

THE TIMES



Groundbreaking in Bridgeland on Home for Wounded Veteran

Groundbreaking ceremonies were held March 30, 2009 in the Bridgeland community on the 15th home to be built for a wounded war veteran through Helping a Hero's Wounded Hero Home Program.

Bridgeland has donated a home site for the project at 17450 Morgan's Secret Drive in the Sunset Bend neighborhood. The home is slated for completion this summer.

The home is being built for Purple Heart recipient Captain Daniel Moran, USMC. Having joined the Marines in 2004, Moran was in his second tour of duty in Ramadi, Iraq when his platoon was ambushed. Three members of his platoon were killed instantly and Moran sustained third-degree burns over 50 percent of his body. He also suffered a compression fracture to his T-8 vertebrae, herniated discs, a mild traumatic brain injury and minor inhalation injury resulting in complex obstructed sleep apnea. He was rushed to a hospital in Balad, Iraq, and then transferred to Landstuhl, Germany. After his condition stabilized, Moran was transferred to Brooke Army Medical Center in San Antonio while still in a coma. He spent two and a half years in the burn unit recovering from

his injuries and has undergone more than 30 surgeries. His final surgery is set for March 31, 2009.

Moran, a graduate of Westfield High School in Spring, is married to Teal Moran, who graduated from Cy-Creek High School.

Partnering with Bridgeland and Perry Homes is Houston Rotary District 5890, which is raising money for the home. The home will have many accommodations for Moran's physical condition, including enhanced temperature control measures such as tinted windows and a high-efficiency air and heating system since Moran is no longer able to control his body temperature. Plus, an extended covered porch will allow him to spend time outdoors with his children without exposure to direct sunlight.

"This particular home site was selected to allow the least amount of direct sunlight into the home," said Peter Houghton, vice president. "We are thrilled to be able to give something back to a man who has given so very much for his country."

The Bridgeland home is one of 15 the Helping a Hero organization hopes to build in the Houston area for disabled veterans. Six homes have been completed to date. Homes are specially adapted to accommodate a recipient's specific injuries.

"Our goal in providing homes for our wounded heroes is to equip them to transition successfully into their local community," said Meredith Iler, national chairman of the program. "We are honored to give back to someone who served so valiantly and will continue to reach out to our other wounded heroes and assist them in their journey to recovery."

(Continued on Page 2)



IMPORTANT NUMBERS

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Ambulance	911
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Cy-Fair Volunteer Fire Dept.	281-550-6663

AREA HOSPITALS

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North Cypress Medical Center	281-477-0830
Willowbrook Methodist	281-477-1000

SCHOOLS

Cy-Fair ISD	281-897-4000
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Robison Elementary School	281-213-1700
Spillane Middle School	281-213-1645
Cy Woods High School	281-213-1727
Cy Fair High School	281-897-4600

UTILITIES

Trash - Republic Waste	281-446-2030
Water and Sewer	800-579-4500
Gas-Centerpoint Energy	800-579-4500
Electricity - Reliant Energy	800-735-42568

PUBLIC SERVICES

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

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Groundbreaking in Bridgeland- (Continued from Cover Page)

Helping a Hero is expanding its home program this year to also build homes in Arizona, Missouri, Kansas, Nebraska, Tennessee, Florida and California.

For more information, visit www.helpahero.org

About Helping a Hero

Helping a Hero.org is a 501(c)(3) organization committed to building specially adapted homes for our severely wounded heroes injured in the War on Terror. This home is the 15th home awarded through the Help a Hero.org program and is the seventh home built in partnership with Perry Homes.

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Submitted by Erin Mccauley

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Contact Mikki Hunt Toll free (866) 616-4837 or email: txintoteam@aol.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 articles@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!



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Cy-Fair Community Health and Wellness Expo

Plans are well underway for the Cy-Fair Community Health and Wellness Expo, which will be held Saturday, May 16th at the Berry Center, 8877 Barker Cypress Road from 10 a.m. to 3 p.m. This free event will focus on emphasizing the significance of living a healthy lifestyle for people of all ages.

Activities include elementary school choirs, sport stackers, jump rope, and other performance teams. From outside of the district we'll have cooking demos by Clive Berkman, author and chef, a milking cow, dance and exercise demos, martial arts, a bike safety rodeo for K-8th (bring your bike and helmet!), bowling, athletic wear fashion shows, fire department and water district demos, speakers on wills/probate/guardianships, finances/budgeting, internet child safety/stranger danger and more!

Additionally, more than 75 vendors will set up booths in the Berry Center to help educate the

community on mental, physical, spiritual, financial and environmental health and wellness.

A blood mobile will be on site to sponsor a blood drive and free health screenings will be provided by the doctors and medical personnel from various healthcare groups.

To promote environmental health, a recycling drop-off site will be available through CFISD's recycler Abitibi, Houston Computer Recycling, and Sustainable Living in Houston. These groups will provide a drop-off area for electronics, household batteries, paper, plastic and aluminum. In addition, the Lion's Club will be inside collecting used or broken eyeglasses for their worldwide distribution to those in need of optical assistance.

For more information visit the Cy-Fair ISD website at www.cfsd.net and www.cyfairhealthexpo.org. If you have any questions, please call 281-517-2043.



Garage Sale

Saturday, April 25,

8 a.m. – 1 p.m.

*St. John Lutheran Church,
15235 Spring Cypress.*

The youth of St. John are hosting a garage sale to raise funds for their mission trip this summer. Everyone welcome! If you wish to purchase a spot to hold your own sale or for more info call 281.373.0503.



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Hair Not Enough To Protect Scalp From Sun Danger

Baylor College of Medicine

HOUSTON – (March 2, 2009) – Whether your scalp is covered with a full head of hair or not, dermatologists at Baylor College of Medicine in Houston say play it safe when it comes to skin cancer on the scalp.

“While most cases of skin cancer on the scalp are found in balding men, a full head of hair doesn’t mean you are fully protected,” said Dr. Ida Orengo, professor of dermatology at BCM and director of the Mohs Surgery Center at the Baylor Clinic.

Dark thick hair gives more protection compared to blond wispy locks, but some type of extra protection should be used at all times. Drug stores now carry shampoo or leave-in conditioners that include sunscreen, Orengo said.

“The best prevention method is to wear a hat with at least a three-inch brim around the entire head,” she added. “If not a hat, which can be uncomfortable in the heat, then carry an umbrella for shade.”

Treatment for skin cancer on the scalp is the same as treatment for cancer on any other part of the skin – it must be cut out. Since there is not a lot of extra skin on the scalp, it is more difficult to close a hole left behind after removal, and there is a chance for a bald spot.

However, there is a large blood supply found on the head so incisions usually heal well, Orengo said.

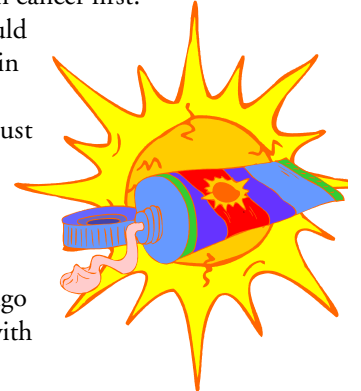
The most common forms of skin cancer found on the scalp are basal, squamous and melanoma, which can be deadly.

“Early detection is important, so if you have a regular hair dresser you might want to ask him or her to keep an eye out for any new moles or bumps,” Orengo said. “Most patients say it’s their hair dresser or barber that finds the skin cancer first.”

Those at risk for skin cancer should also have an annual full-body skin check, which includes the scalp.

Orengo cautions that it’s not just the scalp, but also the skin along the hairline and ears that is sometimes forgotten when sun block is applied.

“You have to be diligent,” Orengo said. “Even if you have protection with shade, always wear sun block.”



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2009 Bridgeland Pool Schedule

Starting May 2nd through May 31, 2009 the pool hours will be as follows:

Days	Hours of Operation
Monday-Friday	Closed
Saturday*	10:00am-8:00pm
Sunday	12:00pm-8:00pm

Memorial Day – Monday, May 25th the pool will be open 10:00 am - 8:00 pm!

*Please note that the Bridgeland Barracuda Swim Team will host swim meets on the following days:

May 16, 2009 - May 30, 2009 - June 6, 2009

Please come out and support your community swim team for a successful swim season! Following the swim meet, on the dates listed above, the pool will open for residential use after 1:00 pm.

The pool will open full time for the Summer Season on June 4, 2009 until August 23, 2009 and the hours will be as follows:

Days	Hours of Operation
Monday	Closed
Tuesday-Saturday	10:00am-8:00pm
Sunday	12:00pm-8:00pm

*June 3, 2009 the pool will open at 4:00 pm and close at 8:00 pm.

From August 24th until September 27, 2009 the pool hours will be as follows:

Days	Hours of Operation
Monday-Friday	Closed
Saturday	10:00am-8:00pm
Sunday	12:00pm-8:00pm

The pool will close for the 2009 swim season after September 27th.

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Cy-Fair Community Emergency Response Team (CERT)

Cy-Fair CERT now has over 200 team members in your neighborhood. The team members are not only from Fairfield/Cypress area, but Alief, Katy, Bear Creek, Copperfield, Tomball, and Sugarland. More trained CERT members will be needed in each of these areas to form neighborhood teams.

CERT training is designed to prepare you to help yourself, your family, and your neighbors in the event of a catastrophic disaster. Because emergency services personnel will not be able to help everyone immediately, you can make a difference by using this training to save lives and protect property. For example, during and after Hurricane Ike members of the Cy-Fair CERT volunteered at the phone bank of the Harris County Office of Emergency Management, manned the federal PODs all over the county, distributed Meals on Wheels food, cleared debris in their communities, etc.

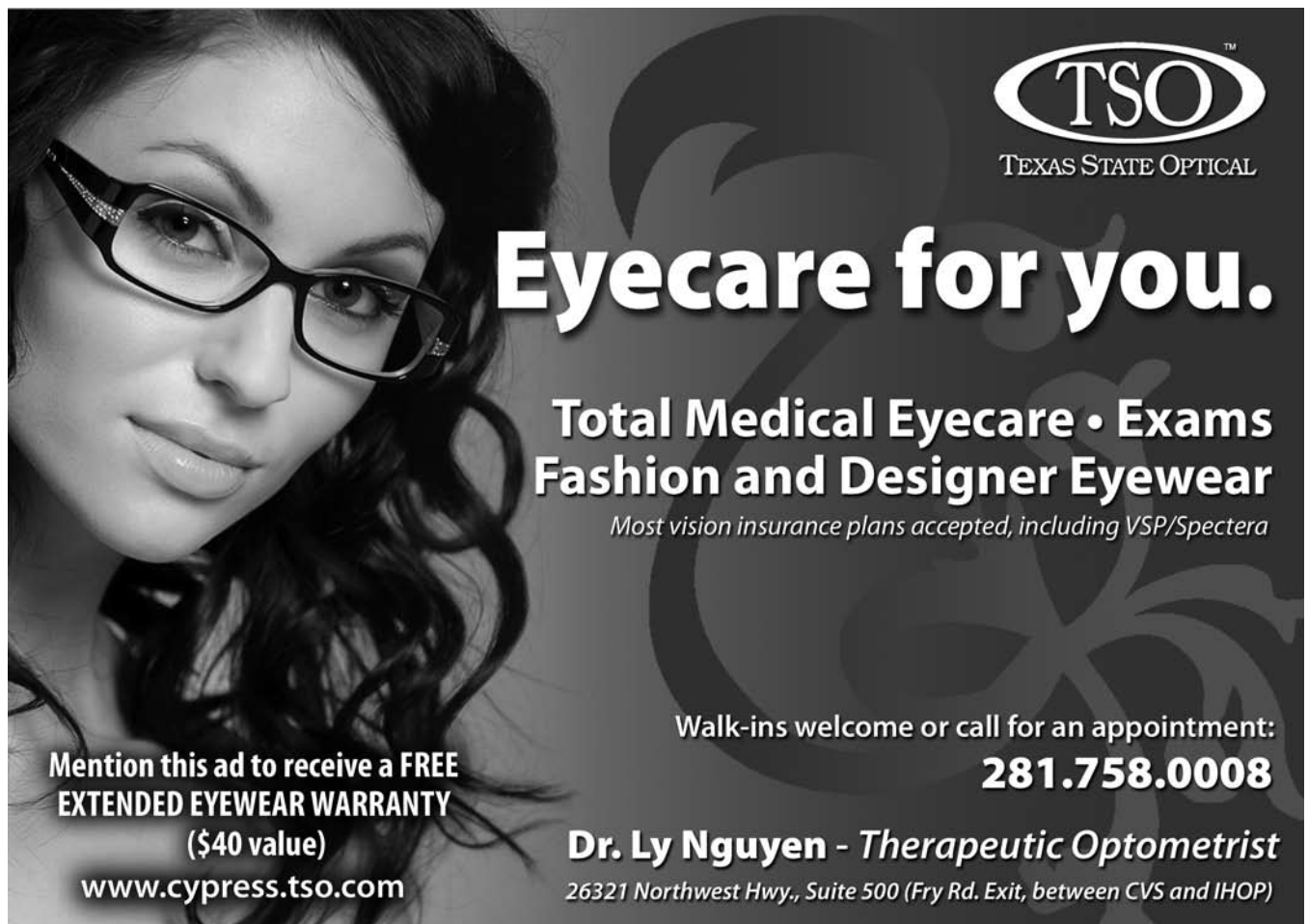
The 8-week course (24 hours of training) covers basic skills that are important to know in a disaster when emergency services are not available. You are taught skills about disaster preparedness, small fire suppression, urban search & rescue, medical operations and more. With training, practice and working as a team you will be able to do

the greatest good for the greatest number of people after a disaster, while protecting yourself from becoming a victim.

In 2003, President Bush asked Americans to volunteer to serve others. The Harris County Citizen Corps www.harriscountycitizencorps.com was created to help our citizens find volunteer and training opportunities. CERT training is just one of the programs created.

CERT training courses are provided throughout Harris County. There is no cost for this course. A backpack of emergency/medical supplies is provided to all CERT team members during training. This program is brought to you by Harris County Judge Emmett. The next CERT training class for the Cy-Fair area will begin on April 1, 2009 at the Lone Star College (Barker-Cypress campus).

For more information on how you can become involved in CERT contact Patrick Wong (Fairfield/Cypress Team Lead) at pcwong1@earthlink.net. For more information on how you can register for the next training class contact Terri Pope-Mobley at tpopemobley@yahoo.com.



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Stations meet on Thursday nights at 7pm to conduct training. Additionally, members are able to sign-up for duty nights to staff the station or respond from their home.

The Fire Department provides insurance and worker's comp coverage for members when they are performing Department activities. We also have a length of service program that provides a retirement benefit to members.

We will be hosting open houses this month to provide more information:

April 13th at 7pm: CFVFD Station 10 located at
11310 Steeplecrest and West Rd
(just West of Jones Road)

April 19th at 7pm: CFVFD Station 11 located at
18132 West Rd approx. 1 mile west of Barker-
Cypress near Lone Star College-Cy-Fair

April 21th at 7pm: CFVFD Station 9 located at 7922
Hwy 6 and Longenbaugh

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Cypress Ranch High School athletics are energized to compete and ready to take advantage of the best athletics instruction in town. They have enthusiastic coaches, great trainers, a wonderful new educational facility and plenty of school spirit. Our goal is to continue to provide our student athletes with the training equipment, facilities and educational supplies that they need to excel.

As we continue through this first year in existence, there are still many items that our athletes and sports teams need. That is why we are looking for your support at our upcoming Casino Night fundraising event. Our event will be held on May 9, 2009, at the Texas Tornado's sports facility, from 6pm to 11pm. Will you help us to raise money for our athletes?

We are in need of gift baskets or other items that can be featured as prize drawings, door prizes and at the silent auction. Your contribution will be greatly appreciated.

There are also several levels to this giving opportunity and we appreciate your support. We will recognize your gift by including your name in our event program, as well as featuring your advertising materials at the event. Sponsorship levels are:

- Gold Sponsor (\$2,500) - includes 2 Couples Entries, Premium event signage, name in the event program, and an opportunity to advertise yourself or your company at the event.

- Silver (Table) Sponsor (\$500) – includes 1 Couples Entry, name in the event program, and an opportunity to advertise yourself or your company at the event.

- Bronze Sponsor (\$250) – includes 1 Individual Entry, name in the event program, and an opportunity to advertise yourself or your company at the event.

Also, your gift will have significant impact on our student athletes' ability to compete at the highest levels. It is area businesses like yours that make this community a great place to live. Thank you for partnering with our students and for your support of the Cypress Ranch Athletic Booster Club.

Sincerely,

Robert Alcala

Board Member/Fundraising Coordinator

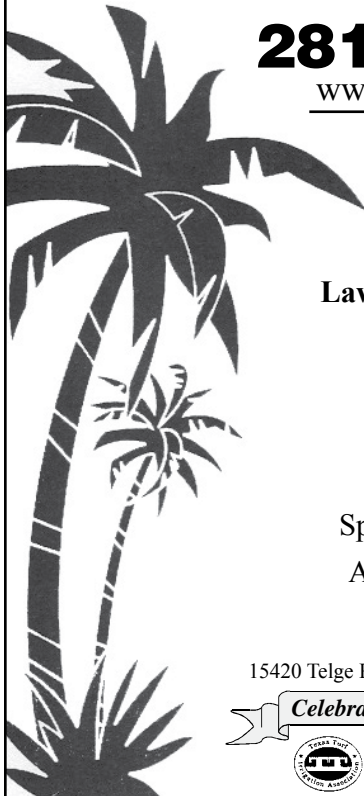
P.S. Mark your calendars and plan to join us for the 1st annual Cypress Ranch Athletics – Casino Night, Saturday, May 9, 2009! Hope to see you there.

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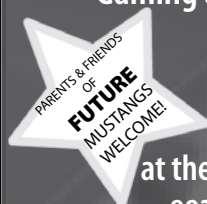
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ATTENTION 2009 Cy-fair / Cy-woods High School Seniors

The Ault Elementary PTO awards a \$500 scholarship to one male and one female applicant who is graduating from either Cy-Fair High School OR Cy-Woods High School and graduated from Ault Elementary. Scholarship applications and guidelines can be obtained from the Counselors' office. The deadline for submitting applications is April 10, 2009.



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Change for Change *Cypress Christian School Students Raise Money for Orphanage*

When students in Miss Shelby's second grade class started studying money in math, they learned a two-fold lesson: how to count change and how to change someone's life.

Students were encouraged to bring their dimes, nickels, and pennies to class during a two-week mission project called "Change to Change the World for Jesus" The goal of the project was to raise money for His Cherished Ones, an orphanage in Africa run by former CCS teacher Trena Ivy.

"When the students saw the pictures on Miss Ivy's blog of poor African children without shoes or food, they were inspired and motivated," said Miss Shelby. "They gave their Christmas money and money from their own piggy banks. The students also chose to give up their snacks at school and donate the money to the project." As a result of their efforts, the class collected more than \$1000 to send to the orphanage.



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Cy Wood's After Prom Party, WRAP, will be here before we know it!!

CFISD Berry Center - May 22, 2009, 11:00 pm - 6:00 am



You can help!!

WRAP's Busy Parent Fundraiser is the easiest fundraiser of the year! Remember, WRAP has 501c(3) non-profit status, so your contributions are tax deductible. Print form from website www.cywoodswrap.org and mail to:

WRAP
P O Box 800
Cypress TX 77410-0800

100 WRAP bucks are given for every \$1 donated and there is still time to get bonus bucks! Bonus is shown on the donation form.

Corporate donations are welcome and desired!! Please help contact local businesses and corporations to support our event which provides a drug and alcohol free party for our graduating seniors and their guests after the Prom. ("Prospective Donor" letter is on the forms page of the website.)

Drink Donations - We are asking for donations of 12-pack cases of Coke, Diet Coke, Sprite, Dr Pepper and cases of water for Night of WRAP.

Please see the website for drop off locations. (under Forms/Documents tab)

Senior Gift Bags - We are in need of donations for senior gift bags (given to each Cy Woods senior attending WRAP). Please contact Claudia Carson at ccars4@sbcglobal.net

Prizes for Drawings - We are planning on having lots of prizes for the drawings throughout the night and we need your help. Please contact Gina Baker at gina@ginabaker.com to contribute.

WRAP bucks are given for every \$1 donated. You choose the senior you would like the WRAP bucks awarded to.

*****JEANS & JEWELS AND MR CY WOODS THANK YOU*****

A huge THANK YOU to all the parents and volunteers who worked very hard to make the Jeans and Jewels Dance and the Mr. Cy Woods Pageant an enormous success. We especially want to thank businesses in the area for their support. We couldn't do it without your help.



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Relationship Style

Submitted by: Mindy Ferguson

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*Therefore, as God's chosen people, holy and dearly loved,
clothe yourselves with compassion, kindness, humility, gentleness and patience.
Bear with each other and forgive whatever grievances you may have against one another.
Forgive as the Lord forgave you.
And over all these virtues put on love, which binds them all together in perfect unity.
—Colossians 3:12-14 (NIV)*

Disagreements are inevitable. But if we clothe ourselves with the proper wardrobe, we can often come through conflict with deeper, more meaningful relationships. As we encounter conflict we need to take a look in our relational mirrors and make sure we wear...

- **Compassion** ~ We clothe ourselves with compassion by choosing to keep our hearts tender toward the needs and feelings of others. We should make an effort to understand any need that isn't being met or possible emotions that might be fueling the disagreement. If we can make changes that will meet more needs, make them. If not, at least take the time to listen to and acknowledge the feelings of those involved in the conflict.
- **Kindness** ~ We clothe ourselves with kindness by choosing to maintain a steady disposition toward those with whom we disagree. This word kindness doesn't just mean being friendly or speaking graciously. According to Strong's Exhaustive Concordance, this word in the original language means "moral goodness, integrity, benignity, and kindness." It means that we are trustworthy, steady, and reliable women of integrity and grace- even amidst conflict.
- **Humility** ~ We clothe ourselves with humility by choosing to focus more on understanding other perspectives than asserting our own opinions. Jesus is our ultimate example of humility. Philippians 2:5-7 says, Your attitude should be the same as that of Christ Jesus: Who being in very nature God...made himself nothing, taking the very nature of a servant, being made in human likeness. As His servants, we also need to be willing to empty ourselves of our own agendas, motives, and selfish desires and remain open to the opinions and thoughts of others.

• **Gentleness** ~ We clothe ourselves with gentleness by choosing to protect the dignity of everyone involved. When we display gentleness, we choose not to embarrass or publicly humiliate others. We need to maintain a mild, soothing nature that draws people to us, puts them at ease, and opens lines of communication. Gentleness enables people to feel safe around us.

• **Patience** ~ We clothe ourselves with patience by choosing to forgive those who have hurt our feelings. We need to forgive as the Lord forgave us. We foster patience by recognizing our own imperfections and the abundant mercy we've received from God. We've all been forgiven much. How can we refuse to forgive someone else? We need to "bear with each other" and learn to tolerate faults and be merciful toward offenses.

• **Love** ~ We clothe ourselves with love by choosing to put our energy into restoring relationships. Throughout Scripture, whether God was blessing His people or disciplining them, He was always acting in order to restore them. Even before Adam and Eve sinned in the Garden, God already had a plan in place to restore relationship with them – as well as us. God is love. His unfailing love is expressed by His relentless desire to restore relationship. As we encounter conflict, our primary focus should be continually working to restore relationships with and between others.

In all of our dealings, we are to clothe ourselves with compassion, kindness, humility, gentleness and patience. We are to bear with one another, sporting forgiveness and tying everything together with a covering of love.

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Sustainable Living Houston Kicks off National Bike Month!

On Friday, May 1, 2009, residents of Cypress, Texas, will bicycle from the Coles Crossing subdivision to the nearby METRO Park & Ride and transit oriented development. By riding bikes to the Park & Ride, and then taking the #217 METRO bus to their work locations, the residents will complete a long-haul, suburb-to-city multi-modal commute without the use of private automobiles.

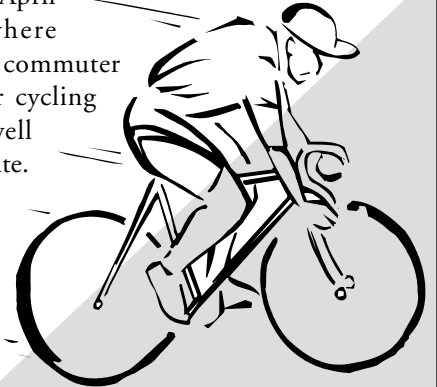
METRO has recently installed bike racks at the Cypress Park & Ride, and these will be used to secure the bicycles. There is also limited space for taking a few bikes in the sub-floor storage compartments of the # 217 buses.

Residents will assemble at 6:50 am on Friday, May 1, 2009 at the Coles Crossing Community Center parking lot and depart at 7:00 am sharp. Use of helmets, front & rear lights, red rear reflectors and articles of reflective clothing will be mandatory. Residents will ride on the sidewalk south on Barker-Cypress Rd. to Jarvis Rd., whereupon the group will transition to riding

on Jarvis Rd. in a vehicular cycling mode. The total ride distance will be about a mile each way, and the time to the Park & Ride from the neighborhood will be about 6 minutes.

The rain date for this ride is May 15, 2009.

There will be a highly recommended pre-ride safety briefing at the Coles Crossing Community Center parking lot on April 25th at 8:00 a.m. where helmets, lighting, bike commuter clothing, and vehicular cycling will be discussed, as well as a test ride of the route. This briefing will be led by a League of American Bicyclist certified cycling instructor.



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Texas Terrapins Swim Team (TTST)

The Texas Terrapins Year Round Swim Team (TTST), located in Northwest Houston is very proud of many of our swimmers who have done an outstanding job this season. They have achieved so many personal bests and earned many awards (some were medals and lots were ribbons). We are especially proud of Abbie Jones (11) of Keith Elementary who qualified for the prestigious Texas Age Group Meet (TAGS) in March as well as Derek Miller (15)

and Michelle Scott (15) of Cy-Ranch High School who both qualified for High School Regionals. Both Michelle and Derek swim year round with the Terrapins while also training with Cy-Ranch. Congratulations to all of you for a job well done!

Our Short Course Season has come to an end, but the fun does not stop! We are



Abbie Jones

Derek Miller

Michelle Scott

inviting our swimmers and their families to a top notch celebration at Lindsay Lakes on Saturday, March 28, 2009 at 6:00 p.m.. We will have tons of food, music, dancing and awards, so we encourage all of our swimmers (new and old) to come 'dressed to impress' and get ready for a night full of excitement and fun!

Lastly, TTST is very excited to announce our first ever Jump Start Program, which is geared towards preparing swimmers for summer league...whether they can barely make it across the pool, or are seasoned with all four strokes, we have a place for them. The program starts now and runs through mid March to late April, however will have many Summer League swimmers continue to practice with us even after Summer League has begun.

For more information about the Texas Terrapins Year Round Swim Team, Jump Start and Learn to Swim programs, log on to www.texaserrapins.com. Remember, you can join our team at any time!

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Spring Is In the Air *Time to Start Your Own Organic Garden*

Submitted by LCRA

In a world of iPod's, computer games, and DVDs, gardens are our nearest gateway to nature. Planting an organic garden with your family or friends builds relationships as well as stronger connections to the land, weather, and plants of Texas.

When looking for a garden site in your yard, choose an area with a good six to eight hours of sunlight and access to water. If you have shallow or poor soil, consider creating raised beds. Decide the garden's design by drawing shapes on paper and thinking about how you might arrange flowers, herbs, and vegetables within those shapes.

You may want to read through regional gardening books and seed catalogs when choosing plants. Native plants will be much easier to grow and keep healthy, and native flowering plants attract hummingbirds and butterflies. Avoid toxic plants, and consider aromatic herbs and edible plants. If you choose to start some plants from seed, create garden markers using either names or drawings to

help recognize the plants when they germinate.

Find sturdy gardening tools. Many nurseries and garden centers sell spades and rakes in various sizes - make sure you find one that fits you best. Avoid digging with hand trowels unless the soil is very friable, or you are working in pots—small hands and wrists tire easily.

Use soaker hoses with timers to keep soil moist while your seeds are germinating. Keep a calendar to record when you plant seeds and when they germinate. Place a rain gauge in the garden to keep track of showers. Find a magnifying glass to peer at leaves, flowers, and insects in your garden.

Keep your garden safe for everyone by avoiding the use of toxic landscape chemicals. Visit www.growgreen.org for information on less toxic landscaping.

Finally, celebrate your harvest of wildflower bouquets, herbs for cooking, and tasty vegetables. Organic gardening is a lot of fun and very rewarding.



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Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

		2				1		
		1		5	4			
	9	7		6		3		
9	3				5		6	
				7				
			9			2		
5		6	2	3				
2								
			7		6			5

*Solution at www.PEELinc.com

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Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 888-687-6444 or advertising@PEELinc.com.



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