

The LONGWOOD Letter

July 2013

Volume 7, Issue 7

News For The Residents of Longwood

Kids' Cross-Country Team's Season Starts September 10th

The Northwest Flyers Track Club Youth Cross-Country Team kicks off the fall season with registration and an orientation for parents and athletes on Tuesday, September 10, 2013, at 6:00 p.m. (location to be announced.) The first practice will be held at the Cypress Creek YMCA on Thursday, September 12. The Northwest Flyers Track Club is a member program of USA Track and Field (USATF), the national governing body for track and cross country. The club is in its 26th year in the northwest Houston area. Ages 6-18 may participate in the team, and both beginners and experienced runners are welcome.

Contact Coach Eric Wentworth at emw1105@gmail.com 281-961-6603 or Coach Donnell Carter atdcarterpfs@msn.com, 281-467-4727 for more information. Visit www.northwestflyers.org to get updates and learn more about the team.



LONGWOOD LETTER

IMPORTANT NUMBERS

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Ambulance.....	911
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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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Cypress-Tomball Democrats July Meeting

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, July 16, 2013. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 to 8:00 p.m.

All are welcome to attend and to join this growing club, which meets on the third Tuesday of every month. The meetings always feature informative guest speakers who address timely topics. For more information, visit the website at www.cytomdems.com or contact Glenn Etienne at cytomdems@yahoo.com.



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CY-FAIR KIWANIS CLUB

Kiwanis wants YOU! The Cy-Fair Kiwanis Club is actively seeking new members who are interested in giving service to improve our community and our world. Visit the Cy-Fair Kiwanis Club and learn about the projects in which its members participate to enrich and improve life for citizens in our community. We sponsor the Key Clubs in the Cy-Fair, Jersey Village, and Katy communities and work with them in service to the Cy-Fair area. Internationally, both Kiwanis and Key Club are participating in the ELIMINATE PROJECT aimed at the eradication of maternal/neonatal tetanus.

Businesses of the community are encouraged to support a representative for membership in Kiwanis. If you work for a business that is oriented toward involvement in community improvement and leadership, suggest to them that you would like to represent that business through membership and involvement in work with Kiwanis. We welcome business and organization as well as individual



memberships.

CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs and one Builders' Club in the Cy-Fair School District; sponsors the Kids Triathlon; Girl Scout, Boy Scout, and Sea Scout troops and activities; awards scholarships to outstanding Key Club members in our district; provides assistance to

Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.

The Cy-Fair Kiwanis Club meets at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll at 281-463-0373, George Crowl at 832-467-1998 or Peggy Presnell at 281-304-7127. We invite you to be our guest at one of the meetings and enjoy the fellowship of Kiwanians from your community as you learn about our organization.

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Cypress Symphony to Host Inaugural Founder's Dinner

The Cypress Symphony cordially invites you to "Encore!" our Inaugural Fundraising dinner. Excitement is building for Cypress Symphony's first season and you can help by attending this event. Your \$100 ticket will help secure our first year and contribute to the cultivation of an arts culture in Northwest Houston. You will also enjoy an elegant dinner at one of Cypress' premier restaurants, Dario's Cuisine. Look forward to a silent auction as well as a musical surprise. We can't wait to spend this special evening with you! Tickets to this event can be purchased at cscenore.eventbrite.com.

Tickets to our inaugural concert season can be purchased at cypresssymphony.org. purchased on the website at www.cypresssymphony.org.



Cypress Symphony Features Richard Dowling

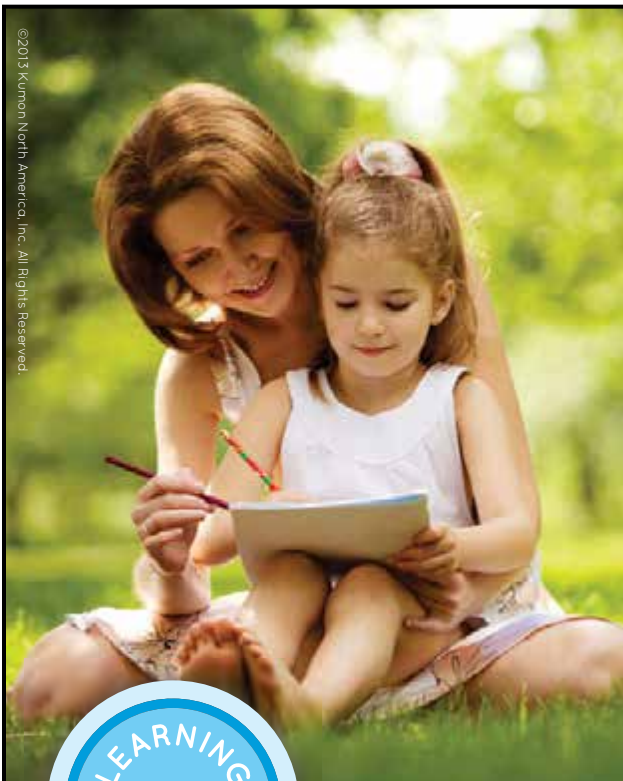
The Cypress Symphony is pleased to announce its inaugural concert on Saturday, September 21st, 2013 at The Centrum (located at 6823 Cypresswood) at 7pm, featuring Richard Dowling, world renowned concert pianist.

Works on the program include:

- 1) Samuel Barber's captivating Adagio for Strings;
- 2) Bach's Keyboard Concerto in D Minor (performed by Dowling), and
- 3) an uplifting Tango by American Composer Ray Granlund.

Conducted by Zachary Carrettin, called "spellbinding" by the Denver Times, the Cypress Symphony's mission is to provide the finest classical music performances for the Northwest Houston areas including Cypress, Tomball, Spring, and The Woodlands. Tickets for the symphony's first concert and season may be purchased on the website at www.cypresssymphony.org.

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Elisha Roberts Chapter

The wonderful ladies of the Elisha Roberts Chapter, NSDAR, extend an invitation to any female, 18 years or older, who can prove direct lineal descent from someone who either fought in or provided aid during the American Revolution. We are a family oriented group of ladies who promote patriotism, education and historic preservation. Our motto is God, Home and Country. If this sounds like you, please come and join us for a meeting. We meet the third Thursday of each month, September through May, at the Backyard Grill, located at 9453 Jones Road. Our next meeting will be on September 19, 2013 at 7:00 p.m. For more information, please contact the chapter Regent, Cheryl Partney at cpart86@comcast.net or by phone at 832-654-0306. We look forward to meeting you.



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Quality Of Meals Should Not Change During Summer

Students shouldn't close the door on healthy eating habits during the summer, says a Baylor College of Medicine pediatrician.

"Certainly it is just as important to eat healthy over the summer as it is any other time of the year," said Dr. Teresia O'Connor, assistant professor of pediatrics – nutrition at BCM.

She offers the following tips for health summer eating:

- Incorporate fruits and vegetables in all meals.
- A healthy summer lunch should include a fruit, a vegetable, some form of protein and whole grains.
- Don't skip breakfast.
- Eat three meals a day with one to two snacks.
- Stay hydrated - water is the best and healthiest way to stay hydrated.
- Be aware of how much sugar is in beverages. While it's okay to drink a small amount of these beverages, primary drinks should be water and low-fat or skim milk.

Encourage children and teens to help prepare their own meals so they become responsible for their own healthy eating.

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August 29: Colin's Hope Got2Swim Lake Austin 10K/10 miler. <http://www.tinych.org/got2swim>
September 8: 5th Annual Colin's Hope Kids Triathlon <http://www.tinych.org/KidsTri>



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