



## A NEWSLETTER FOR TOWNE LAKE RESIDENTS

JANUARY 2015

VOLUME 4, ISSUE 1

# 10 POWERHOUSE FOODS THAT WILL HELP YOU BURN FAT IN THE NEW YEAR

*Marissa Balch - CPT, Nutrition Coach - Texas Fit Chicks Boot Camp*

1. Oatmeal - Great source of soluble fiber and slow-digesting carbohydrates that will keep blood sugar and insulin in check so fat burning can stay high.

2. Eggs - A form of well-absorbed protein, healthy fats and Vitamin D (found in the egg yolk). Eggs also contain lecithin, which promotes healthy liver function, thereby helping the body to burn fat.

3. Salmon - High in omega-3 fatty acids, salmon reduces inflammation in the body and lowers LDL and triglyceride levels while raising good HDL levels. Salmon also has a beneficial effect on leptin (hunger hormone) levels in the body, which means it helps to suppress your appetite.

4. Nuts - Another source of fiber and rich in omega-3s, these fats help to regulate blood sugar and protect the heart and the immune system.

5. Grapefruit & Berries - These fruits contain slow-digesting carbs and are rich in fat-fighting fiber. Strawberries, raspberries, blueberries and blackberries all are loaded with soluble fiber and antioxidants that protect blood vessels and promote healthy blood flow.

6. Avocado - It's got fat, yes, but the good kind! The monounsaturated fats found in avocado are burned readily for fuel during exercise and actually encourage fat burning. Good source of fiber and antioxidants.

7. Leafy Greens - Broccoli, specifically, is a fibrous carb that can make you feel full quickly—one reason why it's a great food for getting lean. Broccoli also contains phytochemicals that can help enhance fat loss.

8. Cinnamon - Helps to reduce blood sugar levels, which in turn prevents the body from storing sugar as fat. Add it to your oatmeal and yogurt to enhance flavor without adding calories.

9. Green Tea - Drink this! Not only is green tea packed with antioxidants, it also contains catechins, a phytochemical that helps speed up metabolism and burn more fat.

10. Beans & Legumes - Great sources of protein and they normalize insulin levels and help keep your blood sugar steady throughout the day. Black beans, Garbanzo beans, red beans and lentils are all great to incorporate into your diet.



## IMPORTANT NUMBERS

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- 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
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### 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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## 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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## Northwest Harris County Aggie Mom's Club

The Northwest Harris County Aggie Mom's Club will host Texas A&M University's Brigadier General Joe E. Ramirez, Jr. '79 Commandant, Texas A&M Corp of Cadets on Tuesday, January 13, 2015 - 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. Brigadier General Ramirez is a native of Houston, Texas and graduated from Stephen F. Austin High School in 1975. He attended Texas A&M University and joined the Fightin' Texas Aggie Band in the Corps of Cadets, where he commanded the B Company "Streetfighters" his senior year. He received his commission in the Field Artillery from Texas A&M in 1979 as a Distinguished Military Graduate.

During his 31 years of military service General Ramirez commanded soldiers around the world from the platoon and battery level up to battalion, brigade and division level. He commanded B Battery, 2nd Battalion, 41st Field Artillery in Bad Kissingen, Germany, the 1st Battalion, 41st Field Artillery at Ft Stewart, Georgia, the 1st Cavalry Division Artillery at Fort Hood, Texas, and was the Deputy Division Commander for the 2nd Infantry Division in the Republic of Korea. He was also the Deputy Chief of Staff for United States Central Command during Operations Iraqi Freedom and Enduring Freedom.

General Ramirez holds a Bachelor's of Science Degree in Physical Education from Texas A&M (1979); Masters Degree in Management from Webster University, St. Louis, Missouri (1993); and a Masters Degree in Strategic Studies from the United States Army War College, Carlisle, Pennsylvania (2000). His numerous military awards include the Distinguished Service Medal, Defense Superior Service Medal, Legion of Merit, Meritorious Service Medal, Armed Forces Expeditionary Medal, Global War on Terror Expeditionary Medal, Korean Defense Service Medal, Humanitarian Service Medal, and the Parachutists Badge. You won't want to miss this exceptional speaker!

### SAVE THE DATE

Don't miss the Annual China Luncheon and Style Show on Saturday, February 21, 2015 from 10:30 a.m. - 1:30 p.m. at Shirley Acres located at 217 Woerner Rd., Spring, Texas. Come and enjoy the fashion show and shopping at vendor booths. We are looking for talented ladies to decorate one of our themed tables. Individual tickets are \$30. Get your ticket at one of our monthly meetings or visit our website.

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. For more information on monthly speakers or upcoming events visit our website at [www.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org) or contact Connie Pritchard, Club President at [pritchardg@sbcglobal.net](mailto:pritchardg@sbcglobal.net).

## Cy-Fair Kiwanis Club January 2015

Kiwanis wants YOU! Start the New Year by joining with the Cy-Fair Kiwanis Club by giving in service to others. We work with Key Clubs, Builders Clubs, and Boy and Girl Scout troops to build leadership and orientation toward service to others, and with community based organizations that provide goods and services to the needy in 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 worldwide. 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. We welcome business and organization representatives as well as individual memberships.

Regular meetings of the club will occur on January 6, 13, and 20 at the Hearthstone Country Club at 12:15 p.m. We invite you to be our guest for lunch and fellowship and for informative programs. For more information, call John Carroll at 281-463-0373, George Cowl at 832-467-1998 or Peggy Presnell at 281-304-7127.

We welcome your visit at our Club meeting and your consideration of membership in our service organization. Join Now.

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# TEXAS A&M AGRI LIFE

# FRUIT FLYS

Fruit flies can become a problem at any time of year because they are attracted to ripe or fermenting fruit. Fruit flies can be brought into the home from ripe fruits or vegetables picked from the garden or items purchased at the grocery store.

Adults are small (about 1/8 of an inch) and usually have red eyes. The front portion of the body is tan while the back portion is dark brown or black. If given the opportunity, females can lay up to 500 eggs. Larvae feed near the surface of fermenting foods or other organic matter.

Prevention is the best way to deal with fruit flies. Do not purchase over ripened fruit or vegetables. Fruit and vegetables should be eaten in a timely manner or stored in the refrigerator. If storage in the refrigerator is not an option because you are ripening the item, place it in a paper bag and use a clothespin or chip clip to close the bag. All recyclables should be rinsed thoroughly before placing them into the recycling bin. The recycling bin and garbage can should be cleaned out on a regular basis to eliminate any spilled material.

To eliminate a fruit fly infestation, all sources must be located and eliminated. Insecticides will not help if sources are not eliminated. While searching and eliminating breeding sources, a trap can be constructed to capture adult flies. Create a paper funnel by rolling notebook paper and place the funnel into a jar that contains a small amount of apple cider vinegar in the bottom.

For more information or help with identification, contact Wizzie Brown, Texas A&M AgriLife Extension Service Program Specialist at 512.854.9600.



## Cy-Fair Hospital now has **SEVEN** locations to serve your Emergency and Urgent Care needs.

Cypress Fairbanks Medical Center Hospital now offers an online check-in service at **CyFairERandUrgentCare.com** for all seven locations where you can reserve your time online and comfortably wait at home. It's quick, easy and you'll be seen by a healthcare professional within 15 minutes of your scheduled time.



### EMERGENCY CARE

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(FM. 1960 near Jones Road)  
ER 281.897.3150
- 2** 27126 Highway 290 at Mueschke Road  
281.949.3800
- 3** 7015 Barker Cypress at FM. 529  
281.949.3600
- 4** 8470 Hwy. 6 North at West Road  
281.949.3799

### URGENT CARE

- 5** 9110 Barker Cypress at West Road  
281.517.9900
- 6** 14044 Spring Cypress at Grant Road  
281.949.3703
- 7** 9138 West Road at Beltway 8  
281.949.3737

**Cypress Fairbanks  
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**BSA Troop 533**



**BSA Troop 1907**

## **Boy Scouts of America, Troop 533 & 1907 FUNDRAISER!!!**

**Good Shepherd United Methodist Church and Fairfield Baptist Church**

If you are looking to beautify your landscape and bring your lawn back to life, then you will be interested to know that it is that time of year again for fertilizer and mulch sold to you and brought to your home by your local boy scouts. Coming this spring!

Troop 533 Chartered by GSUMC and Troop 1907 Chartered by FBC have joined forces once again to conduct their annual fertilizer and mulch fundraiser starting on January 13, 2015. Troop 533 has delivered to homes in the Cypress community for more than 10 years and is proud to continue this tradition. Scouting makes a direct and positive impact on your community by teaching positive values and leadership skills to our youth. Your support ensures that Scouting will continue building character, fitness, and citizenship for years to come.

The funds from your purchase will directly benefit the troop and each individual scout on their continued journey through the scouting programs. The proceeds from each of the scout's sales will help fund activities such as High Adventure Summer Camp , Treks, Monthly troop campouts and so much more. By purchasing your lawn mulch and fertilizer from the Scouts, you are directly supporting scouting programs where you live — programs that clean up your parks, gather food for the area needy, and even help your community prepare for disaster.

This year's offerings include Red or Black mulch, Hardwood or Pine mulch as well as Premium or Slow Release fertilizer and Weed n Feed fertilizer. Scouts will be visiting your neighborhood soon. All purchases will be Scout delivered on February 28, 2015.

For your convenience, Scouts will be selling door to door in your subdivision beginning January 13<sup>th</sup>. If you are reading this circular and think we may miss you or want to support, please order by emailing Troop 533 at [BoyScoutsTroop533@yahoo.com](mailto:BoyScoutsTroop533@yahoo.com) or contact Stacy Hedrick 832-419-3199

Yours in Scouting,

Scoutmaster Louis Mayer (Troop 533) and Scoutmaster David Goodin (Troop 1907)



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## CY-RANCH HIGH SCHOOL MARDI GRAS MAGIC 2015 AUCTION AND GALA FUNDRAISER

SPONSORED BY: SUPPORTING THEATRE AT RANCH (S.T.A.R.) BOOSTER CLUB

This year marks Cy-Ranch High School's 7th production year as a theatrical company. We are under the artistic leadership of Cheryl Bradford (department head), Jane Bankston, and Charles Page. Over the past 5 years, our students have performed to sold-out audiences for musical productions including Hairspray, Anything Goes, Legally Blonde, and Shrek the Musical. We anticipate the same with this year's production of The Addams Family. In addition to mainstage musicals, UIL competition, Fresh Faces, Comedy Sportz and various other workshops and performances throughout the year, our students annually attend our state's Thespian festival. This past year, Shrek the Musical received 6 Tommy Tune Nominations. 28 students advanced to the National level and 8 of our students brought home 1st place honors.

CFISD Fine Arts programs do not receive financial support from our school district. Up to this point, our operating budget has been raised through patron attendance and various small-scale fundraisers. On February 6, 2015, the Cy-Ranch High School Supporting Theatre at Ranch (S.T.A.R.) Booster Club will host our second annual Mardi Gras Magic Auction & Gala Fundraiser. This large fundraiser will allow us to go above and beyond our basic operating expenses to help to ensure that we will continue to provide quality opportunities for our students.

The generous support of businesses in our community plays a key role in the success of our program. Donations of merchandise and gift certificates are needed for our Silent and Live Auctions, as well as cash underwriting. Funds raised through Mardi Gras Magic 2015 will be used to help offset the expenses needed to send students to

competitions, provide much needed technical equipment upgrades for our theatre and classrooms, and allow us to bring in guest teachers for the continued growth of our program. We are actively seeking partners for this endeavor. Please consider how you can help.

### CASH UNDERWRITING

ALL Donors will be listed in our Mardi Gras Magic Program Guide

### MASQUERADE

- Donations of merchandise or gift certificates for silent/live Auction, Bid Board or Grab Bags

### GREEN MASQUERADE

- \$250 cash gift - Donors also featured on the auction table

### PURPLE MASQUERADE

- \$500 cash gift - Donors also featured on main auction table viewed by all attendees and listed on Donor banner; also includes a half page business ad in program guide

### GOLD MASQUERADE

- \$1,500 cash gift - Donors prominently listed on banner; includes a full page business ad in program guide and a table of 8 tickets to the Gala

**PLEASE VISIT [WWW.CYRANCHTHEATRE.ORG](http://WWW.CYRANCHTHEATRE.ORG) FOR MORE DETAILS AND SPONSOR INFORMATION.**

For more information contact:

**Beth Deragon, Jenn Reed and Sharon Stringfellow**  
Co-Chairs, Mardi Gras Magic 2015  
Beth: 281-248-7474 or [mbderagon@sbcglobal.net](mailto:mbderagon@sbcglobal.net)

Jenn: 832-721-8213 or [jenniquareed@gmail.com](mailto:jenniquareed@gmail.com)  
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# NORTHWEST FLYERS YOUTH TRACK CLUB

## Free Registration/Orientation Breakfast

The Northwest Flyers Youth Track Club will celebrate its 28th Anniversary Season by hosting its annual free Registration/Orientation breakfast on Saturday, February 7th, 2015, for all boys and girls who are interested in joining for the 2015 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 2015 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 (USATF). All athletes and parents who wish to join the Northwest Flyers must attend the orientation.

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 28 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> ; contact Linette Roach at [linette.roach@sbcglobal.net](mailto:linette.roach@sbcglobal.net); or "Like" the club on Facebook.



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## JANUARY MEETING

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, January 20th, 2015. 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 the meeting and to join this growing club, which meets on the third Tuesday of every month. The meetings are open to all, and always feature great fellowship and informative guest speakers. For more information, visit the website at [www.cytomdems.com](http://www.cytomdems.com); contact Glenn Etienne at [cytomdems@yahoo.com](mailto:cytomdems@yahoo.com); or "Like" the club on Facebook.

# got news?

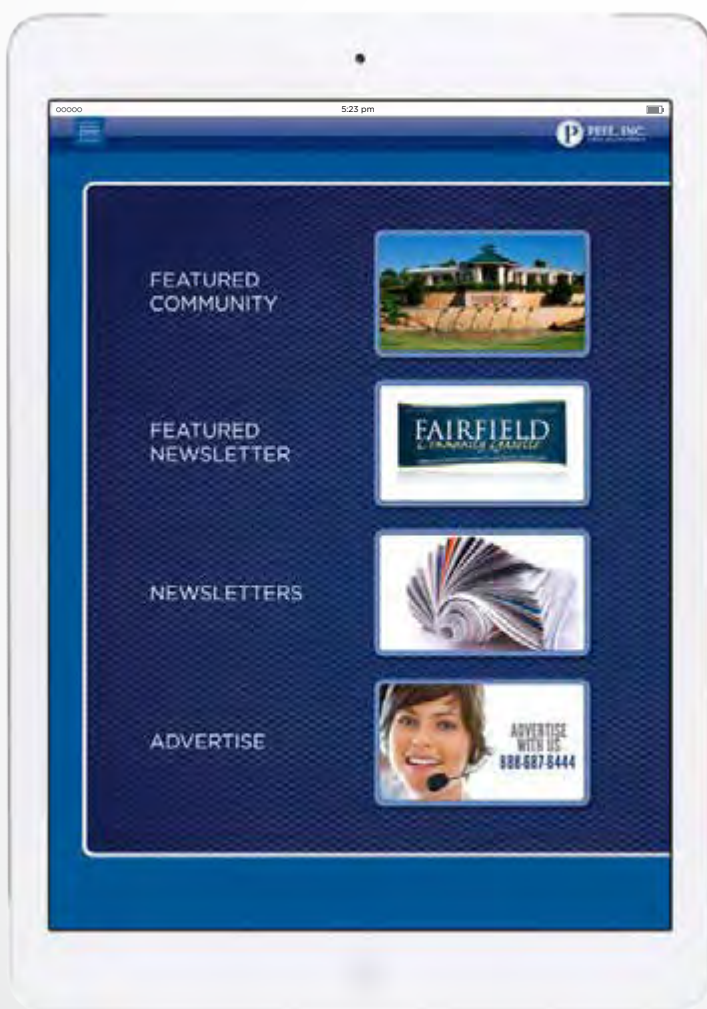
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