

# The Ranch Review

www.riataranch.net

July 2013

Volume 8, Issue 7

A Newsletter for Riata Ranch Residents

## *Cypress Symphony to Host Inaugural Founder's Dinner*

The Cypress Symphony cordially invites you to "Encore!" our Inaugural Fundraising dinner. Excitement is building for Cypress Symphony's first season and you can help by attending this event. Your \$100 ticket will help secure our first year and contribute to the cultivation of an arts culture in Northwest Houston. You will also enjoy an elegant dinner at one of Cypress' premier restaurants, Dario's Cuisine. Look forward to a silent auction as well as a musical surprise. We can't wait to spend this special evening with you! Tickets to this event can be purchased at [csencore.eventbrite.com](http://csencore.eventbrite.com).

Tickets to our inaugural concert season can be purchased at [cypresssymphony.org](http://cypresssymphony.org). purchased on the website at [www.cypresssymphony.org](http://www.cypresssymphony.org).

## IMPORTANT NUMBERS

### EMERGENCY

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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
Postma Elementary.....	281-345-3660
Rennell Elementary.....	281-213-1550
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

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Centerpoint Entex Gas.....	713-659-2111
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Comcast Cable/High Speed Internet.....	713-341-1000
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 INFO

### NEWSLETTER

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

### ARTICLE SUBMISSIONS

Do you have an idea or suggestion for the newsletter? Want to submit a photo, article, or both? It's easy!! Email your articles to [riataranch@peelinc.com](mailto:riataranch@peelinc.com) by 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.

## Kids' Cross-Country Team's Season Starts September 10<sup>th</sup>

The Northwest Flyers Track Club Youth Cross-Country Team kicks off the fall season with registration and an orientation for parents and athletes on Tuesday, September 10, 2013, at 6:00 p.m. (location to be announced.) The first practice will be held at the Cypress Creek YMCA on Thursday, September 12. The Northwest Flyers Track Club is a member program of USA Track and Field (USATF), the national governing body for track and cross country. The club is in its 26th year in the northwest Houston area. Ages 6-18 may participate in the team, and both beginners and experienced runners are welcome.

Contact Coach Eric Wentworth at [emw1105@gmail.com](mailto:emw1105@gmail.com) 281-961-6603 or Coach Donnell Carter at [atdcarterpfs@msn.com](mailto:atdcarterpfs@msn.com), 281-467-4727 for more information. Visit [www.northwestflyers.org](http://www.northwestflyers.org) to get updates and learn more about the team.



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## Cy-Fair ISD Celebrates Volunteers, Community and Business Partners

The importance of recognizing volunteer contributions and the support of our business and community partners is essential to a strong volunteer and partners program. The administration, students, and staff of CFISD enjoyed hosting and entertaining over a thousand of the tens of thousands of volunteers and supporters that have given so much to help us achieve our goals this year.

With the commitment and generosity of several community businesses, tickets to this appreciation event were free. PBK Architects continues to serve as the underwriter for the VIPS Appreciation Luncheon. Additionally, the event was sponsored by: Allsafe Storage, Cy-Fair Educational Foundation, Cy-Hope, GameTime by Total Recreation Products, H-E-B, Kroger, Lone Star College Cy-Fair, Spring Creek Barbeque, Towne Lake and Rock Creek.

As a district, we are so fortunate to have thousands of volunteers who actively give their time to our kids, and many business and community partners who adopt and support our schools. As Superintendent, Dr. Mark Henry, says, "each volunteer plays a very key role in the lives our students and staff, and it has not gone unnoticed. In these past years, with a struggling economy and the district dealing with huge budget cuts, you have kept us on top by being generous with your time and sharing your many talents to make our district the great success that it is."



## Volunteer Appreciation

Cypress-Fairbanks Independent School District had the pleasure of honoring its district and state volunteer and business partner award winners during the Volunteer Appreciation Luncheon on April 5, 2013. The award winners were nominated by various schools in the district at which the volunteers and/or business partners generously donated their time and resources. These treasured volunteers and community partners were first selected as our district award winners and then competed with others in their categories from school districts around the state. The state level award winners were recognized by the Texas Association of Partners in Education during their annual conference held in Austin on January 29.

### **DISTRICT LEVEL VOLUNTEER, COMMUNITY AND BUSINESS PARTNERSHIP AWARD WINNERS:**

#### ***Business Partnership – Academic Impact Award:***

Flaherty's Flooring of America, Moore Elementary School Business Partner

#### ***Business Partnership - Career Education Award:***

Mustang Engineering, Inc., Watkins Middle School Adopt-A-School Partner

#### ***Community Partnership – Academic Impact Award:***

Bak-Pak Critters, Bang Elementary School Community Partner

#### ***Community Partnership – Health Award:***

Harris County MUD #167, McFee Elementary School Community Partner

#### ***Individual Wisdom Award:***

Ray Raymer, Mentor at Moore Elementary and numerous CFISD schools

#### ***Individual Role Model Award:***

Carolina Rodriguez, Postma Elementary School Volunteer

#### ***Partnership Program Award – Innovation:***

Bus Buddies Program, Cy-Fair ISD Volunteer and Business Partnership Program

#### ***Special Event Award:***

VIPS Appreciation Luncheon, Cy-Fair ISD Volunteer, Business and Community Recognition

### **STATE LEVEL VOLUNTEER, COMMUNITY AND BUSINESS PARTNERSHIP AWARD WINNERS:**

#### ***Community Partnership, Academic Impact – Crystal Award:***

Bak-Pak Critters, Bang Elementary School Community Partner

#### ***Partnership Program, Innovation – Crystal Award:***

Bus Buddies Program

#### ***Cy-Fair ISD Volunteer and Business Partnership Program***

#### ***Special Event Award – Crystal Award:***

VIPS Appreciation Luncheon

#### ***Cy-Fair ISD Volunteer, Business and Community Recognition***

#### ***Community Partnership, Health – Gold Award:***

Harris County MUD #167, McFee Elementary School Community Partner

#### ***Individual Partnership, Role Model – Gold Award:***

Carolina Rodriguez, Postma Elementary School Volunteer

The district congratulates both our business partners and individuals for their award winning accomplishments and thanks them for their devoted service to our students and staff. "Hats Off" to all the volunteers in our district! We celebrate each and every one of you for your countless hours of service and dedication to our students and staff in Cypress-Fairbanks Independent School District every day of the year.

## Girl Scouts Celebrate 101 Years!

Girls Scout across the country and around the world are celebrating a new century of leadership in Girl Scouts!

This is the organization's 101st year. Girl Scouts of America was founded in 1912 in Savannah, Georgia by a woman who was determined to empower young women and help teach them values. Juliet Low, started her first Girl Scout troop at her home in Savannah. It is now a museum and home of the national headquarters.

Girl Scouts all over the planet invite you to take action this summer and volunteer, recycle, conserve, explore, teach and make the world a better place!



## NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

[nwhcaggiemoms.org](http://nwhcaggiemoms.org)

Are you a New Aggie Mom? Are you an Aggie Mom that wants to join other Aggie Moms in supporting our students? Find out how we can help your student succeed during those college years at one of our informal Summer Mixers. The Northwest Harris County Aggie Mom's Club, as an organization, encourages parents to become familiar with A&M during their student's freshman year. The path to graduation can be a challenging journey; don't go it alone. Northwest Harris County Aggie Moms has been here for 25 years and we're committed to helping your student and YOU enjoy the TAMU experience. Please join us at one of the following locations in your area. Please RSVP to [thompson5511@sbcglobal.net](mailto:thompson5511@sbcglobal.net) or 713-956-0972 so our hostesses will know how many people to expect. We look forward to meeting you!

### SUMMER MIXER LOCATIONS

**Monday, June 17 - 7-9 pm**

Hosted by: Linda Saxby

17210 Prescott Manor, Cypress, TX 77433

Lakes Fairhaven subdivision (just north of Fairfield off of Mason Rd.)

**Sunday, June 23 - 2-4 pm**

Hosted by: Connie Pritchard

12418 Pedder Way Drive, Tomball, TX 77377

Village Creek Subdivision

**Thursday, July 11 - 7-9 pm**

Hosted by: LaDonna MacDonald

15903 Harwick Drive, Spring, TX 77379

Champions Forest Subdivision

**Tuesday, July 23 - 7-9 pm**

Hosted by: Cheryl Williams

8331 Church Light Lane, Houston, TX 77064

Carriage Lane Subdivision

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at the Houston Distributing Center, 7100 High Life Drive, conveniently located near Willowbrook Mall. We are looking forward to kicking off the 2013-2014 school year at our 'HOWDY PARTY' on August 13th-Please join us! All meetings are open to Aggies, future, present or past. We provide light refreshments and you can shop our Boutique for that one-of-a-kind Aggie treasure. Our hand crafted items celebrate the heart-warming TAMU traditions. You will also enjoy hearing from dynamic speakers throughout the year like, Brigadier General, Joe Ramirez, Commandant of the Corp of Cadets. For more information on monthly speakers or upcoming events visit our website at [www.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org) or contact Shannon Eberle, Club President at [clubpres2012@gmail.com](mailto:clubpres2012@gmail.com).



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## Cypress-Tomball Democrats July Meeting

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, July 16, 2013. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 to 8:00 p.m.

All are welcome to attend and to join this growing club, which meets on the third Tuesday of every month. The meetings always feature informative guest speakers who address timely topics. For more information, visit the website at [www.cytomdems.com](http://www.cytomdems.com) or contact Glenn Etienne at [cytomdems@yahoo.com](mailto:cytomdems@yahoo.com).



## Elisha Roberts Chapter

The wonderful ladies of the Elisha Roberts Chapter, NSDAR, extend an invitation to any female, 18 years or older, who can prove direct lineal descent from someone who either fought in or provided aid during the American Revolution. We are a family oriented group of ladies who promote patriotism, education and historic preservation. Our motto is God, Home and Country. If this sounds like you, please come and join us for a meeting. We meet the third Thursday of each month, September through May, at the Backyard Grill, located at 9453 Jones Road. Our next meeting will be on September 19, 2013 at 7:00 p.m. For more information, please contact the chapter Regent, Cheryl Partney at [cpart86@comcast.net](mailto:cpart86@comcast.net) or by phone at 832-654-0306. We look forward to meeting you.

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## Quality Of Meals Should Not Change During Summer

Students shouldn't close the door on healthy eating habits during the summer, says a Baylor College of Medicine pediatrician.

"Certainly it is just as important to eat healthy over the summer as it is any other time of the year," said Dr. Teresia O'Connor, assistant professor of pediatrics – nutrition at BCM.

She offers the following tips for health summer eating:

- Incorporate fruits and vegetables in all meals.
- A healthy summer lunch should include a fruit, a vegetable, some form of protein and whole grains.
- Don't skip breakfast.
- Eat three meals a day with one to two snacks.
- Stay hydrated - water is the best and healthiest way to stay hydrated.
- Be aware of how much sugar is in beverages. While it's okay to drink a small amount of these beverages, primary drinks should be water and low-fat or skim milk.

Encourage children and teens to help prepare their own meals so they become responsible for their own healthy eating.

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**Ongoing:** Colin's Hope Athlete Ambassadors needed! <http://www.tinych.org/signup>  
**July 21:** Colin's Hope Kids Got2Swim Pure Austin Quarry Lake. <http://www.tinych.org/got2swim>  
**August 29:** Colin's Hope Got2Swim Lake Austin 10K/10 miler. <http://www.tinych.org/got2swim>  
**September 8:** 5th Annual Colin's Hope Kids Triathlon <http://www.tinych.org/KidsTri>

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