



FAIRFIELD

COMMUNITY • GAZETTE

OFFICIAL FAIRFIELD COMMUNITY ASSOCIATION NEWSLETTER

CONGRATULATIONS

*Fairfield Ladies Softball
Fall Season Champs!*

HERRICANES



Pictured from left to right (kneeling row):

Sue Benavides, Donna Jadloski, Charlotte Byrne, Cherie Tello,
Kim Escamilla, Jackie Chapa, Linda Sullivan

Pictured from left to right (standing row):

Connie Anderson, Jamie Masvero, Michelle Robertson,
Hilary McVay, Brenda Wright

WAY TO GO LADIES!!!

Community Blood Drive

There is no substitute for blood. It has to come from one person in order to be given to another. A regular number of voluntary donations are required every day to meet the need for blood in the Texas Gulf Coast and East Texas regions.

The Fairfield Women's Club
*would like to encourage you
to donate blood on*

Saturday, January 31, 2009

9:00 AM - 1:00 PM

Bradford Creek Clubhouse

(Located at the end of Fairfield Green,
down from Keith Elementary)

Please sign-up for a time via

www.giveblood.org

or visit this site for more information.

Appointments are preferred,

but walk-ins are welcome!

Questions?

Email Casey Buckley at

billyandcasey@yahoo.com



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Go Green Go Paperless

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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, FF Village Community Assoc.)	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)	281-256-2853
Kay Jukes (Chappell Ridge, FF Village Community Assoc.)	281-373-9301
John White (Chappell Ridge)	281-373-1223
Brian Gambrell (Fairfield South)	brian_gambrell@hotmail.com
John Hanes (Garden Grove, FF Village Community Assoc.)	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, FF South)	281-875-1552
Tommy Weaver (Chappell Ridge, Garden Grove, Lakes, Trails, FF South)	281-875-1552
Nan Peavey (Chappell Ridge, Lakes, FF South)	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 Panzinetti, 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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Current Listings

21811 Sheffield Gray	5/3.5/3.D.....	\$299,900
15902 Lower Lake	4/3.5/3A	\$299,000
15910 Park Overlook	4/4/3D.....	Pending ...\$279,900
17627 Riata Manor	3/3/2A.....	\$250,000
15514 Pine Valley	4/2/2.A	\$180,900
15607 Garden Bend	3/2/2A.....	Pool\$169,900
15315 Freestone Peach	3/2.5/2D	Pending ...\$156,500
20323 Peach Mountain	4/2.5/2A	\$149,900
15742 Bending Birch	3/2/2A.....	\$149,900
20302 Concord Hill.....	3/2/2A.....	\$139,500
22015 Bronze Leaf.....	3/2/2A.....	\$137,500
18107 Blake Valley	3/2.5/2A	\$134,900
15303 Laurel Knoll.....	3/2/2A.....	\$134,500
15235 Olmstead Park.....	3/2/2A.....	\$134,000
11311 Sky Ridge.....	4/2/2A.....	Pending ...\$129,900
3519 Colmar Way	3/2/2A.....	\$94,900
5218 Devon Green	4/2.5/2A	Pending\$89,900

4743 Windy Cypress	4/2.5/2A	\$89,900
7215 Kransburg Ranch.....	3/2/2A.....	\$85,000
7334 Kransburg Ranch.....	3/2/2A.....	\$84,900
19210 Cypress Cliff	3/2/2A.....	\$74,900
17911 Glenledi	3/2.5/2A	\$68,500
7112 Little Creek	2/2/1A.....	\$50,000
19223 Bauer Rd	3/2/0	\$47,000

Current Rentals

21811 Silent Jasmin	3/2/2A.....	\$1,500
22026 Gold Leaf	3/2/2A.....	\$1,400
20302 Concord Hill.....	3/2/2A.....	\$1,300
24310 Wild Horse	3/2/2A.....	Pending\$990

Townhouse/Condo Listings

8051 Bay Branch.....	2/2.5/0.....	\$102,900
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Office (281) 373-4300

Fax (281) 373-4345

Email:

jeanne@donandjeanneteam.com

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Attention Fairfield Homeowners

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 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 Kelly Peel at Kelly@PEELinc.com.

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

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.

December

December 2008

Tuesday

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Attention Fairfield Homeowners

Mason Road Expansion

Dear Residents,

The Mason Road expansion is scheduled to begin January 5th (a 240 day contract) and will be completed by the end of August, 2009. This is a Harris County road project; the upgrade amenities (additional pedestrian tunnels for the new lanes and traffic signal upgrades at Maple Village and Chappell Knoll) have been paid for by MUD 322, MUD 354, Exxon Land Development and Harris County.

Harris County is offering a construction bonus to the contractor if the project is completed prior to 240 days.

Construction will start on the south end by Maple Village and will proceed north. Existing lanes of Mason will be open at all times except for possible minor flag delays with the moving of equipment, however during construction there may be periods when one of the tunnels is closed. The County has agreed to keep one of the existing pedestrian tunnels open at all times and the tunnels may be closed for no longer than a total of 30 days during the construction period. The work hours are 7 am to 5:30 pm and weekend work only with approval.

The crepe myrtles have already been moved from Maple Village to Cypresswood Drive to accommodate the turn lanes that will be added, 12 large oaks will be moved to other locations in Fairfield by the Developer and apx. 10 oaks that are close to the future lanes be root pruned and crown thinned in an effort to save them. The pines that are in the path of construction will be lost, however Exxon Land Development has pledged a generous contribution for replanting when the project is complete. The project camp will be located at the northwest corner of Mason and Schiel roads. If you have a concern or question regarding the project please contact Harris County at 281-463-6300.

We know that this will be an inconvenience to residents and a mess – but be assured that when complete all will be restored!

Thank you,
AMI

Hurricane Ike Damage

Dear Residents,

Your Associations understand the difficulties and cost involved with making repairs to your property – however it is your Association's responsibility to ensure that all repairs and replacements are completed in a timely manner. If your fencing or roof is damaged it must be repaired or replaced if necessary. Visible tree stumps must be removed also. Please contact our office to let us know your firm repair plans if they are still pending.

Should these repairs not be completed in a timely manner your Association will have no choice but to take further action if necessary.

Regards,
AMI

Street Light Outage

You can report a street light outage online
at www.centerpointenergy.com.

Click on:

services/electricity/residential to report a street light outage.

You may also call Centerpoint at 713-207-2222

You must know the pole number and a nearby address. Centerpoint will send you a confirmation and an expected fix date.

Thank you
AMI



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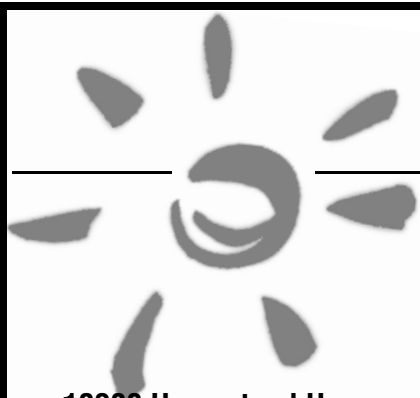
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Hurricane Ike First Responders Appreciation Party



RE/MAX Preferred Homes sponsored a party to honor the Hurricane Ike First Responders for their dedication and service to Fairfield and the surrounding community. RE/MAX feted the firemen and policemen and Fairfield residents, with refreshments and photos with Santa Claus.

Members of a local blue grass band donated their talent to the festivities. In addition to the modern fire truck Cy-Fair Station 7 brought along for the community to check out, they also brought a 1935 fire truck reserved for such special events. A ride in this special truck delighted kids and parents alike. K-9 rescue dog Aid'n enjoyed lots of attention from everyone. Shown in this photo are Paul Davis, Fauzia Zaki, Robin Cox, Rhonda Strain, Broker-Owners Jeanne and Don Machrowicz and Mike Schroder as Santa Claus.



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Bradford Creek Board Of Directors News

When this article appears homeowners will have received their 2009 Maintenance Assessment. Your Directors put a sharp pencil to the 2009 budget. As a result, ways were found to maintain the Bradford Creek Neighborhood assets while keeping the \$380 assessment for one more year.

This is the seventh consecutive year for this Maintenance Assessment rate. Most costs continue to rise, but we are paying close attention to the 2009 expenditures. One such expenditure is the 2009 pool schedule. Contributions to the Reciprocal Pool Use Agreement continue to be about 20% of our yearly budget and this is currently under review. Any savings will help to control the annual assessment.

Hurricane IKE dealt us a moderate blow with direct cleanup costs less than \$5000 for our neighborhood. This winter we will make

decisions on which trees to replace adding to the total recovery cost.

As of this writing Bradford Creek has not experienced any bad debt losses for 2008 but there are several accounts in arrears and a few headed for foreclosure. This Board stands ready to work with any homeowner experiencing short term financial difficulties. Please contact AMI for assistance if you fall into that category.

We would like to thank Municipal Utility District 354 for their assistance in funding a capitol improvement project in the amount of \$4173 for Bradford Creek. Their support benefits our community greatly.

Managing the business of our organization is simplified when funds are available to maintain assets properly. Thank you for your past support. We look forward to serving your needs during 2009.



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***Fairfield Resident,
KAITLYN KNIPPERS
Chosen as one of America's
Smartest & Most Talented Kids***

Kaitlyn's original song (video) was chosen to be on oprah.com as one of America's Smartest and Most Talented Kids and recently won Colgate Country Showdown locally for 3rd year in a row.

You can see Kaitlyn appearing all over Houston in upcoming shows including Prime Outlets. Please check out her links for an updated Calendar.

Show your support for local Fairfield singer, Kaitlyn. Kaitlyn will be appearing at Main Street Crossing in Tomball with Clay Melton Live - Reserve a Table Now for Jan. 30th! - Tickets are already being sold for the Jan. 30th show at Main Street Crossing. Please Call ahead if you want to reserve a table, 281-290-0431. Tickets are \$5.00. Shows do sale out to standing room only so reserve your tickets early. Thanks for your support - 2009 promises to be a ground-breaking year.

Thanks for your support!

www.KaitlynK.com

www.YouTube.com/DAK4

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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.

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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Tue-Thur: 9:30am-7:30pm

Fri: 9:30am - 5:30pm

Sat: 9:00am - 4:00pm

A Special Invitation to All Women in the Community *Eyewitness to Majesty: Abandoning Self for Christ* with Mindy Ferguson



*Come, walk along with Peter as an eyewitness to the life of Christ.
Watch Peter transform from Simon the ordinary fisherman, to Peter fisher of men.
Peter will encourage you and inspire you.
But most of all, he will challenge you to abandon self for Christ.*

All women in the community are invited to join us on Tuesday evenings at Good Shepherd United Methodist Church in Fairfield for this eleven-week Bible study, featuring author and Cypress resident, Mindy Ferguson of Fruitful Word Ministries. Each week we will come together for 90 minutes of fellowship, music, prayer and in-depth teaching by Mindy. Childcare is free with advance reservations. Please come and bring a friend!

DATES:

Tuesday evenings, February 3rd through April 21st.

TIME:

7:00 to 8:30 p.m.

LOCATION:

Good Shepherd UMC, 20155 Cypresswood Drive,
Fairfield Subdivision (290 and Mason Rd)

COST:

\$13.00 for workbook

TO REGISTER CONTACT:

Good Shepherd UMC office at 281-373-2273 or
Aynne Daugherty (aynnebaugherty@yahoo.com) at 281-373-1822
Visit Mindy's ministry website at: www.Fruitfulword.org

Meet Kendrell and Jonathan

DOB: October 1993 & October 1997

Kendrell and Jonathan want to find a forever family. They have a close bond; Jonathan looks up to his sister and Kendrell is very nurturing to her brother. They enjoy each other's company and play well together and other children. Kendrell and Jonathan do well in school and excel in sports. They are both wonderful children who appear shy or quiet when you first meet them, but both can also be strong-willed and determined.

Kendrell is outgoing, cheerful and makes friends easily. She enjoys running and doing typical "girl" things. She is engaging and talkative. Kendrell may present as a tough girl, but her foster parents report that underneath her tough exterior, Kendrell has a big and generous heart.

Jonathan is a happy, easy-going child. He is active and enjoys sports and drawing. He is smart and can watch someone doing something and it will only take him a few tries to be able to do it himself.

These children very much want to be adopted together and would contribute significantly to the happiness of a family. Jonathan would benefit from a positive male role model that will spend time doing mutually enjoyable activities. Kendrell would thrive in a home that allows her to be a teenager while guiding her in becoming a mature young woman.

If you would like more information on becoming an adoptive parent, please contact the Adoption Coalition of Texas at 512-301-2825 or info@adopttexas.org. For more information about Kendrell and Jonathan, please contact: Grace Lindgren, LMSW, Adoption Coalition of Texas/Wendy's Wonderful Kids Recruiter, gracelindgren@adopttexas.org, 512-687-3209.



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School News

Cypress Ranch High School Mustang Band Sponsors Drive-thru Texas Roadhouse Rib Dinner

Save the Road Trip! Get your Texas Roadhouse ribs at "the Ranch". The Cypress Ranch High School band is sponsoring a drive-thru dinner in the school parking lot.

Join us for a delicious Drive-Thru Dinner by Texas Roadhouse. Texas Roadhouse will provide ½ slab of ribs, mashed potatoes, green beans plus those wonderful rolls with cinnamon butter for only \$10! You also get a bag of peanuts with each order and a coupon for a free "Cactus Blossom" appetizer (a \$5.99 value). Kids meals are also available for \$5

Texas Roadhouse will be in the Cypress Ranch High School parking lot behind the Auditorium in the Band Hall parking lot grilling this dinner for you and your family. From 4:30 pm- to 7:30 pm on January 13, 2009 drive through the parking lot and someone will bring your Texas Roadhouse order directly

to your car. It's that simple!

Order forms are available at the band's website www.cypressranchband.org. Orders will be accepted until January 6, 2009. Mail your check and order form to CRHSBBC, PO Box 1551, Cypress, Tx 77410-1551 or drop it off in the Band Hall at Cypress Ranch High School. Make checks payable to CRHSBBC. All proceeds will benefit the Cypress Ranch High School Mustang Band. For more information please contact Marilyn Cisar at 281-373-9262.

Cypress Ranch High School Band Boosters have been organized to support the band at the newly started Cypress Ranch High school. The band, under the direction of Russell Slocum is off to a great start, performing at the home football games for the Mustangs.

ATTENTION 2009 CY-FAIR / CY-WOODS HIGH SCHOOL SENIORS



The Ault Elementary PTO awards a \$500 scholarship to one male and one female applicant who is graduating from either Cy-Fair High School OR Cy-Woods High School and graduated from Ault Elementary. Scholarship applications and guidelines can be obtained from the Counselors' office. The deadline for submitting applications is April 10, 2009.



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School News Continued

Cypress Christian School Families Help Cypress Assistance Ministries

The Cypress Christian School community overwhelmed CAM (Cypress Assistance Ministries) with 134 turkeys and two truckloads of food on November 19. Beginning in October, students contributed non-perishable food items and toiletries for families in need.

Mr. Gaithe, CAM's representative, spoke to students at elementary chapel November 19. He explained to the students that CAM's food pantry was low (due to needs caused by Hurricane Ike) and that they did not have even one turkey to give to the 200 families that needed them. Because of the generosity of Cypress Christian school families, CAM was able to meet the needs of those families. Afterward, some of the fourth and fifth grade boys helped Mr. Gaithe load two trucks of food and toiletry items donated by school families. A third truck was sent to Kroger and loaded with 134 turkeys that had been purchased by the faculty and staff.

CAM was overwhelmed by the school's generosity. Mr. Gaithe, through tears, asked the school staff to personally thank everyone for the outpouring of generosity.

The relationship between Cypress Christian School and CAM began many years ago and continues to this day. The school has partnered to help meet the needs of families in crisis due to illness, job loss or other circumstances.

Cypress Christian School is an accredited K-12 Christian school and is located at 11123 Cypress N. Houston Road at Jones Road. For more information on the school and its ministry, call 281 469-7745 or visit the website at www.cypresschristian.org.



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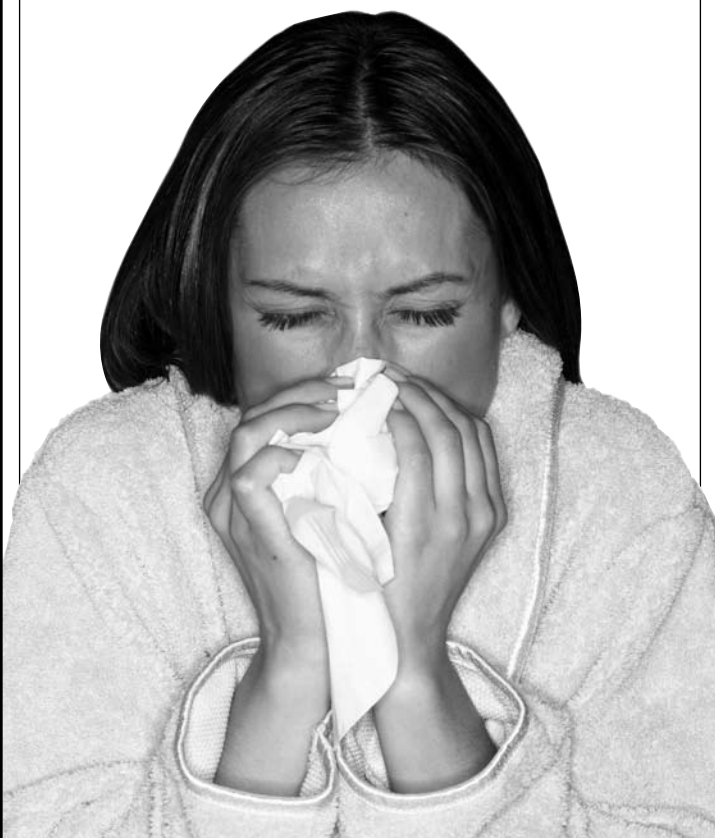


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School News Continued



WRAP is Cy-Woods High School's parent-driven Project Prom organization. The purpose of WRAP is to provide a drug- and alcohol-free all-night party for the graduating seniors and their guests after their prom. Held at the CFISD Berry Center on May 22, 2009, from 11:00 p.m. to 6:00 a.m., it is a fun-filled evening of shows, games, activities, food, gifts and prizes!

CURRENT FUNDRAISERS:

JEANS & JEWELS DINNER-DANCE AND SILENT AUCTION – FEB 20th

Entire community – you are cordially invited to the **Jeans & Jewels Dinner-Dance and Silent Auction** in honor of WRAP (Wildcats Right After Prom)! This evening of fun will be at Lindsay Lakes on Friday, February 20th from 7:30-11:30 – so save the date! Tickets will be going on sale soon and cost will be

\$25 if purchased by February 1st, \$30 after February 1st and at the door. Please contact our committee chair (see website cywoods-wrap.org) if you have donations for the silent auction or to purchase tickets.

MR. CY WOODS

Winter/early spring. This is a beauty pageant type show attended by the students that spotlight the senior men. More to come on this fun event for the students!

WRAP is Cy-Woods High School's parent-driven Project Prom organization. The purpose of WRAP is to provide a drug- and alcohol-free all-night party for the graduating seniors and their guests after their prom. Held at the CFISD Berry Center on May 22, 2009, from 11:00 p.m. to 6:00 a.m., it is a fun-filled evening of shows, games, activities, food, gifts and prizes!

Cy-Woods Wildcat Band & Color Guard Casino Night and Silent Auction

On Saturday, January 31st from 7pm to 11pm, the Cy-Woods Wildcat Band and Color Guard will be hosting their third annual Casino Night at Cy-Woods High School. This is a once-a-year fundraiser for the band. Casino Night is a time not only to raise funds for the band, but also to have fun. Given the huge success of last year's Casino Night, a Texas Hold'em tournament has been added this year. You don't want to miss the fabulous Silent Auction and grand prize drawings for a ping pong table, foosball table, digital camera and a Wii. Come join the fun and help support the Wildcat Band and Color Guard. For more information visit the band website at www.cywoodsband.org.

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School News Continued

VOLUNTEERS NEEDED!

Do you have some extra time in your schedule each week that you would like to use to make a profound difference in the life of a child? Cypress-Fairbanks ISD needs caring members of the community to join the VIPS TAG Team (Targeting Achievement Globally). This team of volunteers works with the district's helping teachers to tutor students in selected elementary schools.

You do not need to be a parent or family member of a student to become a team member. You can become a global volunteer – a generous, concerned resident of the community who wants to help children reach their full academic potential. No specialized knowledge or training is necessary. We do ask that team members be willing to work on a consistent, weekly schedule so that the students receive the utmost benefit from their work.

We have tutoring opportunities available in several schools throughout the district and can schedule a time that is convenient for you. If you have questions or need more information, please contact Kim Nash (knash1@sbcglobal.net or 281-550-2685) or the CFISD Partners in Education Office (Pamela.scott@cfisd.net or 281-894-3950).

Cy-Fair ISD & Volunteers in Public Schools (VIPS):

A Winning Combination

January / February 2009 Upcoming Events

1/7 - CFISD VIPS Pie Mentor Training

Richard E. Berry Educational Support Center, 8877 Barker Cypress, 9:30 a.m. – 12 p.m.

Training for individuals committed to serve as a role model and friend to CFISD students. Register with the CFISD PIE office at vipsrsvp@cfisd.net and include the date and name of this training, your name and phone number.

1/13 - CFISD VIPS Sooper Puppy Training

Richard E. Berry Educational Support Center, 8877 Barker Cypress, 9:30 a.m. – 12 p.m.

Training for individuals interested in presenting the Sooper Puppy series to first graders about dealing with life lessons, facing dilemmas and arriving at solutions by making good choices. Register with the CFISD PIE office at vipsrsvp@cfisd.net and include the date and name of this training, your name and phone number.

(Continued on Page 18)



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School News Continued

School News (Continued from Page 17)

1/15 - CFISD VIPS General Meeting

Richard E. Berry Educational Support Center, 8877 Barker Cypress, 9:30 a.m. – 12 p.m.

Open to all CFISD school staff, volunteers, parents and community members. Get the latest information on what is happening in CFISD and enjoy the opportunity to network with fellow volunteers

1/21 - CFISD VIPS Pie Mentor Training

Richard E. Berry Educational Support Center, 8877 Barker Cypress, 6:00 p.m. – 8 p.m.

Training for individuals committed to serve as a role model and friend to CFISD students. Register with the CFISD PIE office at vipsrsvp@cfisd.net and include the date and name of this training, your name and phone number.

1/27 - CFISD JA VIPS Training

Richard E. Berry Educational Support Center, 8877 Barker Cypress, 9:30 a.m. – 12 p.m.

Training for individuals interested in facilitating the Junior Achievement program for all grade levels about educating and inspiring young people to value free enterprise, understand business and economics and be workforce ready. Register with the CFISD PIE office at vipsrsvp@cfisd.net and include the date and name of this training, your name and phone number.

1/29 - VIPS Multicultural Meeting

Richard E. Berry Educational Support Center, 8877 Barker Cypress, 9:30 a.m. – 12 p.m.

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. Register with the CFISD PIE office at vipsrsvp@cfisd.net and include the date and name of this meeting, your name and phone number.

2/10 - CFISD VIPS Galveston Bay Training

Richard E. Berry Educational Support Center, 8877 Barker Cypress, 9:30 a.m. – 11:30 a.m.

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. Register with the CFISD PIE office at vipsrsvp@cfisd.net and include the date and name of this training, your name and phone number.

(Continued on Page 19)

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School News Continued

School News (Continued from Page 18)

2/19 - CFISD VIPS General Meeting
Richard E. Berry Educational Support Center, 8877 Barker Cypress,
9:30 a.m. – 12 p.m.

Open to all CFISD school staff, volunteers, parents and community members. Get the latest information on what is happening in CFISD and enjoy the opportunity to network with fellow volunteers and share best practices. No RSVP is needed for this meeting.

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.

At no time will any source be allowed to use the Fairfield Gazette contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the Peel, Inc. The information in the Fairfield Gazette is exclusively for the private use of Fairfield residents only.

Flying Eagles

Clay Road Baptist School is proud to announce our "Flying Eagles" for the first quarter of the school year. Like a traditional honor roll based on academics, "Flying Eagles" is an honor roll based on character. Students are selected based on qualities like patience, kindness, work ethic, spiritual growth, respectfulness, study skills, consideration of others and joyfulness. We are especially pleased to recognize the following students;

K	Mark Nimri- Tampke Bianca Gordon	4 th	David Scott
1 st	Olivia Einnarsson Connor Panto	5 th	Mary-Kate Scurlock Hope Tang
2 nd	Natalie Morel Carter Joutraw	6 th	Kirsten Binkley Cody Parcus
3 rd	Jonathan Loeb	7 th	Beau Powell
		8 th	Corrie Andrews

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Clubs & Announcements

Fairfield Women's Club

We are taking the show on the road ...

Thomas Serhus with Trendmaker Homes is graciously opening up the Model on **16718 South Swirling Cloud Court** for us to meet.

Diana Miller is going to talk with us about living healthier lives and being more organic.

Join us Tuesday, January 20th at 7:00pm

Have Questions?

Call Tara Kosh, 1st Vice President
at 281-304-1133



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Clubs & Announcements Cont.



Cy-Fair
Volunteer Fire Department

Volunteers Needed Join Today!

If you have ever thought about volunteering,
now is the perfect time!

Join us on Tuesday, Jan 20, 2008,
at 7:00 pm at Fire Station #7
to find out how to become a member.



Station 7 in Fairfield has 12 openings and is accepting applications for new members. If you are interested in volunteering in the community or starting a career in the Fire or Emergency Medical services then joining the Cy-Fair Volunteer Fire Department is a great way to serve.

We are "Neighbors Helping Neighbors". Since the station opened in 1995 our members, who are all volunteers and residents in the Fairfield area, have been dedicated to providing fire and medical service to the community in which we live. We need your help to continue our tradition of service to Fairfield and the surrounding communities.

On Tuesday, Jan 20th we will host an informal "Open House" at station #7. Station members will be on hand to provide information on joining the department and answer any questions you may have about membership. Stop by to learn about the department, see the station and the "Tools of the Trade."

No experience is necessary. The department provides all equipment and training free of charge. There are two levels of membership available. Full membership is reserved for those 18 years of age & up and a Junior membership is allowed for those between the ages of 16 & 18.

If interested, please join us for an opportunity to become one of "Fairfield's Bravest".

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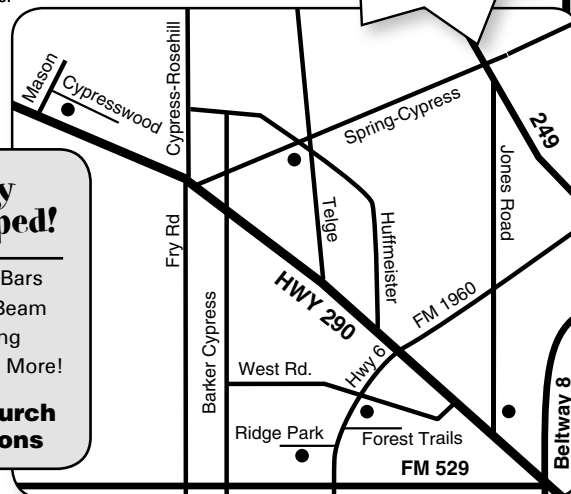
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Clubs & Announcements *Continued*

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

The Seniors of Fairfield are 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 is 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 be a part of our fun-loving group. We're sure you will enjoy it.

OUR JANUARY BUS TRIP PLANS ARE FOR: Tuesday, January 13, for an Asian tour of Houston. Chinatown in Houston began in 1926 in an area of downtown Houston close to where the George R. Brown Convention Center is located now. However, today Chinatown in Houston encompasses an area of Bellaire in southwest Houston. This is no basic Chinatown, but is an amalgam that has culturally expanded to include other Asian societies. There are over eighty languages that represent the over 250,000 residents of that community.

Our guided tour, sponsored by the Chinese Community Center, is an insider's look at Asia town. On our tour we will visit the Buddhist Temple, the Chinese Community Center (where we might be able to participate in several activities), and the Hong Kong Market (where we will have a chance to do a little shopping). We will then have a dim sum lunch at the Ocean Palace Restaurant, which is included in the cost of the trip. After lunch we may have a calligraphy demonstration, a tea ceremony, or a Tai Chi demonstration. This is an opportunity to see up close a part of Houston we probably just drive by or never realized existed.

The cost for this trip is \$29 per person, which includes your lunch at the Ocean Palace Restaurant. To get your name on the list for this trip, **call Kay or Skip Wheeler @ 281-890-1934.** Make checks out to: Fairfield 50 Plus. The departure time for this trip is 8:00 a.m. from the Fairfield Village parking lot. Please be there by 7:45 a.m. The tour starts at 9:20 a.m. We should be back about 2:30 p.m. Don't miss this trip, and bring the camera.

OUR FEBRUARY BUS TRIP PLANS ARE FOR: Thursday, February 26, to downtown Houston, Texas. This month we are going to the Alley Theater to see "The man who came to dinner" by Moss Hart and George S. Kaufman.

In this hilarious romp, Sheridan Whiteside, theater critic, lecturer, and radio personality, arrives to dine at the home of the prominent Stanley family in a small Midwestern town, slips on the doorstep and injures his hip. A tumultuous six weeks of confinement follow, during which Whiteside monopolizes the living room and takes over the Stanley household. Before it's over, the outrageous has become commonplace. This large cast comedy will feature Alley Company members playing a most extravagant array of eccentric characters.

The cost for this trip is just \$15.50 per person, non-refundable, plus your dinner at Birraporetti's Italian restaurant before the play. To get on the list for this trip, **call Jackie Wurth @ 281-304-0805.** Make checks out to: Fairfield 50 Plus and get to Jackie before February 1. The departure time for this trip will be 4:30 p.m. from the Fairfield Village parking lot. Please be there by 4:15 p.m.

UPCOMING TRIP

A Fourteen Day Caribbean Cruise from Fort Lauderdale

If you want more information on this 14 day cruise from Fort Lauderdale, check "Upcoming Trip Information" on our web site for the complete trip details: www.fairfieldseniorsgroup.com/homepage.htm

(Continued on Page 24)



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Clubs & Announcements Continued

Fairfield Seniors (Continued from Page 22)

Thursday, January 8: 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 Potluck**. 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.

Special Notice: Concerning February Potluck. In the tradition of the February rodeo theme our February Potluck will be Chile Cook-off. You have the option of making and sharing your favorite chili receipt, or bringing a dish that will go along with chili: such as cornbread, sour cream, cheese, hotdogs. We might even need some Pepcid Complete, an acid reducer and antacid. Desserts of course will also be needed to settle the meal and enjoy while we play dominoes after the meal.

This will be your chance to enjoy a variety of chilis all according to the creativity of the chef.

Tuesday, January 20: Game Night at the Cooks' House. It starts around 6:30 p.m. Just bring a little snack and a healthy appetite. 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 our January 18 email.

Special Notice: Concerning January Game Night. It will be the fifth Thursday this month to avoid two games in a week.

Thursday, January 29: Game Night at Lakeside Trails Club House. It 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 with us. Just bring a little snack and plan on having lots of fun. There are some card games and dominoes.

For additional information on activities other than trips: Call Mary Lou Cook @ 281-304-8359.

We recommend that you check our web site regularly. Things often change from the time this article is submitted and 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 and 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 emails, send your email address to: Fairfield-Seniors@comcast.net



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Clubs & Announcements Continued

F.A.S.T NEWS

Hey swim families!

Planning is underway for another fun and F.A.S.T. season. It's not that far off so we wanted to let you know some of what has been determined. We will continue to be in division W-2 competing against the same teams as last year but with one new team added to the mix. We look forward to each of these meets as we had a good balance of fairly equally matched teams to swim against. NWAL has set the schedule this season and with school running later this year, we will have several meets prior to the end of the school year; however, all meets will be completed by the July 4th holiday. Dual meets begin May 6th, divisionals will be June 20th and the invitationals will be June 27th. You may go to www.nwal.org to keep updated on what is happening within the league.

Our team website www.swim4fast.org will begin to be updated beginning in January. Our goal is to put as much information as we currently know on the site to allow families to plan around multiple school and summer activities. We will also continue to share information via the gazette so keep checking here as well. Tentatively we will hold 2 registrations after spring break so watch for dates to be announced. Also we will offer our swim clinics again which will be held in April prior to the start of team practices the end of that month.

As you all know, with the exception of our coaching staff, our team is run solely by volunteers. There are many ways you can help out but a few areas you may consider are to contact us regarding working with the board as we will have multiple positions coming open after this season is completed. It is a great way to get to know many swimmers and their families and help continue growing and guiding our program into the future. Additionally we will be looking for people to become officials. No swim experience is necessary as there are training classes provided to teach you all you need to know. You may contact one of our board members via the website to get more information.

We look forward to another great season!



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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Clubs & Announcements Continued

**US Olympian to Speak at Northwest Flyers
Registration Breakfast on February 7, 2009**

The Northwest Flyers Track Club will host its annual free information / registration breakfast on February 7, 2009 for all boys and girls and their parents interested in joining for the 2009 season. The breakfast starts at 8:30AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The breakfast is the annual opportunity for youth athletes to register for the 2009 summer track season, and to meet the Northwest Flyers coaches and staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic team.

The Northwest Flyers Track Club is a youth (age 6 -18) track organization, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance,

relays and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. The Northwest Flyers has approximately 195 members, boys and girls. The club was founded 21 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

The Northwest Flyers is a member of the "Win with Integrity" program, a partnership between USATF and the American College of Sports Medicine. "Win with Integrity" brings elite track & field athletes and school-aged kids together to promote healthy lifestyles, keeping active, and living with integrity through the sport of track & field.

For additional information on The Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at (281) 587-8442 or linette.roach@sbcglobal.net.

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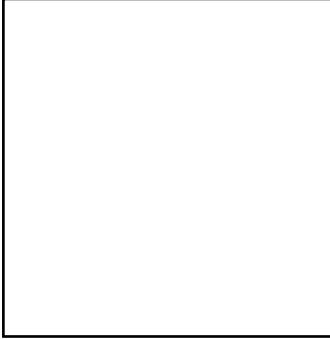
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Clubs & Announcements Continued

**The MOMS Club®
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Moms Offering Moms Support**



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!)

The New Year is here and what a better time to start something new! You can attend two events before joining. Our membership fee is only \$20 a year. The Moms club is a great opportunity for you and you kids to make new friends in our area. 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, January 8th, 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.



"Adventures in Mothering" at The MET

Join the Adventure! Get Connected...with MOPS!

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 renaateqw@yahoo.com. They will meet on the second and fourth Fridays during the school year.



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Clubs & Announcements Continued

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



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.

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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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Clubs & Announcements *Continued*

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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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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.

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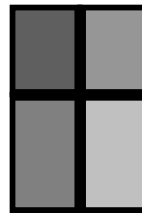
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Clubs & Announcements Continued

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**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 6pm–7pm.

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

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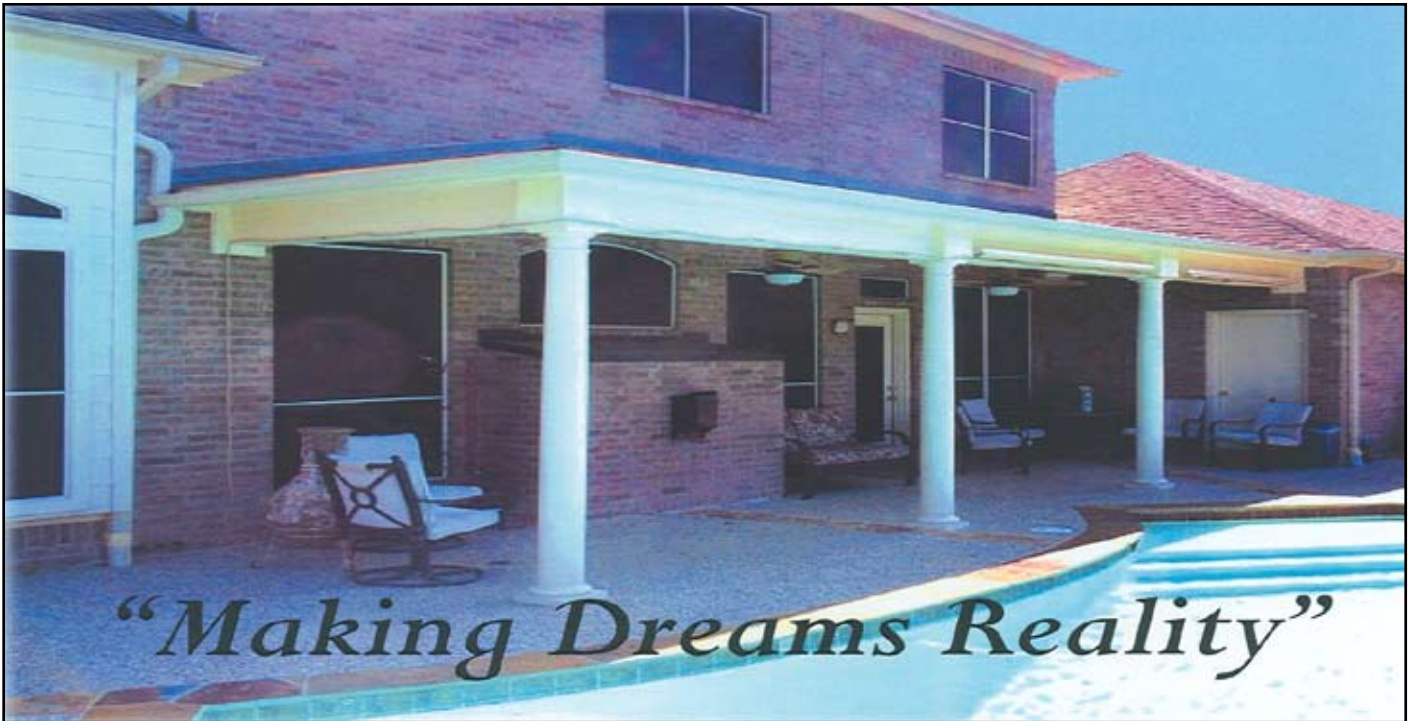
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Church News

Harvest Bible Church

All, both Jews and Greeks, are under sin, as it is written: "None is righteous, no, not one; no one understands; no one seeks for God. All have turned aside; together they have become worthless; no one does good, not even one (Romans 3:9-12).

The Apostle Paul wrote that while the Jew may have had an advantage over the Gentile by having the oracles of God, the Jew is spiritually no better than the Gentile for he is still "under sin" just like the Gentile. The word for "under" in Greek is used in reference to being dominated by something or someone that takes authority over another. So to be "under sin" was to be dominated by its power. The Jews may have had the oracles of God, but they too were still under the power of sin, and Paul has already charged that all are under sin in Romans 1-2, both Greeks (all men) and Jews alike. Envision the court scene: all of humanity, without exception, is arraigned in front of God who is the Judge while Jesus is the defense attorney before God, and Satan is the prosecutor who will accuse, for he is the Accuser of the saints (Rev. 12:10).

Beginning in v. 10 Paul presents the indictments against humanity, and he uses the OT to justify them, saying, "It is written..." which translates the Greek perfect tense – a tense which attests to the permanence of what was divinely written by God's authority. The first set of indictments concern the poor character of humanity, both Jews and Gentiles (10-12).

Quoting from Psalm 14:1-3, Paul indicts unregenerate humanity on five charges. First, man is unrighteous. Though he may do good things outwardly, it is the inner motives of man God looks at which always condemn him. After all, God desires that man be perfect like Him. Christ himself said, "You are to be perfect as your heavenly Father is perfect" (Matt. 5:48).

Unregenerate man's second indictment concerns the fact that he does not understand the things of God; he's willingly ignorant (cf. Eph. 4:18). This is unacceptable to God because He has given man all he needs to seek Him. The beauty and wonder of God's creation are meant to drive man to seek Him. But because man refuses to seek God, a third indictment of humanity, he remains ignorant of God. It is not that man cannot seek God, it's simply that he refuses to do so and thus lives in ignorance. What man does seek, however, is a god of his own making through religious observances and pagan rituals. In doing this, man is indicted on a fourth charge of having "turned aside." This phrase pictures a man facing God yet doing an about-face and choosing to reject God in order to do evil. Thus, he

(Continued on Page 33)

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Church News Continued

Harvest Bible Church (Continued from Page 32)

becomes "worthless" – a word used in Greek to describe soured milk and the senseless laughter of a moron. Unregenerate man's character is summed up on a fifth charge in v. 12: he fails to do good. This refers to what is honest and morally pure. It is the logical end of a man whose character is willingly unrighteous.

Man today is encouraged to develop his self-esteem, to love himself, and to compare his own righteousness with others around him. That's risky! We would do better to forsake our own way, admit we're lost without God, and seek the salvation only He provides through Jesus Christ. Until one does this they will remain like a dead branch cut from a tree to be burned. Apart from Christ and His righteousness there is no merit to be gained with God. Sure, you might be a good person compared to people who aren't so good, but they aren't your standard. God will not judge you over and against any human being. Jesus Christ, however, pleased God, and only when we trust Him by faith alone do we become righteous. That's the only way of salvation.

Come join us for the worship of Christ at Harvest Bible Church. We worship Him in spirit and truth through a steady verse-by-verse diet of God's word as found in the Bible. Consult our website: www.harvestbiblechurch.net or call our church office: 281-256-7733

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Church News Continued

Fairfield Church of Christ

“Discovering the Heart of Christ, in the Heart of Fairfield”

New Year's Eve has always been a time for looking back to the past, and more importantly, looking forward to the coming year. It's a time to reflect on the changes we want (or need) to make and then resolve to follow through with those changes. Below is an article by Albrecht Powell highlighting top ten resolutions made by Americans:

1. Spend More Time with Family & Friends. Recent polls conducted by General Nutrition Centers, Quicken, and others shows that more than 50% of Americans vow to appreciate loved ones and spend more time with family and friends this year. **2. Fit in Fitness.** The evidence is in for fitness. Regular exercise has been associated with more health benefits than anything else known to man. Studies show that it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. **3. Tame the Bulge.** Over 66 percent of adult Americans are considered overweight or obese by recent studies. **4. Quit Smoking.** If you have resolved to make this the year that you stamp out your smoking habit, over-the-counter availability of nicotine replacement therapy now provides easier access to proven “quit-smoking” aids. Even if you've tried to quit before and failed, don't let it get you down. On average, smokers try about four times before they quit for good. **5. Enjoy Life More.** Given the hectic, stressful lifestyles of millions of Americans, it is no wonder that “enjoying life more” has become a popular resolution in recent years. It's an important step to a happier and healthier you! **6. Quit Drinking.** While many people use the New Year as an incentive to finally stop drinking, most are not equipped to make such a drastic lifestyle change all at once. Many heavy drinkers fail to quit cold turkey, but do much better when they taper gradually, or even learn to moderate their drinking. **7. Get Out of Debt.** Was money a big source of stress in your life last year? Join the millions of Americans who have resolved to spend this year getting a handle on their finances. It's a promise that will repay itself many times over in the year ahead. **8. Learn Something New.** Have you vowed to make this year the year to learn something new? Perhaps you are considering a career change, want to learn a new language, or just how to fix your computer? Whether you take a course or read a book, you'll find education

to be one of the easiest, most motivating New Year's resolutions to keep. **9. Help Others.** A popular, non-selfish New Year's resolution, volunteerism can take many forms. Whether you choose to spend time helping out at your local library, mentoring a child, or building a house, there are many nonprofit volunteer organizations that could really use your help. **10. Get Organized.** On just about every New Year resolution top ten list, organization can be a very reasonable goal. Whether you want your home organized enough that you can invite someone over on a whim, or your office organized enough that you can find the stapler when you need it, getting organized does bring sense of satisfaction and comfort. (Article by Albrecht Powell)

Did your New Year resolutions make the list? If going to church has not been a part of your week, why not make a resolution to get into church in 2009. We invite you to start that resolution at Fairfield Church of Christ this Sunday.

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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Church News Continued

Good Shepherd United Methodist Church

GS Youth News: Thank you to all who assisted with the Camp for Christ mission project! We are blessed to have such loving neighbors who come together to donate to the Life Center for the Homeless and assist those in need. There will be many families who are truly blessed this Christmas season by your thoughtful donations. For all things "youth" visit their website at www.gsmyouth.net.

GS Kids-Upcoming Events: February 8th is Jesus Loves Me Sunday! We will be celebrating and sharing the love of Jesus with our friends and neighbors today. Bring a friend and join us for a great morning of fellowship, crafts, snacks, and an official Jesus Loves Me Sunday balloon release. Check out our website www.goodchurch.us for details and for all upcoming children's events!

Sunday Schedule:

9:45-Sunday School, KidsRock! (1st – 3rd)

11:00-Sunday School, WeeRock (Pre-K, K), KidsRock! (1st – 3rd), Quest (4th-5th)

United Methodist Men (UMM): The men meet the first Saturday of the month at 8:00am to enjoy fellowship and a hearty breakfast with other men. Visitors are welcome! Call the church office at 281 373 2273 if you have any questions. Men's morning Bible Study is

offered on Wednesdays from 6:00-6:30am. Contact Rick at pastor-rivey@goodchurch.us for additional information.

Spring Women's Retreat: Our annual WOW retreat is scheduled for Feb. 20-22, 2009 in Round Top, Texas. Mark your calendars & plan on joining us for a weekend of fun, fellowship, and growing closer to God with your sisters in Christ! We are very excited to have speaker, Donna Nalley joining us this year. For more information on registration, please contact Valerie Ward at val.ward@comcast.net.

Visit our church website at www.goodchurch.us. The youth have their own website at www.gsmyouth.net so visit both sites often to check out the latest plans and activities. Our church is located on Cypresswood Drive in Fairfield; we are right down from the Shell station off 290 and Mason Road. Join us this Sunday for First Watch at 8:30am, GS Classic at 9:45am, New Path at 9:45am, or Catalyst at 11:00am. Our office staff is available to serve you Monday-Friday from 8:30-5:00 pm. Call us at 281-373-2273 for information on programs, services, Bible studies, and more. We hope to have you join us and sample all the exciting events and fellowship opportunities we offer.



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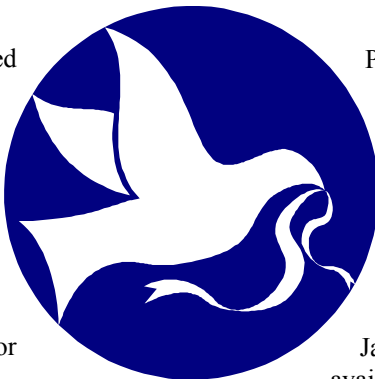
Church News Continued

Fairfield Baptist Church

Spotlight: Be Your Best!

His Body For Life Are you feeling...Tired, stressed and distant from God? If so, you are not being your best for Him. God wants the best for you, but you have to make the choice. Taking care of your body can help you prevent diabetes, heart disease and hypertension, reduce stress and increase your energy. Join us on Monday January 12, 2009 from 6:30- 7:30 for an Introduction to HIS Body for LIFE. Then you can decide if you want to continue on your current path or choose to be your best – for Him!

Financial Peace University. Do you live from paycheck to paycheck? Have more month than money? Don't understand budget, investments, college planning, real estate & mortgages, credit reports or budget buying? Change your life! Visit Financial Peace University, a Dave Ramsey's 13-week video class which can help you understand and manage your money. Free orientation is January 11 & 18. Classes begin January 25. Cost is \$100/family. For more information visit www.fairfieldfpu.com.



Student Winter Camp, January 17-19 in Trinity Pines, TX. Cost is \$150/student (grade 7-12) which includes transportation, lodging and meals. Special guests Eric Adcock and Rodney Ring will be leading. For more information contact fairfielddouth@gmail.com.

Great Women returns Jan 23 at 6:30 pm This year's theme is "Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength." Mark 12:30. January Topic is "Self-Worth: Dress Size Checking available in Aisle Three"

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

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Photographers, florists, make-up artists and others will be on hand at Northwest Forest to help give you the wedding of your dreams! Bring your mom, your best friend – or even that special man – to help you shop for just the right people with all the right wedding connections.

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Personal Classifieds

NEW CHURCH IN CYPRESS: As Cypress grows, new churches are beginning to spring up in our community as well. The most recent of these is called LifeBridge Church, which meets at 9:30 Sunday mornings at Warner Elementary School, on Fry Rd. across from the entrance to Bridgeland. For more information on this new faith community, check them out on the web at www.lifebridgecypress.org

CHILD CARE HELP WANTED: Looking for a someone dependable to care for our 20 month old daughter for 3 days a week (Mon., Tues., & Wed.) from 6:30 -2:30, starting in January. Would like references. Please call Diane at 281-304-7077 if interested.

WORKING MOM LOOKING FOR A MOTHER'S HELPER: The job would include cleaning/organizing 2-4 hrs. a week. \$10 an hour. An older high school student, college student and/or stay at home mom would be perfect for this role. Must be trustworthy, ethical and have good references. Contact Susan if interested at 281-414-2242.

ADULT SOCCER: Looking for adults over 30 intrested in playing soccer on the weekends. If intrested please email Bob at raw_64@yahoo.com.

FOR SALE: High chair (\$10), crib (\$20), BumbleRide Stroller (\$20), car seat (\$10) Call 713-384-5063

FURNITURE FOR SALE: Couch \$100 obo, Entertainment Center \$75 obo, Bookcase \$25. Call 281-304-9348.

DOGGY STUFF FOR SALE: Medium dog black metal crate (like new) \$30. Assorted dog toys (new) and lounge pillow (used but washed) \$15. If interested, call 713-446-7454 or email vlgotino@comcast.net

FOR SALE: Books for all ages. From John Grisham to J.K. Rowling. Starting at \$2.99. They are located inside Jitterbug Coffee or email me at ra21771@msn.com.

FOR SALE: Kids Cargo wooden bunk bed. Full on bottom, twin on top. Seally mattresses and bunky boards included. 250.00. Maple finish. 281-304-0440

FOR SALE: Barbie Jammin Jeep Wrangler \$125, Simplicity 3 in1 Convertible Bassinet \$40 and Rainforest Take Along Swing \$30. Contact 281-304-1380.

FOR SALE: Green gingham fabric covered glider chair (looks like an upholstered chair with arms and box skirt) and matching ottoman from USA Baby - originally paid \$500 will sell for \$100 - Mud Pie pink terry cloth princess robe N-18m -(281)256-3949.

(Continued on Page 39)

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- Clean, disinfect toilets, tubs, showers
- Hand wash, disinfect floors

All Rooms

- Pick up and straighten
- Dust sills, ledges, wall hangings
- Remove cobwebs
- Dust/vacuum furniture
- Vacuum floors, carpets
- Vacuum stairs
- Vacuum under beds
- Change linens, make beds
- Empty trash

Windows

- Clean entry window & one set of patio door windows
- Clean window over kitchen sink

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Classifieds Continued

Classifieds - (Continued from page 38)

FOR SALE: 1998 Toyota 4Runner -fully loaded-123K- \$4500. Jenny Lind Crib and changing table -\$80 for both-bedding included. Bottle warmer- \$5. Pottery Barn Baby Blue soft, soft infant seat cover and head support- great for winter-\$15. Osh Kosh door way jumper \$5, playtable with ABC's/Colors/#'s-\$7, Tiger ball drop \$5...- 281-256-3949,

FOR SALE: Mikasa ENGLISH Countryside CHINA – 8/5 piece place settings, platters, bowls, salt pepper and many more all for \$200 obo. NEVER been used and still in the box. Please call Amanda 713-203-8082. A great gift.

BABY ITEMS FOR SALE: Exersaucer \$40 (used only a couple of times), Doorway Hanging Jumper \$10, Portable High Chair \$20, Snuggly Baby Carrier \$20, Nursing Cover Up-Black \$10, Wipe Warmer \$10, Infant Carrier/Car Seat and Stroller Combo \$50. Call Diane 281-304-7077.

FOR SALE: Nintendo DS Lite. Black. Like new. Rarely used. Have original box. Will include 2 games; Megaman 5 Battle Network & Nintendogs Lab & Friends, Padded Carrying Case, Plastic Game Case & Adapter. \$90.00 for everything! Call 281-373-9309.

BABY ITEMS FOR SALE: Fisher Price Jumperoo \$35; 3-stage Exersaucer \$30; Graco Swing; \$30; Baby Bjorn \$20; Graco Snuggly Infant Carseat & Base \$30; Boy/Girl Bassinet \$25; Bouncy Seat \$15; Girl/Boy Baby Bedding Set \$25; Baby Gym \$25; Bottle Chiller/Warmer \$10; SlingEZee.com Sling Regular, only tested \$25. Call 281-682-3574, will e-mail pictures.

FOR SALE: 30 yr. old solid wood dining table with 6 chairs and china hutch - \$150. Pine with white legs solid wood breakfast table with 6 chairs - \$150. Call Tess @ 281-841-0316

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Okay, I'm Ready to Change, Made My Resolutions....What's Next??

Submitted by Allison Weaver

We all need a hand in designing our grand plan...what will do the trick for us? First, start SMART..

Set goals that are smart. Write them down, post them in several prominent places in your home, car, and office. Research shows that people who take the time to write down goals are much more likely to achieve them. Count on 1 to 2 pounds per week, depending on your current health situation. (Losing 45 pounds in one month is not healthy, unless you have recently given birth and are breastfeeding twins!)

Measurable: Make sure to be specific. Vagueness will have a less than desirable effect. If you want to lose 30 lbs, then set that limit to lose the above 1-2 lbs per week; if it is to get more exercise, then be specific: "I will get up 15 minutes early to walk, jog, run, do push-ups, sit-ups, etc." then after 2 weeks, add another 15 minutes to your routine. (Life does happen, and you can always change your goals later once you get into a routine.)

Attainable: Count on 1 to 2 pounds per week, depending on your current health situation. (Losing 45 pounds in one month is not healthy, unless you have recently given birth and are breastfeeding twins! Losing a lot of weight quickly can lead to rapid weight gain as well, and it can take a toll on your heart and other internal organs.) If getting more exercise for energy is your goal, "split training" is a great way to get those energizing exercise minutes

into your day. AND it can help with energy "slumps" during the day. Throw in 10 to 15 minutes throughout your day of walking, jumping, stair climbing, squats, lunges, etc. Getting creative with your surroundings will help as well; bringing resistance bands to the job is easy. Anchor them to the foot of your chair and voila! Instant gym!

Reasonable: Here is where planning is key. If you have a full time job, 4 children with all different schedules, then you will need a plan of action. Especially in the first 6 weeks, set up a plan that you know you can follow; making small changes a little at a time. (For example: switch to organic fruit and veggies for a snack along with some all natural peanut butter for 2 weeks, then make another change, such as getting up 15 mins early to do jumping jacks or walking) Keep adding incrementally, and in no time at all you will have completely transformed out of bad habits and into good ones! That is an incredible way to begin a new year!

Time sensitive: Have a beginning and ending date. When will you begin? When will you end? If you have slip-ups, just pick yourself up and go from there; it may give you even more determination than before! If your ending date comes and you are not where you want to be, or even if you are; set a new goal, rearrange your thinking, shift a paradigm or two, and begin again. It's not about perfection, it's all about being the best you can be!

(Continued on Page 41)

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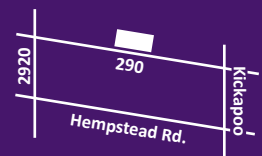
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Okay, I'm ready - (Continued from Page 40)

Helpful hints to help achieve your goals:

Start by getting some accountability....engage a friend, child, spouse (this one is really tricky though) or just anyone you know will hold your feet to the fire, and be honest in their tact.

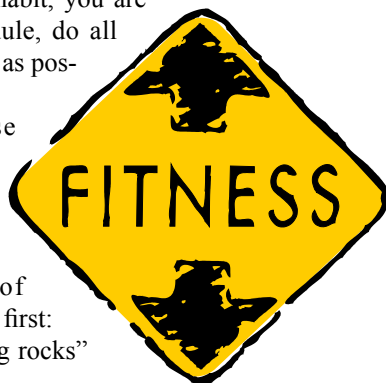
Go to a local gym for an orientation on machines and weights; this can be much less expensive than hiring a trainer for a number of sessions...

Or, if you would like someone to get you started on the right track; hire a personal trainer for a 3 months; you will gain valuable information from someone who has "been there, done that" with so many people.

Set your schedule to revolve around exercise first; and it will become a habit. Once it is a habit, you are golden!! If you get off schedule, do all you can to get back on as soon as possible.

Find some local exercise classes; pilates, kickbox, there are even several walking, running, and biking clubs around.

Remember the analogy of putting the big rocks in place first: Nutrition and Exercise are "big rocks"



in your life, and deserve top spots on your priority list. If you lose your health, you have lost the game. All other things can come and go, but health must remain it's best.

A healthy lifestyle will help you to handle any curve ball life may throw out. Losing money in the market? Don't know how to help your children? Big decisions to make? Take a walk, jog, bike, or run to stir up those positively charged endorphins. Borrow your child's jump rope and jump yourself to sanity, help you clear your mind, and focus on what's important.

You can do it!!! Just GO FOR IT!!!

Jennifer Kwak, M.D. Family Medicine

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Don't Stress – It's Just a Test

Baylor College of Medicine

HOUSTON – (Dec. 4, 2008) – When children complain about upset stomachs and headaches, it could be more than just the flu. This is the time of year when students are preparing for mid-term exams, and test anxiety could be causing their symptoms.

Anxiety about an impending test is a serious problem that can even make some students physically ill, according to a Baylor College of Medicine psychologist.

Test anxiety can be seen in students of all ages. Some will deal with it throughout their schooling because anxiety can be a genetic trait, said Dr. Megan Mooney, adjunct assistant professor of psychiatry and behavioral sciences at BCM. Other students may be able to overcome their test anxiety, especially if parents respond to it in the right way, she said.

"If we respond by talking about being nervous and anxious as a normal thing and introducing techniques to cope with it, then test anxiety can be very manageable," said Mooney, also staff psychologist at DePelchin Children's Center and a counselor at River Oaks Elementary.

If, on the other hand, parents respond by letting their child stay home and avoid the test or by getting upset and reinforcing the feeling of nervousness, then test anxiety could become a longer-term condition.

Mooney works with students on relaxation techniques, such as deep breathing, and on thought-stopping skills that get rid of negative thoughts that start creeping in at exam time.

"These techniques really need to be reinforced at home as well," Mooney said. "All of the skills to decrease the symptoms of anxiety should be practiced. It's just like learning how to play a sport – you have to practice over and over again so these techniques become a habit for children."

Parents must also be aware of the messages they are sending their children, Mooney said. Schools can be high-pressure settings where there is a lot of competition, and parents can add to the pressure with their own high expectations. Mooney urges parents to talk about the importance of kids' trying their best, rather than focusing on grades.

Students of all ages must also take care of their physical health at exam time by eating well and getting enough sleep. Older students also can help ease their anxiety by creating a schedule for themselves as soon as they receive their syllabus. They should find an optimal studying environment, whether it's a quiet library or somewhere they can have music playing.

While anxiety can be overwhelming if not properly dealt with, Mooney pointed out that it is a biological symptom that exists for a reason.

"When we experience anxiety, we get a burst of adrenaline that makes us more aware and helps us focus and concentrate," she said. "Having a little bit of anxiety about wanting to do well on a test can actually help motivate us."



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Dishin' with...
Molly Fowler



**Light, Lean, & Healthy
 in the New Year**

New Year's resolutions for healthier eating do not have to mean boring and tasteless meals. My tortilla soup is bursting with flavor but very little fat! Veggies are sautéed in pecan oil, which is lower in saturated fat than olive oil. Add green chiles, some herbs and spices, finish with oven-baked tortilla strips and you've got a soul-satisfying soup in minutes.

Molly's Tortilla Soup

Serves 4-6

- | | |
|-------------|--|
| 1 Small | Onion, diced |
| 3 | Roma tomatoes, seeded and
diced |
| | Pecan Oil * |
| 1 4-oz can | Diced green chiles |
| 1 10-oz can | Rotel tomatoes |
| 2 Tbsp | Minced fresh cilantro |
| ¾ Tsp | Ground cumin |
| ¾ Tsp | Dried leaf oregano |
| 4 Cups | Chicken or vegetable broth |
| | Oven-baked tortilla strips or
chips** |
| | Salt and pepper to taste |

Sauté onion and tomatoes in small amount of pecan oil in a saucepan until onion is almost translucent. (*Go to www.pecanoil.com for more information and retailers) Add green chiles and Rotel. Stir in cilantro, cumin, oregano, and chicken broth. Simmer for 10 minutes. Adjust seasonings if needed. Add cooked diced chicken or prepared taco meat to make more substantial. To serve: Place tortilla strips in bottom of bowl. Ladle soup over. Garnish with diced avocado, light sour cream, reduced-fat cheddar cheese.

**To prepare tortilla strips, preheat oven to 375°. Cut soft corn tortillas into thin strips. Place in a single layer on baking sheet (lightly spray with olive oil if desired) and bake in oven 10 minutes, or until crisp, stirring if needed.

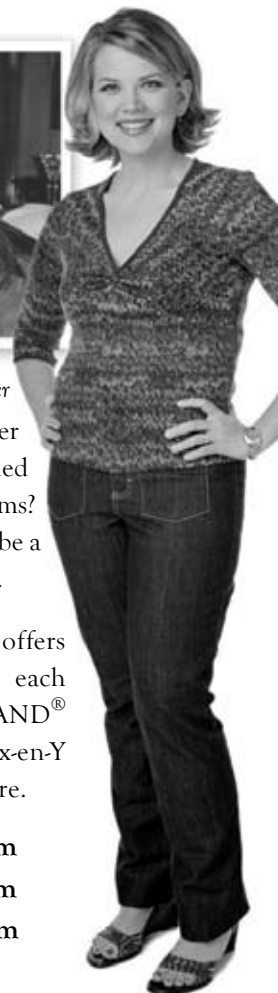
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North Cypress Medical Center offers **FREE** informational seminars each month regarding the LAP-BAND® weight loss system and the Roux-en-Y Gastric Bypass surgical procedure.

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Thursday, January 15th @ 6pm

Saturday, January 24th @ 10am

Tuesday, January 27th @ 6pm



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www.NCMC-Hospital.com

Lone Star College-CyFair Perspective

It's Not Too Late to Register for Spring Semester Classes

Spring semester classes begin Jan. 12. It's not too late to register for spring as well as some late start and continuing education courses. 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.

Center for the Arts Season Tickets on Sale

Order your seats for the 2009 Season of Entertainment at Lone Star College-CyFair and not only save 25% off regular ticket prices, but receive one free ticket to the 2009 summer children's production. A variety of season ticket packages are available for this year's engaging and enjoyable choral, music and theatre line up. All performances are held in the Center for the Arts on the Barker Cypress campus at 9191 Barker Cypress. Call 281-290-5201 or go to CyFair.LoneStar.edu/boxoffice for information.

Deadline Jan. 26 to Submit a Film for Quack Attack Competition

Do you have what it takes to make a movie? Five-minute film submissions will be accepted monthly through Jan. 26, with the Quack Attack Film Festival set for Feb. 27. Competition categories

include: Drama, Comedy, Public Service Announcements, Action, Documentary, Commercial/Advertising, Horror, Science Fiction, Romance, Animation, News Packages and Music Video. Each film will be judged on the basis of: Creativeness, Sound, Cinematography and Special Effects. For competition rules, guidelines, entry form and information go to cyfair.lonestar.edu/video.

Try Tai Chi in the New Year

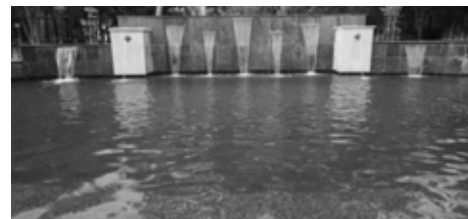
Lone Star College-CyFair offers a variety of continuing education courses, such as Tai Chi. This introductory course offers practice in the simplified styles and forms of Tai Chi. A person doing tai chi moves his or her body slowly and gently, while breathing deeply. The 24-point posture is emphasized in this course. Students also study history and basic terms along with philosophical and physiological principles and the movements of Tai Chi. Registration is under way. For information, go to CyFair.LoneStar.edu/ce.

L.I.F.E. Lessons in January

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.) Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.



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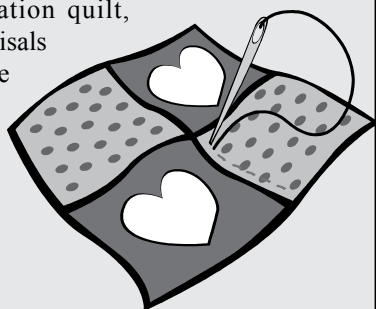
ParagonPool.com



Threads of Time Quilt Show

Submitted by Susan McClendon

West Houston Quilter's Guild's bi-annual quilt show will be held February 20-21 at the Leonard E Merrell facility in Katy, Texas. Hours: Fri. 9-5 Sat. 9-4 There will be over 200 quilts, vendors, donation quilt, guild boutique, quilt appraisals by appointment. For more information: www.whqg.org or 281-373-0072.



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Healthier Homes

Submitted by Charlie & Michelle Bubnis

Did you know that dryer sheets, air fresheners, scented laundry soap, scented cleaners and scented body lotion tend to have one thing in common? 95% of the chemicals used in these particular products contain artificial fragrance molecules derived from petroleum which have shown to pose human health risks.

The chemical fragrance industry is virtually unregulated. Full disclosure of the ingredients in their products is not necessary because these ingredients are considered "trade secrets". Because of this in 2005 the Food and Drug administration (FDA) issued a warning to the fragrance industry stating that the agency is serious about enforcing a law requiring companies to inform consumers that their products have not been safety tested.

Several of the common fragrance ingredients found in these products are:

- a) benzyl alcohol – a central nervous system (CNS) depressant.
- b) coumarin – animal carcinogen
- c) p- cymene – chronic effects: damage to lungs, liver, kidneys.
Target organ: CNS
- d) diethyl phthalate – possible risk of congenital malformation of fetus, targets nerves

e) musk ketone – increases carcinogenic effects of other materials.
Found in blood, fat tissue and breast milk; crosses placenta/barrier.

f) toluene – target organs: liver, kidneys, brain and bladder

Using fragrance free products for laundry and personal care products is an educated step towards making the home healthier for the entire family.

Try some of these easy less toxic options:

- Use free and clear laundry detergent
- Wash and dry cotton and synthetic products separately
- Add one half cup of vinegar to the wash cycle as a fabric softener
- Fresh fruit bowls for non-toxic fragrance in the house
- Use baking soda as a deodorizer
- Use fragrance free shampoo, conditioner, lotion and deodorant

Resources for more information:

- Environmental Health Network: www.ehnca.org
- www.cosmeticdatabase.com
- Less Toxic Alternatives, Carolyn Gorman, 2001
- Industry MSDS sheets

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Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

Making Time For Exercise Is Easy

By now you know that exercise is good for you, and that you should do something on a regular basis. What's the best time for you to exercise? Anytime. Honestly.

For example, when you're sitting and watching TV, stretch your muscles. Never stretch so hard it hurts. Rather, stretch to the point of mild tension and hold the stretch for 10 to 30 seconds.

A healthy exercise program includes three kinds of exercise: aerobic activity, muscular strengthening and flexibility exercise. You can start your exercise program without investing in any elaborate equipment. For example, you can do simple exercises at home or at your desk at work, including sit-ups, push-ups and pull-ups.

For basic body weight exercises, weightlifting equipment isn't required. Head for the kitchen and pick up the soup cans you have in the cupboard.

Aerobic activity can be fun

Aerobic activity is defined as prolonged continuous movement of large muscle groups. Translated, that means do something that keeps you moving. Ideally, do it for 20 minutes straight. If you don't have that much time, two 10-minute aerobic activity sessions will benefit you almost as much.

The good thing about aerobic activity is that it includes many of the sports you probably already enjoy. Walking, biking, hiking, dancing, swimming, even basketball are all examples of aerobic exercise.

Another good thing is that you can easily accomplish those two 10-minute sessions with things like taking the stairs instead of the elevator, walking around the neighborhood after work or parking your car farther away.

You could even turn shopping into an aerobic activity. Shopping is walking, so don't stop for 10 minutes straight and you've worked in one of your daily sessions! Check with your local mall for mall walker programs, and you'll have company.

Aerobic exercise is definitely good for cardiovascular health and fitness. And here's something else you'll like: Aerobic activity can help you lose weight.

Plenty of good exercise all around the house

If you do housework or yard work, you're doing yourself a favor. The stretching and lifting housework entails is good exercise. So is work you do outside. Yard work uses many muscle groups, especially activities like planting and working in the garden.

Raking uses your arm and back muscles. Digging gives your arms and legs a workout. And gardening provides a bonus: You'll have more fresh vegetables and fruits to add to your diet.

Is one time better than another to exercise?

It's really up to you. You can exercise in the morning, afternoon or evening. Lunch breaks offer an excellent opportunity to get out of the office and exercise. Use your coffee break to take a short walk around the office. Get rid of the day's stress by fitting in an exercise session after work.

Whatever time you choose, make sure you stick with it. For some people, it's easier to stay with an exercise program when you do it with a friend or co-worker.

Make time to stay healthy

Exercise is one of the best things you can do for yourself. If you're basically healthy, get going right now. If you're 40+ or have any health problems, consult your physician first.



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Business Classified Ads

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Attention all Aggie Moms

(and FUTURE Aggie Moms too!)

You are invited to join the members of the Northwest Harris County Aggie Moms Club as we welcome Ron Sasse-Director of Residence Life as the speaker for our January 13 meeting.

Come listen as Ron shares his vision of how living on campus helps students learn to live in a community of individuals with different interests, cultures, lifestyles, and attributes. Find out about the benefits of living on campus (as well as some of the trials your student may face), the plans for providing additional housing, and how the Department of Residence Life handled the challenges of finding housing for our displaced Galveston Aggies after Hurricane Ike.

Join us and learn through the experiences of other moms about how to best support our outstanding Aggies! We will meet for food, fun, and fellowship at 7:00 p.m. at the Houston Distributing Company, conveniently located near Willowbrook Mall at the corner of 7100 High Life Drive and Cutten Road, just south of FM 1960.

Hope to see you there!

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4. Local businesses are often the largest financial supporters of neighborhood school programs, local charities and youth sports activities.
5. Strong local businesses help maintain property values and contribute to the character of our community by offering a diverse selection of goods and services.
6. Local businesses are most often the first job for our children and also the first introduction into the "real world" of economics.
7. Small businesses often innovate quicker and thus grow faster and can have a greater impact on our community.

Support the businesses in your community and "Think Local Business First."



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Texas Events - January

- 1—SOUTH PADRE ISLAND:** 11th Annual South Padre Island Polar Bear Dip Takes place at noon. Boomerang Billy's Beach Bar/Surf Motel. 956/761-6853
- 3—BROWNSVILLE:** Living History Demonstrations Hours are 10 a.m. to 1 p.m. Palo Alto Battlefield. E-mail: paal_administration@nps.gov 956/541-2785 ext. 333
- 3—GALVESTON:** Jerry Jeff Walker The Grand 1894 Opera House. www.thegrand.com 800/821-1894 or 409/765-1894
- 6-Mar. 26—BROWNSVILLE:** Guided Battlefield Tours & Guided Bird Tours Battlefield tours are 9 a.m. to 11 a.m. Tuesdays and Thursdays. Bird tours are 10 a.m. Thursdays. Palo Alto Battlefield. E-mail: paal_administration@nps.gov 956/541-2785 ext. 333
- 9-10—BAYTOWN:** Chili When It's Chilly BBQ Cook-Off More than 80 cook teams participate. Includes live music and a variety of vendors. Hours are 4 p.m. to midnight Friday and 9 a.m. to midnight Saturday. San Jacinto Mall. E-mail: tina@baytownchamber.com 281/422-8359
- 9-11—ROCKPORT:** Gospel Music Festival Features numerous gospel groups from around the nation and the area. Martha Luigi Auditorium, Rockport-Fulton High School. 361/790-1105 or 361/790-1107
- 9-Feb. 1—HOUSTON:** Mrs. Warren's Profession Vivie's mother decides that it is time for her feminist daughter to finally learn the truth about her mother's profession. Alley Theatre. www.alleytheatre.org 713/220-5700
- 10—PEARLAND:** Winterfest Features a Green Theme introducing the Recycle Snowman contest and eco-friendly entertainers and vendors. Features a fun-filled day of playing in the snow, riding rides, eating great food and playing games. Hours are 10 a.m. to 5 p.m. Pearland's Independence Park. www.pearlandparks.com
- 10—PORT ARTHUR:** Krewe of Neptune 12th Night Includes bands, bead throwing and costumed royalty. Bob Bowers Civic Center. 409/962-9860
- 10—PORT ISABEL:** 25th Annual Longest Causeway Run & Fitness Walk This 10K event offers a rare chance to cross the 2.6-mile Queen Isabella Causeway on foot. 956/943-2262
- 10—SANTA FE:** Port & Chocolate in the Cellar Hours are 6 to 8 p.m. Haak Winery. www.haakwine.com 409/925-1401
- 10-11—CORPUS CHRISTI:** Boar's Head & Yule Log Festival Ancient Renaissance festival celebrates the Epiphany season. More than 180 people in authentic renaissance costumes perform with a live orchestra. First Christian Church, 3401 Santa Fe St. 361/854-3044
- 11—BROWNSVILLE:** Animal Play Day Zoo animals are given enrichment items with specific themes. Gladys Porter Zoo. www.gpz.org 956/546-7187
- 13—GALVESTON:** Stellasuna Presented by KidsEntertainment as part of The Grand's Children's Series. The Grand 1894 Opera House. www.thegrand.com 800/821-1894
- 13—HOUSTON:** DrumLine Live Begins at 7:30 p.m. Jones Hall. www.spahouston.org 713/227-4SPA
- 14—SAN BENITO:** El Second Weensdee The Narciso Martinez Cultural Art Center presents this oral history series on conjunto music at 7 p.m. 225 E. Stenger St. 956/399-0110
- 14-15—ORANGE:** Drumline Live! Begins at 7:30 p.m. Lutch Theater. www.lutcher.org 409/745-5535 or 800/828-5535
- 14-17—ROBSTOWN:** Nueces County Junior Livestock Show Includes a parade, barbecue cook-off, exhibits, carnival, live entertainment and professional team roping. Hwy. 77 and Avenue J. www.ncjls.com 361/387-5395
- 17—GALVESTON:** Ronan Tynan Offers an encore solo concert by this Irish tenor. Grand 1894 Opera House. www.thegrand.com 800/821-1894 or 409/765-1894
- 17—LA PORTE:** Hard Hat Tour Enter areas rarely seen by the public. Reservations required. Battleship Texas State Historic Site. 281/479-2431 ext. 234
- 17—PORT ARTHUR:** Music Hall of Fame Show Features a soulful mixture of blues and rock 'n' roll. This is formerly the Janis Joplin Birthday Bash. www.portarthurtexas.com 800/235-7822
- 17—SAN BENITO:** Market Day Enjoy live music and arts & crafts at this open-air bazaar. Plaza de San Benito. www.cityofsanbenito.com 956/361-3804 ext. 302
- 17—SANTA FE:** Tapas Night in the Cellar at Haak Winery Hours are 6:30 to 9:30 p.m. www.haakwine.com 409/925-1401

(Continued on Page 55)

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

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Texas Events - (Continued from Page 54)

- 17-18—PORT NECHES:** Trade Days on the Avenue Includes antiques, collectibles, clothing and more. Port Neches Avenue. E-mail: pncoc@swbell.net 409/722-4023
- 18—BROWNSVILLE:** Soldier Pastimes Hours are 1 to 4 p.m. Palo Alto Battlefield, FM 1847. E-mail: paal_administration@nps.gov 956/541-2785 ext. 333
- 19—PORT ARTHUR:** MLK Brunch Bob Bowers Civic Center. 409/722-5314
- 21-22—SOUTH PADRE ISLAND:** Winter Texan Golf Classic Features mulligans, fun and more. South Padre Island Golf Club. 800/767-2373
- 24—BEAUMONT:** 16th Annual Beaumont History Conference Local history enthusiasts tell about intriguing figures and true tales in the Golden Triangle history. Includes cultural, ethnic, economic and political topics. www.mcfaddin-ward.org 409/832-1906
- 24—LAKE JACKSON:** Diane Schuur with the Brazosport Jazz Orchestra Experience jazz like never before. The Clarion. www.clarion.brazosport.edu 979/230-3156
- 24—PORT ARANSAS:** Garden Club Tours of Homes Visit unique homes in Port Aransas by bus or private vehicle. Various locations. 361/749-0453
- 24—SANTA FE:** Pruning Day/Oyster Fry at Haak Winery Begins at 9 a.m. Haak Winery. www.haakwine.com 409/925-1401
- 24-25—GALVESTON:** The Oak Ridge Boys The Grand 1894 Opera House. www.thegrand.com 800/821-1894 or 409/765-1894

- 25—HOUSTON:** Tom & Andrea Jaber 20th Anniversary Concert Begins at 7 p.m. Chapelwood United Methodist Church. www.chapelwood.org 713/465-3467
- 26—PORT ARANSAS:** Merchants Dine Around Visit local restaurants to sample great cuisine. 361/749-6405
- 27—SAN BENITO:** Welcome Back Winter Visitors Sponsored by the San Benito Chamber of Commerce. Fun N Sun RV Resort. www.cityofsanbenito.com 956/399-5321
- 28—HOUSTON:** Ohad Naharin's Deca Dance Israel's contemporary dance company — Batsheva Dance Company — makes its Houston debut. Begins at 8 p.m. Jones Hall. www.spahouston.org 713/227-4SPA
- 28-Feb. 15—HOUSTON:** Taking Flight Recounts Adriana Sevan's true life experience after her friend is horrifically injured on 9/11. Stages Repertory Theatre. www.stagestheatre.com 713/527-0220
- 29—HOUSTON:** Sadie Gwin Blackburn Environmental Seminar Begins at 9:30 a.m. Brown Auditorium at the Museum of Fine Arts, Houston. www.riveroaksgardenclub.org 713/523-2483
- 30—HOUSTON:** Chorus! See and hear some of opera's most heart-stopping choruses. Houston Grand Opera. Brown Theater. www.houstongrandopera.org 713/228-6737
- 30—HOUSTON:** Joshua Bell, Violin, & Jeremy Denk, Piano While in Houston, Bell will perform an adventurous program, alongside pianist Denk. Begins at 8 p.m. Jones Hall. www.spahouston.org 713/227-4SPA

(Continued on Page 56)

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Texas Events - (Continued from Page 55)

- 30-31—HUMBLE:** Humble Barbecue Cook-Off & Kids Corner Includes rides, games, hands-on activities and kids cooking contest. Humble Civic Center. www.humblebbqcookoff.com 281/446-8993
- 31—GALVESTON:** 14th Annual Tour of Sacred Places Starts at 9 a.m. with a lecture, followed by a tour of historic churches in Galveston. St. Joseph's Church, 2202 Ave. K. www.galvestonhistory.org 409/762-3933
- 31—GALVESTON:** Larry Gatlin & The Gatlin Brothers Begins at 8 p.m. The Grand 1894 Opera House. www.thegrand.com 800/821-1894 or 409/765-1894
- 31—HOUSTON:** Les Ballets Trockadero de Monte Carlo Comedy is achieved by incorporating and exaggerating the foibles, accidents and underlying incongruities of serious dance. Begins at 8 p.m. Jones Hall. www.spahouston.org 713/227-4SPA
- 31-Feb. 1—SOUTH PADRE ISLAND:** KiteFest Kite enthusiasts from around the country descend on South Padre Island for this annual event. North of the South Padre Island Convention Center, 7355 Padre Blvd. 956/761-1248

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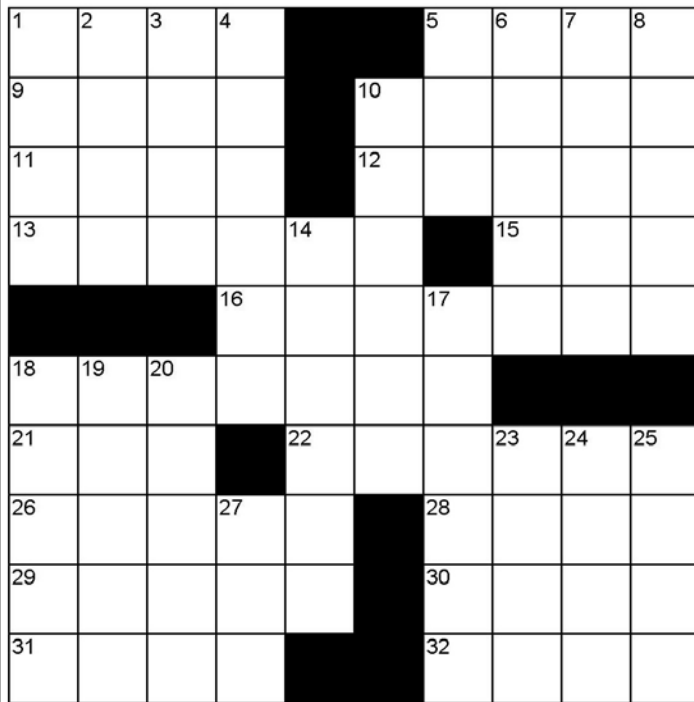
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Crossword Puzzle



ACROSS

1. What children learn
5. Island tree
9. Consider
10. Antiquity
11. Capital of Norway
12. Ancient Indian
13. Large shrimp
15. Past
16. Woman's saddle horse
18. Thrive
21. Free of
22. Farewells
26. Pearl
28. Rear
29. Common girl's name
30. Dunking cookies
31. As well as
32. Achy

DOWN

1. Famous cookies
2. Pear type
3. Fizz drink
4. High School dances
5. Brand of dispensable candy
6. Lord's table
7. Feudal superior
8. Star Trek Dr.
10. Scolded
14. Tropical fruit
17. Curly corn chips brand
18. First
19. Vie
20. Aromas
23. European monetary unit
24. Consumer
25. Oxford
27. Rio de Janeiro

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529 College Savings Plans Make Sense

Submitted by Rich Keith

With college savings plans, students of all ages can save for all college costs, including tuition, fees, room, board, textbooks and computers. It's not just for kids: If you are considering going back to college or graduate school, you can open a college savings plan for yourself. You will save on taxes, and if you end up not going to school, you can always transfer the money, tax-free, to another 529 plan for your children or spouse.

Withdrawals from college savings plans can be used at most colleges and universities throughout the country, including graduate schools. Some foreign education institutions also may be eligible. Many states now offer at least one college savings plan that has no residency restrictions. You can live in Ohio, contribute to a plan in Maine, and send your child to college in California. However, if your state offers state tax advantages to residents who participate in the local plan, you'll miss out if you opt for another state's 529 plan.

College savings plans typically cover all "qualified education expenses" at eligible colleges, universities and other post-secondary institutions, including tuition, fees, books and supplies, equipment, room and board.

When you invest in a college savings plan, you pay money into an investment account on behalf of a designated beneficiary. Contributions can vary and are only limited by the maximum and minimum contributions limits set by most plans. Although the maximum contribution amount differs from state to state, in the majority of states offering college savings plans, the maximum amount that you can contribute for one beneficiary exceeds \$200,000. To further increase the amount of contributions you can make, you can open a second college savings plan in another state.

Most states also offer very flexible minimum contribution limits. Many require a \$250 initial contribution with subsequent contributions of as little as \$50. Typically, each plan gives you a number of investment options that allow you to invest in various mutual fund



portfolios. Some college savings plans offer age-based mutual fund portfolios. When the child is younger, the portfolio typically invests mostly in stock funds, which carry a higher risk, but higher return potential. As your child grows older, the asset allocation becomes increasingly conservative as it gradually shifts to bond funds and other fixed-income funds.

Many states also offer non-age-based investment options, allowing you to select portfolios with conservative, moderate and aggressive asset

allocations. The IRS allows you to change your investment options once every calendar year in a college savings plan.

Investing in college savings plans does come with some risk. Unlike prepaid tuition plans, they don't lock in tuition prices. Nor does the state back or guarantee the investments. There also is the risk with most college savings plan investment options that you may lose money or your investment may not grow enough to pay for college.

Fees, charges and expenses. All 529 plans have fees and expenses. Not only do these charges vary among 529 plans, but also they can vary within a single 529 plan. It is very important to take fees and expenses into account when selecting a college savings plan. Slightly larger fees and expenses can make a big difference in the value of your investment over time. Let's say you invest \$10,000 in a college savings plan with a return of 8% before expenses. With a plan that had annual administration and operating expenses of 3.03%, after 18 years, you would end up with only \$22,966.81. If the college savings plan had expenses of 0.65%, you would end up with \$35,534—a 35% difference!

Before buying a 529 plan, you should find out about the particular plan you are considering, and be sure you understand the plan's description of fees and expenses. Work with your financial professional to help you make the right choices.



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Need More Space? Reclaim the Space You Already Own

Heather Bland-Ho

Many of us, especially after holidays spent hosting family and friends in cramped or cluttered quarters, might be feeling the urge for more space. In the current economy, however, moving out or “up” might not be an option. But waiting out the housing downturn doesn’t mean you need to put up with spaces that are stressing you out or bringing you down... RECLAIM THE SPACE YOU ALREADY HAVE AND FALL IN LOVE AGAIN with the home you already own!

Follow these simple steps to make your home work harder to meet your needs:

1. Prioritize

What areas bug you the most? What are your trouble spots? From that list, which area, when improved, would have the biggest impact on your life?

2. Look with an Outsider’s Eyes

Pretend you’re a stranger coming into the house- what do you notice? You can even ask a friend to help with this part... they will notice piles or unnecessary objects better and faster than you will.

3. Systematize

What works and what doesn’t work in the space? Create systems to help alleviate problems, such as putting baskets to corral errant shoes near a doorway or designating a home for newspapers and magazines that are always lying around.

4. Sort and Purge

(Sorry... I tried for an -ize word here, but this is such an important concept I couldn’t just make something up!) Get rid of things that you no longer need, are broken or don’t serve a purpose. Keep only what you need, think to be beautiful or love.

5. Recognize when you need help

Often we need another person to give opinions or to help keep the project moving along; enlist a friend or call a professional organizer. For a fraction of the cost of a new home, a professional organizer can help you transform your space and inspire you to do amazing things. I have worked with families to reclaim toyrooms, gamerooms, bedrooms, garages and many other spaces. Recently, one mom was overjoyed to see that her six-year-old daughter sat for two hours playing happily on her own because now she had the space to set up her Littlest Pet Shop “village.” That same sweet girl also told her mom how happy she was to be able to do a cartwheel in her room again without hurting herself!

6. Realize the gain

Congratulations- you’ve just made a major improvement to your home! You’ve reclaimed space you already own, without the cost and hassle of relocating. You’ve fallen back in love with your home, saving yourself thousands of dollars.

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Submitted by Dr. Tenesha Weine

WATER. It's not fish oils, not calcium or magnesium, not even vitamin D...but Water. Water is the single most important nutrient in your body. So simple, yet so many of us are dehydrated. Your body loses about two quarts of water a day through perspiration, urination and exhalation. It is important for our bodies that we replenish this.

Water is needed and involved in every function of our body:

- Muscles are about 75% water
- Brain Cells are 85% water
- Blood contains 82% water
- Even your bones are 25% water

By depriving your body of water, your organs and cells can not function to their highest capacity. Water is essential for cell life and existence. You can live five to seven weeks without food but no more than 5 days without water.

Major signs you are dehydrated:

- Joint and Arthritis Pain - water is a main lubricant in the joint spaces.
- Digestion Issues - water helps keep digestive juices in the GI tract supplied in order to create the acids it needs to prevent ulcers, gastric reflux, and constipation, and heart burn.

- High Blood Pressure - when the body is dehydrated it can restrict the flow of blood to non vital organs and only concentrate on vital organs.
- Asthma - bronchial tubes need adequate hydration to prevent constriction
- Poor Memory - Synapses in the brain slow down without adequate hydration.
- Weight Management - When you are dehydrated your body releases a hormone, aldosterone, which causes water retention.

If you are suffering from any of the above Conditions or Symptoms instead of reaching for a big gulp, star bucks, or any of the other unnatural beverages we consume.... try drinking more natural clean water. Gradually increase the amount of water you drink each day and these symptoms may start to subside.

So, how much water do you need to drink??

Take your body weight in pounds and divide it by two.

This is the number in ounces that you should drink per day.

_____Weight / 2 = _____ounces per day

Little Lambs

MDO & Preschool

Registration for Fall

*Little Lambs MDO & Preschool is holding registration for the 2009/2010 school year
January 28th – February 2nd.*

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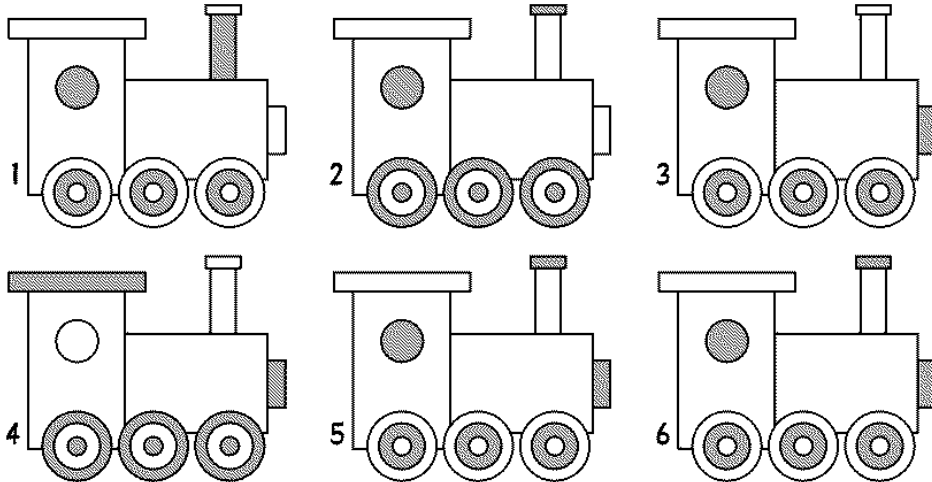


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Kids Corner

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20313 Scenic Woods Circle,
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16327 Redbud Berry Ln,
4/2.5/2, 2170 SqFt, \$139,900



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



15703 Township Glen,
3/2.5/2, 2727 SqFt, \$224,900



15807 Lake Loop Dr,
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Dawn Fore's Fairfield Market Report

Neighborhood	3 rd Quarter Results			Current	
	Sold	\$ per SqFt	DOM	Avail	Pending
Bluebonnet Glen	1	\$88.36	68	1	0
Baker's Ridge	1	\$68.95	27	2	0
Chappell Ridge	4	\$71.82	124	5	3
Cottage Glen	0	-	-	3	1
The Estates	4	\$85.73	72	1	0
Garden Grove	8	\$73.19	70	3	1
Glen	2	\$67.75	52	5	0
Inwood Glen	6	\$69.32	99	3	2
Inwood Meadows	2	\$70.32	47	4	1
Inwood Park	5	\$63.02	83	8	0
Lakes/Lake Ridge 2	6	\$89.93	46	15	1
Crossing/Landing/Reserve	6	\$73.74	119	5	0
Meadows/Park/Retreat	5	\$64.07	45	4	0
Oaks/Trails	3	\$65.13	109	1	0
Pines	1	\$72.94	128	1	0
Summer Crossing	1	\$76.53	160	6	0
Summer Ridge	0	-	-	0	0

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

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