

Fairwood

Official Newsletter of the Fairwood Homeowner's Association

July 2011

Volume 2, Issue 7

POOL HOURS

POOL SEASON: 2011

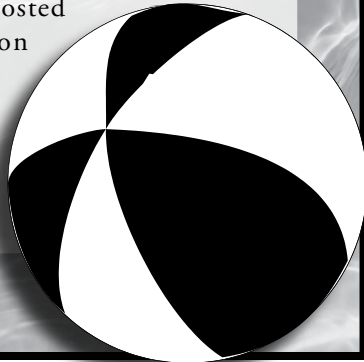
- *May 28, 2011 – September 05, 2011*

DAYS AND HOURS OF OPERATION:

- *June 4 to August 21*
 - o Mondays – Closed
 - o Tuesday through Sunday – 12 PM to 8 PM
- *August 27,28*
 - o Saturday - 12 PM to 8 PM
 - o Sunday - 12 PM to 8 PM
- *September 3,4,5*
 - o Saturday - 12 PM to 8 PM
 - o Sunday - 12 PM to 8 PM
 - o Labor Day – 12 AM to 8 PM

If the holiday falls on a Monday, the pool will be open on Monday and closed on Tuesday.

Pool Rules are posted at the pool, and on MyFairwood.com.



Recipe of the Month BROCCOLI CHEESE SOUP

Ingredients

- 3 T oil
- 1 C chopped onion
- 6 C water
- 6 cubes chicken bouillon cubes
- 8 ozs. fine egg noodles
- 2 - 10 oz. pkg. chopped broccoli
- garlic powder
- 6 C milk
- 1 lb. shredded Velveeta cheese
- opt. 2-3 T thickened cornstarch

Saute onion in oil. Add water and bouillon. Cook until dissolved. Add noodles. Cook uncovered 3 min. Add thawed broccoli and garlic. Cook 4 minutes. Add milk and cheese. Heat until cheese melts. Thicken, if desired.

Enjoy!

Board Members

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..... (281-251-0053)

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YARD OF THE MONTH

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LOST & FOUND PETS

Susan Moss 281-320-9339

Newsletter

PUBLISHER

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

ADVERTISING INFORMATION

Please support the businesses that advertise in the Fairwood. Their advertising dollars make it possible for all Fairwood 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 8th of each month for the following month's newsletter.

Important Numbers

Ambulance 911
Fire 911
Harris County Constable 281-376-3472
Poison Control 800-764-7661
Harris County Animal Control 281-999-3191
Health Department 713-439-6000
Domestic Violence Hotline 281-401-6250
Reliant Energy - Electricity 713-207-7777
NW Harris County Mud #5
Municipal District Services 281-983-3602
Natural Gas Service
Center Point Energy 713-659-2111
Emergenct Gas Leaks
Center Point Energy 888-876-5786
Water Company
Municipal District Services 281-290-6500

Streetlight outages may be reported at: www.centerpointenergy.com/services/electricity/residential/reportastreetlightoutage

SCHOOL NUMBERS

District Website www.cfsd.net
Black Elementry School 281-320-7145
Hamilton Middle School 281-320-7000
Cy-Fair High 281-897-4600
Bus Information 281-897-4565

MANAGEMENT COMPANY

Chaparral Management Company 281-537-0957
Fax: 281-537-0312 www.chaparralmanagement.com

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The website for Chaparral Management, www.chaparralmanagement.com, provides you with forms that can easily be printed, completed and submitted.

WRITTEN CORRESPONDENCE TO:

Fairwood HOA
c/o Chaparral Mgmt. Co.
P.O. Box 681007
Houston, TX 77268-1007

TIPS FOR A HEALTHY SUMMER

Eat Smarter & Move More

Submitted by Sarah S. Jordan, MS

The 4th of July holiday is almost here, and along with it comes good food, parties, and great times with family and friends. These things pretty much go hand in hand with summer.

Summer is a very common time for people to fall off the "health wagon," but it doesn't have to be that way. Eating right and getting enough activity can certainly be a challenge, especially when holidays and travel are involved. But the keys are: being consistent, making good choices, eating in moderation, and purposely finding ways to move more. Here are some tips to make your summer a healthier one for your family and friends.



Small Changes = Big Results

Making small changes for your summer cookouts and potlucks can equal big nutritional improvements.

Traditional Summer Food

A More Healthy Alternative

Hot dogs	Turkey dogs
Hamburger.....	Turkey burger
Potato salad	Fruit salad
Chips and high fat dip.....	Assorted vegetables and hummus
Fried chicken.....	Grilled chicken kabobs with veggies
Pie	Fresh pineapple
Soda and sweet tea.....	Iced tea with lemon
Using high-fat mayonnaise in dishes	
.....	Use low-fat mayo or the kind that has olive oil in it

(Continued on Page 5)



COLIN'S HOPE

Increasing water safety awareness and standards

FACTS YOU NEED TO KNOW ABOUT DROWNING

DROWNING ALERT!!!



Typically more children drown in JULY than in any other month!

For more information, check out our website at

www.colinshope.org

DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM

Download a QRcode App on your phone & scan me!



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

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

DROWNING IS QUICK AND SILENT



Drowning can occur in less than 2 minutes.



Irreversible brain damage can occur in 4 minutes or less.



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 may not **scream, splash, or struggle**. They can silently slip beneath the water, even with adults & lifeguards present.

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NOT AVAILABLE ONLINE

CONSTABLE VACATION WATCH

Take advantage of our constable's services when you are out of town. Before leaving, call the constable's office and let them know when you are leaving and when you are returning. Your home will be checked during the constable's regular neighborhood drive-through.

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How are your relationships? If you could use a little help, join us this Sunday!
Worship Services at 9 am and 11 am
For more information, visit us online at www.cypressfellowship.org.

Tips for a Healthy Summer - (Continued from Page 3)

Healthy Recipe Swap

You can even request that guests bring a healthy dish and include the recipe along with the dish. After the event, the party host types up all of the recipes and emails them to party guests. Just like that - everyone is equipped with healthy things to try on their own!

Get Movin'!

Instead of a party revolving solely around the food involved, why not create a "buffet of games" and activity to center the event around instead? Here are some ideas for fun backyard games to try this summer with your family and friends. Just be sure to let your guests know the "active" theme ahead of time so they can dress accordingly and be prepared to move.

Host a miniature version of the Olympics.

This can consist of things like wheelbarrow races, three legged races, running, water balloon tosses, and team relays. Have prizes for the teams.

Create an art contest using chalk.

Have three judges and give out prizes for the most creative pieces of art. And maybe even to the adult with the most "artfully challenged" piece of "art."

Play a classic game of "Kick the Can."

Make sure you have at least 3-4 people playing this game. One

person is "it" and guards the "can." (Can needs to be in an open space.) Other players hide while the "it" person counts to 20 and then goes to find the other players. Captured (tagged) players go to "jail." Anyone not captured can kick the can, which sets all jailed players free. If the "it" person finds all players before the can is kicked, the "it" person wins the game.

Have a Hula-Hoop contest.

Crank up the fun music, and see who can twirl the longest!

Create a canvas.

Hang an old white sheet on your fence or clothesline and let the creativity flow while your guests create a beautiful work of art!

Send your guests on a scavenger hunt.

There are many ways to get creative with this, including giving the hunt a theme to match your party, having guests find things in nature and draw pictures of what they find, or having your guests do something (ex: 10 jumping jacks) every time they find something on the list.

Slip and Slide!

Give your party a water theme to beat the heat. Set up two identical slip and slides and see who slides the fastest and/or the farthest. Crown your champion. Test out other games like horseshoes, washers, Bocce ball, four-square, hopscotch, whiffle-ball, or kick ball.

*Here's to a healthy and active summer ahead.
Cheers!*

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To speak to Alan Lammey about your electricity needs, call: 281-658-0395



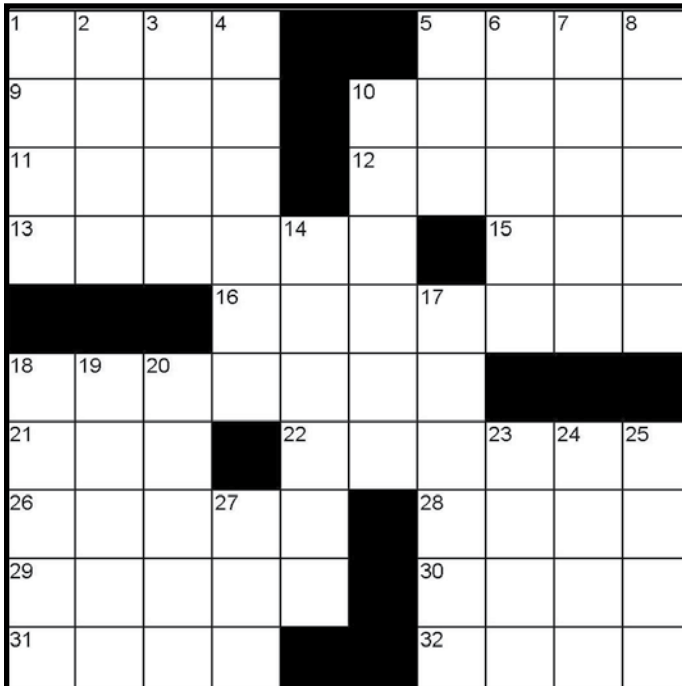


PH: 866-917-8271
PUCT #10089



CROSSWORD PUZZLE

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ACROSS

1. Doings
5. Extinct bird
9. Ordain
10. Confuse
11. Ammunition
12. Terrible
13. Converted
15. Vane direction
16. Put in the middle
18. Inner part of ear
21. Environmental protection agency (abbr)
22. Lazy people
26. Variety show
28. Wagon pullers
29. Braid
30. Naught
31. Back talk
32. Air pollution

DOWN

1. 6th month (Jewish calendar)
2. Arrive
3. Grave
4. Kiss
5. Water
6. Suggest
7. Soak
8. Eyed
10. Illegal
14. Depends on
17. Claws
18. Breath mints
19. Musical production
20. Natural rooms
23. Test
24. Do it again
25. Hitch
27. Ship initials

View answers online

community  of faith

www.cof.tv

832-875-2520

Hwy. 290 at Becker Rd.

SERVICE TIMES:

Saturdays at 6:00 p.m.

Sundays at

8:30 a.m. (Traditions w/choir)

9:50 a.m. and 11:30 a.m.

10:30 a.m. TV time

on LOCAL



Pastor Mark & Laura Shook



Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at:

Peel, Inc. - Kids Club

308 Meadowlark St

Lakeway, TX 78734-4717

We will select the top few and post their artwork online at

www.PEELinc.com. DUE: July 31st

Be sure to include the following so we can let you know!

Name: _____
(first name, last initial)

Age: _____

Email Address: _____
[This information will only be used to notify you or your parents
if your artwork was selected.]



FAR



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Fairwood



Thank you for selling our home after just one week on the market! In today's housing market that is quite impressive. The Flory Team did a great job at making sure our home got the marketing exposure it deserved. Because of the professionalism of The Flory Team, we were able to sell our home quickly and purchase our dream home!

- Paula and Leo Kleiweg -

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- **#1 Realtor in Fairwood***
- **#2 Realtor in Houston & Texas****
- **#7 Realtor in United States****
- **Selling Over 500 Homes A Year**

*According to information taken from the HAR MLS Computer
**Realtor Teams per Remax 9/2008, 3/2009