

# The LONGWOOD Letter

June 2015

Volume 9, Issue 6

News For The Residents of Longwood

## Creating Your Own ABWA Experience by using WINing technology

### *Luncheon Details*

Thursday, June 25

Networking 11 a.m.; Luncheon begins at 11:30 a.m.

Sterling Country Club, 16500 Houston National Blvd., Houston, TX 77095

Costs \$25 with advanced reservations; \$30 for guests

The June 25 Cy-Fair Express Network Luncheon will be a career- focused educational opportunity with special guest Gaylyn DeVine, 2013-2014 American Business Women's Association (ABWA) National Secretary/Treasurer.

DeVine joined ABWA as a charter member of the South East Express Network in November 2004. Since joining, she has served in a variety of positions encouraging women of all ages to overcome the voices in their head that keep them from reaching their full potential. She serves as a role model and mentor to women across the country helping them set goals and achieve both personal and professional success through ABWA leadership opportunities.

DeVine will demonstrate how using ABWA's Women's Instructional Network (WIN) website can empower members to create their personal ABWA experience. With tutorials, networking, team board interactions, and a safe place to store all of the Leagues important documents, every member should be accessing the power of WIN.

This month's CYFEN meeting begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Luncheons are held at the Sterling Country Club,

16500 Houston National Blvd. Cost is \$25 for members with reservation and \$30 for guests.



*Gaylyn DeVine*

### **ABOUT CY-FAIR EXPRESS NETWORK (CYFEN)**

The 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](http://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](http://www.abwa.org).

# LONGWOOD LETTER

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- 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.....	800-764-7661
Traffic Light Issues .....	713-881-3210

### SCHOOLS

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Cypress Fairbanks ISD Transportation .....	281-897-4380
Cypress Fairbanks Senior High.....	281-897-4600
Goodson Middle School .....	281-373-2350
Hamilton Elementary.....	281-370-0990

### OTHER NUMBERS

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Cypress Fairbanks Medical Center.....	281-890-4285
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Street Lights - CenterPoint Energy .....	713-207-2222
- not working (Report Number on Pole)	
Trash Removal .....	281-446-2030

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## Cypress United Methodist Church Says Farewell To Dr. Jerome Brimmage, Senior Pastor



Dr. Jerome Brimmage has just been appointed to serve at Lufkin UMC in Lufkin, TX in July 2015. Dr. Brimmage has served Cypress UMC for seven years and his last day to preach will be on Sunday, June 7, 2015 at 8:15, 9:30 and 11:00 a.m. worship services.

With the leadership of Dr. Brimmage, the church has been a part of two exciting partnerships with their adopted Cy-Fair ISD schools, Adam and Millsap Elementary. From the very beginning of his ministry he has always sought to reach out to the hurting. “I have a passion to seek and save the lost. I believe the church is the hope of the world and the church has the opportunity in this day and time to make a difference in people's lives,” says Dr. Brimmage. His ministry will be greatly missed in the community of Cypress.

There will be a “Farewell Luncheon” for Dr. Brimmage and his family at Cypress United Methodist Church, on Sunday, June 7, 2015 at 12:00 p.m. in their Ministry Activity Center.

## Cy-Fair Republican Women



June 9th meeting of Cy-Fair Republican Women will be from 10:30 AM - Noon. (Second Tuesday each month) at Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095.

**Meeting only is \$3 -- Meeting w/Lunch at Noon is \$20**

Invite your friends and neighbors for informative, educational guest speakers and great fellowship. Harris County Judge Ed Emmett will be our June guest speaker. Please RSVP to [www.cfrw.net](http://www.cfrw.net) by 6/2/15.

## First Baptist Church of Cypress

Traditional worship Sundays at 10:45am - Bible Study at 9:30am

Vacation Bible School - “Journey off the Map”  
& Adult Bible Study: June 7th-11th from 6:00-8:00pm

Men's Coffee and Bible Study on Thursdays from 9-10:00am

Wednesday night meal at 6:00pm  
Worship Prayer and Bible Study at 6:30pm

14515 Cypress North Houston Rd, Cypress, Texas 77429  
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## A FOCUS ON PHYSICAL ACTIVITY Pathway to Improved Health

*By Concentra Urgent Care*

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

### HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

1. Any physical activity is better than no physical activity
- Includes people with disabilities
  - Far outweighs the possibility of risk of injury or illness
2. Most health benefits occur with at least 150 minutes a week
- Both aerobic and muscle-strengthening are beneficial
3. For most people, additional benefits occur when
- You increase the intensity of your physical activity
  - You increase the frequency of your physical activity
  - You increase the duration of your physical activity

### SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

### WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

### HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

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# LONGWOOD LETTER

## KIWANIS CLUB OF CY-FAIR HOUSTON

**YOU Are cordially invited to attend an introductory meeting of the Kiwanis Club of Cy-Fair Houston at the Hearthstone Country Club.**

**Time:** Lunch is served at 12:15pm; adjournment at 1:15pm.

**Dates:** We will meet on June 2, 9, 16. Join us for lunch, followed by a short, informative program. We welcome your visit and invite you to consider membership in this service oriented organization.

**What is Kiwanis?** Kiwanis is an international service organization focused on changing the world one child and one community at a time. Service is at the heart of every Kiwanis club, no matter where in the world it's located. Members stage nearly 150,000 service projects and raise nearly US\$100 million every year for communities, families and projects. In addition, Kiwanis members actively participate in many service projects in their home communities.

**Why join Kiwanis?** The Cy-Fair Kiwanis Club of Houston seeks to serve this community through sponsoring Key Clubs for high school students, Builders Clubs for middle school students, and Aktion clubs for adults with disabilities. Also, we sponsor Boy Scout and Girl Scout troops. We provide

support to various other organizations in the community that serve children and families. Enjoy the pleasure of being a part of this service.

Kiwanis members don't just do service—they have fun. Members make new friends by being part of a club where they attend meetings and participate in social events. Kiwanis clubs also provide excellent networking opportunities for professionals. Members meet new people from all over their region and the world through service projects, fundraising and attendance at district and international conventions.

Visit the Cy-Fair Kiwanis Club website at [www.KIWANISHOUSTONCYFAIR.COM](http://www.KIWANISHOUSTONCYFAIR.COM).

For more information, call John Carroll (Copperfield and Hearthstone areas) at 281-463-0373; George Crowl (Jersey Village area) at 832-467-1998; or Peggy Presnell (Fairfield and CyRanch) at 281-304-7127.

[www.KIWANISHOUSTONCYFAIR.com](http://www.KIWANISHOUSTONCYFAIR.com)

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## The Benefits of Hosting Span Borders

Traveling the world and experiencing new cultures is something many dream of but few are able to do. Hosting an Ayusa exchange student provides the opportunity to experience the world while bringing other benefits to their family and local community.

For schools, opening their doors to an exchange student provides their students the opportunity to experience new cultures and expand their understanding of the global society. Not only will students be able to expand their circle of friends, they will be able to reference different perspectives of world events. The new perspectives that both local and exchange students gain through the exchange experience are invaluable for the ever-expanding global community.

Ayusa exchange students are eager to learn and participate in school and community programs. They take their role as ambassadors for their country seriously. Ayusa students are not simply bystanders to their program year; they are active participants looking to make a difference in their host school and community.

Ayusa exchange students are strong academic performers, well-rounded, and open-minded. Prospective students go through an extensive interview process in their home countries and are evaluated for maturity, strength of goals, leadership skills, and academic background. Ayusa honors all school enrollment standards, academic

requirements and student placement criteria specified in school or district policies.

Host families also reap the benefits of opening their home by sharing their America. When they share with their exchange student, they are also able to see America with fresh eyes through the student. Families often learn new things about the U.S. and have different perspectives after hosting. The experiences and memories that are shared during the program last a lifetime and span international borders.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or HYPERLINK "mailto:vodom@ayusa.org" vodom@ayusa.org or Ayusa at 1.888.552.9872 or by visiting the website at [www.ayusa.org](http://www.ayusa.org).

### ABOUT AYUSA

Ayusa is a non-profit educational organization that promotes global learning and leadership through foreign exchange and leadership program programs for high school students from around the world. Ayusa offers unique, richly personal cross-cultural experiences for students, volunteer host families, schools, and local communities.

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# LONGWOOD LETTER

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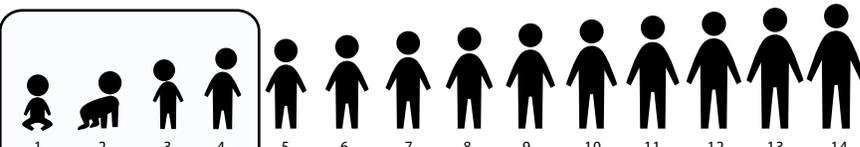
  
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	HOMES SOLD	PRICE PER SQ. FT.	DAYS ON MARKET	HOMES SOLD	PRICE PER SQ. FT.	DAYS ON MARKET	
All	100	\$95.45	41	73	\$99.29	23	4.02%
1 story no pool	27	\$93.21	37	29	\$102.01	14	9.44%
1 story w/ pool	8	\$100.68	32	2	\$115.07	4	14.29%
2 story no pool	26	\$84.30	43	27	\$90.01	28	6.77%
2 story w/ pool	39	\$101.64	43	15	\$108.57	36	6.82%
2 story [under 3,000 sq. ft.] no pool	19	\$83.92	46	9	\$92.13	24	9.78%
2 story [under 3,000 sq. ft.] w/ pool	6	\$93.69	33	3	\$94.09	41	0.43%
2 story [3,000-3,800 sq. ft.] no pool	6	\$84.97	41	14	\$88.78	28	4.48%
2 story [3,000-3,800 sq. ft.] w/ pool	23	\$94.94	30	8	\$99.60	23	4.91%



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