

The Ranch Review

www.riataranch.net

October 2007

Volume 2, Issue 10

Official Publication of Riata Ranch Homeowners Association



October 13th

The Riata Ranch garage sale is on Saturday October 13th beginning at 8am. We need at least 70 homes to participate in order to have the event. Residents that would like to participate in the garage sale need to contact Bobbie McKeon at 281-213-3140 or email riataranchgaragesale@yahoo.com.

The last chance to register is October 7th by the pool from 6pm to 7pm.

Please leave your signs in your yard and they will be picked up by the events committee.

Thanks Giving

Do you have somebody special that you'd like to give thanks to this year? Please submit your notes of thanks to your friends, neighbors, parents, kids, siblings, grandparents by October 1st so we can get them in the Riata Review for November.

Also, do you have someone in your family who has done something special this year whether it was for school or community, big or small, we'd like to hear about it. Please let us know a little about that person and what they did and they can be highlighted in our Thanksgiving edition of the Riata Review.

Please submit your story to events@riataranch.net by October 1st.



RiataRanch.net

Fall Frolic on October 27th

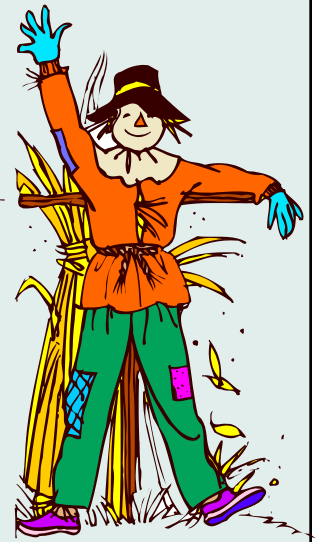
Come on out and join the fun as Riata Ranch hosts the annual Fall Frolic on October 27th from 10am – 2pm. This event will be bigger than ever and something your family will not want to miss.

The event will have a pumpkin patch and hay bales which will make a great backdrop for Halloween pictures. You can also pick out that special pumpkin to take home with you.

We will be having pony rides and a horse drawn carriage, face painting, moonwalks, old fashioned Halloween games, a talent show, and so much more.

We have numerous businesses and craft vendors, a cake walk, and we will have lots of food and fun!

If you'd like to participate as a craft or business vendor or participate in the talent show please contact Lynn at events@riataranch.net



Don't want to wait for the mail?
View the current issue of The Ranch Review on the 1st day each month at www.PEELinc.com

Riata Ranch

IMPORTANT NUMBERS

Emergency

Sheriff.....	713-221-6000
Fire Department.....	281-855-1110
Cy-Fair Medical Center.....	281-890-4285
Memorial City Hospital.....	713-932-3000
Poison Control.....	800-222-1222

Schools

Cypress Fairbanks ISD.....	281-897-4000
Posta Elementary.....	281-345-3660
Spillane Middle.....	281-216-1645
Cy-Fair High.....	281-897-4600
Cy-Falls High.....	281-856-1000
Cy-Fair College.....	281-290-3200

Utilities

HCMUD #196	
Billing.....	281-579-4500
Repairs.....	281-398-8211
Centerpoint Electric.....	713-207-2222
Centerpoint Entex Gas.....	713-659-2111
AT&T/SBC.....	800-464-7928
Warner Cable.....	713-462-9000
Waste Mgt.....	713-686-6666
HOA, SCS Mgt.....	281-463-1777
United States Post Office.....	800-275-8777

Library

Cy-Fair College Library.....	281-290-3210
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Newsletter Publisher

Peel, Inc.....	888-687-6444
Advertising.....	advertising@Peelinc.com, 888-687-6444

HOA Reminders

Tree Trimming

Please remember to trim and maintain your trees so that pedestrians and vehicles can use the sidewalk and roads with ease. This fall is the perfect time to prune and thin trees. Take a look at your trees and make sure that they are not encroaching on roads or sidewalks.

Mildew

There are many commercial products that can be applied to remove and kill the mildew. You won't believe what a difference it will make to your home and the overall appearance of the neighborhood.

Street Parking

The streets are county property and although parked cars are permitted, we would ask that you move them into the driveway whenever possible. Children cannot be seen crossing the streets when there are many parked cars.

Report Violations

If you see a property that you think has a violation that concerns you, please call our office and let us know. We will monitor it to be sure it is a consistent problem or verify the violation before sending a letter. Your call will be confidential. But remember it is not SCS, nor the Board's role to get involved in neighbor-to-neighbor disputes, so please call in only violations.

We look forward to working with all of you. Please call us if you need more time to correct violations. We are happy to work with you. The Board's goal is to improve the home values and to have the association looking first class. We are happy to work together with them and you to make that goal happen.



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Special Events

Riata Ranch would like to reach out to the community this fall and needs your support and participation. There are three events that you can participate in:

First, we are going to be preparing crafts at the Fall Frolic to give to residents of the Silverado Senior Living Center. Please come out to the Fall Frolic on October 27th from 10am – 2pm and help make a craft. If you would like to donate a gift to the residents we will be accepting those as well. All crafts and gifts will be presented to the senior center on November 17th.

Second, you can join the caravan downtown on November 3rd to participate in the American Heart Walk. Please register yourself as a participant through the Heartwalk website:

<http://heartwalk.kintera.org/faf/home/default.asp?ievent=221163>

The walk starts at 9:30am and we would like to get there early. If you'd like to go as a team and carpool we will meet at the park at 7:30am to caravan down to the Sam Houston Park. Please contact the events@riataranch.net to let us know you will be joining us.

Third, gather up all blankets and coats to donate to Bundles of Love in early December. We will provide more details about this event in upcoming issues of the Riata Review.

For more information or to volunteer please contact events@riataranch.net

6th Annual Fairfield 5K for Life Fun Run/Walk

Saturday morning, October 27th, 2007 is the date for the 6th Annual Fairfield 5K for Life Fun Run/Walk.

Plan on joining us at the Fairfield Athletic Club on Mason Road right off of 290 early Saturday morning for a jaunt through Fairfield's beautiful hike and bike trails.

Look for entry forms at the Fairfield Athletic Club or you may register at Active.com. For sponsorship information or if you have any questions, call Jane Lakatos at 281-373-9767. This event benefits the Leukemia and Lymphoma Society helping to cure all blood-related cancers.

Riata Ranch Supports Silverado Senior Center For Thanksgiving.

Riata Ranch special events committee is looking for volunteers to help make Thanksgiving special for residents of the Silverado Senior Living Center. We are creating special gifts for the residents and are looking for help. We will be creating gifts/crafts and collecting donated gifts at the Fall Frolic event on October 27th. The donations will be given to the Senior Center on November 3rd.

To help please contact Lynn at events@riataranch.net if you'd like to help.

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8681 Louetta Road #150
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Dental Tip of the Month

Fluoride and Bottled Water

Dear Friends,

An official statement of the American Dental Association says, "There are no scientific studies to indicate an increase in the tooth decay rate because more people are drinking bottled water. Nonetheless, the ADA wants people to be aware that if they drink bottled water as their primary source of water they could be missing the decay preventive effects of optimally fluoridated water available from their community water source.

Although there is no standard for a minimum daily dietary requirement of fluoride, the recommended level of water fluoridation for those who favor the process is from 0.7 to 1.2 milligrams per liter.

Howard Bailit, with the University of Connecticut School of Medicine's department of community medicine and health care agreed there essentially is no such thing as a fluoride-free diet, but addressed the question of whether or not using fluoridated toothpaste would be enough for someone who consumed no dietary fluoride.

Drinking fluoridated water is more effective than using toothpastes or mouth rinses that contain fluoride. Fluoride from toothpaste is only on the teeth for a short time, whereas consumption of fluoridated water allows fluoride to continually be delivered to the teeth through the bloodstream and saliva. Fluoride can therefore also be incorporated into teeth as they form in childhood.

Therefore, it's important that parents buying bottled water for their family determine how much fluoride is present in the water.

If you have any questions, feel free to email me at sundranidds@yahoo.com.

Your Dentist,

 **Dr. Sundrani**
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www.cyfairdental.com

Cy-Fair College Perspective

"Anna in the Tropics" Continues through Oct. 7

Ron Jones will direct "Anna in the Tropics" in the Main Stage Theater through Oct. 7 with a reception set following the Sept. 28 show. Winner of the 2003 Pulitzer Prize for Drama, this poignant and poetic play is set in Florida in 1929 in a Cuban-American family owned cigar factory in which cigars are rolled by hand and "lectors" are employed to educate and entertain the workers. This play is recommended for high school age and above. For tickets and information, call 281-290-5201 or go online to www.cy-faircollege.com/goto/cfcboxoffice.

It's Time for the Third Annual Cy-Fest

Cy-Fair College will host the third annual community day for all ages in the Cy-Fair community from 10 a.m. to 2 p.m. Saturday, Oct. 13. Cy-Fest, the college's gift to the community, is a day of free food, festivities and family fun! For information go online to www.cy-faircollege.com.

Community talk on Financial Exploitation set Oct. 26

Save the date Oct. 26 for an eye-opening community talk on "Education and Awareness: The Best Defense Against Financial Exploitation," set 9:30 a.m. to 11:30 a.m. in the Cy-Fair College Conference Center. Leading this informative talk on financial industry terms, spotting investment schemes, "real life" examples of investment fraud cases, assistance resources and more is Benette Zivley, Director of the Inspections and Compliance Division with the Texas State Securities Board. Hosting this community event is the Academy for Lifelong Learning (A.L.L.) at Cy-Fair College. For information on A.L.L., e-mail Twana York at twana.m.york@nhmccd.edu or call 281-290-5246.

Ever Thought About a New Career in Teaching?

Cy-Fair College will host an information session on two teaching programs Tuesday, Oct. 9 (and again Nov. 8) on the Barker Cypress campus in the Conference Center. The session will start at 5 p.m. and will cover information on the Associate of Arts in Teaching/Bachelor of Arts in Interdisciplinary Studies (AAT/BAIS) joint enrollment program, in which participants can earn a University of Houston bachelor's degree while taking classes on the Cy-Fair College campus. Then at 6 p.m., learn how to enter the teaching profession through the Alternative Certification Program. Call 281-290-3957 or go to www.cy-faircollege.com/tcp for information.

Visiting Artist Exhibition and Lecture

Don't miss Inside Voices set Oct. 9 – Nov. 1 in the Center for the Arts Bosque Gallery. This exhibition features Houston area artists Robbie Martinez, Trish Klenow and Lizbeth Ortiz. The name of the exhibition and lecture is titled "Inside Voices". The title relates to the dialogue these artists carry out within themselves when they create a piece. It also relates to the struggle and the need to make those voices heard. An informal discussion with the artists about the process they use to create their art will be held at 4 p.m. Oct. 11. For gallery hours and information go to www.cy-faircollege.com/bosquegallery.

L.I.F.E. in October

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Cy-Fair College Branch Library (Room 131.) October programs include treasures found at the beach, organic coffee talk, downloadable books, Autumn foods and quilting (the AIDS Memorial Quilt is on display.) Call the library at 281-290-3213 for L.I.F.E. program information or check the library web page online at <http://cfclibrary.nhmccd.edu>.

Cypress Assistance Ministries

11202 Huffmeister • 281-955-7684

www.cypressassistanceministries.com

Ministry, is sponsoring a 2nd Chance Job Fair on October 12, at our location, 11202 Huffmeister. We are seeking employers to participate in the job fair that are willing hire persons with a criminal record. When persons with criminal records are employed, they gain self-esteem, become productive members of the community, and are able to provide for their families. If your company would like to participate in the 2nd Chance Job Fair, please contact, Darrell Christiansen, Operation Jobs director, at 281-955-5895.

The services provided at CAM are made possible by many dedicated volunteers. We have volunteer openings in several departments. If you would like to become a CAM volunteer, please contact Lisa at 281-955-76784.

Cypress Assistance Ministries (CAM), located at 11202 Huffmeister, exists to provide a safe place for individuals or families to tell their story and be offered some measure of hope during difficult times. For a description of all our services and volunteer opportunities, please see our Web site, www.cypressassistanceministries.com

Donations to Cypress Assistance Ministries can be made Monday through Wednesday from 10AM – 6PM and Thursday through Saturday from 10AM – 3 PM.

If you need further information, please give us a call at 281-955-7684 and ask for Kelly or Lisa.

Craft Show and Tea Room

October 20

A Shopper's Heaven on Earth! The Foundry United Methodist Church will host over 100 vendors at its annual Judy Dierker Craft Classic on Saturday, October 20, 2007, 9 a.m. to 4 p.m. You'll find terrific values on a wide array of goods from vendors offering handcrafted items, fall & Christmas specialties, gourmet baked goods, children's toys, clothing, jewelry and more in a fun and friendly marketplace. You can also shop The Foundry General Store where every cent you spend benefits local and foreign missions. And, when you're hungry, be sure to stop by our Texas Tea Room, open 10:30 a.m. to 1:30 p.m., and enjoy salads, desserts, and coffees. Admission to the craft show is FREE; purchase tea room tickets at the show for \$10 each (all proceeds benefiting missions). Come rain or shine! Foundry is located at 8350 Jones Road, 1-½ blocks north of Hwy 290. For more information, call 713-937-9388 or see www.foundryfamily.org.

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Building Strong Families



290 Campus
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Sunday - 9:30 & 11:30 a.m.

•
249 Campus
Willow Wood Jr. High
11770 Gregson Rd.
Tomball 77377
Service Time:
Sunday - 10:30 a.m.


community of faith

www.communityoffaith.tv • 832.875.2520

Riata Ranch

Cypress Christian Students Serve Locally and Worldwide

From Mexico to Honduras to Viet Nam, from Spain to Guatemala, from England to Norway, from Texas to Louisiana to Mississippi and back home to Houston, students from Cypress Christian School made a difference in our community and the world this past summer!

Many CCS students served on missions and evangelistic teams throughout the summer. Recently, they shared how they helped to impact the lives of their fellow Americans, as well as those in other countries, by:

- Holding vacation bible schools and religion classes
- Handing out food and clothing
- Praying and sharing the gospel with others
- Performing puppet shows and making balloon animals for children
- Building new homes, painting and repairing old ones
- Visiting orphanages
- Leading worship

When asked to describe their experiences, these students responded, "Amazing," "Humbled," "Useful," "Excited," and "Life Changing." When asked if they would serve again, they enthusiastically replied, "YES!" Also, they highly recommended that others become involved because, as one student commented, "You will never be the same!"

We at Cypress Christian School wholeheartedly support and encourage service to others. In fact, it is part of our mission statement.

Whether you are a student or an adult, we believe you will experience much joy by helping to provide for those in need.


A note to parents: Recently, a report was published stating that children who participate in service projects are more likely to volunteer as adults, because they have conquered their fear of the unknown and found joy in serving others. We hope you will encourage your son or daughter to become involved in such worthy endeavors, so that the tradition of service to others will be carried forward to the next generation.

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 A Caldwell Companies Community

Special Events Committee

Fall Activities include:

October

DATE TBD: Future Business Leaders of America – We have all heard the saying “our kids are our future”, and we want to inspire our youth to think as business leaders. We are looking for all children in the CY- Fair school district that would like to participate and show off their business. Children in all grade levels are encouraged to participate. We will have an award for elementary, middle school and high school levels.

We are looking for any business concept from lemonade stands, babysitters, lawn mowers, cookie stands to more advanced business ideas. Start working with your kids individually or with a group (ie, girl scouts, boy scout troops, church groups, classes, or other clubs) to develop their business. We are building community support for this activity and would be very interested in local business participation and sponsorship of this event. If your child or group is interested in participating in this event or if you have a business that would be interested in participating as a sponsor please contact events@riataranch.net.

More details on this event to come!

December 3rd – 7th :

Collection of Blankets and Coats for Bundles of Love

December 15th:

Breakfast with Santa (10am) and Christmas Caroling (6:30pm)

These are just some of the highlights. Stay tuned for more details on each event and others not yet listed. We are looking for volunteers for all activities. We are always looking for sponsors, donations, and new ideas! Please contact us at events@riataranch.net if you can help!

We are also looking for participants to join a Riata Ranch walking team (including kids) to participate in at least one 5k charity walk. If you would be interested we'd love to put our best foot forward in the Houston area! Please join us!



Advertising Information

Please support the businesses that advertise in the Riata Ranch Community Newsletter. Their advertising dollars make it possible for all residents to receive a newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our Sales Office at 888-687-6444 or advertising@PEELinc.com for ad information and pricing.

Pumpkin Patch.

What you'll find at
Cypress United Methodist Church

It has been a tradition at CUMC each Fall to sell pumpkins from our front lawn. Yes! We're the church who has the big Pumpkin Patch located on Cypress N. Houston Rd. just east of Huffmeister.

We invite you to join us

**Friday, October 12
through Wednesday,
October 31st from
10 am - 8 pm.**

You'll find
homemade bread,
yard decorations and pumpkins of all sizes!
FREE Popcorn and snow cones from 4 - 8 pm
and all day Saturdays and Sundays. A
special treat, LIVE MUSIC and concessions
on Friday, October 19th, 6 - 8:30 pm. All
proceeds go to our Youth missions.

It's a great place to take pictures, too!

Please join us for worship services on
Sunday. With Sunday School classes for
children of all ages, over 17 Adult classes
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Sunday Worship Services

8:15 am – Traditional Worship in Sanctuary

9:30 am – Contemporary Worship Center

11:00 am – Sanctuary & Worship Center

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Cypress, Texas 77429 281-469-0730

www.cypress-umc.org

Riata Ranch

GEMS

The GEMS Guild of The Pearl Fincher Museum of Fine Arts at Cypress Creek will be holding their monthly meeting at the Forum at Cypress Creek Christian Church on October 22, 2007. Please join the GEMS for a presentation, "Pompeo Batoni: The Best Painter in Italy" from 9:30-11:00am. A reception will follow the lecture. For more information, call 281-376-6322.

To learn more about The Pearl and upcoming events, visit us at www.pearlmfa.org.



PUMPKIN PATCH

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CY-WOODS HIGH SCHOOL CASINO NIGHT AND SILENT AUCTION: Friday, Nov 9 7:00-11:00 PM at Commons. Join the fun!!! Tickets are \$10 at the door or see a band member.

WANTED: RR resident looking for reliable handyman (carpentry, electrical, painting); provide list of references with contact information, reasonable prices. Please send to cpdenniss@aol.com.

To add your classified add e-mail editor@riatacranch.net

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Riata Ranch residents, limit 30 words, please e-mail editor@riatacranch.net.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales @ 512-989-8905 or advertising@PEELinc.com.



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Teenage Job Seekers

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Please check appropriate boxes:

- Baby-sitting
- Pet Care
- House/Plant Care
- Lawn Care

Name _____

Address _____

Age _____ Phone _____

I give my permission for my child's name and phone number to be entered in THE RANCH REVIEW as a TEENAGE JOB SEEKER

Parent's Signature _____

Clip and mail to: The Ranch Review c/o SCS management
7170 Cherry Park Drive, Houston, TX 77095

Attention Teenage Job Seekers

Need some extra cash? Use THE RANCH REVIEW to find some work.

Fill out the form and send it to The Ranch Review, care of SCS Management. You will need to have your parent's signature on the form before your information will be published. To be removed from this list please call (281) 463-1777.

We hope to have your form turned in soon and get that extra money coming in!!

Not Available Online

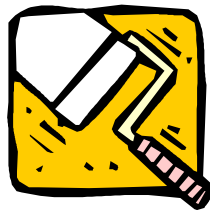
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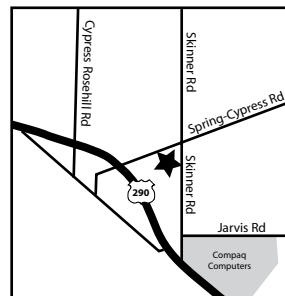
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Riata Ranch

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Kay Bailey Hutchison (R)

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Texas House of Representatives

(District 130)

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Steve Radack

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Fit Facts™

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A Walk a Day

The popularity of walking as a fitness activity is growing by leaps and bounds. Low risk and easy to start, walking has proved its health benefits in numerous studies.

An eight-year study of 13,000 people found that those who walked 30 minutes a day had a significantly lower risk of premature death than those who rarely exercised.

A regular walking program can help:

- Reduce blood cholesterol
- Lower blood pressure
- Increase cardiovascular endurance
- Boost bone strength
- Burn calories and keep weight down

Get ready

A walking program is simple to start. All you need are comfortable clothes and shoes. Layer loose clothing, keeping in mind that exercise elevates the body's temperature. Shoes specifically designed for walking are best.

Every workout should begin with a brief warm-up and a few simple stretches. Walk around the house or in place for a few minutes to get the blood flowing to the muscles before you attempt to stretch them. Although walking primarily works the major muscles of the legs, don't forget to stretch your back, shoulders and arms. This will help to loosen up any tension you may be carrying and make your walk more enjoyable as well as more effective.



Get moving

Beginning walkers can make their workouts less strenuous by limiting how fast and far they walk. Keep in mind the following:

• Walk short distances

Begin with a five-minute stroll and gradually increase your distance.

• Forget about speed

Walk at a comfortable pace. Focus on good posture, keeping your head lifted and shoulders relaxed.

• Swing your arms naturally

Breathe deeply. If you can't catch your breath, slow down or avoid hills.

• Be sure you can talk while walking

If you can't converse, you are walking too fast.

Get fit!

Walking is one fitness activity that allows you numerous options. Once you have reached a point where you can walk a few miles with relative ease, you can start to vary the intensity.

Walking hills, in addition to increasing your cardiovascular endurance, is a great way to tone the legs. Concentrate on lengthening your stride or increasing your speed. And don't forget to reward yourself after each workout with a few minutes of relaxing stretches to help prevent sore muscles.

Listening to lively music while you walk is also a great way to energize your workout. But if you wear headphones, keep the volume down and watch out for traffic that you may not hear.

Keep track of your progress. Many experts recommend that you walk a minimum of 20 minutes a day. But there are no hard and fast rules. Fit walking into your schedule whenever you can. That may mean two 10-minute walks each day, or even hour-long walks two to three times a week. The best schedule is one that keeps you walking and keeps you fit!



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Section 1	2	-	1	176	62.60
Section 2	2	1	-	-	-
Section 3	3	-	-	-	-
Section 4	2	-	1	11	93.76
Section 5	8	1	-	-	-
Section 6	4	-	-	-	-
Section 7	1	-	-	-	-
Section 8	1	-	-	-	-
Section 9	2	-	1	1	84.74
Section 10	2	2	-	-	-
Section 11	3	-	-	-	-

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