

# The Ranch Review

www.riataranch.net

March 2008

Volume 3, Issue 3

Official Publication of Riata Ranch Homeowners Association



## Riata Ranch Easter Egg Hunt

**Saturday, March 8th**  
**Children ages 1-6**

It's time again for a visit from our friend the Easter Bunny!

There will be thousands of hidden eggs, and every egg has a prize! Be sure to join your friends and neighbors for this fun family event. Remember to bring a basket and your camera!

Children 2 and under will start at 10:00 a.m. sharp at the tennis courts.

The 3-4 year old hunt will be at 10:15 a.m. at the tricycle park.

Finally, the 5-6 year old hunters will have their turn at 10:30 a.m. at the wooded area to the right of the pool.

Please arrive 5-10 minutes before your child's start time. Easter Egg Hunts move really fast, so don't be late!

Parents please accompany your children; we will need all the help we can get!

We will have a plastic egg recycling box for you to drop off any empty eggs after the hunt.

In case of questionable weather, we will reschedule the Easter Egg Hunt for Saturday, March 15th at 10:00 a.m. Check [www.riataranch.net](http://www.riataranch.net) for details.

If you have any questions or concerns, feel free to contact Christin Nobles at [events@riataranch.net](mailto:events@riataranch.net).



## Spring Community Garage Sale

**Saturday, April 12th**

**8:00 a.m.**

***Rain or Shine***

It's Garage Sale time – so clean out your garages and attics and make some money! There will need to be at least 60 families registered and paid by March 30th !!

We are doing things a bit different this year. We no longer have signs available. If you have one, feel free to use it. It was very hard to keep track of all of them, and we 5 returned after the last sale. Please remember that your \$5 fee goes to pay for advertising the sale, and not for the sign. We put ads in over 7 different papers across the Houston area. Without the advertising, we don't have customers! Without your fee, we don't get advertising. This is all going to be done by the honor system. Please do your part and send in your fee! We will still be putting up the big signs at the front entrances. Please feel free to make your own signs, but be sure to take them down after the sale.

There are 2 ways to register & pay your fee: You can mail your registration (name, street address, home phone number & \$5 check made out to SCS Management) to Bobbie McKeon 17223 Firecreek Ridge Dr. Houston, TX 77095 or come by the pool Sunday March 30th from 6-7pm. Please don't wait until the last minute! All the advertising must be submitted and paid for two weeks before the sale. You can send in your registration any time from now up through March 30th.

If you have any questions, comments or ideas please contact Bobbie McKeon at 281-213-3140 or [RiataRanchGarageSale@yahoo.com](mailto:RiataRanchGarageSale@yahoo.com)

### Important Dates:

Now through March 30th – Mail in registration (*see info above*)

Sunday March 30th, 6– 7 p.m. – In-person registration at the pool (*see info above*)

March 30th – Registration deadline

April 12th, 8:00 a.m. – Garage Sale

*FYI: The HOA rules state that private garage sales are not allowed. Community garage sales are okay as long as they are a community sponsored event and meet the minimum participants requirement.*

**RiataRanch.net**

# Riata Ranch

## IMPORTANT NUMBERS

### Emergency

Sheriff.....	713-221-6000
Fire Department .....	281-855-1110
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
Posta Elementary .....	281-345-3660
Spillane Middle .....	281-216-1645
Cy-Fair High .....	281-897-4600
Cy-Falls High.....	281-856-1000
Cy-Fair College.....	281-290-3200

### Utilities

#### HCMUD #196

Billing .....	281-579-4500
Repairs .....	281-398-8211
Centerpoint Electric .....	713-207-2222
Centerpoint Entex Gas .....	713-659-2111
AT&T/SBC .....	800-464-7928
Warner Cable.....	713-462-9000
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 Publisher

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

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At no time will any source be allowed to use the Riata Ranch Community Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the Riata Ranch Homeowners Association and Peel, Inc. The information in the Riata Ranch Community Newsletter is exclusively for the private use of Riata Ranch Community residents only.

## Lone Star College-CyFair "Perspective"

Free Community Health Fair March 6 Lone Star College-CyFair will host the Fourth Annual Health Fair, from 11 a.m. to 1 pm. Thursday, March 6 at the Barker Cypress campus, 9191 Barker Cypress Road. The free event will feature more than 30 local and national healths, medical, and wellness exhibitors, will include a variety of free screenings and literature as well as a blood drive. The LSC-CyFair Wellness Committee will sponsor this health fair as part of its ongoing effort to inform, educate and empower the community to adapt healthier lifestyle behaviors. Call 281-290-3289 for information.

Don't Miss Fotofest, an International Photography Exhibition An international photography exhibition titled "First Light: Teaching Photography in Afghanistan" will be on display in the Bosque Gallery at Lone Star College-CyFair March 4 through April 3. This Fotofest exhibition features the work of Kabul University students in Afghanistan and will include a silent auction from 4:30 p.m. to 7 p.m. during the March 6 reception. The proceeds will benefit the Kabul University photography program. Gallery hours are 11 a.m. to 2 p.m. Tuesdays through Thursdays. For Fotofest information go to [www.fotofest.org](http://www.fotofest.org). For gallery information or go to [cyfair.lonestar.edu/bosquegallery](http://cyfair.lonestar.edu/bosquegallery).

Spring Film Series Under Way - The Lone Star College-CyFair Spring Film Series is a continuing education course called Film Appreciation. The series is presented at no charge. A professor or student organization at the college hosts each film and an in-depth discussion after the movie. March films include "Life Support" March 5, "The Wind That Shakes the Barley" March 17; "Pretty in Pink" March 19 and "Pan's Labyrinth" March 27. Registration is available at all the film events. All films are shown at the Barker Cypress campus in ART 102. For the spring schedule or information, go to [cyfair.lonestar.edu/filmseries](http://cyfair.lonestar.edu/filmseries).

Free Tax Preparation Assistance Available - Free tax assistance is available at the Lone Star College-CyFair Branch Library, located at 9191 Barker Cypress Road, with AARP Tax-Aide volunteers from noon to 4 p.m. every Wednesday and Thursday through April 6 in the library, room 131. Taxes will be filed electronically. For information on what documentation to bring, go to [cyfair.lonestar.edu/library](http://cyfair.lonestar.edu/library) and click on free tax assistance under the news section.

Check out Women's Month Activities - Come to Lone Star College-CyFair throughout March for activities that celebrate, teach and empower women. Among the activities are a women's health fair, female art exhibition, film series, woman's symposium, women's book club discussion, crime and safety awareness day, The Vagina Monologues (a Reader's Theatre presentation) and a free week-long Rape Aggression Defense (R.A.D.) workshop. For a schedule of information, go online to [cyfair.lonestar.edu/womensconference](http://cyfair.lonestar.edu/womensconference).

L.I.F.E. Lessons in March - The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) In March, programs feature original pastel art March 5, Ukrainian heritage and Easter eggs March 12, songs from the French-speaking world March 19 and the Katy Prairie March 26. Call the library at 281-290-3213 for L.I.F.E. program information or go online to [cyfair.lonestar.edu/library](http://cyfair.lonestar.edu/library).

## Cypress Christian School Annual Golf Classic

Calling all Golfers and Sponsors! Mark your calendar for Monday, May 5 to participate in the annual CCS Golf Classic. This year's Golf Tournament will be held at the Longwood Golf Club, 13300 Longwood Trace, Cypress, TX 77429 with a 1:00 tee-off time. In addition to a great afternoon on the course, golfers will be treated to lunch and dinner. To add to the fun, a silent auction will be held with golfer-friendly/family-friendly items to be awarded to the highest bidder.

Contact the Event Coordinator at Jody.Pollos@CypressChristian.org or 281-770-5326.



## Chrysalis, A Grace Place for Children

Chrysalis, A Grace Place for Children, a ministry of Messiah Lutheran Church, is hosting an open house on Thursday, February 28, 5-7 PM. The evening will offer fun free activities for children, refreshments, and an opportunity for parents to learn about the wonderful preschool and after school programs offered at Chrysalis. The community is invited.

Messiah Lutheran Church is a grace place, a congregation of the Evangelical Lutheran Church in America (ELCA). Messiah is located at 11522 Telge Road, ½ mile north of Highway 290. Regular worship times are at 8 and 10:30 AM on Sundays. The Education Hour is 9:15-10:15 AM on Sundays. For more information, 281-890-3013 or [www.messiahlc.org](http://www.messiahlc.org). All people are welcome at Messiah and at Chrysalis.

## Classified Ads

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Riata Ranch residents, limit 30 words, please e-mail [editor@riatranch.net](mailto:editor@riatranch.net).

**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales @ 512-989-8905 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

## BUSINESS CLASSIFIEDS

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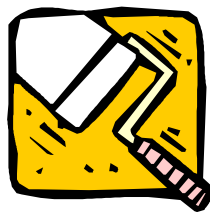
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**Easter**

**Easter Sunday, March 23, 2008**

8:45 am Sunrise Easter Service  
7:45 am Continental Breakfast  
10:30 am Main Easter Service

**Terra Verde Community Church**

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[www.terraverdechurch.org](http://www.terraverdechurch.org)

# Riata Ranch

## Do You Know Who Represents You?

### U.S. Senators (Texas)

#### John Cornyn(R)

517 HART SENATE OFFICE BLDG  
WASHINGTON DC 20510  
Phone: (202) 224-2934  
Fax: (202) 228-2856  
Email: cornyn.senate.gov

#### Kay Bailey Hutchison (R)

284 RUSSELL SENATE OFFICE BLDG  
WASHINGTON DC 20510  
Phone: (202) 224-5922  
Fax: (202) 224-0776  
hutchison.senate.gov

### U.S. House of Representatives (Texas)

(District 7)

#### John Abney Culberson (R)

##### Capital Office

U.S. House of Representatives  
1728 Longworth House Office Building  
Washington 20515  
Phone: (202) 225 2571  
Fax: (202) 225 4381  
*District Office*  
10000 Memorial Drive  
Suite 620

Houston 77024

Phone: (713) 682 8828

Fax: (713) 680 8070

Email: <http://www.culberson.house.gov/contactinfo.aspx>

Website: <http://www.culberson.house.gov/>

#### Texas Senator (District 7)

#### Dan Patrick (R)

##### Capital Office

PO Box 12068  
Capitol Station  
Austin 78711  
Phone: (512) 463 0107  
Fax: (512) 463 8810

##### District Office

11451 Katy Fwy  
Suite 209  
Houston 77079  
Phone: (713) 464-0282  
Fax: (713) 461-0108  
Email: <http://www.patrick.senate.state.tx.us/>  
Website: <http://www.patrick.senate.state.tx.us/>

### Texas House of Representatives

(District 130)

#### Corbin Van Arsdale (R)

##### Capital Office

House of Representatives, Room E1.412  
PO Box 2910  
Austin 78768

Phone: (512) 463 0661

Fax: (512) 463 4130

##### District Office

12777 Jones Road  
Suite 175  
Houston 77070  
Phone: (281) 469 9130  
Fax: (281) 469 4130

Email: [corbin.van\\_arsdale@house.state.tx.us](mailto:corbin.van_arsdale@house.state.tx.us)

Website: <http://www.house.state.tx.us>

### County Commissioner (Precinct 3)

#### Steve Radack

Administration Building  
1001 Preston, Suite 924  
Houston TX 77002  
Email: [pct3@hctx.net](mailto:pct3@hctx.net)  
Website: <http://www.pct3.hctx.net/>  
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## What is the Main Goal in Little League Baseball?

*Submitted by Robin Cox*

What should your main objective be in coaching, teaching or parenting a Little Leaguer?

Is the objective to win? I would say Yes but also No. Winning is important but it is a result. Results, especially in sports are many times determined by actions outside of our control.

A game may be won by the opponent on a bad hop, a ball lost in the sun or lights or even by an umpire's supposed "bad" call. A game may be lost when a batter with bases loaded does everything right and hits the ball hard on a line drive but right at the left fielder that doesn't have to make a move to catch the ball.

Yes, in baseball, we may do everything right but still lose.

Many times we stress the "results" when instead we should be emphasizing what produces the results. When we teach to do the "little things" right we are putting our players in a position to win. Note: This often means doing repetitive drills which can be boring. A bored player is not learning. One thing that kids love is to make a game or competition out of the drills.

In Little League there can be a wide variance of skills among players on the same team.

But there is one common denominator that all players need in increasing measure. (including High School, College and Majors) Can you guess?

That one thing is Confidence. As the saying goes, Confidence is everything!

But confidence in what? Their arm, their bat, their glove? Given that all of those can and will fail what they need is increased confidence in who they are.

Many teams give out stars for the players caps after a game for winning. But I suggest giving out stars or rewards at practice for doing the little things right. Especially putting an emphasis on "hustle" when making the extra effort for trying to stop a ball (whether they made the play or not) or as a batter hanging tough with a pitcher by fouling off many pitches (even though he may eventually strike out) or showing great attitude or encouragement toward a fellow teammate. What does this do? It builds confidence in themselves. They should be instantly rewarded for doing and being their best.

Lastly, as their confidence increases, you as a coach, teacher and parent are looking for one thing. It is called a "breakout." A breakout can occur in practice or in a game. It may be a breakout "at bat" when a batter gets a hit after a long slump. It might occur on a play he has never been able to accomplish until now with his increased hustle. It is that moment when he realizes, yes I can do this! It is that memorable point when he comes off the field smiling so big, it makes the whole season worth it whether your team is 10-0 or 0-10.

But remember, a "breakout" in confidence is not limited to sports and little leaguers.



## Dental Tip of the Month

### First Dental Visit of Children

Dear Friends,

Teeth whitening is a very popular procedure in dentistry. However, there are limitations that people need to know about. Teeth whitening is not recommended for pregnant women, women who are nursing children, people who have gum disease, people who have cracked teeth, people who have cavities in the area to be whitened, and for children under 13 years of age. If you have crowns or bondings, you need to know that those will not change color when you whiten.

People who have yellowish teeth have a better chance of getting their teeth bleached well compared to people with brownish teeth. Unfortunately, for those with grayish teeth, brightening will be minimal at best. Also for those who have deep stains within the teeth, like with tetracycline or just genetics, these teeth will not lighten up either.

Take-home trays are tooth whitening kits that can be used at home under the supervision of a dentist. These work very well as you place the gel in the custom trays made just for your teeth. It takes two weeks to whiten and the results last longer than any other methods. When the teeth get a bit darker, it is very easy to touch up over the weekend to get the brightness back.

If you have any questions, feel free to email me at [sundranids@yahoo.com](mailto:sundranids@yahoo.com).

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# Riata Ranch

## Volunteers Needed

The special events committee is a composed entirely of neighbor volunteers. We need more help to carry off these events and make them a big success. We would like to have at least one member from each section on the committee. We also need volunteers to help get the word out regarding activities. Please contact [events@riataranch.net](mailto:events@riataranch.net) for more information on committee meetings.



## This Is Your Newsletter!

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](mailto:editor@riataranch.net). Articles for the newsletter are finalized on the 10<sup>th</sup> 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.

## Rachael's



Come in and  
get the  
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Easter Duck



Easter Sunday is  
March 23rd!!

12312 Barker Cypress @ 290 • 281-256-9800

## Advertising Information

Please support the businesses that advertise in the Riata Ranch Community Newsletter. Their advertising dollars make it possible for all residents to receive a newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our Sales Office at 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com) for ad information and pricing.



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## Texas Events - March

1-9—HOUSTON: Hello, Dolly! Hobby Center for the Performing Arts. [www.tuts.com](http://www.tuts.com) 713/558-TUTS or 888/558-3882

1-16—HOUSTON: Lady A hunting trip in southern Illinois turns tragic as three old friends, caught in the grip of an ongoing argument about the war in Iraq, reveal long-held political beliefs and realize they may not know each other as well as they had thought. [www.stagestheatre.com](http://www.stagestheatre.com) 713/527-0123

1-May 4—HOUSTON: Take an Amazon Voyage Board an Amazonian Riverboat and begin an interactive tour and encounter amazing creatures. Hands-on activities include computer interactives, storytelling, multimedia presentations and live fish. Space Center Houston. [www.spacecenter.org](http://www.spacecenter.org) 800/844-5253

1-May 25—HOUSTON: Jesse Jones: City Builder & Public Servant Exhibit documents Jones' role in U.S. history, as well as feature some of his extensive collections. The Heritage Society Museum [www.heritagesociety.org](http://www.heritagesociety.org) 713/655-1912

7-May 11—HOUSTON: Form, Color, Illumination: Suzan Frecon Painting Presents about 10 oil paintings and 30 watercolors dating from the late 1990s to 2006 by this American abstract painter. The Menil Collection. [www.menil.org](http://www.menil.org) 713/525-9400

15-16—HOUSTON: 19th Annual Auto Swap Meet Includes more than 800 swap meet dealers with more than one million car parts and accessories, plus all types of classic and antique cars and trucks on display. Traders Village, 7979 N. Eldridge Road. [www.tradersvillage.com](http://www.tradersvillage.com) 281/890-5500

15-16—HOUSTON: Eighth Annual Stephen Pyles Culinary Scholarship Cook-Off This is an Iron-Chef style cook-off. Students are asked to create a three-course menu using a pre-determined "basket" of food containing uniquely Texas ingredients, such as quail and yellow corn grits. The Art Institute of Houston. [www.winefoodfoundation.org](http://www.winefoodfoundation.org)

25-Apr. 6—HOUSTON: The 25th Annual Putnam County Spelling Bee Six young people in the throes of puberty learn that winning isn't everything and that losing doesn't necessarily make you a loser. Hobby Center for the Performing Arts. [www.tuts.com](http://www.tuts.com) 713/558-TUTS or 888/558-3882

28-30—HOUSTON: 11th Annual Bayou City Art Festival Features fine juried art by 300 artists representing 19 media formats. Includes restaurants, wine cafés, interactive art creative zone for children, colorfully costumed international dancers, musicians and performing arts. Hours are 10 a.m. to 6 p.m. Memorial Park. [www.bayoucityartfestival.com](http://www.bayoucityartfestival.com) 713/521-0133

29—HOUSTON: McCoy Tyner Trio Legendary jazz pianist performs a Da Camera series concert at the Wortham Center's Cullen Theater. [www.dacamera.com](http://www.dacamera.com) 713/524-5050

30—HOUSTON: Czech SpringFest 713/349-0500

*Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.*

## Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

7								4
			6			1		3
8					1			
	1				9			
		5				4	7	
						6		
		4		2		7	3	
9				1				8
2	8				5			

\*See solution at [PEELinc.com](http://PEELinc.com) © 2006. Feature Exchange

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## Aggie Moms To Learn About Reality 101 and The New Job Market.

Finding a job at graduation is the goal of all college students...and their parents. Dr. Wayne Terrell will share with NW Harris County Aggie Moms how their students can benefit from services the Career Center at Texas A&M offers.

Although retired from his position as Associate Director of the Career Center, Dr. Terrell continues to teach classes in career awareness, which he refers to as the "Reality 101" classes. He is on the faculty in the College of Veterinary Medicine and has the dual title of Lecturer. A favorite speaker at many Aggie Moms club meetings, Dr. Terrell has more than 20 years of experience in Career Services. He received both his B.S. and Ph.D. degrees from Texas A&M and an MBA from Texas State University. While an undergraduate, he was a company commander in the Corps of Cadets.

Mothers of current and former students are invited to the March 11 meeting which is held at the Houston Distributing Company, Inc., 7100 High Life Drive, Houston, Texas, 77066 and begins at 7 pm with snacks and a casual social time. The meeting starts at 7:30 pm.

Aggie Moms will host The Texas A&M University Singing Cadets in concert on Friday, March 28th at The Foundry United Methodist Church on Jones Road. Ticket cost is \$10 per person. Information about this and other activities of the NW Harris County Aggie Moms' Club may be found on the website at [www.nwhcaggie moms.com](http://www.nwhcaggie moms.com).

## Singing Cadets Concert

The Texas A&M University Singing Cadets will be in Concert on March 28th. This concert will be hosted by the Northwest Harris County Aggie Moms. The concert will be at 7:00 p.m. at The Foundry United Methodist Church on Jones Road. The cadets are known as "The Voice of Aggieland" having been established in 1893 as the all-male Chorus representing the university in concert worldwide. They have sung in Carnegie Hall, Kennedy Center, The White House, St. Paul's Cathedral-London, St. Patrick's Cathedral- New York, the National Cathedral-Washington, D.C., and for every living President. This concert will be recorded for their new CD.

The ticket cost is \$10 per person. Please contact Dolores Nevares, [dnevares@comcast.net](mailto:dnevares@comcast.net) to purchase tickets.

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## HELPFUL TOOLS on RIATARANCH.NET

On our website, under DOCS, FORMS, LINKS, there are many helpful tools at your disposal. All of the known forms needed for all neighborhood business and activities are listed on the site, and the list keeps growing. As a new need is realized, the site gets updated with additional links in an effort to give you one place to find everything you need to make the most out of our community.

You will find everything from information regarding mosquitoes and violation summaries, to downloadable forms for vacation watches and ACC applications.

One of the tools that you'll find is very helpful, but not very pleasant. It is a link to the sex offender section of the TEXAS DEPARTMENT OF PUBLIC SAFETY web site (<https://records.txdps.state.tx.us/soSearch/default.cfm>). This site contains a mapping tool that allows you to input your address and assess your surroundings and proximity to known offenders.

Although it is a difficult subject to address, this link helps enhance the safety of our community through knowledge.

Use the site. Be knowledgeable and be safe.

# 40 days of Lent.

What you'll find at  
Cypress United Methodist Church

Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday, February 6th and ends on Holy Saturday.

The season is a preparation for celebrating Easter.

Historically, Lent began as a period of fasting and preparation for baptism by converts and then became a time for penance by all Christians.

The First Sunday describes Jesus' temptation by Satan; and the Sixth Sunday (Palm Sunday) –

Christ's triumphal entry into Jerusalem and his subsequent passion and death.

Cypress United Methodist Church is preparing for Easter and would like to welcome you to church during the Lenten Season. We are planning special Bible studies, worship services and events that will lead you to the cross. Visit our website, today, for our Lenten Season schedule at **[www.Cypress-UMC.org](http://www.Cypress-UMC.org)**.

### Sunday Worship Services

8:15 am – Traditional in Sanctuary

9:30 am – Contemporary Worship Center

11:00 am – Sanctuary & Worship Center

Cypress United Methodist Church

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# Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®



## Travel Fitness: A Plan of Action to Keep You Active

**IT IS EASY TO LET A VACATION OR** business trip destroy your fitness schedule and eating habits, but why let something as rewarding as a vacation or as exciting as a business trip leave you feeling unhealthy upon return. With a little research and proper planning, you can create an easy-to-follow plan to keep you fit and healthy no matter where you travel, and you can come home feeling more healthy and energized than when you left.

### ***Nature's Playground and Man's Monuments***

There is no excuse for not finding places to exercise when every city has a great staircase, stadium, or tall buildings where you can master the stairs without a machine. If stairs aren't your thing, cities have lots of places good for walking, running or even hiking. Ask the hotel concierge if there are parks or trails nearby; or if you have ventured to the mountains, ask for a map of local hiking trails. It is also a good idea to ask the concierge for a map of the city to find out how many of your destinations are reachable by foot. (Walking will increase your fitness and decrease your taxi fares.) Prior to departure on your trip, find out if your hotel has a workout facility and a pool, and remember to pack your bathing suit and workout clothes. If they don't have a facility, they may be affiliated with a local gym where you can get a one-day pass for a small fee. There are no limits to the exercise you can do while exploring new territory. Make the most of your trip, and get to know the city by foot.

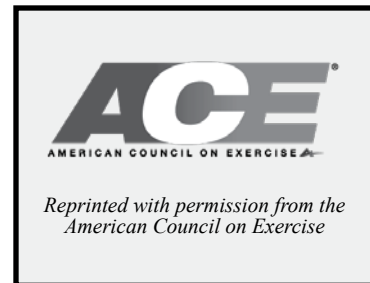
### ***Prepare for Power, No Excuses***

If your hotel doesn't offer fitness accommodations, bring along a jump rope and an exercise tube. They are both lightweight and easy to transport. Jumping rope is one of the best forms of cardiovascular exercise, and you can do it anywhere.

With the exercise tube and a pre-arranged plan to keep you motivated, you can keep your entire body toned and energized without entering a gym or stepping on a piece of exercise equipment. Numerous magazines and Web sites offer workout instructions for each body part. And, of course, body-weight exercises such as push-ups and crunches require no equipment at all. The point is to find a workout routine that suits your needs and follow it. Plan a specific time each day or every other day to do your strengthening and cardiovascular routines (a good plan is to alternate days between the two). Remember that the 20 to 60 minutes you spend working out each day is for you, and try to stay on schedule.

### ***Have Fun***

Be sure to enjoy yourself and make the most of the area to which you have traveled. Remember to bring comfortable shoes so that you can easily get a workout while using your feet as your main mode of transportation. Whether your trip is for business or vacation, remember that you should have some time for yourself every day. Why not dedicate that time to improving your health and making yourself feel better!



### ***Nutrition Road Tips***

- Always drink plenty of water, particularly if you're flying.
- Conjure up a healthy meal in your mind prior to entering a restaurant, and stick to your plan as closely as possible.
- Try to eat at least three times per day to keep you from feeling famished and overindulging at any one time.
- Pick up portable, healthy snacks at a local market so you won't be caught hungry in front of the mini-bar.
- Go ahead and splurge on regional dishes or local cuisine, but balance your diet by choosing lower-calorie foods at other meals.

## Teenage Job Seekers

Please place my name on the TEENAGE JOB SEEKERS list in the RANCH REVIEW.

Signature \_\_\_\_\_

Please check appropriate boxes:

- ☐ Baby-sitting
- ☐ Pet Care
- ☐ House/Plant Care
- ☐ Lawn Care

Name \_\_\_\_\_

Address \_\_\_\_\_

Age \_\_\_\_\_ Phone \_\_\_\_\_

I give my permission for my child's name and phone number to be entered in THE RANCH REVIEW as a TEENAGE JOB SEEKER

Parent's Signature \_\_\_\_\_

Clip and mail to: The Ranch Review c/o SCS management  
7170 Cherry Park Drive, Houston, TX 77095

## Attention Teenage Job Seekers

Need some extra cash? Use THE RANCH REVIEW to find some work.

Fill out the form and send it to The Ranch Review, care of SCS Management. You will need to have your parent's signature on the form before your information will be published. To be removed from this list please call (281) 463-1777.

We hope to have your form turned in soon and get that extra money coming in!!

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Fairfield	Willowbridge
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Visit me at

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Comments are always welcome at:  
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**Happy Easter!!!**

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Section 1	1	1	1	266	61.95
Section 2	-	-	1	52	56.18
Section 3	4	1	-	-	-
Section 4	5	-	-	-	-
Section 5	4	-	-	-	-
Section 6	1	-	-	-	-
Section 7	2	-	-	-	-
Section 8	-	-	-	-	-
Section 9	4	-	-	-	-
Section 10	2	-	-	-	-
Section 11	4	-	-	-	-

According to information taken from the Houston Board of Realtors MLS computer.  
 This is not a solicitation of currently listed properties.

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