

May 2016

NEWS FOR THE RESIDENTS OF CYPRESS CREEK LAKES

Volume 5, Issue 5

COMMUNITY FUN RUN-WALK



The Bridgeland Community Fun Run/Walk, open to everyone, will be held May 28, 2016 @ 7am at the Bridgeland Festival Park in Cypress, TX. The event will include a 5k walk/run and a children's 1k run/walk @ 7:30 am in Bridgeland, along with booth vendors, food trucks, entertainment and activities for the children. The children's walk is open to strollers and wagons. Each participant may have sponsors, who pledge a contribution for every mile run or walked on behalf of our service men and women. Special prizes will be awarded to those who meet certain fund levels. 1st, 2nd, 3rd place trophies will be awarded for winners of the 5K. To register to run/walk go to bridgelandrunforheroes2016.eventbrite.com

Who are your military heroes, George Washington, General Patton, Louis Zapperini, the Bengazi defenders, Marcus Luttrell, Chris Kyle, your father, your mother, your best friend, or someone who died in action for our freedom? This Memorial Day weekend on Saturday, May 28, let us run/walk in honor of our heroes, so that we may never forget their sacrifices for our country. Make you Memorial Day Weekend complete by attending the Bridgeland Memorial Day Service on Monday May 30th at Pioneer Park @ 11:am as well.

All proceed will benefit The Bridgeland Community Support Veterans, Inc. by raising funds to 1.) Build a \$1.5 million dollar Veterans Memorial in the Bridgeland Community in Cypress, Texas, 2.) Support Immediate needs for Veterans in the Community and 3.) Continue our Veterans Memorial Day, Veterans Day Festivals, and Christmas Toys for Veterans' Children Programs.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	
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Constable	
Sheriff - Non-emergency	713-221-6000
- Burglary & Theft	713-967-5770
- Auto Theft	
- Homicide/Assault	713-967-5810
- Child Abuse	713-529-4216
- Sexual Assault/Domestic Violence	713-967-5743
- Runaway Unit	713-755-7427
Poison Control	
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
Reliant Energy	713-207-2222
Water - Severn Trent	
Waste Management - Trash	713-686-6666

OTHER NUMBERS

Animal Control	281-999-3191
Cypress Fairbanks Medical Center	
Harris County Health Department	713-439-6260
Post Office	
Harris County Public Library	
Cy-Fair Hospital	
North Cypress Medical Center	832-912-3500

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Cypress Ranch Choirs Spring Show

Please join the Cypress Ranch Choirs for their Spring Show on Monday, May 16th, at 7:00 p.m. in the Cypress Ranch High School Auditorium.

All Cy-Ranch Choir alumni is especially invited to attend! http://www.ranchchoir.com/







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ADVANCING HEALTH

<u>SPECTATOR</u>



2016 Scouting for Food Results

Scouting for Food is a project rooted in the very foundation of the Scouting movement and its dedication to do and implement the Scout Slogan, Do a Good Turn Daily. It is an ongoing annual program of the Boy Scouts of America, organized at a local level throughout the country, with one objective, to collect food for local food banks. Each year local Cub Scout Packs, Boy Scout Troops, Venture Scout Crews and Sea Scout Ships in every District leave door hangers throughout their neighborhoods soliciting non-perishable food items. One week later Scouts return in the morning hours to pick up and deliver any food donations left on front porches to their local food banks. For the Big Cypress District this occurs annually in late January and donations are provided to Cypress Area Ministries (CAM), our local pantry.

The Big Cypress District of Sam Houston Area Council includes Scouting units in the Northwest area of the Cy-Fair ISD attendance zones of Harris County. This includes Cypress, Bridgeland and Fairfield. The Big Cypress District overall collected 22,168 lbs of food, translating to approximately \$37,686. CAM estimates, for the number of families they anticipate supporting, this will last from February til end August this year. Thank you to all those that placed a bag, large or small, on their front porch this February!

Cub Scout Pack 3, chartered thru the A. Robison Elementary PTO, has 45 boys, grades 1-5, who primarily attend A. Robison Elementary School. Pack 3 would like to extend a huge THANK YOU to the communities of Lakes of Rosehill, Cypress Mill Parks 1 & 2, Cypress Mill Estates, Cypress Ranch Estates and Cypress Village. With their help the 45 boys of Pack 3 checked the porches of over 2000 homes and collect a combined weight of 751.2 pounds of food to deliver to CAM. The boys enjoy finding these treasured bags of food left on porches, knowing they are doing something to help make a difference in someone's life. Be on the lookout next January for your door hanger and please consider leaving a few things out for the boys to collect, every little bit helps!!

Thank you again from the Cub Scouts of Pack 3 to everyone that contributed to the Scouting for Food movement!!



Cy-Fair Republican Women

May 10th our guest speakers will be candidates for Harris County Republican Party Chairman, Paul Simpson, Tex Christopher, and Rick Ramos.

10:30 AM - Noon. (Second Tuesday each month)

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

Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095 Come, enjoy likeminded fellowship and getting to know our candidates.

All are welcome! Candidates, we want to get to know each of you. Please RSVP to www.cfrw.net by 5/3/16.

The run-off election is May 24th. Our turn-out is very important as there are several areas with run-off candidates.



<u>SPECTATOR</u> **Networking Methods** to Help You Succeed

Luncheon Details Thursday, May 26, 2016 Networking 11a.m.; Luncheon begins at 11:30 a.m. Sterling Country Club, 16500 Houston National Blvd., Houston, TX 77095

Costs \$25 with advanced reservations; \$30 at the door



At the May 26 Cy-Fair Express Network Luncheon, our speaker, Kathryn Crawford Wheat will enthusiastically teach attendees her proven networking methods to those looking for answers on what makes networking really work. She teaches based on the principal, "Networking is simply starting a conversation with no destination in mind".

Kathryn is a Professional Motivational Speaker, Networking Instructor, Blogger

and Author of the book, Networking: Naked & Unafraid. She began her journey as an entrepreneur in 2007 with Home Staging. In 2010 she launched her own website, Woman's InSite. Then in 2014 she established Kathryn C. Wheat School of Real Estate. Kathryn enjoys spending time with family and friends, scuba diving, wine tasting, dancing, exercise, yoga, writing and musical theater. Some of the best things about Kathryn include her faith, courage, and fierce loyalty. Kathryn will inspire and encourage you to move forward and take the next step in your journey to success.

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. About Cy-Fair Express Network (CYFEN)

Now over 50 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.

Shalom Cypress

Shalom Cypress was established in 2011 by local families seeking a Jewish presence in Northwest Houston. We are the closest synagogue within 25 miles of the nearest synagogue. Many thought that they were the only Jews in the Cypress area, but it turns out that they were wrong! Shalom Cypress has grown to more than 30 affiliated families.

I hope that everyone had a great Purim & Passover! In May, we will have our monthly Friday & Saturday services. Noah will be called to the Torah to become a Bar Mitzvah. Come join us for this celebration. In June, we are having a free BBQ to kick-off the summer. You can eat the best Kosher hamburgers & hotdogs right here in Cypress!

Shalom Cypress has many ongoing & active programs for people of all ages. Please visit our website at www.shalomcypress.org, e-mail us at info@shalomcypress.org, or call Ben Federman at 832-795-2002 to find out more details about the upcoming events.

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<u>SPECTATOR</u> 6 Health Benefits of Eating Park Chocolate

If your sweet tooth craves chocolate, there are plenty of reasons to surrender to your cravings and indulge. Dark chocolate is loaded with nutrients that can positively affect your health. Made from the seed of the cocoa tree, it is one of the best sources of antioxidants on the planet. Cacao offers a number of health benefits from helping to control blood sugar to lowering the risk of cardiovascular disease because it contains flavonols, which are a type of antioxidant that has been shown to improve blood flow and can protect against suninduced damage, improve blood flow to the skin and increase skin density and hydration.

Bottom Line: Quality dark chocolate has various nutritional perks so enjoying a delicious treat that has at least 65% cacao can be guiltfree if you don't overdo it.

NUTRITIONAL PERKS HEART-HEALTHY

Dark chocolate has been shown to improve blood flow and possibly prevent blood clots. It also helps lower blood pressure ad may help keep arteries from hardening.

BRAIN FOOD

Because chocolate increases blood flow to the brain, it can be a boost to your cognitive health.

MOOD CHANGER

Chocolate also contains phenylethylamine (PEA), which encourages your brain to release endorphins that make you feel good.

CANCER FIGHTER

Antioxidants in chocolate help rid your system of free radicals, which have been linked to multiple age-related health risks and diseases.

SOMETHING TO SMILE ABOUT

Theobromine, found in dark chocolate, helps harden tooth enamel, which helps prevent cavities.

SUN BLOCKER

Some studies show that people with diets high in flavonols take longer to burn in the sun than people with low flavonol diets. Written by: Claudia Mosley, Moms Making Six Figures Reviewed by: Dr. Barbara Ryan, MD

^{*}Did you know only about 5 - 10% of breast cancer cases are thought to be hereditary?

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I **Women's Imaging Center at Cy-Fair Hospital (FM 1960 at Jones Road) *Genetic testing available here

- 2 ** Cy-Fair Urgent Care & Imaging Center (at Spring Cypress & Grant)
- 3 Cy-Fair Emergency & Imaging Center (at Barker Cypress & FM 529)
- 4 Cy-Fair Emergency & Imaging Center (Beltway 8 & Tanner Rd.) Opening May 2016

* According to the American Cancer Society **Tomosynthesis, (3D mammography) an FDA approved imaging technology designed for early breast cancer detection, is available here.



281.897.3121

CyFairWomensImaging.com

Whiteflies

Whiteflies are small, soft bodied insects with piercing-sucking mouthparts. They are creamy white and adults have a mealy wax coating their body and wings. Immatures, also called nymphs, are small, oval, flattened and wingless.

Whitefly populations can increase quickly when temperatures are warmer. The insects like to be on the underside of leaves, often in clusters. Common species of whiteflies have a wide host range and can switch host plants.

Whiteflies suck plant juices and large populations can cause foliage to turn yellow, appear to be dry or even fall off the plant. Some whiteflies cause plant distortion or foliage to turn silver in color. Whiteflies produce honeydew, a sticky substance secreted by some insects. Honey dew causes foliage to become shiny in appearance and can attract a fungus called sooty mold. Some whiteflies are capable of transmitting plant viruses.

Try to encourage natural enemies to help manage whitefly populations in your garden. To do this, make wise pesticide choices. Try to choose pesticides to target specific pests and/ or specific areas. Also, you may need to manage ants that tend the whiteflies to obtain honeydew. The ants protect whiteflies from natural enemies that may normally keep the pest population at manageable levels.

In vegetable gardens, you may want to try reflective mulches to make the underside of the leaves where whiteflies hide less habitable.

As for chemical treatment, you can use high pressure water sprays, insecticidal soap, azadirachtin, d-limonene, botanicals or a synthetic product. Target your treatment to the underside of the leaves to get to where the whiteflies like to hide.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urbanipm.blogspot.com

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TENNIS TIPS

By USPTA/PTR Master Professional - Owner, Manager and Director of Tennis, Grey Rock Tennis Club, Austin, TX

How to execute The Overhead "Smash"



In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley and the one-handed backhand volley. In this issue, I will offer you instructions on how to execute the overhead "smash" when players get a high ball and hit the ball above their head. In the illustrations, Matilda O'Connor, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

Step 1: The Back Step: When Matilda realizes that a ball is high enough to hit the overhead, she takes a step back on the side to hit the ball. The upper body turns, the racket starts the backwards motion by keeping the elbow at a 90-degree angle and the left hand is pointing towards the ball. Notice that her head is looking at the ball and she is keeping her chin up.

Step 2: The Point of Contact: As Matilda prepares to hit the ball,

her racket begins accelerating from the back position. She is making perfect contact on the upper part of the racket and the right wrist is "snapping" to get on top of the ball. Her left arm is still pointing to the ball to assure a direct hit on the "sweet spot" of the reacket. Her weight has shifted from the back foot to the front foot.

Step 3: The Follow Through: After the ball has been struck by the racket, Matilda will continue the swing across the left side of her body. Her eyes are now focused on the path of her stroke. The left arm is at her left side. Her right foot still keeps her toes on the court to allow for maximum balance of the stroke.

Step 4: The Ready Position: Even though the overhead "smash" is a powerful weapon, many times the opponents will return it back to the players. Here Matilda is ready for the next ball coming back towards her. By the looks of her smile, it appears that her overhead stroke was a success and that won the point.

Look for in the next Newsletter: The Forehand Service Return

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CROSSWORD PUZZLE



ACROSS DOWN 1. Father 1. The alphabet 5. Water carrier 2. Group of nations 9. Radar target 3. Vigor 10. English architecture style 4. Sicken 11. Corporation (abbr.) 5. English bar 12. White poplar 6. Thoughts 13. Hastily write 7. Folk dance 15. Official canine registry (abbr.) 8. Build 10. Claws 16. Peers (2 wds.) 18. Mother-of-Pearl mollusk 14. Dating 21. Wipe 17. Marrow 22. Asian nation 18. Jargon 26. Unripened 19. Donkey 28. One of Columbus' ships 29. Great ape length 30. Swirl 23. Military officer

- 31. Very large book
- 32. Fewer

20. Right angle to a ships 24. Ceases 25. "You can't eat just one" brand

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COLIN HOLST

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\$500,000 and above	5	3	1	0	0	0	1	0	2	5
\$451,000\$499,999	3	3	3	2	2	0	3	1	0	1
\$351,000\$450,999	5	4	8	3	3	6	6	6	2	3
\$276,000\$350,999	2	4	4	0	1	1	4	0	3	5
\$231,000\$275,999	2	2	1	0	2	2	2	0	5	1
\$201,000\$230,999	2	1	1	0	0	0	0	0	0	0
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