

THE TIMES



NORTHWEST FLYERS TRACK CLUB

The Northwest Flyers Track Club will host its annual free information / registration breakfast on Saturday, February 6, 2010, for all boys and girls, and their parents, interested in joining for the 2010 track season. The breakfast starts at 8:30 AM 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 2010 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 (ages 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 and 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 285 members, boys and girls. The club was founded 23 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.

CY-FAIR PROJECT PROM

Cow Plop

Thursday, January 14, 2010

4:00 pm to 6:00 pm

Cy-Fair Rodeo Association Exhibit Hall
11206 Telge Road

Tickets are \$10 each.

Field is plotted for 800 squares.

Winner of the "Plopped Square" wins \$1,000 American Express gift card.

Four surrounding squares each win \$100 American Express gift card.

Winners need not be present to win.

For more information or to buy tickets,

call Mary Cilia at (281) 682-1228,

Sheila Schneider at (281) 536-8864,

or Renessa Champagne at (281) 384-0680

www.cyfairprojectprom.org

Official Rules: Field is plotted for 800 squares and will be marked off in a grid formation with chalk prior to the event. Each numbered ticket will be assigned a random square prior to the event and the squares will be marked with a number. A map of squares will be posted at the event and on the Project Prom website prior to the event. If cow's plop covers more than one square, the square with the most plop wins. The official judge will determine the winning square and their decision is final. If cow does not plop by 5:45 pm, winner will be determined by drawing.

All proceeds go to Cy-Fair 2010 Project Prom



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 North Cypress Medical Center281-477-0830
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**THE AMERICAN
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Of Cy-Fair Express Network

Event: Cy-Fair Express Network, **When:** January 28, 2010
Time: 11:30 am – 1:00 pm, **Where:** Houston National Golf Club •
 (281)304-1400, 16500 Houston national Blvd • Houston, TX. 77095
Networking and Business Luncheon: The American Business
 Women's Association Cy-Fair Express Network invites you to their
 monthly networking meeting and luncheon. Lots of fun, networking
 and giveaways. Bring plenty of business cards.

Reservations: Contact Anya Lucas at (713)459-2331 or anya@lucascare.com, or go to www.cyfen.org for more information. Please RSVP by Friday, January 22.

CYFEN is an ABWA Express Network organization providing opportunities to network with other professionals in the Northwest Houston area, and offers professional development and educational advantages through ABWA. CYFEN meets the fourth Thursday of each month (except November and December), and visitors are always welcome.



Attention Kappa Delta Sisters ...

The Houston Northwest Kappa Delta Alumnae Association holds meetings the 4th Tuesday of each month at 6:30 p.m. Visit www.kdhnwaa.com for all the details.

290 CYPRESS

Business Networking Group

The 290 Cypress Business Networking Group meets every Thursday morning at 7:30 am at Cypress Station Grill located at 26010 Hempstead Road. Behind the Target shopping center at 290 and Spring Cypress. The group is open to all business owners and professionals who want to increase their exposure to the residents of Cypress and the surrounding areas. Job seekers are welcome. There is no cost to attend the meeting. If you would like more information, please call Ken Parker at 281-384-1562 or visit our website at 290Cypress.com



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CYPRESS CHRISTIAN SCHOOL

Gifted and Talented Students Recognized by Duke Talent Search

Front row (l-r): Will Aimone, Jackson Gilbreath, Jake Fredrickson, Chris McKee, Will Echols

Middle row (l-r): Travis Vick, Ben Holman, Allison Sommers, Madison Clark, Kristin Beach

Back row (l-r): Shason Briscoe, Andrew Rincon, Noelle Horan, Mariza Lashley, Ashlyn Boone



The Duke Talent Search is in its 30th year and is the largest program of its kind in the nation. This program identifies academically talented seventh graders based on standardized test scores achieved while attending middle school. Candidates are identified and invited to complete either the SAT Reasoning Test or the ACT Assessment college entrance examinations. Taking the SAT or ACT in seventh grade gives students an opportunity to practice and become familiar with the exams that play a major role in college admissions. Students' early experience with the college entrance exam is helpful in preparing them to take the test in high school. All talent search participants receive resources and publications to assist the students' educational growth.



LOOKING FOR A CHANGE?

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For information, call **832.482.1070** or go to **LoneStar.edu/weekend-college**



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LoneStar.edu

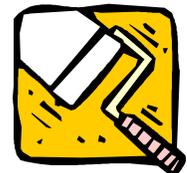
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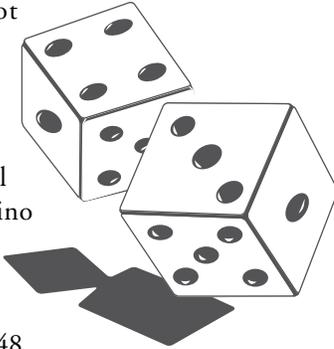
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“WHAT HAPPENS

In Vegas ...”

The 2010 S.N.A.P. (Senior Night After Prom) Committee of Cypress Creek High School will host a Las Vegas-style Parent Night Out on Sunday, February 21st, 2010 from 5 p.m. to 9 p.m. This fun evening, featuring dinner, casino games, silent and live auctions will be held at Parkway Chevrolet, 25500 Hwy. 249. Tickets are \$25 per person, and include dinner, \$3,000 casino money and 2 drink tickets. The event is open to everyone – being a Cy Creek parent is not required. For casino night tickets and/or contributions, please contact Jeannette Harris at 713-560-6666 or jharrissix@comcast.net.

A 2010 Cougar Blue Camaro will also be raffled off during the casino night in support of S.N.A.P. Raffle tickets are \$20 each or 6 for \$100. You do not have to be present to win. Contact Mike Wilson at 832-496-2748 or mew0954@sbcglobal.net for raffle tickets. Details about the 2010 S.N.A.P. are at www.cycreeksnap.org.



Meet Lisa

Submitted by Tracy Eilers, Executive Director, Adoption Coalition of Texas



Lisa is a 13-year-old girly girl. She loves to be pampered and is a people person. She is very outgoing, energetic, loving, and kind. She counts singing and dancing among her favorite things and loves to keep busy. Lisa looks to learn from all her experiences and move forward with her life. She is a joy to be around, is funny, sweet, and grateful for all that she's been given. She's hoping there will be more things to be thankful for, like being adopted into a loving family. More than anything, she's ready to stop hoping for a family and to start loving one. For more information about adoption, please call Adoption Coalition of Texas at 512-301-2825. For more information about Lisa, email gracelindgren@adopttexas.org

The Adoption Coalition of Texas is a nonprofit organization (operating under the Austin Community Foundation), created in 2003 to focus on finding forever families for children languishing in the foster care system. Adoption Coalition of Texas partner agencies include Arrow Child and Family Ministries, Child Protective Services, Lutheran Social Services of the South, Marywood Children and Family Services, and Pathways Youth and Family Services.

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LONE STAR COLLEGE- CyFair "Perspective"

IT'S NOT TOO LATE TO REGISTER FOR SPRING SEMESTER CLASSES

Spring semester weekday classes begin Jan. 19 with weekend classes starting Jan. 22-24. 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, online or new CORE Fridays (one-day-a-week) courses. For information, call 281-290-3200 or 832-782-5000 or go online to LoneStar.edu.

FREE NEW STUDENT ORIENTATIONS SET

Take a tour, learn about campus programs, meet with an advisor, choose a schedule and register for spring classes at LSC-CyFair's free New Student Orientations. Morning, afternoon and evening sessions are available. Sessions will be held at the Barker Cypress campus at 9191 Barker Cypress Jan. 5 -7 and Jan. 12-14. Sessions are free, but students must pre-register online at LoneStar.edu/cyfair-orientation to receive a confirmation with room location and parking information. Call 281-290-3430 or e-mail cfoutreach@lonestar.edu for information.

A SEASON OF ENTERTAINMENT

Enjoy a variety of choral, music and theatre performance this spring including "The Good Times are Killing Me" Theatre; "MusicNCo" Symphonic Band; "World Music Festival" Choral; "The Wager" Theatre; "Make Mine Jazz" Jazz Band and "Musical Review" Choral. All performances are held in the Center for the Arts on the Barker Cypress campus at 9191 Barker Cypress. For tickets and information call 281-290-5201 or go to LoneStar.edu/boxoffice.

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.) Programs in January include: yoga talk in "Are You Wind, Water or Fire?" Jan. 13; basics of an old-fashioned compass in "Find Your True North" Jan. 20 and life in the universe in "Are We Alone Out There?" Jan. 27. Call the library at 281-290-3213 for L.I.F.E. program information or go online to LoneStar.edu.

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A SENSIBLE PLAN FOR COLLEGE FUNDING

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. - **Rich Keith**



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Tues., Jan. 12, 2010 (6 – 8 pm)

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HEALTH BRIEFS

Baylor College of Medicine

DON'T LOSE SLEEP OVER NIGHTTIME BED WETTING

Giving children control over bed wetting helps them overcome not only the nighttime nuisance but also the stigma of it, say doctors at Baylor College of Medicine.

“Because studies have yet to identify the cause of nighttime bed wetting, no one treatment is guaranteed to work for everyone. Nevertheless, the course of action with which the child is most comfortable tends to produce the best outcome,” said Dr. Edmond T. Gonzales, Jr., professor of urology at BCM. “With parents’ support, giving children an active role in treatment builds confidence.”

Some of the treatment options include prescription medications. One commonly used medicine makes the body react as if dehydrated so the kidneys retain liquids overnight. Another treatment involves an alarm system worn in pajamas that sounds when it becomes wet.

More commonly, doctors suggest parents limit the amount of liquids children drink in the evening and schedule a bathroom break before bed. Gonzales said family doctors can help rule out any major health problems that could be contributing to bed wetting before discussing the many options.

CELL PHONE USAGE MAY SEND WRONG MESSAGE

If you roll your eyes when people are chatting away on their cell phones in a public place, you're not alone. According to an expert at Baylor College of Medicine, public cell phone use may show disrespect and impede social interaction.

“Depending on the situation, cell phone use can be problematic,” said Dr. Catherine Barber, assistant professor in the Menninger department of psychiatry and behavioral sciences at BCM. Talking on your cell phone at social events conveys that other people's time is not as important as yours. Loud cell phone talk can intrude on others' privacy and need for quiet, and it can even make people feel uncomfortable.

Romero suggests talking quietly if you must use the phone, or excusing yourself to take a call and making it brief. She suggests not accepting non-urgent calls. It's important to be mindful and respectful of others around you, said Romero. If someone around you is disturbing you with their cell phone conversation, Romero suggests gently approaching them and asking them to reduce their volume. It's important to convey that you are not angry. If they refuse, remove yourself from the situation.

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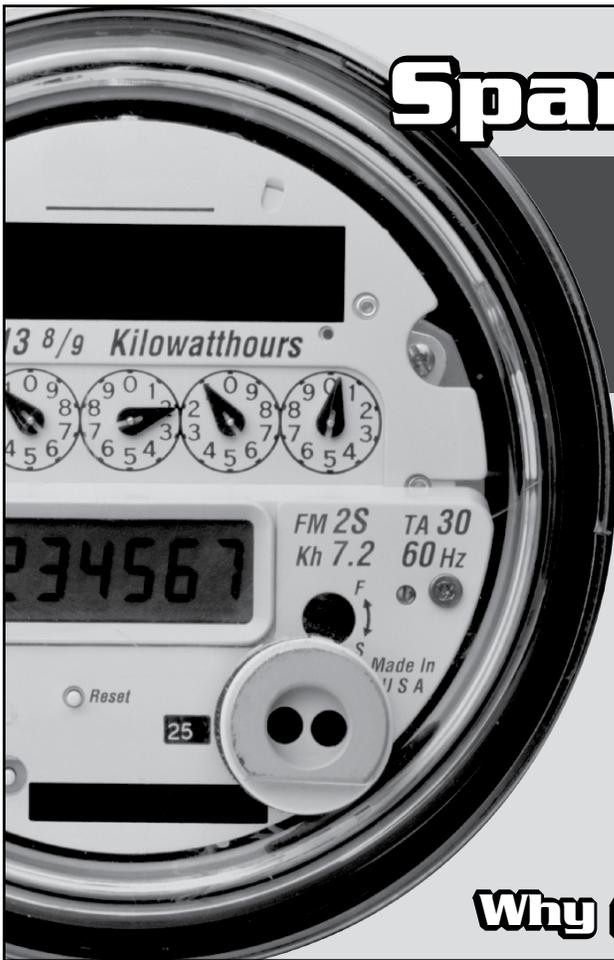
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\$351,00--\$450,000	1	2	2	2	1	2	1	5	1	0
\$276,000--\$350,000	0	3	3	3	2	3	5	1	1	3
\$231,000--\$275,000	1	1	0	0	2	3	0	2	2	1
\$201,000--\$230,000	0	0	1	1	2	1	1	3	0	0
\$200,000 and below	1	0	0	1	0	1	1	1	1	0
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