



## A NEWSLETTER FOR TOWNE LAKE RESIDENTS

SEPTEMBER 2013

VOLUME 2, ISSUE 9

### **JOIN YOUR FRIENDS ON THE GOLF COURSE FOR A GREAT CAUSE!**

*Announcing the 9th Annual American Cancer Society Relay For Life of Cy-Fair Golf Tournament*

Grab your clubs and join with friends and sponsors to have some fun for a great cause. The 9th Annual Relay For Life of Cy-Fair Golf Tournament benefiting the American Cancer Society is on for Thursday, October 3, 2013 with a 1:00 pm Shotgun Start at Windrose Golf Club located in Spring, Texas ([www.windrosegolfclub.com](http://www.windrosegolfclub.com)). The tournament format is a 4-Person Scramble.

Registration is quick and easy online at <http://www.hprelayforlife.com>. Golfers can play as a team or as an individual. Registration Fee is \$440 per foursome and includes greens fee, cart, range balls, and 4-drink tickets. Lunch and dinner are provided. Silent Auction winners and tournament awards and prizes are announced at dinner following the tournament.

"This is a great opportunity for golfers to have some fun and also contribute to the American Cancer Society," said Stacie Hemann, event founder and organizer. "It is also the perfect time for local companies and organizations to become sponsors and join some of the great charitable sponsors we already have who will offer fun activities on almost every hole along with contests and giveaways. For 2013, our main event Platinum Sponsor is North Cypress Medical Center; Rudy's BBQ is Lunch Sponsor; and Lupe Tortilla's is Dinner Sponsor."

Golfers interested in participating and any businesses and individuals interested in sponsoring this event can contact Stacie Hemann at 512.319.0929 or [hprelayforlife@gmail.com](mailto:hprelayforlife@gmail.com).

**PROCEEDS BENEFIT THE AMERICAN CANCER  
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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](mailto:townelake@peelinc.com). The deadline is the 9th of the month prior to the issue.

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### VIRTUOSI OF VENICE

**Jan. 18 - 7PM** A team of virtuosos tackle rediscovered string works by Giuseppe Capuzzi and Vivaldi Classics

### LA PASSIONE!

**May 10 - 7PM** Haydn's Symphony #49 in F Minor "La Passione" and Mozart's Piano Concerto K. 414 played by Mina Gajic

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## CY-FAIR KIWANIS CLUB

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.

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. 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.

We look forward to welcoming you to our meetings.

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## Back To School

School started in August, so now is the time for drivers to pay closer attention to the school zones in the neighborhood. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

### Other changes to be aware of include;

- Children behaving unpredictably
- School Bus Stops
- Crossing Guards – please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is prohibited!

Please give yourself extra time in the mornings and mid-afternoons and remember if you are traveling in a school zone to slow down.

## Time To Slow Down!



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## Cypress Philharmonic

The Cypress Philharmonic proudly launches its second season with a Four Seasons theme. On September 22, the first concert, "Stirrings of Autumn," evokes a fall mood with Peggy Stuart Coolidge's two-movement "New England Autumn" and Kirt Mosier's "Overture to the Wind." The program features Antonín Dvořák's powerful "New World" Symphony (No. 9) and the world premiere of Houston artist Joe LoCascio's sneaky "Gently Criminal" for strings. Rounding it all out is Mexican composer Arturo Márquez's lively "Danzón No. 2" just in time to kick off Hispanic Heritage Month.

This year, the CyPhil adds a special event, collaborating with the Houston Repertoire Ballet to create a "Winter Wonderland" with a full production of Pyotr Tchaikovsky's *The Nutcracker*. Houston Repertoire Ballet, founded by Gilbert Rome and under the direction of Victoria Vittum, has mounted a production of *The Nutcracker* annually since 2001, but now will feature live music from the Cypress Philharmonic. Performances will be held on Saturday, December 7 at 2 p.m. and 7 p.m. and Sunday, December 8 at 1 p.m. and 4:30 p.m. in the Tomball High School auditorium with reserved seating. Ticket information is at [www.hrbdance.org](http://www.hrbdance.org) and 281-940-4721. Major funding for the project is provided by Houston Endowment and ConocoPhillips Company. *The Nutcracker* is also funded in part by

grants from Harris County and Texas Commission on the Arts through the Houston Arts Alliance.

On March 23, 2014, "Spring Fever" highlights the passion of romance with music from Georges Bizet's *Carmen Suites No. 1 and 2* and Aaron Copland's "Appalachian Spring." Themes of rebirth and renewal are visited in music from Linda Tutas Haugen's *Transformations of Darkness and Light* and Nikolai Rimsky-Korsakov's *Russian Easter Overture*.

The annual pops concert will be held on June 28, 2014. Information about this "Summertime" concert will be made available through the website and print and social media.

The Cypress Philharmonic is a 50+ member ensemble made up of music educators and professional musicians in and around the Cypress area. Founded by Music Director Glynnies Lanthier in 2012, the CyPhil presents classical favorites alongside new and recent works by a diverse group of composers. We welcome inquiries from musicians, community members and prospective board members. To find out more about the CyPhil, visit the website or e-mail at [admin@cyphil.org](mailto:admin@cyphil.org). The Cypress Philharmonic performs in the Berry Center on 8877 Barker Cypress in Cypress, Texas. Tickets and performance information are available online or by leaving a message at 713-939-9493.

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## A FOCUS ON BACKPACK SAFETY TIPS

By: Concentra Urgent Care

### WEAR BOTH STRAPS

The use of one strap causes one side of the body to bear the weight of the backpack. By using two shoulder straps, the weight of the backpack is evenly distributed.

### WEAR OVER STRONGEST MID-BACK MUSCLES

Pay close attention to the way the backpack is positioned on the back. It should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and allow free movement of the arms. Straps should not be too loose, and the backpack should not extend below the low back.

### LIGHTEN THE LOAD

Keep the load at 10%-15% or less of the child's body weight. Carry only those items that are required for the day. Organize the contents of the backpack by placing the heaviest items closest to the back. Some students have two sets of books, so as not to have to carry the heavy books to and from school.

### PROPER BACKPACK USAGE

While a backpack is still one of the best ways to tote homework, an overloaded or improperly worn backpack gets a failing grade, according to the American Physical Therapy Association (APTA). Improper backpack use can cause injury, especially to children with young, growing muscles and joints. Injury can occur when a child, in trying to adapt to a heavy load, uses harmful postures such as arching the back, leaning forward or, if only one strap is used, leaning to one side. According to physical therapists, these postural adaptations can cause spinal compression and/or improper alignment, and may hamper the proper functioning of the disks between the vertebrae that provide a shock absorption. A too-heavy load also causes muscles and soft tissues of



the back to work harder, leading to strain and fatigue. This leaves the back more vulnerable to injury. A heavy load may also cause stress or compression to the shoulders and arms. When nerves are compressed, the child may experience tingling or numbness in the arms.

### WHAT TO LOOK FOR IN A BACKPACK

Physical therapists recommend the following features when selecting a backpack:

- A padded back to reduce pressure on the back and prevent the pack's contents from digging into the child's back
- A waist belt to help distribute some of the load to the pelvis
- Compression straps on the sides or bottom of the backpack that, when tightened, compress the contents of the backpack and stabilize the articles
- Reflective material so that the child is visible to drivers at night

### THE RESULTS

Worn correctly and not overloaded, a backpack is supported by some of the strongest muscles in the body: the back and abdominal muscles. These muscle groups work together to stabilize the trunk and hold the body in proper postural alignment.

### HOW A PHYSICAL THERAPIST CAN HELP

A physical therapist can help you choose a proper backpack and fit it specifically to your child. Children come in all shapes and sizes, and some have physical limitations that require special adaptations. Additionally, a physical therapist can help improve posture problems, correct muscle imbalances, and treat pain that can result from improper backpack use. Physical therapists can also design individualized fitness programs to help children get strong and stay strong – and carry their own loads.

For more information on backpack safety, visit the American Physical Therapy Association at [www.apta.org](http://www.apta.org).



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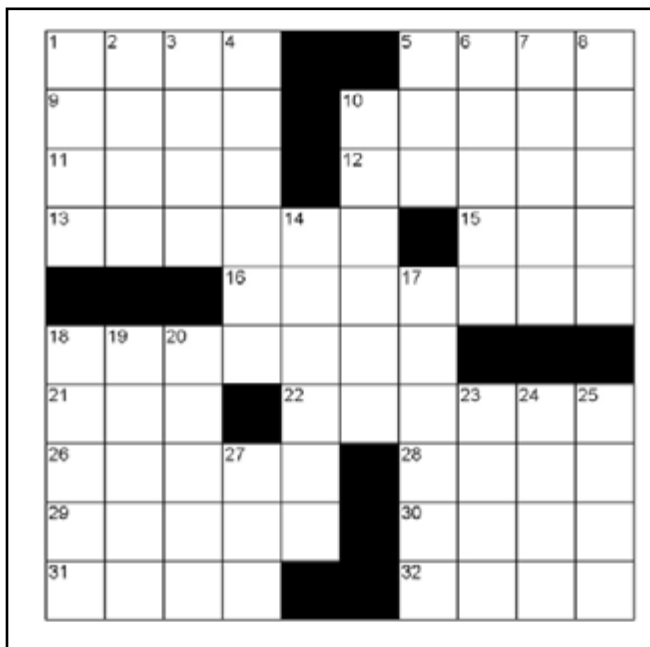
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### ACROSS

1. Blow
5. Green Gables dweller
9. Not there
10. Ask for legally
11. Smooth
12. Island nation
13. Fertilized cell
15. Ex-serviceman
16. Rovers
18. Covered in coarse hair
21. Single
22. Sacred songs
26. Scrimmage
28. Prophet who built the arc
29. Remove
30. Canal
31. Eye infection
32. Tear

### DOWN

1. Virtuoso
2. Airy
3. "Ribbit" animal
4. Singing voices
5. Wing
6. Innocent
7. Meat curing ingredient
8. Gives off
10. Sharks
14. Man's wig
17. Less nice
18. Houses
19. Sluggish
20. Electrical device
23. Tenet
24. Water pipe
25. Cote
27. East southeast

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**September 8:** 5th annual Colin's Hope Kids Tri, and All Star Burger Fundraiser (10% of sales donated).  
**October 19:** Sharkfest Austin Swim benefiting Colin's Hope. Volunteers needed.  
**November:** Underwater Holiday Photos (multiple locations and dates).  
**February 16:** Austin Marathon. Runners, walkers, and water stop volunteers needed.

Be a Water Guardian and Watch Kids around Water. Drowning is preventable!

**Thank you to all who supported our efforts this year to raise water safety awareness to prevent children from drowning!**

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