

STONE FOREST

Flyer

March 2013

Volume 3, Issue 3

A Focus on Healthy Snack Ideas

By: *Concentra Urgent Care*

March is National Nutrition Month. Celebrate by trying out some of these healthy snack ideas:

- Whole grain bagel with melted low fat or non-fat cheese
- Baked tortilla chips and salsa
- Cereal (preferably whole-grain) and low-fat or fat free milk
- Homemade trail mix of wheat or bran Chex or cheerios, pretzels, raisins, and nuts
- Whole wheat toast with butter or margarine and jam
- Baby carrots, broccoli, cauliflower, or celery and yogurt-based dip
- Fruit, including fresh, frozen, canned, or ready-to-eat fruit, such as apples peeled and sliced, oranges cut into sections, cantaloupe and pineapple in bite-sized cubes, or fruit salad
- Fruit shake or smoothie made with frozen fruit and a cup of fat free or low-fat milk or yogurt
- Vegetable soup
- Bean burritos or burrito bites containing canned, fat-free refried beans, low-fat cheese, and salsa on a tortilla – roll up and cut into bite-sized pieces
- Tortilla roll-ups: spread chicken breast strips, salsa, and lettuce on a tortilla. Roll up and cut into bite-sized pieces. Or, leave out the tortilla and roll up the chicken and salsa in the lettuce
- Yogurt, alone, or as a dip or topping for fresh fruit
- Layer fruit, yogurt and grape-nuts in a glass for a parfait
- Nuts
- Peanut butter on graham crackers
- Peanut butter on sliced apple or celery
- Milkshake made with nonfat or low-fat frozen yogurt
- Sugar-free pudding or Jello cup
- Oatmeal raisin or peanut butter cookies and fat free or low-fat milk
- Zucchini or pumpkin bread
- Low fat Cottage cheese and fruit
- Turkey sandwich on wheat bread
- Granola or cereal bar



For more information about healthy snacks and diets, contact your health care provider, your Concentra health specialist, or visit the Department of Health and Human Services at: <http://www.health.gov/dietaryguidelines/dga2005/recommendations.htm>

COMMUNITY CONTACTS

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Spring, Texas 77379

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Klein ISD website:..... <http://www.kleinisd.net/>
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Strack Middle School..... 832-249-5400
Klein Collins High School..... 832-484-7811

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5th Annual Junior Tiger Fun Run Huge Continues to Thrive *Benignus and Doerre Take School Competition*

Spring, Texas, February 4, 2013. The weather tuned out beautifully for the 5th Annual Jr. Tiger Fun Run and Tiger Marketplace. The 5th anniversary of this unique, collaborative fundraising event was marked by the addition of the Tiger Marketplace, 7th & 8th grade and parent's race, and inter-school competition!

The event was a huge success, with over 127 people running in the event, 19 vendors manned booths on the small gym raising over \$3,000 to help over 200 athletes participating in Klein Collins Cross Country and Track and Field Programs.

The Klein Collins Cross Country and Track and Field Programs would like to thank its sponsors Progressive Commercial Aquatics, Mindy Harmon Photography, Screaming Tees, CiCi's Pizza Spring, Texas Stallions Track Club, H-E-B Spring Market, J. Reed Salon and Day Spa, Road ID, Neal's Restaurant and Luke's Locker. Vendors included Breast Cancer Awareness "Jewelry & Handpainted Glasses, CFTate Mary Kay, Custom Designs from the Heart, Flourish, Houston Northwest Medical Center, Jagged Heart Creations, JuicePlus+, Jungle Tracks, Mandougle's, Ooh LaLa, Organo Gold,

Paparazzi By LMC, Scentsy, The Burlap Sak, The Drunken Bead, The Pampered Chef, and Thirty-One Gifts.

Results for the event are as follows:

Elementary Most

Participants School Results

1st	Benignus
2nd	Haude
3rd	Kreinhop

Intermediate School Most

Participants School Results

1st	Doerre
2nd	Schindewolfe
2nd	Krimmel
2nd	Strack

Boys PK - 2nd 2K

Place	Last Name	First Name	School Name	Grade	Time
1	Sanchez	Roberto	Timbers	2nd	9:22.22
2	Bowcutt	Eric	Roth	2nd	9:32.88
3	Aroca-Disdier	Kai	Haude	2nd	9:46.89
4	Prewitt	Garrett	Benfer	1st	9:53.57
5	Hibler	Matthew	Benignus	1st	10:31.61

Girls 3rd - 4th 2K

Place	Last Name	First Name	School Name	Grade	Time
1	Farris	Helene	Concordia Lutheran School	3rd	8:56.82
2	Olson	Isabelle	Roth	4th	9:41.89
3	Edwards	Addison	Benignus	3rd	9:44.20
4	Cordova	Camryn	Haude	4th	9:55.49
5	Hamlett	Taylor	Roth	3rd	10:12.79

Boys 3rd - 4th 2K

Place	Last Name	First Name	School Name	Grade	Time
1	Muertter	Andrew	Benignus	3rd	8:07.51
2	Perry	Dylan	Kreinhop	4th	8:43.76
3	Moga	Casey	Benignus	3rd	8:53.24
4	Landrod-Hemenway	Brady	Anderson	4th	8:55.48
5	Zimmerman	Jacob	Lakewood	3rd	8:58.01

Girls 5th - 6th 3K

Place	Last Name	First Name	School Name	Grade	Time
1	Carnes	Lavoxkeia	Schindewolfe	6th	15:14.75
2	Cox	Caitlyn	Ehrhardt	5th	16:04.78
3	Scott	Carley	Lemm	5th	16:34.08
4	De Leon	Teslyn	Kreinhop	5th	16:55.11
5	Green	Kassidy	Zwink	5th	17:10.70

Boys 7th - 8th 3K

Place	Last Name	First Name	School Name	Grade	Time
1	Prokop	Joey	Strack	8th	12:47.02
2	Henderson	James	Doerre	8th	14:22.36
3	Harte	Jordan		8th	15:29.46
4		Justin		8th	15:34.92
NR	Uzategui	Michael	Krimmel	8th	NR

Women's Parent 3K

Place	Last Name	First Name	Time
1	Looney	Kate	12:26.63
2	Moga	Shelly	15:16.25
3	Lee		15:28.69
4	Land	Mandy	16:50.88
5	Sells	Kelly	17:01.15

Men's Parent 3K

About The Klein Collins Cross Country - Track & Field Booster Club: The Klein Collins Cross Country - Track & Field Booster Club is a non-profit organization of interested parents who voluntarily assist in the furtherance of interscholastic athletics as an integral part of the educational process at Klein Collins High School. The Club is composed of moms and dads who support the boys' and girls' cross country and track and field programs at KCHS. They are involved as enthusiastic fans and as financial helpers as well. They hold fund raising activities that help assure our students of a first class athletic program, including many items that might not otherwise be affordable to the school.

(Pictures on Page 4)

STONE FOREST FLYER

Tiger Fun (Continued from Page 3)



K - 2nd Boys



K - 2nd Girls



3rd - 4th Boys



3rd - 4th Girls



5th - 6th Boys



5th - 6th Girls



7th - 8th Grade

CY-FAIR KIWANIS CLUB

Kiwanis wants YOU! The Cy-Fair Kiwanis Club is actively seeking new members who are interested in giving service to improve our community and our world. Visit the Cy-Fair Kiwanis Club and learn about the projects in which its members participate to enrich and improve life for citizens in our community. We sponsor the Key Clubs in the Cy-Fair, Jersey Village, and Katy communities and work with them in service to the Cy-Fair area. Internationally, both Kiwanis and Key Clubs are participating in the ELIMINATE PROJECT aimed at the eradication of maternal/neonatal tetanus.

Businesses of the community are encouraged to support a representative for membership in Kiwanis. If you work for a business that is oriented toward involvement in community improvement and leadership, suggest to them that you would like to represent that business through membership and involvement in work with Kiwanis. We welcome businesses and organizations as well as individual memberships.

CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs and two Builders Clubs in the Cy-Fair School District. We sponsor the Kids Triathlon; Girl Scout, Boy Scout, and Sea Scout troops and activities; awards scholarships to outstanding Key Club members in our district; provides assistance to Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.

The Cy-Fair Kiwanis Club meets at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll at 281-463-0373, George Crowl at 832-467-1998 or Peggy Presnell at 281-304-7127. We invite you to be our guest at one of the meetings and enjoy the fellowship of Kiwanians from your community as you learn about our organization.

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View answers online at www.peelinc.com

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