

May 2010

n Cypress Mill baby boy Jack Dylan Paugh Born 4/2/2010

Stork Report

18-3/4 lbs.

Proud Parents: Brent & Marie Paugh

Proud Big Sister: Maegan Rae Paugh



Submit your information on the arrival of your little one to cypressmill@ peelinc.com

Congrats!

Many Women Risk Retirement To Fund College

Submitted by Rich Keith

A recent survey by Oppenheimer Funds reveals that women are highly committed to getting their kids to college and drive most households' college planning – but many take a back seat when it comes to college savings. Nearly three quarters – 74% -- of 1,099 women polled said it's very important for their



Volume 10, Issue 5

children to obtain a college degree, compared with 66% of 559 men polled. However, in households that have begun planning financially for college, primary responsibility for this critical exercise most often belongs to men.

It's often true that women are keenly involved in making sure the kids are ready for higher education. But academic preparation is not enough - the financial side often is addressed too late in the game. The poll indicates about eight of 10 women agree that it's important to plan financially for retirement and college costs at the same time. But only 10% of women strongly agree that they have such plans in place.

It's important to not rob one's retirement savings to pay for college. And figures quickly show that borrowing for college costs a lot more than many people realize. The cost of borrowing really impacts the ability to save for retirement. And since women on average live longer than men, this reduced savings affects women more than men. Time is a powerful key to achieving financial security. Source: Oppenheimer Funds 2010.

Go Green Go Paperless

Sign up to receive the Cypress Mill Chronicle in your inbox. Visit PEELinc.com for details.

Important Numbers

-
Cy-Fair High School
Cy-Woods High School
Cypress Lakes Golf Club
Cypress Mill M.U.D. #1, (24 Hour Emergency) 281-374-8989
Constable Ron Hickman, (24 Hour Emergency) 281-376-3472
DPS Sex Offenders website http://records.txdps.state.tx.us/
Centerpoint Energy Gas713-659-2111
Centerpoint Energy Gas-Emergency Gas Leaks. 713-659-3552
CenterPoint Energy713-207-2222
Irrigation Leaks/Common Area Repairs - Principal
Management
Poison Control Center
Principal Management713-329-7100
Robison Elementary
AT&T Repair Center
Spillane Middle School
Street Light Outages
Comcast Cable
Waste Corporation of America (WCA) Recycling
281-368-8397

Pipeline Company – Exxon Mobil.....

281-925-3816 Mowing of Pipeline easement; Standing water; Smells or leaks

Street Lights – Center Point Energy

713-207-2222 Damaged or Burned Out Street Lights **They will need 6-digit pole number when calling**

Constable Ron Hickman (24 Hour Emergency)

281-376-3472

Harris County Road and Bridge

281-463-6300 To request street signs and to report street damage, curb damage, street flooding, or missing/damaged street signs.

Newsletter Publisher

Newsletter Deadline

The deadline for the newsletters is the 10th of each month. Please email articles to: *cypressmill@peelinc.com*

Remember: The Speed Limit throughout Cypress Mill is 30 MPH!

MUD Board of Directors

The District is governed by the Board of Directors, consisting of five directors, who have control over and management supervision of all affairs of the District. All of the Directors reside in the District.

Mr. Ronald S. ("Ronnie") Koehn, President

Mr. Bob Henry, Vice President

Mr. Tim Halloran, Secretary

- Ms. Angell Swedlund , Treasurer
- Mr. Jerry Bryant, Assistant Secretary

http://www.cypresshillmud1.com/contact/index.html

🗳 Just a Reminder ل

Please be considerate and pick up after your dog when you are out for a walk including the walking trails by the retention ponds. It is illegal to sweep grass clippings and trash into the

drains. Please report violators at 713-525-2525.

Peel, Inc.

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Advertise your business to your neighbors. 1-888-687-6444 www.PEELinc.com Join Fairfield Dental Care and Orthodontics in supporting

Breast Cancer Awareness

Help us sponsor Team Tiara in the Susan G. Komen race for the cure! Get an **Oral Cancer Screening for \$35** at our office

Saturday May 1st, 2010 from 8am - 12pm

100% of the proceeds from your oral cancer screening go to sponsor Team Tiara in their walk against cancer. For more information about Team Tiara visit their website at:

teamtiara.net

Fairfield Dental Care and Orthodontics Keith Grimm, DMD I Paula Herber, DDS 15040 Fairfield Village Drive, Suite 240 Cypress, TX 77433



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YOUR

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2010 Spring Recruiting Drive

The Cy-Fair Volunteer Fire Department will host a series of recruiting open houses at three of our fire stations this month to educate and inform those interested in joining one of the largest volunteer fire departments in the nation.

The volunteer fire service was started in this country by Ben Franklin. For more than 250 years the volunteer fire service has continued this tradition of "neighbors helping neighbors". But over the past two decades the number of volunteer firefighters nationally has decreased by around 8%. The Cy-Fair Volunteer Fire Department has almost 400 volunteers today. The Cy-Fair VFD provides community based fire, EMS, and rescue services for 156 sq miles of Northwest Harris County using 12 fire stations. We provide all the necessary training and equipment needed. We have members from all walks of life including doctors, lawyers, bankers, realtors, career



firefighters, teachers, mechanics, welders, nurses, and stay at home parents. The only requirements are to have your high school diploma or GED, be 18 yrs old, and pass a drug and background check. The volunteers of the Cy-Fair Volunteer Fire Department save the tax payers of our area over \$28 million each year.

For anyone interested in volunteering there are a number of reasons to join:

- The satisfaction of helping others in your community especially when they are in need
- To gain experience and education in a wide variety of topics including - firefighting, emergency medical services, hazardous materials, fire codes, sprinkler systems and alarm systems
- Meet and work with others in your community, gain a sense of camaraderie with others by working together

Whatever your age or physical abilities there is something you can do at your local fire house to help out! While firefighters are needed, there are many other jobs where you could help:

- Drivers and pump operators are essential to all emergency operations (you can't get there without a driver!)
- Support personnel at the scene to move hoses, get equipment, etc.

TEXAS

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EMERGENCY CARE

(Continued on Page 5)

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Spring Cypress at Skinner Road 17255 Spring Cypress Road, Suite A

www.txercare.com



2010 Recruiting Drive - (Continued from Page 4)

- EMS personnel are needed for both first responders and ambulances
- Fire prevention teachers, people to help with truck maintenance and fire station maintenance are also needed.
- IT personnel to assist with our computers, network, website, and printers
- Help with fundraising and other fire company functions

Please attend one of our open houses and find out how you can help out at your local fire station. If you cannot make one of the dates please call us at 281-550-6663 to speak with a Public Information Officer.

Recruiting Open House Dates and Locations:

- Sun May 23 at 6 pm Station 2 11210 Tower Oaks Blvd, Houston TX 77065 (near Jones Rd and FM 1960)
- Mon May 24 at 7 pm Station 5 16035 Aspenglen North, Houston TX 77084 (Off Hwy 6 just north of Clay Rd)
- Wed May 26 at 7 pm Station 10 11310 Steeplecrest, Houston TX 77065 (near West Rd and Jones RD)

American Business Women's Association Cy-Fair Express Network (CYFEN)

Event: Cy-Fair Express Network Monthly Networking Luncheon

When: May 27, 2010

Time: 11:30 am – 1:00 pm

Where: Houston National Golf Club 16500 Houston National Blvd Houston, TX. 77095

Networking and Business Luncheon

Cy-Fair Express Network invites you to their monthly meeting and luncheon. Lots of fun, networking, and giveaways. Bring plenty of business cards. Please make reservations by May 21 to Anya Lucas @ (713)459-2331 or anya@lucascarcare.com. More information @ www.cyfen.org.

Our mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.





The Cooper Foundation A Non-Profit Organization for grieving families

The Cooper Foundation is looking for volunteer facilitators to assist with peer support groups for grieving children and teens. No special skills are required, all training is provided. The volunteer time commitment is three hours, every other week, during the school year.

The next training sessions will be held on April 20th and May 4th, from 6:00pm - 9:00pm. You must attend both sessions. For more information, please e-mail Jaine@thecooperfoundation.org, or visit our web-site at www.Thecooperfoundation.org.

Oil & Gas Networking

If you work in any aspect of the Oil & Gas Industry and would like to network and meet your Cypress neighbors in your field, please come say Hi!

We will meet the 1st Monday of each month at IHOP on Hwy 290 (Next to CVS on Fry Road) between 5:30 am and 8:00 am.

Come by have a cup of coffee and get the latest events and happenings in the Industry. If you have any questions please feel free to email me at Kevin.Kays@sbcglobal.net

The Daughters of the American Revolution

Elisha Roberts Chapter, NSDAR meets every third Thursday at Meson 1910 Mexican Restaurant on Mason Rd. The Daughters of the American Revolution is open to any woman 18 years or older who can prove direct lineage to an ancestor who fought in the American Revolution or provided patriot service. Our new chapter is looking for members. If you are interested in joining, please stop by and say hello...meetings start at 7 pm. If you have any questions, please feel free to contact me: Laura Neal at lizardsareicky@sbcglobal.net or 281-256-3545.



Annual 12th Russian Children's Folk Festival 2010

Happy Families has been sponsoring orphaned children to participate in our Russian Children's Folk Festival since 1981! We plan to bring 15-20 children ages 6-12 from orphanages in the Kaliningrad region with their chaperones to Houston, TX in June 2010. The children will be staying with host families for 2 weeks.

School age children are one of the most deprived groups of Russian orphans. They have few chances for a bright future in Russia. The festival gives them a unique opportunity to see a different world outside of their orphanages.

These annual events have found much attention from the media, including coverage on ABC's Good Morning America and New York Times and many more. See details at www.happyfamilies.org. What are the requirements to bring a child? Happy Families needs to raise about \$2,000 to bring each participant. This covers airfare, transportation in Russia, passports, visas, medical insurance, translation and coordination. We are asking for your support and participation in this project. Please contact us for additional information on how you can help. Sincerely,

Svetlana Startz Director, Russian Children's Festival Svetlana@happyfamilies.org 281-871-8008

Trinh Le, Ph.D. Parent Volunteer trinhtole@hotmail.com 281-304-4361

Cy-Fair Storm

The 2002 Cy-Fair Storm is looking for 2 - 3 solid players to complete our roster. We practice 3 times a week at

Dyess Park and will play 1 to 2 tournaments a month. We are a very competative, young team that is looking to stay together for quite some time.



Cy-Fair Girls Athletic Association A.D. Dyess Park 16822 Kitzman Road Cypress, Texas

Contact: CFSTORM2002@yahoo.com



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Show Times: Sat 9a-6p; Sun 11a-6p

Admission: Adults \$9; Seniors \$7; Kids 12 & Under Free

Exhibit with us! Member & nonmember exhibitors welcome. Call 281-645-6654.



CY-FAIR KIWANIS CLUB

The Cy-Fair Kiwanis Kids Triathlon will be held MAY 22 at the Langham Creek YMCA. Kids ages 7 through 12 are invited to participate. Children compete in age groups for the events of swimming, biking, and running. Girls compete against girls and boys compete against boys. Every participant will receive a finisher's medal; a t-shirt, and other items. Awards will be given to the top three boys and top three girls in each age group. You may register online for \$25 or at the race for \$30. For links to on-line registration and entry forms, visit www.kiwanishoustonsunrise.org. Come join us at the CY-FAIR KIWANIS CLUB and be a part of sponsoring children's activities, such as the Triathlon. CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs in the Cy-Fair Schools; supports the Cerebral Palsy SIRE group, Girl Scout, Boy Scout, and Sea Scout troops and activities; provides scholarships to outstanding Key Club members in our district; assists at Cypress Assistance Ministries , Bear Creek Ministries; the Houston Food Bank; and other charitable groups.

Membership is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International. If you would like to know more about Kiwanis and the programs it promotes, we invite you to be our guest at one of our monthly meetings. The Cy-Fair Kiwanis meet at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll (Copperfield and Hearthstone areas) at281-463-0373; George Crowl (Jersey Village area) at 832-467-1998; or Peggy Presnell (Fairfield and CyRanch) at 281-304-7127. If you live anywhere in the Cy-Fair Communities, you may call any one of the above for information. COME, BE A PART OF OUR FELLOWSHIP.

Cy-Fair Republican Women

Cy-Fair Republican Women is a fun, informative and friendly club that would love to see YOU at our next meeting. We meet at 10:30 a.m., the second Tuesday of every month at Carraba's Italian Grill on Hwy. 6 near Longenbaugh. Texas State Representative Patricia Harless will be speaking on the 2010 Census and redistricting at our April 13th meeting. Don't miss this opportunity to meet this dynamic woman and hear about these important issues. Republican activist and Comedian Eric Golub will be speaking to the group at our May 11th meeting. Come hear his unique perspective our world today - you are sure to be entertained and educated at the same time. For more information, please see our website at CFRW.net or call Mary Moss at 281-550-9415 to RSVP.



H-E-B Cypress Market is Recognized as a B.E.S.T. Business by the Cypress-Fairbanks Independent School District

The Cy-Fair ISD and the Cy-Fair Houston Chamber of Commerce are pleased to announce that H-E-B Cypress Market has received the B.E.S.T. Business recognition for their ongoing relationship with the school district. H-E-B was spotlighted at the February 16th Cy-Fair Houston Chamber of Commerce General Membership Luncheon for their dedication to supporting the educational goals of students and staff of the district.

They are actively involved as a participant in campus and district events such as Bus Buddies, Junior Achievement, the CFISD Livestock Show and Sale and serving on district advisory boards and campus and district committees.

AREYOUAN *Aggie Mom?* Northwest Harris County Aggie Moms is an organization that

Northwest Harris County Aggie Moms is an organization that supports our Aggie students through scholarships and donations to the many campus organizations that enrich and enhance their experience at Texas A&M University. We also support each other as we share the joys and trials of parenting our Aggies through this important time in their lives.

Whether you are sending your first Aggie off to College Station or your last, we invite you to join us this year and be a part of this special group of women! Plan to attend one of the informal mixers held in neighborhoods across the Northwest Harris County area this summer. Our annual Howdy Party will be on Tuesday, August 10th at the Houston Distributing Company conveniently located near Willowbrook Mall at the corner of 7100 High Life Drive and Cutten Road.

Please check our website at www. nwhcaggiemoms.org for a list of dates and locations or contact Vickie Hamley at 713-466-4494 for more information. We look forward to meeting all our Aggie Moms!





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May Texas Events

- 15—HOUSTON: Birding Walk & Talk Begins at 8:30 a.m. Sheldon Lake State Park. 281/456-2800 ext. 222
- 15—HOUSTON: Houston Masterworks Chorus World-class orchestra and singers present The Brahms Requiem at 7:30 p.m. Morris Cultural Arts Center Houston Baptist University. www. houstonmasterworks.org 713/529-8900
- **15—NEEDVILLE:** Junior Angler Education Workshop Learn the basics of fishing through hands-on instruction. Brazos Bend State Park. 979/553-5124
- 15—PORT ARTHUR: Cajun Celebration Includes bands and dancing. Jefferson County Singles Club. 409/983-5118
- **15—VICTORIA:** Market Day Special Events Area Riverside Park. www.victoriatx.org 361/485-3200
- 15-16—HOUSTON: Houston Scottish Highland Games & Celtic Festival This event helps foster an interest in the culture and heritage of Scotland and preserve Scottish and Celtic traditions. Farm & Ranch Club. www.houston highlandgames.com 713/871-0061
- 15-16—ORANGE: Texas Cajun Heritage Festival & Speckled Trout USA Fishing Tournament Features live Cajun bands, Cajun foods, Cajun arts & crafts, dancing, carnival and trout tournament. 1000 Simmons Drive. www.orangetexas.org 409/883-1011
- **15-16—PORT ARANSAS:** Anglers on Wheels This fishing tournament is for families and friends of physically challenged individuals. Woody's Sport Center. www.ditwtexas.org 210/254-2310
- **15-17—PORT ARANSAS:** Songwriters Showcase/Art Festival Arts & crafts booths are scheduled for Saturday and Sunday. Local singers/songwriters perform on Monday evening. Tarpon Inn Courtyard. www.thetarponinn.com 361/749-7334

- 16—HOUSTON: Annual GTO Car Show Features more than 75 muscle cars on display and competition. Cars of all sorts show up — from GTOs and Corvettes, to Malibus, Firebirds and classics from the 1920s. Traders Village. www.tradersvillage.com 281/890-5500
- 16—LA PORTE: 20th Annual Monumental Bug Bash All makes and models of VWs are welcome. San Jacinto State Park. www.bayarea vwclub.com 832/205-2300
- 16—NEEDVILLE: Sunday Morning Birding Hikes Begins at 8 a.m. Brazos Bend State Park. 979/553-5124
- **21-Jun. 20—HOUSTON:** Mrs. Mannerly Alley Theatre. 713/228-9341
- **21-Jul. 3—VICTORIA:** Exhibit: Maurice Robert's Photography Traffic Report Nave Museum. www.victorialregionalmuseum. com 361/575-8227
- 22—LAKE JACKSON: Brazosport Symphony Orchestra Concert Begins at 7:30 p.m. The Clarion. www.clarion.brazosport.edu 979/230-3658
- **22-23—HOUSTON:** Ninth Annual Country Roots Music Festival Takes the audience back to the roots of "real" country, with two afternoons of juke box covers and original tunes reminiscent of the honky tonk days. Traders Village. www.tradersvillage.com 281/890-5500
- **22-23—ROCKPORT:** Festival of Wines Texas Maritime Museum. www.texasmaritimemuseum.org 361/729-1271
- 23—CORPUS CHRISTI: Cathedral's Silver Anniversary Gala Concert Features members of the Cathedral Music Ministry and the Cathedral Festival Orchestra. Begins at 6 p.m. Corpus Christi Cathedral. 361/888-7444

(Continued on Page 12)



Real Estate Market Report

Cypress Mill Specialist

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- #7 Realtor in United States**
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	ACTIVE	PENDING	SOLD Last 6 Mos		
# of Listings	22	6	32		
Price Range:	\$114,900 \$222,000	\$116,500 \$179,900	\$86,900 \$180,000		
Average Price	\$158,317	\$147,525 \$137,639			
Avg Price/sq.ft.	\$67.40	\$70.52	\$62.62		
Avg DOM	81	22	53		
High Price/sq.ft.			\$78.00		
Low Price/sq.ft.			\$44.81		







Professional Group 832-478-1205 WWW.SUPERDAVE.COM

*According to information taken from the HAR MLS Computer **Realtor Tear

**Realtor Teams per Remax 9/2008, 3/2009



May Texas Events - (Continued from Page 10)

- **25—SAN BENITO**: San Benito High School Conjunto Band Concerts Enjoy the traditional sounds of Conjunto music by San Benito's young musicians at 6:30 p.m. W.H. Heavin Amphitheater. 956/361-3804 ext. 302
- **27, 29-30—HOUSTON:** Pecos Houston Ballet. Wortham Theater Center. www.houstonballet.org 713/523-6300
- **29—SOUTH PADRE ISLAND:** Memorial Weekend Fireworks Begins at 9:15 p.m. Between Marlin & Red Snapper Street on Laguna Madre Bay. 956/761-6433
- **29-30—CORPUS CHRISTI:** Art in the Gardens Includes art & craft items by local artisans for sale. Hours are 9 a.m. to 5 p.m. South Texas Botanical Gardens and Nature Center. www.stxbot. org 361/852-2100
- **29-30—PORT ARTHUR:** S.A.L.T. Fishing Rodeo Enjoy a fishing tournament inshore and offshore with a children's category. Pleasure Island. 409/963-0433

29-30—SOUTH PADRE ISLAND: SPI Beach Volleyball Tournament Boomerang Billy's at Surf Motel. 956/761-3005

Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.

Electricity is ON SALE at StarTex Power!



Alan "Petrodamus" Lammey, host of 'Energy Week', can be heard every Sunday on 1070 KNTH in Houston.

I'm Texas Energy Analyst, Alan Lammey. In case you didn't know, electricity rates are currently at lows not seen in years, which means that NOW is the time to lock in a very low electricity rate with the provider that I highly recommend to all my radio show listeners: StarTex Power. StarTex Power is local and reputable, with some of the most competitive rates available in all of Texas. You can switch right online at www.StarTexPower.com

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America is Good

- ➢ I believe in God and He is the Center of my Life.
- The family is sacred. My spouse and I are the ultimate authority, not the government.
- I have a right to life, liberty and pursuit of happiness, but there is no guarantee of equal results.
- I work hard for what I have and I will share it with who I want to. Government cannot force me to be charitable.
- The government works for me. I do not answer to them, they answer to me.

If you agree with any or all of the statements above then come to The Glenn Beck 9/12 Project Organizational

meeting for Cypress on the second Thursday of each month.

IHOP Restaurant on Hwy 290 @ Rosehill

Get involved.

For more information, please call 281-373-9337.





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p 281.758.2790 f 281.758.2791

We the People of Cypress/Waller 9/12 Project Group

NEXT MEETING: Second Thursday of each month

Location: IHOP Restaurant on Hwy 290 @ Rosehill For more information, please call Kerry LaLonde at 281-373-9337.

Fai	rfield	1
12300	Register for Summer & Fall	
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Houston Premium Outlets® Begins Construction For Expansion Upscale Outlet Center to Expand to 145 Stores

Just over two years after its successful opening, Houston Premium Outlets[®] has started construction on a major expansion. The center's Phase II expansion will bring the total number of stores at the center to 145 designer and name-brand outlet stores, adding 114,000 square feet of gross leasable area (GLA) bringing the center to 541,000 square feet. New stores will be open in time for the Holiday 2010 shopping season. More than 25 new stores will be added including Saks Fifth Avenue Off 5th which will become the center's largest store, A/X Armani Exchange, Esprit, J.Crew, Joe's Jeans, Lacoste, Talbots and many others to be announced at a later date. Houston Premium Outlets is part of the Premium Outlets portfolio of outlet centers owned by Simon Property Group.

With 120 stores, Houston Premium Outlets offers savvy shoppers upscale outlet shopping, with an impressive collection of brands including Adidas, Ann Taylor, BCBG Max Azria, Brooks Brothers, Burberry, Calphalon Kitchen Outlet, Coach, Cole Haan, Elie Tahari, Juicy Couture, Kate Spade, Kenneth Cole, Le Creuset, Michael Kors, Nike, Tag Heuer, Tommy Hilfiger, True Religion and more. With everyday savings of 25 to 65 percent, this outdoor center has quickly become a shopping destination for fashion and value-conscious shoppers.

Houston Premium Outlets offers discerning shoppers an impressive variety of merchandise including designer apparel for women, men and children, shoes, fashion accessories, high quality leather goods, housewares, gifts and more. The single level outdoor village has a southwest architectural and creates a pleasant, upscale atmosphere for shoppers. While pedestrian courtyards are outdoors, there is sufficient coverage to provide all-weather shopping comfort. Individual outlet stores are reminiscent of boutiques found in the finest shopping districts of the world.

"We are pleased to be expanding Houston Premium Outlets not only to fulfill merchant demand for space, but also to satisfy shoppers' desire to have an even greater selection of brands at impressive savings," said Michele Rothstein, Senior Vice President - Marketing for Premium Outlets, the outlet division of Simon Property Group. In addition to the more than 500 jobs being created during construction, this expansion will add over 250 new retail jobs

(Continued on Page 15)



Houston Premium Outlets - (Continued from Page 14)

to the community. "We are thrilled that our center is providing not only great outlet shopping but is also supporting the community by creating new jobs and assisting in the overall economic growth for the area. The expansion of the center will enable us to enhance these benefits."

The center has a centrally located food court, and offers a wide range of customer services including an Information Center providing area and merchant information, stroller and wheelchair rentals, gift cards and ATMs. The center offers special benefits to tours and groups. An online VIP Shopper Club offers members added savings with no fee to join. Members can enter the online VIP Lounge and download exclusive savings offers from merchants, coupon book vouchers – worth hundreds of dollars of additional savings, find shopping tips and more.

Houston Premium Outlets is conveniently located off of U.S. Highway 290 between Mason Road and Fairfield Place in Cypress, TX. Information about Houston Premium Outlets is available online at www. premiumoutlets.com/houston.



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 www.KumonOfFairfieldTX.com

 KUMON MATH READING. SUCCESS.

YEAH YEAH, BACKUP BACKUP,



OK, my clients are used to hearing it, "backup backup backup." I can say if often but it's never too often. Let me put it another way, how much pain are you willing to endure? The hard drive in

your computer WILL fail someday. So WHEN it does, how are you going to feel? School's almost out for the summer. How will you feel when that final paper or report disappears right before you're ready to submit it to the teacher or professor?

Maybe you're a young family, and you have thousands of digital photos and videos recording everything your babies have done their first few years. Their first haircut, first birthday, first Christmas, the first time they walk, their FIRST WORDS! All in a pristine, digital format that is very easy to duplicate, yet all GONE, possibly never to be seen by anyone again.

You use something like Quicken or Microsoft Money and keep you banking records on your computer, or you own your own business and ALL your financial records are stored on your hard drive. It's almost tax time and the information can't be retrieved. You now have to spend days or weeks recreating your records as best you can (this happened to a client of mine.) The "computer ate my homework" won't fly with the IRS.

So I'll ask you again, how much pain are you willing to endure? You do have a few options to backing up your valuable data. One way is to do it yourself (I'll go into more detail later.) Another way to preserve your memories is to pay someone else to do it. Yet a third way is probably the most common way, intentional or not – prayer. No plan, no system, just the hope that nothing goes wrong with their computer. Since I'm not aware of a Patron Saint of the PC,

Nag Nag!

I'll concentrate on the first two methods – you're on your own for the third option.

Want to do it yourself? Purchase an inexpensive external hard drive and plug it into your computer's USB port. You can pick up a 500GB (that's gigabyte) external hard drive at Best Buy for around \$80, and maybe a terabyte drive (that's 1,000 gigabytes) for \$100. If you like to shop around online you can probably find something even cheaper. Just about anything you buy will include backup software. If you don't like it, you can try downloading my favorite, SyncBack. Go to 2BrightSparks.com, click on "Downloads" and choose their freeware. Download SyncBack in whatever language you like and go at it.

Of course, if you're not inclined for any reason to do it yourself, you can always pay someone to do the above for you. Also, you can keep the "upfront" cost to a minimum by going with an online solution. Two advantages are you don't have to spend very much up front, and the other is that even in the event of burglary, fire, etc. you can buy a new computer and download all your backed up files. The two most well known services are Mozy and Carbonite, they cost about the same (\$55 a year.) Mac users also have me.com as an option (though it is a little more expensive.)

Now, not all hope is lost if your hard drive should fail. There are services available that will take your hard drive, have employees in "bunny suits" take it into a "clean room" (much cleaner than an operating room), disassemble it, remove the platters (the parts with the information) and rebuild it with matching parts in an attempt to extract the data. IF they are successful, plan on spending approximately \$2,000 to get the data back. It that's a lot of money to you, then look at doing it yourself or hire an expert to do it for you. It's not hard at all to do – but you need to do it. If you don't, you're going to remember how you were "nagged" and didn't do anything when you could have, and there will be a geek waiting for your phone call.



Can the Weather Affect My Child's Asthma?

Weather and Asthma

The effect of weather on asthma symptoms isn't fully understood, but clearly there is a link. Numerous studies have shown a variety of connections, such as increases in asthma-related emergency department visits when certain weather conditions are present. Some people find that their asthma symptoms get worse at specific times of year. For others, a severe storm or sudden weather change may trigger an attack.

Exposure to cold, dry air is a common asthma trigger and can quickly cause severe symptoms. People with exercise-induced asthma who participate in winter sports are especially susceptible. Dry, windy weather can stir up pollen and mold in the air, leading to problems for some people.

Hot, humid air also can trigger asthma symptoms, and wet weather encourages the growth of mold spores, another asthma trigger. In certain areas, heat and sunlight combine with pollutants to create ground-level ozone, which is also an asthma trigger.

Studies have shown that thunderstorms can trigger asthma attacks. One study showed that during thunderstorms, the daily number of emergency department visits for asthma increased by 15%. The study concluded that the problem was caused by the number of fungal spores in the air, which almost doubled. It wasn't rain, but the wind, that caused this increase. Changes in barometric pressure may also be an asthma trigger.

Avoiding Allergy Triggers

If you suspect weather is playing a role in your child's asthma, keep a diary of asthma symptoms and possible triggers and talk to your child's doctor. Once you know what kind of weather triggers asthma symptoms, you can take steps to protect your child:

• Watch the forecast for pollen and mold counts as well as other conditions (extreme cold or heat) that might affect your child's asthma.

- Limit your child's outdoor activities on peak trigger days.
- Make sure your child wears a scarf over his or her mouth and nose outside during very cold weather.
- Keep windows closed at night to keep pollens and molds out. If it's hot, use air conditioning, which cleans, cools, and dries the air.
- Keep your child indoors early in the morning (before 10 AM) when pollen is at its highest levels.
- Your child shouldn't mow the lawn or rake leaves, and should be kept away from freshly cut grass and leaf piles.
- Dry clothes in the dryer (hanging clothes or sheets to dry can allow mold or pollen to collect on them).
- Make sure your child always has rescue medication on hand.

Your child's written asthma action plan should list weather triggers and ways to manage them, including any seasonal increases in medication. A child whose asthma seems to be allergy-related may also need to see an allergist for medication or allergy shots.

Reviewed by: Elana Pearl Ben-Joseph, MD Date reviewed: June 2007

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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.

			2				1	
				8	5			4
5	2				4		9	
6						8	4	
						7		
	3	1	5			2		
2		7						
		9		5				
	4			3		1	7	
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	Feb '10	Mar '10	Apr '10	May '10	Jun '10	Jul '10	Aug '10	Sep '10	Oct '10	Nov '10
\$500,000 and above	0	0	0	0	0	0	0	0	0	0
\$176,000\$200,000	0	0	0	0	0	0	0	0	0	0
\$151,00\$175,000	2	1	0	0	0	0	0	0	0	0
\$141,000\$150,000	2	2	0	0	0	0	0	0	0	0
\$121,000\$140,000	3	3	0	0	0	0	0	0	0	0
\$101,000\$120,000	0	1	0	0	0	0	0	0	0	0
\$100,000 and below	1	0	0	0	0	0	0	0	0	0
Total	8	7	0	0	0	0	0	0	0	0
Highest \$/sq ft	\$70.57	\$77.72	-	-	-	-	-	-	-	-

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