAY
NOV. 7
@ 7 P.M.**

I AM A WARRIOR ARE YOU?

Serving grades K-12 throughout northwest Houston

THREE BILLION LOST

By Cheryl Conley, TWRC Wildlife Center

Recently, the journal Science published a study showing that we have lost more than 1 in 4 birds from the United States and Canada since 1970. That's 3 billion! The study was conducted by scientists at the Cornell Lab of Ornithology along with six other institutions. "Birds are excellent indicators of environmental health. Severe declines in common birds, like those shown in this study, tell us something is wrong and underscores the need to become better stewards of the planet," said Dr. Nicole Michel, senior quantitative ecologist with Audubon.

The study doesn't address why we're losing birds in such great numbers but as with many wildlife species, habitat loss has to be at the top of the list. Other reasons are as follows:

- The use of pesticides – it is estimated that the United States uses 20% of all pesticides used globally every year. That's a staggering 1.2 billion pounds. Pesticides are used for agricultural purposes, forest and rangeland management and golf courses. They are also used in and around our homes.

- Climate change – Audubon conducted a study of 588 bird species and discovered that more than half are in trouble. Three hundred fourteen bird species will lose more than half of their climatic range

by 2080. To read the full report, go to <https://climate.audubon.org>.

- Cats – According to a study by the Smithsonian Conservatory Biology Institute, over 2.4 billion birds are killed by cats, both pets and feral, in the U.S. every year.

- Collisions - windows, wind turbines, and other structures. According to the American Bird Conservancy, up to one billion birds die every year in the US when they hit windows and other structures. The Smithsonian estimates that wind turbines account for up to 328,000 bird deaths annually.

So what can we do to be better stewards of the environment? Use organic pesticides. Keep your pet cats indoors. In some cities and communities it is illegal to let your pet cat roam free outside. Use decals or tape on your windows to prevent bird collisions. These are just a few of the many things we can do to help our environment. Let's all learn to live in harmony with the animals we share our world with.

TWRC Wildlife Center is a 40-year-old non-profit organization located in Houston. Over 5,000 ill, injured, or orphaned animals are brought to us every year in need of medical care. Be sure to follow us on Facebook and refer to our website for helpful wildlife information—www.twrcwildlifecenter.org.

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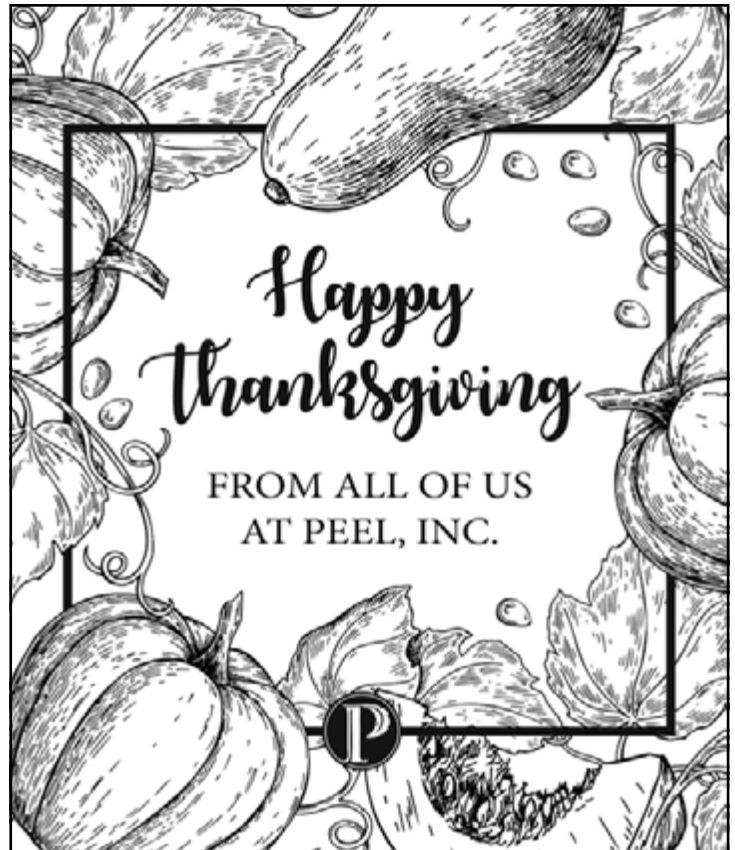
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USA FIT TURKEY TROT



Make plans to join us for this year's **USA FIT Cypress Turkey Trot** to burn those calories before your Thanksgiving Feast. We have a 5K and 1010K Option for runner and walkers.

Invite your family and friends! Children Welcome! The more the merrier and it's free. Non-members are welcome, they just need to sign our waiver.

Water, Gatorade and treats available at the finish line

Date: 11/28/19, Thanksgiving Morning

Time: 6:30 am

**Place: Josey Lake Park, 1200 Bridgeland Creek Parkway,
Cypress, TX.**

We look forward to seeing you Thanksgiving Morning!



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"How to Host a Friendsgiving Feast..." (Continued from Page 4)

Mashed Potatoes

5 cups yellow potatoes (about 6 potatoes), peeled and cut into 1 1/2-inch cubes

1/4 teaspoon salt, plus additional, to taste, divided

1 1/3 cups Sabra Classic Hummus

2 tablespoons olive oil or coconut oil

fresh pepper, to taste

2 tablespoons finely chopped fresh parsley

Place potato cubes and 1/4 teaspoon salt in medium-sized pot with enough water to cover. Bring to boil and simmer over medium heat about 30 minutes, or until fork tender.

Drain potatoes and place back into pot over medium heat until moisture comes out and potatoes appear dry, about 3 minutes. Remove from heat.

In same pot using potato masher, mash potatoes. Mash in hummus and oil, followed by salt and pepper, to taste.

Serve topped with fresh parsley.

Sweet and Savory Cranberry Hummus Bites

9 teaspoons whole berry cranberry sauce



12-14 tablespoons Sabra Classic Hummus

24 slices French-style baguette, sliced about 1/4-inch thick

5 teaspoons fresh chopped herbs, such as parsley (optional)

Open cranberry sauce can and stir well.

Spread about 1/2 tablespoon hummus on each baguette slice.

Place 3/4 teaspoon cranberry sauce on top of hummus on each baguette slice.

Garnish with fresh herbs, if desired. (Downloaded from FamilyFeatures.com)



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