

The LONGWOOD Letter

July 2014

Volume 8, Issue 7

News For The Residents of Longwood

FIT AND FUN: HEALTH TIPS FOR YOU AND YOUR CHILDREN

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- Take an active vacation: It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.

- Visit a local park: It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around – it's your time, too!

- Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-peek and kickball, there are hundreds of activities to choose from that are fun for everyone.

- Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: www.aahperd.com.

The Goal: Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the Centers for Disease Control and Prevention's Web site at: <http://www.cdc.gov/healthyyouth/physicalactivity/>



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

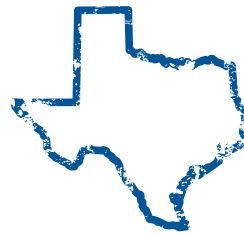
Cypress Fairbanks ISD Administration	281-897-4000
Cypress Fairbanks ISD Transportation	281-897-4380
Cypress Fairbanks Senior High.....	281-897-4600
Goodson Middle School	281-373-2350
Hamilton Elementary.....	281-370-0990

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



CYPRESS TEXAS TEA PARTY

The next meetings of the Cypress Texas Tea Party will be on:

Saturday, July 12, 2014 12:00 PM - 2:00 PM
Saturday, August 2, 2014 12:00 PM - 2:00 PM

The Cypress Texas Tea Party meets every three weeks on
 Saturday, noon until 2:00 pm, at:

Spring Creek BBQ
 25831 Northwest Freeway Cypress, Texas 77429

Map: <http://goo.gl/maps/OoNjY>

A schedule of our meetings and confirmed speakers can be
 found at our website, www.cypresstexasteaparty.org, or email
 us at cypresstexasteaparty@gmail.com

TEJAS ROOFING

Houston's #1 Roofing Company

Family Owned & Operated Since 1982



Let our Decades of Experience Work For You!
 30-Year Proven Record of Excellence
 Promises Match Performance
 Tejas Crews Have Been With Us 15+ years

Why would you choose
 Tejas Roofing? Peace of Mind.
 Listen for us on KSEV 700 AM
832.249.6446

tejasroofingandcontracting.com

**GO GREEN
 GO PAPERLESS**

Sign up to
 get this
 newsletter
 in your
 inbox! Visit
peelinc.com
 for details.

Junior Hurricanes Soccer League (JHSL) in Cy Fair!

Recreational soccer league for Boys and Girls U4 – U10 Years Old. Open registration for all players. Please register at:

WWW.CY-FAIRSPORTS.ORG

LEAGUE HIGHLIGHTS:

10 weeks: September thru November

Professionally Trained

Practices on Tuesday at Schiel Road Complex

Games on Sunday at Schiel Road Complex

Address: 22515 Schiel Road, Cypress



KIWANIS CLUB OF CY-FAIR HOUSTON

*YOU ARE CORDIALLY INVITED TO ATTEND
A Kiwanis meeting in June at the Hearthstone Country Club
At 12:15 pm. Reservations requested.
Call George at 832-467-1998.*

Dates: We will meet on July 1, 8, and 15. Join us for lunch, followed by a short, informative program. We welcome your visit and invite you to consider membership in this service oriented organization.

Why join Kiwanis? Kiwanis is an international service organization focused on changing the world one child and one community at a time. The Cy-Fair Kiwanis Club of Houston seeks to serve this community through sponsoring Key Clubs for high school students, Builders Clubs for middle school students, and Aktion clubs for adults with disabilities. Also, we sponsor Boy Scout and Girl Scout troops. We provide support to various other organizations in the community that serve children and families.

What is Kiwanis? Service is at the heart of every Kiwanis club, no matter where in the world it's located. Members stage nearly 150,000 service projects and raise nearly US\$100 million every year for communities, families and projects. In addition, Kiwanis members actively participate in many service projects in their home communities.

Kiwanis members don't just do service—they have fun. Members make new friends by being part of a club where they attend meetings and participate in social events. Kiwanis clubs also provide excellent networking opportunities for professionals. Members meet new people from all over their region and the world through service projects, fundraising and attendance at district and international conventions.

Visit the Cy-Fair Kiwanis Club website at:
www.KIWANISHOUSTONCYFAIR.COM

PRE-SCHOOL

BUILDING RAINBOWS DAY SCHOOL

13922 Schmidt Road
Cypress, 77429
281-890-7498



910 Village Sq. Dr.
Tomball, 77375
281-547-0405



BUILDINGRAINBOWSDAYSCHOOL.COM

LONGWOOD LETTER

Feed My Starving Children (FMSC)-Houston-Pack:

On August 1 & 2, 2014 at the Berry Center in Cypress, more than 5,000 volunteers from churches, businesses, & schools throughout the city of Houston will join together and pack 1.25 MILLION dry rice/protein "Manna Pack" meals with the "Feed My Starving Children" missions organization!! This is an opportunity for your family & friends, ages 5-95, to experience a mini-missions trip right here at home. Please visit The website to 1. Donate towards the HoustonCityPack event. Each volunteer will pack approximately \$50 worth of food. 2. Register you & your family to volunteer for a two hour packing shift. Please join us in this united effort to meet an immediate food need that will turn hunger into hope for children, in Jesus' name, all across the globe. *Note-the Friday (8/1) night packing shift will be geared towards Junior High & High School students.

Websites with more information include:

<http://houstoncitypack.com/>

Facebook: <https://www.facebook.com/fmschouston>

Twitter: Follow @HoustonCityPack
FMSC.org

Sign up individually or in groups through the website.

Please email Meghan Martin at MeghanMarie918@gmail.com with further questions about getting your family, churches, businesses or groups involved with this event. Thanks!







281-290-0606

CALL FOR A FREE INSPECTION

- Missing Shingles
- Hail damage
- Leaks
- Repair or Replace
- Denied by Insurance Company?
- We can help.

- Fully Insured
- BBB "A" Rated
- GAF Master Elite
- Ventilation Experts
- Insurance Specialist
- Emergency Repairs




BASHANS PAINTING & HOME REPAIR

- | | |
|--------------------------------|-------------------------------|
| • Interior & Exterior Painting | • Wallpaper Removal |
| • HardiPlank Replacement | • Wood Replacement |
| • Sheetrock Repair | • Interior Carpentry |
| • Cabinet Painting | • Wallpaper Removal & Texture |
| • Pressure Washing | • Garage Floor Epoxy |
| • Fence Repair/Replacement | • Roofing |
| • Custom Staining | • Faux Painting |
| • Gutter Repair & Replacement | |
| • Crown Molding | |

NO MONEY UP FRONT

20 Years Experience • References Available

Commercial/Residential

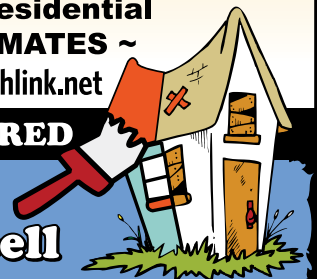
~ FREE ESTIMATES ~

BashansPainting@earthlink.net

FULLY INSURED

281-347-6702

281-731-3383 cell



HARDIPLANK®





NORTHWEST FLYERS YOUTH TRACK CLUB SEASON STARTS SEPT 8TH



The Northwest Flyers Track Club Youth Cross-Country Team kicks off the fall season with registration and a mandatory orientation for parents and athletes on Monday, September 8, 2014, at 7:00 p.m. Registration will be held at Cypress Creek High School, 9815 Grant Rd., Houston, TX. The first practice will be held at the Cypress Creek YMCA on Thursday, September 11.

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 27th year in the northwest Houston area. Ages 6 - 18 may participate in the team, and both beginners and experienced runners are welcome. Middle school and high school cross country athletes can also register, but should compete after their cross country season is over.

Contact Coach Eric Wentworth at emw185@gmail.com, 281-961-6603, or Coach Donnell Carter at darter.nwflyers@yahoo.com, 281-467-4727, for more information. Email Coach Carter to get on the email list and you will receive a free running training video. Visit www.northwestflyers.org to get updates and learn more about the team.

Medicare / Medicaid /
Private Pay /
Some Insurances

Contact Our Admissions
Director Today :

281-205-9400

11830 Northpointe Blvd
Tomball, TX 77377



A Premiere Health Care and Rehabilitation Center

Grace Care Center
at Northpointe

Nstep
Physical Rehab &
Wellness Center

Services:

- 24 Hour Skilled Nursing
- Regular Health Assessments
- Massage Therapy, Manicure/Pedicure
- Luxurious Private & Semi-Private Accommodations
- Satellite TV, Phone, & Wireless Internet
- Hair Salon/Barber Shop

Rehabilitation:

- Outpatient/Inpatient Rehabilitation
- Post-Hospital
- Post-Surgical Care
- Pain Management
- Joint/Hip Replacement
- Stroke Recovery
- Orthotic/Prosthetic
- Cardiopulmonary

GraceCareNorthpointe.com | Nsteprehab.com

LONGWOOD LETTER



Come grow with us!
St. Elizabeth Ann Seton Catholic School

**Now Registering
2014-2015
School year**

"Living, loving, and learning in Christ and the Church."
6646 Addicks Satsuma Rd.
Houston, TX 77084
281-463-1444
www.seasc.org

EXCELLENT CURRICULUM • ATHLETICS
COMPUTER & SCIENCE LABS
BEFORE & AFTER SCHOOL PROGRAMS

17th Annual Salute to the Stars Gala

It's almost time to applaud Cy-Fair's educators at the 17th Annual Salute to the Stars Gala. The black-tie, celebratory event to be held on October 16, 2014, at Cy-Fair ISD's Richard E. Berry Center will honor 86 Spotlight teachers, one from each of the district's campuses. Dinner, entertainment, live auction and a raffle will be featured as community and business leaders and elected and school officials give thanks to those who give so much to the students in the Cy-Fair district.

Each year in April, Cy-Fair ISD recognizes one teacher from each of its campuses who represents a unique balance of skill, art and heart in teaching students in his or her subject area or program. "Spotlight teachers and their guest as well as the principal and his or her guest occupy spots at the school's table," said Lauri Baker, event co-chair. "The remaining four seats are for those who sponsor the table. Table sponsorships start at \$1,250; however, there are other sponsor opportunities available as well."

Not only is the event a celebration of the district's top-notch teachers, but it's also a way to showcase the talent of students. "Students will perform a drum line performance, those who have won scholarships from the Cy-Fair Educational Foundation will serve as guest speakers and culinary arts students will serve dinner to guests," said Baker. "Involving our students in the event is a perfect way to remember why we are all here."

All proceeds raised at the event go to the Cy-Fair Educational Foundation which provides college scholarships for district students as well as staff development grants to CFISD. Last year the event raised over \$152,000 for staff development grants and student scholarships, bringing the grand total to over \$1.8 million raised since 1998.

This year's underwriter will be Cypress Fairbanks Medical Center Hospital. Also sponsoring in 2014 will be the Cy-Fair Federal Credit Union as the Red Carpet Premiere Sponsor, Bay- IBI Group Architects as the Superintendent Table Sponsor and Houston Methodist Willowbrook Hospital as the Teacher Appreciation Sponsor.

Baker, who has been involved with organizing the event for ten years, has worked in the school district for 30 years and also serves on the Cy-Fair Educational Foundation Board. "I love working with such a passionate group of dedicated people who put on this great event," she said. "It's really a fun night and people are excited to see each other but also so committed to raise money for the Foundation. The community relationship in our district and the compassion of the Cy-Fair Educational Foundation, that does so much for both students and teachers, is unique and rewarding to be a part of," she said.

For information about the annual Salute to the Stars gala, contact Marie Holmes at 281-807-3591, or e-mail marie@thecfef.org.



ADVERTISE
Your Business Here
Call 512.263.9181
for details

www.peelinc.com

Brilliant Energy Texas OUC #10140

BRILLIANT ENERGY

**Easy Online Sign-Up at
BrilliantElectricity.com**

USE "NEIGHBORHOOD NEWSLETTER" AS REFERRAL

BRILLIANT ENERGY = SERIOUSLY LOW RATES
BRILLIANT ENERGY'S ELECTRICITY RATES CHALLENGE
THE RATES OF EVERY OTHER PROVIDER IN TEXAS!
LOCK-IN A LOW ELECTRICITY RATE FOR
UP TO 3 YEARS

BRILLIANT ENERGY IS RECOMMENDED BY TEXAS ENERGY
ANALYST, ALAN LAMMEY THE HOST OF THE "ENERGY
WEEK" RADIO SHOW ON NEWSTALK 1070 KNTH!

Ask the "Energy Analyst"
281.658.0395

GREAT BUSINESS RATES TOO!



LONGWOOD LETTER

**NOT AVAILABLE
ONLINE**

The Longwood Letter is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the Longwood Letter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the Longwood Letter is exclusively for the private use of Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.




* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

**WE'VE GOT
MORE SPOTS
THAN EVER!**

**SELL US YOUR CAR CENTERS
NOW LOCATED IN:**

-  **League City**
-  **Cypress (290 @ HWY6)**
-  **The Woodlands**



SELL US YOUR CAR!



TEXASDIRECTAUTO.COM



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSRST STD
U.S. POSTAGE
PAID
PEEL, INC.

LW

WWW.LONGWOOD-NEIGHBORS.COM

SOME OF THE LONGWOOD HOMES WE SOLD IN 2013



We Know Longwood

DAN 281-468-2853
DANBOUTWELL@DAN-CINDY.COM

CINDY 281-797-3590
CINDY@DAN-CINDY.COM
RE/MAX NORTHWEST



LOW INVENTORY
GREAT PRICES
HELP !!
WE NEED MORE
HOMES TO SELL

More Homes Get SOLD on

WWW.LONGWOOD-NEIGHBORS.COM