

August 2011 Volume 2, Issue 8

POOL HOURS POOL SEASON: 2011 May 28, 2011 - September 05, 2011 DAYS AND HOURS OF OPERATION: May 28,29 Saturday - 12 PM to 8 PM Sunday - 12 PM to 8 PM • June 4 to August 21 Mondays - Closed Tuesday through Sunday -12 PM to 8 PMo • August 27,28 Saturday - 12 PM to 8 PM Sunday - 12 PM to 8 PM • September 3,4,5 Saturday - 12 PM to 8 PM Sunday - 12 PM to 8 PM Labor Day – 12 AM to 8 PM If the holiday falls on a Monday, the pool will be open on Monday and closed on Tuesday. Pool Rules are posted at the pool, and on MyFairwood.com.

GOING 100 PERCENT ORGANIC NOT FEASIBLE?

By Melanie Dragger, M.Comm.

The Environmental Working Group (EWG), a non-profit organization specializing in research and advocacy related to public health and the environment, has released its 2011 updated "Dirty Dozen" list of the 12 fruits and vegetables containing the most pesticides. Topping this year's list? Apples. This begs the question, 'Can eating an apple a day really keep the doctor away?"

The answer may lie in where you get your apples. Although the EWG's ranking was cited as an overestimate of the risk by the Alliance for Food & Farming, a non-profit organization with the stated mission of providing a voice for farmers to communicate their commitment to food safety, consuming organically grown products can reduce the amount of pesticides that enter your body. According to the World Health Organization (WHO), long-term exposure to pesticides can lead to death or serious illness, including developmental and reproductive disorders, impaired nervous system function, and certain cancers. Further, the WHO has found children to be at higher risk from exposure than adults.

However, organically grown products are typically more expensive than conventionally grown products, and some organic products may be difficult to find in some areas. If growing your own fruits and vegetables is not an option, and purchasing 100 percent of your produce in organic form is monetarily unfeasible, the EWG's list offers a good starting point for consumers.

According to the EWG's 2011 report, which is based on its analysis of tests conducted by the U.S. Department of Agriculture (USDA) and the federal Food and Drug Administration (FDA), the following 12 fruits and vegetables (the "Dirty Dozen") consistently contained the highest amount of pesticides when conventionally grown, and should be consumed in organic form when possible:

- 1. Apples
- 2. Celery
- 3. Strawberries
- 4. Peaches
- 5. Spinach
- 6. Nectarines (imported)
- 7. Grapes (imported)
- 8. Sweet bell peppers
- 9. Potatoes
- 10. Blueberries (domestic)
- 11. Lettuce
- 12. Kale/collard greens

(Continued on Page 5)



Board Members

	Presidentjim.adams@myfairwood.com
•	Vice President avid.conway@myfairwood.com
	Secretary ol.brockman@myfairwood.com
e e e e e e e e e e e e e e e e e e e	Treasurer inia.williams@myfairwood.com
	Director jason.nolin@myfairwood.com

Committees

Committees
NEWSLETTER INFO. David Conwaynewsletter@myfairwood.com
WEBSITE INFO. David Conwaywebsite@myfairwood.com Jason Nolinwebsite@myfairwood.com
RECREATION & VOLUNTEERS Stacy Battagliastacy.battaglia@myfairwood.com (281-455-6819)
ANNOUNCEMENT BOARDS Jennifer Lorenzjennifer.lorenz@myfairwood.com(281-251-0053)
CLUBHOUSE RESERVATIONS Celeste Lubenowceleste.lubenow@myfairwood.com
YARD OF THE MONTH Jason Nolin jason.nolin@myfairwood.com
LOST & FOUND PETS

Newsletter

т	١T	TD	T	rci	TT	F.R
- 1-	1	115		· `	н	нк.

Peel, Inc.www.PEELinc.com, 512-263-9181 Advertising......advertising@PEELinc.com

ADVERTISING INFORMATION

Please support the businesses that advertise in the Fairwood. Their advertising dollars make it possible for all Fairwood 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 <u>advertising@PEELinc.com</u>. The advertising deadline is the 8th of each month for the following month's newsletter.

Important Numbers

Ambulance911
Fire
Harris County Constable281-376-3472
Poison Control
Harris County Animal Control281-999-3191
Health Department713-439-6000
Domestic Violence Hotline281-401-6250
Reliant Energy - Electricity713-207-7777
NW Harris County Mud #5
Municipal District Services281-983-3602
Natural Gas Service
Center Point Energy713-659-2111
Emergenct Gas Leaks
Center Point Energy888-876-5786
Water Company
Municipal District Services 281-290-6500
•
Streetlight outages may be reported at: www.centerpointenergy.
com/services/electricity/residential/reportastreetlightoutage
CCHOOL NUMBERS
SCHOOL NUMBERS
District Websitewww.cfisd.net
Black Elementry School
Hamilton Middle School
Cy-Fair High
Bus Information
MANAGEMENT COMPANY
Chaparral Management Company281-537-0957
Fax: 281-537-0312 www.chaparralmanagement.com
BILLS AND ACCOUNTS
Susie Jones susan@chaparralmanagement.com
ARCHITECTURAL CONTROL COMMITTEE
Betty Gilloryservice@chaparralmanagement.com
, ,
DEED RESTRICTIONS
Sandi Holmssholmes@chaparralmanagement.com
PROPERTY MANAGER
Tally Jenkins tallyj@chaparralmanagement.com
The website for Chaparral Management, www.
chaparralmanagement.com, provides you with forms that can
easily be printed, completed and submitted.
cashy of printed, completed and submitted.
WIREHER CORRESPONDED TO THE

WRITTEN CORRESPONDENCE TO:

Fairwood HOA c/o Chaparral Mgmt. Co. P.O. Box 681007 Houston, TX 77268-1007



LOST AND FOUND PETS IN FAIRWOOD

If you find a lost pet, please call Susan at 713-416-2998 with a description of the pet and where it was found. Anyone who has lost a pet, please call with a description as soon as possible. Susan will register you lost pet with two local pet registries. She will put you in contact with anyone that may have found your pet. You should also call Cypress Lost Pet Alert at 832-858-5344 and speak to RB Cox.

Helpful Hints:

- It is helpful if you have a recent photo of your pet
- Expired rabies tags sometimes can prevent veterinarians from tracing the tags to the owner
- If you found a lost pet, Glenwood Falls Animal Hospital can perform a free ID microchip scan. Glennwood Falls is located at 12850 Grant Rd, 281-320-9339.

1850 Grant Rd, 281-320-9339.

FAIRWOOD MESSAGE BOARDS

You can now put your personal message on the Fairwood signs for \$10 a line, which includes both signs and it stays up approximately 7-10 days. You can wish someone special a happy birthday, anniversary, or congratulations. No business advertisements, no baby-sitting, garage sales, etc. We reserve the right to deny any inappropriate messages. Any questions contact Jennifer at jennifer.lorenz@myfairwood.com.



Sign up to receive the Fairwood Official Newsletter in your inbox.

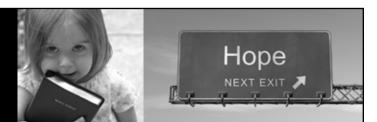


NOT AVAILABLE

ONLINE

We want to hear from you! Email <u>davidconway@</u> <u>fairwoodweb.org</u> to let the community know!





cypressfellowship.org

a real church, with real people, offering real hope.



COMING WEDNESDAY NIGHTS IN SEPTEMBER FOR BOYS & GIRLS IN GRADES 2-6! For more information or to sign up, visit us online at cypressfellowship.org.

Visit us any Sunday at the corner of Spring Cypress & Telge! Worship Services: 9 am & 11 am. Study Groups for all Ages: 10:10 am.



CLUB HOUSE

To rent clubhouse, goto Links & Forms at fairwoodweb.org and print the appropriate form.

SEND FORM TO: Celest Lubenow 12727 Robins Crest Dr. Tomball TX, 77377 281-357-4933











Keyon'te is 15 years old and will absolutely melt your heart with his sweet smile! He has a friendly and engaging personality. He loves playing soccer and also enjoys riding bikes, going fishing, skateboarding and playing video games. Keyon'te enjoys listening to Christian music. He is a smart young man and makes all A's in school. Keyon'te responds well to structure and needs a family that can give him a lot of attention.

DID YOU SAY FREE ?

YES! YOUR NEWSLETTER IS PROVIDED 100% FREE OF CHARGE TO YOUR HOA

and is made possible by the advertisers within. Please frequent their businesses and let them know where you saw their advertisement. While there, be sure to say "Thanks!"

www.PEELinc.com

PEEL, INC. community newsletters





Going 100 Percent Organic... - (Continued from Cover Page)

Alternatively, according to the EWG, the following 15 fruits and vegetables (the "Clean 15") consistently contained the least amount of pesticides, and by adhering to this list, individuals can get their recommended daily allowance of fruits and vegetables without incurring the expense of buying organic products in order to limit their exposure to pesticides:

- 1. Onions
- 2. Sweet Corn
- 3. Pineapples
- 4. Avocado
- 5. Asparagus
- 6. Sweet peas
- 7. Mangoes
 - 8. Eggplant
 - 9. Cantaloupe (domestic)
- 10. Kiwi
- 11. Cabbage
 - 12. Watermelon
- 13. Sweet potatoes
 - 14. Grapefruit
- 15. Mushrooms

Underscoring the importance of the consumption of fruits and vegetables was the release of MyPlate, also in June, replacing the classic food pyramid. The USDA's new food icon is a simple, visual cue that advises individuals to "make half your plate fruits and vegetables," graphically shrinking the role of meats and dairy products in the national diet.

More information on the EWG, as well as the full list of fruits and vegetables ranked, can be found at http://www.ewg.org. More information on the Alliance for Food and Farming can be found at http://www.foodandfarming.info. To learn more about the USDA's MyPlate, visit http://www.choosemyplate.gov, and to discover more about the WHO, visit http://www.who.int/en.





Increasing water safety awareness and standards

FACTS YOU NEED TO KNOW ABOUT DROWNING

DROWNING ALERT!!!



TEXAS has more drownings than any other state so far this year and we still have a long HOT summer ahead of us. Please be safe in and around the water.

Source: U.S. Consumer Product Safety Commission's Pool Safety Campaign www.poolsafely.gov

For more information, check out our website at

www.colinshope.org

DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM





NO ONE is "drown proof" – no matter their level of swimming ability.

Falls, entrapments, and injuries lead to drowning regardless of swimming level.

DROWNING IS OUICK AND SILENT



Drowning can occur in less than 2 minutes.



Irreversible brain damage can occur in 4 minutes or less.



Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Most children die who are submerged for as little as 6-10 minutes.

Children who drown may not <code>scream</code>, <code>splash</code>, or <code>struggle</code>. They can silently slip beneath the water, even with adults & lifeguards present

Fairwood

TENNIS COURT RULES



The Association hereby issues facility card access to the Association's Tennis Courts located at 14701 Spring Cypress, Cypress, Harris County, Texas, subject to any rules and regulations of Fairwood H.O.A. for use of such facility, which are attached hereto and made a part hereof, and further specifically subject

to the following:

- 1. Resident and family will be the only persons using the facility, and that non-residents of Fairwood subdivision will not be allowed to use the facility.
- 2.Resident shall hold harmless and indemnify Fairwood from any and all liability, causes of action, damages, costs, attorney fees, and any other matter or cost whatsoever arising, or asserted as arising, out of, or incidental to, use of the Fairwood Tennis Court facility.
- 3. Resident shall be personally liable for and shall pay upon demand, any and all damages to the Fairwood facility.
- 4. Resident shall be personally liable for and shall pay upon demand, any and all damages to the Fairwood facility as a result of

- unauthorized use of their key to the facility.
- 5. Resident agrees to forfeit the right to use of the Tennis Courts for violation of the Tennis Court Rules or allowing use of the facility card by persons other than Resident's immediate family.
- 6. Resident shall not permit, and shall promptly report to law enforcement officers, any unlawful activity occurring during, or incidental to Resident's use of the Fairwood facility.
- 7. There shall be no alcoholic beverages brought upon, or used on, the Tennis Courts or surrounding playground and parking lot.
- 8. There will be no more than four (4) people per court allowed to play on the Tennis Courts.
- 9. There will be playing time of one (1) hour when other residents are waiting to use the tennis courts. Players should relinquish their court after one (1) hour when other players are waiting. This rule applies to each court, not one (1) hour per individual.

Play time will start at the beginning of the hour, and end at the end of the hour.(example begins 7:00 a.m. and ends at 8:00 a.m.) Players must RELINQUISH the courts at the end of the hour to players waiting to play regardless of the length of time they have been playing. NO EXCEPTIONS





WILL MY CHILD BE READY

for Elementary School? Submitted by: Brandi Muse

More and more parents are recognizing the importance of enrolling their children in preschool to help them develop the right foundation for success in elementary school and beyond. However, the best programs go beyond helping children master basic academic skills to supporting their development as happy, confident, well-rounded individuals.

Research shows that from birth to age five, development in all areas is rapid. Children form strong neural connections during this time as a result of experiences they have with everyone and everything they encounter. The quality of those early interactions determines how children continue to learn and form relationships, strongly influencing their future success and happiness.

"Parents should look for preschool, pre-K, kindergarten and first grade programs that take a balanced approach to developing motor, social-emotional, creative and academic skills," said Brandi Muse, of Primrose School at Summerwood. "It takes quality instruction, a well-rounded curriculum and a positive teacher relationship to prepare a child to succeed."

- Academics: Let's go beyond concentrating only on basic math and reading skills. Academic success is not just about memorization - it requires learning how to think critically, use mathematical concepts, express curiosity and develop competence in language skills like listening, speaking and writing.
- Technology: In today's technology-rich world, children need to have a grasp of technology as a tool for creative expression and problem solving. Computers equipped with developmentally-appropriate

educational software and online resources should be integrated into the classroom.

- Physical Development: Children who participate in daily physical activity develop basic motor skills like throwing, jumping and balance that help them become healthy adults. Physical activity also creates neural connections that support academic achievement.
- Music and Art: Young children naturally engage in "art," or spontaneous, creative play, but when educators involve children in music and art activities regularly from an early age, they encourage cognitive and emotional development.
- Social-Emotional Development: Preschool programs should focus on social and life skills to help your child establish positive relationships and transition easily to elementary school.









Fairwood



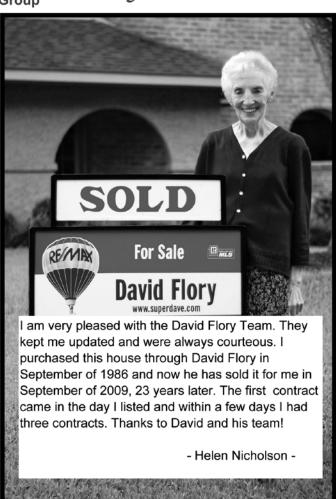


David Flory

<u>Direct line</u>:

281-477-0345

www.superDaye.com



Each Office Independently Owned and Operated

- #1 Realtor in Fairwood*
- #2 Realtor in Houston & Texas**
- #7 Realtor in United States**
- Selling Over 500 Homes A Year

Sening Over 500 Homes A Tear

*According to information taken from the HAR MLS Computer
**Realtor Teams per Remax 9/2008, 3/2009