Junior Girl Scout Troop 14252

Working on their Bronze Award, 5th grade Junior Girl Scout Troop 14252 recently made blankets to donate to the US Military K-9 Fund.

For information on how you can help: http://usmilitaryk-9fund.com/Home.php.

5th grade Junior Girl Scout Troop 14252 recently earned their Sky Search badge in a sleepover at George Observatory. The girls learned about constellations, learned about recent news from the moon and participated in a space shuttle simulation.
THE COLES CONNECTION

IMPROVE RUNNING WORKOUTS
By Not Running

Whether you are training for a marathon or just getting into shape, keeping a regular running schedule is important. But doctors at Baylor College of Medicine (www.bcm.edu) say if you miss a workout, all is not lost. In fact, it can be beneficial.

“Rest days are important for runners to prevent injury as well as increase muscle strength,” said Dr. Jane Corboy, associate professor of family and community medicine at BCM and certified sports medicine physician (http://www.baylorclinic.com/find-a-doctor/details/index.cfm?id=231). “They allow the muscles to replenish glycogen (the energy source used during exercise) as well as allow the muscles to repair minor ‘wear and tear’ injuries.”

Running every day, even while sore, does not weaken the muscles or joints, but it may not allow them to recover enough to adapt to training as well, said Corboy.

Soreness is caused by microscopic tears to the muscle. It is part of adapting to a new activity and plays a role in eventually strengthening and conditioning the muscles, said Corboy.

She adds that doing another hard workout during the peak soreness, usually 24 to 48 hours after the workout that caused it, may result in increasing the inflammation and prolonging the pain. This could prevent gaining as much benefit out of the hard workout as you would if you did it when the muscles had recovered somewhat.

Doing a lighter workout or run may help with soreness but if the muscle is especially stiff, it may be better to do an alternative activity such as swimming or cycling, or take a day off from working out to allow recovery.

Corboy also suggests including strength training, particularly of core muscles, in order to avoid injury and improve performance. Having weak core muscles makes the wear and tear of a long run become more and more magnified as the leg muscles fatigue. If the core is “wobbly” so are the hips, knees and ankles, she said.

Corboy suggests talking to your doctor to find out what workouts would be best to add to your running schedule and when rest times are needed.

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.
General Meetings
Mark your calendars for the following General Meetings held on the 4th Monday of each month:
- February 28th
- March 21st
- April 11th
Meetings begin at 7pm and are held in the Cy-Fair HS Cafeteria! Come see how you can earn points while learning about all the opportunities to help make Project Prom 2011 a raving success! Earn Points for wearing your PP T-Shirt! Don’t forget to wear it!

Aramark Concessions
Project Prom Booth #546
We have 4 events we can do to help raise more funds for the Project Prom but we need your help - Monster Jams & Moto-Cross! Please, please take few seconds to check your crazy schedule and contact Brett Bidinger at brett@bidingerdesign.com for more information.
The following are the dates:
- Feb 5th - Monster Jams
- Feb 12 – Moto- Cross

Project Prom will be working Aramark Concession booth #546. If you can’t help, then be sure to come buy and purchase all your food and beverage needs! Aramark will be donating a percentage of the proceeds to Project Prom! This takes a lot of work and effort from many of our awesome parents! Stop by, make a purchase and make it worth their while or even better make it worth your while and come volunteer your time with us! A big shout out to Brett Bidinger for pulling this all together for us!

Denim & Diamonds Dinner & Dance
The annual Denim and Diamonds Dinner, Dance and Silent Auction will be held at the Houston National Golf Club on February 12th. For more information contact Bonnie Glover at bglover@aol.com or Aida Millian at millianloans@aol.com.

Cy-Fair Project Prom Golf Tournament
Great Day Out for A Great Cause!
Grab your golf shoes & polish those clubs! Registration has begun for our Annual Cy-Fair Project Prom Golf Tournament held on April 1st, 12pm at the amazing Houston National Sterling Country Club located in the Stone Gate subdivision. We would like to encourage you to register your Teams and Sponsors TODAY! For more information, contact Brett Bidinger at brett.bidingerdesign.com

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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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NWHC Aggie Mom’s Meeting
Tuesday, February 8th, 2011, Especially for Pet Lovers

All pet lovers, as well as current and former Aggie Moms are invited to attend our February meeting. The next Northwest Harris County Aggie Mom’s Club meeting will be held Tuesday, Feb. 8th, 2011 and our featured speaker will be Dr. Sonny Presnal, director of the Stevenson Companion Animal Life-Care Center at Texas A&M University. The Stevenson Animal Life-Care Center is a home away from home for pets of people who have passed away or can no longer care for their pets. Dr. Presnal will give details about the center and how Texas A&M veterinarian students live in the home and care for the pets.

Our meetings are held at the Houston Distributing Center located near Willowbrook Mall at the corner of Cuten Road and 7100 High Life Drive. Refreshments are served at 7 pm and our meeting begins at 7:30. Join us for door prizes and details of our upcoming fundraising events such as Boots ‘N Whoops to be held on April 3rd.

The Aggie scholarship deadline is fast approaching and all scholarships must be postmarked no later than Monday, February 7th, 2011. All area Aggie students are welcome to apply, so please go online to www.nwhcaggiemoms.com for applications and eligibility requirements. For more information, contact Vickie Hamley at 713-466-4494 or check out our website!

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February 10 – 7:00 p.m.

SENIOR MEN -- Do you have what it takes?
Talent…charm…ability to wear a tuxedo?!

You need to sign up for Mr. Cy-Woods, a fun senior event to be held February 10th at 7:00 p.m. Contestants will be judged in the following categories: talent, swimwear, and formal wear. The winner will receive a free tux rental for prom and other great prizes. All participants will receive WRAP bucks and a Mr. Cy-Woods T-shirt.

Senior Women: you can participate too – sign up to be an escort!

Volunteers are also needed!
For more information, contact:
Heidi Wheeler (heidicw@sbcglobal.net)
Shawna Dukes (shawna.dukes@sbcglobal.net)

Craft Show
3/25-3/26
Cypress Fellowship
15014 Spring Cypress
10 am - 4 pm both days!

Spend the day with us shopping with your girlfriends! We will have local vendors and concessions! A limited number of booths are still available for vendors. Proceeds benefit the Cypress Fellowship building fund! Please contact Erica Ryan for more information at 713.632.4265.

Cypress Oil & Gas Networking Group

We will start our 2011 monthly meetings on the 1st Monday of every month in February. We will meet at IHOP (In the glass room) on 290 & Fry road between 6:30 am - 7:30 am the 1st Monday of every month. In 2010 we had a total of 52 people in our data base and look to grow it more in 2011. If you work in any aspect of the O&G Industry come stop by, meet your Industry neighbors, and have a cup of coffee. Network with us as we share Industry news, job openings, event happenings, and much more. Please feel free to call me @ 832-623-2419 or Email me at Kevin.kays@sbcglobal.net

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WRAP 2011 Planning Is Underway!

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

Have you filled out your Parent Information Form yet? We need this to get you on our e-mail list!

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

MEETINGS: FIRST THURSDAY OF EACH MONTH AT 7:00 P.M. IN THE CY-WOODS COMMONS.

Attention All Senior Parents!

Class of 2011

START OFF THE NEW YEAR RIGHT!!!

CATCH UP YOUR SENIOR ON THEIR WRAP BUCKS

All you have to do to participate is Contribute $20.11
For EVERY Donation of $20.11 made by February 3, 2011
Your Senior will receive 5,000 wrap bucks!
Checks can be given to the WRAP Treasurer at our monthly WRAP meetings or mailed to:

WRAP, Inc
P.O. Box 800
Cypress, TX 77429

Designated Senior name: ________________________________________
_____________________who will get WRAP bucks for your donation.

Donation Amount:___________________  Date:_________________
“iVolunteer”

“iVolunteer”! Do you? Or a better question would be “Do you want to volunteer?” And if the answer is “yes” or even “maybe”, here’s the perfect group for you. VIPS (Volunteers in Public Schools) in Cy-Fair ISD center the attention of their service on supporting students and staff and making a significant contribution to the education of children. These dedicated individuals, who give freely of their time and resources, impact the academic and personal development of Cy-Fair ISD students. Cypress-Fairbanks ISD is fortunate to be able to draw from a diversity of skills and knowledge in its community. If you are interested in being involved at Cy-Fair schools as a volunteer and making a difference, or would like more information, please contact Pam Scott, Partners in Education Director at 281-894-3950.

February 2010 Events

- **February 4 - Multicultural Meeting – 9:30 a.m. to 12:00 p.m., Berry Center.** Open to all CFISD school staff, volunteers, parents and community members. The purpose of the CFISD Multicultural Committee is to raise the level of cultural understanding and respect by sharing information with the CFISD community to encourage cultural sensitivity and parental involvement to strengthen student success.

- **February 8 - Galveston Bay Training – 9:30 a.m. to 12 p.m., Berry Center.** Open to all CFISD school staff, volunteers, and parents. Learn how to present a TEKS based science lesson to 4th grade students at your school. Students will learn about the importance of our bay and waterways and what measures can be taken to protect this life-giving estuary.

- **February 8 - PIE Student Mentor Training – 6 p.m. to 8 p.m., Berry Center.** Training for individuals committed to serve as a role model and friend to CFISD students. District approved mentors meet with students weekly during school hours on school campuses. Along with this two hour training, an application and criminal background check are required.

- **February 10 - VIPS General Meeting – 9:30 a.m. to 12 p.m., Berry Center.** Open to all CFISD volunteers, parents, staff and community members. Get the latest information on CFISD volunteering and learn through networking!

- **February 17 - VIPS TAG Team Meeting – 9:30 a.m. to 12 p.m., Berry Center.** Training for individuals who are interested in working directly with students to help them reach their full academic potential.

- **February 22 - Galveston Bay Training – 9:30 a.m. to 12 p.m., Berry Center.** Register for training by emailing the PIE office at viprsrvp@cfisd.net.

**VIPS Tag Team Volunteer Orientation Scheduled**

Cypress-Fairbanks ISD needs caring members of the community to join the State Award Winning VIPS TAG Team (Targeting Achievement Globally). This team of volunteers works with the district's helping teachers to tutor students in science and math on selected elementary school campuses. The VIPSTAG Team was recently named a Crystal Award Winner by the Texas Association of Partners in Education because of its contributions to the students in Cy-Fair ISD.

You do not need to be a parent or family member of a student to become a volunteer team member. You can become a global volunteer – a caring resident of the community who wants to help children reach their full academic potential. No previous specialized knowledge or training is necessary; all training and materials will be provided by the campus helping teachers. We do ask that team members be willing to volunteer on a consistent, weekly schedule so that the students receive the utmost benefit.

An informal orientation meeting will be held on February 17, 2011, 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 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 Yvonne Bukowski (ybukowski@yahoo.com or 281-304-0185) or the CFISD Partners in Education Office (Pamela.scott@cfisd.net or 281-894-3950).

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**“Cypress Birthday Party Headquarters”**

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<tr>
<td>Monday</td>
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<td>Tues &amp; Weds</td>
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**Lasertag & Arcade**

**Birthday/Team Parties**

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**CY-WOODS KEY CLUB**

Key Club is a high school service organization that frequently volunteers to better the community. Last month they Cy-Woods key club volunteered with the Houston Food Bank. Members assisted with things like sorting food, packaging food, and making boxes of food. Key Club also helps with events like working at Middle School concession stands during the football games, allowing the parents to watch their children in the game. Another popular event that we love to volunteer at during this time of year is church and school Fall Festivals. If you know of any event that needs volunteers, the Cy-Woods Key Club would love to help! Contact us at cywoodskeyclub@gmail.com

**Attention NW Harris County Tri Delta Alumnae**

Mark your calendars to join your Tri Delta sisters for our social gathering “Chicks, Chocolates, and Crescent Moons” Tuesday, February 8th 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

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Cypress Christian School recently held its third annual Texas History Fair. Fifty seventh graders displayed projects (including research papers and exhibits) ranging from the A&M Bonfire Tragedy to the Water Rights along the Rio Grande. Student topics were chosen from the National History Day selections. The subjects all dealt with debate and diplomacy in Texas history.

Mr. Bobby Gentry, CCS Texas History Teacher, secured judges for the CCS fair from the Cy-Fair ISD social studies administrative team. We’re very thankful for these skilled educators’ help with the history fair.

Adam Thompson and Alyssa Ramsey tied for first place, Samantha Longridge and Kallie Rhea tied for second place, Daniel Overton won third place, and Elizabeth Gwyn and Jordon Coates were awarded honorable mention by the judges. The first place winners will have the opportunity to move to the regional National History Day competition.

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**American Business Women’s Association**

**Cy-Fair Express Network (CYFEN)**

**EVENT:** Cy-Fair Express Network Monthly Networking Luncheon

**WHEN:** February 24, 2011

**TIME:** 11:30 am – 1:00 pm

**WHERE:** Houston National Golf Club
16500 Houston National Blvd
Houston, TX 77095

**NETWORKING AND BUSINESS LUNCHEON**

Cy-Fair Express Network invites you to their monthly meeting and luncheon. Bring plenty of business cards for networking. Please make reservations online by February 18 at www.cyfen.org or call Darlene Hajduk @ 713-939-9730.

Vendors are now invited to register for the 2011 Cy-Fair Women’s Expo on April 28, 2011. Details @ www.cyfen.org.

Our mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.

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**Cy-Fair Women’s Expo**

**EVENT:** Cy-Fair Women’s Expo

**WHEN:** April 28, 2011

**TIME:** 11:00am – 2:00pm

**WHERE:** Sterling Country Club at Houston National
16500 Houston National Blvd
Houston, TX 77095

The Cy-Fair Express Network will host the 2nd Annual Cy-Fair Women’s Expo on Thursday, April 28, 2011, from 11am-2pm, at Houston National Golf Club. This event is free to the public. Vendor registration and additional information is available @ www.cyfen.org or by emailing expo@cyfen.org. Hurry, space is limited.

Since its inception in 2003, CYFEN, a local network of the American Business Women’s Association, has been dedicated to bringing together businesswomen of diverse occupations and providing opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking, support, and national recognition.

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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.
Many of us know someone who is in the midst of a job search. They may be looking for their first job after graduating, a new job after being laid off, or a totally new career. Job seekers use many different avenues to find a job but one of the most effective is networking. It is one thing to speak with your neighbor about opportunities at his or her company but, eventually, many job seekers will need to utilize different networking events.

Great opportunities are found at networking events but, at the same time, they can be intimidating because we may not know anyone there. Networking events can strike fear in many people, even those with outgoing personalities, so here are a few tips on how to make networking events more pleasant, less overwhelming and more productive.

**Tip 1: Take a Deep Breath**

Remember that many people are uncomfortable at networking events. It is much more prevalent than you probably know. With that said, go into the event with a relaxed and positive frame of mind. Identify how you relax – taking deep breaths, visualizing a positive experience, etc. Employ those methods before you enter the networking event.

**Tip 2: Appear Approachable**

Smile! If you have a smile on your face, others will be encouraged to speak with you. Other open body language you should employ includes:

- keeping your arms uncrossed
- standing up straight (don’t slouch)
- making eye contact with those around you

While you are at the event, take notice of others’ body language. See if you can tell what aspect of their body language makes them look either approachable or closed off. That will help you with your own body language.

**Tip 3: Utilize the Event Activities**

The toughest networking scenario is when you don’t know anyone at the event and go by yourself. In this case, try to use the activities or functions at the event to your advantage. Does the event have a bar or buffet? Once you are in the food or beverage line, begin speaking to someone also in line. Are you at an art gallery? Approach a piece of art and chat about it with someone else who is also looking at it. It’s much easier to speak to people when you already have some common ground.

Networking isn’t easy and intimidates many people, however, it can lead to a powerful advantage over other job hunters! Hopefully the tips above give you the confidence to attend networking events. Who knows, you might really enjoy meeting new people and be surprised at the doors it opens for you!
SHOW OFF YOUR SUPERHERO

Parents this is your chance to brag on your kiddos. We want pictures of your kids doing everyday things, school events, plays, sports, etc. Send in your pictures to be featured in the Coles Connection.

E-mail your pictures to Colescrossing@peelinc.com by the 8th of the month.

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Do You Have Reason to Celebrate?
We want to hear from you! Email colescrossing@PEELinc.com to let the community know!

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