



FAIRFIELD

COMMUNITY • GAZETTE

OFFICIAL FAIRFIELD COMMUNITY ASSOCIATION NEWSLETTER

Ault Elementary Outstanding 5th Grade Boy & Girl



Congratulations

to

Grady Guest and Rachel Suomela!

"Grady, we are so proud of who you are and what you are becoming: A young man for Christ!"

*Love,
Mom and Dad*

*"Rachel, you are and always have been OUR SUNSHINE!
We are so proud of you as you are becoming such a wonderful
caring young lady!"*

*We love you,
Mom and Dad*



July Fairfield Toy Drive

Residents of Fairfield will have an opportunity to join local real estate office, RE/MAX Lakeland, in supporting Texas Children's Hospital through Children's Miracle Network. The office, along with local favorite, Dave's Hoagie House, is sponsoring a toy drive to help patients at the world famous children's hospital, and encouraging all Fairfield residents to donate toys for children ranging in age from infant to adolescent.

The Toy Drive is happening the ENTIRE month of JULY!!

"We've visited the patients at Texas Children's Hospital several times and have seen the affect even the smallest gesture of support has on them," says RE/MAX Lakeland broker and owner, Dawn Fore. "We are proud to join with the Fairfield community and the community-minded businesses in the area in continuing our support of Texas Children's Hospital."

Designated collection drop-off points:

RE/MAX Lakeland

17920 Huffmeister Road, #140 &

Dave's Hoagie House

15202 Mason Road

Among the items Fairfield residents are encouraged to donate for infants are: cribs and crib accessories, mobiles, musical stuffed animals, cradle gyms, soft rubber dolls infant mirrors and Sassy brand items. For older children and adolescents, suggested items include posters, playing cards, board games, radios and headsets, handheld games, advanced model sets, paints and crafts.

Watch for our 4th of July Parade Float!!

For more information on the toy drive, please contact
RE/MAX Lakeland by calling 281-304-9500.

FAIRFIELD COMMUNITY GAZETTE

Important Numbers

EMERGENCY NUMBERS

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

NON-EMERGENCY NUMBERS

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

CHURCHES

Christ Church Houston Northwest.....	281-758-0454
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.....	FairfieldGazette-Editor@comcast.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).....	jauge7@yahoo.com
Tami Ehler (Bradford Creek).....	fairfield-bradford@sbcglobal.net
Roy Erickson (Bradford Creek).....	Bradfordcommunity@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 (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
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Driver's License.....	713-681-6187
Post Office.....	281-373-9125
Voter Registration.....	713-224-1919

MISCELLANEOUS NUMBERS

A.M.I (deed restrictions, etc.).....	713-932-1122
Cecelia Panzineti, AMI Onsite Manager.....	281-256-0065
Community Meeting Room.....	281-373-0834
Cy-Fair College.....	281-290-3200
Cypress Area Home Schoolers.....	281-890-3792
Fairfield Athletic Club (FAC).....	281-373-0834
Fairfield Information Center.....	281-373-1177
Friendswood Development.....	281-875-1552
Harris Co. Library (Northwest).....	281-890-2665
Harris Co. Animal Control.....	281-999-3191
Harris County Mosquito Control.....	713-440-4800

SCHOOL NUMBERS

Ault Elementary.....	281-373-2800
Bus Information.....	281-897-4380
Cy-Fair Administration.....	281-897-4000
Cy-Fair High School.....	281-897-4600
Cy-Ranch High School.....	281-373-2300
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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Featured Listings

20326 Lone Star Oak

Looking for a spacious master bedroom to accommodate large furniture? Maybe this 19ft. master is just what you are looking for. This well cared for 2 story home has 3 bedrooms and a convenient loft area for play space or "at home" office. Backing to the greenbelt, the back yard features an extended brick patio. Come see the updates!

(all dimensions are approximate.)

2218 per HCAD. 3/2.5/2

\$149,900

15318 Wild Timber

A two story home with the master suite, family room, and formal dining down, and a 21x18 game room, 3 bedrooms and 2 full baths up! Situated on almost ¼ acre, you'll really appreciate the size of this backyard. The 2 story family room w/wood burning fireplace offers a comfortable place to relax, and the openness to the kitchen-breakfast is one of the features most demanded by today's homebuyers.

(All dimensions are approximate)

2642 per HCAD 4/3.5/2

\$185,000

**We support
CypressLostPetAlert.com**

15050 Fairfield Village
In the Fairfield Shopping Center
opposite the Shell Station on Mason
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Fax: (281) 373-4345

Email: jeanne@donandjeanneteam.com

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Installation - Rock Borders

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Mulch Installation (2 yds)
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(bed cleaning extra)

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Installation

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Trees - Fire Ant Control - Tree Deep
Root Feeding - Brown Patch Reduction
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Attention Fairfield Homeowners

2009 Meeting Schedule for Fairfield Village Neighborhood Association and Villages

Lynn Byrne, AMI

The 2009 meetings of the Fairfield Village Neighborhood Association, Inc. and Villages Board of Directors are scheduled for the fourth Tuesday of every other month at 7:00 p.m. (except December) at the Lakeside Trails Clubhouse, 16125 Country Fair Lane. Please mark your calendar accordingly.

July 2009	Thursday	28th Board Meeting
August 2009	Tuesday	NO MEETING
September 2009	Tuesday	22nd Board Meeting (Schedule Budget Meeting)
October 2009	Tuesday	NO MEETING
November 2009	Tuesday	NO MEETING
December 2009	Tuesday	1st Board Meeting

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 FairfieldGazette-Editor@comcast.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 Kim Moore at kim@peelinc.com.

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

**CHOOSE
1% 2%
or 3%**

FAIRFIELD HOMES RECENTLY SOLD

- 20403 Gentle Mist Lane
- 15343 Wild Timber Trail
- 16646 Redbud Berry

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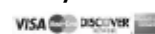
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Landscape Lighting • Bed Cleaning

Seasonal Flowers • Hedge Trimming

Sod Installation • Fertilization • Drainage

* Custom Outdoor Kitchens

* Patio Covers

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Live Oaks Installed

45-Gallon

\$375^{+tax}

100-Gallon

\$550^{+tax}

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Attention Fairfield Homeowners

SUMMER POOL SCHEDULE - JULY

(July 6th – July 31st)

BRADFORD CREEK POOL

Monday & Tuesday: 10:00am – 8:00pm
WEDNESDAY: CLOSED
Thursday – Friday: 10:00am – 8:00pm
Saturday: 10:00am – 8:00pm
Sunday: 1:00pm – 8:00pm

INWOOD PARK POOL

Monday: 4:00pm – 8:00pm
TUESDAY: CLOSED
Wednesday: 4:00pm – 8:00pm
Thursday: 11:00am – 8:00pm
Friday - Sunday: 4:00pm – 8:00pm

GARDEN GROVE POOL

Monday: 11:00am – 8:00pm
Tuesday: 11:00am – 3:00pm
WEDNESDAY: CLOSED
Thursday – Sunday: 11:00am – 3:00pm

LAKESIDE TRAILS POOL

(Tuesday, July 28th the pool will be open
11:00am – 8:00 pm)
Mon. – Wed.: 11:00am – 3:00pm
THURSDAY: CLOSED
Friday – Sunday : 11:00am – 3:00pm

FAIRFIELD ATHLETIC

CLUB POOL

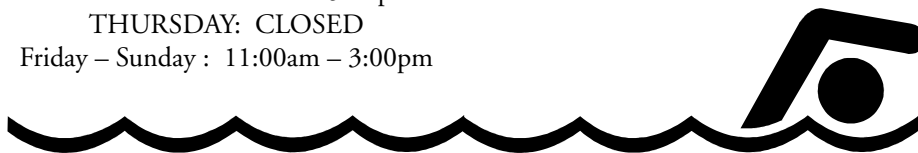
MONDAY: CLOSED
Tuesday – Friday: 12:00pm – 9:00pm
Saturday: 11:00am – 6:00pm
Sunday: 1:00pm – 6:00pm
*FAC Pool will be closed
Tuesday, July 1st through Friday, July 17th
from 4:00pm – 7:00pm for swim lessons.*

CENTRAL PARK POOL

MONDAY: CLOSED
Tuesday: 4:00pm – 8:00pm
Wednesday: 11:00am – 8:00pm
Thursday - Sunday: 4:00pm – 8:00pm

SPLASH PAD

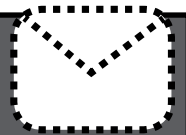
Open 7 days a week through October 31st
9:00am – 9:00pm
*The Splash Pad is located
at the Central Park Pool*



Security Report March 2009

911 Hang-up Calls.....	4
Accidents – Major	1
Accidents – Minor.....	5
Alarm Calls	49
Assaults	2
Burglary of Habitations.....	0
Burglary of Motor Vehicles.....	1
Business Check.....	129
Park Check.....	43
School Check	9
Contract Check.....	385
Criminal Mischief	5
Family Disturbances.....	1
Other Disturbances	12
Information Calls	6
Meet the Citizens	82
Parking Lot Check	26
Suspicious Persons.....	7
Telephone Harassment	0
Thefts.....	2
Traffic Stops	18

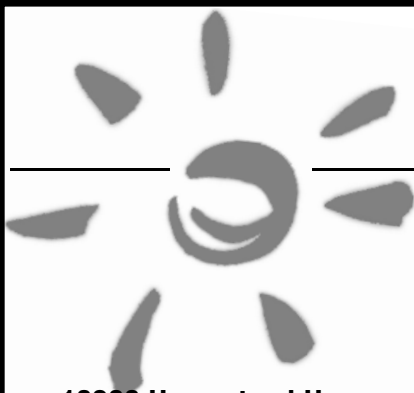
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Attention Fairfield Homeowners

A friendly reminder ...

Please remember to keep dogs on a leash and obey the leash law. Not all homeowners are comfortable with loose dogs. Please be courteous to your neighbors by picking up after your dog. Dogs are tempted to go for a swim in the lakes. The no swimming signs posted around the lakes includes dogs. Thank you for your concern and attention to continue making Fairfield a desirable neighborhood.

*Thank you,
AMI*

2009/2010 Fairfield Village Assessment is Due!

Dear Residents,

You should have received your statement for the 2009/2010 Fairfield Village Assessment. This is the master association assessment that is due July 1st and is delinquent after July 31, 2009. Please make sure your account is paid in a timely manner to avoid legal collection fees. Your Association does not want to see homeowner's incur these penalties as they are very expensive!

Your AMI Team

REWARD

As you are aware, there has been a great deal of destruction to some of the sports areas within Fairfield and all repairs are paid by the Fairfield Sports Association which in turn reduces the amount of money we can spend towards the improvement of our sports programs, and more importantly, makes the fields less safe for our children.

We are still working to get the fields ready at the new sports complex just off Schiel Road. Just a reminder to residents – Please do not ride ATV's motorbikes, or other motorized vehicles on the site. We have recently spent quite a bit of money getting this site ready for the fall season by installing sprinklers, seeding grass and creating parking areas. This new area, along with all the other parks and open areas throughout Fairfield do not allow ANY motorized vehicles to be ridden on them. The tracks and ruts that 4-wheelers and other vehicles make can be dangerous for anyone playing a sport on these areas. In the past we have given people a warning when they have been caught riding on these areas, but people have ignored these warnings. Many people have spent hundreds of hours preparing and maintaining the sports fields in Fairfield just so our children can have a safe place to play and it seems a shame to have their efforts wasted by a few individuals by destroying the integrity of these areas.

Your Fairfield Homeowners Association is offering a \$5,000.00 reward for information resulting in the arrest and FELONY conviction of the person(s) who vandalizes or steals Association property. Therefore, anyone caught riding on the property from this point on will be prosecuted for criminal trespassing and destruction of property. Should the person(s) be under age, the Association will legally pursue the legal guardian for all damages incurred.

If you see anyone suspicious, by all means contact the sheriff on the non-emergency number (713-221-6000) and report the incident.

BRADFORD CREEK BOARD OF DIRECTORS NEWS

It was very nice to see some of our Bradford Creek neighbors at the annual meeting on May 28th. Your Board of Directors appreciates your participation and support. All residents are cordially invited to attend Board meetings or to contact any of us via e-mail or telephone as listed inside the front page of this gazette.

At the annual meeting, Roy Eriksen was elected to a three year term on our Board. We look forward to working with Mr. Eriksen and value his financial background as we move into the fall budget season. Our Board, now comprised of five resident members, will meet in executive session in early June to decide on officer positions for the next year. We would like to express our sincere thanks to Tim Fitzpatrick of Friendswood Development for his service on the Bradford Creek Board since its inception.

We regret to inform you of continued attacks on our community property by unknown vandals. The desirability of maintaining our gazebo amenities are being scrutinized. One Sunday morning in early April, the gazebo on Golden Elm Circle was set on fire. The volunteer fire department provided a quick response, after a passerby alerted them. Unfortunately, the entire floor was destroyed in the fire. This gazebo has been stabilized and temporarily closed to inside seating use. Additionally, the gazebo on Fairfield Falls Loop experienced damage when the floodlight was snapped off of its base. This illumination was in place to deter nighttime loitering. Repairing this damage will cost in excess of \$2000 – again! Your input on the desirability of maintaining these amenities is requested. Since residences do not front these areas, they seem to be the gathering spot for those elements in our community bent on destroying rather than building a neighborhood.

On a more positive note, we have completed a long list of improvements. These include park amenities previously mentioned in this article, plus repairs and improvements to our pool seating arrangements and the addition of two resident requested park benches along Fairfield Park Drive. We are planning refurbishments to the interior of our pool clubhouse, as resources permit. Upgrades to the restroom, as well as, sound reduction in the great room are under consideration.

In closing, a meeting of the Fairfield Village Community Association will be held on Tuesday, July 28th, 7:00 PM at the Lakes Clubhouse. We'll see you there.

You can afford a White Smile... Free! ...we give it to you for

It's Simple. Come in for your initial exam, cleaning and x-rays (services typically covered by most insurance companies) and you will receive FREE custom take-home whitening trays and gel. (\$495 value) As long as you keep up with your recommended cleaning visits, you will get 2 FREE tubes of whitening gel twice per year for the rest of your life! That's it. No other requirements!

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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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10,001 TO 15,000	\$30	\$40
15,001 TO 20,000	\$35	\$45
20,001 TO 25,000	\$40	\$50

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Head Relocation (up to 4' from orig. location): \$50/ea

Replace 4" pop-up: \$20/ea Replace 4" rotor head: \$40/ea

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VALVES

Replace: \$100/ea

Diaphragm or Solenoid Repair: \$50/ea

LEAKS

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Here's what tuition costs for 12 credit hours at several noteworthy institutions.

College	One Semester	Two Semesters
Lone Star College	\$564	\$1,128
Sam Houston State University	\$2,321	\$4,642
Stephen F. Austin	\$1,872	\$3,744
Texas A&M	\$3,517	\$7,034
Texas State University	\$1,200	\$2,400
University of Houston	\$2,088	\$4,176
University of Texas	\$3,835	\$7,670

Times are tough. Lone Star College is helping.

Summer and fall registration are under way.

Payment plan, financial aid and scholarships are available.

Summer 2 classes begin July 9.

Fall classes begin Aug. 24.

CyFair.LoneStar.edu 281.290.3200

affirmative action/eoo college



FWC Graduation Tea

On May 17th, the Fairfield Women's Club honored senior girls graduating from high school at the annual Mother / Daughter Graduation Tea held at the home of Lisa Cannon. We had a fantastic afternoon and enjoyed meeting all of the wonderful young ladies and their mothers. Thank you for taking time out of your busy schedules to attend the tea. Best of luck to all of the graduating seniors in Fairfield as you begin a new chapter in your life.



*Pictured above starting from top to bottom on the left side:
Natalie King, Amanda Hedges, Courtney Wren, and Juleen Kearns.*

*Pictured top to bottom on the right side:
Mary Unverferth, Maggie Still, Marla Sobotik,
Samantha Bartholomew, and Taylor Hawkins.*

Rest Assured

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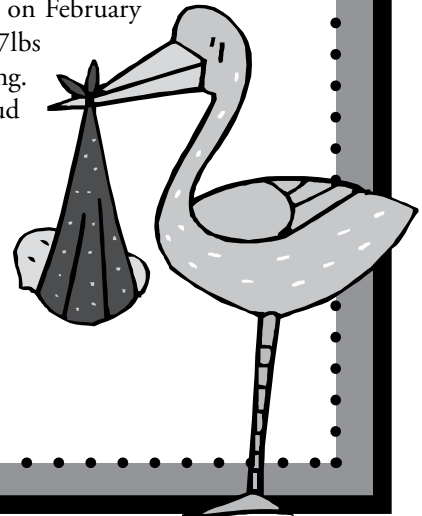
baby girls

Aaron, Aja and big sisters Abbey and Emma would like to announce new addition **Kara Ann**. She was born on May 16, 2009 at 8:11 pm. Kara weighed 5 lbs 5 oz and was 19.5 inches long.

Jeanie and Alex Makris would like to announce the arrival of their new daughter, **Addison Faith**. Addison was born on June 4, 2009 at 9:48 p.m. She weighed 4lbs 11oz and was 17 inches long. Addison is also welcomed home by her brother, Deacon and sister, McKenna.

baby boy

Announcing the arrival of a new baby boy, **Drake Thomas!** He was born on February 9, 2009, and weighed in at 7lbs and 9oz and was 20.5 inches long. Drake is the first born to proud parents **Ryan and Marisa**.



Congratulations!

Submit your information on the arrival of your little one to fairfieldgazette@peelinc.com

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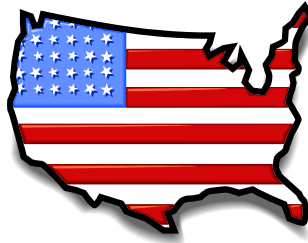
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- The government works for me. I do not answer to them, they answer to me.



If you agree with any or all of the statements above then come to
The Glenn Beck 9/12 Project Organizational
meeting for Cypress on July 9th at 7:00 pm.
Located at 15010 Mueschke Rd.

Get involved.

For more information, please call 281-373-9337.

Advertising Information

Please support the businesses that advertise in the Gazette. Their advertising dollars make it possible for all Fairfield residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the Gazette by advertising, please contact Peel, Inc. Sales Office, at 888-687-6444; advertising@PEELinc.com.

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Congratulations

Texas Barracudas 2009 CFSA 9U League Champions

These phenomenal baseball players went
UNDEFEATED in the CFSA 9U Elite League
with a Season Record of 14-0
and a Record Overall: 34-3



Front row: Jacob Crawford, Colton Cowser, Trent Golson,
Kade Crawford (bat boy), Adam Smith, Chad Krause
Second row: Garrett Grier, Blake Wilson, Dru Baker,
Jason Michels, Korey Holland, Jullian LeUnes
Coaches: Danny Crawford, Mark Baker,
JD Grier (not pictured), Josh Wilson (not pictured)

WAY TO GO BARRACUDAS !!!

www.texasbarracudas.org

Congratulations

Fairfield Renegades 10U 2009 CFSA 10U League Champions



Front row from left to right: Ryan Hanes,
Hunter Skinner, Kyle Gough, TJ Paris
Second row from left to right: Christian Rodriguez,
Ben Angelica, Chance Wright, Peyton Brown,
Mason Garner, Jeffrey Pope
Back Row - Coaches: Bob Brown, Clint Gough,
Joe Angelica and Paul Garner

WAY TO GO RENEGADES !!!



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Congratulations

Texas Barracudas 7U 2009 South Zone Metro State Champions



Front Row: Marc Dillard, Noah Bonaventura,

Jake Plaisance, James Grein, Nathan Denard

Second Row: Seth Broseman, Jack Grier,

Chris Wattinger, Kyla Crawford, Landen Dugas,

Dalton Vance, Sam West

Coaches: JD Grier (Head Coach), Danny Crawford, Don Broseman, Mike Denard (Assistant Coaches)

WAY TO GO BARRACUDAS !!!

www.texasbarracudas.org

Congratulations

WILDCATS CFSA Freshman Volleyball Regular Season League CHAMPIONS

9-1

**Third in End of Season
Tournament**



Front Row: Heather Littleton, Alexis Dunn,

Kyla Crawford, Marci Jordan, Emily Whorley

Back Row: Kristi Crawford (Head Coach), Bailey Crow,

Katie Hutchins, Lola Alaka, Mae Barnard,

Laura Whorley (Asst. Coach),

Abby Whorley (Junior Asst. Coach)

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Clubs & Announcements



A HUGE 'Thank you' to all of our Fairfield FAST Dolphins and their families for making this year's Fairfield summer swim season a big success!! We swam in NWAL's W2 Division against 5 opponents, and HOSTED the Divisional Meet on June 20 at our AWESOME 8 lane Central Park Pool ~ for the 2nd straight year!!

We had many swimmers participate in the Summer Quest Invitational Meet, the Blue and White Invitational Meet, and Ponderosa's Invitational. Thank you to each and every family for your commitment and help. We couldn't have done it without you!!

A special thanks to Suzanne Jones, our amazing Board President, who is always willing to help out new families and go the extra mile for ALL our swimmers! We love you Suzanne!! Thanks to all of

our parent and grandparent volunteers who put in countless hours officiating, setting up and taking down tents and equipment, timing and scribing, serving delicious concessions, and labeling many, many ribbons for our FAST dolphin swimmers.

Our wish is that each of you returns next year, refreshed and energized, and that you consider pitching in 'behind the scenes' as a Board Member. You'll be working with a great team, and we're all in it for the kids!! Call any of us anytime (we're in the Dolphin handbook and the school directories ~ or stop us in the neighborhood when you see us next time!).

*Have a great rest of the summer!
The FAST Board*

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Clubs & Announcements Cont.

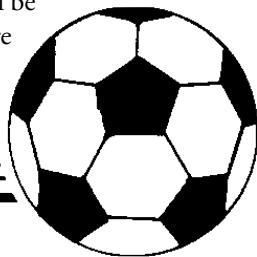
FAIRFIELD FALL SOCCER

Lace up your boots and get ready for another exciting season of Fall Soccer. Fairfield Soccer program registration is June 15th- July 26th. Late registration is July 27th -July 31st. Sign up is available online at <http://www.fairfield-sports.org> Our age groups start at 4 years of age (8/1/2005) as of August 1, 2009 up until age 13 (8/1/1996) for both boys and girls. Keep checking the website for updated information.

We are still working to get the fields ready at the new sports complex just off Schiel Road. Just a reminder to residents – Please do not ride ATV's motorbikes, or other motorized vehicles on the site. We have recently spent quite a bit of money getting this site ready for the fall season by installing sprinklers, seeding grass and installing parking areas. This new area, along with all the other parks and open areas throughout Fairfield do not allow ANY motorized vehicles to be ridden on them. The tracks and ruts that 4-wheelers and other vehicles make can be dangerous for anyone playing a sport on these areas. In the past we have given people a warning when they have been caught riding on these areas, but people have ignored these warnings. Many people have spent hundreds of hours preparing and maintaining the sports fields in Fairfield just so our children can have a safe place to play and it seems a shame to have their efforts wasted by a few individuals by destroying the integrity of these areas. Therefore, anyone caught riding on the property from this point on will be prosecuted for criminal trespassing.

We have a position on the Soccer committee for the Field Maintenance Coordinator. Please contact Troy Guidry at soccer@fairfieldsports.org for more details.

Sports Quest Soccer, a non-profit 501(c)(3) professional soccer training organization, is celebrating 13 years of summer camps in Houston and surrounding areas. For the third consecutive year Fairfield is hosting a Sports Quest summer camp. This year's camp will be held from July 27 – July 31st here in Fairfield and we would like to invite you to participate. This camp offers a unique opportunity for players to develop their technical and tactical soccer skills and at the same time, addresses key issues relating to each child's spiritual and character development. Kids from 5 to 14 years of age are invited to participate in what will be a fun and exciting environment. For more information, please contact the Sports Quest office at 832-593-7777 or visit www.SportsQuestTraining.com

A large scale with the word "DOWNSIZE" and a large downward arrow. A woman is standing next to the scale, holding a large pair of shorts.

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Saturday, July 11th @ 10am
Saturday, July 25th @ 10am
Thursday, July 30th @ 6pm

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www.NCMC-Hospital.com

Clubs & Announcements *Continued*

Fairfield Women's Club

Spotlight Member of the Month - Dawn Bond

Dawn Bond became a resident of Fairfield in 2005 after her and husband Brent were married. She quickly joined the Fairfield Women's Club and has served as 2nd vice president, treasurer, and ultimately president. Dawn is a native of Mississippi. She had an exciting career as a DPS Criminalist working in the forensics lab before her first son, Nolan, was born September of '07. She loves animals and graham crackers with eagle brand milk. Dawn has been an invaluable FWC member and is looking forward to being able to volunteer more for the FWC and get to know our new members now that she is not on the board. Her bubbly personality leaves a lot to live up to for the new board.

If you would like to get to know Dawn and become a member of the Fairfield Women's Club come and join us. We meet the third Tuesday of every month. We offer great volunteer opportunities and fun social outings for you to get to know the women of our community.

For more information, please contact us at fairfieldwomensclub@gmail.com.



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Clubs & Announcements *Continued*

Ladies,

Are you ready for a night out?

Why not pop the cork and join

The Fairfield Women's Club

for wine tasting and socializing at

Corkscrew Wine & Coffee

25712 Hwy 290 by Newk's

July 8, 2009 – 7:00 pm – 9:00 pm

All Fairfield Ladies
Are Welcome!!!

*For more information,
please call
Laurie During
at 832-922-7381.*



**Calling all Fairfield Women
Business Owners**

Mark your calendars for Tuesday, August 25, 2009,
for The Fairfield Women's Club

1st Annual Networking Membership Fiesta

7:00 pm – 9:00 pm

Bradford Creek Clubhouse

Promote your business while meeting new friends and potential customers!

Interested? Have questions?

Call Michelle Smith, 1st VP, at 281-256-0678, Laurie During, 2nd VP,
Membership at 832-922-7381, or Tara Kosh, President, at 281-304-1133.



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Happy 4th of July!

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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 JULY BUS TRIP PLANS ARE FOR: Friday, July 24, Our Annual Astros Ballgame. Yes. It's July and time for our annual baseball game trip. This year will be our fourth. It's back to Minute Maid Park to watch the Astros play the New York Mets. Game time is 7:05 p.m.

This year we were lucky to get seating in section 154, because it is much easier to enter and exit this section. Since this is a Friday night game, there will be a fireworks display after the game. It really was a great show last year! You don't want to miss it. So let's continue the tradition of a night at the ballpark with our friends and fun-lovers.

Note: The Astros beat the Chicago Cubs last year.

The cost this year is \$26.00 per person (non-refundable) for the baseball tickets, not including the cost of your meal and purchases at the ball park. We will stop at the Cleburne Cafeteria on Bissonnet prior to the ballgame for dinner. Cleburne accepts cash or local personal checks – SORRY NO CREDIT CARDS. Ticket payment must be in by June 11 to obtain the group price.

To get your name on the list for this trip, call **Ed or Darlene Hofer @ 281-304-9078**. Make checks out to: Fairfield 50 Plus for the cost of the tickets only. The departure time for this trip is 4:15 p.m. from the Fairfield Village parking lot. Please be there by 4:00 p.m.

OUR AUGUST BUS TRIP PLANS ARE FOR: Saturday, August 8, Houston, Texas. This month we will be headed back to the Alley Theatre in downtown Houston. We will be attending a performance of "Sherlock Holmes and the Crucifer of Blood."

Sherlock Holmes and the Crucifer of Blood... is a story with two murders and a treasure of jewels that lead to a blood oath and an uncanny mystery that the master detective must solve before more fall victim. Amid fog-shrouded London, Holmes and Watson confront danger and an ingenious villain intent on making a curse come true. This exotic and thrilling mystery driven by greed, deceit and murder is recommended for teens and adults. After the play, we will enjoy dinner at Birraporetti's Restaurant located conveniently next to the theater. The cost for this trip is \$26.00 per person, plus your dinner.

Note: All reservations must be paid for no later than July 9th as payment is due to the theater on July 10th.

To get your name on the list for this trip, call **Mary Lawrence at 281-256-2831 or Mary Ann Tully at 281-256-7979**. Make checks out to: Fairfield 50 Plus. The departure time will be 1:00 p.m. from the Fairfield Village parking lot. Please be there by 12:45 p.m.

Thursday, July 9: 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 annual **CHRISTMAS IN JULY Pot Luck**. It is also at the Lakeside Trails Club House and starts around **6:30 p.m.** However, try getting there early. Doors open around **6:00 p.m.** for socializing and fellowship. After dinner we will exchange the **WHITE ELEPHANT** gifts. Wrap your gift in Christmas paper and state whether it's a Lady's or Man's gift. The exchange will be conducted just like our Christmas exchange; gifts can be stolen only twice.

Tuesday, July 21: Game Night at the Cook's 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 website and will also be in our July 19 email.

Thursday, July 30: Game Night at Lakeside Trails Club House. It starts around **6:30 p.m.**, and we have plenty of room here 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. Bring a favorite board game or card game if you have one that is easy to play. We will be playing board & card games, and, of course, dominos.

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

We recommend that you check our website 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, 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**

Clubs & Announcements Continued

Fairfield Book Club

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

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

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

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



290 Cypress Business Networking Group

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



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Please help by donating supplies for
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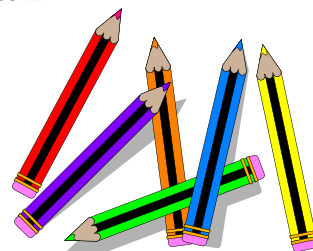
*During the entire months of June and July,
simply drop-off supplies at either*

Gambino's Pizza
or
The Fairfield Athletic Center

Some of the supplies needed are as follows:

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- compasses, protractors, construction paper, graph paper,
- printer paper, notebook paper, dry erase erasers, glue sticks,
- facial tissue, back packs, planners, Post-It notes, index cards
- more items can be found at:
www.boysandgirlscountry.org
www.cypressassistanceministries.com

*If you have any questions
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Nelma Cowser 281-304-2914.



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Clubs & Announcements Cont.

The MOMS Club® of Cypress / NW-Fairfield Moms Offering Moms Support *Welcomes all Stay-At-Home Moms in Fairfield and Lakes of Fairhaven*

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!)

Summer is here and the kids are out of school. Come join other mom and kids in many great outdoor activities planned this summer. Are you new to the area or a new mom and need a friend or support we are here for you. Don't let yourself feel isolated being a stay at home mom. 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 your 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, July 14th, 10AM at Good Shepherd United Methodist Church located on Cypresswood Drive in Fairfield. We often have a guest speaker at our meeting discussing topics like finance, health and other popular topics. As always, children welcomed!

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

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Clubs & Announcements *Continued*



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

MOPS at The MET Registration

If you need a listening ear, friendship with other moms, your kids involved in a fun program, delicious breakfast buffets, advice from seasoned moms ... then you need MOPS at The MET.

Two dynamic groups meet two Friday mornings per month (September – May) from 9:15 – 11:45a.m. Childcare is provided upon registration; \$55 per semester.

Register online today to secure your spot at metmops.org or TheMETonline.org



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.



SERVICE TIMES

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6:00 PM

SUNDAYS:
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9:50 AM
11:30 AM

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JULY 10

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5-10 PM
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School News

Cypress Christian School Students Collect



Elementary students at Cypress Christian School recently collected money for children who have cancer in the Houston area by donating "pennies for patients." Grades kindergarten through fifth grade raised a total of \$415.33, which was donated to the Leukemia and Lymphoma Society. The organization raises money for children who have been diagnosed with several different kinds of cancer.



The Leukemia & Lymphoma Society

Crimson Cadettes Dance Clinic

The Cy Woods Crimson Cadettes Drill Team will host their fourth annual dance clinic for K-12, from 8:30 – 11:30, August 12th, 13th and 14th. This is a major fundraiser for the team and enables them to participate in activities throughout the coming school year. The fee is \$55 and includes dance technique, specially choreographed routines for each age group, t-shirt, drinks and snacks each day and a picture for each participant. Showoffs will be held the last day at 11:30 am. For more information email shawna.dukes@sbcglobal.net.

(Registration Info on Page 26)

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Expires August 15, 2009 FF



School News Continued

Come Dance with Us!

Cypress Woods Crimson Cadettes 4th Annual Dance Clinic

Little Lights	Trendsetterz	Hopefuls
(K-5th grade)	(6-8th grade)	(9-12th grade)
Wednesday - Friday	Wednesday - Friday	Wednesday - Friday
August 12-14, 2009	August 12-14, 2009	August 12-14, 2009
CWHS Gym	CWHS Gym	CWHS Gym
8:30-11:30am	8:30-11:30am	8:30-11:30am

Each session will include dance technique, specially choreographed routines for each age group, performance dance shirt, drinks and snacks each day and a picture of each participant.

Family and Friends Welcome to Showoffs! Held August 14th at 11:30am

Registration Fee: \$55 for the 1st child in the family &
\$40 for each additional child in the same family.
Registration is refundable until August 1st.

In order to guarantee t-shirt size, please register by July 31st.

Mail in registration accepted until July 31st.

Registration at the door is acceptable.

To register, complete form below and mail with check or money order to the address below.

Cypresswood Crimson Cadettes
PO Box 1038
Cypress, TX 77410-1038

Member to receive credit for your registration: _____
(Please leave blank if you do not know a Crimson Cadette)

Dancer's Name: _____ 2009-10 grade: _____

Parent Name: _____ Cell Phone: _____

Address: _____ City: _____ Zip: _____

Email: _____

Emergency Contact (other than parent listed above): _____

Contact Phone _____ Relationship: _____

Medications or Allergies: _____

T-Shirt Size: Child small Child medium Child large

Adult Small Adult medium Adult large

I give my permission for my child to participate in all clinic activities. In the event of an emergency, I can give my permission for the clinic staff to seek appropriate medical care. I will not hold CFISD liable in case of accident or injury.

Signature _____

Date _____

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School News Continued

Cypress-Fairbanks ISD VIPS

Appreciation Luncheon

The Cypress-Fairbanks Independent School District honored its school volunteers and business partners at an appreciation luncheon on May 21 at the Richard E. Berry Educational Support Center. The theme for the event was "VIPS & Cy-Fair I.S.D. – A Winning Combination" and the honorees were thanked by Associate Superintendent for Facilities, Planning & Community Relations, Pam Wells for providing the winning combination of tireless efforts and assistance in ensuring student success on campuses throughout the district during the past year. As Ms. Wells stated, the district couldn't possibly afford to pay anyone to perform all the work that volunteers do every day to support school children in our community.

Entertainment for the event was provided by students attending various schools in the district and by district and school staff. Pam Scott, CFISD Director of Partners in Education served as Mistress of Ceremonies.

THE DISTRICT WOULD LIKE TO THANK THE FOLLOWING PARTIES FOR SERVING AS SPONSORS OF THE EVENT:

Event Underwriter: PBK Architects

Platinum Sponsor: H-E-B

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Silver Sponsors: Caldwell Companies, Total Recreation/GameTime Playgrounds, First Harbor Group, Watson Family Foundation

Bronze Sponsors: Bridgeland, Fox & Bubela, Inc., Resource One Credit Union, Saint Aidan's Episcopal Church

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Volunteer Awards



Cypress-Fairbanks Independent School District honored its district and state volunteer and business partner award winners during a Volunteer Appreciation Month ceremony on April 30. The award winners were nominated by various schools in the district at which the volunteers and business partners donate their time and were anonymously judged by a panel of business partners and community members. These extraordinary men and women were first selected as our district award winners and then competed against others in their categories from large districts at the state level. The state award winners were recognized by the Texas Association of Partners in Education during their annual conference held in Austin at the State Awards Dinner on January 27.

THE AWARD WINNERS WERE AS FOLLOWS:

Business Partnership for STEM: Pate Engineers, Inc.; Business Partnership Award for Career Education: CH2MHill Engineering – State Crystal Award Winner; Business Partnership Award of Academic Impact: Mustang Engineering, Founder's Legacy Program; Community Partnership Award for Academic Impact: Champions Sunrise Rotary Club/Pedaling to Success; Individual Partnership Award as a Role Model: Ms. Clariza Rath – State Crystal Award Winner; Individual Partnership Award for Wisdom: Mr. Don Bollwinkle – State Crystal Award Winner; Partnership Program Award for Innovation: Ms. Lisa Mayer, Cypress Creek Cougar Link (E-News).

The district congratulates these distinguished individuals and businesses for their awards and accomplishments and thanks them for their devoted service to the students who attend our schools. And to every volunteer in our district, we celebrate each of you for the service you provide our students and staff all throughout the year.

Pictures above from left: Pam Scott, CFISD Director of Partners in Education; Representative from Champions Sunrise Rotary Club; Clariza Rath; Lisa Mayer; Don Bollwinkle; Pam Wells, CFISD Associate Superintendent for Facilities, Planning & Community Relations.

Church News

Harvest Bible Church

Did You Know?

Like most pieces of literature, both ancient and modern, the passages throughout the Bible have a context. And taking things out of context is dangerous. One particular Bible passage near and dear to Christians in America is 2 Chronicles 7:14 which says, *"If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land."* Why was this verse written, and does it really have application for America today?

The passage is a quote from God, and He was speaking to King Solomon sometime around 965 BC right after Solomon had completed the construction of the Temple in Jerusalem. God appeared to him and told him how He had selected Jerusalem as the place where animal sacrifices were to be made in order to temporarily atone for sin until the Messiah came to fulfill what those animal sacrifices pointed toward, namely the death of THE Lamb of God – the Messiah. And because God had chosen Jerusalem in the land of Judea in the land of Israel (Palestine/Canaan) as the Promised Land where God's people would dwell and be blessed, God also promised to curse those who rejected Him and thus polluted the land with their sins. Solomon was to know that the Israelites – God's chosen people – would be blessed if they obeyed God and cursed if they rebelled. But even though God would

curse them for their disobedience, He told Israel that if they would call out to Him and repent, He would heal their land of the ravages He would send upon it. God's restoration was contingent on their repentance, for the land of Israel was special to God, and Jerusalem was the permanent home of God's blessings. To understand this, context is vital – beginning in v. 11, continuing to v. 22. And if verse 14 is taken out of context, then the passage is woefully misinterpreted and misapplied.

First, the passage was written to Israel – God's chosen people through whom the Messiah came to offer salvation to all peoples, not just Israel. Second, the provision for repentance meant that if the Israelites turned from ignoring God and/or worshipping pagan gods, then God would hear their prayer from His seat in Heaven and forgive their sins. Third, God would also send rain on their famine-ravaged land that had become parched due to their rebellion (because the Israelites were farmers, a dry land caused them to go without food). Thus, the Promised Land, flowing with milk and honey, would only remain fertile if Israel remained faithful.

The question for us is can we replace the original location of 2 Chronicles 7:14 – Jerusalem in the land of Israel – with America? Has God blessed the soil of America, and has He made any eternal promises

(Continued on Page 31)



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Church News Continued

Harvest Bible Church (Continued from Page 30)

regarding our land? The answer is NO. America is blessed insofar as it is fertile and full of prosperity for we materialistic Americans. But so are other lands around the globe, and most of these are not Christian. Then again, neither is America Christian!

The point being is that 2 Chronicles 7:14 does not apply to the United States. If we as Christians actually did come together and pray for our nation in fervency, God has given no promise to heal us (whatever that may mean). And forgive our sins? If we're Christians then God has already forgiven our sins through our faith in Jesus Christ. God's promises lie with Israel, and all who bless Israel and the seed of Abraham (the father of Israel) will be blessed.

Our land will likely be destroyed, but Israel will never be destroyed since God has made eternal promises to that land and His people. The church should be praying for Israel's peace, but before peace is had there, there will be a war so bloody that countless people will perish. Jerusalem will have peace, and Israel will know Christ. We should pray for that! Maybe we as Christians should pray instead that our weak preachers open the Bible and preach God's word while cutting out all the fluff of how to have a happy marriage, finding your purpose, and how to have your best life now. Thus, we should pray for the things that God has promised to answer.

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ABOUT US

We are located just 1.5 miles off Hwy 290 at 15010 Mueschke Road. Sunday Worship Service and Children's Church start at 10:45am. We also have Home Cells groups that meet during the week, as well as a Youth group and Children's that meet on Wednesday's at 7:00pm. For more information please contact us at 281-373-9337.

Pastor John & Kerry Lalonde



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Church News Continued

Fairfield Baptist Church

KidZone Summer Fun

Terrific Thursday day trips, July 23 and Aug 13 from 8:30-4:30 pm. July 23 trip includes the Circus and Children's Museum, August 13 trip is Horseshoe Junction and Adamson Lagoon water park. Cost is \$35/trip. Space is limited.

SportsQuest Soccer Camp, July 27-31, for ages 5-12. Sessions run 8:30-11:30 am or 5:30-8:30 pm. Visit www.soccerquesttraining.com for cost, details and availability.

Student Ministry

Not sure what your student (grades 7-12) can do this summer? Visit Student Ministry on our website for our weekly event schedule!

BigStuf Summer Camp for grades 7-12, July 19-23 in Panama City FL. Get ready for a week at the beach, hanging with friends, worshiping God through music, video and some of the best speakers around! Registration forms available on the website or contact fairfielddyouth@gmail.com for more information

Many people are facing today's economy with a spirit of fear. **You don't have to be one of them!** **Financial Peace University** shows you how to follow Gods' plan to beat debt, build wealth and keep

your own economy thriving ---- even if the nation's isn't. For more information and schedules please visit www.FairfieldFPU.com Free orientation August 9 at 5 pm, FPU begins August 23.

Can you imagine going to bed Sunday night, eager for Monday morning to come and your workday to begin? Prepare to have your world rocked when we uncover and lay out what is wrong with "work" in today's world. What has changed and why people are sacrificing their spiritual and physical health to daily jobs that have no meaning in their lives. And...the path to a true, meaningful, fulfilling and life-rewarding "Vocation." Join us for **48 Days To The Work You Love Workshop** – a free introductory class will be scheduled in July, refer to fairfieldbaptist.com for date and time. Prepare to get excited about your passions and workweek!

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

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Church News Continued

Fairfield Church of Christ

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

Ever have one of those bad days? You know—not kind of bad, but bad. You mess up at work. You have a terrible fight with your spouse. Your doctor calls you in for some tests that sound pretty scary. A day seemingly beyond all redemption. When you have a day like that (and let's face it, we all do sometimes), you have several choices. You can retreat into paralyzing fear, act out inappropriately or just go into complete denial. But there's actually another choice: You can rejoice. Rejoice? Why? you ask. Because it's the only real way out. "This is the day the Lord has made," the psalmist tells us. "We will rejoice and be glad in it." This day? This messy, painful, frustrating day deserves a chance? Yes. Every day, whether it includes a lost wallet, a dented bumper or the funeral of a loved one, deserves our full presence. They all come from God's drawing room. Still not convinced? Try these seven strategies the next time you find yourself trapped in a day that holds more than you think you can bear. You'll be surprised at how freeing they are. 1) Fret Not. Anxiety will ruin your day. And it can be a real confidence-killer. I know. I get plenty of opportunities to fret: Was I too long-winded in my talk? Is my latest book any good? Do I have any business telling people how to live? The drumbeat of worry can be deafening. I like the approach of a friend who once told me, "Well, Max, I always assume everyone likes me." What a crazy idea, I thought. But I decided to give it a try—not just once, but to make it a regular thought habit. I started by giving myself and my audience the benefit of the doubt: We're all here because we're comfortable with one another. That habit has changed how I view the world. It's not such a menacing place anymore. You can't add one more day to your life or more life to your day by fretting. Worry doesn't take away tomorrow's troubles; it only rids today of its strength. And why should you worry when you are surrounded by friends wherever you go? 2) Forgive Freely. I forgive easily. Or so I like to think. But some years ago a Christian leader publicly criticized me without giving me a chance to defend myself. This leader was offended by something I'd said on my radio show, misinterpreting my words, I thought. He wrote an article about

me, inferring untrue things. I was angry and hurt. Really hurt. I moped for a few weeks, until I realized I was letting this man's accusations rob me of joy. So I wrote him a letter, telling him how I felt. He never wrote back. Maybe he never got my letter. I don't know. But what I realized was that by writing that letter, I forgave him. Forgiveness is not about saying that what a person did is okay or that they're right. It's about making a decision, a choice to let the hurt and anger go. It frees you up to move on. Forgive someone and you'll discover that that person has virtually no power to hurt you anymore. Then you'll be able to focus on what you really care about: the joy of life. 3) Fear Not. Heart trouble runs in my family. Mom, Dad and my older brother have all had heart problems. I was so scared about having a heart attack, I became an exercise fanatic. I'm taking care of my health, I told myself, gritting my teeth. I even trained for the grueling half-Ironman triathlon. That should fix things. Then about a year ago my cardiologist told me that I would probably still need to have heart surgery. All those miles of jogging and skipping desserts and stressing about my health, and my heart was no better off than it was before! I'm not saying that exercise is bad. In fact, it's very good for you. I still run. My mistake was to think that I could run from my fears. Fear is a joy-killer. It can make me stressed out, short-tempered, unhappy. What's the opposite of fear? Trust. I do better when I trust in God—and go for a short jog. He's in control of my life. Place your fear in God's hands and you'll find that you have greater peace each day. 4) Live Passionately. I was a senior in high school when I made one of the most important discoveries of my life—I loved to write. My English teacher assigned us to write a short story. The whole class groaned, but inwardly I thought, Yes! I wrote that first story through the night. It wasn't very good. But it was a great effort. And from then on in my career and in my life I've always looked for opportunities to write. Writing is something I do from the soul. Discover your passions by looking back over your life for those sweet-spot moments where you've

(Continued on Page 34)

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**Greg Riddle
Owner**

Church News Continued

Fairfield Church of Christ- (Continued from Page 33)

had 'Yes! experiences. String those together, and you'll begin to see new possibilities for your life. Nothing gives the day greater joy than a good wallop of passion that comes from doing something from the soul. 5) Get Over It! Sometimes I'll have a bad day just by waking up on the proverbial wrong side of the bed. I don't know why I'm grouchy, but I stay that way for the rest of the day. If you look long enough and hard enough, you'll find something to bellyache about. So quit looking! If you have health problems like I do, you probably feel justified in complaining. Being in pain is no fun. But try this instead of griping: Take a break from your problems. Face each day determined to dwell on the positives. Think about what you have to look forward to. Write a list and put it where you can see it. Try lending an ear to someone in need. Be especially kind to people with whom you have only one encounter—a waiter, a taxi driver, a store clerk. You may have only one chance to be kind. When you start living for others, it's pretty hard not to get over whatever's bothering you. 6) Collect Your Blessings. Recognize all that you have, and finding blessings to collect will become easy. The key to a joyous day? Make gratitude your default emotion. Say, "I can find things to be grateful for in this day." Let your thoughts be positive. Expect good things to happen. Seek out people who can encourage you. Over time, you'll find that God's list of blessings is longer than your list of burdens. Once in a race, I was running next to a 66-year-old grandma. I was about to give up, but she urged me on. "Just hang in there, you're doing really well. Look how far you've come." I ran next to her and started congratulating myself for all the miles I'd run, not the ones that were still ahead. It worked and I finished the race strong. 7) Color Your World. One day I was at the beach, enjoying the balmy day I had so looked forward to. The sand was soft and cool. Tufts of clouds drifted across a deep blue sky. I leaned back in my beach chair and closed my eyes. That's when a seagull decided to use my chest as target practice. Yuck! I poured water on my shirt, trying desperately to get the stain out. And just like that, I'd lost the color of the day. Almost. Maybe you were caught in bad traffic or your flight was canceled or you haven't gotten over that nagging cold. How can you see the world in vibrant color on a day like that? Many of us can't. There I was on the beach...about to allow one errant seagull ruin my day. I moved my chair, trying to

regain the magic of the morning. And then I practiced all these steps I've been writing (passionately) about: forgiving the bird (after all, it was only doing what came naturally), not fretting or fearing, counting my blessings (what a beautiful beach) and mostly, getting over it! No, it wasn't too late for my day to be a joyous one. The world is full of vibrant color. Don't let it lose an ounce of its luster. Assume this day is going to be good, and it will. God made it so. by Max Lucado, San Antonio, Texas

At Fairfield Church of Christ we believe there is joy to be found in each day. Each week we have classes to help children and adults of all ages learn about the Bible and the true joy that can be found in every moment of our lives. This is your personal invitation to come to church this Sunday. In spite of how bad things look in our world today there is still a lot of goodness to be found and with Jesus in our lives better days are ahead. Fairfield Church of Christ is in your neighborhood for one reason, to be a beacon of hope and light to live each day. This year our theme is Let Your Light Shine in 2009. Come to church this Sunday and join us on the path that leads to a life that is full and complete in Jesus.

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!



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Cypress Cares

As 2009 is now underway, Cypress Cares would like to announce the dates that we will be boxing up our care packages for the year. All boxing events will be held at the Cole's Crossing Community Center, located at 13050 Barker Cypress Road at Jarvis Road.

Several of our packing days this year are specifically at times when Cy Fair ISD is not in session so that our students will have an opportunity to be involved as well. The dates are as follows:

July 8, 12:00

August 17, 2:00

October 3, 10:00

Halloween Treats for Troops

November 14, 10:00

Christmas Trees and Decorations

December 28, 1:00

Christmas Break Service Project for Cy Fair Students

Cypress Cares has received more thank you notes from the troops who have received packages. Visit our website, www.cypress-cares.org to view the troop responses, as well as more current information about upcoming events, donation ideas and more.

Our troops need and deserve our support; get involved today!



The Tri-County Quilt Guild

Meets the 1st Tuesday of the month, 7-9pm

Meeting Place: Fairfield Baptist Church, 27240 Highway 290
(Between Muescke and Mason Rd) Cypress, TX 77433-4907

website: www.tricountyquiltguild.org

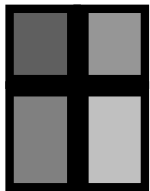
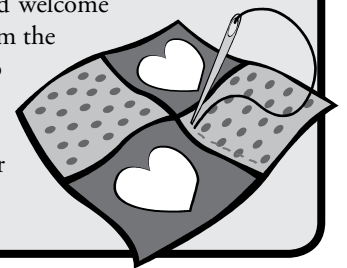
Established 2005

Some of our activities include Show & Tell, BOM's, Fabric Raffle, Charity Quilts, Bees, Special Programs, guest speakers and more, with Door Prizes at every meeting!

We are a very friendly group and welcome quilters of all levels of expertise, from the Just Love Quilts and never sewn to the experienced and published.

Visitors welcome!

Please check out our website for more information.



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Summer Schedule

During the summer months, we will be taking a break from our Sunday morning Sunday school classes, as well as our Wednesday Evening Worship. We will resume with these two programs in the Fall.



Sundays at St. Aidan's

8:00am Worship with Children's Sermon / 9:15am Fellowship Breakfast / 10:30am Worship with Children's Chapel.

Nursery care provided at all Worship and Programs.

You are invited to worship with us at our new church located at 13131 Fry Road, Cypress, TX 77433.

For more information, contact us by phone at 281.373.3203 or on the web at www.staidanshouston.org.

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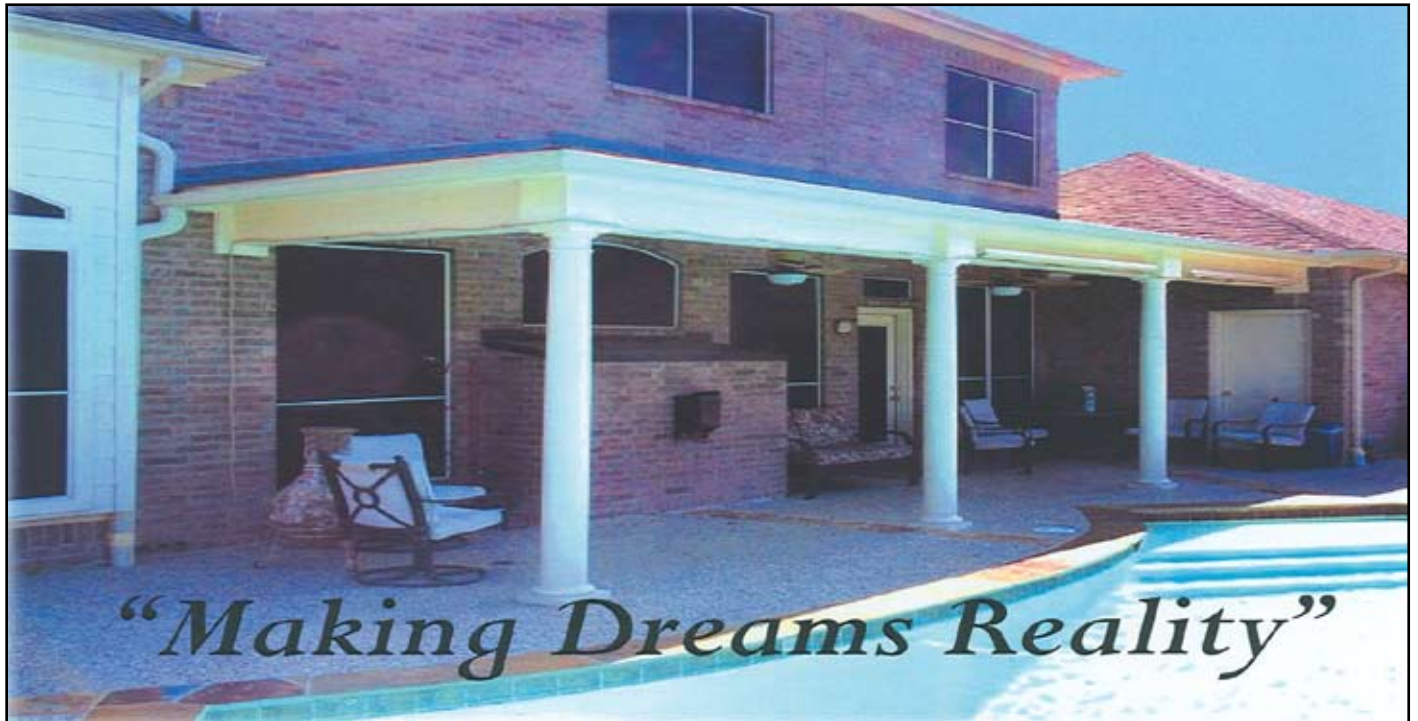


Wild games
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Crocodile Dock fun begins July 27th-31st from 9am to 12pm.

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Personal Classifieds

FOUND: Found on Mason Road on May 18, 2009: Men's black shaving bag as it fell off SUV Bumper on Mason Road at Light leaving Fairfield at 9 am. Recovered undamaged. No ID. Please contact 281-373-5821 to claim.

LOOKING FOR STAY AT HOME MOM: Looking for a Stay At Home Mom for the 2009/2010 school year to provide before & after school care for my twin girls who will be in 2nd grade. Must be on Swenke bus route. Looking to pay by the hour instead of a fixed weekly rate. Call for more info if interested. Christy 832-754-6634

COLLEGE STATION APARTMENT: College Station Apartment to Sublet: 1 bedroom of brand new furnished 4 bedroom townhouse unit for rent. Utilities included. Need to transfer Individual lease asap. Move in Aug. 15, 2009. Great Terms. Contact: Robbyns@comcast.net for more details. Male student preferred A&M or Blinn.

CARPOOL TO COLLEGE STATION: Carpool to College Station? Flexible days and hours. Call David 713-384-5062

WANTED: Poker players. Come join us and play No Limit Texas Hold'em. We host games on most Saturday nights. We live in Inwood Park. Women are welcome. Contact me if interested. 281-731-1199 or john@skatetexas.com.

FOR SALE: TWIN JUNGLE Bedding set. Jungle comforter with pillow sham, twin sheet set, 2 decorative pillows, alligator night light and snake wall hook. Nice colors with monkeys, alligators, snakes, etc. Asking \$80.00 for all. Must see and in GREAT SHAPE. Call Amanda 713-203-8082.

FOR SALE: 2007 Toyota Camry XLE. Excellent Condition. 41,000 miles with 28+ operating miles to the gallon. V-6. Leather/power seats. No mechanical issues. All maintenance records maintained by dealer and current owner. Asking \$17,500. If interested, please contact Joe at 281-750-5347 or Michele at 281-750-5350. Can always e-mail us at joey.burke@hotmail.com.

FOR SALE: Invacare 900SL Wheelchair - Black; In working condition. Needs some cleaning and minor maintenance. Detachable footrests, working brakes, and armrests. Cushion on armrests torn. \$50.00. Nikon camera in very good working condition. Reason for selling: bought a digital replacement. Includes: Nikon N75 SLR camera body, Nikkor 28-80mm lens, 2 rolls of Kodak 800 35mm film (24 exposures each), all original manuals included, packed back into original box \$100.00. Cedar chest. Needs some restoration. Opened seam on top lid; Sits unvenly - needs feet leveled. \$60 OBO. Two glider rockers with ottomans for sale. Removable cushions on

(Continued on Page 39)



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Classifieds Continued

Classifieds- (Continued from Page 38)

chairs only need replacing. \$25/each. Pictures available upon request at: kstahr@hotmail.com

FOR SALE: Sony AM/FM Sterio, 5 Disc Changer, Duel Tape Deck, Equalizer and 2 speakers For Sale. One owner, always kept inside. \$30. Old time school desk For Sale. Red iron with wooden seat and desk. Purchased in Canton. \$20. Childs Winnie the Pooh Table and chairs For Sale. Blue wooden table with Winnie the Pooh, Tiger, Eyore and Piglet on the top. Two chairs, the backs of the chairs are Tiggers face on one and Pooh's face on the other. Great for a child's room or gameroom or even outside. \$25. Boys Blue Rallye Bicycle for Sale. Great for a 5-9 year old child. \$20. DVD/VCR for Sale, Symphonic Brand, works great, one owner. \$30. Bar Stools for Sale. Set of three wooden bar stools, pickled finish. From floor to seat 2 1/2 ft. From floor to top of back 4 ft. Purchased for \$79 each at Chair King. Will sell all three for \$50. Twin Wood Bed, with Texas star on the headboard For Sale. Set includes head board, footboard and side rails. So cute for a western or cowboy themed room. I also have a cowboy themed comforter and pillow sham. Complete set \$80. Fleur de Lis Easel For Sale. 5'4" Picture Easel, metal, neutral color. Would look great with any décor. \$25. If interested call 832-545-7890.

FOR SALE: Blue Sky Glass Houses. I have many of the buildings and several accent pieces as well. I have the medical clinic, Fire Station, Police Station, School, Dentist Office, Haunted House, Winter House, Firetruck, police car, school bus. All pieces in the original boxes. Will sell as a set or individually, just make an offer. If interested call 832-545-7890.

FOR SALE: Antique treadle sewing machine in wood cabinet with drawers \$250 OBO- works can send pictures - email me at mjm437@hotmail.com or you can call 281-213-9985.

FOR SALE: GE Black Single Electric Oven, works great (wasn't used much except for holidays, replaced all kitchen and wanted it to match the new microwave (which we do use) - \$95. Double Kitchen Sink by Kohler (33x22) white cast iron - including the Price Pfister stainless faucet & garbage disposal (replaced all kitchen) \$75/OBO. Antique side table with "shotgun" drawers on each end Medium oak color - (22"x42") each drop down side is 17" and can be extended independently to reach a total size of (56"x42") \$300 OBO - combined households and have too many tables now. Antique "gate leg" style dining room table - 26"x42" when Drop leaves are down- 60" x 42" when both are up (each side is 17" and can be

(Continued on Page 40)

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Classifieds Continued

Classifieds- (Continued from Page 39)

extended independently) Medium oak color - clean cut design - \$175 OBO . For more info - Email us at DGrisbee@sbcglobal.net

FOR SALE: 3 Seat Metal Yard Swing. Never used. Still in the box. \$85.00. 281-758-2047.

FOR SALE: Wurlitzer Upright Piano - great condition. Medium Maple colored wood. Great for kids piano lessons. 281-213-3771

MOVING SALE: Gorgeous formal dining \$1200.00, sofa and loveseat \$200.00, coffee and end tables \$50.00, recliner \$50.00, kincaid three piece wall unit \$500.00, floor lamp \$10.00. call Don 713-530-1348

FOR SALE: Lawn Boy lawn mower. "195 cc, 4 Cycle Technology, Easy Start Performance." Grass catcher included. Only used for one or two seasons. \$100. Contact Spencer at sdhicks09@gmail.com or 281-256-3866.

FOR SALE: Cherry stained quilt rack \$15.00, large wood and metal trunk \$30.00, Hamilton Beach Convection, rotisserie, toaster oven counter top model black and stainless like new \$30.00 two matching metal plate racks \$10.00 each. Stow away stair stepper with resistant bands \$20.00. Please contact Debbie 832-928-0816

TRAIN TABLE FOR SALE: Good condition, 6 bins under table for storage. Table only. \$20.00. Call Nancy at 281 373 1136 or email nmhagaman@comcast.net.

TRUCK FOR SALE: 2000 Black Ford F-250 Super Duty XLT 4X4, V10, Gray Interior, 110K miles, Asking \$9,500. Call 832-671-2882. Visit www.schulzdomain.com/sale for pictures.

GIRLS' 20" HARO V20 BIKE FOR SALE: Silver/Candy Blue, V-Gusset alloy frame w/ 20" wheels, SR Suntour suspension fork, Shimano Altus rear derailleur w/ guard, SRAM MRX 6-speed shifter. Asking \$90. Visit www.schulzdomain.com/sale for pictures. Email fairfieldfamily@live.com or call 281.304.6172.

BABY ITEMS FOR SALE: Graco Quattro Tour Stroller (accepts a Graco SnugRide or SafeSeat infant car seat) in Kentshire pattern (navy plaid) \$40, Navy gingham diaper stacker \$5, Baby/toddler toys. Visit www.schulzdomain.com/sale for complete product descriptions and pictures. Email fairfieldfamily@live.com or call 281.304.6172.

STOCK TANK FOR SALE: Galvanized steel construction, drain plug near base, 36" diameter, 11" deep from top rim to bottom. Over \$100 new, yours for \$35. Visit www.schulzdomain.com/sale

(Continued on Page 41)

Potato Chip Cookies



1 cup butter or margarine
1/2 cup sugar
1 tsp. vanilla
1/2 cup crushed potato chips
1/2 cup pecans, finely ground
2 cups (scant) sifted flour

Cream butter, sugar, and vanilla; add potato chips and pecans. Sift in flour. Make into balls and place on ungreased cookie sheet - flatten balls with fork or small glass dipped in sugar. Bake 10 to 15 minutes at 350°. *Enjoy!*

Enjoy this fun cookie recipe from our 'Cooking With Sunshine' cookbook on your 4th of July celebration!

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Classifieds Continued

Classifieds- (Continued from Page 40)

for pictures. Email fairfieldfamily@live.com or call 281.304.6172.

WHIRLPOOL WASHER, MAYTAG DRYER (gas) FOR SALE: Both are white, work great, all hoses included. \$175 for both o.b.o. 281-373-9395

FOR SALE: GE washer and dryer (five years old), white in color. Look and operate like new. Mother went into nursing home so they must be sold. As a pair only - \$150. 281 304-9078

FOR SALE: Kaleidoscope pattern matching bedroom ensemble: Queen size comforter (reversible), bed skirt, pillow shams, 3 pair drapes, 1 pair queen size matching sheets and pillow cases. Very good condition. \$125. Call 281-304-7127.

FOR SALE: Ultra comfortable large lounge chair and matching ottoman. Soft green, taupe, and rose print made by Clayton Marcus. Cost \$1100; will sell for \$550. Excellent condition. Ph 281-304-7127.

FOR SALE: Six ladder back mahogany chairs (5 without arms; one with arms). Arm chair \$80; armless chairs, \$70 each. Complete set, \$400. Call 281-304-7127.

FOR SALE: 1999 Honda Accord EX, 4 cyl, 145k miles, 5-speed

trans, great gas mileage, clean interior. Asking \$3,500 OBO. 2006 Saturn VUE, V6, 36k miles, leather int., like new, Asking \$11,500 Call (281) 650-6430

FOR SALE: Kangaroo booster seat, \$20. Easy Bake Oven, \$10. Please call Paula at 281-373-0568 or 713-816-0416.

FOR SALE DORA TODDLER BEDROOM SET W/ ACCESSORIES: Dora The Explorer Toddler Bed w/mattress, Dora Sheets, Comforter, and Pillow Sham, Dora Table w/two chairs, Dora Toy Chest. Also a Large Dora Pillow Doll will be included. All items are in excellent condition. Asking \$75, new today would be over \$200. Pictures can be emailed. Tennis50@sbcglobal.net. Call Debbie 281-213-8385.

FOR SALE: Black and stainless steel 30 inch electric, cooktop stove. Never used, brand new in box, \$350. Glass pendant light fixtures \$20/ each. Please call Elizabeth @ (281) 758-2682.

FOR SALE: Ibanez RG470 Electric Guitar near mint, new strings, \$225. Petmate XL Dog Kennel/Carrier with fabric pet bed, both used for only one month, washed and like new, \$60. Call 281-373-0207.

CHINA CABINET FOR SALE: The top half of the china cabinet
(Continued on Page 42)

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Classifieds Continued

Classifieds- (Continued from Page 41)

has three glass shelves, three doors and has a light inside. The bottom half has two doors on either side and 3 drawers in the middle. I can email pictures or you are welcome to take a look. I am asking \$100. Email:ana77520@hotmail.com

DINING TABLE FOR SALE: The table comes with 6 chairs. It has a leaf you can insert, 4 glass top sections and it is rectangular shaped. I can email pictures or you are welcome to take a look. I am asking \$100. Email:ana77520@hotmail.com



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- Load dishwasher

Bathrooms

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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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Healthier Homes - Easy Ways to Improve Household Air Quality

By: Michelle & Charlie Bubnis

Home cleaning products contain an array of harmful chemicals that are not required by law to be listed on the products' label. These chemicals have a toxic effect on indoor air quality. The best way to avoid this unknown risk to your family is to create your own cleaning products which is much easier than one may think. **Here are some suggestions:**

- Almond Oil: Furniture polish
- Baking Soda: Cleans, deodorizes, removes stains and softens fabrics
- BonAmi: Functions as an abrasive cleanser
- Borax: Natural mineral that can be used to bleach, deodorize, remove stains, and boost soap. It also kills bacteria and mold. It can also be used in your dishwasher as 1 part borax and 1 part washing soda. Add ¼ cup to dishwasher load
- Castile Soaps: All purpose cleaner
- Citrus peels: Deodorize garbage disposal
- Cornstarch: Absorb oil and grease, starches clothes
- Club Soda: Pre-wash and stain remover
- Hydrogen Peroxide: Germicidal. Hydrogen Peroxide and cream of tartar paste make a good cleaner for sinks and bathtubs
- Lemon Juice: Bleach alternative, grease cutter, stain and

perspiration remover for clothing. Lemon juice and salad oil as a furniture polish. Lemon juice on a cloth cleans aluminum

- Table Salt: Abrasive cleaner
- Vinegar : Water softener, cuts grease, removes stains; strips lime deposits from showers, removes white haze on glassware
- Washing Soda :Cleans clothes, boosts soap's cleaning power, softens water, cuts grease and disinfects

Consider always avoiding fragranced cleaning or fragranced laundry products as 95% of chemicals used in fragrances are synthetic and derived from petroleum. These chemicals are combined in untested combinations. They are capable of causing cancer, birth defects, central nervous system disorders and allergic reactions.

So pick up a few of the suggested items listed above at the grocery store and the air quality in the home will improve along with the health of your family.

FOR MORE INFORMATION:

1. Less Toxic Alternatives by Carolyn Gorman, 2004
2. The Most Common Chemicals Found in Thirty-One Fragrance Products by a 1991 EPA Study by Julia Kendall www.immuneweb.org/articles/perfume.html

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Health Briefs

Baylor College of Medicine

Minor Strokes Hardly Harmless

No one is at zero risk for stroke, which explains why it is vital to know the signs and understand how to decrease the chance of experiencing one.

Warning signs include:

- Sudden numbness or weakness affecting the face, arm or leg, especially on one side of the body
- Sudden difficulty in speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination

It's important to seek immediate emergency care if a person experiences these symptoms because current therapies for stroke must be applied within a few hours, according to neurologists at Baylor College of Medicine.

Good cardiovascular health habits greatly reduce the risk of stroke. Hypertension and diabetes must be recognized and treated. Smoking, obesity and lack of exercise all

increase the risk of stroke, but that risk is reduced when a person modifies those habits. Good Night's Sleep Important to Women's Heart Health

Getting a good night's rest may help women minimize their risk of developing heart disease. "Research has shown a link between sleep disturbances and the risk of developing heart disease," said Dr. Bhuvana Muthuswamy, assistant professor of medicine at BCM.

Women need about eight hours of sleep a night, said Muthuswamy. That's easier said than done and may require key behavioral changes, including:

- Maintain a regular sleep/wake time
- Exercise regularly, but avoid exercising three hours prior to bedtime
- Finish eating two to three hours prior to bedtime
- Avoid caffeine and chocolate about six to eight hours prior to bedtime
- Restrict fluids, especially alcohol, close to bedtime

But most important is eliminating stress, according to Muthuswamy. "Approximately half of all sleep problems are attributed to stress," she said. "Relax with a good book, music or a bath before bedtime."

Don't Let Swimmer's Ear Ruin Your Summer

If you've ever had swimmer's ear, chances are you've wanted to pull the plug on the pain. Swimmer's ear is an inflammation of the outer ear that is most often caused by the accumulation of excess moisture from swimming or daily showering, explained Dr. Jeffrey Vrabec, associate professor of otorhinolaryngology at Baylor College of Medicine.

Symptoms include swelling, redness, itching, muffled hearing and/or discharge from the ear. Antibiotic drops are used to treat the condition, and pain can be lessened by applying a warm cloth to the ear or by using a heating pad. Prevention is possible. Vrabec recommends the following:

(Continued on Page 47)

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Health Briefs - (Continued from Page 46)

- Wear earplugs and a cap when swimming.
- Use alcohol-based drops before and after swimming and showering.
- Use a hairdryer to dry the ear canal to prevent water build-up and infection.
- After getting out of the shower or pool, lie down on the affected ear to help remove excess water.
- Do not use cotton swabs to remove excess water from the ear.

Regaining A Healthy Liver, One Pound At A Time

For those suffering from cirrhosis of the liver resulting from nonalcoholic fatty liver disease, each pound lost is a step toward regaining your health, say doctors at Baylor College of Medicine in Houston.

"It's important for people to understand that cirrhosis can be caused by obesity in adults and children," said Dr. John Vierling, professor of medicine and surgery at BCM and director of Baylor Liver Health. "Very often people think it is only associated with over consumption of alcohol or viral hepatitis."

Reaching a healthy weight is one way to reverse damage to the liver. For many people the thought of having to lose 100 to 200 pounds is daunting, but Vierling said even losing 10 percent of your body weight can help the liver begin to heal.

Cirrhosis is a condition associated with dense scarring and regenerating nodules on the liver. It can result from a number of illnesses, including alcoholic and viral hepatitis, autoimmune and metabolic liver diseases. Nonalcoholic fatty liver disease causes cirrhosis when a large amount of fat accumulates in the liver in the presence of damaging inflammation.

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How to Google Smarter

Submitted by Rich Keith

In my work as a financial service professional I often help my clients find information which will guide their understanding. But with my background in computer science I'm just geeky enough to enjoy the finer points of searching online. Here then, are ways to improve your Google experience.

- **Check your stocks.** Take a deep breath, and then enter a ticker symbol to see a real-time quote. Try ORCL or LUV.
- **Include the word you need.** Google ignores common words and characters such as where, the, how, and other digits and letters which slow down your search without improving the results. (Google will indicate if a word has been excluded by displaying details on the results page below the search box.)
- **If a common word is essential** to getting the results you want, you can include it by putting a "+" sign in front of it. (Be sure to include a space before the "+" sign.) For example, here's how to ensure that Google includes the "IV" in a search for Star Wars, Episode IV: Star Wars Episode +IV
- **Convert currency and units.** Easy examples: "12 euros in dollars" or "12 tsp in tbsp" or "12 % of 93,755" for example.
- **Get the synonyms too** with synonym search. If you want to search not only for your search term but also for its synonyms, place the tilde sign (~) immediately in front of your search term. For example, suppose you want to search for food facts. Here's how to search for food facts and also get similar information on nutrition and cooking information: ~food ~facts.
- **Narrow by file type.** To find PowerPoints, Excel spreadsheets, or books scanned into PDFs, add "filetype:ppt" (or any other extension) to your query.
- **Search ranges.** Use two periods between two numbers, like "Wii \$200..\$300." Even dates work. Try "Earl Campbell 1970..1990"
- **Be prepared for flight delays.** Type in the airline, then your flight number, like "AA 1237."
- **Easy definitions.** To get the definition for a word, just type the word define: followed by the word. Include the colon and space, such as "define: annuity"
- **Find the right sources:** Add "site:edu" or "site:gov" to limit your

(Continued on Page 49)

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How to Google Smarter - (Continued from Page 48)

search to school, org, or government domains. For example, "529 plan site:org." To target a specific web site, type, say, "annuity site:primerica.com."

- **Little known search operators.** This is neat: the asterisk (*) can be used if you don't know exactly how to spell a word. For instance, "contagiou*" will match all articles containing words that start in "contagiou." Give it a try, it's contagious. Other operators include the pipe code (|) which acts as the word "OR." For example, a search for "large cap|mid cap" will return search results for "large cap" OR "mid cap." You can also use the uppercase word OR. For example, here's how to search for a vacation in either Sedona or Flagstaff: "vacation Sedona OR Flagstaff"
- **Want a picture or a map?** Google can search for different media such as websites, images, videos, maps etc. Select the option above the input box. An easy way to refine your search is to select the "advanced search" option next to the input box.
- **Exact Phrases.** By default, Google searches for any of



the terms you enter. To find a specific phrase, use double quotes (""). You will get different results for invest dollar cost average than you will for invest "dollar cost average".

Combine and see what happens. Now you have what you need to mix it up! I combined the stock search with the date range and it worked. To see information on Intel from 1968 (founding year) to 1978, type in "INTC 1968..1978". Now go and play with Google and see what you can find! Sources: Google, Wired.

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Lone Star College-CyFair "Perspective"

Sign Up for the Summer Bridge Program

Set July 13 through Aug. 6, this program is available for first-time college students who are on the threshold of being able to enroll in college-level courses. Free textbooks, mentoring, tutoring and support services as well as a \$400 stipend upon course completion are incorporated into the program to assist students in their transition into college. For program eligibility requirements and information, call Erin Smith at 281-290-3430 or go to CyFair.LoneStar.edu/summerbridge.

"High School Musical 2" on stage in July

Don't miss this new high energy show, an adaption of the Disney Channel's sequel to the wildly popular "High School Musical," which follows the Wildcats from East High School into their summer months at Lava Springs Country Club. Reserved and group seating available. "High School Musical 2" will be performed in collaboration with Houston's Center Stage Theater July 17 through July 26. For ticket information, call 281-290-5201 or go to CyFair.LoneStar.edu/boxoffice or www.houstonscenterstage.com.

"Milestones and Signposts" in the Bosque Gallery

Check out this exhibition of work by two talented Houston Area artists Chris Narum and Humberto Saenz whose content is connected by the investigation of the idea of the marginalization. The exhibition will be on display July 7 through July 23 in the Bosque Gallery with an opening reception at 4:30 p.m. and artist talk at 5 p.m. July 9. Go to CyFair.LoneStar.edu.

LoneStar.edu/bosquegallery for gallery hours and information.

Free New Student Orientations Set

Take a tour, learn about campus programs, meet with an advisor, choose a schedule and register for fall classes at LSC-CyFair's free new student orientations this summer. Three orientation sessions, including separate sessions for parents and family members, continue each Wednesday through August 19. For information, go to CyFair.LoneStar.edu/orientation.

L.I.F.E. Lessons in July

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.) Programs in July include: Dance Salad video of eclectic mix of dancing July 1, stress and your health July 8, Nia "cardiovascular" dancing July 15, genealogical expedition July 22 and curry/korma cooking July 29 (held in HSC 105). Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.

Summer Film Series and Art Exhibitions

The free Cinema WOW! Film Series, which includes an engaging discussion after the movie, continues with "Touch of Evil" July 8; "LA Confidential" July 14 (at LSC-Fairbanks Center) and "Bad Education" July 22. For information, go to CyFair.LoneStar.edu/filmseries.

(Continued on Page 51)



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Lone Star College - (Continued from Page 50)

Check out "Milestones and Signposts" July 7 through July 23 and "Confluence, Study Abroad 2009" Aug. 4 through Aug. 27 at the Bosque Gallery. Go to CyFair.LoneStar.edu/bosquegallery for gallery hours and information.

Discovery College continues through August

Registration for Lone Star College-CyFair's popular Discovery College summer camp for ages 6 to 15 is under way. The one-week summer sessions are fun and educational programs to develop skills in a friendly environment. Camps are offered at the Barker Cypress campus and the Fairbanks Center campus, Monday through Friday. For information, go to cyfair.lonestar.edu/discoverycollege. For Barker Cypress camps only, call 832-482-1043 and for Fairbanks Center camps only, call 832-782-5038.

Register for Fall and Pay Early For Free Tuition

Register and pay for fall credit courses before the close of business Monday, Aug. 3 and automatically be entered to win free tuition, IPOD Shuffle or \$300 book voucher. The grand prize covers payment of tuition and fees up to \$500 for credit classes at the Barker Cypress and Fairbanks Center campuses. Funds will be posted to the student's account. All winners will be notified and announced by Aug. 14. Call 281-290-3200 or 832-782-5000 for information; go online to CyFair.LoneStar.edu; or visit one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway.



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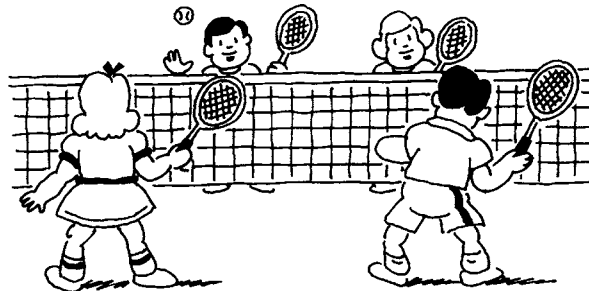
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Four Stages Of Improving Your Game

Submitted by: Fernando M. Velasco



In past issues, we have covered how to get proper equipment and how to practice. In this issue, we will give you some advice on how to progress on your game following the CCDP stages:

STAGE ONE: CONSISTENCY

Our muscles react to repetition of something that feels good and natural. If a player needs work on a particular stroke, hundreds of balls need to be given so the production of their stroke looks the same regardless of where the ball is located. Consistency of grips, foot work, anticipation, point of contact and follow-through, need to be almost “carbon” copy of each other.

STAGE TWO: CONTROL

Do you know that there are only eight shots that can be executed when you hit a groundstroke? They are: cross court, down the line, flat, top spin, slice, drop shot, lob and “miss-hits”. Once a player reaches the consistency of getting the ball over the net and into the court, the player needs to start working on controlling the “where” and “how” type of shot. As players advance on control, they will combine these shots, such as “top spin cross court, slice down the line, top spin lobs, etc.

STAGE THREE: DEPTH

Most players want to hit the ball an inch above the net height. If players look at most of the great players, they will realize that most of the shots they hit are at least three feet over the net and land between the service line and base line of their opponents. The balls that are “skimmed” over the net, are usually passing shots when the players come up to the net, or great winners that only a Roger Federer or an Andy Roddick can do with great control and consistency.

STAGE FOUR: POWER

Once a player feels comfortable with the first three stages, then it is time to create Power. Unfortunately, most tennis players become injured by going to the Fourth Stage too quick into the game and become frustrated, thus ruining their weekend games and being sore for an entire week due to torn muscles. Power is generated mostly by good timing, good foot work, reading early where the ball will land, and by planning the shot even before the player gets to the ball.

Most players in League level 2.5 to 4.0 will end up winning their matches by mastering the first three stages, while the ones going to stage Four too quick, will be spending their time with ice packs and taking Ibuprofen pills until the next match and start the “vicious” circle again....



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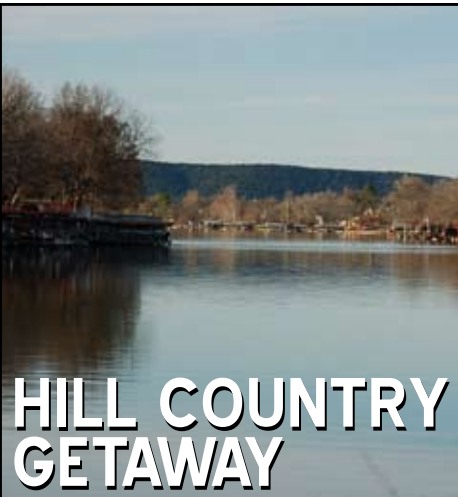
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4 eggs, beaten	1 carton whipping cream
2 C sugar	1 T vanilla
2 T cornstarch	



Combine sugar and cornstarch. In heavy saucepan combine about 2 cups milk, sugar/cornstarch mixture and beaten eggs. Cook until thick, stirring constantly. Pour into freezer can. Add Eagle Brand, whipping cream, vanilla, and enough milk to fill.



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The Foot Wellness Center



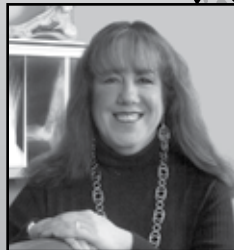
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Although we're all anxious to get home to be with our families, speeding and reckless driving is against the law and endangers everyone. Fairfield is a family oriented community with many children; for that reason before you speed or park on the street, please consider their well-being. Also, children playing in the street can unknowingly create a dangerous situation, especially on heavily traveled streets; the driver may not see the child, especially in the evening or after dark.

We all know that children have a tendency to move about impulsively and may inadvertently run into the street. Please don't let a tragedy happen before parking your vehicle off the street or obeying the speed limit. For the benefit of all the residents and children, and the overall appearance of your neighborhood, please do not park on the street. Make accommodations in your garage or driveway for your vehicles and keep your streets clear and safe for all and please, **DO NOT SPEED IN FAIRFIELD.**

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Sudoku

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

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

*Solution at www.PEELinc.com

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Directions to the Perry Homes model: From Hwy 290 exit Mason Rd. and turn right. Turn left on Cypresswood and then turn right on Fairfield Place Drive. Continue on Fairfield Place Drive and turn left on Medley Green Drive. Turn left on Heath Green Circle and left again on East Carolina Green Drive. The Sales Center will be on your left.

PERRYHOMES.COM

Offer, plans, prices and availability are subject to change without notice. (6/09)

PERRY HOMES QUALITY

For over 41 years, Perry Homes has built a foundation on quality construction and an unsurpassed commitment to customer satisfaction.

ENERGY STAR RATED

Perry Homes uses green building practices to build energy efficiency into every home. Each home is built to meet federal Energy Star specifications.

INDUSTRY LEADING 2 YEAR WARRANTY

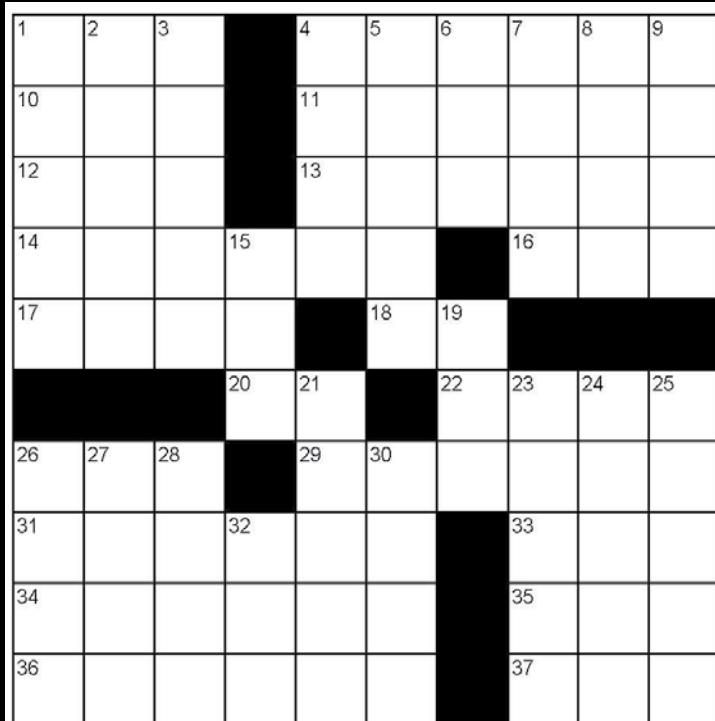
Thanks to the level of quality that is built into every home, Perry Homes gives a two-year Workmanship Warranty. This extended warranty is part of the 10-year Texas Structural Warranty.

- Kids Stuff -

Section for Kids with news, puzzles, games and more!

NOT AVAILABLE ONLINE

Crossword Puzzle



ACROSS

1. However
4. Brand of soda
10. Environmental protection agency (abbr)
11. Large zoo animals
12. Revolutions per minute
13. Timely (2 wds.)
14. Careen
16. BB association
17. Totals
18. We
20. Disc jockey (abbr.)
22. ___ the hatchet, forgive
26. Move up and down
29. Famous female pilot Earhart
31. For each one
33. Teaspoon (abbr.)
34. What a pastor gives
35. Representative
36. Scours
37. Whichever

DOWN

1. Baseball player Yogi
2. Elevated
3. Broken in
4. Loafer
5. Eastern religion
6. Liable
7. Gyrate
8. Burial chamber
9. At sea
15. Drug
19. Compass point
21. Israel's former name
23. Radical
24. Got out of bed
25. Talky
26. Singing voice
27. Organization of Petroleum Exporting Countries
28. Energy
30. Not women's
32. Flightless bird

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Sun: 4:00pm - 10:00pm
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Kids' Club

Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at

Peel, Inc. - Kids Club

311 Ranch Road 620 S, Suite 200

Lakeway, TX 78734

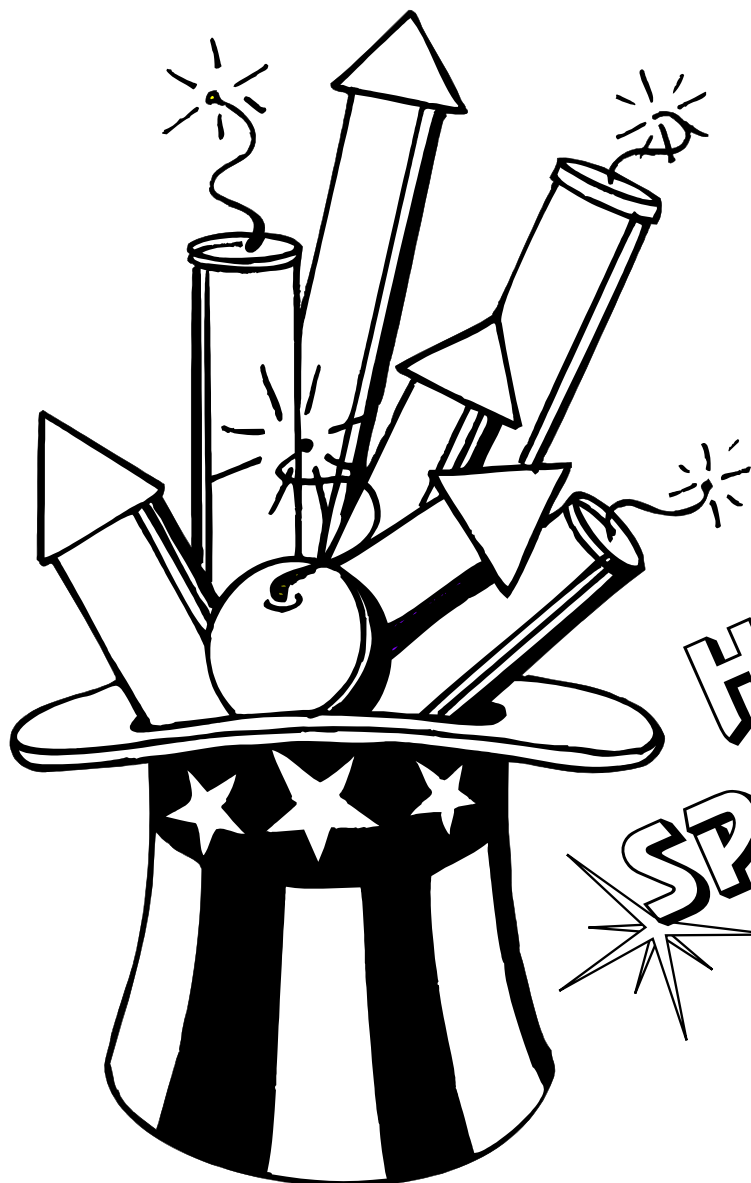
We will select the top few and post their artwork online at www.PEELinc.com. DUE: July 31st

Be sure to include the following so
we can let you know!

Name: _____
(first name, last initial)

Email Address: _____

Age: _____ [This information will only be
used to notify you or your parents if your artwork
was selected.]



**HAVE A
SPARKLING
4th!**

FF



Dawn Fore

Broker/Owner

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15731 Raleigh Oak,
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20930 Heartwood Oak Trail,
4/3/2, 3359 SqFt, \$289,000



16610 Swirling Cloud Ct,
5/3.5/3, 3519 SqFt, \$324,900



15318 Woodland Orchard,
4/2.5/2, 2669 SqFt, \$168,000



15118 Red Cedar Cove,
3/2/2, 1816 SqFt, \$134,500



15022 S Mulberry Field,
4/2/2, 2595 SqFt, \$210,000



15111 Redbud Leaf,
4/2/3, 2411 SqFt, \$212,200



22006 Gold Leaf,
4/2.5/2, 2196 SqFt, \$179,900

Dawn Fore's Fairfield Market Report

Neighborhood	1 st Quarter Results		
	Sold	\$ per SqFt	DOM
Bluebonnet Glen	0	-	-
Baker's Ridge	0	-	-
Chappell Ridge	2	\$62.14	232
Cottage Glen	3	\$70.14	87
The Estates	0	-	-
Garden Grove	5	\$64.98	19
Glen	2	\$70.57	114
Inwood Glen	2	\$54.13	88
Inwood Meadows	2	\$67.20	54
Inwood Park	1	\$79.05	25
Lakes/Lake Ridge 2	5	\$77.81	173
Crossing/Landing/Reserve	4	\$78.43	37
Meadows/Park/Retreat	3	\$57.57	148
Oaks/Trails	1	\$73.80	69
Pines	0	-	-
Summer Crossing	4	\$67.67	85
Summer Ridge	7	\$70.30	73

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.