

THE SUN



News For the Residents of Stone Gate

July 2009 - Volume 2, Issue 7

Lamkin Elementary PTO News!

The PTO would like to thank everyone for attending our annual Family Fun Night! The theme was a "Pirate Adventure" and it was fun time for everyone!

Thank you to all our game sponsors:

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- The Allred Family
- Sticky Monkey Designs (Bobbie McKeon)

(Continued on Page 3)

Healthier Homes

Easy Ways to Improve Household Air Quality

By: Michelle & Charlie Bubnis

Home cleaning products contain an array of harmful chemicals that are not required by law to be listed on the products' label. These chemicals have a toxic effect on indoor air quality. The best way to avoid this unknown risk to your family is to create your own cleaning products which is much easier than one may think. **Here are some suggestions:**

- Almond Oil: Furniture polish
- Baking Soda: Cleans, deodorizes, removes stains and softens fabrics
- BonAmi: Functions as an abrasive cleanser
- Borax: Natural mineral that can be used to bleach, deodorize, remove stains, and boost soap. It also kills bacteria and mold. It can also be used in your dishwasher as 1 part borax and 1 part washing soda. Add ¼ cup to dishwasher load
- Castile Soaps: All purpose cleaner
- Citrus peels: Deodorize garbage disposal
- Cornstarch: Absorb oil and grease, starches clothes
- Club Soda: Pre-wash and stain remover
- Hydrogen Peroxide: Germicidal. Hydrogen Peroxide and cream of tartar paste make a good cleaner for sinks and bathtubs
- Lemon Juice: Bleach alternative, grease cutter, stain and perspiration remover for clothing. Lemon juice and salad oil as a furniture polish. Lemon juice on a cloth cleans aluminum
- Table Salt: Abrasive cleaner
- Vinegar : Water softener, cuts grease, removes stains; strips lime deposits from showers, removes white haze on glassware
- Washing Soda : Cleans clothes, boosts soap's cleaning power, softens water, cuts grease and disinfects

Consider always avoiding fragranced cleaning or fragranced laundry products as 95% of chemicals used in fragrances are synthetic and derived from petroleum. These chemicals are combined in untested combinations. They are capable of causing cancer, birth defects, central nervous system disorders and allergic reactions.

So pick up a few of the suggested items listed above at the grocery store and the air quality in the home will improve along with the health of your family.

FOR MORE INFORMATION:

1. Less Toxic Alternatives by Carolyn Gorman, 2004
2. The Most Common Chemicals Found in Thirty-One Fragrance Products by a 1991 EPA Study by Julia Kendall www.immuneweb.org/articles/perfume.html

Newsletter Information

Publisher

Peel, Inc. www.PEELinc.com, 512-263-9181
Article Submission articles@PEELinc.com
Advertising..... advertising@PEELinc.com

Welcome to The Sun

A newsletter for Stone Gate residents

by Stone Gate residents.

The Sun is a 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!

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.

Classified Ads

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.

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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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Lampkin Elementary - (Continued from Cover Page)

- Monique Monogrammed It (Monique Boudreaux)
- The Masterson Family
- The Ballmer Family

Thank you also to all our Silent Auction Donors:

- Gift Junkie
- Melissa Williams
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- Houston National Golf Club
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- Bob Clark
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- Sticky Monkey Designs
- Cypress Academy
- Jennifer Allred
- Lamkin PTO
- Mrs. Gale Parker

Thank you to all the countless volunteers especially Yvette Zitterkopf (FFN Chair), Michelle Davidson (FFN Co-chair) and the Family Fun Night Coordinators: Christine Vergara, Jennifer Allred, Penny Servos, Brettaigne Locandro, Myra Thetford, Misty Spence, Claudia Herrera, Melissa Martinez, Tina Critendon, Moira Fumic, Wendy Higgins, and Laura Worley. A special Thank you goes to Coach Solbeck for being such a good sport and to Ms. Cox and the Lamkin 4th and 5th grade Choir who put on a wonderful performance.

Upcoming Events:

Leopard Express will take place on August 20th, 2009!

Meet the Teacher is on Friday, August 21st.

First Day of School is on Monday, August 24th

Have a great and safe summer!

Houston Undercover A Quilt Show

Presented by:

Quilt Guild of Greater Houston

Location:

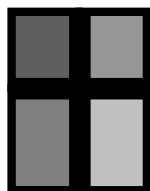
Memorial Drive Presbyterian Church
11612 Memorial Dr. Houston, Tx

Dates: July 23 - Auction & Preview Night, 6-8:30 pm

July 24-25 - Quilt Show, 10 am - 6 pm

General Admission: \$5

Judged quilt show with over 200 quilts, various vendors, snack bar, door prizes, donation quilt, quilt appraisal, Children's Scavenger Hunt. Each child will get a prize for participating. The children are quilters of the future. Contact information: www.qggh.org or 979-289-5175



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Summer Schedule

During the summer months, we will be taking a break from our Sunday morning Sunday school classes, as well as our Wednesday Evening Worship. We will resume with these two programs in the Fall.



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Health Briefs

Baylor College of Medicine

GOOD NIGHT'S SLEEP IMPORTANT TO WOMEN'S HEART HEALTH

Getting a good night's rest may help women minimize their risk of developing heart disease.

"Research has shown a link between sleep disturbances and the risk of developing heart disease," said Dr. Bhuvana Muthuswamy, assistant professor of medicine at BCM. \

Women need about eight hours of sleep a night, said Muthuswamy. That's easier said than done and may require key behavioral changes, including:

- Maintain a regular sleep/wake time
- Exercise regularly, but avoid exercising three hours prior to bedtime
- Finish eating two to three hours prior to bedtime
- Avoid caffeine and chocolate about six to eight hours prior to bedtime
- Restrict fluids, especially alcohol, close to bedtime

But most important is eliminating stress, according to Muthuswamy. "Approximately half of all sleep problems are attributed to stress," she said. "Relax with a good book, music or a bath before bedtime."

MINOR STROKES HARDLY HARMLESS

No one is at zero risk for stroke, which explains why it is vital to know the signs and understand how to decrease the chance of experiencing one.

Warning signs include:

- Sudden numbness or weakness affecting the face, arm or leg, especially on one side of the body
- Sudden difficulty in speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination

It's important to seek immediate emergency care if a person experiences these symptoms because current therapies for stroke must be applied within a few hours, according to neurologists at Baylor College of Medicine.

Good cardiovascular health habits greatly reduce the risk of stroke. Hypertension and diabetes must be recognized and treated. Smoking, obesity and lack of exercise all increase the risk of stroke, but that risk is reduced when a person modifies those habits.

(Continued on Page 5)

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Health Briefs - (Continued from Page 4)

DON'T LET SWIMMER'S EAR RUIN YOUR SUMMER

If you've ever had swimmer's ear, chances are you've wanted to pull the plug on the pain.

Swimmer's ear is an inflammation of the outer ear that is most often caused by the accumulation of excess moisture from swimming or daily showering, explained Dr. Jeffrey Vrabec, associate professor of otorhinolaryngology at Baylor College of Medicine.

Symptoms include swelling, redness, itching, muffled hearing and/or discharge from the ear. Antibiotic drops are used to treat the condition, and pain can be lessened by applying a warm cloth to the ear or by using a heating pad.

Prevention is possible. Vrabec recommends the following:

- Wear earplugs and a cap when swimming.
- Use alcohol-based drops before and after swimming and showering.
- Use a hairdryer to dry the ear canal to prevent water build-up and infection.
- After getting out of the shower or pool, lie down on the affected ear to help remove excess water.
- Do not use cotton swabs to remove excess water from the ear.

REGAINING A HEALTHY LIVER, ONE POUND AT A TIME

For those suffering from cirrhosis of the liver resulting from nonalcoholic fatty liver disease, each pound lost is a step toward regaining your health, say doctors at Baylor College of Medicine in Houston.

"It's important for people to understand that cirrhosis can be caused by obesity in adults and children," said Dr. John Vierling, professor of medicine and surgery at BCM and director of Baylor Liver Health. "Very often people think it is only associated with over consumption of alcohol or viral hepatitis."

Reaching a healthy weight is one way to reverse damage to the liver. For many people the thought of having to lose 100 to 200 pounds is daunting, but Vierling said even losing 10 percent of your body weight can help the liver begin to heal.

Cirrhosis is a condition associated with dense scarring and regenerating nodules on the liver. It can result from a number of illnesses, including alcoholic and viral hepatitis, autoimmune and metabolic liver diseases. Nonalcoholic fatty liver disease causes cirrhosis when a large amount of fat accumulates in the liver in the presence of damaging inflammation.

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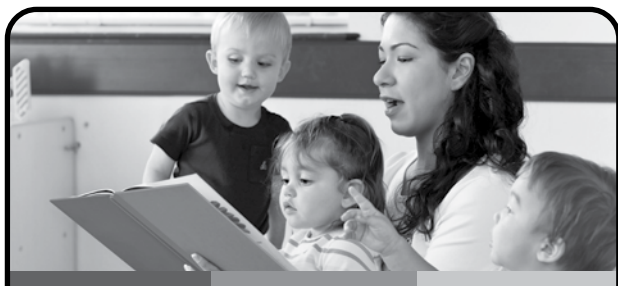
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Cypress Cares

As 2009 is now underway, Cypress Cares would like to announce the dates that we will be boxing up our care packages for the year. All boxing events will be held at the Cole's Crossing Community Center, located at 13050 Barker Cypress Road at Jarvis Road.

Several of our packing days this year are specifically at times when Cy Fair ISD is not in session so that our students will have an opportunity to be involved as well. The dates are as follows:

July 8, 12:00

August 17, 2:00

October 3, 10:00

Halloween Treats for Troops

November 14, 10:00

Christmas Trees and Decorations

December 28, 1:00

Christmas Break Service Project for Cy Fair Students

Cypress Cares has received more thank you notes from the troops who have received packages. Visit our website, www.cypress-cares.org to view the troop responses, as well as more current information about upcoming events, donation ideas and more.

Our troops need and deserve our support; get involved today!

Spark Power Bank

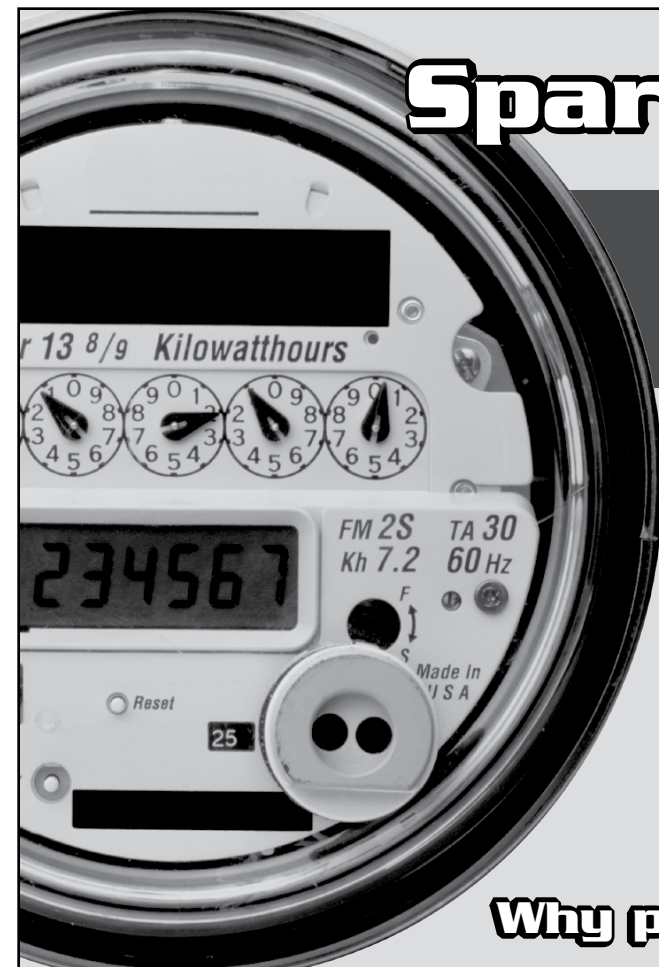
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meet our team

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Quoc Le, MD
Alex Nguyen, MD
Blandina Sison, MD
Marian Allan, MD
Anthony Yee-Young, MD
Diana Malone, MD
Shital Patel, MD
Heidi Nashed-Guirgis, MD
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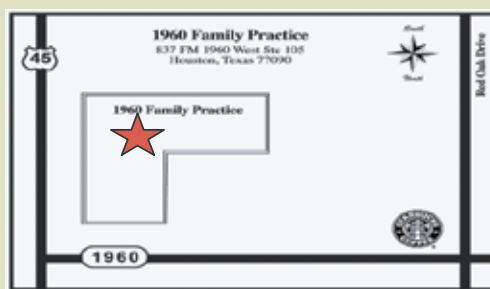
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Lone Star College-CyFair “Perspective”

Sign Up for the Summer Bridge Program

Set July 13 through Aug. 6, this program is available for first-time college students who are on the threshold of being able to enroll in college-level courses. Free textbooks, mentoring, tutoring and support services as well as a \$400 stipend upon course completion are incorporated into the program to assist students in their transition into college. For program eligibility requirements and information, call Erin Smith at 281-290-3430 or go to CyFair.LoneStar.edu/summerbridge.

“High School Musical 2” on stage in July

Don't miss this new high energy show, an adaption of the Disney Channel's sequel to the wildly popular “High School Musical,” which follows the Wildcats from East High School into their summer months at Lava Springs Country Club. Reserved and group seating available. “High School Musical 2” will be performed in collaboration with Houston's Center Stage Theater July 17 through July 26. For ticket information, call 281-290-5201 or go to CyFair.LoneStar.edu/boxoffice or www.houstonscenterstage.com.

“Milestones and Signposts” in the Bosque Gallery

Check out this exhibition of work by two talented Houston Area artists Chris Narum and Humberto Saenz whose content is connected by the investigation of the idea of the marginalization. The exhibition will be on display July 7 through July 23 in the Bosque Gallery with an opening reception at 4:30 p.m. and artist talk at 5 p.m. July 9. Go to CyFair.LoneStar.edu/bosquegallery for gallery hours and information.

Free New Student Orientations Set

Take a tour, learn about campus programs, meet with an advisor, choose a schedule and register for fall classes at LSC-CyFair's free new student orientations this summer. Three orientation sessions, including separate sessions for parents and family members, continue each Wednesday through August 19. For information, go to CyFair.LoneStar.edu/orientation.

L.I.F.E. Lessons in July

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 July include: Dance Salad video of eclectic mix of dancing July 1, stress and your health July 8, Nia “cardiovascular” dancing July 15, genealogical expedition July 22 and curry/korma cooking July 29 (held in HSC 105). Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.

Summer Film Series and Art Exhibitions

The free Cinema WOW! Film Series, which includes an engaging discussion after the movie, continues with “Touch of Evil” July 8; “LA Confidential” July 14 (at LSC-Fairbanks Center) and “Bad Education” July 22. For information, go to CyFair.LoneStar.edu/filmseries.

Check out “Milestones and Signposts” July 7 through July 23 and “Confluence, Study Abroad 2009” Aug. 4 through Aug. 27 at the Bosque Gallery. Go to CyFair.LoneStar.edu/bosquegallery for gallery hours and information.

Discovery College continues through August

Registration for Lone Star College-CyFair's popular Discovery College summer camp for ages 6 to 15 is under way. The one-week summer sessions are fun and educational programs to develop skills in a friendly environment. Camps are offered at the Barker Cypress campus and the Fairbanks Center campus, Monday through Friday. For information, go to cyfair.lonestar.edu/discoverycollege. For Barker Cypress camps only, call 832-482-1043 and for Fairbanks Center camps only, call 832-782-5038.

Register for Fall and Pay Early For Free Tuition

Register and pay for fall credit courses before the close of business Monday, Aug. 3 and automatically be entered to win free tuition, IPOD Shuffle or \$300 book voucher. The grand prize covers payment of tuition and fees up to \$500 for credit classes at the Barker Cypress and Fairbanks Center campuses. Funds will be posted to the student's account. All winners will be notified and announced by Aug. 14. Call 281-290-3200 or 832-782-5000 for information; go online to CyFair.LoneStar.edu; or visit one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway.



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Michael is a loving and thoughtful young man. He is sensitive and funny. Michael has a good sense of humor and a good attitude. He enjoys video games, summer camps, go cart racing, fishing, baseball and anything having to do with cars. He hopes to become a chef or work with cars someday. He currently participates in special education and tries really hard in school. He attends Catholic church and his religion is very important to him. Michael is a baseball player and hopes to continue this sport once he is adopted. Michael will capture your heart with his thoughtful ways, playful spirit, and his desire to be loved. He's adventurous and an absolute blast to be around.



Cypress Christian School Students Collect



Elementary students at Cypress Christian School recently collected money for children who have cancer in the Houston area by donating "pennies for patients." Grades kindergarten through fifth grade raised a total of \$415.33, which was donated to the Leukemia and Lymphoma Society. The organization raises money for children who have been diagnosed with several different kinds of cancer.



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Cypress Assistance Ministries



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Families of hundreds of school-aged children in the Cypress area are depending on CAM to assist them with necessary school supplies for their children. These start-up supplies can be impossible to fit into an already strained budget.

Your donations of the following would be greatly appreciated:

- pocket folders with brads
- washable markers
- large & small packages manila paper
- large & small packages multi-colored construction paper

- pencil boxes/pouches
- scissors
- new socks and underwear in adult sizes

For the Food Pantry, donations of the following will help families with children home for the summer:

- Peanut butter & jelly
- Sweetened Drink Mixes
- Spaghetti Os
- Snack Foods
- Canned Meats
- Powdered milk
- Toilet Paper/Paper towels



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Donations can be made Monday through Wednesday from 10AM – 6PM and Thursday through Saturday from 10AM – 3PM For a description of the services and volunteer opportunities at Cypress Assistance Ministries please see our web site, www.cypressassistance.org.

SERVICE TIMES

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AUGUST 7

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5-10 PM
AUGUST 21

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290 Cypress Business Networking Group

The 290 Cypress Business Networking Group meets every Thursday morning at 7:30 am at Newk's Express Café located at Hwy 290 and Spring Cypress in the Kroger Shopping Center near the Cinemark Theater. The group is open to all business owners and professionals who want to increase their exposure to the residents of Cypress and the surrounding areas. There is no cost to attend the meeting. If you would like more information, please call Ken Parker at 281-384-1562. Visit our new website at 290Cypress.com



Attention Kappa Delta Sisters ...

The Houston Northwest Kappa Delta Alumnae Association holds meetings the 4th Tuesday of each month at 6:30 p.m. Visit www.kdhnwaa.com for all the details.



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The MOMS Club® of Cypress / NW-Fairfield Moms Offering Moms Support

Welcomes all Stay-At-Home Moms in Fairfield and Lakes of Fairhaven

MOMS Club® is an international organization with a neighborhood feel! We are teachers, business women, counselors, chefs, CPA's and artists who have put those careers on hold and have made the choice to stay home with our kids.

MOMS Club® is a place to find friendship, support, playmates and sisterhood!

ALL events include our children and we believe there is something for every mom out there! Are you looking for park days, coffee breaks, lunch outings, (free) babysitting co-op, craft projects, time to sit and chat, cooking club, book club or someone to share dinner with when your husband is traveling or working late? We even find the time to meet once a month for a mom's night out a great time to unwind. Or are you interested in helping the within the community with service projects. We have that! (And a whole lot more!)

Summer is here and the kids are out of school. Come join other mom and kids in many great outdoor activities planned this

summer. Are you new to the area or a new mom and need a friend or support we are here for you. Don't let yourself feel isolated being a stay at home mom. You can attend two events before joining. Our membership fee is only \$20 a year. The Moms Club is a great opportunity for you and your kids to make new friends in our area. Come visit our next all-member meeting and see for yourself! There is a lot of fun and support just waiting for you! Our next meeting is Tuesday, July 14th, 10AM at Good Shepherd United Methodist Church located on Cypresswood Drive in Fairfield. We often have a guest speaker at our meeting discussing topics like finance, health and other popular topics. As always, children welcomed!

**For more information please contact Danielle Slot,
Membership VP at 832-876-4358, danielleslot@yahoo.com
or Amy Wilkes, President at 281-455-2807,
amywilkes2003@yahoo.com.**

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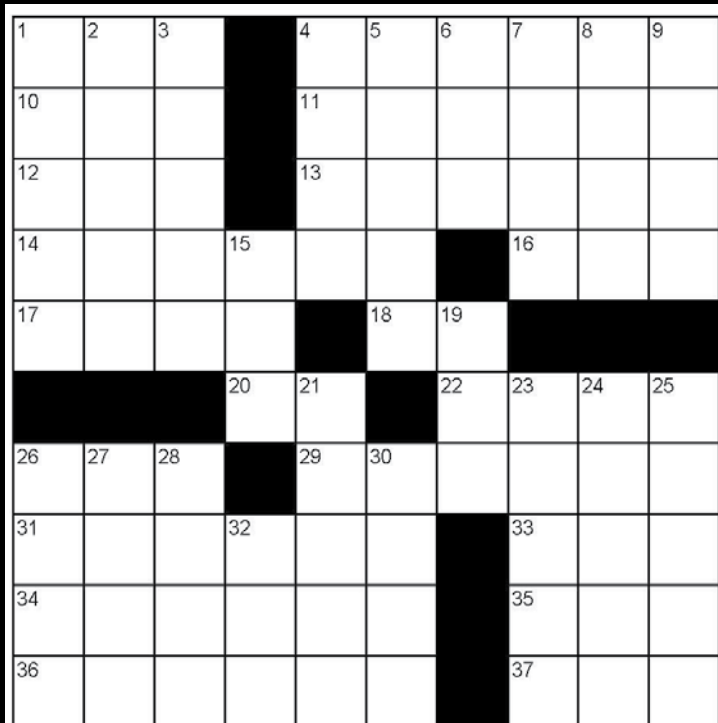
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- Kids Stuff-

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Crossword Puzzle



ACROSS

1. However
4. Brand of soda
10. Environmental protection agency (abbr)
11. Large zoo animals
12. Revolutions per minute
13. Timely (2 wds.)
14. Careen
16. BB association
17. Totals
18. We
20. Disc jockey (abbr.)
22. ___ the hatchet, forgive
26. Move up and down
29. Famous female pilot Earhart
31. For each one
33. Teaspoon (abbr.)
34. What a pastor gives
35. Representative
36. Scours
37. Whichever

DOWN

1. Baseball player Yogi
2. Elevated
3. Broken in
4. Loafer
5. Eastern religion
6. Liable
7. Gyrate
8. Burial chamber
9. At sea
15. Drug
19. Compass point
21. Israel's former name
23. Radical
24. Got out of bed
25. Talky
26. Singing voice
27. Organization of Petroleum Exporting Countries
28. Energy
30. Not women's
32. Flightless bird

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Homes Sold (last 6 months)	49
Average DOM (Days on Market)	86
Average Sales Price	\$201K
Average Sales Price per sq ft	\$68/sqft

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