

The Coles CONNECTION

Volume 5, Issue 2

NEWS FOR THE RESIDENTS OF COLES CROSSING

February 2011

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

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
Cable/Internet/Phone - Comcast.....	713-341-1000

NEWSLETTER PUBLISHER

Peel, Inc.	1-888-687-6444
Article Submissions	colescrossing@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.

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.



Mr. Handyman
On time. Done right.®



Bill Harmon
Owner & Resident
Since 1987

For all your home maintenance and repair needs call us today. No job is too small.




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

10% Off Labor with this ad

Each franchise independently owned and operated. Some services are subject to state or local licensing requirements, and may not be available at all Mr. Handyman locations. Fully Insured-General Liability and Workers' Compensation.

THE COLES CONNECTION

Cy-Fair Project Prom

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 Bidingger at brett@bidinggerdesign.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 Bidingger 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 blsglv@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 Bidingger at brett.bidinggerdesign.com

When It's
**TRULY AN
EMERGENCY ...**

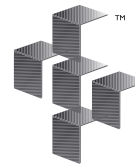


We Provide Expert Care STAT!

Did you know that in many hospital emergency rooms, you could spend up to 10 hours in the waiting room while your condition possibly worsens? If you are experiencing a true medical emergency, minutes can be critical. That's why it's important to see an expert as quickly as possible.

At Texas Emergency Care Center, you will always be seen by a physician who is Board Certified in Emergency Medicine. What's more, the average wait time is less than 20 minutes, depending on the severity of patients being treated.

24-Hour Emergency Care That's Close To Home.



T E X A S
**EMERGENCY CARE
C E N T E R™**

READY OR NOT ... WE ARE.™



Accredited by the Joint Commission of Accreditation of Healthcare Organizations for our commitment to excellence.

A Licensed, Free-Standing
Emergency Medical Care Facility.

txercare.com

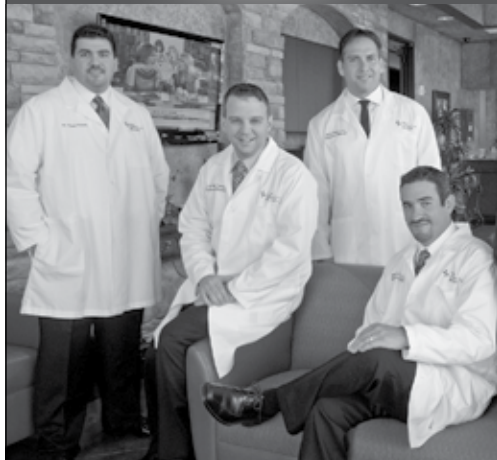
All private insurance accepted.

PEARLAND

3115 Dixie Farm Road, Suite 107
FM 518 at Dixie Farm Road
281-648-9113

CYPRESS

17255 Spring Cypress Road, Suite A
Spring Cypress at Skinner Road
281-304-9113



THE COLES CONNECTION

Cypress Ranch High School
MANE Event and Theatre Department
presents

2011
MR. MUSTANG

*Come out for a fun family night of entertainment
and watch our senior boys compete!*

February 10, 2011 @ 7:00pm
Cypress Ranch HS Auditorium
Tickets \$15 (VIP) and \$10
sold at school lunches and at the door

Electricity is **ON SALE** at StarTex Power!



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

I'm Texas Energy Analyst, Alan Lammey. In case you didn't know, electricity rates are currently at lows not seen in years, which means that NOW is the time to lock in a very low electricity rate with the provider that I highly recommend to all my radio show listeners: StarTex Power. StarTex Power is local and reputable, with some of the most competitive rates available in all of Texas. You can switch right online at www.StarTexPower.com

Sign Up Today Online: www.StarTexPower.com or call 866-917-8271
PLEASE USE **"NEIGHBORHOOD NEWSLETTER"** as your referral!



PUCT #10089



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 Cutten 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!

MAKING
DREAMS
REALITY!



PATIO COVERS • DECKS • SHADE ARBOR
FLAGSTONE • SIDING • PAINTING
& MORE...

SERVING HOUSTON SINCE 1992

CORNERSTONE CARPENTER, INC.

WWW.CORNERSTONECARPENTER.COM

FREE ESTIMATES
CALL TODAY

281.890.6474

ALL MY SONS MOVING & STORAGE

Customer Satisfaction
is Our #1 Goal!

Let Our Family Move Yours!

Local Moving Experts

- Furniture Quilt-Pad Wrapped at No Extra Charge
- Furniture Placed & Set -up in Your New Home
- Quality Service at Sensible Rates
- Professional Piano Movers
- Courteous & Professionally Trained Personnel
- We DO NOT Require All Drawers to be Emptied
- Complete Packing & Unpacking Services Offered

Low Storage Rates

- Modern Warehouse Facility
- Sanitized Private Vaults
- Air Conditioned Storage Available
- Climate Controlled
- Reliable In-Home Inventory

Long Distance

- Gauranteed Price & Service
- Direct Service to All Points in USA

Office/Industrial

- Corporate Relocation
- International
- Record Retention

Same Day Service • 24 Hours, 7 Days a Week
Licensed & Insured

www.allmysons.com

For Free Friendly Estimates & Advice, Call:

832-226-5010



All My Sons Moving & Storage of Houston, Inc.

"Your Neighborhood Movers!"

MC 501473C • USDOT 1296282 • TXDOT 6252035C

Modern Moving with Old Fashioned Care.



THE COLES CONNECTION

Mr. Cy-Woods International Man of Mystery February 10 – 7:00 p.m.

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

Then 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



www.dynamicairandheat.com



Stay Safe and Enjoy A Toasty Warm Winter

**Furnace
Check-Up
\$59⁹⁵**

Cannot be combined with any other offer, coupon or special. Expires Feb. 28, 2011.

**Furnace
Tune-Up
\$89⁹⁵**

Cannot be combined with any other offer, coupon or special. Expires Feb. 28, 2011.

New & Installed

RUUD Zephyr Series
80% Downflow Furnace
100K BTU

**AS
LOW AS
\$1,100**



**10% OFF Any Repair
& No Service Charge
(with repair)**

Not to be combined with other offer, coupon or special. Expires Feb. 28, 2011

Check-Ups look for potential problems before the busy winter season. Tune-Ups increase efficiency and help your equipment last longer.

*Parts extra. Multiple unit discounts same home. Not valid with any other offer.

"Your call is important to us."
Greg Riddle,
Owner

**FREE
Price Quotes
Financing (WAC)**



**Schedule Your
A/C Tune-Up Today
832-593-7555**



TAXES • ACCOUNTING • BOOKKEEPING

TAX TIME IS HERE!

**Call Lisa at 281-455-5625 to schedule
your tax preparation.**

Visit me at my Cypress Location

13611 Skinner Suite 165, Cypress 77429 (In Fuerst Law Office)

Lisa Beitler

Certified Public Accountant

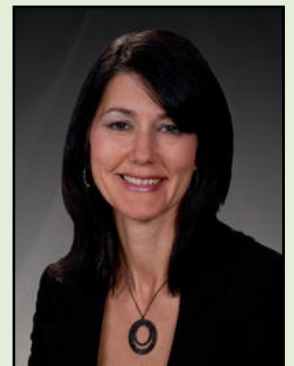
19 years experience
Texas A&M Graduate
Cypress resident

"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



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!

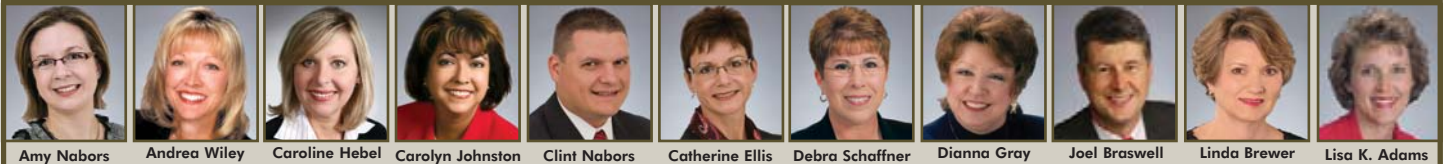
Checks can be given to the WRAP Treasurer at our monthly WRAP meetings or mailed to:

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

Designated Senior name: _____

_____ who will get WRAP bucks for your donation.

Donation Amount: _____ Date: _____



Amy Nabors Andrea Wiley Caroline Hebel Carolyn Johnston Clint Nabors Catherine Ellis Debra Schaffner Dianna Gray Joel Braswell Linda Brewer Lisa K. Adams



This Valentine's Day,

Why not buy your sweetie a new home?



heritagetexas.com

Thirteen Offices Strong
To Better Serve You



25250 NW FREEWAY, SUITE 200 • CYPRESS, TEXAS 77429 • 281.463.4131



Mark Ellis Mo Dayani Monica Sinha Nona Kelly Pam Cogar Ron Liechty Shannon Lester Tiffany Nolan Debbie Youens
Vice President of Sales

THE COLES CONNECTION

Cy-Fair ISD & Volunteers In Public Schools (VIPS):

“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 vipsrsup@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 VIPS TAG 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).*



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 02/28/11

www.lazerx-cypress.com

THE COLES CONNECTION



CY-WOODS KEY CLUB

Key Club is a high school service organization that frequently volunteers to better the community. Last month the 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



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
Worship: 9:00 a.m. and 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

SALONS

at STONE GATE

Book Your Next Appointment Online!



Happy Valentine's Day!

281-256-2204
www.salonsatstonegate.com

Salons at Stone Gate Tues-Thurs 9AM - 7PM
11734 Barker Cypress Fri 9AM - 5PM
(One block south of Hwy 290) Sat 9AM-4PM

THE COLES CONNECTION

CYPRESS CHRISTIAN SCHOOL

Holds Texas History Fair

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.



Academic Excellence and Biblical Values

- 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 2011-2012

THURSDAY, FEBRUARY 17, 2011 -

Kindergarten Preview (6-7 PM)

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

THURSDAY, MARCH 24, 2011 -

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

Educational 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



Total Lawn Care

is a family owned
business that has provided
top quality landscape
and maintenance
services since 1990.

OUR SPECIALTIES

Landscape • Outdoor Lighting • Rockscaping
Mulching • Drainage • Flowers
Sprinkler Systems

MAINTENANCE SERVICES

Mowing • Basic Service • Full Service
Trimming • Weeding • Fertilizing



License #7184



Estimates Call:

281-304-8400

THE COLES CONNECTION

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 @ 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.

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.

96% OF HOUSEHOLDS CAN'T AGREE ON ANYTHING, *except us.*

It's hard to disagree with a clean home.

Save yourself from cleaning the toilet.

**AND SAVE A FEW BUCKS.
ACT NOW AND RECEIVE \$25
OFF YOUR FIRST CLEAN.***

**Call now to receive a free, no
obligation estimate**

Serving the Richmond, Rosenberg and
Sugar Land areas.

832-593-7500

832-593-7504

www.MAIDS.com




*New customers only. Not valid with other offers.



Referred for a reason.

THE COLES CONNECTION



Benjamin L. Creed, D.D.S., M.S.D.
 26281 Northwest Freeway
 Suite 900
 Cypress, Texas 77429
 Office 281.256.3838
 creedorthodontics.com


CREED
 ORTHODONTICS
 Specializing in Orthodontics
 and Dentofacial Orthopedics

Member American Association of Orthodontists*

NOW OPEN!

EACH NEW PATIENT WHO STARTS TREATMENT IN FEBRUARY
 WILL RECEIVE A \$50.00 AMAZON GIFT CARD!

St. Elizabeth Ann Seton Catholic School
Living, Loving, and Learning in Christ and the Church



Registration begins
in February

Excellent Curriculum
 Before and After School Program
 Computer and Science Labs
 Christian Formation
 Athletics

Pre-K3 through eighth grade
 6646 Addicks Satsuma Rd. (281) 463-1444
 www.seascsc.org

**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

*A dazzling evening
 of food, dancing and silent auction.*

jeans and jewels

*Step out and have a boot coolin' good time
 while raising money for
 the Class of 2011*

Friday, February 4th
 7:30 - 11:30 p.m.
\$30.00

*Northwest Forest
 Conference Center
 12715 Felge Road
 Cypress, Texas 77429*

Tickets will be sold at
 the VIPS window at CyWoods.
 No tickets will be sold
 at the event so don't delay.

W.R.A.P.
 Wildcats Right After Prom, Inc.
 All proceeds benefit class of 2011
 for a sale after prom party

Visit www.cywoodsrap.org or contact
 Committee Chair, Karen Myers at bolgaltex@yahoo.com

All donations and purchases for this event are tax deductible 501(c)(3) organization

BUSINESS CLASSIFIEDS

LESS THAN A PENNY: You can run a business classified in the Coles Connection and reach all of Coles Crossing for only a penny per home. Call 512-263-9181 for details.

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 @ 888-687-6444 or advertising@PEELinc.com.

Tips for Enjoying Networking Events

By Amy Wolfgang, M.Ed.

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!



15014 Spring Cypress Rd • Cypress, TX 77429 • 713-574-6301

It's All About Relationships.

In February our focus is on Marriage...



Sunday Worship
9:00am & 11:00am
Bible Study 10:10am

cypressfellowship.org

a real church, with real people, offering real hope.

THE COLES CONNECTION



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.



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. 23

Quality
PRINTING COMPANY

Experience Matters
Doing business for
30+ years.

NOT AVAILABLE ONLINE

*Do You Have Reason
to Celebrate?*

We want to hear from you! Email colescrossing@PEELinc.com to let the community know!

Ask about our Introductory Offer!

Houston Yoga & Ayurvedic Wellness Center

13602 Kluge Road, Cypress TX, 77429

Owner: Sharon Kapp : 832-349-0370

New Center Opening in Cypress - February 2011

- Holistic Health Care -

Yoga Classes

Hatha, Vinyasa, Gentle, Children's, Therapeutic, Pre-Natal, Meditation, Pranvic Breathing.

Massage

Swedish, Deep Tissue, Hot Stone, Reflexology, Sports Massage Hot oil treatments, Ayurvedic Body Therapies, Ayurvedic Baby Massage, Lymph drainage, Cellulite scrubs, Herbal Scrubs, Salt Glows.

Ayurveda

Personalized Health Consultations, Diet Planning, Herbal Treatment Protocol, Herbal Pain Management, Stress Relief

Belly Dancing and Zumba Classes Also Available!

- Full Body Infra Red Therapy for Pain management and Detoxification
- Organic Vitamins, Supplements, Health Foods, Smoothies & Bubble Tea
- Metaphysical and Local Artistic presentations
- Organic Community Gardening.

www.houston-yoga-ayurveda.com

The Coles Connection is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. 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 Coles Connection 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.



Dr. Jackeline Villalobos, DO, FACOG
Dr. Irina Karban, DO, FACOG



Complete prenatal care
Comprehensive well-woman and Gyn care
Conventional & minimally invasive Gyn surgery
Contemporary menopausal health & HRT

The experienced physicians at Lifetime Ob/Gyn deliver a progressive approach to women's healthcare and wellness at two convenient locations in the NW Houston and Cy-Fair communities:

Cypress Office:
12300 Dundee Ct., Suite 204
Cypress, TX 77429

Houston Office:
11307 FM 1960 West, Suite 250
Houston, TX 77065

T: 281.517.0200 F: 281.517.0201
info@lifetimeobgyntx.com

www.lifetimeobgyntx.com



PEEL, INC.

308 Meadowlark St.
Lakeway, TX 78734-4717

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

CL



ADVERTISE

*Right on mark
for your
target audience*

Call Today 512-263-9181.



PEEL, INC.
community newsletters

www.PEELinc.com

512-263-9181