



OCTOBER 2016

Official Publication of the Cardiff Ranch HOA

VOL 1, ISSUE 2

WELCOME TO THE HOME FRONT

*A Newsletter
for the Residents of
Cardiff Ranch*

The Home Front is a monthly newsletter mailed to all Cardiff Ranch residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at www.PEELinc.com. Personal news (announcements, accolades/honors/celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!



FROM THE SINISTER PEN OF CARDIFF RANCH OFFICE

Calling all ghosts and goblins!
The Cardiff Ranch Community Halloween Party will be
SUNDAY, OCTOBER 30TH FROM 2 TO 4

Please join us for games, crafts, costume parade, and of course... tricks (magic show) and treats!

From the Cardiff Ranch Office:

The 2016 Cardiff Ranch Annual Meeting is tentatively scheduled for Thursday evening, October 20th at WoodCreek Jr. High. Once the date and location have been finalized,

the information will be posted on Nextdoor.com and also a mass email will be sent to all residents that have registered and have their email address on file in the Clubhouse.

IMPORTANT NUMBERS

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Emergency	911
Constable Precinct 3	281-342-3411
Fort Bend County Sheriff	281-342-6116
Harris County Sheriff	713-221-6000
Fulshear Police Department	281-346-2202
Poison Control	800-222-1222

UTILITIES

Best Trash.....	281-313-2378
Fort Bend MUD # 58 (Water)	713-405-1750
Electricity	866-979-5265
Centerpoint Energy (Gas)	713-659-2111

SCHOOLS

Katy ISD	281-396-6000
Davidson Elementary	281-234-2500
Wood Creek Junior High	281-234-0800
Seven Lakes High School	281-237-2800
Tompkins High School	281-234-1000

PROPERTY MANAGEMENT

Doreen Cutroni
On-Site Community Manager
P.O.A of Cardiff Ranch
26818 Wooded Canyon Dr.
Katy, TX 77494
281-394-7314

OFFICE HOURS:

Monday 4 P.M. – 8 P.M.
Friday 1 P.M. – 6 P.M.
Saturday 10 A.M. – 4 P.M.

NEWSLETTER PUBLISHER

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Tompkins Theatre Company presents

Jay Gatsby, a self-made millionaire, passionately pursues the elusive Daisy Buchanan. Nick Carraway, a young newcomer to Long Island, is drawn into their world of obsession, greed and danger. You will not want to miss the breathtaking glamour and decadent excess of the Jazz Age come to the stage of Tompkins High School Performing Arts Center!

October 20-21, 7PM October 22, 2PM & 7PM

Students-\$10 / Adults - \$12

Reserved Seating tickets available for purchase

Oct. 1st at www.TompkinsTheatre.com

General Admission Seating tickets sold in the PAC Oct. 17-21,
10:30am-1:30pm, & at the door.

Tompkins High School Performing Arts Center
4400 Falcon Landing Blvd. Katy, TX 77494

Assistance: Email boxoffice@tompkinstheatre.com

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Finding Grace

When I first sat down to write this piece, I had planned to do a piece on forgiveness. I have had several situations lately where forgiveness seemed applicable, even necessary, but I felt myself struggling. I kept circling back around to the thought that I was in the right, they were in the wrong, and it just did not seem fair that I needed to be the one to dig deep and forgive. I was definitely dragging my feet.

As always, I found myself taking notes and learning about the active nature of grace just by watching my horses. Horses exude grace. Their movements are the very definition of grace. They embody the spirit of grace in their willingness to accept us as friends and partners in this journey. The very fact that they, as prey animals, choose to trust humans; predators, defies the natural order of the world and demonstrates the act of grace. We are undeserved of their generous gift of companionship, but can choose to cherish and learn from it.

Along my way to finding forgiveness, I found myself practicing grace. I learned I did not have to be right, but could extend the hand of friendship and choose not to allow petty grievances to harm a long-time relationship. Doing so would not only harm that friendship, but would also hurt me by allowing bitterness and self-destructive thoughts and patterns to form.

To me, this portrays our relationship with God. By our very nature, humankind are sinners and undeserved of His love and mercy, yet He still bestows upon us this incredible gift of grace. I honestly believe that He gave us animals to act as instructors of grace so that we could become the people He intends us to be. I know I have learned so many unexpected lessons in life from mine. I learned grace is not just a singular act, but a continuous action that must be practiced daily in order to have real impact in life. In finding grace, I have also discovered a way to be closer to God and to accept harsh truths and realities without accruing toxic feelings of bitterness and self-justification. In writing this, I hope that my lesson might help even one person on his own journey.

Tara Chatterson works at Five Horses, LLC in Waller, TX. To find out more about how horses can help you, check out the natural horsemanship program, as well as the equine assisted learning workshops provided here: www.fivehorses.com.

Inspecting for bed bugs

Before the holiday travel season begins, it is wise to know what to look for when traveling so you do not bring home unwanted guests. Bed bugs are small, dark brown to reddish colored insects with no wings. Their bodies are oval and the color and size often depends on if the insect is engorged with blood. Immatures, or nymphs, resemble the adults but are smaller and lighter in color. Usually adults are about the size of a watermelon seed.

Most feeding occurs at night when bed bugs pierce skin while people sleep. The bugs inject a fluid while feeding that can cause some people (about 50%) to have an allergic response. The allergic response causes the skin to become irritated and itchy at the bite location.

After feeding (it takes about 12-15 minutes for a bed bug to become fully engorged), bed bugs crawl away into hidden areas- mattress seams, headboards, nightstands, behind baseboards as well as other locations. They prefer to hide in locations that are close to where they feed, but they will crawl several feet to get to a meal. Bed bugs hide in their chosen location for about 3 days while they digest the blood meal. Over time, congregation areas become marked with blood, fecal material, hatched eggs and cast skins of molted bugs.

When travelling, always inspect rooms thoroughly for bed bugs before moving luggage into the room. Luggage should be placed until the bathtub until the room has been inspected. Make sure to carry a small flashlight with for to help with inspection. When you return home, place clothing in the dryer (before washing) on high heat for about an hour.

Tips on inspection:

- Look in sleeping areas (bed, pull-out couches)
- Inspect linens as they are removed from the bed
- Check mattress and box spring seams, bottom of the box spring and near the mattress tag
- Inspect the dust ruffle
- If possible, lift the boxspring and inspect the bed frame
- If possible, pull out or remove the headboard to inspect behind it
- Check bedside tables and everything on them, including opening all drawers

If you find bed bugs, go to the front desk to inform them of what you found and request a different room. Do not get a room that is adjacent, above, below or across from the infested room (bed bugs can travel through wall voids to adjacent areas).

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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CARDIFF RANCH



Register for the ACT or SAT practice test!

Deadline to register: Wednesday, October 12th.

Practice test: Saturday, October 22, from 9:00 am to 1:00 pm

Where: Tompkins High School

Cost: \$40

Register at this link: <http://tompkinshspts.org/hikashop-menu-for-categories-listing/product/88-sat-act>

Hosted by the Tompkins High School PTSA.



GINGERBREAD VILLAGE HOLIDAY MARKET

The Ladies Auxiliary from St. Elizabeth Ann Seton Catholic Church will be holding their 24th annual Gingerbread Village Holiday Market craft show. It will be held from 9 A. M. to 4 P. M. on October 29, 2016. The location is 6646 Addicks-Satsuma Road, Houston, TX. Shop for Arts, Crafts, Specialty Foods and much more. A bake sale will be held and lunch will be available for purchase. The admission is FREE!

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4 Spices with Surprising Health Benefits

When it comes to adding flavor to your favorite meals, there's more to seasoning than salt and pepper alone. There's a whole world of spices out there that can take your cooking game to the next level and offer some surprising health benefits along the way.

Spice up your meals with these top picks that are as healthy as they are versatile.

1) Oregano

Fun fact: One teaspoon of oregano has the same amount of antioxidants as three cups of spinach. This healthy herb also contains potassium, zinc, iron, protein, calcium, magnesium, and fiber.

Try it: Add a few pinches of oregano to a dish of melted butter. Brush it on fresh-baked dinner rolls for a flavorful finish.

2) Cinnamon

Sure, it's a tasty addition to all-things sugary and sweet, but did you know that cinnamon can help reduce blood sugar levels? Plus, it's been shown to help improve brain function, promote better heart health, and even protect against diabetes.

Try it: Top baked sweet potatoes with a dash of cinnamon and nutmeg. These two spices pair well together and their woody aromas make them top picks for holiday dishes.

3) Nutmeg

Speaking of nutmeg, did you know that this spice can help prevent cavities? It can also naturally detox the body, improve digestive health, and reduce inflammation and pain.

Try it: Sprinkle a pinch of nutmeg onto your morning bowl of oatmeal and pair it with your favorite fresh fruits.

4) Cumin

One tablespoon of this spice contains 20% of your daily iron, which plays a big role in carrying oxygen to all of your cells. It can also boost your brainpower and keep your immune system in tip-top shape.

Try it: Add a dash of cumin to your next batch of chili. It will add a hint of spice without turning up the heat.

Donna Kelly-Konopka



The Texas Driver (from the Texas Driver Handbook)

FLOODS

- Six inches of water will reach the bottom of most passenger cars, causing loss of control and possible stalling.
- Twelve inches of water will float many cars.
- Two feet of water will carry away pick-up trucks, and most other vehicles
- Water across a road may hide a missing segment of roadbed or a missing bridge. Roads weaken under floodwater, get out quickly and move to higher ground. Better yet, when there's water on the road, Turn Around. Don't Drown. Saving your life may be as simple as choosing an alternate route.

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PERSONAL CLASSIFIEDS

Personal Classifieds (one time sell items, such as a used bike...) run at no charge to Cardiff Ranch residents, limit 30 words, please e-mail crclubhouse@entouch.net.

Down the Drain



Washing your car may seem like a great way to beat the heat this summer while accomplishing something constructive on your to-do list. But you might want to think twice about the environmental impact before you park your car in the driveway and pull out your bucket, hose and old towels.

Even if you use a biodegradable cleaner, the soapy water that runs off your car when you hose it down not only contains detergent, but residue from automobile fluids like oil, gasoline and antifreeze. Each time you rinse your car, the contaminated water flows untreated directly into the stormwater system and eventually makes its way into streams and rivers. And, as the water runs out of your driveway and down the street toward the storm sewer, it also picks up other toxic

substances, like fertilizers, petroleum deposits and surface paint from the pavement. Parking your car on a grassy area while you wash it may help some, but the toxins will end up in the groundwater eventually.

As an alternative, consider using a commercial carwash facility. Whether a conveyor type, self-service, in-bay automatic or custom hand-wash business, these establishments are required by the U.S. Environmental Protection Agency (EPA) to capture and route their wastewater to a treatment facility before the water can be discharged into the sanitary sewer.

Toxic residues aren't the only reason to take your car to a commercial car wash. Rinsing your car at home with a garden hose can use as much as 10 to 15 gallons of water per minute, while professional car wash facilities can limit the water flow to as little as three to five gallons per minute. If you spend an hour in your driveway washing your car, you may have sent as much as 150 gallons of contaminated water directly down the drain. This is especially important in long summer dry spells.

So help the environment and save time this summer: leave car washing to the professionals.

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