

Swenke Elementary News

Submitted by Rose Jackson

Things are gearing up as we get ready for our very first year at Swenke! Our theme for the 2009-2010 year is Believe.

IMPORTANT DATES:

- <u>New student registration:</u> August 11, 13, 14 (Not on 10th or 12th) 8:00-11:00 or 1:00-3:00
- Swenke Sneak A Peek & Ice Cream Social: August 4, 2009 - 1:00-6:00

<u>Meet the Teacher:</u> Friday, August 21, 2009 PPCD, Life Skills, Pre-K, 1st-5th Grades: 9:00-9:45

Kindergarten Orientation: 10:00-10:45 <u>First Day of School:</u> Monday, August 24, 2009 – 8:50-3:50

<u>Curriculum Night:</u> September 14, 2009 PTO Meeting: 6:00-6:15 PPCD, Pre-K, Life Skills, Grades K-2: 6:15-7:00

Grades 3rd-5th: 7:00-7:45

For all the latest news go to Swenke's website at http://schools.cfisd.net/swenke/ index.stm

To sign up for the email distribution list send an email to www.swenke@cfisd.net.

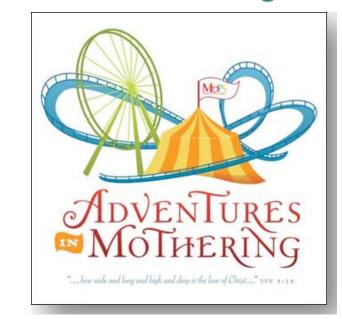
To volunteer at Swenke send an email to swenkevips@gmail.com

Here's to a great year! Go Snow Leopards!

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

MOPS at The **MET** Registration



If you need a listening ear, friendship with other moms, your kids involved in a fun program, delicious breakfast buffets, advice from seasoned moms ... then you need MOPS at The MET.

Two dynamic groups meet two Friday mornings per month (September – May) from 9:15 – 11:45a.m. Childcare is provided upon registration; \$55 per semester. Register online today to secure your spot at met mops.org or TheMETonline.org

MOPS stands for Mothers of Preschoolers, a program led by mothers themselves and designed for mothers with children ages birth to 5. These mothers all have a shared desire...to be the best mothers they can be!

For more information on meetings in Fairfield, please contact Renate Wheeler at renateqw@yahoo.com. They will meet on the second and fourth Fridays during the school year.

"Adventures in Mothering" at The MET Join the Adventure! Get Connected...with MOPS!

Newsletter Information

Publisher

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

NOT AVAILABLE ONLINE



CONVENIENTLY LOCATED! 16333 MUESCHKE RD, SUITE A CYPRESS, TEXAS 77433 (281) 213-3200 info@fairfielddance.com www.fairfielddance.com

Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing <u>articles@PEELinc.com</u> 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.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

The Beacon is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use The Beacon contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in The Beacon is exclusively for the private use of Peel, Inc.



New Club Charter Granted to Cypress Ranch Key Club



Picture of Bob Presnell, Cy-Fair Kiwanis Club President, and Aliah Kelly, Cypress Ranch Key Club President

Cypress, Texas – July 2, 2009 – A new Key Club has been chartered by Kiwanis International at one of Cy-Fair's newest high schools, Cypress Ranch. The new school club of 238 members has been meeting since the school's opening in August 2008 and made formal application for a charter in January 2009. The official Club Charter was presented to Key Club President Aliah Kelly at the club's first annual banquet held on May 21. The charter presentation was made by Bob Presnell, President of the Cy-Fair Kiwanis Club, and Peggy Presnell, who serves as Kiwanis Sponsor for the new Key Club.

Members attending the banquet were presented with membership items including their membership cards and pins. New officers for the 2009-10 school year were installed by Madhumita Govindu, a Cy-Fair High School student who serves as Lt. Governor of Division 3N of Key Club. Miss Govindu oversees the Katy and CFISD Key Clubs for the Texas-Oklahoma District of Key Club.

For more information, please contact:

Bri Holcombe, Publicity Chairman - <u>sbvbchick@hotmail.com</u> Justin Bradley, Publicity Chairman - <u>Thebradley5@comcast.net</u> Jennifer Hydes, Faculty Advisor - <u>Jennifer.hydes@cfisd.net</u> Cypress Ranch Key Club



Copyright © 2009 Peel, Inc.

The Beacon - August 2009 3

IT'S THAT TIME OF THE YEAR AGAIN! Students Can Win Thousands of Dollars in Scholarships and Savings Bonds!

Commander William "Bill" Shaffer of the Veterans of Foreign Wars (VFW) Post 2427 and its Ladies Auxiliary announces the kick-off of the years "Voice of Democracy and Patriot's Pen Essay Competition." These competitions are designed to give local students the opportunity to earn Scholarships and savings bonds toward their education. Students from public, private, and parochial schools are encouraged to participate, as well as students in home study programs.

Students begin competing sat the local Post level, Post winners advance to the District level, District winners then compete in the State competition. The State winners compete for more than 2.5 million in scholarships and savings bonds.

The Voice of Democracy contest is open to Students in grades 9 - 12 who are enrolled in a public, private or parochial high school, and those in a home study program in the United States, it's territories and possessions; or in an overseas U.S. Military/civilian dependent school. Foreign exchange students, students age 20 or over and

previous Voice of Democracy first place winners are ineligible. The theme for the year is, "Does American Still Have Heroes"?

The Patriot's Pen Contest is opened to 6th, 7th, and 8th grade students enrolled in public, private or parochial schools in the US, its territories or its possessions. Home-schooled students are also eligible. Dependents of U.S. of military or civilian personnel in overseas schools can participate too. Foreign exchange students and former winners that placed in the National finals are excluded from the contest. The theme for this year

is, "When Is The Right Time To Honor Our Military Heroes?"

The deadline for this contest is November 1, 2009. For more information please contact V.F.W. Post 2427, 14408 Alice Road. Tomball, Texas (281) 351-2427 or go online at www.vfw.org.



4 The Beacon - August 2009

Copyright © 2009 Peel, Inc.



Attention Cy-Woods 2010 Senior Parents! WRAP is Cy-Woods High School's parent-driven Project Prom organization. The purpose of WRAP is to provide a drug and alcohol free all-night party for the graduating seniors and their guests after their prom.

Please join us on Thursday, August 20th @ 7:00 pm in the Commons area at Cy-Woods High School for our 1st 2009-2010 WRAP General Board meeting. For more information on WRAP, please visit our website at cywoodswrap.org or contact us via email at cywoodswrap@hotmail.com. We look forward to seeing you on August 20th.



Do You Have Reason

to Celebrate? We want to hear from you! Email <u>articles@</u> PEELinc.com to let the community know!



Houston Hemophilia Walk

Saturday, September 19, 2009 Minute Maid Park 9 am Registration - 10am 3K Walk begins

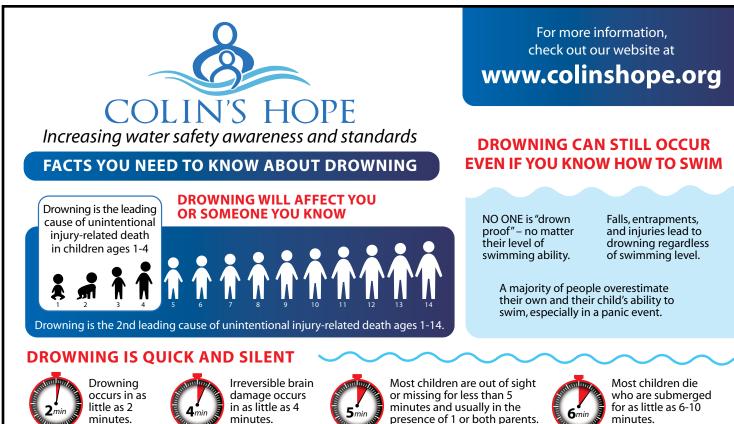
Join us as we raise awareness and funds for bleeding disorders. Register your Walk team at www.hemophilia.org/walk and choose the Texas Lone Star Chapter Walk.

For more information about the Lone Star Chapter's Hemophilia Walk '09, contact Event Manager, Melissa Compton, at 713-686-6100 or mcompton@

lonestarhemophilia.org



National Presenting Sponsor



Children who drown do not scream, splash, or struggle. They silently slip beneath the water, even with adults & lifeguards present.

The Beacon - August 2009 5

The Science of Grocery Shopping

Submitted by Kelly Bruneman, Certified Nutrition Specialist

The grocery store can be a scary place! All those isles filled with grocery goodness! What is healthy and what isn't? How do you know where to start and what to buy? Follow these simple rules to ensure that you get the most out of your grocery shopping experience:

• STAY TO THE OUTSIDE

- Most everything you need is on the perimeter of the store. Your produce, meats, and dairy cases are all on the outside. The isles are where the boxed and processed foods reside.

• ORGANIC... IS IT WORTH IT?

- Not all things are necessary to buy organic. The following produce list is often referred to as the "Dirty Dozen" because they contain the highest levels of pesticides.
 - THE DIRTY DOZEN: Peaches, Apples, Sweet Bell Peppers, Celery, Nectarines, Strawberries, Cherries, Pears, Grapes (Imported), Spinach, Lettuce, Potatoes.
- THE LEAST CONTIMATED: Onions, Avocado, Sweet Corn (Frozen), Pineapples, Mango, Asparagus, Sweet Peas (Frozen), Kiwi Fruit, Bananas, Cabbage, Broccoli, Papaya.

Crown Molding

- Beef, Poultry, and Dairy are also worth the organic price because they are produced without growth hormones and antibiotics.
- Currently the USDA has not developed organic certification standards for seafood.
- REMEMBER: buying organic foods that aren't good for you doesn't make them healthy!!

BUY FROZEN

- Frozen fruits and vegetables are often flash frozen locking in nutrients better than canned foods.
- Frozen fish and chicken is also flash frozen at the source locking in nutrients and making them convenient alternatives to store in your freezer.

• DON'T BE AN IMPULSE BUYER

- Make a list according to how your grocery store is laid out and STICK TO IT! If ice cream isn't on your list, don't go down the ice cream aisle.
- Don't go to the grocery store when you are tired, hungry or irritable. This almost always leads to impulse buys.

(Continued on Page 7)



bashanspainting@earthlink.net

Mr. Handyman is a member of the Service Brands International family. MOLLY MAID

Owner is a 35 Year Cypress Resident

281-357-HANDY(4263)

www.mrhandyman.com

andyman

On time. Done right.®

V star and "home in

Carpentry

Tile/Grout

Doors/Windows

Gate/Fence Repair Power Washing

The Science of Grocery Shopping- (Continued from Page 6)

- If possible, don't take the kids! Grocery stores target impulse buyers and almost all kids are impulse buyers!
- Don't get distracted at the checkout line. As you are waiting to check out grocery stores stock the racks with tempting candy bars and sodas. Don't be fooled! If you think you might give in bring in water with you and pop a piece of sugar free gum! Or flip through the latest gossip magazine until it is your turn to pay.
- If you don't buy the junk food, you won't have it in the house!

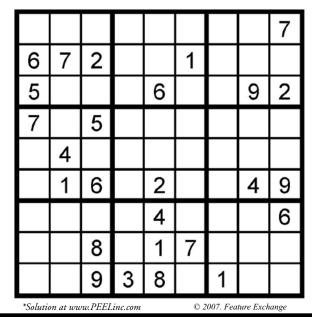
• CHECK OUT THE LABEL

- THE FDA requires that all ingredients be listed in descending order of predominance by weight. Try to pick foods that have a short ingredient list that don't have many artificial ingredients.
- Look for foods that have ingredients that you can pronounce
- Choose foods that are "real". Examples are 100% fruit juice or 100% whole-grain items with as little processing and as few additives as possible. If you want more salt or sugar, add it yourself.

Finally, just take a deep breath and go for it! You are in control and remember if you don't buy it; it won't find its way into your house!

Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.



Looking for a Realtor, or Two?

We are Lakes of Fairhaven Area Specialists!

We have been building subdivisions and selling homes in Fairfield, Bridle Oak, Saddle Ridge and Lakes of Fairhaven since 1994, back when only 5 cars went down Schiel Road each day!

Fairhaven Estates is opening this fall!

We have been asked to market this 62 acre gated custom home section next to Lakes of Fairhaven. With a taste of the Texas Hill Country, Fairhaven Estates will be deed restricted, with all utilities. Lots will range in size from 1.4-1.6 acres, and lot owners can bring their own builders. If you are looking for more elbow room as well as the peace and quiet of a gated subdivision, give us a call!

Mark's Cell: **713-825-9087** Tamara's Office: **281-304-9727** info@BonningRealEstate.com



Tamara and Mark Bonning

Memberships..

22 years with RE/MAX Member of the RE/MAX Hall of Fame Recipient of RE/MAX Lifetime Achievement Award. National, Texas and Houston Association of Realtors. HAR.com, & Realtor.com, CRP – Certified Relocation Professional Member Texas Rural Real Estate Network. Multiple Listing Service Equal Housing Opportunities.

Lone Star College - CyFair "Perspective"

IT'S NOT TOO LATE TO REGISTER FOR FALL

Registration continues through Aug. 22 for fall semester. Register for online, weekend, evening or distance learning courses by phone, 281-290-3200 or 832-782-5000; online to LoneStar.edu/cyfair; or in person at one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway. Week day classes begin Aug. 24 with weekend classes beginning Aug. 28-30.

<u>"CONFLUENCE, STUDY ABROAD 2009" IN THE BOSQUE</u> <u>GALLERY</u>

Check out this showcase of student installations and photography taken during this summer's study abroad trips to Italy and China. The exhibition will be on display Aug. 4 through Aug. 27 in the Bosque Gallery with a closing reception at 4:30 p.m. Aug. 27. Go to LoneStar.edu/bosquegallery for gallery hours and information.

FREE NEW STUDENT ORIENTATIONS SET

Take a tour, learn about campus programs, meet with an advisor, choose a schedule and register for fall classes at LSC-CyFair's free new student orientations this summer. Three orientation sessions,

including separate sessions for parents and family members, continue each Wednesday through August 19. For information, go to LoneStar.edu/orientation.

L.I.F.E. LESSONS IN AUGUST

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.) Programs in August include: unveiling the Chip Hosek Collection of American Art Aug. 5, preventing arthritis Aug. 12, the science and art of perfume making Aug. 19 and new application on Google Aug. 26. Call the library at 281-290-3213 for L.I.F.E. program information or go online to LoneStar.edu.

BECOME A CERTIFIED LICENSED MASSAGE THERAPIST OR PERSONAL TRAINER

Interested in helping people lead healthy and stress-free lifestyles? Let Lone Star College-CyFair jump start your career in massage therapy and personal training. In the Massage Therapy program, which only costs \$1827 plus books and supplies, students learn

(Continued on Page 9)

Avoid Foreclosure Save Your Credit

Curious about Short Sales?

RE/MAX Realty Center

SaveHoustonHomes.com • 281-213-6250



8 The Beacon - August 2009

Lone Star College - (Continued from Page 8)

business practices and professional standards as well as health and hygiene in massage and more. Scholarships are also available. The Personal Trainer program covers aspects of one-on-one training including marketing, program development and design, legal aspects, documentation, training methodologies and business considerations. Students who also take Exercise Science and CPR courses will be ready to take the National Academy for Sports Medicine certification exam. Financial aid is available for this workforce program. Registration is under way for fall classes, which start Aug. 24. For information call 281-290-3930 or go to LoneStar.edu.

Stork Report Lakes of Fairhaven

Submit your information on the arrival of your little one to articles@peelinc.com





The Tri-County Quilt Guild Meets the 1st Tuesday of the month, 7-9pm

Meeting Place: Fairfield Baptist Church, 27240 Highway 290 (Between Muescke and Mason Rd) Cypress, TX 77433-4907 website: www.tricountyquiltguild.org *Established 2005*

Some of our activities include Show & Tell, BOM's, Fabric Raffle, Charity Quilts, Bees, Special Programs, guest speakers and more, with Door Prizes at every meeting!

We are a very friendly group and welcome quilters of all levels of expertise, from the Just Love Quilts and never sewn to the experienced and published. Visitors welcome!

Please check out our website for more information.

KIDS SERVICE TIMES SATURDAYS: 6:00 PM SUNDAYS: 8:30 AM 9:50 AM igvie Nicht 11:30 AM TAUBRIT *K – 5TH GRADERS **Building Strong Families** Faith Commun 16124 Becker Rd., 77447 **Pastor Mark and Laura Shook** 832.875.2520 | www.communityoffaith.tv

The Beacon - August 2009 9

The Road of Uncertainty

By Mindy Ferguson

As I traveled along a remote road on my way to speak at a women's retreat, my GPS suddenly began an annoying repetition of the phrase, "lost satellite". After a few minutes, I picked up my cell phone to call for directions. No service. I found myself on an unfamiliar country road in East Texas, with no cell phone and a GPS that appeared to be as disoriented as I was.

Uneasy, I pulled over onto the side of the road, took a deep breath, reviewed my map and prayed. I studied the map and located a road that I remembered passing a few miles earlier. I estimated my location and eased back onto the road, following the map with my finger as I drove. Needless to say, I was grateful to discover a sign with the retreat center's logo and an arrow, indicating the turn was ahead.

Thinking back on my experience, it occurred to me that our journey through life often presents us with circumstances that make us feel as disoriented and uneasy as I felt that day when I was lost on an unfamiliar country road without cell service. It also occurred to me that our response to life's uncertainties should be the same as mine was that day on the road —Pause, Ponder, Pray, and then Proceed. **Pause**

When faced with uncertainty, we need to take some time to quiet ourselves before the Lord. Psalm 46 assures us, God is our refuge and strength, an ever-present help in trouble. Be still and know that I am God (vs. 1,10a NIV).

Regardless how lost or helpless we may feel, God is our refuge and our strength and He is always available to help us. We can rest in the truth that He knows every detail of our circumstances and He is never disoriented. It's important to "be still" in order to hear His voice and sense His presence.

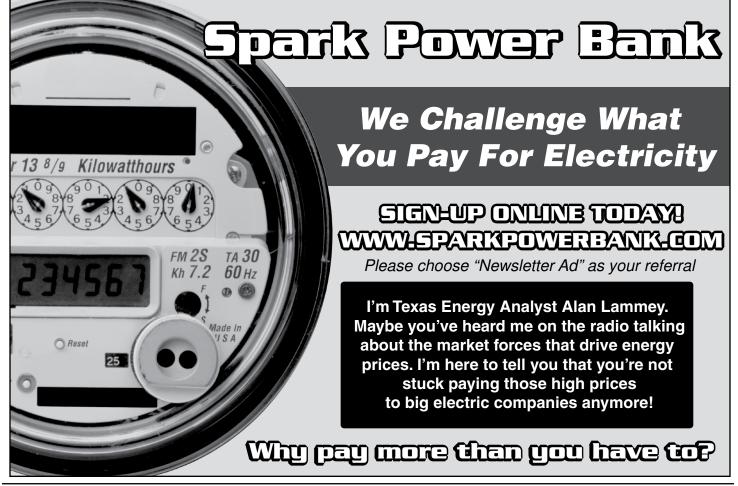
Ponder

Next, we need to take the time to gather information, reflect, and regroup. When conflict arose in the early church between Jewish and Gentile believers, the apostles took time to ponder the issues before deciding how to proceed. Acts 15:6 says, the apostles and elders met to consider this question (NIV). When we are unsure how to proceed, we need to gather information and ponder the facts.

Pray

Prayer is crucial. Through prayer, we can come before the Lord with the facts of a situation and earnestly seek His guidance. James 1:5 assures us, If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him (NIV). We can count on God to listen and to grant us the

(Continued on Page 11)



10 The Beacon - August 2009

The Road- (Continued from Pg 10)

wisdom that we need to move forward in His will.

Proceed

Finally, after we have patiently paused, diligently pondered and earnestly prayed, it is time to act. You may step out cautiously, just as I did that day on the unfamiliar country road, but we can count on the truth of Exodus 15:13, which says, In your unfailing love you will lead the people you have redeemed (NIV). God loves us abundantly and although our circumstances can be frightening, we can trust that our God will lead us as He works out everything in conformity with the purpose of His will (Ephesians 1:11 NIV).

Are you facing uncertainty on an unfamiliar road? Pause... Ponder... Pray... and then Proceed. Our God faithfully leads the people He has redeemed!

AMERICA IS GOOD

- ➢ I believe in God and He is the Center of my Life.
- The family is sacred. My spouse and I are the ultimate authority, not the government.
- I have a right to life, liberty and pursuit of happiness, but there is no guarantee of equal results.
- I work hard for what I have and I will share it with who I want to. Government cannot force me to be charitable.
- > The government works for me. I do not answer to them, they answer to me.

If you agree with any or all of the statements above then come to The Glenn Beck 9/12 Project Organizational meeting for Cypress on July 9th at 7:00 pm. Located at 15010 Mueschke Rd.

Get involved.

For more information, please call 281-373-9337.



Magda Rust Your Personal Realtor®

Fairfield Resident

Your PERSONAL agent for all your real estate needs:

To help you sell your house I will

- Help you stage your house for sale
- Provide you with a Free Market Analysis
- List your house on multiple websites
- Market your house through a mall kiosk
- Schedule Open House within the first 30 days of your house on the market
- Communicate with you regularly about your property
- E-mail you daily activity on your house through Prudential's exclusive "On line Sellers Advantage" program
- Provide you with a "commitment guarantee for service" agreement

<u>To help you find your dream home I will</u>

- Conduct an information session to identify your needs
- Arrange a pre-qualification meeting
- Complete a market search to identify properties which will fit your needs
- Help you with all components of the home buying process
- Inform you on any market changes which will allow you to make a better buying decision
- Provide you with information on first time home buyer tax credit and available financing options
- Accompany you on walk-through and the closing
- Make the buying process stress free for you

I will always represent YOUR interest FIRST.

Prudential GARY GREENE, REALTORS[®] Direct: 413.204.0163 | Office: 281.890.4024 | Email: magda.rust@garygreene.com



FH



Selling Your Home In Lakes of Fairhaven?

Put the Don and Jeanne Machrowicz Team to work for you!!

- Marketing on multiple websites for 24/7 exposure of your home
- Don & Jeanne Machrowicz have over 30 years of real estate experience
- Honored by the Houston Business Journal as one of the top 25 residential real estate teams in the city
- Flexible commission plans

Lakes of Fairhaven Year-to-Date Sales Report										
	Sep '08	Oct '08	Nov '08	Dec '08	Jan '09	Feb '09	Mar '09	Apr '09	May '09	June '09
\$500,000 and above	0	0	0	0	0	2	0	0	0	0
\$451,000\$499,999	1	0	0	0	0	0	0	0	0	0
\$351,00\$450,000	0	0	2	4	0	1	2	0	0	3
\$276,000\$350,000	0	0	0	0	0	0	0	0	0	1
\$231,000\$275,000	0	0	0	0	0	0	0	0	0	0
\$201,000\$230,000	0	0	0	0	0	0	0	0	0	0
\$200,000 and below	0	0	0	0	0	0	0	0	0	0
Total	1	0	2	4	0	3	2	0	0	4
Highest \$/sq ft	\$105.74	-	\$108.86	\$107.37	-	\$120.05	\$104.17	-	-	\$97.49

This information is taken from the Houston Multiple Listing Service

FOR OUTSTANDING AGENTS & OUTSTANDING RESULTS.... CALL 281-373-4300 RE/MAX PREFERRED HOMES

We support Cypress Lost Pet Alert.com! e-mail: jeanne@donandjeanneteam.com Thinking about a career in real estate? Schedule a confidential conversation with Jeanne at 713.582.3131.

www.remaxpreferredhomes.com

12 The Beacon - August 2009

bove