

the TIMES

July 2011

Volume 5, Issue 7



JULY 2011

HEALTH BRIEFS



Keep Up With Routine Eye Exams

Maintaining good vision should be a top health priority for you.

Many eye diseases, such as glaucoma and macular degeneration, can go undetected and destroy your eye sight later in life.

It is important to keep up with routine eye exams to detect early onset of these and other diseases, according to Dr. Douglas Koch, professor of ophthalmology at Baylor College of Medicine. Family history and secondary condition such as diabetes can also increase your risk of developing these conditions.

At Baylor's Alkek Eye Center, there are highly skilled ophthalmologists who can diagnose and treat eye diseases before the damage occurs. We also offer expert care and the latest technology in contact lens care and treatment of cataracts, ocular surface diseases, dry eye, disorders of the eyelids, and visual problems related to the nervous system to make an appointment at the Alkek Eye Center, please call 713-798-6100.

Antacids May Mask Serious Problem

Taking an over-the-counter antacid on a regular basis could be a sign of trouble, warns a Baylor College of Medicine physician.

"If you are taking an over-the-counter antacid on a daily basis, you have more than just occasional heartburn," said Dr. Waqar Qureshi, associate professor of medicine and chief of endoscopy at BCM. "If that is the case, you should see a doctor."

Heartburn can occur when certain foods cause the muscle controlling the barrier between the stomach and the esophagus to relax, allowing stomach acid to rise more easily into the chest and leaving a burning sensation and a sour taste in your mouth.

You can improve the symptoms by avoiding large meals, eating several hours before bedtime and reducing your weight if you are overweight. If these measures don't help, prescription medications may be necessary, said Qureshi.

Frequent heartburn could signal a chronic condition or gastroesophageal reflux disease (GERD), which afflicts more than 7 million Americans annually. Ignoring frequent symptoms could lead to complications such as strictures (a narrowing of the esophagus), ulcers, difficulty swallowing and even esophageal cancer.

"The bottom line is to not ignore heartburn," Qureshi said, "If you are having heartburn several times a week, especially if it interrupts your sleep, or notice difficulty swallowing, you should see a doctor."

Summer Treats Should Not Replace Healthy, Balanced Meals

When you hear the familiar sound of the ice cream truck coming down the street this summer, be sure to consider how a summer treat fits into a balanced diet, said an expert at Baylor College of Medicine.

"Any snack needs to be in proportion to a person's nutrient needs based on age, gender and activity level," said Dr. Karen Cullen, associate professor of pediatrics-nutrition at the USDA/ARS Children's Nutrition Research Center at BCM.

Consider the frequency and portion size of summer treats, and be sure not to let snacks replace or interrupt regular meals, she said.

(Continued on Page 3)

IMPORTANT NUMBERS

EMERGENCY NUMBERS

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

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Willowbrook Methodist	281-477-1000

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Warner Elementary School.....	281-213-1650
Spillane Middle School	281-213-1645
Smith Middle School	281-213-1010
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!

Recipe of the Month BROCCOLI CHEESE SOUP

Ingredients

- 3 T oil
- 1 C chopped onion
- 6 C water
- 6 cubes chicken bouillon cubes
- 8 ozs. fine egg noodles
- 2 - 10 oz. pkg. chopped broccoli
- garlic powder
- 6 C milk
- 1 lb. shredded Velveeta cheese
- opt. 2-3 T thickened cornstarch

Saute onion in oil. Add water and bouillon. Cook until dissolved. Add noodles. Cook uncovered 3 min. Add thawed broccoli and garlic. Cook 4 minutes. Add milk and cheese. Heat until cheese melts. Thicken, if desired.

Enjoy!



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Health Briefs - (Continued from Cover Page)

Summertime is a great opportunity to discover new fruits that are in season, including watermelons, mangos and strawberries. Fresh vegetables are also available at reasonable prices. Taking children to a farmer's market can be a fun activity with great benefits for the whole family.

Too Much Sodium Can Harm Your Health

When your blood pressure goes up, your sodium intake must come down, said an expert at Baylor College of Medicine.

"There have been many studies that suggest that too much sodium impacts blood pressure, which increases the risk of cardiovascular disease and stroke," said Dr. Rebecca Reeves, assistant professor of medicine at BCM.

Studies show that Americans eat an average of 3,400 milligrams of sodium per day - that's 1,100 milligrams more than the recommended 2,300 milligrams per day, said Reeves.

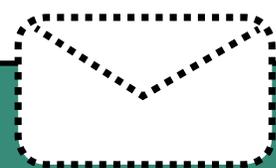
Her tips on controlling sodium intake include:

- Eat more whole grains, fruits and vegetables and cut back on sweets and red meat.
- Read food labels for sodium levels per serving
- Replace salt with fresh herbs and spices when cooking
- Use low sodium products when available

- Rinse canned veggies and beans before cooking to reduce sodium levels
- Don't salt food at the dinner table

Foods high in salt and thus high in sodium include cured meats, pickled foods, many different snack foods and crackers and various types of seasonings.

Although medication also helps reduce high blood pressure, the results will be even better with dietary changes. Following a low sodium diet plus taking blood pressure medication daily will help lower and maintain blood pressure.



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It's Time to Register for the Beautiful Game!!!

Fairfield Sports Association Soccer Registration is now OPEN.

Fairfield Soccer is a recreational league for players ages 4-13. All practices and games take place in Fairfield at one of our two soccer facilities. We play small-sided soccer in the younger divisions with modified rules to accommodate the developing skills of young players. As the kids get older, we gradually increase the number of players on the field and the size of the fields. The overall emphasis of the program is to develop individual technical skills and a love for the game in a fun, safe, positive environment.

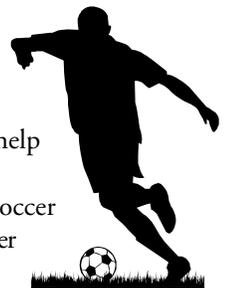
In honor of the Women's World Cup being played in Germany this summer, we are continuing with the Xara International uniforms that were hugely popular last season. The uniform is included as part of the registration fee and includes a full kit. The kit contains a team jersey, matching shorts and socks. Registration fees for the 4, 5, and 6 year old divisions are \$115.00 per player. Registration fees for the 7 year old division and older are \$125.00 per player. There will be NO team sponsorship fees this season!

Registration for FSA Soccer is available on-line at www.fairfieldsports.net and will remain open through July 17th. Any parents who wish to volunteer as either a head coach or an assistant coach will also need to register on-line. There will be a player

evaluation for players ages 7-13 during the week of July 25th. More information about this evaluation is available on the FSA Soccer website. Teams will be formed by July 31st and practices will start the week of August 1st. The first games will be scheduled to start on Saturday, August 27th. There will be NO GAMES or PRACTICES September 2nd through the 5th. The 4, 5, and 6 year old divisions will play a 10 game schedule. The 7 year old and older divisions will play an 8 game regular season, and they will participate in a season ending double elimination tournament. The season ending "Soccer Day Celebration" is scheduled for Saturday, November 19th.

The last important date FSA Soccer will need help with is a field maintenance day scheduled for Saturday, July 16th. We will start at 9:00am and should be finished by 12 noon. This day will be used to mark fields, set goals, and replace/repair nets. The more people-power we have, the faster the work gets done. Any help that you can give will be greatly appreciated!

Questions about the FSA Soccer program or soccer registration can be directed to Scott Baehren, Commissioner - FSA Soccer, at soccer@fairfield-sports.org



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Financial Focus

Submitted by Matt Smith, Edward Jones

On July 4, we shoot fireworks, attend picnics, watch parades and otherwise celebrate our nation's independence and the many freedoms we enjoy. But as you go through life, you'll find out how important it is to work towards another type of freedom — financial freedom. That's why you need to put strategies in place to help you work towards your own Financial Independence Day.

And there's no way to "sugar-coat" this task, because it will be challenging. In recent years, a combination of factors — including depressed housing prices, rising health care costs, frozen or eliminated pension plans and the financial market plunge of 2008 and early 2009 — has made it more difficult for many of us to accumulate the resources we'll need to enjoy the retirement lifestyle we've envisioned. In fact, the average American family faces a

*Work Toward
Your Own
Financial
Independence
Day!*

37 percent shortfall in the income they will need in retirement, according to a recent report by consulting firm McKinsey & Company.

But now that we've gotten the "bad" stuff out of the way, let's turn to the good news: You can do a great deal to work towards financial freedom during your retirement years. Here are some suggestions that can help:

- **Save and invest more.** Obviously, the younger you are, the greater the benefit you'll get by increasing your savings and investments. But whatever your age, you'll find that it pays to save and invest more. During difficult economic times, of course, it's not always

easy to boost your savings and investments, but try to find ways that are as "automatic" as possible. For example, whenever you get a raise, increase your 401(k) contributions, which come directly from your

(Continued on Page 7)

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Financial Focus - (Continued from Page 6)

paycheck. And whenever you get a “windfall,” such as a tax refund, try to use part of it for your IRA or another investment account.

- **Rebalance your portfolio.** It’s always a good idea to periodically rebalance your investments to make sure they are still aligned with your goals and risk tolerance. But it’s especially important to rebalance as you get older and you near retirement. At this stage, you’ll want to decrease the volatility in your portfolio and lock in what gains you’ve achieved, so you may want to move some (but certainly not all) of your more aggressive investments into less volatile ones.
- **Cut down on debts.** It’s easier said than done, but anything you can do to reduce your debt load will free up money to invest for your retirement. Work diligently to pay off whatever debts you can and examine your lifestyle to find areas in which you can reduce spending.
- **Consider working part-time during retirement.** Many Americans are now living longer and enjoying happy, healthy retirements. In fact, the concept of “retirement” has changed so that it now includes any number of activities — including part-time work in a completely different area from one’s previous career. If you are willing to do even a little part-time work during your retirement

years, you can greatly reduce the financial pressures you may face during this time of your life.

The 4th of July comes and goes quickly. So put strategies in place now to help you work towards your own Financial Independence Day.

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LONE STAR COLLEGE CYFAIR PERSPECTIVE

Free Business Success Seminars in July

The Small Business Development Center and the Lone Star College-CyFair Branch Library are sponsoring three free business success seminars. Topics include Twitter for marketing in "Trick or Tweet?" July 13, management tips for productivity and organization in "Time Flies When You're Having Fun" July 20 and free or low-cost online/mobile options in "Web Tools and Apps" July 27. All seminars are held Tuesdays from 7:45 a.m. to 8:45 a.m. in library room 215, on the campus at 9191 Barker Cypress. No sign up is required and there will be door prizes. For information, go to LoneStar.edu/library/business-seminars or call 281.290.3214 or 832.482.1057.

Bosque Gallery Summer Exhibition is Hot! Hot! Hot!

Stop in the Bosque Gallery, to see a unique encaustic exhibition titled "Hot! Hot! Hot!" curated by Gwen Plunkett and on display July 19 through Aug. 18. Encaustic is one of the oldest, time-tested methods of painting. It involves using a mixture of beeswax and damar resin and pigment to paint a variety of surfaces from wood to canvas and others. An artist reception is set for July 20. For gallery information, go to LoneStar.edu/bosquegallery.

Free New Student and Parent Orientations Continue

Multiple orientation dates and times are set through August for new students as well as separate orientations for parents and

family members. Students can take the campus tour, receive important academic information, get advised and register for summer and fall classes. Parents will also tour the campus as well as learn how to support their new college student with a few short presentations on academic life, student services and financial aid. All orientations are free but space is limited so pre-register online at LoneStar.edu/cyfair-orientation. Call 281.290.3430 or e-mail cfoutreach@LoneStar.edu for information.

Registration Under Way for Summer and Fall

Lone Star College-CyFair offers options and flexibility, so register now for Weekend College, Friday only courses, online courses, Dual Credit courses and more. Sign up for Summer Session II classes that start July 14. And it's never too early to register for fall classes which start Aug. 29. For information, go to LoneStar.edu/registration.

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 "Secrets Behind Weight Loss" July 6; "Cake Balls" July 13; "Texas Republic Celebration" July 20 and "Flower Power" July 27. Call the library at 281.290.3214 for L.I.F.E. program information.

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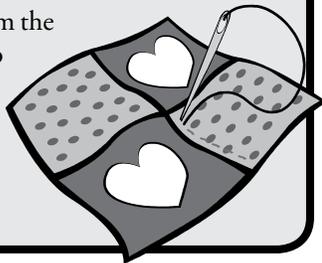
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8:30 a.m. – 11:30 a.m.

The Cy-woods Crimson Cadettes Drill Team will host their 6th annual dance clinic for K-12 from 8:30 a.m. to 11:30 a.m. on August 10-12. This is a major fund-raiser for the team and enables them to participate in activities throughout the 2011-2012 school year. The fee is \$55 and includes dance technique, specially choreographed routines for each age group, a t-shirt, drinks and snacks each day and a picture for each participant. Showoffs will be held the last day at 11:30 a.m. For more information email goodsonms@comcast.net or check out our website at www.crimsoncadettes.com. On the website, you will find a sign-up form and a link to PayPal for easy payment.

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READY MADE FAMILY?

Siblings can be a source of frustration, rivalry and competition as children learn some of the more important lessons in life like communication, negotiation, teamwork and forgiveness. Siblings can also be a source of support, friendship, security and loyalty as children learn to grow together and value the unique aspects of having a family.

Keeping a group of siblings together that have been waiting in the foster care system is a worthy and challenging objective. Finding a family that will take a group of siblings to be permanent family is an even more difficult task. However, the value of having a permanent family for a group of siblings is

immeasurable. Do you have the space in your home and in your heart to be the answered prayer for a sibling group looking for a home?

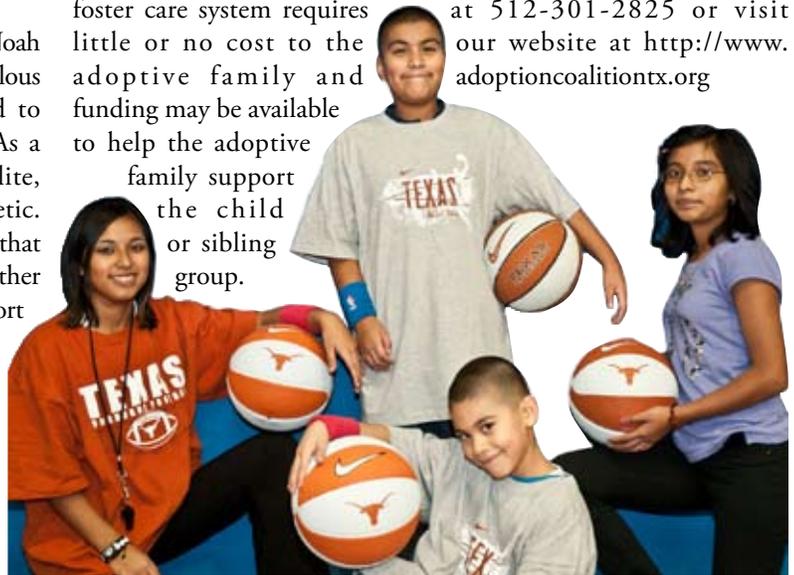
Maribel (15), Isabel (14), Noah (11), and Tereso (8) are a fabulous foursome looking forward to finding a forever family. As a group, they are smart, polite, engaging, active, and athletic. They hope to find a family that will allow them to stay together as well as encourage and support them in reaching their full potential.

To find out more about this wonderful group please contact Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter,

at the Adoption Coalition of Texas (512) 810-0813 or gracelindgren@adopttexas.org

Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group.

To learn more about the adoption process and the Adoption Coalition of Texas, please call Bruce Thompson at 512-301-2825 or visit our website at <http://www.adoptioncoalitiontx.org>



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TEXAS EVENTS *July 2011*

- 12—CORPUS CHRISTI:** Sensational Sustainable Seafood Each month, a local chef offers wonderful seafood recipes along with wine to make people more aware of seafood that is being overfished and to choose seafood that is sustainable. Texas State Aquarium, 2710 N. Shoreline Blvd. www.texasstateaquarium.org 361/881-1200
- 15-16—LEAGUE CITY:** Fire On The Strings Bluegrass Music Festival Enjoy bluegrass jamming, workshops, guitar and banjo championships, and live performances. South Shore Harbour Resort and Convention Center, 2500 South Shore Blvd. www.bayareabluegrass.org 581/488-2244
- 15-16—ORANGE:** Sheriff's Posse Rodeo Sheriff's Posse Arena. www.orangecountysheriffposse.com 409/886-2638
- 15-17—PORT ARANSAS:** Outboard Fishing Tournament Offers a tournament for vessels powered exclusively by outboard motors. Sponsored by the Port Aransas Fire Auxiliary. Registration is Friday, and fishing days are Saturday and Sunday. Robert's Point Park, 301 J.C. Barr Blvd. www.outboardfishingtournament.org 361/749-4923
- 15-Aug. 21—VICTORIA:** Charles Schorre Exhibit Nave Museum, 306 W. Commercial. www.victoriaregionalmuseum.com
- 15-Oct. 15—CORPUS CHRISTI:** Beyond Shared Language: Contemporary Art and the Latin American Experience This exhibition of works by 14 Latin American artists explores issues of cultural identity, ethnicity, religion and both the fragility and fluidity of their visual language. Art Museum of South Texas, 1902 N. Shoreline Blvd. www.artmuseumofsouthtexas.org 361/825-3500
- 16—BRAZORIA:** Annual Heritage Ball Reminiscent of the historic dances that took place in Brazoria from 1832-36, this event welcomes guests in period costume for a gourmet dinner and dance. A huge live auction featuring collectible guns, antiques, handmade quilts and registered livestock makes for a unique evening. Knights of Columbus Hall on Highway 36. 979/236-0241
- 16—GALVESTON:** ArtWalk Galleries, The Grand 1894 Opera House, restaurants and other businesses open their doors to host exhibits, tours and entertainment. Hours are 6-9 p.m. Downtown Historic District. www.galveston.com/galvestonartscenter
- 16—LAKE JACKSON:** Bird Banding The public is invited to join workers collecting data on bird populations at the Bird Observatory. Hours are 8 a.m. to noon. www.gcbo.org 979/480-0999
- 16—ORANGE:** Powerful Portraits Family Day At this family-friendly day of exploring people in art, make up your own stories about the figures found in artwork, create a portrait collage to take home, and enjoy drawing, games and a scavenger hunt. Stark Museum of Art, 712 Green Ave. www.starkmuseum.org
- 16—ROSENBERG:** Tribute to America Features live blues and jazz music by The Sugarland Brass Company and Touch of Class, plus a homemade ice cream contest, hot dog eating contest, SWAT and K9 demonstrations by the Rosenberg Police Department, art displays and more. Historic Downtown District, 800 Third St. www.rosenbergevents.com
- 16—SOUTH PADRE ISLAND:** American Spirit Championships Spectators are welcome at this Summer National Competition for Cheerleading. South Padre Island Convention Centre. www.sopadre.com 956/761-3005
- 16—VICTORIA:** Market Day Hours are 9 a.m. to 4 p.m. DeLeon Plaza, 100 W. Constitution. www.victoriatx.org 361/485-3200
- 16-22—GALVESTON:** The History of Tourism in Galveston Galveston Island has been a tourism destination for visitors for more than 100 years. In the late 1800s, visitors would come to Galveston to enjoy the "healing powers" of the Gulf of Mexico. Galveston's beaches are still the biggest attraction on the island. Learn more about Galveston's history of tourism through this presentation. Hotel Galvez, 2024 Seawall Blvd. www.rosenberg-library.org

(Continued on Page 12)



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Texas Events - (Continued from Page 11)

- 17—PASADENA:** Nature Sunday Series The Armand Bayou Nature Center presents this program designed to help people understand the natural world around them through speakers and activities for children and adults. Hours are 1–3 p.m. 8500 Bay Area Blvd. www.abnc.org 281/474-2551
- 17—PORT ARANSAS:** Scottish Links 3-Ball Tournament Newport Dunes Golf Club, 265 Palm Island Drive. www.newportdunesgolf.com 361/749-4653
- 20–24—HOUSTON:** Reliant Park World Series of Dogs Show One of the largest American Kennel Club dog shows in the country also includes a student art show, pet health information, Best Puppy Competition, pet-related trade show and a “Meet the Breed” program for families to learn more about which dog breeds are best for them. Reliant Center, 8400 Kirby Drive. www.reliantdogshows.com
- 21—CORPUS CHRISTI:** Live! On the Lawn Free monthly outdoor music and entertainment series presents local music and performance groups from 6–9 p.m. On the lawn at La Palmera Mall, between the food court entrance and main entrance. www.lapalmera.com 361/991-3755
- 22–23—SOUTH PADRE ISLAND:** Beachcombers Art Show and Sale Features more than 100 artists displaying paintings, prints, sculpture, jewelry, pottery and more. South Padre Island Convention Centre, 7355 Padre Blvd. www.harlingenartforum.com 956/761-3000
- 23-Sep. 4—BEAUMONT:** Contemporary Regional Folk Art: Selections from the Permanent Collection Folk artists are primarily defined by their lack of any formal education in the arts and an almost fervent desire to create art. This exhibition will give visitors a look at sculpture and paintings in a variety of artistic styles, as well as many of the artists represented in the museum’s collection. Art Museum of Southeast Texas, 500 Main St. www.amset.org 409/832-3432
- 23-Sep. 4—BEAUMONT:** Southeast Texas Collects: Jamie Paul Kessler German Pottery Collection Exhibit features a local collection of German pottery arranged in groupings that showcase highly unique stylistic traits. Art Museum of Southeast Texas, 500 Main St. www.amset.org 409/832-3432
- 28–30—CLUTE:** Great Texas Mosquito Festival Enjoy live entertainment, carnival rides, a mechanical bull, petting zoo, Radio Disney and more. Clute Municipal Park, 100 Parkview Drive. www.mosquitofestival.com 979/265-8392
- 29–30—EDNA:** Lester Meier Open Pro Rodeo Begins at 8 p.m. Brackenridge Recreation Complex Main Event Center, 284 Brackenridge Parkway. E-mail: mec@lnra.org 361/782-7272

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Bridgeland Year-to-Date Sales Report

	Aug '10	Sept '10	Oct '10	Nov '10	Dec '10	Jan '11	Feb '11	Mar '11	Apr '11	May '11
\$500,000 and above	0	0	0	0	0	0	0	1	0	1
\$451,000--\$499,999	0	0	0	0	1	0	2	2	0	0
\$351,000--\$450,999	1	1	1	1	2	1	1	1	1	2
\$276,000--\$350,999	2	4	3	1	5	4	1	4	2	6
\$231,000--\$275,999	4	1	1	2	1	0	4	2	2	2
\$201,000--\$230,999	3	0	1	4	3	0	1	2	2	2
\$200,999 and below	1	2	2	0	2	2	2	0	1	4
Total	11	8	8	8	14	7	11	12	8	17
Highest \$/sq ft	\$97.68	\$101.92	\$102.63	\$105.94	\$107.89	\$103.05	\$108.22	\$153.19	\$100.12	\$141.24

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