



## Fairfield Sports Association **Fall Soccer Season**

**Registration for the Fall Soccer Season is from May 2nd through May 29th.**

Fairfield Soccer is a recreational soccer league for the residents of Fairfield and surrounding communities. We are a volunteer organization supported by the Fairfield Soccer Committee and we offer soccer for boys and girls ages 4-14.

2015 Statistics; 114 teams; 919 players participating & over 150 volunteer parents to help develop and foster a love for the game.

The fall season runs from August to November. The tentative dates for the 2015 season are:

- Player Assessments - Ages 7-14, June 11th and/or June 18th.
- Practices are starting August 1st (tentative).
- The season starts August 20th, and ends the weekend of November 12th.

Weather permitting all teams will play a minimum of 10 games. Ages 7-14 will play 8 league games followed by a tournament. All coaches must complete a background check.

### **VOLUNTEERS NEEDED**

As far as my involvement with FSA Soccer, this will be a transition year for me. I have enjoyed supporting the FSA soccer league for the past 2 years. The combination of personal, and work agenda's and my own children growing out of the FSA league, made me decide to pass on the leadership to a new team by end of this season.

We need the candidates in place by June 2016, to allow me to share and transfer the knowledge I've gained over the past 2 years. Please email me if you are interested in volunteering for FSA Soccer.

For more info and registration visit our website: <http://www.fairfieldsports.net>

I hope to see you in the Summer & Fall!

Marijn van den Elsen

FSA Soccer Commissioner

[soccer@fairfieldsports.net](mailto:soccer@fairfieldsports.net) (new email)

## **2016 Scouting for Food Results**

Scouting for Food is a project rooted in the very foundation of the Scouting movement and its dedication to do and implement the Scout Slogan, Do a Good Turn Daily. It is an ongoing annual program of the Boy Scouts of America, organized at a local level throughout the country, with one objective, to collect food for local food banks. Each year local Cub Scout Packs, Boy Scout Troops, Venture Scout Crews and Sea Scout Ships in every District leave door hangers throughout their neighborhoods soliciting non-perishable food items. One week later Scouts return in the morning hours to pick up and deliver any food donations left on front porches to their local food banks. For the Big Cypress District this occurs annually in late January and donations are provided to Cypress Area Ministries (CAM), our local pantry.

The Big Cypress District of Sam Houston Area Council includes Scouting units in the Northwest area of the Cy-Fair ISD attendance zones of Harris County. This includes Cypress, Bridgeland and Fairfield. The Big Cypress District overall collected 22,168 lbs of food, translating to approximately \$37,686. CAM estimates, for the number of families they anticipate supporting, this will last from February til end August this year. Thank you to all those that placed a bag, large or small, on their front porch this February!

Cub Scout Pack 3, chartered thru the A. Robison Elementary PTO, has 45 boys, grades 1-5, who primarily attend A. Robison Elementary School. Pack 3 would like to extend a huge THANK YOU to the communities of Lakes of Rosehill, Cypress Mill Parks 1 & 2, Cypress Mill Estates, Cypress Ranch Estates and Cypress Village. With their help the 45 boys of Pack 3 checked the porches of over 2000 homes and collect a combined weight of 751.2 pounds of food to deliver to CAM. The boys enjoy finding these treasured bags of food left on porches, knowing they are doing something to help make a difference in someone's life. Be on the lookout next January for your door hanger and please consider leaving a few things out for the boys to collect, every little bit helps!!

Thank you again from the Cub Scouts of Pack 3 to everyone that contributed to the Scouting for Food movement!!



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## Cypress Ranch Choirs Spring Show

Please join the Cypress Ranch Choirs for their Spring Show on Monday, May 16th, at 7:00 p.m. in the Cypress Ranch High School Auditorium. All Cy-Ranch Choir alumni is especially invited to attend!  
<http://www.ranchchoir.com/>

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## 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](mailto: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](mailto: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](mailto:advertising@PEELinc.com).

## NEWSLETTER INFO

### Publisher

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## NEW WEBSITE

Lakes of Fairhaven has a new community website. Please visit it at [www.lakesoffairhavenHOA.org](http://www.lakesoffairhavenHOA.org) and register to get emails on HOA info and upcoming LOF announcements.



## Networking Methods to Help You Succeed

### Luncheon Details

Thursday, May 26, 2016

Networking 11a.m.; Luncheon begins at 11:30 a.m.

Sterling Country Club, 16500 Houston National  
Blvd., Houston, TX 77095

Costs \$25 with advanced reservations; \$30 at the  
door



At the May 26 Cy-Fair Express Network Luncheon, our speaker, Kathryn Crawford Wheat will enthusiastically teach attendees her proven networking methods to those looking for answers on what makes networking really work. She teaches based on the principal, "Networking is simply starting a conversation with no destination in mind".

Kathryn is a Professional Motivational Speaker, Networking Instructor, Blogger and Author of the book, *Networking: Naked & Unafraid*. She began her journey as an entrepreneur in 2007 with Home Staging. In 2010 she launched her own website, *Woman's InSite*. Then in 2014 she established Kathryn C. Wheat School of Real Estate. Kathryn enjoys spending time with family and friends, scuba diving, wine tasting, dancing, exercise, yoga, writing and musical theater. Some of the best things about Kathryn include her faith, courage, and fierce loyalty. Kathryn will inspire and encourage you to move forward and take the next step in your journey to success.

This month's CYFEN meeting begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Luncheons

are held at the Sterling Country Club, 16500 Houston National Blvd.

About Cy-Fair Express Network (CYFEN)

Now over 50 members strong, Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and national recognition. CYFEN is part of the national organization of American Business Women's Association (ABWA), for more information go to [www.CYFEN.org](http://www.CYFEN.org).

About American Business Women's Association (ABWA)

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 60 years to women's education, workplace skills and career development training. For more information, visit, [www.abwa.org](http://www.abwa.org).

## Cypress-Tomball Democrats May Meeting

The Cypress-Tomball Democrats monthly meeting for the month of May will be held on Tuesday, May 17th, 2016, at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 p.m. to 8:00 p.m. Mr. Gerry Birnberg, former Harris County Democratic Party Chairman, will be our Guest Speaker, he would be speaking on the "Strategies of building a strong Democratic electoral base" and the runoff elections.

Everybody is welcome to attend the meeting and to join this growing club, which meets on the third Tuesday of every month. The meetings foster great fellowship and feature informative guest speakers. For further information, visit the website [www.cytomdems.com](http://www.cytomdems.com); contact Cris Hernandez at [cytomdems@yahoo.com](mailto:cytomdems@yahoo.com); Follow us on Facebook at Cypress- Tomball Democrats.

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## Newest Professional Network of the American Business Women's Association Launches in Houston's Vintage Park Area

Businesswomen throughout the community are invited to attend.

The Women Empowering Women Express Network (WEWEN) of the American Business Women's Association (ABWA) invites professional women to attend its "Official Launch Luncheon" on May 4, 2016 at the Lone Star College-University Park West Dining Room, from 11:00AM to 1:00PM. Informal networking will take place from 11:00AM to 11:30AM, followed by a special presentation and lunch from 11:30AM to 1:00PM.

Susan Hodge, founder of Women Leading Together LLC and Adjunct Professor at the University of Houston Downtown College Of Business will present "Shedding the Shoulds". Learn how to identify and "shed" those unnecessary activities to free up your time for what is important, rid yourself of the guilt that burdens us when we buy into the "shoulds" of others, and stand firmly on YOUR view of what needs to be done.

"We are excited to bring an empowering, energetic, and professional organization to women in Houston. WEWEN will serve as the premiere source for women looking to expand their network, grow their business skills, reach a new audience, advance their career, and truly impact this community," states WEWEN Formation Chair, Darlene Hajduk.

The Official Launch Luncheon is sponsored by University of Houston Downtown College of Business, Lone Star College-University Park, and the Cy-Fair Express Network. To register for this event and other WEWEN events, visit [wewen.org](http://wewen.org) or email [communications@wewen.org](mailto:communications@wewen.org).

### About ABWA

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 65 years to women's education, workplace skills and career development training. For more information, visit [abwa.org](http://abwa.org).



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## May Meeting

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## Cy-Fair Republican Women

May 10th our guest speakers will be candidates for Harris County Republican Party Chairman, Paul Simpson, Tex Christopher, and Rick Ramos.

10:30 AM - Noon. (Second Tuesday each month)

Meeting is \$3 -- Meeting w/Lunch at Noon is \$20.

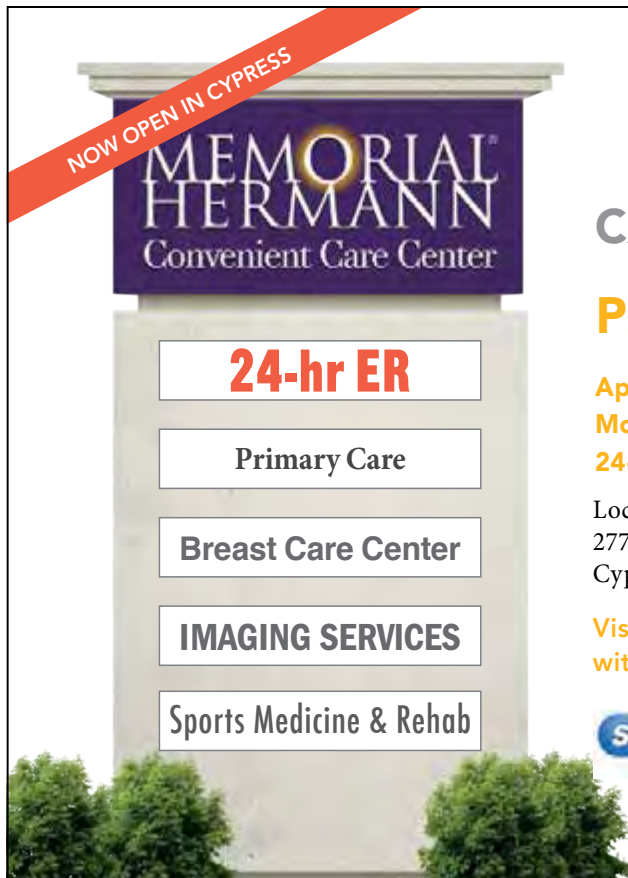
Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095

Come, enjoy likeminded fellowship and getting to know our candidates.

All are welcome! Candidates, we want to get to know each of you.

Please RSVP to [www.cfrw.net](http://www.cfrw.net) by 5/3/16.

The run-off election is May 24th. Our turn-out is very important as there are several areas with run-off candidates.



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## 6 Health Benefits of Eating Dark Chocolate

If your sweet tooth craves chocolate, there are plenty of reasons to surrender to your cravings and indulge. Dark chocolate is loaded with nutrients that can positively affect your health. Made from the seed of the cocoa tree, it is one of the best sources of antioxidants on the planet. Cacao offers a number of health benefits from helping to control blood sugar to lowering the risk of cardiovascular disease because it contains flavonols, which are a type of antioxidant that has been shown to improve blood flow and can protect against sun-induced damage, improve blood flow to the skin and increase skin density and hydration.

Bottom Line: Quality dark chocolate has various nutritional perks so enjoying a delicious treat that has at least 65% cacao can be guilt-free if you don't overdo it.

### NUTRITIONAL PERKS

#### HEART-HEALTHY

Dark chocolate has been shown to improve blood flow and possibly prevent blood clots. It also helps lower blood pressure and may help keep arteries from hardening.

#### BRAIN FOOD

Because chocolate increases blood flow to the brain, it can be a boost to your cognitive health.

#### MOOD CHANGER

Chocolate also contains phenylethylamine (PEA), which encourages your brain to release endorphins that make you feel good.

#### CANCER FIGHTER

Antioxidants in chocolate help rid your system of free radicals, which have been linked to multiple age-related health risks and diseases.

#### SOMETHING TO SMILE ABOUT

Theobromine, found in dark chocolate, helps harden tooth enamel, which helps prevent cavities.

#### SUN BLOCKER

Some studies show that people with diets high in flavonols take longer to burn in the sun than people with low flavonol diets.

Written by: Claudia Mosley, Moms Making Six Figures

Reviewed by: Dr. Barbara Ryan, MD

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— Jeanna Stone, Krista Stoutner, Chris Nolan, Tiffany Nolan, Jennifer Bimeler —



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## Lakes of Fairhaven Year-to-Date Sales Report

	June '15	July '15	Aug '15	Sept '15	Oct '15	Nov '15	Dec '15	Jan '16	Feb '16	Mar '16
\$500,000 and above	1	3	5	2	1	1	3	1	3	4
\$451,000--\$499,999	0	1	0	0	0	0	0	0	0	2
\$351,000--\$450,999	0	0	0	0	0	0	0	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
<b>Total</b>	<b>1</b>	<b>4</b>	<b>5</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>1</b>	<b>3</b>	<b>6</b>
<b>Highest \$/sq ft</b>	<b>\$142.26</b>	<b>\$140.34</b>	<b>\$140.39</b>	<b>\$126.03</b>	<b>\$139.39</b>	<b>\$108.15</b>	<b>\$147.30</b>	<b>\$126.28</b>	<b>\$149.44</b>	<b>\$168.11</b>

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