



The LONGWOOD Letter

June 2007

Volume 1, Issue 2

News For The Residents of Longwood

Cypress Assistance Ministries School Supplies Needed

11202 Huffmeister
281-955-7684

Families of hundreds of school-aged children in the Cypress/Northwest Houston 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 construction paper
- pencil boxes
- scissors and rulers
- new socks and underwear in all sizes

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

- peanut butter & jelly
- pasta
- snack foods
- Cold cereal
- Spaghetti Os

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

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

If you need further information, please give us a call at 281-955-7684 and ask for Kelly or Lisa.

Cancer Counseling, Inc Support Group Comes to Cypress

A support group for cancer patients and caregivers is beginning on Thursday, June 14 at 7 PM at Messiah Lutheran Church in Cypress, 11522 Telge Road, one-half mile north of Highway 290. The group will be led by licensed therapists from Cancer Counseling, Inc, a non-profit organization located near the Medical Center, 713-520-9873. Messiah Lutheran is hosting a satellite group of Cancer Counseling for folks in the Cypress area who need some support and who don't need another drive to the Medical Center. The group will be ongoing, meeting on the 2nd and 4th Thursday evenings of the month. The meetings are FREE, and all people in the community who are dealing with cancer are invited. Questions? Call 281-890-3013, and ask for Lynette.

Don't want to wait for the mail?
View the current issue of
the Longwood Letter
on the 1st day of the month at
www.PEELinc.com



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

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.

Wanted: Cars to wash for the summer

I am William Mantey. I am starting a car wash business for the summer. The price is \$10.00 and \$5.00 for vacuuming the inside. I am trying to save for the future.



Please call 281-304-1115

Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing longwoodletter@peelinc.com or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 9th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for Longwood Letter. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

DUPREE | LAW FIRM

ATTORNEY AND COUNSELOR, PLLC



832-220-8108

Full-service law firm providing professional service to families and small business owners in Cypress, Tomball and Jersey Village

FAMILY PRACTICE:

DIVORCE
CUSTODY
ADOPTION

ESTATE PLANNING PRACTICE:

HEALTHCARE DIRECTIVES
WILLS
TRUSTS

SMALL BUSINESS GROUP:

CHOICE OF ENTITY CONSULTING
INCORPORATION
CONTRACT DRAFTING AND REVIEW

Convenient location with plenty of parking. Flexible hours and appointments.

R. Edward Dupree

Attorney at Law, *Cypress Resident*

www.dupreelawfirm.com

DUPREE LAW FIRM
ATTORNEY AND COUNSELOR, PLLC
CHASEWOOD ONE
20333 State Highway 249
Suite 200-103
Houston, TX 77070

Upscale Outlet Center Scheduled To Open Spring 2008

Submitted by: Amanda McCumber

Construction has started on Houston Premium Outlets. The 430,000 square-foot outlet is on 75 acres. The property is located in Cypress off of U.S. Highway 290 between Mason Road and Fairfield Drive. The developer is NJ- based Chelsea, a division of Simon, the leader in the outlet industry based on its proven concept of Premium Outlet Shopping. The center will be a single-level, village-style project with a southwest architectural theme. Premium Outlets will house 120 outlet stores and will feature high-quality designer and name brands serving the area's permanent population as well as visitors to the area.

Houston Premium Outlets is estimated to bring 800 to 1,000 jobs to the Cypress area and is projected to generate millions of dollars in sales tax and real estate property tax revenue. To the east of this project, a 100 acre project, Fairfield Towne Center, is being developed by the Simon Community/Lifestyle Center Division. This 800,000 square foot project is slated to open fall 2008/spring 2009. Both projects combined will create over 1.2 million square feet of high quality retail space in this corridor.

Teenage Job Seekers

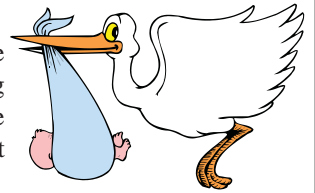
Not Available Online

Attention Teenagers

The **Teenage Job Seekers** listing service is offered free of charge to all Longwood teenagers seeking work. Submit your name and information to longwoodletter@peelinc.com by the 9th of the month!

Stork Report

If you have a new addition to the family please let us know by emailing longwoodletter@peelinc.com and we will include an announcement to let everyone know!



Professionally
Trained
Flooring
Consultants.

Flooring[★]AMERICA[®]

Lifetime
Installation
Warranties!

CARPET[★]MASTERS

Laminate
Floors
\$3⁹⁹_{sf}
Installed

Ceramic Tile
Floors
\$4⁹⁹_{sf}
Installed

26 oz Nylon
Carpet
\$1⁹⁵_{sf}
Installed

Hickory Wood
Floors
\$8⁴⁹_{sf}
Installed

*Come in and see what makes FlooringAmerica
such a unique place to shop and save.*

13422 Grant Road
(Between Louetta & Spring Cypress)

281-370-8022

Hours: M-Fri 8-7 • Sat: 10-5 • closed Sunday



**One Year
Same As Cash
Available!**

LONGWOOD LETTER

Cy-Fair College, "Perspective"

Prestigious Piper Professor Recipient is Jeff Edwards

Cy-Fair College Economics Professor Jeff Edwards is considered one of the best in Texas having recently been named a 2007 Piper Professor. This Minnie Stevens Piper Foundation honor is one of the most prestigious honors among Texas colleges and universities. Edwards is one of only 15 professors to receive the award, which is given in recognition of superior teaching at the college level. He is also one of six North Harris Montgomery Community College District winners of the Piper Professor Awards since its inception in 1958 and he is Cy-Fair College's second Piper Professor since the campus opened in 2002. His wife Susan Edwards was the first Cy-Fair College honoree. Edwards has also earned the Cy-Fair College's Faculty Excellence Award and numerous Phi Theta Kappa honors, including the society's most prestigious Mosal Award.

Two Children's Summer Shows Set

Mark your calendars for two children's summer shows – "If You Take a Mouse to School" set June 25 – July 7 and "Tite Rouge set Aug. 6 – Aug. 18. For tickets and information on these performances, call 281-290-5201 or go online to www.cy-faircollege.com/goto/cfcbxoffice.

Self-Portrait Submissions Wanted

Get ready to submit your self-portrait for the Bosque Gallery's first ever open call self-portrait exhibition for all ages, all experience

levels, all mediums. Submissions will be accepted from noon to 7 p.m. June 7, June 12 and June 13 and from 10 a.m. to 4 p.m. June 14. Exhibition dates will be June 19 – July 12 in the Center for the Arts Bosque Gallery. All information and guidelines are posted at www.cyfaircollege.com/bosquegallery or contact the gallery committee chair, Suzanne Shield-Polk at 281-290-3252.

Teens driver's education available this summer

Summer driver's education courses for teens ages 15 to 17 are available at 4 p.m. and again at 6 p.m. Monday through Thursdays July 30 through Aug. 23. The in-classroom 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. Call 832-482-1043 for information.

What's L.I.F.E. Like in June?

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Cy-Fair College Branch Library (Room 131.) June programs include fitness

(Continued on Page 5)

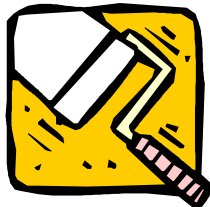
Bashans Painting & Home Repair

Commercial/Residential
Free Estimates

281-347-6702



281-731-3383 cell



- Interior & Exterior
- 20 Years Experience
- Hardiplank Installation
- Wood Replacement
- Pressure Washing
- Sheetrock Repair & Texturing
- Cabinet Painting
- Door Refinishing & Replacement
- Wallpaper Removal
- Custom Staining
- Fence Replacement or Repair

References Available • Fully Insured
NO PAYMENT UNTIL COMPLETION

bashanspainting@earthlink.net

Let us take care of your feet!

- Bunions • Hammertoes • Heal Pain
- Ingrown Nails • Corns, Calluses
- Injuries • Sport Injuries • Children
- Diabetic Foot Care • Orthotics
- Fractures of the Foot & Ankle

Have No Insurance?
We Will Work With You!

The Foot Wellness Center

- 3D State-of-the art Walking Analysis
- Certified in Endoscopic Heel Surgery, Ossatron Non-Invasive Heel Spur Surgery, & Laser Surgery For Warts
- Alternative Medicine



NEW Location!

North Cypress Medical Center
21216 N.W. Frwy., Ste. 240
281-955-5500

Tomball Medical Center
929 Graham, Ste. A
281-357-5533

Dr. Judith E. Rubin,
Podiatrist/Foot Specialist

- Diplomate, American Board of Podiatric Surgery
- Board Certified in Foot & Ankle Surgery
- Fellow American College of Foot & Ankle Surgery
- Certified Wellness Educator



Dr. Andrea M. Breitigam, D.P.M.
Podiatrist/Foot Specialist

www.DrRubinFootWellness.com
Serving the Houston Area 24 Years

CyFair College - (Continued from Page 4)

success, Qigong, Dance Salad performance and online buying and selling tips. Call the library at 281-290-3213 for L.I.F.E. program information or check the library web page online at <http://cfclibrary.nhmccd.edu>.

Library Offers Summer Reading Program, Free Computer Classes and Book Clubs

The Harris County Public Library Cy-Fair College Branch's 2007 Summer Reading Program includes storytime, movies, crafts, a computer kids program, a picnic, performers and more. The library also offers free computer workshops, including a family-friendly class. Topics range from basic computer functions to introductions to the Internet and various software programs. A variety of monthly book clubs are available including mystery, women of the world, democracy, and sports page. There are plenty of youth programs with activities and book clubs for teens and storytime for younger children. Go online to <http://cfclibrary.nhmccd.edu> for information.

Summer Vacationing Safety Tips ...

Before you leave, it's always a great idea to:

- Have newspaper and mail stopped or regularly picked up
- Ask a trusted neighbor to check on your home
- Set timers on interior lights to deter burglars
- Unplug TV, computer and appliances susceptible to lightning and power surges
- Take jewelry and valuable papers to a safe deposit box
- Turn off water valves to your washing machine, icemaker and dishwasher



LORI SELMAN

REALTOR®

713-876-0460

LORISELMAN@REMAX.NET



RE/MAX®

RE/MAX SUBURBAN NORTHWEST

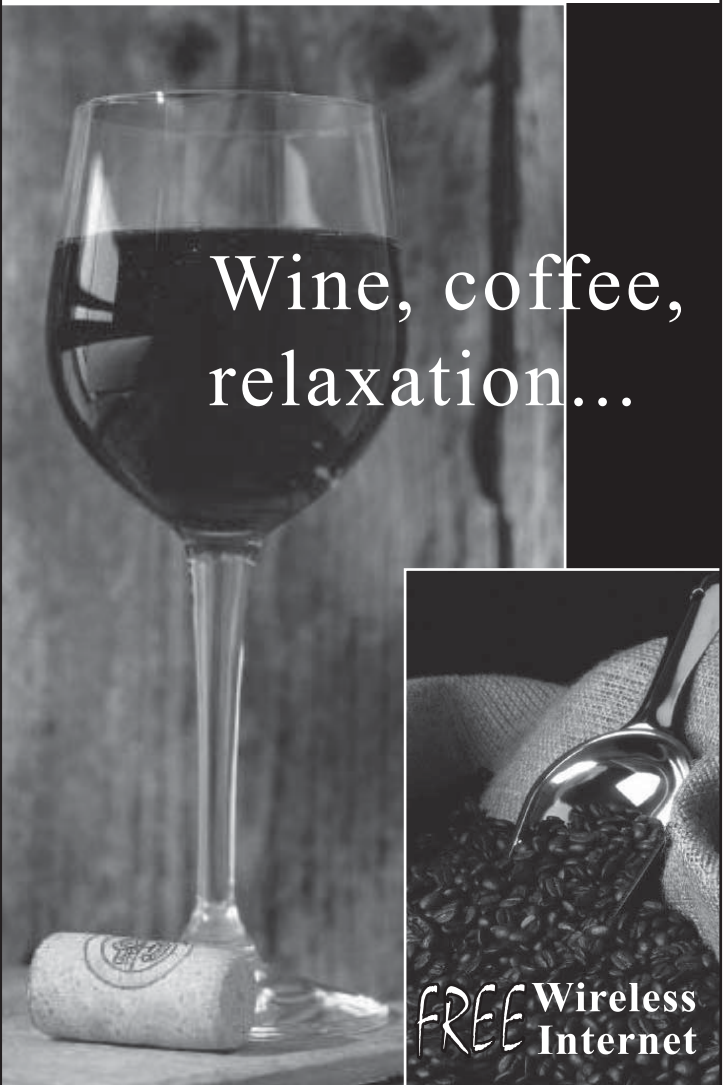
11550 Louetta Rd, Ste. 1200
Houston, TX 77070

Each Office Independently Owned & Operated

Assisting in Resale & New Home Sales!

CORK CAFÉ
Wine & Coffee

NOW OPEN



Wine, coffee,
relaxation...

FREE Wireless
Internet

Located in Cypress near Cinemark® and Buffalo Wild Wings®

Tel: (281) 758-1682
Email: kaleb@corkcafe.com
www.corkcafe.com

LONGWOOD LETTER

Garage Doors Certainly are “Beasts of Burden”

Submitted by Bill Cook

One of the most ignored and overlooked maintenance components of your home is your garage door and opener. These “beasts of burden” are frequently ignored, neglected and taken for granted...that is until they stop working.

An average two-car garage door has nearly forty moving parts and weighs approximately 300 pounds. When in the up position, the door is usually 8 feet above the floor with your second most expensive investment parked directly underneath. Last year approximately 20,000 garage door related injuries were treated in America’s emergency rooms.

Given these facts, proper maintenance and repair should be a higher priority on our never-ending “to do lists”.

Basic routine maintenance should be performed every six months to maximize performance and extend the life of the moving parts of your garage door(s). While repairs should be left to the professionals, the following activities should be completed every six months:

Door:

1. Lubricate hinge joints with a silicone-based lubricant. Be careful in selecting a product as many common spray lubricants are alcohol-based and can actually dry out moving parts.
2. Do not lubricate track and rollers. This common misconception only serves to attract dust particles and cause further wear.

While it does appear to be a short-term fix, over that short time, problems will become worse.

3. Release the door from the opener by disengaging the trolley (pull the red string down). * Raise the door to the halfway point. A properly balanced door should remain in that position. If the door falls or rises on its own this is a symptom of spring failure. Improperly balanced garage doors can cause opener and/or door damage. * Raise and lower the door manually. The door should require no more than ten pounds of force to raise. This is the maximum weight residential openers are designed to raise. Clacking, screeching or popping sounds also indicate moving parts failure. * Please Do Not attempt any repairs as certain garage door components can cause serious injury!

Opener:

1. Chain and belt drive openers should have a light coating of silicone-based lubricant sprayed on the boom (bar from the motor unit to the door) twice per year.
2. If the system has safety eye sensors (located at the bottom of the door tracks), make sure these are properly aligned and free of dust and debris. An obstruction could stop the opener from closing the door.

(Continued on page 7)

SHOWER TILE



- Cultured Marble or Tile
- Bathtub to Stall Shower Conversions
- New Shower Pans
- New Bathtubs
- Plumbing
- Handicap Accessibility
- Glass Shower Doors, etc.



COMPLETE CUSTOM KITCHEN & BATHROOM REMODELING

- Kitchen Cabinets & Closets
- Granite Countertops

NO MONEY DOWN!
Financing Available WAC

When you're looking for quality workmanship and personalized, exceptional service, please give us a call.

Visit us at www.tileworksremodeling.com

TILEWORKS  **281-550-8900**

 • Insured • Satisfaction Guaranteed • 24 years experience 

Grab Now Serve Later

When you're juggling kids, work and lots of activities, it's hard to find the time to plan and prepare meals for your family. That's why the Grab n' Go freezer at Super Suppers is such a great idea. In just minutes, you'll walk out with enough entrées, sides and desserts to serve delicious meals whenever you need them – tomorrow night or a week from tomorrow. Stop by, browse our freezer and stock yours today. With Grab n' Go, there's always something great for dinner.



www.sshoustoncypresstx.com
12344 Barker Cypress, Suite 200
Cole's Center, Cypress, TX 77429
281-304-6655

SUPER SUPPERS
Your answer to ... "What's for dinner?" 

LONGWOOD LETTER

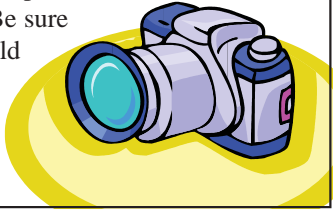
Garage Doors- (Continued from page 6)

POWER SURGES to your home can severely damage the electronics of electric door openers. Should your opener operate erratically, DO NOT attempt to continue using it as it may damage your garage door.

It is always wiser to error on the side caution concerning this large, heavy moving wall in your home.

Send Us Your Event Pictures!!

Do you have a picture of an event that you would like to run in the Longwood Letter? Send it to us and we will publish it in the next issue. Email the picture to longwoodletter@peelinc.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



Angels' Attic

Resale Shop

benefiting
Cypress Assistance Ministries

281-955-7683

Monday-Wednesday 10-6
Thursday-Saturday 10-3

- Clothing
- Furniture
- Toys
- New Jewelry
- Housewares



11202 Huffmeister

Donations Welcome
Tax Receipts Given



Speech and Language Therapy

Call today to schedule
your consultation!

832-593-6767

Conveniently located in the Cypress-Fairbanks area at
8955 Highway 6 North, Suite 150 (at Huffmeister)
Houston, TX 77095

Kristie K Gatto, MA, CCC-SLP
Jennifer A Swearingin, MA, CCC-SLP

Insurance Accepted
www.speechemporium.com

TEXAS FLOORS

Flooring As Unique As You !

Come in and see Northwest Houston's only Mohawk Colorcenter Elite store.

Bring another written estimate , and we will beat it or give you \$100.00!!!! See store for details



The new Mirage wood display is finally here. Come see the high quality that Mirage has to offer.

281-256-3333

25813 Hwy 290 (Target Center) Cypress, Texas

Growing Together

Since 1959



WORSHIP SERVICES

8:15 AM - Traditional
9:30 AM - Contemporary
11:00 AM - Traditional
11:00 AM - Common Ground

SUNDAY SCHOOL

Adults - All Times
Youth - 11:00 AM
Children - 9:30 & 11:00 AM

CYPRESS UNITED METHODIST CHURCH

13403 Cypress N. Houston Rd

Cypress, TX 77429

281-469-0730

www.cypress-umc.org

Summer Camps at Cypress Christian School

Cypress Christian School will once again host summer camps for children and adults in the community.

Camp Invention - June 4 - 8: This is a week-long summer enrichment program in the fields of science, mathematics, history, and the arts for children entering grades 1 - 6.

Computer Explorers Summer Camp - June 11 - 15: During this week-long summer camp, elementary students will discover how to become Master Builders with hands-on exploration of engineering, construction, and programming.

High Touch - High Tech Science Camp - June 18- 22: This is a one-week session that brings a child's imagination to life as he/she enjoys a variety of interactive, science-related activities. It will be an inspiring week of fun and learning!

St. Thomas University Summer Reading Enrichment Program - June-August: CCS will host this program again this summer. It is scheduled to run from June to early August and is available to children and adults.

Sports Camps - June-July

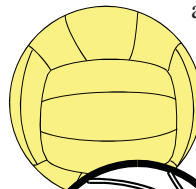
• **Volleyball Camps** - Most Mondays and Fridays from June 4 through July 30

Students of all grade levels are encouraged to attend to improve skill levels and knowledge of the game.

All grade levels through grade 8 (2007-2008) - 5:30 to 7:00 p.m. (Students in grades 6-8 can qualify for the Advanced session upon recommendation by the Coach)

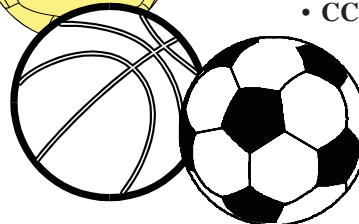
Grades 9-12 (2007-2008) - 7:00 - 9:00 p.m.

• **Basketball Camps** - The main purpose of the camps is to teach the fundamentals of dribbling, shooting, passing, and defense, while also developing self-confidence and a positive mental attitude.



• **CCS Basketball Camp 1**, June 18 - 21, 9:00 a.m. to 12:00 p.m. (Camp 1 is for students entering 2nd- 6th)

• **CCS Basketball Camp 2**, June 25 - 28, 9:00 a.m. to 12:00 p.m. (Camp 2 is for students entering 7th-12th)



• **Sports Quest Soccer Camp** - June 25 - 29, 5:30 p.m. to 8:30 p.m.

START SOMETHING

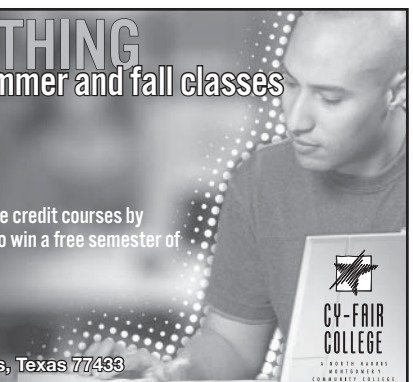
Register NOW for summer and fall classes

convenient payment plans ...
weekend, evening and distance
learning classes available

students who register for fall college credit courses by
Aug. 2 will be entered in a drawing to win a free semester of
tuition.

Check out the schedule online at
www.cy-faircollege.com

9191 Barker Cypress • Cypress, Texas 77433
affirmative action/eo college



The Pearl Days Bus Trip to the Museum of Fine Arts Houston

The Pearl Fincher Museum of Fine Arts-Cypress Creek is offering northwest residents a bus excursion to the Museum of Fine Arts, Houston on Friday, June 29, 2007.

The MFAH is currently showcasing several exhibits including: The Great Wall of China: Photographs by Chen Changfen, Arms and Armor from the Ancient World and Fit for a King: English Silver from the Collection of Geroge S. Heyer, Jr.

Participants will have the opportunity to attend a private docent-conducted tour of the exhibition at 10:30 a.m. as well as the noon Luchtime Tour of Highlights of the European Galleries.

The bus leaves the parking lot behind the Cypress Creek Christian Church/Barbara Bush Library at 6815 Cypresswood Drive promptly at 9:00 a.m. Participants must be 50 years of age or older to ride the bus. If

you are under the age of 50, we encourage you to carpool and meet the bus at MFAH. The Pearl Days Bus Trip is sponsored by the Volunteer organization for The Pearl Fincher Museum of Fine Arts-Cypress Creek. A \$5.00 non-refundable donation to The Pearl Fincher MFA will reserve your seat.

It's your museum! The renovation process of turning what once was the Harris County Library into a world class museum of fine arts is underway. Don't miss your chance to become a part of this exciting time. Participating in Pearl Days is one way you can show your support of our new museum. Don't miss the bus! Reserve your seat today by calling Laura Barousse at 281-370-5474 or Judi Redilla at 281-469-3434.

Visit online at www.pearlmfa.org to find out more ways you can support The Pearl and about upcoming events.

Classifieds

FOR SALE: Powerboss Portable Generator. 5500 Watt, \$600. Brand New, Bought At Home Depot. 832 584 7660

2003 Harley Davidson Softail Standard - 100th Anniversary Edition - Adult owned and always garaged. Only 2300 miles, lowered 1.5 inches front and rear, close to \$1000 in accessories including Vance and Hines ShortShot exhaust. Very clean and never been dropped. Never gets ridden so it's time to clear the garage. Asking \$15,500. 281-256-9798.

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Longwood residents, limit 30 words, please e-mail longwoodletter@peelinc.com.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 512-989-8905 or advertising@PEELinc.com.



Debbie Herkert

MILLIONS SOLD EVERY YEAR!

Let Debbie and her marketing team put a "SOLD" sign in your yard.

**FREE HOME WARRANTY
FOR ALL SELLERS
\$370 Value**

When you list with Debbie in 2007.

One of the Top Producing Agents In Houston*

*RE/MAX Houston Council - 4th Quarter 2006

EXCEPTIONAL MARKETING IS THE KEY TO SELLING YOUR HOME:

- Color photo fliers of Your Home
- Listed on the Internet 3 Ways
- Internet Photo Tour of Your Home
- Activity Reports and Feedback on Your Home
- 23 Years Experience
- Mortgage Company and My Personal Assistant Available to Promote Your Home
- Advertisements of Your Home in Various Publications
- An honest evaluation of what will make your home sell in the quickest time & for the most money
- Consultation with an interior decorator to enhance the salability of your home.

RE/MAX SUBURBAN NORTHWEST
11550 Louetta Rd, Ste. 1200
Houston, TX 77070
Each Office Independently Owned & Operated

Debbie Herkert

713-858-4019
281-376-9900
office ext. 116

LONGWOOD LETTER

Outdoor Play Is Key To Healthy Child Development

(NAPSA)-In the past, most kids spent the bulk of their play time outdoors, socializing and exercising in backyards, at playgrounds and parks. With technology advances and the ever-growing amount of cable and Internet content, children now are more likely to be found plopped in front a television or computer screen than exploring and interacting with the natural world. The contemporary child's play environment has changed dramatically and not all the effects are positive.

According to the American Association for the Child's Right to Play, playing outdoors is more than just a joy of childhood. It is essential for both the mental and physical well-being of children-outdoor active play promotes cognitive development, encourages creativity and keeps children moving. In fact, research has shown that children who actively play outdoors during early childhood have a tendency to be smarter, to score higher on tests and to exhibit more creativity.

The good news for parents-the best learning environment for children may be right in the backyard. The backyard provides a great outlet through which children can nurture creativity, develop social and cognitive skills and get physical exercise. It's a natural environment for kids to explore and isn't too far from supervision. Follow these tips to design a kid-friendly, playful yard.

Sun vs. Shade - Where does your yard receive the most sun? Play areas should be positioned where shade is available during the hottest times of day.

Specialized Play Areas - Outdoor playcenters-complete with slides, swings, climbing walls and sandboxes-are great additions to keep kids on the go. Do your research and choose equipment that is safe, easy to assemble and built to last. For something that keeps the kids active but also won't be an eyesore, you can check out Huffy's new Playcenters at www.huffypaycenters.com.

Gardens - Keep delicate, toxic and thorny plants away from play areas. Instead, incorporate into your yard flowers that are bright (zinnias), fragrant (lavender) and tactile (lamb's ears) so that kids can explore their unique colors, smells and unusual textures. Let older children help you pick out flowers to plant.

Water - Keep in mind that children should never be left unattended around fountains, water features, pools or spas. Drowning can occur in as little as one inch of water.

The next time your kids are mesmerized by the latest-and-greatest in technology or TV, move them outdoors to keep their healthy development on the right track.



Huffmeister
Family
Chiropractic
Clinic
"Imagine... Life Without Pain!"
(281) 970-4299

11045 Huffmeister Road - Houston, Texas 77065

Specialty:

- Neck, Shoulder, Back, & Sciatic Pain
- Headaches, TMJ, Arthritis
- Whole Food Supplements
- Customize Foot Orthotics
- Acupuncture: Migraine Headaches, Quit Smoking, Stress & Pain-Relief, and Weight Loss

Father's Day Special

\$59.99

Initial Visit

New Patients Only

Includes Exam & X-rays
(Two views, if necessary, does not include radiology report)

VALID THROUGH 06/30/07

Must present this ad at time of visit.

We Accept Worker's Comp.,
Auto & Personal Injuries,
& Most Major Medical Insurance



Family, Friends, and Your Backyard.



A recipe for relaxation, just add water.



- Custom Swimming Pools & Renovations
- Pool Repair & Service • Outdoor Kitchens • Cabanas

713-869-SWIM (7946)

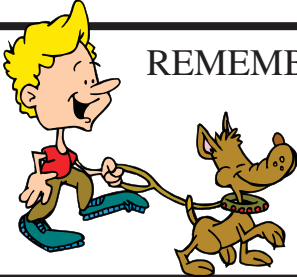
ParagonPool.com

LONGWOOD LETTER



No Overnight Street Parking

Please park all cars in your driveway;
visitors cars too.



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

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.

KIM MOORE
Sales Representative

281-414-0218
Fax 281-373-3807
kim@PEELinc.com



Peel, Inc.

www.PEELinc.com

203 West Main Street, Suite D
Pflugerville, Texas 78660

PH. 512-989-8905
Fax 512-989-8946

Rachael's

\$5⁰⁰ OFF

any \$25 purchase

Not to be combined with other offers
or on sale merchandise.
Expires 6-30-07



Father's Day

Sunday, June 17th

12312 Barker Cypress @ 290 • 281-256-9800

Eubanks Landscape & Irrigation

Complete Services

Free Estimates!

281-351-9964

Cell: 281-723-0313

- Landscape Design & Installation
- Quality Irrigation Systems With 2 Year Warranty
- Repair of all Brands

Over 25 Years Experience

Licensed Irrigator #2109

Seasonal Flowers & Mulching

Custom Rockwork

Drainage Systems

Lawn Maintenance

Hunter®

RAIN BIRD



LONGWOOD LETTER

Not Available Online

Not Available Online

HELP YOUR
BUSINESS GROW



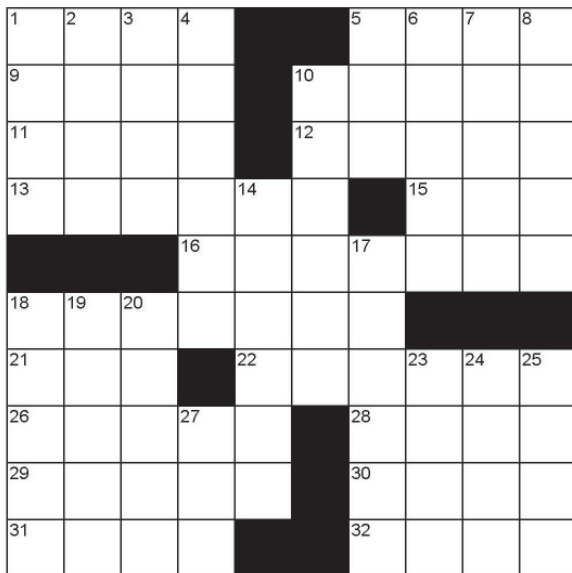
ADVERTISE HERE

888-687-6444 • www.PEELinc.com

NO MATTER THE SIZE OF YOUR BUSINESS, WE'VE GOT ROOM FOR YOU!

LONGWOOD LETTER

Crossword Puzzle



ACROSS

1. Give off
5. Catholic worship service
9. Earring need
10. Produce eggs
11. Den
12. Lucky number
13. Make dear
15. Lyric poem
16. Computer copier
18. Canadian province
21. Animal foot
22. National capital
26. Ills
28. Giant
29. Angers
30. Approach
31. As well as
32. See

DOWN

1. Women's magazine
2. Complain
3. As previously cited
4. Mother ___
5. Miles per hour
6. Baseball player Hank ___
7. Swedish citizen
8. Smile scornfully
10. Channel
14. On the opposite side
17. Nary (2 wds.)
18. Musical production
19. Having to do with the navy
20. Brand of stick-like crackers
23. Gets older
24. Wind
25. Airy
27. MGM's Lion

© 2006. Feature Exchange

* Solution can be found at www.peelinc.com

Minor Strokes Hardly Harmless

Baylor College of Medicine

HOUSTON -- 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 a stroke.

Current therapies are powerful and effective, but can be applied only in the first few hours, said Dr. Dennis Landis, chair of neurology at Baylor College of Medicine in Houston.

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.

A stroke is caused by loss of blood supply to a portion of the brain which results in loss of brain function. For example, loss of blood supply to the portion of the brain controlling movement may result in paralysis of the arm and leg. Landis stresses the importance of acting on the following warning signs and seeking emergency care immediately:

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

At a certified stroke center, a Brain Attack team of specially trained physicians and nurses can rapidly determine whether a stroke is in progress, and whether to treat it with clot-busting medications. A stroke can be stopped in its tracks in the first few hours with clot-busting medications.

Nearly half of strokes are preceded by transient symptoms or signs. These are warnings of disaster. Even though a person may seem to recover in minutes, they should go directly to an emergency facility for diagnosis and help.

Some ischemic strokes may seem to cause only minimal damage, but they are still important.

"If you have a block in a small blood vessel irrigating a portion of the white matter in the frontal lobe, the symptoms may be subtle. Don't ignore the minor problem," said Landis. "Diseases like diabetes and hypertension are also causing damage in similar vessels elsewhere. A block in an equally small blood vessel that serves the portion of the brain responsible for motor activity can cause a person to be paralyzed."

Stroke victims can recover partial or complete loss of motor or speech function because of other areas of the brain that take over, but dead brain cells cannot be resurrected. The promise of stem cell therapy to re-grow brain tissue lost from stroke is distant at present, said Landis, although there have been several recent advances in post-stroke therapy.

If a person is forced to use the weak limb in the early days after stroke by restraining the normal limb, the chances of recovering function are increased. Direct electrical stimulation of muscles in paralyzed limbs can be used to elicit nearly normal movement, and may bolster the recovery of normal control.

"We're getting better and better with preventive and treatment techniques," said Landis. "Even more exciting is that there are now many therapies that can greatly reduce the risk of stroke."

**Advertise
Your Business Here
888-687-6444**

Recipe of the Month

Struedel

- 2 cups flour
- canned apple pie filling
- 1 C oleo
- 1 C powdered sugar
- ½ pt. sour cream or half & half
- slivered almonds (optional)

Cut oleo into flour, stir in sour cream. Refrigerate overnight. Cut in half; roll each half out to a 16x10" rectangle. Fill center with canned pie filling. Fold over sides & ends. Bake in 350° oven 50 minutes. About 15 minutes before taking out of oven, sprinkle with almonds if desired. Combine powdered sugar & 3 T water to make icing. When cool, drizzle with icing. Any flavor pie filling may be used.

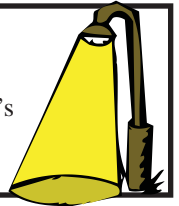


Advertising Information

Please support the businesses that advertise in the Longwood Letter. If you would like to support the newsletter by advertising, please contact our sales office at 512-989-8905 or advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following issue.

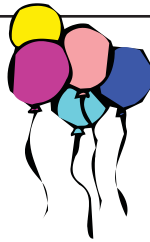
Street Light Out?

Don't drive around in the dark! Report it. It's easy. Just call 713-207-2222.



Do You Have Reason to Celebrate?

We want to hear from you! Email longwoodletter@peelinc.com to let the community know!



Peel, Inc.

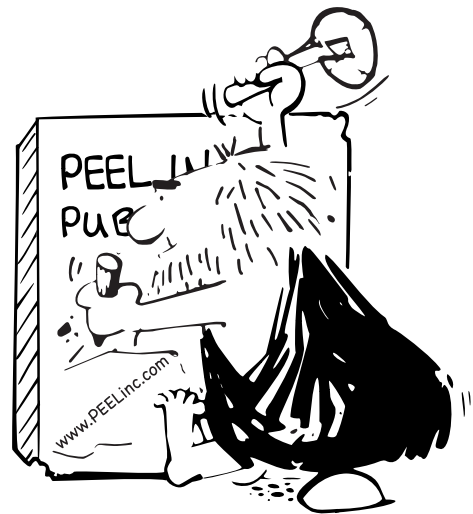
Printing & Publishing

Publishing community newsletters since 1991

We currently publish newsletters for the following subdivisions in Houston:

Berkshire
Coles Crossing
Cypress Mill
Fairfield
Hambeldon-Briarchase
Harvest Bend, The Village
Hastings Green
Kings Manor
Lakes of Bridgewater
Lakes on Eldridge
Lakes on Eldridge North
Lakewood Grove
Legends Ranch
Longwood
Oakwood Glen
Park Lakes

Riata Ranch
Ridge Lake Shores
Riverstone Ranch
Steeplechase
Summerwood
Village Creek
Waterford Harbor
Westheimer Lakes
Willowbridge
Willowlake
Willow Pointe
Winchester Country
Winchester Trails
Windermere Lakes
Wortham Village



1-888-687-6444
www.PEELinc.com

Kelly Peel, Sales Manager
kelly@PEELinc.com

www.LONGWOOD-NEIGHBORS.com

We Sell LONGWOOD as a Great Place to Live,
See our Photo Tour of Longwood's Parks, Pools, Play areas, Lake, & Amenities.

We Not only LIST
Longwood Homes,
We also Advertise
for Buyers



Dan & Cindy

Dan - 281-468-2853

Cindy - 281-797-3590

danboutwell@dan-cindy.com

RE/MAX N.W. Territories
(at Grant & Louetta by Sonic)

Some of the Many Beautiful Longwood Homes We Brought Buyers in to Buy

13506 CLARE TO NL
14518 BELVAN CT
12015 WYNMAR LN
11902 AMYFORD BN
14546 TERRACE BN
11611 MARWELL LN
14514 FARRAWOOD
14910 ROCKLEDGE
14723 DIVEN CT
13927 CARRINGTON
13606 DELACEY LN
12019 WYNMARY LN
14914 CODYS RUN
14718 LINDALL CT

11502 BRYDAN DR
13615 KAVANAUGH
11734 IMPERIAL W
14542 TERRACE BN
14914 AUTUMNWALE
11615 BERTELL LN
14502 CLAYCROFT
13510 WINEBROOK
14643 CLAYCROFT
14407 TERRACE BN
14702 CLAYCROFT
13710 KENEVA DR
14307 MISSARAH L
12219 FRANCEL

We Sell:

MORE homes in Longwood

MORE \$\$\$ per sq. ft.

MORE Personal Service

MORE HOMES GET SOLD ON
www.LONGWOOD-NEIGHBORS.com

Peel, Inc.

203 W. Main Street, Suite D
Pflugerville, Texas 78660

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

☎ Voice 512-989-8905

🌐 www.PEELinc.com

LW