

## Girl Scouts encourages adults to volunteer, make a difference in a girl's life

Everyone can create new learning experiences for girls

Every year, through programs that include science and technology, business and economic literacy, visual arts, and outdoor and environmental awareness, Girl Scouts of San Jacinto Council (GSSJC) encourages women and men over the age of 18 to help build girls of courage, confidence and character who make the world a better place. As a volunteer of the premier organization for girls, you'll add meaningful days to the lives of girls by creating new learning experiences for future leaders in grades kindergarten through 12th.

There is no better time to serve as a Girl Scout volunteer than now. The 2011-2012 will mark the centennial of the Girl Scout movement, giving volunteers plenty of opportunities to participate in all the wonderful events and programs that are sure to be memorable for the girls and the communities they serve.

Becoming a volunteer is simple. All you have to do is complete an application and background check, and accept the Girl Scout Promise and Law. A year-long commitment is no longer necessary as the organization provides a number of flexible options to serve its membership, matching your expertise, skills, interests, and life experiences to available opportunities.

Tackle everything from global warming to election reform. Travel to incredible places. Teach a girl how to build a robot, butterfly or rain garden. Share your personal passions and create experiences together you'll never forget. Whether you choose to directly or indirectly work with girls, short-term or long-term, GSSJC will provide the support, guidance and tools you need to be successful.

Girl Scouts is for every girl, everywhere. It's also for adults – caring individuals willing to share their time and talents to help girls explore their interests and achieve their potential. If you can think it, you can share it!

For more information on how you can make a difference, call 713-292-0300 or 1-800-392-4340, or visit www.gssjc.org/ volunteer.cfm.

of the usa

girl scouts

# MOPS at The MET Registration

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



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 (August – May) from 9:15 – 11:45a.m.

## Childcare is provided upon registration.

Register online at: TheMETonline.org/MOPS or visit us at facebook.com/METmops If you have any questions please call (281)890-1900.

# **Newsletter Information**

## Publisher

# **Business Classified**

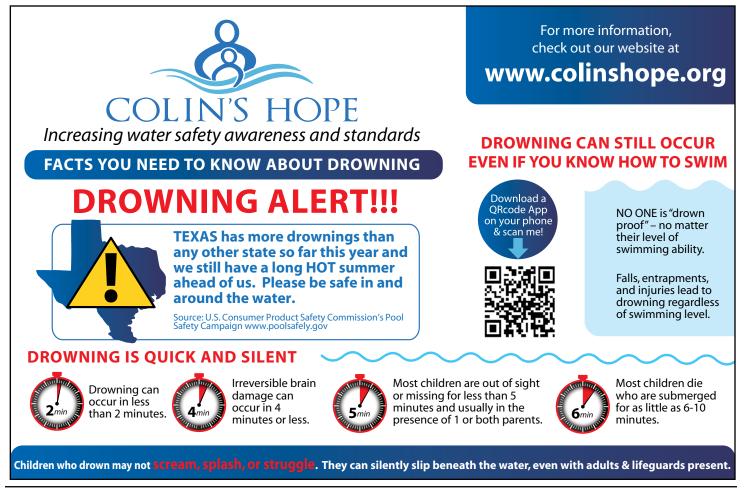
PIANO AND VOICE LESSONS OFFERED IN MY FAIRFIELD HOME. Please call or e-mail to set up a free lesson and time of consultation. Plan now to give your child the gift of music from a Cincinnati Conservatory trained musician. Contact Belinda Thomas at 281-773-0545 or e-mail belinda110@gmail.com

## Not Available Online

## Classified Ads

**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 *thebeacon@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.* 







# P · O · O · L · S

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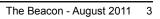
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## **The MOMS Club® of Cypress / NW-Fairfield** Moms Offering Moms Support Welcomes all Stay-At-Home Moms in Fairfield and Lakes of Fairhaven



MOMS Club<sup>®</sup> is an international organization with a neighborhood feel! We are Teachers, Business Women, Counselors, and Artists who have put those careers on hold and have made the choice to stay home with our kids. We are a group of fun, creative and outgoing Moms!

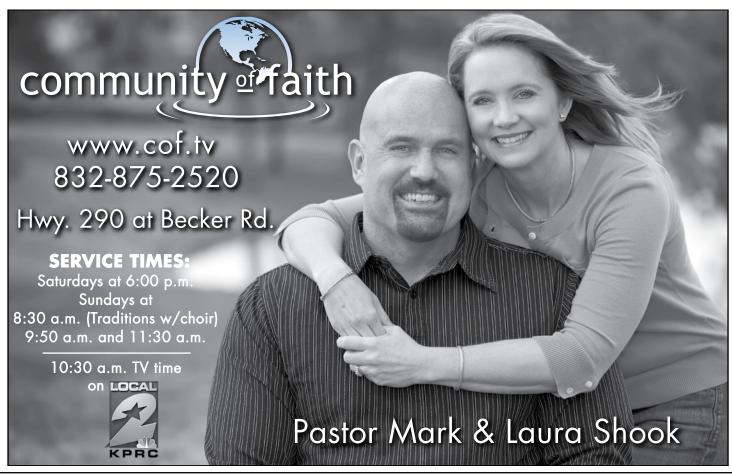
MOMS Club<sup>®</sup> is a place to find lasting friendships, Motherhood support & playmates for your children!

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 are looking for some fun things to do? Come join other Moms and their kids in a variety of fun outdoor and indoor play dates. Are you looking for park days, craft projects, cooking group, scrapbooking events, lunch outings, age based playgroups, or someone to share dinner with when your husband is traveling or working late? We also find the time to meet once a month for a Mom's Night Out for a great time to unwind. Or are you interested is helping within the community with service projects? Our club has all that and a whole lot more to offer for every Mom and her kids to enjoy!

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! We welcome you to attend two public events to decide if this is the right club for you and your children. Our membership fee is \$20 a year. This MOMS Club is a great opportunity for you and your kids to make new friends in our area. Come visit us at our next Meet N' Greet and see for yourself! There

is a lot of fun and support just waiting for you! Our Monthly Meet N' Greet is on the Second Tuesday of every month. Our next Meet N' Greet is Tuesday, September 13, 10 am at Fairfield Baptist Church, Room 208 located at 27240 Hwy 290 in the front of Fairfield. We look forward to seeing you and your children there!

If you want to meet up with us soon at a public event, please contact Julie H., Membership VP at 281-373-0234, julieh07@ sbcglobal.net or Katy L., President at 281-656-6657, longleyk@yahoo.com., so we can send you our club information and some upcoming public calendar events for you to attend. We look forward to hearing from you!



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# **Going 100 Percent Organic Not Feasible?**

The Environmental Working Group (EWG), a non-profit organization specializing in research and advocacy related to public health and the environment, has released its 2011 updated "Dirty Dozen" list of the 12 fruits and vegetables containing the most pesticides. Topping this year's list? Apples. This begs the question, "Can eating an apple a day really keep the doctor away?"

The answer may lie in where you get your apples. Although the EWG's ranking was cited as an overestimate of the risk by the Alliance for Food & Farming, a non-profit organization with the stated mission of providing a voice for farmers to communicate their commitment to food safety, consuming organically grown products can reduce the amount of pesticides that enter your body. According to the World Health Organization (WHO), long-term exposure to pesticides can lead to death or serious illness, including developmental and reproductive disorders, impaired nervous system function, and certain cancers. Further, the WHO has found children to be at higher risk from exposure than adults.

However, organically grown products are typically more expensive than conventionally grown products, and some organic products may be difficult to find in some areas. If growing your own fruits and vegetables is not an option, and purchasing 100 percent of your produce in organic form is monetarily unfeasible, the EWG's list



offers a good starting point for consumers.

According to the EWG's 2011 report, which is based on its analysis of tests conducted by the U.S. Department of Agriculture (USDA) and the federal Food and Drug Administration (FDA), the following 12 fruits and vegetables (the "Dirty Dozen") consistently contained the highest amount of pesticides when conventionally grown, and should be consumed in organic form when possible:

- 1. Apples
- 2. Celery
- 3. Strawberries
- 4. Peaches
- 5. Spinach6. Nectarines (imported)
- 7. Grapes (imported)
  8. Sweet bell peppers
  9. Potatoes
  10. Blueberries (domestic)
- 11. Lettuce
- 12. Kale/collard greens





Team Tiara Tee'd Off Golf & Bunco Classic

## Monday, September 12th, 2011 Hearthstone Country Club

Registration 11:00 a.m. Shotgun start 12:30 p.m.

\$175.00/golfer \$650.00/foursome \$60.00/Bunco player \$220.00/Bunco team of four

Lunch, dinner, snacks, prizes, auction, golf cart and more!

Team Tiara is a 501(c)(3) non-profit corporation dedicated to funding breast cancer research, education and awareness. In addition to walking in the Susan G. Komen 3-Day for the Cure, we provide realtime assistance to men and women whose lives have been touched by breast cancer. So take some time out of your day and join us for a fun filled day of golf or bunco!

To register visit: www.teamtiara.net or contact Sherrie Webb by emailing teamtiaragolf@gmail.com

## Going 100 Percent Organic... - (Continued from Page 6)

Alternatively, according to the EWG, the following 15 fruits and vegetables (the "Clean 15") consistently contained the least amount of pesticides, and by adhering to this list, individuals can get their recommended daily allowance of fruits and vegetables without incurring the expense of buying organic products in order to limit their exposure to pesticides:

1. Onions	6. Sweet peas	11. Cabbage
2. Sweet Corn	7. Mangoes	12. Watermelon
3. Pineapples	8. Eggplant	13. Sweet potatoes
4. Avocado	9. Cantaloupe (domestic)	14. Grapefruit
5. Asparagus	10. Kiwi	15. Mushrooms

Underscoring the importance of the consumption of fruits and vegetables was the release of MyPlate, also in June, replacing the classic food pyramid. The USDA's new food icon is a simple, visual cue that advises individuals to "make half your plate fruits and vegetables," graphically shrinking the role of meats and dairy products in the national diet.

More information on the EWG, as well as the full list of fruits and vegetables ranked, can be found at http://www.ewg.org. More information on the Alliance for Food and Farming can be found at http://www.foodandfarming.info. To learn more about the USDA's MyPlate, visit http://www.choosemyplate.gov, and to discover more about the WHO, visit http://www.who.int/en.



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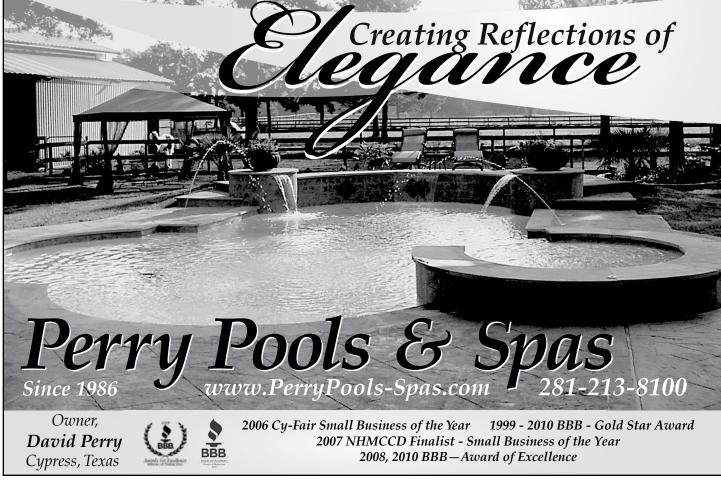
# **Cy-woods Crimson Cadettes Drill Team Dance Clinic**

The Cy-woods Crimson Cadettes Drill Team will host their 6th annual dance clinic for K-12 from 8:30 a.m. to 11:30 a.m. on August 10-12. This is a major fund-raiser for the team and enables them to participate in activities throughout the 2011-2012 school year. The fee is \$55 and includes dance technique, specially choreographed routines for each age group, a t-shirt, drinks and snacks each day and a picture for each participant. Showoffs will be held the last day at 11:30 a.m. For more information email goodsonms@comcast. net or check out our website at www.crimsoncadettes.com. On the website, you will find a sign-up form and a link to PayPal for easy

# SAVE THE DATE

Cypress Ranch High School Classics Drill Team Dance Clinic

Saturday, September 17, 2011 • 8:00 a.m. to 1:00 p.m. At Cypress Ranch High School \$30 pre-registration/lunch and clinic t-shirt included For more information please contact Amy Janak at ajanak@att.net



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## Cypress Ranch High School Classics Drill Team Dance Clinic

All Girls In Grades K-12 are Invited to a Dance Clinic hosted by the Classics Drill Team

## SATURDAY, SEPTEMBER 17, 2011, FROM 8:00 A.M. – 1:00 P.M. AT CYPRESS RANCH HIGH SCHOOL (Performance for Parents 12:30 P.M. – 1:00 P.M.)

- \$30.00 to Pre-Register (Please make checks payable to CRCPC.)
- \$40.00 to Register at the Door (IF SPACE IS AVAILABLE)
- Each child will receive a Classics Clinic t-shirt, 2 slices of pizza and a snack!
- Remember to bring extra money for Spirit Items and the "Pretty in Pink Princess Corner".
- (Dress up all in pink and have your picture taken with a special celebrity just \$5!)
- Please wear dance clothing and dance shoes if you have them. Please pull hair back.
- No jewelry or gum allowed.

## CERTIFICATES WILL BE AWARDED!! PRE-REGISTRATION DEADLINE: FRIDAY, SEPTEMBER 9, 2011

To pre-register, complete the form below and mail to:

Amy Janak 12826 Mason Terrace Ln., Cypress, TX 77433 Attn: Classics Drill Team or call (281) 550-2576

Name:	Phone No
Address:	City, State, Zip:
School:	Grade: K-2 3-5 6-8 9-12
T-SHIRT ORDER (CIRCLE SIZE): YOUTH: SM MED LG ADULT: SM	1 MED LG

### COMPLETE PERMISSION SLIP BELOW - FORM MUST BE SIGNED BY PARENT OR GUARDIAN

I give \_\_\_\_\_\_ permission to participate in the Cypress Ranch Classics Dance Clinic on Saturday, September 17, 2011, from 8:00 a.m. to 1:00 p.m. at Cypress Ranch High School. I hereby release and hold harmless the Cypress Fairbanks I.S.D., their employees and volunteers acting on behalf of Cypress Fairbanks I.S.D. and Cypress Ranch High School from any liability for injuries incurred by my child while attending the above mentioned activity. I hereby authorize emergency medical treatment for my child when I cannot be contacted to give personal consent. Such medical treatment may include administration of tests, drugs, X-ray examinations, anesthetics, dental or surgical examinations or treatment and general hospital care as necessary.

Signed:

Date:

Parent or Guardian\_

Parent Cell Phone or Contact Number:



# **AGGIE MOMS GET INVOLVED!**

## NW HARRIS COUNTYAGGIE MOM'S CLUB MEETING

## TUESDAY, SEPTEMBER 13, 2011

A warm HOWDY is extended to all new, current, and former Aggie Moms for the fall of 2011! Aggie Moms in the Northwest Harris County region are invited to kick off our fall meeting on September 13th at 7 pm at the Houston Distributing Company conveniently located near Willowbrook Mall at the corner of 7100 High Life Drive and Cutten Road.

Come join us and learn about one of the most important issues at Texas A&M University which is the safety of our Aggie students. Our guest speaker will be Officer D. Donovan who is a Crime Prevention Specialist at the TAMU campus in College Station. Officer Donovan will discuss all aspects of safety on campus including Code Maroon and give insight into the many ways your students at Texas A&M can help prevent crimes on campus.

The NW Harris County Aggie Mom's Club is designed to support our Aggies through student

scholarships and financial donations to many campus organizations. We provide a way for Aggie Moms to support each other by sharing the joys of parenting Aggie students. This year the NWHC Aggie Mom's Club distributed more than \$30,000 in funds back to TAMU through donations to student organizations, scholarships, projects, and services.

On September 10th, Aggie Moms are participating in the "Shop Til U Drop" event at the Berry Center and selling unique Aggie "Traditions" frames, fabulous new "Traditions" pillow designs, awesome new "Bling" t-shirts, and other great gift items. Come join the Aggie Moms at this great shopping experience! Some of our Boutique items will also be for sale at our September meeting.

The NWHC Aggie Mom's next big event will be our 9th Annual China Luncheon on Saturday, October 22. Don't miss this great event with uniquely decorated tables, delicious luncheon, style show, and silent auction. For ticket information please contact Denise Jungels 281-477-6798 or Nancy Bond 713-896-7606.

For more information, check out our website at www.nwhcaggiemoms.org or contact President Judy Thompson at 281-798-4312.

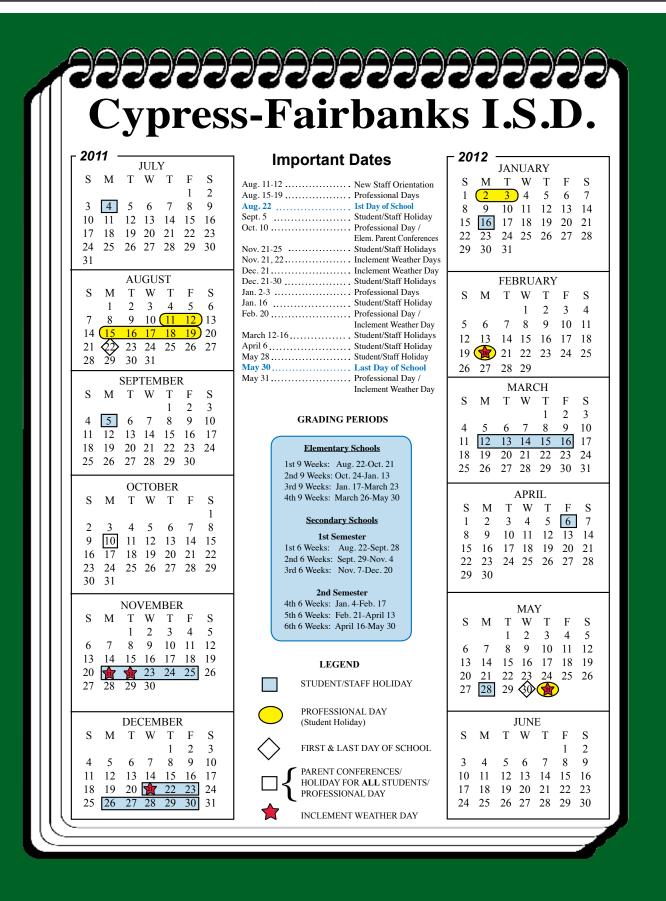
# INCREASE YOUR EARNING POWER!!!

The Northwest Harris County Texas A&M University Mothers' Club is an organization made up of new, current, and former Aggie Moms. Being an Aggie Mom has incredible benefits! In addition to supporting each other, we support Aggie students through fundraising for student scholarships, student organizations and book awards. If you are an Aggie parent/ guardian interested in joining our club or an Aggie student interested in applying for a scholarship or book award, please visit our website www.nwhcaggiemoms.org to find out how easy it can be!

Come help shape your students tomorrow!



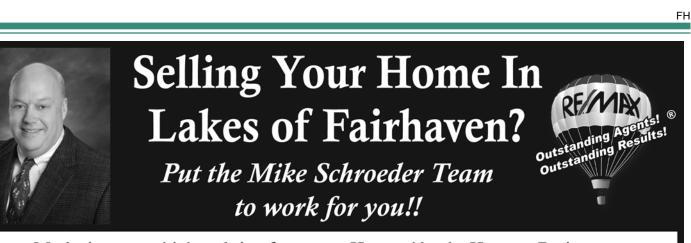
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Lakes of Fairhaven Year-to-Date Sales Report											
	Sept '10	Oct '10	Nov '10	Dec '10	Jan '11	Feb '11	Mar '11	Apr '11	May '11	June '11	
\$500,000 and above	0	0	1	1	1	0	0	0	0	0	
\$451,000\$499,999	0	1	0	2	0	2	2	0	0	0	
\$351,000\$450,999	2	2	0	1	2	2	4	2	1	2	
\$276,000\$350,999	0	0	0	1	0	0	0	0	0	0	
\$231,000\$275,999	0	0	0	0	0	0	0	0	0	0	
\$201,000\$230,999	0	0	0	0	0	0	0	0	0	0	
\$200,999 and below	0	0	0	0	0	0	0	0	0	0	
Total	2	3	1	5	3	4	6	2	1	2	
Highest \$/sq ft	\$100.45	\$109.93	\$124.86	\$111.86	\$112.37	\$115.80	\$112.70	\$99.80	\$95.69	111.23	

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