



February 2013
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The Beacon

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

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 friendship, support, playmates and sisterhood!

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, (free) babysitting co-op, craft projects, time to sit and chat, cooking club, book 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!)

Spring is finally here! The MOMS Club has some fun and exciting activities planned for the outdoors, and you are welcome to join us!



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. This MOMS Club is a great opportunity for you and your kids to make new friends in your area. There is a lot

of fun and support just waiting for you! Come visit us at our next Meet N' Greet and see for yourself! We meet on the second Tuesday of every month. As always, children welcomed!

For membership inquiries, please contact Julie H., Membership VP at 281-373-0234, julieh07@sbcglobal.net or Erica M., President at 281-755-7610, ericamill@gmail.com, so we can send you our club information and some upcoming public events for you to attend. You can also visit us on the web at www.meetup.com/MOMS-Club-Cypress-NW-Fairfield. We look forward to hearing from you!



The Beacon

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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 Clubs 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 businesses and organizations as well as



individual memberships.

CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs and two Builders' Clubs in the Cy-Fair School District. We sponsor 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.

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 Cowl 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.

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CYPRESS TEXAS TEA PARTY

It is the purpose of the Cypress Tea Party to work for the return of the United States of America to the conservative constitutional principles on which the Republic was founded. Those principles being freedom and liberty for the citizens, smaller government, limited government interference in the lives of citizens and less government spending.

We meet every three weeks from Noon to 2:00 PM on Saturday at:

**Spring Creek BBQ
25831 Northwest Freeway
Cypress, TX 77429**

Go to our website at www.cypressstexasteaparty.org for meeting days and speakers or email me for more information

*David M. Wilson
Director, Cypress Texas Tea Party
cypressstexasteaparty@gmail.com*

Cypress-Tomball Democrats Host February Monthly Meeting

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, February 19th, 2013. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 to 8:00 p.m.

All are welcome to attend the meeting and to join this growing club, which meets on the third Tuesday of every month, and always features an informative guest speaker. For more information, visit the website at www.cytomdems.com or contact Olga Moya at cytomdems@yahoo.com.



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HEART HEALTHY LIFESTYLES

By: Concentra Urgent Care



Approximately every 60 seconds, an American will die from a coronary event. According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

WHAT CAN YOU DO TO LIVE HEART HEALTHY? THE AHA RECOMMENDS:

- Eating a healthy diet
- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat
- Exercising regularly
- 20-to-60 minutes per day, 3-to-5 times per week
- Avoiding tobacco products and tobacco smoke
- Limiting your alcohol intake
 - Women: 1 drink per day (maximum)
 - Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in

heart disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

WHAT SHOULD BE INCLUDED IN A FAMILY HISTORY?

- Any known congenital or hereditary disorders
- Major illnesses
- Chronic ailments or risk factors
- Smoking
- Obesity
- Alcohol problems
- The cause and age of death of any deceased relatives
- Childhood conditions
- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at www.AmericanHeart.org.

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Headaches

Submitted by Dr. Jeff Echols

I've been treating headaches for over 25 years and I believe they are very misunderstood by the general public.

It's only human nature to have a reason for why something is occurring, so when people get a headache they usually try to determine the reason for their headache. Some of the reasons I hear are quite amusing. "My husband gives me a headache, ...my boss, ...my kids." "I sit at a computer all day and THAT is the reason I have a headache." Sometimes people think that headaches are just normal and everyone gets them. I can assure you that headaches are not normal. Headaches are a sign that there is something wrong. Just like all symptoms are signs that something is wrong.

Headaches can be caused by a lot of different things. They can be caused by exotic and dangerous things like a brain tumor, but more often they are caused by common things. The most common reason is pressure on the nerves of the neck that radiate back into the head. When the bones of the spine are misaligned it will put pressure on the delicate nerves that exit the spine. This will in turn cause the muscles of the neck and shoulders to become

tight and develop knots in them. You can actually reach up and feel the knots in your muscles. These knots are not normal and are a sign of spinal misalignment and soft tissue damage. Once the spinal misalignments are corrected the muscles relax more and the headaches are gone. Just for fun, I sometimes ask a headache patient when was the last they had a headache, once they have had their spine corrected. They will usually say something like "Gosh I haven't had a headache in months". I will ask them if they got divorced and they will look at me funny and say "NO, why?" You said your husband was the cause of your headaches! "Oh I guess I was wrong!"

So headaches are not normal, but are very common. They're usually caused by nerve pressure built up in the neck which causes tight muscles in the neck and shoulders. They can usually be corrected with gentle chiropractic therapy. You should get this checked even if the headaches are mild because if the bones of the spine are misaligned it will cause arthritic changes to form in the bones of the spine which will limit your ability to move and bend as well as other difficulties. Be proactive about your health.

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Youth Track Club Registration in February

The Northwest Flyers Youth Track Club is registering athletes for the 2013 summer track season. Elementary students up to 6th grade should register during February and the first week of March. Middle and high school athletes can also register, but should compete after their school season is over.

The non-profit, 501(c)(3) club is affiliated with USA Track & Field (USATF), and 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, and was founded 26 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

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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BOY SCOUTS OF AMERICA Troop 533 & 1907 FUNDRAISER!

Good Shepherd United Methodist Church & Fairfield Baptist Church

It is that time of year again for fertilizer and mulch to beautify your home this Spring! Troop 533 Chartered by GSUMC and Troop 1907 Chartered by FBC have joined forces to conduct our annual fertilizer and mulch fundraiser again this year beginning January 14, 2013. Troop 533 has delivered to homes in the Cypress community for more than 10 years and is proud to continue this tradition. The money raised by the boys will directly benefit the individual Scout and the Troop Scouting Program. Funds are used for activities such as High Adventure Summer Camp in Colorado, Philmont Treks, Monthly troop campouts and so much more. This year's offerings include Red or Black mulch, Hardwood or Pine mulch as well as Premium or Slow Release fertilizer and Weed n Feed fertilizer. Scouts will be visiting your neighborhood soon. All purchases will be Scout delivered on March 2, 2013. For your convenience, Scouts will be selling door to door in your subdivision beginning January

- 14th until February 11th. We will also have booth sales at Good Shepherd United Methodist Church in
- Fairfield on Sunday Feb. 3rd.

If you are reading this circular and think we may miss you or want to support, please order by emailing Troop 533 at BoyScoutsTroop533@yahoo.com or contact Stacy Hedrick 832-419-3199

Yours in Scouting,

Scoutmaster Russell Hickerson (Troop 533) Scoutmaster David Goodin (Troop 1907)



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Northwest Harris County Aggie Mom's Club

China Luncheon Party Invitation | Saturday, February 23 at Shirley Acres!

If your dewy eyed darling has just morphed into an Aggie and you want to know what's next, Aggie Moms has the answers, for free. Our February speaker is Andy Richardson, Director of Big Screens, 12th Man Productions. Andy will give us a behind-the-scenes look at how they put together and produce the big screen videos the fans see on game day. Aggie Dads, Grands, bros and sis's are always welcome!

We want you at our China Luncheon, Saturday, February 23. The Fourteenth Annual Northwest Harris County Aggie Moms China Lunch one of this years' must attend luncheons.

You'll be treated to mimosas and invited to shop our vendors' booths. While you enjoy a wonderful lunch served by some of the best looking table hosts you can imagine, our guest speaker will share this spring's fashion surprises.

Make your table reservation today on line at www.nwhcaggie moms.org.

VENDOR CALL:

We still have space available for vendors at our China Lunch event. Visit our web site for more information. 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. 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 their potential. Find out how by exploring our website www.nwhcaggie moms.org. Aggie Moms meet the second Tuesday of the month at 7:00 pm, at the Houston Distributing Company, 7100 High Life Drive and Cutten Road from August through May. We have food, beverages, answers and fun. Drop on by and say Howdy. We'll be darn glad you did!

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For more information, please contact the chapter Regent, Cheryl Partney at cpart86@comcast.net or by phone at 832-654-0306.

We look forward to meeting you.

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Lakes of Fairhaven Year-to-Date Sales Report

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\$451,000--\$499,999	4	1	1	3	0	0	2	2	2	1
\$351,000--\$450,999	4	1	2	3	2	0	1	1	1	1
\$276,000--\$350,999	0	0	0	0	0	0	0	0	1	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	9	2	5	6	3	0	4	3	5	5
Highest \$/sq ft	\$124.24	\$103.11	\$116.36	\$124.01	\$110.32	—	\$119.67	\$119.04	\$129.24	\$106.37

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