



FAIRFIELD

C O M M U N I T Y • G A Z E T T E

OFFICIAL FAIRFIELD COMMUNITY ASSOCIATION NEWSLETTER

F.A.S.T NEWS

Now that the 2008 summer season has ended, we'd like to express our appreciation to the community for their support. We have many local sponsors that continue to support us as well as others such as the model home personnel who supported our efforts during meets. Additionally, we'd like to express our appreciation for their patience to the many homeowners who live near the Central Park Pool—we were able to host 3 home meets and the big division meet which certainly showcased our wonderful neighborhood and its amenities.



This season for FAST marked a year of turnover for the team with 60 of our 179 swimmers being new. We are so proud and excited for all of them to see their many accomplishments during the season. Despite being so new as a team, we were very close in points in most all of our dual competitions and at the invitational meets this season, our swimmers earned 2nd place Team Trophy for a Division 2 team at Summer Quest and 3rd place Team Trophy for a Division 2 team at Pentathlon. We sent 62 swimmers to the Red, White and Blue Invitational and 14 swimmers to the Ponderosa Invitational where many of them placed very high, earning team points and swimming for personal bests!

We are so proud of each and every one of them and excited for what next year holds!!!!



Here are some of the 179 F.A.S.T. Dolphin Swimmers as they prepare for competition at the Summer Quest Invitational meet on June 10th. They earned 2nd place overall for division 2!!

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	832-896-8441
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
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	freemanmartin1@comcast.net
Fairfield Area Swim Team: Carla Tharp	281-373-3955
Fairfield Women's Club: Dawn Bond	281-224-3296

Security Coordinator:

NEWSLETTER COMMITTEE

Holly A. Reichert	editor-gazette@att.net
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NEWSLETTER PUBLISHER

Peel, Inc.	fairfieldgazette@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
Jim Auge (Bradford Creek)	jaug7@yahoo.com
Tami Ehler (Bradford Creek)	fairfield-bradford@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
Brian Gambrell (Fairfield South)	brian_gambrell@hotmail.com
John Hanes (Garden Grove)	713-431-2245
Donna Bonneau (Garden Grove)	281-304-7294
Louis Iselin (Garden Grove)	281-256-1874
Robert Nichols (Inwood Park)	Susan.nichols@yahoo.com
Alex Griffith (Inwood Park)	281-304-4026
Terry Noe (Inwood Park, FF Village Community Assoc.)	281-213-8780
Billy Sutton (Inwood Park)	281-304-9419
Patrick Wong (Lakes of Fairfield)	pcwong1@earthlink.net
Kevin Hoffman (Lakes of Fairfield)	khoffman00@comcast.net

Mark Gafford (Lakes of Fairfield)	donna_gafford@sbcglobal.net
Ken Heil (Trails of Fairfield)	281-256-2093
Brian Roberts (Trails of Fairfield)	brian.roberts53@att.net

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

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

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21811 Sheffield Gray5/3.5/3D\$299,900
15902 Rower Lake4/3.5/3A\$299,000
17627 Riata Manor3/3/2A.....\$250,000
10114 Pine Flats.....5/3.5/3A\$204,900
7868543 Blake Valley3/2.5/2A\$134,900
15514 Pine Valley Trl.....3/2/3A.....\$180,900
20918 Ochre Willow3/2/2A.....\$172,900
15607 Garden Bend3/2/2A.....Pool\$169,900
15127 Chestnut Falls.....4/2.5/2APending ...\$158,000
15315 Freestone Peach3/2.5/2D\$156,500
15411 Woodland Orchard Ln..4/2.5/2D\$152,900
15742 Bending Birch Dr3/2/2A.....\$151,900
18206 Auburn Woods.....4/2/2A.....Pending ...\$149,900
20323 Peach Mountain4/2.5/2D\$149,900

19326 Dawntreader Dr.....4/2/3A.....Pending ...\$140,000
15115 Hillside Park Way3/2.5/2A\$139,900
15303 Lauren Knoll3/2/2D.....\$137,500
11311 Sky Ridge.....4/2/2A.....\$133,000
19731 Indian Cherry3/2/2A.....\$129,900
14403 Hannah Glen3/2/2A.....\$125,000
15306 Misty Dawn.....3/2.5/2APending ...\$124,900
7215 Kransburg Ranch.....3/2/2A.....\$92,000
5218 Devon Green Dr4/2.5/2A\$91,900
7111 Pheasant Grove3/2/1A.....Pending\$79,900
19210 Cypress Cliff3/2/2A.....Pending\$74,900

Current Rentals

15303 Chestnut Falls.....4/2/2A.....\$1,450

NEIGHBORS *Helping* NEIGHBORS

The Fairfield community came together after Hurricane Ike, to provide water and ice to those of our neighbors who were the last to get their power on. Responding to emails and phone calls, those who had electricity, brought water and ice to our office to be distributed to those who were still waiting for power to be restored. This is the "Spirit of Fairfield" we tell our customers about!!

The Don & Jeanne Machrowicz Team, Don, Jeanne, Fauzia, Lora, Mike, Paul Rhonda and Robin.

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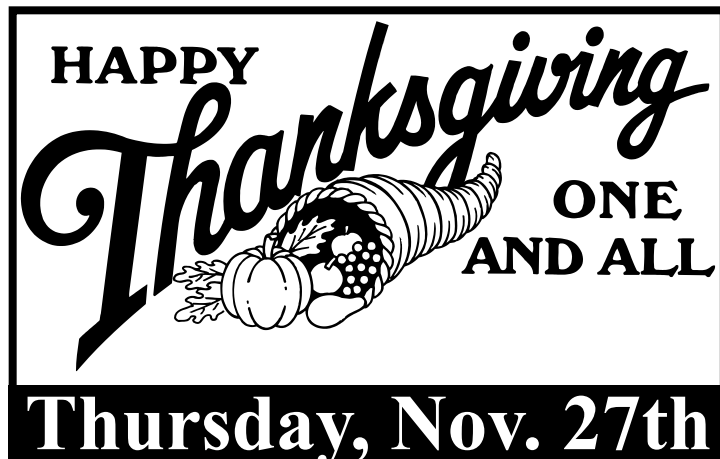
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Attention Fairfield Homeowners

2008 Meeting Schedule for Fairfield Village Neighborhood Association and Villages

The 2008 meetings of the Fairfield Village Neighborhood Association, Inc. and Villages Board of Directors are scheduled for the fourth Tuesday of every other month at 7 p.m. at the Lakeside Trails Club House, 16125 Country Fair Lane. Please mark your calendar accordingly.

November	2008	Tuesday	---- No Meeting
December	2008	Tuesday	2nd Board Meeting



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BRADFORD CREEK

BOARD OF DIRECTORS NEWS

This November 2008 issue marks off two years of bimonthly articles published by your resident Board members. We hope that you find them informative as this is the only means we have to communicate with our constituency.

At our Board meeting on September 23, 2008 we installed two new resident Board members, Tami Ehler and Jim Augée. Departing are Nan Peavey and Tommy Weaver of Friendswood Development Company. A sincere thank you goes out to both of them for their service to our Association. Although serving on our Board was part of their job assignment both Nan and Tommy demonstrated an interest in the well being of Fairfield that surely went well beyond their job description. Again, thank you Nan and Tommy for your efforts.

The current organization of the Bradford Creek Neighborhood Association, Inc. Board of Directors is as follows:

- Pam Montgomery – President (resident)
- Tami Ehler – Vice-president (resident)
- Jim Augée – Secretary (resident)
- Ed Hofer – Treasurer (resident)
- Tim Fitzpatrick – Member (Friendswood Development Co.)

As always, if you have issues or concerns regarding the operation of Bradford Creek please contact your Board members listed in the front of this Gazette.

May you and yours enjoy a safe and happy holiday season.

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* **Lawn Service**

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Pet Corner

NEED HELP WITH A LOST OR FOUND PET ...

Please contact Susan Locke, Fairfield's Lost and Found Pet Coordinator at **281-605-5775** or you may go to <http://groups.yahoo.com/group/fairfieldpets>. Susan is the contact for someone that has lost or found a pet and tries to match the two together. Susan is unable to pick up, deliver or provide medical assistance to lost, found or injured animals but will try to help locate the dog or owner when they are lost.

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

* * * * *

SAVE A Life ... Be A Foster Parent.

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 editor-gazette@att.net. 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.

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

More HELP for PETS ...

When a pet is lost, finding the pet means that time is of the essence. It takes time to create, print and distribute flyers. The flyers are many times illegible because of wind or rain. I certainly do not fault the pet owner because I have done this myself.

Frustrated, I thought there has to be a better way. So that is why we created Cypress Lost Pet Alert.com. The idea is to very quickly get the word out through an e-mail alert to as many neighbors as possible plus post the picture and information about the pet on the website under the specific neighborhood.

Once the email alert goes out to the specific neighborhood, many, many neighbors are now aware. If they happen to forward the email to their friends who have not signed up, it could mean hundreds of your neighbors are already alerted and are keeping their eyes open for your lost pet.

Cypress Lost Pet Alert.com is on-call 7 days a week from sun up to sun down and is FREE. We are glad to work with any informal email chains. The whole idea is to find lost pets quick for the good neighbors in Fairfield and surrounding areas.

Regards,

RB Cox

alert@CypressLostPetAlert.com

www.CypressLostPetAlert.com



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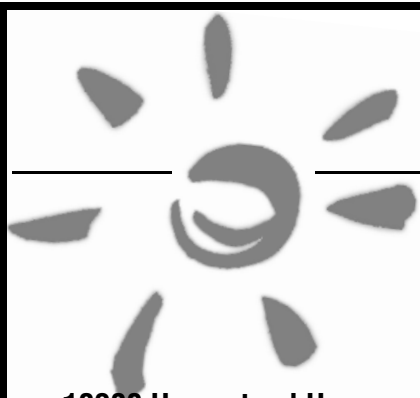
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Brandon Vick Memorial Run-4-Fun November 7, 2008

The Brandon Vick Memorial Fun-4-Fun will be held on November 7 at Cypress Christian School. This event is dedicated in loving memory of Brandon Vick who passed away suddenly in the summer of 2003. Brandon would have been a senior this year.

"Brandon's education at Cypress Christian School began in 1998. Brandon loved the Lord, loved his family, loved his school, and loved his friends. Whatever Brandon did, he did with all his heart, as was the case with the Run-4-Fun, year after year," said Brandon's parents, Dale and Celeste Vick.

"At the end of his 6th grade year, Brandon came home with a heavy heart and asked our family to pray for his friend who might not be able to attend school the following year due to financial reasons. Brandon was a very compassionate person. In keeping with his prayer, a fund was initially set up to assist with tuition needs in these situations."

Cypress Christian School continues to keep Brandon's memory alive through the Brandon Vick Memorial Run-4-Fun. Proceeds from this event have blessed the elementary school with items from their "wish list." In addition, 10% goes towards tuition assistance for elementary students in need.

Proceeds from Run-4-Fun have provided the following items over the years:

- Elementary Computer Lab
- Library Enhancements
- Music Department Enhancements
- Art Department Enhancements
- Playground Equipment
- Technology upgrades
- New Televisions and Stand for the Classroom
- Cable and Wiring for the Classrooms
- Playground Enhancements/ Playground Shade Structure
- Projectors for the Classrooms
- Laminating Machine
- Die Cut Machine and Various Stamps
- Elementary Performances and Competitions
- Teacher Classroom Supply Vouchers
- Map Rails
- Artwork Display Strips for Hallways

For more information on this event or how you can contribute to this fund, contact Jody Pollos at 281-770-5326 or Jody.Pollos@CypressChristian.org. Donations can be made on-line via the school's website at www.CypressChristian.org under the "Support CCS" tab "On-line donations."

You're invited to
help us
celebrate
the greatest gift of all

Christmas Concert
Saturday, Dec. 20 at 7:00 pm

Are You Looking for a Way to Brighten Up Your Holidays?
Then bring your entire family to join ours as we celebrate the most perfect gift of all, the birth of Jesus Christ. Enjoy refreshments and fellowship followed by a free Christmas concert. We will capture the hope and joy of the season with new and familiar songs. Everyone is welcome!

Terra Verde
Community Church

WORSHIP TIME • SUNDAYS AT 10:30AM
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TerreVerdeChurch.org

FAIRFIELD

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Pearl Fincher Museum of Fine Arts

Upcoming Events

The next meeting of the **Pearl Museum Volunteer Guild** will be Monday, November 17th at 9:30 a.m. There will be a brief business meeting followed by a presentation by Executive Director Tim Novak on the upcoming exhibitions at the Pearl Fincher Museum of Fine Art.

State of Grace: 17th- and 18th-Century Paintings from the Collection from the Sarah Campbell Blaffer Foundation will open Saturday, **November 22** in the museum's Main Gallery and features Renaissance and Baroque paintings.

Also on exhibition will be *The Art of Glass: Glass and Glassmaking Technology* in the Rebecca Cole Gallery.

The next Family Day at the museum will be Saturday, December 6 from 10:00am-5:00pm. At 3:00pm, the Orffestra, Drum Ensemble, and Choir from Klein ISD's Schultz Elementary will perform holiday music in the museum lobby. Free admission is offered all day and docents are available for drop-in tours of the current exhibitions. Check out the website at www.pearlmfa.org for more details.

Coming up on December 3 is our Guild membership Holiday Coffee which will be held in the home of one of our distinguished members. Make plans now to attend and bring a friend.

Be a volunteer for your museum. Contact Carolyn Clayton at kclayton@flash.net for membership information in the Pearl Fincher Museum Volunteer Guild.


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**Houston Dance Theatre's
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For 26 years North Houston's Premiere Ballet Company, Houston Dance Theatre, has given local audiences the opportunity to experience the beauty and elegance of a Christmas tradition... "The Nutcracker."

Two Performances are scheduled to take the stage:

Saturday, November 29th at 7:00 p.m.

Sunday, November 30th at 2:30 p.m.

The performances are held at the beautiful
Westfield's Geiger Performing Arts Center,
16713 Ella Boulevard; 1 mile south of 1960.

Reserved seating tickets are \$18.00 each (group sales available)
and may be purchased at the American Academy of Dance,

15775 Bammel Village Drive,

(1 block west of Kuykendahl; on the south side of FM 1960)

For best available seating purchase your tickets early.

Credit Cards are accepted.

Featured Professional Guest Artists will join the cast of 75 local dancers, the Houston Dance Theatre Company, who complete the talented cast.

*Included in the cast, from Fairfield,
is Olivia Letney.*

Houston Dance Theatre is an Honor Company of Regional Dance America. This production has enhanced the arts in our fine community for 26 years. This is the one to see!

For further information or ticket sales, please call:

American Academy of Dance / Home of Houston Dance Theatre

For telephone credit card orders call: 281-444-9698



**The Fairfield Women's Club
would like to wish you and your family a
Happy Thanksgiving!**



**We will not be meeting this month, so enjoy your
holidays and we'll see you in January!**





Don't Worry!

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MOPS stands for Mothers of Preschoolers, a program led by mothers themselves and designed for mothers with children ages birth to 5. These mothers all have a shared desire...to be the best mothers they can be!

For more information on meetings in Fairfield, please contact Renate Wheeler at renateqw@yahoo.com. They will meet on the second and fourth Fridays during the school year.

“SPECTRUM” KIDS



LET'S PLAY!!!

My daughter is five years old, and we are looking to start play date/s on weekends – to have fun with shaving creams & bubbles!

If interested, email me at lynn94md@yahoo.

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The MOMS Club® of Cypress / NW-Fairfield Moms Offering Moms Support

*Welcomes all Stay-At-Home Moms
in Fairfield and Lakes of Fairhaven*

*Mom's Club Fall Festival Saturday November 8th
at Central Park from 11 am-3pm*

There will be a silent auction with electronics, sports, movie baskets and kid themes! Jason Robinson, Local 5 star Chef is offering a private cooking lesson too. There will be something for everyone!

Come support local families dealing with Medical issues!

Ali's Bake Shop will be open for business and all proceeds from this will go to Allison Schaff and her family for medical bills!

Proceeds from this event will be donated to the Allison family to assist with Current medical bills. Mr. Allison has been fighting a brain tumor and we wish to support this MOM and her son as they as a family work through treatments etc.

MOMS Club® is an international organization with a neighborhood feel! We are teachers, business women, counselors, chefs, CPA's and artists who have put those careers on hold and have made the choice to stay home with our kids.

MOMS Club® is a place to find friendship, support, playmates and sisterhood!

ALL events include our children and we believe there is something for every mom out there! Are you looking for park days, coffee breaks, lunch outings, (free) babysitting co-op, craft projects, time to sit and chat, cooking club, book club or someone to share dinner with when your husband is traveling or working late? We even find the time to meet once a month for a mom's night out a great time to unwind. Or are you interested in helping the within the community with service projects. We have that! (And a whole lot more!)

October is here and Fall is upon us we have a full calendar of festive events. Our yearly membership is only \$20. You can attend two events before even joining.. Don't be isolated because you have chosen to stay home! Come visit our next all-member meeting and see for yourself! There is a lot of fun and support just waiting for you! Our next meeting is Tuesday, October 14th, 10AM at Good Shepherd United Methodist Church located on Cypresswood Drive in Fairfield. As always, children welcomed!

For more information please contact Danielle Slot, Membership VP at 832-876-4358, danielleslot@yahoo.com or Amy Wilkes, President at 281-455-2807, amywilkes2003@yahoo.com.



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Fairfield's Fifty Plus Fun-Loving 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. We're sure you will enjoy it.

OUR NOVEMBER BUS TRIP PLANS ARE FOR: Thursday, November 6, to Waco, Texas. This trip will take us on a tour of the Earle-Harrison House and Pape Gardens (circa 1858). Surrounded by five acres of towering live oaks, manicured lawns, a 75 foot rose arbor, and a lily pond, this stately Greek revival style mansion holds a strong place in Waco's history. We will also get to view the home's stunning collection of 19th century heirlooms. After the tour, we will have lunch at Luby's Cafeteria.

Following lunch we will visit the Texas Ranger Hall of Fame and Museum. The Texas Ranger Hall of Fame and Museum celebrates the history and lore of the legendary Texas Rangers—the oldest state law enforcement agency in the nation. We will browse through the largest existing collection of artifacts related to these our Texas heroes.

Next we will visit the Dr. Pepper Museum and free enterprise institute. We will have the opportunity to tour through the history of Waco's most famous soda pop. It's a tribute to Pharmacist Charles Alderton's creation of this award winning drink formulated here in Waco in 1885; the museum includes an animatron of Dr. Alderton, a recreated old corner drug store, a restored turn of the century soda fountain and a host of other fun exhibits. Then just before departing for home we will be treated to a Dr. Pepper Ice Cream float to enjoy. Great!

The cost for this trip is just \$17.00 per person, plus your lunch at Luby's Cafeteria. To get your name on the list for this trip, call **Hazel Willis @ 281-256-7979 or 281-414-0077**. Make checks out to: Fairfield 50 Plus. The departure time for this trip is 7:00 a.m. from the Fairfield Village parking lot. Please be there by 6:45 a.m. We will be making a stop for a little breakfast along the way.

OUR DECEMBER BUS TRIP PLANS ARE FOR: Saturday, December 6, to Brenham, Texas. This month we are going to the Unity Theater in Brenham to see "A Child's Christmas in Wales". The play was adapted by Philip Sneed and the Foothill Theater Company from Dylan Thomas's short story and is directed by Greg Wise.

The play is an engaging tribute to childhood. We will be treated to a special experience for the young and young at heart, that's us fun lovers, to this is a new adaptation of the funny, yet lyrical short story by Dylan Thomas. Filled with music and laughter, celebration and nostalgia, this play embodies the power of storytelling and the meaning of festivity. Free of the usual holiday clichés, this charming piece views childhood fondly through the veil of memory.

Prior to the theater performance we will have dinner at the Southern Flyer, a 50's style diner, at the Brenham airport.

The cost for this trip is just \$17.00 per person plus your dinner at the Southern Flyer. To get your name on the list for this trip, call **Jim or Shirley Hearst @ 281-373-4432**. Make checks out to: Fairfield 50 Plus. The departure time for this trip is 4:30 p.m. from the Fairfield Village parking lot. Please be there by 4:15 p.m.

VOLUNTEERS NEEDED: The North Cypress Medical Center is always looking for great volunteers and believes that "seniors" are the

best. If you are interested in volunteering at North Cypress Medical Center, please check out their website at: <http://www.ncmc-hospital.com/>. Click on the "About Us"; then click on "Volunteers".

UPCOMING TRIP PLANS: *A Twelve Day Cruise from London:* We've been told this is a fabulous cruise. The countries we will be visiting are England, Denmark, Germany, Estonia, Russia, Finland and Sweden. We leave London on May 9, and return on May 21, 2009.

A Ten Day Inspirational Israel Tour—Possibly in 2009. This trip is still being considered.

If you want more information or are interested in the 12 day cruise out of London or the 10 day Israel tour, check "Upcoming Trip Information" on our web site for the details:

www.fairfieldseniorsgroup.com/homepage.htm

OUR NOVEMBER ACTIVITIES PLANS: Thursday, November 13: The Monthly Planning Committee meeting is at **1:00 p.m.** at the Lakeside Trails Club House.

Then later, around **6:30 p.m.** that evening, we will be having **Our Monthly Pot Luck**. It will also be at the Lakeside Trails Club House. However, try getting there early. Doors open around **6:00 p.m.** for socializing and fellowship. Then plan on staying and join many of our members who stay to play games after the meal and finish up the desserts.

Tuesday, November 18: *Game Night at the Cooks' House.* It starts around **6:30 p.m.**; just bring a little snack. This is always a fun evening with great fellowship. The directions are posted in the Activity details page on our web site and will also be in the November 16 weekly email.

Thursday, November 20: *Game Night at Lakeside Trails Club House, was moved up because of Thanksgiving.* Starts around **6:30 p.m.** and we have plenty of room at the club house. We would like to see you there to enjoy an evening of games and fellowship. Just bring a snack and plan on having lots of fun. There are card games and dominoes.

Thursday, November 27: *Happy Thanksgiving*

For more information on all our 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 updated information. Things often change from the time this article is submitted and when you receive your copy of the Gazette.

www.fairfieldseniorsgroup.com

OUR FUN-LOVERS WEEKLY EMAIL: An event reminder. It is emailed each week to our members and others who have requested it. It provides updated information along with any changes from what appears here in the Gazette. We also include member birthdays and prayer requests; we even have a contest or two, along with other news and items of interest. If you would like to receive our weekly email, send your email address to: **Fairfield-Seniors@comcast.net**

Fairfield Book Club



The Fairfield Book Club is a terrific way to meet other women in Fairfield. Have great conversations and develop new friendships.

We meet the 3rd Wednesday of each month (rotating homes and sometimes restaurants), from 7:00pm – 9:30pm. We share food, drinks and of course conversations. We read all kinds of books that have been suggested by our members. Classics, modern pop fiction, non-fiction, biography and classic junk...anything. There are no book snobs here, we read it all? So if you are a book lover or just want to expand your reading and/or social network then please join us at one of our meetings.

We invite you to attend one of our meetings as a guest or a member. We currently have openings, however because we hold the meetings in homes our membership is limited. So don't wait, contact me today.

Contact Linda Locke at Linda15226@yahoo.com
Or 713-298-6514 (evenings please)



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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Attention Kappa Delta Sisters ...

The Houston Northwest Kappa Delta Alumnae Association holds meetings the 4th Tuesday of each month at 6:30 p.m. Visit www.kdhnwaa.com for all the details.

Cy-Fair Area Y-ME Breast Cancer Support Group

Are you a Breast Cancer Survivor?

Please join us for the Cy-fair Area Y-Me Breast Cancer Support Group. We meet the second Thursday of each month @ Kindred Hospital Houston Northwest from 6 p.m. – 7 p.m.

For more information please contact Tere Kelly@ 281-517-1008.



Fairfield Singles

Greetings to all Fairfield Singles:

Our names are Rogers, Ken and Linda and we are re-invigorating the Fairfield Singles Group. If you are new or old to Fairfield and are single, we invite you to join. This group will not only serve as a database and communication site, but we hope to plan and hold group activities throughout the year. Of course, we invite all who join to put as much input and involvement in as they are able. The last time the group was active, several years ago, there were forty-five plus members. I am confident that we can at a minimum be able to double that number. This is a great opportunity for those singles in the Cypress area, which is mostly a family based community, to get together and meet others of the same interests. We are asking, at this time, that only adult homeowners sign up for membership.

So, now you are asking, "How do I do it?" Actually it is quite easy and as long as you have internet access will take only an email request. As we are keeping the internet membership only open to those who actually do reside in Fairfield, we have made it a private Yahoo Group Site. This will necessitate an email request to join and please state your name, email addresses are sometimes ambiguous, and neighborhood for verification. This will also protect our membership from outside intruders. This qualifying email should be sent to: FairfieldSingles@yahoo.com

So sign up, get out, and meet your single neighbors! If we all get involved, we will increase our mutual quality of Life in a great community. We encourage you to be as active as you can, remember what one usually puts in; a lot more generally comes back. Thanks and we look forward to meeting all of you.

Rogers, Ken & Linda

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INTERESTED IN SCRAP BOOKING?

but find yourself putting it off?

Join a scrap book club that will meet once a month in Fairfield.
E-mail sandrawright@houston.rr.com or call 832-642-1248.

290 Cypress Business Networking Group

The 290 Cypress Business Networking Group meets every Thursday morning at 7:30 am at Newk's Express Café located at Hwy 290 and Spring Cypress in the Kroger Shopping Center near the Cinemark Theater. The group is open to all business owners and professionals who want to increase their exposure to the residents of Cypress and the surrounding areas. There is no cost to attend the meeting. If you would like more information, please call Ken Parker at 281-384-1562.

Visit our new website at 290Cypress.com

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Texas Early Childhood Intervention (ECI) provides early intervention and therapy services for children birth to 36 months. If you have questions about how your baby or toddler is developing-ask ECI! Programs are in every Texas County.

Questions or Concerns?

Call ECI of MHMRA Harris County at 713-970-4900
or visit www.dars.state.tx.us/ecis
to find out more about ECI
and to find your local program.

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Cy-Woods High School

Submitted by Gia Rodriguez

Cy-Woods High School presents its very first musical, *Crazy for You*, featuring a book by Ken Ludwig and music by George and Ira Gershwin. The 1992 Tony Award-winning show has been called ‘riotously entertaining’ and includes such classic Gershwin songs as ‘Embraceable You,’ ‘I Got Rhythm,’ and ‘Nice Work If You Can Get It.’ ‘I am very excited about the Cy-Woods Community coming together for such a large musical,’ says Wendy Carrell, the director of the Cy-Woods Theater Program. ‘We will have the choir, band, orchestra, and theater departments working together to make our 1st musical become a reality. I love the high-paced tap numbers and Ken Ludwig’s sense of comedy. I wanted a classic musical that is written for today’s audiences. It’s going to be a blast.’ Performances are on November 14, 15, 17 at 7pm and November 16 at 2pm at the Cy-Woods High School Auditorium, 16825 Spring Cypress Rd. Call 281-213-1901 or visit <http://destined.to/cywoodsdrama>.

CYPRESS DANCE STUDIO IS NOW OPEN!

We are on the 2nd floor of the corner at 290 and Skinner Rd. Next to Cypress Park & Ride.

New spacious floor accommodates a variety of Ballroom, Latin and CW classes for kids and adults. Just like you’ve seen on *Dancing with the Stars*, the same styles of dancing are now available right here in Cypress.

You can drop off your kids after school, give them a chance to be the new dance stars and learn Cha-Cha, Waltz and Swing. Have a ball Two-stepping in our brand new Ballroom, enjoy dancing Salsa, Rumba and elegant Foxtrot.

An abundance of practice hours and Dance Parties, with occasionally invited local celebrities, will keep you entertained. Enjoy dancing so close to home 7 days a week!

Are you ready for your next special event, a cruise or a wedding?

We will help you feel most confident on the dance floor. And if you walk in with 2 left feet, we will try our best to make one right. The joy, confidence and better posture are just a few things you can gain while meeting and socializing with your fellow neighbors right here in Cypress.

ONLINE REGISTRATION IS NOW OPEN!

Dance classes, private lessons and Parties are going now.
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Meetings - 2nd Tuesday of each month at 7:00 pm
in the Cy-Woods Commons
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NEW Fundraisers that everyone can do:

*****GoodSearch.com**

GoodSearch.com is a search engine powered by Yahoo. When you run your internet searches using Goodsearch.com they will donate money per search to WRAP. (select WRAP – Wildcats Right After Prom (Cypress Texas) to receive credit for your searches)

*****www.goodshop.com**

Shop from the GoodShop website. Use the drop down list under 'Who do you GoodShop for' and select WRAP – Wildcats Right After Prom (Cypress Texas) to receive credit for your shopping. A percentage of every purchase will be donated to WRAP.

*****SCRIPTS – glscrip.com**

Scripts is **fundraising while you shop™**. This program allows WRAP members to purchase gift cards for everyday expenses like food, clothing, and entertainment; while earning a percentage of each dollar spent back in revenue to WRAP. Place and pick up your orders at the monthly meetings.

**More info on these fundraisers is available o
n the WRAP Website, Cywoodswrap.org**
Thanks in advance for your help!!



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November / December 2008 Upcoming Events

- | | |
|---|---|
| <p>November 6 Power Point – 10:00 a.m. to 11:45 a.m., ISC West
Learn to create on-screen color presentations and outline pages. Additional concepts – customizing slide shows with sound and animations. Administrator signature approval required to register for this free technology training.</p> <p>November 6 Newsletters – 12:00 p.m. to 2:00 p.m., ISC West
Learn to create newsletters using Microsoft Word. Administrator signature approval required to register for this free technology training.</p> <p>November 7 Multicultural Mtg – 9:30 a.m. to 12 p.m., Berry Center
Open to all CFISD school staff, volunteers, parents and community members. The purpose of the CFISD Multicultural Committee is to raise the level of cultural understanding and respect by sharing information with the CFISD community to encourage cultural sensitivity and parental involvement to strengthen student success.</p> <p>November 7 Galveston Bay Training – 9:30 a.m. to 12 p.m., Berry Center
Open to all CFISD school staff, volunteers, and parents. Learn how to present a TEKS based science lesson to 4th grade students at your school. Students will learn about the importance of our bay and waterways and what measures can be taken to protect this life-giving estuary.</p> <p>November 12 Intermediate Reading and Writing Training – 9:30 a.m. to 12 p.m., Berry Center
Open to all CFISD school staff, volunteers, and parents. Techniques will be presented for volunteers to use when they assist teachers and students working to improve reading and writing skills in grades 2 through 5.</p> | <p>November 19 Excel – 10:00 a.m. to 2:00 p.m., ISC West
Learn spreadsheets to create simple budgets and other types of ledger sheets. Applications include creating and editing worksheets and formulas. Administrator signature approval required to register for this free technology training.</p> <p>November 20 VIPS General Meeting – 9:30 a.m. to 12 p.m., Berry Center
Open to all CFISD school staff, volunteers, parents and community members. Get the latest information on what is happening in CFISD.</p> <p>December 4 Access – 10:00 a.m. to 2:00 p.m., ISC West
Explore the basics of database management. Administrator signature approval required to register for this free technology training.</p> <p>December 11 Access – 10:00 a.m. to 2:00 p.m., ISC West
Learn how to create a web site using Dreamweaver software. Administrator signature approval required to register for this free technology training.</p> |
|---|---|
- If you are interested in becoming part of the winning combination at Cy-Fair schools as a volunteer, and making a difference, or would like more information, please contact Pam Scott, Partners in Education Director at 281-894-3950.

How to register for training

With the exception of all VIPS Technology Training, register for training by emailing the PIE office at vipsrsvp@cfisd.net. Provide your name and the name and date of the training you wish to attend. Registration is required to guarantee a seat and training materials. Volunteers interested in any VIPS Technology Training should contact the P.I.E. office at 281-894-3950 for registration forms and information.

Adults only please.

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Cy-Fair High School PROJECT PROM 2009

What exactly is Cy Fair Project Prom? It's a year-long fundraising effort by senior parents of Cy Fair High School for the purpose of providing a fun, drug- and alcohol-free overnight parent chaperoned lock-in event for our seniors and their dates after the Prom. The evening is available to all seniors regardless of whether they attend Prom or not. Cy Fair's Prom is Friday, May 1, 2009. Project Prom will be held after at the Sam Houston Race Park from 11pm to 6 am.

There are many ways parents can help, and no job or donation is too small. A list of fundraising chair positions is still available. You can sign up by contacting our president, James Pierce. Even if you cannot commit the time to be on a committee, your participation in the fundraisers, donations, and the "Busy Parent" fundraising program is just as important to making this night a success.

Fundraising and donations are vital to the success of Project Prom. We are a non-profit 501C3 organization, a booster club, and begin our venture with little money. We try to organize enjoyable ways of raising the funds. We have some small fundraisers and some big fundraisers. Funds are used to cover the cost of venue rental, entertainment, food and drinks, and prizes. One of the most important actions you can take is to help with the fundraisers. In return for your dona-

tions and participation, your senior will earn points that are redeemed for play money, also known as Project Prom Bucks (PP\$). Project Prom bucks are used for chances to win prizes during Project Prom.

Cy-Fair Project Prom is currently selling Christmas wreaths and greenery, fresh from the Pacific Northwest. We will be taking orders through the end of October and they will be delivered the first week after Thanksgiving. Please call Lisa Reinhardt at 281-970-2901 or Rhonda Wesley, 281-955-0493 for more information.

We are currently looking for volunteers to help in concession stands at the Texan games. Cy-Fair Project Prom receives a percentage of



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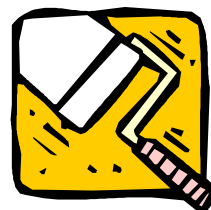
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Cypress Ranch High School Theatre Department Presents

our sales. You must be trained though, so please call our Aramark Consessions chairman, Brett Bidinger at 281-304-8888 or by email, brett@bidingerdesign.com.

Sunday, November 9, 2008 is CASINO NIGHT from 5-9 pm held at Parkway Chevrolet, 25500 Tomball Parkway (SH 249), Tomball, Texas. This is a great opportunity for all adults to support Project Prom and have fun winning prizes, too. Tickets are \$25 each and will include dinner and gambling chips. Please call Robert Thornton at 281-807-1816 or Kay McGlamory, 281-955-2107 for more information.

Monday, December 8, 2009 is our Golf Tournament at Houston National Golf Club. This will be an awesome opportunity for your business to sponsor a hole. We will have a silent auction, prizes and more! Contact Brett Bidinger at 281-304-8888 for more information.

Other fundraiser projects are: Casseroles -to-Go, contact Cookie Walker at wmw2319@aol.com; Ink Cartridge Rebates – Sophie Buxton, sbuxton@bjservices.com or Kathy Kleppel, katkleppel@aol.com; Prom Dress Boutique – Colleen Armstrong blazeball@msn.com; Spring Mulch Sales– Lisa Reinhardt, lareinhardt@sbcglobal.net or Rhonda Wesley, rpwesley@yahoo.com; Lollipop Sales–Joyce Otto, jotto307@sbcglobal.net.

Visit our website for more information at www.CyFairProjectProm.org or contact our President, James Pierce at projectprompres09@gmail.com.

It All Began With A Little Blue Spot On His Forehead *Playwright and Texas resident, Alex Garza*

Nine-year old Trevor's life turns upside down when he realizes that blue spots are appearing all over his body. This play takes both a humorous and a dramatic look at the world through the eyes of a child as he tries to come to terms with being a little different. Trevor must confront many fears in the story including his fear of doctors, needles, nightmares, and even aliens.

Cypress Ranch Auditorium

Thursday, November 13th at 6:30pm

Friday, November 14th at 6:30pm.

Saturday, November 15th at 2:00pm

Tickets at the door
\$5 students and children
\$7 adults



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Harvest Bible Church

But now the righteousness of God has been manifested apart from the law, although the Law and the Prophets bear witness to it—the righteousness of God through faith in Jesus Christ for all who believe (Romans 3:21-22a)

The court scene of Romans 3:9-20, which convicted all of mankind as rebellious sinners held captive under the law of God, turns to absolute silence once the arraignment is complete. There are no excuses to be had by anyone, for every mouth is silenced (3:19). But it is in this divine court that God Himself intervenes mightily on behalf of His rebellious creation. Certainly, the words of Romans 3:21-26 could be dubbed as the greatest paragraph ever written.

The Apostle Paul has brilliantly brought his audience to the breaking point so that he could reiterate to them the most wonderful news ever given: God's righteousness is manifested. The word "manifested" in Greek means "to make visible." So while condemned man stood in the darkness of his guilt awaiting his just judgment from God, God manifested His light into the darkness as if to say, "Let there be light!" In doing so, God made His righteousness visible in the darkest of moments, just like He did when He created the universe in Genesis 1. And this fits within the context, for although God's manifestation of righteousness was apart from the Law, the Law and the Prophets (the OT) bore witness to it. God's created universe, the earth, the stars, animals, and mankind are all attestations of God's manifested righteousness. God's glory was also revealed after that throughout the existence of the Jewish nation, starting with the exodus from Egypt and proceeding all the way through their history up to the day of Jesus Christ.

Now the righteousness of God was first spoken of by Paul in Romans 1:17 where it stresses God's character and agenda. His righteousness is made known in the gospel (1:17) but apart from the law (3:21). Paul stresses, however, that God's righteousness was first spoken about in the Law and the Prophets (the OT), so it is clearly not a divine postscript or a Plan B on God's part. Both

1:17 and 3:21 teach that it is available only through faith. The only difference between the two passages is the tense of the verbs. In 1:17 God's righteousness is "being revealed" (ongoing present tense), meaning that wherever it is preached at any given time it is being revealed. In 3:21 God's righteousness "has been made known" (perfect tense) which is a reference to Christ's past death on the cross and its eternal benefits in the present and future.

So the scene changes dramatically, for God has now provided a path by which the accused, who stand condemned, can be freed from their guilt. The righteousness revealed has nothing to do with man's good works but only to do with God's character of grace and mercy. As mankind stands guilty before God with no way out, God lovingly provides a way to stand before Him justified and cleared of all wrongdoing. This free pass into God's good graces, however, is simply to be received; it is not offered as a wage to be earned. It is received "through faith in Jesus Christ," and it is "for all who believe." For those who have heard the word of God in Romans 3:9-20 and understand that they stand before God as condemned rebels, they recognize God's free gift of salvation through faith in Jesus Christ. All the rest amazingly refuse to submit to Christ and forfeit the opportunity to become righteous before God.

The Bible, the word of God, was given to man in order to lead him to Christ. It was given to show him how sinful he is and bring him to the point of despair, being without excuse for his sinful rebellion. Man, in his rebellion, desperately wants to earn God's favor, but God will have none of that. He just wants to give it away free of charge as a gift. This is God's righteousness, providing salvation apart from the law according to grace. God will have it no other way. Come visit us at Harvest Bible Church and learn all about God's word—the word of righteousness that reveals the Son of God, Jesus Christ our Lord and Savior.

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Good Shepherd United Methodist Church

Camp for Christ - The youth of GSUMC will be distributing flyers in mid-November to get the community ready for the annual Camp for Christ event. We support Houston's Life Center for the Homeless and they have a few specific needs that you may be able to purchase. (Toilet paper, trash bags, plug-ins, food, new men's and women's undergarments) They are also happy to receive blankets, coats, pajamas, and clothes. Donations marked CAMP FOR CHRIST will be gathered in Fairfield on December 6th, and then the youth will return to the church to sort and bag all donations. The youth will then 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. Thank you in advance for your generosity to help those in need, and your assistance in allowing our young adults to be the hands and feet of Christ. Please feel free to direct any additional questions to our Student Ministries Director, Jeff Dunbar at jeffd@goodchurch.us.

GS Kids News - Join us on November 23 as we celebrate all the things for which we are thankful. Children will be participating in class Thanksgiving Feasts during Sunday School. We hope you will join us at 9:45 or 11:00 as we praise God for all of our blessings.

Join us also for our Advent ceremonies. Each grade 1st - 4th will be lighting the Advent candles during the adult services throughout the month. See the church website for specific dates.

Other upcoming events:

December 14: Bethlehem Village 5-7pm

December 21: Birthday Party for Jesus during each of the children's worship services (see website for more specific details)

December 28: Celebrate 2008 - Join us as we remember all of the great things God did in our lives this past year.

Christmas Hayride and Hotdog Roast

We will gather at 6:30pm on Friday, December 5th to enjoy our annual hotdog roast and hayride here at GSUMC! Join us for an exciting ride through neighborhood caroling and spreading the joy of the season. And you can't beat those delicious campfire smores and roasted hotdogs. Tickets will be available in the church office the week prior to the event.

Four weekend worship opportunities are available to you. You are invited to attend all services to find out which one fits you best! Sunday morning begins in our Worship Area with First Watch at 8:30 and GS Classic at 9:45 and features hymns, communion, and choir. In our gym, we have a unique service called New Path at 9:45 where ancient meets modern. This service starts off with a full service specialty coffee bar and then invites you in with music, video clips, and drama before sharing creeds, communion, and a relevant message for today. Additionally, there is an 11:00 service which we call Catalyst in the Worship area. This service emphasizes a more relaxed atmosphere with powerful praise music and a time of biblical teaching.

Visit our church website at www.goodchurch.us. Our church is located on Cypresswood Drive in Fairfield; we are right down from the Shell station off 290 and Mason Road. The youth website is www.gsmyouth.net and has all the youth programs and events listed. Our office staff is available to serve you Monday-Friday from 8:30-5:00pm. Call us at 281-373-2273 for information on programs, services, Bible studies, and more.

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Fairfield Church of Christ

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

Daniel Tammet is an autistic savant. He can perform mind-boggling mathematical calculations at breakneck speeds. But unlike other savants, who can perform similar feats, Tammet cannot describe how he does it. He speaks seven languages and is even devising his own language. Now scientists are asking whether his exceptional abilities are the key to unlock the secrets of autism. Ever since the age of three, when he suffered an epileptic fit, Tammet has been obsessed with counting. Now he is 26, and a mathematical genius who can figure out cube roots quicker than a calculator and recall pi to 22,514 decimal places. He also happens to be autistic, which is why he can't drive a car, wire a plug, or tell right from left. Since his epileptic fit, he has been able to see numbers as shapes, colors and textures. The number two, for instance, is a motion, and five is a clap of thunder. "When I multiply numbers together, I see two shapes. The image starts to change and evolve, and a third shape emerges. That's the answer. An estimated 10% of the autistic population - and an estimated 1% of the non-autistic population - have savant abilities, but no one knows exactly why. A number of scientists now hope that Tammet might help us to understand better. The blind American savant Leslie Lemke played Tchaikovsky's Piano Concerto No.1, after he heard it for the first time, and he never had so much as a piano lesson. And the British savant Stephen Wiltshire was able to draw a highly accurate map of the London skyline from memory after a single helicopter trip over the city. Even so, Tammet could still turn out to be the more significant. Could the human mind be much more powerful than even science is willing to admit? From The Guardian

(one of the U.K.'s leading newspapers).

God had made each of us in His image and with our own special individual talents and abilities. Have you found your place in this world yet? We invite you to come to church this Sunday and join us on the journey of living life to its fullest with our entire God given potential.

Every Sunday morning we have Bible Classes for babies to adults beginning at 9:30am. Each Bible Class is taught by loving Christians utilizing the latest in educational techniques and finest Bible curriculums to teach God's Word.

Our Sunday morning Worship begins at 10:30am with each service meant to bring glory to the name of Jesus and help each worshipper realize how wonderful it is when you know Jesus as your Savior.

Mid-Week Bible Studies are also offered every Wednesday at 7:30pm. This is a great time to pause in the middle of a busy week and be re-energized by fellowship, prayer and study of God's Word.

We also offer Free personal, one-on-one Bible Studies. For those who wish to study alone, Bible Correspondence Lessons are available, as well. If you have a prayer need of any kind, any questions or we can help you in any way, please let us know by calling the church office at 281-373-1900 or by visiting our web site at www.fairfieldchurch.org.

You and your family are always welcome at Fairfield Church of Christ. We would love to see you this Sunday!

Have a Blessed Day,

Dr. Mike Lehew, Minister

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Fairfield Baptist Church

Spotlight: Ladies Christmas Banquet

Imagine creatively decorated tables, relaxed interaction with friends, encouraging speaker and inspiring music. Annual Ladies Christmas Banquet with special guest Laurie Cole of Sagemont Church is coming December 5 at 7 pm. Doors open at 6 pm. Tickets sales begin November 2. Come be refreshed!

Visit our Ladies Ministry web page at our website www.fairfieldbaptist.com for information on this activity, Kidz Ministry, Student (grade 7-12) Ministries, Adult Studies, Men's Ministry and other programs or call at 281-373-5446.

We are located at 27240 Highway 290 between Mueschke and Mason roads on the north feeder road.

Cypress Assistance Ministries

11202 Huffmeister

281-955-7684

www.cypressassistance.org

Donations Needed

Angels' Attic Christmas Room is now open. The Christmas Room will be overflowing with one-of-a-kind Christmas tree ornaments, decorative accessories for the home, personal gift items and jewelry. Come find that one-of-a-kind gift for your family and friends. Funds received through the resale shop help support the ministry services and Food Pantry at CAM.

To brighten the holidays for a family in our community, please consider donating the following items to be used for Thanksgiving Food Baskets.

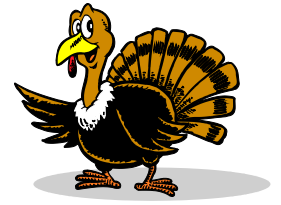
- Turkeys
- Canned sweet potatoes/yams
- Dressing mixes
- Canned pumpkin
- Evaporated milk
- Cake mixes and frosting

Donations of paper towels, toilet paper, diapers, and shampoo would also be greatly appreciated.

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 and volunteer opportunities, please see our Web site, www.cypressassistance.org.

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.



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The Tri-County Quilt Guild

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Meeting Place: Fairfield Baptist Church, 27240 High way 290 just off Muescke Rd, Cypress, TX 77433-4907
website: www.tricountyquiltguild.org
Established 2005

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Please check out our website for more information.



Creating Strong Vibrant Communities

It's a fact of our global economy that consumers are drawn to the internet because of convenience. But as residents of NW Houston and in the wake of Ike, we may need to remind ourselves why it is important to "Think Local Business First."

- 1) Local businesses are often collectively our largest local employer. The largest growth of jobs is from small business owners.
- 2) When one dollar is spent at a local business, economist indicate it is circulated four to seven additional times in the local economy.
- 3) Every dollar spent locally generates up to 75% more tax revenue to our community and State.
- 4) Local businesses are often the largest financial supporters of neighborhood school programs, local charities and youth sports activities.
- 5) Strong local business help maintain property values and contribute to the character of our community by offering a diverse selection of goods and services.
- 6) Local business are most often the first job for our children but also is the first introduction into the "real world" of economics. Many of us in NW Houston have had a small business owner in their family at one time or another.
- 7) Small business often innovate quicker and thus grow faster and can have a greater impact on our community.

**Creating a Strong Vibrant Community when we
Think Local Business First**



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LSC-CyFair Perspective

Save the Dates for Art, Music, Theatre and Vocal Events

The Bosque Gallery presents the end-of-the-semester LSC-CyFair Fall Student Art Exhibition Nov. 19 – Dec. 4 with a reception Nov. 20. Go to CyFair.LoneStar.edu/bosquegallery for hours and information. The Theatre Department presents a hilarious, poignant, endearing and Tony award-winning play, “The Last Night of Ballyhoo” Nov. 13 – Nov. 23. Next month features String Orchestra and Jazz Band concerts, Dec. 1 and Dec. 3 respectively as well as “Messiah – A Sacred Oratorio” Dec. 5 and Dec. 6. For tickets and information call 281-290-5201 or go to CyFair.LoneStar.edu/boxoffice.

Free Fall Film Series Concludes This Month

The Cinema WOW! Film Series, offered as individual continuing education Film Appreciation classes, includes an engaging discussion after the movie. November films include “Rainmaker” Wednesday, Nov. 5; “Caine Mutiny” Saturday, Nov. 15 (at LSC-Fairbanks Center) and “Buena Vista Social Club” Wednesday, Nov. 19. Registration is available online as well as at the film events, which are open to the community at no charge. For information, go to CyFair.LoneStar.edu/filmseries.

L.I.F.E. Lessons in November

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) In November, learn about amazing medical breakthroughs with Baylor College of Medicine’s Tony Elam Nov. 5; get a tour of Native American culture in

movies Nov. 12 and see hands-on demonstrations of geotagging Nov. 19. Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.

Register for Mini-mester and Spring Semester Classes

Catch up or get ahead this holiday season! Take a mini-mester course in December or register early for spring. Phone and online registration begins Nov. 10 with on campus registration set Nov. 24. Mini-mester classes begin Dec. 15. Mini-mester courses range from criminal justice, philosophy, sociology and ethics, to algebra, history, government and communications. Spring semester classes begin Jan. 12, 2009. Lone Star College-CyFair provides a variety of options such as weekend, evening, distance learning and even hybrid (part on campus instruction and part online learning) courses. For information, call 281-290-3200 or 832-782-5000 or go online to CyFair.LoneStar.edu.

HOLIDAY

2008 Festivities, Markets, Crafts & More!

Nov 6	13th Creative Artisans Show - Walter Hall Pk Pavillion, League City	281-992-7367
Nov 6	'Holiday Treasures Boutique' Sugar Creek Country Club, 420 Sugar Crk Blvd. Noon - 4 PM	
Nov 7 & 8	Ravensway Craft Show, 12730 Jarvis, Cypress TX at the Club House	281-894-7340
Nov 7 - 9	Junior League Holiday Market, Woodlands Waterway Marriott - Town Ctr	888-SHOP4JL
Nov 7 - 9	Annual Bead & Jewelry Show • HoustonBeadSociety.org	409-938-0393
Nov 8	Cypresswood Fall Festival & Craft Show, 3705 Cypresswood Dr	281-353-9628
Nov 8 & 9	13 th Annual Langham Creek HS FFA Craft Show, CY Fair ISD Exhibit Ctr	281-304-0281
Nov 8 - Dec 21	Home For The Holidays, Old Town Spring • ShopSpringTexas.com	888-U-STOP-IN
Nov 13 - 15	'The Velvet Stocking' Annual Craft Bazaar, Webster • VelvetStocking.com	713-774-6073
Nov 13 - 16	Nutcracker Market • NutcrackerMarket.com	713-535-3231
Nov 15 & 16	14 th Annual Childrens Festival • WoodlandsCenter.org	281-363-3300
Nov 15 & 16	Cypress Springs FFA Annual Craft Show • CySpringsFFA.org	281-859-2125
Nov 15 & 16	Salt Grass Potters Holiday Sale • SaltGrassPotters.org	281-332-3143
Nov 15 - Jan 3	Festival of Lights • MoodyGardens.com	800-582-4673
Nov 22	Lighting of the Doves' along The Woodlands Waterway • LightingOfTheDoves.com	
Nov 22 & 23	'Via-Colori' - A Street Painting Festival • HoustonViaColori.com	713-523-3633
Nov 22 & 23	Annual Poinsettia Celebration • EllisonsGreenhouses.com	979-836-6011
Nov 22 - Jan 19	10th Anniversary 'The Ice Rink' at The Woodlands Town Center • TheWoodlandsIceRink.com	
Nov 27	'59 th H-E-B Holiday Parade • WamuParade.com	713-654-8808
Dec 5 & 6	Houston Heights Holiday Home Tour • HoustonHeights.org/HolidayHomeTour.htm	
Dec 6	Christmas in Rosenberg, Downtown • VisitRosenberg.com	832-595-3525

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FROM THE AMERICAN COUNCIL ON EXERCISE®

CAN EXERCISE REDUCE YOUR RISK OF CATCHING A COLD?

Sir William Osler, the famous Canadian medical doctor, once quipped, "There's only one way to treat the common cold — with contempt." And for good reason. The average adult has two to three respiratory infections each year. That number jumps to six or seven for young children.

Whether or not you get sick with a cold after being exposed to a virus depends on many factors that affect your immune system. Old age, cigarette smoking, mental stress, poor nutrition and lack of sleep have all been associated with impaired immune function and increased risk of infection.

KEEPING THE IMMUNE SYSTEM IN GOOD SHAPE

Can regular exercise help keep your immune system in good shape? Researchers are just now supplying some answers to this new and exciting question. Fitness enthusiasts have frequently reported that they experience less sickness than their sedentary peers. For example, a survey conducted during the '80s revealed that 61 percent of 700 recreational runners reported fewer colds since they began running, while only 4 percent felt they had experienced more.

Further research has shown that during moderate exercise, several positive changes occur in the immune system. Various immune cells circulate through the body more quickly, and are better able to kill bacteria and viruses. Once the moderate exercise bout is over, the immune system returns to normal within

a few hours.

In other words, every time you go for a brisk walk, your immune system receives a boost that should increase your chances of fighting off cold viruses over the long term.

SHOULD YOU EXERCISE WHEN SICK?

Fitness enthusiasts and endurance athletes alike are often uncertain of whether they should exercise or rest when sick.



Although more research is needed, most sports medicine experts in this area recommend that if you have symptoms of a common cold with no fever (i.e., symptoms are above the neck), moderate exercise such as walking is probably safe. Intensive exercise should be postponed until a few days after the symptoms have gone away. However, if there are symptoms or signs of the flu (i.e., fever, extreme tiredness, muscle aches, swollen lymph glands), then at least two weeks should probably be allowed before you resume intensive training.

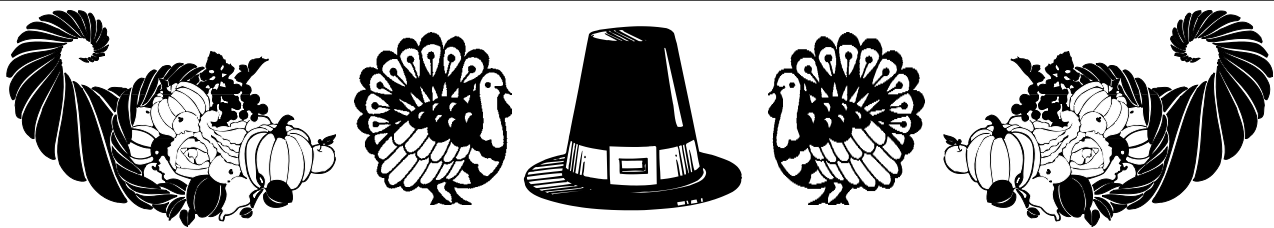
STAYING IN SHAPE TO EXERCISE

For athletes who are training intensely for competition, the following guidelines can help reduce their odds of getting sick.

- 1 Eat a well-balanced diet. The immune system depends on many vitamins and minerals for optimal function. However, at this time, there is no good data to support supplementation beyond 100 percent of the Recommended Dietary Allowances.
- 2 Avoid rapid weight loss. Low-calorie diets, long-term fasting and rapid weight loss have been shown to impair immune function. Losing weight while training heavily is not good for the immune system.
- 3 Obtain adequate sleep. Major sleep disruption (e.g., three hours less than normal) has been linked to immune suppression.
- 4 Avoid overtraining and chronic fatigue. Space vigorous workouts and race events as far apart as possible. Keep "within yourself" and don't push beyond your ability to recover.

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Have a Happy Thanksgiving

AVAILABLE HOMES...

Beautiful One Story home with huge lot, 3 car detached garage! This is a rare find in Fairfield! Located on a quiet street! Located in the coveted section of Garden Grove, walking distance to Ault Elementary. Lots of updates. Call Cindy to view before it is gone!
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15506 TWISTING SPRINGS

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Pool/Spa Oversized 3 car garage! WOW! This home is loaded! Custom Built Media Room. Faux painted kitchen and cabinets, granite island in kitchen, extra cabinets added, window seat with storage, huge walk-in pantry and walk-in laundry room, lots of built-ins including built-ins in the study and media room. Home has extensive pool decking, private backyard, custom paint thru-out. Shows like a designer show place!
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What's that Quarter Pounder Worth to You?

Submitted by Alica Harrison

Ever wonder why it's so easy to gain 10 pounds and so hard to lose 10 pounds? How can something called a Quarter Pounder add 5 pounds to my hips? If a Krispy Kreme donut is traveling at 15 mph, how long does it take to reach my butt? These are the questions that keep me up at night. (Well, not really.)

During our summer vacation, my husband and I took the kids to the Houston Museum of Natural Science, a great way to spend a rainy, hot afternoon in Houston. Part of our tour included a hands-on science lesson by a Bill Nye wannabe. The kids loved the interactive experiments, but I was completely shocked by one that compared the density of Pepsi vs. Diet Pepsi. Did you know that a can of Diet Pepsi will float in water but a can of Pepsi will sink? Do you know why? It's that 12 teaspoons of sugar that weigh it down! 12 teaspoons! In one can! Put 12 teaspoons of sugar in a juice glass and tell me you're not impressed by that.

So, being the Coke lover that I am, I started wondering how many sit-ups it would take me to earn a single can of Coke. That would be 420. Yikes! That's like a month's worth of sit-ups for me! I could also rid myself of the Coke calories by jogging – for about 20 minutes. Or walking for about 40 minutes. All for one lousy can of Coke.

And if a can of Coke can do that to me, what about a plate of chicken fajitas? Turns out that those fajitas at Pappasitos with rice and beans and 2 tortillas (no sour cream or cheese) pack in a whopping 1150 calories! (That's like 8 cans of Coke, if you're still counting.) So plan on pushing that stroller for 9 ½ hours to burn those puppies off. Prefer the spaghetti and meat sauce at Macaroni Grill? You'll only need to ride your bike for 3 hours to work those 1110 calories off.

So these meals are great if you're Michael Phelps. For the rest of us mortals, it's much harder to maintain a healthy weight - much less lose weight - if we eat like this. You have to burn 3500 extra calories to lose one single, solitary pound. (That's about 14000 push-ups...) Which is why it's so much easier to gain weight than to lose it. I can easily eat an extra 3500 calories in a week. But it's much harder to exercise an extra 10 hours in a week. Here's a handy chart [on page 5] to let you know just how much effort you're going to have to expend just to break-even on some favorite foods.

(Continued on Page 35)



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What's That Quarter Pounder Worth - (Continued from Page 34)

Delicious but costly food choice	Number of push-ups needed to offset those darn calories	Number of sit-ups needed to offset those darn calories
Quarter Pounder w/Cheese (530 calories)	2120	1590
Ice Cold Can of Coke (140 calories)	560	420
Chick Fil A Sandwich (410 calories)	1640	1230
Taco Bell Beef Burrito (400 calories)	1600	1200
Pappasitos Chicken Fajitas (1150 calories)	4600	3450
Macaroni Grill Spaghetti and Meat Sauce (1110 calories)	4400	3300
Starbucks Blended Mocha Frappuccino (346 calories)	1384	1038
Saltgrass Pork Chops, Baked Potato, & Veggies (1020 calories)	4080	3060



November 11th



So, as my trainer tells me, suck it up, Buttercup. And put down that Coke.



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Prozac, Zoloft or Vitamin D3 deficient?

Submitted by Dr. Tenesha Weine

Sick all the time? Sad? Depressed? Low energy? Just don't feel well? Hurt all over? Low motivation? Lack of Focus?

Your body may be deficient in anti-depressants, highly unlikely, or you may be deficient in vitamin D3.

"Inadequate vitamin D status is an important public health problem, which could be readily addressed by adequate vitamin D intake or sunlight exposure" (Am J Clin Nutr 1997;66:929-36)

There is an epidemic of depression in the country. Can we all be depressed? Probably not. Studies have shown that vitamin D deficiency can cause low mood and moderate depression like symptoms. Think about how depressed people in colder climates become in the winter months. Indoor tanning has become a huge industry in the Northern and Midwest states because it makes people "feel good."

We need Vitamin D, specifically in the D3 form for multiple normal functions of the body such as:

- Normal Thyroid Function
- Normal bone and cartilage mineralization
- To absorb and maintain Calcium levels
- Normal Blood Clotting
- Normal Heart Action
- Healthy skin integrity

Vitamin D3 can be considered both a vitamin and a hormone due to where it is produced and released. Therapeutic doses of Vitamin

D can help prevent such conditions as:

- Polycystic Ovary Syndrome
- Peripheral Neuropathy
- Lupus (SLE)
- Fibromyalgia
- Depression
- Autoimmune Disorders

"The significant role of Vitamin D compounds as selective immunosuppressants is illustrated by their ability to either prevent or markedly suppress animal models of autoimmune disease". (FASEB J 2001 Dec;15(14):2579-85).

In Norway there is a high incidence of MS, an autoimmune disorder, inland. But a low to zero incidence on the coast. This could be explained by the abundance of vitamin D-rich fish on the coast and the native consumption of it. Coincidence? In Switzerland, there is a high incidence of MS at low elevation, but a low incidence at high elevation. Coincidence that in low elevation the sun exposure is close to zero?

With the fear of skin cancer and wrinkles we are in the sun less and less these days. And when we are, we are lathered up with chemical based-toxin containing sun screen, blocking vitamin D absorption.

So, how do we achieve normal and/or therapeutic levels of Vita-

(Continued on Page 37)

The Foot Wellness Center

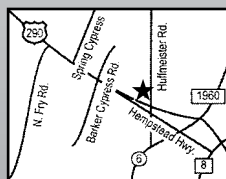


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Vitamin D3 - (Continued from Page 36)

min D3? Let's start with nature. Spend 15 minutes in the sun 2-3 times per week without a sun block. As we said, low light climates can dampen Vitamin D levels. This emphasizes an important point: optimal functioning of the skin, liver, and kidney are necessary for metabolism efficiency.

Unable to swing that? Try adding it to your diet through foods high in vitamin D such as organic egg yolks, fish and liver. You will need to eat 3 to 4 servings of each per week to achieve the needed 400-600 IU per day. Most of us don't eat, nor want to eat the foods rich in D so supplementation of D3 can be used.

Supplementation is absolutely needed when treating conditions present from depletion. But be careful where your vitamin D supplement is coming from. Unfortunately, like in anything else, you get what you pay for. Most over the counter products are in such low doses and poor content you won't absorb it well enough to feel a difference. The D3 we carry in the office is the highest quality and purest form on the market.

So, eat more fish - play in the sun - take your Vitamin D3 and feel good!

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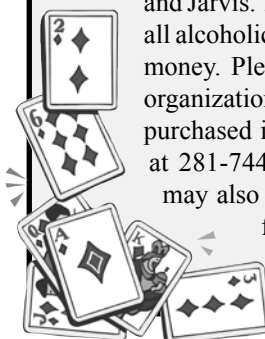


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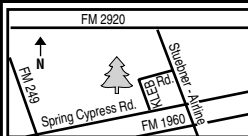


Inspiring possibilities, a non profit organization for children with special needs, is excited to host an adult only casino night and silent auction on Saturday, November 1st from 6 p.m. to 11 p.m. This event will be held at the Coles Crossing Clubhouse, located on the corner of Barker Cypress and Jarvis. The cost is \$50 per person which includes all alcoholic beverages, food and \$100 of casino play money. Please join us and join the fun in making this organization and event successful. Tickets may be purchased in advance by contacting Christy Lieder at 281-744-0568 or christy@allstarma.com. You may also visit our website at www.allstarma.com for more information on our program and donations.



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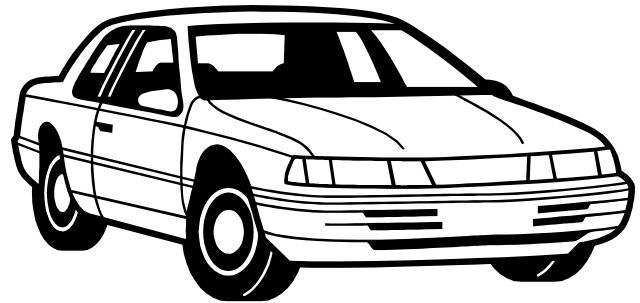
Follow Our Top 10 Ways To Save Gas!

Submitted by Leonard Johnson

If you are serious about saving more gas, it is important to understand that you will see the largest savings when you practice a combination of proper car care and smart driving behaviors. An aggressive attack plan can save you hundreds of dollars per year in fuel.

- 1) Drive fewer miles: Combine errands, carpool when possible, eliminate unnecessary trips. The average vehicle uses a gallon of fuel for every 20 miles driven. A few thousand less miles per year adds up to big money!
- 2) Correct tire pressure: This one has gotten a lot of press recently, but improper tire pressure can cost 3% in fuel economy.
- 3) Replace dirty air filters: Replacing your air filter every 12,000 miles will save up to 10% fuel.
- 4) Pay attention to the Orange engine light: This light warns you when something is wrong in your fuel or emission system. A faulty Oxygen sensor or fuel injector can waste 35% more fuel and increase the harmful pollutants your vehicle emits.
- 5) Check the gas cap: 147 million gallons of gas vaporizes annually in the U.S. due to loose gas caps.
- 6) Avoid jack-rabbit starts: The key to good fuel economy is smooth starts and stops. Driving like a grandma may not be fun, but it will raise your fuel mileage by up to 33%.

- 7) Slow down: Every 5 miles per hour over 60 mph is like paying an additional .26 cents per gallon for gas.
- 8) Remove excess weight: Every 100 pounds of weight reduces your mpg by 2%.
- 9) Change to synthetic motor oil: Reduces friction and increases fuel mileage by 2%.
- 10) Inspect brakes - Dragging brakes can seriously decrease fuel mileage.



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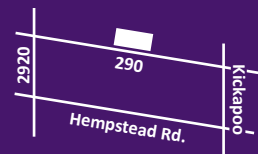
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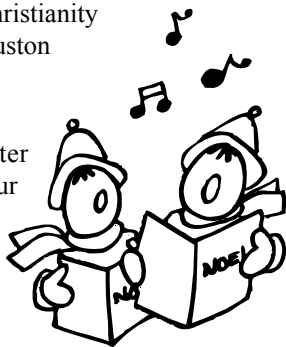
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Recipe of the Month:



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1 t. salt	½ tsp. ginger
2 t. cinnamon	½ tsp. allspice
¼ tsp. cloves	

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Jankovic Honored For Huntington's Disease Research, Patient Care

Baylor College of Medicine

H Dr. Joseph Jankovic, professor of neurology and director of the Parkinson Disease Center and Movement Disorder Clinic at Baylor College of Medicine, has been awarded the Guthrie Family Humanitarian Award from the Huntington's Disease Society of America for his leadership in research and patient care related to the disease.

Jankovic is being recognized for his long commitment to research in Huntington's disease and his efforts to make tetrabenazine, the first FDA approved medication to effectively treat the genetic neurodegenerative disease, available to patients.

"I am deeply honored to be the 2008 recipient of the Guthrie Family Humanitarian Award," said Jankovic, who also directs the Huntington's Disease Society of America Center of Excellence at BCM. "No family has contributed more to advancing the knowledge about this disorder than the Guthrie family."

This award, presented at the 12th Annual Guthrie Awards Dinner on Oct. 16 at the Waldorf Astoria in New York City, is given annually by the Huntington's Disease Society of America to a leader in the Huntington's disease medical and scientific community who goes above and beyond the call of duty in an effort to bring the best in research, care and patient services.

The Annual Guthrie Awards Dinner pays tribute to the memories of legendary folk singer Woody Guthrie and his wife, Marjorie, principal founder of the national drive to cure Huntington's disease.

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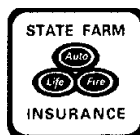
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Protecting Your Children on the Internet

Submitted by Laurie Scott

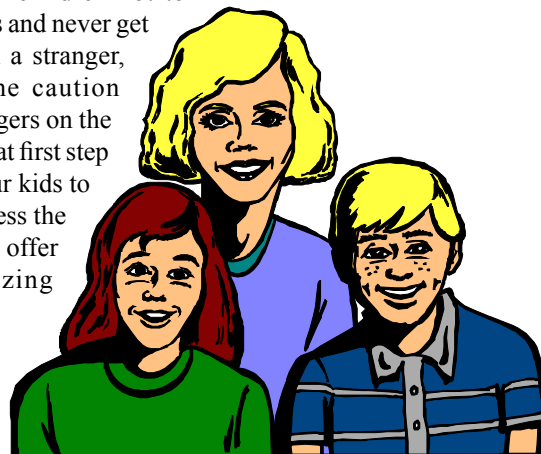
Just as we try to protect our children from bullies and predators on the streets, as parents we need to be doing the same when it comes to the Internet. Before the internet much of our socialization was done on the telephone. We would talk on and on while our parents were telling us to get off the phone. But with the advent of the Internet has come online chat as well as popular social networking sites such as MySpace and FaceBook, which have provided a totally new way for kids to socialize but at the same time exposed them to a new world of dangers. There is no need however to panic, as there are steps you can take to greatly reduce any risks.

First, talk to your kids. There is no software or hardware that will better protect your children than you. Keep computers out of children's bedrooms and in a public area of the home. Kids should not be talking to people online that they don't know in person. They should enhancing existing relationships, not creating new ones online. Never should your child give out personal information such as a phone number, address, birthday, school, etc.

Netsmartz.org is a fabulous site run by the National Center for Missing and Exploited Children; they have lots of material for both parents and kids from K – High School. An excellent tool is their "Internet Safety Pledge" that you and your child can read together and sign as an agreement between you. For younger kids there are

kid-safe web browsers such as "MyKidsBrowser" and "Kidzui". There are tools such as NetNanny and CyberSitter that can be installed on a computer to limit what programs can be run and what sites can be visited (be advised that clever teens seem to figure ways around them). OpenDNS is a free service that you can use to transparently control access for all computers in your home (though it does require a little technical knowledge to fully implement).

You tell your children not to talk to strangers and never get into a car with a stranger, using the same caution regarding strangers on the internet is a great first step in allowing your kids to enjoy the richness the Internet has to offer while minimizing the risks.



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Submitted by Dr. Tenesha Weine

House plants look pretty, fill empty spaces on the floor, and reduce stress. That's right, reduce stress. Being close to house plants makes us feel good. House plants reduce heart rate, blood pressure, and help with skin conductivity. Research has shown that people in planted offices recover from stress more quickly than those in un-planted offices.

No, the nursery with the pink flamingos around the corner from my office did not pay me to write this! It's true, the effect is seen more significantly in situations where the tasks being performed are repetitive or require only low levels of concentration by improving the air quality and people's perception of the building.

Think about it, humans were made to be outside in the woods or jungle, not inside of a cubicle with florescent lighting for eight hours. So, plants in the office help remind our cells there is life outside the four walls of our office.

Plants also give employees a sense of nurturing and caring, and is a highly interactive and a satisfying experience as it relates to our innate desire to take care of something else living.

A number of studies also show plants can reduce the incidence of minor health complaints. Planted buildings have less airborne dust and increased humidity and static electricity. This is mainly because

plants are slightly negatively charged compared with their surroundings. This attracts positivity charged dust particles and reduces the number in the air and on the surrounding surfaces.

A Norwegian study, after plants were installed in the trail office, the staff complaints about:

- *fatigue was reduced by 30%
- *dry throats were reduced by 30%
- *headaches were reduced by 25%
- *coughing was decreased by 40%
- *skin irritations were reduced by 25%

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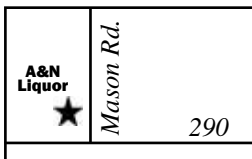
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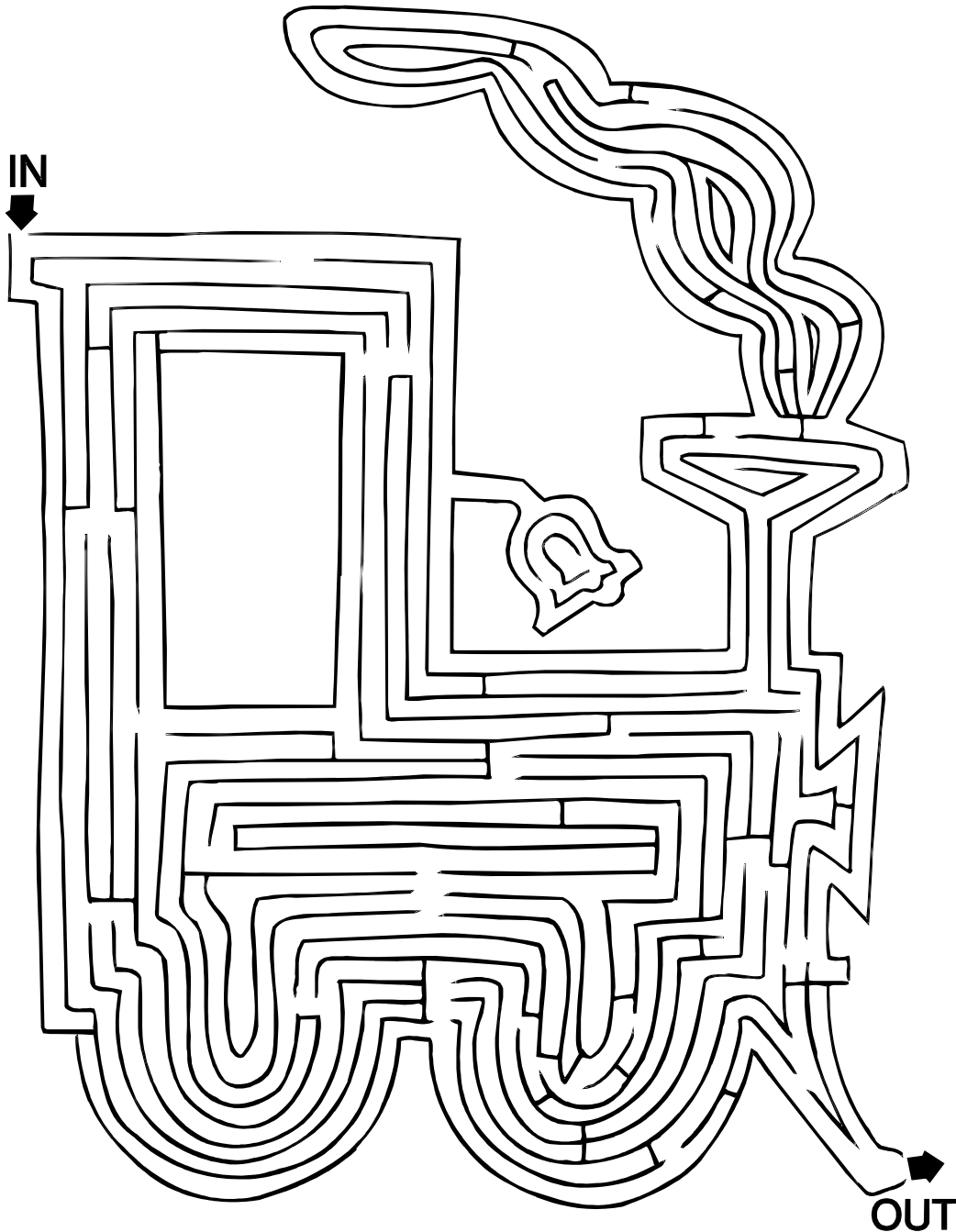
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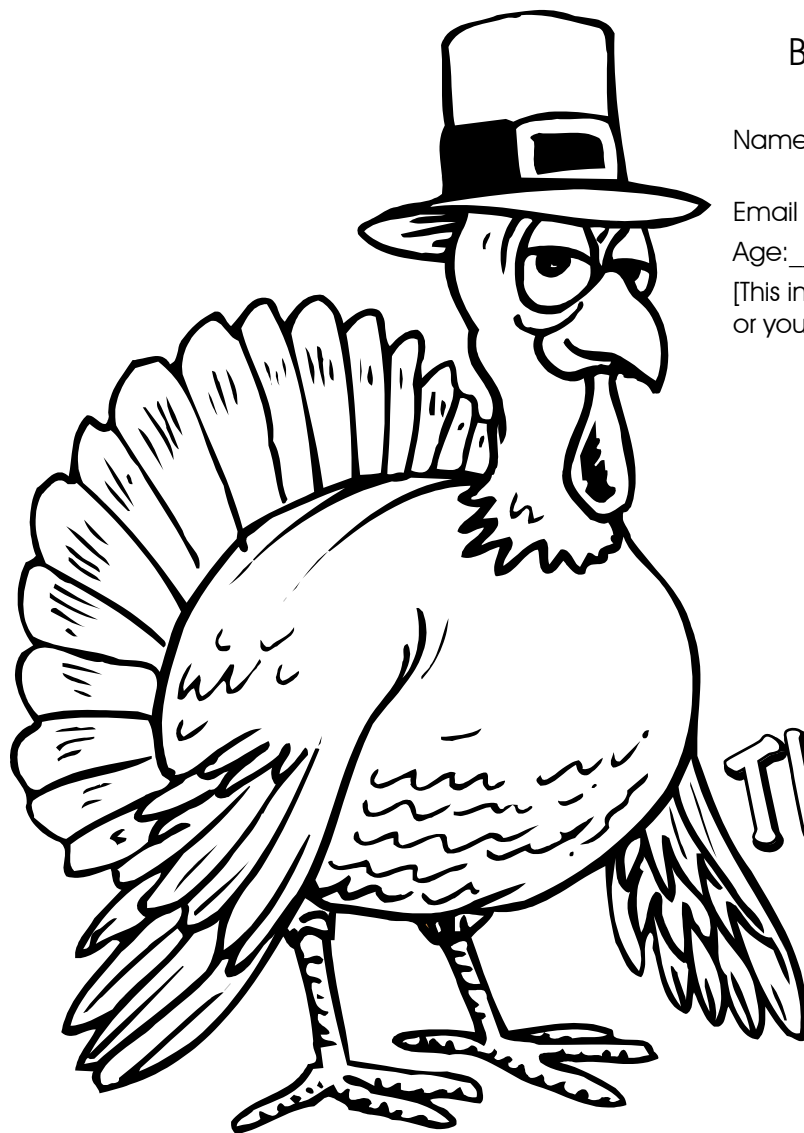
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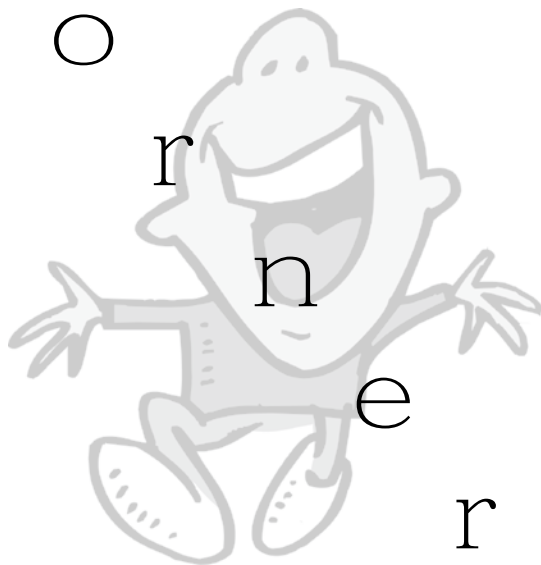
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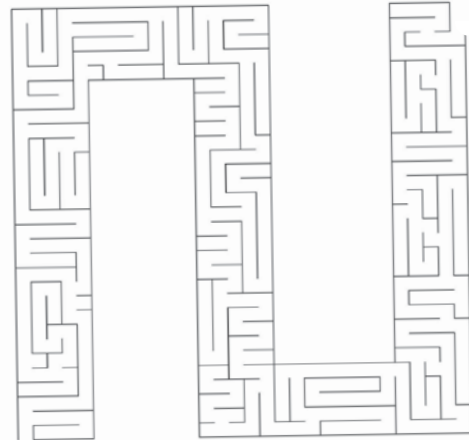
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R	H	N	T	T	I	N	N	M	X	S	N
W	O	L	S	J	Z	P	E	C	E	O	K
P	M	V	Q	Z	N	G	M	P	Y	V	L
D	M	G	A	N	R	R	A	T	K	U	P
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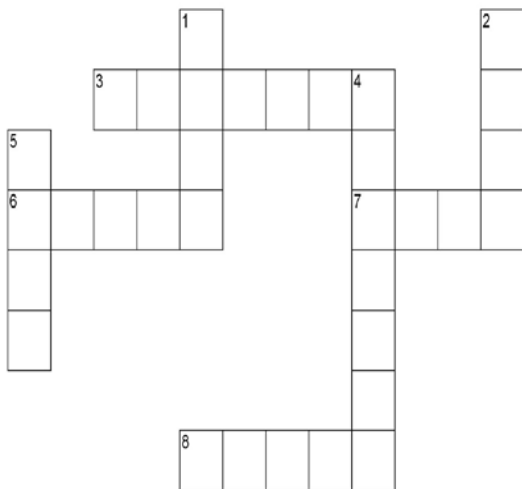
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Kidz Crossword Puzzle

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



ACROSS

Clue

3. Lots of cars
6. To disagree
7. Create or produce
8. Opposite of black

DOWN

Answer Clue

- Make 1. Stare at
- White 2. Comes after May
- Traffic 4. To create
- Argue 5. No light

Answer

- June
- Gaze
- Dark
- Compose

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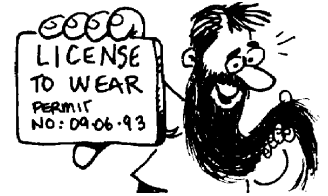
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Contemporary Services: 9:20 a.m., 10:40 a.m.

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Texas Events - November

- 1-29—WEST COLUMBIA:** Farmer's Market (Began Sep. 1.) www.farmersmarketwestcolumbia.com 979/345-3921
- 8—PEARLAND:** Kid's Fish Fest Open to ages 3 to 16. Hours are 9 a.m. to 1 p.m. Pearland Bass Pro Shop, 1000 Basspro Drive. www.pearlandparks.com 281/652-1673
- 8—PORT ARTHUR:** St. Catherine of Siena "Taste of Culture" Includes food booths, silent auction and more. Bob Bowers Civic Center. 409/962-3011
- 8-9—HOUSTON:** 19th Annual Texas Championship Powwow Includes colorful tribal dance contests, Indian artist and traders arts & crafts tent, teepee, honoring ceremonies, dancing, singing and much more. Traders Village, 7979 N. Eldridge Road. www.tradersvillage.com 281/890-5500
- 8-9—TEXAS CITY:** Model Train Festival Features model railroad, modular exhibits, interactive kids layout, food and more. 400 block of 6th St. www.texas-city-tx.org 409/643-5799
- 8-9—WHARTON:** Faith Christian Academy Craft Show Civic Center. 979/532-1862
- 8-Dec. 21—SPRING:** 28th Annual Home for the Holidays More than 150 shops offer gifts for Christmas and entertainment every weekend. www.oldtownspringtx.com 800/653-8696
- 13-16—HOUSTON:** Nutcracker Market Offers unique items for the entire family, including home decor, gourmet food, apparel, toys, garden items and more. Reliant Center. www.nutcrackermarket.com
- 14-16, 20-22—VICTORIA:** Arsenic & Old Lace Shows are 7:30 p.m. except for 2 p.m. Sunday. Leo J. Welder Center for the Performing Arts. www.theatre victoria.org
- 15—DEER PARK:** Creative Hands Crafts Sale Features a variety of vendors with homemade items, food and fun. Jimmy Burke Activity Center. www.deerparktx.gov 281/478-2050
- 15—GALVESTON:** Chubby Checker & the Wildcats The Grand 1894 Opera House. www.thegrand.com 409/765-1894 or 800/821-1894
- 15—GALVESTON:** Texas Aviation Hall of Fame Induction Gala Honors the Tuskegee Airmen. www.lsfm.org 888/359-5736
- 15—HOUSTON:** Houston Championship Chili Cook-Off Champion chili cook teams from across Southeast Texas compete for the title of Houston's Best Chili Cook. Traders Village. www.tradersvillage.com 281/890-5500
- 15—LA PORTE:** Hard Hat Tour Reservations required. Battleship Texas. 281/479-2431 ext. 234
- 15-Jan. 3—GALVESTON:** Festival of Lights Moody Gardens glistens with more than a million lights and dozens of festive scenes. www.moodygardens.com/seasonal_fun/festival_of_lights
- 16—GALVESTON:** 18th Annual Fly Day Features historic aircraft from WWII. Rides are available in the B-17, B-25, T-6 and Stearman. Lone Star Flight Museum. www.lsfm.org 888/359-5736
- 16—GALVESTON:** Gospel Stars Family quartet "raises the roof" with joyful music. The Grand 1894 Opera House. www.thegrand.com 409/765-1894 or 800/821-1894
- 20-23—KINGSVILLE:** South Texas Wildlife & Birding Festival Enjoy four days of birding and wildlife tours, speakers and exhibits. Methodist Life Center. www.kingsvilletexas.com 361/592-8516
- 21-22—GALVESTON:** Seaside Treasure Festival Features more than 100 arts & crafts vendors, silent auction, entertainment and more. Moody Memorial First United Methodist Church, 2803 53rd St. www.moody.org/stf 409/744-4526 ext. 783
- 21-22—LAKE JACKSON:** Festival of Lights Lake Jackson Civic Center & Plaza. 979/297-4533
- 21-Dec. 28—HOUSTON:** A Christmas Carol Charles Dickens' classic story follows Ebenezer Scrooge's journey with the three ghosts that visit him on Christmas Eve. Alley Theatre. www.alleytheatre.org 713/220-5700
- 22—GALVESTON:** Itzhak Perlman This violin legend is accompanied by pianist Rohan De Silva. The Grand 1894 Opera House. www.thegrand.com 409/765-1894 or 800/821-1894
- 22—KINGSVILLE:** Annual Ranch Hand Breakfast The King Ranch hosts a real cowboy breakfast cooked over an open fire with storytellers, poets and demonstrations of cowboy life on the ranch. King Ranch, Hwy. 141. www.kingsvilletexas.com 361/592-8516
- 22—PALACIOS:** Palacios Market Days Find antiques, collectibles, arts & crafts, decor and more. Railroad Park. www.palacioschamber.com 800/611-4567
- 22—TOMBALL:** Holiday Parade Features more than 175 entries. FM 2920. Miss Tomball Pageant is held at Tomball Intermediate School. www.tomballchamber.org 281/351-7222
- 25—WHARTON:** Christmas Parade 979/532-1862
- 26—BEAUMONT:** Crockett Street's Thanksfest Includes an outdoor stage with live bands, food and festivities. www.crockettstreet.com 409/832-2944
- 27—EDNA:** Turkey Program Learn about the Thanksgiving bird in the morning and make a turkey to take home in the afternoon. Lake Texana State Park. 361/782-5718
- 27—HOUSTON:** H-E-B Holiday Parade Begins at 9 a.m. www.hebparade.com
- 27—HOUSTON:** Uptown Holiday Lighting Ring-in the holidays with twinkling lights, festive music, holiday characters, special appearance from Santa and a fireworks extravaganza. www.uptown-houston.com/about/events/upcoming.html
- 28—ROCKPORT:** Karankawa Thanksgiving Begins at 7 p.m. Goose Island State Park. 361/729-2858
- 28-30—CLUTE:** Elizabethan Madrigal Feast Begins at 7 p.m. the Center for Arts & Sciences. 979/265-7661
- 28-Dec. 28—HOUSTON:** The Nutcracker Wortham Theater Center. www.houstonballet.org 713/227-2787 or 800/828-2787
- 29—GALVESTON:** Oliver! The Grand 1894 Opera House. www.thegrand.com 409/765-1894 or 800/821-1894

Editors Note: Call ahead for information, in case events have been rescheduled or canceled due to Hurricane Ike

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.

Holiday Turkey With A Heart-Healthy Twist

(NAPSA)-Herbed Roast Turkey is a heart-healthy take on the traditional holiday main dish. Instead of a butter baste, this recipe calls for olive oil, which reduces the saturated fat while providing a rich flavor during roasting. A savory rub of fresh sage, rosemary and thyme leaves infuses the meat with flavor, while olive oil seals in the natural juices to ensure tender results. For families that prefer other meats, the herb rub can also be used on roasted pork or grilled chicken and adapted to suit smaller cuts of meat.

Herbed Roast Turkey

Prep Time: 32 minutes

Cook Time: 4 hours, 30 minutes

Total Time: 5 hours, 15 minutes

16-to-18-lb. turkey, thawed, if frozen

1 medium onion, cut into wedges

2 ribs celery, cut into 2-inch pieces

2 medium carrots, cut into 2-inch pieces

4-5 stems each of fresh sage, rosemary and thyme, if desired



Give your holiday turkey a heart-healthy boost with olive oil.

- 3 cloves garlic
- 1/3 cup chopped fresh sage leaves
- 1/4 cup fresh rosemary leaves
- 3 tablespoons fresh thyme leaves
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/3 cup plus 1/2 cup olive oil
- Additional stems rosemary, thyme and sage

Heat oven to 325° F. Remove giblets and neck from turkey; discard or save for broth, if desired. Rinse cavity of turkey and pat dry. Sprinkle inside of turkey with salt and pepper. Place onion, celery, carrot and, if desired, 1 to 2 stems each of sage, rosemary and thyme inside turkey. Place turkey on rack in roasting pan; set aside.

(Continued on Page 57)

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Turkey - (Continued from Page 56)

In food processor or blender, chop garlic until fine. Add herbs; pulse until coarsely chopped. Add salt and pepper. With machine running, add 1/3 cup olive oil; process until well blended.

Carefully separate (but do not remove) the skin from meat on breast of turkey. Rub 2 tablespoons olive oil mixture between meat and skin. Replace skin. If desired, add 1 cup water or broth to pan under rack. Roast turkey 1 hour.

Meanwhile, blend remaining 1/2 cup olive oil into remaining herb mixture. If desired, bundle remaining fresh herb stems together to form "basting brush." After 1 hour of roasting, baste turkey with part of herb mixture.

Continue roasting 2½ to 3¼ hours or until internal temperature of thickest part of thigh is 170° F and juices run clear, basting every 1 hour. If necessary, cover breast of turkey with foil to prevent over-browning during roasting. Cover loosely; let stand 10 to 15 minutes before carving.

16 to 20 servings.

Total roasting time will be about 12 to 20 minutes per pound, depending on size of turkey. Check turkey wrapper for additional timing information.

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Saturday, November 15th @ 10am

Tuesday, November 18th @ 6pm

Bariatric Support Group

Thursday, November 20th @ 6pm



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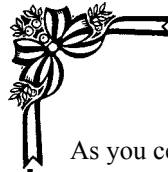
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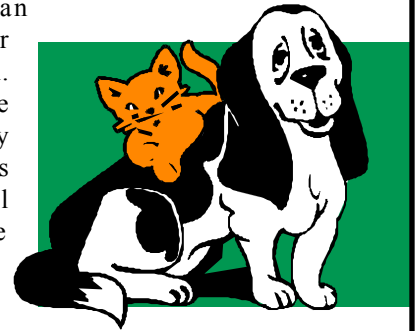
Holiday Pet Tips

Submitted by Melissa Todd

As you celebrate the season, it's important to keep your furry friends safe and stress-free.

Household changes and activity can be very hard on pets.

- Be careful with holiday decorations. Many plants and berries (poinsettias, mistletoe, ivy and holly to name a few) can be toxic to pets. Also be careful where you hang ornaments and decorations...the higher the better!
- Gatherings of people and holiday parties can frighten animals. Plan a safe place for them to retreat too when company arrives or when Halloween doorbells are ringing.
- Holiday leftovers can wreak havoc with your pet's digestive system. This is especially true with older pets. Turkey drippings, poultry bones and chocolate can all result in a trip to the emergency vet.



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Want To Take Years Off Your Age, Try Changing Your Hair....

Submitted by Michelle Lasher

If there is one thing people see every day when they look at our faces, it is our hair. The color, shine and texture of the hair can be a great gauge of how old a person is. As we age, our hair tends to lose that natural shine and flowing texturing. The natural hair body falls limp and we are left with a mess of unmanageable hair. But, that does not have to be the case...

Here are the top 3 changes that can take years off your real age:

Highlights = Younger Locks

When highlights are placed in just the right spots on the head, they will frame the face and drop the years from how old you look. The key is to not overdue the highlights. The color should be just a few shades off the base and the highlights, soft and sun kissed. There is a difference between highlighting and chunking and your salon needs to know the difference.

Layer For A Younger Look

When hair is heavy and falls around the face, it makes us look older. The lighter our hair feels, the lighter our spirits and the less drowning our hair will be. The salon should cut face framing layers into the style you have chosen. Even if the "picture" you are going for does not have layers, the addition of a few around the face will lighten the do and your age.

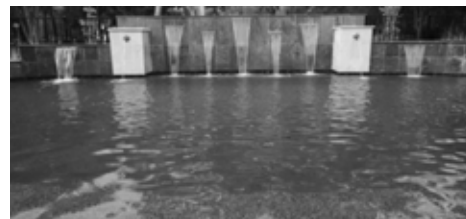
Shine, shine, shine

Young hair is shiny hair. That luster is one of the first things to disappear with age. But, you can regain that shine and naturally. A sweet smelling natural oil can be placed on the head for a few hours a week to moisture and revitalize. On a daily basis, stack the shine products for the best results. The shampoo, conditioner, gel, mousse and hairspray you use should all say they increase shine.

Happy Uplifting Youthfulness!



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Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

	2				6			
1	5	3					2	
		7						9
							4	
	8	5		2			9	
3					9	7		
		1	6		2			
	4		7	1				
						6		7

*Solution at www.PEELinc.com

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Fairfield Resident

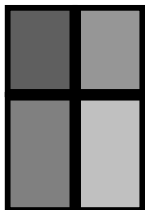
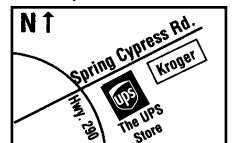
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Cryptogram

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: Quote by Josh Billings 1815-1885, American Humorist

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
				Y				B						P											

$\frac{E}{X Y}$ $\frac{I}{Q B N Y}$ $\frac{E}{W}$ $\frac{O}{S P G Z W D Y}$ $\frac{E}{G Z W M S}$ $\frac{I}{G Z B J N}$
 $\frac{O}{Z P}$ $\frac{O}{P R Y}$ $\frac{E}{Z U B R D}$ $\frac{I}{L R Z B Q}$ $\frac{O}{E P L}$ $\frac{E}{D Y Z}$
 $\frac{E}{Z U Y T Y}$

Look for the solution in the December issue of the Fairfield Gazette.

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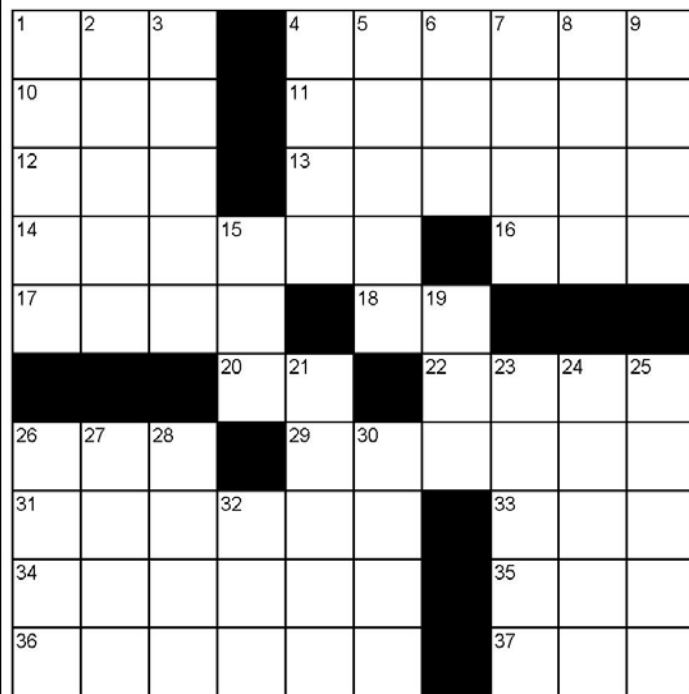
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Crossword Puzzle



ACROSS

1. Expression of surprise
4. Scots
10. Cut
11. Reactive
12. Pixie
13. Northern Ireland
14. Bell tower
16. Female sheep
17. Thought
18. Greek X
20. Yes
22. Telephone noise
26. American College of Physicians (abbr.)
29. Owner
31. Sorrowful
33. Water closet
34. Constructs
35. Extra-sensory perception
36. Afire
37. Ball holder

DOWN

1. Where you were at crime time
2. ___ in (focused)
3. Pippin
4. Speak indistinctly
5. Sepals of a flower
6. Abdominal muscles (abbr.)
7. Ritual
8. Traveled by airplane
9. Dried-up
15. Food and Agriculture Organization (abbr.)
19. Internal Revenue Service
21. Lout
23. Small island
24. Lasso
25. Fumble
26. Domain
27. Regulate
28. Rind
30. Otherwise
32. Farm credit administration (abbr.)

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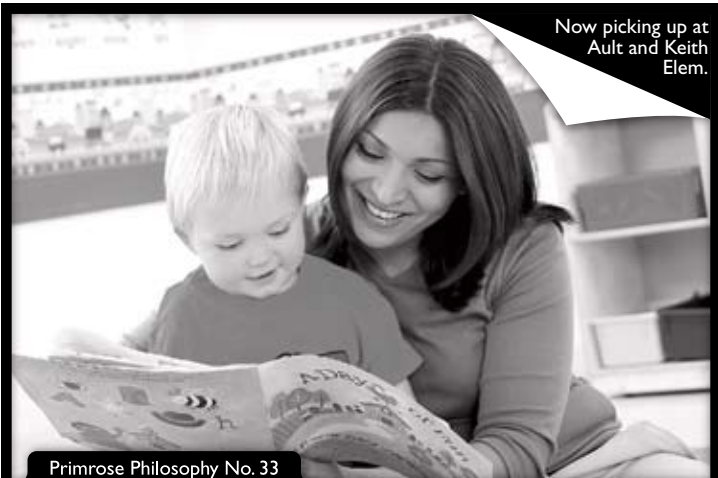


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LOST LADDER: Lost day before Hurricane Ike - 8 foot aluminum ladder - somewhere between The Estates and the Glen - possibly on Schiel/Mason. Please call 281.851.9628 if you found it.

WANTED: Pokemon cards or games. Please e-mail mindyflint@msn.com or call 281-543-3602.

GREAT DANE PLAY-DATE ANYONE? Winston is a 10 month old mantle Great Dane that LOVES to play. Interested in a doggie play-date? Please email me at 2goodman@earthlink.net.

SIGN LANGUAGE: American Sign Language Interpreter Needed- Good Shepherd is seeking an interpreter who is fluent in American Sign Language and interested in sharing their talents during the Catalyst Service which is held Sunday Mornings at 11:00am. If you are interested, please contact Pastor Bill Haygood at bhaygood@sbcglobal.net.

PLEASE HELP: CFISD teacher working for a low socio-economic school in need of children's books for classroom library preferably first through third grade. If you would like to donate any books regardless of condition please email Diana at dvilla_22@sbcglobal.net I would truly appreciate your help.

LOVING NANNY NEEDED: Full time Nanny needed for care of infant twins in my home M-F 7a-5p. At least 2 previous nanny positions, for which you are willing to provide references. At least 21 years of age, Legal Resident of US, Own transportation, Valid Driver's License, CPR/First Aid Certified, If qualified, call 713-855-7588.

STAY AT HOME DAD LOOKING FOR GROUP: I wish to start

or join a playgroup with my 17 month old daughter. Contact Brian at 713-301-8405 or frednphil@comcast.net if interested.

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ADULT CAMPERS: Do you have an RV, kids grown up and gone? Like to socialize? Come join us. For more information, contact us at 281-373-1374 or e-mail brakeaways@yahoo.com. (Nonsmoking group).

LOST: Black Nintendo DS lite with guitar hero stickers all over. If found please contact 281 650 7640.

FOR SALE: Overstuffed chair and ottoman in pale olive and gold African Sahara print, \$250; Large writing desk and chair in beige distressed finish, \$200; African animal print rug (5 x 7), \$50; 100% Wool entry rug (4 x 6), multi-color with floral, \$100; Desk chair on casters in medium blue fabric, \$20; 42-gallon octagonal fish tank with custom faux-painted base, comes with large limestone rock pieces, \$300; TTR-90 Yamaha dirt bike with racing helmet and goggles, rarely used \$900; PW-50 Yamaha dirt bike with racing helmet and goggles, only used 3 times \$1000; XL-125 Honda street/dirt bike (fixerup), \$250; Webber BBQ pit, needs natural gas connection, \$100; call 281-373-9455, pictures of all items available upon request.

FOR SALE: Schwinn 418 Elyptical Trainer For Sale - Used less than 20 times. Purchased 12/07 for \$900, selling for \$500. If interested, call 281-635-2091 or email loriloria@att.net. Can email pics if needed.

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FOR SALE: Beautiful Crib from Young American by Stanley Furniture from the Isabella Collection. Off-white with cameo of roses on each side. Perfect condition. Retail \$800. Selling for \$450, mattress included. Call Lori (281) 256-7139.

FOR SALE: Girls Crib Bedding by Glenna Jean from the Isabella Collection. Beautiful pink and green with toile, gingham, stars. Includes bumper, dust ruffle, 1 pink sheet, 1 green sheet, 1 cream sheet, and matching mobile. Retail \$475. Selling for \$125. Call Lori (281) 256-7139.

FOR SALE: Elegant Dining Room Table with 4 side chairs and 2 arm chairs. Dark stain wood with cream cushions. Contemporary look with straight, clean lines. Hardly used, turning dining room into playroom. Retail \$1300. Selling for \$500. Call Lori (281) 256-7139.

HARLEY DAVIDSON: ATTENTION MOTORCYCLE ENTHUSIAST: Too many bikes – diminishing collection. 1800 miles! Pearl white, factory alarm, chrome front end with Nacelle Road King headlight system, Screamin Eagle wheels with matching sprocket, extra-chrome. Mint! Sleeps in home... wet only once. \$14,995. Why spend 25k+? 408.427.5391.

DUCATI 999 (R)ace model! ATTENTION MOTORCYCLE ENTHUSIAST: Too many bikes – diminishing collection. 2006 999R, 620 miles! Additional carbon fiber components. First service completed - (receipt for over \$700.00) Never wet, sleeps in home. PERFECT! Over 35k new – why buy new? \$18,999. Be different, this thing is trick!!! 408.427.5391.

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FOR SALE: VIZUA-L-OGIC A-1000 headrest video monitor system w/built-in dvd. \$350.00 Like new. For H-3 or compatible seats. Black leather w/dark gray trim. For additional information/ pictures e-mail me at eldecor@msn.com.

FOR SALE: 1997 Mazda Miata Miata with hard top for sale. Has 66,500 miles. Black interior and exterior, body, interior and mechanicals in good condition. Runs great, is a daily driver, Ac blows cold, Kenwood stereo c/w 6 disc changer, recent tires. Convertible top is in good condition. asking \$5750 obo. Pictures available via email. Call 281-256-9874

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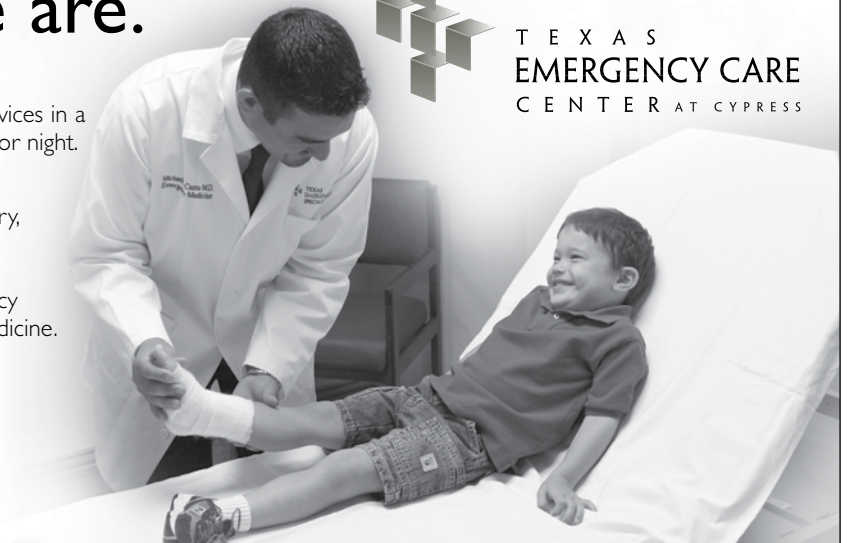
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FOR SALE: treadmill \$200 (paid \$1200), high chair \$30, crib - \$40, BumbleRide Stroller and accessories - \$40 (paid \$280), articles of women's clothing size M - \$5/each, Wolford articles of clothing size M - \$20 - \$40 / each . Call 713-384-5063

FOR SALE: Children's Storage Organizer with 16 multi color bins-bought it for \$89.99 asking \$40 beautiful, Children's Two multi color book shelves each \$5, Children's Two multi color 3 drawer storage each \$15, Children's multi color picnic table \$10, Twin beddings, Books, Board games, VHS movies, Clothes, Futon-Black without mattress \$40, XBOX 360 Guitar Hero II Kit-bought it for \$89.99 asking \$50 Like New, 6 Light gray color Patio cushions \$15. Please Call 832-867-1623.

FOR SALE: King Comforter & Picture: Neutral colored King Comforter set includes comforter, bed skirt, 2 king shams, and envelope throw pillow. Colors are muted olive green, mauve, & cream swirls.

Also, large picture of magnolia with matte that matches comforter print. Frame is light brushed goldish in color. Beautiful together. Picture purchased for \$250 at furniture store, comforter set originally from JCPenney. Will email pics. \$75 Call 713-855-7588.

FOR SALE: Queen Comforter: Beautiful queen comforter set made of rich browns and rust colors. Trimmed with taupe cording. Set includes comforter, skirt, two shams. Coming from a no pet household. Purchased at Stein Mart one year ago for \$200. Will email pics. Asking \$50 call 713-855-7588.

FOR SALE: Formal Dining Room Set: Beautiful and elegant formal dining room table with matching hutch. Only 3 years old. Plastic still on cushions. Excellent condition with no scratches. 9 pieces total including table leaf. 4 sturdy chairs plus 2 captains chairs. Hutch is lighted with 2 glass shelves. Purchased new for \$4000 on sale. Will email pics. Asking \$1800 Call 713-855-7588

BABY ITEMS FOR SALE: Fisher Price Rainforest Jumperoo \$40.00. Baby Einstein Activity Gym \$25.00. Lilac Bumby Baby Seat with attachable tray \$20.00. Gymini 3-D Activity Gym \$10.00. Advent Bottle warmer and microwave sterilizer \$10.00 for both. Jogging stroller \$25.00. Baby Martex Blossoms musical mobile and crib bumper \$30.00 for both. Please call 281-304-5479.

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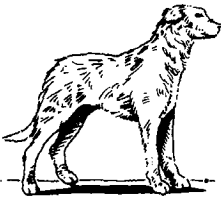
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16219 Morning Pine Trail,
3/3.5/3, 3778 SqFt, \$304,500



15703 Township Glen,
3/2.5/2, 2727 SqFt, \$229,900



16327 Redbud Berry Ln,
4/2.5/2, 2170 SqFt, \$142,900



16247 Field Haze Trail,
3/2/2, 1728 SqFt, \$134,900



15754 Bending Birch,
4/2/2, 2164 SqFt, \$154,900



15823 Lake Loop Drive,
5/4.5/3, 3767 SqFt, \$389,900



15602 Wildwood Run,
4/3.5/2, 3261 SqFt, \$208,000



15807 Lake Loop Dr,
5/4/3, 3625 SqFt, \$299,900

Dawn Fore's Fairfield Market Report

Neighborhood	2 nd Quarter Results			Current	
	Sold	\$ per SqFt	DOM	Avail	Pending
Bluebonnet Glen	0	-	-	0	0
Baker's Ridge	3	\$70.30	58	6	0
Chappell Ridge	5	\$72.06	67	5	1
Cottage Glen	3	\$65.61	95	4	2
The Estates	1	\$77.93	141	3	0
Garden Grove	4	\$64.58	39	5	3
Glen	4	\$73.76	23	1	1
Inwood Glen	2	\$67.63	31	3	2
Inwood Meadows	7	\$64.28	83	7	3
Inwood Park	6	\$71.39	39	10	2
Lakes/Lake Ridge 2	9	\$86.45	31	11	1
Crossing/Landing/Reserve	5	\$76.88	38	10	1
Meadows/Park/Retreat	6	\$68.32	104	8	4
Oaks/Trails	4	\$75.66	55	8	2
Pines	0	-	-	0	0
Summer Crossing	2	\$72.91	22	3	1
Summer Ridge	6	\$71.05	86	8	1

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.

Peel, Inc.

311 Ranch Road 620 S. Ste 200
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