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News For The Residents at Lakes of Fairhaven

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Laura Mata, OTL, MOT, PT, DPT
Clinic Director

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**Fairfield Has A New
Doctor In Town**

Read more on page 3!

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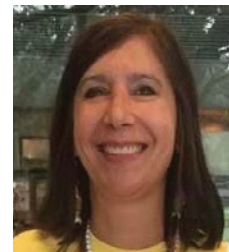
Fairfield Republicans



Fairfield Republicans are a group of conservative like-minded neighbors residing in Precincts 0111, 0124, 0126, and 0405 of Harris County. While we are predominately residents of Fairfield and the adjoining subdivisions, we welcome people from other precincts to attend our meetings as well. Our group meets every month to provide information to our community about current legislative priorities and other pertinent information. Our current meeting dates are scheduled for the first Monday of each month at the Fountain of Life Fellowship Church at 15010 Mueschke Rd., Cypress, TX 77433. Our group can be found on Facebook and NextDoor under the heading of Fairfield Republicans. Please check those pages for confirmation of the upcoming meeting dates. In addition, you may contact Bill Ely, Precinct 0124 Chair at 832-919-4999 for more information.

Cy-Tom Democrats

February Speakers: Jesse Ybanez and Beverly Jurenko: What we did well in 2020 and what our areas of opportunities are.



Beverly Jurenko



Jesse Ybanez

The Cypress-Tomball Democrats will hold its next virtual monthly meeting Tuesday, February 16, 2021. There is a meet and greet at 6:30 p.m. The general meeting begins at 7:00 p.m. To request the ZOOM access code, email cytomdems@yahoo.com.

The speakers will be Jesse Ybanez and Beverly Jurenko. Jesse and Beverly are our Senate District 7 State Democratic Executive Committeeman and Committeewoman (SDEC). Jesse started working with Democrats in the Cy-Fair area in January 2007. He's been involved in Voter Registration, Get Out the Vote (GOTV), phone banking, block walking, and preparing door hangers since then. He is a Veteran and a founder of the Cy-Tom Dems Club.

Beverly also became active in the Democratic Party in 2007 when she founded "Americans in Belgium for Obama". Beverly is the Founder of Inside Edge Consulting LLC, where she provides coaching for executives struggling to embrace Diversity & Inclusion and empowerment coaching for those early in their career development.

All are welcome to attend and to join this growing club, which meets on the third Tuesday of every month.

For more information & access to the ZOOM Virtual meeting, contact Charlene Shafer at cytomdems@yahoo.com, or visit the club's Website at CyTomDemocrats.org.

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Fairfield Has A New Doctor In Town

by Jackie Devine



Texas homegrown Dr. Laura Mata PT, DPT grew up in Pearland and obtained her bachelor's degree in Kinesiology at the University of Houston. She volunteered at Memorial Hermann Southeast, and of course, they hired her. From there, she decided that she wanted to continue her studies to become a physical therapist. Shortly after, she was accepted into the physical/occupational therapy program at Florida's University of St. Augustine. Within three years, she received her Physical Therapy and Occupational Therapy degree, which is very rare—because it is currently the only dual degree program of its kind in the US.

After spending three and a half years in St. Augustine, Laura migrated back to the Houston area and began her PT career at West Woodlands Physical Therapy. There she worked with a wide range of diagnoses, which included: post-operative ACL, MCL, meniscus & rotator cuff repairs, as well as total shoulder & knee replacements.

When her 10-year high school reunion rolled around, Laura decided it was time to renew a few old friendships and find out how life had changed for her friends and classmates. Surprisingly, her most significant discovery was meeting her future husband, Chris. Although they had attended middle school and high school together, they had run in different circles, so it took the reunion to introduce them. That new friendship blossomed into a relationship, and eventually into marriage. Laura moved to Dallas, where she worked at Green Oaks Physical Therapy while Chris completed his education.

Five years later, they moved back to the Houston area so Chris, Jr., their son, could be closer to his grandparents.

Dr. Laura, PT, has hung out her shingle in Fairfield. In addition to currently providing physical therapy at Star Physical Therapy of Fairfield, she also offers solutions to hospitals and physicians, healthy workforce and worker's compensation support, and focuses on partnerships with existing practices.

"There are many reasons a person might seek my services," she explained, "The most common is pain. For example, approximately 75% of patients referred to me report pain as their overriding symptom. In general, association with pain includes diseases, injury, aging, overuse, stress, and faulty body mechanics."

Star Physical Therapy of Fairfield offers:

- Orthopedics
- Balance and Fall Prevention
- Cancer Related Fatigue
- Craniosacral Therapy
- Dry Needling
- Geriatric Programs



- Industrial Rehab/Functional Capacity Evaluation
- Manual Therapy
- Pre and Post-Surgical Rehab
- Postural Restoration
- Sports Medicine
- Sprains and Strains
- Spinal Rehabilitation
- Wheelchair Assessments

In addition to those services, local groups and organizations are encouraged to contact Star Physical Therapy Clinic to schedule presentations on:

- Fall and Risk Prevention
- Return to Sports Safely
- Improving Posture: An Ergonomic Assessment
- Female Soccer and Volley Ball Risk Prevention for High School Students
- ACL Rehab: Returning to sports for Children (soccer, volleyball, basketball, baseball, football)
- Pelvic Floor – Importance of pelvic floor strengthening before, during, and after pregnancy

Star Physical Therapy of Fairfield is located across the street from Walgreens and in the same strip center as Nyam Nyam Cafe and Subway.

"We are happy to be living in Fairfield and are eager to meet our neighbors," says Dr. Laura, PT. "My greatest hope is that we gain the community's confidence and become known as Fairfield's Physical Therapist."

To learn more, visit <https://ptandme.com/location/star-therapy-services-fairfield>, www.starhoustonphysicaltherapy.com, or 713-609-9224.

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DO GOOD FENCES MAKE GOOD NEIGHBORS?

By Jackie Devine

"Attractive, well-built fences can do more than improve your property value; they can also protect your investment, increase privacy, and provide security," explained Juan Cortes, owner of Pearly Iron Gates, an insightful welder, metal fabricator, and wood fence carpenter.

"But the truth is," Juan continued, "Every fence is different and has its own personality. Moreover, so do the people that order them. That is why, at the very beginning of our relationship—and believe me, fence building is a relationship—we form a partnership agreeing that the project will require input and decisions based on my knowledge and experience and our new client's expectations. Together, we sit down and discuss the scope of the job and confront specific problems and roadblocks.

"Our clients are all different. With some, their highest need is protecting children and pets; others are looking for a way to reduce highway or railroad noise, others are looking for privacy, fighting soil erosion, or enhancing their property.

"Still others are worried about cost. And of course, I can't leave out those that are too busy to deal with building codes, landscaping, or decisions on the material—whether to use wood or metal, concrete anchors or gates.

"My job is to make my customer's life easier and give them a product that they not only will love, but will tell the world, 'you've got to call Juan, he is a talented, creative man, who deals fairly, loves his clients, and lives by the golden rule.'"

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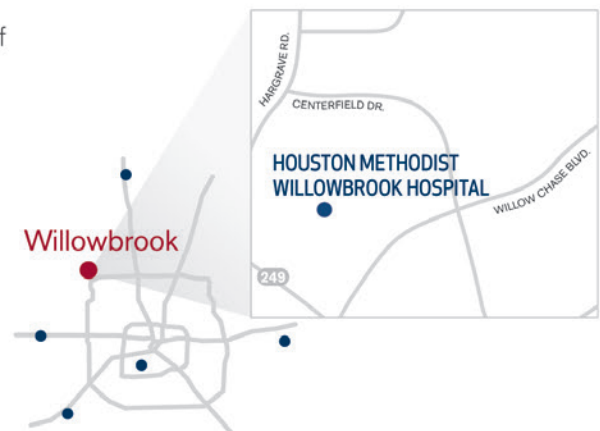
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