

the TIMES

February 2013

Volume 7, Issue 2

4TH ANNUAL BRIDGELAND

BBQ Cook-Off

March 23, 2013

Bridgeland is looking for the best BBQ cook! Entries will include Chicken, Pork Ribs, and Brisket. There will be 1st – 3rd place winner trophies for each division, people's choice trophies and a best booth award. Earn your bragging rights to the best BBQ in Bridgeland!

Registration and the \$10 registration fee per entry meat (\$30 for all 3) must be turned in to the Lakeland Activity Center no later than March 18, 2013.

Rules available upon request. 2:00 p.m.
Chicken Turn In, 3:00 Pork Ribs Turn In, 4:00 Brisket Turn

Register at :

<http://www.bridgelandlife.com/>



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 North Cypress Medical Center 832-912-3500
 Willowbrook Methodist 281-477-1000

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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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 Drivers License Info. 281-955-1100
 Harris County Tax713-224-1919

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

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!

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Elisha Roberts Chapter

The wonderful ladies of the Elisha Roberts Chapter, NSDAR, extend an invitation to any female, 18 years or older, who can prove direct lineal descent from someone who either fought in or provided aid during the American Revolution. We are a family oriented group of ladies who promote patriotism, education and historic preservation. Our motto is God, Home and Country. If this sounds like you, please come and join us for a meeting. We meet the third Thursday of each month, September through May, at the Backyard Grill, located at 9453 Jones Road. Our next meeting will be on February 21, 2013 at 7:00 p.m.

For more information, please contact the chapter Regent, Cheryl Partney at cpart86@comcast.net or by phone at 832-654-0306.

We look forward to meeting you.

BUNCO

AT THE ROYAL TEA ROOM
 FEBRUARY 21, 2013 FROM 7:00PM - 9:00PM
 BOOTS AND BLING NIGHT
 25610 HEMPSTEAD RD

Bunco is fun and requires no experience to play. Please invite your neighbor and come join the Bridgeland Ladies Association for Friendship, Philanthropy, & Fun. For information or to attend and RSVP at bridgelandwa@gmail.com or www.bridgelandlife.com



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Youth Track Club Registration in February

The Northwest Flyers Youth Track Club is registering athletes for the 2013 summer track season. Elementary students up to 6th grade should register during February and the first week of March. Middle and high school athletes can also register, but should compete after their school season is over.

The non-profit, 501(c)(3) club is affiliated with USA Track & Field (USATF), and provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance and relays, and sanctioned "field" events such as long jump,

triple jump, high jump, pole vault, shot put, discus and javelin. The Northwest Flyers has approximately 285 members, and was founded 26 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

For additional information on the Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at (281) 587-8442 or linette.roach@sbcglobal.net.



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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 Clubs 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 businesses and organizations as well as



individual memberships.

CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs and two Builders' Clubs in the Cy-Fair School District. We sponsor the Kids Triathlon; Girl Scout, Boy Scout, and Sea Scout troops and activities; awards scholarships to outstanding Key Club members in our district; provides assistance to Cypress Assistance Ministries and Bear

Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.

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.



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CYPRESS TEXAS TEA PARTY

It is the purpose of the Cypress Tea Party to work for the return of the United States of America to the conservative constitutional principles on which the Republic was founded. Those principles being freedom and liberty for the citizens, smaller government, limited government interference in the lives of citizens and less government spending.

We meet every three weeks from Noon to 2:00 PM on Saturday at:

Spring Creek BBQ
25831 Northwest Freeway
Cypress, TX 77429

Go to our website at www.cypresstexasteaparty.org for meeting days and speakers or email me for more information

David M. Wilson
 Director, Cypress Texas Tea Party
cypresstexasteaparty@gmail.com

Cypress-Tomball Democrats Host February Monthly Meeting

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, February 19th, 2013. It will be held at Rudy, Ås Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 to 8:00 p.m.

All are welcome to attend the meeting and to join this growing club, which meets on the third Tuesday of every month, and always features an informative guest speaker. For more information, visit the website at www.cytomdems.com or contact Olga Moya at cytomdems@yahoo.com.



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Cypress Woods Key Club

With the first semester of the school year coming to a close, the Cypress Woods Key Club aspires to teach the value of service, putting others before yourself, and the importance of community to a new set of members. With new fundraising projects under way and service activities throughout the community, Key Club continues to transform the way students think, interpret, and treat others. This year, our Key Club hopes its ideals of self-respect for oneself, others, the community, and one's faith directly impact each individuals daily outlook and perspective of life.

After an exciting first semester, Key Clubbers are ready to showcase their true dedication to service, through leadership, responsibility, and volunteerism. With the New Year approaching, members are showing personal initiative to finish their fall hours by volunteering in new events, attending meetings with friends, appreciating the service of their peers, and reevaluating K-Family relations. Cy-Woods Key Clubbers will have the opportunity to participate in local elementary fun nights, gymnastic respites, and raise funds for the ELIMINATE Project.

As the fall semester winds down, Key Clubbers are ready to begin another passionate semester of service. From raising funds for the Children's Miracle Network and the ELIMINATE Project to working on projects such as Trick-Or-Treat for UNICEF, Key Clubbers have



found their place in the community, locally and internationally. Throughout the academic school year, Key Club hopes to involve more students, expand the outlook of its members, infuse family values, and instill the human contribution. If you or anyone you know requires any help from Cy Woods Key Club, please contact cypresskeyclub@gmail.com . We are always happy to help our community!



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WRAP FUNDRAISERS

NEXT MEETING FEBRUARY 11 AT 7:00 IN THE CWHS COMMONS

We will be having a fun raffle for a local gift certificate. Tickets will be \$5. You don't want to miss out! We need YOU!! Please join us and find out what's going on and where you can help to make this year's WRAP party a success for our seniors!

Mr. Cy-Woods will be held Thursday, February 7. Come out and cheer on the senior men as they compete for the title of Mr. Cy-Woods!

The Ranglers & Rhinestones committee is busy planning our largest fundraising event of the year. This is an adults only, open to the community, dinner, dance and silent auction that will be held on April 5 at Tin Hall. We will need donations of silent auction items, event/table sponsors, volunteers, etc. We'd love to help you promote your business to the CWHS parents and our community at large! and Be a part of this fun and important event!! Please contact

Kim Hartensteiner at Kim.A.Hartensteiner@conocophillips.com or Melody Connor at connermelody@aol.com if you'd like to help in any way.

Check out our website <http://www.cywoodswrap.com/> or our Facebook page Cy-Woods WRAP 2013 for more information.

UPCOMING SPIRIT NIGHTS:

Why cook when you can enjoy a great meal and support WRAP at the same time?!

Feb. 6 Willie's Ice House

Feb. 27 Chili's

Feb. 18 Newk's

Be sure to tell your server you are there to support Cy-Woods' WRAP!

February 11

April 15

March 18

May 13

Any questions? Email the board at WRAP2013@gmail.com for answers! We look forward to working with you!





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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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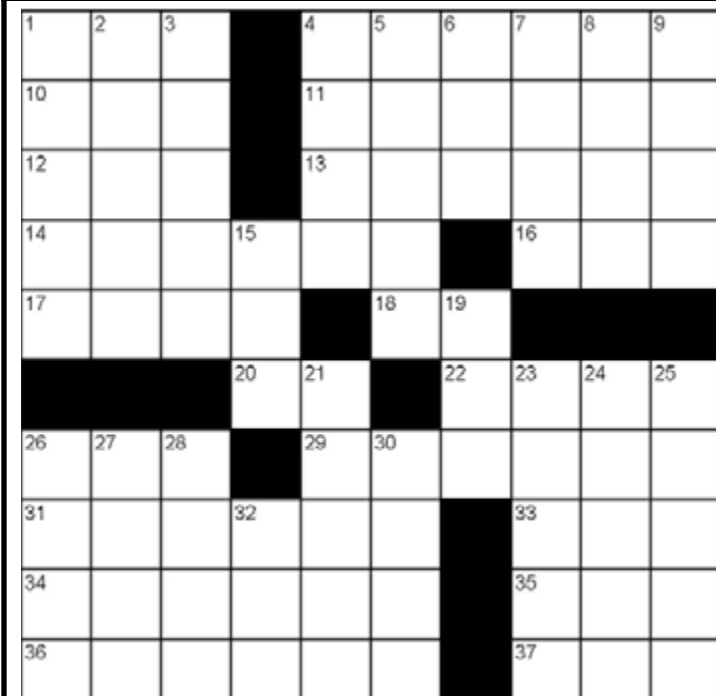
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ACROSS

- 1. Dad
- 4. Panther
- 10. Time period
- 11. A Nissan car
- 12. Admiral (abbr.)
- 13. Programmer
- 14. A deviated one makes you snore
- 16. Vane direction
- 17. Time periods
- 18. Letter afterward
- 20. Evening
- 22. Garden tools
- 26. Pod vegetable
- 29. Egg dish
- 31. List of errors
- 33. Wrath
- 34. Tie clip
- 35. Rival
- 36. Stoles

DOWN

- 1. "___ porridge hot..."
- 2. Special request
- 3. South American plain
- 4. Tropical island
- 5. Holding device
- 6. And so forth
- 7. Enjoy
- 8. Sign
- 9. Weed in a wheat field
- 15. Cooking measurement
- 19. Her
- 21. Pattern
- 23. ___ Oyl (Popeye's girlfriend)
- 24. Spooky
- 25. Strong metal
- 26. Domestic friends
- 27. Little Mermaid's love
- 28. Region
- 30. Pilots
- 32. April (abbr.)

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To access DIRECTV HD programming, HD equipment required. Number of HD channels based on package selection. Local channels eligibility based on service address. Not all networks available in all markets. Programming, pricing, terms and conditions subject to change at any time. Pricing residential. Taxes not included. Receipt of DIRECTV programming subject to DIRECTV Customer Agreement; copy provided at directv.com/legal and in order confirmation. ©2012 DIRECTV, DIRECTV and the Cyclone Design logo, CHOICE, CHOICE XTRA and GENIE are trademarks of DIRECTV, LLC. All other trademarks and service marks are the property of their respective owners.



Headaches

Submitted by Dr. Jeff Echols

I've been treating headaches for over 25 years and I believe they are very misunderstood by the general public.

It's only human nature to have a reason for why something is occurring, so when people get a headache they usually try to determine the reason for their headache. Some of the reasons I hear are quite amusing. "My husband gives me a headache, ...my boss, ...my kids." "I sit at a computer all day and THAT is the reason I have a headache." Sometimes people think that headaches are just normal and everyone gets them. I can assure you that headaches are not normal. Headaches are a sign that there is something wrong. Just like all symptoms are signs that something is wrong.

Headaches can be caused by a lot of different things. They can be caused by exotic and dangerous things like a brain tumor, but more often they are caused by common things. The most common reason is pressure on the nerves of the neck that radiate back into the head. When the bones of the spine are misaligned it will put pressure on the delicate nerves that exit the spine. This will in turn cause the muscles of the neck and shoulders to become

tight and develop knots in them You can actually reach up and feel the knots in your muscles. These knots are not normal and are a sign of spinal misalignment and soft tissue damage. Once the spinal misalignments are corrected the muscles relax more and the headaches are gone. Just for fun, I sometimes ask a headache patient when was the last they had a headache, once they have had their spine corrected. They will usually say something like "Gosh I haven't had a headache in months". I will ask them if they got divorced and they will look at me funny and say "NO, why?" You said your husband was the cause of your headaches! "Oh I guess I was wrong!"

So headaches are not normal, but are very common. They're usually caused by nerve pressure built up in the neck which causes tight muscles in the neck and shoulders. They can usually be corrected with gentle chiropractic therapy. You should get this checked even if the headaches are mild because if the bones of the spine are misaligned it will cause arthritic changes to form in the bones of the spine which will limit your ability to move and bend as well as other difficulties. Be proactive about your health.



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HEART HEALTHY LIFESTYLES

By: Concentra Urgent Care



Approximately every 60 seconds, an American will die from a coronary event. According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

WHAT CAN YOU DO TO LIVE HEART HEALTHY? THE AHA RECOMMENDS:

- Eating a healthy diet
- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat
- Exercising regularly
- 20-to-60 minutes per day, 3-to-5 times per week
- Avoiding tobacco products and tobacco smoke
- Limiting your alcohol intake
 - Women: 1 drink per day (maximum)
 - Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in

heart disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

WHAT SHOULD BE INCLUDED IN A FAMILY HISTORY?

- Any known congenital or hereditary disorders
- Major illnesses
- Chronic ailments or risk factors
- Smoking
- Obesity
- Alcohol problems
- The cause and age of death of any deceased relatives
- Childhood conditions
- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at www.AmericanHeart.org.



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 13529 Skinner Road
 Cypress, Texas 77429
 281-304-6565

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<u>Hours</u>	
Monday	Closed
Tues & Weds	Private Parties
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Friday	6:00 PM - 10:00 PM
Saturday	11:00 AM - 10:00 PM
Sunday	2:00 PM - 6:00 PM

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Sunday, March 3, 10am-4pm
**CFISD Telge Exhibit Center
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**Northwest Harris County
AGGIE MOM'S CLUB**

China Luncheon Party Invitation

Saturday, February 23 at Shirley Acres!

If your dewy eyed darling has just morphed into an Aggie and you want to know what's next, Aggie Moms has the answers, for free. Our February speaker is Andy Richardson, Director of Big Screens, 12th Man Productions. Andy will give us a behind-the-scenes look at how they put together and produce the big screen videos the fans see on game day. Aggie Dads, Grands, bros and sis's are always welcome!

We want you at our China Luncheon, Saturday, February 23. The Fourteenth Annual Northwest Harris County Aggie Moms China Lunch one of this years' must attend luncheons.

You'll be treated to mimosas and invited to shop our vendors' booths. While you enjoy a wonderful lunch served by some of the best looking table hosts you can imagine, our guest speaker will share this spring's fashion surprises. Make your table reservation today on line at www.nwhcaggiemoms.org.

VENDOR CALL:

We still have space available for vendors at our China Lunch event. Visit our web site for more information.

Aggie Moms, as an organization, encourages parents to become familiar with A&M during their student's freshman year instead of waiting for graduation to visit as is the custom on other university campuses. T

he path to graduation can be a challenging journey; don't go it alone. Northwest Harris County Aggie Moms has been here for 25 years and we're committed to helping your student and YOU enjoy the TAMU experience.

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. Find out how by exploring our website www.nwhcaggiemoms.org.

Aggie Moms meet the second Tuesday of the month at 7:00 pm, at the Houston Distributing Company, 7100 High Life Drive and Cutten Road from August through May. We have food, beverages, answers and fun. Drop on by and say Howdy. We'll be darn glad you did!



BOY SCOUTS OF AMERICA
Troop 533 & 1907 FUNDRAISER!

Good Shepherd United Methodist Church & Fairfield Baptist Church

It is that time of year again for fertilizer and mulch to beautify your home this Spring! Troop 533 Chartered by GSUMC and Troop 1907 Chartered by FBC have joined forces to conduct our annual fertilizer and mulch fundraiser again this year beginning January 14, 2013. Troop 533 has delivered to homes in the Cypress community for more than 10 years and is proud to continue this tradition. The money raised by the boys will directly benefit the individual Scout and the Troop Scouting Program. Funds are used for activities such as High Adventure Summer Camp in Colorado, Philmont Treks, Monthly troop campouts and so much more. This year's offerings include Red or Black mulch, Hardwood or Pine mulch as well as Premium or Slow Release fertilizer and Weed n Feed fertilizer. Scouts will be visiting your neighborhood soon. All purchases will be Scout delivered on March 2, 2013. For your convenience, Scouts will be selling door to door in your subdivision beginning January

- 14th until February 11th. We will also have booth sales at Good Shepherd United Methodist Church in
- Fairfield on Sunday Feb. 3rd.

If you are reading this circular and think we may miss you or want to support, please order by emailing Troop 533 at BoyScoutsTroop533@yahoo.com or contact Stacy Hedrick 832-419-3199

Yours in Scouting,

Scoutmaster Russell Hickerson (Troop 533) Scoutmaster David Goodin (Troop 1907)



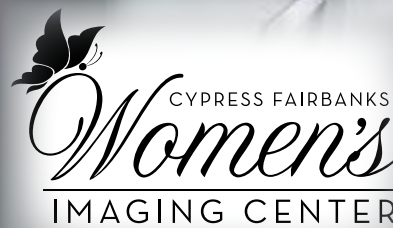
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Bridgeland Year-to-Date Sales Report

	Mar '12	Apr '12	May '12	June '12	July '12	Aug '12	Sept '12	Oct '12	Nov '12	Dec '12
\$500,000 and above	0	0	0	1	0	0	1	0	0	2
\$451,000--\$499,999	1	0	1	0	1	0	1	0	0	0
\$351,000--\$450,999	1	3	9	5	8	2	5	4	5	3
\$276,000--\$350,999	4	8	6	6	6	7	7	4	8	1
\$231,000--\$275,999	6	4	3	4	5	3	3	1	3	4
\$201,000--\$230,999	3	2	4	7	2	2	1	0	4	4
\$200,999 and below	1	2	1	1	2	0	1	1	0	1
Total	16	19	24	24	24	14	19	10	20	15
Highest \$/sq ft	\$108.69	\$106.18	\$101.95	\$120.76	\$115.85	\$111.34	\$123.86	\$113.67	\$124.91	\$135.76

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