



July 2010
Volume 3, Issue 7

The Beacon

News For The Residents at Lakes of Fairhaven

FAIRFIELD SPORTS ASSOCIATION

Baseball and Softball is wrapping its season up but we have others around the corner. Summer Basketball is getting underway and we have Soccer and Volleyball in the Fall. We are making changes in two important areas. We have a new website so check it out. This is more user friendly especially for you MAC folks. We also have a new registration website. This one will allow your family to create a family account. Your contact info is retained as your children play in Fairfield Sports. No more entering in the same information for each sport and each year. Also its one stop checkout with one payment.

- Login is through the Fairfield Sports Website. <http://www.fairfieldsports.net>
- All families will be required to create an account the first time logging into our system. Please add all family members, players and parents by choosing the add children or add adult options (alternate contact information such as phone numbers and emails can be added when another adult is added to the account).
- This system will keep track of your account information for all sports that your children want to participate in. No more re-entering contact and address information each time you want to register.
- When each sport has its standard registration process usually 2-4 weeks before tryouts, you will be able to register and make payments for any of the available programs. Through the registration system you will have access to all account information, including payments due, payments received, due dates, outstanding balances, etc.
- If you have multiple players, please register them all at the same time. To do this after completing one registration click the continue shopping button to register another player.
- The entire registration process occurs over a secure server using the highest security currently available.

FAIRFIELD SOCCER

Registration for another exciting year of Fairfield Soccer has begun. Our registration will go from June 19, 2010 to July 18, 2010. The fees for the 2010 season will be \$115 for 4-6 year olds and \$125 for 7-13 year olds, and individual sponsorship fees are \$15 per player. As teams have successfully done in the past, we recommend that you speak to local businesses and ask them for sponsorships (they will receive a plaque in recognition of their generosity).

NEW FOR THIS SEASON

We upgraded the uniforms (images will be posed to the Fairfield Sports Association Facebook page.) In the spirit of the World Cup this summer, all uniforms will be part of an International Series from Xara Sports. We are very happy with the improved quality

(Continued on Page 2)

A Dog Park in the Willowbrook Area

If you have ever taken your dog to a dog park you know how much fun they are for people and dogs too. You probably also know there is not one in our neck of the woods if you live in far NW Houston. The nearest off leash public dog park is Bill Archer Park in the Bearcreek Park area on Hwy 6 near I-10. If you have not ever been to a dog park you may soon get a chance to do so here in our own back yard. The Houston Dog Park Association (HDPa) is proud to be partnering with sponsor Barks 5th Avenue to bring a public dog park to far NW Houston. Land next to the Barks 5th Avenue facility on 1960 near Jones Rd. will be donated by the land owner to HDPa to build a public dog park on. HDPa will design, construct and manage the dog park. The plan is in preliminary stages now and more details will be shared at the Kick Off and Fund Raising event to be held October 2nd in the parking lot of Barks 5th Avenue at 10620 FM 1960 West, Houston, TX 77070.

We will be announcing the event details on our web site soon but you can mark your calendar for Oct. 2nd now. Leashed pets will be invited to the event and we'll have lots of fun for people and

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Newsletter Information

Publisher

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 Article Submission thebeacon@PEELinc.com
 Advertising..... advertising@PEELinc.com

Not Available Online

Fairfield Sports Association - (Continued from Cover Page)

and look of the jerseys, and think you will agree. Also, this year we are including the jersey, socks, AND SHORTS, AND A SOCCER BALL with your fee. New, better quality jerseys, a complete uniform that includes socks and shorts, and a soccer ball; we hope you're as excited about the improvements in the uniforms as we are. The changes we've implemented also include a new training package for coaches. This package is optional to use, free, and will be included with your team uniforms when you pick them up.

START OF THE SEASON

The start of the season depends on the ability to have the fields ready on schedule. Three years ago, 10 people worked to prepare the fields and the work was complete in 4 hours. Two years ago we had 6 people and it took a day and a half. Last year only 3 people set up all of the fields and it took 4 days to complete. We are seeing negative participation in this effort, and I believe it is largely due to poor communication on our part, and your concern about the commitment when asked to volunteer. Therefore, this year I am scheduling Saturday, July 17th as the official field set up day, and I need 40 people to volunteer for only 1 hour. Just 60 minutes, and we'll have everything done... if we get enough people. I'm asking you to make this minimum commitment to make sure we can start

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BUSINESS CLASSIFIED

COMPUTER REPAIRS, HOME OR BUSINESS. Virus removal, wireless network set-up/troubleshooting, preventative maintenance, upgrades, memory installation. 25 years experience, multiple certifications. Fairfield resident Todd 832-482-5913, toddb3@att.net

PIANO AND VOICE LESSONS OFFERED IN MY CYPRESS HOME. For a free first lesson or consultation, call Belinda at 281-773-0545 or email me at belinda110@gmail.com. Flexible summer hours available - also taking pre-registrations for the fall of 2010. I am a graduate of the Cincinnati Conservatory of Music with 35 years teaching experience.

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Fairfield Sports Association - (Continued from Page 2)

the season on time (again, the committee will be short staffed this year). We will meet at the Schiel Road fields (Weaver Complex) at 9:00am (and you'll be done by 10:00am).

Fall Soccer Schedule Summary

- Registration opens June 19
- Field Maintenance – July 17
- Registration closes July 18
- Coaches Meetings
 1. 4/5 boys/girls July 20 7:00pm
 2. 6 boys/girls July 21 7:00pm
 3. 7/8 boys/girls July 22 6:30pm
 4. 9/13 boys/girls July 22 7:30pm
- Player Assessments will be conducted July 26-30 6:30pm
- Team selections will be August 1
- Practices can start August 2
- First weekend of games August 28
- Final week of season October 30, 2010
- Tournament November 1 -14, 2010
- Soccer Day SATURDAY NOV 20, 2010

Troy Guidry

Fairfield Soccer

soccer@fairfield-sports.org

Dog Park - (Continued from Cover Page)

doggies including a dog and car wash, frisbee dog demonstrations, doggie costume contest, and lots of local vendor tables with freebies and goodies to give away and win. We are seeking vendors and will also need volunteers to help setup and work at the event from washing cars and dogs to entertainment and set up/clean up. HDPA is also seeking sponsors and vendors as well as entertainment for the event, contact HDPA to offer your services or reserve your space.

You can donate to the NW area dog park construction fund right now on our web site under Programs via Paypal or you can donate at the event. Dog park donations are tax deductible. HDPA has already raised over \$1000 for the NW area dog park. HDPA will be forming a "Friends of the NW Area Dog Park Committee" to help us plan and develop this new dog park and the event and we need volunteers. If you'd like to help us make this dream a reality for NW Houston dog owners email tiffany@houstondogpark.org to learn how you can help. HDPA is a 501c3 non-profit volunteer organization that advocates for dog parks and supports dog park patrons through education. Learn more about HDPA, how you can help, and what HDPA is doing to support dog parks all around Houston on our web site. For a map of all the dog parks around Houston visit www.HoustonDogPark.org. See you at the dog park!



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GET YOUR GRILL ON

Summer Is Here!

HEALTHIER RECIPES TIPS

Summer is here. That means summer Barbecue in the great outdoors and enjoying the company of family and friends. There are all kinds of tasty foods to grill up, plus those sides, desserts and drinks that round out the meal. Unfortunately, this leads to an influx of excess calories and weight gain. There goes your beach body that you worked so hard for. Here are some simple barbecue alternative recipes that can help keep you lean and healthy through the summer season when grilling.

GRILLED VEGGIE BURGER

- 4 Garden Veggie burger patties
- 2 Medium red vine tomatoes, sliced
- 2 Dill pickles, sliced
- 1 Bottle of mustard, ketchup, and/or light mayonnaise * use sparingly

- Green leaf lettuce
- 4 Whole grain hamburger buns
- 2 Grilled medium onion, sliced

GRILLED SOY HOT DOGS

- 4 Yves meatless hot dogs
- 1 Bottle of mustard and/or ketchup * use sparingly
- 1 Can of Amy's vegetarian chili
- ½ Cup of dill pickle chopped
- 4 Whole or sprouted grain hot dog buns
- 1 Medium red vine tomato, diced
- 1 Medium sweet onion, diced

GRILLED VEGETABLE KABOBS

- 2 zucchini
- 1 red and 1 yellow bell pepper
- 1 onion
- 12 oz halved mushrooms
- 4 skewers

Cut bell peppers, onions, and zucchini into uniform pieces. Thread the vegetables onto the skewers. Optionally brush with oil and vinegar and then place on grill until vegetables are tender and slightly brown.

Optional side dishes: Grilled corn on the cob, baked BBQ chips, watermelon, or fresh fruit mixture.

- BY VALERIE SALINAS, M.S.



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July 30
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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!)

The MOMS Club has lots of fun summer time activities planned. 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. The MOMS Club is a great opportunity for you and your kids to make new friends in our area. Come visit our next all-member meeting and see for yourself! There is a lot of fun and support just waiting for you! Our next meeting is Tuesday, July 13th at 10AM at Fairfield Baptist Church room 208 located at 27240 Highway 290 in the front of Fairfield. We often have a guest speaker at our meetings discussing topics like finance, health, organization and other popular topics. As always, children welcomed!

*For more information
please contact:*

Keri Whitt, Membership VP at
713-724-4147,
keriwhitt@yahoo.com or
Amy Wilkes, President at
281-455-2807,
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SUMMER HEAT CAUTIONS

Stay Safe This Summer

How dangerous is overheating in the summer months? According to the Centers for Disease Control and Prevention, from 1973 – 2003, excessive heat exposure caused 8,015 deaths in the United States. “Heat-related deaths and illness are preventable, yet annually many people succumb to extreme heat,” says Dr. George Luber, extreme heat expert for the Centers for Disease Control and Prevention in Atlanta.

Summertime activity, whether on the playing field, running, boating, or just enjoying the great outdoors, must be balanced with measures that aid the body’s cooling mechanisms and prevent heat-related illness. Know the symptoms of heat disorders and overexposure to the sun, and be ready to give first aid treatment.

Heat Cramps- are strong muscle contractions and usually affect the abdomen and legs. The condition usually improves with rest, water and cooler conditions.

Heat Exhaustion- caused by heat and dehydration but the effects are more serious than cramps. Symptoms may include paleness, dizziness or fainting, nausea or vomiting, and an increase

in body temperature. Rest, water and cool compresses (ice water on the back of the neck, etc) can help. For more severe heat exhaustion, IV fluids may be required.

Heat Stroke- The most serious of the heat related conditions. Heat stroke is most commonly brought on by strenuous exercise in hot conditions. However, it can also affect non-active individuals if the temperature is high enough. Visual signs include flushed, red look to the skin, the person often stops sweating**. This is one key sign that an individual is in an over heated condition. Also, a person with heat stroke might become delirious, unconscious, or have seizures. Lowering the body temperature and getting fluids into the person as quickly as possible is imperative.

Don’t get caught off guard this summer drink plenty of water, wear plenty of sun-screen, and exercise early in the morning. Enjoy the summer season and stay safe.

- Submitted by Valerie Salinas

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FINANCIAL FOCUS

If you're a member of Generation X — the age group born between 1963 and 1981 — you may well be in the busiest time of your life. You're probably in the early to middle stages of your career, for one thing, and if you have children, they're likely still at home. Yet despite the hectic nature of your days, you still have to look after the financial concerns of your children, yourself and possibly even your parents. This three-generational effort may seem challenging, but with some planning and persistence, you can help your family make progress toward a variety of goals.

To begin with, let's consider the needs of your children. Obviously, you're already providing for their living expenses, so from an investment point of view, your biggest concern may be how you'll help them pay for college. Here's a suggestion: Put time on your side and start saving as soon as possible. You might want to consider opening a 529 college savings plan, which offers potential tax advantages. Saving for college is important — but so is saving for your own retirement. Consequently, you'll have to find the right balance of resources to devote to these two goals. To avoid shortchanging yourself, take full advantage of your 401(k) or similar employer-sponsored retirement plan. Contribute as much as you can afford right now, and whenever you get a raise, increase your contributions. At the very least, put in enough to earn your employer's matching contribution, if one is offered. Your 401(k)

accumulates on a tax-deferred basis, and your contributions are generally made with pretax dollars, so the more you put in, the lower your taxable income. You aren't confined to investing in a 401(k), either, because you can also put money into a traditional IRA, which accumulates tax deferred, or a Roth IRA, which accumulates tax free, provided you're at least age 59½ when you start making withdrawals and you've held your account at least five years.

Once you've started saving for college for your kids and investing for your own retirement, you've got one more generation to consider — the older one. For example, you'll need to make sure your parents have adequate financial protection for their health care expenses. If your parents have saved and invested throughout their lives, they may not need any financial help from you — but that doesn't mean you'll never be called upon to straighten out their affairs. That's why now is the perfect time to ask your parents some key questions: Where are your assets located? Do you have a will? How about a durable power of attorney? You might think these inquiries will make you sound "selfish," but the opposite is true: The more you know about your parents' financial situation and estate plans, the bigger help you'll be to them, and to other members of your family, if the day arrives when your parents need some assistance. It may not always be easy to act on behalf of three generations — but it's worth the effort.

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Lakes of Fairhaven Year-to-Date Sales Report

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\$500,000 and above	0	1	0	0	1	0	0	0	0	1
\$451,000--\$499,999	1	1	0	0	0	0	0	1	0	1
\$351,00--\$450,000	2	2	0	0	2	1	0	0	0	2
\$276,000--\$350,000	0	0	0	0	0	0	0	0	0	0
\$231,000--\$275,000	0	0	0	0	0	0	0	0	0	0
\$201,000--\$230,000	0	0	0	0	0	0	0	0	0	0
\$200,000 and below	0	0	0	0	0	0	0	0	0	0
Total	3	4	0	0	3	1	0	1	0	4
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