

CFISD shows appreciation to Super Seniors

■ Services available at no cost for residents 60 years and older

In an effort to show appreciation to its senior citizens, the Cypress-Fairbanks Independent School District is offering services to residents over 60 years of age at no cost through the Super Senior Card.

The Super Senior Card program, designed for members of the Cy-Fair community who are 60 years or older, recognizes the outstanding and ongoing support of the district's senior residents.



Beginning Aug. 1, residents 60 years or older may apply for a Super Senior Card by filling out an application on the district website at www.cfisd.net or in the Communication Office, located at 10300 Jones Road, during regular business hours (8 a.m. to 4:30 p.m.).

The Super Senior Card, which will be effective for one school year beginning in 2008-2009, must be picked up in the Communication

Office. A valid ID may be required.

Super Senior cardholders will be entitled to the following services:

- Free admission to any CFISD athletic event at any district facility, excluding playoffs;
- Free admission to student fine arts performances at any district facility, excluding fund raisers;
- Access to high school libraries (book check-out only); and
- Access to designated adult computer classes as space permits.

A renewal card will automatically be issued to the senior resident each year and mailed to the address on record at the end of the school year. For additional information, call 281-897-4053 or send an email to info@cfisd.net.

Q & A

Super Senior Card

Q: What if an applicant is married but his/her spouse is under the age of 60 years?

A: The Super Senior Card admits the cardholder plus a guest.

Q: May other people fill out an application on behalf of a senior citizen who is unable to apply online or in person on their own?

A: Yes. Applications are available for pick up at the Communication Office. However, the Super Senior must pick up the card.

Q: What about seating at athletic events or fine arts performances? How can cardholders be guaranteed seating?

A: Seating is not guaranteed—it is on a first-come, first-serve basis.

Q: What may be checked out from high school libraries?

A: Only books may be checked out.

Q: Are computer classes free?

A: Yes, Super Seniors may enroll in designated classes at no charge as space permits.

Local doctor donates EKG machines to high schools

■ CFISD plans to implement heart screening for all athletes

Local cardiologist, Dr. Tom DeBauche, will help implement an electrocardiogram (ECG, also commonly referred to as EKG) screening program for incoming ninth-grade student athletes at no cost to the district.

Dr. DeBauche will donate EKG machines to each of the district's high schools, estimating a total cost of \$40,000.

"In my 34 years in education, I've never experienced a donation of time, expertise and material more important to the lives of students," said Dr. Anthony, superintendent of schools.



Dr. Tom DeBauche

According to Dr. DeBauche, the implementation of the heart screenings could reduce the potential loss of life by student athletes by 90 percent. This program will help identify most individuals who are at risk for life-threatening heart conditions through EKG readings, which display the electrical activity of the heart over time.

"We're not going to find a whole lot of people with life-threatening con-

ditions," Dr. DeBauche said, "but hopefully, we will find them all."

This summer, Dr. DeBauche will train district nurses and athletic trainers on how to conduct heart screenings using the EKG machines.

"Conducting heart screenings is just one more thing we are trying to do to make sure that the athletes of CFISD are getting the best possible physical and trying to find problems before they become a problem," said Arnold Thomas, Cy-Fair High School athletic trainer.

The program will be an opt-in for student athletes—this means that parents will sign a consent form stating whether or not they want their child to be tested.

Forms were sent home in May to eighth-grade student athletes, so that the school district can methodically phase in the new heart-screening program for incoming ninth-grade students.



Cypress Falls High School's athletic trainer Robert Maniscalco conducts an EKG test on one of CFISD's student athletes.

"The process will be implemented gradually and cautiously so that by the spring of 2009, the program will be up and running," said Jan Jones, RN, director for health services.

The long-term goal for CFISD is to have every high school student athlete

undergo an EKG screening.

"We will be the only school district in the state of Texas that intends to test every student athlete, targeting ninth-grade students, but not ruling out anyone," Dr. Anthony said.

“Conducting heart screenings is just one more thing we are trying to do to make sure that the athletes of CFISD are getting the best possible physical and trying to find problems before they become a problem.”

Athletic Trainer Arnold Thomas
Cy-Fair High School