

The Coles CONNECTION

Volume 4, Issue 9

NEWS FOR THE RESIDENTS OF COLES CROSSING

September 2010

5th Annual Cy-Fair VFD Fire Fest *Saturday, October 9th*



The Cy-Fair Volunteer Fire Department would like to welcome the community to our fifth Annual “Fire Fest” on Saturday, October 9th, 2010 from 10:00 to 02:00 p.m. The event will be held at Cy-Fair Station 11 (18134 West Road, Cypress, TX 77433) behind Lone Star College just west of Barker Cypress. Fire Fest allows the community a glimpse into the life of a fire fighter by providing demonstrations on vehicle fires, vehicle extrications, landing the Life Flight helicopters, and even canine search and rescue. Children can get an up-close look at the fire trucks, play with an actual fire

fighting hose, and help put out simulated fires. Families can see some history about each station through story boards depicting the evolution of our fire department. Want to take a picture with a firefighter? No problem, we have that too. New this year will be demonstrations extinguishing fires using home fire sprinklers and fire extinguishers.

For those interested in joining the ranks of volunteer firefighting we will have a booth set-up to provide details and answer questions on what it takes to be a volunteer firefighter. We will also be showing a short video, providing applications, and giving

directions to one of our twelve stations.

The Cy-Fair VFD provides emergency services to residents in the Harris County Emergency Services District #9 located in Northwest Harris County. We currently operate from twelve community based fire stations covering 156 square miles and over 385,000 citizens.

For more information on Fire Fest visit us online at www.cyfairfirefest.org. For more information on joining the Department please visit us at www.cyfairbravest.org.

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
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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.

GOOD SHEPHERD

Girlfriends Gift Market

Saturday, October 9th from 9am-4pm

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Cy-Fair Storm News Golf Tournament

Submitted by Dan LeDoux

Cy-Fair Storm 8U Softball team is holding their 1st Annual Golf Tournament at Longwood Golf Club on October 1st. We are looking for players as well as sponsors. For more information, please contact: cfstorm2002@yahoo.com.

SOFTBALL LADIES???

Cy-Fair 8U Storm Softball team is looking for girls interested in playing tournament ball. Contact cfstorm2002@yahoo.com for tryout information.

FAIRFIELD WOMEN'S SLOW PITCH SOFTBALL

Fall League Starting Soon On Sundays.

If interested contact mwsinai@aol.com or Michelle 281-686-9004. Must be 21 years old to play. (Prior experience is a plus)

Club Kaboom Volleyball

Submitted by Julee Briscoe

Club Kaboom Volleyball is a non-profit organization located on Clay Rd between Barker Cypress and Hwy 6. We are currently looking for any interested girls between the ages of 10-18 who would like to participate in the 2010-2011 club volleyball season. If you are interested, please contact Shafonia Sumrall at Shafonia@clubkaboom.org and Julee Briscoe at julee@clubkaboom.org for more information on try-outs. Please check our website www.clubkaboom.org for any further information.



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School is underway and so is the planning for Project Prom 2011! In April 2010, the newly elected Executive Committee was chosen and they quickly began planning what is expected to be one of the best Project Proms ever. Here's the inside skinny for what is about to unfold. Be sure to mark your calendars!

MONTHLY MEETINGS THIS FALL

Join us on September 27th, October 25th and November 29th. All general meetings are held at Cy-Fair HS Cafeteria and begin at 7pm. You'll have a chance to learn about Project Prom Points. Earn Project Prom Points just for attending!

FUNDRAISERS

Project Prom relies solely on the efforts of Senior Parents and the surrounding community for funding and resources. The Executive Committee has decided to continue to use the same methods and events that have proven to be successful in the past. We hope that you will consider joining us in our efforts to raise money for this event. There are a number of opportunities for parents, seniors, and folks from the

community to join in on!

- We will be working an **Aramark** concessions booth at all the Texans Football games. For more information, contact Brett Bidinger at brett@bidingerdesign.com.
- **Homecoming** is October 2nd. We will be selling Homecoming Mums & Garters. A limited number will be sold so be sure to submit your order! Order forms can be found at www.cyfairprojectprom.org.
- **Casino Night** is a fun filled night of fellowship, dancing, and best of all gambling! Mark your calendars and save the date for Nov. 14th – You definitely won't want to miss out! This is a major fundraiser and we are in great need of volunteers to help make this night a success. For more information, contact Karen Geisler at cfprojectprom@yahoo.com.
- The holidays will soon be upon us. We would appreciate your support in our annual **Christmas Wreath** Fundraiser. For more information, contact Michelle Leech at cfprojectprom@yahoo.com.

S.I.T = STAY IN TOUCH

The best ways to keep up with the fast moving train of CF Project Prom 2011 are to subscribe to our newsletter and by visiting our website. Please complete a Parent Information Form (located on the Forms page) on our website at www.cyfairprojectprom.org or simply send an email with your name, your student's name and your telephone no. to cfprojectprom@yahoo.com.



Project Prom is not financially supported by CFISD. It is a private non-profit event run by concerned parents supported in effort by the staff of Cy-Fair HS. The purpose of Project Prom is to provide a drug and alcohol-free overnight lock-party for the graduating seniors and their guests after their prom.



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Cypress Fun Run to benefit WRAP

Sign up now for Runnin' Wild, the October 30 Cypress community fun run benefitting Wildcats Right After Prom (WRAP). Runnin' Wild offers fun for everyone with a 10 and under Kids Run (1K), a 5K Run, and a 10K Run. Entry fees, before Oct. 1, are \$10 for the Kids Run and \$25 for the 5K and 10K; after Oct. 1 fees will increase to \$15 and \$30 respectively.

Register online at www.cywoodswrap.org. Wildcats Right After Prom is the alcohol- and drug-free celebration for the graduating seniors of Cy-Woods High School. For more information, please contact: schabala4@gmail.com



M.A.N.E. EVENT

Mustangs At Night's End Event

2011 AFTER PROM PARTY

General Meetings for all Senior Parents and Students
First Tuesday of every month at 7:00. Next 2 meetings are
September 7, 2010 and October 5, 2010
Cypress Ranch High School

M.A.N.E. Event is an all night, safe, after prom lock in, hosted by the Senior Class parents for all seniors and their dates. It will be held May 20-21, 2011 at the Berry Center. This event takes LOTS of planning, volunteers and money. Please attend the General Meeting and find out how you can help and earn 'M.A.N.E. money' for your child to 'spend' at the M.A.N.E. Event. Earn \$20 in MANE Money just for attending a meeting!

~ Earn more MANE Money ~

Earn \$20 in MANE money ~ Contribute \$20.11. Turn in by the October 5th meeting or mail to the address below. Make checks out to M.A.N.E. Event.

Earn MORE MANE money ~ go to www.cyranchmaneevent.com and see how. Also see how to get on our email list to receive MANE Event information.

M.A.N.E. Event, PO Box 2540, Cypress TX, 77410-2540

Email ~ crhs_maneevent@yahoo.com

www.cyranchmaneevent.com

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CYPRESS WOODS HIGH SCHOOL

*Wildcat Band and Color Guard Casino
Night and Silent Auction*

On Saturday, September 25th from 7:00-11:00 p.m. the Cy-Woods Band will be hosting their fifth annual Casino Night at Cypress Woods High School. This annual event is not only to raise funds for the band and color guard, but also to have fun with friends and family. Ages 12 and up can participate. Play to win a great prize in our Texas Hold'em Tournament! You don't want to miss the fabulous Silent Auction and grand prize drawings! Come join the fun and help support the Wildcat Band and Color Guard. For more information visit the band website at www.cywoodsband.org.



WRAP 2011 planning has begun! WRAP is Cy-Woods High School's parent-driven Project Prom organization. The purpose of WRAP is to provide a drug- and alcohol-free all-night party for the graduating seniors and their guests after their prom. This year WRAP will be held at ITZ on May 27, 2011, as an overnight lock-in party, it is a fun-filled evening of shows, games, activities, food, gifts and prizes! WRAP is totally dependent on donations to raise the funds necessary to host an event of this size.

REMEMBER:

- Our next WRAP meeting is August 5th, Thursday at 7pm in the CyWoods Teaching Theater
- Wildcat Express is August 5th and 6th. WRAP Spirit items will be for sale – and are for use by all students – not just seniors!
- Earn 10,000 WRAP bucks by sending a check for \$20.11 to WRAP, Inc., P.O. Box 800, Cypress, TX 77410 by September 1, 2010.
- Running Wild Fun Run, Homecoming Mum Sales, and Senior Faces are our first fund raisers!

WRAP has openings for event chairs and co-chairs! Earn mega bucks by serving as a chair or co-chair!

Visit www.cywoodswrap.org and be an active parent!

Seniors – become a Fan on Facebook. Refer 10 friends and receive WRAP bucks. Sign up today!

Calling ALL Cy-Fair High School Senior Parents!

PROJECT PROM NEEDS YOU!

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Aggie Moms from Northwest Harris County

AGGIE MOM'S MEETING - TUESDAY, SEPT. 14, 2010

All Aggie Moms, new, current, and former, are invited to attend our September meeting for the Northwest Harris County Aggie Moms Club. Our organization is designed to support our Aggie students through scholarships and donations to the many campus organizations. Aggie Moms support each other by sharing the joys and trials of parenting Aggie students through this important time in their lives.

You won't want to miss our first fall meeting with speaker, Jacob Robinson, the current Texas A&M University student body president. He is currently getting a degree in Public Relations and plans to graduate in 2011. His goal as president is to elevate the Aggie experience and preserve the traditions that define what it means to be an Aggie.

Please come and join us for refreshments

and learn more about what Aggie students will experience at Texas A&M University. The meeting will be held at 7 pm at the Houston Distributing Company conveniently located near Willowbrook Mall at the corner of 7100 High Life Drive and Cutten Road.

Check our our website at www.nwhcaggiemoms.org for important upcoming events or contact Vickie Hamley at 713-466-4494 for more information. Gig'Em Aggies!

FALL MEETING - TUESDAY, OCT. 12TH, 2010

The Northwest Harris County Aggie Moms will gather together for their next meeting on Tuesday, October 12th at 7 pm at the Houston Distributing Center conveniently located near Willowbrook Mall at 7100 High Life Drive and Cutten Rd. The NWHC Aggie Moms organization supports

our Aggie students through scholarships and donations to campus organizations. We provide support and friendship to all the area Aggie Moms.

All Aggie Moms are invited to join us to hear the keynote speaker Dr. Rick Montelongo. Dr. Montelongo joins us from the Student Learning Center in College Station and the Center for Academic Enhancement in Galveston and will be discussing how these centers help students with their freshman classes and study skills. The Aggie Moms will also be discussing our next fundraiser, the China Luncheon, to be held on Saturday, October 23rd. Join us for refreshments and find out more about other upcoming events and how you can get involved with Aggie Moms.

For more information please contact our website at www.nwhcaggiemoms.org or contact Vickie Hamley at 713-466-4494. Gig Em Aggies!

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Friday, September 17, 6:30 pm - 9:00 pm
Saturday, September 18, 9:00 am - 3:00 pm

Register by emailing tami@cypressfellowship.org.

www.cypressfellowship.org

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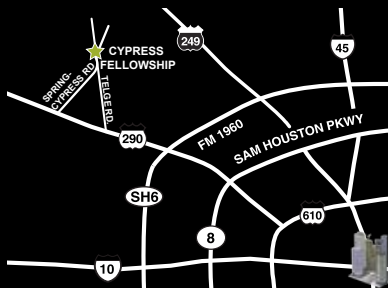


Join Us This Sunday
Worship Service Times:

9:00am & 11:00am
Nursery (Birth -Age 4) and
Kidztown (K-5th) are open
during both Services!!

10:10am
Bible Study for all ages!

Wondering what to wear?
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Lone Star College - CyFair Perspective

You Can Still Register for "Late Start" Classes

Registration is available for Late Start classes which begin in September and October. Workforce certificates, 2-year degrees and more are available. Choose day, evening, weekend or online classes. Call 281.290.3200 or 832.782.5000 for information; go online to LoneStar.edu; or visit one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway.

Mark Your Calendars for 6th Annual Cy-Fest Set Oct. 9

Lone Star College-CyFair will host the sixth annual community day for all ages in the Cy-Fair community from 10 a.m. to 2 p.m. Saturday, Oct. 9. Cy-Fest, the college's gift to the community, is a day of free food, festivities and family fun! There's something for all ages from a petting zoo to laser tag and new activities this year include the 1st Airborne Adventure and the Adrenaline Rush Obstacle Course. Among the other activities are Radio Disney, train ride, moonwalks, face painting, duck races and pumpkin patch. There's also refreshments and information available on college offerings as well as area non-profit organizations. For information go online to LoneStar.edu.

"2010 Faculty Art Exhibition" in the Bosque Gallery

Check out the artistic talent of full-time and adjunct art faculty from LSC-CyFair and LSC-Fairbanks Center this fall. This exhibition will be on display Sept. 14 through Sept. 30 in the Bosque Gallery with a reception at 4:30 p.m. Sept. 16. Go to LoneStar.edu/bosquegallery for gallery hours and information.

L.I.F.E. Lessons in September

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 September include "From Fantasy Coffins to Funerals of the Famous" Sept. 1; "Eating in the Raw" Sept. 8; "Put on Your Dancing Shoes" Sept. 15; "Convex, Double Bevel and Chisel Point" Sept. 22 and "Beading for a Cause" Sept. 29. Call the library at 281.290.3214 for L.I.F.E. program information or go online to LoneStar.edu/library.



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THE COLES CONNECTION

CYPRESS CHRISTIAN STUDENT

Donates Hair to "Locks for Love"

Morgan Roth, sixth grader at Cypress Christian School cut her VERY LONG hair giving 12 inches to "Locks for Love."

"Locks of Love" is a public non-profit organization that provides hairpieces to financially disadvantaged children in the United States and Canada under age 21 suffering from long-term medical hair loss from any diagnosis. They meet a unique need for children by using donated hair to create the highest quality hair prosthetics. Most of the children helped by Locks of Love have lost their hair due to a medical condition called alopecia areata, which has no known cause or cure. The prostheses they provide help to restore their self-esteem and their confidence, enabling them to face the world and their peers. To learn more about this organization visit www.locksoflove.org.

Morgan's mom is thankful to partner with Cypress Christian School to nurture the spirit of giving in her daughter. "I love the fact that CCS provides an environment that encourages servanthood and giving which begins in Kindergarten and grows with each year," commented Mrs. Roth.

Each year, CCS students participate in multiple service projects in our local community, nation, and world. Visit www.CypressChristian.org to see how K-12 students are making a difference!



SPRING INTO FALL



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THE COLES CONNECTION

Is My Child Ready for Preschool?

by Therese Thompson



The media's intense focus on "Back to School" makes every parent start thinking about summer coming to an end and getting kids ready to return to school. New school clothes, new school supplies and extra-curricular activities are on every mom's mind. Moms with children about to start school feel pangs of sadness as they prepare to send their child "out into the world." Even parents of very young children may start to wonder about preschool and just when to start their child in the more structured learning environment that preschool provides.

It's easy to see why parents consider preschools. In addition to serving the needs

of families where both parents work, there are countless articles about the benefits of preschool for young children. A multitude of studies demonstrate that participating in a structured program prior to beginning kindergarten not only makes the transition to elementary school easier, but also makes children perform better in school. But what's not as clear is the optimal age for kids to start a preschool program. And that's mainly because that optimal age can vary a lot, depending on the child.

So how can you tell if your child is ready for preschool? To me, the most important aspect is the child's level of socialization. While

preschool no doubt helps socialize children a great deal, that process is most effective when the child is ready.

There are some simple signs that your child may be ready to join the more structured learning environment that preschool provides:

- Does he enjoy playing with other kids, and easily cooperate at games and other activities?
- Is she comfortable spending time away from you, either at a Mother's Day Out program, or with a babysitter, grandparent, or other family member?
- Can he do some basic tasks on his own? For instance, can he wash his hands at the sink or put on his own coat?
- Is she able to fall asleep on her own, without being rocked or held first?
- Most preschoolers take only one nap in the afternoon. Does he have the stamina to last through the morning without a nap?
- Can she follow some basic instructions, like picking up her toys or bringing her plate to the kitchen after dinner?
- Will she entertain herself for short periods by drawing or coloring, paging through books or doing other activities independently?
- Does she talk freely to other adults, or does she still depend on you to translate for her?

These are just some basic clues that your child will be able to function in a structured environment such as a preschool. Other behaviors that may indicate that your child is ready for socialization:

(Continued on Page 11)

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Is My Child Ready for Preschool?- (Continued from Page 10)

- Does she enjoy going to new places and having new experiences, or prefer that her days be more routine?
- Does she seem to welcome the opportunity to learn new things and be excited to meet new people?

For some children, these behaviors may be clearly evident by age three, while they may not show up until age five or even later in other children. But if you need to enroll your child in a preschool setting due to your own work situation, there are things you can do to prepare your child:

1. Start slowly – let her spend time with a family member or sitter while you're still in the home. As that becomes more comfortable, leave her alone while you run a few errands, gradually working up to a whole day or evening way.
2. Schedule regular play dates with different children and encourage them to play together – simple games, puzzles or even coloring or finger painting will encourage interaction.
3. Go to story time at the library to practice paying attention and sitting in a group of other children.
4. Try swim lessons or tumbling to familiarize him with taking direction from another adult.
5. Start giving your child simple tasks to complete, like stacking his books on a shelf or putting the plates on the dinner table. Encourage him to dress himself by providing easy-on outfits like sweat pants and a t-shirt.

6. Set up playtimes where she can entertain herself for half an hour or so. Encourage her to play independently by offering her coloring books or simple puzzles to work on alone. You may need to work up to the full 30 minutes, so start with five minutes and add time as she is successful at entertaining herself.
7. Visit the local children's museum or zoo and talk about the exhibits. Encourage her curiosity and further discussion by reading books about the subject or even watching Animal Planet or Mr. Science together.
8. Practice spontaneity – mix up your routines by playing outside before breakfast or scheduling bath time in the afternoon or even eating breakfast for dinner.

It probably won't happen overnight, but with a little planning and encouragement, you can help your child make the transition to preschool smoothly and reasonably easily. Of course, it's a good idea to transition to the actual school environment over a few days as well. Make a visit one day together, then try leaving him for a few hours or a half day first and work your way up to a full day at school.

It's not easy to know when to start your child in preschool, but there are signs to watch for and ways to encourage the behaviors required to succeed in the environment. Knowing what to look for, and what to work toward, can go a long way in easing the transition for both of you.

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THE COLES CONNECTION

NORTH/WEST HOUSTON MOCHA MOMS

Promote Reading Amongst African-American Kids



On September 18, 2010, the North/West Houston Chapter of Mocha Moms will launch a literacy program, Boys Booked on Barbershops (B-BOB)/ Girls Booked on Beauty-Shops (G-BOB) at "Sassy but Classy" Salon.

B-BOB/G-BOB is a program designed to promote literacy and the importance of reading to young, African-American children. The chapter will set up and stock a reading nook at Sassy's with age-appropriate books for children to read during their regular visits to the barbershop. These naturally-occurring encounters create a great opportunity for children to read and learn while making use of their wait time. The nook will feature books by and about African-Americans, with an emphasis on topics that interest the shop's clientele.

The program aligns with the Mocha Moms' national community service initiative, "Closing the Gap on Minority Prosperity, Health and Achievement." The North/West Houston chapter has collected over 55 donated books for the event and Scholastic, which has teamed with Mocha Moms on a national level, will provide additional books. The Mocha Moms will also be on hand to discuss ways parents can support the development of reading and other literacy skills at home.

Hesma Stephens, President of the North/West Houston Chapter commented, "Painful reports have shown that despite some parent's level of education, African-American children have fewer resources available than other non-ethnic families. We are reinforcing our

(Continued on Page 13)

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Alan "Petrodamus" Lammey, host of 'Energy Week', can be heard every Sunday on 1070 KNTH in Houston.

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THE COLES CONNECTION

North/West Houston Mocha Moms- (Continued from Page 12)

commitment to community by providing reading resources in social settings for boys and girls in an attempt to close the literacy gap”.

The Mocha Moms anticipate over 30 families will attend the program's launch at Sassy's. The chapter plans to set up reading nooks at nine more locations at local barber and beauty-shops before year's end. Sassy's is located at South Barker Cypress Rd. (FM 1464) and Westheimer. The program will start at 11:00 a.m.

We the People of Cypress/Waller 9/12 Project Group

NEXT MEETING:

7:00 P.M.

Second Thursday of each month

Location: IHOP Restaurant on Hwy 290 @ Rosehill

For more information, please call Kerry LaLonde
at 281-373-9337.

Girl Scout Registration Rally

Tuesday, September 7, 2010

7:00 - 8:00 pm

Goodson Middle School Cafeteria
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Girl Scouting builds girls of courage, confidence, and character; who make the world a better place. Come discover the fun and friendship of Girl Scouts at the Compass Rose Service Unit Registration Rally. From kindergarten through high school, there is a place for every girl in Girl Scouts.

The Compass Rose Service Unit, which includes Sampson, Black and Farney Elementary Schools, will begin registering new Girl Scouts on September 7, 2010, at Goodson Middle School, from 7:00 to 8:00 p.m. Parent or Guardian must attend, and girls are welcome but need not be present to be registered. Questions may be addressed to Registrar Mary Chen at Mary.Chen@comcast.net.



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HEALTH BRIEFS

Five Ways to Ease your Child Back Into School

Establishing a normal school routine can be hard for children after the long lazy days of summer. Dr. James H. Bray, a family psychologist and associate professor of family and community medicine at BCM, offers the following tips to make it less stressful for children and parents.

- After staying up late and sleeping in during summer, kids need at least a week before school starts to get back into the school schedule.
- Develop a plan. Doing things like buying supplies and clothes and finding out about schedules and teachers in advance, rather than waiting to the last minute, helps reduce stress for parents and kids.
- Talk with children about their fears and concerns, especially those changing schools. Do some advance problem solving and planning.
- Get involved with your child's school. Most importantly, get to know your child's teachers. Make a point of meeting them and discussing their expectations. Use the meeting to talk about your child's special needs and goals. Find out about homework and projects. Teachers are more likely to contact parents when they have a good relationship. Also, get to know other parents as a way of sharing responsibilities (like car pooling) and learning about school expectations.
- Talk to your children about what they want to accomplish this school year.

Discuss their academic and social goals, but emphasize balance.

Cell Phones Make their Way on to School Shopping Lists

Cell phones are now common items on back-to-school shopping lists, along with the usual notebooks, backpacks, pens and pencils. Before buying their kids a phone, parents must first make sure they are ready to handle the responsibility, according to Baylor College of Medicine specialists in adolescent behavior.

Some guidelines to follow include:

- Establish how many minutes a month your child is allowed to talk on the phone - which can be monitored easily by parents
- -Set a phone curfew. Nighttime is when a lot of problems can occur, like arguing with friends over the phone, inappropriate texting or staying on the phone too long.
- Let children know that a phone is a privilege and if they misuse it, the phone will be taken away for a set amount of time.
- Ask older children to contribute whatever they can to the cost of a cell phone. Kids will take more responsibility for their phone if they are helping to pay for it.
- For those adolescents who are ready for a phone, there are many advantages.
- Parents are able to keep tabs on their children, plus youngsters can learn important lessons about handling responsibility and setting limits.

Modifying the fat content in recipes gives the biggest calorie reduction, said Anding. Many times, applesauce can replace butter and oil in baking recipes, and Greek yogurt can replace sour cream.

Learning what substitutions work best does take some time and experimentation with cooking time and temperature, but reducing a diet by 100 calories per day can result in a 10-pound weight loss in one year, said Anding.

Other substitution options include switching to a low-fat cheese rather than a whole-fat cheese and switching from white bread and rice to wheat bread and brown rice. Not only is there a benefit in amounts of fiber, but also in magnesium, which can decrease the risk of type 2 diabetes.

"Don't look for extreme changes to your diet. Look for the common sense changes that you can make permanent," said Anding.

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Attention NW Harris County Tri Delta Alumnae

Mark your calendars to join your Tri Delta sisters for our annual "Salad Social" to kick off the year on Tuesday, September 14th at 7:00 pm. Our group meets on the second Tuesday of every month September - April. We have a diverse group of women of all ages from a variety of colleges. For more information, please contact Christina at 281 -855-6893 or Karen at trideltanews@yahoo.com

Life, Liberty and the Pursuit of Happiness

By Bethany K. Scanlon-Co-Director of the Cypress Texas Tea Party

"Let Freedom Ring!" Sang Martin Luther King on that historic day of August 28th 1963 in the spirit of our Declaration of Independence which demands all Americans have the right to life, liberty and the pursuit of happiness. But what happens when our freedoms are slowly taken away right under our nose? What happens when the men and women who hold public office decide that the U.S. Constitution is no longer valid and instead of serving you, rule over you?

What happens to the blood of sacrifice from our military which calls out demanding justice for all while our amendment rights are no longer upheld? Will we fight like our Founding Fathers? Will we shout before our government leaders, Patrick Henry's immortalized words;

"Give me liberty or give me death!" Or will our passivity and ignorance cause the faith and perseverance of our American ancestors and dedicated military to fall in ruins to the hands of a stubborn few?

Second President of the United States and signer of the Declaration of Independence John Adams said, "It is religion and morality alone which can establish the principles upon which freedom can securely stand." It's time to make a choice America, fight for what is rightfully yours, or watch our great nation slip away. In the words of Samuel Adams; "It does not require a majority to prevail, but rather an irate, tireless minority keen to set brush fires in people's minds." Will you join us as we stand for the truth? CypressTexasTeaParty.org

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

Starting Point Coming in September

We all need a place to start. Some need a place to start over again. That is where Starting Point: Finding Your Place in the Story comes in. Starting Point is a conversational environment where people can explore faith and experience community. Starting Point is a safe place for people with questions about faith, as well as those who want to learn about the Bible and Christianity. It is open to people of all faith backgrounds or no faith background. There will never be any pressure to join a church.

Starting Point is being hosted by Messiah Lutheran Church, beginning on Sunday, September 12 at 9:15 am, meeting for one hour. Messiah is located at 11522 Telge Road, ½ mile north of Highway 290. Regular worship times are at 8 and 10:30 AM on Sundays. The Education Hour is 9:15-10:15 AM on Sundays. For more information, 281-890-3013 or www.messiahlc.org

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Eat your breakfast. It's the most important meal of the day!" Why are parents always saying that?

Well, imagine you're a car. After a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road.

What Should You Eat?

Any breakfast is better than no breakfast, but try not to have doughnuts or pastries all the time. They're high in calories, sugar, and fat. They also don't contain the nutrients a kid really needs. And if you have a doughnut for breakfast, you won't feel full for long.

Just like with other meals, try to eat a variety of foods, including:

- grains (breads and cereals)
- protein (meats, beans, and nuts)
- fruits and vegetables
- milk, cheese, and yogurt

Here are some breakfast ideas. First, the traditional ones:

- eggs
- French toast, waffles, or pancakes (try wheat or whole-grain varieties)
- cold cereal and milk
- hot cereal, such as oatmeal or cream of wheat (try some dried fruit or nuts on top)
- whole-grain toast, bagel, or English

- muffin with cheese
- yogurt with fruit or nuts
- fruit smoothie, such as a strawberry smoothie

And now some weird (but yummy) ones:

- banana dog (peanut butter, a banana, and raisins in a long whole-grain bun)
- breakfast taco (shredded cheese on a tortilla, folded in half and microwaved; top with salsa)
- country cottage cheese (apple butter mixed with cottage cheese)
- fruit and cream cheese sandwich (use strawberries or other fresh fruit)
- sandwich - grilled cheese, peanut butter and jelly, or another favorite
- leftovers (they're not just for dinner anymore!)

Skipping Breakfast

Some kids skip breakfast because they sleep too late or because they think it's a way to stay thin. But skipping breakfast doesn't help people maintain a healthy weight. In fact, someone who skips breakfast tends to eat more calories throughout the day.

If you find yourself skipping breakfast because you're too rushed, try these

quick breakfasts. They're easy to grab on the way out the door or can be prepared the night before:

- single servings of whole-grain, low-sugar cereal
- yogurt
- fresh fruit
- whole-grain muffin
- trail mix of nuts, dried fruits, pretzels, crackers, and dry cereal

Need More Convincing?

Just in case you need more evidence that eating breakfast is the way to go, kids who don't eat breakfast are less able to learn at school, get less iron (an important nutrient) in their diets, and are more likely to have a higher body mass index (BMI), which is a sign they may be overweight.

On the other hand, kids who eat breakfast do better in school, are more likely to participate in physical activities, and tend to eat healthier overall. So tomorrow morning, don't run out the door on an empty stomach. Fuel up with a healthy breakfast!

Updated and reviewed by: Mary L. Gavin, MD

Date reviewed: March 2007

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



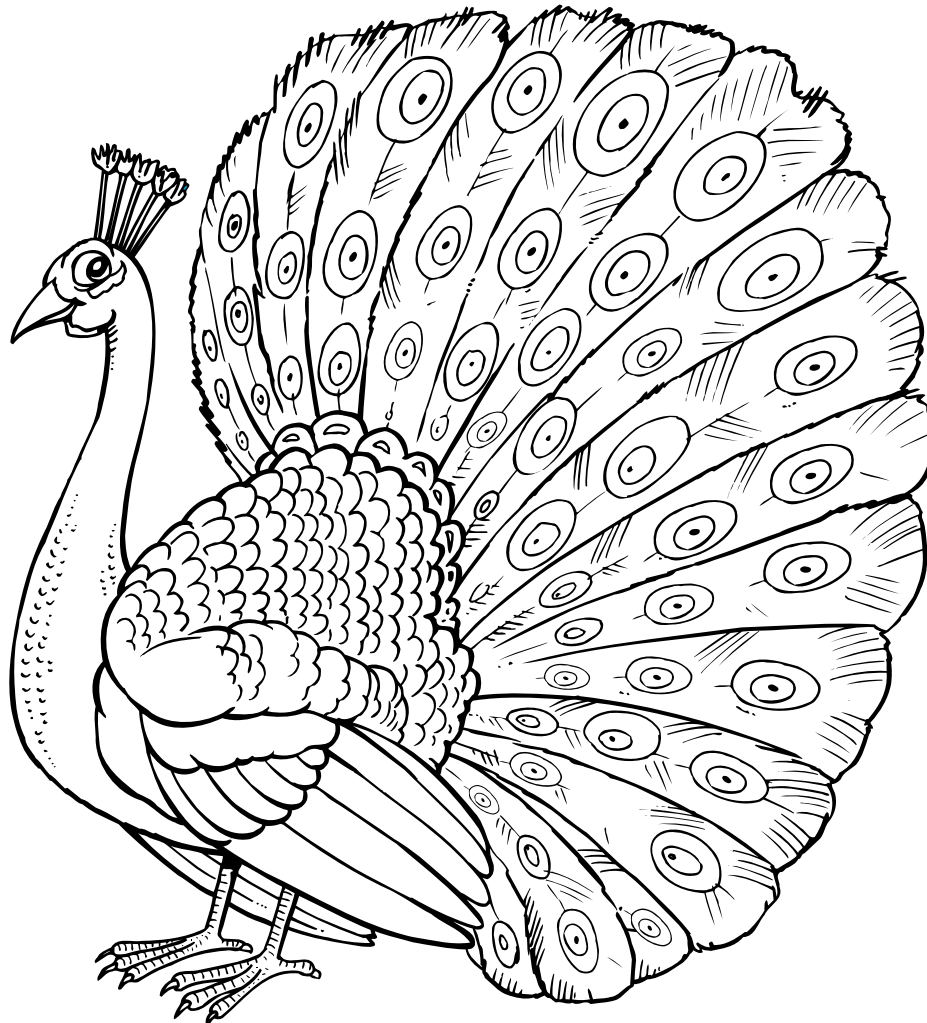
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\$276,000--\$300,000	1	1	4	2	0	2	2	2	4	3
\$251,000--\$275,000	1	2	0	0	3	1	3	2	0	0
\$201,000--\$250,000	4	4	2	2	1	3	3	7	4	6
\$200,000 and below	1	2	2	3	0	3	1	5	4	0
Total	8	12	10	8	5	12	13	19	17	11
Highest \$/sq ft	\$101.03	\$119.86	\$95.14	\$89.83	\$91.36	\$97.23	\$115.00	\$130.44	\$116.60	\$103.98

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