



The
LONGWOOD
Letter

October 2009

Volume 3, Issue 10

News For The Residents of Longwood

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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

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Article Submissions.....	longwoodletter@PEELinc.com
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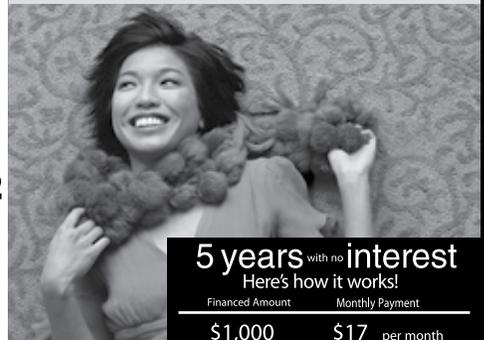
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Attention All Aggie Moms (And Future Aggie Moms)

Please join the members of the Northwest Harris County Aggie Moms Club as we welcome members of the Texas A&M Student Government Association to speak at our October meeting. Come listen as we learn more about the Student Government Association and all of the wonderful things they are doing for our Aggies. Find out more about all of the awesome opportunities available for our students to get involved at Texas A&M. The Aggie Moms Club is organized for charitable and educational purposes to promote Texas A&M University, to contribute to the welfare of our students, and to provide support for students and parents.

We will meet for food, fun, and fellowship on Tuesday, October 13th at 7 pm at the Houston Distributing Company located near Willowbrook Mall at the corner of 7100 High Life Drive and Cutten Road, just south of 1960. This is a great time to meet other Aggie moms, find out important details about life at Aggieland, buy care packages for your student, and get great advice from other Aggie parents.

The Aggie Moms will also be hosting their annual China Luncheon and Style Show Fundraiser on Saturday, October 17th beginning at 10:30 am at the Lakewood United Methodist Church on Louetta. Check out our website for ticket information and details about all upcoming events at www.nwhcaggiemoms.com or contact Robin Galvin at 713-705-2428.

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LONGWOOD LETTER

A Sensible Plan for College Funding

Submitted by Rich Keith

How you fund college expenses is divided naturally between using your money, and by using other peoples' money. This sounds simple but each scenario requires understanding of the long-term impacts. In this article we are going to focus on free money, and on "Tax Scholarships," where the Federal Government helps you send your child to college through tax savings and other methods.

Recently the federal government boosted financial aid for higher education, including various tax breaks. An expanded version of the Hope Scholarship tax credit appeared called the American Opportunity tax credit. The new credit can save taxpayers as much as \$2,500 in tax, or \$5,000 for two collegians, and a refund of \$1,000, if you satisfy certain rules.

Remember that you can't claim the American Opportunity credit for expenses paid with withdrawals from a 529 plan. So you may wish to limit 529 withdrawals so some college expenses are paid with other money, to allow the use of the new tax credit. Some students won't qualify for the American Opportunity credit. Fortunately, a Lifetime Learning tax credit provides a maximum annual credit of \$2,000 for tuition and fees, subject to rules.

The tax advantages of 529 plans are many. A down year for stock funds, combined with a poor year for many bond funds, has driven

down the value of many folks' 529 accounts. People with younger children can keep contributing and look to a rebound. Parents of college and pre-college students, though, may have few options other than using 529 plan withdrawals to pay for higher education. Having said that, it may be better to pay for college from cash flow or from cash reserves. This delays liquidation of 529 assets as long as possible, allowing for a recovery. Remember to reimburse yourself from your 529 plan before the end of the calendar year in which the expenses were incurred.

If the market does not come back in time for your needs, you still have options. If you have other funds that can cover college bills without disrupting your financial plan, keep the money in the 529 as long as feasible, in hopes of future tax-free growth. Of course, if a child is finishing school and there is no younger sibling who could use the funds in the future, then you should spend down your 529 funds. Tax tip: parents of college-bound children should realize net losses in their taxable accounts to lock in tax benefits. The proceeds can be reinvested in 529 accounts so that any future gains from today's low levels can be withdrawn, tax-free, to pay for college later on; perhaps in graduate school. Check with your financial coach and tax advisor for full details.

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LONGWOOD LETTER

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OCTOBER

Tuesday	10/20/09	6:00 p.m. – 8:00 p.m.
Thursday	10/22/09	6:00 p.m. – 8:00 p.m.
Tuesday	10/27/09	6:00 p.m. – 8:00 p.m.
Thursday	10/29/09	6:00 p.m. – 8:00 p.m.

NOVEMBER

Tuesday	11/03/09	6:00 p.m. – 8:00 p.m.
Thursday	11/05/09	6:00 p.m. – 8:00 p.m.
Tuesday	11/10/09	6:00 p.m. – 8:00 p.m.
Thursday	11/12/09	6:00 p.m. – 8:00 p.m.
Saturday	11/14/09	10:00 a.m. – Noon
Sunday	11/15/09	10:00 a.m. – Noon
Mon - Thurs	11-19/09	6:00 – 8:00 p.m.

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Heidi Nashed, MD
Luz Marquez, MD
Jennifer Dong, MD
Asma Ahmed, MD
Vu Anh Phung, MD
Annie Hoang, MD
Tami Berckenhoff, PA-C
Brandi Valenzuela, PA-C
Sydney Payne, PA-C



Dr. Vu Phung joined 1960 Family Practice in July 2009. Dr. Phung graduated from Texas Tech University and is board certified in Family Medicine. He completed his residency in Family Practice and is pursuing his special interest; he completed his fellowship in Geriatric Medicine. Dr Phung welcomes patients of all ages to his practice.



Dr. Annie Hoang joined our practice in August of 2009. She graduated from Texas A & M University and finished her training in Family Practice at Texas Tech University. She is board certified in Family Medicine and has been providing comprehensive care for adults and children with compassion and kindness for the past 10 years. She welcomes all new patients to her practice.

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Well Woman Exam - This is a comprehensive gynecologic and obstetric evaluation. Including the evaluation of the cervical epithelial cells for abnormalities that could cause cancer. Women of child bearing age should have a well woman exam once a year.

Mammograms - 1960 Digital Imaging offers Digital Mammograms. Women should have a baseline mammogram beginning at age 35. Mammograms are recommended every 2 years through age 45. Women over the age of 45, should have a mammogram every year.

Don't get caught with the flu!!

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Get Ready for Windows 7

Submitted by Laurie Scott

For Lovers of XP and Haters of Vista

Users of Microsoft Windows have been waiting a long time for a great upgrade from Windows XP. Well, I have good news - Windows 7 is coming.

On October 22nd, the successor to the less than popular Windows Vista will begin to ship with new PC's and be available in stores and online. If you bought a new PC with Vista Home Premium installed in the last 3 months, you're probably going to get a free upgrade disk from the manufacturer.

Should you upgrade your current PC? There are some very compelling reasons to do so. In almost every area Windows 7 outperforms Vista and even XP in the time it takes to install, copy files on the hard drive or move files over a network. It also doesn't need quite as much memory to run well. It has MUCH better security than XP and is less annoying than Vista. Vista users know about the constant pop-ups of the UAC (User Account Control) every time you make the slightest change to the system, encouraging many to disable it altogether. Windows 7 has modified it so that it can be adjusted to be less intrusive while still protecting you from unwanted program installations. This makes it much easier to run as a regular user rather than an administrator (an almost impossible

task in XP), providing better protection from viruses and trojans.

The Media Center provides support for playing Blu-Ray discs (if you have a drive that can play them), and the Home Group feature makes sharing files and printers between computer really simple.

Windows Live is a separate but I think important product from Microsoft that works well with Windows 7. It's a set of free online products that features SkyDrive, offering 25 gigabytes of online storage, and Family Safety, that in conjunction with your Windows user accounts provides access control to web content, and provides activity reports as well as administrator access (i.e. the parent) from any computer, anywhere.

The Professional version of Windows 7 includes the ability to run Windows XP as a "Virtual Machine" in a window, so if you have programs that need XP to run, you can run them in the virtual machine while continuing to run everything else in the Windows 7 environment (I know, that was geeky and your eyes probably started to glaze over, but it's a great feature none the less.)

System requirements for Windows 7 are a 1GHz or faster processor and at least 1GB of memory.

(Continued on Page 11)

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Get Ready for Windows 7 -

(Continued from Page 10)

You can perform a check of your computer by downloading the Windows 7 Upgrade Advisor from microsoft.com. The upgrade for Windows 7 Home Premium will be \$119, but Microsoft will also be making a "Family Pack" available, giving you 3 licenses for \$149.

I've been using Windows 7 since the Beta version was released in January, having it on 3 systems without problems, including 2 desktops and 1 laptop. The interface is much cleaner with lots of great small features too numerous to list here. So if you're ready for a new computer, but it's not presently in your budget, consider upgrading your current computer to Windows 7. The only regret you'll have is that it took Microsoft so long to finally get it right.

Recipe of the Month Chicken Spaghetti



Stew chicken. I season water with salt, pepper, and 2 or 3 bay leaves. About half-way through cooking time, add chopped onion and celery. When chicken is done, measure about 2 cups of broth and place in another pan. To this broth, add 1 can of tomatoes and one can of Cream of Mushroom Soup. Heat this mixture. Cook spaghetti in water in which chicken was cooked.

Place spaghetti in large baking dish, then boned chicken. Season with salt and pepper. Then pour broth mixture over spaghetti. Bake at 350° until heated throughout. Sprinkle with grated cheese about 10 minutes before removing from oven.



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LONGWOOD LETTER

Alzheimer's Association Memory Walk®

Provides Fun Way for Northwest Houston Residents to Raise Critically Needed Funds for Alzheimer's Care, Support and Research

The Alzheimer's Association is inviting all Northwest Houston residents to become Champions in the fight against Alzheimer's by participating in the annual Alzheimer's Association Memory Walk®. HCR Manor Care-Heartland of Willowbrook will be the site of the Memory Walk (One Mile) on October 10, 2009 at 9:30 a.m. with registration beginning at 9:00 a.m. In addition, participants are invited to visit the Forget-Me-Not Craft Fair benefiting the Alzheimer's Association from 10 a.m. to 4 p.m. at the Memory Walk site.

The Committee Members, which include HCR ManorCare, The Hampton Brookdale, Cypress Fairbanks Hospital-Senior Services, and HealthCare Marketing Professionals, invite you to participate in the Kick-Off Party for the Alzheimer's Association "Mini" Memory Walk on September 11, 2009 at The Hampton Brookdale Healthcare Center, 13500 Breton Ridge, Houston, Texas 77070 from 11:00 am to 12:00 Noon.

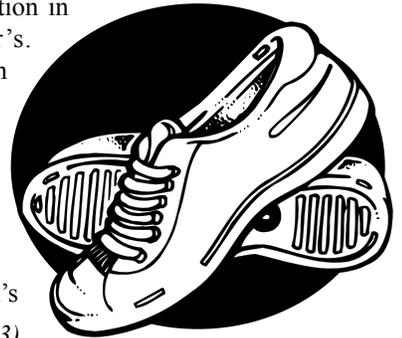
Alzheimer's disease is a growing epidemic that is now the seventh leading cause of death in the United States. It is estimated that someone in America develops Alzheimer's disease every 70 seconds. By mid-century someone will develop Alzheimer's disease every 33 seconds.

"There has never been a greater need for Northwest Houston citizens to join in the fight against Alzheimer's disease by participating in Memory Walk," said Donna Martin, an Alzheimer's Association event spokesperson. "As many as 5.3 million Americans are living with Alzheimer's disease and funds raised will provide support services to the residents of Texas living with Alzheimer's, while also contributing to critically needed research."

The Alzheimer's Association Memory Walk is an empowering event that gives participants an opportunity to be Champions and take action in the fight against Alzheimer's. The Alzheimer's Association Memory Walk is nationally presented by Genworth Financial.

About the Alzheimer's Association Memory Walk®:

The Alzheimer's Association Memory Walk® is the nation's



(Continued on Page 13)



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Alzheimer's Association Walk - (Continued from Page 12)

largest event to raise awareness and funds for Alzheimer care, support and research programs. Held annually in hundreds of communities across the country, this inspiring event calls volunteers of all ages to become Champions in the fight against Alzheimer's.

About the Alzheimer's Association:

The Alzheimer's Association is the leading voluntary health organization in Alzheimer care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; to advocate for policy change; and to reduce the risk of dementia through the promotion of brain health.

For more information and to register visit www.alz.org, Texas, The Woodlands, Sign Up for the Northwest Houston Mini Walk, 10/10/09.

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Hispanic Heritage Month Fiesta at Fairbanks Library

The Fairbanks Branch of Harris County Public Library invites you to celebrate Hispanic Heritage Month at our fiesta on Saturday, October 10, from 11:00 am – 3:00 pm. The library will have various craft activities for children, face painting, music, refreshments, door prizes, and a piñata for our celebration. The Fairbanks Library is located at 7122 N. Gessner, inside the William "Bill" Bane Park. For more information, call the library at (713) 466-4438.

Who: Harris County Public Library -
Fairbanks Branch
What: Hispanic Heritage Month Fiesta
When: Saturday, October 10, 2009
11:00 am – 3:00 pm
Where: Fairbanks Branch
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[This information will only be used to notify you or your parents if your artwork was selected.]

Have A
Safe &
Happy
Halloween!

LW

LONGWOOD LETTER

Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

6		5	2			9		4
		3				7		
					4			
				9				
		7				2		
			8		6			
7			9	5			1	
9		4		8				2
8	3							7

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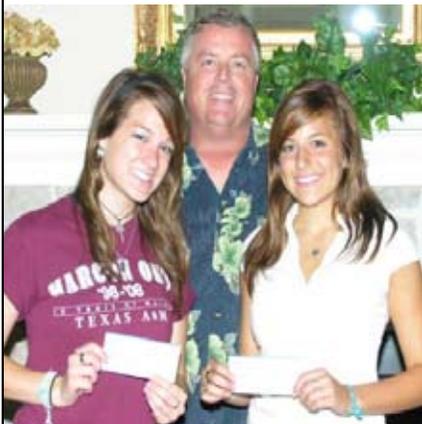
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