



The Beacon

News For The Residents at Lakes of Fairhaven

www.lakesoffairhavenHOA.org

DEAR NEIGHBORS

Well, I am going to go out on a limb considering I am writing this on 7-March (a full 17 days ahead of our scheduled Annual Meeting):

We did it! We pulled off the near impossible and had over 236 actual homeowners represented in person or by proxy at the meeting. This allowed us to proceed for the first time as a community WITHOUT developer input or influence!

Now, hopefully, the above is true and you can all count me as prophetic (just kidding). If such proves to be the case, we will have just elected another homeowner to the Board; to wit, Stacie and I are grateful. If it is not true, then we are fast approaching a second required meeting. It was certainly not because of a lack of trying by Stacie, Bret (interim) and me - your Board! Stay tuned, if the second meeting notice hasn't already beat this letter to you, it is on the way.

With that said, we are certainly approaching a new season as a community! One where the homeowners control the vote and the direction of our neighborhood. Our developer (Mustang Development) will very soon lose controlling vote putting all future decisions and community related actions squarely upon our shoulders. This is the one consistent thing that the Board has heard loud and clear..."WE WANT CONTROL!" Well, neighbor, we are about to have

it. It remains to be seen whether we, as a community, exercise it or prove it to be a burden.

With so much of the administrative clean-up and "dry & boring" behind us, the Board can now focus more on "community-centric" initiatives and considerations. There will be more opportunities in the coming months for homeowners to engage and serve the community in some capacity.

Additionally, Spring is upon us. If you haven't already, you will be receiving a courtesy letter regarding property maintenance and Spring spruce up from our property management company, PCMI, and your Board. Please pay particular attention to those things identified in the letter that you can do proactively to avoid future letters associated with violations to the Deed Restrictions. Your Board is committed to addressing these items diligently in order to preserve the value of our community.

In closing, please know that your Board of Directors is here to serve the community. Our primary objectives are to promote the welfare, safety and well-being of our members, encourage community, steward HOA finances and protect HOA assets. We continue to appreciate your support and input but most importantly that you choose to be a neighbor!

Sincerely, DeWayne Everage

The Beacon

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
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VOLUNTEERS AND INTERNS NEEDED.

Altus Hospice is looking for awesome, loving, and caring volunteers to help with several programs.

PATIENT CARE VOLUNTEERS

Have you ever felt like your calling or passion in life is to work with terminally ill patients? If so we have a volunteer opportunity working with patients and their families . approaching the end of life.

With just a couple of hours a week, you can really make a difference in the life of our terminally ill patients and their loved ones. Many enjoy to sit outside in the fresh air or in their room and share stories about their life: Others are more hands on and enjoy reading, puzzles, watch football/basketball games or play other games, like Bingo and Dominos.

ADMINISTRATIVE VOLUNTEER

The administrative volunteer serves as an integral member of the

Hospice interdisciplinary team in our office in The Woodlands area. Office support volunteers perform duties such as, filing, copying, answering the telephone, mail-outs, and inventory control of medical supplies.

Volunteers are crucial for these programs to succeed! Volunteers must be reliable, motivated, and flexible. Training will be provided. (Qualifies for In Service Credits) Background check will be required. There is no charge for this.

Get involved and be a blessing to someone by taking advantage of this wonderful opportunity. Please leave your name and telephone number.

FOR MORE INFORMATION PLEASE CALL:

Altus Hospice Leanne Crowe, Volunteer Coordinator 713-382-7934, or email me at lcrowe@altushospicecare.com.

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Cypress-Tomball Democrats Host Easter Egg Hunt April 12th

The Cypress-Tomball Democrats will host their 3rd Annual Community Easter Egg Hunt on Saturday, April 12th from 3:00 pm – 5:00 pm. This fun event will be held at the D. Bradley McWilliams YMCA at Cypress Creek, 19915 State Highway 249 at Cypresswood, in the outdoor pavilion.

The free activities are open to the public, and include an Easter Egg Hunt for kids under 12, recreational activities, music, prizes, and a visit from the Easter Bunny. Attendees should bring their own baskets and lawn chairs.

For more information, visit the club website at www.cytomdems.com; contact Glenn Etienne at cytomdems@yahoo.com; or “Like” the club on Facebook.



Elisha Roberts Chapter

The wonderful ladies of the Elisha Roberts Chapter, NSDAR, extend an invitation to any female, 18 years or older, who can prove direct lineal descent from someone who either fought in or provided aid during the American Revolution. We are a family oriented group of ladies who promote patriotism, education and historic preservation. Our motto is God, Home and Country. If this sounds like you, please come and join us for a meeting. We meet the third Thursday of each month, September through May, at the Backyard Grill, located at 9453 Jones Road. Our next meeting will be on April 17, 2014 at 7:00 p.m.

For more information, please contact the chapter Regent, Cheryl Partney at cpart86@comcast.net or by phone at 832-654-0306.

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High blood pressure, or hypertension, is sometimes called the silent killer because there are often no symptoms. That's why keeping track of blood pressure is one of the most important things a person can do to stay healthy, said doctors at Baylor College of Medicine.

Left untreated, hypertension, can cause organ damage over time, leading to heart attack, blindness, kidney failure or stroke, said Dr. Biykem Bozkurt, professor of medicine at BCM.

Some factors that are associated with hypertension are diabetes, family history of hypertension, being overweight, taking in too much sodium, drinking excessive alcohol and smoking. Generally a healthy

reading is 120/80, and hypertension diagnosis is made at 140/90. People considered prehypertensive generally have readings that fall between 120/80 and 140/90. Doctors always check blood pressure as part of appointments and there are also many locations where blood pressure machines are available for anyone to have their pressure checked. Bozkurt advises talking to a doctor to determine if your reading is at a healthy level rather than taking the machine's reading at face value.

"For a relatively healthy person not suffering from any other illnesses, only a few lifestyle changes like diet modifications and exercise may be needed," said Bozkurt.



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Empty Nest Chance To Chase Forgotten Dreams

Middle age woes are hard enough to deal with, but throw in empty nest syndrome and it is a recipe for potential depression. Psychologists at Baylor College of Medicine in Houston say not to look at it as an ending, but as the beginning of a new stage in life with more time to travel, develop new hobbies, rediscover forgotten dreams and get to know your spouse all over again.

"Parents have channeled all of their energy into their children for so long they may not know what to do with their time once they leave," said Dr. James Bray, associate professor of family and community medicine at BCM.

Empty nest syndrome often leads to divorce, but parents should assume that leaving your spouse will make the unhappiness go away.

"Marriage takes time and energy, so make the effort to get reacquainted," Bray said.

Talk with friends to reevaluate goals and take note of some lifelong dreams you haven't had time to accomplish, said Bray. There may be more time to take dance classes, travel, exercise or go back to college to retool skills. The empty nest transition usually lasts six months to a year, depending on how well parents can adjust to their newly found freedom.



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HOCKLEY COMMUNITY CENTER PRESENTS SPECIAL EVENTS

In addition to Hockley Community Center's regularly scheduled activities such as walking, knitting, quilting, oil painting, yoga, stretch-and-tone exercise, Bridge, Canasta, Spades and domino games, the center will offer the following special events in the near future. Advance registration is typically requested, and an adult must accompany and remain with anyone under the age of 18 visiting the center. The Community Center is part of the Harris County Precinct Three Recreation Complex located at 28515 Old Washington Road in Hockley. A calendar of events is available at the Harris County Precinct 3 website at www.pct3.hctx.net. For more information, call (936) 931-5030.

CHAIR YOGA FOR BEGINNERS: A new opportunity to exercise is now offered at the Hockley Community Center on Tuesday afternoons from 3:15 – 4:15 p.m. Start learning about Yoga while sitting in a chair. There is no need to get on the floor; just bring a hand towel and a yoga mat. Call (936) 931-5030 for more information.

SPECIALIZED TELECOMMUNICATION ASSISTANCE: An informational presentation about the Specialized Telecommunication Assistance Program (STAP) is coming to the Hockley Community Center on Tuesday, March 11th, 2014. STAP is a state-wide program that provides financial assistance for the purchase of specialized assistive equipment or services for Texans having a disability that interferes with their ability to access the telephone network. Those who qualify can fill out an application and get it certified to get a voucher from the State of Texas for a telephone or telephone device. An authorized STAP specialist will be on hand from 2:00 – 3:30 p.m. Call (936) 931-5030 for details.

SUPPORT GROUP: The next Support Group meeting at the Hockley Community Center, 28515 Old Washington Road, is scheduled for Monday, March 31st, 2014 from 10:00 – 11:30 a.m. It is a safe place to go and share experiences, receive strength and understanding and meet people with similar concerns. Newcomers are always welcome. Call (936) 931-5030 for more information.

ARTS & CRAFTS SHOW: Harris County Precinct Three, Commissioner Steve Radack, and the staff and patrons of Hockley Community Center invite the community to an Arts and Crafts Show on Saturday, March 15th, 2014 from 10:00 a.m. to 12:00 p.m. All items on display will showcase what is being created and worked on during classes

and activities at the Community Center. The show will include an open-air "Quilts on the Hill" display in the park behind the Community Center to give all quilters adequate space to show their work. Open to the public. Call the Hockley Community Center (936) 931-5030 for more information.

SENIOR GAMES: Starting on March 24th, 2014, Hockley Community Center will be the location for Senior Games every Monday afternoon from 12:30 – 3:00 p.m. Senior citizens will have the opportunity to play a variety of games like Canasta, Bridge, Dominoes, Spades and Mah Jongg or other games of their choosing. Call (936) 931-5030 for more information.

SALT DOUGH EASTER ORNAMENTS: Get ready for Easter by making beautiful Salt Dough Ornaments at the Hockley Community Center in two craft sessions on April 2nd and April 9th, 2014. The ornaments can be made into Easter garlands or used to decorate Easter baskets or arrangements or personalized and given away as gifts. Call (936) 931-5030 to register and get the supplies list.

BOOK DISCUSSION GROUP: 'Gunsmoke in the Redlands' by Joe F. Combs is the book that will be discussed on April 3rd, 2014 at the Hockley Community Center. The Book Discussion Group meets from 1:30 – 3:00 p.m. on the first Thursday of the month. New participants are always welcome to join. Call (936) 931-5030 for more information.

SENIOR CITIZEN BUS TRIP: Sign-up is now open for a Senior Citizen Bus Trip to the Hill Country on Tuesday, April 8th, 2014. Enjoy a springtime tour with a knowledgeable guide on board the bus taking participants by the Wimberly Glass Works, the Devil's Backbone, Canyon Dam, on the Guadalupe River Road Scenic Drive and to New Braunfels to take a look at deer. Time permitting, seniors will also have the opportunity to do some shopping in Gruene. A stop for lunch on your own at the Cypress Creek Café in Wimberly is also included in the itinerary. Registration is required. Call (936) 931-5030 for more information.

DISCOVER PRECINCT 3: Hockley Community Center is now taking reservations for a special Senior Citizen Bus Trip on April 16th, 2014 featuring one of the popular Discover Precinct 3 on the Road Tours. An expert guide will be on board, giving a narrative tour of scenic locations in Harris County's Precinct Three. The locations visited on the tour are in Alief, Spring Branch, Houston and Katy. Bus departure time will be 8:00 a.m. Call (936) 931-5030 for more information.



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Sugar, Heart & Life

A program called Sugar, Heart and Life: A Guide to Living with Diabetes is available for people dealing with the disease. The interactive and fun program developed by Baylor College of Medicine's department of family and community medicine offers information on how individuals with type 2 diabetes can manage their diabetes. The SHL program includes recipes, practical tips and games on diet, exercise, and medication. The program allows users to follow a year in the life of the Gonzalez family as they learn more about managing diabetes and help them make decisions that will keep their family healthy.

All diabetes management recommendations contained in this program are consistent with clinical practice recommendations of the American Diabetes Association and the National Institute of Diabetes and Digestive and Kidney Diseases. Recipe Box was adapted from heart healthy recipes from the National Heart, Lung, and Blood Institute.

*Sugar, Heart and Life can be found at
www.bcm.edu/shl.*

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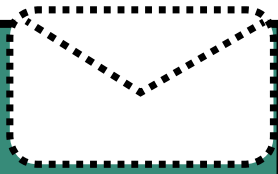
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\$451,000--\$499,999	2	3	3	3	0	0	0	0	0	0
\$351,000--\$450,999	0	0	0	0	1	0	1	0	0	0
\$276,000--\$350,999	0	0	0	0	0	0	0	0	0	0
\$231,000--\$275,999	0	0	0	0	0	0	0	0	0	0
\$201,000--\$230,999	0	0	0	0	0	0	0	0	0	0
\$200,999 and below	0	0	0	0	0	0	0	0	0	0
Total	2	8	7	6	6	4	3	3	2	2
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