# LONG DOD December 2007 Note: The second of the second of

**News For The Residents of Longwood** 



#### SANTA'S WORKSHOP OPEN HOUSE

#### SUNDAY, DECEMBER 2ND, 2007

1:00PM TO 5:00PM at the home of Peggy Hay 13607 Delacey Ln Cypress, TX 77429

It's time to start your holiday shopping!
We've gathered together a variety of vendors
With excellent choices of great gifts
for you or someone special on your list!
Come spend the afternoon with us at
Santa's Workshop Open House
And get all your gift buying done in a comfortable
atmosphere while meeting New friends!

Door Prizes every 20 minutes!

#### "Amahl and the Night Visitors"

Messiah Lutheran Church is presenting a production of "Amahl and the Night Visitors" on Saturday, December 1 at 6 PM and Sunday, December 2 at 3 PM. Tickets are free, but are required to be certain there is adequate seating at both shows. Call the church office, 281-890-3013, to reserve tickets.

"Amahl and the Night Visitors" is an operetta about a young crippled boy and his widowed mother who are visited by the three kings on their way to find the newborn Christ child. A miraculous healing occurs, and the kings invite Amahl to accompany them on their journey so he can give his crutch to the Christ child. This made-for-television opera (under an hour in length) will delight all. Suggested audience is ages 8 and up. Free child care for younger children is available. Refreshments will be served after each performance.



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

#### **IMPORTANT NUMBERS**

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Fire	911
Ambulance	911
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Sheriff - Non-emergency	713-221-6000
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- Auto Theft	281-550-0458
- 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
_	
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	
Cypress Fairbanks Medical Center	281-890-4285
Harris County Health Department	
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
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#### **Cypress Assistance Ministries**

11202 Huffmeister • 281-955-7684 www.cypressassistanceministries.com

#### **Angel Tree at CAM**

The Angel Tree, an annual Christmas tradition at CAM, is up and we still have many children's wishes waiting to be fulfilled. Each angel represents a 'wished-for' Christmas gift for a child hoping for a Merry Christmas. If you prefer, general toy donations for boys of all ages and teens are also needed. Please bring new, unwrapped toys and gifts to CAM by December 20th.

#### Angels' Attic Christmas Room

Quality items at discount prices abound in the Angels' Attic Christmas Room. The shelves are restocked daily with holiday accessories, Christmas ornaments, collectibles, and Christmas clothing for children and adults. A wonderful selection of new designer jewelry is available for purchase, as well. Proceeds from purchases at Angels' Attic benefit families in need who seek help at CAM.

#### The Food Pantry

Christmas Food Baskets are being prepared for CAM families. To complete the food baskets, donations of the following would be greatly appreciated.

- · Frozen Turkeys
- · Boxed potatoes
- · Canned sweet potatoes
- · Cranberry sauce
- · Stuffing mixes

Cypress Assistance Ministries (CAM) is located at 11202 Huffmeister, Houston, TX 77065 and will serve hundreds of families again this Christmas. Please make supporting CAM with a donation to the Food Pantry, Angel Tree, or a monetary gift part of your annual Christmas tradition. See our website, www. cypressassistanceministries.com for further information.

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

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#### Cy-Fair College "Perspective"

#### Musical Holidays at Cy-Fair College!

The Choral Department presents "A Winter Collection" of not your ordinary carols Dec. 6 through Dec. 7. 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. Registration is under way. 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.

#### **Art Exhibition Showcases Student Talent**

Don't miss this is the end-of-semester exhibition on display through Dec. 16 where Cy Fair College's visual art students show work they have completed in their classes. The exhibition showcases the students' talents as well as the breadth of Cy Fair College's art program 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 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.) In December, learn how to combat weight gain during the holidays Dec. 5 and then the following week celebrate with a "Party Pot Luck" Dec. 12. Sessions resume Jan. 9, 2008. 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.

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## A Celebration of Christ's birth!

What you'll find at Cypress United Methodist Church



The Worship Arts Ministry at Cypress United Methodist Church is proud to announce our Advent calendar of events:

#### Praise Kids Christmas Musical

"Mission: Possible"

Saturday, December 8th at 7 pm

#### "Cross to Cradle" Concert

 with Christian music, drama and video focusing on the peace and simplicity of Christ's birth.
 Sunday, December 16th at 6 pm

#### Christmas Eve Services Monday, December 24th

Communion will be offered at all services except 5 pm Daylight Service with Candlelight, 4 pm "Joy to the World", 5 pm

- designed for families with younger children

Candlelight & Communion Services, 7 & 9 pm

- featuring our Festival Choir, Band and Orchestra

Candlelight & Communion Service, 11 pm

serene service with our youth band and choir

"Children of the World" — International Children's Choir will join us during the Worship Services on Sunday, December 30 at 9:30 and 11 am

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

#### Cy-Fair ISD Begins New Volunteer Tutoring Program

TAG (Targeting Achievement Globally) is a new program designed by the Cypress-Fairbanks ISD Curriculum Coordinators for Math and Science and the VIPS Executive Board to provide tutoring for students in need of help to reach their full academic potential. In this first year of the program, three elementary schools have been chosen by the district as targets for the TAG Team. Members of the Team will be working with students on those campuses on a consistent basis for the remainder of the school year.

An initial orientation meeting was held on October 30 at the Berry Center for volunteers interested in being a part of this cutting edge program. Ongoing training with the Math and Science Helping Teachers will be provided for volunteers prior to working with students.

If you are interested in joining this elite group of volunteers and being a TAG Team pioneer, please contact the Partners in Education Office at 281/894-3950 for more information.

#### **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 <u>advertising@</u> <u>PEELinc.com</u>. The advertising deadline is the 10th of each month for the following issue.

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## Support This Neighborhood Newsletter.

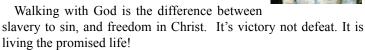
Advertise your business to your neighbors.

#### An Invitation to All the Women of the Community

Please join us on Tuesday, January 15th and every Tuesday for twelve weeks for an evening of study and fellowship with author Mindy Ferguson as she presents her study "Walking with God".

In this Bible study, you'll discover why walking with God means living your faith. It's trusting in Him and Him alone.

It's seeing the giants, but stepping confidently into the future because you believe the promises of Christ.



Good Shepherd United Methodist Church
Tuesday Evenings, 6:45-8:30pm
Beginning January 15th
Author and Cypress resident Mindy Ferguson will give
live lectures at each session.
The cost is \$20.00 which includes workbook

Contact aynnedaugherty@yahoo.com or call the church office at 281-373-2273.





#### **Hot Christmas Punch**

1 Cup brown sugar1 Tall can pineapple juice

1 large jar cranberry juice 6 sticks cinnamon, broken 3 Cups water

3 T whole cloves 3/4 tsp. salt

Dissolve sugar in water and pour in percolator. Add juices. Place cinnamon sticks, cloves, and salt in basket. Percolate.

If you would like to submit YOUR recipe to the Longwood Letter email it to longwoodletter@peelinc.com.



Serving the Houston Area 24 Years





#### Cypress Christian School invites you to... Winter and Spring Community Events

You are invited to some very fun community events sponsored by Cypress Christian School. We hope you will join us as we continue to celebrate our 30th Anniversary of "fusing faith and learning!"

#### December

- Wed., December 6 from 6-9 p.m. Shop at Barnes & Noble-Copperfield-portion of purchase benefits library
- Tues., December 11 at 7:00 p.m.: Elementary K-3 Christmas Concert on CCS Campus
- Thurs., December 13 at 7:00 p.m.: Elementary 4th-5th Christmas Concert on CCS Campus
  - Friday, December 14 at 7:00 p.m.: Chamber Choir Christmas Concert-location to be announced

#### January

• Sat., January 26 at 5:30 p.m.: Laughs galore at the Winter Banquet featuring local radio personality, Susan O'Donnell of KSBJ radio station and Christian Comedian, David Ferrell to be held at the Downtown Aquarium. The event is free to guests.

Limited seating – call for reservations.

#### **February**

- Thurs., February 7 at 6:00 p.m.: Kindergarten Round-Up for parents of future kindergartners
- Thurs., February 7 at 7:00 p.m.: Family Night for K-12 parents and students considering Christian education

#### March

- Thurs., March 6 from 9-11 a.m.: Open House
- Thurs., March 27 from 9-2 p.m.: Student Visitor Day

#### April

 Saturday, April 19 from 10-4 p.m. Community Carnival on CCS Campus



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#### **Strawberries Boost Heart Health**

(NAPSA)-First it was cholesterol, then "bad" cholesterol (LDL) and "good" cholesterol (HDL). Now there's a new factor that may be important in predicting the risk of heart disease: it's called C-reactive protein, or CRP. A new Harvard study suggests that eating strawberries at least two times a week may be associated with reducing elevated CRP and LDL levels.

CRP is a protein in the blood that is elevated in response to injury, such as the chronic injury to blood vessels that comes from having damaged arteries. Previous studies have shown that elevated CRP may explain heart disease in people who otherwise appear to have very low risk, even among those with normal cholesterol levels.

Eating a diet rich in fruits and vegetables can lower CRP, an effect attributed to the high amounts of antioxidants found in these foods. Because strawberries are an antioxidant powerhouse, they were singled out for a closer look by nutrition scientists.

In the new study, diet records and blood samples from 27,000 women enrolled in the Women's Health Study were analyzed

and compared with their risk of developing heart disease over a 10-year period. When the women were separated into high- and low- strawberry intake groups, those with the highest intakes-two or more servings of strawberries a week-were found to be less likely to have elevated CRP in their blood. They also had slightly lower cholesterol levels.

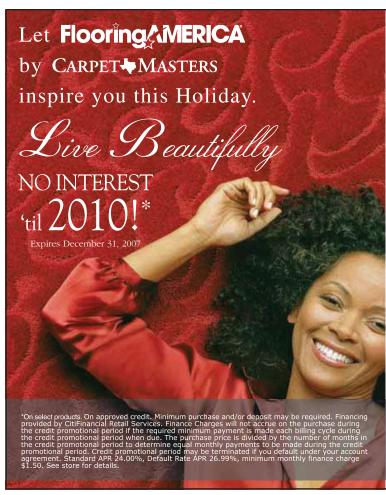
Although the study was not designed to show cause and effect, the findings add to a growing body of research showing how eating strawberries may support a healthy heart.

The researchers also noted that the women who ate the most strawberries were the same ones most likely to engage in a heart-healthy lifestyle. They ate more fruits and vegetables daily, exercised more and smoked

less.

For more information about California strawberries and heart health, visit www.calstrawberry.com.

A healthy indulgence: Strawberries may reduce the risk of heart disease.





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> Not valid on sale or promotional items. Expires December 31, 2007

#### 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 educational event.

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.



#### **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 9<sup>th</sup> 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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#### The Importance of Physical Activity

Submitted by Alica Harrison

"The first wealth is health." —Ralph Waldo Emerson

The evidence is growing and is more more times a week. convincing than ever! People of all ages who are generally inactive can improve their health and well-being by becoming active at a moderate-intensity on a regular basis.

Regular physical activity substantially reduces the risk of dying of coronary heart disease, the nation's leading cause of death, and decreases the risk for stroke, colon cancer, diabetes, and high blood pressure. It also helps to control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits, and medications. Moreover, physical activity need not be strenuous to be beneficial; people of all ages benefit from participating in regular, moderate-intensity physical activity, such as 30 minutes of brisk walking five or

Despite the proven benefits of physical activity, more than 50% of American adults do not get enough physical activity to provide health benefits. 25% of adults are not active at all in their leisure time. Activity decreases with age and is less common among women than men and among those with lower income and less education.

Insufficient physical activity is not limited to adults. More than a third of young people in grades 9-12 do not regularly engage in vigorous-intensity physical activity. Daily participation in high school physical education classes dropped from 42% in 1991 to 33.0% in 2005. In 2005, 10% of high school students did not participate in any moderate or vigorous physical activity.

Source: US CDC

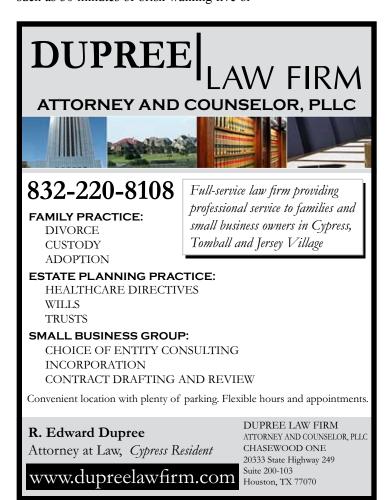
#### **Newsletter Article Submissions**

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.

#### 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.





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