



June 2010  
Volume 3, Issue 6

# The Beacon

News For The Residents at Lakes of Fairhaven

## FAIRFIELD SPORTS ASSOCIATION

Baseball and Softball is wrapping its season up but we have others around the corner. Summer Basketball is getting underway and we have Soccer and Volleyball in the Fall. We are making changes in two important areas. We have a new website so check it out. This is more user friendly especially for you MAC folks. We also have a new registration website. This one will allow your family to create a family account. Once all your contact info is entered is in it for all long as your children play in Fairfield Sports. No more entering in the same information for each sport and each year. Also its one stop checkout with one payment.

- Login is through the Fairfield Sports Website.
- All families will be required to create an account the first time logging into our system. Please add all family members, players and parents by choosing the add children or add adult options (alternate contact information such as phone numbers and emails can be added when another adult is added to the account).
- This system will keep track of your account information for all sports that your children want to participate in. No more re-entering contact and address information each time you want to register.
- When each sport has its standard registration process usually 2-4 weeks before tryouts, you will be able to register and make payments for any of the available programs. Through the registration system you will have access to all account information, including payments due, payments received, due dates, outstanding balances, etc.
- If you have multiple players, please register them all at the same time. To do this after completing one registration click the continue shopping button to register another player.
- The entire registration process occurs over a secure server using the highest security currently available.

### Fairfield Soccer

- Fairfield Soccer offers a fun and competitive program for 4 – 13 year olds (boys and girls.) Soccer Registration will begin June 26th through July 25th. Player Assessments for 7-13 year olds begin July 27-29th.
- Sports Quest is also offering a Soccer Camp here in Fairfield July 19-23rd. See [www.sportsquesttraining.org](http://www.sportsquesttraining.org) for more details
- Volleyball
- Volleyball Registration will begin June 1st through August 1st.

## ATM Machines Safety Tips:

ATM robbers usually position themselves nearby waiting for a victim to approach and withdraw cash. Most ATM robbery victims are women and were alone when robbed. Most claim that they never saw the robber coming. Most ATM robbers used a gun or claimed to have a concealed weapon when confronting the victim and demanding their cash.

If you or your family members use ATM cash machines on a regular basis, here are some tips that can make the process a little safer. Use only ATM machines in well-lit, high-traffic areas. Don't use ATM machines that are remote or hidden such as being located behind buildings, behind pillars or away from public view. Beware of obvious hiding places like shrubbery or overgrown trees. ATM robbers like to have the element of surprise with no witnesses.

Get a list of ATM locations from your bank and keep it in your car. Choose an ATM that looks and 'feels' safer, even if it is a couple of miles out of the way. Try and limit your use to daylight hours. When you drive up to an ATM location, scan the area for any suspicious persons. If you see anyone suspicious standing nearby or sitting alone in a car, don't hesitate to drive away. Listen to your 'gut' instinct. When you approach a bank ATM on foot be prepared and have your access card ready. After inserting your card and your PIN number keep an eye out behind you. If anyone suspicious or

*(Continued on Page 2)*

## Newsletter Information

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**Jennifer  
Kwak, M.D.**

*Welcomes*

**Parul Patel,  
M.D.**



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\*Saturday: 9 am - noon (Sept - April Only)

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### ATM- (Continued from Cover Page)

seemingly dangerous approaches terminate your transaction and leave immediately, even if it means leaving your ATM card in the machine. When you receive cash from the machine don't openly count it...put it away immediately, extract your card, and walk away.

If you use your car at a bank drive-thru ATM machine the same rules apply. Make sure there are no obvious hiding places or suspicious persons loitering in the area. If there are, listen to your gut instinct and drive away. Keep the car in gear, doors locked, with your foot firmly on the brake, while using the ATM machine. Keep a close eye on your rear and side view mirrors during the transaction. Robbers almost always approach from the rear on the drivers' side. If you see anyone approaching, drive off even if it means leaving your ATM card behind. You can always retrieve it later or cancel the card. If you are confronted by an armed robber, just give up your money without argument. The cash is not worth serious injury or death.

- Only use ATM machines in a well-lighted, open, high-traffic area during the daytime
- ATM machines in supermarkets are safer for nighttime use
- Avoid ATM machines adjacent to obvious hiding places
- When you approach an ATM scan the area first for loiterers
- Have your card ready and leave quickly, not counting your cash in public
- Walk or drive away immediately if your instincts tell you so
- Don't argue with a robber, if confronted, and give up the cash
- Don't fight with or attempt to follow the robber
- Drive to a safe place and immediately call the police

**- Submitted by Deputy James Kitchens, Travis County Sheriff's Office**

## BUSINESS CLASSIFIED

**PIANO AND VOICE LESSONS OFFERED IN MY CYPRESS HOME.** For a free first lesson or consultation, call Belinda at 281-773-0545 or email me at belinda110@gmail.com. Flexible summer hours available - also taking pre-registrations for the fall of 2010. I am a graduate of the Cincinnati Conservatory of Music with 35 years teaching experience.

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## SUMMER HEAT CAUTIONS

### *Stay Safe This Summer*

How dangerous is overheating in the summer months? According to the Centers for Disease Control and Prevention, from 1973 – 2003, excessive heat exposure caused 8,015 deaths in the United States. “Heat-related deaths and illness are preventable, yet annually many people succumb to extreme heat,” says Dr. George Luber, extreme heat expert for the Centers for Disease Control and Prevention in Atlanta.

Summertime activity, whether on the playing field, running, boating, or just enjoying the great outdoors, must be balanced with measures that aid the body’s cooling mechanisms and prevent heat-related illness. Know the symptoms of heat disorders and overexposure to the sun, and be ready to give first aid treatment.

**Heat Cramps-** are strong muscle contractions and usually affect the abdomen and legs. The condition usually improves with rest, water and cooler conditions.

**Heat Exhaustion-** caused by heat and dehydration but the effects are more serious than cramps. Symptoms may include

pale skin, dizziness or fainting, nausea or vomiting, and an increase in body temperature. Rest, water and cool compresses (ice water on the back of the neck, etc) can help. For more severe heat exhaustion, IV fluids may be required.

**Heat Stroke-** The most serious of the heat related conditions. Heat stroke is most commonly brought on by strenuous exercise in hot conditions. However, it can also affect non-active individuals if the temperature is high enough. Visual signs include flushed, red skin to the skin, the person often stops sweating\*\*. This is one key sign that an individual is in an over heated condition. Also, a person with heat stroke might become delirious, unconscious, or have seizures. Lowering the body temperature and getting fluids into the person as quickly as possible is imperative.

Don’t get caught off guard this summer drink plenty of water, wear plenty of sun-screen, and exercise early in the morning. Enjoy the summer season and stay safe.

- Submitted by Valerie Salinas



**Participate this June 12th - 20th in *Chalk Art from the Heart* and help us promote water safety. Drowning is Preventable!**

.....

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## RETIREMENT CHALLENGES

### *For Today's Families*

I recently had the pleasure of hearing David Walker, the former Comptroller of the United States, speak to my company at a training session. Mr. Walker, who made the famous movie "I.O.U.S.A." is an expert at knowing how the country can reverse the trends of increasing government debt and seemingly unlimited entitlement spending. Now the President of the Peter G Peterson Foundation ([www.pgpf.org](http://www.pgpf.org)) he paints a scary picture of what our future can hold if we don't act. In "I.O.U.S.A." he forecasts that without intervention, by 2035 the government will spend so much on defense, social security, Medicare and interest on debt that there won't be enough money to pave a street. But it doesn't have to be this way.

He believes that the American people are more knowledgeable now than at any time in history about how our government spends money. This is the key to action. Mr. Walker is not a man prone to exaggeration – he is a factual man. And he showed us how various

arms of the government can be reformed in a sensible, step-wise manner, starting with a rethinking of tax and entitlement policy. Sure, he expects our taxes to rise in the future but there is really good hope that our taxes will be used more sensibly. This is real stuff, not a fantasy. In fact in May 2010 he led a by-invitation only summit of the best thinkers on both sides of the political scene to create solutions.

How will your family navigate these waters? Creating a financial strategy for living in this new world of retirement is vitally important. Find out what it takes now to plan for rising inflation and taxes, future college costs, and changes to social security. Learn how to protect your assets from these headwinds and accumulate what you need for the future.

- Submitted by Rich Keith



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# HEALTH BRIEFS



## **Active summers can lead to healthy lifestyles**

A balance of indoor and outdoor activities help children maintain a healthy weight during the summer.

“Some research has shown that kids gain the most weight during summer vacation, so it’s important that parents take an active role in providing opportunities for their children to be physically active,” said Dr. Jason Mendoza, assistant professor of pediatrics at the USDA/ARS Children’s Nutrition Research Center at Baylor College of Medicine.

Children should have at least one hour of physical activity per day, the type of activities that raise their breathing and heart rate. Media time should also be limited – no more than two hours a day for kids ages 2 and up and none at all for those under 2. Media content should be age-appropriate and educational.

Parents should avoid letting their children snack in front of the television and offer other indoor activities besides television or

computer games, such as reading and crafting.

For older children, parents can arrange summer camps through the school or YMCA and plan simple family activities like preparing meals or taking evening walks. Getting children involved in chores is another way to keep them active, said Mendoza.

When headed outdoors, Mendoza stresses the importance of using sunscreen, drinking plenty of water and wearing proper safety gear. Parents should set an example for their children by staying active and eating healthy. Summer is a great time to explore different activities, enjoy seasonal fruits and vegetables and take advantage of opportunities as a family, he said.

## **Little league health risks anything but minor**

Before letting young athletes play like the pros, know the risks – both physical and mental – of putting undeveloped muscles and bones to the test.

*(Continued on Page 6)*



**Tiffany Nolan**

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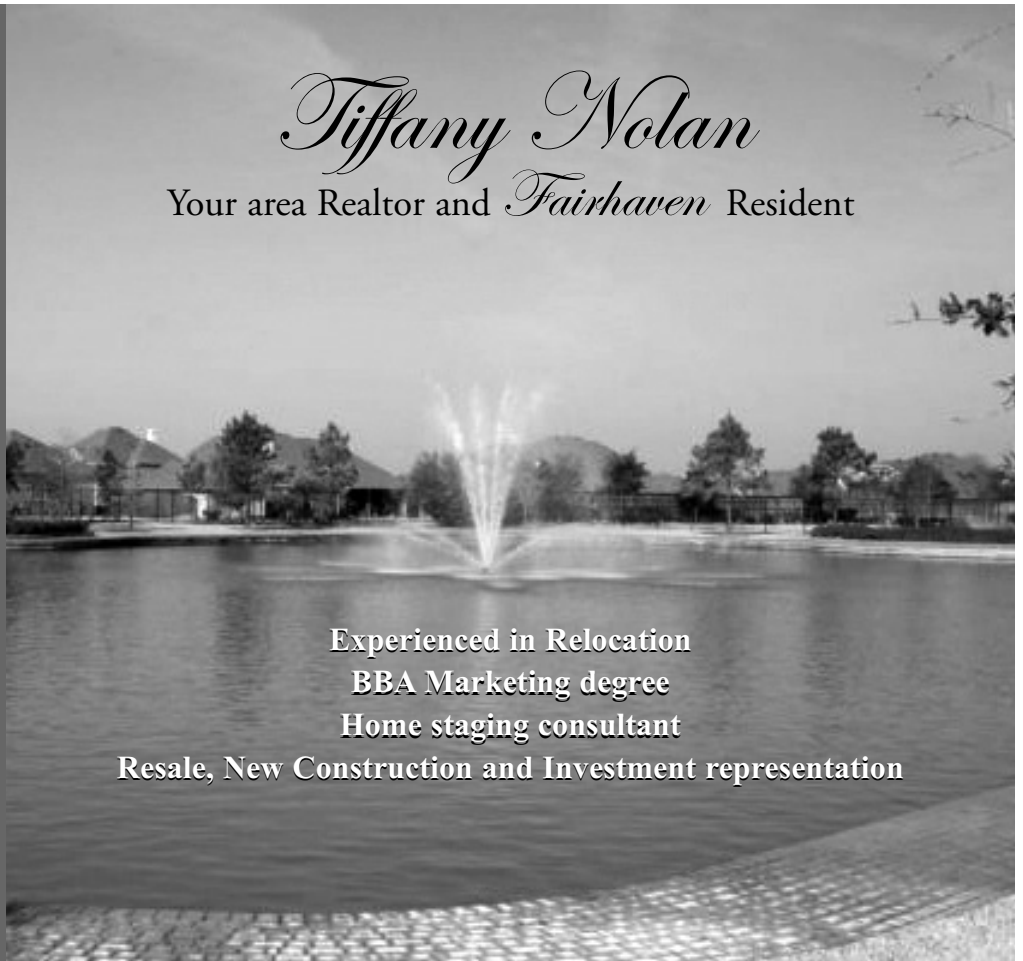
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## Health Briefs - (Continued from Page 5)

Dr. Joseph Chorley, assistant professor of pediatrics at Baylor College of Medicine, suggests parents wait for indicators of physical maturity before allowing their children to engage in intense, physically demanding activities and year-round sports. Indicators for boys include needing to shave and for girls, the beginning of menstruation, said Chorley, who is also a sports medicine specialist at Texas Children's Hospital.

Exposing a body too soon to intense physical strains can lead to serious injury such as shin splints, stress fractures and knee pain from running cross country; ankle sprains and low back pain from soccer; shoulder strains and bursitis in swimmers; jumper's knee and shoulder pain from volleyball and little league elbow and shoulder pain from pitching in baseball.

Children and adolescents should also be emotionally prepared for year-round sports.

"Sports are a great way to enhance childhood, but they shouldn't take away from it," said Chorley. "Often parents lose perspective. We shouldn't have an all-or-nothing attitude of either belonging to the physically elite or being a couch potato."

Chorley advises parents to watch out for psychological burnout, which can take the form of flu-like symptoms and less enjoyment of the activity.

## Consequences of sleep deprivation can add up

Think you can get by on a few hours of sleep each night without any serious consequences? Think again. Depriving yourself of sleep can have a detrimental effect on your overall health, said Dr. Shyam Subramanian, assistant professor of medicine at Baylor College of Medicine and a sleep expert.

"Research shows that several body functions are disturbed when you're not getting enough sleep," he said. Sleep deprivation can disrupt normal brain function and lead to short term memory loss, anxiety and even depression, said Subramanian. For someone who already suffers from a mood disorder, a lack of sleep can trigger more severe symptoms of the disorder.

Lack of sleep also affects how well the body functions. While you sleep, heart rate, blood pressure, adrenaline and platelet function slow down. Disrupting this slowdown can increase the risk of heart attack, stroke or blood clots, said Subramanian. Some research shows that sleep deprivation increases the risk of obesity and insulin resistance, a precursor to diabetes.

Signs of sleep deprivation include fatigue, falling asleep involuntarily throughout the day and constantly waking up at night, among others. Adults between the ages of 18 and 60 should get about seven and a half

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## Health Briefs - (Continued from Page 6)

to eight hours of sleep each night. Children under the age of 5 years should get 11 to 12 hours of sleep each night. For each year after the age of 5, the number of hours of sleep needed will decrease by one.

Every hour of sleep you lose watching late night television or chatting on the phone will have an effect the next morning and perhaps over your lifetime as well, experts say.

### **Allergies: Nothing to sneeze about**

Most people suffer from some type of allergy, whether it's mold, grass, ragweed or pollen. Some seasonal allergy sufferers experience more severe symptoms than others. If you are one of the extreme cases, experts at Baylor College of Medicine suggest: Staying indoors in the morning during peak pollination, Staying in air conditioning as much as possible, Drying clothes in the dryer rather than outside, Showering after being outdoors

There are several prescription and nonprescription medications that can help moderate to severe allergies, and more than one medication may be required. These include nasal topical corticosteroid sprays that reduce sneezing, itching, runny nose and congestion when used regularly during allergy season; oral and nasal antihistamines taken; which reduce the sneezing and itching acutely; eye drops; and saline washes for the nose and eyes.

## "Adventures in Mothering" at The MET




### **Join the Adventure! Get Connected...with MOPS!**

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](mailto:renateqw@yahoo.com). They will meet on the second and fourth Fridays during the school year.

## Building Strong Families

# Community of Faith



**MARK YOUR CALENDARS!**

- June 2** - Last Day of School Bash
- June 18** - '80's Glow Dance
- July 9** - Outdoor Movie Night
- July 30** - COF Got Talent Show
- August 15** - Back-to-School Splash

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## Lone Star College-CyFair Perspective

### New Student Orientations Available

Take a tour, learn about campus programs, meet with an advisor, choose a schedule and register for summer and fall classes. Free sessions set June through August for new, transfer and non-traditional students as well as family and veterans orientations. Space is limited so pre-register online [LoneStar.edu/cyfair-orientation](http://LoneStar.edu/cyfair-orientation). Call 281.290.3430 or e-mail [cfoutreach@lonestar.edu](mailto:cfoutreach@lonestar.edu)

### Just for Teens: Dual Credit, Driver's Education, Discovery College, Library Programs

Lone Star College offers several summer programs for teens. Earn high school and college credit simultaneously while experience college life with Dual Credit classes starting June 7 and July 15 held at LSC-CyFair. Go to [LoneStar.edu/jumpstart-cyfair](http://LoneStar.edu/jumpstart-cyfair). Summer driver's education courses for teens ages 15 to 17 are available starting June 7, July 6 and again Aug. 2. Go to [LoneStar.edu/drivers-ed-ce](http://LoneStar.edu/drivers-ed-ce). Discovery College summer camp for ages 6 to 14 is available June 7 through Aug. 6. Go to [LoneStar.edu/youth-classes-cyfair](http://LoneStar.edu/youth-classes-cyfair). To find out about book clubs, SAT practice exams, Wii, baseball carnival and more library programs, call the teen librarian at 281.290.5248.

### Cool off at the gallery, library and summer camp

Check out "Wabi-sabi" Objects by Chuck Schwarz, a visiting artist exhibition on display June 15 through July 8. An artist reception is set 1:30 p.m. to 3:30 p.m. June 16. Go to [LoneStar.edu/bosquegallery](http://LoneStar.edu/bosquegallery). The Harris County Public Library Lone Star College-CyFair Branch offers a Summer Reading Program for children and adults. Call 281.290.3211. Discovery College summer camp (week-long sessions June 7 through Aug. 6) for ages 6 to 14 is under way. Go to [LoneStar.edu/youth-classes-cyfair](http://LoneStar.edu/youth-classes-cyfair).

### Wanted: People Who Need a Massage!

Come get a massage from the LSC-CyFair Massage Therapy Program students. Get an hour massage for just \$25. It's a win-win situation – you get a massage and with your help, these students will earn credit hours to be eligible to take the state or national board exam to become a Massage Therapist at the end of the summer. Massages will be offered Monday through Thursday only, from 9 a.m. to 9 p.m. through Aug. 19. Call 832.482.1022 or e-mail [cfmtherapy@lonestar.edu](mailto:cfmtherapy@lonestar.edu) to schedule an appointment.

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## Lone Star College -

(Continued from Page 8)

### L.I.F.E. Lessons in June

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 June include "How Roads are Changing the World" with Harris County Judge Ed Emmett June 2; "Organic Sustainable Gardening" June 9; "Savvy Signing with Professor Leyel Hudson" June 16; "Watercolor in Spite of Yourself" with artist Tony Kram June 23 and "Fast for the Cure" with Chinese medical doctor, Dr. Mary Chen June 30. Call the library at 281.290.3214 for L.I.F.E. program information or go online to LoneStar.edu.

## CY-FAIR KIWANIS CLUB

The Cy-Fair Kiwanis Kids Triathlon was held MAY 22 at the Langham Creek YMCA. Kids ages 7 through 12 participated the events of swimming, biking, and running. Because of Newsletter deadlines, no further information can be provided at this time. The Kiwanis Club appreciates the youth who participated, the parents who supported them and the Key Club members and advisors who assisted in the activities.

Come join us at the CY-FAIR KIWANIS CLUB and be a part of sponsoring children's activities, such as the Triathlon. CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs in the Cy-Fair High Schools; supports the Cerebral Palsy SIRE group, Girl Scout, Boy Scout, and Sea Scout troops and activities; provides scholarships to outstanding Key Club members in our district; assists at Cypress Assistance Ministries, Bear Creek Ministries; the Houston Food Bank; and other charitable groups.

Membership is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International. If you would like to know more about Kiwanis and the programs it promotes, we invite you to be our guest at one of our monthly meetings. The Cy-Fair Kiwanis meet at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll (Copperfield and Hearthstone areas) at 281-463-0373; George Crowl (Jersey Village area) at 832-467-1998; or Peggy Presnell (Fairfield and CyRanch) at 281-304-7127. If you live anywhere in the Cy-Fair Communities, you may call any one of the above for information. COME, BE A PART OF OUR FELLOWSHIP. See [www.kiwanishoustoncyfair.com](http://www.kiwanishoustoncyfair.com) for more information.

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## 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.

8			5	6		4		
			2		8		1	
1						2		7
		3	9				5	
5					3			4
		1			4			
			6	9				
6		7						
		4				1		2

\*Solution at [www.PEELinc.com](http://www.PEELinc.com)

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# - Kids Stuff -

Section for Kids with news, puzzles, games and more!



## **What a Fire Ant Is**

There are many different types of fire ants, and they are found all throughout the southeastern and southwestern United States. The most common and aggressive kind is the red imported fire ant, which is reddish-brown and measures about 1/8-inch long (about half the size of a pencil eraser).

Red imported fire ants live in colonies that first nest in the ground, and then create a mound of dirt over the nest. These mounds can grow up to 18 inches high and over 2 feet wide! Red imported fire ants' nests can be found on lawns, in parks, on playgrounds, in fields, and in pastures. Some red imported fire ants create nests in walls of buildings.

## **What a Fire Ant Sting Looks and Feels Like**

A person who gets stung by a fire ant will feel a sharp pain and burning. A person who steps on a fire ant mound will get a lot of stings at once because the ants have been disturbed where they all live together. Each sting will turn into an itchy white blister over the next day.

## **What You Should Do**

If you ever think that you have been stung by a fire ant, tell an adult immediately. That's because the venom (poison) in the fire ants' stings can cause the area of the sting to swell up quite a bit, and a doctor may want to have a look to make sure you

are not having an allergic reaction. The symptoms of an allergic reaction include hives (red patches on the skin that sting and itch), nausea, dizziness, a tight feeling in the throat, or difficulty breathing. If these symptoms occur, the person needs to get medical attention right away.

But more often, you can follow these steps after a fire ant sting:

- Wash the area with soap and water.

- Apply some ice to the area.

- Check with the doctor if you have redness, swelling, or itching.

## **What a Doctor Will Do**

A doctor may suggest giving a medicine called an antihistamine to control swelling and itching. If you are having a more severe allergic reaction to a fire ant sting, he or she may give you a shot fights the reaction. People who know that they are allergic to fire ant stings also sometimes carry emergency medicine that they can give to themselves to prevent a severe reaction from happening.

## **How to Avoid Getting Bitten**

The best way to avoid getting bitten by fire ants is to keep your shoes on when playing near fire ant mounds. If you come across one, don't ever poke at it or try to play with it.

Reviewed by: Elana Pearl Ben-Joseph, MD

Date reviewed: September 2007

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation





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	June '09	July '09	Aug '09	Sept '09	Oct '09	Nov '09	Dec '09	Jan '10	Feb '10	Mar '10
\$500,000 and above	0	1	0	1	0	0	1	0	0	0
\$451,000--\$499,999	0	0	1	1	0	0	0	0	0	1
\$351,000--\$450,000	3	2	2	2	0	0	2	1	0	0
\$276,000--\$350,000	1	0	0	0	0	0	0	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>3</b>	<b>3</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>3</b>	<b>1</b>	<b>0</b>	<b>1</b>
<b>Highest \$/sq ft</b>	<b>\$97.49</b>	<b>\$110.14</b>	<b>\$135.84</b>	<b>\$125.92</b>	<b>-</b>	<b>-</b>	<b>\$108.95</b>	<b>\$76.81</b>	<b>-</b>	<b>\$93.78</b>

*This information is taken from the Houston Multiple Listing Service*

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