

THE Ranch Review

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A Newsletter for Riata Ranch Residents

Breast Cancer Awareness Month



October is breast cancer awareness month, and physicians

affiliated with Memorial Hermann Cypress Hospital say it's a great reminder for women to schedule their annual mammography.

"I chose to go into medicine after a close family member passed away from breast cancer at a young age. That's why I encourage all my patients to have an annual mammography beginning at age 40," says Iyabode M. Ogunlade, M.D., an OB-GYN affiliated with Memorial Hermann Cypress.

Symptoms of breast cancer include any lump, thickening, or swelling in the breast or armpit, pain in the breast, or change in size or shape of the nipple. However, the American Cancer Society says many women don't experience any symptoms.

"The key to successfully treating breast cancer is detecting the cancer early. That's why having your annual mammography is so important," says Dr. Ogunlade. "There are also several types of mammograms, including 3-D mammograms, so make sure you speak with a physician about the different screening methods to determine which is right for you."

MD Anderson Breast Care with Memorial Hermann- Cypress combines the convenience and advanced technologies of Memorial Hermann's breast care centers with interpretation and consultation provided by expert radiologists from MD Anderson. This innovative partnership ensures the high quality, safe imaging and expert reading that are critical for precise diagnosis, effective treatment and follow-up for breast cancer patients. MD Anderson Breast Care with Memorial Hermann- Cypress offers 3-D mammography (breast tomosynthesis), breast MRI, breast MRI biopsies, breast ultrasound, stereotactic breast biopsies, and ultrasound biopsies. All of these advanced technologies are conveniently offered close to home for Cypress area residents, and appointments can be scheduled by calling 346.231.6950.

Cypress 5K Fun Run and Puppy Parade

Submitted by Tracy Williams

Cypress and Houston area residents can strengthen their families, their bodies, their neighborhood school, and their dogs at a very fun family friendly event this fall. Cypress 5K Fun Run and Puppy Parade benefiting the Performing Arts Department at Spillane Middle School will take place Saturday, November 18th at 9:00 a.m. at Spillane Middle School, 13403 Spillane Woods Blvd.

The event is the school's fourth annual Fun Run, and will feature a timed run. You don't have to be a competitive runner to participate since the race also features a family run for those pushing strollers or wanting to walk, and a dog walking segment. The race will begin at Spillane Middle School, and go through the Coles Crossing neighborhood. Medals will be awarded in multiple age brackets, and to the first three dogs who cross the finish line.

While generating funds to support the school's award-winning Performing Arts programs is one goal of this run, event organizers want to strengthen the school's ties to the community as well as encourage community spirit and fitness. The race has become an annual tradition for many, and provides the opportunity to run, walk, bond with, and support family, friends, and neighbors. Last year's run had over 900 participants, and was a great success.

Early bird registration runs August 20 through October 28 for \$30 per individual or \$100 for a family of four, and includes a commemorative T-shirt. From Oct. 29 Nov. 11th registration increases to \$35 per individual or \$110 for a family of four, and a T-shirt is not guaranteed. Late registration, which continues until race day, is \$40 per individual or \$160 for a family of four, and does not include the shirt.

Returning this year will be the option to "Sleep in for the Arts." Pay the registration fee. Do not participate on Race Day. Get a t-shirt!

Runners who have pre-registered can pick up their packets Thursday, November 16th at Spillane Middle School.

To register or for more information, visit the Cypress 5K Fun Run & Puppy Parade website at <https://thedriven.net/cypress5k>.

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

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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

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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 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.

HARVEY EFFECTS IN REAL ESTATE

By Tracy Montgomery, Realtor

Prepare for the shift into a seller's market! Inventory will be low and demand for homes that did not flood will be higher than ever.

Rentals, Rentals, Rentals, if you are considering putting your home on the market as a rental, NOW is the time to do it. People all over the city are looking for dry houses they can call home for the next few months and up to a year.

Price gouging in a time of catastrophe; just don't do it. While the supply and demand concept is a real thing, these homes still need to appraise once they are under contract. Don't jeopardize your risk of appraising by overpricing your home!

If your home is currently on the market consider becoming an investor. If your situation allows for it, consider renting out your current home after purchasing your new one.

When purchasing a home after a catastrophe don't be completely driven away by insurance claims, more and more houses will have that disclosed and it will be a commonly seen aspect of many homes to come.

SHADOW OAKS FALL FUTSAL LEAGUE

Development at a young age is vital to a player's growth. Our goal is to create technically sound players who are individually more skilled than their opponents. AHFC is launching the Shadow Oaks Futsal League.(Shadow Oaks: 10502 Westview Drive Houston Texas United States 77043). This new league provides a platform for players to express their creativity and put their skills to the test.

Divisions:

U10 Boys
U10 Girls
U8/9 Boys
U8/9 Girls

Registration: \$250 per team (8 player maximum).

Get your friends together and come play!

*** Non AHFC players welcome per
League, Club, Associations Rules***

BUSINESS CLASSIFIEDS

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Albion Hurricanes

AHFC Premier GK Program will be held on Friday evening's. Our objectives are to further aid our current goalkeepers' development, and to develop any prospective goalkeepers.

*** Non AHFC players welcome per League, Club, Associations Rules***

Block 2 training will run on a pattern where keepers will train for two weeks, have one week off, followed by two weeks of training to complete the block. Our second block of training will run slightly different due to prior engagements with our coaching staff.

All sessions will be held at Campbell Road Sports Park (CRSP 3601 Campbell Rd.).

U11 - U14 6:00 - 7:00PM

U15 - U18 7:30 - 8:30PM

Fall Training Block 2:

October 13, 20

November 3, 10

Cost: \$120

To Register visit www.albionhurricanes.org





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CY-FAIR REPUBLICAN WOMEN OCTOBER MEETING

CFRW will meet on Tuesday, October 10th at 10:30 AM to Noon.
Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095
Meeting is \$3 – Meeting with Lunch at Noon is \$23.

The program will be the State Representative Panel that was scheduled for September. See the website for details and RSVP to www.cfrw.net by October 3rd. We look forward to seeing you there.

HIGH HEELS & HIGH TEA tickets are available now.
Event is November 3rd at Sterling Country Club.

This is our biennial fundraiser to help local candidates and our Scholarship fund. You'll want to be part of the fun!

Nancy Roberts / Publicity Chair / 713-466-4199
nancyroberts004@att.net / Cy-Fair Republican Women / info@cfrw.net

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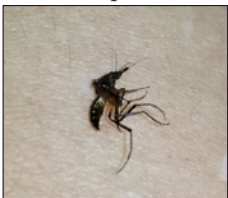
Ranch Review

FLOODWATER MOSQUITOES

TEXAS A&M
AGRI LIFE
EXTENSION

If you've been outside lately, you have most likely noticed the giant mosquitoes that seem to want to pick people up and carry them off. With recent weather conditions, floodwater mosquitoes have emerged in large numbers.

Floodwater mosquitoes lay their eggs above the water line in ponds, ditches, pastures, or other places where water collects. The eggs can remain in dry areas and when these areas are flooded the eggs hatch, leading to swarms of hungry mosquitoes. These mosquitoes are larger than mosquitoes we are used to and can swarm in huge numbers.



While floodwater mosquitoes won't last forever, other mosquitoes called container breeding mosquitoes emerge when floodwaters begin to recede. Many of these species are ones that we are used to seeing around our homes.

Many things can help to reduce mosquito problems around the home. Eliminate all sources of standing water. Containers such as watering cans, buckets and bottles can turn into mosquito breeding grounds. Water should be drained from birdbaths, gutters, flowerpots and pet dishes at least once a week. Children's wading pools should be emptied of water at least once a week and stored so they cannot collect water when not in use. Tree holes should

be filled in with sand or mortar, or drained after each rain. Leaky faucets and pipes located outside should be repaired.

Areas that cannot be drained, such as ponds or large rain collection systems, can be stocked with mosquito fish that eat mosquito larvae. Dunks can also be used in these areas. Dunks are a small, donut-shaped product that contains *Bacillus thuringiensis* var. *israeliensis*. The donut disrupts the life cycle of the mosquito and is non-toxic to humans, amphibians and fish.

When outside, wear loose-fitting, light colored clothing with long sleeves & long pants. Repellants containing active ingredients such as DEET, Picaridin, IR3535, or oil of lemon eucalyptus can be effective to keep mosquitoes from biting when activities cannot be rescheduled.

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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NATIONAL ASSOCIATION NAMES AMERICAN BUSINESS WOMAN OF ABWA



The American Business Women's Association (ABWA) named Jessica Smith, Assistant Vice President of IBERIABANK, one of the Top Ten Business Women of the Year. The Top Ten Business Women of ABWA is a national program that honors 10 outstanding members for achieving excellence in career, education and community involvement.

Jessica Smith is a branch manager at IBERIABANK. She has been in the banking industry for 15 years with a passion for assisting local

small to medium size businesses and seeing them grow. Her strengths include providing excellent client services and building long lasting relationships with her clients. Jessica spends a lot of her time also volunteering in her community to help educate,

guide and lead others both personally and professionally.

While a current student at Texas Tech University, a firefighter's wife, mother of two amazing kids and a full-time banker, she manages her roles day in and day out to serve as an active member of the Cy-Fair Express Network of the American Business Women's Association (CYFEN), a secondary active member of Women Empowering Women Express Network of the American Business Women's Association (WEWEN), a financial literacy volunteer for The Women's Resource of Greater Houston, and an advisory council member of the Lone Star College Small Business Development Center which are all located in the community in which she lives.

"Top Ten candidates are a paradigm for ABWA members who strive for excellence in their careers, their communities, and in the Association," says René Street, ABWA Executive Director. "It will be a privilege to recognize these outstanding women this year at the National Women's Leadership Conference and to gain inspiration from their accomplishments."

(Continued on Page 7)

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(Continued from Page 5)

"Being named as a Top Ten is an extraordinary honor on many levels," says Jessica Smith, IBERIABANK. "ABWA has helped me both personally and professionally to gain the confidence needed to face everyday situations. Being a leader in my career, a role model for my children, going back to school, and giving back to my community are just a few of the many."

About Cy-Fair Express Network (CYFEN)

Now over 60 members strong, Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and national recognition. CYFEN is part of the national organization of American Business Women's Association (ABWA), for more information go to www.CYFEN.org.

About ABWA

Founded in 1949, ABWA's mission is to bring together business women of diverse occupations and to provide opportunities to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition. . For more information: visit www.abwa.org.

Cypress Area Food Pantry

Do you know of someone who has trouble putting food on the table? Maybe their employment was suddenly terminated; maybe it's a choice between medications or food; for whatever reason a family can find themselves in a situation where they need a little help.

Fountain of Life Church of God on Mueschke Road runs a food pantry on Mondays from 3:30 pm to 6:00 pm and the only requirement is that the client should live in zip code 77433 and west of Skinner 77429. For more information, contact 281-373-9337. Food donations and volunteers are also greatly appreciated.

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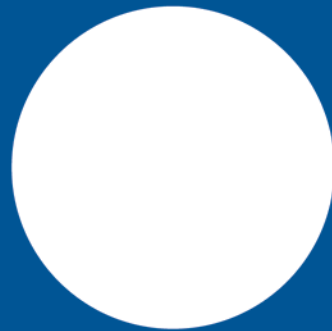
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