



## Bridgeland Fun Run/Walk for Heroes 2019

*Bridgeland Community*  
**FUN RUN / WALK FOR HEROES**  
5K Timed Run/Walk & 1K Run/Walk  
**Saturday, October 19<sup>th</sup> 2019**  
*Bridgeland's Festival Park*  
Race Starts at 8:00 am and Children Start at 9:00 am

Special Prizes for Reaching Fund Raiser Levels

Shirt & Hand Towel for all Runners

1st, 2nd & 3rd Place Trophy for 5K winners

- Vendors
- Entertainment
- Food Truck

For more details & to register go to  
**[bit.ly/heroesfunrun2019](http://bit.ly/heroesfunrun2019)**

**Cost: \$35\* for adults**  
(\*Early Bird Special: \$30 if registered by July 31)  
**Kids 10 and under \$15-\$20**  
**Children's Super Hero Costume Contest**

*The Bridgeland Community*  
**Supports Veterans** Fund Raiser for The Bridgeland Community Supports Veterans, Inc.

A vision began in 2014 to create a Bridgeland Veterans Group that would raise funds to build a Veterans Memorial in Bridgeland and support veterans in the community.

Veteran Walt Bohn created an astonishing narrated video of the proposed memorial plan which can be viewed on Youtube. So amazing was this video, that it inspired the creation of The Bridgeland Community Supports Veteran, Inc. to immediately begin fundraising efforts. This year on October 19th, the Bridgeland Community Supports Veterans, Inc. will hold its 4th annual Fun Run/Walk for your Heroes. Save the Date and register early to get our \$5 discount on adult tickets. Register at [bridgelandrunforheroes2019.eventbrite.com](http://bridgelandrunforheroes2019.eventbrite.com)

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### SCHOOLS

Tomball Independent School Dist. ....281-357-3100  
Willow Creek Elementary .....281-357-3080  
Canyon Pointe Elementary.....281-357-3122  
Northpointe Intermediate .....281-357-3020  
Willow Wood Junior High .....281-357-3030  
Tomball High School .....281-357-3220  
Tomball Memorial High School.....281-357-3170

### PROPERTY TAX

Harris County Tax.....713-224-1919  
Mud #280 and Mud #15.....281-376-8802  
NW Harris WCID.....281-376-8802

### POLICE & FIRE

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Harris County Sheriff ( Non Emergency).....713-221-6000  
Klein Vol. Fire Dept. ....281-376-4449

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Methodist Willowbrook Hospital.....281-477-1000  
Houston Northwest Medical Center.....281-440-1000  
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## Save the Date Saturday August, 10 The Bridgeland Garden Club Presents Randy Lemmon

August 10, Saturday 2 p.m. The Bridgeland Garden Club presents Randy Lemmon, well known radio host & writer on Texas gardening who will speak on a wide variety of topics from best plants in Texas, growing Texas grass, best types of mulch, top 10 gardening do's & don'ts. Questions & Answers at the end of the Meeting at the Lakeland Village Activity Center \$15 fee for non-paid members of the Bridgeland Garden Club.



**Texas Gardening with Randy Lemmon**  
author & host of KTRH's Gardenline

Randy Lemmon, Houston's expert on lawns and gardens, will share his tips and tricks to help newcomers to Southeast Texas gardening, as well as those who have lived here for decades. Don't miss this chance to meet Randy in person and get to the root of your gardening problems.

**Saturday, August 10 • 2 PM**  
**Lakeland Village Activity Center**  
**16902 Bridgeland Landing**

Randy will sign his latest book and answer your specific gardening questions, so come prepared.

presented by  


RSVP to [bridgelandgardenclub@gmail.com](mailto:bridgelandgardenclub@gmail.com)  
**\$15 per person at the door. Reserve early. Space is limited.**



## Northwest Harris Aggie Mom's Club Welcomes You



Calling all Aggie Moms! Whether you are a mom of a past, current, or new Aggie come join the Northwest Harris County Aggie Mom's Club this summer at one of our mixers to learn about our group. It is a relaxed, fun way to meet other new Aggie Moms, talk to Board members and learn about the club.

Please join us at one of our events on Tuesday, June 18th from 7-9 pm, Tuesday, July 9th from 7-9 pm, and Saturday, August 3rd from 3-5 pm.

You can visit our website at <https://www.nwhcaggiemoms.org/> to learn more information. We look forward to meeting you!

Gig 'Em and God Bless!

## Fairfield 4-H Club



You may think 4-H is only for your friends with animals, but it's so much more! You can do activities like shooting sports, food science, healthy living, robotics, fishing, fashion, and photography. We are holding an informational meeting on August

19th at 7pm at Good Shepherd United Methodist Church in the Theater. You can begin exploring all that 4-H has to offer by visiting <https://texas4-h.tamu.edu/projects/>. If you have any questions please feel free to email Missy Owles at [missyowles@gmail.com](mailto:missyowles@gmail.com).

The Fairfield 4-H Club is open to all Harris County residents in kindergarten through 12th grade.

## You need the **RIGHT SIGN** in the yard to sell your house!

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★★★★★ — HAR Survey Score 5/5

\*Source: HAR MLS Ranking Report for the year 2018



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# SKIN CANCER

## THE SAD TRUTH

Every year, **5.4 million new cases** of skin cancer are diagnosed, making skin cancer more prevalent than any other cancer. 1 in 5 Americans will develop skin cancer in their life. The saddest part is that skin cancer is one of the most **easily preventable** and diagnosable cancers, and, if detected early, has one of the highest treatment rates. Yet, the public is still ill-informed on such a common cancer.



## WHAT CAN YOU DO TO REDUCE YOUR RISK

### PROTECT

Apply sunscreen and wear long-sleeves & hats under the sun.



### PREVENT

Avoid direct sun exposure between the hours of 11:00 am and 4:00 pm. Never use tanning beds.



### DETECT

Look out for abnormal moles or skin patches on your skin and regularly get physical examinations.



Oddly shaped, discolored, large, and evolving moles are potentially malignant

## Spiking up your Metabolism at any Age

It is a well-known phenomenon that our metabolism declines with advancing years. Some of that has to do with declining muscle mass, and some of it has to do with decreased hormones as well as the diminishing effectiveness of the digestive tract. But at any age, whether you are north of fifty or at the polar ends of the scale, there is much we can do to maximize our metabolism and live healthily and lean.

Metabolism is essentially all of the various chemical processes that occur within that wonderful chemistry set known as the human body. We often simply use the term to describe how your body turns food into energy. As we age the metabolism typically slows down by about 5% per decade after the age of about 40 years of age, but there is much we can do to avoid and arrest that occurrence. Estrogen levels decrease in women's bodies, causing insulin levels to rise, and the thyroid (the body's chief metabolism regulator) to decrease its output of thyroid hormones. These changes result in an increase in appetite, which when taken with a decrease in muscle mass, leads to an overall shift in the lean body mass/ fat ratio. The shift is not in a positive direction!

To keep your metabolism at its peak and fight this decline, you must focus on your digestive tract health, and enhancement of your muscle mass with a prudent exercise regime. Detoxification of the decades of build-up in the digestive tract is a good start to speeding up your metabolism. A very beneficial way to start each day to help remove the intestinal "clog" is to drink cleansing teas, or drink warm water and lemon. Also important is to drink at least half your weight in ounces of water every day. Get your 30 grams of fiber each day, to help stay clean in your gut. Then, eat as cleanly as possible, avoid sugars, artificial colors and flavors and go by the rule if it wasn't "food" a century or two ago, it still



isn't. Cleaning up your digestion is a primary way of speeding up your metabolism and also ensuring your health. The old adage that death starts in the bowel is apt.

The other aspect of speeding up your metabolism and staying healthy all lifelong is to exercise. The World Health Organization advocates that we should all get at least thirty minutes per day of aerobic exercise at a medium rate and at least a couple times a week get a good 45 minutes of anaerobic or resistance training in. This resistance training is especially important to maintain the muscle mass that is crucial for strength and to support your metabolism. Muscle mass uses food energy to move you, and fat of course does not. Exercise has many other benefits including correcting cholesterol ratios, improving lung capacity, regulating blood sugar levels and reducing high blood pressure, as well as making you fit, happy, strong and balanced. Live well, live long Fair Oaks Residents!

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## FLOODING: HOW TO PROTECT YOUR FAMILY & FINANCES

In many areas, flooding is the most common and costly natural disaster—and it can happen here. Just one inch of water in your home or office can cost thousands of dollars in cleanup and replacement costs, including drywall, baseboards, floor coverings and furniture. You may think you're covered, but many homeowners' insurance policies do not cover flooding.

Here are several reasons to talk to an insurance agent now about flood insurance.

- There is usually a 30-day waiting period before coverage begins.
- Coverage is relatively inexpensive.
- Renters can buy flood insurance for personal belongings or business inventory.
- Basement coverage includes cleanup expense and repair or replacement of items such as furnaces, water heaters, washers, dryers, air conditioners, freezers and pumps.
- You do not have to repay flood insurance benefits as you do with disaster-related assistance loans.
- You can receive payments for flood-related losses even if no disaster was declared.

Learn more about flood insurance at [www.floodsmart.gov](http://www.floodsmart.gov).

There are things you can do to prepare your home and family now for flash floods:

- Make a family emergency plan. Emergency preparedness is everyone's responsibility. Write down your plan. Decide ahead of time where you will go if you have to leave and where family members will meet up. Identify an out-of-town emergency contact.
  - Get supplies for an emergency kit. Start with three days' water and three days' packaged and canned food. Add a battery-powered radio and extra batteries. Store in waterproof containers with wheels or that you can lift so you can take them with you. For details about preparing an emergency kit, visit [www.ready.gov/america/beinformed/floods.html](http://www.ready.gov/america/beinformed/floods.html)
  - Stay informed about what could happen. During storm season, listen to local media for up-to-date reports on weather watches and warnings. Keep a battery-powered portable radio—with a NOAA weather band—handy in case the power goes out. Choose one.
- Learn more about preparedness at [www.ready.gov/america/beinformed/floods.html](http://www.ready.gov/america/beinformed/floods.html).





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## Mosquitoes



Mosquitoes can not only be irritating by biting, but they also are able to transmit various diseases to humans and animals. They are known to transmit heartworm in dogs and cats, and they can spread encephalitis (including West Nile Virus), Chikungunya, Zika, dengue, yellow fever, malaria and filariasis among humans.

Most female mosquitoes require a blood meal for egg production whereas males feed on nectar and do not bite. Eggs are laid on the surface of water or in dry locations that can be flooded by water. Eggs laid in dry locations can remain dormant under for several months. Eggs hatch into larvae, or wigglers. Mosquito larvae live in water and feed on organic debris or microscopic plants and animals. Larvae molt into pupae which are non-feeding. Mosquito pupae spend the majority of their time at the surface of the water, only moving when disturbed.

Many things can help to reduce mosquito problems around the home. Since three of the four life stages of mosquitoes are in or near water, it is best to eliminate all sources of standing water. Containers such as watering cans, buckets and bottles can turn into mosquito breeding grounds. Water should be drained from birdbaths, gutters, flowerpots and pet dishes at least once a week. Children's wading pools should be emptied of water at least once a week and stored so they cannot collect water when not in use. Tree holes should be filled in with sand or mortar, or drained after each rain. Leaky faucets and pipes located outside should be repaired.

Areas that cannot be drained, such as ponds or large rain collection systems, can be stocked with fish that eat mosquito larvae. Dunks can also be used in these areas. Dunks are a small, donut-shaped

product that contains *Bacillus thuringiensis* var. *israeliensis*. The donut disrupts the life cycle of the mosquito and is non-toxic to humans, amphibians and fish.

Avoiding outdoor activities during peak mosquito hours is the best method to avoid being bitten. When outside, wear loose-fitting, light colored clothing with long sleeves & long pants. Repellants containing active ingredients such as DEET, picaridin, IR3535, oil of lemon eucalyptus (OLE), para-methane-diol (PMD), or 2-undecanone can be effective to keep mosquitoes from biting when evening activities cannot be rescheduled.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at [www.urban-ipm.blogspot.com](http://www.urban-ipm.blogspot.com)

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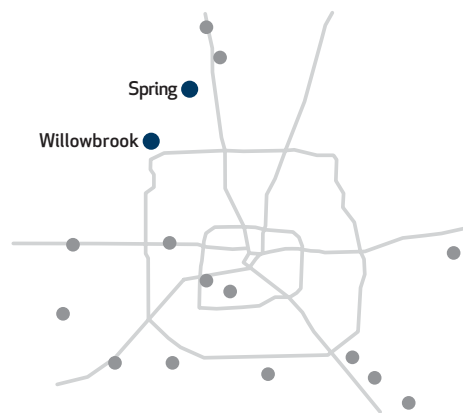


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