

January 2011

News For The Residents of Longwood

Smart Financial Moves for New Parents

Longwood **Residents:**

Join us at Cypress Fellowship for our Song of Solomon **Conference** on Feb 12, 2011!

How is your love life? Think it could or should be better? Married? Single? College Student? No other area of our life impacts our quality of life more than this one. It can lead us to the best of times and for many of us it has lead to the worst of times. This event is designed for anyone 16 years or older, both married and single. The teaching on this subject will be convicting where needed, full of grace and forgiveness, and filled with tons of practical advice straight from the Giver of Love and Romance, God Himself. For more information, visit www. cypressfellowship.org or call 713.574.6301!

If you've just had a new baby, your life is filled with more joy (but less sleep). You're probably already aware of the time and effort you must invest in raising your child, but you may not have thought as much about another aspect — the financial one.

Consider this: The average cost of raising a child to age 17 is now \$222,360, according to a U.S. Department of Agriculture report on how much middle-income, two-parent families spend on their offspring. And this is the amount you might spend before your son or daughter heads to college. Clearly, you need to start making the financial moves necessary to take your child from diapers to a degree. Here are some suggestions for doing just that:

- Purchase sufficient life insurance. When it was just you and your spouse, it was a good idea for you to have life insurance — but now that you have a child, it's an absolute necessity. If you have any doubts about the value of life insurance, just look again at that \$222,360 figure above, and then tack on the costs of four years of college. If you or your spouse were to die unexpectedly, would the survivor earn enough to raise and educate your child? In this day and age, that isn't likely. So make sure that you have adequate life insurance in place.
- Prepare a will. Obviously, you hope to enjoy a long life — one in which you see your child grow to adulthood. But none of us can predict the future, so it's essential that you draw up a will to provide for the care of your child, both financially and physically. When you create a will, you can name a guardian to step in and take care of your child, if necessary, and you

can make sure your child receives your financial assets. However, many people go beyond writing a will and establish a living trust, which gives them more control over how and when they want their assets distributed. Your legal advisor can help you prepare a will and determine if a living trust is appropriate for your needs.

- Maintain adequate cash. To help pay for all those expenses related to child rearing, keep enough cash on hand. By having enough resources available in liquid accounts, you can avoid having to dip into your long-term investments to pay for short-term needs.
- Save early and often for college. It's never too soon to start saving for the high costs of higher education. A 529 plan is a tax-advantaged vehicle and may be a great option for your college savings. Contributions to a 529 plan are made with after-tax dollars, and have the opportunity to grow tax-free. Withdrawals used for qualified higher education expenses are also tax free. Furthermore, your 529 plan contributions may be eligible for a state tax deduction or credit depending on the plan and state.
- Stay balanced. As we've seen, it takes a lot of money to raise a child. But even as you're meeting these expenses, think about your own future, particularly your retirement. Strive to strike a balance between the money you spend on your child and the amount you invest in your 401(k), IRA and other retirement-savings vehicles.

You can't put a price-tag on your child's future, but when it comes to taking care of that child, you'll want to know the costs involved - and be prepared for them.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	
Ambulance	
Constable	
Sheriff - Non-emergency	
- Burglary & Theft	
- Auto Theft	
- Homicide/Assault	
- Child Abuse	
- Sexual Assault/Domestic Violence	
- Runaway Unit	
Poison Control	
Traffic Light Issues	/13-001-3210

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	
Cypress Fairbanks Medical Center	
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	

NEWSLETTER PUBLISHER

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Pediatric Dentist infants children teens

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290 Business Networking

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

CYPRESS WOODS HIGH SCHOOL



The Cy-Woods HS Theatre Company (Department) is proud to announce the second show in its Main Stage Season, Sherlock Holmes, The Final Adventure by Steven Dietz. Sherlock Holmes: The Final Adventure will prove to be quite the theatrical experience. Audience members will be transported to the Baker Street Jazz Club where they will be treated to beverage and snack service as they enjoy live jazz music, singers, and the play itself in a genuine 1930's atmosphere. This updated version of Arthur Conan Doyle's classic stories follows familiar characters Sherlock Holmes, Dr. Watson, Irene Adler, and Sherlock's arch nemesis Moriarty in what could be the famous detective's final mystery and adventure.

The production will take place in the Cy Woods High School Auditorium January 26-29 at 7:00. Tickets are \$10 for students, \$12 for Adults, and \$20 for VIP priority seating with complimentary beverages and snacks all night long. Tickets will be

available beginning in January at www.cwtc.net and at the door. Seating will be limited. Join us for this very special and mysterious experience!

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Come join your fellow Kappas this New Year at our annual Silver Auction Luncheon

January 15, 2011 at 11am.

Please RSVP by January 12th.

For more information on this or future events & membership please contact Natalie Bunton at gnat02@gmail.com or 832-717-3294.

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

EVENT: Cy-Fair Express Network Monthly Networking Luncheon

WHEN: January 27, 2011

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. Bring plenty of business cards for networking. Please make reservations online by January 21 @ www.cyfen.org or call Darlene Hajduk @ 713-939-9730.

We are now accepting sponsorship and vendor registration for the 2011 Cy-Fair Women's Expo on April 28, 2011. 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.

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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CYPRESS RANCH ATHLETIC BOOSTER CLUB PRESENTS

The 3rd Annual Golf Tournament Fundraiser

LONGWOOD GOLF CLUB

Saturday April 16, 2011 Registration 11:30 a.m. Shotgun Start 1:30 p.m.

Get your entry form at: www.cypressranchmustangs.com

- o \$500 per foursome*
- o Closest-to-pin prizes

o Dinner (after tournament)

- o Putting contest
- o Hole-in-one prizes
- o Beat the coach contest
- o Silent auction

* If a foursome enters before March 16,2011, each player from that foursome will be entered in a Special Prize Drawing!!

If you or your company would like to be a hole sponsor, or if you need further information, please contact

BOB MCINNERNEY (713) 906-6747



All net proceeds to benefit Cy Ranch Athletics.







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Rosehill Christian School Participates in Operation Christmas Child

Elementary students in grades K through 5 from Rosehill Christian School participated in Operation Christmas Child and donated 199 shoeboxes of gifts to be shipped to the needy children of Haiti. Operation Christmas Child is a ministry of Samaritan's Purse, a Christian organization run by Franklin Graham, the son of Evangelist Billy Graham. Their goal is to provide spiritual and physical aid to hurting people throughout the world. Operation Christmas Child is a program that allows the community a tangible way to help the needy children around the world. The shoeboxes were filled with new toys, school supplies, candy and a personal note. Rosehill Christian School had a goal of 155 boxes, one for each student enrolled in elementary school at RCS. Through the generosity of the students and parents, that goal was surpassed by over 40 shoeboxes. "I am constantly reminded that no child is too small to do the work of the Lord!" stated fifth grade teacher, Christie Newell. Middle school English teacher, Katie Davila, and her husband, Noe, graciously loaded up all 199 shoeboxes and dropped them off at Lifeway – a drop site for Operation Christmas Child. Newell was very pleased with the response of the students and acknowledged that this service project was "a wonderful opportunity to teach our young kids how to reach out to kids their own age who get nothing for Christmas". Rosehill Christian School is located at 19830 FM 2920 in Tomball, Texas.





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HEALTH BRIEFS

SUGAR, HEART AND LIFE

A new program called Sugar, Heart and Life: A Guide to Living with Diabetes is available for people dealing with the disease. The interactive and fun program developed by Baylor College of Medicine's department of family and community medicine offers information on how individuals with type 2 diabetes can manage their diabetes. The SHL program includes recipes, practical tips and games on diet, exercise, and medication. The program allows users to follow a year in the life of the Gonzalez family as they learn more about managing diabetes and help them make decisions that will keep their family healthy.

All diabetes management recommendations contained in this program are consistent with clinical practice recommendations of the American Diabetes Association and the National Institute of Diabetes and Digestive and Kidney Diseases. Recipe Box was adapted from heart healthy recipes from the National Heart, Lung, and Blood Institute.

Sugar, Heart and Life can be found at www.bcm. edu/shl.



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Cy-Woods FFA Booster Club *1st Annual Spring Craft Show*

CFISD TELGE EXHIBIT CENTER SATURDAY APRIL 9TH – 9:00 TO 5:00 SUNDAY APRIL 10TH – 10:00 – 4:00

for additional information or a booth registration form, please email cywoodsffa@gmail.com

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Meet Jermaine, Tibreauna, Keatrick, Jaderrion, an<u>d Trey</u>veonne

Jermaine is 11 years old and his siblings; Tibreauna, Keatrick, Jaderrion and Treyveonne are 10, 5, 2 and 8 years old respectively. Jermaine enjoys all outdoor activities including riding his bike, scooter, and skateboard. Tibreauna is sweet child who enjoys school. She is protective and nurturing of her brothers. Keatrick is described as silly and funny and likes to play with his guitar and toy cars. Jaderrion is an incredibly cute, active toddler. Treyveonne is an outgoing child who enjoys all sports. The children need a loving family that can provide them with structure and stability. For more information contact Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter at the Adoption Coalition of Texas at 512-810-0813 or gracelindgren@adopttexas.org





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Parents this is your chance to brag on your kiddos. We want pictures of your kids doing everyday things, school events, plays, sports, etc. Send in your pictures to be featured in the Longwood Letter.

> E-mail your pictures to longwoodletter@peelinc.com by the 8th of the month.

$\star \star \star$

SAVE THE DATE: Ladies' Night Out!

Join us on the first Wednesday of every month, where we'll be drinking wine, mixing, mingling and sharing creative home tips and crafty secrets. Did we mention the wine?

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