



The
LONGWOOD
Letter

February 2010

Volume 4, Issue 2

News For The Residents of Longwood

Not Available Online

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
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KARI HARRISON
Sales Representative

PH. 713-855-1731
kari@PEELinc.com



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LONGWOOD LETTER

BAK-PAK CRITTERS READING PROGRAM

Wags into Keith Elementary

BAK-PAK: Books and Kids, Power and Knowledge

Keith Elementary is participating in a very exciting reading program called BAK-PAK Critters Reading Program. This program is dedicated to helping children improve their reading skills by using specially trained therapy dogs. Teams consist of a handle and their therapy animal. Two teams work with 20 students during the school day on a one-on-one basis to help at-risk students improve their reading skills. Research shows that children who are below their peers in reading skills are often intimidated by reading aloud. The use of therapy pets reduces stress and students are more willing to interact with an animal than with another person.

Keith Elementary gives a special thanks to Lori King and Becky Talash for volunteering countless hours training their own pets to be certified therapy dogs. Their dogs kicked off the program in January and it has been a huge success.

More dogs are needed. You and your pet can become involved in this specialized animal assisted reading program which is sponsored by Oaks Presbyterian Church and partially funded by a grant for Williams. For more information please contact Mary Kegarise at 832-326-4112 or mary_kegarise@hotmail.com

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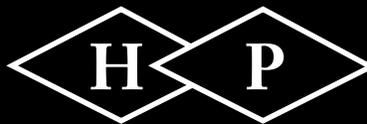


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Cypress Ranch Mustang Band Garage Sale

Love to shop at garage sales? Made a New Year's resolution to save money or get organized? Cleaning out your garage or closets and wondering what to do with all that great "stuff"? The Cypress Ranch Mustang Band is sponsoring a garage sale on February 27, 2010 and could use your help whether you have things to donate or like to shop for bargains!

The garage sale will be held at St. Timothy Lutheran Church located at 14223 Hargrave Road, Houston from 8 AM to 3 PM on Saturday, February 27, 2010. St. Timothy Lutheran Church is located in the Willowbrook area, just north of Methodist hospital off of Highway 249.

Donations of toys, clothing, baby items, furniture, household items, working appliances, and electronics are all welcome. Pick up dates for items are: Saturday afternoon, February 7, 14, and 21 from 1 PM to 5 PM. Please call 281-373-5889 to arrange for a pickup.

Proceeds from the sale will benefit the Mustang Band. The Cypress Ranch Mustang Band is now in its second year and is rapidly growing in both size and skill including receiving a 5A first division rating in the UIL Marching Competition this fall. The band is under the direction of Russell Holcombe, with assistance from Kyle Stahl.

"What Happens in Vegas ..."

The 2010 S.N.A.P. (Senior Night After Prom) Committee of Cypress Creek High School will host a Las Vegas-style Parent Night Out on **Sunday, February 21st, 2010 from 5 p.m. to 9 p.m.** This fun evening, featuring dinner, casino games, silent and live auctions will be held at Parkway Chevrolet, 25500 Hwy. 249. Tickets are \$25 per person, and include dinner, \$3,000 casino money and 2 drink tickets. The event is open to everyone – being a Cy Creek parent is not required. For casino night tickets and/or contributions, please contact Jeannette Harris at 713-560-6666 or jharrisix@comcast.net.

A 2010 Cougar Blue Camaro will also be raffled off during the casino night in support of S.N.A.P. Raffle tickets are \$20 each or 6 for \$100. You do not have to be present to win. Contact Mike Wilson at 832-496-2748 or mew0954@sbcglobal.net for raffle tickets. Details about the 2010 S.N.A.P. are at www.cycreeksnap.org.



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Britt's Book Buzz

THE GIVER BY LOIS LOWRY

"A Perfect World?"

The Giver by Lois Lowry won the 1994 Newbery Medal. Considered a young adult book, I purchased it for my nephew, but wanted to preview it before giving it to him. While I thoroughly enjoyed the book (it is intensely deep and invited more thought and examination than any other book I've read in a long time), I don't think the content is appropriate for young adults. I'll explain this in more detail, but in preparation for writing this review, I noticed that The Giver is on many middle school reading lists, but it is also on many banned book lists and appeared on the American Library Association's list of the most challenged books of the 1990's.

Although I didn't give the book to my nephew, I think it is an excellent adult read. This book makes you really think. It describes a community that lives in what the author describes as a "perfect" world—one without pain, emotion (including love), color, decisions, surprises, memories, inconvenience and even temperature variations. While this is definitely not my idea of a perfect world, the people of this community of people live their daily lives in a very robotic and extremely organized way.

Each member of this community is assigned a specific role at the age of 12 and the main character, Jonas, is given the role of Giver. He is given all the memories of past generations where there was pain, love, hunger, the brilliance of color and he is responsible for holding all of these memories so no one else has to live through them. The way the Receiver transfers these memories to Jonas and the horrifically hard life that awaits Jonas is extremely interesting and creative.

When Jonas questions things—which he has never been permitted to do—he understands the very hard, but accepted way of life in his community. In particular, the "releasing" of the rule breakers, elders and anyone else who stands out or is an inconvenience to the group is heart wrenching—this is the part that is not for young adults.

The book is extremely creative; from the way the community and each family are structured to the unique role each person is assigned. It begs the question, "What would you give up to live in a more secure world?" and on the other hand, "What would you sacrifice to live life to the fullest?"

I definitely have Gathering Blue and Messenger on my reading list, two other books that are companion reads to The Giver.

Lone Star College-CyFair Perspective

LOOK WHAT'S ON STAGE AND IN THE GALLERY

On stage enjoy a Percussion One Drumline performance Feb. 6 and an autobiographical comedy drama in "The Good Times are Killing Me" Feb. 25 – March 7. In the Bosque Gallery, visit "Mothers and Daughters" a visually and emotionally moving collaborative exhibition Feb. 9 – Feb. 25. A reception with artist Mari Omori is Feb. 11 and an artist's talk is Feb. 25. For event information, go to LoneStar.edu.

L.I.F.E. LESSONS IN FEBRUARY

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 February include: recyclable cards in "BE My Valentine" Feb. 3; FBI agent stories in "A Day in the Life of an FBI Agent" Feb. 10; a Vietnamese cooking lesson in "Fold your own Spring Rolls" Feb. 17 and differences between two great military men in "Lee and Grant" Feb. 24. Call the library at 281-290-3213 for L.I.F.E. program information or go online to LoneStar.edu.

NEED MONEY FOR COLLEGE? GET ASSISTANCE FEB. 21

Don't miss College Goal Sunday, a YMCA-sponsored national

financial aid program, from 2 p.m. to 4 p.m. in the Technology Building at Lone Star College-CyFair. Attendees will get free, on-site professional assistance filling out the FAFSA (Free Application for Federal Student Aid); can talk to financial aid professionals about financial aid resources and how to apply; and will get information regarding state-wide student services, admission requirements and more. Watch for additional FAFSA workshops this spring. Visit LoneStar.edu/financial-aid for information.

EVER THOUGHT ABOUT A CAREER IN TEACHING?

Lone Star College-CyFair will host an Alternative Teacher Certification Program (ATCP) information session at 6 p.m. Tuesday, Feb. 16. The teacher certification program is designed for individuals who have a bachelor's degree and want to enter the teaching profession. A question and answer period will follow the presentation. This information session will also provide information on a new Clinical Teaching option which provides students training and field-based experience at the appropriate grade level or content area. For information, call 281.290.3957, e-mail cy-fair.tcp@lonestar.edu or go to LoneStar.edu/cyfair-atcp.



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LONGWOOD LETTER

GIRL SCOUT COOKIE PROGRAM

Girl Scout cookies are a familiar part of American culture. For more than 80 years, Girl Scouts, with the enthusiastic support of their families, have participated in the country's premier entrepreneurial and economic literacy program. Cookies will be sold January 9 through March 28, 2010. In February, troops will begin selling cookies at "Cookie Booths" outside neighborhood grocery stores.

WHY BUY GIRL SCOUT COOKIES? BECAUSE YOUR SUPPORT:

- Helps girls develop courage, confidence and character
- Teaches girls about teamwork, goal-setting and fiscal responsibility
- Helps troops raise funds for community service projects, troop activities and more

Next time you hear, "Would you like to buy some Girl Scout cookies?" know that your support is developing future leaders who will make the world a better place!

PURCHASING GIRL SCOUT COOKIES

Enjoy delicious Girl Scout Cookies and support a worthy cause! If you've been unable to purchase cookies from a Girl Scout in your area, call 1-888-GS-COOKIE to find a troop near you. Also, visit Cookie Finder to locate a "Cookie Booth" in your neighborhood.

WHERE DOES THE MONEY GO?

All of the revenue earned through the Girl Scout cookie program benefits our community and Girl Scouts in San Jacinto Council. The volunteer board of directors determines how the Council's share of the proceeds is spent. Among other things, at the Council level, proceeds are used to:

- maintain campsites
- provide financial assistance to girls
- offer training for adult volunteers
- keep camp and program fees at a minimum
- support special initiatives, such as offering Girl Scout programs in underprivileged communities like public housing facilities and detention centers



*Michelle Xu, Rachal Pastrano, Layla Jones, Tabatha Calvit
Brooklyn House, Isabel Mujica, Grace Schlafer,
Ali Morgan, Nichole Riso*

Less than a third of the selling price of a package of Girl Scout cookies goes toward the actual cost of the cookies. This means that more than two thirds of every Girl Scout cookie purchase goes toward programs and services to benefit girls. A portion of that goes directly to the troop/group selling the cookies.

Each Girl Scout council's volunteer board of directors determines the baker, the price per package of cookies, how revenue will be used to provide vital services in the community and how much money will be returned to troops/groups selling cookies for their projects and activities.

Within our Council, approximately half of the operating budget is funded by the Cookie Sale. The price for a package of cookies is \$3.50. Troops receive 56 to 63 cents of every cookie package they sell. Service units receive 3 cents per package. Troops/Groups and Service Units decide how they want to spend their bonus money. The national organization receives no funding from the cookie sale.



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Russo's also features a vast selection of Pasta dishes, soups, and salads that originate from the Russo Family who immigrated from Sicily to New York. From Penne Mediterranean to Lobster Ravioli, you will find something to satisfy your taste buds!

Russo's has a unique selection of specialty beer, from breweries ranging from Oregon, Hawaii, and locally, Texas. They also take pride in their wine selection. Russo's 290 owner, Adrian, "We carry a full range of low to high end wines but try to keep them close to retail pricing."

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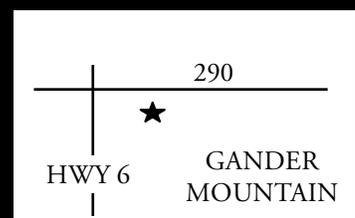


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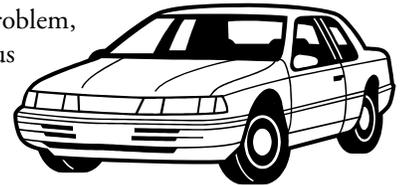
ASK AN EXPERT: MAINTAIN YOUR VEHICLES REGULARLY

To Save Gas And High Repair Costs

Written by Chris Yarger

There are more benefits to maintaining a regular schedule of preventative maintenance than just a longer car life. A well serviced vehicle will not only perform as it should but will run more efficiently, saving its owner money and avoid unplanned or potentially unsafe situations. Following these simple steps provide cost-saving benefits to protect your vehicle life-span:

- **CHANGE ENGINE OIL AT REGULAR INTERVALS** – Engine oil will clean, lubricate and cool your engine properly. When oil levels are inadequate or not changed with its filter as recommended, your vehicle consumes more gas to compensate for increased heat and friction among the engines moving parts.
- **CHECK FLUIDS MONTHLY** – Your engines vital fluids including antifreeze, transmission and brake fluids must be kept at their proper levels to prevent rust and dirt build-up which can ultimately clog or restrict the flow of fluids and damage internal parts. An engine deprived of clean fluids will struggle to operate efficiently and ultimately burn more fuel.
- **CHECK TIRE PRESSURE WEEKLY FOR MAXIMUM FUEL EFFICIENCY AND SAFETY** -- Properly inflated tire pressure is key for fuel efficiency. An under inflated tire causes increased road resistance which makes the vehicles computer to allocate more fuel to the engine. Tires should also be rotated every 5,000 miles to prevent uneven wear and prevent a potential blowout and hazardous situation on the road.
- **SERVICE YOUR VEHICLE REGULARLY BY A TRUSTED AUTOMOTIVE EXPERT** – Regular preventative maintenance rather than costly repairs keeps you driving efficiently and safely while protecting resale values and warranties. Follow the maintenance schedule per your owner's manual and do not neglect even a small problem, as they can lead to dangerous situations and costly repairs.



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Texas Flag Flown over Afghanistan Donated to Cypress Christian School

In honor of our many veterans and prayer warriors, Mr. and Mrs. Phillip Miller, Cypress Christian School parents, donated a special and unique "Texas" flag to the school located at 11123 Cypress N. Houston at Jones Rd. The flag was flown on June 19, 2009, in Afghanistan, by a United States Army Special forces team during a mission. The Miller's son, Jonathan gave the flag to his parents to present to Cypress Christian in honor of all the prayer warriors who have prayed for him during tours to Iraq and Afghanistan.

The Miller family asks everyone to pray Psalm 91, The Soldier's Psalm, for all soldiers who are in harm's way. It is said that, during WWI, the soldiers of the 91st Brigade recited the 91st Psalm daily. This brigade engaged in three of that war's bloodiest battles. Other units suffered up to 90% casualties, but the 91st Brigade did not sustain a single combat-related death. Cypress Christian School is honored to support our troops through prayer and donations. For more information on this story, please contact Sharon Miller at the school at 281.469.8829. Articles on how students support our troops are published in the school newsletter, CONNECTION, which is available via the school website at www.CypressChristian.org. (both C's should be capitalized for clarity).

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LONGWOOD LETTER

AUTUMN GROVE COTTAGE

Needs Volunteers

Do you enjoy spending time with seniors? Would you like to make a positive difference in their lives? Autumn Grove Cottage is an assisted living facility for individuals with Alzheimer's or dementia related illnesses. We are interested in volunteers socializing with our residents. Autumn Grove Cottage has just 16 residents and it is close to your neighborhood. If you would like to volunteer in a cozy, home-like atmosphere then call Laura at (281) 398-6845 or visit our website www.autumngrovecottage.com. Come be a part of our philosophy – "To honor our residents and those who love and care for them." Volunteers will need to complete a volunteer application and attend a brief training session.

"No act of kindness, no matter, how small, is ever wasted" – Aesop

TAG TEAM VOLUNTEER TRAINING SCHEDULED

Cypress-Fairbanks ISD needs caring members of the community to join the VIPs TAG Team (Targeting Achievement Globally). This team of volunteers works with the district's helping teachers to tutor students in science on selected elementary school campuses. You do not need to be a parent or family member of a student to become a team member. You can become a global volunteer – a generous, concerned resident of the community who wants to help children reach their full academic potential. No specialized knowledge or training is necessary. We do ask that team members be willing to work on a consistent, weekly schedule so that the students receive the utmost benefit from their work.

An informal orientation meeting will be held on February 11, 2010, from 9:30-11:30, at the Richard E. Berry Educational Support Center, 8877 Barker Cypress Road. This meeting is a great opportunity to gather with district administrators, current TAG Team members and your fellow volunteers to learn more about the program. In order to keep up with increasing demand for tutors, we need your help! For more information, please contact Kim Nash (krnash1@sbcglobal.net or 281-550-2685) or the CFISD Partners in Education Office (Pamela.scott@cfisd.net or 281-894-3950). To RSVP for this informational meeting, please send an email with your name and meeting date to vipsrvp@cfisd.net.



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IMPORTANT PREVIEW DATES FOR 2010-2011

THURSDAY, FEBRUARY 18, 2010 -

Kindergarten Open House (6-7 PM)
K-12 Prospective Family Open House (7-8:30 PM)

TUESDAY, MARCH 23, 2010 -

K-12 Parent Open House (9-11 AM)

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MEET NICHOLAS

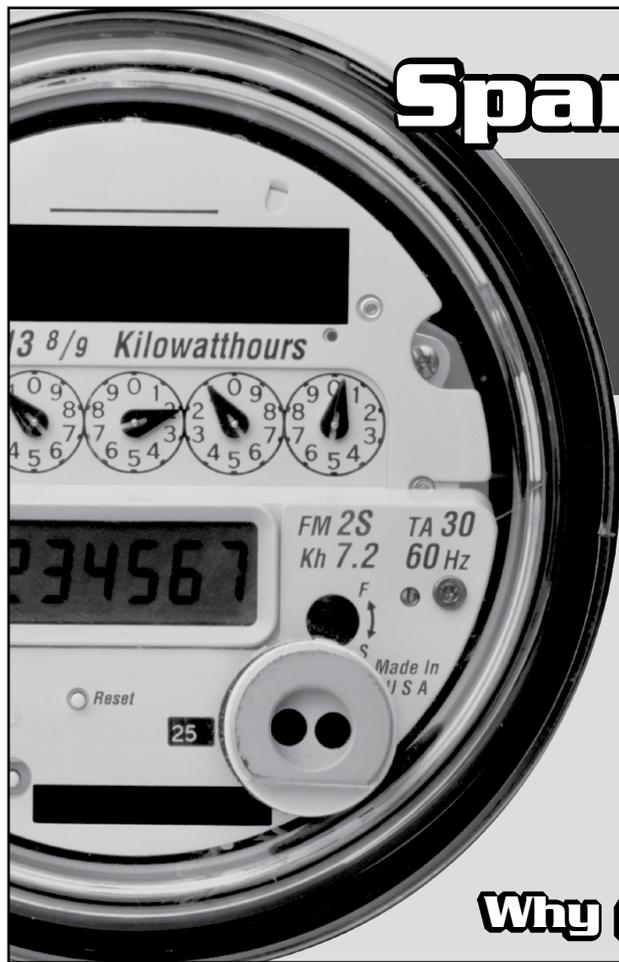
DOB: 02/1996

Nick is a friendly and sweet child, although he is shy when meeting new people. Nick enjoys interacting with other children in his class and in his home. He also likes to please others and enjoys helping when he can. Nick is all boy and enjoys throwing a football, playing outdoors, video games & board games. He also likes to draw and play with various action figures. Nick is also interested in collecting cars. Nick performs well in school and receives good reports from his teachers. Nick is most proud when he is reported for doing things well. His foster parent notes that he can be a very sweet and helpful child. He befriends other children easily. He catches on to various activities quickly and likes to figure things out, such as how to take things apart and put them back together. Nick's caseworker notes that he's competitive when playing games and is a natural "practical joker" as he enjoys making people laugh.

If you would like more information about Nick, or the adoption process, contact the Adoption Coalition of Texas at info@adopttexas.org.

Remember - There are no fees to adopt from the foster care system, regardless of what agency you work with!

The Adoption Coalition of Texas is a nonprofit organization (operating under the Austin Community Foundation), created in 2003 to focus on finding forever families for children languishing in the foster care system. Adoption Coalition of Texas partner agencies include Arrow Child and Family Ministries, Child Protective Services, Lutheran Social Services of the South, Marywood Children and Family Services, and Pathways Youth and Family Services.



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LONGWOOD LETTER

THE MOMS CLUB® OF CYPRESS

Moms Offering Moms Support

MOMS Club® is an international organization with a neighborhood feel! We are teachers, business women, counselors, chefs, CPA's and artists who have put those careers on hold and have made the choice to stay home with our kids.

MOMS Club® is a place to find friendship, support, playmates and sisterhood!

ALL events include our children and we believe there is something for every mom out there! Are you looking for park days, coffee breaks, lunch outings, (free) babysitting co-op, craft projects, time to sit and chat, cooking club,

book club or someone to share dinner with when your husband is traveling or working late? We even find the time to meet once a month for a mom's night out for a great time to unwind. Or are you interested in helping within the community with service projects? We have that! (And a whole lot more!)

For more information, please contact
Keri Whitt, Membership VP,
at 713-724-4147,
keriwhitt@yahoo.com

or

Amy Wilkes, President, at 281-455-2807, amywilkes2003@yahoo.com.

*"Adventures in Mothering"
at The MET*



Join the Adventure! Get Connected...with MOPS!

MOPS stands for Mothers of Preschoolers, a program led by mothers themselves and designed for mothers with children ages birth to 5. These mothers all have a shared desire...to be the best mothers they can be!

For more information on meetings in Fairfield, please contact Renate Wheeler at renaqw@yahoo.com. They will meet on the second and fourth Fridays during the school year.

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290 Cypress Business Networking Group

The 290 Cypress Business Networking Group meets every Thursday morning at 7:30 am at Cypress Station Grill located at 26010 Hempstead Road. Behind the Target shopping center at 290 and Spring Cypress. The group is open to all business owners and professionals who want to increase their exposure to the residents of Cypress and the surrounding areas. Job seekers are welcome. There is no cost to attend the meeting. If you would like more information, please call Ken Parker at 281-384-1562 or visit our website at 290Cypress.com

Baylor College of Medicine *Keeping Winter Skin At Bay*

Just because the temperatures are dropping doesn't mean you should drop your skin care routine. Dermatologists at Baylor College of Medicine say continuing to wear sun block and moisturizers during the colder months is important for healthy skin year round. "It's very common to have dry skin during winter due to the colder, drier weather and the use of heaters," said Dr. John Wolf, professor and chair of dermatology at BCM. "Going untreated, dry skin could lead to discomfort or even an itchy, painful rash known as winter itch."

The key to prevention is moisturizing the skin. Wolf recommends starting with a lukewarm shower using a mild soap for sensitive skin. Before completely drying off, apply lotion or hand cream to damp skin. "This traps moisture onto your skin," Wolf said. "If you are adding lotion or hand cream to dry skin there will be some relief but you aren't hydrating the skin as well as you could be."

Wolf said the type of lotion isn't as important as when you put the moisturizer on. As long as you like the brand and it doesn't irritate your skin then it will work. For dry skin that needs extra help, Wolf suggests using a lotion or cream that contains petroleum jelly. "For your face, make sure to find a lotion that includes some type of sun block (SPF) protection," Wolf added. "The sun's rays can still be harmful during the winter."



Attention Kappa Delta Sisters ...

The Houston Northwest Kappa Delta Alumnae Association holds meetings the 4th Tuesday of each month at 6:30 p.m. Visit www.kdhnwaa.com for all the details.

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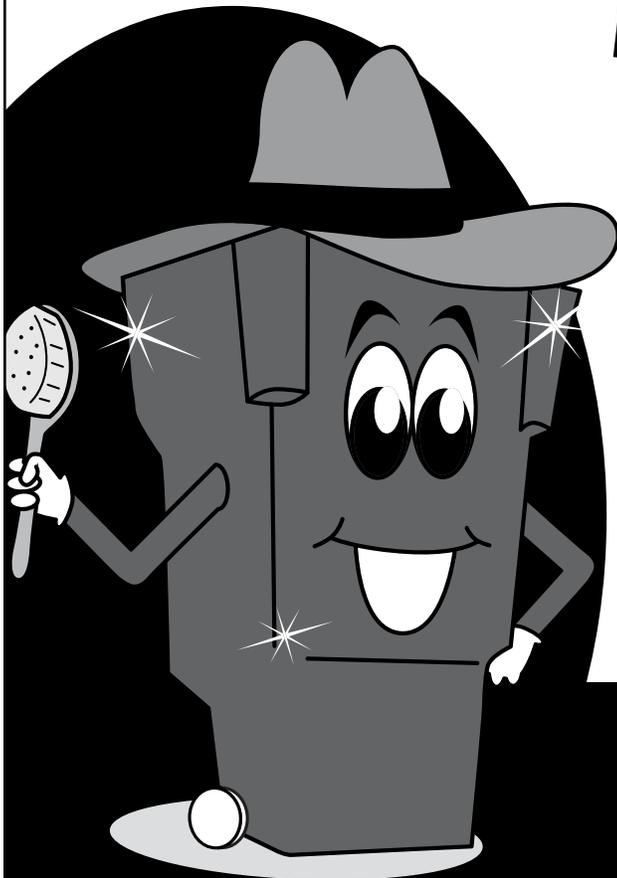
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