

News For The Residents of Longwood

Father and Son Prove Everything is Bigger in Texas

Keeping to an ageless tradition, Longwood residents Roger and Travis Ortmayer test their strength against the best in the country as well as the rest of the world while competing in Strongman competition. "The sport of Strongman incorporates tests of manhood from a variety of cultures around the world. The events are contrived of everything from ancient Scottish Highlander tests of manhood to mythological feats of strength by none other than Hercules himself," says the younger of the father/son team, Travis.

Travis is 26 and competes around the world professionally in Strongman, but don't think that since he is so young he is just a genetic freak quite yet. He has been training with weights since the age of 12; over half his life! Travis recently returned home from South Korea where he competed in his 3rd consecutive IFSA Strongman World Championship (which is televised on VS network). Also while in Korea, Travis won an international qualifying contest which was held just one day before the World Championships!

Roger, Travis' father, has also had recent success in Strongman. At nearly 61 years old he won his 2nd Master's National Championship which was held in MacPherson, KS. just this past September. Roger has been training with weights for the past 7 years and with some coaching from his son on the Strongman implements he has become one of the best Master's Strongmen on the planet.

This father/son team has now opened Athletic Nation Gym.. They did this because they believe that with their expertise in weight training and personal fitness they can make a difference in their society by helping men live longer and healthier so that they can enjoy their families as well as their favorite hobbies for the rest of their lives.

In addition to his duties at Athletic Nation, Travis is currently coaching our troops stationed at Ft. Hood for an Army Strongman (and woman) competition which is enthusiastically supported by the chain of command.

Roger and Travis have over 22 years of weight training experience and between them they have over 20 first place finishes in Strongman competitions; so you can believe they know what they are talking about and they practice what they preach!

Children's Concert at Cy-Fair High Thursday November 8

Cy-Fair High School Orchestras annual Children's Concert will be held in the school auditorium on Thursday November 8, 2007, beginning at 7:30 pm. They will perform with the Arnold Middle School Orchestra. The concert's main theme is based on the animated show SpongeBob SquarePants, and the concert will also feature characters from another popular animated show Lilo and Stitch.

The evening fun begins at 6:30 with face painting, balloons and clowns. Cakes, other bakery and confections will be available to bid on as part of an auction and fundraiser.

The event is free and open to the public. The high school is located at 22602 Hempstead Highway. Mrs. Cynthia Robicheaux is director of the Cy Fair High School String Symphony and the Cy Fair High School Chamber Orchestra. Ms. Janis Garcia directs the Arnold Middle School Orchestra.



Don't want to wait for the mail?
View the current issue of the
Longwood Letter on the
1st day of the month at
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|---|----------------|
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| - Homicide/Assault | 713-967-5810 |
| - Child Abuse | |
| - Sexual Assault/Domestic Violence | 713-967-5743 |
| - Runaway Unit | 713-755-7427 |
| Poison Control | 800-764-7661 |
| Traffic Light Issues | 713-881-3210 |
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| SCHOOLS | |
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| 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 |
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| OTHER NUMBERS | |
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| Cypress Fairbanks Medical Center | 281-890-4285 |
| Harris County Health Department | 713-439-6260 |
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| Street Lights - CenterPoint Energy | 713-207-2222 |
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Come Join The Cy-Fair Express Network

Visitors welcome at monthly networking group in Cy-Fair

The Cy-Fair Express Network's monthly networking and membership drive. This is our largest networking event of the year.

All are welcome to attend CYFEN networking luncheons, which are held from 11:30 a.m. to 1 p.m., the fourth Thursdays of the month at La Hacienda Banquet Hall (behind the restaurant) located at 12503 Telge Road.

Bring business cards for networking, which begins at 11:15 a.m. followed at noon with the program and lunch.

The cost is \$25 with reservations and \$30 at the door. Reservations should be made by noon the Friday prior to the meeting to Belinda Fultz at bfultz@minutemanpress.com.

For information on CYFEN, go to www.cyfen.org or send inquiries to info@cyfen.org.

About Cy-Fair Express Network

The Cy-Fair Express Network (CYFEN) is part of the American Business Women's Association (ABWA). The vision of the Cy-Fair Express Network is to bring together businesswomen of diverse occupations, to provide opportunities to help them grow personally and professionally through leadership, education, networking, support and national recognition. CYFEN meets the fourth Thursday of each month and visitors are always welcome. Go to www.cyfen.org for information.



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Longwood Letter - November 2007

You're Invited!!!

Cypress Christian School invites you to very special events!

Love Music?

The CCS High School Choirs will hold their annual Christmas Concerts on November 30 and December 14.

Love to Read?

Buy a book at the Barnes & Noble Bookstore in Copperfield on the evening of December 5 and a portion of your purchase will benefit the school libraries for our K-12 students.

Love to Laugh?

Winter Banquet - Saturday, January 26 to be held at the Downtown Aquarium featuring Comedian David Ferrell and KSBJ Radio Personality, Susan O'Donnell

This year's event will be a "laugh a minute" with the two special celebrities set to perform.

When it comes to your child's development, getting help early is best!

Texas Early Childhood Intervention, ECI, provides early intervention and therapy services for children birth to 36 months. If you have questions about how your baby or toddler is developing-ask ECI! Programs are in every Texas County.

Questions or concerns?

Call ECI of MHMRA Harris County at 713-970-4900 or visit www.dars.state.tx.us/ecis to find out more about ECI and to find your local program.



ECI developmental screenings & evaluations are at no cost to families!





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Sunday Worship Services

8:15 am - Traditional Worship in Sanctuary 9:30 am - Contemporary Worship Center 11:00 am - Sanctuary & Worship Center



Cypress United Methodist Church 13403 Cypress N. Houston Rd. Cypress, Texas 77429 281-469-0730 www.cypress-umc.org



Comes to the Berry Center in Spring 2008

Exciting, information-packed show is first of its kind in the Cy-Fair area

The formerly small, rural community of Cypress, Texas has grown to be one of the most affluent suburban areas of Houston, with such developments as the 11,000 master-planned development of Bridgeland Community near Fry Road and Hwy. 290, Remington Ranch, CanyonGate/ StoneGate and many more.

Cypress, one of the fastest-growing communities in Greater Houston, now has something else to boast about. It will soon be home to The First Annual Cy-Fair Home & Garden Show, announced Tony Wood, president of Texwood Shows, Inc. On March 1-2, 2008, Wood will bring his magic mix of Home & Garden professionals and industry-leader presenters to the Berry Center, Cy-Fair ISD's new \$70 million, state-of-the-art facility.

"Statistics show that the Cy-Fair area is ready for a show of this magnitude," said Wood. According to the Cy-Fair Chamber of Commerce, the population of the area is over 650,000 and is expected to climb to over 750,000 by 2009, and the average household income is projected to be over \$71,000 that same year.

"We've already received enormous interest in the show from exhibitors who want to participate, and we're lining up a fabulous group of speakers who are all tops in their field," said Wood, who has presented the Spring and Fall Home & Garden Shows in The Woodlands for the past five years

Categories to be covered include kitchen and bath trends, outdoor living and gardening, home technology and media rooms, the latest in home furnishings, wine cellars, organizing professionals, window treatments, flooring, newest appliances and much more.

"We're looking forward to bringing this exciting and informative show to the Cy-Fair community," said Wood. For more information about the show, contact Wood at 713-661-0109 or at texwood@ sbcglobal.net.

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Cy-Fair ISD VIPS Calendar

November 8 – VIPS General Meeting – 9:30 a.m. - 12:00 p.m., at The Richard E. Berry Educational Support Center, 8877 Barker-Cypress (entrance two and follow the signs)

This meeting is open to all school staff, volunteers, parents and community members. Get the latest information on what is happening in the district and enjoy the opportunity to network with your fellow volunteers and share best practices. You need not rsvp for this meeting.

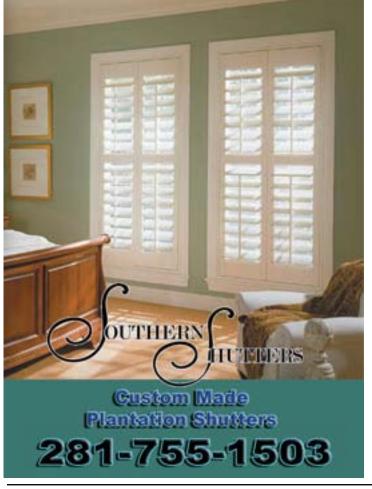
November 27 – VIPS Multicultural Meeting – 9:30 a.m. – 12:00 p.m., at the Richard E. Berry Educational Support Center, 8877 Barker-Cypress (entrance two and follow the signs). The VIPS Multicultural Committee is a diverse group of school staff, volunteers, parents and community members who meet to share ideas to promote cultural understanding and respect and encourage parental involvement from multicultural families in our schools. We would love to have you join us. Rsvp to: vipsrsvp@cfisd.net. (This meeting will be conducted in English).

Pearl Guild

The Pearl Guild of The Pearl Fincher Museum of Fine Arts at Cypress Creek will hold their monthly meeting at the Forum at Cypress Creek Christian Church on Monday, November 26, 2007 from 9:30–11:00 a.m. Please join the Guild for a presentation on "Highlights of the Rienzi Collection" given by a docent of the Museum of Fine Arts, Houston Speakers' Bureau. A reception will follow the lecture.

To learn more about The Pearl and upcoming events, visit us at www.pearlmfa.org.







Cy-Fair College Perspective

Health Fair Set Nov. 13 at Fairbanks Center

Need a flu shot (11 a.m. to 1 p.m.) or a massage (\$1 per minute) perhaps? Want to visit with allied health students or give the gift of life? The Cy-Fair College Fairbanks Center is holding a free health fair from 10:30 a.m. to 3 p.m. Tuesday, Nov. 13. Student projects, displays, vendors and snacks will be included. The Fairbanks Center is located at 14955 Northwest Freeway. For information, call 832-782-5000 or go to www.cy-faircollege.com.

Enjoy the Holidays at Cy-Fair College!

The Choral Department presents "Kismet" an enchanted fairy-tale story Nov. 1 through Nov. 3 and "A Winter Collection" of not your ordinary carols Dec. 6 through Dec. 7. The Theatre Department presents "The Honky Tonk Angels Holiday Spectacular" a musical comedy revue Nov. 8 through Dec. 2. The Music Department presents a Jazz Band performance and improvisation Dec. 5. All performances are in the Center for the Arts Building on the Barker Cypress campus. For reservations and ticket information, call 281.290.5201 or go to www.cy-faircollege.com/cfcboxoffice.

Register for Mini-mester and Spring Semester Classes

Catch up or get ahead this holiday season! Take a mini-mester course in December or register early for spring. Phone and online registration begins Nov. 13 with on campus registration set Nov. 26. Mini-mester classes begin Dec. 17. Mini-mester courses range

from criminal justice, philosophy, sociology and ethics, to algebra, history, government and communications. Spring semester classes begin Jan. 14. Cy-Fair College provides a variety of options such as weekend, evening, distance learning and even hybrid (part on campus instruction and part online learning) courses. For information, call 281-290-3200 or 832-782-5000 or go online to www.cy-faircollege.com.

Ever Thought About a New Career in Teaching?

Cy-Fair College will host an information session on two teaching programs Nov. 8 on the Barker Cypress campus in the Conference Center. The session will start at 5 p.m. and will cover information on the Associate of Arts in Teaching/Bachelor of Arts in Interdisciplinary Studies (AAT/BAIS) joint enrollment program, in which participants can earn a University of Houston bachelor's degree while taking classes on the Cy-Fair College campus. Then at 6 p.m., learn how to enter the teaching profession through the Alternative Certification Program. Call 281-290-3957 or go to www.cy-faircollege.com/tcp for information.

Art Exhibition Showcases Student Talent

Don't miss this is the end-of-semester exhibition Nov. 13 through Dec. 16 where Cy Fair College's visual art students show work they have completed in their classes. The exhibition showcases

(Continued on page 7)





(Cy-Fairl College - Continued from page 6)

the students' talents as well as the breadth of Cy Fair College's art program. Meet the artists at a 4:30 p.m. reception Nov. 15 in the Bosque Gallery located in the Center for the Arts Building on the Barker Cypress campus. For gallery hours and information go to www.cy-faircollege.com/bosquegallery.

L.I.F.E. Lessons in November and December

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.) November programs include Native American History "Arrows to Wampum", Geography awareness "The World is Flat" and a Toastmasters on how to speak with confidence. In December, learn how to combat weight gain during the holidays and then the following week celebrate with a "Party Pot Luck." 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.

Enjoy the holidays with choral, music and theatre shows at Cy-Fair College!

Kismet • Nov. 1 - Nov. 3

A Winter Collection • Dec. 6 - Dec. 7

The Honky Tonk Angels Holiday Spectacular • Nov. 8 - Dec. 2 Jazz Band performance • Dec. 5

> For information, call 281.290.5201 or go to www.cy-faircollege.com/cfcboxoffice

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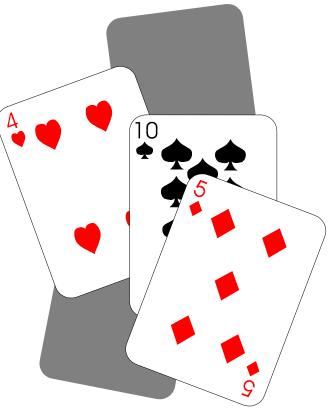
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FRIDAY, NOV. 9 7:00-11:00 PM IN THE COMMONS



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- Mountasia Tickets
- SplashTown Tickets
- 24 hour Fitness 3 month membership
- Houston Aeros tickets
- Main Street Theater-youth theater tickets
- Radio Music Theatre-Live Comedy tickets
- Houston Museum of Natural Science admission tickets
- Round Top Collection items
- Personalized Styrofoam cups from Paper Daisy
- Rachael's Hallmark Gift Certificates
- Every day our list grows--don't miss out!! Auction will end at 9:45 pm!



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Set Your CKS Back

Daylight Saving Time- Fall Back

On August 8, 2005, President George W. Bush signed the Energy Policy Act of 2005. This Act changed the time change dates for Daylight Saving Time in the U.S. Beginning in 2007. On the first Sunday in November, clocks are set back one hour at 2:00 a.m. local daylight time, which becomes 1:00 a.m. local standard time.

Many fire departments encourage people to change the batteries in their smoke detectors when they change their clocks because Daylight Saving Time provides a convenient reminder. A working smoke detector more than doubles a person's chances of surviving a home fire. More than 90 percent of homes in the United States have smoke detectors, but one-third is estimated to have dead or missing batteries.

Teenage Job Seekers

Baby Pet House Yard

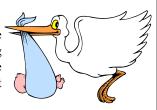
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Attention Teenagers

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!



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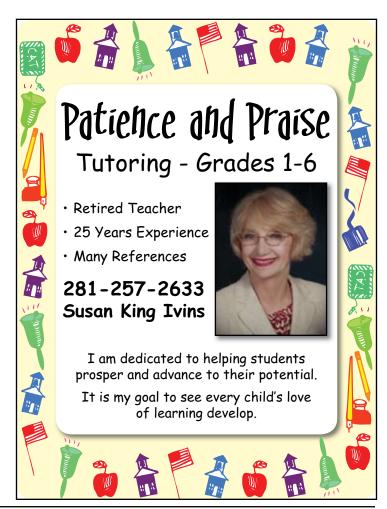




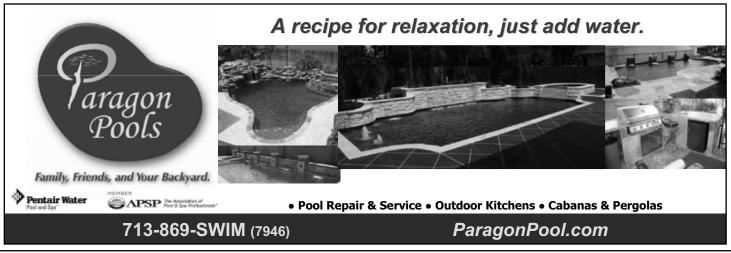
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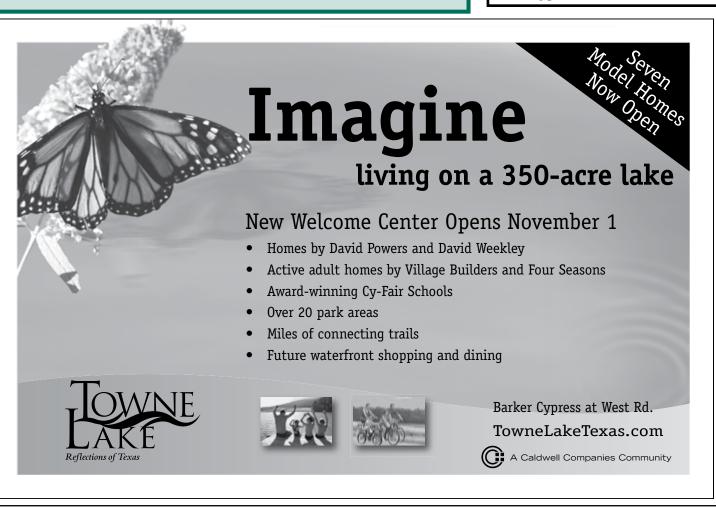
Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing <u>longwoodletter@peelinc.com</u> 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.

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 <u>longwoodletter@peelinc.com</u>.

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.



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