

the TIMES

July 2012

Volume 6, Issue 7

FARMERS MARKET AT BRIDGELAND DEBUT

The Farmer's Market at Bridgeland started as a vision: form a grass-roots group of volunteers to bring fresh, local goods to the Cypress area. That vision became reality with the debut of the market on Sunday, May 6th. The turnout was nothing less than spectacular! For three hours, residents of Bridgeland and members of the Cypress community were treated to a cornucopia of items, all grown or produced by local growers, farmers, roasters, and culinary enthusiasts of farm-to-table delectables.

A sea of vibrant colors and aromas filled the parking area next to the Bridgeland Activity Center from 12:30 to 3:30 pm on Sunday. Attendees were greeted by volunteers, accepting donations for blooming artichokes painstakingly picked and arranged the day before (with all proceeds going towards the development of future markets). The Market featured items for sale that included traditional offerings such as vegetables, herbs, nuts, honey, preserves, sauces, baked goods, plants, eggs, and meat from pasture-fed animals. In addition, vendors offered coffee, lemonade, popcorn, Indian cuisine, tamales, oils, cleaning products, and even pet treats!

None of this would have occurred without the dedication of the Farmer's Market Committee, comprised of about 20 volunteer Bridgeland residents, who spent months planning and organizing: conceptualizing the event, soliciting vendors to take a leap of faith in attending, creating marketing



materials and spreading the word. This event would not have been possible without the assistance of two generous sponsors (Billie Toland from Gary Greene, Prudential and David Weekley Homes) or without support of Bridgeland's developers.

Feedback from both vendors and attendees has been extremely positive. In fact, almost all of the vendors reported that all elements of the market, from its organization to the final turnout, exceeded their expectations. People came to the market in droves, enthusiastically sampling goods and purchasing a variety of products.

The most heard comment, from vendors and attendees alike, was, "When is the next market being held?". Based upon the initial market's success, the members of the Farmer's Market Committee are already busily looking into making The Farmer's Market at Bridgeland a permanent part of the Bridgeland community. The long-term vision is to become a "certified" Farmer's market, and to build upon momentum generated on 5/6 to hold additional markets the first Sunday of each month. Stay tuned for details!

If you are interested in helping make to The Farmer's Market at Bridgeland sustainable by volunteering, please email farmersmarketatbridgeland@gmail.com. Assisting in planning and manning future markets is not only a great way to contribute to the Bridgeland and Cypress communities but a truly rewarding experience.

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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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Cypress-Tomball DEMOCRATS July 18th Meeting

The Cypress-Tomball Democrats will hold their next monthly meeting on Wednesday, July 18th, at a new location: Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429. A meet and greet will begin at 6:30 p.m., followed by the general meeting at 7:00 p.m.

July's guest speaker will be Judson W. Robinson, III, President and CEO of the Houston Area Urban League. The Houston Area Urban League is a United Way agency affiliated with the National Urban League.

All are welcome to join this growing club. Meetings are held on the third Wednesday of every month. For more information, contact Olga Moya at cytomdems@yahoo.com.

CY-FAIR KIWANIS CLUB

The 2011-2012 Board of directors and officers were installed at the October 4 meeting by Gwen Branch, Texas-Oklahoma District Lt. Governor. New officers are Andrew Lawrence, President; Louis Iselin, Vice-president; George Crowl, secretary; James Meadows, treasurer; immediate Past President, Steve Gleinser; and members of the Board: Paula Hoffman, Mike Larivee, Peggy Presnell, Tasmina Quddus, and Jeff Savoie.

The Cy-Fair Kiwanis Club meets at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll at 281-463-0373, George Crowl at 832-467-1998 or Peggy Presnell at 281-304-7127. We invite you to be our guest at one of the meetings and enjoy the fellowship of Kiwanians from your community as you learn about our organization.

CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs and one Builders' Club in the Cy-Fair School District; sponsors the Kids Triathlon; Girl Scout, Boy Scout, and Sea Scout troops and activities; awards scholarships to outstanding Key Club members in our district; provides assistance to Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.



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CY-WOODS KEY CLUB

Being part of Key Club, one of the tremendous clubs in Cy-Woods High School, is very riveting for many reasons. First off, the most exciting news this year for Cy-Woods is that we are THE Number One Key Club in both states of Texas and Oklahoma from over 300 Key Clubs! Over the year, Cy-Woods Key Club members were active and working hard by gaining an abundance of volunteer hours. Key Club is an organization that is immense all over the world (30 different countries) for people to help the community, gain leadership, and build your character to become less self-centered. Our Key Club is sponsored by the Cy-Fair Kiwanis, an organization where people of all ages help children everywhere around the world. Through Key Club, members help at various events such as school carnivals, orientations, sport games, church events, food banks and any event that requires help. Even though school has ended, Key Club remains active. If you require help with anything, please contact cywoodskeyclub@gmail.com.



Cy-Woods Key Club Triathlon



CWKC helping at Goodson MS's Field Day



Cy-Woods Key Club Lock in



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Cy-Ranch High School Key Communicator

Cypress Ranch High School invites you to join our Key Communicator/VIPS newsletter. Please send your name, email address and grade level of your student(s) to CypressRanchVIPS@gmail.com. You will receive information from the Administration, Counseling and VIPS office on upcoming events for our campus. Any information that you provide will be kept confidential and we do not sell or release your information to the public. Strickly for school use only.

*Thank you & I hope that you
have a restful & safe summer break.*

Donna Myers, Cypress Ranch VIPS | 281-373-2335

Cypress Texas Tea Party

**THE FOLLOWING CANDIDATES HAVE AGREED TO SPEAK
AT THE MEETING OF THE CYPRESS TEXAS TEA PARTY:**

Justice Supreme Court Place 4 Incumbent David Medina
District Judge 129th District Candidate.....Michael Landrum
District Judge 129th District Candidate..... Chris Gillett
District Judge 152nd District CandidateJanet Townsley
District Judge 152nd District Candidate Don Self

We will be meeting Saturday, July 7th at:
Spring Creek BBQ
25831 Northwest Freeway
Cypress, TX 77429

David M. Wilson
Director, Cypress Texas Tea Party
cypresstexasteaparty@gmail.com
Romans 8:28

8/8 - 8/10 Crimson Cadette Drill Team DANCE CLINIC

CYPRESS WOODS HIGH SCHOOL

16925 SPRING CYPRESS RD.

8:30 A.M. - 11:30 A.M.

The Cy-woods Crimson Cadettes Drill Team will host their 7th annual dance clinic for K-12 from 8:30 a.m. to 11:30 a.m. on August 8-10. This is a major fund-raiser for the team and enables them to participate in activities throughout the 2012-2013 school year. Please register by July 29th, 2012 to get the Pre-Registration price of \$55 which includes dance technique, specially choreographed routines for each age group, a t-shirt, drinks and snacks each day and a picture for each participant. Showoffs will be held the last day at 11:30 a.m. For more information email goodsonms@comcast.net or check out our website at www.crimsoncadettes.com. On the website, you will find a sign-up form and a link to PayPal for easy payment.

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CONTACT: MICHELLE CURRY
TEXASSTARTRI@GMAIL.COM

AGES TO PARTICIPATE: 9 YRS. OLD AND UP

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“In Her Shoes” A Mother-Daughter Event

Join speaker/author/recording artist Shannon Perry for this special event designed exclusively for mothers and daughters. Recommended for girls ages 12-18, you will learn powerful truths through uplifting and age appropriate messages. Shannon holds a Master's Degree in Education and Counseling and is a certified instructor for parenting classes and crisis counseling. The event will be held Saturday, September 8th from 9 a.m. to noon at Good Shepherd United Methodist Church, 20155 Cypresswood Drive in the Fairfield Subdivision in Cypress, Texas. Doors open at 8:15 for registration and refreshments. The following topics will be covered: Body image/self-esteem, purity and God's promises, relationships - dating, parents, friends; social media, communication. The cost is \$15 per person (early registration) and \$20 per person at the door. To register and for more information: www.shannonperry.com



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Financial Focus - Student Loans Crushing College Grads

Submitted by Rich Keith

Today's college grads are facing the "real world" with an extra scoop of debt. Two-thirds of students graduating from college or graduate school have student loans – about \$25,000 on average. That's a 25% increase over the past 10 years. In fact, today's twentysomething holds an average debt of \$45,000, including everything from student loans to mortgages and credit cards. Unfortunately, unemployment for those aged 18-29 is 12.4%, well above the national rate of 8.2%.

Don't feel as if you have to be the savior. Six in 10 boomers report giving financial help (outside of college tuition) to a child or grandchild in the past five years. Of those, \$59,000 was the average amount of aid. If this sounds like you, ask yourself: Do I really have the resources? Am I saving enough for retirement? Try to share more financial wisdom and less cash with your adult offspring. The more you save for your own future means less possibility that you'll need their help later on.



Without going into too much detail, share the family financial picture with your children once they hit the mid-teen years. They need to know the family income is X and it takes Y amount to cover the mortgage and bills. Once they see X minus Y in action they will be surprised at how much it actually costs to run a household.

This may have a side benefit of limiting how much and how often your children ask you for money and gifts.

Children who have a basic understanding of money, especially the corrosive effects of debt, have a better chance of becoming financially independent later in life. They will be more resistant to the credit card offers sure to come to them in their freshman year at college. And they will more ready to partner with their parents as the family manages their college finances with them.

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			1	4	3			
		1	6			5		2
	3				8			

The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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What to Look for in a Pet Food

Pet nutrition and pet food selection has improved significantly over the last few years, however, there is still a lot of confusion regarding what to feed our four-legged friends.

Following the horrific melamine pet food recalls of 2007, much research has been dedicated to learning more about pet nutrition and how pet food is manufactured and distributed to consumers. This has spawned a greater selection of high-quality, pet super-foods. However, it has also prompted some companies who still make cheap, low-quality pet food to simply change their packaging to dupe consumers into believing that they're buying food filled with wholesome fresh meat, fruits, and vegetables.

Don't be fooled! A pretty bag with pictures of cascading corn and carrots does not a quality pet food make. Read the ingredient label to see what's really in the bag and in your pet's food bowl.

Here are some things to look for in the ingredient label and to consider when choosing a food for your furry family members.

PROTEIN

A named protein and/or protein meal should be first on the ingredient list. For example, if you're buying a chicken formula pet food, look for, "chicken," or, "chicken meal," as the first ingredient, not chicken by-product. Remember: meal is a good thing, by-product is a bad thing. Also, if a protein source is not named - beware. For example, if the ingredient label reads, "meat meal," you have no way of knowing what the protein source is and should be wary. It could be anything from aardvark to zebra. The best pet foods have two or three protein sources in the first five ingredients listed.

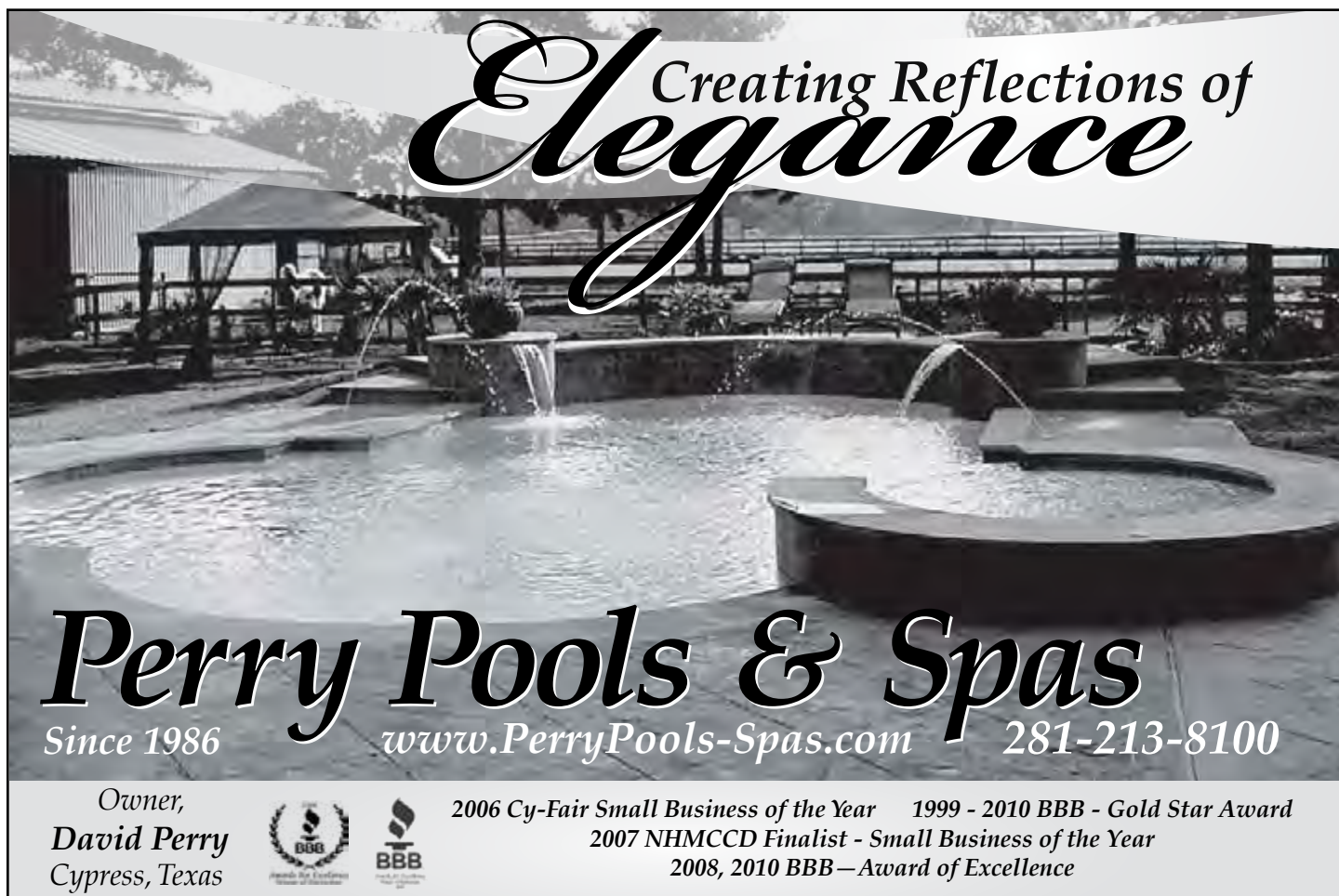
Confused about the difference between chicken and chicken meal? Chicken, or any other protein source listed in the ingredient

label, means that fresh meat was added to the mix before cooking. This is great! But just like our bodies, animals are about 70% water. So, when the mixture is cooked, the fresh meat in it loses volume, thereby decreasing the amount of protein in the final product. Chicken meal, on the other hand, is chicken meat, bone and some connective tissue that has been cooked, dried and added to the mix before cooking, which ultimately increases the protein level of the food.

VEGGIES, FRUITS & WHOLE GRAINS

Like humans, pets benefit from the vitamins and enzymes in fresh vegetables and fruits. Look for quality produce and complex carbohydrates like carrots, spinach, pumpkin, etc. as well as whole grain rice, oats, and/or barley. These healthy foods have lower glycemic index ranges, which will


(Continued on Page 12)



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What to Look for in a Pet Food - (Continued from Page 11)

keep your pet more satisfied and will help to avoid sudden drops in energy levels. Avoid highly processed grains such as corn, wheat and rice. As with humans, these are empty fillers and fast burning carbohydrates.

US SOURCED

Do a little extra digging to find where the ingredients of a food you're considering are sourced. Often, you can find this information on the manufacturer's website. If not, call them and ask. Look for foods made with ingredients from the US. This will help you take advantage of the strict, governmental regulations that watch pet food manufacturers and that are there to protect you and your pets from contamination. Furthermore, buying products made in the US is just plain good sense for the local economy and environment.

WHAT TO AVOID

By-products and by-product meals should be avoided for a number of reasons. First, you have no way of knowing exactly what the ingredient is, but you can be sure that it is a low-value portion

of the animal. In addition to the ingredient itself being dubious, low-value products are not handled with the same care as higher-value products, so they could become rancid or exposed to harmful

bacteria. Also avoid sweeteners, which are added to poor quality foods to enhance palatability. Other ingredients to avoid are artificial preservatives such as BHA, BHT, and ethoxyquin, and artificial colors.

Once you've narrowed your choices down to a few based on quality ingredients, then consider your pet's specific health needs. Is your pet overweight, underweight, young, adult, or senior? Does he/she have allergies or itchy skin? There are high-quality foods that are formulated to address all of these issues and more.

After you've finally chosen a healthy pet food and are ready to purchase, be sure to check the, "Best By," date. In quality, natural foods, this will be about 12 months from the manufacture date. When dishing out the new grub to your pet, start by mixing it with a bit of his last diet to help his tummy transition. Do this for about a week, adding a little more of the new food everyday. By day seven, your pet should be ready for full servings and a fuller life.



Did you forget the name of that...



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Cypress Ranch Wrestling Summer Camp

JULY 9 THRU JULY 19, 2012

MONDAY-THURSDAY - 12:00 PM – 2:00 PM

The Cypress Ranch Wrestling Department will host a basic wrestling skills clinic to 7th, 8th, and 9th grade boys and girls zoned to Cypress Ranch High School. The cost of the clinic is \$40. The clinic will teach students basic skills to be successful in the sport of wrestling. Our only requirements are that the students have a genuine interest in the sport of wrestling, be zoned to Cypress Ranch High School or have an approved transfer for the 2012-2013 school year, and have a current physical on file. If interested, please return this form, along with your payment of \$40, to the Cypress Ranch High School Athletic office or mail to Cypress Ranch High School, Attn: Wrestling/Coach Andrew Rizzo, 10700 Fry Road, Cypress, TX 77433.

All incoming 9th grade participants **MUST** have a current athletic physical on file and **MUST** live in a subdivision zoned to Cypress Ranch High School or have proof of Transfer for the 2012-2013 School Year

All 7th and 8th grade participants **MUST** live in a subdivision zoned to Cypress Ranch High School

Please make checks payable to Cypress Ranch Athletics
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STUDENT'S NAME:

ADDRESS:

SUBDIVISION: CITY: STATE: ZIP CODE:

2012-2013 GRADE: MALE FEMALE (Please circle)

PARENTS/GUARDIAN:

(First & Last Names)

Home Phone #:

Dad's Work #: Cell #:

Mom's Work #: Cell #:

Guardian's Work #: Cell #:

In case of Emergency:

Name: Phn #:

PARENT PERMISSION:

By signing, Parent / Guardian agree that all terms and conditions included in the CFISD Physical and Athletic Participation Form will apply. The parent / guardian agree to waive all liability of Cy-Fair ISD and employees who are staffing the camp. The parent / guardian agree that all information provided regarding address is true. The parent / guardian further certifies that the above participant has medical insurance in case of an emergency. I authorize the camp staff to act for me according to their best judgment in any medical emergency requiring medical attention. The parent / guardian also agree that camp staff may dismiss any participant who they deem disruptive, and no refund will be made for missed participation.


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Tech-Etiquette: Is there an App for Civility?

Submitted by Darcy Folsom

In today's age of apps and gadgets, it's likely that you or someone you know has benefitted handily from the ubiquitous smartphone in today's digitally-dependent society. If the question were posed to our current generation, "What item would you never want to be without?" it is fair to say that most individuals living in 21st century America would answer: "My phone!" Without our phones, it is certain that many of us would be lost. We would be unable to text, tweet, phone, email, face time, and even friend or like another individual. Would we really? Is American society becoming so dependent upon these technological devices that we are challenged to even recognize our our humanity within? How many young men and women know the value of the age-old adage "Never leave home without a smile?" Is who we were created to be, in such competition with what we hold in our hand, that we have forgotten the simple value of kindness - shared in a smile, of gratification - by greeting another with a genuine handshake? Is it technology that propels our lives, or are we doing our best to prepare our lives to propel the technology that supports them?

Regardless of how many apps and buttons and gadgets, and even insurance, we carry on our smartphones, could it be that we have something even better when it comes to insuring our ability to connect with the people we like? Or to be-Friend those to whom we're attracted, or bring restitution to those un-Friended? Today's digitally-dependent generation has a challenge before them that

none before have known. That is, being able to successfully pair technology with common courtesy. Remembering what our grandmothers taught us about the civilities of life (carried in our hip pockets) may apply more today, than any app could ever provide. But pairing the art of civility with the current age of technology requires practice. The 21st century can only get better as those old-fashioned manners make their way from our pockets to the person next to us. After all, the words we speak are far more significant than the technology that transmits them. Why not polish a few points of etiquette this summer and complement your savvy skills on your smartphone? By doing so, you and your smartphone may just move from merely getting the message delivered, to doing so with principles that shape our character and improve our attitudes about both our electronic devices, and the lives of those who use them.

TIP #1 - When you take a call in the presence of another person, you are communicating, "You are secondary; the caller is more important than you are." If you are expecting a call, let your companion know in advance, and excuse yourself before taking the call, limiting the call to under one minute. Never use a cell phone on a date, unless there is an emergency.

TIP #2 - If you find it necessary to use your smartphone while driving, make it a habit to get into your car, buckle up, and prepare your hand's free device to activate the call BEFORE starting your engine.

TIP #3 - Allow your personality, not your PDA to impress others. Avoid using novelty

ringtones, and choose the vibrate option as much as possible.

TIP #4 - Remove your earpiece when not on the phone. Always keep your phone in a pocket or a purse, rather than laying it on the table next to you.

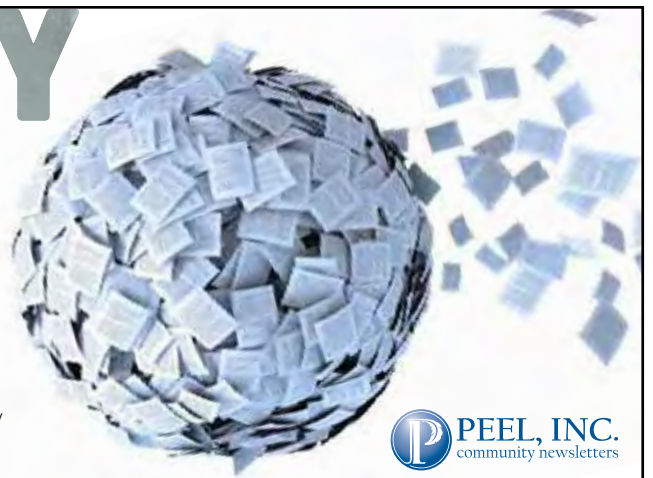
TIP #5 - When in a public place, refrain from using your ear buds to listen to your favorite playlist. Instead, be prepared to greet those who are near you, looking oncoming passersby in the eye, with a smile and "Hello!" This is not only courteous, but it is also a way to remain sure about your surroundings.

As you travel to the lake or the seaside with friends, consider the value that a few manners may add to the dynamics of your summer relationships. Ask the question - is there something more fundamental than a fancy app, or gadget insurance to satisfy our lack? What have we already been given as a way to connect with the people we like, and those we want to be-Friend? Rather than search your smartphone for the latest apps, ask your companion's permission to practice with them, as you begin to apply these principles of Tech-Etiquette. These courtesies will both benefit the words we speak and the actions we offer, as we engage those around us with the very acts of courtesy we desire for others to share with us. Practicing the art of civility alongside the technology that propels our lives, I believe we will see our digitally-dependent generation become the one to re-engage our culture with civility and the accomplished principles of common courtesy.

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	Aug '11	Sept '11	Oct '11	Nov '11	Dec '11	Jan '12	Feb '12	Mar '12	Apr '12	May '12
\$500,000 and above	0	0	1	0	1	0	1	0	0	0
\$451,000--\$499,999	3	2	0	1	0	0	1	1	0	1
\$351,000--\$450,999	2	0	1	1	3	2	6	1	3	9
\$276,000--\$350,999	0	0	1	0	0	0	4	4	8	6
\$231,000--\$275,999	0	0	0	0	0	0	4	6	4	3
\$201,000--\$230,999	0	0	0	0	0	0	3	3	2	4
\$200,999 and below	0	0	0	0	0	0	2	1	2	1
Total	5	2	3	2	4	2	21	16	19	24
Highest \$/sq ft	\$117.36	\$112.30	\$112.27	\$112.27	\$108.92	\$109.27	\$113.05	\$108.69	\$ 106.18	\$101.95

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