

THE SUN



News For the Residents of Stone Gate

April 2009 - Volume 2, Issue 4

Change for Change *Cypress Christian School Students Raise Money for Orphanage*



When students in Miss Shelby's second grade class started studying money in math, they learned a two-fold lesson: how to count change and how to change someone's life.

Students were encouraged to bring their dimes, nickels, and pennies to class during a two-week mission project called "Change to

Change the World for Jesus" The goal of the project was to raise money for His Cherished Ones, an orphanage in Africa run by former CCS teacher Trena Ivy.

"When the students saw the pictures on Miss Ivy's blog of poor African children without shoes or food, they were inspired and motivated," said Miss Shelby. "They gave their Christmas money and money from their own piggy banks. The students also chose to give up their snacks at school and donate the money to the project." As a result of their efforts, the class collected more than \$1000 to send to the orphanage.



Keeping Your Child's Teeth Healthy

When should I schedule my child's first trip to the dentist? Should my 3-year-old be flossing? How do I know if my child needs braces? Many parents have a difficult time judging how much dental care their children need. They know they want to prevent cavities, but they don't always know the best way to do so.

When to Start Caring for a Child's Teeth

Proper dental care begins even before a baby's first tooth appears. Remember that just because you can't see the teeth doesn't mean they aren't there. Teeth actually begin to form in the second trimester of pregnancy. At birth your baby has 20 primary teeth, some of which are fully developed in the jaw.

Running a damp washcloth over your baby's gums following feedings can prevent buildup of damaging bacteria. Once your child has a few teeth showing, you can brush them with a soft child's toothbrush or rub them with gauze at the end of the day.

Even babies can have problems with dental decay when parents do not practice good feeding habits at home. Putting your baby to sleep with a bottle in his or her mouth may be convenient in the short term — but it can harm the baby's teeth. When the sugars from juice or milk remain on a baby's teeth for hours, they may eat away at the enamel, creating a condition known as bottle mouth. Pocked, pitted, or discolored front teeth are signs of bottle mouth. Severe cases result in cavities and the need to pull all the front teeth until the permanent ones grow in.

Parents and child care providers should also help young children develop set times for drinking during the day as well because sucking on a bottle throughout the day can be equally damaging to young teeth.

(Continued on Page 2)

Newsletter Information

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Welcome to The Sun

A newsletter for Stone Gate residents

by Stone Gate residents.

The Sun is a monthly newsletter mailed to all Stone Gate residents. Each newsletter will be filled with valuable information about the community, local area activities, school information and more.

If you are involved with a 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 or you can email it articles@peelinc.com. Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome. Our goal is to keep you informed!

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Please support the businesses that advertise in The Sun. Their advertising dollars make it possible for all Stone Gate residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

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Keeping Your Child's Teeth - (Continued from Cover Page)

Pediatric Dentists

You may want to take your child to a dentist who specializes in treating kids. Pediatric dentists are trained to handle the wide range of issues associated with kids' dental health. They also know when to refer you to a different type of specialist such as an orthodontist to correct an overbite or an oral surgeon for jaw realignment.

A pediatric dentist's primary goals are prevention, heading off potential oral health problems before they occur, and maintenance, ensuring through routine checkups and proper daily care that teeth and gums stay healthy.

Preventing Cavities

The American Dental Association (ADA) recommends that a child's first visit to the dentist take place by the first birthday. At this visit, the dentist will explain proper brushing and flossing techniques (you need to floss once your baby has two teeth that touch) and conduct a modified exam while your baby sits on your lap.

Such visits can help in the early detection of potential problems, and help kids become accustomed to visiting the dentist so they'll have less fear about going as they grow older.

When all of your child's primary teeth have come in (usually around age 2½) your dentist may start applying topical fluoride. Fluoride hardens the tooth enamel, helping to ward off the most common childhood oral disease, dental caries, or cavities. Cavities are caused by bacteria and food that are left on the teeth after eating. When these are not brushed away, acid collects on a tooth, softening its enamel until a hole—or cavity—forms. Regular use of fluoride toughens the enamel, making it more difficult for acid to penetrate.

Although many municipalities require tap water to be fluoridated, other communities have no such regulations. If the water supply is not fluoridated, or if your family uses purified water, ask your dentist for fluoride supplements. Even though most toothpastes contain fluoride, toothpaste alone will not fully protect a child's mouth. Be careful, however, since too much fluoride can cause tooth discoloration. Check with your dentist before supplementing.

Discoloration can also occur as a result of prolonged use of antibiotics, as some children's medications contain a large amount of sugar. Parents should encourage children to brush after they take their medicine, particularly if the prescription will be long-term.

Brushing at least twice a day and routine flossing will help maintain a healthy mouth. Kids as young as age 2 or 3 can begin to use toothpaste when brushing, as long as they are supervised. Kids should not ingest large amounts of toothpaste—a pea-sized amount for toddlers is just right. Parents should always make sure the child spits the toothpaste out instead of swallowing.

As your child's permanent teeth grow in, the dentist can help seal out decay by applying a thin wash of resin to the back teeth, where most chewing occurs. Known as a sealant, this protective coating keeps bacteria from settling in the hard-to-reach crevices of the molars.

Although dental research has resulted in increasingly sophisticated preventative techniques, including fillings and sealants that seep fluoride, a dentist's care is only part of the equation. Follow-up at home plays an equally important role. For example, sealants on the teeth do not mean that a child can eat sweets uncontrollably or slack off on the daily brushing and flossing—parents must work with kids to teach good oral health habits.

(Continued on Page 3)

Keeping Your Child's Teeth - (Continued from Page 2)

If Your Child Has a Problem

If you are prone to tooth decay or gum disease, your child may be at higher risk as well. Therefore, sometimes even the most diligent brushing and flossing will not prevent a cavity. Be sure to call your dentist if your child complains of tooth pain. The pain could be a sign of a cavity that needs to be treated.

New materials have given the pediatric dentist more filling and repair options than ever before. Silver remains the substance of choice for the majority of fillings in permanent teeth. Other materials, such as composite resins, also are gaining popularity. Composite resins bond to the teeth so the filling won't pop out, and they can be used to rebuild teeth damaged through injury or conditions such as cleft palate.

Tooth-colored resins are also more attractive. But in cases of fracture, extensive decay, or malformation of baby teeth, dentists often opt for stainless steel crowns. Crowns maintain the tooth while preventing the decay from spreading.

As kids grow older, their bite and the straightness of their teeth can become an issue. Orthodontic treatment begins earlier now than it once did, but what once was a symbol of preteen anguish — a mouth filled with metal wires and braces — is a relic of the past. Kids as young as age 7 now sport corrective appliances. Efficient, plastic-based materials have replaced old-fashioned metal contraptions.

Dentists now understand that manipulation of teeth at a younger age can be easier and more effective in the long run. Younger children's

teeth can be positioned with relatively minor orthodontia, thus preventing major orthodontia later on.

In some rare instances, usually when a more complicated dental procedure is to be performed, a dentist will recommend general anesthesia be used.

Parents should make sure that the professional who administers the medicine is a trained anesthesiologist or oral surgeon before agreeing to the procedure. Don't be afraid to question the dentist. Giving your child an early start on checkups and good dental hygiene is an effective way to help prevent this kind of extensive dental work. Encouraging your child to use a mouth guard during sports can also prevent serious dental injuries.

As your child grows, plan on routine dental checkups anywhere from once every 3 months to once a year, depending on the dentist's recommendations. Limiting intake of sugary foods and regular brushing and flossing all contribute to your child's dental health. Your partnership with the dentist will help ensure teeth healthy and a beautiful smile.

Reviewed by: Lisa A. Goss, RDH, BS, and Garrett B. Lyons Sr., DDS

Date reviewed: April 2007

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation



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GED, be 18 yrs old, and pass a drug and background check.

Stations meet on Thursday nights at 7pm to conduct training. Additionally, members are able to sign-up for duty nights to staff the station or respond from their home.

The Fire Department provides insurance and worker's comp coverage for members when they are performing Department activities. We also have a length of service program that provides a retirement benefit to members.

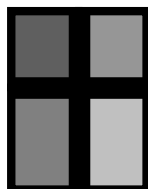
We will be hosting open houses this month to provide more information:

April 13th at 7pm: CFVFD Station 10 located at 11310 Steeplecrest and West Rd (just West of Jones Road)

April 19th at 7pm: CFVFD Station 11 located at 18132 West Rd approx. 1 mile west of Barker-Cypress near Lone Star College-Cy-Fair

April 21th at 7pm: CFVFD Station 9 located at 7922 Hwy 6 and Longenbaugh

You may also call our Office at 281-550-6663 or visit us online at: www.cyfairvfd.org



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*The angel said to the women,
"Do not be afraid. For I know that you
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He is not here; He has risen, just
as He said." Matthew 28: 5-6*



Easter Services

- | | |
|----------|--|
| April 9 | Maundy Thursday Worship at 7:00pm. |
| April 10 | Good Friday Worship: 7:00am "Stations of the Cross" /
Noon "Seven Last Words" / 7:00pm Evening Worship. |
| April 11 | Holy Saturday Bunny Brunch & Easter Egg Hunt at 9am. |
| April 12 | Easter Worship at 8am and 10:30am. No Sunday School. |

Regular Worship Service

Sundays at Saint Aidan's
8:00am Worship Service
9:15am Sunday School for All Ages
10:30am Worship Service

Wednesdays at Saint Aidan's
No evening services on April 8th and 15th.
6:00pm Dinner
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Relationship Style

Mindy Ferguson

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*Therefore, as God's chosen people, holy and dearly loved,
clothe yourselves with compassion, kindness, humility, gentleness and patience.
Bear with each other and forgive whatever grievances you may have against one another.
Forgive as the Lord forgave you.
And over all these virtues put on love, which binds them all together in perfect unity.
—Colossians 3:12-14 (NIV)*

Disagreements are inevitable. But if we clothe ourselves with the proper wardrobe, we can often come through conflict with deeper, more meaningful relationships. As we encounter conflict we need to take a look in our relational mirrors and make sure we wear...

- **Compassion** ~ We clothe ourselves with compassion by choosing to keep our hearts tender toward the needs and feelings of others. We should make an effort to understand any need that isn't being met or possible emotions that might be fueling the disagreement. If we can make changes that will meet more needs, make them. If not, at least take the time to listen to and acknowledge the feelings of those involved in the conflict.
- **Kindness** ~ We clothe ourselves with kindness by choosing to maintain a steady disposition toward those with whom we disagree.

This word kindness doesn't just mean being friendly or speaking graciously. According to Strong's Exhaustive Concordance, this word in the original language means "moral goodness, integrity, benignity, and kindness." It means that we are trustworthy, steady, and reliable women of integrity and grace- even amidst conflict.

- **Humility** ~ We clothe ourselves with humility by choosing to focus more on understanding other perspectives than asserting our own opinions. Jesus is our ultimate example of humility. Philippians 2:5-7 says, Your attitude should be the same as that of Christ Jesus: Who being in very nature God...made himself nothing, taking the very nature of a servant, being made in human likeness. As His servants, we also need to be willing to empty ourselves of our own agendas,

(Continued on page 7)

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Relationship Style- (Continued from page 5)

motives, and selfish desires and remain open to the opinions and thoughts of others.

- **Gentleness** ~ We clothe ourselves with gentleness by choosing to protect the dignity of everyone involved. When we display gentleness, we choose not to embarrass or publicly humiliate others. We need to maintain a mild, soothing nature that draws people to us, puts them at ease, and opens lines of communication. Gentleness enables people to feel safe around us.

- **Patience** ~ We clothe ourselves with patience by choosing to forgive those who have hurt our feelings. We need to forgive as the Lord forgave us. We foster patience by recognizing our own imperfections and the abundant mercy we've received from God. We've all been forgiven much. How can we refuse to forgive someone else? We need to "bear with each other" and learn to tolerate faults and be merciful toward offenses.

- **Love** ~ We clothe ourselves with love by choosing to put our energy into restoring relationships. Throughout Scripture, whether God was blessing His people or disciplining them, He was always acting in order to restore them. Even before Adam and Eve sinned in the Garden, God already had a plan in place to restore relationship with them – as well as us. God is love. His unfailing love is expressed by His relentless desire to restore relationship. As we encounter

conflict, our primary focus should be continually working to restore relationships with and between others.

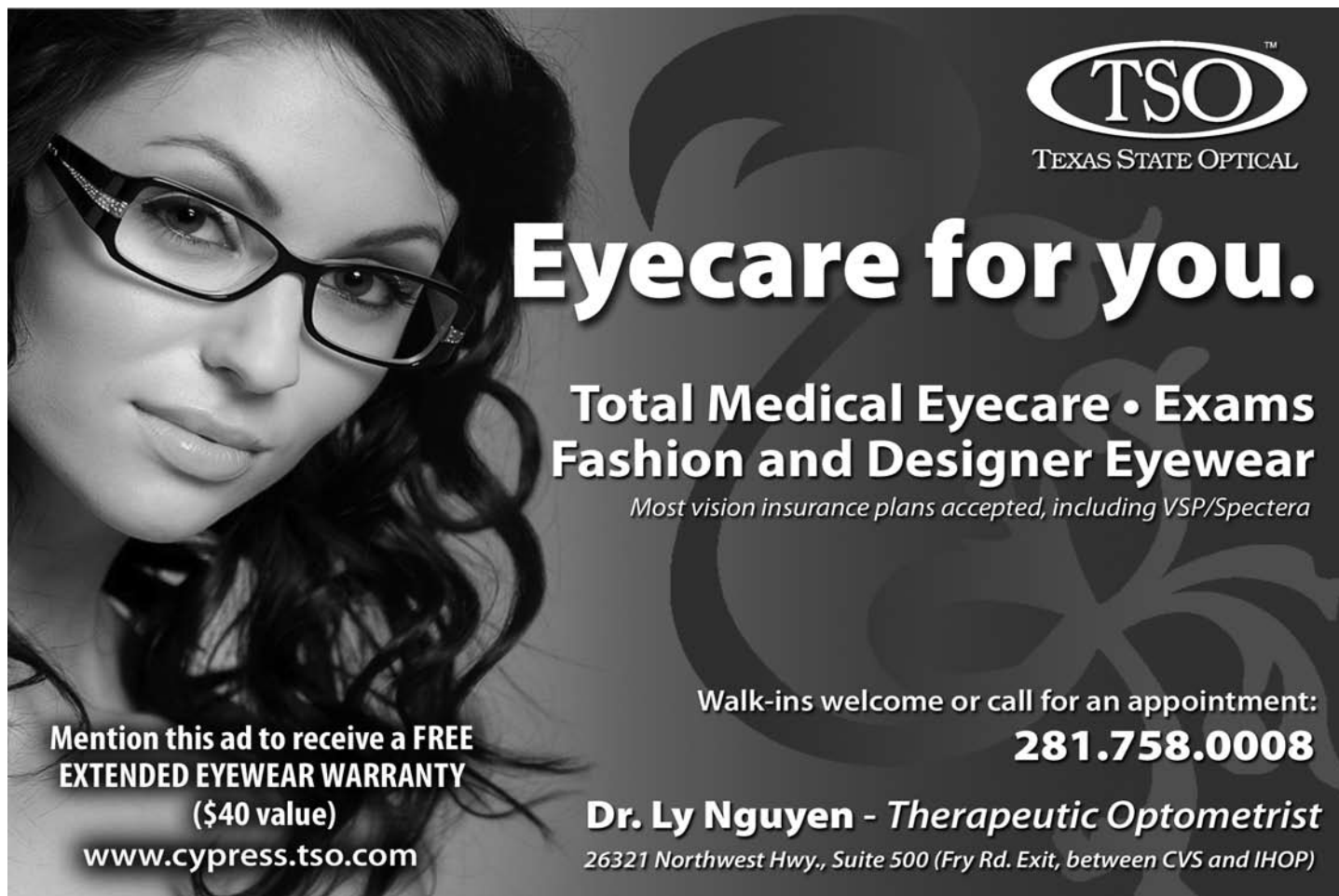
In all of our dealings, we are to clothe ourselves with compassion, kindness, humility, gentleness and patience. We are to bear with one another, sporting forgiveness and tying everything together with a covering of love.

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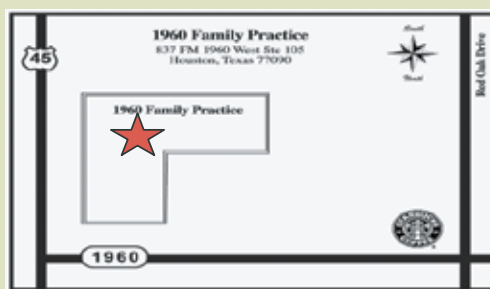
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How to Start Playing Tennis

Submitted by Fernando M. Velasco

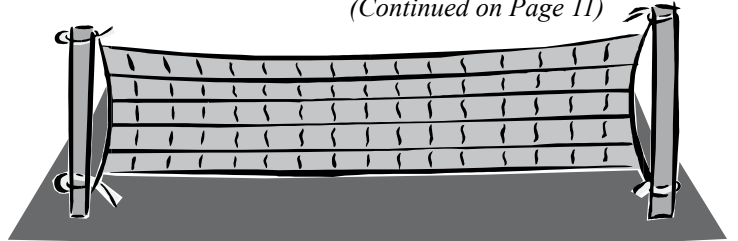
Spring time is a good time to start playing the “game of a lifetime”: TENNIS!! As I play in many tournaments all over the country, it is nice to see people actively playing not only competitive, but also socially. The USTA even offers National and International Tournaments in both singles and doubles in the ages 30 through 90 in increments of 5 years.

The first thing to do is to contact a tennis center or club and find out the beginner classes they offer. Even if someone has played a few years ago, this is a good way to get back into the game again. A good program may last from six to 10 weeks, meeting once a week for about one hour each. The pro, would start with the basic grips on forehand and backhand, and also work with the proper footwork.

Once the player feels comfortable with moving and hitting the ball at the same time, the next step would be to teach the volleys, overhead and serve. At this point, advise would be given to the players to practice with each other and simply rally back and forth as many times as possible.

All players need is a good pair of tennis shoes and comfortable clothing. Walking/running shoes have a tendency to turn ankles, develop “plantar fasciitis”, or hurt the “tennis calf” muscle. They also leave black marks on the tennis court.

(Continued on Page 11)


A black and white photograph of a family: a woman, a young girl, a man, and a baby. They are all smiling and looking towards the camera. The woman is on the left, the girl is in the center, the man is on the right, and the baby is in the foreground.

SERVICE TIMES:

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Sundays at 9:30 a.m.
and 11:30 a.m.

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How to Start Playing Tennis - (Continued from Page 10)

A good club will provide with demo rackets for the players to try out. A player should find the proper grip size and the proper weight and thickness of frame to fit their game.

In order to get used to the different bounce of the ball, one needs to spend a great deal of time just hitting balls. I recommend practicing against a wall, or use a ball machine that feeds balls. Players will learn to adjust to the depth, height and power of the ball by spending as much "court" time as possible.

In future articles, I will give you advice on how to select the proper racket, strings and shoes, and will provide you with information on how to get involved in leagues and tournaments. Get a "spring" start on your game and contact your local tennis club or park district to get started as soon as possible.

Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing articles@PEELinc.com or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 9th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for The Sun. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

Recipe of the Month:



Fresh Broccoli Salad

Ingredients

1 bunch fresh broccoli	6 green onions
½ lb. fresh mushrooms	1 (2 oz.) jar pimentos
1 green pepper 1 tomatoe	Salt & Pepper
1 cucumber	
1 (8 oz.) can water chestnuts (drained)	
1 (8 oz.) bottle Zesty Italian salad dressing	

Directions

Chop vegetables. Add salt, pepper, and salad dressing. Chill 8 hours or overnight.

If you would like to submit YOUR recipe email it to articles@peelinc.com.

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Cy Wood's After Prom Party, WRAP, will be here before we know it!! *CFISD Berry Center - May 22, 2009, 11:00 pm - 6:00 am*



You can help!!

WRAP's Busy Parent Fundraiser is the easiest fundraiser of the year!

Remember, WRAP has 501c(3) non-profit status, so your contributions are tax deductible. Print form from website www.cywoodswrap.org and mail to:

WRAP
P O Box 800
Cypress TX 77410-0800

100 WRAP bucks are given for every \$1 donated and there is still time to get bonus bucks! Bonus is shown on the donation form.

Corporate donations are welcome and desired!! Please help contact local businesses and corporations to support our event which provides a drug and alcohol free party for our graduating seniors and their guests after the Prom. ("Prospective Donor" letter is on the forms page of the website.)

Drink Donations - We are asking for donations of 12-pack cases of Coke, Diet Coke, Sprite, Dr Pepper and cases of water for Night of WRAP.

Please see the website for drop off locations. (under Forms/Documents tab)

Senior Gift Bags - We are in need of donations for senior gift bags (given to each Cy Woods senior attending WRAP). Please contact Claudia Carson at ccars4@sbcglobal.net

Prizes for Drawings - We are planning on having lots of prizes for the drawings throughout the night and we need your help. Please contact Gina Baker at gina@ginabaker.com to contribute.

WRAP bucks are given for every \$1 donated. You choose the senior you would like the WRAP bucks awarded to.

*****JEANS & JEWELS AND MR CY WOODS THANK YOU*****

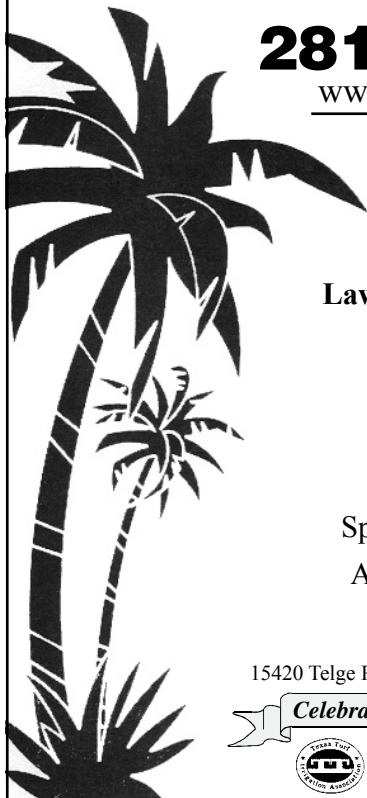
A huge THANK YOU to all the parents and volunteers who worked very hard to make the Jeans and Jewels Dance and the Mr. Cy Woods Pageant an enormous success. We especially want to thank businesses in the area for their support. We couldn't do it without your help.

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Texas Terrapins Year Round Swim Team

The Texas Terrapins Year Round Swim Team (TTST), located in Northwest Houston is very proud of many of our swimmers who have done an outstanding job this season. They have achieved so many personal bests and earned many awards (some were medals and lots were ribbons). We are especially proud of Abbie Jones (11) of Keith Elementary who qualified for the prestigious Texas Age Group Meet (TAGS) in March as well as Derek Miller (15) and Michelle Scott (15) of Cy-Ranch High School who both qualified for High School Regionals. Both Michelle and Derek swim year round with the Terrapins while also training with Cy-Ranch. Congratulations to all of you for a job well done!

Our Short Course Season has come to an end, but the fun does not stop! We are inviting our swimmers and their families to a top notch celebration at Lindsay Lakes on Saturday, March 28, 2009 at 6:00 p.m.. We will have tons of food, music, dancing and awards, so we encourage all of our swimmers (new and old) to come 'dressed to impress' and get ready for a night full of excitement and fun!

Lastly, TTST is very excited to announce our first ever Jump Start Program, which is geared towards preparing swimmers for summer league...whether they can barely make it across the pool, or are seasoned with all four strokes, we have a place for them. The program starts now and runs through mid March to late April, however will have many Summer League swimmers continue to practice with us even after Summer League has begun.

For more information about the Texas Terrapins Year Round Swim Team, Jump Start and Learn to Swim programs, log on to www.texasterrapins.com. Remember, you can join our team at any time!



Michelle Scott



Abbie Jones



Derek Miller



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Healthier Homes

By Charles & Michelle Bubnis

Have you ever walked around the neighborhood and looked at some lawns and thought "I wish my yard looked that good"? Well, here are some tips to get your yard looking great by creating a healthier turf.

Don't use Weed and Feed. 2,4-D the pesticide in most Weed and Feed product is neurotoxic and contains half of the ingredients found in Agent Orange. Studies have shown that lawn chemicals are tracked or drift inside where they remain on surfaces or in the carpet for up to a year when they are not exposed to direct sunlight (little children spend lots of time playing/crawling on carpet). Also, Weed and Feed can actually hurt the health of the lawn by killing beneficial microorganisms, insects and earth worms that maintain a healthy grass.

Instead, consider building up the health of the soil through yearly aeration and organic compost application (ex. Farm Style Compost from Natural Gardener). Corn Gluten can be applied for pre-emergent weed control. Biological controls for insects can be

used if necessary such as nematodes to get rid of grubs. Apply annually a slow release nitrogen organic fertilizer as commercial fertilizers frequently contain toxic herbicides such as 2, 4-D mentioned earlier.

You are on your way to transitioning to a natural lawn care with these easy steps. If you are looking for or currently have a lawn care service, ask them to adopt these methods. If they wish to use IPM (Integrated Pest Management) be wary because these usually include the use of toxic pesticides.

Within a short time you too will have a robust looking lawn but more importantly, you will know that it truly is healthier and safer for your family too.

Resources:

Natural Gardener 288-6113

www.beyondpesticides.org, and www.grassrootsinfo.org



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Meet Simon

Simon has a good sense of humor and an overall fun personality. He has a great imagination and loves to tell stories. He likes music, reading, playing games, sports, and fishing

Described as a kind and compassionate kid, Simon interacts very well with his peers and adults. He likes to be a big brother and take care of others. Simon's foster parents and teachers have high praise for Simon, saying he's a "great kid" and they enjoy having him in their lives.

Simon will flourish with a family who is active and keeps him engaged. Simon can benefit from participating in enrichment or mentoring programs that will aid in his educational and personal development.

Please let me know if you would like additional information on this great kid.

Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter
Adoption Coalition of Texas, 2222 Western Hills, Ste. 101, Austin, Texas 78745
Phone 512-834-3424/Fax 512-692-2540, gracelindgren@adopttexas.org

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<i>Dawn's Stone Gate Stats</i>	
Homes Currently for Sale	60
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Average List Price per sq ft	\$76/sqft
Homes Sold (last 6 months)	43
Average DOM (Days on Market)	150
Average Sales Price	\$206K
Average Sales Price per sq ft	\$68/sqft

These statistics are based upon information obtained from Houston Multiple Listing Service. While we have no reason to doubt the accuracy of this information, we cannot guarantee it. This is not a solicitation of currently listed properties.

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