

# THE TIMES

NEWS FOR THE RESIDENTS OF BRIDGELAND

April 2017

An Independent Publication Serving the Bridgeland® Community

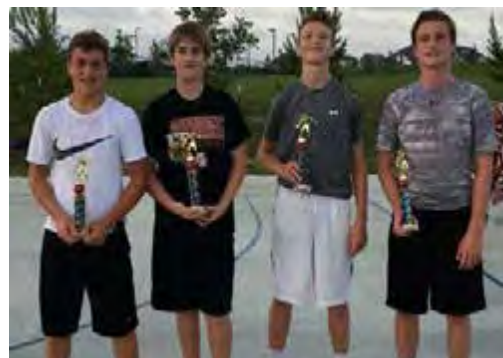
Volume 11, Issue 4

## 3 ON 3 BASKETBALL TOURNAMENT

**April 22, 2017**

6 divisions - Pope/Warner kids age bracket,  
Smith kids bracket, Ranch kids bracket, 18-35  
yr bracket, 35-50 yr bracket, 50+ yr bracket.

info - [kellyco86@att.net](mailto:kellyco86@att.net)



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## 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

Cris Pulatie ..... cpulatie@pcmi-us.com

#### Activities Director

Rachel Johnson ..... rjohnson2@pcmi-us.com

#### Administrative Assistant

Ann Klak ..... annklak@pcmi-us.com

#### Community Administrator

Denise Saxton ..... dsaxton@pcmi-us.com

### EMERGENCY NUMBERS

EMERGENCY ..... 911

Fire ..... 911

Ambulance ..... 911

Harris County Sheriff ..... 713-221-3300

Cy-Fair Volunteer Fire Dept. .... 281-550-6663

### AREA HOSPITALS

Cy-Fair Medical Center ..... 281-897-3300

North Cypress Medical Center ..... 832-912-3500

Willowbrook Methodist ..... 281-477-1000

### SCHOOLS

Cy-Fair ISD ..... 281-897-4000

Cy-Fair ISD ..... 281-897-4000

Robison Elementary School ..... 281-213-1700

Warner Elementary School ..... 281-213-1650

Spillane Middle School ..... 281-213-1645

Smith Middle School ..... 281-213-1010

Cy Woods High School ..... 281-213-1727

Cy Fair High School ..... 281-897-4600

### UTILITIES

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Water and Sewer ..... 800-579-4500

Gas - Centerpoint Energy ..... 800-579-4500

Electricity - Reliant Energy ..... 800-735-42568

Cable/Internet/Phone - Comcast ..... 713-341-1000

### PUBLIC SERVICES

Cypress Post Office ..... 281-373-9125

Drivers License Info. .... 281-955-1100

Harris County Tax ..... 713-224-1919

### NEWSLETTER PUBLISHER

Peel, Inc. .... 888-687-6444

Article Submissions ..... [bridgeland@peelinc.com](mailto:bridgeland@peelinc.com)

Advertising ..... [advertising@peelinc.com](mailto: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](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!*

## 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](mailto:advertising@PEELinc.com). The advertising deadline is the 10th of each month for the following month's newsletter.



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## The Farmers Market at Bridgeland

Sunday, April 9, 2017 – 12:30-3:30pm – rain or shine

Market Highlight:

Recycling Demo by Republic Services - Learn about the recycling system in Bridgeland and bring any questions you might have.

Shop the market for fresh local vegetables, free range eggs, breads & sweet treats, beef/pork/bison/goat/wild boar/chicken/lamb/venison & shrimp, jam/jelly & honey, Indian/Italian/Mexican Food, BBQ sauce & salsa, roasted coffee & teas, ready-to-eat food, pet food, spa products, orchids & herbs, wheatgrass & microgreens and MUCH MORE!

The Farmers Market at Bridgeland

[www.farmersmarketatbridgeland.org](http://www.farmersmarketatbridgeland.org)

<http://www.facebook.com/TheFarmersMarketAtBridgeland>



## BRIDGELAND COMMUNITY GARAGE SALE

Saturday, April 22nd. 8-noon.

## The Cypress Ranch Choir TMEA All-State Performers

Congratulations to Cypress Ranch Choir members Jacob Barnes, Vicky Furlan, Reed Sellers and Ryann Stringfellow who performed in the 2017 TMEA All-State Choir Concert on February 11th in San Antonio, Texas!

## Cypress Ranch Choirs Spring Show

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For more information, please check the Cypress Ranch Choir website [www.ranchchoir.com](http://www.ranchchoir.com)

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# SPRING IS HERE! DECORATE YOUR HOME

Spring is here! It is time to start thinking about opening your windows and brightening your home. Not sure where to start?

Follow these 3 easy steps from Tarragona Designs:

## 1. Update your walls

Color trends change every year. From light and bright colors to dark and daring, colors don't go out of style, it's just the pairings of different colors that come and go. New color combinations may be just what your walls need for a fresh new look, especially if you've had the same color palette in your home for a long time.

My top 5 colors that I recommend are:

1. Agreeable Gray-Sherwin Williams 7029
2. Intellectual Gray-Sherwin Williams 7045
3. White Flour-Sherwin Williams 7102
4. Ancient Marble-Sherwin Williams 6162
5. Sea Serpent-Sherwin Williams 7615

## 2. Accessorize

Have your throws & pillows seen better days? It might be time to bring in some new pieces for a fresh & updated feel to your home. You can transform the entire look of a room by changing out some basic design items such as lighting, pillows, throws & artwork.

3. Spring clean your home-lots of work but you will be so glad you did when the weather draws you outside. Pull out your screens and wash the winter grime off your windows, then work on cleaning things like the ceiling fans and fireplaces. Once your cleaning is complete, gather mason jars from your cabinet and pick up fresh flowers on your next visit to the grocery store. Arrange together in groupings throughout your home for a finished and fresh look. Spring is here...



## EXPANDING EXPECTATIONS.

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# The Art of Choosing a Summer Camp

By Mike McDonell President, Kidventure

Parents, let's face it. Our kids are growing up in a world much different than the ones we rode our Big Wheels in. Back then, we roamed the neighborhood in search of an adventure. Left to our own devices, we would transform empty lots into playgrounds, create fantastic forts with blankets held fast by encyclopedias, and find endless utility out of something as simple as a stick.

The world is now lightyears away from what we knew then. Driven by an endless flow of information and novelty, the bar to keep kids engaged is as high as it has ever been. That is why camp is so important and has never been more essential than right now.

Choosing the right camp can allow your child the opportunity to discover themselves, to interact with others, to feel inspired, or part of something great. Yet with all the camp options out there, choosing an appropriate program can be challenging.

The following are some of the most important questions you can ask of any camp program. These will aid you when looking to make the most of your child's camp experience.

## General Camp Questions

1. Is the camp right for your child? Too many times, parents will enroll their kids in a camp they see themselves in and not their kids. You know your child best, so take into account their strengths,

natural inclinations, and preferences.

2. What is the camp's mission statement? Every camp should have a goal or a mission. That mission should ultimately be to makes kids feel great about themselves and feel successful.

3. Does the camp program have a track record of quality programming and service? Read reviews, ask for a couple of references, and talk with other parents who have been to that camp.

4. Is this camp licensed by the State of Texas Youth Camps Division? This licensing ensures that every camp is held to certain standards in terms of safety, quality of staff, and quality of programming. If a camp is unlicensed, then it can be shut down by the state of Texas at any time.

5. What is the camp's policy on how they reward good behavior and regulate poor behavior?

## Staff Questions

A camp can have the most beautiful facilities, state-of-the-art camp equipment, and the best website, but the quality of any camp program begins and ends with the quality of the staff.

1. What is the ratio of counselors to campers?

2. What is the age of the staff, and what are the camp staff minimum qualification standards?

(Continued on Page 8)



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**Cy-Fair Emergency & Imaging Center** (at Beltway 8 & Tanner Rd.)  
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\* According to the American Cancer Society

\*\*Tomosynthesis, (3D mammography) an FDA approved imaging technology designed for early breast cancer detection, is available here.



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(Continued from Page 6)

3. What medical qualifications and procedures are set in place for campers and their staff?
4. What is the background check process on your staff?
5. Will the staff simply be supervising kids, or will they be active participants

## Programming Questions

Good camps have an active and well thought out curriculum. That curriculum should take into account factors like multiple ages, the weather, and the number of children attending. The following are a set of questions that should give you a good feel for the programming.

1. Does the camp provide an age appropriate curriculum suited for my child and his/her abilities? Camps tend to be open to a wide range of kids, so make sure that their activities are developmentally appropriate. Make it a point to ask about the appropriateness of the



program with regards to your child's age and individual needs.

2. What percentages of those activities are outdoors vs. indoors? How does the camp program plan for the hot temperatures during the summer?
3. How are multi-age campers grouped in camp?
4. Are there field trips? If so, how are campers transported? Who drives and is there air-conditioning on that transportation?

## Overnight Camp Specific Questions

When it comes to overnight camp options, many of the previous questions are perfectly applicable. However, because your kids will be going away for camp, a few more specific questions will help you make a better and informed decision.

1. What are the sleeping arrangements like? Not every camp has air conditioning. If that's a deal breaker for you or your camper, then ask. Additionally, the number of campers within a lodging varies greatly from camp to camp.
2. What is the waterfront safety procedure? Are there lifeguards stationed at all water activities?
3. What is the camp policy on use of technology at camp?
4. What are the food options like? Can they accommodate any allergies or dietary needs?

## In Conclusion

Though this is not a comprehensive list, these questions will help you learn more about a camp program and give you the opportunity

(Continued on Page 9)



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(Continued from Page 8)

to select your child's camp experience more wisely. At the end of the day, the camp you choose for your child must be safe, it must place the camper first in all matters, and it must provide both you and your child with an environment that is both comfortable and rewarding.

Camp has the power to transform the lives of our kids. It can teach courage, teamwork, empathy, grit, independence, and confidence. That transformative spirit has never been more alive than today. Seek out great camp programs, ask the right questions, and make solid camp choices with your child. The results will provide them with an immensely rewarding experience, one that they will carry with them for the rest of their lives. Happy camping!



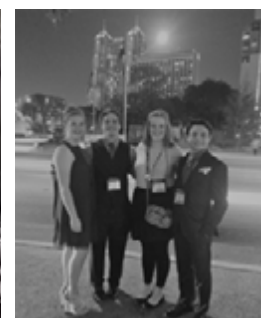
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For more information, please check the Cypress Ranch Choir website [www.ranchchoir.com](http://www.ranchchoir.com)



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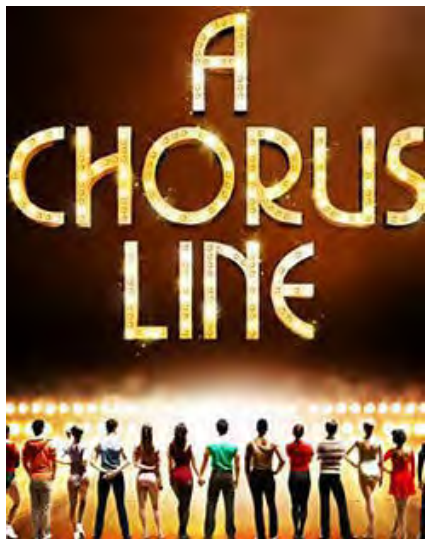
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## CYPRESS RANCH THEATRE

The award winning Cypress Ranch Theatre Department presents A CHORUS LINE, coming your way April 21st and 22nd, 7pm Tickets: Adults \$12, Students \$8

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## ALBION HURRICANES FC SOCCER TRYOUTS AND EVALUATIONS COMING IN MAY!

Albion Hurricanes FC (AHFC), established in 1989, is leading the way in South Texas youth soccer by inspiring and developing young men and women through world class coaching and innovative techniques, as well as instilling the proper framework, self-esteem, confidence and sportsmanship within our athletes.

AHFC has multiple campuses in and around Houston . The club invites all interested players from the ages of 7 to 18, to the Player Evaluations and Tryouts to become part of our success. We ask that all interested players pre-register before coming out to the fields. Please visit [albionhurricanes.org](http://albionhurricanes.org) for details about your particular campus.

AHFC offers JHSL (a recreational program for 5 - 10 year olds) at our Cy Fair and Central locations and offers additional training at Katy Friday Night Academy and New Territory Thursday Night Academy. Canes Summer Soccer Camp will be in June and July and is now open to register. All information regarding all of the programs and camps can be found at [albionhurricanes.org](http://albionhurricanes.org).

A large advertisement for TexasDirectAuto.com. The background is yellow with radiating lines. In the center, the text 'SELL US YOUR CAR!' is written in large, bold, black letters. Several happy puppies are positioned around the text: one at the top left, one at the top right, one in the middle left, one at the bottom left, and one at the bottom right. At the bottom, there is a blue banner with the Texas state flag logo and the text 'TEXASDIRECTAUTO.COM' in white.



# Butterfly Family Festival

Messiah Lutheran Church  
Butterfly Family Festival  
Sunday, April 23, 2017  
12:00-3:00 pm  
11522 Telge Rd., Cypress, TX 77429

## Butterfly Family Festival Is Taking A Twist

Come see a LIVE butterfly release! Messiah Lutheran Church is hosting its annual Butterfly Family Festival on **Sunday, April 23, 12:00-3:00 PM** at 11522 Telge Road in Cypress. This year we are adding new events! Beginning at 9 am we will host multiple vendors along with our silent auction. We've added Bingo, a train ride, popcorn, cupcake decorating and a **FREE** Basketball game.

Yes we will have your favorites: delicious BBQ lunch, cookies, a raffle, children's carnival games, cake walk, book walk, face painting, music, inflatable slide, and bounce house. Children 12 and under will receive. The auction will run from 9:00 am-2:30 pm. The barbecue lunch will begin at 11:00 am and can be taken home or eaten at Messiah. All games will begin at noon. Bring the whole family to see the butterfly release, eat some great food, and have some fun!

The day's events will benefit Chrysalis, A Grace Place for Children, by providing scholarships to families that attend our school. Chrysalis features a Christian preschool, after school, and summer camp programs. Chrysalis Christian Preschool admits students of any race, color, and national or ethnic origin. Call 281-807-0764 or go to [www.messiahlc.org/events](http://www.messiahlc.org/events) for further information.

Messiah Lutheran Church is a grace place, a congregation of the Evangelical Lutheran Church in America (ELCA). Messiah is located at 11522 Telge Road, ½ mile north of Highway 290. Regular Sunday worship times are: 8 am—Traditions; 9:30 am—The Gathering; and 10:45 am—The Crossing. The Discovery (education) Hour is 9:15-10:15 AM on Sundays. For more information, 281-890-3013 or [www.messiahlc.org](http://www.messiahlc.org). All people are welcome at Messiah.



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## Cy-Fair Republican Women April Meeting

Tuesday, April 11th will be CFRW General Meeting from 10:30 AM - Noon.

Meeting is \$3 -- Meeting w/Lunch at Noon is \$23.

Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095

All are welcome! Come and enjoy like-minded fellowship and relevant speakers. Our goals include educating our community about the workings of all levels of government and each of us has a voice.

RSVP to [www.cfrw.net](http://www.cfrw.net) by April 4th. We look forward to seeing you there!

SAVE the DATE—November 3rd for High Heels & High Tea!

## Cypress Texas Tea Party

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

**Saturday, April 15, 2017 NOON - 2:00 PM**  
- To Be Determined

**Saturday, May 6, 2017 NOON - 2:00 PM**  
- Alan Bragg, Police Chief, CFISD

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](http://www.cypresstexasteaparty.org)

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# How to Raise a Confident Child

*Neena Hamamcy, MA, LPC, LMFT*

A child's self-worth is the gateway to social success and sound mental health. Developing healthy self-esteem is the building blocks of child development and affects us at every age of our lives, determining how we act, not just in childhood, but also as adults. Having low self-esteem drives behavior problems, troubles in relationships and school performance, to name a few. As parents, we are greatly influential in how our children perceive themselves, thus ensuring that we raise our children to grow to have confidence and positive self-worth is essential for their success as adults. Here are some ways to help improve your child's self-esteem:

## **Help Your Child Express and Embrace their Feelings**

When your child looks in the mirror and sees themselves, you want to make sure that they like who they see. One way to ensure this is to cultivate a relationship where you encourage your children to express their feelings openly. When you take the time to listen and accept their feelings, you are sending a message that they matter and how they feel is important. A child's feelings are part of who they are as individuals, thus embracing their feelings is in effect embracing them. When a parent listens and validates their child's feelings, it makes a child feel valued and worthy. If a parent repeatedly responds to their child's feelings with hurt, anger, shame or judgment, the child receives a message from a parent that their feelings are wrong and that their parents are not emotionally available. This can lead a child to shut off their emotions, which in turn can lead to behavior problems down the road. The way a child feels about themselves reflects in their behaviors. By listening and accepting your child's emotions, your child will feel loved, valued and reassured that you are capable of meeting their needs emotionally.

## **Teach Ownership**

It is important to distinguish between a child's feelings and their actions. You want ensure that your child feels loved, but you also want to hold your child accountable for undesirable actions. Setting clear expectations and having consequences is essential for teaching accountability and promoting self-esteem. Helping your child take ownership for their actions helps them learn that their actions have consequences and that they can control the outcome based on their choices. "If I make good choices, then good things follow, if I make bad choices, then bad things follow." Just as kids learn to be accountable for their mistakes, they also learn to own their achievements and success. Without this accountability, children miss the opportunity to experience the joy and satisfaction that comes from mastering their efforts. It is important to allow children to learn from their missteps and develop the resiliency to deal with their failures and the difficult feelings that accompany. We have morphed into a society that struggles with negative emotions and what we often see are parents trying to protect their children from

unpleasant feelings. Where everyone is a winner and there are no losers; where in an effort to preserve self-esteem, we try to protect our children from feeling bad about themselves. This approach actually produces the opposite outcome; it creates children that are spoiled, entitled and view themselves as victims. A parent who intervenes and tries to protect their children from difficult feelings and situations, inadvertently interferes in learning lessons that build self-esteem and resiliency that set the path for success in adulthood. Parenting with accountability allows children to own their failures as well as their achievements and empowers kids to see they have control over the outcome of their lives.

## **Create Experiences to Help Your Child Feel Successful**

Help your child find their strengths and acquire skills, whether it be academically, socially or in extracurricular activities. One way children measure their self-worth is by how others perceive them, and in our society that is full of measuring and comparing, children can be vulnerable to heightened criticism and comparison. Emphasize to your child that you accept and love them regardless of their performance. Create opportunities for them at home and outside the home, where they can accomplish goals and feel the satisfaction of completing a task. Experiences of success create confidence and foster self-esteem. Experiences that can foster self-esteem include having chores and responsibilities at home, participating in athletics, or other areas of social or extracurricular interest. Encouraging their independence and helping your children be responsible will encourage positive self-worth.

## **Try to Understand and Heal your own Self-Worth Issues**

Parenting can be emotionally intoxicating as well as draining. Becoming a parent tends to bring out the best and worst of ourselves. As we navigate through such an intensely emotional relationship with our children, we are often confronted with our own insecurities and fears. Becoming a parent has a way of bringing to the surface our own unresolved emotional issues stemming from our relationships with our own family or origin. Our children's self-worth is not genetic, but rather learned and especially in early childhood, is a reflection of the parent's sense of self, particularly the mother. A parent's unhappiness is passed down to a child, and children view your unhappiness as unhappiness with them. It is important to address your own insecurities and fears because no matter how many parenting books you read, if you don't address your own self-worth issues, you are bound to pass them to your kids. Looking at your own wounds from your early childhood and trying to understand the positive and negative ways your parents influenced your self-esteem can help you identify ways to break the cycle in your own relationships with your children and help promote your own self-worth as well as your children's.

## Cy-Fair Women's Expo to Fund Local Scholarships

Thursday, April 27, 2017

11a.m. – 4p.m.

Sterling Country Club,

16500 Houston National Blvd., Houston, TX 77095

Free Admission

Houston, Texas (March 9, 2017) The 9th Annual Cy-Fair Women's Expo will be April 27, 2017 from 11:00 am - 4:00 pm at Sterling Country Club, 16500 Houston National Boulevard, Houston, TX 77095. This year's event invites attendees to ignite connections and give back to the Cy-Fair community.

Besides giving over 60 vendors a place to showcase their products and services, the goal for our expo this year is to get the community more involved and show the Cy-Fair area what ABWA and CYFEN are all about. One of the ways we are doing this is to have local personalities present to meet and greet. Celebrities will include American Ninja Warrior Sam Sann, former NFL player and Food Network Star Eddie Jackson, and Randy Lemman, The Garden Guy.

This event is hosted by the Cy-Fair Express Network (CYFEN), a local network of the American Business Women's Association (ABWA)

that provides a nurturing environment for business development, networking, education, and mentoring in Northwest Houston. Cy-Fair Express Network funds numerous local scholarships. For more information about the Expo or about CYFEN, please go to [www.CYFEN.org](http://www.CYFEN.org) or email [expochair@cyfen.org](mailto:expochair@cyfen.org).



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## CLUB TRACK TEAM REGISTRATION FOR MIDDLE AND HIGH SCHOOL ATHLETES



The Northwest Flyers Track Club is now registering all middle and high school athletes who wish to join for the 2017 season. The team is celebrating its 30th anniversary year, and is a member of USA Track & Field. A full program of

“track” events such as sprints, hurdles, middle distance, distance and relays, and “field” events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin is offered. It is an excellent “off-season” program for young athletes who currently compete on their middle school or high school track teams.

An orientation session for school athletes will be held at 7:00 pm on April 24th at Hamilton Middle School, 12330 Kluge Rd., Cypress, TX 77429. Go to [www.northwestflyers.org](http://www.northwestflyers.org) for details on how to register for the team online. Email [linette.roach@sbcglobal.net](mailto:linette.roach@sbcglobal.net) for more information.

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# FAVORITE BANANA CREAM PIE

## INGREDIENTS

- 1 small package (8 oz.) sugar-free vanilla pudding (cook type - it has better flavor/texture)
- 1 3/4 cups nonfat milk
- 4 oz. nonfat vanilla yogurt (sweetened with artificial sweetener)
- 26 vanilla wafers
- 2 bananas, about 7" each, sliced (about 2 cups)
- 1 cup light whipped topping

## DIRECTIONS

Prepare pudding according to package directions, except use only 1 2/3 cups of milk. Cool slightly before adding the yogurt. Line the bottom of an 8" pie pan with 12 vanilla wafers (not crushed). Arrange banana slices over the vanilla wafers. Place remaining 14 vanilla wafers standing up around the rim of the pan. Pour in cooled pudding. Top with light whipped topping. Refrigerate for two hours before serving so pudding will be firm. When serving, cut each piece to include two of the standup vanilla wafers.



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# The Women Empowering Women Express Network



The Women Empowering Women Express Network (WEWEN) of the American Business Women's Association (ABWA) invites you to attend a Monthly Networking Luncheon on April 5, 2017. The luncheon will be held at Lone Star College in the West Dining Room at 20515 State Hwy 249, Houston, Texas 77070. Open Networking

begins at 11:00AM, followed by an informative program and lunch from 11:30AM-1:00PM. This month's program features Gaylyn DeVine, President for the American Business Women's Foundation speaking on the campaign, "21 Cents 4 Change!"

Did you know that of American women that work full time, year round, are only paid 79 cents for every dollar paid to men? And for women of color, the wage gap is even larger. This is the basis for the 21Cents4Change campaign. Gaylyn DeVine, the president of ABWF will discuss what they are doing to promote pay equity

and what you can do locally to help the cause.

DeVine is the owner of local Houston business TLS Graphics, a full service commercial printing company. She has been active in the American Business Women's Association for many years serving as the 2013-2014 National Secretary – Treasurer, District Vice President for the Board of Directors from 2012-2013, and as a Trustee for the Stephen Bufton Memorial Educational Fund from 2012-2014.

Expand your network, grow your business skills, reach a new audience, or advance your career with the Women Empowering Women Express Network of ABWA. WEWEN meets the first Wednesday of each month from 11AM-1PM. Additional details and luncheon registration (\$25) are available at [wewen.org](http://wewen.org). Contact [communications@wewen.org](mailto:communications@wewen.org) with questions.

## About ABWA

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 68 years to women's education, workplace skills, and career development training. For more information, visit [abwa.org](http://abwa.org).

# STS Foundation Seeks U.S. Families in Houston area to Host High School International Exchange Students for the 2017-2018 School Year

STS Foundation a not-for-profit corporation dedicated to intercultural student exchange is looking for American families in the Houston area interested in sharing their America with international high school students for the 2017-2018 school year. Applications for interested Houston area host families are currently being accepted.

STS Foundation was founded on the belief that international student exchange promotes understanding, respect, and goodwill among people of all nations. Opportunities to increase intercultural awareness are offered to students, parents, host families, and communities who are all involved in the exchange experience.

STS Foundation foreign exchange students come from around the globe, are fully insured, bring their own spending money, and are proficient in English. Whether from New Zealand or Brazil, India or Sweden, Ukraine or Italy, France or Lebanon, foreign exchange students are a window into another culture and a great way to travel the world without leaving your home.

"I have been involved in foreign exchange for eight years now and have hosted twelve students so far," said Vicki Odom, Local Coordinator for STS Foundation, and the local contact for Houston area. "Our city is such a great place to host a student,

it offers a great deal of attractions for both the student and the families. Families that have hosted students over the years have been changed by the experience and have gained new family members in their lives."

STS Foundation welcomes all interested families, with or without children, from both urban and rural communities, single parents or same-sex couples. Host families provide three meals a day and a bedroom (either private or shared). Each student is supported by a professionally trained STS Foundation Local Coordinator who works with the family and student for the entire program. All host families must pass a criminal background check and a home visit by an STS Foundation representative.

STS Foundation is a 501(c)3, and an official U.S. Department of State designated Exchange Visitor Program Sponsor. Families interested in learning more about hosting an exchange student can visit <http://www.stsfoundation.org> or contact Vicki Odom at 832-455-7881 or at [vicki.stsfoundation@gmail.com](mailto:vicki.stsfoundation@gmail.com).



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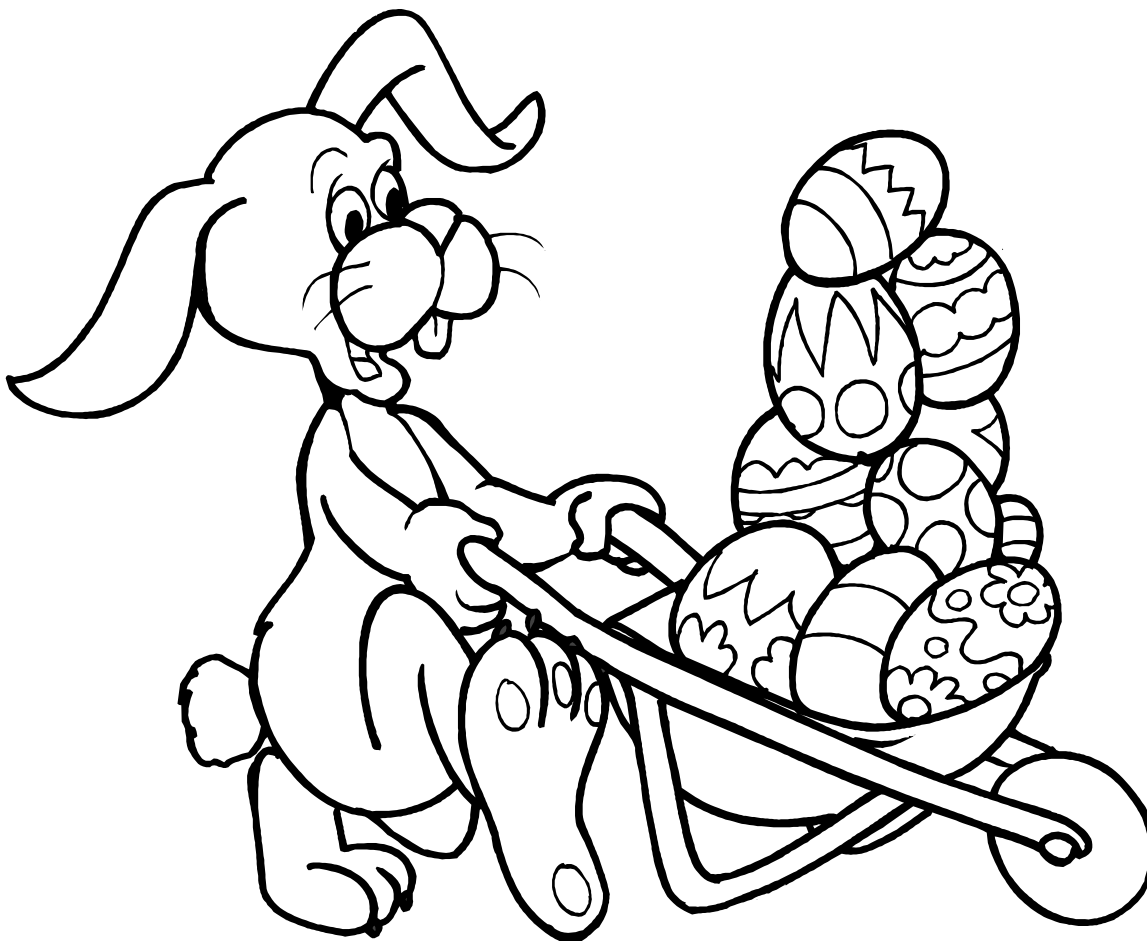
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\$500,000 and above	3	1	2	5	3	1	1	3	1	1
\$451,000--\$499,999	3	4	3	4	2	0	2	1	0	2
\$351,000--\$450,999	6	7	15	1	9	3	9	7	2	9
\$276,000--\$350,999	7	8	9	11	9	8	5	7	8	6
\$231,000--\$275,999	5	3	5	5	5	3	5	2	6	4
\$201,000--\$230,999	0	1	1	0	1	0	0	2	0	0
\$200,999 and below	0	0	0	0	0	0	0	0	0	0
<b>Total</b>	<b>24</b>	<b>24</b>	<b>35</b>	<b>26</b>	<b>29</b>	<b>15</b>	<b>22</b>	<b>22</b>	<b>17</b>	<b>22</b>
<b>Highest \$/sq ft</b>	<b>\$152.14</b>	<b>\$151.45</b>	<b>\$176.78</b>	<b>\$175.84</b>	<b>\$179.81</b>	<b>\$164.09</b>	<b>\$139.60</b>	<b>\$157.76</b>	<b>\$142.86</b>	<b>\$171.13</b>

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