

the TIMES

March 2011

Volume 5, Issue 3

CY-FAIR VOLUNTEER FIRE DEPARTMENT 2011 SPRING RECRUITING DRIVE

The Cy-Fair Volunteer Fire Department will host a series of recruiting open houses at three of our fire stations this month to educate and inform those interested in joining one of the largest volunteer fire departments in the nation.

The volunteer fire service was started in this country by Ben Franklin. For more than 250 years the volunteer fire service has continued this tradition of “neighbors helping neighbors”. But over the past two decades the number of volunteer firefighters nationally has decreased by around 8%. The Cy-Fair Volunteer Fire Department has almost 400 volunteers today. The Cy-Fair VFD provides community based fire, EMS, and rescue services for 156 sq miles of Northwest Harris County using 12 fire stations. We provide all the necessary training and equipment needed. We have members from all walks of life including doctors, lawyers, bankers, realtors, career firefighters, teachers, mechanics,



welders, nurses, and stay at home parents. The only requirements are to have your high school diploma or GED, be 18 yrs old, and pass a drug and background

check. The volunteers of the Cy-Fair Volunteer Fire Department save the tax payers of our area over \$28 million each year.

For anyone interested in

volunteering there are a number of reasons to join:

- The satisfaction of helping others in your community

(Continued on Page 2)

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

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North Cypress Medical Center	281-477-0830
Willowbrook Methodist	281-477-1000

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Spillane Middle School	281-213-1645
Cy Woods High School.....	281-213-1727
Cy Fair High School.....	281-897-4600

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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 bridgeland@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!

Cy-Fair Volunteer Fire Department - (Continued from Cover Page)

especially when they are in need

- To gain experience and education in a wide variety of topics including - firefighting, emergency medical services, hazardous materials, fire codes, sprinkler systems and alarm systems
- Meet and work with others in your community, gain a sense of camaraderie with others by working together

Whatever your age or physical abilities there is something you can do at your local fire house to help out! While firefighters are needed, there are many other jobs where you could help:

- Drivers and pump operators are essential to all emergency operations (you can't get there without a driver!)
- Support personnel at the scene to move hoses, get equipment, etc.
- EMS personnel are needed for both first responders and ambulances
- Fire prevention teachers, people to help with truck maintenance and fire station maintenance are also needed.
- IT personnel to assist with our computers, network, website, and printers
- Help with fundraising and other fire company functions

Please attend one of our open houses and find out how you can help out at your local fire station. If you cannot make one of the dates please call us at 281-550-6663 to speak with a Public Information Officer.

Recruiting Open House Dates and Locations:

- April 3rd at 6:30 pm at CFVFD Station 9 at 7922 N Hwy 6, near Hwy 6 and Longenbaugh
- April 6th at 7pm at CFVFD Station 10 at 11310 Steeplecrest, near West Rd and Jones Rd
- April 13th at 7pm at CFVFD Station 6 at 6404 N. Eldridge Parkway, near Eldridge and West Little York

You may also visit us online for more information

- www.cyfairsbravest.org.

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Foundation for Foreign Study

Families from all over the Houston area are opening up their homes and lives to foreign exchange students through the EF Foundation for Foreign Study.

EF Foundation is a leader in high school foreign exchange, bringing more students to the United States than any other exchange program. A nonprofit committed to promoting global awareness for over 30 years; EF Foundation leverages a committed network of local coordinators to connect thousands of students with caring American families each year.

EF exchange students come from more than 30 countries around the world and are between the ages of 15 and 18. The majority of students stay for a full high school year. In the past, exchange students have come to live in Texas from as far away as Germany, Hong Kong, Australia and Norway, to name a few.

I am an International Exchange Coordinator for EF Foundation. I will be working with the community to secure host families for a number of students this year.

In order to raise awareness of this life-changing opportunity, we need the community to see local narratives of the wonderful families and students who have had unforgettable experiences through the program.

CHECK OUT OUR INFORMATIONAL VIDEOS!

- <http://vimeo.com/1154826>
- <http://vimeo.com/10247951>
- http://www.youtube.com/watch?v=cLldRF-4x04&feature=player_embedded
- http://www.youtube.com/watch?v=PSFCbQFCT5k&feature=player_embedded

Please do not hesitate to contact us with any inquiries, as we would be happy to work with you.

Sincerely,
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Special Evening for *a Special Needs Boy*

Rosehill Christian School held their annual Sadie Hawkins dance on Saturday, January 29th. In following tradition, the girls asked the boys to be their dates for the evening and the theme was "Cowboys and Indians". This may sound like any other school having just another school dance but something quite remarkable happened at RCS that night. Senior cheerleading squad co-captain, Kaitlyn Burke, asked a very special friend to be her date for the dance, Joshua Wright.

Joshua would not have been the typical choice for a popular, outgoing young lady trying to make every moment special her senior year but that is exactly the choice Kaitlyn made. Joshua is not your average 16 year old boy; he has autism, mental retardation, cerebral palsy, water on his brain and extreme speech delay. He has good days, but he also has not so good days.

Kaitlyn not only gave Joshua a chance to experience a high school dance but also gave his parents the opportunity to share the experience. Lonnie and Beth Wright had the joy of getting their only son ready for a dance. They were overwhelmed with emotion when Kaitlyn thanked them for letting her take Joshua. Mr. and Mrs. Wright wrote a letter to Dean Unsicker, Head of School at Rosehill



Christian, to let him know of the amazing student he has on the campus. Unsicker couldn't wait to share the story and hopes it will reach beyond the Tomball, Cypress and Houston areas.

Kaitlyn first met Joshua when her sister, Kristen, was giving him tumbling lessons. The families became fast friends and spend a lot of time together. When asked why she chose to ask Joshua to the dance, Kaitlyn replied, "I knew he loved to dance." Kaitlyn has a place in her heart for special needs kids and knew Joshua was the one she wanted to take to the event. She said

he danced with lots of people and got those not dancing to join in. "He did a lot of hugging, too", said Kaitlyn with a smile in her voice. A lot of teenagers might have thought it would be a big hassle to attempt such an undertaking but Kaitlyn said it was no big deal. Well it certainly was a big deal to Joshua and his family!

Kaitlyn is the daughter of Kevin and Bertha Burke. She is following her older sister, Kristen, by also graduating from Rosehill Christian School. The Burkes have a son, Kraig, who is currently in 9th grade at RCS. Lonnie and Beth Wright have three children: Joshua, Jaycee and Jessica. Their two girls also attend RCS. Rosehill Christian School is located at 19830 FM 2920, Tomball, TX.



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Tips for Mastering the Farmers' Market

By Melanie Dragger, M.Com.

Many people are taking steps to improve their health and the environment by eating organically grown and raised foods. While some people are selecting organic items at their local grocery store, farmers' markets are becoming increasingly popular. Over the past year, according to the Department of Agriculture, the number of farmers' markets in the U.S. increased by 858, or 16 percent, from 5,274 in 2009 to 6,132 in 2010. When the USDA first began tracking farmers' markets in 1994, there were only 1,755 markets.

Outside of growing your own produce and raising your own livestock, shopping at a farmers' market is the best way to obtain fresh, local, and seasonal fruits, vegetables, and herbs, as well as farm-fresh eggs, meat, poultry, and dairy products. Many farmers' markets also offer artisan breads, honey, and seasonal jams, jellies, and preserves.

Below are tips to help you master your local farmers' market:

1. Do Your Research – Before heading to the market, research what produce is in season in your area. Since all products

sold at a farmer's market may not be organic, and some organic products sold may not be certified, familiarize yourself with the organic certification process and product labeling. Information on the USDA's National Organic Program can be found at <http://www.ams.usda.gov/nop>.

2. Bring Your Own Containers – While some vendors have bags and boxes available for customers, bringing your own containers is the best way to ensure you will be able to transport and protect your purchases properly. Additionally, recycling containers helps the environment by reducing the number of natural resources used to produce new ones.

3. Bring Cash – Swing by your bank or ATM before hitting the farmers' market. Most vendors do not accept checks or credit cards. Bring small bills, since it may be difficult for some vendors to make change.

4. Go Early or Go Late – The best items usually go first, so try to get to the market early. However, before making a purchase, take a quick trip

down the aisles, since prices can vary greatly among vendors. If you can't make it to the market when it first opens, go at the end of the market day to catch deals from vendors trying to unload their remaining products.

5. Speak with Vendors – Shopping at a farmers' market allows you an opportunity to speak directly with growers and farmers. Not familiar with Swiss chard? Looking for a new way to prepare eggplant? Most vendors love to share their knowledge, including discussing their production methods, providing storage and transportation advice, and sharing recipes and cooking tips.

Buying organic products at your local farmers' market offers numerous benefits, including boosting the local economy, reducing the amount of toxic chemicals that enter your body and the environment, and decreasing the amount of fossil fuels used to transport products to consumers. However, organic products can be more expensive than conventionally grown and raised products, and some organic products may be difficult to find in

some areas. If going 100% organic is not feasible, use the following list as a guide. According to the 2010 report of the Environmental Working Group, a non-profit organization specializing in research and advocacy related to public health and the environment, these 12 fruits and vegetables consistently contained the highest amount of pesticides when conventionally grown, and should be consumed in organic form when possible:

1. Celery
2. Peaches
3. Strawberries
4. Apples
5. Blueberries (domestic)
6. Nectarines
7. Sweet Bell Peppers
8. Spinach
9. Cherries
10. Kale/Collard Greens
11. Potatoes
12. Grapes (imported)

The EWG's annual ranking of produce pesticide contamination is based on its analysis of tests conducted by the USDA and the federal Food and Drug Administration. More information on the EWG, as well as the full list of fruits and vegetables ranked, can be found at <http://www.ewg.org>.



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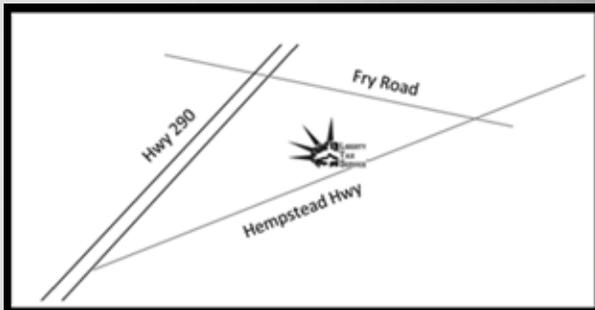
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Northwest Flyers Youth Track Club Information Sessions

THURSDAY EVENING, APRIL 7TH, 2011 AND
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The Northwest Flyers Track Club will host 2 open house/ registration sessions for all middle and high school athletes and their parents interested in joining for the 2011 season. The events will be held on Thursday, April 7, and Friday, April 22, from 7:00 – 8:30 PM in the Cypress Room at the Methodist Willowbrook Hospital, 18220 Tomball Parkway, Houston, at the corner of FM 1960 and Highway 249. The sessions will begin with a very important program overview/orientation at 7:00 PM. All interested athletes and parents should report on time.

The Northwest Flyers is a youth (ages 6 -18) track organization, affiliated with USA Track & Field. The club provides a full program of “track” events such as sprints, hurdles, middle distance, distance, relays and “field” events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. It is an excellent “off-season” program for young athletes who currently compete on their middle school or high school varsity track teams.

The club was founded 24 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area. Last year the Northwest Flyers qualified 36 young athletes to compete at the US Junior Olympics National Championships in Sacramento, California.

Visit the team website at <http://www.northwestflyers.org> for registration forms and information prior to the sessions, or contact Linette Roach at (281) 587-8442 or linette.roach@sbcglobal.net.



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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.

Recipe of the Month

7 Layer Salad

Layer following vegetables in 8 x 10 dish in this order:

- 1 head lettuce, broken up
- 1 cup chopped celery
- 1 small can sliced water chestnuts, drained
- ½ C green onions, thinly chopped
- 1 box frozen English peas (do not cook)
- 1 pint real mayonnaise (spread over top)
- 6 oz. grated cheddar cheese

Cover and refrigerate 24 hours. Crumble 6 piece of fried bacon on top.

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Tips to Turn Your Walk Into a Workout

By Sarah S. Jordan, MS

Walking is a great mode of exercise because it requires no equipment, it is low-impact, and something that many people can do regardless of their fitness level or experience.

Benefits of Walking

Any movement is good movement and the same is true for walking. Like other forms of exercise, walking can help you improve cholesterol levels, lower blood pressure, control weight, improve mood, decrease stress, and it also provides numerous other health benefits. Here are some tips to turning your walk into a workout.

Get the Goods

Proper footwear is essential for any kind of exercise. It is important to select shoes with good arch support and soles that absorb shock and provide cushioning. If you are unsure about fit, Austin has several local shoe stores that will personally fit you to a new pair of sneakers.

Choose clothing that is comfortable to move in and that you feel good wearing. Dress in layers if the weather is cool so that you can adjust as needed during your workout. And take a bottle of water

along so that you can hydrate along the way. You may find that taking an iPod along will help keep you motivated.

Walking for Fitness: Proper Speed and Technique

Although the act of walking is simple, walking for fitness takes more effort, attention to speed, and technique. In order to get the most out of your walking workout, the speed should be brisk and above your "stroll in the park" comfort level. Also, your heart rate should be elevated. A good estimate: 10 - 15 heartbeats in a 6-second pulse count. (Multiply that number by 10 to get heartbeats per minute.) Strike the ground with the heel and drive off from heel-to-toe in order to effectively engage the muscles of your lower-body.

A few minutes after starting your walking workout, take a moment to stretch the calves, quadriceps, and hamstrings. Hold stretches for several seconds (with no bouncing) on each side. After your workout, reward your muscles and improve flexibility by taking a few minutes to stretch. Hold stretches longer here because muscles are warm and can make gains in flexibility at this point.

(Continued on Page 13)



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Tips to Turn Your Walk Into A Workout -

(Continued from Page 12)

Just Getting Started?

If you are new to exercise, it is important to check with your doctor before starting an exercise program. Start slowly and gain confidence before adding distance. For example, you might try walking 10 minutes in one direction and 10 minutes back. Slowly build up to 15 minutes in one direction and 15 minutes back. Over time, build up to 2-3 miles or 40-60 minutes of walking at a brisk pace most days of the week.

A Seasoned Walker?

If you have been walking for quite some time, you may be looking for something new to add to your walking workout. With a few quick additions, you can further challenge and tone muscles and increase the intensity of your workouts.

- **Add speed.** Turn your walk into a speed walk. Engage the arms and the core muscles.
- **Incorporate intervals.** Walk for five minutes. Do an interval for two minutes. Repeat. Intervals can include things like walking lunges, moving side squats, push-ups, and jogging.
- **Hit the hills.** Adding an incline will increase intensity in a hurry!
- **Add resistance.** Use a weighted backpack or vest. Or push your child in the stroller. I did not realize just how much weight I was

pushing when I exercise with my son until I did the math recently. He is 25 pounds, and the stroller is 15. That extra 40 pounds adds great intensity (and a whole lot of cuteness) to my workouts!

If this is the year that you have devoted to improving health, walking is a great way to start! Remember... "The journey of a thousand miles begins with a single step."



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5:00 p.m.

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*** Value of the "surrounding squares" gift cards will be 10% of the value of the winning gift card.*

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The field is plotted for 800 squares and will be marked off in a grid formation with chalk prior to the event. Each numbered ticket will be assigned a random square prior to the event and the squares will be hypothetically marked with a number. A map of squares will be posted at the event and on the WRAP website prior to the event. If the horse plop covers more than one square, the square with the most plop wins. The official judge will determine the winning square and their decision is final. If the horse does not plop by 5:45 p.m., winners will be determined by drawing.

All proceeds go to 2011 Cy-Woods WRAP (Wildcats Right After Prom).

www.cywoodswrap.org



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Do you know the number one killer of women in the United States? It's not breast cancer. Try again. It's heart disease. 489,000 women die from heart disease annually, not breast cancer, according to the Centers for Disease Control and Prevention. In a research study, the American Heart Association reported only 13 percent of all women in the United States are aware that heart disease can kill them or play a major threat in their lives. Women are bombarded with advertisements, news media, and commercials about how breast cancer can kill them. Yet, cardiovascular disease is playing a lethal role in women's health today, more so than cancer.

Cancer is the second killer of women. Though it's not breast cancer, but rather lung cancer. 73,000 women die annually of cigarette related lung cancer. In the United States 202,964 women were diagnosed with breast cancer in 2007, and 40,598 women died from this disease. Receiving regular mammograms and doing daily breast self-checking examinations are crucial for survival. Along with great surveillance, research, and early detection fewer women are succumbing to this disease. Colorectal cancer is the third leading cancer killer in women.

The fact is heart disease is the number one killer in women. Women need to think more Red, along with Pink. Heart disease is a preventable disease and can be controlled. Yes, many contributing factors, such as genetics, gender, and ethnicity, do play a role. However, lifestyle is a major culprit in heart disease. Adopting a healthy lifestyle, which includes the following factors, can reduce the risk of contracting heart disease:

- Exercise regularly.
- Control other contributing factors such as blood pressure, diabetes, hypertension, and cholesterol.
- Maintain a well-balanced nutritional menu that is rich in fruits and vegetables, whole grains, and lean meats.
- Eat high fat foods sparingly.
- Reduce the amount of sodium, sugar, and alcohol.
- Maintain a health body weight.
- Cook meals more frequently.
- Limit pre-packaged foods.

*Article by,
Valerie Salinas, MS*

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	Apr '10	May '10	June '10	July '10	Aug '10	Sept '10	Oct '10	Nov '10	Dec '10	Jan '11
\$500,000 and above	1	2	1	0	0	0	0	0	0	0
\$451,000--\$499,999	1	0	0	0	0	0	0	0	1	0
\$351,000--\$450,999	1	3	9	4	1	1	1	1	2	1
\$276,000--\$350,999	2	2	3	4	2	4	3	1	5	4
\$231,000--\$275,999	0	4	2	1	4	1	1	2	1	0
\$201,000--\$230,999	2	1	5	0	3	0	1	4	3	0
\$200,999 and below	5	2	0	4	1	2	2	0	2	2
Total	12	14	20	13	11	8	8	8	14	7
Highest \$/sq ft	\$104.36	\$109.38	\$127.54	\$107.05	\$97.68	\$101.92	\$102.63	\$105.94	\$107.89	\$103.05

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