

# The LONGWOOD Letter

February 2009

Volume 3, Issue 2

News For The Residents of Longwood



## February is American Heart Month

*Submitted by Karen Behrend*

February is American Heart Month! Here are some facts and tips to help you keep your heart healthy and help prevent Heart Disease.

### COOL HEART FACTS:

- o The heart beats 2.5 billion times in a lifetime (65 yrs) (if you take care of it, maybe more!)
- o It takes 23-24 seconds for a drop of blood to circulate through the entire body
- o Your body pumps 1 million barrels of blood in a lifetime!
- o Your body has 60,000 miles of blood vessels
- o Every day over 650 Americans have coronary bypass surgery.

### RISK FACTORS:

#### I. Unalterable Risk Factors you CAN NOT change:

- o Family History (father/brother had heart disease before age 55, or mother/sister before age 65).
- o Gender (men have a higher risk)
- o Age (Men over 45 and Women over 55 are at increase risk)

#### II. Risk Factors you CAN alter:

- o High Blood Pressure (three readings at

140/90 in a month, see your doctor)

- o Smoking (#1 preventable cause of heart attacks in the US. Smokers have a 70% great risk than nonsmokers). Tough habit to break, but sooner or later you will quit!
- o Cholesterol (Blood cholesterol of 200 mg/dl is desirable, 239 mg/dl is borderline and 240 mg/dl+ is high) Know your numbers and get a complete breakdown of your total cholesterol, HDL, LDL and Triglycerides. Have your doctor explain the numbers to you!
- o Obesity (more than 30% of your desirable weight) Eating too much of the wrong foods can make you fat! Focus on 5 fruits or veggies a day for the next 20 days.
- o Physical Inactivity (Choose to move! 30-60 minutes 3-4 times a week!)

#### III. Other contributing Factors

- o Diabetes
- o Stress/Tension
- o Hormonal Factors
- o Alcohol

Primary Risk Factors have the strongest relationship to heart disease (family

*(Continued on page 2)*

## THANK YOU LONGWOOD RESIDENTS

Dear residents of Longwood,

I want to thank all of you for helping me with my Thanks Giving food drive for CAM. It was a real success because of your help and I really appreciate it. You helped and made it possible for me to get my eagle rank. So again thank you so very much for helping out with that.

Sincerely,  
Ford Davis

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# LONGWOOD LETTER

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- 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

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Cypress Fairbanks ISD Transportation .....	281-897-4380
Cypress Fairbanks Senior High .....	281-897-4600
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Hamilton Elementary .....	281-370-0990

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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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**Feb. is American Heart Month - (Continued from Cover page)**

history, smoking, high blood pressure, high cholesterol and physical inactivity), when two or more of these are present, the likelihood of heart disease greatly increases.

## 10 TIPS TO HELP DEVELOP HEALTHY HABITS AND PREVENT HEART DISEASE IN YOUR FAMILY

**Take care of your heart and your children's hearts by:**

1. Regular daily physical activity (walk, bike, hike together)
2. Participate in age-appropriate sports, lesson or clubs. Let kids try a variety and find what they like
3. Participate in household chores (the physical kind)
4. Follow a healthy diet; low in fat and high in complex carbohydrates. Be supportive. Focus on positive instead of negative. Praise for a job well done!
5. Don't reward kids with food...find other ways to celebrate!
6. Be supportive. Focus on positive instead of negative. Praise for a job well done!
7. Limit TV, video game and computer time...disconnect from it! 1-2 hours a day max!
8. Be a positive role model and practice what you preach
9. Set goals and limits. Daily activity, 1-2 desserts a week
10. Learn CPR. The next life you save may be someone you love!



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## CLAY ROAD'S AR TOP READERS



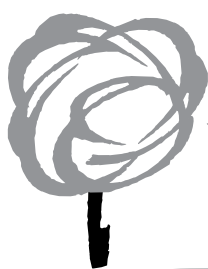
Clay Road Baptist School is pleased to announce its AR Top Readers in Middle School (Grades 6-8) for the Fall '08 semester. Accelerated Reader (AR) is a computer software program that helps teachers manage and monitor students' reading. Students choose a book at their level and read it at their own pace. When finished, the student takes a short quiz on the computer. The following readers earned 20 points or more last semester;

Corrie Andrews  
Ashton Binkley  
Hannah Cochran  
Christian Dixon  
Yvonne Espinoza  
Andrew Harding

Katherine Hulbert  
Daniel Mueller  
Jeremy Nguyen  
Lauren Nugent  
Jared Pereira  
Beau Powell

Rebecca Royall  
Jeffrey Schultz  
Randal Schultz  
Amanda Sutherland  
Anderson Touns  
Phoebe Touns

Austin Ulmer  
Kristen Walker  
Kylee Waters  
**Not Pictured:**  
Daniel Bunch



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# LONGWOOD LETTER

## Long Term Care: Manage the Costs

*Submitted by Rich Keith*

Yearly long term care costs have increased 15% since 2004 to nearly \$75,000 in 2007. And 75% of Americans have no long term care plans.

A recent survey from Genworth Financial's 2007 Cost of Care Survey found the average national cost of care for nursing homes, assisted living facilities and in the home has steadily increased over the past four years and has reached new highs that exceed most household incomes in the U.S. The rising costs of long term care may, therefore, present difficulties for many Americans should they need to pay for long term care out of their own pockets.

A separate national poll conducted by Public Opinion Strategies for Genworth Financial with input from the Alzheimer's Association found that 75 percent of Americans have made no long term care plans and 59 percent expressed concern about being able to pay for long term care. Almost half of the respondents (44 percent) incorrectly believe that Medicare or their private health insurance will pay for their long term care needs. In actuality, health insurance and the federal Medicare program do not generally cover long term care.

Genworth's annual benchmark study surveyed more than 11,000 nursing homes, assisted living facilities and home care providers. It was conducted by CareScout between January and February 2007 to gain a comprehensive view of long term care expenses. The survey is available at [www.genworth.com](http://www.genworth.com).

According to the survey, the average national cost in 2007 of a single year in a private nursing home room is \$74,806. To put this into context, one year in a private nursing home room costs nearly one and a half times the average full 4-year college degree in the U.S., including tuition, room and board. Note the College Board's national average for public colleges is \$51,184 for four years, making a single year in a nursing home 46 percent more expensive.

The cost of assisted living facilities has also increased sharply in the last four years, by more than 13 percent, to a new annual average cost of \$32,573 for a one-bedroom unit.



If given the choice between care in a facility such as a nursing home or an assisted living facility and care at home, 75% of national poll respondents said they would prefer care at home. However, the hourly rate for a home health aide has increased 2.7 percent since Genworth's 2004 Cost of Care Survey. The average cost for a 40-hour per week home health aide – \$52,977 a year – is more than the median household income in the U.S. of \$46,272.

The Alzheimer's Association recently reported that the prevalence of Alzheimer's disease has increased 10 percent in the last five years and that someone in America develops Alzheimer's every 72 seconds. Seventy-two percent of poll respondents said that the possibility of developing Alzheimer's disease makes planning for their long term care more important to them. Following are key findings from the survey, broken out by major category.

**Nursing Homes:** The average annual national cost of a private room in a nursing home is \$74,806 or \$204 per day, reflecting a 14.8 percent increase over 2004 rates. This remains the most costly care option.

**Assisted Living:** A private one-bedroom unit in an assisted living facility has an average annual cost of \$32,573, a 13 percent increase since 2004.

**Home Care:** The average hourly rate for Medicare/Medicaid certified and state licensed home health aides is \$25.47 an hour, a cost that translates to a \$52,977 per year for 40 hours per week.

With so many Baby Boomers heading into retirement, it's critical that long term care planning be integrated into every adult's retirement strategy. Paying for just a few years of long term care out of pocket can very easily deplete an entire life's savings and retirement. Not planning ahead can also limit the variety of choices available, such as the ability to live independently at home with assistance from a home health aide. Source: Genworth Financial, Inc.



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# LONGWOOD LETTER

## Attention Aggie Moms- The "Countdown" has begun!

You are cordially invited to join the members of the **Northwest Harris County Aggie Moms Club** on **Tuesday, February 10th at 7:00 p.m.** for our monthly meeting.

Come be enchanted as you listen to **Brian Blake**, Director of the George Bush Museum, describe the new space exhibit, ***Beyond the Moon: NASA's Continuing Mission*** that has "launched" in College Station! Additionally, he will talk about the re-modeling of the museum that has just been completed and bring us up to date on the unique events planned in the near future.

We will "blast off" for food, fun, and fellowship at the Houston Distributing Company, conveniently located near Willowbrook Mall at the corner of 7100 High Life Drive and Cutten Road, just south of FM 1960.

Don't miss out on this fun evening- it will be "out of this world"!!!

Shelly Fine-VP Programs  
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## Cypress Creek High School Celebrates Spring Cougar Day

Houston, TX, January 3, 2009

The Cypress Creek High School Athletic Booster Club will be having its annual spring fundraiser, Cougar Day, on Saturday, February 7th, 2009 from 12:00 p.m. to 5:00 p.m. The community is invited to participate in the day's festivities, which will take place at the Cypress Creek High School football stadium complex, 9815 Grant Road, Houston.

Featured activities are: Baked Potato Meal Sale, Silent Auction, Concession Stand, Face Painting, Cake Walk, and Cougar Spirit Items sale. The day will also showcase the spring season boys' and girls' sports: Baseball, Soccer, Softball, Track & Field, Swimming, Golf, Wrestling and Tennis. Several of the teams will have scrimmages or do demonstrations.

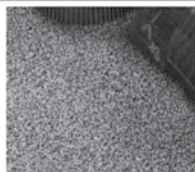
All funds raised will go directly to support Cypress Creek's boys' and girls' athletic programs.

For further information, please visit the Cypress Creek Athletic Booster club website at [www.cycreekabc.com](http://www.cycreekabc.com) or contact Jeneane Schultz at 832-444-7607.

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## ★ FOR THE TROOPS ★

As 2009 is now underway, Cypress Cares would like to announce the dates that we will be boxing up our care packages for the year. All boxing events will be held at the Cole's Crossing Community Center, located at 13050 Barker Cypress Road at Jarvis Road.

Several of our packing days this year are specifically at times when Cy Fair ISD is not in session so that our students will have an opportunity to be involved as well. The dates are as follows:

January 31, 10:00  
 March 14, 10:00  
 April 25, 10:00  
 July 8, 12:00  
 August 17, 2:00  
 October 3, 10:00

### Halloween Treats for Troops

November 14, 10:00

### Christmas Trees and Decorations

December 28, 1:00

### Christmas Break Service Project for Cy Fair Students

Cypress Cares has received more thank you notes from the troops who have received packages. Visit our website, [www.cypress-cares.org](http://www.cypress-cares.org) to view the troop responses, as well as more current information about upcoming events, donation ideas and more.

Our troops need and deserve our support; get involved today!



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Quoc Le, MD

Alex Nguyen, MD

Blandina Sison, MD

Marian Allan, MD

Anthony Yee-Young, MD

Diana Malone, MD

Shital Patel, MD

Heidi Nashed-Guirgis, MD

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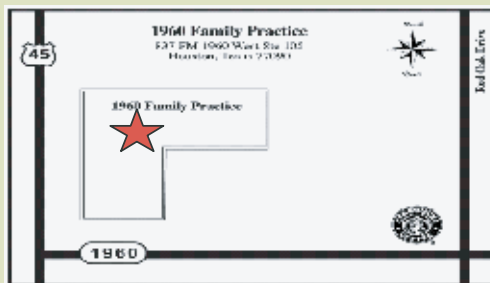
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# LONGWOOD LETTER

## Virus and Spyware and Mail... Oh My!

*Submitted by Laurie Scott*

Here we are in 2009, and the days of thinking that our anti-virus and anti-spyware software will protect us is over. We live in a time when organized crime all over the world is trying to either get your personal information directly or turning your computer into a “zombie” that without your knowledge attacks other computers or sends out spam. Even Apple computer has posted (rather quietly) a recommendation that Mac users consider using anti-virus software.

The generic term for viruses, spyware, etc. is malware, and malware authors are getting more and more creative in getting their hands into your computer. A particularly nasty approach being used is to trick you by popping up a window that says your computer is being scanned for viruses, and that upwards of 40 have been found. It instructs you to



click on a button to download their “anti-virus” software to clean your system. When you click on that button, you’ve just allow the spyware onto your system. It is a very convincing window and looks legitimate. Once downloaded, it adds insult to injury by telling you need to purchase the software to actually remove the viruses. Of course, it doesn’t remove any spyware or virus, and getting you to send them money is

just icing on their cake. The most common names for this program is WinAntiVirus 2008 (and now a 2009 version) and Pro AntiSpyware.

The problem with these and many other malware programs is that they are increasingly difficult for your anti-virus and anti-spyware program to detect and almost impossible to completely remove. Many threats appear before the anti-virus companies even have a chance to update their software, leaving you completely unprotected.

So how can you keep your computer safe from such threats? The first thing you must do is be sure to keep your anti-virus up to date. If your subscription has expired, you should either renew it or else use one of the free anti-virus programs like AVG Free or Avast (they have paid versions but you don’t need them). Microsoft’s anti-spyware

*(Continued on Page 11)*

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# LONGWOOD LETTER

## Virus and Spyware - (Continued from Page 10)

program "Defender" is included with Vista and can be downloaded free from Microsoft for Windows XP. Though the threat for Macs is low, programs like ClamXav and MacScan are available, as are programs from Symantec and McAfee.

Next is keep your operating system up to date. Both Microsoft and Apple frequently issue updates, and it's very important you patch your computer before the bad guys worm their way in.

Finally and most important is your behavior when using your computer. You can own a Volvo or Mercedes with 12 airbags and 5-way seat belts, but if your behavior is to drive 120 miles an hour, those safety features aren't going to help you when you hit a solid wall. Likewise, when you're using your computer, don't click on links or open attachments in email, even if it's from someone you know - they may not even know they sent it! If you're expecting it, then ok. Don't click on email links that look like they came from your bank, many people have given their banking login information to thieves because they thought they were logging into their bank, but really weren't. If you use Internet Explorer, be sure you've upgraded to version 7 (click on Help | About to see the version number.) If you're using Firefox, you should be using version 3. Safari users should be at 3.2 (4.0 will be released sometime "soon".) Don't click on pop-up's, and don't download music sharing sites like LimeWire, where malware is EVERYWHERE. Follow those few tips and you'll enjoy a much safer computing experience.

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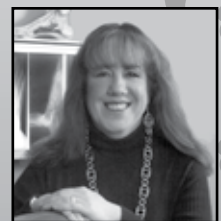
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# LONGWOOD LETTER



*Children are our greatest treasures,  
and we're creating a threat  
to their safety by parking  
on the streets and by speeding  
through Longwood.*

## **SPEEDING IN LONGWOOD PARKING ON THE STREET**

Most homeowners have some space in their garage reserved for storage – in some cases most of the garage, thereby not leaving enough room for their vehicles. Consequently, many owners park their vehicles on the street making it difficult for others to pass and creating hazardous conditions for the children.

Although we're all anxious to get home to be with our families, speeding and reckless driving is against the law and endangers everyone. Longwood is a family oriented community with many children; for that reason before you speed or park on the street, please consider their well-being. Also, children playing in the street can unknowingly create a dangerous situation, especially on heavily traveled streets; the driver may not see the child, especially in the evening or after dark.

We all know that children have a tendency to move about impulsively and may inadvertently run into the street. Please don't let a tragedy happen before parking your vehicle off the street or obeying the speed limit. For the benefit of all the residents and children, and the overall appearance of your neighborhood, please do not park on the street. Make accommodations in your garage or driveway for your vehicles and keep your streets clear and safe for all and please, **DO NOT SPEED IN LONGWOOD.**



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By **Spark Energy**

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I'm Texas Energy Analyst Alan Lammey. Maybe you've heard me on the radio talking about the market forces that drive energy prices. I'm here to tell you that you're not stuck paying those high prices to big electric companies anymore! **Stop it.**

Why pay more than you have to? Those days are over!

Why would you want to go with an electric provider that charges you more, when you can go to [www.sparkpowerbank.com](http://www.sparkpowerbank.com) and pay far less for the same electricity?

**Make sense?**

Please choose "Newsletter Ad" as your referral on the SparkPowerBank.com website.



## 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  
www.CypressLostPetAlert.com

## Not Available Online

### Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing [longwoodletter@peelinc.com](mailto: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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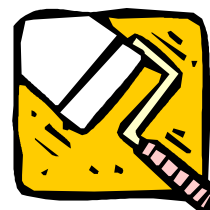
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# LONGWOOD LETTER

## What's at Stake? *The Health of Your Trees*



Most of us have trees in our front yards that were provided by our home builders. Did you know that the stakes supporting these trees need to be removed within the first year? This is because stakes provide artificial support that replaces a supportive trunk and root system.

Movement of the trunk helps strengthen the tree by thickening it and giving it taper from bottom to top. Trunk movement also stimulates root growth. The artificial support from the stakes leaves tree trunks weak and their root systems less developed.

Bottom line - all staking material needs to be removed after roots have established.

This can be as early as a few months, but should be no longer than one growing season.

*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?

Call ECI of MHMRA Harris County at 713-970-4900

or visit [www.dars.state.tx.us/ecis](http://www.dars.state.tx.us/ecis)

to find out more about ECI

and to find your local program.

*ECI developmental screenings & evaluations  
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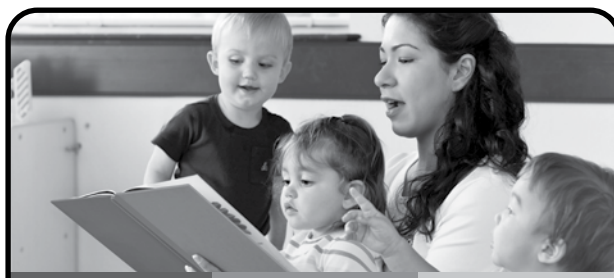
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## Creating Strong Vibrant Communities

It's a fact of our global economy that consumers are drawn to the internet because of convenience. Why it is important to "Think Local Business First?"

1. Local businesses are often collectively our largest local employer. The largest growth of jobs is from small business owners.
2. When one dollar is spent at a local business, economists indicate it is circulated four to seven additional times in the local economy.
3. Every dollar spent locally generates up to 75% more tax revenue to our community and State.
4. Local businesses are often the largest financial supporters of neighborhood school programs, local charities and youth sports activities.
5. Strong local businesses help maintain property values and contribute to the character of our community by offering a diverse selection of goods and services.
6. Local businesses are most often the first job for our children and also the first introduction into the "real world" of economics.
7. Small businesses often innovate quicker and thus grow faster and can have a greater impact on our community.

Support the businesses in your community and "Think Local Business First."

## Business Classifieds


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