

The LONGWOOD Letter

May 2016

Volume 10, Issue 5

News For The Residents of Longwood

Networking Methods to Help You Succeed

THURSDAY, MAY 26, 2016

**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 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.

FREE Hotdog Lunch

Sunday, May 29, 2016

11:30am-1:30pm

Lamkin Elementary School

11521 Telge Rd, Cypress, TX 77429

Messiah Lutheran Church would like to invite the community to a FREE Hot Dog Lunch to show our support to our neighbors and friends. Come join in the fun with Food, Fun, Face Painting and Games! Everyone is welcome!

LONGWOOD LETTER

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance.....	911
Constable	281-376-3472
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.....	800-764-7661
Traffic Light Issues	713-881-3210

SCHOOLS

Cypress Fairbanks ISD Administration	281-897-4000
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

Animal Control.....	281-999-3191
Cypress Fairbanks Medical Center.....	281-890-4285
Harris County Health Department	713-439-6260
Post Office Box Assignment – Cypress.....	1-800-275-8777
Street Lights - CenterPoint Energy	713-207-2222
- not working (Report Number on Pole)	
Trash Removal	281-446-2030

NEWSLETTER PUBLISHER

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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!!



Newest Professional Network of the American Business Women's Association Launches in Houston's Vintage Park Area

Businesswomen throughout the community are invited to attend.

The Women Empowering Women Express Network (WEWEN) of the American Business Women's Association (ABWA) invites professional women to attend its "Official Launch Luncheon" on May 4, 2016 at the Lone Star College-University Park West Dining Room, from 11:00AM to 1:00PM. Informal networking will take place from 11:00AM to 11:30AM, followed by a special presentation and lunch from 11:30AM to 1:00PM.

Susan Hodge, founder of Women Leading Together LLC and Adjunct Professor at the University of Houston Downtown College Of Business will present "Shedding the Shoulds". Learn how to identify and "shed" those unnecessary activities to free up your time for what is important, rid yourself of the guilt that burdens us when we buy into the "shoulds" of others, and stand firmly on YOUR view of what needs to be done.

"We are excited to bring an empowering, energetic, and professional organization to women in Houston. WEWEN will serve as the premiere source for women looking to expand their network, grow their business skills, reach a new audience, advance their career, and truly impact this community," states WEWEN Formation Chair, Darlene Hajduk.

The Official Launch Luncheon is sponsored by University of Houston Downtown College of Business, Lone Star College-University Park, and the Cy-Fair Express Network. To register for this event and other WEWEN events, visit wewen.org or email communications@wewen.org.

ABOUT ABWA

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 65 years to women's education, workplace skills and career development training. For more information, visit abwa.org.



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LONGWOOD LETTER

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.



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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6 Health Benefits of Eating Dark 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 sun-induced 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 guilt-free 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 and 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



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- STAY AWAY**
- PRACTICE DRAIN SAFETY**
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LONGWOOD LETTER

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Stain Solutions

Try as you might to prevent them, spills, drips and splatters in your house are inevitable. Whether you, your family or your guests are the culprits, stains happen. Most, if not all, are treatable, especially if you act quickly and use the right stain-removing technique.

If there's an accident on your carpet or a rug, start by scooping up any solids and soaking up any unabsorbed liquids. Then, blot the stain with a white cloth or paper towel. You should work from the outside in so you don't spread the spill, and dab at it instead of rubbing or pressing hard.

You also can try spot cleaning with a soapy water mix. Dilute a ¼ teaspoon of clear hand-dishwashing soap with 1 cup of lukewarm water. Spray the solution on the stain, and mist the area with clean water or blot with a wet towel. Then blot the area with a dry towel. Repeat this process until you get as much residue out as possible.

Follow these specific instructions for cleaning up the more stubborn stains and sticky spots on your floors:

- **Red wine:** Begin with the same three steps—blot, apply soapy water and rinse. Then, dribble very hot water from a sponge onto the spill. Continue to blot with a clean towel, and repeat until the carpet no longer shows any red.

- **Soft drinks and coffee:** Begin with the same three steps—blot, apply soapy water and rinse. Then dab on hydrogen peroxide. Wait one hour before repeating the process. Hydrogen peroxide bleaches a stain without breaking down carpet dyes. Use a 3 percent solution, which can be found at a drugstore, and apply at full strength.

- **Candle wax and chewing gum:** These are easiest to remove when hot or cold. For the cold method, harden the spot by rubbing it with an ice cube inside a plastic bag. Then, carefully scrape off the residue with a dull knife or a plastic card, such as an expired credit card. For the hot method, apply paper towels over the waxy area, and then use a clothes iron on low heat to soak up the wax. Replace the paper towels until all the wax is removed. Use a hair dryer to heat gum. Then with a plastic bag over your fingers, pull the goo off.

So the next time your carpeting endures a nasty spill, rest assured that it doesn't have to become a permanent stain. With these simple tips, you can keep your carpets and rugs looking great for years to come.



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