

# the TIMES

September 2013

Volume 7, Issue 9

## THE FARMERS MARKET AT BRIDGELAND

### FALL GARDENING CLASS AND LIVE-MUSIC IN SEPTEMBER

On September 8th the Farmers Market at Bridgeland invites you to attend our Fall Gardening Classes and live-music performances by a local star.

Stephanie Baker, the owner of Ready to Grow Gardens will be teaching 'Tips for a Successful Fall Vegetable Garden' starting at 1pm. The amazing way of naturally fertilizing your plants will be presented by Jim Wood, owner of Jim's World of Worms, where he will show how to make 'worm tea' from worm castings. For the live-music act we are pleased to have Kaitlyn.K a 17 year old singer/songwriter/entertainer from Cypress, TX accompanied by Cason Day, both Cy Ranch High School drama students. Kaitlyn Knippers already recorded 2 EPs on iTunes and is known for her song "Who do you think U R?", an anti-bullying anthem that united Cy Ranch High School. Visit the market to hear already a sneak peak of her brand new songs to be released only later this fall.

The Farmers Market is a monthly gathering of high quality vendors bringing fresh local produce, pastured meats, free range eggs, goat cheese, honey, jellies, bread, pickles, pasta, live plants, natural home & pet products, soaps, lotions, and much more right to your neighborhood.

Join us for this special market between 12:30 – 3:30pm, rain or shine, next to the Lakeland Activity Center in Bridgeland. For further info check [www.farmersmarketatbridgeland.org](http://www.farmersmarketatbridgeland.org)



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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](http://www.PEELinc.com) or you can email it [bridgeland@peelinc.com](mailto: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!*

## NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

[nwhcaggiemoms.org](http://nwhcaggiemoms.org)

### GOT A STORY FOR YA AGS!

The Northwest Harris Aggie Moms Club will host Texas A&M University's former Yell Leaders on Tuesday, September 10, 2013 at 7:00 p.m. at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. Be prepared to be entertained as the yell leaders teach us the Aggie yells and traditions! Enjoy light refreshments while you shop our Boutique for that one-of-a-kind hand-crafted Aggie treasure or our new Tradition Beads!

Aggie Moms as an organization, encourages parents to become familiar with A&M during their student's freshman year. Aggie Moms has been here for 25 years and we're committed to helping your student and you enjoy the TAMU experience through graduation.

### COMING SOON!

**Shop Till You Drop**, September 14 from 9-5 at the Berry Center. Check out the NWHC Aggie Mom's Club booth for one-of-a-kind Aggie gifts and jewelry.

**Hullabaloo Huddle**, October 12, Bareback Bar and Ice House, 19940 Kuykendahl, Spring, Texas 77379. NWHC Aggie Mom's Watch Party-Texas A&M vs. Ole Miss. Tickets are \$12 each /No one under 21/Cash Bar/Food Trucks

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at 7100 High Life Drive. All meetings are open to Aggies, future, present or past. You will enjoy hearing from dynamic speakers throughout the year! For more information on monthly speakers or upcoming events visit our website at [www.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org) or contact Shannon Eberle, Club President at [clubpres2012@gmail.com](mailto:clubpres2012@gmail.com). We are looking forward to meeting all our Aggie Moms!





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# Bridgeland

## FALL COMMUNITY GARAGE SALE

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## The Bridgeland Ladies Association **PAINTING WITH A TWIST**

We would like to invite Bridgeland Ladies to join us for a night fun doing Painting with a Twist. We will have the meeting at the Lakeland Activity Center September 19 2013 from 7:00PM TO 9:00PM. Please contact the BLA to attend and RSVP at [bridgelandwa@gmail.com](mailto:bridgelandwa@gmail.com) you will need to have 35.00 Bring your wine we will provide snacks. Its lots of fun and you will paint even if you think you can't paint.



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## INAUGURAL CONCERT

**Sept. 21 - 7PM** Barber's Adagio for Strings and Pianist Richard Dowling performing Chopin's Piano Concerto No. 2

## VIRTUOSI OF VENICE

**Jan. 18 - 7PM** A team of virtuosi tackle rediscovered string works by Giuseppe Capuzzi and Vivaldi Classics

## LA PASSIONE!

**May 10 - 7PM** Haydn's Symphony #49 in F Minor "La Passione" and Mozart's Piano Concerto K. 414 played by Mina Gajic

*Tickets can be purchased at [cypresssymphony.org](http://cypresssymphony.org)*



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# JOIN YOUR FRIENDS ON THE GOLF COURSE FOR A GREAT CAUSE!

*Announcing the 9th Annual American Cancer Society Relay For Life of Cy-Fair Golf Tournament*

Grab your clubs and join with friends and sponsors to have some fun for a great cause. The 9th Annual Relay For Life of Cy-Fair Golf Tournament benefiting the American Cancer Society is on for Thursday, October 3, 2013 with a 1:00 pm Shotgun Start at Windrose Golf Club located in Spring, Texas ([www.windrosegolfclub.com](http://www.windrosegolfclub.com)). The tournament format is a 4-Person Scramble.

Registration is quick and easy online at <http://www.hprelayforlife.com>. Golfers can play as a team or as an individual. Registration Fee is \$440 per foursome and includes greens fee, cart, range balls, and 4-drink tickets. Lunch and dinner are provided. Silent Auction winners and tournament awards and prizes are announced at dinner following the tournament.

"This is a great opportunity for golfers to have some fun and also contribute to the American Cancer Society," said Stacie Hemann, event founder and organizer. "It is also the perfect time for local companies and organizations to become sponsors and join some of the great charitable sponsors we already have who will offer fun activities on almost every hole along with contests and giveaways. For 2013, our main event Platinum Sponsor is North Cypress Medical Center; Rudy's BBQ is Lunch Sponsor; and Lupe Tortilla's is Dinner Sponsor."

Golfers interested in participating and any businesses and individuals interested in sponsoring this event can contact Stacie Hemann at 512.319.0929 or [hprelayforlife@gmail.com](mailto:hprelayforlife@gmail.com).

*PROCEEDS BENEFIT THE AMERICAN CANCER SOCIETY*



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## A FOCUS ON BACKPACK SAFETY TIPS

By: Concentra Urgent Care

### WEAR BOTH STRAPS

The use of one strap causes one side of the body to bear the weight of the backpack. By using two shoulder straps, the weight of the backpack is evenly distributed.

### WEAR OVER STRONGEST MID-BACK MUSCLES

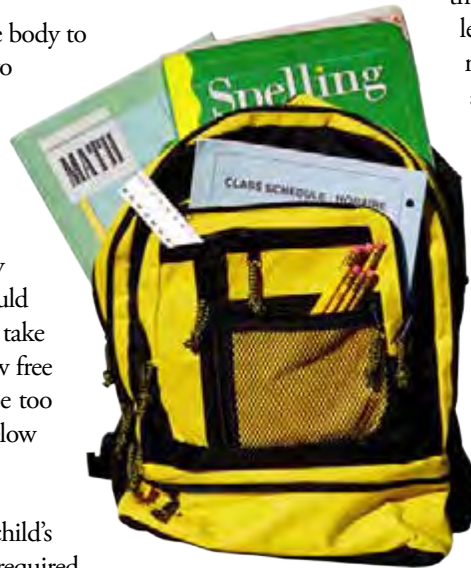
Pay close attention to the way the backpack is positioned on the back. It should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and allow free movement of the arms. Straps should not be too loose, and the backpack should not extend below the low back.

### LIGHTEN THE LOAD

Keep the load at 10%-15% or less of the child's body weight. Carry only those items that are required for the day. Organize the contents of the backpack by placing the heaviest items closest to the back. Some students have two sets of books, so as not to have to carry the heavy books to and from school.

### PROPER BACKPACK USAGE

While a backpack is still one of the best ways to tote homework, an overloaded or improperly worn backpack gets a failing grade, according to the American Physical Therapy Association (APTA). Improper backpack use can cause injury, especially to children with young, growing muscles and joints. Injury can occur when a child, in trying to adapt to a heavy load, uses harmful postures such as arching the back, leaning forward or, if only one strap is used, leaning to one side. According to physical therapists, these postural adaptations can cause spinal compression and/or improper alignment, and may hamper the proper functioning of the disks between the vertebrae that provide a shock absorption. A too-heavy load also causes muscles and soft tissues of



the back to work harder, leading to strain and fatigue. This leaves the back more vulnerable to injury. A heavy load may also cause stress or compression to the shoulders and arms. When nerves are compressed, the child may experience tingling or numbness in the arms.

### WHAT TO LOOK FOR IN A BACKPACK

Physical therapists recommend the following features when selecting a backpack:

- A padded back to reduce pressure on the back and prevent the pack's contents from digging into the child's back
- A waist belt to help distribute some of the load to the pelvis
- Compression straps on the sides or bottom of the backpack that, when tightened, compress the contents of the backpack and stabilize the articles
- Reflective material so that the child is visible to drivers at night

### THE RESULTS

Worn correctly and not overloaded, a backpack is supported by some of the strongest muscles in the body: the back and abdominal muscles. These muscle groups work together to stabilize the trunk and hold the body in proper postural alignment.

### HOW A PHYSICAL THERAPIST CAN HELP

A physical therapist can help you choose a proper backpack and fit it specifically to your child. Children come in all shapes and sizes, and some have physical limitations that require special adaptations. Additionally, a physical therapist can help improve posture problems, correct muscle imbalances, and treat pain that can result from improper backpack use. Physical therapists can also design individualized fitness programs to help children get strong and stay strong – and carry their own loads.

For more information on backpack safety, visit the American Physical Therapy Association at [www.apta.org](http://www.apta.org).

The advertisement for Cypress Creek Pest Control features a white pickup truck parked in front of a house. The truck has the company logo and phone number on its side. To the right of the truck is the company logo, which includes the text 'CYPRESS CREEK PEST CONTROL' and a stylized tree. Below the logo is the tagline 'Providing Quality Dependable Service Since 1968'. The main offer is 'Free yard treatment for new Quarterly customer', followed by the phone number '281-469-2679' and the email address 'nobugs@cycreekpestcontrol.com'.





## Back To School

School starts in August, so now is the time for drivers to pay closer attention to the school zones in the neighborhood. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

### Other changes to be aware of include;

- Children behaving unpredictably
- School Bus Stops
- Crossing Guards – please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is prohibited!

Please give yourself extra time in the mornings and mid-afternoons and remember if you are traveling in a school zone to slow down.

## Time To Slow Down!

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# Cypress Philharmonic

The Cypress Philharmonic proudly launches its second season with a Four Seasons theme. On September 22, the first concert, "Stirrings of Autumn," evokes a fall mood with Peggy Stuart Coolidge's two-movement "New England Autumn" and Kirt Mosier's "Overture to the Wind." The program features Antonín Dvořák's powerful "New World" Symphony (No. 9) and the world premiere of Houston artist Joe LoCascio's sneaky "Gently Criminal" for strings. Rounding it all out is Mexican composer Arturo Márquez's lively "Danzón No. 2" just in time to kick off Hispanic Heritage Month.

This year, the CyPhil adds a special event, collaborating with the Houston Repertoire Ballet to create a "Winter Wonderland" with a full production of Pyotr Tchaikovsky's *The Nutcracker*. Houston Repertoire Ballet, founded by Gilbert Rome and under the direction of Victoria Vittum, has mounted a production of *The Nutcracker* annually since 2001, but now will feature live music from the Cypress Philharmonic. Performances will be held on Saturday, December 7 at 2 p.m. and 7 p.m. and Sunday, December 8 at 1 p.m. and 4:30 p.m. in the Tomball High School auditorium with reserved seating. Ticket information is at [www.hrbdance.org](http://www.hrbdance.org) and 281-940-4721. Major funding for the project is provided by Houston Endowment and

ConocoPhillips Company. *The Nutcracker* is also funded in part by grants from Harris County and Texas Commission on the Arts through the Houston Arts Alliance.

On March 23, 2014, "Spring Fever" highlights the passion of romance with music from Georges Bizet's *Carmen Suites* No. 1 and 2 and Aaron Copland's "Appalachian Spring." Themes of rebirth and renewal are visited in music from Linda Tutas Haugen's *Transformations of Darkness and Light* and Nikolai Rimsky-Korsakov's *Russian Easter Overture*.

The annual pops concert will be held on June 28, 2014. Information about this "Summertime" concert will be made available through the website and print and social media.

The Cypress Philharmonic is a 50+ member ensemble made up of music educators and professional musicians in and around the Cypress area. Founded by Music Director Glynneth Lanthier in 2012, the CyPhil presents classical favorites alongside new and recent works by a diverse group of composers. We welcome inquiries from musicians, community members and prospective board members. To find out more about the CyPhil, visit the website or e-mail at [admin@cyphil.org](mailto:admin@cyphil.org). The Cypress Philharmonic performs in the Berry Center on 8877 Barker Cypress in Cypress, Texas. Tickets and performance information are available online or by leaving a message at 713-939-9493.



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## CY-FAIR KIWANIS CLUB

The Cy-Fair Kiwanis Club is actively seeking new members who are interested in giving service to improve our community and our world. Visit the Cy-Fair Kiwanis Club and learn about the projects in which its members participate to enrich and improve life for citizens in our community. We sponsor the Key Clubs in the Cy-Fair, Jersey Village, and Katy communities and work with them in service to the Cy-Fair area. Internationally, both Kiwanis and Key Club are participating in the ELIMINATE PROJECT aimed at the eradication of maternal/neonatal tetanus.

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.

Businesses of the community are encouraged to support a representative for membership in Kiwanis. If you work for a business that is oriented toward involvement in community improvement and leadership, suggest to them that you would like to represent that business through membership and involvement in work with Kiwanis. We welcome business and organization as well as individual memberships.

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.

We look forward to welcoming you to our meetings.

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## KIDS' CROSS-COUNTRY TEAM'S SEASON STARTS SEPTEMBER 10TH

The Northwest Flyers Track Club Youth Cross-Country Team kicks off the fall season with registration and a mandatory orientation for parents and athletes on Tuesday, September 10, 2013, at 7:00 p.m. Registration will be held at Cypress Creek High School, 9815 Grant Rd., Houston, TX. The first practice will be held at the Cypress Creek YMCA on Thursday, September 12. The Northwest Flyers Track Club is a member program of USA Track and Field (USATF), the national governing body for track and cross country. The club is in its 26th year in the northwest Houston area. Ages 6 - 18 may participate in the team, and both beginners and experienced runners are welcome. Middle school and high school cross country athletes can also register, but should compete after their cross country season is over.

Contact Coach Eric Wentworth at emw1105@gmail.com, 281-961-6603, or Coach Donnell Carter at dcarter.nwflyers@yahoo.com, 281-467-4727, for more information. Email Coach Carter to get on the email list and you will receive a free running training video. Visit [www.northwestflyers.org](http://www.northwestflyers.org) to get updates and learn more about the team.

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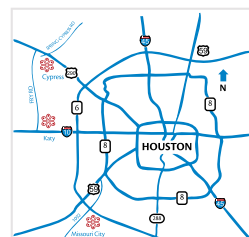
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## HEART OF TEXAS



### GIRL SCOUTS COMMUNITY SIGN-UP RALLY

**Rally Date:**

Saturday September 7th, 2013 – 10:00AM – 2:00PM

**Rally Location:**

Good Shepherd UMC, 20155 Cypresswood Dr., Cypress, 77433

**Rally Contacts:**

Jackie Morris (JF4Morris@gmail.com)

Susan Lawyer (hotcommunityscouter@gmail.com)

San Jacinto Council Website: [www.gssjc.org](http://www.gssjc.org)

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## BACK-TO-SCHOOL STRESS CAN TRIGGER ACNE

For teens, getting rid of embarrassing may seem impossible, but Dr. Denise Metry, an assistant professor of dermatology and pediatrics at Baylor College of Medicine, says improving your skin isn't as difficult as you may think. "Stress can be a catalyst for acne breakouts because it stimulates hormones, which in turn causes some skin glands to pump out more oil," Metry said. She suggests that teens wash their face twice a day with a gentle cleanser, maintain a healthy diet and get adequate rest to help prevent future breakouts.

Other treatment options include topical creams such as Retin-A to help unclog oil ducts and antibacterial creams, lotions or gels with benzoyl peroxide, which can be used alone or in combination with topical or oral antibiotics. Some young women may be prescribed the birth control pill to help control acne, and Metry may recommend chemical peels for those with severe acne. "I think that parents downplay acne a lot of the time, but it can become a serious problem if it's not addressed early on," Metry said. "I encourage kids to talk to their physicians and in severe cases contact a dermatologist."



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## BE LICE-FREE FOR BACK-TO-SCHOOL

By Stacey Pomerantz

Back-to-school means lots of new things: new clothes, new backpacks and new supplies. It's a time to navigate a new class schedule and meet new teachers. Yet, it needn't be a time to worry about head lice. We often hear about lice during back-to-school season because kids return to a tighter environment after a summer of being outdoors. Lice are transmitted via direct head-to-head contact 95% of the time. The ideal scenario for lice transmission is when kids talk, hug or sit with heads touching. Keep in mind that lice don't jump or fly. They also die relatively quickly (24-36 hours) if they're not directly on your scalp. Lice are easier to avoid and get rid of than you might imagine. Since lice do not carry or spread disease, there is no formal exclusion policy in Texas schools. Head lice doesn't mean a child is dirty or should be shunned. Mostly, lice are inconvenient due to the time necessary to eliminate them. Here are some easy tips to stay lice-free this school year:

1. Each child should have his/her own set of brushes and combs. Store them in separate drawers or baskets at home. Label them accordingly and make sure each child knows whose is whose and keep your own separate.
2. Use lice deterrent spray every day. There are a few varieties of combination detangler/lice repellent sprays on the market. These sprays contain scents that lice find offensive, such as mint or tea tree oil. When used daily, these scents repel a louse and cause it to nest elsewhere (in another scalp). It can be most effective when applied every day, including before

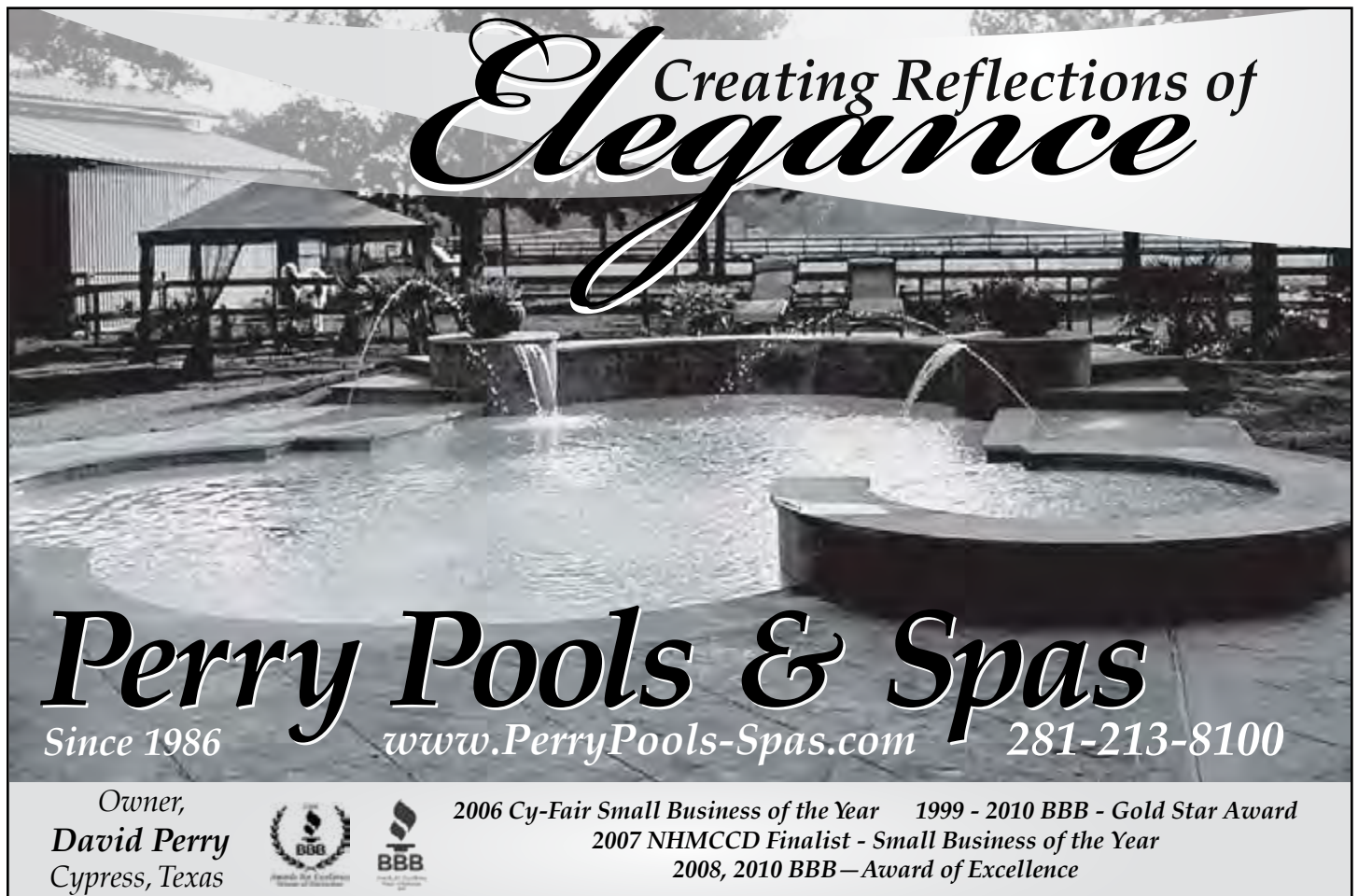
sleepovers, play dates and school.

3. This is a biggie: teach your kids to avoid direct head-to-head contact when playing with friends. Show your little ones a photo of children using the iPad or reading books in very close proximity. Help them learn how to play with other kids elbow-to-elbow, not head-to-head!

4. If school reports a lice outbreak – though they are not required to – or you suspect your child has lice, do not panic! Instead, make sure you have a good quality nit comb (normal combs do not trap lice or nits). Most parents say that it is hard to see evidence of lice. Use the comb as your eyes via daily comb-outs. Catching lice early can often prevent a household contraction. If you're not sure how to do a proper comb-out, look online where many 'how to' videos exist.

5. Finally remember the rule of "once a week, take a peek." While your kids are de-compressing after a long day of learning, run your nit comb through their hair at the base of their necks and behind their ears. Nits can be many colors from a cream color to amber. They glisten in dry hair and are the shape of a sesame seed that clings to one side of the hair shaft, often close to the scalp.



If you think you see lice and want to outsource removal, there are several options who will come to your home for treatment. At the end of the (school) day, you'll be happy to have these tips in your back pocket.



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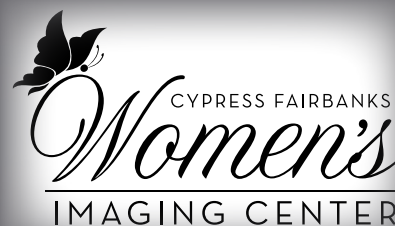
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	Oct '12	Nov '12	Dec '12	Jan '13	Feb '13	Mar '13	Apr '13	May '13	June '13	July '13
\$500,000 and above	0	0	2	0	0	2	1	1	1	2
\$451,000--\$499,999	0	0	0	0	0	0	1	3	2	1
\$351,000--\$450,999	4	5	3	2	4	5	6	19	11	5
\$276,000--\$350,999	4	8	1	3	4	9	2	6	6	6
\$231,000--\$275,999	1	3	4	1	2	6	4	3	3	3
\$201,000--\$230,999	0	4	4	2	1	3	1	2	1	2
\$200,999 and below	1	0	1	0	0	2	1	0	2	0
<b>Total</b>	<b>10</b>	<b>20</b>	<b>15</b>	<b>8</b>	<b>11</b>	<b>27</b>	<b>16</b>	<b>34</b>	<b>26</b>	<b>19</b>
<b>Highest \$/sq ft</b>	<b>\$113.67</b>	<b>\$124.91</b>	<b>\$135.76</b>	<b>\$130.50</b>	<b>\$105.81</b>	<b>\$130.99</b>	<b>\$116.64</b>	<b>\$137.08</b>	<b>\$124.84</b>	<b>\$166.81</b>

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