



A NEWSLETTER FOR TOWNE LAKE RESIDENTS

JANUARY 2018

VOLUME 7, ISSUE 1

Make Your Health a Top Priority in 2018

Eating healthier and losing weight are common New Year's resolutions. However, keeping them can be difficult. Family medicine physician, Toni Odumosu, M.D., with Memorial Hermann Medical Group Fairfield, offers these tips for making your health resolutions last all year long.

1. Start with a big, measurable goal. Make your goal specific and easy to track, like losing a specific amount of weight, exercising a specific number of days, or eating a certain amount of vegetables daily.
2. Then set small goals. Look at your overall goal, and then break it down into smaller weekly and monthly goals. You won't run a marathon tomorrow, but you may be able to run one mile.
3. Don't do it alone. Find a friend to be your workout buddy or enlist help from a professional like a nutritionist or personal trainer. Tell your friends and family about your goals so that they can help hold you accountable.
4. Display your motivation. Is there certain event you want to participate in or attend that is the motivation behind your goal? Or perhaps a loved one who inspired the change? Put a photo of what's motivating you somewhere you'll see it every day. That can help fight temptation, because temptation will come!
5. Don't be afraid to celebrate! Celebrating the small goals can energize you to continue towards the big goal. However, be mindful that your "prize" doesn't derail you from achieving the goal you set.

"It's also a good idea to talk with your primary care physician when you're in the goal setting process. Your doctor can help you make sure your goals are realistic and achievable for your current health level. He or she may also have additional tips and resources that can help you along the way," encourages Dr. Odumosu.

"I'd Rather Die than Speak in Front of a Crowd"

Luncheon Details

Thursday, January 25, 2018

Networking 11a.m.; Luncheon begins at 11:30 a.m.

Sterling Country Club

16500 Houston National Blvd.

Houston, TX 77095

Costs \$25 with advanced reservations; \$30 at the door

According to most studies, people's number one fear is public speaking. Number two is death. Death is number two. Does that sound right? This means to the average person, if you go to a funeral, you're better off in the casket than doing the eulogy. ~Jerry Seinfeld

Do you fear speaking in front of an audience? You are not alone. Join us for "I'd Rather Die Than Speak in Front of a Crowd" by Chaille Ralph, a graduate and former instructor of The Dale Carnegie Course.

A licensed real estate Broker since 1982, Chaille Ralph brings a wealth of experience and a broad body of knowledge to Heritage Texas Properties and her position as President.

A native Houstonian, it was Chaille's love of the city that led her to a career in real estate. It began with the management and marketing of commercial office buildings, and then grew to include commercial construction and project management, before shifting into the residential sales market in the mid-80s.

Chaille also has an impressive history of industry leadership, serving on numerous committees, task forces and leadership positions with the Houston Association of Realtors, where she was Chair of the Board of Directors for the 2014 calendar year. In addition, she holds Director positions with both the Texas and National Associations of Realtors.

Chaille says that she loves the challenges that face her every day and delights in the fact that she found a way to mold her passion for Houston and its continuous redevelopment and growth into her life's work.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance	911
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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

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. The deadline is the 9th of the month prior to the issue.



Cy-Fair Republican Women January Meeting

CFRW will meet on Tuesday, January 9th
10:30 AM to Noon.

Hearthstone Country Club
7615 Ameswood
Houston, TX 77095

Meeting is \$3 – Meeting with Lunch at Noon is \$23 (or \$24 w/ credit card). The program will be information regarding the High Speed Rail Project. See the website for details and RSVP to www.cfrw.net by January 2nd.

2018 being an election year, we look forward to many new faces and opportunities to promote our Republican candidates. We need you with us to get our ideals advanced locally, statewide and nationally. Give CFRW a try!



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National Charity League – Cypress Gem Chapter

Twenty-two young women in the senior class of the Cypress Gems Chapter of National Charity League were recently recognized for their outstanding community service. At a formal event held in the Norris Conference Center, the Cypress Gems graduating class of 2018 were presented by their families and honored for their contributions to their chapter and their communities.

National Charity League is a mother-daughter service organization committed to fostering the mother-daughter relationship through community service, leadership development, and cultural experiences. Alongside their mothers, the 2018 class have performed over 3,000 hours of community service. Their work has benefitted multiple Houston area nonprofit organizations such as Reach Unlimited, Houston Food Bank, and Cy-Hope Disaster Relief. The Cypress Gems chapter comprises girls attending Cypress Ranch, Cypress Woods, Cypress Fairbanks and Bridgeland High Schools.

Elizabeth Franklin, Cypress Gems Chapter President stated, “I could not be more proud of these senior girls and the accomplishments they have achieved over the past year. Every single one of them have worked hard to be remarkable role models for our younger members and to truly demonstrate the embodiment of what NCL is about. Our chapter will forever cherish their commitment and dedication as

we have grown together to accomplish our goals as Cypress Gems.”

The Class of 2018 Cypress Gems TickTockers as pictured are:

Front Row Left to Right - Isabel Ray, Maren Mullally, Jessica Sackschewsky, Madison Kippes, Madison Gvist

Middle Row Left to Right - Erica Barfield, Julia Rock, Katy Thomas, Hannah Haesly, Kathryn Motsinger, Emily Estes, Lexi Angelica, Ashley Bruton

Back Row Left to Right - Caitlyn Schade, Hallie Bruton, Sarah Theriot, Shannon Hebert, Maggie Lucas, Lexie Hluchanek, Jensen MacLeod, Anna Kolodziejczyk, Becky Clark



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 **LAS VEGAS NIGHT** 

TICKET DONATION
\$25/PERSON

In the Community Life Center at St. Elizabeth Ann Seton Catholic Church
6646 Addicks-Satsuma Rd. Houston, TX 77084

TICKETS MAY BE PURCHASED IN
ADVANCE OR AT THE DOOR
(All proceeds to benefit local Knights of Columbus charities)

 **SNACKS, DRINKS &**
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 **January 27, 2018** 

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Tom: 918-633-3806 ~ tdescioli@aol.com or Scott: 713-898-3560


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Meet Iris

By Cheryl Conley, TWRC Wildlife Center



Let me introduce you to Iris, our 9-year-old Eastern Screech Owl. She makes her home at TWRC Wildlife Center and is a “gal about town”. As one of our Animal Ambassadors, she can often be seen at schools, churches and community events throughout the Houston area.

Iris was just a few days old when a rescuer found her on the ground. Our vet staff could see that one of her eyes wasn’t developing properly. After being examined by

a specialist, it was discovered that she was blind in that eye. Knowing that owls can still survive in the wild with only one eye, a dedicated rehabilitator worked with her to prepare her for release. With her eye problem and some other issues that developed, it was decided that it was in the best interest of Iris not to release her and instead “promote” her to an Animal Ambassador.

Iris lives a pretty good life. She is served with frozen mice that have been warmed. She goes to the “beauty shop” every couple of months to get her nails done (actually they’re called talons) and get her beak trimmed and shaped. She is also given a thorough examination to make sure she is healthy. We are grateful to Dr. White at Briarcrest Veterinary Clinic who donates his time to the Center to care for Iris and our other Animal Ambassadors. In the wild, Screech Owls live an average of 12 years but because Iris doesn’t have to face the challenges of life in the wild, she is expected to live well beyond 12 years of age.

Screech owls have a unique call. One source described it as a horse on helium. They let out a descending whinny capped off with a trill. If you come to our Center to visit, she may even “talk” to you. One of her favorite things is to do is to respond to sirens she hears. As soon as she hears a siren, she starts in. Wish we could read her mind to find out why she does that.

Iris and her handlers are available to come and talk to your group, your school, your church or other gatherings. If you would like pricing information, send an email to education@twrcwildlifecenter.org.

TWRC Wildlife Center is a 501(c)(3) organization. www.twrcwildlifecenter.org



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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.

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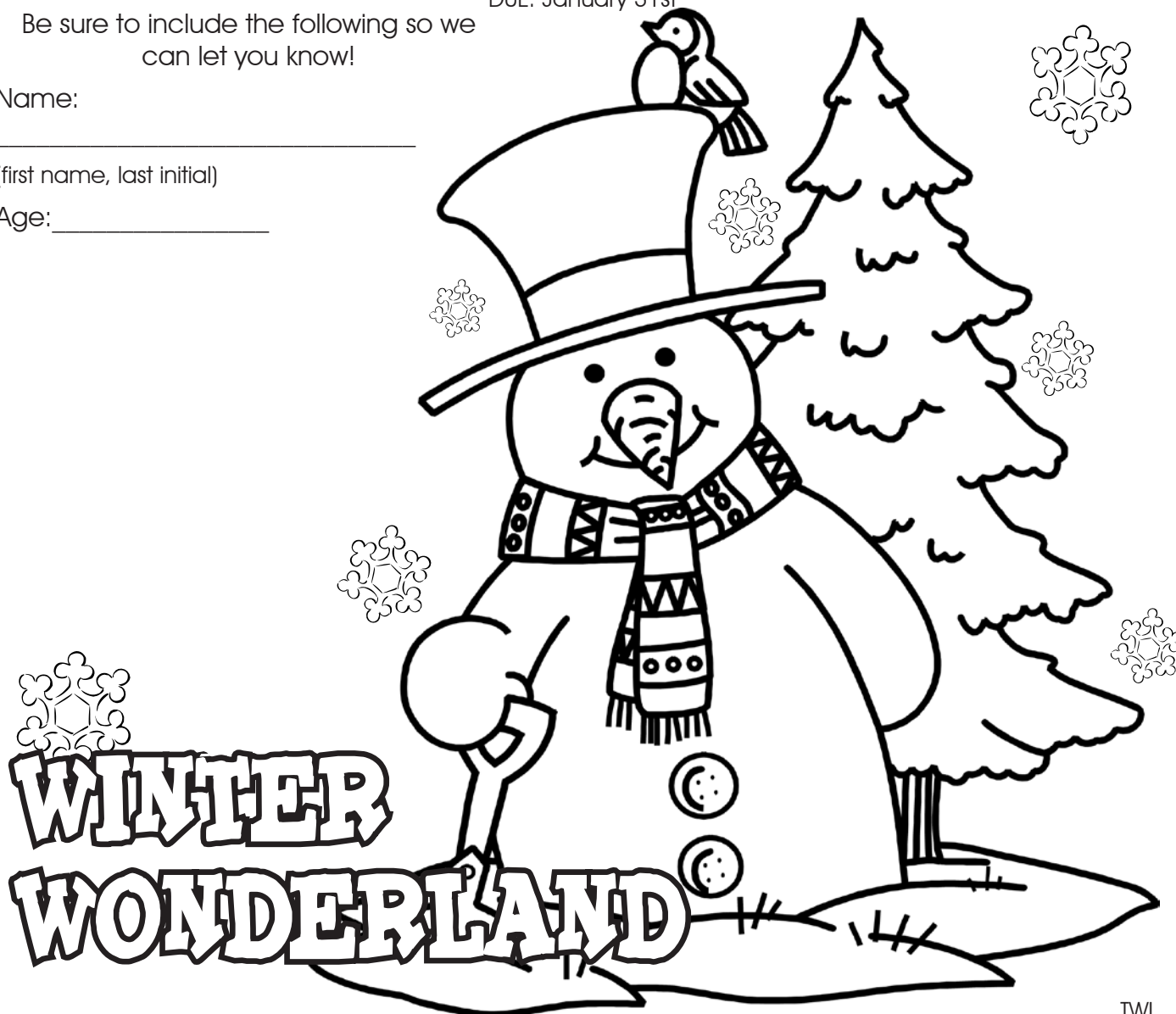
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(first name, last initial)

Age: _____



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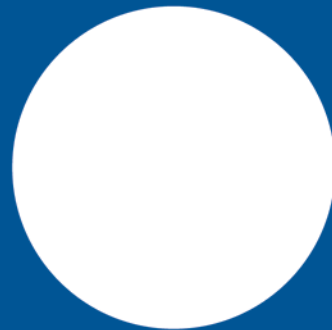
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