# The Ranch Review

www.riataranch.net May 2010 Volume 5, Issue 5

Official Publication of Riata Ranch Homeowners Association

## LETTER FROM THE EDITOR

Hello Everyone! May is here and summer is just right around the corner. I can't believe summer is almost here and just the other day it felt like it was snowing in our neighborhood. Maybe it wasn't much snow but I'm still counting it as snow.

May is the month for Graduations. Most people are opening their pocketbooks in order to congratulate children of all ages on their accomplishments. Graduating is a big deal even if it is only from Pre-K or Kindergarten so here is an early congratulation to all the children graduating this month. Also an especially big congrats to all those graduating high school and college seniors who are free from high school or higher level education facilities. Woo Hoo you guys did it!

Cindy

Dates to Remember

Riata Ranch Homeowners Annual Meeting

May 11th, 1010

June 2, 2010

Summer BBQ Event June 19, 2010

Annual Garage Sale

September 25th, 2010 (rain or shine)



### **IMPORTANT NUMBERS**

### **EMERGENCY**

Sheriff	713-221-6000
Fire Department	281-855-1110
Cy-Fair Medical Center	281-890-4285
Memorial City Hospital	
Poison Control	

### **SCHOOLS**

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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	
Cy-Fair College	

UTILITIES	
HCMUD #196	
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Repairs	281-398-8211
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Centerpoint Entex Gas	713-659-2111
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Waste Mgt	713-686-6666
HOA, SCS Mgt	
United States Post Office	

### **LIBRARY**

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

### **NEWSLETTER INFO**

### **NEWSLETTER PUBLISHER**

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

### **ARTICLE SUBMISSIONS**

Do you have an idea or suggestion for the newsletter? Want to submit a photo, article, or both? It's easy!! Email the editor at editor@riataranch.net. Articles for the newsletter are finalized on the 10th of the preceding month So if you get your ideas in before the deadline, you should see them in the very next month's newsletter.

We are glad to hear all of the positive feedback and we intend to continue to improving the look and feel of the newsletter according to what you tell us. So get as involved as you like! We look forward to hearing from you.

### **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

Debbie Spaw dspaw@scsmgnt.com Association Manager SCS Management Services, Inc. 7170 Cherry Park Dr. Houston Texas 77095 Direct phone: (281) 500-7102 Direct fax: (281) 500-7172

### 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



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### PARKING DECALS

Parking decals for your car(s)....do you have one? I've seen some cars that live in Riata Ranch that have a parking decal. Personally I did not receive one when I moved into the neighborhood and the HOA decided it would nice to have a parking decal sent to all the homes for your vehicles. This will show what cars actually belong in our neighborhood. More information to come along to you on parking decals...stay tuned!

### **DAMAGES**

Keep an eye out for people that do damage to our neighborhood. It is very costly to repair damaged items in our neighborhood. One big expense is our gates in sections 6 and 7. If you see a car, truck or trailer hit one of those gates, take a license plate number down and report it to SCS management. Graffiti is another costly expense. Keep an eye out for people that do damage to our neighborhood because the burden of the cost falls on the residents of Riata Ranch.

### **SCOOP YOUR POOP!**

Don't forget to clean up after your dog when you take them on a walk! Your dog will thank you and so will your neighbors.

## Slow Down!

Cypress North Houston MPH is 35. Please follow the speed limit. Also please be respectful of the speed limit on Riata Ranch Blvd. The warmer weather guarantees more children and residents will be out on the streets and sidewalks. Cars need to be careful in their speeds to prevent any accidents.

## Ideas

Do you have ideas for an article or story that you would like your Riata Ranch community to hear? If so, please go to http://www.peelinc.com/ and go to the link to submit an article under the Residents tab.



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### WATER CONSERVATION

Water conservation is no laughing matter! I'm sure you have seen the water conservation insert in your water bill. Wanted to send a reminder to everyone to be aware and help conserve our precious water supply. One way to avoid water waste is to just pay attention. Turn off the water when you brush your teeth. Turn off your sprinklers when it rains! Every little thing we do to help conserve water today can serve us tomorrow!

### **REZONING: POSTMA** ELEMENTARY

In case you didn't know Riata Ranch was rezoned to a new elementary school. Below is the information taken from the CFISD website.

The following will be rezoned from Postma to Rennell: Lakeview Lofts, Canyon Lakes at Stonegate subdivision west of the north to south easement and north of Tuckerton, Riata Ranch, and Towne Lake The following will be rezoned from Copeland to Postma: The Lone Oak subdivision The following will be rezoned from Warner to Postma: Canyon Lakes West subdivision east and west of Fry Road

## **NOTICE OF** ANNUAL MEETING

Riata Ranch Homeowners Association, Inc. will hold its 2010 Annual Meeting for all homeowners and residents:

**DATE:** Tuesday, May 11, 2010

TIME: 7:00 p.m (sign-in at 6:45 p.m.)

PLACE: Postma Elementary 18425 West Rd. (Behind Berry Center)

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# HEALTH BRIEFS

### Protect eyes, prevent long-term damage to sight

Taking precautionary measures to protect your eyes during the spring and summer can help prevent long-term damage to eyesight, said a Baylor College of Medicine ophthalmologist.

"Ultraviolet light has certainly been linked to the development of macular degeneration, cataracts and other vision-loss problems," said Dr. Elizabeth Baze, assistant professor of ophthalmology at BCM and deputy executive of the Eye Care Line at the Michael E. DeBakey Veterans Affairs Medical Center.

Baze offered tips you can practice to help protect your eyes from sun damage.

- When picking sunglasses, the bigger the better. "The more they wrap around and shield your eyes and the skin around the eyes, the more full protection you have," she said.
- Pick sunglasses that provide 99 to 100 percent UV protection. They do not need to be expensive to offer this.
- Use sunblock around the eyes.

- A broad-brimmed hat can add extra protection.

If you already have an existing eye condition like macular degeneration or cataracts, protecting your eyes from the sun should be a top priority on sunshiny days, she said.

"Practicing these measures can ensure for healthy fun in the sun," Baze said.

### Psoriasis is more than skin deep

Psoriasis is more than just a skin disorder that might need treatment, say doctors at Baylor College of Medicine in Houston.

"Psoriasis is an autoimmune disease," said Dr. Sylvia Hsu, professor of dermatology at BCM.

"In about 10 percent of cases the disorder will affect the joints, a condition known as psoriatic arthritis."

Hsu said the first symptom of psoriasis is usually an itchy rash, caused by an overproduction of skin cells. It most commonly affects the scalp, elbows and knees. The rash can heal and come back (Continued on Page 6)

## **Plumbing Problems?**



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## Riata Ranch

### Health Briefs - (Continued from Page 5)

throughout a person's life.

Joint problems usually don't appear at the same time as skin problems, and in most cases they aren't severe, Hsu said. Many people may find they are stiff in the morning or become achy as the day goes on.

Treatment for the two symptoms can be given separately by a dermatologist or a rheumatologist. A form of treatment known as biologic therapy can be used to treat both. It can be given through injection and works by targeting the specific immune pathways that cause inflammation on the skin and in the joints.

"There is no cure for psoriasis but as doctors begin to better understand the cause of the disorder, therapies are becoming more effective and longer lasting," said Hsu.

## Sling device helps prostate cancer patients manage incontinence

Men who have undergone prostate cancer surgery have a new option for managing incontinence - a common side effect and significant quality-of-life issue some men face after surgery, said a urologist from Baylor College of Medicine.

"Many men may become distressed and embarrassed when dealing with incontinence, or the loss of their bladder control, said Dr. Mohit Khera, an assistant professor in the Scott Department of Urology at BCM.

A new sling device can help men manage their bladder function and control after surgery. In prostate cancer surgery patients, the urethral muscles are weakened by the removal of the prostate gland and subsequent injury to the surrounding urethral muscle.

To fit patients with the sling, doctors make a small incision under the scrotum. "The sling serves as a hammock for the urethra," said Khera. "It is made of polypropylene mesh and does not require any additional hardware or artificial materials. It's very natural."

Patients go home the day of surgery. They will have a catheter for one to two days and should be back to full activity in four weeks, Khera said.

Alternate treatments are more invasive and may be less tolerable to some patients, Khera said.

"We are making significant advances in improvement of quality of life following prostate cancer surgery," said Khera.

### <u>Traditional colonoscopy recommended</u> <u>over virtual method</u>

The option for a "virtual" colonoscopy is now available but doctors at Baylor College of Medicine recommend sticking to traditional methods when screening for colon cancer.

(Continued on Page 7)

## **Emergency Room Open 24 Hours**



### Health Briefs - (Continued from Page 6)

A virtual colonoscopy is a CT scan image of the colon and does not require the use of an endoscope - a thin, flexible device that is inserted into the colon.

"While a virtual colonoscopy may sound less invasive than traditional methods, it isn't always as accurate," said Dr. Waqar Qureshi, associate professor of medicine and chief of endoscopy at BCM. "A scan is more likely to miss small precancerous growths, and catching those polyps early is the key to preventing progression to colon cancer."

Studies have shown that polyps smaller than 6 mm are frequently missed by CT scanning, Qureshi said. For someone who is at high risk for colon cancer, missing a polyp can be deadly. Almost all instances of colon cancer begin as polyps, which are easily detected and removed during a colonoscopy.

Many times a virtual colonoscopy must be followed by the traditional method, he added, and both procedures require the same preparation, which includes laxatives, diet restrictions and in some cases certain medications must be stopped.

Colon cancer screening should take place every 10 years starting at age 50.

If colon cancer runs in a family, testing should begin earlier and be performed more often.



## The Tri-County Quilt Guild

Meets the 1st Tuesday of the month, 7-9pm

Meeting Place: Fairfield Baptist Church, 27240 Highway 290 (Between Muescke and Mason Rd) Cypress, TX 77433-4907 website: www.tricountyquiltguild.org

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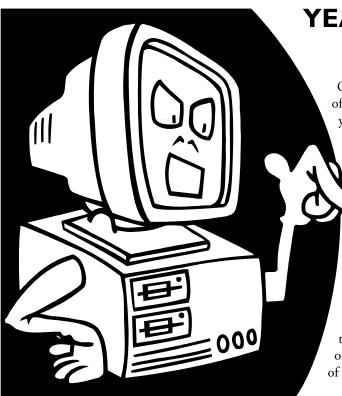
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YEAH YEAH, BACKUP, BACKUP,

Nag Nag!

OK, my clients are used to hearing it, "backup backup backup." I can say if often but it's never too often. Let me put it another way, how much pain are you willing to endure? The hard drive in your computer WILL fail someday. So WHEN it does, how are you going to feel? School's almost out for the summer. How will you feel when that final paper or report disappears right before you're ready to submit it to the teacher or professor?

Maybe you're a young family, and you have thousands of digital photos and videos recording everything your babies have done their first few years. Their first haircut, first birthday, first Christmas, the first time they walk, their FIRST WORDS! All in a pristine, digital format that is very easy to duplicate, yet all GONE, possibly never to be seen by anyone again.

You use something like Quicken or Microsoft Money and keep you banking records on your computer, or you own your own business and ALL your financial records are stored on your hard drive. It's almost tax time and the information can't be retrieved. You now have to spend days or weeks recreating your records as best you can (this happened to a client of mine.) The "computer ate my homework" won't fly with the IRS.

(Continued on Page 9)



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### Yeah Yeah, Backup Backup - (Continued from Page 8)

So I'll ask you again, how much pain are you willing to endure? You do have a few options to backing up your valuable data. One way is to do it yourself (I'll go into more detail later.) Another way to preserve your memories is to pay someone else to do it. Yet a third way is probably the most common way, intentional or not – prayer. No plan, no system, just the hope that nothing goes wrong with their computer. Since I'm not aware of a Patron Saint of the PC, I'll concentrate on the first two methods – you're on your own for the third option.

Want to do it yourself? Purchase an inexpensive external hard drive and plug it into your computer's USB port. You can pick up a 500GB (that's gigabyte) external hard drive at Best Buy for around \$80, and maybe a terabyte drive (that's 1,000 gigabytes) for \$100. If you like to shop around online you can probably find something even cheaper. Just about anything you buy will include backup software. If you don't like it, you can try downloading my favorite, SyncBack. Go to 2BrightSparks.com, click on "Downloads" and choose their freeware. Download SyncBack in whatever language you like and go at it.

Of course, if you're not inclined for any reason to do it yourself,

you can always pay someone to do the above for you. Also, you can keep the "upfront" cost to a minimum by going with an online solution. Two advantages are you don't have to spend very much up front, and the other is that even in the event of burglary, fire, etc. you can buy a new computer and download all your backed up files. The two most well known services are Mozy and Carbonite, they cost about the same (\$55 a year.) Mac users also have me.com as an option (though it is a little more expensive.)

Now, not all hope is lost if your hard drive should fail. There are services available that will take your hard drive, have employees in "bunny suits" take it into a "clean room" (much cleaner than an operating room), disassemble it, remove the platters (the parts with the information) and rebuild it with matching parts in an attempt to extract the data. IF they are successful, plan on spending approximately \$2,000 to get the data back. It that's a lot of money to you, then look at doing it yourself or hire an expert to do it for you. It's not hard at all to do – but you need to do it. If you don't, you're going to remember how you were "nagged" and didn't do anything when you could have, and there will be a geek waiting for your phone call.





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### **DOWN**

- 1. Lava
- 2. Sleep disorder
- 3. Biblical outcast
- 4. Casing
- 5. Money
- 7. Detail
- 8. Business note
- 9. Metal fastener
- sons association (abbr.) 15. Kilometers per hour
  - 19. Cell stuff
  - 21. Capital of Ecuador
  - 23. Give
  - 24. Mud brick
  - 25. Inferred
  - 26. Account (abbr.)
  - 27. Dress
  - 28. Secondary
  - 30. Rejoicing
  - 32. Grain

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Neighborhood Section	Active Listings	Pending Listings	Solds	Ave. Days on Market	Ave. Price per Sq. Ft
Section 1	2	ı	1	35	44.57
Section 2	2	-	-	-	-
Section 3	3	1	-	-	-
Section 4	2	-	1	14	67.32
Section 5	3	2	1	99	68.17
Section 6	-	ı	-	-	•
Section 7		1	-	-	•
Section 8	1	ı	1	-	•
Section 9	-	1	-	-	•
Section 10	1	1	-	-	•
Section 11	5	-	2	104	66.98

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