

The LONGWOOD Letter

July 2009

Volume 3, Issue 7

News For The Residents of Longwood

Cypress-Fairbanks ISD VIPS

Appreciation Luncheon

The Cypress-Fairbanks Independent School District honored its school volunteers and business partners at an appreciation luncheon on May 21 at the Richard E. Berry Educational Support Center. The theme for the event was "VIPS & Cy-Fair I.S.D. – A Winning Combination" and the honorees were thanked by Associate Superintendent for Facilities, Planning & Community Relations, Pam Wells for providing the winning combination of tireless efforts and assistance in ensuring student success on campuses throughout the district during the past year. As Ms. Wells stated, the district couldn't possibly afford to pay anyone to perform all the work that volunteers do every day to support school children in our community.

Entertainment for the event was provided by students attending various schools in the district and by district and school staff. Pam Scott, CFISD Director of Partners in Education served as Mistress of Ceremonies.

The District Would Like To Thank The Following Parties For Serving As Sponsors Of The Event:

Event Underwriter: PBK Architects

(Continued on page 3)

Volunteer Awards



Cypress-Fairbanks Independent School District honored its district and state volunteer and business partner award winners during a Volunteer Appreciation Month ceremony on April 30. The award winners were nominated by various schools in the district at which the volunteers and business partners donate their time and were anonymously judged by a panel of business partners and community members. These extraordinary men and women were first selected as our district award winners and then competed against others in their categories from large districts at the state level. The state award winners were recognized by the Texas Association of Partners in Education during their annual conference held in Austin at the State Awards Dinner on January 27.

(Continued on page 3)

LONGWOOD LETTER

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- not working (Report Number on Pole)	
Trash Removal	281-446-2030

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LONGWOOD LETTER

Appreciation Luncheon- (Continued from cover page)

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Volunteer Awards- (Continued from cover page)

THE AWARD WINNERS WERE AS FOLLOWS:

Business Partnership for STEM: Pate Engineers, Inc.; Business Partnership Award for Career Education: CH2MHill Engineering – State Crystal Award Winner; Business Partnership Award of Academic Impact: Mustang Engineering, Founder's Legacy Program; Community Partnership Award for Academic Impact: Champions Sunrise Rotary Club/Pedaling to Success; Individual Partnership Award as a Role Model: Ms. Clariza Rath – State Crystal Award Winner; Individual Partnership Award for Wisdom: Mr. Don Bollwinkle – State Crystal Award Winner; Partnership Program Award for Innovation: Ms. Lisa Mayer, Cypress Creek Cougar Link (E-News).

The district congratulates these distinguished individuals and businesses for their awards and accomplishments and thanks them for their devoted service to the students who attend our schools. And to every volunteer in our district, we celebrate each of you for the service you provide our students and staff all throughout the year. Pictures above from left: Pam Scott, CFISD Director of Partners in Education; Representative from Champions Sunrise Rotary Club; Clariza Rath; Lisa Mayer; Don Bollwinkle; Pam Wells, CFISD Associate Superintendent for Facilities, Planning & Community Relations.

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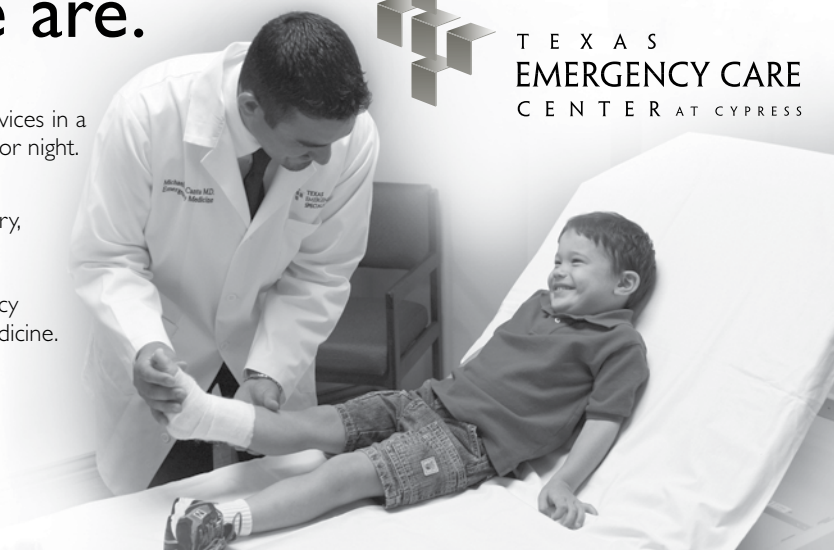
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Health Briefs

Baylor College of Medicine

GOOD NIGHT'S SLEEP IMPORTANT TO WOMEN'S HEART HEALTH

Getting a good night's rest may help women minimize their risk of developing heart disease.

"Research has shown a link between sleep disturbances and the risk of developing heart disease," said Dr. Bhuvana Muthuswamy, assistant professor of medicine at BCM. \

Women need about eight hours of sleep a night, said Muthuswamy. That's easier said than done and may require key behavioral changes, including:

- Maintain a regular sleep/wake time
- Exercise regularly, but avoid exercising three hours prior to bedtime
- Finish eating two to three hours prior to bedtime
- Avoid caffeine and chocolate about six to eight hours prior to bedtime
- Restrict fluids, especially alcohol, close to bedtime

But most important is eliminating stress, according to Muthuswamy. "Approximately half of all sleep problems are attributed to stress," she said. "Relax with a good book, music or a bath before bedtime."

MINOR STROKES HARDLY HARMLESS

No one is at zero risk for stroke, which explains why it is vital to know the signs and understand how to decrease the chance of experiencing one.

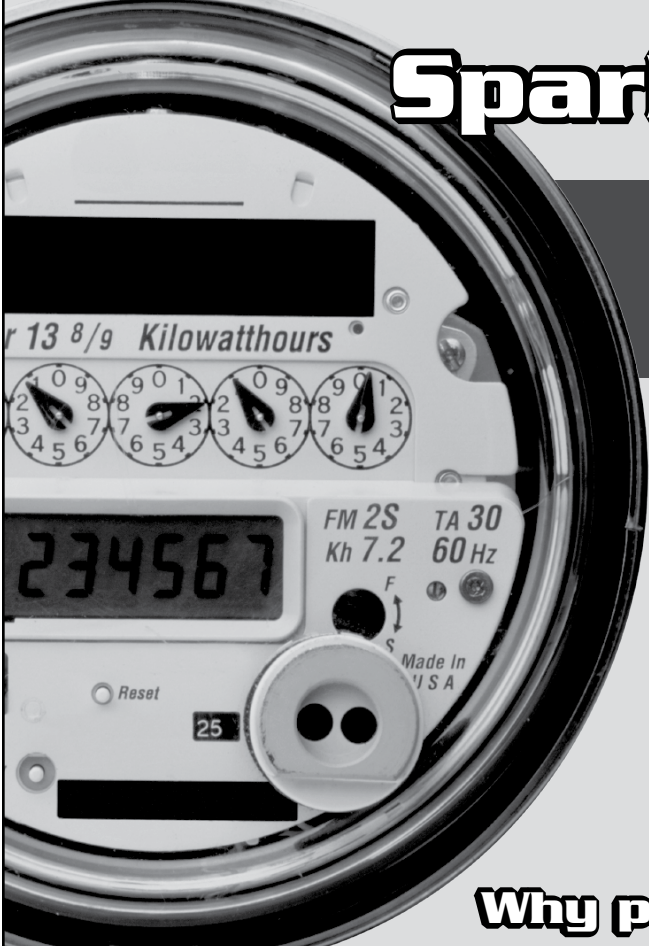
Warning signs include:

- Sudden numbness or weakness affecting the face, arm or leg, especially on one side of the body
- Sudden difficulty in speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination

It's important to seek immediate emergency care if a person experiences these symptoms because current therapies for stroke must be applied within a few hours, according to neurologists at Baylor College of Medicine.

Good cardiovascular health habits greatly reduce the risk of stroke. Hypertension and diabetes must be recognized and treated. Smoking, obesity and lack of exercise all increase the risk of stroke, but that risk is reduced when a person modifies those habits.

(Continued on Page 5)



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Health Briefs - (Continued from Page 4)

DON'T LET SWIMMER'S EAR RUIN YOUR SUMMER

If you've ever had swimmer's ear, chances are you've wanted to pull the plug on the pain.

Swimmer's ear is an inflammation of the outer ear that is most often caused by the accumulation of excess moisture from swimming or daily showering, explained Dr. Jeffrey Vrabec, associate professor of otorhinolaryngology at Baylor College of Medicine.

Symptoms include swelling, redness, itching, muffled hearing and/or discharge from the ear. Antibiotic drops are used to treat the condition, and pain can be lessened by applying a warm cloth to the ear or by using a heating pad.

Prevention is possible. Vrabec recommends the following:

- Wear earplugs and a cap when swimming.
- Use alcohol-based drops before and after swimming and showering.
- Use a hairdryer to dry the ear canal to prevent water build-up and infection.
- After getting out of the shower or pool, lie down on the affected ear to help remove excess water.
- Do not use cotton swabs to remove excess water from the ear.


REGAINING A HEALTHY LIVER, ONE POUND AT A TIME

For those suffering from cirrhosis of the liver resulting from nonalcoholic fatty liver disease, each pound lost is a step toward regaining your health, say doctors at Baylor College of Medicine in Houston.

"It's important for people to understand that cirrhosis can be caused by obesity in adults and children," said Dr. John Vierling, professor of medicine and surgery at BCM and director of Baylor Liver Health. "Very often people think it is only associated with over consumption of alcohol or viral hepatitis."




Reaching a healthy weight is one way to reverse damage to the liver. For many people the thought of having to lose 100 to 200 pounds is daunting, but Vierling said even losing 10 percent of your body weight can help the liver begin to heal.

Cirrhosis is a condition associated with dense scarring and regenerating nodules on the liver. It can result from a number of illnesses, including alcoholic and viral hepatitis, autoimmune and metabolic liver diseases. Nonalcoholic fatty liver disease causes cirrhosis when a large amount of fat accumulates in the liver in the presence of damaging inflammation.



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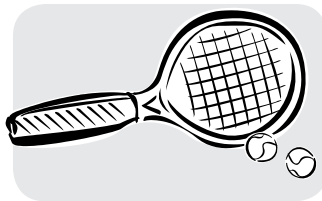
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Four Stages Of Improving Your Game

Submitted by: Fernando M. Velasco

how to progress on your game following the CCDP stages:

STAGE ONE: CONSISTENCY

Our muscles react to repetition of something that feels good and natural. If a player needs work on a particular stroke, hundreds of balls need to be given so the production of their stroke looks the same regardless of where the ball is located. Consistency of grips, foot work, anticipation, point of contact and follow-through, need to be almost “carbon” copy of each other.

STAGE TWO: CONTROL

Do you know that there are only eight shots that can be executed when you hit a groundstroke? They are: cross court, down the line, flat, top spin, slice, drop shot, lob and “miss-hits” Once a player reaches the consistency of getting the ball over the net and into the court, the player needs to start working on controlling the “where” and “how” type of shot. As players advance on control, they will combine these shots, such as “top spin cross court, slice down the line, top spin lobs, etc.

STAGE THREE: DEPTH

Most players want to hit the ball an inch above the net height. If players look at most of the great players, they will realize that most of the shots they hit are at least three feet over the net and land between the service line and base line of their opponents. The balls that are “skimmed” over the net, are usually passing shots when the players come up to the net, or great winners that only a Roger Federer or an Andy Roddick can do with great control and consistency.

STAGE FOUR: POWER

Once a player feels comfortable with the first three stages, then it is time to create Power. Unfortunately, most tennis players become injured by going to the Fourth Stage too quick into the game and become frustrated, thus ruining their weekend games and being sore for an entire week due to torn muscles. Power is generated mostly by good timing, good foot work, reading early where the ball will land, and by planning the shot even before the player gets to the ball.

Most players in League level 2.5 to 4.0 will end up winning their matches by mastering the first three stages, while the ones going to stage Four too quick, will be spending their time with ice packs and taking Ibuprofen pills until the next match and start the “vicious” circle again....



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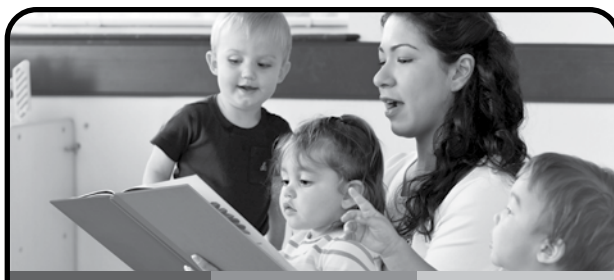
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How to Google Smarter

Submitted by Rich Keith

In my work as a financial service professional I often help my clients find information which will guide their understanding. But with my background in computer science I'm just geeky enough to enjoy the finer points of searching online. Here then, are ways to improve your Google experience.

- **Check your stocks.** Take a deep breath, and then enter a ticker symbol to see a real-time quote. Try ORCL or LUV.
- **Include the word you need.** Google ignores common words and characters such as where, the, how, and other digits and letters which slow down your search without improving the results. (Google will indicate if a word has been excluded by displaying details on the results page below the search box.)
- **If a common word is essential** to getting the results you want, you can include it by putting a "+" sign in front of it. (Be sure to include a space before the "+" sign.) For example, here's how to ensure that Google includes the "IV" in a search for Star Wars, Episode IV: Star Wars Episode +IV
- **Convert currency and units.** Easy examples: "12 euros in dollars" or "12 tsp in tbsp" or "12 % of 93,755" for example.
- **Get the synonyms too** with synonym search. If you want to search not only for your search term but also for its synonyms, place the tilde sign (~) immediately in front of your search term. For example, suppose you want to search for food facts. Here's how to search for food facts and also get similar information on nutrition and cooking information: ~food ~facts.
- **Narrow by file type.** To find PowerPoints, Excel spreadsheets, or books scanned into PDFs, add "filetype:ppt" (or any other extension) to your query.
- **Search ranges.** Use two periods between two numbers, like "Wii \$200..\$300." Even dates work. Try "Earl Campbell 1970..1990"
- **Be prepared for flight delays.** Type in the airline, then your flight number, like "AA 1237."
- **Easy definitions.** To get the definition for a word, just type the word define: followed by the word. Include the colon and space, such as "define: annuity"
- **Find the right sources:** Add "site:edu" or "site:gov" to limit your search to school, org, or government domains. For example, "529 plan site:org." To target a specific web site, type, say, "annuity site:primerica.com."



- **Little known search operators.** This is neat: the asterisk (*) can be used if you don't know exactly how to spell a word. For instance, "contagiou*" will match all articles containing words that start in "contagiou."

(Continued on Page 9)

LONGWOOD LETTER

How to Google Smarter - (Continued from Page 8)

Give it a try, it's contagious. Other operators include the pipe code (|) which acts as the word "OR." For example, a search for "large cap|mid cap" will return search results for "large cap" OR "mid cap." You can also use the uppercase word OR. For example, here's how to search for a vacation in either Sedona or Flagstaff: "vacation Sedona OR Flagstaff"

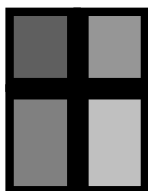
- **Want a picture or a map?** Google can search for different media such as websites, images, videos, maps etc. Select the option above the input box. An easy way to refine your search is to select the "advanced search" option next to the input box.
- **Exact Phrases.** By default, Google searches for any of the terms you enter. To find a specific phrase, use double quotes (""). You will get different results for invest dollar cost average than you will for invest "dollar cost average".

Combine and see what happens. Now you have what you need to mix it up! I combined the stock search with the date range and it worked. To see information on Intel from 1968 (founding year) to 1978, type in "INTC 1968..1978". Now go and play with Google and see what you can find! Sources: Google, Wired.

Meet Michael

DOB: 08/1993

Michael is a loving and thoughtful young man. He is sensitive and funny. Michael has a good sense of humor and a good attitude. He enjoys video games, summer camps, go cart racing, fishing, baseball and anything having to do with cars. He hopes to become a chef or work with cars someday. He currently participates in special education and tries really hard in school. He attends Catholic church and his religion is very important to him. Michael is a baseball player and hopes to continue this sport once he is adopted. Michael will capture your heart with his thoughtful ways, playful spirit, and his desire to be loved. He's adventurous and an absolute blast to be around.



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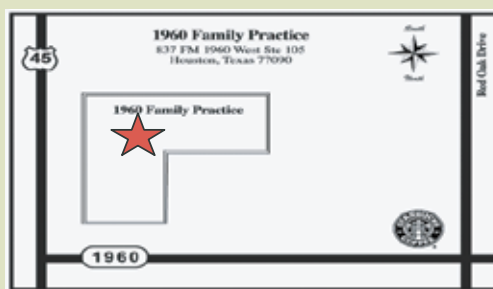
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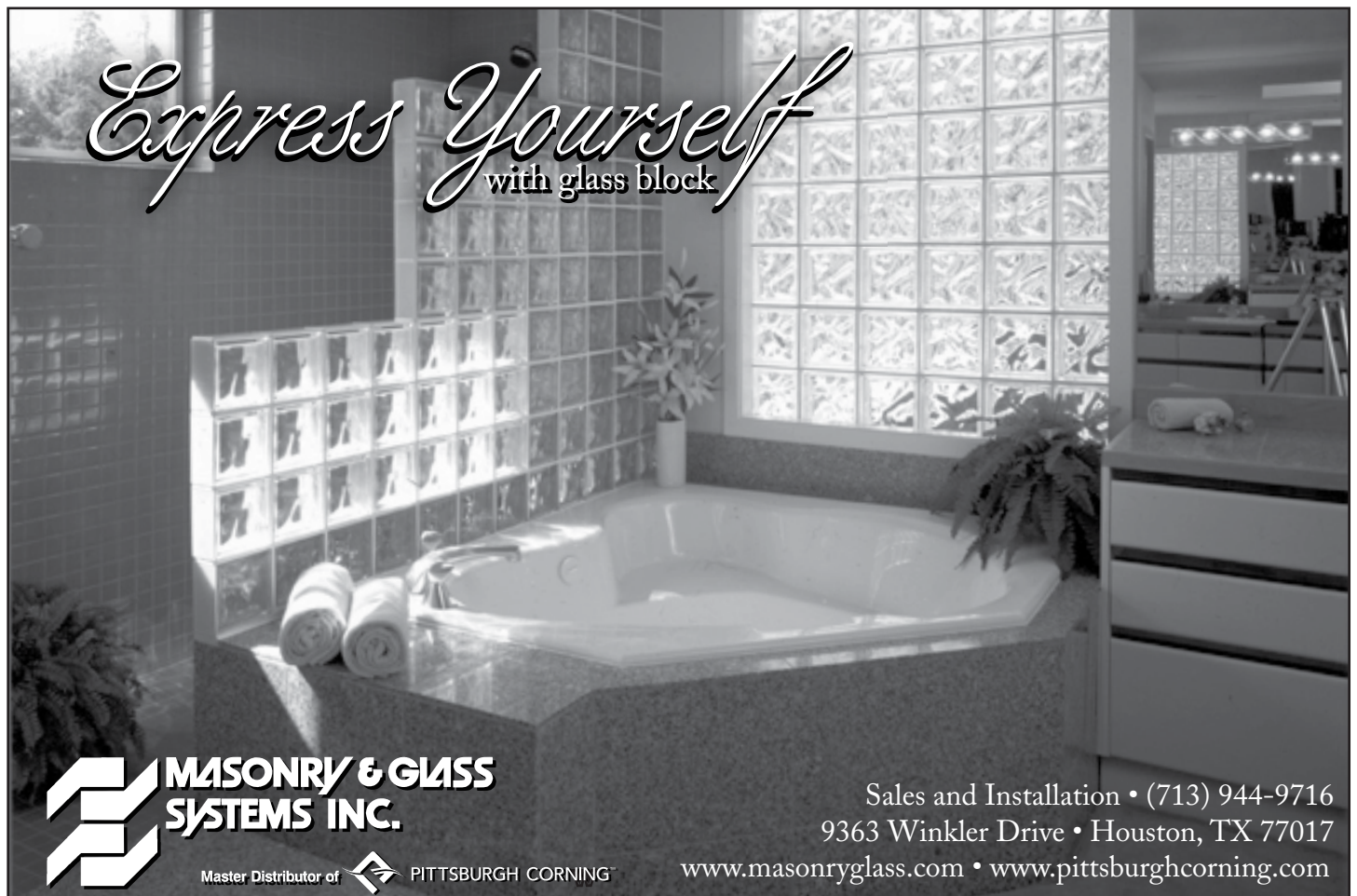
Pennies for Patients®


Elementary students at Cypress Christian School recently collected money for children who have cancer in the Houston area by donating "pennies for patients." Grades kindergarten through fifth grade raised a total of \$415.33, which was donated to the Leukemia and Lymphoma Society. The organization raises money for children who have been diagnosed with several different kinds of cancer.




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LONGWOOD LETTER

Not Available Online

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

EVENT: Cy-Fair Express Network
WHEN: Thursday, July 23, 2009
TIME: 11:30 am - 1:00 pm
WHERE: Houston National Golf Club
16500 Houston National Blvd
Houston, TX. 77095
(281)304-1400

NETWORKING AND BUSINESS LUNCHEON

The American Business Women's Association Cy-Fair Express Network invites you to their monthly networking meeting and luncheon. Join us as

Marlene Lobberecht of Intellaskill shows us how to "Update Your Business Plan". Lots of fun, networking and giveaways. Bring plenty of business cards.

Reservations: Contact Anya Lucas 713-459-2331 or anya@lucascarecare.com Or go to www.cyfen.org for more information. Please try to RSVP by Friday May 22, 2009.

CYFEN is an ABWA Express Networking organization providing opportunities to network with 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 Anya Lucas for more information.

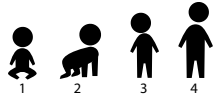


COLIN'S HOPE

Increasing water safety awareness and standards

FACTS YOU NEED TO KNOW ABOUT DROWNING

Drowning is the leading cause of unintentional injury-related death in children ages 1-4



DROWNING WILL AFFECT YOU OR SOMEONE YOU KNOW



Drowning is the 2nd leading cause of unintentional injury-related death ages 1-14.

For more information,
check out our website at

www.colinshope.org

DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM

NO ONE is "drown proof" – no matter their level of swimming ability.

Falls, entrapments, and injuries lead to drowning regardless of swimming level.

A majority of people overestimate their own and their child's ability to swim, especially in a panic event.

DROWNING IS QUICK AND SILENT



Drowning occurs in as little as 2 minutes.



Irreversible brain damage occurs in as little as 4 minutes.



Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Most children die who are submerged for as little as 6-10 minutes.

Children who drown do not **scream, splash, or struggle**. They silently slip beneath the water, even with adults & lifeguards present.

Cypress Assistance Ministries



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School Supplies Needed 11202 Huffmeister, 281-955-7684 www.cypressassistance.org

Families of hundreds of school-aged children in the Cypress area are depending on CAM to assist them with necessary school supplies for their children. These start-up supplies can be impossible to fit into an already strained budget. **Your donations of the following would be greatly appreciated:**

- pocket folders with brads
- washable markers
- large & small packages manila paper
- large & small packages multi-colored construction paper
- pencil boxes/pouches
- scissors

- new socks and underwear in adult sizes

For the Food Pantry, donations of the following will help families with children home for the summer:

- Peanut butter & jelly
- Sweetened Drink Mixes
- Spaghetti Os
- Snack Foods
- Canned Meats
- Powdered milk
- Toilet Paper/Paper towels

Donations can be made Monday through Wednesday from 10AM – 6PM and Thursday through Saturday from 10AM – 3PM



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For a description of the services and volunteer opportunities at Cypress Assistance Ministries please see our web site, www.cypressassistance.org.

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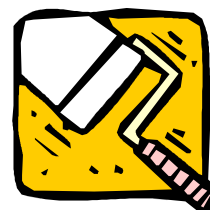
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LONGWOOD LETTER

Lone Star College-CyFair "Perspective"

Sign Up for the Summer Bridge Program

Set July 13 through Aug. 6, this program is available for first-time college students who are on the threshold of being able to enroll in college-level courses. Free textbooks, mentoring, tutoring and support services as well as a \$400 stipend upon course completion are incorporated into the program to assist students in their transition into college. For program eligibility requirements and information, call Erin Smith at 281-290-3430 or go to CyFair.LoneStar.edu/summerbridge.

"High School Musical 2" on stage in July

Don't miss this new high energy show, an adaption of the Disney Channel's sequel to the wildly popular "High School Musical," which follows the Wildcats from East High School into their summer months at Lava Springs Country Club. Reserved and group seating available. "High School Musical 2" will be performed in collaboration with Houston's Center Stage Theater July 17 through July 26. For ticket information, call 281-290-5201 or go to CyFair.LoneStar.edu/boxoffice or www.houstonscenterstage.com.

"Milestones and Signposts" in the Bosque Gallery

Check out this exhibition of work by two talented Houston Area artists Chris Narum and Humberto Saenz whose content is connected by the investigation of the idea of the marginalization. The exhibition will be on display July 7 through July 23 in the Bosque Gallery with an opening

reception at 4:30 p.m. and artist talk at 5 p.m. July 9. Go to CyFair.LoneStar.edu/bosquegallery for gallery hours and information.

Free New Student Orientations Set

Take a tour, learn about campus programs, meet with an advisor, choose a schedule and register for fall classes at LSC-CyFair's free new student orientations this summer. Three orientation sessions, including separate sessions for parents and family members, continue each Wednesday through August 19. For information, go to CyFair.LoneStar.edu/orientation.

L.I.F.E. Lessons in July

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.) Programs in July include: Dance Salad video of eclectic mix of dancing July 1, stress and your health July 8, Nia "cardiovascular" dancing July 15, genealogical expedition July 22 and curry/korma cooking July 29 (held in HSC 105). Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.

Summer Film Series and Art Exhibitions

The free Cinema WOW! Film Series, which includes an engaging

(Continued on Page 19)

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Lone Star College - (Continued from Page 18)

discussion after the movie, continues with "Touch of Evil" July 8; "LA Confidential" July 14 (at LSC-Fairbanks Center) and "Bad Education" July 22. For information, go to CyFair.LoneStar.edu/filmseries.

Check out "Milestones and Signposts" July 7 through July 23 and "Confluence, Study Abroad 2009" Aug. 4 through Aug. 27 at the Bosque Gallery. Go to CyFair.LoneStar.edu/bosquegallery for gallery hours and information.

Discovery College continues through August

Registration for Lone Star College-CyFair's popular Discovery College summer camp for ages 6 to 15 is under way. The one-week summer sessions are fun and educational programs to develop skills in a friendly environment. Camps are offered at the Barker Cypress campus and the Fairbanks Center campus, Monday through Friday. For information, go to cyfair.lonestar.edu/discoverycollege. For Barker Cypress camps only, call 832-482-1043 and for Fairbanks Center camps only, call 832-782-5038.

Register for Fall and Pay Early For Free Tuition

Register and pay for fall credit courses before the close of business Monday, Aug. 3 and automatically be entered to win free tuition, IPOD Shuffle or \$300 book voucher. The grand prize covers payment of tuition and fees up to \$500 for credit classes at the Barker Cypress and Fairbanks Center campuses. Funds will be posted to the student's account. All winners will be notified and announced by Aug. 14. Call 281-290-3200 or 832-782-5000 for information; go online to CyFair.LoneStar.edu; or visit one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway.

Houston Undercover A Quilt Show

Presented by:

Quilt Guild of Greater Houston

Location:

Memorial Drive Presbyterian Church
11612 Memorial Dr. Houston, Tx

Dates: July 23 - Auction & Preview
Night, 6-8:30 pm

July 24-25 - Quilt Show, 10 am - 6 pm

General Admission: \$5

Judged quilt show with over 200 quilts, various vendors, snack bar, door prizes, donation quilt, quilt appraisal, Children's Scavenger Hunt. Each child will get a prize for participating. The children are quilters of the future. Contact information: www.qggh.org or 979-289-5175

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