

# THE TIMES



## American Heart Association

### Northwest Harris County Walk Start! Heart Walk

Bridgeland show your community support and join together as a team to support the American Heart Association in the Northwest Harris County Walk Start! Heart Walk. The walk takes place Saturday, November 7, 2009 at Loan Star College, Cy-Fair.

Bridgeland has set a goal of \$10,000 to raise for the American Heart Association. If each household donated \$16 Bridgeland would exceed the set goal.

Bridgeland is looking for Team Captains at this point. We are looking for individuals who are interested in recruiting walkers and donations for such a great cause! Once you register as a Team Captain you can begin recruiting volunteers to walk with your team and/or donate money to a great cause.

Team Captains who raise the most money for the Bridgeland Team and Team Captains who recruits the most walkers will be entered for a grand prize.

Ideas for teams: Bridgeland Sections, Bridgeland Blocks, Bridgeland Community Groups, etc.

Register today to receive a free t-shirt!

American Heart Association Heat Walk kick off party coming soon...

#### TO REGISTER:

1. [www.nwharrisheartwalk.org](http://www.nwharrisheartwalk.org)
2. Join a team
3. Locate team Bridgeland and click Select
4. Scroll down and select Residents of Bridgeland, Join a team
5. You can now recruit and ask for donations all online.



## Cypress Cares

As 2009 is now underway, Cypress Cares would like to announce the dates that we will be boxing up our care packages for the year. All boxing events will be held at the Cole's Crossing Community Center, located at 13050 Barker Cypress Road at Jarvis Road.

Several of our packing days this year are specifically at times when Cy Fair ISD is not in session so that our students will have an opportunity to be involved as well. The dates are as follows:

July 8, 12:00

August 17, 2:00

October 3, 10:00

#### Halloween Treats for Troops

November 14, 10:00

#### Christmas Trees and Decorations

December 28, 1:00

#### Christmas Break Service Project for Cy Fair Students

Cypress Cares has received more than you notes from the troops who have received packages. Visit our website, [www.cypress-cares.org](http://www.cypress-cares.org) to view the troop responses, as well as more current information about upcoming events, donation ideas and more.

*Our troops need and deserve our support; get involved today!*

## Go Green Go Paperless

Sign up to receive *The Times* in your inbox. Visit [PEELinc.com](http://PEELinc.com) for details.



## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY .....	911
Fire .....	911
Ambulance .....	911
Harris County Sheriff.....	713-221-3300
Cy-Fair Volunteer Fire Dept. ....	281-550-6663

### AREA HOSPITALS

Cy-Fair Medical Center.....	281-897-3300
North Cypress Medical Center .....	281-477-0830
Willowbrook Methodist .....	281-477-1000

### SCHOOLS

Cy-Fair ISD.....	281-897-4000
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

### NEWSLETTER PUBLISHER

Peel, Inc.....	888-687-6444
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August 9, 2009

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# Cypress Assistance Ministries



## School Supplies Needed

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www.cypressassistance.org

Families of hundreds of school-aged children in the Cypress area are depending on CAM to assist them with necessary school supplies for their children. These start-up supplies can be impossible to fit into an already strained budget.

**Your donations of the following would be greatly appreciated:**

- pocket folders with brads
- washable markers
- large & small packages manila paper
- large & small packages multi-colored construction paper

- pencil boxes/pouches
- scissors
- new socks and underwear in adult sizes

**For the Food Pantry, donations of the following will help families with children home for the summer:**

- Peanut butter & jelly
- Sweetened Drink Mixes
- Spaghetti Os
- Snack Foods
- Canned Meats
- Powdered milk
- Toilet Paper/Paper towels



Donations can be made Monday through Wednesday from 10AM – 6PM and Thursday through Saturday from 10AM – 3PM For a description of the services and volunteer opportunities at Cypress Assistance Ministries please see our web site, www.cypressassistance.org.



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## Lone Star College-CyFair “Perspective”

### Sign Up for the Summer Bridge Program

Set July 13 through Aug. 6, this program is available for first-time college students who are on the threshold of being able to enroll in college-level courses. Free textbooks, mentoring, tutoring and support services as well as a \$400 stipend upon course completion are incorporated into the program to assist students in their transition into college. For program eligibility requirements and information, call Erin Smith at 281-290-3430 or go to [CyFair.LoneStar.edu/summerbridge](http://CyFair.LoneStar.edu/summerbridge).

### “High School Musical 2” on stage in July

Don't miss this new high energy show, an adaption of the Disney Channel's sequel to the wildly popular “High School Musical,” which follows the Wildcats from East High School into their summer months at Lava Springs Country Club. Reserved and group seating available. “High School Musical 2” will be performed in collaboration with Houston's Center Stage Theater July 17 through July 26. For ticket information, call 281-290-5201 or go to [CyFair.LoneStar.edu/boxoffice](http://CyFair.LoneStar.edu/boxoffice) or [www.houstonscenterstage.com](http://www.houstonscenterstage.com).

### “Milestones and Signposts” in the Bosque Gallery

Check out this exhibition of work by two talented Houston Area artists Chris Narum and Humberto Saenz whose content is

connected by the investigation of the idea of the marginalization. The exhibition will be on display July 7 through July 23 in the Bosque Gallery with an opening reception at 4:30 p.m. and artist talk at 5 p.m. July 9. Go to [CyFair.LoneStar.edu/bosquegallery](http://CyFair.LoneStar.edu/bosquegallery) for gallery hours and information.

### Free New Student Orientations Set

Take a tour, learn about campus programs, meet with an advisor, choose a schedule and register for fall classes at LSC-CyFair's free new student orientations this summer. Three orientation sessions, including separate sessions for parents and family members, continue each Wednesday through August 19. For information, go to [CyFair.LoneStar.edu/orientation](http://CyFair.LoneStar.edu/orientation).

### L.I.F.E. Lessons in July

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.) Programs in July include: Dance Salad video of eclectic mix of dancing July 1, stress and your health July 8, Nia “cardiovascular” dancing July 15, genealogical expedition July 22 and curry/korma cooking July 29

*(Continued on Page 6)*

## Let's Talk Real Estate



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Contemporary Services: 9:20 & 10:40 a.m.



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## Lone Star College - (Continued from Page 5)

(held in HSC 105). Call the library at 281-290-3213 for L.I.F.E. program information or go online to [CyFair.LoneStar.edu/library](http://CyFair.LoneStar.edu/library).

### Summer Film Series and Art Exhibitions

The free Cinema WOW! Film Series, which includes an engaging discussion after the movie, continues with "Touch of Evil" July 8; "LA Confidential" July 14 (at LSC-Fairbanks Center) and "Bad Education" July 22. For information, go to [CyFair.LoneStar.edu/filmseries](http://CyFair.LoneStar.edu/filmseries).

Check out "Milestones and Signposts" July 7 through July 23 and "Confluence, Study Abroad 2009" Aug. 4 through Aug. 27 at the Bosque Gallery. Go to [CyFair.LoneStar.edu/bosquegallery](http://CyFair.LoneStar.edu/bosquegallery) for gallery hours and information.

### Discovery College continues through August

Registration for Lone Star College-CyFair's popular Discovery College summer camp for ages 6 to 15 is under way. The one-week summer sessions are fun and educational programs to develop skills in a friendly environment. Camps are offered at the Barker Cypress campus and the Fairbanks Center campus, Monday through Friday. For information, go to [cyfair.lonestar.edu/discoverycollege](http://cyfair.lonestar.edu/discoverycollege). For Barker Cypress camps only, call 832-482-1043 and for Fairbanks Center camps only, call 832-782-5038.

### Register for Fall and Pay Early For Free Tuition

Register and pay for fall credit courses before the close of business Monday, Aug. 3 and automatically be entered to win free tuition, IPOD Shuffle or \$300 book voucher. The grand prize covers payment of tuition and fees up to \$500 for credit classes at the Barker Cypress and Fairbanks Center campuses. Funds will be posted to the student's account. All winners will be notified and announced by Aug. 14. Call 281-290-3200 or 832-782-5000 for information; go online to [CyFair.LoneStar.edu](http://CyFair.LoneStar.edu); or visit one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway.

## REMEMBER, PLEASE:

Houston leash laws require all dogs to be on a leash when off the owner's premises.



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**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

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- Clean sink
- Clean appliance exteriors
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- Clean range top
- Damp wipe cabinet doors
- Clean counters
- Hand wash floor
- Load dishwasher

**Bathrooms**

- Clean sinks, counters; change towels
- Clean, disinfect toilets, tubs, showers
- Hand wash, disinfect floors

**All Rooms**

- Pick up and straighten
- Dust sills, ledges, wall hangings
- Remove cobwebs
- Dust/vacuum furniture
- Vacuum floors, carpets
- Vacuum stairs
- Vacuum under beds
- Change linens, make beds
- Empty trash

**Windows**

- Clean entry window & one set of patio door windows
- Clean window over kitchen sink

## How to Google Smarter

Submitted by Rich Keith

In my work as a financial service professional I often help my clients find information which will guide their understanding. But with my background in computer science I'm just geeky enough to enjoy the finer points of searching online. Here then, are ways to improve your Google experience.

- **Check your stocks.** Take a deep breath, and then enter a ticker symbol to see a real-time quote. Try ORCL or LUV.
- **Include the word you need.** Google ignores common words and characters such as where, the, how, and other digits and letters which slow down your search without improving the results. (Google will indicate if a word has been excluded by displaying details on the results page below the search box.)
- **If a common word is essential** to getting the results you want, you can include it by putting a "+" sign in front of it. (Be sure to include a space before the "+" sign.) For example, here's how to ensure that Google includes the "IV" in a search for Star Wars, Episode IV: Star Wars Episode +IV
- **Convert currency and units.** Easy examples: "12 euros in dollars" or "12 tsp in tbsps" or "12 % of 93,755" for example.
- Get the synonyms too with synonym search. If you want to

search not only for your search term but also for its synonyms, place the tilde sign (~) immediately in front of your search term. For example, suppose you want to search for food facts. Here's how to search for food facts and also get similar information on nutrition and cooking information: ~food ~facts.

- **Narrow by file type.** To find PowerPoints, Excel spreadsheets, or books scanned into PDFs, add "filetype:ppt" (or any other extension) to your query.
- **Search ranges.** Use two periods between two numbers, like "Wii \$200..\$300." Even dates work. Try "Earl Campbell 1970..1990"
- **Be prepared for flight delays.** Type in the airline, then your flight number, like "AA 1237."
- **Easy definitions.** To get the definition for a word, just type the word define: followed by the word. Include the colon and space, such as "define: annuity"
- **Find the right sources:** Add "site:edu" or "site:gov" to limit your search to school, org, or government domains. For example, "529 plan site:org." To target a specific web site, type, say, "annuity site:primerica.com."

(Continued on Page 9)



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I'm Texas Energy Analyst Alan Lamme. Maybe you've heard me on the radio talking about the market forces that drive energy prices. I'm here to tell you that you're not stuck paying those high prices to big electric companies anymore!

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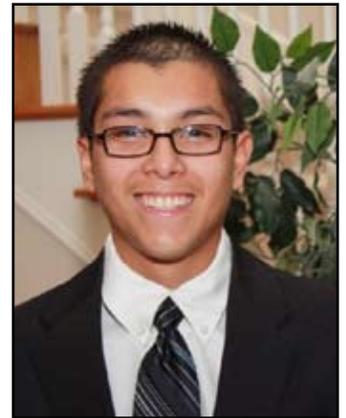
**How to Google Smarter - (Continued from Page 8)**

- **Little known search operators.** This is neat: the asterisk (\*) can be used if you don't know exactly how to spell a word. For instance, "contagiu\*" will match all articles containing words that start in "contagiu." Give it a try, it's contagious. Other operators include the pipe code (|) which acts as the word "OR." For example, a search for "large cap|mid cap" will return search results for "large cap" OR "mid cap." You can also use the uppercase word OR. For example, here's how to search for a vacation in either Sedona or Flagstaff: "vacation Sedona OR Flagstaff"
- **Want a picture or a map?** Google can search for different media such as websites, images, videos, maps etc. Select the option above the input box. An easy way to refine your search is to select the "advanced search" option next to the input box.
- **Exact Phrases.** By default, Google searches for any of the terms you enter. To find a specific phrase, use double quotes (""). You will get different results for invest dollar cost average than you will for invest "dollar cost average".

Combine and see what happens. Now you have what you need to mix it up! I combined the stock search with the date range and it worked. To see information on Intel from 1968 (founding year) to 1978, type in "INTC 1968..1978". Now go and play with Google and see what you can find! Sources: Google, Wired.

**Meet Michael**

DOB: 08/1993



Michael is a loving and thoughtful young man. He is sensitive and funny. Michael has a good sense of humor and a good attitude. He enjoys video games, summer camps, go cart racing, fishing, baseball and anything having to do with cars. He hopes to become a chef or work with cars someday. He currently participates in special education and tries really hard in school. He attends Catholic church and his religion is very important to him. Michael is a baseball player and hopes to continue this sport once he is adopted. Michael will capture your heart with his thoughtful ways, playful spirit, and his desire to be loved. He's adventurous and an absolute blast to be around.

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## The American Business Woman's Association of Cy-Fair Express Network

**EVENT:** Cy-Fair Express Network  
**WHEN:** Thursday, July 23, 2009  
**TIME:** 11:30 am - 1:00 pm  
**WHERE:** Houston National Golf Club  
16500 Houston National Blvd  
Houston, TX. 77095  
(281)304-1400

### NETWORKING AND BUSINESS LUNCHEON

The American Business Women's Association Cy-Fair Express Network invites you to their monthly networking meeting and luncheon. Join us as

Marlene Lobberecht of Intellaskill shows us how to "Update Your Business Plan". Lots of fun, networking and giveaways. Bring plenty of business cards.

**Reservations:** Contact Anya Lucas 713-459-2331 or [anya@lucascarecare.com](mailto:anya@lucascarecare.com) Or go to [www.cyfen.org](http://www.cyfen.org) for more information. Please try to RSVP by Friday May 22, 2009.

CYFEN is an ABWA Express Networking organization providing opportunities to network with professionals in the Northwest Houston area, and offers professional development and educational advantages through ABWA. CYFEN meets the fourth Thursday of each month (except November and December), and visitors are always welcome. Contact Anya Lucas for more information.

## Houston Undercover A Quilt Show

**Presented by:**  
Quilt Guild of Greater Houston

**Location:**  
Memorial Drive Presbyterian Church  
11612 Memorial Dr. Houston, Tx

**Dates:** July 23 - Auction & Preview  
Night, 6-8:30 pm  
July 24-25 - Quilt Show, 10 am - 6 pm

**General Admission:** \$5

Judged quilt show with over 200 quilts, various vendors, snack bar, door prizes, donation quilt, quilt appraisal, Children's Scavenger Hunt. Each child will get a prize for participating. The children are quilters of the future. Contact information: [www.qggh.org](http://www.qggh.org) or 979-289-5175

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# Health Briefs

Baylor College of Medicine

## GOOD NIGHT'S SLEEP IMPORTANT TO WOMEN'S HEART HEALTH

Getting a good night's rest may help women minimize their risk of developing heart disease.

"Research has shown a link between sleep disturbances and the risk of developing heart disease," said Dr. Bhuvana Muthuswamy, assistant professor of medicine at BCM. \

**Women need about eight hours of sleep a night, said Muthuswamy. That's easier said than done and may require key behavioral changes, including:**

- Maintain a regular sleep/wake time
- Exercise regularly, but avoid exercising three hours prior to bedtime
- Finish eating two to three hours prior to bedtime
- Avoid caffeine and chocolate about six to eight hours prior to bedtime
- Restrict fluids, especially alcohol, close to bedtime

But most important is eliminating stress, according to Muthuswamy. "Approximately half of all sleep problems are attributed to stress," she said. "Relax with a good book, music or a bath before bedtime."

## MINOR STROKES HARDLY HARMLESS

No one is at zero risk for stroke, which explains why it is vital to know the signs and understand how to decrease the chance of experiencing one.

**Warning signs include:**

- Sudden numbness or weakness affecting the face, arm or leg, especially on one side of the body
- Sudden difficulty in speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination

It's important to seek immediate emergency care if a person experiences these symptoms because current therapies for stroke must be applied within a few hours, according to neurologists at Baylor College of Medicine.

Good cardiovascular health habits greatly reduce the risk of stroke. Hypertension and diabetes must be recognized and treated. Smoking, obesity and lack of exercise all increase the risk of stroke, but that risk is reduced when a person modifies those habits.

*(Continued on Page 13)*

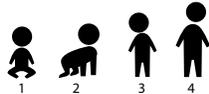


## COLIN'S HOPE

Increasing water safety awareness and standards

### FACTS YOU NEED TO KNOW ABOUT DROWNING

Drowning is the leading cause of unintentional injury-related death in children ages 1-4



### DROWNING WILL AFFECT YOU OR SOMEONE YOU KNOW



Drowning is the 2nd leading cause of unintentional injury-related death ages 1-14.

For more information, check out our website at

[www.colinshope.org](http://www.colinshope.org)

### DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM

NO ONE is "drown proof" - no matter their level of swimming ability.

Falls, entrapments, and injuries lead to drowning regardless of swimming level.

A majority of people overestimate their own and their child's ability to swim, especially in a panic event.

### DROWNING IS QUICK AND SILENT



Drowning occurs in as little as 2 minutes.



Irreversible brain damage occurs in as little as 4 minutes.



Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Most children die who are submerged for as little as 6-10 minutes.

Children who drown do not **scream, splash, or struggle**. They silently slip beneath the water, even with adults & lifeguards present.



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1 block south of 290  
on Barker Cypress

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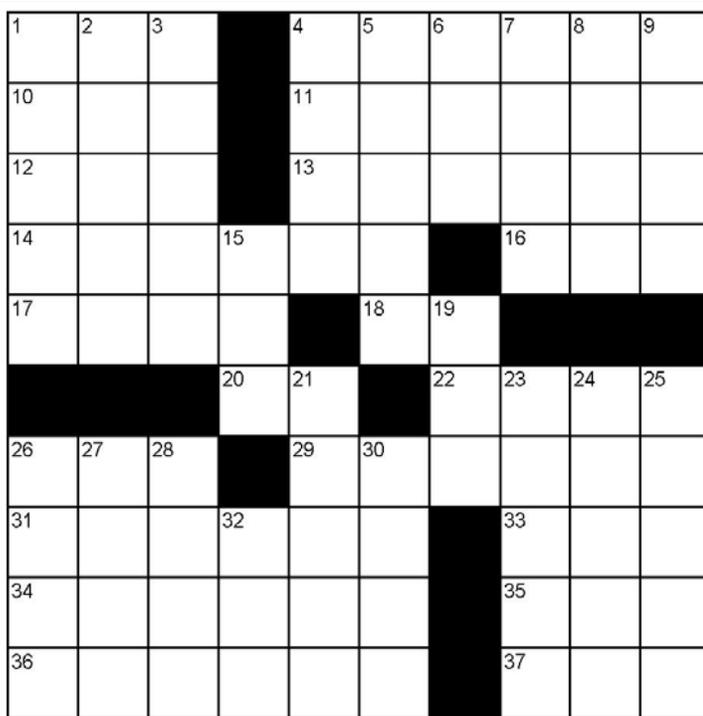


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[bashanspainting@earthlink.net](mailto:bashanspainting@earthlink.net)

## Crossword Puzzle



### ACROSS

1. However
4. Brand of soda
10. Environmental protection agency (abbr)
11. Large zoo animals
12. Revolutions per minute
13. Timely (2 wds.)
14. Caren
16. BB association
17. Totals
18. We
20. Disc jockey (abbr.)
22. \_\_\_ the hatchet, forgive
26. Move up and down
29. Famous female pilot Earhart
31. For each one
33. Teaspoon (abbr.)
34. What a pastor gives
35. Representative
36. Scours
37. Whichever

### DOWN

1. Baseball player Yogi
2. Elevated
3. Broken in
4. Loafer
5. Eastern religion
6. Liable
7. Gyrate
8. Burial chamber
9. At sea
15. Drug
19. Compass point
21. Israel's former name
23. Radical
24. Got out of bed
25. Talky
26. Singing voice
27. Organization of Petroleum Exporting Countries
28. Energy
30. Not women's
32. Flightless bird

\*Solution at www.PEELinc.com © 2007, Feature Exchange

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Texas Emergency Care Center is open **24 hours a day**. We're committed to delivering comprehensive medical services in a comfortable environment with little to no wait time – day or night.

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# Selling Your Home In Bridgeland?

*Put the Don and Jeanne  
Machrowicz Team to work for you!!*

- Marketing on multiple websites for 24/7 exposure of your home
- Don & Jeanne Machrowicz have over 30 years of real estate experience
- Honored by the Houston Business Journal as one of the top 25 residential real estate teams in the city
- Flexible commission plans

### Bridgeland Year-to-Date Sales Report

	Aug '08	Sep '08	Oct '08	Nov '08	Dec '08	Jan '09	Feb '09	Mar '09	Apr '09	May '09
\$500,000 and above	0	0	1	0	0	0	0	0	0	0
\$451,000--\$499,999	0	1	0	1	0	0	1	1	0	0
\$351,00--\$450,000	1	3	2	2	2	1	1	2	2	2
\$276,000--\$350,000	5	1	3	5	7	4	0	3	3	3
\$231,000--\$275,000	5	0	1	2	1	1	1	1	0	0
\$201,000--\$230,000	0	1	3	0	1	0	0	0	1	1
\$200,000 and below	1	0	0	0	0	0	1	0	0	1
<b>Total</b>	<b>12</b>	<b>6</b>	<b>10</b>	<b>10</b>	<b>11</b>	<b>6</b>	<b>4</b>	<b>7</b>	<b>6</b>	<b>7</b>
Highest \$/sq ft	\$122.01	\$105.47	\$118.45	\$108.11	\$94.12	\$92.42	\$118.16	\$101.67	\$99.74	\$100.68

*This information is taken from the Houston Multiple Listing Service*

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