



November 2011
Volume 4, Issue 11

The Beacon

News For The Residents at Lakes of Fairhaven
www.lakesoffairhaven.org

People Protecting Our Parks

New Fire Safety Campaign for City of Houston Parks

People Protecting Our Parks calls on all Houstonians to proactively protect the City's parklands during the ongoing drought. The campaign has two main goals: fire prevention education and the protection of public parklands. The first step in this campaign is the issuance of a temporary ban on all barbeque pits in City of Houston Parks.

The temporary ban on barbeque pits will remain in effect until further notice. Signage notifying the public about the ban will be placed in the parks. To allow for a period of public education, warnings will be issued to violators until City Council adopts a permanent enforcement mechanism next week.

Houston Fire Department recommends the following safety tips during this drought:

BARBEQUE SAFETY

- Portable barbecue pits, charcoal grills and other open-flame cooking devices outside of a building should not be operated on combustible balconies or located within 10 feet of combustible walls or roofs or other combustible materials.
- When igniting the barbecue charcoal, use a charcoal lighter, not gasoline. Gasoline can flash violently in and around the pit causing serious injuries to anyone in the area of the flash. A fire extinguisher or charged garden hose should be handy while the fire is burning. Check the pit frequently to ensure that it is okay.
- Hot ash and coals from barbecue pits and charcoal burners should be placed in a non-combustible container until cooled or thoroughly saturated with water, before being disposed.

OPEN FLAMES

- The City of Houston Fire Code prohibits all open-burning within the Houston city limits at all times. The burn ban in unincorporated areas of Harris County also prohibits any outdoor open-burning, including the burning of: a bonfire, rubbish fire, campfire, trench fire, or other fire in an outdoor location when not contained.

VEHICLES, TRAILERS & TOOLS

- Park vehicles so that the exhaust system does not come in contact with dry grass, leaves, or weeds.
- Adjust the safety chains on trailers to ensure they don't drag and create sparks that can cause roadside starts.
- Keep lawn mowers and agricultural equipment in proper working condition and avoid rocks and other materials which might cause a spark.
- Do not weld or cut without a spotter, a water source and a shovel.
- Notify the electric power company when dead trees or overhanging limbs endanger the electric wires. The wires may touch each other or the ground, causing sparks that start fires.

CIGARETTES OR OTHER SMOKING MATERIALS

- Another cause of accidental fires is carelessly discarded cigarettes or other smoking materials. They can smolder for hours and should be completely doused with water before being discarded in a safe manner, rather than tossed out a window or on the ground.
- Texas' arson law includes felony punishment for anyone whose cigarette recklessly sets fire to a building or injures anyone. Arson is a second-degree felony in Texas, punishable by up to 20 years in prison, but if a person is hurt or killed or if the fire involves a church, arson is a first-degree felony, carrying possible punishment of up to life in prison.
- For more safety tips see www.houstontx.gov/fire.

Happy Holidays!

Newsletter Information

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FOR SALE: STAINED GLASS WINDOWS. 3 stained glass window pieces for sale. Stained glass was made for to fit into windows in a one story David Weekly home in Fairfield. There are two pieces like the first picture. The second picture shows the detail in the center of the two half moon pieces. The measurements are as follows. Half moon is 23.5 inches high by 45 inches long. The tall piece was built for a sidelight window next to a front door. It is 70.25 tall by 14.5 wide. \$400.00. I am looking to sell them to someone that can come pick them up from Tomball. Email me with any questions - magic56@comcast.net.

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® 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.

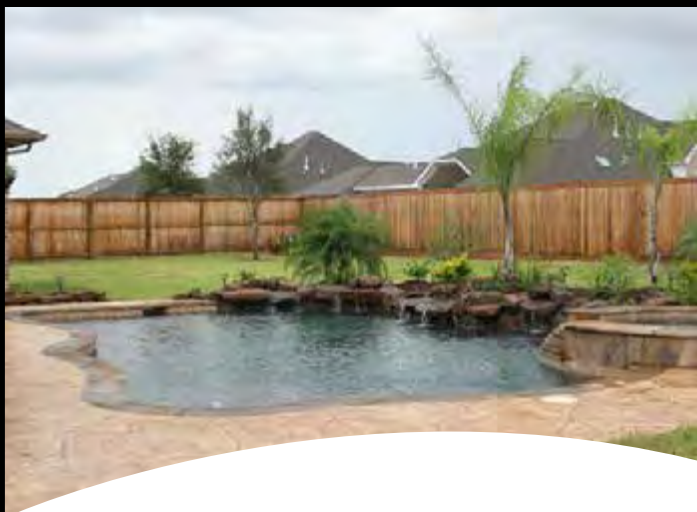
***MOMS Club® is a place to find lasting friendships,
Motherhood support & Playmates for your children!***

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, themed parties, craft projects, time to sit and chat, cooking 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!)

Do you have young children and are 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 monthly Meet N' Greet is December 13. We provide toys for the children, and often have a guest speaker at our meetings discussing topics like finance, health, organization and other popular topics. As always, children welcomed!

If you want to meet up with us 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. You can also visit us on the web at www.meetup.com/MOMS-Club-Cypress-NW-Fairfield.





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HEALTH BRIEFS NOVEMBER

POSTMENOPAUSAL BLEEDING COULD BE SIGN OF ENDOMETRIAL CANCER

After a woman goes through menopause, it is not normal for her to start bleeding again, said a gynecologic oncologist at Baylor College of Medicine. Most postmenopausal bleeding is caused by the thinning of the cervix; however, in some cases bleeding is a sign of endometrial cancer and should not be ignored, said Dr. Concepcion R. Diaz-Arrastia, professor of obstetrics and gynecology at BCM. When caught in the early stages, endometrial cancer can be cured, Diaz-Arrastia said. However, there are few symptoms and no screening methods and often isn't found until later stages. That's why it is so important for women to be conscious of things that may be associated with the disease, like bleeding.

Endometrial cancer is the most common uterine cancer. It occurs in the endometrium or the lining of the uterus. More than 40,000 women are diagnosed with endometrial cancer every year in the United States. Women who are obese and/or have a history of irregular menstrual cycles have an increased chance of developing endometrial cancer, Diaz-Arrastia said. If you notice postmenopausal bleeding, contact your gynecologist and set up an appointment as soon as possible.

SYMPTOMS POINT TO DIABETES

Maintaining a healthy weight, eating a low-fat diet and exercising regularly can help prevent the onset of diabetes and the many side affects of the disease, according to doctors at Baylor College of Medicine. Those with a higher risk of diabetes should also have their blood glucose levels screened regularly.

RISK FACTORS FOR DIABETES INCLUDE:

- Obesity
- Sedentary lifestyle
- Unhealthy eating habits
- Family history and genetics
- Increased age
- High blood pressure and high cholesterol

A fasting glucose level of 70 to 100 mg/dL is considered normal, 100-125 mg/dL is considered pre-diabetes condition and 126 mg/dL or above indicates type 2 diabetes.

SYMPTOMS OF DIABETES INCLUDE:

- Frequent urination
- Excessive thirst
- Increased hunger
- Weight loss
- Fatigue
- Lack of interest and concentration
- Blurred vision
- Vomiting and stomach pain

CY-FAIR KIWANIS CLUB

The 2011-2012 Board of directors and officers were installed at the October 4 meeting by Gwen Branch, Texas-Oklahoma District Lt. Governor. New officers are Andrew Lawrence, President; Louis Iselin, Vice-president; George Crowl, secretary; James Meadows, treasurer; immediate Past President, Steve Gleinser; and members of the Board: Paula Hoffman, Mike Larivee, Peggy Presnell, Tasmina Quddus, and Jeff Savoia.

The Cy-Fair Kiwanis Club meets 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 at 281-463-0373, George Crowl at 832-467-1998 or Peggy Presnell at 281-304-7127. We invite you to be our guest at one of the meetings and enjoy the fellowship of Kiwanians from your community as you learn about our organization.

CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs and one Builders' Club in the Cy-Fair School District; sponsors the Kids Triathlon; Girl Scout, Boy Scout, and Sea Scout troops and activities; awards scholarships to outstanding Key Club members in our district; provides assistance to Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.

OPERATION CHRISTMAS CHILD

Epiphany Lutheran Church and School is giving thanks for the chance to play an important role in providing needy children with a simple gift this Christmas season. Last year was Epiphany's first time participating in Operation Christmas Child, a ministry devoted to providing needy children shoe boxes full of toys, hygiene items, school supplies, candy, etc. The congregation collected over 80 boxes to send overseas. "We were strongly moved by this particular ministry" commented one member.

The church members felt that the increased visibility of the new location this year made it a prime spot to become a "drop-off" location for OCC. This means that during "Collection Week" (Nov. 14th-21st) they will be accepting shoe box donations from the general public. «We are so excited to serve our community in this way. What a wonderful beginning to the Christmas season.» remarks Lauren Thom, an Epiphany Member and OCC volunteer.

*For more information about Operation Christmas Child
and where you can donate your items go to
<http://www.samaritanspurse.org/index.php/OCC/>.*

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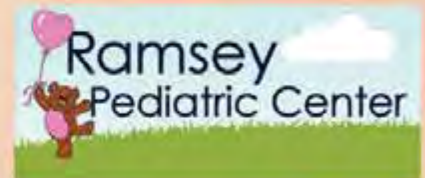
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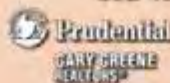
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TAKING CONTROL OF YOUR DIABETES

IMPROVING SELF-MANAGEMENT

By: Concentra Urgent Care

According to the American Diabetes Association (ADA), approximately 21 million Americans have diabetes, and more people are being diagnosed every year. Diabetes is associated with many health problems, disability and premature death. Knowing how you can improve your lifestyle to better control diabetes is the key to reducing related complications, such as heart disease, stroke, blindness, kidney disease, and amputations. Actions you can take include:

- **Monitor your blood sugar and take your prescribed medications:** By keeping track of your blood sugar, you can achieve better control of your diabetes. Always take your insulin or oral diabetes pills as prescribed by your health care provider.
- **Watch your diet carefully:** By eating well-balanced meals in the correct amounts, you can keep your blood glucose level as close to normal as possible. A dietician or books such as the ADA's 101 Nutrition Tips for People with Diabetes can help.
- **Lose weight:** The ADA stresses that losing even a small amount of weight can reduce your risk of complications from diabetes. A dietician can help you find ways to eat the foods you like while reducing your intake of calories.
- **Increase physical activity:** A personal health coach can help you become more active. And it doesn't mean that you have to go to the gym; it can mean walking around your house or working in your yard. Exercise helps improve your strength, flexibility, and endurance.
- **Sleep well and reduce stress:** Getting the appropriate amount of rest and managing your stress will improve diabetes control.

For more information about managing your diabetes, contact your health care provider, your Concentra health specialist, or you can visit the ADA's Web site at: www.diabetes.org.

NW Harris County Aggie Moms

Deck the Halls

TUESDAY, DECEMBER 13TH, 2011

Come "Deck the Halls" with the NWHC Aggie Moms' Club at 7 pm, Tuesday, December 13th, 2011 to gather and celebrate a great Aggie Christmas season. The NWHC Aggie Moms' Club meets the second Tuesday of every month at the Houston Distributing Company, Inc. conveniently located at 7100 High Life Drive and Cutten Road near Willowbrook Mall. The Aggie Moms' Club provides a great place for Aggie Moms to connect and learn important information about Texas A&M University and student activities.

The December meeting begins with great holiday food and fun fellowship where Aggie Moms can catch up with each other before the holidays. Aggie Moms will also participate in an Aggie Mom ornament exchange. The Aggie Moms' Boutique will be selling great "last minute" Aggie Christmas gifts for students and fans in the family. Aggie ornaments and other awesome gifts are available for purchase during the November meeting as well.

The Aggie Moms' will be distributing their awesome Aggie student Care Packages on Monday, Dec. 5th at Texas A&M University from 10:00-3:30 pm at the Koldus Building. Care Packages are still available for purchase for \$20 until November 10th. The Care Packages provide great snacks and fun items that Aggie students will need during fall finals week. Don't miss out on a great opportunity to show how much you care! Forms are available on our website at www.nwhcaggie moms.org.

The NWHC Aggie Moms' Club also provides scholarships for NWHC area students. Last year the Aggie Moms' Club awarded more than \$11,000 in scholarships to future and current Aggies. Applications and eligibility requirements are available at www.nwhcaggiesmoms.org and the forms must be postmarked no later than Monday, Feb. 7th, 2012. References are required, so have your students get started now! For more information, contact NWHC Aggie Moms' president Judy Thompson at 281-798-4312 or visit our website at www.nwhcaggie moms.org.

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Cy-Ranch FFA 2011 2nd Annual Chili Cook-Off

The Cy-Ranch FFA Booster Club would like to invite the surrounding Cypress communities to come out and enjoy a fun-filled day of Great Chili cooking and tasting.

**SATURDAY, DECEMBER 3, 2011
CY-RANCH HIGH SCHOOL PARKING LOT
9:00 AM TO 12:00 PM**

If you can make a mean chili, enter your Cook-off team. Teams can range in size from 1 person to 4 maximum per team. Team members can consist of anyone. Over \$500 in cash and prizes will be given to the winning teams. For more information regarding entering your team, please see the entry form in this newsletter or go to www.cyranchffaboosterclub.com. Also, please go to the web site or email dwa95@att.net if you are interested in sponsoring the Cook-off.



SEE ENTRY FORM ON PAGE 9



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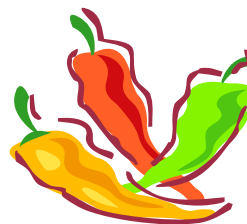
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Cy-Ranch FFA Booster Club

Cy-Ranch FFA 2011 2nd Annual Chili Cook-Off



Cook-Off Team Entry Form

- 🔪 **Saturday, December 3, 2011**
- 🔪 **Cypress Ranch High School Parking Lot**
- 🔪 **Check-in & Setup: 9:00 AM**
- 🔪 **Cooking Starts: 9:30 AM**
- 🔪 **Judging / Tasting: 12:00 PM**

The Cy-Ranch FFA Booster Club would like to invite the surrounding Cypress communities to come out and enjoy a fun-filled day of Great Chili cooking and tasting.

- 🔪 Cash prizes will be given to the winning teams.
- 🔪 Cook-off teams can range in size from 1 person to 4 maximum per team.
- 🔪 Team members can consist of anyone.

Team / Solo Cooker's Name: _____

Address: _____

Phone: Home _____ Work _____ Cell _____

Email Address: _____

Team Member's Names: 1. _____ 3. _____
2. _____ 4. _____

Please check which category(s) you will be entering: ☐ **Category A: "True" Chili** ☐ **Category B: "Anything Goes" Chili**

Entry Fees:

\$40 for one Category; \$70 for both Categories \$ _____

+\$15 per category if turned in after Nov 4, 2011 \$ _____

Enclosed is my total entry fee(s) of: \$ _____

(Please make checks payable to: Cy-Ranch FFA)

Please mail **entry form**, along with your **entry fee** to:

Cy-Ranch FFA Chili Cook-off

15201 Mason Road, Suite 1000, PMB 195, Cypress, Texas 77433

- Or -

Hand-deliver your **entry form** and **entry fee** to the AG Department at Cypress Ranch High School

WAIVER: By completing this entry form and participating in this event, the undersigned, or agent, agrees to **HOLD HARMLESS** the Cypress Fairbanks Independent School District and Cypress Ranch High School, any of its representatives, agents, or volunteers affiliated with the production of this event, for any liabilities, injuries or damage which may incur while participating in the event.


SIGNED: _____ DATE: _____
Sole Cooker or Team Member #1 Printed Name

SIGNED: _____ DATE: _____
Team Member #2 Printed Name

SIGNED: _____ DATE: _____
Team Member #3 Printed Name

SIGNED: _____ DATE: _____
Team Member #4 Printed Name

The Cypress Ranch FFA Booster Club's purpose is to promote, support and enhance the Cypress Ranch FFA Chapter, its activities, and community programs. The Cypress Ranch FFA Booster Club is a separate entity from the FFA Chapter. All Booster Club actions (opinions, statements, suggestions) are to stay within the governing body of the Booster Club and are not the responsibility of the FFA Chapter members or advisors. Any questions relating to the Cy-Ranch FFA Booster Club should be directed to a member of the Booster Club board.

Feel the heat... and win some 

For more information: cyranchffaboosterclub.com

ADOPTION COALITION

Jaquevius (Nov 2003) & Ny'Asia (Aug 2005)

Jaquevius is a loveable, warm spirited child. Ny'Asia is an endearing child who enjoys being hugged and treated like a princess. Jaquevius enjoys watching cartoons, playing with cars, trucks and things he can "tinker" with. He absolutely loves going to movies. Ny'Asia's favorite things to do are coloring and playing with dolls. Jaquevius and Ny'Asia need a loving, nurturing family who is highly structured and experienced in working with children.

To find out more about Jaquevius and Ny'Asia, Please contact Grace Lindgren, LMSW, at the Adoption Coalition of Texas, (512) 810-0813 or gracelindgren@adopttexas.org.

To learn more about the foster care adoption process, please call the Adoption Coalition of Texas at (512) 301-2825. Email info@adopttexas.org and visit our website at www.adoptioncoalitiontx.org.

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American Business Women's Association

CY-FAIR EXPRESS NETWORK (CYFEN)

Event:.....Cy-Fair Express Network Monthly Networking Luncheon

When:.....November 17, 2011

Time:11:00 am – 1:00 pm

Where:Houston National Golf Club
16500 Houston National Blvd
Houston, TX 77095

NETWORKING AND BUSINESS LUNCHEON

Cy-Fair Express Network invites you to their monthly meeting and luncheon. Sandler Training will present "Networking for the Faint at Heart". Bring plenty of business cards for networking. Please make reservations online by October 21 @ www.cyfen.org or contact Jill Manty @ 832-497-1610.

Our mission is to **bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.**

Cypress-Tomball Democrats

NOVEMBER 16TH MEETING

The Cypress-Tomball Democrats will hold their monthly meeting on Wednesday, November 16th, at Luigi's Restaurant, 12779 Jones Rd., Houston, 77070. A meet and greet will begin at 6:30 p.m., followed by the general meeting at 7:00 p.m.

November's guest speaker will be Harris County Sheriff Adrian Garcia.

All are welcome to join this growing club. Meetings are held on the third Wednesday of every month. For more information, contact Olga Moya at cytomdems@yahoo.com.



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Lakes of Fairhaven Year-to-Date Sales Report

	Dec '10	Jan '11	Feb '11	Mar '11	Apr '11	May '11	June '11	July '11	Aug '11	Sept '11
\$500,000 and above	1	1	0	0	0	0	0	0	0	0
\$451,000--\$499,999	2	0	2	2	0	0	0	0	3	2
\$351,000--\$450,999	1	2	2	4	2	1	2	2	2	0
\$276,000--\$350,999	1	0	0	0	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	5	3	4	6	2	1	2	2	5	2
Highest \$/sq ft	\$111.86	\$112.37	\$115.80	\$112.70	\$99.80	\$95.69	\$111.23	\$105.13	\$117.36	\$112.30

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