



the TIMES

June 2013

Volume 7, Issue 6



The FARMERS MARKET at BRIDGELAND

June 9th, 2013

Beer and Berries Festival with Live-Music

The next Farmers Market at Bridgeland will be held on June 9th with two special highlights for this month - "Beer and Berries Festival" and "Liz Talley and the Dusty Spur Band" who will be performing live between 12:30 and 3pm. With foot-tappin', honky tonk music and rock 'n' roll songs, visitors will have a very enjoyable experience while they shop and sample all the great offerings. Customers can purchase locally grown strawberries, blackberries and blueberries, fresh produce, pastured meats and eggs, goat cheese, honey, jellies, bread, pickles, pasta, live plants, natural home products, pet treats, soaps, lotions, and much more! Local farmers and vendors come together the 2nd Sunday of every month, 12:30 – 3:30pm, located adjacent to the Lakeland Activity Center in Bridgeland, Rain or Shine. Check out the website for more info: www.farmersmarketatbridgeland.org

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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!



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 September 19, 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.

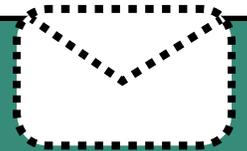
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Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Bridgeland residents, limit 30 words, please e-mail bridgeland@peelinc.com.

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Cypress-Tomball Democrats Meeting Features Harris County Chairman

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, June 18th, 2013. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 to 8:00 p.m.



June's guest speaker will be Lane Lewis, who is the chairman of the Harris County Democratic Party. He will discuss 'Engage 365' which is the Harris County Democratic Party's new non-election season, civic engagement program, designed to keep Democrats active and engaged in the community by taking part in civic-oriented, community service projects in communities and neighborhoods.

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 or contact Glenn Etienne at cytomdems@yahoo.com.

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Travel the World Without Leaving Your Hometown

By Heather Wells

Who hasn't dreamed about walking among the Egyptian pyramids, or soaking in the sun on a beach in Spain, or wandering along the Great Wall of China? Every parent wants to give their children a taste of the world, but the economic reality of international air travel for a family, not to mention hotels, passports and food, makes it tough for most of us to consider except in our daydreams. There is a way to give your children the world – without leaving your living room. How? Host a foreign exchange student from a country you've always admired! Fascinated by France? Curious about China? Intrigued by India? By welcoming an international student from one of these countries into your home, you instantly open a portal to a far off land.

"My husband and I have been hosting for the past three years and have enjoyed every minute of it!" said Vicki Odom, an Ayusa host mom from Pearland, Texas. "The various students we've had in our home have taught us a great deal about their home countries. The students also love learning about life in Texas and participate in a good deal on community service."

Foreign exchange students come from all over the world. Ayusa matches host families with students from more than 60 different countries. All high school foreign exchange students are fully insured, bring their own spending money, and are proficient in English – and all high school exchange programs are regulated by the U.S. Department of State.

"We welcome host families of all shapes and sizes – families with young

children, families with no children, empty nesters whose children have left home, single parents and non-traditional families," says Connie Coutu, Regional Manager of Ayusa, a non-profit that promotes global learning and leadership through foreign exchange and study abroad opportunities for high school students. "The key requirements for a host family are to provide a safe and nurturing home environment, genuinely love children, and have a desire to learn more about a different culture."

Volunteer host families provide foreign exchange students a nurturing environment, three meals a day and a bedroom (either private or shared with a host sibling of the same gender). Each host family and student is supported by a professionally trained community representative who works with the family and student for the entire program. All interested host families must pass a criminal background check and a home visit by an exchange organization. Interested host families are required to fill out an application, pass a background check and interview with a local exchange program representative in their homes. Once accepted to a program, host families can view profiles of students to find the right match for their family.

Ayusa is currently accepting applications for families to host an exchange student for the 2012–2013 school year. For more information about hosting a high school foreign exchange student, please contact Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.



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Crimson Cadette Drill Team DANCE CLINIC

The Cy-Woods Crimson Cadettes Drill Team will host their 8th annual dance clinic for K – 12 from 8:30 a.m. to 11:30 a.m. on August 14 – 16. This is a major fund-raiser for the cadettes and enables them to participate in activities throughout the 2013-2014 school year. Please register by July 31, 2013 to get the Pre-Registration price of \$55 which 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 meh11@sbcglobal.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.

WHEN:

August 14-16, 8:30 – 11:30

WHERE:

Cypress Woods High School

Allergy Prevention, Management Tips

It is important for parents to remember the basics about prevention and management of allergies, said a pediatrician from Baylor College of Medicine. Dr. Armando Correa, an assistant professor of pediatrics at BCM and a pediatrician at Texas Children's Hospital, offered the following tips:

- Seek immediate medical attention for difficulty breathing, swelling of the face, tongue or other extremities.
- Consider short-term medication for symptoms such as a runny nose, itchy eyes or sneezing.

If symptoms persist, contact your pediatrician. For children under the age of 2 experiencing allergies, always seek medical attention. Help manage environmental allergies by avoiding places that have just been cleaned or places where pets frequent. Correa also offered tips on food allergies:

- If your child has multiple or severe allergies, they should always carry an injectable medication.
- Always read the food labels and be aware of where foods are manufactured.
- Consider allergy testing for children with severe or multiple allergies. Always consult a pediatrician on questions related to allergy prevention and management.



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REGISTER NOW FOR FSA SOCCER!

It is time once again to register your soccer superstar for FSA Soccer. The Fairfield Sports Association offers a fantastic environment for your budding soccer player to develop their skills and grow their passion for the beautiful game. We offer soccer divisions for boys and girls ages 4 – 12. Our younger divisions (U5 & U6) play 3 v 3 soccer on small fields with no goal players. We gradually increase the size of the field and the number of players as the kids get older. Starting at age 7 (U8), players participate in an evaluation and are selected by their respective teams.

This soccer season, FSA soccer players will wear the XARA uniforms. The uniforms look GREAT, and the kids will really love them! Registration costs cover a complete uniform kit including game jersey, shorts, and socks. Registration for the U5 and U6 divisions is \$115. Registration for the U7 and older division is \$130. There are no additional fundraisers or sponsorships players or teams are responsible for during the season. Non-residents of Fairfield do pay an additional \$25 non-resident fee.

All practices and games are played in Fairfield. Players in the U5, U6, and U7 divisions are all awarded participation trophies at the end of the season. In the older divisions, trophies are awarded for the divisional champions and runners-up. Additionally, the older divisions participate in a season ending tournament. In addition to our Fall League play, we offer Fairfield Freedom on Fridays evenings during the summer. This is an opportunity for any child to come play “street soccer” is an adult supervised

environment at no cost! Check the FSA Soccer webpage for more details.

FSA Soccer is also thrilled to announce we are bringing back our 2nd annual Kick-off Summer Soccer Camp! This camp is for boys and girls ages 6-10. The camp is scheduled for June 10th thru 13th from 9:00am until 11:00am. Professional trainers from the Challenge Soccer Club and the Texans Soccer Club will be working with FSA Soccer providing the training for the camp. The cost of the camp is only \$50! The camp will be held in Fairfield at our Robert’s Fields facility near our Central Park Splash Pad. To register for either the camp or an exciting season of FSA soccer, visit the Fairfield Sports website at www.fairfieldsports.net. From the menu button, click the SOCCER link. Once at the Soccer page, click the MORE menu button and then click the REGISTRATION link.

IMPORTANT FSA SOCCER DATES:

FSA Kick-off Summer Soccer Camp registration: Open Now – June 8th

FSA Kick-off Summer Soccer Camp: June 10th – June 13th

FSA Soccer registration: May 31st – July 14th

Player evaluations (ages 7 and older): July 22nd – July 25th

Practices begin: Week of July 29th

Games begin: Weekend of August 24th

Please direct any questions about the FSA Soccer program to Scott Baehren, Commissioner – FSA Soccer at soccer@fairfield-sports.net

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SEND US YOUR Event Pictures!!



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*.

When it needs more than a bandaid, Urgent Care vs. ER?

Did you know a visit to the ER can cost as much as five times more than a visit to **Excel Urgent Care**, for the same problem?

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Older Adults Express Anxiety In Different Ways

While there are several factors that can cause anxiety in older adults, it can be difficult to identify because they express anxiety in unique ways, according to an expert at Baylor College of Medicine. According to Dr. Melinda Stanley, professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM, common types of anxiety disorders in adults include:

- Generalized anxiety
 - Specific fears and phobias
 - Social phobias
 - Post-traumatic stress disorder
- Anxiety symptoms that older adults and their family members should watch for include:

- Shortness of breath
- Increased heart rate
- Dizziness
- Difficulty sleeping
- Muscle aches and pains

Anxiety is not a normal part of aging and can be treated. The first important step is to have a physical exam. Cognitive behavioral therapy is a treatment option that teaches learning skills to manage anxiety. Skills that can help reduce anxiety include relaxation, changing thoughts, facing fears, learning how to solve problems and learning behaviors to improve sleep.

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Runner's Knee Pain Usually Linked To Foot, Hip Problem

If running is turning into a pain in the knees, it might actually be the hips that need your attention, according to an expert at Baylor College of Medicine. When runners have knee pain, it's usually related to foot or hip problems, according to Dr. Joseph Chorley, associate professor of pediatrics – adolescent and sports medicine at BCM and Texas Children's Hospital. If a runner is not in control at the foot, ankle or hip, the knee is what gets twisted, has to overwork and develops irritation.

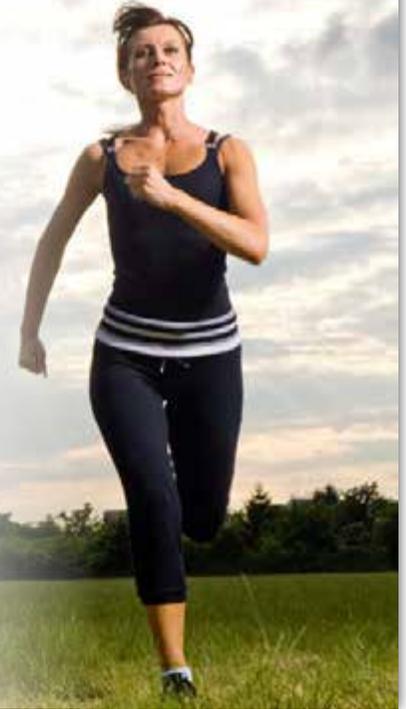
Chorley makes the following suggestions:

- Stretch properly before running
- Don't increase mileage by more than 10 to 15 percent per week
- Walk when knee pain begins
- Replace shoes every six to nine months or every 500 miles
- Know what your foot type is and be sure you have proper cushioning
- Consider cross-training and strengthening exercises to help strengthen the core, glutes or hamstrings

Multi-vitamins are helpful for all runners and fish oil is good for long distance runners

However, there are some symptoms that may indicate a more severe problem that should be seen by a sports medicine physician:

- Fluid accumulating in the knee
- Painful popping or a mechanical sensation
- Someone who had a previous structural injury such as torn ACL or PCL that's now experiencing pain.



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American Cancer Society Relay For Life Cy Fair 2013



The American Cancer Society Relay For Life Cy Fair 2013 event was held on April 26th. Here is a recap of the event and the money raised.

Night of Event:

4-26-13

Event Held At:

Cy Falls High School

All Night walk from 7pm to 7am

Number of Teams:

62

Number of Participants:

1200+

Amount of Money Raised Thus Far:

\$130,000.00

NOTE: We are continuing to raise money. If you anyone is interested in donating, please visit our website at www.relayforlife.org/cyfairtx.

THANKS AGAIN FOR YOUR SUPPORT!!



A Hearing Or Vision Test May Be Solution To "Bad Behavior"

For some children a health problem could be to blame for acting up in class or even a drop in grades. Doctors at Baylor College of Medicine say what might look like a behavioral issue could actually be a signs of hearing or vision problems.

If a child cannot hear or see properly, they cannot pay attention in class, said Dr. James H. Bray, associate professor of family and community medicine at BCM.

Bray said children may think they can hear what the teacher is saying but actually are getting the information wrong, so it looks like they aren't paying attention or are being defiant.

Bray said it is important to see a doctor for a proper diagnosis.

"Before a parent begins to worry, a family medicine doctor or pediatrician can conduct a basic hearing and vision test that can identify whether a hearing or vision specialist is needed, or if another problem is to blame," Bray said.

Bray said once a diagnosis is made there may be simply solutions, such as making sure a child sits in the front of the class.

Fairbanks Library Friends Host "Books, Etc., Sale"

Why pay bookstore or even online prices when you can get the same books, in hardcover or paperback, for \$3.00 or less?

Fairbanks Public Library's Friends of the Library is selling gently used and vintage books by best-selling authors at our Spring "Books, Etc., Sale" Saturday, June 15 from 10 am - 3 pm. Come and browse popular fiction and non-fiction titles as well as children's books, VHS tapes, and elementary, middle school and high school textbooks. All items are priced to sell and all proceeds benefit the Fairbanks Library and help provide funding for library programs and materials.

Anyone wishing to donate items that are in good condition can drop them off any time the library is open. Donations to the Friends of the Library can be reported as charitable contributions. The library's hours are Monday 1 pm-9 pm, Tuesday - Thursday 10 am-6 pm, Friday 1 pm-6 pm, and Saturday 10 am-5 pm.

The library is located at 7122 N. Gessner, near the intersection of N. Gessner and W. Little York. For directions, please call the library at (713) 466-4438.



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- 7015 Barker Cypress Rd at 529
Cypress, Texas 77433

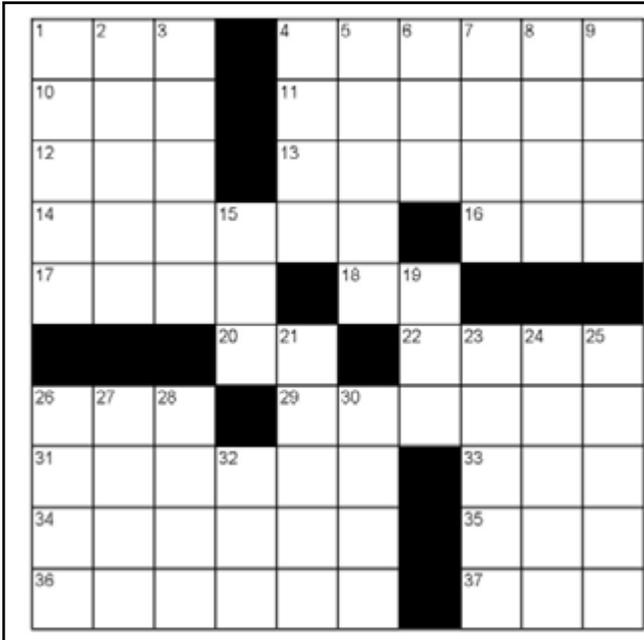


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CROSSWORD PUZZLE



ACROSS

- 1. Unrefined metal
- 4. Young pigeons
- 10. Gender
- 11. Australian
- 12. Alternative (abbr.)
- 13. Climbing
- 14. China stone
- 16. Hoopla
- 17. Shaft
- 18. Teacher's assistant, for short
- 20. Doctor
- 22. Believe
- 26. Terminal abbr.
- 29. Skin problem
- 31. Infamous Nazi concentration camp
- 33. Tear
- 34. Wring
- 35. Sick
- 36. Work fussily
- 37. Hurricane center

DOWN

- 1. City
- 2. Mellow
- 3. Worship
- 4. Japanese dress
- 5. Fivesome
- 6. Ship initials
- 7. Continent
- 8. Tie
- 9. Segoe lily's bulb
- 15. Limb
- 19. Wood tool
- 21. Sea jewel
- 23. Spooky
- 24. Author Dickinson
- 25. Tree
- 26. Eve's garden
- 27. Cab
- 28. Acting (abbr.)
- 30. Nice looking
- 32. Pig

View answers online at www.peelinc.com

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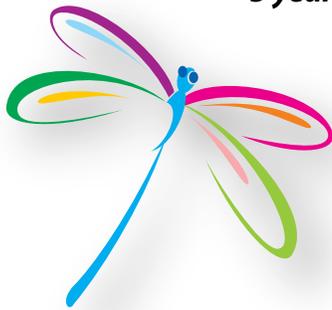
Ongoing: Colin's Hope Athlete Ambassadors needed! <http://www.tinych.org/signup>

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

June 18: World's Largest Swim Lesson at Schlitterbahn Waterpark New Braunfels

July 1: Colin's Hope Got2Swim Lake Austin 4 Miler (solo or relay) <http://www.tinych.org/got2swim4>

July 21: Colin's Hope Kids Got2Swim Pure Austin Quarry Lake <http://www.tinych.org/got2swimkids>



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NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

nwhcaggiemoms.org

Did you know? Each fall and spring at finals time, Aggie Moms clubs from around the state come to the Texas A&M campus to pass out Care Packages to cheer on our hard working students. A tradition in itself, the Northwest Harris County Aggie Moms Club has an added touch. We are known for our 'Hug Line' through which each student must pass before they can receive their care package. One student expressed, "This is my favorite part about getting a care package-I look forward to it every semester!" This year, we had over 25 moms giving hugs to each and every student.

Are you a New Aggie Mom? Are you an Aggie Mom that wants to join other Aggie Moms in supporting our students? Find out how we help your student succeed during those college years at one of our informal Summer Mixers. Dates and locations are on our website at www.nwhcaggiemoms.org.

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at the Houston Distributing Center conveniently located off Cutten Road near Willowbrook Mall and the intersection of SH 249 and FM 1960. We are looking forward to kicking off next year at our 'HOWDY PARTY' on August 13th-Please join us!

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. You will also enjoy hearing from dynamic speakers throughout the year like, Brigadier General, Joe Ramirez, Commandant of the Corp of Cadets.

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. Drop on by and say Howdy. We'll be so glad you did! Feel free to contact Shannon Eberle, Club President at clubpres20122@gmail.com.



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Bridgeland Year-to-Date Sales Report

	July '12	Aug '12	Sept '12	Oct '12	Nov '12	Dec '12	Jan '13	Feb '13	Mar '13	Apr '13
\$500,000 and above	0	0	1	0	0	2	0	0	2	1
\$451,000--\$499,999	1	0	1	0	0	0	0	0	0	1
\$351,000--\$450,999	8	2	5	4	5	3	2	4	5	6
\$276,000--\$350,999	6	7	7	4	8	1	3	4	9	2
\$231,000--\$275,999	5	3	3	1	3	4	1	2	6	4
\$201,000--\$230,999	2	2	1	0	4	4	2	1	3	1
\$200,999 and below	2	0	1	1	0	1	0	0	2	1
Total	24	14	19	10	20	15	8	11	27	16
Highest \$/sq ft	\$115.85	\$111.34	\$123.86	\$113.67	\$124.91	\$135.76	\$130.50	\$105.81	\$130.99	\$116.64

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