

The LONGWOOD Letter

April 2009

Volume 3, Issue 4

News For The Residents of Longwood

Athletics Boosters Club – 2008/2009

10700 Fry Road Cypress, TX 77433 – (281) 373-2300

Dear Neighbor & Friend,

Cypress Ranch High School athletics are energized to compete and ready to take advantage of the best athletics instruction in town. They have enthusiastic coaches, great trainers, a wonderful new educational facility and plenty of school spirit. Our goal is to continue to provide our student athletes with the training equipment, facilities and educational supplies that they need to excel.

As we continue through this first year in existence, there are still many items that our athletes and sports teams need. That is why we are looking for your support at our upcoming Casino Night fundraising event. Our event will be held on May 9, 2009, at the Texas Tornado's sports facility, from 6pm to 11pm. Will you help us to raise money for our athletes?

We are in need of gift baskets or other items that can be featured as prize drawings, door prizes and at the silent auction. Your contribution will be greatly appreciated.

There are also several levels to this giving opportunity and we appreciate your support. We will recognize your gift by including your name in our event program, as well as featuring your advertising materials at the event. Sponsorship levels are:


- **Gold Sponsor** (\$2,500) - includes 2 Couples Entries, Premium event signage, name in the event program, and an opportunity to advertise yourself or your company at the event.
- **Silver (Table) Sponsor** (\$500) – includes 1 Couples Entry, name in the event program, and an opportunity to advertise yourself or your company at the event.
- **Bronze Sponsor** (\$250) – includes 1 Individual Entry, name in the event program, and an opportunity to advertise yourself or your company at the event.

Also, your gift will have significant impact on our student athletes' ability to compete at the highest levels. **It is area businesses like yours that make this community a great place to live.** Thank you for partnering with our students and for your support of the Cypress Ranch Athletic Booster Club.

Sincerely,

Robert Alcalá
Board Member/
Fundraising Coordinator

P.S. Mark your calendars and plan to join us for the 1st annual Cypress Ranch Athletics – Casino Night, Saturday, May 9, 2009! Hope to see you there.



Come out and join the
Cypress Ranch Athletics Booster Club
as we host our first Casino Night Fundraiser

Food - Drinks
Music - Silent Auction
Gaming and a Texas Hold'em Tournament

May 9, 2009
6:00pm to 11:00pm
at the Texas Tornado's Training Facility
8835 Wheat Cross Drive, Houston

Sponsorships Available
contact: Robert Alcalá 713.854.4410

For more information:
www.cypressranchathletics.com

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LONGWOOD LETTER

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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

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Cy-Fair

Volunteer Fire Department

Be a Volunteer Firefighter

The Cy-Fair Volunteer Fire Department is currently accepting applications at all its fire stations for new volunteer firefighters. The Cy-Fair VFD provides community based fire, EMS, and rescue services for 156 sq miles of Northwest Harris County using 12 fire stations. We provide all the necessary training and equipment needed. We have members from all walks of life including doctors, lawyers, bankers, realtors, career firefighters, teachers, mechanics, welders, nurses, and stay at home parents. The only requirements are to have your high school diploma or GED, be 18 yrs old, and pass a drug and background check.

Stations meet on Thursday nights at 7pm to conduct training. Additionally, members are able to sign-up for duty nights to staff the station or respond from their home.

The Fire Department provides insurance and worker's comp coverage for members when they are performing Department activities. We also have a length of service program that provides a retirement benefit to members.

We will be hosting open houses this month to provide more information:

April 13th at 7pm: CFVFD Station 10 located at 11310 Steeplecrest and West Rd (just West of Jones Road)

April 19th at 7pm: CFVFD Station 11 located at 18132 West Rd approx. 1 mile west of Barker-Cypress near Lone Star College-Cy-Fair

April 21th at 7pm: CFVFD Station 9 located at 7922 Hwy 6 and Longenbaugh

The above stations may not be the closest to you, but the Open Houses are near enough to be a close point for the initial information gathering process.

You may also call our Office at 281-550-6663 or visit us online at: www.cyfairvfd.org

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Cy-Fair Community Health and Wellness Expo

Plans are well underway for the Cy-Fair Community Health and Wellness Expo, which will be held Saturday, May 16th at the Berry Center, 8877 Barker Cypress Road from 10 a.m. to 3 p.m. This free event will focus on emphasizing the significance of living a healthy lifestyle for people of all ages.

Activities include elementary school choirs, sport stackers, jump rope, and other performance teams. From outside of the district we'll have cooking demos by Clive Berkman, author and chef, a milking cow, dance and exercise demos, martial arts, a bike safety rodeo for K-8th (bring your bike and helmet!), bowling, athletic wear fashion shows, fire department and water district demos, speakers on wills/probate/guardianships, finances/budgeting, internet child safety/stranger danger and more!

Additionally, more than 75 vendors will set up booths in the Berry Center to help educate the

community on mental, physical, spiritual, financial and environmental health and wellness.

A blood mobile will be on site to sponsor a blood drive and free health screenings will be provided by the doctors and medical personnel from various healthcare groups.

To promote environmental health, a recycling drop-off site will be available through CFISD's recycler Abitibi, Houston Computer Recycling, and Sustainable Living in Houston. These groups will provide a drop-off area for electronics, household batteries, paper, plastic and aluminum. In addition, the Lion's Club will be inside collecting used or broken eyeglasses for their worldwide distribution to those in need of optical assistance.

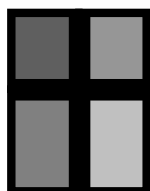
For more information visit the Cy-Fair ISD website at www.cfisd.net and www.cyfairhealthexpo.org. If you have any questions, please call 281-517-2043.



Garage Sale

*Saturday, April 25,
8 a.m. – 1 p.m.
St. John Lutheran Church,
15235 Spring Cypress.*

The youth of St. John are hosting a garage sale to raise funds for their mission trip this summer. Everyone welcome! If you wish to purchase a spot to hold your own sale or for more info call 281.373.0503.



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*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*



Easter Services

- | | |
|----------|--|
| April 9 | Maundy Thursday Worship at 7:00pm. |
| April 10 | Good Friday Worship: 7:00am "Stations of the Cross" /
Noon "Seven Last Words" / 7:00pm Evening Worship. |
| April 11 | Holy Saturday Bunny Brunch & Easter Egg Hunt at 9am. |
| April 12 | Easter Worship at 8am and 10:30am. No Sunday School. |

Regular Worship Service

Sundays at Saint Aidan's
8:00am Worship Service
9:15am Sunday School for All Ages
10:30am Worship Service

Wednesdays at Saint Aidan's
No evening services on April 8th and 15th.
6:00pm Dinner
6:30pm Worship
6:45pm Bible Study

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Find us on the web at www.staidanhouston.org or by phone at 281.373.3203.



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



LONGWOOD LETTER



Michelle Scott



Abbie Jones



Derek Miller

Texas Terrapins Year Round Swim Team

The Texas Terrapins Year Round Swim Team (TTST), located in Northwest Houston is very proud of many of our swimmers who have done an outstanding job this season. They have achieved so many personal bests and earned many awards (some were medals and lots were ribbons). We are especially proud of Abbie Jones (11) of Keith Elementary who qualified for the prestigious Texas Age Group Meet (TAGS) in March as well as Derek Miller (15) and Michelle Scott (15) of Cy-Ranch High School who both qualified for High School Regionals. Both Michelle and Derek swim year round with the Terrapins while also training with Cy-Ranch. Congratulations to all of you for a job well done!

Our Short Course Season has come to an end, but the fun does not stop! We are inviting our swimmers and their families to a top notch celebration at Lindsay Lakes on Saturday, March 28, 2009 at 6:00 p.m.. We will have tons of food, music, dancing and awards, so we encourage all of our swimmers (new and old) to come 'dressed to impress' and get ready for a night full of excitement and fun!

Lastly, TTST is very excited to announce our first ever Jump Start Program, which is geared towards preparing swimmers for summer league...whether they can barely make it across the pool, or are seasoned with all four strokes, we have a place for them. The program starts now and runs through mid March to late April, however will have many Summer League swimmers continue to practice with us even after Summer League has begun.

For more information about the Texas Terrapins Year Round Swim Team, Jump Start and Learn to Swim programs, log on to www.texasterrapins.com. Remember, you can join our team at any time!



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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.harriscountycitizen corps.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. For more information on how you can register for the next training class contact Terri Pope-Mobley at tpopemobley@yahoo.com.

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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 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

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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CY-FAIR KIWANIS CLUB

The annual golf tournament was held on March 30. We appreciate all the participants who took part in the tournament. Now, we move on into our scholarship drive. Some of the money raised by the tournament will be used to provide scholarships Key Club seniors in the Cy-Fair area. Cy-Fair High School and Cy-Woods High School are among the clubs supported by the Cy-Fair Kiwanis Club and applications will be accepted from these schools, as well as Cy-Ridge and Cy-Falls. Cy-Ranch Key Club is also sponsored by this Club but it has no seniors in its inaugural year. Winners will be announced in the next issue of the Gazette.

The Cy-Fair Kiwanis Club meets 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. We invite

you to a complimentary lunch, 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 February 3, 10, and 17.

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; George Crowl at 832-467-1998; or Robert Presnell at 281-304-7127.

CHILDREN: PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club, an affiliate of the International Kiwanis organization, focuses its services, programs and activities on this theme.



ATTENTION 2009 Cy-Fair / Cy-Woods High School Seniors

The Ault Elementary PTO awards a \$500 scholarship to one male and one female applicant who is graduating from either Cy-Fair High School OR Cy-Woods High School and graduated from Ault Elementary. Scholarship applications and guidelines can be obtained from the Counselors' office. The deadline for submitting applications is April 10, 2009.



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LONGWOOD LETTER

Relationship Style

Submitted by Mindy Ferguson

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*Therefore, as God's chosen people, holy and dearly loved,
clothe yourselves with compassion, kindness, humility, gentleness and patience.
Bear with each other and forgive whatever grievances you may have against one another.
Forgive as the Lord forgave you.
And over all these virtues put on love, which binds them all together in perfect unity.
—Colossians 3:12-14 (NIV)*

Disagreements are inevitable. But if we clothe ourselves with the proper wardrobe, we can often come through conflict with deeper, more meaningful relationships. As we encounter conflict we need to take a look in our relational mirrors and make sure we wear...

- **Compassion** ~ We clothe ourselves with compassion by choosing to keep our hearts tender toward the needs and feelings of others. We should make an effort to understand any need that isn't being met or possible emotions that might be fueling the disagreement. If we can make changes that will meet more needs, make them. If not, at least take the time to listen to and acknowledge the feelings of those involved in the conflict.

- **Kindness** ~ We clothe ourselves with kindness by choosing to maintain a steady disposition toward those with whom we disagree. This word kindness doesn't just mean being friendly or speaking graciously. According to Strong's Exhaustive Concordance, this word in the original language means "moral goodness, integrity, benignity, and kindness." It means that we are trustworthy, steady, and reliable women of integrity and grace- even amidst conflict.

- **Humility** ~ We clothe ourselves with humility by choosing to focus more on understanding other perspectives than asserting our own opinions. Jesus is our ultimate example of humility. Philippians 2:5-7 says, Your attitude should be the same as that of Christ Jesus: Who being in very nature God...made himself nothing, taking the very nature of a servant, being made in human likeness. As His servants, we also need to be willing to empty ourselves of our own agendas, motives, and selfish desires and remain open to the opinions and thoughts of others.

- **Gentleness** ~ We clothe ourselves with gentleness by choosing to protect the dignity of everyone involved. When we display gentleness, we choose not to embarrass or publicly humiliate others. We need to maintain a mild, soothing nature that draws people to us, puts them at ease, and opens lines of communication. Gentleness enables people to feel safe around us.

- **Patience** ~ We clothe ourselves with patience by choosing to forgive those who have hurt our feelings. We need to forgive as the Lord forgave us. We foster patience by recognizing our own imperfections and the abundant mercy we've received from God. We've all been forgiven much. How can we refuse to forgive someone else? We need to "bear with each other" and learn to tolerate faults and be merciful toward offenses.

- **Love** ~ We clothe ourselves with love by choosing to put our energy into restoring relationships. Throughout Scripture, whether God was blessing His people or disciplining them, He was always acting in order to restore them. Even before Adam and Eve sinned in the Garden, God already had a plan in place to restore relationship with them – as well as us. God is love. His unfailing love is expressed by His relentless desire to restore relationship. As we encounter conflict, our primary focus should be continually working to restore relationships with and between others.

In all of our dealings, we are to clothe ourselves with compassion, kindness, humility, gentleness and patience. We are to bear with one another, sporting forgiveness and tying everything together with a covering of love.



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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
alert@CypressLostPetAlert.com
www.CypressLostPetAlert.com

Not Available Online

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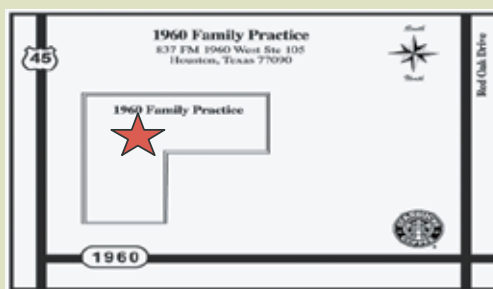
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Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 512-989-8905 or advertising@PEELinc.com.

Recipe of the Month:



Fresh Broccoli Salad

Ingredients

1 bunch fresh broccoli	6 green onions
½ lb. fresh mushrooms	1 (2 oz.) jar pimentos
1 green pepper	1 tomatoe
1 cucumber	Salt & Pepper
1 (8 oz.) can water chestnuts (drained)	
1 (8 oz.) bottle Zesty Italian salad dressing	

Directions

Chop vegetables. Add salt, pepper, and salad dressing. Chill 8 hours or overnight.

If you would like to submit YOUR recipe email it to articles@peelinc.com.



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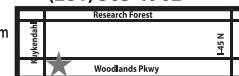
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LONGWOOD LETTER



Meet Simon

Simon has a good sense of humor and an overall fun personality. He has a great imagination and loves to tell stories. He likes music, reading, playing games, sports, and fishing

Described as a kind and compassionate kid, Simon interacts very well with his peers and adults. He likes to be a big brother and take care of others. Simon's foster parents and teachers have high praise for Simon, saying he's a "great kid" and they enjoy having him in their lives.

Simon will flourish with a family who is active and keeps him engaged. Simon can benefit from participating in enrichment or mentoring programs that will aid in his educational and personal development.

Please let me know if you would like additional information on this great kid.

*Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter
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- Kids Stuff-

Section for Kids with news, puzzles, games and more!



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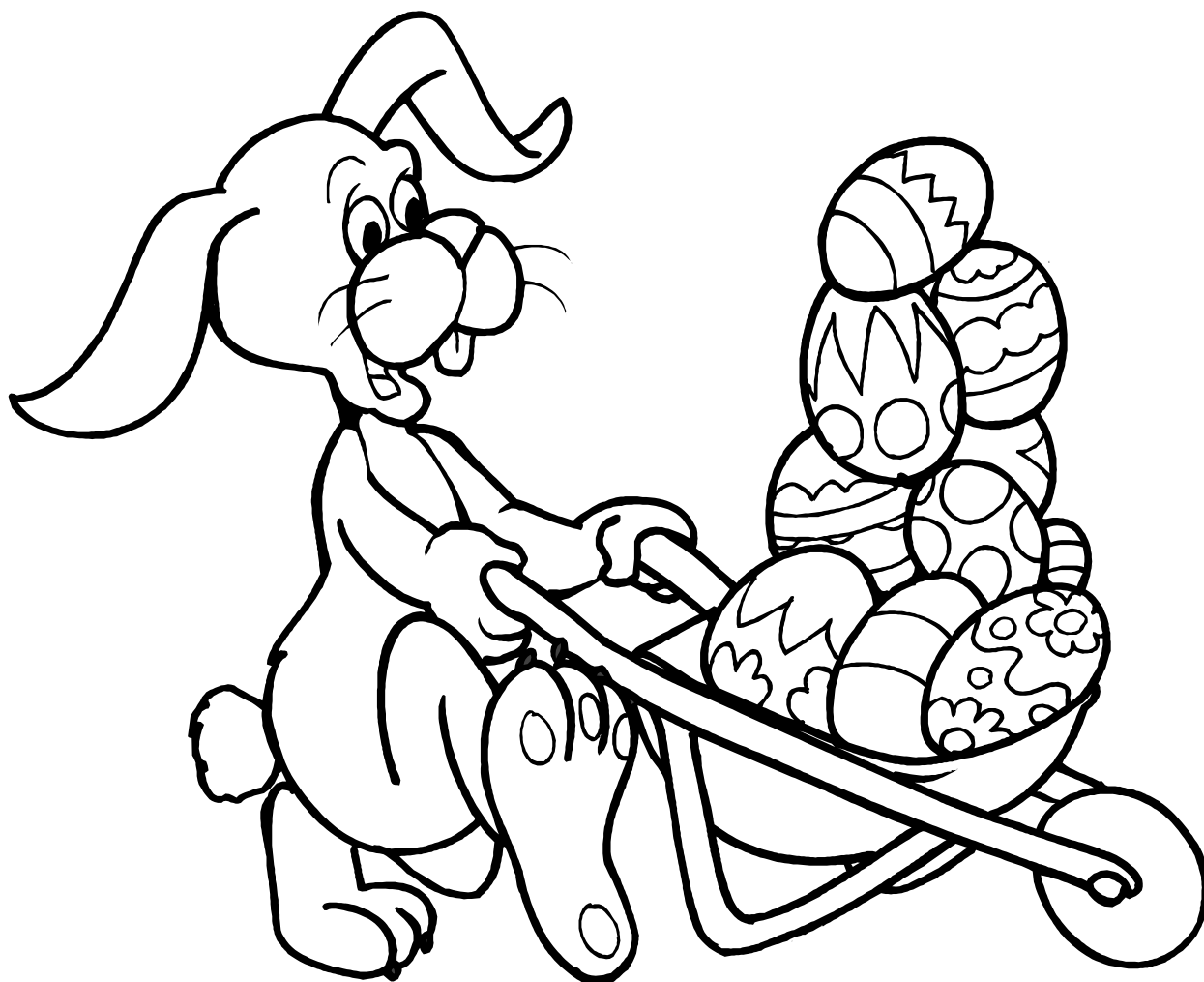
We will select the top few and post their artwork online at www.PEELinc.com. DUE: April 30th

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



Change for Change *Cypress Christian School Students Raise Money for Orphanage*

When students in Miss Shelby's second grade class started studying money in math, they learned a two-fold lesson: how to count change and how to change someone's life.

Students were encouraged to bring their dimes, nickels, and pennies to class during a two-week mission project called "Change to Change the World for Jesus" The goal of the project was to raise money for His Cherished Ones, an orphanage in Africa run by former CCS teacher Trena Ivy.

"When the students saw the pictures on Miss Ivy's blog of poor African children without shoes or food, they were inspired and motivated," said Miss Shelby. "They gave their Christmas money and money from their own piggy banks. The students also chose to give up their snacks at school and donate the money to the project." As a result of their efforts, the class collected more than \$1000 to send to the orphanage.

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