

FAIRFIELD

Community Gazette

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DECEMBER 2019





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Harriet Tunick (Secretary) htunick00@gmail.com
Gloria Whitaker (Treasurer) gloriawhitaker1@yahoo.com

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Jennifer Sailer 713-332-4761, Jennifer.Sailer@fsresidential.com

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Salyards Middle School 281-373-2400
Ault Elementary 281-373-2800
Keith Elementary 281-213-1744
Spillane Middle School 281-213-1645
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Fairfield Women's Club fairfieldwomensclub@gmail.com

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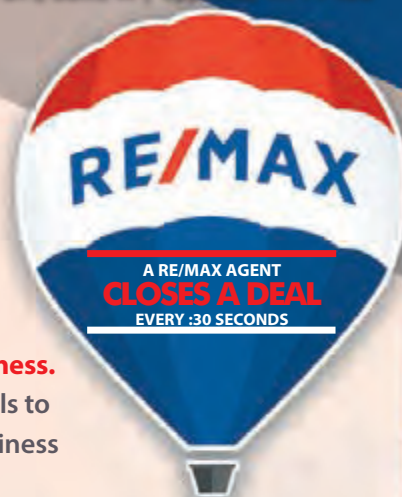
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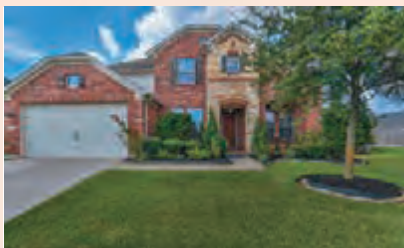
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From The Editor's Desk

by Jackie Devine



Here it is December! It seems that time flies by faster every year. December marks the end of fall and the official start to the holiday season. For many of us, this is a time of immense pressure and stress. I invite you to take a moment right now just to breathe.

Everyone is struggling with something, but that doesn't make us less than or weak. We've got this, and before we know it, we'll be caught up in the wonder of the holidays. But, before that happens, I want you to make a list of all of the things you have done this year and celebrate and appreciate them!

Celebrate the fact that you made it through the rough spots.

Celebrate that you did not spend your whole paycheck on Black Friday shopping (maybe you did, no judgment here). Celebrate and appreciate that you are ready and willing to participate in the holiday festivities. Or perhaps you want to appreciate that you can get out of bed every morning. No matter what you are choosing to celebrate, remember that it was all you and that you are capable of doing whatever you set your mind to!

So as we enjoy the holiday season, take time to share the love. Give thanks, and acknowledge the good that happens all around you.

And, as Reverend Charles Kingsley, a priest of the Church of England, and friend of Charles Darwin wrote in the late 1800s: Never, if possible, lie down at night without being able to say: "I have made one human being at least a little wiser, or a little better today."

This is the basis of our service to you. Our mission is to provide engaging, useful information that also helps you connect with your neighbors. And, if you think of a good story or see someone going above and beyond, please contact me at jackiedevine@peelinc.com or 832.36.6006.

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A NEW WAY TO *Exercise*

by Jackie Devine



We've all heard the adage, "There is nothing new under the sun." But, that was before, Ann Truong and business partner, Vaughan Nguyen, introduced HOTWORX to Cypress.

"We know that time and outcome are two significant factors when working out. And, for those wanting to achieve amazing results and spend less time getting there, we've got the answer!" explained Ann.

"HOTWORX is the first-ever virtually instructed 30-minute fusion of infrared heat and isometrics exercise program that offers conclusive results with regularity.

"Moreover, for busy fitness seekers, time is finally on their side. HOTWORX certified **Virtual Instructors** are at the ready to guide them through each 15-minute HIIT and 30-minute Isometric session while motivating them to **EARN THE BURN**, 24 hours a day, seven days a week."

In addition to first class innovative technology, studies show that infrared induced sweating is seven times more detoxifying than that of sweat from a traditional fitness studio, weight room, or from a conventional sauna. What's more, the heat from infrared causes the body to produce heat shock proteins for a very anabolic (muscle building) type of workout. Plus, infrared is good for your skin and improves circulation.

Examples of workout sessions available you around the clock include:

- **Hot ISO 14** Isometric Postures prepared for a static full body session.
- **Yoga** Traditional yoga and infrared heat.
- **Hot Pilates** Intense core workout while focused on the principles of Pilates: Centering, Concentration, Control, Precision, Breath, and Flow.
- **Hot Warrior** Intended for athletes. There is less time to rest between postures, and there is added emphasis placed on form and technique. It is perfect to use as a supplement for current training programs.
- **Hot Core** Hot Core training focusing on abdominal, hip, and lower back and self-myofascial release with a foam roller. There is no better way to accelerate workout recovery and reduce the appearance of cellulite.

- **Hot Buns** An isometric workout focuses on glutes, with some core work added to maximize detoxification.

- **Hot Bands** Features the use of bands and allows members to experience slow dynamic reps to create a total body workout.

- **Hot Barre** Half-hour of intense postures and slow dynamic reps to help improve poise, posture, strength, and balance.

- **Hotworx Cycle** Quick HIIT session either by itself or to add it to other Hot Isometric workouts.

- **Hot Blast** Blasts upper body and lower body simultaneously for a 15- minute HIIT routine like no other. Engages the mind, endurance, and high-intensity cardio-intervals.

Fitness seekers can also work out with free weights, which include bands, free weights, ropes, and other equipment needed for any combination of functional training exercises and routines!

Hotworx has an incredibly diverse team poised to assist you along your journey in fitness.

Tammy (third from the left), a student at Langham Creek High School and is graduating in 2020. She'll then head to the University of Texas to continue her education.

Tammy says, "I joined the HOTWORX team after utilizing HOTWORX to relieve my back pain. The experience was so effective that I decided to share the benefits of the method with others who are possibly dealing with similar pain issues."

Sarah, (first on the left), mother of two growing boys and an energetic pup, is a certified health nutrition coach and yoga instructor. She combines a routine of HIIT, isometrics, and weight training to maximize benefits and stay active.

"I believe," she contends, "the benefits of utilizing infrared saunas goes beyond the physical aspects. The holistic advantages with the heat, infrared, and workout align with the programs I suggest to others. "

Nick (second from left), a former collegiate athlete, has spent time as a high school teacher coaching high school and college athletes.

"I still coach athletes in the summer off-season, and train myself as an athlete," Nick explains, "because I love the challenge and excitement of it! I joined HOTWORX because I decided to make a career out of my passion for fitness. I'm dedicated to maintaining a positive mindset and share good vibes with everyone I meet!"

Rebecca (far right), has worked as a personal trainer for over 15 years. Her broad array of services includes health and fitness to energetic practices and nutrition coaching.

She maintains, "I was skeptical about HOTWORX at first. However, after researching the benefits of the infrared sauna, reading doctors' reports, and listening to scientists speak of how it detoxes the body, rejuvenates the cells, increases the size of the mitochondria, and balances hormones; I was convinced. The massive calorie burn was a bonus. So, I gave it a try, and I have been addicted to the sessions ever since!"

Hotworx is located at 29110 US 290 Suite 300 Cypress, Texas 77433 (713) 909-3177 hotworx.net/studio/cypress-fairfield

TEEN GIRLS FIND SUPPORT IN CYPRESS

by Elizabeth Hill



Teens today are facing the common issues of anxiety and depression without much help or understanding. That is why, one teen in the Cypress area wants to stop the silence and stigma and help her peers find support, resources, and, most of all, friendship.

My daughter, Lois Hill, is a Junior at Bridgeland High School and an Ambassador Girl Scout. As an Ambassador, girls have the option of earning a Gold Award which is the highest award a girl can receive in Scouts. It's a project that can take one to two years, requires many hours, and offers scholarship opportunities. Often the girls choose a project that they are passionate about and select one that can deal with essential issues locally or globally. Lois wanted a project that was near and dear to her heart.

Here is her story...

I was a freshman in high school, when my anxiety and depression began. I am not exactly sure what triggered my anxiety, but there were a lot of changes that year, including a new school, the death of my cat that I had with me since 1st grade and health issues with my Grandmother. That was also the year that Harvey hit our area.

I began to fear school because I started having debilitating panic attacks where I couldn't move and began shaking. I discussed the issues with my Counselor at school, and after the first semester ended, my Mom and I both decided it was time to withdraw from public school and start public online school.

This came as a shock to many of my friends who always thought I had it all together and always seemed happy and smiling. I hid my feelings well from all who knew me, except my family. When I would come home, I would break down in tears, not even really understanding why.

After a semester of online school, I began to lean on my faith and learn coping mechanisms that helped me gain my confidence, learn more about myself, and who my true friends were. It was at this point that I really wanted to help others who were suffering like I was. When I finished the semester of online school, I decided to return to public high school in my sophomore year. I still suffered from the anxiety and the panic attacks but knew I could get through it with the help of my family and those friends who stuck by me.

It was during my sophomore year that I really wanted to help others, and as an Ambassador Girl Scout, I knew this would be a great Gold Award Project, which is the highest award a Girl Scout can earn.

I decided to call my project Teen Talk and reached out to the Director of the Vineyard, Cyndy Gusler, to sponsor my project. I was excited to learn that she was willing to support my idea of a teen support group to help girls who suffer from anxiety and depression. She knew many people in our community who had asked for this type of support.

The program has been running since April 2019 and has been a success! At one of the first meetings, a girl who came thought the name of the group was Tea Talk, and we all laughed and loved it so much we changed the name to Teen Tea Talk! There's nothing more comforting than sitting with new friends who share similar struggles over tea!

Teen Tea Talk has helped me so much as I've found there's healing when we share our stories. We meet at The Vineyard the 2nd and 4th Sun of every month from 6:30-8pm and are excited to host a movie night on Dec. 8th, where we'll watch the movie of Bethany Hamilton, *Soul Surfer* who just released her new movie *Unstoppable*. If you're a middle school or high school teen, I hope you'll join us! Please email me at loisghill1@gmail.com if you'd like to learn more about Teen Tea Talk! "Though the mountains may crumble, you will not" Isaiah 54:10.



Helping children with CF

by Katie Webb

Cystic Fibrosis (CF) is a genetic disease that both parents carry and pass on to their children. It affects the glands that produce mucus and sweat, causing mucus to become thick. As the mucus thickens and builds, it blocks the airways to the lungs causing a CF patient increased difficulty in breathing. Some CF patients will say it is a drowning of the lungs.

Sunshine Bags by Katie Webb are for CF patients who are at the clinic for treatment. The bags are filled with cool fun items to keep patients from getting bored. They have paint projects, nail color fun, Rubik cubes, paddle balls, coloring books, games that only one can play, and so much more. The sunshine part of the bags are inspirational notes for each patient.

My hope is that the CF patients can have a little fun from these bags during their treatment stay and to help with anxiety, which is a normal emotion associated with the disease. My goal is that the patient will participate in the daily activities of the necessary treatment.

By eliminating or lowering their depression level through these fun kits, I feel they can manage CF more effectively and experience a better quality of life. Living with CF not only can bring boredom but can be emotionally challenging, which brings sadness, anxiety, depression, and uncertainty.

I work with the inpatient Child Life Specialist and outpatient Social Workers who are a part of the Care Team at Texas Children's Hospital and the Texas Gulf Coast Cystic Fibrosis Chapter. By partnering with them, I can get feedback on how the patients are reacting to the kits, and so far, they have been a huge hit.

With the Girl Scout Gold Award, the most important phase is the sustainability of the project. My sustainability component is the actual kit because patients do not need to return them, and the items can be used more than once. After the completion of my project in June 2020, I will make several kits that I will leave at the Care Center for patients and parents to have during their stay. A binder on how to use this project and items to put into bags will be left at the center for the nursing specialist to pass on to various donors who are seeking ways to contribute.

There is no cure for CF. Many trials have been done to help prolong patients' lives, and many drugs are being developed, through research, that will hopefully lead to increased life expectancy or possibly a cure for this disease.

To follow me on my journey or to reach out to me for donations to the bags, please go to <http://cfsunshinebags.home.blog>. Sunshine Hugs – Katie!



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Around Fairfield

Local Scout Completes Eagle Project Benefiting Fairfield Fire Fighters *by Stephanie Fantasia*



Fantasia chose the entanglement prop because after touring the station with Fire Fighter Derek Anderson, who later became his project mentor, he learned it was something firefighters could use to improve safety.

"When I toured, I learned about mayday situations, which is when firefighters get trapped and have to call for help. I learned that's one of the most dangerous things they face. I wanted to build something that would help them prepare for those situations, and hopefully prevent them from getting hurt," Fantasia said.

On the Cy-Fair VFD Station 7 facebook page, Captain Strain wrote of the project, "We couldn't be more grateful! With this tool, station members will be able to train in multiple life-like scenarios that firefighters encounter daily."

Boy Scout Dean Fantasia and his family are Fairfield residents.



Thirteen-year-old, Salyards Middle School 8th-grader, Dean Fantasia, recently completed a project that began last summer with an impromptu tour of local Cy-Fair VFD Station 7. A few months later, looking to earn his Eagle Scout rank with Boy Scout Troop 1478 by the end of 2019, Fantasia took on the task of developing, leading, and executing a community service project.

Along with his Eagle project, over the past two years he has completed

a list of other requirements, including earning 21 merit badges and serving in various positions of responsibility. All Boy Scouts working toward earning the rank of Eagle Scout must meet these requirements and submit a proposal before their 18th birthday.

Fantasia, alongside a group of fellow boy scouts, scout leaders, neighbors, family, and even local firefighters, completed an entanglement training prop for Fairfield's VFD Station 7.

The entanglement prop is a 4' x 8' box strung with wires and cables to simulate an attic or crawlspace. It allows firefighters to practice maneuvering through tight spaces in all their gear and practice quickly cutting their way through obstacles.

Fantasia explained that he received donations from his family to help fund the project. Though many days of planning and shopping for supplies came first, the building began on Wednesday, October 2, with volunteers sanding and prepping wood pieces and beginning to construct the prop frame.

Construction was completed on Saturday, October 5, with volunteers adding the final platforms to the prop. The project was delivered to the fire station on October 17 with the help of Fire Captain Aaron Strain.



Cub Scout Pack 533

Cub Scout pack 533 is chartered by Keith Elementary and is open to boys in Kindergarten through fifth grade. The Scouts participate in various events throughout the year that promote a love of nature, country and community.

There have been several notable events so far this fall, including the annual push mobile race (pictured), Pack Campout at Lake Somerville State Park and the fall popcorn fundraiser. A good time is had by all at these events, and there will be more to follow in the spring along with the spring fundraiser. If you are interested in learning more about joining us, please contact:

Megganconnell@gmail.com

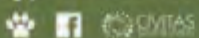


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**The Cub Scout Packs and Boy Scout Troops of
Fairfield will be working together to collect
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Please have your tree on the curb
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FAIRFIELD ATHLETIC C • L • U • B

Want details on the latest updates of FAC programs and facilities; subscribe to our monthly e-newsletter!

DECEMBER NEWS

FAC TENNIS NEWS

Our Babolat Pro Shop is now open



FAC KIDS CLUB NEWS

Kids Club enjoys making crafts, pictured left to right is Connor, Logan, Valerie and Ashley.



The Pools and Splash Pads are closed for the season. The FAC Pool is heated for lap swimming only. Please check out the lap swimming schedule on our website at: www.fairfieldathleticclub.com if you are interested.

FAC NEWS

The Fairfield Athletic Club is an official donation drop off center. Please drop off your unwrapped toys until December 18th!



FALL/WINTER FITNESS SCHEDULE

Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 AM	HIIT		HIIT		HIIT	
5 PM		PIYO Ballet		PIYO Ballet		

LST - Lakeside Trails Clubhouse
16125 Country Fair Lane
Bradford Creek Clubhouse
16011 Fairfield Green Circle

Please note:

October 10, November 14 and December 12
PIYO @Highs will be moved to Bradford Creek Clubhouse.

In observance of Thanksgiving and Christmas the FAC will be closed the following days:

November 28-29
December 24-26

New Resident to Fairfield? Come by the Fairfield Athletic Club and ask about becoming a member. Our members have access to our weight room, basketball gym, swimming pools, tennis courts and more. In addition, we give exclusive discounts to several of our ongoing programs. Located 16055 Mason Rd

Hours: Mon. to Thurs. 5AM – 10 PM Friday 5AM – 8 PM
Saturday 7 AM – 8 PM Sunday 11 AM – 8 PM

For more information, call 281-373-0834 or visit our website at www.fairfieldathleticclub.com



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MIDDLE SCHOOL ATHLETES MAKE A DIFFERENCE

by Jessica Ceaser

Salyards Athletes were challenged to make a difference in the community this season. So, they decided to make it a competition between boys and girls. In four days, altogether they collected over 1,100 boxes of cereal for the Cy-Fair Helping Hands organization.

"In competition we strive .. together we succeed". #bengalpride #wearesalyards #togetherwestand #leadandtheywillfollow

Salyards Middle School and Goodson Middle School came together to raise money for their Pink Out week. By selling shirts, both schools helped raise over \$1,500 for Breast Cancer!! All proceeds were donated to The Rose.



Salyards Cross County Champions

by Kristin Forrest M.Ed., 8th Grade Math/Algebra, Asst. Cross Country Coach

Two hundred thirteen Salyards' students were introduced to the sport of cross-country in August. Throughout the month, they practiced three to four times a week. Emphasis was placed on physical fitness, endurance, and individual improvement.

One hundred and twenty-two participated in the district meet which included 18 schools. All athletes were required to run in at least two of the three meets, however, two were rained out. They also had to run with a good qualifying time to make it to the district meets.

The top 25 received medals in each age group. Coach Parker and I am proud of our athletes and their commitment to the program.

7th Grade Boys – 1st Place

7th Grade Girls – 1st Place

8th Grade Girls – 7th Place

8th Grade Boys – 2nd Place



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School News

**9th annual 5k
Candy Cane Fun Run
for Education**

supporting the
Ault PTO
Keith PTO
Swenke PTO
Salyards Middle School

Saturday Jan. 11, 2020

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to become a recognized sponsor

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- Silver
- Bronze

Candycanefunrun.com



**9th annual 5k
Candy Cane Fun Run
for Education**

supporting the
Ault PTO
Keith PTO
Swenke PTO
Salyards Middle School

Saturday Jan. 11, 2020

early registration 9/1-12/8 for
guaranteed shirt & bib
medals for all registered runners
male/female age group
1st 2nd 3rd place winners
new Masters age group
winners

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Fairfield's Fifty Plus Fun-Loving Group

The Seniors of Fairfield are an active, fifty plus, fun-loving group of couples and singles who enjoy fellowship and various other 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.

THE TRIP PLANS FOR DECEMBER:

Tuesday, December 17th, The Houston Zoo, transformed into a winter wonderland.

For the complete information about this trip and one **special trip** go to: <http://www.fairfieldfiftyplus.com>

Click on: **"For Trip Information"** at the top of our homepage. Then contact either Jo Ann or Jackie for further directions.

DECEMBER FAIRFIELD 50 PLUS ACTIVITY SCHEDULE:

Thursday, December 14th, monthly Pot Luck CANCELED
Tuesday, December 17th, our monthly 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 provided on the Activity page on our website and will also be in our December, 15th weekly newsletter.

ADDITIONAL ACTIVITIES AVAILABLE IN DECEMBER:

The first Friday, **December 6th** and the third Friday, **December 20th**, we meet and have breakfast at Denny's restaurant, the one located near Home Depot, for another opportunity to socialize and enjoy a delicious breakfast. We start ordering around 9 am. Again try to get there a little earlier for socializing.

Then on the second Friday, **December 13th**, and the fourth **Friday, December 27th**, we have game afternoons at the Lakeside clubhouse from 1pm to 4pm. We only play the card game hand and foot at these sessions. There are not any snacks or drinks, so if you like to drink or snack on something; you need to bring your own.

Visit our **ACTIVITY** page on our web site for more details on our activities and check to see if any changes have been made: <http://www.fairfieldfiftyplus.com>

OUR FAIRFIELD FIFTY PLUS WEEKLY E-NEWSLETTER:

Is an update on what appears here in the Gazette. It is emailed each week to our members and others who have requested it. It provides updated information and any **changes from what appears here in the Gazette**, plus the complete information on all our activities. If you would like to receive our weekly newsletter, send your email address, to: wmcook@fairfieldfiftyplus.com or wmcook@comcast.net

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Community Events

Fairfield Republicans



We are a group of like-minded residents living mostly in Harris County Precincts 0111, 0124, and 0405. Others are welcome to attend. Meetings are monthly.

The next meeting is November 9, 2019 and will be a picnic from 12:00 noon till 3:00 PM. The following meeting will be December 14, 2019 from 7:00 to 9:00 PM. The meeting location is Central Park Clubhouse, 15015 Heath Green Circle near Salyards Middle School.

Our purpose is to meet for relevant information and plan for the 2020 Election including get out the vote efforts.

We do not have a Precinct Chair in 0111 with boundaries of Mason to Mueschke and Hwy 290 to Little Cypress Creek. If you are interested in being the Chair, please contact us.

We have a growing list of Facebook followers. Our Facebook page is the "Greater Fairfield Republicans" group. Also, you may contact Bill Ely, Precinct 0124 Chair at 832-919-4999 for more information.

Fairfield Republicans Meeting

**WITH CHAIRS OF THE HARRIS COUNTY
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CENTRAL PARK CLUBHOUSE

**LOCATION TO BE DETERMINED – CHECK
FACEBOOK PAGE, GREATER FAIRFIELD
REPUBLICANS**

**THURSDAY EVENING
DECEMBER 12, 2019 7 - 9 PM**

Please join your Fairfield Precinct Chairs for our monthly meeting. The meeting has been moved forward from the last Thursday of the month because of Christmas. Current information to prepare for the 2020 Election will be presented.



Community Groups



Fairfield Village Community Homeowner Association (HOA). The November meeting was Thursday the 20th. The December meeting has not been determined. It will be at 6:00 PM at the Lakeside Trails Clubhouse. Call First Service Residential (FSC) at 713-332-4763 or go to the office next to

the Fairfield Athletic Club for information about this or any HOA Villages meetings.

Fairfield Village South Homeowner Association (HOA). This is a meeting for those residing in South Village. The last meeting was 10-8-19. The next meeting date has not been determined. It will be at the Central Park Clubhouse, 15015 Heath Green Circle near Salyards Middle School at 6:00 PM. FSC will have information about this meeting and other Village meeting, 713-332-4763.

Wednesday, December 11, 2019, Municipal Utility District (MUD) #396. The meetings are usually the second Wednesday of every month. If you plan to go or reside in a different Fairfield MUD, call 713-651-5345 to confirm dates. The meeting begins at 12 Noon at Norton, Rose, Fulbright US LLP, 1301 McKinney, Suite 5100, Houston, TX 77010-3095. If you would like a ride to the meeting, contact Bill Wilson at 832-653-5146.

Thursday, December 12, Fairfield Republicans. This is the regular meeting moved up from the last Thursday of the month because of the Christmas holidays. The time will be from 7:00 PM to 9:00 PM. The meeting location has not been determined yet. Check the Facebook page, Greater Fairfield Republicans, or contact Bill Ely at 832-919-4999 for info.

Saturday, December 14, 2019, Cypress Texas Tea Party (CTTP). The meeting is from 12 Noon until 2:00 PM. Location is Spring Creek BBQ at 25831 Northwest Fwy, Cypress, TX 77429 (phone) 281-758-1450. CTTP does not charge a fee to attend the meeting and does not have membership dues. Also, you do not have to purchase a meal to attend although most do. Speakers are on the CTTP website.

Saturday December 14, 2019 Yellow Rose of Texas Republican Women (TYRTRW). The Christmas Jazz Brunch is from 11:00 AM till 2:00 PM at the home of Grace and Alex Handley, 21820 East Yaupon Circle, Tomball, TX 77375. State Representative Tom Oliverson will swear in the 2020 Officers. For members, guests, and individuals interested in membership, bring a side dish or desert and a toy for the Marines "Toys for Tots" Christmas Program.

Resident Contribution

by Jay Gavitt, Historian, and Speaker Cypress Historical Society

While biking in Fairfield, I saw this crane taking advantage of the Autumn sun.





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Josette Kuykendall
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Fairfield Women's Club

by Suzanne Thompson

The Fairfield Women's Club is selling pecans again this year. Please contact a member or Suzanne Thompson at dthompson8@comcast.net to purchase your holiday pecans. The pecans are \$13 per bag or two bags for \$25. Help support our schools, Voluntary Fire Department, and our Constables.

The December general meeting will be a Progressive Dinner on Tuesday, December 17th. We will meet at Bradford Creek at 6:30 and carpool to Suzanne Thompson's for appetizers, then to Kathleen Covey's for the main course, and on to Cathy Ward's for dessert. We will have a sign-up sheet for participants to help provide the food. Please respond to the invite that will follow. Join the fun and bring your Christmas cheer!!!



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Church News

Second Baptist Church

Jonathan Spencer, Adult Ministries Pastor



The Christmas Season is finally here! Second Baptist Church would like to invite you to celebrate Christmas all month long at the Cypress Cam-pus. This December, the Second Family will offer a full calendar of spe-cial attractions on Sunday mornings during 9:30AM Bible Study and 11AM Worship. Sunday mornings will feature free hot chocolate in the lobby, beautiful family photo spots, amazing train displays, and some of your favorite Christmas music in Worship. Additionally, each weekend will showcase a different special attraction such as a live ice sculpting demonstration, trackless train rides for the kids, and live reindeer.

The month of celebration will culminate with Second's memorable Christmas Eve candlelight services. The Cypress Campus will offer three identical services: December 23rd at 6PM and December 24th at 4PM & 6PM. These services will include beautiful Christmas music, a children's nativity scene, a powerful message from God's Word, and of course a special time of candle lighting at the conclusion of these ser-vices.

December will also offer several incredible events for the entire fami-ly. All services and events are open to the entire community, so please feel free to invite a family member or friend. Check out the calendar be-low and go online to find more information: www.second.org, [face-book.com/secondcypress](https://www.facebook.com/secondcypress), Instagram @sbccypress

Calendar:

- Sunday Mornings: 9:30AM Bible Study and 11AM Worship
- Train Display Hours
Sundays: 8:30AM-9:40AM; 10:30AM-11AM, 12-1PM
MWF: 9-11AM, 1-3PM
- Storytime at the Trains
December 3rd, 11th, 19th – 10 AM
- Kids Crazy Christmas Show
December 12th-13th: 6PM & 7PM
December 14th: 10AM and 11AM
- Candyland Breakfast
December 14th 8:30AM
- Second's Christmas Spectacular
December 15th 5PM



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Come Along Classic Adults To The Ark Encounter

by Jo Ann Lambert



In September, I planned a "girl trip" with my sister and two other friends. After hearing so much about the Ark Encounter, a full-scale replica of Noah's Ark built according to the dimensions given in the Bible, I decided to make Williamstown, Kentucky, our destination!

Situated in beautiful Grant County, the Ark Encounter turned out to be everything and more than any of us expected. What an engineering marvel! Spanning 510 feet long, 85 feet wide, and 51 feet high, we eagerly toured its four massive decks marveling at the planning and execution that went into building the ark—considering the time-frame and the limitations of construction and supplies. We learned the whys and wherefores of the placement of the animal cages, water and wastes provisions, kitchen accommodations, and sleeping quarters, for Noah's family and animals.

Even after traveling the world over and seeing many unique sites, I believe the Ark could easily be considered the 8th wonder of the world if it hadn't been for the Astrodome.

The amazing thing is, the story never gets old. I'm looking forward to a



return trip so I can experience once again the Creation Museum, which highlights the remarkable 4 D Film covering the six days of creation, world-class exhibits, and life-like interactive speakers eager to share what Noah's life may have been like so many years ago.

I'm happy to say after sharing the highlights of my trip with members of the Classic Adults we decided to schedule a trip March 21st through 29th, 2020. We also decided to tack on other exciting activities close to Williamstown, such as Newport Aquarium, BB Riverboats, The Kentucky Derby Museum, and the Birmingham Botanical Gardens.

If you, your friends and your family, 21 and over, have been yearning to see the Ark and explore parts of Kentucky and Alabama, please contact me at Pstlgrl@gmail.com or 713.480.0747. To view our Ark Encounter flyer go to https://www.facebook.com/FSCTravelTogether/?modal=admin_todo_tour

For those that might need assistance getting around, there are scooters available for the day, and believe it or not; there are no steps to climb.

Hopefully you will join us. But, if this isn't the time, the Ark Encounter is an experience you must enjoy in your lifetime.

Church News

Life Changing Experience

By Merissa Holliday



When Natalie Martinez set off on a trip to Burundi, Africa with her son and a group from Community of Faith, she expected to have the experience of a lifetime and see life change in the process; what she didn't expect, was that it would be her own life changing.

A decade ago, the founding pastors Community of Faith (COF), Mark and Laura Shook, took a trip to Burundi with the intention of bringing hope to lost people in Africa. While there, the Shooks found and fell in love with the Batwa people. Ever since that first trip, COF has maintained a lasting relationship with our Batwa friends, helping them establish a new, sustainable village and create a life for themselves beyond what they had ever experienced.

Every year, the COF Missions team takes a group of people on a trip to visit Burundi and meet the people who sparked that relationship many years ago. The goal of these trips has always been to educate, stretch comfort zones, and bring the love of Jesus

rather than to change anything about the Batwa culture. Still, it can be easy to set off on these trips with the expectation that you will be the one bringing life hope to lost people.

"A trip to Africa, which was intended to help others, was actually a trip that saved my soul and helped me begin a true relationship with God," said Martinez.

While on the trip, Martinez' world was rocked by the relationships she made with people on her team and in the community. She was even given her first Bible and prayed over thoughtfully by a teammate.

As transformative as the trip was for her on her own, being able to share the experience with her son, Carlos, made the experience even more unforgettable.

"Watching my son open up and find joy in playing with the children in the village warmed my heart," she said. "He saw a different way of life and realized that joy is about how you live, not how much you have in life."

Exposure to a new way of life is one of the main goals of these educational, cross-cultural trips. Every day, the visitors get to see how the Burundian people live and how developments in education, healthcare, microfinance, and job training can completely change a person's quality of life (learning new worship and dance styles are always quite a comfort-zone bending experience, too!).

Despite the development that has been made and the assistance COF has been able to provide to the people of Burundi, the realities of the hardships of life in certain parts of the country are still quite hard to take in.

"[Seeing] children chasing a dump truck in hopes of finding scraps of food was unimaginable," Martinez said. "In the midst of this, seeing after school programs assisting families and supporting education provided hope and encouraged me to continue giving to COF."

The relationships we have with our friends in Burundi are immeasurable in value, and trips like these give us the chance to continue building those relationships while also spreading our message of hope – to the Burundians and the Americans alike.

If you would like to attend a cross-cultural trip with COF, or to learn more information about our local and global partners, visit cof.church/missions.



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From The Vine Ministries

By Cyndy Gusler



"From the Vine Ministries" is a safe haven to refresh, encourage, and provide resources for any season of your life. We are not a church but are faith-based and believe in small, intimate and confidential fellowship to discuss practical life, home issues, and Jesus application. Come with friends or come alone...you will feel comfortable either way! Please contact us with

specific issues or check our website for details about our Vineyard Cafe, on-going support groups, workshops or bible studies.

The Vineyard Cafe - Weds, 11:30am-1:00pm

Come for a delicious market to table meal, bringing coworkers or meeting new friends, or just come to sit, breathe and rest! \$10 donation appreciated.

Bible Studies - weekly

Whether you are a veteran or newbie, you are welcomed in a non-threatening, peaceful class. We have current topics on Heaven, Women of the Bible, and Overcoming Struggles and Hard Decisions. Bring your questions and let's find answers together!

Classic Adults' Christmas Luncheon

By Joan Hagan

Kick-off your holiday season with good friends, good food, and a good time! Classic Adults' Christmas luncheon on Monday, December 2, begins at 11:45 am in the youth room.

We will enjoy holiday entertainment with a performance by the Cy-Woods High School Choir!

A fabulous lunch will be catered by Corky's BBQ, which includes pulled pork, brisket, baked beans, coleslaw, and for dessert, their famous banana pudding...all for \$12 per person.

To warm our hearts, we are putting together a collection of gift cards for the young residents of Boys & Girls Country in Hockley.

If you'd like to participate, please bring a gift card to this luncheon from any of the following stores/restaurants:

- Target, Wal-Mart, Academy, Ulta 3, Cinemark
- Chick-Fil-A, Whataburger, Taco Bell, Chili's, McDonald's, Mod Pizza, Willie's, or any of the Wings Restaurants in our area.

Any amount is appreciated. (no need to gift wrap.)

See you on December 2!



Small Groups

We have various small groups that meet weekly or monthly, but also have some that gather when someone calls needing help. Often it involves motherhood, marriage, feelings of failure, or fears of the new season in your life. We have incredible "been there, done that" mentors waiting to meet and help you, as well as professional counselors who volunteer their time. Don't hesitate to contact us!

Executive Director and Founder, Cyndy Gusler

Website - www.FromTheVineMinistries.com

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News You Can Use

Christmas Year Long *By Janet Guthrie*

If you're searching for holiday cheer, you can find it at Andy's Kitchen. Whether you observe Christmas, Hanukkah, or simply enjoy the seasonal spirit, holiday traditions are apparent around and throughout.

But the truth is, to Andy, Christmas is more than plates of fancy cookies, fancy decorations, and glitzy packages. He believes it's an invitation God is writing on our hearts to experience something far more significant than our present-tense life. And, he is convinced that Christmas really should last throughout the year. Furthermore, his loyal customers will tell you that he personifies the Spirit of Christmas all year long.

If you are a member of his Facebook page, you know what I mean. Andy sends out a positive affirmation just about every day of the week to get his patrons moving in a loving and positive direction. A sampling of his thought-provoking quotes includes:

Monday Blessings: No matter how you feel, get up, show up, and never give up! Have a blessed Monday!

Life is not about being rich, being popular, being highly educated, or being perfect. It is about being real, being humble, and being kind.

It's okay to be scared. Being scared means, you're about to do something brave.

If you want to be one of his positive, make life happen, warriors, join his facebook page at <https://www.facebook.com/Andys-Kitchen-Cypress-706056519740598/>.



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"Holiday Luncheon and Gift Exchange"

Luncheon Details

Thursday, December 19, 2019

Networking 10:30 a.m.; Luncheon begins at 11:30 a.m.

***NEW LOCATION:**

Longwood Golf Club, 13300 Longwood Trace,
Cypress, TX 77429

Costs \$30 with advanced reservations; \$35 at the door

Houston, Texas (November 11, 2019) At the December 19th Cy-Fair Express Network Luncheon, attendees will enjoy a festive celebration during the annual Holiday Luncheon and Gift Exchange Event. As always, guests are welcome and encouraged to join in and network. Please join us and be a part of the fun.

About Cy-Fair Express Network (CYFEN)

Now over 60 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.



Medicare: Big Decisions

By Ana Santiago



When you're contemplating Medicare, first and foremost, there are two types of Medicare plans to consider: the Medicare supplement and the Medicare Advantage plan.

They are not the same, and they work very differently. Once you understand how each plan works, you should consider your

needs first: Think about what's most important to you: Cost, coverage, area of coverage, doctor and hospital network, prescription drugs, travel, as well as transportation, to your doctor's office?

Please be advised; if you've been wondering how to choose a Medicare plan but feel like pulling your hair out, you are not alone.

Ana hears these comments and complaints daily. She says, "The majority of my clients have felt they were reasonably intelligent people until they started trying to figure out Medicare."

"I counsel them not to be discouraged because I know that choosing a Medicare plan can be confusing, but I have the answers they can

bank on. The evidence is in my satisfied client list," she explains.

Her satisfied customers emphasize her dedication to seniors:

"Ana Santiago is the best insurance representative I've ever had. She goes above and beyond her duties every time I need something from my health care plan. She has been my agent for four years and has always been there for me. I recommend her services to everyone."

Jonathan

"Thank you, Ana, for helping Joe and me choose our health care plan for the upcoming year. You were so patient and treated us with so much kindness. We appreciate you so much and know that you are the right person to work with the older folks who are looking for the right Medicare coverage. We appreciate your kindness, and we thank you so much for your help. May the Lord bless you in all that you do to help the elderly. God Bless you!" Joe and Tessie

Ana adds, "I'm so blessed! What inspires me and makes me work hard for them is knowing that I am giving them the benefits they need. It's rewarding to know that they "trust me" with what is precious to them: their health. That's why I became a broker so that I could help more people. I take that trust very seriously. And, that is why my agency is called Trusted By Seniors."

You can contact **Ana Santiago, Agency Principal of Trusted By Seniors Ins. Agency at 1-855-382-9562 or visit www.TrustedBySeniors.com**

READY FOR MEDICARE & ALREADY CONFUSED?

We are your Trusted guide to Medicare, whether you're new to Medicare, getting ready to turn 65, or waiting for Open Enrollment, one of our trusted agents can assist you in making that important decision about your health coverage. **YOU DON'T HAVE TO DO IT ALONE OR OVER THE PHONE.** We are professional licensed brokerage and we believe you will be amazed at our personal, friendly and knowledgeable service.

Be one of the many happy seniors that are now enjoying the coverage they needed. Whether it be Medicare Supplement, Medicare Advantage, new to Medicare or you just want to review your existing coverage, we're ready to assist you. We serve Cypress, Katy, Tomball and surrounding areas.

We represent the top leading carriers, among them are:

- United Healthcare
- Humana
- Cigna Health Spring
- Aetna
- WellCare
- And others

Take the stress out of Medicare and choosing a Medicare health plan. Let's talk before time runs out! Give us a call today.



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Shield Bearer Announces 2019 Celebration of Hope Award Winners

Shield Bearer honored the 2019 Celebration of Hope Award Winners at the Celebration of Hope Dinner and Awards Banquet on October 22 at Bammel Church of Christ in Houston. The garden party themed event was sponsored by David & Goliath Business Coaching, Spirit of Texas Bank, WINGS Ministries, Lindsay's Light Fund, Murdoch's Backyard Pub, Modere, Sparkhound, PMP Foundation Repair and Contracting, Misfit Design Group, John Armour Music, Fox Focus Photography, and Bammel Church of Christ.

Winners included:

Business Partner of the Year – Halford Busby Construction Consultants

Ministry Partner of the Year – Redeemed Ministries

Organization Partner of the Year – Rotary Club of Cypress-Fairbanks

Church Partner of the Year – Windwood Presbyterian Church

Ambassador (Soldier) of the Year – Jen Gaudet

For more information about Shield Bearer, a local nonprofit organization that provides professional counseling, prevention programs, and training, visit shieldbearer.org, call 281-894-7222, or attend a free Community Breakfast the first Tuesday of each month at 9AM at 12340 Jones Rd Ste 290 in Houston.



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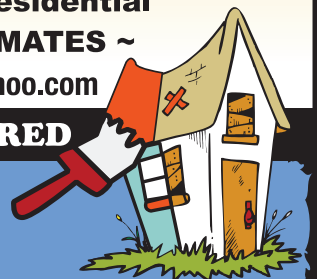
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2019



\$264,632

↑ 2.0%

Median Sales Price
Year over Year



318

↓ 8.8%

Number of Sales
Year over Year



19

Versus 22 Days Year Over Year
Median Days On Market



3.1



Months of
Inventory

59

↑ 10.6 %

Total Properties
Active

19

↓ 29.6 %

Total Properties
Sold

*If no further homes were to come on the market,
Fairfield would be **SOLD OUT** of residential real estate
approximately 11 weeks. versus Houston, which is 4.1 a months inventory

Interest Rates are the **Lowest** they have been since 2016.

What Does That Mean For You?

If You Want to **BUY?**



Demand Is Strong

The more you can differentiate yourself from other buyers that are also looking for their Dream Home, the better!

Know Your Budget

Get preapproved for your mortgage to know how much home you can afford before you start a shopping!

If You Want to **SELL?**



Demand Is Strong

Buyers are out in force right now looking for their Dream Home! These buyers are ready, willing and able to purchase...

Price It Right From The Start

Getting the price right ensures that the most buyers see your home and may mean a quick sale in some areas.

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