

# The Ranch Review

www.riataranch.net

February 2015

Volume 9, Issue 2

A Newsletter for Riata Ranch Residents

## GIRL SCOUTS OF SAN JACINTO COUNCIL

### COPPER CREEK MEADOWS COMMUNITY

The Annual Girl Scout Cookie sale is in full swing! In person order taking began on January 10. Cookie Booth sales will begin on February 20 and run through March 29. You can check out the "Cookies" section on the Girl Scouts of San Jacinto Council website, [www.gssjc.org](http://www.gssjc.org).

Using the website, you can check the locations of nearby cookie booths, and also find out lots of other information about the cookies (did you know Girl Scout Cookies are kosher?

. The Girl Scout Cookie program represents the largest girl-led business in the world. By participating in the program Girl Scouts of all ages learn 5 important skills –goal setting, decision making, money management, people skills and business ethics. These are all important for future success. We appreciate the support of our families, friends and neighbors! We also thank all the businesses that allow us to hold cookie booths

This year's cookie lineup includes "Trio", which has chocolate chips nestled in a gluten-free peanut butter oatmeal cookie. Our Council was a test market for this cookie last year. Other cookies are: Thin Mints (one of the bestselling cookies in the United States), Cranberry Citrus Crisps, Thanks-A-Lot, Lemonades, Shortbread, Peanut Butter Patties, Caramel deLites, and Peanut Butter Sandwiches.

Proceeds from Girl Scout Cookie sales fund programs, camps and services locally, and individual troop activities. Money earned from the annual Girl Scout Cookie Sale helps to maintain our Council camps, and finance programs like sailing, horseback riding, archery and backpacking. You might be surprised to know some of the things that \$4.00 helps to provide!

Copper Creek Meadows is planning activities for the spring. A roller skating party and Thinking Day event are on the schedule for February. STRIDERS (track and field event), a Father/Daughter Dance and a bridging event are also being planned. Girl Scout Week in March will have troops celebrating the U.S. Girl Scout 102nd birthday on March 12 with special parties. Girls may also participate in activities at their places of worship on Girl Scout Sunday and Girl Scout Sabbath.

*(Continued on Page 2)*

## LANGHAM CREEK HIGH SCHOOL PROJECT PROM 2015

### Our Seniors are ON TOP OF THE WORLD!

*So many exciting events coming up and we need all Senior Parents to help!*

#### FEBRUARY 2015

**February 13** Mardi Gras Costume Ball/Casino at Pine Forest Country Club. Tickets are now on sale

**February 16** Project Prom 2015 General Meeting, 7:30pm in the LCHS Library

**February 27** Texas Hold 'Em Registration 5:30, Tournament 7pm - Cypress VFW

Come to one our general meetings or go [www.lchsprojectprom.com](http://www.lchsprojectprom.com) to purchase tickets to all of the upcoming events and to learn more how you can be involved in this memorable year. Remember by your participation you will be earning points for your senior for the After Prom at Dave & Busters.

#### MARCH

**March 16** Project Prom General Meeting, 7:30pm in the LCHS Library

Too busy to help? Go to our website to the Busy Parent to learn how you can gain points for your senior. Link your Kroger card at:

[tp#84364@www.Krogercommunityawrds.com](mailto:tp#84364@www.Krogercommunityawrds.com)

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**PROM IS MAY 1, 2015!!!**

## IMPORTANT NUMBERS

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Cy-Fair Medical Center.....	281-890-4285
Memorial City Hospital.....	713-932-3000
Poison Control.....	800-222-1222

### SCHOOLS

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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

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HOA, SCS Mgt.....	281-463-1777
United States Post Office.....	800-275-8777

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

*(Continued from Cover)*

Cadette Girl Scouts in Region 4 earned their "Leader in Action" recognition by planning and staffing a Brownie WOW (World of Water) Journey workshop.

Junior and Cadette Girl Scouts of troop 16267 volunteered at the Houston Food Bank and report that it was a great experience.

Girl Scouts who participated in the Cy-Fair Christmas parade say that they "had a blast".

Girl Scouts do lots of things, learn lots of things, and have fun. Girl Scouting is open to all girls ages 5 (must be in kindergarten) to 17 who are willing to accept the Girl Scout Promise and Law. Girls may join at any age, and no previous Scouting experience is required. Many of our most exciting opportunities are available to older Girl Scouts!

Copper Creek Meadows Community serves girls in the residence areas for the following elementary schools (and the corresponding middle and high schools); Lieder, Metcalf, Wilson, Tipps, Texas Christian School, Birkes, Fiest, Lowery, Horne, Hairgrove, Owens, Kirk, Lee, St. Elizabeth Ann Seton and Christian Life Center. Home schooled and private school students are always welcome!

For more information, please contact Marlo Folwell ([marlo.folwell@c-a-m.com](mailto:marlo.folwell@c-a-m.com)) or call 281-353-7614. The website for Girl Scouts of San Jacinto Council is [www.gssjc.org](http://www.gssjc.org) and their phone number is 713-292-0300.



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# TEAM TIARA CELEBRATES 10 YEARS FIGHTING BREAST CANCER

Team Tiara celebrates two milestones in 2015. First, this group of pavement pounders celebrates their 10th year participating in the Susan G. Komen 3-Day for the Cure. Even more importantly, Team Tiara will cross the \$1 million mark in fundraising.

“We are thrilled to celebrate 10 years of walking in the 3-Day and can't wait to cross that \$1 million mark,” says D'Lyn Biggs, Team Tiara Founder and Captain. “Our theme this year is Homecoming. Think of it as a 10-year family reunion. It's going to be great.”

Biggs and her friend Lisa Harrelson walked their first 3-Day in 2006. “We had no idea we would accomplish this much in 10 years,” says Biggs. “And we have the Fairfield Community to thank for much of that.”

“Fairfield supports Team Tiara on so many different levels. Many of our Team members live here, as well as the friends and family who make it possible for us to walk. The Fairfield Women's Club and Charlotte Byrne have been incredibly supportive – we owe them a huge debt of gratitude. Without the residents of Fairfield and the Fairfield Triathlon, we would not be able to fund the research and survivor support that are so vital right now.”

Team Members from Fairfield and beyond gather in Dallas each year to walk 60 miles in three days to fund breast cancer research. Each participant is required to raise a minimum of \$2300 to walk. In 2014, Team Tiara raised over \$63,000 and was recognized as a Top 5 team. Registration is ongoing for the 2015 walk, November 6-8.

The Team is proud to announce the 2014 Rachel B. Wickman Metastatic Breast Cancer Research Grant. This grant will give \$15,000 to support metastatic breast cancer research being done by Dr. Priscilla Brastianos at Dana Farber Institute in Boston, Massachusetts. This grant follows the 2012 \$25,000 grant presented to Methodist Hospital in Houston, Texas. The research grants are a result of Team Tiara's 2012 commitment to independently fund \$100,000 in metastatic breast cancer research. Metastatic breast cancer is an under-funded area of research where the Team can have a lasting impact. Team Tiara has raised over \$7,000 for The Rose, Houston, Texas, to provide mammograms and breast health services to the uninsured and underinsured.

Team Tiara is proud to spread “Pink Fairy Dust” in the form of support for survivors. In 2014 the Team gave financial assistance to 16 different families who are in the thick of the fight against breast cancer. “We were able to financially stand in the gap and help fill a deficit created by lost wages, prescriptions, co-pays, etc. for those families,” Biggs says.

Team Tiara's favorite achievement was working with the Fairfield Sports Association and the entire Fairfield community to build Hope Field, the first softball field in the country dedicated to breast cancer awareness.

Team Tiara continues to be an all-volunteer organization.

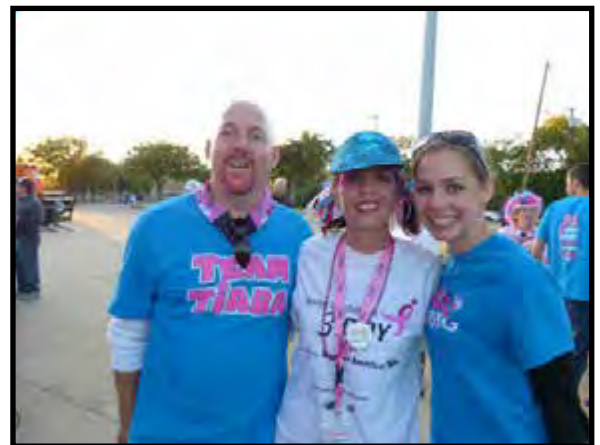
Supporting Team Tiara is easy – with several options available.

1. Sponsor a Team Tiara walker or join the Team for 2015 at [www.the3day.org/goto/teamtiara2015](http://www.the3day.org/goto/teamtiara2015). Registration is discounted \$20 through April 6, 2015.

2. Donations to Team Tiara at [www.teamtiara.net/donate](http://www.teamtiara.net/donate). Donations in the form of checks made out to Team Tiara can be mailed to: Team Tiara, D'Lyn Biggs, 129 Long Wood Avenue, Lakeway, Texas 78734.

If your business would like to support Team Tiara and the fight against breast cancer, please contact D'Lyn Biggs or any of Team Tiara's team members.

All donations to Team Tiara and Susan G. Komen are tax-deductible to the fullest extent of the law.



**Rachael's** **Valentine's Day Headquarters**



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**Valentine's Day is Saturday Feb. 14th**

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The American Cancer Society is pleased to announce that the Relay For Life of Cy-Fair has placed in the top 20 Relays in the southern territory in the fight against cancer, thanks to the amazing success of last year's event. The 2014 Relay For Life of Cy-Fair brought in more than \$138,700, and drew record participation of over 2,000 people! Total funds raised by Relay For Life-Cy-Fair is now approaching \$1.25 million dollars in ten years!

"Congratulations to the many volunteers, committee members, and teams whose tireless efforts each and every year since 2005 have resulted such an accomplishment. The valued participation of cancer survivors and caregivers make the American Cancer Society Relay For Life unique and appealing to the entire community, most of whom have been touched by cancer in some way," said Relay For Life of Cy-Fair Chair Sulema Tamez.

Relay For Life remains the American Cancer Society's highest-grossing fundraising event in the fight against cancer. Monies raised support the American Cancer Society's mission to help people stay well, get well, find cures and fight back through cancer research, as well as the free programs and services provided directly to cancer patients and their families.

The Relay For Life of Cy-Fair is seeking sign-ups for both business and personal teams for the April 17-18, 2015 event. The event committee is also seeking volunteers, cancer survivors and caregivers to participate. If you are interested in signing up or learning more about how you can help the American Cancer Society finish the fight against cancer, please visit: [www.relayforlife.org/cyfairtx](http://www.relayforlife.org/cyfairtx).

About the American Cancer Society

The American Cancer Society is a global grassroots force of more than three million volunteers saving lives and fighting for every birthday threatened by every cancer in every community. As the largest voluntary health organization, the Society's efforts have contributed to a 20 percent decline in cancer death rates in the U.S. since 1991, and a 50 percent drop in smoking rates. Thanks to our progress, nearly 14 million Americans who have had cancer and countless more who have avoided it will celebrate more birthdays this year. As we marked our 100th birthday in 2013, we're determined to finish the fight against cancer. We're finding cures as the nation's largest private, not-for-profit investor in cancer research, ensuring people facing cancer have the help they need and continuing the fight for access to quality health care, lifesaving screenings, clean air, and more. For more information, to get help, or to join the fight, call us anytime, day or night, at 1-800-227-2345 or visit [cancer.org](http://cancer.org).

# A FOCUS ON PHYSICAL ACTIVITY

## *Pathway to Improved Health*

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

### HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

1. Any physical activity is better than no physical activity
- Includes people with disabilities
- Far outweighs the possibility of risk of injury or illness
2. Most health benefits occur with at least 150 minutes a week
- Both aerobic and muscle-strengthening are beneficial
3. For most people, additional benefits occur when
  - You increase the intensity of your physical activity
  - You increase the frequency of your physical activity
  - You increase the duration of

your physical activity

### SHOULD OLDER ADULTS EXERCISE, TOO?

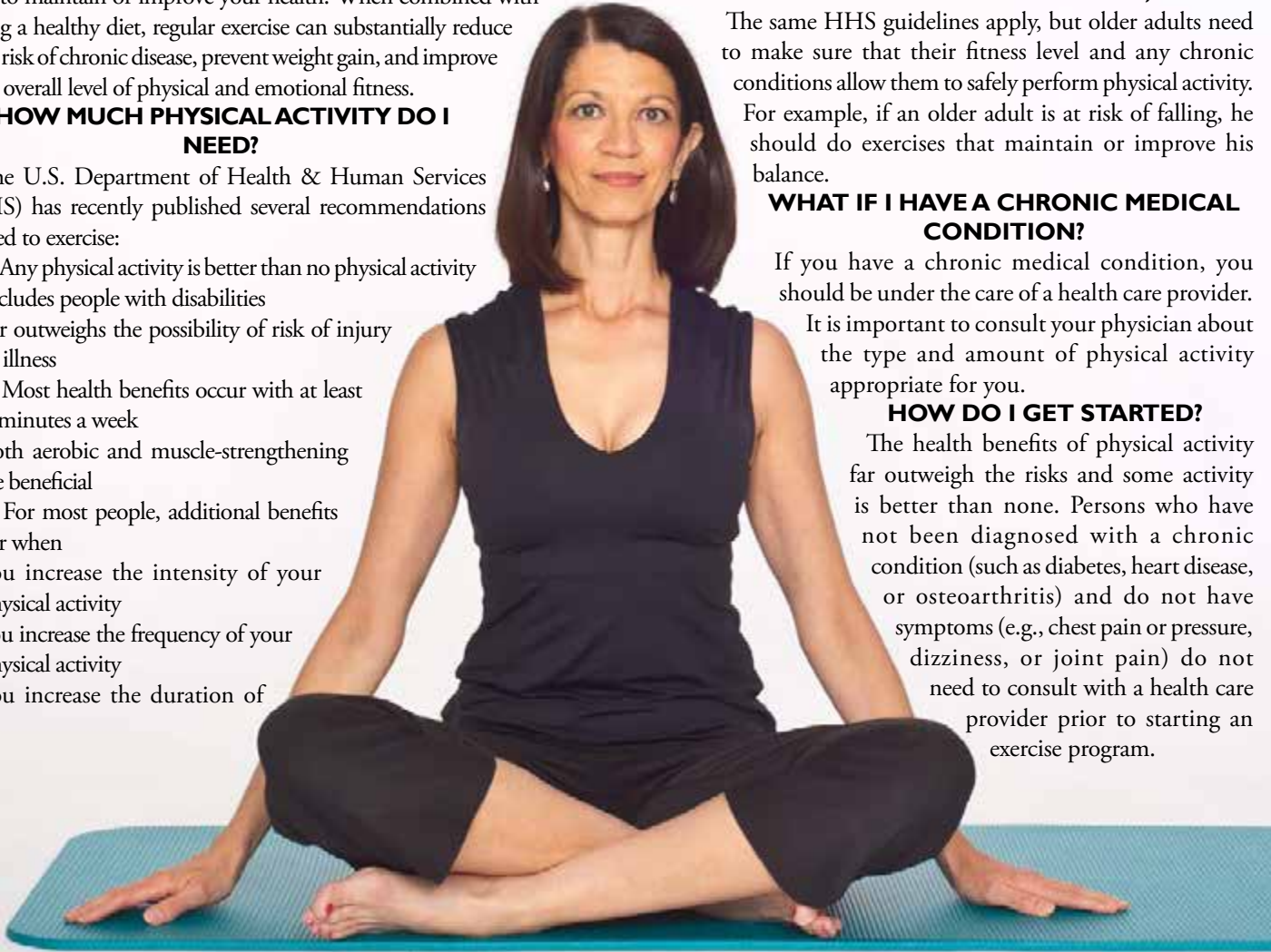
The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

### WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

### HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.





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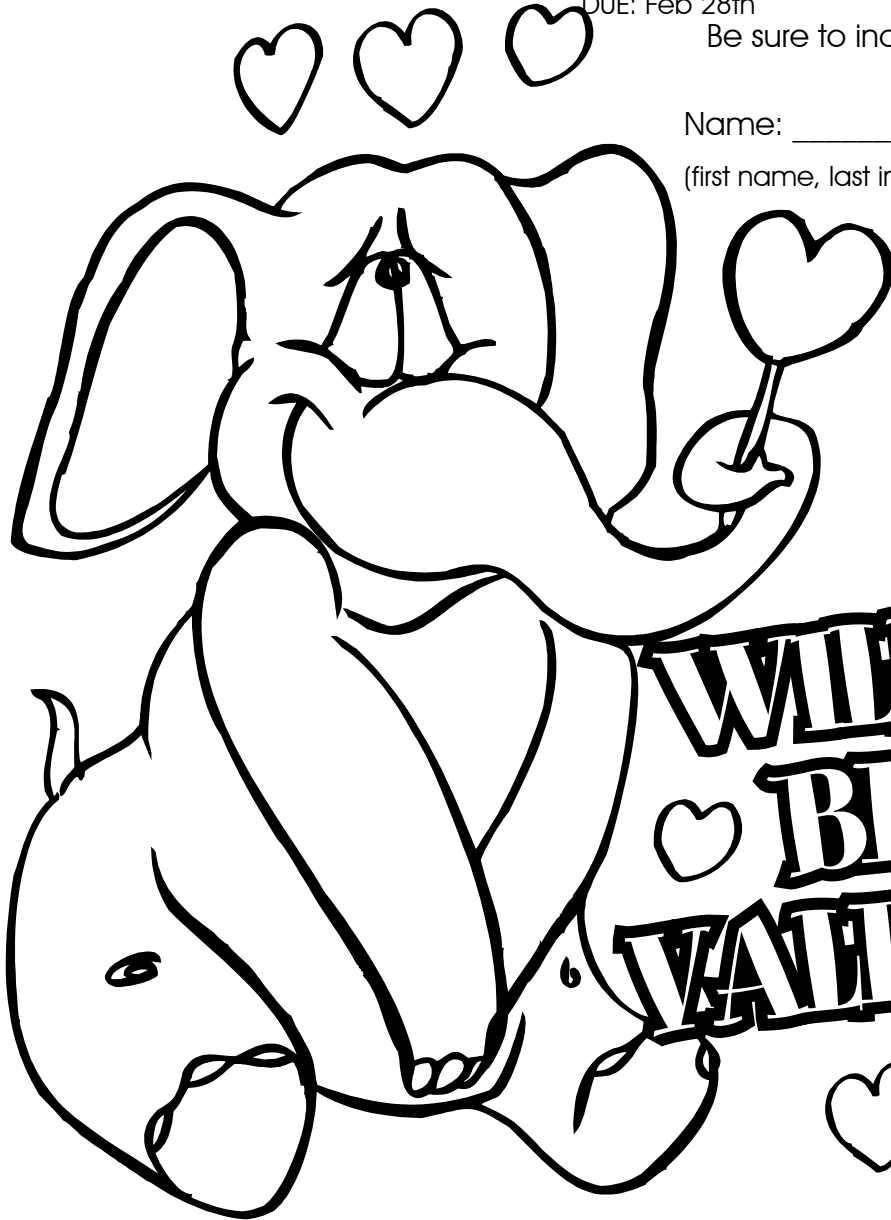
DUE: Feb 28th

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

Name: \_\_\_\_\_

(first name, last initial)

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