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## President's Corner

I hope that everyone has settled into the school year and back into their schedules nicely. We are welcoming the nice cool air of fall that has finally come to give us some relief from the summer heat. With the fall holidays right around the corner, I want to wish all of you a safe holiday season. Look for the many safety tips inside this issue of the Texan Tales.

The school has many activities going on during this busy season. Please make sure you check out all of these great programs such as Lone Star after Dark. We have the fall fundraiser going on right now as well. This year's catalog is filled with wonderful gifts. I'm positively sure that you will find great gifts for this holiday season. Another special event is our Skate Sock Hop at the end of the month. We are also looking forward to the

Homecoming Parade on October 22nd. Join us and help us show our school spirit by wearing your Lone Star shirt. If you don't have a school shirt and would like to purchase one please contact Lori Yopez at lori-yopez@yahoo.com . She will be more than happy to assist you.

Finally I'd like to encourage everyone to take good care of yourselves especially during this holiday season. October 15-19th is National Health Education Week. My son was born with a liver disease and I'd like to share some health information in this issue. Also, remember that you can save many lives by being an organ donor. Consider this option next time you renew your driver's license.

Brandi Dillmore

## Events Calendar

- Oct. 22nd: 4th Grade Program, Red Ribbon Week, Homecoming Parade.
- Oct. 25th: 50's skate night.
- Oct. 29th: Chick Fil A dine out day.
- Nov. 5th: 3rd Grade Program
- Nov. 9-10: Holiday Store, Breakfast with Santa.
- Nov. 22-25th: Student Holiday.

## Immunity-Boosting Foods (or Keeping the Kids from Getting Sick even Through the Winter Months)

**By Eric Tepner**

Did you know that what you feed your kids can actually make a difference in how often and how severely they get sick? Food can act as preventive medicine. Here's how to choose foods that help the immune system work more efficiently:

Teach your kids to fight germs with "Phytos" – Phytos is short for phytonutrients (you could also call them "Phytomins.") Phytonutrients are found in fruits and vegetable and give them their color. You should consider not only the flavor, but also the color of foods, since a good mix of colors means more Phytos; and more Phytos mean

more immune-fighting properties.

Top Phyto Foods (and the ones kids are more likely to eat): Apples, Bell peppers, Blueberries, Carrots, Flaxseeds, Grapes, Lentils, Melons, Nuts, Olive Oil, Oranges, Onions, Spices, Strawberries, Tomatoes.

Fish and Flax?. Fish and flax seed have Omega 3's, which are a good type of fat. It's not only good for the brain, it also keeps the immune system working properly and fights inflammation.

*(cont'd on page 3)*

## Halloween Costume Safety Tips

By: Brandi Dillmore

- \* Wear flame retardant costumes.
- \* Make sure your Halloween costume is colorfast so the color doesn't run onto your other clothes if it rains.
- \* Try on costumes before Halloween to allow time for altering.
- \* Hem your costumes so you don't trip and fall.
- \* Apply reflective tape to your Halloween costumes.
- \* Avoid cumbersome masks. Use make-up instead.
- \* Make-up should be hypoallergenic and non-toxic.
- \* Wear comfortable, practical shoes.
- \* Double tie your shoelaces so you don't trip.
- \* Keep your costume and wig away from candles.
- \* Don't carry fake swords, guns, knives or similar accessories that look authentic. Make sure they're flexible and cannot harm anyone.

## Trick-or-Treating Tips:

By: Brandi Dillmore

- \* Carry a flashlight with fresh batteries after dark.
- \* Take along money for a phone call.
- \* Wear identification that's easy to read.
- \* Always trick or treat in groups, accompanied by an adult.
- \* Follow a curfew and take a watch with a backlight.
- \* Plan your route ahead of time.
- \* Stay on the sidewalks and out of the streets. Cross only at intersections and designated crosswalks.
- \* Walk. No running.
- \* Don't trample through flower beds and gardens.
- \* Watch out for open flames in jack-o-Lanterns.
- \* Trick or treat in familiar neighborhoods.
- \* Walk with your head up and be aware of your surroundings.
- \* Only visit well lit houses. Don't stop at dark houses.
- \* Don't enter any houses unless you know the people.

## Roasting and Drying Pumpkin Seeds

By: Brandi Dillmore

What to do with all those pumpkin seeds you will be pulling out of those Jack O' Lanterns?

Start a tradition and have a healthy snack.

Drying seeds and roasting seeds are two different processes.

To dry: carefully wash pumpkin seeds to remove the clinging fibrous pumpkin tissue. Pumpkin seeds can

be dried in a dehydrator at 115 to 120 degrees F for 1 to 2 hours or in an oven on warm for 3 to 4 hours. Stir them frequently to avoid scorching.

To roast: take dried pumpkin seeds and toss with oil and or salt and roast in a preheated oven at 250 degrees F for 10 to 15 minutes

Nutritional Value: 46.1% of the daily value for magnesium, 28.7%

of the DV for iron, 52.0% of the DV for manganese, 24.0% of the DV for copper, 16.9% of the DV for protein, and 17.1% of the DV for zinc.

Storage: Pumpkin seeds should be stored in an airtight container in the refrigerator. While they may stay edible for several months, they seem to lose their peak freshness after about one to two months.

## Yearbook Sales Begin October 9th!

By: Allison Schlein

Dear Parents,  
This school year will hold many precious moments that should never be forgotten. These memories will last a lifetime in your child's copy of ...

Going the Extra Mile to Infinity and Beyond! Yearbook.

Filled cover to cover with photographs of friends, special events, classes, activities and a tribute to our graduating fourth graders. The tribute will include our Fourth grader's kindergarten photographs as well as congratulation messages from their parents.

This student designed 80 page hard-cover yearbook will be a precious reminder of the happiest times in your child's life.

This year's book price will be \$18.00 each.

Checks should be made payable to LSE. Return the memory book order envelope (check or money order) to your child's teacher. Please send one order envelope per child. Receipts will be sent to your child's teacher.

It takes lots of photos to fill a yearbook so please send any hard copy photos you would like in the yearbook of your child's class activities and any school events/performances to me. Put them in an envelope marked yearbook photos. Please don't forget to put your name on the back of the photos if you would like them back. Some photos used in the collages might have to be cut to

fit.

See you in the Pictures!  
Allison Schlein-yearbook chair  
Mikal5157@yahoo.com

## Immunity-BOOsting Foods (cont.)

Try sneaking flax seed meal in a fruit smoothy in the morning. Your kids will get a days-worth of fruits, some good Omega 3's, and will strengthen their immune system at the same time.

As the winter "sick months" arrive, try an experiment. Focus on feeding your kids more immunity-boosting foods and see if their sick days decrease. Good luck and have fun!

For more information on kid's immunity systems and foods, check out the book "The Healthiest Kid in the Neighborhood" by Dr. Sears. Check out next months issue when we talk about inflammation and asthma.



Happy Halloween!!!

## More Health News

By: Brandi Dillmore

October has more than Halloween to celebrate. These are a few of this month's National Observances.

Please take the time to read about them and try something new. You will never know just how good they might be for you!

### **National Popcorn Poppin' Month**

Everyone loves popcorn. This month the Cub scouts are selling lots of it. If you would like to help the cub scouts by ordering popcorn

and/or other gifts please call Cliff Egging at 214-206-7157

### **National Apple Month**

An apple a day will keep the doctor away! visit [www.usapple.org](http://www.usapple.org) for great recipes and other information on apples.

### **National Cranberries Month**

They are tart and they contain a high level of antioxidants that will help combat urinary tract infections.

They also help reduce the risk of heart disease as well as some types of cancer. Go to [www.uscranberries.com](http://www.uscranberries.com) for more information and great recipes.

### **National Pasta Month -**

We all love spaghetti. Visit [www.ilovepasta.org](http://www.ilovepasta.org) for many delicious new pasta recipes as well as tips for making the perfect pasta, which type to use, etc.



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**LONESTAR  
ELEMENTARY**

We're on the web  
[www.lsepta.org](http://www.lsepta.org)



**Coming Soon:LSE's  
50's Skate Night  
Thursday Oct. 25th**



## **Volunteers Needed**

**To help out during our  
Holiday Store and The  
Breakfast with Santa  
November 9 and 10.**

**If you are interested please  
contact Lori Yopez at**

**[loriyopez@yahoo.com](mailto:loriyopez@yahoo.com)**

## **GRANDMA COOKIE'S MICROWAVE ENGLISH TOFFEE**

**By: Wendi Blackburn**

### Ingredients:

1 cup of butter cut in pieces  
1 ½ cups of sugar  
1 tbsp. Corn syrup  
2 tbsp of water  
2 tsp of vanilla  
1 cup of chopped walnuts  
1 12 oz. pkg of chocolate chips

### Preparation

Combine the first four ingredients in a large 2 qt. container and microwave on high for 9 minutes (stirring once after 2-3 minutes)

Add 2 Tsp. Vanilla, 1 cup of chopped walnuts and microwave

one more minute.

Spread on a 8x12 pan with sides or a jelly roll pan which has been lightly buttered.

Then sprinkle over the top a 12 oz. Package of chocolate chips and let it stand for 5 minutes or until its mostly melted.

Spread chocolate evenly and top with more grated nuts.

## **The LSE Library needs your Help!!!**

**Mrs. McCorkle is in need of a few volunteers to help out at the library. If you are interested in helping out please contact her at [svmccorkle@kellerisd.net](mailto:svmccorkle@kellerisd.net)**