

THE TIMES



Cypress Christian School Athletes Serve Those Affected By Hurricane

On September, 20 several CCS varsity football players and parents got together to help people in the community who were affected by Hurricane Ike and clean up the grounds of CCS. The group met at CCS at in the morning, then split up into three groups and went to three different locations.

In the first location, the group completely cleaned the front and back yards, blew debris off the roof, cut up large limbs and hauled them to the street, and bagged approximately 20 bags of pine needles and debris.

Another group went to the house of an elderly woman who had requested help because she was unable to clean up debris from Hurricane Ike. With the help of parent Wes Van Pelt and CCS student Josh Rodriguez, two trees were cut down – one that was partly on a storage shed and partly in the pool. The group also cleaned the roof of a covered patio of limbs and debris, and hauled large limbs and debris from the property to the road.

The last group went to a single mom's house in Bear Creek. They pulled up and removed wet carpet, due to a hole in the roof, and hauled it to the street.

At CCS, a group hauled logs from trees lost during the hurricane to the street and stacked them. They were also able to clean up the front yard of the school.

Those who served included Coach Spenn, Coach van Pelt, Ron Hinn, Scott and Becky Morgan, Ray Groll, Michelle and Bud Bennett, Jim Alldridge, Alan Reed, Helen Mitchell, Austin Barton, Ben Bennett, Ben Mitchell, Mason McCollum, Brandon Galloway, Cameron Kostak, Clark Alldridge, Clay Buhler, Garrett Higginbotham, Jack Mitchell, Jacob Reed, Jason Groll, Josh Rodriguez, Kyle Hinn, Ryan Morgan, and Scott Ordeneaux.

The administration and faculty of Cypress Community Christian School encourage students "to take their place in the world as servants of Jesus Christ" as stated in the school mission statement. As

a result, many CCS students regularly take time out

of their busy schedules

to help others in need

– whether it is local or

far away – and each

of them testify that

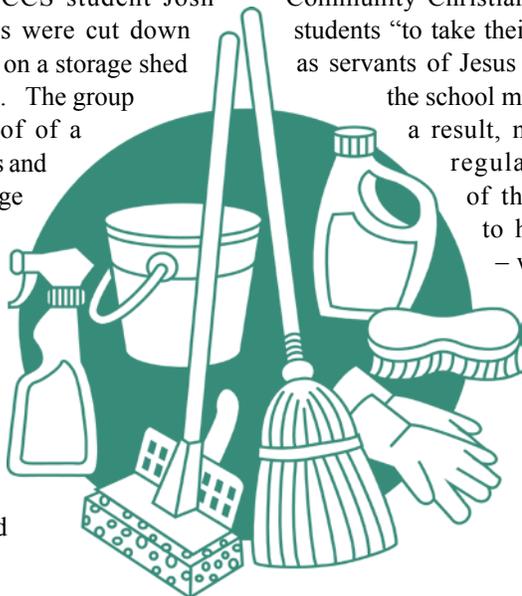
their lives were

changed as a result

of helping someone

else.

~George Buhler



Event Calendar

December 5th

Christmas in the Park
6:00-9:00 pm

December 11th

Pot Luck Christmas Party
6:30 pm

December 13th

Breakfast with Santa
8:00-11:00 am

January 8th

Book Club
7:00 pm

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Ambulance.....	911
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Cy-Fair Volunteer Fire Dept.....	281-550-6663

AREA HOSPITALS

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North Cypress Medical Center.....	281-477-0830
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SCHOOLS

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Cy-Fair ISD.....	281-897-4000
Robison Elementary School.....	281-213-1700
Spillane Middle School.....	281-213-1645
Cy Woods High School.....	281-213-1727
Cy Fair High School.....	281-897-4600

UTILITIES

Trash - Republic Waste.....	281-446-2030
Water and Sewer.....	800-579-4500
Gas-Centerpoint Energy.....	800-579-4500
Electricity - Reliant Energy.....	800-735-42568

PUBLIC SERVICES

Cypress Post Office.....	281-373-9125
Drivers License Info.....	281-955-1100
Harris County Tax.....	713-224-1919

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The Times

A newsletter for Bridgeland residents.

The Times is a monthly newsletter mailed to all Bridgeland residents. Each newsletter is filled with valuable information about the community, local area activities, school information and more.

If you are involved with a school group, play group, scouts, sports activity, social group, etc. and would like to submit an article for the newsletter you can do so online at www.PEELinc.com or you can email it articles@peelinc.com. Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome.

Our goal is to keep you informed!

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Terra Verde Hosts Free Christmas Concert

Terra Verde Community Church is offering a free Christmas Concert on December 20th at 7:00 PM. All ages are welcome to enjoy refreshments and fellowship followed by an uplifting evening of music celebrating the birth of Jesus Christ. Entertainment will be provided by the church praise team, Living Water. We will capture the hope and joy of the season with new and familiar music. The concert will be held at Rosehill Christian School located at 19830 FM 2920, Tomball, Texas 77377. You may also visit the church website at terraverdechurch.org for more information.



Pot Luck Christmas Party

December 11, 2008
Lakeland Activity Center
Begins at 6:30 pm

Dinner will begin at 7:00 pm



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<p style="font-size: x-small;">COUPON</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$7⁰⁰ Off</p> <p style="font-size: small;">Silver Bullet Car Wash Package</p> <p style="font-size: x-small;">Not for use with other offers. Must present coupon when ordering service. Original coupon only.</p>	<p style="font-size: x-small;">COUPON</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$26⁹⁹</p> <p style="font-size: x-small;">Lube, Oil & Filter Service + Free Carwash (Reg. \$31.99)</p> <p style="font-size: x-small;">Not for use with other offers. Must present coupon when ordering service. Original coupon only.</p>

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The Times - December 2008 5

Lone Star College-CyFair Perspective

Register for Mini-mester and Spring Semester Classes

Catch up or get ahead this holiday season! Take a mini-mester course in December or register early for spring. Phone and online registration begins Nov. 10 with on campus registration set Nov. 24. Mini-mester classes begin Dec. 15. Mini-mester courses range from criminal justice, philosophy, sociology and ethics, to algebra, history, government and communications. Spring semester classes begin Jan. 12, 2009. Lone Star College-CyFair provides a variety of options such as weekend, evening, distance learning and even hybrid (part on campus instruction and part online learning) courses. For information, call 281-290-3200 or 832-782-5000 or go online to CyFair.LoneStar.edu.

Center for the Arts Season Tickets on Sale

Give the gift of entertainment - order your seats for the 2008-2009 Season of Entertainment at Lone Star College-CyFair and not only save 25% off regular ticket prices, but receive one free ticket to the 2009 summer children's production. A variety of season ticket packages are available for this year's engaging and enjoyable choral, music and theatre line up. All performances are held in the Center for the Arts on the Barker Cypress campus at 9191 Barker Cypress. Call 281-290-5201 or go to CyFair.LoneStar.edu/boxoffice for information.

Submit a Film for Quack Attack Competition

Do you have what it takes to make a movie? Five-minute film submissions will be accepted monthly through Jan. 26, 2009 with the Quack Attack Film Festival set for Feb. 27, 2009. Competition categories include: Drama, Comedy, Public Service Announcements, Action, Documentary, Commercial/Advertising, Horror, Science Fiction, Romance, Animation, News Packages and Music Video. Each film will be judged on the basis of: Creativeness, Sound, Cinematography and Special Effects. For competition rules, guidelines, entry form and information go to cyfair.lonestar.edu/video.

Try Tai Chi in the New Year

Lone Star College-CyFair offers a variety of continuing education courses, such as Tai Chi. This introductory course offers practice in the simplified styles and forms of Tai Chi. A person doing tai chi moves his or her body slowly and gently, while breathing deeply. The 24-point posture is emphasized in this course. Students also study history and basic terms along with philosophical and physiological principles and the movements of Tai Chi. Registration is under way. For information, go to CyFair.LoneStar.edu/ce.

(Continued on Page 7)

This holiday season, you deserve some time off, too!



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Lone Star College - (Continued from Page 6)

L.I.F.E. Lessons in December

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) In December, get ready for the holidays with makeover tips Dec. 3; learn to wrap gifts in an environmentally friendly way, Dec. 10; find out about Ukrainian holiday celebrations Dec. 17 and enjoy some Renaissance vocal music, history, wassail and hearty fare Dec. 18 (a special Langham Creek High 3:30 p.m. performance). No programs will be held Dec. 24 or Dec. 31. L.I.F.E. resumes Jan. 7, 2009. Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair. LoneStar.edu/library.

Bridgeland Women's Club

First Ladies of Bridgeland
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Dishin' with...

Molly
Fowler

Easy, Elegant, Holiday Appetizer

Holidays are just around the corner! Whether friends drop by or you're invited out, it's always great to have a recipe for an appetizer! Here's one you can make on a moment's notice from ingredients you keep on hand. A package of tart shells in your freezer, brie cheese in your refrigerator, cranberry chutney and pistachios in the pantry – this is everything you need to be an enviable host or hostess in your neighborhood. These Brie & Cranberry Canapés are ideal! They are beautiful and delicious – but most of all, they're easy to make.

Brie & Cranberry Canapés

Makes 15

- 1 pkg Frozen Mini Phyllo Shells (Athens brand), thawed
- 10 oz Brie cheese
- ½ Cup Cranberry chutney (or cherry preserves)
- ⅓ Cup Finely chopped pistachio nuts

Preheat oven to 350°. Place shells on a baking sheet. Cut the rind off the brie cheese then cut the cheese into 1-inch cubes. Place a cube of brie in each shell. Top each with a teaspoon of cranberry chutney. Bake in the oven for about 10 minutes or until the cheese is melted. Remove from oven and sprinkle each tart with chopped pistachio nuts. Serve warm or at room temperature.

Happy Holidays! — Molly

www.thediningdiva.com

Cypress Assistance Ministries
11202 Huffmeister
281-955-7684
www.cypressassistance.org

Angel Tree at CAM

The Angel Tree, an annual Christmas tradition at CAM, is up and we still have many children's wishes waiting to be fulfilled. Each angel represents a 'wished-for' Christmas gift for a child hoping for a Merry Christmas. If you prefer, general toy donations are also needed, especially teen gifts. Items such as handheld video games, shaving kits, new jewelry, MP3 players, and Wal-Mart gift cards make great teen gifts. Please bring new, unwrapped toys and gifts to CAM by December 16th.

Angels' Attic Christmas Room

Quality items at discount prices abound in the Angels' Attic Christmas Room. The shelves are restocked daily with holiday accessories, Christmas ornaments, collectibles, and Christmas clothing for children and adults. A wonderful selection of new designer jewelry is available for purchase, as well. Proceeds from purchases at Angels' Attic benefit families in need who seek help at CAM.

The Food Pantry

Christmas Food Baskets are being prepared for CAM families. To complete the food baskets, donations of the following would be greatly appreciated.

- Frozen Turkeys
- Boxed potatoes
- Canned sweet potatoes
- Cranberry sauce
- Stuffing mixes

Cypress Assistance Ministries (CAM), located at 11202 Huffmeister, Houston, TX 77065, will serve hundreds of families again this Christmas. Please make supporting CAM with a donation to the Food Pantry, Angel Tree, or a monetary gift part of your annual Christmas tradition. See our website, www.cypressassistanceministries.com for further information.

Donations to CAM can be made Monday through Wednesday from 10AM – 6PM and Thursday through Saturday from 10AM – 3 PM.

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Gig 'Em Aggies

**Hey Aggie Moms-
Are You Ready for Some Football???**
(or Basketball, Baseball, Soccer, etc?)

If so, bring your spouse or student to the November 11th meeting of the Northwest Harris County Aggie Moms Club to hear our featured speaker, Bill Byrne, Athletic Director at Texas A&M University. He will share "inside information" about our new football coach, his goals and strategies for the season as well as plans for all other sports at Texas A&M this year.

Satisfy your appetite for food, fun and fellowship with a snack supper of tailgate favorites like chili and tortilla soup before the meeting. Join us at 7 PM at the Houston Distributing Company located at the corner of 7100 High Life Drive and Cutten Road, just south of 1960, and learn about the commitment to excellence that keep our Aggies so competitive and successful!

For more information, contact Shelly Fine, Vice President-Programs, at 832-606-8170.

Calling all Aggie Moms-

Come join members of the Northwest Harris County Aggie Moms as we "deck the halls" with Aggie Spirit on December 9 at 7:00 p.m.

Our club will be gathering for a festive social evening to get the holidays off to a joyful start. We will have an ornament exchange that evening, so be sure to personalize an ornament with "ATM", "Howdy", "Gig 'Em", or any other tradition that tickles your fancy!

Come learn from the experiences of other moms who also have students at Texas A&M as you become part of the support system for this outstanding group of students. We will meet for food, fun, and fellowship at the Houston Distributing Company conveniently located near Willowbrook Mall at the corner of 7100 High Life Drive and Cutten Road, just south of FM 1960.

Hope to see you there!

Shelly Fine-VP Programs
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US Olympian to Speak at Northwest Flyers Registration Breakfast on February 7

The Northwest Flyers Track Club will host its annual free information / registration breakfast on February 7, 2009 for all boys and girls and their parents interested in joining for the 2009 season. The breakfast starts at 8:30AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The breakfast is the annual opportunity for youth athletes to register for the 2009 summer track season, and to meet the Northwest Flyers coaches and staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic team.

The Northwest Flyers Track Club is a youth (age 6 -18) track organization, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance,

relays and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. The Northwest Flyers has approximately 195 members, boys and girls. The club was founded 21 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

The Northwest Flyers is a member of the "Win with Integrity" program, a partnership between USATF and the American College of Sports Medicine. "Win with Integrity" brings elite track & field athletes and school-aged kids together to promote healthy lifestyles, keeping active, and living with integrity through the sport of track & field.

For additional information on The Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at (281) 587-8442 or linette.roach@sbglobal.net.

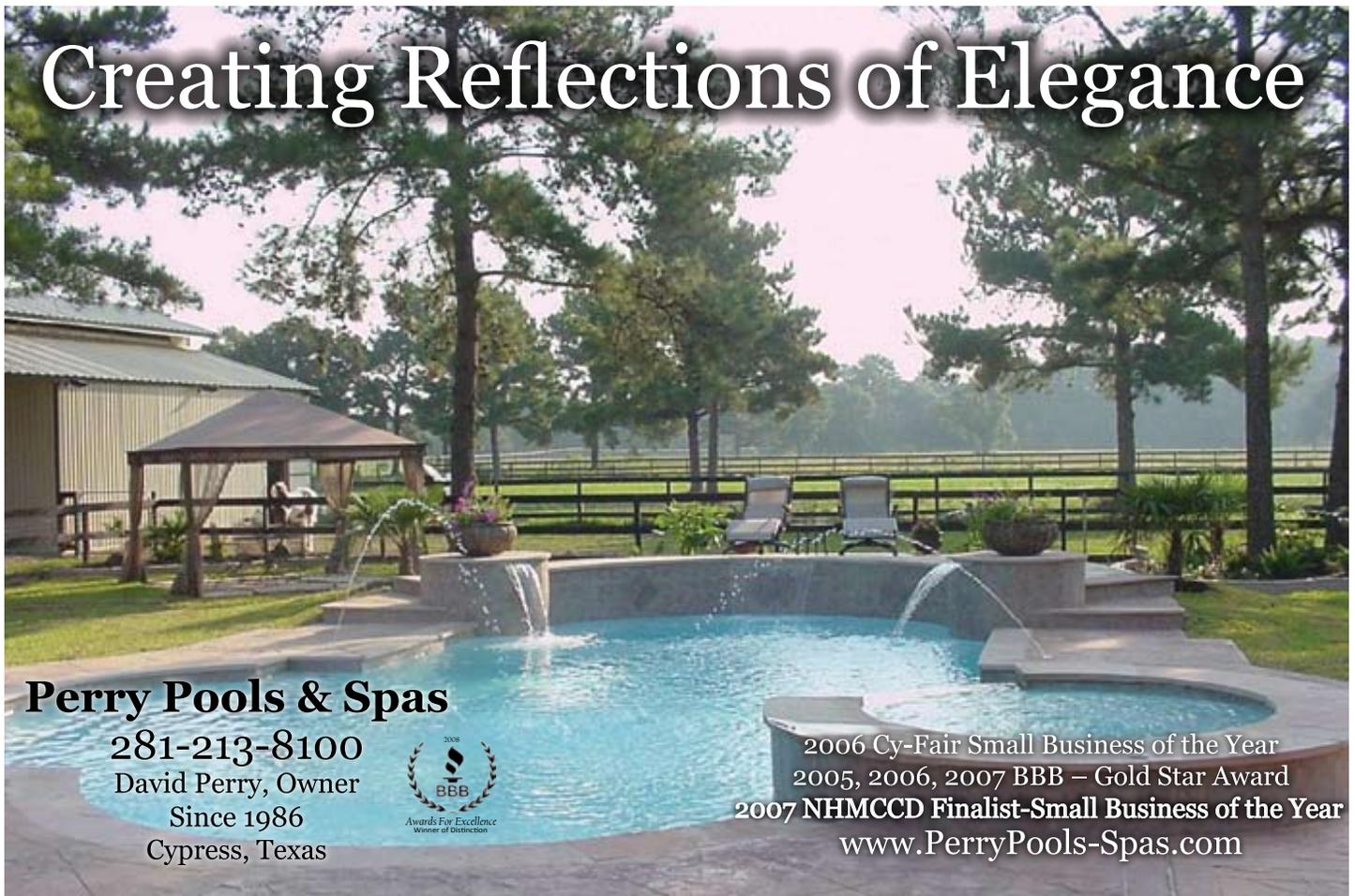
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Clay Road Baptist School fifth graders enjoyed their annual visit to the Institute of Wilderness Studies, located at Pine Cove Outback in Columbus, Texas. The curriculum includes Orienteering, Critter Class, Forestry, Horseback Riding, a Ropes Course and more! Here, Cole Andrews uses the zip line to fly like an Eagle!

Truth Student Ministry of The MET

Truth Student Ministry of The MET is hosting a huge garage sale Saturday, December 13 from 8 a.m. to 12 Noon. Adults and students will be raising money to support both local and global mission endeavors. These endeavors range from food and safety for children in Uganda to reaching our community here in Northwest Houston. Students, grades 7-12, will be handling all aspects of the fundraiser, including collecting the donated items, sorting, pricing and the actual sale. "This is a great chance for our students to come together, serve our community and provide for families that need help," Beth Smith, MET member and event coordinator. This sale will include clothes, electronics, toys and much more. With over 300 donors from inside the church congregation, this garage sale will be one of the best around town. Make sure you tell your friends and come early as the best items will be gone fast. Look for the crowd in the Truth Student Building parking lot at the corner of Jones and Mills!

If you can't stop by, but would like to make a donation, please send it to Truth Student Ministry, Attn. Garage Sale, 13000 Jones Road, Houston, Texas 77070. For more information about The MET check us out at TheMETonline.org.



Family Fun Center
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Submitted by Dr. Tenesha Weine

WATER. It's not fish oils, not calcium or magnesium, not even vitamin D...but Water. Water is the single most important nutrient in your body. So simple, yet so many of us are dehydrated. Your body loses about two quarts of water a day through perspiration, urination and exhalation. It is important for our bodies that we replenish this.

Water is needed and involved in every function of our body:

- Muscles are about 75% water
- Brain Cells are 85% water
- Blood contains 82% water
- Even your bones are 25% water

By depriving your body of water, your organs and cells can not function to their highest capacity. Water is essential for cell life and existence. You can live five to seven weeks without food but no more than 5 days without water.

Major signs you are dehydrated:

- **Joint and Arthritis Pain** - water is a main lubricant in the joint spaces.
- **Digestion Issues** - water helps keep digestive juices in the GI tract

supplied in order to create the acids it needs to prevent ulcers, gastric reflux, and constipation, and heart burn.

- **High Blood Pressure** - when the body is dehydrated it can restrict the flow of blood to non vital organs and only concentrate on vital organs.
- **Asthma** - bronchial tubes need adequate hydration to prevent constriction
- **Poor Memory** - Synapses in the brain slow down without adequate hydration.
- **Weight Management** - When you are dehydrated your body releases a hormone, aldosterone, which causes water retention.

If you are suffering from any of the above Conditions or Symptoms instead of reaching for a big gulp, star bucks, or any of the other unnatural beverages we consume.... try drinking more natural clean water. Gradually increase the amount of water you drink each day and these symptoms may start to subside.

So, how much water do you need to drink??

Take your body weight in pounds and divide it by two.

This is the number in ounces that you should drink per day.

_____ Weight / 2 = _____ ounces per day

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529 College Savings Plans Make Sense

Submitted by Rich Keith

With college savings plans, students of all ages can save for all college costs, including tuition, fees, room, board, textbooks and computers. It's not just for kids: If you are considering going back to college or graduate school, you can open a college savings plan for yourself. You will save on taxes, and if you end up not going to school, you can always transfer the money, tax-free, to another 529 plan for your children or spouse.

Withdrawals from college savings plans can be used at most colleges and universities throughout the country, including graduate schools. Some foreign education institutions also may be eligible. Many states now offer at least one college savings plan that has no residency restrictions. You can live in Ohio, contribute to a plan in Maine, and send your child to college in California. However, if your state offers state tax advantages to residents who participate in the local plan, you'll miss out if you opt for another state's 529 plan.

College savings plans typically cover all "qualified education expenses" at eligible colleges, universities and other post-secondary institutions, including tuition, fees, books and supplies, equipment, room and board.

When you invest in a college savings plan, you pay money into an investment account on behalf of a designated beneficiary. Contributions can vary and are only limited by the maximum and

minimum contributions limits set by most plans. Although the maximum contribution amount differs from state to state, in the majority of states offering college savings plans, the maximum amount that you can contribute for one beneficiary exceeds \$200,000. To further increase the amount of contributions you can make, you can open a second college savings plan in another state.

Most states also offer very flexible minimum contribution limits. Many require a \$250 initial contribution with subsequent contributions of as little as \$50. Typically, each plan gives you a number of investment options that allow you to invest in various mutual fund portfolios. Some college savings plans offer age-based mutual fund portfolios. When the child is younger, the portfolio typically invests mostly in stock funds, which carry a higher risk, but higher return potential. As your child grows older, the asset allocation becomes increasingly conservative as it gradually shifts to bond funds and other fixed-income funds.

Many states also offer non-age-based investment options, allowing you to select portfolios with conservative, moderate and aggressive asset allocations. The IRS allows you to change your investment options once every calendar year in a college savings plan.

Investing in college savings plans does come with some risk. Unlike

(Continued on Page 15)

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529 College Savings Plan - (Continued from Page 14)

prepaid tuition plans, they don't lock in tuition prices. Nor does the state back or guarantee the investments. There also is the risk with most college savings plan investment options that you may lose money or your investment may not grow enough to pay for college.

Fees, charges and expenses. All 529 plans have fees and expenses. Not only do these charges vary among 529 plans, but also they can vary within a single 529 plan. It is very important to take fees and expenses into account when selecting a college savings plan. Slightly larger fees and expenses can make a big difference in the value of your investment over time. Let's say you invest \$10,000 in a college savings plan with a return of 8% before expenses. With a plan that had annual administration and operating expenses of 3.03%, after 18 years, you would end up with only \$22,966.81. If the college savings plan had expenses of 0.65%, you would end up with \$35,534—a 35% difference!

Before buying a 529 plan, you should find out about the particular plan you are considering, and be sure you understand the plan's description of fees and expenses. Work with your financial professional to help you make the right choices.

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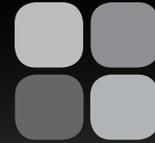
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Meet Celeste (10), Elijah (8), and Steven (6)

Here are three siblings growing up in foster care. Adopting three children at once will not be easy, but can certainly be done! These three deserve a chance to be together in a family! Meet Celeste (10), Elijah (8) and Steven (6), adorable and polite siblings who love kickball and riding their bikes. They love to eat – pizza, Frito pie, spaghetti and barbeque. Their favorite restaurant is Cheesecake Factory. Celeste enjoys board games.

At times she can be shy and quiet, but eventually warms up to

people once she becomes comfortable. Celeste is in 4th grade. Elijah is a helpful child who enjoys playing out side. He is in 2nd grade. Steven is a loving and funny child who enjoys playing with Legos. Steven is currently in 1st grade.

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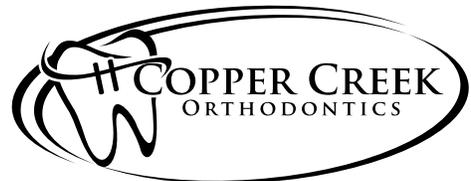


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Going Green Hair Care Tips

Submitted by Michelle Lasher

With the whole world turning to green energy and green products, there is little being said on taking care of one's hair on the green. Many people do not think about what changes can be made to help turn show time into green energy and energy consumption time, although it can be done.

1. Limit the time in the shower- The amount of hot water being used is decreased as well as energy. This helps the environment because water usage is down, gas usage is down, and energy is being conserved.
2. Wash your hair once every other day- If you ask a hair care professional how often to wash one's hair, he or she will often say once every other day or every two days. This gives one's hair more time to recover the natural oils that were stripped away during the washing process. This leads to softer, more manageable hair that has a very soft feel.

3. Rinse with cold water- By rinsing with cold water, the gas consumption is decreased. This in turn decreases the amount of pollution in the air and provides for a greener world. Need another reason to turn off the heat? The cold air helps to close the pores in the skin and the follicles in the hair. This leads to fewer pimples and shinier and softer hair.
4. Buy the bigger bottles- Although large bottles of shampoo tend to have more plastic in them, they also have more shampoo in them and cost less than the smaller bottles. Because the larger bottles have more shampoo in them, it is possible to use less plastic in the end because fewer bottles of shampoo will be purchased.
5. Use products that use recycled bottles!

Happy Green Living!

NEWS RELEASE

Library Friends' Sale Offers Bargain Gifts

The Friends of the Fairbanks Branch Library are going to have a sale! There will be a wonderful selection of items that look brand new. This includes hardback books, VHS tapes, music CDs, books on CD, books on tape, etc. It's a great opportunity to shop for affordable gifts. Nothing will be priced over \$3.00. All proceeds benefit the Fairbanks Library and help provide funding for library programs and materials. The sale will be Saturday, December 6, from 10 am to 3 pm at the Fairbanks Library, 7122 N. Gessner, near the intersection of Gessner and W. Little York. For directions, call the library at (713) 466-4438.



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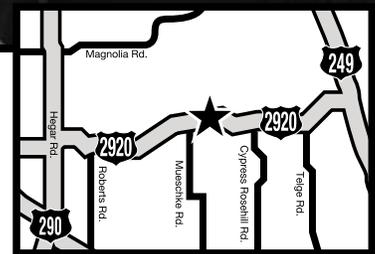


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Interested in submitting an article? You can do so by emailing bridgeland@peelinc.com or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 9th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for The Bridgeland Times. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

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Tips for Parents of Young Athletes Ways to Enhance the Child's Experience and Yours!

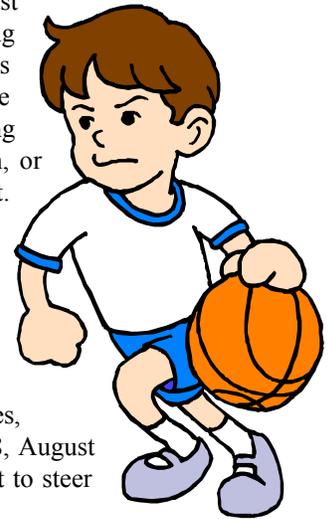
Submitted by Elizabeth Mirabal

With a new year around the corner, many of us are working on creating our annual list of resolutions as well as preparing for another year of team sports with our children. Aside from less sweets and more exercise, parents may also want to consider a few goals to work toward as they participate in youth sports. Here are a few ideas to consider:

- Talk to your child about his/her practices and games. Guide your athlete as he/she discovers personal areas of success and skills that need improvement. You may say, "I'm proud of how fast you ran on the field. What are you most proud of today?"

- Choose your role and stick to it. Have you chosen to be a spectator and root for the teams? Did you volunteer to coach? Are you a game official? All are necessary in maintaining a positive environment for children. When compelled to switch roles, remind yourself of the role you've chosen. If you're a spectator, refrain from shouting out a call or play. If you're a coach, take the lead in ensuring young athletes are demonstrating good sportsmanship-like behavior at all times. As an official, recognize that you are the final frontier when it comes to game rules and team conduct. When all groups work together, the results provide for a supportive and educational experience.

- Be emotional! Laugh! Cheer! Smile! Fun isn't only for kids! Feel free to holler and liven up the environment! There may be times, however, when you believe an unjust call was made or a rule is not being adhered to. Suddenly, your emotions are all but requiring laughter. Reduce the possibility of an outburst by taking a few deep breaths, counting to ten, or by taking a walk to the parking lot. Then, find an appropriate time and place to address your concerns with a league official. Statistics show that 28% of young athletes saw their parents yelling at or arguing with coaches and 31% saw parents arguing with officials (Trends & Tundes, HarrisInteractive, Volume 3, Issue 8, August 2004). That is one statistic you want to steer clear from!



(Continued on Page 21)



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Tips for Parents - (Continued from Page 20)

- Focus on FUN and not winning. Help children develop self-esteem through their personal improvements and not a game win. Rather than asking, "Did your team win?" Why not ask, "Did you do your best? What did you learn today? Did you have fun?" Emphasize that his/her improvement was related to hard work at practice and listening to the coach. Therefore, the child learns to define individual success as a result of his/her own effort. This turns the focus away from an aspect he/she cannot fully control; the entire team's win/loss record.

- Ensure your fueling your child's engine with the "Good Stuff": It has happened to many of us. We ask our child to pick a snack to eat before a game and he/she runs out of the house with cookies. While the cookies may provide a quick burst of energy, it'll remain just that: a burst (that fizzles out quickly). Why not make a brief list of nutritional snacks your child can choose from THEN allow him/her to choose from there. Your options may include: a banana and milk, apple slices and cheese, or an ol' fashioned PB & J sandwich on whole-grain bread. This way, you've ensured your athlete chooses wisely and he/she maintains his ability to make the final choice. A win-win situation! Don't forget to rehydrate during practice and games with plenty of water! Frequent small sips of water are more beneficial than gulping down a bottle of water at half-time which may lead to stomach discomfort.

Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

			6	8				9
		9	2	3	1	5		
		4		1	5			8
5		1	9		3			
6								
					4			
2				5			4	
	4						8	1

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Recipe

of the Month:



Hot Christmas Punch

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- 1 large jar cranberry juice
- 6 sticks cinnamon, broken
- 3 T whole cloves
- 1 Cup brown sugar

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1	2	3	4		5	6	7	8
9					10			
11					12			
13				14		15		
			16			17		
18	19	20						
21				22		23	24	25
26			27			28		
29						30		
31						32		

ACROSS

- 1. Syllables used in songs (2 wds.)
- 5. Dress
- 9. Time periods
- 10. Satan
- 11. Tap in lightly
- 12. Adult insect
- 13. Prioress
- 15. Today
- 16. Chapel
- 18. 10,000 squared meters
- 21. Cutting tool
- 22. Scents
- 26. Small herring
- 28. Two
- 29. Fish tank dweller
- 30. Volcano
- 31. Otherwise
- 32. Hold

DOWN

- 1. Soft white cheese
- 2. Arabian
- 3. Mutton
- 4. Facet
- 5. Jewel
- 6. ___-garde
- 7. Severity
- 8. Wispy
- 10. Render harmless
- 14. Soft drink brand
- 17. Lacked
- 18. Hurry
- 19. Deport
- 20. Tic tac's competitor
- 23. Pear shaped instrument
- 24. Alley
- 25. Close the door hard
- 27. Be

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Bridgeland Year-to-Date Sales Report

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\$451,000--\$499,999	0	0	1	1	0	0	0	0	1	0
\$351,000--\$450,000	1	0	3	3	2	0	1	1	3	2
\$276,000--\$350,000	2	2	1	3	2	2	7	5	1	3
\$231,000--\$275,000	1	2	3	3	0	1	3	5	0	1
\$201,000--\$230,000	2	2	5	2	0	1	0	0	1	3
\$200,000 and below	0	1	2	0	1	0	1	1	0	0
Total	6	7	15	12	5	4	13	12	6	10
Highest \$/sq ft	\$96.81	\$101.59	\$104.76	\$114.84	\$104.50	\$93.49	\$108.23	\$122.01	\$105.47	\$118.45

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