

The LONGWOOD Letter

January 2014

Volume 8, Issue 1

News For The Residents of Longwood

A FOCUS ON RESOLUTIONS

RESOLVE TO BE A BETTER YOU

By: *Concentra Urgent Care*

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes.

Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

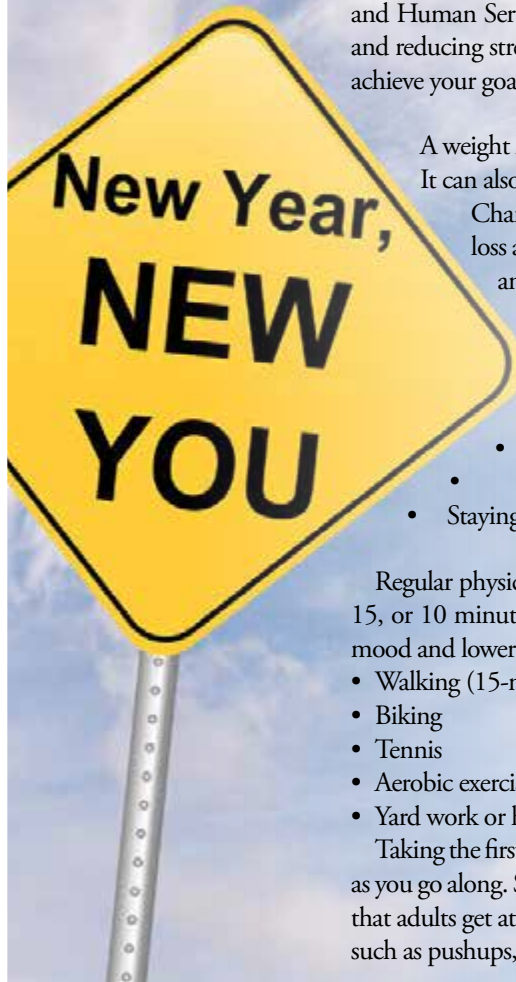
- Taking into account foods you like and dislike
- A focus on fresh fruits, vegetables, and whole grains
- Consuming fat-free or low-fat dairy products such as yogurt, cheese, and milk
- Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
- Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils
- Staying away from foods high in sodium and added sugars

GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)
- Biking
- Tennis
- Aerobic exercise classes (step aerobics, kickboxing, dancing)
- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged.



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



Elisha Roberts Chapter

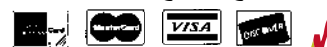
The wonderful ladies of the Elisha Roberts Chapter, NSDAR, extend an invitation to any female, 18 years or older, who can prove direct lineal descent from someone who either fought in or provided aid during the American Revolution. We are a family oriented group of ladies who promote patriotism, education and historic preservation. Our motto is God, Home and Country. If this sounds like you, please come and join us for a meeting. We meet the third Thursday of each month, September through May, at the Backyard Grill, located at 9453 Jones Road. Our next meeting will be on January 16, 2014 at 7:00 p.m.

For more information, please contact the chapter Regent, Cheryl Partney at cpart86@comcast.net or by phone at 832-654-0306. We look forward to meeting you.

Bashans Painting & Home Repair

Commercial/Residential
Free Estimates

281-347-6702



281-731-3383 cell



- Interior & Exterior Painting
- Garage Floor Epoxy
- Hardi Plank Installation
- Custom Staining
- Wood Replacement
- Roofing
- Sheetrock Repair
- Gutter Repair/Replacement
- Interior Carpentry
- Faux Painting
- Cabinet Painting
- Door Refinishing
- Wallpaper Removal and Texturizing
- Window Installation
- Pressure Washing
- Trash Removal
- Fence Repair/Replacement
- Ceiling Fan/Light Fixtures

References Available • Fully Insured
NO PAYMENT UNTIL COMPLETION
bashanspainting@earthlink.net

ADVERTISE
Your Business Here
Call 512.263.9181
for details.
www.peelinc.com

KAPPA KAPPA GAMMA ALUMS OF HOUSTON NW

Come join your sisters this Month on

Silver Auction Luncheon

On Saturday, January 25th.

For more information on this or future events & membership please contact Natalie Bunton at gmat02@gmail.com or 832-717-3294.



"Living, loving, and learning in
Christ and the Church."
6646 Addicks Satsuma Rd.
Houston, TX 77084
281-463-1444
www.seasc.org

EXCELLENT CURRICULUM • ATHLETICS
COMPUTER & SCIENCE LABS
BEFORE & AFTER SCHOOL PROGRAMS



Come grow
with us!

St. Elizabeth Ann Seton
Catholic School

Open House
Wednesday, January 30th
9am - 2pm and 6 - 8pm

Rachael's



Family Owned and operated since 2000

THANK YOU
FOR YOUR
BUSINESS IN 2013.

*Happy
New Year!*

12312 Barker Cypress @ 290 • 281-256-9800



Just Do It.

SELL US YOUR CAR!



TEXASDIRECTAUTO.COM

We make buying and selling fun!



Scan and sell us your car
or search our inventory

LONGWOOD LETTER

2013 ALL DISTRICT FOOTBALL TEAM

DISTRICT 17

CENTER

#50 - Austin Keith | 5'11" | 240lbs | 12th Grade | Cy Fair

OFFENSIVE LINE

#73 - Vincent Dale | 6'4" | 290lbs | 12th Grade | Cy Fair

#77 - Morgan Magness | 6'3" | 300lbs | 12th Grade | Cy Fair

#77 - Elijah Rodriguez | 6'6" | 280lbs | 12th Grade | Cypress Creek

#65 - Brady Vinson | 6'3" | 235lbs | 12th Grade | Cy Ranch

#58 - Willie Wright | 6'3" | 275lbs | 12th Grade | Cy Ridge

TIGHT END

#85 - Luis Lopez | 6'3" | 235lbs | 12th Grade | Cy Fair

WIDE RECEIVER

#2 - Darius Crawley | 6'0" | 190lbs | 12th Grade | Cy Ridge

#4 - Dominique Harris | 5'7" | 160lbs | 12th Grade | Langham Creek

#2 - Bryce Johnson | 6'0" | 175lbs | 12th Grade | Cy Ranch

#1 - Kevin Lovings | 5'10" | 166lbs | Cy Springs

#1 - Mason Roberts | 5'8" | 175lbs | 12th Grade | Cy Woods

#16 - Kemah Siverand | 6'2" | 185lbs | 11th Grade | Cy Ridge

RUNNING BACK

#6 - Terrell Aldridge | 6'0" | 190lbs | 12th Grade | Cypress Creek

#20 - Dillon Birden | 5'11" | 180lbs | 12th Grade | Cy Fair

#21 - Charlie Booker | 5'8" | 175lbs | 11th Grade | Cy Ranch

QUARTERBACK

#10 - Kyle Cutbirth | 6'0" | 165lbs | 12th Grade | Langham Creek

#9 - Nick Hooper | 6'0" | 185lbs | 11th Grade | Cy Woods

#1 - Deshun Qualls | 5'11" | 155lbs | 10th Grade | Jersey Village

2ND TEAM OFFENSE

CENTER

#76 - Tito Rueda | 6'3" | 270lbs | 12th Grade | Cy Ridge

OFFENSIVE LINE

#76 - Chris Abo-shear | 6'3" | 320lbs | 12th Grade | Jersey Village

#70 - Shawn Andrew | 6'3" | 290lbs | 12th Grade | Cypress Creek

#53 - Hunter Gonzalez | 5'8" | 240lbs | 11th Grade | Cy Fair

#76 - Zach Kinninger | 6'5" | 275lbs | 11th Grade | Cy Ranch

#64 - Trevor Rogas | 6'1" | 220lbs | 11th Grade | Cy Woods

TIGHT END

#81 - Jackson Solbeck | 6'3" | 225lbs | 11th Grade | Cy Ranch

WIDE RECEIVER

#15 - Zach Duncan | 5'9" | 170lbs | 11th Grade | Cy Woods

#6 - Bryce Elkin | 6'4" | 200lbs | 12th Grade | Langham Creek

#11 - Michael Ewing | 5'8" | 155lbs | 12th Grade | Cy Springs

#2 - Bryce Langan | 5'7" | 150lbs | 12th Grade | Langham Creek

#11 - Jorren Pollard | 5'11" | 175lbs | 10th Grade | Cy Falls

#17 - Jalen Richardson | 6'1" | 180lbs | 12th Grade | Jersey Village

RUNNING BACK

#22 - Kalen Lavine | 5'8" | 185lbs | 12th Grade | Cy Ranch

#33 - Chris Robinson | 5'9" | 190lbs | 12th Grade | Cy Ridge

#24 - Sam Stewart | 5'9" | 195lbs | 12th Grade | Cy Woods

QUARTERBACK

#4 - Troy Brown | 5'11" | 185lbs | 12th Grade | Cy Springs

#14 - Cole Martin | 6'2" | 195lbs | 12th Grade | Cy Ranch

COACH OF THE YEAR

Coach Ed Pustejovsky - Cy Fair High School

OFFENSIVE MVP

#10 - Kyle Cutbirth | 6'0" | 165lbs | 12th Grade | Langham Creek

DEFENSIVE MVP

#52 - Dexter Collins | 6'0" | 290lbs | 12th Grade | Langham Creek

OFFENSIVE NEWCOMER

#1 - Deshun Qualls | 5'11" | 155lbs | 10th Grade | Jersey Village

DEFENSIVE NEWCOMER

#25 - Micah Pryor | 5'10" | 170lbs | 10th Grade | Langham Creek

2013 ALL DISTRICT FOOTBALL TEAM

DISTRICT 17

1ST TEAM DEFENSE

DEFENSIVE LINE

- #40 - Jabriel Alexander | 6'2" | 230lbs | 12th grade | Jersey Village
- #55 - Alton Brown | 6'0" | 260lbs | 12th Grade | Jersey Village
- #52 - Dexter Collins | 6'0" | 290lbs | 12th Grade | Langham Creek
- #90 - Ross Donelly | 6'2" | 305lbs | 11th Grade | Cy Fair
- #99 - Justyn Johnson | 6'1" | 270lbs | 11th Grade | Cy Woods
- #48 - Jordan Molden | 6'2" | 245lbs | 12th Grade | Cy Ridge
- #40 - Brady Wright | 6'3" | 230lbs | 12th Grade | Cy Fair

LINEBACKER

- #42 - Otaro Alaka | 6'2" | 205lbs | 12th Grade | Cy Falls
- #31 - Jacoby Brooks | 6'0" | 215lbs | 11th Grade | Cypress Creek
- #44 - Brandon Brown | 5'11" | 230lbs | 12th Grade | Cypress Creek
- #36 - Nico Costanzo | 6'2" | 215lbs | 12th Grade | Langham Creek
- #23 Nick Csatos | 6'0" | 200lbs | 12th Grade | Cy Woods
- #41 - James Kohlschmidt | 5'11" | 195lbs | 11th Grade | Cy Fair
- #35 - Austin Scheaffer | 5'10" | 175lbs | 12th Grade | Cy Fair

DEFENSIVE BACK

- #3 - Michael Austin | 5'9" | 165lbs | 12th Grade | Cy Ridge
- #22 - Keith Batista | 5'11" | 175lbs | 11th Grade | Langham Creek
- #5 - David Dudley | 6'0" | 180lbs | 12th Grade | Cy Fair
- #5 Henry Hite | 6'0" | 160lbs | 12th Grade | Cypress Creek
- #5 - Jacob Hobbs | 5'9" | 165lbs | 12th Grade | Langham Creek
- #4 - Stevie Polly | 5'9" | 160lbs | 12th Grade | Cy Woods
- #2 - Christian Taylor | 6'2" | 180lbs | 11th Grade | Jersey Village

2ND TEAM DEFENSE

DEFENSIVE LINE

- #59 - Tyler Breggs | 6'1" | 190lbs | 12th Grade | Cy Lakes
- #40 - Brandon Frazier | 5'11" | 185lbs | 12th Grade | Cy Ridge
- #49 - Michael Omirin | 6'1" | 210lbs | 12th Grade | Cy Fair
- #29 - Safar Sheriff | 6'0" | 240lbs | 12th Grade | Cypress Creek
- #48 - Ross Tuzin | 5'11" | 240lbs | 12th Grade | Cy Fair
- #42 - Malik Warner | 6'1" | 225lbs | 12th Grade | Langham Creek

LINEBACKER

- #52 - Jarious Boone | 5'11" | 210lbs | 12th Grade | Jersey Village
- #20 - Josh Head | 5'10" | 215lbs | 11th Grade | Cypress Creek
- #33 - Michael Hoehner | 5'10" | 185lbs | 10th Grade | Langham Creek
- #43 - Taylor Holms | 6'2" | 210lbs | 12th Grade | Cy Woods
- #45 - Collin Marcum | 6'0" | 185lbs | 12th Grade | Jersey Village
- #15 - Bryce Saracene | 5'7" | 180lbs | 11th Grade | Cy Ranch
- #21 - Yiovani Williams | 5'10" | 200lbs | 12th Grade | Cy Springs

DEFENSIVE BACK

- #6 - Lakent Alexis | 5'10" | 165lbs | 11th Grade | Jersey Village
- #18 - Maxx Chrest | 5'10" | 160lbs | 11th Grade | Cy Fair
- #10 - Drake Moore | 5'9" | 180lbs | 12th Grade | Cy Lakes
- #25 - Micah Pryor | 5'10" | 170lbs | 10th Grade | Langham Creek
- #10 - Brandon Richmond | 5'11" | 180lbs | 11th Grade | Cy Fair
- #5 - Jimmy Washington | 6'2" | 185lbs | 12th Grade | Cy Springs

1ST TEAM KICKER

- #11 - Chase McLaughlin | 6'1" | 170lbs | 12th Grade | Cy Woods
- #16 - Joel Scarbrough | 5'10" | 170lbs | 11th Grade | Langham Creek

2ND TEAM KICKER

- #31 - Omar Portillo | 5'5" | 190lbs | 11th Grade | Cy Ridge

1ST TEAM PUNTER

- #16 - Joel Scarbrough | 5'10" | 170lbs | 11th Grade | Langham Creek

2ND TEAM PUNTER

- #84 - Mitch Fly | 5'9" | 150lbs | 11th Grade | Jersey Village

1ST TEAM RET SPECIALIST

- #4 - Dominique Harris | 5'7" | 160lbs | 12th Grade | Langham Creek

2ND TEAM RET SPECIALIST

- #6 - Terrell Aldridge | 6'0" | 190lbs | 12th Grade | Cypress Creek

LONGWOOD LETTER

The Longwood Letter is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the Longwood Letter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the Longwood Letter is exclusively for the private use of Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

**NOT AVAILABLE
ONLINE**

Head Coach of the Texas A&M Men's Golf Team to speak at **NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB**

Join us for the Northwest Harris County Aggie Mom's Club January meeting on Tuesday, January 14, 2013 at 7:00 p.m. at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. Our speaker will be J.T. Higgins, Head Coach of the Texas A&M Men's Golf Team. Husbands and sons are welcome! Coach Higgins has taken Texas A&M to the pinnacle of the collegiate game in his 12 seasons at the helm of the Aggie men's golf team. A three-time Central Region Coach of the Year honoree, Higgins has guided A&M to back-to-back top-5 final rankings in 2009-11, an unprecedented 11 consecutive NCAA Regionals and six straight trips to the NCAA Championships, highlighted by the program's first national title in 2009. Under Higgins leadership Texas A&M stands alone as the only program nationally to have posted top-15 finishes at the NCAA Championship each of the last six seasons. Making their debut in the extremely competitive Southeastern Conference in 2013, the Aggies remained a fixture in the national rankings throughout the season en route to finishing fourth at the SEC Championship while garnering their school –record 11th consecutive trip to an NCAA Regional. Refreshments will be available at 6:45-husbands and sons are welcome!

SCHOLARSHIP APPLICATION DEADLINE APPROACHING

The Northwest Harris County Aggie Mom's Club raises money throughout the year to fund scholarships to students from our area. Last year, we awarded 15 scholarships to Aggie students from our local community and donated over \$34,000 to a variety of Texas A&M student organizations. Eligible students should download the scholarship application form at www.nwhcaggiemoms.org. Deadline to apply is February 4, 2014.

SAVE THE DATE

Don't miss the Annual China Luncheon and Style Show on Saturday, February 8, 2014 from 10:30 a.m. - 1:30 p.m. at Shirley Acres located at 217 Woerner Rd., Spring, Texas. We are looking for talented ladies to decorate one of our themed tables. Individual tickets are \$30. Get your ticket at one of our monthly meetings or visit our website.

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at 7100 High Life Drive. For more information on monthly speakers or upcoming events visit our website at www.nwhcaggiemoms.org or contact Shannon Eberle, Club President at clubpres2012@gmail.com.

IF YOU CAN IMAGINE IT, WE CAN HELP YOU MAKE IT.

WHAT WOULD YOU DO IF YOU HAD ACCESS TO...

MACHINE SHOP <ul style="list-style-type: none"> • Lathe • Mill • CNC Mill 	METAL WORKING SHOP <ul style="list-style-type: none"> • Welding • Plasma Cutting • Sheet Metal Work 	ADVANCED 3D DESIGN SOFTWARE <ul style="list-style-type: none"> • 3D Modeling • CAD / CAM • Animation
WOODWORKING SHOP <ul style="list-style-type: none"> • CNC Router • Saws • Jointer • Planer • Lathe 	ELECTRONICS LAB <ul style="list-style-type: none"> • Professional Soldering Station • Oscilloscope • Power Supply • Function Generators • PCB Manufacturing 	TRAINING <ul style="list-style-type: none"> • Machining / Metalwork • Woodworking • CAD / CAM • Electronics • Computer Science
MENTORING	3D PRINTER	AND MORE

JOIN US IN BRINGING THE ULTIMATE TOOL SHOP TO THE HOUSTON AREA.

A membership to The Inventor's Mill gives you access to the tools, equipment, space and training to make almost anything you can imagine. Perfect for hobbyists, makers, inventors, artists, do-it-yourselfers and even small businesses.



www.inventorsmill.com



Limited number of charter memberships available through January 31st.





PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSRST STD
U.S. POSTAGE
PAID
PEEL, INC.

LW

WWW.LONGWOOD-NEIGHBORS.COM

SOME OF THE LONGWOOD HOMES WE SOLD THIS YEAR



We Know Longwood

More Homes Get **SOLD** on

WWW.LONGWOOD-NEIGHBORS.COM

2014 Looks to be a

Great Year for Longwood Sales

Driven By:

- Exemplary Schools
- Location to Growing Businesses
- Low Inventory of Homes
- Increasing Demand for Cypress
- Grand Parkway near Completion



DAN DIRECT 281-468-2853
DANBOUTWELL@DAN-CINDY.COM

CINDY DIRECT 281-797-3590
CINDY@DAN-CINDY.COM