

December 2011

Volume 5, Issue 12

3RD ANNUAL BRIDGELAND Chili Cook-Off

December 3, 2011 11:30 am-2:30 pm Lakeland Activity Center Parking Lot

Join us for an afternoon of fun at the Bridgeland Activity Center! Bridgeland is looking for the best chili cook! Cooking will begin at 6:00 am, judging at noon, then chili will be available for all to taste. Rules are available on request. There will be 1 st – 3rd place winner trophies.

Registration and the \$10 registration fee must be turned in to the Lakeland Activity center no later than Nov 30th,

Register at : http://www.bridgelandlife.com/

Chili should LOOK GOOD, SMELL GOOD, and most of all TASTE GOOD!

<u>THE TIMES</u>

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	
Fire	
Ambulance	
Harris County Sheriff	
Cy-Fair Volunteer Fire Dept	

AREA HOSPITALS

Cy-Fair Medical Center	281-897-3300
North Cypress Medical Center	281-477-0830
Willowbrook Methodist	

SCHOOLS

Cy-Fair ISD	
Cy-Fair ISD	
Robison Elementary School	
Warner Elementary School	
Spillane Middle School	
Smith Middle School	
Cy Woods High School	
Cy Fair High School	

UTILITIES

Trash - Republic Waste	
Water and Sewer	
Gas - Centerpoint Energy	
Electricity - Reliant Energy	
Cable/Internet/Phone - Comcast	

PUBLIC SERVICES

Cypress Post Office	
Drivers License Info.	
Harris County Tax	713-224-1919

NEWSLETTER PUBLISHER

Peel, Inc	
Article Submissions	<u>bridgeland@peelinc.com</u>
Advertising	<u>advertising@peelinc.com</u>



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!*

NOT AVAILABLE ONLINE

IPS The UPS Store™

Shipping • Packaging Services • Mailbox Services • Copying • Finishing Printing • Office Supplies • Moving Boxes • Laminating • Stamps

*25¢ Color Copy *5¢ (size 8.5x11) (si 17515 Spring Cypress.

17515 Spring Cypress, Suite C Cypress, TX 77429 • 281-304-6800 (Kroger Shopping Center)





Copyright © 2011 Peel, Inc.

^{*5¢} B&W Copy (size 8.5x11)

Bridgeland Community Groups

Holiday Yard Decorating Contest Make your home come alive this Holiday Season. The Holiday Yard Decorating Contest is a fun tradition that gives residents an opportunity to showcase their spirit for the holidays they celebrate. The deadline for entry is December 12, 2011 at 5:00 pm. All entries will be judged December 13-15 in the evening. AAll rules and regulations found in the Bridgeland CC & R's regarding holiday decorations must be followed and can be located online, www. bridgelandlife.com, under the Document Library in the Modification Design Guidelines Section 6F. We are looking for The Best Overall, Runner-Up, and Honorable Mention!

The Bridgeland Bible Study is doing a non-denominational study in the Gospel of John. Each week, we will read a portion of scripture and ask questions about the passages, discuss how the scripture may apply to our lives and see how the Holy Spirit will apply the scriptures to our lives. For more information regarding this group and their studies please contact David M. Wilson, godcanandwill@gmail.com if you would like further information. The meeting will be from 7:00 PM to 8:00 PM every Thursday night in the Crane Room at the Bridgeland Activity Center.

Men's Poker Group, December 1, 2011 We meet the first Thursday of each month at 7:00pm, if you would like to meet with us please RSVP. The first couple of games will be Texas Holdem Tournaments with a \$20 buyin. We will rotate houses to meet at, after you RSVP you will be sent an e-vite invitation with the location of the tournament. As the group gets going, we will change up the structure (free play tournaments at the Lakeland Activity Center, different poker games and betting structures) to meet the needs of the group. We look forward to meeting you! REGISTER

2011 2nd Annual Mistletoe Fun Run, 10K, 5K, Family Walk, and Family Run, December 4, 2011 www.runovercancer.org/ mistletoe

3rd Annual Chili Cook Off December 3, 2011 Join us for an afternoon of fun at theBridgelandActivityCenter! Bridgeland is looking for the best chili cook! Cooking will begin at 6:00 am, judging at noon, then chili will be available for all to taste. Rules are available on request. There will be 1st – 3rd place winner trophies. Registration and the registration fee must be turned in to the Lakeland Activity center no later than Monday November 28th, 2011. Chili should LOOK GOOD, SMELL GOOD, and TASTE GOOD!

Informed Citizens Group, Devember 6, 7:00 pm We are joining forces with our neighbors to promote activism in our neighborhoods and precincts. As we work together to research, educate and inform ourselves and our constituents about our state, local, and federal office holders. Our

(Continued on Page 5)



Copyright © 2011 Peel, Inc.

FULL SERVICE LANDSCAPE COMPANY



281-373-0378

Proudly serving northwest Houston since 1997



Lawn Service

Commercial & Residential \$25.00 & up

Landscaping

Landscape Design & Installation * Seasonal Flowers * Drainage * Lighting Sod Installation * Mulch Installation * Rock Borders

Patios & Walkways Pavestone * Concrete * Flagstone

Tree Service

Tree Trimming * Removal * Installation

Sprinkler Systems

Design * Installation * Repairs Proper Coverage * Warranty Licensed Irrigator #8587

Fertilization & Pesticide

Spraying & Feeding for Lawn, Shrubs & Trees Fire Ant Control * Tree Deep Root Feed * Brown Patch Reduction State Licensed Applicator



www.horizon-landscape.com





Pools & Outdoors

- · Custom Pools
- · Pool Renovations/Remodel
- · Outdoor Kitchens
- · Patio Covers
- · Cabanas & Pergolas
- Full Service Landscape Design
- Maintenance and Repairs

713-677-4210

Building visions of outdoor excellence ACCREDITED BUSINESS

Bridgeland Community Groups - (Continued on Page 5)

mission will be to support candidates and issues that most represent our core values. Together, we will stay educated, informed and uphold our duty as citizens -always working towards the mission of benefiting our Republic. We meet the first Tuesday of every month at 7:00 pm at the LakelandActivityCenter. The Bridgeland Board of Directors and the Bridgeland Community Associations do not have any connection to any group that meets at the facilities, nor do they necessarily agree with or support the views or beliefs of these groups.

Bridgeland Garden Club, December 7, 2011 The Bridgeland Garden Club meets on the first Wednesday of every month at the LakelandActivityCenter. We usually meet at 9:30 a.m. for a quick business meeting, and then by 10:00 a.m. we head out for a fun field trip and lunch. Our calendar is posted under "Community Events" on www.bridgelandlife.com. This group is open to both men and women, and is for anyone with an avid interest in gardening or just wanting to learn how to develop a greener thumb. New faces are always welcome. If you'd like to join us, please e-mail your contact information to bridgelandgardenclub@gmail.com. Garden Club Page

Christmas in Festival Park December 10, 2011 2:00-5:00 pm Festival Park Snow will be in Texas this day! Enjoy a day full of playing in the cold wet stuff. Say hello to Santa and his trusty reindeer. Take a ride in a vintage trackless train around the park. Munch on yummy sugar cookies and sip delicious hot cocoa. Create fun arts and crafts. Bundle up and bring the whole family out for a day full of holiday festivities in the park

The Empty Nesters, December 15, 2011 The Empty Nesters are a group of people mostly 50 and Older whose children have left the "Nest". We are all about getting together for no other reason than to make new friends, enjoy old friends and most of all to have fun. We meet the third Thursday of each month at the LakelandActivityCenter.

Buidling Brains Holiday Camp December 21-23 & December 26-30. 9 am-4 pm. BUILDING BRAINS uses LEGO Duplo and K'NEX educational kits to BUILD math and science skills. These educational building kits have specially designed gears, levers and pulleys that teach students to build simple machines that really work. Our students will BUILD simple machines while BUILDING fine motor skills and confidence. Classes are designed to reinforce classroom curriculum. Students use colors, sizes and shapes to correctly build a simple machine and then perform a scientific experiment to see how it works. In each class students will build a new and exciting machine and watch it work! Literacy skills are improved by memorizing poems with hand motions about gears, levers and pulleys to reinforce how they work and what they do. Classes are progressive and BUILD on one another. This is the next Generation of Critical thinking toys! We wrap our hands and our head around a problem.



Copyright © 2011 Peel, Inc.

The Times - December 2011 5

Dear Bridgeland Residents

Please be aware that during recent property inspections which included rear and side properties visible from common areas, some of the following items were noted as needing attention.

Please take the time to review these items and make necessary corrections if they pertain to your property.

- General Lawn Maintenance
- Required Trees & Tree Replacements
- Trash Cans & Recycle Bins
- Flags Maintenance
- Rear Lot Maintenance
- Trimming / Pruning of Shrubbery
- Fence Maintenance and Replacement Needs

Please contact our office should you have any questions, concerns or need to further discuss any matters.

For additional details please visit our website at www.bridgelandlife. com under General Information / Association News/ Common Deed Restriction Violations. Here you will find tips and friendly reminders as well as our documents library page for rules and regulations.

Sincerely, Lakeland Village C.A.I.

Bridgeland Ladies Association

Submitted by Judy Mohn

Bridgeland Ladies Association is holding their fourth annual Holiday cookie exchange and newcomer welcome event Thursday, December 8th at the Activity Center at 7:00 pm. Bring 2 dozen cookies and take home an assortment of holiday cookies for your family. We will also have a White elephant gift exchange. Bring a wrapped gift valued under \$10. Join us for a fun evening of food, laughter, and friends!



6 The Times - December 2011

Houston Repertoire Ballet Celebrates 10 Years En Pointe with The Nutcracker

Mackenzie Dye and Hannah Mauss of Bridgeland will appear in the Houston Repertoire Ballet's The Nutcracker on Saturday, Dec 10 and Sunday Dec 11.

Sell-Out Performances Set for December 10 & 11

- WHO:..... Houston Repertoire Ballet (HRB), featuring guest artists from two of the world's premiere ballet companies: Jared Matthews, soloist with New York's American Ballet Theatre and HRB alum, and Karina Gonzalez, soloist with the Houston Ballet.
- WHAT:...... The premier pre-professional ballet company in Northwest Houston proudly presents the 10th annual The Nutcracker performance series. The program attracts and develops some of the finest young dancers in the greater Houston area, with many of the dancers advancing to professional ballet companies throughout the country. HRB graduates can be seen with New York City Ballet, American Ballet Theatre, Miami City Ballet, Pacific Northwest Ballet, Atlanta Ballet, Pittsburgh Ballet Theatre and other prestigious companies.
- WHEN/WHERE: Saturday, December 10 at 2 pm and 7 pm Sunday, December 11 at 1 pm and 5 pm Tomball High School Auditorium Quinn Road Tomball, Texas 77375
- TICKETS:..... For ticket information, call 281-940-HRB1 (4721) or visit www. hrbdance.org.
- ABOUT HRB: The Houston Repertoire Ballet (HRB) is a non-profit 501(c)(3), founded by Victoria Vittum and Gilbert Rome, both nationally acclaimed teachers and choreographers who served as its co-artistic directors. Today, Ms. Vittum oversees training and programming with an equal eye to serving the needs of the community. Although Mr. Rome is now retired, he maintains his interest and affiliation with HRB, performing as Drosselmeyer in The Nutcracker and as a guest teacher.

Since 1994, HRB has contributed to the cultural fabric of Harris and Montgomery Counties by providing excellent dance training to the area's young ballet stars and dance educators of tomorrow, while also presenting two high-quality productions annually at affordable prices. The Nutcracker and a Spring Program, introduce area children and their families to the world of classical and contemporary ballet. Today, HRB is considered to be the premiere preprofessional ballet company in the Houston region, and is recognized for sharing its gifts with the community and beyond.

The Nutcracker's brilliant blend of costumes, sets and choreography creates a magical storybook world enjoyed by children and adults alike. With a cast of more than 100 HRB dancers and area children, HRB's masterful production is the highlight of the holidays!

MISSION:

RB's mission is dedicated to providing the finest classical ballet instruction, education and performance experience to local gifted students, and to preparing them for a professional career in the world of dance. HRB also is committed to serving the suburban Houston region with high-quality theatre productions that educate, engage and entertain residents of all ages and perpetuate their appreciation of dance as an art form.

Major funding for HRB is provided by Houston Endowment, Inc. and ConocoPhillips. Additional support comes from ExxonMobil and Marathon. School Outreach Program is generously sponsored by Target.

American Business Women's Association

Cy-Fair Express Network (CYFEN)

Event:		
When:	December 15, 2011	
Time:	11:30 am – 1:00 pm	
Where:	Houston National Golf Club 16500 Houston National Blvd Houston, TX 77095	

NETWORKING AND BUSINESS LUNCHEON

Cy-Fair Express Network invites you to their monthly meeting and luncheon. Bring plenty of business cards for networking. Please make reservations online by December 9 @ www.cyfen.org or contact Melissa Rotholz @ 713-256-9569.

For the December meeting we will be having our annual gift exchange and collecting gifts for Child Advocates, Inc.

Our mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition. SEND US YOUR Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to <u>bridgeland@</u> <u>peelinc.com</u>. Be sure to include the text that you would like to have

as the caption. Pictures will appear in color online at www. PEELinc. com.

•





Bridgeland Nutcracker Press Release

Artisan Ballet Company will present its annual performance of The Nutcracker on December 10, 2011, at the Berry Center, 8877 Barker-Cypress Road, Cypress, Texas 77433. Bridgeland ballerina Ana Blanco will be among the dancers in this year's presentation. Ana is cast a flower in the Waltz of the Flowers and as one of Clara's friends.

Please support Artisan Ballet Company and our young neighborhood dancers by attending either the 2:00 or 6:30 p.m. performances.

CONTACTS FORTICKET INFORMATION:

E-mail:.....artisandance@sbcglobal.net Web:http://www.artisanschoolofdance.com Address:12603 Louetta, Suite 110, Cypress, TX 77429 Tickets:.....\$18.00

Cypress Ranch High School Orchestras

Submitted by Elizabeth Ledford

The Cypress Ranch High School Orchestras present a Winter Concert and Silent Auction Thursday, December 8. Silent Auction will begin at 5:30 PM in the CRHS Commons. A concert of holiday favorites and winter-inspired selections will follow at 7:30 PM in the Auditorium. Come with your family and friends and get into the spirit of the season! 10700 Fry Rd, Cypress 77433





Outdoor Service at Fry Road Sunday, December 18, 10:30 a.m. Bridgeland's Festival Park (16902 Bridgeland Landing)

Christmas Eve at Jones Road

Family Services 1:00 & 2:30 p.m. **Candlelighting & Communion Services** 4:00, 5:30, 7:00 & 11:00 p.m. Sanctuary (8350 Jones Rd.)

Christmas Family Service at Jones Road

10:30 a.m. Sanctuary (8350 Jones Rd.)



THE FOUNDRY A UNITED METHODIST CONGREGATION

FoundryChurch.org | 713.937.9388



Our Goal:

Schedule Back To School Physicals

Today

Dr. Amit Parikh. D.O. **Board Certified Family Practice** Fellowship Trained Sports Medicine

281-373-9400

14315 Cypress Rosehill Road Suite 180 • Cypress, TX 77429

Houston Center for Family Practice & Sports Medicine

Comprehensive Primary Care & Sports Medicine for infants, children, adolescents, and adults, Comprehensive Dermatology Service Available.

Schedule your appointment today!

Kick Off the New Year With NWHC Aggie Moms' Club 2012

"Kick Off" the new year with the NWHC Aggie Moms. Attend our New Year's meeting Tuesday, January 10th at 7 pm. The Aggie Moms' Club is finalizing details for a truly special January speaker. We're excited to share this experience with Aggie Moms, Dads, Grandparents, Alumni and students. Check us out at www. nwhcaggiemoms.org.

Meetings are the second Tuesday of the month at the Houston Distributing Company, Inc. at 7100 High Life Drive and Cutten Road near SH 249. Come join area Aggie Moms for networking, fellowship, drink, food, and fun! The NWHC Aggie Moms' Club brings area Aggie Moms together to support Aggie students with scholarships and donations to student run organizations at Texas A&M University.

Shop our Aggie Moms Boutique (located at our meetings) where you can find "one of a kind" Aggie gift items. Our beautiful, Traditions Pillow is professionally embroidered with memory icons that will warm the heart of any Aggie and is only available from the Northwest Harris County Aggie Moms.

We love to give away MONEY to Aggie students. Scholarships are our purpose and any Aggie student in our service area can submit an application. Review the eligibility requirements on our web site TODAY. The application deadline is FEBRUARY 7, 2012 (postmarked). Last year NWHC Aggie Moms' Club awarded over \$11,000 in scholarships and \$1,200 in book awards to future and current Aggie students.

Aggie Recording Artist, Kimberly Dunn will be at our annual spring fundraiser "Boots 'N Whoops!" Aggie or not, this is a concert you don't want to miss. Purchase tickets today for this private performance.

Sunday, April 22, 2012 at Red River Dance Hall (SH 249).

If you have an Aggie student in your life, you need NWHC Aggie Moms. To keep up with all we do, like our FACEBOOK and visit our web page at www.nwhcaggiemoms.org.

Advertise Your Business Here 888-687-6444

"Teamwork is Key" *With Cy-Fair ISD Volunteers*

Are you looking for the #1 ranked team that embraces your diverse talents, where you are always a "starter"? It's not too late to join the Volunteer Team in the Cy-Fair Public Schools.

VIPS (Volunteers in Public Schools) 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 are dedicated individuals; they give freely of their time and resources and have an impact on the academic and personal development of Cy-Fair ISD students. Cypress-Fairbanks ISD is fortunate to be able to draw from a diversity of skills and knowledge in its community.

If you are interested in being involved in Cy-Fair schools as a volunteer and making a difference, or would like more information, please contact Pam Scott, Partners in Education Director at

281-894-3950.

Cy-Fair ISD Volunteer Events for November & December 2011 "TEAMMORK IS VEY"

"TEAMWORK IS KEY"

November 14..... Elementary Language Arts Training – 9:30 a.m. to 11:30 a.m., Berry Center

This training is designed for volunteers and parents helping Pre-K, Kindergarten and First Grade students. You will learn how to read aloud interactively to a class in order to help boost their comprehension.

November 15..... Elementary Math Training – 9:30 a.m. to 11:30 a.m., Berry Center

Participants will learn the approach to the 4-step process, model drawing, and actions used in the math classrooms.

November 17..... VIPS Liaison and Coordinator General Meeting - 9:30 a.m. to 12 p.m., Berry Center

Open to all CFISD volunteers, parents, staff and community members. Get the latest information on CFISD volunteering and learn ways to improve your volunteer program through networking with other volunteers in our district!

December 6 Multicultural Meeting – 9:30 a.m. to 11:30 a.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.

Something new this year: While you're on Facebook, be sure to check us out!

www.facebook.com/pages/Cy-Fair-ISD-Volunteers

HOW TO REGISTER FOR TRAINING

Register for training by emailing the PIE office at vipsrsvp@ 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.

Cypress Ranch M.A.N.E presents Monte Might Inder The Stars

December 9, 2011 Cypress Ranch High School Football Field Gates open at 6pm, first movie starts around 7pm Tickets \$7 per person at the door Moviegoers under age 2 get in free.

> Please bundle up and plan to bring chairs/blankets to sit on. Concessions including dinner items and hot cocoa will be available for purchase.

> *We are looking for sponsors for this event. If your family or business is interested please email Rose Jackson at roseyj100@gmail.com

> M.A.N.E event is a non-for profit organization that sponsors the after-prom party for our Seniors at Cypress Ranch High School. Our main focus is to provide our students with a fun, safe and substance free evening.





Do you know what to look for in an Emergency Room?



Open 24 hours a day, seven days a week, 365 days a year



Physicians Board Certified or Board Eligible in Emergency Medicine



Licensed, free-standing emergency medical care facility

Any type of emergency, day or night. Ready or not...we are.



ccredited by the Joint Commission of 31 ccreditation of Healthcare Organizations r our commitment to excellence.

PEARLAND 3115 Dixie Farm Road, Suite 107 FM 518 at Dixie Farm Road 281-648-9113 CYPRESS 17255 Spring Cypress Road, Suite A Spring Cypress at Skinner Road 281-304-9113 ATASCOCITA 19143 W. Lake Houston Parkway W. Lake Houston Pkwy at FM 1960 281-540-9113

EMERGENCY CARE

TEXAS

CENTER[®] txercare.com

Fashion with Passion

a Dinner, Auction and Fashion Show benefitting IORDAN MERECKA

- Thursday, January 26, 2012
- 6:30 10:00 p.m.
- Enchanted Cypress Ballroom
- 12603 Louetta Road
- Tickets are \$35
- Visit us on Facebook -
 - "Fashion with Passion Fundraiser"
- Tickets can be purchased at Quance Design Studio

Jordan Merecka was born with multiple congenital heart defects, including Dextrocardia (his heart was on the wrong side of his chest). As a child, he experienced two open chest surgeries. Later, he received several surgical revisions and an implantable defibrillator. For many years after his early surgeries, Jordan was able to live an active childhood. As a teen, he enjoyed hunting and fishing with his father; and at school, he participated in FFA (Future Farmers of America). But, in September 2010, Jordan's heart began to fail, and he was placed on a waiting list for a heart transplant. With medical treatment, he was able to attend school as he waited. At the start of 2011, the senior at Cypress Woods High School was looking forward to three major milestones in his life: his prom on May 27, his eighteenth birthday on May 29 and his graduation on June 5. In April 2011, his health took a turn for the worse and he was admitted to Texas Children's Hospital with heart failure symptoms and kidney insufficiency. He critically needed a heart transplant. Over the weekend of May 21, all of his organs began to fail acutely and he could not breath on his own because his heart was so weak. On May 22,







Save yourself from cleaning the toilet. AND SAVE A FEW BUCKS. ACT NOW TO RECEIVE \$50 OFF YOUR FIRST TIME CLEAN.

* New customers only. Not valid with other offers.

Call now to receive a free, no-obligation estimate



Serving the West Houston, Katy, Copperfield, Cyress, Sugar Land, Rosenberg and Richmond areas.

www.MAIDS.com





Referred for a reason.

You're Invited!

Christ Church Performing Arts Company would like to invite you to share in a fun and entertaining show that celebrates the Christmas Spirit, "Sendin' Out Love".

"Sendin' Out Love" a Children's Musical about a Card Factory Management Team and the debut of their new Christmas Card Line, is full of Broadway style songs and dance numbers that will delight your heart.

We have Two Shows on Sunday Dec 11th, at 9:00 and 11:00. At Christ Church HNW, 16333 Meuschke, 2 miles north of 290. CCPAC was born out of a desire to establish a place for students to develop their creative gifts and abilities in the performing arts, and at the same time, provide excellent entertainment for our families and community. The majority of the students in this, our first show, are Elementary and Middle School Students from Fairfield, and some from the surrounding Cypress area. For more information, visit our website at christchurchhnw.com or call Juliet Geil 760-696-6384.

The Times is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use The Times contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.





EXCEL **URGENT CARE**

> A visit to the Emergency Room can cost as much as five times more than a visit to an Urgent care center.

"Experienced emergency room physicians without the cost or wait of your typical emergency room visit"

281-304-1100 www.excelurgentcare.com Open Everyday 9am-9pm

(except major holidays) Conveniently located at the end of the Target shopping strip adjacent to the Best Buy on US Hwy 290 & Spring Cypress

Your Neighborhood Urgent Care Center

Copyright © 2011 Peel, Inc.

The Times - December 2011 13 Junior Girl Scouts earn a Stress Less badge by completing requirements that teach them about ways to relax.

SOME OF THE ACTIVITIES INCLUDE:

- Creating a personal stress kit that includes books, photographs, cartoons, music, a card or letter from a friend or relative, photo or picture from a magazine of a peaceful place.
- Find a peaceful place in your home to relax and de-stress.
- Learn how to identify your feelings and moods by writing your feelings down.
- Do for others is the best way to lesson your stress and focus on someone else.
- Listen to music.
- Read and Relax. Following a character's adventures can help you forget about your stress.
- Move that stress away Physical motion can release the tension in your body.
- Practice elevator breathing Deep, focused breathing can refresh your mind inhale and exhale slowly.

TEN TIPS FOR HELPING CHILDREN DEAL WITH STRESS

With news and conversations full of disaster, war and terrorism, children and teens may be feeling stressed and need you to help them cope. Children and teens may not have the combination of life experiences and critical thinking skills that can help adults deal with tragedy. But young people are generally resilient. These ten tips can help you recognize the signs of stress and prevent an overload of stress in young people.

1. Recognize that children handle stress in different ways. Some show a regression in behavior – acting younger, more fearful, clingier. Outbursts of anger and aggression are also signals at all ages. A child or teen who withdraws or who seems constantly sad or has trouble sleeping or shows significant changes in appetite may also be showing signs of stress.

2. Encourage conversation. Look for opportunities to ask about feelings and opinions. Some of the best conversations

GIRL SCOUT Submitted by Melinda Riso

happen in a car with the radio, CD player and cell phone off.

3. Think about your own reactions – are you feeling very stressed and is that being communicated to children? Find ways to relax yourself so that you can stay calm for them.

4. Look for creative ways to deal with stress. For younger children, puppets may help them act out their feelings. Teens could be encouraged to write their thoughts in a journal or diary. Reading books together not only provides valuable family time, but also gives everyone a deeper understanding of world events. Realizing how a character (real or fictional) coped with a disaster, war or difficulty can give lessons that can be emulated.

5. Plan for some exercise or sports activities that can be done together to release tension. From walking to swimming, biking or skating, getting everyone to move more makes a big difference in mental outlook as well.

6. Volunteer together or take a stand together. Look for opportunities in the community in which you can make a difference. Being able to contribute also helps your family or group to bond and understand what your family's and/or group's values are.

7. Try to acknowledge how a child may feel. Taking a child's or teen's concerns seriously, rather than minimizing them, builds a foundation for more open communication.

8. Answer questions honestly, and share what is age appropriate.

9. Don't make a promise that you can't keep. You can't tell your child that a natural disaster or terrorist attack will never affect your family or group. You can say that the chances are very small and that you will do whatever you can to keep everyone safe.

10. Keep tabs on what children are viewing and hearing – at home and at school. Know when to pull the plug on TV, and radio. When the news is on, try to view it together so you can discuss what you have seen and heard.

Program Group. © Girl Scouts of the USA, 2004, 2005

As the premier leadership organizations for girls, Girl Scouts motivates and teaches girls that if they can think it, they can do it. No challenge is too big! While membership dues are only \$12 a year, the rewards girls, their families and their communities reap are invaluable. Girl Scouts are for all ages and are always in need of volunteers like you. Join Girl Scouts or volunteer TODAY and unleash your potential to help make a better TOMORROW!

Log in to www.gssjc.org and register!



14 The Times - December 2011

Copyright © 2011 Peel, Inc.

PEEL, INC. www.peelinc.com 512-263-9181

Thank You TO ALL OUR 2011 **ADVERTISERS!**

Wishing everyone a Happy Holiday Season!

Copyright © 2011 Peel, Inc

The Times - December 2011 15



PRSRT STD U.S. POSTAGE PAID PEEL, INC.

BG



Selling Your Home In Bridgeland?



- Put the Mike Schroeder Team to work for you!!
- Marketing on multiple websites for 24/7 exposure of your home.
- The Mike Schroeder Team has over 30 years of combined real estate experience.
- Honored by the Houston Business Journal as one of the top 25 residential Real Estate Teams in the city
- Flexible commission plans

Bridgeland Year-to-Date Sales Report										
	Jan '11	Feb '11	Mar '11	Apr '11	May '11	June '11	July '11	Aug '11	Sept '11	Oct '11
\$500,000 and above	0	0	1	0	1	1	0	0	0	0
\$451,000\$499,999	0	2	2	0	0	0	0	1	1	0
\$351,000\$450,999	1	1	1	1	2	6	7	5	2	3
\$276,000\$350,999	4	1	4	2	6	3	14	8	4	3
\$231,000\$275,999	0	4	2	2	2	3	3	8	5	3
\$201,000\$230,999	0	1	2	2	2	4	5	0	3	4
\$200,999 and below	2	2	0	1	4	2	3	6	0	1
Total	7	11	12	8	17	20	32	25	15	14
Highest \$/sq ft	\$103.05	\$108.22	\$153.19	\$100.12	\$141.24	\$121.69	\$113.95	\$114.28	\$108.29	\$110.28

Hey Aggies, I am a 1989 graduate of Texas A&M University. Give me a call to see how www.agsreward.com can assist you in the sale or purchase of your home.

Nobody in the world sells more Real Estate than RE/MAX CALL 281-373-4300 RE/MAX Preferred Homes

Each office independently owned an operated. We support Cypresslostpetalert.com!! e-mail: mike@mikeschroederteam.com

www.mikeschroederteam.com

Selling homes in Cypress since 1993