

# The LONGWOOD Letter

June 2009

Volume 3, Issue 6

News For The Residents of Longwood

## Eight Water Safety Rules for a Safe Summer

*Submitted by Lynn Neillie*

1. Always have a pool gate around home pools. This includes having a locked and securely fastened gate that is not accessible to little ones.
2. Continuously educate children on water safety. This is a great thing to do at home, on the boat, at the pool, wherever there is water. Each time you are getting your little one ready for a swim session or water play, go over the rules of water safety. Repetition is key with small children. Make sure your swim instructor incorporates a "Safety Lesson of the Week" into its lesson curriculum. This includes questions about water safety and how to avoid dangerous situations.
3. Designate a "Water Watcher." This is a responsible adult who sticks to alcohol-free beverages during swim time and who is in charge of keeping both eyes on the pool while it is in use. Or, better yet: consider renting a Lifeguard for your party or group event.
4. Remove all pool toys, floaters, ring buoys and other child-enticing items from the pool area when it is not in use. One wrong reach for that floating rubber ducky could be disaster.
5. Clear homes of common household items that can be dangerous to a curious toddler. It takes just 2 inches of water for a child to drown in a bucket. Put all mop buckets, dog dishes and coolers out of children's reach.
6. Never leave a young child in the pool or bathtub--even "just to get the phone."
7. Enroll your child in swim classes. Start lessons early. The longer a child has lessons the more they understand water safety. A great time to do this is in the spring! This way your kids are already prepped and ready to roll for the summer swim season. You'll want to find an inside heated pool and lesson times geared towards working families.
8. Supervise, Supervise, Supervise! Try to have your eyes on your children in and around the pool at all times. Adults should always be present when any child is in the pool area.

Let's help our kids love the water while also respecting it by being safe and well-trained at all levels.



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# LONGWOOD LETTER

## IMPORTANT NUMBERS

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- 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

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Cypress Fairbanks ISD Transportation.....	281-897-4380
Cypress Fairbanks Senior High.....	281-897-4600
Goodson Middle School.....	281-373-2350
Hamilton Elementary.....	281-370-0990

### 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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## Sun-Blocking Babies Leads To Need For Vitamin D

*Baylor College of Medicine*

HOUSTON - The lack of sunshine exposure in many babies and small children has led to an upsurge in vitamin D deficiency and rickets.

"Since we don't want infants and children unprotected in the sun, we are now recommending vitamin D drops for all babies," said Dr. Steven Abrams, a professor of pediatrics at Baylor College of Medicine in Houston. "In addition, there is increasing recognition that maintaining adequate vitamin D intake is important for all ages, from infants to the elderly."

Infant formulas and cow's milk are fortified with vitamin D at the levels needed by infants and toddlers. However, breast milk does not contain enough vitamin D for some babies, especially those with dark skin who have limited sunshine exposure.

"The body can make all the vitamin D it needs when the skin is exposed to sunlight," said Abrams, also a researcher at the USDA's Children's Nutrition Research Center at Baylor. "However, the dangers of skin cancer have caused us to recommend that everyone, including young infants, be protected with a sunblock when exposed to sunlight. Sunblock also prevents the production of vitamin D."

Vitamin D is not easily obtained through diet. Certain types of fish are good sources, and some soy beverages, fruit juices and ready-to-eat cereals are fortified with the vitamin. Checking food labels is the best way to see if vitamin D has been added.

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## MOPS Mothers of Preschoolers

MOPS at The MET offers two dynamic groups that meet two Friday mornings per month (September – May) from 9:15 – 11:45 a.m.

**Child care is provided upon registration.  
Registration fee is \$55 per semester.**

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# LONGWOOD LETTER

## CFISD VIPS TAG Team Program

Since April is National Volunteer Month, the VIPS General Meeting held on April 30 included a celebration of the exceptional and critically important work of all volunteers in the Cypress-Fairbanks Independent School District.

One of the groups receiving special acknowledgement for its contributions to student success in the district was the Cy-Fair VIPS TAG (Targeting Achievement Globally) Team. The generous global volunteers who make up the Team go into identified elementary schools across the district and work alongside the district helping teachers to tutor students in math and science. The TAG Team members were presented with special t-shirts and certificates of appreciation by Pam Wells, Associate Superintendent for Facilities, Planning and Community Relations.

The TAG Team volunteers have been very successful this year in helping increase student skills as well as improving the children's confidence and self-esteem. They have also found their volunteer work to be extremely rewarding and are the program's biggest proponents.

If you are interested in becoming a member of the VIPS TAG Team next fall, please contact Kim Nash (kfnash1@sbcglobal.net or 281-550-2685) or the CFISD Partners in Education Office (Pamela.scott@cfisd.net or 281-894-3950).



*Pictured above from left: Pam Scott, CFISD Director of Partners in Education; Helen Brewer; Richard Oxenreiter; Valerie Starrett; Chris Duncan; Maria Baptista; David Franklin; Mary Turner; Kim Nash, CFISD VIPS Global Chairman*

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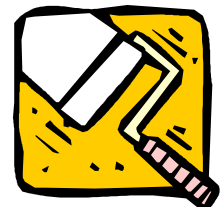
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# LONGWOOD LETTER

## Lone Star College - CyFair Perspective

### “ALADDIN” ON STAGE IN JUNE

Join Aladdin and his friends, June 8 through June 20 in the Main Stage Theatre, in a new version of a classic children’s tale that is funny, fast-paced and based on William Glennon’s “Arabian Nights.” Show times are Monday through Friday at 10 a.m. and Saturdays at noon. Tickets are \$5 each or \$4 for groups of 20 or more. Reserved and group seating available. Save the date July 17 through July 26 for “High School Musical 2” performed in collaboration with Houston’s Center Stage Theater. For information on these summer shows, call 281-290-5201 or go to CyFair. LoneStar.edu/boxoffice.

### FREE NEW STUDENT ORIENTATIONS SET

Take a tour, learn about campus programs, meet with an advisor, choose a schedule and register for fall classes at LSC-CyFair’s free new student orientations this summer. Three orientation sessions, including separate sessions for parents and family members, will be available each Wednesday June 17 through August 19. For information, go to CyFair.LoneStar.edu/orientation.

### L.I.F.E. LESSONS IN JUNE

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star

College-CyFair Branch Library (Room 131.) Programs in June include: harness your inner success June 3, professional tea tasting June 10, missing books of the Bible June 17 and marvels of olive oil June 24. Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.

### DISCOVERY COLLEGE OFFERED JUNE THROUGH AUGUST

Registration for Lone Star College-CyFair’s popular Discovery College summer camp for ages 6 to 15 is under way. The one-week summer sessions are fun and educational programs to develop skills in a friendly environment. Camps are offered at the Barker Cypress campus and the Fairbanks Center campus, Monday through Friday. For information, go to cyfair.lonestar.edu/discoverycollege. For Barker Cypress camps only, call 832-482-1043 and for Fairbanks Center camps only, call 832-782-5038.

### LIBRARY OFFERS SUMMER FUN FOR EVERYONE

The Harris County Public Library Lone Star College-CyFair Branch offers Summer Reading Program for children and adults. A variety of monthly book clubs are and there are plenty of youth programs with activities and book clubs for teens and storytime

*(Continued on Page 5)*



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# LONGWOOD LETTER

## Lone Star College- (Continued from Page 4)

for younger children. Go online to [CyFair.LoneStar.edu/library](http://CyFair.LoneStar.edu/library) for information.

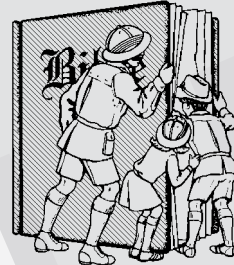
## REGISTER FOR FALL AND PAY EARLY FOR FREE TUITION

Register and pay for fall credit courses before the close of business Monday, Aug. 3 and automatically be entered to win free tuition, IPOD Shuffle or \$300 book voucher. The grand prize covers payment of tuition and fees up to \$500 for credit classes at the Barker Cypress and Fairbanks Center campuses. Funds will be posted to the student's account. All winners will be notified and announced by Aug. 14. Call 281-290-3200 or 832-782-5000 for information; go online to [CyFair.LoneStar.edu](http://CyFair.LoneStar.edu); or visit one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway.

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## Jersey Village Baptist Church Vacation Bible School

June 22-26




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A black and white photograph of a modern bathroom. The focal point is a large, white, octagonal bathtub set against a wall of glass blocks. The glass blocks have a decorative, textured pattern. To the right, a vanity with a sink and a mirror is visible. The overall aesthetic is clean and contemporary.

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"Skin Tightening"  
June 16th 12:00pm  
"Botox and Juvederm"

June 18th 5:30pm  
"Botox and Juvederm"  
June 23rd 12:00pm  
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June 25th 5:30pm  
"Laser Toning"  
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## June Landscaping

*Submitted by Ron Kerwin*

It is getting hotter out; plan your lawn/garden work for early morning or evening to avoid the heat of the day. Make sure you drink plenty of non-alcoholic fluids, preferably water, to keep from becoming dehydrated.

Plan your mowing schedule around the growth of your lawn. You should not mow more than 1/3 of the blade length off at a time. If you water or fertilize too much, you will generate excessive growth. This will require more frequent mowing to avoid cutting off more than 1/3. If you postpone mowing, you will be damaging your lawn, generating excess clippings which will require more of your time to mow over them multiple times, and you will do your small mower engine harm by trying to mow too much grass with its smaller horsepower. With proper fertilization and watering, weekly mowing should be adequate; there will be exceptions however.

You can fertilize again this month with a 3-1-2-ratio fertilizer or 4-1-2; try to get it with a minimum of 50 % slow release nitrogen to stretch out its benefits. Water the granular fertilizer in soon after application. You can water your patio plants and hanging baskets with a diluted 20-20-20 water- soluble fertilizer. Try to use filtered or distilled water for these plants and baskets to reduce the chlorine getting to the plants.

Canopy your trees to allow more sunlight to get to the lawn grasses underneath. Low tree canopies will not allow grass to survive. You want the lower branches removed anyway for safety reasons while mowing. You don't want to get poked in the eye.

On Red-tip Photinia and Indian Hawthorne's watch for maroon colored spots on the leaves. This indicates a fungal leaf spot and could be fatal to the shrubs if left unattended.

Apply a fungicide, Banner or Daconil as soon as you can. Powdery mildew on roses, crape myrtles, eunonymus and zinnias in late spring can be treated with a funginex spray weekly.

Trim your spring flowering shrubs now and then leave them alone. Your Indian Hawthornes and other spring flowering shrubs are done blooming. Now is the time to trim them back. After you do this, do not trim them again until after they bloom next spring. Trimming them later in the year may result in your removing the flower bud heads for next year. June bugs DO NOT mean to treat for their larva, grub worms. Treatment is only effective in late July/early August IF you have grubs. Spider mites can be treated with miticides, insecticidal soaps or just a blast of water from your hose.

## The MOMS Club® of Cypress / NW-Fairfield Moms Offering Moms Support



# MOM'S Club

*Welcomes all Stay-At-Home  
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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!)

Summer is almost here and we have a lot of great outdoor activities planned. If you are new to the area or a new mom and need a friend or support we are here for you. Don't let yourself feel isolated being a stay at home mom. 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!

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.



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# LONGWOOD LETTER

## Healthier Homes

By: Michelle and Charlie Bubnis

### Non-toxic Relief from Mosquitoes

That high pitch hum in your ear...summer is here and the mosquitoes have arrived. It's time to take action but let's keep the family protected and safe.

Don't use any mosquito spray that contains DEET (diethyl toluamide). DEET is a very effective insect repellent but not the best choice for the families' health.

DEET is a known neurotoxin, causes kidney and liver damage and has been implicated in birth and developmental defects. "Children in particular are at risk for subtle brain changes caused by chemicals in the environment, because their skin more readily absorbs them, and the chemicals more potently affect their developing nervous systems." <sup>1</sup> The World Health Organization (WHO) states that over 30% of the global burden of disease in children can be attributed to environmental factors, including pesticides. <sup>2</sup>

If the bottle of repellent you are planning to purchase contains DEET the label will say: may damage furniture finishes, watch crystals, leather, painted or varnished surfaces. This is a very harsh chemical that shouldn't be sprayed on the skin.

So what are some other options? Vinegar, either white or apple cider will work. Put it in a salad dressing bottle and sprinkle it on exposed skin. There are also herbal oils that are recommended such as tea tree, cedar, peppermint, citronella, eucalyptus and lemongrass. Mix these oils with cooking oil to dilute prior to putting on the skin.

If you wish to purchase insect repellent BUG OFF <sup>3</sup> from Dr. Mercola is a healthier option. It contains several of the essential oils listed above.

Mosquitoes are attracted to light colored clothing especially yellow. They zero in on fragrances from scented body care products, laundry

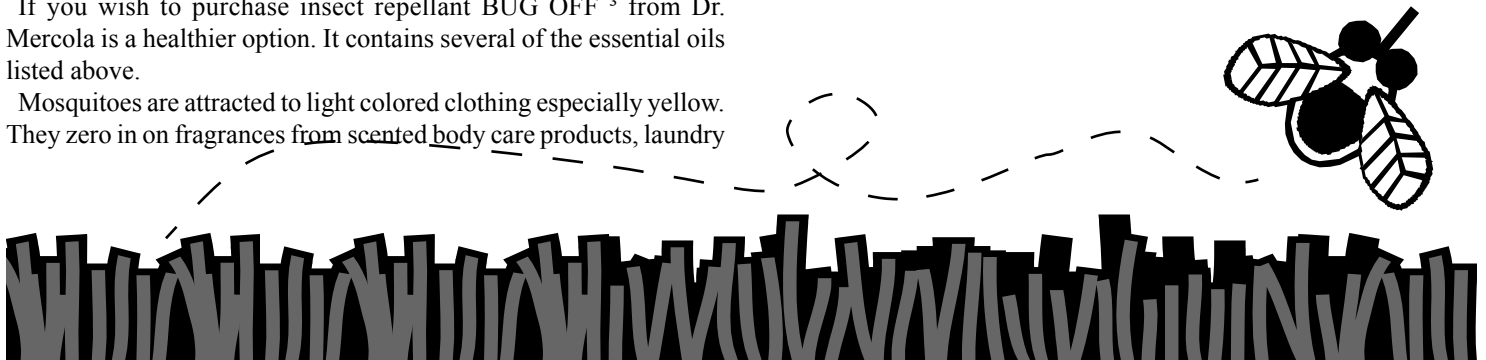
detergents and scented fabric softeners. The use of unscented fragrance free products decreases the families' neurotoxic exposure but also keeps mosquitoes searching for another meal. Mosquitoes do not like the smell of garlic so by using a product called Mosquito Barrier (a very potent garlic solution) on the lawn, this will repel mosquitoes from the yard.

Check the external home environment. Be sure to empty any standing water around the home because this will provide the mosquitoes with a breeding ground. Consider putting up a bat house. A bat can eat approximately 600 mosquito sized insects an hour.

With these measures in place your family will probably not hear a high pitch hum in the ear this summer. The mosquitoes will find a better location than your home for their next meal.

### **For more learning and resources:**

- 1 Duke University Medical Center (2002, May 2) DEET Brain Effects in Animals, Warrant Caution
- 2 Beyond Pesticides Fact Sheet: Children and Pesticides Don't Mix, Debra Lyn Dadd: About Natural Mosquito Relief, www.1001nets.net, cotton mosquito nets from Australia
- 3 Bug Off Toll free number to order: 877-985-2695



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MOPS stands for Mothers of Preschoolers, a program led by mothers themselves and designed for mothers with children ages birth to 5. These mothers all have a shared desire...to be the best mothers they can be!

For more information on meetings in Fairfield, please contact Renate Wheeler at [renateqw@yahoo.com](mailto:renateqw@yahoo.com). They will meet on the second and fourth Fridays during the school year.

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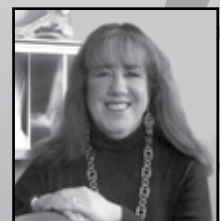
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Sydney Payne, PA-C

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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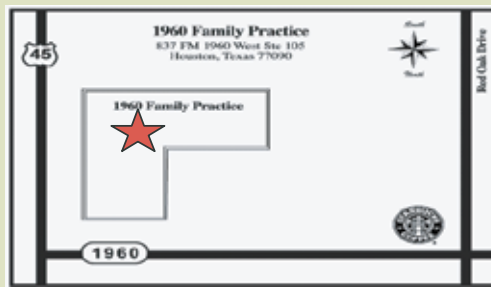
# 1960



## 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

No appointment Necessary - Most Insurance Accepted

Accepting New Patients

# 281-586-3888

Appointment press option 1

# LONGWOOD LETTER

## The Cy-Fair VFD Urges Citizens to be prepared for Hurricane Season

June 1st is the official start of Hurricane season and the Cy-Fair Volunteer Fire Department would like to urge all citizens to make sure they are prepared in the event a hurricane affects them this year. The best way to do this is to have a Disaster Supply Kit ready in advance. This kit should include at a minimum:

- Water –At least a five to seven day supply (one gallon per person per day)
- Food –At least a five to seven day supply of nonperishable/canned food
  - (Change out stored water and food supplies every six months)
- First Aid Kit
- Flashlight with extra batteries
- Battery powered radio
- Medications and special items (pain relievers, diapers, etc.)
- Tools and supplies
- Sanitation (toilet paper, personal hygiene items, etc.)

- Change of clothes and bedding
- Cash
- Important documents (birth certificates, insurance/bank account information, etc.)
- Food, water, and medicine for your pets
- Kennels or crates for pets

You can also visit the Harris County Office of Emergency Management's website at: [www.hcoem.org](http://www.hcoem.org) and click on the right side link to natural disasters to access additional information on preparing for and dealing with hurricanes.

The Cy-Fair Volunteer Fire Department provides fire, rescue, and EMS services to 156 square miles of Northwest Harris County for the residents of Harris County Emergency Service District #9. By operating from 12 community based volunteer fire stations we are able to quickly and efficiently respond to help our neighbors in times of emergency.

For more information on the Cy-Fair Volunteer Fire Department or on how you can join the other 350 volunteers of our Department and be one of Cy-Fair's bravest call us at 281-656-3840 or visit us on the web at [www.cyfairvfd.org](http://www.cyfairvfd.org).

## NOW OPEN Emergency Room Open 24 Hours

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**After all, emergencies just can't wait.**

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T E X A S  
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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](http://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](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).

## More HELP for PETS ...

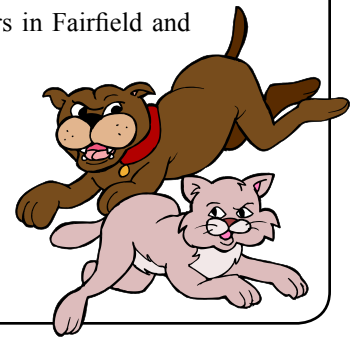
When a pet is lost, finding the pet means that time is of the essence. It takes time to create, print and distribute flyers. The flyers are many times illegible because of wind or rain. I certainly do not fault the pet owner because I have done this myself.

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  
[alert@CypressLostPetAlert.com](mailto:alert@CypressLostPetAlert.com)  
[www.CypressLostPetAlert.com](http://www.CypressLostPetAlert.com)



### Classified Ads

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Longwood residents, limit 30 words, please e-mail [longwoodletter@peelinc.com](mailto:longwoodletter@peelinc.com).

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



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# LONGWOOD LETTER

## Regular Checkups Big Part of Staying Healthy

Regular screenings are an important part of staying healthy, but it's hard to remember what tests are needed at what age. Baylor College of Medicine doctors offer guidelines to help maintain good health through the ages.

"It is very important at any age to have regular health screenings," said Dr. Steve Rosenbaum, assistant professor of medicine at BCM and section chief of general internal medicine at Baylor Clinic. "It allows us to appreciate our good fortune for good health, and regular exams can detect problems early, so they can be treated and dealt with more expeditiously."

As we age, it is even more important to have regular screenings, kind of like having a favorite old car that we have to "baby" along, Rosenbaum said. He recommends people come in during their birth month. That way it's very easy to remember.

Just how often people should visit their doctor for regular checkups and screenings is a common question. **For people with no chronic health issues, Rosenbaum suggests:**

- People in their 30s should have checkups every two to three years
- By 40, checkups are recommended every 12 to 18 months
- Annual checkups starting by 50

### RECOMMENDED SCREENINGS INCLUDE:

#### CHILDREN

- Hearing, Vision, Height/weight/Body mass index, Blood pressure,

Speech and motor skills development, and Social/behavioral skills

#### TEENS

- Pap smear, Sexually transmitted infection screening if sexually active, and Vision

#### 20S

- Vision, Pap smear, and Lipid test

#### 30S

- Baseline mammogram at 35, Vision, and Pap smear

#### 40S

- Mammogram, Pap smear, Vision, Prostate, and Heart stress test

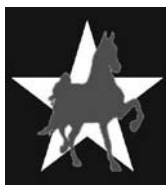
#### 50-PLUS

- Colonoscopy, Glaucoma/vision, Prostate screening, Skin cancer, Stress test, and Hearing

There are many factors that could influence the frequency of screenings.

Family history of certain illness and risk factors should be discussed with your doctor. For some illnesses, like skin or colorectal cancer, if a first degree relative has been diagnosed, screening could be recommended to begin in the early 20s.

Remember, talking about family medical history with your doctor is just as important as staying up to date on your checkups.



## Lone Star Stables

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- Safe and fun instruction for all levels of riders.
- Highly experienced and professional instructors.
- Conveniently located 10 minutes from Tomball on Hwy 149 and 1488.
- See our website for 2009 camp dates.

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2 lessons for the price of one!



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Koren Mercer and Milo Jones  
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WEBSITE:  
[www.lonestarsaddlebredsllc.com](http://www.lonestarsaddlebredsllc.com)



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# LONGWOOD LETTER

*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!*

## 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](http://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.



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Why would you want to go with an electric provider that charges you more, when you can go to [www.sparkpowerbank.com](http://www.sparkpowerbank.com) and pay far less for the same electricity?

**Make sense?**

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

# LONGWOOD LETTER

## Recipe of the Month

### Blueberry Muffins

#### Blend:

1 stick oleo                      1/2 cup wesson oil  
1 3/4 cup sugar 2 eggs  
1 1/2 T. Butavan

#### Combine:

3 cups flour                      1 T. baking powder  
1 tsp. soda

Add alternately to the first mixture with 1 cup buttermilk.  
Stir in 1/2 can canned blueberries (drained) plus 6 T. juice.  
Bake in muffin tins at 350° for 20 minutes.

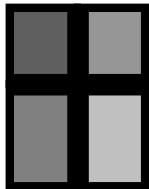
*If you would like to submit YOUR recipe email it to [articles@peelinc.com](mailto:articles@peelinc.com).*

## 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.

## Advertising Information

Please support the businesses that advertise in the Longwood Letter. If you would like to support the newsletter by advertising, please contact our sales office at 512-989-8905 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com). The advertising deadline is the 10th of each month for the following issue.



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

#### Summer Schedule

During the summer months, we will be taking a break from our Sunday morning Sunday school classes, as well as our Wednesday Evening Worship. We will resume with these two programs in the Fall.



#### Sundays at St. Aidan's

8:00am Worship with Children's Sermon / 9:15am Fellowship Breakfast / 10:30am Worship with Children's Chapel.  
Nursery care provided at all Worship and Programs.

You are invited to worship with us at our new church located at 13131 Fry Road, Cypress, TX 77433.  
For more information, contact us by phone at 281.373.3203 or on the web at [www.staidanshouston.org](http://www.staidanshouston.org).

PLEASE JOIN US FOR VACATION BIBLE SCHOOL... Ages Pre-K through 5<sup>th</sup> grade!

**The adventure begins...**

**Amazing crafts**  
**Meet new friends**  
**Lip-smackin' Snacks**



**Wild games**  
**Incredible music**  
**Mind-blowing Bible adventures**

Crocodile Dock fun begins July 27<sup>th</sup>-31<sup>st</sup> from 9am to 12pm.  
For more information, please call 281-373-3203 or download a registration form at [www.staidanshouston.org](http://www.staidanshouston.org).



# - Kids Stuff -

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



NOT AVAILABLE ONLINE



**Attention KIDS: Send Us Your Masterpiece!**

Color the drawing below and mail the finished artwork to us at  
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: June 30th

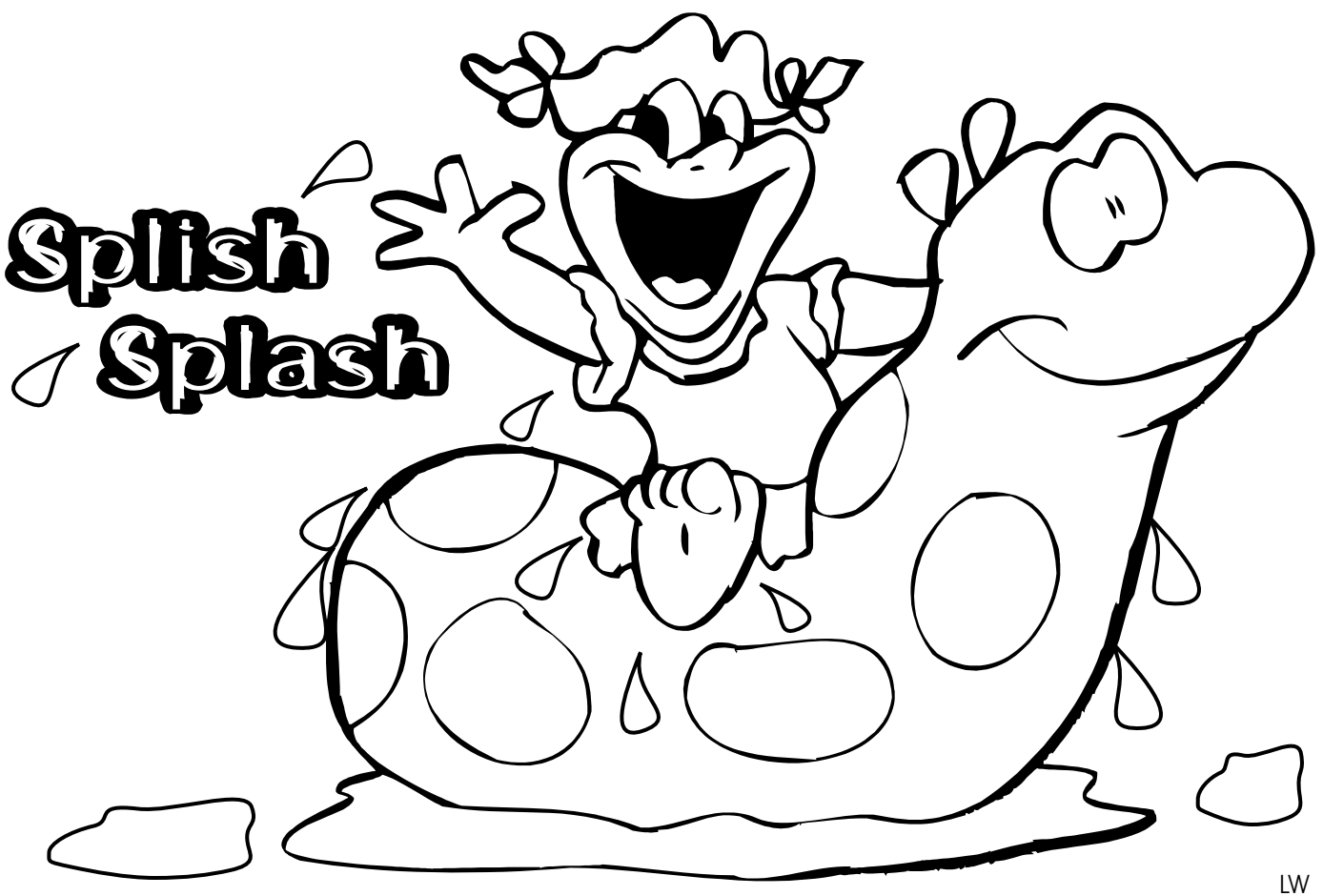
Be sure to include the following so we can let you know!

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

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

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

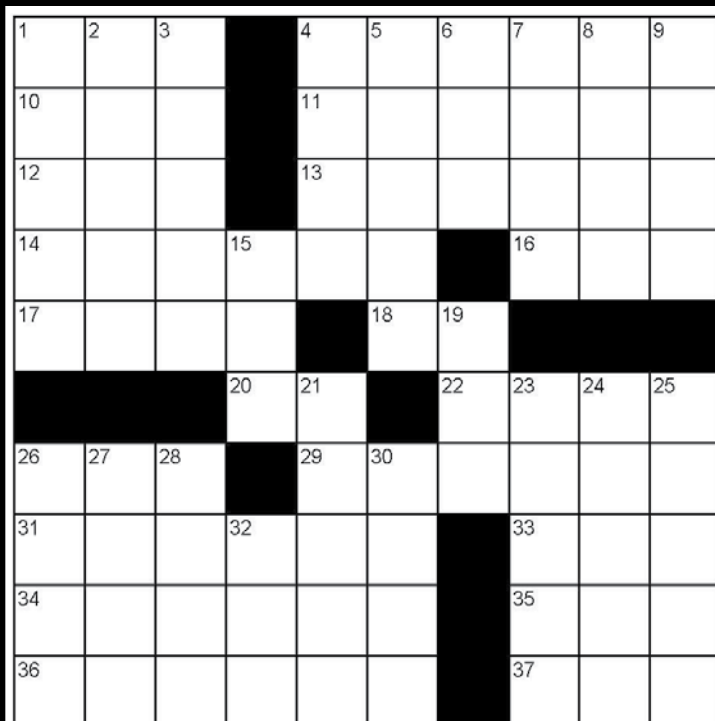
[This information will only be used to notify you or your parents if your artwork was selected.]



LW

# LONGWOOD LETTER

## Crossword Puzzle



### ACROSS

1. Dawdle
4. Permanant
10. Brew
11. Brand of adhesive strip
12. Charged particle
13. A Nissan car
14. Parallelograms
16. Male cat
17. France & Germany river
18. Father
20. Strontium (abbr.)
22. Animal oil
26. Part of a min.
29. Saudi \_\_\_
31. Singer Bing
33. No. eggs in a package
34. One-celled water animal
35. Southwestern Indian
36. Raving
37. Hallucinogen

### DOWN

1. Dens
2. Hawaiian 'hello'
3. City
4. Replace a striker
5. Spring flower
6. Music
7. Lure
8. Type of car
9. Cheese
15. Married woman
19. Wing
21. Jewish religious leader
23. BB player Kareem \_\_\_ Jabar
24. Public disorder
25. Groggy
26. Blemish
27. Writer Bombeck
28. Raccoon's nickname
30. Baseball's Nolan
32. Scene

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

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