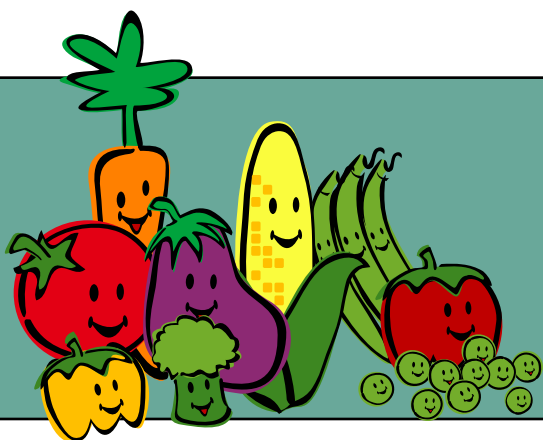




September 2009
Volume 2, Issue 9

The Beacon

News For The Residents at Lakes of Fairhaven



Eating to Live: 5 Foods You Should Eat Daily

*Submitted by
Dr. Tenesah Weine*

1. Spinach - Spinach is the best source of omega-3s (plant-based), and folate, both help reduce the risk of heart disease, stroke, and osteoporosis. Incorporate Spinach into your salads, add spinach to scrambled eggs, or drape it over pizza.

2. Blueberries - Blueberries have more antioxidants than any other North American fruit; blueberries help prevent cancer, diabetes, and age-related memory changes (they are nicknamed "brain berry"). Blueberries are rich in fiber and vitamins A and C, they also boost cardiovascular health. Aim for 1 cup fresh blueberries a day, or 1/2 cup frozen or dried. Stick them into yogurt, cereal, or a smoothie. Of course they are great alone!

3. Yogurt - Yogurt containing probiotics will boost your immune system by building the gut lining. One ailment I test for in my office is candid/yeast, when positive I treat with probiotics. Not all yogurts have probiotics, so make sure the label says "live and active cultures." Aim for 1 cup of the calcium and protein-rich yogurt a day. Avoid yogurts with high sugar content, goat yogurt is most preferred.

4. Walnuts - Walnuts are richer in heart-healthy omega-3s than salmon, loaded with more anti-inflammatory polyphenols than red wine, and packing half as much muscle-building protein as chicken. Other nuts combine only one or two of these features, not all three. A serving of walnuts - about 1 ounce, or 7 nuts--is good anytime, but especially as a post workout recovery snack. Walnuts are great sprinkled over a salad.

5. Tomatoes - Red are the best, because they're packed with more of the antioxidant lycopene, and processed tomatoes are just as potent as fresh ones, because it's easier for the body to absorb the lycopene. Diets rich in lycopene can decrease your risk of bladder, lung, prostate, skin, and stomach cancers, as well as reduce the risk of coronary artery disease. Aim for 22 mg of lycopene a day, which is about eight red cherry tomatoes or a glass of tomato juice.

Note: While eating blueberries and other fruits you want to eat them on an empty stomach. You may have heard people complaining - every time I eat watermelon I burp, when I eat durian my stomach bloats up, when I eat a banana I feel like running to the toilet. When you eat fruit with foods, the fruit mixes with the putrefying other food and produces gas, hence you will bloat!

When you eat fruit, it immediately wants to go straight through the stomach into the intestines, but it is prevented from doing so when other food is present in the stomach. Adding fruit to a meal causes the whole meal to rot, ferment and turn into acid. The moment fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil.

This will not arise if you eat the fruit on an empty stomach. If you eat fruit on an empty stomach, or right before a meal, it will play a major role to detoxify your system. It supplies you with a great deal of energy for weight loss and other life activities.

Newsletter Information

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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.

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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.

The MOMS Club® of Cypress Moms Offering Moms Support *Welcomes all Stay-At-Home Moms*

MOMS Club® is an international organization with a neighborhood feel! We are teachers, business women, counselors, chefs, CPA's and artists who have put those careers on hold and have made the choice to stay home with our kids.

MOMS Club® is a place to find friendship, support, playmates and sisterhood!

ALL events include our children and we believe there is something for every mom out there! Are you looking for park days, coffee breaks, lunch outings, (free) babysitting co-op, craft projects, time to sit and chat, cooking club, book club or someone to share dinner with when your husband is traveling or working late? We even find the time to meet once a month for a mom's night out for a great time to unwind. Or are you

interested in helping within the community with service projects? We have that! (And a whole lot more!)

WOW! It's already September and the kids are back in school. Where did the summer go? Do you have a little one at home that is missing his older brother or sister? Or do you just have young children and looking for some fun things to do? Come join other moms and kids in many great outdoor and indoor activities. Are you new to the area or a new mom and need a friend or support; we are here for you. Don't let yourself feel isolated being a stay at home mom. You can attend two events before joining. Our membership fee is only \$20 a year. The MOMS Club is a great opportunity for you and your kids to make new friends in

our area. Come visit our next all-member meeting and see for yourself! There is a lot of fun and support just waiting for you! Our next meeting is Tuesday, September 8th, 10AM at Good Shepherd United Methodist Church located on Cypresswood Drive in Fairfield. We often have a guest speaker at our meetings discussing topics like finance, health, organization and other popular topics. As always, children welcomed!

For more information, please contact
Keri Whitt, Membership VP, at 713-724-4147,

keriwhitt@yahoo.com

or

Amy Wilkes, President, at 281-455-2807,
amywilkes2003@yahoo.com.



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Cy-Fair ISD & Volunteers in Public Schools (VIPS): *Volunteers Rock!*

VIPS is an acronym for Volunteers in Public Schools. VIPS in Cy-Fair ISD center the attention of their service on supporting students and staff and making a significant contribution to the education of children. These dedicated individuals, who give freely of their time and resources, impact the academic and personal development of Cy-Fair students. Cypress-Fairbanks ISD is fortunate to be able to draw from a diversity of skills and knowledge in its community.

The district VIPS Executive Board spearheads the business of the VIPS. This board is comprised of volunteers elected to take on specific responsibilities offering support, guidance, and training to all volunteers in the district. The VIPS Executive Board meets monthly to evaluate and address the needs of the district and distribute information relating to volunteer and community activities and strengthen parental involvement in education.

If you are interested in being involved at Cy-Fair schools as a volunteer who "Rocks!" and making a difference, or would like more information, please contact Pam Scott, Partners in Education Director at 281-894-3950.

September 2009 Upcoming Events

SEPTEMBER 8 - INTERMEDIATE READING & WRITING TRAINING – 9:30 A.M. TO 12 P.M., BERRY CENTER

Techniques will be presented that volunteers can use when they assist teachers and students working to improve reading and writing skills in grades 2 thru 5.

SEPTEMBER 10 - 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.

SEPTEMBER 11 - TAG TEAM TRAINING – 9:30 A.M. TO 12 P.M., BERRY CENTER

Training for individuals who are interested in working directly with students to help them reach their full academic potential.

SEPTEMBER 15 - PRIMARY READING & WRITING TRAINING – 9:30 A.M. TO 12 P.M., BERRY CENTER

(Continued on Page 5)



SERVICE TIMES:
Saturdays at 6:00 p.m.
Sundays at 8:30 a.m.
9:50 a.m. and 11:30 a.m.

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Pastor Mark and Laura Shook

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Cy-Fair ISD VIPS - (Continued from Page 4)

Techniques and games will be presented that volunteers can use when they assist teachers and students with spelling, high frequency words, phonological awareness as well as developmental stages of writing for Pre-K thru 1st grade.

SEPTEMBER 16 - PIE MENTOR TRAINING – 9:30 A.M. TO 12 P.M., BERRY CENTER

Training for individuals committed to serve as a role model and friend to CFISD students.

SEPTEMBER 16 - VIRTUAL VOLUNTEER TRAINING – 1:00 P.M. TO 2:30 P.M., ISC WEST

Training for Volunteer Coordinators to learn how to effectively and efficiently manage their campus Virtual Volunteer account.

SEPTEMBER 23 - VISION CERTIFICATION TRAINING – 9:30 A.M. TO 1:30 P.M., BERRY CENTER

Become a State certified trained volunteer to assist your CFISD school in vision testing for the students. Please RSVP to your school nurse by September 18.

SEPTEMBER 24 - HEARING CERTIFICATION TRAINING – 9:30 A.M. TO 1:30 P.M., BERRY CENTER

Become a State certified trained volunteer to assist your CFISD school in hearing testing for the students. Please RSVP to your

school nurse by September 18.

SEPTEMBER 29 - PIE MENTOR TRAINING – 6:00 P.M. TO 8 P.M., BERRY CENTER

Training for individuals committed to serve as a role model and friend to CFISD students.

SEPTEMBER 30 - JUNIOR ACHIEVEMENT COORDINATOR TRAINING – 8:30 A.M. TO 9:30 A.M., BERRY CENTER

Specifically for those who will take responsibility for implementing the JA program for their campus.

SEPTEMBER 30 - JUNIOR ACHIEVEMENT VOLUNTEER TRAINING – 9:30 A.M. TO 12 P.M., BERRY CENTER

The purpose of Junior Achievement is to educate and inspire young people to value free enterprise, understand business and economics, and be workforce ready.

How to Register for Training

With the exception of Hearing and Vision Certification, 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. Adults only please.

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Exciting Events Hosted By Cy-fair Republican Women

Sept. 8 - Come join us at Carraba's Italian Grill on Hwy 6 between Longenbaugh and FM 529 for an informative talk by Melinda Biersdorfer, Harris County Probation Officer. Coffee and social beginning at 10:30 AM, speaker and lunch beginning at 11:00 AM. RSVP on the website cfrw.net or call Mary Moss at 281-550-9415

Oct. 2 - HIGH HEELS AND HIGH TEA - this not-to-be-missed event is a luncheon, fashion show and shopping day all wrapped up into one. Come get to know your local officials and other women in the club. The event will be held at the beautiful Houston National Golf Club in the Stonegate subdivision. See our website for more details - cfrw.net or call Mary Moss at 281-550-9415.



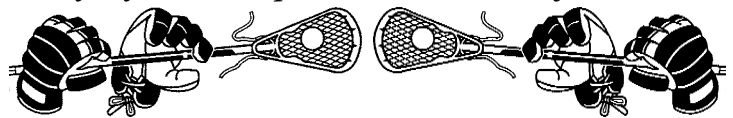
CY-FAIR IRON MAIDENS LACROSSE CLUB

The Cy-fair Iron Maidens Lacrosse Club will be holding a free, introductory Lacrosse clinic on Saturday September 12, 2009 for girls entering grades 4 to 12. No equipment required. Just bring yourself, your running shoes, and a parent. Equipment will be available for the participants' use during the clinic.

What is Lacrosse? Lacrosse is a combination of soccer, basketball, and field hockey all in one. It is a fast paced and exciting game to play and to watch.

Why Lacrosse? Lacrosse is a great option for girls looking for a fast paced alternative to the "traditional" women's team sports. Over the past 10 years Lacrosse has been the fastest growing High School sport in the nation. Lacrosse is also the fastest growing NCAA sport with an annual player participation growth rate of 10% for the past 6 years.

*So come and see what all the excitement's about!
Maybe you'll win a prize!!! We'll be there, just LAX'n.*



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Volunteer Opportunities in Cypress-Fairbanks Schools

Summer vacations are now just a memory and students have returned to classrooms across the Cypress-Fairbanks School District. These students and their schools need help and involvement from the community.

Research shows that students whose parents are involved in their education and schools show a marked improvement in their academic and social skills. There are numerous benefits for all children if volunteers are working to provide extra attention and programs for the enhancement of their educational experience.

For those of you who work or have a restrictive schedule, there are many ways that you can help out that are not time consuming and much of the work can be done at home during the evenings or on week-ends. And,

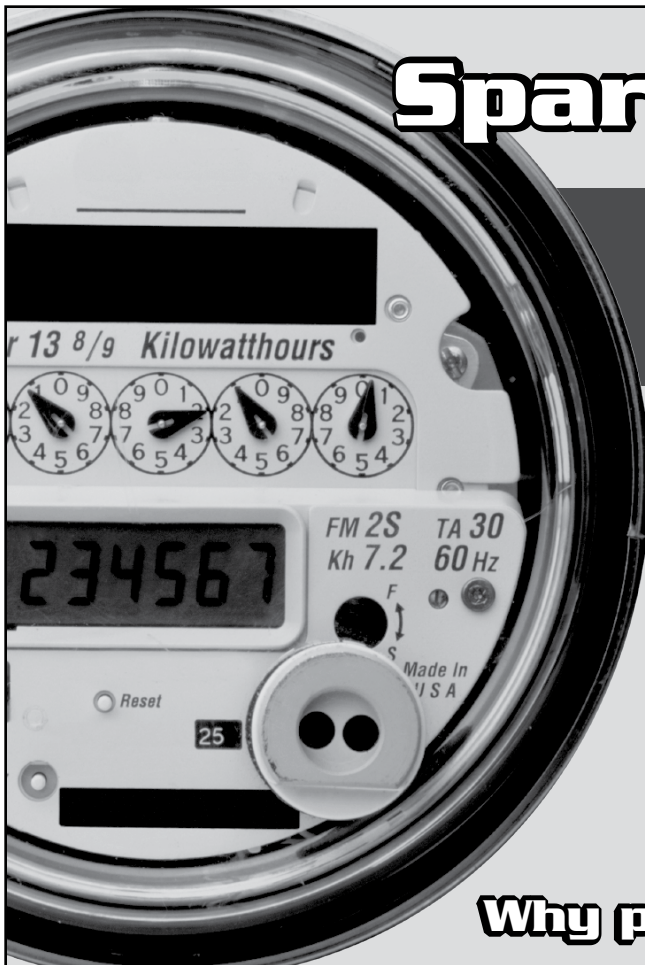
remember that you do not need to be a parent or family member to be involved. There is a great need in the district for global volunteers. "Global volunteers" are individuals who are not the parent, grandparent or legal guardian of a student enrolled in a campus where they volunteer.

If you have a little extra time in your schedule, please consider becoming a school volunteer. To find out how to become a CFISD volunteer, go to the district website at www.cfisd.net. Press on the Quick Link drop down and go to Volunteer in CFISD. For more information about global volunteering, please contact the CFISD Partners in Education Department at pamela.scott@cfisd.net or 281-894-3950 or Kim Nash at krnash1@sbcglobal.net or 281-550-2685.

Casino Night and Silent Auction

*Cy-Woods High School Wildcat
Band and Color Guard*

On Saturday, September 19th from 7:00-10:30pm, the Cy-Woods Band will be hosting their fourth annual Casino Night at Cy-Woods High School. This annual event is not only to raise funds for the band and color guard, but also to have fun with friends and family. Ages 12 and up can participate. Play to win a great prize in our Texas Hold 'em tournament! You don't want to miss the fabulous Silent Auction and grand prize drawings! Come join the fun and help support the Wildcat Band and Color Guard. For more information visit the band website at www.cywoodsband.org.



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Healthier Homes

Improve Neighborhood Air Quality ... Fragrance Free Dryer Exhaust

By: Charlie & Michelle Bubnis

Have you ever been walking in the neighborhood enjoying the fresh air and then suddenly you are hit by the sweet fragranced smell of a heated artificial, petrochemical based scent from someone's clothes dryer exhaust? Often times a headache will occur, similar to people's reaction to perfumes worn in the office or at church. This is a normal protective reaction by the body as these fragrances are harmful neurotoxins and should be avoided whenever possible. National surveys found that at least 10% of the population reacts adversely to laundry products vented to the outdoors. Young children are particularly affected by fragranced chemicals because their body's detoxification mechanism is not fully developed.

Some of the most common chemicals used in fragranced laundry products are benzyl acetate, camphor, ethyl acetate, limonene and pentane. Many of these substances are capable of causing cancer, birth defects, central nervous system disorders, allergic reactions and chemical sensitivities. Some are on the EPA's hazardous waste list. According to a joint study by NIOSH and the U.S. House Subcommittee on Business Opportunities, 778 of the chemicals used in the chemical fragrance industry cause acute toxicity.

So the next time you are considering picking up a box of fragranced laundry detergent or fragranced dryer sheets...think about the impact on the neighborhood air quality and the proliferation of second hand scents. Healthier options could be: Add baking soda to the rinse cycle, or add ½ cup vinegar to the wash cycle to soften fabrics and reduce static cling. Vinegar is a natural fabric softener.

Do the neighborhood a favor and make sure your dryer exhaust doesn't pollute the environment. Be kind to yourself and to your neighbors, use unscented laundry products.

FOR MORE INFORMATION:

- <http://ehnca.org> – Fabric Softener = Health Risks from Dryer Exhaust and Treated Fabrics by Julia Kendall
- www.mcs-global.org – Could it be your Fabric Softener?
- www.physorg.com – Toxic Chemicals Found in Common Scented Laundry Products, Air Fresheners
- www.scorecard.org – enter your zip code and you can get information regarding air, water and chemical releases for your county

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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

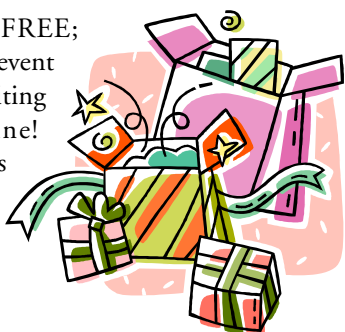
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The Foundry Church Holiday Market & Tea Room *A Shopper's Heaven on Earth!*

The Foundry United Methodist Church will host over 100 vendors at its annual Judy Dierker Holiday Market on Saturday, October 17, 2009, 9 a.m. to 4 p.m. You'll find terrific values on a wide array of goods from vendors offering handcrafted items, fall & Christmas specialties, gourmet baked goods, children's toys, clothing, jewelry and more in a fun and friendly marketplace. You can also shop The Foundry General Store where every cent you spend benefits local and foreign missions. And, when you're hungry, be sure to stop by our Texas Tea Room, open 10:30 a.m. to 1:30 p.m., and enjoy salads, desserts, and coffees.

Admission to the market is FREE; purchase tea room tickets at the event for \$10 each (all proceeds benefiting missions). Come rain or shine! Foundry is located at 8350 Jones Road, 1-½ blocks north of Hwy 290. For more information, call 713-937-9388 or see www.foundrychurch.org.

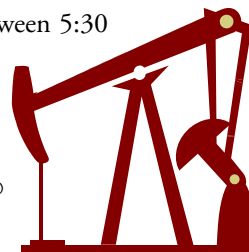


Oil & Gas Networking

If you work in any aspect of the Oil & Gas Industry and would like to network and meet your Cypress neighbors in your field, please come say Hi!

We will meet the 1st Monday of each month at IHOP on Hwy 290 (Next to CVS on Fry Road) between 5:30 am and 8:00 am.

Come by have a cup of coffee and get the latest events and happenings in the Industry. If you have any questions please feel free to email me at Kevin.Kays@sbcglobal.net



Knights of Columbus

Knight of Columbus Council 8771 is sponsoring a Golf Tournament benefiting the Cypress Assistance Ministries and Youth Activities on Monday, October 5 2009 at Longwood Golf Club.

For more information and registration please see <http://www.kofc8771.org>.



COLIN'S HOPE

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FACTS YOU NEED TO KNOW ABOUT DROWNING

Drowning is the leading cause of unintentional injury-related death in children ages 1-4



DROWNING WILL AFFECT YOU OR SOMEONE YOU KNOW

Drowning is the 2nd leading cause of unintentional injury-related death ages 1-14.

DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM

NO ONE is "drown proof" – no matter their level of swimming ability.

Falls, entrapments, and injuries lead to drowning regardless of swimming level.

A majority of people overestimate their own and their child's ability to swim, especially in a panic event.

DROWNING IS QUICK AND SILENT



Drowning occurs in as little as 2 minutes.



Irreversible brain damage occurs in as little as 4 minutes.



Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



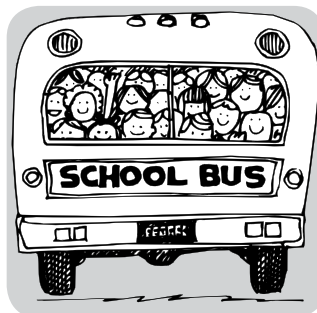
Most children die who are submerged for as little as 6-10 minutes.

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

It's Not Too Late to Get Organized for the New School Year

Submitted by Kelly Butcher

School has just begun and you probably feel like you are drowning in the sea of papers, activities, and homework. As a professional organizer, I work with a lot of busy families who need help setting up routines for handling the abundance of paper from school, the mail, and for getting homework done. I hope to offer a few suggestions about routines to set-up and implement to help you have smooth sailing through this school year.



SOME GENERAL SYSTEMS TO HAVE IN PLACE INCLUDE:

- Calendar
- Incoming papers
- Homework

A large wall calendar with room enough to write each family member's activities is a must. Display the calendar in a location easily accessed by all family members. If you track your calendar

electronically, have a centrally located computer with easy access for all family members. Assign a color to each family member and color-code activities.

Papers consisting of incoming mail, school papers, both school work and items that require a response, and activity-related items (schedules, release forms, etc) are always an issue. Set up an action file system for handling the incoming paperwork such as a desktop hanging file organizer with files for each child or school. Teach your children to get into the habit of

putting important papers or papers requiring a signature in a folder marked with "Mom" or "Dad". After you have signed the paper, either place the paper in a folder to return to school or have your child put directly into their backpack. Also set up an archival system for the treasured school work that you want to save.

Fitting homework into our busy schedules is often difficult. Designate an area for your children to complete their work. For

(Continued on Page 11)

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It's Not Too Late to Get Organized - (Continued from Page 10)

younger students, the kitchen table is probably where most of the homework is completed, so make sure all of the necessary supplies are available, so there is no excuse not to get started. I recommend using lidded plastic shoe-box size containers to hold markers, crayons, scissors, glue sticks, etc. Label the containers for ease in cleaning up. For older students who may complete their homework at a desk in their bedroom, ensure they have the necessary supplies available as well. A well-lit, clutter-free area away from distractions will help them stay focused on their work.

Establish a set time for homework to be completed. It may not be the same time every afternoon or evening based on after school activities. Look at the week ahead on Sunday evening and map out with your child the time they should complete their homework for each day based on that day's activities and mark it on the calendar. Most importantly, help your child get into the habit of packing their backpack before they go to bed. That way during the morning rush, important papers and items needed for school will not be forgotten at home.

Remember that developing new habits requires consistency and time. Begin setting up and implementing new systems as soon as possible and this school year will be off to a great start!

	
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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

	Oct '08	Nov '08	Dec '08	Jan '09	Feb '09	Mar '09	Apr '09	May '09	June '09	July '09
\$500,000 and above	0	0	0	0	2	0	0	0	0	1
\$451,000--\$499,999	0	0	0	0	0	0	0	0	0	0
\$351,00--\$450,000	0	2	4	0	1	2	0	0	3	2
\$276,000--\$350,000	0	0	0	0	0	0	0	0	1	0
\$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	0	2	4	0	3	2	0	0	4	3
Highest \$/sq ft	-	\$108.86	\$107.37	-	\$120.05	\$104.17	-	-	\$97.49	\$110.14

This information is taken from the Houston Multiple Listing Service

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*Thinking
about a career
in real estate?
Schedule a confidential
conversation with Jeanne
at 713.582.3131.*