



Registration for the Fall Soccer Season is from May 4th till June 5th

Fairfield Soccer is a recreational soccer league for the residents of Fairfield and surrounding communities. We are a volunteer organization supported by the Fairfield Soccer Committee and we offer soccer for boys and girls ages 4-14.

2014 Statistics; 114 teams; 843 players participating & over 150 volunteer parents to help develop and foster a love for the game.

The fall season runs from August to November. The tentative dates for the 2015 season are:

- Player Assessments - Ages 7-14, June 13th and/or June 20th.
- Practices are starting August 3rd.
- The season starts August 22nd, and ends the weekend of November 14th.

Weather permitting all teams will play a minimum of 10 games. Ages 7-14 will play 8 league games followed by a tournament. All coaches must complete a background check.

For more info and registration visit our website:

www.fairfieldsports.net/soccer.aspx

I hope to see you in the Summer & Fall!

*FSA Soccer Commissioner
(soccer@fairfield-sports.org)*

Key Club: What is it?

By Jordan Miller, Editor of Cypress Woods Key Club

Community Service. Making friends. Building character. Traveling. Leadership building. Giving back. Scholarships. Leaving your mark. That's what Key Club is; a place where everyone is welcome- whether it be freshmen, sophomores, or upperclassmen. Key Club helps students to leave their mark at Cy Woods, and have fun while doing it.

The 'Key' in Key Club is what generally mystifies possible members. "What is that club? Do you make keys or something?" No, Key Clubbers don't spend their time each semester making keys. They spend their time volunteering, donating, and giving back to their communities. They also spend their time doing service projects like making bracelets for children's hospitals, weaving blankets for animal shelters, and even creating coloring books for kids in homeless shelters. Also, this past year, Key Clubs from Texas and Oklahoma saved thousands of mothers and children by raising money for the Eliminate project: an organization that uses the money that clubs fundraise to give mothers and babies around the world a vaccination against Neonatal tetanus, a disease which could prove fatal to both mother and child if not treated properly. Though Clubbers spend most of their time devoted to service, the Cy Woods Key Club does interact with their members in a different way: Socials. Socials are a meeting that takes place after school, and anyone is welcome. Usually, these socials take place with another club such as Cy Ranch or Cy Fair. This month's social is taking place at TxR Paintball, where two clubs will face off in a game of paintball.

In High School, most teenagers find their niche in an organization, and whether it is football, art, or culinary club, teens make friends in these organizations and possibly end up in leadership positions once they have a few years of high school under their belt. The important thing is, once a teen finds something they like, they stick with it and usually leave their mark through that interest. If teens show an interest in community service and center their after-hours time to volunteering, they could be granted possible scholarships by the Tex-O-Key (Texas Oklahoma Key Club) District.

Teens that leave their mark with volunteering and serving their community make the most out of their high school experience, by making an impact that will last for years.

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Sheriff's Dept.713-221-6000

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Center Point Gas.....713-659-2111
Center Point (Street Lights).....713-207-2222
EDP Water - Mud #29.....832-467-1599
Library281-890-2665
Post Office.....713-937-6827
Waste Management/Trash713-686-666

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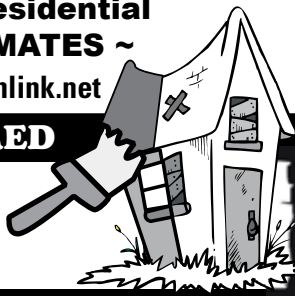
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A FOCUS ON PHYSICAL ACTIVITY Pathway to Improved Health

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

1. Any physical activity is better than no physical activity
- Includes people with disabilities
 - Far outweighs the possibility of risk of injury or illness
2. Most health benefits occur with at least 150 minutes a week
- Both aerobic and muscle-strengthening are beneficial
3. For most people, additional benefits occur when
- You increase the intensity of your physical activity
 - You increase the frequency of your physical activity
 - You increase the duration of your physical activity

SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB



Are you a New Aggie Mom?
Are you an Aggie Mom that wants to join other Aggie Moms in supporting our students? Find out how we can help your student succeed during those college years at one of our informal Summer Mixers. The Northwest Harris County Aggie Mom's Club, as an organization, encourages parents to become

familiar with A&M during their student's freshman year. The path to graduation can be a challenging journey; don't go it alone. The Northwest Harris County Aggie Moms has been here for 25 years and we're committed to helping your student and YOU enjoy the TAMU experience. Please join us at one of our Summer Mixers. Summer Mixer locations can be found on our website at www.nwhcaggiemoms.org. Please RSVP to pechacek8722@sbcglobal.net or 713-907-2277 so our hostesses will know how many guests to expect. We look forward to meeting you!

SAVE THE DATE!

We are looking forward to kicking off the 2015-2016 school year at our "HOWDY PARTY" on August 11th! Please join us for this fun-filled Aggie evening. It is a great way to meet other Aggie Moms, find out about upcoming events and Aggieland trips, buy care packages for your student and win door prizes! Enjoy light refreshments while you shop our Boutique for that one-of-a-kind Aggie treasure. Our hand-crafted items celebrate the heart-warming TAMU traditions.

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month with social beginning at 6:30 pm at the Houston Distributing Center, 7100 High Life Drive, conveniently located near Willowbrook Mall. For more information on monthly speakers or upcoming events visit our website at www.nwhcaggiemoms.org or contact President Patty Rabel @ rabelpp@aol.com



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KIWANIS CLUB OF CY-FAIR HOUSTON

YOU Are cordially invited to attend an introductory meeting of the Kiwanis Club of Cy-Fair Houston at the Hearthstone Country Club.

Time: Lunch is served at 12:15pm; adjournment at 1:15pm.

Dates: We will meet on June 2, 9, 16. Join us for lunch, followed by a short, informative program. We welcome your visit and invite you to consider membership in this service oriented organization.

What is Kiwanis? Kiwanis is an international service organization focused on changing the world one child and one community at a time. Service is at the heart of every Kiwanis club, no matter where in the world it's located. Members stage nearly 150,000 service projects and raise nearly US\$100 million every year for communities, families and projects. In addition, Kiwanis members actively participate in many service projects in their home communities.

Why join Kiwanis? The Cy-Fair Kiwanis Club of Houston seeks to serve this community through sponsoring Key Clubs for high school students, Builders Clubs for middle school students, and Aktion clubs for adults with disabilities. Also, we sponsor Boy Scout and Girl Scout troops. We provide


support to various other organizations in the community that serve children and families. Enjoy the pleasure of being a part of this service.

Kiwanis members don't just do service—they have fun. Members make new friends by being part of a club where they attend meetings and participate in social events. Kiwanis clubs also provide excellent networking opportunities for professionals. Members meet new people from all over their region and the world through service projects, fundraising and attendance at district and international conventions.

Visit the Cy-Fair Kiwanis Club website at www.KIWANISHOUSTONCYFAIR.COM.

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 CyRanch) at 281-304-7127.


www.KIWANISHOUSTONCYFAIR.com



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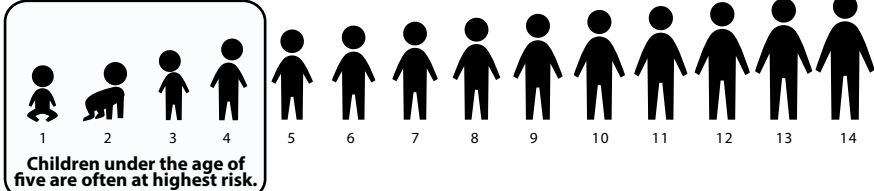
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LEARN MORE: www.colinshope.org/RESOURCES

DROWNING IS THE NUMBER ONE CAUSE OF ACCIDENTAL DEATH FOR CHILDREN UNDER FIVE, AND A LEADING CAUSE FOR CHILDREN AGES 1 - 14.



1 2 3 4 5 6 7 8 9 10 11 12 13 14

Children under the age of five are often at highest risk.

13 Texas children have already lost their lives to drowning in 2015

DROWNING IS PREVENTABLE

The Benefits of Hosting Span Borders

Traveling the world and experiencing new cultures is something many dream of but few are able to do. Hosting an Ayusa exchange student provides the opportunity to experience the world while bringing other benefits to their family and local community.

For schools, opening their doors to an exchange student provides their students the opportunity to experience new cultures and expand their understanding of the global society. Not only will students be able to expand their circle of friends, they will be able to reference different perspectives of world events. The new perspectives that both local and exchange students gain through the exchange experience are invaluable for the ever-expanding global community.

Ayusa exchange students are eager to learn and participate in school and community programs. They take their role as ambassadors for their country seriously. Ayusa students are not simply bystanders to their program year; they are active participants looking to make a difference in their host school and community.

Ayusa exchange students are strong academic performers, well-rounded, and open-minded. Prospective students go through an extensive interview process in their home countries and are evaluated for maturity, strength of goals, leadership skills, and academic background. Ayusa honors all school enrollment standards, academic

requirements and student placement criteria specified in school or district policies.

Host families also reap the benefits of opening their home by sharing their America. When they share with their exchange student, they are also able to see America with fresh eyes through the student. Families often learn new things about the U.S. and have different perspectives after hosting. The experiences and memories that are shared during the program last a lifetime and span international borders.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or [HYPERLINK "mailto:vodom@ayusa.org" vodom@ayusa.org](mailto:vodom@ayusa.org) or Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.

ABOUT AYUSA

Ayusa is a non-profit educational organization that promotes global learning and leadership through foreign exchange and leadership program programs for high school students from around the world. Ayusa offers unique, richly personal cross-cultural experiences for students, volunteer host families, schools, and local communities.

CHECK-IN ONLINE SAVE TIME

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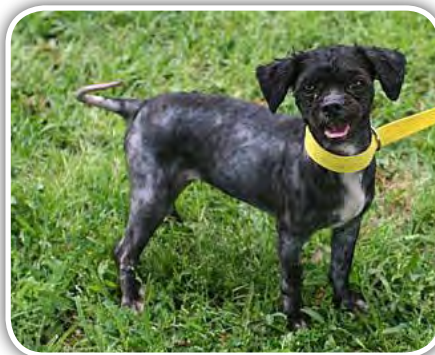
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Pet of the Month

Karen is a Shih Tzu mix girl. She is approx 1 years old (10 lbs) and up to date on shots. She was found as a stray and brought to us in terrible shape. Her fur was extremely matted and we shaved her down and she feels so much better! She will be a beautiful long-haired dog once her hair starts to grow back. She is a sweet, happy & friendly girl! Call or email us to find out more information on how to adopt her.

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DUE: June 30th

Be sure to include the following so we can let you know!

Name: _____ (first name, last
initial)

Age: _____



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