COMMUNITY



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Harris County Precinct 4 Deputy Thomas James Honored for Saving Teen's Life During September Emergency in Cy-Fair

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A split-second decision during a life-threatening emergency can make all the difference. For one 14-year-old boy in Harris County, the quick response of Deputy Thomas James of the **Harris County Precinct 4 Constable's Office** helped give him a chance to survive.

That act of service brought Deputy James before local business leaders, fellow law enforcement officers and community members on Tuesday, October 20, 2026, when he was recognized as the First Responder Honoree during the **Cypress Fairbanks-Houston Chamber of Commerce** General Membership Luncheon at the **Berry Center** in Cypress.

The recognition, presented by the Cy-Fair Houston Chamber of Commerce and the **Texas Society Sons of the American Revolution**'s Robert Rankin Chapter, honored Deputy James for his lifesaving actions during a September 3 emergency involving a teenager in critical condition.

For families across Cypress, Cy-Fair and Northwest Harris County, the story offers a reminder of the important work first responders perform every day, often in situations where there is little time to think and every second matters.

Deputy Thomas James' Quick Actions Helped Save a 14-Year-Old's Life

According to the official commendation read during the luncheon by Captain Jonathan Zitzmann of Harris County Constable Mark Herman's Office, Deputy James responded to an emergency on September 3, 2026, involving a 14-year-old juvenile experiencing a life-threatening crisis.

When he arrived, the teenager was unresponsive and needed immediate assistance.

Recognizing the seriousness of the situation, Deputy James quickly freed the teenager from a life-threatening position and began administering cardiopulmonary resuscitation, commonly known as CPR.

He continued performing lifesaving measures until emergency medical personnel arrived and took over the young man's care.

Because of those efforts, the teenager regained a pulse and was transported to a local hospital for additional treatment.

While the commendation did not provide an update on the teenager's long-term recovery, it credited Deputy James' actions with giving him a chance to survive.

What makes the recognition especially meaningful is that Deputy James had joined Constable Mark Herman's Office approximately seven months earlier, following previous service as a detention officer in another county.

Still relatively new to the Precinct 4 agency, he had already encountered the kind of emergency that tests an officer's training, judgment and ability to respond under pressure.

The commendation described his actions as an example of the agency's core values of Honor, Integrity, Compassion and Respect, recognizing not only his ability to respond decisively but also his commitment to protecting someone in immediate danger.

Cy-Fair Houston Chamber and Sons of the American Revolution Recognize Deputy James

During the October 20 luncheon, Deputy James received a certificate of appreciation from the Cypress Fairbanks-Houston Chamber of Commerce. He was also presented with two honors from the Texas Society Sons of the American Revolution's Robert Rankin Chapter.

Tom Jackson, representing the Robert Rankin Chapter, presented Deputy James with the SAR Life Saving Commendation, an award recognizing individuals who have acted to save a human life without necessarily placing themselves in imminent danger.

Deputy James also received the SAR Law Enforcement Commendation Medal and Certificate, recognizing distinguished service and devotion to the law enforcement profession.

The Sons of the American Revolution is a patriotic lineage organization dedicated to preserving the history and ideals of the American Revolution while recognizing citizenship, public service and contributions to communities across the country.

For the Robert Rankin Chapter, honoring a local deputy who helped save a teenager's life connected that mission to the work of today's first responders.

Jackson opened the presentation by reflecting on events from the American Revolutionary War, which began 250 years ago, drawing a connection between the courage demonstrated by early American patriots and those who serve their communities today.

Referencing the October 1776 fighting near New Rochelle, New York, where American forces under John Glover helped delay advancing British and Hessian troops, Jackson recalled the determination that helped General George Washington's army continue its retreat.

"Permitting the careful and life saving retreat of Washington was the action on October 18th at New Rochelle. There John Glover and his 750 mariners heroically fought and slowed the advance of 4000 professional Hessian soldiers," Jackson said.

He then brought the historical comparison back to the purpose of the luncheon.

"The spirit of heroic action of our founders lives on today in our first responders and we honor Deputy Thomas James of Harris County Pct 4," Jackson said.

Following Jackson's introduction, Captain Zitzmann read the official commendation detailing Deputy James' response to the September emergency and the actions that led to the teenager regaining a pulse.

Memorial Hermann Cypress Hospital Joins Community Recognition

The First Responder recognition was sponsored by Memorial Hermann Cypress Hospital, whose representatives joined Deputy James and his colleagues for a photograph following the presentation.

Deputy James was also joined by Captain Jonathan Zitzmann, Sergeant Tim Westmoreland and Lieutenant Wayne Curry of the Harris County Precinct 4 Constable's Office, along with Robert Rankin Chapter representative Tom Jackson.

The hospital's participation brought a healthcare perspective to an occasion centered on emergency response, a process that frequently involves coordination among law enforcement officers, emergency medical personnel and hospital teams.

Memorial Hermann Cypress Hospital serves Cypress and surrounding Northwest Houston communities, providing emergency care and other medical services to area residents.

For local families, the September incident also illustrates why CPR training and timely emergency medical intervention are so important. When someone becomes unresponsive and is not breathing normally, recognizing the emergency, calling 911 and beginning appropriate CPR can help sustain circulation until professional medical assistance arrives.

Although the circumstances of Deputy James' response were extraordinary, the lifesaving technique he used is one that members of the public can learn through CPR certification and training programs offered by organizations such as the American Heart Association and American Red Cross, as well as the Cy-Fair Fire Department.

A Recognition That Reflects the Importance of Local First Responders

The Harris County Precinct 4 Constable's Office, led by Constable Mark Herman, serves communities throughout northern and northwestern Harris County, where deputies handle law enforcement responsibilities ranging from patrol and crime prevention to responding to emergencies.

Those responsibilities can place deputies in situations that extend well beyond traditional law enforcement duties.

Deputy James' September 3 response was one of those moments.

There was a teenager who needed immediate help, an officer who recognized what had to be done and emergency medical personnel who continued the lifesaving response.

The recognition at the Berry Center gave local leaders and fellow officers an opportunity to acknowledge the actions of a deputy whose work that day had a direct impact on another person's chance of survival.

It also offered a reminder that behind the uniforms, patrol vehicles and emergency calls are individuals making difficult decisions on behalf of the communities they serve.

For Deputy Thomas James, the Chamber certificate and two Sons of the American Revolution commendations mark an important moment early in his career with Constable Mark Herman's Office. For the young man he helped, the significance of that September afternoon is far more personal.

Stay tuned to My Neighborhood News for more stories recognizing the first responders, public servants and community members making a difference across Cypress, Cy-Fair and Northwest Harris County.

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Tiffany Krenek has been on the *My Neighborhood News* team since August 2021. She is passionate about curating and sharing content that enriches the lives of our readers in a personal, meaningful way. A loving mother and wife, Tiffany and her family live in the West Houston/Cypress region.