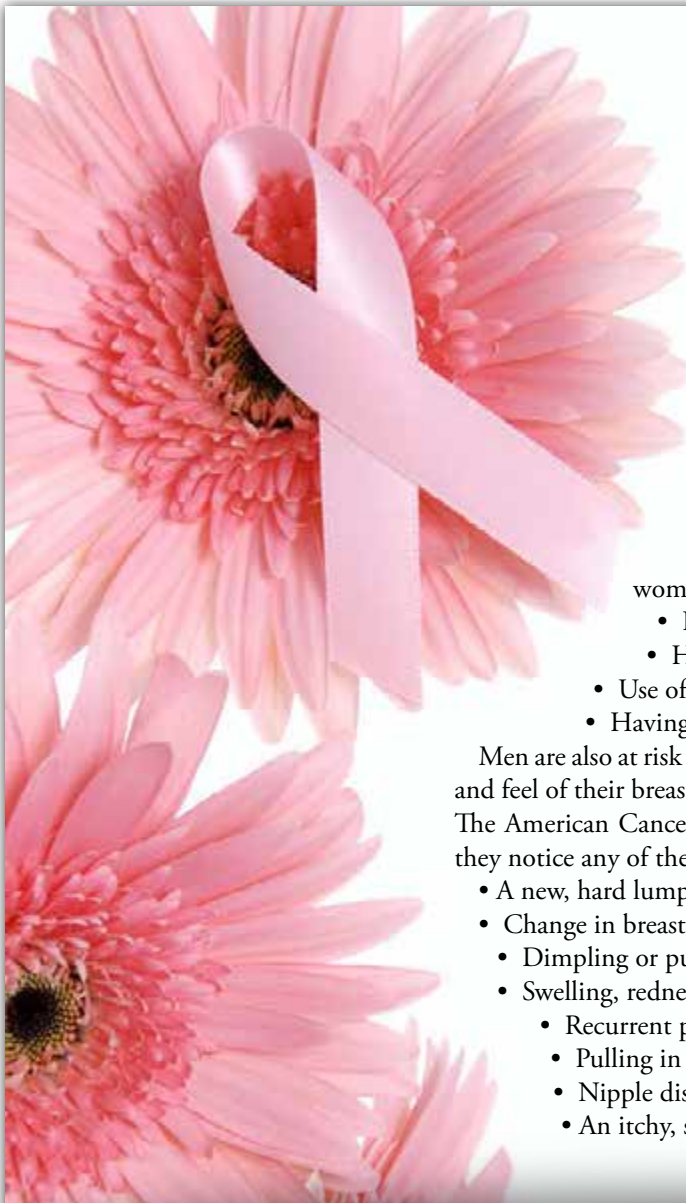




A NEWSLETTER FOR TOWNE LAKE RESIDENTS

OCTOBER 2013

VOLUME 2, ISSUE 10



BREAST CANCER

Importance of Early Detection

By: Concentra Urgent Care

Breast cancer is the most common cancer among women in the United States, and is the second leading cause of cancer deaths. Screening is vital because early stages of the disease are easier to treat. The American Cancer Society recommends women:

- Obtain yearly mammography screenings, beginning at age 40
- Obtain yearly clinical breast exams
- Check your breasts regularly for lumps
- Discuss their breast cancer risk with their physician

Breast cancer risk increases as we age. Other factors that increase a woman's risk for breast cancer include:

- Having started menstrual periods at a young age
- Having a first child after age 30
- Use of hormone replacement therapy
- Having a family history of breast cancer

Men are also at risk for rare cases of breast cancer. All persons familiar with the normal look and feel of their breasts should promptly report any unexpected changes to their physicians. The American Cancer Society recommends both women and men consult their doctor if they notice any of the following:

- A new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- Dimpling or puckering of the skin
- Swelling, redness, or warmth that does not go away
 - Recurrent pain in a particular part of the breast
 - Pulling in of the nipple
 - Nipple discharge that starts suddenly in only one breast
 - An itchy, sore, or scaly area on one nipple

For more information about breast cancer and early detection, contact your health care provider, your Concentra health specialist, visit the American Cancer Society Web Site at: www.cancer.org, or visit the National Breast Cancer Awareness Month Web site at: <http://nbcam.org/>

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

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

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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 October 17, 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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Cypress, Texas 77433
- 7015 Barker Cypress Rd at 529
Cypress, Texas 77433



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NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

nwhcaggiemoms.org



The Northwest Harris County Aggie Mom's Club will host Texas A&M University's Abby Howell from the Department of Student Activities on Tuesday, October 8, 2013 at 7:00 p.m. at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. Ms. Howell was named Texas A&M University's Sponsored Student Organization Advisor of the Year, and received The Department of Student Activities Excellence Award. Enjoy light refreshments while you shop our Boutique for that one-of-a-kind hand-crafted Aggie treasure or our new Tradition Beads!

Mark Your Calendar! For the First Annual Hullabaloo Huddle, Saturday, October 12, at the Bareback Bar and Ice House, 19940 Kuykendahl, Spring, Texas 77379. This NWHC Aggie Mom's Watch Party-Texas A&M vs. Ole Miss will feature a 12th Man Silent Auction,

Food Trucks, a cash bar and more!(No one under 21) Tickets are \$12 each and can be purchased on line at www.nwhcaggiemoms.org.

Aggie Moms as an organization, encourages parents to become familiar with A&M during their student's freshman year. Aggie Mom's has been here for 25 years and we're committed to helping your student and you enjoy the TAMU experience through graduation.

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at 7100 High Life Drive. All meetings are open to Aggies, future, present or past. You will enjoy hearing from dynamic speakers throughout the year! For more information on monthly speakers or upcoming events visit our website at www.nwhcaggiemoms.org or contact Shannon Eberle, Club President at clubpres2012@gmail.com. We are looking forward to meeting all our Aggie Moms!

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“Hats Off to Volunteers” At Cy-Fair ISD

“Whenever you wear your hat, your day will be special.” Margo Nickel

In Cy-Fair ISD, volunteers have the opportunity to wear lots of different hats. Some will find themselves wearing the hat of a library helper or classroom reader. Others find that organizing a fundraiser or mentoring a student is the hat they wear best. Whatever volunteer hat you are wearing in our schools, one thing is certain; your day will be special. Cy-Fair ISD volunteers center the attention of their service on supporting students and staff and making a significant contribution to the education of children. They give freely of their time and resources and have an impact on the academic and personal development of our students. Cypress-Fairbanks ISD is fortunate to be able to draw from a terrific diversity of skills and knowledge in its community.

If you are interested in being a part of an exciting group of volunteers and making a difference in your Cy-Fair ISD Schools, or would like more information, please feel free to contact Pam Scott, Partners in Education Director at 281-894-3950.

CY-FAIR ISD VOLUNTEER OCTOBER TRAININGS & EVENTS

October 1

VIPS Language Arts/Reading Grades 2-5 – 9:30 a.m. to 11:30 a.m., Berry Center. Techniques will be presented that CFISD parents and volunteers can use when they assist teachers and students working to improve reading and writing skills in grades 2 through 5.

October 10

PIE Mentor Training – 9:30 a.m. to 11:30 a.m., Berry Center. Training for individuals committed to serve as a role model and friend to CFISD students. An application and criminal background check is required.

October 29

VIPS Fall Conference – 8:00 a.m. to 2 p.m., Berry Center. A day of informative workshops is offered to volunteers, staff, parents and community members designed to support the work of volunteers in all CFISD schools. Registration forms are available in schools and in the PIE dept.

HOW TO REGISTER FOR TRAINING

With the exception of Hearing and Vision State Certification, register for training by emailing the PIE office at vipsrsvp@cfisd.net. Please send a separate email for each training you wish to attend. Provide your name and the name and date of the training in each email. Registration is required to guarantee a seat and training materials. ADULTS ONLY.



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Host October Monthly Meeting

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, October 15th, 2013. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429. A meet and greet starts at 6:30 p.m., followed by the general meeting from 7:00 p.m. to 8:00 p.m.

All are welcome to attend the meeting and to join this growing club, which meets on the third Tuesday of every month, and always features an informative guest speaker. For more information, visit the website at www.cytomdems.com; contact Glenn Etienne at cytomdems@yahoo.com; or "Like" the club on Facebook.

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