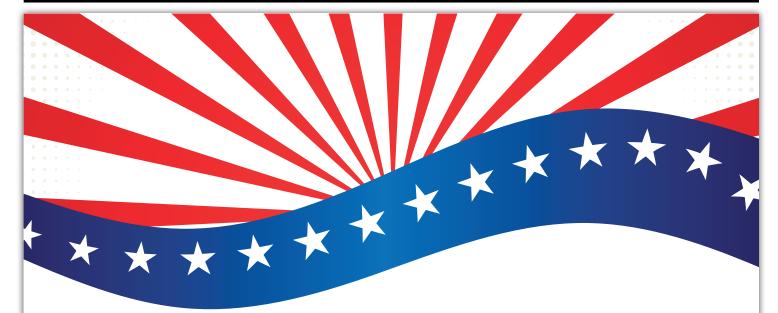


July 2013 Volume 7, Issue 7



Bridgeland Memorial Day Celebration 2013

Over 30 Bridgeland families took part in and supported the Bridgeland Memorial Day Celebration held on May 27, 2013. This event is held yearly by the Bridgeland Supports Our Veterans Group to honor those servicemen and service women who gave the ultimate sacrifice for their country.

The celebration started with the posting of the US and Texan Flags by Girl Scout Cadette Troop 15098. These flags were donated by Mr. and Mrs. William Edwards and by Dr. and Mrs. Jeffrey Edwards to the Bridgeland community on behalf of their son Army Specialist Billy Edwards who lost his life in Iraq in August 2007. In addition, a Gold Star plaque was dedicated by the Edwards' family to honor all servicemen and women.

After the flags dedication, Taps was played and the members

of the Bridgeland community tied ribbons around the trees of Pioneer Circle in honor of their fallen hero. A prayer for the troops and their families was conducted by Mbei Enoch. The Flags were then retired by the Girl Scouts to the Activity Center where they are on display for the Bridgeland Community.

A special note of thanks to Glenn and Dawn Seiffert, Kay Burkhalter, and Mbei and Linda Enoh for developing this year's celebration. In addition, a special thanks to Girl Scout Cadette Troop 15098 members, Halee Lewis, Hanna Lewis, Mirren Scoular and Megan Fedor and their leader, Randi Lewis for their professionalism during this ceremony.

If you would like to join the Bridgeland Supports Our Veterans Group, please register on-line at www.bridgelandlife.com

IMPORTANT NUMBERS

EMERGENCY NUMBERS EMERGENCY Fire Ambulance Harris County Sheriff Cy-Fair Volunteer Fire Dept	
AREA HOSPITALS Cy-Fair Medical Center North Cypress Medical Center Willowbrook Methodist	832-912-3500
SCHOOLS Cy-Fair ISD Cy-Fair ISD Robison Elementary School Warner Elementary School Spillane Middle School Smith Middle School Cy Woods High School Cy Fair High School	
UTILITIES Trash - Republic Waste Water and Sewer Gas - Centerpoint Energy Electricity - Reliant Energy Cable/Internet/Phone - Comcast.	
PUBLIC SERVICES Cypress Post Office Drivers License Info Harris County Tax	281-955-1100
NEWSLETTER PUBLISHER Peel, Inc Article Submissions Advertising	<u>bridgeland@peelinc.com</u>

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!

NOT AVAILABLE ONLINE



281-256-2204

Book your next appointment online www.salonsatstonegate.com

Salons at Stone Gate 11734 Barker Cypress (One block south of Hwy 290)

Tues-Thurs 9AM - 7PM Fri 9AM - 5PM

Sat 9AM - 4PM

THE FARMERS MARKET AT BRIDGELAND

Beer and Berries Festival

Great turn out with Live-Music and Cooking Demonstration

On June 9th The Farmers Market at Bridgeland featured the "Beer and Berries Festival" with over 20 vendors selling fresh local products with live performance by the "Liz Talley and the Dusty Spur Band". Visitors could do their shopping and sampling while listening to their rhythm and could get inspired by delicious recipes cooked by Asa Smith. Beer Tasting was provided by No Label Brewing Co., a family owned microbrewery from Katy, TX.

The next market will be held on Sunday, July 14th – where kids can explore a Bee Hive with their busy bees producing honey. Cy-Ranch Theater Students will perform the concert "A New Beginning" featuring Maegan Knight and Kerensa McMurphy, performed by Logan Harper with Music/Lyrics by Cat Reynolds. The market will be open 12:30 – 3:30pm, rain or shine, located adjacent to the Lakeland Activity Center in Bridgeland. Check out the website for more info: www. farmersmarketatbridgeland.org





Listing Your Home for Sale in Bridgeland?

Call your Cypress RE/MAX real estate expert

Dawn Fore

Named one of Houston's Top 25 Real Estate Teams by the Houston Business Journal for 2012!

Virtual Tour Our Listings at:

www.DawnFore.com

281-304-9500 281-731-7399

Broker/Owner

Above RF//IN Lakeland

17920 Huffmeister, Suite 140 • Cypress, Texas 77429

Kids' Cross-Country Team's Season Starts September 10th

The Northwest Flyers Track Club Youth Cross-Country Team kicks off the fall season with registration and an orientation for parents and athletes on Tuesday, September 10, 2013, at 6:00 p.m. (location to be announced.) The first practice will be held at the Cypress Creek YMCA on Thursday, September 12. The Northwest Flyers Track Club is a member program of USA Track and Field (USATF), the national governing body for track and cross country. The club is in its 26th year in the northwest Houston area. Ages 6-18 may participate in the team, and both beginners and experienced runners are welcome.

Contact Coach Eric Wentworth at emw1105@ gmail.com 281-961-6603 or Coach Donnell Carter atdcarterpfs@msn.com, 281-467-4727 for more information. Visit www.northwestflyers. org to get updates and learn more about the team.

Cypress Symphony to Host Inaugural Founder's Dinner

The Cypress Symphony cordially invites you to "Encore!" our Inaugural Fundraising dinner. Excitement is building for Cypress Symphony's first season and you can help by attending this event. Your \$100 ticket will help secure our first year and contribute to the cultivation of an arts culture in Northwest Houston. You will also enjoy an elegant dinner at one of Cypress' premier restaurants, Dario's Cuisine. Look forward to a silent auction as well as a musical surprise. We can't wait to spend this special evening with you! Tickets to this event can be purchased at csencore.eventbrite.com.

Tickets to our inaugural concert season can be purchased at cypresssymphony.org. purchased on the website at www. cypresssymphony.org.



FULL SERVICE LANDSCAPE COMPANY



281-373-0378

Proudly serving northwest Houston since 1997



Gold Star Accredited Business



Lawn Service

Commercial & Residential \$25.00 & up

Landscaping

Landscape Design & Installation *
Seasonal Flowers * Drainage * Lighting
Sod Installation * Mulch Installation *
Rock Borders

Patios & Walkways

Pavestone * Concrete * Flagstone

Tree Service

Tree Trimming * Removal * Installation

Sprinkler Systems

Design * Installation * Repairs Proper Coverage * Warranty Licensed Irrigator #8587



Fertilization & Pesticide

Spraying & Feeding for Lawn, Shrubs & Trees Fire Ant Control * Tree Deep Root Feed * Brown Patch Reduction State Licensed Applicator



www.horizon-landscape.com



from 6:30 to 8:00 p.m. All are welcome to attend and to join this growing club, which meets on the third Tuesday of every month. The meetings always feature informative guest speakers who address timely topics. For more information, visit the website at www.cytomdems.com or contact Glenn Etienne at cytomdems@yahoo.com.



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 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.



Your Bridgeland Experts!

We don't just sell here, we live here!

CALL TODAY!

832.392.8818

Amy.Lippincott@GaryGreene.com www.realestatewithamy.com



GARY GREENE



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.

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 as well as individual



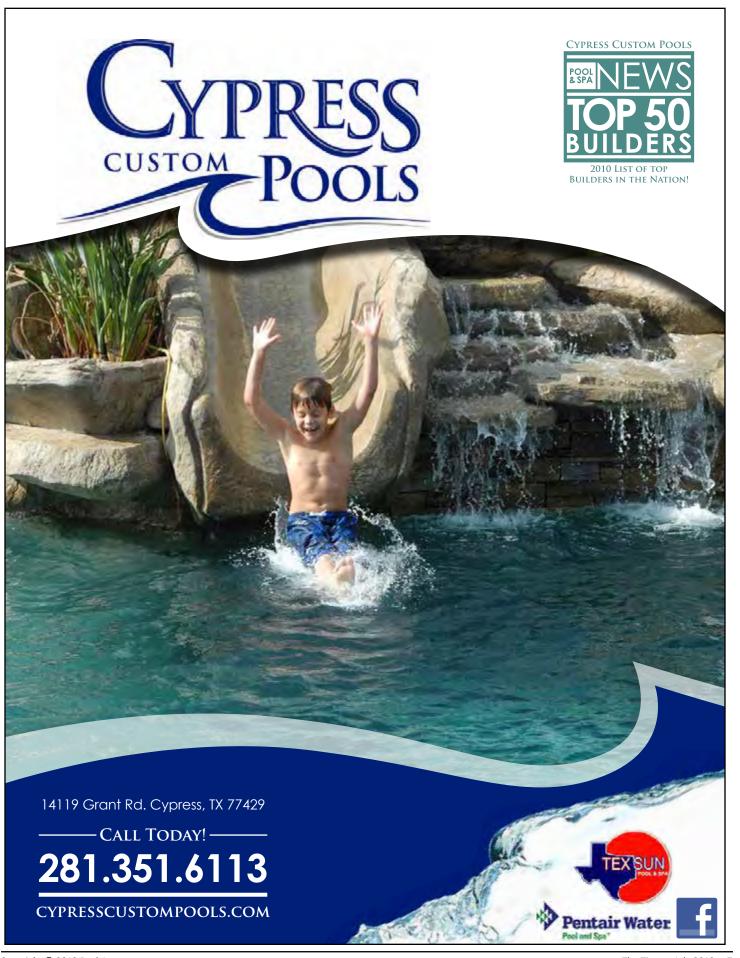
memberships.

CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs and one Builders' Club in the Cy-Fair School District; sponsors 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.





PROTECT EYES THIS SUMMER

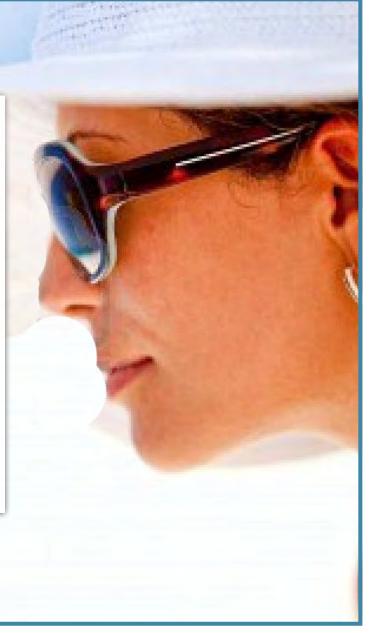
Take precautionary measures to protect your eyes during the summer to prevent long-term damage to eyesight, said a Baylor College of Medicine ophthalmologist.

"Ultraviolet light, or UV exposure, has been linked to the development of macular degeneration, cataracts and other vision-loss problems," said Dr. Elizabeth Baze, assistant professor of ophthalmology at BCM.

Baze offered tips you can practice to help protect your eyes from sun damage this summer.

- The more the sunglasses wrap around and shield your eyes and the skin around the eyes, the more protection you have.
- Sunglasses need to provide 99 to 100 percent UV protection.
- Sunblock is a must, including the skin around the eyes.
- A broad-brimmed hat can add extra protection.

If you have an existing eye condition like macular degeneration or cataracts, protecting your eyes from the sun should be a top priority during the summer, she said.





Quality Of Meals Should Not Change During Summer

Students shouldn't close the door on healthy eating habits during the summer, says a Baylor College of Medicine pediatrician.

"Certainly it is just as important to eat healthy over the summer as it is any other time of the year," said Dr. Teresia O'Connor, assistant professor of pediatrics – nutrition at BCM.

She offers the following tips for health summer eating:

- Incorporate fruits and vegetables in all meals.
- A healthy summer lunch should include a fruit, a vegetable, some form of protein and whole grains.
- Don¹t skip breakfast.
- Eat three meals a day with one to two snacks.
- Stay hydrated water is the best and healthiest way to
- stay hydrated.
- Be aware of how much sugar is in beverages. While it's okay
 to drink a small amount of these beverages, primary drinks
 should be water and low-fat or skim milk.

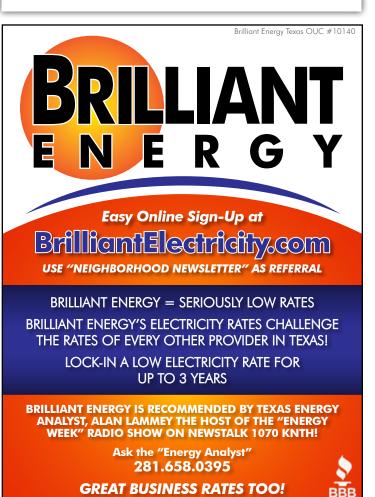
Encourage children and teens to help prepare their own meals so they become responsible for their own healthy eating.

VIRUSES STILL PRESENT DURING SUMMER

Many viruses are still frequent in the summer so good hygiene remains important, said Dr. Gail Demmler Harrison, professor of pediatrics-infectious diseases at BCM. Some viruses present in the summer include:

- Enteroviruses can cause symptoms such as sore throat and diarrhea, and can even lead to viral meningitis and inflammation of the heart and liver.
- Hand, foot and mouth disease, is characterized by ulcers in the back of the throat and a rash on hands and feet. This is common in babies and young children.
- Adenovirus, which can cause respiratory problems.
- Parainfluenza can cause croup, a loud cough; bronchiolitis, swelling and mucus in the small air passages in the lungs; and bronchitis, inflammation of the main air passages to the lungs.

These viruses cannot be treated with antibiotics, but it's important to get enough fluid and rest. Seek treatment immediately for high fever for more than three days, vomiting for over 24 hours, diarrhea, severe headaches or chest pain. Those with weak immune systems should consult their physician if they have any symptoms associated with these viruses.











CertaPro Painters®

281-719-0021

Interior & Exterior Painting

- Free Estimates
- 2-Year Warranty
- Sheetrock Repair
- Wallpaper Removal
- Faux Finishing
- References
- Fully Insured
- Texturing
- Carpentry
- Murals

Ask About Our FREE Color Consultation!

http://cypress.certapro.com





When it needs more than a bandaid,

Urgent Care vs. ER?

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

EXCEL URGENT CARE	VS.	Emergency Room		
\$\$	Sprains	\$\$\$\$		
\$\$	Minor Lacerations	\$\$\$\$		
\$	Cold, Flu, Fever	\$\$\$\$		
\$ - \$\$	Occupational Medicine	\$\$\$\$		
\$\$	Lab & Drug Screen (on site)	\$\$\$\$		
\$\$	X-Ray	\$\$\$\$		



www.excelurgentcare.com erving Cypress, Missouri City & Katy Areas Open Everyday 9am - 9pm



SHALOM

Hi Jewish Community! Let's get connected!

- Shabbat dinners
- Chanukah parties
- Passover Seders
- or simply get together!

INTERESTED?

E-mail us at info@shalomcypress.org. Or visit our website at www.shalomcypress.org



2008, 2010 BBB-Award of Excellence



Copyright © 2013 Peel, Inc.

Cypress, Texas

Cy-Fair ISD Celebrates Volunteers, Community and Business Partners

The importance of recognizing volunteer contributions and the support of our business and community partners is essential to a strong volunteer and partners program. The administration, students, and staff of CFISD enjoyed hosting and entertaining over a thousand of the tens of thousands of volunteers and supporters that have given so much to help us achieve our goals this year.

With the commitment and generosity of several community businesses, tickets to this appreciation event were free. PBK Architects continues to serve as the underwriter for the VIPS Appreciation Luncheon. Additionally, the event was sponsored by: Allsafe Storage, Cy-Fair Educational Foundation, Cy-Hope, GameTime by Total Recreation Products, H-E-B, Kroger, Lone Star College Cy-Fair, Spring Creek Barbeque, Towne Lake and Rock Creek.

As a district, we are so fortunate to have thousands of volunteers who actively give their time to our kids, and many business and community partners who adopt and support our schools. As Superintendent, Dr. Mark Henry, says, "each volunteer plays a very key role in the lives our students and staff, and it has not gone unnoticed. In these past years, with a struggling economy and the district dealing with huge budget cuts, you have kept us on top by being generous with your time and sharing your many talents to make our district the great success that it is."



Volunteer Appreciation

Cypress-Fairbanks Independent School District had the pleasure of honoring its district and state volunteer and business partner award winners during the Volunteer Appreciation Luncheon on April 5, 2013. The award winners were nominated by various schools in the district at which the volunteers and/or business partners generously donated their time and resources. These treasured volunteers and community partners were first selected as our district award winners and then competed with others in their categories from school districts around the state. The state level award winners were recognized by the Texas Association of Partners in Education during their annual conference held in Austin on January 29.

DISTRICT LEVEL VOLUNTEER, COMMUNITY AND BUSINESS PARTNERSHIP AWARD WINNERS:

Business Partnership - Academic Impact Award:

Flaherty's Flooring of America, Moore Elementary School Business Partner Business Partnership - Career Education Award:

Mustang Engineering, Inc., Watkins Middle School Adopt-A-School Partner

Community Partnership – Academic Impact Award:

Bak-Pak Critters, Bang Elementary School Community Partner Community Partnership – Health Award:

Harris County MUD #167, McFee Elementary School Community Partner *Individual Wisdom Award:*

Ray Raymer, Mentor at Moore Elementary and numerous CFISD schools Individual Role Model Award:

Carolina Rodriguez, Postma Elementary School Volunteer *Partnership Program Award – Innovation:*

Bus Buddies Program, Cy-Fair ISD Volunteer and Business Partnership Program

Special Event Award:

VIPS Appreciation Luncheon, Cy-Fair ISD Volunteer, Business and Community Recognition

STATE LEVEL VOLUNTEER, COMMUNITY AND BUSINESS PARTNERSHIP AWARD WINNERS:

Community Partnership, Academic Impact – Crystal Award:
Bak-Pak Critters, Bang Elementary School Community Partner
Partnership Program, Innovation – Crystal Award:
Bus Buddies Program

Cy-Fair ISD Volunteer and Business Partnership Program Special Event Award – Crystal Award:

VIPS Appreciation Luncheon

Cy-Fair ISD Volunteer, Business and Community Recognition Community Partnership, Health – Gold Award:

Harris County MUD #167, McFee Elementary School Community
Partner

Individual Partnership, Role Model - Gold Award:

Carolina Rodriguez, Postma Elementary School Volunteer

The district congratulates both our business partners and individuals for their award winning accomplishments and thanks them for their devoted service to our students and staff. "Hats Off" to all the volunteers in our district! We celebrate each and every one of you for your countless hours of service and dedication to our students and staff in Cypress-Fairbanks Independent School District every day of the year.

Physical Symptoms Could Be Sign Of Depression

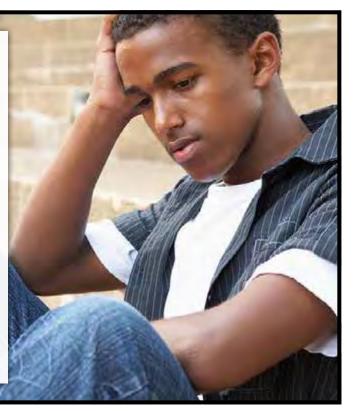
Depression and chronic mood disorders can manifest themselves through physical symptoms, said an expert at Baylor College of Medicine.

"Physical symptoms often drive a patient to see a primary care physician, and then the diagnosis of depression may emerge," said Dr. Sanjay Mathew, associate professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM.

Symptoms include gastrointestinal syndromes or chronic pain conditions. Many patients will have diagnoses of both a physical illness as well as depression.

The first step is to get a complete medical history and physical exam to rule out any medical conditions before making a psychiatric diagnosis.

Certain types of antidepressants and medications that help treat seizures also help with the physical symptoms of depression at low doses. This can help avoid the use of multiple medications.





Girl Scouts Celebrate 101 Years!

Girls Scout across the country and around the world are celebrating a new century of leadership in Girl Scouts!

This is the organization's 101st year. Girl Scouts of America was founded in 1912 in Savannah, Georgia by a woman who was determined to empower young women and help teach them values. Juliet Low, started her first Girl Scout troop at her home in Savannah. It is now a museum and home of the national headquarters.

Girl Scouts all over the planet invite you to take action this summer and volunteer, recycle, conserve, explore, teach and make the world a better place!



NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

nwhcaggiemoms.org

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 can help your student succeed during those college years at one of our informal Summer Mixers. The Northwest Harris County Aggie Mom's Club, as an organization, encourages parents to become familiar with A&M during their student's freshman year. 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. Please join us at one of the following locations in your area. Please RSVP to thompson5511@sbcglobal. net. or 713-956-0972 so our hostesses will know how many people to expect. We look forward to meeting you!

SUMMER MIXER LOCATIONS

Monday, June 17 - 7-9 pm

Hosted by: Linda Saxby

17210 Prescott Manor, Cypress, TX 77433

Lakes Fairhaven subdivision (just north of Fairfield off of Mason Rd.)

Sunday, June 23 - 2-4 pm

Hosted by: Connie Pritchard

12418 Pedder Way Drive, Tomball, TX 77377

Village Creek Subdivision

Thursday, July 11 - 7-9 pm

Hosted by: LaDonna MacDonald

15903 Harwick Drive, Spring, TX 77379

Champions Forest Subdivision

Tuesday. July 23 - 7-9 pm

Hosted by: Cheryl Williams

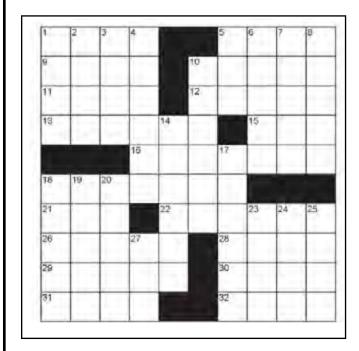
8331 Church Light Lane, Houston, TX 77064

Carriage Lane Subdivision

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, 7100 High Life Drive, conveniently located near Willowbrook Mall. We are looking forward to kicking off the 2013-2014 school 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. For more information on monthly speakers or upcoming events visit our website at www. nwhcaggiemoms.org or contact Shannon Eberle, Club President at clubpres2012@gmail.com.



CROSSWORD PUZZLE



ACROSS

- 1. Curse
- 5. Glasses
- 9. Charge card
- 10. Japanese dish
- 11. Pear type
- 12. Type of alcohol
- 13. Mete out
- 15. Deer relative
- 16. Mountains
- 18. Sin
- 21. Fawn's mom
- 22. Rain shoe
- 26. Angry
- 28. Sole
- 29. Whoop
- 30. A spinning toy (2 wds.)
- 31. Plateau
- 32. Former magistrate of Venice

DOWN

- 1. Baby's "ball"
- 2. Famous cookies
- 3. Loch monster
- 4. Levy
- 5. Jag
- 6. Direct
- 7. Animal kingdom division
- 8. Soft materials
- 10. Member of an American Indian people
- 14. Dancer Rogers
- 17. Put more ammunition in
- 18. Abhorrence
- 19. Skill
- 20. Heroic actions
- 23. Upon
- 24. Slug
- 25. Publicity
- 27. Drink

View answers online at www.peelinc.com

© 2006. Feature Exchange



Evenings and weekends available by appointment.



- 11307 FM 1960 West at Steepletop, Suite 340 Houston, Texas 77065
- 14044 Spring Cypress at Grant Cypress, Texas 77429
- 27126 Highway 290 at Mueschke Cypress, Texas 77433
- 7015 Barker Cypress Rd at 529 Cypress, Texas 77433



*According to the U.S. Preventive Services Task Force and the Affordable Care Act, routine screening mammography is a preventive service now covered 100% by health insurance plans for women aged 40 and older every 1 to 2 years.

Schedule now 281.897.3121 • www.CyFairWomensImaging.com

The Times is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use The Times contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

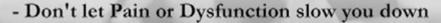
- * The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.
- * Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.
- * Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

	SUDOKU									
		5		7		8		9		
					1					
View answers online at www.peelinc.com	9		6			3				
w.peeli				2			8			mge
at wu	3	7				5				ure Excha
online						4		1		© 2006. Feature Exchange
answer	7		2							© 2
View .	8	6		5			2			
				1			4			

The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

ProCare Chiropractic & Sports Therapy

Dr. Gingell is a Certified Chiropractic Sports Practitioner and Active Release Technique provider focused on treating local athletes and weekend warriors for many common muscular, skeletal, and joint injuries.



- Over-Use Injuries can prevent your success
- Use our Experience to go farther and faster



Jonathan Gingell DC, CCSP



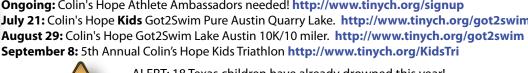
281-550-7500

www.ProCareSports.com

9405 Huffmeister Rd. Suite 140 Houston, TX 77095



Volunteer - Donate COLINSHOPE.ORG





ALERT: 18 Texas children have already drowned this year! YOU can help us prevent children from drowning. Please KEEP YOUR KIDS SAFE around water.

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

Kids Stuff-



the park or a bee buzzed around your head while you were playing catch.

Ouch! It's enough to make you stay indoors. But the outdoors can still be a is best for you. great place to play if you know a little bit more about insects.

WHY DO BUGS BITE OR STING?

scorpions usually attack when they feel like they're in danger. Sometimes they are protecting their territory, web, or nest. Other insects, such as mosquitoes and ticks, suck blood in order to survive. The female mosquito try to crush it in your hands. Your doctor may want to see this tick later. needs blood so that she can lay her eggs. (The male mosquito does not bite at all!) Ticks are parasites, which means they live on other animals and need to suck blood to live.

WHAT ARE BUG BITES AND STINGS?

Insects and other bugs can inject venom (say: veh-num) into your skin when they bite or sting you. Usually, venom is like soap in your eyes - it doesn't really hurt you, but it's not very comfortable. It will make a small, emergency department. Once you know you are allergic to bee stings, your itchy bump no bigger than a pea form on your skin. When you scratch, your doctor will provide you with a special kit. The kit is called an epinephrine skin becomes red and more itchy. A tick bite can cause a red rash that looks a little like a bull's-eye (this may take as long as a week, or even more). In the case of bee stings, the area becomes swollen and a stinger times, especially when you are outside. Make sure an adult is close by to might be left in the skin.

DOES IT HURT?

In most cases bug bites are not serious and only hurt for a little while. The itching is the most irritating part of most bites and stings. Some bites nests. Keep sweet-smelling food or drink covered when you are eating or stings, such as a bite from a scorpion or a black widow spider, may require a trip to the emergency department. But this doesn't happen very often. An adult will know whether this trip is necessary.

WHAT SHOULD YOU DO?

she will look at the bite or sting to see what needs to be done. If a mosquito bites you, try not to scratch. It's hard sometimes, but scratching will make a lot of fun — bugs or no bugs. With a little bit of care, you can have fun the itch worse and can cause the bite to swell, bleed, or get infected. If you are stung by a bee, an adult can help you get the stinger out quickly. Have an adult wash the area with soap and water, and apply ice to the sting on Reviewed by: Elana Pearl Ben-Joseph, MD Date reviewed: September 2010

If you've ever played outside, chances are you've been bugged by insects and off for the first 24 hours. An antihistamine, which is a type of medicine, or other crawly creatures. Maybe unwelcome ants joined you at a picnic in can help stop the itching, pain, and swelling. Acetaminophen can also help stop the sting from hurting. Hydrocortisone creams and calamine lotions None of this may have bothered you — unless you were bitten or stung. can be helpful to take away the itch. An adult will decide what medicine

TICK TALK

If you find a tick on you, don't try to remove it yourself. Get an adult to Insects like bees, wasps, and hornets and other creatures like spiders and help you. He or she will grab the tick with tweezers as close to your skin as possible and pull it off in one smooth motion. Once the tick is removed, save it by storing it in a small container or a sealable plastic bag. Don't

WHEN TO GET HELP

Some people have an allergic (say: uh-ler-jik) reaction to the venom that certain insects, such as bees, inject. If you have trouble breathing, break out in hives (hives are red bumps that show up on your skin), or feel like you are going to throw up after a bee or wasp has stung you, you could be having an allergic reaction. Tell an adult right away so that you can go the kit and will contain a shot of epinephrine (say: eh-pih-neh-frin). You will need this shot if a bee stings you. You should keep this kit with you at all give you the shot if you need it.

STOPPING THE STINGING

You can keep from getting stung by staying away from bee or wasp outdoors. And don't swat at flying insects — it just makes them angry, causing them to bite or sting. If you go hiking, wear a long-sleeved shirt and pants tucked into your socks and shoes to avoid ticks. And always have an adult check you for ticks if you've been playing in the woods. The If anything bites or stings you, make sure you let an adult know. He or best way to avoid being bitten by spiders or scorpions is to avoid places where they like to make their homes, like woodpiles. Playing outside is even when the insects come marching in!



We solve all the pieces to the puzzle.



Call Today to Get Started On All Your Printing Needs.

512-263-9181

EXPERIENCE MATTERS doing business for 30+ years.





Selling Your Home In Bridgeland?

Put the Mike Schroeder Team to work for you!!

- Marketing on multiple websites for 24/7 exposure of your home.
- The Mike Schroeder Team has over 30 years of combined real estate experience.
- 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										
	Aug '12	Sept '12	Oct '12	Nov '12	Dec '12	Jan '13	Feb '13	Mar '13	Apr '13	May '13
\$500,000 and above	0	1	0	0	2	0	0	2	1	1
\$451,000\$499,999	0	1	0	0	0	0	0	0	1	3
\$351,000\$450,999	2	5	4	5	3	2	4	5	6	19
\$276,000\$350,999	7	7	4	8	1	3	4	9	2	6
\$231,000\$275,999	3	3	1	3	4	1	2	6	4	3
\$201,000\$230,999	2	1	0	4	4	2	1	3	1	2
\$200,999 and below	0	1	1	0	1	0	0	2	1	0
Total	14	19	10	20	15	8	11	27	16	34
Highest \$/sq ft	\$111.34	\$123.86	\$113.67	\$124.91	\$135.76	\$130.50	\$105.81	\$130.99	\$116.64	\$137.08

Looking for a Career in Real Estate with the #1 Brand in Real Estate? Call Mike for a Confidential Interview with RE/MAX Preferred Homes.

Mike Schroeder, ABR, CDPE

Broker-Owner - RE/MAX Preferred Homes

Fightin' Texas Aggie Class of 1989

281-373-4300 (office)

281-373-4345 (fax)

281-705-6385 (cell)

www.mikeschroederteam.com

"Celebrating 20 years of selling homes in Cypress"