

VOLUME 20, NUMBER 2

FEBRUARY 2013

FAIRFIELD

Community Gazette

OFFICIAL FAIRFIELD COMMUNITY ASSOCIATION NEWSLETTER



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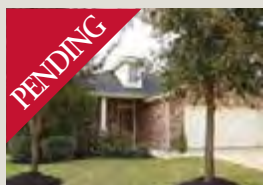
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FAIRFIELD IMPORTANT NUMBERS

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
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 (Fairfield Central)	JLB8848@gmail.com
Tami Ehler (Fairfield Central)	fairfield-bradford@sbcglobal.net
John White (Fairfield Central)	281-373-1223
Louis Iselin (Fairfield Central).....	281-256-1874
Brian Gambrell (Fairfield South)	brian_gambrell@hotmail.com
Alison McGahan (Inwood Park)	afflora@comcast.net



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Eddie Meier (Fairfield South)	emeier@gmail.com
Craig Jackson (Inwood Park)	craig.r.jackson@gmail.com
Billy Sutton (Inwood Park, FF Village Communit Assoc.)	281-304-9419
Mark Newman (Inwood Park)	marcnewman1957@comcast.net
John Hanes (Lakes of FF, FF Village Community Assoc.)	713-431-2245
Patrick Wong (Lakes of Fairfield)	pcwong1@earthlink.net
Jeanie Stahl (Lakes of Fairfield)	jeanie.stahl@sbcglobal.net
Candace Buenger (Trails of Fairfield)	candacebuenger@yahoo.com
Brian Roberts (Trails of Fairfield)	brian.roberts53@att.net

Friendswood Development:

Tim Fitzpatrick (Lakes, Trails, FF South)	281-875-1552
Tommy Weaver (Lakes, Trails, FF South)	281-875-1552
Nan Peavey (FF South, Fairfield Village Community Assoc.)	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

Bus Information.....	281-897-4380
Cy-Fair Administration	281-897-4000
Cy-Ranch High School.....	281-373-2300
Sayards Middle School.....	281-373-2400
Ault Elementary.....	281-373-2800
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 9th of the month prior to the issue.

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January 17th

Happy Sweet 16 to our wonderful daughter Abbey Birbeck.

*Love Always,
Mom, Dad and Ben*

February 25th

Happy Birthday Robert Ortiz, a wonderful husband & father.

Love, Kim, Kayla, and Rylie

COVER PHOTO

Do you take great photos?

Do you take great photos? Would you like to see your photo published? We are looking for great cover photos for upcoming issues of the Fairfield Gazette. Our deadline for submittals is always the 9th of the month prior to the issue. All photos should be submitted electronically by the deadline date in high resolution (300 dpi) to fairfield@peelinc.com. Portrait (vertical) photos work best.

This month's photo was submitted by Heather Rauch.

To view other photos submitted please visit www.PEELinc.com/Fairfield, and view any of the past newsletters.

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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From the White House FAIRFIELD CENTRAL UPDATE

In case you have not heard, the vote by Bradford Creek, Chappell Ridge and Garden Grove homeowners to combine into Fairfield Central Neighborhood Association, Inc. was finally completed in early December 2012. The three neighborhoods had distinctively different bylaws. The bylaws for Chappell Ridge and Garden Grove required that two thirds of the homeowners had to be in agreement for any proposal to pass. The bylaw requirements for Bradford Creek to pass a proposal were much less stringent.

The proposed merger of the three neighborhoods into one Fairfield Central Neighborhood Association was based on the financial aspects only while the deed restrictions for each neighborhood remained as originated. The Bradford Creek neighborhood of 1177 homeowners very quickly met the bylaw requirements for the number of votes needed for approval of the financial merger. The Chappell Ridge and Garden Grove vote was more of a challenge and required several of the board members of these neighborhoods to go door-to-door to get out the vote. Eighty-seven percent (87%) of those homeowners voting in Chappell Ridge were in favor of the merger into Fairfield Central Neighborhood Association. In Garden Grove, ninety-six percent (96%) of the homeowners voting agreed to the merger. Both Chappell Ridge and Garden Grove exceeded the required two thirds votes of all of the homeowners.

There are a total of 1881 homes in the Fairfield Central Neighborhood Association. Combining the three neighborhood finances resulted in reduced costs for management fees, audit fees and miscellaneous operating expenses. These changes will keep the neighborhood annual assessment for Fairfield Central at \$300.00 for at least two years. AMI is working to reduce the costs of several budget line items to further improve the Fairfield Central balance sheet.

One of the benefits of getting out the vote was the chance to meet many homeowners in this very large neighborhood. We found that many people overlooked the request to vote, did not understand it or lost it in their very busy suburban lives. The direct meeting with those homeowners helped to get out the vote.

Fairfield Central encourages Inwood Park, Lakes of Fairfield and the Trails of Fairfield neighborhood associations on the east side of Mason Road to consider combining into one neighborhood association to provide a strong presence in Fairfield. Such a move would make for three larger neighborhood associations (Fairfield South, Fairfield Central and Fairfield East) to share a voice and the direction of this great subdivision.

John White – Fairfield Central Board Member

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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 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 FEBRUARY BUSTRIP PLANS ARE FOR: 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 281-304-7127. 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 MARCH BUSTRIP PLANS ARE FOR: Saturday, March 2nd, Schulenburg, Texas. We will stop first at the Schulenburg Chamber of Commerce to pick up our guide then begin our tour of the historic painted churches. These beautiful old-world churches contain beautiful artwork, including frescoes, stenciling, stained glass

windows, and marbling techniques. You can get additional information on these churches at: www.schulenburgchamber.org. We will be having lunch at the Red Vault Bistro, a restaurant located in Flatonia. The buffet is only \$7.50, which includes tea and tax. Gabriel is their Master Chef who studied in Paris and has been a chef all over the world. The cost of this trip is \$15.00, plus the cost of your lunch. To get your name on the list for this trip call: Jackie Johnson @ 281-256-1364. Checks are to be made out to: Fairfield 50 Plus. Checks can be given to Jackie Johnson or Mary Lou Cook, and can also be mailed to Jackie Johnson at 20923 Golden Sycamore Trail, Cypress, Texas 77433. We will depart from the Fairfield Village Parking Lot promptly at 8:00 a.m. Please be there by 7:45 a.m.

OUR FEBRUARY ACTIVITIES PLANS: **Thursday, February 14:** 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, February 19: 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, February 28: 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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Around Fairfield

Fairfield Women's Club "Light Up the Night" Contest Winners:



1st Place:

The Foster Family 20922 Twisted Leaf Dr.
"Gigantic Santa with Musical Accompaniment to 90.3"



3rd Place:

The Sledge Family 15423 Hillside Park Way.
"Front of home lit up and decorated along with back of house (facing Mason Rd) lit up with large inflatables decorating back roof"



2nd Place:

The Griffin Family 20815 Katie Marie Ct.
"Welcome to Who-Ville where all the Who's are celebrating Whobilation 1000. However, the GRINCH hated Christmas, please don't ask why no one quite knows why...but as we all know, what the GRINCH learns is that perhaps Christmas means a little bit more than what he first thought...this message should indeed "bring joy to all your heart"..."



Honorable Mention:

The Fabre Family 14906 Yellow Begonia Dr.
"Lots of Merry Decorations with a candy cane lane and snowy happy faces on their carriage lights."

Thank you to all of the contestants who entered! Details & date for next year's contest can be found on our website:

FairfieldWomensClub.org

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FAIRFIELD LOST PETS

Ways to Report a Lost and Found Pets:

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To Subscribe: fairfieldpets-subscribe@yahoogroups.com.



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SATURDAY AND SUNDAY, FEB. 23 & 24

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The event will be held Saturday and Sunday, February 23 and 24 at the Berry Center, 8877 Barker Cypress Road, Cypress, TX 77433.

“Sometimes a small improvement to a home or yard can make all the difference,” said Tony Wood, president of Texwood Shows, Inc. and producer of the event.

Wood said this year’s Cy-Fair Home and Garden Show will be one of the best yet and a great place for inspiration. “We are especially excited about some of our new show features,” Wood said, “such as the Belgard Hardscapes Mobile Display. It literally is a semi truck filled with ideas to create your own picture-perfect patio.”

Featured for the first time at the show is a Cooking Stage. “The Whirlpool Cooking Stage will be informative, fun and tasty, with live demos both days of the show,” said Wood.

The Tea in Texas Tasting Stage is another first-time offering. “Here our visitors can take a soothing break, learn about the history of tea and its health properties, and sample unique Texas tea blends that local purveyors will be showcasing,” added Wood.

“We are pleased to welcome two more new and exciting exhibitor features: the Farmers Market at Bridgeland with fresh produce and homemade products from over twenty vendors; and unique home accessories in the **Antiques & Artisans Exhibit Area**.”

Brandon Lynch, a certified Aging-in-Place Specialist, will be featuring the Easy Living by Design booth. “Brandon is with Keechi Creek Builders and will share products and ideas on how to update a home to make it more accessible and comfortable to meet an owner’s changing needs - a trend as baby boomers age,” said Wood.

Creative ideas to transform a backyard into a relaxing oasis can be found at the Custom Outdoors Inc. booth, added Wood. Then complete the picture with assorted fruit trees and gardening containers and enjoy special discounts at the RCW Nurseries, Inc. in-show Garden Center.

“In addition to the more than 200 exhibitors, we have an excellent lineup of speakers that are well known, enthusiastic and have a wealth of experience - just what it takes to get you started on the right track with your home improvement projects,” added Wood.

Aspiring green thumbs can meet Kathy Huber, the Houston Chronicle’s gardening editor, and listen to Randy Lemmon, popular host of AM 740 KTRH’s GardenLine show, who will broadcast live



The Belgard Hardscapes Mobile Display, a semi truck filled with ideas to create the picture-perfect patio, will be featured at the Cy-Fair Home & Garden Show.

Photo courtesy Belgard Hardscapes.

from the show on Saturday until 1 p.m.

Linda Durham, professional home organizer, will offer innovative tips to organize your home and life; and color consultant Trish Buscemi will share the latest in color trends.

LaVerne Williams, AIA, LEED certified architect, will offer tips for creating a more energy efficient and sustainable home; and Mary Scalli, a home staging professional, will share some secrets for getting homes to sell quickly.

“This year’s show is truly a fun event for the entire family – with many new ideas to take back home and lots of opportunities to shop,” Wood said.

ABOUT THE 6TH ANNUAL CY-FAIR HOME & GARDEN SHOW

The 6th Annual Cy-Fair Home & Garden Show will be held from 9 a.m. to 7 p.m. on Saturday, Feb. 23 and from 10 a.m. to 6 p.m. on Sunday, Feb. 24. Tickets are cash only and are \$9 for adults, \$7 for seniors and free for children under 12. Parking is free. The event takes place at the Berry Center, 8877 Barker Cypress Road, Cypress, TX 77433. More information and discount admission coupons and exhibitor special offers available at www.CyFairHomeAndGarden.com.

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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Around Fairfield

3RD ANNUAL FAIRFIELD TRIATHLON

The 3rd Annual Fairfield Triathlon was held on October 21, 2012 with 428 racers, 193 first timers and over 100 volunteers. Cy-Fair Emergency and Imaging Center as title sponsor hosted a community health fair. With the help of our sponsors and an all time high in registration, the Fairfield Triathlon was a huge success.

Fairfield Women's Club presents donations totally \$16,806 to local charities: Morning Glory Ranch, Phred's Place, Team Tiara and OMS Life and Teddy Bear Drive.



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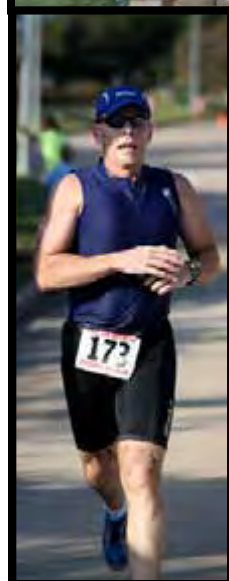
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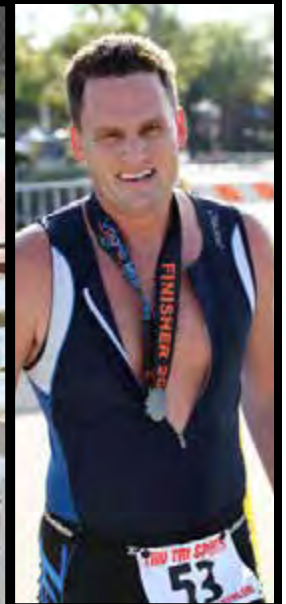
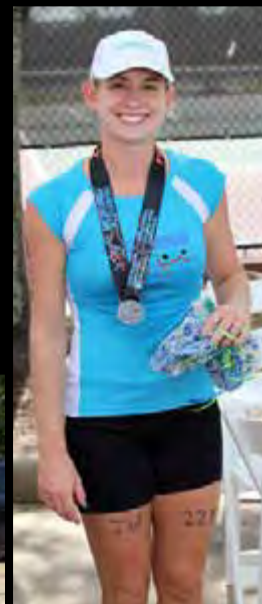


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TRIATHLON TRIUMPHS!



BOY SCOUTS OF AMERICA Troop 533 & 1907 FUNDRAISER!

Good Shepherd United Methodist Church & Fairfield Baptist Church

It is that time of year again for fertilizer and mulch to beautify your home this Spring! Troop 533 Chartered by GSUMC and Troop 1907 Chartered by FBC have joined forces to conduct our annual fertilizer and mulch fundraiser again this year beginning January 14, 2013. Troop 533 has delivered to homes in the Cypress community for more than 10 years and is proud to continue this tradition.

The money raised by the boys will directly benefit the individual Scout and the Troop Scouting Program. Funds are used for activities such as High Adventure Summer Camp in Colorado, Philmont Treks, Monthly troop campouts and so much more.

This year's offerings include Red or Black mulch, Hardwood or Pine mulch as well as Premium or Slow Release fertilizer and Weed n Feed fertilizer. Scouts will be visiting your neighborhood soon. All purchases will be Scout delivered on March 2, 2013. For your convenience, Scouts will be selling door to door in your subdivision beginning January

- 14th until February 11th. We will also have booth sales at Good Shepherd United Methodist Church in
- Fairfield on Sunday Feb. 3rd.

If you are reading this circular and think we may miss you or want to support, please order by emailing Troop 533 at BoyScoutsTroop533@yahoo.com or contact Stacy Hedrick 832-419-3199

Yours in Scouting,

Scoutmaster Russell Hickerson (Troop 533) Scoutmaster David Goodin (Troop 1907)



The MOMS Club® of Cypress / NW-Fairfield

Moms Offering Moms Support

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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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.

Mother's Day Out Registration

SonShine MDO Registration

Registration for our Fall 2013 classes is now available.

Sonshine MDO is a Tuesday/Thursday program from September-May for children age 18 months (by September 1) to Pre-Kindergarten

For information and tours, contact mdo@fairfieldbaptist.com or call 281-373-5446 ext 1004

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Around Fairfield

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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Northwest Harris County AGGIE MOM'S CLUB

China Luncheon Party Invitation

Saturday, February 23 at Shirley Acres!

If your dewy eyed darling has just morphed into an Aggie and you want to know what's next, Aggie Moms has the answers, for free. Our February speaker is Andy Richardson, Director of Big Screens, 12th Man Productions. Andy will give us a behind-the-scenes look at how they put together and produce the big screen videos the fans see on game day. Aggie Dads, Grands, bros and sis's are always welcome!

We want you at our China Luncheon, Saturday, February 23. The Fourteenth Annual Northwest Harris County Aggie Moms China Lunch one of this years' must attend luncheons.

You'll be treated to mimosas and invited to shop our vendors' booths. While you enjoy a wonderful lunch served by some of the best looking table hosts you can imagine, our guest speaker will share this spring's fashion surprises. Make your table reservation today on line at www.nwhcaggiemoms.org.

VENDOR CALL:

We still have space available for vendors at our China Lunch event. Visit our web site for more information.

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. T

he 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.

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 their potential. Find out how by exploring our website www.nwhcaggiemoms.org.

Aggie Moms meet the second Tuesday of the month at 7:00 pm, at the Houston Distributing Company, 7100 High Life Drive and Cutten Road from August through May. We have food, beverages, answers and fun. Drop on by and say Howdy. We'll be darn glad you did!



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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, February 16th.

www.houston-f-body.org



MUSTANG CLUB OF CYPRESS

Mustang Car Owners come join the Mustang Club of Cypress. This is a dues free Ford car and truck owners club. Meeting location Cypress Station Grill in Cypress near Lowes on February 11th 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 mcocy2735@yahoo.com or call Art after 6:00 pm.



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Sports Section

Tennis Court Complex Dedicated to John K. Holladay

On Saturday, December 8th, The Fairfield Village Community was proud and honored to dedicate its tennis court complex to John K. Holladay.

John Holladay began working for Friendswood Development Company in June of 1980 as the head tennis pro at the Copperfield Racquet & Health Club in west Houston. "I remember it very well", says Holladay, "I was working out of a small temporary trailer because the clubhouse was still under construction. We had a tiny air conditioner and it was one of the hottest summers on record in Houston that year." Holladay went on to own and operate Copperfield for 24 years, and eventually sold the club in 2004. Along the way, in 1994, he started working with a new venture with Friendswood, when he was contracted to manage the Fairfield Athletic Club. The FAC, as it is called, is part of the amenities package that is afforded homeowners in Fairfield, another one of Friendswood neighborhoods in west Houston. "Fairfield had really just been getting off the ground back in the early 90's, and the growth that has taken place since then is truly amazing - it's quite a settlement," John said lightheartedly. On this journey with Friendswood, Holladay was instrumental in investing into the development by adding four of the six tennis courts that are now a part of the 20 acre FAC recreational package. The Club also includes, swimming, indoor basketball, outdoor soccer and baseball fields, as well as a state of the art health and fitness center. In addition, programs are offered to youngsters before and after school and during the summer for working parents. Holladay's enthusiasm for tennis is not by chance - he played professional tennis in the 1970's (right after Abe Lincoln was president he likes to joke) - competing in the US Open, Australian Open, and Wimbledon. John still plays tennis for fitness and fun, but also competes here and there. He and his daughter, Hannah, a recent graduate at UC Irvine, were ranked number 1 in the US in 2008, after winning three national titles. This past September he also won the United States Professional Tennis Association (USPTA) International Doubles Championships in the 55's division. "Although I love all kinds of sports and fitness, my heart belongs to tennis," he says, "and I have been very fortunate to spread my love of the game with many youngsters - and oldsters, due to my relationship with Friendswood at Copperfield and the homeowners at



Fairfield. I hope to continue to work for many years with our great team at Fairfield to bring health and well being to all of our participants in their favorite sport or fitness activity.

John Holladay and his staff at the FAC, would like to thank Friendswood Development Company, the resident board members, especially Ed Hofer for his continued support and hard work as well as the Fairfield Village Community Association and the on-site AMI property managers.

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FAST 2013

It's not too early to start thinking about swimming FAST in 2013!!

Fairfield Area Swim Team (FAST) is a neighborhood summer swim league that is part of the W1 division of NWAL (Northwest Aquatic League) which currently has over 99 swim teams. Fairfield's swim team has an awesome reputation as a neighborhood swim team, and we have our terrific 8 lane neighborhood pool, right here in Fairfield!!!

Information about our team, practice location, general calendar items, coaches, board members, and more can be found on our website: www.swim4fast.net

Online registration will begin on March 1st, 2013 and will continue through April 30th. We will also have an in person registration date, which will be announced on our website in early February.

We offer a Swim Clinic in April that is a 2 day a week/3 week program or a 4 day a week/3 week program designed to jump start your swimmer for the season as well as give new and younger



swimmers the chance to see if swim team is right for them. It is important to note that swim team is not beginning swim lessons. Coach-to-swimmer ratios are not appropriate to ensure the safety of struggling swimmers in the water.

We recommend that your child be able to swim basic swim techniques and be able to swim under water to join. Clinic dates will be announced on our website soon.

Our practices begin mid-April and will be held after school until the end of the school year when they will move to the mornings. Our intra-squad trial (Blue & White Meet) is in early May and dual meets begin mid May. We have swim meets every Saturday and finish up with our Divisional Meet (think of this as a swim tournament) towards the end of June.

If you are interested in learning more about our program, please explore the website. If you have further questions please contact Tanya Thome at president@swim4fast.net.

See you at the pool!

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Youth Track Club Registration in February

The Northwest Flyers Youth Track Club is registering athletes for the 2013 summer track season. Elementary students up to 6th grade should register during February and the first week of March. Middle and high school athletes can also register, but should compete after their school season is over.

The non-profit, 501(c)(3) club is affiliated with USA Track & Field (USATF), and 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, and was founded 26 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

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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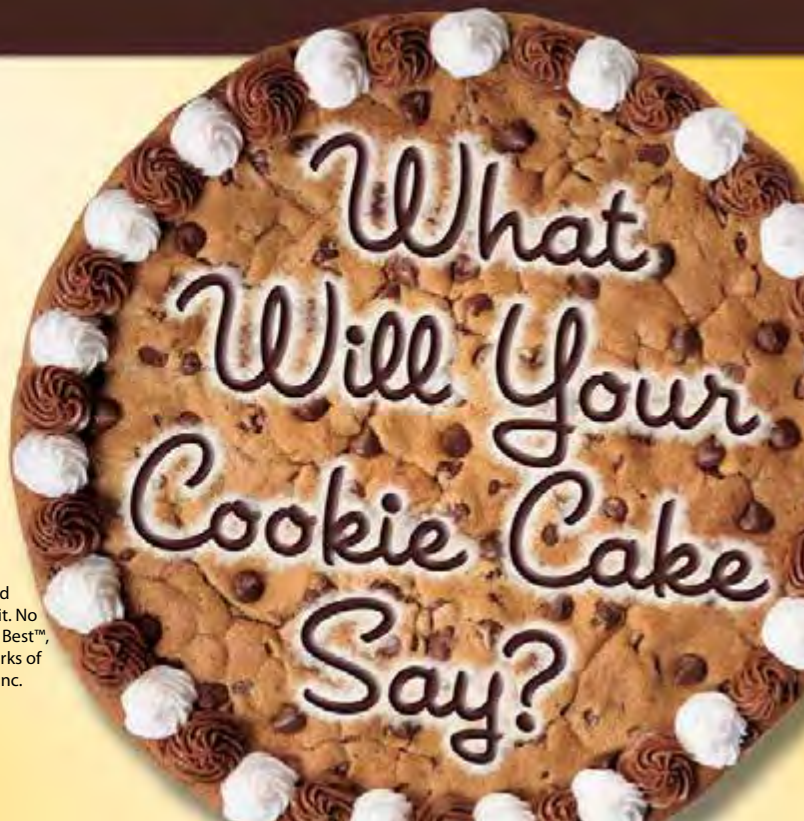
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6th Annual

Cy-Fair HOME & GARDEN SHOW

February 23 & 24

WHAT'S NEW!

WHAT'S NEXT!

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Show Highlights



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LaVerne Williams
Houston's leading green and LEED
Certified Architect

Mary Scalli
Home Stager and Interior Decorator!

Go to **CyFairHomeAndGarden.com** for full speaker slate and times.

DECEMBER SECURITY REPORT



911 Hang up call.....	3
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Burglary Habitation.....	4
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Park Check.....	3
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Criminal Mischief	9
Family Disturbances	3
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Meet the Citizens.....	23
Mud Building Check.....	6
Parking Lot Check	2
Suspicious Persons	10
Thefts/Residence	1
Traffic Stops	6
Suspicious Vehicles	14

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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Waste Management Programs Make a Splash in Fairfield

The end of last year brought two new, exciting programs to your community thanks to Waste Management, Fairfield Village, and MUDs 322, 354, 396 and 397. We've had a great response to Recyclebank, the new recycling rewards program, brought to you by Waste Management. Over a quarter of Fairfield Village households are reaping the rewards of the community's recycling activity! Have you activated your account?

Recyclebank is an innovative new program that 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. We believe that the Recyclebank program is a win-win-win for our residents, local businesses and the environment.

In addition to the points earned from the community's recycling activity, Recyclebank members can also earn points for referring your neighbors, learning about ways to green your lifestyle on the Recyclebank website and also by reporting your recycling activity through the Recyclebank website. To register today, visit Recyclebank.com/wm!

AT YOUR DOOR SPECIAL COLLECTION

At Your Door Household Collections have begun in Fairfield and has had a great first step. Now that we have unwrapped all the presents, how many of you have the OLD electronics just setting in the closet? Schedule to have them collected and get ready for the spring. This is an important new service for all the residents of Fairfield, that makes it easy for you to dispose of and recycle home-generated waste, including household hazardous waste- safely, easily and responsibly. To schedule your AT Your Door collections please contact our team at 1-800-449-7587 or email atyourdoor@wm.com

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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. 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, February 21, 2013 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)

Spring Car Wash – Watch for more information about date and location! For more information contact: Cris at: 2013MANE@gmail.com.

Powder Puff Football. April 15, 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 February 21st.

www.maneevent2013.org

MARK YOUR CALENDAR:

GENERAL MEETING DATES:

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

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





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School News

Cypress Woods Key Club

With the first semester of the school year coming to a close, the Cypress Woods Key Club aspires to teach the value of service, putting others before yourself, and the importance of community to a new set of members. With new fundraising projects under way and service activities throughout the community, Key Club continues to transform the way students think, interpret, and treat others. This year, our Key Club hopes its ideals of self-respect for oneself, others, the community, and one's faith directly impact each individual's daily outlook and perspective of life.

After an exciting first semester, Key Clubbers are ready to showcase their true dedication to service, through leadership, responsibility, and volunteerism. With the New Year approaching, members are showing personal initiative to finish their fall hours by volunteering in new events, attending meetings with friends, appreciating the service of their peers, and reevaluating K-Family relations. Cypress Woods Key Clubbers will have the opportunity to participate in local elementary fun nights, gymnastic respites, and raise funds for the ELIMINATE Project.

As the fall semester winds down, Key Clubbers are ready to begin another passionate semester of service. From raising funds for the Children's Miracle Network and the ELIMINATE Project to working on projects such as Trick-Or-Treat for UNICEF, Key Clubbers have



found their place in the community, locally and internationally. Throughout the academic school year, Key Club hopes to involve more students, expand the outlook of its members, infuse family values, and instill the human contribution. If you or anyone you know requires any help from Cypress Woods Key Club, please contact cywoodskeyclub@gmail.com. We are always happy to help our community!



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WRAP FUNDRAISERS

NEXT MEETING FEBRUARY 11 AT 7:00 IN THE CWHs COMMONS

We will be having a fun raffle for a local gift certificate. Tickets will be \$5. You don't want to miss out! 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!

Mr. Cy-Woods will be held Thursday, February 7. Come out and cheer on the senior men as they compete for the title of Mr. Cy-Woods!

The Ranglers & Rhinestones committee is busy planning our largest fundraising event of the year. This is an adults only, open to the community, dinner, dance and silent auction that will be held on April 5 at Tin Hall. We will need donations of silent auction items, event/tablesponsors, volunteers, etc. We'd love to help you promote your business to the CWHs parents and our community at large! and Be a part of this fun and important event!! 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.

Check out our website <http://www.cywoodswrap.com/> or our Facebook page Cy-Woods WRAP 2013 for more information.

UPCOMING SPIRIT NIGHTS:

Why cook when you can enjoy a great meal and support WRAP at the same time?!

Feb. 6 Willie's Ice House

Feb. 27 Chili's

Feb. 18 Newk's

Be sure to tell your server you are there to support Cy-Woods' WRAP!

February 11

April 15

March 18

May 13

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



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Allison Arthur
M.D.



Christy T. Knowles
P.N.P



Alyssa Kuban
M.D.

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Cy-Fair Choir Presents:
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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
NW Frwy, Cypress, TX 77429

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Casino Night

Hosted by Cypress Ranch Athletic Booster Club
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Saturday, February 9th at 7pm
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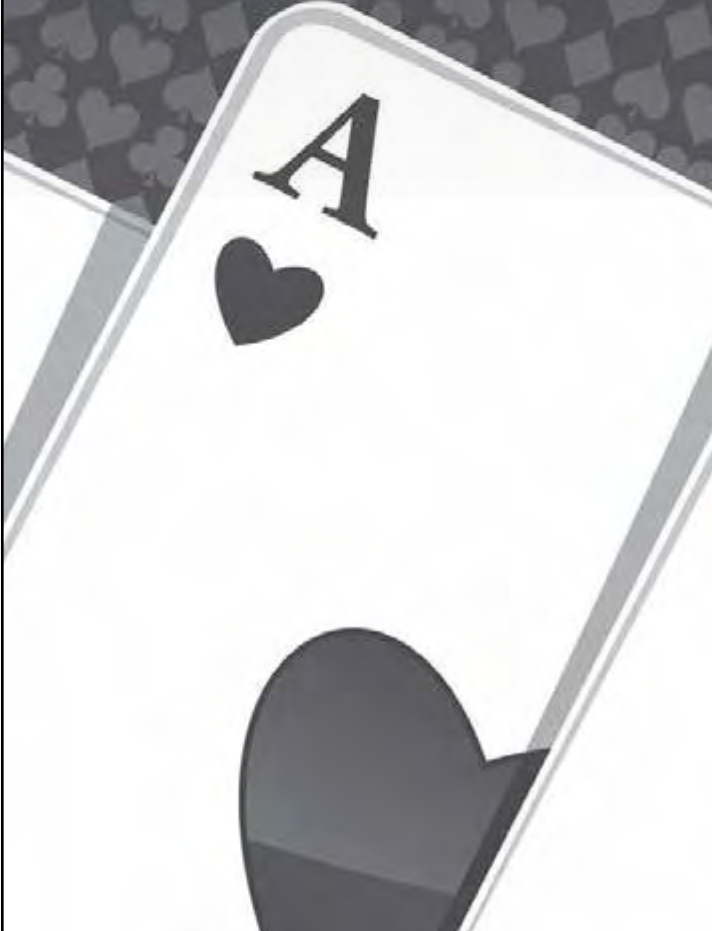
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CY-FAIR KIWANIS CLUB

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 Clubs 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 businesses and organizations as well as



individual memberships.

CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs and two Builders' Clubs in the Cy-Fair School District. We sponsor 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.

The Cy-Fair Kiwanis Club meets 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 at 281-463-0373, George Crawl 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.

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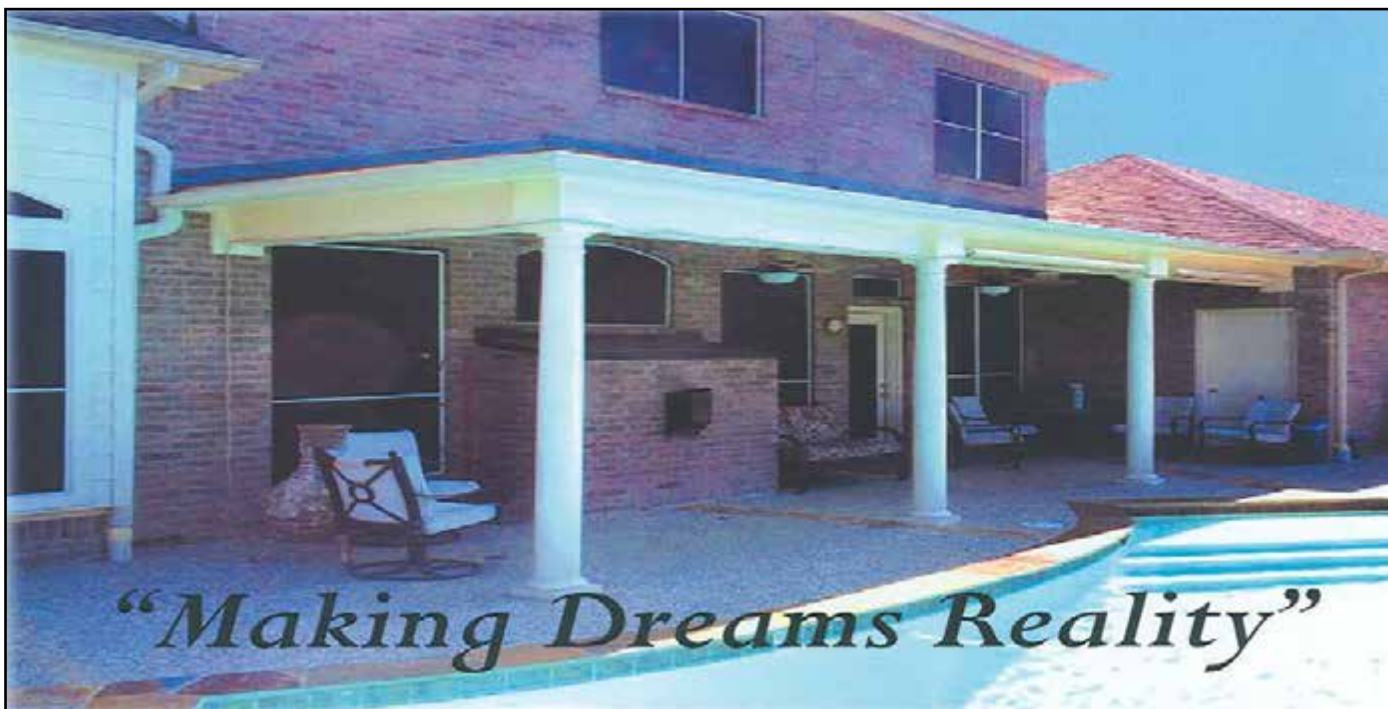
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For more information, please contact the chapter Regent, Cheryl Partney at cpart86@comcast.net or by phone at 832-654-0306.

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CYPRESS TEXAS TEA PARTY

It is the purpose of the Cypress Tea Party to work for the return of the United States of America to the conservative constitutional principles on which the Republic was founded. Those principles being freedom and liberty for the citizens, smaller government, limited government interference in the lives of citizens and less government spending.

We meet every three weeks from Noon to 2:00 PM on Saturday at:

**Spring Creek BBQ
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Cypress, TX 77429**

Go to our website at www.cypressstextasteaparty.org for meeting days and speakers or email me for more information

*David M. Wilson
Director, Cypress Texas Tea Party
cypressstextasteaparty@gmail.com*

Cypress-Tomball Democrats *Host February Monthly Meeting*

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, February 19th, 2013. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 to 8:00 p.m.

All are welcome to attend the meeting and to join this growing club, which meets on the third Tuesday of every month, and always features an informative guest speaker. For more information, visit the website at www.cytomdems.com or contact Olga Moya at cytomdems@yahoo.com.



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FOR SALE: Safety 1st onboard 35 infant car seat, Orion blue. Holds infants to toddlers, 35 lbs, & is rear-facing. \$45. Playtex Diaper Genie II, \$12. Call Amy @ 832-312-8025.

FOR SALE: Graco cozy dinette highchair, Elyse. Has dishwasher safe feeding tray, 5 point harness, wheels, storage basket, etc. \$60. Call Amy @ 832-312-8025.

FOR SALE: 90" houndstooth sofa from Star furniture. burghandy, tan and olive, with two paisley pillows. Eight years old used by couple with no pets or smoking. Good condition. \$125. Call Kathy @ 281-304-1681.

FOR SALE: Used Three Quarter Karl Reiser Upright Bass, Bass Stand, Stool and Rockstop. \$450.00 Please call 281-650-6430.

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FOR SALE: 1991 Corvette 350 Automatic. Dark Blue. Leather interior. Good condition. \$8500. 281-304-1564

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Personal classifieds (one time sell items, such as a used bike...) run at no charge to Fairfield residents, limit 30 words, please e-mail fairfieldgazette@peelinc.com.

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HEADACHES

Submitted by Dr. Jeff Echols

I've been treating headaches for over 25 years and I believe they are very misunderstood by the general public.

It's only human nature to have a reason for why something is occurring, so when people get a headache they usually try to determine the reason for their headache. Some of the reasons I hear are quite amusing. "My husband gives me a headache, ... my boss, ...my kids." "I sit at a computer all day and THAT is the reason I have a headache." Sometimes people think that headaches are just normal and everyone gets them. I can assure you that headaches are not normal. Headaches are a sign that there is something wrong. Just like all symptoms are signs that something is wrong.

Headaches can be caused by a lot of different things. They can be caused by exotic and dangerous things like a brain tumor, but more often they are caused by common things. The most common reason is pressure on the nerves of the neck that radiate back into the head. When the bones of the spine are misaligned it will put pressure on the delicate nerves that exit the spine. This will in turn cause the muscles of the neck and shoulders to become

tight and develop knots in them. You can actually reach up and feel the knots in your muscles. These knots are not normal and are a sign of spinal misalignment and soft tissue damage. Once the spinal misalignments are corrected the muscles relax more and the headaches are gone. Just for fun, I sometimes ask a headache patient when was the last they had a headache, once they have had their spine corrected. They will usually say something like "Gosh I haven't had a headache in months". I will ask them if they got divorced and they will look at me funny and say "NO, why?" You said your husband was the cause of your headaches! "Oh I guess I was wrong!"

So headaches are not normal, but are very common. They're usually caused by nerve pressure built up in the neck which causes tight muscles in the neck and shoulders. They can usually be corrected with gentle chiropractic therapy. You should get this checked even if the headaches are mild because if the bones of the spine are misaligned it will cause arthritic changes to form in the bones of the spine which will limit your ability to move and bend as well as other difficulties. Be proactive about your health.



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Heart Healthy Lifestyles

By: Concentra Urgent Care

Approximately every 60 seconds, an American will die from a coronary event. According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

WHAT CAN YOU DO TO LIVE HEART HEALTHY? THE AHA RECOMMENDS:

- Eating a healthy diet
- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat
- Exercising regularly
- 20-to-60 minutes per day, 3-to-5 times per week
- Avoiding tobacco products and tobacco smoke
- Limiting your alcohol intake
 - Women: 1 drink per day (maximum)
 - Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in heart

disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

WHAT SHOULD BE INCLUDED IN A FAMILY HISTORY?

- Any known congenital or hereditary disorders
- Major illnesses
- Chronic ailments or risk factors
- Smoking
- Obesity
- Alcohol problems
- The cause and age of death of any deceased relatives
- Childhood conditions
- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at www.AmericanHeart.org.

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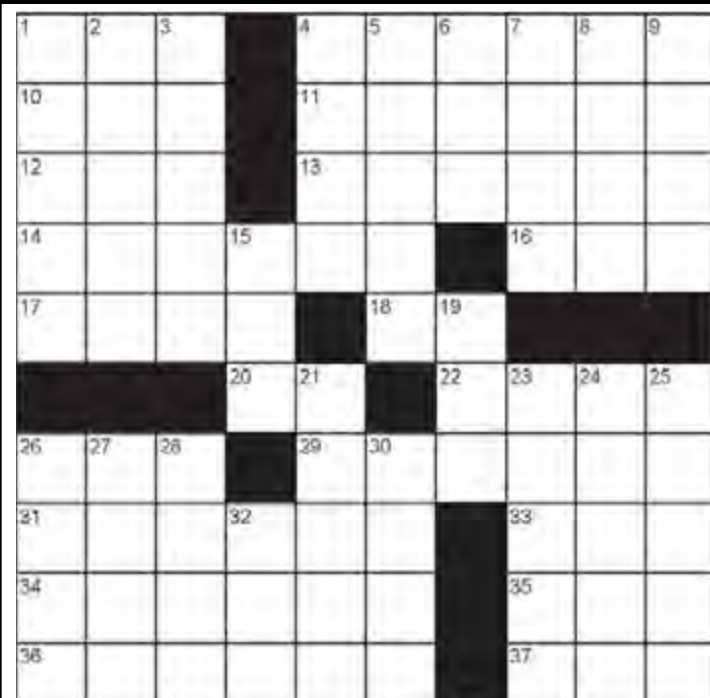
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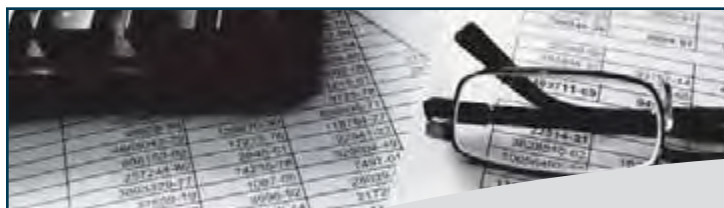
1. Dad
4. Panther
10. Time period
11. A Nissan car
12. Admiral (abbr.)
13. Programmer
14. A deviated one makes you snore
16. Vane direction
17. Time periods
18. Letter afterward
20. Evening
22. Garden tools
26. Pod vegetable
29. Egg dish
31. List of errors
33. Wrath
34. Tie clip
35. Rival
36. Stoles

DOWN

1. "___ porridge hot..."
2. Special request
3. South American plain
4. Tropical island
5. Holding device
6. And so forth
7. Enjoy
8. Sign
9. Weed in a wheat field
15. Cooking measurement
19. Her
21. Pattern
23. ___ Oyl (Popeye's girlfriend)
24. Spooky
25. Strong metal
26. Domestic friends
27. Little Mermaid's love
28. Region
30. Pilots
32. April (abbr.)

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Tennis Tips

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HOW TO EXECUTE THE SERVE

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, and the two handed backhand volley. In this issue, I will give you instructions on how to execute the serve, considered as the most important stroke, since the player has complete control of the game at this time. In these pictures student Helen Bourgeois demonstrates the proper form and technique. Photos by Charlie Palafox.

Step 1: Ready Position: The body is sideways with the right hand holding the end of the racket in a forehand grip position and the left hand is holding the ball under the throat of the racket. The left arm is slightly straight and the ball is held with the thumb, index finger and middle finger. This allows for a consistent toss without using the wrist and/or elbow. Feet are a shoulder width apart and the body is in equal balance. For beginners, it is okay to change the grip slightly toward the forehand grip. As the player gets more advanced, the continental grip will be a better one to give more spin on the ball.

Step 2: Back Swing: The left arm comes down and the right arm follows it. It is vital to slow down the motions to allow for both of the arms to have good balance in the front and behind the body. Notice that the hand is in the process of tossing the ball in front

of the body and the left wrist is bent down. It is imperative to have a good consistent toss since it will dictate the success or failure of the serve.

Step 3: The wind up: While the ball is in the air, the right arm will bend forcing the head of the racket to pick up speed by going behind the body. Notice the left arm is still up high and the toss is at least four to five inches above the possible point of contact on the sweet spot. The head and eyes are focused on the ball and the body is still turned sideways. Knees are bent to allow maximum explosion of the lower body.

Step 4: Point of contact: Once the player is ready to hit the ball, the right arm will force the racket toward the point of contact, while the left hand will come down toward the body. This allows for the “snap” of the wrist to accelerate and bring the ball down. Notice that the point of contact is slightly higher than then center of the racket. Eyes are still focused on the point of the contact and will be ready to look down as soon as the ball leaves the frame. The right hip is extended to allow the body to extend up.

Step 5: Follow Through: The racket speed will extend to the left side of the body. The right foot is coming forward and is pointing toward the net. The trunk is straight and eyes are focused on the direction of the ball. At this point the player will take the split step and will jump either behind the base line to rally with the opponent or will move toward the net to serve and volley.

Look for in the next Newsletter: The Half Volley



Travel the World Without Leaving Your Hometown

Host a Foreign Exchange Student

By Vicki Odom

Who hasn't dreamed about walking among the Egyptian pyramids, or soaking in the sun on a beach in Spain, or wandering along the Great Wall of China? Every parent wants to give their children a taste of the world, but the economic reality of international air travel for a family, not to mention hotels, passports and food, makes it tough for most of us to consider except in our daydreams.

There is a way to give your children the world - without leaving your living room. How? Host a foreign exchange student from a country you've always admired! Fascinated by France? Curious about China? Intrigued by India? By welcoming an international student from one of these countries into your home, you instantly open a portal to a far off land.

Foreign exchange students come from all over the world. Ayusa matches host families with students from more than 60 different countries including Argentina, China, Ecuador, Egypt, France, Germany, Japan, Lebanon, Norway, Pakistan, Sweden, Thailand, Tunisia and Turkey. All high school foreign exchange students are fully insured, bring their own spending money, and are proficient in English - and all high school exchange programs are regulated by the U.S. Department of State.

"We welcome host families of all shapes and sizes - families with young children, families with no children, empty nesters whose children have left home, single parents and non-traditional families," says Heather Wells, Regional Director of Ayusa, a non-profit that promoting global learning and leadership through foreign exchange and study abroad opportunities for high school students. "The key requirements for a host family are to provide a safe and nurturing home environment, genuinely love children, and have a desire to learn more about a different culture."

Volunteer host families provide foreign exchange students a nurturing environment, three meals a day and a bedroom (either private or shared with a host sibling of the same gender). Each host family and student is supported by a professionally trained community representative who

works with the family and student for the entire program. All interested host families must pass a criminal background check and a home visit by an exchange organization.

Interested host families are required to fill out an application, pass a background check and interview with a local exchange program representative in their homes. Once accepted to a program, host families can view profiles of students to find the right match for their family.

"Hosting an exchange student is a life-changing experience - for the student, the host family, and the host community," says Wells. "There is no better way to teach your children about the world around them than through welcoming an international high school student into your home."

Ayusa is currently accepting applications for families to host an exchange student for the 2013 - 2014 school year. For more information about hosting a high school foreign exchange student, please contact Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.



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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 or www.TeensHealth.org. ©1995-2006. The Nemours Foundation

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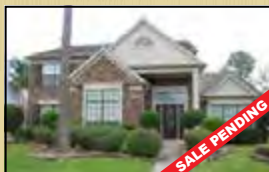
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Baker's Ridge	3	\$78.21	111
Chappell Ridge	5	\$70.24	31
Cottage Glen	1	\$63.79	85
The Estates	3	\$76.72	121
Garden Grove	6	\$67.75	83
Glen	1	\$71.74	21
Inwood Glen	2	\$75.86	12
Inwood Park	11	\$66.94	55
Lake Crest	1	\$98.88	42
Lakes/Lake Point	5	\$84.98	77
Crossing/Landing/Reserve	1	\$69.86	98
Meadows/Park/Retreat	3	\$75.96	39
Oaks/Trails	1	\$76.35	57
Summer Crossing	3	\$71.90	95
Summer Gate	2	\$78.57	52
Summer Ridge	3	\$80.84	58

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