



# texan tales

LONE STAR TEXANS' MONTHLY NEWSLETTER

JANUARY 2005

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

## President's Message!

~ Reta Reed

How time flies! It seems like only yesterday we were meeting teachers and unpacking school supplies. Lets just reflect on the past five months of school.

We saw a new program, Lone Star After Dark, launch like a rocket.

- ♦ The first Golf Tournament came off without a hitch.
- ♦ We had yet another successful Sock Hop and
- ♦ We renewed our pledges to be drug free during Red Ribbon Week.
- ♦ We also saw the first of the playground awnings go up.
- ♦ Even before school started, your PTA Board was meeting, planning, and training at Summer Seminar. A lot has already been accomplished!

Now here we are in the last stretch of the school year, looking forward to even more Lone Star After Dark programs, the 4<sup>th</sup> grade trip to Sky Ranch, the LSE PTA-Sponsored Carnival, the talent show, and so much more. Well be looking to our faithful LSE parents to help make these programs and events successful. And, with the support of our Lone Star families, we will see more playground awnings.

Now is the time to set new goals. Before we know it, May will be here and your new PTA Executive Board will already be gearing up for the next school year. Start thinking now about which PTA Executive Board position you would like to claim for next year and what you want to see the PTA membership accomplish. The students can only benefit from the creativity, support and enthusiasm of involved parents like you!

Here is wishing all of you a peaceful, prosperous, healthy and happy 2005. May you all reach your goals!



### HOW THE TALES BEGIN...



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# Counselor's Corner

-Judy Martin

"Happy New Year!" Lone Star family and welcome back! I'm so excited and ready to face January, 2005 head on! To that end, the first life skills topic we will be discussing this year is *Courage*, which just might open up family dialogue ranging anywhere from handling scary things that go bump in the night, to coping with very real fears generated by graphic, media coverage of world events playing out before our very eyes.

For the younger grades (Pre-K through 2<sup>nd</sup>), we will be reading *Jenny Is Scared! (When Sad Things Happen in the World)* by Carol Shuman. This sensitive, beautifully written storybook offers children insight into understanding many of their security concerns. In the back of the book, Ann Rasmussen, Doctor of Psychology, provides a note to parents discussing helpful do's and don'ts when these issues arise. I will be sending a copy of this section home in your child's folder, so be looking for it in the next few days. In light of the war and current images from the disaster in South Asia, I thought you might appreciate this timely information.

For grades 3 and 4, I will be showing a Sunburst video entitled, *What is Courage? Building Character*. This video helps children understand that courage is not confined to people who perform extraordinary acts of bravery, but can also be found in individuals who act courageously in ordinary, everyday situations. A letter will also be coming home in your child's folder detailing the points that were discussed in the film and thereafter. The letter offers some ways to engage your child in a discussion of courage and its meaning in everyday life.

I hope you will seize this opportunity to visit with your children about these serious topics and join our efforts to help build strong self-esteem and confidence to face the inevitability of life challenges with a courageous heart.

Please remember that even though your children may be too young to fully understand the circumstances surrounding any kind of serious crisis, they still need to know on an age-appropriate level that you will face it together with courage. Speaking from the mouths of babes...

...Too Little to Understand?  
Not too little to misunderstand!  
My worries grow and change  
to fantasies you'd never recognize!  
Include me (you cannot hide it anyway).  
Use words, (however simple) and your own presence.  
Including me brings reassurance  
that although "somethings wrong"  
We'll be all right...together.



By Ruth Reardon,  
*Listening to the Littlest*, 1984

## PARENT INVOLVEMENT OPP!

# Calling All Photographers!

~Allison Schlein/Yearbook Chair

We are getting ready to send in our first 36 pages of yearbook to the printer. I am in need of classroom pictures for every class to be used for the grade collages and for classroom candid. I am also looking for photos of all the grade performances and choir concerts.

Please give all photos to your teacher with your name and teachers name on the back of them so they can be returned to you. Please be aware that some photos may be cut to fit in the pages.

Yearbooks may still be ordered. Please may check payable to LSE for \$16 and include your name and teachers name on your order. We will be forming a yearbook committee in the coming weeks to help create our yearbook. Please let me know if you're interested! Happy New Year to all! Thank You!



Submit your articles, ads, and more for the February Texan Tales no later than January 21. For details, please contact [trzonker@hotmail.com](mailto:trzonker@hotmail.com) or 817/750.5537.

Call now to schedule  
Spring Portraits!  
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## 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.*

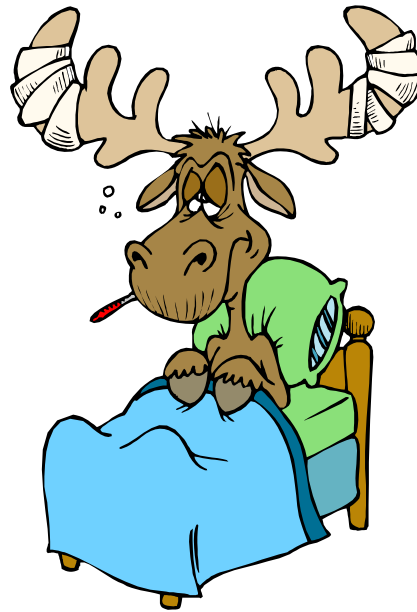
**Melanie Duncan -Shari Shipler, Photographers**  
**M.O.M.'s Photography - 817.281.6855 - 817.750.8463**

# Chair notes!

~Wendy Jackson/Health Chair

The flu is a severe viral infection of the respiratory tract. It shows no prejudice. There is no link to race or sex, although children are 2-3 times more likely to get the flu. **Peak flu season runs from November to April.** Immunizations need to be given in September or October to be effective in time. Once again this year, there is a flu vaccine shortage. This is due to one of the main manufacturers, Chiron, having their license suspended in the United Kingdom for a possible contamination. They were to supply 46-48 million doses. Our supply was effectively cut in half. This is why the doctors are rationing the vaccines per the CDC's recommendation. Those that are in good health, should not get the vaccine. **Those in the health profession, children 6-23 months old, people over 62 years of age, anyone with major medical health problems, and everybody living with this group of people, should get the vaccine.** If your child is under 9 years of age, and has not ever received the vaccine, they should get two. The second shot should be administered one month after the first. Even if the second shot is not available, get the first. There is still some benefit. Those that receive the vaccine, have a 70-90% chance of avoiding the flu.

The symptoms of the flu first appear about 2-3 days after exposure. These symptoms include: **high fever/chills, headache and fatigue.** Later the symptoms turn more respiratory. **Runny nose with congestion, sore throat, a non-productive cough and pink-eye type symptoms.** These symptoms can last 5 days to weeks. If you can catch the symptoms early enough (some sources say up to the 72 hour mark), you can be given an anti-viral medication. Each physician feels differently about the time frame on prescribing this medicine. This medicine can not kill the virus, but it can stop the replication, therefore decreasing the length of the illness. Treatment otherwise would be decongestants, cough medicines and Tylenol or Motrin. And of course, REST, REST, REST, and drink plenty of fluids. Some flus have diarrhea and vomiting as well. It is very important to keep these children hydrated. Watch for signs of dehydration like no tears, sticky mouth, no urine and lethargy.



If you have the flu, you are contagious as long as you have symptoms. The flu is transmitted by airborne droplets and direct contact with another persons oral/nasal secretions. The flu virus can even live on smooth surfaces (like doorknobs) for an hour. So...good hand washing, and not sharing drinks or utensils is the key. **Try having your child cough into their inner elbow area. This prevents them from coughing into their hand, then touching EVERYTHING!! As we know all kids do!**

The flu season can be rough. So...if you need the vaccine and haven't got it...get it. Better late than never. If you are unable to find the vaccine, and have already contacted the local health department, you can go to [www.lungusa.org](http://www.lungusa.org) for more information. Many pharmacies and walk-in clinics even offer the vaccine still.

Information obtained from: [emedicine.com](http://emedicine.com), [kidshealth.org](http://kidshealth.org), [cincinnatichildrens.org](http://cincinnatichildrens.org), and [pediatricsabout.com](http://pediatricsabout.com).

## Joke of the Month:

Nurse: Doctor, there is a man in the waiting room with a glass eye named Brown. Doctor: What does he call the other eye?

## EXECUTIVE BOARD

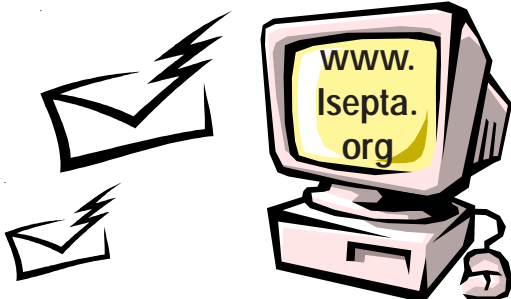
|               |                  |
|---------------|------------------|
| President     | Reta Reed        |
| 1st VP        | Rick Simon       |
| 2nd VP        | Judy Buchholz    |
| 3rd VP        | Michelle Hartman |
| 4th VP        | Sherry Simon     |
| Treasurer     | Jennifer Hammer  |
| Secretary     | Wendy Jackson    |
| Parliamentary | Lisa Neilson     |
| Historian     | Lisa Burdick     |



## STANDING COMMITTEES

|                       |                        |
|-----------------------|------------------------|
| Academic Enrichment   | Dayna Cox              |
| 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!

**14th Annual Father/Daughter Dance** is coming up on Saturday, February 5, 2005. This year's theme is "Out of this World" and will feature telescope viewing of visible planets, the LSE Sock Hop's first DJ on site, refreshments, photographs and much more! Only \$12/person or \$39/couple which includes photo tickets, silk rose, corsage, boutonniere and an event keepsake! Sign up no later than February 2. For details, please call 817/427.6600.

**Bounce houses, slides, challenge courses...and more.** Please call April Hargett, an LSE teacher, 817/715.2615.

**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 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](mailto: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).

**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.

**New Year! New You!** Want an affordable workout center close to home? Check out the North Richland Hills Recreation Center. Stop by for the day, pick up a monthly membership, 3-month or a full year. There are no enrollment fees! The upfront annual fee (\$98/year) comes out to only a little over \$8 per month! We're open until 10pm and we have hours all weekend too! Get the kids settled in bed at night and join us for some "ME TIME"! For details, [www.nrhtx.com](http://www.nrhtx.com) or 817/427.6600. **Massage Therapy, Personal Training, Dodgeball Tournaments** and much more! There are also many things for the kids including a 1/2-day **preschool, summer day camp** and much more!