

COPPERFIELD COURIER

January 2014

NEWS FOR THE RESIDENTS OF COPPERFIELD

Volume 6, Issue 2

COPPER CREEK MEADOWS COMMUNITY Girl Scouts of San Jacinto Council

The Annual Girl Scout Cookie sale started on January 11. Be on the lookout for Girl Scouts knocking on YOUR door! If we missed you, you can look for cookie booths at area business starting February 21. This year's new cookie is Cranberry Citrus Crisp- be sure to try a box! Cookie sales help to fund individual troop activities, and to support our great Council camps. Girl Scouts have the opportunity to sail, canoe, ride horseback and pursue many other activities because you bought Girl Scout Cookies. We appreciate the support of our families, friends and neighbors!

Girl Scout Troop 16170 spent time working at the Houston Food Bank. The girls helped with a food sorting and inspection project. They worked with others to check expiration dates, sort donated food into 10 different categories, checked for full boxes and helped to build new box clusters. We hear the Food Bank personnel were impressed with their hard work and their organization! (see picture attached).

Girl Scouting is open to all girls ages 5 (must be in kindergarten) through 18 who are willing to accept the Girl Scout Promise and Law. Girls may join at any level, and no previous Scouting experience is required. Home schooled and private school students are always welcome. Don't forget that many of our most exciting opportunities are available to older girls!

Copper Creek Meadows Community serves girls in the



residence areas for the following schools:

Lieder, Metcalf, Wilson, Tipps, Texas Christian School, Birkes, Fiest, Lowery, Horne, Owens, Hairgrove, Kirk, Lee, St. Elizabeth Ann Seton and Christian Life Center Academy. We also serve the corresponding middle and high schools.

Please contact Dianne Massie (dianne.massie@att.net) or call 281-550-9148 for more information.. The web site for Girl Scouts of San Jacinto Council is www.gssjc.org.

IMPORTANT NUMBERS

EMERGENCIES NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance	911
Sheriff – Non-Emergency.....	713-221-6000
Harris County Fire Department	281-931-1085
Cy-Fair Volunteer Fire Department.....	281-550-6663
Poison Control Center	800-222-1222
Harris County Animal Control	713-207-2222
Flooded Roadways & Storm Sewers	281-463-6300

SCHOOLS

Cy-Fair ISD Website	www.cfsd.net
Fiest Elementary.....	281- 463-5838
Lowery Elementary	281- 463-5900
Owens Elementary.....	281- 370-4040
Copeland Elementary.....	281- 856-1400
Holmsley Elementary	281- 463-5885
Aragon Middle School.....	281- 856-5100
Labay Middle School.....	281- 463-5800
Cy-Fair High School	281- 897-4600
Cy-Falls High School	281- 856-1000
Langham Creek High School	281- 463-5400

UTILITIES

CenterPoint Energy	713-207-2222
Waste Corporation of Texas - Trash Pickup	713-292-2400
Severn Trent Water Services	281-579-4500
Southwest Water Company	877-405-1750
Cable/Internet/Phone.....	713-341-1000

NEWSLETTER INFO

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CANCER SUPPORT GROUP MEETING

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You are invited to join us for our monthly support group meeting. Our mission is to serve those who have cancer and their families by offering our time and resources for encouragement, comfort and hope.

DATE

3rd Monday of the month

PLACE

Cy-Fair Cancer Center
10650 Steepletop Dr., Houston, TX 77065

FOUNDER, GROUP COORDINATOR

Catherine Thomasson

(832) 208-2798 | cthomasson47@hotmail.com



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10 POWERHOUSE FOODS THAT WILL HELP YOU BURN FAT

Marissa Balch - CPT, Nutrition Coach - Texas Fit Chicks Boot Camp

1. Oatmeal - Great source of soluble fiber and slow-digesting carbohydrates that will keep blood sugar and insulin in check so fat burning can stay high.

2. Eggs - A form of well-absorbed protein, healthy fats and Vitamin D (found in the egg yolk). Eggs also contain lecithin, which promotes healthy liver function, thereby helping the body to burn fat.

3. Salmon - High in omega-3 fatty acids, salmon reduces inflammation in the body and lowers LDL and triglyceride levels while raising good HDL levels. Salmon also has a beneficial effect on leptin (hunger hormone) levels in the body, which means it helps to suppress your appetite.

4. Nuts - Another source of fiber and rich in omega-3s, these fats help to regulate blood sugar and protect the heart and the immune system.

5. Grapefruit & Berries - These fruits contain slow-digesting carbs and are rich in fat-fighting fiber. Strawberries, raspberries, blueberries and blackberries all are loaded with soluble fiber and antioxidants that protect blood vessels and promote healthy blood

flow.

6. Avocado - It's got fat, yes, but the good kind! The monounsaturated fats found in avocado are burned readily for fuel during exercise and actually encourage fat burning. Good source of fiber and antioxidants.

7. Leafy Greens - Broccoli, specifically, is a fibrous carb that can make you feel full quickly—one reason why it's a great food for getting lean. Broccoli also contains phytochemicals that can help enhance fat loss.

8. Cinnamon - Helps to reduce blood sugar levels, which in turn prevents the body from storing sugar as fat. Add it to your oatmeal and yogurt to enhance flavor without adding calories.

9. Green Tea - Drink this! Not only is green tea packed with antioxidants, it also contains catechins, a phytochemical that helps speed up metabolism and burn more fat.

10. Beans & Legumes - Great sources of protein and they normalize insulin levels and help keep your blood sugar steady throughout the day. Black beans, Garbanzo beans, red beans and lentils are all great to incorporate into your diet.

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Want to Live a Healthier Life with a Healthy Heart?

Keynote speaker shares tips at the Feb. 27 CYFEN meeting



Come to the Cy-Fair Express Network (CYFEN) luncheon Feb. 27 and gain information on living a healthier life with a healthy heart.

This month's keynote speaker is Connie Claros with United Healthcare, a company that she said has opened doors for her to get involved in serving the community's frail and disabled populations. While helping people improve their health and learning to live with their disabilities, Connie is also passionate about helping people live healthier lives. This is why she volunteers for the American Heart Association promoting programs that bring about awareness and education on heart health and disease prevention. Closer to home, she lost family members to heart disease and stroke, which could have been prevented if detected early and with simple lifestyle changes. She speaks to Spanish-speaking women during Vestido Rojo (Go Red for Women) events and has served as AHA's media spokesperson for Houston's local TV and radio.

All are welcome to attend the monthly meetings of CYFEN, which are held the fourth Thursdays at the Sterling Country Club, 16500 Houston National Blvd. This month's meeting begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Bring business cards for networking. The meeting cost is \$25 with advanced reservations made by the Thursday prior to the meeting and \$30 at the door.

For information on CYFEN, which is part of the American Business Women's Association, go to www.CYFEN.org.

CY-FAIR EXPRESS NETWORK

The Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and national recognition.

AMERICAN BUSINESS WOMEN'S ASSOCIATION

ABWA's mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition.

FREE COMPUTER CLASSES

You can improve your computer skills at no cost, close to home. Many Harris County Public Library branches, including the Fairbanks Branch, offer free computer classes. Topics include Computer Basics, Beginner Internet, Beginner Email, Microsoft Word, Microsoft Excel, Microsoft PowerPoint, Facebook and LinkedIn. You can bring your own laptop or use one of our computers. To see a class schedule, go to <http://www.hcpl.net/content/events-programs> and click "Fairbanks Branch Library." Registration is required. Please call the library at (713) 466-4438 to register or for additional information. The Fairbanks Library is located just off Highway 290, at 7122 N. Gessner Road.



The Cy Fair Republican Women are hosting a forum for all candidates running for the Lt. Governor position. The forum will take place at our general meeting on Tuesday, February 11 at the Longwood Country Club. Confirmed speakers include Texas Senator Dan Patrick, Land commissioner Jerry Patterson, Agriculture Commissioner Todd Staples, and invited Lt. Governor David Dewhurst.

Reservations can be made on our website at
www.cfrw.net

CY-FAIR KIWANIS CLUB

Come join us at the CY-FAIR KIWANIS

CLUB and be a part of sponsoring children's activities that help to develop leadership and good citizenship in the youth of our community. CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide.

The Cy-Fair Kiwanis Club sponsors nine Key Clubs in the Cy-Fair High Schools,, Girl Scout, Boy Scout, and Sea Scout troops and activities; provides scholarships to outstanding Key Club members in our district; assists at Cypress Assistance Ministries , Bear Creek Ministries; the Houston Food Bank; and other charitable groups.

Membership is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International. If you would like to know more



about Kiwanis and the programs it promotes, we invite you to be our guest at one of our monthly meetings. The Cy-Fair Kiwanis meet at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. February meetings will be on the 4th, 11th, and 18th.

For more information, call John Carroll (Copperfield and Hearthstone areas) at 281-463-0373; George Crowl (Jersey Village area) at 832-467-1998; or Peggy Presnell (Fairfield and CyRanch) at 281-304-7127. If you live anywhere in the Cy-Fair Communities, you may call any one of the above for information. COME, BE A PART OF OUR FELLOWSHIP. See www.kiwanishoustoncyfair.com for more information.



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