



The Beacon

News For The Residents at Lakes of Fairhaven

www.lakesoffairhavenHOA.org

A FOCUS ON RESOLUTIONS

RESOLVE TO BE A BETTER YOU

By: Concentra Urgent Care

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes.

Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

- Taking into account foods you like and dislike
- A focus on fresh fruits, vegetables, and whole grains
- Consuming fat-free or low-fat dairy products such as yogurt, cheese, and milk
- Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
- Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils
- Staying away from foods high in sodium and added sugars

GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)
- Biking
- Tennis
- Aerobic exercise classes (step aerobics, kickboxing, dancing)
- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged.



The Beacon

ADVERTISING INFO

Please support the businesses that advertise in The Beacon. Their advertising dollars make it possible for all Lakes of Fairhaven 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 10th of each month for the following month's newsletter.

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.

NEW WEBSITE

Lakes of Fairhaven has a new community website. Please visit it at www.lakesoffairhavenHOA.org and register to get emails on HOA info and upcoming LOF announcements.



Newsletter Information

Publisher

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Elisha Roberts Chapter

The wonderful ladies of the Elisha Roberts Chapter, NSDAR, extend an invitation to any female, 18 years or older, who can prove direct lineal descent from someone who either fought in or provided aid during the American Revolution. We are a family oriented group of ladies who promote patriotism, education and historic preservation. Our motto is God, Home and Country. If this sounds like you, please come and join us for a meeting. We meet the third Thursday of each month, September through May, at the Backyard Grill, located at 9453 Jones Road. Our next meeting will be on January 16, 2014 at 7:00 p.m.

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.

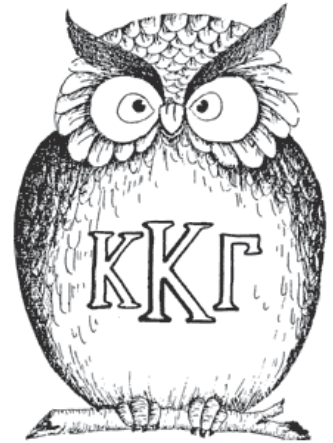
KAPPA KAPPA GAMMA ALUMS OF HOUSTON NW

Come join your sisters this Month on

Silver Auction Luncheon

On Saturday, January 25th.

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



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CY-FAIR KIWANIS CLUB

Kiwanis wants YOU! Start the new year by giving in service to others by joining with the Cy-Fair Kiwanis Club. We work with Key Clubs, Builders Clubs, and Boy and Girl Scout troops to build leadership and orientation toward service to others, and with community based organizations that provide goods and services to the needy in 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 worldwide. 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. We welcome business and organization representatives as well as individual memberships.

Regular meetings of the club will occur on January 7, 14, and 21 at the Hearthstone Country Club at 12:15

p.m. We invite you to be our guest for lunch and fellowship and for 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 welcome your visit at our Club meeting and your consideration of membership in our service organization. Join Now.



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Good Shepherd United Methodist Church and Fairfield Baptist Church



BSA Troop 533

If you are looking to beautify your landscape and bring your lawn back to life, then you will be interested to know that it is that time of year again for fertilizer and mulch sold to you and brought to your home by your local boy scouts. Coming this spring!

Troop 533 Chartered by GSUMC and Troop 1907 Chartered by FBC have joined forces once again to conduct their annual fertilizer and mulch fundraiser starting on 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. Scouting makes a direct and positive impact on your community by teaching positive values and leadership skills to our youth. Your support ensures that Scouting will continue building character, fitness, and citizenship for years to come.

The funds from your purchase will directly benefit the troop and each individual scout on their continued journey through the scouting programs. The proceeds from each of the scout's sales will help fund activities such as High Adventure Summer Camp in Colorado, Philmont Treks, Monthly troop campouts and so much more. By



BSA Troop 1907

purchasing your lawn mulch and fertilizer from the Scouts, you are directly supporting scouting programs where you live — programs that clean up your parks, gather food for the area needy, and even help your community prepare for disaster. 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 1, 2014. For your convenience, Scouts will be selling door to door in your subdivision beginning January 13th until February 10th. We will also have booth sales at Good Shepherd United Methodist Church in Fairfield on Sunday Feb. 2nd. 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 Louis Mayer (Troop 533) and Scoutmaster David Goodin (Troop 1907)



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2013 ALL DISTRICT FOOTBALL TEAM

DISTRICT 17

CENTER

#50 - Austin Keith | 5'11" | 240lbs | 12th Grade | Cy Fair

OFFENSIVE LINE

#73 - Vincent Dale | 6'4" | 290lbs | 12th Grade | Cy Fair

#77 - Morgan Magness | 6'3" | 300lbs | 12th Grade | Cy Fair

#77 - Elijah Rodriguez | 6'6" | 280lbs | 12th Grade | Cypress Creek

#65 - Brady Vinson | 6'3" | 235lbs | 12th Grade | Cy Ranch

#58 - Willie Wright | 6'3" | 275lbs | 12th Grade | Cy Ridge

TIGHT END

#85 - Luis Lopez | 6'3" | 235lbs | 12th Grade | Cy Fair

WIDE RECEIVER

#2 - Darius Crawley | 6'0" | 190lbs | 12th Grade | Cy Ridge

#4 - Dominique Harris | 5'7" | 160lbs | 12th Grade | Langham Creek

#2 - Bryce Johnson | 6'0" | 175lbs | 12th Grade | Cy Ranch

#1 - Kevin Lovings | 5'10" | 166lbs | Cy Springs

#1 - Mason Roberts | 5'8" | 175lbs | 12th Grade | Cy Woods

#16 - Kemah Siverand | 6'2" | 185lbs | 11th Grade | Cy Ridge

RUNNING BACK

#6 - Terrell Aldridge | 6'0" | 190lbs | 12th Grade | Cypress Creek

#20 - Dillon Birden | 5'11" | 180lbs | 12th Grade | Cy Fair

#21 - Charlie Booker | 5'8" | 175lbs | 11th Grade | Cy Ranch

QUARTERBACK

#10 - Kyle Cutbirth | 6'0" | 165lbs | 12th Grade | Langham Creek

#9 - Nick Hooper | 6'0" | 185lbs | 11th Grade | Cy Woods

#1 - Deshun Qualls | 5'11" | 155lbs | 10th Grade | Jersey Village

2ND TEAM OFFENSE

CENTER

#76 - Tito Rueda | 6'3" | 270lbs | 12th Grade | Cy Ridge

OFFENSIVE LINE

#76 - Chris Abo-shear | 6'3" | 320lbs | 12th Grade | Jersey Village

#70 - Shawn Andrew | 6'3" | 290lbs | 12th Grade | Cypress Creek

#53 - Hunter Gonzalez | 5'8" | 240lbs | 11th Grade | Cy Fair

#76 - Zach Kinninger | 6'5" | 275lbs | 11th Grade | Cy Ranch

#64 - Trevor Rogas | 6'1" | 220lbs | 11th Grade | Cy Woods

TIGHT END

#81 - Jackson Solbeck | 6'3" | 225lbs | 11th Grade | Cy Ranch

WIDE RECEIVER

#15 - Zach Duncan | 5'9" | 170lbs | 11th Grade | Cy Woods

#6 - Bryce Elkin | 6'4" | 200lbs | 12th Grade | Langham Creek

#11 - Michael Ewing | 5'8" | 155lbs | 12th Grade | Cy Springs

#2 - Bryce Langan | 5'7" | 150lbs | 12th Grade | Langham Creek

#11 - Jorren Pollard | 5'11" | 175lbs | 10th Grade | Cy Falls

#17 - Jalen Richardson | 6'1" | 180lbs | 12th Grade | Jersey Village

RUNNING BACK

#22 - Kalen Lavine | 5'8" | 185lbs | 12th Grade | Cy Ranch

#33 - Chris Robinson | 5'9" | 190lbs | 12th Grade | Cy Ridge

#24 - Sam Stewart | 5'9" | 195lbs | 12th Grade | Cy Woods

QUARTERBACK

#4 - Troy Brown | 5'11" | 185lbs | 12th Grade | Cy Springs

#14 - Cole Martin | 6'2" | 195lbs | 12th Grade | Cy Ranch

COACH OF THE YEAR

Coach Ed Pustejovsky - Cy Fair High School

OFFENSIVE MVP

#10 - Kyle Cutbirth | 6'0" | 165lbs | 12th Grade | Langham Creek

DEFENSIVE MVP

#52 - Dexter Collins | 6'0" | 290lbs | 12th Grade | Langham Creek

OFFENSIVE NEWCOMER

#1 - Deshun Qualls | 5'11" | 155lbs | 10th Grade | Jersey Village

DEFENSIVE NEWCOMER

#25 - Micah Pryor | 5'10" | 170lbs | 10th Grade | Langham Creek

2013 ALL DISTRICT FOOTBALL TEAM

DISTRICT 17

1ST TEAM DEFENSE

DEFENSIVE LINE

#40 - Jabriel Alexander | 6'2" | 230lbs | 12th grade | Jersey Village
#55 - Alton Brown | 6'0" | 260lbs | 12th Grade | Jersey Village
#52 - Dexter Collins | 6'0" | 290lbs | 12th Grade | Langham Creek
#90 - Ross Donelly | 6'2" | 305lbs | 11th Grade | Cy Fair
#99 - Justyn Johnson | 6'1" | 270lbs | 11th Grade | Cy Woods
#48 - Jordan Molden | 6'2" | 245lbs | 12th Grade | Cy Ridge
#40 - Brady Wright | 6'3" | 230lbs | 12th Grade | Cy Fair

LINEBACKER

#42 - Otar Alaka | 6'2" | 205lbs | 12th Grade | Cy Falls
#31 - Jacoby Brooks | 6'0" | 215lbs | 11th Grade | Cypress Creek
#44 - Brandon Brown | 5'11" | 230lbs | 12th Grade | Cypress Creek
#36 - Nico Costanzo | 6'2" | 215lbs | 12th Grade | Langham Creek
#23 Nick Csatos | 6'0" | 200lbs | 12th Grade | Cy Woods
#41 - James Kohlschmidt | 5'11" | 195lbs | 11th Grade | Cy Fair
#35 - Austin Scheaffer | 5'10" | 175lbs | 12th Grade | Cy Fair

DEFENSIVE BACK

#3 - Michael Austin | 5'9" | 165lbs | 12th Grade | Cy Ridge
#22 - Keith Batista | 5'11" | 175lbs | 11th Grade | Langham Creek
#5 - David Dudley | 6'0" | 180lbs | 12th Grade | Cy Fair
#5 Henry Hite | 6'0" | 160lbs | 12th Grade | Cypress Creek
#5 - Jacob Hobbs | 5'9" | 165lbs | 12th Grade | Langham Creek
#4 - Stevie Polly | 5'9" | 160lbs | 12th Grade | Cy Woods
#2 - Christian Taylor | 6'2" | 180lbs | 11th Grade | Jersey Village

2ND TEAM DEFENSE

DEFENSIVE LINE

#59 - Tyler Breggs | 6'1" | 190lbs | 12th Grade | Cy Lakes
#40 - Brandon Frazier | 5'11" | 185lbs | 12th Grade | Cy Ridge
#49 - Michael Omirin | 6'1" | 210lbs | 12th Grade | Cy Fair
#29 - Safar Sheriff | 6'0" | 240lbs | 12th Grade | Cypress Creek
#48 - Ross Tuzin | 5'11" | 240lbs | 12th Grade | Cy Fair
#42 - Malik Warner | 6'1" | 225lbs | 12th Grade | Langham Creek

LINEBACKER

#52 - Jarious Boone | 5'11" | 210lbs | 12th Grade | Jersey Village
#20 - Josh Head | 5'10" | 215lbs | 11th Grade | Cypress Creek
#33 - Michael Hoehner | 5'10" | 185lbs | 10th Grade | Langham Creek
#43 - Taylor Holms | 6'2" | 210lbs | 12th Grade | Cy Woods
#45 - Collin Marcum | 6'0" | 185lbs | 12th Grade | Jersey Village
#15 - Bryce Saracene | 5'7" | 180lbs | 11th Grade | Cy Ranch
#21 - Yiovani Williams | 5'10" | 200lbs | 12th Grade | Cy Springs

DEFENSIVE BACK

#6 - Lakent Alexis | 5'10" | 165lbs | 11th Grade | Jersey Village
#18 - Maxx Chrest | 5'10" | 160lbs | 11th Grade | Cy Fair
#10 - Drake Moore | 5'9" | 180lbs | 12th Grade | Cy Lakes
#25 - Micah Pryor | 5'10" | 170lbs | 10th Grade | Langham Creek
#10 - Brandon Richmond | 5'11" | 180lbs | 11th Grade | Cy Fair
#5 - Jimmy Washington | 6'2" | 185lbs | 12th Grade | Cy Springs

1ST TEAM KICKER

#11 - Chase McLaughlin | 6'1" | 170lbs | 12th Grade | Cy Woods
#16 - Joel Scarbrough | 5'10" | 170lbs | 11th Grade | Langham Creek

2ND TEAM KICKER

#31 - Omar Portillo | 5'5" | 190lbs | 11th Grade | Cy Ridge

1ST TEAM PUNTER

#16 - Joel Scarbrough | 5'10" | 170lbs | 11th Grade | Langham Creek

2ND TEAM PUNTER

#84 - Mitch Fly | 5'9" | 150lbs | 11th Grade | Jersey Village

1ST TEAM RET SPECIALIST

#4 - Dominique Harris | 5'7" | 160lbs | 12th Grade | Langham Creek

2ND TEAM RET SPECIALIST

#6 - Terrell Aldridge | 6'0" | 190lbs | 12th Grade | Cypress Creek

SUDOKU

View answers online at www.peelinc.com

					5			
6		5	1	7				
	1						3	9
8			4					
			3	2		1		5
	2	6						
2			6	4				
3					1		2	8
		7		3		4		

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

LIBERTY TAX

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- HCAD Business Reporting

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Head Coach of the Texas A&M Men's Golf Team to speak at NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

Join us for the Northwest Harris County Aggie Mom's Club January meeting on Tuesday, January 14, 2013 at 7:00 p.m. at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. Our speaker will be J.T. Higgins, Head Coach of the Texas A&M Men's Golf Team. Husbands and sons are welcome! Coach Higgins has taken Texas A&M to the pinnacle of the collegiate game in his 12 seasons at the helm of the Aggie men's golf team. A three-time Central Region Coach of the Year honoree, Higgins has guided A&M to back-to-back top-5 final rankings in 2009-11, an unprecedented 11 consecutive NCAA Regionals and six straight trips to the NCAA Championships, highlighted by the program's first national title in 2009. Under Higgins leadership Texas A&M stands alone as the only program nationally to have posted top-15 finishes at the NCAA Championship each of the last six seasons. Making their debut in the extremely competitive Southeastern Conference in 2013, the Aggies remained a fixture in the national rankings throughout the season en route to finishing fourth at the SEC Championship while garnering their school –record 11th consecutive trip to an NCAA Regional. Refreshments will be available at 6:45-husbands and sons are welcome!

SCHOLARSHIP APPLICATION DEADLINE APPROACHING

The Northwest Harris County Aggie Mom's Club raises money throughout the year to fund scholarships to students from our area. Last year, we awarded 15 scholarships to Aggie students from our local community and donated over \$34,000 to a variety of Texas A&M student organizations. Eligible students should download the scholarship application form at www.nwhcaggie moms.org. Deadline to apply is February 4, 2014.

SAVE THE DATE

Don't miss the Annual China Luncheon and Style Show on Saturday, February 8, 2014 from 10:30 a.m. - 1:30 p.m. at Shirley Acres located at 217 Woerner Rd., Spring, Texas. We are looking for talented ladies to decorate one of our themed tables. Individual tickets are \$30. Get your ticket at one of our monthly meetings or visit our website.

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at 7100 High Life Drive. For more information on monthly speakers or upcoming events visit our website at www.nwhcaggie moms.org or contact Shannon Eberle, Club President at clubpres2012@gmail.com.



CY-WOODS FFA BOOSTER CLUB

4th Annual Spring Craft Show

April 5th & 6th, 2014

Saturday, April 5, 9am-5pm
Sunday, April 6, 10am-4pm

CFISD Telge Exhibit Center
(Telge & Hwy 290)

For Vendor Registration/Forms
see our website at
CYWOODSFFA.ORG

or email us at
CYWOODSFFA@GMAIL.COM

SALUTE TO OUR HEROES

February 8, 2014

The Cy-Fair Educational Foundation (CFEF) event "Salute to Our Heroes" is scheduled for Saturday, Feb. 8, 2014, at 6:30 p.m. at the Omni Hotel Westside Houston (13210 Katy Freeway).

"Salute to Our Heroes" honors the brave men and women who have served to preserve our freedom and liberty. Proceeds from this event will go to an endowment enabling graduating students from Cypress-Fairbanks ISD to attend college.

This year our guest speaker is Martha McSally who was the first female combat pilot in US history. Following tradition, the event will also have the Missing Man Table & Honors Ceremony.

The event will be underwritten by Station & Ayers Insurance Planning Services, L.L.C. and the Cypress Fairbanks Medical Center Hospital will be the Major General Sponsor.

For more information regarding sponsorships and donations, please visit the CFEF website at www.thecfef.org or call 281-807-3591.

BECAUSE THE JOURNEY MATTERS

Thursday, February 20, 2014 - 6:30 - 8:00 p.m. - *Open House*
Come and Go/meet teachers and other parents

Tuesday, March 25, 2014 - 9:30 a.m. - *Coffee and Tour Date*

Tuesday, April 29, 2014 - 9:30 a.m. - *Coffee and Tour Date*

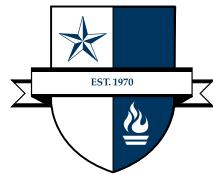


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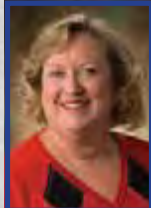
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**Allison Arthur
M.D.**



**Christy T. Knowles
P.N.P.**



**Alyssa Kuban
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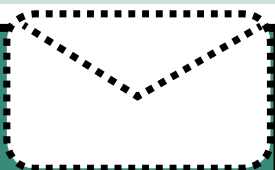
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Lakes of Fairhaven Year-to-Date Sales Report

	Feb '13	Mar '13	Apr '13	May '13	June '13	July '13	Aug '13	Sept '13	Oct '13	Nov '13
\$500,000 and above	1	1	0	0	5	4	3	5	4	2
\$451,000--\$499,999	2	2	0	2	3	3	3	0	0	0
\$351,000--\$450,999	0	1	0	0	0	0	0	1	0	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
\$200,999 and below	0	0	0	0	0	0	0	0	0	0
Total	3	4	0	2	8	7	6	6	4	3
Highest \$/sq ft	\$127.38	\$105.64	—	\$114.93	\$125.88	\$131.64	\$127.77	\$139.37	\$132.74	\$114.82

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