

VOLUME 20, NUMBER 1

JANUARY 2013

FAIRFIELD

Community Gazette

OFFICIAL FAIRFIELD COMMUNITY ASSOCIATION NEWSLETTER



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EMERGENCY NUMBERS

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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
Fairfield Village 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
Harris County Hazardous Waste Facility	281-560-6200

UTILITY NUMBERS

ENTEX (gas)	713-659-2111
Centerpoint Energy (Electricity)	800-332-7143
Southwestern Bell (phone)	713-638-7000
ST Environmental (Sewer/water)	281-398-8211
Comcast Cable/High Speed Internet	713-341-1000
Waste Management (trash)	713-686-6666

COMMITTEE NUMBERS

Crime Watch Chairman: Freeman Martin	freemanmartin1@comcast.net
Fairfield Area Swim Team: Shalle Hovorka	shovorka98@yahoo.com
Fairfield Women's Club: Charlotte Byrne	fairfieldwomensclub@gmail.com
Security Coordinator:	

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
Jan Bertoli (Bradford Creek)	JLB8848@gmail.com
Tami Ehler (Bradford Creek)	fairfield-bradford@sbcglobal.net
Tom Wurth (Bradford Creek)	drwurth@yahoo.com
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Alison McGahan (Inwood Park)	afflora@comcast.net
Alex Griffith (Inwood Park)	281-304-4026

Craig Jackson (Inwood Park)	craig.r.jackson@gmail.com
Billy Sutton (Inwood Park)	281-304-9419
Mark Newman (Inwood Park)	marcnewman1957@comcast.net
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Patrick Wong (Lakes of Fairfield)	pcwong1@earthlink.net
Kevin Hoffman (Lakes of Fairfield)	khoffman00@comcast.net
Candace Buenger (Trails of Fairfield)	candacebuenger@yahoo.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 (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
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Keith Elementary	281-213-1744
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Swenke Elementary	281-213-1200

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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. The deadline is the 10th of the month prior to the issue.

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By submitting your photo you agree to allow your photo to be published in future issues of the Fairfield Gazette or other Peel, Inc. publications.

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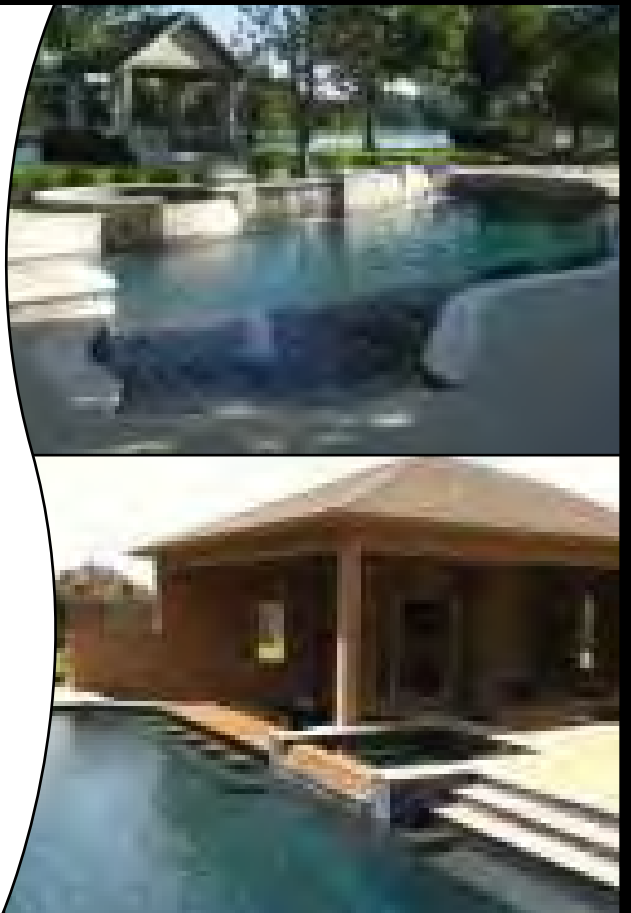
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*Nina, Pawpaw, Auntie,
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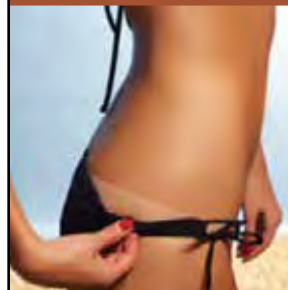
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The Fairfield Seniors

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 and be a part of our fun-loving group. We're sure you will enjoy it.

OUR HISTORY: Over these past ten plus years we've taken over a hundred trips. The Fairfield Gazette's web-site has back issues available from September, 2004. In order to go back to our beginning, we must thank Kelly Peel of Peel Inc. for locating all our articles from their archives and sending them to us. We now have every article submitted, which enabled us to put together Our History, and a complete listing of all our trips. Just go to Our History in our weekly email to read about our beginning and all the trips we've taken. You can get the complete listing at...

<http://home.comcast.net/~seniorgroup/History.htm>

OUR JANUARY BUS TRIP PLANS ARE FOR: Saturday, January 5th, this will be bakery tour trip. Yummmmmmm. Do you have a sweet tooth? Do you crave comfort foods in the morning? Well, then this is your tour! This January tour will take us to five to six different cultural sites to try their gourmet delights. Actually we will be stopping at five or six local bakeries, north on US59, to taste the some of these delights. Bring money so you will be able to sample all that appeals to you and your taste. Some of the bakeries provide samples. Also, some of these bakeries have sit-down areas. We will be having lunch at the last bakery--"Crescent City Beignets". They have a large menu with many selections other than New Orleans food. Lunch is up to you, if you're still hungry. The cost will be \$13.00 per person; we'll have a step-on guide. All checks are due no later than December 13th. To get your name on the list for this trip call: Kay Wheeler at 281-890-1934 or Jackie Wurth at 281-304-0805. Checks are to be made out to: Fairfield 50 Plus. Checks can be given to Kay Wheeler, Jackie Wurth or Mary Lou Cook and can also be mailed to Kay Wheeler at 10907 Tulip Garden, Houston, Texas 77065. We will depart from the Fairfield Village Parking Lot promptly at 8:15 a.m. Please be there by 8:00 a.m.

OUR FEBRUARY BUSTRIP PLANS: Saturday, February 2nd, a trip to the Indonesia Consulate. Get ready for a multicultural experience as we visit several of the Consulates in Houston. Details are not complete at this time. However our first stop will be the Indonesian Consulate about 10:30 a.m. We will tour the museum room, meet the honorable Al Busyra Basnur, Consul General of Indonesia and hear about and see through pictorial presentation information about Indonesia. Possibly this will include a native dance and food sampling from Indonesia. There are very interesting displays here for us to view. These plans should be confirmed soon and more information will follow in the weekly newsletter. Other visits will likely be to the Japanese, Turkey, Switzerland

or Ukraine consulates. All Consulates visited will have exhibit areas and someone to tell us more about the culture of that country. Each stop will be approximately two hours. We plan to end our trip before five o'clock and arrive back at the Fairfield parking area by 6 p.m. The cost will be \$5.00 per person, plus the cost of your lunch. Details for where we will have lunch will be on our senior group's web page when all the arrangements have been made. Note: All checks are due no later than January 10th. To get your reservation in and or more information call: Peggy Presnell at 281-256-7979. Checks are to be made out to: Fairfield 50 Plus. Checks can be given to Peggy Presnell or Mary Lou Cook, and can also be mailed to Peggy Presnell at 21318 Heartwood Oak Trail, Cypress, Texas 77433. We will depart from the Fairfield Village Parking Lot promptly at 9:30 a.m. Please be there by 9:15 a.m.

OUR JANUARY ACTIVITIES PLANS: Thursday, January 10: 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. We really need to see more participation, especially from those that are taking trips.

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 plan on staying and join many of our members that stay to play games or socializing after the meal and to finish up the deserts.

Tuesday, January 15: 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 in the Activity page on our website and will also be in our January, 13 weekly newsletter.

Thursday, January 24: 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, some games that the members bring 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.

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CY-FAIR WOMEN'S CLUB

Women Serving the Community

We had a blast at our December Holiday Party and we marked the end of another successful year for our women's club. We look forward to 2013 with enthusiasm. Happy New Year Everyone!!

In January we will meet for our first annual business meeting followed by a fun game of Bunco. In February, organization is the word. We hope to receive guidance that we can use in all aspects of our lives.

CWC is a service organization that gives back to the community, so all funds raised will go right back to the community in scholarships for graduating high school seniors, at Lone Star College, Cy-Fair and grants to other non-profits in our community, as well.

Membership for the Cy-Fair Women's Club is open to all ladies in Northwest Houston/Cypress neighborhoods. Currently we meet the first Thursday of most months at West Houston Church of Christ. Our meetings begin with social time and refreshments at 7:00pm immediately followed by a program at 7:30p.m. The church is located at the corner of Queenston and West Road.

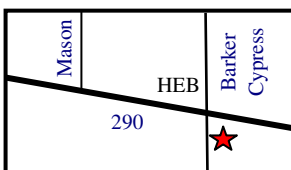
Our monthly meetings are not only educational and enjoyable, but they develop lasting fellowships. We look forward to meeting you! If you have any questions about our club or need directions to the church, please contact Cindy Pickens, Membership Chair at cyfairwomensclub@gmail.com.



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Around Fairfield

Thank You!

A great big thank you to the Fairfield Women's Club for their continued support of our organization.

The Fairfield Triathlon was a huge success thanks to all your teamwork and hard work!!

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

Now that the kids are back in school full swing, do you have a little one at home that is missing their older brother or sister? Or do you just have young children and looking for some fun things to do? Come join other Moms and kids in many fun 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. We invite you to attend two public events to decide if this is the right club for you and your children. Our membership fee is \$20 a year. MOMS Club is a great opportunity for you and your kids to make new friends in your area. There is a lot of fun and support just waiting for you! Come visit us at our next Meet N' Greet and see for yourself! We meet on the second Tuesday of every month at Fairfield Baptist Church. As always, children welcomed!

For membership inquiries, please contact Julie H., Membership VP at 281-373-0234, julieh07@sbcglobal.net or Erica M., President at 281-755-7610, ericamill@gmail.com, so we can send you our club information and some upcoming public events for you to attend. You can also visit us on the web at www.meetup.com/MOMS-Club-Cypress-NW-Fairfield We look forward to hearing from you!

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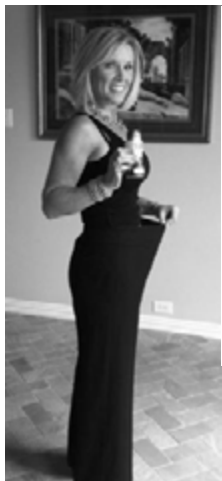
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Around Fairfield

WILD WINKS

Girl Scout Troop 14406 recently participated in the Houston Zoo "Wild Winks" Sleep Over during the opening night of Zoo Lights! The girls got behind the scene tours and were even able touch a hedgehog, baby alligator and turtle. A fun time was had by all!



"I took the Zeal for Life 90-day Challenge, lost 15 lbs and I feel better at 52 than I did at 40!"

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Cindy Wright

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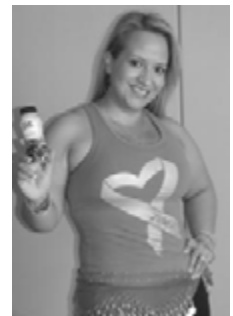
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SEND US YOUR *Event Pictures!!*

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to fairfield@peelinc.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



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OR
SESSION II 8PM - 9:30PM

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Alzheimer's and Dementia

Worship Service / Support Group

Fairfield Baptist Church is considering a special worship service each week for those with memory impairments such as Alzheimer's or Dementia.

We would also welcome those with other disabilities that make it impractical, or feel uncomfortable, attending a standard worship service.

During this time we would invite the caregivers to attend worship service or a small group of their choosing.

We would also welcome those from other local churches to consider dropping off their family member for this service. They could then return to their home church for worship.

We are also considering facilitating an Alzheimer's Support Group for caregivers that would meet during the week.

If you, or someone you know, would benefit from such a service, or if you would like additional information please contact Dan Ward at dan.ward@vectortg.com / 832-492-5310.

Fairfield Village

Online!



The Fairfield Village website has gone digital!

If you are already registered on the website, you can use your current user name and password to log on. If you have not registered, go to www.fairfieldvillage.org and enter the information requested.

You can find your Governing Documents, calendars of events, clubhouse rental information, FAC programs, pool schedules and much more. You can also contact AMI via the website and even send a Service Request.

The website is a great way to find out more about your community.

New Spring Studies



Spring Women's Bible Study

James - Mercy Triumphs by Beth Moore
Wednesdays, January 23-April 3
9:30 - 11:30 am & 6:30 - 8:30 pm

Childcare provided with pre-registration
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Northwest Flyers Youth Track Club Registration on Feb 2nd

The Northwest Flyers Youth Track Club will celebrate its 26th Anniversary Season by hosting its annual free Registration/Information breakfast on Saturday, February 2nd, 2013, for all boys and girls who are interested in joining for the 2013 track season. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The free breakfast is the opportunity for youth athletes to register for the club's 2013 spring/summer track season, and to meet the Northwest Flyers coaches, staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization. All new parents and athletes interested in joining the Northwest Flyers must attend.

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

distance, distance and relays, and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, shot put, discus and javelin. The Northwest Flyers has approximately 285 members. The club was founded 26 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

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

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



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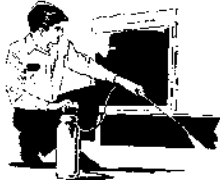
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Aggie Moms

Aggie Moms won't ask you to wear a funny hat, learn a secret hand shake or give a speech. We simply help you help your student reach graduation day. Visit our website www.nwhcaggiemoms.org. Open our General Meeting link to see the speakers we have lined up for this year. Come as a guest and leave as a member.

Aggie Moms, as an organization, encourages parents to become familiar with A&M during their student's freshman year instead of waiting for graduation to visit as is the custom on other university campuses. The path to graduation can be a challenging journey; don't go it alone. Northwest Harris County Aggie Moms has been here for 25 years and we're committed to helping your student and you enjoy the TAMU experience.



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FAIRFIELD WOMEN'S CLUB PRESENTS



*Learn how to paint, enjoy some wine, and relax
after a long day of work!*

WHEN: January 15th, 2013; from 6:30 – 9:30 pm

WHERE: Painting with a Twist, 12344 Barker Cypress Rd. Suite 200, Cypress, TX 77429

COST: \$35 per person; Minimum # is 10 people and the maximum is 36. (Must sign up on-line to reserve a spot! Info. on FWC website)

Fairfieldwomensclub.org

Food and drinks provided by Fairfield Women's Club.

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Tuesday, April 23, 2013 • 9:30 a.m.

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Fairfield Book Club

The Fairfield Book Club is a terrific way to meet other women in our community, enjoy great conversations, and develop new friendships. We meet the third Wednesday of each month (rotating homes) from 7 to 9:30pm. Book Club members share food and drinks while discussing the book selection for that month. We read all kinds of books suggested by our members - classics, contemporary fiction, non-fiction, biographies, romance, sci-fi, etc. There are no book snobs in our group - we read it all!

If you are a book lover or simply want to expand your reading and social network, please consider joining us. We invite you to attend one of our meetings as a guest or a member. We currently have openings; however, because we hold meetings in our homes, membership is limited. For membership inquiries, please call or text Linda Locke at 713-298-6514.



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PERFECT TIME FOR COOL SEASON HERBICIDE

It's finally time to use the cool season herbicides I've referred to on the GardenLine radio program. If you know what I'm talking about but just need the names of the products, they are Fertilome's Weed Free Zone and Bonide's Weed Beater Ultra. These herbicides are specific for broadleaf weeds like Clover and Virginia Buttonweed. They will not control any "grassy" weeds. The perfect temperature range for usage of these two cool-season herbicides is roughly between 75 degree highs and 40 degree lows.

But there are some caveats that must be respected for these herbicides to work properly. The one constant in weed control, whether it's a cool season herbicide or a regular post-emergent herbicide, is to use a surfactant. Surfactants help herbicides do their job because most water in our area is considered hard. Hard water tends to just roll off leaf surfaces. There are two ways of adding a surfactant to most herbicides. The simple way is add about a tablespoon per gallon of dish soap to the mix. The professional grade way is to use a relatively inexpensive commercial

surfactant like Hi-Yield's Spreader Sticker or Bonide's Turbo. The other important step would have to be "HOW" it is applied. You should use either a pump-up sprayer or a hand-held trigger sprayer. Avoid the use of Dial-N-Spray hose sprayer because you cannot be as precise with the spray, and over-use of such products on the entire yard can cause a yellowing of the grass. Spot treating is paramount with these controls. There are some concentrates available in a "Ready to Spray" formula that you hook on the end of the hose. If this is the only thing available, concentrate on that spot treatment. That means you've got to be quick on the switch with the ON and OFF lever.

Excerpts from this tip sheet are reprinted by permission from Randy Lemmon at www.randylemmon.com.

GardenLine with Randy Lemmon

Exclusively on NewsTalk 740 KTRH | Sat. & Sun. 6 - 10 a.m.

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Tiffany Nolan

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HOUSTON F-BODY CLUB

WANTED: All generations and models of Camaros, Firebirds, Trans Ams. Houston-F-Body.org is a club that meets on the third Saturday of each month from 2 pm to 5 pm at Texadelphia on 6025 Westheimer Road. We provide a welcoming and inclusive atmosphere for all F-Body owners and enthusiasts. Visit our website at <http://www.houston-f-body.org/> and sign up for a free membership. Our next meet is on Saturday, January 15th.

www.houston-f-body.org



MUSTANG CLUB OF CYPRESS

Mustang Car Owners come join the Mustang Club of Cypress. This is a dues free club for Mustang owners. Meeting location Cypress Station Grill in Cypress near Lowes on January 14th at 7:00 pm. Request membership through our Facebook page "Mustang Club of Cypress" You must be a current Mustang owner to join. E-mail us at mcocyc2735@yahoo.com or call Art after 6:00 pm.



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KEITH BEARS JUNIOR VARSITY DIVISION WIN 2012 CFSA SUPERBOWL!

The 2012 JV Keith Bears ended an exciting season with a 6-0 victory over the Sampson Seahawks in the CFSA Superbowl at the Berry Center on December 5, 2012. The Keith Bears completed their season #1 in their division with a 11-2 record. Most of the Keith Bears boys and girls attend Keith Elementary School in Fairfield. Way to go Bears!

PLAYERS

David Cartwright 58
Jacob Cooksey 7
Finn Fielding 47
Tyler Foster 64
Dustin Fulmer 21
Evan Gaona 11
Joshua Granad 1
Jack Grier 32
Josh Krippner 25
Nick Loney 8
Conner Martinez 10
Lane McMillian 24
Andrew Mohr 26

Cory Peterson 30
Jackson Robbins 65
Jaden Smith 3
Matthew Smith 4
Jordan Taggart 34
Cameron Warren 44
Austin Wesneske 12
Zach Wilkinson 72
Aaron "AJ" Wilson 39
Brandon Wright 90
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Assistant Coaches:
Jeff Taggart

Brian Wesneske
Jeff Wilkinson
Jim Cartwright
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Maddie Combs
Savanna Dupre
Farren Fielding
Taylor French
Alexus Hayes

Riley Miller
Jordan Rodenbaugh
Lexi Routh
Mackenzie Taggart
Brianna Wesneske
COACHES
Head Coach: Gina Wesneske
Assistant Coaches:
Aubry Fielding
Amy Taggart
TEAM SPONSOR:
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In life there is always going to be wins and losses,



KEITH BEARS VARSITY DIVISION WIN 2012 CFSA SUPERBOWL!

The 2012 Flag Keith Bears ended an exciting season with a 24-6 victory over the Black Broncos in the CFSA Superbowl at the Berry Center on December 5, 2012. The Keith Bears completed their season #1 in their division with a 12-1 record. Most of the Keith Bears boys and girls attend Keith Elementary School in Fairfield. Way to go Bears!

PLAYERS

Christopher Allen #12
Aidan Budzisz #7
Kade Crawford #66
Griffin Foster #22
Austin Glasscock #28
Colton Guerrero #8
Lawson Leinweber #1
Matthew Lightsey #56
Cash McCollum #44

Kason Nowak #34
Dallas Owensby #10
Kannon Payne #2
Drew Pizzi #20
Hudson Pollard #48
Keaton Simper #64
Lance Smolko #24

COACHES

Head Coach: Bobby Owensby
Assistant Coaches:

Ken Payne
Bruce Nowak
Danny Crawford
Adam Budzisz
CHEERLEADERS
Addison Herring
Megan Herring
Chayne Allen
Michaela Austin
Avery Brown

Zoe Harbour
Analyse Hayes
Hannah Miday
Emersen Pollard
Raegan Rust
Lily Sanchez
COACHES

Head Coach: Charlene Allen
Assistant Coaches:
Lori Brown

but a true friendship will always be there!

-- Unknown

2013 FSA SPRING BASEBALL AND SOFTBALL SEASON

FSA DIVISIONS FOR 2013

Baseball – Age of Child as of April 30, 2013

- Instruction T-Ball – 4yrs old (coed)
- Tee Ball – 5-6yrs old
- AA7 – 7yrs old (coach pitch)
- AA8 – 8yrs old (coach pitch)
- AAA – 9-10yrs old
- Majors – 11-12yrs old
- Softball – Based on Current School Grade not April 30th Date
- Sweetees (Tee Ball) – Kindergarten and 1st Grade
- Darlings (coach pitch) – 2nd and 3rd Grade
- Angels – 4th and 5th Grade

THERE WILL BE NO LATE REGISTRATION

Registration on-line will run now through January 13th. Register at www.fairfield-sports.net. You will also have an opportunity to register in person on Saturday January 12th, 9:00am to 3:00pm at the Central Park Clubhouse.

There will be NO LATE REGISTRATION as we are providing 8 weeks to sign up. Unfortunately, our size has dictated a more strict approach to registration cut-off in order to handle all of the administrative duties and preparation necessary to start the season.

A child MUST turn 4 Years of Age on or before April 30th, 2013 in order to participate in FSA (in other words, no 3 year old children will be accepted in Instructional Tee-Ball). REMEMBER GIRLS SOFTBALL DIVISIONS are based on the child's current school grade, rather than the April 30th date.



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Tennis Tips

By USPTA/PTR Master Professional
Fernando Velasco

THE TWO-HANDED BACKHAND VOLLEY

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand and a forehand volley. In this issue, I will give you instructions on how to execute a two-handed backhand volley for a right hander. This stroke is used whenever the player is forced to hit a ball in the air. In these pictures student Mindy Custer demonstrates the proper form and technique. Photos by Charlie Palafox.

Step 1: Ready Position: The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is next to the right hand. The left hand is holding the racket slightly tighter than the right hand. Feet are a shoulder width apart and the body is in equal balance. For beginners it is okay to use the forehand and backhand grips for the forehand and backhand volleys. As the player gets stronger and the balls come at a faster speed, it will be best to use the continental grip for both volleys.

Step 2: Back Swing: Since the volley is usually executed when a player is close to the net and there is very little time to react to the incoming ball, the back swing is very short. The left hand will make a slight change of the grip and the right hand will be relaxed and loose. The left shoulder should take a short turn and the head of the racket should align to the flight of the ball. The left wrist should be "cocked" back slightly and the head of the racket should be



above the wrist. Eyes are still focused on the incoming ball. Here I am helping Mindy to feel the hand on the racket to tilt back and still keep the head of the racket above her wrist.

Step 3: Point of Contact: The right foot is now taking a step forward and the racket is making contact with the ball. It is important to keep the left shoulder closed and not rotate the right hip too early. Flexing the right knee will allow more flexibility to find the proper point of contact and give power to the ball.

Step 4: Follow Through: Once the racket has made contact with the ball, the follow through is very short to allow the player to immediately get back to the ready position. The right arm should be close to the body.

Look for in the next Newsletter: The Serve

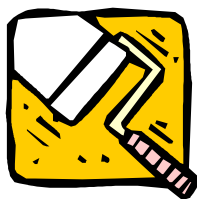
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NOVEMBER SECURITY REPORT



911 Hang up calls	2
Accidents – Minor	6
Alarm Calls.....	46
Burglary of Motor Vehicles.....	3
Burglary Habitation	3
Business Check.....	93
Park Check.....	4
Contract Check	240
Criminal Mischief	1
Family Disturbances.....	5
Disturbances Loud Noise	6
Other Disturbances	3
Information Calls	5
Meet the Citizens.....	24
MUD Building Check	5
Parking Lot Check	5
Suspicious Persons	26
Thefts/Residence	3
Traffic Stops	17
Suspicious Vehicles	2
Welfare Check	1



Fairfield Village Community's 2012 & 2013 Holiday Schedule

Thanksgiving Day – Thursday, November 22, 2012	No Service Interruption
Christmas Day – Tuesday, December 25, 2012	Serviced on Friday
New Years Day – Tuesday January 2013	Serviced on Friday
Memorial Day, Monday May 27, 2013	No Service Interruption
Independence Day – Thursday, July 4, 2013	No Service Interruption
Labor Day – Monday, September 2, 2013	No Service Interruption
Thanksgiving Day – Thursday, November 28, 2013	No Service Interruption
Christmas Day – Wednesday, December 25, 2013	No Service Interruption
New Years Day – Wednesday January 2014	No Service Interruption

There will be no service on these holidays.
Service will resume on the next regularly scheduled collection day.

Have a Safe and GREEN Holiday!



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We're taking big steps to make Fairfield Village green. MUDs 322, 354, 396 and 397 have teamed up with Waste Management and Recyclebank to reward you for home recycling. Recyclebank rewards you for taking everyday green actions—like recycling—with discounts and deals from more than 3,000 local and national businesses. On average, Recyclebank members can earn up to \$165 in reward value through their annual recycling efforts. Here's how it works:

REGISTER: Simply register at Recyclebank.com/wm and follow the online prompts to verify your home address. You will need to enter a PIN, which you should have received in the mail. If you don't have your PIN, don't worry! You can request a PIN at Recyclebank.com/wm and have it sent to you via text message or mail. Once you receive your PIN, go back to Recyclebank.com/wm and enter it to complete your registration. You can also call 1.888.727.2978 to register.

RECYCLE: Recycle all that you can with your Waste Management recycling cart; it will be collected and weighed along with your neighborhood's recycling. If you're a Recyclebank member, you'll earn points each time you bring your cart to the curb. In fact, there's lot of ways you can earn Recyclebank Points:


- Recycling in Fairfield Village
- Referring your friends and family
- Learning about ways to green your lifestyle and taking green pledges

REWARDS: The more points you earn, the more rewards you can get. Rewards range from magazine subscriptions to "buy one, get one" deals and gift cards to local businesses and national retailers. We believe that the Recyclebank program is a win-win-win for our residents, local businesses and the environment. So don't wait another minute! You already recycle, now get rewarded for it!

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DO IT FOR THE PLANET.

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HAPPY NEW YEAR!

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

*Lynn, Aly, Harriett, Rebecca, Ernie,
Jon & Ashley*



A Friendly Reminder...

A friendly reminder to keep dogs on a leash and out of the lakes around Fairfield. Not all homeowners are comfortable with loose dogs or cats. Please be courteous to your neighbors and follow the leash law. To most, pets are members of the family and sometimes forget that your best friend won't snap at you but may snap at an unfamiliar face. Harris County law and your Governing Documents state that when your pet is outside the confines of your property, it must be leashed and under the direct supervision of a responsible person.

Also, should your pet need to relieve itself, please be prepared to immediately clean up after your pet. All persons walking dogs within Fairfield should carry some means to pick up what their pet left behind. This includes picking up from sidewalks, parking areas, parks, and other areas where pedestrians walk and please do not allow your dog to relieve itself on your neighbor's lawn. This can be very upsetting to that homeowner.

Thank you for your understanding.



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CANDY CANE FUN RUN

Saturday, December 8th, 2012 was a huge success at the 2nd Annual Candy Cane Fun Run & Walk for Education! There were over 1,700 participants from Ault, Keith, and Swenke Elementary Schools and other schools from throughout CFISD including several Fit Girls and Iron Boys groups, and a group from WISD who ran or walked the 3.4 mile race route through the Fairfield Subdivision.

Dr. Mark Henry, Superintendent of CFISD, was the honorary race starter. CFISD Board Members, Bob Covey and Christine Hartley were in attendance at the Fun Run as well. The CVFD brought out a ladder truck for the kids to enjoy and Cy-Ranch's Key Club helped at the face-painting booth and handing out water and candy canes at the end of the race. Cub Scout Pack 533 manned the water station and cheered on the participants. Randomly selected race participants won prizes donated by Gringo's, HEB, The Satin Stitch and Candelari's.

A special thank you to Officer John Fisher and Coach Northern and the Prairie View A&M Football Team who kept the race participants safe along the race route. Thank you all who came out and supported the Candy Cane Fun Run whether you ran, walked, volunteered, donated items, had a vendor booth at the Candy Cane Market. You are what make the Candy Cane Fun Run so successful and what makes Fairfield such a wonderful community to live in.



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Allison Arthur
M.D.



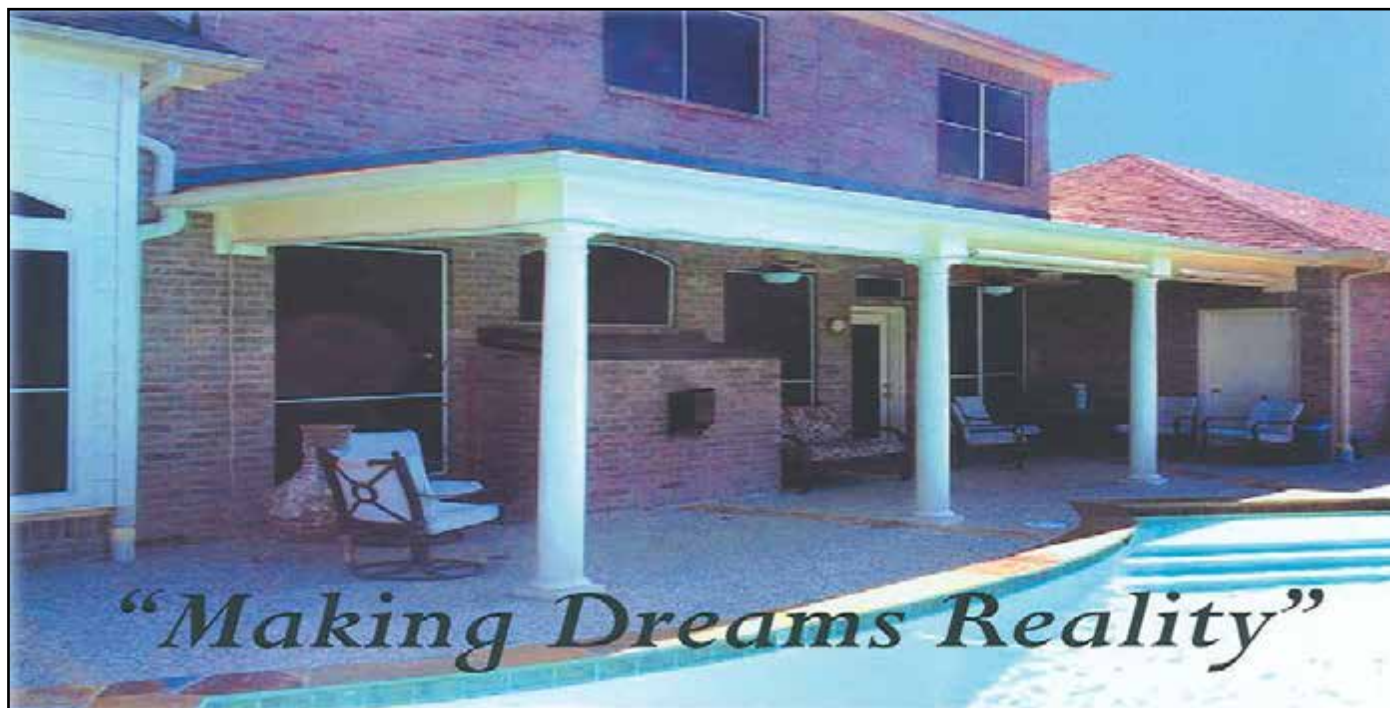
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Date: Friday, February 8th
 Saturday, February 9th
 Monday, February 11th

Time: 7:00 p.m.

Place: Cy-Fair High School, 22602
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Admission: \$8.00 per ticket

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Cy-Fair ISD Volunteers **January & February 2013** **Upcoming Events**

It's the time of the year when we find ourselves setting new goals and resolutions. Our schools also have goals. And we actively look to our community to partner with us and help us meet our goals. VIPS (Volunteers in Public Schools) in Cy-Fair ISD center the attention of their service on supporting students and staff and making a significant contribution to the education of children. These dedicated individuals, who give freely of their time and resources, impact the academic and personal development of Cy-Fair ISD students. Cypress-Fairbanks ISD is fortunate to be able to draw from a diversity of skills and knowledge in its community. If you are interested in being involved at Cy-Fair schools as a volunteer and making a difference, or would like more information, please contact Pam Scott, Partners in Education Director at 281-894-3950.

All events held at the Berry Center.

JANUARY 15: *Junior Achievement Volunteer Training – 9:30 to 11:30 a.m.*

The purpose of Junior Achievement is to educate and inspire our students in grades K - 12 to value free enterprise, understand business and economics.

JANUARY 17: *VIPS General Meeting – 9:30 a.m. to 12 p.m.*

Open to all CFISD volunteers, parents, staff and community members. Get the latest information on CFISD volunteering and learn through networking!

JANUARY 31: *PIE Student Mentor Training – 9:30 to 11:30 a.m.,*

Training for adults committed to serve as a role model and friend to CFISD students. District approved mentors meet with students weekly during school hours on school campuses. Along with this two hour training, an application and criminal background check are required.

FEBRUARY 12: *PIE Student Mentor Training – 6 to 8 p.m.*

FEBRUARY 13: *Galveston Bay Training – 9:30 to 11:30 a.m. '*

Open to all CFISD school staff, volunteers, and parents. Learn how to present a science lesson to 4th grade students at your school. Students will learn about the importance of our bay and waterways and what measures can be taken to protect this life-giving estuary.

FEBRUARY 26: *PIE Student Mentor Training – 9:30 to 11:30 a.m.*

FEBRUARY 21: *VIPS General Meeting – 9:30 a.m. to 12 p.m.*

FEBRUARY 28: *Sooper Puppy Training – 9:30 to 11:30 a.m.*

Sooper Puppy is a first grade class series dealing with age appropriate life lessons, facing dilemmas and arriving at solutions by making good choices.

HOW TO REGISTER FOR TRAINING: Register for training by emailing the PIE office at vipsrsvp@cfisd.net.

Provide your name and the name and date of the training you wish to attend. Registration is required to guarantee a seat and training materials. Adults only please.

CYPRESS RANCH HIGH SCHOOL

M.A.N.E. EVENT 2013

M.A.N.E Event is a drug and alcohol free lock-in for our Seniors and their dates, after the prom. This is a free, fun-filled evening for ALL seniors, regardless of whether they attend prom or not. We, the senior parents, host this all-night party. Fundraising and donations are tax deductible and are vital to the success of M.A.N.E. Event 2013. Next General Meeting Date is Thursday, December 13, 2012 at 7p.m. in the Commons.

UPCOMING FUNDRAISER EVENTS:

(Volunteers wanted for each event)

Student T-Shirts – The students have voted and our senior T-Shirt is on sale at lunches and on our website (www.maneevent2013.org)

Mr. Mustang. (Major Fundraiser. Thursday, January 24, 2013) Volunteers are needed as this is one of our biggest fundraisers for M.A.N.E. Event. For more information contact: Melissa Baker at : 2013MANE@gmail.com.

Gringo's Spirit Day – Monday January 21. Print your flyer from maneevent2013.org. 20% of transaction goes to MANE!! Flyer must be presented.

IHOP Spirit Day – Thursday January 31. Tentative date. Please check maneevent2013.org.

Spring Car Wash – Date and Location. TBA. For more information contact: Cris at: 2013MANE@gmail.com. Powder Puff Football. April, 2013 For more information contact: Rebecca and Daryl Weyand at: 2013MANE@gmail.com

Crawfish Boil - SPJST (on Huffmeister) April 6 , 2013 For more information contact: Cris at: 2013MANE@gmail.com

Parent T-Shirts – All Parents volunteering at MANE Event in May will need to purchase a parent t-shirt. We ask that parents also wear this t-shirt for all volunteering events through-out the year so one shirt is all you need to buy! Parent t-shirts can be viewed online and will be available for sale at the next general meeting on January 10.

www.maneevent2013.org

MARK YOUR CALENDAR:

GENERAL MEETING DATES:

- Jan. 10, 2013
- Feb. 21, 2013
- Mar. 7, 2013
- April 11, 2013
- May 9, 2013

Meetings start at 7:00pm in the Commons at CRHS.

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School News

CYPRESS RANCH KEY CLUB CELEBRATES KEY CLUB WEEK

Cypress Ranch Key Club celebrated the 66th annual Key Club Week during the week of November 5-9. One of the nicest traditions in Key Club is taking part in this worldwide celebration, a time to show your spirit and pride for being part of the best and largest service organization in the world! The first Key Club Week was celebrated in 1946. Although many things have changed in the past 66 years, the excitement and enjoyment that occurs during the chosen week in November has remained. Key Club Week has continued to be celebrated over the years as the perfect way to promote your Key Club, whether you are part of the largest club in the world, like Cypress Ranch, or part of the smallest club in the world. Each themed day during the week has a different way to get Key Clubbers and non-Key Clubbers alike motivated to perform service and get excited about all of the aspects of the club. Cypress Ranch Key Club enthusiastically celebrated each day of the week with some sort of special activity.

To start off the week, Monday was "Show Your Key Club Spirit" day. During our usual weekly officer meeting, we invited club members to join us and help paint signs promoting the week to hang around the school. This way, we could get everyone involved while showing the rest of the student and staff population our club spirit. We also made decorations for our upcoming teacher appreciation day and tags for gifts for our sponsoring Kiwanis Club. We spent part of the meeting making no-sew blankets for children in hospitals in support of the Texas-Oklahoma District Governor's Project.

Tuesday was the perfect day for "Connect the K's" day, a day to show our sponsoring Kiwanis Club how much we appreciate their support of our club and our activities. Four of our executive officers attended the luncheon meeting of the Kiwanis Club of Cy-Fair Houston at a local country club. It was nice to spend time with the Kiwanis members, listen to their business meeting and guest speaker and to give them gifts of appreciation. All of the Kiwanis Club members, including our club's Kiwanis sponsor Mr. Iselin, were given travel coffee mugs. In the past our club has given the Kiwanis members candles, candy, Kiwanis Post-It notes and other gifts of appreciation for their support.

Our club meetings are on Wednesday's, so that's the day we celebrated "Show Your K in Every Way" day! Members wore their club t-shirts to school and to our meeting. We have a tradition to reward members with a Jolly Rancher candy when they wear their club shirt to our meetings. Nearly everyone remembered to wear their shirts this week in honor of Key Club Week. Members turned in their UNICEF boxes at the meeting, and our club raised over \$1,500 in support of the Eliminate Project.

Thursday was "Bring a Friend (or Family) to Key Club" day. We held a social at a local restaurant and enjoyed fun and food together. With a club of our size (655 members), we have found it important to hold socials fairly regularly so our members can get to know each other better. We asked that members bring their families to join us and also any of their friends who are considering joining our club. We will be accepting new members at the beginning of our spring semester. Several members brought friends along who hopefully will join our club in January. Everyone had a wonderful time at the Key Club Week social,



and it also served as a club fundraiser. The restaurant offered to give us a percentage of all sales for the evening!

"Kudos to the Key Players" was our theme for Friday. This was the day to honor the key players in the lives of our members at school, a day to honor our school teachers, administrators, other staff members and our school custodians. We know we could not have a successful Key Club without our Cypress Ranch staff who support us in all we do, both in and outside the classroom. We decorated the Teacher's Lounge with signs, and members brought cookies, brownies, muffins, cupcakes and other home-made treats for our school staff. Our teachers and staff loved the yummy treats and sent their thanks to the club.

Though our club focused on celebrating each day of Key Club to the fullest, we didn't forget our major mission of serving others. During Key Club Week, Cypress Ranch Key Club members performed just over 800 volunteer hours to our Cy-Fair ISD schools and the Cypress community.

Cypress Ranch Key Club is committed to support all Key Club projects and traditions. We are excited each year to celebrate Key Club Week. We enjoy the chance to thank our school staff and sponsoring Kiwanis. We are proud to wear our Key Club shirts and invite our friends and family to celebrate with us at our annual Key Club Week social. We plan to fully celebrate this special week in the years to come!

Casino Night

Hosted by Cypress Ranch Athletic Booster Club

Benefitting the student athletes of Cypress Ranch High School

Saturday, February 9th at 7pm
SPJST Hall - Huffmeister Road

Please join us as we make our wagers and
"Rock and Roll" the night away.

- Dinner
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- Dancing
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- Texas Hold'em
- Craps

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2013

January 24, 2013 @ 7:00 PM
Cypress Ranch Auditorium

Tickets sold at lunch starting January 22nd and at the door.

CYPRESS RANCH KEY CLUB HELPS SPECIAL OLYMPICS ATHLETES GO FOR THE GOLD

Cypress Ranch Key Club has had a very special relationship with Special Olympics throughout the years. The club has been very busy this fall volunteering at Special Olympics events, both practices and competitions.

Kenzie Golladay, a member of the Cy Ranch Mustang swim team (and also a Key Club officer), used her skills to help with both swim practices and the Houston-area competition in October at the University of Houston. Regarding her help at the Cy-Fair ISD team's twice-weekly practices, Kenzie said, "I love doing Special Olympics swimming because it gives me a way to connect and interact with the kids by doing something that I am good at and love."

Volunteer coaches are in the water with our school district swimmers encouraging them and helping them learn different techniques and strokes to use in competition. Dozens of Key Club members worked the swim practices, all in the water alongside the athletes. Many volunteers were also Cy Ranch swimmers.

At the October competition, Key Club volunteers helped with everything from scoring to selling spirit items. Cheering the swimmers on helped make the day very memorable for the special needs athletes. Athletes and volunteers alike looked forward to the Awards Ceremony where the Special Olympics swimmers were awarded medals for their efforts. Kenzie stated, "It makes me so happy to see the smiles and excitement on their faces when they get to swim. They love swimming, and it touches my heart that I get to coach them and see the progress that they have made!"

Cy Ranch Key Club loved helping our Cy-Fair ISD swim team prepare for the Houston area competition and celebrate their success. Cy Ranch student and Special Olympics swimmer

Dustyn Henson won two medals at the competition. He was excited to have Cy Ranch Key Club's support at practices and at the swim meet. He proudly took pictures at the event with club members who had coached him and cheered him to victory.

This fall, Key Club members have volunteered on Sunday afternoons with practice for our Cy-Fair ISD bowling team. Several of the bowlers attend Cypress Ranch, so it's been nice for both these athletes and Key Club members to work together to prepare for the big December Houston-area bowling competition.

Cypress Ranch Key Club members have also volunteered this fall at Special Olympics softball and volleyball tournaments in the Houston area. We enjoy our close association with Special Olympics and plan to volunteer at many events coming up in the spring. In past years, we have volunteered at tennis, track and field, soccer and basketball competitions. We've also helped at the end-of-the-year celebration banquet. It's very rewarding to help with Special Olympics and especially so when Key Club members are able to work with these special athletes who also attend our high school. Several club members have family and friends who are Special Olympics athletes and one Key Club member Amanda Jean is a Special Olympics athlete.

Casino Night & Silent Auction

Cy Woods High School Band and Colorguard Booster Association is holding its annual Casino Night and Silent Auction on January 26, 2013, from 6-10pm, in the Cy-Woods High School Commons. Dinner will be catered by Spring Creek BBQ beginning at 6pm. Silent Auction from 7-9 pm. Casino gaming tables will be open from 7-10 pm. Everyone, 11 years and older, is invited to play! Dinner tickets are \$13 each and casino tickets are \$25 each and includes \$3000 of gaming chips. There will be a drawing at the end of the evening for our High Roller Prizes!

For information on tickets, to donate items for the Silent Auction, or inquire about your business sponsoring a gaming table, contact the Casino Night Chairperson casinonight1@cywoodsband.org or call 832-257-1525. Go Wildcats!



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Fairfield Families please join us February 9th 11:00-2:00 for a fun fill day of carnival games, rock climbing wall, face painting, diva hair station, bouncy castle, obstacle course, trackless train, silent auction, SNOW, and much more!!!

Tickets are \$7 at the door per person. Cash and Credit are accepted. All proceeds go to Swenke Elementary PTO. Please call Swenke Elementary for questions 281-213-1200



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If you have considered moving, please contact us for an update on current market values. *2013 may be your year to make a move.*

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WRAP UPCOMING EVENTS

*****Next Meeting Jan. 14 at 7:00 in the CWHHS Commons*****

We need YOU!! Please join us and find out what's going on and where you can help to make this year's WRAP party a success for our seniors! You could win a prize for attending.

WRAP (Wildcats Right After Prom) is Cy-Woods High School's parent-driven Project Prom organization. Check out our website www.cywoodswrap.com or our Facebook page Cy-Woods WRAP 2013 for more information.

UPCOMING EVENTS:

Our Ranglers & Rhinestones committee is planning our largest fundraising event of the year. This is an adults only, open to the community, dinner, dance and silent auction that is scheduled for early April. Please contact Kim Hartensteiner at Kim.A.Hartensteiner@conocophillips.com or Melody Connor at connermelody@aol.com if you'd like to help in any way. We will need silent auction items, sponsors, volunteers, etc. Be a part of this fun and important event!!

SPIRIT NIGHTS FOR JANUARY AND FEBRUARY:

Why cook when you can enjoy a great meal and support WRAP at the same time?! When you eat at the following restaurants on the nights indicated, WRAP will receive a portion of the proceeds. Be sure to tell them you are there to support WRAP!



Jan. 2 Willie's Ice House

Jan. 23 Buffalo Wild Wings

Feb. 6 Willie's Ice House

Feb. 18 Newk's

Feb. 27 Chili's

Thank you to all the walkers/runners and volunteers who turned out for WRAP 2013's Runnin' Wild Fun Run held on December 8. We appreciate your support!

WRAP meetings will be held on the second Monday of each month. Hope to see you there!!!

January 14

February 11

March 18

April 15

May 13

Any questions? Email the board at WRAP2013@gmail.com for answers! We look forward to working with you!

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Cypress-Tomball Democrats Host January Monthly Meeting

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, January 15th, 2013. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 to 9:00 p.m.

January's guest speaker will be Dr. Mark Jones, Chair of the Department of Political Science at Rice University. Dr. Jones will discuss the 2012 election, the 2013 legislative session and the future of party politics in Texas.

All are welcome to attend and to join this growing club, which meets on the third Tuesday of every month. For more information, contact Olga Moya at cytomdems@yahoo.com.



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CY-FAIR KIWANIS CLUB



Kiwanis wants YOU! The Cy-Fair Kiwanis Club is actively seeking new members who are interested in giving service to improve our community and our world. Visit the Cy-Fair Kiwanis Club and learn about the projects in which its members participate to enrich and improve life for citizens in our community. We sponsor the Key Clubs in the Cy-Fair, Jersey Village, and Katy communities and work with them in service to the Cy-Fair area. Internationally, both Kiwanis and Key Club are participating in the ELIMINATE PROJECT aimed at the eradication of maternal/neonatal tetanus.

Businesses of the community are encouraged to support a representative for membership in Kiwanis. If you work for a business that is oriented toward involvement in community improvement and leadership, suggest to them that you would like to represent that business through membership and involvement in work with Kiwanis. We welcome business and organization representatives as well as individual memberships.

The Cy-Fair Kiwanis Club meets at Hearststone 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 at 281-463-0373, George Crowl at 832-467-1998 or Peggy Presnell at 281-304-7127. We invite you to be our guest at one of the meetings and enjoy the fellowship of Kiwanians from your community as you learn about our organization.

CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs and one Builders' Club in the Cy-Fair School District; sponsors the Kids Triathlon; Girl Scout, Boy Scout, and Sea Scout troops and activities; awards scholarships to outstanding Key Club members in our district; provides assistance to Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.

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FOR SALE: \$1100.00 Or Best Offer – Moving, must sell. Bedroom set. Very heavy, well-made, dark wood finish. Sleigh king-size bed, double dresser with mirror, chest of drawers, wardrobe, and 2 nightstands. One nightstand has a small chip on a rear corner. Otherwise the set is in near new condition. Photos available by email or text. harilwalpole@sbcglobal.net.

FOR SALE: 2001 Black Chevrolet Z71 1500 with 205xxx miles on it. Runs great. Has leather interior, Kenwood head stereo. .Perfect for a kid that is just starting to drive. Replaced u joints, and knock sensors, as well as brake pads. Leaf spring bushings need to be replaced, we have them but had not had time to replace. Asking 5000 OBO. If interested please call 281-373-2272.

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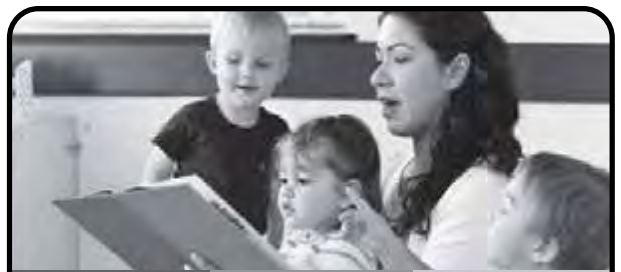
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HOCKLEY COMMUNITY CENTER PRESENTS

Special Events

In addition to Hockley Community Center's regularly scheduled activities such as knitting, quilting, oil painting, yoga, stretch-and-tone exercise, Bridge, Canasta, Spades and domino games, the center will offer the following special events in the near future. Advance registration is typically requested, and an adult must accompany and remain with anyone under the age of 18 visiting the center. The Community Center is a Harris County Precinct Three facility located at 28515 Old Washington Road in Hockley.

A calendar of events is available at the Harris County Precinct 3 website at www.pct3.hctx.net. For more information, call (936) 931-5030.

SPADES

A new opportunity to play the card game Spades has opened at the Hockley Community Center on Tuesdays from 10:15 a.m. – 12:00 p.m. Please call 936-931-5030 for more information.

BEGINNER BRIDGE

Beginner Bridge is taught each Monday in December from 1:00 – 3:00 p.m. at the Hockley Community Center, 28515 Old Washington Road. This is just the right opportunity to learn to play Bridge, free of charge. Call (936) 931-5030 for more information.

SCHOOL SUCCESS FOR ALL AGES WORKSHOP

School Success for All Ages, a workshop by Louise Stiedle Hayes, Ph.D., is coming to the Hockley Community Center, 28515 Old Washington Road, on Wednesday, January 2nd, from 10:30 a.m. – 12:00 p.m. Learn about simple movements to stimulate growth of connections between the right and left hemispheres of the brain for better comprehension and memory. Also learn about another movement that connects the brain, eye, and hand to develop a better attention span and to improve the ability to complete tasks. The workshop

will also include tips on how to overcome dyslexia, ADD, ADHD and other disabilities. Call (936) 931-5030 for more information and to sign up for this free program.

BOOK DISCUSSION GROUP

Join the Book Discussion Group on the first Thursday of each month at the Hockley Community Center, 28515 Old Washington Road, 1:30 – 3:00 p.m. The book to be discussed on January 3rd is 'Half Broke Horses' by Jeannette Walls. Call (936) 931-5030 for more information.

JEWELRY-MAKING CLASS

Learn how to make a beautiful bracelet or necklace from potatoes on Thursday, January 10th, 2013 from 1 – 3 p.m. Volunteer instructor Sharon Wakefield will show you how to turn common dried tubers into amazing jewelry. Some preparatory work at home will be required. Please stop by the Hockley Community Center to pick up instructions and to sign up for this free Potato Jewelry class.

SENIOR CITIZEN BUS TRIP TO AUSTIN

The Bob Bullock Texas State History Museum is the destination of a senior citizen bus trip to Austin on Thursday, January 24th, 2013. Explore the museum and have lunch on your own at the on-site Story of Texas Café before watching the movie "Rocky Mountain Express" at the IMAX theatre that is conveniently located inside the museum. Bus departure time will be 7:30 a.m. For more information, call (936) 931-5029.

MONTHLY SUPPORT GROUP

A Monthly Support Group is meeting at the Hockley Community Center, 28515 Old Washington Road, on Monday, January 28th, 2013 from 10:00 – 11:30 a.m. It is a safe place to go and share experiences, receive strength and understanding and meet people with similar concerns. Newcomers are always welcome. Call (936) 931-5030 for more information.

		
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A Focus On Resolutions

By: Concentra Urgent Care

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes. Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

- Taking into account foods you like and dislike
- A focus on fresh fruits, vegetables, and whole grains
- Fat-free or low-fat dairy products such as yogurt, cheese, and milk
- Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
- Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils
- Staying away from foods high in sodium and added sugars

For more information on weight management and improving

nutritional practices, visit the National Institute of Diabetes and Digestive and Kidney Diseases at www.win.niddk.nih.gov/publications/for_life.htm.

GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)
- Biking
- Tennis
- Aerobic exercise classes (step aerobics, kickboxing, dancing)
- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged. For more information on getting fit, visit the President's Council on Physical Fitness and Sports at <http://fitness.gov/>. Happy New Year from Concentra Urgent Care!



- Kids Stuff -

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



The Story on Scars

Holly loved nothing more than riding her bike. But one day, she missed a curb and hit the pavement - splat! Now her knee was scraped and her elbow was cut. Her brother Darren helped Holly up and used his T-shirt to dab at the blood on her elbow. "Wow," he said, "You're probably going to have a huge scar."

WHAT EXACTLY IS A SCAR?

A scar is the pale pink, brown, or silvery patch of skin that grows in the place where you once had a cut, scrape, or sore. A scar is your skin's way of repairing itself from injury. Look at your skin. You probably have one or two scars already. Most people do. Why? Because a lot of things leave behind scars - from falls, like the one Holly had, to surgeries.

Scars are part of life and they show what you've been through. For some people, scars are special. A kid in your class might have a scar on his chest because he had heart surgery as a baby. Or you might have a scar from the chicken pox. Centuries ago, warriors showed off their scars as symbols of their bravery and to impress their friends with the exciting tales about how each one happened. Do any of your scars have a story?

HOW DO I GET A SCAR?

No matter what caused your scar, here's how your skin repaired the open wound. The skin sent a bunch of collagen (say: ka-leh-jen) - tough, white protein fibers that act like bridges - to reconnect the broken tissue. As the body did its healing work, a dry, temporary crust formed over the wound. This crust is called a scab.

The scab's job is to protect the wound as the damaged skin heals underneath. Eventually, a scab dries up and falls off on its own, leaving behind the repaired skin and, often, a scar.

A scar isn't always a sure thing, though. "It's not so much how deep or severe a wound is that determines whether a scar will form, but rather the location of the wound and that person's genetic [inherited] tendency to form scars," says Brian Flyer, a doctor from California.

In other words, certain people tend to get scars more easily, and scars are more likely to form after wounds on certain parts of the body.

HOW DO I PREVENT A SCAR?

Of course, the best way to prevent scars is to prevent wounds! You can reduce your chances of getting hurt by wearing kneepads, helmets, and other protective gear when you play sports, ride your bike, or go in-line skating. But even with protective gear, a person can still get hurt once in a while. If this happens, you can take steps to prevent or reduce scarring. You can help your skin heal itself by treating it well during the healing process.

How do you do that? Keep the wound covered as it heals so you can keep out bacteria and germs. Avoid picking at the scab because it tears at the collagen and could introduce germs into the wound. Some doctors say vitamin C (found in oranges and other citrus fruits) helps by speeding up the creation of new skin cells and the shedding of old ones. Also, some people believe rubbing vitamin E on the wound after the scab begins forming can aid the healing process. Your parent can talk to your doctor about whether you should try this.

SO LONG, SCARS!

Some scars fade over time. If yours doesn't and it bothers you, there are treatments that can make a scar less noticeable, such as skin-smoothing medicated creams, waterproof makeup, or even minor surgery. Talk to your parent and doctor to find out if any of these treatments would be right for you.

Sometimes the best medicine might just be to talk. Tell your parent or doctor what's bothering you about your scar and how you feel on the inside. Because when the inside feels good, the outside always seems to look better!

Updated and reviewed by: Patrice Hyde, MD • Date reviewed: January 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 or www.TeensHealth.org. ©1995-2006. The Nemours Foundation

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