



# The LONGWOOD Letter

July 2016

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News For The Residents of Longwood

## FACT OR HOGWASH?

*By Cheryl Conley, TWRC Wildlife Center*

I think we've all heard that one should never touch a baby bird or the mother will not accept it again or may even kill it. This is simply not true. There are many misconceptions about wildlife. Let me help you separate fact from hogwash on a few of the most common ones.

### **MYTH: MOTHER BIRDS WILL ABANDON THEIR BABIES IF TOUCHED BY HUMANS**

**FACT:** Mother birds will not abandon their offspring if touched by a human. For this to be true we would have to believe that birds can pick up on human scent. In fact, most birds have a rather poor sense of smell. For more information on what to do if you find a baby bird, see our website.

### **MYTH: IF YOU FIND A FAWN ALONE, IT HAS BEEN ABANDONED.**

**FACT:** It is common to see fawns alone. Since they are incapable of keeping up with mom, she will leave the fawn, sometimes for hours, while she goes off to eat. The doe will visit the fawn two to three times a day. This will continue until the fawn is about 4 weeks old. It's best to leave fawns alone unless you know that the mother is dead and/or fawns are crying incessantly.

### **MYTH: IF YOU SEE A RACCOON OUT DURING THE DAY, IT'S RABID**

**FACT:** Raccoons are typically nocturnal but are opportunistic creatures and can appear whenever food is around, day or night. In spring and summer when the mother's energy levels are depleted by nursing cubs it is not uncommon to see them out during the day. However, if the animal is acting disoriented or sick, such as circling, staggering or screeching — in addition to being seen during daylight

hours — contact TWRC Wildlife Center or animal control.

### **MYTH: RACCOONS WASH THEIR FOOD**

**FACT:** Raccoons have very sensitive feet and it is believed that dipping their food in water heightens that sensitivity so they can better feel the food before they eat it. They will also use water to soften food.

### **MYTH: IF YOU GET CLOSE TO A SKUNK, IT WILL SPRAY YOU.**

**FACT:** Skunks only spray to defend themselves, such as when a dog runs up and grabs them. Before they spray, they will stamp their front feet as a warning to get you to back off. Skunks are also nearsighted so if you come across one, simply talk softly and back away.

### **MYTH: LIVE TRAPPING AND RELOCATING ANIMALS IS HUMANE**

**FACT:** Most animals are very territorial. Residents of an area will more than likely attack and kill a newly relocated animal.

### **MYTH: OPOSSUMS LIKE TO HANG BY THEIR TAILS**

**FACT:** The opossum's tail is capable of grabbing onto a limb to help with balance but it is not strong enough to support the animal's weight.

### **MYTH: TOADS CAUSE WARTS**

**FACT:** Warts on people are caused by a herpes virus, not toads! Toads do, however, have wartlike bumps behind the ears that contain a poison that can irritate your skin.

*(Continued on Page 3)*

# LONGWOOD LETTER

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY .....	911
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Ambulance.....	911
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- 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

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Cypress Fairbanks ISD Transportation .....	281-897-4380
Cypress Fairbanks Senior High.....	281-897-4600
Goodson Middle School .....	281-373-2350
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### OTHER NUMBERS

Animal Control.....	281-999-3191
Cypress Fairbanks Medical Center.....	281-890-4285
Harris County Health Department .....	713-439-6260
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Street Lights - CenterPoint Energy .....	713-207-2222
- not working (Report Number on Pole)	
Trash Removal .....	281-446-2030

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## USA Fit Champions Ready to Get Aspiring Runners Marathon/Half Marathon-Ready by January



With many winter long distance races to look forward to, USA Fit Champions seeks to get Spring and Northwest Houston area residents "marathon-ready." The local full and half marathon training group is currently taking registrations through Aug. 30 at [www.ChampionsFit.net](http://www.ChampionsFit.net) for its new season, which kicks off with two orientation/in-person registration events at 7 a.m., Saturday, July 9 and 16, at the D. Bradley McWilliams YMCA in Spring. Now, Co-Organizer Roy McDonald says, is the perfect time, no matter a runner's ability level, to start training for January races such as the Chevron Houston Marathon, Aramco Half Marathon and Memorial Hermann USA Fit Marathon.

"Most people don't believe they can complete a full or half marathon for various reasons," said McDonald. "Our mission at USA Fit is to show people they absolutely can succeed by providing training plans for every fitness level in a fun, non-intimidating and safe environment."

McDonald himself joined USA Fit's Houston group 25 years ago when he and four fellow employees at his company discussed running a marathon. It was a goal he had never entertained. At the time, he weighed 240 pounds and at the end of his first marathon training with the group dropped to 185 pounds. In addition to gaining a lifelong love of running, McDonald gained a lifelong friend in member and now co-organizer Mitchell Garcia, who was one of the employees who had initially joined him.

McDonald and Garcia both hope as organizers and coaches to bring the same motivation and encouragement that their coaches and fellow members had given him to help runners and walkers around the Champions area reach their own personal goals.

According to McDonald, the top myths about marathon running include:

*(Continued on Page 4)*

# LONGWOOD LETTER

(Continued from Cover)

## MYTH: OPOSSUMS ARE DIRTY ANIMALS AND ARE VICIOUS

FACT: Opossums are fairly clean when compared to other animals. They groom themselves frequently. While in the care of a rehabilitator, they can even be trained to use a litter box. Like any other wild animal, they are more afraid of you than you are of them. They hiss and show teeth to scare you away, so, GO AWAY!

## MYTH: IF AN ANIMAL IS FOAMING AT THE MOUTH, IT HAS RABIES

FACT: There are other reasons why an animal may be foaming at the mouth. Some of them are distemper, ticks, worms, diabetes, liver failure, poisoning, and many others.

TWRC Wildlife Center is currently looking for volunteers to help at our center in Houston. If you have a passion for animals and are looking for a worthy organization to help, check our website at [www.twrcwildlifecenter.org](http://www.twrcwildlifecenter.org) or call 713-468-8972.



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# LONGWOOD LETTER

(Continued from Page 2)

- Marathoners must be young.
- Marathoners must be athletes.
- It is not possible to walk 13.1 or 26.2 miles.
- Running long distances is dangerous to one's health.
- Runners must be a certain weight or size to successfully run a full or half marathon.

He said that members of USA Fit Champions defy all of these myths and have gone on to complete half and full marathons during their very first seasons with the group as well as meet personal health and fitness goals.


“The most rewarding part of our job as coaches is to see members achieve so much more than they thought possible, no matter their fitness level or stage in life,” said McDonald. “The only thing we ask our members to show up with is a goal and the passion to meet it. We take care of the rest.”

Registration for USA Fit Champions is \$140 for new members and \$100 for returning members. Runners meet Saturday mornings for ability-based group trainings, enjoy weekly seminars and social events throughout the season and benefit from the encouragement and expertise of certified coaches. To learn more and to register, visit [www.ChampionsFit.net](http://www.ChampionsFit.net) or contact Roy McDonald at [info@championsfit.net](mailto:info@championsfit.net).

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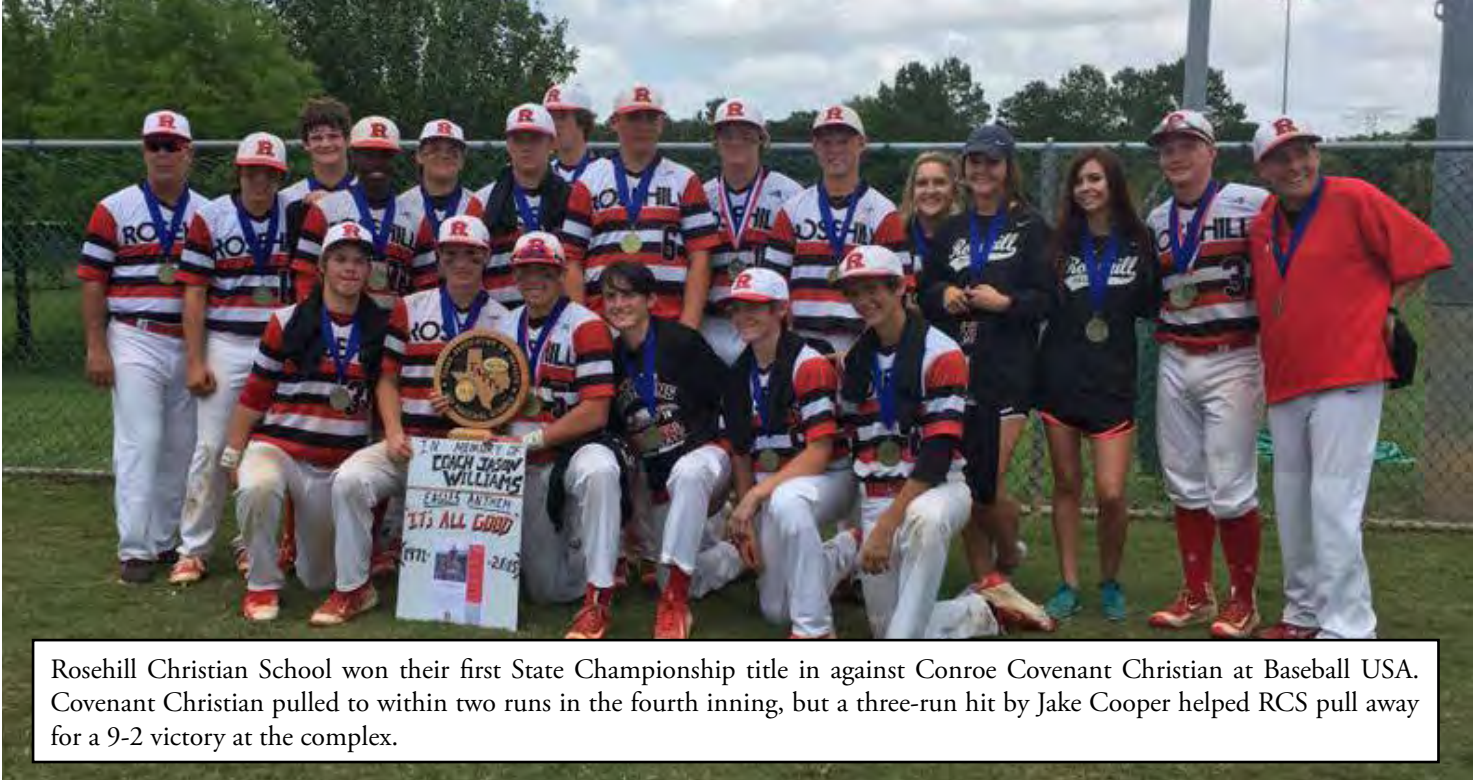
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Rosehill Christian School won their first State Championship title in against Conroe Covenant Christian at Baseball USA. Covenant Christian pulled to within two runs in the fourth inning, but a three-run hit by Jake Cooper helped RCS pull away for a 9-2 victory at the complex.

## KIWANIS CLUB OF CY-FAIR HOUSTON

If you live or work in the Cy-Fair area, we would welcome the opportunity to meet you and tell you about the service the Cy-Fair Kiwanis Club gives to our community. Be our guest at our meeting on July 12, 19, and 26.

Time and place: Meetings are held at the Hearthstone Country Club. Lunch is served at 12:15pm, followed by a brief, informative program. Adjournment is at 1:15pm.

What is Kiwanis? Kiwanis is an international service organization focused on changing the world one child and one community at a time. 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.

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. Enjoy the pleasure of being a part of this service.

Visit the Cy-Fair Kiwanis Club website at [www.KIWANISHOUSTONCYFAIR.COM](http://www.KIWANISHOUSTONCYFAIR.COM).

For more information, call John Carroll at 281-463-0373; George Crowlat 832-467-1998; or Peggy Presnell at 281-304-7127.

## Northwest Houston chapter of Business Professional Women

The July meeting of the Northwest Houston chapter of Business Professional Women will take place on Thursday, July 21st, at 11:00am at Northgate Country Club, 17110 Northgate Forest Drive, Houston, Texas (off FM 1960 between TC Jester & Kuykendahl).

Join other professional businesswomen for networking, lunch and learning with a speaker who will impart pertinent information on a specific area of business from a woman's perspective.

The cost for our luncheon is \$25.00 for members and guests. Reservations received after Tuesday, July 19th will cost \$30.00. Inquiries may be sent via email to: [nwhoustonbpw@yahoo.com](mailto:nwhoustonbpw@yahoo.com). Please include your name and contact information.

Reservations can be made on our website: [nwhoustonbpw.com](http://nwhoustonbpw.com)

## VENDOR OPPORTUNITY AWAITS!!

St. Elizabeth Ann Seton Ladies Auxiliary will be holding their 24th annual Gingerbread Village Holiday Market on October 29th, 2016. The show will be held from 9 A. M. to 4 P. M. at 6646 Addicks Satsuma Road, Houston, TX. If you are interested in showcasing your various arts, crafts or other unique offerings, please contact [fae@krenekprinting.com](mailto:fae@krenekprinting.com).



# LONGWOOD LETTER

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