

the TIMES

October 2011

Volume 5, Issue 10

Local Actors Prepare to Stage 2nd Annual Play in the Park:

== Red Riding Hood ==

Just as the dutiful townspeople of Bridgeland are preparing for their Annual Oktoberfest Celebration, mayhem strikes...A Wolf is on the loose! Can this zany cast of characters rescue Red Riding Hood and Granny before it's too late? Find out on October 22 & 23 when The Bridgeland Community Theatre Players take the stage to present **Red Riding Hood** by Jo Smith. Seating at the Lakeland Heights Festival Park Pavilion begins at 4:30pm (show starts at 5pm) both days. Don't forget to bring a blanket or lawn chair (lederhosen optional!). Accordionist Ted Kopnicky will greet the crowd with the sounds of traditional German music!



VOLUNTEER OPPORTUNITIES AVAILABLE: CY-FAIR ISD AND COMMUNITY VOLUNTEERS – A WINNING TEAM!

The Cy-Fair ISD volunteer theme for this year is “Teamwork is Key” in recognition of the combined effort that it takes to ensure student success. Our school district fully understands and appreciates that it takes district administration, teachers, school staff, parents, community partners and volunteers each doing their part to give our children every possible opportunity to reach their full potential.

We are looking for community members who want to become Global Volunteers in order to be a part of our “team” and make a difference in the lives of children. If you are not the parent, grandparent or legal guardian of a student enrolled in the school at which you volunteer, you would be considered a Global Volunteer.

We have many volunteer opportunities available at a school near you. Individuals are needed to perform a full range of activities and we have training available for specific tasks such as vision and hearing screening, tutoring, mentoring, Junior Achievement, and other instructional presentations.

If you have some free time and would like to learn more about becoming a Global Volunteer, please contact Kim Nash at krnash1@sbcglobal.net or call the CFISD Partners in Education Office at 281-894-3950. And remember: “TEAMWORK IS KEY”



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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.

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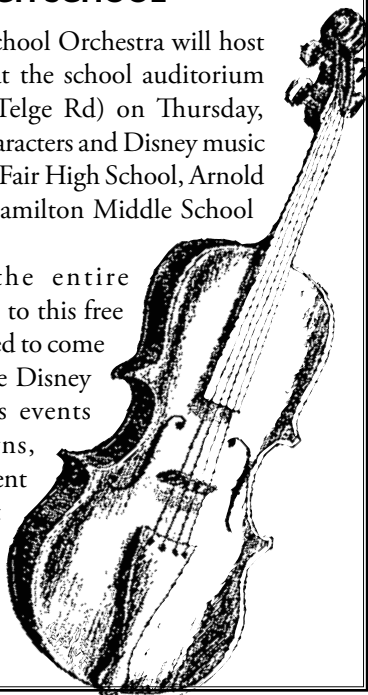
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Disney Children's Concert

AT CY-FAIR HIGH SCHOOL

The Cy-Fair High School Orchestra will host a Children's Concert at the school auditorium (22602 Hwy 290 at Telge Rd) on Thursday, October 27. Disney characters and Disney music by Orchestras from Cy-Fair High School, Arnold Middle School, and Hamilton Middle School will be featured.

Children from the entire community are invited to this free event and are encouraged to come dressed as their favorite Disney character. Children's events (face painting, clowns, and balloons) and a silent auction will begin at 6pm. The concert will be at 7pm.



KAPPA ALPHA THETA

All NW Harris County alumnae are invited to join your Theta sisters for our 2011/2012 activities. Our group meets throughout the year for evening gatherings, lunch, museums and founders day. For more information or a calendar of events please email thetadonna@yahoo.com or call Kim at 281-370-2224.



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PEOPLE PROTECTING OUR PARKS

New Fire Safety Campaign for City of Houston Parks

People Protecting Our Parks calls on all Houstonians to proactively protect the City's parklands during the ongoing drought. The campaign has two main goals: fire prevention education and the protection of public parklands. The first step in this campaign is the issuance of a temporary ban on all barbeque pits in City of Houston Parks.

The temporary ban on barbeque pits will remain in effect until further notice. Signage notifying the public about the ban will be placed in the parks. To allow for a period of public education, warnings will be issued to violators until City Council adopts a permanent enforcement mechanism next week.

Houston Fire Department recommends the following safety tips during this drought:

BARBEQUE SAFETY

- Portable barbecue pits, charcoal grills and other open-flame cooking devices outside of a building should not be operated on combustible balconies or located within 10 feet of combustible walls or roofs or other combustible materials.
- When igniting the barbecue charcoal, use a charcoal lighter, not gasoline. Gasoline can flash violently in and around the pit causing serious injuries to anyone in the area of the flash. A fire extinguisher or charged garden hose should be handy while the fire is burning. Check the pit frequently to ensure that it is okay.
- Hot ash and coals from barbecue pits and charcoal burners should be placed in a non-combustible container until cooled or thoroughly saturated with water, before being disposed.

OPEN FLAMES

- The City of Houston Fire Code prohibits all open-burning within the Houston city limits at all times.

The burn ban in unincorporated areas of Harris County also prohibits any outdoor open-burning, including the burning of: a bonfire, rubbish fire, campfire, trench fire, or other fire in an outdoor location when not contained.

VEHICLES, TRAILERS AND TOOLS

- Park vehicles so that the exhaust system does not come in contact with dry grass, leaves, or weeds.
- Adjust the safety chains on trailers to ensure they don't drag and create sparks that can cause roadside starts.
- Keep lawn mowers and agricultural equipment in proper working condition and avoid rocks and other materials which might cause a spark.
- Do not weld or cut without a spotter, a water source and a shovel.
- Notify the electric power company when dead trees or overhanging limbs endanger the electric wires. The wires may touch each other or the ground, causing sparks that start fires.

CIGARETTES OR OTHER SMOKING MATERIALS

- Another cause of accidental fires is carelessly discarded cigarettes or other smoking materials. They can smolder for hours and should be completely doused with water before being discarded in a safe manner, rather than tossed out a window or on the ground.
- Texas' arson law includes felony punishment for anyone whose cigarette recklessly sets fire to a building or injures anyone. Arson is a second-degree felony in Texas, punishable by up to 20 years in prison, but if a person is hurt or killed or if the fire involves a church, arson is a first-degree felony, carrying possible punishment of up to life in prison.

For more safety tips see www.houstontx.gov/fire.



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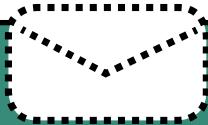
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“TEAMWORK IS KEY” WITH CY-FAIR ISD VOLUNTEERS

Hey! Grab your keys, unlock your hidden talents and join our Volunteer Team this fall in the Cy-Fair Public Schools!

The name of the team is “VIPS”(Volunteers in Public Schools). VIPS in Cy-Fair ISD center the attention of their service on supporting students and staff and making a significant contribution to the education of children. These dedicated individuals are just like you, they give freely of their time and resources; and they have an impact on the academic and personal development of our students. Cypress-Fairbanks ISD is fortunate to be able to draw from a terrific diversity of skills and knowledge in its community.

If you are interested in being a part of an exciting group of volunteers and making a difference in your Cy-Fair Schools, or would like more information, please feel free to contact Pam Scott, Partners in Education Director at 281-894-3950.

CY-FAIR ISD VOLUNTEER OCTOBER 2011 EVENTS “Teamwork is Key”

OCTOBER 11.....PIE Mentor Training
9:30 a.m. to 11:30 a.m. - Berry Center

Training for individuals committed to serve as a role model and friend to CFISD students.

OCTOBER 14.....VIPS Fall Conference **8:00 a.m. to 2 p.m. - Berry Center**

A day of informative workshops is offered to volunteers, staff, parents and community members designed to support the work of volunteers in all district schools. Registration forms are available in schools and in the PIE dept.

OCTOBER 19.....Hearing Certification Training **9:30 a.m. to 1:30 p.m. - Berry Center.**

Become a State certified trained volunteer to assist your CFISD School in hearing testing for the students. Please RSVP to your school nurse by October 14.

OCTOBER 20.....Vision Certification Training **9:30 a.m. to 1:30 p.m. - Berry Center**

Become a State certified trained volunteer to assist your CFISD School in vision testing for the students. Please RSVP to your school nurse by October 14.

(Continued on Page 8)

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"Teamwork Is Key" - (Continued from Page 7)

OCTOBER 25.... Junior Achievement Volunteer Training

9:30 a.m. to 12:00 p.m. - Berry Center.

The purpose of Junior Achievement is to educate and inspire young people to value free enterprise, understand business and economics and be workforce ready.

OCTOBER 26.....Multicultural Meeting

9:30 a.m. to 12:00 p.m. - Berry Center

Open to all CFISD school staff, volunteers, parents and community members. The purpose of the CFISD Multicultural Committee is to raise the level of cultural understanding and respect by sharing information with the CFISD community to encourage cultural sensitivity and parental involvement to strengthen student success.

October 27 Virtual Volunteer Training

9:30 a.m. to 11:00 a.m., ISC West

Training for Volunteer Coordinators to learn how to effectively and efficiently manage their campus Virtual Volunteer account.

HOW TO REGISTER FOR TRAINING:

With the exception of Hearing and Vision Certification, register for training by emailing the PIE office at vipsrvp@cfisd.net. Provide your name and the name and date of the training you wish to attend. Registration is required to guarantee a seat and training materials. *Adults only please.*

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HEALTH BRIEFS

OCTOBER 2011



TOBACCO SMOKE CAN TRIGGER CHILD'S ASTHMA ATTACK

Exposure to smoke can worsen your child's asthma and should be eliminated to help effectively manage symptoms, said a pediatric pulmonologist at Baylor College of Medicine. "Sometimes treating a child's asthma means treating the parent's tobacco addiction," said Dr. Harold Farber, associate professor of pediatrics - pulmonary at BCM and associate medical director of the Texas Children's Health Plan at Texas Children's Hospital.

If your child has asthma and you are a smoker, Farber said it's critical to get your tobacco dependence treated. "When you smoke, whether it's indoors or out, your child is exposed to the irritant," said Farber. He encouraged smokers to talk to their doctors and to call the free national smoker's help line at 1-800-QUIT-NOW (1-800-784-8669) for assistance to become smoke free.

VITAMIN C PROTECTS, MAINTAINS HEALTHY BONE MASS

Vitamin C plays an important role in maintaining bone mass -

promoting the balance between old bone resorption and new bone formation, said a Baylor College of Medicine doctor. Most experts recommend vitamin D, calcium, exercise and bisphosphonates to keep bones healthy, said Dr. Kenneth Gabbay, professor of pediatrics - molecular diabetes and metabolism at BCM. Vitamin C is sometimes left out of the healthy bone equation but studies show that it's equally important. Food high in vitamin C includes oranges, strawberries, dark, leafy lettuce, broccoli, bell peppers and fresh herbs. Most daily vitamin supplements also contain vitamin C.

SLEEPING PILLS NOT EASY ANSWER

When sleep doesn't come easily, some people turn to what they think is an easy solution - sleeping pills. But according to a Baylor College of Medicine sleep expert, sleep medications - whether prescription or over-the-counter - shouldn't be taken lightly. "All medications have side effects that need to be weighed whenever you take them," cautioned Dr. Phil Alapat, assistant professor of pulmonary, critical care and sleep medicine at BCM and medical

(Continued on Page 11)

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Health Briefs - (Continued from Page 9)

director of the BCM Sleep Center. Some of the most common prescription sleep medications are non-benzodiazepine hypnotics, like Ambien and Lunesta. These medications are not physically addictive and will not cause withdrawal symptoms when a person stops taking them. However, many people depend on them because they believe they cannot sleep without them, Alapat said.

One of the most common over-the-counter sleep aids is the nutritional supplement melatonin. It is helpful for some people but Alapat cautioned that it is not , an FDA regulated substance. Over-the-counter sleeping pills may also contain antihistamines and while these can help a person sleep, they have other side effects, including dry eyes and mouth. They may also cause an altered mental state, and this can be especially concerning in older adults, Alapat said. Before turning to any type of sleep aid, Alapat recommends a visit to a physician, or a sleep disorders specialist.

BEST BETS IN BEVERAGES FOR KIDS

When your kids need something to drink, reconsider reaching for that juice box. It's easy to get confused about what is and what is not a fruit juice. According to Roberta Anding, a registered dietitian at Baylor College of Medicine, if the label does not say 100 percent

juice, it is not genuine fruit juice but fruit-flavored instead. Such fruit-flavored beverages, like many of those handy little juice boxes, have higher sugar content than fruit juice and are even comparable to sodas. A better option is to substitute actual pieces of fruit for fruit juice or fruit-flavored drinks.

Healthy beverage choices are important throughout the day to keep hydrated and provide good nutrition. Anding suggests following a beverage pyramid, much like the well-known food pyramid. "Kids should drink mostly water, then low-fat or skim milk, and then real fruit juice in moderation," she said. "Limit sodas since they are full of sugar and have no nutritional value."

Parents can help their children make healthy beverage choice by making healthy options available and being a good role model.



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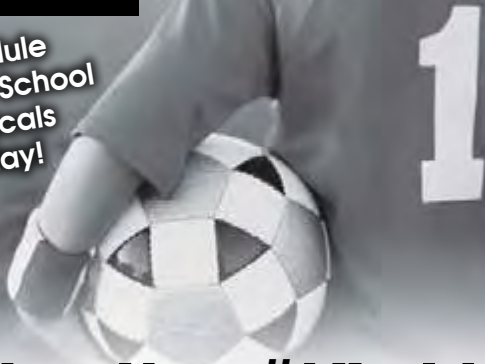
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BRITT'S BOOK BUZZ: THE HUNGER GAMES

by Suzanne Collins

Remember the compelling and cult-following TV show, *Lost*? To me, *The Hunger Games* is the literary equivalent in that the writers creatively demonstrated survival and unity when faced with extremely harsh circumstances. The difference is that while *Lost* was the result of a plane crash on a strange island where anything could happen, *The Hunger Games* is ruled by the Capitol where young adults fight to the death as a form of entertainment for the government.

Set in the not so distant future, North America as we know it has been completely reorganized into separate districts (12 of them) all closely controlled by the militant, big brother, harsh "Capitol." These districts were formed when the Earth had become so violated environmentally and morally that war broke out. As a reminder to all of the segregated districts that rebellion is not tolerated, there is a yearly "Hunger Game"

where a male and female from each district aged 12-18 is chosen at random to fight each other to the death. There can only be one victor and everything is televised, complete with sponsors.

It is in district 12 that the heroine, Katniss Everdeen lives with her mother (a healer) and her younger sister. Her father was killed in a mining accident but left his oldest daughter with the gifts and talents of hunting, which is her family's key to survival.

When Katniss' sister is chosen as one of the "tributes" to fight in the hunger games, Katniss volunteers in her place. Her male counterpart, Peeta, is also chosen.

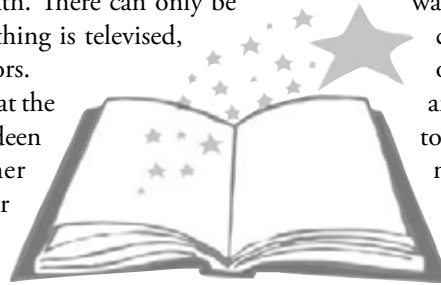
Their experience at the Capitol and the whole tradition around the hunger games

is so intriguing and fascinating as are the people they encounter. However, it is the way the hunger games are so carefully and technologically orchestrated and Katniss' amazing ingenuity and will to live and survive that kept me reading and enjoying the brutal, yet thoroughly entertaining book. At the time I am writing this review, I am already on the final book of the trilogy!

This book has it all -- a love triangle, a heroine, an underdog, fighting, mystery, science fiction--it is a reader's big Kit Kat bar!

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Bridgeland Year-to-Date Sales Report

	Nov '10	Dec '10	Jan '11	Feb '11	Mar '11	Apr '11	May '11	June '11	July '11	Aug '11
\$500,000 and above	0	0	0	0	1	0	1	1	0	0
\$451,000--\$499,999	0	1	0	2	2	0	0	0	0	1
\$351,000--\$450,999	1	2	1	1	1	1	2	6	7	5
\$276,000--\$350,999	1	5	4	1	4	2	6	3	14	8
\$231,000--\$275,999	2	1	0	4	2	2	2	3	3	8
\$201,000--\$230,999	4	3	0	1	2	2	2	4	5	0
\$200,999 and below	0	2	2	2	0	1	4	2	3	6
Total	8	14	7	11	12	8	17	20	32	25
Highest \$/sq ft	\$105.94	\$107.89	\$103.05	\$108.22	\$153.19	\$100.12	\$141.24	\$121.69	\$113.95	\$114.28

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This information is taken from the Houston Multiple Listing Service

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