

# The LONGWOOD Letter

September 2009

Volume 3, Issue 9

News For The Residents of Longwood

## It's Not Too Late to Get Organized for the New School Year

*Submitted by Kelly Butcher*

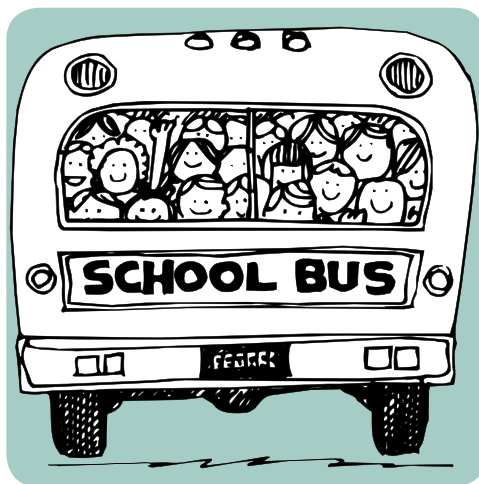
School has just begun and you probably feel like you are drowning in the sea of papers, activities, and homework. As a professional organizer, I work with a lot of busy families who need help setting up routines for handling the abundance of paper from school, the mail, and for getting homework done. I hope to offer a few suggestions about routines to set-up and implement to help you have smooth sailing through this school year.

### SOME GENERAL SYSTEMS TO HAVE IN PLACE INCLUDE:

- Calendar
- Incoming papers
- Homework

A large wall calendar with room enough to write each family member's activities is a must. Display the calendar in a location easily accessed by all family members. If you track your calendar electronically, have a centrally located computer with easy access for all family members. Assign a color to each family member and color-code activities.

Papers consisting of incoming mail, school papers, both school work and items that require a response, and activity-related items (schedules, release forms, etc) are always an issue. Set up an action file system for handling the incoming paperwork such as a desktop hanging file organizer with files for each child or school. Teach your children to get into the habit of putting important papers or papers requiring a signature in a folder marked with "Mom" or "Dad". After you have signed the paper, either place the paper in a folder to return to school or have your child put directly into their backpack. Also set up an archival system for the treasured school work that you want to save.



Fitting homework into our busy schedules is often difficult. Designate an area for your children to complete their work. For younger students, the kitchen table is probably where most of the homework is completed, so make sure all of the necessary supplies are available, so there is no excuse not to get started. I recommend using lidded plastic shoe-box size containers to hold markers, crayons, scissors, glue sticks, etc. Label the containers for ease in cleaning up. For older students who may complete their homework at a desk in their bedroom, ensure they have the necessary supplies available as well. A well-lit, clutter-free area away from distractions will help them stay focused on their work.

Establish a set time for homework to be completed. It may not be the same time every afternoon or evening based on after school activities. Look at the week ahead on Sunday evening and map out with your child the time they should complete their homework for each day based on that day's activities and mark it on the calendar.

Most importantly, help your child get into the habit of packing their backpack before they go to bed. That way during the morning rush, important papers and items needed for school will not be forgotten at home.

Remember that developing new habits requires consistency and time. Begin setting up and implementing new systems as soon as possible and this school year will be off to a great start!

# LONGWOOD LETTER

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY .....	911
Fire .....	911
Ambulance .....	911
Constable .....	281-376-3472
Sheriff - Non-emergency .....	713-221-6000
- Burglary & Theft .....	713-967-5770
- Auto Theft .....	281-550-0458
- Homicide/Assault .....	713-967-5810
- Child Abuse .....	713-529-4216
- Sexual Assault/Domestic Violence .....	713-967-5743
- Runaway Unit .....	713-755-7427
Poison Control .....	800-764-7661
Traffic Light Issues .....	713-881-3210

### SCHOOLS

Cypress Fairbanks ISD Administration .....	281-897-4000
Cypress Fairbanks ISD Transportation .....	281-897-4380
Cypress Fairbanks Senior High .....	281-897-4600
Goodson Middle School .....	281-373-2350
Hamilton Elementary .....	281-370-0990

### OTHER NUMBERS

Animal Control .....	281-999-3191
Cypress Fairbanks Medical Center .....	281-890-4285
Harris County Health Department .....	713-439-6260
Post Office Box Assignment – Cypress .....	1-800-275-8777
Street Lights - CenterPoint Energy .....	713-207-2222
- not working (Report Number on Pole)	
Trash Removal .....	281-446-2030

### NEWSLETTER PUBLISHER

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## Healthier Homes

### *Improve Neighborhood Air Quality ... Fragrance Free Dryer Exhaust*

By: Charlie & Michelle Bubnis

Have you ever been walking in the neighborhood enjoying the fresh air and then suddenly you are hit by the sweet fragranced smell of a heated artificial, petrochemical based scent from someone's clothes dryer exhaust? Often times a headache will occur, similar to people's reaction to perfumes worn in the office or at church. This is a normal protective reaction by the body as these fragrances are harmful neurotoxins and should be avoided whenever possible. National surveys found that at least 10% of the population reacts adversely to laundry products vented to the outdoors. Young children are particularly affected by fragranced chemicals because their body's detoxification mechanism is not fully developed.

Some of the most common chemicals used in fragranced laundry products are benzyl acetate, camphor, ethyl acetate, limonene and pentane. Many of these substances are capable of causing cancer, birth defects, central nervous system disorders, allergic reactions and chemical sensitivities. Some are on the EPA's hazardous waste list. According to a joint study by NIOSH and the U.S. House Subcommittee on Business Opportunities, 778 of the chemicals used in the chemical fragrance industry cause acute toxicity.

So the next time you are considering picking up a box of fragranced laundry detergent or fragranced dryer sheets...think about the impact on the neighborhood air quality and the proliferation of second hand scents. Healthier options could be: Add baking soda to the rinse cycle, or add ½ cup vinegar to the wash cycle to soften fabrics and reduce static cling. Vinegar is a natural fabric softener.

Do the neighborhood a favor and make sure your dryer exhaust doesn't pollute the environment. Be kind to yourself and to your neighbors, use unscented laundry products.

#### FOR MORE INFORMATION:

- <http://ehnca.org> – Fabric Softener = Health Risks from Dryer Exhaust and Treated Fabrics by Julia Kendall
- [www.mcs-global.org](http://www.mcs-global.org) – Could it be your Fabric Softener?
- [www.physorg.com](http://www.physorg.com) – Toxic Chemicals Found in Common Scented Laundry Products, Air Fresheners
- [www.scorecard.org](http://www.scorecard.org) – enter your zip code and you can get information regarding air, water and chemical releases for your county

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# LONGWOOD LETTER

## Lone Star College - CyFair Perspective

*In an effort to provide you with important information about Lone Star College-CyFair "Perspective" was developed. This column provides the latest information about news and events. Here is a sampling of what's going on:*

### Teens Driver's Education Available this Fall

Fall driver's education courses for teens ages 15 to 18 are available at Mondays through Thursdays at 4 p.m. and 6 p.m. Sept. 8 (Sept. 7 is Labor Day holiday) through Oct. 5 and at 6 p.m. Oct. 12 through Nov. 5 and Nov. 9 through Dec. 7 (except Thanksgiving holiday Nov. 26). The in-classroom (permit) driver's education course covers road rules, road signs, and laws to prepare the teens for the Department of Public Safety's written exam. Other topics are car maintenance, effects of drugs and alcohol, laws and penalties for drinking and driving, emergency situations, basic driving procedures, road rage, and insurance. Parents are responsible for the in-car instruction. Students are required to purchase the Texas Traffic Safety Education Student Manual, which is available at the campus bookstore. Call 281-290-5242 for information.

### "2009 Faculty Art Exhibition" in the Bosque Gallery

Check out the artistic talent of full-time and adjunct art faculty from LSC-CyFair and LSC-Fairbanks Center this fall. This exhibition will be on display Sept. 8 through Sept. 24 in the Bosque Gallery

with an opening reception at 4:30 p.m. Sept. 10. Go to [LoneStar.edu/bosquegallery](http://LoneStar.edu/bosquegallery) for gallery hours and information.

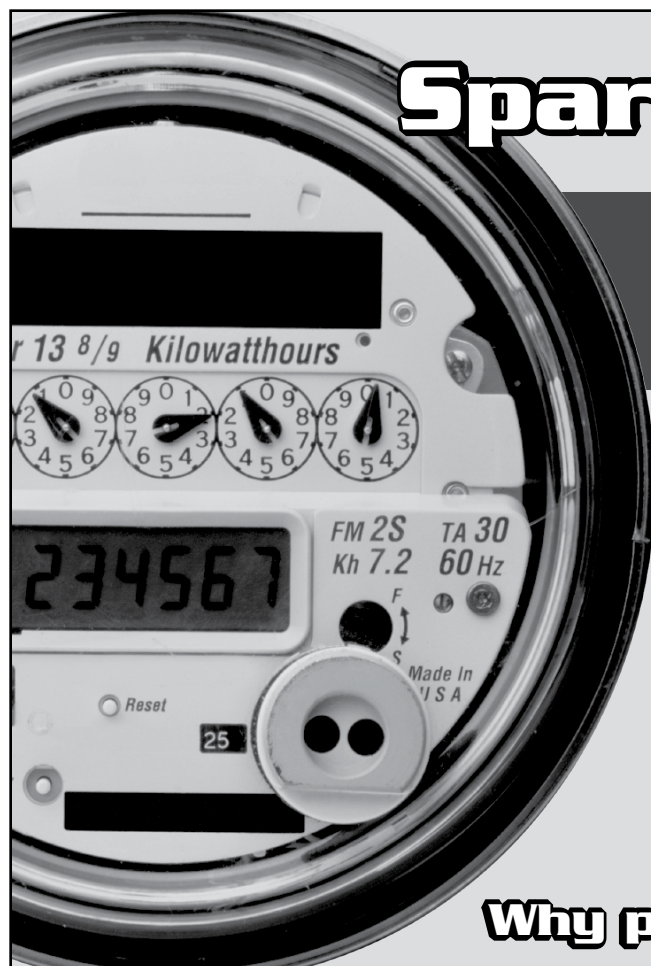
### L.I.F.E. Lessons in September

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 September include: flavors of Autumn Sept. 2, organ donation Sept. 9, preview of "Crowns" Sept. 16, travel tips Sept. 23 and new features on Cragislist Sept. 30. Call the library at 281-290-3213 for L.I.F.E. program information or go online to [LoneStar.edu](http://LoneStar.edu).

### An Evening of ComedySportz

Enjoy comic improvisation at its best. "It's not stand-up comedy about sports ... it's improv comedy played as a sport!" This free event will be held at 7:30 p.m. Sept. 17 in the Main Stage Theatre. Go to [Lonestar.edu/student-activities](http://Lonestar.edu/student-activities) for information on this or other LSC-CyFair Student Activities events or call 281-290-3270.

*(Continued on Page 5)*



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# LONGWOOD LETTER

Lone Star College - (Continued from Page 4)

## Mark Your Calendars for Fifth Annual Cy-Fest

Lone Star College-CyFair will host the fifth annual community day for all ages in the Cy-Fair community Saturday, Oct. 10. Cy-Fest, the college's gift to the community, is a day of free food, festivities and family fun! There are games, entertainment, face painting, hay rides, moonwalks, a petting zoo and more. To help celebrate the five-year anniversary, Radio Disney will also be on site. For information go online to LoneStar.edu.

## Knight of Columbus Council 8771

Sponsoring a Golf Tournament benefiting the Cypress Assistance Ministries and Youth Activities on Monday, October 5 2009 at Longwood Golf Club.  
For more information and registration please see <http://www.kofc8771.org>.

## Business Classifieds

**THERE IS CASH IN YOUR CLOSETS!** Upscale family consignment event in NW Houston community this FALL! Let us help you stretch your budget! Consign, Shop, Volunteer! Come join the FUN! Great resource for MOMS-TO-BE!! <http://nwhouston.rhealana.com> or [tammy@rhealana.com](mailto:tammy@rhealana.com)

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# LONGWOOD LETTER

## CY-FAIR KIWANIS CLUB

*WANTED! A few good golf teams!*

Women and men who bring their own team of players or singles who will be paired with other singles who want to play needed to participate in the Florida Scramble Golf Tournament. The date of this annual Kiwanis golf tournament is Thursday, October 22 with a 1:00 pm shotgun start. Registration begins at 11:30 am at Cypress Lakes Golf Course, "Home of the best greens in southeast Texas," followed by a putting contest at 12:00 pm. Contributions of \$100 per player or \$150 hole sponsor are welcome. All profits from the tournament will be used to sponsor youth in our community through service projects such as Key Clubs, boy and girl scout troops, scholarships, HOBY, etc. For further information, call Steve Caton at 713-985-3440 or see the entry form in this paper.

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 September

1, 15, and 22. Notice that there is no meeting on the second Tuesday because of the Labor Day holiday.

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.



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## Kiwanis Worldwide Children's Charities

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### Kiwanis Club of Cy-Fair – Houston

24th Annual Charity Golf Tournament  
Thursday Oct. 22, 2009 - Cypress Lakes Golf Club  
(18700 Cypresswood Drive - 281-304-8515)

Florida Scramble – Four Players per team

Registration 11:30 am

Putting Contest 12:00pm Shotgun Start at 1:00pm

\$100 per Player • \$150 Hole Sponsor

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Frank Thompson is the one "who I give the credit of instilling the love of gymnastics within me." – RAJ BHAVSAR, 2008 OLYMPIAN

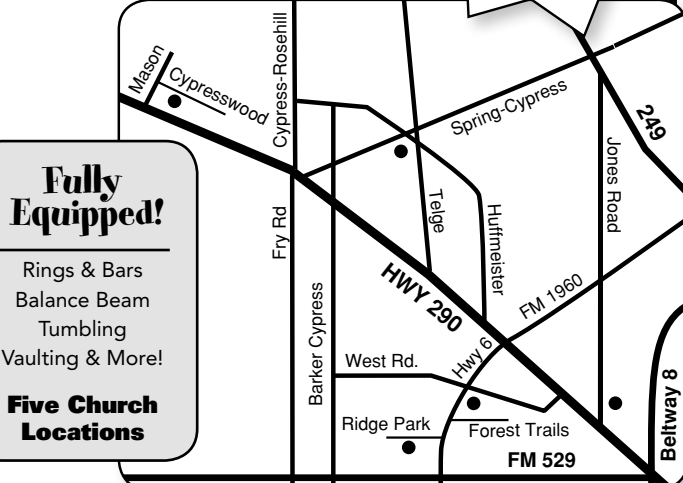


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# LONGWOOD LETTER



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## Cy-Fair CERT

### Community Emergency Response Training

Are You Prepared? This free emergency response training will again be offered at Lone Star College at Cy-Fair, 9191 Barker Cypress, Cypress TX 77433 starting on Sept 2-Oct 21, 2009. It is an 8 week course, every Wed from 6 to 9 pm. There is NO cost to you!

A training manual and starter backpack of supplies is also provided. The course is taught by professionals in their field. Classes cover:

- Disaster Preparedness
- Small Fire Suppression
- Medical Operations and Triage
- Light Search and Rescue
- Disaster Psychology
- Terrorism Awareness
- Disaster Simulation Drill

CERT training is designed to prepare you to help yourself, your family and your neighbors in the event of a catastrophic disaster. If emergency personnel are not available, you can use this training to save lives and protect property. For more information, see [www.harriscountycitizenecorps.com](http://www.harriscountycitizenecorps.com). To sign up for training, contact Terri Pope-Mobley at [tpopemobley@yahoo.com](mailto:tpopemobley@yahoo.com). Be aware and be prepared!

### Golf Tournament -

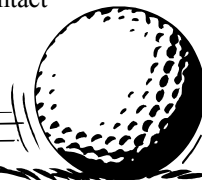
Cy-Fair CERT - Community Emergency Response Team - will hold a golf tournament on Friday, Oct 2, 2009 at the Bear Creek Golf Club, Masters Course. The tournament format will be a 4-man scramble with a shotgun start at 9 am.

Early bird entry fee is \$85 per golfer for registrants through 8/31/09, with the fee increasing to \$100 per golfer on 9/1/09. Entry includes 1/2 cart, lunch, gift bag and 4 free future rounds of golf per golfer at an Arnold Palmer course in Houston. We'll have contests and prizes will be awarded.

Sponsorships are available from \$50 to \$1000 with banner recognition. A sponsor-advertising table will also be set-up.

Tournament proceeds will benefit Cy-Fair CERT and our project to place storage containers filled with emergency supplies in our neighborhoods. CERT has over 250 trained Cy-Fair members who volunteered in local neighborhoods after Hurricane Ike.

For more information about our tournament, obtain an entry form or get information about CERT training please contact [tpopemobley@yahoo.com](mailto:tpopemobley@yahoo.com).







## Eating to Live: 5 Foods You Should Eat Daily

*Submitted by  
Dr. Tenesah Weine*

1. Spinach - Spinach is the best source of omega-3s (plant-based), and folate, both help reduce the risk of heart disease, stroke, and osteoporosis. Incorporate Spinach into your salads, add spinach to scrambled eggs, or drape it over pizza.

2. Blueberries - Blueberries have more antioxidants than any other North American fruit; blueberries help prevent cancer, diabetes, and age-related memory changes (they are nicknamed “brain berry”). Blueberries are rich in fiber and vitamins A and C, they also boost cardiovascular health. Aim for 1 cup fresh blueberries a day, or 1/2 cup frozen or dried. Stick them into yogurt, cereal, or a smoothie. Of course they are great alone!

3. Yogurt - Yogurt containing probiotics will boost your immune system by building the gut lining. One ailment I test for in my office is candid/yeast, when positive I treat with probiotics. Not all yogurts have probiotics, so make sure the label says “live and active cultures.” Aim for 1 cup of the calcium and protein-rich yogurt a day. Avoid yogurts with high sugar content, goat yogurt is most preferred.

4. Walnuts - Walnuts are richer in heart-healthy omega-3s than salmon, loaded with more anti-inflammatory polyphenols than red wine, and packing half as much muscle-building protein as chicken. Other nuts combine only one or two of these features, not all three. A serving of walnuts - about 1 ounce, or 7 nuts-is good anytime, but especially as a post workout recovery snack. Walnuts are great sprinkled over a salad.

5. Tomatoes - Red are the best, because they’re packed with more of the antioxidant lycopene, and processed tomatoes are just as potent as fresh ones, because it’s easier for the body to absorb the lycopene. Diets rich in lycopene can decrease your risk of bladder, lung, prostate, skin, and stomach cancers, as well as reduce the risk of coronary artery disease. Aim for 22 mg of lycopene a day, which is about eight red cherry tomatoes or a glass of tomato juice.

Note: While eating blueberries and other fruits you want to eat them on an empty stomach. You may have heard people complaining - every time I eat watermelon I burp, when I eat durian my stomach bloats up, when I eat a banana I feel like running to the toilet. When you eat fruit with foods, the fruit mixes with the putrefying other food and produces gas, hence you will bloat!

When you eat fruit, it immediately wants to go straight through the stomach into the intestines, but it is prevented from doing so when other food is present in the stomach. Adding fruit to a meal causes the whole meal to rot, ferment and turn into acid. The moment fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil.

This will not arise if you eat the fruit on an empty stomach. If you eat fruit on an empty stomach, or right before a meal, it will play a major role to detoxify your system. It supplies you with a great deal of energy for weight loss and other life activities.



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Good Shepherd UMC, 20155 Cypresswood Dr. in Fairfield (290 & Mason)

Indoor & Outdoor booths featuring jewelry, yard art, home décor, gourmet foods, clothing, candles, plus a bake sale, silent auction & much more!

Admission is \$1 donation, and all proceeds will go to benefit local mission projects & community outreach programs.

Sponsored by the GSUMC Women's Ministry

Questions? Need more info? Contact Valerie Ward at [val.ward@comcast.net](mailto:val.ward@comcast.net)

# 1960 Family Practice

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Houston, Texas 77090  
(Right behind Starbucks @ Red Oak)  
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and Pediatrics dedicated to your care*

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Sunday Noon-3pm

## 290 LOCATION:

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**Saturday 9am-12pm**

## meet our team

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Quoc Le, MD  
Alex Nguyen, MD  
Blandina Sison, MD  
Marian Allan, MD  
Anthony Yee-Young, MD  
Diana Malone, MD  
Shital Patel, MD  
Heidi Nashed-Guirgis, MD  
Luz Marquez, MD  
Jennifer Dong, MD  
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Tami Berckenhoff, PA-C  
Brandi Valenzuela, PA-C  
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quality care  
for the  
entire family*



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.

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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.

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Flu

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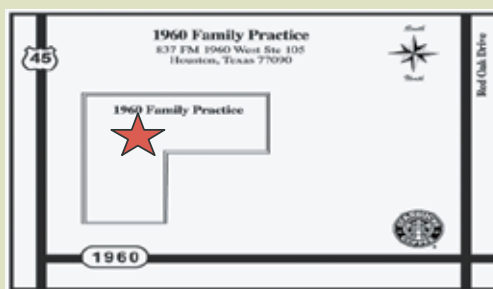
1960



**FAMILY PRACTICE**

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

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Located at 290 and 1960



## Services offered at 1960 Family Practice

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# LONGWOOD LETTER

## A Sensible Plan for College Funding

Submitted by Rich Keith

Previously we discussed that how you fund college expenses is divided naturally between using your money, and by using other peoples' money. This sounds simple but each scenario requires understanding of the long-term impacts. The first thing your financial coach should be asking you is about your strategy for funding. Are you willing to fund 2 years? 4 years? Graduate school too? Community college, public university or private?

In President Lincoln's time, the typical family chose only one promising male child to attend college. While these men often became very successful (witness William Henry Seward, Lincoln's Secretary of State), their other children were left out of the equation. Today's children are much luckier. Even so, ask the hard questions starting at or before your oldest child's 15th birthday. While they may tell you that attending a community college will deprive them of the college experience, consider what that college experience will cost in real dollars. And, getting into college as a junior is sometimes less competitive than entering as a freshman. Better yet, some community colleges have written agreements with universities on which classes are transferrable.



Importantly, parents need to figure out their college budget ahead of time and then discuss it with their child before he or she applies. In this way, colleges with the net cost above the predetermined budget can come off the list. The funding budget is made of a combination of moneys coming

from your pre-tax accounts, regular (taxable) savings, and retirement accounts, to name a few. Several savings plans are available and many are tax-advantaged. Your financial professional and tax pro can help you here.

There are advantages and disadvantages to using your own money for college expenses. A detailed plan will reveal the opportunity cost of funding everything yourself. That's one reason why people turn to loans. Remember the power of using the IRS "tax scholarships" to help you maximize every dollar saved. Any time you can reduce your tax it's the same as a scholarship or grant. And the benefits to you increase as your tax bracket increases. Importantly, all educational tax strategies must be reviewed with your tax advisor in order to coordinate the interrelationship between tax, other financial aid and your family's overall financial plan for the future. *Next month: more on tax scholarships.*

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# LONGWOOD LETTER

## 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

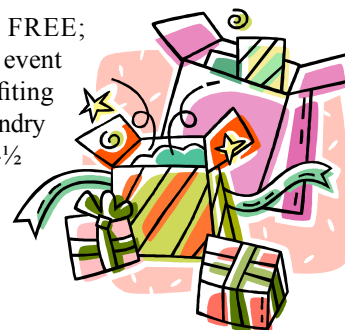
www.CypressLostPetAlert.com

## The Foundry Church Holiday Market & Tea Room

### *A Shopper's Heaven on Earth!*

The Foundry United Methodist Church will host over 100 vendors at its annual Judy Dierker Holiday Market on Saturday, October 17, 2009, 9 a.m. to 4 p.m. You'll find terrific values on a wide array of goods from vendors offering handcrafted items, fall & Christmas specialties, gourmet baked goods, children's toys, clothing, jewelry and more in a fun and friendly marketplace. You can also shop The Foundry General Store where every cent you spend benefits local and foreign missions. And, when you're hungry, be sure to stop by our Texas Tea Room, open 10:30 a.m. to 1:30 p.m., and enjoy salads, desserts, and coffees.

Admission to the market is FREE; purchase tea room tickets at the event for \$10 each (all proceeds benefiting missions). Come rain or shine! Foundry is located at 8350 Jones Road, 1-½ blocks north of Hwy 290. For more information, call 713-937-9388 or see [www.foundrychurch.org](http://www.foundrychurch.org).



Family Fun Center

13529 Skinner Road  
Cypress, Texas 77429

281-304-6565

## "Cypress Birthday Party Headquarters"

### Hours

Monday	Closed
Tues & Weds	Private Parties
Thursday	6:00 PM - 9:00 PM
Friday	6:00 PM - 10:00 PM
Saturday	11:00 AM - 10:00 PM
Sunday	2:00 PM - 6:00 PM

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### SUNDAY'S AT ST. AIDAN'S

8:00am Worship with Children's Sermon  
9:15am Fellowship Breakfast  
10:30am Worship with Children's Chapel

### PARENTING SEMINAR

Sunday,  
September 27th  
4:00pm - 7:00pm

### WEDNESDAY'S AT ST. AIDAN'S

6:00pm - 6:30pm Dinner  
6:30pm - 6:45pm Worship  
6:45pm - 7:30pm Classes for All Ages

*Nursery care provided at all Worship and Programs.*

*For more information, contact us by phone at 281.373.3203 or on the web at [www.staidanshouston.org](http://www.staidanshouston.org)*



You are invited to worship with us at our new church located at 13131 Fry Road, Cypress, TX 77433.

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







October 17, 2009

Come out and support the Cypress Ranch Athletics Program and **WATCH THE UT vs. OU** game with us before the tournament starts. Lunch will be served during the football game and dinner at the end of the tournament. Shotgun start will be at 2:00PM

## 2<sup>nd</sup> Annual Mustang Classic Golf Tournament

LONGWOOD GOLF CLUB  
13300 LONGWOOD TRACE  
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[www.longwoodgc.com](http://www.longwoodgc.com)

### Games and Prizes:

- Putting Contest for \$10,000 chance
- Longest Drive
- Closest to the Pin
- Hole-in-One contest
- Silent Auction!!

**AND MUCH, MUCH MORE!!**

Name

Address

Email  
Address

Phone

Registration Fee: \$400 - Foursome (before 9/18/09)  
\$500 - Foursome (after 9/18/09)

Player 1:

Player 2:

Player 3:

Player 4:

I cannot play in the tournament, but would like to make a donation to the Cypress Ranch Athletic Booster Club in the amount of:

---

**TOURNAMENT HELD RAIN OR SHINE**

Mail registration form and payment to:

CRABC - GOLF TOURNAMENT  
10700 Fry Road  
Cypress, TX 77433

**PAY ON-LINE:** [WWW.CYPRESSRANCHATHLETICS.COM](http://WWW.CYPRESSRANCHATHLETICS.COM) (Please mail this form with players names and contact information to complete the registration process)



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# LONGWOOD LETTER

## Online Shopping and Doing it Safely

*Submitted by Laurie Scott*

Online shopping is fast and money saving, but it can also be a minefield filled with everything from a disreputable seller to identity theft. However, with basic safeguards you can take advantage of the variety and cost savings the Internet can provide, while saving time and gas.

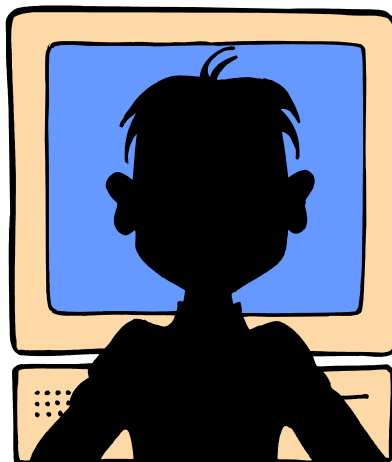
First, ALWAYS make sure before entering your credit card number in any website that you have a secure connection (easily confirmed by the https://... in the address bar rather than the usual http://...) Second, do basic research about the vendor if you're not familiar with them. A simple Google search on the name of the company will tell you if you're dealing with a legitimate company - if in doubt, shop elsewhere, it's not worth saving \$2.00 if the company isn't reliable.

An excellent option is available from many credit card companies, this is known as "Virtual" account numbers (one-time use) that if stolen, won't do the thief any good. This can be either in the form of an online tool you use prior to your purchase, or an applet you download one-time to your computer and use it to generate a new number for you. You can ask at your bank if they offer this, but you're

probably better off checking with their online support (they may not know in the brick and mortar building.) How it works is the applet generates a credit card number for you including the 3 digit security code and an expiration date (usually the end of the current month). The credit card company knows this number was generated for you, and charges your account normally just as if you had entered your real credit card information. The great thing is that it is good for the one purchase, and after that the number is not valid. If you want to make another purchase, you just have another number generated for you. The next month someone else may get that same number to use, but it will have a different security code and expiration date, so the credit card company won't be confused and think this is you.

Because we all have so many sites that require us to have a username and a password, it is easy to just use the same login for all your sites to keep it simple. The problem with this is of course if someone should get your username and password to one site, they now have it to all your sites. Roboform is a great tool that I use many times

*(Continued on Page 17)*

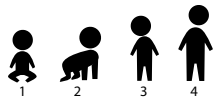


### COLIN'S HOPE

*Increasing water safety awareness and standards*

#### FACTS YOU NEED TO KNOW ABOUT DROWNING

Drowning is the leading cause of unintentional injury-related death in children ages 1-4



#### DROWNING WILL AFFECT YOU OR SOMEONE YOU KNOW

Drowning is the 2nd leading cause of unintentional injury-related death ages 1-14.

For more information, check out our website at

[www.colinshope.org](http://www.colinshope.org)

#### DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM

NO ONE is "drown proof" - no matter their level of swimming ability.

Falls, entrapments, and injuries lead to drowning regardless of swimming level.

A majority of people overestimate their own and their child's ability to swim, especially in a panic event.

#### DROWNING IS QUICK AND SILENT



Drowning occurs in as little as 2 minutes.



Irreversible brain damage occurs in as little as 4 minutes.



Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Most children die who are submerged for as little as 6-10 minutes.

Children who drown do not **scream, splash, or struggle**. They silently slip beneath the water, even with adults & lifeguards present.

# LONGWOOD LETTER

## Online Shopping- (Continued from Page 16)

throughout the day. This inexpensive program (available at [www.roboform.com](http://www.roboform.com)) will store as many user names and passwords as you need, allowing you to create different logins for each site with real hard passwords (because now you don't have to remember them.) If you have a Mac, 1Password is an excellent solution (available at [agilewebsolutions.com](http://agilewebsolutions.com)) A great benefit of Roboform is that IF you are infected with a keystroke logger trojan (a virus that sends all your keystroke information back to the author of the virus), nothing is captured by the virus because Roboform doesn't use the keyboard mode to enter your personal information. All your information is kept securely encrypted using a passphrase only you know. If your computer is ever stolen, no one will be able to see your usernames and passwords because they won't know your master passphrase. Also, it has a password generator that will create passwords that are almost impossible to figure out (the limiting factor is the site and their password policy.)

So don't fear shopping on the Internet, just take basic precautions and you'll be fine.

Next month, news about the upcoming operating system from Microsoft, Windows 7.

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## 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.

## Classified Ads

**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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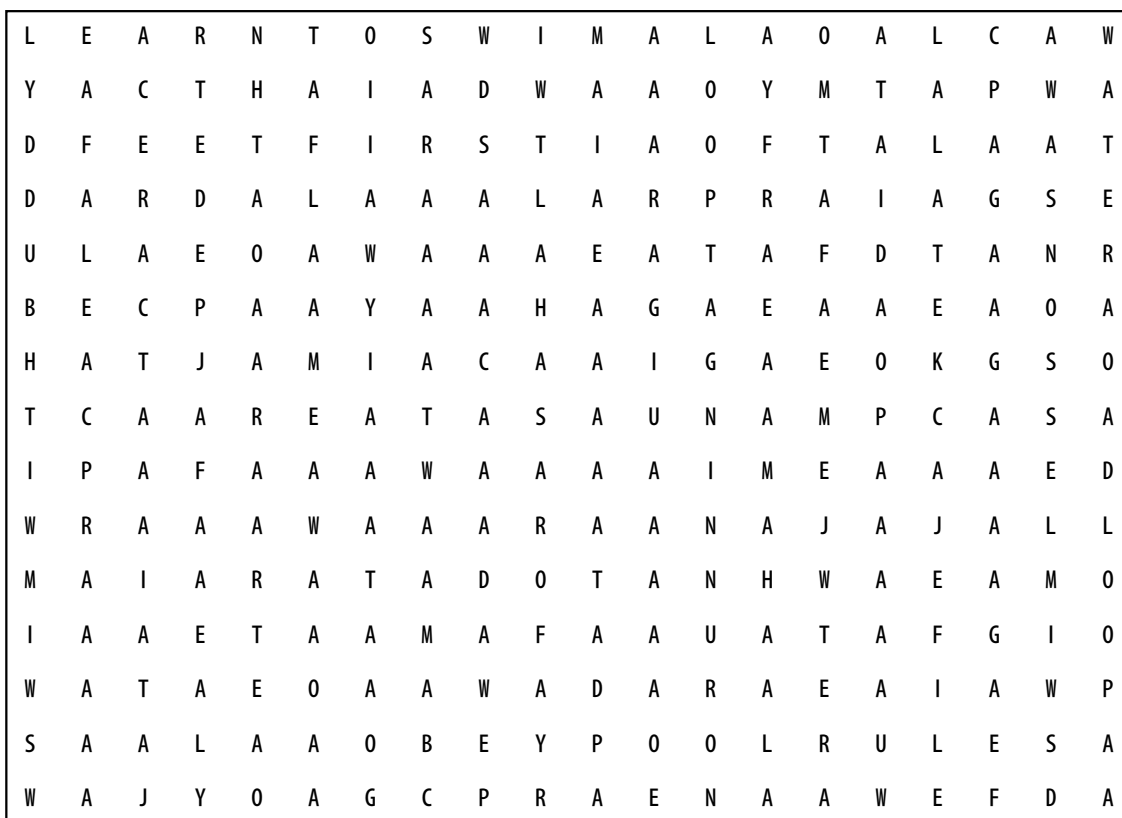
# LONGWOOD LETTER



COLIN'S HOPE

*Increasing water safety awareness and standards*

## Water Safety Word Find



**Find and circle all of the words that are hidden in the grid.**

**The words may be hidden in any direction.**



POOL  
LIFE JACKET  
LIFEGUARD  
LEARN TO SWIM  
NO RUNNING AT POOL

SWIM LESSONS  
FEET FIRST  
SWIM WITH BUDDY  
OBEY POOL RULES  
WATER WATCHER



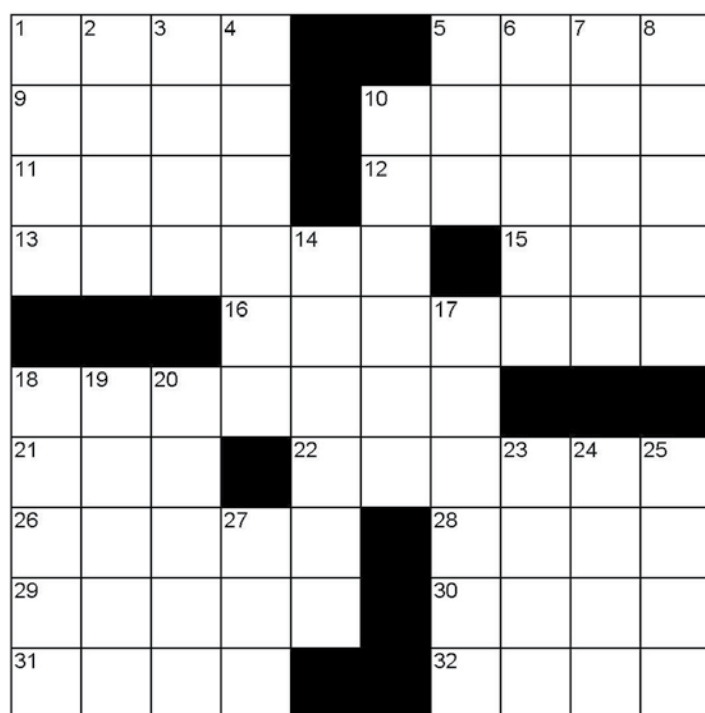
For more information check out our website at:

**[www.colinshope.org](http://www.colinshope.org)**

Colin's Hope is an all-volunteer 501(c)(3) nonprofit organization that creates and supports programs that aid in preventing children from drowning. Despite numerous sources for water safety, the number of children who drown per year is staggering. Colin's Hope of saving children from drowning is being achieved through increased water safety awareness and improved standards throughout the community.

# LONGWOOD LETTER

## Crossword Puzzle



### ACROSS

1. Chunk
5. Tramp
9. Run
10. Confuse
11. Cain killed him
12. To that time
13. Fraud
15. Compass point
16. Taught
18. Hides
21. Brew
22. Large meals
26. Sheer, triangular scarf
28. Midwestern state
29. Electronic mail
30. First letter of the Arabic alphabet
31. September (abbr.)
32. Polish

### DOWN

1. Attired
2. Earring need
3. Organization of Petroleum Exporting Countries
4. Efface
5. Egg layer
6. Many times
7. Capital of Idaho
8. Eyed
10. Combustible material
14. Angry
17. Old Testament prophet
18. Fireproof storage areas
19. Climate
20. Summary
23. Fly alone
24. Matching
25. Secure
27. Whack

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

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