

Another lovely autumn season is upon us and with it, the dread of flu season, allergies, and then winter colds! It seems to repeat every year. As a physician, it's my passion and honor to help patients heal in times of illness; however my deeper hope is to see them far less frequently due to an acute case of wellness. After all . . . I am a son, brother, husband, and father encouraging my own family to cultivate a harvest of wellness by the simple act of setting an intention for optimal health.

By embracing wellness as a strategy, it's easy to make healthy lifestyle choices that taste great, feel even better, and keep you out of my office! Remember the added bonus is that your children will follow your lead, so be a healthy role model.

A healthy lifestyle should be complimentary, not complicated. It should include whatever exercise you enjoy on a regular basis. Exercise doesn't have to be a sport, exhausting, or expensive. Try a variety of activities that can involve the entire family like joining the YMCA, weight lifting, taking walks together, hiking, yoga, rock climbing or whatever motivates you to move.

Please eat whole foods (you enjoy) on a daily basis, because diet/nutrition is truly the cornerstone of good health – and that is not an over statement. Fill your plate with a colorful banquet of fresh vegetables, fruit, and small portions of meat. Your body will respond and love you back. We all know clean drinking water is vital to optimal health, and those of you who enjoy alcoholic beverages should always do so in moderation.

Research shows us that connecting often with friends and family leads to longevity, and of course — get plenty of quality sleep.

Healthy living is not a new concept folks, yet it truly is powerful medicine. Young or old... encourage your family to set an intention to maintain optimal health. Be the one to help them cultivate a harvest of wellness this year and I'll be glad to see you next year in my office for your annual wellness checkup.

Dr. Lewis is licensed by the State of Texas and has been practicing in Family Medicine and Urgent Care since the spring of 2009.

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The Beacon - December 2012

Newsletter Information

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The Beacon - December 2012 Copyright © 2012 Peel, Inc. CY-FAIR WOMEN'S CLUB

Women Serving the Community Submitted by Rosie Serrano

We had a blast during our November general meeting! We created our own floral centerpieces with guidance from HEB and in December, we are looking forward to an enjoyable time at our annual Holiday Party. We are all geared up and looking forward to 2013, so make sure you come join us next year! Happy Holidays!

CWC is a service organization that gives back to the community. This means that all funds raised will go

right back to the community in the form of scholarships for graduating high school seniors, at Lone Star College, Cy-Fair and grants to other non-profits in our community, as well.

Membership into the Cy-Fair Women's Club is open to



all ladies in Northwest Houston/Cypress neighborhoods. Currently we meet the first Thursday of most months at West Houston Church of Christ. Our meetings begin with social time and refreshments at 7:00p.m. immediately followed by a program at 7:30p.m. The church is located at the corner of Queenston and West Road.

Our monthly meetings are not only educational and enjoyable, but they develop lasting fellowships. We

look forward to meeting you there! If you have any questions about our club or need directions to the church, please contact Susan McLeroy, Membership Chair at cyfairwomensclub@gmail.com.

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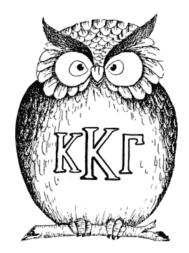
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Aggie Moms

Aggie Moms won't ask you to wear a funny hat, learn a secret hand shake or give a speech. We simply help you help your student reach graduation day. Visit our website www. nwhcaggiemoms.org. Open our General Meeting link to see the speakers we have lined up for this year. Come as a guest and leave as a member.

Aggie Moms, as an organization, encourages parents to become familiar with A&M during their student's freshman year instead of waiting for graduation to visit as is the custom on other university campuses. The path to graduation can be a challenging journey; don't go it alone. Northwest Harris County Aggie Moms has been here for 25 years and we're committed to helping your student and you enjoy the TAMU experience.





KAPPA KAPPA GAMMA

 $Alums \ Of \ Houston \ NW$ Come join your sisters this Month with our Ornament Exchange Social on the evening of Thursday, December 6th.

For more information on this or future events & membership please contact Natalie Bunton at gnat02@gmail.com or 832-717-3294.



CY-FAIR KIWANIS CLUB

Kiwanis wants YOU! The Cy-Fair Kiwanis Club is actively seeking new members who are interested in giving service to improve our community and our world. Visit the Cy-Fair Kiwanis Club and learn about the projects in which its members participate to enrich and improve life for citizens in our community. We sponsor the Key Clubs in the Cy-Fair, Jersey Village, and Katy communities and work with them in service to the Cy-Fair area. Internationally, both Kiwanis and Key Club are participating in the ELIMINATE PROJECT aimed at the eradication of maternal/neonatal tetanus.

Businesses of the community are encouraged to support a representative for membership in Kiwanis. If you work for a business that is oriented toward involvement in community improvement and leadership, suggest to them that you would like to represent that business through membership and involvement in work with Kiwanis. We welcome business and organization representatives as well as individual memberships.

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.

Northwest Flyers Youth Track Club Registration on Feb 2nd

The Northwest Flyers Youth Track Club will celebrate its 26th Anniversary Season by hosting its annual free information / registration breakfast on Saturday, February 2nd, 2013, for all boys, girls and their parents who are interested in joining for the 2013 track season. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The free breakfast is the opportunity for youth athletes to register for the club's 2013 spring/summer track season, and to meet the Northwest Flyers coaches, staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization. All new parents and athletes interested in joining the Northwest Flyers must attend.

The Northwest Flyers Track Club is a youth (ages 6-18) track club, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance and relays, and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, shot put, discus and javelin. The Northwest Flyers has approximately 285 members. The club was founded 26 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

The Northwest Flyers is a member of the "Win with Integrity" program, a partnership between USATF and the American College of Sports Medicine. "Win with Integrity" brings elite track & field athletes and school-aged kids together to promote healthy lifestyles, keeping active, and living with integrity through the sport of track & field. For additional information on the Northwest Flyers Track Club, please visit the team website at http://www.northwestflyers.org or contact Linette Roach at (281) 587-8442 or linette.roach@sbcglobal.net.



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Hockley Community Center

December 2012 Special Events

In addition to Hockley Community Center's regularly scheduled activities such as knitting, quilting, oil painting, yoga, stretch-andtone exercise, Bridge, Canasta, Spades and domino games, the center will offer the following special events in December 2012. Advance registration is typically requested, and an adult must accompany and remain with anyone under the age of 18 visiting the center. The Community Center is a Harris County Precinct Three facility located at 28515 Old Washington Road in Hockley.

A calendar of events is available at the Harris County Precinct 3 website at www.pct3.hctx.net. For more information, call (936) 931-5030.

BEGINNER BRIDGE

Beginner Bridge will be taught each Monday in December from 1:00-3:00 p.m. at the Hockley Community Center, 28515 Old Washington Road. This is just the right opportunity to learn to play Bridge, free of charge. Call (936) 931-5030 for more information.

MONTHLY SUPPORT GROUP

A Monthly Support Group is meeting at the Hockley Community Center, 28515 Old Washington Road, on Monday, December 3rd, from 10:00 – 11:30 a.m. It is a safe place to go and share experiences, receive strength and understanding and meet people with similar concerns. Newcomers are always welcome. Call (936) 931-5030 for more information.

BOOK DISCUSSION GROUP

Join the Book Discussion Group on the first Thursday of each month at the Hockley Community Center, 28515 Old Washington Road, 1:30 – 3:00 p.m. The book to be discussed on December 6th is 'While Mortals Sleep' by Kurt Vonnegut. Call (936) 931-5030 for more information.

STOP STRESS DAMAGE WORKSHOP

Stop Stress Damage, a workshop by Louise Stiedle Hayes, Ph.D., is coming to the Hockley Community Center, 28515 Old Washington Road, on Wednesday, December 5th, from 10:30 a.m. – 12:00 p.m. Learn about the damaging effects stress can have on the body and the brain and about ways to stop the damage of stress. Call (936) 931-5030 for more information and to sign up for this free program.

WELLDERLY PROGRAM: WINTER COMFORTS

'Winter Comforts', one of the Wellderly Program's seminars for senior citizens, their families and caregivers is coming to the Hockley Community Center, 28515 Old Washington Road, on December 12th from 10:00 – 10:45 a.m. Call (936) 931-5030 for details and to sign up for this free workshop.

SENIOR CITIZEN BUSTRIP

Christmas shopping and the enjoyment of seasonal decorations and light displays will be on the agenda of a Hockley Community Center senior citizen bus trip to The Woodlands and Magnolia on December 13th. Bus departure time will be 9:00 a.m. For more information, call (936) 931-5029.



Lisa Hitchins, MDBoard Certified Dermatologist

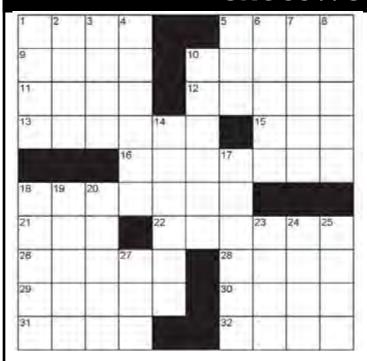
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CROSSWORD PUZZLE



ACROSS

1. Syllables used in songs (2 wds.) 1. Soft white cheese

DOWN

2. Arabian

5. Dress

9. Time periods

3. Mutton

10. Satan

4. Facet

11. Tap in lightly

5. Jewel 6. __ -garde

12. Adult insect 13. Prioress

7. Severity

15. Today

8. Wispy

16. Chapel

10. Render harmless

18. 10,000 squared meters

14. Soft drink brand 17. Lacked

21. Cutting tool 22. Scents

18. Hurry

26. Small herring

19. Deport

28. Two

29. Fish tank dweller

20. Tic tac's competitor 23. Pear shaped instrument

30. Volcano

24. Alley

31. Otherwise

25. Close the door hard

32. Hold

27. Be

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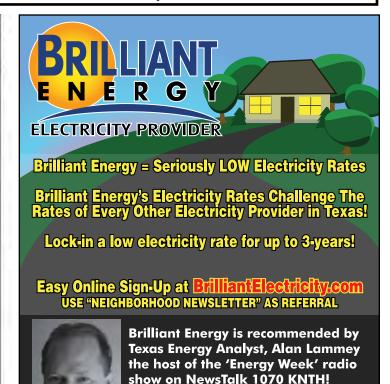
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Hold'em Tournament champion, Adam Brashier, and the High Roller of the evening, Bruce Newton! Both Adam and Bruce took home great prize baskets we are sure they will enjoy! Check out event photos at

http://bellanovafoto.smugmug.com/Zeta2012/Zeta-Casino-Night-2012

Thank you again for your support in the fight against breast cancer! Don't forget to mark your calendars for the 3rd Annual Pink Tie Affair in October 2013!

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HOUSTON REPERTOIRE BALLET PROUDLY PRESENTS THE HOLIDAY CLASSIC

THE NUTCRACKER

Sell-Out Performances Set for December 8 & 9

WHO:

Houston Repertoire Ballet (HRB), featuring guest artists Bridget Kuhns as the Sugar Plum Fairy and Eric White as the Cavalier, both courtesy of Houston Ballet II, as well as Daniel Woellner as the Snow King, courtesy of Houston Ballet Academy.

WHAT:

The premier pre-professional ballet company in Northwest Houston proudly presents its 11th annual The Nutcracker performance series. The program attracts and develops some of the finest young dancers in the greater Houston area, with many of the dancers advancing to professional ballet companies throughout the country. HRB graduates can be seen with New York City Ballet, American Ballet Theatre, Miami City Ballet, Pacific Northwest Ballet, Atlanta Ballet, Pittsburgh Ballet Theatre and other prestigious companies.

WHEN/WHERE:

Saturday, December 8 at 2 pm and 7 pm Sunday, December 9 at 1 pm and 4 pm Tomball High School Auditorium 30330 Quinn Road, Tomball, Texas 77375

TICKETS:

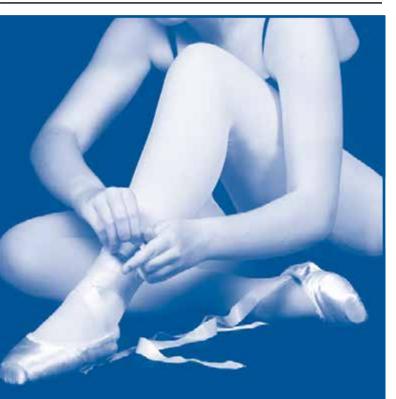
For ticket information, call 281-940-HRB1 (4721) or visit www.hrbdance.org. Cost is \$15 for students and \$18 for all other. The December 9 at 1 pm performance is just Act I and \$10.

OUTREACH:

The dancers of HRB perform excerpts from each production and make costumed appearances at various nursing homes, libraries, group events and at Arts & Education performances. Also, HRB brings two matinee performances to Tomball ISD third grade students, fulfilling the arts component of their curriculum. To schedule an outreach event for your organization, call 281-940-HRB1 (4721).

ABOUT HRB:

The Houston Repertoire Ballet (HRB) is a non-profit 501(c)(3), founded by Victoria Vittum and Gilbert Rome, both nationally acclaimed teachers and choreographers who served as its co-artistic directors. Today, Ms. Vittum oversees training and programming with an equal eye to serving the needs of the community. Since 1994, HRB has contributed to the cultural fabric of Harris and Montgomery Counties by providing excellent dance training to the area's young ballet stars and dance educators of tomorrow, while also presenting two high-quality productions annually at affordable



prices. The Nutcracker and a Spring Program, introduce area children and their families to the world of classical and contemporary ballet. Today, HRB is considered to be the premiere pre-professional ballet company in the Houston region, and is recognized for sharing its gifts with the community and beyond.

The Nutcracker's brilliant blend of costumes, sets and choreography creates a magical storybook world enjoyed by children and adults alike. With a cast of more than 100 HRB dancers and area children, HRB's masterful production is the highlight of the holidays!

MISSION

HRB's mission is dedicated to providing the finest classical ballet instruction, education and performance experience to local gifted students, and to preparing them for a professional career in the world of dance.

HRB also is committed to serving the suburban Houston region with high-quality theatre productions that educate, engage and entertain residents of all ages and perpetuate their appreciation of dance as an art form.

- ** Bridget Kuhns and Eric White appear courtesy of Houston Ballet II, official second company of Houston Ballet, Stanton Welch Artistic Director.
- ** Daniel Woellner appears courtesy of Houston Ballet Academy, official school of Houston Ballet, Stanton Welch Artistic Director.

Major funding for HRB is provided by Houston Endowment, Inc. and ConocoPhillips. Additional support comes from ExxonMobil and Marathon.

The School Outreach Arts and Education Program is sponsored by Target. The Nutcracker is hosted by Tomball-The Regional Arts Council.

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\$500,000 and above	0	0	1	0	2	0	1	0	1	0
\$451,000\$499,999	0	1	4	1	1	3	0	0	2	2
\$351,000\$450,999	2	0	4	1	2	3	2	0	1	1
\$276,000\$350,999	0	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
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