

# The LONGWOOD Letter

March 2009

Volume 3, Issue 3

News For The Residents of Longwood

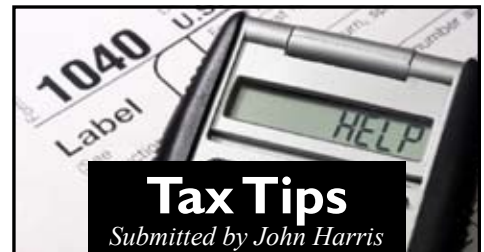
## Texas Terrapins Swim Team

Texas Terrapins Swim Team is a fast growing, year-round competitive swim team in Northwest Houston offering instruction and competition to swimmers of all ages and abilities. Our swimmers come to us from subdivisions in the surrounding areas including, but not limited to: Black Horse Ranch, Subdivisions near the new Cy-Ranch High School, Lakes of Rose Hill, Cypress Mill, Jersey Village, Coles Crossing, Cypress Point, and Fairfield. Recently, we had the distinct privilege of attending a Mardi Gras Swim Meet in Baton Rouge, Louisiana at the LSU Natatorium. While some of our swimmers were attacked by the flu, the rest of them picked up the slack, improved their times and brought home many ribbons!

The Texas Terrapins had three swimmers earn High Point awards including Byron Keller (second place for high point 6 year old boys), Sydney Begnaud (4th place for high point 6 year old girls) and Sydney Stanford (second place for high point 7 year old girls). Other swimmers in attendance were Delaney Crowder, Madison Ellison, Allison French, Savannah Stanford, Kenzie Golladay, Makenna Meyers, Michelle Scott, Makaylynn Seeley, Sarah Whetstine, Aaron Thompson and Coaches Jason Harold and Megan Scott. Both Beth McNeese and Tyler Bennett were there in spirit as they were at home fighting off the flu.

A great time was had by all who attended as we were able not only compete, but hang out with our team mates in a non-swim setting. Our team activities included

visiting Mike the Tiger and the LSU bookstore and each evening we all gathered for Team dinners, where we had a chance to see our coaches in rare form. We are very serious about our swimming, but keep in mind that it is all about having fun! For more information about the Texas Terrapins, our year round swimming, jump start to summer league and swim lessons, log on to our website at [www.texasterrapins.com](http://www.texasterrapins.com).



### Tax Tips

Submitted by John Harris

Its tax time and there are many new tax provisions relating to your 2008 return. Let me go over just a few of these.

1.) For the first time, you can deduct up to \$1000.00 of your real estate taxes even if you do not itemize your deductions.

2.) There is another huge change in casualty losses. Having come from Florida, I am very familiar with hurricane losses. For the first time, you can deduct a casualty loss in federally declared disaster areas, even if you do not itemize, and if you do, it is not subject to the previous 10% of adjusted gross income threshold. In other words, if you had damage from hurricane Ike, and most people had some damage or loss, you may get a tax deduction for your loss. These losses may include anything from roof and fence damage to loss of food in your freezer.

3.) You may also qualify for last year's stimulus rebate check this year, even if you did not qualify last year. (A note on this, last year's check is NOT taxable this year, contrary to some rumors I have heard.)

4) They also raised the IRA contribution limit to \$5000.00, \$6000.00 if you are

*(Continued on Page 2)*

# LONGWOOD LETTER

## IMPORTANT NUMBERS

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- Auto Theft.....	281-550-0458
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- 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

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Cypress Fairbanks ISD Transportation.....	281-897-4380
Cypress Fairbanks Senior High.....	281-897-4600
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### Tax Tips - (Continued from Cover Page)

50 years of age or older. I know many people lost much of their retirement values in 2008, but it is still a good idea to invest in your retirement accounts. You may want to consider investing in a more conservative investment, but you still should invest! Talk to your financial advisor.

5) If you own your own business, it is still not too late to set up a SEP retirement plan for your business and get a deduction up to \$46,000.00 for 2008.

6) Lastly, the standard mileage rate for 2008 is broken down into two parts. From January 1 to June 30, it is 50.5 cents per mile and 58.5 cents per mile driven during the rest of 2008.

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## Need More Space? Reclaim the Space You Already Own

*Submitted by Heather Bland-Ho*

Many of us might be feeling the urge for more space. In the current economy, however, moving out or “up” might not be an option. But waiting out the housing downturn doesn’t mean you need to put up with spaces that are stressing you out or bringing you down... RECLAIM THE SPACE YOU ALREADY HAVE AND FALL IN LOVE AGAIN with the home you already own!

Follow these simple steps to make your home work harder to meet your needs:

1. **Prioritize:** What areas bug you the most? What are your trouble spots? From that list, which area, when improved, would have the biggest impact on your life?
2. **Look with an Outsider’s Eyes:** Pretend you’re a stranger coming into the house- what do you notice? You can even ask a friend to help with this part... they will notice piles or unnecessary objects better and faster than you will.
3. **Systematize:** What works and what doesn’t work in the space? Create systems to help alleviate problems, such as putting baskets to corral errant shoes near a doorway or designating a home for newspapers and magazines that are always lying around.
4. **Organize:** Get rid of things that you no longer need, are broken or don’t serve a purpose. Keep only what you need, think to

be beautiful or love. Sort and purge to lighten up and focus on what’s really important in life. Do you want to constantly pick hundreds of toys around the house? Or would you rather spend that time playing with your children?

5. **Recognize when you need help:** Often we need another person to give opinions or to help keep the project moving along; enlist a friend or call a professional organizer. For a fraction of the cost of a new home, a professional organizer can help you transform your space and inspire you to do amazing things. I have worked with families to reclaim toyrooms, gamerooms, bedrooms, garages and many other spaces. Recently, one mom was overjoyed to see that her six-year-old daughter sat for two hours playing happily on her own because now she had the space to set up her Littlest Pet Shop “village.” That same sweet girl also told her mom how happy she was to be able to do a cartwheel in her room again without hurting herself!
6. **Realize the gain:** Congratulations- you’ve just made a major improvement to your home! You’ve reclaimed space you already own, without the cost and hassle of relocating. You’ve fallen back in love with your home, saving yourself thousands of dollars.

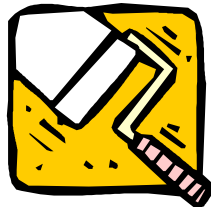
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# LONGWOOD LETTER

## Cy-Fair Community Emergency Response Team (CERT)

Cy-Fair CERT now has over 200 team members in your neighborhood. The team members are not only from Fairfield/Cypress area, but Alief, Katy, Bear Creek, Copperfield, Tomball, and Sugarland. More trained CERT members will be needed in each of these areas to form neighborhood teams.

CERT training is designed to prepare you to help yourself, your family, and your neighbors in the event of a catastrophic disaster. Because emergency services personnel will not be able to help everyone immediately, you can make a difference by using this training to save lives and protect property. For example, during and after Hurricane Ike members of the Cy-Fair CERT volunteered at the phone bank of the Harris County Office of Emergency Management, manned the federal PODs all over the county, distributed Meals on Wheels food, cleared debris in their communities, etc.

The 8-week course (24 hours of training) covers basic skills that are important to know in a disaster when emergency services are not available. You are taught skills about disaster preparedness, small fire suppression, urban search & rescue, medical operations and more. With training, practice and working as a team you will be able to do

the greatest good for the greatest number of people after a disaster, while protecting yourself from becoming a victim.

In 2003, President Bush asked Americans to volunteer to serve others. The Harris County Citizen Corps [www.harriscountycitizencorps.com](http://www.harriscountycitizencorps.com) was created to help our citizens find volunteer and training opportunities. CERT training is just one of the programs created.

CERT training courses are provided throughout Harris County. There is no cost for this course. A backpack of emergency/medical supplies is provided to all CERT team members during training. This program is brought to you by Harris County Judge Emmett. The next CERT training class for the Cy-Fair area will begin on April 1, 2009 at the Lone Star College (Barker-Cypress campus).

For more information on how you can become involved in CERT contact Patrick Wong (Fairfield/Cypress Team Lead) at [pcwong1@earthlink.net](mailto:pcwong1@earthlink.net). For more information on how you can register for the next training class contact Terri Pope-Mobley at [tpopemobley@yahoo.com](mailto:tpopemobley@yahoo.com).

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# LONGWOOD LETTER

## Sustainable Living Houston Kicks off National Bike Month!

On Friday, May 1, 2009, residents of Cypress, Texas, will bicycle from the Coles Crossing subdivision to the nearby METRO Park & Ride and transit oriented development. By riding bikes to the Park & Ride, and then taking the #217 METRO bus to their work locations, the residents will complete a long-haul, suburb-to-city multi-modal commute without the use of private automobiles.

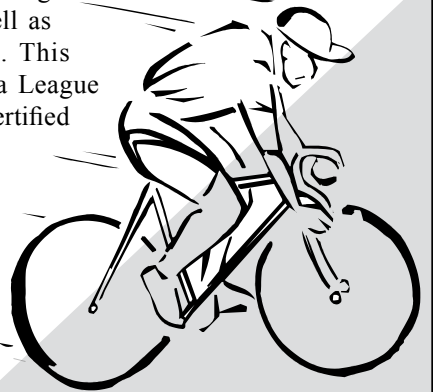
METRO has recently installed bike racks at the Cypress Park & Ride, and these will be used to secure the bicycles. There is also limited space for taking a few bikes in the sub-floor storage compartments of the # 217 buses.

Residents will assemble at 6:50 am on Friday, May 1, 2009 at the Coles Crossing Community Center parking lot and depart at 7:00 am sharp. Use of helmets, front & rear lights, red rear reflectors and articles of reflective clothing will be mandatory. Residents will ride on the sidewalk south on Barker-Cypress Rd. to Jarvis Rd., whereupon the group will transition to riding on Jarvis Rd. in a vehicular cycling mode. The total ride distance

will be about a mile each way, and the time to the Park & Ride from the neighborhood will be about 6 minutes.

The rain date for this ride is May 15, 2009.

There will be a highly recommended pre-ride safety briefing at the Coles Crossing Community Center parking lot on April 25th at 8:00 a.m. where helmets, lighting, bike commuter clothing, and vehicular cycling will be discussed, as well as a test ride of the route. This briefing will be led by a League of American Bicyclist certified cycling instructor.



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## More HELP for PETS ...

When a pet is lost, finding the pet means that time is of the essence. It takes time to create, print and distribute flyers. The flyers are many times illegible because of wind or rain. I certainly do not fault the pet owner because I have done this myself.

Frustrated, I thought there has to be a better way. So that is why we created Cypress Lost Pet Alert.com. The idea is to very quickly get the word out through an e-mail alert to as many neighbors as possible plus post the picture and information about the pet on the website under the specific neighborhood.

Once the email alert goes out to the specific neighborhood, many, many neighbors are now aware. If they happen to forward the email to their friends who have not signed up, it could mean hundreds of your neighbors are already alerted and are keeping their eyes open for your lost pet.

Cypress Lost Pet Alert.com is on-call 7 days a week from sun up to sun down and is FREE. We are glad to work with any informal email chains. The whole idea is to find lost pets quick for the good neighbors in Fairfield and surrounding areas.

Regards,  
RB Cox  
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*Meets the 1st Tuesday of the month, 7-9pm*

Meeting Place: Fairfield Baptist Church, 27240 Highway 290  
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website: [www.tricountyquiltguild.org](http://www.tricountyquiltguild.org)

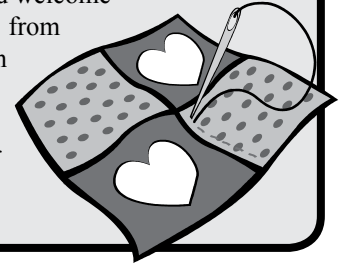
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# LONGWOOD LETTER

## Going Green is Easy with Hot, New Products at the Second Annual Cy-Fair Home and Garden Show

The Berry Center - Saturday and Sunday, March 14-15

No time like the present to turn over a new leaf, and the Second Annual Cy-Fair Home and Garden Show will be brimming with hot, new products and ideas to make your dream home a green reality.

Angelique Grado of Green Builders Source will be one of several featured speakers at this exciting springtime event. Grado is bringing a truckload of the latest products to the Show, along with her eco-friendly expertise and ideas.

One of the new products Grado will be showing off is Bekaert solar window films. "These films allow in almost all visible daylight to naturally light your home," she said, "but they filter out all the radiant heat that comes with the sun." These features result in improved comfort, year-round; protection from ultraviolet damage; and impressive energy savings.

Cork flooring is gaining popularity across the country, but many homeowners know little about it. Cork floors allow homeowners to enjoy a certain bounce to their steps while resisting accidental moisture. As Grado explained, "Cork flooring is much like the cork you find in wine bottles. It expands into the space and holds back liquid. This comes in handy if you use the space for family meals, entertaining, or have kids."

Marmoleum click flooring is another new option for green environments that is easy to design as well as to install. This ecologically produced natural linoleum on high-density fiberboard with a cork layer comes in 12 x 36-inch panels or 12 x 12-inch squares in a patented click system. "Our customers like this product for hallways, kitchens and kids' rooms, where traffic is heaviest," said Grado, a sustainability-conscious environmentalist, wife and busy mother.



For green-minded fitness buffs, Windstorm's Bike Generator offers still another opportunity to conserve energy while burning calories. "Recently, one of our builder-clients purchased one of these generators for a client who had an exercise room," Grado said. "They hooked up a stationary bike to the generator and during the client's workout, she generated enough energy to run all the electronics in the room, including the plasma TV, kids' computer games, lighting and other exercise equipment."

Woodworkers and furniture builders will want to check out the incredible textures and grains of Kirei Board (kee-ray), a strong, lightweight, durable and environmentally friendly wood substitute. "Our customers are using this exotic new product for furniture, cabinetry and interior design elements," Grado explained, "It's manufactured from reclaimed sorghum straw and non-formaldehyde adhesive, which means it's rapidly renewable, as well as a unique option for furniture-grade wood."

For kitchen countertops, consider The Green Builders Source selection of Ice Stone products. "Ice Stone is made from 100 percent recycled glass and concrete and comes in 27 colors. It can also be used for backsplashes, bathrooms, vanities, shower surrounds, table tops, bar tops, bathtubs and kitchen sinks," Grado explained. "Eco-friendly, sustainable and green, this product diverts thousands of tons of trash glass from our landfills," she added, "and has the look of the old terrazzo."

### DYNAMIC LINEUP OF SPEAKERS

Other speakers at the Second Annual Cy-Fair Home and Garden Show include Peggy McGowen, ASID, CMKBD, kitchen and bath expert; LaVerne Williams, green architect; Michael Strong, co-host

(Continued on Page 9)

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## Going Green - (Continued from Page 8)

of Home-Improvement Hotline on the 9-5-0 AM; Randy Lemmon, GardenLine host, 740 AM NewsRadio; Michael Garfield, the High-Tech Texan, The 9-5-0 AM; Linda Durham, organizing guru; Brenda Beust Smith, Q&A with The Lazy Gardener; Charlotte Lampe, new products and interior design; Green lighting efficiency expert with Carol's Lighting; Dan Marshall, with Innovative Skylights & Attics; and John Ferguson, gardening with organics.

### SHOW INFORMATION:

The Second Annual Cy-Fair Home & Garden Show features over 200 top-quality exhibitors and takes place Saturday, March 14, 9:00 a.m. – 7:00 p.m. and Sunday, March 15, 10:00 a.m. – 6:00 p.m. at the Berry Center, 8877 Barker Cypress Road (corner of Barker-Cypress and West Road), Cypress, Texas 77433. FREE parking is provided by AM 740 KTRH.

Admission is \$9 for adults, \$7 for seniors, and children under 12 are admitted free.

\$1.00 discount coupon can be downloaded at [www.CyFairHomeAndGarden.com](http://www.CyFairHomeAndGarden.com), where speaker schedule and a list of exhibitors is also available.

## 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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Mon-Tues 8am-8pm  
Wed,Thurs,Fri 8am-5pm  
**Saturday 8am-1pm**  
Sunday Noon-3pm

## **290 LOCATION:**

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

## **meet our team**

Huong T Le, MD  
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

Our physicians at 1960 Family Practice are using the latest and most advanced technology to diagnose and treat your medical conditions. We perform routine physicals, well woman exams including pap, pilot/flight physicals and well child exams.

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.

Because sickness doesn't revolve around a Monday-Friday 8-5 schedule, we offer Urgent Care for your convenience. Our 1960 location has extended hours with evenings and weekends available. The 290 location offers Saturday hours from 9am-12pm.

**Call today to schedule your appointment. 281-586-3888**



# & Urgent Care Center

Family Practice, Internal Medicine  
to your healthcare needs.

20320 Northwest Frwy Ste 500  
Houston, Texas 77065  
(turn right at the Firework Warehouse)  
Located at 290 and 1960

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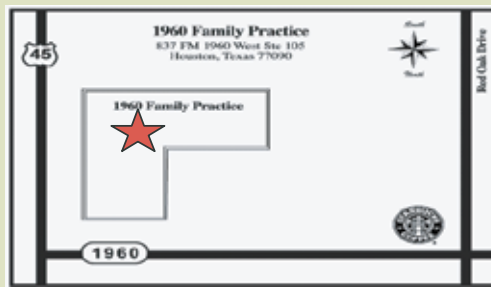
# 1960



## FAMILY PRACTICE

**\*NEW LOCATION AT HWY 290\***

20320 Northwest Frwy, Ste. 500 - Houston, TX 77065  
Located at 290 and 1960



### Services offered at 1960 Family Practice

**shots  
\$15**

- |                  |                 |                          |
|------------------|-----------------|--------------------------|
| Physicals        | Heart Disease   | Hormone Therapy          |
| Well Woman Exams | Lung Disease    | Cancer Screening         |
| Diabetes         | Sleep Disorders | Gastrointestinal Disease |
| Hypertension     | Workmans Comp   | Bone Density             |

Walk-In Clinic & Same Day Appointments

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Accepting New Patients

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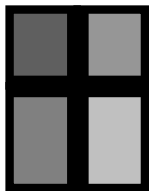
Appointment press option 1

## CY-FAIR KIWANIS CLUB *It's Golf Tournament Time!*

Open to everyone. The Cy-Fair Kiwanis Club's annual Charity Golf Tournament will be held Monday, March 30th, at the Hearthstone Country Club. Registration is at 7 a.m. with Shotgun start at 8: a.m. Play or sponsor a player for \$100; sponsor a hole for \$125; a team for \$400; or be a Gold sponsor (hole plus four players) for \$500. Fees cover golf, greens fees, cart fee, refreshments, and lunch after play. What a bargain! There will be special prizes, door prizes, and a silent auction. Donations of items for silent auction gladly accepted. For more information, call Steve Caton at 281-589-4529. All profits from the tournament are given to support youth in the community through Key Clubs, Boy and Girls Scouts and other worthy causes. Get your own team together or we will place you in a team.

Come have a complimentary lunch with no obligation with the Cy-Fair Kiwanis Club. We meet three times a month at the Hearthstone Country Club in Hearthstone from 12:15 p.m. to 1:15 p.m. for lunch, and programs including guest speakers on subjects of concern to the community and individuals. Enjoy fellowship with our members, an informative program, and an opportunity to learn more about our organization. Reservations are not required. The Club will meet on March 3, 10, and 17th.

Membership in Kiwanis is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International. If you would like to know more about Kiwanis and the service programs it promotes, call John Carroll at 281-463-0373



**SAINT AIDAN'S**  
EPISCOPAL CHURCH  
*...where people come together...*

*The angel said to the women,  
"Do not be afraid. For I know that you  
are looking for Jesus, who was crucified.  
He is not here; He has risen, just  
as He said." Matthew 28: 5-6*



*Saint Aidan's wishes you a blessed Lenten season and a joyous Easter.*

*We invite you to worship with us during this time of reflection and celebration.*

- April 9<sup>th</sup> Maundy Thursday Worship Service at 7:00pm.  
April 10<sup>th</sup> Good Friday Worship Services:  
7:00am "Stations of the Cross" / Noon "Seven Last Words" / 7:00pm Evening Worship.  
April 11<sup>th</sup> Holy Saturday Sunny Brunch and Easter Egg Hunt at 9:00am.  
April 12<sup>th</sup> Easter Worship Services at 8:00am and 10:30am.

### Regular Worship Schedule

#### Sundays at Saint Aidan's

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

#### Wednesdays at Saint Aidan's

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

*Nursery care provided at all Worship and Programs.*



Come see our new church!  
13131 Fry Road  
Cypress, TX 77433

Father Justin, our Priest,  
looks forward to meeting you!





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MUSTANG BAND SPONSORS  
**SPRING DRIVE-THRU  
TEXAS ROADHOUSE  
RIB DINNER  
MARCH 31, 2009**

**Order forms are available  
at the Band's website:  
[www.cypressranchband.org](http://www.cypressranchband.org)**

Orders will be accepted until  
March 24, 2009.

**Mail your check and  
order form to:**  
CRHSBBC  
P.O. Box 1551  
Cypress, TX 77410-1551

Or drop it off in the Band  
Hall at Cypress Ranch  
High School

Please make checks  
payable to **CRHSBBC**.

***All proceeds will benefit the  
Cypress Ranch High School  
Mustang Band.***

**For more information  
please contact Marilyn  
Cisar at 281-373-9262.**

After a resounding success in January, the Cypress Ranch Mustang Band is once again sponsoring a Texas Roadhouse Ribs Drive Thru Dinner at Cypress Ranch High School.

***Join us for a delicious Drive-Thru Dinner by Texas Roadhouse***

Texas Roadhouse will provide ½ slab of ribs, mashed potatoes, green beans plus those wonderful rolls with cinnamon butter for only \$10! You also get a bag of peanuts with each order and a coupon for a free "Cactus Blossom" appetizer (a \$5.99 value) Kids meals are also available for \$5

Texas Roadhouse will once again be in the Cypress Ranch High School parking lot behind the Auditorium in the Band Hall parking lot grilling this dinner for you and your family. Pre-order your dinner and then from 4:30 pm- to 6:30 pm on Tuesday, March 31, 2009 drive through the parking lot and someone will bring your Texas Roadhouse order directly to your car. It's that simple!

The Cypress Ranch Mustang Band, under the direction of Russell Holcombe, is in its inaugural year. This has been an active year for the band. In addition to marching at the Cypress Ranch Junior Varsity Football Games, they participated in the Blinn College Marching Competition, where they won a directors award for the best new band. Members of the band have participated in Region Orchestra, Region Band, and Freshman Region Band.

Cecilia Cisar placed 2nd chair on French Horn in the Freshmen All-Region Band. Conor McInnerney placed 4th chair on French Horn in the Freshmen All-Region Band. The following students placed in All District Band: Shannon Lacy on Trombone, Morgan Sinclair on Percussion and Kayla Vidrine on French Horn. Five Mustang Band members earned chairs in the All-Region Band and performed in the All-Region Band concert in January: Nick Kalogeras on Tuba, Kayla Kluetz on E-flat Clarinet, Katie Park on Oboe, Alexandra Redmon on Bassoon, and Lindsey Sutton on B-flat Clarinet.

Three amazing Mustangs earned All-Area Honors: Sophomore Sarah Guhl on B-flat Clarinet, Freshman Tanner Hoyt on Tuba and Sophomore Kourtney Kech on English Horn. Sarah Guhl was selected for All State Band. *Way to go Mustangs!*

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Heatherwilde  
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Highland Park West Balcones  
Jester Estates  
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Lake Pointe  
Lakewood  
Laurel Oaks NA  
Legend Oaks II  
Long Canyon  
Lost Creek  
Meadows of Bushy Creek  
Pemberton Heights  
Ranch at Brushy Creek  
River Place  
Sendera  
Shady Hollow  
Sonoma  
South Lamar NA  
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Legends Ranch  
Longwood  
Pine Brook  
Riata Ranch  
Shadow Creek Ranch  
Steeplechase  
Stone Gate  
Summerwood  
Village Creek  
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## WRAP Party

Held at CFISD Berry Center on May 22, from 11 p.m. to 6 a.m.

WRAP's **Busy Parent Fundraiser** is the easiest fundraiser of the year!

Remember, WRAP has 501c(3) non-profit status, so your contributions are tax deductible. Print form from website [www.cywoodswrap.org](http://www.cywoodswrap.org) and mail to:

**WRAP**  
**P O Box 800**  
**Cypress TX 77410-0800**

\$100 WRAP bucks are given for every \$1 donated and bonus bucks are awarded as shown on the donation form.

**Corporate donations** are welcome and

desired!! Please help contact local businesses and corporations to support our event which provides a drug and alcohol free party for our graduating seniors and their guests after the Prom. ("Prospective Donor" letter is on the forms page of the website.)

**Drink Donations** - We are asking for donations of 12-pack cases of Coke, Diet Coke, Sprite, Dr Pepper and cases of water for Night of WRAP. Please contact Demitria Wilson or bring your donations to the WRAP meetings.

**Senior Gift Bags** - We are in need of

donations for senior gift bags (given to each Cy Woods senior attending WRAP). Please contact Claudia Carson at [ccars4@sbcglobal.net](mailto:ccars4@sbcglobal.net)

**Prizes for Drawings** - We are planning on having lots of prizes for the drawings throughout the night and we need your help. Please contact Gina Baker at [gina@ginabaker.com](mailto:gina@ginabaker.com) to contribute.

WRAP bucks are given for every \$1 donated. You choose the senior you would like the WRAP bucks awarded to.

*Thanks so much for your support!!*



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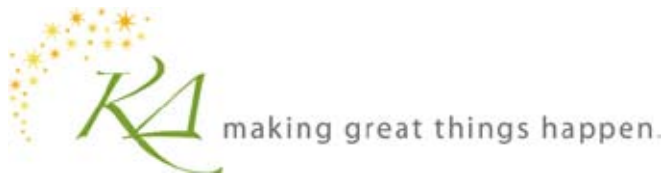
**Make sense?**

Please choose "Newsletter Ad" as your referral on the [SparkPowerBank.com](http://SparkPowerBank.com) website.

# LONGWOOD LETTER

## 290 Cypress Business Networking Group

The 290 Cypress Business Networking Group meets every Thursday morning at 7:30 am at Newk's Express Café located at Hwy 290 and Spring Cypress in the Kroger Shopping Center near the Cinemark Theater. The group is open to all business owners and professionals who want to increase their exposure to the residents of Cypress and the surrounding areas. There is no cost to attend the meeting. If you would like more information, please call Ken Parker at 281-384-1562. Visit our new website at 290Cypress.com



### Attention Kappa Delta Sisters ...

The Houston Northwest Kappa Delta Alumnae Association holds meetings the 4th Tuesday of each month at 6:30 p.m. Visit [www.kdhnwaa.com](http://www.kdhnwaa.com) for all the details.

*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](http://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!*

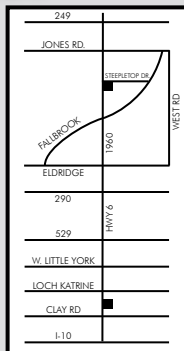
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**The MOMS Club®**  
*of Cypress / NW-Houston*  
*Moms Offering Moms Support*



**MOM'S  
 Club**

MOMS Club® is an international organization with a neighborhood feel! We are teachers, business women, counselors, chefs, CPA's and artists who have put those careers on hold and have made the choice to stay home with our kids.

MOMS Club® is a place to find friendship, support, playmates and sisterhood!

ALL events include our children and we believe there is something for every mom out there! Are you looking for park days, coffee breaks, lunch outings, (free) babysitting co-op, craft projects, time to sit and chat, cooking club, book club or someone to share dinner with when your husband is traveling or working late? We even find the time to meet once a month for a mom's night out a great time to unwind. Or are you interested in helping the within the community with service projects. We have that! (And a whole lot more!)

The New Year is here and what a better time to start something new! You can attend two events before joining. Our membership fee is only \$20 a year. The Moms club is a great opportunity for you and your kids to make new friends in our area. Come visit our next all-member meeting and see for yourself! There is a lot of fun and support just waiting for you! We meet at Good Shepherd United Methodist Church located on Cypresswood Drive in Fairfield. As always, children welcomed!

For more information please contact Danielle Slot, Membership VP at 832-876-4358, danielleslot@yahoo.com or Amy Wilkes, President at 281-455-2807, amywilkes2003@yahoo.com.



View the Kids' Club Contest  
 Winners online each month at  
[www.peelinc.com/kidsclub.php](http://www.peelinc.com/kidsclub.php)

*Family Dining*  
**TEXAS STYLE**

**KIDS EAT FREE**  
**TUESDAY & WEDNESDAY**  
 12 and under from Kids menu-two kids meal per table.  
 Dine in only with coupon and purchase of adult meal.  
 Not valid before 5pm. Not valid with any other offers  
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**ENJOY A DRINK  
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**12:30 PM - 6:30 PM**

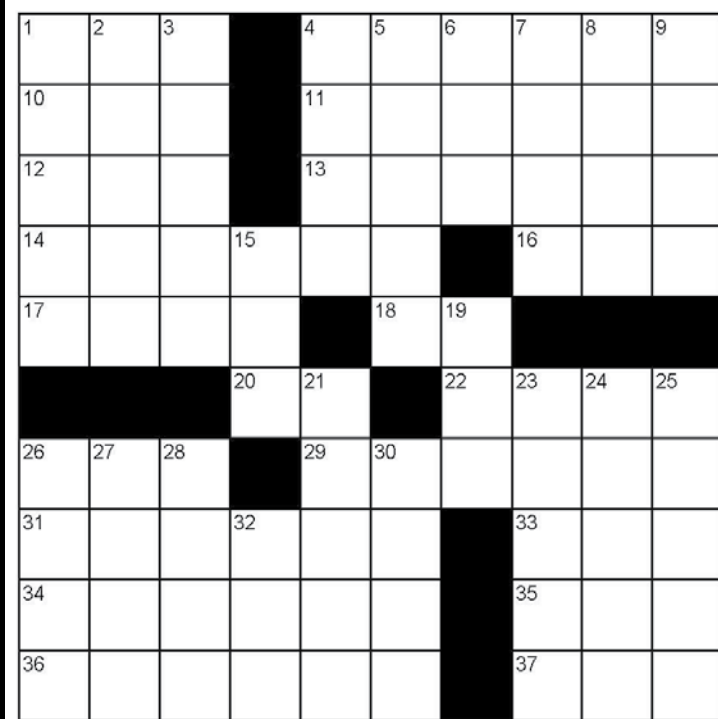
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 TUES. - THURS. 11 A.M. - 2 P.M. & 5 P.M. - 9 P.M.  
 FRI. - SAT. 11 A.M. - 2 P.M. \* 5 P.M. - 10 P.M.  
 SUN. 11 A.M. - 3 P.M.  
 BAR BERTANI IS OPEN LATE

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**PRIVATE ROOMS FOR GATHERINGS**

# LONGWOOD LETTER

## Crossword Puzzle



### ACROSS

1. Fire remains
4. Alarm bell
10. Fib
11. African country
12. Lodge
13. Chronological records
14. Colorful Mexican shawl
16. Legume
17. Matching
18. Scale note
20. You
22. Club
26. First woman
29. Seed part
31. Plunderer
33. Epoch
34. Verse meter
35. Twitch
36. Secures
37. Ball holder

### DOWN

1. List of highly desired guests
2. Tendon
3. \_\_\_ Matisse, painter
4. Catch
5. Held the deed
6. May
7. Metal fastener
8. Bored
9. Space administration
15. One of these
19. Often poetically
21. Devour (2 wds.)
23. Gone With the Wind's Mr. Butler
24. Eagle's nest
25. Draw
26. Heroic
27. Phial
28. Writer Bombeck
30. Loch \_\_\_ monster
32. Abdominal muscles (abbr.)

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Peel, Inc. - Kids Club  
311 Ranch Road 620 S, Suite 200  
Lakeway, TX 78734

We will select the top few and post their artwork online at [www.PEELinc.com](http://www.PEELinc.com). DUE: March 31st



Be sure to include  
the following  
so we can  
let you know!

Name: \_\_\_\_\_  
(first name, last initial)

Email Address: \_\_\_\_\_  
\_\_\_\_\_

Age: \_\_\_\_\_

[This information will only be used to  
notify you or your parents if your artwork  
was selected.]

LW

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