

THE SUN



News For the Residents of Stone Gate

October 2008 - Volume 1, Issue 1

Welcome to The Sun

*A newsletter for Stone Gate residents
by Stone Gate residents.*

The Sun is a new monthly newsletter mailed to all Stone Gate residents. Each newsletter will be filled with valuable information about the community, local area activities, school information and more.

If you are involved with a school group, play group, scouts, sports activity, social group, etc. and would like to submit an article for the newsletter you can do so online at www.PEELinc.com or you can email it articles@peelinc.com. Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome.

Our goal is to keep you informed!



Cy-Fair ISD & Volunteers in Public Schools (VIPS): A Winning Combination

VIPS is an acronym for 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, who give freely of their time and resources, impact the academic and personal development of Cy-Fair students. Cypress-Fairbanks ISD is fortunate to be able to draw from a diversity of skills and knowledge in its community.

The district VIPS Executive Board spearheads the business of the VIPS. This board is comprised of volunteers elected to take on specific responsibilities offering support, guidance, and training to all volunteers in the district. The VIPS Executive Board meets monthly to evaluate and address the needs of the district and distribute information relating to volunteer and community activities and strengthen parental involvement in education.

If you are interested in becoming part of the winning combination 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.

Cy-Fair ISD & Volunteers in Public Schools (VIPS): A Winning Combination October 2008 Upcoming Events

October 1 Math Training – 9:30 a.m. to 12 p.m., Berry Center

Participants will have an opportunity to review the first semester curriculum in grades 1-5, use some of the technology applications available to teachers and students, learn more about the 4-step problem solving process, and explore some of the components of

(Continued on Page 3)

Don't want to wait for the mail?

View the current issue of
The Sun on the 1st day of each month at
www.PEELinc.com

Newsletter Information

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Personal classifieds (one time sell items, such as a used bike...) run at no charge to Stone Gate residents, limit 30 words, please e-mail articles@PEELinc.com.

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.

Teenage Job Seekers

Name **Age** **Baby** **Pet** **House** **Yard** **Phone**
 Doe, John 15 • • 111-1111

*-CPR Training

+First Aid Training

Attention Teenagers

The **Teenage Job Seekers** listing service is offered free of charge to all Stone Gate teenagers seeking work. Submit your name and information to articles@PEELinc.com by the 9th of the month!

Advertising Information

Please support the businesses that advertise in The Sun. 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 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

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Back to School Safety Tips

As summer vacations come to an end, students across the country are readying themselves for the start of a new school year. With all of the excitement this time brings, safety may not be the first subject that springs to mind. The American Red Cross encourages parents to take time to talk with their children about safety before school starts.

According to the National Highway Traffic Safety Administration (NHTSA), 24 million students nationwide start their school day with a trip on the school bus. Although NHTSA reports that riding on a school bus is nearly eight times safer than riding in a passenger vehicle, an average of 11 school-aged pedestrians are killed by school transportation vehicles each year. Whether they walk, ride the bus or travel by car, teach your kids these few tips to ensure they get to and from school safely.

Tips for School Bus Riders

- Line up facing the bus, not alongside it.
- Do not play in the street while waiting for the bus.
- Carry all loose belongings in a bag or backpack.
- Never reach under the school bus to get anything that has rolled or fallen beneath it. The bus driver may be sitting too high up to see you.
- After getting off the bus, move immediately onto the sidewalk. If there is no sidewalk, try to stay as far to the side of the road as possible.
- Wait for a signal from the bus driver before crossing the street. Walk at least 10 steps away from the front of the bus so the driver can see you.
- Never cross the street or play behind the school bus.

Tips for Pedestrians or Bike Riders

- Know your child's walking route to school. Ensure that the route is a safe route and that the child knows the route.
- Never walk alone - always travel with a buddy.
- Pay attention to all traffic signals and crossing guards along the way. Never cross the street against a stop light.
- Always wear a helmet when riding a bicycle.
- Ride on the right, in the same direction as auto traffic.
- Avoiding ill-fitting clothing that could get caught in spokes or pedals, or restrict movements.
- Wear reflective colors and material to be more visible to street traffic.
- Walk your bicycle across all intersections.

Tips for Car Drivers and Passengers

- Everyone in the car should wear a seatbelt, even if it is just down the block.
- Make sure babies and young children are in safety seats at all times and the safety seats have been properly installed.
- Remind teenagers to take extra precaution when driving to school or riding with another teenage driver.
- Limit the number of teenage passengers to prevent driver distractions.
- Do not allow your teenage driver to drive while eating or talking on a cell phone to and from school.

For more information about preparing for emergencies or for facts and tips about safety, visit RedCross.org.

VIPS - (Continued from Cover Page)

Singapore Math being used with students in elementary math.

October 7 Junior Achievement Coordinator Training – 9:30 a.m. to 12 p.m., Berry Center

Specifically for those who will take responsibility for implementing the JA program for their campus.

October 7 Junior Achievement Volunteer Training – 9:30 a.m. to 12 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.

October 9 Sooper Puppy Training – 9:30 a.m. to 12 p.m., Berry Center

Sooper Puppy is a first grade class series dealing with life lessons, facing dilemmas and arriving at solutions by making good choices.

October 15 Hearing Certification Training – 9:30 a.m. to 2 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 10.

October 16 Vision Certification Training – 9:30 a.m. to 2 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 10.

October 23 Classroom Assistance – 10:00 a.m. to 2 p.m., ISC West

Learn basic classroom technology tips to assist students in the classroom. A campus administrator or VIPS liaison approval signature is required for this free technology training.

October 28 Junior Achievement Volunteer Training – 9:30 a.m. to 12 p.m., Berry Center

October 28 Microsoft Word I & II – 10:00 a.m. to 2 p.m., ISC West

Learn simple to moderate applications of Microsoft Word software. Administrator signature approval required to register for this free technology training.

October 30 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.

How to register for training

With the exception of Hearing and Vision Certification, register for training by emailing the PIE office at vipsrsvp@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.

New Message Series: *The #1 Cause of Divorce is Marriage!*

Discover the rewards of staying together and how to make it happen.

SERVICE TIMES:

Saturdays at 6:00 p.m.
Sundays at 9:30 a.m.
and 11:30 a.m.

Building Strong Families

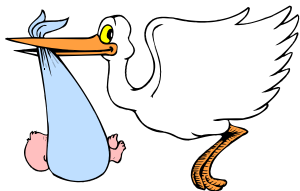
Community of Faith

Pastor Mark and Laura Shook

16124 Becker Rd., 77447
832.875.2520 | www.communityoffaith.tv

Stork Report

If you have a new addition to the family please let us know by emailing articles@PEELinc.com and we will include an announcement to let everyone know!



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Recipe of the Month:

Mini Cheesecakes



Ingredients

12 vanilla wafers	½ C sugar
1 8 oz. packages cream cheese, softened	1 tsp. vanilla
	2 eggs

Directions

Line muffin tin with foil liners.

Place one vanilla wafer in each liner. Mix cream cheese, vanilla, and sugar on medium speed until well-blended. Add eggs. Mix well. Pour over wafers, filling 3/4 full. Bake 25 min. at 325°.

Remove from pan when cool. Chill. Top with fruit, preserves, nuts or chocolate.

*If you would like to submit YOUR recipe
email it to articles@peelinc.com.*



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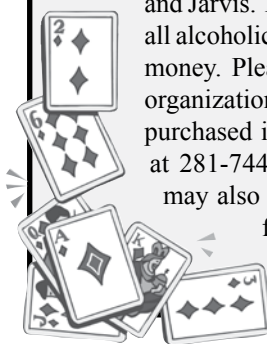
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Inspiring Possibilities Fall Fundraiser



Inspiring possibilities, a non profit organization for children with special needs, is excited to host an adult only casino night and silent auction on Saturday, November 1st from 6 p.m. to 11 p.m. This event will be held at the Coles Crossing Clubhouse, located on the corner of Barker Cypress and Jarvis. The cost is \$50 per person which includes all alcoholic beverages, food and \$100 of casino play money. Please join us and join the fun in making this organization and event successful. Tickets may be purchased in advance by contacting Christy Lieder at 281-744-0568 or christy@allstarma.com. You may also visit our website at www.allstarma.com for more information on our program and donations.



Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing articles@PEELinc.com or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 9th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for The Sun. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

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Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

THE BEST TIME TO EXERCISE

Contrary to popular belief, women aren't the only ones with biological clocks. We all have them, and heed their ticking on a daily basis. If you are a regular exerciser, you may have already determined your most productive time to exercise and follow a routine that works best for you. On the other hand, if your exercise time varies from day to day, and it's wearing you out instead of pumping you up, you may be interested in the work of scientists who are studying the proverbial internal clock and how to best determine what time of day you should schedule your workouts.

RHYTHM: IT'S NOT JUST FOR DANCING

The secret appears to lie in circadian rhythms, the daily cycles that our bodies follow. These rhythms originate in the hypothalamus and regulate everything from body temperature and metabolism to blood pressure. The rhythms result from the firing rate of neurons. They have conformed to our 24-hour light-to-dark cycle, and may be regulated and reregulated each day according to the environment.

WARM IS BETTER

It is the influence of circadian rhythms on body temperature that seems to yield the most control over the quality of a workout. When body temperature is at its highest, your workouts will likely be more productive; when your temperature is low, chances are your exercise session may be less than optimal. Body temperature is at its lowest about one to three hours before most of

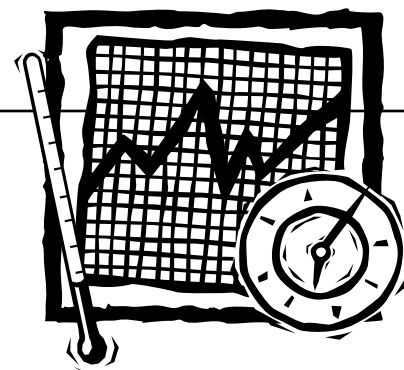
us wake up in the morning, in contrast to late afternoon when body temperature reaches its peak. (To determine your own circadian peak, refer to the box to the right.) Studies have consistently shown that exercise during these late-in-the-day hours produces better performance and more power. Muscles are warm and more flexible, perceived exertion is low, reaction time is quicker, strength is at its peak, and resting heart rate and blood pressure are low.

DON'T FIX IT IF IT'S NOT BROKEN

First of all, don't change your schedule if you feel good beginning your day with exercise. Everyone agrees that exercise at any time is better than no exercise at all. In fact, people who exercise in the morning are more successful at making it a habit. And though it has been suggested that morning exercise may put some people at higher risk for heart attack, further research indicates that there is simply a generalized increased risk of heart attacks in the morning. If your schedule favors an early workout, emphasize stretching and a good warm-up to insure that your body is ready for action.

OTHER CONSIDERATIONS

If stress relief is your goal, exercise always works, all the time. And if you're wondering when it's best to train for an upcoming event, it all depends on what time you'll actually be competing. If an upcoming marathon begins at 7:00 a.m., try training at that time of day. Though training at any time of day will raise performance levels, research has shown that the ability to maintain sustained



Find Your Peak

To determine your own circadian peak in body temperature, record your temperature every couple of hours for five to six consecutive days. Body temperature usually fluctuates by plus or minus 1.5 degrees throughout the day. Try exercising during the period three hours before and after your highest temperature. If you are an early bird or a night owl, you may notice that your temperature peaks one to two hours before or after the norm (between 4 p.m. and 6 p.m.); you can adjust your exercise time accordingly.

exercise is adaptive to circadian rhythms. In other words, consistently training in the morning will allow you to sustain exercise during a morning marathon longer than if you train in the evening.

ACE
AMERICAN COUNCIL ON EXERCISE

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Cypress Christian School Welcomes New Principal

Cypress Christian School is pleased to announce the appointment of Donna Stumbaugh to the position of elementary principal.

"Mrs. Stumbaugh has committed her time, talents, and energy during the last 12 years to minister to students, parents, and teachers at Cypress Christian School," said Dr. Glenn Holzman, Head of School. "Her proven experience in curriculum development and improvement, as well as her extraordinary organizational and leadership skills, allow her to join the administrative team this year. Mrs. Stumbaugh is unquestionably dedicated to Christian education. She understands that Christian education is an opportunity to instill Christian values through scripture. She is committed to the ideal that teachers are living examples of who Christ is, as they teach about God's world through God's word."

Mrs. Stumbaugh's education and experience include the following:

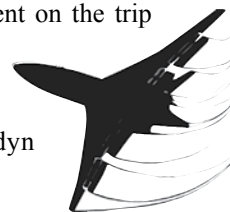
- Bachelor of Science in Education from University of Arkansas
- Master's Degree in Learning Disabilities from University of Tulsa
- Gifted and Talented and Mid-management certificates from the University of St. Thomas
- Texas Certification: Elementary Education, Learning Disabilities, Gifted and Talented and Mid-Management
- More than 28 years of experience in curriculum development and classroom instruction

Cypress Christian Students Travel to Spain

Several CCS secondary students had the opportunity to travel to Spain for a ten-day, educational tour this past June.

The students had an incredible time learning about architecture and visiting historical and cultural sights studied in class. The students spoke with native Spaniards on a daily basis, which reinforced grammar and vocabulary as well as boosted their self confidence in speaking. The majority of the students had not traveled outside of the country and this trip provided many opportunities for personal growth, as well as academic benefits.

CCS students who went on the trip included Jessica LeDay, Elisabeth Dunn, Hallie Salmon, Brian Fredrich, Casey Salzar, and Jordyn McCain.



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Finding someone willing to take the time to listen to our needs while keeping our interests in mind meant a great deal to us. It was great working with a Realtor® who is so committed to getting the highest possible return on our investment and someone who is passionate about what she does for her clients.

- Linda and Bob Granger, Stone Gate Residents

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