

# the TIMES

May 2013

Volume 7, Issue 5

## **Fifth Annual Cypress Cares Packing Event**

*Bridgeland Ladies Association*

*Thursday, June 13 2013*

The Bridgeland Ladies Association will be packing Cypress Cares donations collected from the community residents and Bridgeland groups. This event is open to all Bridgeland Ladies. Please join us in packing the supplies that Cypress Cares sends to the Service Ladies and Men that protect our Rights and Country. This event will be held at the Lakeland Activity Center from 7:00pm to 9:00pm. Please contact the BLA for drop off information or to attend and RSVP at [bridgelandwa@gmail.com](mailto:bridgelandwa@gmail.com).



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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.

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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.

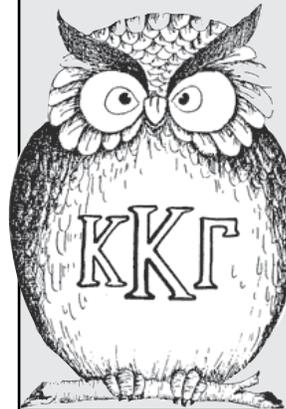
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## CY-FAIR KIWANIS CLUB

PLAY GOLF with the Cy-Fair Kiwanis Club: MAY - annual Golf Tournament at the Hearthstone Country Club! Bring your own team or we will team you up with other players.

You do not have to be a Kiwanis member to play in or sponsor a team in the Golf Tournament. We welcome any who wish to participate. Businesses are encouraged to sponsor teams for their organization. It's good publicity to have your clients know you support activities that return all profits to the community through projects that support our youth and others in need. Play will be at the Hearthstone Country Club. For information, call Aaron Mackey at 281-865-2663.

The Kiwanis Kids Triathlon will be one of only 6 triathlon City-wide events this year and will be held at Langham Creek YWCA. Events include swimming, running, and bicycling and begin at 8 a.m. Registration information will be given out at the schools and can be found in the newspaper and community newsletters. All children 6 years through 12 years of age are invited to participate.

The Cy-Lakes Key Club was chartered in February by the Cy-Fair Kiwanis Club, sponsor. Congratulations to these outstanding students. They have a charter membership of 169 students!

Attention, graduating seniors! It's time to get your applications in for Kiwanis college scholarships. Information should be available from your sponsors by the time this newsletter is published. We look forward

to rewarding the outstanding service and academic achievements of our Key Club members.

Wouldn't you like to be a part of this organization that assists in these activities that promote good citizenship and leadership in our youth? We invite you to a complimentary lunch to hear more about the children's activities we sponsor. The Cy-Fair Kiwanis Club sponsors nine Key Clubs in the Cy-Fair Schools; Girl Scout, Boy Scout, and Sea Scout troops and activities; we provide scholarships to outstanding Key Club members in our district; and support other family oriented groups such as Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations. CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide.

Membership is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International. If you would like to know more about Kiwanis and the programs it promotes, we invite you to be our guest at one of our monthly meetings. The Cy-Fair Kiwanis meet 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 Peggy Presnell at 281-304-7127; John Carroll at 281-463-0373 or George Crowl at 832-467-1998.



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## Deputy Voter Registrar Training Available

*at Cypress-Tomball Democrats Meeting*

The Cypress-Tomball Democrats will offer Deputy Voter Registrar training during their Tuesday, May 21st meeting. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 to 8:00 p.m.

Xavier Herrera, Manager of Outreach from the Harris County Tax Office, will conduct training for anyone interested in becoming a Volunteer Deputy Voter Registrar.

All are welcome to attend and to join this growing club, which meets on the third Tuesday of every month. For more information, visit the website at [www.cytomdems.com](http://www.cytomdems.com) or contact Glenn Etienne at [cytomdems@yahoo.com](mailto:cytomdems@yahoo.com).

## Food Safety Tips Help Prevent Food Poisoning

When getting together to cook for loved ones, the last thing you want is to get sick from the food you eat. Roberta Anding, a registered dietitian at Baylor College of Medicine, has a few tips to keep your food safe.

- Always use a meat thermometer to check if meat is fully cooked. The color of the meat can't determine the safety of the meat. All meat should be cooked to 165 degrees Fahrenheit.
- Wash your hands frequently and thoroughly during food preparation.
- Wash all produce before cutting and chopping.
- Refrigerator leftovers within two hours.
- Use a thermometer when reheating food as well.



Following these basic guidelines will ensure that the food you serve is safe to eat, said Anding.

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Pictures will appear in color online at [www.PEELinc.com](http://www.PEELinc.com).

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

Calling all Aggie Moms! Please join us Tuesday, May 14, 2013, at 7 pm. We meet at the Houston Distributing Center conveniently located where Cutten meets SH 249 at the corner of Cutten Road and 7100 High Life Drive.

All meetings are open to Aggies, future, present or past. We provide light refreshments and you can shop our Boutique for that one-of-a-kind Aggie treasure. Our hand crafted items celebrate the heart warming TAMU traditions.

TAMU President Loftin was our March speaker. Next year November, Brigadier Joe Ramirez, Commandant of the Corp of Cadets will offer his help to students wanting to attend TAMU through this prestigious program.

New Aggie Mom? Are you sending off your first to Aggieland? Find out how we help your student succeed that first year at one of our informal Summer Mixers. Dates and locations on our website at [www.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org).

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. The 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.

The Northwest Harris County Aggie Mom's Club meets the second Tuesday of the month at 7:00 p.m. (August-May), at the Houston Distributing Company, 7100 High Life Drive and Cutten Road. Drop on by and say Howdy. We'll be darn glad you did! Feel free to contact Tish Otten, Club President at [clubpres20122gmail.com](mailto:clubpres20122gmail.com).



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For more information on Marcus, please contact Stephanie Berka at the Adoption Coalition of Texas by email [stephanieberka@adopttexas.org](mailto:stephanieberka@adopttexas.org) or by phone: 512-450-8750.



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## SNAKE BITES A CONCERN AS WEATHER WARMS UP

Warmer weather coaxes snakes out of hiding, and it's important to know what to do after a snake bite, according to a medical toxicologist at Baylor College of Medicine ([www.bcm.edu](http://www.bcm.edu)).

"Many people don't realize how much of an issue snake bites are in this area of the country," said Dr. Spencer Greene, director of medical toxicology and assistant professor of medicine – emergency medicine at BCM. "In fact, our regional poison center reported 235 snake bites – including 148 from known venomous snakes – in the Houston area in 2012, and I am sure many more are going unreported".

According to Greene, the first step is avoidance.

"Never reach into a hole or a bush blindly, a snake may be resting there," he said. "It is also important to maintain an appropriate distance from a snake. Most pit vipers, which include rattlesnakes, copperheads and water moccasins, can strike at a target up to two-thirds of their body length when provoked."

If you are bitten by a snake, Greene suggests the following important steps:

- Stay calm.
- Call 911 immediately to be evaluated.
- Take off anything that is constricting the affected area, such as a ring or watch.
- Position the affected area at or above heart level. This means that if you are bitten on the hand, bring it to heart level, and if you're bitten on the leg or foot, elevate it if possible. This minimizes the amount of local tissue damage and swelling, which is the most common finding in pit viper bites.
- Go to the emergency room – the sooner the better.

Greene also dispels several myths about treating snake bites and suggests heeding the following advice:

- Do not apply a tourniquet or a constriction band.
- Do not apply ice; it can cause local tissue damage.
- Do not apply heat.
- Don't cut the affected area and attempt to suck the venom out – this increases the amount of local tissue damage.

- Don't use a commercially-available extraction device. These have also shown to be ineffective in removing venom and actually increase the amount of tissue damage.
- Don't use electrical therapy.
- Don't apply any type of lotions or ointments.

The management of snake bites has changed over the years and the newer type of anti-venom has proven to be very effective in reducing pain, bleeding complications, swelling and tissue damage, Greene says. Although anti-venom has been shown to have the maximum effectiveness within the first 12 hours of the bite, it can still be effective a few days after the bite.

At the hospital, physicians will determine if anti-venom and hospital admission is necessary.

"Ideally, patients should be evaluated by a medical toxicologist with experience in managing snake bites," Greene says.

If a patient requires anti-venom, he or she usually spends one or two days in the hospital. After hospital discharge, patients will need to follow up twice a week for two weeks to watch for any signs of recurrent toxicity.



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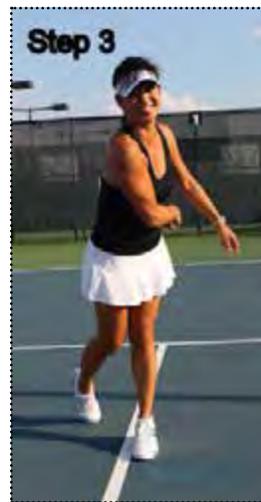
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# TENNIS

## TIPS

By USPTA/PTR Master Professional  
Fernando Velasco



## How to Execute The Overhead “Smash”

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley and the one-handed backhand volley. In this issue, I will offer you instructions on how to execute the overhead “smash” when players get a high ball and they hit the ball above their head. In the illustrations, Matilda O’Connor, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

**Step 1:** The Back Step: When Matilda realizes that a ball is high enough to hit the overhead, she takes a step back on the side to hit the ball. The upper body turns, the racket starts the back motion by keeping the elbow in 90 degree angle and the left hand is pointing to the ball. Notice that her head is looking at the ball and keeping the chin up.

**Step 2:** The Point of Contact: When Matilda is ready to hit

the ball, her racket starts accelerating from the back position. She is making perfect contact on the upper part of the racket and the right wrist is “snapping” to get on top of the ball. Her left arm is still pointing to the ball to assure a good hit on the “sweet spot”. Her weight has shifted from the back foot to the front foot.

**Step 3:** The Follow Through: After the ball has been struck by the racket, Matilda will continue the swing of the racket across the left side of her body. The eyes are now focused on the path of her stroke. The left arm is on her left side. Her right foot still kept her toes on the court to allow for maximum balance on the stroke.

**Step 4:** The Ready Position: Even though the overhead “smash” is a powerful weapon, many times the opponents will return it back to the players. Here Matilda is ready for the next ball coming back to her. By the looks of her smile, it seems that her overhead was successful and she has won the point.

*Look for in the next Newsletter: The Forehand Service Return*

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**WWW.COLINSHOPE.ORG**



**Volunteer - Donate**  
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## May is Texas and National Water Safety Month

**Ongoing:** Volunteers needed to stuff and distribute water safety packets [info@colinshope.org](mailto:info@colinshope.org)

**Ongoing:** Colin's Hope Athlete Ambassadors needed! <http://www.tinych.org/signup>

**Now-June 18:** Discount Schlitterbahn Tickets for sale. <http://www.tinych.org/tickets>

**May 18:** Colin's Hope Got2Swim Pure Austin Quarry Lake. <http://www.tinych.org/QuarryLake>



Water Safety Alert: 74 Texas children drowned last year.  
 Keep your children and families safe in, near and around all bodies of water.  
 Multiple layers of protection can prevent drowning.

## LAYERS OF PROTECTION



**CONSTANT VISUAL SUPERVISION**



**LEARN TO SWIM**



**WEAR LIFE JACKETS**



**MULTIPLE BARRIERS ON ALL POOLS & HOTTUBS**



**KEEP BACKYARDS & BATHROOMS SAFE**



**LEARN CPR**



**CHECK POOLS/HOTTUBS 1ST FOR MISSING CHILDREN**



**VISIT US ONLINE**



# PLAYER 4 LIFE

**BASKETBALL CAMP FOR WOMEN OVER 45**

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Email - [player4life2013@gmail.com](mailto:player4life2013@gmail.com)

[www.player4lifecamp.weebly.com](http://www.player4lifecamp.weebly.com)



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## SPRING SPORTS ARE HERE!



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- The market is HOT, homes are selling at a record pace and we would be honored to sell your home.
- Flexible commission plans

## Bridgeland Year-to-Date Sales Report

	June '12	July '12	Aug '12	Sept '12	Oct '12	Nov '12	Dec '12	Jan '13	Feb '13	Mar '13
\$500,000 and above	1	0	0	1	0	0	2	0	0	2
\$451,000--\$499,999	0	1	0	1	0	0	0	0	0	0
\$351,000--\$450,999	5	8	2	5	4	5	3	2	4	5
\$276,000--\$350,999	6	6	7	7	4	8	1	3	4	9
\$231,000--\$275,999	4	5	3	3	1	3	4	1	2	6
\$201,000--\$230,999	7	2	2	1	0	4	4	2	1	3
\$200,999 and below	1	2	0	1	1	0	1	0	0	2
<b>Total</b>	<b>24</b>	<b>24</b>	<b>14</b>	<b>19</b>	<b>10</b>	<b>20</b>	<b>15</b>	<b>8</b>	<b>11</b>	<b>27</b>
Highest \$/sq ft	\$120.76	\$115.85	\$111.34	\$123.86	\$113.67	\$124.91	\$135.76	\$130.50	\$105.81	\$130.99

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