



The LONGWOOD Letter

March 2008

Volume 2, Issue 3

News For The Residents of Longwood

Cy-Fair High School Project Prom 2008 Update

Cy-Fair High School Project Prom is entering its final two months of preparations for the BIG NIGHT! Check out the volunteer requests in this article and online so you won't miss out on the opportunity to be involved. In order to hold a successful event for up to 967 **seniors and their dates**, we are asking the community as well as parents to donate money and refreshments. Please visit our website name at www.cyfairprojectprom.org for more information. Parents are urged to visit the website to register your senior and sign up for email updates if you have not already done so. In addition to the fundraising opportunities below, we sell coffee, a senior DVD and calendars, lollipops, and Market Day frozen food to go. If you have any questions, call CFHS Project Prom 2008 President Karen Fitzgerald at 281-304-8272.

General membership meetings. Mar. 24 and Apr. 21, CFHS cafeteria at 6:30 p.m.. Bring formal gowns, used printer cartridges, and packs of bottled water, and patronize the vendors.

Aramark events. We urgently need more people to join our team of parents to work at stadium events. This effort has a huge earning potential. Contact Teresa Cardamone at teresa.cardamone@cfisd.net.

Cartridges and More Recycling. Bring your items to the designated bin in the Cy-

Fair High School library or to the monthly meeting in a bag or box marked with the senior's name. For a list of items accepted, see www.cartridgesforkids.com.

Prom Dress Boutique. The Prom Dress Boutique is a sale of fashionable, gently-used formal gowns at low prices, to be held on Sat., Mar. 29, 2008, from 11-4 in Room 131 of the Lone Star College Cy-Fair Library. We need donations of gently-used, clean, long, tea-, and knee-length gowns (on hangers in bags). Bring gowns to a Project Prom meeting or arrange to drop them off at the home of Maureen Jerding, 281-373-9050, mjerding@counselip.com, or the home of Mary Connelly, 281-256-6145.

Casseroles-to-Go. We need people to prepare casseroles for sale. Contact Maggie Machacek at r_machacek@sbcglobal.net.

Night of Project Prom Donations. We are collecting donations from area businesses and individuals for refreshments and prizes for the night of Project Prom. Visit our website and click on the tax deductible donations link at the bottom of the main page, and contact Project Prom President Karen Fitzgerald for more information.

The Busy Parent Fundraiser form on our website at www.cyfairprojectprom.org provides an easy way to contribute. Other individuals are welcome to contribute as well. We are a 501(c)(3) organization, and therefore, contributions are tax deductible.

Cypress Christian School hosts Community Carnival

Cypress Christian School will hold a Community Carnival to celebrate its 30th year of serving families in northwest Houston. Make plans now to join the fun on Saturday, April 19 from 10:00 a.m. to 4:00 p.m.

Rides, games, food and prizes galore are in store for everyone who attends this special event. In addition, there will be a silent auction with family-friendly items ready to be awarded to the highest bidder.

Don't miss this fun event. The carnival will be held on the school grounds located at 11123 Cypress N. Houston Rd at Jones Rd. For more information contact the Event Coordinator at Jody.Pollos@CypressChristian.org or 281-770-5326.



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

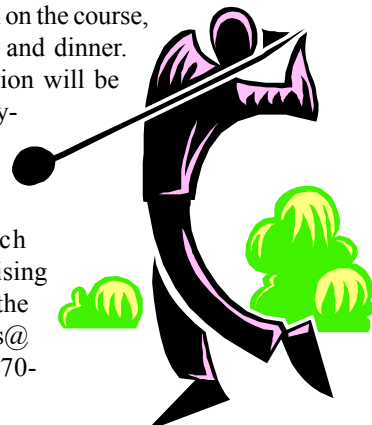
Peel, Inc.....	1-888-687-6444
Article Submissions	longwoodletter@PEELinc.com
Advertising.....	advertising@PEELinc.com, 1-888-687-6444

Cypress Christian School Annual Golf Classic

Calling all Golfers and Sponsors! Mark your calendar for Monday, May 5 to participate in the annual CCS Golf Classic. This year's Golf Tournament will be held at the Longwood Golf Club, 13300 Longwood Trace, Cypress, TX 77429 with a 1:00 tee-off time.

In addition to a great afternoon on the course, golfers will be treated to lunch and dinner. To add to the fun, a silent auction will be held with golfer-friendly/family-friendly items to be awarded to the highest bidder.

To play in the tournament or sponsor the event - which includes a multitude of advertising opportunities - please contact the Event Coordinator at Jody.Pollos@CypressChristian.org or 281-770-5326.



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The American Business Woman's Association Cy-Fair Express Network

Event: Cy- Fair Express Network

When: Thursday March 27, 2008

Time: 11:30 am-1:00 pm

Where: La Hacienda Banquet Hall
12503 Telge Road
Cypress, TX 77429

Networking, and Business Luncheon

The American Business Women's Association Cy-Fair Express Network invites you to their monthly networking meeting and luncheon. This month is our annual Business Expo. This Expo is open to the public anyone can display their business, products, and or services. Come join us lots of door prizes and giveaways.

For Registration Call: Shelley Morris 281-639-8825 or Regan Armstrong 281-894-1590.

Booths: (Fees include lunch for 1 person)

Early Registration until 3/1/08:

Members: \$50.00

Non -Members \$60.00

Registration 3/2/08:

Members: \$60.00

Non -Members: \$60.00

Extra lunch - \$25.00

Registration Deadline is March 15, 2008

Reservations: Just attending lunch - Anya Lucas 281-379-5800 or anya@lucascarecare.com

CYFEN is an ABWA Express networking organization providing opportunities to network with other professionals in the Northwest Houston area, and offers professional development and educational advantages through ABWA. CYFEN meets the fourth Thursday of each month (except November and December), and visitors are always welcome. Contact Shelley Morris for more information.

Contact: Anya Lucas at anya@lucascarecare.com or Melissa Rotholz at melissa.I.rotholz@nhmccd.edu

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.

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

March Landscape Corner

Landscaping Will Help Increase Your Home's Value

What is the most expensive investment we will probably ever make?? Our home is the answer. We spend money to maintain our homes inside and out. We want to enjoy our places and keep them looking nice for ourselves as well as passersby. We allocate funds to accomplish this. Those same passersby see the home exterior, but they also see the landscape. Is there a similar concern that the landscape looks as good as the home's interior and exterior?? In many cases the answer is no. Investing in our property landscape is a good investment and will pay for itself at the time you sell that home. In most cases, you can get a lot more money for your home at the time of sale IF the landscape has been upgraded and is well maintained. New homebuilders give us a basic lawn. Is that what you still have after years of being in the home? Perhaps it is time to make some changes?

Schedule your Landscape Company

If you hire out your regular lawn maintenance work to professionals, call them now for an estimate so you can get on their schedule for this season. Ask the company about their reliability, work quality standards, billing process, trust-ability on your property and of course, their costs. Ask any other questions you feel are appropriate. If all the answers sound good after they see your property and give you an estimate, hire the company then and there to get on their schedule.

Last Freeze – March 15th (avg.)

March is the time that everything wakes up in our lawns. Be prepared, and enjoy the work outdoors while the weather is still very comfortable. Get those projects done now. Remember-The AVERAGE last killing frost date is March 15th. We could get a killing frost after this date. If you put out tender new flowers too early and we get a hard freeze, you will have a bunch of dead new plantings. We all get excited to plant, but use some caution too! When choosing your plantings, keep in mind we are located on the border of planting zones 7 and 8. A plant meant for zone 10 or zone 4 probably will NOT survive here, so save your money even though it is very pretty at the nursery. Try to get plants, bulbs etc. that were started in Texas or from other states with the same zones; they will perform better here as a result. Annual plants live and die in one season while perennial plants live for more than one season, therefore are a better bargain. Call the Texas Cooperative Extension Office at 817-884-1945 for lists of plants, flowers, shrubs and trees recommended for our area, the information is all free!

Fertilizing

Pre-emergent can be applied now. Pre-emergent means that it must be applied before the weed germinates. It prevents germination of the seed. Once the weed is visible, it is too late to apply a pre-emergent.

(Continued on page 5)

Is your A/C equipment ready for summer?

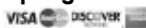
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Spring Check



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March Landscape Corner - (continued from page 4)

Post emergent chemical controls will work after you see the weeds. In your current beds, eliminate the weeds, turn the soil, add organic materials and blend it in to a depth of 4-6 inches. This will prepare it for spring flower planting. For new shrub planting, blend the organics in to a depth of 6-8 inches. Rear tine tillers work well for this task. Now is a good time to plant the shrubs, the roots will have time to spread a bit prior to our summer heat. Top your beds with a good layer of mulch, 2-4 inch minimum.

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.



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LONGWOOD LETTER

Lone Star College-CyFair Perspective

Free Community Health Fair March 6

Lone Star College-CyFair will host the Fourth Annual Health Fair, from 11 a.m. to 1 p.m. Thursday, March 6 at the Barker Cypress campus, 9191 Barker Cypress Road. The free event will feature more than 30 local and national health, medical, and wellness exhibitors, will include a variety of free screenings and literature as well as a blood drive. The LSC-CyFair Wellness Committee will sponsor this health fair as part of its ongoing effort to inform, educate and empower the community to adapt healthier lifestyle behaviors. Call 281-290-3289 for information.

Don't Miss Fotofest, an International Photography Exhibition

An international photography exhibition titled "First Light: Teaching Photography in Afghanistan" will be on display in the Bosque Gallery at Lone Star College-CyFair March 4 through April 3. This Fotofest exhibition features the work of Kabul University students in Afghanistan and will include a silent auction from 4:30 p.m. to 7 p.m. during the March 6 reception. The proceeds will benefit the Kabul University photography program. Gallery hours are 11 a.m. to 2 p.m. Tuesdays through Thursdays. For Fotofest information go to www.fotofest.org. For gallery information or go to cyfair.lonestar.edu/bosquegallery.

Spring Film Series Under Way

The Lone Star College-CyFair Spring Film Series is a continuing

education course called Film Appreciation. The series is presented at no charge. A professor or student organization at the college hosts each film and an in-depth discussion after the movie. March films include "Life Support" March 5, "The Wind That Shakes the Barley" March 17; "Pretty in Pink" March 19 and "Pan's Labyrinth" March 27. Registration is available at all the film events. All films are shown at the Barker Cypress campus in ART 102. For the spring schedule or information, go to cyfair.lonestar.edu/filmseries.

Free Tax Preparation Assistance Available

Free tax assistance is available at the Lone Star College-CyFair Branch Library, located at 9191 Barker Cypress Road, with AARP Tax-Aide volunteers from noon to 4 p.m. every Wednesday and Thursday through April 6 in the library, room 131. Taxes will be filed electronically. For information on what documentation to bring, go to cyfair.lonestar.edu/library and click on free tax assistance under the news section.

Check out Women's Month Activities

Come to Lone Star College-CyFair throughout March for activities that celebrate, teach and empower women. Among the activities are a women's health fair, female art exhibition, film series, woman's symposium, women's book club discussion, crime and safety awareness day, The Vagina Monologues (a Reader's Theatre

(Continued on page 7)

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LONGWOOD LETTER

Lone Star College - (continued from page 6)

presentation) and a free week-long Rape Aggression Defense (R.A.D.) workshop. For a schedule of information, go online to cyfair.lonestar.edu/womensconference.

L.I.F.E. Lessons in March

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) In March, programs feature original pastel art March 5, Ukrainian heritage and Easter eggs March 12, songs from the French-speaking world March 19 and the Katy Prairie March 26. Call the library at 281-290-3213 for L.I.F.E. program information or go online to cyfair.lonestar.edu/library.

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Rachael's



Come in and
get the
Webkinz
Easter Duck



Easter Sunday is
March 23rd!!



12312 Barker Cypress @ 290 • 281-256-9800



Discovery College registration
starts March 10.
One-week summer camps are
for ages 6 to 15.

For Barker Cypress camps only,
call 832-482-1043.
For Fairbanks Center camps only,
call 832-782-5038.

For schedules and applications, go to CyFair.LoneStar.edu/discoverycollege

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Houston, TX 77040

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Worship

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Easter

Easter Sunday, March 23, 2008

6:45 am 7:45 am 10:30 am
Sunrise Easter Service Continental Breakfast Main Easter Service

Terra Verde Community Church
Rosehill Christian School • 19830 FM 2920 • Tomball, TX 77377
www.terraverdechurch.org

LONGWOOD LETTER



Cy-Woods' Wildcats 2nd Annual "New Cat in Town" Classic Golf Tournament



Cypress Lakes Golf Club ❖ April 28, 2008

REGISTER NOW for Cy-Wood's High School 2nd Annual "New Cat in Town" Classic Golf Tournament at Cypress Lakes Golf Club on Monday, April 28, 2008. Your team will participate in a day of golf, a great dinner and an array of prizes. Player spots are limited to 144 so we encourage you to sign up today! For more information and registration form, please contact ORedhouse@aol.com or COWIEWT@aol.com.

FOUR-PERSON SCRAMBLE FORMAT (Registration begins at 11:00 a.m.)

12:30 PM SHOTGUN START

AFTER TOURNAMENT (Bar-b-que Meal, Awards, Silent Auction & Door Prizes)

SPECIAL EVENTS:

Hole-in-one Contest; Longest Drive; Closest-to-the-pin; Beat the Pro; Putting Contest
COST

Golf Entry Fee of \$150 per player (\$600 per team)

Includes: Green Fees & ½ Cart, Golfer's Gift Bag, Meal, Range Balls, Refreshments

All proceeds benefit the CY-WOODS "All Sports" ATHLETIC BOOSTER CLUB

Tournament Sponsorship Levels are Available:

- **\$5,000 Wildcats Sponsorship:** Receives 3 foursomes, a Wildcat Sponsor gift bag including a pair of golf shoes and a Cy-Woods golf shirt for each player, 4 hole signs, and special acknowledgement throughout the tournament.
- **\$2,500 Crimson Red Sponsorship:** Receives 2 foursomes, a Cy-Woods golf shirt for each player and 4 hole signs.
- **\$1,000 All Sports Sponsorship:** Receives 1 foursome and 2 hole signs.
- **\$300 Flag Sponsorship:** Sponsor's name embroidered on flag. Flag given to sponsor after tournament.
- **\$125 HOLE SPONSORSHIPS:** Receives recognition at a designated hole.

For more information on sponsorships, donating items for the silent auction and the golfer's gift bags, please contact Natalie Oakes at ORedhouse@aol.com.



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Cypress Jazzercisers Participate In a Fund-raiser Halftime Show

Cypress, Texas -- It's a fact that exercise is important for good health. And it's even better when that exercise helps others in the community. 300 Houston and Cypress area Jazzercisers, combined healthy exercise and helping the community by participating in a Houston Rockets halftime show that was also a fund-raiser and danced for over \$25,000 in donations for The Pink Ribbons Project.

The 300 Jazzercisers were a part of a group from around Houston who participated in the Friday January 11, 2008 show at Toyota Center. The Houston Rockets played the Minnesota Timberwolves. The Jazzercisers performed a high-energy choreographed routine took many hours to perfect.

"The students had been coming to Jazzercise classes about 3 times a week since early November to get in shape to perform the halftime routine," said Kristine Lewis, a Cypress Jazzercise instructor. "In addition, they had practiced the routine at least once a week since mid-December to learn the moves. They practiced on the court to learn the blocking so we would have a professional looking halftime show that absolutely wowed the Rocket fans at the game. This was a lot of hard work."

The Jazzercisers who performed this routine were not professional dancers. They came from all walks of life — nurses, doctors, teachers, architects, secretaries, business owners, parents.

And the driving force behind this performance — in addition to the excitement of performing in front of thousands of people at Toyota Center — was raising money to benefit The Pink Ribbons Project. In the last several years, Jazzercisers have raised thousands of dollars to benefit this worthy cause, and they are expected to raise thousands more in years to come.

Each participant was required to raise at least \$50.00 to be eligible to participate. Others have raised additional money.

Pink Ribbons raises money for the National Alliance Cancer Organizations (NABCO), providing free mammograms for local women and an educational breast awareness program.

40 days of Lent.

What you'll find at
Cypress United Methodist Church

Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday, February 6th and ends on Holy Saturday.

The season is a preparation for celebrating Easter.

Historically, Lent began as a period of fasting and preparation for baptism by converts and then became a time for penance by all Christians.

The First Sunday describes Jesus' temptation by Satan; and the

Sixth Sunday (Palm Sunday) –

Christ's triumphal entry into Jerusalem and his subsequent passion and death.



Cypress United Methodist Church is preparing for Easter and would like to welcome you to church during the Lenten Season. We are planning special Bible studies, worship services and events that will lead you to the cross. Visit our website, today, for our Lenten Season schedule at www.Cypress-UMC.org.

Sunday Worship Services

8:15 am – Traditional in Sanctuary
9:30 am – Contemporary Worship Center
11:00 am – Sanctuary & Worship Center

Cypress United Methodist Church
13403 Cypress N. Houston Rd.
(just east of Huffmeister)
Cypress, Texas 77429
281-469-0730

LONGWOOD LETTER

Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

7								4
			6			1		3
8					1			
	1				9			
		5				4	7	
						6		
		4		2		7	3	
9				1				8
2	8				5			

*Solutions can be found online at www.PEELinc.com

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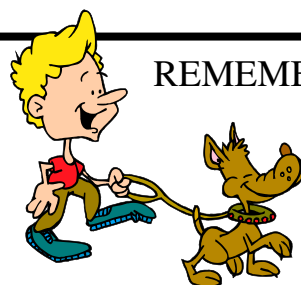
Recycle your Crocs

Learning Express is proud to announce our participation in the SolesUnited program. Started by Crocs, SolesUnited is the first of its kind footwear recycling program. Here's how it works:

1. Wear your Crocs shoes until the tread becomes worn or they reach their end-of-life.
2. Donate your worn-out Crocs at a participating retail location.
3. Once worn-out Crocs are received, they are sorted, ground up and made into new SolesUnited recycled shoes.
4. SolesUnited shipping partners work with organizations that assure the shoes will be delivered to those who need them.

To date, Crocs has donated more than 1 million pairs of shoes. Its goal is to donate 2 million pairs of recycled shoes in 2008. You can read more about the program at www.solesunited.com.

Croc on!



REMEMBER, PLEASE: Houston leash laws require all dogs to be on a leash when off the owner's premises.

The Foot Wellness Center

Put your best foot forward for the NEW YEAR!

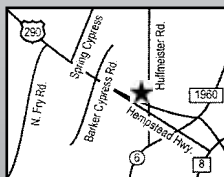
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Migraine Without The Pain Is More Than Meets The Eye

HOUSTON - (Feb. 6, 2008) - Most migraine sufferers just want the aching to go away, but Baylor College of Medicine ophthalmologists say even "painless" migraines can still pack a punch.

An estimated 20 percent of migraine sufferers experience migraine without a headache. However, they have other problems including visual disturbances driving many of them to seek the help of an ophthalmologist.

"People are usually surprised they can be diagnosed with migraines without ever having a headache," said Dr. Rod Foroozan, assistant professor of ophthalmology at BCM. "Most people are used to understanding a migraine to mean pain."

Some common symptoms of migraine without headache that affect sight are transient loss of vision, blind spots, flashing light or shadowy spots and double vision.

"It's not uncommon for me to see one or two people a week with visual problems related to migraines," Foroozan said. "If it's strictly a migraine issue rather than an eye problem, we'll refer them to a neurologist."

Migraines without headaches are not directly related to the eyes. Instead the migraine activity occurs in the visual cortex of the brain located in the back of the skull.

Many factors can contribute to migraine, some serious and some less so. For example, in some rare cases a prolonged migraine, with or without headache, can cause a stroke. Foroozan said it is important to identify the actual problem.

One way doctors rule out sight problems is by giving a visual field test. It is a computer-based test that displays lights in different parts of the field of vision while the eye is focused on a target. When the patient sees a flash of light, he or she hits the buzzer. This lets the doctor know what areas of the eye detect the light.

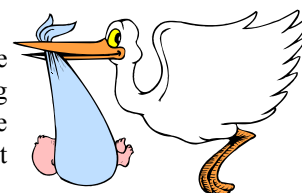
Foroozan said once the correct diagnosis is given, the proper treatment can be determined to help prevent or minimize migraine side effects.

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