

# The Ranch Review

www.riataranch.net

January 2009

Volume 4, Issue 1

Official Publication of Riata Ranch Homeowners Association

## NOTICE: TO ALL DOGS

Woof, Woof, Bark, Ruff, Ruff, Woof,  
Woof, Wag!..... Wag!..... Wag!

*Bark, Riata Ranch*

### Translated for dog caregivers:

Listen, you always have to wear your leash when you are in the park and trails.

Also, if you poop on the trail, have your caretaker scoop it up!

*Thanks!*

*Riata Ranch*



## Riata Ranch Homeowners Meetings

The Riata Ranch HOA Board of Directors encourages all homeowners to participate in the monthly board meetings. The meeting is held on the last Tuesday of every month. If you are interested in participating please contact SCS management in order to add your topic to the meeting agenda.

riatahoa@riataranch.net

or

Debbie Spaw

dspaw@scsmgmt.com

Association Manager

SCS Management Services, Inc.

7170 Cherry Park Dr.

Houston Texas 77095

Direct phone: (281) 500-7102

Direct fax: (281) 500-7172

## Lone Star College-CyFair Perspective

### It's Not Too Late to Register for Spring Semester Classes

Spring semester classes begin Jan. 12. It's not too late to register for spring as well as some late start and continuing education courses. Lone Star College-CyFair provides a variety of options such as weekend, evening, distance learning and even hybrid (part on campus instruction and part online learning) courses. For information, call 281-290-3200 or 832-782-5000 or go online to CyFair.LoneStar.edu.

### Center for the Arts Season Tickets on Sale

Order your seats for the 2009 Season of Entertainment at Lone Star College-CyFair and not only save 25% off regular ticket prices, but receive one free ticket to the 2009 summer children's production. A variety of season ticket packages are available for this year's engaging and enjoyable choral, music and theatre line up. All performances are held in the Center for the Arts on the Barker Cypress campus at 9191 Barker Cypress. Call 281-290-5201 or go to CyFair.LoneStar.edu/boxoffice for information.

### Deadline Jan. 26 to Submit a Film for Quack Attack Competition

Do you have what it takes to make a movie? Five-minute film submissions will be accepted monthly through Jan. 26, with the Quack Attack Film Festival

set for Feb. 27. Competition categories include: Drama, Comedy, Public Service Announcements, Action, Documentary, Commercial/Advertising, Horror, Science Fiction, Romance, Animation, News Packages and Music Video. Each film will be judged on the basis of: Creativeness, Sound, Cinematography and Special Effects. For competition rules, guidelines, entry form and information go to cyfair.lonestar.edu/video.

### Try Tai Chi in the New Year

Lone Star College-CyFair offers a variety of continuing education courses, such as Tai Chi. This introductory course offers practice in the simplified styles and forms of Tai Chi. A person doing tai chi moves his or her body slowly and gently, while breathing deeply. The 24-point posture is emphasized in this course. Students also study history and basic terms along with philosophical and physiological principles and the movements of Tai Chi. Registration is under way. For information, go to CyFair.LoneStar.edu/ce.

### L.I.F.E. Lessons in January

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.

RiataRanch.net

# 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-Woods High.....	281-213-1800
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
------------------------------	--------------

### Newsletter Publisher

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

**DISCLAIMER:** Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

At no time will any source be allowed to use the Riata Ranch Community Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the Riata Ranch Homeowners Association and Peel, Inc. The information in the Riata Ranch Community Newsletter is exclusively for the private use of Riata Ranch Community residents only.

## HELPFUL TOOLS on RIATARANCH.NET

On our website, under DOCS, FORMS, LINKS, there are many helpful tools at your disposal. All of the known forms needed for all neighborhood business and activities are listed on the site, and the list keeps growing. As a new need is realized, the site gets updated with additional links in an effort to give you one place to find everything you need to make the most out of our community.

You will find everything from information regarding mosquitoes and violation summaries, to downloadable forms for vacation watches and ACC applications.

One of the tools that you'll find is very helpful, but not very pleasant. It is a link to the sex offender section of the TEXAS DEPARTMENT OF PUBLIC SAFETY web site (<https://records.txdps.state.tx.us/soSearch/default.cfm>). This site contains a mapping tool that allows you to input your address and assess your surroundings and proximity to known offenders.

Although it is a difficult subject to address, this link helps enhance the safety of our community through knowledge.

Use the site. Be knowledgeable and be safe.



## Rachael's



THANKS FOR  
ALL OF YOUR  
BUSINESS IN 2008.

Happy  
New Year!

12312 Barker Cypress @ 290 • 281-256-9800



Bonded & Insured Since 1987

Call David

Ph: 281-469-0458

Cell: 281-703-5729



### Trimming to Take-Downs

Trimming • Removal of Debris  
Hedge Trimming • Stump Grinding  
Professional Tree Health Care

Mention this  
ad for a  
Spring Special!  
Senior Citizens  
Receive an  
Additional  
Discount.

FREE  
ESTIMATES

[jonesroadtreeservice.com](http://jonesroadtreeservice.com)

## Cypress Christian School Families Help Cypress Assistance Ministries

The Cypress Christian School community overwhelmed CAM (Cypress Assistance Ministries) with 134 turkeys and two truckloads of food on November 19. Beginning in October, students contributed non-perishable food items and toiletries for families in need.

Mr. Gaithe, CAM's representative, spoke to students at elementary chapel November 19. He explained to the students that CAM's food pantry was low (due to needs caused by Hurricane Ike) and that they did not have even one turkey to give to the 200 families that needed them. Because of the generosity of Cypress Christian school families, CAM was able to meet the needs of

those families. Afterward, some of the fourth and fifth grade boys helped Mr. Gaithe load two trucks of food and toiletry items donated by school families. A third truck was sent to Kroger and loaded with 134 turkeys that had been purchased by the faculty and staff.

CAM was overwhelmed by the school's generosity. Mr. Gaithe, through tears, asked the school staff to personally thank everyone for the outpouring of generosity.

The relationship between Cypress Christian School and CAM began many years ago and continues to this day. The school has partnered to help meet the needs of families in crisis due to illness, job loss or other circumstances.

## Vacation Watch

At your request, the Harris County Sheriff's Department will put your house on VACATION WATCH. Just go to [www.riataranch.net](http://www.riataranch.net) and look for the Vacation Watch form in the FORMS and DOCS section.

Your completed form will need to be submitted to the Sheriff's Department 7 days prior to departure, or just call 713-221-6000.

## 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@riataranch.net](mailto:editor@riataranch.net).

**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales @ 512-263-9181 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

## NOW OPEN Emergency Room Open 24 Hours

### Ready or not... we are.

Texas Emergency Care Center is open **24 hours a day**.

We're committed to delivering comprehensive medical services in a comfortable environment with little to no wait time – day or night.

You'll experience:

- A full-service facility equipped with a complete laboratory, radiology, CT scanning and cardiac monitoring.
- Prompt, friendly and caring service.
- Quality face time with a physician who is both emergency residency-trained and Board Certified in Emergency Medicine.

**After all, emergencies just can't wait.**

## 281-304-9113

All private insurance accepted.



TEXAS  
EMERGENCY CARE  
CENTER AT CYPRESS



Spring Cypress at Skinner Road  
17255 Spring Cypress Road, Suite A

**[www.txercare.com](http://www.txercare.com)**



Accredited by the Joint Commission of  
Accreditation of Healthcare Organizations  
for our commitment to excellence.





# Riata Ranch

## Cypress N Houston @ Barker Cypress

The engineer for HCMUD #196 has informed us that within the next few weeks the county will begin extending Cypress N Houston on the west side of Barker Cypress. It will extend west far enough for Riata West to utilize their main entrance. At that time they will be putting traffic lights in at that intersection which will make it easier to turn south onto Barker Cypress from Cypress N Houston. At the same time, they will be making Cypress N Houston on our side of Barker Cypress 4 lane divided back to the first storm drain. Prior to this we will be taking down the three columns at that entrance along with the flower beds. We will be constructing a new entrance once the road work is complete. The county will not work around the columns. If we don't take them down, the utility crews will.

## US Olympian to Speak at Northwest Flyers Registration Breakfast on February 7th

The Northwest Flyers Track Club will host its annual free information / registration breakfast on February 7, 2009 for all boys and girls and their parents interested in joining for the 2009 season. The breakfast starts at 8:30AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

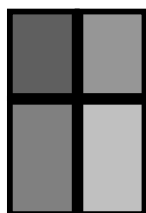
**The breakfast is the annual opportunity for youth athletes to register for the 2009 summer track season, and to meet the Northwest Flyers coaches and staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic team.**

The Northwest Flyers Track Club is a youth (age 6 -18) track organization, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance and relays, and sanctioned "field"

events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. The Northwest Flyers has approximately 195 members, boys and girls. The club was founded 21 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

The Northwest Flyers is a member of the "Win with Integrity" program, a partnership between USATF and the American College of Sports Medicine. "Win with Integrity" brings elite track & field athletes and school-aged kids together to promote healthy lifestyles, keeping active, and living with integrity through the sport of track & field.

For additional information on The Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at (281) 587-8442 or [linette.roach@sbcglobal.net](mailto:linette.roach@sbcglobal.net).



## SAINT AIDAN'S

PISCOPAL CHURCH

*...where people come together...*

### **Sunday Schedule**

8:00am Worship

9:15am Sunday School for All Ages

10:30am Worship

### **Wednesday Schedule**

6:00pm Dinner

6:30pm Worship

6:45pm Classes for All Ages

*Nursery care provided at all Worship and Programs.*

**Check us out on the web at  
[www.staidanshouston.org](http://www.staidanshouston.org)**

Father Justin, our Priest,  
looks forward to meeting you!  
Come see our new church at  
13131 Fry Road, Cypress, TX 77433



## HOUSTON NATIONAL GOLF CLUB



*We are just around the corner!*

## Golf. Food. Friends. Repeat.

*Join your Neighbors at Riata Ranch & Enjoy...*

### **Golf Course**

- 27 Championship Holes
- Golf Carts with GPS
- Lit Driving Range
- Golf Academy (all ages)
- Private Locker Rooms

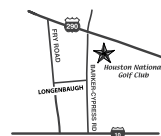
### **Dining Amenities**

- The Clubhouse
- Multiple Banquet Rooms
- The Canyon Grille
- The Back Deck Ice House
- Legends Lounge & Bar

We are Open to the Public for Dining & Golf.  
Memberships are available and we are sure to have one  
that's perfect for you and your family.

**INDIVIDUAL \* FAMILY \* SENIOR \* JR. \* CORPORATE**

16500 Houston National Blvd.  
Houston, TX 77095  
281-304-1400  
[www.houstonnationalgolfclub.com](http://www.houstonnationalgolfclub.com)  
[membership@houstonnationalgolf.com](mailto:membership@houstonnationalgolf.com)



*Call Membership Today (281) 304-1400 x 1009*

## Teenage Job Seekers

Please place my name on the TEENAGE JOB SEEKERS list in the RANCH REVIEW.

Signature \_\_\_\_\_

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

NOT AVAILABLE ONLINE

## Personal Classified Ads

The RANCH REVIEW runs personal classified ads that are FREE to residents. If you would like to place and add, please email your submission to [editor@riataranch.net](mailto:editor@riataranch.net). Your submission must be received by the 10th of the prior month.

## Bashans Painting & Home Repair

Commercial/Residential  
Free Estimates

**281-347-6702**

**281-731-3383** cell



- Interior & Exterior
- 20 Years Experience
- Hardiplank Installation
- Wood Replacement
- Pressure Washing
- Sheetrock Repair & Texturing
- Cabinet Painting
- Door Refinishing & Replacement
- Wallpaper Removal
- Custom Staining
- Fence Replacement or Repair

**References Available • Fully Insured**  
**NO PAYMENT UNTIL COMPLETION**

[bashanspainting@earthlink.net](mailto:bashanspainting@earthlink.net)

## FOOT & ANKLE Specialists

[www.louettafootandankle.com](http://www.louettafootandankle.com)

Serving the Community for 20 years

## FORE!

Golfers beware. The golf swing puts a lot of stress on the arch and ball of the foot. This can result in ligament strain and associated heel pain, or in a benign nerve cyst in the ball of the foot.

## FREE\* Initial Consultation

\*X-rays and treatment not included.  
Inclusive only of co-payment for HMO, PPO, and Medicare patients.



**Dr. Brad Bachmann DPM**  
Board Certified in  
Foot Surgery



**Dr. Michelle Stern DPM**  
Member, American Academy  
of Podiatric Sports Medicine



**Dr. Amy Walsh DPM**  
Board Certified in  
Foot Surgery

**Louetta Foot Specialists**  
**281-370-0648**

8681 Louetta Road #150  
(between Champions Dr. & Champions Forrest Dr.)

**Foot Specialists of Tomball**  
**281-351-5599**

13414 Medical Complex Dr., Ste. 11



## JEANS & JEWELS DINNER-DANCE AND SILENT AUCTION – FEB 20th

Entire community – you are cordially invited to the Jeans & Jewels Dinner-Dance and Silent Auction in honor of WRAP (Wildcats Right After Prom)! This evening of fun will be at Lindsay Lakes on Friday, February 20th from 7:30-11:30 – so save the date! Tickets will be going on sale soon and cost will be \$25 if purchased by February 1st, \$30 after February 1st and at the door. Please contact our committee chair (see website [cywoodswrap.org](http://cywoodswrap.org)) if you have donations for the silent auction or to purchase tickets.

### MR. CY WOODS

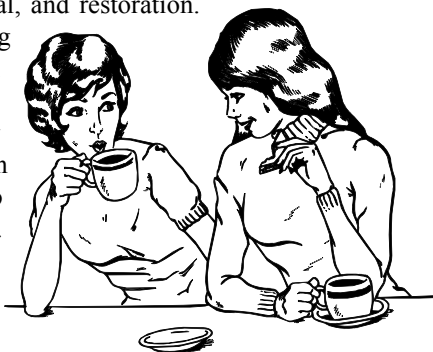
Winter/early spring. This is a beauty pageant type show attended by the students that spotlight the senior men. More to come on this fun event for the students!

WRAP is Cy-Woods High School's parent-driven Project Prom organization. The purpose of WRAP is to provide a drug- and alcohol-free all-night party for the graduating seniors and their guests after their prom. Held at the CFISD Berry Center on May 22, 2009, from 11:00 p.m. to 6:00 a.m., it is a fun-filled evening of shows, games, activities, food, gifts and prizes!

## Celebration Women's Ministry at Cypress United Methodist Church

All women are invited to join us for Saturday brunch and speaker on January 24th at 9 am to noon at Cypress United Methodist Church in the Fellowship Hall at 13403 Cypress N. Houston Rd, just east of Huffmeister Rd. We'll have a lite breakfast, fellowship, praise and worship, prayer time, along with our guest speaker—Rachel Norris of Joy Pottery Ministries. Rachel uses pottery demonstrations and her testimony to reveal God's purposes of His love, mercy and grace. Celebration is a woman-to-woman ministry of sharing, encouraging, discipling, and mentoring in the faith. Our focus is presenting the truth and beauty of the message of salvation, healing, renewal, and restoration.

It's an awesome morning to meet new friends and hear an inspiring message. And the cost is free! Our nursery is available upon request. Please RSVP so we may save a seat for you. Contact Karen Bidinger at 281-304-8888. We hope you'll join us!



Family Fun Center

13529 Skinner Road  
Cypress, Texas 77429  
281-304-6565

## "Cypress Birthday Party Headquarters"

### Hours

Monday	Closed
Tues & Weds	Private Parties
Thursday	6:00 PM - 9:00 PM
Friday	6:00 PM - 10:00 PM
Saturday	11:00 AM - 10:00 PM
Sunday	2:00 PM - 6:00 PM

### Lasertag & Arcade

*Birthday/Team Parties*

*Private Parties*

*Corporate Functions*



*Buy One Get One Lasertag Mission Free With This Ad*  
Limit one per customer. Offer expires 01/31/09

[www.lazerx-cypress.com](http://www.lazerx-cypress.com)

## full.fil.life.

*Find out how becoming a part of a church family can help fulfill your life.*



THE FOUNDRY  
A UNITED METHODIST CONGREGATION

### Fry Road Campus

Movie Theatre on Hwy 290 & Spring Cypress  
Worship: 9:00 a.m. and 10:20 a.m.

### Jones Road Campus

8350 Jones Road, ¼ mile off Hwy 290 on Jones  
Traditional Services: 8:15 a.m., 9:20 a.m., 10:40 a.m.  
Contemporary Services: 9:20 a.m., 10:40 a.m.

[www.foundrychurch.org](http://www.foundrychurch.org) | 713.937.9388

## Do You Know Who Represents You?

### U.S. Senators (Texas)

#### John Cornyn(R)

517 HART SENATE OFFICE BLDG  
WASHINGTON DC 20510  
Phone: (202) 224-2934  
Fax: (202) 228-2856  
Email: cornyn.senate.gov

#### Kay Bailey Hutchison (R)

284 RUSSELL SENATE OFFICE BLDG  
WASHINGTON DC 20510  
Phone: (202) 224-5922  
Fax: (202) 224-0776  
hutchison.senate.gov

### U.S. House of Representatives (Texas)

(District 7)

#### John Abney Culberson (R )

##### Capital Office

U.S. House of Representatives  
1728 Longworth House Office Building  
Washington 20515  
Phone: (202) 225 2571  
Fax: (202) 225 4381

##### District Office

10000 Memorial Drive  
Suite 620  
Houston 77024

Phone: (713) 682 8828

Fax: (713) 680 8070

Email: <http://www.culberson.house.gov/contactinfo.aspx>

Website: <http://www.culberson.house.gov/>

### Texas Senator (District 7)

#### Dan Patrick (R )

##### Capital Office

PO Box 12068  
Capitol Station  
Austin 78711  
Phone: (512) 463 0107  
Fax: (512) 463 8810

##### District Office

11451 Katy Fwy  
Suite 209  
Houston 77079  
Phone: (713) 464-0282  
Fax: (713) 461-0108  
Email: <http://www.patrick.senate.state.tx.us/>  
Website: <http://www.patrick.senate.state.tx.us/>

### Texas State Board of Education Member

SBOE District 6--Mrs. Terri Leo  
District Address: 23516 Twin Oaks Dr., RR#5  
SPRING TX 77389  
Phone: (281) 257-0836

### Texas House of Representatives

(District 130)

#### Corbin Van Arsdale (R )

##### Capital Office

House of Representatives, Room E1.412  
PO Box 2910  
Austin 78768  
Phone: (512) 463 0661  
Fax: (512) 463 4130

##### District Office

12777 Jones Road  
Suite 175  
Houston 77070  
Phone: (281) 469 9130  
Fax: (281) 469 4130  
Email: [corbin.van\\_arsdale@house.state.tx.us](mailto:corbin.van_arsdale@house.state.tx.us)  
Website: <http://www.house.state.tx.us>

### County Commissioner (Precinct 3)

#### Steve Radack

Administration Building  
1001 Preston, Suite 924  
Houston TX 77002  
Email: [pct3@hctx.net](mailto:pct3@hctx.net)  
Website: <http://www.pct3.hctx.net/>  
Phone: (713) 755 6306  
Fax: (713) 755 8928



## SparkPowerBank

[www.sparkpowerbank.com](http://www.sparkpowerbank.com)

By Spark Energy

## SIGN-UP ONLINE TODAY!

## We Challenge What You Pay For Electricity!

If SparkPowerBank isn't your current electricity provider...chances are you're paying too much!



I'm Texas Energy Analyst Alan Lammey. Maybe you've heard me on the radio talking about the market forces that drive energy prices. I'm here to tell you that you're not stuck paying those high prices to big electric companies anymore! **Stop it.**

Why pay more than you have to? Those days are over!

Why would you want to go with an electric provider that charges you more, when you can go to [www.sparkpowerbank.com](http://www.sparkpowerbank.com) and pay far less for the same electricity?

**Make sense?**

Please choose "Newsletter Ad" as your referral on the SparkPowerBank.com website.





# TaeKwon-Do

**IS GREAT FOR THE WHOLE FAMILY**

**Parents, Join with  
your kids for 1/2 off\***

\*some restrictions apply

**New Years  
SPECIAL  
6 weeks for \$99**

**Get In Shape Together This Year**  
No Contracts - No Registration

**Family Classes  
Family Discounts**

**Family Fun  
Family Fitness**



**713-894-6105**

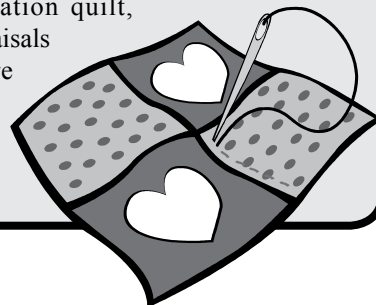
11688 Barker Cypress  
1/4 mile south of 290 (next to Chevron)



## Threads of Time Quilt Show

*Submitted by Susan McClendon*

West Houston Quilter's Guild's bi-annual quilt show will be held February 20-21 at the Leonard E Merrell facility in Katy, Texas. Hours: Fri. 9-5 Sat. 9-4 There will be over 200 quilts, vendors, donation quilt, guild boutique, quilt appraisals by appointment. For more information: [www.whqg.org](http://www.whqg.org) or 281-373-0072.



## HI-TECH MECHANICAL

For your Air Conditioning and Heating needs

**\$68<sup>00</sup>**

\*One System

**Fall Safety Check  
on Gas Furnace\***

**Additional Systems \$54<sup>00</sup>**



**TRANE®**

*It's Hard To Stop A Trane.™*



**Comfortmaker®**  
Air Conditioning & Heating

**713-937-4400**

TACL-A011183C

*Mastercard, Visa, and Discover Accepted*



## Don't Stress – It's Just a Test

*Baylor College of Medicine*

HOUSTON – (Dec. 4, 2008) – When children complain about upset stomachs and headaches, it could be more than just the flu. This is the time of year when students are preparing for mid-term exams, and test anxiety could be causing their symptoms.

Anxiety about an impending test is a serious problem that can even make some students physically ill, according to a Baylor College of Medicine psychologist.

Test anxiety can be seen in students of all ages. Some will deal with it throughout their schooling because anxiety can be a genetic trait, said Dr. Megan Mooney, adjunct assistant professor of psychiatry and behavioral sciences at BCM. Other students may be able to overcome their test anxiety, especially if parents respond to it in the right way, she said.

"If we respond by talking about being nervous and anxious as a normal thing and introducing techniques to cope with it, then test anxiety can be very manageable," said Mooney, also staff psychologist at DePelchin Children's Center and a counselor at River Oaks Elementary.

If, on the other hand, parents respond by letting their child stay home and avoid the test or by getting upset and reinforcing the feeling of nervousness, then test anxiety could become a longer-term condition.

Mooney works with students on relaxation techniques, such as deep breathing, and on thought-stopping skills that get rid of negative thoughts that start creeping in at exam time.


"These techniques really need to be reinforced at home as well," Mooney said. "All of the skills to decrease the symptoms of anxiety should be practiced. It's just like learning how to play a sport – you have to practice over and over again so these techniques become a habit for children."

Parents must also be aware of the messages they are sending their children, Mooney said. Schools can be high-pressure settings where there is a lot of competition, and parents can add to the pressure with their own high expectations. Mooney urges parents to talk about the importance of kids' trying their best, rather than focusing on grades.

Students of all ages must also take care of their physical health at exam time by eating well and getting enough sleep. Older students also can help ease their anxiety by creating a schedule for themselves as soon as they receive their syllabus. They should find an optimal studying environment, whether it's a quiet library or somewhere they can have music playing.

While anxiety can be overwhelming if not properly dealt with, Mooney pointed out that it is a biological symptom that exists for a reason.

"When we experience anxiety, we get a burst of adrenaline that makes us more aware and helps us focus and concentrate," she said. "Having a little bit of anxiety about wanting to do well on a test can actually help motivate us."



Advertise YOUR business  
to YOUR neighbors for  
less than 8¢ per home.

*Effective Advertising, Done Right.*

*Call today to Reserve your space.*

**Peel, Inc.**  
COMMUNITY NEWSLETTERS

**1-888-687-6444**  
**www.PEELinc.com**

RR

## Healthier Homes

*Submitted by Charlie & Michelle Bubnis*

Did you know that dryer sheets, air fresheners, scented laundry soap, scented cleaners and scented body lotion tend to have one thing in common? 95% of the chemicals used in these particular products contain artificial fragrance molecules derived from petroleum which have shown to pose human health risks.

The chemical fragrance industry is virtually unregulated. Full disclosure of the ingredients in their products is not necessary because these ingredients are considered "trade secrets". Because of this in 2005 the Food and Drug Administration (FDA) issued a warning to the fragrance industry stating that the agency is serious about enforcing a law requiring companies to inform consumers that their products have not been safety tested.

### Several of the common fragrance ingredients found in these products are:

- a) benzyl alcohol – a central nervous system (CNS) depressant.
- b) coumarin – animal carcinogen
- c) p-cymene – chronic effects: damage to lungs, liver, kidneys.  
Target organ: CNS
- d) diethyl phthalate – possible risk of congenital malformation of fetus, targets nerves

e) musk ketone – increases carcinogenic effects of other materials.  
Found in blood, fat tissue and breast milk; crosses placenta/barrier.

f) toluene – target organs: liver, kidneys, brain and bladder

Using fragrance free products for laundry and personal care products is an educated step towards making the home healthier for the entire family.

### Try some of these easy less toxic options:

- Use free and clear laundry detergent
- Wash and dry cotton and synthetic products separately
- Add one half cup of vinegar to the wash cycle as a fabric softener
- Fresh fruit bowls for non-toxic fragrance in the house
- Use baking soda as a deodorizer
- Use fragrance free shampoo, conditioner, lotion and deodorant

### Resources for more information:

- Environmental Health Network: [www.ehna.org](http://www.ehna.org)
- [www.cosmeticdatabase.com](http://www.cosmeticdatabase.com)
- Less Toxic Alternatives, Carolyn Gorman, 2001
- Industry MSDS sheets

## **STRONG Vision Center** **281-373-3063**

- **TWO Full Time Doctors**
- Thorough Adult & Childrens Eye Exams
- Treatment of Eye Disease/Infection
- Large Selection of Glasses & Contact Lenses
- Most Vision Insurance Accepted
- Free Lasik Consultation
- Board Certified Opticians
- Authorized Oakley  
Sunglass Dealer

**Mon-Fri 9-6**  
**Sat 9-3**



*Dr. Jane A.P. Strong* (Cypress Resident)  
& *Dr. Cassandra Knight*  
Therapeutic Optometrists

**17445 Spring Cypress @ 290 • Suite G**  
**Next to Kroger Signature**

**[www.strongvisionctr.com](http://www.strongvisionctr.com)**

## **Peel, Inc.**

### **Printing & Publishing**

Publishing community newsletters since 1991

## **Support This Neighborhood Newsletter.**

**Kim Moore**  
Sales Representative  
281-373-3807  
[kim@PEELinc.com](mailto:kim@PEELinc.com)



*Advertise your business  
to your neighbors.*

**1-888-687-6444    [www.PEELinc.com](http://www.PEELinc.com)**

# Kids' Club

## Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at  
Peel, Inc. - Kids Club  
311 Ranch Road 620 S, Suite 200  
Lakeway, TX 78734

We will select the top few and post their artwork online at [www.PEELinc.com](http://www.PEELinc.com). DUE: January 31st

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

Name: \_\_\_\_\_  
(first name, last initial)

Email Address: \_\_\_\_\_

Age: \_\_\_\_\_

[This information will only be used  
to notify you or your parents if your  
artwork was selected.]

winter  
wonderland



RR



# Life In Riata Ranch

Ann Marie Gargano-Parks

Visit me at

[www.RiataRanch-Neighbors.com](http://www.RiataRanch-Neighbors.com)

Comments are always welcome at:  
[thatgirl@AnnMarieGargano-Parks.com](mailto:thatgirl@AnnMarieGargano-Parks.com)

*Price trends for the previous month...*



**RE/MAX<sup>®</sup>**  
**Realty Center**

*When it comes to  
 buying or selling  
 a home why  
 settle for less?*

*RE/MAX REALTORS have  
 outsold their nearest three  
 competitors combined for  
 the past ten years, according  
 to the Houston MLS.*



*Happy  
 New Year!*

Neighborhood Section	Active Listings	Pending Listings	Solds	Ave. Days on Market	Ave. Price per Sq. Ft
Section 1	3	-	1	59	67.83
Section 2	2	-	-	-	-
Section 3	4	-	-	-	-
Section 4	3	-	-	-	-
Section 5	4	1	1	79	70.82
Section 6	1	-	-	-	-
Section 7	1	-	-	-	-
Section 8	4	-	-	-	-
Section 9	3	-	2	164	59.08
Section 10	1	1	-	-	-
Section 11	4	-	-	-	-

According to information taken from the Houston Board of Realtors MLS computer.  
 This is not a solicitation of currently listed properties.

*Call me today @ 281 460-5994*

**Peel, Inc.**

311 Ranch Road 620 S. Ste 200  
 Lakeway, Texas 78734-4775

PRSRT STD  
 U.S. POSTAGE  
 PAID  
 PEEL, INC.

☎ **Voice 512-263-9181**

🌐 **[www.PEELinc.com](http://www.PEELinc.com)**

RR