

# Fairwood

OFFICIAL NEWSLETTER OF THE FAIRWOOD HOMEOWNER'S ASSOCIATION

JANUARY 2012

VOLUME 3, ISSUE 1

## TOP TEN TIPS

### *for Protecting Your Enamel from Erosion*

The outer coating of enamel on your teeth may be the hardest substance in your body, but if it erodes, there's no way to get it back. Follow these top ten tips for keeping your enamel — which will help you keep your teeth! Enamel, the outer coating on your teeth, is the hardest substance in your body. But while it's tougher than bones, enamel has a key weakness: it lacks the ability to regenerate itself as bones do. If you break a bone, it can grow back together. If your enamel wears away, it's gone and you can't get it back. Since enamel defends your teeth against cavities, it's extremely important to take care of this protective layer.

Enamel erosion can occur for a variety of reasons, and the three major categories are diet, health issues and physical wear and tear. Many people are unaware of the effect diet has on enamel. Acid sources like carbonated drinks and citrus drinks, when consumed with regularity, can have a serious effect on your enamel. Health issues including dry mouth, acid reflux disease, gastrointestinal problems and bulimia can also lead to enamel erosion. Wear and tear includes friction from your teeth rubbing against each other, fractures due to stress on the teeth, and damage from outside sources, such as brushing your teeth too vigorously or chewing on hard objects. Watch your diet



#### **FOLLOWING ARE OUR TOP TEN TIPS FOR HOLDING ON TO YOUR ENAMEL.**

- **1** - Drink fewer carbonated drinks like soda pop and citrus drinks like grapefruit juice, or eliminate them altogether.
- **2** - If you do occasionally indulge in these types of beverages, drink them through a straw, so the liquid goes straight to the back of your mouth instead of surrounding your teeth.
- **3** - Rinse your mouth with water after eating or drinking.

- **4** - Chew sugar-free gum to increase saliva, which helps clean your teeth.

#### **ADDRESS HEALTH ISSUES**

- **5** - If you experience dry mouth, let us know; your dentist can help you with this condition.
- **6** - If you suffer from acid reflux, gastrointestinal problems, or bulimia, talk to your family doctor to address the issue; each of these conditions affects more than just your teeth.

#### **BE GENTLE WITH YOUR TEETH**

- **7** - Always avoid biting pens and other hard objects, and use your teeth for chewing food only — not as tools to open containers.
- **8** - If you are a habitual tooth-grinder, your dentist can help you address the habit.

#### **STAY ON TOP OF ORAL HYGIENE**

- **9** - Brush with fluoride toothpaste to strengthen your teeth.
- **10** - Keep up with your regular oral care, including brushing and flossing daily and getting professional cleanings every six months.

- Submitted by Dr. Flury

## BOARD MEMBERS

Jim Adams..... President  
281-251-0053..... jim.adams@myfairwood.com

David Conway ..... Vice President  
281-370-6991..... email: david.conway@myfairwood.com

Carol Brockman ..... Secretary  
281-379-3795..... carol.brockman@myfairwood.com

Virginia Williams ..... Treasurer  
281-374-6236..... virginia.williams@myfairwood.com

Jason Nolin ..... Director  
281-724-8924..... jason.nolin@myfairwood.com

## COMMITTEES

### NEWSLETTER INFO.

David Conway ..... newsletter@myfairwood.com

### WEBSITE INFO.

David Conway ..... website@myfairwood.com  
Jason Nolin ..... website@myfairwood.com

### RECREATION & VOLUNTEERS

Stacy Battaglia..... stacy.battaglia@myfairwood.com  
..... (281-455-6819)

### ANNOUNCEMENT BOARDS

Jennifer Lorenz..... jennifer.lorenz@myfairwood.com  
..... (281-251-0053)

### CLUBHOUSE RESERVATIONS

Celeste Lubenow ..... celeste.lubenow@myfairwood.com

### YARD OF THE MONTH

Jason Nolin ..... jason.nolin@myfairwood.com

### LOST & FOUND PETS

Susan Moss..... 713-416-2998

## NEWSLETTER

### PUBLISHER

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 [advertising@PEELinc.com](mailto:advertising@PEELinc.com). The advertising deadline is the 8th of each month for the following month's newsletter.

## IMPORTANT NUMBERS

Ambulance ..... 911  
Fire..... 911  
Harris County Constable ..... 281-376-3472  
Poison Control ..... 800-764-7661  
Harris County Animal Control ..... 281-999-3191  
Health Department..... 713-439-6000  
Domestic Violence Hotline ..... 281-401-6250  
Reliant Energy - Electricity..... 713-207-7777  
NW Harris County Mud #5  
Municipal District Services ..... 281-983-3602  
Natural Gas Service  
Center Point Energy ..... 713-659-2111  
Emergenct Gas Leaks  
Center Point Energy ..... 888-876-5786  
Water Company  
Municipal District Services ..... 281-290-6500

Streetlight outages may be reported at: [www.centerpointenergy.com/services/electricity/residential/reportastreetlightoutage](http://www.centerpointenergy.com/services/electricity/residential/reportastreetlightoutage)

### SCHOOL NUMBERS

District Website ..... www.cfsd.net  
Black Elementry School ..... 281-320-7145  
Hamilton Middle School ..... 281-320-7000  
Cy-Fair High ..... 281-897-4600  
Bus Information ..... 281-897-4565

### MANAGEMENT COMPANY

Chaparral Management Company ..... 281-537-0957  
Fax: 281-537-0312 ..... [www.chaparralmanagement.com](http://www.chaparralmanagement.com)

### BILLS AND ACCOUNTS

Susie Jones ..... susan@chaparralmanagement.com

### ARCHITECTURAL CONTROL COMMITTEE

Betty Gillory..... service@chaparralmanagement.com

### DEED RESTRICTIONS

Sandi Holms ..... sholmes@chaparralmanagement.com

### PROPERTY MANAGER

Tally Jenkins ..... tallyj@chaparralmanagement.com

The website for Chaparral Management, [www.chaparralmanagement.com](http://www.chaparralmanagement.com), provides you with forms that can easily be printed, completed and submitted.

### WRITTEN CORRESPONDENCE TO:

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

## Yoga for Weight Loss?

We've all heard the formula for weight loss. Just "burn more calories than you take in." But if weight loss is so simple, how come so many of us have a hard time with it? If we all know what to do, how come we're not doing it? There are many factors to weight loss, and there's a big gap between knowledge and action. It's a lot more than calories in, calories out. In between the "I know what I should be doing," and "how come I'm not doing that?" is a pause (and sometimes frustration). This 'pause' is where yoga can help.

Being aware of your actions - what you're eating, when you're eating it and why, are keys to weight loss success. Tuning in to your inner voice and actually hearing your body's signals is difficult. Diets fail a great deal of the time. What if you were able to smooth out your brain waves, so that you could notice the moment of choice? Yoga for weight loss? Maybe you've thought in the past that only heavy-duty cardio would do the trick, and the pounds would magically melt away. But if you are successful at this heavy-duty huffing and puffing, how come the pounds come back, and the change isn't permanent? It may surprise you to know that a recent study at the Fred Hutchinson Cancer Research Center in Seattle found that an ongoing yoga practice correlates nicely with a healthy weight - and not only because of the calorie burn. (Excerpts from Natural

Health, "The New Weight-Loss Math," by Hillari Dowdle). Yoga practitioners were found to be "more aware of what they were eating and better able to stop when they were full," characteristics that the study attributes to mindfulness.

In yoga, postures are practiced slowly, which is counter-intuitive to what the mind wants. We want to burn calories, and lose weight this instant, so we think we have to move fast. But, by practicing the postures slowly, we allow our minds to catch up with our bodies. We use the breath to actually feel what our muscles are doing. And this introspection, this reflection, will bring about an awareness. An awareness of choice. "Smoothing out the brain waves and calming down the nervous system give you an opportunity to notice the moment of choice," explains Ashley Turner, M.A. "You get to ask yourself, 'Do I really want to eat more?' Most of us never even encounter that moment," she adds.

Yoga can help you develop that awareness. And, it can also help you remove toxins from your body. New studies indicate that toxins in the body suppress thyroid function, slowing metabolism. "Scientists now believe that the obesity epidemic is going hand in hand with an increase in environmental toxins," says Gaetano Morello, N.D. from British Columbia. And fasting only slows your metabolism and causes more toxins to

be released from your fat stores. Yoga can help remove these toxins.

You will get more benefits from yoga than you could ever imagine. And over time, it gets easier and more fun. No, it will not be a quick "fix" overnight. But what if you could develop the awareness to be more mindful of what you were eating, and better able to stop when you were full? These are all characteristics of mindfulness, which is practiced in every yoga class.

*Hope to see you in class soon!  
Submitted by Melinda Jennings*



[cypressfellowship.org](http://cypressfellowship.org)



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

**HAPPY  
NEW  
YEAR!!**

**We're Celebrating All Year Long...**

**Where we all get a NEW START with every NEW DAY!**

**Visit us online at [cypressfellowship.org](http://cypressfellowship.org) and then stop by any Sunday @ 9 or 11 am.  
We are located at the corner of Spring Cypress and Telge. See you Sunday!**

## HEALTH BRIEFS + JANUARY 2012

### IT'S OKAY TO SKIP YOUR WORKOUT, IN SOME CASES

Although exercise should be a part of your daily routine, it's important to know when your body needs a break, according to an expert at Baylor College of Medicine. It's not ideal to work out when you're sick because you're stressing your system out, said Dr. David Green, assistant professor of orthopedic surgery at BCM.

The same thing is true after a recent surgery; your body is trying to recover from the surgery. If you still want to stay active, consider using simple things such as arm bands for gentle exercises, but stay away from heavy aerobic exercises, he said. If you're experiencing some joint or muscle pain, it's your body's way of telling you that you're overdoing it, so you should back off. Try using a heating pad or taking anti-inflammatory medication to help with the pain, said Green.

In general, be sure to have some type of snack about an hour before a workout; do not try to exercise on an empty stomach. If you're over the age of 40 and just starting heavy exercise for the first time, be sure to consult with your physician first. Also consult with a physician if you've had any respiratory, cardiac or joint issues in the past. Look out for hidden calories in holiday drinks.

While many people think twice before taking a second serving of a delicious holiday dessert, they may not do the same when it comes to that holiday beverage. But liquid calories can quickly add up, said a nutrition expert at Baylor College of Medicine.

### SOME TIPS TO REMEMBER INCLUDE:

- Combine alcohol with a diet mixer or low-calorie tonic
- Remember to pace yourself and alternate alcoholic beverages with a glass of water or club soda with lime
- When it comes to popular cocoa and coffee drinks, choose non-fat milk, skip the whipped cream
- Pay attention to portions; different beverages are served in different size glasses and cups so be aware of what you are drinking and how many servings you consume at one time. Remember that after drinking alcohol, the desire for salty foods is also enhanced, said Reeves.

### HECTIC HOLIDAYS CAN RAISE SPIRITS OF A CHRONICALLY ILL CHILD

The typical craziness of the holiday season can offer an emotional boost for a chronically ill child. The holidays usually are very hectic, but the benefit of seeing family and friends outweighs the hassles of travel and preparation, said Dr. Ernest Frugé, associate professor of pediatrics at Baylor College of Medicine and director of psychosocial programs at Texas Children's Cancer Center.

It's no different for a child in a chronic illness. Planning ahead is the key to travel success, whether it is allowing for extra breaks on a long road trip or reminding older relatives about childproofing needs. Parents should always consult with their child's physician before the trip, pack all medications in their original prescription containers and bring along a copy of appropriate medical information.

Involving the child in the planning and preparations for trips and gatherings reinforces the importance of reconnecting with family and friends, said Frugé. Keeping children away from the usual holiday traditions because they have been ill would separate them from what is a normal experience for the family, he said.

### GET THROUGH MENOPAUSE BY REEVALUATING YOUR HEALTH CARE NEEDS

Menopause is called "the change" for a reason. As hormone levels begin to change, so do health concerns, such as osteoporosis, said experts at Baylor College of Medicine. Decreasing estrogen levels can affect bone mass, making a woman more susceptible to osteoporosis, said Dr. Elizabeth Nelson, associate professor of medicine and director of the Women's Center for Comprehensive Care at BCM. Osteoporosis is a condition that can develop if bone is not replaced as quickly as it is worn away, leaving behind porous or weak bones.

Many factors can affect this condition such as heredity, age and nutritional intake. Modify your risk factors by limiting alcohol intake and not smoking, which can increase bone loss by 10 percent. Exercising three times a week and increasing calcium and vitamin D intake can also improve bone health. However, since each woman's health care needs differ as they enter menopause, it is important to talk to a doctor to be sure what course of action will be the most beneficial. Screening for osteoporosis should begin at age 65, but many times women will have a screening done at age 50 to use a baseline for future tests.





## A Focus on Resolutions RESOLVE TO BE A BETTER YOU

*Submitted by Concentra Urgent Care*

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

### LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes. Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

- Taking into account foods you like and dislike
- A focus on fresh fruits, vegetables, and whole grains
- Consuming fat-free or low-fat dairy products such as yogurt, cheese, and milk
- Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
- Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils
- Staying away from foods high in sodium and added sugars

For more information on weight management and improving nutritional practices, visit the National Institute of Diabetes and Digestive and Kidney Diseases at [www.win.niddk.nih.gov/publications/for\\_life.htm](http://www.win.niddk.nih.gov/publications/for_life.htm).

### GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)
- Biking
- Tennis
- Aerobic exercise classes (step aerobics, kickboxing, dancing)
- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged. For more information on getting fit, visit the President's Council on Physical Fitness and Sports at <http://fitness.gov/>.

*Do You Have Reason  
to Celebrate?*

We want to hear from you! Email [davidconway@fairwoodweb.org](mailto:davidconway@fairwoodweb.org) to let the community know!



*"Living, loving, and learning in Christ and the Church."*  
6646 Addicks Satsuma Rd.  
Houston, TX 77084  
281-463-1444  
[www.seascos.org](http://www.seascos.org)

**Open House**  
Feb. 1, 2012  
9 am - 2 pm  
6 - 8 pm

EXCELLENT CURRICULUM • ATHLETICS  
COMPUTER & SCIENCE LABS  
BEFORE & AFTER SCHOOL PROGRAMS

# 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](http://www.PEELinc.com)

**PEEL, INC.**  
community newsletters



# REACHING YOUR NEIGHBORS

*and many others...*

## AUSTIN

Avery Ranch  
Barton Creek  
Bee Cave  
Bella Vista  
Belterra  
Canyon Creek  
Cedar Park Town Center  
Chandler Creek  
Cherry Creek on Brodie Lane  
Circle C Ranch  
Courtyard  
Crystal Falls  
Davenport Ranch  
Forest Creek  
Hidden Glen  
Hunter's Chase  
Highland Park West Balcones  
Highpointe  
Jester Estates  
Lakeline Ranch  
Lakeway  
Lakewood  
Legend Oaks II  
Long Canyon  
Lost Creek  
Mayfield Ranch  
Meadows of Bushy Creek  
Pemberton Heights  
Plum Creek  
Ranch at Brushy Creek  
River Place  
Round Rock Ranch  
Sendera  
Shady Hollow  
Sonoma  
Steiner Ranch  
Stone Canyon  
Teravista  
Travis Country West  
Twin Creeks  
Villages of Western Oaks  
Vista Ridge  
Westside at Buttercup Creek  
Wood Glen

## HOUSTON

Atascocita CIA  
Blackhorse Ranch  
Bridgeland  
Chelsea Harbour  
Coles Crossing  
Copperfield  
Cypress Mill  
Cypress Point  
Eagle Springs  
Enchanted Valley  
Fairfield  
Fairwood  
Harvest Bend The Village  
Kleinwood  
Lakemont  
Lakes of Fairhaven  
Lakes of Rosehill  
Lakes of Savannah  
Lakes on Eldridge  
Lakes on Eldridge North  
Lakewood Grove  
Legends Ranch  
Longwood  
Normandy Forest  
North Lake Forest  
Riata Ranch  
Riverpark on the Brazos  
Shadow Creek Ranch  
Silverlake  
Southgate  
Steeplechase  
Stone Forest  
Stone Gate  
Summerwood  
Village Creek  
Villages of NorthPointe  
Willowbridge  
Willowlake  
Willow Pointe  
Winchester Country  
Winchester Trails  
Windermere Lakes  
Wortham Villages

## DALLAS FT. WORTH

Brook Meadows  
Timarron  
Woodland Hills

## SAN ANTONIO

Fair Oaks Ranch  
Olmos Park  
The Dominion  
Wildhorse

## FOR ADVERTISING INFORMATION

*Call Today*

**512-263-9181**

[www.PEELinc.com](http://www.PEELinc.com)  
[advertising@PEELinc.com](mailto:advertising@PEELinc.com)

**PEEL, INC.**  
community newsletters



At no time will any source be allowed to use the Fairwood H.O.A. Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the Wortham Village Homeowners Association and Peel, Inc. The information in the Wortham Village Newsletter is exclusively for the private use of Wortham Village residents only.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

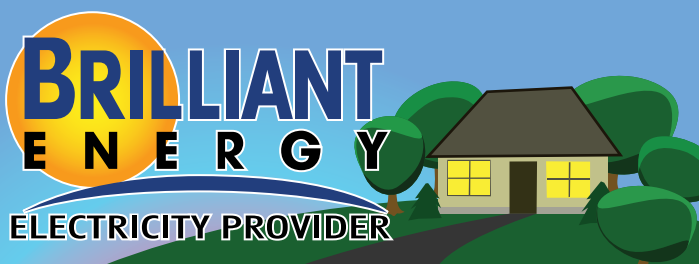
\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

## DON'T WANT TO WAIT ON THE MAIL?

The Fairwood Periodical can be  
viewed online at [www.PEELinc.com](http://www.PEELinc.com)

**Advertise  
Your Business Here  
888-687-6444**

**NOT AVAILABLE  
ONLINE**



**Brilliant Energy = Seriously LOW Electricity Rates**

**Brilliant Energy's Electricity Rates Challenge The  
Rates of Every Other Electricity Provider in Texas!**

**Lock-in a low electricity rate for up to 3-years!**

**Easy Online Sign-Up at [BrilliantElectricity.com](http://BrilliantElectricity.com)  
USE "NEIGHBORHOOD NEWSLETTER" AS REFERRAL**



**Brilliant Energy is recommended by  
Texas Energy Analyst, Alan Lammey  
the host of the 'Energy Week' radio  
show on NewsTalk 1070 KNTH!**

**Ask the "Energy Analyst":  
281-658-0395**

**Great Business Rates Too!**

Brilliant Energy Texas PUC #10140





**PEEL, INC.**

308 Meadowlark St.  
Lakeway, TX 78734-4717

PRSR STD  
U.S. POSTAGE  
PAID  
PEEL, INC.

FAR



**RE/MAX**

Professional Group

832-478-1205

*Fairwood*

**T  
H  
A  
N  
K  
Y  
O  
U**



It is a wonderful "one Stop Shopping or Selling experience". You give a call and The Flory Team will handle the rest in a very professional way.....

- John Zhang -



**David Flory**

**Direct line:**

**281-477-0345**

**WWW.SUPERDAVE.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**

\*According to information taken from the HAR MLS Computer  
\*\*Realtor Team's per Remax 9/2008, 3/2009