

Volume 7, Issue 12

December 2008

Cypress Christian School Athletes Serve Those Affected By Hurricane

On September, 20 several CCS varsity football players and parents got together to help people in the community who were affected by Hurricane Ike and clean up the grounds of CCS. The group met at CCS at in the morning, then split up into three groups and went to three different locations.

In the first location, the group completely cleaned the front and back yards, blew debris off the roof, cut up large limbs and hauled them to the street, and bagged approximately 20 bags of pine needles and debris.

Another group went to the house of an elderly woman who had requested help because she was unable to clean up debris from Hurricane Ike. With the help of parent Wes Van Pelt and CCS student Josh Rodriguez, two trees were cut down – one that was partly on a storage shed and partly in the pool. The group also cleaned the roof of a covered patio of limbs and debris, and hauled large limbs and debris from the property to the road.

The last group went to a single mom's house in Bear Creek. They pulled up and removed wet carpet, due to a hole in the roof, and hauled it to the street. At CCS, a group hauled logs from trees lost during the hurricane to the street and stacked them. They were also able to clean up the front yard of the school.

Those who served included Coach Spenn, Coach van Pelt, Ron Hinn, Scott and Becky Morgan, Ray Groll, Michelle and Bud Bennett, Jim Alldridge, Alan Reed, Helen Mitchell, Austin Barton, Ben Bennett, Ben Mitchell, Mason McCollum, Brandon Galloway, Cameron Kostak, Clark Alldridge, Clay Buhler, Garrett Higginbotham, Jack Mitchell, Jacob Reed, Jason Groll, Josh Rodriguez, Kyle Hinn, Ryan Morgan, and Scott Ordeneaux.

The administration and faculty of Cypress Community Christian School encourage students "to take their place in the world as servants of Jesus Christ" as stated in the school mission statement. As a result, many CCS students regularly take time out of their busy schedules to help others in need - whether it is local or far away ווותנותו - and each of them testify that their lives were changed as a result of helping someone else. ~George Buhler

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Please e-mail articles and/or photos to <u>articles@PEELinc.com</u>. Submissions must be received by the 15th of the month for the following month's issue. (Advertising deadline is the 10th of the month.)

For up-to-date announcements and information check our neighborhood website: <u>WWW.LOENHOA.COM</u>



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Birthdays, Smiles and Sponsorship: All in a Trip to Mexico

Four-year-old Alma "seemed like the perfect child" to Dan Tearpock.

It was her captivating smile and friendly personality that led Tearpock, a Houston resident, to sponsor Alma after meeting her on a Christian Children's Fund Study Tour to Mexico in September. Alma became the fifth child that Tearpock currently sponsors – four of them girls.



"The little girls have a much more difficult time getting ahead in this world," Tearpock said, emphasizing that girls have a harder time getting an education in poor areas of the world because education is not considered a necessity for them. Girls also spend much time doing lots of the home chores such as hauling water for cooking and cleaning.

Tearpock's initial goal on the Study Tour was to visit 17-year-old Noemi – a child he has sponsored for about 10 years.

"We celebrated her birthday when we were in Mexico," said Tearpock. "It had to be the biggest and best birthday she has ever had."

Besides his sponsored children, Tearpock has two daughter and four grandsons. His oldest daughter, Nicole McMorris, accompanied him on this recent Study Tour to Oaxaca, Mexico.

More than 600 sponsors have participated in CCF Study Tours since the program began in 2002, said CCF Assistant Director of Marketing Gary Duncan. Many sponsors have gone on multiple tours, including Tearpock. He went on his first Study Tour in 2006.

"I wanted to go meet Noemi and I wanted

to go see the work that CCF is doing," Tearpock said of his initial trip. "I wanted to develop a better relationship with the child."

Tearpock, who is a petroleum geologist and owns a consulting business in Houston, said when he met Noemi in 2006 she had crooked teeth and was reluctant to smile. But Tearpock made sure she got braces, and on this trip she had "big smiles." He noticed that she was much more interactive on this trip.

CCF has helped deprived, vulnerable and excluded children through individual sponsorships since 1938. Tearpock has been a sponsor for about 15 years. In addition to Noemi and Alma, he sponsors three children in CCF's U.S. programs – two in Texas and one in South Dakota.

On his recent trip to Mexico, Tearpock observed many of CCF's programs including schools, medical facilities and how parents are involved in the children's lives.

"There is absolutely no doubt in my mind that they are truly helping these children and families out of poverty," he said of CCF's work.

Tearpock said in addition to seeing CCF's programs and children, Study Tours offer a





chance to experience the culture in the nearby communities. On this trip, Tearpock spent time in local markets, visiting archaeological sites and getting his first taste of fried grasshoppers, which he said "wasn't too bad."

Tearpock urged all CCF sponsors to go on Study Tours to visit their sponsored children, saying, "They'll develop a bond with their child that will last a lifetime."

For more information on CCF's Study Tours visit www.christianchildrensfund.org and click on "Study Tours."

Christian Children's Fund (CCF) is a global force for children, helping the world's deprived, excluded and vulnerable survive and thrive in order to reach their full potential. Serving children since 1938, CCF works in 32 countries and assists approximately 15.2 million children and family members worldwide, regardless of race, creed or origin. CCF is a member of the ChildFund Alliance. May your holiday season be filled with joy, happiness, good health and warm memories with family and friends.

Happy New Year and thanks to all for your continued friendship and support. DEDICATION INTEGRITY ENERGY & Resourceful



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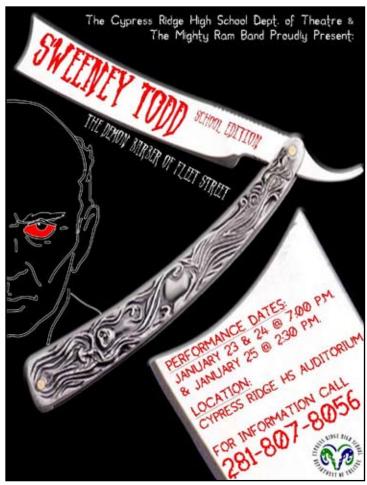
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Seasons Greetings



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US Olympian to Speak at Northwest Flyers Registration Breakfast on February 7

The Northwest Flyers Track Club will host its annual free information / registration breakfast on February 7, 2009 for all boys and girls and their parents interested in joining for the 2009 season. The breakfast starts at 8:30AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The breakfast is the annual opportunity for youth athletes to register for the 2009 summmer track season, and to meet the Northwest Flyers coaches and staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic team.

The Northwest Flyers Track Club is a youth (age 6-18) track organization, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance,

relays and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. The Northwest Flyers has approximately 195 members, boys and girls. The club was founded 21 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

The Northwest Flyers is a member of the "Win with Integrity" program, a partnership between USATF and the American College of Sports Medicine. "Win with Integrity" brings elite track & field athletes and school-aged kids together to promote healthy lifestyles, keeping active, and living with integrity through the sport of track & field.

For additional information on The Northwest Flyers Track Club, please visit the team website at http://www.northwestflyers.org or contact Linette Roach at (281) 587-8442 or linette. roach@sbcglobal.net.

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- 4. SolesUnited shipping partners work with organizations that assure the shoes will be delivered to those who need them.

To date, Crocs has donated more than 1 million pairs of shoes. Its goal is to donate 2 million pairs of recycled shoes in 2008. You can read more about the program at www.solesunited.com. Croc on!



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Get Ready To Hit The Slopes

You don't have to wait for the snow to start falling to get ready for ski season. Start your training now and you'll be sailing past those other ski bums on your way down the mountain.

Dusting the competition or showing off to friends are not the only reasons to get in shape before ski season. Skiing is an activity that requires a variety of skills: strength, endurance, balance and coordination. Hit the slopes without developing these skills and you may be in for more than a little embarrassment - you might even hurt yourself.

Sports specific training

This is where sports-specific training comes in. Generally speaking, sports-specific training programs involve focusing on the various skills associated with a particular activity.

Depending on the sport, this may include health-related fitness components such as cardiorespiratory endurance, muscular strength and endurance, and flexibility.

A specific program may also take into account skill-related measures of fitness such as agility, balance, coordination, power, speed and reaction time. Most sports require a mixture of these components.

Skiing is a sport that relies heavily on skillrelated fitness. A traditional fitness program, which includes a combination of weight training and cardiovascular exercise, will only take you so far.

A specific training program to develop specific skills for skiing will take you from the peaks to the valleys in record time.

Get ready to ski

There are several ways to begin a sportsspecific training program. The simplest way is to include several new exercises in your regular workout schedule.

For example, performing wall sits that require you to 'sit' against a wall will help build up the isometric strength needed for the tuck position in skiing. Squats and lunges will build lower body strength for skiing tough terrain like moguls.

Exercises such as crunches to work your abdominals are essential in creating a solid "core" for balance and agility.



It is important to train your body to withstand and absorb the impact associated with skiing. Plyometric movements, such as hopping from side to side, develop muscle power and strength as well as improve agility.

Set up your own ski circuit

A great way to integrate these elements into your existing routine is to create a circuit training program, which involves rapidly moving from one exercise to the next. You can set up a circuit in any large room, or at your club's aerobic studio.

Be sure and place all of your stations before beginning your workout so you don't have to stop in the middle. Set a specific time limit for each exercise, as well as a set period of breaks between each station. Thirty seconds of work followed by 30 seconds of rest are common interval periods.

Then, simply turn up the music and make your way around the circuit. You might even want to create your own music tape with timed intervals of music for exercise and silence for rest periods.

Try these stations to help you gear up for the slopes: use the slide for lateral training, perform one-legged squats to develop balance and strength, and use a step-bench platform to improve power. Try catching a bean bag as it drops off your forearm to improve reaction times or bounce two tennis balls to improve coordination.

To improve agility, create your own slalom by running between cones. In sports-specific training, you are limited only by your imagination.





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Water is needed and involved in every function of our body:

- Muscles are about 75% water
- Brain Cells are 85% water
- Blood contains 82% water
- Even your bones are 25% water

By depriving your body of water, your organs and cells can not function to their highest capacity. Water is essential for cell life and existence. You can live five to seven weeks without food but no more than 5 days without water.

Major signs you are dehydrated:

- Joint and Arthritis Pain water is a main lubricant in the joint spaces.
- Digestion Issues water helps keep digestive juices in the GI tract

supplied in order to create the acids it needs to prevent ulcers, gastric reflux, and constipation, and heart burn.

- **High Blood Pressure** when the body is dehydrated it can restrict the flow of blood to non vital organs and only concentrate on vital organs.
- Asthma bronchial tubes need adequate hydration to prevent constriction
- **Poor Memory** Synapses in the brain slow down without adequate hydration.
- Weight Management When you are dehydrated your body releases a hormone, aldosterone, which causes water retention.

If you are suffering from any of the above Conditions or Symptoms instead of reaching for a big gulp, star bucks, or any of the other unnatural beverages we consume.... try drinking more natural clean water. Gradually increase the amount of water you drink each day and these symptoms may start to subside.

So, how much water do you need to drink??

Take your body weight in pounds and divide it by two.

This is the number in ounces that you should drink per day.

_____Weight / 2 =_____ounces per day



The Green Corner - Green the Holidays

By: Sheri Hicks

Christmas is a wonderful time, full of joy, celebration, remembrance, love and family. But it is also a stressful time full of consumption, overindulging and debt. I have a few suggestions that might take a bit of the stress and, in these hard economic times, debt from your shoulders so you can enjoy the holiday season for what it means to you and your family.

This year, instead of buying any roll of gift wrap, look for reusable bags or paper made from 100% post-consumer recycled products. My own family has passed around the same gift bags for the last five years!

Make your own Christmas Cards by enlisting your kids. Kids create the most amazing drawings with just a few crayons and card stock.

Make your own holiday ornaments. You can find recipes and instructions online for almost any kind of ornament from homemade

cookie ornaments to origami. One of the prettiest trees I have ever seen was decorated almost exclusively with origami cranes.

If you have to buy lights, go LED. LED lights save up to 90% on energy consumption. The colors aren't quite as true as traditional lights, but with that kind of energy savings I am willing to adjust!

Give the gift of experience. Research has shown that people are far happier with experience than an object. In a study conducted by the University of Colorado at Boulder, researchers concluded that people tend to internalize their feelings during an experience and that is just not possible with an object. That could explain how so much stuff ends up in our garages! If you know a wine lover, give them a gift of wine of the month club or a tour of a local vineyard and winery with a nice bottle of wine. If you know a golfer, give them green fees for a local course. My own family loves to travel and this year, our gift to our nine year old, is to travel to New York City for Christmas. He is excitedly anticipating ice skating in Rockefeller Center, visiting Macy's Santa land, seeing the Rockettes Christmas Spectacular, walking through Central Park, visiting the Natural History Museum and riding the subway. Of course he will get a few small gifts to open on Christmas morning but when those toys are discarded for the next "big" thing, he will still have his memories of his trip to NYC.



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Precept Bible Study

Have you tried to read the Bible but find yourself just reading words or unable to understand the meaning? Have you ever disagreed with someone's interpretation of a scripture but didn't know enough about the Bible to support your belief? Do you have the desire to study the Bible but just don't know how or where to begin? If you answered "Yes" to any of these questions, then Precept Bible Study is the answer.

Precept is an inductive study method, which teaches you how to study the Bible, step by step, so that you can search out, with the Holy Spirit's leading, the truths of God's Word. God wants us to know Him through His Word, and as we pray and study, His truth is revealed.

This spring, we will offer 2 short studies. The 1st is Jude (5 weeks) – a short but powerful letter whose message is much needed in today's church. The church to which Jude was writing had members who were not following Christ's teachings. The church needed to remember that God judges sin and to recognize that they needed to take action, not for themselves, but for those who might perish. The 2nd study is Micah, Nahum and Habakkuk (6 weeks) – three short books of the Old Testament written by minor prophets who preached God's clear message. Even though these prophets did not prophesy at the same time in history, their messages were similar: God judges sin, whether it was Israel's national sin or those of Israel's enemies.

Precept Bible Study meets on Wednesdays 9:30-11:30 am at Tallowood Baptist Church. Childcare is provided. For more information, call Deana McCurdy at 281-550-1409.

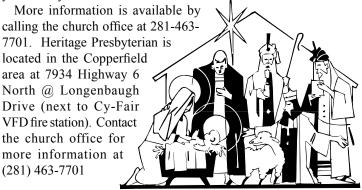
Lakes on Eldridge North

Heritage Presbyterian Christmas Cantata and Pageant December 14, 2008

On Sunday evening, December 14th at 7 pm, the combined choirs of Heritage Presbyterian and St. Giles Presbyterian will present a moving Christmas cantata and pageant. The cantata, the result of many months of preparation and practice, will be presented in Heritage's beautiful main sanctuary.

The cantata is free of charge and all Northwest Houston residents are welcome and encouraged to attend (childcare will be provided).

Please bring your entire family so you can experience this wonderful and joy-filled evening. It will be a memorable way to set the stage for your family's Christmas celebration.



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Personal classifieds (one time sell items, such as a used bike...) run at no charge to Lakes on Eldridge North residents, limit 30 words, please e-mail <u>articles@PEELinc.com</u>. **Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.

Business Classifieds

READING TUTOR: As an advocate for all children's right to become successful readers, I have spent many hours as a volunteer helping children build their reading skills. I have taken several courses within the CFISD network and at the Neuhaus Education Center, which specializes in literacy instruction for children and adults. In addition, I have attended many Dyslexic conferences which have helped me understand that children with this learning difference can become successful readers with intense, direct instruction. dhthoman@comcast.net or 713.545.2007.





Meet Celeste (10), Elijah (8), and Steven (6)

Here are three siblings growing up in foster care. Adopting three children at once will not be easy, but can certainly be done! These three deserve a chance to be together in a family! Meet Celeste (10), Elijah (8) and Steven (6), adorable and polite siblings who love kickball and riding their bikes. They love to eat – pizza, Frito pie, spaghetti and barbeque. Their favorite restaurant is Cheesecake Factory. Celeste enjoys board games. At times she can be shy and quiet, but eventually warms up to

people once she becomes comfortable. Celeste is in 4th grade. Elijah is a helpful child who enjoys playing out side. He is in 2nd grade. Steven is a loving and funny child who enjoys playing with Legos. Steven is currently in 1st grade.





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The Tri-County Quilt Guild Meets the 1st Tuesday of the month, 7-9pm

Meeting Place: Fairfield Baptist Church, 27240 Highway 290 just off Muescke Rd, Cypress, TX 77433-4907 website: www.tricountyquiltguild.org *Established 2005*

Some of our activities include Show & Tell, BOM's, Fabric Exchanges, Charity Quilts, Bees, Special Programs, guest speakers and more, with Door Prizes at every meeting!

We are a very friendly group and welcome quilters of all levels of expertise, from the Just Love Quilts and never sewn to the experienced and published. Visitors welcome!

Please check out our website for more information.

Recipe of the Month:



Hot Christmas Punch

• 3 T whole cloves

• 1 Cup brown sugar

Ingredients

- 3 Cups water
- 3/4 tsp. salt
- 1 Tall can pineapple juice
- 1 large jar cranberry juice
- 6 sticks cinnamon, broken

Directions

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 email it to articles@peelinc.com.

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Texas Events - December

1—NASSAU BAY: The Arts Alliance Center at Clear Lake Juried exhibit features works in all media and subject matter by local and regional artists. 2000 NASA Parkway. www.taaccl.org 281/335-7777

1-12—GALVESTON: Quilts in Motion Show 1861 U.S. Custom House. www.galvestonhistory.org 409/765-7834

1-21—SPRING: 28th Annual Home for the Holidays Celebrate the season with more than 150 shops offering unique gifts for Christmas and entertainment every weekend. www.oldtownspringtx.com 800/653-8696

1-25—CORPUS CHRISTI: Santa Cruises with Captain Clark Captain Clark's Flagship at Marina on People Street T-Head. www. captclarksflagship.com 361/884-8306

1-28—CORPUS CHRISTI: Target: Texas Contemporary Artists Working Throughout Texas Features the work of five artists in regions of the state that expand the viewer's understanding and appreciation of contemporary art. Art Museum of South Texas. www. artmuseumofsouthtexas.org 361/825-3500

1-28—CORPUS CHRISTI: Coastal Bend Wildlife Photo Exhibit Features an artistic view of the region's local wildlife and habitats that educates visitors about the importance of conserving local wildlife. Art Center of Corpus Christi. www.wildlifephotocontest. com 361/884-6406

1-28—HOUSTON: A Christmas Carol Follows Ebenezer Scrooge's journey with the three ghosts that visit him on Christmas Eve. Alley Theatre. www.alleytheatre.org 713/220-5700

1-28—HOUSTON: The Nutcracker Presented by the Houston Ballet. Wortham Theater Center. www.houstonballet.org 713/227-2787 or 800/828-2787

1-31—DICKINSON: 11th Annual Dickinson Festival of Lights Stroll along the banks of Dickinson Bayou through a spectacular wonderland of more than a million lights. Visit Santa, ride a train, listen to music and more. Hours are 6 to 9:30 p.m. Paul Hopkins Park. www.dickinsonfestivaloflights.org 281/337-2795

1-31—LA PORTE: Yuletide Texas See the Battleship Texas adorned with lights, ornaments and decorations in the spirit of the season, just the way the crew members who served aboard her did. Battleship Texas State Historic Site. www.tpwd.state.tx.us 281/479-2431

1-Jan. 3—GALVESTON: Festival of Lights Moody Gardens glistens with more than a million lights and dozens of festive scenes. Includes choirs, picture-taking with Santa, a giant poinsettia tree and outdoor ice rink. One Hope Blvd. www.moodygardens.com/seasonal_fun/ festival of lights 800/582-4673

1-Jan. 4—HOUSTON: Art & Power in the Central African Savanna Features a selection of about 60 works from public and private collections in the United States and Belgium. The Menil Collection, 1515 Sul Ross. www.menil.org 713/525-9400

1-Jan. 19—HOUSTON: Outdoor Ice Skating at Discovery Green Includes public skating, toddler rink, skate shop, performances by regional skating stars, live music, film and DJ nights, and skating with Santa. www.discoverygreen.com 713/434-RINK

1-Feb. 15—HOUSTON: Max Ernst in the Garden of Nymph Ancolie

Features about 75 important and rarely exhibited paintings, drawings and sculptures by Ernst from the early 1930s to the late 1940s. The Menil Collection. www.menil.org 713/525-9400

1-Mar. 1—HOUSTON: Imaginary Spaces: Selections from The Menil Collection The Menil Collection. www.menil.org 713/525-9400

1-May 31—LA PORTE: Developing Houston: Photographic Treasures from the Cecil Thomson Collection Features more than 200 photographs and artifacts from 1885 to 1945 during a period of change and growth. San Jacinto Museum of History, San Jacinto Battleground State Historic Site. www.sanjacinto-museum.org 281/479-2421

3-28—HOUSTON: Panto Cinderella Stages Repertory Theatre introduces audiences to the beloved British holiday tradition of pantomime with this rousing new version of one of the world's favorite stories. www.stagestheatre.com 713/527-0220

4-7, 12-13—CLUTE: Elizabethan Madrigal Feast Begins at 7 p.m. Center for the Arts & Sciences. www.bcfas.org 979/265-7661

4, 11, 18—BEAUMONT: Eggnog Thursdays at the McFaddin Ward House Sample eggnog and tea cookies before touring the first floor of this historic home. www.mcfaddin-ward.org 409/832-1906

4-21—HOUSTON: White Christmas Theatre Under the Stars presents its own dazzling production of this Irving Berlin classic. www.tuts.com 713/558-TUTS or 888/558-3882

5-20—RICHMOND: Campfire Christmas Experience Christmas at the Ryon Old Prairie Home as it was celebrated post Civil War. Then guests are transported to the Davis Victorian Mansion for holiday vignettes, 1890s-style. Includes a traditional Texas feast and a stop by the cowboy campfire for singing and storytelling. George Ranch Historical Park. www.georgeranch.org 281/343-0218

5-31—PEARLAND: Hometown Christmas Festival Includes holiday entertainment, concerts, movie nights, ice skating, Radio Disney and more. www.pearlandparks.com

9-12—CLUTE: Christmas in the Park Clute Municipal Park. 979/265-8392

9-Jan. 3—ORANGE: W.H. Stark House Christmas Traditions Features a holiday exhibit. Open house is Dec. 16 and 18. 610 Main Ave. 409/883-0871

11—PORT ARTHUR: Cultural Lighted Parade The holiday spirit comes to life with Santa, decorated floats, cars, fire engine and more. Downtown Port Arthur. 409/963-1107

11-14—VICTORIA: The Nutcracker Leo J. Welder Center for the Performing Arts. www.victoriaballet.org 361/575-2313

12-13—HOUSTON: 46th Annual Candlelight Tour Houston's most historic structures are decorated to portray an era in Houston's history. Includes carolers, storytellers and crafters. Santa's Workshop will feature a stage with musical and theatrical performances. Sam Houston Park. www.heritagesociety.org 713/655-1912

12-13—ROCKPORT: Historic Home Tour Visit privately owned historic homes and buildings decorated for Christmas. Docents appear in period costumes. Rockport-Fulton area. 361/729-6445 or

(Continued on Page 19)

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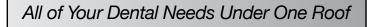
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Texas Events - (Continued from Page 16)

13—GALVESTON: Harbor Parade of Lights & Boat Festival Features a dazzling display of boats of all sizes dressed from stem to stern with glittering lights and twinkling decorations. Pier 21. 409/763-7080

13—PORT ARTHUR: Las Posada Re-enacts Mary & Joseph's journey to Bethlehem. Includes live animals and professional performances. Boardwalk/Downtown Port Arthur. www. portarthurtexas.com 409/548-0178 or 409/985-7822

13—ROCKPORT: Caroling at the Mansion Sing along with a medley of Christmas carols by candlelight. Hours are 6:30 to 8 p.m. Fulton Mansion. 361/729-0386

13—ROCKPORT: Christmas by the Bay — Evening Lighted Boat Parade Key Allegro Marina to Rockport Beach Park. Boats will be judged and winners selected in several classes, including powerboats and sailboats. Little Bay. 361/463-9641

13—WEST COLUMBIA: Christmas Open House Hours are 6 to 8 p.m. Varner Hogg Plantation. 979/345-4656

13-14—BEAUMONT: Cajun Christmas at Gator Country Adventure Park Hear the Christmas story told like never before with redneck reindeer (aka alligators), crazy Cajun accents, gator games and more. www.gatorcountrytx.net 409/794-WILD

13-14—GALVESTON: The Nutcracker The Grand 1894 Opera House. www.thegrand.com 800/821-1894



13-14—INGLESIDE: Enchanted Forest Renaissance Faire Celebrate the 17th century with medieval combat, jousting, archery contests, vendors, belly dancers, period music and more. 2065 Parkview. www. renfaireingleside.org 361/776-2906 or 800/899-2906

14—HOUSTON: Buffalo Bayou Kayak Trip Enjoy a kayak adventure through Houston's stunning urban wilderness. Reservations required. www.buffalobayou.org 713/752-0314

18-28—GALVESTON: Moody Gardens & Island Star Performances Christmas Spectacular Enjoy caroling and hors d'oeuvres followed by a traditional three-course Christmas dinner and a dazzling performance. Moody Gardens. 800/582-4673 ext. 4404

20—SAN BENITO: Market Day Enjoy music and arts & crafts. Plaza de San Benito. www.cityofsanbenito.com 956/361-3804 ext. 302

20—VICTORIA: Market Days DeLeon Plaza. www.victoriatx.org 361/485-3200

21—HOUSTON: All Community Sing-Along of Handel's Messiah Begins at 7 p.m. Chapelwood United Methodist Church. www. chapelwood.org 713/465-3467

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

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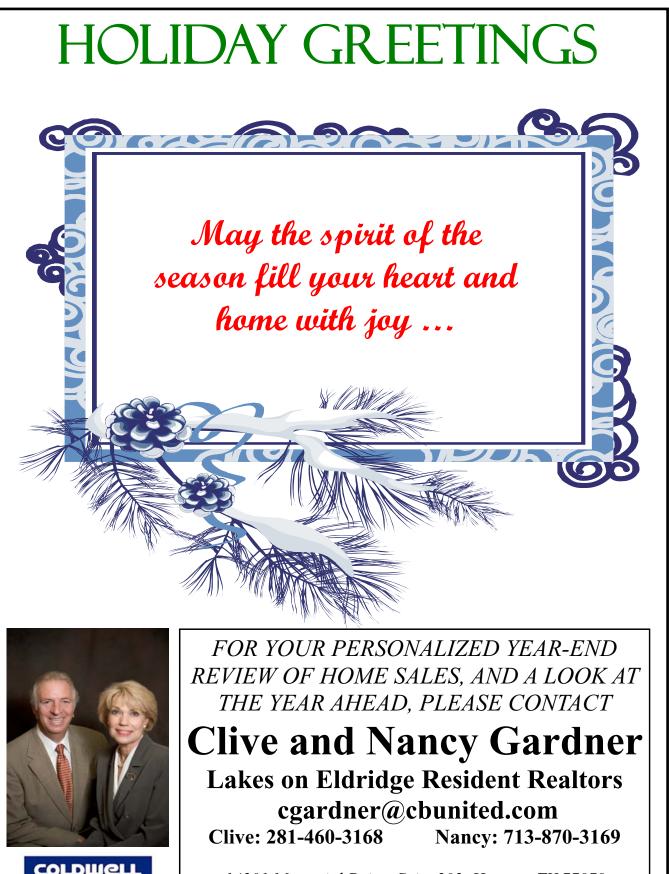
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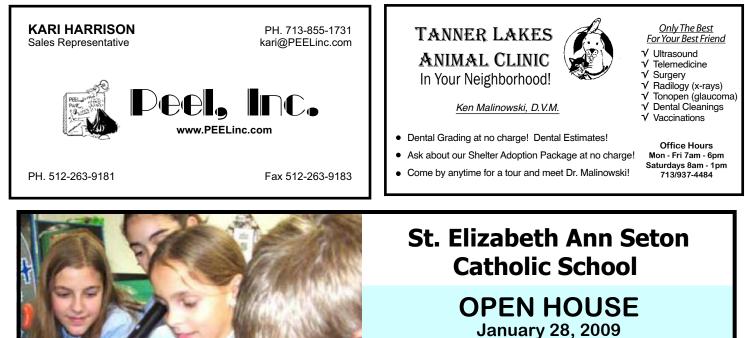
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Lakes on Eldridge North

Truth Student Ministry of The MET

Truth Student Ministry of The MET is hosting a huge garage sale Saturday, December 13 from 8 a.m. to 12 Noon. Adults and students will be raising money to support both local and global mission endeavors. These endeavors range from food and safety for children in Uganda to reaching our community here in Northwest Houston. Students, grades 7-12, will be handling all aspects of the fundraiser, including collecting the donated items, sorting, pricing and the actual sale. "This is a great chance for our students to come together, serve our community and provide for families that need help," Beth Smith, MET member and event coordinator. This sale will include clothes, electronics, toys and much more. With over 300 donors from inside the church congregation, this garage sale will be one of the best around town. Make sure you tell your friends and come early as the best items will be gone fast. Look for the crowd in the Truth Student Building parking lot at the corner of Jones and Mills!

If you can't stop by, but would like to make a donation, please send it to Truth Student Ministry, Attn. Garage Sale, 13000 Jones Road, Houston, Texas 77070. For more information about The MET check us out at TheMETonline.org.



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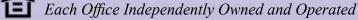


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Tips for Parents of Young Athletes

Ways to Enhance the Child's Experience and Yours!

Submitted by Elizabeth Mirabal

With a new year around the corner, many of us are working on creating our annual list of resolutions as well as preparing for another year of team sports with our children. Aside from less sweets and more exercise, parents may also want to consider a few goals to work toward as they participate in youth sports. Here are a few ideas to consider:

• Talk to your child about his/her practices and games. Guide your athlete as he/she discovers personal areas of success and skills that need improvement. You may say, "I'm proud of how fast you ran on the field. What are you most proud of today?"

• Choose your role and stick to it. Have you chosen to be a spectator and root for the teams? Did you volunteer to coach? Are you a game official? All are necessary in maintaining a positive environment for children. When compelled to switch roles, remind yourself of the role you've chosen. If you're a spectator, refrain from shouting out a call or play. If you're a coach, take the lead in ensuring young athletes are demonstrating good sportsmanship-like behavior at all times. As an official, recognize that you are the final frontier when it comes to game rules and team conduct. When all groups work together, the results provide for a supportive and educational experience. • Be emotional! Laugh! Cheer! Smile! Fun isn't only for kids! Feel free to holler and liven up the environment! There may be times, however, when you believe an unjust

call was made or a rule is not being adhered to. Suddenly, your emotions are all but requiring laughter. Reduce the possibility of an outburst by taking a few deep breaths, counting to ten, or by taking a walk to the parking lot. Then, find an appropriate time and place to address your concerns with a league official. Statistics show that 28% of young athletes saw their parents yelling at or arguing with coaches and 31% saw parents arguing with officials (Trends & Tundes, HarrisInteractive, Volume 3, Issue 8, August 2004). That is one statistic you want to steer clear from!



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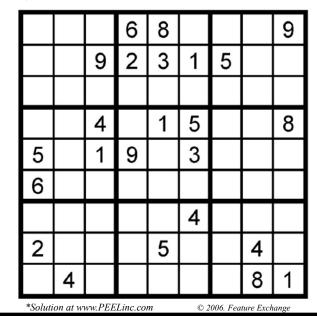
Tips for Parents - (Continued from Page 30)

• Focus on FUN and not winning. Help children develop self-esteem through their personal improvements and not a game win. Rather than asking, "Did your team win?" Why not ask, "Did you do your best? What did you learn today? Did you have fun?" Emphasize that his/her improvement was related to hard work at practice and listening to the coach. Therefore, the child learns to define individual success as a result of his/her own effort. This turns the focus away from an aspect he/she cannot fully control; the entire team's win/loss record.

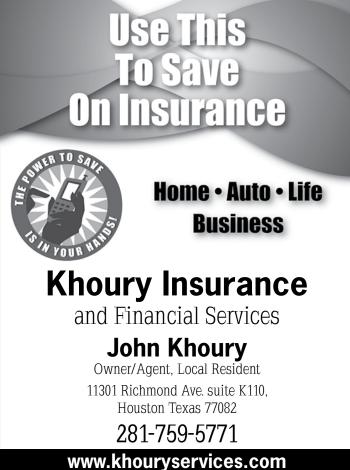
• Ensure your fueling your child's engine with the "Good Stuff": It has happened to many of us. We ask our child to pick a snack to eat before a game and he/she runs out of the house with cookies. While the cookies may provide a quick burst of energy, it'll remain just that: a burst (that fizzles out quickly). Why not make a brief list of nutritional snacks your child can choose from THEN allow him/her to choose from there. Your options may include: a banana and milk, apple slices and cheese, or an ol' fashioned PB & J sandwich on whole-grain bread. This way, you've ensured your athlete chooses wisely and he/she maintains his ability to make the final choice. A win-win situation! Don't forget to rehydrate during practice and games with plenty of water! Frequent small sips of water are more beneficial than gulping down a bottle of water at half-time which may lead to stomach discomfort.

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.







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