



# texan tales

L NESTOR TEXANS' MONTHLY NEWSLETTER

DECEMBER 2004

Steve Hurst - Principal ♦ Jennifer Price - Vice Principal  
Reta Reed, LSE PTA President - [www.lsepta.org](http://www.lsepta.org)

## President's Message!

### Ah, the holidays...

The holiday season is upon us. It is a time for family get-togethers, decorating, shopping, gift-wrapping, baking, and attending special activities. Holidays are supposed to be a time of enjoyment and happiness, but instead you and your family may feel stressed because of the extra demands placed upon already busy schedules. Relieving some of the stress during the holidays can best be accomplished by getting the whole family involved in tackling holiday tasks and activities. The following ideas can help you and your family work together to reduce holiday stress.

- ♦ Sit down as a family and come up with a list of all the things that need to be done during the holidays (shopping, card signing, cleaning, etc.). Delegate or let family members volunteer to help.
- ♦ Make a December "To Do" calendar. Include dates and times of all activities to be attended, and a schedule of when tasks such as cleaning, baking, and shopping need to be done.
- ♦ Plan ahead. Spontaneity is great for summer picnics and walks in the park but not so good for holiday parties and gift giving. Start planning and shopping months in advance of the holidays. Be realistic about your time and money and consider cutting back on some of the things you've done in the past. Your family will appreciate having fewer commitments too.
- ♦ Plan easy meals. Double batch your favorite casseroles and put in the freezer for a quick meal on a busy day.
- ♦ Make time for yourself. Many of us turn into holiday robots, filling our every waking moment with buying, baking, wrapping, entertaining, and rushing. As you plan for meeting your holiday obligations, schedule in a little down time for yourself... a long hot bath, a walk downtown to look at the decorations, or some quiet time spent reading aloud to your kids will recharge your batteries for the challenges you face.
- ♦ Keep eating and sleep routines as close to normal as possible to prevent children from becoming cranky or overtired.
- ♦ Lower your expectations. False expectations can steal

your joy - fast. Don't expect a Currier and Ives holiday. Currier and Ives probably didn't get one either! Expect a certain amount of stress and hurry as you prepare for the holidays. No matter how much you prepare, nothing ever comes off perfectly - try to find the humor in the mishaps and move on.

- ♦ Expect young children to misbehave occasionally. Remember they have short attention spans and tire easily.
- ♦ Make time for family fun! Plan fun activities together such as baking cookies, making crafts, or taking a drive to see the local light displays.

### A Holiday Wish

by Hayley Germack, age 15, St. Petersburg High.

I wish for no worries regarding health or wealth. I dream that they all will drift away with the tide of each day. I crave that for one single day, emergency room seats will be empty as the sky on a sunlit morning. It is my dream that the effect of poverty will be resolved, that slums turn into villas. I wish for a prosperous life of fortune and love, love that bonds a pair of human souls. I want all lives to exist alongside peace, no worries on returning home to a battle. I want all lies to be mended, all of mankind to have an equal chance for a future. I hope for a future free of greed, sincerely laden with only good deeds. So for my holiday wish, a toast to a future, the future of today's youth.

From ancient stories often told, we know "all that glitters is not gold." But we have chanced upon something rare - family and friends beyond compare. It is my personal wish and the wish of your PTA that your family finds peace and happiness this holiday season.

Reta Reed/PTA President

Sources: Holiday Stress by Gerri Wolf, Family Information Service, Minneapolis, MN 1992. The Preschool Years: Family Strategies That Work — From Experts and Parents, Galinsky, E. & David J. 1988. St. Petersburg Times Online: [http://www.sptimes.com/2003/12/22/XpressHand\\_in\\_hand\\_from\\_us.shtml](http://www.sptimes.com/2003/12/22/XpressHand_in_hand_from_us.shtml).

# Journal Counselor's

-Judy Martin

Dear Friends and Families in the Lone Star Elementary School Community,

I just want to wish you and yours a very blessed holiday season with all the trimmings! Although we tend to associate this time of year with "Merry and Bright", this can also be a very stressful period, especially for children. We forget that this may be the first holiday without a loved one due to divorce, death, or deployment to the Middle East. Believe it or not, many of our Lone Star children are facing just such challenges this year. For others, it will

be financial adjustments due to "down-sizing" at the company or transfers to another state.

Regardless of what life obstacles your family faces, the most important gift you can give is your time and loving reassurance that all will truly be OK again. Children need to feel safe so that even if their home is presently in chaos, the adults in their lives are on top of the situation. (Even if you have to "fake it till you make it!!")

Regardless, children make sense of their world at the cognitive level of development they currently are. As they progress, they will begin to better understand that when the bottom falls out from under them, it truly is temporary and not the end of life as they know it. If, on the other hand, they are forced to deal with adult-based issues too soon, they are robbed of their glorious, magical birthright of being a child as long as they possibly can. The following poem by Ruth Reardon, from her collection of poetry entitled *Listening to the Littlest*, says it so much more eloquently than I, so I will leave you with this. . .

## CREATE A QUILT OF MEMORIES

*to keep me warm.*

*An inner warmth that comes  
from light of happy times.*

*Weave in the threads of holidays,  
of friends and families . . .*

*Delights of seashore, fields,  
of city parks.*

*The simplest happenings  
traced out in love*

*become a pattern,  
for my quilt of memories.*



# Walk Roll and Stroll

Be the first to use the Cottonbelt Trail!

**December 11, 2004,  
10am**

Refreshments! Entertainment!

Free long-sleeved tshirts to the first 100!

Sign in begins at 9:30am.

In conjunction with the official  
Cottonbelt Trail Ribbon Cutting.

Parking at Smithfield Middle School.

Meet at Dick Faram Park,  
8344 Amundson Drive.

For information, please call the North Richland  
Hills Recreation Center, 817/427.6600.

# A note from Mr. Hurst

Dear Parents,

Welcome back from Thanksgiving! I wanted to put out some reminders that I have gotten questions about.

## VISITOR GUIDELINES

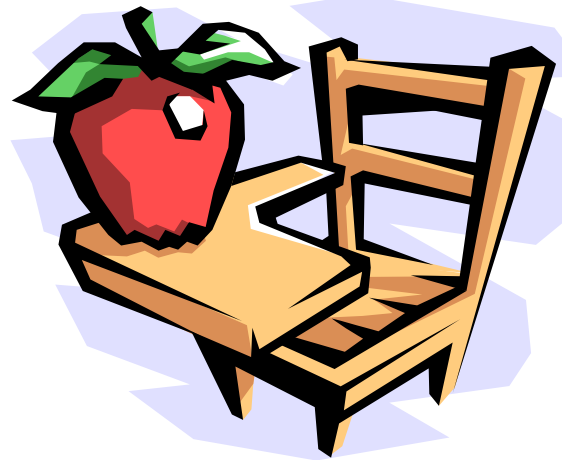
Parents and visitors are always welcomed on KISD Campuses, but must adhere to the following guidelines:

- ◆ Make an appointment at a mutually agreeable time with the teacher at least one day in advance before visiting
- ◆ In the mornings, it is very hard for teachers to do impromptu conferences with parents when children are coming into class. So, to help the teacher, please drop off your children and allow the teacher to get ready for the day. If you would like to stay in the building to help a teacher after drop off time (8:30am), you need to sign in at the office. Other wise, for security reasons, we would like all adults out of the building.
- ◆ From 3:30pm-3:45pm our teachers are on duty keeping our children safe. I have told them that they must be at duty during this time for the safety of our children. If you need to speak with a teacher. Please plan on meeting with them after 3:45pm.
- ◆ During the day, visits are limited to thirty minutes, or less, depending on the special needs of the classroom. These guidelines allow for visitors, but also help to minimize interruptions to the instructional day for our students and teachers. All visitors are required to come to the main office to obtain a visitor's pass when entering the school. Personal identification will be required for the protection of the children.

If everyone follows these guidelines, we will be able to involve parents (which are one of our main goals) and still keep instructional interruptions to a minimum.

## GOOD NEWS ABOUT ART

Mrs. Tandy who has been a long term sub at Lone Star in many areas (including Art), is now sharing the teaching responsibilities with Mrs. Johnson. They will each teach on certain days and we have set it up so that your child will always have the same Art teacher.



Mrs. Tandy has been a favorite around Lone Star Elementary for quite awhile, so we are so excited to add her to our staff on a permanent basis! Many of you already know and love Mrs. Tandy, but if you haven't had the pleasure of meeting her yet, please come by and meet her!

**Mrs. Johnson will teach your child if they go to ART on Mondays and Wednesdays. Mrs. Tandy will teach your child if they go to ART on Tuesdays and Thursdays.**

## DROP OFF TIMES

Please don't forget that school is from 8:30am-3:30pm. We allow parents to drop off at the maximum 20 minutes earlier than this in the morning (8:10am), and 15 minutes later than this at the afternoon (3:45pm). If you need to drop off your child either before 8:10am, or pickup after 3:45pm and your child currently is not with a daycare, please make arrangements with Clayton Daycare. **Clayton is an on-site daycare that is not run by the school district.**

Kindergarten afternoon students should also not be here before 12:15pm for there 12:30pm classes. The reason we cannot have students before or after these times is because there is no one on duty watching them.

**If you need the Clayton number or another local daycares number, please contact the receptionist and they will pass on necessary phone numbers.**

## School Activities/Events Information!

### What's Up...With Lone Star After Dark?

-Sherry Simon, LSE PTA 4<sup>th</sup> VP

The response was once again overwhelming! For the second session of Lone Star After Dark, we had a total of 167 LSE students and/or their parents enrolled in After Dark activities. The most popular class remains Martial Arts with 30 students participating. Holiday Crafts, Sewing and Balloon Art have been filled to capacity. Twelve students signed up for Lone Star Boogie. Pinewood Derby, Creative Lettering, Cheer, and Cooking had 10, 11, 18, and 2 students enrolled respectively. Chess Club proved to be very popular as well with 20 kids to participate and homework club received a good response with 6 students.

The After Dark committee added another feature to the After Dark activities. We started some parent activities with some good results. Seven parents signed up for Tai Chi and seven parents signed up to help with classroom volunteering.

Once again we will have a Parent Open House on the last night of this After Dark session. The After Dark Parent Open House for the second session will take place on **Thursday, December 9, 6pm-8pm**. A special performance will be given by various classes in the Cafetorium from 7pm-8pm. All LSE parents, families and students will be welcomed to attend the special performance to cheer on their family and friends.

The After Dark committee and instructors were amazed at the response and pledge to plan another exceptional session. LSE After Dark Session III will begin on January 27-March 4, 2004. A new enrollment form with course descriptions will be sent home after the long holiday break. With that said the committee is looking for **SOME NEW INSTRUCTORS FOR SOME DIFFERENT COURSES TO OFFER TO THE GREAT KIDS OF LSE.**

Your involvement is critical to the continued success of this program. If you are willing to be an instructor, volunteer, committee member, or have an idea for a course and/or a possible instructor for a course, please do not hesitate to contact me. Sherry Simon, LSE After Dark Program Coordinator, [ssimonokc@sbcglobal.net](mailto:ssimonokc@sbcglobal.net) or 817/281.4321.

**The LSE After Dark  
Parent Open House  
Thursday, December 9,  
6pm-8pm**

Call now to schedule  
Holiday Portraits/Cards!  
[www.momsphotos.com](http://www.momsphotos.com)



## Por traits...

*are a gift you give yourself, your children,  
and generations to come  
and they grow more precious as time goes by.*

*We want to capture those times for you!*

*Call us to create the memories that will last a lifetime.*

*We offer very competitive pricing, specialize in outdoor sittings  
and use color as well as black and white.*

**Melanie Duncan -Shari Shipler, Photographers  
M.O.M.'s Photography - 817.281.6855 - 817.750.8463**

## CHAIR nOTES!

# What you MUST know about antibiotics!

Did you know that antibiotics do not work on colds, croup and greater than 90% of coughs, fever, sore throats, and vomiting and diarrhea? These illnesses are caused by viruses.

**Antibiotics DO NOT work on viruses.**

Antibiotics only work on bacteria. Illnesses commonly caused by bacteria are most ear infections, sinus infections and strep throat.

Some parents demand antibiotics, or feel that "it can't hurt." In reality they can hurt.

First, antibiotics have side effects. Nausea/vomiting, rash, upset stomach, and the risk of developing an allergy. Why give your child these unnecessary side effects?

Secondly, and most importantly, when common antibiotics like amoxicillin are overused, they can become ineffective, causing doctors to need to prescribe stronger, second line antibiotics. This in turn causes bacteria to be resistant to common antibiotics. Treatment becomes more difficult for simple infections. Imagine how doctors are going to try and treat more serious infections. One infection, Staph Aureus, used to be limited to hospitals, and was fairly easily treated. Now it is found outside the hospital setting, and has become more difficult to treat.

This is a prime example of why not to demand antibiotics. I have heard so many parents say, "But last time he had a cold, they gave me antibiotics and he got better." Well, he got better because the virus had run its course. Not because he got antibiotics. The timing is purely coincidental.



It's scary to think that what we are trying to do for our children, can be hurting them in the long run. What happens when they get very ill, requiring big antibiotics? If the big antibiotics are used to treat the "simple" infections, how can we treat the serious ones. It could be a matter of life or death.

Information obtained from:  
[www.keepkidshealthy.com](http://www.keepkidshealthy.com), [www.webmd.com](http://www.webmd.com),  
[www.niaid.nih.gov](http://www.niaid.nih.gov), and [www.fda.gov](http://www.fda.gov).

### JOKE OF THE MONTH:

Mom:  
My daughter believes in preventative medicine, doctor.  
MD: Oh, really?  
Mom:  
Yes, she tries to prevent me from making her take it!



# Kids Can Help the Environment

Laura Gallagher, Environmental Chair

**I would like to find out if anyone is interested in participating in an environmental club to meet after school about once or twice a month to see what we can do to help the earth, students and parents are welcome.** If interested please drop me a note in your kids folder addressed to PTA-Environmental or e-mail me at [jrm3kids@joimail.com](mailto:jrm3kids@joimail.com). In the subject line, put **Environment Club**. I look forward to hearing from you!

This month's article is for our kids. Here are some things that you can do to help our earth:

- ◆ You can help keep the air clean by riding your bike or carpooling to school, scout meetings, or ball games.
- ◆ You can help keep creeks and rivers clean by not dumping anything into curbs, gutters, or street drains. Don't wash your bike or mom's or dad's car in the driveway because the detergent will go into your neighborhood creek and kill the fish and frogs.
- ◆ You can tell your mom and dad about Fort Worth's Environmental Collection Center, where they can get rid of old paint, used oil, bug spray, and cleaning stuff they don't use anymore. The center is open Thursdays and Fridays from 11am-7pm and on Saturdays from 9am-3pm. It is located at 6400 Bridge Street in Fort Worth.
- ◆ You can volunteer to help your mom and dad recycle newspapers, junk mail, telephone books, cereal boxes, cardboard, aluminum cans, bottles, jars, steel cans, plastics, and lots of other stuff!
- ◆ For a class project or on your own, write your government representative about your concerns for the environment. Find out the names and addresses of the member of the U.S. House of Representatives and Senators who represent you go to or Info from: [www.fortworth.org/dem/pubed\\_students\\_elem.htm](http://www.fortworth.org/dem/pubed_students_elem.htm).



## Safely Toting Backpacks Back-to-School

Joe Gallagher, Safety Chair

While a backpack is considered the most efficient way to carry books and other items kids need for school, when it's overloaded or improperly worn, it can be hazardous for the young, growing muscles and joints of children. Injury can occur when a child uses harmful postures such as arching the back, leaning forward or, if only one strap is used, leaning to one side. The American Physical Therapy Association recommends the following for safe backpack use:

- ◆ Make sure children are not carrying more than 15 percent of their body weight in their backpacks. A too-heavy backpack load causes muscles and soft tissues to work harder, leading to strain and fatigue.
- ◆ Have children wear both straps so that the weight of the backpack will be distributed more evenly. Using only one strap, even with backpacks that have one strap that runs across the body, causes one shoulder to bear the weight of the bag.
- ◆ Be sure the backpack fits. Shoulder straps should rest comfortably on the shoulders and under the arms so that the arms can move freely. The bottom of the pack should rest on the contour of the lower back. The pack should "sit" evenly in the middle of the back, not sag down toward the buttocks.

If you and your child have yet to pick a new backpack, here are a few points you may want to consider:

- ◆ Shoulder straps that are padded and contoured help reduce pressure on the chest and shoulders.
- ◆ Waist belts help to distribute some of the load to the pelvis.
- ◆ Reflective material can make a child visible to drivers at night.
- ◆ Wheeled backpacks should have a handle that extends far enough so that the child is not forced to twist and bend.

For more information, read "Is Your Child's Backpack Making the Grade?" available on the American Physical Therapy Association's website.

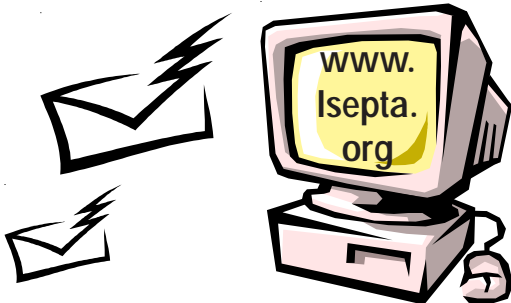
## EXECUTIVE BOARD

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2nd VP	Judy Buchholz
3rd VP	Michelle Hartman
4th VP	Sherry Simon
Treasurer	Jennifer Hammer
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## STANDING COMMITTEES

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Arts in Education	Stephanie Burton
Arts in Education	Melissa Johnson
Banking	Deanna Arneson
Box Tops/Labels	Dara Buntyn
Carnival	Leslie Thomason
Carnival	Cynthia Day Thomas
Dining Out Nights	Alison McKee
Environmental	Laura Gallagher
Faculty Liaison	Sheila Brozek
Field Day	Kandy Rose
Fundraising	Rhonda Brown
Health	Wendy Jackson
Hospitality/Childcare	Kerri Cooper
Legislative	Jeff Reed
Library/Media	Teri Brooke
Newsletter/Handbook	Teddi R. Zonker-Visser
Parent Education	Cheri Baxter
Room Representative	Jasmine Sellars
Safety	Joe Gallagher
School Store	Linda Chancellor
School Supplies	Dara Buntyn
Sock Hop	Kandy Rose
Special Projects	Daphne Lee
Sponsor/Donations	<b>OPEN</b>
Staff Appreciation	Georgia Fleming
Volunteers	Scher Beltz
Website/Publicity	Shae Bailey
Yearbook	Allison Schein

To contact members via email  
please log on to the LSE PTA website!



# CLASSIFIEDS!

**CHRISTMAS SHOPPING EXTRAVAGANZA.** Thursday, December 9, 2004, 6:30pm-8:30pm, Parkwood Hill Estates Clubhouse, at the corner of Parkwood Hill Blvd and EastWedge. Get your Christmas shopping done at one stop with great gift ideas from Gold Canyon Candle Company - The World's Finest!, Sterling Silver jewelry, Southern Living at Home, Creative Memories, Homemade Gourmet and more! Register for door prizes and enjoy wonderful refreshments. For more information, please contact Misty Monroe at 817/581.8886 or Jennie McDougall at 817/498.9888.

If you would like a **Mary Kay** Catalog or if you are interested in ordering any products, please call Veronica Castillo at 817/656.9593 or e-mail vercast2003@yahoo.com.

**Mary Kay Independent Beauty Consultant.** Host a party and receive 25% off your order. Contact Tracy Wooten 817/239.5263 or visit my website [www.marykay.com/twooten](http://www.marykay.com/twooten).

Local **PIANO CLASSES** now registering. Please call Jill at 817/605.3088. All ages welcome!

**Southern Living At Home.** From the publishers of Southern Living magazine, we offer beautiful products and ideas to make your house a home. Host a party and earn free and ½-priced items. Join my team and earn extra money for Christmas, vacations, a new car or to be an **income-earning STAY-AT-HOME Mom**; the possibilities are endless! Book a party now and I will give you \$30 in FREE products just for being a Hostess. Misty Monroe, 817-581-8886, [mistysathome@sbcglobal.net](mailto:mistysathome@sbcglobal.net).

If you are buying or selling a home, Call Barbara Corke with **Better Homes Realty Group** at 817/825.6097. Friendly and Free market analysis with no obligation!

**Special Fund-Raising Program for Lone Star/PTA!** If you or anyone you know purchases a home and obtains a mortgage through TRISTAR MORTGAGE GROUP, Tristar will donate \$200 to a non-profit organization of the client's choice. In addition, by using Tristar Mortgage and an In-House Agent from Metrostar Realty, you can receive up to 1% cash back at closing\*. Please call Britney at 817/300.4641 to get started raising money for our schools today! Tristar Mortgage Group, 425 Keller Parkway, Keller, TX 76248. 817/379.4203. TX MB #2869. \* Some restrictions may apply.

If you are interested in making extra cash. LSE mothers searching desperately for someone that has experience **hemming up jeans/slacks!** Please place ad here.

Let our Classified Section work for you!  
FREE to LSE PTA Members (Only \$6/year).  
For details please contact Teddi R. Zonker-Visser at  
817/750.5537 or [trzonker@hotmail.com](mailto:trzonker@hotmail.com).