

The LONGWOOD Letter

January 2009

Volume 3, Issue 1

News For The Residents of Longwood

Hurricane Ike First Responders Appreciation Party



RE/MAX Preferred Homes sponsored a party to honor the Hurricane Ike First Responders for their dedication and service to Fairfield and the surrounding community. RE/MAX feted the firemen and policemen and Fairfield residents, with refreshments and photos with Santa Claus.

Members of a local blue grass band donated their talent to the festivities. In addition to the modern fire truck Cy-Fair Station 7 brought along for the community to check out, they also brought a 1935 fire truck reserved for such special events. A ride in this special truck delighted kids and parents alike. K-9 rescue dog Aid'n enjoyed lots of attention from everyone. Shown in this photo are Paul Davis, Fauzia Zaki, Robin Cox, Rhonda Strain, Broker-Owners Jeanne and Don Machrowicz and Mike Schroder as Santa Claus.



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LONGWOOD LETTER

IMPORTANT NUMBERS

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- 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

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Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing longwoodletter@peelinc.com or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 9th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for Longwood Letter. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

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US Olympian to Speak at Northwest Flyers Registration Breakfast on February 7, 2009

The Northwest Flyers Track Club will host its annual free information / registration breakfast on February 7, 2009 for all boys and girls and their parents interested in joining for the 2009 season. The breakfast starts at 8:30AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The breakfast is the annual opportunity for youth athletes to register for the 2009 summer track season, and to meet the Northwest Flyers coaches and staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic team.

The Northwest Flyers Track Club is a youth (age 6 -18) track organization, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance,

relays and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. The Northwest Flyers has approximately 195 members, boys and girls. The club was founded 21 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

The Northwest Flyers is a member of the "Win with Integrity" program, a partnership between USATF and the American College of Sports Medicine. "Win with Integrity" brings elite track & field athletes and school-aged kids together to promote healthy lifestyles, keeping active, and living with integrity through the sport of track & field.

For additional information on The Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at (281) 587-8442 or linette.roach@sbcglobal.net.

Send Us Your Event Pictures!!

Do you have a picture of an event that you would like to run in the Longwood Letter? Send it to us and we will publish it in the next issue. Email the picture to longwoodletter@peelinc.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.

Advertising Information

Please support the businesses that advertise in the Longwood Letter. If you would like to support the newsletter by advertising, please contact our sales office at 512-989-8905 or advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following issue.

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LONGWOOD LETTER

Okay, I'm Ready to Change, Made My Resolutions....What's Next??

Submitted by Allison Weaver

We all need a hand in designing our grand plan...what will do the trick for us? First, start SMART..

Set goals that are smart. Write them down, post them in several prominent places in your home, car, and office. Research shows that people who take the time to write down goals are much more likely to achieve them. Count on 1 to 2 pounds per week, depending on your current health situation. (Losing 45 pounds in one month is not healthy, unless you have recently given birth and are breastfeeding twins!)

Measurable: Make sure to be specific. Vagueness will have a less than desirable effect. If you want to lose 30 lbs, then set that limit to lose the above 1-2 lbs per week; if it is to get more exercise, then be specific: "I will get up 15 minutes early to walk, jog, run, do push-ups, sit-ups, etc." then after 2 weeks, add another 15 minutes to your routine. (Life does happen, and you can always change your goals later once you get into a routine.)

Attainable: Count on 1 to 2 pounds per week, depending on your current health situation. (Losing 45 pounds in one month is not healthy, unless you have recently given birth and are breastfeeding twins! Losing a lot of weight quickly can lead to rapid weight gain as well, and it can take a toll on your heart and other internal organs.) If getting more exercise for energy is your goal, "split training" is a great way to get those energizing exercise minutes into your day. AND it can help with energy "slumps" during the day. Throw in 10 to 15 minutes throughout your day of walking, jumping, stair climbing, squats, lunges, etc. Getting creative with your surroundings will help as well; bringing resistance bands to the job is easy. Anchor them to the foot of your chair and voila! Instant gym!

Reasonable: Here is where planning is key. If you have a full time job, 4 children with all different schedules, then you will need a

plan of action. Especially in the first 6 weeks, set up a plan that you know you can follow; making small changes a little at a time. (For example: switch to organic fruit and veggies for a snack along with some all natural peanut butter for 2 weeks, then make another change, such as getting up 15 mins early to do jumping jacks or walking) Keep adding incrementally, and in no time at all you will have completely transformed out of bad habits and into good ones! That is an incredible way to begin a new year!

Time sensitive: Have a beginning and ending date. When will you begin? When will you end? If you have slip-ups, just pick yourself up and go from there; it may give you even more determination than before! If your ending date comes and you are not where you want to be, or even if you are; set a new goal, rearrange your thinking, shift a paradigm or two, and begin again. It's not about perfection, it's all about being the best you can be!

Helpful hints to help achieve your goals:

Start by getting some accountability....engage a friend, child, spouse (this one is really tricky though) or just anyone you know will hold your feet to the fire, and be honest in their tact.

Go to a local gym for an orientation on machines and weights; this can be much less expensive than hiring a trainer for a number of sessions...

Or, if you would like someone to get you started on the right track; hire a personal trainer for a 3 months; you will gain valuable information from someone who has "been there, done that" with so many people.

Set your schedule to revolve around exercise first; and it will become a habit. Once it is a habit, you are golden!! If you get off schedule, do all you can to get back on as soon as possible.

(Continued on Page 6)



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In today's fast paced living, it is easy to lose our focus in life. We start out with great ambitions and aspiration to make our mark in this world. We make a five year plan stating where we would like to be at the end of that time period. We do all of this planning and working so that we can give our families the best that this life has to offer.

Sometime during the process of making our mark, we lose our focus of why we are doing what we are doing. We forget how to love our families. We tend to speak a different languages even though we still use English. We find ourselves saying the same things over and over but not being heard or understood.

Over the years of offering my counseling services, I have learned that people start out well intended, but lose their way in the process of achieving their goals. When this happens, it happens slowly over a long period of time. Family members live in the same house but they don't know each other. They speak to each other but no one listens. It becomes a losing battle which often times ends in divorce.

You may be wondering if you need biblical counseling. Maybe you can relate to some of these thoughts:

- *"I am so depressed and I wonder why I even bother getting out of bed..."*
- *"My marriage is falling apart and I have no hope it can be saved..."*
- *"I feel trapped by pornography and can't see a way out..."*
- *"I have persistent sin in my life that I can't seem to overcome..."*
- *"I don't even know if I am a Christian..."*
- *"No one listens to me"*
- *"My wife consistently nags me to my breaking point"*
- *"My kids are out of control"*
- *"I think my spouse is cheating on me"*
- *"My husband doesn't love me"*
- *"My wife doesn't respect me"*



If you can relate to the thoughts mentioned above, I want to encourage you in that there is hope for you. Starting over with a new marriage has statistically proven that it doesn't fix the problems. Most people who divorce will divorce again. This is because "if you always do what you've always done, then you'll always get what you've always got".

Call and get an appointment set up today. Our service is no charge to you. This is a free service! Yes it is free. It costs you nothing.

- In His Care, Pastor Gordon White

LONGWOOD LETTER

Flying Eagles

Clay Road Baptist School is proud to announce our "Flying Eagles" for the first quarter of the school year. Like a traditional honor roll based on academics, "Flying Eagles" is an honor roll based on character. Students are selected based on qualities like patience, kindness, work ethic, spiritual growth, respectfulness, study skills, consideration of others and joyfulness. We are especially pleased to recognize the following students;

K	Mark Nimri- Tampke Bianca Gordon	4 th	David Scott
1 st	Olivia Einnarsson Connor Panto	5 th	Mary-Kate Scurlock Hope Tang
2 nd	Natalie Morel Carter Joutraw	6 th	Kirsten Binkley Cody Parcus
3 rd	Jonathan Loebel	7 th	Beau Powell
		8 th	Corrie Andrews

Okay, I'm ready - (Continued from Page 4)

Find some local exercise classes; pilates, kickbox, there are even several walking, running, and biking clubs around.

Remember the analogy of putting the big rocks in place first: Nutrition and Exercise are "big rocks" in your life, and deserve top spots on your priority list. If you lose your health, you have lost the game. All other things can come and go, but health must remain it's best.

A healthy lifestyle will help you to handle any curve ball life may throw out. Losing money in the market? Don't know how to help your children? Big decisions to make? Take a walk, jog, bike, or run to stir up those positively charged endorphins. Borrow your child's jump rope and jump yourself to sanity, help you clear your mind, and focus on what's important.

You can do it!!! Just GO FOR IT!!!

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Longwood residents, limit 30 words, please e-mail longwoodletter@peelinc.com.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 512-989-8905 or advertising@PEELinc.com.

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WRAP is Cy-Woods High School's parent-driven Project Prom organization. The purpose of WRAP is to provide a drug- and alcohol-free all-night party for the graduating seniors and their guests after their prom. Held at the CFISD Berry Center on May 22, 2009, from 11:00 p.m. to 6:00 a.m., it is a fun-filled evening of shows, games, activities, food, gifts and prizes!

CURRENT FUNDRAISERS:

JEANS & JEWELS DINNER-DANCE AND SILENT AUCTION – FEB 20th

Entire community – you are cordially invited to the **Jeans & Jewels Dinner-Dance and Silent Auction** in honor of WRAP (Wildcats Right After Prom)! This evening of fun will be at Lindsay Lakes on Friday, February 20th from 7:30-11:30 – so save the date! Tickets will be going on sale soon and

cost will be \$25 if purchased by February 1st, \$30 after February 1st and at the door. Please contact our committee chair (see website cywoodswrap.org) if you have donations for the silent auction or to purchase tickets.

MR. CY WOODS

Winter/early spring. This is a beauty pageant type show attended by the students that spotlight the senior men. More to come on this fun event for the students!

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Cy-Woods Wildcat Band & Color Guard Casino Night and Silent Auction

On Saturday, January 31st from 7pm to 11pm, the Cy-Woods Wildcat Band and Color Guard will be hosting their third annual Casino Night at Cy-Woods High School. This is a once-a-year fundraiser for the band. Casino Night is a time not only to raise funds for the band, but also to have fun. Given the huge success of last year's Casino Night, a Texas Hold'em tournament has been added this year. You don't want to miss the fabulous Silent Auction and grand prize drawings for a ping pong table, foosball table, digital camera and a Wii. Come join the fun and help support the Wildcat Band and Color Guard. For more information visit the band website at www.cywoodsband.org.



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Diana Malone, MD
Shital Patel, MD
Heidi Nashed-Guirgis, MD
Luz Marquez, MD
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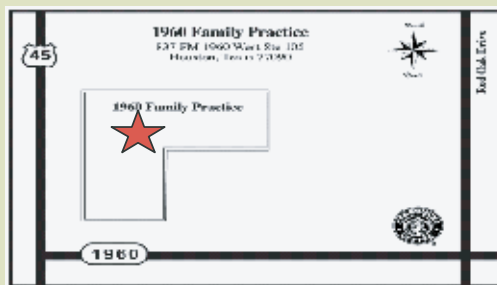
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LONGWOOD LETTER



"Adventures in Mothering" at The MET

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MOPS stands for Mothers of Preschoolers, a program led by mothers themselves and designed for mothers with children ages birth to 5. These mothers all have a shared desire...to be the best mothers they can be!

For more information on meetings in Fairfield, please contact Renate Wheeler at renateqw@yahoo.com. They will meet on the second and fourth Fridays during the school year.

***When it comes to your
child's development,
getting help early is best!***



Texas Early Childhood Intervention (ECI) provides early intervention and therapy services for children birth to 36 months. If you have questions about how your baby or toddler is developing-ask ECI! Programs are in every Texas County.

Questions or Concerns?

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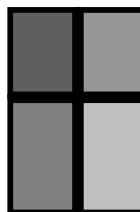
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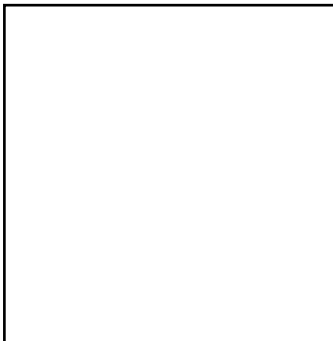
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**The MOMS Club®
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MOMS Club® is an international organization with a neighborhood feel! We are teachers, business women, counselors, chefs, CPA's and artists who have put those careers on hold and have made the choice to stay home with our kids.

MOMS Club® is a place to find friendship, support, playmates and sisterhood!

ALL events include our children and we believe there is something for every mom out there! Are you looking for park days, coffee breaks, lunch outings, (free) babysitting co-op, craft projects, time to sit and chat, cooking club, book club or someone to share dinner with when your husband is traveling or working late? We even find the time to meet once a month for a mom's night out a great time to unwind. Or are you interested in helping the within the community with service projects. We have that! (And a whole lot more!)

The New Year is here and what a better time to start something new! You can attend two events before joining. Our membership fee is only \$20 a year. The Moms club is a great opportunity for you and your kids to make new friends in our area. Come visit our next all-member meeting and see for yourself! There is a lot of fun and support just waiting for you! Our next meeting is Tuesday, January 8th, 10AM at Good Shepherd United Methodist Church located on Cypresswood Drive in Fairfield. As always, children welcomed!

For more information please contact Danielle Slot, Membership VP at 832-876-4358, danielleslot@yahoo.com or Amy Wilkes, President at 281-455-2807, amywilkes2003@yahoo.com.



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LONGWOOD LETTER

Lone Star College-CyFair Perspective

It's Not Too Late to Register for Spring Semester Classes

Spring semester classes begin Jan. 12. It's not too late to register for spring as well as some late start and continuing education courses. Lone Star College-CyFair provides a variety of options such as weekend, evening, distance learning and even hybrid (part on campus instruction and part online learning) courses. For information, call 281-290-3200 or 832-782-5000 or go online to CyFair.LoneStar.edu.

Center for the Arts Season Tickets on Sale

Order your seats for the 2009 Season of Entertainment at Lone Star College-CyFair and not only save 25% off regular ticket prices, but receive one free ticket to the 2009 summer children's production. A variety of season ticket packages are available for this year's engaging and enjoyable choral, music and theatre line up. All performances are held in the Center for the Arts on the Barker Cypress campus at 9191 Barker Cypress. Call 281-290-5201 or go to CyFair.LoneStar.edu/boxoffice for information.

Deadline Jan. 26 to Submit a Film for Quack Attack Competition

Do you have what it takes to make a movie? Five-minute film submissions will be accepted monthly through Jan. 26, with the Quack Attack Film Festival set for Feb. 27. Competition categories

include: Drama, Comedy, Public Service Announcements, Action, Documentary, Commercial/Advertising, Horror, Science Fiction, Romance, Animation, News Packages and Music Video. Each film will be judged on the basis of: Creativeness, Sound, Cinematography and Special Effects. For competition rules, guidelines, entry form and information go to cyfair.lonestar.edu/video.

Try Tai Chi in the New Year

Lone Star College-CyFair offers a variety of continuing education courses, such as Tai Chi. This introductory course offers practice in the simplified styles and forms of Tai Chi. A person doing tai chi moves his or her body slowly and gently, while breathing deeply. The 24-point posture is emphasized in this course. Students also study history and basic terms along with philosophical and physiological principles and the movements of Tai Chi. Registration is under way. For information, go to CyFair.LoneStar.edu/ce.

L.I.F.E. Lessons in January

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.

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Cypress Christian School Families Help Cypress Assistance Ministries

The Cypress Christian School community overwhelmed CAM (Cypress Assistance Ministries) with 134 turkeys and two truckloads of food on November 19. Beginning in October, students contributed non-perishable food items and toiletries for families in need.

Mr. Gaithe, CAM's representative, spoke to students at elementary chapel November 19. He explained to the students that CAM's food pantry was low (due to needs caused by Hurricane Ike) and that they did not have even one turkey to give to the 200 families that needed them. Because of the generosity of Cypress Christian school families, CAM was able to meet the needs of those families. Afterward, some of the fourth and fifth grade boys helped Mr. Gaithe load two trucks of food and toiletry items donated by school families. A third truck was sent to Kroger and loaded with 134 turkeys that had been purchased by the faculty and staff.

CAM was overwhelmed by the school's generosity. Mr. Gaithe, through tears, asked the school staff to personally thank everyone for the outpouring of generosity.

The relationship between Cypress Christian School and CAM began many years ago and continues to this day. The school has partnered to help meet the needs of families in crisis due to illness, job loss or other circumstances.

Cypress Christian School is an accredited K-12 Christian school and is located at 11123 Cypress N. Houston Road at Jones Road. For more information on the school and its ministry, call 281 469-7745 or visit the website at www.cypresschristian.org.

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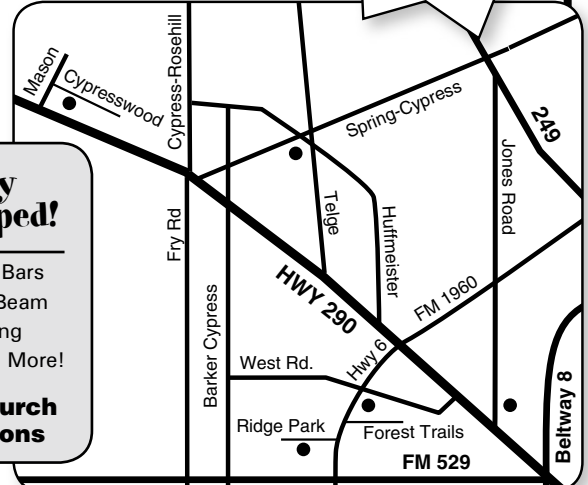
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LONGWOOD LETTER

529 College Savings Plans Make Sense

Submitted by Rich Keith

With college savings plans, students of all ages can save for all college costs, including tuition, fees, room, board, textbooks and computers. It's not just for kids: If you are considering going back to college or graduate school, you can open a college savings plan for yourself. You will save on taxes, and if you end up not going to school, you can always transfer the money, tax-free, to another 529 plan for your children or spouse.

Withdrawals from college savings plans can be used at most colleges and universities throughout the country, including graduate schools. Some foreign education institutions also may be eligible. Many states now offer at least one college savings plan that has no residency restrictions. You can live in Ohio, contribute to a plan in Maine, and send your child to college in California. However, if your state offers state tax advantages to residents who participate in the local plan, you'll miss out if you opt for another state's 529 plan.

College savings plans typically cover all "qualified education expenses" at eligible colleges, universities and other post-secondary institutions, including tuition, fees, books and supplies, equipment, room and board.

When you invest in a college savings plan, you pay money into an investment account on behalf of a designated beneficiary. Contributions can vary and are only limited by the maximum and minimum contributions limits set by most plans. Although the maximum contribution amount differs from state to state, in the majority of states offering college savings plans, the maximum amount that you can contribute for one beneficiary exceeds \$200,000. To further increase the amount of contributions you can make, you can open a second college savings plan in another state.

Most states also offer very flexible minimum contribution limits. Many require a \$250 initial contribution with subsequent contributions of as little as \$50. Typically, each plan gives you a number of investment options that allow you to invest in various

529 PLAN

mutual fund portfolios. Some college savings plans offer age-based mutual fund portfolios. When the child is younger, the portfolio typically invests mostly in stock funds, which carry a higher risk, but higher return potential. As your child grows older, the asset allocation becomes increasingly conservative as it gradually shifts to bond funds and other fixed-income funds.

Many states also offer non-age-based investment options, allowing you to select portfolios with conservative, moderate and aggressive asset allocations. The IRS allows you to change your investment options once every calendar year in a college savings plan.

Investing in college savings plans does come with some risk. Unlike prepaid tuition plans, they don't lock in tuition prices. Nor does the state back or guarantee the investments. There also is the risk with most college savings plan investment options that you may lose money or your investment may not grow enough to pay for college.

Fees, charges and expenses. All 529 plans have fees and expenses. Not only do these charges vary among 529 plans, but also they can vary within a single 529 plan. It is very important to take fees and expenses into account when selecting a college savings plan. Slightly larger fees and expenses can make a big difference in the value of your investment over time. Let's say you invest \$10,000 in a college savings plan with a return of 8% before expenses. With a plan that had annual administration and operating expenses of 3.03%, after 18 years, you would end up with only \$22,966.81. If the college savings plan had expenses of 0.65%, you would end up with \$35,534—a 35% difference!

Before buying a 529 plan, you should find out about the particular plan you are considering, and be sure you understand the plan's description of fees and expenses. Work with your financial professional to help you make the right choices.



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More HELP for PETS ...

When a pet is lost, finding the pet means that time is of the essence. It takes time to create, print and distribute flyers. The flyers are many times illegible because of wind or rain. I certainly do not fault the pet owner because I have done this myself.

Frustrated, I thought there has to be a better way. So that is why we created Cypress Lost Pet Alert.com. The idea is to very quickly get the word out through an e-mail alert to as many neighbors as possible plus post the picture and information about the pet on the website under the specific neighborhood.

Once the email alert goes out to the specific neighborhood, many, many neighbors are now aware. If they happen to forward the email to their friends who have not signed up, it could mean hundreds of your neighbors are already alerted and are keeping their eyes open for your lost pet.

Cypress Lost Pet Alert.com is on-call 7 days a week from sun up to sun down and is FREE. We are glad to work with any informal email chains. The whole idea is to find lost pets quick for the good neighbors in Fairfield and surrounding areas.

Regards,

RB Cox

alert@CypressLostPetAlert.com

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