



November 2008
Volume 1, Issue 2

The Beacon

News For The Residents at Lakes of Fairhaven

Welcome to the The Beacon

*A newsletter for Lakes of Fairhaven
residents by Lakes of Fairhaven residents.*

The Beacon is a new monthly newsletter mailed to all Lakes of Fairhaven residents. Each newsletter will be filled with valuable information about the community, local area activities, school information and more.

If you are involved with a school group, play group, scouts, sports activity, social group, etc. and would like to submit an article for the newsletter you can do so online at www.PEELinc.com or you can email it articles@peelinc.com. Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome.

Our goal is to keep you informed!



Thursday, Nov. 27th

Cypress Assistance Ministries

11202 Huffmeister
281-955-7684

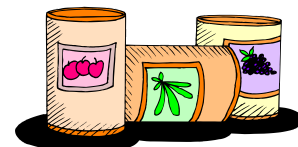
www.cypressassistance.org

Donations Needed

Angels' Attic Christmas Room is now open. The Christmas Room will be overflowing with one-of-a-kind Christmas tree ornaments, decorative accessories for the home, personal gift items and jewelry. Come find that one-of-a-kind gift for your family and friends. Funds received through the resale shop help support the ministry services and Food Pantry at CAM.

To brighten the holidays for a family in our community, please consider donating the following items to be used for Thanksgiving Food Baskets.

- Turkeys
- Canned sweet potatoes/yams
- Dressing mixes
- Canned pumpkin
- Evaporated milk
- Cake mixes and frosting



Donations of paper towels, toilet paper, diapers, and shampoo would also be greatly appreciated.

Cypress Assistance Ministries (CAM), located at 11202 Huffmeister, exists to provide a safe place for individuals or families to tell their story and be offered some measure of hope during difficult times. For a description of all our services and volunteer opportunities, please see our Web site, www.cypressassistance.org.

Donations to Cypress Assistance Ministries can be made Monday through Wednesday from 10AM – 6PM and Thursday through Saturday from 10AM – 3 PM.

If you need further information, please give us a call at 281-955-7684 and ask for Kelly.

Don't want to wait for the mail?

View the current issue of
The Beacon on the 1st day of each month at
www.PEELinc.com

Newsletter Information

Publisher

Peel, Inc. www.PEELinc.com, 512-263-9181
 Article Submission articles@PEELinc.com
 Advertising advertising@PEELinc.com

Teenage Job Seekers

NAME **Age** **Baby** **Pet** **House** **Yard** **Phone**
 Sit Sit Sit Work
 Doe, John 15 • • 111-1111
 *-CPR Training +-First Aid Training

Attention Teenagers

The **Teenage Job Seekers** listing service is offered free of charge to all Lakes of Fairhaven teenagers seeking work. Submit your name and information to articles@PEELinc.com by the 9th of the month!

Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing articles@PEELinc.com or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 9th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for The Beacon. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Lakes of Fairhaven residents, limit 30 words, please e-mail articles@PEELinc.com.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.

Advertising Information

Please support the businesses that advertise in The Beacon. Their advertising dollars make it possible for all Lakes of Fairhaven residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

Cy-Fair ISD & Volunteers in Public Schools (VIPS): A Winning Combination

November / December 2008 Upcoming Events

November 6 : Power Point – 10:00 a.m. to 11:45 a.m., ISC West

Learn to create on-screen color presentations and outline pages. Additional concepts – customizing slide shows with sound and animations. Administrator signature approval required to register for this free technology training.

November 6 : Newsletters – 12:00 p.m. to 2:00 p.m., ISC West

Learn to create newsletters using Microsoft Word. Administrator signature approval required to register for this free technology training.

November 7: Multicultural Meeting – 9:30 a.m. to 12 p.m., Berry Center

Open to all CFISD school staff, volunteers, parents and community members. The purpose of the CFISD Multicultural Committee is to raise the level of cultural understanding and respect by sharing information with the CFISD community to encourage cultural sensitivity and parental involvement to strengthen student success.

November 7: Galveston Bay Training – 9:30 a.m. to 12 p.m., Berry Center

Open to all CFISD school staff, volunteers, and parents. Learn how to present a TEKS based science lesson to 4th grade students at your school. Students will learn about the importance of our bay and waterways and what measures can be taken to protect this life-giving estuary.

November 12: Intermediate Reading and Writing Training – 9:30 a.m. to 12 p.m., Berry Center

Open to all CFISD school staff, volunteers, and parents. Techniques will be presented for volunteers to use when they assist teachers and students working to improve reading and writing skills in grades 2 through 5.

November 19 : Excel – 10:00 a.m. to 2:00 p.m., ISC West

Learn spreadsheets to create simple budgets and other types of ledger sheets. Applications include creating and editing worksheets and formulas. Administrator signature approval required to register for this free technology training.

November 20: VIPS General Meeting – 9:30 a.m. to 12 p.m., Berry Center

Open to all CFISD school staff, volunteers, parents and community members. Get the latest information on what is happening in CFISD.

December 4 : Access – 10:00 a.m. to 2:00 p.m., ISC West

Explore the basics of database management. Administrator signature approval required to register for this free technology training.

December 11: Access – 10:00 a.m. to 2:00 p.m., ISC West

Learn how to create a web site using Dreamweaver software. Administrator signature approval required to register for this free technology training.

If you are interested in becoming part of the winning combination at Cy-Fair schools as a volunteer, and making a difference, or would like more information, please contact Pam Scott, Partners in Education Director at 281-894-3950.

How to register for training

With the exception of all VIPS Technology Training, register for training by emailing the PIE office at vipsrsvp@cfisd.net. Provide your name and the name and date of the training you wish to attend. Registration is required to guarantee a seat and training materials. Volunteers interested in any VIPS Technology Training should contact the P.I.E. office at 281-894-3950 for registration forms and information. Adults only please.

Lone Star College-CyFair - November Perspective

In an effort to provide you with important information about Lone Star College-CyFair "Perspective" was developed. This column provides the latest information about news and events. Here is a sampling of what's going on:

Save the Dates for Art, Music, Theatre and Vocal Events

The Bosque Gallery presents the end-of-the-semester LSC-CyFair Fall Student Art Exhibition Nov. 19 – Dec. 4 with a reception Nov. 20 Go to CyFair.LoneStar.edu/bosquegallery for hours and information. The Theatre Department presents a hilarious, poignant, endearing and Tony award-winning play, "The Laast Night of Ballyhoo" Nov. 13 – Nov. 23. Next month features String Orchestra and Jazz Band concerts, Dec. 1 and Dec. 3 respectively as well as "Messiah – A Sacred Oratorio" Dec. 5 and Dec. 6. For tickets and information call 281-290-5201 or go to CyFair.LoneStar.edu/boxoffice.

Free Fall Film Series Concludes This Month

The Cinema WOW! Film Series, offered as individual continuing education Film Appreciation classes, includes an engaging discussion after the movie. November films include "Rainmaker" Wednesday, Nov. 5; "Caine Mutiny" Saturday, Nov. 15 (at LSC-Fairbanks Center) and "Buena Vista Social Club" Wednesday, Nov. 19. Registration is available online as well as at the film events, which are open to the community at no charge. For information, go to CyFair.LoneStar.edu/filmseries.

L.I.F.E. Lessons in November

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) In November, learn about amazing medical breakthroughs with Baylor College of Medicine's Tony Elam Nov. 5; get a tour of Native American culture in movies Nov. 12 and see hands-on demonstrations of geotagging Nov. 19. Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.

Register for Mini-mester and Spring Semester Classes

Catch up or get ahead this holiday season! Take a mini-mester course in December or register early for spring. Phone and online registration begins Nov. 10 with on campus registration set Nov. 24. Mini-mester classes begin Dec. 15. Mini-mester courses range from criminal justice, philosophy, sociology and ethics, to algebra, history, government and communications. Spring semester classes begin Jan. 12, 2009. Lone Star College-CyFair provides a variety of options such as weekend, evening, distance learning and even hybrid (part on campus instruction and part online learning) courses. For information, call 281-290-3200 or 832-782-5000 or go online to CyFair.LoneStar.edu.



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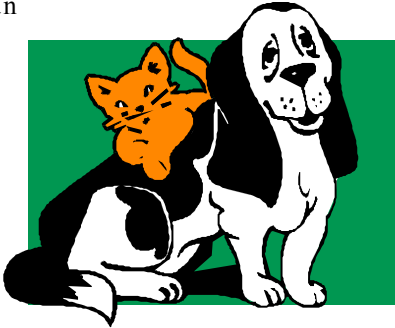
Holiday Pet Tips

Submitted by Melissa Todd

As you celebrate the season, it's important to keep your furry friends safe and stress-free.

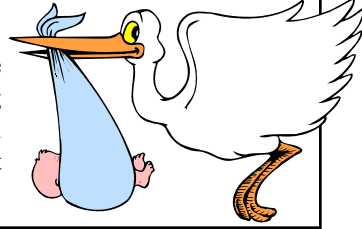
Household changes and activity can be very hard on pets.

- Be careful with holiday decorations. Many plants and berries (poinsettias, mistletoe, ivy and holly to name a few) can be toxic to pets. Also be careful where you hang ornaments and decorations...the higher the better!
- Gatherings of people and holiday parties can frighten animals. Plan a safe place for them to retreat too when company arrives or when Halloween doorbells are ringing.
- Holiday leftovers can wreak havoc with your pet's digestive system. This is especially true with older pets. Turkey drippings, poultry bones and chocolate can all result in a trip to the emergency vet.



Stork Report

If you have a new addition to the family please let us know by emailing articles@PEELinc.com and we will include an announcement to let everyone know!



Do You Have Reason to Celebrate?

We want to hear from you! Email articles@PEELinc.com to let the community know!

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A&N Liquor

15201 Mason Rd, Suite #400
Cypress, TX 77433
281-213-8200



CHEERS TO
A Merry Christmas

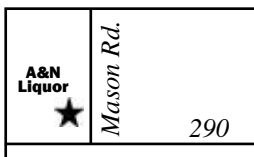
- Purchase 6 bottles of wine, receive 10% discount.
- Holiday gift sets available.

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Come check for yourself.

SAVE TIME AND MONEY -
Shop in the neighborhood
and avoid long lines.

Yes,
we meet or beat
competitors
published prices

- More selection/availability
- Competitive Pricing to big chains
- Case Discounts



What's that Quarter Pounder Worth to You?

Submitted by Alica Harrison

Ever wonder why it's so easy to gain 10 pounds and so hard to lose 10 pounds? How can something called a Quarter Pounder add 5 pounds to my hips? If a Krispy Kreme donut is traveling at 15 mph, how long does it take to reach my butt? These are the questions that keep me up at night. (Well, not really.)

During our summer vacation, my husband and I took the kids to the Houston Museum of Natural Science, a great way to spend a rainy, hot afternoon in Houston. Part of our tour included a hands-on science lesson by a Bill Nye wannabe. The kids loved the interactive experiments, but I was completely shocked by one that compared the density of Pepsi vs. Diet Pepsi. Did you know that a can of Diet Pepsi will float in water but a can of Pepsi will sink? Do you know why? It's that 12 teaspoons of sugar that weigh it down! 12 teaspoons! In one can! Put 12 teaspoons of sugar in a juice glass and tell me you're not impressed by that.

So, being the Coke lover that I am, I started wondering how many sit-ups it would take me to earn a single can of Coke. That would be 420. Yikes! That's like a month's worth of sit-ups for me! I could also rid myself of the Coke calories by jogging – for about 20 minutes. Or walking for about 40 minutes. All for one lousy can of Coke.

And if a can of Coke can do that to me, what about a plate of chicken fajitas? Turns out that those fajitas at Pappasitos with rice and beans and 2 tortillas (no sour cream or cheese) pack in a whopping 1150 calories! (That's like 8 cans of Coke, if you're still counting.) So plan on pushing that stroller for 9 ½ hours to burn those puppies off. Prefer the spaghetti and meat sauce at Macaroni Grill? You'll only need to ride your bike for 3 hours to work

those 1110 calories off.

So these meals are great if you're Michael Phelps. For the rest of us mortals, it's much harder to maintain a healthy weight - much less lose weight - if we eat like this. You have to burn 3500 extra calories to lose one single, solitary pound. (That's about 14000 push-ups...) Which is why it's so much easier to gain weight than to lose it. I can easily eat an extra 3500 calories in a week. But it's much harder to exercise an extra 10 hours in a week. Here's a handy chart to let you know just how much effort you're going to have to expend just to break-even on some favorite foods.

So, as my trainer tells me, suck it up, Buttercup. And put down that Coke.

Delicious but costly food choice	Number of push-ups needed to offset those darn calories	Number of sit-ups needed to offset those darn calories
Quarter Pounder w/Cheese (530 calories)	2120	1590
Ice Cold Can of Coke (140 calories)	560	420
Chick Fil A Sandwich (410 calories)	1640	1230
Taco Bell Beef Burrito (400 calories)	1600	1200
Pappasitos Chicken Fajitas (1150 calories)	4600	3450
Macaroni Grill Spaghetti and Meat Sauce (1110 calories)	4400	3300
Starbucks Blended Mocha Frappuccino (346 calories)	1384	1038
Saltgrass Pork Chops, Baked Potato, & Veggies (1020 calories)	4080	3060



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WILDCATS **RAP** *(Wildcats Right After Prom Inc.)*

Website: Cywoodswrap.org

Meetings - 2nd Tuesday of each month at 7pm in the Cy Woods Commons (earn 5000 WRAP bucks for parents attending)

NEW Fundraisers that everyone can do:

***GoodSearch.com

GoodSearch.com is a search engine powered by Yahoo. When you run your internet searches using Goodsearch.com they will donate money per search to WRAP. (select WRAP – Wildcats Right After Prom (Cypress Texas) to receive credit for your searches)

***www.goodshop.com

Shop from the GoodShop website. Use the drop down list under 'Who do

you GoodShop for' and select WRAP – Wildcats Right After Prom (Cypress Texas) to receive credit for your shopping. A percentage of every purchase will be donated to WRAP.

***SCRIPS – glscrip.com

Scrips is fundraising while you shop™. This program allows WRAP members to purchase gift cards for everyday expenses like food, clothing, and entertainment; while earning a percentage of each dollar spent back in revenue to WRAP. Place and pick up your orders at the monthly meetings.

More info on these fundraisers is available on the WRAP Website, Cywoodswrap.org
Thanks in advance for your help!!



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Brandon Vick Memorial Run-4-Fun to be held on November 7, 2008

The Brandon Vick Memorial Fun-4-Fun will be held on November 7 at Cypress Christian School. This event is dedicated in loving memory of Brandon Vick who passed away suddenly in the summer of 2003. Brandon would have been a senior this year.

"Brandon's education at Cypress Christian School began in 1998. Brandon loved the Lord, loved his family, loved his school, and loved his friends. Whatever Brandon did, he did with all his heart, as was the case with the Run-4-Fun, year after year," said Brandon's parents, Dale and Celeste Vick.


"At the end of his 6th grade year, Brandon came home with a heavy heart and asked our family to pray for his friend who might not be able to attend school the following year due to financial reasons. Brandon was a very compassionate person. In keeping with his prayer, a fund was initially set up to assist with tuition needs in these situations."

Cypress Christian School continues to keep Brandon's memory alive through the Brandon Vick Memorial Run-4-Fun. Proceeds from this event have blessed the elementary school with items from their "wish list." In addition, 10% goes towards tuition assistance for elementary students in need.

Proceeds from Run-4-Fun have provided the following items over the years:

- Elementary Computer Lab
- Library Enhancements
- Music Department Enhancements
- Art Department Enhancements
- Playground Equipment
- Technology upgrades
- New Televisions and Stand for the Classroom
- Cable and Wiring for the Classrooms
- Playground Enhancements/ Playground Shade Structure
- Projectors for the Classrooms
- Laminating Machine
- Die Cut Machine and Various Stamps
- Elementary Performances and Competitions
- Teacher Classroom Supply Vouchers
- Map Rails
- Artwork Display Strips for Hallways

For more information on this event or how you can contribute to this fund, contact Jody Pollos at 281-770-5326 or Jody.Pollos@CypressChristian.org. Donations can be made on-line via the school's website at www.CypressChristian.org under the "Support CCS" tab "On-line donations."



SERVICE TIMES:
Saturdays at 6:00 p.m.
Sundays at 9:30 a.m.
and 11:30 a.m.

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Pastor Mark and Laura Shook

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From our
family to
yours!



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