

Windermere Lakes



NEWSLETTER

December 2013

Volume 7, Issue 12

Miss Cy-Fair Houston & Princess Pageant

Miss Cy-Fair Houston is ready for its 5th anniversary in February 2014 with new leadership. The Cy-Fair Chamber of Commerce began the pageant in 2010 as a family-friendly event aimed at raising scholarships and empowering young women and girls to achieve their goals. Over the last few years, the pageant has continued to grow and gain support. The Cy-Fair Chamber of Commerce is proud to announce that the Miss Cy-Fair Houston Pageant will continue to be a great community event under the direction of the newly formed Miss Cy-Fair Houston Organization with the leadership of Blaire Pancake and Tiffanie Vaughan.

"The chamber has great confidence that with Blaire and Tiffanie's guidance and past involvement with the Miss Cy-Fair Houston Pageant that the pageant will continue to grow and flourish with the same level



of excellence," says Leslie Martone, president of the Cy-Fair Chamber of Commerce. "We are so pleased they will continue to produce the pageant for our community."

Blaire Pancake has been involved with the Miss Cy-Fair Houston Pageant since its inception in 2010 and was the pageant chair and co-director this past year. She is also a former Miss Tennessee and brings a wealth of knowledge, experience, and expertise to the pageant.

Tiffanie Vaughan will be leading the princess pageant. She has



served as a judge and been actively involved in the local community and pageantry for several years. Tiffanie and her husband live in the Cypress area with their 4 children.

"We are honored to be asked by the chamber to continue their

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Miss Cy-Fair Houston - (Continued from Cover)

legacy with the Miss Cy-Fair Houston and Princess Pageant. This is such a fun event and a great way to raise scholarships for some outstanding young women and show the rest of Texas just how talented and outstanding the young women in our area truly are," says Blaire Pancake.

This year's pageant will take place on February 15-16, 2014 at the Cypress Academy of the Performing Arts. The Miss division will continue to be a preliminary for the Miss America Organization, with Miss Cy-Fair representing the area at the Miss Texas Pageant in July 2014. The Miss (18-24yrs) and Teen (15-17yrs) will compete on Saturday the 15th, and the Miss Houston Princesses will compete on Sunday the 16th.

Last year was our first year as a prelim, and Elizabeth Medina, Miss Cy-Fair Houston 2013, represented Cy-Fair at the Miss Texas Pageant, winning non-finalist talent and the instrumental talent award for her piano rendition of the theme song from the Magnificent Seven. "I was so proud of her hard work and dedication. She has represented us well on and off the stage, and now is studying pre-med at the University of Texas. She has really set a high standard for future titleholders," says Pancake.

While the Princesses do not compete at the state level, they certainly do several appearances around the community and have

a lot of fun! "This is not toddlers and tiaras. The whole purpose of this event is for it to be a great event for the girls and their families. It is about having fun and encouraging self-confidence in our youth. We want every little girl, whether she wins the title or not, to feel like a princess," says Tiffanie Vaughan, director of the Miss Cy-Fair Houston Princess Pageant.

Miss Cy-Fair Houston Miss Division Requirements

- No entry fee: Just need to raise \$100 for the Children's Miracle Network through the Miss America website prior to the pageant
- Age Requirements - Between the ages of 17 & 24 years of age.
- Must be 17 of age and a High School Senior by the time of their first appearance in the preliminary round of the local or state competition.

- Must be no older than twenty-four (24) years of age on December 31, 2013.

- Must attend school and be in good academic standing

Phases of Competition

- o Private interview with a personal platform – 10 minutes in Length
- o Physical fitness in swimsuit
- o Talent – up to 90 seconds in length
- o Evening wear in gown of choice

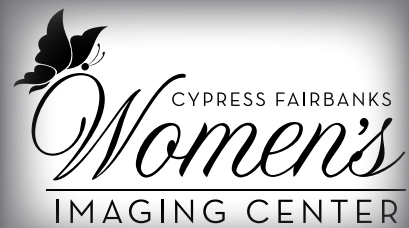
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Windermere Lakes

Miss Cy-Fair Houston - (Continued from Page 3)

o On stage question

Miss Cy-Fair Houston Teen Division Requirements

(Note: Not a Prelim to Miss Texas)

- Cost \$250
- Age Requirements - Between the ages of 15 & 17.
- Interview, Evening gown, and On Stage Questions
- Winner, 1, 2, 3, Most Photogenic and Miss Congeniality
- Winner receives \$1,000 Scholarship, crown, sash
- Deadline for applications: March 11, 2013

Pre-Teen Princess Division Requirements

(Note: Not a Prelim to Miss Texas)

- Cost \$150
- Party dress, no glitz
- Age requirements: 13-14
- Contestants will pose and state name and what they would like to be at microphone on stage.
- Winner receives: crown, sash and VIP goody bag

Junior Princess Division Requirements

(Note: Not a Prelim to Miss Texas)

- Cost \$150
- Party dress, no glitz

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SCHOLARSHIP APPLICATION - The Northwest Harris County Aggie Mom's Club raises money throughout the year to fund scholarships to students from our area. Last year, we awarded 15 scholarships to Aggie students from our local community and donated over \$34,000 to a variety of Texas A&M student organizations. Eligible students should download the scholarship application form at www.nwhcaggiemoms.org. Deadline to apply is February 4, 2014.

SAVE THE DATE - Don't miss the Annual China Luncheon and Style Show on Saturday, February 8, 2014 from 10:30 a.m. - 1:30 p.m. at Shirley Acres located at 217 Woerner Rd., Spring, Texas. We are looking for talented ladies to decorate one of our themed tables. Individual tickets are \$30. Get your ticket at one of our monthly meetings or visit our website. The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at 7100 High Life Drive. For more information on monthly speakers or upcoming events visit our website at www.nwhcaggiemoms.org or contact Shannon Eberle, Club President at clubpres2012@gmail.com.

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TRAVELING WITH YOUR PET OVER THE HOLIDAYS?

Here are some tips that will help
make your drive smooth sailing.

Submitted by Kristen West, Owner of Gusto Dogs LLC.

1. Take your pet on short trips prior to the big day to let him get used to traveling by car.
2. Keep your pet safe in a secured, well-ventilated crate or carrier. It should be large enough for your pet to stand, sit, lie down and turn around. Letting him have free range in the car not only puts him at risk, but it also poses a risk to your family if you were to stop suddenly.
3. Never let your dog travel in the bed of a truck. Even if he is secured on a short line to prevent him falling or jumping out, your pet can experience discomfort from the weather and wind or sustain injury from debris.
4. Feed your pet three or four hours prior to departure and avoid giving him any food or treats in the car.
5. Never leave your pet in a parked vehicle, which can quickly become a furnace and cause heatstroke, even with open windows. In cold weather, the car holds the temperature like a refrigerator.
6. Your pet's microchip should be up-to-date and he should be wearing a flat collar and ID at all times.
7. Bring a bowl and extra water in case you get stuck in the inevitable holiday traffic jam!
8. Take lots of breaks to let your pet stretch his legs and relieve himself. It's a great excuse to do some sight-seeing or pick up a fun treat for yourself!

- Kids Stuff -

Section for Kids with news, puzzles, games and more!



Eleven-year-old Cait was trying to fall asleep when her 8-year-old brother, Doug, came into her room. He looked around a bit, but seemed really out of it.

Then Doug went back into the hallway and stood there staring up at the hall light.

Little brothers can be weird, but this was really strange. Cait didn't know what to do. Just then, Cait's father appeared and explained that Doug was sleepwalking.

WHAT IS SLEEPWALKING?

Not all sleep is the same every night. We experience some deep, quiet sleep and some active sleep, which is when dreams happen. You might think sleepwalking would happen during active sleep, but a person isn't physically active during active sleep. Sleepwalking usually happens in the first few hours of sleep in the stage called slow-wave or deep sleep.

Not all sleepwalkers actually walk. Some simply sit up or stand in bed or act like they're awake (but dazed) when, in fact, they're asleep! Most, however, do get up and move around for a few seconds or for as long as half an hour.

Sleepwalkers' eyes are open, but they don't see the same way they do when they're awake and often think they're in different rooms of the house or different places altogether. Sleepwalkers tend to go back to bed on their own and they won't remember it in the morning.

Researchers estimate that up to 15% of kids sleepwalk regularly. Sleepwalking may run in families and sometimes occurs when a person is sick, has a fever, is not getting enough sleep, or is stressed.

IS SLEEPWALKING A SERIOUS PROBLEM?

If sleepwalking occurs frequently, every night or so, it's a good idea for your mom or dad to take you to see your doctor. But occasional sleepwalking generally isn't something to worry about, although it may look funny or even scary for the people who see a sleepwalker in action.

Although occasional sleepwalking isn't a big deal, it's important, of course, that the person is kept safe. Precautions

should be taken so the person is less likely to fall down, run into something, or walk out the front door while sleepwalking.

WHAT WILL THE DOCTOR DO?

There's no cure for sleepwalking, but the doctor can talk to you about what's happening and try to find ways to help you sleep more soundly. Most kids just grow out of sleepwalking.

For kids who sleepwalk often, doctors may recommend a treatment called scheduled awakening. This disrupts the sleep cycle enough to help stop sleepwalking. In rare cases, a doctor may prescribe medication to help someone sleep.

HERE ARE SOME TIPS TO HELP PREVENT SLEEPWALKING:

- Relax at bedtime by listening to soft music or relaxation tapes.
- Have a regular sleep schedule and stick to it.
- Keep noise and lights to a minimum while you're trying to sleep.
- Avoid drinking a lot in the evening and be sure to go to the bathroom before going to bed. (A full bladder can contribute to sleepwalking.)

HOW DO I TAKE CARE OF A SLEEPWALKER?

One thing you can do to help is to clear rooms and hallways of furniture or obstacles a sleepwalker might encounter during the night. If there are stairs or dangerous areas, a grown-up should close doors and windows or install safety gates.

You also might have heard that sleepwalkers can get confused and scared if you startle them into being awake. That's true, so what do you do if you see someone sleepwalking? You should call for a grown-up who can gently steer the person back to bed. And once the sleepwalker is tucked back in bed, it's time for you to get some shut-eye, too!

Reviewed by: Larissa Hirsch, MD Date reviewed: February 2008
Originally reviewed by: Michael H. Goodman, MD

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