

VOLUME 20, NUMBER 11

NOVEMBER 2013

FAIRFIELD

Community Gazette

OFFICIAL FAIRFIELD COMMUNITY ASSOCIATION NEWSLETTER



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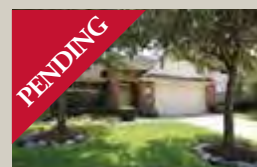
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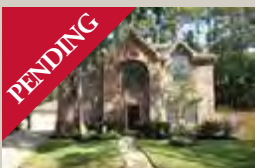
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FAIRFIELD IMPORTANT NUMBERS

BOARD MEMBER LISTING

Fairfield Village Community Association

The "Master Board" is comprised of one representative from each
Neighborhood Association

Brian Roberts (Trails of Fairfield) President
Tim Fitzpatrick (Fairfield South) Vice President
Ed Hofer (Fairfield Central) Secretary/Treasurer
Billy Sutton (Inwood Park) Director
Tommy Weaver (Lakes of Fairfield) Director

Fairfield Central Neighborhood Association

Louis Iselin (President) 281-256-1874
Tami Ehler (Vice President) Fairfield-bradford@sbcglobal.net
Ed Hofer (Secretary/Treasurer) Bradford.neighbor@hotmail.com
Jan Bertoli (Director) JLB8848@gmail.com
John White (Director) 281-373-1223

Fairfield Village South Neighborhood Association

Tim Fitzpatrick (President) Friendswood Development | 281-875-1552
Tommy Weaver (Vice President) Friendswood Development | 281-875-1552
Nan Peavey (Director) Friendswood Development | 281-875-1552
Brian Gambrell (Director) brian_gambrell@hotmail.com
Ronnie White (Director) ronniewhite66@sbcglobal.net

Inwood Park Neighborhood Association

Billy Sutton (President) 281-304-9419
Alison McGahan (Director) afflora@comcast.net
Craig Jackson (Director) craig.r.jackson@gmail.com
Marc Newman (Director) marcnewman1957@comcast.net

Lakes of Fairfield Neighborhood Association

Tim Fitzpatrick (President) Friendswood Development | 281-875-1552
Tommy Weaver (Vice President) Friendswood Development | 281-875-1552
Patrick Wong (Director) pcwong1@earthlink.net
Jeanie Stahl (Director) Jeanie.stahl@sbcglobal.net

Trails of Fairfield Neighborhood Association

Brian Roberts (President) brian.roberts53@att.net
Tim Fitzpatrick (Vice President) Friendswood Development | 281-875-1552
Tommy Weaver (Director) Friendswood Development | 281-875-1552
Candace Buenger (Director) Candacebuenger@yahoo.com

FAIRFIELD VILLAGE MANAGEMENT

Fairfield Village Manager

Aly Long 713-332-4762, alycia.long@fsresidential.com

Project Manager

Ernie Griffith 713-332-4761, guy.griffith@fsresidential.com

Fairfield Resident Relations

Jennifer Sailer 713-332-4763, Jennifer.Sailer@fsresidential.com

First Service Residential Help Desk

..... 713-932-1122, contactus.tx@fsresidential.com

EMERGENCY NUMBERS

Ambulance/Fire/Officer 911
Poison Control 800-222-1222

NON-EMERGENCY NUMBERS

Fire/Ambulance 713-466-4073
Cy-Fair Medical Clinic (24 hr.) 281-890-4285
FBI 713-693-5000
Harris County Animal Control 281-999-3191
Harris County Precinct 4 281-376-3472
Vacation Watch 281-401-6200

MISCELLANEOUS NUMBERS

Fairfield Athletic Club (FAC) 281-373-0834
Friendswood Development 281-875-1552
Harris Co. Library 281-890-2665
Harris Co. Mosquito Contro 713-440-4800
Harris County Hazardous Waste 281-560-6200
Courthouse Annex 281-859-0685
Driver's License 713-681-6187
Post Office 281-373-9125
Voter Registration 713-224-1919

UTILITY NUMBERS

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ENTEX (Gas) 713-659-2111
Sewern Trent (Water, Trash) 281-398-8211
Comcast 713-341-1000

SCHOOL NUMBERS

Bus Information 281-897-4380
Cy-Fair Administration 281-897-4000
Cy-Ranch High School 281-373-2300
Salyards Middle School 281-373-2400
Ault Elementary 281-373-2800
Keith Elementary 281-213-1744
Spillane Middle School 281-213-1645
Swenke Elementary 281-213-1200

COMMITTEE MEMBERS

Public Safety Committee-

Mark Montgomery mark@markmontgomerylawfirm.com

Fairfield Area Swim Team

president@swim4fast.net

Fairfield Women's Club-

fairfieldwomensclub@gmail.com

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. Photo's taken with digital cameras work pest. Photos taken with iPhones may not be high enough quality.

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.

Call 512-263-9181 to find out how to have your business featured on the cover of the Fairfield Gazette.

ADVERTISING INFO

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

ARTICLE INFO

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

To submit an article for consideration please email it to fairfieldgazette@peelinc.com. The deadline is the 9th of the month prior to the issue.

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Table of Contents

AROUND FAIRFIELD

- 7 Texas Night Out Block Party
- 9 Crafting for Christmas!
- 10 Fairfield's Fifty Plus Fun-Loving Group
- 11 Strings of Holiday Spirit
- 12 What Can You Do About Soliciting in the Neighborhood?
- 13 Fairfield Teen Plays Leading Role in Feature Film
- 14 BSA Life Saving Award is Awarded to Sammy Armstrong
- 15 Moms Offering Moms Support
- 15 Houston F-Body Club
- 16 Christmas Tree Recycling
- 17 Houston Dance Theatre's "The Nutcracker Ballet"
- 18 Fairfield Lost Pets
- 19 The NephCure Walk
- 19 Relay for Life Teams Now Forming!
- 20 Northwest Harris County Aggie Mom's Club

SPORTS NEWS

- 22 2014 FSA Spring Baseball and Softball Season
- 24 Tennis Tips

SCHOOL NEWS

- 26 Cypress Fairbanks ISD Calendar
- 28 "Hats Off to Volunteers" at Cy-Fair ISD
- 29 MANE Event 2014
- 30 Cy-Christian Seventh Graders Earn Duke Recognition
- 31 Cypress Ranch Choir
- 31 Will You Help Us Plan and Pack Our Suitcase?

BUSINESS SECTION

- 32 Cy-Fair Kiwanis Club
- 33 Cypress Kappa Delta Alumnae Chapter
- 34 Kappa Kappa Gamma Alums of Houston NW
- 34 Cypress Tomball Democrats Host November Monthly Meeting
- 35 DAR Elisha Roberts Chapter

NEWS YOU CAN USE

- 38 USPS Mail
- 39 Fight Heart Disease One Step at a Time
- 40 Houston Repertoire Ballet: The Nutcracker!
- 44 Shalom!

KIDS STUFF

- 46 Does Eating Turkey Make Me Sleepy?

IN EVERY ISSUE

- 36 Classifieds
- 37 Teenage Job Seekers

Save The Date

7th Annual Pictures with Santa



Children, Family and Pets

Saturday December 7, 2013

10am to 3pm



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Texas Night Out Block Party

Redbud Leaf Lane, Brook Rise Circle, and Vista Heights Drive held a joint block party celebrating Texas Night Out on October 1st in an effort to get to know their neighbors better. Pizza, desserts, a raffle, and neighbor awards were part of the fun! Fairfield's own Corporal Rogers and Deputy Sandy Sanchez mingled with the neighbors answering questions. They also brought coloring books, toy badges, and pamphlets on crime awareness for those in attendance. Deputy Sanchez showed the children the inside of her police car and let them turn on the police siren, which proved to be quite a thrill for them. Our deputies also arranged for the fire truck and three of our firefighters to attend our block party. Adults and children alike were amazed learning about all of the items they need to carry on their fire trucks. The children climbed up in the cab of the fire truck and the Firefighters sounded their siren too! Many thanks to the Deputies and Firefighters for helping make the block party such a success!



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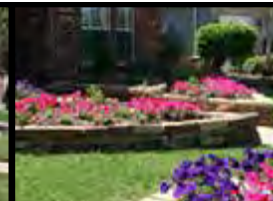
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FAIRFIELD WOMEN'S CLUB
invites you to our November meeting,
**"CRAFTING FOR
CHRISTMAS!"**

When:

Tuesday, November 19, 2013 from 7pm-9pm

Where:

Trendmakers Model Home in Fairfield.

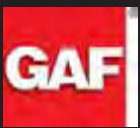
Address:

16806 N. Azure Mist Court, Cypress, TX 77433



Toys for Tots Donations: We welcome any toy donations at this meeting.
Get ready for the most wonderful time of the year with a fun "Do It Yourself" demo.

Enjoy a wonderful night of socializing with friends. We will have door prizes, games, food, drinks and so much more! For more information or to join, please visit FairfieldWomensClub.org.



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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 NOVEMBER BUSTRIP PLANS ARE FOR: Friday, November 22nd, a history trip of Houston and Harris County, Texas. We will visit the: Historical Documents Museum, which opened to the public on October 24, 2006. The room is available for viewing historical documents from 1837 – 1925. These court records are not just paper, they are valuable sources of Texas' and Houston's history. Some of the most badly deteriorated records have been restored and preserved by the Harris County District Clerk's Office. Those efforts have been honored with a 2004 Good Brick Award from the Greater Houston Preservation Alliance. We will also visit the Harris County's 1910 Courthouse, off Fannin and Preston downtown. It has been restored to the Beaux-Arts beauty as it was when it first opened 100 years ago. We will have guided tour of this historical site. More information can be secured at: www.preservationhouston.org/news/?p=96. Lunch will be at Treebeards – The Cloisters, located in the historic Christ Church. The cafeteria style service allows everyone to select from menus priced from \$8.95 to \$10.95 plus dessert if you wish. The food is southern and Cajun style cooking. Menus can be viewed at: <http://www.treebeards.com/locmenus/lm-cloister.php#menu>. The cost of this trip is only \$2.00, plus the cost of your lunch. Pay as you get on the bus, however reserve a place on the bus by calling Peggy Presnell at 281-304-7127 or email her at: pegpresnell@gmail.com. We will depart from the Fairfield Village Parking Lot

promptly at 8:30 a.m. Please be there by 8:15 a.m. We will return about 2:30 p. m.

OUR DECEMBER BUSTRIP PLANS ARE FOR: Friday, December 13th, a Christmas light tour. This trip will take us all around Houston to see the Christmas lights. Our tour guide will be Larry, who used to be one of our bus drivers. Larry knows all the best places for lights and a lot of Houston history. He is a very knowledgeable and interesting guide. The complete details for this trip are not available at this time and will be posted on our web page. Special Notice: The December trip is completely booked, however you can call Jackie Wurth @ 281-304-0805 to get your name on the waiting list.

OUR NOVEMBER ACTIVITIES PLANS: Thursday, November 13: The Monthly Planning Committee meeting at 1:00 p.m. at the Lakeside Trails Club House has been cancelled. At 6:30 p. m. at the Lakeside Trails Club House we will have a "Come & Play or Visit" night. No pot luck, just bring a hors d'oeuvre or snack, to share while you join in the games or just visit. However, plan on being there early. Doors open around 6:00 p.m. **Tuesday, November 12:** Game Night at the Cooks' House. This month's game night at the Cooks' has been cancelled. **Thursday, November 28:** Night at Lakeside Trails Club House. This month's game night has been cancelled. Happy Thanksgiving.

ADVANCE NOTICE: Our Annual Gift Exchange Pot Luck, **December 12th.** For the annual gift exchange pot luck, everyone brings a gift (around \$15.00). Ladies bring a woman's gift and the men bring a man's gift. Then after our meal, everyone will receive a number. The first person whose number is called will select a gift from their gender's gifts. They then open the gift and show it to everyone. When the next number is called, that person has a choice to either select a gift from their unopened gender gifts or take one from someone. Note: A gift can only be only taken twice. If the gift you had previously selected is taken, you will then have a choice, to either select a new gift or take one from someone else. This continues until everyone has a gift. It's really an exciting and enjoyable evening. Special Note: The club will be providing the meat dishes for this pot luck.

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

Special Notice: Unfortunately, Deb DeJarnette will not be able to take over as the trip coordinator as planned, and we need someone to fill this position. Call Jackie Wurth @ 281-304-0805 for more information for the duties of the trip coordinator. We have lots of members who enjoy the monthly trips; however, we need a few more to volunteer to handle a trip or two.

STRINGS OF HOLIDAY SPIRIT

WANT SOME APPRECIATION FOR HANGING ALL OF THOSE CHRISTMAS LIGHTS?

In the month of December, email us a night shot of your home all lit up! Winners receive a sign in their yard, picture on our Facebook page and name in the Gazette!

Send entry: No later than December 13rd by 5 pm.

To: FairfieldWomensClub@gmail.com

Include: Name, Address & Photo!

The light displays will be judged on the following: Does the display:

*Light up the Night?
Represent the Holyday Season?
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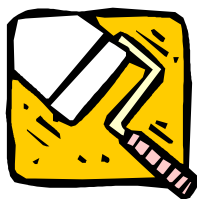
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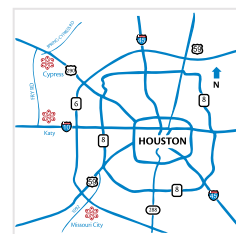


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What Can You Do About Soliciting In The Neighborhood?

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

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

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

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

No Soliciting



Fairfield Teen Plays Leading Role in Feature Film

By Chanti Nunn

Congratulations to Fairfield resident, Dominyck McCargo on his lead role in feature film, *Something Different!* 18 year-old McCargo played the role of "Corey" in the film that premiered to a sold out crowd of family, friends and supporters at the Alamo Draft House on September 29th in Katy, TX. With their eyes glued to the screen, movie goers anxiously awaited the opening scene! When asked what that moment was like, McCargo said, "I was cringing in my chair during the countdown, but once I saw my name on the screen and heard the cheers from the audience, it was very heartwarming."

The independent film was written and produced by Cypress resident, Trina Brown, founder of Wisdom Productions. *Something Different* raises awareness about Sickle Cell Disease. The director also played the role of Corey's mom and said writing this film was near and dear to her heart. "I lost my daughter to Sickle Cell and my family continues to battle it, so I wanted the movie to inspire others who have the disease," she said. McCargo doesn't suffer from the disease but said the character was perfect for him. "I feel honored to have been chosen for such a role," he said. "Trina really helped me understand her vision." Brown added that McCargo performed at the level that she felt was necessary for the character. "Dominyck did an awesome job! He had an enthusiasm that I had not seen before. His spirit of excellence towards his work was exactly what I was looking for."

McCargo said he always knew this was a path for him as he took candid moments to capture what he thought at the time, was his reality. "I've always pretended my life was a TV show so I'm not surprised that I'm acting," he chuckled. Also to his credit are two short films—"Rise Above" written by Kwaku El and Cameron Bishop



of RND Productions and "Stand," a martial arts film which was written and co-directed by McCargo, and filmed and directed by Dallas Box of LotD Entertainment.

McCargo is also a talented singer, dancer, musician, script-writer and professional model. Last year, he competed at the International Modeling & Talent Association (IMTA) competition in Los Angeles—where thousands of actors compete on various levels for top spots! McCargo took first place in the "Monologue" competition and was awarded a scholarship to attend the prestigious New York Conservatory for the Dramatic Arts in Manhattan, NY. It was there that he said he had a defining moment as an actor.

"I studied Technique, Performance and Scene Study---all designed to get you in touch with yourself," he explained. That experience was a

turning point for me. I was no longer a "kid" who could act, but I became the actor I am today. Through intense training, I learned to channel my personal experiences into my characters which forced me to realize myself," he explained. "People want to see actors connect. You either accept who you are and grow, or you do something different."

His advice to other students is to never give up! "If you really want it, you can achieve it. Don't let the no's discourage you" he said. "You may get a thousand no's, but all you need is one yes." McCargo will be returning to The New York Conservatory for the Dramatic Arts as a full-time student in January. He was awarded a second scholarship based on his outstanding performance during an audition for acceptance into the school. *Something Different* is scheduled to be distributed world-wide at the beginning of 2014. The trailer can be seen at www.somethingdifferentfilm.com/Photo-Gallery.html

		
<p>16333 Mueschke Rd Cypress, TX 77433 (281) 213-3200 info@fairfielddance.com www.fairfielddance.com <small>New Students: Mention Ad for \$10.00 Discount</small></p>	<p>REGISTER TODAY! *Where Dancers Reach For The Stars* Ballet * Pointe * Jazz * Tap Lyrical * Hip Hop * Modern Cheer Dance * Drill Jazz Leaps and Turns & More...</p>	

BSA Life Saving Award is awarded to Sammy Armstrong

Local scout from BSA Troop 533 saves girl's life

Sammy Armstrong is a seventh grade student attending Salyards Middle School. He is the son of Stacey Armstrong and Kelley Armstrong, and he is a member of the BSA Good Shepherd United Methodist Troop 533.

On October 3, 2013, Sammy was awarded the Honor Medal, a National Lifesaving Award, from the Boy Scouts of America (BSA) during an award ceremony at Fairfield Baptist Church in Cypress, TX. The BSA Honor Medal is a special award, only awarded to a scout that demonstrates courage, unusual heroism and skill or resourcefulness in saving or attempting to save a life at considerable risk to self. Only 2,354 Honor Medals have been awarded since 1923, and 52 were awarded nationwide in 2012.

While on vacation with his family, Sammy proved his outstanding and unusual heroism, scouting skills and bravery while attempting and accomplishing the mission of rescuing a young girl from drowning at McKinney Falls State Park in Austin in June of 2012.

After having finished a trip down the creek on their kayaks, Sammy, his younger brother, and father, Stacey headed for a swim at the bottom of the upper falls. In a moment of family fun as Sammy rested on a rock at the edge of the creek as his father and brother looked on from the ledge above, Sammy saw a 5- year old girl standing near her field trip group at the top of a the waterfall. According to Sammy's recollection of events, the young girl was reaching for a water bottle, when she slipped and fell into the water as the current swept her over the falls. The girl's chaperones were in a panic; they could not



see her. She had been rolled back by the current and concealed from the 15 foot stone they stood on. "All you could see was the top quarter-inch of her head," Stacey recalled. "Sammy was the only person down at the bottom of the falls. He looked around and got the bearings of the situation, and then he looked at me. I was scared to death but I tried to stay extremely calm for him. I said, 'You got this. You have to get her out of there.' He jumped in and went after her."

Sammy was able to pull the girl out and

above the 20-feet-deep water surface and pulled her to shore. Sammy was able to keep the girl calm even in a state of panic. Even though Sammy earned his Swimming Merit Badge with the Scouts and has proved to be a good swimmer as part of the Texas Terrapins Swim Team, Sammy's Father, Stacey feared the young girl would pull both Sammy and herself under water due to her panicked state. Sammy states, "I was afraid she might die. My dad couldn't get to her, but he told me that I could do it. So, I went in, and then when I was afraid that I might not be able to save her, I think God helped me." It is clear that Sammy was driven by his quick instincts ability to stay alert and he says that he had always been told to stay alert in the water and always know the quickest exit route and those principles he had learned from scouting and from his parents definitely played a role.

The family of the young girl is very thankful and grateful for Sammy's heroism. In the 15 months since the incident occurred, the family has been an important part in providing testimony to the BSA to help with the Honor Medal vetting process. Stacey said, "I can't tell you how many times they've said 'thank you.'"



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HOUSTON F-BODY CLUB

Houston-F-Body.org's Second Annual Anniversary Meet is upon us! Come celebrate with us at Bear Creek Park. It will be a pot luck event, so feel free to bring anything you want to, except alcohol. Please follow our Facebook page, <https://www.facebook.com/houston.transam.camaro.club.2012>, or on our own web page, <http://www.houston-f-body.org> for the directions, the time of the event, and other details. Last year's First Annual Anniversary Meet was a major success which we hope to repeat this year. See you there!

www.houston-f-body.org



Light of the World: Women's Christmas Banquet

Featuring **Darla Baerg**, master communicator and storyteller.

Friday, December 6 from 6:00-9:00 pm

FSM Student Building

Online Tickets sales begin November 17, cost is \$15/person

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For information about this and other events visit fairfieldbaptist.com

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M.D.**



**Christy T. Knowles
P.N.P**



**Alyssa Kuban
M.D.**

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The Cub Scout Packs and Boy Scout Troops of Fairfield will be working together to collect and recycle Christmas trees (lights & ornaments free, Please) after the holiday season. Please have your tree on the curb by 7 a.m. on Saturday, January 4th, 2014 to be picked up for recycling!

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Houston Dance Theatre's 31st Annual Production of

The Nutcracker Ballet

Celebrating our 31st year, North Houston's Premiere Ballet Company, Houston Dance Theatre, again gives local audiences the opportunity to experience the beauty and elegance of a Christmas tradition... The Nutcracker.

2 PERFORMANCES ARE SCHEDULED TO
TAKE THE STAGE:

Saturday, November 30th at 7:00 p.m.

and

Sunday, December 1st at 2:30 p.m.

The performances are held at the beautiful Westfield's Geiger Performing Arts Center, 16713 Ella Boulevard; 1 mile south of 1960.

Reserved seating tickets are \$22 each and may be purchased online at:
www.houstondancetheatre.org

Featured Russian Professional Guest Artists will join the cast of 75 local dancers, including the Houston Dance Theatre Company.

INCLUDED IN THE CAST FROM FAIRFIELD ARE

***Madison Bradley,
Rachael Dulaney, and
Olivia Letney.***

Houston Dance Theatre is an Honor Company of Regional Dance America. This exceptional production continues to enhance the arts in our community! This is the one to see!

For best available seating purchase your tickets early. Group sales are available. For further information or ticket sales, visit our website at: www.houstondancetheatre.org

Box Office location: American Academy of Dance / Home of Houston Dance Theatre, 15775 Bammel Village Drive Houston, TX. 77014. For telephone - credit card orders call: 281-444-9698

HDT is a 501(c)(3) organization - proceeds go toward the cost of this and future productions.





FAIRFIELD LOST PETS

Ways to Report a Lost and Found Pets:

Fairfield Pets Lost and Found Yahoo group (an email group). In order to send and receive emails from the group, please join/subscribe.

To Subscribe: fairfieldpets-subscribe@yahoogroups.com.

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THE NEPHCURE WALK HOUSTON

Walk to support research for Nephrotic Syndrome and Focal Segmental Glomerulonephritis (FSGS) on Saturday, November 9, 2013 at Stude Park in Houston, TX.

The NephCure Foundation along with local patients will be holding a NephCure Walk on Saturday, November 9, 2013. The Fisher Family, residence of The Fairfield Community in Cypress, began their journey in April of 2012 when their 2 year old daughter showed signs of having a rare kidney disease called Nephrotic Syndrome. Her kidneys are unable to properly filter protein into her blood and instead it gets flushed out into her urine. Because of this, Amelia's body is unable to use the protein in the places that it needs it most. After a kidney biopsy, several failed attempts at medicinal treatments, including high doses of steroids and chemotherapy drugs, genetic testing determined an even more rare form of the disease for Amelia, that will result in the eventual need for a kidney transplant.

With the cause and cure unknown and a continual increase of newly diagnosed patients, Nephrotic Syndrome and FSGS, have become a concern to patients, families, and physicians. The Fisher Family, along with countless other families, is actively supporting the NephCure Foundation and their efforts to find a cause and cure for this disease, in hopes that maybe their daughter will be spared the future need for a kidney transplant and the complications that go along with that.

The NephCure Walk will allow community members to give back locally and support families like Amelia's by participating in the fight to discover the cure. Registration for the walk will begin at 9:00 am and the walk will start at 10:00 am. There is no registration fee, but fundraising is encouraged. Any walker who collects over \$100 will receive a free T-Shirt.

All proceeds will benefit the NephCure Foundation, a 501(c)(3) non-profit organization. For Amelia's Team page go to <http://houstontx.kintera.org/faf/search/searchTeamPart.asp?ievent=1068224&lis=1&kntae1068224=05BF0E895B8B409B96AE94937B5B99F7&team=5558588>



TEAMS NOW FORMING!

Richard Iazzetti, Publicity Chair, Relay For Life – Cy-Fair

The American Cancer Society's most effective fund raising event in the fight against cancer, Relay For Life®, is now forming both business and personal teams for the April 2014 Cy-Fair event. We are also seeking volunteers, cancer Survivors and CareGivers for the Cy-Fair Relay. Anyone interested in signing up or learning more about how you can help in the fight against cancer can go to www.relayforlife.org/cyfairtx. Thank you for getting involved!

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Brigadier General Joe E. Ramirez, Jr. '79 to speak to **NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB**

nwhcaggiemoms.org

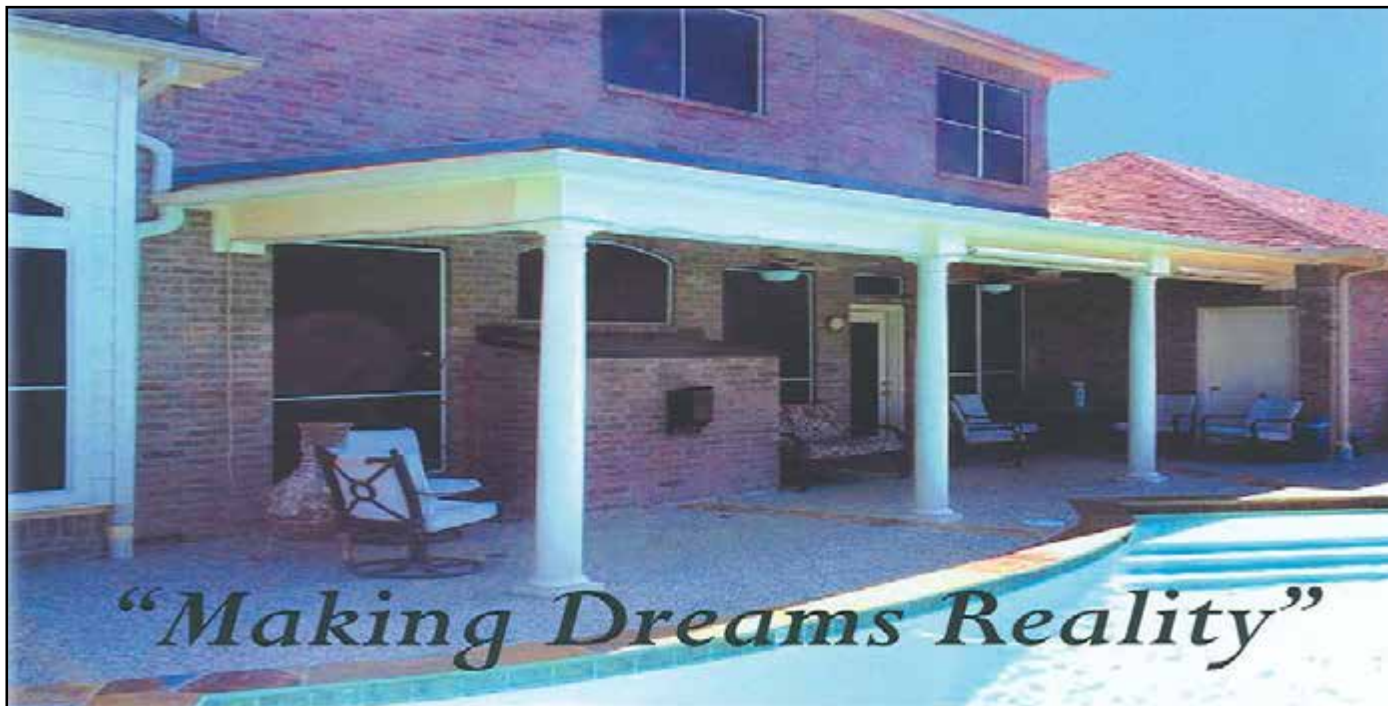
The Northwest Harris County Aggie Mom's Club will host Texas A&M University's Brigadier General Joe E. Ramirez, Jr. '79 Commandant, Texas A&M Corp of Cadets on Tuesday, November 12, 2013 at 7:00 p.m. at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. Brigadier General Ramirez is a native of Houston, Texas and graduated from Stephen F. Austin High School in 1975. He attended Texas A&M University and joined the Fightin' Texas Aggie Band in the Corps of Cadets, where he commanded the B Company "Streetfighters" his senior year. He received his commission in the Field Artillery from Texas A&M in 1979 as a Distinguished Military Graduate.

During his 31 years of military service General Ramirez commanded soldiers around the world from the platoon and battery level up to battalion, brigade and division level. He commanded B Battery, 2nd Battalion, 41st Field Artillery in Bad Kissingen, Germany, the 1st Battalion, 41st Field Artillery at Ft Stewart, Georgia, the 1st Cavalry Division Artillery at Fort Hood, Texas, and was the Deputy Division Commander for the 2nd Infantry Division in the Republic of Korea. He was also the Deputy Chief of Staff for United States Central Command during Operations Iraqi Freedom and Enduring Freedom.

General Ramirez holds a Bachelor's of Science Degree in Physical Education from Texas A&M (1979); Masters Degree in Management from Webster University, St. Louis, Missouri (1993); and a Masters Degree in Strategic Studies from the United States Army War College, Carlisle, Pennsylvania (2000). His numerous military awards include the Distinguished Service Medal, Defense Superior Service Medal, Legion of Merit, Meritorious Service Medal, Armed Forces Expeditionary Medal, Global War on Terror Expeditionary Medal, Korean Defense Service Medal, Humanitarian Service Medal, and the Parachutists Badge. You won't want to miss this exceptional speaker - husbands and sons are welcome!

SCHOLARSHIP APPLICATION: The Northwest Harris County Aggie Mom's Club raises money throughout the year to fund scholarships to the students from our area. Last year, we awarded 15 scholarships to Aggie students from our local community and donated over \$34,000 to a variety of Texas A&M student organizations. Eligible students should download the scholarship application form for 2013-2014 on November 1st at www.nwhcaggiemoms.org.

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at 7100 High Life Drive. For more information on monthly speakers or upcoming events visit our website at www.nwhcaggiemoms.org or contact Shannon Eberle, Club President at clubpres2012@gmail.com.



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2014 FSA SPRING BASEBALL AND SOFTBALL SEASON

Opening Day - "You look forward to it like a birthday party when you're a kid. You think something wonderful is going to happen."

-- Joe DiMaggio

Yes, it actually is time to register your kids for 2014 Spring Fairfield Baseball and Softball!

FSA DIVISIONS FOR 2014

BASEBALL	AGE OF CHILD AS OF APR. 30, 2014
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 GRADE
Sweetees (Tee Ball)	Kindergarten and 1st Grade
Darlings (coach pitch)	2nd and 3rd Grade
Angels	4th and 5th Grade

FOR BASEBALL, please be aware that FSA does NOT offer a 13/14 year old age division. In addition, a child MUST turn 4 Years of Age on or before April 30th, 2014 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.

2014 BASEBALL AND SOFTBALL KEY DATES

Other than the registration days, the dates below represent our planned calendar. We will do our best to adhere to these dates, but we ask that you realize that adjustments may take place due to variances in registration numbers and/or inclement weather.

All dates are tentative and subject to change!

Dec. 1st – Online registration begins – www.fairfield-sports.org
Jan. 11th – In person registration (1 Day Only)
Jan. 12th – Online registration ends
Week of Jan. 13th – Coaches Meetings
Jan. 18th – Tryouts for all divisions except T-ball (no tryouts for t-ball)
Week of Jan. 20th – Drafts
March 8th – Opening Day Parade and Ceremony (weather permitting)

LATE REGISTRATION

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.

GETTING INVOLVED

Lastly, I would like to remind everyone to find a way to take part in your sports association. FSA is a volunteer organization and could use your help to provide the best facilities around. There are jobs ranging from helping with try-outs, opening day help, field maintenance, and concessions duty. We urge you to familiarize yourself with the Baseball and Softball Committee via our website and reach out to committee members to see how you can help.

Three areas needing the most help are baseball committee, nightly field maintenance and concessions. These are opportunities to not only get involved and meet great people, but most of all contribute to making Fairfield one of the best places around for our kids to play sports. On behalf of the Fairfield Sports Association and the Baseball/Softball committee members, I would like to thank you for all your support.

Ryan Ritchey, Baseball Commissioner



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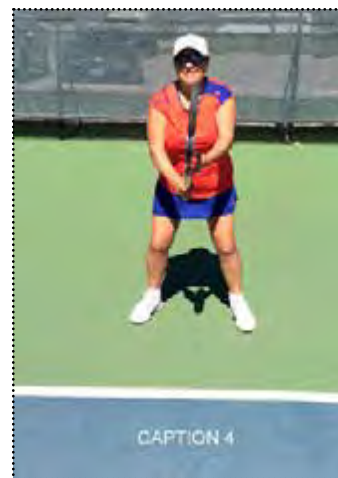
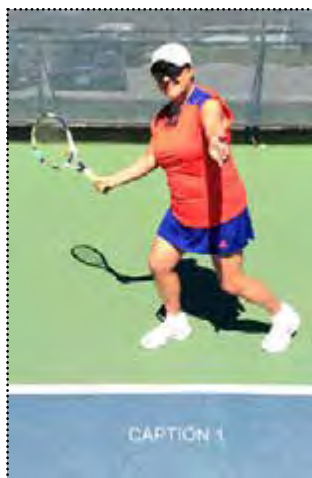


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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How To Execute The Forehand Lob

In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, the forehand high volley approach shot, the two handed high volley approach shot and the one-handed high volley approach shot.

In this issue, I will offer instructions on how to execute the Forehand Lob. This shot is used when a player is forced to retrieve a ball that is hit deep and the opponent is either charging to the net or staying far back. The player hitting the lob is looking for “air time” to regain balance and court space. This ball should be hit high enough so the players at the net cannot reach and “slam” the ball down, or force the opponent at the base line to retrieve back. In the illustrations, Carmen Manzur, Member of the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

Step 1: The Back Swing: When Carmen is forced deep into the

court and realizes that she has to hit a defensive lob, she pivots to the right and gets her racket back early. Notice that the head of the racket is low and her left arm is up in front to keep her balance. Her eyes are focused on the path of the ball and her weight is in her right foot.

Step 2: The Point of Contact: Carmen is now ready to hit the ball. Her eyes are now on the point of contact and the face of the racket is tilted at a 45 degree angle to create height and depth on her lob. Her goal is to keep her head still and not start looking up to her opponent or to the other side of the court.

Step 3: The Follow Through: The success of a deep lob is the follow through. Carmen’s wrist is still “laid back” and her shoulder is lifting the racket above her head. Her right arm is still in front of her in order to allow maximum balance.

Step 4: The Shuffle Back: Once Carmen finishes the stroke, her goal is to either move forward toward the net top to hit an overhead, or to paddle back to the middle of the court to drive the next ball back to the opponent.

Look in the next Newsletter for: How to execute “The Two-Handed Backhand Lob”



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2013-2014

2013

July

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Important Dates

Aug. 14-15.....New Staff Orientation
 Aug. 16, 19-23.....Professional Days
 Aug. 26.....1st Day of School
 Sept. 2.....Student/Staff Holiday
 Oct. 14.....Professional Day /
 Elem. Parent Conferences
 Nov. 25-29.....Student/Staff Holidays
 Dec. 23-27, 30-31.....Student/Staff Holidays
 Jan. 1-3.....Student/Staff Holidays
 Jan. 6.....Professional Day
 Jan. 20.....Student/Staff Holiday
 Feb. 17.....Professional Day /
 Inclement Weather Day
 March 17-21.....Student/Staff Holidays
 April 18.....Student/Staff Holiday
 May 26.....Student/Staff Holiday
 June 5.....Last Day of School
 June 6.....Professional Day /
 Inclement Weather Day

Grading Periods

Elementary Schools

1st: Aug. 26 - Oct. 25
 2nd: Oct. 28 - Jan. 17
 3rd: Jan. 21 - March 28
 4th: March 31 - June 5

Secondary Schools






1st Semester

1st: Aug. 26 - Oct. 4
 2nd: Oct. 7 - Nov. 8
 3rd: Nov. 11 - Dec. 20

2nd Semester

4th: Jan. 7 - Feb. 21
 5th: Feb. 24 - April 11
 6th: April 14 - June 5

Legend

-  Student/staff holiday
-  Professional day (student holiday)
-  First and last day of school
-  Parent conferences
 Holiday for all students
 Professional day
-  Inclement weather day

2014

January

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"Hats Off to Volunteers" At Cy-Fair ISD

Cypress-Fairbanks ISD is so fortunate to be able to draw from such a great diversity of skills and knowledge in our community. 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. Our hat is off to these individuals in our district who give freely of their time and resources and have an impact on the academic and personal development of Cy-Fair ISD students.

If you are interested in being involved in Cy-Fair ISD 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.

CY-FAIR ISD VOLUNTEER TRAININGS AND MEETINGS

Nov. 5: Junior Achievement Training – 9:30 a.m. to 12 p.m., Berry Center. The purpose of Junior Achievement is to educate and inspire young people to value free enterprise, understand business and economics, and be workforce ready.

Nov. 11: How to Recruit and Retain Volunteers – 9:30 a.m. to 11:30 a.m., Berry Center. This workshop will offer you strategic ways

to recruit parent and community volunteers, with special emphasis on the "hard to reach" volunteers. Techniques and tips will be presented to help you retain your volunteers and motivate them to stay and bring their friends.

Nov. 12: PIE Mentor Training – 9:30 a.m. to 11:30 a.m., Berry Center. Training for individuals committed to serve as a role model and friend to CFISD students. An application and background check are required.


Nov. 21: VIPS General Meeting – 9:30 a.m. to 12:00 p.m., Berry Center. Open to all CFISD volunteers, parents, staff and community members. Chief of Police Alan Bragg will give an update on the CFISD Police Department including information about gang awareness. Get the latest information on CFISD volunteering and learn ways to improve your volunteer program through networking with other volunteers in our district!


There are no VIPS events scheduled for the month of December at this time. Be sure to be on the lookout in January for volunteering opportunities throughout the 2nd semester.

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.

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*Go to the M.A.N.E. website at **cypressranchmaneevent.com** for more
information.*

'Like' us on Facebook (CRHS Class of 2014 Parents)

*Follow us on Twitter at **cypressranch***

Save the Date

*Join us Thursday, November 21, 2013, 7:00 PM,
in the Commons Area at Cypress Ranch High School*

for the next

M.A.N.E. 2014 General Meeting

Mustangs At Night's End ...

*A parent-driven, volunteer organization providing a safe,
secure, drug and alcohol-free, all-night party for
graduating Seniors and their guests.*

CY-CHRISTIAN SEVENTH GRADERS EARN DUKE RECOGNITION

Duke University Talent Identification Program (Duke TIP) recognizes outstanding performance in at least one specified area on standardized test such as the Terra Nova, which is administered in the spring at CCS. The following students have qualified to participate in this highly-selective seventh grade honors program. We are thrilled by the opportunity that has been presented to these students based on academic ability. Our prayer is that God will be glorified through their endeavors as a Talent Search participant and in the future. Congratulations to the following students: Robert Adams, Britney Bailey, Sam Beckmeier, Amanda Boyd, Colby Cameron, Cory Chapman, John Dotson, Tucker Fredrickson, Sarah Hawkins, Jacob Hotchkiss, Nico Hoyos, Tanner James, McKayla Lira, JT Mounce, Emily Nicholson, Tanner Shanks, Sophia Slabic, Joshua Stewart, Lauren Storey, Evie Underwood, Garrett Velez, Ashley Whitsell, Grace Womack



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The Cypress Ranch High School Choir presents "Candles and Carols Concert" December 9, 2013 at 7pm. The concert will be held in the Cypress Ranch High School Auditorium located at 10700 Fry Road! There will be a silent auction fundraiser to help raise funds for the choir program on this night. Join us and allow the music to fill you with holiday spirit!

WILL YOU HELP US PLAN AND PACK OUR SUITCASE SO WE CAN EXPERIENCE THE WORLD?

Cy-Fair ISD seeking community mentors for Salyards Middle School

As part of the Cy-Fair ISD Partners in Education community mentoring program, Salyards Middle School is seeking community mentors to serve as positive role models for our students. Being a community mentor is extremely rewarding and only takes a commitment of 30 minutes to an hour a week to mentor/meet with one of our 6th, 7th, or 8th grade students.

Mentors must attend a one-time district orientation before they begin mentoring at the school. Then, it just takes 30 minutes a week to truly make a difference in the life of a child. Once you have completed the training and background check, an administrator at Salyards will work with you to match you with a student who would be the best fit for you.

If you enjoy working with children and making a true difference in people's lives, the mentor program at Salyards Middle School is just for you!!

The next three Cy-Fair district mentor training dates are:

Thursday, November 12 – 9:30a to 11:30a

Tuesday, January 21 – 9:30a to 11:30a

Thursday, February 4 – 6:00p to 8:00p

The training will take place at the Berry Center. Email vipsrsvp@cfisd.net to reserve your training spot today!

Please contact Jennifer Bell, Mentor Program Coordinator, at (281) 373 - 2400 or by e-mail at jennifer.bell@cfisd.net for more information. Thank you!



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Mon-Fri 10am - 7:00pm
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Sun 12 Noon - 5pm

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 Hearstone 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 two Builders' Club in the Cy-Fair School District. If you would like to work with teens and preteens, join us and work with the outstanding youth in these organizations. We sponsor the Kids Triathlon; Girl Scout, Boy Scout, and Sea Scout troops and activities; award scholarships to outstanding Key Club members in our district; provide assistance to Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.

We welcome your visit at our Club meeting and your consideration of membership in our service organization. Join Now.

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Philanthropy Night

On the evening of Tuesday, November 12th.

Enjoy game night with Left-Right-Center.

For more information on this or future events & membership please contact Natalie Bunton at gnat02@gmail.com or 832-717-3294.



Host November Monthly Meeting

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, November 18, 2013. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429. A meet and greet starts at 6:30 p.m., followed by the general meeting from 7:00 p.m. 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; contact Glenn Etienne at cytomdems@yahoo.com; or "Like" the club on Facebook.



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Elisha Roberts Chapter

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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. We look forward to meeting you.

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WANTED: Math tutor for Algebra 1 student. Tutor needed to come to our home during the weekday, one or two days for 1 hour per visit. References required. Please call 832-347-1971 or email bthunn@gmail.com.

WANTED: kayak any size good condition. Email jclozanocpa@gmail.com.

FOR SALE: Workbench, all steel. 26 in. x 48 in. x 1/4 in. thick steel top with removable vise. Makes a good garage or workshop bench and is ideal for welding since it is all welded steel construction. \$75. 281 304-9078

FOR SALE: Craftsman 10 in. table saw. Belt drive so you can achieve a full 3 1/2 in. depth of cut. Table extensions, rolling stand, rip fence, new dust apron, dado blade, molding head set, and several extra saw blades. Great condition. \$345. 281 304-9078

FOR SALE: JUST IN TIME FOR CHRISTMAS! Brand new- never been used- still in the original box-

blue Nintendo DSi for sale. Retail for \$149; asking \$100. Please call or text Teresa at 281-804-8579.

FOR SALE: Red Honda Sport ATV 4-wheeler for sale \$2,000.00. Low miles, kept in garage and out of the weather. Solo Hitter, \$150.00. Kept in the garage, in great condition. Call Diane at 281-827-1873 if interested. I can email pictures upon request.

FOR SALE: Oak entertainment cabinet. Lots of storage H 66"x D 26.5" x W 63" \$375 OBO. 32" Sony TV comes with it.. Call for info / pics 713-202-7235.

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FOR SALE: 2004 Nissan Murano SL AWD, 86,000 Miles, Fully Loaded, All Leather, \$10,000. Please call if interested: 713-213-5953 or 832-593-2366.

FOR SALE: Wedding dress- size 8, long sleeve, diamond back cut out \$100. Beige Leather sofa - Retail 3000.00 Sacrifice \$850.00. 2 Beige Leather Club Chairs - \$350.00 Each. Please call (832) 857-5100 if interested.

FOR SALE: Graco highchair. Pretty pink coloring for a little girl. Also has 2nd cover in pink. \$25.00. Delta-vail 3 in 1 fixed side convertible crib, espresso. Changes from crib to toddler bed as your little one grows. \$75.00. Call Amy at 832-312-8025.

FOR SALE: Electric Air hockey table 8' - \$250.00; 15' trampoline with enclosure - 15' diameter x 96"H. Includes 3 arch safety enclosure - \$150.00. pictures available call 281-373-4605

FOR SALE: Xbox 360 Elite game system with Kinect - lots of games, 3 controllers and 2 guitars for system - \$325.00; Lifetime 44" portable basketball goal- extends 7'6" to 10" - \$75. pictures available call 281-373-4605

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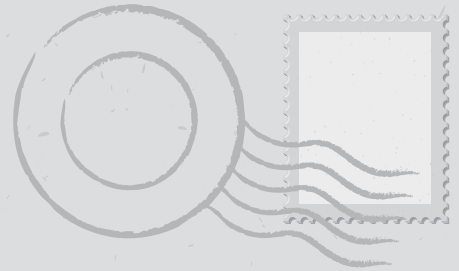
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Heart Walk®
Greater Lake Houston

WHAT: Fun Activities and non-competitive 3-mile walk to promote walking as a part of healthy lifestyle and raise funds to support cardiovascular research and educational programs for the American Heart Association.

WHEN: Saturday, November 23, 2013, 8:00 a.m.

WHERE: Lone Star College – Kingwood, 20000 Kingwood Dr., Kingwood, TX 77339

WHY: Heart disease and stroke — the nation's No. 1 and No. 4 killers — and all other cardiovascular diseases, claim more than 870,000 American lives a year. The American Heart Association's goal

is to raise \$100,000 for the 2013 Greater Lake Houston Heart Walk. Research funded by the American Heart Association has yielded or contributed to many important innovations such as CPR, life-extending drugs (including clot-busters), pacemakers, bypass surgery, the heart-lung machine and surgical techniques to repair heart defects.

HOW: To participate in the annual event, walkers can register online by visiting www.greaterlakehoustonheartwalk.org or by calling 713-610-5000. There is no registration fee, but donations are appreciated. Walk as part of a company team or form your own team with family and friends.

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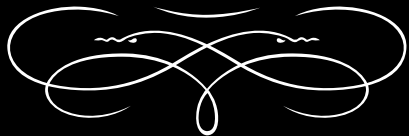


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*Houston Repertoire Ballet to Collaborate with the
Cypress Philharmonic for its Holiday Classic*

THE Nutcracker



Sell-Out Performances Set for December 7 & 8

WHEN/WHERE:

Saturday, December 7 at 2 pm & 7 pm
Sunday, December 8 at 1 pm & 4:30 pm
Tomball High School Theatre
30330 Quinn Road
Tomball, Texas 77375

TICKETS:

For ticket information, call 281-940-HRB1 (4721) or visit www.hrbdance.org. Cost is \$18 for students and seniors, \$22 for all other.

WHO:

Houston Repertoire Ballet (HRB), featuring guest artists Jared Matthews as the Cavalier and Yuriko Kajiya as the Sugar Plum Fairy, both soloists of American Ballet Theatre, as well as Glyness Lanthier, President and Music Director of Cypress Philharmonic.

WHAT:

The premier pre-professional ballet company in Northwest Houston proudly presents its 12th annual The Nutcracker performance series, this year for the first time in collaboration with the Cypress Philharmonic. The program attracts and develops some of the finest young dancers in the greater Houston area, with many of the dancers advancing to professional ballet companies throughout the country. HRB graduates can be seen with New York City Ballet, American Ballet Theatre, Miami City Ballet, Pacific Northwest Ballet, Atlanta Ballet, Pittsburgh Ballet Theatre and other prestigious companies.

OUTREACH:

The dancers of HRB perform excerpts from each production and make costumed appearances at various nursing homes, libraries, group events and at Arts & Education performances. Also, HRB brings two matinee performances to Tomball ISD third grade students, fulfilling the arts component of their curriculum. To schedule an outreach event for your organization, call 281-940-HRB1 (4721).

ABOUT HRB:

The Houston Repertoire Ballet (HRB) is a non-profit 501(c)(3), founded by Victoria Vittum and Gilbert Rome, both nationally acclaimed teachers and choreographers who served as its co-artistic directors. Today, Ms. Vittum oversees training and programming with an equal eye to serving the needs of the community.

Since 1994, HRB has contributed to the cultural fabric of Harris and Montgomery Counties by providing excellent dance training to the area's young ballet stars and dance educators of tomorrow, while also presenting two high-quality productions annually at affordable prices.

The Nutcracker and a Spring Program, introduce area children and their families to the world of classical and contemporary ballet.

Today, HRB is considered to be the premier pre-professional ballet company in the Houston region, and is recognized for sharing its gifts with the community and beyond.

The Nutcracker's brilliant blend of costumes, sets and choreography creates a magical storybook world enjoyed by children and adults alike.

With a cast of more than 100 HRB dancers and area children, HRB's masterful production is the highlight of the holidays!

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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A Friendly Reminder ...

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





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You've been looking forward to Thanksgiving dinner all year — turkey, mashed potatoes, cranberry sauce, and pumpkin pie. Mmm-mmm! But after you finish that second helping of turkey with gravy, you start to feel a little sleepy.

As your Uncle George starts to explain why eating turkey makes people so tired, you suddenly feel like curling up in front of the TV and napping until next Thanksgiving. But is gobbling up all that turkey really to blame?

THE USUAL SUSPECT: L-TRYPTOPHAN

Not exactly. Here's why: Turkey meat contains a lot of an amino acid called L-tryptophan (say: el-trip-teh-fan). Amino acids are the "building blocks" for the proteins that make up our muscles and other important parts of our bodies. (L-tryptophan is just one kind of amino acid — there are many different kinds of amino acids in the foods we eat.)

When we eat foods that contain L-tryptophan, this amino acid travels in the blood from the digestive system and later enters the brain. The brain then changes the L-tryptophan into another chemical called serotonin (say: sare-uh-toh-nin). Serotonin calms us down and helps us sleep.

But scientists now know that L-tryptophan can really only make a person tired right away if it is eaten or taken by itself without any amino acids. And the protein in turkey contains plenty of other amino acids!

BLAME IT ON BLOOD FLOW

Most scientists think that there's a different reason why eating a special meal might make you drowsy. Eating a big Thanksgiving dinner causes increased blood flow to the stomach (needed to help digest the meal) and less blood flow to the brain.

AVOIDING DROWSINESS

So just how do you avoid that sleepy feeling on Turkey Day?

- Eat small, healthy meals (try to limit junk foods) throughout the day before you sit down for your big meal — don't starve yourself in anticipation of the feast to come.
- Have small portions of foods that are part of your Thanksgiving meal (including whatever veggies are on the table).
- Drink water and take breaks while you are eating to see how full you've become.
- Stop eating once you're full — there will always be leftovers tomorrow.
- Finally, take a walk outside afterward to digest your meal. This will make you feel better than crashing on the couch.

Follow these tips and have a Happy Thanksgiving — gobble, gobble!

REVIEWED BY: Steven Dowshen, MD

DATE REVIEWED: August 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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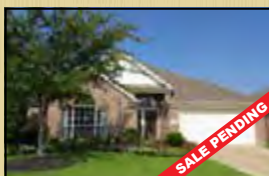
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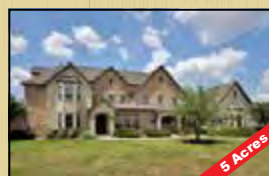
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Dawn Fore's Fairfield Market Report

Neighborhood	1 ST Quarter Results		
	Sold	\$ per SqFt	DOM
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Baker's Ridge	3	\$65.92	37
Chappell Ridge	1	\$53.66	55
Cottage Glen	2	\$71.04	6
The Estates	2	\$95.29	52
Garden Grove	4	\$70.14	50
Glen	2	\$79.96	137
Inwood Glen	4	\$73.14	7
Inwood Park	4	\$66.93	29
Lake Crest	1	\$75.62	123
Lakes/Lake Point	5	\$82.10	70
Crossing/Landing/Reserve	3	\$64.65	71
Meadows/Park/Retreat	3	\$75.16	13
Oaks/Trails	2	\$72.68	128
Pines	1	\$69.31	62
Summer Crossing	5	\$72.03	55
Summer Gate	1	\$76.38	26
Summer Ridge	5	\$72.95	50

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