

May 2010

Volume 17  
Number 5



# FAIRFIELD

C O M M U N I T Y • G A Z E T T E

OFFICIAL FAIRFIELD COMMUNITY ASSOCIATION NEWSLETTER

## FAIRFIELD WOMEN'S CLUB *Year End Banquet*

PLEASE JOIN US AS WE CELEBRATE THE END OF  
ANOTHER SUCCESSFUL YEAR

TUESDAY, MAY 18<sup>TH</sup>, 2010 - 7 TO 9 PM  
DARIO'S AMERICAN BISTRO  
14315 CYPRESS ROSEHILL ROAD

EXQUISITE FOOD, PRIZES AND FUN!

ALL FAIRFIELD WOMEN ARE INVITED TO JOIN US.  
AS A SPECIAL THANK YOU TO OUR CURRENT MEMBERS,  
YOUR MEAL IS COMPLIMENTARY.

RSVP IS REQUIRED BY MAY 10<sup>TH</sup>!

FOR INFORMATION OR TO RSVP  
CALL MICHELLE SMITH, 281-256-0678  
EMAIL—FAIRFIELDWOMENCLUB@GMAIL.COM

# FAIRFIELD 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

## 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

## COMMITTEE NUMBERS

<b>Crime Watch Chairman:</b> Freeman Martin.....	freemanmartin1@comcast.net
<b>Fairfield Area Swim Team:</b> Carla Tharp .....	281-373-3955
<b>Fairfield Women's Club:</b> Tara Kosh.....	281-304-1133
<b>Security Coordinator:</b>	

## 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).....	pmontgomery@robertsmarkel.com
Jim Auge (Bradford Creek).....	auge7@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).....	Fairfield@walkingsphere.com
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

## NEWSLETTER PUBLISHER

Peel, Inc. ....	fairfieldgazette@peelinc.com, 888-687-6444
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## GOVERNMENT/STATE NUMBERS

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

## 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
Swenke Elementary .....	281-213-1200

## 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 .....	281-256-7733
Messian Lutheran Church.....	281-890-3013
Saint Aidan's Episcopal Church .....	281-353-3203
The Fellowship at Fairfield.....	281-923-5130

## UTILITY NUMBERS

ENTEX (gas) .....	713-659-2111
Centerpoint Energy (Electricity) .....	713-659-2111
Southwestern Bell (phone) .....	713-638-7000
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- ❖ For 17 years RE/MAX Preferred Homes has sponsored Ball teams, Women's Club events, contributed to fundraisers, bought cookies and fertilizer from scouts, paid for banner at soccer field, and promoted Fairfield as the premier neighborhood in northwest Houston.
- ❖ We offer flexible commission plans and still provide outstanding service.
- ❖ Our Team will put your needs first!

### *Featured Listings*

**15610 Township Glen Ln**

Perry home on cul-de-sac street, this elegant 2 story home features study conveniently located right off the foyer. Spacious master suite on first floor. Formal dining room and family room have hardwood flooring. Island kitchen has solid surface counter tops. Gameroom and 3 bedrooms up. One closet up is plumbed for an additional bath. Large closets. Extended flagstone patio provides setting for entertaining, but also serves as a peaceful respite. This home has 3 full baths, 2 down, which is a real asset for guests or family who don't navigate the stairs. 4/5 bedrooms, 3 full baths, 2 car detached garage.

**15607 Garden Bend**

**POOL!** Village Builders one story home on cul-de-sac street! This 3 or 4 bedroom home features a spacious master suite with a recently redone shower and countertops. Fresh interior paint March 2010. Kitchen with Corian breakfast bar brings the cook into conversations with those in the family room, and provides additional space for serving and for bar stools. Backyard pool and deck..... so perfect for making the most of the Houston climate. **\$169,900**

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

Email: [jeanne@donandjeanneteam.com](mailto:jeanne@donandjeanneteam.com)

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## ADVERTISING INFO

Please support the advertisers that make The Fairfield Community Gazette possible. If you are interested in advertising, please contact our sales office at 1-888-687-6444 or [advertising@peelinc.com](mailto:advertising@peelinc.com). The advertising deadline is the 8th of the month prior to the issue.

## ARTICLE INFO

The Fairfield Community Gazette is mailed monthly to all Fairfield residents. Residents, community groups, churches, etc. are welcome to submit information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for consideration please email it to [fairfieldgazette@peelinc.com](mailto:fairfieldgazette@peelinc.com). The deadline is the 10th of the month prior to the issue.



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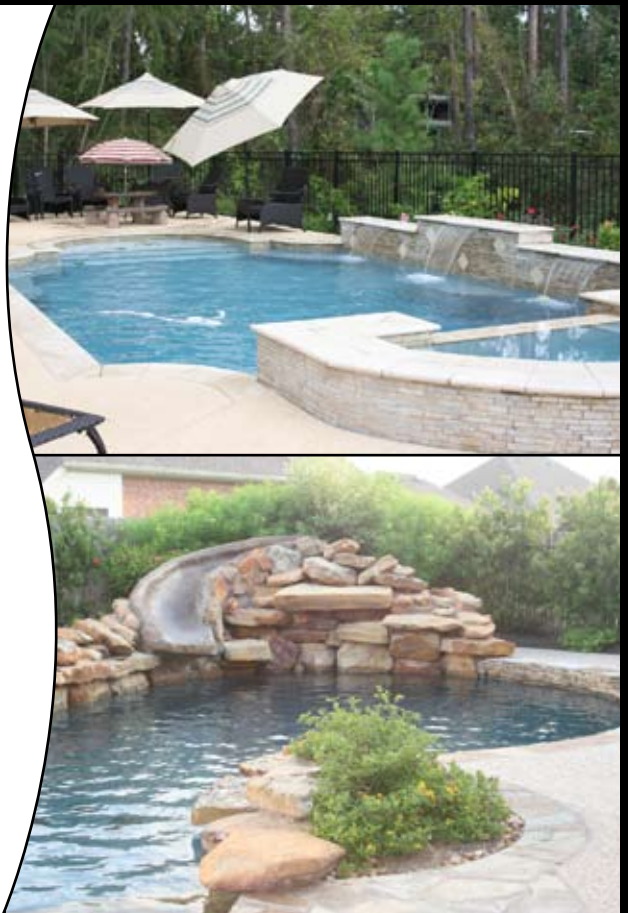


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# SUMMER POOL HOURS



## MAY

*May 1<sup>st</sup> - May 31<sup>st</sup> -  
Weekends Only*

### FAIRFIELD ATHLETIC CLUB POOL

Saturday 12:00pm-6:00pm  
Sunday 1:00pm-6:00pm

### BRADFORD CREEK POOL

Saturday 12:00pm-6:00pm  
Sunday 1:00pm-6:00pm

### INWOOD PARK POOL

Saturday 12:00pm-6:00pm  
Sunday 1:00pm-6:00pm

*All Pools will be open on Memorial Day  
Weekend*

Saturday 12:00pm-6:00pm  
Sunday 1:00pm-6:00pm  
Memorial Day 12:00pm-6:00pm

### SPLASH PAD

Open 7 days a week 9:00am-9:00pm  
Splash Pad opens April 1st and closes  
October 31st

Saturday May 29th, the Splash Pad will  
be closed until 2:00pm due a Swim Meet.  
The Splash Pad (located at Central Park  
Pool) will reopen upon completion of the  
swim meet.

All Pools will be open for the summer  
per individual pool schedule beginning  
Thursday, June 3rd.

### SPLASH PAD

*The Splash Pad is located  
at the Central Park Pool*

Open 7 days a week  
through October 31st  
9:00am - 9:00pm

\*The Splash Pad will be closed Saturday,  
June 12th until 3:00pm due to Swim  
Meets. The Splash Pad will reopen upon  
completion of the swim meets.

## JUNE

*June 3<sup>rd</sup> - July 4<sup>th</sup>*

### 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 through  
Friday from 4:00pm - 7:00pm from June  
8th to June 30th for swim lessons and Texas  
Terrapins Swim Team.

### BRADFORD CREEK POOL

Monday - Wednesday 10:00am - 8:00pm  
THURSDAY CLOSED  
Friday - Saturday 10:00am - 8:00pm  
Sunday 1:00pm - 8:00pm

### GARDEN GROVE POOL

Monday 12:00pm - 8:00pm  
TUESDAY CLOSED  
Wednesday - Friday 12:00pm - 8:00pm  
Saturday 12:00pm - 6:00pm  
Sunday 1:00pm - 6:00pm

### INWOOD PARK POOL

Monday 11:00am - 8:00pm  
TUESDAY CLOSED  
Wednesday - Friday 11:00am - 8:00pm  
Saturday 11:00am - 6:00pm  
Sunday 1:00pm - 6:00pm

### LAKESIDE TRAILS POOL

Monday - Wednesday 12:00pm - 8:00pm  
THURSDAY CLOSED  
Friday 12:00pm - 8:00pm  
Saturday 12:00pm - 6:00pm  
Sunday 1:00pm - 6:00pm

### CENTRAL PARK POOL

MONDAY CLOSED  
Tuesday - Friday 11:00am - 8:00pm  
Saturday 11:00am - 6:00pm  
Sunday 1:00pm - 6:00pm

\*Central Park Pool will not open on Sat., June  
12th until 3:00pm due to Swim Meets.

## JULY

*July 5<sup>th</sup> - July 31<sup>st</sup>*

### 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 through  
Friday from 4:00pm - 7:00pm from July  
1st to July 30th for swim lessons and Texas  
Terrapins Swim Team.

### BRADFORD CREEK POOL

Mon. - Wed. 10:00am - 8:00pm  
THURSDAY CLOSED  
Friday & Saturday 10:00am - 8:00pm  
Sunday 1:00pm - 8:00pm

### GARDEN GROVE POOL

Monday 1:00pm - 8:00pm  
TUES. & WED. CLOSED  
Thursday & Friday 1:00pm - 8:00pm  
Saturday & Sunday 1:00pm - 6:00pm

### INWOOD PARK POOL

Monday 12:00pm - 8:00pm  
TUES. & WED. CLOSED  
Thursday & Friday 12:00pm - 8:00pm  
Saturday 12:00pm - 6:00pm  
Sunday 1:00pm - 6:00pm

### LAKESIDE TRAILS POOL

Mon. - Wed. 1:00pm - 8:00pm  
THURS. & FRI. CLOSED  
Saturday 1:00pm - 6:00pm  
Sunday 1:00pm - 6:00pm

### CENTRAL PARK POOL

MONDAY CLOSED  
Tuesday - Friday 12:00pm - 8:00pm  
Saturday 12:00pm - 6:00pm  
Sunday 1:00pm - 6:00pm



## 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 MAY BUSTRIP PLANS ARE FOR:

**Friday, May 14, Bastrop, Texas.**

Our first stop will be at the Bastrop County Historical Society Museum, which offers a look at the history of Bastrop County through a variety of displays that include clothing, furniture, historical documents, artifacts and photographs. This visit will be followed by a guided bus tour of historic homes. The homes in this 176 year-old town offer a wide variety of architectural styles, but what truly makes these homes unique are their own, individual stories.

After lunch at Baxter's on Main Street, we will travel to the Central Texas Museum of Automotive History in Rosanky. It has one of the largest collections of classic and antique autos, motorized "buggies" and vintage motorcycles in Texas.

The cost for this trip will be \$11.00, plus the cost of your lunch. You can get your name on the list for this trip by calling Mary or Andy Lawrence @ 281-256-2831. Payment is due by April 15. Make checks out to: Fairfield 50 Plus. The departure time will be 08:00 a.m. from the Fairfield Village parking lot. Please be there by 07:45 a.m.

#### OUR JUNE BUSTRIP PLANS ARE FOR:

**Friday June 18, Galveston, Texas.**

Our June trip will be to Moody Garden in Galveston to see the exhibit of the "Forgotten Gateway: Coming to America through Galveston Island" and the IMAX movie "Across the Sea of Time".

The exhibit chronicles the Port of Galveston as a major gateway to America immigrants from 1845-1924. The exhibit highlights dangers of the journey; making a new life in a new land; confronting discrimination, and becoming "Americans." The exhibit includes dynamic interactive kiosks, engaging media pieces, and over 200 original artifacts and documents. The exhibit opens at 12 p.m. and requires about an hour to complete. For more information, see

[www.moodygardens.com/attractions/discoverymuseum/](http://www.moodygardens.com/attractions/discoverymuseum/)

The 3D movie, "Across the Sea of Time" is a story of an 11 year Russian stowaway who came to New York with picture from the turn of century. He is suddenly projected into the sights and sounds of New York as it is today.

*(Continued on Page 10)*

## CYPRESS CURB APPEAL

Commercial & Residential Lawn Care & Landscaping

#### Spring To Do List :

- ✓ Install Sod & Fertilize
- ✓ Pull weeds
- ✓ Plant flowers
- ✓ Plant & Trim Trees
- ✓ Mow grass
- ✓ Mulch
- ✓ Install sprinklers

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# Around Fairfield

## *Fairfield Fifty Plus (Continued from Page 8)*

The cost for this trip will be \$11.95 for the exhibit and the movie, plus the cost of your lunch. We will eat lunch on the way at a yet to be determined place.

You can get your name on the list for this trip, by calling Peggy Presnell @ 281-304-7127 or Mary Lou Cook @ 281-304-8359.

Make checks out to: Fairfield 50 Plus. The departure time will be 09:00 a.m. from the Fairfield Village parking lot. Please be there by 08:30 a.m.

### **OUR JULY BUSTRIP PLANS ARE FOR:**

#### **Friday, July 9, Our Annual ASTROS Ball Game**

July is the time for our annual trip (Wow – this is our fifth year) to the ballpark. It's back to Minute Maid Park to watch our Houston Astros play the St. Louis Cardinals.

We have fine seats reserved in the Bullpen Box section 153, rows 9 and 10. Entry and exit is at street level so it is easy to get to this section. With door to door bus service and the Friday night fireworks display after the game you simply can't go wrong. Let's continue the tradition of a night at the ballpark with our Fairfield Fun-Loving friends. Last year was a great evening – so don't miss it this year.

We will have dinner or just a snack if you like, at the Cleburne Cafeteria on Bissonnet prior to the game. Game time starts at 7:05

p.m. Note: Cleburne's accepts cash or local personal checks – sorry no credit cards.

The cost for this trip will be \$26.00 per person (non-refundable) for your baseball tickets, plus the cost of your dinner or snack at Cleburne's. You can get your name on the list for this trip by calling Ed or Darlene Hofer @ 281-304-9078.

Ticket payment must be in by June 7, to obtain the group price.

Make checks out to: Fairfield 50 Plus. The departure time will be 04:15 p.m. from the Fairfield Village parking lot. Please be there by 04:00 p.m.

### **MAY 9th: Happy Mother's Day**

#### **OUR MAY ACTIVITIES PLANS:**

**Thursday, May 13:** The Monthly Planning Committee meeting is at 1:00 p.m. at the Lakeside Trails Club House. Everyone is invited to attend these meetings and participate in our upcoming trip plans.

Then later, around 6:30 p.m. that evening, we have our Monthly Pot Luck. It is also at the Lakeside Trails Club House. However, plan on being there early. Doors open around 6:00 p.m. for socializing and fellowship. Then stay and join many of our members that stay to play games after the meal and to finish up the deserts.

**Tuesday, May 18:** Game Night at the Cooks' House. It starts around 6:30 p.m. Just bring a little snack and a healthy appetite. This is always a fun evening with great fellowship. The directions are posted in the Activity details page on our website and will also be in our March 14th email.

**Thursday, May 27:** Game Night at Lakeside Trails Club House. It starts around 6:30 p.m., and we have plenty of room at the club house. We would like to see you there to enjoy an evening of games and fellowship with us. Just bring a little snack and plan on having lots of fun. There are some card games and of course dominoes.

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

We recommend that you check our website regularly. Things do change occasionally from the time this article was submitted, and it is possible that some of the information in this article has changed. [www.fairfieldseniorsgroup.com](http://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](mailto:Fairfield-Seniors@comcast.net)



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## Are You An Aggie Mom?

Northwest Harris County Aggie Moms is an organization that supports our Aggie students through scholarships and donations to the many campus organizations that enrich and enhance their experience at Texas A&M University. We also support each other as we share the joys and trials of parenting our Aggies through this important time in their lives.

Whether you are sending your first Aggie off to College Station or your last, we invite you to join us this year and be a part of this special group of women! Plan to attend one of the informal mixers held in neighborhoods across the Northwest Harris County area this summer. Our annual Howdy Party will be on Tuesday, August 10th at the Houston Distributing Company conveniently located near Willowbrook Mall at the corner of 7100 High Life Drive and Cutten Road.

Please check our website at [www.nwhcaggie moms.org](http://www.nwhcaggie moms.org) for a list of dates and locations or contact Vickie Hamley at 713-466-4494 for more information. We look forward to meeting all our Aggie Moms!

## Graduation Tea

The Fairfield Women's Club will honor  
all senior girls graduating from  
high school this year at our annual

## Mother / Daughter Tea

Please plan to join us on  
Sunday, May 23rd, from 1:00 – 3:00



*Please call Lisa Cannon  
at 281-373-1969 with  
your name & address  
so that we can mail a  
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# Around Fairfield

## 2010 Spring Recruiting Drive

The Cy-Fair Volunteer Fire Department will host a series of recruiting open houses at three of our fire stations this month to educate and inform those interested in joining one of the largest volunteer fire departments in the nation.

The volunteer fire service was started in this country by Ben Franklin. For more than 250 years the volunteer fire service has continued this tradition of "neighbors helping neighbors". But over the past two decades the number of volunteer firefighters nationally has decreased by around 8%. The Cy-Fair Volunteer Fire Department has almost 400 volunteers today. The Cy-Fair VFD provides community based fire, EMS, and rescue services for 156 sq miles of Northwest Harris County using 12 fire stations. We provide all the necessary training and equipment needed. We have members from all walks of life including doctors, lawyers, bankers, realtors, career



firefighters, teachers, mechanics, welders, nurses, and stay at home parents. The only requirements are to have your high school diploma or GED, be 18 yrs old, and pass a drug and background check. The volunteers of the Cy-Fair Volunteer Fire Department save the tax payers of our area over \$28 million each year.

For anyone interested in volunteering there are a number of reasons to join:

- The satisfaction of helping others in your community especially when they are in need
- To gain experience and education in a wide variety of topics including - firefighting, emergency medical services, hazardous materials, fire codes, sprinkler systems and alarm systems
- Meet and work with others in your community, gain a sense of camaraderie with others by working together
- Whatever your age or physical abilities there is something you can do at your local fire house to help out! While firefighters are needed, there are many other jobs where you could help:
- Drivers and pump operators are essential to all emergency operations (you can't get there without a driver!)
- Support personnel at the scene to move hoses, get equipment, etc.

*(Continued on Page 13)*



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## 2010 Recruiting Drive - (Continued from Page 12)

- EMS personnel are needed for both first responders and ambulances
  - Fire prevention teachers, people to help with truck maintenance and fire station maintenance are also needed.
  - IT personnel to assist with our computers, network, website, and printers
  - Help with fundraising and other fire company functions
- Please attend one of our open houses and find out how you can help out at your local fire station. If you cannot make one of the dates please call us at 281-550-6663 to speak with a Public Information Officer.

### ***Recruiting Open House Dates and Locations:***

- Sun May 23 at 6 pm Station 2 11210 Tower Oaks Blvd, Houston TX 77065 (near Jones Rd and FM 1960)
- Mon May 24 at 7 pm Station 5 16035 Aspenglen North, Houston TX 77084 (Off Hwy 6 just north of Clay Rd)
- Wed May 26 at 7 pm Station 10 11310 Steeplecrest, Houston TX 77065 (near West Rd and Jones RD)

## **American Business Women's Association Cy-Fair Express Network (CYFEN)**

Event: Cy-Fair Express Network Monthly Networking Luncheon  
When: May 27, 2010  
Time: 11:30 am – 1:00 pm  
Where: Houston National Golf Club  
16500 Houston National Blvd  
Houston, TX. 77095

### ***Networking and Business Luncheon***

Cy-Fair Express Network invites you to their monthly meeting and luncheon. Lots of fun, networking, and giveaways. Bring plenty of business cards. Please make reservations by May 21 to Anya Lucas @ (713)459-2331 or [anya@lucascare.com](mailto:anya@lucascare.com). More information @ [www.cyfen.org](http://www.cyfen.org).

Our mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.



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

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# Around Fairfield

## 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 for a great time to unwind. Or are you interested in helping within the community with service

projects? We have that! (And a whole lot more!)

Here we are again...it's almost summer already! The kids are going to be out of school before we know it. I don't know about your kids, but mine tend to get a little bored during the summer. The MOMS Club has lots and lots of fun summer time activities in the making. Do you have children and looking for some fun things to do? Come join other moms and kids in many great outdoor and indoor activities. 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, May 11th at 10AM at Good Shepherd United Methodist Church located on Cypresswood Drive in Fairfield. We often have a guest speaker at our meetings discussing topics like finance, health, organization and other popular topics. As always, children welcomed!

For more information please contact Keri Whitt, Membership VP at  
713-724-4147,  
keriwhitt@yahoo.com or  
Amy Wilkes, President at  
281-455-2807,  
amywilkes2003@yahoo.com.

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## "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](mailto:renateqw@yahoo.com). They will meet on the second and fourth Fridays during the school year.

## Keith Kindegartners Playgroup Forming

If your child is entering Kindergarten at Keith this coming school year (Fall 2010) you are invited to join our playgroup. This playgroup will give the kids to meet more friends so when school starts they will know lots of other kids and won't feel alone. To join please email Angela Sanford at [ang.sanford@sbcglobal.net](mailto:ang.sanford@sbcglobal.net).

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# Around Fairfield

## CY-FAIR KIWANIS CLUB

The Cy-Fair Kiwanis Kids Triathlon will be held MAY 22 at the Langham Creek YMCA. Kids ages 7 through 12 are invited to participate. Children compete in age groups for the events of swimming, biking, and running. Girls compete against girls and boys compete against boys. Every participant will receive a finisher's medal; a t-shirt, and other items. Awards will be given to the top three boys and top three girls in each age group. You may register online for \$25 or at the race for \$30. For links to on-line registration and entry forms, visit [www.kiwanishouston.sunrise.org](http://www.kiwanishouston.sunrise.org).

Come join us at the CY-FAIR KIWANIS CLUB and be a part of sponsoring children's activities, such as the Triathlon. CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs in the Cy-Fair Schools; supports the Cerebral Palsy SIRE group, Girl Scout, Boy Scout, and Sea Scout troops and activities; provides scholarships to outstanding Key Club members in our district; assists at Cypress Assistance Ministries, Bear Creek Ministries; the Houston Food Bank; and other charitable groups.

Membership is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International. If you would like to know more about Kiwanis and the programs it promotes, we invite you to be our guest at one of our monthly meetings. The Cy-Fair Kiwanis meet at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll (Copperfield and Hearthstone areas) at 281-463-0373; George Crawl (Jersey Village area) at 832-467-1998; or Peggy Presnell (Fairfield and CyRanch) at 281-304-7127. If you live anywhere in the Cy-Fair Communities, you may call any one of the above for information. COME, BE A PART OF OUR FELLOWSHIP.



## Fairfield Pet's Lost & Found

Have you lost or found a pet? Please call 281-605-5775 or go to [www.fairfieldanimals.com](http://www.fairfieldanimals.com). Information is posted in hopes to matching it to the owner. We are unable to pick up, deliver or provide medical assistance but will try to help find the owner.

We are currently in the need of potential fosters for found animals. A day, week or month will help save a life of a pet.

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

\* \* \* \* \*

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## Fairfield Book Club

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

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

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

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



## Fairfield Birthdays

April 22nd - Carter Lilley  
May 11th – Brianna Wesneske  
May 20th – Grace Duncan  
May 20th – Garrett Duncan  
May 21 - Olivia Nally  
May 26th – Mikayla Goodman  
May 27th - Abby Mauzy

Happy Birthday!

Send your Birthday  
announcements to  
fairfieldgazette@peelinc.com



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**Parul Patel, M.D.**

## OFFICE HOURS

**Monday - Thursday: 9 am - 5 pm**

**Friday: 9 am - noon**

**\*Saturday: 9 am - noon (Sept - April Only)**

*Closed Saturdays During the Summer Months*

**281.304.5100**

**FAIRFIELD MEDICAL CENTER**  
**15040 Fairfield Village Square Dr. Suite #150**  
**Cypress, Texas 77433**

# Around Fairfield



## The Cooper Foundation *A Non-Profit Organization for grieving families*

The Cooper Foundation is looking for volunteer facilitators to assist with peer support groups for grieving children and teens. No special skills are required, all training is provided. The volunteer time commitment is three hours, every other week, during the school year.

The next training sessions will be held on April 20th and May 4th, from 6:00pm - 9:00pm. You must attend both sessions. For more information, please e-mail [Jaine@thecooperfoundation.org](mailto:Jaine@thecooperfoundation.org), or visit our web-site at [www.Thecooperfoundation.org](http://www.Thecooperfoundation.org).

## Oil & Gas Networking

If you work in any aspect of the Oil & Gas Industry and would like to network and meet your Cypress neighbors in your field, please come say Hi!

We will meet the 1st Monday of each month at IHOP on Hwy 290 (Next to CVS on Fry Road) between 5:30 am and 8:00 am.

Come by have a cup of coffee and get the latest events and happenings in the Industry. If you have any questions please feel free to email me at [Kevin.Kays@sbcglobal.net](mailto:Kevin.Kays@sbcglobal.net)

## The Daughters of the American Revolution

Elisha Roberts Chapter, NSDAR meets every third Thursday at Meson 1910 Mexican Restaurant on Mason Rd. The Daughters of the American Revolution is open to any woman 18 years or older who can prove direct lineage to an ancestor who fought in the American Revolution or provided patriot service. Our new chapter is looking for members. If you are interested in joining, please stop by and say hello...meetings start at 7 pm. If you have any questions, please feel free to contact me: Laura Neal at [lizardsareicky@sbcglobal.net](mailto:lizardsareicky@sbcglobal.net) or 281-256-3545.

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# Annual 12th Russian Children's Folk Festival 2010

Happy Families has been sponsoring orphaned children to participate in our Russian Children's Folk Festival since 1981! We plan to bring 15-20 children ages 6-12 from orphanages in the Kaliningrad region with their chaperones to Houston, TX in June 2010. The children will be staying with host families for 2 weeks.

School age children are one of the most deprived groups of Russian orphans. They have few chances for a bright future in Russia. The festival gives them a unique opportunity to see a different world outside of their orphanages.

These annual events have found much attention from the media, including coverage on ABC's Good Morning America and New York Times and many more. See details at [www.happyfamilies.org](http://www.happyfamilies.org).

What are the requirements to bring a child? Happy Families needs to raise about \$2,000 to bring each participant. This covers airfare, transportation in Russia, passports, visas, medical insurance, translation and coordination. We are asking for your support and participation in this project. Please contact us for additional information on how you can help.

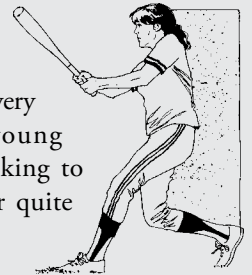
Sincerely,

Svetlana Startz  
Director, Russian Children's Festival  
[Svetlana@happyfamilies.org](mailto:Svetlana@happyfamilies.org)  
281-871-8008

Trinh Le, Ph.D.  
Parent Volunteer  
[trinhtole@hotmail.com](mailto:trinhtole@hotmail.com)  
281-304-4361

## Cy-Fair Storm

The 2002 Cy-Fair Storm is looking for 2 - 3 solid players to complete our roster. We practice 3 times a week at Dyess Park and will play 1 to 2 tournaments a month. We are a very competitive, young team that is looking to stay together for quite some time.



Cy-Fair Girls Athletic Association  
A.D. Dyess Park  
16822 Kitzman Road  
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Contact: [CFSTORM2002@yahoo.com](mailto:CFSTORM2002@yahoo.com)

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# Around Fairfield

## DRAINAGE DISTRICT NEEDS RESIDENTS' HELP TO ELIMINATE HAZARDS

Harris County Water Control & Improvement District No. 155 needs help from Fairfield residents to keep its drainage channels free from conditions which may be hazardous to young children. Recently, district personnel have observed several children bringing shovels and digging holes in the side slope of a channel. While this activity may appear to be harmless, it leaves holes which fill with water and can be dangerous. The holes cost money to repair.

Older children and adults also continue to damage district channels by driving all terrain vehicles on them. The cost of repairing the channels is borne by ALL Fairfield residents who pay taxes to the district. WCID No. 155 requests that Fairfield residents promptly call the Sheriff's Office at 713-221-6000, if they observe any of these activities.



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# Around Fairfield

## America is Good

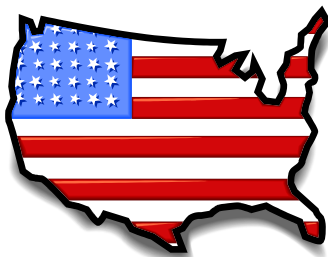
- I believe in God and He is the Center of my Life.
- The family is sacred. My spouse and I are the ultimate authority, not the government.
- I have a right to life, liberty and pursuit of happiness, but there is no guarantee of equal results.
- I work hard for what I have and I will share it with who I want to. Government cannot force me to be charitable.
- 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 the second Thursday of each month.

IHOP Restaurant on Hwy 290 @ Rosehill

*Get involved.*

For more information, please call  
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## We the People of Cypress/Waller 9/12 Project Group

NEXT MEETING:

Second Thursday of each month

Location: IHOP Restaurant on Hwy 290 @ Rosehill  
For more information, please call Kerry LaLonde  
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### Attention Kappa Delta Sisters ...

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




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## Cy-Fair Republican Women

Cy-Fair Republican Women is a fun, informative and friendly club that would love to see YOU at our next meeting. We meet at 10:30 a.m. , the second Tuesday of every month at Carraba's Italian Grill on Hwy. 6 near Longenbaugh. Texas State Representative Patricia Harless will be speaking on the 2010 Census and redistricting at our April 13th meeting. Don't miss this opportunity to meet this dynamic woman and hear about these important issues. Republican activist and Comedian Eric Golub will be speaking to the group at our May 11th meeting. Come hear his unique perspective our world today – you are sure to be entertained and educated at the same time. For more information, please see our website at CFRW.net or call Mary Moss at 281-550-9415 to RSVP.

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## Tim's Painting

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Exterior Painting	Crown Molding
Pressure Washing	Drywall Repair
Door Refinishing	Texture Matching
Siding Replacement	Carpentry Repairs



## Local Bluegrass and Old Time Music Jamming

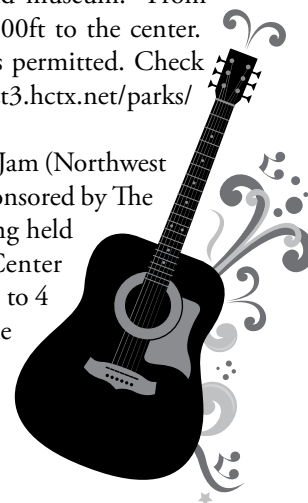
The Fairfield Bluegrass Jammers are sponsoring Bluegrass music jamming at Kleb Woods Nature Center and Preserve where the fun begins on the 4th Saturday of each month at 12 noon and where everyone is invited to pick, sing, listen, fellowship, or walk the trails and watch the beautiful birds. You will find folks with their guitars, banjos, fiddles, mandolins, bases and dobros warming up to do a little picking and singing. When the music and singing begins so does the foot tapping and fun.

The musicians from beginner to pro are having a great ole time playing this old-time music of Bill Monroe and Ralph Stanley. There are 3 types of music played – Bluegrass, Gospel, and old-time country. The listeners are so captivated by the joyful energetic music and musicians they are hearing that they also cannot help but do a little toe tapping and clapping themselves. When 4 PM arrives you find the musicians just as enthusiastic and reluctant to leave as at the beginning. The energy comes from the deep love that everyone has for the music.

Pickers and listener are welcome. No charges. Just fun Jammin or listening.

Kleb Woods Nature Center and Reserve (Draper Rd.) is located about 15 to 20 minutes away and is located on Draper Rd., off Mueschke Rd. in Tomball area. The Reserve is a Harris County Park and a bird watchers paradise and museum. From the parking lot you will walk about 200ft to the center. No selling, soliciting, alcohol, or drugs permitted. Check out Kleb Woods web-site at: [www.pct3.hctx.net/parks/klebwoodsnaturepres.aspx](http://www.pct3.hctx.net/parks/klebwoodsnaturepres.aspx).

The Cypress/Tomball Area Bluegrass Jam (Northwest Harris County) 4th Saturday Jam is sponsored by The Fairfield Bluegrass Jammers and is being held at the nearby Kleb Woods Nature Center and Reserve outside Tomball, 12 Noon to 4 PM. For more Information regarding the Bluegrass Jam contact - Nema Redding at: 281-373-1777 or 281-910-4395. E-Mail: [tn.blugras@earthlink.net](mailto:tn.blugras@earthlink.net)

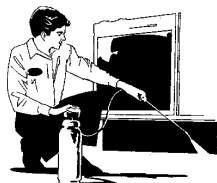


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# Personal Classified

**PERSONAL CLASSIFIED** - (one time sell items, such as a used bike...) run at no charge to FAIRFIELD RESIDENTS ONLY, limit 30 words, please e-mail [fairfieldgazette@peelinc.com](mailto:fairfieldgazette@peelinc.com).

**FOR SALE:** Louisville Slugger TPX Exogrid 33" x 30oz. High School baseball bat, 2009 model CB9X, red, yellow, black, used one season \$200.00. billb9511@yahoo.com for pics or info. 713-410-1391.

**FOR SALE:** Imperial 21 cu. ft. commercial heavy duty up rite freezer, good condition \$250 OBO. billb9511@yahoo.com for pics or info. 713-410-1391.

**FOR SALE:** King Size Sealy Posturepedic pillow top mattress with box springs. Excellent condition... paid \$2500 three years ago, will sacrifice for \$300. Call (281) 304 8748.

**FOR SALE:** 2005 KYMCO ZX50 Moped. 745 miles, only rode around Fairfield. \$1000 call 281-627-3361.

**FOR SALE:** Gold's Gym 450 treadmill w/built in fan and preset workout selection, gently used, for sale. \$250.00 obo. Please call 281-785-0664.

**FOR SALE:** Very New...GORGEOUS!! Prom Dress, Green Olive Silk/Chiffon. V-neckline with a beautiful pendent in the center and its by Kay Unger/New York. Dress size 8. It's worth it to look at. I can e-mail pictures. Bought it at Elizabeth Anthony Collection at Post

Oak Blvd. in Houston. Asking \$275 OBO. Call 832-755-4838.

**FOR SALE:** Eddie Bauer infant travel bed \$10.00. Eddie Bauer bouncer w/ sun shade and soothing sounds \$15.00. Pink Bumbo baby seat w/ tray \$15.00. 2 Graco infant car seats w/ base (one grey & one green) \$35.00 each. New in box- Cherry finish changing table \$60.00. Aspect x Ladies rt hand 15pc Golf set w/ bag (used twice) \$50.00. Sony 53" TV model# KP-53HS30 - excellent condition \$275.00. Kim @ 210-254-8491 can email pictures.

**FOR SALE:** Melissa and Doug kids wooden kitchen, very gently used. It is in great condition, but does have a small blemish on one "burner." Sells new for over \$200, asking \$140. Call Sherri at (281) 256-9798.

**FOR SALE:** Boxer puppies. Please call Nicole @ 281-380-2946 or e-mail nicole.barrett315@yahoo.com.

**FOR SALE:** Formal Dining Room set, table 42"x 82", 4 side chairs, 2 arm chairs (high-back, cream cushion seat), lighted china cabinet. Asking \$2,000. Will send pictures if interested. Call 713-899-1760.

**FOR SALE:** Little Tykes Kitchen w/numerous accessories \$50, wooden children's table w/ 2 chairs (19" high, 20" square top) \$5,

(Continued on Page 27)



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**Personal Classified-** (Continued from Page 26)

two backless booster seats w/ cup holders (blue/black) \$8 ea., mini exercise trampoline (36" dia. 9" legs) \$10, Foam clubhouse builder \$10. Will send pictures if interested. Call 713-899-1760.

**FOR SALE:** Piano. Gulbransen cherry spinet piano. I can email a picture. Call or e-mail Jean 832-858-9400 or Jean@jeanmeg.com \$600.

**FOR SALE:** Kenmore Washing Machine, white, porcelain tub mid level model number 110.24642300. Operation can be demonstrated prior to sale. \$175.00 Call 281 304-9078.

**FOR SALE:** Lexington Brown Wooden Entertainment Center. Fits up to a 36 in TV. \$150. Pictures upon request . massagebybridget@yahoo.com.

**FOR SALE:** Oval Shaped Wooden Kitchen Table and 6 chairs. \$125 Will email photos on request. Please email dsdoan@gmail.com or call Donna at 281-256-1140.

**FOR SALE:** Beautiful Fender 12-string Acoustic Guitar (Model DG-10/12 NS). This one is a real legend! Great sound and in absolutely pristine condition! Custom guitar strap button installed on heel for stand-up playing. Vintage "Mars Music" Soft Case included (\$200.00 for 12 String & Case).

**FOR SALE:** Full Size Beginner (6 string) Guitar (\$50.00) and a Youth Size (6 string) Beginner Guitar (\$25.00). Non-smoking house. Call Mike at 832-247-8061.

**FOR SALE:** Medela Double Breast Pump in Style Advance Back Pack with Avent Breast Pump Conversion Set and other extras including 1 Avent Disposable Bottle with liners, Avent VIA 8oz bases 10 pack \$75. Avent Naturally Express II Microwave Steam Sterilizer with Lot of 8 Avent 9oz bottles, 11 rings, 10 caps, 20 nipples \$15. Snuggly Baby Carrier \$10. Sleepy Wrap Baby Carrier (orange) \$15. Simplicity Crib 4-in-1 convertible crib and Changer Combo - Natural (model 8994w) with Serta Perfect Night Crib and Toddler Bed Mattress \$50. Homedics Shiatsu Massaging Cushion Luxury Back Massager (model SBM-200) \$50. Sony Playstation (original) with controller and adapter (no games) \$10. Contact Glenda at 281.304.0472 or gnieto\_77429@yahoo.com

**FOR SALE:** 4 shelf wrought iron bakers rack. Needs paint. Please call 281.304.4003 or 713.817.2337.

**WANTED:** Babysitter/Nanny - Looking for a responsible person to care for 2 kids starting for Fall 2010. To drive them to Preschool at Little Lambs, pick them up & care for them until 5pm. Perfect for a Stay-at-home Mom that might have kids at Little Lambs already! If interested to interview, please contact Deborah @ djkozuch@yahoo.com or 713-256-7400.



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## Past Due Assessments

*Dear Residents,*

For those of you who have not paid your neighborhood assessment certified letters have been sent. If the assessment is not paid within 30 days it is sent to the Association's attorney for collection. Once that occurs legal costs in excess of \$100.00 are charged to your account for the first letter. If a foreclosure suit is filed the legal cost is in excess of \$2,000 for judicial foreclosure. Your Association does not want to see homeowners incur this expense but if unpaid this becomes necessary.

Fairfield has two assessments, Fairfield Village Community Association – due July 1st and your individual neighborhood assessment – due January 1st of each year. The neighborhood assessments range from \$285.00 per year to \$490.00 per year, dependent upon which neighborhood you reside in.

Please plan for your assessment in order to avoid late charges, finance charges and if necessary legal fees.

## What Can You Do About Soliciting In The Neighborhood?

Many communities are ripe targets for solicitors – for a variety of reasons. While the Association has no real control over soliciting activities, we have tried to discourage solicitors from marketing in our community by placing “no soliciting” signs in common areas.

The reason that we cannot prevent soliciting is that the streets and roadways within the community are public access ways owned and maintained by the county. This means that no person or persons may be prevented from entering the community. Of course, if an individual or individuals are in the process of breaking the law, the Sheriff or other law enforcement officer can take immediate action.

Your Association recommends the following actions that every owner can take to discourage unwelcome soliciting in the community:

- Report all suspicious persons to the Sheriff's Department and request the deputies on duty be made aware of your concerns.
- Promptly remove all flyers left on your front or garage door.
- Promptly report to the Post Office all flyers left on the mailboxes.
- Refuse to make use of solicitors' offers and refuse to patronize any company being marketed in this manner.
- Notify the managing agent of any companies presently soliciting so that letters can be sent advising them of this policy of not permitting door to door soliciting (they will be reminded of the community newsletter and/or the Green Sheet as marketing options).
- Individual homeowners have the ability to place a small “No Trespassing/No Soliciting” sign at the entry to their homes. Should a solicitor continue to leave flyers, the homeowner then has the authority to file charges against the Solicitor/Company for trespassing on private property.



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## CHECK LIST

*(Property Reviews are done monthly)*

- ☐ Check for weeds in lawn (including clover)
- ☐ Weed and Feed as necessary
- ☐ Mow lawn as needed
- ☐ Edge lawn
- ☐ Weed tree wells and shrub beds, remove growth from expansion joints if necessary
- ☐ Shrubbery trim as needed
- ☐ Add mulch to tree wells and bed areas
- ☐ Trees: Trim trees as necessary, (especially the street trees) remove any dead material – if you need to replace a tree please apply for replacement type and requirements
- ☐ Remove mildew on the house
- ☐ Paint exterior (Please submit ARC Application\*)
- ☐ Fence (replace broken pickets or secure if necessary)
- ☐ Trash Cans (removed from view at the end of pick-up day)
- ☐ Holidays decorations need to be removed
- ☐ Toys need to be stored out of public view when not in use – except approved basketball goals
- ☐ Parking on the street – Please be considerate and do not park on the street

\*ARC = Architectural Application for Home Improvements

\*\*Please remember these are some of the items that we check for monthly. There may be others that are not listed. \*\*

## Help.....

An AMI representative drives through each neighborhood once per month and sends violation (or gentle reminder) letters based on what is observed on that day. If you are aware of an unkempt property (possibly vacant or a foreclosure) once per month is not sufficient to stay on top of yard issues. Please do not hesitate to call our office so that we can assist in keeping these properties in acceptable shape. You may call Cecelia Panzinetti at 281-256-0065 (on site manager) or the main office at 713-932-1122.

*Your help in keeping Fairfield beautiful is appreciated!*

*Your AMI Team*



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## MUD Meetings Open to the Public

MUD (Municipal Utility District) meetings are open to the public. We encourage homeowners to attend to learn how the MUD's function and how you can have a voice in your local government.

Harris County MUD 322 meets at 12:00 pm every fourth Wednesday  
Harris County MUD 354 meets at 11:30 am every third Monday  
Harris County MUD 396 meets at 10:30 am every second Wednesday

Harris County MUD 397 meets at 11:30 am every third Tuesday  
Harris County WCID 155 meets at 12:00 pm as needed on the second Tuesday

All of these meetings normally occur at the offices of Fulbright and Jaworski, LLP., 47th Floor, South Conference Room. The address is Fulbright Tower, 1301 McKinney, Suite 5100, Houston, Texas 77010-3095.

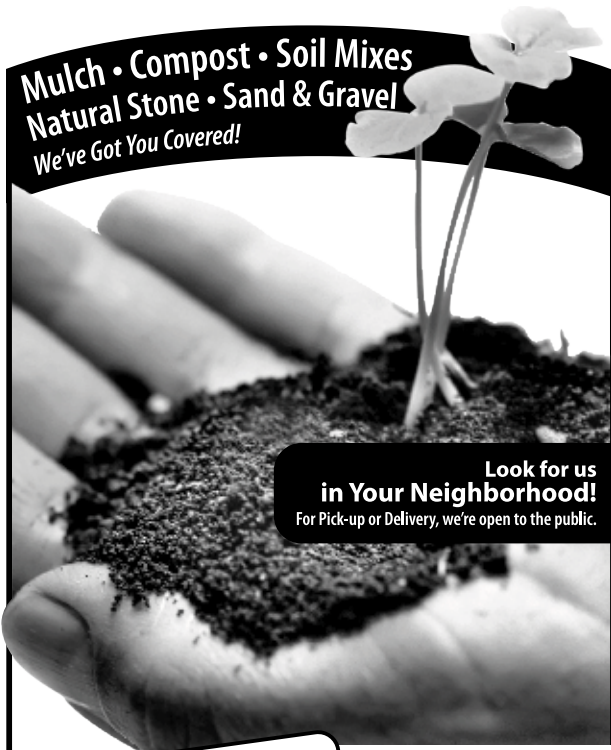
If you need any further information, please contact Yvette Deitrick, Sr. Paralegal for Fulbright and Jaworski at [ydeitrick@fulbright.com](mailto:ydeitrick@fulbright.com) or 713-651-3601.

## Security Report March 2010

911 Hang up Calls.....	9
Accidents - Major.....	0
Accidents - Minor.....	3
Alarm Calls.....	51
Assaults.....	2
Burglary of Habitations.....	0
Burglary of Motor Vehicles.....	12
Business Check.....	137
Park Check.....	33
School Check.....	11
Contract Check.....	224
Criminal Mischief.....	7
Family Disturbances.....	3
Other Disturbances.....	9
Information Calls.....	4
Meet the Citizens.....	18
Parking lot check.....	36
Suspicious Persons.....	16
Thefts.....	5
Traffic Stops.....	23



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## CURBSIDE TREES

The appearance of your trees at the sidewalk at your home is vital to the overall appearance of your community. The trees are part of the overall plan of development and it is each homeowner's responsibility to ensure the trees are trimmed on a regular basis. Many trees have branches hanging over the street, brushing the tops of vehicles and some are even blocking stop signs. For the benefit of all the Fairfield residents, and the overall appearance of your neighborhood, please check your trees and if necessary, raise the canopy (should be 12-14 ft. from the street), remove dead branches, and shape the tree.

Regrettably, should you chose not to do this, the County has the authority to trim them back and will not take the time to groom them properly.

Thank you for your understanding.

## Pending Resolution

Your Boards of Directors are reviewing a resolution for adoption regarding new reporting requirements for tax exempt associations. The resolution is titled "Confidentiality, Disclosure of Interest and Acceptance of Nonstandard Gifts". The complete document can be viewed on your website at [www.fairfieldvillage.org](http://www.fairfieldvillage.org). As always, please feel free to contact AMI at 713-932-1122 if you have any questions.

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**PIANO AND VOICE LESSONS** offered in my Fairfield home. I am a graduate of the Cincinnati Conservatory of Music with 35 years teaching experience. For a free 1st lesson, or consultation call Belinda 281-773-0545 or email me at belinda110@gmail.com. Call for information about Children's Summer Music Appreciation Camps for various age groups.

**CYFAIR PET AND HOME CARE:** Providing in-home pet- and house-sitting services to Fairfield Residents. We offer competitive rates and strive to accommodate your pet's schedule. References available. Check us out on the web – [www.cyfaircare.com](http://www.cyfaircare.com) or call us at 281-857-2311.

**CHILDCARE:** Good Christian home has two openings available. Thirty four years experience. References available. Fairfield resident for 18 years. School Teachers schedule preferred. Contact (281) 373-1992.

**HELP WANTED:** Fairfield Chiropractic Now Hiring Part-Time Front Desk Help. Accepting resumes during May. 15202 Mason Rd., Ste. 800. Call 281-256-8100 or fax 281-256-8163.

**Business classifieds** (offering a service or product line for profit) are \$75.00, limit 40 words, please contact Peel, Inc. Sales Office at 1-888-687-6444 or email your ad to [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

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## **AVAILABLE HOMES...**

### **JUST LISTED**

Beautiful one story home, with a large backyard, located a few doors from a park and play area! Features a awesome garage that is peg board lined with a work area. This is a great split Floorplan, with a formal dining room, large kitchen with a wall of cabinets, opens to family room with corner fireplace. Home has a large walk-in laundry room with extra storage, window seat in the breakfast area, crisp paint, updated lighting, fresh landscaping and more!

**15811 RALEIGH OAK**

### **QUIET TREE LINED CUL-DE-SAC LOCATION!**

Beautiful Perry Home Features 4 bedrooms - masterbedroom is down, 2 gamerooms, large family room, formal dining room, study, Island kitchen, 3.5 baths, detached garage with large paved patio. Updated lighting, flooring, paint, siding, and more! Another awesome Family home in Fairfield! Quiet tree lined cul-de-sac location.

**15519 TWISTING SPRINGS**

### **PRICE REDUCED**

Beautiful Perry Built Home, located on a quiet tree lined cul-de-sac with an oversized finished 3 car detached garage w/ a heat pump. Home has a custom built screened enclosed patio with wireless speakers off of the master bedroom. Home has been updated with recent carpet, front door replaced, a/c and furnace, water heater, siding replaced with hardiplank, updated roof, cooktop and more. Home features solar screens, water softener, walk in laundry room and lots of closet space!

**15706 JUNIPER HOLLOW WAY**

### **SALE PENDING**

Super updated with a recent roof, blown-in insulation, radiant barrier paint, solar exhaust fan, Both A/C units updated, Hardy Plank siding, Beautiful Granite Counters and backsplash, Extensive laminate high end wood flooring thru-out most of downstairs, updated tile in wet areas, 2 inch faux wood blinds, French drain, dishwasher, freshly painted thru-out most of home and more.

**20814 MAGNOLIA BROOK**

**If a move is in your future, Call us!**  
**We are 23 year Cypress Area Residents, and will get you moving!**

***www.Fairfield-neighbors.com***

# School News

## Spillane Middle School Spring Book Fair May 10 - 14, 2010

Hours: 8:00 to 3:30, Monday-Thursday  
6:00 to 8:00, Thursday evening • 8:00 to 12:00, Friday

**FAMILY NIGHT/Open Mic Night -**

Thursday Evening, May 13, 6:00 - 8:00.

*Students who qualify will perform  
during our 5th Annual Open Mic Night!*

### Rachael's



12312 Barker Cypress @ 290 • 281-256-9800

## H-E-B Cypress Market is Recognized as a B.E.S.T. Business by the Cypress-Fairbanks Independent School District

The Cy-Fair ISD and the Cy-Fair Houston Chamber of Commerce are pleased to announce that H-E-B Cypress Market has received the B.E.S.T. Business recognition for their ongoing relationship with the school district. H-E-B was spotlighted at the February 16th Cy-Fair Houston Chamber of Commerce General Membership Luncheon for their dedication to supporting the educational goals of students and staff of the district.

They are actively involved as a participant in campus and district events such as Bus Buddies, Junior Achievement, the CFISD Livestock Show and Sale and serving on district advisory boards and campus and district committees.

## HI-TECH MECHANICAL

For your Air Conditioning and Heating needs

**\$68<sup>00</sup>**

\*One System

**Professional A/C System  
Spring Tune-Up\***

**Additional Systems \$54<sup>00</sup>**



**TRANE®**

*It's Hard To Stop A Trane.™*



**Comfortmaker®**  
Air Conditioning & Heating

# 713-937-4400

TACL-A011183C

*Mastercard, Visa, and Discover Accepted*

## Flaherty's FlooringAmerica

Carpet Tile Wood Laminate

- Fair Prices
- Quality Service
- Locally Owned
- Unbeatable Warranties

**\$100 Off  
New Flooring  
Purchase**

of \$1500 or more.  
Not valid with any other offer.  
Must present coupon at time of  
purchases. Expires May 30, 2010.



13422 Grant Road  
Cypress, Texas 77429  
281-370-8022



**Lifetime Installation Warranty**

[www.flahertysflooring.com](http://www.flahertysflooring.com)

# Cy Wood's After Prom Party, WRAP, is almost here!!

CFISD Berry Center -

May 28, 2010, 11:00 pm - 6:00 am

## *You can help!!*

Join us for our last two meetings before the big event. We still need lots of help to make this a great night. WRAP General meetings will be held on Thursday, May 6th and Tuesday, May 25th. Meetings begin at 7:00 pm in the Commons of Cy Woods High School.

WRAP's Busy Parent Fundraiser is the easiest fundraiser of the year!

Remember, WRAP has 501c(3) non-profit status, so your contributions are tax deductible. Print form from our website [www.cywoodswrap.org](http://www.cywoodswrap.org) and bring it to one of our WRAP General meetings or mail it to:

WRAP

P O Box 800

Cypress TX 77410-0800



100 WRAP bucks are given for every \$1 donated and there is still time to get bonus bucks! Bonus is shown on the donation form.

*Corporate donations are welcome and*

*desired!!* Please help contact local businesses and corporations to support our event which provides a drug and alcohol free party for our graduating seniors and their guests after the Prom. ("Prospective Donor" letter is on the home page of our website – [www.cywoodswrap.org](http://www.cywoodswrap.org))

*Senior Gift Bags and Prizes for Drawings* - We are in need of donations for senior gift bags (given to each Cy Woods senior attending WRAP) and prizes for drawings throughout the night. Please contact us at [cywoodswrap@yahoo.com](mailto:cywoodswrap@yahoo.com), if you would like to help.

WRAP bucks are given for every \$1 donated. You choose the senior you would like the WRAP bucks awarded to.

# KIDVENTURE SUMMER CAMP 2010

Houston's Premier Summer Day Camp  
Comes to Coles Crossing

June 7-July 30  
Register Today



713.960.8989  
[Kidventure.com](http://Kidventure.com)

All Adult Staff - Low Ratios - Very Active Curriculum - 16 Years of Camp Experience - Ages 3-13 - Register Today



Please join the Cypress Ranch Athletics Booster Club as it hosts its 2nd annual Casino Night benefitting the student athletes of Cypress Ranch High School.

**FOOD - FUN - GAMES - DOOR PRIZES - SILENT AUCTION - MUCH MORE!**

Friday, May 7, 2010, from 6pm to 11pm

**Northwest Forest Conference Center - The "Alamo" Bldg.**

12715 Telge Rd., Cypress, 77429

Purchase your tickets on-line at:

[www.cypressranchathletics.com](http://www.cypressranchathletics.com) or buy calling 713.854.4410

**ADULTS ONLY - Must be 21 to enter. SPONSORSHIPS AVAILABLE.**

**TICKET PRICES:** \$75 - Couple      \$40 - Individual  
Includes: Entry - Food - Drink ticket - Raffle ticket - and \$2,500 in chips (double for couples)



# *Creating a lifetime of* **BEAUTIFUL SMILES**



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[www.lorilogandds.com](http://www.lorilogandds.com)



1 Block  
 South of 290  
 on Barker Cypress



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Family & Cosmetic Dentistry

- Special Emphasis on Cosmetic Veneers & Metal-Free Restorations
- Modern state-of-the-art equipment
- Exceptional dental care for the entire family
- Friendly and caring staff who will listen to your needs
- Sedation available to make your visit more relaxing
- A Spa-like experience-Enjoy complimentary refreshments and paraffin treatments in our spa surroundings

*Treat yourself to a comfortable & relaxing dental experience.*

# REAL ESTATE IS OUR *Heritage*



**15318 TURNING LIMB CT.**

**\$189,900 • 2,687 Sq.Ft.**

Charming 4/2.5/2  
in Fairfield on a fabulous  
park-like cul-de-sac street  
with a large backyard  
deck.



**15306 JUNIPER COVE DR.**

**\$224,900 • 3,205 Sq.Ft.**

Two-Story 4/3.5/3  
Located in shady Garden  
Grove in Fairfield. Loaded  
with updates.



**20411 TIMBER TRAIL**

**\$129,500 • 1,535 Sq.Ft.**

One-story 3/2/2  
Well-maintained home on  
a fabulous cul-de-sac lot  
just steps away from the  
Rec Center and Keith.



*The Ellis-Nabors Team*  
*Clint Nabors • Amy Nabors*  
*Mark Ellis • Catherine Ellis*

**Need Help Protesting your  
new HCAD value?**  
Visit  
**[www.myfairfieldhomevalues.com](http://www.myfairfieldhomevalues.com)**  
for a **FREE** market snapshot!

*"Now, more than ever...  
EXPERIENCE COUNTS!  
With over 45 years of combined Real Estate  
experience we can sell yours, too!"*

Contact  
Clint and Amy Nabors  
832.457.1103  
832.457.8998  
[nabors@ellisnaborsteam.com](mailto:nabors@ellisnaborsteam.com)

Visit us online  
**[www.ellisnaborsteam.com](http://www.ellisnaborsteam.com)**



[heritagetexas.com](http://heritagetexas.com)



25250 NW FREEWAY, SUITE 200  
CYPRESS, TEXAS 77429  
281.463.4131



**20515 MAUVE ORCHID**

**SALE PENDING  
\$154,900**

**Under Contract in  
3 DAYS!**



**16718 DESTRAHAN**

**SOLD**



**16702 CHINA BLUE**

**\$363,900 • 4,046 Sq.Ft.**

Two-Story 4/3.5/3  
Stunning David-Weekly on  
corner lot with every  
upgrade imaginable!  
A must see!



# Cypress-Fairbanks I.S.D.

2010

JULY						
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## Important Dates

Aug. 12-13	.....	New Staff Orientation
Aug. 16-20	.....	Professional Days
Aug. 23	.....	1st Day of School
Sept. 6	.....	Student Holiday
Oct. 11	.....	Professional Day /
		Elem. Parent Conferences
Nov. 24-26	.....	Student Holidays
Dec. 20, 21	.....	Inclement Weather Days/ Student/Staff Holidays
Dec. 22-31	.....	Student Holidays
Jan. 3-4	.....	Professional Days
Jan. 17	.....	Student/Staff Holiday
Feb. 21	.....	Professional Day /
		Inclement Weather Day
March 14-18	.....	Student/Staff Holidays
April 22	.....	Student/Staff Holiday
May 30	.....	Student/Staff Holiday
June 1	.....	Last Day of School
June 2	.....	Professional Day /
		Inclement Weather Day

### ELEMENTARY SCHOOLS

1st 9 Weeks: Aug. 23-Oct. 22  
2nd 9 Weeks: Oct. 25-Jan. 14  
3rd 9 Weeks: Jan. 18-March 25  
4th 9 Weeks: March 28-June 1

### SECONDARY SCHOOLS






#### 1st Semester

1st 6 Weeks: Aug. 23-Sept. 29  
2nd 6 Weeks: Sept. 30-Nov. 5  
3rd 6 Weeks: Nov. 8-Dec. 17

#### 2nd Semester

4th 6 Weeks: Jan. 5-Feb. 18  
5th 6 Weeks: Feb. 22-April 15  
6th 6 Weeks: April 18-June 1

### LEGEND

	STUDENT/STAFF HOLIDAY
	PROFESSIONAL DAY (Student Holiday)
	FIRST & LAST DAY OF SCHOOL
	PARENT CONFERENCES/ HOLIDAY FOR ALL STUDENTS/ PROFESSIONAL DAY
	INCLEMENT WEATHER DAY

2011

JANUARY						
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## Harvest Bible Church

*Baptism, which corresponds to this, now saves you, not as a removal of dirt from the body but as an appeal to God for a good conscience, through the resurrection of... Christ (1 Peter 3:21).*

The saving power of baptism is rooted in the death and resurrection of Jesus Christ and not the rite of baptism which merely symbolizes outwardly that a person has trusted in Christ's death as a substitute for their own. Simply put, baptism is connected with the cleansing and removal of sin (cf. Mark 1:4; Luke 3:3; Acts 2:38; Eph 5:26; Titus 3:5), "not as the removal of dirt from the body..." Thus, baptism is only water in and of itself, and although it may remove dirt from the body, in and of itself it has no power. It corresponds to the entire experience of Noah and his family on the ark which preserved them from God's wrath during the worldwide Flood. Likewise, water baptism symbolizes one's identification with Christ's death which removes the sins of those who place their faith in him. The rite without the faith means nothing!

Peter said that baptism is a sinner's "appeal to God..." The term is derived from a verb which often has the meaning of "ask" or "pledge" in the NT (occurs 56 times). It is used for conditions found in contracts where one pledges to abide by the contractual agreements and the terms found within. Thus, baptism's "appeal to God" could be summarized as a promise or pledge made to God to live to and for His glory. This interpretation is certainly biblical and thus noble,

but grammatically in v. 21 it does not fit, for the "appeal" here has a more specific direct object: the conscience—an appeal to God for a good conscience. Simply put, baptism is the request to God that He clear the guilt-stricken mind of a person entrenched in their sins.

At baptism believers are asking God—based solely on Christ's death and resurrection—to cleanse their guilty consciences by forgiving their sins. This theology is the basis for the idea in Hebrews 10:22 which exhorts Christians to draw near to God with confidence due to the fact that their hearts have been "sprinkled clean from an evil conscience" (cf. 10:2). The writer of Hebrews was speaking of a cleansed conscience due to Christ's death, which fits perfectly with Peter's context who was stressing Christ's death as the means by which believers enter into God's presence. So, Christ "the righteous" died for the unrighteous (i.e., us); hence, Christians enter into God's presence on the basis of Christ's sacrifice. And baptism reveals the confident assertion of the believer that the risen Lord Jesus is the sole basis for their salvation.

Sadly, many believe that the phrase "baptism now saves you" refers to salvation through water baptism. But by qualifying his

(Continued on Page 41)



**Want to go back to school?  
Looking for flexibility?**  
LET LSC-CYFAIR OPEN  
DOORS FOR YOU!

**Registration for summer is under way!**  
Workforce certificates, 2-year degrees and more.  
Choose day, evening, weekend or online classes.  
Payment plan, financial aid and scholarships available!

**And for children and teens ...**  
Dual Credit courses, Discovery College And Teen Driver's Ed (in-classroom)!

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9191 Barker Cypress  
Cypress, TX 77433

**LSC-Fairbanks Center**  
14955 Northwest Freeway  
Houston, TX 77040



## FOOT & ANKLE Specialists

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**Serving the Community for 20 years**

### INGROWN TOENAILS

A condition characterized by redness and soreness on one or both sides of the toenail. With time, the offending nail may pierce the skin, leading to a severe infection. By using a safe and gentle technique, ingrown toenails can be corrected painlessly and permanently on children and adults alike. This can be done in the office with minimal time off work or school. If you suffer from ingrown toenails, give us a call.

**FREE\* Initial Consultation**

\*X-rays and treatment not included.  
Inclusive only of co-payment for HMO, PPO, and Medicare patients.



**Dr. Brad Bachmann DPM**  
Board Certified in  
Foot Surgery



**Dr. Michelle Stern DPM**  
Member, American Academy  
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(between Champions Dr. & Champions Forrest Dr.)

**Foot Specialists of Tomball**  
**281-351-5599**

13414 Medical Complex Dr., Ste. 11

**Harvest Bible** - (Cont. from Page 40)

statement with “not as a removal of dirt from the body,” Peter clearly spoke of the dry baptism of faith in Christ and its appeal is for a good conscience along with a pledge to live for the glory of God. This faith boosts the believer onto spiritual ark of salvation provided by God for all those who will trust in Him (cf. Rom. 10:9-10).

No matter what you’ve done, you can be saved by Christ and have your guilty conscience cleansed. Rapists, murderers, serial killers, and cannibals can and have been saved by simply trusting in Jesus Christ. What inevitably results is a willingness to repent of sin and bow to Christ as Lord. There will be no condemnation for you (Rom. 8:1). The burden of sin will be removed, and the sanctifying process of growing in Christ’s love will dominate you. It all begins at belief, and water baptism merely signifies this reality.

## GOOD SHEPHERD UMC

### GS KIDS EVENTS

It’s time for Summer 526! All children graduating from 5th grade are invited to join us each week this summer for great activities and events. In addition to Sunday morning programming, we will be doing about 1 event each week exclusively for this age group. It’s our way of celebrating and saying good bye to them as they head to the youth group in August. See the website [www.goodchurch.us](http://www.goodchurch.us) for more details.

VBS registration has begun! Go to the church website to register your children. Space is limited and always fills up quickly. Join us on our Highs Seas Expedition through God’s Word, June 14-18.

### Couple’s Night Out

Join us for our next Couple’s Night Out, May 15th from 5:30-9 pm. First, you’ll drop the kids off for free childcare at 5:30 pm. We will have a short and fun Rally Time where we will give you some biblical wisdom and

conversation starters for your night. Then you and your spouse are ready to head out for some quality time together. Finally, you’ll return relaxed and rejuvenated to pick up your children by 9 pm. RSVP for this event online at [www.goodchurch.us](http://www.goodchurch.us). Limited childcare is available for children 6 months – 5th grade, and must be reserved online by May 7th.

### Music Ministry News

The GS Choir Academy will present “L.O.S.T.: But Now I’m Found,” an island adventure musical, as part of their Spring Awards Program on Sunday, May 16, at 4:30 PM. The Cherub Choir is our choir for children 4 yrs. old through 1st grade; the JAM Choir is for children in 2nd through 5th grades. The public is invited to come and enjoy this story of ship-wrecked castaways who must choose from several paths they can take to find salvation, ultimately choosing the path that is narrow and less traveled. Bring the whole family to share in the excitement.

## Building Strong Families Community of Faith



**SERVICE TIMES:**  
Saturdays at 6:00 p.m.  
Sundays at 8:30 a.m.  
9:50 a.m. and 11:30 a.m.

**Pastor Mark and Laura Shook**

16124 Becker Rd., 77447  
832.875.2520 | [www.communityoffaith.tv](http://www.communityoffaith.tv)

## Fairfield Church Of Christ

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as though just as one problem was solved, a new one arose.

Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to a boil. In the first she placed carrots, in the second she placed eggs and in the last she placed ground coffee beans. She let them sit and boil, without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl. Turning to her daughter, she asked, "Tell me what you see."

"Carrots, eggs and coffee," she replied. Her mother brought her closer and asked her to feel the carrots. She did and noted that they were soft.

The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg.

Finally, the mother asked the daughter to sip the coffee. The daughter smiled as she tasted its rich flavor. The daughter then asked, "What does it mean, Mother?"

Her mother explained that each of these objects had faced the same adversity: boiling water. Each reacted differently. The carrot went in strong, hard and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water. (author unknown)

"Which are you?" She asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?"

The Bible says, "If thou faint in the day of adversity, thy strength is small." Proverbs 24:10

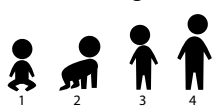


### COLIN'S HOPE

*Increasing water safety awareness and standards*

#### FACTS YOU NEED TO KNOW ABOUT DROWNING

Drowning is the leading cause of unintentional injury-related death in children ages 1-4



Drowning is the 2nd leading cause of unintentional injury-related death ages 1-14.

#### DROWNING WILL AFFECT YOU OR SOMEONE YOU KNOW

#### DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM

NO ONE is "drown proof" – no matter their level of swimming ability.

Falls, entrapments, and injuries lead to drowning regardless of swimming level.

A majority of people overestimate their own and their child's ability to swim, especially in a panic event.

#### DROWNING IS QUICK AND SILENT



Drowning occurs in as little as 2 minutes.



Irreversible brain damage occurs in as little as 4 minutes.



Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Most children die who are submerged for as little as 6-10 minutes.

Children who drown do not **scream, splash, or struggle**. They silently slip beneath the water, even with adults & lifeguards present.

## Fountain of Life Fellowship

### HONORING OUR MOTHERS

This month we take a day to honor our mothers, showing them just how special we know they are. Let me ask you, "Do you honor you mother with unconditional love and respect? Do you treat your mother as you want your children to treat you?" Remember, your children are watching and they follow your lead. How you express your thoughts, feelings, and actions toward your mother, serves as the text book to your children on how you want them to treat you. Based on this premise, each of us probably have a little room for improvement. This is so important that our heavenly Father ties it to our own lives. God's command in Exodus 20: 12 and Matthew 19:19 are very specific, "Honor your father and your mother that your days may be prolonged in the land which the LORD your God gives you." Honoring your Mother one Sunday in May is good, but simply insufficient. We are to honor our Mothers without bounds, continually, and unconditionally. We honor our Mothers showing them the love and respect they deserve. May each of us reexamine, reevaluate and where necessary reestablish relationship with our Mothers. It blesses them and pleases God.

### YOUR LIFE IN THE WORD

Fountain of Life Fellowship is dedicated to Transforming Lives, Transforming Families. Did you know that every passage of the Bible carries a message from God to His people? Well, it does, and we, as His people, have the freedom of reading the Word, the joy of learning His true meaning of each passage of His Word and the command to apply His Word to our lives. It is through the application of the Word, we are transformed. May the reading, understanding, and application of His Word transform your life. But this time, change how you read the Word. Read a Scripture numerous times, praying for Holy Spirit revelation of that Scripture to you. As you receive revelation knowledge of that Scripture, do this....this is the key....apply that knowledge to your life. Your life will be transformed forever!

### FIREHOUSE KIDS

Calling all 1st through 5th graders, come join our Firehouse Kids on Wednesdays at 7:00 p.m. as we learn Bible verses, answer Bible trivia questions, scavenger hunt or do the Limbo or race while Hula Hooping. At church we have fun and learn about Jesus at the same time...WOW!!!

### BRING IT

Calling all 6TH - 9th graders, come, acquire the fire for the LORD as we "BRING IT" to Him on Wednesdays at 7:00 p.m. Jesus has the answer to the very challenging issues that face our Teens and Pre-Teens: bullies at school, dating do's and don'ts and how to honor your parents while learning how to think independently. Our Youth leaders, John and Stephanie Schmidt, are much attuned to the world and the Bible. They will lead, guide, and direct Youth in the way they should go

## Get at least \$303 of Smart Home Value for just \$89

**"No way"** you say. I don't blame you for that. But this will make perfect sense soon.

### A Car in Your Living Room?

Just like a car, your home's cooling system requires maintenance to run well. If your system isn't tuned regularly it's like going...

**152,000 miles with NO tune-up.**

And you pay big - with wasted energy, more repairs *and less comfort*.

But here's the smartest fix to that problem: Our **Ultimate Tune-Up**, that includes:

▪ **Condenser cleaning and 29-point written check-up.** What's the #1 cause of equipment failure? Dirt and lack of maintenance. It's worth every penny of our normal \$129 price.

▪ **Repair-Free Guarantee.** If you need any repairs this summer, I'll refund every single penny of your tune-up!

▪ **Indoor Air Review.** We can inspect your air return and note any problems or contamination. *\$69 Value.*

▪ **117% Return on Investment Guaranteed.** You'll save 117% of your *Ultimate Tune-Up* cost in energy this summer over last or we'll refund your money. *\$105 value.*

**That's \$303 of value for \$89.** After 16 years of caring service, we know how to give you great value.

**But we're not dumb...**

This offer ends May 5, 2010. Summer will be on its way, with no reason to discount.

So call **281-970-5200** now to get guaranteed value with our 29-point *Ultimate Tune-Up*.

**A-PLUS**  
**MECHANICAL SERVICES**  
Air-Conditioning & Heating

**Better than Free Guarantee:** My staff thinks I'm nuts for this, but, *if you don't think our service was "A-Plus", then don't pay us.* Really. You deserve to be happy. Call 281-970-5200 now.



**The Fine Print:** Summer is June-Sept. Repairs must be made by us. Fair enough?

## **“AGE WELL ~ LIVE WELL” Houston Expo at Champion Forest Baptist Church**

On Friday, May 21, 2010, Champion Forest Baptist Church (15555 Stuebner-Airline Road, Houston, TX 77069), together with exhibiting partners, will host the first “Age Well ~ Live Well” Expo in Houston from 9am to 1:30pm.

The vision for this local event is for citizens to live longer, live safely and live well in Houston communities. The “Age Well ~ Live Well” Expo is designed to assist older individuals, at-risk adults, persons with disabilities and their families/caregivers in achieving safe, healthy, independent and self-reliant lives. Join the Houston community for health screenings, information and resources from a variety of wellness exhibitors along with presentations and live entertainment. All activities are free and open to the public. Parking is available in the church parking lots.

The Texas Department of Aging and Disability Services (DADS), as a featured event partner, will open the expo with a presentation on “Age Well ~ Live Well,” a collaborative community initiative that promotes health and volunteerism activities, provides Texas communities with valuable information on programs and services to enhance every aspect of overall well-being, and includes resources for older Texans or persons with disabilities.

The Texas Department of Aging and Disability Services (DADS) provides a comprehensive array of services to older Texans and persons with disabilities that support, promote and enhance well-being, dignity and choice. DADS programs highlighted during the Expo include Texercise and Silver Lining:

- Texercise, DADS statewide health and wellness program, promotes, educates and encourages older adults about the importance of regular physical activity and healthy eating habits throughout the lifespan.
- DADS Silver Lining, a volunteer outreach program, assists in providing social connections for Texas long-term care residents through planned volunteer visits, activity resources and recognition support.

Champion Forest Baptist Church helps people make sense out of life through Christ centered living.

For more information contact Donna Martin, Heartland at Willowbrook, 832-515-3862 or e-mail 3281act2@hcr-manorcare.com.

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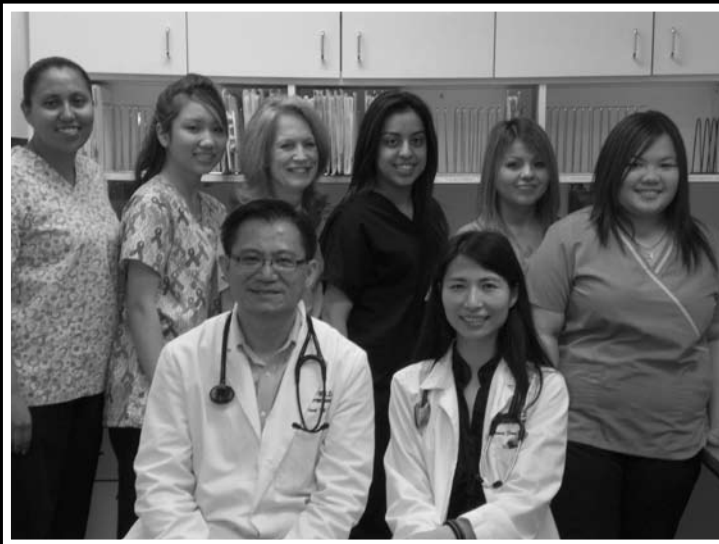
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## Houston Premium Outlets® Begins Construction For Expansion *Upscale Outlet Center to Expand to 145 Stores*

Just over two years after its successful opening, Houston Premium Outlets® has started construction on a major expansion. The center's Phase II expansion will bring the total number of stores at the center to 145 designer and name-brand outlet stores, adding 114,000 square feet of gross leasable area (GLA) bringing the center to 541,000 square feet. New stores will be open in time for the Holiday 2010 shopping season. More than 25 new stores will be added including Saks Fifth Avenue Off 5th which will become the center's largest store, A/X Armani Exchange, Esprit, J.Crew, Joe's Jeans, Lacoste, Talbots and many others to be announced at a later date. Houston Premium Outlets is part of the Premium Outlets portfolio of outlet centers owned by Simon Property Group.

With 120 stores, Houston Premium Outlets offers savvy shoppers upscale outlet shopping, with an impressive collection of brands including Adidas, Ann Taylor, BCBG Max Azria, Brooks Brothers, Burberry, Calphalon Kitchen Outlet, Coach, Cole Haan, Elie Tahari, Juicy Couture, Kate Spade, Kenneth Cole, Le Creuset, Michael Kors, Nike, Tag Heuer, Tommy Hilfiger, True Religion and more. With everyday savings of 25 to 65 percent, this outdoor center has quickly

become a shopping destination for fashion and value-conscious shoppers.

Houston Premium Outlets offers discerning shoppers an impressive variety of merchandise including designer apparel for women, men and children, shoes, fashion accessories, high quality leather goods, housewares, gifts and more. The single level outdoor village has a southwest architectural and creates a pleasant, upscale atmosphere for shoppers. While pedestrian courtyards are outdoors, there is sufficient coverage to provide all-weather shopping comfort. Individual outlet stores are reminiscent of boutiques found in the finest shopping districts of the world.

"We are pleased to be expanding Houston Premium Outlets not only to fulfill merchant demand for space, but also to satisfy shoppers' desire to have an even greater selection of brands at impressive savings," said Michele Rothstein, Senior Vice President - Marketing for Premium Outlets, the outlet division of Simon Property Group. In addition to the more than 500 jobs being created during construction, this expansion will add over 250 new retail jobs

*(Continued on Page 47)*



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### *Houston Premium Outlets - (Continued from Page 46)*

to the community. "We are thrilled that our center is providing not only great outlet shopping but is also supporting the community by creating new jobs and assisting in the overall economic growth for the area. The expansion of the center will enable us to enhance these benefits."

The center has a centrally located food court, and offers a wide range of customer services including an Information Center providing area and merchant information, stroller and wheelchair rentals, gift cards and ATMs. The center offers special benefits to tours and groups. An online VIP Shopper Club offers members added savings with no fee to join. Members can enter the online VIP Lounge and download exclusive savings offers from merchants, coupon book vouchers – worth hundreds of dollars of additional savings, find shopping tips and more.

Houston Premium Outlets is conveniently located off of U.S. Highway 290 between Mason Road and Fairfield Place in Cypress, TX. Information about Houston Premium Outlets is available online at [www.premiumoutlets.com/houston](http://www.premiumoutlets.com/houston).



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## Can the Weather Affect My Child's Asthma?

### Weather and Asthma

The effect of weather on asthma symptoms isn't fully understood, but clearly there is a link. Numerous studies have shown a variety of connections, such as increases in asthma-related emergency department visits when certain weather conditions are present. Some people find that their asthma symptoms get worse at specific times of year. For others, a severe storm or sudden weather change may trigger an attack.

Exposure to cold, dry air is a common asthma trigger and can quickly cause severe symptoms. People with exercise-induced asthma who participate in winter sports are especially susceptible. Dry, windy weather can stir up pollen and mold in the air, leading to problems for some people.

Hot, humid air also can trigger asthma symptoms, and wet weather encourages the growth of mold spores, another asthma trigger. In certain areas, heat and sunlight combine with pollutants to create

ground-level ozone, which is also an asthma trigger.

Studies have shown that thunderstorms can trigger asthma attacks. One study showed that during thunderstorms, the daily number of emergency department visits for asthma increased by 15%. The study concluded that the problem was caused by the number of fungal spores in the air, which almost doubled. It wasn't rain, but the wind, that caused this increase. Changes in barometric pressure may also be an asthma trigger.

### Avoiding Allergy Triggers

If you suspect weather is playing a role in your child's asthma, keep a diary of asthma symptoms and possible triggers and talk to your child's doctor. Once you know what kind of weather triggers asthma symptoms, you can take steps to protect your child:

- Watch the forecast for pollen and mold counts as well as other conditions (extreme cold or heat) that might affect your child's asthma.

*(Continued on Page 49)*

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*Can the Weather Affect... - (Continued from Page 48)*

- Limit your child's outdoor activities on peak trigger days.
- Make sure your child wears a scarf over his or her mouth and nose outside during very cold weather.
- Keep windows closed at night to keep pollens and molds out. If it's hot, use air conditioning, which cleans, cools, and dries the air.
- Keep your child indoors early in the morning (before 10 AM) when pollen is at its highest levels.
- Your child shouldn't mow the lawn or rake leaves, and should be kept away from freshly cut grass and leaf piles.
- Dry clothes in the dryer (hanging clothes or sheets to dry can allow mold or pollen to collect on them).
- Make sure your child always has rescue medication on hand.

Your child's written asthma action plan should list weather triggers and ways to manage them, including any seasonal increases in medication. A child whose asthma seems to be allergy-related may also need to see an allergist for medication or allergy shots.

*Reviewed by: Elana Pearl Ben-Joseph, MD, Date reviewed: June 2007*

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation



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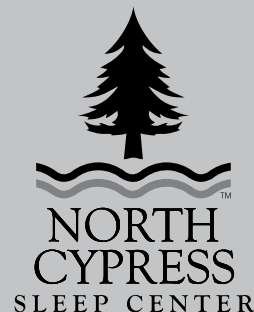
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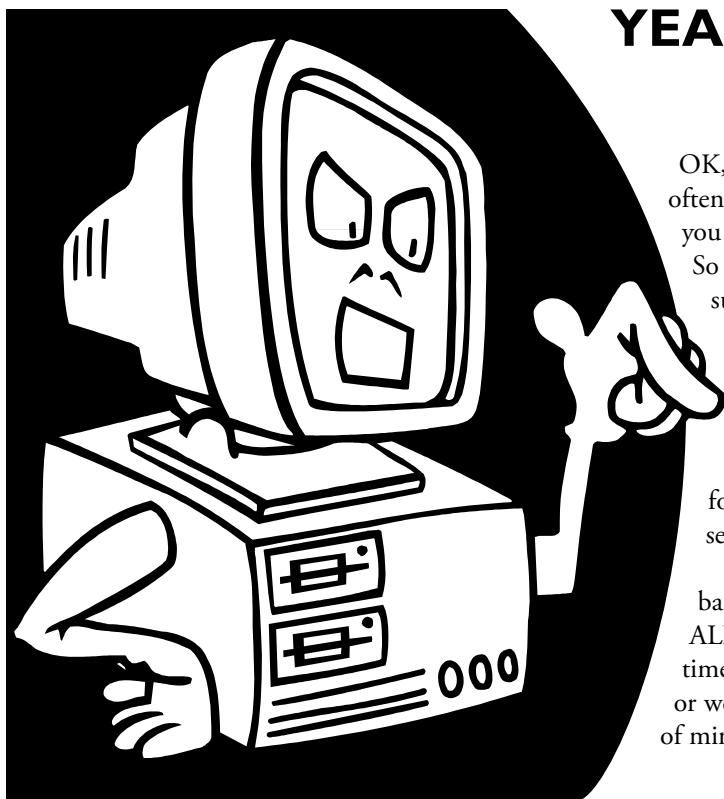


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## YEAH YEAH, BACKUP BACKUP, *Nag Nag!*

OK, my clients are used to hearing it, "backup backup backup." I can say if often but it's never too often. Let me put it another way, how much pain are you willing to endure? The hard drive in your computer WILL fail someday. So WHEN it does, how are you going to feel? School's almost out for the summer. How will you feel when that final paper or report disappears right before you're ready to submit it to the teacher or professor?

Maybe you're a young family, and you have thousands of digital photos and videos recording everything your babies have done their first few years. Their first haircut, first birthday, first Christmas, the first time they walk, their FIRST WORDS! All in a pristine, digital format that is very easy to duplicate, yet all GONE, possibly never to be seen by anyone again.

You use something like Quicken or Microsoft Money and keep your banking records on your computer, or you own your own business and ALL your financial records are stored on your hard drive. It's almost tax time and the information can't be retrieved. You now have to spend days or weeks recreating your records as best you can (this happened to a client of mine.) The "computer ate my homework" won't fly with the IRS.

*(Continued on Page 51)*

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## Yeah Yeah, Backup Backup - (Continued from Page 50)

So I'll ask you again, how much pain are you willing to endure? You do have a few options to backing up your valuable data. One way is to do it yourself (I'll go into more detail later.) Another way to preserve your memories is to pay someone else to do it. Yet a third way is probably the most common way, intentional or not – prayer. No plan, no system, just the hope that nothing goes wrong with their computer. Since I'm not aware of a Patron Saint of the PC, I'll concentrate on the first two methods – you're on your own for the third option.

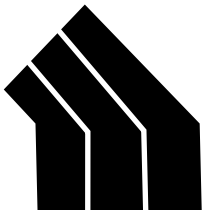
Want to do it yourself? Purchase an inexpensive external hard drive and plug it into your computer's USB port. You can pick up a 500GB (that's gigabyte) external hard drive at Best Buy for around \$80, and maybe a terabyte drive (that's 1,000 gigabytes) for \$100. If you like to shop around online you can probably find something even cheaper. Just about anything you buy will include backup software. If you don't like it, you can try downloading my favorite, SyncBack. Go to 2BrightSparks.com, click on "Downloads" and choose their freeware. Download SyncBack in whatever language you like and go at it.

Of course, if you're not inclined for any reason to do it yourself,

you can always pay someone to do the above for you. Also, you can keep the "upfront" cost to a minimum by going with an online solution. Two advantages are you don't have to spend very much up front, and the other is that even in the event of burglary, fire, etc. you can buy a new computer and download all your backed up files. The two most well known services are Mozy and Carbonite, they cost about the same (\$55 a year.) Mac users also have me.com as an option (though it is a little more expensive.)

Now, not all hope is lost if your hard drive should fail. There are services available that will take your hard drive, have employees in "bunny suits" take it into a "clean room" (much cleaner than an operating room), disassemble it, remove the platters (the parts with the information) and rebuild it with matching parts in an attempt to extract the data. IF they are successful, plan on spending approximately \$2,000 to get the data back. It that's a lot of money to you, then look at doing it yourself or hire an expert to do it for you. It's not hard at all to do – but you need to do it. If you don't, you're going to remember how you were "nagged" and didn't do anything when you could have, and there will be a geek waiting for your phone call.

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## HEALTH BRIEFS

### **Protect eyes, prevent long-term damage to sight**

Taking precautionary measures to protect your eyes during the spring and summer can help prevent long-term damage to eyesight, said a Baylor College of Medicine ophthalmologist.

"Ultraviolet light has certainly been linked to the development of macular degeneration, cataracts and other vision-loss problems," said Dr. Elizabeth Baze, assistant professor of ophthalmology at BCM and deputy executive of the Eye Care Line at the Michael E. DeBakey Veterans Affairs Medical Center.

Baze offered tips you can practice to help protect your eyes from sun damage.

- When picking sunglasses, the bigger the better. "The more they wrap around and shield your eyes and the skin around the eyes, the more full protection you have," she said.
- Pick sunglasses that provide 99 to 100 percent UV protection. They do not need to be expensive to offer this.
- Use sunblock around the eyes.
- A broad-brimmed hat can add extra protection.

If you already have an existing eye condition like macular degeneration or cataracts, protecting your eyes from the sun should be a top priority on sunny days, she said.

"Practicing these measures can ensure for healthy fun in the sun," Baze said.

### **Psoriasis is more than skin deep**

Psoriasis is more than just a skin disorder that might need treatment, say doctors at Baylor College of Medicine in Houston.

"Psoriasis is an autoimmune disease," said Dr. Sylvia Hsu, professor of dermatology at BCM.

"In about 10 percent of cases the disorder will affect the joints, a condition known as psoriatic arthritis."

Hsu said the first symptom of psoriasis is usually an itchy rash,

caused by an overproduction of skin cells. It most commonly affects the scalp, elbows and knees. The rash can heal and come back throughout a person's life.

Joint problems usually don't appear at the same time as skin problems, and in most cases they aren't severe, Hsu said. Many people may find they are stiff in the morning or become achy as the day goes on.

Treatment for the two symptoms can be given separately by a dermatologist or a rheumatologist. A form of treatment known as biologic therapy can be used to treat both. It can be given through injection and works by targeting the specific immune pathways that cause inflammation on the skin and in the joints.

"There is no cure for psoriasis but as doctors begin to better understand the cause of the disorder, therapies are becoming more effective and longer lasting," said Hsu.

### **Sling device helps prostate cancer patients manage incontinence**

Men who have undergone prostate cancer surgery have a new option for managing incontinence - a common side effect and significant quality-of-life issue some men face after surgery, said a urologist from Baylor College of Medicine.

"Many men may become distressed and embarrassed when dealing with incontinence, or the loss of their bladder control, said Dr. Mohit Khera, an assistant professor in the Scott Department of Urology at BCM.

A new sling device can help men manage their bladder function and control after surgery. In prostate cancer surgery patients, the urethral muscles are weakened by the removal of the prostate gland and subsequent injury to the surrounding urethral muscle.

To fit patients with the sling, doctors make a small incision under

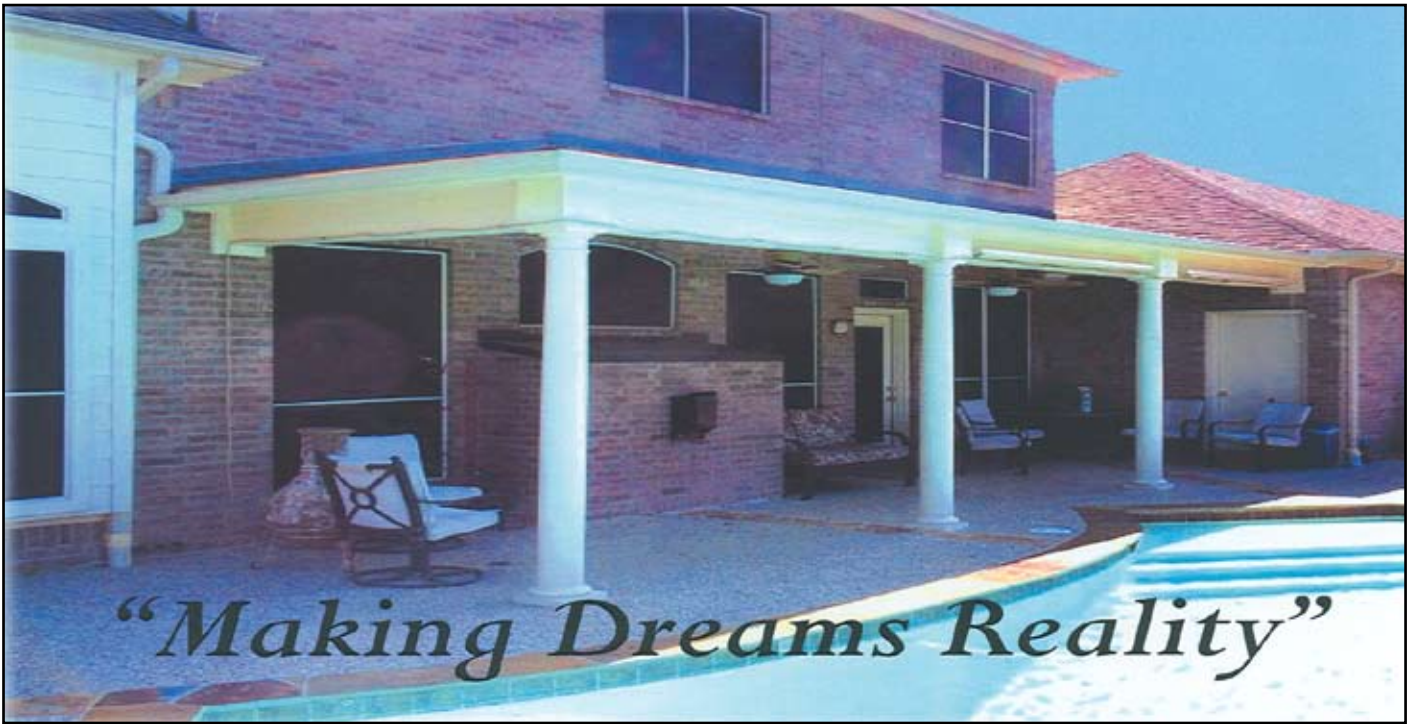
*(Continued on Page 54)*



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# News You Can Use

## Health Briefs - (Continued from Page 52)

the scrotum. "The sling serves as a hammock for the urethra," said Khera. "It is made of polypropylene mesh and does not require any additional hardware or artificial materials. It's very natural."

Patients go home the day of surgery. They will have a catheter for one to two days and should be back to full activity in four weeks, Khera said.

Alternate treatments are more invasive and may be less tolerable to some patients, Khera said.

"We are making significant advances in improvement of quality of life following prostate cancer surgery," said Khera.

### **Traditional colonoscopy recommended over virtual method**

The option for a "virtual" colonoscopy is now available but doctors at Baylor College of Medicine recommend sticking to traditional methods when screening for colon cancer.

A virtual colonoscopy is a CT scan image of the colon and does not require the use of an endoscope - a thin, flexible device that is inserted into the colon.

"While a virtual colonoscopy may sound less invasive than traditional methods, it isn't always as accurate," said Dr. Waqar Qureshi, associate professor of medicine and chief of endoscopy at BCM. "A scan is more likely to miss small precancerous growths,

and catching those polyps early is the key to preventing progression to colon cancer."

Studies have shown that polyps smaller than 6 mm are frequently missed by CT scanning, Qureshi said. For someone who is at high risk for colon cancer, missing a polyp can be deadly. Almost all instances of colon cancer begin as polyps, which are easily detected and removed during a colonoscopy.

Many times a virtual colonoscopy must be followed by the traditional method, he added, and both procedures require the same preparation, which includes laxatives, diet restrictions and in some cases certain medications must be stopped.

Colon cancer screening should take place every 10 years starting at age 50.

If colon cancer runs in a family, testing should begin earlier and be performed more often.

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## Many Women Risk Retirement To Fund College

*Submitted by Rich Keith*

A recent survey by Oppenheimer Funds reveals that women are highly committed to getting their kids to college and drive most households' college planning – but many take a back seat when it comes to college savings. Nearly three quarters – 74% -- of 1,099 women polled said it's very important for their children to obtain a college degree, compared with 66% of 559 men polled. However, in households that have begun planning financially for college, primary responsibility for this critical exercise most often belongs to men.



It's often true that women are keenly involved in making sure the kids are ready for higher education. But academic preparation is not enough – the financial side often is addressed too late in the game. The poll indicates about eight of 10 women agree that it's important to plan financially for retirement and college costs at the same time. But only 10% of women strongly agree that they have such plans in place.

It's important to not rob one's retirement savings to pay for college. And figures quickly show that borrowing for college costs a lot more than many people realize. The cost of borrowing really impacts the ability to save for retirement. And since women on average live longer than men, this reduced savings affects women more than men. Time is a powerful key to achieving financial security. *Source: Oppenheimer Funds 2010.*

## A FRIENDLY REMINDER ...

Friendly reminder to keep dogs on a leash and out of the lakes around Fairfield. Not all homeowners are comfortable with loose dogs. Please be courteous to your neighbors and follow the leash law.



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# honoring layla fundraiser



saturday  
may 8  
11<sup>am</sup> - 6<sup>pm</sup>

**VFW Hall Post 8905**  
21902 HWY 290 (next to Carl's BBQ)



Family fun event with  
barbecue, entertainment, face painting,  
silent auction, and raffle  
[www.laylagrace.org](http://www.laylagrace.org)

For most parents, the thought of having a child with cancer is among the worst possible things imaginable. For the Marsh family, it was a harsh dose of reality. At the beginning of May 2009, Ryan and Shanna Marsh were happily raising their three daughters in Cypress, Texas, when their youngest, Layla, began to suddenly show signs of illness.

On May 7, 2009, the doctors revealed that precious Layla had a massive cancerous tumor (Stage 4 Neuroblastoma) in her abdomen. The tumor extended from above her left kidney, around her side, over her belly and wrapped around her aorta. In addition, the cancer had attacked Layla's bone marrow and bones. She fought a valiant fight, but gained her eternal wings March 9, 2010.

On May 8, 2010, the Cypress community is coming together to host a BBQ fundraiser at the VFW Hall on HWY 290 to raise awareness of Neuroblastoma and to raise money for the **Layla Grace Foundation** to help fund Neuroblastoma research. A live and silent auction will take place with games and activities for the children and door prizes. A live band, Beyond Reason, will be performing along with as much other fun and entertainment that we can round up.

Local businesses and individuals can donate items, gift cards, and services to be auctioned off or included in a raffle. Food and services supporting the benefit itself are welcomed as are monetary donations. There is still a great need for businesses and individuals to contribute towards these particular areas.

For more information, please email [benefitforlayla@yahoo.com](mailto:benefitforlayla@yahoo.com).  
For more information about Layla, visit [www.laylagrace.org](http://www.laylagrace.org).

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 Laurel Oaks NA  
 Legend Oaks II  
 Long Canyon  
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*Publishing Community Newsletters Since 1991*

## Financial Focus

By Matt Smith

In the investment world, there aren't many certainties, but here's one of them: prices will always go up and down. As an individual investor, you can't do anything about this volatility. But the way you respond to it could make a big difference in your long-term investment success.

Many investors think they can "beat" volatility by trying to time the market — in other words, by buying when prices are low and selling when prices are high. In theory, this is an excellent strategy, but in reality, it's pretty much impossible to follow — because no one can really predict, with any accuracy, market highs and lows. So instead of attempting to time the market, you're much better off by following a time-tested strategy known as systematic investing.

To systematically invest, you simply put the same amount of money into the same investments at regular intervals. To illustrate, you could put \$100, \$500, \$1000 or more into Investment X on the first of every month. To make it even easier on yourself, you could automatically transfer those dollars from your bank account directly into the investment you've chosen.

In all likelihood, your contribution will buy a different amount of shares of Investment X each month. For example, if Investment X sells for \$100 per share in January, a \$500 investment will buy five shares. In February, if the price has fallen to \$50 per share, your \$500 will buy 10 shares.

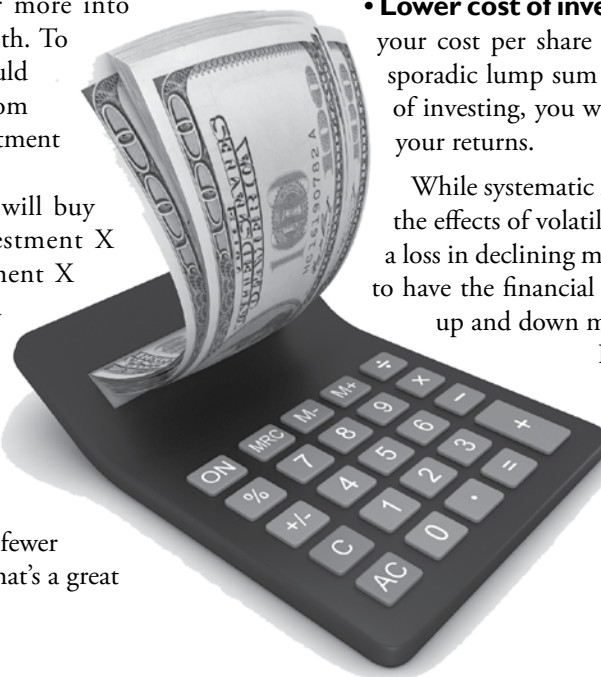
In other words, when you systematically invest, you'll automatically buy more shares when the price is low and fewer shares when the price is higher — and that's a great

way to cope with market volatility. But systematic investing also offers some other advantages, including the following:

- **Efficient share building** — The more shares you own of an investment, the bigger your cumulative gains whenever the price of that investment rises. Consequently, increasing your shares should be a prime objective — and systematic investing is one way of building your share ownership.
- **Investment discipline** — Most people realize the value of investing for their retirement and other long-term goals, but they often put it off each month and find other things to do with the money — and by then, there's often nothing left to invest. But by setting up a bank authorization to invest systematically each month, you'll "pay yourself first."
- **Lower cost of investing** — Through systematic investing, your cost per share likely will be lower than if you made sporadic lump sum investments. And by lowering the cost of investing, you will, in effect have the potential to boost your returns.

While systematic investing is typically a good way to fight the effects of volatility, it can't guarantee a profit or prevent a loss in declining markets. And keep in mind that you need to have the financial wherewithal to keep investing through up and down markets.

But if you have that ability, consider putting systematic investing to work for you. It may not be glitzy or glamorous, but it may work for you.



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

\*Solution at [www.PEELinc.com](http://www.PEELinc.com)

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# - Kids Stuff -

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

## Why Exercise Is Cool

Kids exercise all the time without even thinking of it. Just being active, like when you run around outside or play kickball at school, is a kind of exercise. What else counts as exercise? Playing sports, dancing, doing push-ups, and even reaching down to touch your toes.

When you exercise, you're helping build a strong body that will be able to move around and do all the stuff you need it to do. Try to be active every day and your body will thank you later!

### EXERCISE MAKES YOUR HEART HAPPY

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this important muscle get stronger by doing aerobic (say: air-o-bik) exercise.

**Aerobic** means "with air," so aerobic exercise is a kind of activity that requires oxygen. When you breathe, you take in oxygen, and, if you're doing aerobic exercise, you may notice you're breathing faster than normal. Aerobic activity can get your heart pumping, make you sweaty, and quicken your breathing.

When you give your heart this kind of workout on a regular basis, your heart will get even better at its main job — delivering oxygen (in the form of oxygen-carrying blood cells) to all parts of your body. So you want to do some aerobic exercise right now? Try swimming, basketball, ice or roller hockey, jogging (or walking quickly), inline skating, soccer, cross-country skiing,

biking, or rowing. And don't forget that skipping, jumping rope, and playing hopscotch are aerobic activities, too!

### EXERCISE STRENGTHENS MUSCLES

Another kind of exercise can help make your muscles stronger. Did you ever do a push-up or swing across the monkey bars at the playground? Those are exercises that can build strength. By using your muscles to do powerful things, you can make them stronger. For older teens and adults, this kind of workout can make muscles bigger, too.

Here are some exercises and activities to build strong muscles:

- push-ups
- pull-ups
- tug-of-war
- rowing
- running
- inline skating
- bike riding

### EXERCISE MAKES YOU FLEXIBLE

Can you touch your toes easily without yelling ouch? Most kids are pretty flexible, which means that they can bend and stretch their bodies without much trouble. This kind of exercise often feels really good, like when you take a big stretch in the morning after waking up. Being flexible is having "full range of motion," which means you can move your arms and legs freely without feeling tightness or pain.

It's easy to find things to do for good flexibility:

- tumbling and gymnastics
- yoga
- dancing, especially ballet
- martial arts
- simple stretches, such as touching your toes or side stretches

### EXERCISE KEEPS THE BALANCE

Food gives your body fuel in the form of calories, which are a kind of energy. Your body needs a certain amount of calories every day just to function, breathe, walk around, and do all the basic stuff. But if you're active, your body needs an extra measure of calories or energy. If you're not very active, your body won't need as many calories.

Whatever your calorie need is, if you eat enough to meet that need, your body weight will stay about the same. If you eat more calories than your body needs, it may be stored as excess fat.

### EXERCISE MAKES YOU FEEL GOOD

It feels good to have a strong, flexible body that can do all the activities you enjoy — like running, jumping, and playing with your friends. It's also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive.

But you may not know that exercising can actually put you in a better mood. When you exercise, your brain releases a chemical called endorphins (say: en-dor-funz), which may make you feel happier. It's just another reason why exercise is cool!

Reviewed by: Mary L. Gavin, MD  
Date reviewed: February 2009

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation



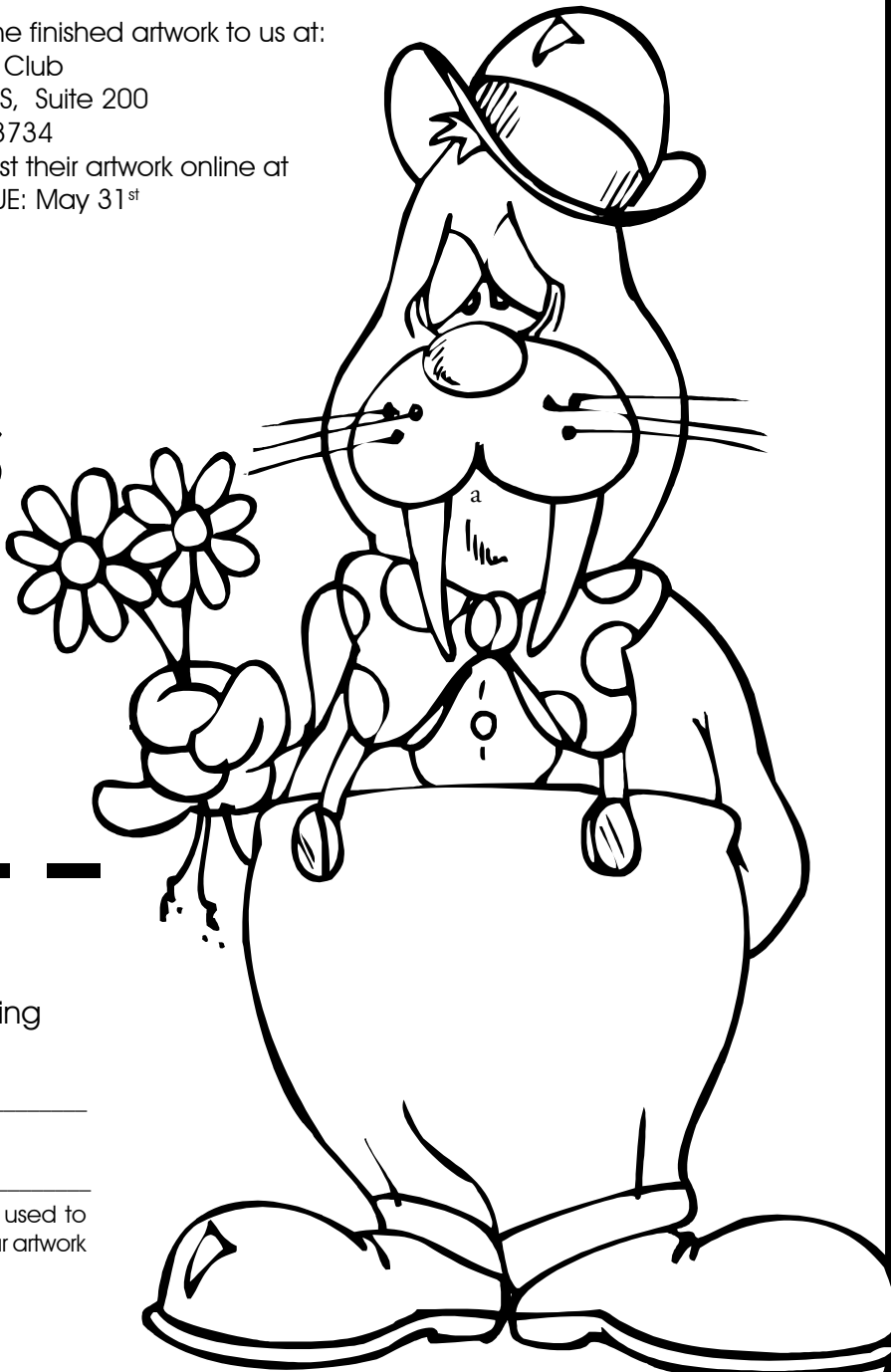
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FF

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Neighborhood	3 <sup>rd</sup> Quarter Results		
	Sold	\$ per SqFt	DOM
Bluebonnet Glen	1	\$95.42	41
Baker's Ridge	1	\$75.11	144
Chappell Ridge	3	\$68.41	66
Cottage Glen	1	\$73.89	4
The Estates	1	\$85.29	24
Garden Grove	11	\$69.53	32
Glen	1	\$70.43	52
Inwood Glen	7	\$66.06	39
Inwood Meadows	5	\$75.50	61
Inwood Park	6	\$72.08	34
Lakes/Lake Ridge 2	7	\$78.48	44
Crossing/Landing/Reserve	5	\$78.08	44
Meadows/Park/Retreat	6	\$ 77.77	34
Oaks/Trails	6	\$71.81	43
Pines	0	-	-
Summer Crossing	4	\$73.00	77
Summer Ridge	5	\$69.34	49

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.