

The LONGWOOD Letter

May 2007

Volume 1, Issue 1

News For The Residents of Longwood

Welcome to the Longwood Letter

*A newsletter for Longwood residents
by Longwood residents.*

The Longwood Letter is a new monthly newsletter mailed to all Longwood residents. Each newsletter will be filled with valuable information about the community, local area activities, school information and more.

If you are involved with a school group, play group, scouts, sports activity, social group, etc. and would like to submit an article for the newsletter you can do so online at www.PEELinc.com or you can email it longwoodletter@peelinc.com. Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome.

Our goal is to keep you informed!

Send Us Your Event Pictures!!

Do you have a picture of an event that you would like to run in the Longwood Letter? Send it to us and we will publish it in the next issue. Email the picture to longwoodletter@peelinc.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



LANDSCAPING

The definition of landscaping is: “to improve the appearance of a piece of ground by contouring and decorative planting.” Most homeowners desire to have a pleasing and pleasant yard. We also want our yards to be unique—different from our neighbors.

By choosing from the hundreds of plants available, it is easy to make your home and garden appear the way you want it. Some yards are bright and colorful. Others utilize evergreen plants. Blooming plants usually require more attention than evergreen plants. Typically, non blooming plants need only occasional pruning. Native plants are more disease resistant and withstand local weather conditions better.

No matter which landscaping plan you choose, weeds will be a problem. A weed, according to the dictionary, is “a plant considered troublesome, useless or unattractive, especially one growing abundantly in cultivated ground.”

Weeds can grow anywhere—cracks in concrete, joints in the street, gutters on your house if dirt has accumulated, your lawn and their favorite place, your flowerbeds. When you add soil or mulch to your flowerbeds, you are probably adding weed seeds also.

There are three ways to eliminate weeds in your flowerbeds:

1. Eliminate flowerbeds and expand your lawn.
2. Pull weeds by hand.
3. Use a chemical weed killer.

Doing away with flowerbeds is not the best choice. Although a well-manicured lawn is pretty, flowers add a lot to the appearance of your yard. The best way to eliminate weeds is to pull or dig them up by the roots. You not only get rid of the weeds, but you also get some healthy exercise for free. Using a chemical weed killer requires care and caution. The manufacturer’s instructions should be followed. A weed killer will also harm or kill desired plants.

If you see your plants being attacked by a disease or insect, immediate action is required to control the problem. Most plants cannot defend themselves, especially if stressed. Determine the cause and begin treatment. A plant nursery may be able to help you decide exactly what your problems are and offer solutions.

With a little money, time, work and luck, you may have a “Yard of the Month”.

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

Peel, Inc.....	1-888-687-6444
Article Submissions	longwoodletter@PEELinc.com
Advertising.....	advertising@PEELinc.com, 1-888-687-6444

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A few fun things to do in May...

The weather is great, and you're looking for something to do outside. Here is a list of events and activities at little or no cost:

The Houston Zoo - There's always something new to see at the Zoo, and it doesn't break the bank to visit. Pack some snacks to save extra on refreshments.

Bear Creek Park - 16601 Clay Road, 281-496-2177. Nature trails, picnic spots, places to play, and a small zoo with ducks, birds, prairie dogs, bison, deer, goats and more make this 2,000 acre park a Houston favorite. FREE.

Houston Arboretum and Nature Center - Nature trails, bird watching, wildlife, ponds and beautiful native forests, flowers and shrubs at the border of Memorial Park. FREE.

Armand Bayou Nature Center - Hiking, exhibits, tours and more at this wildlife refuge protecting a natural bayou system.

The 20th Annual Houston Art Car Parade - Saturday, May 12, 2007. Allen Parkway at Eleanor Tinsley Park. Spectators line downtown's streets to view this parade, which showcases Houston's most outlandish folk art creations on wheels. The Fruit Mobile, a 1967 Ford station wagon, started the whole craze in 1986. Truly a sight to see, the parade is organized by the Orange Show Foundation.

34th Annual Pasadena Strawberry Festival - May 18 - 20, 2007. Enjoy a spectacular carnival, the world's largest strawberry shortcake, strawberries, a barbecue cookoff, a children's pavilion, arts & crafts, and live entertainment at this annual festival.

Miller Outdoor Theatre - Miller Outdoor Theatre offers a diverse selection of professional entertainment, and it's all FREE!

This month features:

May 5 - Cinco de Mayo (Comite Patriotico Mexicano)

May 6 - Asian/Pacific American Heritage Festival (APAHA)

May 7-11 - Dr. Dulcamara's Magical Restorative Tonic (Houston Grand Opera)

May 11-13 - Don Quixote (Houston Ballet)

May 12 - Music and the Mirror (Asian American Dance Company)

May 18-19 - Hansel & Gretel (Houston Grand Opera)

May 24-27 - Dancin' in the Streets ... Motown & More Revue (Midtown Arts Center/BACE Productions)

Miller Outdoor Theatre is located at 100 Concert Drive in Hermann Park, just south of the Museum of Natural Science and the Houston Garden Center.

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LONGWOOD LETTER

Cypress Assistance Ministries

11202 Huffmeister

281-955-7684

www.cypressassistanceministries.com

Cypress Assistance Ministries delivers groceries and toiletries to several senior citizens in the Cypress area once a month. Through this program, many seniors are able to stretch their income to meet expenses each month. Items these seniors request, but CAM does not often have are Depends, Ensure and Glucerna. Donations of these items as well as shampoo and laundry soap would be greatly appreciated.

Angels' Attic Resale Shop is stocked with clean, gently used children's clothing for spring. Stop by and take advantage of these and other bargains. Proceeds from purchases at Angels' Attic benefit the ministry services and Food Pantry at CAM.

Cypress Assistance Ministries (CAM), located at 11202 Huffmeister, exists to provide a safe place for individuals or families to tell their story and be offered some measure of hope during difficult times. For a description of all our services and volunteer opportunities, please see our Web site, www.cypressassistanceministries.com

Donations to Cypress Assistance Ministries can be made Monday through Wednesday from 10AM – 6PM and Thursday through Saturday from 10AM – 3 PM.

If you need further information, please give us a call at 281-955-7684 and ask for Kelly or Lisa.

Teenage Job Seekers

Name	Age	Baby Sit	Pet Sit	House Sit	Yard Work	Phone
Doe, John	15	•	•	•	•	111-1111

SAMPLE

*-CPR Training

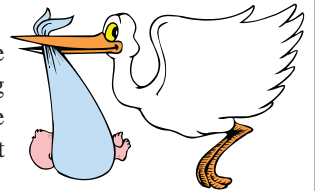
+First Aid Training

Attention Teenagers

The **Teenage Job Seekers** listing service is offered free of charge to all Longwood teenagers seeking work. Submit your name and information to longwoodletter@peelinc.com by the 9th of the month!

Stork Report

If you have a new addition to the family please let us know by emailing longwoodletter@peelinc.com and we will include an announcement to let everyone know!



Grab N' Go Serve Later

When you're juggling kids, work and lots of activities, it's hard to find the time to plan and prepare meals for your family. That's why the Grab n' Go freezer at Super Suppers is such a great idea. In just minutes, you'll walk out with enough entrées, sides and desserts to serve delicious meals whenever you need them – tomorrow night or a week from tomorrow. Stop by, browse our freezer and stock yours today. With Grab n' Go, there's always something great for dinner.



SUPER SUPPERS
Your answer to ... "What's for dinner?"

Summer Energy Saving Tips!

Replace one or two of your most used light bulbs with energy saver spirals and see your \$7 investment paid back in lower electricity bills in a few months! The swirl bulb uses 75 - 85% less electricity and emits the same light as regular bulbs AND last 7-10 years!

Here's the real payback . . . if every one of 110 Million American households bought just one swirl bulb, and replaced an ordinary 60 watt bulb, the energy savings would be enough to turn off two entire power plants or skip building two more power plants. This small act does so much to save the environment from pollutants.



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LONGWOOD LETTER

KINNEAR TO LEAD COACHING CLINIC

Houston Dynamo Coach comes to Cy-Fair

CYPRESS, TEXAS (April 16, 2007) – The Cy-Fair Youth Soccer Club, serving the youth soccer community of NW Harris County, is pleased to announce Head Coach Dominic Kinnear will hold a special coaching clinic on Wednesday, April 18th at Dyess Park from 6-7 PM. This event is held in conjunction with the club's partnership in the Houston Dynamo 'Student of the Game' program. The Houston Dynamo is the professional soccer club based in Houston, Texas that plays in Major League Soccer and are the current MLS Cup Champions, by virtue of their victory against the New England Revolution in MLS Cup 2006.

"For the coaches of the recreational clubs here in Cypress, this is a really fantastic opportunity to learn from the pros, the best in the MLS," said Lonnie Brauner, Director of Coaches for the volunteer run club and a volunteer coach himself. With several years of experience in professional soccer as well as his excellent success rate as a coach, Kinnear brings his key expertise to fields at Dyess Park and will cover the fundamental points of coaching in youth soccer.

About Cy-Fair Youth Soccer

We are dedicated to player development; promoting youth soccer through encouraging a love of the game and teaching the skills necessary to play the game well. Instilling in our players a sense of fair play, teamwork and sportsmanship is our top priority. Serving Northwest Harris County we offer programs for all levels of experience. Starting with the small-sided game we offer fun, volunteer run competitive youth recreational programs and group play for Pre K up to Division III. (Ages 4 – 18). For information visit www.cyfairsoccer.org

About Dynamos Select Soccer

To provide more advanced training for players, in 1990 we implemented our Dynamos select program for competition at the Premier levels of Division I & II. (Ages 11 – 18) The long-term development of skill and character of the individual player is the foremost concern of the Dynamos Staff. Our professional training staff works with individual teams to focus on skills training, fitness and self-discipline. For information visit www.dynamossoccer.com

Cy-Fair Recreational Soccer Fall Soccer Registration



FALL EARLY BIRD REGISTRATION OPEN NOW!

Go to www.cyfairsoccer.org for more information and to register today. This is where you want to play!

We are dedicated to player development; promoting youth soccer through encouraging a love of the game and teaching the skills necessary to play the game well. Instilling in our players a sense of fair play, teamwork and sportsmanship is our top priority.

Serving Northwest Harris County for over 26 years, we offer programs for all levels of experience. Starting with the small-sided game we offer fun, volunteer run competitive youth recreational programs and group play for Pre K up to Division III. (Ages 4 – 18).

If you are a returning player, new to the game or somewhere in between - we have a place for you!

QUESTIONS?

Please Call Cy-Fair Soccer @281-894-1742



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Summer Camps at Cypress Christian School

Cypress Christian School will once again host summer camps for children and adults in the community.

Camp Invention - June 4 - 8: This is a week-long summer enrichment program in the fields of science, mathematics, history, and the arts for children entering grades 1 - 6.

High Touch - High Tech Science Camp - June 11 - 15: This is a one-week session that brings a child's imagination to life as he/she enjoys a variety of interactive, science-related activities. It will be an inspiring week of fun and learning!

St. Thomas University Summer Reading Enrichment Program - June-August: CCS will host this program again this summer. It is scheduled to run from June to early August and is available to children and adults.

Sports Camps - June:

- **Basketball Camps** - The main purpose of the camps is to teach the fundamentals of dribbling, shooting, passing, and defense, while also developing self-confidence and a positive mental attitude.

CCS Basketball Camp 1, June 18 - 21, 9:00 a.m. to 12:00 p.m.

(Camp 1 is for students entering 2nd- 6th)

CCS Basketball Camp 2, June 25 - 28, 9:00 a.m. to 12:00 p.m.

(Camp 2 is for students entering 7th- 12th)

- **Sports Quest Soccer Camp** - June 25 - 29, 5:30 p.m. to 8:30 p.m.

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LONGWOOD LETTER

Cy-Fair College, "Perspective"

Teens driver's education available this summer

Summer driver's education courses for teens ages 15 to 17 are available at 4 p.m. and again at 6 p.m. Monday through Thursdays June 4 through June 28 and July 30 through Aug. 23. The in-classroom driver's education course covers road rules, road signs, and laws to prepare the teens for the Department of Public Safety's written exam. Other topics are car maintenance, effects of drugs and alcohol, laws and penalties for drinking and driving, emergency situations, basic driving procedures, road rage, and insurance. Parents are responsible for the in-car instruction. Students are required to purchase the Texas Traffic Safety Education Student Manual, which is available at the campus bookstore. Call 832-482-1043 for information.

Main Stage Performances Set

Don't miss the choral production of "Camelot" set May 10 – May 12. Then mark your calendars for two children's summer shows – "If You Take a Mouse to the Movies" set June 25 – July 7 and "Tite Rouge" set Aug. 6 – Aug. 18. For tickets and information on these performances, call 281-290-5201 or go online to www.cy-faircollege.com/goto/cfcboxoffice.

Learn Everything About A.L.L. May 15

The first annual business meeting of the Academy for Lifelong Learning at Cy-Fair College, an educational experience for adults, 50 years or better, will be held Tuesday, May 15 at 3 pm. in the Conference Center. Learn about the structure, operational procedures and committee work of A.L.L. with comments from A.L.L. members as well as Dr. Diane Troyer, college president, and Dean Cliff Jones. The meeting will include a question/answer period followed with a social hour and light refreshments. Applications for membership (only \$10 annually) and registration forms for classes for the summer session will be available. Call 281-290-5246 or go online to www.cyfaircollege.com/goto/all.

Registration Under Way

Cy-Fair College is the place to be! Summer, continuing education and fall registration are under way at Cy-Fair College and at the Fairbanks Center. With courses designed to transfer to four-year institutions, two-year associate degrees and career programs developed to meet the needs of tomorrow, Cy-Fair College has

everything to meet your interests as well as academic and workforce needs. For the best selection on the courses and times that will fit your schedule, register now! Call 281-290-3200 or 832-782-5000 for information; go online to www.cy-faircollege.com; or visit one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway.

Register and Pay Early For Free Tuition

Register and pay (or execute an installment payment plan) for fall credit courses before the close of business Thursday, Aug. 2 and automatically be entered to win free tuition, IPOD Shuffle or \$250 book voucher. The grand prize covers payment of tuition and fees up to \$1,000 for credit classes at the Barker Cypress and Fairbanks campuses. Funds will be posted to the student's account. All winners will be notified and announced by Aug. 8. Call 281-290-3200 or 832-782-5000 for information or go to www.cy-faircollege.com.

L.I.F.E. Programs in May

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Cy-Fair College Branch Library (Room 131.) May programs include composting tips, happiness, basics of ghost hunting, color theory and bead making. Call the library at 281-290-3213 for L.I.F.E. program information or check the library web page online at <http://cfclibrary.nhmccd.edu>.

Library Offers Summer Reading Program, Free Computer Classes and Book Clubs

The Harris County Public Library Cy-Fair College Branch's 2007 Summer Reading Program includes storytime, movies, crafts, a computer kids program, a picnic, performers and more. Registration begins May 29. The library also offers free computer workshops, including a family-friendly class. Topics range from basic computer functions to introductions to the Internet and various software programs. A variety of monthly book clubs are available including mystery, women of the world, democracy, and sports page. There are plenty of youth programs with activities and book clubs for teens and storytime for younger children. Go online to <http://cfclibrary.nhmccd.edu> for information.



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LONGWOOD LETTER

Spring into Order

Submitted by Marcia Stanley

Did you know that the average American spends 55 minutes a day – 2 weeks a year looking for stuff they can't find? We only use 20% of our stuff 80% of the time, which leaves all that other stuff lying around. Americans spend \$154 billion on storage facilities, 1 in 11 households spend \$1000 a year to store all that extra stuff. It's no wonder that those piles begin to add up and take an emotional toll on our lives. We feel stressed and out of control because we are drowning in clutter and our homes are full of negative stagnant energy. We can't open our homes to friends and family because of shame and embarrassment. Our lives are full of acquisitions and overindulgence, how much is enough, it time to get organized and focus on what really matters in life.

If it all seems too overwhelming and you don't know where to begin, a professional organizer may be the answer. A professional organizer will evaluate the problem, offer solutions and design an organizational plan according to your individual or family needs. They will help get you started and leave you with all the tools and techniques necessary to understand and maintain order in your home. In the end, you will have more time to do the things you really love and enjoy life. Being organized is not about being perfect it is an investment in peace of mind and quality of life, invest in yourself.

5 Tips to Order

1. Make a home for everything, group like items and containerize yourself. When you use it put it back.
2. When you buy an item make sure an item goes out. Not only will you ensure you have a home for it but you will think twice about buying it.
3. We only wear 20% of our clothes 80% of the time. An easy way to find your 20% is to turn all the hangers in your closet backwards on the bar. After you wear the clothes hang them in the right direction, after 2 months you have your 20%. If you are not sure, put it in a box and label it 3 months into the future. When the time comes, if you haven't used it, toss or donate to charity. Don't open the box.
4. Get kids to clear out toys right before Birthdays and Christmas. This is a good time to share with those less fortunate.
5. When you begin the organizing process, you should have three words in mind, KEEP-TOSS-DONATE, handle it once. If you are not passionate about it get rid of it.

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LONGWOOD LETTER

Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing longwoodletter@peelinc.com or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 9th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for Longwood Letter. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

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RAIN BIRD



Grub Worms- An Insect You Must Not Ignore!

By Jerry Krabe

Grub worms are larvae of a group of beetles called scarabs (Scarabaeidae). They are off white in color, C-shaped, wormish looking insects. They have a brown head and a dark colored tail. Grub worms range in size from ¼ to 2 inches.

Grubs can literally destroy your lawn causing thousands of dollars in damage. Grubs feed on the root systems of grasses as well as other plants thus destroying the root systems. Grubs thrive in moist soil. Damage may not be noticeable in a wet spring or fall when the turf is rapidly growing and the roots can recover quickly from the Grub worm attacks. But in drier summer months, root systems are easily compromised by the lack of water, thus increasing stress on the turf. This is when Grub worm damage is usually recognized.

Grubs also attract other pests as well. Birds, Armadillos, Raccoons, Moles, Opossums and even Skunks find Grubs very appetizing. The digging these pests do to reach the Grubs can create additional damage to the lawn.

Grub worms can be treated with insecticides. Organophosphates or Carbamates are two of the most common insecticides for treating the existence of Grubs. The downside to using this treatment is that the insecticides only last about two to three weeks. This provides an almost impossible window for you to effectively get rid of the Grubs. The best option is to apply a preventative Grub worm application before Grubs attack your lawn. This is typically a granular product that is applied to the lawn and watered in. The turf roots absorb the insecticide. When the Grub worms began eating the treated grass roots, they die. This will not have any negative impact on your lawn. With this method, timing is no longer an issue. You can look at it as insurance. Preventive maintenance is much cheaper than replacing all of your turf.

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Longwood residents, limit 30 words, please e-mail longwoodletter@peelinc.com.

Business classifieds (offering a service or product line for profit) are \$45, limit 40 words, please contact Peel, Inc. Sales Office at 512-989-8905 or advertising@PEELinc.com.

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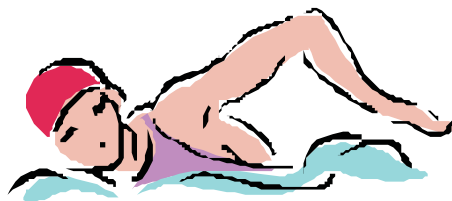
Exercise for Your Bone Health

Submitted By Alica Harrison

Vital at every age for healthy bones, exercise is important for treating and preventing osteoporosis. Not only does exercise improve your bone health, it also increases muscle strength, coordination, and balance, and leads to better overall health.

Why Exercise?

Like muscle, bone is living tissue that responds to exercise by becoming stronger. Young women and men who exercise regularly generally achieve greater peak bone mass (maximum bone density and strength) than those who do not. For most people, bone mass peaks during the third decade of life. After that time, we begin to lose bone. Women and men over the age of 20 can help prevent bone loss with regular exercise. Exercising allows us to maintain muscle strength, coordination, and balance, which in turn help to prevent falls and related fractures.



The Best Bone Building Exercise

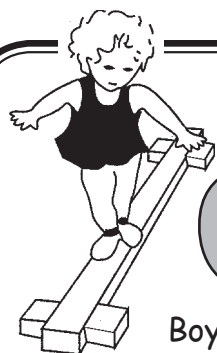
The best exercise for your bones is the weight-bearing kind, which forces you to work against gravity. Some examples of weight-bearing exercises include lifting weights, walking, hiking, jogging, climbing stairs, tennis, and dancing. Examples of exercise that are not weight bearing include swimming and biking. While these activities help build and maintain strong muscles and have excellent cardiovascular benefits, they are not the best way to exercise your bones.

Exercise Tips

If you have health problems – such as heart trouble, high blood pressure, diabetes, or obesity – or if you are over the age of 40, check with your doctor before you begin a regular exercise program. According to the Surgeon General, the optimal goal is at least 30 minutes of physical activity on most days, preferably daily.

Listen to your body. When starting an exercise routine, you may have some muscle soreness and discomfort at the beginning, but this should not be painful and should not last more than 48 hours. If it does, you may be working too hard and need to ease up. STOP exercising if you have any chest pain or discomfort, and see your doctor before your next exercise session.

If you have osteoporosis, ask your doctor which activities are safe for you.



TODDLER Gymnastics Fun!

**Summer Mom-&-Tot
Classes Now Registering**

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Nearest Locations:

- Good Shepherd United Methodist in Fairfield
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- Foundry United Methodist on Jones
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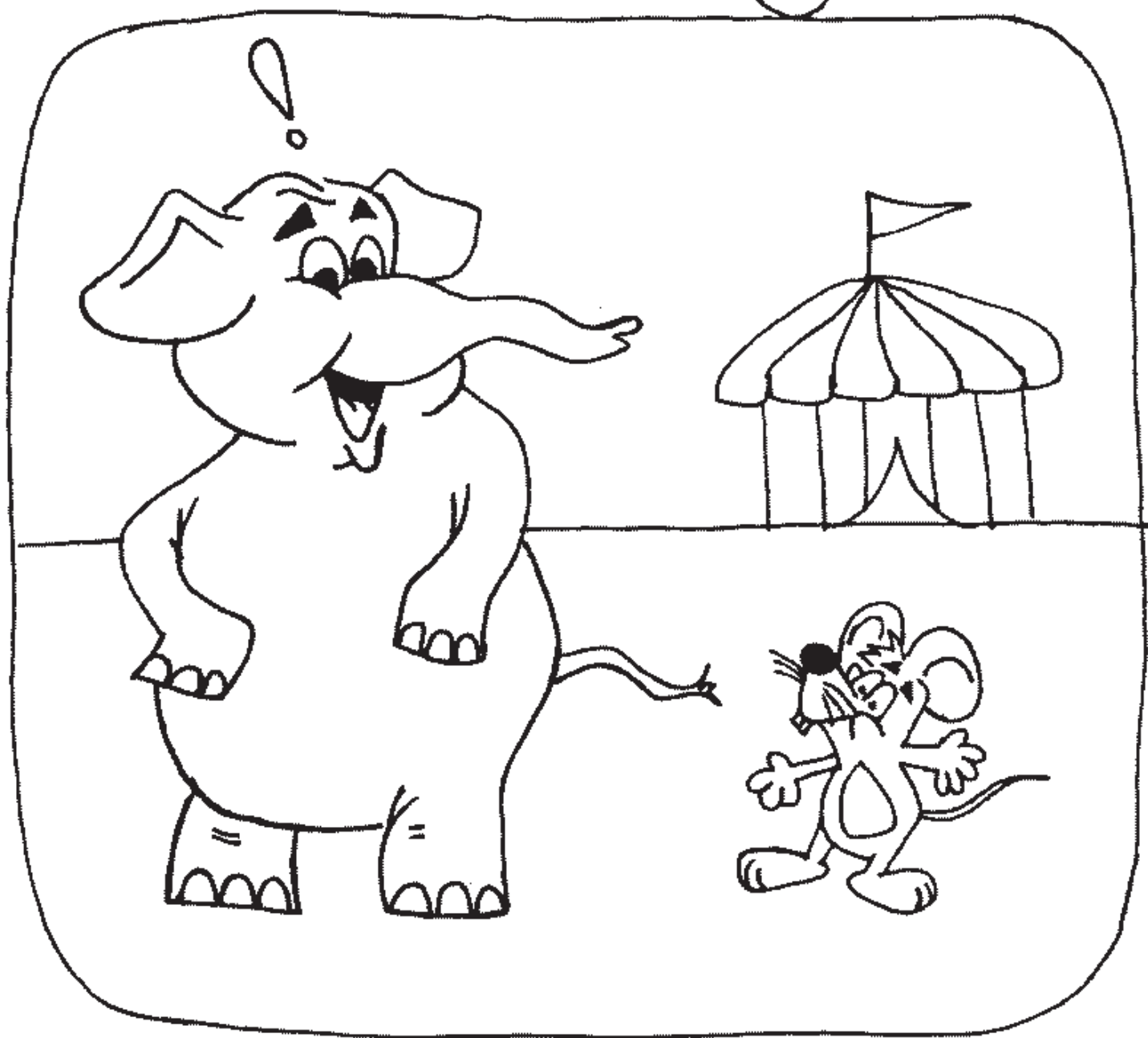
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With Seasonal Allergies, The 'Eyes' Have It

Baylor College Of Medicine

HOUSTON – Red, itchy, swollen eyes don't have to keep you from enjoying the season, say doctors at Baylor College of Medicine (BCM) in Houston.

"The same pollen that causes nasal allergies also causes eye allergies," said Dr. Yvonne I. Chu, assistant professor of ophthalmology at BCM. "Like in the nasal mucosa, when allergens such as pollen touch the ocular surface, the conjunctiva, mast cells release histamine which causes many symptoms. However, the two allergies can have different issues that can appear separately."

Seasonal allergic conjunctivitis, eye allergies that begin to show up this time of year, can cause the eyes to become red and irritated. Symptoms include itching, swollen eyes along with burning, tearing, and discomfort.

"Rubbing your eyes is a natural reaction, but it's only going to make matters worse," Chu said. "Prevention is the key, keep allergens from getting into the eye in the first place."

Chu recommends keeping track of pollen counts and staying indoors if too much pollen is in the air. Using an air filter and keeping windows closed can also help reduce allergens indoors.

Because many of the allergens that trigger eye allergies are airborne, the following steps can be taken to relieve unavoidable seasonal allergy symptoms that pop up:

- Use over-the-counter artificial tears to dilute and flush out allergens from the eyes. This will also relieve some of the itching and redness.

- Apply a cold compress to the eyes to ease discomfort and reduce puffiness.

- Over-the-counter antihistamines that are designed to help nasal allergies can also help treat eye allergies.

- For more severe seasonal allergic conjunctivitis cases, an ophthalmologist can prescribe eye drops such as mast cell stabilizers and topical antihistamines which block histamines from being released.

Histamines are derived from an amino acid and once released; it increases the blood flow to areas that are injured or to areas where a foreign substance has entered the body. In the case of allergies, histamines kick in when materials such as pollen or ragweed touch the surface of the eye.

Don't let this time of year get you irritated: preventative measures and topical treatments can help allergy sufferers get the "spring" back in their step.

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LONGWOOD LETTER

Texas Events - May 2007

10-13—PORT NECHES: Riverfest "Thunder on the Neches" Includes boat races, live entertainment, arts & crafts, fishing tournament, carnival, fireworks, car show, talent show and more. Port Neches Park. www.portnecheschamber.com 409/722-9154

11—VICTORIA: Victoria Country Opry Hours are 7:30 to 10 p.m. Victoria Community Center Annex. 361/552-9347

11-12—GALVESTON: 11th Annual World Wild Game Championship & BBQ Cook-Off www.yagaschildrensfund.org

11-13—CRYSTAL BEACH: Texas Crab Festival Enjoy more than 60 food and craft booths, live music, crab dishes, carnival, Crab Legs Contest, Weiner Dog Races, crab cook-off and more. Gregory Park. www.bolivarchamber.org 409/684-5940 or 800/386-7863

11-13—HOUSTON: Highland Scottish Games & Celtic Festival Houston Farm & Ranch Club. www.houstonhighlandgames.com 713/871-0061

12—BEAUMONT: Texas Energy Museum's Bubble Day Various activity stations allow children to experiment with bubble sizes, walls, shapes and colors. Texas Energy Museum. www.texasenergymuseum.org 409/833-5100

12—HOUSTON: Art Car Parade Showcases Houston's most outlandish folk art creations on wheels. 713/926-6368

12—VICTORIA: Maria Jette Performs Spanish Language Concert Leo J. Welder Center for the Performing Arts. www.victoriabachfestival.org 361/570-5788

18-20—PASADENA: Strawberry Festival Includes a barbecue cook-off, beauty pageant, mud volleyball, arts & crafts, four stages of entertainment, mutton busting, washer pitching contest, World's Largest Strawberry Shortcake and more. Pasadena Fairgrounds. www.strawberryfest.org 281/991-9500

18-20, 25-27—BROWNSVILLE: The Tale of the Allergists Wife Presented by Camille Playhouse, 1 Dean Porter Park. www.camilleplayers.cjb.net 956/542-8900

18, 25—PEARLAND: Summer Concert Series Southdown Park. www.pearlandparks.com 281/652-1673

19—CLUTE: Brazosport Symphony Orchestra Concert 979/230-3156

19—HOUSTON: Birder Walk & Talk Begins at 8:30 a.m. Sheldon Lake State Park. 281/456-2800

19—LAKE JACKSON: Gordon the Grouper's Birthday Party Kids of all ages are invited to explore coastal mystery boxes and make a fish print. Hours are 10 a.m. to noon. Sea Center Texas. www.tpwd.state.tx.us/spdest/visitorcenters/seacenter 979/292-0100

19—PORT ARANSAS: Anglers on Wheels This fishing tournament is for the physically challenged and their families and friends. Woody's Sports Center. www.doorinthewall.com 210/637-8316

19—PORT ARTHUR: Cajun Celebration Jefferson County Singles Club. 409/983-5118

19—VICTORIA: Victoria Market Day Hours are 9 a.m. to 4 p.m. DeLeon Plaza. www.victoriatx.org 361/485-3200

19-20—HOUSTON: Country Roots Music Festival Takes the audience back to the roots of "real" country, with juke box covers and original tunes. Traders Village. www.tradersvillage.com 281/890-5500

19-20—PASADENA: Annual Bayou Boil Includes a crayfish boil, music, auctions and crafts demonstrations. Armand Bayou Nature Center. www.abnc.org 281/474-2551

20—LA PORTE: 17th Annual Monumental Bug Bash All makes and models of VWs are welcome. Begins at 9 a.m. San Jacinto Battleground State Historic Site. www.bayareavwclub.com 832/414-1460 or 281/479-2431

22-Jun. 3—HOUSTON: Spamalot Based on the comedy Monty Python and the Holy Grail. Hobby Center for the Performing Arts. www.tuts.com 713/558-TUTS or 888/558-3882

24, 26-27—HOUSTON: Animal Magnetism Includes performances of Clear, Svadebka and Carnival of the Animals. Houston Ballet. Wortham Theater Center. www.houstonballet.org 713/227-2787

26—MATAGORDA: VFD/EMS Annual BBQ Fundraiser Hours are 11 a.m. to 2 p.m. Fireman's Hall. 979/863-7739

26—SOUTH PADRE ISLAND: Memorial Weekend Fireworks Laguna Madre. 956/761-3000

26-27—ROCKPORT: Festival of Wines Offers wine tasting, entertainment, cooking demonstrations and more. Texas Maritime Museum Grounds. 361/729-1271

26-27—SOUTH PADRE ISLAND: SPI Beach Volleyball Tournament Boomerang Billy's. 956/761-2420

26-28—PORT ARTHUR: S.A.L.T. Fishing Rodeo Fishing tournament includes inshore and offshore and a children's category. Pleasure Island. 409/718-8787

Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.



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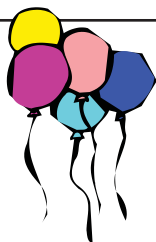
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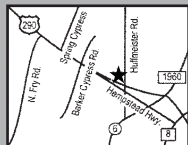
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LONGWOOD LETTER

Stop Colon Cancer In Minutes

Baylor College of Medicine

In just a few minutes, it can help stop colon cancer before it begins.

Getting screened regularly is the most effective way of preventing this "silent" but deadly disease, say doctors at Baylor College of Medicine (BCM) in Houston.

"There are several screening options, but a colonoscopy is the most sensitive and accurate way to find precancerous growths," said Dr. Waqar Qureshi, associate professor of medicine and chief of endoscopy at BCM. "Colon cancer has no warning signs and without screening you won't know you have it until it's too late."

By the time symptoms such as rectal bleeding, abdominal pain, weight loss, or anemia occur, the cancer has more than likely spread beyond the point of being cured. Screening, on the other hand, can catch precancerous growths at a time when life saving treatments are still effective.

During a colonoscopy, a thin, flexible device called a colonoscope is used to view the colon. A small video camera helps doctors look for abnormalities such as polyps, which are growths found on the colon wall. Almost all instances of colon cancer begin as polyps, which are easily removed during a colonoscopy.

"It takes a polyp about six to eight years to turn into a cancer," Qureshi said. "That is a huge window for polyps to be detected."

Colonoscopy screening should take place every ten years starting at age 50. If colon cancer runs in a family, testing should begin earlier in age and be preformed more often.

Colonoscopies take about twenty minutes and, since sedation is used, they are painless. Qureshi said most patients tell him they don't remember the procedure.

"There isn't an excuse to not have a colonoscopy," Qureshi said. "It is a quick, painless, and life saving procedure."

A proper diet has been shown to lower the risk of colon cancer. Qureshi suggests eating more fruits, vegetables and diets low in saturated fat. Adding calcium supplements to your daily routine can also help.

"Improving what you eat is always good, but nothing can replace regular colonoscopy screenings," Qureshi said. "It is a routine procedure, and it can save your life."



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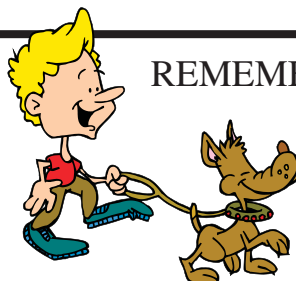


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