

VOLUME 23, NUMBER 11

NOVEMBER 2016

FAIRFIELD

Community Gazette

OFFICIAL FAIRFIELD COMMUNITY ASSOCIATION NEWSLETTER



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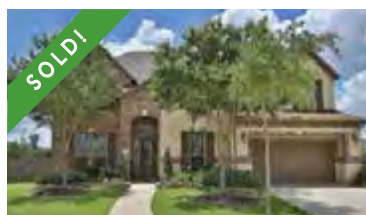
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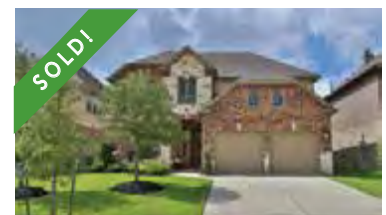
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FAIRFIELD IMPORTANT NUMBERS

BOARD MEMBER LISTING

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Neighborhood Association

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Jan Bertoli (Fairfield Central) Director
Jeanie Stahl (Lakes of Fairfield) Treasurer/Secretary
Marc Newman (Inwood Park) Viced President
Darlene Sedelmyer (Trails of Fairfield) Director

Fairfield Central Neighborhood Association

Louis Iselin (President) louis@kipatents.com
Patty James (Vice President) pjames631@gmail.com
Tim Loney (Secretary/Treasurer) TLoney@solutionsis.com
Jan Bertoli (Director) JLB8848@gmail.com
John White (Director) jeepersw@swbell.net

Fairfield Village South Neighborhood Association

Ronnie White (President) ronniewhite66@sbcglobal.net
Michael Martin (Vice President) mbalmartin@gmail.com
Brian Gambrell (Secretary/Treasurer) brian_gambrell@hotmail.com
Ryan Ritchie (Director) ryan.ritchey@att.net
Jim Gedeon (Director) jim@premier-placement.com

Inwood Park Neighborhood Association

Marc Newman (President) marcnewman1957@comcast.net
Doug Waterman (Vice President) waterman_doug@hotmail.com
Alison McGahan (Secretary) afflora@comcast.net
Gloria Whitaker (Treasurer) gloriawhitaker1@yahoo.com
Harriet Tunick (Director) htunick00@gmail.com

Lakes of Fairfield Neighborhood Association

Jeanie Stahl (President) Jeanie.stahl@sbcglobal.net
Diana Gee (Vice President) diana.gee@att.net
Patrick Wong (Secretary/Treasurer) pcwong1@earthlink.net

Trails of Fairfield Neighborhood Association

Darlene Sedelmyer (President) facofficemgr@sbcglobal.net
Quentin Hinds (Vice President) qhinds@gmail.com
Kris Cherry (Secretary/Treasurer) kfcherry@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 best. This month's cover photo was submitted by Madison Thompson of her daughter Ava.

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.

FAIRFIELD VILLAGE MANAGEMENT

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

Fairfield Resident Relations

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

Project Manager

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

Fairfield Village Manager

Jo Ann Richardson 713-332.4762, joann.richardson@fsresidential.com

EMERGENCY NUMBERS

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NON-EMERGENCY NUMBERS

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Harris County Precinct 4 281-376-3472
Vacation Watch 281-401-6200

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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
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Spillane Middle School 281-213-1645
Swenke Elementary 281-213-1200

COMMITTEE MEMBERS

Public Safety Committee-

Marc Newman - marcnewman1957@comcast.net

Fairfield Area Swim Team

president@swim4fast.net

Fairfield Women's Club

fairfieldwomensclub@gmail.com

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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LOCATION FOR PICTURES :

In the Bradford Creek Clubhouse at 16011 Fairfield Green Circle. Vendors will be set up. There will be a silent auction with proceeds going to Texas Children's Hospital. Bring your camera or we will take the picture for you. Also please bring a new, unwrapped toy for our Toys for Tots drive.

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JACKIE DEVINE

Contributing Editor Fairfield Community Gazette



As I begin my post as Contributing Editor for the Fairfield Community Gazette, I want to thank all of the residents that have stopped me at the gym and on the street to say they read about me in the newsletter. After that overwhelming response, more than ever I'm convinced that the Gazette is a valuable communication tool for our community and I consider this

appointment both an honor and an exciting challenge.

As you already know, Fairfield is a unique, multicultural community that celebrates families across generations. It is not unusual to find newly marrieds, living down the street from parents

or grandparents. In the coming months, you will have a chance to meet your neighbors as we "catch them doing good" and rediscover why we all choose to make Fairfield your home.

Over the last few weeks, I've had the chance to learn more about our neighborhood schools and their accomplishments. Coming issues will include additional articles highlighting the efforts of the administrators, faculty, staff, students, and parents that are busy at work creating an ideal learning environment for our children.

From our children to our elders, Fairfield residents are making a difference. You can find out what your mature neighbors are up to by checking our Our Spotlight on Seniors column.

Please continue to help us identify thoughtful, lighthearted and inspirational stories. When you find one, please e-mail me at jackiedevine@peelinc.com or if you need immediate attention call me at 832.316.6006.

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Fairfield Birthdays



**Happy 10th Birthday,
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**Happy 7th Birthday
Kade Gray! Continue
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**Fairfield Women's Club Presents
November 5 Movie Night**

ZOOTOPIA

**Keith Elementary
6:00 pm
Movie starts at dusk**

Pizza, candy and drinks will be sold. FREE popcorn, FREE movie, FREE glow necklaces and FREE moonwalks.

Several vendors, who are Fairfield residents, will be selling their items before the movie starts.

Bring the whole family, blankets and chairs for a fun night under the stars.

THANK YOU TO OUR SPONSORS:

Gambinos Pizza, HEB, Dawn Fore Re/Max Lakeland, First Service Residential.

F A I R F I E L D Women's Club November Meeting

The holidays are fast approaching!! Fairfield Women's Club members, Lisa Cannon and Cathy Ward, will help you get ready by presenting a holiday craft at our meeting, Tuesday, November 15, at the Bradford Creek Clubhouse, 7:00 p.m. Not only will you be able to take home a lovely Christmas decoration, you will receive more decorating and serving ideas to make your holiday beautiful. Join the fun and taste some holiday snacks on November 15, at 7:00 p.m.

Non-members attending will be charged \$10 for craft supplies.

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Fairfield Women's Club Gives Back

Fairfield Women's Club was able to continue its annual tradition of presenting checks to our charities. We were honored to be able to present checks to Ault, Keith and Swenke Elementary schools, Salyards Middle school, Cy-Ranch High School and Cy-Ranch Key Club, Fairfield Volunteer Fire Department. Checks were also mailed to CAM, Boys And Girl's Country, OMS Life, Lupus Foundation, Team Tiara and Phred's Place. The donations were a direct result of the fund raising activities that Fairfield Women's Club participates in. Those activities include the Fall and Spring Garage Sales and The July Fashion Show.

These representatives from the schools and Volunteer Fire Department were in attendance: Liz Woods, Principal of Salyards Middle School, Liz Budnek librarian from Keith Elementary, Nicloe Chandler Assistant Principal from Cy-Ranch, McKenna Shill President of Cy Ranch Key Club and Harry Haynes and several volunteer fire fighters.





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SPOTLIGHT ON SENIORS

Submitted by Jackie Devine



We asked Lori Skadowski to kick off our Spotlight column because we think she is a very delightful lady that is making a tremendous contribution to the seniors living in Fairfield. Let's see if you agree.

Lori was born and raised near Milwaukee, WI, where she studied modeling at John Robert Powers Modeling School and Business Administration at the University of WI, Waukesha.

Always a bit of a risk-taker, Lori was the first family member to move out of the state of Wisconsin. Her impetus was J.R. After never missing a weekly episode of "Dallas" she decided to go where no kinsfolk had gone before. Her plan was to ride off into the sunset, move to Texas, find a glamorous job, a cowboy and take in some exciting nightlife.

Upon her arrival in Houston, she latched onto a Retail Management job in the Galleria and from there moved on to Corporate Recruiting/Staffing and then Real Estate. As a bonafide

YUPPIE, she enjoyed her career, luxurious lifestyle, and the Galleria nightlife. She even purchased a home and joined an exclusive singles club called the Millionaires Club where she met lots of interesting people and even stumbled upon some real cowboys!

In the mid-80s, a mutual friend introduced Lori to her future husband, Karl. Incidentally, he wasn't a cowboy or even a Texan. He was a transplant from Virginia.

They married in 1990 after creating a staffing agency specializing in Information Technology. When IT hiring slowed, they began staffing various divisions of Halliburton. After 9/11 Lori was offered a Sr. Staffing position responsible for 82 sites in Iraq, Africa, Afghanistan and Republic of Georgia, recruiting more than 3000 people, and conducting job fairs around the US. She led the deployment team, briefed large groups of candidates, transported them to the airport and ensured they made it through security and onto their planes.

She met scores of interesting people. Everyone had a fascinating story to tell, which she says was a most rewarding and memorable experience.

(Continued on Page 11)

***Did you know only about 5 - 10% of breast cancer cases are thought to be hereditary?**

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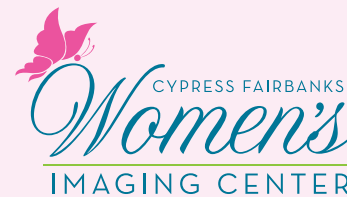
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- 2 ****Cy-Fair Urgent Care & Imaging Center (at Spring Cypress & Grant)**
- 3 **Cy-Fair Emergency & Imaging Center (at Barker Cypress & FM 529)**
- 4 **Cy-Fair Emergency & Imaging Center (Beltway 8 & Tanner Rd.)**
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* According to the American Cancer Society **Tomosynthesis, (3D mammography) an FDA approved imaging technology designed for early breast cancer detection, is available here.



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CyFairWomensImaging.com

(Continued from Page 10)

Unfortunately, the technical staffing world was coming to a grinding halt; her husband began to focus on Real Estate. In 2006 she joined him as a Realtor, and they opened the brokerage firm, Texas Landman, Inc. which now includes Fairfield Realty Group.

Lori is now the Senior Real Estate Specialist specializing in the 55+ market in and around Cypress. She says, "I understand "we seniors" have different needs and expectations when it comes to leasing, buying and selling."

She and Karl built their Fairfield home in 2012 where the pine trees and water remind her of Wisconsin. She enjoys spending time with her husband, three shelties, a cat and making people laugh.

Lori joined the Fairfield 50 Plus group where she has met wonderful people and has enjoyed visiting with every member.

Putting her vast deployment experience to work, she serves as Travel Manager for the group. Her job is to plan bus trips to various entertaining and educational destinations where they enjoy fellowship, laughter, food and fun.

As much fun as she is having, help is needed. Lori says, "There are 12 months to the year and 12 trips to plan. I could use an additional 12 helpers. You can pick your favorite destination and month or let me know if you have any great ideas for our bus trips and would like to help coordinate. Please feel free to email me with any ideas or suggestions at lorilynn@pdq.net or call me 281-782-5517."



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Around Fairfield

The Nutcracker at Tomball High School Theatre



Fairfield residents Eden Davila and Victoria Vasisko will be dancing in the Houston Repertoire Ballet's The Nutcracker at Tomball High School Theatre on December 2, 3 & 4. We would appreciate it if you would include this in your November issue since the dates for the performance are so early in December.

Houston Repertoire Ballet (HRB), Houston's premier pre-professional ballet company, celebrates its 21st season, beginning with its 15th annual performance series of The Nutcracker, featuring professional guest artists Elizabeth Keller, HRB alumna,

as the Sugar Plum Fairy, Justin Hughes as the Cavalier, Andrew Taft as the Snow King, and Joe Modlin as Herr Drosselmeyer, with the Cypress Philharmonic directed by Glynneth Lanthier. Performances will be held on Friday, December 2 at 7 pm – abbreviated Arts & Education performance perfect for young children; Saturday, December 3 at 2 pm & 7 pm; and Sunday, December 4 at 1 pm & 4:30 pm at the Tomball High School Theatre, 30330 Quinn Road, Tomball, Texas 77375. For ticket information, call 281-940-HRB1 (4721) or visit www.hrbdance.org. Tickets are \$18 for students/seniors and \$22 for adults.

The Nutcracker's brilliant blend of beautiful costumes, lavish sets, and fresh choreography creates a magical storybook world enjoyed by children and adults alike. With a cast of more than 100 HRB dancers and area children, and live music played by Cypress Philharmonic, HRB's masterful production is the highlight of the holidays!

HRB dancers are committed to sharing the arts with the community. Community engagement events include costumed appearances at various nursing homes, group events, and at Arts &

(Continued on Page 13)



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ADVANCING HEALTH

(Continued from Page 12)

Education performances. HRB brings two matinee performances to Tomball ISD third grade students, fulfilling the arts component of their curriculum. To request an outreach event for your organization, call 281-940-HRB1 (4721).

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.

Major funding for HRB is provided by Houston Endowment, Inc. with additional support provided by Vintage Wellness and AirInnovations.

*Thanks so much,
Eileen Conery
713-856-8780
eileen.conery@att.net*



Cypress Realtor Wanda Abel Hosts National Night Out Event

When Realtor Wanda Abel set out to announce she joined the Cypress office of Better Homes and Gardens Real Estate Gary Greene, she quickly realized the best place to start was her own neighborhood.



Relying on her experience as the owner of a popular local yogurt shop, the Fairfield resident mapped out a plan to create an over-the-top National Night Out event complete with DJ tunes, line dancing, puppy kissing booth presented by Lucky Mutt Cypress, door prizes and more. She even recruited a young girl to sing the National Anthem.

Upwards of 200 residents gathered in Fairfield's North Park Pavilion, one of the largest National Night Out events in the Cypress master-planned community.

"It's gratifying to plan activities that actually help the community," says Abel. "Plus, the event was a great way to introduce my new role with Gary Greene."

Abel joined the Cypress sales office of Better Homes and Gardens Real Estate Gary Greene in July. Located at 11734 Barker Cypress Road, the office is staffed by more than 100 licensed agents experienced in representing buyers and sellers in the Cypress and surrounding areas.



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Around Fairfield

MOVIE NIGHT

with the Girl Scouts!

On Friday, November 11th, the Girl Scouts is hosting a "A Night at the Movies Girl Scoutacular" event at Good Shepherd United Methodist Church, 20155 Cypresswood Drive, from 6 – 8 p.m. Current Girl Scouts and non-Girl Scouts have the opportunity to meet new friends and watch a fun movie. For non-Girl Scouts, a parent must accompany their child. Girl Scouts is open to all girls from kindergarten to the 12th grade.

Join us for this fun night of movies, popcorn, and friendship.

***For more information, please contact Susan Lawyer at:
suelawyer@comcast.net***

Did you miss the Girl Scout Recruitment Event at your school? It's not too late to join. Go the Girl Scout of San Jacinto website at www.gssjc.org and click "Join Today."



Northwest Harris County Aggie Mom's Club

WWW.NWHCAGGIEMOMS.ORG

Come join us, on Tuesday, November 8, 2016 at 6:30 pm. at the Houston Distributing Company, 7100 High Life Drive, Houston, Texas 77066. This fun-filled Aggie evening is a great way to meet other Aggie Moms, find out about upcoming events, and enter for a chance to win a door prize! Or a book award for your Aggie! Enjoy light refreshments and listen to our speaker that evening, Maggie Gartner, Ph. D., ABPP, Executive Director, Student Counseling Services. We are looking forward to meeting all Aggie Moms, whether of freshman Aggies, current Aggie students or former Aggies. Whoop!



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create a clay pinch pot, sew a coin bag or play Bethlehem dress-up. Pet the live animals and enjoy cookies, hot cider and coffee.

Messiah Lutheran Church is a grace place, a congregation of the Evangelical Lutheran Church in America (ELCA). Messiah is located at 11522 Telge Road, ½ mile north of Highway 290. Regular Sunday worship times are: 8 am—Traditions; 9:30 am—The Gathering; and 10:45 am—The Crossing. The Discovery (education) Hour is 9:15-10:15 AM on Sundays. For more information, 281-890-3013 or www.messiahlc.org. All people are welcome at Messiah.



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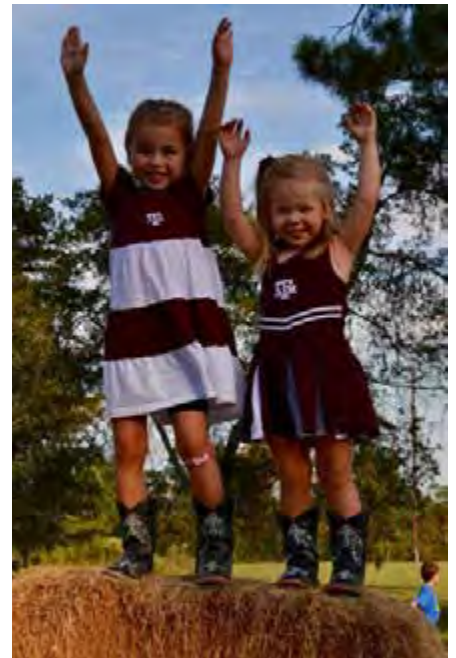


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FAIRFIELD PHOTOS



*Francisco Hernandez playing in the Fairfield soccer
6-7 year old league*



*Keilyn Lewis (freshman FSA volleyball player)
Photographer – Jessica Wygal*



A woman with blonde hair is smiling and looking upwards. She is wearing a wide-brimmed straw hat decorated with colorful beads, large blue-tinted sunglasses, and a white top with a beaded necklace. Her right hand is raised near her face.

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

wmcook@fairfieldfiftyplus.com or wmcook@comcast.net



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Sports Section

Fairfield Athletic Club News



Please visit our website at
www.fairfieldathleticclub.com

If you just moved to the neighborhood be sure to come by the Fairfield Athletic Club anytime we are open to get your membership cards. Our hours are Mon -Thurs 5am-10pm, Fri 5am-8pm, Sat 7am-8pm and Sun 1pm-8pm. Bring proof of residency (HUD Statement from closing or your current driver's license with your Fairfield address). Membership cards are needed to get into the weight room, basketball gym, tennis courts, pools and splash pads.

FAC Tennis News



There are still a few spots available for the Fall Tennis Academy, come check it out! Your first class is free!



Come ask about our adult beginner class and drills! Winter League tennis will go on through January, sign ups available at the front desk.

We are also excited to add Pickleball to our facility, please come in to learn more about this fun game!

Fairfield Kids Club Before/After School Care



Spots are still available in our Before/After school care, come check us out!

Registration packets are available on our website or at the FAC.

If you would like more information please contact Darlene Sedelmyer,
Director of Child Care
at 281.373.0834



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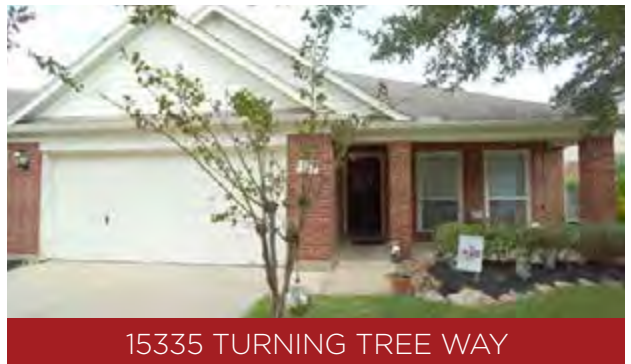
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From FirstService Residential

Dear Fairfield Homeowners

This letter is to inform you that beginning on September 19, 2016 a project to repair lake shore erosion on Lake 9 (West Detention Lake) will begin weather permitting. In order to repair the lake it will be necessary to lower the level of the lake. This will affect both Lakes 8 and 9 since they are connected equalized lakes. The repair project will take a month weather permitting. The crews will be working 6 days a week, Monday - Saturday to complete the project as quickly as possible.

In order for the repair to be a success a strong layer of grass will need to root and grow. Due to this we are requesting that everyone please stop feeding the ducks.

Feeding attracts birds in unnatural numbers, beyond natural food and water supplies, and frequently in numbers beyond what people will tolerate. Over-grazed and badly-eroded lawns, golf courses, and school playing fields are often the result of overcrowding. Grassy areas such as ball fields and golf courses can become unsanitary and unusable.

HIGH CONCENTRATION OF BIRDS CAUSE:

- * Overgrazing of vegetation, leading to soil erosion.
- * Degradation of the landscape, making it undesirable for other species and unsightly for humans.
- * Unsanitary conditions due to large quantities of bird feces.

If you have any questions or concerns about the repair project please call Ernie Griffith at 713.332.4761.

Sincerely,

Jo Ann Richardson
Fairfield Village Manager
FirstService Residential

CONSTABLE'S REPORT

Harris County Precinct 4
Fairfield Village Community Association

Burglary Habitation: 1
Burglary Vehicle: 26
Theft Habitation: 1
Theft Vehicle: 1
Theft Other: 22
Robbery: 1
Assault: 2
Sexual Assault: 0
Criminal Mischief: 5
Disturbance Family: 2
Disturbance Juvenile: 5
Disturbance Other: 17
Alarms: 77
Suspicious Vehicles: 53
Suspicious Persons: 24
Runaways: 0
Phone Harassment: 0
Other Calls: 224



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School News

Accountability and Recognition for Neighborhood Schools

Submitted by Jackie Devine

Photos borrowed from CYFair ISD School Websites

House Bill 5, 83rd Texas Legislature, requires all school districts to evaluate their performance and that of each district campus in the areas of community and student engagement. All districts are required to assign a performance rating of Exemplary, Recognized, Acceptable, or Unacceptable to the district and each campus for overall performance.

The statute also requires that local committee(s) determine the criteria that the district uses to evaluate and assign a status regarding compliance with statutory reporting and policy requirements.

In CyFair ISD this evaluation is called "CASE" or Community and Student Engagement. A local committee of campus and central office administrators along with community members worked together to create the "CASE" specifically for Cypress-Fairbanks ISD.

Each of our neighborhood schools, Salyards, Ault, Keith, and Swenke received an Exemplary "CASE" rating in the following categories: fine arts, wellness and physical education, community and parent involvement, 21st Century workforce development program, second language acquisition program, digital learning environment, dropout prevention strategies, and educational programs for gifted and talented students.

Recently released STAAR results show CFISD students outperforming

the state in all tested areas. Several of our schools earned additional STAAR Distinctions. Swenke received: Academic Achievement in Science and Top 25 Percent Closing the Performance Gap; Ault Elementary: Academic Academic Achievement in Science and Top 25 Percent Student Progress, Top 25 Percent Closing the Performance Gap; and Keith Elementary earned Academic Achievement in Science.

Credit for the success of our local schools belongs to our team of administrators, faculty, staff, parents, grandparents, and students working together to create an ideal environment for our scholars to grow and prosper.

**Fairfield Schools
Clockwise: Keith,
Swenke, Ault,
Salyards Middle
School**



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Kwak, M.D.**



**Parul Patel,
M.D.**



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281.304.5100

**FAIRFIELD MEDICAL CENTER
15040 Fairfield Village Square Dr. Suite #150
Cypress, Texas 77433**

Salyards Middle School Presents *Beauty and the Beast*

Submitted by Jackie Devine

On November 14th and 15th, the magic returns to Salyards Middle School with the musical *Beauty and the Beast, Jr.* performed by The 8th Grade Advanced Theatre Arts Group. All 60 students auditioned and were cast on September 17th. They will work daily on the show during class and after school for eight weeks to ensure a perfect performance that is sure to please.

Experience the romance and enchantment of a classic love story that tells of Belle, a young woman in a provincial town, played by Lilly Kosh (14th) and Kat Livingston (15th). The Beast, who is a young prince trapped under the spell of an enchantress played by Janson Hanes (14th) and Grant Staiger (15th). If the Beast can learn to love and be loved, the curse will end, and he will be transformed into his former self. But time is running out. If the Beast does not learn his lesson soon, he and his household will be doomed for all eternity.

Working with a cast of 30 each night playing everything

from dancing forks and teapots to villagers, magical trees, and scary wolves, Mrs. Wendy Gillikin Theater Arts teacher, choreographer, producer, and the director says the students have demonstrated incredible discipline, fortitude, and talent.

The musical is based on the original Broadway production that ran for over thirteen years on Broadway. Disney's *Beauty and The Beast Jr.* features some of the most popular songs ever written by Alan Menken, Howard Ashman, and Tim Rice. The musical opens with the song "Belle," continues into a lively tavern with "Gaston," and ends with the beloved ballad "Beauty and the Beast." The award-winning animated film comes to life in this adaptation by Linda Woolverton.

Please join our young actresses and actors and watch this "tale as old as time" come to life on stage at Salyards Middle School on November 14th (2nd Period) and 15th (8th Period) at 3:00 pm and 6:30 pm. Tickets are \$7.00 for adults and \$5.00 for students and seniors.



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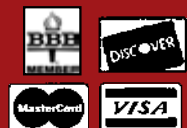
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**Holiday
Specials**

Ault Elementary 2016 Fun Run

Submitted by Jackie Devine

This year, over one million students in America's top schools will participate in a Boosterthon event. Ault Elementary choose to do so in September. Instead of selling items throughout the year to raise needed funds, the PTO hosted an interactive, world-class fitness and character building program where families could contribute and participate by gathering pledges to help with fundraising.

Ault Allstars completed their 2016 Fun Run on September 22, after conducting a 2-week fundraiser with the goal of raising \$35,000 to build an outdoor garden. For more information about the district's outdoor gardening program, please see <http://readytogrowgardens.com/>

This year's Boosterthon character theme was Backyard Box Office; a movie theme took students on a step-by-step journey of how to make a difference in their world.

Mr. Jeff LaCoke, Principal, wants to thank the neighborhood, students, parents, teachers, and sponsors for their generosity and support.



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Race Day Registration
After November 18th, there will be No more online registration. You may register onsite on December 3rd. T-shirt or bib with timing chip are NOT guaranteed.

December 3rd @ 9AM

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News You Can Use



“Call for Women’s Expo Sponsors”

Expo Details

Thursday, April 27, 2017

11:00a.m. – 4:00 p.m.

**Sterling Country Club, 16500 Houston National Blvd.,
Houston, TX 77095
Admission is free.**

Contact: Expochair@CYFEN.org to secure your sponsorship.

Since its inception in 2003, CYFEN, a local network of the American Business Women’s Association, has been dedicated to bringing together businesswomen of diverse occupations and providing opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking, support, and national recognition. Due to the success of our EXPOs, we are pleased to once again announce co-sponsorship opportunities for this event.

Platinum Sponsorship - \$4000 – Tote Bag Sponsor

As Platinum Sponsor, your logo will be placed with the EXPO logo on the tote bags that are given to all attendees. Your logo will also be included in all printed promotional materials. You will receive special recognition signage at EXPO registration and at the CYFEN March member luncheon. Media promotion will include special press releases, email blasts, our social media sites and our website. You will receive a preferred table location with an 8-foot draped table. Access to distribute promotional items and marketing materials and insertion of promotional item in tote bag. Two complimentary lunches at the March CYFEN member luncheon.

Diamond Sponsorship - \$3000 – EXPO After Party Sponsor

As the Diamond Sponsor, you will be the sponsor of the Expo After Party, where we will celebrate and continue to network with vendors and attendees. Your logo will be included in all printed promotional materials. You will receive special recognition signage at EXPO registration, at the Expo After Party, and at the CYFEN March member luncheon. Your logo will be custom printed on cocktail napkins for attendee use. Media promotion will include special press releases, email blasts, our social media sites and our website. You will receive a preferred table location with an 8-foot draped table. Access to distribute promotional items and marketing materials and insertion of promotional item in tote bag. Two complimentary lunches at the March CYFEN member luncheon.

Ruby Sponsorship - \$2000 – Expo Speaker Sponsor

Be the Sponsor, who helps us bring in a dynamic and well known Speaker to the CYFEN March luncheon as a pre-event to Expo! As the Ruby Sponsor your logo will be included in all pre-printed

promotional materials. You will receive special recognition signage at the March CYFEN Luncheon and at EXPO registration. You will have the opportunity to introduce yourself and the speaker. Media promotion will include special press releases, email blasts, our social media sites and our website. You will receive a preferred table location with an 8-foot draped table. Access to distribute promotional items and marketing materials and insertion of promotional item in tote bag. Two complimentary lunches at the March CYFEN member luncheon.

Emerald Sponsorship - \$1500 – Cash Bar Sponsor

As the Emerald Sponsor, you will have your logo on the Cash Bar. Your logo will be included in all pre-printed promotional materials. You will receive special recognition signage at EXPO registration. Your logo will be custom printed on cocktail napkins for attendee use. Media promotion will include special press releases, email blasts, our social media sites and our website. You will receive a preferred table location with an 8-foot draped table. Access to distribute promotional items and marketing materials and insertion of promotional item in tote bag.

Sapphire Sponsorship - \$1000 – Vendor Room Sponsor

Sponsor the Main Room where attendees visit the Vendors and Sponsors. As the Sapphire Sponsor your logo will be included in all pre-printed promotional materials. You will receive special recognition signage at EXPO registration and the entrance to the main room. Media promotion will include special press releases, email blasts, our social media sites and our website. You will receive a preferred table location with an 8-foot draped table. Access to distribute promotional items and marketing materials and insertion of promotional item in tote bag.

Each Sponsor Provides:

Promotional support at business locations, E-blast (if applicable) promoting the event, Social media support via Facebook, Twitter, etc., Sponsor logo in jpg and eps formats for use in electronic and print materials upon contract signing, Sponsorship fee due upon agreement.

Cy-Fair Women’s Expo will be held at the Sterling Country Club, 16500 Houston National Blvd.

About Cy-Fair Express Network (CYFEN)

Now over 70 members strong, Cy-Fair Express Network’s vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and national recognition. CYFEN is part of the national organization of American Business Women’s Association (ABWA), for more information go to www.CYFEN.org.

About American Business Women’s Association (ABWA)

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 60 years to women’s education, workplace skills and career development training. For more information, visit, www.abwa.org.



November Meeting

The Cypress-Tomball Democrats monthly meeting for the month of November will be held on Tuesday, 15th November 2016, at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 p.m. to 8:00 p.m. The topic of discussion would be Post-Election Analysis.

Everybody is welcome to join this growing club, which meets on the third Tuesday of every month. The meetings foster great fellowship and feature informative guest speakers. For further information, visit the website www.cytomdems.com; contact Cris Hernandez at cytomdems@yahoo.com; Follow us on Facebook at Cypress- Tomball Democrats.



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FINDING BALANCE

I know, work-life balance has been discussed to death. Yet how many of you find yourself nodding and saying, “Yes, I know I need to do find a better balance. It totally makes sense that I feel tired and unhappy because I’m rushing around all the time. I’ll find a way to make some time for myself”? You tell yourself you’ll schedule some free time later, but does later ever come? I know I’ve been waiting for later for years now. I decided it was time for a change. Here are a few thoughts that have helped me along the way:

1. What’s really important? It’s time to decide what is really necessary and important in your life. Pick 5 priorities that you feel are absolutely vital to your well-being (e.g. family, religion, work, friends, and hobbies).
2. How can you cut back? Now, that you’ve chosen your top 5 priorities it’s time for the hard part—cutting back. Find ways to negate, or decrease, of the things that are stressing you out. Maybe you don’t have to do _____ for so and so. Or is there a certain person in your life who’s been causing more stress than happiness? You don’t have to cut that person out of your life, but maybe it’s time you take a step back and re-evaluate whether or not the friendship is healthy at this time in your life.
3. Scheduled spontaneity. I know, scheduled spontaneity seems like an oxymoron, but it’s incredibly important. Create a routine that works for you, but be sure to block out some free time. This time can be as

long, or as short, as you’d like and is time where you can do whatever you want to do. Just make sure it’s fun!

As always, I turned to the pasture for inspiration. As I sat and watched my horses going about their day, I made some interesting observations. Horses are masters of prioritizing what’s important. Their top priorities fall into line as: safety, comfort, and play. Everything else falls by the wayside if these priorities aren’t met. They are terrific partners with a healthy work ethic, while still relishing in their freedom to run and play. Their exuberance is captivating and beautiful to watch.

Once I took a step back to look at the bigger picture, I was amazed at how easy finding balance could be. I didn’t need to run myself into exhaustion to please everyone. Doing so always ended with me feeling like I was trying to do so much, but doing none of it as well as I wanted. Finding a new work-life balance would not be possible without the support of great friends (both human and horse!), family, and God. These pillars of support help me stay on track and keep me motivated. I highly recommend you find pillars of your own to utilize in your own transition.

Tara Chatterson works at Five Horses, LLC. Please visit the Five Horses’ website, FiveHorses.com, for more information about Natural Horsemanship lessons or Equine Assisted Learning.



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Oliver, Fagin And The Gang Take Over The Garza Mainstage

For the holidays, Stageworks Theatre presents the touching story of Oliver!

How can one small boy defy cruel taskmasters, abusive authority figures, thieving friends, and even a heartless murderer? Join us for Oliver!, November 25 – December 18 to find out. With music, lyrics and book by Lionel Bart, adults and children of all ages will enjoy renowned songs such as, “Food, Glorious Food,” “Consider Yourself,” and “Pick-a-Pocket!”

The Garza Mainstage ushers you into Victorian England with a tri-level set—complete with secret passageways, special effects, and amazing transformations! Join us as Oliver, a malnourished, workhouse orphan, becomes the neglected apprentice of an undertaker, only to escape to London and find acceptance amongst a group of petty thieves and pickpockets led by the cunning Fagin. When Oliver is captured for a theft he did not commit, the benevolent victim, Mr. Brownlow, takes him in as his ward. However, fearing the secrecy of his hideout, Fagin employs the sinister Bill Sikes and the sympathetic Nancy to kidnap Oliver, threatening the boy's chances of discovering the true love of a family. Find out how Oliver makes it through...with a little help from his friends! Join Stageworks, November 25 – December 18 for the Tony and Olivier Award-winning, Oliver!

Michael Montgomery, director, explained, “I’ve worked hard to stay true to Dickens’ social activism and Bart’s bold musical storytelling, but mixed that with some of my favorite modern storytellers, such as Tim Burton, Michael and Janet Jackson, and Lin Manuel Miranda. The crisp movement, colorful costumes and scenic imagery is all inspired by some of my favorite musical productions, including Les Misérables, Fiddler on the Roof, Cabaret and Hamilton. It should feel like a fun, familiar mashup of a classic story—one which I hope inspires you to support and defend, with the Oliver grit, those less fortunate in our society this holiday season.”

Victoria-era London is home to Stageworks regulars Clairey Townsend (Oliver), last seen as Zuzu in It’s A Wonderful Life; The Narrator from Into the Woods, Chris Conway (Fagin); also from Into the Woods as the Baker’s Wife, Jennifer Stewart (Nancy); Jana Ellsworth (Widow Corney), last seen as Vi Moore in Footloose; Taylor Fisher (Bill Sikes), coming off his performance as Audrey II in Little Shop of Horrors; playing another character of questionable morals is JT Fischer (Artful Dodger), last seen in Footloose (Chuck); and Patrick Barton (Mr. Sowerberry), last seen as Clarence in It’s a Wonderful Life. Other faces Stageworks fans will recognize are Eugene Griesbach (Mr. Brownlow), Catherine Campbell (Bett), Chad Dyer (Noah), and ensemble members: Sam Balest, Kevyn Eddy, Jeff Hirt, Alex Kerry, Kendall Montgomery, Morgan Montgomery, Lindsay Scovil, Noah Sprague, Jett Thompson, Jenna Townsend, Peyton Wilkinson, and Alexandra Wiese. Rounding out the London scene are Stageworks newcomers Amanda Hart Basset (Mrs. Sowerberry), Ellen Evans (Charlotte), Jennifer Henzler (Mrs. Bedwin), Scott Johnson (Mr. Bumble), Zachary Salich (Dr. Grimwig), Faith Taylor (Old Sally) and ensemble members: Thomas

Brown, Ethan Chumley, Brennan Ellsworth, Enrique Gomez, Adrienne Guss, Daniel LeCheminant, Chelsea Lerner, Lili Longden, Meghan Longden, Patty Lozano, Caleb Walker and Henry Wolfe.

This Dickens classic come to life with the leadership of Michael Montgomery (director), Jana Ellsworth (music director), Adam Delka & Dru Wiser (choreographers), David Dean (sound design), Ron Putterman (light design), Barbara Terry (costume design), and Stephanie Wisdom (stage manager).

Performances of Oliver! are Friday and Saturday evenings at 7:30 p.m., with Sunday matinees at 3 p.m., November 25 – December 18 on the Garza Mainstage at Stageworks Theatre. There will be two special Saturday matinees on Saturday, November 26 and December 17 at 2 p.m. Tickets are on sale now and may be purchased online at stageworkstx.org, or by phone at (281) 587-6100. Special pricing is available for groups of 10 or more.

Performance Location:

Stageworks Theatre
10760 Grant Road, Houston, TX 77070
(Located in NW Houston, easily accessible from SH 249 & SH 290)

Performances:

Friday, November 25th at 7:30 p.m.
Saturday, November 26th at 2 p.m.
Saturday, November 26th at 7:30 p.m.
Sunday, November 27th at 3:00 p.m.
Friday, December 2nd at 7:30 p.m.
Saturday, December 3rd at 7:30 p.m.
Sunday, December 4th at 3:00 p.m.
Friday, December 9th at 7:30 p.m.
Saturday, December 10th at 7:30 p.m.
Sunday, December 11th at 3:00 p.m.
Friday, December 16th at 7:30 p.m.
Saturday, December 17th at 2 p.m.
Saturday, December 17th at 7:30 p.m.
Sunday, December 18th at 3:00 p.m.

Ticket Prices:

Adults: \$26, Seniors (65+): \$22, Students (3-18): \$15

About Stageworks Theatre

Stageworks Theatre, founded in 2005, is a not-for-profit performing arts and educational organization, with a passion for entertaining, enlightening and engaging audiences in Texas. Recent winner in ten categories for the Broadway World Houston Awards, Stageworks Theatre has also been named Houston's "Best Gem of a Theater" by the Houston Press and "Best Arts and Entertainment" by the "Best of the Northwest" Readers' Choice awards. Stageworks Theatre is a proud winner of the prestigious national American Association of Community Theatre Twink Lynch Organizational Award. Stageworks

(Continued on Page 30)

News You Can Use

(Continued from Page 29)

Theatre produces a broad mix of classics, comedies, dramas, musicals and new works.

Through its award-winning Acting Academy, Stageworks Theatre offers acting and singing classes, and provides performance opportunities for all ages. To purchase tickets, sign up for auditions or classes, or for more information, please visit stageworkstx.org or call Stageworks Theatre at (281) 587-6100.

Adding Yoga to Your Workout Regime Can Improve Health

Implementing yoga into a workout routine can provide unique health benefits, said a Baylor College of Medicine physician and yoga enthusiast.

Yoga is a broad philosophy containing many different paths to achieve the goal of physical, mental and spiritual well-being, said Dr. Bobby Kapur, assistant professor of medicine at BCM and associate chief for emergency medicine at the Harris County Hospital District's Ben Taub General Hospital. In physical fitness, yoga is the practice of physical postures and breathing exercises that allow a person to strengthen the body and at the same time enter a meditative and relaxed state of awareness.

Yoga entails various positions, stretching and deep breathing. Practicing yoga can help a person improve flexibility, balance, limberness, blood circulation, and it can also relax muscle tension and fight infection, Kapur said.



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News You Can Use

RECIPE OF THE MONTH New England Clam Chowder

- 3/4 ounce salad oil
- 1/2 teaspoon chopped garlic
- 1 cup diced celery
- 1 cup diced carrots
- 1 cup diced onions
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- 1 teaspoon thyme
- 1/2 teaspoon salt
- 3/4 gallon clam stock or juice
- 3 large peeled and diced potatoes
- Roux (3/4 pound butter and 1 1/2 cups flour)
- 2 cups drained, chopped clams

*Yield: 10 to 12 servings.
Prep Time: 20 minutes
Cook Time: 1 hour 20 minutes*

In large pot, sauté the oil and garlic about 2 minutes. Add diced vegetables and sauté for 10 minutes or until vegetables are tender. Add herbs and salt. Add clam stock and bring to a boil. Add potatoes and bring to a boil again. Add roux and chopped clams, reduce heat and simmer for one hour.

Avoiding Thanksgiving Weight Gain

Cooking carefully can help avoid that much-feared aftermath of the Thanksgiving Day meal: weight gain. Although you can't eliminate all calories from the feast, you can at least lower the fat content.

Remember to:

- Use no-fat or reduced calorie substitutes whenever possible.
- Avoid butter or margarine when cooking vegetables. Instead, place the desired amount of non or low-fat butter substitute directly on your cooked vegetables, allowing it to melt naturally. Do not pre-melt non-fat spreads on the stove or microwave because coagulation may occur.
- Do not butter-baste the turkey while it is roasting, but rather, brush its skin with vegetable oil to prevent drying.
- Do not eat the skin, which contains much of the turkey's fat.
- Use skim milk in mashed potatoes, puddings and sauces.
- Use substitute sweeteners for desserts, or at least replace half the sugar.

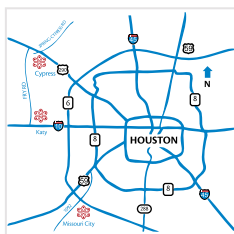


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EXERCISE - BEING THE PERSON YOU CAN BE

Having a goal that truly excites you is the first step to setting up an exercise program. You may want to be 10 pounds lighter by the next school reunion, have more muscle tone in the dress you will be wearing at your daughter's wedding, you may want to quit smoking or drinking or eating fried food or you may want to compare your athletic skills with what you could do in school. You have to have a goal that makes you really want to take the next step.

Once you have your personal goal in mind, you need a reasonable timeline in which to achieve the goal. Let's say you want to lose 10 pounds in six months. You can do that with a good exercise program and a good diet.

Let's start with the exercise program. Think about what you enjoy doing. If you like to be outside you can ride a bike, hike, walk, run swim, play tennis, endless possibilities. Include some of the fun activities that you enjoy and then try some new stuff. If you prefer to be inside, join a gym with a friend who can work out on the same days and at the same time that you do. Hire a trainer if you don't have a work out friend. If you decide to run, you can run even if it is new to you. You could walk a mile three times the first week, two miles the second week, run a mile and walk a mile three times the

next week and by the fourth week you could run and walk two to three miles three times a week. If this holds your interest you could add hills one of the days, add some short bursts of speed one day, you could even sign up for a 5k two months from the start of your program. In six to nine months you could run a marathon if you wanted to go that far. It helps to have a friend to work out with. It keeps you both accountable, and it's fun. Find someone that has a similar schedule or similar child care issues. It helps to recognize what time of the day you enjoy working out and find someone that can work out at the same time.



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Breast Cancer: Importance of Early Detection

By: *Concentra Urgent Care*

Breast cancer is the most common cancer among women in the United States, and is the second leading cause of cancer deaths.

Screening is vital because early stages of the disease are easier to treat. The American Cancer Society recommends women:

- Obtain yearly mammography screenings, beginning at age 40
- Obtain yearly clinical breast exams
- Check your breasts regularly for lumps
- Discuss their breast cancer risk with their physician

Breast cancer risk increases as we age. Other factors that increase a woman's risk for breast cancer include:

- Having started menstrual periods at a young age
- Having a first child after age 30
- Use of hormone replacement therapy
- Having a family history of breast cancer

Men are also at risk for rare cases of breast cancer. All persons familiar with the normal look and feel of their breasts should promptly report any unexpected changes to their physicians. The American Cancer Society recommends both women and men consult their doctor if they notice any of the following:

- A new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- Dimpling or puckering of the skin
- Swelling, redness, or warmth that does not go away
- Recurrent pain in a particular part of the breast
- Pulling in of the nipple
- Nipple discharge that starts suddenly in only one breast
- An itchy, sore, or scaly area on one nipple

For more information about breast cancer and early detection, contact your health care provider, your Concentra health specialist, visit the American Cancer Society Web Site at: www.cancer.org, or visit the National Breast Cancer Awareness Month Web site at: <http://nbcam.org/>



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FOR SALE: Korg M1 61-key music workstation (keyboard, synthesizer & sequencer) with stand, vinyl cover, sustain pedal, manuals and more, \$575. Ibanez RG470 electric guitar, in jewel blue color with new hard case and extras, \$275. All items in near mint condition, call 281-373-0207.

FOR SALE: Gorgeous Impressionist print, perfect for home/office. Professionally framed, beautiful gold frame/gold mat. 4'1"x5'. Will sacrifice for \$400. call/email for pictures comoco@pdq.net (713)859-0322.

FOR SALE: 6 Madame Alexander dolls, 5 with stands. All in good condition. \$15 per doll or \$75 for all 6. Call or email for pictures and names of dolls. comoco@pdq.net / (713)859-0322.

FOR SALE: Entertainment room furniture: 3 piece sectional, coffee table, end table, entertainment center and computer work station. \$600. Will sell as individual pieces. Photos upon request. Call 281.799.7836

FOR SALE: Bernhardt sofa and chair. \$300 OBRO. Photos upon request. Call 281.799.7836

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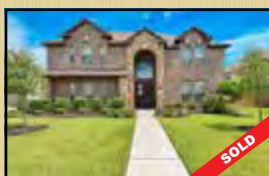
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Dawn Fore's Fairfield Market Report

Neighborhood	2 nd Quarter Results		
	Sold	\$ per SqFt	DOM
Autumn Park	1	\$92.85	43
Baker's Ridge	10	\$100.91	25
Bluebonnet Glen	7	\$105.94	51
Blue Meadow	3	\$95.45	44
Chappell Ridge	3	\$94.13	30
Cottage Glen	8	\$96.78	57
Estates	1	\$96.91	55
Garden Grove	4	\$94.34	54
Glen	5	\$98.36	17
Inwood Glen	5	\$99.67	24
Inwood Park	13	\$90.23	25
Lake Crest (Patio Homes)	2	\$102.75	19
Lakes/Lake Point	7	\$103.18	59
Crossing/Landing/Reserve	6	\$98.13	12
Meadows/Park/Retreat	5	\$94.67	24
Oaks/Trails	3	\$95.68	60
Pines	2	\$113.86	87
Silver Crest	2	\$106.59	10
Summer Crossing/Ridge	12	\$103.66	37
Travis Point	5	\$98.45	33
Tuscan/Villa Sul Lago	5	\$129.35	42

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