



A NEWSLETTER FOR TOWNE LAKE RESIDENTS

OCTOBER 2017

VOLUME 6, ISSUE 10

CYRANCH THEATRE PRESENTS:

hairspray

**The award winning CyRanch Theatre Company
Presents HAIRSPRAY
winner of multiple Tony Awards,
November 9-12th
Tickets on sale www.cyranchtheatre.org**

Hairspray is an American musical with music by Marc Shaiman, lyrics by Scott Wittman and Shaiman and a book by Mark O'Donnell and Thomas Meehan, based on the 1988 John Waters film Hairspray. The songs include 1960s-style dance music and "downtown" rhythm and blues. In 1962 Baltimore, Maryland, plump teenager Tracy Turnblad's dream is to dance on The Corny Collins Show, a local TV dance program based on the real-life Buddy Deane Show.[1] When Tracy wins a role on the show, she becomes a celebrity overnight, and meets a colorful array of characters, leading to social change as Tracy campaigns for the show's integration. In 2003 it won eight Tony Awards, including one for Best Musical, out of 13 nominations. It ran for 2,642 performances, and closed on January 4, 2009.[2] Hairspray has also had national tours, a London West End production, and numerous foreign productions and was adapted as a 2007 musical film. The London production was nominated for a record-setting eleven Laurence Olivier Awards, winning four including Best New Musical.



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Cypress Fairbanks ISD Transportation	281-897-4380
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Cy-Ranch High School	281-373-2300

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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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Peel, Inc.	1-888-687-6444
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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.

SHADOW OAKS FALL FUTSAL LEAGUE

Development at a young age is vital to a player's growth. Our goal is to create technically sound players who are individually more skilled than their opponents. AHFC is launching the Shadow Oaks Futsal League.(Shadow Oaks: 10502 Westview Drive Houston Texas United States 77043). This new league provides a platform for players to express their creativity and put their skills to the test.

Divisions:

U10 Boys
U10 Girls
U8/9 Boys
U8/9 Girls

Registration: \$250 per team (8 player maximum).

Get your friends together and come play!

*** Non AHFC players welcome per
League, Club, Associations Rules***



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ALBION HURRICANES

AHFC Premier GK Program will be held on Friday evening's. Our objectives are to further aid our current goalkeepers' development, and to develop any prospective goalkeepers.

*** Non AHFC players welcome per League, Club, Associations Rules***

Block 2 training will run on a pattern where keepers will train for two weeks, have one week off, followed by two weeks of training to complete the block. Our second block of training will run slightly different due to prior engagements with our coaching staff.

All sessions will be held at Campbell Road Sports Park (CRSP 3601 Campbell Rd.).

U11 - U14 6:00 - 7:00PM

U15 - U18 7:30 - 8:30PM

Fall Training Block 2:

October 13, 20

November 3, 10

Cost: \$120

To Register visit www.albionhurricanes.org



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VENDOR OPPORTUNITIES AVAILABLE
Email Fae@krenekprinting.com for information



It's **Vegas Casino Night** at
Avanti Senior Living at Towne Lake



Thursday, October 26th 6:30 to 8:30pm

17808 Lakecrest View Drive | Cypress, TX 77433

Join us for an evening of blackjack, roulette, craps and poker.

Enjoy drinks and delectable appetizers –
and enter to win a jackpot grand prize!

\$25 Donation – ALL proceeds will be given to the Alzheimer's Association.
Cocktail attire with a masquerade mask is preferred.



RSVP to **832-653-4260** or **HelloTowneLake@avanti-sl.com**

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HARVEY EFFECTS IN REAL ESTATE

By Tracy Montgomery, Realtor

Prepare for the shift into a seller's market! Inventory will be low and demand for homes that did not flood will be higher than ever.

Rentals, Rentals, Rentals, if you are considering putting your home on the market as a rental, NOW is the time to do it. People all over the city are looking for dry houses they can call home for the next few months and up to a year.

Price gouging in a time of catastrophe; just don't do it. While the supply and demand concept is a real thing, these homes still need to appraise once they are under contract. Don't jeopardize your risk of appraising by overpricing your home!

If your home is currently on the market consider becoming an investor. If your situation allows for it, consider renting out your current home after purchasing your new one.

When purchasing a home after a catastrophe don't be completely driven away by insurance claims, more and more houses will have that disclosed and it will be a commonly seen aspect of many homes to come.

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View answers online at www.peelinc.com

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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COUNSELORS OFFER HELP IN DISASTER'S AFTERMATH

For most of us, when we are in the middle of a major life stressor, we focus on the most important survival tasks. In the immediate aftermath, we are shocked that we made it through and many of us experience a heart full of gratitude. We are glad to be alive.

Over the next several weeks, the emotional reality of the trauma we survived begins to affect us. Allie Scott, Clinical Coordinator at Shield Bearer, shared her experience working with trauma survivors who lived through rape, crime, fire, traffic accidents and suicides. "Our adrenaline kicks in to help us get through the traumatic event. But after we are safely out of harms way, our emotions tend to take over. Sometimes you will just find yourself crying, sweating or angry with no explanation for it."

The team of trauma specialists at Shield Bearer who have experience working with survivors of sex trafficking, war, and other traumatic events put together this advice for surviving the emotional aftermath of trauma.

Take a huge breath.

Breathing deeply helps your body deal with the chemicals in your body that have been released from your emotional trauma. Studies have shown that deep breathing, meditation, and prayer support your immune system and decrease the effects of stress.

Accept how you feel.

Whatever you are feeling is part of your natural response to the horrible experience you have been through. Give yourself permission to feel what you are feeling. Give yourself grace to be okay with your emotions.

Process your experience.

You need to express what you went through. You can talk to friends, write a journal of your experience, or meet with a professional counselor or faith leader. Not expressing what you have been through causes your thoughts about the event to increase.

Get back to your routine.

Your body and mind thrive on routine. Set your alarm and get

back to a normal wake – sleep cycle. Eat meals regularly. Go to work, school or find an activity to do every day.

Discover what you are thankful for.

Gratitude opens up space in your heart to feel something other than negative emotions. Look around to see what you can find to be thankful for. Write the list down, post on social media, or tell a friend what you are happy to have in your life.

Get help if you need it.

You may need to see a professional counselor or physician if you are sleeping or eating too little or too much. If you feel like you do not want to do anything or are having thoughts of a suicidal nature, you need to be assessed by a professional.

Scott added, "Trauma reactions usually include a period where you feel like things are hopeless and will never change. The truth is that if you get help, you will move through this period and hope will reappear."

For more information about Shield Bearer, a Houston based non-profit counseling center and lead agency in the movement to strengthen individuals, couples, and families, visit shieldbearer.org or call (281) 894-7222.

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FLOODWATER MOSQUITOES

TEXAS A&M
AGRI LIFE
EXTENSION

If you've been outside lately, you have most likely noticed the giant mosquitoes that seem to want to pick people up and carry them off. With recent weather conditions, floodwater mosquitoes have

emerged in large numbers.

Floodwater mosquitoes lay their eggs above the water line in ponds, ditches, pastures, or other places where water collects. The eggs can remain in dry areas and when these areas are flooded the eggs hatch, leading to swarms of hungry mosquitoes. These mosquitoes are larger than mosquitoes we are used to and can swarm in high numbers.

While floodwater mosquitoes won't last forever, other mosquitoes called container breeding mosquitoes emerge when floodwaters begin to recede. Many of these species are ones that we are used to seeing around our homes.

Many things can help to reduce mosquito problems around the home. Eliminate all sources of standing water. Containers such as watering cans, buckets and bottles can turn into mosquito breeding grounds. Water should be drained from birdbaths, gutters, flowerpots and pet dishes at least once a week. Children's wading pools should be emptied of water at least once a week and stored so they cannot collect water when not in use. Tree holes should be filled in with sand or mortar, or drained after each rain. Leaky faucets and pipes located outside should be repaired.

Areas that cannot be drained, such as ponds or large rain collection systems, can be stocked with mosquito fish that eat mosquito larvae. Dunks can also be used in these areas. Dunks are a small, donut-shaped product that contains *Bacillus thuringiensis* var. *israeliensis*. The donut disrupts the life cycle of the mosquito and is non-toxic to humans, amphibians and fish.

When outside, wear loose-fitting, light colored clothing with long sleeves & long pants. Repellants containing active ingredients such as DEET, Picaridin, IR3535, or oil of lemon eucalyptus can be effective to keep mosquitoes from biting when activities cannot be rescheduled.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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HARVEY

By Cheryl Conley, TWRC Wildlife Center

Just as Hurricane Harvey displaced thousands of people. Harvey also displaced thousands of wild animals. Compassionate residents have brought birds, snakes, squirrels and even an alligator to TWRC Wildlife Center for care.

Although there is no way of knowing the actual number of animals affected, the numbers are, no doubt, very high. It is human nature to want to help these animals but in some cases, it is better to leave them alone.

- **DEER** – Many deer were forced to move to higher ground. People are seeing deer in their yards, in the streets and other areas with dry land. It is for your own safety that you do not try to catch these animals. Make sure that gates are open so they have a way to exit your yard. Sadly, there's nothing else you can do.
- **ALLIGATORS AND SNAKES** – It seems silly that we would have to warn people to stay away from them but sometimes curiosity gets the best of people. Keep your distance. If you need help identifying a snake to find out if it's venomous, call us and we can help. We can also refer you to a professional who can assist with the removal of snakes. For help with alligators, we recommend you call your Game Warden. To find the Game Warden for your area, go to the Texas Parks and Wildlife website.

It is baby squirrel season right now and in the case of these animals, your intervention may be needed. If you find a baby, you will first need to try to reunite the baby with its mother. You can do this by placing the baby in a small container near the area where you found



it. Make sure the container is safe from dogs and cats. Watch to see if mom comes to get her little one. If, after a couple of hours, the mom has not returned, you will need to intervene. The most important thing is to keep the baby warm. You can accomplish by placing the baby in a box along with a soft cloth and place the box on a heating pad set to low. Do NOT attempt to give the baby food or water. Bring the baby to TWRC Wildlife Center as soon as possible.

Chances are very low that you will encounter any other wildlife babies at this time of the year. You may encounter injured adult raccoons, opossums and birds, however. We advise that you do not try to rescue these animals. Their intention is not to hurt you but they may bite or scratch because they are afraid.

If you have questions about wildlife, we are available from 10am to 2pm to help you. Before attempting to rescue an animal and before bringing it in to us, we suggest you give us a call first. After hours, our website can provide you with many answers.

Thank you for your support during this difficult time.

CYPRESS AREA FOOD PANTRY

Do you know of someone who has trouble putting food on the table? Maybe their employment was suddenly terminated; maybe it's a choice between medications or food; for whatever reason a family can find themselves in a situation where they need a little help.

Fountain of Life Church of God on Mueschke Road runs a food pantry on Mondays from 3:30 pm to 6:00 pm and the only requirement is that the client should live in zip code 77433 and west of Skinner 77429. For more information, contact 281-373-9337. Food donations and volunteers are also greatly appreciated.

Computerized job search and resume preparation and printing are also available.



**Please remember to pick
up after your pets and
"scoop the poop"**



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