

THE TIMES

NEWS FOR THE RESIDENTS OF BRIDGELAND

January 2015

An Independent Publication Serving the Bridgeland® Community

Volume 9, Issue 1



THE FARMERS MARKET AT BRIDGELAND

HAPPY NEW YEAR 2015

Thank you to all our visitors for supporting local farmers and businesses in 2014, and thank you to our valuable vendors for bringing their naturally grown fruits and vegetables and home made products to our community.

In 2015, the Farmers Market at Bridgeland will continue to be held on the 2nd Sunday of every month. Mark your calendar with our special events in the first quarter 2015:

January 11

YLive Juice presents a class about the advantages of juicing

February 8

Enjoying Coffee – Class by Café ZunZun

February 21 & 22

Cy-Fair Home & Garden Show – The Farmers Market and its vendors have been invited for the 3rd year in a row to set up the market in front of the Berry Center while the show runs on Saturday and Sunday.

March 8

Class by Stephanie Baker – ‘How to grow your own Tomatoes’

Happy New Year to you and your families, and we look forward to seeing you at the upcoming markets!

The Farmers Market at Bridgeland

www.farmersmarketatbridgeland.org

www.facebook.com/TheFarmersMarketAtBridgeland



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

SCHOOLS

Cy-Fair ISD.....	281-897-4000
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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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2015 SPRING BASEBALL AND SOFTBALL

We are adding NEW and exciting things this season!!!!

BASEBALL

- Instruction T-Ball – 4yrs old (coed)
- Rookie – 5-6yrs old
- AA7 – 7yrs old (coach pitch)
- AA8 – 8yrs old (coach pitch)
- AAA – 9yrs old (kid pitch)
- AAA - 10yrs old
- Majors – 11-12yrs old
- Majors - 13yrs old (Proposed)

SOFTBALL

- Instructional (Tee Ball) - 4U (Proposed)
- Sweetees (Tee Ball) – 6U
- Darlings (coach pitch) – 8U
- Angels (kid pitch) - 10U
- Freshman (kid pitch) - 12U (Proposed)

The proposed divisions will have more information available via the website, www.fairfieldsports.net as we near the opening of registration on Nov 1st.

Instructional Divisions: A child MUST turn 4 Years of Age on or before April 30th, 2014 in order to participate in FSA (in other words, no 3 year old children will be accepted in Instructional Tee-Ball).

ALL DATES ARE TENTATIVE AND SUBJECT TO CHANGE!

- Nov 1, 2014 - Jan 11, 2015: Online registration OPEN at: www.fairfieldsports.sportssignup.com
- January 10th: In person registration 9:00AM - 12:00PM (1 Day Only)
- January 11th – Online registration ends
- January 14th – 16th Coaches Meetings
- January 17th – Tryouts for all divisions except T-ball (no tryouts for t-ball)
- January 21st – 23rd Drafts
- March 1st - Games begin for older divisions
- March 16th - All games begin
- March 21st - Opening Day
- March 8th – Opening Day Parade and Ceremony (weather permitting)
- May 22nd - Tournament begins (dependent upon weather)
- June 13th - All Star Weekend

(Continued on Page 4)



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(Continued from Page 3)

LATE REGISTRATION

There will be NO LATE REGISTRATION. Unfortunately, our size has dictated a more strict approach to registration cut-off in order to handle all of the administrative duties and preparation necessary to start the season.

GETTING INVOLVED

Lastly, I would like to invite everyone to find a way to take part in your sports association. FSA is a volunteer organization and could use your help to provide the best facilities around. There are jobs ranging from helping with try-outs, opening day help, field maintenance, and concessions duty. We hope you familiarize yourself with the Baseball and Softball Committees via our website and reach out to committee members to see how you can help.

Three areas needing the most help are baseball committee, nightly field maintenance and concessions. These are opportunities to not only get involved and meet great people, but most of all contribute to making Fairfield one of the best places around for our kids to play sports!!!

On behalf of the Fairfield Sports Association and the Baseball/Softball committee members, I would like to thank you for all your support.

SAVE THE DATE: BRIDGELAND COMMUNITY SPRING GARAGE SALE SATURDAY, APRIL 25TH



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**CYPRESS
TOMBALL
DEMOCRATS**

JANUARY MEETING

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, January 20th, 2015. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 to 8:00 p.m.

All are welcome to attend the meeting and to join this growing club, which meets on the third Tuesday of every month. The meetings are open to all, and always feature great fellowship and informative guest speakers. For more information, visit the website at www.cytomdems.com; contact Glenn Etienne at cytomdems@yahoo.com; or "Like" the club on Facebook.



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10 POWERHOUSE FOODS

THAT WILL HELP YOU BURN FAT IN THE NEW YEAR

Marissa Balch - CPT, Nutrition Coach -Texas Fit Chicks Boot Camp

1. Oatmeal - Great source of soluble fiber and slow-digesting carbohydrates that will keep blood sugar and insulin in check so fat burning can stay high.

2. Eggs - A form of well-absorbed protein, healthy fats and Vitamin D (found in the egg yolk). Eggs also contain lecithin, which promotes healthy liver function, thereby helping the body to burn fat.

3. Salmon - High in omega-3 fatty acids, salmon reduces inflammation in the body and lowers LDL and triglyceride levels while raising good HDL levels. Salmon also has a beneficial effect on leptin (hunger hormone) levels in the body, which means it helps to suppress your appetite.

4. Nuts - Another source of fiber and rich in omega-3s, these fats help to regulate blood sugar and protect the heart and the immune system.

5. Grapefruit & Berries - These fruits contain slow-digesting carbs and are rich in fat-fighting fiber. Strawberries, raspberries, blueberries and blackberries all are loaded with soluble fiber and antioxidants that protect blood vessels and promote healthy blood

flow.

6. Avocado - It's got fat, yes, but the good kind! The monounsaturated fats found in avocado are burned readily for fuel during exercise and actually encourage fat burning. Good source of fiber and antioxidants.

7. Leafy Greens - Broccoli, specifically, is a fibrous carb that can make you feel full quickly—one reason why it's a great food for getting lean. Broccoli also contains phytochemicals that can help enhance fat loss.

8. Cinnamon - Helps to reduce blood sugar levels, which in turn prevents the body from storing sugar as fat. Add it to your oatmeal and yogurt to enhance flavor without adding calories.

9. Green Tea - Drink this! Not only is green tea packed with antioxidants, it also contains catechins, a phytochemical that helps speed up metabolism and burn more fat.

10. Beans & Legumes - Great sources of protein and they normalize insulin levels and help keep your blood sugar steady throughout the day. Black beans, Garbanzo beans, red beans and lentils are all great to incorporate into your diet.





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AHFC JUNIOR HURRICANES (JHSL) REGISTRATION NOW OPEN

The Junior Hurricanes Soccer League (JHSL) is led by professional United States Soccer Federation (USSF) licensed staff and is designed for boys & girls who want to play and have fun in a safe and developmentally appropriate environment. The JHSL program is being offered at Campbell Road Campus, West U and Cy Fair locations. To learn more about each location and to register please visit www.albionhurricanes.org or you can email us at jhsl@albionhurricanes.org or call 713-939-7473 .



Fall 2014 JHSL Highlights

- 10 weeks September - November
- Season will extend 1 week if both practice & game is rained out
- Professionally trained
- One practice during the week
- Games on Saturdays 8:00 AM-12:00 PM or Sundays 1:00-5:00 PM; please check your location to details.
- Cost per player is \$150 U5/U6 and \$160 U7-U12
- Nike uniform included

Cy-Fair Hospital now has **SEVEN** locations to serve your Emergency and Urgent Care needs.

Cypress Fairbanks Medical Center Hospital now offers an online check-in service at **CyFairERandUrgentCare.com** for all seven locations where you can reserve your time online and comfortably wait at home. It's quick, easy and you'll be seen by a healthcare professional within 15 minutes of your scheduled time.



EMERGENCY CARE

- 1** 10655 Steepletop Drive (FM. 1960 near Jones Road) ER 281.897.3150
- 2** 27126 Highway 290 at Mueschke Road 281.949.3800
- 3** 7015 Barker Cypress at FM. 529 281.949.3600
- 4** 8470 Hwy. 6 North at West Road 281.949.3799

URGENT CARE

- 5** 9110 Barker Cypress at West Road 281.517.9900
- 6** 14044 Spring Cypress at Grant Road 281.949.3703
- 7** 9138 West Road at Beltway 8 281.949.3737

Cypress Fairbanks Medical Center Hospital



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Fruit flies can become a problem at any time of year because they are attracted to ripe or fermenting fruit. Fruit flies can be brought into the home from ripe fruits or vegetables picked from the garden or items purchased at the grocery store.

Adults are small (about 1/8 of an inch) and usually have red eyes. The front portion of the body is tan while the back portion is dark brown or black. If given the opportunity, females can lay up to 500 eggs. Larvae feed near the surface of fermenting foods or other organic matter.

Prevention is the best way to deal with fruit flies. Do not purchase over ripened fruit or vegetables. Fruit and vegetables should be eaten in a timely manner or stored in the refrigerator. If storage in the refrigerator is not an option because you are ripening the item, place it in a paper bag and use a clothespin or chip clip to close the bag. All recyclables should be rinsed thoroughly before placing them into the recycling bin. The recycling bin and garbage can should be cleaned out on a regular basis to eliminate any spilled material.

FRUIT FLYS

To eliminate a fruit fly infestation, all sources must be located and eliminated. Insecticides will not help if sources are not eliminated. While searching and eliminating breeding sources, a trap can be constructed to capture adult flies. Create a paper funnel by rolling notebook paper and place the funnel into a jar that contains a small amount of apple cider vinegar in the bottom.

For more information or help with identification, contact Wizzie Brown, Texas A&M AgriLife Extension Service Program Specialist at 512.854.9600.



A promotional advertisement for TexasDirectAuto.com. The background features a silver sports car with flames coming from the rear wheel, set against a dark, cloudy sky. The text is arranged as follows: 'IT'S YOUR DESTINY' in large, stylized yellow and orange letters with a white outline and a red arrow pointing left; '...SEE YOU IN 2015' in smaller yellow text; 'SELL US YOUR CAR!' in large, bold white letters on a red background; and 'TEXASDIRECTAUTO.COM' in large white letters at the bottom, with a small Texas state flag icon to the left.

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CyRanch HS Choir

The CyRanch HS Choir program presents their annual Pop Show ENCORE on Friday and Saturday night, January 30th & 31st at 7pm. This year's theme, ROAD TRIP, is sure to have tunes all will enjoy. Tickets are \$10 and will be sold at lunch during that week at CyRanch and at the door. ENCORE helps raise funds needed for choir trips and performances. Please come out to support the Arts at CyRanch and be ready to be won over by all of their great talent!

Kiwanis Club Newsletter January 2015

Kiwanis wants YOU! Start the New Year by joining with the Cy-Fair Kiwanis Club by giving in service to others. 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 6, 13, and 20 at the Hearthstone 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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When it needs more than a bandaid, Urgent Care vs. ER?

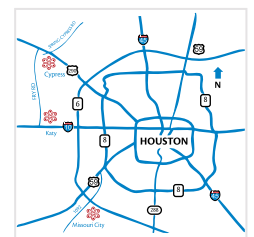
Did you know a visit to the ER can cost as much as five times more than a visit to Excel Urgent Care, for the same problem?

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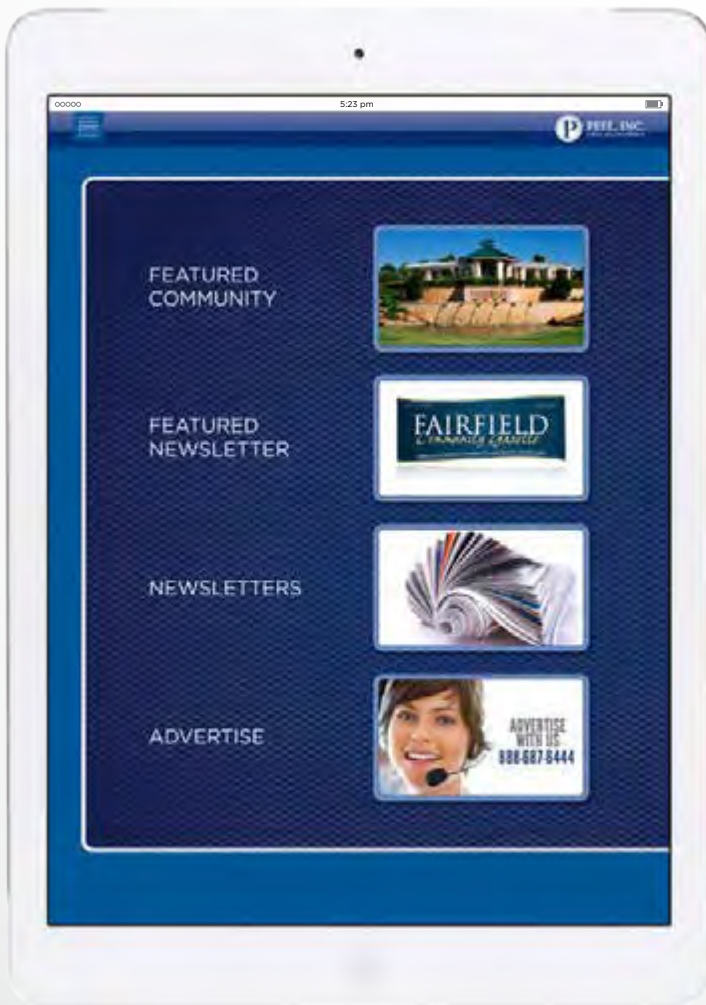
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Bridgeland Year-to-Date Sales Report

	Feb '14	Mar '14	Apr '14	May '14	Jun '14	Jul '14	Aug '14	Sep '14	Oct '14	Nov '14
\$500,000 and above	2	3	1	1	5	0	8	1	1	2
\$451,000--\$499,999	0	0	0	1	1	2	0	1	0	1
\$351,000--\$450,999	2	1	3	4	3	6	8	5	2	0
\$276,000--\$350,999	4	2	5	0	4	2	5	3	2	1
\$231,000--\$275,999	5	1	3	0	5	1	1	1	1	3
\$201,000--\$230,999	0	0	1	0	2	2	0	0	1	0
\$200,999 and below	0	0	0	0	0	0	0	1	0	0
Total	13	7	13	6	20	13	22	12	7	7
Highest \$/sq ft	\$132.55	\$134.52	\$150.70	\$88.75	\$175.27	\$136.02	\$159.79	\$138.71	\$151.87	\$155.00

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