

# The LONGWOOD Letter

December 2008

Volume 2, Issue 12

News For The Residents of Longwood

## Truth Student Ministry of

*The MET*

Truth Student Ministry of The MET is hosting a huge garage sale Saturday, December 13 from 8 a.m. to 12 Noon. Adults and students will be raising money to support both local and global mission endeavors. These endeavors range from food and safety for children in Uganda to reaching our community here in Northwest Houston. Students, grades 7-12, will be handling all aspects of the fundraiser, including collecting the donated items, sorting, pricing and the actual sale. "This is a great chance for our students to come together, serve our community and provide for families that need help," Beth Smith, MET member and event coordinator. This sale will include clothes, electronics, toys and much more. With over 300 donors from inside the church congregation, this garage sale will be one of the best around town. Make sure you tell your friends and come early as the best items will be gone fast. Look for the crowd in the Truth Student Building parking lot at the corner of Jones and Mills!

If you can't stop by, but would like to make a donation, please send it to Truth Student Ministry, Attn. Garage Sale, 13000 Jones Road, Houston, Texas 77070. For more information about The MET check us out at [TheMETonline.org](http://TheMETonline.org).

## Cypress Christian School Athletes Serve Those Affected By Hurricane

On September, 20 several CCS varsity football players and parents got together to help people in the community who were affected by Hurricane Ike and clean up the grounds of CCS. The group met at CCS in the morning, then split up into three groups and went to three different locations.

In the first location, the group completely cleaned the front and back yards, blew debris off the roof, cut up large limbs and hauled them to the street, and bagged approximately 20 bags of pine needles and debris.

Another group went to the house of an elderly woman who had requested help because she was unable to clean up debris from Hurricane Ike. With the help of parent Wes Van Pelt and CCS student Josh Rodriguez, two trees were cut down – one that was partly on a storage shed and partly in the pool. The group also cleaned the roof of a covered patio of limbs and debris, and hauled large limbs and debris from the property to the road.

The last group went to a single mom's house in Bear Creek. They pulled up and removed wet carpet, due to a hole in the roof, and hauled it to the

street. At CCS, a group hauled logs from trees lost during the hurricane to the street and stacked them. They were also able to clean up the front yard of the school.

Those who served included Coach Spenn, Coach van Pelt, Ron Hinn, Scott and Becky Morgan, Ray Groll, Michelle and Bud Bennett, Jim Alldridge, Alan Reed, Helen Mitchell, Austin Barton, Ben Bennett, Ben Mitchell, Mason McCollum, Brandon Galloway, Cameron Kostak, Clark Alldridge, Clay Buhler, Garrett Higginbotham, Jack Mitchell, Jacob Reed, Jason Groll, Josh Rodriguez, Kyle Hinn, Ryan Morgan, and Scott Ordeneaux.

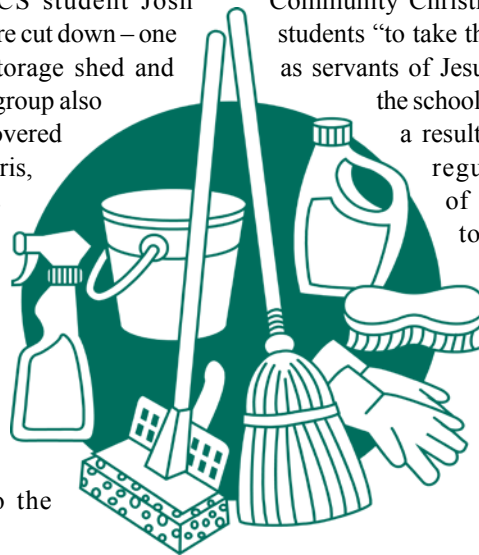
The administration and faculty of Cypress Community Christian School encourage students "to take their place in the world as servants of Jesus Christ" as stated in

the school mission statement. As a result, many CCS students

regularly take time out of their busy schedules to help others in need

– whether it is local or far away – and each of them testify that their lives were changed as a result of helping someone else.

~George Buhler



# 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

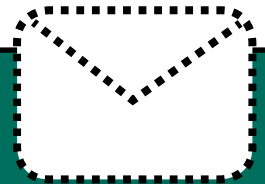
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Longwood resident *Erica Neck* will perform in the Houston Repertoire Ballet's lavish, full-scale holiday production of *The Nutcracker* Dec. 5-7 at Tomball High School, 30330 Quinn. Tickets are available at [www.hrbdance.org](http://www.hrbdance.org) or by calling HRB at 281-861-0199.



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## US Olympian to Speak at Northwest Flyers Registration Breakfast on February 7

The Northwest Flyers Track Club will host its annual free information / registration breakfast on February 7, 2009 for all boys and girls and their parents interested in joining for the 2009 season. The breakfast starts at 8:30AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The breakfast is the annual opportunity for youth athletes to register for the 2009 summer track season, and to meet the Northwest Flyers coaches and staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic team.

The Northwest Flyers Track Club is a youth (age 6 -18) track organization, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance,

relays and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. The Northwest Flyers has approximately 195 members, boys and girls. The club was founded 21 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

The Northwest Flyers is a member of the "Win with Integrity" program, a partnership between USATF and the American College of Sports Medicine. "Win with Integrity" brings elite track & field athletes and school-aged kids together to promote healthy lifestyles, keeping active, and living with integrity through the sport of track & field.

*For additional information on The Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at (281) 587-8442 or [linette.roach@sbcbglobal.net](mailto:linette.roach@sbcbglobal.net).*

## 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](mailto: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](http://www.PEELinc.com).

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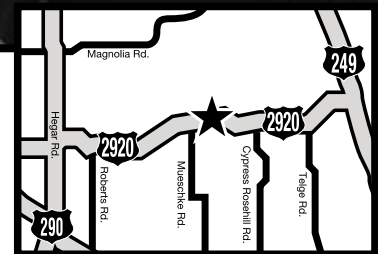
**Christmas Concert**  
Saturday, Dec. 20 at 7:00 pm

**Are You Looking for a Way to Brighten Up Your Holidays?**

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# LONGWOOD LETTER

## Tips for Parents of Young Athletes

*Ways to Enhance the Child's Experience and Yours!*

*Submitted by Elizabeth Mirabal*

With a new year around the corner, many of us are working on creating our annual list of resolutions as well as preparing for another year of team sports with our children. Aside from less sweets and more exercise, parents may also want to consider a few goals to work toward as they participate in youth sports. Here are a few ideas to consider:

- **Talk to your child about his/her practices and games.** Guide your athlete as he/she discovers personal areas of success and skills that need improvement. You may say, "I'm proud of how fast you ran on the field. What are you most proud of today?"
- **Choose your role and stick to it.** Have you chosen to be a spectator and root for the teams? Did you volunteer to coach? Are you a game official? All are necessary in maintaining a positive environment for children. When compelled to switch roles, remind yourself of the role you've chosen. If you're a spectator, refrain from shouting out a call or play. If you're a coach, take the lead in ensuring young athletes are demonstrating good sportsmanship-like behavior at all times. As an official, recognize that you are the final frontier when it comes to game rules and team conduct. When all groups work together, the results provide for a supportive and educational experience.
- **Be emotional! Laugh! Cheer! Smile!** Fun isn't only for kids! Feel free to holler and liven up the environment! There may be times, however, when you believe an unjust call was made or a rule is not being adhered to. Suddenly, your emotions are all but requiring laughter. Reduce the possibility of an outburst by taking a few deep breaths, counting to ten, or by taking a walk to the parking lot. Then, find an appropriate time and place to address your concerns with

a league official. Statistics show that 28% of young athletes saw their parents yelling at or arguing with coaches and 31% saw parents arguing with officials (Trends & Tundes, HarrisInteractive, Volume 3, Issue 8, August 2004). That is one statistic you want to steer clear from!

- **Focus on FUN and not winning.** Help children develop self-esteem through their personal improvements and not a game win. Rather than asking, "Did your team win?" Why not ask, "Did you do your best? What did you learn today? Did you have fun?" Emphasize that his/her improvement was related to hard work at practice and listening to the coach. Therefore, the child learns to define individual success as a result of his/her own effort. This turns the focus away from an aspect he/she cannot fully control; the entire team's win/loss record.

- **Ensure your fueling your child's engine with the "Good Stuff":** It has happened to many of us. We ask our child to pick a snack to eat before a game and he/she runs out of the house with cookies. While the cookies may provide a quick burst of energy, it'll remain just that: a burst (that fizzles out quickly). Why not make a brief list of nutritional snacks your child can choose from THEN allow him/her to choose from there. Your options may include: a banana and milk, apple slices and cheese, or an ol' fashioned PB & J sandwich on whole-grain bread. This way, you've ensured your athlete chooses wisely and he/she maintains his ability to make the final choice. A win-win situation! Don't forget to rehydrate during practice and games with plenty of water!

Frequent small sips of water are more beneficial than gulping down a bottle of water at half-time which may lead to stomach discomfort.



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9. Check thermostat for accuracy
10. Inspect for combustible material around furnace
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12. Brush clean and vacuum heat exchanger
13. Test furnace flame for proper burn
14. Clean existing filters as needed
15. Measure and adjust gas pressure for peak efficiency
16. Lubricate all moving parts, per manufacturer
17. Measure amperage and voltage of blower motor
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19. Check for proper combustion air
20. Test for gas leaks
21. Clean furnace exterior



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PS-A144252 10.22.08

# LONGWOOD LETTER

## Geeky Gifts for the Techie in Your Life

Submitted by Laurie Scott

Rather than giving a white shirt and narrow black tie to the geek in your life this Christmas, here are some different ideas for you...

Go online and start with ThinkGeek.com. Here you can find anything from t-shirts to toys to new ways of getting caffeine into your system. Looking for a solar-powered baseball cap? They have it. If you wish you had an anti-gravity globe floating on your office desk, this is the place to find it.

KlearGear.com has a desktop water cooler for under \$18. For you Star Trek fans they have a voice-activated light switch/dimmer that you talk to like the computer on the Enterprise. The official computer voice even talks back to you.

If you're as old as I am you remember vinyl LP's (read your history books kids.) If you have a collection of vinyl that you would like to convert to .mp3's or CD's, Amazon.com has the ION Audio USB turntable for \$100. You don't need any other special equipment; it plugs directly into your computer's USB port and includes recording software so you can create your own CD's. If you still have your old trusty turntable but nothing to plug it into anymore, DAK.com has an adapter you plug your turntable into and it plugs into your computer. It comes with software that is smart enough to split the songs into tracks for you and includes filters for the ticks and pops that go along with vinyl.

Have someone who loves games but you want to stay away from the shooters and other violent games? Check out X-Plane.com for a very realistic flight simulator that give you a wide choice of aircraft you can fly anywhere in the world. You can even try flying and landing the space shuttle if you're brave enough. Available for both the PC and MAC it is \$39.

My personal favorite geeky gifts are USB slippers. That's right, slippers. The slippers plug into your computer's USB ports and in no time your feet are nice and toasty. We don't get a lot of cold mornings here in Texas but you'll love these when we do. They're available at Vavolo.com.

Have a wonderful holiday season! Next month I'll help you with a New Year's resolution you can actually keep.

### Classified Ads

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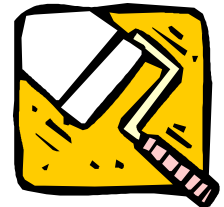
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# LONGWOOD LETTER



Dishin' with...

Molly  
Fowler

## Easy, Elegant, Holiday Appetizer

Holidays are just around the corner! Whether friends drop by or you're invited out, it's always great to have a recipe for an appetizer! Here's one you can make on a moment's notice from ingredients you keep on hand. A package of tart shells in your freezer, brie cheese in your refrigerator, cranberry chutney and pistachios in the pantry – this is everything you need to be an enviable host or hostess in your neighborhood. These Brie & Cranberry Canapés are ideal! They are beautiful and delicious – but most of all, they're easy to make.

### Brie & Cranberry Canapés

Makes 15

- 1 pkg Frozen Mini Phyllo Shells (Athens brand), thawed
- 10 oz Brie cheese
- ½ Cup Cranberry chutney (or cherry preserves)
- ⅓ Cup Finely chopped pistachio nuts

Preheat oven to 350°. Place shells on a baking sheet. Cut the rind off the brie cheese then cut the cheese into 1-inch cubes. Place a cube of brie in each shell. Top each with a teaspoon of cranberry chutney. Bake in the oven for about 10 minutes or until the cheese is melted. Remove from oven and sprinkle each tart with chopped pistachio nuts. Serve warm or at room temperature.

Happy Holidays! — Molly

[www.thediningdiva.com](http://www.thediningdiva.com)



## Meet Celeste (10), Elijah (8), and Steven (6)

Here are three siblings growing up in foster care. Adopting three children at once will not be easy, but can certainly be done! These three deserve a chance to be together in a family! Meet Celeste (10), Elijah (8) and Steven (6), adorable and polite siblings who love kickball and riding their bikes. They love to eat – pizza, Frito pie, spaghetti and barbeque. Their favorite restaurant is Cheesecake Factory. Celeste enjoys board games. At times she can be shy and quiet, but eventually warms up to people once she becomes comfortable. Celeste is in 4th grade. Elijah is a helpful child who enjoys playing outside. He is in 2nd grade. Steven is a loving and funny child who enjoys playing with Legos. Steven is currently in 1st grade.



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## Happy Pets Make For Happy Holidays

Submitted by: Cammie Teliha, DVM

The fall holiday season is a wonderful time for fun, food, family and friends all of which can be overwhelming for you family pets. The extra activities of the season can dramatically change the household routines, sights, and smells around the home. Therefore, it is important to consider these holiday activities from your pet's perspective and safe guard your furry friends to ensure that everyone in your family enjoys a happy and healthy holiday season.

First it is important to understand the hazards that our pets face as the holidays approaches. The following are some basic hazards that each pet can face during the holidays:

- Rich, fatty foods can be very dangerous to both cats and dogs. Many holiday foods such as turkey, smoked ham, garlic, onions and chocolate can cause GI upset, vomiting, diarrhea and even death.
- All bones, especially turkey bones, can cause intestinal tears and obstruct the digestive tract.
- Even grapes and raisins can be dangerous for dogs and can lead to kidney failure.
- Caffeine and alcohol can be toxic and should never be given to our pets, no matter how funny Uncle Pete thinks it might be.
- Cooking aids like aluminum foil, string and holiday decorations can all be very enticing for any pet, but each can be very dangerous and potentially deadly if ingested.

In addition to these specific hazards, the fact that the family routine can change dramatically can be very stressful to any pet. As parties occur, or when family and guests spend the night, pets can be overwhelmed with the noises and interactions which often leads to unwanted behaviors such as aggression, soiling and possibly running away.

With all these hazards to contend with my recommendation is to develop a simple and direct plan that everyone, both young and old, family and guest, can quickly understand and support.

### HOLIDAY GAME PLAN:

**Post the Rules:** How often have you heard your guest say "Oh, just one bite won't hurt"? The problem is if everyone offers your pet a little nibble there is no way to know what might have caused your pet to get sick. Preventative safety measures are the best strategies. By simply letting everyone know the rules your pet will be safer and there won't be any confusion about your expectations from both family and friends.

**No Table Scraps:** With so many holiday health hazards involving food and diet, this simple recommendation will ensure a healthy and well fed pet throughout the holiday season. Discourage family members and guests from indulging your pets with inappropriate treats.

(Continued on Page 12)

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Sunday Noon-3pm

## **290 LOCATION:**

Mon-Fri 8am-5pm  
**Saturday 9am-12pm**

## **meet our team**

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Quoc Le, MD  
Alex Nguyen, MD  
Blandina Sison, MD  
Marian Allan, MD  
Anthony Yee-Young, MD  
Diana Malone, MD  
Shital Patel, MD  
Heidi Nashed-Guirgis, MD  
Luz Marquez, MD  
Jennifer Dong, MD  
Haley Nguyen, MD  
Tami Berckenhoff, PA-C  
Brandi Valenzuela, PA-C  
Sydney Payne, PA-C

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for the  
entire family*



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Our doctors are board certified in Family Practice, Internal Medicine and Pediatrics. We have experience of 20+ years in the medical field. We look forward to providing our patients with excellent services at our new location as well as maintaining our current care in the 1960 area. For those patients living in the 290 area, we encourage you to schedule appointments at our second location.

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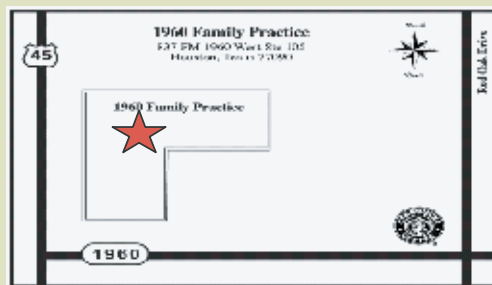
1960



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# LONGWOOD LETTER

## Happy Pets- (Continued from Page 9)

Food that is high in sodium and fats, such as peanuts, chips, poultry skin and other meats can cause an inflammation of the pancreas which can lead to pancreatitis, a potentially life threaten condition. Always try to maintain the same feeding schedule as the rest of the year and if Uncle Pete just can't resist, have a small amount of veterinary approved pet treats on hand.

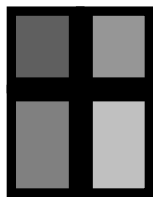
**Tidy Tidy Tidy:** This means everything from food to decorations. I know that this is easier said than done, but if everyone knows the game plan you will be more successful than you might expect. Decorations might not seem like a good meal, but the holiday season can seem like a buffet smorgasbord to some pets. Keeping the house neat with decorations out of reach will discourage bad behavior and help you keep track of the ornaments that go missing. Keep leftover foods out of reach and in tightly closed containers and make sure garbage cans are secure and all trash bags and places in trash can. It only takes a couple of minutes for a pet to tear up a trash bag and devour whatever is inside.

**Time Out:** When animals are stressed they can often become unpredictable and behave erratically. This is never good for a party. Be mindful of how scared you cat might get with a house full of strangers or how hyper Fido can be when all of the cousins are over. Providing a quiet out of the way spot for your pet to relax and get

away from all of the holiday activities can go a long way to ensuring a comfortable get together for everyone. Consider a pet time out when you sit down to eat. This will serve double duty by limiting the temptations for everyone. Cats are especially well served if they can hideaway in a back bedroom until everyone has gone home.

**Be Prepared:** This is especially true during the holidays. Always have your pet fully vaccinated and maintain your records for easy access. If your pet bites a guest the first question the ER will ask is "Is the animal vaccinated for rabies." If you can answer yes and provided current documentation you will greatly reduce all medical concerns and your potential financial obligations. Also, keep your veterinary hospital and the emergency veterinary clinic numbers handy. Your veterinarian can provide you with the closest emergency clinic information, this is especially important during the holidays when many animal hospital are not open.

The holiday season should be fun for everyone, including you family pet. By putting together and Holiday Game Plan you can ensure the health and safety of your pet and you guests. Remember to share you plan with all of your family and friends, maintain your pets regular diet and schedule, keep hazards away and be prepared and ready to take action of your pet becomes sick. By following these simple guidelines you can ensure that your pet will be healthy and happy for the holidays.



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*But the Angel said to them, "Do not be afraid.  
I bring good news of great joy that will be for all  
the people. Today in the town of David, a Savior  
has been born to you; he is Christ the Lord."  
Luke 2: 10-11*

***Saint Aidan's wishes you a blessed Christmas season.  
We look forward to celebrating Christ's birth with you!***

- December 13<sup>th</sup>      3-6pm Church Christmas Party Potluck – Santa is coming!
- December 24<sup>th</sup>      4pm    Family Lessons and Carols with Holy Eucharist – Children lead worship  
                                 9pm    Holy Eucharist Rite II with the Service of Light – Children's activity provided

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#### Sundays at Saint Aidan's

8:00am      Worship  
9:15am      Sunday School for All Ages  
10:30am      Worship

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6:00pm      Dinner  
6:30pm      Worship  
6:45pm      Programs for All Ages

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Father Justin, our Priest,  
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## The Green Corner | Green the Holidays, Part Two

By: Sheri Hicks

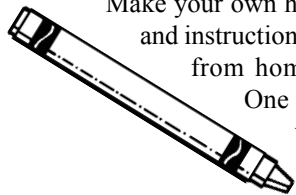
Last month, I focused on how to green up the Thanksgiving holiday. This month, in Green the Holidays, Part Two, I will focus on greening up Christmas. Christmas is a wonderful time, full of joy, celebration, remembrance, love and family. But it is also a stressful time full of consumption, overindulging and debt. I have a few suggestions that might take a bit of the stress and, in these hard economic times, debt from your shoulders so you can enjoy the holiday season for what it means to you and your family.

This year, instead of buying any roll of gift wrap, look for reusable bags or paper made from 100% post-consumer recycled products. My own family has passed around the same gift bags for the last five years!

Make your own Christmas Cards by enlisting your kids. Kids create the most amazing drawings with just a few crayons and card stock.

Make your own holiday ornaments. You can find recipes and instructions online for almost any kind of ornament from homemade cookie ornaments to origami.

One of the prettiest trees I have ever seen was decorated almost exclusively with origami cranes.



If you have to buy lights, go LED. LED lights save up to 90% on energy consumption. The colors aren't quite as true as traditional lights, but with that kind of energy savings I am willing to adjust!

Give the gift of experience. Research has shown that people are far happier with experience than an object. In a study conducted by the University of Colorado at Boulder, researchers concluded that people tend to internalize their feelings during an experience and that is just not possible with an object. That could explain how so much stuff ends up in our garages! If you know a wine lover, give them a gift of wine of the month club or a tour of a local vineyard and winery with a nice bottle of wine. If you know a golfer, give them green fees for a local course. My own family loves to travel and this year, our gift to our nine year old, is to travel to New York City for Christmas. He is excitedly anticipating ice skating in Rockefeller Center, visiting Macy's Santa land, seeing the Rockettes Christmas Spectacular, walking through Central Park, visiting the Natural History Museum and riding the subway. Of course he will get a few small gifts to open on Christmas morning but when those toys are discarded for the next "big" thing, he will still have his memories of his trip to NYC.

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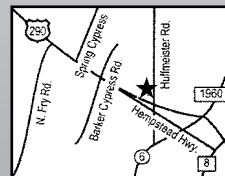


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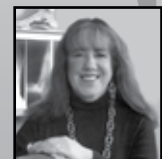
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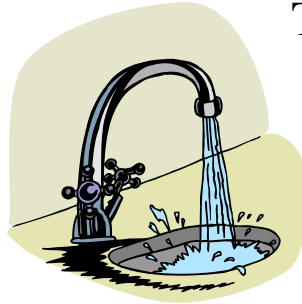
# LONGWOOD LETTER

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## The Miracle Cure....

*Submitted by Dr. Tenesha Weine*



**WATER.** It's not fish oils, not calcium or magnesium, not even vitamin D... but Water. Water is the single most important nutrient in your body. So simple, yet so many of us are dehydrated. Your body loses about two quarts of water a day through perspiration, urination and exhalation. It

is important for our bodies that we replenish this.

### Water is needed and involved in every function of our body:

- Muscles are about 75% water
- Brain Cells are 85% water
- Blood contains 82% water
- Even your bones are 25% water

By depriving your body of water, your organs and cells can not function to their highest capacity. Water is essential for cell life and existence. You can live five to seven weeks without food but no more than 5 days without water.

### Major signs you are dehydrated:

- **Joint and Arthritis Pain** - water is a main lubricant in the joint spaces.
- **Digestion Issues** - water helps keep digestive juices in the GI tract supplied in order to create the acids it needs to prevent ulcers, gastric reflux, and constipation, and heart burn.
- **High Blood Pressure** - when the body is dehydrated it can restrict the flow of blood to non vital organs and only concentrate on vital organs.
- **Asthma** - bronchial tubes need adequate hydration to prevent constriction
- **Poor Memory** - Synapses in the brain slow down without adequate hydration.
- **Weight Management** - When you are dehydrated your body releases a hormone, aldosterone, which causes water retention.

If you are suffering from any of the above Conditions or Symptoms instead of reaching for a big gulp, star bucks, or any of the other unnatural beverages we consume.... try drinking more natural clean water. Gradually increase the amount of water you drink each day and these symptoms may start to subside.

So, how much water do you need to drink??

Take your body weight in pounds and divide it by two.

### This is the number in ounces that you should drink per day.

\_\_\_\_\_ Weight / 2 = \_\_\_\_\_ ounces per day



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## Recipe of the Month:



### Hot Christmas Punch

#### Ingredients

- 3 Cups water
- 3/4 tsp. salt
- 1 Tall can pineapple juice
- 1 large jar cranberry juice
- 6 sticks cinnamon, broken
- 3 T whole cloves
- 1 Cup brown sugar

#### Directions

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  
email it to [articles@peelinc.com](mailto:articles@peelinc.com).*

Not Available Online

#### Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing [longwoodletter@peelinc.com](mailto: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.

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# Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

## Get Ready To Hit The Slopes

You don't have to wait for the snow to start falling to get ready for ski season. Start your training now and you'll be sailing past those other ski bums on your way down the mountain.

Dusting the competition or showing off to friends are not the only reasons to get in shape before ski season. Skiing is an activity that requires a variety of skills: strength, endurance, balance and coordination. Hit the slopes without developing these skills and you may be in for more than a little embarrassment - you might even hurt yourself.

### Sports specific training

This is where sports-specific training comes in. Generally speaking, sports-specific training programs involve focusing on the various skills associated with a particular activity.

Depending on the sport, this may include health-related fitness components such as cardiorespiratory endurance, muscular strength and endurance, and flexibility.

A specific program may also take into account skill-related measures of fitness such as agility, balance, coordination, power, speed and reaction time. Most sports require a mixture of these components.

Skiing is a sport that relies heavily on skill-related fitness. A traditional fitness program, which includes a combination of weight training and cardiovascular exercise, will only take you so far.

A specific training program to develop specific skills for skiing will take you from the peaks to the valleys in record time.

### Get ready to ski

There are several ways to begin a sports-specific training program. The simplest way is to include several new exercises in your regular workout schedule.

For example, performing wall sits that require you to "sit" against a wall will help build up the isometric strength needed for the tuck position in skiing. Squats and lunges will build lower body strength for skiing tough terrain like moguls.

Exercises such as crunches to work your abdominals are essential in creating a solid "core" for balance and agility.



It is important to train your body to withstand and absorb the impact associated with skiing. Plyometric movements, such as hopping from side to side, develop muscle power and strength as well as improve agility.

### Set up your own ski circuit

A great way to integrate these elements into your existing routine is to create a circuit training program, which involves rapidly moving from one exercise to the next. You can set up a circuit in any large room, or at your club's aerobic studio.

Be sure and place all of your stations before beginning your workout so you don't have to stop in the middle. Set a specific time limit for each exercise, as well as a set period of breaks between each station. Thirty seconds of work followed by 30 seconds of rest are common interval periods.

Then, simply turn up the music and make your way around the circuit. You might even want to create your own music tape with timed intervals of music for exercise and silence for rest periods.

Try these stations to help you gear up for the slopes: use the slide for lateral training, perform one-legged squats to develop balance and strength, and use a step-bench platform to improve power. Try catching a bean bag as it drops off your forearm to improve reaction times or bounce two tennis balls to improve coordination.

To improve agility, create your own slalom by running between cones. In sports-specific training, you are limited only by your imagination.







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**- Nichole Ford**

*Senior Account Manager, CBS Radio Houston*

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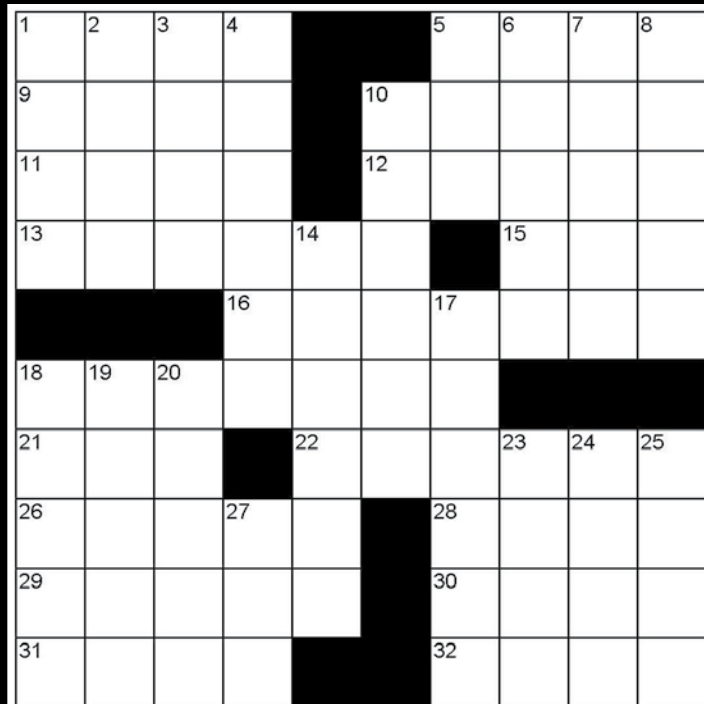
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# LONGWOOD LETTER

## Crossword Puzzle



### ACROSS

1. Syllables used in songs (2 wds.)
5. Dress
9. Time periods
10. Satan
11. Tap in lightly
12. Adult insect
13. Prioress
15. Today
16. Chapel
18. 10,000 squared meters
21. Cutting tool
22. Scents
26. Small herring
28. Two
29. Fish tank dweller
30. Volcano
31. Otherwise
32. Hold

### DOWN

1. Soft white cheese
2. Arabian
3. Mutton
4. Facet
5. Jewel
6. \_\_\_-garde
7. Severity
8. Wispy
10. Render harmless
14. Soft drink brand
17. Lacked
18. Hurry
19. Deport
20. Tic tac's competitor
23. Pear shaped instrument
24. Alley
25. Close the door hard
27. Be

\*Solution at [www.PEELinc.com](http://www.PEELinc.com)

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