

A NEWSLETTER FOR TOWNE LAKE RESIDENTS

JULY 2013

VOLUME 2, ISSUE 7

Cypress Symphony to Host Inaugural Founder's Dinner

The Cypress Symphony cordially invites you to "Encore!" our Inaugural Fundraising dinner. Excitement is building for Cypress Symphony's first season and you can help by attending this event. Your \$100 ticket will help secure our first year and contribute to the cultivation of an arts culture in Northwest Houston. You will also enjoy an elegant dinner at one of Cypress' premier restaurants, Dario's Cuisine. Look forward to a silent auction as well as a musical surprise. We can't wait to spend this special evening with you! Tickets to this event can be purchased at csencore. eventbrite.com.

Tickets to our inaugural concert season can be purchased at cypresssymphony.org. purchased on the website at www.cypresssymphony.org.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	
Fire	
Ambulance	
Constable	
Sheriff - Non-emergency	713-221-6000
- Burglary & Theft	713-967-5770
- Auto Theft	
- Homicide/Assault	713-967-5810
- Child Abuse	713-529-4216
- Sexual Assault/Domestic Violence	713-967-5743
- Runaway Unit	713-755-7427
Poison Control	
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	
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

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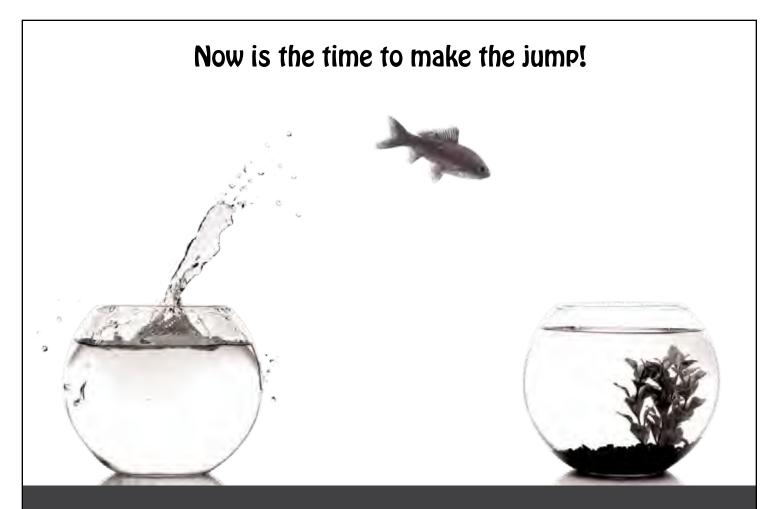
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ARTICLE INFO

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 *townelake@peelinc.com*. The deadline is the 9th of the month prior to the issue.





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TRIBUNE

A FOCUS ON HEAT EMERGENCIES Healthy Tips To Stay Cool In Extremely Hot Weather By: Concentra Urgent Care

Heat emergencies fall into three categories of increasing severity:

Heat Cramps, Heat Exhaustion, and Heatstroke.

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs. If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

SIGNS AND SYMPTOMS:

Heat Cramps

- Sweating
- Dizziness and lightheadedness • Pain in arms, legs, and abdomen • Headache and confusion
- Heat Exhaustion
- Moist, pale skin
- Nausea and vomiting • Rapid pulse and breathing

• Rapid pulse

• Fatigue and fainting

Heat Stroke

- No sweating
- Dry, hot, red skin
- Temperature over 103° F
- Confusion/loss of consciousness Seizures

CAUSES:

The following are common causes of heat emergencies:

- Dehydration
- High temperatures or humidity Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
- Prolonged or excessive exercise • Excess clothing
 - Cardiovascular disease

• Alcohol use

WHAT TO DO IN HEAT EMERGENCIES... First Aid

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.

2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.

3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.

4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.

5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

DO NOT:

• DO NOT underestimate the seriousness of heat illness, especially

if the person is a child, elderly, or injured.

• DO NOT give the person medications that are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.

• DO NOT give the person salt tablets.

• DO NOT give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.

• DO NOT use alcohol rubs on the person's skin.

• DO NOT give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

PREVENTION:

- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.

• Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.

• Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.

• Be careful of hot cars in the summer. Allow the car to cool off before getting in.

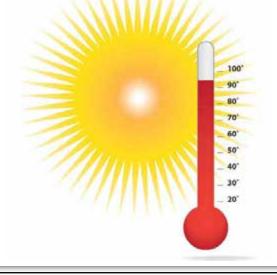
• Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: www. cdc.gov/niosh/topics/heatstress/

References

Auerbach PS. Wilderness Medicine. 4th ed. St. Louis, Mo: Mosby; 2001:240-316.

DeLee JC, Drez Jr. D, Miller MD, eds. DeLee and Drez's Orthopaedic Sports Medicine. 2nd ed. Philadelphia, Pa: Saunders; 2003:763.



<u>Tribune</u>

Cypress-Tomball Democrats July Meeting

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, July 16, 2013. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 to 8:00 p.m.

All are welcome to attend and to join this growing club, which meets on the third Tuesday of every month. The meetings always feature informative guest speakers who address timely topics. For more information, visit the website at www.cytomdems.com or contact Glenn Etienne at cytomdems@yahoo.com.





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 September 19, 2013 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. We look forward to meeting you.

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Cy-Fair ISD Celebrates Volunteers, Community and Business Partners

The importance of recognizing volunteer contributions and the support of our business and community partners is essential to a strong volunteer and partners program. The administration, students, and staff of CFISD enjoyed hosting and entertaining over a thousand of the tens of thousands of volunteers and supporters that have given so much to help us achieve our goals this year.

With the commitment and generosity of several community businesses, tickets to this appreciation event were free. PBK Architects continues to serve as the underwriter for the VIPS Appreciation Luncheon. Additionally, the event was sponsored by: Allsafe Storage, Cy-Fair Educational Foundation, Cy-Hope, GameTime by Total Recreation Products, H-E-B, Kroger, Lone Star College Cy-Fair, Spring Creek Barbeque, Towne Lake and Rock Creek.

As a district, we are so fortunate to have thousands of volunteers who actively give their time to our kids, and many business and community partners who adopt and support our schools. As Superintendent, Dr. Mark Henry, says, "each volunteer plays a very key role in the lives our students and staff, and it has not gone unnoticed. In these past years, with a struggling economy and the district dealing with huge budget cuts, you have kept us on top by being generous with your time and sharing your many talents to make our district the great success that it is."



Volunteer Appreciation Cypress-Fairbanks Independent School District had the pleasure of

Cypress-Fairbanks Independent School District had the pleasure of honoring its district and state volunteer and business partner award winners during the Volunteer Appreciation Luncheon on April 5, 2013. The award winners were nominated by various schools in the district at which the volunteers and/or business partners generously donated their time and resources. These treasured volunteers and community partners were first selected as our district award winners and then competed with others in their categories from school districts around the state. The state level award winners were recognized by the Texas Association of Partners in Education during their annual conference held in Austin on January 29.

DISTRICT LEVEL VOLUNTEER, COMMUNITY AND BUSINESS PARTNERSHIP AWARD WINNERS:

Business Partnership – Academic Impact Award: Flaherty's Flooring of America, Moore Elementary School Business Partner Business Partnership - Career Education Award: Mustang Engineering, Inc., Watkins Middle School Adopt-A-School Partner Community Partnership – Academic Impact Award: Bak-Pak Critters, Bang Elementary School Community Partner Community Partnership – Health Award: Harris County MUD #167, McFee Elementary School Community Partner Individual Wisdom Award: Ray Raymer, Mentor at Moore Elementary and numerous CFISD schools Individual Role Model Award: Carolina Rodriguez, Postma Elementary School Volunteer

Partnership Program Award – Innovation: Bus Buddies Program, Cy-Fair ISD Volunteer and Business

> Partnership Program S*pecial Event Award*:

VIPS Appreciation Luncheon, Cy-Fair ISD Volunteer, Business and Community Recognition

STATE LEVEL VOLUNTEER, COMMUNITY AND BUSINESS PARTNERSHIP AWARD WINNERS:

Community Partnership, Academic Impact – Crystal Award:

Bak-Pak Critters, Bang Elementary School Community Partner *Partnership Program, Innovation – Crystal Award:* Bus Buddies Program

Cy-Fair ISD Volunteer and Business Partnership Program Special Event Award – Crystal Award: VIPS Appreciation Luncheon

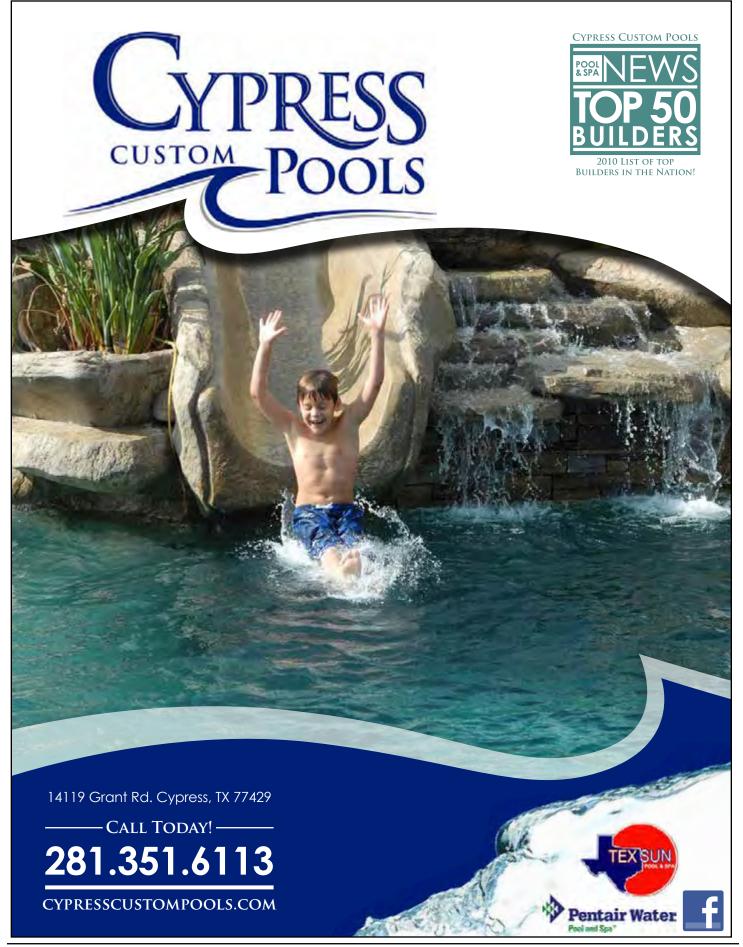
Cy-Fair ISD Volunteer, Business and Community Recognition Community Partnership, Health – Gold Award:

Harris County MUD #167, McFee Elementary School Community Partner

Individual Partnership, Role Model – Gold Award:

Carolina Rodriguez, Postma Elementary School Volunteer The district congratulates both our business partners and individuals for their award winning accomplishments and thanks them for their devoted service to our students and staff. "Hats Off" to all the volunteers in our district! We celebrate each and every one of you for your countless hours of service and dedication to our students and staff in Cypress-Fairbanks Independent School District every day of the year.

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TRIBUNE

CY-FAIR KIWANIS CLUB

Kiwanis wants YOU! The Cy-Fair Kiwanis Club is actively seeking new members who are interested in giving service to improve our community and our world. Visit the Cy-Fair Kiwanis Club and learn about the projects in which its members participate to enrich and improve life for citizens in our community. We sponsor the Key Clubs in the Cy-Fair, Jersey Village, and Katy communities and work

with them in service to the Cy-Fair area. Internationally, both Kiwanis and Key Club are participating in the ELIMINATE PROJECT aimed at the eradication of maternal/neonatal tetanus.

Businesses of the community are encouraged to support a representative for membership in Kiwanis. If you work for a business that is oriented toward involvement in community improvement and leadership, suggest to them that you would like to represent that business through membership and involvement in work with Kiwanis. We welcome business and organization as well as individual memberships.

CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs and one Builders' Club in the Cy-Fair School District; sponsors the Kids Triathlon; Girl Scout, Boy Scout, and Sea Scout troops and activities; awards scholarships to outstanding Key Club

members in our district; provides assistance to Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.

The Cy-Fair Kiwanis Club meets at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll at 281-463-0373, George Crowl at 832-467-1998 or Peggy Presnell at 281-304-7127. We invite you to be our guest at one of the meetings and enjoy the fellowship of Kiwanians from your community as you learn about our organization.



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Ongoing: Volunteers needed to distribute water safey packets **info@colinshope.org** Ongoing: Colin's Hope Athlete Ambassadors needed! http://www.tinych.org/signup July 21: Colin's Hope Kids Got2Swim Pure Austin Quarry Lake. http://www.tinych.org/got2swim August 29: Colin's Hope Got2Swim Lake Austin 10K/10 miler. http://www.tinych.org/got2swim September 8: 5th Annual Colin's Hope Kids Triathlon http://www.tinych.org/KidsTri

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LEARN CPR

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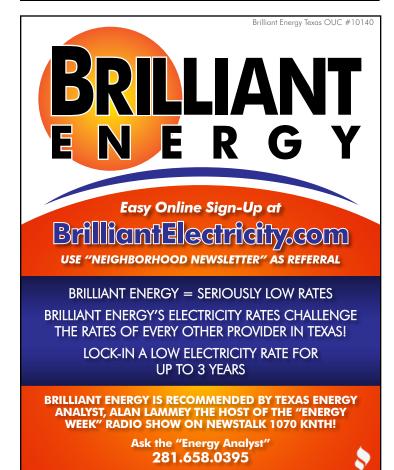
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GREAT BUSINESS RATES TOO!

NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

nwhcaggiemoms.org

Are you a New Aggie Mom? Are you an Aggie Mom that wants to join other Aggie Moms in supporting our students? Find out how we can help your student succeed during those college years at one of our informal Summer Mixers. The Northwest Harris County Aggie Mom's Club, as an organization, encourages parents to become familiar with A&M during their student's freshman year. 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. Please join us at one of the following locations in your area. Please RSVP to thompson5511@sbcglobal. net. or 713-956-0972 so our hostesses will know how many people to expect. We look forward to meeting you!

SUMMER MIXER LOCATIONS Monday, June 17 - 7-9 pm

Hosted by: Linda Saxby 17210 Prescott Manor, Cypress, TX 77433 Lakes Fairhaven subdivision (just north of Fairfield off of Mason Rd.) *Sunday, June 23 - 2-4 pm* Hosted by: Connie Pritchard 12418 Pedder Way Drive, Tomball, TX 77377 Village Creek Subdivision *Thursday, July 11 - 7-9 pm* Hosted by: LaDonna MacDonald

15903 Harwick Drive, Spring, TX 77379 Champions Forest Subdivision *Tuesday. July 23 - 7-9 pm* Hosted by: Cheryl Williams

8331 Church Light Lane, Houston, TX 77064 Carriage Lane Subdivision

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at the Houston Distributing Center, 7100 High Life Drive, conveniently located near Willowbrook Mall. We are looking forward to kicking off the 2013-2014 school year at our 'HOWDY PARTY" on August 13th-Please join us! All meetings are open to Aggies, future, present or past. We provide light refreshments and you can shop our Boutique for that one-of-a-kind Aggie treasure. Our hand crafted items celebrate the heart-warming TAMU traditions. You will also enjoy hearing from dynamic speakers throughout the year like, Brigadier General, Joe Ramirez, Commandant of the Corp of Cadets. For more information on monthly speakers or upcoming events visit our website at www. nwhcaggienoms.org or contact Shannon Eberle, Club President at clubpres2012@gmail.com.



TEXAS A&M

TRIBUNE

Kids' Cross-Country Team's Season Starts September 10th

The Northwest Flyers Track Club Youth Cross-Country Team kicks off the fall season with registration and an orientation for parents and athletes on Tuesday, September 10, 2013, at 6:00 p.m. (location to be announced.) The first practice will be held at the Cypress Creek YMCA on Thursday, September 12. The Northwest Flyers Track Club is a member program of USA Track and Field (USATF), the national governing body for track and cross country. The club is in its 26th year in the northwest Houston area. Ages 6-18 may participate in the team, and both beginners and experienced runners are welcome.

Contact Coach Eric Wentworth at emw1105@ gmail.com 281-961-6603 or Coach Donnell Carter atdcarterpfs@msn.com, 281-467-4727 for more information. Visit www.northwestflyers. org to get updates and learn more about the team.

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- 7015 Barker Cypress Rd at 529 Cypress, Texas 77433



*According to the U.S. Preventive Services Task Force and the Affordable Care Act, routine screening mammography is a preventive service now covered 100% by health insurance plans for women aged 40 and older every 1 to 2 years.

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