



A NEWSLETTER FOR TOWNE LAKE RESIDENTS

MAY 2014

VOLUME 3, ISSUE 5

A FOCUS ON PHYSICAL ACTIVITY *Pathway to Improved Health*

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

1. Any physical activity is better than no physical activity
- Includes people with disabilities
- Far outweighs the possibility of risk of injury or illness
2. Most health benefits occur with at least 150 minutes a week
- Both aerobic and muscle-strengthening are beneficial
3. For most people, additional benefits occur when
- You increase the intensity of your physical activity
- You increase the frequency of your physical activity
- You increase the duration of your physical activity

SHOULD OLDER ADULTS EXERCISE, TOO?

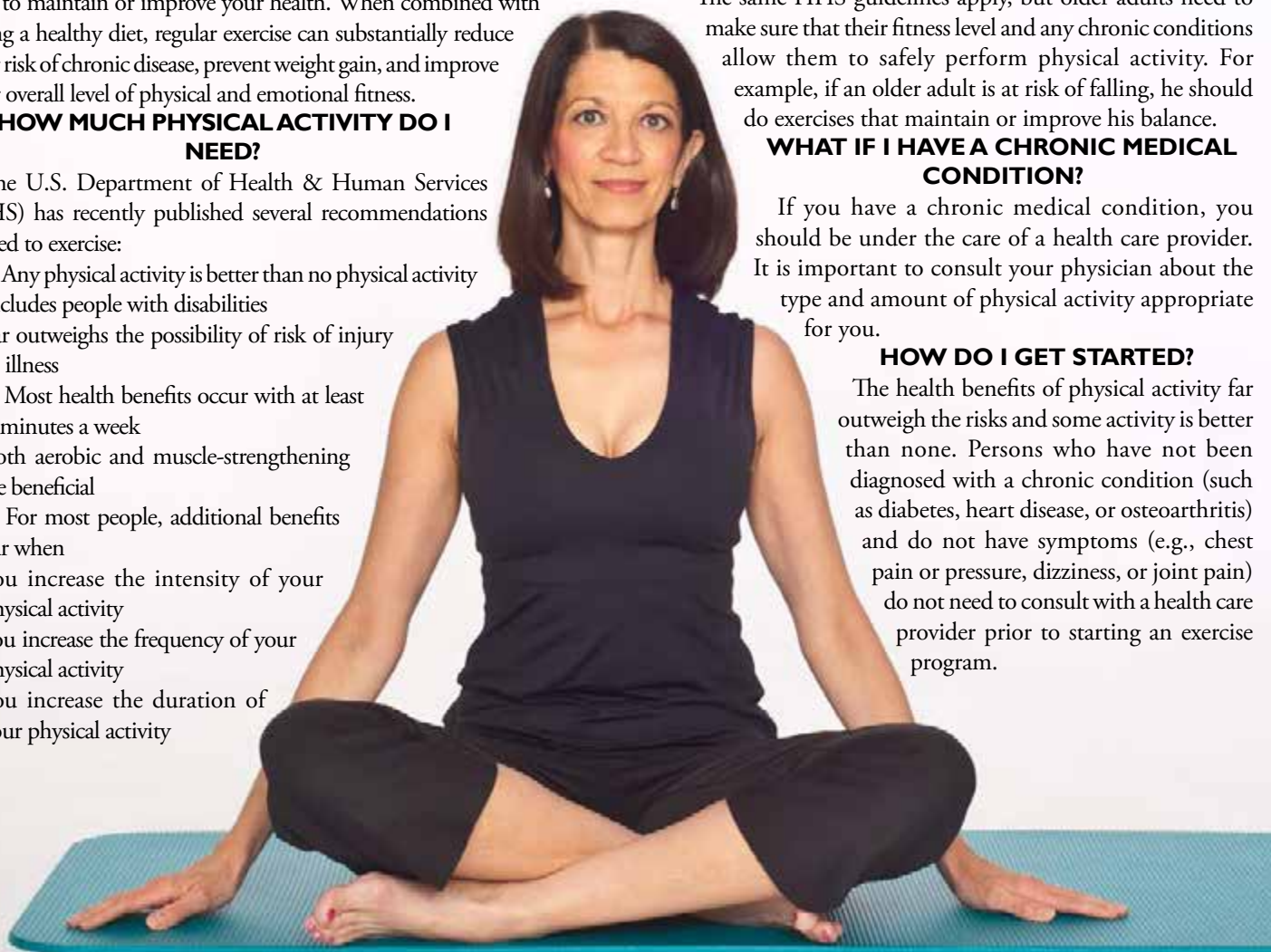
The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.



IMPORTANT NUMBERS

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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

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

OTHER NUMBERS

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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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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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LEARN TO TURN STRANGERS INTO VIP CLIENTS MAY 22

CYFEN welcomes international speaker, radio host, author Tonya Hofmann

Don't miss this unique opportunity to increase your business as Tonya Hofmann shares tips on turning strangers into clients at the Cy-Fair Express Network (CYFEN) luncheon May 22.

CYFEN's keynote international speaker wears many hats such as host of "Change Your World" radio show and author of two books: "A Client a Day the Coffee Shop Way!" and "Change Your World". She is also a profit strategist, corporate and entrepreneurial educator, CEO and founder of the Public Speakers Association as well as recipient of the International eWomenNetwork conference 2008 Business Matchmaker of the Year Award. In addition, she was not only nominated for the Most Connected Person in Dallas by the Small Business Conference as well as Austin's Business Journal's Profiles in Power; she has been nominated for the upcoming 2014 Global Connector of the Year Award for the Sales Strategy Summit.

Join Hofmann, who is always focused on helping business professionals become more successful in sales, marketing and standing out from competition, at CYFEN's special extended networking and lunch. Networking will begin at 10:30a.m. with the program starting at 11a.m. sharp.

All are welcome to attend the monthly meetings of CYFEN, which are held the fourth Thursdays at the Sterling Country Club, 16500 Houston National Blvd.

Bring business cards for networking. The meeting cost is \$35 for non-members with advanced reservations made by May 15 and \$40 at the door.

For information on CYFEN, which is part of the American Business Women's Association, go to www.CYFEN.org.


ABOUT CY-FAIR EXPRESS NETWORK (CYFEN)

The 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.

ABOUT AMERICAN BUSINESS WOMEN'S ASSOCIATION

ABWA's mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition.

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KIWANIS CLUB OF CY-FAIR HOUSTON

What is Kiwanis? Here are a few facts about the International and local organizations. Kiwanis clubs, located in 80 nations, help their communities in countless ways. Each community's needs are different—so each Kiwanis club is different. By working together, members achieve what one person cannot accomplish alone. Service is at the heart of every Kiwanis club, no matter where in the world it's located. Members stage nearly 150,000 service projects and raise nearly US\$100 million every year for communities, families and projects.

Kiwanis clubs focus on changing the world by serving children, one child and one community at a time. When you give a child the chance to learn, experience, dream, grow, succeed and thrive, great things happen. To do this, many clubs also sponsor Kiwanis family clubs—K-Kids for primary school children; Builders Clubs for adolescents; Key Clubs for teens; CKI clubs for university students and Aktion Clubs for adults living with disabilities. Through these outreach activities, Kiwanis is able to reach more people and have a greater service impact on their communities.

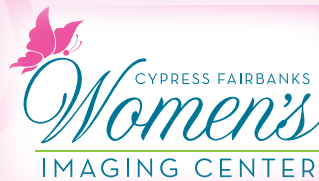
No two Kiwanis clubs look exactly the same. Each member's and community's needs are different, and each club should look different. Some clubs are very traditional, with weekly meetings and a strong sense of history. Other clubs don't meet at all, and instead hold meetings online

and only come together for service projects. Newer Kiwanis clubs help their communities in countless ways. Service is at the heart of every Kiwanis club, no matter where in the world it's located. Members stage nearly 150,000 service projects and raise nearly US\$100 million every year for communities, families and projects. Kiwanis members don't just do service—they have fun. Members make new friends by being part of a club where they attend meetings and participate in social events. Kiwanis clubs also provide excellent networking opportunities for professionals. Members meet new people from all over their region and the world through service projects, fundraising and by attending district and international conventions.

Houston has several Kiwanis Clubs located throughout the city so that you may find a Club near your home or your place of business. The Cy-Fair Club is located in the Cypress-Fairfield community; however, the membership extends beyond those boundaries. It was founded in 1985 and will celebrate its 29th birthday on May 6 at our regular meeting at the Hearthstone Country Club at 12:15 pm.. You are cordially invited to attend and learn more about the services we render in the community. Lunch will be served. Please call George Crowl at 832-467-1998. Other meetings in May will be held on May 13 and May 20, same time and place. Your visit is always welcome.

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Spring is here and so is our rainy season. The city of Houston ranks second in the state, after Port Arthur, for total rainfall inches. Out of 48" of rainfall last year, 5.15" fell in May and 5.35" fell in June. With our growing population and limited supply of both groundwater and surface water, we must use water wisely. Rainwater harvesting is an innovative approach anyone can use, and it is good for your landscaping. Rainwater is free of salts and other minerals that harm root growth. It percolates into the soil and forces salts down and away from root zones. This allows roots to grow better and makes plants more drought tolerant. Whether your landscape is large or small, developed or new, now is the time to prepare to catch our rainwater by installing a rainwater harvesting system. Harvesting rainwater saves money on your water bill, reduces demand on the municipal water supply, and reduces flooding and runoff which causes erosion and contamination of surface water. Request a free copy of the *Rainwater Harvesting* brochure, prepared by AgriLIFE EXTENSION at Texas A&M, at our website www.KeepCyfairBeautiful.org.



B.F. ADAM GOLF CLASSIC

*estimated to raise more than
\$100,000 for scholarships*

The Cy-Fair Educational Foundation (CFEF) will hold the 26th Annual B.F. Adam Golf Classic on Thursday a May 15, 2014 at Blackhorse Golf Club.

A total of 288 golfers and 60 volunteers will participate in the event, which benefits the CFEF's mission to increase college access for CFISD graduates by awarding scholarships. Lead underwriters for the tournament are the Cypress Fairbanks Medical Center Hospital and the B.F. Adam Family. Platinum sponsors included Linebarger Goggan Blair & Sampson, LLP, Bay-IBI Group Architects. Gold sponsor Kalmans Marshall Engineering, Inc. Sponsorships still available. 281-807-3591 or www.thecfef.org.

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