

THE TIMES



Swimming Pool & Water Park Rules and Regulations:

These rules and regulations, for the safe and sanitary operation of the pool, are for your protection and benefit.

- Pool tags are required for entry into the facility.
- No glass containers in the pool/park area.
- No skateboards or wheeled vehicles allowed inside the pool gates.
- All persons using the pool or pool area do so at their own risk and sole responsibility.
- Swimming is allowed only when a lifeguard is on duty.
- Children under 12 years of age must be accompanied at all times by an individual 18 years of age or older to be admitted to the pool area.
- Members will be held responsible for the actions of their guests and children.
- Management will not be held responsible for loss or damage of any personal property of any kind.
- The pool may be closed or its use limited at any time because of weather, operational difficulties, overcrowding, and at the discretion of the manager. In case of lightning or thunder, Red Cross current standards will be used.
- No pets are allowed in the pool area.
- Alcohol and drugs are prohibited.
- Profanity, improper behavior, and intoxication are not allowed.
- It is requested that any individuals infected with a communicable disease, please not enter the pool facility for at least two weeks.
- All non-toilet-trained babies must wear swim diapers.
- Parents are responsible for the supervision of their children at all times.
- Running, pushing, wrestling, ball playing, dunking, splashing, or causing undue disturbance in or about the pool area will not be tolerated.

(Continued on Page 2)



Sunday, May 10th

Event Calendar

May 7th

Men's Poker Group 7:00 pm

May 9th

TPWD Family Outdoor Skills Program Series - Archery 10:30 am

May 9th

Bridgeland Disc Golf Tournament.....

May 10th

Mother's Day

May 12th

Chinese Cooking..... 10:30 am

May 14th

Book Club 7:00 pm

May 21st

Empty Nesters..... 7:00 pm

May 22nd

First Ladies of Bridgeland..... 7:00 pm

May 25th

Memorial Day

May 31st

Disc Golf League begins.....

IMPORTANT NUMBERS

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	281-477-0830
Willowbrook Methodist	281-477-1000

SCHOOLS

Cy-Fair ISD.....	281-897-4000
Cy-Fair ISD	281-897-4000
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

NEWSLETTER PUBLISHER

Peel, Inc.....	888-687-6444
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Swimming Rules- (Continued from Cover Page)

- No diving in areas 6 feet deep or less per Texas code.
- Appropriate swimwear must be worn in the pool. No cut off jeans or pants, shorts or tennis pants. Appropriate clothing may be worn as protection from the sun in the water.
- Smoking prohibited inside pool area.
- Persons under the age of 18 are required to leave the pool upon signal of the lifeguard for safety break. During this period, persons under the age of 18 must be completely out of the water.
- For the safety and enjoyment of all, the lifeguards have full authority to ask disruptive or unruly guests to leave the facility.
- Lanes may be restricted for lap swim only as determined by pool management.
- Slide Height restriction – Must be 48” and over to use slides in the main pool area.

Water Slide Rules and Regulations:

- You must be at least 48 inches tall. The swimmer should be able to swim 25 yards unassisted and tread water for at least 1 minute. Flotation devices are not permitted.
- Rider is not permitted to enter slide until instructed by lifeguard.
- Enter, ride, and exit slide feet-first.
- Standing, stopping, and sliding down headfirst are not allowed.
- Metal objects, glasses, jewelry, metal snaps, watches, etc. are not allowed on the water slide.
- Keep hands inside the slide at all times.
- Only one person is allowed on the slide at a time.
- Move away from the bottom of the slide quickly.
- Exit at nearest ladder.

Bridgeland Women's Club

First Ladies of Bridgeland
Meet the third Friday of every month.



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Cypress Ranch Athletics

Cypress Ranch High School will be hosting a number of camps during the summer. (Strength/ Agility/ Conditioning, Freshman Football, 6th, 7th and 8th Football, Volleyball, Softball, Boys and Girls basketball.) SAC will be opened to 9-11th grade Cypress Ranch students only. Volleyball and Freshman Football will be opened to incoming Cypress Ranch freshman only. Softball and basketball camps will be opened to incoming 6th, 7th, 8th and 9th graders. All camp applicants must be within the Cypress Ranch attendance zone for the 2009/2010 school year. Camp information and registration forms will be available on our athletics web site beginning May 1st. Any questions please call Shelley Oliver @ 281-373-2520.



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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May Landscaping

By Ron Kerwin

May is a great month to get full usage of our outdoor areas. The morning temps are nice and it has not yet become really hot in the afternoons. Continue to freely plant shrubs, trees, flowers and vegetables. Remember to put down a minimum of 2 inches of new mulch in all your beds. A good layer of mulch keeps the plant roots cooler, helps with weed control, and helps slow the water you apply from evaporating from the root zone.

Water your lawns less frequently and more deeply. Frequent short duration watering leads to shallow root systems. Less frequent longer duration watering leads to deeper root systems. Deeper root systems are more healthy and better for your lawns. They will hold up better in the extreme heat. Our lawns need one inch of water per week. Put out a container with straight sides and catch the water as you irrigate, you can easily measure the result. Two watering times at 1/2 inch each are better than 4 times at 1/4 inch, the water penetrates further and this will force the roots down to find it. Regular mowing

is critical for good lawn health. Mow only the top 1/3 of the total length. Letting the grass grow long and then cutting off more than the 1/3 is damaging to the grass, and makes the mulching process less efficient and less attractive.

There is a new soil disease coming into our area that I was made aware of late last year. It reveals itself in St Augustine grasses. It is not cinch bugs, it is not grubs although it does resemble their grass damages. The grass blades die and fall off the runners. The runners remain in place, but somewhat resemble a cobweb. It is NOT a grass disease, it IS a soil disease. The big chemical companies do have chemicals to treat it. This is a Gulf Coast epidemic that is moving North. Homeowners with no foot traffic and do their own yard work still get it. Its origins are a guess at this point. I am trying to be pro-active and let you know your turf may get the problem& to watch out for it.







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HEALTHIER HOMES

By: Michelle & Charlie Bubnis

WHAT DO LABELS ON PRODUCTS REALLY TELL US?

We are constantly reading labels because we believe that the product information listed will inform us as to whether the product is healthy for our home and family. Listed below are three best selling products. Each product is manufactured by U.S. companies with both domestic and international sales up to one billion dollars annually. One tends to believe that what is printed on the product label is what truly is in the product. However, many times there are toxic chemicals within that are not listed.

PRODUCT #1 – PLUG IN AIR FRESHENER

Printed on the label: No ingredients listed

Laboratory testing showed that the product actually contained: d-limonene, alpha-pinene, beta, pinene, ethanol, ethyl butanoate, ethyl acetate, 3-hexen-1-ol, 1-butanol, 3 methyl-acetate, beta-phellandrene, acetaldehyde, benzaldehy, carene isomer, 1-methyl-3(1-methylethyl-cyclohexane, isopropyl alcohol, 1-butanol, 2-methyl-acetate, camphene, acetone, methyl butanoate, dimethyl ethyl cyclohexane, alpha-phellandrene

PRODUCT #2 – DRYER SHEET

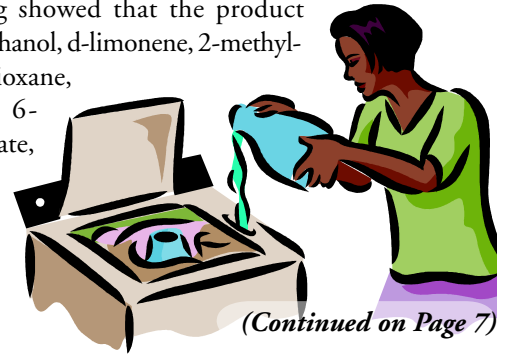
Printed on the label: Biodegradable cationic softeners & perfumes

Laboratory testing showed that the product actually contained: linalool, ethanol, loenyl acetate, cls-rose oxide, carene isomer, 2, 4-dimethyl-3-cyclohexane, 1-carboxaldehyde, d-limonene, 3-methyl-2-buten-1-ol acetate, 2, 7-dimethyl-2, 7-octanediol, alpha-pinene, trans-rose oxide, eucalyptol, alpha-phenyl ethyl acetate, beta-pinene

PRODUCT #3 – SCENTED LIQUID DETERGENT ADDED TO THE LAUNDRY

Printed on the label: Ingredients include biodegradable surfactants (anionic and non-ionic) and enzymes.

Laboratory testing showed that the product actually contained: ethanol, d-limonene, 2-methyl-2 propoanol, 1, 4-dioxane, 3, 7-dimethyl-1, 6-octadiene, ethyl acetate, alpha pinene, beta-pinene, 2-butanone, 1-methyl-3(1 methylethyl) – cyclohexene, 2,



(Continued on Page 7)

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Healthier Homes - (Continued from Page 6)

4-dimethyl – 3-cyclohexene – 1-carboxaldehyde, undecane, beta-terpinene

There is an obvious difference between the chemicals identified in the laboratory study and the chemicals listed on the product labels. Several of the products emit Hazardous Air Pollutants which are harmful to human health. Currently there is not a United States Law requiring that consumer products or fragrance chemicals be fully disclosed even though they are main sources of toxic volatile organic compounds (VOC's). Regulation of consumer products other than food, drugs, cosmetics, tobacco and pesticides largely fall under the Consumer Product Safety Act (CPSA). The CPSA does not require disclosure of all ingredients in all products. This is troubling since ninety percent of total human exposure to VOC's come from small sources, close to us and within our control, but they are not listed on the labels. Shouldn't we be concerned?

THE ABOVE INFORMATION WAS TAKEN FROM THE FOLLOWING STUDY:

Steinman A.C, *Fragranced Consumer Products and Undisclosed Ingredients*, Environmental Impact Assessment Review (2008) doi::10.1016/j.eiar.2008.05.002

290 Cypress Business Networking Group

The 290 Cypress Business Networking Group meets every Thursday morning at 7:30 am at Newk's Express Café located at Hwy 290 and Spring Cypress in the Kroger Shopping Center near the Cinemark Theater. The group is open to all business owners and professionals who want to increase their exposure to the residents of Cypress and the surrounding areas. There is no cost to attend the meeting. If you would like more information, please call Ken Parker at 281-384-1562. Visit our new website at 290Cypress.com



Attention Kappa Delta Sisters ...

The Houston Northwest Kappa Delta Alumnae Association holds meetings the 4th Tuesday of each month at 6:30 p.m. Visit www.kdhnwaa.com for all the details.



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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.harriscountycitizen corps.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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CY-FAIR KIWANIS CLUB

The 12th annual city-wide Kiwanis Kids Triathlon Series begins May 30 at Langham Creek YMCA. The Cy-Fair Kiwanis Club sponsors the first Triathlon of the series. Girls and boys from ages 7 through 12 are invited to participate. The Triathlon combines three activities that children enjoy –swimming, cycling, and running. Age groups for the events are 7-8 year olds; 9 year olds; 10 year olds; and 11-12 year olds. Boys and girls compete separately in each event. Trophies, prizes, and mementos are awarded. The net proceeds from this event will be used to benefit Kiwanis charitable and service activities; such as sponsoring Key Clubs, Boy and Girl Scout troops, Salvation Army missions, and needy families and individuals in the Cy-Fair area. Entry forms are available at Ault and Keith Elementary Schools or at www.kiwanishouston.sunrise.org. For further information call Peggy or Bob Presnell at 281-304-7127.

The recent Golf Tournament was a big success. We appreciate the contributions of those who played, those who sponsored players, and those who sponsored holes for the benefit of the organization. Some of the proceeds will be used to fund scholarships for Key Club seniors for their use in college next year. Announcement of the winners of the scholarships will be available next month.

The Cy-Fair Kiwanis Club meets three times a month at the Hearthstone Country Club in Hearthstone from 12:15 p.m. to 1:15 p.m. for lunch, and programs including guest speakers on subjects of concern to the community and individuals. We invite you to a complimentary lunch, fellowship with our members, an informative program, and an opportunity to learn more about our organization. Reservations are not required. The Club will meet on February 3, 10, and 17.

Membership in Kiwanis is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International. If you would like to know more about Kiwanis and the service programs it promotes, call John Carroll at 281-463-0373; George Crowl at 832-467-1998; or Robert Presnell at 281-304-7127.

CHILDREN ...

PRIORITY ONE is the motto of Kiwanis Clubs worldwide.

The Cy-Fair Kiwanis Club, an affiliate of the International Kiwanis organization, focuses its services, programs and activities on this theme.

Our Goal:



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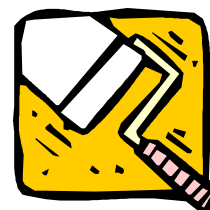
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Financial Corner

Submitted by Rich Keith



Let's look at a new law enacted in late 2008: the Pension Act's RMD Waiver for Calendar Year 2009. Many retirees have had to sell retirement plan account or traditional IRA assets at distressed values in order to generate the cash needed to make required minimum distributions (RMDs). Beneficiaries of retirement plan accounts or traditional IRAs have faced similar problems. The Pension Act enacted late last year provided relief by waiving the RMD for calendar year 2009 only. It also relieved designated beneficiaries of the need to make minimum distributions for 2009. Had the waiver not been granted, many individuals with retirement accounts invested in beaten-down assets such as stocks or mutual funds would have had to sell assets at a loss to generate RMDs for 2009. But the new law change helps even those people who would otherwise have to make RMDs from retirement plan accounts and traditional IRAs invested in "bulletproof" assets such as government-insured CDs. If you can afford to skip this year's RMD, you can lower your tax bill for 2009.

The overall purpose of the RMD rule is to make sure retirement accounts and IRAs are used primarily for the owner's retirement, rather than as a tax-sheltered nest egg for the family; a prohibitively expensive IRS penalty rule applies if an RMD isn't made. Distributions from retirement plans or IRAs are fully taxed as ordinary income (unless you made nondeductible contributions). The new law allows older individuals to skip the RMD that would otherwise be required for calendar year 2009.

The new law has an impact on three distinct groups of people—here's how you or a family member may be affected.

(1) Older individuals who are retirement plan account and traditional IRA owners. Generally, required payouts

from IRAs must begin when you attain age 70 1/2. Once they begin, RMDs must be made following an IRS schedule over your life or over the lives of you and the person you designate as beneficiary of the retirement account or IRA.

(2) Beneficiaries of retirement plan accounts or traditional IRAs. If a person dies before exhausting the funds in his or her employer retirement plan account or IRA, the balance may be left to an individual designated as a beneficiary (there may be a group of beneficiaries). If you are a designated beneficiary, you also must make minimum annual withdrawals (which generally are fully taxable) from your inherited retirement plan account or IRA. The new law allows designated beneficiaries of retirement plans or IRAs to skip the annual payout that would otherwise be required for calendar year 2009.

(3) Beneficiaries of Roth IRAs. The new law doesn't affect owners of Roth IRA accounts for the simple reason that they do not have to make lifetime RMDs from these accounts. However, it does affect beneficiaries of Roth IRAs, who must make minimum annual withdrawals after the account owner dies. Thanks to the new law change, RMDs are waived for 2009 from their inherited Roth IRAs. This won't affect their income tax, since distributions to designated beneficiaries of Roth IRAs are tax-free. However, it will avoid having to sell reduced-in-value assets to make the otherwise-required distributions, and it will make it possible for designated beneficiaries to leave more money at work within the tax-shelter of the Roth IRA. *Source: adapted from L. Plescia, BWTP, PC, 2009. Please call Rich Keith if you*

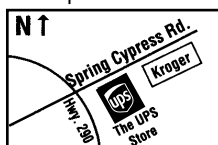
have questions or concerns on how the new law change waiving RMDs for 2009 may affect you or a family member.



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Athletics Boosters Club – 2008/2009

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Dear Neighbor & Friend,

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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References Available





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Come out and join the
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as we host our first Casino Night Fundraiser

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May 9, 2009
6:00pm to 11:00pm
at the Texas Tornados Training Facility
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Sponsorships Available
contact: Robert Alcala 713.854.4410

For more information:
www.cypressranchathletics.com

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Recipe of the Month: Sloppy Joes



Grata Reber's Cookbook, Yield: 4 to 6 sandwiches

Ingredients

1 lb. lean ground beef 2 tsp. Worcestershire sauce
1 (8 oz.) bottle catsup ½ green pepper, diced
1 tsp. brown sugar 1 tsp. white vinegar
½ tsp. dry mustard ½ tsp. allspice
1 Tbsp. relish 2 tsp. chili sauce
1 onion, finely chopped Salt & pepper to taste

Directions

Brown ground beef in medium skillet, drain excess fat. Add remaining ingredients and mix thoroughly. Simmer in skillet for 45 minutes. Serve on sandwich rolls or hamburger buns.

If you would like to submit YOUR recipe email it to articles@peelinc.com.

Lone Star College- CyFair Perspective

GRADUATION ORIENTATION SET MAY 6

All LSC-CyFair graduates planning on participating in the commencement ceremony May 9 at the Berry Center should attend the May 6 orientation at 6:30 p.m. in the Conference Center for all ceremony information. For graduation information, call 281-290-3200, e-mail jose.d.deleon@lonestar.edu, or go to cyfair.lonestar.edu/graduation.

REGISTRATION UNDER WAY FOR SUMMER AND FALL

Summer and fall registration are under way at Lone Star College-CyFair and Lone Star College-Fairbanks Center. With courses designed to transfer to four-year institutions, two-year associate degrees and career programs developed to meet the needs of tomorrow, LSC-CyFair has everything to meet your interests as well as academic and workforce needs. Financial aid, scholarships and payment plan available. For the best selection on the courses and times that will fit your schedule, register now! Call 281-290-3200 or 832-782-5000 for information; go online to CyFair.LoneStar.edu; or visit one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway.

WHAT'S ON STAGE IN THE CENTER FOR THE ARTS?

In the Main Stage Theatre, enjoy the lyric opera "The Medium" through May 3; "Music of the Court," String Orchestra concert May 4 and "Jazz Jam" a jazz band concert May 6. Save the date June 8 – June 20 for the summer children's show "Aladdin." For information, call 281-290-5201 or go to CyFair.LoneStar.edu/boxoffice.

L.I.F.E. LESSONS IN MAY

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) Programs in May include: an international summer buffet May 6, cultural talk on Japanese Americans May 13, opera scenes from Romeo and Juliet May 20 and networking Facebook style May 27. Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.

ADVISING AND REGISTRATION FAIR FOR BACHELOR'S OR MASTER'S DEGREE SEEKERS SET MAY 14

Lone Star College-University Center, located at 3232 College Park Drive, The Woodlands, will have an Advising & Registration Fair, 4 p.m. – 7 p.m. Thursday, May 14. The partner universities advisors and faculty will be available to answer questions regarding registration for the Summer 2009 semester. Earn a Bachelor's or Master's Degree from Prairie View A&M University, Sam Houston State University, Texas A&M University, Texas Southern University, University of Houston or University of UH-Downtown, close to home! For information, call the Student Services Office at 936.273.7510 or 281.618.7140.

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Unknown Location: \$150/ea

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Classified Ads

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

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.

55+ Fun Day at iT'Z on May 27, 2009 from 9:30 am to 1:30 pm

FREE Vendor Expo, Health Checks and Texercise Kickoff with buffet lunch and game card included.

In recognition of Older Americans Month we are celebrating National Senior Health and Fitness Day on May 27, 2009 with a Kickoff for Texercise. This event is sponsored by The Mayor's Wellness Council, Texercise, Humana, Heartland of Willowbrook and many other local companies in the Houston area.

Church groups, community centers, and individuals over 55 are invited to the FREE event.

RSVP: Contact Donna Martin with Heartland to reserve your space for your group or individual seating: 281-253-2941

Location: iT'Z, 18355 Tomball Parkway, Houston, TX 77070

Cost: FREE buffet lunch and game card for all seniors 55+ with RSVP by May 1.

Event details contact:

Dooty Gurka, 281 290 0190

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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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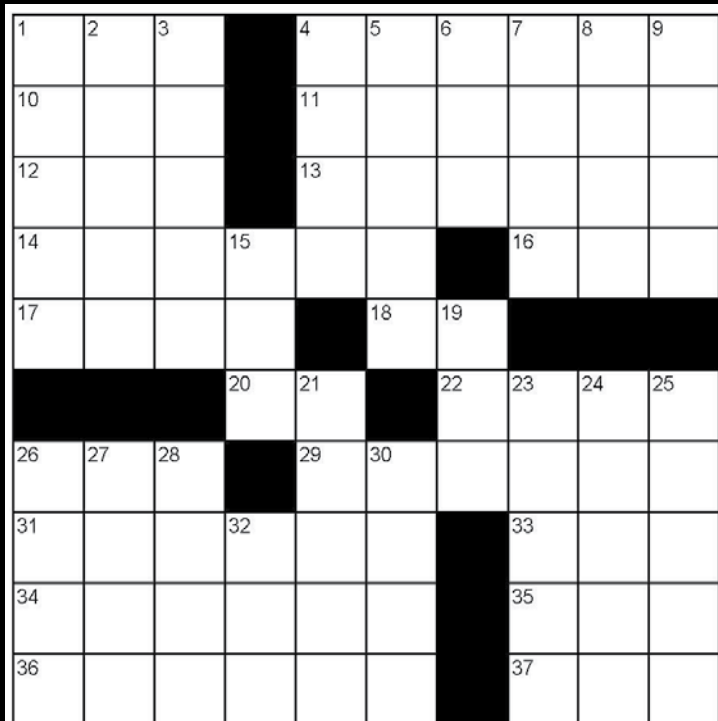
- Kids Stuff-

Section for Kids with news, puzzles, games and more!



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Crossword Puzzle



ACROSS

1. Ornament
4. Sacred poems
10. Morse code "T"
11. Cover Girl's competitor
12. Hubbub
13. Docket
14. Searching for metal
16. Put
17. Ratify
18. Year (abbr.)
20. Kansas
22. Wager
26. Tax agency
29. "___ and World Report"
31. Harry
33. Pock
34. Lush
35. Whiz
36. Military attack
37. Downwind

DOWN

1. John ___ (U.S. President)
2. Radiuses
3. Leather strip
4. Frame
5. Waterlogged
6. To be
7. Glasses part
8. Fixed
9. Louvre
15. Pen stuff
19. Dashed
21. Japanese dish
23. Asian country
24. Again
25. Sugar-free brand
26. Pixies
27. Rolled chocolate candy brand
28. Mumble
30. Eye infection
32. Eastern Time

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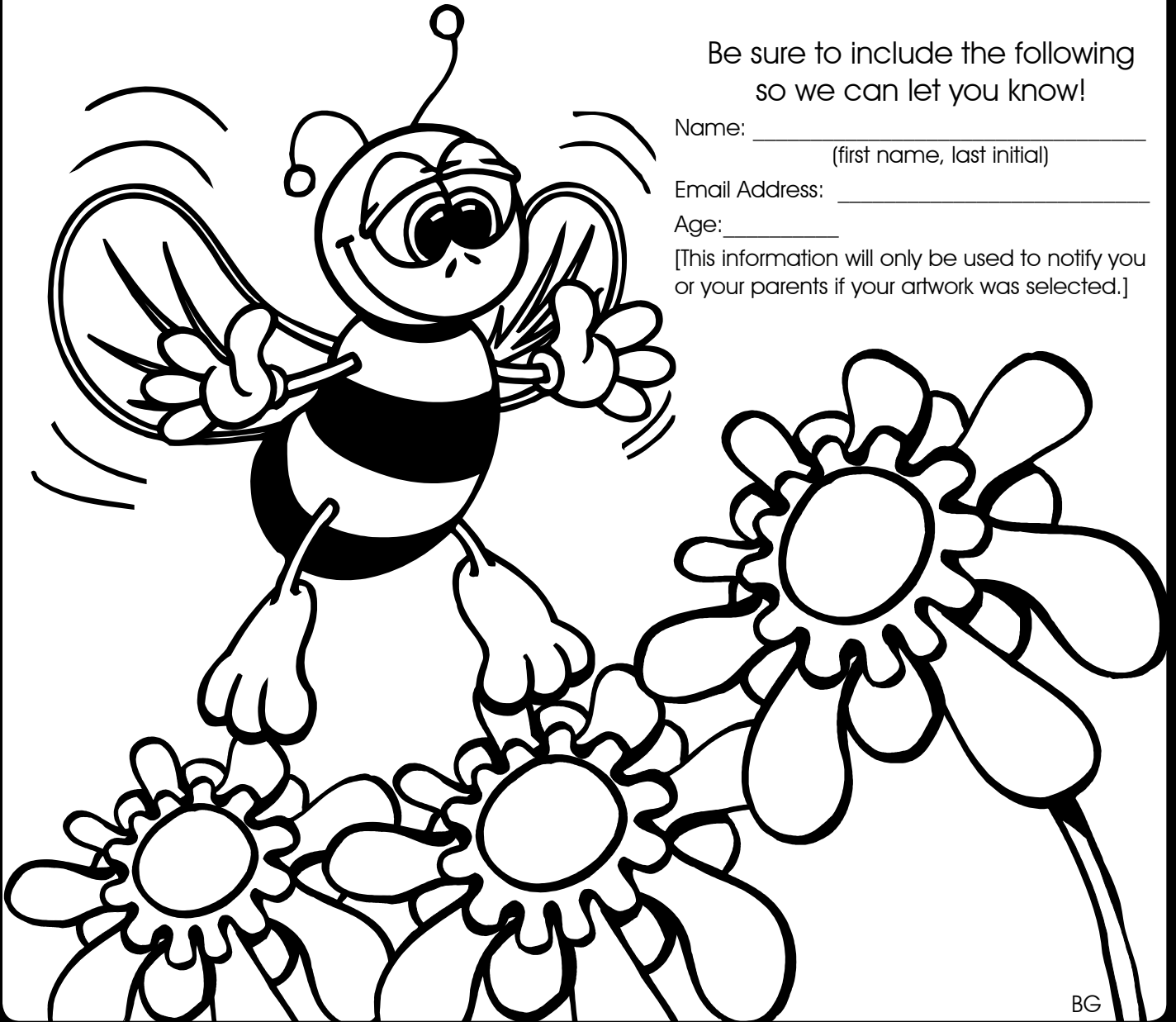
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Bridgeland Year-to-Date Sales Report

	Jun '08	July '08	Aug '08	Sep '08	Oct '08	Nov '08	Dec '08	Jan '09	Feb '09	Mar '09
\$500,000 and above	0	1	0	0	1	0	0	0	0	0
\$451,000--\$499,999	0	0	0	1	0	1	0	0	1	1
\$351,00--\$450,000	0	1	1	3	2	2	2	1	1	2
\$276,000--\$350,000	2	7	5	1	3	5	7	4	0	3
\$231,000--\$275,000	1	3	5	0	1	2	1	1	1	1
\$201,000--\$230,000	1	0	0	1	3	0	1	0	0	0
\$200,000 and below	0	1	1	0	0	0	0	0	1	0
Total	4	13	12	6	10	10	11	6	4	7
Highest \$/sq ft	\$93.49	\$108.23	\$122.01	\$105.47	\$118.45	\$108.11	\$94.12	\$92.42	\$118.16	\$101.67

This information is taken from the Houston Multiple Listing Service

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