February 2014 Volume 7, Issue 2

News For The Residents at Lakes of Fairhaven www.lakesoffairhavenHOA.org



The Beacon

The community will gather to enjoy fine wines, fabulous food and socializing with neighbors at the third-annual Wine Fair Cy-Fair on April 5 at Cypress Village Station and at the upscale One Fine Affair on April 4 at the Alamo at Northwest Forest Conference Center.

Wine Fair features 125+ wines, 15+ restaurants and food tasting-tables serving signature specials, The Backyard Grill Beer Garden, a Home Zone and the Aruba Live Music stage. Wine Fair is a community-wide party benefitting Reach Unlimited.

The evening will be packed with engaging experiences such as displays from local artisans and community businesses. Guests will sway and dance the night away to the captivating tunes of the Robert Hartye Band, and fundraising for Reach will feature a wine pull, gift baskets, restaurant certificates and great swag donated by local businesses.

The vendor village welcomes art, jewelry,

food products and everything in between. For the pampered treatment, The Loken Group VIP Premium room boasts relaxed seating, restroom facilities and great views along with premium wine selections and delicious food offerings provided by La Madeleine Country French Café.

The Backyard Grill Beer Garden showcases craft beer offerings as well as signature nibbles from Backyard Grill and Backyard Smokehouse.

Before the doors open on Wine Fair, the pre-event All that Sparkles is an effervescent party from 4:30 to 5:30 p.m. Guests will enjoy

Tickets and Information

Must be 21 or older to attend. Online tickets available at www.winecyfair.com

Wine Fair Cy-Fair

\$25 general admission \$65 VIP Premium Wine Lounge \$55 VIP Premium Wine Lounge early bird special – offer good through 2/28/14 All That Sparkles - \$20 pre-party ticket add on One Fine Affair - \$100 (limited to 100 guests)



French champagnes, sparkling wines and culinary treats.

Wine Fair is limited to 2,500 entrants. Last year, all events sold out.

One Fine Affair is Friday from 7 to 10 p.m. The elegant affair will feature fine wine, fine foods and a mighty fine time. Guests will learn more about Reach Unlimited. Attendance is limited to 100 guests.

Wine Fair Cy-Fair is a collaboration between the Cy-Fair Houston Chamber of Commerce and Food & Vine Time Productions, the organization that produces the world-class Wine & Food Week in The Woodlands, Brewmasters Craft Beer Festival, Zest in the West, Katy Sip n Stroll, the wildly popular Haute Wheels Houston The Food Truck Festival and the newly announced Big Brew Houston Craft Beer Celebration.

"This is a unique, once-a-year opportunity for the community to come together to socialize and have a great time while enjoying

high-quality wines, craft beers and foods," said Founder & Co-Producer Constance McDerby. "And we get to benefit a worthy cause by helping to support a local community partner in Reach Unlimited."

Leslie Martone, President of the Cy-Fair Houston Chamber of Commerce, said, "The first two years of this great event were huge successes – better than we could have hoped for. And really, we expect this year to be even more fun and successful. As a Chamber, our focus is on the community, and we're proud to present this type of community-wide event."

ADVERTISING INFO

Please support the businesses that advertise in The Beacon. Their advertising dollars make it possible for all Lakes of Fairhaven 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. The advertising deadline is the 10th of each month for the following month's newsletter.

CLASSIFIED ADS

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Lakes of Fairhaven residents, limit 30 words, please e-mail thebeacon@PEELinc.com. Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc.

Sales Office @ 512-263-9181 or advertising@PEELinc.com.

NEW WEBSITE

Lakes of Fairhaven has a new community website. Please visit it at www. lakesoffairhavenHOA.org and register to get emails on HOA info and upcoming LOF announcements.

Newsletter Information

Publisher

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



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COLOR ME RAD

Color Me Rad is coming to Houston and we are so excited to be their charity partner! For every volunteer and participant in this fun, family-oriented 5K event Cy-Hope will receive a portion of the proceeds.

Come out to Reliant Park on Saturday, February 15th and get "color-bombed" all for a great cause!

Cy-Hope will receive \$75.00 for every volunteer that works a 5 hour shift. There are volunteer opportunities Friday, February 14th in addition to the day of the event.

To volunteer visit: www.givepulse.com/event/3180-Color

To participate in the Color Me Rad 5K visit: www.colormerad. com and register for the Houston Race. Use the promo code CYHOPE and not only will Cy-Hope receive a portion of the proceeds - you will receive a 10% discount!

If you have any questions, email Holly.Calbat@Cy-Hope.org or call 713.466.4673.

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 a place to find lasting friendships, motherhood support & playmates for your children! If interested in coming to a MEETnGREET or for membership inquiries email fairfieldmomsclubinfo@gmail.com

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The National Kidney Foundation is the leading organization in the U.S. dedicated to the awareness, prevention and treatment of kidney disease for hundreds of thousands of healthcare professionals, millions of patients and their families, and tens of millions of Americans at risk

Nearly six of ten Americans will develop kidney disease in their lifetime, according to a new analysis published in the American Journal of Kidney Disease. In comparison, lifetime risk of diabetes, heart attack and invasive cancer is approximately four in ten.

The Kidney Walk is the nation's largest walk to fight kidney disease and is held to raise awareness of, and support those who are battling this disease. Held in nearly 100 communities, the event raises awareness and funds lifesaving programs that educate and support patients, their families and those at risk. Take a lifesaving step today and sign up for a walk below. The Houston Walk will be held on May 4th at 7:30am at Discovery Green Park Downtown. Registration at www.donate.kidney.org.

For more information on forming teams or sponsorship, please call 713-964-2644.



Explore the World Without Leaving Home!

Host an international exchange student through Ayusa. Learn the true heart and soul of a culture!

Ayusa is a non-profit high school foreign exchange student organization. We welcome teenagers from over 60 countries worldwide and provide host family placement and ongoing supervision for 5 and 10 month academic programs. These exceptional young people look forward to a warm bond of friendship with your family and a rewarding cultural exchange. Host families are asked to

provide meals

provide a bedroom either shared or private.

Students pay for all other personal expenses while in the U.S.

Ayusa is currently accepting applications for the 2013/2014 program year. Visit our website to fill out your online application - the schools in our area have limited spots available for exchange students, so act now! All across the world, Ayusa students are eagerly awaiting their host family placement. Please call today and begin the adventure of a lifetime!

Visit our website at www.ayusa.org or call us at (888) 552-9872. You can also contact our local representative Vicki Odom at vodom@ayusa.org or call 832-455-7881 for more information as well.





Cy-Fair Resident 30 Years

CY-FAIRHOUS

SALUTE TO OUR HEROES

SATURDAY, FEBRUARY 8, 2014 @ 6:30 P.M. OMNI HOTEL WESTSIDE HOUSTON



GUEST SPEAKER: Martha McSally

Martha McSally is a decorated military leader and pioneer. She is the first female fighter pilot to fly in combat, and first to command a fighter squadron in combat in United States history. She was awarded a Bronze Star and multiple Air Medals for her combat leadership and performance.

Salute to Our Heroes will honor the brave men and women who have served to preserve our freedom and liberty.

Tickets and Sponsorship Opportunities Still Available Individual Tickets \$75 • Veterans Tickets \$50 Contact Marie Holmes at 281-807-3591 or marie@thecfef.org • www.thecfef.org

Generously underwritten by Station & Ayers Insurance Planning Services, L.L.C.

Fundraising activities and private donations finance Cy-Fair Educational Foundation. The Foundation is a 501c3 organization and all contributions are tax deductible as allowed by law.



CY-FAIR KIWANIS CLUB

Come join us at the CY-FAIR KIWANIS CLUB and be a part of sponsoring children's activities that help to develop leadership and good citizenship in the youth of our community. CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club STRUNG STRUNG THE CHILDREN OF THE JO Heard George Crow sponsors nine Key Clubs in the Cy-Fair High Schools;, Girl Scout, Boy Scout, and Sea Scout troops and activities; provides scholarships to outstanding Key Club members in our district; assists at Cypress Assistance Ministries, Bear Creek

Ministries; the Houston Food Bank; and other charitable groups.

Membership is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International. If you would like to know more

about Kiwanis and the programs it promotes, we invite you to be our guest at one of our monthly meetings. The Cy-Fair Kiwanis meet at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. February meetings will be on the 4thd, 11th, and 18th. For more information, call John Carroll (Copperfield and Hearthstone areas) at 281-463-0373; George Crowl (Jersey Village area)at 832-467-1998; or Peggy Presnell (Fairfield and CyRanch)

at 281-304-7127. If you live anywhere in the Cy-Fair Communities, you may call any one of the above for information. COME, BE A PART OF OUR FELLOWSHIP. See www.kiwanishoustoncyfair.com for more information.



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NORTHWEST FLYERS YOUTH TRACK CLUB BEGINS 27TH SEASON

The Northwest Flyers Youth Track Club is now registering boys and girls ages 6 - 18 for the 2014 season. The team provides a full program of track and field events, and is affiliated with USA Track & Field (USATF). The club was founded 27 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

Registration and practice is at 5:30 p.m. on Mondays and Thursdays at the Cypress Creek High School track, 9815 Grant Rd., Houston.

For registration forms and additional information, please visit the team website at http://www.northwestflyers.org or contact Linette Roach at linette.roach@sbcglobal.net or (281) 587-8442.

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<u>The Beacon</u>

10 POWERHOUSE FOODS THAT WILL HELP YOU BURN FAT

Marissa Balch - CPT, Nutrition Coach - Texas Fit Chicks Boot Camp

1. Oatmeal - Great source of soluble fiber and slow-digesting carbohydratesthat will keep blood sugar and insulin in check so fat burning can stay high.

2. Eggs - A form of well-absorbed protein, healthy fats and Vitamin D (found in the egg yolk). Eggs also contain lecithin, which promotes healthy liver function, thereby helping the body to burn fat.

3. Salmon - High in omega-3 fatty acids, salmon reduces inflammation in the body and lowers LDL and triglyceride levels while raising good HDL levels. Salmon also has a beneficial effect on leptin (hunger hormone) levels in the body, which means it helps to suppress your appetite.

4. Nuts - Another source of fiber and rich in omega-3s, these fats help to regulate blood sugar and protect the heart and the immune system.

5. Grapefruit & Berries - These fruits contain slow-digesting carbs and are rich in fat-fighting fiber. Strawberries, raspberries, blueberries and blackberries all are loaded with soluble fiber and antioxidants that protect blood vessels and promote healthy blood flow.

6. Avocado - It's got fat, yes, but the good kind! The monounsaturated fats found in avocado are burned readily for fuel during exercise and actually encourage fat burning. Good source of fiber and antioxidants.

7. Leafy Greens - Broccoli, specifically, is a fibrous carb that can make you feel full quickly—one reason why it's a great food for getting lean. Broccoli also contains phytochemicals that can help enhance fat loss.

8. Cinnamon - Helps to reduce blood sugar levels, which in turn prevents the body from storing sugar as fat. Add it to your oatmeal and yogurt to enhance flavor without adding calories.

9. Green Tea - Drink this! Not only is green tea packed with antioxidants, it also contains catechins, a phytochemical that helps speed up metabolism and burn more fat.

10. Beans & Legumes - Great sources of protein and they normalize insulin levels and help keep your blood sugar steady throughout the day. Black beans, Garbanzo beans, red beans and lentils are all great to incorporate into your diet.



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Lakes of Fairnaven Tear-to-Date Sales Report										
	Mar '13	Apr '13	May '13	June '13	July '13	Aug '13	Sept '13	Oct '13	Nov '13	Dec '13
\$500,000 and above	1	0	0	5	4	3	5	4	2	3
\$451,000\$499,999	2	0	2	3	3	3	0	0	0	0
\$351,000\$450,999	1	0	0	0	0	0	1	0	1	0
\$276,000\$350,999	0	0	0	0	0	0	0	0	0	0
\$231,000\$275,999	0	0	0	0	0	0	0	0	0	0
\$201,000\$230,999	0	0	0	0	0	0	0	0	0	0
\$200,999 and below	0	0	0	0	0	0	0	0	0	0
Total	4	0	2	8	7	6	6	4	3	3
Highest \$/sq ft	\$105.64		\$114.93	\$125.88	\$131.64	\$127.77	\$139.37	\$132.74	\$114.82	\$147.02

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