

SENIOR NEWSLETTER RAP '09

August/September 2008
Volume 2, Issue 1

WELCOME BACK SENIORS!!!

We hope that you had a restful and enjoyable summer and are ready for a great senior year. This year brings a number of mixed emotions..... excitement, anxiety, relief and apprehension. We hope this year will run smoothly for you. As the school year begins, you should begin working on a number of things. College and technical school applications and essays need to be completed. Remember to use the college resources online. A few of those are:

<http://www.collegeboard.com>

<http://www.fastweb.com>

If you will not be attending any college, you should be working on your interviewing skills and gathering information for resumes.

And if you will be looking for a job, use the Internet to help you with your job search. Just a few of the job web sites are:

<http://www.monster.com>

<http://www.jobing.com>

You must also continue working hard and getting good grades throughout your senior year. College admission offices will consider your final transcripts even after you have been accepted. So senior grades count!

Have a great senior year. We know you have much to balance – academics, athletics, clubs, extra-curricular activities, a social life, college applications and/or job applications.

RAP '09 Web Site

http://schools.cfsd.net/cyridge/student_life/RAP09/rap_09.htm.htm

or

Go to www.cfsd.net

Click on the Campuses heading, then click on campuses again.

Select 'Cypress Ridge' from the list.

Select the 'Student Life' heading and click on RAP '09



Get your "Party Cash"uuhhhh, RAP Bucks here!!!

Cash, you say??? Everyone can use some cash. This isn't cash in the sense of "green backs", "bling", "kale", "jack", "dollars" or "bucks". In other words, it's not the stuff you can spend at the store or use to buy your mom a gift or take your girlfriend to Starbucks or get those new shoes in Foot Locker.

I'm talking about RAP Bucks. These are the bucks or points you will want when you get to your After Prom

Party. Students will use RAP Bucks at the event. RAP Bucks will be converted to tickets. Students will place their tickets in the jar or box for the item they want. Names will be drawn for each item toward the end of the event.

How will you earn RAP Bucks or points? Every senior can earn RAP Bucks up until the After Prom

Please see *Party Cash* on page 3

RAP Questions and Answers

What exactly is RAP '09?

RAP '09 stands for Rams After Prom for Class of 2009. It is an all night alcohol and drug free event for Cy-Ridge seniors and their dates. RAP '09 begins after the Prom and last until 6 am.

Can students arrive and leave when they want?

No. RAP is a lock-in. Students will be required to be at the event by a certain time and will not be able to leave the building until RAP is over.

How many students will attend RAP '09?

There are over 650 students in the senior class this year. We anticipate approximately 1/3 of those students will attend with their dates.

Is there security at RAP?

Although the school does not sponsor RAP, a representative from the school will be at the event. Parent volunteers will be at RAP to help with all of the entertainment going on. There will also be a uniformed police officer onsite.

How much do the food and games cost at RAP?

There is no charge for games or food at RAP. There

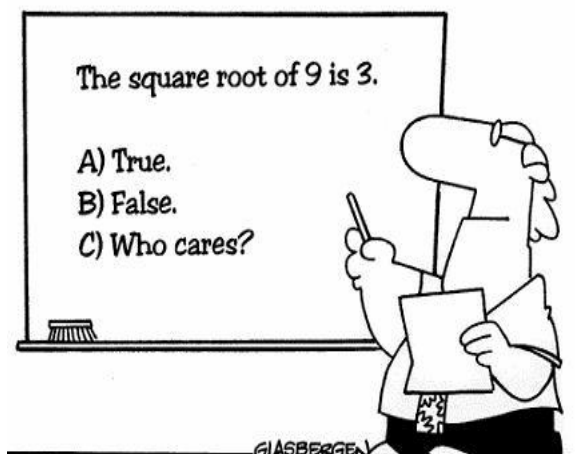


will be NO cash transactions. Students will have no need for cash as all RAP Bucks will be traded in for tickets.

What kinds of prizes and gifts will there be at RAP?

We are hoping that we will be able to give each senior (in the Class of 2009) a gift package for attending the After Prom Party. The package may or may not contain things such as gift cards, blankets, small appliances (popcorn popper) and other things that will help them continue with a successful life after high school. We hope to have the same type of gifts available for "give-aways" every half hour to hour.

Of course, everything we WANT to give and everything we WANT to do depends on how much student and parent participation we have. Right now, there are half a dozen parents trying to take care of all of this. At this point, not much will get accomplished with the little amount of help that we have. Please help us out!!!



Many students actually look forward to Mr. Atwadder's math tests.

RAP Meeting Dates

August 13, 2008
 September 17, 2008
 October 15, 2008
 November 19, 2008
 Decemeber 17, 2008
 January 21, 2009
 February 18, 2009
 March 4 and 25, 2009
 April 8 and 29, 2009

We will be meeting once a month until March. Then we will meet twice a month until the lock-in on May 2, 2009. Currently, we are meeting at The Pizza Factory at Little York and Eldridge from 7pm to 8 pm.

How Can I Help?

Parents and Students

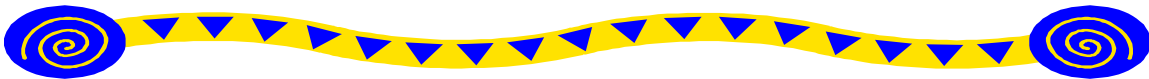
1. Become a member of our email list - If you can't make it to meetings, as least you can stay updated and informed by receiving emails. Send your email address, name and child's name to joe.johnson@c-a-m.com . You can join the list if you are a student too!!
2. Come to meetings - Even if you can't make every meeting, come to one or two. We like to meet new parents and you will understand much more by being there!! Meeting dates are on the web site at http://schools.cfsd.net/cyridge/student_life/RAP09/rap_09.htm.htm or see dates on previous page.
3. Help sell cookbooks - One of things we accomplished at the end of last year and through the summer was to get enough recipes together from students and teachers to put together a cookbook. They are \$10. We would like to be able to sell these at school events. This would only require a few hours of your time. If you are interested, we have to get approval prior to the event to set up a table or something like that. If you can help, email or call anyone associated with this newsletter. We will help you out!
4. Garage Sale - We are hoping to have a garage sale before Christmas. Depending on what you can donate, this could be a BIG success. For this event, we will need the donation of a storage space, some volunteers to help set up, take down, take money and haul donated items. Again, you don't have to be with us all day. Even a few hours will let someone else sit and have a short break!!
5. Other Fundraisers - We will hold other fundraising activities throughout the school year. If you can help out after school or for a few hours on a Saturday, please email or contact someone. Remember, fundraising is the KEY!!!



**WE NEED
YOU!**

Remember any help you give - parents or students - will earn RAP bucks. Your RAP bucks could help you earn tickets for a silent auction (to be determined) which would be held at the lock-in.

Come to a meeting. Give us your ideas. Help with a fundraiser. Or just put your name on the email list so that you can hear about what's going on.....



"Party Cash"..... cont'd from page 1

Party. So, you have all year to earn some "Bucks" that will get you a gift at the end of the year. How do you earn these "bucks" or points? Below is a list of some activities and some examples of ways to earn RAP bucks.

1. Organize and be the chairperson of a fundraiser - 25,000 points
If you have an idea, speak up. We will help you get it organized!!
2. Participate/Volunteer in a fundraiser - 1,000 pts per hour
3. Come to meetings - 1,000 pts per meeting
4. Donates items for a fundraiser - 1,000 per person
5. Donate baked goods or sodas for an event - 500 per person
6. Sell 10 cookbooks - Get into After Prom FREE (don't pay for a T-shirt).

"You have all year to earn the RAP Bucks that will get you that great gift at the After Prom Party."

These are just a few of the things that will earn you points. There will be stuff to do or help with going on all year. Students have a better "feel" for the things that are going on at school. If you have an idea that will help us get students or parent involved, call someone or email at cyridgeprojectprom@sbcglobal.net .

Is caffeine keeping you awake? How much is TOO much?

Are you a coffee drinker? Do you drink one of those popular energy drinks EVERY day?

Caffeine is a common ingredient in most popular drinks. It is widely agreed that a cup of coffee or an energy drink will help keep you awake to study for that big final exam. But how much are you getting every time you have a soft drink?

Caffeine is completely absorbed by the stomach and small intestine within 45 minutes of ingestion and a mild dose wears off in three to four hours.

Caffeine withdrawal produces a wide variety of symptoms, the most common being headaches, fatigue and drowsiness. Large amounts of caffeine can cause anxiety and heart palpitations and can lead to ulcers. In cases of extreme overdose, death can result.

It is generally agreed that consuming over 300 mg of caffeine per day is too much. So....what do YOU drink every day..... and how much?

7-Up (12 oz)	0 mg
Amp (8.4 oz)	75 mg
Ariz. Green Tea Energy (16 oz)	142 mg
Barq's Root Beer (12 oz)	22.5 mg
Chocolate Milk (8 oz)	5 mg
Coffee (8 oz)	107.5 mg
Cherry Coke (12 oz)	34 mg

Coke Classic (12 oz)	34 mg
Diet Coke (12 oz)	45 mg
Diet Dr Pepper	41 mg
Diet Pepsi (12 oz)	36 mg
Dr Pepper (12 oz)	41 mg
Dopamine Energy Drink (8.4 oz)	120 mg
Fruit2o (16 oz)	120 mg
Full Throttle (16 oz)	44 mg
Lipton Iced Teas (20 oz)	50 mg
Ludicrous (16 oz)	0 mg
Monster (16 oz)	60 mg
Mountain Dew (12 oz)	55 mg
Pepsi One (12 oz)	55 mg
Propel (20 oz)	50 mg
Red Bull (8.3 oz)	80 mg
Rockstar (16 oz)	60 mg
Sprite (12 oz)	0 mg
Starbucks Tall Caffé Latte (12 oz)	75 mg
Starbucks Tall Coffee (12 oz)	260 mg
Tea (8 oz)	47 mg
Vault (12 oz)	70 mg
Vitamin Energy (16 oz)	150 mg
Yoo Hoo Chocolate (8 oz)	0 mg

Information aquired from:
<http://en.wikipedia.org/wiki/Caffeine>
 And <http://www.energyfiend.com/the-caffeine-database>

Rams After Prom Class of 2009

Cy-Ridge Class Representative
Leroy Morales

President/Director
Jim Andrews 281-469-6593

Vice President
Leslie Peard 281-894-6905

Treasurer
Connie Bryant 281-890-1567

Secretary
Ali Andrews

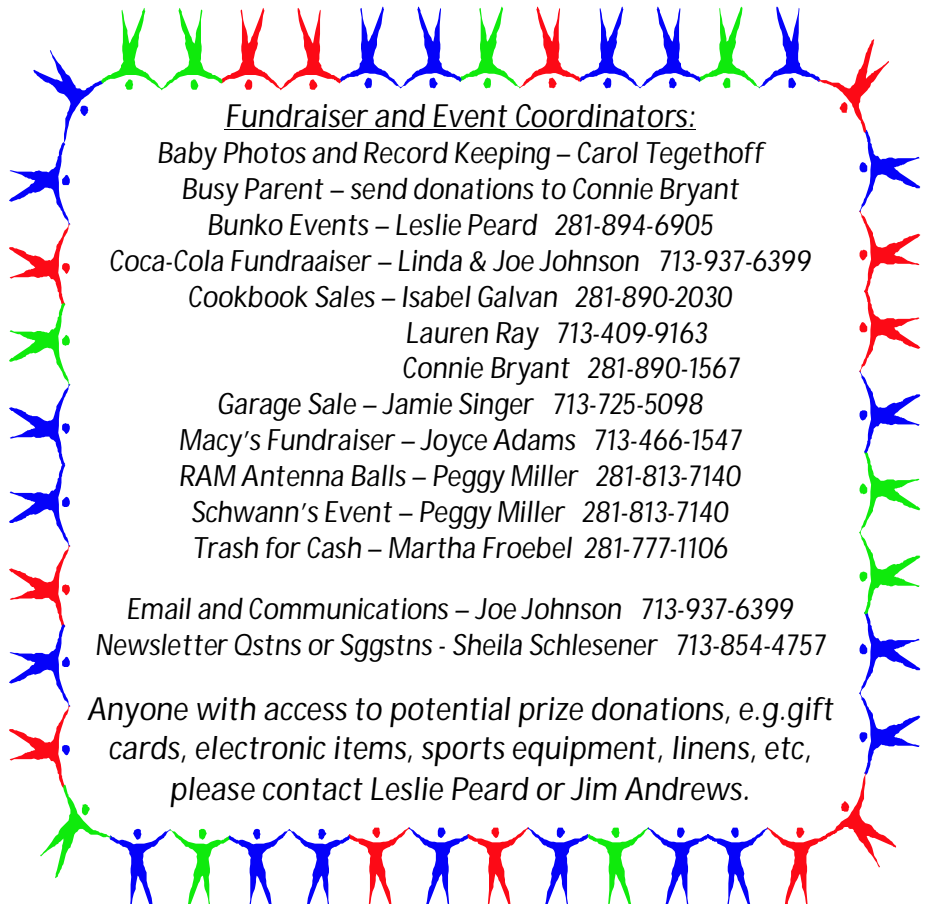
Email
cyridgeprojectprom@sbcglobal.net

Fundraiser and Event Coordinators:

- Baby Photos and Record Keeping – Carol Tegethoff
- Busy Parent – send donations to Connie Bryant
- Bunko Events – Leslie Peard 281-894-6905
- Coca-Cola Fundraiser – Linda & Joe Johnson 713-937-6399
- Cookbook Sales – Isabel Galvan 281-890-2030
Lauren Ray 713-409-9163
Connie Bryant 281-890-1567
- Garage Sale – Jamie Singer 713-725-5098
- Macy's Fundraiser – Joyce Adams 713-466-1547
- RAM Antenna Balls – Peggy Miller 281-813-7140
- Schwann's Event – Peggy Miller 281-813-7140
- Trash for Cash – Martha Froebel 281-777-1106

Email and Communications – Joe Johnson 713-937-6399
 Newsletter Qstns or Sggstns - Sheila Schlesener 713-854-4757

Anyone with access to potential prize donations, e.g. gift cards, electronic items, sports equipment, linens, etc, please contact Leslie Peard or Jim Andrews.



Current Fundraisers

Busy Parent – Ongoing

- ❖ This is, by far the **EASIEST** fundraiser we have. With Busy Parent, you are giving your support to RAP '09 with only the effort of writing a check. No selling, no volunteering, no time out of your hectic schedule! Did you know that if every family of a junior donated \$20.09 for their child, we would have almost \$14,000? There is a Busy Parent Form at the web site with the mailing address or someone listed on the previous page.

Bunko Fundraiser – **New Dates**

- ❖ We had two Bunko nights last year and everyone had such a great time. This year Bunko has been scheduled for August 21, September 25 and October 23. Come join in the fun at the Steeplechase Clubhouse at Jones Road and Steepleway Blvd from 7 pm to 9 pm. For more information, call Leslie Peard at 281-894-6905 or email her at lesliepeard@yahoo.com.

Cookbook Sales –

- ❖ The RAP '09 cookbook has recipes from students and teachers of the Class of 2009. Consider purchasing one or more to give as gifts. RAP Points will be given to students who turn in cookbook orders with their name. Sell 10 cookbooks and you get into After Prom for FREE (don't pay for a t-shirt)!! Order forms are available on this web site or call Connie Bryant at 281-890-1567, Isabel Galvan at 281-890-2030 or Lauren Ray at 713-409-9163

Fall Garage Sale –

- ❖ RAP '09 had a garage sale fundraiser last year at Trader's Village. For the minimal amount of donations we collected, it was a big success!! This year we would like to do this again. A date has not been set yet, but watch the web site for an update. We will start accepting donations to the garage sale soon. If you have a donation or any questions, please contact Jamie Singer at 713-725-5098. You can email us at cyrledgeprojectprom@sbcglobal.net. If at all possible, please price your donations.

Macy's Fundraiser –

- ❖ The Macy's Fundraiser is set for September 13 this year. We will sell a coupon to shop at Macy's on September 13 for \$5. The coupon gives you \$10 off a \$20 purchase and allows you to take 20% off most purchases made that day. The coupon also has a chance to win a \$500 gift card. We will need students to help sell coupons at Macy's in West Oaks Mall on Saturday, September 13. Students and parents can also pre-sell coupons. Please call Joyce Adams at 713-466-1547 for more information or email her at joycea419@hotmail.com.

RAM Antenna Balls –

- ❖ Show your school spirit by purchasing an Antenna Ball for your car!! They will have a ram head on one side and CR on the other side. We will sell these throughout the year. Contact Peggy Miller at 281-813-7140 for more information or email her at wavinwheat@comcast.net.

We are still hoping for a corporate sponsor. If your company makes charitable donations to organizations, please contact someone on the previous page. RAP '09 is organized exclusively for educational and charitable purposes within the definition of Section 501 (c)(3), Internal Revenue Code of 1986.

Also anyone with access to potential prize donations, e.g. gift cards, electronic items, sports equipment, linens, etc, please contact Leslie Peard or Jim Andrews at the numbers listed above.

Company Name
Street Address
City, ST ZIP Code



Customer Name
Street Address
City, ST ZIP Code