

THE TIMES



CY-FAIR ISD & VOLUNTEERS IN PUBLIC SCHOOLS (VIPS): "Volunteers Rock!"

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 ISD 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 being involved at Cy-Fair schools as a volunteer who "Rocks" and making a difference, or would like more information, please contact Pam Scott, Partners in Education Director at 281-894-3950.

HOW TO REGISTER FOR TRAINING

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.

Don't want to wait for the mail?

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

February 2010 Upcoming Events

FEBRUARY 2 - VIPS MULTICULTURAL MEETING – 9:30 A.M. TO 11:30 A.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 9 - 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 11 - 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 18 - 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 23 - GALVESTON BAY TRAINING – 9:30 A.M. TO 12:00 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.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY911
Fire 911
Ambulance 911
Harris County Sheriff..... 713-221-3300
Cy-Fair Volunteer Fire Dept.281-550-6663

AREA HOSPITALS

Cy-Fair Medical Center 281-897-3300
North Cypress Medical Center281-477-0830
Willowbrook Methodist281-477-1000

SCHOOLS

Cy-Fair ISD.....281-897-4000
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Robison Elementary School.....281-213-1700
Spillane Middle School 281-213-1645
Cy Woods High School..... 281-213-1727
Cy Fair High School.....281-897-4600

UTILITIES

Trash - Republic Waste..... 281-446-2030
Water and Sewer 800-579-4500
Gas-Centerpoint Energy..... 800-579-4500
Electricity - Reliant Energy..... 800-735-42568

PUBLIC SERVICES

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BAK-PAK CRITTERS READING PROGRAM

Wags into Keith Elementary

BAK-PAK: BOOKS AND KIDS, POWER AND KNOWLEDGE

Keith Elementary is participating in a very exciting reading program called BAK-PAK Critters Reading Program. This program is dedicated to helping children improve their reading skills by using specially trained therapy dogs. Teams consist of a handle and their therapy animal. Two teams work with 20 students during the school day on a one-on-one basis to help at-risk students improve their reading skills. Research shows that children who are below their peers in reading skills are often intimidated by reading aloud. The use of therapy pets reduces stress and students are more willing to interact with an animal than with another person.

Keith Elementary gives a special thanks to Lori King and Becky Talash for volunteering countless hours training their own pets to be certified therapy does. Their dogs kicked off the program in January and it has been a huge success.

More dogs are needed. You and your pet can become involved in this specialized animal assisted reading program which is sponsored by Oaks Presbyterian Church and partially funded by a grant for Williams. For more information please contact Mary Kegarise at 832-326-4112 or mary_kegarise@hotmail.com

4th Annual Cy-Woods' Athletic Booster Club Classic Golf Tournament

4 Person Scramble
April 9, 2010

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By: Kevin Henkes

Cy-Woods Theatre to present

Lilly's Purple Plastic Purse

The Cy-Woods High School Theatre Company is proud to announce they will present their very first main stage children's show, *Lilly's Purple Plastic Purse*, adapted from the popular children's book by Kevin Henkes. The stage production of this story will be brought to life to represent the adventures and imagination of young mice as they go to school, encounter bullies, interact with their families, and make new friends. Directed by senior students Katie Bennett and Allison Houser, "Lilly's" will perform from February 4th - 6th at 6:00 PM, with a Saturday matinee at 2:00 PM. Performances will be in the Cypress Woods High School Auditorium, 16825 Spring Cypress Rd. Ticket prices are \$7 for Adults and \$5 for Students.

Reduced ticket prices of \$1 will be available for children ages 10 and under. Tickets can be purchased at the door.

Cypress Ranch Mustang Band Garage Sale

Love to shop at garage sales? Made a New Year's resolution to save money or get organized? Cleaning out your garage or closets and wondering what to do with all that great "stuff"? The Cypress Ranch Mustang Band is sponsoring a garage sale on February 27, 2010 and could use your help whether you have things to donate or like to shop for bargains!

The garage sale will be held at St. Timothy Lutheran Church located at 14223 Hargrave Road, Houston from 8 AM to 3 PM on Saturday, February 27, 2010. St. Timothy Lutheran Church is located in the Willowbrook area, just north of Methodist hospital off of Highway 249.

Donations of toys, clothing, baby items, furniture, household items, working appliances, and electronics are all welcome. Pick up dates for items are: Saturday afternoon, February 7, 14, and 21 from 1 PM to 5 PM. Please call 281-373-5889 to arrange for a pickup.

Proceeds from the sale will benefit the Mustang Band. The Cypress Ranch Mustang Band is now in its second year and is rapidly growing in both size and skill including receiving a 5A first division rating in the UIL Marching Competition this fall. The band is under the direction of Russell Holcombe, with assistance from Kyle Stahl.

"What Happens in Vegas ..."

The 2010 S.N.A.P. (Senior Night After Prom) Committee of Cypress Creek High School will host a Las Vegas-style Parent Night Out on **Sunday, February 21st, 2010 from 5 p.m. to 9 p.m.** This fun evening, featuring dinner, casino games, silent and live auctions will be held at Parkway Chevrolet, 25500 Hwy. 249. Tickets are \$25 per person, and include dinner, \$3,000 casino money and 2 drink tickets. The event is open to everyone – being a Cy Creek parent is not required. For casino night tickets and/or contributions, please contact Jeannette Harris at 713-560-6666 or jharrissix@comcast.net.

A 2010 Cougar Blue Camaro will also be raffled off during the casino night in support of S.N.A.P. Raffle tickets are \$20 each or 6 for \$100. You do not have to be present to win. Contact Mike Wilson at 832-496-2748 or mew0954@sbcglobal.net for raffle tickets. Details about the 2010 S.N.A.P. are at www.cycreeksnap.org.



**NEED MONEY FOR COLLEGE?
LONE STAR COLLEGE-CYFAIR CAN HELP!**

**Don't miss COLLEGE GOAL SUNDAY
February 21, 2010**

2 – 4 p.m. Technology Building (at LSC-CyFair)

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Talk to financial aid professionals about financial aid
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Get information regarding state-wide student services,
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visit the financial aid site at LoneStar.edu/financial-aid

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CY-FAIR HIGH SCHOOL - PROJECT PROM 2010



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Friday, February 26, 2010

7:00 pm – 11:00 pm

VFW Hall, 21902 Hempstead Hwy.

Cypress, TX 77429

25.00 per person / admission 21 or older

All proceeds benefit Cy-Fair High School Project Prom 2010
For more information: www.cyfairprojectprom.org.



Upcoming Fundraisers include:

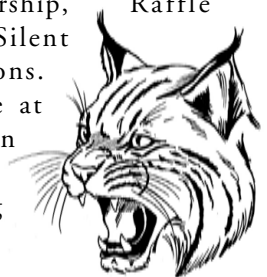
Tickets on sale now for CFPP annual Denim and Diamonds Dinner, Dance and Silent Auction to be held at VFW Hall on Telge @ Hwy 290 on Friday, Feb 26 from 7-11 pm. Dinner will be served by La Hacienda Mexican Restaurant at 7:30pm and tickets are \$25.00 each. Get yours today!! Sponsor a table for \$250.00 and receive 2 free tickets!! We NEED silent auction items. Please consider donating an item to our 501c3 organization. Please contact Terry Ortiz at terry.ortiz@cfisd.net or 281-389-4522 to donate items or purchase tickets.

Mulch Sales, pre order with form online at www.cyfairprojectprom.org by Feb. Two cubic feet of black mulch is bagged and sells for \$5.00 a bag. Our two drop off points will be at the Wortham Villages Club or StoneGate park near the guardhouse.

T-Shirt Sales: Bobcat T-Shirts are for sale for \$10! Students will be able to purchase on Fridays at the lollipop stand during lunches in the cafeteria or parent can purchase at each general meeting. Wear t-shirts to a meeting and earn 1,000 PP\$! These make a great gifts for your senior!! The shirts are in. Be sure to get yours today!!

Golf Tournament: Friday, April 3, 2010 Four-man Scramble tournament, shot gun start at noon, includes golf, range balls, buffet lunch and after golf snacks. We are looking for donations for Hole sponsorships, appetizer or lunch sponsorship, Raffle donations and Silent Auction donations.

Register on line at GolfQ or fill in an Entry Form and send to our mailing address.



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MEET NICHOLAS

DOB: 02/1996

Nick is a friendly and sweet child, although he is shy when meeting new people. Nick enjoys interacting with other children in his class and in his home. He also likes to please others and enjoys helping when he can. Nick is all boy and enjoys throwing a football, playing outdoors, video games & board games. He also likes to draw and play with various action figures. Nick is also interested in collecting cars. Nick performs well in school and receives good reports from his teachers. Nick is most proud when he is reported for doing things well. His foster parent notes that he can be a very sweet and helpful child. He befriends other children easily. He catches on to various activities quickly and likes to figure things out, such as how to take things apart and put them back together. Nick's caseworker notes that he's competitive when playing games and is a natural "practical joker" as he enjoys making people laugh.

If you would like more information about Nick, or the adoption process, contact the Adoption Coalition of Texas at info@adopttexas.org.

Remember - There are no fees to adopt from the foster care system, regardless of what agency you work with!

The Adoption Coalition of Texas is a nonprofit organization (operating under the Austin Community Foundation), created in 2003 to focus on finding forever families for children languishing in the foster care system. Adoption Coalition of Texas partner agencies include Arrow Child and Family Ministries, Child Protective Services, Lutheran Social Services of the South, Marywood Children and Family Services, and Pathways Youth and Family Services.



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Lone Star College-CyFair Perspective

LOOK WHAT'S ON STAGE AND IN THE GALLERY

On stage enjoy a Percussion One Drumline performance Feb. 6 and an autobiographical comedy drama in "The Good Times are Killing Me" Feb. 25 – March 7. In the Bosque Gallery, visit "Mothers and Daughters" a visually and emotionally moving collaborative exhibition Feb. 9 – Feb. 25. A reception with artist Mari Omori is Feb. 11 and an artist's talk is Feb. 25. For event information, go to LoneStar.edu.

L.I.F.E. LESSONS IN FEBRUARY

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 February include: recyclable cards in "BE My Valentine" Feb. 3; FBI agent stories in "A Day in the Life of an FBI Agent" Feb. 10; a Vietnamese cooking lesson in "Fold your own Spring Rolls" Feb. 17 and differences between two great military men in "Lee and Grant" Feb. 24. Call the library at 281-290-3213 for L.I.F.E. program information or go online to LoneStar.edu.

NEED MONEY FOR COLLEGE? GET ASSISTANCE FEB. 21

Don't miss College Goal Sunday, a YMCA-sponsored national

financial aid program, from 2 p.m. to 4 p.m. in the Technology Building at Lone Star College-CyFair. Attendees will get free, on-site professional assistance filling out the FAFSA (Free Application for Federal Student Aid); can talk to financial aid professionals about financial aid resources and how to apply; and will get information regarding state-wide student services, admission requirements and more. Watch for additional FAFSA workshops this spring. Visit LoneStar.edu/financial-aid for information.

EVER THOUGHT ABOUT A CAREER IN TEACHING?

Lone Star College-CyFair will host an Alternative Teacher Certification Program (ATCP) information session at 6 p.m. Tuesday, Feb. 16. The teacher certification program is designed for individuals who have a bachelor's degree and want to enter the teaching profession. A question and answer period will follow the presentation. This information session will also provide information on a new Clinical Teaching option which provides students training and field-based experience at the appropriate grade level or content area. For information, call 281.290.3957, e-mail cy-fair.tcp@lonestar.edu or go to LoneStar.edu/cyfair-atcp.



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PERSONAL FINANCE

Debt Stacking - Get Out of Debt!

Modern financial planning has to address consumer debt to be realistic. Debt is the biggest blocker to financial success that I know of. And getting out of debt seems to be something most Americans want to do these days. This discussion will focus only on what is known as “bad debt” which includes credit cards and revolving charge accounts. If you would truly like to get out of debt, the first thing you need to do is stop incurring more debt on your credit cards. Pay cash for a month and track your “latte factor.” There are several strategies to use from this point. You can transfer your balance to a lower rate card, but beware of the fees associated with transferring the balance. As I am fond of saying, the large print giveth and the fine print taketh away. You can also ask your lender or credit card company to lower your interest rate, but it has become tougher to achieve this.

Many clients benefit from doing a debt consolidation loan which can free up hundreds of dollars a month in cash flow. A powerful



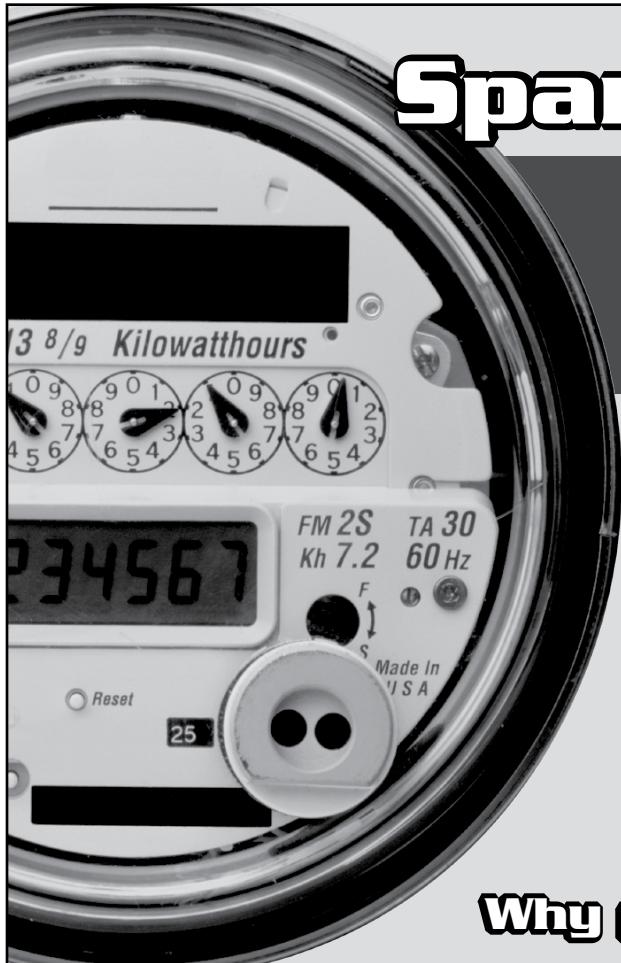
method which I recommend is called “Debt Stacking”. Debt stacking allows you to use less money to pay off the same amount of debt more quickly. The method of Debt Stacking states that you pay off the highest interest rate debt first, while making just the minimum payments on all the other credit cards. When you pay off that high interest rate credit card, you then transfer the amount that you were

paying monthly on that card to the next highest interest rate credit card. Let’s look at an example. First, arrange your credit cards in order of highest to lowest interest rate:

- Revolving Charge Card A: \$4,000 at 24% APR, minimum payment \$100
- Credit Card B: \$5,000 at 18% APR, minimum payment \$100
- Credit Card C: \$3,000 at 12% APR, minimum payment \$100

Assuming that you are able to pay \$400 per month towards all

(Continued on Page 11)



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Why pay more than you have to?

Personal Finance - (Continued from Page 10)

credit cards, use the Debt Stacking method to pay \$200 towards Revolving Charge Card A until it is paid off. Then you would add that \$200 to the \$100 equaling \$300 that you would pay on Credit card B until it was paid off. Finally you would add the \$300 you were paying on Credit Card B to Credit Card C for a total of \$400 dollars until the last one is paid off. In a comparatively short time you are out of debt. You will have paid less interest and gotten out of debt more quickly than if you had you paid the same amount of money spread equally over the three credit cards.

In conclusion, your steps to get out of debt are to stop incurring more debt, pay less interest on the debt you do have, spend smarter, and use the Debt Stacking Method. You'll be debt free much faster, and you will save a lot of money! - **By Rich Keith**

Recipe of the Month

Italian Bread

Ingredients

- 1 package Hot Roll Mix
- 4 ozs. grated Parmesan cheese
- 1 tablespoon parsley flakes
- 1 - 8 oz. Ricotta cheese or 1 cup cottage cheese
- 8 oz. shredded Mozzarella cheese
- 4 ozs. Pepperoni, diced fine
- 1/4 tsp. garlic powder
- 1 egg



Directions

Follow instructions on Hot Roll Mix. Punch down & roll out to a rectangle about 18 x 12". Beat the egg with the ricotta or cottage cheese and spread on the dough. Sprinkle all remaining ingredients over the dough. Roll up and place in a curved shape on a greased cookie sheet. Cut the dough almost through the roll about every inch. Let rise again for about 1 hour. Bake in 350° oven for about 40 minutes or until browned.

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"No act of kindness, no matter, how small, is ever wasted" – Aesop

Texas Flag Flown over Afghanistan Donated to Cypress Christian School

In honor of our many veterans and prayer warriors, Mr. and Mrs. Phillip Miller, Cypress Christian School parents, donated a special and unique "Texas" flag to the school located at 11123 Cypress N. Houston at Jones Rd. The flag was flown on June 19, 2009, in Afghanistan, by a United States Army Special forces team during a mission. The Miller's son, Jonathan gave the flag to his parents to present to Cypress Christian in honor of all the prayer warriors who have prayed for him during tours to Iraq and Afghanistan.

The Miller family asks everyone to pray Psalm 91, The Soldier's Psalm, for all soldiers who are in harm's way. It is said that, during WWI, the soldiers of the 91st Brigade recited the 91st Psalm daily. This brigade engaged in three of that war's bloodiest battles. Other units suffered up to 90% casualties, but the 91st Brigade did not sustain a single combat-related death. Cypress Christian School is honored to support our troops through prayer and donations. For more information on this story, please contact Sharon Miller at the school at 281.469.8829. Articles on how students support our troops are published in the school newsletter, CONNECTION, which is available via the school website at www.CypressChristian.org. (both C's should be capitalized for clarity).



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TAG TEAM VOLUNTEER TRAINING SCHEDULED

Cypress-Fairbanks ISD needs caring members of the community to join the VIPs TAG Team (Targeting Achievement Globally). This team of volunteers works with the district's helping teachers to tutor students in science on selected elementary school campuses. You do not need to be a parent or family member of a student to become a team member. You can become a global volunteer – a generous, concerned resident of the community who wants to help children reach their full academic potential. No specialized knowledge or training is necessary. We do ask that team members be willing to work on a consistent, weekly schedule so that the students receive the utmost benefit from their work.

An informal orientation meeting will be held on February 11, 2010, 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 your 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 Kim Nash (kfnash1@sbcglobal.net or 281-550-2685) or the CFISD Partners in Education Office (Pamela.scott@cfisd.net or 281-894-3950). To RSVP for this informational meeting, please send an email with your name and meeting date to vipssvp@cfisd.net.

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*Looks Can Be Deceiving;
Read Labels For Accurate
Food Facts*

When reaching for a healthy food option at the grocery store, do you ever wonder if your selection will live up to its label? According to an expert at Baylor College of Medicine, you might not be choosing the best option.

"You still have to look at the food labels to ensure that you are choosing the right foods," said Dr. Rebecca Reeves, assistant professor of medicine at BCM.

Reeves said that many people consider butter to be the healthier option because it does not contain trans fats. However, it does contain saturated fat and cholesterol, both known to increase LDL cholesterol, the "bad" cholesterol in the blood. LDL is linked to increased risk of heart disease. A much better choice is a margarine produced with no trans fat. Several types of margarine are now made with plant sterols and no trans fat which make them a healthier choice.

Many people believe that artificial sweeteners are not a healthy option. However, if used in moderation, they are safe for daily use. Another misconception is that sherbet is a healthy substitute for ice cream, but sherbet can contain a large amount of sugar. "Look at the label to see if the calorie and fat levels are actually lower than regular ice cream," said Reeves, also a registered dietitian at BCM. "Even low-fat ice creams have high amounts of sugar and fat in them."

When selecting a frozen dessert, compare various products to see which ones actually contain less sugar and fat. Many times, whole fruit popsicles may be the best option.

In the bread aisle, look for options with 100 percent whole wheat flour or whole grains in them, said Reeves. Read the food label to be sure that whole wheat flour is listed as the first ingredient on the ingredient list

When it comes to energy bars, the most important thing to check for is how many calories they contain, said Reeves. Some energy bars can contain many more calories than you can actually burn during a workout. Reeves recommends purchasing popcorn kernels and a popcorn popper rather than purchasing microwaveable options that are high in fat.

"Popcorn is a whole grain, so it's really a healthy snack option. If you prefer the microwaveable brands, then choose one that lists fat-free on the label," said Reeves. Also, be sure to use salt sparingly when making your own popcorn.

Anytime a food is labeled as "fat free," be cautious of how much sugar is included and whether the calories per serving are actually different from the regular option. Remember that fat free does not mean sugar free, and even 'light' options may have a large amount of calories.



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\$451,000--\$499,999	1	0	0	1	1	4	0	0	0	0
\$351,00--\$450,000	2	2	2	1	2	1	5	1	0	4
\$276,000--\$350,000	3	3	3	2	3	5	1	1	3	7
\$231,000--\$275,000	1	0	0	2	3	0	2	2	1	0
\$201,000--\$230,000	0	1	1	2	1	1	3	0	0	5
\$200,000 and below	0	0	1	0	1	1	1	1	0	0
Total	7	6	7	8	12	12	12	7	4	17
Highest \$/sq ft	\$101.67	\$99.74	\$100.68	\$112.90	\$133.96	\$127.56	\$118.25	\$115.21	\$105.82	\$130.21

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