

# The Coles CONNECTION

Volume 2, Issue 11

NEWS FOR THE RESIDENTS OF COLES CROSSING

November 2008

## Houston Repertoire Ballet and The Regional Arts Council Announce 2008 Performances of

### *The Nutcracker*

Houston Repertoire Ballet (HRB), with The Regional Arts Council, will present its annual performances of The Nutcracker featuring guest artists Yuriko Kajiya and Jared Matthews of American Ballet Theater in New York, who will perform the roles of The Sugar Plum Fairy and The Cavalier.

**Residents of Coles Crossing who will perform as members of HRB are Melissa Dooley, Chelsea Niemuth, Emily Parks, Leah Slavens and Rebecca Webb.**

The performances will be held December 5-7 at Tomball High School Auditorium, 30330 Quinn. Since 1998, HRB's lavish, full-scale production of the beloved holiday classic has become a staple of Northwest Harris County's December festivities.

Performances will be held Friday, Dec. 5, at 7:30 p.m.; Saturday, Dec. 6, at 2 and 7 p.m.; and Sunday, Dec. 7 at 4 p.m. A special Arts and Education performance and educational seminar, suitable for younger audiences and youth groups, will be presented Sunday, Dec. 7 at 1 p.m.

Tickets may be purchased on-line at [www.hrbdance.org](http://www.hrbdance.org) or by calling HRB at 281-861-0199, or the TRAC office in Tomball at 281-351-ARTS (2787). Tickets prices are \$18 for adults, \$12 for seniors/students and \$8 for the Arts and Education performance.

*HRB is a non-profit civic organization dedicated to the pursuit of excellence in the art of classical ballet. It provides young aspiring dancers the opportunity to discover within themselves a source of enrichment, beauty, and the means of aesthetic expression that will last a lifetime. HRB dancers have gone on to dance professionally with the New York City Ballet, Miami City Ballet, Atlanta Ballet, Walt Disney World, Texas Ballet Theater, American Ballet Theater (ABT), and Dayton Ballet. HRB flourishes under the artistic direction of Victoria Vitum, a nationally recognized teacher and choreographer who has been a faculty member of the Houston Ballet Academy and has served as Resident Choreographer for the Gwinnett Ballet Theater, in Atlanta, GA. She is the recipient of a Choreography Fellowship awarded by the Cultural Arts Council of Houston and the Texas Commission for the Arts for outstanding Choreographic merit and contribution to the City of Houston.*



## Coles Crossing Garage Sale

November 15, 2008  
7 am until 1 pm

## Event Calendar

### NOVEMBER

- 4th – School Holiday
- 6th – Coles Quilters
- 7th – Scrapbooking
- 8th – Sampson Elementary  
Fall Festival
- 8th – Bridge Group
- 13th – Mom's Club
- 13th – Go Green Group
- 15th – Garage Sale
- 20th – Coles Quilters
- 20th – MUD 365 Meeting
- 21st – Scrapbooking
- 25th – MUD 364 Meeting
- 26th – 29th – School Holiday
- 27th – Thanksgiving and Turkey Trot

# THE COLES CONNECTION

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY.....	911
Fire.....	911
Ambulance.....	911
Constable.....	281-376-3472
Sheriff - Non-emergency.....	713-221-6000
- Burglary & Theft.....	713-967-5770
- Auto Theft.....	281-550-0458
- Homicide/Assault.....	713-967-5810
- Child Abuse.....	713-529-4216
- Sexual Assault/Domestic Violence.....	713-967-5743
- Runaway Unit.....	713-755-7427
Poison Control.....	800-764-7661
Traffic Light Issues.....	713-881-3210

### SCHOOLS

Cypress Fairbanks ISD Administration.....	281-897-4000
Cypress Fairbanks ISD Transportation.....	281-897-4380
Cypress Fairbanks Senior High.....	281-897-4600
Cy-Woods High School.....	281-213-1727
Goodson Middle School.....	281-373-2350
Sampson Elementary.....	281-213-1600
Splane Middle School.....	281-213-1645

### OTHER NUMBERS

Animal Control.....	281-999-3191
Cypress Fairbanks Medical Center.....	281-890-4285
Harris County Health Department.....	713-439-6260
Post Office Box Assignment – Cypress.....	1-800-275-8777
Street Lights - CenterPoint Energy.....	713-207-2222
- not working (Report Number on Pole)	
Trash Removal.....	281-4462030

### UTILITIES

Electricity - HL&P Customer Service.....	713-207-7777
Gas - Entex.....	713-659-2111
Water and Sewer – Eco Resources.....	281-275-1761

### NEWSLETTER PUBLISHER

Peel, Inc.....	1-888-687-6444
Article Submissions.....	colescrossing@PEELinc.com
Advertising.....	advertising@PEELinc.com, 1-888-687-6444

## Advertise to Coles Crossing

You can get information about your service or products to every home in Coles Crossing, by running a business classified in the Coles Connection. It is a great way to get your name and contact information to many potential customers in your neighborhood. The cost is \$50 for up to 40 words. Display ads are also available. For more information, please contact Peel, Inc. at 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com). The deadline is the 10th of each month for the upcoming month's newsletter.

## The Coles Connection

*A newsletter for Coles Crossing residents  
by Coles Crossing residents.*

The Coles Connection is a monthly newsletter mailed to all Coles Crossing residents. The Coles Connection is not associated with the Coles Crossing HOA nor does it claim to be.

The Coles Connection is an unbiased, professional newsletter for YOU by YOU. If you are involved with a community group, school group, play group, scouts, sports activity, social group, etc. and would like to submit an article for the newsletter you can do so online at [www.PEELinc.com](http://www.PEELinc.com) or you can email it to [colescrossing@peelinc.com](mailto:colescrossing@peelinc.com). Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome.

### For the Residents!

Residents are able to include personal classifieds for FREE. The Teenage Job Seeker section is FREE for Coles Crossing teens.

### By the Residents!

*Our goal is to keep you informed!*

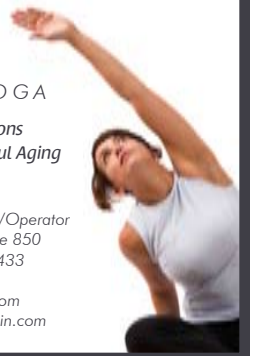
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[www.Cypresslawn.net](http://www.Cypresslawn.net)



# THE COLES CONNECTION

## Cy Fair Project Prom

Our wonderful volunteer parents have been very busy planning and fundraising for Project Prom 2009. The event will be held at Sam Houston Race Park from 11pm to 6 am May 1-2, with a graduating class of nearly over 650 students, we have a sizeable goal to reach in order to provide an exciting evening for the seniors and their dates. Your volunteer hours and money donated during the entire school year earn your senior valuable Project Prom \$\$Bucks to enter to win raffle prizes.

Even if you don't have a senior, or any school age children, you can still participate by making donations of cash, items, or services, or by purchasing items that interest you through our booster club, and you can designate a senior whom you know to receive credit. We are a 501(c)(3) organization, and donations are tax deductible as allowed by law.

**General membership meetings:** Please plan to attend our next meeting on Monday, November 17, in CFHS cafeteria at 7:00 p.m.

**Riverboat Casino Night:** Sunday, November 9, 5 to 9 p.m., Parkway Chevrolet. Tickets are \$25 each and include dinner, auction, prizes, and charity gambling. Businesses and individuals are invited to sponsor tables and donate items and services for the auction. Contact: Robert Thornton at 281-807-1816, RThorntontx@gmail.com, or Kay McGlamory, 281-955-2107, KMcGlamory@indpbanktx.com.

**Golf Tournament.** Monday, December 8, 8:30 a.m., Houston National Golf Club. \$110 per golfer includes prizes and auction and FUN! Sign-up form online. Contact: Brett Bidinger, 281-304-8888, Brett@BidingerDesign.com.

**Cartridges and More Recycling.** We are collecting laser, fax, copier, and inkjet printer cartridges, as well as used cell phones, laptops, PDAs, and iPods. Items are remanufactured, refurbished or recycled. Bring your items to the Cy-Fair High School library. See the Cartridges for Kids (CFK) website, [www.cartridgesforkids.com](http://www.cartridgesforkids.com), for the list of items accepted. Through CFK, we will be offering Clubco starting in October, an online membership club that allows you to make purchases from many name brands with 5% of the purchases going toward Project Prom. The sign-up form will be available at general membership meetings.

**The Busy Parent Fundraiser** form on our website at [www.cyfairprojectprom.com](http://www.cyfairprojectprom.com) provides an easy way to contribute. Other efforts include Randall's grocery store card donations, Market Day orders, a collection of formal dresses for girls in need, and "Casseroles-To-Go!", Denim and Diamonds Dinner and Dancing, Lollipop Sales during lunch hour in our cafeteria, Spring Mulch Sales and several opportunities for vendors to sell their products and services at our meetings. Please visit our website [www.cyfairprojectprom.org](http://www.cyfairprojectprom.org) to email the appropriate chairperson if you can help.

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# THE COLES CONNECTION

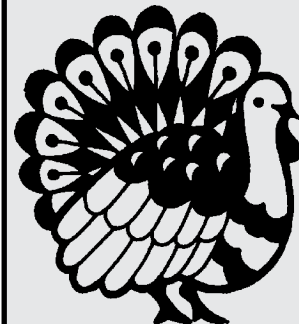
## Sampson Annual Fall Festival Needs Sponsors

The Sampson Elementary PTO is excited to host the 3rd annual Fall Festival & Auction on Saturday, November 8th from 11 am to 3 pm. We have developed an easy way for families and business owners to show their support of our children and our school. There are many games, activities, and food vendors that are part of the festival. We would like to offer you the opportunity of sponsorship for a small donation. The money will go toward prizes and supplies, and will help defray the overhead costs of putting on the fall festival. All sponsorships will be recognized throughout our festival, school, and community. Thank you for helping to make this event successful. If you have any questions, please contact Sue Benson at 281-731-3161.

*Please make checks payable  
to Sampson Elementary PTO.*

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Sponsored Item \_\_\_\_\_  
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Happy  
Thanksgiving!



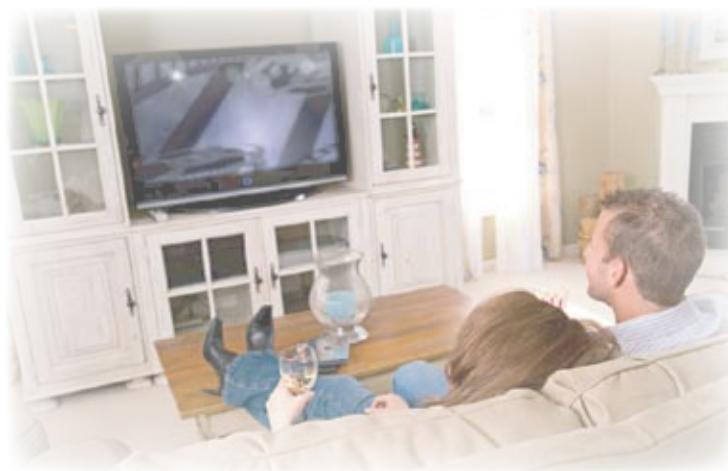
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Nov. 27th**

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# THE COLES CONNECTION

## Cy-Fair ISD & Volunteers in Public Schools (VIPS):

### A Winning Combination

### November / December 2008 Upcoming Events

Nov. 6 - Power Point - 10:00 a.m. to 11:45 a.m., ISC West

Learn to create on-screen color presentations and outline pages. Additional concepts – customizing slide shows with sound and animations. Administrator signature approval required to register for this free technology training.

Nov. 6 - Newsletters - 12:00 p.m. to 2:00 p.m., ISC West

Learn to create newsletters using Microsoft Word. Administrator signature approval required to register for this free technology training.

Nov. 7 - Multicultural Meeting - 9:30 a.m. to 12 p.m., Berry Center

Open to all CFISD school staff, volunteers, parents and community members. The purpose of the CFISD Multicultural Committee is to raise the level of cultural understanding and respect by sharing information with the CFISD community to encourage cultural sensitivity and parental involvement to strengthen student success.

Nov. 7 - Galveston Bay Training - 9:30 a.m. to 12 p.m., Berry Center

Open to all CFISD school staff, volunteers, and parents. Learn how to present a TEKS based science lesson to 4th grade students at your school. Students will learn about the importance of our bay and waterways and what measures can be taken to protect this life-giving estuary.

Nov. 12 - Intermediate Reading and Writing Training - 9:30 a.m. to 12 p.m., Berry Center

Open to all CFISD school staff, volunteers, and parents. Techniques will be presented for volunteers to use when they assist teachers and students working to improve reading and writing skills in grades 2 through 5.

Nov. 19 - Excel - 10:00 a.m. to 2:00 p.m., ISC West

Learn spreadsheets to create simple budgets and other types of ledger sheets. Applications include creating and editing worksheets and formulas. Administrator signature approval required to register for this free technology training.

Nov. 20 - VIPS General Meeting - 9:30 a.m. to 12 p.m., Berry Center

Open to all CFISD school staff, volunteers, parents and community members. Get the latest information on what is happening in CFISD.

Dec. 4 - Access - 10:00 a.m. to 2:00 p.m., ISC West

Explore the basics of database management. Administrator signature approval required to register for this free technology training.

Dec. 11 - Access - 10:00 a.m. to 2:00 p.m., ISC West

Learn how to create a web site using Dreamweaver software. Administrator signature approval required to register for this free technology training.

If you are interested in becoming part of the winning combination at Cy-Fair schools as a volunteer, and making a difference, or would like more information, please contact Pam Scott, Partners in Education Director at 281-894-3950.

**How to register for training** - With the exception of all VIPS Technology Training, register for training by emailing the PIE office at [viprsvp@cfisd.net](mailto:viprsvp@cfisd.net). Provide your name and the name and date of the training you wish to attend. Registration is required to guarantee a seat and training materials. Volunteers interested in any VIPS Technology Training should contact the P.I.E. office at 281-894-3950 for registration forms and information. Adults only please.





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<p><b>COUPON</b></p> <p><b>\$7<sup>00</sup> Off</b></p> <p>Silver Bullet Car Wash Package</p> <p><small>Not for use with other offers. Must present coupon when ordering service. Original coupon only.</small></p>	<p><b>COUPON</b></p> <p>Lube, Oil &amp; Filter Service + Free Carwash</p> <p><b>\$26<sup>99</sup></b> <small>(Reg. \$31.99)</small></p> <p><small>Not for use with other offers. Must present coupon when ordering service. Original coupon only.</small></p>

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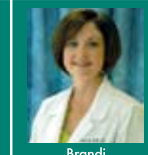
Quoc Le, M.D.



Blandina Sison, M.D.



Tami Berckenhoff, P.A.-C.



Brandi Valenzuela, P.A.-C.



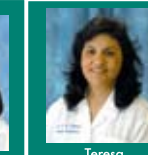
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# THE COLES CONNECTION

## Brandon Vick Memorial Run-4-Fun to be held on Nov. 7, 2008

The Brandon Vick Memorial Fun-4-Fun will be held on November 7 at Cypress Christian School. This event is dedicated in loving memory of Brandon Vick who passed away suddenly in the summer of 2003. Brandon would have been a senior this year.

“Brandon’s education at Cypress Christian School began in 1998. Brandon loved the Lord, loved his family, loved his school, and loved his friends. Whatever Brandon did, he did with all his heart, as was the case with the Run-4-Fun, year after year,” said Brandon’s parents, Dale and Celeste Vick.

“At the end of his 6th grade year, Brandon came home with a heavy heart and asked our family to pray for his friend who might not be able to attend school the following year due to financial reasons. Brandon was a very compassionate person. In keeping with his prayer, a fund was initially set up to assist with tuition needs in these situations.”

Cypress Christian School continues to keep Brandon’s memory alive through the Brandon Vick Memorial Run-4-Fun. Proceeds from this event have blessed the elementary school with items from their “wish list.” In addition, 10% goes towards tuition assistance for elementary students in need.

Proceeds from Run-4-Fun have provided the following items over the years:

- Elementary Computer Lab
- Library Enhancements
- Music Department Enhancements
- Art Department Enhancements
- Playground Equipment
- Technology upgrades
- New Televisions and Stand for the Classroom
- Cable and Wiring for the Classrooms
- Playground Enhancements/ Playground Shade Structure
- Projectors for the Classrooms
- Laminating Machine
- Die Cut Machine and Various Stamps
- Elementary Performances and Competitions
- Teacher Classroom Supply Vouchers
- Map Rails
- Artwork Display Strips for Hallways

For more information on this event or how you can contribute to this fund, contact Jody Pollos at 281-770-5326 or [Jody.Pollos@CypressChristian.org](mailto:Jody.Pollos@CypressChristian.org). Donations can be made on-line via the school’s website at [www.CypressChristian.org](http://www.CypressChristian.org) under the “Support CCS” tab “On-line donations.”

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



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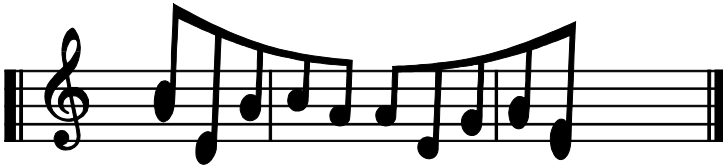
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## Cy-Woods High School

Submitted by Gia Rodriguez

Cy-Woods High School presents its very first musical, Crazy for You, featuring a book by Ken Ludwig and music by George and Ira Gershwin. The 1992 Tony Award-winning show has been called 'riotously entertaining' and includes such classic Gershwin songs as 'Embraceable You,' 'I Got Rhythm,' and 'Nice Work If You Can Get It.' 'I am very excited about the Cy-Woods Community coming together for such a large musical,' says Wendy Carrell, the director of the Cy-Woods Theater Program. 'We will have the choir, band, orchestra, and theater departments working together to make our 1st musical become a reality. I love the high-paced tap numbers and Ken Ludwig's sense of comedy. I wanted a classic musical that is written for today's audiences. It's going to be a blast.' Performances are on November 14, 15, 17 at 7pm and November 16 at 2pm at the Cy-Woods High School Auditorium, 16825 Spring Cypress Rd. Call 281-213-1901 or visit <http://destined.to/cywoodsdrama>.



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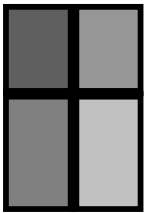


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# THE COLES CONNECTION

## Saving For College: The 529 Plan

By Rich Keith

The 529 Plan is named after the section of the federal tax code that governs them. These plans are tax-advantaged programs that help families save for college. Selecting a plan requires homework. Every state offers at least one 529 plan and now a consortium of private colleges also offers a 529 plan. The tax advantages, investment options, restrictions and fees can vary a great deal.

There are two types of 529 plans—prepaid tuition plans and college savings plans. Every state offers at least one of these types of plans. Some states offer both, and now a consortium of private colleges also offers a prepaid tuition plan.

Prepaid tuition plans allow parents, grandparents and others to prepay tuition at today's tuition rates at eligible public and private colleges or universities so that they don't have to worry about future tuition increases.

Contribution limits: You pay for amounts of tuition (years, credits or units) in one lump sum or through installment payments. There are a number of options. Some prepaid tuition plans offer contracts for a two-year community college or a four-year undergraduate program, or a combination of the two, and can cover one to five years of tuition. Some plans even allow the contract to be applied to graduate school tuition.

Covered educational expenses: With only a few exceptions, however, most prepaid tuition plans do not cover other expenses, such as room and board. So you may want to consider other college savings options to cover these costs.

Guarantees and safety features: Most states guarantee that the funds you put into a prepaid plan will keep pace with tuition. Some, but not all states back their prepaid tuition plans by the full faith and credit of the state, meaning that if the program should find itself in financial difficulty, the state will step in to provide the necessary funding.

Residency requirements and other limitations: Most state prepaid tuition plans require either you or your child to be a resident of the state offering the plan when you apply. Some limit enrollment to a certain period each year. Many prepaid tuition plans also have age or grade limits for beneficiaries (i.e., future college students).

Portability: If your child chooses not to attend a college covered by the prepaid tuition plan, all is not lost. Although you will not get the benefit of guaranteed tuition, all prepaid tuition plans allow you to use plan money to pay tuition at other colleges and universities. Many state prepaid tuition plans will pay out an amount equal to the weighted average tuition and mandatory fees at your state's public institutions, not to exceed the actual tuition and fees you incur. Most

(Continued on Page 11)

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# THE COLES CONNECTION

## Saving for College- (Continued from Page 10)

prepaid plans also let you transfer the plan to a child's brother or sister (although age restrictions may prevent transfers to an older sibling). Unfortunately, if your child chooses not to go to college and a sibling doesn't use the plan, or you need to cancel the prepaid plan, most plans will only give you back what you originally contributed with a reduction or elimination of any interest earned. Some plans also charge a cancellation fee.

Before buying a 529 plan, you should find out about the particular plan you are considering, and be sure you understand the plan's description of fees and expenses. Work with your financial professional to help you make the right choices.

Sources: Trends in College Pricing 2007, The College Board®, Trends in Student Aid 2007, The College Board®, Financial Industry Regulatory Authority, Inc.

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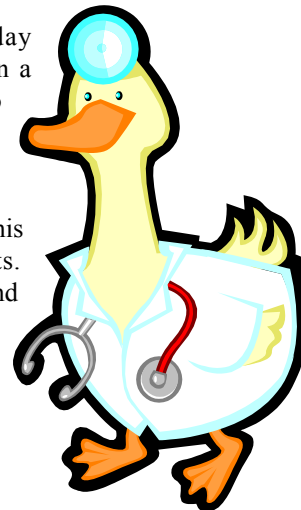
## HOLIDAY PET TIPS

Submitted by Melissa Todd

As you celebrate the season, it's important to keep your furry friends safe and stress-free.

Household changes and activity can be very hard on pets.

- Be careful with holiday decorations. Many plants and berries (poinsettias, mistletoe, ivy and holly to name a few) can be toxic to pets. Also be careful where you hang ornaments and decorations...the higher the better!
- Gatherings of people and holiday parties can frighten animals. Plan a safe place for them to retreat to when company arrives or when Halloween doorbells are ringing.
- Holiday leftovers can wreak havoc with your pet's digestive system. This is especially true with older pets. Turkey drippings, poultry bones and chocolate can all result in a trip to the emergency vet.



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# THE COLES CONNECTION

## The Green Corner Green the Holidays

By: Sheri Hicks

Thanksgiving will be here in a few weeks and following hard on its heels is the mecca of consumption – Christmas. I have a few tips that can help you feel easier about your carbon footprint during the holidays. This month I will focus on holiday food and Thanksgiving. In December, I will give you tips and ideas on how to green up your gift giving and holiday decorating.

**The Thanksgiving Table:** Before you shop, think sustainability. Both Whole Foods and Central Market sell organically grown, free range turkeys. Untreated with hormones, antibiotics and fed on whole grain feed, these turkeys can be purchased whole or partial (I buy a breast for my small family) for a meal designed specifically for your family. Add organically grown vegetables, and if possible heirloom varieties to increase nutritional value and green quotient.

I know, positively everyone says to go organic. But they rarely tell you why it is important. It isn't just that it is cool or fashionable to be organic (although it is chic to be green) but that organic food is grown and/or raised with sustainability in mind, something that is not taken into account by conventional farming methods. Every time we do something against nature, there is a ripple effect that is felt much farther than our back yard but ultimately comes back to bite us.

Conventionally raised turkeys (and any poultry, beef and most farmed fish) are kept in tight quarters, fed a diet of grains



and discarded animal products – usually from animals too sick to be used in human consumption- and fattened until slaughtered. The cramped quarters, lack of exercise, and poor quality food create a breeding ground for disease requiring the animals to be treated with prophylactic antibiotics. Hormones are used to increase the growth and yield of the meat. How is this unsustainable and downright harmful to us though? Over use of antibiotics have led to antibiotic resistant diseases like MRSA, a particularly nasty and deadly antibiotic resistant staph bacterium, and hormones are absorbed into the meat and ingested by humans or find themselves in our drinking water, creating all sorts of havoc in our bodies from suspected early onset puberty in girls to hormone induced cancers such as estrogen or progesterone positive breast

cancer. If all this isn't enough, the runoff from poultry farms is toxic and pollutes water ways destroying entire ecosystems and tainting drinking water with poisons, antibiotics, fecal matter and hormones.

Organic vegetables prohibit the use of synthetic fertilizers and pesticides. These products are known to cause cancer and neurological disorders in both humans and lab animals. Many vegetables carry toxic residue to your table and into your body. The toxic runoff from conventional farms pollute rivers, drinking water and create dangerous dead zones in the ocean where high levels of nitrogen kill beneficial algae and bacteria causing dangerous algae blooms like red tide that deplete oxygen levels and kill fish. Our own Gulf of Mexico suffers from a dead zone from the base of the Mississippi river all the way to Galveston that is approximately the size of Rhode Island. Dead zones disrupt oceanic hunting and feeding grounds bringing fish closer to shore which in turn brings ocean predators, such as sharks, closer to shore endangering ocean swimmers (not to mention makes the water just plain nasty).

Heirloom vegetables are great because not only are they fun (purple tomatoes anyone?) but they promote biodiversity which protects our food sources. Did you know the Irish Potato Famine occurred because the Irish relied on only a few species of potato plant as the basis of their food supply? All of which

*(Continued on Page 14)*



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# THE COLES CONNECTION

## Join the Adventure! Get Connected...with MOPS!

MOPS stands for Mothers of Preschoolers, a program led by mothers themselves and designed for mothers with children ages birth to 5. These mothers all have a shared desire...to be the best mothers they can be!  
For more information on meetings in Fairfield, please contact Renate Wheeler at [renateqw@yahoo.com](mailto:renateqw@yahoo.com). They will meet on the second and fourth Fridays during the school year.

## The Green Corner- (Continued from Page 12)

was susceptible to the fungus that attacked the plant and destroyed the food crop. The United States and modern conventional farming has gone the way of Ireland, relying on fewer and fewer species of plants planted in large monocultures to create the basis of our market vegetable selections and eliminating approximately 90% of plant genetic material that was available in 1900. Like Ireland, a simple disease could wipe out a large portion of our food supply and leave us on the brink of starvation. Heirloom vegetables keep genetic plant material alive and in the food source.

I know that organics are initially more expensive. But remember, with conventional products we have to pay to clean up the water to make it safe and drinkable again, to clean up the ocean for access to safe fish, to provide more and more research on how to keep our few remaining plant species from succumbing to disease and pests, medical bills when our bodies react to the environmental toxins, and disaster relief when gigantic storms caused from environmental disruption destroy communities. In the long run, organics are the cheaper way to go.

Avoid the consumption trap by avoiding Black Friday. Instead of shopping use it to decorate for Christmas. Thanksgiving leftovers make a nice picnic!



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# THE COLES CONNECTION

## Achoo!!!!

Submitted by Dr. Tenesha Weine

If you live in Texas and other allergen-laden locales, you are certainly familiar with the outward symptoms of airborne allergies. And if you've ever rushed to the bathroom after lunch, you may also be familiar with some food allergies and what they do to you. But did you know that depression can actually be a symptom of an allergy at work in your body? So can muscle aches, joint pain, anger and irritability, even an inability to think clearly. The list of allergy symptoms goes on and on.

The exact cause of allergies isn't known. Western science defines an allergic reaction as the body's defense mechanism against an allergen or foreign substance. The body's immune system takes over in an attempt to protect it. Ironically, your body is making you uncomfortable by fighting what are often benign substances.

Allergies to airborne substances, ragweed, mold, dust, mountain juniper, are often indicative of inflammation somewhere in the GI tract. They are typically secondary to a food allergy that is creating the inflammation.

Some allergens are actually inherited, but these are few. In fact, allergic reactions to soy, peanuts, dairy products, and wheat appear to be the only genetic allergies. Changing the pH and calming the

inflammation of the bowels is the key to reducing or eliminating allergies. While it isn't an overnight process, the results are worth it—living without sinusitis, itchy watery eyes, headaches, pressure, fatigue, drainage, sinus infections, irritable bowels, spastic colon, diarrhea, and constipation.

You may be shocked to discover how many of your seemingly unrelated symptoms are actually allergies.

Other symptoms of allergies include migraines, heartburn, fainting, blood-sugar problems, indigestion, and even mood disorders. Often, depression is actually a result of commonly ingested allergens, and many people find they can reduce or eliminate their need for psychotropic medications by modifying their food intake.



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# THE COLES CONNECTION

## Protecting Your Children on the Internet

Submitted by Laurie Scott

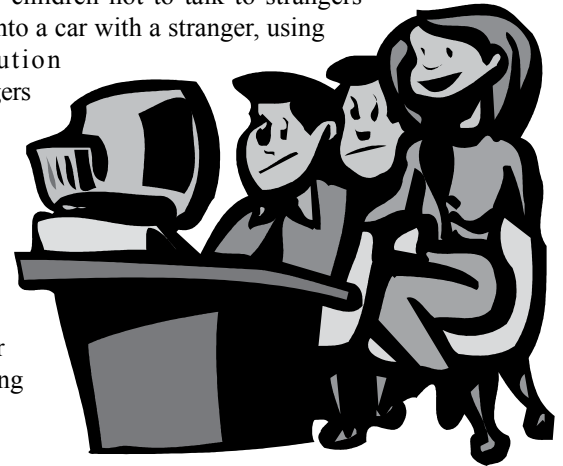
Just as we try to protect our children from bullies and predators on the streets, as parents we need to be doing the same when it comes to the Internet. Before the internet much of our socialization was done on the telephone. We would talk on and on while our parents were telling us to get off the phone. But with the advent of the Internet has come online chat as well as popular social networking sites such as MySpace and FaceBook, which have provided a totally new way for kids to socialize but at the same time exposed them to a new world of dangers. There is no need however to panic, as there are steps you can take to greatly reduce any risks.

First, talk to your kids. There is no software or hardware that will better protect your children than you. Keep computers out of children's bedrooms and in a public area of the home. Kids should not be talking to people online that they don't know in person. They should enhancing existing relationships, not creating new ones online. Never should your child give out personal information such as a phone number, address, birthday, school, etc.

Netsmartz.org is a fabulous site run by the National Center for Missing and Exploited Children; they have lots of material for both parents and kids from K – High School. An excellent tool is their "Internet Safety Pledge" that you and your child can read together and sign as an agreement between you. For younger kids there are kid-

safe web browsers such as "MyKidsBrowser" and "Kidzui". There are tools such as NetNanny and CyberSitter that can be installed on a computer to limit what programs can be run and what sites can be visited (be advised that clever teens seem to figure ways around them). OpenDNS is a free service that you can use to transparently control access for all computers in your home (though it does require a little technical knowledge to fully implement).

You tell your children not to talk to strangers and never get into a car with a stranger, using the same caution regarding strangers on the internet is a great first step in allowing your kids to enjoy the richness the Internet has to offer while minimizing the risks.



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#### Directions

Combine and mix well. Pour into pie crust. Bake at 425° for 15 minutes; then 350° for about 45 minutes.

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# THE COLES CONNECTION

## Adoption Coalition

Submitted by Tracy Eilers, Executive Director Adoption Coalition of Texas

I know you have seen Jarod's picture before, but since he is still waiting for a permanent home – a Forever Family – it is important to once again share his story.

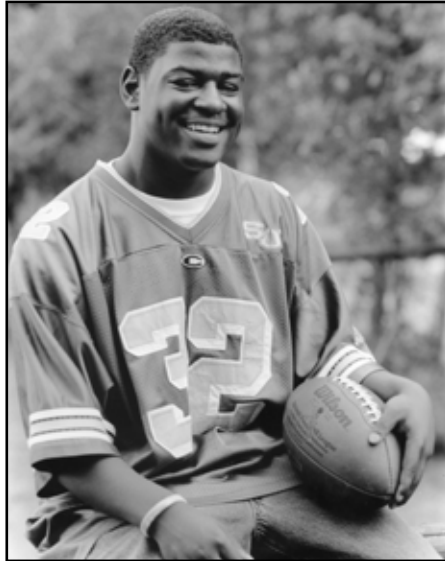
Jarod will turn 18 in December. While you may think 18 is the time when kids leave home and are on their own, it sometimes doesn't work that way for children raised in the foster care system. In fact, it usually never works that way. Although these kids may be on their own, there are ill prepared to live 100% self sufficient, as most kids are.

For Jarod, we would love to have a family in the Austin area. He is in school, enjoying the work and playing football, and wants to continue with his education and eventually, go to college or in the Marines.

If you are willing to learn more about adopting a teenager, or Jarod specifically, please call Tracy Eilers at 512-301-2825 or email the Adoption Coalition of Texas at [info@adopttexas.org](mailto:info@adopttexas.org) and put "Jarod" in the subject line.

A little more about Jarod...

Imagine growing up in an unstable environment. Imagine having to be responsible for yourself at a very young age. Then, imagine, at 10 years old someone removing you from the only environment you have known and putting you in foster care with strangers. While this is done for the safety and well-being of the child, it is often difficult for children to understand. Sometimes they are sad, hurt, frustrated and angry. They are angry for being in this situation in the first place, angry for being in a strange place, angry because the world has let them down, angry because they now have no control over their future. You see, kids connect to things rather easily, even if it is a bad situation...when that is all you know, that is all you know.



Meet Jarod

Fast forward seven years and several foster homes later and you are still in foster care, you are angrier than ever because of the lack of control and because you simply do not know how to handle things. You mistrust the system, have difficulty getting along with foster siblings who too come and go and you face a very uncertain future.

So, you have Jarod who is now 17. He is a good kid with a good heart who needs direction and desperately needs someone to love him. Loving him will help give him a foundation for developing self worth – you see, he figures that if no one loves him, what is there to love about himself. Jarod needs someone who is going to help him process his anger and feel stable. He needs a strong forever family with a strong male figure. He needs a family with patience who is going to allow him to work through school at

his pace, learn to trust at his pace. The family needs to be okay with baby-steps. Maybe there is a family out there with the mentoring spirit – willing to adopt Jarod and give him a permanent home with no timelines...someone willing to help him finish school and develop plans for the future... most importantly, someone who will allow him to back up and grow up in the right developmental manner, instead of being forced to grow up. You see, for many kids the lack of stability and a family is the foundation on which everything else is built. If you have that mentor spirit and the willingness to take baby steps, please consider Jarod. Adopting a teenager is not easy and you cannot expect him to even resemble 17 years old, he has missed a lot and needs the opportunity to be a youth longer. And, teenagers in general are not easy to parent/mentor. This will take a special family. Did you know you can be single and adopt? Did you know there are no fees to adopt from the foster care system?

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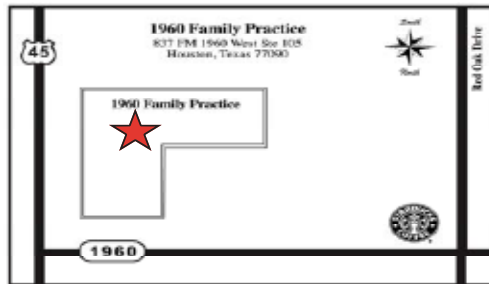


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# THE COLES CONNECTION

## UT School of Public Health and Baylor College of Medicine to Offer Dual Degree Program

*Baylor College of Medicine*

HOUSTON – (Aug. 27, 2008) – Students studying to become doctors at Baylor College of Medicine will now have the opportunity to broaden their approach to patient care by earning a Master of Public Health degree from The University of Texas School of Public Health. The two institutions will offer the MD/MPH dual degree program, effective Sept. 1.

“It is a tremendous opportunity for both institutions to work with excellent students who want to further develop their approach to medicine and public health and want to have an impact at the community or population-level, whether that is local, national or international,” said Cynthia Chappell, Ph.D., professor and senior associate dean for academic affairs at the UT School of Public Health.

“This joint degree program will allow interested students to further their career path in both medicine and public health. BCM is enthusiastic about this new educational opportunity for its medical students,” said Dr. Stephen Greenberg, senior vice president and dean of medical education at BCM.

During the five-year program, participants will work toward their medical degree at Baylor while integrating public health training into

their coursework. That training will include at least 33 credit hours from courses at the UT School of Public Health, plus an internship at a public health organization and a master’s thesis. The MPH degree program will require that students acquire skills and knowledge in five core public health disciplines, including social and behavioral sciences, biostatistics, environmental health sciences, epidemiology, and health services administration.

“Public health training can better prepare these students for many of the issues they will be facing in medicine,” Chappell said. “For example, with elderly patients, it isn’t enough just to treat their bodies. You need to know where they live, their family situation and so many other pieces of information that impact their health well beyond the aspects of medicine.”

Chappell said the dual degree program would be ideal for medical students who are interested in pursuing careers in international health, aging and/or multicultural health. “We plan to identify outlets for the students to experience the practice of medicine and public health in a community setting,” Chappell said. “That may be in Africa or here in our own backyard.”

*(Continued on Page 21)*

## CYPRESS DANCE STUDIO IS NOW OPEN!

We are on the 2nd floor of the corner at 290 and Skinner Rd. Next to Cypress Park & Ride.

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### **ONLINE REGISTRATION IS NOW OPEN!**

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or call us at 832.475.9142**

*We will be glad to accommodate.*



**UT School of Public Health-** (Continued from Page 20)

Already, a half-dozen students who began classes in August at Baylor College of Medicine have expressed interest in the dual degree program with the UT School of Public Health. Chappell said they hope to enroll between 12 and 15 students per year.

The UT School of Public Health offers a similar dual degree program with The University of Texas Health Science Center at San Antonio and it is currently in the process of revamping its MD/MPH program with The University of Texas Medical School at Houston.

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# THE COLES CONNECTION

## Lone Star College-CyFair - November Perspective

In an effort to provide you with important information about Lone Star College-CyFair "Perspective" was developed. This column provides the latest information about news and events. Here is a sampling of what's going on:

### Save the Dates for Art, Music, Theatre and Vocal Events

The Bosque Gallery presents the end-of-the-semester LSC-CyFair Fall Student Art Exhibition Nov. 19 – Dec. 4 with a reception Nov. 20 Go to [CyFair.LoneStar.edu/bosquegallery](http://CyFair.LoneStar.edu/bosquegallery) for hours and information. The Theatre Department presents a hilarious, poignant, endearing and Tony award-winning play, "The Laast Night of Ballyhoo" Nov. 13 – Nov. 23. Next month features String Orchestra and Jazz Band concerts, Dec. 1 and Dec. 3 respectively as well as "Messiah – A Sacred Oratorio" Dec. 5 and Dec. 6. For tickets and information call 281-290-5201 or go to [CyFair.LoneStar.edu/boxoffice](http://CyFair.LoneStar.edu/boxoffice).

### Free Fall Film Series Concludes This Month

The Cinema WOW! Film Series, offered as individual continuing education Film Appreciation classes, includes an engaging discussion after the movie. November films include "Rainmaker" Wednesday, Nov. 5; "Caine Mutiny" Saturday, Nov. 15 (at LSC-Fairbanks Center) and "Buena Vista Social Club" Wednesday, Nov. 19. Registration is available online as well as at the film events, which are open to the community at no charge. For information, go to [CyFair.LoneStar.edu/filmseries](http://CyFair.LoneStar.edu/filmseries).

### L.I.F.E. Lessons in November

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.) In November, learn about amazing medical breakthroughs with Baylor College of Medicine's Tony Elam Nov. 5; get a tour of Native American culture in movies Nov. 12 and see hands-on demonstrations of geotagging Nov. 19. Call the library at 281-290-3213 for L.I.F.E. program information or go online to [CyFair.LoneStar.edu/library](http://CyFair.LoneStar.edu/library).

### 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. Phone and online registration begins Nov. 10 with on campus registration set Nov. 24. Mini-mester classes begin Dec. 15. Mini-mester courses range from criminal justice, philosophy, sociology and ethics, to algebra, history, government and communications. Spring semester classes begin Jan. 12, 2009. Lone Star College-CyFair 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 [CyFair.LoneStar.edu](http://CyFair.LoneStar.edu).

## The Foot Wellness Center



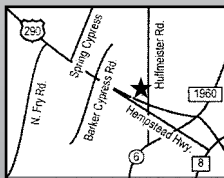
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## Opening November 1st

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# THE COLES CONNECTION

**Cypress Assistance Ministries**  
11202 Huffmeister - 281-955-7684  
[www.cypressassistance.org](http://www.cypressassistance.org)

## Donations Needed

Angels' Attic Christmas Room is now open. The Christmas Room will be overflowing with one-of-a-kind Christmas tree ornaments, decorative accessories for the home, personal gift items and jewelry. Come find that one-of-a-kind gift for your family and friends. Funds received through the resale shop help support the ministry services and Food Pantry at CAM.

To brighten the holidays for a family in our community, please consider donating the following items to be used for Thanksgiving Food Baskets.

- Turkeys
- Canned sweet potatoes/yams
- Dressing mixes
- Canned pumpkin
- Evaporated milk
- Cake mixes and frosting

Donations of paper towels, toilet paper, diapers, and shampoo would also be greatly appreciated.

Cypress Assistance Ministries (CAM), located at 11202 Huffmeister, exists to provide a safe place for individuals or families to tell their story and be offered some measure of hope during difficult times. For a description of all our services and volunteer opportunities, please see our Web site, [www.cypressassistance.org](http://www.cypressassistance.org).

Donations to Cypress Assistance Ministries can be made Monday through Wednesday from 10AM – 6PM and Thursday through Saturday from 10AM – 3 PM.

If you need further information, please give us a call at 281-955-7684 and ask for Kelly.

*Don't want to wait  
for the mail?*

**View the current issue  
of the Coles Connection  
on the 1st day  
of each month at  
[www.PEELinc.com](http://www.PEELinc.com)**

## Stork Report

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



*You're invited to*  
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celebrate**  
*the greatest gift of all*

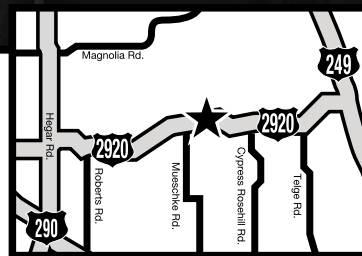
*Christmas Concert*  
Saturday, Dec. 20 at 7:00 pm

### *Are You Looking for a Way to Brighten Up Your Holidays?*

Then bring your entire family to join ours as we celebrate the most perfect gift of all, the birth of Jesus Christ. Enjoy refreshments and fellowship followed by a free Christmas concert. We will capture the hope and joy of the season with new and familiar songs. Everyone is welcome!

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[TerreVerdeChurch.org](http://TerreVerdeChurch.org)

# THE COLES CONNECTION

## New Stress Reducer - House Plants

*Submitted by Dr. Tenesha Weine*

House plants look pretty, fill empty spaces on the floor, and reduce stress. That's right, reduce stress. Being close to house plants makes us feel good. House plants reduce heart rate, blood pressure, and help with skin conductivity. Research has shown that people in planted offices recover from stress more quickly than those in un-planted offices.

No, the nursery with the pink flamingos around the corner from my office did not pay me to write this! It's true, the effect is seen more significantly in situations where the tasks being performed are repetitive or require only low levels of concentration by improving the air quality and people's perception of the building.

Think about it, humans were made to be outside in the woods or jungle, not inside of a cubicle with florescent lighting for eight hours. So, plants in the office help remind our cells there is life outside the four walls of our office.

Plants also give employees a sense of nurturing and caring, and is a highly interactive and a satisfying experience as it relates to our innate desire to take care of something else living.

A number of studies also show plants can reduce the incidence of minor health complaints. Planted buildings have less airborne dust and increased humidity and static electricity. This is mainly because plants

are slightly negatively charged compared with their surroundings. This attracts positivity charged dust particles and reduces the number in the air and on the surrounding surfaces.

**A Norwegian study, after plants were installed in the trail office, the staff complaints about:**

- \*fatigue was reduced by 30%
- \*dry throats were reduced by 30%
- \*headaches were reduced by 25%
- \*coughing was decreased by 40%
- \*skin irritations were reduced by 25%

So go out and buy a beautiful fern, a prayer plant, or a begonia today and feel better in your office!



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# THE COLES CONNECTION

## Creating Strong Vibrant Communities

It's a fact of our global economy that consumers are drawn to the internet because of convenience. But as residents of NW Houston and in the wake of Ike, we may need to remind ourselves why it is important to "Think Local Business First."

- 1) Local businesses are often collectively our largest local employer. The largest growth of jobs is from small business owners.
- 2) When one dollar is spent at a local business, economist indicate it is circulated four to seven additional times in the local economy.
- 3) Every dollar spent locally generates up to 75% more tax revenue to our community and State.
- 4) Local businesses are often the largest financial supporters of neighborhood school programs, local charities and youth sports activities.
- 5) Strong local business help maintain property values and contribute to the character of our community by offering a diverse selection of goods and services.
- 6) Local business are most often the first job for our children but also is the first introduction into the "real world" of economics. Many of us in NW Houston have had a small business owner in their family at one time or another.
- 7) Small business often innovate quicker and thus grow faster and can have a greater impact on our community.

**Creating a Strong Vibrant Community when we  
Think Local Business First**

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### 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](mailto:colescrossing@PEELinc.com).

**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

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# Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

## CAN EXERCISE REDUCE YOUR RISK OF CATCHING A COLD?

Sir William Osler, the famous Canadian medical doctor, once quipped, “There’s only one way to treat the common cold — with contempt.” And for good reason. The average adult has two to three respiratory infections each year. That number jumps to six or seven for young children.

Whether or not you get sick with a cold after being exposed to a virus depends on many factors that affect your immune system. Old age, cigarette smoking, mental stress, poor nutrition and lack of sleep have all been associated with impaired immune function and increased risk of infection.

### KEEPING THE IMMUNE SYSTEM IN GOOD SHAPE

Can regular exercise help keep your immune system in good shape? Researchers are just now supplying some answers to this new and exciting question. Fitness enthusiasts have frequently reported that they experience less sickness than their sedentary peers. For example, a survey conducted during the ‘80s revealed that 61 percent of 700 recreational runners reported fewer colds since they began running, while only 4 percent felt they had experienced more.

Further research has shown that during moderate exercise, several positive changes occur in the immune system. Various immune cells circulate through the body more quickly, and are better able to kill bacteria and viruses. Once the moderate exercise bout is over, the immune system returns to normal within a few hours.

In other words, every time you go for a brisk walk, your immune system receives a boost that should increase your chances of fighting off cold viruses over the long term.

### SHOULD YOU EXERCISE WHEN SICK?

Fitness enthusiasts and endurance athletes alike are often uncertain of whether they should exercise or rest when sick.



Although more research is needed, most sports medicine experts in this area recommend that if you have symptoms of a common cold with no fever (i.e., symptoms are above the neck), moderate exercise such as walking is probably safe. Intensive exercise should be postponed until a few days after the symptoms have gone away. However, if there are symptoms or signs of the flu (i.e., fever, extreme tiredness, muscle aches, swollen lymph glands), then at least two weeks should probably be allowed before you resume intensive training.

### STAYING IN SHAPE TO EXERCISE

For athletes who are training intensely for competition, the following guidelines can help reduce their odds of getting sick.

- 1 Eat a well-balanced diet. The immune system depends on many vitamins and minerals for optimal function. However, at this time, there is no good data to support supplementation beyond 100 percent of the Recommended Dietary Allowances.
- 2 Avoid rapid weight loss. Low-calorie diets, long-term fasting and rapid weight loss have been shown to impair immune function. Losing weight while training heavily is not good for the immune system.
- 3 Obtain adequate sleep. Major sleep disruption (e.g., three hours less than normal) has been linked to immune suppression.
- 4 Avoid overtraining and chronic fatigue. Space vigorous workouts and race events as far apart as possible. Keep “within yourself” and don’t push beyond your ability to recover.

**ACE**  
AMERICAN COUNCIL ON EXERCISE

Reprinted with permission from the  
American Council on Exercise

# THE COLES CONNECTION

## Want To Take Years Off Your Age, Try Changing Your Hair....

Submitted by Michelle Lasher

If there is one thing people see every day when they look at our faces, it is our hair. The color, shine and texture of the hair can be a great gauge of how old a person is. As we age, our hair tends to lose that natural shine and flowing texturing. The natural hair body falls limp and we are left with a mess of unmanageable hair. But, that does not have to be the case...

Here are the top 3 changes that can take years off your real age:  
**Highlights = Younger Locks**

When highlights are placed in just the right spots on the head, they will frame the face and drop the years from how old you look. The key is to not overdue the highlights. The color should be just a few shades off the base and the highlights, soft and sun kissed. There is a difference between highlighting and chunking and your salon needs to know the difference.

### Layer For A Younger Look

When hair is heavy and falls around the face, it makes us look older. The lighter our hair feels, the lighter our spirits and the less drowning our hair will be. The salon should cut face framing layers into the style you have chosen. Even if the "picture" you are going for does not have layers, the addition of a few around the face will lighten the do and your age.

### Shine, shine, shine

Young hair is shiny hair. That luster is one of the first things to disappear with age. But, you can regain that shine and naturally. A sweet smelling natural oil can be placed on the head for a few hours a week to moisture and revitalize. On a daily basis, stack the shine products for the best results. The shampoo, conditioner, gel, mousse and hairspray you use should all say they increase shine.

*Happy Uplifting Youthfulness!*

## Did You Know?



Beards were once placed under government control in Romania. Whiskers could be worn only if the owner secured an official permit, and paid the appropriate fee.



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# THE COLES CONNECTION



Website: [Cywoodswrap.org](http://Cywoodswrap.org)

**Meetings** - 2nd Tuesday of each month at 7pm in the Cy Woods Commons (earn 5000 WRAP bucks for parents attending)

**NEW Fundraisers that everyone can do:**

**\*\*\*GoodSearch.com**

GoodSearch.com is a search engine powered by Yahoo. When you run your internet searches using Goodsearch.com they will donate money per search to WRAP. (select WRAP – Wildcats Right After Prom (Cypress Texas) to receive credit for your searches)

**\*\*\*www.goodshop.com**

Shop from the GoodShop website. Use the drop down list under 'Who do

you GoodShop for' and select WRAP – Wildcats Right After Prom (Cypress Texas) to receive credit for your shopping. A percentage of every purchase will be donated to WRAP.

**\*\*\*SCRIPS – glscrip.com**

Scripts is fundraising while you shop™. This program allows WRAP members to purchase gift cards for everyday expenses like food, clothing, and entertainment; while earning a percentage of each dollar spent back in revenue to WRAP. Place and pick up your orders at the monthly meetings.

More info on these fundraisers is available on the WRAP Website, [Cywoodswrap.org](http://Cywoodswrap.org)  
*Thanks in advance for your help!!*



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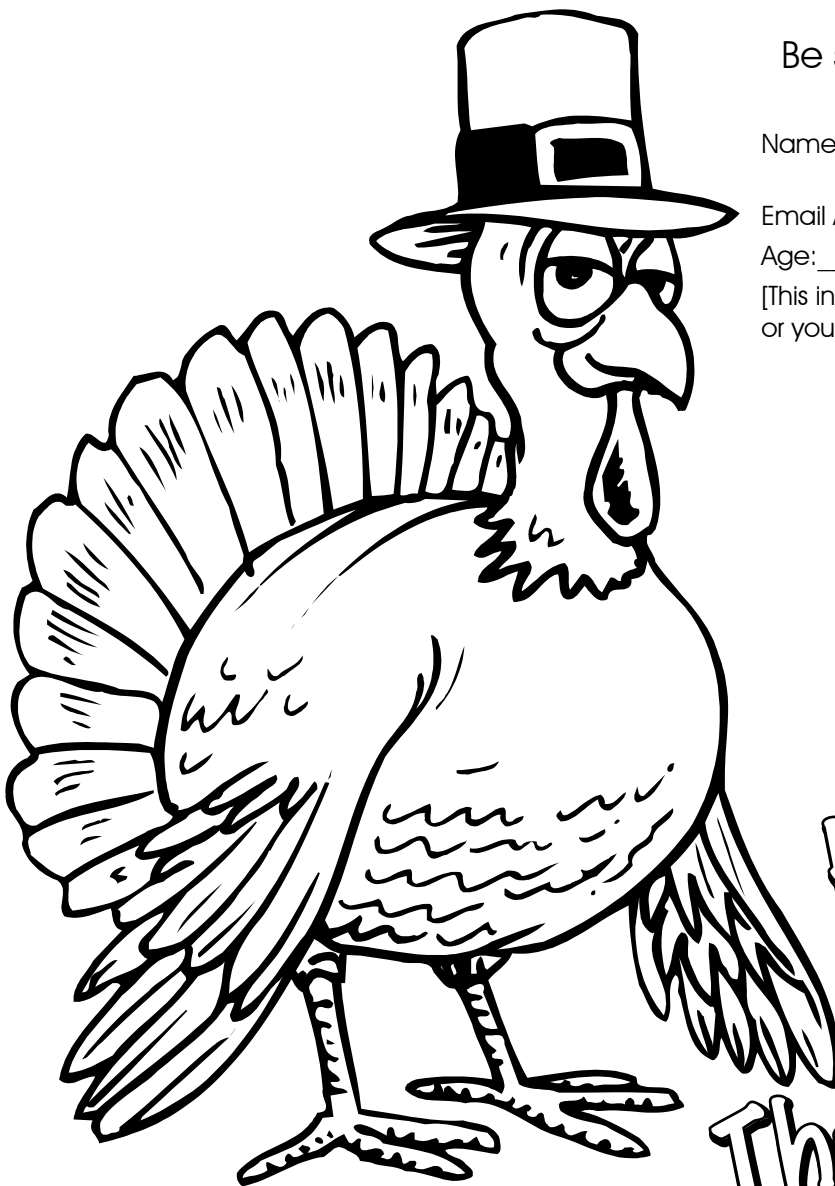
A graphic of a spiral-bound notebook with a light blue cover and a white page. The spiral binding is on the left side. The page is mostly blank, with the text "NOT AVAILABLE ONLINE" centered in the middle. There are three small black circles on the left side of the page, one near the top, one in the middle, and one near the bottom, which appear to be punch holes or decorative elements.

**NOT AVAILABLE ONLINE**

# Kids' Club

## Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at 311 Ranch Road 620 S Ste. 200, Lakeway, TX 78734  
We will select the top few and post their artwork online at [www.PEELinc.com](http://www.PEELinc.com). DUE: November 30th



Be sure to include the following  
so we can let you know!

Name: \_\_\_\_\_  
(first name, last initial)

Email Address: \_\_\_\_\_

Age: \_\_\_\_\_

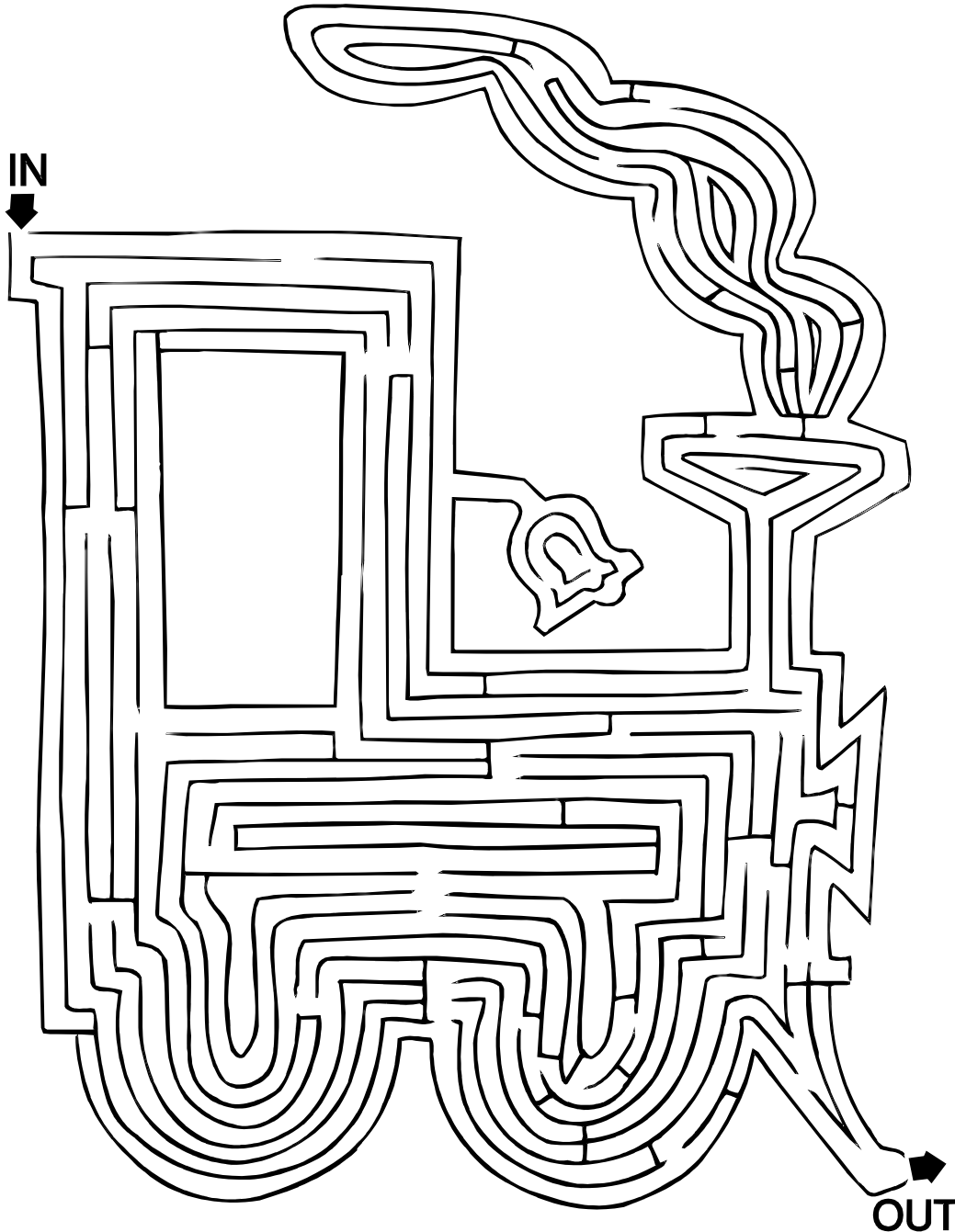
[This information will only be used to notify you  
or your parents if your artwork was selected.]

Have A  
Happy  
Thanksgiving!

CL

**Kids Corner**

**MAZE CRAZE**





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## Coles Crossing Year-to-Date Sales Report

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\$351,000 and above	2	1	-	1	3	2	1	3	2	1
\$301,000--\$350,000	1	2	1	-	2	4	9	4	5	0
\$276,000--\$300,000	2	1	1	2	1	3	0	3	3	0
\$251,000--\$275,000	3	1	3	6	-	4	3	0	2	2
\$201,000--\$250,000	4	1	6	2	23	8	3	4	3	0
\$200,000 and below	0	1	3	1	5	7	2	7	2	2
<b>Total</b>	<b>12</b>	<b>7</b>	<b>14</b>	<b>12</b>	<b>14</b>	<b>28</b>	<b>18</b>	<b>21</b>	<b>17</b>	<b>5</b>
Highest \$/sq ft	\$154.63	\$95.27	\$98.52	\$95.50	\$97.35	\$104.64	\$101.61	\$103.47	\$105.39	\$91.74

*This information is taken from the Houston Multiple Listing Service*

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