

VOLUME 21, NUMBER 2

FEBRUARY 2014

# FAIRFIELD

## *Community Gazette*

OFFICIAL FAIRFIELD COMMUNITY ASSOCIATION NEWSLETTER



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**PENDING**

**14918 CHESTNUT FALLS**  
185,000 • 3/2/2  
PENDING IN 3 DAYS!

**PENDING**

**15303 TURNING LIMB CT**  
\$229,900 • 4/3.5/2  
PENDING IN 3 WEEKS!

**PENDING**

**125 HOGAN LANE**  
\$469,900 • 4/3.5/3  
PENDING IN 1 MONTH!

**PENDING**

**27523 SPRINGHILL RD.**  
\$399,900 • 4/3.5/2  
2.74 ACRES  
PENDING!

**PENDING**

**22019 BRONZE LEAF**  
\$169,900 • 4/2.5/2  
PENDING IN 2 DAYS!

**17903 CAMP COVE**  
\$385,000 • 4/3/2  
GORGEOUS 1 STORY LAKEFRONT HOME

**14919 TIMBERCHASE**  
264,900 • 4/3.5/3  
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**SOLD**

**16307 KYLE CREST TR.**  
\$479,900 • 4/3.5/3  
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H E R I T A G E T E X A S . C O M





# 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

Centerpoint Energy (Electricity) ..... 800-332-7143  
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.

This month's cover photo is of the Getschmann Family.

To view other photos submitted please visit [www.PEELinc.com/](http://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.

## ADVERTISING INFO

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

## ARTICLE INFO

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

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

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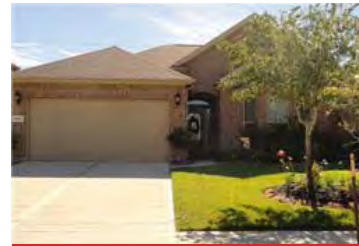
## Preferred Homes

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- ❖ We offer flexible commission plans and still provide outstanding service.
- ❖ Hey Aggies, I am a 1989 graduate of Texas A&M University. Give me a call to see how [www.agsreward.com](http://www.agsreward.com) can assist you in the sale or purchase of your home.
- ❖ Looking for a career in real estate with the #1 brand in real estate? Call Mike for a confidential interview.

### *This Month's Featured Listings*



**UNDER CONTRACT**

**14742 Yellow Begonia**

4/2/2 Attached—Popular Lennar floorplan features tile flooring throughout, granite counters, stainless appliances, covered rear patio, charming front elevation. \$215,000.



**UNDER CONTRACT**

**16602 Curio Gray**

3/2/2 Attached—Village built home that has been meticulously maintained. Tile and wood flooring throughout, granite kitchen counters, large chef's kitchen, lush landscaping, ample yard space. \$200,000.

15050 Fairfield Village  
In the Fairfield Shopping Center  
opposite the Shell Station on Mason  
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Phone: (281) 373-4300  
Fax: (281) 373-4345  
Email: [mike@mikeschroederteam.com](mailto:mike@mikeschroederteam.com)

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Fairfield Women's Club invites you to our February Meeting:

## COOKIN' WITH KIM!

Fairfield's very own Kim Robinson of "Cookin' with Kim" will be our special guest. Come and join us for a wonderful cooking demo and a night of socializing!

Date: February 18<sup>th</sup>, 2014  
Time: 7pm-9pm  
Location: TBD (Check our website)

Ladies, "Save the Date" for our March meeting on March 11th, 2014! More information to come. For more information or to join Fairfield Women's Club, please check out our website at [fairfieldwomensclub.org](http://fairfieldwomensclub.org).



1st Place Winner of "Light up the Night" Contest

## The Griffin Family

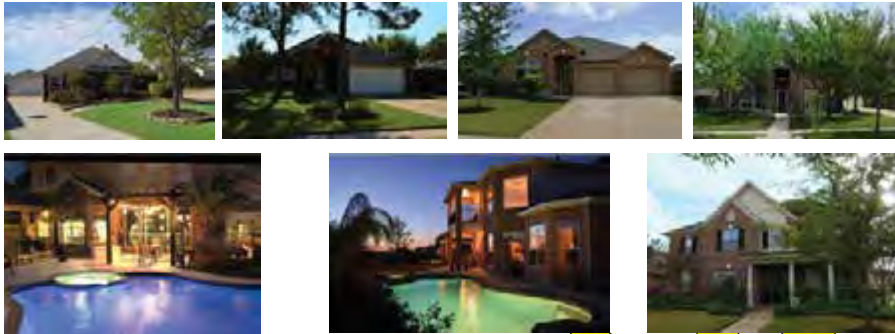
Their Winning Theme:

GOD BLESS THE USA - As in Lee Greenwood's song:  
"Across the plains of Texas, from sea to shining sea,  
we thank our lucky stars to be livin' here today,  
we're proud to be an American,  
cause there ain't no doubt we love this land,  
God bless the USA"



[www.FAIRFIELD-NEIGHBORS.com](http://www.FAIRFIELD-NEIGHBORS.com)

Some of the FAIRFIELD Homes we Sold in 2013



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# STOP SOLICITING!



*The Fairfield Women's Club is supporting*  
**STOP SOLICITING CAMPAIGN FOR FAIRFIELD HOMEOWNERS**

The Fairfield Women's Club goal is to enhance our neighborhood. To address solicitation in Fairfield, we are offering a stop solicitation kit. For \$19.99 donation to FWC, you will receive a yard sign for your garden,

a decal for your front door area and a magnet containing the sheriff's patrol phone number to report solicitors. If our neighborhood as a collected whole can embrace this campaign, we can pool our efforts together and make a huge dent in soliciting in Fairfield. To order your stop solicitation kit, log on to [Fairfieldwomensclub.org](http://Fairfieldwomensclub.org) and click on SOS Stop Soliciting tab. Thank you for your participation and support. If you have any questions, please contact us at [fairfieldwomensclub@gmail.com](mailto:fairfieldwomensclub@gmail.com)

If you would like to pay by mail, make your check payable for \$19.99 to Fairfield Womens Club and mail to Box 1743 Cypress, Texas 77410 - 1743



## COLOR ME RAD

Color Me Rad is coming to Houston and we are so excited to be their charity partner! For every volunteer and participant in this fun, family-oriented 5K event Cy-Hope will receive a portion of the proceeds.

Come out to Reliant Park on Saturday, February 15th and get "color-bombed" all for a great cause!

Cy-Hope will receive \$75.00 for every volunteer that works a 5 hour shift. There are volunteer opportunities Friday, February 14th in addition to the day of the event.

To volunteer visit: [www.givepulse.com/event/3180-Color](http://www.givepulse.com/event/3180-Color)

To participate in the Color Me Rad 5K visit: [www.colormerad.com](http://www.colormerad.com) and register for the Houston Race. Use the promo code CYHOPE and not only will Cy-Hope receive a portion of the proceeds - you will receive a 10% discount!

If you have any questions, email [Holly.Calbat@Cy-Hope.org](mailto:Holly.Calbat@Cy-Hope.org) or call 713.466.4673.



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- ♥ **Body Mass Index / Weight**
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To register, please call:  
**832.912.3734**

North Cypress Conference Center  
North Cypress Medical Center, First Floor  
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*Dr. Eleanor M. Green, Dean of the College of Veterinary Medicine and Biomedical Sciences to speak to*

## **NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB**

*on February 11th*

Join us for the Northwest Harris County Aggie Mom's Club monthly meeting on Tuesday, February 11, 2014 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. Our speaker will be Dr. Eleanor Green who holds the Carl B. King deanship of the Texas A&M University College of Veterinary Medicine & Biomedical Sciences. Dr. Green is a Diplomate of the American College of Veterinary Internal Medicine, Large Animal, and Diplomate of the American Board of Veterinary Practitioners, Certified in Equine Practice. Her clinical interests have included general internal medicine, gastrointestinal disorders, neurologic disorders, diseases of the newborn, and lameness. Her research interests have been primarily in the areas of endotoxemia, laminitis, neonatology, and gastric ulcer disease. She has delivered lectures across the nation and internationally on subjects related to her clinical and research interests, as well as equine welfare issues. She now also speaks on leadership and has delivered the commencement address to the graduating classes of veterinary students at Auburn University (1995), Mississippi State University (1995), and Louisiana State University (2010) and has delivered numerous keynote addresses. Additionally, Dr. Green has served as president of three national organizations, the American Board of Veterinary Practitioners, the American Association of Veterinary Clinicians, and the American Association of Equine Practitioners. Refreshments will be available at 6:45!

### ***China Luncheon and Style Show- Get Your Ticket Today!***

Don't miss the Annual China Luncheon and Style Show on Saturday, February 8, 2014 from 10:30 a.m. - 1:30 p.m. at Shirley Acres located at 217 Woerner Rd., Spring, Texas. We are looking for talented ladies to decorate one of our themed tables and silent auction item donations. Individual tickets are \$30. Get your ticket at one of our monthly meetings or visit our website.

*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](http://www.nwhcaggiemoms.org) or contact Shannon Eberle, Club President at [clubpres2012@gmail.com](mailto:clubpres2012@gmail.com).*

# 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>

**WE DO HAVE A BUS FOR FEBRUARY.** However no one has step up and volunteer to put together a trip. We have regrettably relinquished our bus and there will be no trip in February.

**WE ALSO HAVE A BUS FOR MARCH.** However again no one has step up and volunteered to put a trip together and we just might have to cancel our March outing also.

**OUR FEBRUARY ACTIVITIES PLANS:** *Thursday, February 13:* Our Planning Committee meeting at 1:00 p.m. at the Lakeside Trails Club House, we need more members participating in these meetings, providing ideas for upcoming trips and willing to coordinate some of our trips. If you have any suggestions for trip or are willing to coordinate a trip and are unable to attend the meeting, at least email Jackie @ [drwurth@yahoo.com](mailto:drwurth@yahoo.com) and let her know. 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 desserts.

*Tuesday, February 18:* Game Night at the Cooks' House. It starts around 6:30 p.m. Just bring a little snack and a healthy appetite. This is always a fun evening with great fellowship. The directions are in the Activity page on our website and will also be in our February, 16 weekly newsletter.

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

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

**OUR FUN-LOVERS WEEKLY NEWSLETTER:** *An event reminder.* It is emailed each week to our members and others who have requested it. It provides updated information on any changes from what appears here in the Gazette. We also include member birthdays and prayer requests, other news and items of interest, and links to all our web pages. If you would like to receive our weekly newsletter, send your email address, to [seniorgroup@comcast.net](mailto:seniorgroup@comcast.net)

You can now see that without trip coordinators, we will not have monthly outings. Jackie Wurth has a list of some very interesting and exciting places that we could go. If you are willing to put together a trip give Jackie Wurth a call @ 281-304-0805 for more information and what a trip coordinator needs to do.

We have lots of members who enjoy our monthly trips; but, we need some of them to volunteer to put together a trip.



# Around Fairfield

## FAIRFIELD ATHLETIC CLUB SPRING MARKET

*Benefiting the Keith Elementary Track*

Saturday April 5, 2014  
10am to 4pm

Home Business \$50 center booth space

Home Business \$75 wall booth space

Storefront or Commercial Business \$100 center booth space

Storefront or Commercial Business \$125 wall booth space

(The market will be in the basketball gym)

If you need two spaces we will give you a 10% discount on the second booth space. To get a vendor form contact Lisa at [lisa@truetexasmusic.com](mailto:lisa@truetexasmusic.com) or go by the Fairfield Athletic Club and pick one up.

## *The MOMS Club® of Cypress / NW-Fairfield* **MOMS OFFERING MOMS SUPPORT**

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

MOMS Club® is a place to find lasting friendships, motherhood support & playmates for your children! For membership inquiries email [fairfieldmomsclubinfo@gmail.com](mailto:fairfieldmomsclubinfo@gmail.com)



A cartoon character with a large nose and a mustache, blowing air towards the right.

The logo for EnviroMax Services Inc., featuring the company name in a stylized font with a green swoosh underneath.

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The logo for Trane, featuring the word "TRANE" in a bold, red font with a red swoosh underneath.

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A photograph of a large, black, rectangular air conditioning unit with a white grille.

A photograph of two men, Jerry Wolf and Jim Wolf, standing in front of a Trane A/C unit. Jerry is on the left, wearing a green shirt, and Jim is on the right, wearing a blue shirt.

# BOY SCOUTS OF AMERICA TROOP 533 & 1907 FUNDRAISER!

Good Shepherd United Methodist Church and Fairfield Baptist Church



BSA Troop 533

If you are looking to beautify your landscape and bring your lawn back to life, then you will be interested to know that it is that time of year again for fertilizer and mulch sold to you and brought to your home by your local boy scouts. Coming this spring!

Troop 533 Chartered by GSUMC and Troop 1907 Chartered by FBC have joined forces once again to conduct their annual fertilizer and mulch fundraiser starting on 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. Scouting makes a direct and positive impact on your community by teaching positive values and leadership skills to our youth. Your support ensures that Scouting will continue building character, fitness, and citizenship for years to come.

The funds from your purchase will directly benefit the troop and each individual scout on their continued journey through the scouting programs. The proceeds from each of the scout's sales will help fund activities such as High Adventure Summer Camp in Colorado, Philmont Treks, Monthly troop campouts and so much more. By purchasing your lawn mulch and fertilizer from the Scouts, you are



BSA Troop 1907

directly supporting scouting programs where you live — programs that clean up your parks, gather food for the area needy, and even help your community prepare for disaster.

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For your convenience, Scouts will be selling door to door in your subdivision beginning January 13th until February 10th. We will also have booth sales at Good Shepherd United Methodist Church in Fairfield on Sunday Feb. 2nd.

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](mailto:BoyScoutsTroop533@yahoo.com) or contact Stacy Hedrick 832-419-3199

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## Fairfield Women's Club Hosts Triathlons

**Fairfield  
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presents \$17,500  
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*(Pictured left to right)*

*Charlotte Byrne, Fairfield  
Women's Club Triathlon  
Committee Chair, Kim Litman  
and Lisa Nevins, Team Tiara,  
Mike Michaelis, OMS Life &  
Teddy Bear Drive, Heather  
Sessions, Cypress Fairbanks  
Medical Center, Debbie  
Martin, Phred's Place, Rebecca  
Kramer, Gulf Coast Lupus  
Foundation, Alyssa Crocker,  
Morning Glory Ranch*





# The American Cancer Society Relay For Life of Cy-Fair Surpasses \$1,000,000 Mark!

The American Cancer Society is pleased to announce that the Relay For Life of Cy-Fair has raised more than \$1,000,000 in the fight against cancer, thanks to the amazing success of this year's event. The 2013 Relay For Life of Cy-Fair brought in more than \$136,000, raising the grand total since the event's inception in 2005 to just over one million dollars!

"Congratulations to the many volunteers, committee members, and teams whose tireless efforts each and every year since 2005 have resulted such an accomplishment. The valued participation of cancer survivors and caregivers make the American Cancer Society Relay For Life unique and appealing to the entire community, most of whom have been touched by cancer in some way," said Relay For Life of Cy-Fair Chair Sulema Tamez. Participation in the 2013 event



was also at an all-time high.

Relay For Life remains the American Cancer Society's highest-grossing fundraising event in the fight against cancer. Monies raised support the American Cancer Society's mission to help people stay well, get well, find cures and fight back through cancer research, as well as the free programs and services provided directly to cancer patients and their families.

The Relay For Life of Cy-Fair is currently signing up both business and personal teams for the April 25-26, 2014 event. The committee is also seeking volunteers, cancer survivors and caregivers to participate. If you are interested in signing up or learning more about how you can help the American Cancer Society finish the fight against cancer, please visit: [www.relayforlife.org/cyfairtx](http://www.relayforlife.org/cyfairtx).

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## NORTHWEST FLYERS YOUTH TRACK CLUB BEGINS 27TH SEASON

The Northwest Flyers Youth Track Club is now registering boys and girls ages 6 – 18 for the 2014 season. The team provides a full program of track and field events, and is affiliated with USA Track & Field (USATF). The club was founded 27 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

Registration and practice is at 5:30 p.m. on Mondays and Thursdays at the Cypress Creek High School track, 9815 Grant Rd., Houston.

For registration forms and additional information, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at [linette.roach@sbcglobal.net](mailto:linette.roach@sbcglobal.net) or (281) 587-8442.

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## FAIRFIELD LOST PETS

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Nearly six of ten Americans will develop kidney disease in their lifetime, according to a new analysis published in the American Journal of Kidney Disease. In comparison, lifetime risk of diabetes, heart attack and invasive cancer is approximately four in ten.

The Kidney Walk is the nation's largest walk to fight kidney disease and is held to raise awareness of, and support those who are battling this disease. Held in nearly 100 communities, the event raises awareness and funds lifesaving programs that educate and support patients, their families and those at risk. Take a lifesaving step today and sign up for a walk below. The Houston Walk will be held on May 4th at 7:30am at Discovery Green Park Downtown. Registration at [www.donate.kidney.org](http://www.donate.kidney.org).

For more information on forming teams or sponsorship, please call 713-964-2644.

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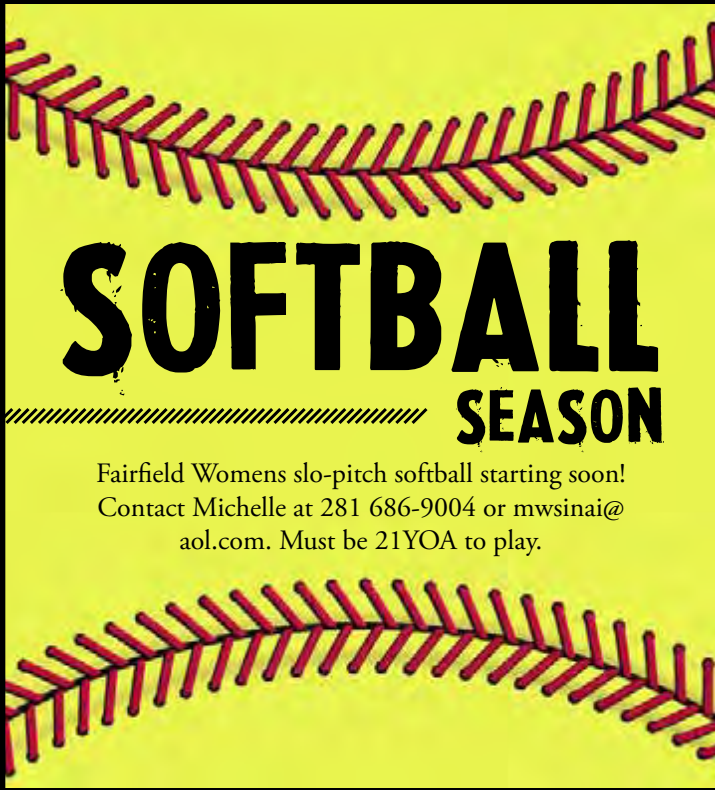
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*Marissa Balch - CPT, Nutrition Coach - Texas Fit Chicks Boot Camp*

1. Oatmeal - Great source of soluble fiber and slow-digesting carbohydrates that will keep blood sugar and insulin in check so fat burning can stay high.

2. Eggs - A form of well-absorbed protein, healthy fats and Vitamin D (found in the egg yolk). Eggs also contain lecithin, which promotes healthy liver function, thereby helping the body to burn fat.

3. Salmon - High in omega-3 fatty acids, salmon reduces inflammation in the body and lowers LDL and triglyceride levels while raising good HDL levels. Salmon also has a beneficial effect on leptin (hunger hormone) levels in the body, which means it helps to suppress your appetite.

4. Nuts - Another source of fiber and rich in omega-3s, these fats help to regulate blood sugar and protect the heart and the immune system.

5. Grapefruit & Berries - These fruits contain slow-digesting carbs and are rich in fat-fighting fiber. Strawberries, raspberries, blueberries and blackberries all are loaded with soluble fiber and antioxidants that protect blood vessels and promote healthy blood

flow.

6. Avocado - It's got fat, yes, but the good kind! The monounsaturated fats found in avocado are burned readily for fuel during exercise and actually encourage fat burning. Good source of fiber and antioxidants.

7. Leafy Greens - Broccoli, specifically, is a fibrous carb that can make you feel full quickly—one reason why it's a great food for getting lean. Broccoli also contains phytochemicals that can help enhance fat loss.

8. Cinnamon - Helps to reduce blood sugar levels, which in turn prevents the body from storing sugar as fat. Add it to your oatmeal and yogurt to enhance flavor without adding calories.

9. Green Tea - Drink this! Not only is green tea packed with antioxidants, it also contains catechins, a phytochemical that helps speed up metabolism and burn more fat.

10. Beans & Legumes - Great sources of protein and they normalize insulin levels and help keep your blood sugar steady throughout the day. Black beans, Garbanzo beans, red beans and lentils are all great to incorporate into your diet.

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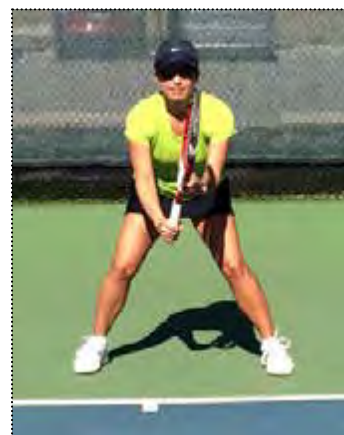
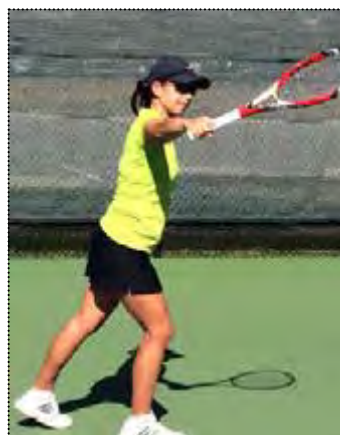
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# TENNIS TIPS

By USPTA/PTR Master Professional  
**Fernando Velasco**



## How To Execute The One Handed Backhand 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, the one-handed high volley approach shot, the forehand lob, and the two-handed backhand lob.

In this issue, I will offer instructions on how to execute the One-Handed Backhand Lob. This shot is used when a player is forced to retrieve a ball that is hit deep to the backhand side of the player, 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, Ceci Griffis, a Member of the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

**Step 1:** The Back Swing: When Ceci is forced deep into the backhand side and realizes that she has to hit a defensive lob, she pivots

to the left and gets her racket back early. Notice that the head of the racket is low and her left hand is on the throat of the racket. Her eyes are focused on the path of the ball and her weight is on her left foot.

**Step 2:** The Point of Contact: Ceci is now ready to hit the ball. Her eyes are now focused on the point of contact and the face of the racket is tilted at a 45 degree angle in order 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. She has released her left hand from the racket and is keeping good balance with both arms to keep the center of gravity in front of her right foot.

**Step 3:** The Follow Through: The success of a deep lob is the follow through. Ceci’s right knuckles are leading the stroke and her left arm is pulling back to keep her balanced. Her shoulder is lifting the racket above her head. Her right hand controls the path of the ball, and the left arm keeps her from turning her hip too early.

**Step 4:** The Shuffle Back: Once Ceci finishes the stroke, her goal is to either move forward toward the net to hit an overhead, or to shuffle back to the middle of the court in order to drive the next ball back to the opponent. In this caption, she moved back to the center of the court waiting for the opponent’s shot to come back.

*Look in the next Newsletter for: How to execute “The Forehand Drop Shot”*

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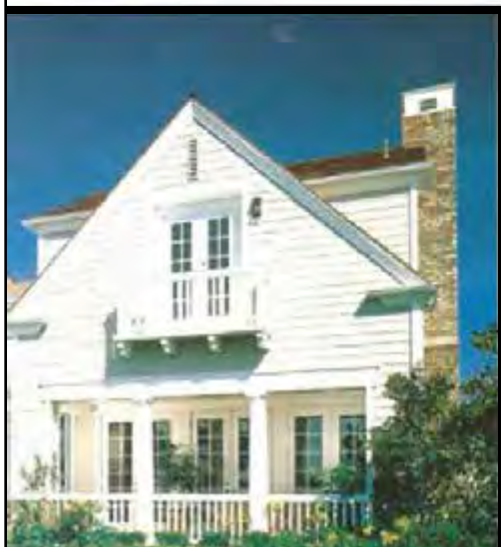
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Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to [fairfield@peelinc.com](mailto:fairfield@peelinc.com). Be sure to include the text that you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



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# Cy Ranch/Copper Lakes Teen Flying High

AT THE BERRY CENTER

Peter Pan, the musical, will be exciting audiences at The Berry Center February 28 – March 16, 2014, produced by Houston Family Arts Center (HFAC). This iconic family tale of the boy who never grows up is sure to wow audiences of all ages with highflying stagecraft and superb talent amassed from all over Texas. This production of Peter Pan, produced by special arrangement with Samuel French, Inc., has a special lure for Copper Lakes and all Cy Fair ISD residents, as the role of Wendy is being played by local Cy-Ranch high school Junior, Rebekah Stanley.

It's an exciting time for Rebekah to fulfill a dream of being involved in a production of Peter Pan. As a young actor, one of Rebekah's acting debuts was at HFAC in a production of Wonderland while playing the role of Humpty Dumpty. Over the past two summers, Rebekah trained for film while living in L.A. During the school year she focuses on stage acting through school productions and community theatre opportunities. For film and TV, she is represented by the Page Parkes 713 agency here in Houston as well as the CESD agency in Los Angeles. You may have even seen her recently in a Raisin Bran commercial that airs nationally.

Rebekah sharpens her skills through hours of classes and private lessons, acting in various productions at both HFAC's Actors Academy and productions with her high school thespian group at Cy Ranch High School. At a the recent State Thespian Convention held in Dallas, Texas, Rebekah placed 2nd in the Musical Theater Solo event that allows her to advance to the National Thespian Convention to be held in Lincoln, Nebraska during the summer of 2014. During her last two high school musical productions, Rebekah played the role of Elle Woods in Legally Blonde, the Musical and Princess Fiona in Shrek, The Musical.

In Peter Pan, Rebekah plays the role of Wendy Darling and her love for the story coincides with Wendy's expression of innocent adoration of Peter Pan. As a girl who is beginning to

"grow up", the role of Wendy stands in contrast to Peter Pan, a boy who refuses to do so, the major theme of the Peter Pan story. Rebekah admitted that, "The challenge in this role is convincing the audience that I am the younger girl, Wendy Darling, who wants to grow up and go to dinner parties and be like her grown up mother and yet, there is a spirit lingering inside her that wants to stop time". She added, "The fact is that my true nature as a teenager is to be more like the free spirited Peter Pan". The Director, Josh Clark, focuses heavily on character development and adds that, "Rebekah both perfectly skilled and is at the

perfect 'place' in life to play this role – a character with two competing themes. Wendy is reared with a sense of Victorian motherly duty and, yet, is still a spritely teenager. Peter Pan tempts that spritely side of her for just a moment in time to consider not growing up!"

Wendy, Peter and all the Darling Children, along with Liza will fly safely in the Berry Center, as ZFX will produce and direct the aerial sequences in the show. ZFX is currently managing the Peter Pan fly sequences for Cathy Rigby's production company, as well as the flying sequences for the world tour of Wicked.

Many of our residents have become accustomed to theater district quality shows performing at The Berry Center in recent years, including Fiddler on the Roof, Annie and Seussical. HFAC has earned an esteemed reputation for bringing downtown quality theatre to Cypress. Cementing this tradition and reputation, this community theatre's recent performance of Fiddler on the Roof at The Berry Center earned Best Musical and Best Choreography, awarded by Houston Press, out-dueling the likes of Theatre under the Stars, Alley Theatre and several other well-known downtown theatres.

Tickets for Peter Pan start at \$15 and can be purchased at [www.houstonfac.com](http://www.houstonfac.com). Groups of ten or more can save \$2 discount per ticket by contacting [tickets@houstonfac.com](mailto:tickets@houstonfac.com).



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## Wine Fair Cy-Fair

The community will gather to enjoy fine wines, fabulous food and socializing with neighbors at the third-annual Wine Fair Cy-Fair on April 5 at Cypress Village Station and at the upscale One Fine Affair on April 4 at the Alamo at Northwest Forest Conference Center.

Wine Fair features 125+ wines, 15+ restaurants and food tasting-tables serving signature specials, The Backyard Grill Beer Garden, a Home Zone and the Aruba Live Music stage. Wine Fair is a community-wide party benefitting Reach Unlimited.

The evening will be packed with engaging experiences such as displays from local artisans and community businesses. Guests will sway and dance the night away to the captivating tunes of the Robert Hartye Band, and fundraising for Reach will feature a wine pull, gift baskets, restaurant certificates and great swag donated by local businesses.

The vendor village welcomes art, jewelry, food products and everything in between. For the pampered treatment, The Loken Group VIP Premium room boasts relaxed seating, restroom facilities and great views along with premium wine selections and delicious food offerings provided by La Madeleine Country French Café.

The Backyard Grill Beer Garden showcases craft beer offerings as well as signature nibbles from Backyard Grill and Backyard Smokehouse.

Before the doors open on Wine Fair, the pre-event All that Sparkles is an effervescent party from 4:30 to 5:30 p.m. Guests will enjoy

### Tickets and Information

Must be 21 or older to attend. Online tickets available at [www.winecyfair.com](http://www.winecyfair.com)

#### Wine Fair Cy-Fair

\$25 general admission

\$65 VIP Premium Wine Lounge

\$55 VIP Premium Wine Lounge

early bird special – offer good through 2/28/14

All That Sparkles - \$20 pre-party ticket add on

One Fine Affair - \$100 (limited to 100 guests)

French champagnes, sparkling wines and culinary treats.

Wine Fair is limited to 2,500 entrants. Last year, all events sold out.

One Fine Affair is Friday from 7 to 10 p.m. The elegant affair will feature fine wine, fine foods and a mighty fine time. Guests will learn more about Reach Unlimited. Attendance is limited to 100 guests.

Wine Fair Cy-Fair is a collaboration between the Cy-Fair Houston Chamber of Commerce and Food & Vine Time Productions, the organization that produces the world-class Wine & Food Week in The Woodlands, Brewmasters Craft Beer Festival, Zest in the West, Katy Sip n Stroll, the wildly popular Haute Wheels Houston The Food Truck Festival and the newly announced Big Brew Houston Craft Beer Celebration.

"This is a unique, once-a-year opportunity for the community to come together to socialize and have a great time while enjoying high-quality wines, craft beers and foods," said Founder & Co-Producer Constance McDerby. "And we get to benefit a worthy cause by helping to support a local community partner in Reach Unlimited."

Leslie Martone, President of the Cy-Fair Houston Chamber of Commerce, said, "The first two years of this great event were huge successes – better than we could have hoped for. And really, we expect this year to be even more fun and successful. As a Chamber, our focus is on the community, and we're proud to present this type of community-wide event."



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## Want to Live a Healthier Life with a Healthy Heart?

*Keynote speaker shares tips  
at the Feb. 27 CYFEN meeting*



Come to the Cy-Fair Express Network (CYFEN) luncheon Feb. 27 and gain information on living a healthier life with a healthy heart.

This month's keynote speaker is Connie Claros with United Healthcare, a company that she said has opened doors for her to get involved in serving the community's frail and disabled populations. While helping people improve their health and learning to live with their disabilities, Connie is also passionate about helping people live healthier lives. This is why she volunteers for the American Heart Association promoting programs that bring about awareness and education on heart health and disease prevention. Closer to home, she lost family members to heart disease and stroke, which could have been prevented if detected early and with

simple lifestyle changes. She speaks to Spanish-speaking women during Vestido Rojo (Go Red for Women) events and has served as AHA's media spokesperson for Houston's local TV and radio.

All are welcome to attend the monthly meetings of CYFEN, which are held the fourth Thursdays at the Sterling Country Club, 16500 Houston National Blvd. This month's meeting begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Bring business cards for networking. The meeting cost is \$25 with advanced reservations made by the Thursday prior to the meeting and \$30 at the door. For information on CYFEN, which is part of the American Business Women's Association, go to [www.CYFEN.org](http://www.CYFEN.org).



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# Cy Fair Republican Women

The Cy Fair Republican Women are hosting a forum for all candidates running for the Lt. Governor position. The forum will take place at our general meeting on Tuesday, February 11 at the Longwood Country Club. Confirmed speakers include Texas Senator Dan Patrick, Land commissioner Jerry Patterson, Agriculture Commissioner Todd Staples, and invited Lt. Governor David Dewhurst.

Reservations can be made on our website at  
***www.cfrw.net***



## Elisha Roberts Chapter

The wonderful ladies of the Elisha Roberts Chapter, NSDAR, extend an invitation to any female, 18 years or older, who can prove direct lineal descent from someone who either fought in or provided aid during the American Revolution. We are a family oriented group of ladies who promote patriotism, education and historic preservation. Our motto is God, Home and Country. If this sounds like you, please come and join us for a meeting. We meet the third Thursday of each month, September through May, at the Backyard Grill, located at 9453 Jones Road. Our next meeting will be on February 20, 2014 at 7:00 p.m.

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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# Business Section

## CY-FAIR KIWANIS CLUB

Come join us at the CY-FAIR KIWANIS CLUB and be a part of sponsoring children's activities that help to develop leadership and good citizenship in the youth of our community. CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs in the Cy-Fair High Schools; Girl Scout, Boy Scout, and Sea Scout troops and activities; provides scholarships to outstanding Key Club members in our district; assists at Cypress Assistance Ministries, Bear Creek Ministries; the Houston Food Bank; and other charitable groups.

Membership is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International. If you would like to know more



about Kiwanis and the programs it promotes, we invite you to be our guest at one of our monthly meetings. The Cy-Fair Kiwanis meet at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. February meetings will be on the 4th, 11th, and 18th. For more information, call John Carroll (Copperfield and Hearthstone areas) at 281-463-0373; George Crowl (Jersey Village area) at 832-467-1998; or Peggy Presnell (Fairfield and Cy Ranch) at 281-304-7127. If you live anywhere in the Cy-Fair Communities, you may call any one of the above for information. COME, BE A PART OF OUR FELLOWSHIP. See [www.kiwanishoustoncyfair.com](http://www.kiwanishoustoncyfair.com) for more information.

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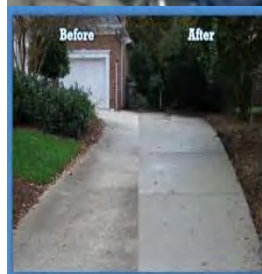
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# Business Section

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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
- Childhood conditions
- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation
- The cause and age of death of any deceased relatives

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](http://www.AmericanHeart.org).



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# STAYING HEALTHY DURING YOUR TRAVELS

Contributed By Marina Byrum, Travel By Marina

**Flee the flu:** Some experts say it's a myth that the re-circulated air on airplanes spreads colds and other maladies. But it's not a myth that you need to protect yourself from the germs spread by folks sniffing and sneezing around you, especially with double threat of the seasonal flu and H1N1, or swine flu, ready to pounce. Here a few tips to help you stay healthy while traveling:

**Fill 'er up with regular:** Get the regular flu shot. Now! If you don't have time to see a doctor or stop by a pharmacy or grocery store flu clinic, there are flu-shot kiosks in many airports, and even some bus and train stations.

**Get some sleep:** Plan on a good night's rest before you travel and try to eat right and exercise when on the road. Experts say lack of sleep and the stress of travel contribute more to getting sick than that icky airplane air.

**Wash your hands:** A lot. Ignore the stares and use sanitary wipes



on your airplane armrests and tray table. At the hotel, wipe down telephone, the TV remote control and other germey surfaces.

**Take your vitamins:** Take plenty of Vitamin C. Many travelers I know use Emergen-C, which is a powerful powder that you can mix with water. It's packed with vitamin C and bioflavonoids.

**Avoid caffeinated drinks and alcohol:** Nothing causes dehydration faster than the combination of caffeine or alcohol and the dried-out air on an airplane. Stick to water and non-carbonated beverages to stay hydrated.

Following all the above tips may keep you well during your next airplane flight. Hopefully when you reach your destination, you will be well enough to enjoy yourself, instead of being confined to your hotel room with an unwanted illness.

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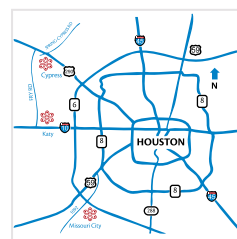
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# - Kids Stuff -

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



## The Story on Scars

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

### WHAT EXACTLY IS A SCAR?

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

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

### HOW DO I GET A SCAR?

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

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

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

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

### HOW DO I PREVENT A SCAR?

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

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

### SO LONG, SCARS!

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

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

Updated and reviewed by: Patrice Hyde, MD • Date reviewed: January 2007

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

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Neighborhood	1 <sup>ST</sup> Quarter Results		
	Sold	\$ per SqFt	DOM
Bluebonnet Glen	1	\$91.04	10
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

These numbers for resale homes were obtained from the Houston Multiple Listing Service. While we have no reason to doubt the accuracy of this information, we cannot guarantee it. This is not a solicitation of currently listed properties.