

# The LONGWOOD Letter

December 2009

Volume 3, Issue 12

News For The Residents of Longwood

## CY-FAIR REPUBLICAN WOMEN RECAP

### *Great Year*

Cy-Fair Republican Women had a terrific 2009. Our meetings are the second Tuesday of the month at 10:30, usually at Carraba's on Hwy 6 just south of Longenbaugh. Our speakers in 2009 addressed issues that affect our everyday lives. A few examples are TxDot gave us an update on the 290 corridor, the head of the Harris County Juvenile Courts spoke on gang activity, Operation Military Embrace - a group that does outreach for our wounded troops and their families spoke, a local doctor gave a talk on Health Care Reform and a member of the Baker Institute that deals with crime in Mexico and along the border informed the club. In addition the Harris County Tax Assessor/Collector Leo Vasquez spoke and then deputized many in the group as voter registrars. We have held voter registrations at Lone Star College and other locations. Many of our members do volunteer work for various campaigns and have attended district and state conventions. We do our best to be good members of the community and have helped out an elementary school in an economically depressed area by giving dictionaries, Texas and US flags and Constitution Handbooks. This is a fun way to make a difference in our local, state and federal government. For information please see our website at CFRW.net or call Mary Moss at 281-550-9415.

## CYPRESS CHRISTIAN SCHOOL

### *"The Power of a Simple Gift"*

"Everyone loves to receive gifts. During the Christmas season, we celebrate the most special gift of all—God's Son, Jesus Christ." These are the words of Franklin Graham, President of Samaritan's Purse, an international relief organization. The students of Cypress Christian School chose to share the 'good news of great joy' (Luke 2:10) with children around the world through the Operation Christmas Child project sponsored by Samaritan's Purse.

This year, millions of children will experience Christmas joy when they receive gift-filled shoe boxes and hear the Gospel

message through Christian literature and follow-up discipleship programs.

Over the course of several weeks, CCS students took time out of their busy classroom schedules to write letters, fill shoe boxes with gifts, and wrap them in preparation for shipping to needy children across the globe. "This has been a wonderful example to teach our children the gift of giving to those less fortunate," said Elementary Principal Donna Stumbaugh. "Several teachers commented on the great discussions about giving to others that their classes entertained as a result of participation in the project."



# LONGWOOD LETTER

## IMPORTANT NUMBERS

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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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## JANUARY NWHC AGGIE MOM'S CLUB MEETING

*With Guest Speaker Jackie Sherrill*

Please join the NWHC Aggie Moms as they welcome, **Jackie Sherrill, former head coach and athletic director at Texas A&M University** to their January meeting. Jackie Sherrill will be discussing his book, **No Experience Required**, written by Caleb Pirtle III. This book was written in collaboration with the 12th Man Kickoff Team Foundation comprised of over 80 former players and founded in 2007. Come hear a truly inspirational story in which the 12th Man Kickoff Team brought Texas A&M fans and players together to win 3 consecutive Southwest Conference titles. The 12th Man Kickoff Team Foundation currently works to provide scholarships for students with financial needs and encourages students to follow their dreams.

The Aggie Mom's Club meeting will be held Tuesday, January 12, 2010 at the Houston Distribution Center conveniently located near Willowbrook Mall at the corner of Cutten Road and 7100 High Life Drive. Please come enjoy refreshments provided at 7 pm and learn about valuable information regarding student activities, scholarships, the Aggie Boutique, door prizes, and more. Help support our outstanding Aggie students!

The Aggie Mom's Club is accepting **Scholarship Applications for the 2010-2011** school year. Applications must be postmarked no later than Feb. 7, 2010. Last year 8 scholarships totaling \$8,750 were awarded to area students.

For more information, check out our website at [www.nwhcaggiemoms.com](http://www.nwhcaggiemoms.com).

## 290 Business Networking

The 290 Cypress Business Networking Group meets every Thursday morning at 7:30 am at Cypress Station Grill located at 26010 Hempstead Road. Behind the Target shopping center at 290 and Spring Cypress. 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. Job seekers are welcome. There is no cost to attend the meeting. If you would like more information, please call Ken Parker at 281-384-1562 or visit our website at [290Cypress.com](http://290Cypress.com)

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# LONGWOOD LETTER



## CYPRESS RANCH KEY CLUB

### *Looking out for Layla Grace*

Layla Grace is a beautiful twenty-two month old girl. On May 7, 2009 Layla was diagnosed with Stage 4 Neuroblastoma, a tumor that develops from nerve tissue, in her kidney. She had a massive tumor in her abdomen that extended from above her left kidney, around her side, over her belly and around her aorta. Her grandmother is a faculty member at Cypress Ranch High School.

When the Cypress Ranch Key Club learned about Layla's illness, they took action. The Key Club held a Lock-In in September and designated funds raised from Macy's "Shop for a Cause" to help Layla Grace.

On September 18, 2009 a Lock-In was held at our school. Students paid \$30 to attend or \$25 and a donation of two new children's books. At the Lock-In students enjoyed activities such as food, friends, karaoke, movies, and video games. Every hour door prizes were awarded, and games such as four square, volleyball, soccer, and twister were played all night long. The Cypress Ranch Key Club raised over \$6,000, and \$4,500 was donated to Layla Grace's medical bills. The other \$1,500 will be split among the Key Club's Lieutenant Governor's and District Governor's Projects.

Macy's "Shop for a Cause" was October 17, 2009. Cypress Ranch Key Club members sold Macy's discount coupons for \$5. The proceeds from coupons sales were also designated for Layla Grace's medical bills. The members raised a total of \$1,100 for Layla Grace selling a total of 220 coupons.

Our total donation towards Layla Grace to date is \$5,600. The total will continue to grow. To learn more about this precious little girl and how you can help, visit [www.laylagrace.org](http://www.laylagrace.org).

#### FOR MORE INFORMATION, PLEASE CONTACT:

- Bri Holcombe, Publicity Chairman - [sbvbchick@hotmail.com](mailto:sbvbchick@hotmail.com)
- Justin Bradley, Publicity Chairman - [Thebradley5@comcast.net](mailto:Thebradley5@comcast.net)
- Jennifer Hydes, Faculty Advisor - [jhydes@cfis.net](mailto:jhydes@cfis.net) - Cypress Ranch Key Club



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# LONGWOOD LETTER

## *The Longwood Letter Stork Report*



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## *Christmas Eve Service* *Rejoice in the glow of His light this Christmas*

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Rosehill Christian School  
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Thursday, December 24th, 5:00 p.m.

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## CY-FAIR HIGH SCHOOL PROJECT PROM 2010

*It's Finally Here --- Senior Year 2010*

There will be much going on in the lives of our senior students this school year, and two of those exciting events will be Prom and Project Prom, April 30, 2010. Project Prom is a year-long fundraising effort by senior parents for the purpose of providing a fun, drug- and alcohol-free overnight lock-in event for our seniors and their dates after the Prom.

Our next general meeting is **Monday, November 23, at 7:00 p.m.** in the Cy-Fair High School cafeteria. Take this opportunity to be involved in your senior's BIG NIGHT! There are many ways parents and community members can help. Fundraising and donations are vital to the success of Project Prom. We are a non-profit 501C3 organization. No donation is too small. A list of fundraising opportunities and more detailed information is available on-line at [www.cyfairprojectprom.org](http://www.cyfairprojectprom.org).

### IMPORTANT DATES AND EVENTS:

Meeting Dates: December 21, 2009; January 25, 2010; February 22, 2010; March 22, 2010; April 26, 2010

McDonalds Fundraiser is Nov. 23 at Cypress N. Houston and Huffmeister, from 5 - 8pm. Invite all your friends to come by and eat and McDonalds will donate 20% of the sales to Project Prom. In December we will be collecting receipts from the Cypress N. Houston/Huffmeister McDonalds all month long.

**Vender Rebates-** If you have a business and would like to promote it at our general meeting please visit the Cy-Fair Project Prom website to learn how to become a part of our meetings.

**Randall's and Kroger's Grocery Store** – You can link your Kroger or Randall's card to Cy-Fair Project Prom. For Randall's cards use charity # 3374. You can obtain the barcode for Kroger from the Cy-Fair Project Prom web page.

### UPCOMING EVENTS:

**Mulch sales-** March 6, 2010 sales in Stonegate, Barwood, Wortham Prom Dress Boutique- ongoing collection of gently used formal clothes (girls and guys) for sale in early spring 2010; Denim and Diamonds-Dinner/Dance and silent auction happening in Feb 2010 looking for table sponsors and silent auction items; Lollipops & T-shirt sales-ongoing and during CFHS lunches \$10.00 each ; Casseroles To Go – Orders due Jan. 15th

**Cy-Fair Project Prom Golf Tournament** – Date to be announced  
And finally Cyfair Projectprom is on Facebook.  
Sign up for Facebook to connect with Cyfair Projectprom.

The December general meeting will be **Monday, December 21, 2009, at 7:00 p.m.** in the Cy-Fair High School cafeteria. Please join us!

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## TIPS FOR TEACHING CHILDREN

### About Table Manners

Submitted by Rebecca Beavers

Teaching your children table manners may sound old fashioned, but it never goes out of style. Having good manners shows your respect for other people, and it's more than saying "please" and "thank you." It's about helping your children develop habits and behaviors that will help them relate to adults and other children in a positive way. "To make your family mealtime time special and relaxing, slow down, sit and talk with your children and expect good behavior. You will be pleasantly surprised at how much easier and enjoyable it will become," said Dr. Mary Zurn, vice president of education for Primrose Schools. "This is important because children with good manners often find it easier to make friends and get along with others at school and at home."

#### Dr. Zurn offers five table manners tips to get parents started:

1. Start early: Don't wait until you think your child is "old enough" to learn polite behavior. Just as children learn to crawl before they learn to walk, they also learn manners in stages. Even infants watch parents for rules of expected behavior. Very young children can learn to sign key phrases such as "please" or "thank you" and then transition to the spoken words around age two. By age three, children should be able to stay seated at mealtime if you sit down with them.
2. Give specific feedback: Children learn best when they receive specific feedback about their behavior which is far more effective than generic praise. For example, instead of saying, "Good job," you can say, "I'm so glad you set the table."
3. Encourage polite conversation: Children as young as two can learn to engage in polite conversation at the dinner table with the right kind of guidance. As you are at the table eating together, show them how to take turns listening, talking, and asking questions.
4. Set a good example: Make sure your words and actions match. Children watch parents all the time for behavior clues. For example, if you want your child to eat broccoli because it's a healthy food choice, you will need to let them see you enjoy eating it as well.
5. Create a routine: Children learn best from consistency because it helps them know what to expect. Start with the repetition of a few simple steps such as putting a napkin in your lap when you sit down. Create a routine that is easy for them to repeat and remember. For more tips from Dr. Zurn and a list of book suggestions on teaching your children table manners, visit [www.Dr.ZandMe.com](http://www.Dr.ZandMe.com).





## CY-FAIR KIWANIS CLUB

By the time you read this, the Kiwanis Golf Tournament will have occurred. The Club thanks all who participated by playing or contributed through sponsoring a hole, a team, a player, or making a donation. Proceeds will go toward scholarships, sponsoring Key Clubs, supporting SIRE, cerebral palsy, boy and girl scout troupes and projects, and other worthwhile causes in the community.

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 November 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.



## NEW ORGANIZING CYPRESS CHAPTER OF THE

*Daughters of the  
American Revolution*

A DAR chapter is forming here in Cypress, Texas. Any woman who is 18 years of age or older may join as long as direct lineage can be proven to a patriot in the American Revolution.

We meet on every third Thursday at the IHOP on 290 near Fry Road from 7 pm - 9 pm. Any ladies who are interested please feel free to contact me. The next meeting is November 19, 2009. Please come out and join us. - **Laura Neal**

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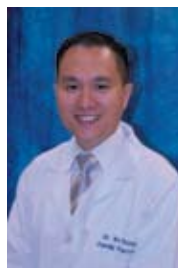
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## 1960 Family Practice Is Pleased To Introduce Our Newest Physicians



Dr. Vu Phung joined 1960 Family Practice in July 2009. Dr. Phung graduated from Texas Tech University and is board certified in Family Medicine. He completed his residency in Family Practice and in pursuing his special interest; he completed his fellowship in Geriatric Medicine. Dr Phung welcomes patients of all ages to his practice.



Dr. Annie Hoang joined our practice in August of 2009. She graduated from Texas A & M University and finished her training in Family Practice at Texas Tech University. She is board certified in Family Medicine and has been providing comprehensive care for adults and children with compassion and kindness for the past 10 years. She welcomes all new patients to her practice.

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# LONGWOOD LETTER

## IMPORTANT EARTH SAVING ANNOUNCEMENT

*from Girl Scouts Brownie Troop # 16176 CTISD*

*Submitted by Melinda Riso*

Bottled water produces up to 1.5 million tons of plastic waste per year. According to Food and Water Watch ([www.foodandwaterwatch.org/water/bottled](http://www.foodandwaterwatch.org/water/bottled)), that plastic requires up to 47 million gallons of oil per year to produce. And while the plastic used to bottle beverages is of high quality and in demand by recyclers, over 80 percent of plastic bottles are simply thrown away.

That assumes empty bottles actually make it to a garbage can. Plastic waste is now at such a volume that vast eddies of current-bound plastic trash now spin endlessly in the world's major oceans. This represents a great risk to marine life, killing birds and fish which mistake our garbage for food ([www.who.edu/science/B/people/kamaral/plasticsarticle.html](http://www.who.edu/science/B/people/kamaral/plasticsarticle.html)).

*(Continued on Page 13)*



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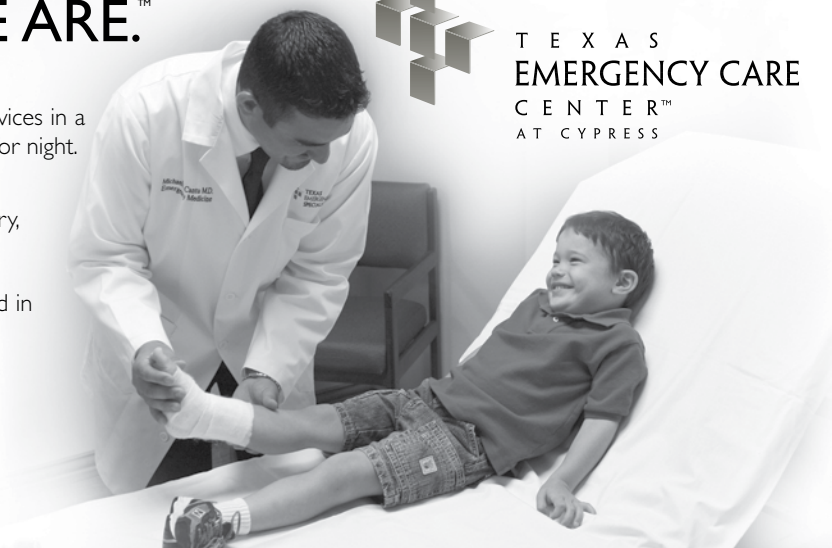
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## Important Earth Saving Announcement- (Cont from Page 12)

Thanks to its slow decay rate, the vast majority of all plastics ever produced still exist — somewhere.

There's a simple alternative to bottled water: buy a stainless steel thermos, or reusable water bottle and use it. Don't like the way your local tap water tastes? Inexpensive carbon filters will turn most tap water sparkling fresh at a fraction of bottled water's cost.

This earth saving message was submitted by Nicole Riso and her 3rd Grade Brownie Troop # 16176 CFISD



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

## Recipe of the Month

### Ham Roll-Ups

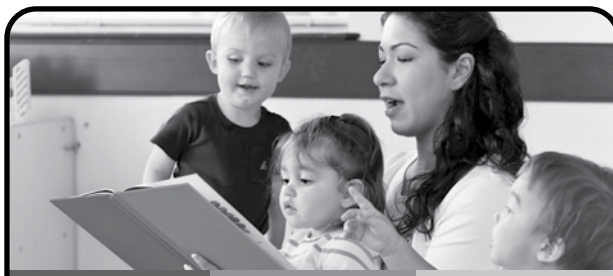
**Ingredients**

- Flour tortillas
- 8 oz. Philadelphia cream cheese (softened)
- 1 small can Hormel canned ham
- Picante sauce

**Directions**

Mix the cream cheese, ham, and picante sauce together. Spread on tortillas and roll up. Refrigerate several hours, then slice.


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



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# LONGWOOD LETTER

## FOOD AND ENVIRONMENTAL ALLERGIES

### *Pose Threat to Children*

*Baylor College of Medicine*

When introducing your newborn to new foods, be sure to look out for signs of food allergies, said an expert at Baylor College of Medicine.

"Food allergies can occur in babies as young as six months old," said Dr. Carla Davis, assistant professor of pediatrics - allergy and immunology at BCM.

There are eight foods that cause 90 percent of allergies in kids, said Davis. These include: cow's milk, egg, soy beans, wheat, tree nuts, peanuts, fish and shellfish.

Davis, who sees patients at Texas Children's Hospital, emphasizes the importance of introducing one food at a time to infants, so it is easier to recognize if an infant is having an allergic reaction to a specific food.

"Wait one or two days between foods," said Davis.

Signs of a reaction include allergic skin conditions such as eczema and hives. Davis recommends consulting with a pediatrician to conduct allergy tests if these symptoms are present. Allergies can be detected through skin tests or blood tests. If there are allergies present, it's a good idea to consult with a pediatric allergist, said Davis.

Although food allergies can be detected early, environmental allergies do not usually occur until after two years of age, said Davis.

"A child's immune system needs to be exposed to the environmental allergen for at least two seasons before an allergic reaction occurs," said Davis.

Environmental allergies can also be detected through blood tests or skin tests. Common allergies include grass, weeds, tree, mold, cockroaches, cats, dogs, feathers and dust mites. Tree allergies occur in the spring, grass allergies are most common in the summer and weed allergies are present in the fall.

Treatment for both food and environmental allergies includes medication and avoiding the allergen. For older children, allergy shots are an option.

Ignoring food allergies can be dangerous to a child, said Davis.

"It can lead to anaphylaxis, a severe reaction that can even lead to death," said Davis.

Although anaphylaxis is less common in environmental allergies, Davis emphasizes the importance of treating a child's allergies and minimizing their exposure to the allergen.

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# LONGWOOD LETTER

## HAVE A HEALTHY HOLIDAY SEASON

*and a Happy New Year!*

Immediately after Halloween, people begin to focus on holiday shopping, decorating, baking and parties, parties, parties! Between office parties, happy hours, school functions for the kids, in-store food samples and large family gatherings, it is not surprising that the average American gains

anywhere from two to seven pounds (or more!) between Thanksgiving and New Years!

This year, you don't have to wait until you make your 2010 New Year's resolutions

to make some changes. Here are some helpful tips to help you avoid packing on the pounds this holiday season:

- You don't have to go to every party or dinner!
- Don't show up to a party hungry
- Size up the buffet before you grab a plate
- Decide what you really want to eat ahead of time
- Limit yourself to one trip to the buffet
- Fill your plate three-quarters full with fruits and veggies first
- Limit your alcohol intake
- Don't stand near the buffet table
- Eat with your non-dominant hand
- Chew gum when not eating
- Dance, talk and socialize—it's not all about the food!

The small appetizers typically served at parties are packed with a lot of calories. Here are some examples of popular party foods, the amount of calories they contain, and how much activity would be needed to burn off those calories:

- Two hot chicken wings with two tablespoons of blue cheese dressing contain 550 calories, and it would take a 150 pound person over two hours of vigorous housework to work off those calories.
- One-half of a cup of mixed nuts contains 400 calories, and it would take a 150 pound person over one-and-a-half hours of walking to burn off those calories.
- One ounce of cheese served with one ounce of crackers contains 225 calories

*(Continued on Page 16)*



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# LONGWOOD LETTER

## Have a Healthy Holiday Season - (Continued from Page 15)

and it would take a 150 pound person almost 45 minutes of fast dancing to burn off those calories.

There are some healthier options that you should choose or serve on a buffet line at your next holiday party:

- Boiled shrimp with cocktail sauce
- Bruschetta (tomato appetizer served with small pieces of toasted bread)
- Rather than the standard carrot and celery sticks, try an Asian theme with baby corn, snow peas and red pepper slices served with low-fat sesame or ginger dressing.
- Another option is to replace the standard chips and salsa with a mix of corn, black beans and salsa scooped inside of a bell pepper half.
- For a tasty dessert, make an eggnog flavored dip to serve with fruit, angel food cake or small gingerbread cookies.

In addition to choosing healthier options, try to eat normally throughout the day. Don't try to starve yourself to "save up" calories before a party or dinner. Also, be sure to exercise regularly and get enough sleep. Most importantly, put the emphasis on spending time with family and friends, not on the food!

Thinking of giving cookies, fudge or a box of chocolates as a

holiday gift? This year, try to give your family, friends and co-workers a healthier gift, such as a cookbook with quick and healthy recipes, sign them up for a cooking class or fill a recipe box with some of your own healthy recipes. You can also give gifts that encourage outdoor activity. Purchase pedometers, compasses or other gear that will encourage those you care about to be outside and active, they'll thank you later! - **Tarie Beldin**

## Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing [longwoodletter@peelinc.com](mailto:longwoodletter@peelinc.com) or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 9th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for Longwood Letter. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

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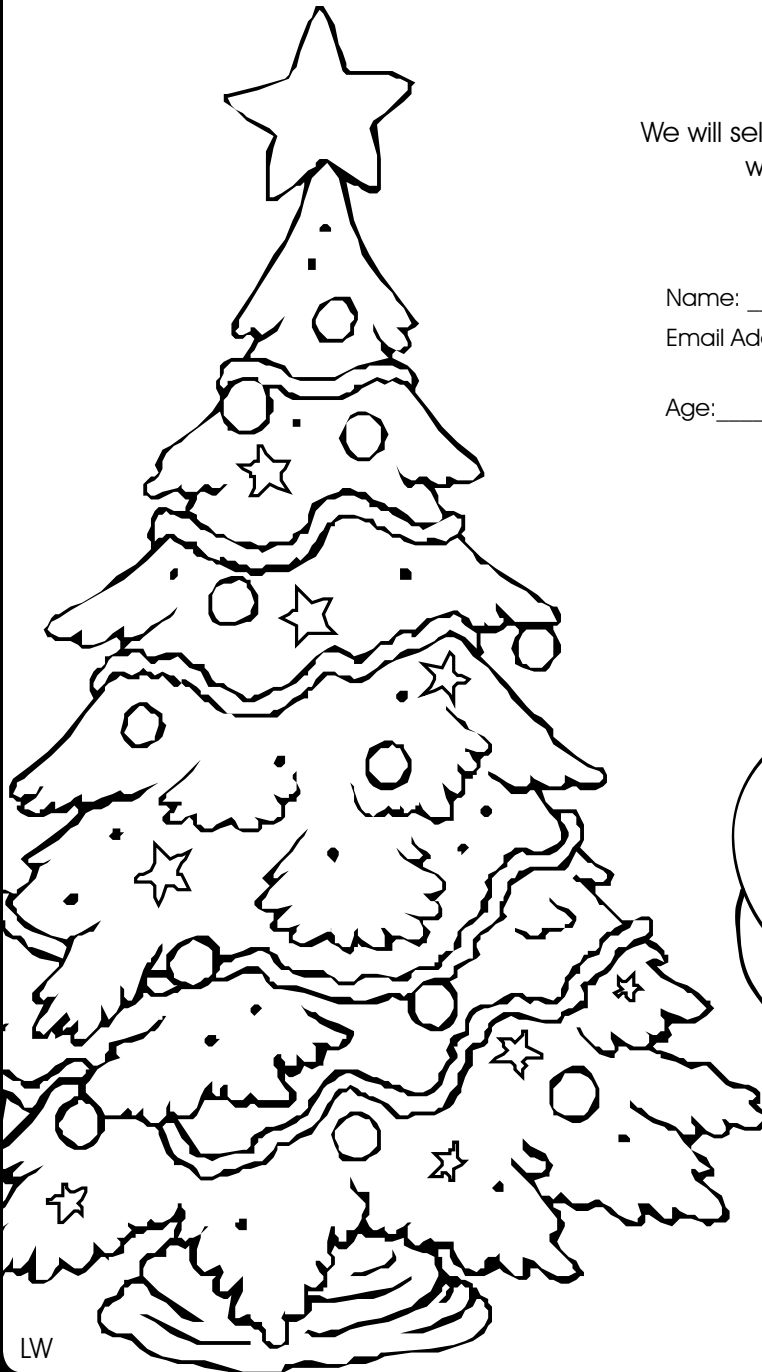
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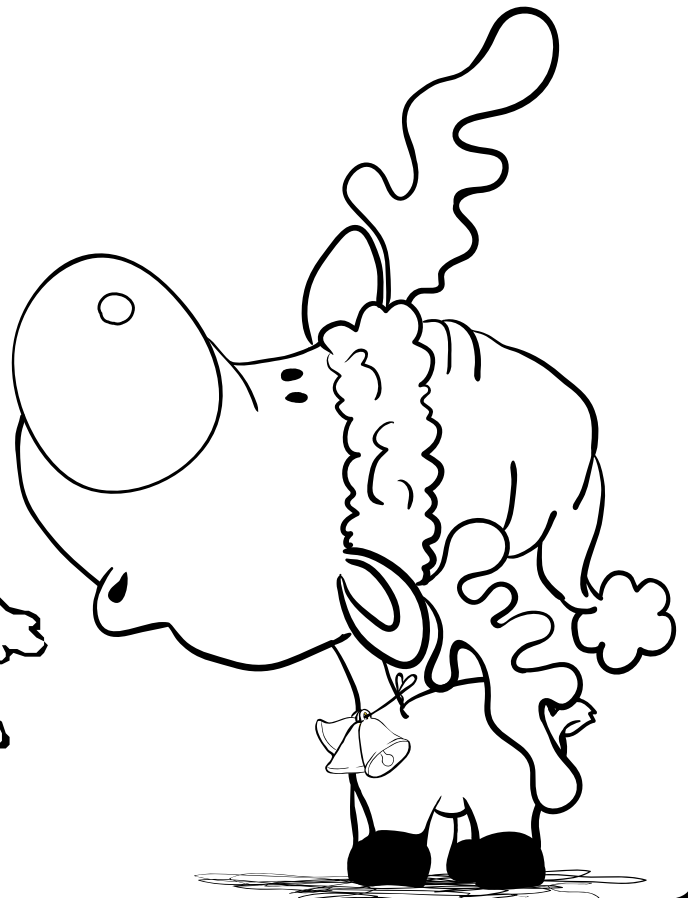
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2 story 3000-3800 sq.ft. With Pool	91.86	90.21	86.94	1.80%	5.36%
1 story under 2600 sq.ft. No Pool	87.26	84.84	82.18	2.77%	5.82%
1 story under 2600 sq.ft. With Pool *	90.45	89.41	93.45	1.15%	-3.32%
2 story, 4 bed, 2600-3600 No Pool	81.63	81.21	79.02	0.51%	3.20%
2 story, 4 bed, 2600-3600 With Pool	90.45	89.41	86.03	1.15%	4.89%
All Homes Under \$350,000 No Pools	82.18	81.72	81.54	0.56%	0.78%
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