

the  
TIMES

September 2012

Volume 6, Issue 9

# Bridgeland Community GARAGE SALE

**WHEN:** October 13, 2012

**TIME:** 8:00 AM - 12:00 PM

**WHERE:** Festival Park

Looking to sell all those items that are collecting dust around your home? The Bridgeland Community Garage Sale is the perfect time to sell these items.

If you are interested in participating, please e-mail the Garage Sale Committee at [bridgelandgaragesale@gmail.com](mailto:bridgelandgaragesale@gmail.com). The Garage Sale Committee is also looking for volunteers to assist with the event.

If you are interested in volunteering, please e-mail the committee at [bridgelandgaragesale@gmail.com](mailto:bridgelandgaragesale@gmail.com).

**SOLD**



**IMPORTANT NUMBERS**

**EMERGENCY NUMBERS**

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

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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  
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 Robison Elementary School..... 281-213-1700  
 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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 Water and Sewer ..... 800-579-4500  
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 Electricity - Reliant Energy..... 800-735-42568  
 Cable/Internet/Phone - Comcast..... 713-341-1000

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 Drivers License Info. .... 281-955-1100  
 Harris County Tax .....713-224-1919

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**THE TIMES**

*A newsletter for Bridgeland residents.*

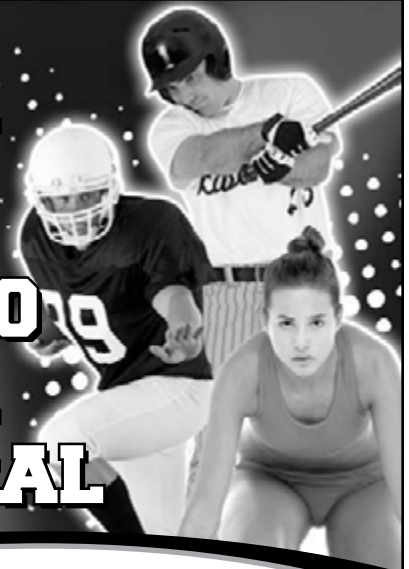
The Times is a monthly newsletter mailed to all Bridgeland residents. Each newsletter is filled with valuable information about the community, local area activities, school information and more.

If you are involved with a school group, play group, scouts, sports activity, social group, etc. and would like to submit an article for the newsletter you can do so online at [www.PEELinc.com](http://www.PEELinc.com) or you can email it [bridgeland@peelinc.com](mailto: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!*

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# The Farmer's Market AT BRIDGELAND

Due to much success and great demand, The Farmer's Market at Bridgeland will now be a monthly event. It will be held on the 2nd Sunday of every month from August to December 2012 at the Bridgeland Activities Center, Sep 9, Oct 14, Nov 11, and Dec 9 from 12:30 to 3:30 pm.

The Farmer's Market will be selling a variety of local produce, meats, olive oils, goat cheese, honey and other goods all from Texas based farmers and vendors.

Thanks to over 30 volunteers of Bridgeland residents, the support of Bridgeland's developers, and our two wonderful Sponsors (Billie Toland with Better Homes and Gardens Real Estate Gary Greene/Cypress and David Weekley Homes), we are able to make the dream of a sustainable Farmer's Market a reality. Please join our Facebook page for regular updates: <https://www.facebook.com/TheFarmersMarketAtBridgeland>



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## Fairfield Women's Club's 3rd Annual Triathlon *"The Heart of Fairfield"*



Fairfield is hosting their 3rd Annual Triathlon on October 21, 2012. The race will begin at 8:10am, refreshments at 9:00am with Awards and Prize Drawings at 10:45am. Cy-Fair Emergency & Imaging Center will host a Community Health Fair beginning at 8am. FREE Screenings include: Skin Cancer Screenings, Blood Pressure Check, Weight & BMI Evaluation, Nutritional & Fitness Counseling and Risk Assessments for Stroke and Diabetes.

We need sponsors to cover our costs. In return we would like to offer you an advertising opportunity. Banner, coupon insert, full page ad, t-shirt ad space and vendor booth are all available to help advertise your business.

### TRIATHLON

#### 300M SWIM, 10 MILE BIKE COURSE, 3 MILE RUN

(Your business can help pay for Triathlon expenses: Award Medals & Plaques, Medals for 1st time Finishers, Race Numbers, Bike Rack Rentals, Chip Timer Expenses Race Announcer, Police, Safety Signs)

**GOLD SPONSORSHIP \$300** (Best Deal!- T-shirt Ad Space, Banner, Vendor booth, Full page ad, Coupon Insert)

**SILVER SPONSORSHIP \$250** (Vendor booth at Race Site & Full Page Ad in race bag)

**BRONZE SPONSORSHIP \$100** (Full Page ad in race bag)

**\$25 - \$50 GIFT CARD OR PRODUCT SPONSORSHIP** (Prize Drawing Donor Announced & coupon insert in race bag)

We appreciate any level that you can help. Please make your check payable to: Fairfield Women's Club.

Fairfield Women's Club is a 501c(4). Our triathlon is for all ages starting 14 & Under -Men, Women, Youth, Senior and Relay Teams. It will be a wonderful event to help our community keep fit and enjoy fellowship afterwards. Deadline for commitment is 5/31/2012. Your participation & prompt response is so important in order to make our efforts a success! Commit early and help us from having to hit the streets in the heat of the summer! Once you have made a commitment of sponsorship, please contact me for arranging your advertising. I can be reached by email: [mbyrne9961@aol.com](mailto:mbyrne9961@aol.com) or call me at (832)594-7656.

*Respectfully,*

*Charlotte Byrne, Race Director  
 President, Fairfield Women's Club*

Last year, with 253 Racers, we were able to raise over \$7,000 for our charities: Morning Glory Ranch, Phred's Place, Team Tiara and OMS Research/Teddy Bear Drive.



## CFISD Global Volunteers

Cy Fair ISD continues to be known for its winning combination of district administration, teachers, school staff, parents, community partners and volunteers, each contributing to the success of CFISD students and schools, with volunteers being a huge factor in this equation. Many schools do not have the volunteer base to fill the needs of students and staff; fortunately, CFISD Global Volunteers are willing to reach out, lend a helping hand and get the job done. Global Volunteer opportunities throughout the year are widespread, ranging from vision and hearing screening, mentoring, tutoring, Junior Achievement, and other instructional presentations. Whatever your talent may be, there is a niche for you.

Each individual and every hour volunteered impacts the life of a child. We value your service to our district.

If you have any questions, please contact the Partners in Education office at 281-894-3950 or e-mail Pam Scott, director at [pamela.scott@cfisd.net](mailto:pamela.scott@cfisd.net).

If you are not the parent, legal guardian or grandparent of a student enrolled in the school at which you would like to volunteer, State law requires certain procedures in order to ensure the safety of all students. These steps are encompassed by

the CFISD Global Volunteer program.

- Visit [www.cfisd.net/dept2/pie/globalvol\\_forms](http://www.cfisd.net/dept2/pie/globalvol_forms)
- Print "Background Check" and "Global Volunteer Application"
- Complete and return to:

*Pam Scott, Partners In Education Director  
Cypress-Fairbanks I.S.D.  
8877 Barker Cypress Road, Suite 1118  
Cypress, Texas 77433  
Fax: (281) 894-3959*



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## Boots 'n Whoops NWHC Aggie Moms Event

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

Vendor Call !! Vendor space for our October event is booking now. For booth information contact: Pat Groves @ [pat-groves@sbcglobal.net](mailto:pat-groves@sbcglobal.net)

NWHC AGGIE MOMS will hold their 4TH Annual Boots and Whoops scholarship fundraiser on Sunday October 14 at Red River Dance Hall on 249 from 1:00-5:00, featuring live country western entertainment, barbecue, dancing, arts and craft show, and car show. Aggie or not, you'll want to join the fun. Tickets available through our web site now.

The Northwest Harris County Aggie Moms Club meets the second Tuesday of the month at 7:00 pm, at the Houston Distributing Company, 7100 High Life Drive and Cutten Road. Aggie Moms won't ask you to wear a funny hat, learn a secret hand shake or give a speech. We simply help you help your student reach their potential. Join us for food, door prizes and speakers. Our next meeting is September 11, 2012.

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## CYPRESS WOODS KEY CLUB

### *School Year Service Opportunities*

As the threshold of the next school year approaches, it is easy to become dismayed with the depletion of summer break. But despite this tendency we at Cypress Woods Key Club utilize this time to build anticipation for the upcoming year.

Though we have remained active throughout the summer – through volunteering at various Food Banks, Triathlons, and academies – we have to acknowledge the heightened club vigor that comes with the school year. We anticipate the certain aspects that come with a highly active club such as more members, more socials, and more service opportunities. Such factors facilitate the success of the club and our strides towards the betterment of our community.

Events like those at Cypress Assistance Ministries (CAM), the Houston Food Bank, and many other organizations allow members to effectively contribute their time and service.

Then social events like the lock-in allow said members to socialize and celebrate the hard work they have contributed to their community and the world as a whole through service and donation. With such features ahead of us it is easy to see why, as key clubbers, we are anticipating them whole-heartedly.

We would love to assist at your event as well! From garage sales to neighborhood cleanups, we will be there to help. If you require any help within your community, feel free to contact us at [cywoodskeyclub@gmail.com](mailto:cywoodskeyclub@gmail.com).



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# Alzheimer's Association Walk to End Alzheimer's®

## *Engages And Inspires Northwest Houston*

The Alzheimer's Association is inviting Northwest Houston residents to unite in a movement to reclaim the future for millions by participating in the Alzheimer's Association Walk to End Alzheimer's. Vintage Park, 114 Vintage Park Blvd., Houston, TX 77070 will be the site of Walk on September 22 at 7:30 a.m.

Walk to End Alzheimer's is more than a walk. It is an experience for about 1000 participants in Northwest Houston who will learn about Alzheimer's disease and how to get involved with this critical cause, from advocacy opportunities, the latest in Alzheimer's research and clinical trial enrollment to support programs and services. Each walker will also join in a meaningful ceremony to honor those affected by Alzheimer's disease.

Alzheimer's disease is a growing epidemic and is now the nation's sixth-leading cause of death. As baby boomers age, the number of individuals living with Alzheimer's disease will rapidly escalate, increasing well beyond today's estimated 5.4 million Americans living with Alzheimer's. In addition to the 5K/3.1 miles, participants will enjoy a fun welcoming ceremony and warm up accompanied by a DJ and a special tribute to those who have experienced or are experiencing Alzheimer's. Start or join a team today at [alz.org/walk](http://alz.org/walk)

There has never been a greater need for citizens in the Northwest

Houston area to join in the fight against Alzheimer's disease by participating in Walk to End Alzheimer's." said Kiri Cook Soprano, an Alzheimer's Association Outreach Coordinator. "Funds raised will provide care and support services to the 340,000 residents of Texas living with Alzheimer's, while also contributing to advancing critically needed research."

### **ABOUT THE ALZHEIMER'S ASSOCIATION WALK TO END ALZHEIMER'S:**

The Alzheimer's Association Walk to End Alzheimer's is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. Since 1989, the Alzheimer's Association mobilized millions of Americans in the Alzheimer's Association Memory Walk®; now the Alzheimer's Association is continuing to lead the way with Walk to End Alzheimer's. Together, we can end Alzheimer's – the nation's sixth-leading cause of death.

### **ABOUT THE ALZHEIMER'S ASSOCIATION:**



The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

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# CY-FAIR KIWANIS CLUB

Kiwanis wants YOU! The Cy-Fair Kiwanis Club is actively seeking new members who are interested in giving service to improve our community and our world. Visit the Cy-Fair Kiwanis Club and learn about the projects in which its members participate to enrich and improve life for citizens in our community. We sponsor the Key Clubs in the Cy-Fair, Jersey Village, and Katy communities and work with them in service to the Cy-Fair area. Internationally,

both Kiwanis and Key Club are participating in the ELIMINATE PROJECT aimed at the eradication of maternal/neonatal tetanus.

Businesses of the community are encouraged to support a representative for membership in Kiwanis. If you work for a business that is oriented toward involvement in community improvement and leadership, suggest to them that you would like to represent that business through membership and involvement in work with Kiwanis. We welcome business and organization representatives as well as individual memberships.

The Cy-Fair Kiwanis Club meets at Hearthstone Country Club



on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll at 281-463-0373, George Crowl at 832-467-1998 or Peggy Presnell at 281-304-7127. We invite you to be our guest at one of the meetings and enjoy the fellowship of Kiwanians from your community as you learn about our organization.

CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair

Kiwanis Club sponsors nine Key Clubs and two Builders' Club in the Cy-Fair School District. If you would like to work with teens and preteens, join us and work with the outstanding youth in these organizations. We sponsor the Kids Triathlon; Girl Scout, Boy Scout, and Sea Scout troops and activities; award scholarships to outstanding Key Club members in our district; provide assistance to Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.

We welcome your visit at our Club meeting and your consideration of membership in our service organization. Join Now.

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Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue.

Email the picture to *bridgeland@peelinc.com*. Be sure to include the text that you would like to have as the caption.

Pictures will appear in color online at *www.PEELinc.com*.



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CY-FAIR WOMEN'S CLUB

# Women Serving the Community

It's that time of year again. Mark your calendars, as you will not want to miss this event! We are fired up and thrilled to be upholding our "Shop Til You Drop" Marketplace event again this year. Grab the entire family and head out to the Berry Center on September 8th. There will be something for everyone to enjoy, even your pet. See you there!

CWC is a service organization that gives back to the community. This means that all funds raised will go right back to the community in the form of scholarships for graduating high school seniors, at Lone Star College, Cy-Fair and grants to other non-profits in our community, as well.

Membership into the Cy-Fair Women's Club is open to all ladies in Northwest Houston/ Cypress neighborhoods. Currently we meet the first Thursday of most months at West Houston Church of Christ. Our meetings begin with social time and refreshments at 7:00p.m. immediately followed by a program at 7:30p.m. The church is located at the corner of Queenston and West Road.

Our monthly meetings are not only educational and enjoyable, but they develop lasting fellowships. We look forward to meeting you there! If you have any questions about our club or need directions to the church, please contact Susan McLeroy, Membership Chair at sudomac@comcast.net.

Thank you,  
Rosie Serrano



*You're Invited!*  
- Pastor Paul and Delia Russell

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*Submitted by Robin Tanner*

Folks, it's in our city, it's down our streets and it's in our schools. We can keep our heads buried in the sand or we can open our eyes and confront this monster. The monster is human trafficking. Isn't that a sterile sounding term for the ugliness of modern slavery?

We thought we had defeated slavery almost 150 years ago at the cost of an estimated 750,000 American lives. Tragically, the slave trade is alive and well. It is not just flourishing in foreign locations like Africa and Southeast Asia. No, it is right here in Houston. Did you know:

- There are 27 million slaves in the world today. This is more than at any time in history.
- Approx. 18,000 victims are brought into the United States each year. 25% of these are brought into Texas and the majority into and through Houston.
- As many as 300,000 children are bought and sold in the United States annually - selling human beings as a commodity, mostly in sex trafficking. The average age is twelve.
- Within 48 hours, 1 in 3 runaway children are lured into sex trafficking.
- The 1960 corridor has become overrun with strip clubs, spas and 'tea rooms' – fronts for prostitution and sex slavery.
- There are more of these types of establishments in Houston than in Las Vegas.

A wise man once said "All that is required for evil to prevail is for good men to do nothing." If this information infuriates you as much as it does me, I encourage you to get involved. We have several opportunities in September to get educated and take action against human trafficking in our community. Check out [www.JustCauseHouston.com](http://www.JustCauseHouston.com). There is a panel discussion, a fun run and a craft fair at Metropolitan Baptist Church.

Just Shop for a Just Cause is a fair-trade craft market where you can buy all kinds of unique items from around the world while helping fight human trafficking and other social injustices. We'll have jewelry, cosmetics, apparel, housewares, chocolate, coffee, and much, much more. We will also have several notable speakers throughout the day, providing insights from government, ministry, media and a domestic trafficking survivor. Come on out to The MET to shop and learn!

*Location: Metropolitan Baptist Church (The MET)  
TRUTH Student Building  
12903 Jones Road • Houston, TX 77070  
[www.TheMETonline.org/JustShop](http://www.TheMETonline.org/JustShop)*

## Understanding Cholesterol For Healthy Living

Balancing "Good" and "Bad" Cholesterol



Cholesterol is found in hamburger, steak, chicken, fish, and just about every other animal-based food. It's also a natural substance created by the liver which has both health benefits and health risks.

David Joseph, M.D., a Texas -based family practitioner, says people seeking to lower their levels of "bad" cholesterol—called low density lipoprotein (LDL)—can begin by eating less food sources that contain LDL.

The three main food sources of LDL in your diet are saturated fat, which is a type of fat found mostly in foods that come from animals; trans fat, found mostly in foods made with hydrogenated oils and fats—such as stick margarine, crackers, and french fries; and cholesterol, which comes only from animal products.

"Cutting your intake of these food sources could help to lower your cholesterol levels," says Dr. Joseph. "Some foods, such as whole grains and whole-wheat products, and nuts such as walnuts, almonds, and brazil nuts, may have a healthy effect on blood cholesterol levels."

Instead of animal-based foods like hydrogenated oils and fats, Dr. Joseph suggests considering things like omega-3 fatty acids, which are found in fatty fish like tuna, salmon or mackerel, as well as fish oil supplements, flaxseeds and flaxseed oil.

September is National Cholesterol Awareness Month

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# Health Briefs

September 2012



*Presented by Baylor College of Medicine*

## EARLY DETECTION OF GLAUCOMA CAN SAVE EYESIGHT

HOUSTON – Annual eye exams should include screenings for glaucoma, even for younger adults, because early detection can prevent long-term damage to sight, said ophthalmologists at Baylor College of Medicine.

The biggest problem with glaucoma is that it's a silent disease, a sneak thief of sight," said Dr. Silvia Orengo-Nania, professor of ophthalmology in the Baylor Eye Clinic at BCM. "You could have visual damage occurring over time and not know it. Once damage occurs, it is irreversible and you will not be able to get any vision back that you have lost. This is why screening early is critical."

Glaucoma usually occurs when increased pressure in the eye slowly destroys the optic nerve, damaging your ability to see, Orengo-Nania said. Approximately 2 million people in the United States are visually impaired by glaucoma. It is one of the leading causes of blindness. Treatment can help slow down, but not reverse impaired vision, Orengo-Nania said.

## SUMMER IDEAL TIME FOR ANNUAL SCHOOL PHYSICALS

HOUSTON – The perfect time to schedule school-required physicals is during the summer.

A pre-participation physical exam (PPE) should be performed at least six weeks before preseason practice in order to avoid overbooked doctor's offices, but more importantly to allow time to correct or rehabilitate any detected problems.

"If procrastination is due to fear that a health problem will keep

them off the team, that fear is usually unwarranted," said Dr. Julie Jones of Baylor College of Medicine.

Research shows less than 2 percent of athletes are denied clearance to play sports due to the PPE.

The exam serves various purposes: to determine the athlete's general health, to detect conditions that might predispose the student to injury or illness during competition, to detect conditions that might be life-threatening or limiting an athlete's safe participation, and to meet legal and insurance requirements of the state or school.

## MODERATION KEY TO ALCOHOL CONSUMPTION

HOUSTON – Though drinking small amounts of alcohol can have potential health benefits, Baylor College of Medicine doctors say drinking too much can do more harm than good.

"The key to this contradiction is moderation," said Dr. Jeffrey Steinbauer, professor of family and community medicine at BCM. "While many people can drink more than one drink without becoming impaired, drinking higher amounts of alcohol increases the chance of suffering from various health problems."

High levels of alcohol consumption contribute to health problems such as weight gain, heart problems, high blood pressure, dehydration, digestive problems including diarrhea and malabsorption, and even cancer.

"While liver cancer is not directly related to drinking, some gastrointestinal cancers, like esophageal cancer, are," Steinbauer said.

Moderation is the key when it comes to drinking, and you should discuss your alcohol intake with your doctor to determine whether your level is healthy or harmful.

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\$500,000 and above	1	0	1	0	1	0	0	0	1	0
\$451,000--\$499,999	0	1	0	0	1	1	0	1	0	1
\$351,000--\$450,999	1	1	3	2	6	1	3	9	5	8
\$276,000--\$350,999	1	0	0	0	4	4	8	6	6	6
\$231,000--\$275,999	0	0	0	0	4	6	4	3	4	5
\$201,000--\$230,999	0	0	0	0	3	3	2	4	7	2
\$200,999 and below	0	0	0	0	2	1	2	1	1	2
<b>Total</b>	<b>3</b>	<b>2</b>	<b>4</b>	<b>2</b>	<b>21</b>	<b>16</b>	<b>19</b>	<b>24</b>	<b>24</b>	<b>24</b>
Highest \$/sq ft	\$112.27	\$112.27	\$108.92	\$109.27	\$113.05	\$108.69	\$ 106.18	\$101.95	\$120.76	\$115.85

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