

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY911
 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 Center281-477-0830
 Willowbrook Methodist281-477-1000

SCHOOLS

Cy-Fair ISD.....281-897-4000
 Cy-Fair ISD281-897-4000
 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 Office281-373-9125
 Drivers License Info. 281-955-1100
 Harris County Tax713-224-1919

NEWSLETTER PUBLISHER

Peel, Inc.....888-687-6444
 Article Submissionsbridgeland@peelinc.com
 Advertising.....advertising@peelinc.com



TENNIS

*IT'S SPRINGTIME AND TIME TO
 GET OUT AND PLAY TENNIS!*

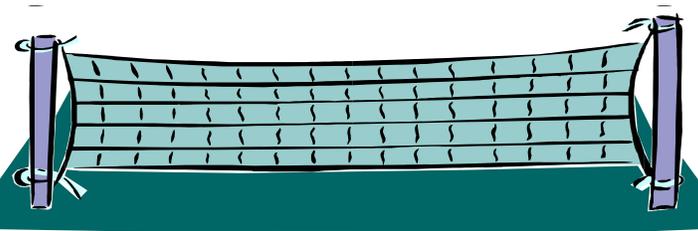
**Please join us for Open Tennis Doubles
 on Thursday Night at 7:30 pm**

This is a drop in event, you don't
 need to bring a partner.

We play a lightly competitive game,
 mostly for the fun, exercise and
 chance to meet your neighbors.

Sign up to put your name on our email list.

There's no commitment or charge.
 Get started now to be in shape for summer.



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!

**NOT AVAILABLE
 ONLINE**

FAIRFIELD SPORTS ASSOCIATION

Baseball and Softball is wrapping its season up but we have others around the corner. Summer Basketball is getting underway and we have Soccer and Volleyball in the Fall. We are making changes in two important areas. We have a new website so check it out. This is more user friendly especially for you MAC folks. We also have a new registration website This one will allow your family to create a family account. Once all your contact info is entered is in it for all long as your children play in Fairfield Sports. No more entering in the same information for each sport and each year. Also its one stop checkout with one payment.

- Login is through the Fairfield Sports Website.
- All families will be required to create an account the first time logging into our system. Please add all family members, players and parents by choosing the add children or add adult options (alternate contact information such as phone numbers and emails can be added when another adult is added to the account).
- This system will keep track of your account information for all sports that your children want to participate in. No more re-entering contact and address information each time you want to register.

- When each sport has its standard registration process usually 2-4 weeks before tryouts, you will be able to register and make payments for any of the available programs. Through the registration system you will have access to all account information, including payments due, payments received, due dates, outstanding balances, etc.
- ***If you have multiple players, please register them all at the same time. To do this after completing one registration click the continue shopping button to register another player.***
- The entire registration process occurs over a secure server using the highest security currently available.

FAIRFIELD SOCCER

- Fairfield Soccer offers a fun and competitive program for 4 – 13 year olds (boys and girls.) Soccer Registration will begin June 26th through July 25th. Player Assessments for 7-13 year olds begin July 27-29th.
- Sports Quest is also offering a Soccer Camp hear in Fairfield July 19-23rd. See www.sportsquesttraining.org for more details

VOLLEYBALL

- Volleyball Registration will begin June 1st through August 1st.



Listing Your Home for Sale in Bridgeland?

Call your Cypress RE/MAX real estate expert

Dawn Fore

*Named one of Houston's Top 25 Real Estate Teams by the
Houston Business Journal for 2008!*

**Virtual Tour Our Listings
at:**

www.DawnFore.com

Broker/Owner

281-304-9500

281-731-7399



RE/MAX[®] Lakeland

17920 Huffmeister, Suite 140 • Cypress, Texas 77429



FULL SERVICE LANDSCAPE COMPANY



Lawn & Landscape, Inc.

Making your lawn shine.

281-373-0378

Proudly Serving Cypress Since 1997



Lawn Service

Commercial & Residential
\$25 & up

Patios & Walkways

Pavestone & Flagstone

Tree Service

Tree Trimming - Removal -
Installation

Fertilization & Pesticide

Spraying & Feeding for Lawn, Shrubs &
Trees - Fire Ant Control - Tree Deep
Root Feeding - Brown Patch Reduction
State Licensed Applicator

Landscaping

Landscape Design & Installation
Seasonal Flowers - Drainage - Lighting
- Sod Installation - Mulch Installation -
Rock Borders

Sprinkler Systems

Design - Installation - Repairs
Proper Coverage - Warranty
Licensed Irrigator #8587



Mulch Installation (2 yds)
& 54 Seasonal Flowers
\$175.00
(bed cleaning extra)



Little Did You Know...

*You've Already Won Half the Battle
Against Mosquito, Pest & Lawn Control.
Our System. Your Irrigation. Naturally as One*

*Our system is designed to work with
all natural pest control and fertilizer products
to make application easy & safe using
your existing irrigation system.
State Licensed Applicator*



Insured for Your Protection
Financing Available

BBB
MEMBER
Gold Star
Accredited Business

www.horizon-landscape.com

CY-FAIR ISD HONOR'S VOLUNTEERS

Cypress-Fairbanks Independent School District honored district and state volunteer and business partner award winners during a Volunteer Appreciation Month ceremony on April 29, 2010. The award winners were nominated by various schools in the district at which the volunteers and business partners donate their time and resources. These extraordinary men and women were first selected as our district award winners and then competed against others in their categories from large districts at the state level. The state award winners were recognized by the Texas Association of Partners in Education during an awards luncheon held at their annual conference in Austin on January 26.

The District Award Winners Are As Follows:

- Business Partnership for Career Education: TexasOne Community Credit Union, Holbrook Elementary Partner;
- Community Partnership for Academic Impact: Cypress Bible Church – Loving Lamkin, Lamkin Elementary Partner;
- Community Partnership for STEM Award: Dynergy, Lieder Elementary Partner;
- Community Partnership for Health Award: Willbern PTO – Track Planning and Construction, Willbern Elementary Partner.

The State Gold and District award winners are as follows:

- Business Partnership for Academic Impact: Mustang Engineering, Watkins Middle School Partner;
- Individual Partnership Award for Partnership Advocate Award: Ms. Demitria Wright, Holbrook Elementary Volunteer;
- Individual Partnership as a Role Model: Mr. Abhay Mars, Lowery Elementary Volunteer.

Another exceptional group of volunteers receiving special acknowledgement for their contributions to student success in the district was the Cy-Fair VIPs TAG (Targeting Achievement Globally) Team. The generous global volunteers who make up the “Team” go into identified elementary schools across the district and work alongside district helping teachers to tutor students in science. The TAG Team members were presented with Appreciation Certificates by Pam Wells, Associate Superintendent for Facilities, Planning and Community Relations.

The TAG Team volunteers have been very successful this year in helping increase student skills as well as improving the children’s confidence and self-esteem. They have also found their volunteer work to be extremely rewarding and are the program’s biggest proponents.

If you are interested in becoming a member of the VIPs TAG Team next fall, please contact Yvonne Bukowski at ybukowski@yahoo.com or the CFISD Partners in Education Office at (pamela.scott@cfisd.net or 281-894-3950).

The district congratulates these distinguished individuals and businesses for their awards and accomplishments and thanks them for their service to the students who attend our schools. And to every volunteer in our district, we celebrate each of you for the service you provide our students and staff all throughout the year.



Pictured above from left: Pam Wells, CFISD Associate Superintendent for Facilities, Planning and Community Relations; TAG Team Members - Maria Baptista; Valerie Starrett; Mary Turner; David Porterfeld; Celeste Heath; John McDonald; Jane Gillett; Yvonne Bukowski; Kim Nash, CFISD VIPs Global Chairman.



Pictured above third from left: Keith Irvine, Carrabba's Manager; Pam Scott, CFISD Director of Partners in Education; Representatives from Carrabba's donated and served lunch at the CFISD VIPs General Meeting on April 29, 2010.

COMMUNITY EMERGENCY RESPONSE TEAM (C.E.R.T.)

CERT promotes a partnering between emergency management and response agencies and the people in the community that they serve. The goal is to train members of neighborhoods and workplaces in basic response skills. Then CERT teams are formed and maintained as part of the emergency response capability for their area.

If there is a natural or man-made event that overwhelms or delays the community's professional responders, CERT members can assist others by applying the basic response and organizational skills that they learned during their CERT training. These skills can help save and sustain lives until help arrives. CERT members also can volunteer for special projects that improve a community's preparedness.

CERT teams are now forming throughout the Atascocita area, including Eagle Springs. The Eagle Springs' Team currently has five resident members who have been through the CERT training program. More are needed!

CERT training is designed to prepare you to help yourself, your family, and your neighbors in the event of a catastrophic disaster. Because emergency services personnel will not be able to help everyone immediately, you can make a difference by using this training to save lives and protect property. CERT members are typically the first responders to the scene of a disaster and as such, take command of

the situation until professional emergency personnel arrive.

The 8-week course (24 hours of training) covers basic skills that are important to know in a disaster when emergency services are not readily available. Members are trained in:

- Emergency Preparedness
- Fire Suppression
- Utility Control
- Disaster Medical Operations
- Light Search & Rescue
- Team Organization
- Terrorism Awareness

With training, practice and working as a team, you will be able to do the greatest good for the greatest number of people should a disaster strike, while protecting yourself and your family from becoming victims.

There is no cost for this course. A backpack of emergency and medical supplies is provided to all CERT team members during training. This program is provided to you by Harris County Citizens' Corps and Judge Ed Emmett. (www.harriscountycitizencorps.com).

SALONS

Come in and get your Anti-Humidity Treatment!

at STONE GATE



New Hair, New Skin, New You!

281-256-2204
www.salonsatstonegate.com

Salons at Stone Gate Tues-Thurs 9AM - 7PM
11734 Barker Cypress Fri 9AM - 5PM
(One block south of Hwy 290) Sat 9AM-4PM

We Make Swimming Pools Safe for Kids!

Call for Info or a FREE Estimate!



- Easily removed by an adult
- Available in 12 decorator colors
- The Invisible Fence
- Made in the USA

• Strongest product on the market backed by a Lifetime Warranty

Texas' Most Experienced Since 1989

POOL GUARD 281-495-8800
REMOVABLE POOL FENCES www.PoolGuardTexas.com

American Business Women's Association Cy-Fair Express Network (CYFEN)

Event: Cy-Fair Express Network Monthly Networking Luncheon
When: June 24, 2010
Time: 11:30 am – 1:00 pm
Where: Houston National Golf Club
 16500 Houston National Blvd
 Houston, TX. 77095

Networking and Business Luncheon

Cy-Fair Express Network invites you to their monthly meeting and luncheon. Lots of fun, networking, and giveaways. Bring plenty of business cards. Please make reservations by June 18 to Anya Lucas @ (713)459-2331 or anya@lucascare.com. More information @ www.cyfen.org.

Our mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.

Precious Baby Protectors

★ **Baby Proofing** ★

Our Commitment is to make sure that your home is safe for your child!

Removable Pool Safety Fences

Houston's Baby Proofing Experts

281-438-4670

www.preciousbabyprotectors.com

Protecting Infants
for over a decade

BUSINESS CLASSIFIED

PIANO AND VOICE LESSONS OFFERED IN MY CYPRESS HOME.

For a free first lesson or consultation, call Belinda at 281-773-0545 or email me at belinda110@gmail.com. Flexible summer hours available - also taking pre-registrations for the fall of 2010. I am a graduate of the Cincinnati Conservatory of Music with 35 years teaching experience.

SEASONAL SALADS

Asparagus Crab Salad & Preserve Lemon Vinaigrette...9
toasted almonds, shaved parmesan, baby greens

Grilled Blackened Chicken Salad & Balsamic Vinaigrette...7
baby greens, cilantro, tomatoes, walnuts, avocado, shaved red onions

Tuscan Tomato Mozzarella Salad & Balsamic Vinaigrette...7
extra virgin olive oil, fresh basil, garlic wheat croutons

FRESH GRILLED MEATS & SEAFOOD

Salmon..19 / Halibut..24 / Shrimp..19 / Crab Cakes..16 / Tilapia..11

Grilled Beef Tenderloin 4oz, 6oz, 8oz.....18, 22, 26

Boneless Skinless Chicken Breast 4oz, 6oz, 8oz.....8, 12, 15
sauteed asparagus & whipped potatoes

ITALIAN CLASSICS

Chicken Parmesan...14
angel hair pasta, fresh mozzarella, tomatoes, extra virgin olive oil, fresh basil, garlic parmesan croutons & angel hair pasta

Fettuccini Alfredo & Chicken...15
light creamy alfredo, diced tomatoes, fresh basil, garlic bread

MEXICAN FAVORITES

Beef & Chicken Fajitas Platter...14
spanish rice, charro beans, salsa, tortillas

Chicken & Cheese Enchiladas Platter...11
spanish rice, charro beans, salsa, tortillas

FRESH SUSHI

Spicy Crab Roll..19 Salmon Roll...8 Seared Tuna Roll..24



Chef Michael Cortez C.C.C.

Busy Mom? Busy Dad? Hectic schedule? Let Chef Michael do the cooking for you! Whether at home, office, or with friends, enjoy chef prepared meals without the hassle of cooking!

Let Chef Michael cater your next birthday, graduation, baby shower or special occasion! We supply the full buffet, set-up, break down and can work within your budget.



Meal delivery on Mondays; Please order by Friday at 1pm for Monday delivery. Required 8 meal minimum per order for delivery; any combination. Call TODAY for questions or info!

CHEF MICHAEL CORTEZ | P: 713.446.2162 | AMAZEN_CHEF99@YAHOO.COM

Seven Lemons Placed Third at the Texas State Competition

Months of teamwork and many hours of applying amazing, creative brain power has brought success to the Destination ImagiNation team “Seven Lemons” from Ault Elementary.

Destination ImagiNation (DI), is an extraordinary, non-profit organization that provides educational programs for students to learn and experience creativity, teamwork and problem solving. Teams are tested to think on their feet, work together and devise original solutions that satisfy the unique requirements of mind-bending challenges. Participants gain more than just basic knowledge and skills—they learn to unleash their imaginations, take creative approaches to problem solving and are highly encouraged to think “outside the box”.

A team works to develop an innovative solution to their challenge problem over the course of many months and start competition at regional level tournaments. Fueled by their success at the Gulf Coast Regional competition, the “Seven Lemons” placed third at the Texas State Competition in Dallas and have earned the opportunity to compete at the DI Global Tournament. This is the first team from Ault Elementary to advance to the global level. For five days at the end of May, the “Seven Lemons” will compete alongside teams from all 50 states and 35 foreign countries at the University of Tennessee.



The “Seven Lemons” Destination ImagiNation team from Ault Elementary – top row (L-R) Grace Pereira, Mabry Smith, Calvin Pearce. bottom row (L-R) Bryan Woh, Kenny Grau, Riley Reddington, Michael Chan. Not pictured team managers Janet Grau and Rita Chan.

A Promise From The Maids Home Services Housecleaning Teams



At first, people hire us for the thoroughness of our system. Then, they discover some benefits that are even more important.

Call today for a free estimate.

Now serving the Richmond, Rosenberg and Sugar Land areas.

832-593-7500

www.thehoustonsmaids.com



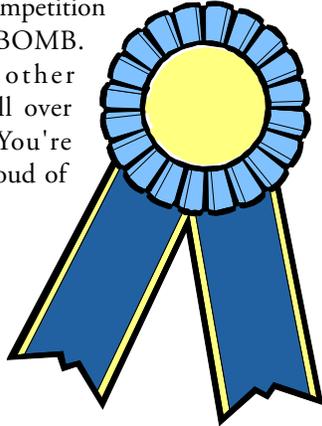
Trust The Maids. The most trusted name in home services.

- To capture up to 99% of all dust and allergens with our professional HEPA filtration Back Pack Vacs.
- To use environmentally preferable cleaning products.
- To clean kitchen and bathroom floors on hands and knees.

The Maids
Home Services

DABOMB.COM Wins 5th at State!

First time Destination Imagination team, DABOMB.COM from Swenke Elementary is proud to announce their 5th place win. After receiving First Place at Regional Tournament in February, the team then qualified to attend State Competition in Carrollton, Texas. DABOMB.COM competed with other elementary schools from all over Texas in the challenge, 'You're Gonna' Flip'. We are so proud of their accomplishments!



DABOMB.COM members include:(front row) Alyssa Price (5th), Amy He (5th), Carson Leonard (5th), Max Fondren (3rd), Aubrey Wells (4th)(back row): Melissa Broad (Team Manager), Areebah Ahmad (5th), Hannah Broad (5th).



Pediatric Dentist
infants children teens

13611 Skinner Road, Suite 135
Cypress, Texas 77429
(Skinner at Spring Cypress)
www.cypresskidsdentist.com

p 281.758.2790 f 281.758.2791

Let's Talk Real Estate



**"IT'S ABOUT
MORE THAN
A SIGN
OUT
FRONT."**

Amy Healy
Cell: 832-567-7830
amy.healy@century21.com



Your Cypress
Property
Marketing
Expert



11302 Cypress Creek Lakes
\$574,900



15602 Clear Point Dr.
\$174,900



11311 Bright Canyon Lane
\$229,000

Elisha Roberts Chapter, NSDAR

The Elisha Roberts Chapter, NSDAR will not be meeting for the months of June or July. We will restart our meetings in August. We meet the third Thursday of the month at Meson 1910 on Mason Road.

Our meeting times are from 7 pm to 9 pm. Our motto: God, Home, and Country.

Any ladies interested in joining who can prove direct lineage to a patriot in the American Revolution or someone who provided service in the American Revolution may join.

We are a friendly group of ladies who are looking for new members. If you are interested in joining, please feel free to contact, Laura Neal, Regent at: 281-256-3545 or you can email me at: lizardsareicky@sbcglobal.net

America is Good

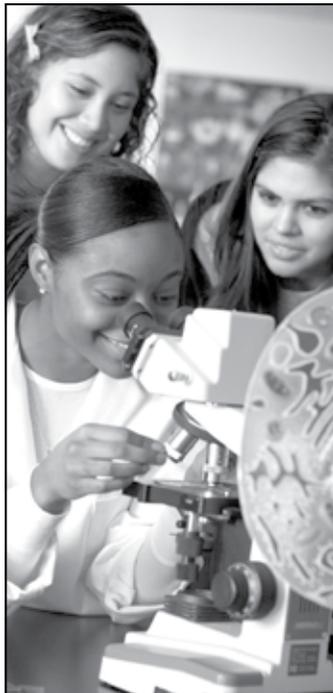
- I believe in God and He is the Center of my Life.
- The family is sacred. My spouse and I are the ultimate authority, not the government.
- I have a right to life, liberty and pursuit of happiness, but there is no guarantee of equal results.
- I work hard for what I have and I will share it with who I want to. Government cannot force me to be charitable.
- The government works for me. I do not answer to them, they answer to me.

If you agree with any or all of the statements above then come to
The Glenn Beck 9/12 Project Organizational
meeting for Cypress on the second Thursday of each month.

IHOP Restaurant on Hwy 290 @ Rosehill

Get involved.

For more information, please call
281-373-9337.



Registration for summer and fall is under way!

Workforce certificates, 2-year degrees and more. Choose day, evening, weekend or online classes.

Payment plan, financial aid and scholarships available!

Free New Student Orientations Available

Free sessions set June through August for new, transfer and non-traditional students as well as family and veterans orientations.

Space is limited so pre-register online at:
LoneStar.edu/cyfair-orientation



LSC-CYFAIR
9191 Barker Cypress
Cypress, TX 77433

LSC-FAIRBANKS CENTER
14955 Northwest Freeway
Houston, TX 77040



Your little ones' ouches are our Urgent Care's first focus!



A visit to the Emergency Room can cost **as much as five times** more than a visit to an Urgent care center.

"Experienced emergency room physicians without the cost or wait of your typical emergency room visit"

281-304-1100

www.excelurgentcare.com

Open Everyday 9am-9pm
(except major holidays)

Conveniently located at the end of the Target shopping strip adjacent to the Best Buy on US Hwy 290 & Spring Cypress

Your Neighborhood Urgent Care Center

RETIREMENT CHALLENGES

For Today's Families

I recently had the pleasure of hearing David Walker, the former Comptroller of the United States, speak to my company at a training session. Mr. Walker, who made the famous movie "I.O.U.S.A." is an expert at knowing how the country can reverse the trends of increasing government debt and seemingly unlimited entitlement spending. Now the President of the Peter G Peterson Foundation (www.pgpf.org) he paints a scary picture of what our future can hold if we don't act. In "I.O.U.S.A." he forecasts that without intervention, by 2035 the government will spend so much on defense, social security, Medicare and interest on debt that there won't be enough money to pave a street. But it doesn't have to be this way.

He believes that the American people are more knowledgeable now than at any time in history about how our government spends money. This is the key to action. Mr. Walker is not a man prone to exaggeration – he is a factual

man. And he showed us how various arms of the government can be reformed in a sensible, step-wise manner, starting with a rethinking of tax and entitlement policy. Sure, he expects our taxes to rise in the future but there is really good hope that our taxes will be used more sensibly. This is real stuff, not a fantasy. In fact in May 2010 he led a by-invitation only summit of the best thinkers on both sides of the political scene to create solutions.

How will your family navigate these waters? Creating a financial strategy for living in this new world of retirement is vitally important. Find out what it takes now to plan for rising inflation and taxes, future college costs, and changes to social security. Learn how to protect your assets from these headwinds and accumulate what you need for the future.

- Submitted by Rich Keith



Electricity is **ON SALE** at StarTex Power!



Alan "Petrodamus" Lammey, host of 'Energy Week', can be heard every Sunday on 1070 KNTH in Houston.

I'm Texas Energy Analyst, Alan Lammey. In case you didn't know, electricity rates are currently at lows not seen in years, which means that NOW is the time to lock in a very low electricity rate with the provider that I highly recommend to all my radio show listeners: StarTex Power. StarTex Power is local and reputable, with some of the most competitive rates available in all of Texas. You can switch right online at www.StarTexPower.com

Sign Up Today Online: www.StarTexPower.com or call 866-917-8271
PLEASE USE **"NEIGHBORHOOD NEWSLETTER"** as your referral!



PUCT #10089

"Highest in Residential Customer Satisfaction with Retail Electric Service"
... J.D. Power and Associates



StarTex Power received the highest numerical score among residential electric service providers in Texas in the proprietary J.D. Power and Associates 2009 Texas Residential Retail Electric service Satisfaction Study™. Study based on responses from 6,890 consumers measuring 15 providers and measures opinions of consumers with their electric service provider. Proprietary study results are based on experiences and perceptions of consumers surveyed between October 2008 and June 2009. Your experiences may vary. Visit jdpower.com.

Annual 12th Russian Children's Folk Festival 2010

Happy Families has been sponsoring orphaned children to participate in our Russian Children's Folk Festival since 1981! We plan to bring 15-20 children ages 6-12 from orphanages in the Kaliningrad region with their chaperones to Houston, TX in June 2010. The children will be staying with host families for 2 weeks.

School age children are one of the most deprived groups of Russian orphans. They have few chances for a bright future in Russia. The festival gives them a unique opportunity to see a different world outside of their orphanages.

These annual events have found much attention from the media, including coverage on ABC's Good Morning America and New York Times and many more. See details at www.happyfamilies.org.

What are the requirements to bring a child? Happy Families needs to raise about \$2,000 to bring each participant. This covers airfare, transportation in Russia, passports, visas, medical insurance, translation and coordination. We are asking for your support and participation in this project. Please contact us for additional information on how you can help.

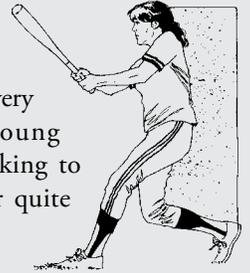
Sincerely,

Svetlana Startz
Director, Russian Children's Festival
Svetlana@happyfamilies.org
281-871-8008

Trinh Le, Ph.D.
Parent Volunteer
trinhtole@hotmail.com
281-304-4361

Cy-Fair Storm

The 2002 Cy-Fair Storm is looking for 2 - 3 solid players to complete our roster. We practice 3 times a week at Dyess Park and will play 1 to 2 tournaments a month. We are a very competitive, young team that is looking to stay together for quite some time.



Cy-Fair Girls Athletic Association
A.D. Dyess Park
16822 Kitzman Road
Cypress, Texas

Contact: CFSTORM2002@yahoo.com

Emergency Room Open 24 Hours

READY OR NOT ... WE ARE.™

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.

You'll experience:

- A full-service facility equipped with a complete laboratory, radiology, CT scanning and cardiac monitoring.
- Prompt, friendly and caring service.
- Quality face time with a physician who is Board Certified in Emergency Medicine.

After all, emergencies just can't wait.

281-304-9113

All private insurance accepted.

Spring Cypress at Skinner Road
17255 Spring Cypress Road, Suite A

www.txercare.com



T E X A S
EMERGENCY CARE
C E N T E R™
AT CYPRESS



SUMMER HEAT CAUTIONS

Stay Safe This Summer

How dangerous is overheating in the summer months? According to the Centers for Disease Control and Prevention, from 1973 – 2003, excessive heat exposure caused 8,015 deaths in the United States. “Heat-related deaths and illness are preventable, yet annually many people succumb to extreme heat,” says Dr. George Luber, extreme heat expert for the Centers for Disease Control and Prevention in Atlanta.

Summertime activity, whether on the playing field, running, boating, or just enjoying the great outdoors, must be balanced with measures that aid the body’s cooling mechanisms and prevent heat-related illness. Know the symptoms of heat disorders and overexposure to the sun, and be ready to give first aid treatment.

Heat Cramps- are strong muscle contractions and usually affect the abdomen and legs. The condition usually improves with rest, water and cooler conditions.

Heat Exhaustion- caused by heat and dehydration but the effects are more serious than cramps. Symptoms may include

paleness, dizziness or fainting, nausea or vomiting, and an increase in body temperature. Rest, water and cool compresses (ice water on the back of the neck, etc) can help. For more severe heat exhaustion, IV fluids may be required.

Heat Stroke- The most serious of the heat related conditions. Heat stroke is most commonly brought on by strenuous exercise in hot conditions. However, it can also affect non-active individuals if the temperature is high enough. Visual signs include flushed, red look to the skin, the person often stops sweating**. This is one key sign that an individual is in an over heated condition. Also, a person with heat stroke might become delirious, unconscious, or have seizures. Lowering the body temperature and getting fluids into the person as quickly as possible is imperative.

Don’t get caught off guard this summer drink plenty of water, wear plenty of sun-screen, and exercise early in the morning. Enjoy the summer season and stay safe.

- Submitted by Valerie Salinas

Yardmasters, Inc.

“A Professional Landscaping & Lawn Maintenance Service”
15420 Telge Rd. Cypress, Texas 77429

281-469-5158

We replace frozen palms, plants, and backflow preventers!!!



*Celebrating Our 20th Year Anniversary!!!
www.yardmastersinc.com*

Landscaping • Bed Renovation • Landscape Lighting
Flagstone Borders • Walkways • Drainage Systems
Lawn Services • Aeration • Fertilization
Sprinkler System Installation / Modification / Repair LI #5455

Hunter

Insured For Your Protection

RAIN-BIRD

Please visit our website for more information on all our services www.yardmastersinc.com

Bashans Painting & Home Repair

Commercial/Residential
Free Estimates

281-347-6702



281-731-3383 cell



- Interior & Exterior Painting
- Hardi Plank Installation
- Wood Replacement
- Sheetrock Repair
- Interior Carpentry
- Cabinet Painting
- Wallpaper Removal and Texturizing
- Pressure Washing
- Fence Repair/Replacement
- Garage Floor Epoxy
- Custom Staining
- Roofing
- Gutter Repair/Replacement
- Faux Painting

References Available • Fully Insured

NO PAYMENT UNTIL COMPLETION

bashanspainting@earthlink.net

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.

8			5	6		4		
			2		8		1	
1						2		7
		3	9				5	
5					3			4
		1			4			
			6	9				
6		7						
		4				1		2

*Solution at www.PEELinc.com

© 2007. Feature Exchange

The Times is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use The Times contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.



THE FOUNDRY
A UNITED METHODIST CONGREGATION

full.fill.life.

Find out how becoming a part of a church family can help fulfill your life.

JOIN US THIS SUNDAY!

Fry Road Campus

Movie Theatre on Hwy 290 & Spring Cypress
Traditional Service: 9:00 a.m.
Contemporary Service: 10:20 a.m.

Jones Road Campus

8350 Jones Road, 1/4 mile off Hwy 290 on Jones
Traditional Services: 8:15 a.m., 9:20 a.m., 10:40 a.m.
Contemporary Services: 9:20 a.m., 10:40 a.m.

www.foundrychurch.org | 713.937.9388



Jennifer Kwak, M.D.



Parul Patel, M.D.

OFFICE HOURS

Monday - Thursday: 9 am - 5 pm
Friday: 9 am - noon
***Saturday: 9 am - noon (Sept - April Only)**

Closed Saturdays During the Summer Months

281.304.5100

FAIRFIELD MEDICAL CENTER
15040 Fairfield Village Square Dr. Suite #150
Cypress, Texas 77433

Master Gardener June Schedule

June 15

**Master Gardener Evening Lectures:
Extension Office
Shade Gardening**

by Carol Fraser, Master Gardener
6:30 p.m. - Desserts and coffee
7:00 p.m. - Lecture begins
Texas AgriLife Extension Service
3033 Bear Creek Dr, Houston, TX 77084
Free and open to the public.



AgriLife Extension is proud to present June 15th, the Master Gardener Lecture – Shade Gardening, with Carol Fraser, Master Gardener. Desserts and coffee begin at 6:30pm, followed by the lecture at 7:00pm at the Texas AgriLife Extension Service, 3033 Bear Creek Drive, Houston Tx 77084. This event is free and open to the public.

June 17

**Green Thumb Lecture Series
WaterSmart Landscapes**

by Dr. Carol Brouwer
County Extension Agent - Horticulture
6:30 - 9:00 p.m.
Tracy Gee Community Center
3599 Westcenter Drive, Houston, TX 77042
Free and open to the public.

AgriLife Extension is proud to present June 17th, the Green Thumb Lecture – Watersmart Landscapes, with Dr. Carol Brouwer, County Extension Agent - Horticulture. The Lecture begins at 6:30pm at the Tracy Gee Community Center, 3599 Westcenter Drive, Houston Tx. This event is free and open to the public.

Our Goal:



To Keep Your #1 Healthy.



Dr. Amit Parikh, D.O.
Board Certified Family Practice
Fellowship Trained Sports Medicine

281-373-9400

14315 Cypress Rosehill Road
Suite 180 • Cypress, TX 77429

Houston Center for Family Practice & Sports Medicine

Comprehensive Primary Care & Sports Medicine
for infants, children, adolescents, and adults.

Schedule your appointment today!

NEW LOW PRICES

in 2010!

BUSINESS CARDS *Starting @\$46.00*

ENVELOPES *Starting @ \$108.00*

LETTERHEADS *Starting @ \$91.00*

RUBBER STAMPS *Starting @\$7.50*

▪ *And Much More!*

ASK ABOUT OUR PROMOTIONAL ITEMS!

1-888-687-6444 ext. 24

Quality
PRINTING COMPANY

Experience Matters
Doing business for
30+ years.



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										
	June '09	July '09	Aug '09	Sept '09	Oct '09	Nov '09	Dec '09	Jan '10	Feb '10	Mar '10
\$500,000 and above	0	1	0	0	2	0	1	1	1	1
\$451,000--\$499,999	1	1	4	0	0	0	0	0	0	0
\$351,00--\$450,000	1	2	1	5	1	0	4	0	0	0
\$276,000--\$350,000	2	3	5	1	1	3	7	2	2	1
\$231,000--\$275,000	2	3	0	2	2	1	0	0	0	3
\$201,000--\$230,000	2	1	1	3	0	0	5	1	1	1
\$200,000 and below	0	1	1	1	1	0	0	0	0	0
Total	8	12	12	12	7	4	17	4	4	6
Highest \$/sq ft	\$112.90	\$133.96	\$127.56	\$118.25	\$115.21	\$105.82	\$130.21	\$132.45	\$132.45	\$114.10

This information is taken from the Houston Multiple Listing Service

**FOR OUTSTANDING AGENTS &
OUTSTANDING RESULTS....**

CALL 281-373-4300

RE/MAX PREFERRED HOMES

We support Cypress Lost Pet Alert.com!

e-mail: jeanne@donandjeanneteam.com

www.remaxpreferredhomes.com

