

# The LONGWOOD Letter

February 2014

Volume 8, Issue 2

News For The Residents of Longwood

*Dr. Eleanor M. Green, Dean of the College  
of Veterinary Medicine and Biomedical Sciences to speak to  
NORTHWEST HARRIS COUNTY AGGIE MOMS  
on February 11th*

Join us for the Northwest Harris County Aggie Mom's Club monthly meeting on Tuesday, February 11, 2014 at 7:00 p.m. at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection



of High Life Drive and Cutten Road. Our speaker will be Dr. Eleanor Green who holds the Carl B. King deanship of the Texas A&M University College of Veterinary Medicine & Biomedical Sciences. Dr. Green is a Diplomate of the American College of Veterinary Internal Medicine, Large Animal, and Diplomate of the American Board of

Veterinary Practitioners, Certified in Equine Practice. Her clinical interests have included general internal medicine, gastrointestinal disorders, neurologic disorders, diseases of the newborn, and lameness. Her research interests have been primarily in the areas

of endotoxemia, laminitis, neonatology, and gastric ulcer disease. She has delivered lectures across the nation and internationally on subjects related to her clinical and research interests, as well as equine welfare issues. She now also speaks on leadership and has delivered the commencement address to the graduating classes of veterinary students at Auburn University (1995), Mississippi State University (1995), and Louisiana State University (2010) and has delivered numerous keynote addresses. Additionally, Dr. Green has served as president of three national organizations, the American Board of Veterinary Practitioners, the American Association of Veterinary Clinicians, and the American Association of Equine Practitioners. Refreshments will be available at 6:45!

**CHINA LUNCHEON AND STYLE SHOW  
-GET YOUR TICKET TODAY!**

Don't miss the Annual China Luncheon and Style Show on Saturday, February 8, 2014 from 10:30 a.m. - 1:30 p.m. at Shirley Acres located at 217 Woerner Rd., Spring, Texas. We are looking for talented ladies to decorate one of our themed tables and silent auction item donations. Individual tickets are \$30. Get your ticket at one of our monthly meetings or visit our website.

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at 7100 High Life Drive. For more information on monthly speakers or upcoming events visit our website at [www.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org) or contact Shannon Eberle, Club President at [clubpres2012@gmail.com](mailto:clubpres2012@gmail.com).

# 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

Peel, Inc. ....	1-888-687-6444
Article Submissions .....	longwoodletter@PEELinc.com
Advertising.....	advertising@PEELinc.com, 1-888-687-6444

## Want to Live a Healthier Life with a Healthy Heart

Keynote speaker shares tips at the Feb.27 CYFEN meeting

Come to the Cy-Fair Express Network (CYFEN) luncheon Feb. 27 and gain information on living a healthier life with a healthy heart.

This month's keynote speaker is Connie Claros with United Healthcare, a company that she said has opened doors for her to get involved in serving the community's frail and disabled populations. While helping people improve their health and learning to live with their disabilities, Connie is also passionate about helping people live healthier lives. This is why she volunteers for the American Heart Association promoting programs that bring about awareness and education on heart health and disease prevention. Closer to home, she lost family members to heart disease and stroke, which could have been prevented if detected early and with simple lifestyle changes. She speaks to Spanish-speaking women during Vestido Rojo (Go Red for Women) events and has served as AHA's media spokesperson for Houston's local TV and radio.

All are welcome to attend the monthly meetings of CYFEN, which are held the fourth Thursdays at the Sterling Country Club, 16500 Houston National Blvd. This month's meeting begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program.

Bring business cards for networking. The meeting cost is \$25 with advanced reservations made by the Thursday prior to the meeting and \$30 at the door.

For information on CYFEN, which is part of the American Business Women's Association, go to [www.CYFEN.org](http://www.CYFEN.org).

### About Cy-Fair Express Network (CYFEN)

The Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and national recognition.

### About American Business Women's Association

ABWA's mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition.


  
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Color Me Rad is coming to Houston and we are so excited to be their charity partner! For every volunteer and participant in this fun, family-oriented 5K event Cy-Hope will receive a portion of the proceeds.

Come out to Reliant Park on Saturday, February 15th and get "color-bombed" all for a great cause!

Cy-Hope will receive \$75.00 for every volunteer that works a 5 hour shift. There are volunteer opportunities Friday, February 14th in addition to the day of the event.

- To volunteer visit: [www.givepulse.com/event/3180-Color](http://www.givepulse.com/event/3180-Color)
- To participate in the Color Me Rad 5K visit: [www.colormerad.com](http://www.colormerad.com) and register for the Houston Race. Use the promo code CYHOPE and not only will Cy-Hope receive a portion of the proceeds - you will receive a 10% discount!

If you have any questions, email

[Holly.Calbat@Cy-Hope.org](mailto:Holly.Calbat@Cy-Hope.org) or call 713.466.4673.



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## Cy Fair Republican Women

The Cy Fair Republican Women are hosting a forum for all candidates running for the Lt. Governor position. The forum will take place at our general meeting on Tuesday, February 11 at the Longwood Country Club. Confirmed speakers include Texas Senator Dan Patrick, Land commissioner Jerry Patterson, Agriculture Commissioner Todd Staples, and invited Lt. Governor David Dewhurst.

Reservations can be made on our website at [www.cfrw.net](http://www.cfrw.net).



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## Scholarship Deadline

### February 7th, 2014

Apply online today at [application.thecfef.org](http://application.thecfef.org)

- ⇒ More than \$260,000 in scholarship funds available
- ⇒ More than \$5 million awarded to more than 1,000 CFISD graduates since CFEF inception
- ⇒ As many as 5 graduates per high school eligible annually

Questions about scholarships? Contact the CFEF at 281-807-3591.



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The National Kidney Foundation is the leading organization in the U.S. dedicated to the awareness, prevention and treatment of kidney disease for hundreds of thousands of healthcare professionals, millions of patients and their families, and tens of millions of Americans at risk

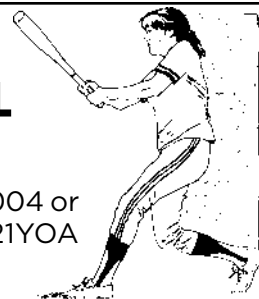
Nearly six of ten Americans will develop kidney disease in their lifetime, according to a new analysis published in the American Journal of Kidney Disease. In comparison, lifetime risk of diabetes, heart attack and invasive cancer is approximately four in ten.

The Kidney Walk is the nation's largest walk to fight kidney disease and is held to raise awareness of, and support those who are battling this disease. Held in nearly 100 communities, the event raises awareness and funds lifesaving programs that educate and support patients, their families and those at risk. Take a lifesaving step today and sign up for a walk below. The Houston Walk will be held on May 4th at 7:30am at Discovery Green Park Downtown. Registration at [www.donate.kidney.org](http://www.donate.kidney.org).

For more information on forming teams or sponsorship, please call 713-964-2644.

## FAIRFIELD WOMENS SLO-PITCH SOFTBALL STARTING SOON!

Contact Michelle at 281 686-9004 or [mwsinai@aol.com](mailto:mwsinai@aol.com). Must be 21YOA to play.



## FREE COMPUTER CLASSES

You can improve your computer skills at no cost, close to home. Many Harris County Public Library branches, including the Fairbanks Branch, offer free computer classes. Topics include Computer Basics, Beginner Internet, Beginner Email, Microsoft Word, Microsoft Excel, Microsoft PowerPoint, Facebook and LinkedIn. You can bring your own laptop or use one of our computers. To see a class schedule, go to <http://www.hcpl.net/content/events-programs> and click "Fairbanks Branch Library." Registration is required. Please call the library at (713) 466-4438 to register or for additional information. The Fairbanks Library is located just off Highway 290, at 7122 N. Gessner Road.

## CY-FAIR KIWANIS CLUB

Come join us at the CY-FAIR KIWANIS CLUB and be a part of sponsoring children's activities that help to develop leadership and good citizenship in the youth of our community. CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs in the Cy-Fair High Schools;, Girl Scout, Boy Scout, and Sea Scout troops and activities; provides scholarships to outstanding Key Club members in our district; assists at Cypress Assistance Ministries , Bear Creek Ministries; the Houston Food Bank; and other charitable groups.

Membership 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 programs it promotes, we invite you to be our guest at one of our monthly meetings. The Cy-Fair Kiwanis meet at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs.

February meetings will be on the 4th, 11th, and 18th. For more information, call John Carroll (Copperfield and Hearthstone areas) at

281-463-0373; George Crowl (Jersey Village area) at 832-467-1998; or Peggy Presnell (Fairfield and CyRanch) at 281-304-7127. If you live anywhere in the Cy-Fair Communities, you may call any one of the above for information. COME, BE A PART OF OUR FELLOWSHIP. See [www.kiwanishoustoncyfair.com](http://www.kiwanishoustoncyfair.com) for more information.

## SALUTE TO OUR HEROES

**SATURDAY, FEBRUARY 8, 2014 @ 6:30 P.M.**  
**OMNI HOTEL WESTSIDE HOUSTON**



Martha McSally is a decorated military leader and pioneer. She is the first female fighter pilot to fly in combat, and first to command a fighter squadron in combat in United States history. She was awarded a Bronze Star and multiple Air Medals for her combat leadership and performance.

**GUEST SPEAKER:**  
Martha McSally

Salute to Our Heroes will honor the brave men and women who have served to preserve our freedom and liberty.

**Tickets and Sponsorship Opportunities Still Available**

Individual Tickets \$75 • Veterans Tickets \$50

Contact Marie Holmes at 281-807-3591 or [marie@thecfef.org](mailto:marie@thecfef.org) • [www.thecfef.org](http://www.thecfef.org)

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## Northwest Flyers Youth Track Club Begins 27th Season

The Northwest Flyers Youth Track Club is now registering boys and girls ages 6 – 18 for the 2014 season. The team provides a full program of track and field events, and is affiliated with USA Track & Field (USATF). The club was founded 27 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

Registration and practice is at 5:30 p.m. on Mondays and Thursdays at the Cypress Creek High School track, 9815 Grant Rd., Houston.

For registration forms and additional information, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at [linette.roach@sbcglobal.net](mailto:linette.roach@sbcglobal.net) or (281) 587-8442.

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## The American Cancer Society Relay For Life of Cy-Fair Surpasses \$1,000,000 Mark!

The American Cancer Society is pleased to announce that the Relay For Life of Cy-Fair has raised more than \$1,000,000 in the fight against cancer, thanks to the amazing success of this year's event. The 2013 Relay For Life of Cy-Fair brought in more than \$136,000, raising the grand total since the event's inception in 2005 to just over one million dollars!

"Congratulations to the many volunteers, committee members, and teams whose tireless efforts each and every year since 2005 have resulted such an accomplishment. The valued participation of cancer survivors and caregivers make the American Cancer Society Relay For Life unique and appealing to the entire community, most of whom have been touched by cancer in some way," said Relay For Life of Cy-Fair Chair Sulema Tamez. Participation in the 2013 event was also at an all-time high.

Relay For Life remains the American Cancer Society's highest-grossing fundraising event in the fight against cancer. Monies raised support the American Cancer Society's mission to help people stay well, get well, find cures and fight back through cancer research, as well as the free programs and services provided directly to cancer patients and their families.

The Relay For Life of Cy-Fair is currently signing up both business and personal teams for the April 25-26, 2014 event. The committee is also seeking volunteers, cancer survivors and caregivers to participate. If you are interested in signing up or learning more about how you can help the American Cancer Society finish the fight against cancer, please visit: [www.relayforlife.org/cyfairtx](http://www.relayforlife.org/cyfairtx).

### About the American Cancer Society

The American Cancer Society is a global grassroots force of more than three million volunteers saving lives and fighting for every birthday threatened by every cancer in every community. As the largest voluntary health organization, the Society's efforts have contributed to a 20 percent decline in cancer death rates in the U.S. since 1991, and a 50 percent drop in smoking rates. Thanks to our progress, nearly 14 million Americans who have had cancer and countless more who have avoided it will celebrate more birthdays this year. As we mark our 100th birthday in 2013, we're determined to finish the fight against cancer. We're finding cures as the nation's largest private, not-for-profit investor in cancer research, ensuring people facing cancer have the help they need and continuing the fight for access to quality health care, lifesaving screenings, clean air, and more. For more information, to get help, or to join the fight, call us anytime, day or night, at 1-800-227-2345 or visit [cancer.org](http://cancer.org).

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