



The Coles CONNECTION

Volume 4, Issue 2

NEWS FOR THE RESIDENTS OF COLES CROSSING

February 2010

CYPRESS RANCH MUSTANG BAND

Garage Sale

Love to shop at garage sales? Made a New Year's resolution to save money or get organized? Cleaning out your garage or closets and wondering what to do with all that great "stuff"? The Cypress Ranch Mustang Band is sponsoring a garage sale on February 27, 2010 and could use your help whether you have things to donate or like to shop for bargains!

The garage sale will be held at St. Timothy Lutheran Church located at 14223 Hargrave Road, Houston from 8 AM to 3 PM on Saturday, February 27, 2010. St. Timothy Lutheran Church is located in the Willowbrook area, just north of Methodist hospital off of Highway 249.

Donations of toys, clothing, baby items, furniture, household items, working appliances, and electronics are all welcome. Pick up dates for items are: Saturday afternoon, February 7, 14, and 21 from 1 PM to 5 PM. Please call 281-373-5889 to arrange for a pickup.

Proceeds from the sale will benefit the Mustang Band. The Cypress Ranch Mustang Band is now in its second year and is rapidly growing in both size and skill including receiving a 5A first division rating in the UIL Marching Competition this fall. The band is under the direction of Russell Holcombe, with assistance from Kyle Stahl.

TEXAS FLAG FLOWN OVER AFGHANISTAN

Donated to Cypress Christian School

In honor of our many veterans and prayer warriors, Mr. and Mrs. Phillip Miller, Cypress Christian School parents, donated a special and unique "Texas" flag to the school located at 11123 Cypress N. Houston at Jones Rd. The flag was flown on June 19, 2009, in Afghanistan, by a United States Army Special forces team during a mission. The Miller's son, Jonathan gave the flag to his parents to present to Cypress Christian in honor of all the prayer warriors who have prayed for him during tours to Iraq and Afghanistan.

The Miller family asks everyone to pray Psalm 91, The Soldier's Psalm, for all soldiers who are in harm's way. It is said that, during WWI, the soldiers of the 91st Brigade recited the 91st Psalm daily. This brigade engaged in three of that war's bloodiest battles. Other units suffered up to 90% casualties, but the 91st Brigade did not sustain a single combat-related death. Cypress Christian School is honored to support our troops through prayer and donations. For more information on this story, please contact Sharon Miller at the school at 281.469.8829. Articles on how students support our troops are published in the school newsletter, CONNECTION, which is available via the school website at www.CypressChristian.org. (both C's should be capitalized for clarity).

THE COLES CONNECTION

IMPORTANT NUMBERS

EMERGENCY NUMBERS

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

SCHOOLS

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

OTHER NUMBERS

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

UTILITIES

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

NEWSLETTER PUBLISHER

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

ADVERTISE TO COLES CROSSING

You can get information about your service or products to every home in Coles Crossing, by running a business classified in the Coles Connection. It is a great way to get your name and contact information to many potential customers in your neighborhood. The cost is \$50 for up to 40 words. Display ads are also available. For more information, please contact Peel, Inc. at 888-687-6444 or advertising@PEELinc.com. The deadline is the 8th of each month for the upcoming month's newsletter.

Creating Strong Vibrant Communities

It's a fact of our global economy that consumers are drawn to the internet because of convenience. Why it is important to "Think Local Business First?"

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

Support the businesses in your community and "Think Local Business First."

Not Available Online



AUTUMNGROVE
Cottage



UNIQUE ALZHEIMER'S CARE

Our purpose is to honor our residents and those who love and care for them.

713-870-1393 OR 832-349-5735

Atascocita Lic. # 104020	Champions Lic. #103059	Copperfield Lic. #102347	Heights License pending
Katy Lic. #102463	Kingwood License pending	Pearland Lic. #104029	The Woodlands Lic. #103125

www.AutumnGroveCottage.com

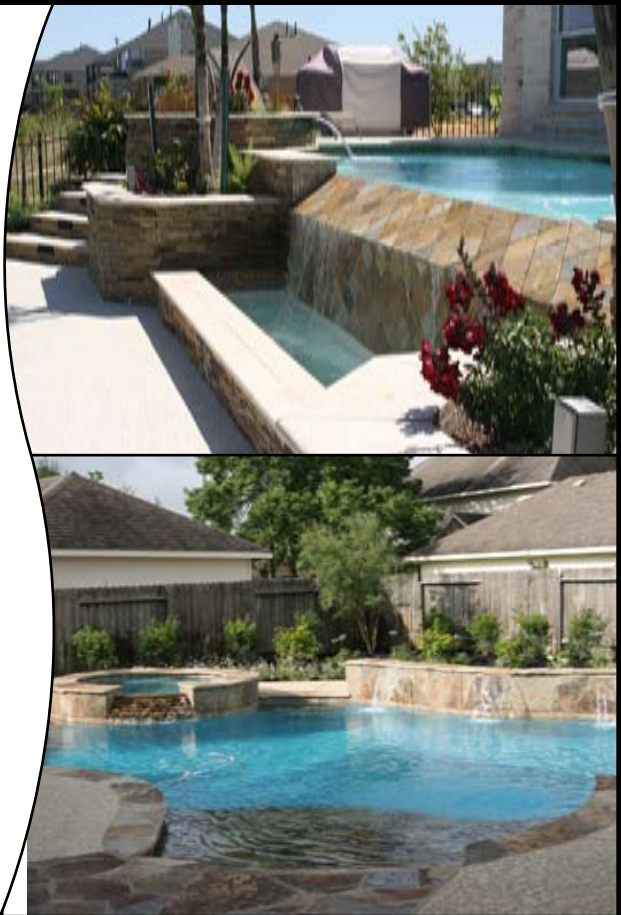


Custom Swimming Pools
 Pentair Pool Products
 New Construction & Remodeling
 Complete Outdoor Packages and Landscaping



281-726-1341

Lifetime Cypress Resident • Insured



CYPRESS LAWN & LANDSCAPING

Commercial • Residential

Craig Herring • Owner & Cypress Resident

281-387-9708

Live Oaks Installed

45-Gallon
\$375 ^{+tax}

100-Gallon
\$550 ^{+tax}

Special Financing Available
 through John Deere Credit

6 Months No Payments*
*upon approval

* **Sprinkler Systems**

LI#9376
 Installation
 Repairs
 Free Estimate



* **Landscaping**

Landscape Design & Installation • Mulching
 Landscape Lighting • Bed Cleaning
 Seasonal Flowers • Hedge Trimming
 Sod Installation • Fertilization • Drainage

* **Tree Service**

Tree Trimming
 Removal • Installation

* **Patios & Walkways**

Custom Design Your
 Patio or Walkway
 Flagstone • Pavestone

* **Custom Outdoor Kitchens**

* **Patio Covers**

Pergolas • Arbors • Composite Shingle

* **Lawn Service**

\$25 & Up

* Insured for Your Protection

* Financing Available



THE COLES CONNECTION

BAK-PAK CRITTERS READING PROGRAM WAGS INTO KEITH ELEMENTARY

BAK-PAK: Books and Kids, Power and Knowledge

Keith Elementary is participating in a very exciting reading program called BAK-PAK Critters Reading Program. This program is dedicated to helping children improve their reading skills by using specially trained therapy dogs. Teams consist of a handle and their therapy animal. Two teams work with 20 students during the school day on a one-on-one basis to help at-risk students improve their reading skills. Research shows that children who are below their peers in reading skills are often intimidated by reading aloud. The use of therapy pets reduces stress and students are more willing to interact with an animal than with another person.

Keith Elementary gives a special thanks to Lori King and Becky Talash for volunteering countless hours training their own pets to be certified therapy dogs. Their dogs kicked off the program in January and it has been a huge success.

More dogs are needed. You and your pet can become involved in this specialized animal assisted reading program which is sponsored by Oaks Presbyterian Church and partially funded by a grant for Williams. For more information please contact Mary Kegarise at 832-326-4112 or mary_kegarise@hotmail.com

4th Annual Cy-Woods' Athletic Booster Club Classic Golf Tournament

4 Person Scramble

April 9, 2010

Longwood Golf Club

Cypress, Texas

\$25,000 Hole in One Prize

Meal, Awards, Silent

Auction, & Door

Prizes

For more information, go to:

www.wildcatclassicgolf.com

or

info@wildcatclassicgolf.com



PROMOTE YOUR BUSINESS *in Style!*

- BUSINESS CARDS / BUSINESS CARD MAGNETS / MAGNETS
- POST-IT® NOTES / CUBES & MEMO PADS / DECALS
- BUMPER STICKERS / MEMBERSHIP CARDS & ID BADGES
- PERSONALIZED WRITING INSTRUMENTS / CALENDARS
- HEALTHCARE PROMOTIONS / DRINKWARE & KOOZIES®
- NEWSLETTERS / BOOKLETS / FLYERS
- ENVELOPES / LETTERHEADS / RUBBER STAMPS
- BUSINESS FORMS / AND MUCH MORE....

NEED AN ADVERTISING SPECIALITY ITEM?

1-888-687-6444 ext. 24

Quality
PRINTING COMPANY

Experience Matters
Doing business for
30+ years.



THE COLES CONNECTION

ASK AN EXPERT: MAINTAIN YOUR VEHICLES REGULARLY

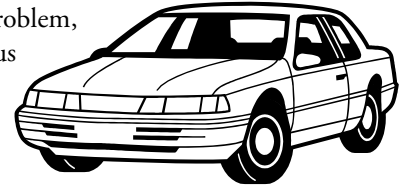
To Save Gas And High Repair Costs

Written by Chris Yarger

There are more benefits to maintaining a regular schedule of preventative maintenance than just a longer car life. A well serviced vehicle will not only perform as it should but will run more efficiently, saving its owner money and avoid unplanned or potentially unsafe situations. Following these simple steps provide cost-saving benefits to protect your vehicle life-span:

- **CHANGE ENGINE OIL AT REGULAR INTERVALS** – Engine oil will clean, lubricate and cool your engine properly. When oil levels are inadequate or not changed with its filter as recommended, your vehicle consumes more gas to compensate for increased heat and friction among the engines moving parts.
- **CHECK FLUIDS MONTHLY** – Your engines vital fluids including antifreeze, transmission and brake fluids must be kept at their proper levels to prevent rust and dirt build-up which can ultimately clog or restrict the flow of fluids and damage internal parts. An engine deprived of clean fluids will struggle to operate efficiently and ultimately burn more fuel.

- **CHECK TIRE PRESSURE WEEKLY FOR MAXIMUM FUEL EFFICIENCY AND SAFETY** -- Properly inflated tire pressure is key for fuel efficiency. An under inflated tire causes increased road resistance which makes the vehicles computer to allocate more fuel to the engine. Tires should also be rotated every 5,000 miles to prevent uneven wear and prevent a potential blowout and hazardous situation on the road.
- **SERVICE YOUR VEHICLE REGULARLY BY A TRUSTED AUTOMOTIVE EXPERT** – Regular preventative maintenance rather than costly repairs keeps you driving efficiently and safely while protecting resale values and warranties. Follow the maintenance schedule per your owner's manual and do not neglect even a small problem, as they can lead to dangerous situations and costly repairs.



Pediatric Dentist
infants children teens

13611 Skinner Road, Suite 135
Cypress, Texas 77429
(Skinner at Spring Cypress)
www.cypresskidsdentist.com

p 281.758.2790 f 281.758.2791

Plumbing Problems?



\$25 Off

Isn't it nice to be able to pick up the phone and make your troubles go away? That's how it is when you call Pickett Plumbing. No mess, no fuss, no worries. Just the cleanest plumbers in town doing what they do best.

Why Re-Pipe When There's

ePIPE™

You'll Know The Price Before They Start And They Have The Longest Warranties In The Area

713-896-9700

PICKETT
PLUMBING L.P.



P10B

Coupon Valid on Plumbing Repair or Drain Cleaning Jobs, No Other Discounts Apply M4975 www.HoustonPlumber.com

THE COLES CONNECTION

Lone Star College-CyFair Perspective

LOOK WHAT'S ON STAGE AND IN THE GALLERY

On stage enjoy a Percussion One Drumline performance Feb. 6 and an autobiographical comedy drama in "The Good Times are Killing Me" Feb. 25 – March 7. In the Bosque Gallery, visit "Mothers and Daughters" a visually and emotionally moving collaborative exhibition Feb. 9 – Feb. 25. A reception with artist Mari Omori is Feb. 11 and an artist's talk is Feb. 25. For event information, go to LoneStar.edu.

L.I.F.E. LESSONS IN FEBRUARY

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) Programs in February include: recyclable cards in "BE My Valentine" Feb. 3; FBI agent stories in "A Day in the Life of an FBI Agent" Feb. 10; a Vietnamese cooking lesson in "Fold your own Spring Rolls" Feb. 17 and differences between two great military men in "Lee and Grant" Feb. 24. Call the library at 281-290-3213 for L.I.F.E. program information or go online to LoneStar.edu.


NEED MONEY FOR COLLEGE? GET ASSISTANCE FEB. 21

Don't miss College Goal Sunday, a YMCA-sponsored national

financial aid program, from 2 p.m. to 4 p.m. in the Technology Building at Lone Star College-CyFair. Attendees will get free, on-site professional assistance filling out the FAFSA (Free Application for Federal Student Aid); can talk to financial aid professionals about financial aid resources and how to apply; and will get information regarding state-wide student services, admission requirements and more. Watch for additional FAFSA workshops this spring. Visit LoneStar.edu/financial-aid for information.

EVER THOUGHT ABOUT A CAREER IN TEACHING?

Lone Star College-CyFair will host an Alternative Teacher Certification Program (ATCP) information session at 6 p.m. Tuesday, Feb. 16. The teacher certification program is designed for individuals who have a bachelor's degree and want to enter the teaching profession. A question and answer period will follow the presentation. This information session will also provide information on a new Clinical Teaching option which provides students training and field-based experience at the appropriate grade level or content area. For information, call 281.290.3957, e-mail cy-fair.tcp@lonestar.edu or go to LoneStar.edu/cyfair-atcp.



THE FOUNDRY
A UNITED METHODIST CONGREGATION

full.fill.life.

Find out how becoming a part of a church family can help fulfill your life.

JOIN US THIS SUNDAY!

Fry Road Campus
Movie Theatre on Hwy 290 & Spring Cypress
Traditional Service: 9:00 a.m.
Contemporary Service: 10:20 a.m.

Jones Road Campus
8350 Jones Road, ¼ mile off Hwy 290 on Jones
Traditional Services: 8:15 a.m., 9:20 a.m., 10:40 a.m.
Contemporary Services: 9:20 a.m., 10:40 a.m.

www.foundrychurch.org | 713.937.9388

Bashans Painting & Home Repair

Commercial/Residential
Free Estimates

281-347-6702



281-731-3383 cell

- Interior & Exterior Painting
- Hardi Plank Installation
- Wood Replacement
- Sheetrock Repair
- Interior Carpentry
- Cabinet Painting
- Wallpaper Removal and Texturizing
- Pressure Washing
- Fence Repair/Replacement
- Garage Floor Epoxy
- Custom Staining
- Roofing
- Gutter Repair/Replacement
- Faux Painting

References Available • Fully Insured
NO PAYMENT UNTIL COMPLETION
bashanspainting@earthlink.net

THE COLES CONNECTION

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

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 colescrossing@peelinc.com.

Please include a photo if possible.

Congrats Neighbor!



While we can't prevent the flu, together we can slow it down.



What you can do.

- Ask your physician about getting both the seasonal and the H1N1 flu shots
- Wash hands frequently with soap and water
- Sneeze or cough into the crook of your elbow, not your hand
- Use a household disinfectant regularly on doorknobs, appliance handles, remote controls, light switches, phones and other commonly touched surfaces
- Use disinfecting spray in bathrooms on toilet handles and seats, faucets, shower, tubs and sinks

What we do every visit.

Our Back Pack Vacs with HEPA filtration can capture up to 99% of all germs, bacteria and allergens throughout your home

We clean and disinfect bathroom surfaces-sinks, tubs, showers, toilets, floors


We clean and disinfect light switches, doorknobs, phone receivers and other commonly touched surfaces

Our **22-Step Healthy Touch® Deep Cleaning System** covers virtually every reachable surface in every room

The Maids Home Services

Nobody Outcleans The Maids.®

Call today for a **FREE** estimate.

832-593-7500 

www.maids.com    



THE COLES CONNECTION

CY-FAIR HIGH SCHOOL - PROJECT PROM 2010



Denim & Diamonds

Dinner and Dance, Live Auction, Silent Auction, and Entertainment

Friday, February 26, 2010

7:00 pm – 11:00 pm

VFW Hall, 21902 Hempstead Hwy.

Cypress, TX 77429

25.00 per person / admission 21 or older

All proceeds benefit Cy-Fair High School Project Prom 2010

For more information: www.cyfairprojectprom.org.



Upcoming Fundraisers include:

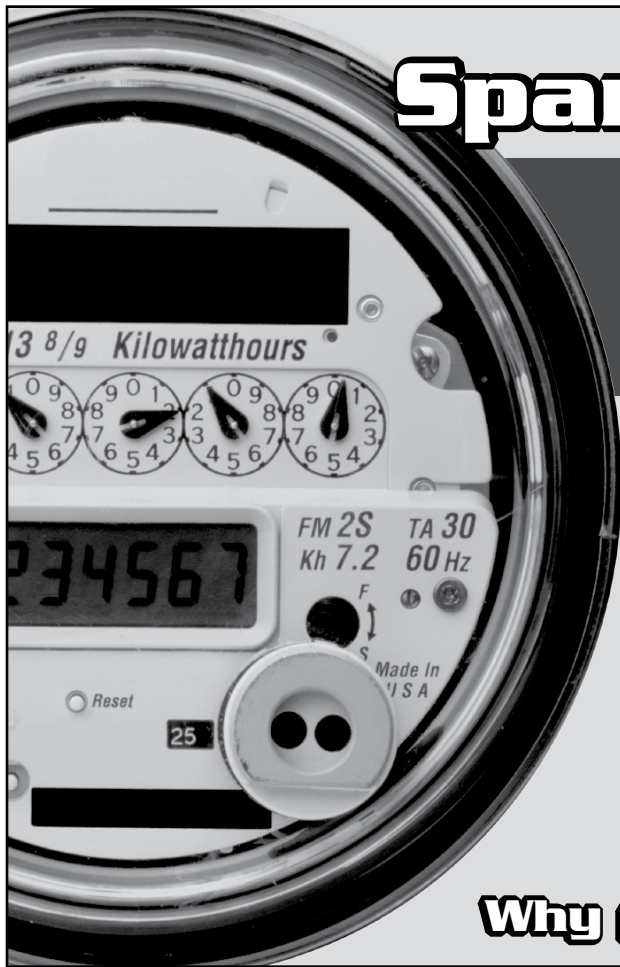
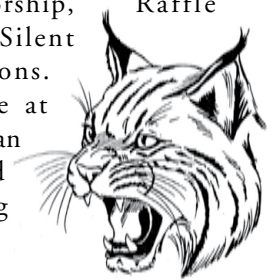
Tickets on sale now for CFPP annual Denim and Diamonds Dinner, Dance and Silent Auction to be held at VFW Hall on Telge @ Hwy 290 on Friday, Feb 26 from 7-11 pm. Dinner will be served by La Hacienda Mexican Restaurant at 7:30pm and tickets are \$25.00 each. Get yours today!! Sponsor a table for \$250.00 and receive 2 free tickets!! We NEED silent auction items. Please consider donating an item to our 501c3 organization. Please contact Terry Ortiz at terry.ortiz@cfisd.net or 281-389-4522 to donate items or purchase tickets.

Mulch Sales, pre order with form online at www.cyfairprojectprom.org by Feb. Two cubic feet of black mulch is bagged and sells for \$5.00 a bag. Our two drop off points will be at the Wortham Villages Club or StoneGate park near the guardhouse.

T-Shirt Sales: Bobcat T-Shirts are for sale for \$10! Students will be able to purchase on Fridays at the lollipop stand during lunches in the cafeteria or parent can purchase at each general meeting. Wear t-shirts to a meeting and earn 1,000 PP\$! These make a great gifts for your senior!! The shirts are in. Be sure to get yours today!!

Golf Tournament: Friday, April 3, 2010 Four-man Scramble tournament, shot gun start at noon, includes golf, range balls, buffet lunch and after golf snacks. We are looking for donations for Hole sponsorships, appetizer or lunch sponsorship, Raffle donations and Silent Auction donations.

Register on line at GolfQ or fill in an Entry Form and send to our mailing address.



Spark Power Bank

Electricity Rates Are At Near Record Lows!

Compare our rates to ANY power provider in Texas and you'll see why SparkPowerBank.com is the low cost leader!

SIGN-UP ONLINE TODAY!
WWW.SPARKPOWERBANK.COM

Please choose "Newsletter Ad" as your referral

I'm Texas Energy Analyst Alan Lammey. Maybe you've heard me on the radio talking about the market forces that drive energy prices. I'm here to tell you that you're not stuck paying those high prices to big electric companies anymore!

Why pay more than you have to?

THE COLES CONNECTION

TAG TEAM VOLUNTEER TRAINING SCHEDULED

Cypress-Fairbanks ISD needs caring members of the community to join the VIPs TAG Team (Targeting Achievement Globally). This team of volunteers works with the district's helping teachers to tutor students in science on selected elementary school campuses. You do not need to be a parent or family member of a student to become a team member. You can become a global volunteer – a generous, concerned resident of the community who wants to help children reach their full academic potential. No specialized knowledge or training is necessary. We do ask that team members be willing to work on a consistent, weekly schedule so that the students receive the utmost benefit from their work.

An informal orientation meeting will be held on February 11, 2010, from 9:30-11:30, at the Richard E. Berry Educational Support Center, 8877 Barker Cypress Road. This meeting is a great opportunity to gather with district administrators, current TAG Team members and your fellow volunteers to learn more about the program. In order to keep up with increasing demand for tutors, we need your help! For more information, please contact Kim Nash (kfnash1@sbcglobal.net or 281-550-2685) or the CFISD Partners in Education Office (Pamela.scott@cfisd.net or 281-894-3950). To RSVP for this informational meeting, please send an email with your name and meeting date to vipssvp@cfisd.net.

“What Happens in Vegas ...”

The 2010 S.N.A.P. (Senior Night After Prom) Committee of Cypress Creek High School will host a Las Vegas-style Parent Night Out on **Sunday, February 21st, 2010 from 5 p.m. to 9 p.m.** This fun evening, featuring dinner, casino games, silent and live auctions will be held at Parkway Chevrolet, 25500 Hwy. 249. Tickets are \$25 per person, and include dinner, \$3,000 casino money and 2 drink tickets. The event is open to everyone – being a Cy Creek parent is not required. For casino night tickets and/or contributions, please contact Jeannette Harris at 713-560-6666 or jharrissix@comcast.net.

A 2010 Cougar Blue Camaro will also be raffled off during the casino night in support of S.N.A.P. Raffle tickets are \$20 each or 6 for \$100. You do not have to be present to win. Contact Mike Wilson at 832-496-2748 or mew0954@sbcglobal.net for raffle tickets. Details about the 2010 S.N.A.P. are at www.cycreeksnap.org.



SALONS at STONE GATE

Be a fan of Salons
Facebook!



♥ HAPPY VALENTINES DAY! ♥

281-256-2204
www.salonsatstonegate.com

Salons at Stone Gate
11734 Barker Cypress
(One block south of Hwy 290)

Tues-Thurs 9AM - 7PM
Fri 9AM - 5PM
Sat 9AM-4PM



SPECIALIZING IN HOME REMODELING AND CUSTOM HOME CONSTRUCTION

With over 12 years of residential new home construction experience, Thelen Homes & Remodeling has the knowledge, expertise, and strong reputation you look for in a builder. We strive for excellence in:

- New Home Construction
- Room Additions
- Covered Patios
- Outdoor Kitchens
- Kitchen/Bath Conversions
- Landscaping
- Custom Paint & Flooring

**VISIT US ON
THE WEB OR
CALL TODAY TO
SET UP YOUR
APPOINTMENT!**

“For every house is built by someone, but God is the builder of everything.” Hebrews 3:4

President: Chris Thelen chris@mythelenhome.com
832.250.1291 www.mythelenhome.com

THE COLES CONNECTION

Not Available Online



Family Fun Center

**13529 Skinner Road
Cypress, Texas 77429
281-304-6565**

“Cypress Birthday Party Headquarters”

Hours

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

Lasertag & Arcade

***Birthday/Team Parties
Private Parties
Corporate Functions***



Buy One Get One Lasertag Mission Free With This Ad
Limit one per customer. Offer expires 2/28/10

www.lazerx-cypress.com

Texas Can Cleaning Service

a curbside trash can cleaning service

Clean, sanitize and deodorize curbside trash cans without leaving any debris deposited on the street outside your home!

- *Protect your family from germs & illness*
- *Same day service as trash pickup*
- *All products eco-friendly & biodegradable*



only \$7 per month!

For more information and promotional details

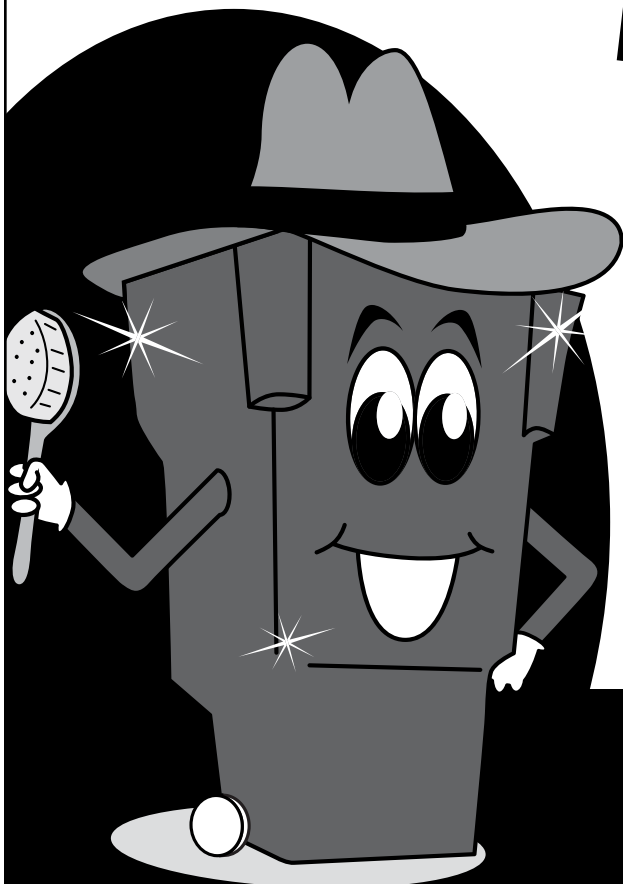
visit our website

www.texascancleaningservices.com

call us at 281-615-0422 or

email at texascancleaning@aol.com

T.C.C.S



THE COLES CONNECTION

Not Available Online

VISIT US ONLINE

With just one click...we offer you everything from art to restaurants to zebras - and, of course, houses.

Our easy-to-follow, step-by-step guides will walk you through the processes that can lead to success in today's exciting real estate market.

Our Live Chat line allows you to instantly communicate with us with a click of the mouse.

You ask, we'll answer.



heritagetexas.com

Twelve Offices Strong To Better Serve You

25250 NW FREEWAY, SUITE 200
CYPRESS, TEXAS 77429
281.463.4131

HERITAGE TEXAS PROPERTIES

WELCOME TO HERITAGE TEXAS

HOME | CONTACT | MY HTP | SITEMAP

Enter Addr, MLS or Zip SEARCH

PROPERTY SEARCH

OPEN HOUSES

SERVICES

OUR COMPANY

OUR AGENTS

MOVING

BUSINESS DEVELOPMENT

COMMUNITIES

TOOLS

QUICK PROPERTY SEARCH

GLOBAL & NATIONAL SEARCH

OUR CITY, OUR NEIGHBORHOOD

NEWS/VIDEO MOBILE MAP SEARCH LIVE CHAT

LEADING REAL ESTATE COMPANIES OF THE WORLD LUXURY PORTFOLIO FINE PROPERTY COLLECTION

HOME | PROPERTY SEARCH | OPEN HOUSES | BUYERS | SELLERS | OUR AGENTS | OUR OFFICES | MOVING | BUSINESS DEVELOPMENT | COMMUNITIES TOOLS | MY HTP | HTEK.MOBI | LIVE CHAT | POLYGON MAP | SEARCH GLOBAL & NATIONAL | SEARCH HOME SITE MAP | CONTACT US

ENGLISH | SPANISH

Copyright © 2009 Heritage Texas Properties. All Rights Reserved | Privacy Policy | Terms and Conditions
Copyright © 2009 Houston Ballet. All Rights Reserved.

Ballet Dancer: Houston Ballet's Mirella Hasenboscher
Photographer: Drew Donovan

Not Available Online

Not Available Online

Coles Crossing Stork Report

Congratulations!
Let us help celebrate...
email info on the arrival
of your little one to
colescrossing@peelinc.com



FREE
CARBON MONOXIDE TEST
Keep your family safe this winter

Available with every heat check-up (That's a \$49 value at no cost to you!)

A-PLUS
MECHANICAL SERVICES
Air-Conditioning & Heating

281-970-5200

your **HEATING**
and **COOLING**
EXPERTS

Same Day Service

TACLB014192E



TAXES • ACCOUNTING • BOOKKEEPING

**Call Me to Schedule Your
Tax Preparation for 2009!**

Visit me at my Cypress Location
13611 Skinner Suite 165, Cypress 77429 (In Fuerst Law Office)

Lisa Beitler

Certified Public Accountant

18 years experience
Texas A&M Graduate
Cypress resident

“The Cypress CPA”


281-455-5625
www.beitlercpa.com
lisa@beitlercpa.com



*“I am a full-service CPA
offering a personalized
approach to your
personal and business
accounting needs in
Cypress, Texas.”*

- Personal and Business Tax returns
- QuickBooks services including training
- IRS problem resolution
- Payroll preparation, Sales Tax, Property taxes
- Financial statements
- Small business set-up and consulting
- Tax planning

THE COLES CONNECTION



Mark R Guillory, D.D.S., P.A.
General & Cosmetic Dentist

GENESIS
FAMILY DENTAL

Where Your First Impression Begins With A Smile
13215 Grant Road, Suite 600 | Cypress, Texas 77429
T 832.717.3000 | F 832.717.3003
info@genesisfamilydental.com
www.genesisfamilydental.com

CY-FAIR KIWANIS CLUB

Would you like to be involved in an organization that focuses its service projects toward benefitting the lives of children and teenagers in our community? Come join us at the CY-FAIR KIWANIS CLUB and be a part of these activities. CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs in the Cy-Fair Schools; supports Girl Scout, Boy Scout, and Sea Scout troops and activities; provides scholarships to outstanding Key Club members in our district; provides assistance to Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.

Membership 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 programs it promotes, we invite you to be our guest at one of our monthly meetings. The Cy-Fair Kiwanis meet at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll at 281-463-0373 or George Crawl at 832-467-1998.

**Advertise
Your Business Here
888-687-6444**

Peel, Inc.
Printing & Publishing
Publishing community newsletters since 1991

**Support Your
Neighborhood
Newsletter.**



Kari Harrison
Sales Representative
713-855-1731
kari@peelinc.com

*Advertise your business
to your neighbors.*

1-888-687-6444 www.PEELinc.com



**Dynamic
Air & Heat**
www.dynamicairandheat.com
832-593-7555

Dynamic's JOB Stimulus Package
Please keep our professionals working during our slow season

10% OFF Any Repair & NO Service Charge
with repair. Not to be combined with other offer, coupon or special. Expires 2-28-10

Stay Safe and Enjoy A Toasty Warm Winter

Furnace Check-Up \$59 ⁹⁵ <small>Cannot be combined with any other offer, coupon or special. Expires Feb. 28, 2010</small>	Furnace Tune-Up \$89 ⁹⁵ <small>Cannot be combined with any other offer, coupon or special. Expires Feb. 28, 2010</small>	Check-Ups look for potential problems before the busy winter season. Tune-Ups increase efficiency and help your equipment last longer. <small>*Parts extra. Multiple unit discounts same home. Not valid with any other offer.</small>
-------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

JOBS ... JOBS ... JOBS
Keep our professionals working during our slow season

Up To \$1,000 Savings
Save \$500 OFF any A/C and/or Save \$500 OFF any heating system.

Dynamic Air & Heat
Texas License TA CLB19658E Offer Expires Feb. 28, 2010

Financing Available (WAC)



Greg Riddle
Owner

THE COLES CONNECTION

THE MOMS CLUB® OF CYPRESS MOMS OFFERING MOMS SUPPORT

MOMS Club® is an international organization with a neighborhood feel! We are teachers, business women, counselors, chefs, CPAs and artists who have put those careers on hold and have made the choice to stay home with our kids.

MOMS Club® is a place to find friendship, support, playmates and sisterhood!

ALL events include our children and we believe there is something for every mom out there! Are you looking for park days, coffee breaks, lunch outings, (free) babysitting co-op, craft projects, time to sit and chat, cooking club, book club or

someone to share dinner with when your husband is traveling or working late? We even find the time to meet once a month for a mom's night out for a great time to unwind. Or are you interested in helping within the community with service projects? We have that! (And a whole lot more!)

For more information, please contact
Keri Whitt, Membership VP,
at 713-724-4147,
keriwhitt@yahoo.com

or
Amy Wilkes, President, at 281-455-
2807, amywilkes2003@yahoo.com.

*"Adventures in Mothering"
at The MET*



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

MOPS stands for Mothers of Preschoolers, a program led by mothers themselves and designed for mothers with children ages birth to 5. These mothers all have a shared desire...to be the best mothers they can be!

For more information on meetings in Fairfield, please contact Renate Wheeler at renateqw@yahoo.com. They will meet on the second and fourth Fridays during the school year.

IT'S TAX TIME!

Serving Your Community for Over 20 Years!

BUSINESS SERVICES

- Small Business Specialist
- Corporate Tax Preparation
- Full Cycle Business Bookkeeping
- Payroll & Retirement Plans
- Incorporations
- Notary Public



HERITAGE PLUS FINANCIAL, INC.

13211 Jones Road • Houston, TX 77070

281-894-0499

www.HeritagePlusFinancial.com

INDIVIDUAL SERVICES

- Income Tax Preparation
- Estate & Gift Tax Returns
- Tax Planning
- Retirement Planning
- E-File & Direct Deposit
- College Planning
- Investment & Legal Services

Call to schedule your tax preparation appointment and receive a \$20.00 discount when you mention this ad!

Tax laws change every year. We work year-round to provide you with the service you deserve. With over 45 years of combined experience, we are here to help you make beneficial tax decisions!

**Visit us Mon-Sat, 9am-7pm. Call 281-894-0499 for an appointment, walk-ins are welcome!*

THE COLES CONNECTION

MEET NICHOLAS

DOB: 02/1996

Nick is a friendly and sweet child, although he is shy when meeting new people. Nick enjoys interacting with other children in his class and in his home. He also likes to please others and enjoys helping when he can. Nick is all boy and enjoys throwing a football, playing outdoors, video games & board games. He also likes to draw and play with various action figures. Nick is also interested in collecting cars. Nick performs well in school and receives good reports from his teachers. Nick is most proud when he is reported for doing things well. His foster parent notes that he can be a very sweet and helpful child. He befriends other children easily. He catches on to various activities quickly and likes to figure things out, such as how to take things apart and put them back together. Nick's caseworker notes that he's competitive when playing games and is a natural "practical joker" as he enjoys making people laugh.

If you would like more information about Nick, or the adoption process, contact the Adoption Coalition of Texas at info@adopttexas.org.

Remember ~ There are no fees to adopt from the foster care system, regardless of what agency you work with!

The Adoption Coalition of Texas is a nonprofit organization (operating under the Austin Community Foundation), created in 2003 to focus on finding forever families for children languishing in the foster care system. Adoption Coalition of Texas partner agencies include Arrow Child and Family Ministries, Child Protective Services, Lutheran Social Services of the South, Marywood Children and Family Services, and Pathways Youth and Family Services.



DON'T WAIT TO SELL

Buyer's Tax Credit Expires April 30th

Now is the time to **SELL YOUR HOME!**

Take advantage of the large block of pre-qualified anxious buyers participating in the tax credit program. Call for details.

Free maid service with listing!

Tiffany Sebastian



Re/Max Suburban Northwest

11550 Louetta Rd #1200 Houston TX 77070
www.TalkToTiffany.com 281.300.8585



Britt's Book Buzz

THE GIVER BY LOIS LOWRY

"A Perfect World?"

The Giver by Lois Lowry won the 1994 Newbery Medal. Considered a young adult book, I purchased it for my nephew, but wanted to preview it before giving it to him. While I thoroughly enjoyed the book (it is intensely deep and invited more thought and examination than any other book I've read in a long time), I don't think the content is appropriate for young adults. I'll explain this in more detail, but in preparation for writing this review, I noticed that The Giver is on many middle school reading lists, but it is also on many banned book lists and appeared on the American Library Association's list of the most challenged books of the 1990's.

Although I didn't give the book to my nephew, I think it is an excellent adult read. This book makes you really think. It describes a community that lives in what the author describes as a "perfect" world—one without pain, emotion (including love), color, decisions, surprises, memories, inconvenience and even temperature variations. While this is definitely not my idea of a perfect world, the people of this community of people live their daily lives in a very robotic and extremely organized way.

Each member of this community is assigned a specific role at the age of 12 and the main character, Jonas, is given the role of Giver. He is given all the memories of past generations where there was pain, love, hunger, the brilliance of color and he is responsible for holding all of these memories so no one else has to live through them. The way the Receiver transfers these memories to Jonas and the horrifically hard life that awaits Jonas is extremely interesting and creative.

When Jonas questions things—which he has never been permitted to do—he understands the very hard, but accepted way of life in his community. In particular, the "releasing" of the rule breakers, elders and anyone else who stands out or is an inconvenience to the group is heart wrenching—this is the part that is not for young adults.

The book is extremely creative; from the way the community and each family are structured to the unique role each person is assigned. It begs the question, "What would you give up to live in a more secure world?" and on the other hand, "What would you sacrifice to live life to the fullest?"

I definitely have Gathering Blue and Messenger on my reading list, two other books that are companion reads to The Giver.

CORK CAFÉ

Wine & Coffee

NEW!

Wine Club



Join Today...

2 bottles of Vino Club Selection
per month

10% Off on-premise wine purchases

15% Off take-home wine purchases

Earn points on purchases for even
more rewards!

Visit Cork Cafe for more details and to sign up!

20% OFF with this coupon*

Expires 03/31/2010

*excludes already discounted items

Host your next party in our Private Room!

Tel: (281) 758-1682

www.corkcafe.com

THE COLES CONNECTION

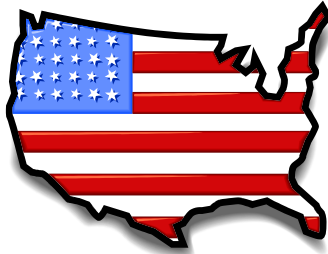
America is Good

- I believe in God and He is the Center of my Life.
- The family is sacred. My spouse and I are the ultimate authority, not the government.
- I have a right to life, liberty and pursuit of happiness, but there is no guarantee of equal results.
- I work hard for what I have and I will share it with who I want to. Government cannot force me to be charitable.
- The government works for me. I do not answer to them, they answer to me.

If you agree with any or all of the statements above then come to
The Glenn Beck 9/12 Project Organizational
meeting for Cypress on the second Thursday of each month.
Located at 15010 Mueschke Rd.

Get involved.

For more information, please call
281-373-9337.



Oil & Gas Networking

If you work in any aspect of the Oil & Gas Industry and would like to network and meet your Cypress neighbors in your field, please come say Hi!

We will meet the 1st Monday of each month at IHOP on Hwy 290 (Next to CVS on Fry Road) between 5:30 am and 8:00 am.

Come by have a cup of coffee and get the latest events and happenings in the Industry. If you have any questions please feel free to email me at Kevin.Kays@sbcglobal.net

The Daughters of the American Revolution

Elisha Roberts Chapter, NSDAR meets every third Thursday at Meson 1910 Mexican Restaurant on Mason Rd. The Daughters of the American Revolution is open to any woman 18 years or older who can prove direct lineage to an ancestor who fought in the American Revolution or provided patriot service. Our new chapter is looking for members. If you are interested in joining, please stop by and say hello...meetings start at 7 pm. If you have any questions, please feel free to contact me: Laura Neal at lizardsareicky@sbcglobal.net or 281-256-3545.



Equipping Students to Engage and Impact
Their World for Jesus Christ

- Fully Accredited K-12 / College Preparatory
- High School Dual Credit and AP Courses
- Comprehensive Technology Program
- Award Winning Sports and Fine Arts

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)

Fusing Faith and Learning
CYPRESS
CHRISTIAN
SCHOOL
Education Excellence Since 1978

www.CypressChristian.org
11123 Cypress N Houston Rd
Houston, Texas 77065
(near the corner of Jones &
Cypress N Houston - north of 1960)
281-469-7745

CertaPro Painters®

<http://cypress.certapro.com>

Interior & Exterior Painting

FREE Estimates

Fully Insured

2-Year Warranty

281-719-0021

936-443-7887

800-GO-CERTA

(462-3782)



Same-As-Cash – EZpay Program

12 month – No Interest – No Payment



Loans provided by EnerBank USA (1245 E. Brickyard Rd., Ste. 640, Salt Lake City, UT 84106) on approved credit for a limited time. Fixed APR 17.94% subject to change. Repayment terms vary from 24 to 132 months. Interest waived if repaid within 365 days.

THE COLES CONNECTION

Recipe of the Month

Italian Bread

Ingredients

- 1 package Hot Roll Mix
- 8 oz. shredded Mozzarella cheese
- 4 ozs. grated Parmesan cheese
- 4 ozs. Pepperoni, diced fine
- 1 tablespoon parsley flakes
- 1/4 tsp. garlic powder
- 1 - 8 oz. Ricotta cheese or 1 cup cottage cheese
- 1 egg



Directions

Follow instructions on Hot Roll Mix. Punch down & roll out to a rectangle about 18 x 12". Beat the egg with the ricotta or cottage cheese and spread on the dough. Sprinkle all remaining ingredients over the dough. Roll up and place in a curved shape on a greased cookie sheet. Cut the dough almost through the roll about every inch. Let rise again for about 1 hour. Bake in 350° oven for about 40 minutes or until browned.

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

NEW Cypress, Texas NSCAR Society Organizing

The Children of the American Revolution is the oldest and largest Patriotic Youth Organization. Currently, a new CAR Society is organizing in Cypress, Texas. Membership is open to any child under the age of 21 who is lineally descended from someone who provided aid for the cause of freedom in the American Revolution or who served in the Continental Army.

The new CAR Society is proudly sponsored by the Robert Rankin Chapter, NSSAR and the Organizing Cypress, Texas Chapter, NSDAR.

For more information, please visit www.nscar.org or contact Melinda Sims, Organizing Senior Society President, at 281-856-2536 or email -- melinda@mazzaroth.net.

Emergency Room Open 24 Hours

READY OR NOT ... WE ARE.™

Texas Emergency Care Center is open **24 hours a day**.

We're committed to delivering comprehensive medical services in a comfortable environment with little to no wait time – day or night.

You'll experience:

- A full-service facility equipped with a complete laboratory, radiology, CT scanning and cardiac monitoring.
- Prompt, friendly and caring service.
- Quality face time with a physician who is Board Certified in Emergency Medicine.

After all, emergencies just can't wait.

281-304-9113

All private insurance accepted.

Spring Cypress at Skinner Road
17255 Spring Cypress Road, Suite A

www.txercare.com



T E X A S
EMERGENCY CARE
C E N T E R™
A T C Y P R E S S



THE COLES CONNECTION

GIRL SCOUT COOKIE PROGRAM

Girl Scout cookies are a familiar part of American culture. For more than 80 years, Girl Scouts, with the enthusiastic support of their families, have participated in the country's premier entrepreneurial and economic literacy program. Cookies will be sold January 9 through March 28, 2010. In February, troops will begin selling cookies at "Cookie Booths" outside neighborhood grocery stores.

WHY BUY GIRL SCOUT COOKIES? BECAUSE YOUR SUPPORT:

- Helps girls develop courage, confidence and character
- Teaches girls about teamwork, goal-setting and fiscal responsibility
- Helps troops raise funds for community service projects, troop activities and more

Next time you hear, "Would you like to buy some Girl Scout cookies?" know that your support is developing future leaders who will make the world a better place!

PURCHASING GIRL SCOUT COOKIES

Enjoy delicious Girl Scout Cookies and support a worthy cause! If you've been unable to purchase cookies from a Girl Scout in your area, call 1-888-GS-COOKIE to find a troop near you. Also, visit Cookie Finder to locate a "Cookie Booth" in your neighborhood.

WHERE DOES THE MONEY GO?

All of the revenue earned through the Girl Scout cookie program benefits our community and Girl Scouts in San Jacinto Council. The volunteer board of directors determines how the Council's share of the proceeds is spent. Among other things, at the Council level, proceeds are used to:

- maintain campsites
- provide financial assistance to girls



Michelle Xu, Rachal Pastrano, Layla Jones, Tabatha Calvit, Brooklyn House, Isabel Mujica, Grace Schlafer, Ali Morgan, Nichole Riso

(Continued on Page 21)



Kallie Coleman
Coles Crossing Area Specialist

281-788-9683

Let me use my Multi-Level Marketing Plan to Sell YOUR Home!

www.HoustonHomesSalesAndRentals.com

Coles Crossing Area Specialist
Free home warranty when you list with me!

Put the power of **RE/MAX** & **Kallie Coleman** to work for you!

World's Largest & Most Successful Real Estate Organization!

"I Always Appreciate Your Business and Referrals. Have a Great 2010!"

Kallie

Let Kallie help you sell your home Fast!

Mary "Kallie" Coleman
RE/MAX Suburban Northwest-Agent
281-788-9683

kalliecoleman@remax.net



"Each Office Independently Owned and Operated."

THE COLES CONNECTION

Girl Scout Cookie Program- (Continued from Page 20)

- offer training for adult volunteers
- keep camp and program fees at a minimum
- support special initiatives, such as offering Girl Scout programs in underprivileged communities like public housing facilities and detention centers

Less than a third of the selling price of a package of Girl Scout cookies goes toward the actual cost of the cookies. This means that more than two thirds of every Girl Scout cookie purchase goes toward programs and services to benefit girls. A portion of that goes directly to the troop/group selling the cookies.

Each Girl Scout council's volunteer board of directors determines the baker, the price per package of cookies, how revenue will be used to provide vital services in the community and how much money will be returned to troops/groups selling cookies for their projects and activities.

Within our Council, approximately half of the operating budget is funded by the Cookie Sale. The price for a package of cookies is \$3.50. Troops receive 56 to 63 cents of every cookie package they sell. Service units receive 3 cents per package. Troops/Groups and Service Units decide how they want to spend their bonus money. The national organization receives no funding from the cookie sale.

AUTUMN GROVE COTTAGE

Needs Volunteers

Do you enjoy spending time with seniors? Would you like to make a positive difference in their lives? Autumn Grove Cottage is an assisted living facility for individuals with Alzheimer's or dementia related illnesses. We are interested in volunteers socializing with our residents. Autumn Grove Cottage has just 16 residents and it is close to your neighborhood. If you would like to volunteer in a cozy, home-like atmosphere then call Laura at (281) 398-6845 or visit our website www.autumngrovecottage.com. Come be a part of our philosophy – "To honor our residents and those who love and care for them." Volunteers will need to complete a volunteer application and attend a brief training session.

"No act of kindness, no matter, how small, is ever wasted" – Aesop

The Foot Wellness Center



Named one of
HOUSTON'S TOP DOCTORS 2008
by H Texas Magazine

NEW Laser Treatment

In-Office for fungal toenails as seen on Good Morning America

- **Laser Treatment for Warts**
- **Children's Foot Disorders**
- **Outpatient Surgery**
For bunions, hammertoes and other foot problems and walk the same day!
- **Sports Medicine**
- **Diabetic Foot Care**
- **Wound Care**
- **Fractures of the Foot & Ankle**



Dr. Judith E. Rubin,
Podiatrist/Foot Specialist

Conveniently located at corner of 290 & Huffmeister in the North Cypress Medical Center
21216 N.W. Frwy., Ste. 240
281-955-5500

- Diplomate, American Board of Podiatric Surgery
- Board Certified in Foot & Ankle Surgery
- Fellow American College of Foot & Ankle Surgery
- Certified Wellness Educator

www.DrRubinFootWellness.com

27 Years Practicing in N.W. Houston

"The tool I recommend most? The telephone."

Use it to call Mr. Handyman.

- | | | |
|--------------------------|------------------------------|--------------------------------|
| Carpentry | Drywall/Texture | Storm Door Installation |
| Tile/Grout | Caulk/Weatherproofing | Custom Trim Work |
| Doors/Windows | Wood Rot/Siding | <i>...and much more!</i> |
| Gate/Fence Repair | Crown Molding | |
| Power Washing | Painting/Staining | |



Owner is a 35 Year Cypress Resident



Mr. Handyman

On time. Done right.®

281-357-HANDY (4263)
www.mrhandyman.com

\$50 OFF
Valid for 4 or more hours of service.
Available at participating locations only.
*Offer valid one time per household.
Not valid with any other offer.*

RICHARD KARN
TV star and "home improvement guru."

THE COLES CONNECTION

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.

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

*Solution at www.PEELinc.com

© 2007. Feature Exchange

BAYLOR COLLEGE OF MEDICINE

*Looks Can Be Deceiving;
Read Labels For Accurate
Food Facts*

When reaching for a healthy food option at the grocery store, do you ever wonder if your selection will live up to its label? According to an expert at Baylor College of Medicine, you might not be choosing the best option.

"You still have to look at the food labels to ensure that you are choosing the right foods," said Dr. Rebecca Reeves, assistant professor of medicine at BCM.

Reeves said that many people consider butter to be the healthier option because it does not contain trans fats. However, it does contain saturated fat and cholesterol, both known to increase LDL cholesterol, the "bad" cholesterol in the blood. LDL is linked to increased risk of heart disease. A much better choice is a margarine produced with no trans fat. Several types of margarine are now made with plant sterols and no trans fat which make them a healthier choice.

Many people believe that artificial sweeteners are not a healthy option. However, if used in moderation, they are safe for daily use. Another misconception is that sherbet is a healthy substitute for ice cream, but sherbet can contain a large amount of sugar. "Look at the label to see if the calorie and fat levels are actually lower than regular ice cream," said Reeves, also a registered dietitian at BCM. "Even low-fat ice creams have high amounts of sugar and fat in them."

When selecting a frozen dessert, compare various products to see which ones actually contain less sugar and fat. Many times, whole fruit popsicles may be the best option.

In the bread aisle, look for options with 100 percent whole wheat flour or whole grains in them, said Reeves. Read the food label to be sure that whole wheat flour is listed as the first ingredient on the ingredient list

When it comes to energy bars, the most important thing to check for is how many calories they contain, said Reeves. Some energy bars can contain many more calories than you can actually burn during a workout. Reeves recommends purchasing popcorn kernels and a popcorn popper rather than purchasing microwaveable options that are high in fat.

"Popcorn is a whole grain, so it's really a healthy snack option. If you prefer the microwaveable brands, then choose one that lists fat-free on the label," said Reeves. Also, be sure to use salt sparingly when making your own popcorn.

Anytime a food is labeled as "fat free," be cautious of how much sugar is included and whether the calories per serving are actually different from the regular option. Remember that fat free does not mean sugar free, and even 'light' options may have a large amount of calories.

Tim's Painting

Making Homes Beautiful Since 1972

For Free Estimate
Call: **281-620-9077**
Tim Thackeray

Interior Painting	Wood Fences
Exterior Painting	Crown Molding
Pressure Washing	Drywall Repair
Door Refinishing	Texture Matching
Siding Replacement	Carpentry Repairs



THE COLES CONNECTION

PERSONAL FINANCE: *Debt Stacking - Get Out of Debt!*

Modern financial planning has to address consumer debt to be realistic. Debt is the biggest blocker to financial success that I know of. And getting out of debt seems to be something most Americans want to do these days. This discussion will focus only on what is known as "bad debt" which includes credit cards and revolving charge accounts. If you would truly like to get out of debt, the first thing you need to do is stop incurring more debt on your credit cards. Pay cash for a month and track your "latte factor." There are several strategies to use from this point. You can transfer your balance to a lower rate card, but beware of the fees associated with transferring the balance. As I am fond of saying, the large print giveth and the fine print taketh away. You can also ask your lender or credit card company to lower your interest rate, but it has become tougher to achieve this.

Many clients benefit from doing a debt consolidation loan which can free up hundreds of dollars a month in cash flow. A powerful method which I recommend is called "Debt Stacking". Debt stacking allows you to use less money to pay off the same amount of debt more quickly. The method of Debt Stacking states that you pay off the highest interest rate debt first, while making just the minimum payments on all the other credit cards. When you pay off that high interest rate credit card, you then transfer the amount that you were paying monthly on that card to the next highest interest rate credit card. Let's look at an example. First, arrange your credit cards in order of highest to lowest interest rate:

- Revolving Charge Card A: \$4,000 at 24% APR, minimum payment \$100
- Credit Card B: \$5,000 at 18% APR, minimum payment \$100
- Credit Card C: \$3,000 at 12% APR,

minimum payment \$100

Assuming that you are able to pay \$400 per month towards all credit cards, use the Debt Stacking method to pay \$200 towards Revolving Charge Card A until it is paid off. Then you would add that \$200 to the \$100 equaling \$300 that you would pay on Credit card B until it was paid off. Finally you would add the \$300 you were paying on Credit Card B to Credit Card C for a total of \$400 dollars until the last one is paid off. In a comparatively short time you are out of debt. You will have paid less interest and gotten out of debt more quickly than if you had you paid the same amount of money spread equally over the three credit cards.

In conclusion, your steps to get out of debt are to stop incurring more debt, pay less interest on the debt you do have, spend smarter, and use the Debt Stacking Method. You'll be debt free much faster, and you will save a lot of money! - **By Rich Keith**



Choose from our list of services or
Bundle & Save!
Internet, Digital TV, Alarm & Phone
starting at **\$78.10/mo!*** for all 4!

Plus Take Advantage of our
Wholesale Based Electricity Rates!



Why Choose En-Touch

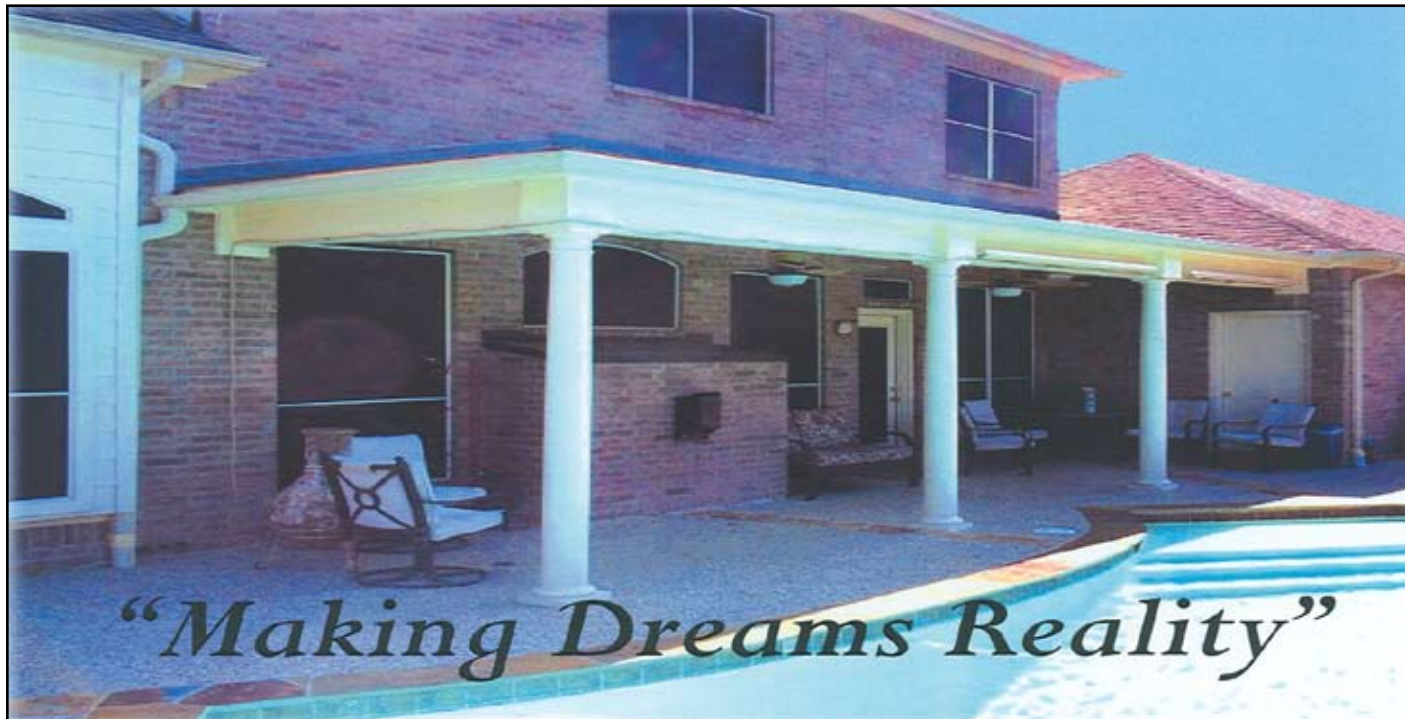
Fastest, Most Reliable Internet Services!
SAME DAY TECHNICIAN SUPPORT!
Dedicated to Your Community!

Discount Rates Available at
www.EnTouch.net
(281) 225-1000

En-Touch Systems

- ◆ High Speed Internet - *Fastest Speeds in Houston!*
- ◆ Digital Television
- ◆ Telephone
- ◆ Alarm Monitoring
- ◆ Electricity
- ◆ Home Integration

*\$78.10/mo includes up to 1 Mbps Internet speeds, Standard Digital TV, a 3 year alarm agreement, and local phone. Rates may vary depending on area and do not include taxes, regulatory fees, equipment fees, or installation. Other restrictions may apply and prices are subject to change. License #B10029. En-Touch Systems, Inc. d/b/a En-Touch Energy 11011 Richmond Ave. Ste. 400 PUCT #10144.



“Making Dreams Reality”

**DECKS
PATIOS
ARBORS
SIDING
PAINTING**



281.890.6474

FREE ESTIMATES

DESIGN & CONSULTATION
www.cornerstonecarpenter.com

CORNERSTONE CARPENTER, INC.

SERVING HOUSTON SINCE 1992

THE COLES CONNECTION

BAYLOR COLLEGE OF MEDICINE

Keeping Winter Skin At Bay



Just because the temperatures are dropping doesn't mean you should drop your skin care routine. Dermatologists at Baylor College of Medicine say continuing to wear sun block and moisturizers during the colder months is important

for healthy skin year round. "It's very common to have dry skin during winter due to the colder, drier weather and the use of heaters," said Dr. John Wolf, professor and chair of dermatology at BCM. "Going untreated, dry skin could lead to discomfort or even an itchy, painful rash known as winter itch."

The key to prevention is moisturizing the skin. Wolf recommends starting with a lukewarm shower using a mild soap for sensitive skin. Before completely drying off, apply lotion or hand cream to damp skin. "This traps moisture onto your skin," Wolf said. "If you are adding lotion or hand cream to dry skin there will be some relief but you aren't hydrating the skin as well as you could be."

Wolf said the type of lotion isn't as important as when you put the moisturizer on. As long as you like the brand and it doesn't irritate your skin then it will work. For dry skin that needs extra help, Wolf suggests using a lotion or cream that contains petroleum jelly. "For your face, make sure to find a lotion that includes some type of sun block (SPF) protection," Wolf added. "The sun's rays can still be harmful during the winter."

Business Classifieds

COMPUTER REPAIRS, HOME OR BUSINESS. Virus removal, wireless network set-up/troubleshooting, preventative maintenance, upgrades, memory installation. 25 years experience, multiple certifications. Fairfield resident Todd 832-482-5913, todddb3@att.net

CAPE JANITORIAL MAID SERVICE: - "We Clean the Corners others try to Cut". Wash/Change Bedding, Clean Kitchen (oven & refrigerator if needed), Polish Furniture & Woodwork, Window Cleaning. Cleaning supplies provided at no extra cost! Commercial & Residential. Bonded for your protection. Call 832-512-8478 New Customers = 10% off First Time Cleaning

RHEA LANA'S SPRING SALE – MARCH 26-28, 2010! Children's consignment event in NW Houston community this Spring! Make money and save money! Consign, Shop, Volunteer! Come join the FUN! Great resource for MOMS-TO-BE!! <http://nwHouston.rhealana.com> or tammy@rhealana.com

CUSTOM WEBSITES & GRAPHICS: Need a new website? Have an old site that needs to be updated/maintained? Also offering logos, business cards, brochures, marketing materials. Mention this add get 10% off. Call Erich @ 979-219-5031 www.trinitygroupdesign.com Free Consultations. Fairfield Resident.

Classified Ads

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

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




images
HAIR STUDIO
281-256-2286

NEW YEAR!
NEW YOU!

Sun & Mon: Closed
Tues-Thurs: 9:30am - 7:00 pm
Fri: 9:30am - 5:30 pm
Sat: 9:00am - 4:00 pm
www.images-hair.com

We are currently interviewing experienced stylists to join our team!
Walk-Ins Welcome
10750 Barker Cypress, Ste. 114
(1 mile south of 290)



**Lilly's
Purple
Plastic
Purse**

By: Kevin Henkes

Cy-Woods Theatre to present
Lilly's Purple Plastic Purse

The Cy-Woods High School Theatre Company is proud to announce they will present their very first main stage children's show, Lilly's Purple Plastic Purse, adapted from the popular children's book by Kevin Henkes. The stage production of this story will be brought to life to represent the adventures and imagination of young mice as they go to school, encounter bullies, interact with their families, and make new friends. Directed by senior students Katie Bennett and Allison Houser, "Lilly's" will perform from February 4th - 6th at 6:00 PM, with a Saturday matinee at 2:00 PM. Performances will be in the Cypress Woods High School Auditorium, 16825 Spring Cypress Rd. Ticket prices are \$7 for Adults and \$5 for Students. Reduced ticket prices of \$1 will be available for children ages 10 and under. Tickets can be purchased at the door.

THE COLES CONNECTION

At no time will any source be allowed to use The Coles Connection contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.



Angels' Attic

Resale Shop

benefiting
Cypress Assistance Ministries

281-955-7683

Monday-Wednesday 10-6
Thursday-Saturday 10-3


- Clothing
- Furniture
- Toys
- New Jewelry
- Housewares



11202 Huffmeister


Donations Welcome
Tax Receipts Given

Rachael's



12312 Barker Cypress @ 290 • 281-256-9800

Valentine's Day Headquarters



*Valentine's Day is
Sunday Feb. 14th!!*

Advertise YOUR business to YOUR neighbors for less than 5¢ per home.

Effective Advertising, Done Right.

Call today to Reserve your space.

Peel, Inc.

COMMUNITY NEWSLETTERS

512-263-9181

www.PEELinc.com

CL





Selling Your Home In Coles Crossing?

*Put the Don and Jeanne
Machrowicz Team to work for you!!*

- Marketing on multiple websites for 24/7 exposure of your home
- Don & Jeanne Machrowicz have over 30 years of real estate experience
- Honored by the Houston Business Journal as one of the top 25 residential real estate teams in the city
- Flexible commission plans

Coles Crossing Year-to-Date Sales Report

	Mar '09	Apr '09	May '09	June '09	July '09	Aug '09	Sept '09	Oct '09	Nov '09	Dec '09
\$351,000 and above	1	0	0	5	5	2	3	0	2	2
\$301,000--\$350,000	0	1	2	5	1	2	3	1	1	0
\$276,000--\$300,000	0	1	1	0	2	1	2	1	1	4
\$251,000--\$275,000	2	1	2	1	4	4	2	1	2	0
\$201,000--\$250,000	7	2	4	9	6	1	3	4	4	2
\$200,000 and below	3	2	0	5	2	3	0	1	2	2
Total	13	7	9	25	20	13	13	8	12	10
Highest \$/sq ft	\$92.97	\$97.62	\$90.71	\$128.19	\$99.42	\$125.00	\$107.87	\$101.03	\$119.86	\$95.14

This information is taken from the Houston Multiple Listing Service

**FOR OUTSTANDING AGENTS &
OUTSTANDING RESULTS....
CALL 281-373-4300**

RE/MAX PREFERRED HOMES

We support Cypress Lost Pet Alert.com!

e-mail: jeanne@donandjeanneteam.com

www.remaxpreferredhomes.com

