



December 2009  
Volume 2, Issue 12

# The Beacon

News For The Residents at Lakes of Fairhaven

## CYPRESS RANCH KEY CLUB

### *Looking out for Layla Grace*



Layla Grace is a beautiful twenty-two month old girl. On May 7, 2009 Layla was diagnosed with Stage 4 Neuroblastoma, a tumor that develops from nerve tissue, in her kidney. She had a massive tumor in her abdomen that extended from above her left kidney, around her side, over her belly and around her aorta. Her grandmother is a faculty member at Cypress Ranch High School.

When they Cypress Ranch Key Club learned about Layla's illness, they took action. The Key Club held a Lock-In in September and designated funds raised from Macy's "Shop for a Cause" to help Layla Grace.

On September 18, 2009 a Lock-In was held at our school. Students paid \$30 to attend or \$25 and a donation of two

new children's books. At the Lock-In students enjoyed activities such as food, friends, karaoke, movies, and video games. Every hour door prizes were awarded, and games such as four square, volleyball, soccer, and twister were played all night long. The Cypress Ranch Key Club raised over \$6,000, and \$4,500 was donated to Layla Grace's medical bills. The other \$1,500 will be split among the Key Club's Lieutenant Governor's and District Governor's Projects.

Macy's "Shop for a Cause" was October 17, 2009. Cypress Ranch Key Club members sold Macy's discount coupons for \$5. The proceeds from coupons sales were also designated for Layla Grace's medical bills. The members raised a total of \$1,100 for Layla Grace selling a total of 220 coupons.

Our total donation towards Layla Grace to date is \$5,600. The total will continue to grow. To learn more about this precious little girl and how you can help, visit [www.laylagrace.org](http://www.laylagrace.org).

#### FOR MORE INFORMATION, PLEASE CONTACT:

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*sbbvchick@hotmail.com*

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*Thebradley5@comcast.net*

**Jennifer Hydes, Faculty Advisor**  
**Cypress Ranch Key Club**  
*Jennifer.hydes@cfisd.net*

## Jackie Sherrill Guest Speaker

### *at January NWHC Aggie Mom's Club Meeting*

Please join the NWHC Aggie Moms as they welcome, Jackie Sherrill, former head coach and athletic director at Texas A&M University to their January meeting. Jackie Sherrill will be discussing his book, *No Experience Required*, written by Caleb Pirtle III. This book was written in collaboration with the 12th Man Kickoff Team Foundation comprised of over 80 former players and founded in 2007. Come hear a truly inspirational story in which the 12th Man Kickoff Team brought Texas A&M fans and players together to win 3 consecutive Southwest Conference titles. The 12th Man Kickoff Team Foundation currently works to provide scholarships for students with financial needs and encourages students to follow their dreams.

The Aggie Mom's Club meeting will be held Tuesday, January 12, 2010 at the Houston Distribution Center conveniently located near Willowbrook Mall at the corner of Cutten Road and 7100 High Life Drive. Please come enjoy refreshments

*(Continued on Page 2)*

## Newsletter Information

### Publisher

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NOT AVAILABLE ONLINE

### Aggie Moms - (Continued from Cover Page)

provided at 7 pm and learn about valuable information regarding student activities, scholarships, the Aggie Boutique, door prizes, and more. Help support our outstanding Aggie students!

The Aggie Mom's Club is accepting Scholarship Applications for the 2010-2011 school year. Applications must be postmarked no later than Feb. 7, 2010. Last year 8 scholarships totaling \$8,750 were awarded to area students.

For more information, check out our website at [www.nwhcaggiemoms.com](http://www.nwhcaggiemoms.com).

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## Cypress Cares



*Our troops need and deserve our support;  
get involved today!*

Cypress Cares would like to announce the dates that we will be boxing up our care packages for the year. All boxing events will be held at the Cole's Crossing Community Center, located at 13050 Barker Cypress Road at Jarvis Road. Several of our packing days this year are specifically at times when Cy Fair ISD is not in session so that our students will have an opportunity to be involved as well. The dates are as follows:

December 28, 1:00

### Christmas Break Service Project for Cy Fair Students

Cypress Cares has received more thank you notes from the troops who have received packages. Visit our website, [www.cypress-cares.org](http://www.cypress-cares.org) to view the troop responses, as well as more current information about upcoming events, donation ideas and more.



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## Lone Star College - *CyFair Perspective*

### HOLIDAY PERFORMANCES ON STAGE

This holiday in the Main Stage Theatre are "A Taffeta Christmas" set Dec. 3 through Dec. 13 and the free String Orchestra concert "Collage" set Dec. 7. For tickets and information call 281-290-5201 or go to LoneStar.edu/boxoffice.

### L.I.F.E. LESSONS IN DECEMBER

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 December include: learning about the Texas Rangers Dec. 2, tips for permanent weight loss, Dec. 9 and creating a holiday wreath Dec. 16. Programs will resume Jan. 13, 2010. Call the library at 281-290-3213 for L.I.F.E. program information or go online to LoneStar.edu.

### HOLIDAY HAPPENING WITH A.L.L.

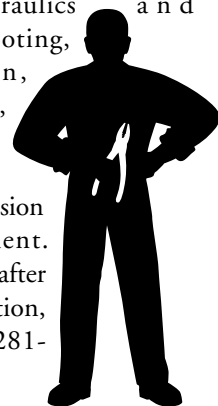
Celebrate the season with music, food and friends at the Dec. 10 Holiday Happening with LSC-CyFair's Academy for Lifelong Learning (A.L.L.) This event will be held at 4:30 p.m. – 6:30 p.m. at Heritage Lodge at Towne Lake. A.L.L. is designed for adults age 50 and better. For information, send an e-mail to LSCCFCE@lonestar.edu or call 281-290-3460.

### REGISTER NOW 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. Mini-mester classes begin Dec. 14. Spring semester classes begin Jan. 19, 2010. For information, call 281-290-3200 or 832-782-5000 or go online to LoneStar.edu.

### BECOME AN INDUSTRIAL MAINTENANCE TECHNICIAN

Interested in fluid power, motor control, automation and more? Industrial technology is in demand across the Gulf Coast with a substantial growth projected. LSC-CyFair offers an associate's degree or certificate program with day and evening courses in hydraulics and pneumatics, troubleshooting, machine installation, mechanical seals, bearings, gear drives, industrial engines, couplings, pumps, compressors, precision tools and laser alignment. Earn up to \$25 an hour after graduation. For information, call 281-290-3281 or 281-290-5942.



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## Staying Fit through the Winter Months

Wow! The days are shorter, and the weather is colder. Winter is here once again. Luckily Texas winters, especially in Austin, only a few months. Nevertheless, winter can wreak havoc on fitness regimes for two reasons. Many individuals experience SAD (Seasonal Affective Disorder), which is winter blues or depression that occurs in people with normal mental health. It's due to the lack of sun light. According to the Mayo clinic, SAD can be treated with light therapy or antidepressants. If you think you might be suffering Seasonal Affective Disorder, talk to your doctor.

Second, many of us tend to hibernate in our homes in the

winter. Sitting at home in front of the fireplace with a warm blanket and drinking hot chocolate or tea or eating warm soup is more pleasing than going out and exercising in the cold or going to the gym after work when it's already dark out. This makes it feel later than it is, when in reality it's only 5 or 6 o'clock. Need not to worry though; here are some fitness tips that will keep you going until spring arrives again.

### 1. WARM UP AND DRINK PLENTY OF WATER.

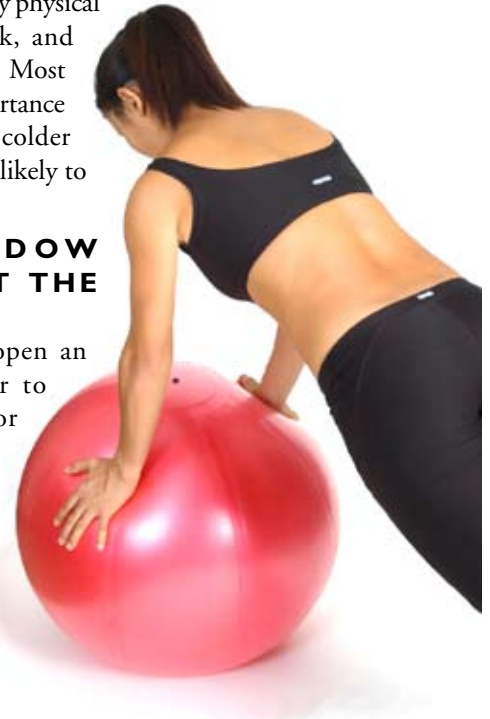
A proper warm-up is critical because cold temperatures can make your muscles tight and therefore more prone to injuries. Remember, always warm-up

prior to engaging in any physical activity. Drink, drink, and drink plenty of water. Most people forget the importance of water during the colder months and are more likely to become dehydrated.

### 2. GO WINDOW SHOPPING AT THE LOCAL MALL!

Most local mall(s) open an hour early in order to provide a safe indoor walking haven during the winter months. If you can't make it in morning, take your sneakers with you and go right after work. Three

*(Continued on Page 7)*



### Christmas Service Times



Wednesday, December 23	7 p.m. Candlelight Service
Thursday, December 24	3 p.m., 5 p.m., 7 p.m. & 11 p.m. Candlelight Services
Saturday, December 26	No Service
Sunday, December 27	9:50 a.m. and 11:30 a.m. Services



Building Strong Families



# Community of Faith

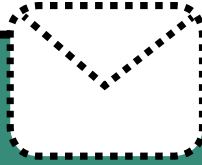


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## Staying Fit- (Continued from Page 5)

or four times a week will help keep the pounds off.

### 3. REMEMBER THOSE EXERCISE VIDEOS.

Just about everyone has had one. Wipe the dust off your exercise video and use it on the days you can't exercise outdoors because of the darkness. If you don't have an exercise video, check one out at your local library and/or video rental stores. Also, some cable networks have exercise channels on-demand for no charge, so look at your channel menu.

### 4. CREATE A HOME GYM.

Most people have a home gym without realizing it. Check your garage, under the bed, storage room, and closet. You can easily set-up a great workout routine with just a set of dumbbells, an exercise ball and a jump rope. If you don't any of these items, you can purchase most of these items at a local athletic supplier or discounted resale store for about \$50 to \$60.

There's no need to hit the couch or hibernate during the winter months. Stay motivated. With a little knowledge and motivation, anyone can meet the challenges of winter exercise. Have a fun, safe and a physically active winter.

- VALERIE SALINAS

## Recipe of the Month

### Ham Roll-Ups

#### Ingredients

- Flour tortillas
- 8 oz. Philadelphia cream cheese (softened)
- 1 small can Hormel canned ham
- Picante sauce

#### Directions

Mix the cream cheese, ham, and picante sauce together. Spread on tortillas and roll up. Refrigerate several hours, then slice.



*If you would like to submit YOUR recipe email it to [articles@peelinc.com](mailto:articles@peelinc.com).*

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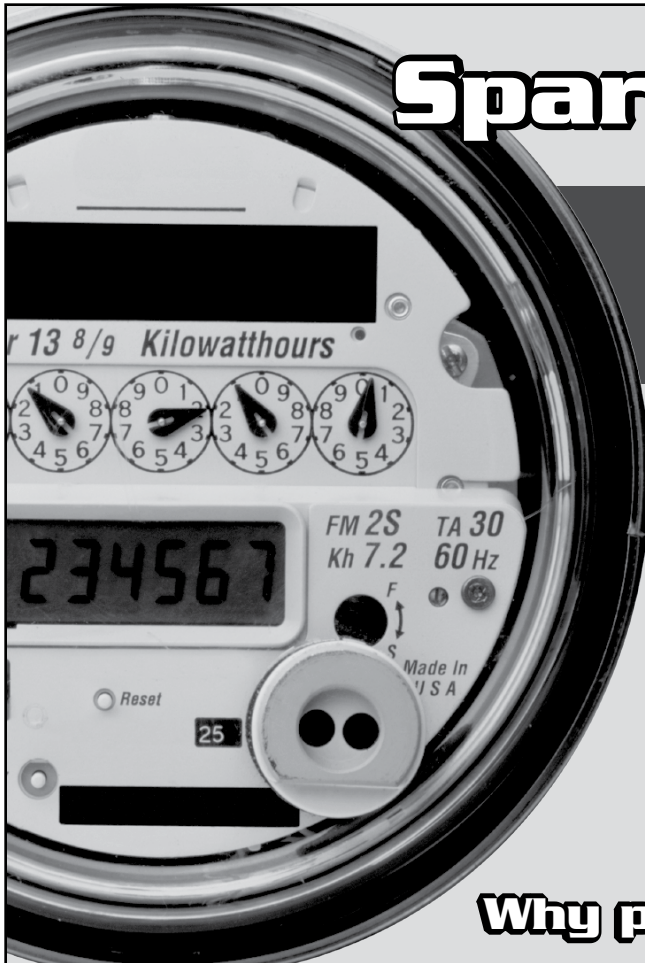
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\$500,000 and above	0	0	2	0	0	0	0	1	0	1
\$451,000--\$499,999	0	0	0	0	0	0	0	0	1	1
\$351,000--\$450,000	4	0	1	2	0	0	3	2	2	2
\$276,000--\$350,000	0	0	0	0	0	0	1	0	0	0
\$231,000--\$275,000	0	0	0	0	0	0	0	0	0	0
\$201,000--\$230,000	0	0	0	0	0	0	0	0	0	0
\$200,000 and below	0	0	0	0	0	0	0	0	0	0
<b>Total</b>	<b>4</b>	<b>0</b>	<b>3</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>4</b>	<b>3</b>	<b>3</b>	<b>4</b>
<b>Highest \$/sq ft</b>	<b>\$107.37</b>	<b>-</b>	<b>\$120.05</b>	<b>\$104.17</b>	<b>-</b>	<b>-</b>	<b>\$97.49</b>	<b>\$110.14</b>	<b>\$135.84</b>	<b>\$125.92</b>

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