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## A NEWSLETTER FOR TOWNE LAKE RESIDENTS

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JULY 2018

VOLUME 7, ISSUE 7

# ARE YOU READY?

## Perfecting Your Hurricane Plan in a Post-Harvey World

In the aftermath of Harvey, the arrival of hurricane season is undoubtedly stoking some trepidation from Houstonians still reeling from last year's unprecedented storm, but there's no reason to panic if you have a proper plan in place.

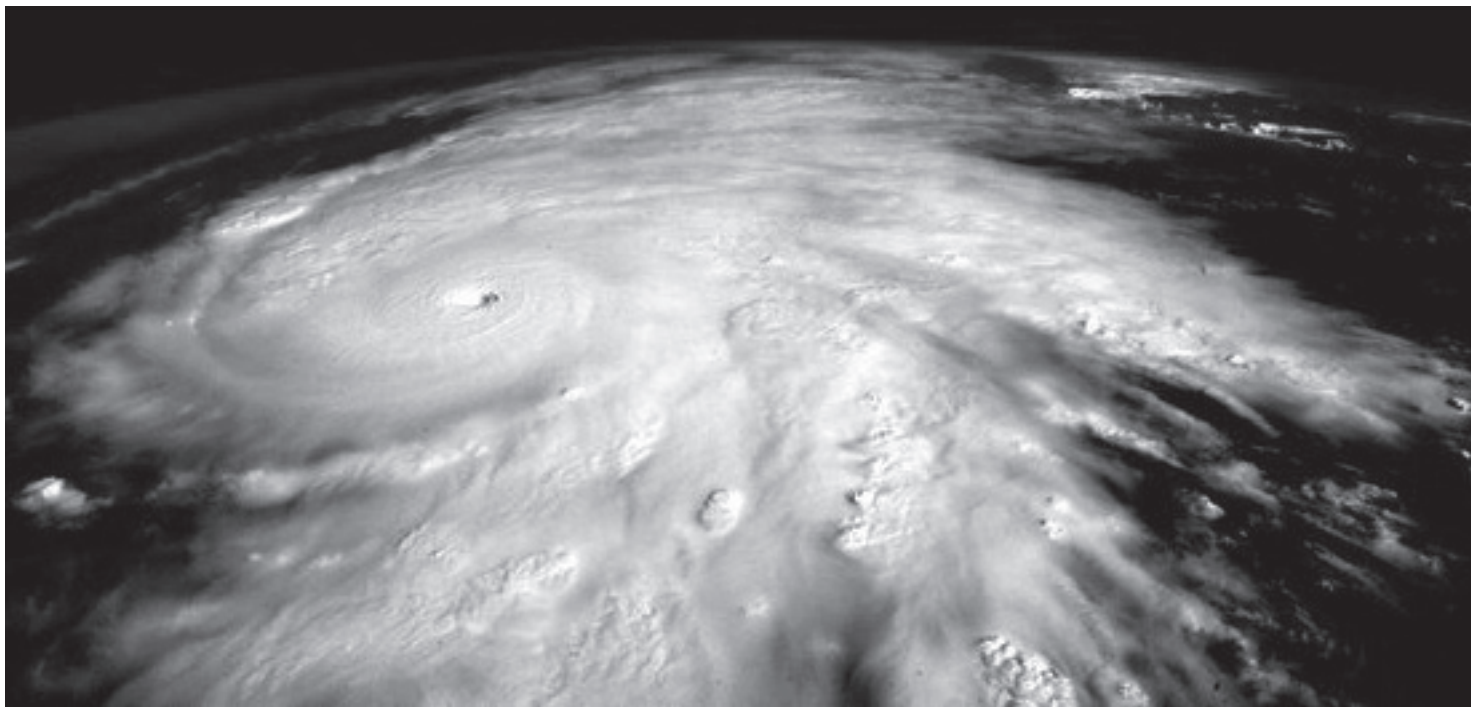
While June 1 marked the official start of Hurricane Season, the Gulf of Mexico has already seen its first named storm, Subtropical Storm Alberto, which made landfall last week on the Florida coast, dumping rain and wreaking havoc across the country.

It's notoriously difficult to predict how active a hurricane season may be, but forecasters have already warned that the U.S. could

expect to see a higher-than-average number of named storms and hurricanes this year.

When Harvey swamped Greater Houston last year – flooding homes and forcing many to flee – many residents who were new to the region hadn't experienced a storm before and were unprepared for what happened. Even some who had weathered Houston's hurricanes and floods in the past were caught flat-footed by the extreme, widespread flooding caused by a storm of epic proportions.

Read the full list of the top seven things Memorial Hermann experts say you need to do now to get ready.



## IMPORTANT NUMBERS

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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](mailto:townelake@peelinc.com). The deadline is the 9th of the month prior to the issue.

## USA FIT CYPRESS Marathon and Half Marathon Training Program

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Are you a runner? Are you a fitness walker? Do you want to be? USA Fit Cypress is a friendly, no pressure training group for a variety of marathons and half marathons throughout the year. Even if you've never run a step before, training with our group will help you conquer mental and physical barriers you never thought possible.

Beginner, walker or seasoned runner? No matter your conditioning or pace, we have a place for you. Over the course of six months, our coaches will help you achieve your personal best in a non-intimidating, fun, and safe environment.

We will provide a weekly training schedule and opportunities for group training throughout the week with our distance runs on Saturday morning at Pope Elementary on N. Bridgeland Lake Parkway in Bridgeland.

Registration for our Winter Season is open and the programs will begin on July 14th. Please visit us at <http://www.usafitcypress.com> for addition information.



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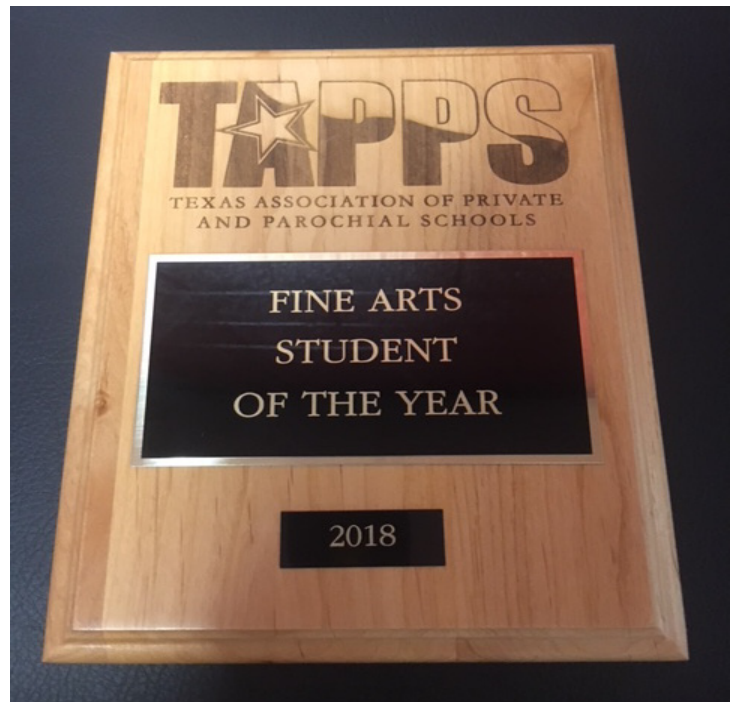
# Paige Powers named TAPPS State Fine Arts Student of the Year!

TAPPS (Texas Association of Private and Parochial Schools) recognizes the top male and female Fine Arts competitors in the state each year through their coveted "Of the Year" awards. These elite honors are extremely difficult to receive, as all TAPPS schools can nominate competitors from any TAPPS fine art, and then one male and one female in each classification are selected via an executive TAPPS panel. We are pleased to announce, that for the second year in a row, and for only the fourth time in school history, the TAPPS 3A State Fine Arts Female Student of the Year has gone to an RCS student. This year's State Fine Arts Student of the Year award recipient is our own Paige Powers.

Paige's TAPPS career accomplishments are undeniable: In TAPPS State Instrumental Music, Paige received a rating of 2 on her piano solo. In TAPPS State Vocal Music, Paige received 4 ratings of 1 (highest), and the choir was also the state runner-up overall. In TAPPS State Art, Paige placed 4th, 4th, 5th, and 5th in Painting, Printmaking, and Senior Portfolio, with her team placing 5th overall two years in a row. In TAPPS One Act Play, Paige was named All Star Cast (State) three times, All-Star Cast Honorable Mention (State), All Star Cast (District) three times, Best Actress (District), 4th, 5th, and 5th at state (team), and District Champion (team) four years in a row.

In TAPPS State Speech, Paige's four-year career of competing in Poetry, Prose, Solo Acting, and Duet Acting includes 4 state championships, 4 times as the state runner-up, 1 bronze medal, 1 fourth place, 1 sixth place, and the Virginia Wirth Distinguished Speaker (top speaker in the state overall). Her speech team is also the reigning back-to-back state champion, as well as two times being named the state runner-up. Furthermore, Paige has accomplished all of this while being an RCS honors student, Drama Student of the Year three years in a row, and a member of the National Honor Society, with a smile on her face and the love of Jesus in her heart, shining through to everyone who meets her. We are so proud of you, Paige! RCS loves you, and we cannot wait to see how God uses all of your talents as you serve Him in the next stage of your journey.

Congratulations!



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## Know the Warning Signs of Suicide

The losses of legendary fashion icon, Kate Spade, and the world's most famous foodie and travel companion, Anthony Bourdain, are fresh on the minds of so many people touched by their creativity and power. Many are wondering why a person in their station in life would end up in a space resulting in suicide. Their suicides occur at a time in our society that suicides rates have risen almost 30% since 1999.

Women attempt suicide twice as often as men, the suicide rate is highest during middle age, twenty-eight middle aged women end their lives each day and unfortunately, there is still so much stigma around getting help.

Allie Scott, LPC and Clinical Coordinator of Shield Bearer Counseling Centers states, "The issue is that we think it is our responsibility to handle it all on our own. We feel like we are the only ones going through whatever it is. We sometimes think if we seek help from a professional that means we are imperfect and failing."

Ms. Scott also shared that relief begins as soon as you reach out for help. "Studies have confirmed what our clients tell us, that as soon as you call for help, you begin to feel better." A call to Shield

Bearer is free and it usually results in a plan specific for you which may include counseling services or other services.

Scott goes on to say, "If you know someone you might think needs help, don't wait to reach out. Simply ask them how they are doing and let them know that you want to be there for them if they need help."

### Some Warning Signs to Watch For:

Talking about wanting to die or ending one's life

Mood swings

Searching for a way to die

Isolation, withdrawal and disconnection

Talking about feeling hopeless or having no reason to live

Sleeping too little or too much

Feeling trapped in unbearable pain

Change in behavior, living more recklessly

Feeling like they are a burden on others

Increased use of alcohol or other drugs

Increased anxiousness/agitation or rage

If you or someone you know is considering suicide, call the National Suicide Prevention Lifeline 1-800-273-8255 or the Harris Center 24-hour Hotline 713-970-7000.



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## Kids' Running Team Registration Starts September 4th

The Northwest Flyers Track Club Youth Cross Country Team kicks off the fall season with a mandatory orientation meeting for parents and athletes on Tuesday, September 4, 2018, at 6:30 p.m. at the D. Bradley McWilliams YMCA at Cypress Creek outdoor pavilion, 19915 TX-249, Houston, TX. Registration starts online September 1 at [www.northwestflyers.org](http://www.northwestflyers.org). Practices are held at the YMCA and at Spring Creek Park in Tomball.

The Northwest Flyers Track Club is a member program of USA Track and Field (USATF), the national governing body for track and cross country. The club is celebrating its 31st year in the northwest Houston area. Ages 6 - 18 may participate in the team, and both beginners and experienced runners are welcome. Middle school and high school cross country athletes can also register, but should compete after their school cross country season is over.

For more information contact Coach Genia English at (818) 223-1618 or [genia.english@gmail.com](mailto:genia.english@gmail.com). Visit [www.northwestflyers.org](http://www.northwestflyers.org) to get updates and learn more about the team.



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## Guests in Your Attic

*By Cheryl Conley, TWRC Wildlife Center*



Who doesn't enjoy seeing squirrels scamper from tree to tree? Everyone loves seeing birds at their feeders. Who doesn't love seeing the does with their fawns? We live side by side with wildlife. Is it any wonder that conflicts arise between humans and the animals?

This is baby season for raccoons. You may find that a mama raccoon has taken up residence in your attic or garage. The best advice we can offer you is to leave her alone. Within a couple of weeks, she will lead her babies out of your attic or garage to live in the wild. If you just can't wait, here are a couple of things you can try. Put a bright light in the area at night and play some LOUD music. Some say talk radio is best. You can throw some moth balls in the area or ammonia-soaked cotton balls. She will probably choose to move the babies to a darker, quieter place outside. When she moves out, it's your responsibility to find out how she got in and block the entrance or your attic will always look like an apartment for rent to wildlife.

We often receive calls from homeowners asking for advice on how to stop raccoons that are getting into trash cans. Solution: try using some bungee cords to secure the top. Another issue we hear about is that raccoons are eating food that is being put out for feral cats. Since raccoons are nocturnal, simply removing the cat food at night will fix the problem except in the spring when mama raccoons can be seen looking for food during the day. No, they are not rabid! They are just hungry. Some homeowners ask about trapping and relocating. While removal may seem like a solution, it usually only creates an enticing vacancy for another animal in search of a meal. Remove raccoons from an area and it's only a matter of time before others move in to take their place. Additionally, the survival rate of relocated raccoons is very low. Raccoons are territorial and putting a lone raccoon into an area already populated with other raccoons can often result in death as the other raccoons will consider him/her as an intruder.

There are products available that may help not only with raccoons but other animals as well. One such product is the motion-activated sprinkler. When an animal gets close to the food source, the sprinkler goes off and scares them away. Just do an internet search and I'm certain you'll find other products that may work as well.

With urban sprawl and loss of habitats, we need to learn to live in harmony with wildlife. TWRC Wildlife Center can often help you find solutions to your issues. Check our website at [www.twrcwildlifecenter.org](http://www.twrcwildlifecenter.org) or call us at 713-468-8972.

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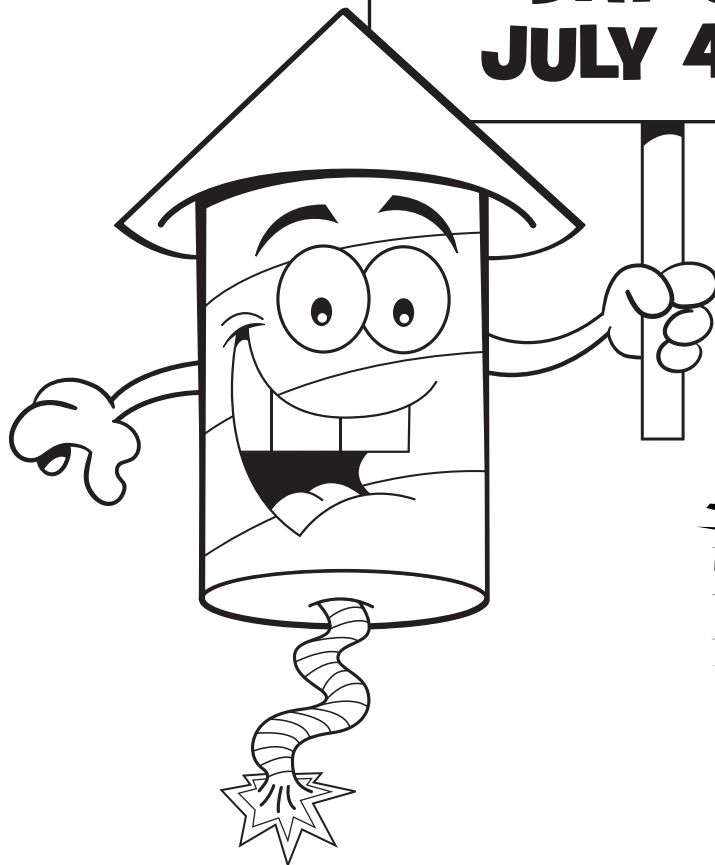
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