



A NEWSLETTER FOR TOWNE LAKE RESIDENTS

APRIL 2017

VOLUME 6, ISSUE 4

WELCOME TO TOWNE LAKE TRIBUNE

*A Newsletter
for the Towne Lake
Community*

The Tribune is a monthly newsletter mailed to all Towne Lake residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at www.PEELinc.com. Personal news (announcements, accolades/honors/celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!

THE CYPRESS RANCH CHOIR TMEA ALL-STATE PERFORMERS

Congratulations to Cypress Ranch Choir members Jacob Barnes, Vicky Furlan, Reed Sellers and Ryann Stringfellow who performed in the 2017 TMEA All-State Choir Concert on February 11th in San Antonio, Texas!

CYPRESS RANCH CHOIRS SPRING SHOW

Please join the Cypress Ranch Choirs for their Spring Show
on Thursday, May 11th, at 7:00 p.m.
in the Cypress Ranch High School Auditorium.

All Cy-Ranch Choir alumni are especially invited to attend.

For more information, please check the Cypress Ranch Choir website www.ranchchoir.com



IMPORTANT NUMBERS

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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
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Cypress Fairbanks Medical Center.....	281-890-4285
Harris County Health Department	713-439-6260
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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. The deadline is the 9th of the month prior to the issue.

Cypress Ranch Theatre



The award winning Cypress Ranch Theatre Department presents A CHORUS LINE, coming your way April 21st and 22nd, 7pm Tickets: Adults \$12, Students \$8

This singular sensation of a musical tells the story of 19 dancers at a final audition, vying for a spot in a Broadway show. A landmark American musical, A Chorus Line has been called "the greatest musical – ever." With music by Oscar and Tony winning Marvin Hamlisch, A Chorus Line celebrates the dreams, guts and sweat that we all need to take our place "on the line." You don't want to miss this show...get your tickets today: www.cyranchtheatre.org

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How to Raise a Confident Child

Neena Hamamcy, MA, LPC, LMFT

A child's self-worth is the gateway to social success and sound mental health. Developing healthy self-esteem is the building blocks of child development and affects us at every age of our lives, determining how we act, not just in childhood, but also as adults. Having low self-esteem drives behavior problems, troubles in relationships and school performance, to name a few. As parents, we are greatly influential in how our children perceive themselves, thus ensuring that we raise our children to grow to have confidence and positive self-worth is essential for their success as adults. Here are some ways to help improve your child's self-esteem:

Help Your Child Express and Embrace their Feelings

When your child looks in the mirror and sees themselves, you want to make sure that they like who they see. One way to ensure this is to cultivate a relationship where you encourage your children to express their feelings openly. When you take the time to listen and accept their feelings, you are sending a message that they matter and how they feel is important. A child's feelings are part of who they are as individuals, thus embracing their feelings is in effect embracing them. When a parent listens and validates their child's feelings, it makes a child feel valued and worthy. If a parent repeatedly responds to their child's feelings with hurt, anger, shame or judgment, the child receives a message from a parent that their feelings are wrong and that their parents are not emotionally available. This can lead a child to shut off their emotions, which in turn can lead to behavior problems down the road. The way a child feels about themselves reflects in their behaviors. By listening and accepting your child's emotions, your child will feel loved, valued and reassured that you are capable of meeting their needs emotionally.

Teach Ownership

It is important to distinguish between a child's feelings and their actions. You want ensure that your child feels loved, but you also want to hold your child accountable for undesirable actions. Setting clear expectations and having consequences is essential for teaching accountability and promoting self-esteem. Helping your child take ownership for their actions helps them learn that their actions have consequences and that they can control the outcome based on their choices. "If I make good choices, then good things follow, if I make bad choices, then bad things follow." Just as kids learn to be accountable for their mistakes, they also learn to own their achievements and success. Without this accountability, children miss the opportunity to experience the joy and satisfaction that comes from mastering their efforts. It is important to allow children to learn from their missteps and develop the resiliency to deal with their failures and the difficult feelings that accompany. We have morphed into a society that struggles with negative emotions and what we often see are parents trying to protect their children from

unpleasant feelings. Where everyone is a winner and there are no losers; where in an effort to preserve self-esteem, we try to protect our children from feeling bad about themselves. This approach actually produces the opposite outcome; it creates children that are spoiled, entitled and view themselves as victims. A parent who intervenes and tries to protect their children from difficult feelings and situations, inadvertently interferes in learning lessons that build self-esteem and resiliency that set the path for success in adulthood. Parenting with accountability allows children to own their failures as well as their achievements and empowers kids to see they have control over the outcome of their lives.

Create Experiences to Help Your Child Feel Successful

Help your child find their strengths and acquire skills, whether it be academically, socially or in extracurricular activities. One way children measure their self-worth is by how others perceive them, and in our society that is full of measuring and comparing, children can be vulnerable to heightened criticism and comparison. Emphasize to your child that you accept and love them regardless of their performance. Create opportunities for them at home and outside the home, where they can accomplish goals and feel the satisfaction of completing a task. Experiences of success create confidence and foster self-esteem. Experiences that can foster self-esteem include having chores and responsibilities at home, participating in athletics, or other areas of social or extracurricular interest. Encouraging their independence and helping your children be responsible will encourage positive self-worth.

Try to Understand and Heal your own Self-Worth Issues

Parenting can be emotionally intoxicating as well as draining. Becoming a parent tends to bring out the best and worst of ourselves. As we navigate through such an intensely emotional relationship with our children, we are often confronted with our own insecurities and fears. Becoming a parent has a way of bringing to the surface our own unresolved emotional issues stemming from our relationships with our own family or origin. Our children's self-worth is not genetic, but rather learned and especially in early childhood, is a reflection of the parent's sense of self, particularly the mother. A parent's unhappiness is passed down to a child, and children view your unhappiness as unhappiness with them. It is important to address your own insecurities and fears because no matter how many parenting books you read, if you don't address your own self-worth issues, you are bound to pass them to your kids. Looking at your own wounds from your early childhood and trying to understand the positive and negative ways your parents influenced your self-esteem can help you identify ways to break the cycle in your own relationships with your children and help promote your own self-worth as well as your children's.

29TH Annual B. F. Adam Golf Classic

Thursday, May 11, 2017

BlackHorse Golf Club

(Cypress, TX) - May 11, 2017, the Cy-Fair Educational Foundation (CFEF) will hold its 29th Annual B. F. Adam Golf Classic at BlackHorse Golf Club. For the past 7 years, Cypress Fairbanks Medical Center Hospital, a Cy-Fair Educational Foundation Partner, has generously underwritten this tournament. Linebarger Goggan Blair & Sampson and IBI Group have been Platinum Sponsors for more than 10 years.

One of the largest non-celebrity tournaments in the Houston area, the B.F. Adam Golf Classic is a prime example of our trustees and community business partners working together to raise scholarship funds for students of Cypress Fair banks ISD. This tournament has successfully raised over 2.7 million dollars.

CFEF was established in 1970 as a non-profit to raise money to fund a scholarship for high school graduates in the area. Over the past 46 years, the Foundation has grown tremendously through the efforts of the Board of Trustees and the generosity of the Cy-Fair Community. The Foundation has awarded more than

\$7 million in scholarships to 1400 graduating seniors. CFEF is a 501(c)3 non-profit organization, all contributions are tax deductible, as allowed by the law.



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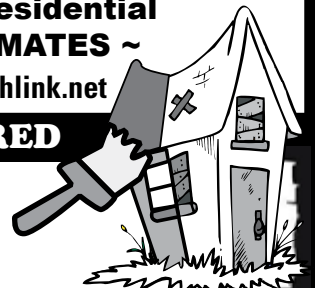
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Butterfly Family Festival

Messiah Lutheran Church

Butterfly Family Festival

Sunday, April 23, 2017

12:00-3:00 pm

11522 Telge Rd., Cypress, TX 77429

Butterfly Family Festival Is Taking A Twist

Come see a LIVE butterfly release! Messiah Lutheran Church is hosting its annual Butterfly Family Festival on Sunday, April 23, 12:00-3:00 PM at 11522 Telge Road in Cypress. This year we are adding new events! Beginning at 9 am we will host multiple vendors along with our silent auction. We've added Bingo, a train ride, popcorn, cupcake decorating and a FREE Basketball game.

Yes we will have your favorites: delicious BBQ lunch, cookies, a raffle, children's carnival games, cake walk, book walk, face painting, music, inflatable slide, and bounce house. Children 12 and under will receive 3 FREE tickets. The auction will run from 9:00 am-2:30 pm. The barbecue lunch will begin at 11:00 am and can be taken home or eaten at Messiah. All games will begin at noon. Bring the whole family to see the butterfly release, eat some great food, and have some fun!

The day's events will benefit Chrysalis, A Grace Place for Children, by providing scholarships to families that attend our school. Chrysalis features a Christian preschool, after school, and summer camp programs. Chrysalis Christian Preschool admits students of any race, color, and national or ethnic origin. Call 281-807-0764 or go to www.messiahlc.org/events for further information.

Messiah Lutheran Church is a grace place, a congregation of the Evangelical Lutheran Church in America (ELCA). Messiah is located at 11522 Telge Road, ½ mile north of Highway 290. Regular Sunday worship times are: 8 am—Traditions; 9:30 am—The Gathering; and 10:45 am—The Crossing. The Discovery (education) Hour is 9:15-10:15 AM on Sundays. For more information, 281-890-3013 or www.messiahlc.org. All people are welcome at Messiah.



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ALBION HURRICANES

Albion Hurricanes FC Soccer Tryouts and Evaluations Coming in May!

Albion Hurricanes FC (AHFC), established in 1989, is leading the way in South Texas youth soccer by inspiring and developing young men and women through world class coaching and innovative techniques, as well as instilling the proper framework, self-esteem, confidence and sportsmanship within our athletes.

AHFC has multiple campuses in and around Houston . The club invites all interested players from the ages of 7 to 18, to the Player Evaluations and Tryouts to become part of our success. We ask that all interested players pre-register before coming out to the fields. Please visit albionhurricanes.org for details about your particular campus.

AHFC offers JHSL (a recreational program for 5 - 10 year olds) at our Cy Fair and Central locations and offers additional training at Katy Friday Night Academy and New Territory Thursday Night Academy. Canes Summer Soccer Camp will be in June and July and is now open to register. All information regarding all of the programs and camps can be found at albionhurricanes.org.



**Did you know only about 5 - 10% of breast cancer cases are thought to be hereditary?*

Don't take chances – get your annual mammogram starting at age 40.



We offer 3D mammography and genetic testing! Evening and weekend appointments are available.

**** Women's Imaging Center at Cy-Fair Hospital (FM 1960 at Jones Road)**
11307 FM 1960 West, Suite 340 • Houston, Texas 77065 • Genetic testing available here

**** Women's Imaging Center at Spring Cypress (at Spring Cypress & Grant)**
14044 Spring Cypress • Cypress, Texas 77429

Cy-Fair Emergency & Imaging Center (at Barker Cypress & FM 529)
7015 Barker Cypress • Cypress, Texas 77433

Cy-Fair Emergency & Imaging Center (at Beltway 8 & Tanner Rd.)
5655 W. Sam Houston Parkway N. Houston, Texas 77041

* According to the American Cancer Society

**Tomosynthesis. (3D mammography) an FDA approved imaging technology designed for early breast cancer detection, is available here.



CyFairHospital.com

**Please call to schedule:
281-897-3121**

Evening & weekend appointments available.



Cypress Texas Tea Party

The next meeting of the Cypress Texas Tea Party will be on:

Saturday, April 15, 2017 NOON - 2:00 PM

- To Be Determined

Saturday, May 6, 2017 NOON - 2:00 PM

- Alan Bragg, Police Chief, CFISD

The Cypress Texas Tea Party meets every three weeks on Saturday

Noon until 2:00 PM at:

Spring Creek BBQ

25831 Northwest Freeway

Cypress, Texas 77429

Map: <http://goo.gl/maps/OoNjY>

A schedule of our meetings and confirmed speakers can be found at our website, www.cypresstexteasteparty.org



Cy-Fair Republican Women April Meeting

Tuesday, April 11th will be CFRW

General Meeting from 10:30 AM - Noon.

Meeting is \$3 -- Meeting w/Lunch at Noon is \$23.

Hearthstone Country Club

7615 Ameswood, Houston, TX 77095

All are welcome! Come and enjoy like-minded fellowship and relevant speakers. Our goals include educating our community about the workings of all levels of government and each of us has a voice.

RSVP to www.cfrw.net by April 4th.

We look forward to seeing you there!

SAVE the DATE—November 3rd for High Heels & High Tea!



STS Foundation Seeks U.S. Families in Houston area to Host High School International Exchange Students for the 2017-2018 School Year

STS Foundation a not-for-profit corporation dedicated to intercultural student exchange is looking for American families in the Houston area interested in sharing their America with international high school students for the 2017-2018 school year. Applications for interested Houston area host families are currently being accepted.

STS Foundation was founded on the belief that international student exchange promotes understanding, respect, and goodwill among people of all nations. Opportunities to increase intercultural awareness are offered to students, parents, host families, and communities who are all involved in the exchange experience.

STS Foundation foreign exchange students come from around the globe, are fully insured, bring their own spending money, and are proficient in English. Whether from New Zealand or Brazil, India or Sweden, Ukraine or Italy, France or Lebanon, foreign exchange students are a window into another culture and a great way to travel the world without leaving your home.

"I have been involved in foreign exchange for eight years now and have hosted twelve students so far," said Vicki Odom, Local Coordinator for STS Foundation, and the local contact for Houston area. "Our city is such a great place to host a student, it offers a great deal of attractions for both the student and the families. Families that have hosted students over the years have been changed by the experience and have gained new family members in their lives."

STS Foundation welcomes all interested families, with or without children, from both urban and rural communities, single parents or same-sex couples. Host families provide three meals a day and a bedroom (either private or shared). Each student is supported by a professionally trained STS Foundation Local Coordinator who works with the family and student for the entire program. All host families must pass a criminal background check and a home visit by an STS Foundation representative.

STS Foundation is a 501(c)3, and an official U.S. Department of State designated Exchange Visitor Program Sponsor. Families interested in learning more about hosting an exchange student can visit <http://www.stsfoundation.org> or contact Vicki Odom at 832-455-7881 or at vicki.stsfoundation@gmail.com.



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