

THE TIMES

NEWS FOR THE RESIDENTS OF BRIDGELAND

June 2014

An Independent Publication Serving the Bridgeland® Community

Volume 8, Issue 6

A FOCUS ON SUNBURN

Protect Your Skin From Our Powerful Sun

By: Concentra Urgent Care

Sunburn is caused from over-exposure to the harmful ultraviolet rays of the sun. While the symptoms (such as red skin that is painful to the touch) are usually temporary, the skin damage is often permanent and can cause serious long-term health effects, including skin cancer, pigmentation and premature aging. In addition to the skin, eyes can get burned from sun exposure; sunburned eyes turn red, dry, and painful, and can feel gritty.

Sunburn results when the amount of exposure to the sun or other ultraviolet light source exceeds the ability of the body's protective pigment, melanin, to protect the skin. Sunburn in a very light-skinned person may occur in less than 15 minutes of midday sun exposure, while a dark skinned person may tolerate the same exposure for hours.

Sunlight contains an invisible form of radiation called ultraviolet (UV) rays. UV A and possibly UV B can harm skin, connective tissue and increase risk for developing skin cancer. Certain drugs such as some blood pressure medication, antibiotics and nonsteroidal anti-inflammatory drugs increase sensitivity to sunlight and the risk of getting sunburn.

SYMPTOMS

The first signs of a sunburn may not appear for a few hours. The full effect to your skin may not appear for 24 hours or longer. Possible symptoms include:

- Red, tender skin that is warm to touch. (1st degree burn)
- Blisters that develop hours to days later. (2nd degree burn)
- Severe reactions (sometimes called "sun poisoning"), including fever, chills, nausea, or rash.
- Skin peeling on sunburned areas several days after the sunburn.

FIRST AID

- Try taking a cool bath or shower. Or place wet, cold wash cloths on the burn for 10 to 15 minutes, several times a day. You can mix baking soda in the water to help relieve the pain. Small children may become easily chilled, so keep the water tepid.
- Apply a soothing lotion to the skin.
- Aloe gel is a common household remedy for sunburns. Aloe contains active compounds that help stop pain and inflammation of the skin.
- Over-the-counter steroid cream can also be applied several times a day.
- Over-the-counter pain medication, such as nonsteroidal anti-inflammatory drugs, or NSAIDs, including aspirin, may be helpful, and are excellent for reducing burn inflammation whereas Tylenol only reduces pain, not the burn itself.

For more information, check out: www.cdc.gov/niosh/topics/uvradiation.



IMPORTANT NUMBERS

BRIDGELAND COMMUNITY ASSOCIATIONS (HOA)

16902 Bridgeland Landing
Cypress, TX 77433
281-304-1318

General Manager

Melissa Hargrove mhargrove@pcmi-us.com

Assistant Manager

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Rachel Johnson rjohnson2@pcmi-us.com

Administrative Assistant

Ann Klak annklak@pcmi-us.com

Community Administrator

Denise Saxton dsaxton@pcmi-us.com

EMERGENCY NUMBERS

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Ambulance	911
Harris County Sheriff.....	713-221-3300
Cy-Fair Volunteer Fire Dept.	281-550-6663

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North Cypress Medical Center	832-912-3500
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Cy-Fair ISD	281-897-4000
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Harris County Tax	713-224-1919

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Peel, Inc.....	888-687-6444
Article Submissions	bridgeland@peelinc.com
Advertising.....	advertising@peelinc.com

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. *Our goal is to keep you informed!*

Advertising Information

Please support the businesses that advertise in The Times. Their advertising dollars make it possible for all the Bridgeland residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.



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Cypress Texas Tea Party

The next meetings of the Cypress Texas Tea Party will be on:

Saturday, May 31, 2014 12:00 PM - 2:00 PM

Saturday, July 12, 2014 12:00 PM - 2:00 PM

The Cypress Texas Tea Party meets every three weeks on
Saturday

Noon until 2:00 PM at:
Spring Creek BBQ
25831 Northwest Freeway
Cypress, Texas 77429

Map: <http://goo.gl/maps/OoNjY>

A schedule of our meetings and confirmed speakers can be found at our website, www.cypresstexasteaparty.org



Elisha Roberts Chapter

The wonderful ladies of the Elisha Roberts Chapter, NSDAR, extend an invitation to any female, 18 years or older, who can prove direct lineal descent from someone who either fought in or provided aid during the American Revolution. We are a family oriented group of ladies who promote patriotism, education and historic preservation. Our motto is God, Home and Country. If this sounds like you, please come and join us for a meeting. We meet the third Thursday of each month, September through May. Our next meeting will be on September 18, 2014 at 7:00 p.m.

For more information, please contact the chapter Regent, Melinda Sims at melinda@mazzaroth.net.

We look forward to meeting you.



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The "Take Care of Texas" Guide to Yard Care

PLANT SELECTION AND CARE

Using native and well-adapted plants is one of the easiest ways to create a low-maintenance and environmentally sound yard.

The many advantages of using native plants include using less water, reducing the need for soil modification, and using little or no fertilizer. They are less susceptible to pest problems, and are tolerant of stressful environments such as drought.

Incorporate a variety of plants to provide food and cover for a variety of living things. Diversity also minimizes damage from pests because many of them attack only one plant species. Dense plantings can provide shade that keeps out invading weeds.

Avoid frequent or deep cultivation, which can damage plant roots, dry out the soil, disturb healthy soil organisms, and bring weed seeds to the surface where they can germinate. Cover all bare soil between plants with a solid mulch layer.

Visit www.KeepCyFairBeautiful.org to access free "Take Care of Texas" publications and a Guide to Native Plants

KIWANIS CLUB OF CY-FAIR HOUSTON

YOU ARE CORDIALLY INVITED TO ATTEND
A Kiwanis meeting in June at the Hearthstone Country Club
At 12:15 pm. Reservations requested.
Call George at 832-467-1998.

Dates: We meet the first, second, and third Tuesday each month. June meetings are the 3rd; the 10th; and the 17th. Join us for lunch, followed by a short, informative program. Receive an invitation to join the Club.

Why join Kiwanis? Kiwanis is an international service organization focused on changing the world one child and one community at a time. The Cy-Fair Kiwanis Club of Houston seeks to serve this community through sponsoring Key Clubs for high school students, Builders Clubs for middle school students, and Aktion clubs for adults with disabilities. Also, we sponsor Boy Scout and Girl Scout troops. We provide support to various other organizations in the community that serve children and families.

Upcoming Events: The Kiwanis Kids Triathlon on June 14th at the Langham Creek YMCA. For information call Louis Iselin at 281-256-1874.

What is Kiwanis? Service is at the heart of every Kiwanis club, no matter where in the world it's located. Members stage nearly 150,000 service projects and raise nearly US\$100 million every year for communities, families and projects.

Kiwanis members don't just do service—they have fun. Members make new friends by being part of a club where they attend meetings and participate in social events. Kiwanis clubs also provide excellent networking opportunities for professionals. Members meet new people from all over their region and the world through service projects, fundraising and by attending district and international conventions.

Learn more about the Cy-Fair Kiwanis Club at www.kiwanishoustoncyfair.com.

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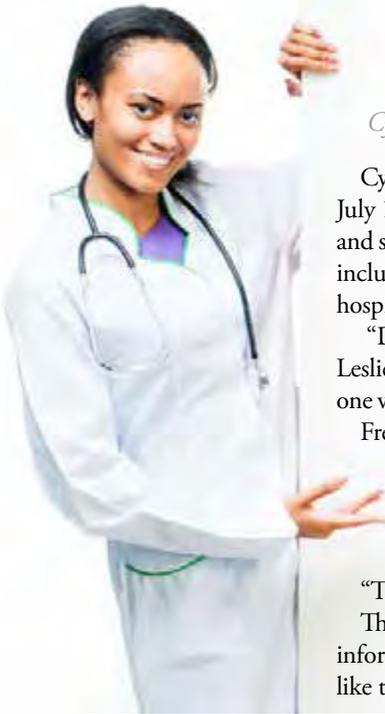
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HEALTH CARE EXPO EXPANDS TO PROVIDE RESOURCES FOR CY-FAIR COMMUNITY

Cy-Fair Houston Chamber of Commerce hosts Health Care Expo during general membership luncheon



Cy-Fair Houston Chamber of Commerce invites guests to attend its 2014 Health Care Expo on Tuesday, July 15 at the Berry Center. The event will offer health-related businesses the opportunity to market products and services to Chamber members and the community. There will be 40+ exhibitors from a variety of industries including medical offices, local hospitals, skilled nursing and rehabilitation facilities, assisted living facilities, hospice providers and nutritional service providers.

“Due to a demand from our membership and community, we have expanded our Health Care Expo,” said Leslie Martone, President of the Chamber. “The Expo will bring leaders in the health care industry together in one venue to answer questions, as well as provide referrals and resources necessary to businesses and individuals.”

Free medical screenings will also be offered by Event Underwriter, Memorial Hermann, and Event Sponsor’s Cypress Fairbanks Medical Center Hospital and North Cypress Medical Center. The Health Expo will remain open from 9 a.m. to 3 p.m. The general membership luncheon, from 11:30 a.m. to 1 p.m., will have a panel of health-related speakers discussing preventative medicine, insurance exchanges, health care reform for businesses and health care funding.

“This year promises to be the largest, most comprehensive Expo ever,” said Martone.

The public is welcome. General admission to the Expo is free; however, luncheon tickets are \$30. For more information or general inquiries, visit cyfairchamber.com or call the Chamber at (281)373-1390. If you would like to participate as an exhibitor or sponsor, contact Sara Cantrell at sara@cyfairchamber.com.



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How to Get the Most of your ABWA Membership

*Keynote speaker shares tips at the
June 26 CYFEN meeting*

Come to the Cy-Fair Express Network (CYFEN) luncheon June 26 and learn how to enhance your American Business Women's Association (ABWA) experience.

This month's keynote speaker is Sheri L. Parrack, founder and President of Texas Motor Transportation Consultants, LLC. Not only does she have more than 34 years of experience assisting with transportation companies, leasing corporations, banking institutions, attorneys and individuals in motor vehicle tax law and regulatory compliance in 48 states, Parrack also has 34 years of ABWA experience and success.

Parrack is an enthusiastic businesswoman whose determination and commitment to hard work has earned her a reputation of providing quality service in a male-dominated industry. Her basic business philosophy has always been "walk your talk."

In 1980, when Parrack was asked to ABWA, she was also elected as delegate of her business league, Woman of the Year and attended her first national convention in Las Vegas. In addition, she was selected as a Top Ten Business Woman of ABWA and elected onto the National Board of Directors as District II Vice President and became ABWA's National President in 1996.

Parrack received the Vision Award in 2005 and is currently a National Ambassador and Charter Member of the following, CYFEN, Women of Vision, South West Area Professional Express Network, South East Express Network, and Houston Area Professional Express Network. Parrack was also the Charter President of HAPEN and The Charter VP of finance of SEEN. She is currently servicing as VP of Best Practices of HAPEN. She reached her Diamond Level of Inner Circle by sponsoring 88 members.

Today after three decades in business, Parrack continues her commitment to providing the same quality service to clients. For the past several years, her company has been selected One of the Top 500 Women-Owned Business in the United States, one of the TOP 100 Diversity Companies in the State of Texas and one of the Top 100 Women-Owned Companies in Texas.

All are welcome to join Parrack at this month's CYFEN meeting, which begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Monthly meetings are held the fourth Thursdays at the Sterling Country Club, 16500 Houston National Blvd.

Bring business cards for networking. The meeting cost is \$25 with advanced reservations made by the Thursday prior to the meeting and \$30 at the door.

For information on CYFEN, which is part of the American Business Women's Association, go to www.CYFEN.org.

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Lacrosse has been described as the fastest growing sport in America, and the fastest sport on two feet. The original American sport, it has been played for centuries on our continent, in many variations. The modern women's game has evolved into a fast-paced sport of finesse, power and skill that appeals to many types of athletes and spectators alike. The Cy-Fair Iron Maidens Lacrosse Club will be hosting a summer lacrosse program at Spillane Middle School on Tuesdays and Thursdays from 7pm-8pm all summer beginning June 10th. This will be the fifth year of the summer lacrosse program, with girls of all ages participating. There are plenty of parents, club alumni, and players on hand to answer questions about the sport, the club, and to demonstrate basic skills. There is never any obligation to join the organization, and everyone from current players to those just looking for something to do in the summer are welcome. Activities include individual drills, team-building exercises, and light scrimmages.

Who: School-age girls (Parents, siblings, friends, and club alumni welcome, but no pets, please)

When: Tuesdays/Thursdays, 7pm-8pm beginning June 10th through August 21st

Where: Spillane Middle School Athletic Fields, 13403 Woods Spillane Blvd, Cypress, TX 77429

What to wear: work-out gear, athletic shoes. All lacrosse gear provided at no charge

What to bring: Plenty of water

Be sure to check out the website for more info at www.cyfairironmaidenslacrosse.org.

The Iron Maidens are a part of the Cy-Fair Lacrosse Association (www.cyfairlacrosse.org), a "501(c)3" non-profit organization chartered to promote youth sports, athletics and healthy competition through the sport of Lacrosse in the Cy-Fair area.



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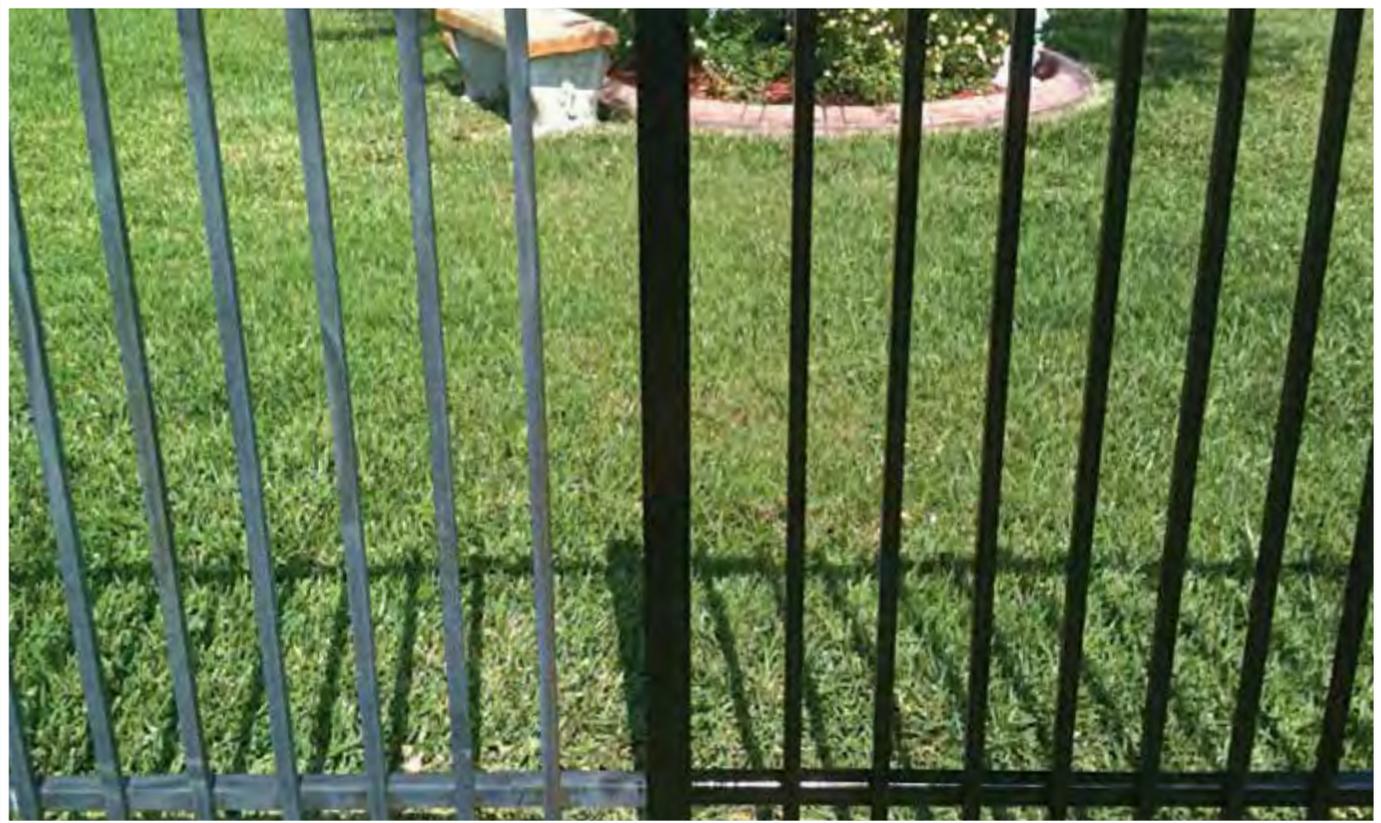


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Godspell Cast Gives Back to the Community

The cast of HFAC's recent production of Godspell wanted to practice what they were performing by giving back to the community. Godspell is a musical based on the parables of the bible. Since this musical has a pretty obvious message, the cast of Godspell and HFAC wanted to incorporate some real life giving to others into the production. So during the song "Bless the Lord", cast members passed the hat. The cast choose four local charities and each weekend of the run a different charity received the proceeds collected during "Bless the Lord". The run of Godspell was a success and so were there fundraising efforts with close to \$3,500 being raised during twelve performances.

Opening weekend's featured charity was the National Multiple Sclerosis Society. The National MS Society works to improve the quality of life for people affected by MS and raise funds for critical research. <http://www.nationalmssociety.org>

The following weekend the hat was passed for Cy-Hope. Cy-Hope is for every school in Cy-Fair ISD to earn Exemplary status by making life better for kids in our community. Their vision is to rally the entire community: businesses, education, churches,

civic organizations, hospitals, and individual volunteers to advance the goal of making life better for kids in Cy-Fair, serving the economically, spiritually and relationally disadvantaged children. <http://cy-hope.org>

The third weekend of Godspell saw donations come in for Houston Rescue & Restore Coalition. HRRC exists to prevent and confront modern-day slavery by educating the public, training professionals and empowering the community to take action for the purpose of identifying, rescuing and restoring trafficking victims to freedom. <http://www.houstonrr.org>

The phenomenal cast of Godspell closed their run by asking for donation for Star of Hope. Star of Hope is a Christ-centered community dedicated to meeting the needs of homeless men, women and their children. Positive life changes are encouraged through structured programs which focus on spiritual growth, education, employment, life management and recovery from substance abuse. <https://www.sohmission.org>

HFAC wants to thank the cast, crew and all the patrons of Godspell for their generosity in supporting other local non-profits.

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HOUSTON FAMILY ARTS CENTER ANNOUNCES THE 2014 - 2015 SEASON

The Houston Family Arts Center (HFAC) announces its 10th mainstage season, which explores life, love and laughter through timeless musicals, zany comedies, a classic murder mystery and a Shakespearean comedy. This exciting line-up begins with the zany, musical comedy *Nunsense*. After the laughter prepare for mystery with Agatha Christie's *And Then There Were None*, followed by the traditional holiday production of Dickens' *A Christmas Carol*. The New Year opens with the beautiful and touching *A Secret Garden*. HFAC ends the season with a trip around the world and the first stop is France for a riveting production of *The Three Musketeers*. Argentina is the next destination with the award winning, *Evita*. Then on to merry, old England for Shakespeare's *A Midsummer Night's Dream*. This magical season ends with the patriotic musical, *1776*.

Acting Artistic Director, Lisa Garza says, "This is a season that will inspire you to explore the past- in literature, in history, and in yourself. The HFAC 2014-15 Season allows you to experience how others have dealt with grief, danger, power, love, and life. Don't miss it!"

The season opens with Dan Goggin's *Nunsense*, September 5 – 28. With a let's-put-on-show-attitude, the zany Little Sisters of Hoboken are on a comedy crusade to fund raise their way out of an unfortunate cooking accident. This light-hearted and enduring musical, comedy will make a disciple out of any doubter.

Next is Agatha Christie's thriller, *And Then There Were None*. After being stranded on a storm-shrouded rock, an unlikely group of houseguests are picked off one at a time by an unseen killer. Agatha Christie's spare-no-suspense plotting keeps mystery buffs on the edge of their seats from October 17 – November 9!

For the holidays from November 28 – December 21, HFAC proudly presents Charles Dickens' classic *A Christmas Carol*. Dickens' craftily cantankerous Ebenezer Scrooge has no time for charity until three ghostly visitors appear on Christmas Eve. A plum pudding of a show, *A Christmas Carol* gives you a reason to celebrate the season all year long!

The New Year at HFAC begins February 6 – March 1, with the uplifting children's story, *The Secret Garden*. An unlikely hero, spoiled orphan, Mary Lennox blossoms when she learns to cultivate not only an

abandoned garden, but also the lives of those around her. This uplifting children's classic from 1911 is a musical oasis of redemption and an odyssey of renewal.

From children's story to swashbuckling, HFAC presents *The Three Musketeers*. Promising swordsman d'Artagnan, saddled with his plucky tomboy sister, travels to Paris in 1625 to seek his fortunes with the famous trio of heroes. This swashbuckling romp, liberally peppered with nefarious villains, alluring ladies, and narrow escapes, is truly the one-for-all! The action will take place March 20 – April 12.

Evita storms the stage, May 1 – May 24 in HFAC's next production. For Eva Peron, every crowd has a silver lining. The parabolic career of Argentina's first lady inspired Andrew Lloyd Webber and Tim Rice's pop-opera phenomenon. Was she a sainted hero of the working-class or a working-class seductress? This passionate work retains the power to entice and inflame.

Suggested for mature audiences

Shakespeare comes to life, June 12 – July 5 with *A Midsummer Night's Dream*. The canon's most enchanted comedy pursues love with calculated abandon! This story of mortal and immortal paramours set in a mythical forest is one that will cast a spell on lovers of all ages.

Closing this exciting season, July 24 – August 16, is the American musical, *1776*. With revolutionary immediacy, our lofty founding fathers are found to be genuine people who debate, bargain, and fray one another's nerves as they struggle on the tortuous road to independence. This musical witness to the creation of one of the most eloquent documents in history will stir the soul of every American.

Season subscriptions packages are now available for purchase for the 2014-2015 season. Season subscriptions offer incentives

and discounts to new and returning patrons for every performance and packages start as low as \$100. Subscribers save 20% off single-ticket prices. Other subscriber perks include the opportunity to pick the best seats before they go on sale to the general public, personalized customer service, two complimentary concession items for every show and recognition in every Playbill. Patrons can purchase their subscriptions online at www.houstonfac.com or call the HFAC box office at 281-685-6374.



HOUSTON FAMILY ARTS CENTER 2014-2015 MAINSTAGE SEASON

Nunsense
September 5 – 28, 2014

And Then There Were None
October 17 – November 9, 2014

A Christmas Carol
November 28 – December 21, 2014

The Secret Garden
February 6 – March 1, 2015

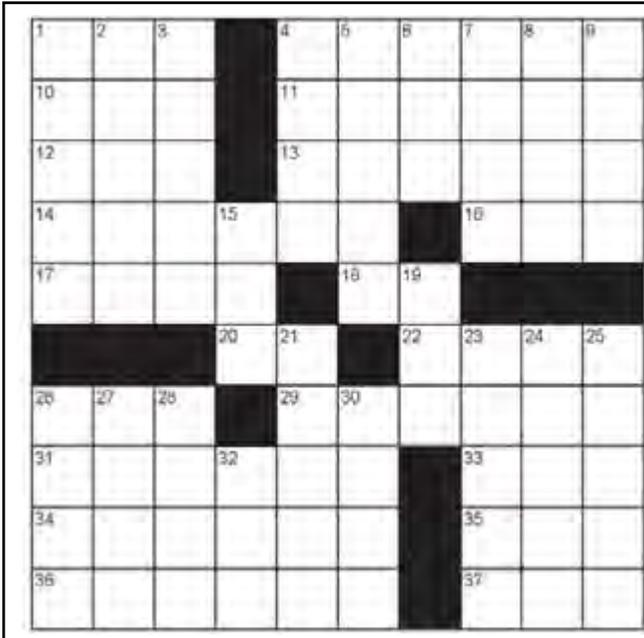
The Three Musketeers
March 20 – April 12, 2015

Evita
May 1 – 24, 2015

A Midsummer's Night Dream
June 12 – July 5, 2015

1776
July 24 – August 16, 2015

CROSSWORD PUZZLE



ACROSS

- 1. Dawdle
- 4. Permanant
- 10. Brew
- 11. Brand of adhesive strip
- 12. Charged particle
- 13. A Nissan car
- 14. Parallelograms
- 16. Male cat
- 17. France & Germany river
- 18. Father
- 20. Strontium (abbr.)
- 22. Animal oil
- 26. Part of a min.
- 29. Saudi ___
- 31. Singer Bing
- 33. No. eggs in a package
- 34. One-celled water animal
- 35. Southwestern Indian
- 36. Raving
- 37. Hallucinogen

DOWN

- 1. Dens
- 2. Hawaiian 'hello'
- 3. City
- 4. Replace a striker
- 5. Spring flower
- 6. Music
- 7. Lure
- 8. Type of car
- 9. Cheese
- 15. Married woman
- 19. Wing
- 21. Jewish religious leader
- 23. BB player Kareem ___ Jabar
- 24. Public disorder
- 25. Groggy
- 26. Blemish
- 27. Writer Bombeck
- 28. Raccoon's nickname
- 30. Baseball's Nolan
- 32. Scene

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Bring the World to your Child By Hosting a Foreign Exchange Student

By Vicki Odom

If you've read the newspaper lately, you know that the world can be a scary place: wars, economic crisis, revolutions, climate change, border disputes, refugees, and protests. So, how do we teach our children about the world, and the variety of people in it, when most of the examples we read about in the press are so negative?

One life changing way to broaden your child's world view is to volunteer to host a high school foreign exchange student. Foreign exchange programs have been around for almost 100 years, and their mission has always been the same – to educate people about different cultures through person-to-person exchange. What better message to pass on to your children?

There are quite a few misconceptions about foreign exchange programs – especially around who can host. The biggest misconception is that you must have high school aged children when you host a high school exchange student. Nothing could be further from the truth.

“We welcome host families of all shapes and sizes – families with young children, families with no children, empty nesters whose children have left home, single parents and non-traditional families,”

says Heather Wells, Senior Regional Director for Ayusa, a non-profit promoting global learning and leadership through foreign exchange and study abroad opportunities for high school students. “The key requirements for a host family are to provide a safe and nurturing home environment, genuinely love children, and have a desire to learn more about a different culture.”

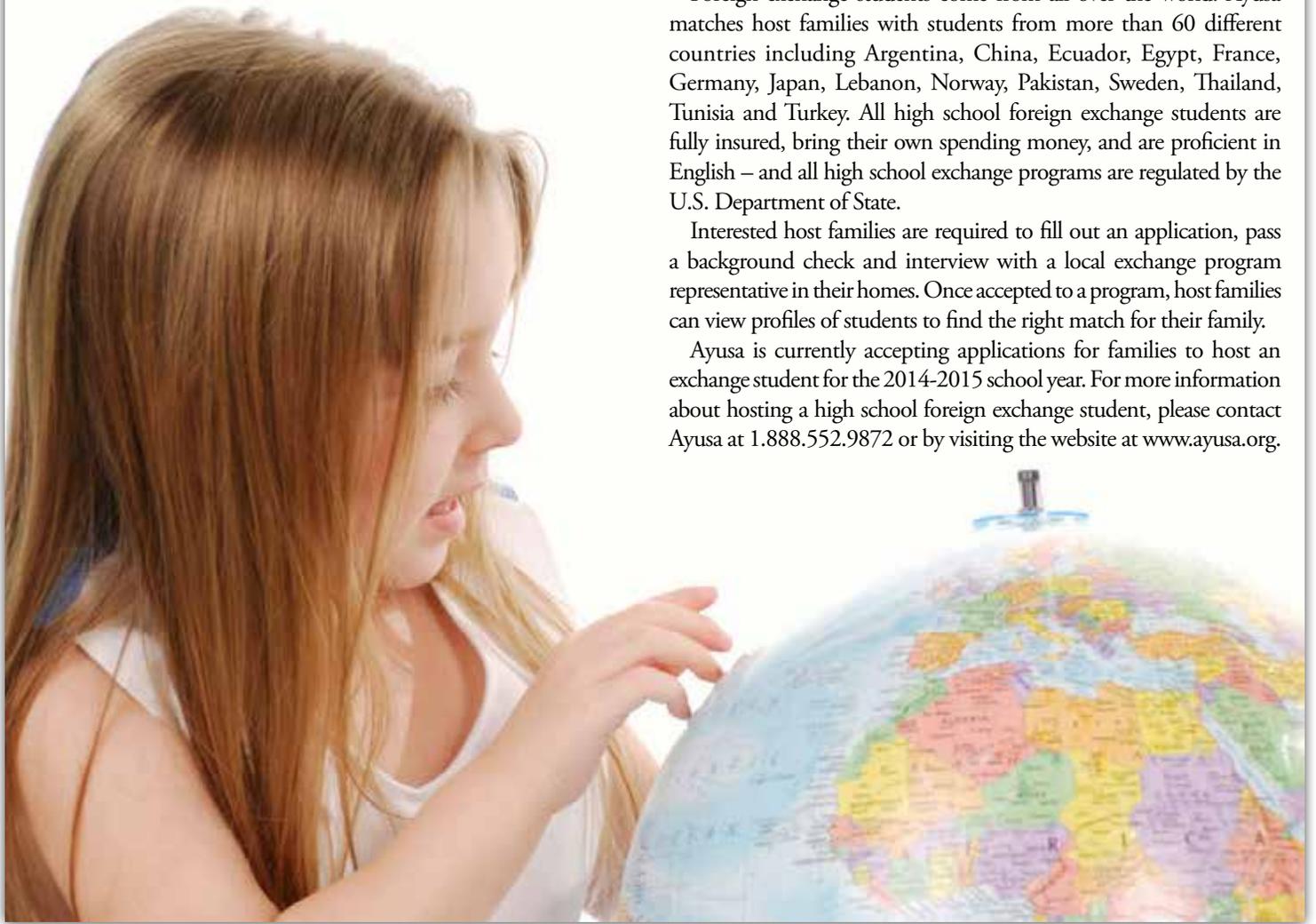
Families with young children find that hosting an exchange student provides their children with an especially unique educational experience in the form of an international big brother or sister. Without even realizing it, children learn about different types of people and different cultural traditions.

Volunteer host families provide foreign exchange students a nurturing environment, three meals a day and a bedroom (either private or shared with a host sibling of the same gender). Each host family and student is supported by a professionally trained community representative who works with the family and student for the entire program. All interested host families must pass a criminal background check and a home visit by an exchange organization.

Foreign exchange students come from all over the world. Ayusa matches host families with students from more than 60 different countries including Argentina, China, Ecuador, Egypt, France, Germany, Japan, Lebanon, Norway, Pakistan, Sweden, Thailand, Tunisia and Turkey. All high school foreign exchange students are fully insured, bring their own spending money, and are proficient in English – and all high school exchange programs are regulated by the U.S. Department of State.

Interested host families are required to fill out an application, pass a background check and interview with a local exchange program representative in their homes. Once accepted to a program, host families can view profiles of students to find the right match for their family.

Ayusa is currently accepting applications for families to host an exchange student for the 2014-2015 school year. For more information about hosting a high school foreign exchange student, please contact Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.



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View answers online at www.peelinc.com

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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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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



The Modern Game: The Top Spin Backhand

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing.

I am now offering suggestions on how to play the “modern” game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute the Top Spin Backhand. This shot is used when a player is presently hitting the ball long and out. The ball will be aimed high over the net and hit with power. The ball will have a “top spin” so that when the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise.

In the illustrations, Tyler Duncum, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Tyler is coached by the Director of the Tennis Academy, Darin Pleasant. This shot can also be executed from the service line as an “approach shot” to the net.

Step 1: The Back Swing: When Tyler is pulled wide to her backhand, she makes a quick turn of her upper body and takes her racket back. The head of the racket is now at waist height, her shoulders are turned, the left hand holding the racket, and her right hand changing to the “continental grip”. She has loaded her left

hip to help her drive her weight forward. Her left grip is relaxed and her wrist is “laid back” to allow maximum point of contact.

Step 2: The Point of Contact: The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle and accelerating the racket head around the outside of the ball. Tyler started the swing high and “looped” it to allow the head of the racket to drop down. She will be brushing around the outside of the ball as she makes contact with it. Her right shoulder is almost opening and her weight has now been shifted toward the front.

Step 3: The Follow Through: In order to get maximum control and power, Tyler is keeping her left arm almost straight as she extends through the shot. She has “snapped” her left wrist and her right hand helps with the stability and power. She has now allows her left side to transfer forward towards the net.

Step 4: The Finish: Tyler’s upper body acceleration is creating a high finish over her right shoulder. Her legs are already in position to recover back towards the middle of the court.

Step 5: The Ready Position: Once Tyler returns the ball to her opponent, she goes back home (towards the center of the court), to be ready for the next shot. Her knees are slightly flexed, she is in a good athletic stance and her eyes are focused on the oncoming ball.

Look in the next Newsletter for: “The Modern Game: The Forehand Approach Forehand Volley”

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The American Cancer Society Relay For Life of Cy-Fair

Participation At An All-Time High!

The American Cancer Society is pleased to announce that the Relay For Life of Cy-Fair has raised more than \$1,130,000 in the fight against cancer, thanks to the amazing success of this year's event. The 2014 Relay For Life of Cy-Fair brought in more than \$122,000, raising the grand total since the event's inception in 2005 to just over 1.1 million dollars! Attendance at this year's event last Friday night through Saturday morning was well above 2,000 people including 77 teams, both all time highs! Participants enjoyed a variety of entertaining events including races, contests, line dances, theme laps, Yoga and Zumba classes, a huge silent auction, solemn Luminaria ceremony and a special Survivor dinner provided by more than a dozen eateries and restaurants from the Cy-Fair community.

"The 2014 Relay For Life of Cy-Fair at Cypress Ridge High School field was the most heavily attended ever! The Cy-Fair community's participation was incredible and heart-warming! Congratulations to the many volunteers, committee members, and teams whose tireless efforts each and every year since 2005 have resulted the growth and popularity of Relay. The valued participation of cancer survivors and caregivers make the American Cancer Society Relay For Life unique and appealing to the entire community, most of whom have been touched by cancer in some way." said Relay For Life of Cy-Fair Chair Sulema Tamez.

Relay For Life remains the American Cancer Society's highest-

grossing fundraising event in the fight against cancer. Monies raised support the American Cancer Society's mission to help people stay well, get well, find cures and fight back through cancer research, as well as the free programs and services provided directly to cancer patients and their families.

If you are interested in learning more about how you can help the American Cancer Society finish the fight against cancer, please visit: www.relayforlife.org/cyfairtx.

About the American Cancer Society

The American Cancer Society is a global grassroots force of more than three million volunteers saving lives and fighting for every birthday threatened by every cancer in every community. As the largest voluntary health organization, the Society's efforts have contributed to a 20 percent decline in cancer death rates in the U.S. since 1991, and a 50 percent drop in smoking rates. Thanks to our progress, nearly 14 million Americans who have had cancer and countless more who have avoided it will celebrate more birthdays this year. As we mark our 100th birthday in 2013, we're determined to finish the fight against cancer. We're finding cures as the nation's largest private, not-for-profit investor in cancer research, ensuring people facing cancer have the help they need and continuing the fight for access to quality health care, lifesaving screenings, clean air, and more. For more information, to get help, or to join the fight, call us anytime, day or night, at 1-800-227-2345 or visit cancer.org.



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Bridgeland Year-to-Date Sales Report

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\$500,000 and above	1	2	3	2	1	3	2	1	2	3
\$451,000--\$499,999	2	1	2	1	0	2	0	0	0	0
\$351,000--\$450,999	11	5	4	6	4	2	3	3	2	1
\$276,000--\$350,999	6	6	6	3	4	4	7	4	4	2
\$231,000--\$275,999	3	3	2	4	1	4	5	1	5	1
\$201,000--\$230,999	1	2	0	0	1	0	2	0	0	0
\$200,999 and below	2	0	0	0	1	0	0	0	0	0
Total	26	19	17	16	12	15	19	9	13	7
Highest \$/sq ft	\$124.84	\$166.81	\$125.14	\$137.06	\$139.82	\$142.28	\$172.19	\$139.29	\$132.55	\$134.52

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