



SGS

Stone Gate Slate

THE OFFICIAL HOA NEWSLETTER
of Stone Gate, Canyon Lakes, Canyon Lake
Villages and Canyon Lakes West

October 2011

Volume 4, Issue 10

National Night Out & Photo Contest

TUESDAY, OCTOBER 4TH - AROUND 6PM

Drag out those lawn chairs, gather your neighbors, and join in National Night Out again this year! National Night Out takes place on your own individual streets or sections. This is a great opportunity for you to meet more of your fellow residents and make new friends! For more information, visit www.nationaltownwatch.org/nno.

Make sure to take some pictures, as we'll have our photo contest again this year. The winner will receive a special surprise!

The deadline to submit your group photo is Friday, October 28th. E-mail your entries to jenniferhenrie@canyongate.com. If you have any questions, please contact Director of Community Events, Jennifer Henrie at jenniferhenrie@canyongate.com.



REGISTER NOW!

5th Annual

Resident Golf Tournament

MONDAY, NOVEMBER 14, 2011
HOUSTON NATIONAL GOLF CLUB

Last years event was a huge success! The entry fee will include breakfast, cart, prizes and more! Advanced reservations are required, please contact Jennifer Henrie jenniferhenrie@canyongate.com for additional tournament details and registration.

SAVE THE DATE

MAKE ADVANCED RESERVATIONS!

Ladies Brunch & Trunk Show

SATURDAY, NOVEMBER 19

Ladies are invited to a first-class brunch and trunk show, featuring local area boutiques, vendors & shops. Get a head start on holiday shopping while sipping mimosas! Tickets will be available for residents and their guests. We'll also be raffling off numerous gift baskets, valued at \$100 each! Please RSVP to jenniferhenrie@canyongate.com by November 10th.

Space is limited, Advanced Reservations are required.

*Please contact jenniferhenrie@canyongate.com
to reserve your spot!*

*Gingerbread
House Making Event*

SATURDAY, NOVEMBER 19

Our younger residents and their parents are invited to the Houston National Golf Clubhouse to make, keep or eat a special holiday treat. There is no charge for this event, but reservations are required and space is limited. Please RSVP with the number of children and the number of adults attending to jenniferhenrie@canyongate.com by November 10th.

Space is limited, Advanced Reservations are required.

*Please contact jenniferhenrie@canyongate.com
to reserve your spot!*

IMPORTANT NUMBERS

ON-SITE OFFICES & GATE ATTENDANTS

S-G Clubhouse Office	281-304-7448
S-G Gatehouse	281-256-3620
Splashpad Texas Office	281-213-9777

PROPERTY TAXES

Harris County Appraisal District.....	713-224-1919
Water / Remington MUD #1.....	281-579-4500
Water / MUD #165	713-932-9011

POLICE & FIRE

Emergency	911
Harris County Sheriff.....	713-221-6000
Precinct #5 Constable	281-463-6666
Cy-Fair Volunteer Fire Station.....	713-466-4073
Texas DPS.....	281-232-4334
Cy-Fair Medical Center.....	281-890-4285
North Cypress Medical Center.....	832-912-3500
Poison Control.....	800-222-1222

UTILITIES

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Centerpoint Energy	713-207-2222
Power To Choose	866-797-4839
Gas (Centerpoint Energy Entex).....	713-659-2111

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AT & T U-verse.....	866-299-6824
Comcast - Cable/High Speed Internet	713-341-1000
Trash Pickup (WCA Waste).....	281-368-8397
Water (Remington MUD #1) (S-G-STES.....)	281-579-4500

PUBLIC SERVICE

Harris Co. Animal Control	281-999-3191
Harris County Toll Road Auth	281-875-3279
Voter Registration	713-224-1919
Auto Registration	713-368-2000
Cy-Fair Chamber of Commerce	281-955-1100
Metro Park and Ride.....	713-635-4000
Lone Star College Library	281-290-3200
Gulf Coast Reg Blood Ctr.....	713-790-1200

U.S. POST OFFICES

Stone Gate & Canyon Lakes	281-859-9021
Canyon Lakes West.....	281-373-3372

SCHOOLS

Cy-Fair ISD District Office	281-897-4000
.....	www.cfsd.net

CANYON LAKES WEST & PINE CREEK CONTACTS

Rec Center Office	281-855-0984
CLW Gatehouse.....	281-858-6106
Smith Middle School	281-213-1010
Postma Elementary School	281-345-3660
Hopper Middle School	281-463-5353
Cypress Springs High School	281-345-3000
SW Water/Harris County MUD #165	713-405-1750
Spring Cypress Post Office	281-373-3372
Property Tax: MUD #165	713-932-9011
Gatehouse	281-858-6100

ASSOCIATION'S MANAGEMENT COMPANY CONTACT INFORMATION

Planned Community Management (PCMI) has been contracted by the Board of Directors to manage the day-to-day activities of the community. In order to contact the community's Board of Directions or if residents have concerns, questions about their account, or deed restriction violations to report, please put the information in writing and send via e-mail to Heather Barbiche at hbarbiche@stes.com or call PCMI at 281-870-0585.

TO CONTACT THE BOARD:

*Please address the Board
of Directors via*

Heather Barbiche, PCMI, hbarbiche@stes.com
P.O. Box 219223, Houston, TX 77218, 281-870-0585

HAVE YOU LOGGED IN YET?

WWW.CANYONGATE.COM/RESIDENTS/SG

*Features of the Stone Gate & Canyon Lakes West intranet
include:*

- Email Blasts On Community News & Events
 - Resident Directory
 - Current Events & Activities
 - News
- Official Documents & Forms
- Event Photos and MORE!

NEWSLETTER INFORMATION

Article Submission.....	jenniferhenrie@canyongate.com
Advertising.....	advertising@PEELinc.com

ADVERTISING INFORMATION

Please support the businesses that advertise in the Stone Gate Slate. Their advertising dollars make it possible for all Stone Gate residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or advertising@PEELinc.com. The advertising deadline is the 8th of each month for the following month's newsletter.

Classified Ads

BUSINESS CLASSIFIEDS (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.

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Seeking Sponsors for Resident Golf Tournament

Looking to get your business noticed? You're in luck! We have numerous sponsorship opportunities at our upcoming Resident Golf Tournament, scheduled for Monday, November 14th. Last year's tournament was a huge success! Don't miss out on this great marketing opportunity! Sponsorship levels range from \$100 to \$2,000 or donate goodie bag items to promote your business!

Contact Jennifer Henrie at jenniferhenrie@canyongate.com to learn more!

Calling All Volunteers!

JUDGES NEEDED FOR HOLIDAY YARD JUDGING CONTEST DECEMBER 4TH-10TH

We need volunteers to drive the community and help nominate homes! This is a great way to volunteer and give back to our great community. It only takes an hour in the evening! To sign up or for additional information or to sign up as a judge, please contact jenniferhenrie@canyongate.com VOLUNTEER JUDGES are needed for the event to be a success.

SAVE THE DATE!

**COOKIES WITH SANTA
SATURDAY, DECEMBER 17**



BUSINESS CLASSIFIEDS

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Be On The Lookout For School Children, School Buses

School children across the state are back to school. The Texas Department of Public Safety reminds all drivers to watch out for children walking to school or waiting for school buses--and to obey all traffic laws related to school buses.

Drivers also need to slow down and pay attention in school zones. Children may not be looking for oncoming traffic when they step into the roadway, so drivers must remain alert.

"Although school buses are the safest form of transportation for students, the most dangerous time of the journey is when children are entering and exiting the bus," said Col. Thomas A. Davis, Jr., director of the DPS. "When a school bus is loading or unloading students, the law requires that drivers stop on most roadways."

State law requirements State law requires

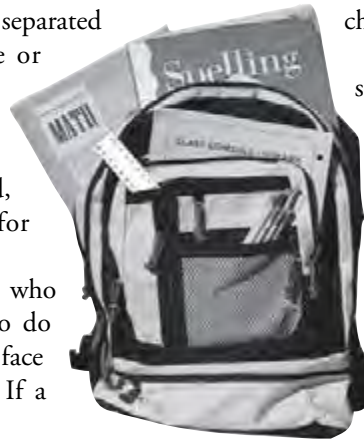
approaching drivers to stop when a school bus is stopped and operating a visual signal (red flashing lights or a stop sign). Drivers should not proceed until the school bus resumes motion; the driver is signaled by the bus driver to proceed; or the visual signal is no longer activated. A driver does not have to stop for a school bus if it is on a highway with roadways separated by an intervening space or physical barrier. (If a highway is divided only by a left-turning lane, the roadways are not separated, and drivers must stop for school buses.)

Punishment for drivers who do not stop Drivers who do not stop for school buses face a fine of up to \$1,000. If a

driver is convicted of this offense more than one time, DPS can suspend their license for up to six months.

"DPS has zero tolerance for vehicles that pass stopped school buses," Davis said. "Drivers must slow down, obey school zone speed limits and stop for school buses to ensure the safety of Texas school children."

For more information on school bus safety, please contact DPS School Bus Safety Program Administrator Charley Kennington at 254-759-7235 or the Public Information Office at 512-424-2080. More information is also located at <http://www.txdps.state.tx.us/schoolbus>.



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W. Lake Houston Pkwy at FM 1960
281-540-9113

Stone Gate 2011 Community Event Calendar

National Night Out Tuesday, October 4
Resident Golf Tournament Monday, November 14
Gingerbread House Making Saturday, November 19
Ladies Brunch and Trunk Show Saturday, November 19
Holiday Yard Decoration Contest December 4-10
Cookies with Santa Saturday, December 17

*Please contact Jennifer Henrie, Director of Community Events
at jenniferhenrie@canyongate.com if you would like
to help with any of our events!*

ATTENTION CYPRESS RANCH HIGH SCHOOL

Please join our VIPS email group
cypressranchvips@gmail.com
and stay connected with what's
going on down at the Ranch.

CarFit Event for Senior Drivers

October 8, 2011 | 8:30am - 12:30pm
Reavis Rehab & Wellness Center
1250 South A.W. Grimes Blvd. | Round Rock, TX 78664
Phone: 512-381-1744
www.ReavisRehab.com | events@ReavisRehab.com

At a CarFit event, a team of trained technicians and health professionals work with senior drivers to ensure they “fit” their vehicle properly for maximum comfort and safety. Drivers can improve their safety by ensuring their cars are properly adjusted to meet their specific needs. A proper fit in one’s car can greatly increase not only the driver’s safety but also the safety of others. A CarFit check takes approximately 20 minutes to complete. Call 381-1744 today to sign up for this no cost CarFit event.



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PROJECT PROM NEEDS YOU!

Come see what it's all about and how you can help. Mark your calendars for the following general Meetings held on the 4th Monday of each month:

OCTOBER 24TH

Meetings begin at 7pm and are held in the Cy-Fair High School Cafeteria! Come see how you can earn points for your son/daughter while learning about all the opportunities to help make Project Prom 2012 a huge success. Also, be on the lookout for Details on the Project Prom Shrimp Boil, Casino Night and Homecoming Mum Sales! Make sure you check for updates on the Cy-Fair Project Prom 2012 Facebook page and www.cyfairprojectprom.org



CY-WOODS CRIMSON CADETTES

BOOSTER CLUB ANNUAL FUNDRAISER GOLF TOURNEY MONDAY, OCTOBER 10TH 1:00 P.M. AT HOUSTON NATIONAL GOLF CLUB

The Cy-Woods H.S. Crimson Cadettes Booster Club will host their annual golf tournament fundraiser on Monday, October 10, 2011 at Houston National Golf Club. All proceeds from this major fundraising event will directly benefit the Crimson Cadette Drill Team and assist with their many activities during the 2011-2012 school year. The tournament will be a 4-person scramble with a 1:00 P.M. shotgun start followed by an awards dinner. The entry fee is \$125 per player and includes green fees, cart, goodie-bag and dinner. Hole sponsorship opportunities are also available. The organization has a 501 (C) 3 designation and our tax ID can be provided for tax purposes.

To register for the event, or for more information, please visit our website: www.crimsoncadettesgolf.com

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- Artisan & handcrafted items
- Children's clothing & toys
- Christmas & autumn specialities
- Unique food products

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Proceeds benefit Cy-Hope, "Making Life Better for Kids in Cy-Fair."

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**“TEAMWORK IS KEY”
 WITH CY-FAIR ISD VOLUNTEERS**

Hey! Grab your keys, unlock your hidden talents and join our Volunteer Team this fall in the Cy-Fair Public Schools!

The name of the team is “VIPS“(Volunteers in Public Schools). VIPS 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 are just like you, they give freely of their time and resources; and they have an impact on the academic and personal development of our students. Cypress-Fairbanks ISD is fortunate to be able to draw from a terrific diversity of skills and knowledge in its community.

If you are interested in being a part of an exciting group of volunteers and making a difference in your Cy-Fair Schools, or would like more information, please feel free to contact Pam Scott, Partners in Education Director at 281-894-3950.

CY-FAIR ISD VOLUNTEER OCTOBER 2011 EVENTS
“Teamwork is Key”

OCTOBER 11.....PIE Mentor Training
9:30 a.m. to 11:30 a.m. - Berry Center

Training for individuals committed to serve as a role model and friend to CFISD students.

OCTOBER 14.....VIPS Fall Conference
8:00 a.m. to 2 p.m. - Berry Center

A day of informative workshops is offered to volunteers, staff, parents and community members designed to support the work of volunteers in all district schools. Registration forms are available in schools and in the PIE dept.

OCTOBER 19.....Hearing Certification Training
9:30 a.m. to 1:30 p.m. - Berry Center.

Become a State certified trained volunteer to assist your CFISD School in hearing testing for the students. Please RSVP to your school nurse by October 14.

OCTOBER 20.....Vision Certification Training
9:30 a.m. to 1:30 p.m. - Berry Center

Become a State certified trained volunteer to assist your CFISD School in vision testing for the students. Please RSVP to your school nurse by October 14.

OCTOBER 25.... Junior Achievement Volunteer Training
9:30 a.m. to 12:00 p.m. - Berry Center.

The purpose of Junior Achievement is to educate and inspire young people to value free enterprise, understand business and economics and be workforce ready.

(Continued on Page 9)

"Teamwork Is Key" - (Continued from Page 8)

**OCTOBER 26.....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.

**October 27 Virtual Volunteer Training
9:30 a.m. to 11:00 a.m., ISC West**

Training for Volunteer Coordinators to learn how to effectively and efficiently manage their campus Virtual Volunteer account.

How to register for training:

With the exception of Hearing and Vision Certification, register for training by emailing the PIE office at vipsrvp@cfisd.net. Provide your name and the name and date of the training you wish to attend. Registration is required to guarantee a seat and training materials.

Adults only please.

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Target Heart Rate Range for Cardiovascular Exercise:

DO YOU KNOW YOURS? - By Sarah Jordan, MS

Are you getting the most you can from your cardiovascular exercise program? Determining your target heart-rate range may help you see more results and become more aware of the intensity of exercise that you are completing. I love to empower my clients by educating them on this personalized range. And even more so, I enjoy seeing their faces light up when they tell me about the results they are seeing because of their success in using it.

A few things to remember about calculating target heart-rate range (THRR):

- Always check with your doctor before starting or changing your exercise program. To best determine your fitness level and training zones, seek a fitness assessment from a certified professional personal trainer. Numbers provided here are just estimates.
- **These estimates are for healthy individuals. Remember that conditions**

like pregnancy, health issues, and some medications can affect your heart rate.

- There are times when your mid-exercise heart rate will be below or above your target heart rate range, and that is okay. But use the THRR as a goal to work within most of the time.
- A good estimate of your maximum heart rate is $220 - \text{your age}$.

Calculating your target heart-rate range:

Knowing how to take your pulse and find your heart rate during exercise can help you evaluate the effectiveness of your exercise program. Using the Karvonen formula, we can calculate target heart-rate range (THRR). We do the following to calculate our low and high end of our THRR:

$220 - \text{age} - \text{resting heart rate} \times \text{low end of training zone} + \text{resting heart rate} = \text{_____}$
(low end of THRR)

$220 - \text{age} - \text{resting heart rate} \times \text{high end of training zone} + \text{resting heart rate} = \text{_____}$
(high end of THRR)

— Step 1 —

Calculate your resting heart rate.

The best time to do this is first thing in the morning before you get out of bed. Take a 60-second count, and write your resting heart rate value down.

— Step 2 —

Determine what training zone you will use based on your current level of fitness.

Estimates provided by www.acefitness.org: Low level of fitness: 45-55%; Fair level of fitness: 55-65%; Good level of fitness: 65-75%; Excellent / elite level of fitness: 75-85%. (These are just examples and can be changed to best fit your current level of fitness. For the most accurate calculation, get a fitness assessment.)

(Continued on Page 11)

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Target Heart Rate....- (Continued from Page 10)

— Step 3 —

Calculate your target heart-rate range using the Karvonen formula.

— Step 4 —

Learn how to use this heart-rate range regularly in your cardiovascular workouts.

For example: A healthy 30-year old female with a good level of fitness and a resting heart rate of 60 beats per minute and using a training zone of 60-80%:

$$220 - 30 - 60 \times .60 + 60 = 138 \text{ beats per minute}$$

$$220 - 30 - 60 \times .80 + 60 = 164 \text{ beats per minute}$$

Using this calculation, her target heart-rate range is 138 – 164 beats per minute.

So the question is, “Now that I know my target heart-rate range, how do I actually apply that to my workouts?”

Follow these steps for success:

- Calculate your target heart-rate range and write it down where you can easily find it.
- Find a range that you can remember. For example: For the 30-year old female above, her range is 138-164 beats per minute. That is hard to remember mid-exercise, so she should do this:
 - Determine and remember the range you should find in a 6-second pulse count. (Ex: 13-17 beats in 6-second pulse count,

as this would equal 130 – 170 beats in a minute, which aligns with her THRR.) – She takes her pulse (mid-exercise) for 6 seconds, and should get 13-17 beats.

- Practice and learn to take your pulse properly.
Taken from <http://my.clevelandclinic.org/heart/prevention/exercise/pulsethr.aspx>:
 - Place the tips of your index, second and third fingers on the palm side of your other wrist below the base of the thumb. Or, place the tips of your index and second fingers on your lower neck on either side of your windpipe.
 - Press lightly with your fingers until you feel the pulse beneath your fingers. You may need to move your fingers around slightly up or down until you feel the pulsing. If placing fingers on neck, be sure you don't press too hard.
 - Use a watch with a second hand, or look at a clock with a second hand.
- Count your pulse for 6 seconds. Multiply this number by 10 (add a “0”) to get your heart rate (pulse) / beats per minute.
- Give yourself time to get comfortable using this method. It will pay off in the long run!

Everyone wants to find ways to make their fitness routines more efficient. It is my hope that using the target heart-rate range will be one way of doing just that.

community of faith

Check out our website for events coming up!
www.cof.tv

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HEALTH BRIEFS - OCTOBER 2011

TOBACCO SMOKE CAN TRIGGER CHILD'S ASTHMA ATTACK

Exposure to smoke can worsen your child's asthma and should be eliminated to help effectively manage symptoms, said a pediatric pulmonologist at Baylor College of Medicine. "Sometimes treating a child's asthma means treating the parent's tobacco addiction," said Dr. Harold Farber, associate professor of pediatrics - pulmonary at BCM and associate medical director of the Texas Children's Health Plan at Texas Children's Hospital.

If your child has asthma and you are a smoker, Farber said it's critical to get your tobacco dependence treated. "When you smoke, whether it's indoors or out, your child is exposed to the irritant," said Farber. He encouraged smokers to talk to their doctors and to call the free national smoker's help line at 1-800-QUIT-NOW (1-800-784-8669) for assistance to become smoke free.

VITAMIN C PROTECTS, MAINTAINS HEALTHY BONE MASS

Vitamin C plays an important role in maintaining bone mass - promoting the balance between old bone resorption and new bone formation, said a Baylor College of Medicine doctor. Most experts recommend vitamin D, calcium, exercise and bisphosphonates to keep bones healthy, said Dr. Kenneth Gabbay, professor of pediatrics - molecular diabetes and metabolism at BCM. Vitamin C is sometimes left out of the healthy bone equation but studies show that

it's equally important. Food high in vitamin C includes oranges, strawberries, dark, leafy lettuce, broccoli, bell peppers and fresh herbs. Most daily vitamin supplements also contain vitamin C.

SLEEPING PILLS NOT EASY ANSWER

When sleep doesn't come easily, some people turn to what they think is an easy solution - sleeping pills. But according to a Baylor College of Medicine sleep expert, sleep medications - whether prescription or over-the-counter - shouldn't be taken lightly. "All medications have side effects that need to be weighed whenever you take them," cautioned Dr. Phil Alapat, assistant professor of pulmonary, critical care and sleep medicine at BCM and medical director of the BCM Sleep Center. Some of the most common prescription sleep medications are non-benzodiazepine hypnotics, like Ambien and Lunesta. These medications are not physically addictive and will not cause withdrawal symptoms when a person stops taking them. However, many people depend on them because they believe they cannot sleep without them, Alapat said.

One of the most common over-the-counter sleep aids is the nutritional supplement melatonin. It is helpful for some people but Alapat cautioned that it is not , an FDA regulated substance. Over-the-counter sleeping pills may also contain antihistamines and while these can help a person sleep, they

have other side effects, including dry eyes and mouth. They may also cause an altered mental state, and this can be especially concerning in older adults, Alapat said. Before turning to any type of sleep aid, Alapat recommends a visit to a physician, or a sleep disorders specialist.

BEST BETS IN BEVERAGES FOR KIDS

When your kids need something to drink, reconsider reaching for that juice box. It's easy to get confused about what is and what is not a fruit juice. According to Roberta Anding, a registered dietitian at Baylor College of Medicine, if the label does not say 100 percent juice, it is not genuine fruit juice but fruit-flavored instead. Such fruit-flavored beverages, like many of those handy little juice boxes, have higher sugar content than fruit juice and are even comparable to sodas. A better option is to substitute actual pieces of fruit for fruit juice or fruit-flavored drinks.

Healthy beverage choices are important throughout the day to keep hydrated and provide good nutrition. Anding suggests following a beverage pyramid, much like the well-known food pyramid. "Kids should drink mostly water, then low-fat or skim milk, and then real fruit juice in moderation," she said. "Limit sodas since they are full of sugar and have no nutritional value."

Parents can help their children make healthy beverage choice by making healthy options available and being a good role model.



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Girlfriends Gift Market @ Good Shepherd

Saturday, October 8th from 9:00am-4:00pm

Good Shepherd UMC, 20155 Cypresswood Dr. in Fairfield (290 & Mason)

Come shop at over 60 indoor & outdoor booths featuring jewelry, yard art, home décor, gourmet foods, clothing, candles, and so much more! Pick up a few things at our bake sale, silent auction and visit the Pumpkin Patch!

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Questions? Need more info?

Contact Yvette Hayes, yhhayes@att.net.

www.goodchurch.us



LONE STAR COLLEGE CYFAIR PERSPECTIVE

IT'S TIME FOR CY-FEST 7 SET OCT. 8

Don't miss Lone Star College-CyFair's seventh annual community day. The college's gift to the community since 2005, is a day of free festivities and family fun! There's something for all ages with a petting zoo, pumpkin patch, face painting, duck races, a train ride, pony carousel, carnival rides and more. Cy-Fest is from 10 a.m. to 2 p.m. Saturday, Oct. 8. For information go online to LoneStar.edu/cy-fest.

CHECK OUT COMMUNITY PARTNERS DAY,

T.I.P. AND JOB CONNECTION DAYS

Lone Star College-CyFair hosts several community mid-day events each month in the College Center. On Community Partners Day, from 11 a.m. – 1 p.m., visit with community partners to see what goods and services they have to offer. The next Community Partners Day is Oct. 18. Watch for Transfer Information Program (T.I.P.) Days when, from 10 a.m. – 1 p.m., representatives from four-year universities are on campus to provide transfer information. The next T.I.P. day is Oct. 19. At Job Connection Days (mini-job fairs), from 11 a.m. – 1 p.m., bring copies of your resume, wear business attire and meet with area employers recruiting for immediate openings. The next mini-job fair day is Oct. 11. Check the events calendar at LoneStar.edu for future dates.

FREE FALL BUSINESS SUCCESS SEMINARS SERIES SET

The Business Success Seminars are back with a free fall series. Topics are: "Measure Your Marketing Efforts" Oct. 5; "Google Tools for Advertising on the Internet" Oct. 12; "Facebook Essentials" Oct. 19; "Driving Revenue With Social Networking – Linked In and Google+ " Oct. 26 and "eBay Selling and Buying" Nov. 2. Seminars are held Wednesdays from 7:45 a.m. to 8:45 a.m. in library room 131, on the campus at 9191 Barker Cypress. No sign up is required and there will be door prizes. Sponsoring this series are the Small Business Development Center and the Lone Star College-CyFair Branch Library. For information, go to LoneStar.edu/library/business-seminars or call 281.290.3214 or 832.482.1057.

L.I.F.E. LESSONS IN OCTOBER

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 October include: "The Think Factory" Oct. 5, "Atomic Alchemy or Nanotechnology" Oct. 12, "Lemongrass Chicken" Oct. 19 and "Feng Shui" Oct. 26. Call the library at 281.290.3214 for L.I.F.E. program information.

LOOK WHAT'S IN THE CENTER FOR THE ARTS

On stage this month, the drama department presents "A Seagull in the Delta" from Oct. 13 to Oct. 23. For tickets and event information, go to LoneStar.edu/boxoffice. In the Bosque Gallery Oct. 11 to Nov. 3 is the Faculty Art Show. Meet the artists at a reception set from 4:30 p.m. to 6:30 p.m. Thursday, Oct. 20. For gallery information, go to LoneStar.edu/bosquegallery. The Performance Troupe presents "The Rocky Horror Picture Show" at 6:30 p.m. and again at 9 p.m. Oct. 31 as a scholarship fund-raising event in the Black Box Theatre. For information, go to LoneStar.edu/boxoffice.

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BRITT'S BOOK BUZZ: THE HUNGER GAMES

by Suzanne Collins

Remember the compelling and cult-following TV show, *Lost*? To me, *The Hunger Games* is the literary equivalent in that the writers creatively demonstrated survival and unity when faced with extremely harsh circumstances. The difference is that while *Lost* was the result of a plane crash on a strange island where anything could happen, *The Hunger Games* is ruled by the Capitol where young adults fight to the death as a form of entertainment for the government.

Set in the not so distant future, North America as we know it has been completely reorganized into separate districts (12 of them) all closely controlled by the militant, big brother, harsh "Capitol." These districts were formed when the Earth had become so violated environmentally and morally that war broke out. As a reminder to all of the segregated districts that rebellion is not tolerated, there is a yearly "Hunger Game"

where a male and female from each district aged 12-18 is chosen at random to fight each other to the death. There can only be one victor and everything is televised, complete with sponsors.

It is in district 12 that the heroine, Katniss Everdeen lives with her mother (a healer) and her younger sister. Her father was killed in a mining accident but left his oldest daughter with the gifts and talents of hunting, which is her family's key to survival.

When Katniss' sister is chosen as one of the "tributes" to fight in the hunger games, Katniss volunteers in her place. Her male counterpart, Peeta, is also chosen.

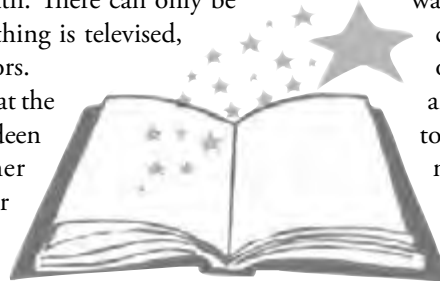
Their experience at the Capitol and the whole tradition around the hunger games

is so intriguing and fascinating as are the people they encounter. However, it is the way the hunger games are so carefully and technologically orchestrated and Katniss' amazing ingenuity and will to live and survive that kept me reading and enjoying the brutal, yet thoroughly entertaining book. At the time I am writing this review, I am already on the final book of the trilogy!

This book has it all -- a love triangle, a heroine, an underdog, fighting, mystery, science fiction--it is a reader's big Kit Kat bar!

Feel free to comment on this review, your thoughts on the book or suggest a book for me to review on my blog:

<http://brittsbuzz.blogspot.com>



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