



FAIRFIELD

C O M M U N I T Y • G A Z E T T E

OFFICIAL FAIRFIELD COMMUNITY ASSOCIATION NEWSLETTER



Cy-Woods' Wildcats 1st Annual "New Cat in Town" Classic Golf Tournament Cypress Lakes Golf Club ♦ April 30, 2007



REGISTER NOW for Cy-Wood's High School 1st Annual "New Cat in Town" Classic Golf Tournament at Cypress Lakes Golf Club on Monday, April 30, 2007. Your team will participate in a day of golf, a great lunch and an array of prizes. Player spots are limited to 144 so we encourage you to sign up today!

FOUR-MAN SCRAMBLE FORMAT
Registration at 11:00 a.m. ♦ Lunch at 11:30 a.m.

12:30 PM SHOTGUN START
Awards / Silent Auction / Door Prizes Following Tournament

Hole-in-one Contest; Longest Drive; Closest-to-the-pin; Beat the Bandita; Putting Contest

COST: Golf Entry Fee of \$150 per player (\$600 per team)
Includes: Green Fees & ½ Cart, Golfer's Gift Bag, Lunch, Range Balls, Refreshments

All proceeds benefit the CY-WOODS "All Sports" ATHLETIC BOOSTER CLUB

☐ Please register me & place me on a foursome

☐ Please register my foursome

Team Captain: _____
Address: _____
City/State/Zip: _____
Phone: _____
E-mail: _____

Player # 3: _____
Address: _____
City/State/Zip: _____
Phone: _____
E-mail: _____

Player # 2: _____
Address: _____
City/State/Zip: _____
Phone: _____
E-mail: _____

Player # 4: _____
Address: _____
City/State/Zip: _____
Phone: _____
E-mail: _____

Please mail registration form & checks or money orders (made out to CWABC) **BEFORE** March 31, 2007 to:

Cy-Woods Athletic Booster Club
c/o Cy-Woods' Wildcats Golf Tourney
16825 Spring Cypress Road, Cypress, TX 77429

Register NOW! Player Spots will be accepted on a first come, first serve basis.

Tournament Sponsorship Levels are Available

\$5,000 Wildcats Sponsorship: Receives 2 foursomes and a Wildcat Sponsor gift bag including a pair of golf shoes and a Cy-Woods golf shirt for each player, 4 hole signs, special acknowledgement throughout the tournament.

\$2,500 Crimson Red Sponsorship: Receives 2 foursomes and a Cy-Woods golf shirt for each player, 4 hole signs.

\$1,500 Gold Sponsorship: Receives 1 foursome and a Cy-Woods golf shirt for each player, 2 hole signs.

\$1,000 All Sports Sponsorship: Receives 1 foursome and 2 hole signs.

\$125 HOLE SPONSORSHIPS ALSO AVAILABLE

*For more information on donating items for the Silent Auction or the Golfer's Gift Bags, please contact
Dee Ann Creach at 281-304-8828 or dacreach@yahoo.com*

FAIRFIELD COMMUNITY GAZETTE

Important Numbers

EMERGENCY NUMBERS

Ambulance/Fire	911
Poison Control	800-222-1222
Sheriff's Department	911

NON-EMERGENCY NUMBERS

Ambulance	713-466-4073
Cy-Fair Medical Clinic (24 hr)	281-890-4285
FBI	713-693-5000
Fire	713-466-4073
Harris County Animal Control	281-999-3191
Sheriff's Department	713-221-6000
Vacation Watch	281-290-2100

CHURCHES

Christ Church Houston Northwest	281-304-7228
Christ the Redeemer Presbyterian Church	281-357-8880
Community of Faith	832-875-2520
Christ the Redeemer Catholic Church	281-469-5533
Fairfield Baptist Church	281-373-5446
Fairfield Church of Christ	281-373-1900
Fairfield Family Church	281-256-0031
Fountain of Life Fellowship	281-373-9337
Good Shepherd United Methodist Church	281-373-2273
Harvest Bible Church	281-304-1441
Messian Lutheran Church	281-890-3013
Saint Aidan's Episcopal Church	281-353-3203
The Fellowship at Fairfield	281-923-5130

COMMITTEE NUMBERS

Crime Watch Chairman: Freeman Martin	freemanmartin@houston.rr.com
Fairfield Area Swim Team: Carla Tharp	281-373-3955
Fairfield Women's Club: Lisa Cannon	281-373-1969

Security Coordinator:

NEWSLETTER COMMITTEE

Holly A. Reichert	hreichert@houston.rr.com
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NEWSLETTER PUBLISHER

Peel, Inc.	info@PEELinc.com, 888-687-6444
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FAIRFIELD VILLAGE COMMUNITY ASSOCIATION

Resident Board Members:

Please remember that the resident Board Members are volunteers with families.

As a courtesy please communicate with them during reasonable hours.

Ed Hofer (Bradford Creek)	bradford.neighbor@hotmail.com
Pam Montgomery (Bradford Creek)	montgomeryatlaw@sbcglobal.net
Joni Seifert (Chappell Ridge, FF Village Community Assoc.)	281-256-2853
Kay Jukes (Chappell Ridge)	281-373-9301
John White (Chappell Ridge)	281-373-1223
John Hanes (Garden Grove)	713-431-2245
Donna Bonneau (Garden Grove)	281-304-7294
Carol Therriault (Garden Grove)	281-256-7884
Robert Nichols (Inwood Park)	Susan.nichols@yahoo.com
Alex Griffith (Inwood Park)	281-304-4026
Eric Marsh (Inwood Park, FF Village Community Assoc.)	281-304-7664
Terry Noe (Inwood Park, FF Village Community Assoc.)	281-213-8780
Mary Goins (Lakes of Fairfield)	281-256-1008
Chris Delahoussaye (Lakes of Fairfield)	281-304-9112
Rick Todd (Trails of Fairfield)	281-304-1741
Ken Heil (Trails of Fairfield)	281-256-2093

Friendswood Development:

Tim Fitzpatrick (Bradford Creek, Chappell Ridge, Garden Grove, Lakes, Trails)	281-875-1552
Tommy Weaver (Bradford Creek, Chappell Ridge, Garden Grove, Lakes, Trails)	281-875-1552
Nan Peavey (Bradford Creek, Chappell Ridge, Lakes)	281-875-1552

GOVERNMENT/STATE NUMBERS

Courthouse Annex	281-859-0685
Driver's License	713-681-6187
Post Office	281-373-9125
Voter Registration	713-224-1919

MISCELLANEOUS NUMBERS

A.M.I (deed restrictions, etc.)	713-932-1122
Cecelia Panzineti, AMI Onsite Manager	281-256-0065
Community Meeting Room	281-373-0834
Cy-Fair College	281-290-3200
Cypress Area Home Schoolers	281-890-3792
Fairfield Athletic Club (FAC)	281-373-0834
Fairfield Information Center	281-373-1177
Friendswood Development	281-875-1552
Harris Co. Library (Northwest)	281-890-2665
Harris Co. Animal Control	281-999-3191

Harris County Mosquito Control	713-440-4800
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SCHOOL NUMBERS

Ault Elementary	281-373-2800
Bus Information	281-897-4380
Cy-Fair Administration	281-897-4000
Cy-Fair High School	281-897-4600
Goodson Junior High School	281-373-2350
Keith Elementary	281-213-1744
Spillane Middle School	281-213-1645

UTILITY NUMBERS

ENTEX (gas)	713-659-2111
Centerpoint Energy (Electricity)	713-659-2111
Southwestern Bell (phone)	713-638-7000
ST Environmental (Sewer/water)	281-398-8211
Time Warner Cable	713-462-9000
Waste Management (trash)	713-686-6666

Choose & Cut Your Own Christmas Tree

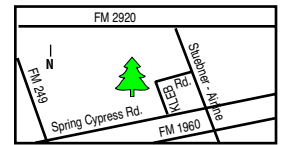


**Old Time
Christmas
Tree Farm**

281-370-9141

Open Daily After Thanksgiving
9AM - 6PM

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*** TURN ON KLEB RD ***
7632 Spring Cypress Rd.

Train Rides, Giant Slide, Santa, BBQ: Sat. & Sun Only!

For more info. & directions: www.oldtimechristmastree.com

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- Friendly, Caring Professional Staff

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Wed. & Sat. 8AM-12PM

*** Early Morning Drop-off Mon-Fri 7AM**



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Sandra Harris, DVM**



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Texas Association of Builders



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Machrowicz Team?*

- *Fairfield's ONLY on-site Real Estate office*
- *Open 7 days a week (excluding holidays)*
- *We can provide you with a FREE market analysis*
- *Don & Jeanne each have over 30 years experience in real estate.*

- *Let our team concept work for you*
- *24/7 exposure to potential buyers by marketing your home on multiple websites*
- *Flexible commission plans*
- *Have the Don & Jeanne Team market your home TODAY!!!*



*The Don & Jeanne Machrowicz Team
would like to wish everyone a
Safe and Happy Holiday Season.*



Current Listings

20603 Flagstone Trail	5/6/4.5/3D.....	\$1,095,000
20419 Lake Spring Ct.....	5/3.5/3A	\$299,000
16314 Granite Park	4/3.5/2D	\$311,900
15214 Heather Mist.....	4.3.5/2A ...Pending ...	\$236,190
20811 Chappell Knoll.....	4/2.5/2DPOOL.....	\$219,900
20806 Magnolia Brook	4/2.5/2DPOOL.....	\$224,900
17211 Penick Rd.....	4/3.5/2.....Pending ...	\$199,900
11702 Canyon Vista	4/2.5/2A	\$179,900
15022 Grape Orchard.....	3/2.5/2A	\$179,790
15339 Court Amber.....	3/2.5/2A	\$154,900
15111 Stem Green.....	3/2/2A.....	\$143,245
3618 Emerald Bay.....	4/2.5/2A	\$142,900
19619 Tigris Springs.....	3/2.5/2A	\$140,500
20519 Bouganvilla Blossom	3/2/2A.....Pending ...	\$139,900
15404 Hillside Park Way	3/2.5/2A	\$139,900
15419 Hillside Park.....	3/2/2A.....	\$134,900

7702 Park Falls.....	4/2.5/2A ...Pending ...	\$132,900
19606 Plantation Grove	3/2/2A.....	\$114,000
26 Regency Ln	4/2.5/2A	\$117,000
22106 Manor Estates.....	3/2/2A.....	\$92,500
4427 Kacee.....	3/2/2A.....	\$91,500
3423 Creek Grove	3/2/2A.....	\$86,500
742 Pine Ave	3/1/1A.....	\$55,900

Current Rentals

15404 Hillside Park Way	3/2.5/2A	\$1,350
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**In the Fairfield Shopping Center opposite
the Shell Station on Mason Road**

Office (281) 373-4300

Open 7 Days a week

Thank you! To our customers & friends who
have helped make The Don & Jeanne Machrowicz Team the top selling agents in Fairfield.

**Jeanne Machrowicz LISTED & SOLD more homes
in Fairfield in 2005 than any other agent!!
Put Fairfield's top real estate team to work for you!**

FAIRFIELD COMMUNITY GAZETTE Procedures for Submitting Articles & Personal Classifieds

If you would like to submit an article and/or personal classified ad(s) for publication in the Gazette, please follow these guidelines:

Articles, personal classified ads (limit 30 words), questions regarding regular columns and teen job postings (i.e. additions, deletions, changes) must be submitted to the editor, Holly Reichert, via e-mail at hreichert@houston.rr.com.

Please submit all articles and personal classified ads in Microsoft Word only. Photographs and graphics must be submitted as a jpg, tif, or wmf file.

The deadline for submission of articles and personal classified ads is by the 10th of each month; your article and/or ad will appear in the following month's Gazette. In order for the Gazette to be delivered on time the submission deadline date will be strictly adhered to and no articles and/or personal classified ads will be accepted after the 10th of each month.

ALL ARTICLES AND/OR PERSONAL CLASSIFIED ADS
MUST GO THROUGH THE EDITOR.
PLEASE DO NOT CONTACT THE PUBLISHER DIRECTLY.
*Articles submitted directly to the publisher
will not be accepted or published.*

If you would like to submit or have questions regarding business advertising and/or business classified ads, please contact **Peel, Inc. Sales Office** at 888-687-6444 or via e-mail at advertising@PEELinc.com.

Thank you, Holly A. Reichert, #281-304-9956

Pet Corner

My name is Susan Locke, and I am the Lost and Found Pet Coordinator for Fairfield. I am a contact for someone that has lost or found a pet and tries to match the two together. I am unable to pick up, deliver or provide medical assistance to lost, found or injured animals but try to help locate the dog or owner when they are lost.

Phone: 281-304-7231

<http://groups.yahoo.com/group/fairfieldpets>

~Your pet's ID tag is their ONLY ticket home!

~

* * * * *

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Mulch Installation (2 yds.)
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\$175.00
(bed cleaning extra)

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Security of Your Home with
Designer Landscape Lighting
Ask about our Free Demo!

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Commercial & Residential

Landscaping/Irrigation (Licensed Irrigator #8587)

Landscape Design & Installation * Sod & Mulch Installation
Seasonal Flower Rotations * Aeration * Bed Cleaning * Hedge Trimming
Flagstone Walkways * Rock Borders * Sprinkler Systems
Drainage Correction/Installation

Fertilization & Pesticide Application (State Licensed Applicator)

Spraying & Feeding for Lawn, Shrubs & Trees
Fire Ant Control * Tree Deep Root Feeding * Brown Patch Reduction
Ask about how our Insect-Nutrient-Disease program will fight the weeds
and lawn damaging bugs while providing a nutrient rich diet to thicken
and green up your lawn.

Tree Service

Tree Trimming * Removal * Installation * Stump Grinding



Local References - Possibly even one on your street!
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Fairfield Resident



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SECURITY REPORT



KEY SECURITY INDICATORS FOR OCTOBER

Burglary of Habitat (Incl. attached garage).....	2
Burglary (Non-residence).....	8
Burglary of Motor Vehicle.....	1
Theft.....	3

Summer Crossing:

- Complainant advised unknown suspect(s) took A/C copper tubing from five (5) constructions sites

Bakers Ridge:

- Complainant advised unknown suspect stole A/C copper tubing from constructions site.
- Complainant advised unknown person(s) stole A/C compressor from constructions site.

The Lakes:

- Complainant advised unknown suspect(s) stole a generator and lawn items from her detached garage.

The Crossing:

- Complainant stated an unknown suspect entered his garage and took his power tools without his consent.

Inwood Park Village:

- Complainant stated his vehicle was stolen from his driveway by unknown suspect(s).

Information Reports:.....	6
Forgery / Identity Theft:.....	0
Disturbances/Assaults:	4
Criminal Mischief:	2

SAFETY TIPS: *Holiday season is here. Be safe and drive carefully if you are traveling. Watch for suspicious activity while neighbors are traveling and houses are vacant.*

For a life threatening Emergency

CALL 9-1-1

For an after the fact crime...

Or to report suspicious activity...

Call 713/221-6000



Happy Holidays

The Smith Family

Need a break from the kitchen this season?

Appetizers and Desserts available for your holiday parties!

The holidays are so busy, it can be hard to make the meals you want and have time for fun with the family and friends. That's why Super Suppers is here to help. Pick and choose from our extensive list of menu items to create holiday feasts that are truly yours. It's easy. Just register online, call or stop by and you'll take home delicious pre-assembled entrées, sides and desserts. Cook them up whenever you need fresh, home-cooked dinners for your family. Create the meals you want and the holiday you deserve with Super Suppers.

- No appointments needed
- No minimum purchase required
- You assemble or we will
- Pick Ups - Grab-N-Go
- Holiday Appetizers & Desserts

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HAPPY HOLIDAYS



*All of us at Association Management, Inc.
(AMI) wish you and yours a safe, happy,
and healthy Holiday Season.*

Lynn, Harriet, Irma, Cecilia and Hellen



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Cell 281-389-5011

◆ **Fairfield Resident** ◆

ARCHITECTURAL APPLICATIONS

Now that the Holiday season is approaching, you may be considering making changes or additions to your home. Please be reminded that anything that alters the exterior aesthetic appearance of your home, i.e., basketball goal, play equipment (including trampolines), patio cover, storage building, satellite dish, etc. must have your Association's approval prior to construction or installation.

If you're building something that has a roof and/or sides, i.e., patio cover, storage building, you will need to include the following along with your application: materials including roofing, dimensions, height (measured from ground to peak), width and length, and a copy of your lot survey indicating the proposed location and a side view elevation drawing. Remember, metal, plastic, etc. are not permitted.

If you plan to install play equipment, please include a copy of your lot survey showing the proposed location, the dimensions of the equipment (height, width and length) and color of the tarp.

If you're painting your home, please include a sample of the color(s) you wish to use.

Basketball goals....include a copy of your recorded lot survey indicating the proposed location where you wish to keep the goal.

Keep in mind that installation/construction may not commence until you have received your Association's approval.

It's a real easy process and takes no time at all to adhere to your governing documents. You can apply by U.S. Mail, fax (713-932-6059) or email (ami@amitx.com) or via Fairfield Village's website www.fairfieldvillage.org – whichever is easiest for you. An application as well as your Governing Documents can be obtained on line.

If you have any questions regarding the process or what items to include with your application, please contact AMI at 713-932-1122.



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- ASE Certified Technicians.
- AAA Approved Repair facility.
- Shuttle Service to **Fairfield** and local area.
- Perform all Manufacturer Scheduled Maintenance.
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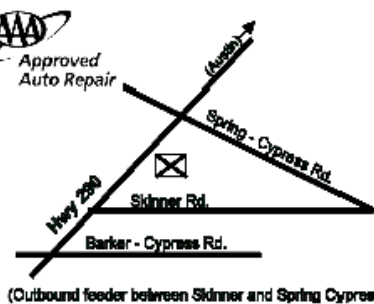
25440 Highway 290

Phone #

281-373-5000

Monday - Friday

7:00 am - 6:00 pm



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Most Insurance Accepted

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17333 Spring Cypress, Suite C

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HOURS:

M-T-W-F: 8:00 a.m. - 6:30 p.m.

Thursday: 1:30 - 6:30 p.m.






BYOB

APPETIZERS
 Bruschetta • Calamari Fritti
 Spinach & Artichoke Dip • Buffalo Wings

SANDWICHES
 Chicken Ranch • Greek Gyro • Turkey & Swiss
 Italian Club • Philly Steak

SPECIALTY PIZZA
 The King • Meat & Cheese Deluxe • Grace's Alfredo
 Chicken Vegetable • Nutty Chicken
 Margherita • The Italian Classic

PASTA ENTRÉES
 Ravioli • Chicken Parmesan • Baked Lasagna
 Chicken Piccata • Baked Ziti
 Eggplant Parmesan • Shrimp Scampi

DESSERTS
 Tiramisu • Chocolate Eruption • Cheese Cake
 Strawberry Cheese Cake • Caramel Turtle Cheese
 Cake • Large Homemade Baklava

FAMILY MEAL	FREE PIZZA
DEAL Two Medium 2-Topping Pizzas 1 Lrg Greek Salad & FREE 2L Coke only \$19.99 281-758-0300 <small>Limited time offer. Not valid with other offers or coupons. Must mention coupon when ordering.</small>	FREE Medium 1-Topping Pizza with the purchase of any XL Specialty Pizza at regular price 281-758-0300 <small>Limited time offer. Not valid with other offers or coupons. Must mention coupon when ordering.</small>

DINE-IN • CARRY-OUT



281.758.0300



24140 HIGHWAY 290 & BARKER CYPRESS

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STREET DRAINAGE

We've had some concerns raised about rain water not subsiding quickly enough and coming onto front lawns.

When storm sewers are planned, they are done so by Harris County standards and those design standards must be followed. Storm lines are designed for a two year storm event, whereas the channels are designed for a 100 year event. Once the water reaches approximately 6 inches above the top of the curb, the initial water has reached the ditch, allowing additional water to flow, thereby permitting the water to subside. The design of the storm sewers are to permit water to pond in the street, like a detention pond. Also, there are grills in the storm drains which are meant to catch debris that enters the drain and may sometimes impede the smooth flow of drainage. Please report anyone seen putting anything, grass clippings, etc. in the storm drains. For everyone's benefit, these drains must be kept clear of debris.

If your street drains particularly slow please report it to Severn Trent (281-398-8211) and ask that they check for items impeding drainage in your storm sewer.

TIFFANY NOLAN
 FAIRFIELD RESIDENT • BMA MARKETING



*Merry Christmas from
my family to yours.*

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Cy-Fair Volunteer Fire Department Station #7 News

Merry Christmas!

The members of Station 7 would like to wish you a Merry Christmas and remind you to be safe this holiday season. Unplug Christmas lights, or put them on a timer, so that they don't stay on overnight. Candles should be used with care making sure they are in stable holders and cannot be easily knocked down. Keep candles away from flammable objects and never leave the house with candles burning. Use caution when operating a fire place and never leave a fire unattended.

Cadet Class

Congratulations to Station 7 member Jeremy Cowan on his recent graduation from the Cy-Fair Volunteer Fire Department's Cadet Class. Jeremy attended cadet class every Monday and Wednesday night and all-day Saturday for the past three months. Graduation was held at Jersey Village Fire Department on Wednesday, November 8th. We look forward to running calls with him in the future. Great job Jeremy!

Station Elections

Station 7 held their annual officer elections in November. The membership of Station 7 would like to take this opportunity to thank last year's station leadership for all their hard work and a job well done. Thank you to: Mark Baker – Captain, Brian St. Jacques – 1st Lieutenant, Tim Green – 2nd Lieutenant, Matt DeLong – 3rd Lieutenant, Randy Corliss – Board Member, Paul Davis – Alternate Board Member, and B.J. Worster – Public Relations.

Membership Drive

Station 7 is actively seeking new members. Want to join us? Anyone interested in becoming a Volunteer Firefighter, EMT, or learning more about the department is invited to visit the station on any Thursday evening between 7 p.m. and 9 p.m. or check our website at www.cyfairvfd.org. No experience necessary.



CPR & First Aid Classes

Do you or a group that you're associated with need a CPR or First Aid Class? The Cy-Fair Volunteer Fire Department hosts these classes every month. The cost is \$20 each per person or you can take both for \$35. Courses include infant, child, and adult CPR, as well as obstructed airway and rescue breathing. For more information or to sign up for a class, please call the Cy-Fair Volunteer Fire Department Business Office at 281-550-6663.

On the NET

Did you know we have a website? Visit us in cyberspace at www.cyfairvfd.org. There's something for everyone including information about the department, becoming a member, upcoming events, and other useful items.

If you would like more information or have any questions, please contact Zach Ward, Station 7 Public Relations @ 281-352-9361.

Jones Road Tree Service

Trimming to Take-Downs

- Trimming • Removal of Debris • Stump Grinding Hedge Trimming
- Bonded & Insured Since 1987 –

10% Winter Discount with this Ad
Senior Citizens Receive an Additional 10% Off

Free Estimates Call David **281-469-0458**
281-703-5729 Cell







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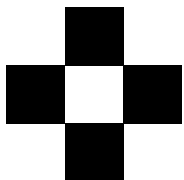
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Cypress Assistance Ministries

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Monday-Wednesday 10-6
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Christmas Room Now Open!



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Donations Welcome
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FAIRFIELD FAMILY PHYSICIANS

Trung Dinh, M.D.

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8:30 am - 5:00 pm

15201 Mason Rd. #1200

Voice: 281 373-0162

Friday

8:30 am - 2:00 pm

Cypress, TX 77433

Fax: 281 373-0765

Cesario Castillo, M.D.



*Specializing
in the care of
your family.*

PEDESTRIAN SAFETY

The driver should always pay special attention to the pedestrian and the bicyclist. However, there are certain safety rules which pedestrians and bicyclists should follow.

THE PEDESTRIAN (person on foot)

Laws and Other Safety Tips for Pedestrians

- Obey all traffic control signals unless you are otherwise directed by a pedestrian control signal.
- Do not cross the street between two intersections. It is dangerous to cross in the middle of the block.
- Use sidewalks when available, and do not walk/jog in the street.
- Walk/jog on the left side of the road if there are no sidewalks and step off the pavement when a car approaches.
- If you cross a street at any point other than within a crosswalk at an intersection, you (the pedestrian) must yield the right-of-way to all vehicles.
- If you cross a street without using a pedestrian tunnel or overhead pedestrian crossing which has been provided, you the pedestrian must yield the right-of-way to all vehicles.
- When crossing at a crosswalk, keep right if possible.
- Blind, partially blind, or disabled persons may carry a white cane while walking. **Others must not display such a cane on any public street or highway.**
- No person may stand in the roadway for the purpose of soliciting a ride, contributions, or business. A person may stand in a roadway to solicit a charitable contribution if **authorized to do so by the local authority having jurisdiction over the roadway.**
- Do not suddenly walk or run into the street in the path of a vehicle. These sudden actions may make it impossible for the vehicle operator to yield.
- **Wait on the curb**, not in the street, until the traffic signals change to green or read "Walk."
- Always wear white or light colored clothing, or carry a light or reflector when walking/jogging when dark.
- **Look both ways before crossing** the street and before stepping from behind parked cars.
- Be extra careful when getting off a streetcar or bus.
- Get in and out of cars on the curb side of the road when possible.
- Do not walk on a roadway when you are under the influence or consuming an alcoholic beverage. Alcohol is a contributing factor to pedestrian traffic crashes.
- If you see a pedestrian crossing or attempting to cross the street, slow down, use your horn if necessary, and be prepared to stop.
- Be alert to a pedestrian guided by an assistance animal or carrying a white cane. A driver shall take the necessary precautions to avoid injuring or endangering a pedestrian crossing or attempting to cross the street. The driver shall bring the vehicle to a full stop if injury or danger can only be avoided by that action. Remember, the white cane indicates the person may be blind, partially blind, or disabled.
- Watch especially for blind persons at bus stops, intersections, business areas, and near schools for the blind.
- Pedestrians should be aware that local authorities (cities, counties) may have ordinances that require pedestrians to comply strictly with the directions of an official traffic control (signals, signs, etc.) and prohibit pedestrians from crossing a roadway in a business district or a designated highway except in a crosswalk.

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The Fairfield Sports Page



FSA – SPRING 2007 BASEBALL and SOFTBALL INFORMATION

Believe it or not the upcoming 2007 spring baseball and softball season is just around the corner! While it seems as far from spring as possible, the growth of baseball and softball leagues, coupled with the attempt to finish closely to the end of May will have us registering in early January.

Recently, the baseball and softball committee met during their annual winter meeting in order to ready the association for the upcoming spring season. For the most part everything will stay consistent with last year in terms of the game schedules and length of season. A few modifications have been made in an attempt to more adequately finish the regular season and provide an end-of-the-season tournament for the competitive age divisions (t-ball is not considered competitive) in both softball and baseball. Knowing that weather readily plays into our ability to keep to our proposed schedule we will do our best to finish near the end of May as possible. This is something we strive for on a yearly basis, yet cannot guarantee it and some games may slip into early June.

For baseball, please be reminded that the FSA does not offer a 13/14 year old age division. In addition, a child **MUST** be 4 years of age by April 30, 2007 in order to play instructional t-ball (no 3 year olds will be accepted).

For softball, we are excited about the growth and have reached a point of realignment and expansion of our older age divisions to better accommodate the development of our players. This year we will offer the Sweetees (5/6 t-ball), Darlings (7/8 coach pitch), Angels (9/10 modified kid pitch) and Ponytails (11-13 kid pitch).

A gentle reminder that the below dates, outside of the registration days, represent our planned calendar, yet can take a slightly different form due to a variance in registration numbers or inclement weather causing delays to the schedule. Please look to the website for the registration form, closer to the time of registration.

Spring Registration: January 6 and January 13
(look to website for location details)
Coaches Meetings: Week of January 15
Tryouts / Drafts: Week of January 22
(no tryouts or draft for any t-ball divisions)
Practices Start: Week of January 29
Games Start: Week of February 19
Opening Ceremony: February 27
Season End: Last week of May / first week of June

Please note that late registrations will not be accepted via e-mail, voice mail or through the recreation center this spring. There will be a one-time late sign-up date published on the website to handle all late registrations and after this date, NO further registrations will be accepted (late registrations based on availability, not guaranteed). Unfortunately, our size has dictated a more strict approach to this in order to handle all of the administration duties and preparation necessary to start the season.

In addition to the season schedule, there are not many changes to report in terms of the baseball/softball association for the upcoming season.

⇒ From a facilities standpoint most of the major capital improvements to our grounds were completed last year (new field, irrigation, sod work, bleachers, and scoreboards, etc.).

⇒ Practices at the time of this insert will be held at the Cypresswood Practice Facility as well as the "Hill" at the recreation center grounds and possibly one of the elementary schools.

⇒ No major changes were enacted by Dixie Youth for the baseball age divisions that are a part of this affiliation.

⇒ At the conclusion of this past year, there were some inquiries as to whether the baseball committee was considering a change of their affiliation from Dixie Youth to Little League. The short answer is that a subcommittee was formed and did have a fact-finding meeting with Little League, yet no changes are in place for the upcoming season, nor are any planned for the immediate future. This is a much more complex issue than what the surface level may appear and the affiliation issue in general requires a much more thorough study.

Lastly, I remind everyone to find a way to take part in your association. We are a volunteer organization and have jobs ranging from field maintenance to concessions duties that simply take people in order to provide the best facilities, amenities and baseball league for our children. I urge you to familiarize yourself with the Baseball Committee via our website and reach out to them to see how you can help. If you are interested in becoming a part of our association, please contact a baseball or softball committee representative! One of the growing activities is to become a part of our nightly field maintenance program (The Llamas)...it is a great way to help, plus get to know some folks and most of all assist in providing the best fields around!

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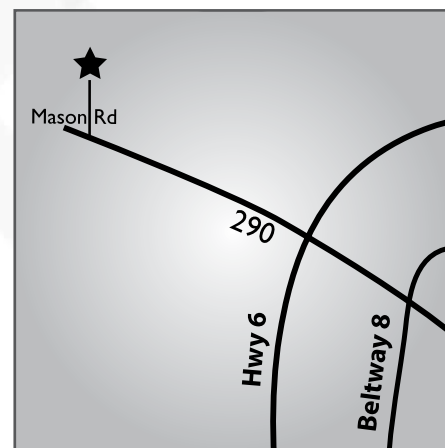
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A beautiful day in the neighborhood!

On Saturday morning, October 28th, approximately 170 runners, walkers, **and** those lucky enough to be pushed in a stroller hit the beautiful trails of Fairfield in the Fairfield 5K for Life benefiting the Leukemia & Lymphoma Society. This year's event raised more than \$8,000 for the Society's fight against leukemia and other blood-related cancers.

It was a perfect day for a jaunt around the hike and bike trails of Fairfield. The temperature was in the upper 50s, not a cloud in the sky, and a cool breeze to keep the runners and walkers from working up too much of a sweat.

"I can't believe you all are lucky enough to live out here," said Brandi Chapa, Northwest Houston resident and area runner. "This place is beautiful."

Runners and walkers from all around the Houston area began the 3.1-mile race at the Fairfield Athletic Club, onto the hike and bike trails going around Bradford Lakes, down the trails alongside Ault Elementary, under the bridge at Mason, and then around the lake on their way back to the Athletic Center. Just before mile marker 2, National Honor Society kids handed water to the thirsty runners and walkers as they passed by. People from the Woodlands, Kingwood, and Sugar Land **made** the drive to participate in the family event.

Pushing a stroller with two good-sized toddlers in it, Daniel Lawton still took first place in the men's division with a time of 19 minutes, 18 seconds.

"I had a terrible time staying out in front of him," said Jeanie Stahl, the lead cyclist about Daniel. "I kept hearing his footsteps right behind me and had to keep pedaling hard so he wouldn't catch up with me. And he carried on a conversation the whole time with the kids in the stroller!"

Daniel's brother Mark Lawton followed in second place with a time of 20:02 and Carlos Concha took third in 24:37.

First place in the women's division was taken by Sarah Spence with a time of 24:55. Rosa Shalang came in second at 25:47 and Shilo Duvall was third finishing at 26:27.

Following the race the crowd congregated in front of the Athletic Club to enjoy refreshments, raffle prize drawing and a costume contest. All items were donated by local area businesses.

This charity event **would not** have been possible without the generosity of the following sponsors. A heartfelt THANK YOU goes to the following businesses for their generous cash donations:

Friendswood Development
Bark Busters Home Dog Training
Dawn Fore – REMAX Professional Group
Dr. Eric Miller, DDS
Cy-Fair Credit Union
State Farm – Mark Adkins
Fairfield Chiropractic
Texas Boys Balloons
Ocean Blue Pools
Kids R Kids – Fairfield

And THANKS to these following businesses for donating food, awards and raffle items:

Great Clips – Fairfield
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Lisa Willmon – Usbourne Books
Nestle's Tollhouse
EJ's Pizza
TerreVerde Country Club
Merry Makers
Kim Schneider – Massage Therapist
Photos by Laurie
Diana Blackshear – Southern Living at Home
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See Race Pictures on the next page!

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This is not a solicitation of currently listed properties.

MOVIE UNDER THE STARS!

“Movie under the Stars” was another huge success!
It was an enjoyable and fun-filled evening for all.

The FWC would like to thank the following for all their help and support with helping to bring Movie Night to our community:

Friendswood Corporation

AMI

Cy-fair High School Key Club Volunteers

Nestle Tollhouse

Gambino's Pizza

Fairfield Dance Center

Konica Minolta

Cinemark Theatre

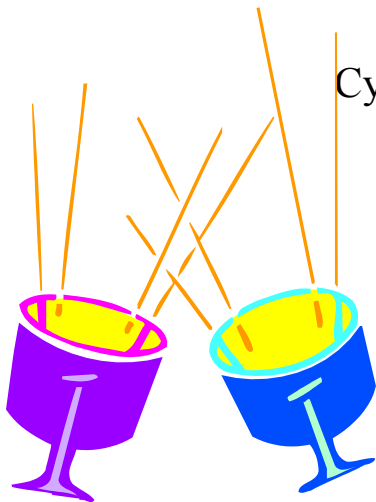
Jean Megahan Photography

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And of course to the fabulous FWC volunteers and their honey's!



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Honorable Mention: 15815 Crooked Way South

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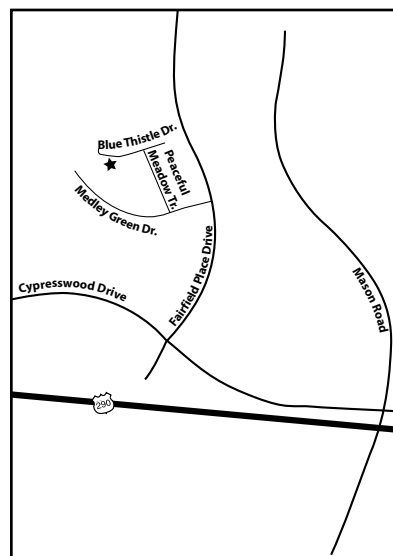
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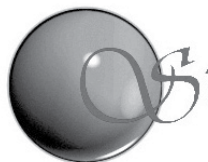


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Dental Tip of the Month.

Gums Receding and Causing Sensitivity?

Dear Friends,

First of all, we want to wish you the happiest of holidays and seasons greetings.

I believe to make the world a better place, we all need to take some time out to help those less fortunate than us. Even small good deeds add up, so I encourage all to open up your hearts and take an opportunity to make a difference.

Some basic advice from Dr. Sundrani:

Do not share toothbrushes with anyone. Bacteria and diseases can be transferred to those sharing the toothbrush.

Store the tooth brushes upright, and make sure they don't touch other toothbrushes when stored.

Do not store the toothbrushes in a closed container. This, over the long run, harbors bacteria.

Replace toothbrushes every 3 months and for children, more often because the bristles get worn real easily. Once they are worn, they do not clean effectively.

If you are sick and using a tooth brush, change it out immediately as you get better.

In the mean time, if you have any dental related questions, please email me at sundranids@yahoo.com, and I will happily respond to your inquiries.

Your dentist,
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The
Fairfield Women's
Club
Wishes Everyone
a Safe and
Happy Holiday
Season!



**Due to the holidays,
we will not have a
membership meeting in
December.**

**We look forward to seeing
all of you
next year at our
January 2007 Meeting.**

Fairfield's Fun-Loving Over Fifty Group The Fairfield Seniors

The Seniors of Fairfield is an active, fifty plus, fun-loving group of couples and singles who enjoy fellowship, monthly trips, and various activities together. If you or your spouse are fifty or older, a newcomer to Fairfield Village or have lived here in Fairfield for some time, but have never attended one of our functions you are cordially invited. Come and be a part of our fun-loving group, were sure you will enjoy it.

UPCOMING TRIP PLANS:

Saturday, January 20th: Theater Trip **Thursday, February 15th:** Texas City

DECEMBER ACTIVITIES PLANS:

Thursday, December 14th: Our annual Christmas "Gift Exchange" Pot Luck at the Lakeside Trails Club House. We start around 6:30pm. However, plan on being there early for some socializing and fellowship. The club will be providing the meat dish, pork loin and turkey. Just bring a salad, side dish or desert to go with the meal.

Each person attending this pot luck brings a gift (around \$15.00) ladies bring a women's gift and the men bring a man's gift. Then after our meal, everyone draws a number. The first person whose number is called will select a gift from their gender's gift selections. They then open and show it to everyone. The following attendees when their number is called will then have a choice, either select a gift from the unopened gifts or take one from someone. A gift can only be taken twice. If the gift you selected is taken, you then have a choice, either select or take. This continues to everyone has a gift. It's an enjoyable evening.

Tuesday, December 19th: Game Night at the Cooks' starts around 6:30pm. Directions are posted on the Activity details page of our web site. Directions will also be in our December 17th weekly planner. This is always a fun night with great fellowship. Just bring a little snack.

Monday, December 25th: Merry Christmas

Thursday, December 28th: Game Night at Lakeside Trails Club House starts around 6:30pm. There is plenty of room at the club house, and we would like to see you there to enjoy an evening of games and fellowship. Just bring a little snack and have some fun.

Sunday, December 31st: Our annual New Year's Eve Social at the Lakeside Trails Club House from 8 pm to 1am. Additional details will be provided in the weekly event planners and on our web site.

For more information on all activities other than trips:

Call Mary Lou Cook for more details at 281-304-8359

We recommend that you check our web site regularly, to get the latest information. Things often change from the time this article must be submitted and when you receive your copy of the Gazette.

www.fairfieldseniorsgroup.com

FAIRFIELD SENIORS WEEKLY PLANNER:

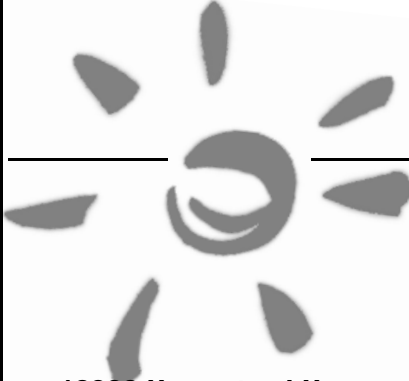
A planner each week is emailed to our members and others who have requested it. It provides updated information and any changes from what appeared in the Gazette. We also include member birthdays, prayer requests, a contest, along with other news, and items of interest. If you would like to receive this weekly email, send your email address to: **FairfieldSeniors@houston.rr.com**

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MOMS (Moms Offering Moms Support) Club is a support group for all moms who make the important decision to stay at home to raise their children so whether you are expecting your first child or are a veteran mom with school age kids there is sure to be something of interest in our group. The MOMS Club of Cypress NW-Fairfield serves the entire Fairfield subdivision in Cypress. Interested moms who live outside Fairfield please visit www.momsclub.org.

The MOMS Club has numerous activities including playgroups, baby-sitting co-op, Moms Night Out, coupon swap, cooking and crafts.

Our next monthly all-member meeting will be held at Good Shepherd United Methodist Church located on Cypresswood Drive in Fairfield on the second Tuesday of the month at 10:00 AM.

For more information please contact Carissa Thompson, Membership VP at 281-256-6204 or email carissalt@sbcglobal.net with MOMS Club in the subject line.

*We are happily welcoming new moms at each meeting,
hope to see you there!*

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Cypress Business Networking Group

The Cypress Business Networking Group meets every Thursday morning at 7:30 am at Capital One located at Hwy 290 & Spring Cypress in the Target Center. The group is open to all business owners and professionals who want to increase their exposure to the residents and business owners of Fairfield and the surrounding area. There is no fee to join the group. If you would like more information, please call Ken Parker at 281-894-1957.

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...because mothering matters

Register now for MOPS (Mothers of Preschoolers)! Pick up your registration packet in the office at Good Shepherd United Methodist Church in Fairfield. MOPS will meet on the 2nd and 4th Friday mornings of the month during the 2006 – 2007 school year. MOPS is a great place to meet other moms with young children and develop new friendships. Please contact Renate Wheeler at 281-246-4396 or renateqw@entouch.net with any questions.

Calling all Tri Deltas!

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Our members range from sporadic to avid readers. We meet the 3rd Wednesday of each month from 7:00 p.m. to 9:30 p.m.(ish) to share food, drinks and, of course, conversation.

If you are interested in joining us or would like more information, please contact Linda Locke at 281-304-8011 or Linda15226@yahoo.com.



American Legion Post #324

Looking for new members!

If you are a Veteran of the U.S. Army, U.S. Navy, U.S. Air Force, U.S. Marines, U.S. Coast Guard, or Merchant Marines you may be eligible to join.

American Legion Post 324 of Jersey Village meets the second Sunday of each month (except May when it's the third Sunday) at the Jersey Village Civic Center at 4:00 p.m.

Please come to the meeting or contact the Post by mail at P.O. Box 41962, Houston TX 77241 or call Commander Howard Mead at 713-466-3610.

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Cy-Fair Kiwanis Club

CHILDREN: PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club, an affiliate of the International Kiwanis organization, will focus its services, programs and activities on this theme as it moves into its new year. Officers elected to serve for 2006-2007 are Terry Ortiz, president; David Paul, vice-president; George Crowl, secretary; Jim Meadows, treasurer and Steve Gleinser, immediate past president. Peggy Presnell, Andria Vickery, John Carroll, and John Overton will serve on the Board of Directors.

In December, the Club is collecting canned goods and money at the monthly meeting for distribution to families for Christmas dinner. Members, bring your contributions each week. Donations received will be donated to the Cypress Assistance Ministries and the Bear Creek Assistance Ministry for distribution.

The Club meets three times a month at the Hearthstone Country Club in Hearthstone from 12:15 p.m. to 1:15 p.m. for lunch, fellowship, and programs including guest speakers on subjects of concern to the community and individuals. We invite you to visit with us and learn more about our organization (cost of lunch is

\$10). Reservations are not required. Meeting dates for December are the 12th and 19th. No meeting will be held on the 5th.

Membership in Kiwanis is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International. If you would like to know more about Kiwanis and the service programs it promotes, call John Carroll at 281-463-0373; George Crowl at 832-467-1998; or Peggy Presnell at 281-304-7127.



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Little Lambs MDO & Preschool

All the Little Lambs students and teachers had a great time celebrating the wonderful season of fall. All our little "Pilgrims and Indians" celebrated Thanksgiving with a yummy feast.



Now all the pumpkins and turkeys are gone and we are seeing signs of Christmas everywhere around our school. The children are busy making all those cute Christmas crafts to share with their families. Our children are also preparing for their Christmas programs. They will be singing some of their favorite Christmas songs.

Registration for the 2006-2007 school year will be held the beginning of February. Watch for upcoming registration dates in the January Gazette or go to our website littlamlbsmndo.org for more information on our program and registration dates. Little Lambs Mother's Day Out and Preschool is a weekday ministry of Good Shepherd United Methodist Church serving children 18 months of age to 5 years. We have a four day Bridge program for 5 year-old children not going to kindergarten in the fall. If you need more information, please visit our website or call us at 281-373-0052.

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Amegy Bank "Adopts" Frazier Elementary

Sherrie Webb, VIPS Publicity Chair

Cy-Fair ISD celebrates a new partnership with Amegy Bank. The wonderful people at Amegy have "adopted" Frazier Elementary school. Many Amegy Bank employees have been attending Cy-Fair district volunteer trainings so they are able to present Junior Achievement to students and also serve as mentors at Frazier. In addition to the bank employees giving their special gift of time, they are also providing the school with support and resources that are making a positive impact with students and staff.

This is the first time that Amegy Bank has "adopted" a school and the first time Frazier has ever been "adopted" and the people in both organizations are smiling about this great first experience! Frazier Elementary and Cy-Fair ISD are proud to welcome Amegy Bank as a partner in our district.

If you or someone you know is interested in becoming a business partner and making a difference in Cy-Fair ISD, please contact Pam Scott, Director of Partners in Education at 281-894-3950.

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Join Cypress Christian Students and Support Your Local Food Bank



When the "emergency" call came from Cypress Assistance Ministries, Cypress Christian School employees and students went to work collecting food for needy families in the community. During the month of October, elementary students contributed cereal and jelly while secondary students contributed canned meats, fruits and vegetables as well as soup and pasta.

The relationship between Cypress Christian School and Cypress Assistance Ministries (CAM) began many years ago and continues to this day. We have partnered to help meet the needs of families in crisis due to illness, job loss or other circumstance. Last fall, Cypress Christian participated in the effort to provide for Katrina families; and over the 2005 holidays, CCS hosted a food drive to stock the pantry at CAM.

Again this holiday season, CCS employees and students plan to contribute food items such as turkeys, canned goods, non-perishables, toiletry items, diapers, formula and more to meet the needs of those in the Cypress area. We urge you to join the effort to ensure that men, women and children in the Houston area do not go without. Please consider giving to your local food bank this season and beyond! You'll put smiles on many faces!

Cypress Assistance Ministries is located at 11202 Huffmeister and accepts donations from 10:00 a.m. - 6:00 p.m., Monday through Wednesday and 10:00 a.m. - 3:00 p.m., Thursday through Saturday. If you need to speak to someone about donating, please call the Assistance Office at 281-955-7684.



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CUB SCOUT PACK #1533 POPCORN SALES CHAMPIONS

Pack #1533 from Ault Elementary School has been busy with their Popcorn Sales Fundraiser. This year, Pack #1533 set a new Rising Star District Popcorn Sales Record, with sales totaling over \$23,000.00! Now that is a lot of popcorn!

This year, 100% of the Pack participated in the sale, therefore earning the Scouts a Blue Bell Ice Cream party. Congratulations to all the Scouts for their sales.

Special recognition goes out to the Top Sellers for Pack #1533:

Edwin DeCora, Webelos Den #3:	\$12,009.00
Brandon Lord, Bear Den #4:	\$ 1,523.00
Joey Grimm, Tiger Den #8:	\$ 746.00

Congratulations to these boys for their hard work and dedication.

Proceeds from the Annual Popcorn Sale benefit the Pack by providing much needed funding for the many activities enjoyed by the Scouts throughout the year. It is only with through the generosity and support of the Fairfield Community, family and friends that Pack #1533 continues to achieve such success. Thank you to all whom graciously purchased popcorn from the boys.

The Pack also wants to thank Angela Morgan, "Popcorn Kernel", and her assistant, Bern Lord for their hard work and dedication to making this fundraiser a huge success.

It's not all work for the Scouts of Pack #1533. On December 1st, the boys celebrated with the Annual Christmas Party and Hayride. Again this year the event was held on the grounds of Good Shepherd United Methodist Church. The festivities included hot dogs, hot cocoa, campfires, and a Christmas Caroling "hayride" through the Fairfield neighborhoods. Of course, no Christmas Party would be complete without a visit from the Jolly Ol' Elf himself—Santa Claus. He even brought gifts for the Scouts and their siblings.

Upcoming events include:

January 19, 2007	Pack Meeting
January 26, 2007	Pine Wood Derby
February 24, 2007	Blue & Gold Banquet

What a great time to be a Cub Scout! It's not too late to join the fun. Every boy is welcome; regardless of what school he attends. If you know of a boy (1st grade through 5th grade) who may be interested in Scouting, please feel free to contact Cubmaster, Ryan Potter at anpotter@ev1.net or Pack Committee Chairman, Tom Huber at tomh@td-specialty.com for more information. Be sure to check out Pack #1533's website at www.pack1533.org for more news and great photos. It is a great time to be a Cub Scout, especially in Pack #1533.



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Boy Scout Troop 533 Annual Fertilizer & Mulch Sale



Be on the lookout for the Boy Scouts of Troop 533 from Fairfield in early January. They will be calling on area residents to sell high-quality mulch and fertilizer. Orders are taken in January and the products will be delivered to your door on Saturday, February 24, just in time for spring in Texas!

If you have any questions or would like a Scout to call on you, please send an email to fertilizer@troop533.com or contact Ron Morrison at 281.304.9270 or Mark Doyle @ 281.373.9579 and they will make sure a Boy Scout visits you!

*Thank you Fairfield residents,
for your continued support of Boy Scout Troop 533.*

The proceeds from the sales are used to help the boys earn their way to summer camp/winter camp and to help buy troop equipment.

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I would like to thank all of my Fairfield neighbors for their support and generosity during the Holiday Season. Please consider donating to Toys for Tots for those children who need help this season.



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Cypress Assistance Ministries Volunteers Needed

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Angels' Attic Christmas Room

Quality items at discount prices abound in the *Angels' Attic Christmas Room*. The shelves in the Christmas Room are being restocked daily with dated Christmas ornaments, collectibles, Christmas clothing for adults and children, gift items and home accessories. Shoppers eagerly await this exciting shopping experience. Proceeds from purchases at Angels' Attic benefit the ministry services and Food Pantry at CAM.

The Food Pantry

Christmas Food Baskets are being prepared for CAM families. To complete the food baskets, donations of the following would be greatly appreciated.

- Stuffing mix
- Boxed potatoes
- Canned sweet potatoes
- Cranberry sauce
- Cold cereal
- Evaporated Milk

Angel Tree at CAM

The Angel Tree, an annual Christmas tradition at CAM, went up November 17. Each angel represents a 'wished-for' Christmas gift for a child hoping for a Merry Christmas. Please make The Angel Tree part of your family's Christmas tradition by selecting an 'angel' and bringing the new, unwrapped gift to CAM by December 15, 2006.

Cypress Assistance Ministries (CAM), located at 11202 Huffmeister, exists to provide a safe place for individuals or families to tell their story and be offered some measure of hope during difficult times. For a description of all our services please see our Web site, www.cypressassistanceministries.com

Donations to Cypress Assistance Ministries can be made Monday through Wednesday from 10AM – 6PM and Thursday through Saturday from 10AM – 3 PM.

If you need further information, please give us a call at 281-955-7684 and ask for Kelly or Lisa.

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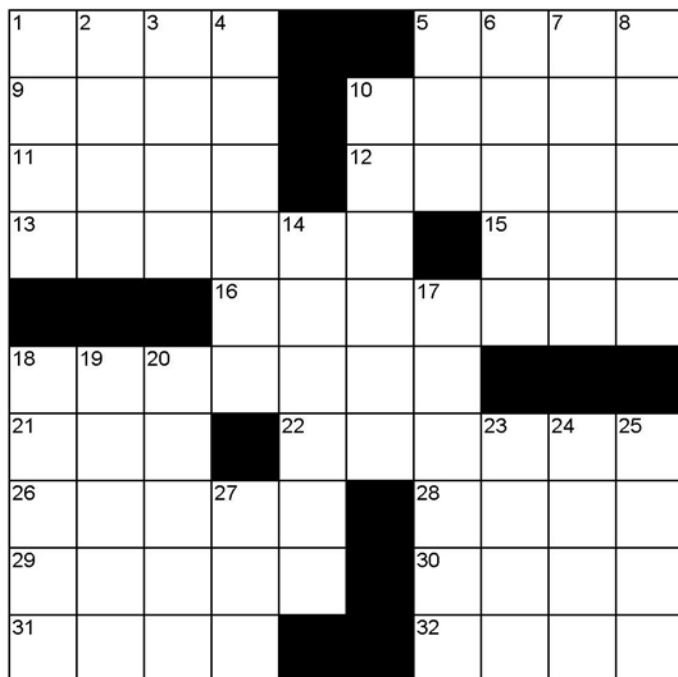
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Crossword Puzzle



ACROSS

1. Abbreviate (abbr.)
5. Mom
9. Rubber cement, for example
10. Confuse
11. Snaky fish
12. To that time
13. Residential district
15. East southeast
16. Freedom
18. Firearms
21. Extra-sensory perception
22. Group of four
26. Ooze
28. Move gently
29. Singing voice
30. Level
31. Sulk
32. Marrow

DOWN

1. Gets older
2. Type of cheese
3. Flower start
4. Ensur
5. Males
6. Not before
7. Slightly wet
8. Awry
10. What a gum chewer blows
14. Troublemaker
17. Believe
18. Vermin
19. Small island
20. Chine
23. Praise
24. Afloat
25. Indent
27. Cut grass

Solution on Page 60

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	OCTOBER						
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	30	31					

Cryptogram

A cryptogram is a puzzle where a sentence is encoded by substituting the actual letters of the sentence with different letters. The challenge of the puzzle is to 'decode' the sentence to reveal the original English sentence. We have provided a few of the decoded letters to help get you started.



Hint: An age old quote from Herbert Henry Asquith...

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
				E				O						J											

$\frac{O}{F J P T U}$ $\frac{O}{Y J P A V}$ $\frac{E}{N E}$ $\frac{B X}{O V E B A}$ $\frac{E}{H T B T E}$
 $\frac{I}{O W}$ $\frac{I}{O T}$ $\frac{E}{C B K E}$ $\frac{B}{A O T T A E}$ $\frac{E}{A B T E I}$
 $\frac{I}{O X}$ $\frac{I}{A O W E}$

Solution on Page 60

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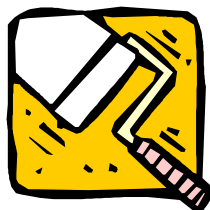
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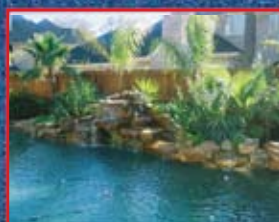
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Harvest Bible Church

Did You Know? The term “fellowship” is used often in churches. We get together for a planned fellowship (a noun), we have fellowship (a verb), we go fellowshiping (a participle) and we even name our buildings “Fellowship Hall.” Most often the term is used to signify people getting together to talk, relax, play sports, or eat meals together. But as enjoyable as these kinds of events can be they are not a reflection of what true biblical fellowship really is.

The New Testament was originally penned in Greek, yet nowhere in the Greek text do any of the Greek words translated “fellowship” ever involve fun and games. What they do involve is participation in something spiritual. In 2 Corinthians 8:4 the Greek term is used in relation to participating in giving financial relief to other Christians. The book of 1 Timothy says as much in 1 Tim. 6:18 when it speaks of being rich in good works and showing generosity in giving financially ready to “share” (fellowship).

The Apostle Paul thanked the Philippian Christians for their “fellowship in the gospel” (1:5) because they were participating with him by continuing to preach the gospel – even though Paul was in prison for preaching Christ at the time (1:7). So it appears that the kind of fellowship Paul spoke of in this context, namely preaching Christ, was the kind that brought severe persecution. Now that’s a far cry from church members playing softball together!

It is the Christian’s responsibility to imitate Jesus Christ’s humility and his self-sacrificial love (Philippians 2:5-8) through the “fellowship of the Spirit” (Philippians 2:1). This kind of fellowship concerns a common participation in the fruits of the Holy Spirit which are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Gal. 5:22-23), and these can be shared together in many contexts. When is the last time you had fellowship in your church regarding those nine traits?

Christians have the incredible privilege of knowing in some small way the “fellowship of Christ’s sufferings, becoming like him in his death” (Philippians 3:10) by simply humbling ourselves as Christ did and taking up the nature of a servant in order to glorify God. We also have that same privilege in the mystery of the Lord’s Supper (Communion). The Apostle Paul said, “The cup of blessing that we bless, is it not participation (fellowship) in the blood of Christ? The bread that we break, is it not participation in the body of Christ?” (1 Cor. 10:16). So the Lord’s Supper – eating together with other Christians and remembering the death of Christ – is true fellowship. What a travesty for Christians who never attend church or participate.

The Bible is clear as to what true fellowship is. It ought not ever be taken lightly or misunderstood. Biblical fellowship should always be accompanied by Bible teaching, submissive prayer, and even ministry to the poor (Acts 2:42-47). When it was done this way in the early church God brought the church into great favor with the community around them, and He added to the church people in great numbers (Acts 2:47). Apparently good fellowship also works evangelistically because people take note. They can’t help but to.

Biblical fellowship pleases God and adds new believers to the fold. Actually the answer to “How to Do Church” is wrapped up in one single passage: “And they devoted themselves to the apostles’ teaching and fellowship, to the breaking of bread and to praying” (Acts 2:42).

Harvest Bible Church is a conservative evangelical church where the Bible is not only believed but taught verse-by-verse. From the children’s Sunday School and Awana program (Sunday nights at 5:00) to the youth and adult classes which meet every Sunday and during the week. Web: www.harvestbiblechurch.net Phone: 281-304-1441.

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Fairfield Baptist Church

Children's Ministry:

A Star is born! You will enjoy and appreciate Christmas more when you celebrate Christmas at the MDO Christmas Program, December 14 at 6:30 pm. MDO Christmas parties are December 19. MDO Winter break runs December 21 to January 3. **God's Little Angels MDO** is a two-day a week preschool program. We offer Tuesday and Thursday classes from 9 am to 2 pm, August through May. For information about enrolling your child contact Jenny Cunningham at 281-373-5446 or jenny.cunningham@fairfieldbaptist.com.

KidsTown "Make It Happen" missions emphasis is going International in December! We are encouraging all our KidzTown Kidz to give in order to sponsor a child through Compassion International. (Compassion International is a Christian not-for-profit ministry dedicated to the long term holistic development of children in poverty) This project emphasis is to teach children, by example, a heart of compassion by investing attention, time and money into another child's life.

Join us for KidStuf each Sunday at 11:00 am in the Education building. KidStuf Live is a 45 minute weekly program that uses music, drama and storytelling to entertain and teach God's word. Everyone is welcome to attend; preschool children must be accompanied by their parent/guardian.

Want something different, less ho-hum and more hmmm?

Ladies Winter Bible Studies mini-mester "A New Creation"! Learn scriptures to prove our beliefs and to lay a firm foundation for our faith. Classes meet Tuesday Dec 5, 12, 19, Jan 9, 16 and 23 from 7-9 pm and Wednesday Dec 6, 13, 20, Jan 10, 17 and 24 from 9:30 am to 12:00 pm. Cost is \$6. Contact Cyndy for more information at gusbus@sbcglobal.net.

Financial Peace University orientation is December 10 and 17 at 5 pm for

our spring session. Classes begin January 7-April 1. Visit www.fairfieldfpu for more information.

Jazzercise Classes meet on Monday, Tuesday and Thursday evenings at 6:30 pm and on Saturday mornings at 9:15 am in the Education building. For more information, please call Kristine Lewis at (281) 855-8895.

Student Ministry '06/07 Winter Schedule: Sunday 9:45 am—Connection Group, 11:00 am—Worship, 5:00 pm—Free Shipping (student worship/study) begins 1.21.07 ; Wednesday 6:45 pm—Halftime in the Education Building

Winter Camp: Weekend retreat, designed for casual students to connect with God and others. All students 6-12 grade invited to attend. Begins Saturday, January 13-Monday, January 15, 2007. Cost \$110.00

BigStuf: Summer Camp, June 2-6, 2007, Panama City Beach, Florida... designed for all students that have completed 6th grade through 12th grade. Cost \$400.00. Reservations can be secured with your \$50.00 nonrefundable deposit...make checks payable to FBC. Contact vickie.brummett@fairfield-baptist.com for more information.

Services: Fairfield Baptist Church has **Worship Services** and Adult Community Groups at 9:45 and 11:00 am. Children's and Preschool age-graded Sunday school meet at 9:45 am. KidStuf Live! Children's church meets at 11 am for Kinder—Grade 5 and their parents. For Preschool at 11 am we have Lil'K/Nursery. Our Adult Community Groups meet both Sunday morning and off-campus throughout the week. Check our website for locations for times and locations.

Location: We are located at 27240 Hwy 290 between Mueschke and Mason Roads. Due to road construction check our website for current access directions. Visit our **website** for current information on all activities, directions, events and schedule updates at www.fairfieldbaptist.com. Check us out!

Our Vision

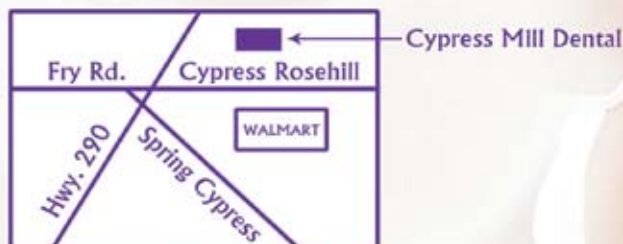
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FAIRFIELD COMMUNITY GAZETTE

Fairfield Church of Christ (Mason Road and Chappell Knoll)

"Discovering the Heart of Christ, in the Heart of Fairfield."

Thanks to everyone from the neighborhood who dropped by for our "Community Fall Festival." It was a great success and even bigger than last year. We also want to say a special thank you to the Cy-Fair Volunteer Fire Department for coming and giving of their time.

Each week good people just like you are coming and visiting our assembly and finding that the little church in the neighborhood is a warm place to worship and get closer to God.

We invite you to come to church this Sunday and join in on celebrating and adoring God almighty who has done, and will do, great things in the lives of believers.

Sunday mornings at 9:30am we have a special adult bible class entitled, *"The Answers to All of Life's Struggles."* We also have other Bible Classes for all ages taught by loving, well prepared, Christians utilizing the latest in educational techniques and the finest bible curriculums.

Worship is at 10:30am and each service is carefully thought out and planned by our worship ministry leaders. Every service is meant to bring glory to the name of Jesus and help each person realize how wonderful it is when you fall in love with Jesus as your savior.

At 5:00pm on Sunday evenings we have home Bible Study/Fellowship groups that study life issues and pursue the topic, *"How Do I Get Ready For Monday Morning?"*

On Wednesdays at 7:30pm- we Biblically explore, *"Becoming That Person You've Always Wanted To Be."*

We also offer free of charge in-home, personal, one-on-one Bible studies and for those who wish to study alone, Bible correspondence lessons as well.

If you have a prayer need of any kind please let us know by calling the church office or visiting our web site at www.fairfieldchurch.org. You may also call the church office and set up a time to come into our sanctuary for a personal time of prayer and reflection. We are available to meet your prayer needs 7 days a week, 24 hours a day, holidays and weekends included.

At Fairfield Church of Christ it is all about Heart.

(H)- Helping, everyone as Jesus would.

(E)- Encouraging, God's family through love and fellowship.

(A)- Adoring, the one true and living God in worship.

(R)- Reaching, out to others with the message of hope.

(T)- Training, God's people for greater service.

If you have any questions or we can help you in any way please call the church office at 281-373-1900.

Have a blessed day, Dr. Mike Lehew, Minister



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Good Shepherd United Methodist Church

Camp for Christ: Our youth will experience "Camp for Christ" as they gather donations and learn about the homeless on Saturday, December 2nd. Donations marked **CAMP FOR CHRIST** will be gathered in Fairfield, and then the youth will return to the church to sort and bag all donations. You are also welcome to drop off any of the requested items at the church on that day only from 12-4pm. Houston's Life Center for the Homeless has asked for a few specific items that you may be able to purchase. (Toilet paper, trash bags, plug-ins, food, men's underwear) They are also happy to receive coats, pajamas, and clothes for women, men, and children. The youth will spend the evening and night as a homeless person might with only the clothes on their back, a simple meal, and a box to sleep in, with only the heat from a camp fire. Please direct any questions to Jeff Dunbar.

Christmas Concert "Moonlight on the Manger": Come celebrate "Moonlight on the Manger" with Good Shepherd United Methodist Church. The concert will feature the Chancel Choir accompanied by the orchestra, and a festive set played by the popular Blue Grass band. The concert is free so arrive early for a good seat on December 15th at 7 pm. Come one come all to celebrate the birth of a child who changed the world!

Bethlehem Village: Now you can experience Bethlehem for yourself as you visit places Mary and Joseph visited before the birth of Jesus! This event is for the whole family to share in the sights, sounds and smells of that first Christmas Night. Come walk through the village, see the sights, taste foods of the day and hear the story of how Jesus was born in the Manger at Bethlehem. There will be craft fun for the kids, music, people in costume and a fun way to remember Jesus' birth and plan for your own family celebration at home. The fun will be on Sunday, December 17th, in the Gym.

Our Christmas Eve schedule will be as follows:

Saturday Evening, December 23rd – Advent IV

6:00 – Common Grounds in the Sanctuary

Come enjoy a coffee drink, hot chocolate, great music, and fellowship while sharing the joy of the season.

Sunday Morning, December 24th – Advent IV

9:45 – Traditional Worship in the Sanctuary

11:00 – Contemporary Worship in the Gym

Sunday Evening, December 24th – Christmas Eve

4:00 – Family Service in the Gym

This service is for families with children. We will share in the reading of the birth of Jesus and traditional Christmas carols that proclaim His birth.

6:00 – A Jazz Christmas in the Sanctuary

Familiar Christmas music set to a jazz beat brings new meaning to the story of the birth of Jesus. With readings for the season this service is both exciting and meaningful!

8:00 – Christmas with the Common Grounds Worship Band

Our Saturday Night Worship band brings an acoustic/contemporary flavor to our Christmas Eve Worship.

11:00 – Formal and Traditional Service in the Sanctuary

This service brings the powerful Christmas Message to a dramatic close in a formal style worship service with the tolling of Christmas bells at Midnight.

All of our evening services on Christmas Eve will feature Communion, Carols and the Candle-lit singing of "Silent Night."

Come Visit, Come Join, And Merry Christmas to All! Good Shepherd is located on Cypresswood, two blocks east of Mason Road in the Fairfield community. Call 281-373-CARE (2273) or visit www.goodchurch.us.

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FAIRFIELD COMMUNITY GAZETTE

Trinity Vineyard Church

Who are we?

We love Jesus. We are growing through study of the bible. We find life and purpose in relationships. We exist to pursue God in the company of friends.

What's Happening This Month?

Come join us on Sunday mornings for our holiday teaching series – The Gifts of Christmas. Each week we will look at a different gift that is offered as a result of the birth of Christ. Our children will be learning all about the birth of Jesus throughout the month of December, as well.

Celebrate Christmas Eve with us as we will have a candlelight worship experience with Christmas songs, reflections on the birth of Christ, and receive the Lord's Supper. This one-hour service will start at 6 pm.

Who is invited?

Imperfect people of all ages, backgrounds, and cultures are welcome to attend.

When are our Gatherings?

We meet on Sunday mornings. The morning service begins at 10:30 am. Children's programs are provided for those 6 months – 5th grade.

Mid-week small groups are another opportunity to join us. We study the bible together, pray for each other, and do life together. Email or call for more info.

Teenagers can join us on Sunday nights at 6 pm for *The Gathering*.

What is our Location?

We are located on Cypress North Houston between Huffmeister and Telge.

12022 Knigge Cemetery Road Cypress, TX 77433

What is our contact information?

Visit our web page at www.TrinityVineyard.cc. Our phone # is 281-897-8463. Our email is info@TrinityVineyard.cc

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4	6				7			
2		9	1			7		8
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3					8			
		2		7		1		

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11:00 a.m. – Traditional, in the Sanctuary

11:00 a.m. – **Common Ground**, Ministry Activity Center
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Texas Events - December

1-23—ORANGE: Christmas Traditions W.H. Stark House. 409/883-0871

1-23—ORANGE: Old-Fashioned Christmas Heritage House. E-mail: hhmuseum@exp.net • www.heritagehouseoforange.org 409/886-5385

1-24—HOUSTON: *The Toys Take Over Christmas* Tells the story of a spirited rag doll, who teaches her fellow toys and their creator that it is never too late to find the joys of forgiveness and compassion. Stages Repertory Theatre. www.stagestheatre.com 713/527-0123

1-24—KEMAH: Christmas in Kemah www.kemahboardwalk.com 281/334-9880

1-24—SPRING: Home for the Holidays Celebrate the season with more than 150 shops offering unique gifts from around the world. www.otsid.com 281/288-2355

1-25—ROCKPORT: Christmas by the Bay From a beautiful boat, tour the bay and enjoy festively decorated homes. 361/729-6445

1-31—BEAUMONT: *Shared Visions: Texas Artists Then & Now* Art Museum of Southeast Texas. www.amset.org 409/832-3432

1-31—LA PORTE: *Yuletide Texas* See the ship adorned with lights, ornaments and decorations just the way the crew members did in the past. Hours are 10 a.m. to 5 p.m. Battleship Texas State Historic Site. www.tpwd.state.tx.us 281/479-2431

1-Jan. 1—CLEAR LAKE AREA: *Strange Matter* Interactive exhibit features crystals, amorphous metals, foams, glass and sand. Space Center Houston. www.spacecenter.org 281/244-2100

1-Jan. 6—GALVESTON: Moody Gardens Festival of Lights The lush garden setting is transformed into a winter menagerie of lights. Guests can strap on a pair of skates and slide across the ice at the outdoor ice rink or listen to holiday music performed by area bands. Moody Gardens, One Hope Boulevard. www.moodygardens.org 800/582-4673

1-Jan. 7—GALVESTON: *Scott Barber — Selected Works 1995-2005, Henry Ray Clark & Saralene Tapley — People I've Known* Galveston Arts Center. www.galvestonartscenter.org 409/763-2403

1-Jan. 8—HARLINGEN: Christmas Tree Forest Exhibit Call to schedule a tour. Harlingen Arts & Heritage Museum. 956/216-4901

1-Jan. 8—PORT ARTHUR: *Elvis: Grace & Grit* Museum of the Gulf Coast. www.museumofthegulfcoast.org 409/982-7000

1-Jan. 14—VICTORIA: Victoria Collects Folk Art Includes a variety of media such as wood sculpture, fabric art, metal sculpture, oil paintings and mixed media. Nave Museum. www.victoriaregionalmuseum.com 361/575-8227

1-Jan. 15—PORT ISABEL: *A Champion Christmas* The Champion's Family Period Room is decorated for Christmas with a tree, toys and postcards. www.portisabelmuseums.com 956/943-7602

1-Jan. 28—HOUSTON: *The Modern West: American Landscapes, 1890-1950* Includes about 100 paintings, watercolors, photographs and supplementary contextual material dating from the 1890s to the mid-20th century. The Audrey Jones Beck Building, Museum of Fine Arts, Houston. 713/639-7300

1-Feb. 18—HOUSTON: *Through the Eyes of Children: The Rwanda Project* Photo exhibit at the Holocaust Museum Houston. www.hmh.org 713/942-8000

1-Feb. 24—PORT ISABEL: *Postcards from the Past: Robert Ru-*

nyon's Postcards of Brownsville, Matamoros & Beyond Runyon, a Brownsville photographer, took photographs of everyday life in the Rio Grande Valley. Museums of Port Isabel. www.portisabelmuseums.com 956/943-7602

1-Mar. 31—GALVESTON: *Elite Excursions: The Victorian Vacations of a Prosperous Galveston Family* Part of a citywide collaboration celebrating the history of tourism on Galveston Island. Ashton Villa. 409/762-3933

1-Mar. 31—GALVESTON: *Myth to Momus: Mardi Gras at Menard, 1856 to Present* Exhibit is part of a citywide collaboration celebrating the history of tourism on Galveston Island. Michel B. Menard House. 409/762-3933

12-17—GALVESTON: *A Tuna Christmas* Comedy stars Joe Sears and Jaston Williams. The Grand 1894 Opera House. www.thegrand.com 800/821-1894

15—VICTORIA: Country Opry Hours are 7:30 to 10 p.m. Victoria Community Center Annex. 361/552-9347

15-17—HARLINGEN: Disney's *Aladdin, Jr.* All of the favorite characters, including Aladdin, Jasmine and Genie, appear on stage in this adaptation of the Disney hit. Harlingen Performing Arts Theatre. 956/412-7529

16—EDNA: Christmas Crafts Bring the kids and prepare for the holidays by making Christmas crafts to decorate your home. Begins at 2 p.m. Lake Texana State Park. 361/782-5718

16—HOUSTON: Houston Children's Chorus 18th Annual Christmas Concert Stude Concert Hall, Rice University. www.houstonchildren.org 713/650-3800

16—SAN BENITO: Arts & Crafts and Pancake Breakfast Begins at 8 a.m. Fun 'N Sun RV Resort. 956/399-5800

16—VICTORIA: Market Days Hours are 9 a.m. to 4 p.m. DeLeon Plaza in Downtown Victoria. www.victoriatx.org 361/485-3200

16-17—PORT NECHES: Trade Days on the Avenue 409/722-4023

16, 23—HARLINGEN: Northland Country Band Hours are 7 to 10 p.m. Tropic Winds RV Resort. 956/423-4020

17—BEAUMONT: Have Yourself a Rockin' Little Christmas Symphony of Southeast Texas presents Holiday Pops at 2 p.m. Jefferson Theatre. www.sost.org 409/892-2257

17-18—HARLINGEN: *A Christmas Musical* First Baptist Church, 501 E. Van Buren. 956/423-0470

20—SAN BENITO: Dance with the Crusers Begins at 7:30 p.m. Fun 'N Sun RV Resort. 956/399-5800

21—HARLINGEN: The Texas Piano Man Show Hours are 7 to 10 p.m. Tropic Winds RV Resort. 956/423-4020

23—EDNA: Campfire Carols Hours are 6 to 8 p.m. Lake Texana State Park. 361/782-5718

24—HARLINGEN: *Folkways* Oral history program is from 1 to 4 p.m. Harlingen Arts & Heritage Museum. 956/216-4901

27—SAN BENITO: Iowa Country Operty Begins at 7 p.m. Fun 'N Sun RV Resort. 956/399-5800

30—HARLINGEN: Ronnie Furr Band Tropic Winds RV Resort. 956/423-4020

31—BAYTOWN: *Murder Me Always* Baytown Little Theater. 281/424-7617

(Continued on Page 46)

FAIRFIELD COMMUNITY GAZETTE

Texas Events - (Continued from Page 45)

31—BEAUMONT: Crockett Street New Year's Eve Extravaganza
Enjoy live music, laser light show and street party festivities. Crockett Street. www.crockettstreet.com 409/832-2944

31—SAN BENITO: New Year's Dance with Texas Country Band
Fun 'N Sun RV Resort, 1400 Zillock Road. 956/399-5800

31—SOUTH PADRE ISLAND: New Year's Eve Fireworks Bay-side between Marlin and Red Snapper streets. www.sopadre.com 800/767-2373

Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.



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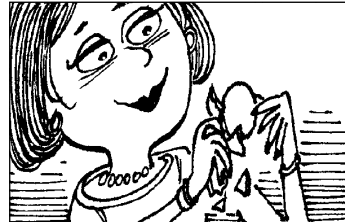
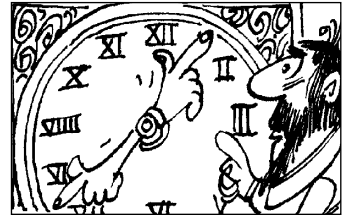
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It's easier to peel a hard boiled egg that is still warm. If you allow it to cool, the shell can stick to the egg.



The minimum pool depth required for international water polo matches is six feet.

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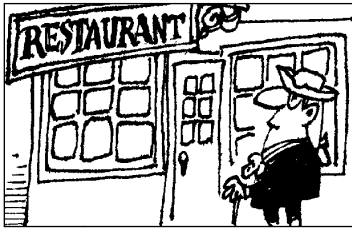
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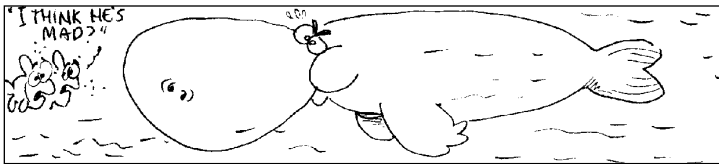
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The term "restaurant" was first used by Boulanger, who opened the first establishment of its kind in Paris in 1765.

If the fat on a piece of beef is tinged with yellow, it usually indicates that the steer was grass-fed.




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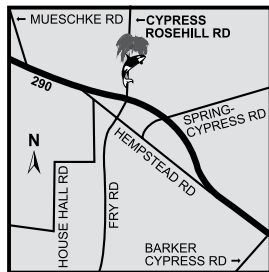
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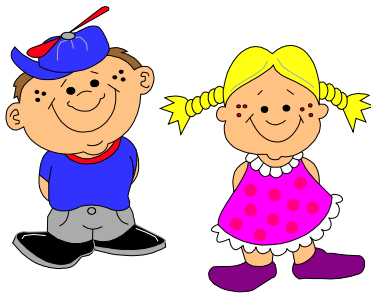
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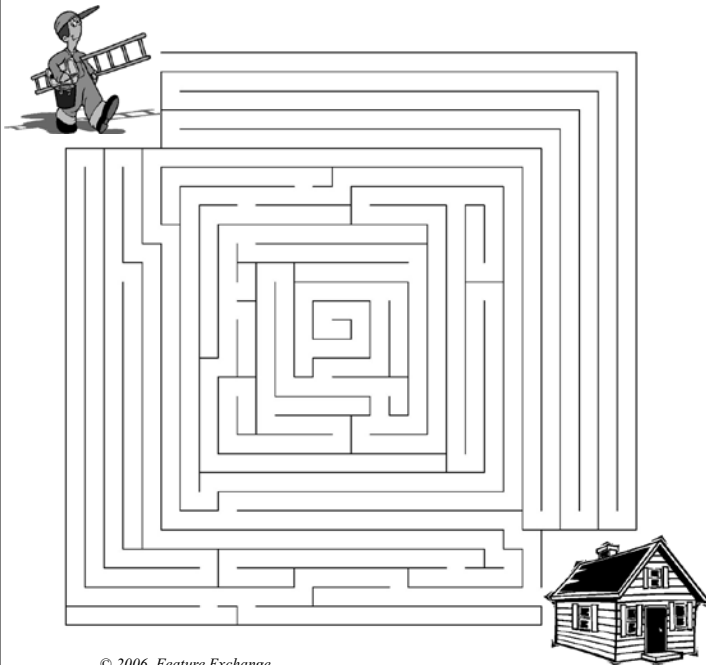
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Kidz Activity Page



Kidz Maze Mania

Help the painter find his way to the house that he is supposed to paint.



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Find the names of fast food places that families love. Words can go vertically, horizontally, and diagonally.

Do it in less than 3 minutes and you are a Pro!

Kidz Word Seek

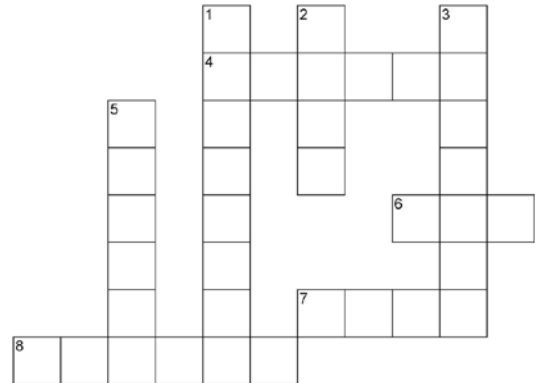
C	H	I	C	K	F	I	L	A	S	C	G
N	A	D	M	M	N	P	N	D	H	X	N
R	B	R	C	W	O	H	L	P	N	F	I
R	R	G	B	P	M	A	Q	P	R	B	K
P	G	P	E	Y	N	R	S	T	W	Z	R
N	R	Y	X	O	S	D	Y	R	K	P	E
R	E	B	D	T	G	E	D	M	N	N	G
S	K	C	G	Z	L	E	N	R	M	F	R
T	M	C	N	N	X	S	E	X	F	K	U
R	K	C	F	K	R	R	W	X	B	F	B

ARBY'S	BURGER KING	CHICK-FIL-A	HARDEE'S
KFC	MCDONALD'S	POPEYES	WENDY'S

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Kidz Crossword Puzzle

Instructions: Match the correct answer with each clue to complete the puzzle.



ACROSS

Clue

- 4. Yellow & red make...
- 6. Hexagon has _ sides
- 7. Holds paper together
- 8. Opposite of start

DOWN

Answer Clue

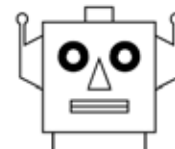
- Six 1. Capital of Ohio
- Orange 2. 36 inches equal
- Finish 3. What a snake is
- Tape 5. Discovered the light bulb

Answer

- Edison
- Columbus
- Yard
- Reptile

Solution on Page 60

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19

18

22 23

14 • 15

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16 17

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1 • 24

5 • 4 • 9 • 8

13 • 12

2 •

3 • 10

11



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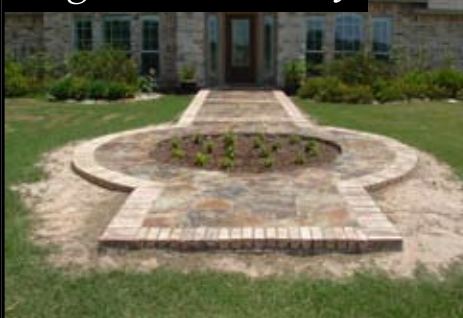
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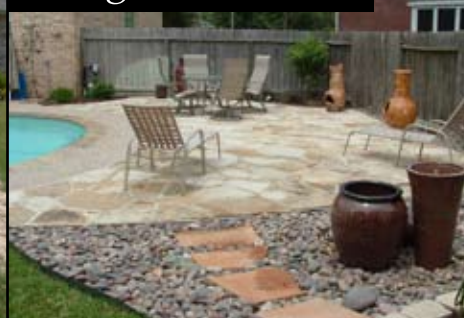
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Healthy Eating

Perfect Pear: Simply Delicious Meals In A Snap

(NAPSA)-The hubbub of the holidays shouldn't mean taking a break from healthful eating. Fortunately, no matter how hectic your schedule becomes, there's always time for working some delicious fruit into your diet.

Pears can be a great place to start. Besides being delicious, they're wonderfully nutritious-an excellent source of dietary fiber that contains vitamin C and is also a source of potassium, with only about 100 calories per serving.

Pears are great anytime of the day: Try pear halves with yogurt for breakfast. Pack one with your lunch. Cut one up over a dinner salad. Or top a dish of ice cream for dessert. In addition, there are many varieties to enjoy throughout the year: Bartlett, Anjou, Bosc and Comice. Each has a distinct texture, color and flavor that can be made into savory snacks, main dishes, appetizers, salads and desserts.

And remember: Adding pears to a main dish gives food a burst of flavor while helping your

family get the recommended five to nine daily servings of fruits and veggies.

The following quick-and-easy recipe does not use a traditional sauce, letting the juicy pears bring a sweet balance to the Parmesan and prosciutto's more salty flavors. Using a prepared pizza crust makes this an effortless meal or a beautiful and savory appetizer.



Pears are a delicious, nutritious way to get your daily servings of fruit.

Savory Pear Pizza

1 prepared pizza dough crust (such as Boboli)

3 T. extra virgin olive oil

3 cloves garlic, minced

2 oz. grated, fresh Parmesan cheese

3 oz. chopped prosciutto or thinly sliced cured ham

1 red Anjou pear, cored and sliced very thinly

1. Preheat oven to 450°F.

2. Place pizza crust on baking sheet.

3. Spread olive oil and garlic over the pizza crust.

4. Top with cheese, prosciutto and pear slices.

5. Bake for 12-15 minutes or until cheese is melted and bubbly.

6. Slice and serve. Serves 6.

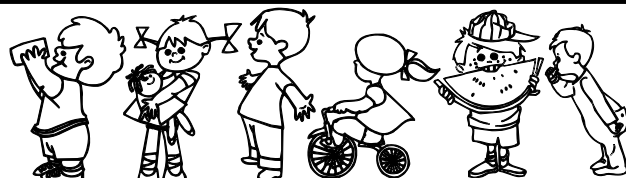
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Empty Nest Chance To Chase Forgotten Dreams

Baylor College of Medicine

Middle age woes are hard enough to deal with, but throw in empty nest syndrome and it is a recipe for potential depression.

Psychologists at Baylor College of Medicine in Houston say not to look at it as an ending, but as the beginning of a new stage in life with more time to travel, develop new hobbies, rediscover forgotten dreams and get to know your spouse all over again.

Empty nest syndrome can happen twice in an adult's life, once when the kids start kindergarten and again when they move out of the house. The more challenging of the two is when adolescents move out of the house to begin their adult lives.

"Parents have channeled all of their energy into their children for so long they may not know what to do with their time once they leave," says Dr. James Bray, associate professor of family and community medicine at BCM. "It is actually one of the high points when looking at the divorce rate scale. The numbers really tend to go up during middle age."

When people are unhappy in their marriage they usually have internal anxiety about something else, like not knowing what to do with the rest of their lives after the kids leave.

"It is natural to reevaluate your life every so often and even more natural during this stage in a parent's life," says Bray. "Don't just assume that if you leave your spouse you will make the unhappiness go away. Marriage takes time and energy, so make the effort to get reacquainted."

It is a good idea to talk with friends to reevaluate goals and take note of some lifelong dreams you haven't had time to accomplish, says Bray.

Now that the kids have moved out, there may be more time to take dance classes, travel, exercise or go back to college to retool skills.

Kids need to remember to stand up for themselves if parents become too needy or clingy. Setting a phone schedule can eliminate the out-of-control calling by some parents, while reassuring them can eliminate needless worry.

"Kids can also consult with counselors if they really have an issue with a clingy parent or one that is having a difficult time dealing with the separation," says Bray.

The empty nest transition usually lasts six months to a year, depending on how well parents can adjust to their newly found freedom.

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Exercising In The Cold

The biggest concern for exercising in the cold is hypothermia, or too much heat loss. When you exercise in a cold environment you must consider one primary factor: how much heat will your body lose during exercise?

Heat loss is controlled in two ways:

1. Insulation, consisting of body fat plus clothing.
2. Environmental factors, including temperature, wind and whether you're exercising in the air or in the water. Each of these factors plays a role in the body's ability to maintain a comfortable temperature during exercise.

Insulation

Although many people aspire to have a lean figure, people with a little more body fat are better insulated and will lose less heat. Clothing adds to the insulation barrier and is clearly the most important element in performance and comfort while exercising in the cold. One study showed that heat loss from the head alone was about 50 percent at the freezing mark, and by simply wearing a helmet, subjects were able to stay outside indefinitely.

Clothing is generally a good insulator because it has the ability to trap air, a poor conductor of heat. If the air trapped by the clothing cannot conduct the heat away from the body, temperature will be maintained. Unlike air, however, water is a rapid conductor of heat and even in the coldest of temperatures, people will sweat and risk significant heat loss. With this in mind, you want to choose clothing that can trap air but allow sweat to pass through, away from the body.

By wearing clothing in layers, you have the ability to change the amount of insulation that is needed while many new products can provide

such a layered barrier, it is important to avoid heavy cotton sweats or tightly woven material that will absorb and retain water. Because these materials cannot provide a layer of dry air near the skin, they can increase the amount of heat your body loses as you exercise.

Keeping the hands and feet warm is a common concern when exercising in the cold. Lower temperatures cause blood to be shunted away from the hands and feet to the center of the body to keep the internal organs warm and protected. Superficial warming of the hands will return blood flow to prevent tissue damage. Blood flow will not return to the feet unless the temperature of the torso is normal or slightly higher (.5-1.0 degree Fahrenheit (F) above normal). So, to keep your feet warm you must also keep the rest of your body warm at all times.

Check with the weatherman

Always check the air temperature and wind chill factor before exercising in the cold. Data from the National Safety Council suggest little danger to individuals with properly clothed skin exposed at 20° F, even with a 30 mph wind. A danger does exist for individuals with exposed skin when the wind chill factor (combined effect of temperature and wind) falls below minus 20° F.

That can be achieved by any combination of temperatures below 20° F with a wind of 40 mph and temperatures below minus 20° F with no wind. If you are exercising near the danger zone for skin exposure, it also is advisable to warm the air being inhaled by wearing a scarf or mask over your nose and mouth to warm the air being inhaled.

Rules for exercising in the cold

- Check the temperature and wind conditions before you go out and do not exercise if conditions are dangerous.
- Keep your head, hands and feet warm.
- Dress in layers that can provide a trapped layer of dry air near the skin (avoid cotton sweats and other similar materials).
- Warm the air you are breathing if temperatures are below your comfort level (usually around 0° F).



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These Holiday Sugar Plums are made with ruby-red Maraschino cherries.

(NAPSA)-The more the cherrier when it comes to holiday treats. And holiday sugar plums are no exception. These traditional treats are made with festive and fun Maraschino cherries.

Whether you are hosting a party or giving gifts to neighbors, these sugar plums are full of holiday cheer. And because they are so simple, the kids will have a ball helping you make them.

Holiday Sugar Plums

- 1 cup butter or margarine
- ½ cup confectioners' sugar
- 1½ tsp vanilla
- 2¼ cups all-purpose flour
- ¼ cup quick rolled oats (optional)
- ¼ tsp. salt
- ½ cup finely chopped pecans
- 48 Maraschino cherries (about one 16-oz. jar)

Confectioners' sugar for finishing
Drain Maraschino cherries thoroughly on paper towels and set aside. Put butter and ½ cup confectioners' sugar in a large mixing bowl. Beat with an electric mixer on medium speed three to four minutes, or until well mixed. Stir in vanilla. Add flour, oats and salt; mix well. Stir in pecans.

Shape about 2 teaspoons dough around each cherry. Place on an ungreased cookie sheet about one inch apart. Bake in a preheated 350°F. oven for 12 to 15 minutes, or until set but not brown. Role in confectioners' sugar while still warm. Cool.

For a fun presentation, use cherries with stems. Remove stems, bake as directed and then insert stems in cookies while they are still warm but after rolling in sugar. Makes 4 dozen.



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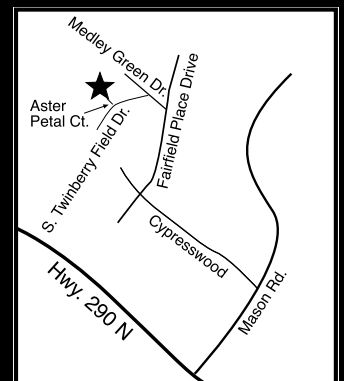
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Health Briefs

Baylor College of Medicine

Kids look to parents for healthy, active holiday season

HOUSTON — The holiday season brings pumpkin pie and lots of turkey, but it should also include a healthy lesson for children, say nutritionists at Baylor College of Medicine in Houston.

Trying to create a new set of rules for holiday eating makes it hard to eat healthy, especially with the traditional once-a-year type of food that everyone enjoys.

"Help children create a healthy plate by mentally dividing the plate in half, one side for fruits and vegetables and the other side for protein and starchy foods," says Roberta Anding, instructor of pediatrics at BCM and a dietician at Texas Children's Hospital. "Hopefully, this is an everyday activity and as such sets the stage for the holidays."

Parents can also help by increasing the family's activity level. Engage children in holiday preparation by collecting pine cones for center pieces or playing a game of touch football rather than only watching it on TV.

Kids learn by example, which means parents should take an active role in their child's daily nutrition and not just during the holiday season, says Anding.

J-word makes people with holiday blues see red

HOUSTON — The solution to the holiday blues seems obvious to people who love this time of year. "Just cheer up," they say. "Just get into the holiday spirit."

If only shaking the holiday blues was "just" that easy, said Dr. Jon Allen, senior psychologist at The Menninger Clinic and professor of psychiatry in the Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine. He refers to the word "just" as the "j-word."

"Just" is a criticism," Allen said. "If you say to someone who has the holiday blues, 'Just cheer up,' it is actually going to make that person more upset."

In some cases, people cannot tolerate a friend or family member being unhappy during what they believe is supposed to be the happiest time of year. They may use the j-word to try to spur action and good feelings in someone who is feeling blue.

A better approach is to invite your friend or loved one to spend time with you. People who are feeling depressed seek seclusion and avoid the company of others. However, low-key activities can help elevate their mood.

Alzheimer's patients benefit from simple holiday strategies

HOUSTON — A few simple strategies can help draw isolated Alzheimer's patients back into holiday gatherings.

"Too much holiday noise and activity can confuse patients with Alzheimer's disease, causing them to withdraw from surrounding social activity," said Dr. Mary Kenan, assistant professor of neurology and a psychologist with the Alzheimer's Disease Research Center at Baylor College of Medicine in Houston. "Disruption of routine for those with Alzheimer's can trigger behavioral symptoms, which makes caregiving more difficult."

To cut down on confusion, Kenan suggests asking family and friends to arrive at different times or visit in small groups.

"Patients with Alzheimer's disease can still enjoy the holidays," Kenan said. "Be sensitive to your loved one's strengths and limitations as well as to your own as a caregiver, and celebrate accordingly."

Holiday travels require attention to childproofing

HOUSTON — If a trip to Grandmother's house is in your holiday plans, check ahead to make certain her house is safe for children.

"Some of the relatives and friends you visit during the holidays might not be used to having young children around," said Dr. Teresa Duryea, associate professor of pediatrics at Baylor College of Medicine and pediatrician at Texas Children's Hospital. "Their homes could present some dangers."

Parents of young children are familiar with the need to keep medications and hazardous materials out of reach, but these substances often are easily accessible in homes without youngsters. Other seemingly harmless objects like treadmills and trampolines can also be a danger if children are left unsupervised. Outdoor hazards like swimming pools, rivers and ponds are another concern.

Duryea offered these suggestions to make your holiday stay as safe as possible:

- Call ahead to remind hosts of your child's ability to climb, roam and put objects in his or her mouth.
- Lock rooms that might be unsafe for children
- Be sure all medications are placed in a secure location.
- Firearms should be unloaded and stored in a locked environment. Ammunition should be stored and locked separately.
- Make a family plan to provide adult supervision of children and set limits clearly with the children.



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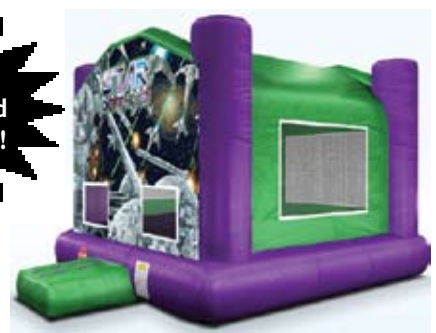
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G	L	U	E			B	E	F	O	G
E	E	L	S			U	N	T	I	L
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Kidz Crossword Solution

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A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
B	N	C	V	E	W	Q	U	O	Z	G	A	K	X	J	M	R	I	H	T	P	S	Y	D	F	L

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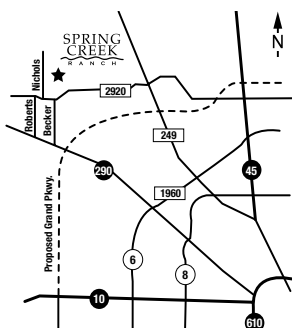


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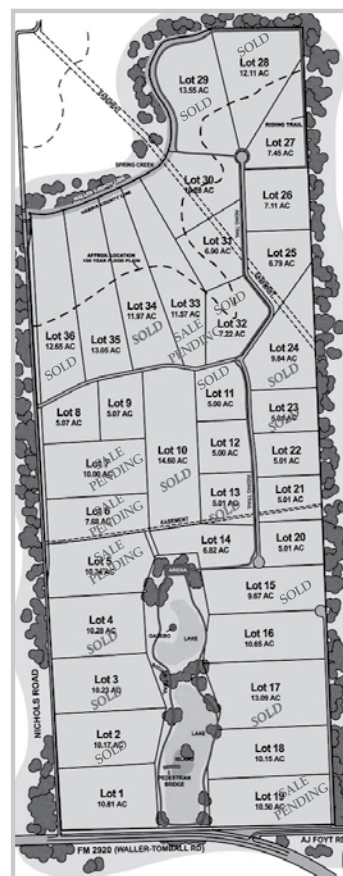
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FOR SALE: Girls 20" bike with heavy-duty training wheels \$20 281-256-6948

BOXES FOR SALE: Need boxes (in good condition) and packing paper for a move? We have some available from our recent move. Call 281-213-3940 for price

FOR SALE: Solid Wood Cherry Dining Room Table Set: 6 cream fabric covered chairs; 2 are captain chairs. 42" wide, 78" long (with leaf in) 60" long (without the leaf). Almost new condition. Only used during 2 holidays/year, the past 3 years. \$550 or Best Offer. Email for pictures. michelleolson@houston.rr.com

MOVING SALE! Everything Must Go, Jenn-Aire fridge, Kennmore Elite He3 gas dryer, Whirlpool washer, 43"x 74" decorative mirror, Echo Edger, Trimmer, Furniture, tools, more, Call 713-385-2329 or email parislds@yahoo.com

FLATBED SCANNER FOR SALE: Software, manual, and cord included. \$10. 281-373-0568 or 713-816-0416

FOR SALE: 4 piece dark green luggage – 25 inch upright, 21 inch upright, 2 totes. \$50 for set. Call 281-213-9728.

Baby STROLLER FOR SALE: Graco Eddie Bauer Stroller - Forest Green w/ tan accent - Double Stroller - \$75. Call 281-705-9027.

BABY ITEM: Oak changing table \$40. Call 281-705-9027.

FOR SALE: Christmas Yard Decorations. Various wood decorations, candy canes, Santa, etc.; used but good for yard scenes. \$5 - \$20. #713-417-8688

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FOR SALE: CANON POWERSHOT DIGITAL CAMERA, S2 IS (Image Stabilization), 5.0MP, 2592x1944, 12x Zoom, 48x Digital Zoom, Compact flash memory. Like new; works great. \$220. Lens and bag (wide and zoom) extra. #713-562-6776.

FOR SALE: Nordic Track Walkfit, pulse sensor, distance, time, load, calories, tension control, leg resistance. Like new. \$150. Panasonic VHS-C Camcorder, zoom, image stabilizer. Needs new battery. Includes bag. Great condition. Perfect for holiday memories. \$90. MP3 - Dell Pocket DJ (Gen 2), 20gb = 10,000 songs, case and auto accessories. Loaded with songs already. Nice...!! Works perfectly. \$135. MIRROR, 3 ft. x 4 ft., gorgeous, beveled, patterned design. Call for pics and I'll email, or come by for a look. \$125. MP3 -Creative Zen Neon, 6 gb = 3000 songs, FM tuner, recorder, brand new in box. \$195. MP3 -Sanyo Xacti VPC-C5 Digital Movie Camera + EXTRAS!! 5.1 mpxel, extra battery, wide angle lens, image stabilization, 2 inch lcd, slightly used, small compact design. Dimensions: 2.7" x 4.3" x 0.9". \$215. LUGGAGE CARRIER for auto, suv, van; wind/water proof, like new, heavy duty material, top of the line. \$115. CALL 281-373-4163 hm or 713-562-6776 cell.

FOR SALE: Sofa/loveseat...textured tan-colored cotton like new two years old bought at Star Furniture. \$400/\$300. Dining room table and six chairs \$500. Many cushions and framed pictures for sale. Call Mitch 281/304-0697.

FOR SALE: Just in time for Christmas! 2 Polaris 700 4 Wheelers, bright yellow, with 2 extra batteries, holds up to 120lbs., in very good condition, \$250.00 each or both for \$400.00. Sportcraft Air Hockey table, with electric score keeper, 7'4" X 4' \$200.00. Girls 14" Bike \$30.00. Call Kim Schneider

@ 281-373-5748.

WANTED: Scrapbooking supplies. Especially paper punches. Call Valerie 281-256-7530 or email valerie_worster@hotmail.com

FOR SALE: Ikea KLIPPAN couch and cover, \$50. Craft books on sewing, making teddy bears, gifts, and more, bought with good intentions some never used. Make offer. Ships clock, \$25. Can e-mail pictures and book titles on request. Call or e-mail Jessica 281-213-3471 or jesskeller@sbcglobal.net.

FOR SALE: Glass dinette table and 4 cushioned chairs, \$150. Camouflage twin bed set (comforter, sheets set, bed skirt, sham) and 3 throw pillows, \$30. 281-304-0739.

FOR SALE: 52" Wide screen TV. Have estimate for needed repair. \$200 OBO. Call Nate at 281-304-0204.

FOR SALE: Home Office Desk - Custom, contemporary, L-shaped corner desk, \$650 (original price \$1,800), Can email picture. Call 281-256-1719.

FOR SALE: Webster's The Century Encyclopedia 2000, 10 cd boxed set. \$35. Hewlett Packard CDRW external, USB. Create, copy cd's easily. Plug - n - play. \$50. CALL 281-373-4163 Home, 713-562-6776 Cell

FOR SALE: Lot for Sale by owner, Tomball, off 2930, 10 min. from Fairfield, 3/4 acre, huge oak trees, gated, low taxes, no MUD tax, Timberlake Village, \$69,990. home- 281-710-7263.

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20214 Maple Village Dr,
3/2/2, 1854 SqFt, \$134,900



15411 Maple Village Ct,
3/2.5/2, 2000 SqFt, \$137,900



15102 Winding Black Cherry,
3/2/2, 1685 SqFt, \$137,900



14903 Carolina Falls,
4/2.5/2, 2589 SqFt, \$169,900



20322 Stone Falls,
4/3.5/2, 2841 SqFt, \$184,900



20911 Ochre Willow Trail,
4/2.5/2, 2788 SqFt, \$199,500



15922 Pebble Creek Trail,
4/3/3, 2909 SqFt, \$244,900

Dawn Fore's Fairfield Market Report

Neighborhood	3 rd Quarter Results			Current	
	Sold	\$ per SqFt	DOM	Avail	Pending
Bluebonnet Glen	0	-	-	1	0
Baker's Ridge	0	-	-	2	1
Chappell Ridge	6	\$67.83	85	5	1
Cottage Glen	5	\$67.18	34	4	3
The Estates	3	\$93.49	60	2	0
Garden Grove	12	\$67.56	54	9	1
Glen	1	\$82.00	30	2	1
Inwood Glen	6	\$71.29	61	1	2
Inwood Meadows	6	\$67.84	68	5	2
Inwood Park	11	\$67.70	59	11	2
Lakes/Lake Ridge 2	7	\$83.06	55	8	3
Crossing/Landing/Reserve	12	\$67.41	53	3	1
Meadows/Park/Retreat	5	\$68.50	34	1	2
Oaks/Trails	6	\$73.74	27	3	1
Pines	1	\$74.33	21	2	0
Summer Crossing	0	-	-	2	0
Summer Ridge	0	-	-	0	2

These numbers for resale homes were obtained from the Houston Multiple Listing Service. While we have no reason to doubt the accuracy of this information, we cannot guarantee it. This is not a solicitation of currently listed properties.

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