

The Tribune

A NEWSLETTER FOR TOWNE LAKE RESIDENTS

AUGUST 2018

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The Meaning of Life

by Stacey Gresell

When my daughter was just a tiny thing, barely walking, we were out in the yard exploring... at least that's the way it is remembered in my perfect parent mind. Truth is I was weeding and glancing every so often to make sure she didn't eat a bug. That's when a perfectly innocent toad hopped by.

I'll never forget her expression.

She laughed and laughed as if it was the funniest thing a human being had ever laid witness to; one of those baby belly guffaws that makes your own eyes water. She waddled behind that poor frog forever just busting a gut every time he hopped. Still makes me smile because of her pure joy, her discovery and wonder.

We probably all have stories like that, but if your kids are entering high school those stories are getting dusty. If your children are small still, then dustier folk like me are telling you to cherish those moments. You say "Of course!" but you won't really understand until they happen to you again.

Those moments of wonder and discovery happened to us again last fall in a fairly unique way. We got a new daughter. We picked ours up from the airport with signs and fanfare. I still remember her polite smiles in the backseat as she got bombarded with ridiculous questions- "You're

from Italy? Did you live in the heel or the toe? Do you eat pasta every day? Do you have a car?"

You may wonder as I did once, why would anyone do this? Why would anyone add to the chaos of their life by adopting a

foreign exchange student for a year?

There are a lot of lofty answers like...you can learn another language. We didn't. You will gain an expanded view on international perspectives. Nope. You will have a greater focus on life and academics.

I had 3 kids. I was drowning in life and academics already. So why?

My answer might surprise you. I wanted to be a good mom again.

We always put on the very best sides of ourselves for... others. Not our family. We are the kindest, most patient, most gracious and giving for friends and acquaintances and save the tale of our bad day, our cruddy mood and exhaustion for the people who supposedly mean the most to us. In front of our own mother we are super mom but the minute she leaves we are begging a dirty child to take a bath and bribing them with candy if they'll do it without crying—you know you've done it.

Every parent worries about their kids and about being a good parent but it's hard. It's even harder when you both work. It's even harder when you have no family nearby. It's even harder when...

(Continued on Page 2)



IMPORTANT NUMBERS

EMERGENCY NUMBERS

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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

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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.

(Continued from Cover)

I could continue but I'm sure you know as well as I do that the excuse train could ride the rails for a while.

I needed to resurrect the patient, funny and sweet mom who was always willing to hold your toad while you went potty. I wanted some version of that mom to come back.

Chiara brought her back. Chiara made me snuggly on the couch again. Chiara made me review English papers again. Chiara made me laugh and roll my eyes with a smile on my face. She made me think about my rules and the rationale for them; and reminded me of the importance of explaining them. Chiara was the kind of kid who would come downstairs, see me making dinner and just slide in gently beside me and start chopping garlic. She'd tell me about her day and ask about mine with genuine interest. It was only then that I realized I hadn't been doing these kinds of things with my own kids very often, not really.

I had gotten tired and allowed myself to check out way too often. But with unfamiliar eyes on me, I dug a little deeper to the better mom that was always still there but had become complacent.

Having a foreign exchange student living in your home will certainly mean a lot of those lofty things. You will learn more about incredible places, taste wonderful food, and witness discovery and wonder again through a child's eyes. But you might also find that dusty side of yourself, try it back on and live it again.

I have 4 kids: 3 that I made and 1 who remade me.



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ON THE FARM DAY

Submitted by Stephanie Baker

Nature Discovery Camp occurred June 25-29. On Tuesday we had our "On the Farm" day! Campers planted cucumbers and dill seeds to take home. Then they used organic cucumbers and fresh dill to make their own jar of refrigerator pickles. Keith student Nolan Maxian was excited about his jar of pickles!

We also had a three guest speakers because FFA high school students visited with our campers and talked to us about their animals.

Emily Dennison brought her sweet goat Tripp to camp. She is the daughter of Tracey Dennison, a second grade teacher at Swenke.

Molly Covey, a student at Keith, enjoyed petting a bunny on the same day. All the students loved their day at the farm during the Nature Discovery Day!

Ready to Grow Gardens is owned and operated by Stephanie Baker in Cypress, Texas. Stephanie earned her Texas Master Gardener Certification from the Texas Cooperative Extension and Harris County Master Gardener Association in June of 2003.



CFISD BACK-TO-SCHOOL EXPO

In the sixth edition, the annual CFISD Back-to-School Expo provides helpful resources to incoming Cy-Fair ISD students, parents and prospective employees. It will help allow for a smooth transition into the district.

The expo will be Saturday, Aug. 18 from 9 a.m. to 1 p.m. at the Berry Center (8877 Barker Cypress Road). Last year's expo saw more than 4,300 patrons and guests.

New students will be able to register for the 2018-2019 school year with proper documentation, with registration forms available in English and Spanish. Immunizations, vision screenings and athletic physicals will be administered.

Registration information will also be available for before/after school care. School supplies will be available, while a fresh fruit market will also on hand while supplies last.

CFISD human resources representatives will be onsite regarding employment opportunities.



Carol Kelly, CFISD police sergeant, meets with a young visitor and his family at the fifth annual CFISD Back-to-School Expo on Aug. 12, 2017 at the Berry Center. More than 4,300 guests attended the event.

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Cy-Fair Republican Women August Meeting

Cy-Fair Republican Women August Social is an evening event on Friday, Aug. 3rd, 7:00 PM. Our Guest Speaker is Nick Adams with Foundation for Liberty & American Greatness.

*See the website for details and RSVP
to www.cfrw.net by July 27th.*

CFRW typically meets on the second Tuesday of each month at 10:30 AM.

Hearthstone Country Club,
7615 Ameswood, Houston, TX 77095
Meeting is \$3 – Meeting with Lunch at Noon is \$23.

Nancy Roberts | Publicity Chair
713-466-4199 | nancyroberts004@att.net
Cy-Fair Republican Women
info@cfrw.net

PENNY PINCHING MAMAs

CHILDRENS CONSIGNMENT EVENT
@ THE BERRY CENTER
8877 BARKER CYPRESS/WEST RD

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SAVE THE DATE !!!
AUGUST 30TH - 3PM TO 7PM \$5 FEE
AUGUST 31TH - 9AM TO 6PM - FREE
SEPTEMBER, 1ST - 8AM TO 3PM - FREE

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The Berry Center | 8877 Barker Cypress/West Rd
Aug. 30th, 3pm to 7pm (\$5) | Aug. 31st, 9am to 6pm (Free Entry)
Sept. 1st, 8am to 3pm (Free Entry)

Come do all your Back to School Shopping and save money by shopping at your local community children's consignment event at the Berry Center. Proud to be serving the Cypress Area for 8 yrs.
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MEMORIAL HERMANN CYPRESS HOSPITAL ENCOURAGES BACK-TO-SCHOOL PHYSICALS

As parents are preparing their children to go back to school, there are numerous items to check off the list – and if your child is an athlete – obtaining an annual physical is mandatory. Most school districts require the exams for student athletes, as well as the use of a specific pre-participation medical history form in order to identify family history that might suggest a risk for sudden cardiac death.

Physicians will perform a head-to-toe physical of your child. Parents can expect the physician to listen to the heart, check the lungs, monitor blood pressure, test cholesterol, check for anemia, screen vision and update vaccines, among other things. Parents can also use this annual visit to discuss nutrition and exercise options, and to address any general wellness questions they might have.

Some student athletes may receive a referral for additional screening, or due to family history, some might need a cardiac screening. If necessary, these screenings are available at the follow Memorial Hermann Medical Group Clinics:

Memorial Hermann Medical Group Copperfield

8480 Highway 6 North

Houston, TX 77095

(281) 550-9005 tel

Memorial Hermann Medical Group Cypress

13114 FM 1960 Road West, Suite 119

Houston, TX 77065

(281) 890-6446 tel

Memorial Hermann Medical Group Fairfield

27700 Northwest Freeway, Suite 100

Cypress, TX 77433

(346) 231-6850 tel

“An annual back-to-school physical should be part of every parent’s checklist as the summer winds down,” said Dr. Adan Alvarez, family medicine doctor at Memorial Hermann Medical Group Copperfield Clinic and family medicine doctor affiliated with Memorial Hermann Cypress Hospital. “These physicals can provide parents with a piece of mind and start students off on the right foot for the new school year.”

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