

# The LONGWOOD Letter

May 2011

Volume 5, Issue 5

News For The Residents of Longwood

## MEET THE WILLIAMS SIBLINGS

What if your world was torn apart when abuse or neglect in your home resulted in you and your siblings being permanently removed from your parents, your neighborhood and your school! What would you have to hold on to? Well, for many children who are subject this kind of life wrenching event, they only have their siblings for stability. If they end up being available for adoption from the foster care system, the last thing they would want is to be separated from their siblings.

Such is the case for the Williams children. This group of four brothers and sisters is full of love and energy, and they want a family that is committed to loving them and giving them a safe home. They have close relationships to one another and they enjoy being together. These children are very protective of their siblings, and they want a family that will keep all of them together. They hope for a family that will love them and make them their "forever children".

**Cleo, age 14**, is a very quiet youth that likes to play both with his siblings and by himself. Cleo is in 9th grade, and receives special education services through his school. He likes to play sports and play outside with other kids. He is involved in the athletics program through his school.

**Cleopatra, age 13**, is a reserved child that takes time to warm up to others. She loves all of her siblings very much, but she also likes to argue with them. She prefers to be called "Patra", and she has a fun sense of style.



She is very into fashion and being different from everyone else. Patra does pretty well in school with her grades, but she does have some struggles with accepting criticism. She attends regular classes and doesn't require special education services.

**Natasha, age 12**, is also a quiet child, but she loves to talk once she feels comfortable with you. She has a beautiful smile, and she loves her siblings very much. She is the most expressive among the siblings with how much she loves them. She is very artsy, and she likes to draw different things. She is hopeful for a

forever family, and she just wants to be loved. She is in regular classes at school and doesn't require special education services.

**Isaiah, age 6**, is in Kindergarten and doesn't require special education services. He is a very outgoing child that loves to go full force at all times. Being outside and playing with everyone is what he loves to do. He is full of energy and is constantly on the go. He likes to play with his siblings, but he is also happy playing by himself.

These children need a family that can care for and support them and allow them to continue visits with their two younger siblings who have been adopted by relatives. Perhaps your family could be their "Forever Family".

Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group.

*For more information, please contact Stephanie Berka, Wendy's Wonderful Kids Recruiter, Adoption Coalition of Texas at 512-450-8750 or email at [stephanieberka@adopttexas.org](mailto:stephanieberka@adopttexas.org)*

*To learn more about the adoption process and the Adoption Coalition of Texas, please call Bruce Thompson at 512-301-2825 or visit our website at <http://www.adoptioncoalitiontx.org>*

# 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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## American Business Women's Association Cy-Fair Express Network (CYFEN)

**Event:** Cy-Fair Express Network Monthly Networking Luncheon  
**When:** May 26, 2011  
**Time:** 11 a.m. – 1 p.m.  
**Where:** Houston National Golf Club  
16500 Houston National Blvd  
Houston, TX 77095

### Networking and Professional Enrichment Luncheon

Cy-Fair Express Network (CYFEN) invites you to their monthly networking luncheon featuring an exciting professional enrichment opportunity from Sandler Training entitled, "No Guts, No Gain!" Admission is \$40 with advance reservations and \$50 at the door (includes lunch). Please make reservations online by May 20 @ [www.cyfen.org](http://www.cyfen.org) or call Darlene Hajduk @ 713-939-9730.

CYFEN's mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.



WRAP 2011 planning is underway! WRAP is Cy-Woods High School's parent-driven Project Prom organization. The purpose of WRAP is to provide a drug- and alcohol-free all-night party for the graduating seniors and their guests after their prom. This year WRAP will be held at ITZ on May 27, 2011, as an overnight lock-in party, it is a fun-filled evening of shows, games, activities, food, gifts and prizes!

Have you filled out your Parent Information Form yet? We need this to get you on our e-mail list!

Prom is right around the corner – we need your help to raise these funds to provide our graduating seniors with a fun and memorable event!!

*Visit [www.cywoodswrap.org](http://www.cywoodswrap.org) and be an active parent!*



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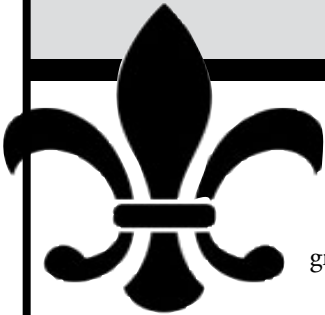
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# LONGWOOD LETTER

## CALLING ALL HOUSTON NW KAPPA KAPPA GAMMA ALUMS!

Come join your fellow Kappas this  
Month at the Kentucky Derby  
with the Kappas!

SATURDAY, MAY 7, 2011 AT 4PM



For more information on this or  
future events & membership please  
contact Natalie Bunton at gnat02@  
gmail.com or 832-717-3294.

## CRIMSON CADETTE DRILL TEAM DANCE CLINIC

*Cypress Woods High School*  
*16925 Spring Cypress Rd.*  
*8:30 a.m. – 11:30 a.m.*

The Cy-woods Crimson Cadettes Drill Team will host their 6th annual dance clinic for K-12 from 8:30 a.m. to 11:30 a.m. on August 10-12. This is a major fund-raiser for the team and enables them to participate in activities throughout the 2011-2012 school year. The fee is \$55 and includes dance technique, specially choreographed routines for each age group, a t-shirt, drinks and snacks each day and a picture for each participant. Showoffs will be held the last day at 11:30 a.m. For more information email [goodsonms@comcast.net](mailto:goodsonms@comcast.net) or check out our website at [www.crimsoncadettes.com](http://www.crimsoncadettes.com). On the website, you will find a sign-up form and a link to PayPal for easy payment.

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INFANTS CHILDREN TEENS



## LONE STAR COLLEGE CyFair Perspective

### Graduation Orientation Set Monday, May 9

All LSC-CyFair graduates planning on participating in the commencement ceremony May 14, at the Berry Center should attend the May 9 orientation at 7 p.m. in the Main Stage Theatre for all ceremony information. For graduation information, call 281.290.3200, e-mail [cfgraduation@lonestar.edu](mailto:cfgraduation@lonestar.edu) or go to [LoneStar.edu/graduation](http://LoneStar.edu/graduation).

### It's Not Too Late to Register for Summer Discovery College

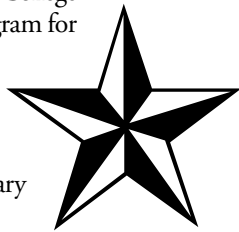
Registration for Lone Star College-CyFair's popular Discovery College summer camp for ages 6 to 14 begins May 16. The theme for the week-long sessions that begin June 6 is "Learning for Fun." The summer camp sessions are fun and educational providing children an opportunity to develop skills and learn new ones in a friendly environment. Camps are held at the Barker Cypress campus and the Fairbanks Center campus. The cost of the week-long sessions is \$99 per class. For registration or camp information, go to [LoneStar.edu/youth-classes-cyfair](http://LoneStar.edu/youth-classes-cyfair).

### "Little Shop of Horrors" on Stage

Enjoy this charming, tuneful and hilarious musical May 5 through May 8 in the Main Stage Theatre. Based on the film by Roger Corman and screenplay by Charles Griffith, a down-and-out skid row floral assistant becomes an overnight sensation when he discovers an exotic plant with a mysterious craving for fresh blood. Ask about the Mother's Day Deal (a coupon for a complimentary eyebrow or upper lip wax - and no purchase required - at Energe Spa) for the May 8 performance. For event information, go to [LoneStar.edu/boxoffice](http://LoneStar.edu/boxoffice).

### Library Offers Summer Fun for Everyone

The Harris County Public Library Lone Star College-CyFair Branch offers a Summer Reading Program for children and adults. A variety of monthly book clubs for all ages are available as well as plenty of programs and activities. Registration for the Summer Reading Program begins June 6. Go online to [LoneStar.edu/library](http://LoneStar.edu/library) for information.



### New Health Occupation Certificate Programs in May

Interested in becoming a pharmacy technician or medication aide? Lone Star College-CyFair's Continuing Education department is launching two new health occupations certificate programs starting in May. Registration is now under way for the Medication Aide program with classes beginning May 16 and the Pharmacy Technician program with classes beginning May 23. To be eligible for these programs, a GED or high school diploma is required. Call 281.290.5242 for information on course descriptions and other eligibility requirements.

### Registration Under Way for May Mini-term, Summer and Fall

Lone Star College-CyFair offers options and flexibility, so register now. Try a May mini-term course with classes starting May 16. Sign up for Summer Session I classes that start June 6. Enroll in Weekend College classes which start June 10. Sign up for Summer Session II classes that start July 14. And it's never too early to register for fall classes which start Aug. 29. For information, go to [LoneStar.edu/registration](http://LoneStar.edu/registration).

### L.I.F.E. Lessons in May

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 May include "eBooks and eAudio" May 4; "Discover Your Inner Core" May 11; "Explore the Cypress Creek Greenway" May 18; and "Better than Botox" May 25. Call the library at 281.290.3214 for L.I.F.E. program information.

### Get Licensed to Drive- Summer Teen Driver's Education

A class for teens, ages 15 to 17, is available June 27 and again July 6. The driver's education course covers road rules, road signs and laws to prepare the teens for the Department of Public Safety's written exam. Other topics are car maintenance, effects of drugs and alcohol, laws and penalties for drinking and driving, emergency situations, basic driving procedures, road rage, and insurance. Parents are responsible for the in-car instruction. Students are required to purchase the Texas Traffic Safety Education Student Manual, which is available at the campus bookstore. For information, call 281.290.3460.



[cypressfellowship.org](http://cypressfellowship.org)



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Make this Mother's Day a very special day for mom!  
Join us for a Celebration of Motherhood on Sunday, May 8!  
Worship Services at 9 am and 11 am

For more information about Cypress Fellowship, visit us online at [www.cypressfellowship.org](http://www.cypressfellowship.org).

# LONGWOOD LETTER

## OVERCOMING BARRIERS TO EXERCISE

### *Enjoyment, Time, & Know How*

By Sarah S. Jordan, MS

We live in a busy world where creating and sticking with a regular exercise routine can be challenging. Many obstacles can stand in the way of our routine, including the enjoyment factor, time, and exercise know-how. But with a little creativity, planning, and dedication, the rewards can be oh so sweet! (Not to mention life changing.)

#### **1st Barrier - I don't enjoy exercise.**

For some people, exercise is simply not enjoyable. Think about what you did as a child as "play." Most likely, you enjoyed doing it. See if you can weave that into your workouts to make them more fun. Or make it social by exercising with a workout buddy or in a group setting.

Whenever I have people tell me that they just don't find exercise enjoyable, I work hard to find a mode of exercise that they do enjoy in order to get them started. Once they are moving more, eating smarter, and feel their hard work and activity paying off, it is much easier to find other modes of exercise to challenge them and help them see results. And I love watching exercise become fun for them and the thing that they look forward to in their day!

#### **2nd Barrier - I just can't find the time.**

If there is one thing that I have learned about my workouts since becoming a mother, it is that they will not happen if I wait for the time to open up in my day. I have to create, devote, and stick to the time I make for them. Here are some tips for making more time for exercise:

- ANY exercise is better than none. Even if you just have 15 minutes, take it. Your body and mind will be glad you did, and 15 minutes a day can add up to great things over time!
- Put exercise on your calendar and treat it like you would a mandatory meeting.
- Find a reliable workout partner. This not only makes workouts more fun, but it holds you accountable to show up.
- Invest in a personal trainer. They can create an individualized workout plan that fits your lifestyle and goals, and equip you with an incredible amount of education on healthy living.
- Make use of the early hours. Getting workouts in before the busy

*(Continued on Page 7)*

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May 11, 6:00 p.m.  
**Woodlands Showroom**  
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# LONGWOOD LETTER

## Overcoming Barriers - (Continued from Page 6)

day kicks off ensures that they happen, and the entire day will be so much better because of it!

- Make it a family tradition. What a cool thing to expose our kids to - families moving together!
- Find what works for YOU. For some people, joining a gym is the most convenient option. If that is not realistic for you, find other activities, classes, and opportunities in your area.
- Don't give up. If you are not reaching your goals, determine what is not working and create a roadmap to resolve it. Remember that fitness is a lifestyle and it goes through ups and downs, but always benefits us if we persevere.

The other important thing is to make the time we do have count in the biggest ways possible. If we have just thirty minutes three days a week to exercise, it is essential that we step up the intensity of those workouts to get the most we can for our time. If duration is short, we need to increase intensity. Add intervals and hills to your routine, or find a fitness class or DVD that offers a combination of cardio and strength training.

### 3rd Barrier - I don't know how to exercise.

In today's world, exercise videos and how-to's are literally at our fingertips online. We also have options for FitTV, DVDs, and opportunities at gyms, studios, and parks around town. Finding

what works for your schedule and lifestyle is essential, so test a few things out before you commit.

Here are some options for gaining exercise know-how:

- Talk to your doctor to get recommendations and approval when starting an exercise program.
- Use credible online resources. One that I use often is the "ACE Get Fit™" section at [www.acefitness.org](http://www.acefitness.org).
- Put it in the hands of a professional and take out the guesswork by hiring an experienced personal trainer, or get involved in some group fitness classes.
- If you have a friend that is very fit and knows a lot about exercise, ask him/her if you can join them for their next exercise session.

*We all know that it is not easy to make time to exercise. But we have the power to make choices that can shape our future based on how much we move now. Sometimes all it takes is one step in the right direction.*





## COLIN'S HOPE

*Increasing water safety awareness and standards*

### BE SAFE IN THE WATER & HAVE THE BEST SUMMER EVER!



*Drowning is a leading cause of unintentional injury-related death for children ages 1-14.*

**May is National Water Safety Month.**

*NO ONE is "drownproof", but drowning is PREVENTABLE.*

**Join us in getting ready for a safe summer in the water!**

**Colin's Hope Night at Eastside Movies in the Park**  
**Tuesday, May 3rd, Doors open at 6PM, Movie at sundown**  
Join us at The Expedition School Lagoon (On Lady Bird Lake in East Austin next to Fiesta Gardens) for a screening of Whale Rider. Bring your family and friends to enjoy the movie under the stars.

**Colin's Hope Day at Schlitterbahn-New Braunfels**  
**Saturday, May 21st**  
Join us for a day to promote Water Safety and Drowning Prevention at Schlitterbahn-New Braunfels! Special tickets are available from Colin's Hope. Email [alissa.magrum@colinshope.org](mailto:alissa.magrum@colinshope.org) for more information.

**For more info visit our website at [www.colinshope.org](http://www.colinshope.org)**

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- KEEP BACKYARDS & BATHROOMS SAFE
- ALWAYS CHECK POOL/SPA FIRST FOR MISSING CHILD
- LEARN CPR

# LONGWOOD LETTER

## CFISD VIPS NEWS

### *Spring Workshop*

**Tuesday, May 17, 2011 from 8:30 a.m. to 2 p.m.  
The Berry Center**

Every school should plan to send their VIPS Liaison and incoming VIPS Coordinators to the Spring Workshop. A variety of workshops will be offered covering everything you need to know to kick off a successful volunteer program in 2011-2012. There will be many opportunities to network with other schools and to share ideas on how to make the next school year the best ever at your school. Mark your calendars now to share in this fun-filled and rewarding day! Look for details about workshops in the coming weeks. New and experienced volunteer liaisons, coordinators, chairpersons, officers and all interested volunteer leaders are encouraged to attend. The CFISD VIPS Spring Workshop is being held on Tuesday, May 17, 2011, 8:30 a.m. to 2 p.m. at the Berry Center. To attend this event, please email your name and name of your school to [vipsrsvp@cfisd.net](mailto:vipsrsvp@cfisd.net). For more information, please contact the Partners in Education Office at 281-894-3950. This is an adult only event.

### *Volunteer Appreciation*

Cypress-Fairbanks Independent School District honored its district and state volunteer and business partner award winners during the Volunteer Appreciation Luncheon on April 13, 2011. 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 31.

#### **The Award Winners Were As Follows:**

- **Community Partnership, Academic Impact District Award** – Hemmenway Helpers – Sampson Elementary Volunteers.
- **Event District Award** – Lowery Elementary School Volunteer Appreciation Luncheon and Carnival

*(Continued on Page 9)*

# *The New* Emergency Room Standard *has been* Set

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## CFISD VIPS - (Continued from Page 8)

- **Business Partnership, Academic Impact District Award** – Caterpillar Global Petroleum – Holbrook Elementary School Partner
- **Individual Partnership, Role Model District and State Gold Award** – Leah Peroutek – Adam Elementary School Volunteer
- **Individual Partnership, Wisdom District and State Gold Award** – Don Bradford – Lamkin Elementary School Volunteer
- **Business Partnership, Career Education District and State Gold Award** – Mustang Engineering, L.P. – Watkins Middle School Partner
- **Community Partnership, STEM (Science, Technology, Engineering, Math) District and State Crystal Award** – VIPS TAG (Target Achievement Globally) Team

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.

## Recipe of the Month

### CHOCOLATE CRINKLES

- ½ cup vegetable oil
- 2 cups sugar
- 4 squares unsweetened chocolate (melted)
- 4 eggs 2 tsp. vanilla
- 2 cups plus 2 level Tbsp. flour
- 2 tsp. baking powder
- ½ tsp. salt

Mix oil, chocolate, & sugar. Blend in one egg at a time until well mixed. Add vanilla. Stir flour, baking powder, and salt into oil mixture. Chill several hours. Drop teaspoon of dough rolled into small balls into powdered sugar. Place 2" apart on greased cookie sheet. Bake 10-12 minutes at 350°. Do not overbake!

19<sup>TH</sup> ANNUAL

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# LONGWOOD LETTER

## SUDOKU

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

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.

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by the 8th of the month.



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