

News For The Residents of Longwood

Volume 6, Issue 12

Kentley Orchard Lane HALLOWEEN BLOCK PARTY





Kentley Orchard Lane in Longwood did it again for a second year running. They organized a Halloween block party, inviting neighboring streets to join in the fun, each bringing a pot luck dish and lots of candy. The biggest highlight of the party amounted to \$435.00 in donations being raised for "Reach Unlimited".

Block captain, Jeannette Quickenden, commented on the evening. "We were amazed at the support offered. Our local Kroger at Grant and Louetta kindly donated hot dogs, buns and tableware whilst Incredible Delights provided the DJ, Austin, lights and amazing lasers for the evening at no charge. A few neighbors and I decided that any money raised would be presented to Reach Unlimited who is a well-known charitable organization in our community. Everybody had a great time with friends and neighbors popping in all evening. The young ones dancing to the DJ were awesome and the children naturally had too much candy. I would like to say a very big thank you to all those who made donations and helped make it a fun evening.

(Continued on Page 3)



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IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	
Fire	
Ambulance	
Constable	
Sheriff - Non-emergency	713-221-6000
- Burglary & Theft	713-967-5770
- Auto Theft	
- 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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Halloween Block Party (Continued from Cover Page)

Reach Unlimited, Inc. is dedicated to providing quality support services to people with intellectual and developmental disabilities. Reach Unlimited, Inc. will create a sustainable, secure environment where people with developmental disabilities may become all they are created to be.

What began as a couple of group homes and a handful of clients has grown into a \$9.0M agency that serves 290 clients. Today, Reach operates 17 group homes located from Tomball to Spring Branch. The Learning Activity Center opened in 2005. It was built with \$2.2M in donated funds.

This center provides life-long learning in a school setting. The comprehensive curriculum addresses life-skills, functional academics, art, music, fitness, technology-based learning, community service, pre-vocation and vocational training, and supported employment.

A certified Home and Community-Based Service (HCS) provider, Reach provides a wide range of services to people who live at home, with guardians, and in group home settings. There is a job for every client who is able to work. Some work in area businesses, others do contract work at the LAC, and everyone is given the opportunity to earn a paycheck creating art glass gift items in the Enterprise Program.

Area Homes Burglarized On Oct. 31 around 3pm, a home in Longwood was broken into while

On Oct. 31 around 3pm, a home in Longwood was broken into while the owners were away. Entry was gained through the back door. On Nov.2, a similar crime was committed in Coles Crossing and it has been reported the burglars may have been driving a white Mitsubishi.

Longwood residents have experienced home break ins during the months of Nov./Dec. in 2010 and 2011. It is now Nov. 2012. National and local crime statistics illustrate how the holidays provide burglars with increased opportunities to ply their trade as most of us have more distractions and are away from the house more than usual. The Longwood Safety Team (LST) has conducted safety seminars on home security, changed our patrol methodology and has provided additional tips and tools on line and in the "Cardinal." Let's review some of this information:

- use your alarm systems
- always lock your house doors, windows, garage doors and vehicles
- stay alert and report suspicious persons, vehicle and activities
- record information on suspicious persons and activities as it may be useful later
- inform trusted neighbors and friends when you will be away from the house
- Longwood walkers, joggers and bike riders keep an eye out for suspicious activity as you travel through the neighborhood Longwood Safety Team



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By: Dr. Kevin W. Lewis

Another lovely autumn season is upon us and with it, the dread of flu season, allergies, and then winter colds! It seems to repeat every year. As a physician, it's my passion and honor to help patients heal in times of illness; however my deeper hope is to see them far less frequently due to an acute case of wellness. After all . . . I am a son, brother, husband, and father encouraging my own family to cultivate a harvest of wellness by the simple act of setting an intention for optimal health.

By embracing wellness as a strategy, it's easy to make healthy lifestyle choices that taste great, feel even better, and keep you out of my office! Remember the added bonus is that your children will follow your lead, so be a healthy role model.

A healthy lifestyle should be complimentary, not complicated. It should include whatever exercise you enjoy on a regular basis. Exercise doesn't have to be a sport, exhausting, or expensive. Try a variety of activities that can involve the entire family like joining the YMCA, weight lifting, taking walks together, hiking, yoga, rock climbing or whatever motivates you to move.

Please eat whole foods (you enjoy) on a daily basis, because diet/ nutrition is truly the cornerstone of good health – and that is not an over statement. Fill your plate with a colorful banquet of fresh vegetables, fruit, and small portions of meat. Your body will respond and love you back. We all know clean drinking water is vital to optimal health, and those of you who enjoy alcoholic beverages should always do so in moderation.

Research shows us that connecting often with friends and family leads to longevity, and of course — get plenty of quality sleep.

Healthy living is not a new concept folks, yet it truly is powerful medicine. Young or old . . . encourage your family to set an intention to maintain optimal health. Be the one to help them cultivate a harvest of wellness this year and I'll be glad to see you next year in my office for your annual wellness checkup.

Dr. Lewis is licensed by the State of Texas and has been practicing in Family Medicine and Urgent Care since the spring of 2009.





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Join us for a Special Christmas Eve Service December 24 at 6 p. m.

We are located at 15014 Spring Cypress Rd. (In the shopping center at the corner of Spring Cypress & Telge) To find out more about us, visit us online at CypressFellowship.org.

Northwest Flyers Youth Track Club Registration on Feb 2nd

The Northwest Flyers Youth Track Club will celebrate its 26th Anniversary Season by hosting its annual free information / registration breakfast on Saturday, February 2nd, 2013, for all boys, girls and their parents who are interested in joining for the 2013 track season. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The free breakfast is the opportunity for youth athletes to register for the club's 2013 spring/summer track season, and to meet the Northwest Flyers coaches, staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization. All new parents and athletes interested in joining the Northwest Flyers must attend.

The Northwest Flyers Track Club is a youth (ages 6 -18) track club, affiliated with USA Track & Field (USATF), that provides a full

program of sanctioned "track" events such as sprints, hurdles, middle distance, distance and relays, and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, shot put, discus and javelin. The Northwest Flyers has approximately 285 members. The club was founded 26 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

The Northwest Flyers is a member of the "Win with Integrity" program, a partnership between USATF and the American College of Sports Medicine. "Win with Integrity" brings elite track & field athletes and school-aged kids together to promote healthy lifestyles, keeping active, and living with integrity through the sport of track & field. For additional information on the Northwest Flyers Track Club, please visit the team website at http://www.northwestflyers.org or contact Linette Roach at (281) 587-8442 or linette.roach@sbcglobal.net.



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Women Serving the Community submitted by Rosie Serrary

We had a blast during our November general meeting! We created our own floral centerpieces with guidance from HEB and in December, we are looking forward to an enjoyable time at our annual Holiday Party. We are all geared up and looking forward to 2013, so make sure you come join us next year! Happy Holidays!

CWC is a service organization that gives back to the community. This means that all funds raised will go

right back to the community in the form of scholarships for graduating high school seniors, at Lone Star College, Cy-Fair and grants to other non-profits in our community, as well.

Membership into the Cy-Fair Women's Club is open to



all ladies in Northwest Houston/ Cypress neighborhoods. Currently we meet the first Thursday of most months at West Houston Church of Christ. Our meetings begin with social time and refreshments at 7:00p.m. immediately followed by a program at 7:30p.m. The church is located at the corner of Queenston and West Road.

Our monthly meetings are not only educational and enjoyable, but they develop lasting fellowships. We

look forward to meeting you there! If you have any questions about our club or need directions to the church, please contact Susan McLeroy, Membership Chair at cyfairwomensclub@ gmail.com.



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HOUSTON REPERTOIRE BALLET PROUDLY PRESENTS THE HOLIDAY CLASSIC

THE NUTCRACKER

Sell-Out Performances Set for December 8 & 9

WHO:

Houston Repertoire Ballet (HRB), featuring guest artists Bridget Kuhns as the Sugar Plum Fairy and Eric White as the Cavalier, both courtesy of Houston Ballet II, as well as Daniel Woellner as the Snow King, courtesy of Houston Ballet Academy.

WHAT:

The premier pre-professional ballet company in Northwest Houston proudly presents its 11th annual The Nutcracker performance series. The program attracts and develops some of the finest young dancers in the greater Houston area, with many of the dancers advancing to professional ballet companies throughout the country. HRB graduates can be seen with New York City Ballet, American Ballet Theatre, Miami City Ballet, Pacific Northwest Ballet, Atlanta Ballet, Pittsburgh Ballet Theatre and other prestigious companies.

WHEN/WHERE:

Saturday, December 8 at 2 pm and 7 pm Sunday, December 9 at 1 pm and 4 pm Tomball High School Auditorium 30330 Quinn Road, Tomball, Texas 77375

TICKETS:

For ticket information, call 281-940-HRB1 (4721) or visit www.hrbdance.org. Cost is \$15 for students and \$18 for all other. The December 9 at 1 pm performance is just Act I and \$10.

OUTREACH:

The dancers of HRB perform excerpts from each production and make costumed appearances at various nursing homes, libraries, group events and at Arts & Education performances. Also, HRB brings two matinee performances to Tomball ISD third grade students, fulfilling the arts component of their curriculum. To schedule an outreach event for your organization, call 281-940-HRB1 (4721).

ABOUT HRB:

The Houston Repertoire Ballet (HRB) is a non-profit 501(c)(3), founded by Victoria Vittum and Gilbert Rome, both nationally acclaimed teachers and choreographers who served as its co-artistic directors. Today, Ms. Vittum oversees training and programming with an equal eye to serving the needs of the community. Since 1994, HRB has contributed to the cultural fabric of Harris and Montgomery Counties by providing excellent dance training to the area's young ballet stars and dance educators of tomorrow, while also presenting two high-quality productions annually at affordable



prices. The Nutcracker and a Spring Program, introduce area children and their families to the world of classical and contemporary ballet. Today, HRB is considered to be the premiere pre-professional ballet company in the Houston region, and is recognized for sharing its gifts with the community and beyond.

The Nutcracker's brilliant blend of costumes, sets and choreography creates a magical storybook world enjoyed by children and adults alike. With a cast of more than 100 HRB dancers and area children, HRB's masterful production is the highlight of the holidays!

MISSION

HRB's mission is dedicated to providing the finest classical ballet instruction, education and performance experience to local gifted students, and to preparing them for a professional career in the world of dance.

HRB also is committed to serving the suburban Houston region with high-quality theatre productions that educate, engage and entertain residents of all ages and perpetuate their appreciation of dance as an art form.

** Bridget Kuhns and Eric White appear courtesy of Houston Ballet II, official second company of Houston Ballet, Stanton Welch Artistic Director.

** Daniel Woellner appears courtesy of Houston Ballet Academy, official school of Houston Ballet, Stanton Welch Artistic Director.

Major funding for HRB is provided by Houston Endowment, Inc. and ConocoPhillips. Additional support comes from ExxonMobil and Marathon.

The School Outreach Arts and Education Program is sponsored by Target. The Nutcracker is hosted by Tomball-The Regional Arts Council.

Casino Night & Silent Auction Hosted by

Zeta Tau Alph

The Cypress Texas Zeta Tau Alpha Alumnae Chapter would like to thank everyone that took a gamble and helped to make our 2nd Annual Pink Tie Affair another great success. With the help of sponsors, donors, and the over 170 that attended we were able to raise nearly \$8000 for the Zeta Tau Alpha Foundation in support of Breast Cancer Education & Awareness!!

For your support of

With the support of our community and surrounding area businesses the silent auction provided 44 great baskets, raising over \$4000 alone, along with many great raffle and door prize items! A special congratulations goes out to our 2012 Texas Hold'em Tournament champion, Adam Brashier, and the High Roller of the evening, Bruce Newton! Both Adam and Bruce took home great prize baskets we are sure they will enjoy! Check out event photos at

http://bellanovafoto.smugmug.com/Zeta2012/Zeta-Casino-Night-2012

Thank you again for your support in the fight against breast cancer! Don't forget to mark your calendars for the 3rd Annual Pink Tie Affair in October 2013!

KBenefiting Breast Cancer Education and Awareness thru the Zeta Tau Alpha Foundation

Aggie Moms

Aggie Moms won't ask you to wear a funny hat, learn a secret hand shake or give a speech. We simply help you help your student reach graduation day. Visit our website www. nwhcaggiemoms.org. Open our General Meeting link to see the speakers we have lined up for this year. Come as a guest and leave as a member.

Aggie Moms, as an organization, encourages parents to become familiar with A&M during their student's freshman year instead of waiting for graduation to visit as is the custom on other university campuses. The path to graduation can be a challenging journey; don't go it alone. Northwest Harris County Aggie Moms has been here for 25 years and we're committed to helping your student and you enjoy the TAMU experience.



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Alums Of Houston NW

Come join your sisters this Month with our Ornament Exchange Social on the evening of Thursday, December 6th.

For more information on this or future events & membership please contact Natalie Bunton at gnat02@gmail.com or 832-717-3294.





the host of the 'Energy Week' radio show on NewsTalk 1070 KNTH!

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