

# The Tribune




## A NEWSLETTER FOR TOWNE LAKE RESIDENTS

DECEMBER 2012

VOLUME 1, ISSUE 3

### HARVEST OF WELLNESS

*By: Dr. Kevin W. Lewis*



Another lovely autumn season is upon us and with it, the dread of flu season, allergies, and then winter colds! It seems to repeat every year. As a physician, it's my passion and honor to help patients heal in times of illness; however my deeper hope is to see them far less frequently due to an acute case of wellness. After all . . . I am a son, brother, husband, and father encouraging my own family to cultivate a harvest of wellness by the simple act of setting an intention for optimal health.

By embracing wellness as a strategy, it's easy to make healthy lifestyle choices that taste great, feel even better, and keep you out of my office! Remember the added bonus is that your children will follow your lead, so be a healthy role model.

A healthy lifestyle should be complimentary, not complicated. It should include whatever exercise you enjoy on a regular basis. Exercise doesn't have to be a sport, exhausting, or expensive. Try a variety of activities that can involve the entire family like joining the YMCA, weight lifting, taking walks together, hiking, yoga, rock climbing or whatever motivates you to move.

Please eat whole foods (you enjoy) on a daily basis, because diet/nutrition is truly the cornerstone of good health – and that is not an over statement. Fill your plate with a colorful banquet of fresh vegetables, fruit, and small portions of meat. Your body will respond and love you back. We all know clean drinking water is vital to optimal health, and those of you who enjoy alcoholic beverages should always do so in moderation.

Research shows us that connecting often with friends and family leads to longevity, and of course — get plenty of quality sleep.

Healthy living is not a new concept folks, yet it truly is powerful medicine. Young or old . . . encourage your family to set an intention to maintain optimal health. Be the one to help them cultivate a harvest of wellness this year and I'll be glad to see you next year in my office for your annual wellness checkup.

*Dr. Lewis is licensed by the State of Texas and has been practicing in Family Medicine and Urgent Care since the spring of 2009.*

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY .....	911
Fire.....	911
Ambulance.....	911
Constable .....	281-376-3472
Sheriff - Non-emergency .....	713-221-6000
- Burglary & Theft .....	713-967-5770
- Auto Theft .....	281-550-0458
- Homicide/Assault .....	713-967-5810
- Child Abuse .....	713-529-4216
- Sexual Assault/Domestic Violence.....	713-967-5743
- Runaway Unit .....	713-755-7427
Poison Control.....	800-222-1221
Traffic Light Issues .....	713-881-3210

### SCHOOLS

Cypress Fairbanks ISD Administration .....	281-897-4000
Cypress Fairbanks ISD Transportation .....	281-897-4380
Rennell Elementary.....	281-213-1550
Smith Junior High School.....	281-213-1010
Cy-Ranch High School .....	281-373-2300

### UTILITIES

CenterPoint Energy.....	713-659-2111
Reliant Energy.....	713-207-2222
Water - Severn Trent.....	281-646-2383
Waste Management - Trash .....	713-686-6666

### OTHER NUMBERS

Animal Control.....	281-999-3191
Cypress Fairbanks Medical Center.....	281-890-4285
Harris County Health Department .....	713-439-6260
Post Office.....	281-859-9021
Harris County Public Library.....	281-290-3210
Cy-Fair Hospital.....	281-890-4285
North Cypress Medical Center.....	832-912-3500

### NEWSLETTER PUBLISHER

Peel, Inc. ....	1-888-687-6444
Article Submissions .....	townelake@PEELinc.com
Advertising.....	advertising@PEELinc.com, 1-888-687-6444

## ADVERTISING INFO

Please support the advertisers that make the *Tribune* possible. If you are interested in advertising, please contact our sales office at 1-888-687-6444 or [advertising@peelinc.com](mailto:advertising@peelinc.com). The advertising deadline is the 8th of the month prior to the issue.

## ARTICLE INFO

The *Tribune* is mailed monthly to all Towne Lake residents. Residents, community groups, churches, etc. are welcome to submit information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for consideration please email it to [townelakes@peelinc.com](mailto:townelakes@peelinc.com). The deadline is the 9th of the month prior to the issue.

## Bashans Painting & Home Repair

**Commercial/Residential  
Free Estimates**

**281-347-6702**



**281-731-3383 cell**



- Interior & Exterior Painting
- Garage Floor Epoxy
- Hardi Plank Installation
- Custom Staining
- Wood Replacement
- Roofing
- Sheetrock Repair
- Gutter Repair/Replacement
- Interior Carpentry
- Faux Painting
- Cabinet Painting
- Door Refinishing
- Wallpaper Removal and Texturizing
- Window Installation
- Pressure Washing
- Trash Removal
- Fence Repair/Replacement
- Ceiling Fan/Light Fixtures

**References Available • Fully Insured  
NO PAYMENT UNTIL COMPLETION**  
[bashanspainting@earthlink.net](mailto:bashanspainting@earthlink.net)





**RE/MAX**

Professional Group

832-478-1205

*Towne Lake*

## DAVID FLORY TEAM

**WE  
WISH YOU  
A  
HAPPY  
HOLIDAY  
SEASON!**



Each Office Independently Owned and Operated

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

**281-477-0345**

**WWW.SUPERDAYE.COM**

\*\*Realtor Teams per Remax 9/2008, 3/2009

# TRIBUNE

The Tribune is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the Tribune 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 Peel, Inc. The information in the Tribune is exclusively for the private use of Peel, Inc.

**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.



## KAPPA KAPPA GAMMA

### *Alums Of Houston NW*

Come join your sisters this Month with our Ornament Exchange Social on the evening of Thursday, December 6th.

For more information on this or future events & membership please contact Natalie Bunton at [gnat02@gmail.com](mailto:gnat02@gmail.com) or 832-717-3294.



## We solve all the pieces to the puzzle.

Call Today to Get Started On All Your Printing Needs.

**1-888-687-6444**  
**Ext. 23**



**PEEL, INC.**  
printing & publishing  
EXPERIENCE MATTERS doing business for 30+ years.

# SHALOM

*Hi Jewish Community!*  
Let's get connected!

- Shabbat dinners
- Chanukah parties
- Passover Seders
- or simply get together!

## INTERESTED?

E-mail us at  
[info@shalomcypress.org](mailto:info@shalomcypress.org).  
Or visit our website at  
[www.shalomcypress.org](http://www.shalomcypress.org)



## FULL SERVICE LANDSCAPE COMPANY



**281-373-0378**

*Proudly serving northwest Houston since 1997*



Gold Star  
Accredited Business



### Lawn Service

Commercial & Residential  
\$25.00 & up

### Landscaping

Landscape Design & Installation \*  
Seasonal Flowers \* Drainage \* Lighting  
Sod Installation \* Mulch Installation \*  
Rock Borders

### Patios & Walkways

Pavestone \* Concrete \* Flagstone

### Tree Service

Tree Trimming \* Removal \* Installation

### Sprinkler Systems

Design \* Installation \* Repairs  
Proper Coverage \* Warranty  
Licensed Irrigator #8587



### Fertilization & Pesticide

Spraying & Feeding for Lawn, Shrubs & Trees  
Fire Ant Control \* Tree Deep Root Feed \*  
Brown Patch Reduction  
State Licensed Applicator



[www.horizon-landscape.com](http://www.horizon-landscape.com)



CY-FAIR WOMEN'S CLUB

## Women Serving the Community

*Submitted by Rosie Serrano*

We had a blast during our November general meeting! We created our own floral centerpieces with guidance from HEB and in December, we are looking forward to an enjoyable time at our annual Holiday Party. We are all geared up and looking forward to 2013, so make sure you come join us next year! Happy Holidays!

CWC is a service organization that gives back to the community. This means that all funds raised will go right back to the community in the form of scholarships for graduating high school seniors, at Lone Star College, Cy-Fair and grants to other non-profits in our community, as well.

Membership into the Cy-Fair Women's Club is open to



all ladies in Northwest Houston/ Cypress neighborhoods. Currently we meet the first Thursday of most months at West Houston Church of Christ. Our meetings begin with social time and refreshments at 7:00p.m. immediately followed by a program at 7:30p.m. The church is located at the corner of Queenston and West Road.

Our monthly meetings are not only educational and enjoyable, but they develop lasting fellowships. We look forward to meeting you there! If you have any questions about our club or need directions to the church, please contact Susan McLeroy, Membership Chair at [cyfairwomensclub@gmail.com](mailto:cyfairwomensclub@gmail.com).



**CORNERSTONE CARPENTER, INC.**  
A HOME IMPROVEMENT  
COMPANY

[www.cornerstonecarpenter.com](http://www.cornerstonecarpenter.com)

**281.890.6474**

### HOME IMPROVEMENTS

#### HOME REPAIRS

#### MAINTENANCE & CONSTRUCTION

- PATIOS
- DECKS
- ARBORS
- SIDING
- PAINTING
- & MORE

**SERVING HOUSTON SINCE 1992**

*Happy Holidays from Krueger Real Estate!*

***Isn't it time...***

*you gave yourself a gift???*

**Choosing Krueger Real Estate is the perfect way to do that!**

What better gift than getting the house of your dreams  
or selling yours to move on to the next chapter of your life?

**List your home with us!**

And we will give you (to keep or give away)  
a \$100 giftcard to help with  
those last minute holiday  
gifts!



**Call today and see how we can help you!**

*With every listing, we provide:*

- Professional, High Quality Pictures
- Open Houses and Flyers
- Staging Advice
- Online Marketing

Our team of innovative, hard  
working agents are focused on  
delivering the highest quality of  
service!

**(713) 857-7945**



**James Krueger**

Texas Licensed Real Estate Broker

(713) 857-7945

(713) 474-1544 (fax)

James@KruegerRE.com



## Northwest Flyers Youth Track Club Registration on Feb 2<sup>nd</sup>

The Northwest Flyers Youth Track Club will celebrate its 26th Anniversary Season by hosting its annual free information / registration breakfast on Saturday, February 2nd, 2013, for all boys, girls and their parents who are interested in joining for the 2013 track season. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The free breakfast is the opportunity for youth athletes to register for the club's 2013 spring/summer track season, and to meet the Northwest Flyers coaches, staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization. All new parents and athletes interested in joining the Northwest Flyers must attend.

The Northwest Flyers Track Club is a youth (ages 6 -18) track club, affiliated with USA Track & Field (USATF), that provides a full

program of sanctioned "track" events such as sprints, hurdles, middle distance, distance and relays, and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, shot put, discus and javelin. The Northwest Flyers has approximately 285 members. The club was founded 26 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

The Northwest Flyers is a member of the "Win with Integrity" program, a partnership between USATF and the American College of Sports Medicine. "Win with Integrity" brings elite track & field athletes and school-aged kids together to promote healthy lifestyles, keeping active, and living with integrity through the sport of track & field. For additional information on the Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at (281) 587-8442 or [linette.roach@sbcglobal.net](mailto:linette.roach@sbcglobal.net).



*Your home is not just another piece of property.*

*Trust it to someone who*

*understands that ...*



**Lori Craft, Realtor**

RE/MAX Realty Center II

[loric@remax.net](mailto:loric@remax.net)

281-630-9935



### \*30 Day Market Report for Towne Lake

	Sq Ft	BDS	FB	HB	Sale Price	SP/Sq Ft	SP/LP %	DOM	Year Built
<b>Min</b>	2677	2	2	0	217500	59.45	81 %	0	2006
<b>Avg</b>	3123	3	3	1	284168	90.99	92 %	76	2011
<b>Max</b>	4104	5	4	1	365594	109.7	100 %	152	2012

\* Statistics are based on reports from HAR; all information is believed to be accurate but is not guaranteed



# Reaching Your Neighbors

*and so many others...*

## **AUSTIN**

Avery Ranch • Barton Creek • Bee Cave • Bella Vista • Belterra • Canyon Creek • Chandler Creek  
Circle C Ranch • Courtyard • Davenport Ranch Forest Creek • Hidden Glen • Highland Park  
West Balcones • Hometown Kyle • Hunter's Chase • Jester Estates • Lakeway • Lakewood  
Legend Oaks II • Long Canyon • Lost Creek • Meadows of Brushy Creek • Meridian • Pemberton  
Heights • Plum Creek • Prairie on The 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 Westen Oaks • West Lake Hills • Westside at  
Buttercup Creek • Wood Glen

## **HOUSTON**

Atascocita CIA • Atascocita Forest • Blackhorse Ranch • Bridgeland • Chelsea Harbour  
Coles Crossing • Copperfield • Cypress Creek Lakes • Cypress Mill • Eagle Springs • Fairfield  
Fairwood • Kleinwood • Lakes of Fairhaven • Lakes of Rosehill • Lakes on Eldridge • Lakes on  
Eldridge North • Lakewood Grove • Legends Ranch • Longwood • Normandy Forest • North  
Lake Forest • Riata Ranch • Shadow Creek Ranch • Silverlake Steeplechase • Stone Forest  
Stone Gate • Summerwood • Terranova West • Towne Lakes • Village Creek • Villages of  
NorthPointe • Woodwind Lakes • Willowbridge • Willowlake • Willow Pointe • Wimbledon  
Champions • Winchester Country • Windermere Lakes • Wortham Villages

## **DALLAS FT. WORTH**

Brook Meadows • Woodland Hills

## **SAN ANTONIO**

Fair Oaks Ranch • Rivermist • The Dominion • Wildhorse

*Call Today* **FOR ADVERTISING  
INFORMATION**

**512.263.9181**

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

HOUSTON REPERTOIRE BALLET PROUDLY  
PRESENTS THE HOLIDAY CLASSIC

## THE NUTCRACKER

*Sell-Out Performances Set for December 8 & 9*

### WHO:

Houston Repertoire Ballet (HRB), featuring guest artists Bridget Kuhns as the Sugar Plum Fairy and Eric White as the Cavalier, both courtesy of Houston Ballet II, as well as Daniel Woellner as the Snow King, courtesy of Houston Ballet Academy.

### WHAT:

The premier pre-professional ballet company in Northwest Houston proudly presents its 11th annual The Nutcracker performance series. The program attracts and develops some of the finest young dancers in the greater Houston area, with many of the dancers advancing to professional ballet companies throughout the country. HRB graduates can be seen with New York City Ballet, American Ballet Theatre, Miami City Ballet, Pacific Northwest Ballet, Atlanta Ballet, Pittsburgh Ballet Theatre and other prestigious companies.

### WHEN/WHERE:

*Saturday, December 8 at 2 pm and 7 pm*

*Sunday, December 9 at 1 pm and 4 pm*

Tomball High School Auditorium  
30330 Quinn Road, Tomball, Texas 77375

### TICKETS:

For ticket information, call 281-940-HRB1 (4721) or visit [www.hrbdance.org](http://www.hrbdance.org). Cost is \$15 for students and \$18 for all other. The December 9 at 1 pm performance is just Act I and \$10.

### OUTREACH:

The dancers of HRB perform excerpts from each production and make costumed appearances at various nursing homes, libraries, group events and at Arts & Education performances. Also, HRB brings two matinee performances to Tomball ISD third grade students, fulfilling the arts component of their curriculum. To schedule an outreach event for your organization, call 281-940-HRB1 (4721).

### ABOUT HRB:

The Houston Repertoire Ballet (HRB) is a non-profit 501(c)(3), founded by Victoria Vittum and Gilbert Rome, both nationally acclaimed teachers and choreographers who served as its co-artistic directors. Today, Ms. Vittum oversees training and programming with an equal eye to serving the needs of the community. Since 1994, HRB has contributed to the cultural fabric of Harris and Montgomery Counties by providing excellent dance training to the area's young ballet stars and dance educators of tomorrow, while also presenting two high-quality productions annually at affordable



prices. The Nutcracker and a Spring Program, introduce area children and their families to the world of classical and contemporary ballet. Today, HRB is considered to be the premiere pre-professional ballet company in the Houston region, and is recognized for sharing its gifts with the community and beyond.

The Nutcracker's brilliant blend of costumes, sets and choreography creates a magical storybook world enjoyed by children and adults alike. With a cast of more than 100 HRB dancers and area children, HRB's masterful production is the highlight of the holidays!

### MISSION:

HRB's mission is dedicated to providing the finest classical ballet instruction, education and performance experience to local gifted students, and to preparing them for a professional career in the world of dance.

HRB also is committed to serving the suburban Houston region with high-quality theatre productions that educate, engage and entertain residents of all ages and perpetuate their appreciation of dance as an art form.

\*\* Bridget Kuhns and Eric White appear courtesy of Houston Ballet II, official second company of Houston Ballet, Stanton Welch Artistic Director.

\*\* Daniel Woellner appears courtesy of Houston Ballet Academy, official school of Houston Ballet, Stanton Welch Artistic Director.

Major funding for HRB is provided by Houston Endowment, Inc. and ConocoPhillips. Additional support comes from ExxonMobil and Marathon.

The School Outreach Arts and Education Program is sponsored by Target. The Nutcracker is hosted by Tomball-The Regional Arts Council.

## Aggie Moms

Aggie Moms won't ask you to wear a funny hat, learn a secret hand shake or give a speech. We simply help you help your student reach graduation day. Visit our website [www.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org). Open our General Meeting link to see the speakers we have lined up for this year. Come as a guest and leave as a member.

Aggie Moms, as an organization, encourages parents to become familiar with A&M during their student's freshman year instead of waiting for graduation to visit as is the custom on other university campuses. The path to graduation can be a challenging journey; don't go it alone. Northwest Harris County Aggie Moms has been here for 25 years and we're committed to helping your student and you enjoy the TAMU experience.



## SHOW OFF YOUR SUPERHERO

Parents this is your chance to brag on your kiddos. We want pictures of your kids doing everyday things, school events, plays, sports, etc. Send in your pictures to be featured in the Tribune.

E-mail your pictures to [townelake@peelinc.com](mailto:townelake@peelinc.com) by the 8th of the month.



**BRILLIANT  
ENERGY**

ELECTRICITY PROVIDER

**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. South  
Lakeway, TX 78734

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

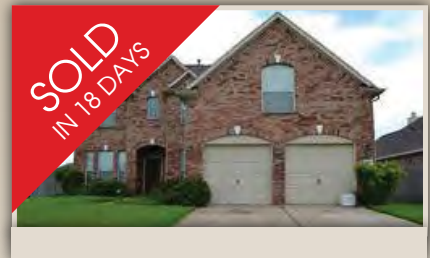
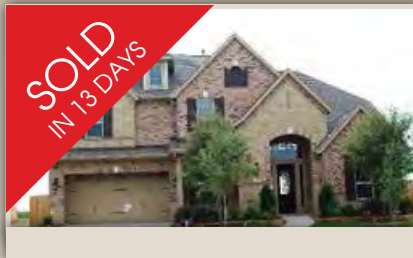
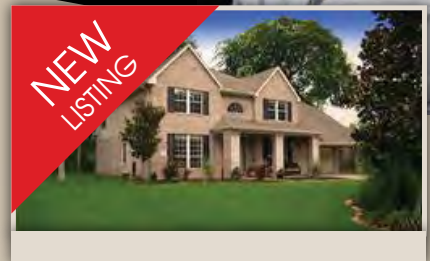
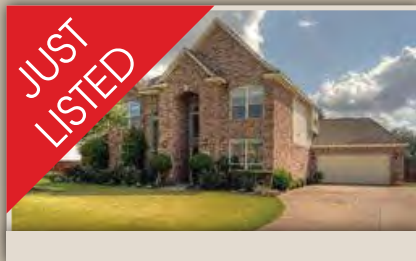
TWL

# Travis Wallach

## The Travis Wallach Team

email: [Travisw@Remax.net](mailto:Travisw@Remax.net) cell: 713-882-4609

### The hardest working Realtor in Cypress



## Your Home Is Your BIGGEST ASSET And Should Be Treated That Way!

*Thanks for your support and referrals, Towne Lake Neighbors!*

"I hired Travis to sell my house after not having success with another realtor. Travis was so completely different! I realized that the other realtor was totally wasting our time. With the effort and time Travis spends on you, you'd never guess he has other clients! He sold our house in less than a month."

- Layla Schliver Client, Seller

"I highly recommend Travis as your agent. He is truly dedicated in working with you and assisting you with any question or concerns that might pop up along the home buying process. We were 1st time home buyers and had lots of questions but Travis was great! He was available to reach out to him and would get us the response as soon as he made sure he had the answer. His goal was to make us happy and he succeeded! We enjoyed working with him. He is down to earth and easy to get along with. Thanks Travis"

-Brenda Hughes

## "Highest Overall Satisfaction For Home Sellers and Home Buyers Among National Full Service Real Estate Firms"

RE/MAX received the highest numerical score among full service real estate firms for home sellers and home buyers in the proprietary J.D. Power and Associates 2011 Home Buyer/Seller Study™. Study based on 3,861 total evaluations measuring 8 firms and measures opinions of individuals who bought a home between March 2010 and April 2011. Proprietary study results are based on experiences and perceptions of consumers surveyed March-May 2011. Your experience may vary. Visit [jdpower.com](http://jdpower.com).

