



The Beacon

News For The Residents at Lakes of Fairhaven

www.lakesoffairhavenHOA.org

NATIONAL CHARITY LEAGUE CYPRESS GEM CHAPTER



Twenty-two young women in the senior class of the Cypress Gems Chapter of National Charity League were recently recognized for their outstanding community service. At a formal event held in the Norris Conference Center, the Cypress Gems graduating class of 2018 were presented by their families and honored for their contributions to their chapter and their communities.

National Charity League is a mother-daughter service organization committed to fostering the mother-daughter relationship through community service, leadership development, and cultural experiences. Alongside their mothers, the 2018 class have performed over 3,000 hours of community service. Their work has benefitted multiple Houston area nonprofit organizations such as Reach Unlimited, Houston Food Bank, and Cy-Hope Disaster Relief. The Cypress Gems chapter comprises girls attending Cypress Ranch, Cypress Woods, Cypress Fairbanks and Bridgeland High Schools.

Elizabeth Franklin, Cypress Gems Chapter President stated, "I could not be more proud of these senior girls and the accomplishments they have achieved over the past year. Every single one of them have

worked hard to be remarkable role models for our younger members and to truly demonstrate the embodiment of what NCL is about. Our chapter will forever cherish their commitment and dedication as we have grown together to accomplish our goals as Cypress Gems."

The Class of 2018 Cypress Gems TickTockers as pictured are:

Front Row Left to Right - Isabel Ray, Maren Mullally, Jessica Sackschewsky, Madison Kippes, Madison Gvist

Middle Row Left to Right - Erica Barfield, Julia Rock, Katy Thomas, Hannah Haesly, Kathryn Motsinger, Emily Estes, Lexi Angelica, Ashley Bruton

Back Row Left to Right - Caitlyn Schade, Hallie Bruton, Sarah Theriot, Shannon Hebert, Maggie Lucas, Lexie Hluchanek, Jensen MacLeod, Anna Kolodziejczyk, Becky Clark

WELCOME TO THE BEACON

A Newsletter for the Lakes of Fairhaven Community

The Beacon is a monthly newsletter mailed to all Lakes of Fairhaven residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at www.PEELinc.com. Personal news (announcements, accolades/ honors/ celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!



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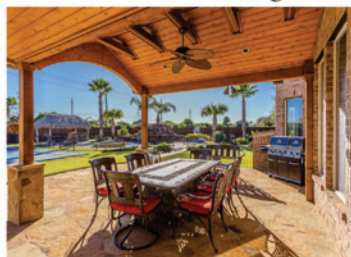
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**GARY
GREENE**



Make Your Health a Top Priority in 2018

Eating healthier and losing weight are common New Year's resolutions. However, keeping them can be difficult. Family medicine physician, Toni Odumosu, M.D., with Memorial Hermann Medical Group Fairfield, offers these tips for making your health resolutions last all year long.

1. Start with a big, measurable goal. Make your goal specific and easy to track, like losing a specific amount of weight, exercising a specific number of days, or eating a certain amount of vegetables daily.
2. Then set small goals. Look at your overall goal, and then break it down into smaller weekly and monthly goals. You won't run a marathon tomorrow, but you may be able to run one mile.
3. Don't do it alone. Find a friend to be your workout buddy or enlist help from a professional like a nutritionist or personal trainer. Tell your friends and family about your goals so that they can help hold you accountable.
4. Display your motivation. Is there certain event you want to participate in or attend that is the motivation behind your goal? Or perhaps a loved one who inspired the change? Put a photo of what's motivating you somewhere you'll see it every day. That can help fight temptation, because temptation will come!
5. Don't be afraid to celebrate! Celebrating the small goals can energize you to continue towards the big goal. However, be mindful that your "prize" doesn't derail you from achieving the goal you set.

"It's also a good idea to talk with your primary care physician when you're in the goal setting process. Your doctor can help you make sure your goals are realistic and achievable for your current health level. He or she may also have additional tips and resources that can help you along the way," encourages Dr. Odumosu.

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CLASSIFIED ADS

FOR SALE: Broyhill Attic Heirloom Special Edition Bar. Wood blends with any color & fits across a corner. Non smoking. 63" x 27.5" x 42". Cabinet locks/stemware storage/wine rack/shelves/drawers. \$900 lorilynn@pdq.net or phone 281-395-1385

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.

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Fairfield Area Girl Scout Troop Starting for Kinder and 1st Grade Girls

With the Girl Scouts, you'll make a bunch of new friends and have a ton of new experiences that show how exciting the world is, and how awesome you are, over and over again. So, what are you waiting for? Start the fun today!

New troops will be starting up soon, and we don't want anyone to miss out! There are a few spots remaining in the troops below.

Kindergarten:

Ault - 109048

Keith - 109099

Swenke - 109088

First Grade:

Ault - 109087

Keith - 109108

Swenke - 109093

To register visit <http://www.gssjc.org/> and click "Join Today."

You can register directly in the correct Troop by using the troop number above. Contact Lacey Campbell (LaceyNGCampbell@yahoo.com) for questions and help.



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JANUARY 27, 2018 (hanger drop off)

FEBRUARY 3, 2018 (donation pick up)

Scouting for Food is a council-wide service project to care for people in our local communities who are hungry and in need. In partnership with the Houston Food Bank and "Souper Bowl of Caring," the project begins Saturday, January 27, 2018, as Scouts distribute door hangers in their neighborhoods to announce the upcoming food drive. Scouts return the following Saturday, February 3, 2018, to pick up and deliver donations to their local food banks and pantries.

A Cub Scout and a Boy Scout promises "to help other people at all times." There is no better way to show our Scouting spirit than by participating in the annual Scouting for Food drive! Now is the time to show our community the Scouting values of being loyal, helpful, kind and cheerful.

Scouts will help make a difference to fight hunger. Scouting for Food is the leading service program for Boy Scouts of America and is a part of the national BSA program - Good Turn for America.

On behalf of Cub Scout Pack 1533, Pack 533, Pack 33 and Boy Scout Troop 533, we would like to thank the community for their support.

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a half baths 4 car garage equestrian
estate on 9.74 acres- \$2,842,000.00



16001 Merle Rd.
4 beds, 3.5 baths, 3 car garage.
On 1 acre. - \$698,00.00



17402 Bending Cypress- 6 beds, 5 baths
2 half baths. 3 car garage estate
on 3 acres.- \$898,000.00



20603 Flagstone Trl Ct.- 6 beds, 5 baths,
one half bath 3 car garage on 3.17 acres.
\$1,298,000.00

Recently Sold:



21418 Fairhaven Manor
5beds 4 baths 5 car garage
on 1.5 acres.- \$930,000.00



17003 Saddle Ridge Pass-
6 beds 5 baths one half bath, 7 car
garage on 3 acres. - \$1,280,000.00

Fair Ladies of Christ the Redeemer

Fair Ladies of Christ the Redeemer, or FLOC, is a faith and fellowship group for the women who live in Fairfield and Lakes of Fairhaven that attend Christ the Redeemer Catholic Church.

We generally meet once a month, usually at a member's home, or a local restaurant, and occasionally at Christ the Redeemer. Our meetings consist of food and drinks, prayer and fellowship! We occasionally have a speaker on topics that pertain to our faith, have fun craft nights, attend Christ the Redeemer events, try out new restaurants, and we also "give back" to the community and the church with some sort of charity or donation activity several times a year.

Our main goals are:

- To bring the CtR women of these two neighborhoods together to make social connections with each other,
- To support one another,
- To surround ourselves with women who share a common faith, and
- To bring those that are hesitant to attend CtR each weekend for Mass (due to the large size of the parish) back to Mass because there will be a friendly face in the crowd.

For more information, please contact Amy Wilkes at apw1974@juno.com, or search for our group on Facebook - Fair Ladies of Christ the Redeemer (FLOC) - and request to join our closed group.

We look forward to meeting you at our next event!



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ADVANCING HEALTH



Northwest Harris County Aggie Mom's Club

Scholarship opportunity for current Aggie students!!! If your permanent address is within our zip code service area, your student can apply for a chance to be awarded a scholarship for the coming school year. Please check our website for the application and details; due date is Feb 6, 2018. Don't delay, since a letter of recommendation is required. Scholarships are awarded at the April meeting.

And don't forget to come check out the Northwest Harris County Aggie Mom's Club!! We meet the second Tuesday of every month (Aug-May), at the Houston Distributing Company, 7100 High Life Drive, Houston, Texas. Socializing starts at 6:30 pm, and the meeting starts at 7:00 pm. We have a lot of fun in our quest to support our Aggie students! Gig 'Em and God Bless!

www.nwhcaggiemoms.org

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CYPRESS AREA FOOD PANTRY

Do you know of someone who has trouble putting food on the table? Maybe their employment was suddenly terminated; maybe it's a choice between medications or food; for whatever reason a family can find themselves in a situation where they need a little help.

Fountain of Life Church of God on Mueschke Road runs a food pantry on Mondays from 3:30 pm to 6:00 pm and the only requirement is that the client should live in zip code 77433 and west of Skinner 77429. For more information, contact 281-373-9337. Food donations and volunteers are also greatly appreciated.

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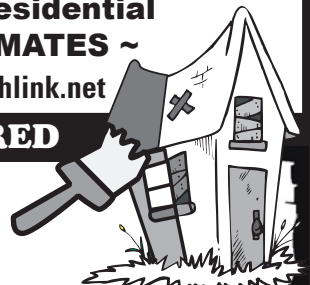
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“How Can I Get in Ski-Shape?”

By Kelly Cunningham, MD, Sports Medicine specialist and Founder.
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Dr. Cunningham spent 15 years as a traveling doctor for the men’s Olympic downhill team, accompanying the athletes throughout the US, Canada and Europe on the World Cup tour. He was able to pick up tips from some of the world’s finest altitude athletes and their trainers.

Ski conditioning begins about 6 weeks prior to travel, and involves three phases:

Muscle training

Stamina

Agility

Muscle training for the skier or boarder utilizes stretching, closed & open-chain strengthening exercises, and emphasizing the core muscle groups of the spine, hips, quadriceps & hamstrings. For most recreational athletes, low-weight/high-repetition sets will be best. Another option may be a personal trainer or workout club pro to help you design a program to strengthen your core without over-stressing your joints. Joint pain is a common skier injury so muscle training will aid in prevention.

Stamina is crucial for a recreational athlete, especially at altitude. (That’s another discussion for later!) Cardio conditioning can be as simple as running, jumping on a bike or elliptical, preferably using “interval” periods to increase your heart rate. Sports like tennis, swimming, and basketball have built-in interval training as part of the sport.

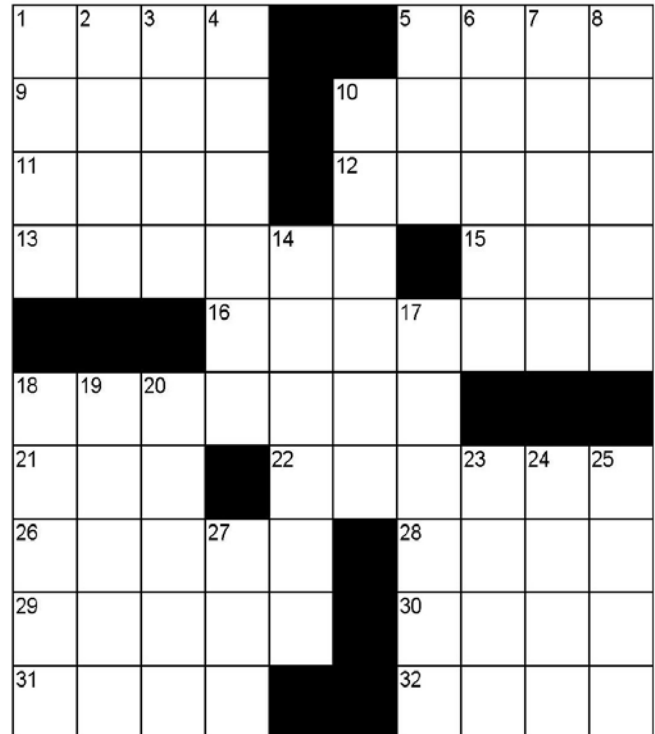
Speaking of sports, these are great for honing the **athletic agility** that helps prevent ski injury, especially at the end of a long, fatiguing ski or snowboarding day. These are “ski-adaptive” sports. “Ski-specific” training involves side-to-side training tools that focus on the specific ski muscles and coordination. Slide boards, closed-chain waist belt regimens, in or out of ski boots, are popular.

The goal is to decrease fatigue-related injury but also to increase your enjoyment, help you relax, and enjoy the sport!

If you have a history of joint pain or arthritis (DJD), consider your options before you head to the slopes— perhaps 3 to 4 weeks before your trip, you might want to explore PRP or stem cell injectable treatments in Austin as a autologous, potentially regenerative medicine alternative to steroids to ensure that you get the most out of your trip.

Austin, Texas, resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society

CROSSWORD PUZZLE



ACROSS

1. Chances of winning
5. Association (abbr.)
9. Rise (2 wds.)
10. Horse-like animal
11. Eye
12. Foreign
13. Substitute
15. What a nurse gives
16. Heavy
18. Luau guitar
21. Moved quickly
22. Despot
26. Filth
28. Water (Spanish)
29. Devourer
30. Quieted
31. Brood
32. Glen

DOWN

1. Stare at
2. One who gets things done
3. Fees
4. Spread out on the couch
5. Entire
6. Quoth
7. Melt ore
8. Girl detective Drew
10. Idly
14. ___-totter
17. President Ford
18. Goads
19. Gold weight
20. Marry
23. Accent mark
24. Void
25. Leggy
27. Kitten's cry

View answers online at www.peelinc.com

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