

THE TIMES

NEWS FOR THE RESIDENTS OF BRIDGELAND

January 2014

Volume 8, Issue 1



Thank You &
Happy New Year!



Farmers Market at Bridgeland

The Farmers Market at Bridgeland was in operation throughout the Year 2013 and brought local producers, farmers and artists to the community of Bridgeland. We would like to thank all our shoppers and local vendors for attending the market on a monthly base and for making every single market very special.

In 2014 we will be back on the 2nd Sunday of each month.

Gardening classes, food and flower themed demonstrations as well as live music performances by local artists are on our schedule for 2014. Check our website for the latest news and events – www.farmersmarketatbridgeland.org. Happy New Year to you and your families and we look forward to seeing you at the upcoming markets!

The Farmers Market at Bridgeland

IMPORTANT NUMBERS

BRIDGELAND COMMUNITY ASSOCIATIONS (HOA)

16902 Bridgeland Landing
Cypress, TX 77433
281-304-1318

General Manager

Melissa Hargrove mhargrove@pcmi-us.com

Assistant Manager

Cris Pulatie cpulatie@pcmi-us.com

Activities Director

Rachel Johnson rjohnson2@pcmi-us.com

Administrative Assistant

Ann Klak annklak@pcmi-us.com

Community Administrator

Denise Saxton dsaxton@pcmi-us.com

EMERGENCY NUMBERS

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

AREA HOSPITALS

Cy-Fair Medical Center 281-897-3300
North Cypress Medical Center 832-912-3500
Willowbrook Methodist 281-477-1000

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Cy-Fair ISD 281-897-4000
Cy-Fair ISD 281-897-4000
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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Electricity - Reliant Energy 800-735-42568
Cable/Internet/Phone - Comcast 713-341-1000

PUBLIC SERVICES

Cypress Post Office 281-373-9125
Drivers License Info. 281-955-1100
Harris County Tax 713-224-1919

NEWSLETTER PUBLISHER

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!*

Advertising Information

Please support the businesses that advertise in The Times. Their advertising dollars make it possible for all the Bridgeland residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.



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A FOCUS ON RESOLUTIONS

By: Concentra Urgent Care

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes. Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

- Taking into account foods you like and dislike
- A focus on fresh fruits, vegetables, and whole grains
- Consuming fat-free or low-fat dairy products such as yogurt, cheese, and milk
- Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
- Avoiding saturated and trans fats such as animal fat, butter, and

hydrogenated oils

- Staying away from foods high in sodium and added sugars

GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)
- Biking
- Tennis
- Aerobic exercise classes (step aerobics, kickboxing, dancing)
- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged.



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CY-FAIR KIWANIS CLUB

Kiwanis wants YOU! Start the new year by giving in service to others by joining with the Cy-Fair Kiwanis Club. We work with Key Clubs, Builders Clubs, and Boy and Girl Scout troops to build leadership and orientation toward service to others, and with community based organizations that provide goods and services to the needy in 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 worldwide. 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. We welcome business and organization representatives as well as individual memberships.

Regular meetings of the club will occur on January 7, 14, and 21 at the Hearstone Country Club at 12:15 p.m. We invite you to be our guest for lunch and fellowship and for 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 welcome your visit at our Club meeting and your consideration of membership in our service organization. Join Now.

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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 January 16, 2014 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.

*Senior graduation
invitations + announcements*

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2013 ALL DISTRICT FOOTBALL TEAM

DISTRICT 17

CENTER

#50 - Austin Keith | 5'11" | 240lbs | 12th Grade | Cy Fair

OFFENSIVE LINE

#73 - Vincent Dale | 6'4" | 290lbs | 12th Grade | Cy Fair

#77 - Morgan Magness | 6'3" | 300lbs | 12th Grade | Cy Fair

#77 - Elijah Rodriguez | 6'6" | 280lbs | 12th Grade | Cypress Creek

#65 - Brady Vinson | 6'3" | 235lbs | 12th Grade | Cy Ranch

#58 - Willie Wright | 6'3" | 275lbs | 12th Grade | Cy Ridge

TIGHT END

#85 - Luis Lopez | 6'3" | 235lbs | 12th Grade | Cy Fair

WIDE RECEIVER

#2 - Darius Crawley | 6'0" | 190lbs | 12th Grade | Cy Ridge

#4 - Dominique Harris | 5'7" | 160lbs | 12th Grade | Langham Creek

#2 - Bryce Johnson | 6'0" | 175lbs | 12th Grade | Cy Ranch

#1 - Kevin Lovings | 5'10" | 166lbs | Cy Springs

#1 - Mason Roberts | 5'8" | 175lbs | 12th Grade | Cy Woods

#16 - Kemah Siverand | 6'2" | 185lbs | 11th Grade | Cy Ridge

RUNNING BACK

#6 - Terrell Aldridge | 6'0" | 190lbs | 12th Grade | Cypress Creek

#20 - Dillon Birden | 5'11" | 180lbs | 12th Grade | Cy Fair

#21 - Charlie Booker | 5'8" | 175lbs | 11th Grade | Cy Ranch

QUARTERBACK

#10 - Kyle Cutbirth | 6'0" | 165lbs | 12th Grade | Langham Creek

#9 - Nick Hooper | 6'0" | 185lbs | 11th Grade | Cy Woods

#1 - Deshun Qualls | 5'11" | 155lbs | 10th Grade | Jersey Village

2ND TEAM OFFENSE

CENTER

#76 - Tito Rueda | 6'3" | 270lbs | 12th Grade | Cy Ridge

OFFENSIVE LINE

#76 - Chris Abo-shear | 6'3" | 320lbs | 12th Grade | Jersey Village

#70 - Shawn Andrew | 6'3" | 290lbs | 12th Grade | Cypress Creek

#53 - Hunter Gonzalez | 5'8" | 240lbs | 11th Grade | Cy Fair

#76 - Zach Kinninger | 6'5" | 275lbs | 11th Grade | Cy Ranch

#64 - Trevor Rogas | 6'1" | 220lbs | 11th Grade | Cy Woods

TIGHT END

#81 - Jackson Solbeck | 6'3" | 225lbs | 11th Grade | Cy Ranch

WIDE RECEIVER

#15 - Zach Duncan | 5'9" | 170lbs | 11th Grade | Cy Woods

#6 - Bryce Elkin | 6'4" | 200lbs | 12th Grade | Langham Creek

#11 - Michael Ewing | 5'8" | 155lbs | 12th Grade | Cy Springs

#2 - Bryce Langan | 5'7" | 150lbs | 12th Grade | Langham Creek

#11 - Jorren Pollard | 5'11" | 175lbs | 10th Grade | Cy Falls

#17 - Jalen Richardson | 6'1" | 180lbs | 12th Grade | Jersey Village

RUNNING BACK

#22 - Kalen Lavine | 5'8" | 185lbs | 12th Grade | Cy Ranch

#33 - Chris Robinson | 5'9" | 190lbs | 12th Grade | Cy Ridge

#24 - Sam Stewart | 5'9" | 195lbs | 12th Grade | Cy Woods

QUARTERBACK

#4 - Troy Brown | 5'11" | 185lbs | 12th Grade | Cy Springs

#14 - Cole Martin | 6'2" | 195lbs | 12th Grade | Cy Ranch

COACH OF THE YEAR

Coach Ed Pustejovsky - Cy Fair High School

OFFENSIVE MVP

#10 - Kyle Cutbirth | 6'0" | 165lbs | 12th Grade | Langham Creek

DEFENSIVE MVP

#52 - Dexter Collins | 6'0" | 290lbs | 12th Grade | Langham Creek

OFFENSIVE NEWCOMER

#1 - Deshun Qualls | 5'11" | 155lbs | 10th Grade | Jersey Village

DEFENSIVE NEWCOMER

#25 - Micah Pryor | 5'10" | 170lbs | 10th Grade | Langham Creek

2013 ALL DISTRICT FOOTBALL TEAM

DISTRICT 17

1ST TEAM DEFENSE

DEFENSIVE LINE

- #40 - Jabriel Alexander | 6'2" | 230lbs | 12th grade | Jersey Village
- #55 - Alton Brown | 6'0" | 260lbs | 12th Grade | Jersey Village
- #52 - Dexter Collins | 6'0" | 290lbs | 12th Grade | Langham Creek
- #90 - Ross Donelly | 6'2" | 305lbs | 11th Grade | Cy Fair
- #99 - Justyn Johnson | 6'1" | 270lbs | 11th Grade | Cy Woods
- #48 - Jordan Molden | 6'2" | 245lbs | 12th Grade | Cy Ridge
- #40 - Brady Wright | 6'3" | 230lbs | 12th Grade | Cy Fair

LINEBACKER

- #42 - Otaru Alaka | 6'2" | 205lbs | 12th Grade | Cy Falls
- #31 - Jacoby Brooks | 6'0" | 215lbs | 11th Grade | Cypress Creek
- #44 - Brandon Brown | 5'11" | 230lbs | 12th Grade | Cypress Creek
- #36 - Nico Costanzo | 6'2" | 215lbs | 12th Grade | Langham Creek
- #23 Nick Csatlos | 6'0" | 200lbs | 12th Grade | Cy Woods
- #41 - James Kohlschmidt | 5'11" | 195lbs | 11th Grade | Cy Fair
- #35 - Austin Scheaffer | 5'10" | 175lbs | 12th Grade | Cy Fair

DEFENSIVE BACK

- #3 - Michael Austin | 5'9" | 165lbs | 12th Grade | Cy Ridge
- #22 - Keith Batista | 5'11" | 175lbs | 11th Grade | Langham Creek
- #5 - David Dudley | 6'0" | 180lbs | 12th Grade | Cy Fair
- #5 Henry Hite | 6'0" | 160lbs | 12th Grade | Cypress Creek
- #5 - Jacob Hobbs | 5'9" | 165lbs | 12th Grade | Langham Creek
- #4 - Stevie Polly | 5'9" | 160lbs | 12th Grade | Cy Woods
- #2 - Christian Taylor | 6'2" | 180lbs | 11th Grade | Jersey Village

2ND TEAM DEFENSE

DEFENSIVE LINE

- #59 - Tyler Breggs | 6'1" | 190lbs | 12th Grade | Cy Lakes
- #40 - Brandon Frazier | 5'11" | 185lbs | 12th Grade | Cy Ridge
- #49 - Michael Omirin | 6'1" | 210lbs | 12th Grade | Cy Fair
- #29 - Safar Sheriff | 6'0" | 240lbs | 12th Grade | Cypress Creek
- #48 - Ross Tuzin | 5'11" | 240lbs | 12th Grade | Cy Fair
- #42 - Malik Warner | 6'1" | 225lbs | 12th Grade | Langham Creek

LINEBACKER

- #52 - Jarious Boone | 5'11" | 210lbs | 12th Grade | Jersey Village
- #20 - Josh Head | 5'10" | 215lbs | 11th Grade | Cypress Creek
- #33 - Michael Hoehner | 5'10" | 185lbs | 10th Grade | Langham Creek
- #43 - Taylor Holms | 6'2" | 210lbs | 12th Grade | Cy Woods
- #45 - Collin Marcum | 6'0" | 185lbs | 12th Grade | Jersey Village
- #15 - Bryce Saracene | 5'7" | 180lbs | 11th Grade | Cy Ranch
- #21 - Yiovani Williams | 5'10" | 200lbs | 12th Grade | Cy Springs

DEFENSIVE BACK

- #6 - Lakent Alexis | 5'10" | 165lbs | 11th Grade | Jersey Village
- #18 - Maxx Chrest | 5'10" | 160lbs | 11th Grade | Cy Fair
- #10 - Drake Moore | 5'9" | 180lbs | 12th Grade | Cy Lakes
- #25 - Micah Pryor | 5'10" | 170lbs | 10th Grade | Langham Creek
- #10 - Brandon Richmond | 5'11" | 180lbs | 11th Grade | Cy Fair
- #5 - Jimmy Washington | 6'2" | 185lbs | 12th Grade | Cy Springs

1ST TEAM KICKER

- #11 - Chase McLaughlin | 6'1" | 170lbs | 12th Grade | Cy Woods
- #16 - Joel Scarbrough | 5'10" | 170lbs | 11th Grade | Langham Creek

2ND TEAM KICKER

- #31 - Omar Portillo | 5'5" | 190lbs | 11th Grade | Cy Ridge

1ST TEAM PUNTER

- #16 - Joel Scarbrough | 5'10" | 170lbs | 11th Grade | Langham Creek

2ND TEAM PUNTER

- #84 - Mitch Fly | 5'9" | 150lbs | 11th Grade | Jersey Village

1ST TEAM RET SPECIALIST

- #4 - Dominique Harris | 5'7" | 160lbs | 12th Grade | Langham Creek

2ND TEAM RET SPECIALIST

- #6 - Terrell Aldridge | 6'0" | 190lbs | 12th Grade | Cypress Creek

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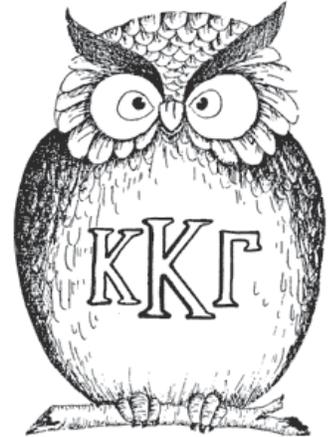
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**Cypress Symphony Presents Second
 Concert of their Inaugural Season**

The Cypress Symphony invites you to celebrate our historical inaugural season at our second concert in January! Join us as we explore some of the earliest orchestral writing by the lighthearted CPE Bach and journey through history to the romantic and passionate Mendelssohn and Tchaikovsky. We are pleased to welcome our talented guest conductor Mark Dupere, as he leads the Cypress Symphony through a musical odyssey! We look forward to seeing you on this magical evening!

Saturday January 18th, 2014
7pm at the Centrum
Mark Dupere, guest conductor

PROGRAM:

C.P.E Bach Symphony for Strings in B-flat
 Mendelssohn String Symphony No. 7 in D minor
 Tchaikovsky Serenade for Strings Op. 48
*Tickets can be purchased at cypresssymphony.org
 Student admission is free.*

**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.

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**Allison Arthur
 M.D.**



**Christy T. Knowles
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**Alyssa Kuban
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Cy Woods theatre students will be performing the musical “Into the Woods” by Stephen Sondheim and James Lapine. This musical encompasses classic fairy tale characters that portray a sense of fantasy and reality.

Performances will be held in the Cy Woods High School Auditorium
Thursday – Saturday (January 30th – February 1st) at 7:00 pm
Saturday Matinee at 2:00 pm.

Tickets may be purchased online at www.showtix4u.com.

TICKET PRICES:

Orchestra Level - \$15.00 | Mezzanine Level - \$10.00

Synopsis: The story follows a Baker and his wife who wish to have a child, Cinderella who wishes to attend the King’s Festival, and Jack who wishes his cow would give milk. When the Baker and his wife learn that they cannot have a child because of a Witch’s curse, the two set off on a journey to break the curse. Everyone’s wish is granted, but the consequences of their actions return to haunt them later with disastrous results.

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Sat 9AM - 4PM



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or email us at
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SALUTE TO OUR HEROES

February 8, 2014

The Cy-Fair Educational Foundation (CFEF) event "Salute to Our Heroes" is scheduled for Saturday, Feb. 8, 2014, at 6:30 p.m. at the Omni Hotel Westside Houston (13210 Katy Freeway).

"Salute to Our Heroes" honors the brave men and women who have served to preserve our freedom and liberty. Proceeds from this event will go to an endowment enabling graduating students from Cypress-Fairbanks ISD to attend college.

This year our guest speaker is Martha McSally who was the first female combat pilot in US history. Following tradition, the event will also have the Missing Man Table & Honors Ceremony.

The event will be underwritten by Station & Ayers Insurance Planning Services, L.L.C. and the Cypress Fairbanks Medical Center Hospital will be the Major General Sponsor.

For more information regarding sponsorships and donations, please visit the CFEF website at www.thecfef.org or call 281-807-3591.

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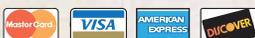
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GOOD NEIGHBORS CAN BE GREAT FOR STRESS LEVELS

Do you live in a neighborhood where you feel safe and connected to others, or do you feel overcrowded, threatened, and otherwise unsafe in your surroundings? This, and other aspects of neighborhood life, can impact both your level of happiness and stress.

Socializing: With our busy schedules, we don't always see friends as often as we'd like. For a bit of socializing that takes only minutes out of your day, it's nice to stop and chat with people for a few minutes on your way out to your car. And the more people you have available for shared social support, the better, generally speaking.

Pooled Resources: I know people in some more-friendly neighborhoods who share dinners, minimizing the effort it takes to cook. Others trade fruit from their trees. A neighbor who borrows a few eggs may come back with a plate of cookies that the eggs helped create. Knowing your neighbors increases everyone's ability to share.

Security: Knowing the people around you can bring a sense of security. If you need something—whether it's a cup of sugar when you're baking cookies, or someone to call the police if they see someone lurking outside your home—it's nice to know you can depend on those around you and they can depend on you.

Home Pride: Knowing the people who live around you provides a strengthened sense of pride in your home and neighborhood.

Coming home just feels nicer. While you may not be able to change the neighborhood in which you live, you can change the experience you have in your own neighborhood by getting more involved with those around you and taking pride in the area in which you live. The following are some ideas and resources that can help you to feel more at home in your neighborhood:

Get Out More: If you live in a generally safe area, I highly recommend taking a morning or evening walk. It's a great stress reliever that also allows you to get to know many of your neighbors, get an understanding of who lives where, and feel more at home in your surroundings.

Smile: It's simple enough, but if you're not in the habit of smiling and giving a friendly hello to the people you encounter in your neighborhood, it's a good habit to start. While not everyone will return the friendliness immediately, it's a quick way to get to know people and build relationships, even if you've lived close for years and haven't really said much to one another.

Talk To Your Elders: The more veteran members of the neighborhood often have the inside scoop on the neighborhood. You may be surprised at how much you can learn if you stop to take the time to talk to the sweet old lady at the end of the block.



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Bridgeland Year-to-Date Sales Report

	Feb '13	Mar '13	Apr '13	May '13	June '13	July '13	Aug '13	Sept '13	Oct '13	Nov '13
\$500,000 and above	0	2	1	1	1	2	3	2	1	3
\$451,000--\$499,999	0	0	1	3	2	1	2	1	0	2
\$351,000--\$450,999	4	5	6	19	11	5	4	6	4	2
\$276,000--\$350,999	4	9	2	6	6	6	6	3	4	4
\$231,000--\$275,999	2	6	4	3	3	3	2	4	1	4
\$201,000--\$230,999	1	3	1	2	1	2	0	0	1	0
\$200,999 and below	0	2	1	0	2	0	0	0	1	0
Total	11	27	16	34	26	19	17	16	12	15
Highest \$/sq ft	\$105.81	\$130.99	\$116.64	\$137.08	\$124.84	\$166.81	\$125.14	\$137.06	\$139.82	\$142.28

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