



A NEWSLETTER FOR TOWNE LAKE RESIDENTS

MAY 2018

VOLUME 7, ISSUE 5

MOSQUITO REPELLENTS

As mosquito season is ramping up, everyone is (hopefully) aware of possible disease transmission by mosquitoes. It is important that you protect yourself when spending time outside.

Activity times for mosquitoes can vary. Most people are familiar with the four D's- DRAIN (standing water), DEET (wear some repellent), DUSK & DAWN (stay indoors during dusk and dawn to avoid peak populations) and DRESS (wear long sleeves and long pants). While this is still good advice, it may be a good idea to spread the dress and repellent advice for anytime you spend time outdoors.

When outside, wear long pants and a long sleeved shirt in light colors to reduce the number of mosquitoes that can reach your skin. Repellent should only be applied to clothing and exposed skin. Do not apply repellent underneath clothing! If you want to apply repellent to your face, spray your hands with repellent and rub it onto your face. Do not spray repellent directly into your face or near eyes or mouth. Make sure to apply repellent outdoors. Do not allow children to handle repellents. Wash hands before eating, smoking or using the restroom.

The Center for Disease Control (CDC) recommends using a product registered with the EPA (Environmental Protection Agency) containing one of the following active ingredients: DEET, picaridin, IR3535 and some of the products containing oil of lemon eucalyptus.

DEET, also known N,N-diethyl-m-toluamide or N,N-dimethylbenzamide, was developed by the U.S. Army in 1946 to protect soldiers in insect-infested areas. Pesticides containing DEET have been used by the general public since 1957. Products containing DEET should not be used on children younger than 2 months of age (read the label and check with your pediatrician if you have questions). DEET has a slight odor and may have a greasy feel to some people. It may damage plastic, rubber, vinyl or synthetic fabrics. DEET may be irritating to the eyes and skin for some people. DEET comes in a wide variety of concentrations, so choose the one that will work best for your situation.

Picaridin was first made in the 1980's and resembles a natural compound called piperine (which is found in plants used to produce black pepper). Picaridin has been used in Europe and Australia for many years, but has only been in the U.S. since 2005. Picaridin is non-greasy and is odorless.

IR-3535, or 3-[N-Butyl-N- acetyl]-aminopropionic acid, ethyl ester, was developed in the mid- 1970's and became registered for use in the U.S. in 1999. It is registered as a biopesticide by the EPA because it is functionally identical to a naturally occurring substance (an amino-acid). It may dissolve or damage plastics and may be irritating to the eyes.

Oil of lemon eucalyptus (OLE) or PMD (para-menthane-3,8-diol) are essentially the same thing; PMD is the synthesized (lab created) version of oil of lemon eucalyptus. "Pure" or "essential" oil of lemon eucalyptus is not labeled as a repellent and has not undergone testing and should not be used as a repellent product. OLE/PMD has been on the market in the U.S. since 2002. OLE/PMD should not be used on children younger than 3 years of age. The natural product (OLE) has known allergens within it while the synthetic version (PMD) has less of a risk to allergens. This product is classified as a biopesticide. OLE/PMD has a varying range of residual, some offering about 20 minutes of protection while other products may last up to two hours.

Many factors play into how long a repellent will last for a person. Some of these are:

- The concentration (or percent of active ingredient) of the product. You can find the percentage on the product label.
- Person's attractiveness. Some people are more attractive to mosquitoes than others (and no scientific research has proven that it is because of eating garlic, taking vitamin B, using tobacco products, etc.). A person's genetic code plays a large part on what makes a person so attractive to mosquitoes.
- Frequency and uniformity of application. In other words, how often is the repellent applied and how good of coverage did you get?
- Activity level of the person. The more active the person is, the more sweat they produce which can cause the repellent to wash off the surface of the skin.

As a word of caution, there are products that combine sunscreen and insect repellent. The CDC recommends that if you need sunscreen and repellent, that you choose two separate products. Sunscreen should be applied more often than repellents.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

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
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

NEWSLETTER PUBLISHER

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

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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.

ATTENTION PARENTS OF GRADUATING SENIORS!

We would like to recognize our graduating seniors by including a small picture and a few lines about where your child will be attending college. Please send your information to articles@peelinc.com (include the newsletter you would like to recognize them in, photo, name, etc).



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MEMORIAL HERMANN CYPRESS HOSPITAL CELEBRATES FIRST ANNIVERSARY OF OPENING WITH PLANS FOR EXPANSION

Memorial Hermann Cypress Hospital is celebrating its first year of delivering high-level services to the community with plans to expand. The recently approved expansion will develop empty space already built on the Cypress campus.

“We’ve seen amazing growth in the hospital’s first year of operation and we are dedicated to continuing to provide the community with the excellent care they have come to expect from us. I am proud that the community has embraced us as a trusted care provider,” said Heath Rushing, Senior Vice President and CEO of Memorial Hermann Cypress.

The nearly \$25 million expansion will add 24 licensed beds, including Intensive Care Unit (ICU) beds, as well as an additional catheterization lab for heart procedures and endoscopy suite for gastrointestinal procedures. Since opening March 31, 2017, the 81-bed facility has added multiple services, including a high-risk pregnancy center, Memorial Hermann Wound Care, robotic surgery capabilities, and occupational medicine services for companies in the region. The hospital now offers services provided by 480 affiliated physicians spanning 40 specialties.

In addition to the expansion project, Memorial Hermann Cypress has also started its journey toward becoming a designated Level III trauma center and Level II Neonatal Intensive Care Unit.

“It takes time to demonstrate the consistent, high-quality care offered at the hospital needed to receive these designations. We feel confident that we will show the state that we can provide remarkable care to seriously injured and ill patients and we are confident that we will receive recognition for both our trauma center and our NICU,” said Jessica Rivas, Vice President of Operations at Memorial Hermann Cypress.

The expansion project will roll out over the course of next year and is expected to be finalized by summer 2019.

Learn more about the full range of services offered at Memorial Hermann Cypress and its connection to Memorial Hermann’s fully integrated, comprehensive care network.

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Cy-Fair Republican Women May Meeting

CFRW will meet on Tuesday, May 8th at 10:30 AM.

Hearthstone Country Club,
7615 Ameswood, Houston, TX 77095

Meeting is \$3 – Meeting with Lunch at Noon is \$23.

The candidates that will be in the Republican primary runoff have been invited to speak at the May meeting, as well as another interesting speaker. The primary runoff election date is May 22nd. Early voting starts May 14th. These are very important! Please vote and get out the vote! We will also have a representative from Cy-Hope speaking about their programs and mission. Cy-Hope serves the Cy-Fair community as a catalyst to bring needs and solutions together and bringing hope to at-risk children so they will grow into educated and productive citizens.

See the website for details and RSVP to www.cfrw.net by May 1st.



Micheline Hutson attending annual Conservative Political Action Conference (CPAC) held in Maryland, February 2018.

Several candidates attend our meetings regularly so come and get to know them.

We look forward to seeing you there.



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Becoming a Therapeutic Foster Parent with Benchmark Family Services



There are Foster Parents, and then there are Professional Therapeutic Foster Parents. Professional Therapeutic Foster Parents understand that a child with a traumatic past needs consistency, nurturing, and above all, someone who will focus on the good and help work through the child's difficulties.

Teenage foster children are among the most underserved population in the foster care system, and Benchmark Family Services needs your help to change that. Fostering a teen is an opportunity that is unique, and can be truly rewarding if you are willing to accept the challenge. There is such great opportunity to instill character and values in their lives that they will be able to take with them as they are becoming an adult. They are in need of something stable in their life, and your home could be just what they need. Are you ready to accept the challenge?

In one month, our agency as a whole received 6,919 referrals for children in foster care who need a home. We were not able to accept and place 4,054 of those referrals because there wasn't a Benchmark home available for them. We currently serve over 2,300 youth across four states, and that number is growing. If you have what it takes to become a Professional Therapeutic Foster Parent, we need you! All that is required is the desire to help those in need, the tenacity to persevere, and to remember that it isn't about you... it's about the children. Help them work through their past and influence strong core values and other aspects of becoming a thriving member of the adult community; help make a difference!

Benchmark's mission is to work alongside referring agencies to provide stable and caring placements for youth in need of out-of-home care. We advocate for children by ensuring reasonable

opportunities for healthy physical, psychological and emotional growth and development in the most normal and least restrictive setting possible. To this end, Benchmark will provide and coordinate programs and services in cooperation with referring child welfare agencies. Benchmark is committed to the highest standards of childcare and professionalism.



At Benchmark Family Services, we pride ourselves on our customer service. We provide state of the art training to all of our foster families to prepare them to properly care for the children that will be in their home. We never want our families to feel like they are going through this alone; we understand how tough of a job this can be, and endless support is provided to all of our families 24/7. With Benchmark, you will have the support of a team of professional, caring staff who are working with your family and the children in your home every step of the way. By doing this, they will have the opportunity to understand not only the children and their needs, but your needs as a parent as well.

Our Houston office is located at 9800 Northwest Freeway, Suite 615. If you are interested in becoming a therapeutic foster parent or would like more information, please call our local office at (713) 995-5118.

Our other Texas locations include Austin, Corpus Christi, Dallas, League City, Longview, Lubbock, McAllen, and San Antonio. If you would like to contact any of our other offices, you can reach us at 855-5FOSTER (855-536-7837), or visit our website at www.benchmarkfamilyservices.org for more information.



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HOW TO HIRE THE PERFECT PERSON

Luncheon Details

Thursday, May 24, 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



Lindsey Meadows is the proud owner of Meadows Resources an HR consulting and virtual staffing agency that places virtual and remote workers with clients all over the world. She is also the founder of VA School, a virtual academy dedicated to the enrichment of virtual workers and clients. She has over a dozen years' experience in HR,

Recruiting, Staffing, and training with over five years in a virtual capacity. She is committed to developing female talent in technology, science, and mathematics-based careers. She is also passionate about helping rural economies using virtual talent. She is an active member of ABWA, WEWEN, HAC, and CETA. Lindsey is also ABWA's 2017 Woman of the Year and a Protégé award winner. She is currently serving as the Communications Chair of HAC and the VP of Communications for WEWEN. She spends her free time homeschooling both of her children, digging in her garden, and spending time with her pets and family when not working.

About Cy-Fair Express Network (CYFEN)

Now over 60 members strong, 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. CYFEN is part of the national organization of American Business Women's Association (ABWA), for more information go to www.CYFEN.org.

About American Business Women's Association (ABWA)

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 60 years to women's education, workplace skills and career development training. For more information, visit, www.abwa.org.

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DUE: May 31st, 2018

Be sure to include the following so we can let you know!

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