

# COPPERFIELD *Courier*

NEWS FOR THE RESIDENTS OF COPPERFIELD

December 2009

Volume 1, Issue 1

## Have a Healthy Holiday Season *and a Happy New Year!*

Immediately after Halloween, people begin to focus on holiday shopping, decorating, baking and parties, parties, parties! Between office parties, happy hours, school functions for the kids, in-store food samples and large family gatherings, it is not surprising that the average American gains anywhere from two to seven pounds (or more!) between Thanksgiving and New Years!

This year, you don't have to wait until you make your 2010 New Year's resolutions to make some changes. Here are some helpful tips to help you avoid packing on the pounds this holiday season:

- You don't have to go to every party or dinner!
- Don't show up to a party hungry
- Size up the buffet before you grab a plate
- Decide what you really want to eat ahead of time
- Limit yourself to one trip to the buffet
- Fill your plate three-quarters full with fruits and veggies first
- Limit your alcohol intake
- Don't stand near the buffet table
- Eat with your non-dominant hand
- Chew gum when not eating
- Dance, talk and socialize—it's not all about the food!

The small appetizers typically served at parties are packed with a lot of calories. Here are some examples of popular party foods, the amount of calories they contain, and how much activity would be needed to burn off those calories:

- Two hot chicken wings with two tablespoons of blue cheese dressing contain 550 calories, and it would take a 150 pound person over two hours of vigorous housework to work off those calories.
- One-half of a cup of mixed nuts contains 400 calories, and it would take a 150 pound person over one-and-a-half hours of walking to burn off those calories.
- One ounce of cheese served with one ounce of crackers contains 225 calories and it would take a 150 pound person almost 45 minutes of fast dancing to burn off those calories.

There are some healthier options that you should choose or serve on a buffet line at your next holiday party:

*(Continued on Page 2)*



## Welcome To The Copperfield Courier

*A Newsletter for  
Copperfield Residents  
by Copperfield Residents.*

The Copperfield Courier is a new monthly newsletter mailed to all Copperfield 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](http://www.PEELinc.com) or you can email it [copperfield@peelinc.com](mailto:copperfield@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!

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!

## IMPORTANT NUMBERS

### EMERGENCIES NUMBERS

|  |              |
|--|--------------|
| EMERGENCY .....                        | 911          |
| Fire.....                              | 911          |
| Ambulance.....                         | 911          |
| Sheriff – Non-Emergency.....           | 713-221-6000 |
| Harris County Fire Department.....     | 281-931-1085 |
| Cy-Fair Volunteer Fire Department..... | 281-550-6663 |
| Poison Control Center.....             | 800-222-1222 |
| Harris County Animal Control.....      | 713-207-2222 |

### SCHOOLS

|                                 |               |
|---------------------------------|---------------|
| Cy-Fair ISD Website .....       | www.cfsd.net  |
| Fiest Elementary.....           | 281- 463-5838 |
| Lowery Elementary .....         | 281- 463-5900 |
| Owens Elementary .....          | 281- 370-4040 |
| Copeland Elementary.....        | 281- 856-1400 |
| Holmsley Elementary.....        | 281- 463-5885 |
| Aragon Middle School.....       | 281- 856-5100 |
| Labay Middle School.....        | 281- 463-5800 |
| Cy-Fair High School .....       | 281- 897-4600 |
| Cy-Falls High School .....      | 281- 856-1000 |
| Langham Creek High School ..... | 281- 463-5400 |

### UTILITIES

|   |              |
|---|--------------|
| CenterPoint Energy.....                         | 713-207-2222 |
| Waste Corporation of Texas - Trash Pickup ..... | 713-292-2400 |
| Severn Trent Water Services .....               | 713-579-4500 |

## NEWSLETTER INFO

### PUBLISHER

Peel, Inc. .... [www.PEELinc.com](http://www.PEELinc.com), 888-687-6444  
 Article Submission ..... [copperfield@peelinc.com](mailto:copperfield@peelinc.com)  
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## ADVERTISING INFO

Please support the advertisers that make Copperfield Courier possible. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or [advertising@peelinc.com](mailto:advertising@peelinc.com). The advertising deadline is the 8th of the month prior to the issue.

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FOR THE MAIL?**

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### Healthy Holiday - (Continued from Cover Page)

- Boiled shrimp with cocktail sauce
- Bruschetta (tomato appetizer served with small pieces of toasted bread)
- Rather than the standard carrot and celery sticks, try an Asian theme with baby corn, snow peas and red pepper slices served with low-fat sesame or ginger dressing.
- Another option is to replace the standard chips and salsa with a mix of corn, black beans and salsa scooped inside of a bell pepper half.
- For a tasty dessert, make an eggnog flavored dip to serve with fruit, angel food cake or small gingerbread cookies.

In addition to choosing healthier options, try to eat normally throughout the day. Don't try to starve yourself to "save up" calories before a party or dinner. Also, be sure to exercise regularly and get enough sleep. Most importantly, put the emphasis on spending time with family and friends, not on the food!

Thinking of giving cookies, fudge or a box of chocolates as a holiday gift? This year, try to give your family, friends and co-workers a healthier gift, such as a cookbook with quick and healthy recipes, sign them up for a cooking class or fill a recipe box with some of your own healthy recipes. You can also give gifts that encourage outdoor activity. Purchase pedometers, compasses or other gear that will encourage those you care about to be outside and active, they'll thank you later! - **Tarie Beldin**

## Teenage Job Seekers

| Name      | Age | Baby Sit | Pet Sit | House Sit | Yard Work | Phone    |
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**Attention Teenagers**  
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**FOR SALE:** Bianchi Vigorelli Celeste road bike. 55cm. Triple crank, full Ultegra gearing/brakes, Mavic Cosmos wheels. Year 2002 but hardly used, in storage, must see. \$900. Call: 281-814 8462.

**FOR SALE:** Thomasville armoire/tv cabinet with 2 detachable corner cabinets that have glass shelves and lighting. Bought at Star Furniture for \$4,000 asking \$1,200. Call: 281-814 8462.

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Copperfield residents, limit 30 words, please e-mail [copperfield@peelinc.com](mailto:copperfield@peelinc.com).

**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-989-8905 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

## NOMINATE YOUR FAVORITE YARD FOR

### *Yard Of The Month*

Do you know a neighbor who takes excellent care of their property or a neighbor who has added something new to their yard?

Nominate them by emailing the address to [copperfield@peelinc.com](mailto:copperfield@peelinc.com).

Please include a photo if possible.



*Congrats Neighbor!*

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**HOUSTON FAMILY ARTS CENTER**

*Presents A Christmas Carol*

Based on the novel by Charles Dickens  
 Adapted by Joseph Hanreddy and Edward Morgan  
 of Milwaukee Repertory Theatre  
 Performances at The Berry Center  
 8877 Barker Cypress Road, Cypress, TX 77433  
 Opening Night: Friday, December 4, 2009  
 Complete Run: December 4-19, 2009  
 Tickets: 281-685-6374 or www.houstonfac.com



**HOUSTON FAMILY  
 ARTS CENTER**

This family-friendly musical version of Charles Dickens' timeless holiday classic, *A Christmas Carol*, will touch your soul and brighten your holiday season with its message of kindness and redemption. *A Christmas Carol* is the classic tale about the old miser, Ebenezer Scrooge. Scrooge pays his clerk Bob Cratchit only fifteen shillings a week, is rude to his nephew and refuses to take part in the Christmas spirit. Soon, the Ghosts of his former business partner (Jacob Marley), Christmas Past, Present and Future all pay visits to Scrooge. They teach him to value Christmas and to be a better person overall. After

the ghosts leave, Scrooge changes his life and becomes a generous, kind-hearted soul. Don't miss this delightful holiday production, which includes several scenes from the Dickens' novel that are not usually included in stage adaptations.

"*A Christmas Carol* uses a cast that ranges from 6 yrs old to 60," said Teri Clark, HFAC Artistic Director. "At HFAC, we love producing shows with cross-generational casting. These shows allow families to rehearse and perform together; provide mentoring to less experienced actors; and gives

*(Continued on page 6)*

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## A Christmas Carol - (Continued from Page 6)

Tickets are just \$16 for adults, \$14 for seniors, and \$12 for students. For tickets and additional information call 281-685-6374 or select your seats online at [www.houstonfac.com](http://www.houstonfac.com). Groups of 10 or more receive a \$2 discount off the price of the original show ticket.

### FACT SHEET

#### A Christmas Carol

Based on the novel by Charles Dickens  
Adapted by Joseph Hanreddy and Edward Morgan of Milwaukee Repertory Theatre  
Directed by David Armstrong  
Musical Direction by Sam Brown  
Produced by Carla Conover  
Performances at The Berry Center  
Press Open: December 4 Close: December 19

### HFAC SEASON SPONSORS

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### PRODUCTION

Brendis O'Sullivan (Stage Manager)  
Teri Clark and David Armstrong (Set Design)

Lisa Garza (Lighting Design)  
Tracy Clayton (Sound Design)  
Karen Burns (Costume Designer)  
Mark Fleischhauer (Graphic Design)

### PRINCIPAL CHARACTERS

J. Blanchard (Ebenezer Scrooge)  
Brandon Hobratchk (Jacob Marley)  
Chris Kennedy (Bob Cratchit)  
Josiah Boriack (Tiny Tim)  
LaKaiya Evans (The Ghost of Christmas Past)  
Glenn Ropiequet (The Ghost of Christmas Present)  
Chuck Pickering (Fezziwig and The Ghost of Christmas Yet to Come)  
Shamus O'Brien (Fred - Scrooge's nephew)

### TICKET PRICES

Adult: \$16  
Senior: \$14  
Students/Children: \$12

Groups of 10 or more receive a \$2 discount off the price of the original show ticket

### HOW TO PURCHASE TICKETS

Online: [www.houstonfac.com](http://www.houstonfac.com)

Call: 281-685-6374

Groups (10 or more): 281-685-6374

### ABOUT HOUSTON FAMILY ARTS CENTER

Houston Family Arts Center is a non-profit 501(c)3 organization established to provide a fun outlet for creative community involvement through the production of high-quality, family-friendly, affordable entertainment. Their core values are: Fun, Integrity, Excellence, Respect, Family, Diversity, Teamwork and Love. HFAC produces family-friendly musicals, comedies, and dramas. The HFAC Actors' Academy provides numerous acting, singing, and dancing classes and workshops for children, teens, and adults. To sign up for classes, purchase tickets or find more information, visit [www.houstonfac.com](http://www.houstonfac.com) or call 281-685-6374



## Christmas Service Times



|                        |   |
|------------------------|---|
| Wednesday, December 23 | 7 p.m. Candlelight Service                            |
| Thursday, December 24  | 3 p.m., 5 p.m., 7 p.m. & 11 p.m. Candlelight Services |
| Saturday, December 26  | No Service  |
| Sunday, December 27    | 9:50 a.m. and 11:30 a.m. Services                     |



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## CYPRESS RANCH KEY CLUB

### *Looking out for Layla Grace*

Layla Grace is a beautiful twenty-two month old girl. On May 7, 2009 Layla was diagnosed with Stage 4 Neuroblastoma, a tumor that develops from nerve tissue, in her kidney. She had a massive tumor in her abdomen that extended from above her left kidney, around her side, over her belly and around her aorta. Her grandmother is a faculty member at Cypress Ranch High School.

When they Cypress Ranch Key Club learned about Layla's illness, they took action. The Key Club held a Lock-In in September and designated funds raised from Macy's "Shop for a Cause" to help Layla Grace.

On September 18, 2009 a Lock-In was held at our school. Students paid \$30 to attend or \$25 and a donation of two new children's books. At the Lock-In students enjoyed activities such as food, friends, karaoke, movies, and video games. Every hour door prizes were awarded, and games such as four square, volleyball, soccer, and twister were played all night long. The Cypress Ranch Key Club raised over \$6,000, and \$4,500 was donated to Layla Grace's medical bills. The other \$1,500 will be split among the Key Club's Lieutenant Governor's and District Governor's Projects.

Macy's "Shop for a Cause" was October 17, 2009. Cypress Ranch Key Club members sold Macy's discount coupons for \$5. The proceeds from



coupons sales were also designated for Layla Grace's medical bills. The members raised a total of \$1,100 for Layla Grace selling a total of 220 coupons.

Our total donation towards Layla Grace to date is \$5,600. The total will continue to grow. To learn more about this precious little girl and how you can help, visit [www.laylagrace.org](http://www.laylagrace.org).

#### FOR MORE INFORMATION, PLEASE CONTACT:

- Bri Holcombe, Publicity Chairman - [sbvchick@hotmail.com](mailto:sbvchick@hotmail.com)
- Justin Bradley, Publicity Chairman - [Thebradley5@comcast.net](mailto:Thebradley5@comcast.net)
- Jennifer Hydes, Faculty Advisor - [Jennifer.hydes@cfisd.net](mailto:Jennifer.hydes@cfisd.net)  
Cypress Ranch Key Club



*Looking out for Layla - Lock In*



**Family Fun Center**  
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281-304-6565

### *"Cypress Birthday Party Headquarters"*

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|             |                     |
|-------------|---------------------|
| Monday      | Closed              |
| Tues & Weds | Private Parties     |
| Thursday    | 6:00 PM - 9:00 PM   |
| Friday      | 6:00 PM - 10:00 PM  |
| Saturday    | 11:00 AM - 10:00 PM |
| Sunday      | 2:00 PM - 6:00 PM   |

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## CY-FAIR HIGH SCHOOL PROJECT PROM 2010

*It's Finally Here --- Senior Year 2010*

There will be much going on in the lives of our senior students this school year, and two of those exciting events will be Prom and Project Prom, April 30, 2010. Project Prom is a year-long fundraising effort by senior parents for the purpose of providing a fun, drug- and alcohol-free overnight lock-in event for our seniors and their dates after the Prom.

Our next general meeting is **Monday, November 23, at 7:00 p.m.** in the Cy-Fair High School cafeteria. Take this opportunity to be involved in your senior's BIG NIGHT! There are many ways parents and community members can help. Fundraising and donations are vital to the success of Project Prom. We are a non-profit 501C3 organization. No donation is too small. A list of fundraising opportunities and more detailed information is available on-line at [www.cyfairprojectprom.org](http://www.cyfairprojectprom.org).

### **IMPORTANT DATES AND EVENTS:**

Meeting Dates: December 21, 2009; January 25, 2010; February 22, 2010; March 22, 2010; April 26, 2010

McDonalds Fundraiser is Nov. 23 at Cypress N. Houston and Huffmeister, from 5 - 8pm. Invite all your friends to come by and eat and McDonalds will donate 20% of the sales to Project Prom. In December we will be collecting receipts from the Cypress N. Houston/Huffmeister McDonalds all month long.

**Vender Rebates-** If you have a business and would like to promote it at our general meeting please visit the Cy-Fair Project Prom website to learn how to become a part of our meetings.

Randall's and Kroger's Grocery Store – You can link your Kroger or Randall's card to Cy-Fair Project Prom. For Randall's cards use charity # 3374. You can obtain the barcode for Kroger from the Cy-Fair Project Prom web page.

### **UPCOMING EVENTS:**

Mulch sales- March 6, 2010 sales in Stonegate, Barwood, Wortham Prom Dress Boutique- ongoing collection of gently used formal clothes ( girls and guys) for sale in early spring 2010; Denim and Diamonds-Dinner/Dance and silent auction happening in Feb 2010 looking for table sponsors and silent auction items; Lollipops & T-shirt sales-ongoing and during CFHS lunches \$10.00 each ; Casseroles To Go – Orders due Jan. 15th

Cy-Fair Project Prom Golf Tournament – Date to be announced  
And finally Cyfair Projectprom is on Facebook.  
Sign up for Facebook to connect with Cyfair Projectprom.

The December general meeting will be **Monday, December 21, 2009, at 7:00 p.m.** in the Cy-Fair High School cafeteria. Please join us!

## St. Elizabeth Ann Seton Catholic School

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# TIPS FOR TEACHING CHILDREN

## About Table Manners

Submitted by Rebecca Beavers

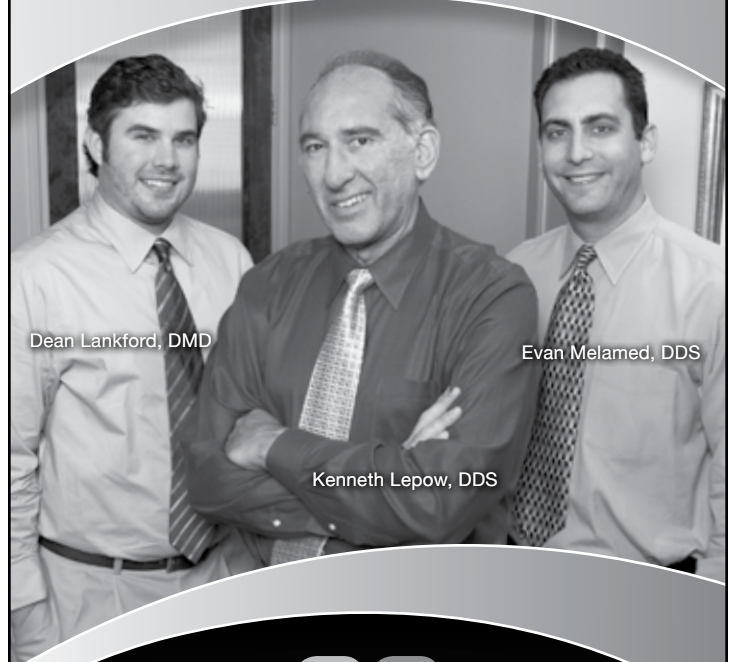
Teaching your children table manners may sound old fashioned, but it never goes out of style. Having good manners shows your respect for other people, and it's more than saying "please" and "thank you." It's about helping your children develop habits and behaviors that will help them relate to adults and other children in a positive way. "To make your family mealtime time special and relaxing, slow down, sit and talk with your children and expect good behavior. You will be pleasantly surprised at how much easier and enjoyable it will become," said Dr. Mary Zurn, vice president of education for Primrose Schools. "This is important because children with good manners often find it easier to make friends and get along with others at school and at home."

### **Dr. Zurn offers five table manners tips to get parents started:**

1. Start early: Don't wait until you think your child is "old enough" to learn polite behavior. Just as children learn to crawl before they learn to walk, they also learn manners in stages. Even infants watch parents for rules of expected behavior. Very young children can learn to sign key phrases such as "please" or "thank you" and then transition to the spoken words around age two. By age three, children should be able to stay seated at mealtime if you sit down with them.
2. Give specific feedback: Children learn best when they receive specific feedback about their behavior which is far more effective than generic praise. For example, instead of saying, "Good job," you can say, "I'm so glad you set the table."
3. Encourage polite conversation: Children as young as two can learn to engage in polite conversation at the dinner table with the right kind of guidance. As you are at the table eating together, show them how to take turns listening, talking, and asking questions.
4. Set a good example: Make sure your words and actions match. Children watch parents all the time for behavior clues. For example, if you want your child to eat broccoli because it's a healthy food choice, you will need to let them see you enjoy eating it as well.
5. Create a routine: Children learn best from consistency because it helps them know what to expect. Start with the repetition of a few simple steps such as putting a napkin in your lap when you sit down. Create a routine that is easy for them to repeat and remember. For more tips from Dr. Zurn and a list of book suggestions on teaching your children table manners, visit [www.Dr.ZandMe.com](http://www.Dr.ZandMe.com).



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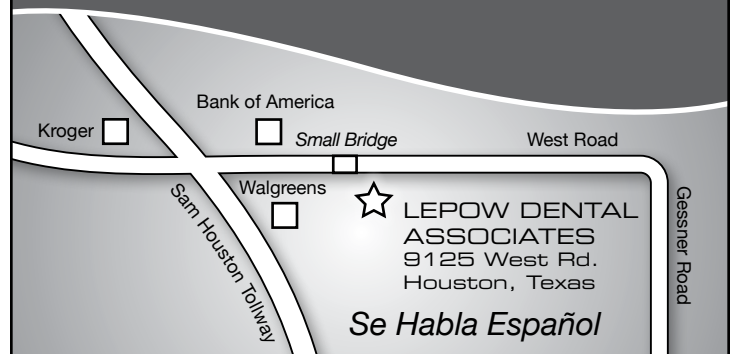
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## STAYING FIT

### *Through the Winter Months*

Wow! The days are shorter, and the weather is colder. Winter is here once again. Luckily Texas winters, especially in Austin, only a few months. Nevertheless, winter can wreak havoc on fitness regimes for two reasons. Many individuals experience SAD (Seasonal Affective Disorder), which is winter blues or depression that occurs in people with normal mental health. It's due to the lack of sun light. According to the Mayo clinic, SAD can be treated with light therapy or antidepressants. If you think you might be suffering Seasonal Affective Disorder, talk to your doctor.

Second, many us tend to hibernate in our homes in the winter. Sitting at home in front of the fireplace with a warm blanket and drinking hot chocolate or tea or eating warm soup is more pleasing than going out and exercising in the cold or going to the gym after work when it's already dark out. This makes it feel later than it is, when in reality it's only 5 or 6 o'clock. Need not to worry though; here are some fitness tips that will keep you going until spring arrives again.

#### **1. WARM UP AND DRINK PLENTY OF WATER.**

A proper warm-up is critical because cold temperatures can make your muscles tight and therefore more prone to injuries. Remember, always warm-up prior to engaging in any physical activity. Drink, drink, and drink plenty of water. Most people forget the importance of water during the colder months and are more likely to become dehydrated.

#### **2. GO WINDOW SHOPPING AT THE LOCAL MALL!**

Most local mall(s) open an hour early in order to provide a safe indoor walking haven during the winter months. If you can't make it in morning, take your sneakers with you and go right after work. Three or four times a week will help keep the pounds off.

#### **3. REMEMBER THOSE EXERCISE VIDEOS.**

Just about everyone has had one. Wipe the dust off your exercise video and use it on the days you can't exercise outdoors because of the

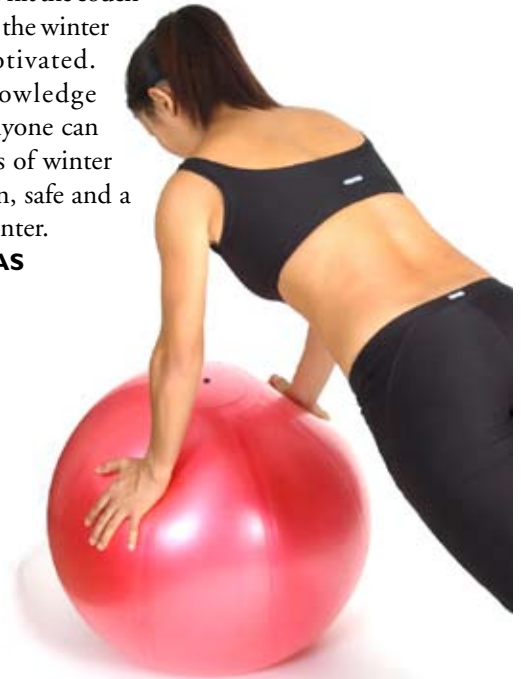
darkness. If you don't have an exercise video, check one out at your local library and/or video rental stores. Also, some cable networks have exercise channels on-demand for no charge, so look at your channel menu.

#### **4. CREATE A HOME GYM.**

Most people have a home gym without realizing it. Check you garage, under the bed, storage room, and closet. You can easily set-up a great workout routine with just a set of dumbbells, an exercise ball and a jump rope. If you don't any of these items, you can purchase most of these items at a local athletic supplier or discounted resale store for about \$50 to \$60.

There's no need to hit the couch or hibernate during the winter months. Stay motivated. With a little knowledge and motivation, anyone can meet the challenges of winter exercise. Have a fun, safe and a physically active winter.

**- VALERIE SALINAS**



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## JANUARY NWHC AGGIE MOM'S CLUB MEETING

*With Guest Speaker Jackie Sherrill*

Please join the NWHC Aggie Moms as they welcome, **Jackie Sherrill, former head coach and athletic director at Texas A&M University** to their January meeting. Jackie Sherrill will be discussing his book, **No Experience Required**, written by Caleb Pirtle III. This book was written in collaboration with the 12th Man Kickoff Team Foundation comprised of over 80 former players and founded in 2007. Come hear a truly inspirational story in which the 12th Man Kickoff Team brought Texas A&M fans and players together to win 3 consecutive Southwest Conference titles. The 12th Man Kickoff Team Foundation currently works to provide scholarships for students with financial needs and encourages students to follow their dreams.

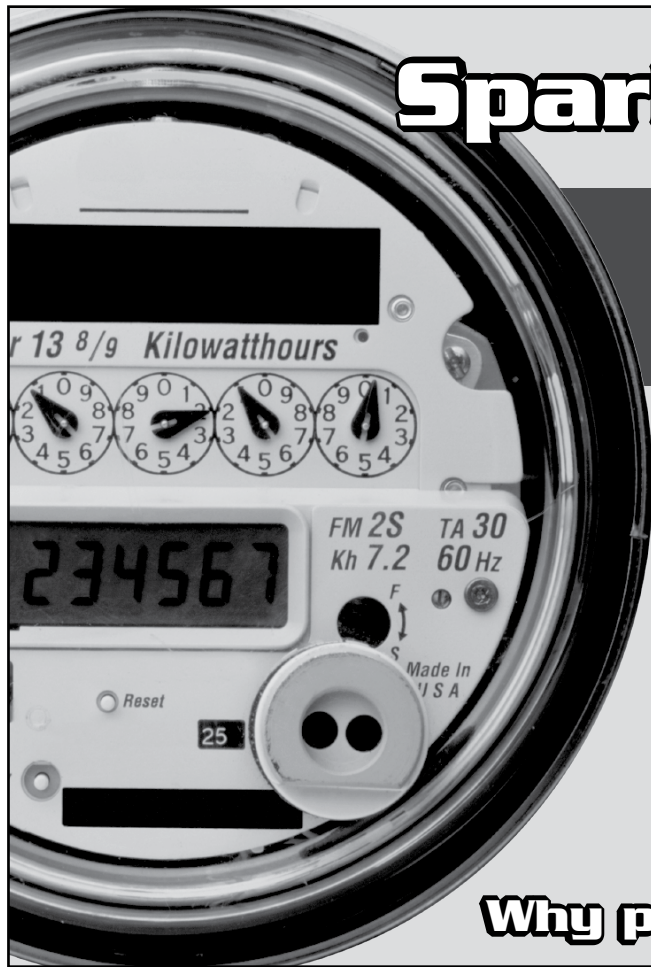
The Aggie Mom's Club meeting will be held Tuesday, January 12, 2010 at the Houston Distribution Center conveniently located near Willowbrook Mall at the corner of Cutten Road and 7100 High Life Drive. Please come enjoy refreshments provided at 7 pm and learn about valuable information regarding student activities, scholarships, the Aggie Boutique, door prizes, and more. Help support our outstanding Aggie students!

The Aggie Mom's Club is accepting **Scholarship Applications for the 2010-2011** school year. Applications must be postmarked no later than Feb. 7, 2010. Last year 8 scholarships totaling \$8,750 were awarded to area students.

For more information, check out our website at [www.nwhcaggiemoms.com](http://www.nwhcaggiemoms.com).

## 290 Business Networking

The 290 Cypress Business Networking Group meets every Thursday morning at 7:30 am at Cypress Station Grill located at 26010 Hempstead Road. Behind the Target shopping center at 290 and Spring Cypress. The group is open to all business owners and professionals who want to increase their exposure to the residents of Cypress and the surrounding areas. Job seekers are welcome. There is no cost to attend the meeting. If you would like more information, please call Ken Parker at 281-384-1562 or visit our website at [290Cypress.com](http://290Cypress.com)



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### *"The Power of a Simple Gift"*

"Everyone loves to receive gifts. During the Christmas season, we celebrate the most special gift of all—God's Son, Jesus Christ." These are the words of Franklin Graham, President of Samaritan's Purse, an international relief organization. The students of Cypress Christian School chose to share the 'good news of great joy' (Luke 2:10) with children around the world through the Operation Christmas Child project sponsored by Samaritan's Purse.

This year, millions of children will experience Christmas joy when they receive gift-filled shoe boxes and hear the Gospel message through Christian literature and follow-up discipleship programs.

Over the course of several weeks, CCS students took time out of their busy classroom schedules to write letters, fill shoe boxes with gifts, and wrap them in preparation for shipping to needy children across the globe. "This has been a wonderful example to teach our children the gift of giving to those less fortunate," said Elementary Principal Donna Stumbaugh. "Several teachers commented on the great discussions about giving to others that their classes entertained as a result of participation in the project."



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#### **IMPORTANT PREVIEW DATES FOR 2010-2011**

THURSDAY, FEBRUARY 18, 2010 -

Kindergarten Open House (6-7 PM)

K-12 Prospective Family Open House (7-8:30 PM)

TUESDAY, MARCH 23, 2010 -

K-12 Parent Open House (9-11 AM)

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## COAL FIRED ITALIAN KITCHEN



*Ashlyn, Gina & Adrian, Owners*

Did you know that Cy-Fair has one of the "Top 10 New Restaurants of 2008"? (Voted by the Houston Chronicle) Russo's NY, Coal Fired Italian Kitchen was the first COAL FIRED oven to come to the Houston area! For true New York style pizza, a Coal Oven is the way to do it. The pizza comes out nice and crisp with a slight char that brings a flavor like no other. This must be why they were **Voted "Best Pizza in Houston" by both the Houston Chronicle and the Press!**

Russo's also features a vast selection of Pasta dishes, soups, and salads that originate from the Russo Family who immigrated from Sicily to New York. From Penne Mediterranean to Lobster Ravioli, you will find something to satisfy your taste buds!

Russo's has a unique selection of specialty beer, from breweries ranging from Oregon, Hawaii, and locally, Texas. They also take pride in their wine selection. Russo's 290 owner, Adrian, "We carry a full range of low to high end wines but try to keep them close to retail pricing."

"Where else can one person enjoy a great pizza and bottle of 'Dead Guy Ale' while another feasts on Veal Ravioli with a glass of Silver Oak...all in the same restaurant?"

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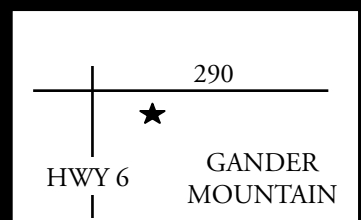


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## HAVE A HEALTHY HOLIDAY SEASON

*and a Happy New Year!*

Immediately after Halloween, people begin to focus on holiday shopping, decorating, baking and parties, parties, parties! Between office parties, happy hours, school functions for the kids, in-store food samples and large family gatherings, it is not surprising that the average American gains anywhere from two to seven pounds (or more!) between Thanksgiving and New Years!

This year, you don't have to wait until you make your 2010 New Year's resolutions to make some changes.

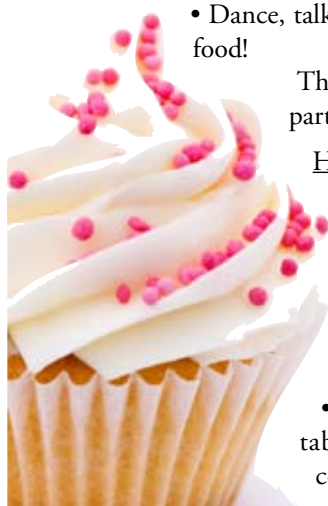
### HERE ARE SOME HELPFUL TIPS TO HELP YOU AVOID PACKING ON THE POUNDS THIS HOLIDAY SEASON:

- You don't have to go to every party or dinner!
- Don't show up to a party hungry
- Size up the buffet before you grab a plate
- Decide what you really want to eat ahead of time
- Limit yourself to one trip to the buffet
- Fill your plate three-quarters full with fruits and veggies first
- Limit your alcohol intake
- Don't stand near the buffet table
- Eat with your non-dominant hand
- Chew gum when not eating
  - Dance, talk and socialize—it's not all about the food!

The small appetizers typically served at parties are packed with a lot of calories.

### HERE ARE SOME EXAMPLES OF POPULAR PARTY FOODS, THE AMOUNT OF CALORIES THEY CONTAIN, AND HOW MUCH ACTIVITY WOULD BE NEEDED TO BURN OFF THOSE CALORIES:

- Two hot chicken wings with two tablespoons of blue cheese dressing contain 550 calories, and it would



take a 150 pound person over two hours of vigorous housework to work off those calories.

- One-half of a cup of mixed nuts contains 400 calories, and it would take a 150 pound person over one-and-a-half hours of walking to burn off those calories.
- One ounce of cheese served with one ounce of crackers contains 225 calories and it would take a 150 pound person almost 45 minutes of fast dancing to burn off those calories.

### THERE ARE SOME HEALTHIER OPTIONS THAT YOU SHOULD CHOOSE OR SERVE ON A BUFFET LINE AT YOUR NEXT HOLIDAY PARTY:

- Boiled shrimp with cocktail sauce
- Bruschetta (tomato appetizer served with small pieces of toasted bread)
- Rather than the standard carrot and celery sticks, try an Asian theme with baby corn, snow peas and red pepper slices served with low-fat sesame or ginger dressing.
- Another option is to replace the standard chips and salsa with a mix of corn, black beans and salsa scooped inside of a bell pepper half.
- For a tasty dessert, make an eggnog flavored dip to serve with fruit, angel food cake or small gingerbread cookies.

In addition to choosing healthier options, try to eat normally throughout the day. Don't try to starve yourself to "save up" calories before a party or dinner. Also, be sure to exercise regularly and get enough sleep. Most importantly, put the emphasis on spending time with family and friends, not on the food!

Thinking of giving cookies, fudge or a box of chocolates as a holiday gift? This year, try to give your family, friends and co-workers a healthier gift, such as a cookbook with quick and healthy recipes, sign them up for a cooking class or fill a recipe box with some of your own healthy recipes. You can also give gifts that encourage outdoor activity. Purchase pedometers, compasses or other gear that will encourage those you care about to be outside and active, they'll thank you later! - **Tarie Beldin**

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## CY-FAIR KIWANIS CLUB

By the time you read this, the Kiwanis Golf Tournament will have occurred. The Club thanks all who participated by playing or contributed through sponsoring a hole, a team, a player, or making a donation. Proceeds will go toward scholarships, sponsoring Key Clubs, supporting SIRE, cerebral palsy, boy and girl scout troupes and projects, and other worthwhile causes in the community.

The Cy-Fair Kiwanis Club meets three times a month at the Hearthstone Country Club in Hearthstone from 12:15 p.m. to 1:15 p.m. for lunch, and programs including guest speakers on subjects of concern to the community and individuals. We invite you to a complimentary lunch, fellowship with our members, an informative program, and an opportunity to learn more about our organization. Reservations are not required. The Club will meet November 3, 10, and 17.

Membership in Kiwanis is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International. If you would like to know more about Kiwanis and the service programs it promotes, call John Carroll at 281-463-0373; George Crowl at 832-467-1998; or Robert Presnell at 281-304-7127.

**CHILDREN: PRIORITY ONE is the motto of Kiwanis Clubs worldwide.** The Cy-Fair Kiwanis Club, an affiliate of the International Kiwanis organization, focuses its services, programs and activities on this theme.

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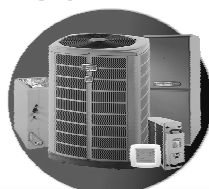
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## CY-FAIR REPUBLICAN WOMEN RECAP

### *Great Year*

Cy-Fair Republican Women had a terrific 2009. Our meetings are the second Tuesday of the month at 10:30, usually at Carraba's on Hwy 6 just south of Longenbaugh. Our speakers in 2009 addressed issues that affect our everyday lives. A few examples are TxDot gave us an update on the 290 corridor, the head of the Harris County Juvenile Courts spoke on gang activity, Operation Military Embrace - a group that does outreach for our wounded troops and their families spoke, a local doctor gave a talk on Health Care Reform and a member of the Baker Institute that deals with crime in Mexico and along the border informed the club. In addition the Harris County Tax Assessor/Collector Leo Vasquez spoke and then deputized many in the group as voter registrars. We have held voter registrations at Lone Star College and other locations. Many of our members do volunteer work for various campaigns and have attended district and state conventions. We do our best to be good members of the community and have helped out an elementary school in an economically depressed area by giving dictionaries, Texas and US flags and Constitution Handbooks. This is a fun way to make a difference in our local, state and federal government. For information please see our website at CFRW.net or call Mary Moss at 281-550-9415.



## NEW ORGANIZING CYPRESS CHAPTER OF THE

### *Daughters of the American Revolution*

A DAR chapter is forming here in Cypress, Texas. Any woman who is 18 years of age or older may join as long as direct lineage can be proven to a patriot in the American Revolution.

We meet on every third Thursday at the IHOP on 290 near Fry Road from 7 pm - 9 pm. Any ladies who are interested please feel free to contact me. The next meeting is November 19, 2009. Please come out and join us.

- Laura Neal

## *Copperfield Courier Stork Report*

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## Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

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

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## Interested in Submitting an Article?

You can do so by emailing [copperfield@peelinc.com](mailto:copperfield@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 Copperfield Courier. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

## SEND US YOUR

### Event Pictures!!

Do you have a picture of an event that you would like to run in the Copperfield Courier? Send it to us and we will publish it in the next issue. Email the picture to [copperfield@peelinc.com](mailto:copperfield@peelinc.com). Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at [www.PEELinc.com](http://www.PEELinc.com).



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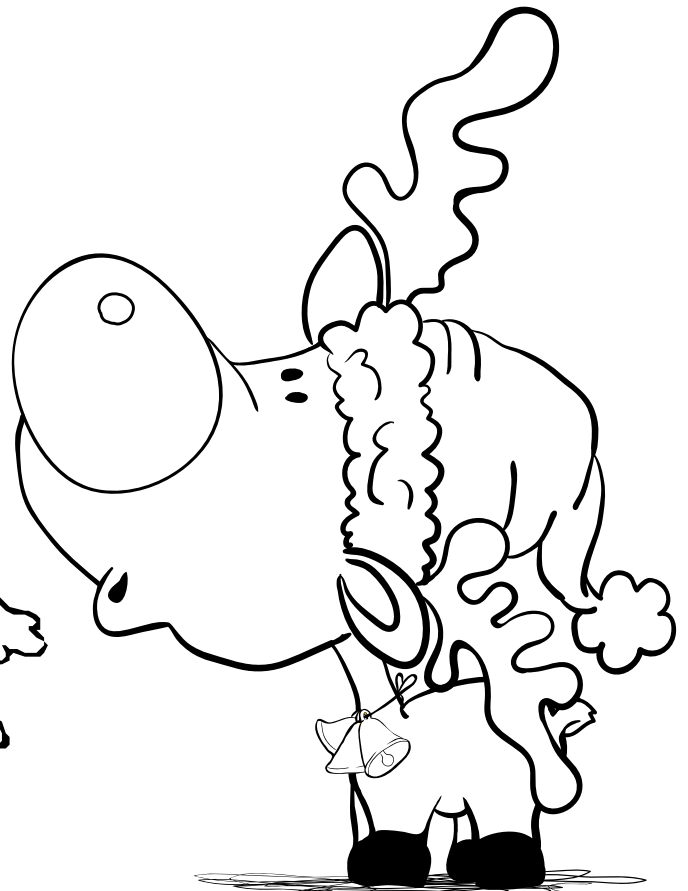
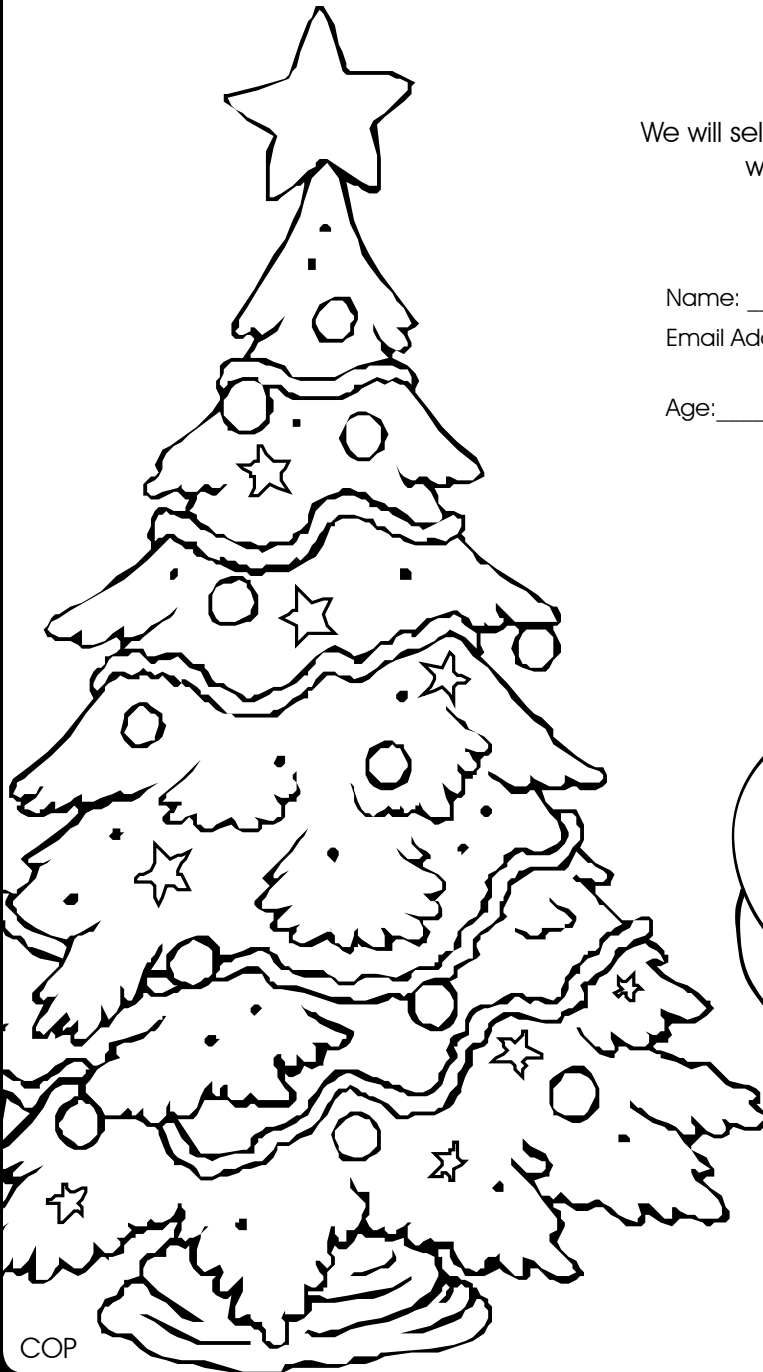
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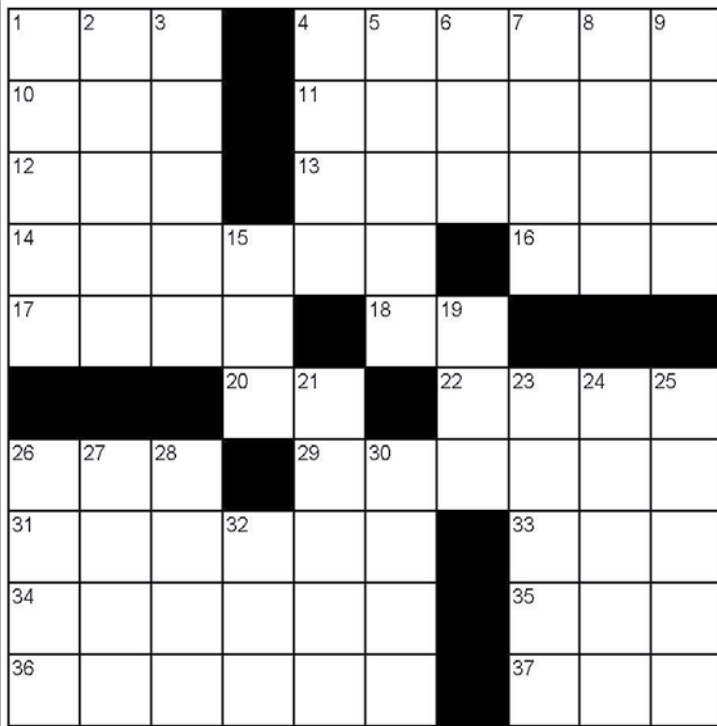
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## Crossword Puzzle



### ACROSS

1. Small amount
4. Metal bracket that holds stones together
10. Terminal abbr.
11. Timid
12. Mama
13. City in W. Oregon
14. Straighten
16. Spots
17. Stable gear
18. Gold (abbr.)
20. Mr. \_\_ (tv horse)
22. Canned meat brand
26. Oolong
29. Come out
31. Italian sausage
33. Wing
34. Busyness
35. Still
36. Parallelograms
37. Pigpen

### DOWN

1. Object
2. Repent
3. Deer
4. Prayer ending
5. Orange cheese
6. Floor covering
7. At sea
8. Defend
9. Potato sprouts
15. Compass point
19. Employ
21. Demobilize
23. Petitions to God
24. Metal tip on the end of a lance
25. Substantive
26. Despot
27. Every
28. Singing voice
30. Brief
32. Point

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