



April 2009  
Volume 2, Issue 4

# The Beacon

News For The Residents at Lakes of Fairhaven



**Cy-Fair**  
Volunteer Fire Department

## Be a Volunteer Firefighter

The Cy-Fair Volunteer Fire Department is currently accepting applications at all its fire stations for new volunteer firefighters. The Cy-Fair VFD provides community based fire, EMS, and rescue services for 156 sq miles of Northwest Harris County using 12 fire stations. We provide all the necessary training and equipment needed. We have members from all walks of life including doctors, lawyers, bankers, realtors, career firefighters, teachers, mechanics, welders, nurses, and stay at home parents. The only requirements are to have your high school diploma or GED, be 18 yrs old, and pass a drug and background check.

Stations meet on Thursday nights at 7pm to conduct training. Additionally, members are able to sign-up for duty nights to staff the station or respond from their home.

The Fire Department provides insurance and worker's comp coverage for members when they are performing Department activities. We also have a length of service program that provides a retirement benefit to members.

We will be hosting open houses this month to provide more information:

**April 13th** at 7pm: CFVFD Station 10 located at 11310 Steeplecrest and West Rd (just West of Jones Road)

**April 19th** at 7pm: CFVFD Station 11 located at 18132 West Rd approx. 1 mile west of Barker-Cypress near Lone Star College-Cy-Fair

**April 21th** at 7pm: CFVFD Station 9 located at 7922 Hwy 6 and Longenbaugh

The above stations may not be the closest to you, but the Open Houses are near enough to be a close point for the initial information gathering process.

You may also call our Office at 281-550-6663 or visit us online at: [www.cyfairvfd.org](http://www.cyfairvfd.org)

## Cy-Fair Community Health and Wellness Expo

Plans are well underway for the Cy-Fair Community Health and Wellness Expo, which will be held Saturday, May 16th at the Berry Center, 8877 Barker Cypress Road from 10 a.m. to 3 p.m. This free event will focus on emphasizing the significance of living a healthy lifestyle for people of all ages.

Activities include elementary school choirs, sport stackers, jump rope, and other performance teams. From outside of the district we'll have cooking demos by Clive Berkman, author and chef, a milking cow, dance and exercise demos, martial arts, a bike safety rodeo for K-8th (bring your bike and helmet!), bowling, athletic wear fashion shows, fire department and water district demos, speakers on wills/probate/guardianships, finances/budgeting, internet child safety/stranger danger and more!

Additionally, more than 75 vendors will set up booths in the Berry Center to help educate the community on mental, physical, spiritual, financial and environmental health and wellness.

A blood mobile will be on site to sponsor a blood drive and free health screenings will be provided by the doctors and medical personnel from various healthcare groups.

To promote environmental health, a recycling drop-off site will be available through CFISD's recycler Abitibi, Houston Computer Recycling, and Sustainable Living in Houston. These groups will provide a drop-off area for electronics, household batteries, paper, plastic and aluminum. In addition, the Lion's Club will be inside collecting used or broken eyeglasses for their worldwide distribution to those in need of optical assistance.

For more information visit the Cy-Fair ISD website at [www.cfishd.net](http://www.cfishd.net) and [www.cyfairhealthexpo.org](http://www.cyfairhealthexpo.org). If you have any questions, please call 281-517-2043.

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Interested in submitting an article? You can do so by emailing [articles@PEELinc.com](mailto:articles@PEELinc.com) or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 9th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for The Beacon. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

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## Spring Is In the Air

### *Time to Start Your Own Organic Garden*

*Submitted by LCRA*

In a world of iPod's, computer games, and DVDs, gardens are our nearest gateway to nature. Planting an organic garden with your family or friends builds relationships as well as stronger connections to the land, weather, and plants of Texas.

When looking for a garden site in your yard, choose an area with a good six to eight hours of sunlight and access to water. If you have shallow or poor soil, consider creating raised beds. Decide the garden's design by drawing shapes on paper and thinking about how you might arrange flowers, herbs, and vegetables within those shapes.

You may want to read through regional gardening books and seed catalogs when choosing plants. Native plants will be much easier to grow and keep healthy, and native flowering plants attract hummingbirds and butterflies. Avoid toxic plants, and consider aromatic herbs and edible plants. If you choose to start some plants from seed, create garden markers using either names or drawings to help recognize the plants when they germinate.

Find sturdy gardening tools. Many nurseries and garden centers sell spades and rakes in various sizes - make sure you find one that fits you best. Avoid digging with hand trowels unless the soil is very friable, or you are working in pots—small hands and wrists tire easily.

Use soaker hoses with timers to keep soil moist while your seeds are germinating. Keep a calendar to record when you plant seeds and when they germinate. Place a rain gauge in the garden to keep track of showers. Find a magnifying glass to peer at leaves, flowers, and insects in your garden.

Keep your garden safe for everyone by avoiding the use of toxic landscape chemicals. Visit [www.growgreen.org](http://www.growgreen.org) for information on less toxic landscaping.

Finally, celebrate your harvest of wildflower bouquets, herbs for cooking, and tasty vegetables. Organic gardening is a lot of fun and very rewarding.



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## **Change for Change** *Cypress Christian School Students Raise Money for Orphanage*

When students in Miss Shelby's second grade class started studying money in math, they learned a two-fold lesson: how to count change and how to change someone's life.

Students were encouraged to bring their dimes, nickels, and pennies to class during a two-week mission project called "Change to Change the World for Jesus" The goal of the project was to raise money for His Cherished Ones, an orphanage in Africa run by former CCS teacher Trena Ivy.

"When the students saw the pictures on Miss Ivy's blog of poor African children without shoes or food, they were inspired and motivated," said Miss Shelby. "They gave their Christmas money and money from their own piggy banks. The students also chose to give up their snacks at school and donate the money to the project." As a result of their efforts, the class collected more than \$1000 to send to the orphanage.



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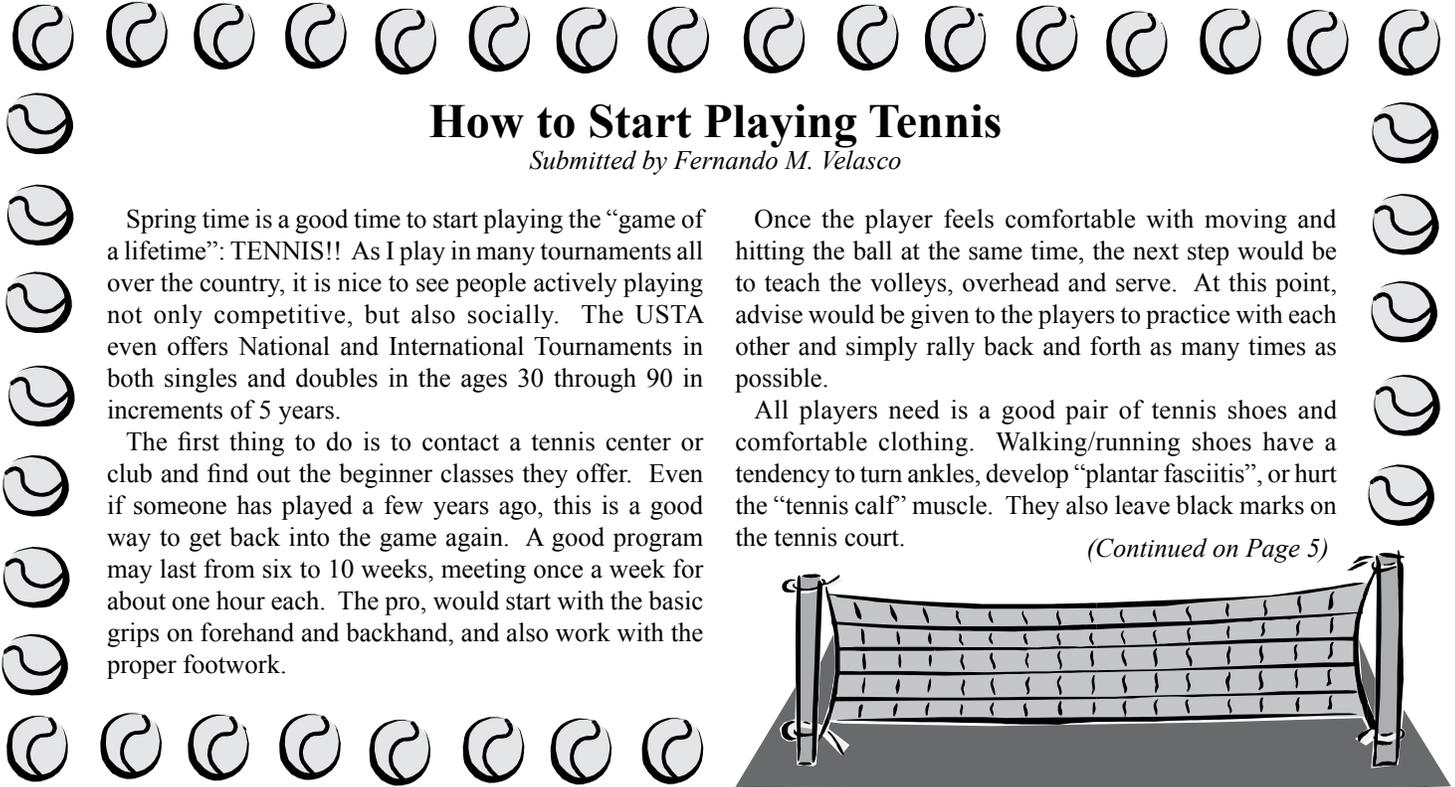
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## How to Start Playing Tennis

*Submitted by Fernando M. Velasco*

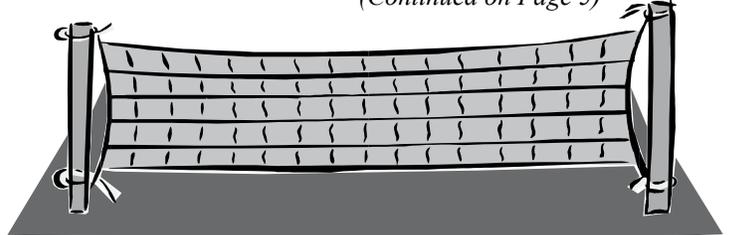
Spring time is a good time to start playing the “game of a lifetime”: TENNIS!! As I play in many tournaments all over the country, it is nice to see people actively playing not only competitive, but also socially. The USTA even offers National and International Tournaments in both singles and doubles in the ages 30 through 90 in increments of 5 years.

The first thing to do is to contact a tennis center or club and find out the beginner classes they offer. Even if someone has played a few years ago, this is a good way to get back into the game again. A good program may last from six to 10 weeks, meeting once a week for about one hour each. The pro, would start with the basic grips on forehand and backhand, and also work with the proper footwork.

Once the player feels comfortable with moving and hitting the ball at the same time, the next step would be to teach the volleys, overhead and serve. At this point, advise would be given to the players to practice with each other and simply rally back and forth as many times as possible.

All players need is a good pair of tennis shoes and comfortable clothing. Walking/running shoes have a tendency to turn ankles, develop “plantar fasciitis”, or hurt the “tennis calf” muscle. They also leave black marks on the tennis court.

*(Continued on Page 5)*



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**How to Start Playing Tennis - (Continued from Page 4)**

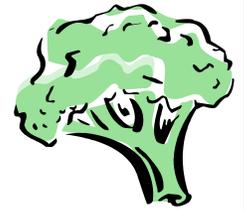
A good club will provide with demo rackets for the players to try out. A player should find the proper grip size and the proper weight and thickness of frame to fit their game.

In order to get used to the different bounce of the ball, one needs to spend a great deal of time just hitting balls. I recommend practicing against a wall, or use a ball machine that feeds balls. Players will learn to adjust to the depth, height and power of the ball by spending as much "court" time as possible.

In future articles, I will give you advice on how to select the proper racket, strings and shoes, and will provide you with information on how to get involved in leagues and tournaments. Get a "spring" start on your game and contact your local tennis club or park district to get started as soon as possible.

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**Recipe of the Month:**



**Fresh Broccoli Salad**

**Ingredients**

- 1 bunch fresh broccoli
- 6 green onions
- ½ lb. fresh mushrooms
- 1 (2 oz.) jar pimentos
- 1 green pepper 1 tomatoe
- Salt & Pepper
- 1 cucumber
- 1 (8 oz.) can water chestnuts (drained)
- 1 (8 oz.) bottle Zesty Italian salad dressing

**Directions**

Chop vegetables. Add salt, pepper, and salad dressing. Chill 8 hours or overnight.

*If you would like to submit YOUR recipe email it to [articles@peelinc.com](mailto:articles@peelinc.com).*

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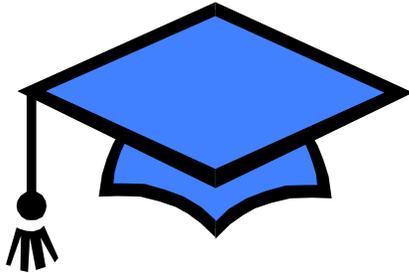
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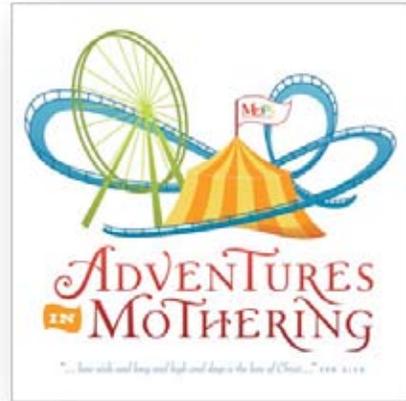
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The Ault Elementary PTO awards a \$500 scholarship to one male and one female applicant who is graduating from either Cy-Fair High School OR Cy-Woods High School and graduated from Ault Elementary. Scholarship applications and guidelines can be obtained from the Counselors' office. The deadline for submitting applications is April 10, 2009.



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MOPS stands for Mothers of Preschoolers, a program led by mothers themselves and designed for mothers with children ages birth to 5. These mothers all have a shared desire...to be the best mothers they can be!

For more information on meetings in Fairfield, please contact Renate Wheeler at [renateqw@yahoo.com](mailto:renateqw@yahoo.com). They will meet on the second and fourth Fridays during the school year.

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## Meet Simon

Simon has a good sense of humor and an overall fun personality. He has a great imagination and loves to tell stories. He likes music, reading, playing games, sports, and fishing

Described as a kind and compassionate kid, Simon interacts very well with his peers and adults. He likes to be a big brother and take care of others. Simon's foster parents and teachers have high praise for Simon, saying he's a "great kid" and they enjoy having him in their lives.

Simon will flourish with a family who is active and keeps him engaged. Simon can benefit from participating in enrichment or mentoring programs that will aid in his educational and personal development.

Please let me know if you would like additional information on this great kid.

*Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter  
Adoption Coalition of Texas, 2222 Western Hills, Ste. 101, Austin, Texas 78745  
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