



Texan Tales



Lone Star Elementary
"The Place to be"

President's Corner

By Brandi Dillmore

Welcome back to school! I hope everyone was able to enjoy their summer. WOW, it started off really wet! I am excited about this coming year and I hope you are as well. We have many new faces on the board. You can learn more about these awesome people in this edition of the newsletter. We are here for the children and you, if you need anything please contact one of us. We are still looking to fill some positions, if your are interested, let us know and we will get you the details for the open positions. (i.e. Historian - if you like to scrapbook this is one for you!) The year has already started out great with the Meet the Teacher Back to school bash. It was a great to see

everyone again, as well as meeting new families, and new teachers. The first day of school went great. The kids all looked so good dressed-up for the first day. We loved meeting some of the new parents from the Pre-K and Kindergarten at the Tears and Cheers event held at the Library. Grandparents Day went perfect. We had a great turn out. Thanks to all the volunteers for your hard work, helping set up, cleaning up and being there for the grandparents. We couldn't have done it with out you.

We hope to reinforce some of the goals planned for the Lone Star Elementary PTA. One of PTA missions is to create a school community.

We want our students, parents and faculty to feel that LSE is their home away from home. Activities have been established to promote a community environment. I hope that you and your family will participate in some of the fabulous programs we have this year. If you haven't already, make sure you look at the LSE event calendar that was in the your folders at Meet the Teacher Night or you can check out our website at www.lsepta.org. We have events like our Dad's campout, the Homecoming parade, 50's Sock Hop at the skate park. Be sure to wear your best 50's outfit to win some cool prizes.

Continued on pg 5

Inside this issue:

Meet the PTA Executive Board	2
LSE PTA Executive Board	3
Recipe of the month	4
Thank you	4
President's corner (cont.)	5
Thank you's and Brownie Ad	5
Health News	6

Health News: How To Feed your Kids a Brainy Breakfast

By Eric Tepner

During the course of this school year, I will be writing six health-related articles. When brainstorming what to write about, I decided to keep it simple and focus on our kids and food. I hope you find these articles helpful. If you ever have ques-

tions or suggestions, please feel free to e-mail me at tepnere@mac.com

Grabbing a doughnut or other junk-carb food in the morning may be convenient, but it won't give your kids' brains the steady supply of fuel it needs to work hard all

morning. So here are the ingredients for a healthy, brainy breakfast:

* protein, perks-up the brain (eggs, milk, soy, yogurt, healthy cereals)

Continued on pg 6

PTA Volunteers needed

- Many positions available such as :

- 1st VP
- Special Projects
- Hospitality/Childcare
- Dine-out nights
- Parent's Education
- Academic Enrichment
- Sponsor Donations
- Historian

Meet the LSE PTA 2007-08 Executive Board

President

Hi, my name is Brandi Dillmore. I will be your PTA President this year. I am married to a wonderful man, husband and father Gabe. Together we have 2 incredible boys. Brendan who is 8 and will be in the 2nd grade this year and Carter who just turned 3 and is my little shadow. We are from Kansas and this will be our 2nd year at Lone Star Elementary and our 2nd year in Texas. We have really enjoyed and love the school. I joined the PTA last December and worked the Hospitality Chair. During that time I was able to help the teachers a lot and I enjoyed seeing the kids' smiling faces. The PTA does make such a difference in their lives. So I wanted to be there helping the children have fun and parents as much as possible again. I am excited about being a part of the PTA this year. I look forward to meeting even more parents and seeing even more smiles this year. I hope that all of you will enjoy what is planned and are planning yourself to help and become involved. It is a great time!

Treasurer/Banking

My name is Melanie Grice and I'm the treasurer for this year. I always tell anyone who will listen about what a great school Lone Star is, so when the opportunity came up to support the school through PTA, I jumped on board! I have a first grade daughter, Zoe, and another daughter, Keely, who is excited about starting at Lone Star next year. I'm a stay-at-home mom at this stage of my life, but I have a business education and past work experience to apply to my duties as treasurer. I would like to encourage all parents and friends of Lone Star to participate any way that you are able this year. Please consider doing volunteer work in the classroom or for PTA events, participate in fundraisers, attend PTA meetings, and/or just show up at events and have a great time with your family!

Secretary/Newsletter/Handbook

My name is Martha Ruepprich and this is my second year working with the PTA. I've been married to Christoph for 10 years and we have two children. Alexander is in Mrs Chattham's 2nd grade class. Isabella is 4 years old and she's attending a private pre-school, although she can't wait to start at Lone Star. Lone Star is definitely "The Place to be" and I'm very happy to be part of it.

Lone Star after Dark

My name is Wendy Jackson, and I am the chairperson for Lone Star After Dark. I have 2 beautiful children, Emily (9 yrs old), and Matthew (5 yrs old). In addition to all the fun I have at Lone Star, I am a nurse at our local Cooks Urgent Care. This program means a lot to me. It's an opportunity for the children to come to school in a completely stress-free and fun environment. I love this school and this program. If you have any questions/comments/concerns about the program, please feel free to contact me through the PTA website. Watch soon for the registration forms!

Dad's Club Coordinator Jimmy Wells

Room Rep. Susan Wells

We have three wonderful boys and two of them are students here at LSE, the oldest is a Sophomore at FRHS. We have lived in the Keller area for over 7 years and love it! We are both on the LSE PTA board, Jimmy- Chairman of Dad's Club, Susan - Chairman of Room Reps. We both look forward to another exciting year at Lone Star!!

Website/Faculty Liaison

Hello, my name is Wendi Blackburn, and I am the Faculty Liaison for the 2007-2008 school year. This is my 2nd year working at Lone Star and my 1st year with the PTA. My husband Lawrence and I have two children, both starting here at Lone Star this year. Blake (9) is in the 4th grade and Tyler (7) is in the 2nd grade. I look forward to an exciting year with all that is planned and working with everyone to make this year a huge success!

2nd Vice-President

Once upon a time I was a eighth and ninth grade Home Economics teacher. As a teacher in the public schools for five and a half years, I learned the power of the PTA. I saw how those mom's worked hard to make the school better for their children. How they created these amazing events and made the school a better place amazed me. I swore that when I could, I would be one of those moms. Well, it is time to put my thoughts into actions. My daughter is starting K this year. It seems to have passed so quickly. Audrey is an only human child. I have a four year old canine child named Zoe. My husband, Ron, and I have been married for 11 years. My focus this year as Second Vice President is membership. There are so many exciting projects on the book this year that I am convinced that everyone will want to be a member. Here's to an exciting and wonderful 2007 - 2008 school year!

Meet the LSE PTA 2007-08 Executive Board

Yearbook

Hi I'm Allison Schlein and I am the yearbook chairperson this year. I have been married to Michael for 25 years and we have 5 fantastic children; Matthew 23, Amber 19, Alec 13, Marc 10, and Andrew 9. LSE has been a big part of our lives since the doors opened and Alec began school. I have served on the PTA board as first VP, membership, teacher appreciation and three years as yearbook chair. It has been a wonderful experience and I will greatly miss LSE when Andrew graduates this year.

Arts in Education

3rd Vice-president

Hi, my name is Lori Yopez. I am the 3rd VP. I have two kids at Lone Star. Jovanna is in 2nd grade and Jonathan is in 1st grade. We have lived in Keller for about 2 1/2 years and we really like it. We moved to Texas about 5 years ago from Miami. My main reason for being involved in the PTA is to get together and find ways to help our school and kids. Yes, there is some hard work involved but once you see all those happy faces you think it was all well worth it. As your 3rd VP I will oversee the PTA's Budget and Financing. I will deal with all the PTA fundraisers. This year we will have two very good fundraisers. Our fundraiser for the spring is new for us and the school, so I really hope everyone will like it. I will also oversee the spirit wear. I encourage you to go out there and show your school spirit by wearing your LSE shirt. I am also over the box tops program. Last year we raised close to \$3,000 dollars thru the box tops program. This would have not have happened if it was not for everyone's help. Thanks for your continued support. Last but not least, is the Holiday store. This year we are planning on having a vendor fair plus our holiday shopping for the kids as well as a breakfast with Santa. This is something new and will be very exciting for the kids. I will tell you that I don't do this all by myself. I'm fortunate to have a wonderful group of parents that are in charge of each of these programs and they are doing an amazing job. This year is going to be a fun and great year. So please come out and enjoy the fun that the PTA is providing for you and your kids. And please, if you ever have any questions don't hesitate to email me at loriyepez@yahoo.com. Have a great year!

Staff Appreciation

My name is Stacia Holmes my PTA position is Staff Appreciation. My husband, Josh and I have been married thirteen years. We have two children Claudia who is a seventh grade cheerleader at Fossil Hill Middle School and Chase who is in the third grade at Lone Star Elementary. Our family moved from East Texas and has been in Keller for 2 years, we are very happy to be here! We enjoy riding Four Wheelers as our family activity. I am looking forward to the new school year!

Health

Hello! My name is Eric Tepner and I have decided to be your Health chairperson for this school year. My wife, Laura, and I are looking forward to our third year at Lone Star. We have two children in the school: Mattias is a fourth grader and Zoe is in second grade. As a family we enjoy traveling and camping. Mattias and I like to skateboard together, Zoe loves horseback riding and High School Musical, and Laura enjoys her time at the gym and the coffee shop. If you ever have any health or safety concerns, please feel free to send me an e-mail at tepner@mac.com.

Join the PTA!

Join us and be part of an organization that cares about your kids. The first 400 people to become members will receive valuable coupons for:

Angel's Touch, Chili's, Chick-Fil-A, Dunn Bros Coffee, ASI Gymnastics, Jet's Pizza, Marco's Photography, Jean Kirby Hairstylist, Aqua Kids, Dana's Studio of Dance2, Arby's and Divine Yoga Center

Don't wait! Become a member of the Lone Star PTA Today!!!

Funds raised by the PTA are used to sponsor many activities such as:

Back to School Bash, Lone Star after Dark, Grandparent's day breakfast

Father Daughter Valentine's Dance, Mom and Son Valentine's Jumping Party, Lone Star Parade, Reading Olympic Medal ceremony, Classroom Parties, Sock Hop, Staff Appreciation week, Red Ribbon Week and so much more!!! For more information contact Susannah Keneda at zoelarue@sbcglobal.net

Recipe of the Month: Anniversary Chicken I

By Wendi Blackburn

Original recipe yield:

6 servings

PREP TIME 30 Min

COOK TIME 35 Min

READY IN 1 Hr 5 Min



INGREDIENTS

- * 2 tablespoons vegetable oil
- * 6 skinless, boneless chicken breast halves
- * 1/2 cup teriyaki basting sauce
- * 1/2 cup Ranch-style salad dressing
- * 1 cup shredded Cheddar cheese
- * 3 green onions, chopped
- * 1/2 (3 ounce) can bacon bits
- * 1 tablespoon chopped fresh parsley, for garnish

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large skillet, heat oil over medium-high heat. Add chicken breasts, and saute 4 to 5 minutes each side, until lightly browned.
3. Place browned chicken breasts in a 9x13 inch baking dish. Brush with teriyaki sauce, then spoon on salad dressing. Sprinkle with cheese, green onions and bacon bits.
4. Bake for 25 to 35 minutes, or until chicken is no longer pink and juices run clear. Garnish with parsley and serve.



Thank you!!!

A huge thank you goes to our 2007 - 2008 coupon donors for our membership drive. The following businesses donated coupons for our first 400 members. There's still plenty left so come on and join the LSE PTA!!!

Angel's Touch

Chili's

Chick-Fil-A

Dunn Bros Coffee

ASI Gymnastics

Jet's Pizza

Marco's Photography

Jean Kirby Hairstylist

Aqua Kids

Dana's Studio of Dance2

Arby's

Divine Yoga Center

Thanks so much!

Susannah Keneda Second VP of Membership

President's Corner

Cont'd from pg. 1

We will have the fabulous Daddy Daughter Dance which will be under the sea spectacular, and the wonderful Mommy Son Date night - this year will be at Laser Quest. How fun will that be boys! There are many more events that will be just as fun to attend through out the year.

Your membership to LSE PTA is an integral part in the PTA's ability to provide these programs. Please take a moment this week and fill out your PTA enrollment form. We are encouraging families to enroll not just one parent, but both parents, guardians, and grandparents as well.

Classrooms with the highest percentage of PTA members will win prizes. I am so proud of all the wonderful volunteers that are members of the LSE PTA Executive Board this year. I wish each of you a memorable school year.

Thank you!!!

A special thank you to all of the grandparents that were able to attend and those who volunteered! I would also like to acknowledge the local businesses that provided generous donations that made our Grandparent s Days special. susan wells

**Wal Mart on Beach St
Let s Jump
Wal Mart Neighborhood Market on Park Vista
Fresco s Restaurant on 377
Target on 377
Cavalleros Restaurant on 377
Albertson s on Golden Triangle
Clear Creek Seafood on 377
Up in Smoke on 377
Golden Corral on 377
TGI Fridays on 377
Manna s Donuts on Beach St.
Beach St. Donuts
Home Depot on 377**

Looking for 5 and 6 year old girls to start a new Daisy and Brownie Troop at LSE

Greetings!. I am a former Brownie and Girl Scout troop member and looking to form a new troop at Lone Star. I loved everything about girl scouts as a child and want to pass my enthusiasm to your daughter! I am a former teacher in the HEB school district and have already begun my Troop Training.

We have to have a minimum of 5 girls to form a troop and I need one more parent to be an Assistant Troop Leader or Co-Leader. The first meeting is tentative planned for October 2007. There are so many great elements to girl scouts - crafts, fun, friendships and earning badges every step of the way.

Please contact me if you have questions or want to get yourself or your daughter involved.
Susannah Keneda 817-514-8231

**Lone Star
Elementary**

Steve Hurst Principal
Karin Mahlenkamp Vice-Principal
Brandi Dillmore PTA President
4647 Shiver Road
Keller, TX 76248

Phone (817)744-5200
Fax (817) 379-6231
Email: castmj@yahoo.com

We're on the web at
www.lsepta.org

Attention all Room Reps!

I would like to remind all of the Room Reps that there will be a meeting on September 20th. There is a meeting at 8:00am and 6:30pm to help accommodate everyone's schedules. Further details will be coming your way. In the meantime, if you have any questions please e-mail me at wells4828@verizon.net.

Thanks!

Susan Wells, Room Rep Chairman

Health News: How To Feed your Kids a Brainy Breakfast

Cont'd from pg 1

* fiber-filled carbs – provides a steady supply of fuel (high fiber cereals, whole-grain waffles or pancakes, whole-wheat breads, tortilla filled with scrambled egg, peanut-butter on banana, fruit smoothie)

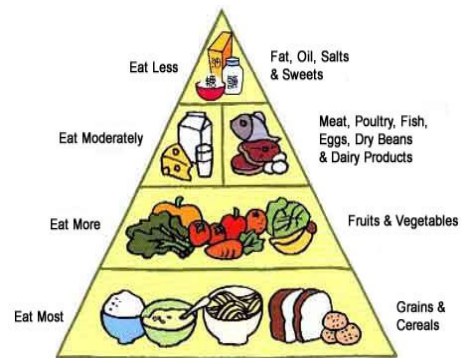
* omega-3 fats – builds smart brain cells (Our family puts flaxseed meal in our morning smoothies!)

* minerals such as calcium and iron – helps the brain's biochemistry work better

Make breakfast a happy meal, not a HappyMeal!

For more information on how to feed your kids a brainy breakfast, you can refer to Dr. Sears' book "The Healthiest Kid in the Neighborhood."

Read the next issue to learn how to help prevent illness with immunity-boosting foods!



Making healthy eating choices

Thank you, Thank you very much!!!!

A big thank you needs to go out for all of you that helped out with the Dad's Club Cook-out at the Back to School Bash! Also, thanks to all of the Dads (& Mom) that signed up to become a member! If you did not get a chance to sign up, please e-mail me at wells4828@verizon.net. I am looking forward to a great year with lots of fun!!!