

THE Bedford EVENING POST

SEPTEMBER/OCTOBER 2005

BEDFORD AT FALLS RIVER

COMMUNITY NEWSLETTER

VOL. 2, ISSUE 5



BACK TO SCHOOL!



As we head into the final months of 2005, the Bedford at Falls River community is saddened to see another fun-filled summer pass by. All the signs are visible...the pool and the roaring fountains of Mt.

Gushmore all shut down in mid-September, the weather (thankfully, for some!) is cooling down, and many folks are cleaning and covering their grills for the off-season. But the real sign that summer is over is a three-word phrase that makes kids cry tears of sorrow and parents shed tears of joy...BACK TO SCHOOL!

The traditional school year in North Carolina began in late August, but many young students who are home schooled or who attend year-round institutions are already neck

deep in homework! Either way, it's a perfect time for some back to school tips.

Wherever your kids go to school, you all have one thing in common – you care about your children's safety. You want them to enjoy their years in school and to return back to Bedford safely each afternoon. One way to ensure their safety is to go over a few simple rules. Practice with your younger child how to safely wait for and board the school bus. Go over safe bicycling procedures if they'll be riding. And, don't forget your older child that may be driving. They are at particular risk and need your guidance.

Also, believe it or not, there is such thing as "backpack safety." When selecting a backpack for school, look for wide, padded shoulder straps and a quality padded back. To avoid injury, pack light (pack should never weigh more than 10 to 20 percent of the student's body weight), pack heavier items closest to the center of the back, and always use both shoulder straps.

Finally, you must develop good homework and study habits. Create an environment that is conducive to doing homework – youngsters need a permanent work space in their bedroom or another part of the home that offers privacy. Set aside ample time for homework, and establish a household rule that the TV set stays off during homework time. As a parent, be available to answer questions and offer assistance, but never do a child's homework for him or her!

Students of all ages should set goals, try to overcome challenges, and be encouraged to do their best so they can be rewarded for their success! Good luck to all students in Bedford – have a great school year!



FUN FOR ALL AT BEDFORD "SPORTS DAY"



Sports Day

On July 23rd, many residents braved the sweltering heat and enjoyed a day of competitive fun at the courts. The Recreation Center held an open "Sports Day" to help kick

off the weekly basketball and volleyball leagues, which will be in full swing in the fall. Three-on-three basketball was held on one court, while a small shooting competition for the Bedford kids was held on the other. Meanwhile, the sand volleyball pit was host to a number of matches, from five-on-five coed to intense men's doubles. Bagels, muffins and cold refreshments were available for all who attended, and thankfully, everyone stayed hydrated! Thanks from the Rec Center to Rick, Mike, Brian, Byron, and Nick for prepping the sand pit. We appreciate it! For more information regarding basketball and volleyball leagues, call 792-0188.

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LETTER FROM JOHN

Dear Bedford Residents,

The 40th Annual Parade of Homes is almost upon us here at Bedford. The dates for the 2005 event are: Saturday and Sunday, October 1 & 2; Friday, Saturday, Sunday, October 7-9; and Friday, Saturday, Sunday October 14-16. This year we are pleased to announce that Bedford will have 20 homes represented in the Parade. Maps will be available at the Welcome Center the week prior to and during the Parade. Traffic is typically heavy over these weekends so please plan accordingly.

With the arrival of Parade of Homes we always know that fall is close behind! This is a beautiful time of year to watch the leaves turn color in their entire splendor and to enjoy the change of temperature with crisp fall evening walks.

Fall also means that it's time for the Bedford Farmer's Market to reopen. Be sure and take advantage of the fresh fall produce and incredible pumpkins they have to offer!

To update you all on the community, we are now at over 850 sales to date, with approximately 600 homeowners already settled into Bedford. We anticipate breaking 400 sales this year as we have already had over 260 sales. We appreciate all of the referrals to Bedford through our homeowners. It's that word of mouth and hearing directly from you as a homeowner how wonderful Bedford is that helps the community continue to grow and create that close-knit feeling.

Have a great fall!

John Myers,

President, Wakefield Development Company



COMMUNITY NEWS



Jom B.

LIVE MUSIC!

Bedford has been entertained at happy hours this summer by a fantastic local musician, Jom B. A talented acoustic guitarist, Jom B. has played covers of John Mayer, Dave Matthews, Jack Johnson and Paul Simon, just to name a few. He has also performed some of his own material, and has been accompanied by a resident or two on the microphone. We all especially appreciated his "Hawaiian" song at the Pacific night at the pool! For more information about Jom B. and other local artists, please visit www.fansurge.com.

SHARK SEASON ENDS

The Bedford Sharks swim team concluded their inaugural season in July. The team, coached by Rick Scott and coordinated by Liesl Towner, had a very successful first year. All of the swimmers should be applauded for

their dedication, effort, and sportsmanship. Behind the scenes, many parents helped in a variety of capacities, from concessions to lane spotters to PA announcers. A big Bedford "thanks" goes out to all the volunteers for their time, effort and outstanding game day management! This issue includes a team photo, so if you recognize any of the kids, please congratulate them for a great summer of competition!



Diving In

FARMER'S MARKET OPEN!

The Bedford Farmer's Market, operated by Vollmer Farms, will return from summer break and re-open for the month of October. Opening day will be Saturday, October 1st, and the final day of operation will be Sunday the 30th — just in time to purchase your Halloween pumpkin! Hours of operation are Saturday, 10am-6pm, and Sunday, 1-6pm. We look forward to seeing you all there!



Bedford Sharks



MARK YOUR CALENDAR

September 1, Thursday Senior Bridge 10:30am-12:30pm	September 17, Saturday 3-on-3 Basketball 9:00am-11:00am	October 10, Monday Yoga 6:30pm-7:30pm
September 5, Monday LABOR DAY Clubhouse Closed	 3-on-3 Basketball	October 11, Tuesday Bunco 7:00pm-9:00pm
September 8, Thursday Senior Bridge 10:30am-12:30pm		October 13, Thursday Senior Bridge 10:30am-12:30pm
September 9, Friday Kids' Night Out 6:00pm-9:30pm	September 18, Sunday POOL OFFICIALLY CLOSES	October 17, Monday Yoga 6:30pm-7:30pm
September 10, Saturday Yoga 8:00am-9:00am	September 19, Monday Yoga 6:30pm-7:30pm	October 20, Thursday Senior Social 2:00pm-4:00pm
September 11, Sunday PATRIOT DAY	September 22, Thursday Senior Social 2:00pm-4:00pm	October 22, Saturday Kids' Halloween Fest!
September 12, Monday Yoga 6:30pm-7:30pm Monday Night Football 8:30pm	September 24, Saturday Yoga 8:00am-9:00am	October 24, Monday Yoga 6:30pm-7:30pm
September 13, Tuesday Bunco 7:00pm-9:00pm	September 26, Monday Yoga 6:30pm-7:30pm	October 26, Wednesday Tots And Tea Story Hour 10:30am-11:30am
September 15, Thursday Senior Bridge 10:30am-12:30pm  Happy Hour	September 28, Wednesday Tots & Tea Story Hour 10:30am-11:30am	October 29, Saturday Fall 5K Run 10:00am Adult Halloween Party 7:00pm-11:00pm
	October 3, Monday Yoga 6:30pm-7:30pm Monday Night Football 8:30pm	October 30, Sunday Daylight Savings Time Ends - Set clocks back one hour!
September 16, Friday Happy Hour 7:00pm-11:00pm	October 6, Thursday Senior Bridge 10:30am-12:30pm	October 31, Monday HALLOWEEN!

Events for the End of '05

Both the Recreation Center and the Bedford Social Committee have a few more great events for the end of 2005. There will be a Kids' Halloween Fest, an Adult Halloween Party, a fall 5K road race and barbeque, a pancake breakfast at the clubhouse, and, of course, a New Year's Eve Party. We will also continue to offer our regular calendar of activities, from yoga to Kids' Night Out, so please refer to the calendar on the website for specific details!

Kids' Art Contest

At a recent Kids' Night Out, we asked all the children to draw a picture that represents their favorite things about life at Bedford at Falls River. The youngsters submitted great drawings, but there were a few that stood out from the rest. The overall winner was submitted by Marc Hamilton, age 11, who drew the Mt. Gushmore pool similar to the "line" technique Van Gogh is famous for using! Honorable mention awards go to Bailie Johnson (7), Morgan Warner (8), Brian Coakley (8), and Jessica Caro (10).



KNO Picture Contest



RECIPE OF THE MONTH

TOASTED POUND CAKE WITH BROILED BROWN SUGAR STRAWBERRIES



- 1 pint strawberries, hulled and quartered
- 1/2 cup packed light brown sugar
- Dash of vanilla
- 4 thick or 8 thin slices store-bought pound cake

In a glass baking dish, mix strawberries with brown sugar and vanilla; let sit 30 minutes.

Toast pound cake slices in a toaster, or in a 400 degree oven on a sheet pan 10 to 12 minutes, or until edges are golden.

Preheat broiler to high. Place strawberries (in baking dish) about 5 inches from heat source. Broil until just bubbling, 3 to 5 minutes. Remove and divide berries among pound cake slices. Serve warm.



WELCOME TO OUR NEW HOMEOWNERS

Welcome New Homeowners

Wakefield Development and the Bedford at Falls River Community would like to extend a warm welcome to all of our new homeowners. Each month, we are thrilled to see all of the new faces around the neighborhood. It's families like you that make Bedford a truly wonderful place to live!



Here is what Rich and Jenn Nowalk had to say about the Bedford at Falls River Community.

“ We love sitting on our front porch and saying ‘hello’ to all of the people who walk by. It’s been so easy to meet our neighbors and make new friends. It’s truly a wonderful community! ”



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