

The Coles CONNECTION

Volume 1, Issue 11

NEWS FOR THE RESIDENTS OF COLES CROSSING

December 2007



Timberline Youth Soccer Association (TYSA)

TYSA's great-great-grandparent is FIFA (The International Soccer Federation), which sanctions the United States Soccer Federation (USSF), which sanctions the United States Youth Soccer Association, which in turn sanctions the South Texas Youth Soccer Association (STYSA), TYSA's immediate parent organization.

December 1 & 2
Fall Championship District games.

December 8 & 9
Fall Championship State games.

Associated Clubs: Aldine United Soccer Club, Bear Creek Soccer Club, Conroe Youth Soccer/Texas Rage FC, Cy-Fair Youth Soccer Club/Dynamos (Cy-Fair Select), Kingwood Alliance Soccer Club, Klein Soccer Club, Texas HeatWave Soccer Club, Texas Rush Soccer Club

visit: www.timberlinesoccer.com for more information about Teams in your area.



2007 Event Calendar

DECEMBER

- 15 Jingle Bell Jog
- 24 Carriage Rides
- 25 Merry Christmas

JANUARY

- 01 Happy New Year

THE COLES CONNECTION

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- 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

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Cypress Fairbanks ISD Transportation.....	281-897-4380
Cypress Fairbanks Senior High.....	281-897-4600
Cy-Woods High School.....	281-213-1727
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Sampson Elementary.....	281-213-1600
Splane Middle School.....	281-213-1645

OTHER NUMBERS

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Cypress Fairbanks Medical Center.....	281-890-4285
Harris County Health Department.....	713-439-6260
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- not working (Report Number on Pole)	
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An Invitation to All

the Women of the Community

Please join us on Tuesday, January 15th and every Tuesday for twelve weeks for an evening of study and fellowship with author Mindy Ferguson as she presents her study "Walking with God".

In this Bible study, you'll discover why walking with God means living your faith. It's trusting in Him and Him alone.

It's seeing the giants, but stepping confidently into the future because you believe the promises of Christ.

Walking with God is the difference between slavery to sin, and freedom in Christ. It's victory not defeat. It is living the promised life!



Good Shepherd United Methodist Church

Tuesday Evenings, 6:45-8:30pm

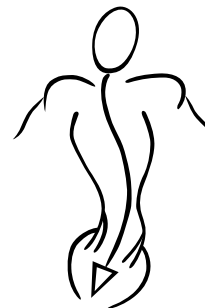
Beginning January 15th

Author and Cypress resident Mindy Ferguson will give live lectures at each session.

The cost is \$20.00 which includes workbook.

Contact aynnaedaugherty@yahoo.com or call the church office at 281-373-2273.

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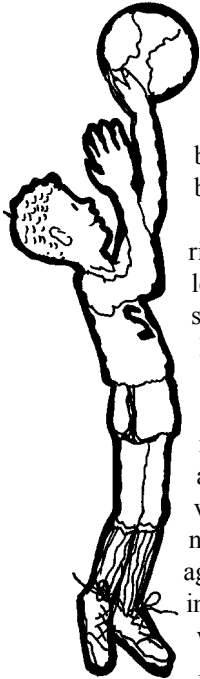
www.Cypresslawn.net

THE COLES CONNECTION

The Importance of Physical Activity

Submitted by Alica Harrison

"The first wealth is health." —Ralph Waldo Emerson



The evidence is growing and is more convincing than ever! People of all ages who are generally inactive can improve their health and well-being by becoming active at a moderate-intensity on a regular basis.

Regular physical activity substantially reduces the risk of dying of coronary heart disease, the nation's leading cause of death, and decreases the risk for stroke, colon cancer, diabetes, and high blood pressure. It also helps to control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits, and medications. Moreover, physical activity need not be strenuous to be beneficial; people of all ages benefit from participating in regular, moderate-intensity physical activity, such as 30 minutes of brisk walking five or more times a week.

Despite the proven benefits of physical activity,

more than 50% of American adults do not get enough physical activity to provide health benefits. 25% of adults are not active at all in their leisure time. Activity decreases with age and is less common among women than men and among those with lower income and less education.

Insufficient physical activity is not limited to adults. More than a third of young people in grades 9-12 do not regularly engage in vigorous-intensity physical activity. Daily participation in high school physical education classes dropped from 42% in 1991 to 33.0% in 2005. In 2005, 10% of high school students did not participate in any moderate or vigorous physical activity.

Source: US CDC

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

*Solution at www.PEELinc.com

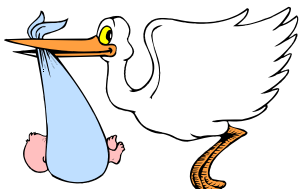
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Stork Report

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THE COLES CONNECTION

Unraveling the Mystery of Men's Health

by: Sandeep Mistry, M.D., M.P.H.

Lifestyle, Aging and Infertility

Did you know that every year 6 million couples seek medical advice for infertility?

There are even more couples that have difficulty conceiving children but lack the resources or knowledge to even seek medical attention. Of all infertile couples that undergo an evaluation, there is a male contributor to the problem identified HALF THE TIME. In fact, both patients and doctors underestimate the possibility that abnormal sperm may be an important factor to the couple's difficulties. Many cultures and civilizations equate fertility with manliness or strength. This would help explain why men are reluctant to explore whether they may be the cause of a couple's infertility.

Women dictate the pace of when couples decide to start a family and as that age creeps upward, the impact of age and lifestyle on men's fertility becomes more important. The number of new fathers over the age of 35 has almost doubled in the last 30 years.

It is widely known that the chances for a woman to conceive a baby drop as she ages, especially after the age of 35. What is less well known is that one of the most important reasons for this drop in pregnancy rates have to do with the male partner.

Studies of couples undergoing high-tech infertility treatments have shown that even with assisted-reproduction a man's chances of fathering a child decrease with each passing year. Even though men are constantly making new sperm, the volume, motility (ability to move toward its destination, an awaiting egg), and structure of sperm all decline with age.

Additionally, older fathers are at increased risk of having children with Down Syndrome and psychiatric disorders.

This is not to say that older men can not father healthy children even into their 50's, 60's and 70's. However, as men delay fatherhood longer the impact of environmental and lifestyle factors on fertility may be getting worse. It is important to learn what lifestyle choices can impact sperm quality and seek help early if you feel that you may have a problem.

Tips on maximizing your fertility:

- Stop smoking, the chemicals in cigarettes are toxic to sperm and their DNA.
- Just Say No. Using marijuana even once every two weeks will have a negative effect on sperm.
- Limit Coffee to 1 or 2 cups per day
- Avoid excessive heat, including: prolonged saunas, hot tubs, or laptop use on your lap, and tight fitting shorts, all of which can damage sperm
- Exercise regularly.
- Limit alcohol to moderate amounts no more than twice per week.
- Have good nutritional habits.
- Do not take higher than recommended doses of Vitamins or supplements.
- Be aware of sexual problems and do not hesitate to ask for medical help.

Sandeep G. Mistry, M.D., M.P.H. is a graduate of the Baylor College of Medicine in Houston, TX where he also completed his residency in Urologic Surgery. He has a B.S. in Chemical Engineering and earned his Masters Degree in Public Health from the University of Texas School of Public Health at Houston. He is currently in private practice in Round Rock, Texas. For questions or to suggest future topics you can e-mail him at northaustinurology@yahoo.com.

Stork Report

If you have a new addition to the family please let us know by emailing colescrossing@PEELinc.com and we will include an announcement to let everyone know!



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BBB BBAONLINE RELIABILITY PROGRAM

How to Get Ready to Play Tennis

Submitted by Fernando M. Velasco

This is a popular time for injuries to occur on the tennis courts. In the past weeks, players have incurred back problems, tendons and ligament tears, and over stretched muscles in calves and groins.

Remember your age!! While young, all muscles, tendons and ligaments were elastic and easily lubricated. Now, we are sitting in our offices in front of desks and computers or we are driving kids all over the city for school activities and sports, and some of you are going to all the sales in the Malls. Then, we rush to play tennis and get hurt!!

Before hitting the first tennis ball, whether you are taking a lesson, a clinic, playing for a league, or socially, you should spend at least 20 minutes doing your stretching exercises.

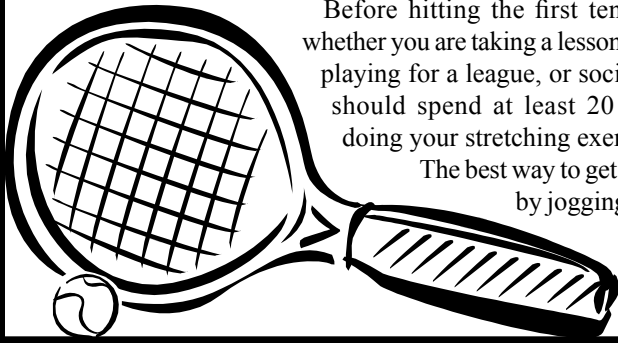
The best way to get started is by jogging in place for about three

minutes. Researchers have found that if we warm up our bodies by one degree, our chances of getting injured drop by 90%. After jogging, start stretching your legs, and move to your knees, groin muscles, calf muscles, waist, back and neck. From there, rotate your shoulders and arms. Never neglect your elbows and wrists since they are the most susceptible to injury by a bad hit. Now you have significantly lowered your chances of injury during play.

As important as it is to do "pre-activity" stretching, it is also essential to do "post-activity" stretching. This is the time when your ligaments and muscles are in the best condition to be stretched to the limit without injury.

If are healing a present injury, always ice the area after playing and protect it by wearing the proper brace. If the injury still does not go away, it may be time to see a specialist and get an MRI to find out about the injury and get professional help to help you heal.

So get your rackets ready while the weather is nice and cool, get a good warm up and enjoy the "game of a lifetime".



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THE COLES CONNECTION

Come Join The Cy-Fair Express Network

Visitors welcome at monthly networking group in Cy-Fair

The Cy-Fair Express Network's monthly networking and educational event.

All are welcome to attend CYFEN networking luncheons, which are held from 11:30 a.m. to 1 p.m., the fourth Thursdays of the month at La Hacienda Banquet Hall (behind the restaurant) located at 12503 Telge Road.

Bring business cards for networking, which begins at 11:15 a.m. followed at noon with the program and lunch.

The cost is \$25 with reservations and \$30 at the door. Reservations should be made by noon the Friday prior to the meeting to Belinda Fultz at bfultz@minutemanpress.com.

For information on CYFEN, go to www.cyfen.org or send inquiries to info@cyfen.org.

About Cy-Fair Express Network

The Cy-Fair Express Network (CYFEN) is part of the American Business Women's Association (ABWA). The vision of the Cy-Fair Express Network is to bring together businesswomen of diverse occupations, to provide opportunities to help them grow personally and professionally through leadership, education, networking, support and national recognition. CYFEN meets the fourth Thursday of each month and visitors are always welcome. Go to www.cyfen.org for information.

Cypress Christian School invites you to... Winter and Spring Community Events

You are invited to some very fun community events sponsored by Cypress Christian School. We hope you will join us as we continue to celebrate our 30th Anniversary of "fusing faith and learning!"

December

- Wed., December 6 from 6-9 p.m. Shop at Barnes & Noble-Copperfield-portion of purchase benefits library
- Tues., December 11 at 7:00 p.m.: Elementary K-3 Christmas Concert on CCS Campus
- Thurs., December 13 at 7:00 p.m.: Elementary 4th-5th Christmas Concert on CCS Campus
- Friday, December 14 at 7:00 p.m.: Chamber Choir Christmas Concert-location to be announced

January

- Sat., January 26 at 5:30 p.m.: Laughs galore at the Winter Banquet featuring local radio personality, Susan O'Donnell of KSBJ radio station and Christian Comedian, David Ferrell to be held at the Downtown Aquarium. The event is free to guests. Limited seating – call for reservations.

February

- Thurs., February 7 at 6:00 p.m.: Kindergarten Round-Up for parents of future kindergartners
- Thurs., February 7 at 7:00 p.m.: Family Night for K-12 parents and students considering Christian education

March

- Thurs., March 6 from 9-11 a.m.: Open House
- Thurs., March 27 from 9-2 p.m.: Student Visitor Day

April

- Saturday, April 19 from 10-4 p.m. Community Carnival

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THE COLES CONNECTION

Texas Events - December

1-2, 8-9, 15-16, 22-23—HOUSTON: Holiday Market with Santa Claus Offers a holiday wonderland of shopping. Traders Village, 7979 N. Eldridge Road. www.tradersvillage.com 281/890-5500

1, 8, 15, 22, 29—PASADENA: Armand Bayou Ranger 28-foot Pontoon Boat Experience Enjoy an informative and memorable safari filled with views of local wildlife and beautiful settings. Reservations and advance payment required. www.abnc.org 281/474-2551

1-30—CORPUS CHRISTI: Billy Hassell North Texas artist pairs realistically painted subjects with bold, sometimes disparate, backgrounds to explore contradictions found in nature. Art Museum of South Texas. www.stia.org 361/825-3500

1-Jan. 5—GALVESTON: Moody Gardens Festival of Lights In addition to seeing the lights and displays, strap on a pair of skates and glide across the Outdoor Ice Rink, take pictures with Santa or see the giant poinsettia tree. Moody Gardens. www.moodygardens.org 800/582-4673 or 409/744-4673

1-Jan. 7—CORPUS CHRISTI: Cardinal Points/Puntos Cardinales: A Survey of Contemporary Latino & Latin American Art Exhibition uses visual art to look at contemporary life, values and beliefs as seen through the eyes and minds of Latin American artists. Art Museum of South Texas. www.stia.org 361/825-3500

1-Jan. 13—HOUSTON: A Rose Has No Teeth: Bruce Nauman in

the 1960s Exhibition presents the full range of the artist's work from this period, including sculpture, ephemera, documentation of performances, artist books and video. The Menil Collection. www.menil.org 713/525-9400

1-Feb. 17—HOUSTON: Contemporary Conversations: Robert Ryman, 1976 Gathers works from the Addison Gallery of American Art, New York's The Museum of Modern Art and the artist's own collection, presenting them with Midland II, a painting purchased by Dominique de Menil in 1980. The Menil Collection. www.menil.org 713/525-9400

11-16—GALVESTON: A Tuna Christmas The Grand 1894 Opera House. www.thegrand.com 800/821-1894 or 409/765-1894

11-23—HOUSTON: A Wonderful Life This is a musical adaptation of Fran Capra's 1946 classic film. Hobby Center for the Performing Arts. www.tuts.com 713/558-TUTS or 888/558-3882

15—HOUSTON: Birding Walk & Talk Stroll around the park's many trails seeking the wintering visitors from the north. Begins at 8:30 a.m. Sheldon Lake State Park. 281/456-2800

15—HOUSTON: History Boat Tours on Buffalo Bayou Take a look back to the late 1800s when Houston was founded, and learn about those important individuals and families along Buffalo Bayou

(Continued on page 11)



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Texas Events- (Continued from page 10)

who helped shape the city. Hours are 10 a.m. to noon. Reservations required. Meet at Allen's Landing. www.buffalobayou.org 713/752-3014 ext. 3

15—HOUSTON: Holidays with Nature Celebrate the holidays the wild(life) way. Join in creating wildlife tree ornaments. Children can color and write letters to Santa to receive a post card from Saint Nick himself. Hours are 1 to 4 p.m. Sheldon Lake State Park. 281/456-2800

15—HOUSTON: TubaChristmas Begins at noon. Williams Tower Park. www.tubachristmas.com 936/294-1364

15—VICTORIA: Market Days Hours are 9 a.m. to 4 p.m. DeLeon Plaza in Downtown Victoria. www.victoriatx.org 361/485-3200

27—NASSAU BAY: Open Mic Series: Blues Rock Arts Alliance Center. www.taaccl.org 281/335-7777

27-Jan. 1—BROWNSVILLE: CATS Camille Playhouse. www.camilleplayer.cjb.net 956/542-8900

29—BEAUMONT: Playhouse Disney Live! Julie Rogers Theatre. 409/838-3435 ext. 1

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THE COLES CONNECTION

Cy-Fair College Perspective

Musical Holidays at Cy-Fair College!

The Choral Department presents "A Winter Collection" of not your ordinary carols Dec. 6 through Dec. 7. The Music Department presents a Jazz Band performance and improvisation Dec. 5. All performances are in the Center for the Arts Building on the Barker Cypress campus. For reservations and ticket information, call 281.290.5201 or go to www.cy-faircollege.com/cfcboxoffice.

Register for Mini-mester and Spring Semester Classes

Catch up or get ahead this holiday season! Take a mini-mester course in December or register early for spring. Registration is under way. Mini-mester classes begin Dec. 17. Mini-mester courses range from criminal justice, philosophy, sociology and ethics, to algebra, history, government and communications. Spring semester classes begin Jan. 14. Cy-Fair College provides a variety of options such as weekend, evening, distance learning and even hybrid (part on campus instruction and part online learning) courses. For information, call 281-290-3200 or 832-782-5000 or go online to www.cy-faircollege.com.

Art Exhibition Showcases Student Talent

Don't miss this is the end-of-semester exhibition on display through Dec. 16 where Cy Fair College's visual art students show work they have completed in their classes. The exhibition showcases the students' talents as well as the breadth of Cy Fair College's art program in the Bosque Gallery located in the Center for the Arts

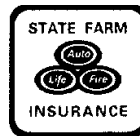
Building on the Barker Cypress campus. For gallery hours and information go to www.cy-faircollege.com/bosquegallery.

L.I.F.E. Lessons in December

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Cy-Fair College Branch Library (Room 131.) In December, learn how to combat weight gain during the holidays Dec. 5 and then the following week celebrate with a "Party Pot Luck" Dec. 12. Sessions resume Jan. 9, 2008. Call the library at 281-290-3213 for L.I.F.E. program information or check the library web page online at <http://cfclibrary.nhmccd.edu>.

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The Worship Arts Ministry at Cypress United Methodist Church is proud to announce our Advent calendar of events:

Praise Kids Christmas Musical

"Mission: Possible"

Saturday, December 8th at 7 pm

"Cross to Cradle" Concert

— with Christian music, drama and video focusing on the peace and simplicity of Christ's birth.

Sunday, December 16th at 6 pm

Christmas Eve Services

Monday, December 24th

Communion will be offered at all services except 5 pm

Daylight Service with Candlelight, 4 pm

"Joy to the World", 5 pm

— designed for families with younger children

Candlelight & Communion Services, 7 & 9 pm

— featuring our Festival Choir, Band and Orchestra

Candlelight & Communion Service, 11 pm

— serene service with our youth band and choir

"Children of the World" — International Children's Choir will join us during the Worship Services on Sunday, December 30 at 9:30 and 11 am

Cypress United Methodist Church
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www.cypress-umc.org

Teenage Job Seekers

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Attention Teenagers

The **Teenage Job Seekers** listing service is offered free of charge to all Coles Crossing teenagers seeking work. Submit your name and information to colescrossing@PEELinc.com by the 9th of the month!

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Coles Crossing residents, limit 30 words, please e-mail colescrossing@PEELinc.com.

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THE COLES CONNECTION



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Send Us Your Event Pictures!!

Do you have a picture of an event that you would like to run in The Coles Connection? Send it to us and we will publish it in the next issue. Email the picture to colescrossing@peelinc.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



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THE COLES CONNECTION

Strawberries Boost Heart Health

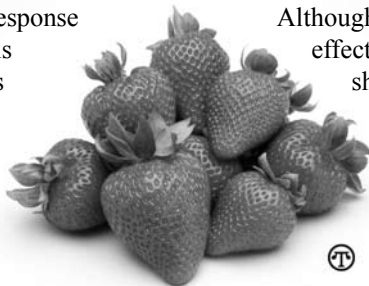
(NAPSA)-First it was cholesterol, then “bad” cholesterol (LDL) and “good” cholesterol (HDL). Now there’s a new factor that may be important in predicting the risk of heart disease: it’s called C-reactive protein, or CRP. A new Harvard study suggests that eating strawberries at least two times a week may be associated with reducing elevated CRP and LDL levels.

CRP is a protein in the blood that is elevated in response to injury, such as the chronic injury to blood vessels that comes from having damaged arteries. Previous studies have shown that elevated CRP may explain heart disease in people who otherwise appear to have very low risk, even among those with normal cholesterol levels.

Eating a diet rich in fruits and vegetables can lower CRP, an effect attributed to the high amounts of antioxidants found in these foods. Because strawberries are an antioxidant powerhouse, they were singled out for a closer look by nutrition scientists.

In the new study, diet records and blood samples from 27,000 women enrolled in the Women’s Health Study were analyzed

and compared with their risk of developing heart disease over a 10-year period. When the women were separated into high- and low- strawberry intake groups, those with the highest intakes-two or more servings of strawberries a week-were found to be less likely to have elevated CRP in their blood. They also had slightly lower cholesterol levels.



Although the study was not designed to show cause and effect, the findings add to a growing body of research showing how eating strawberries may support a healthy heart.

The researchers also noted that the women who ate the most strawberries were the same ones most likely to engage in a heart-healthy lifestyle. They ate more fruits and vegetables daily, exercised more and smoked

less.

For more information about California strawberries and heart health, visit www.calstrawberry.com.

A healthy indulgence: Strawberries may reduce the risk of heart disease.

This holiday season, you deserve some time off, too!



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THE COLES CONNECTION

“Amahl and the Night Visitors”

Messiah Lutheran Church is presenting a production of “Amahl and the Night Visitors” on Saturday, December 1 at 6 PM and Sunday, December 2 at 3 PM. Tickets are free, but are required to be certain there is adequate seating at both shows. Call the church office, 281-890-3013, to reserve tickets.

“Amahl and the Night Visitors” is an operetta about a young crippled boy and his widowed mother who are visited by the three kings on their way to find the newborn Christ child. A miraculous healing occurs, and the kings invite Amahl to accompany them on their journey so he can give his crutch to the Christ child. This made-for-television opera (under an hour in length) will delight all. Suggested audience is ages 8 and up. Free child care for younger children is available. Refreshments will be served after each performance.

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The Truth About Steroids

Steroid abuse is still on the rise, and not just among professional athletes and bodybuilders.

Despite numerous educational efforts by health care officials, many amateur and high school athletes looking for that elusive competitive edge still believe they can get it from a syringe or a bottle of pills. What they don't realize is that steroids will give them a lot more than they bargained for.

Not worth the risk

Acne. Liver damage. Increased risk of heart disease. These are just a few of the side effects associated with anabolic steroid abuse. And there's more.

The side effects are severe. Men who use steroids also may develop gynecomastia (the development of breasts), priapism (painful prolonged erection) and edema from sodium and water retention. They also will be more prone to cardiovascular problems since steroids decrease high-density lipoprotein levels (HDL) or "good" cholesterol, and increase low-density lipoprotein levels (LDL) or "bad" cholesterol.

Coupled with hypertension and negative changes in myocardial tissue, steroids users are at an increased risk for heart attack as well.

Of additional concern are alterations in psyche and behavior (i.e., aggression, physical dependence) and decreased immune function. Changes in the reproductive system, such as a reduction in testicle size, sperm count and mobility, and a decrease in the levels of endogenous testosterone and other sex hormones are

common.

Women at risk

Unlike men, whose side effects may be reversible once the abuse has stopped, women experience irreversible changes, such as a deepened voice, increased facial and body hair growth, enlarged clitoris and coarser skin. In addition, irregularities in, or cessation of menstrual cycle, increased libido, aggressiveness, acne and decreased immune function may occur.

Women are also prone to the cardiovascular risks and changes in psyche and behavior that men experience.



All risk, no glory

There is an even scarier risk of steroid abuse: death. Steroid users who share needles are putting themselves at risk for developing infections such as HIV, hepatitis or other viral diseases.

The terminal risks of steroid abuse are not fully known. Some published cases of tumors and other cancers related to steroid abuse have been reported. Even so, physicians and researchers do not know all the repercussions of steroid abuse on one's body and future health.

Controlled research is unethical and

only information from abusers is usable; yet this data may be inaccurate since most users are not forthcoming about the full extent of their steroid use.

Since the late 1980s, the federal government has begun to crack down on steroid use and distribution. Possession of steroids with intent to distribute without a valid prescription is a felony and subject to prosecution. Likewise, steroid use is a violation of the rules of virtually all sports leagues and councils as well as the traditional ethics of good sportsmanship.

No substitute for training

What most steroid users don't realize is that they are placing themselves at risk for something they could achieve on their own. Many experts agree that the effects of steroids on strength and muscle mass of beginning weight lifters or athletes are minimal when compared with the effects of an intensive weight-training or conditioning program.

The best way to improve performance and increase muscle mass is to follow a well-designed program that challenges both your body and your mind. No drug can do that for you.

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Age: _____ Email Address: _____

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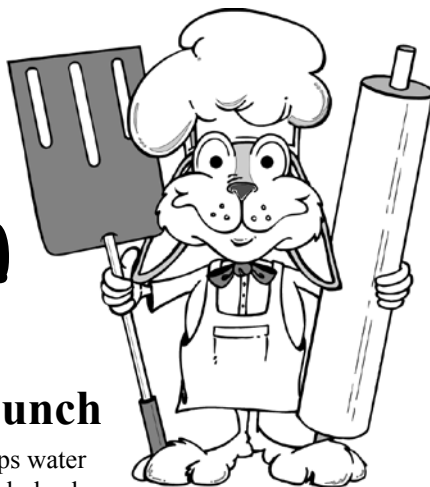
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Recipe of the Month



Hot Christmas Punch

1 Cup brown sugar	3 Cups water
1 Tall can pineapple juice	3 T whole cloves
1 large jar cranberry juice	3/4 tsp. salt
6 sticks cinnamon, broken	

Dissolve sugar in water and pour in percolator. Add juices.
Place cinnamon sticks, cloves, and salt in basket. Percolate.

If you would like to submit YOUR recipe to the Coles Connection email it to colescrossing@peelinc.com.

Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing colescrossing@PEELinc.com or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 10th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for The Coles Connection. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

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