



The LONGWOOD Letter

July 2007

Volume 1, Issue 3

News For The Residents of Longwood

Cypress Christian School Seniors Receive Special Honors/Help Needy

Special Honors

Sunday, May 27, 2007 was a day to remember when Cypress Christian School celebrated the graduation of its tenth senior class. As all 47 students entered the auditorium, the audience stood and the cameras started flashing. Proud parents, family members and friends filled the pews prepared to experience that all important moment when their loved one crossed the stage to receive his/her diploma! From the beginning to the end, the ceremony was filled with special awards.

Congratulations to Kristan Hinn, Valedictorian, for achieving this special honor as well as the Faculty Scholarship for Academic Excellence and a Fine Arts Scholarship. Kristan plans to attend Baylor University to study medicine and business. In addition, congratulations go to Salutatorian, Evan Weppler, for receiving three different scholarships, the Christian Character Scholarship, a Fine Arts Scholarship, and the Spirit of Paul Scholarship. Evan also plans to attend Baylor University.

CCS seniors (all 47 students) will be attending over 32 different colleges in the United States with many of them using scholarship funds from various colleges, universities and institutions. All together, the Class of '07 was offered over \$1 Million in scholarship funds.

Missions

Before graduation, members of the senior class traveled to Costa Rica for their annual senior trip which includes an opportunity to perform missions work among the needy in that country. Classmates worked alongside each other and their chaperones to help with a special project at a local church and also presented a very special and fun program to children in the area. CCS seniors recommend that everyone set aside time to help the needy either in the local community, in another state or abroad. It brings a special appreciation to your life and a desire to continue serving those in need.

Cypress Assistance Ministries

11202 Huffmeister

281-955-7684

www.cypressassistanceministries.com

Have your kids grown tired of their toys this summer? Angels' Attic's newly remodeled toy department is fully stocked with toys, puzzles, games, and books sure to please children of all ages. All proceeds from Angels' Attic Resale Shop support the ministry work and food pantry at CAM.

With kids home from school for the summer, donations of canned meats and snack foods of all types would be greatly appreciated.

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.



HAPPY 4th OF July

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

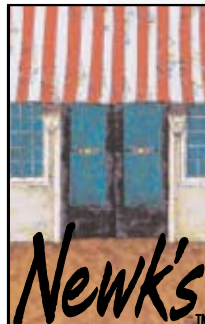
Peel, Inc.....	1-888-687-6444
Article Submissions.....	longwoodletter@PEELinc.com
Advertising.....	advertising@PEELinc.com, 1-888-687-6444

Cy-Woods Crimson Cadettes 2nd Annual Dance Clinic

The Cy-Woods Crimson Cadettes will be hosting their 2nd Annual Dance Clinic August 15, 16 and 17, 2007. This fun-filled three day event is open to all those entering kindergarten thru 12th grade in the upcoming school year. The clinic will be from 8:30 to 11:30 all three days, ending with Showoffs at 11:30 on Friday, August 17th where participants will be able to “showoff” the routine they learned during the clinic. Registration information is available thru the “Student Life” section of the Cy-Woods website which can be accessed thru www.cfsd.net. Registration forms are also available at the Cy-Woods High School front desk.

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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Texas Department of Insurance Urges Hurricane Preparedness

AUSTIN – Hurricane season officially begins in Texas on June 1 and runs through the end of November, typically with peak activity in August and September. Although residents of coastal areas are most at risk, tropical storm systems can travel hundreds of miles inland, creating the potential for wind damage and flash flooding throughout the state. Planning ahead can help you protect yourself, your family, and your property during hurricane season.

Review coverage and policy limits. Make certain your homeowners or commercial property coverage is in force and that it provides adequate coverage to pay the full replacement cost of your property. Make sure you understand what the policy does and does not cover. If you have questions regarding the terms or coverage provided under the policy, contact your agent. If you've made improvements to your home, consider increasing your policy's limits to cover the enhanced value of the property. Even without recent improvements, property values increase over time and insurance policies should be adjusted accordingly.

Make sure you have windstorm insurance. If your property is located in one of Texas' 14 coastal counties, or parts of southeastern Harris County, your homeowners policy may not provide windstorm coverage. You may be able to obtain insurance coverage for windstorm or hail damage from a special insurance pool called the Texas Windstorm Insurance Association (TWIA). It's important to note that you cannot buy or change TWIA coverage once a hurricane is in or near the Gulf of Mexico. If you currently have TWIA coverage, review your policy carefully and know your policy limits. Compare your TWIA and homeowners policies and make sure you are insured to an appropriate replacement value. For more information about windstorm coverage, call your insurance agent or TWIA at (512) 899-4900 or visit its website at www.twia.org.

Consider flood insurance. Homeowners and commercial property policies specifically exclude coverage for damage from flooding. To protect yourself from losses caused by rising water, you'll need a separate flood insurance policy from the National Flood Insurance Program (NFIP). NFIP is administered by the Federal Emergency Management Agency. Flood insurance policies usually have a 30-day waiting period after the purchase date before coverage takes effect on currently owned property, so don't wait until a flooding threat

is imminent. For more information, contact your insurance agent or NFIP at 1-888-FLOOD 29 (356-6329) or visit www.floodsmart.gov.

Make a safety plan. If a hurricane threatens your area, you may have to make a decision whether to stay in your home or evacuate. Whenever local authorities recommend evacuation, you should leave. The advice of authorities is based on knowledge of the strength of the storm and its potential for death and destruction.

- Map out safe routes inland or to safer areas. If you live in a low-lying area, know where low-water crossings might make travel to safety more difficult and plan routes that avoid these areas.
- Find out the location of any nearby community shelters in case you must seek immediate shelter.
- When a hurricane watch is issued for your area - an alert that a storm has not yet hit, but conditions are likely in the days or hours ahead - regularly check TV and radio for official weather bulletins.
- If you decide that it's safe for you to stay, understand that you may be without electricity, fresh water, and phone service for some time and prepare accordingly. Stock up on canned goods and bottled water, check supplies of medicines and first-aid equipment, and check batteries in radios and flashlights.
- Work out a way for family members to communicate in case you must leave your home or if there is a disruption in local phone service. For instance, agree on a friend or relative who lives outside your immediate area who can serve as a point of contact in an emergency.

Protect your property. When a hurricane watch is issued for your area, taking a few measures in advance may help prevent or minimize damage to your home or property.

- Protect windows, sliding glass doors, and skylights with shutters or plywood.
- Put your car in a garage or other shelter. Secure boats and trailers. Secure outdoor furniture and any other loose material outside.
- If possible, trim back any dead wood from trees. This will reduce the amount of wind stress on trees and eliminate potential damage from falling limbs.
- Move valuables away from windows and, if possible, to an upper floor.

(Continued on Page 4)

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LONGWOOD LETTER

Teenage Job Seekers

	Baby	Pet	House	Yard	
Name	Age	Sit	Sit	Sit	Work Phone
Richard Kan	15	•	281-256-3260

*-CPR Training

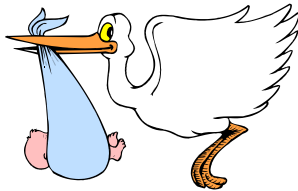
+--First Aid Training

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!



Hurricane Preparedness - (Continued from Page 3)

- Bring pets indoors or make other arrangements for their safety. If you must seek shelter in a community shelter, understand that you will probably not be able to keep your pets with you. Contact your local humane society for information about animal shelters.

- If you are leaving your home, lock and secure the premises. Take small valuables and important documents with you.

Make a Home Inventory. Photograph or videotape each room and the exterior of your home. List serial numbers on the items you can. Keep your inventory, your insurance policy, and any other important documents in a safe deposit box or other secure spot. If your home or property is damaged, accurate records can help speed up the claims process and can help prove tax-deductible uninsured losses.

Auto insurance. State law requires all drivers to maintain liability insurance, which pays for injuries and damages you cause to other people and their cars. Liability coverage does not pay for any type of damage to your own vehicle, however. You will need to purchase additional coverage, known as "comprehensive" or "damage other than collision" coverage to protect your vehicle from damage caused by hail, flood, fire, or theft.

For more information:

If you have questions about insurance, call TDI's Consumer Help Line toll-free: 1-800-252-3439 or visit the TDI website: www.tdi.state.tx.us.

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Cy-Fair College, "Perspective"

New Student Orientation Sessions Set

Student orientations will be held from 8:30 a.m. to 3:30 p.m. (a boxed lunch is included) July 11, July 24 and Aug. 1 with a family orientation set 8:30 a.m. to 11 a.m. the same dates. An orientation for non-traditional adults returning to school will be held from 4:30 p.m. to 8:30 p.m. Aug. 8. All the orientation sessions will be held at the Barker Cypress campus at 9191 Barker Cypress Road at West Road. All sessions are free, but space is limited and pre-registration is required.

Check out the New Summer Reading Program for Adults

The Harris County Public Library has teamed up with Barnes and Nobles to host a summer reading program for adults ages 18 and older titled Reading – The Ultimate Vacation. Program participants will be eligible to win Barnes and Noble gift cards just by reading or listening to three books this summer. In August, each branch, including

the Cy-Fair College Branch Library, will draw a winner for a \$20 gift card and HCPL will draw a winner from all participants for a \$150 gift card.

Ever Thought About a New Career in Teaching?

Cy-Fair College will host an information session on two teaching programs Tuesday, July 10 on the Barker Cypress campus in the Conference Center. The session will start at 5 p.m. and will cover information on the Associate of Arts in Teaching degree program, in which participants can earn a University of Houston bachelor's degree while taking classes on the Cy-Fair College campus. Then at 6 p.m., learn how to enter the teaching profession through the Alternative Certification Program.

Save the Date for Children's Summer Show

Mark your calendars for the children's summer production of 'Tite Rouge, a charming and rollicking retelling of Little

Red Riding Hood set at 10 a.m. Mondays through Fridays and noon Saturdays Aug. 6 – Aug. 18.

L.I.F.E. in July is Interactive

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.) July programs include "Ask Precinct 3 County Commissioner Steve Radack Anything" July 11, "Show and Tell" about your hobby, pastime or book July 18 and "There's a Doctor in the House" July 25. (There is no program July 4.)

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 \$50, limit 40 words, please contact Peel, Inc. Sales Office at 512-989-8905 or advertising@PEELinc.com.

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LONGWOOD LETTER

Camp Hope Comes to Cypress

Messiah Lutheran Church is hosting three weeks of a Christian day camp called Camp Hope. The camp runs July 16-August 3; participants may sign up for one, two, or three weeks. Children in kindergarten through sixth grade are invited to attend. The campers have full days of crafts, stories, games, and songs. This is Messiah's eighth year to host Camp Hope; the counselors and small group leaders have received extensive training. The camp offers extended hours for working parents. The community is invited to share in this exciting program.

Wake up to MOPS @ The MET on Friday Mornings!

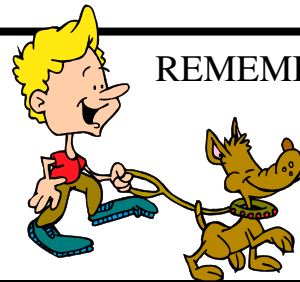
Register now and wake up to MOPS @ The MET on Friday mornings. MOPS @ The MET, Mother's of Preschoolers, offers 2 dynamic groups that meet either the 1st and 3rd Friday mornings or the 2nd and 4th Friday mornings from 9:15am – 11:45am. Childcare is provided with registration. MOPS is a program specifically designed to meet the need of mother's of preschoolers, newborn through kindergarten. You won't want to miss a Friday morning filled with scrumptious food, great door prizes, new friendships, encouragement, awesome speakers and a creative activity that even the most craft challenged gal can do! To find out more about MOPS go to www.metmops.org

Rachael's



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LONGWOOD LETTER

Golf Tip Of The Month "Chipping"

By Kyle O'Brien

Too many times when I am out on the course or giving a clinic regarding chipping, I see very simple mistakes by the average golfer that can easily be corrected. These small changes in your approach to chipping will not only improve your consistency around the greens but will lower your scores.

Tip # 1: Eliminate Wrist Action

Eliminate your wrist action in your chipping stroke. By eliminating your wrist action two things become more controlled. First of all, it will be easier to maintain a consistent loft on your club through impact which will result in more consistent shots. Also, you will notice by eliminating your wrist action that your ball contact will become much more solid.

Drill---To reinforce the proper movement in your chipping stroke imagine the back of your glove hand is always finishing toward your target. You will notice that if you break your wrists this becomes virtually impossible to do.

Tip #2: Use Different Clubs

When you are practicing around the perimeter of the green, try using different clubs. Many times I see players who limit themselves to one or two clubs to hit all of their shots around the greens. The idea behind chipping is to get the ball on the green as soon as possible to get it rolling like a putt. By using different clubs with different lofts,

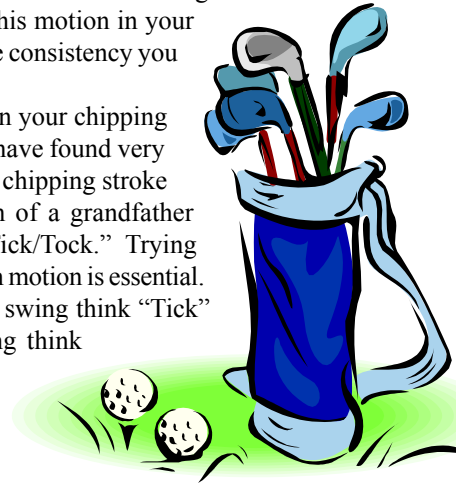
you will find it much easier to control these shots.

Tip #3: Rhythm

Rhythm is essential in any golf shot you will hit. When a golf professional tells you about producing consistency in your golf game, he/she will usually relate this back to your rhythm and tempo. In regards to chipping try this. Always try to take the club the same distance back and the same distance through.

The more you produce this motion in your chipping stroke, the more consistency you will gain.

Drill---As you work on your chipping here is an old drill that I have found very effective. Think of your chipping stroke as the pendulum motion of a grandfather clock. I call this drill "Tick/Tock." Trying to maintain this pendulum motion is essential. Therefore, on your back swing think "Tick" and on your down swing think "Tock."



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Classifieds

FOR SALE: Boy's Bedroom Suite, "Lexington Furniture", solid wood twin bed with "sport locker" side cabinets for clothes storage, matching desk with hutch. Great condition - \$750.00 "American Drew" solid cherry wood dining room table with 6 coordinating chairs. Must see - \$750
Boys study desk with hutch and chair - \$100

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LONGWOOD LETTER

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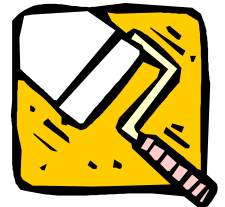
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LONGWOOD LETTER

Texas Events - July 2007

7, 14, 21, 28—PASADENA: Armand Bayou Ranger 28-foot Pontoon Boat Experience Offers an informative and memorable aquatic safari. Reservations and advance payment required. www.abnc.org 281/474-2551

9—FULTON: Music at the Mansion Begins at 7 p.m. Fulton Mansion State Historic Site. 361/729-0386

11—SAN BENITO: El Segundo Weensdee Enjoy an oral history series on conjunto music. Begins at 7 p.m. The Narciso Martinez Cultural Arts Center. 956/361-0110

13-15—PORT ARANSAS: Outboard Fishing Tournament Robert's Point Park. 361/749-6211

13-18—HOUSTON: Beehive Begins at 8:15 p.m. Miller Outdoor Theatre. www.milleroutdoortheatre.com 281/373-3386

13-21—HOUSTON: Ringling Bros. and Barnum & Bailey Circus Reliant Stadium. www.ringling.com 832/667-1400

14—GALVESTON: Summer Fishing Fun Kids learn to fish in a fun, safe, kid-friendly environment through the TPWD Angler Education Program. Begins at 9 a.m. Galveston Island State Park. 409/737-1222

14—HOUSTON: ArtHouston 2007 Celebrates the diverse visual contribution that private galleries and their exhibiting artists give to the people of Houston year-round. Booker Lowe Gallery. www.arthouston.com 713/522-9116

14—HOUSTON: Second Saturday of the Month Boat Cruise along Buffalo Bayou No reservations. www.buffalobayou.org 713/752-0314 ext. 3

14-15—HARLINGEN: Super Rolling Thunder Series No. 3 Softball Tournament Begins at noon. Tom Wilson Youth Complex. 956/245-0264

14-Aug. 19—GALVESTON: Texas Juried Glass 2 Galveston Arts Center. www.galvestonartscenter.org 409/763-2403

15—SANTA FE: Tommy Dardar Hours are 6:30 to 8:30 p.m. Haak Winery, 6310 Ave. T. www.haakwine.com 409/925-1401

16-21—PASADENA: Children's Theater Workshop 4318 Allen Genoa Road. E-mail: kreeddrama@sbcglobal.net • www.pasadenalittletheatre.org 713/941-1758

20-22, 27-29—HARLINGEN: Charlie & the Chocolate Factory Enjoy an off-the-wall tour of the world's greatest chocolate factory. Harlingen Performing Arts Theatre, 1209 Fair Park Blvd. 956/412-7529

21-22—PORT NECHES: Trade Days Port Neches Avenue. E-mail:

pncoc@swbell.net 409/722-4023

24-Aug. 5—GALVESTON: Big River Galveston Island Musicals Convention Center at the San Luis, 6300 Seawall Blvd. www.galvestonmusicals.com 800/547-4697

26—PORT ISABEL: Oral History Program: Telling Our Stories Begins at 7 p.m. Treasures of the Gulf Museum. www.portisabelmuseums.com 956/943-7602

26-28—CLUTE: Great Texas Mosquito Festival Features variety of contests, more than 75 vendors, carnival and headliner entertainment each evening. Clute Municipal Park. www.mosquitofestival.com 800/371-2971 or 979/265-8392

27—HOUSTON: Love's Labor's Lost Presents Shakespeare's great autumnal comedy. Miller Outdoor Theatre, Hermann Park. www.milleroutdoortheatre.com 281/373-3386

27-28—PORT ARANSAS: Blue Wave Owners Tournament Fishing tournament is held for Blue Wave boat owners. Robert's Point Park. www.bluewaveboats.com 800/432-6768 ext. 101

27-29—BAYTOWN: Titanic — The Musical Baytown Little Theater. 281/424-7617

27-29—BEAUMONT: Peddler Show Features a fashions, home furnishings, jewelry, personalized items, fragrant candles and much more. Ford Park. www.fordparktx.com 409/951-5400

28—BEAUMONT: Second Annual Orleans Street Jazz Festival Hear live jazz from hot musicians. Enjoy shopping, food, arts & crafts and more. 409/880-3788

28—HOUSTON: Romeo & Juliet Produced by the Houston Shakespeare Festival. Miller Outdoor Theatre. www.milleroutdoortheatre.org 281/373-3386

28-29—SOUTH PADRE ISLAND: Beachcombers Fine Arts Show Convention Centre. www.harlingenartforum.com 956/330-8594

31—HOUSTON: Children's Hilltop Festival — The King's New Robes Miller Outdoor Theatre, Hermann Park. www.milleroutdoortheatre.com 281/373-3386

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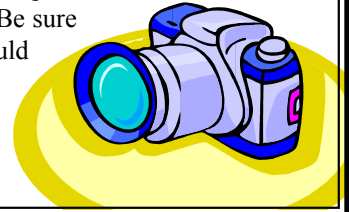
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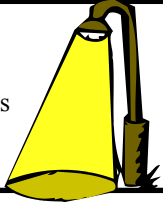
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Knotted DNA can kill – cells

Baylor College of Medicine

HOUSTON – In the cell, three or more feet of DNA twist, coil and compact to fit the slender strand into the nucleus. The result for DNA, as it is for electrical cords, garden hoses and other “stringy” things, is often the formation of knots.

The cellular consequences of DNA knots were unknown until recent work by Dr. Lynn Zechiedrich, associate professor of molecular virology and microbiology at Baylor College of Medicine (BCM) and her colleagues, which appears today in the current online issue of the open access journal BMC Molecular Biology.

Their work shows that knotted DNA causes gene malfunctions. They demonstrate that knotting causes loss of genetic material by blocking DNA replication and also blocks transcription of a gene into its active protein. They show that knots cause mutation at rates three to four orders of magnitude higher than those of unknotted DNA.

She and her colleagues studied the effect of DNA knotting in *Escherichia coli*, a common form of bacteria. Enzymes called topoisomerases (topoisomerases IV in *E. coli*) are charged with unknotting these tangles, but Zechiedrich’s studies demonstrate that topoisomerase IV has to get to the knot quickly to prevent the toxic events that can lead to cell death.

“Cells have processes that make sure that newly replicated chromosomes segregate – become untangled from one another – and separate to make cell division possible,” she said. “These processes hold up cell division until the DNA has been partitioned by the topoisomerases into each cell.

“As a consequence, if, in the laboratory, we form more unsegregated DNA in a cell, the cell waits patiently and does not divide until topoisomerase IV catches up with the links we made. When this happens, the cells live. Knots, however, can block the function of a gene. If that gene is important for cell survival, then the cell dies or mutates before topoisomerase IV can catch up with the extra knots we tied.”

“Therefore, DNA unknotting is a critically important role of the topoisomerases,” she said. “Topoisomerases are the target for some of the most widely-prescribed antibiotics, the fluoroquinolones. Cipro or ciprofloxacin, the antibiotic in demand during the 2001 anthrax scare, is one of these.

“Topoisomerases are not just bacterial. Some of those made by human cells are important anti-cancer drug targets. Therefore, understanding what these enzymes do in a cell may help us better understand how these drugs stop infection and cancer.”

“The DNA is not static within the cell,” Zechiedrich says. “Its normal motion may pull the knot tight and maybe causes it to break or knots it so tightly that normal chemical reactions cannot occur. In either case, knots can lead to cell death.”

“Maybe DNA knots help drive evolution,” she says. “In the laboratory, most of the cells containing mutated DNA that resulted from knotting survived better than the starting cells that were not knotted — definitely an evolutionary advantage.”

Others who took part in this research include former BCM graduate student Dr. Richard W. Deibler, now of Harvard Medical School; Dr. Jennifer K. Mann, of BCM and the Florida State University (FSU) Department of Mathematics in Tallahassee, and Dr. De Witt L. Sumners, also of FSU.

Funding for this report came from the National Science Foundation, the National Institutes of Health, and the Burroughs Wellcome Fund.

The full article can be found at <http://www.biomedcentral.com/content/pdf/1471-2199-8-44.pdf>.



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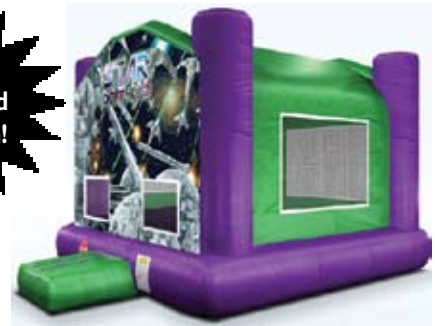
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