

# The Ranch Review

www.riataranch.net

June 2008

Volume 3, Issue 6

Official Publication of Riata Ranch Homeowners Association

## 2008 POOL SEASON

*Riata Ranch Homeowners Association, Inc.*

The 2008 Swim Season will begin Saturday, May 3, 2008 and pool tags will be required for admittance. The pool will be open the following days in 2008:

DAYS: May 3, 4, 10, 11, 17, 18, 24, 25, 26\*  
May 30 through August 24  
August 30, 31  
September 1\*

The pool will be open when a lifeguard is on duty during the following hours:

<b>HOURS:</b> Monday	Closed*
Tuesday	10:00 am to 8:00 pm
Wednesday	10:00 am to 8:00 pm
Thursday	10:00 am to 8:00 pm
Friday	10:00 am to 8:00 pm
Saturday	10:00 am to 8:00 pm
Sunday	12:00 pm to 6:00 pm
Special Hours:	
Memorial Day (May 26)	10:00 am to 8:00 pm
Labor Day (September 1)*	10:00 am to 8:00 pm

\*(Closed on Tuesday if Holiday falls on a Monday)

All residents must fill out a 2008 Registration form and return to SCS to arrive no later than May 31, 2008.

A limit of six (6) pool tags per address will be issued. Any applicant requiring more than 6 tags per household should note the circumstances on the back of the pool registration form for review by the board.

The following qualifications must be met in order to use the pool facility:

1. Residents must be current on all Annual Maintenance fees in order to receive tags. **Residents whose annual maintenance fees are not paid in full prior to June 1, 2008, will not be allowed pool privileges for the entire 2008 pool season.**
2. Tags must be worn at all times while at the pool.
3. Residents may invite one guest per tag holder.
4. Tags are issued to **full-time household members** listed on your application.
5. The charge for lost, misplaced or stolen pool tags is \$50.00 per tag.

Forms received June 1<sup>st</sup> or later will incur a processing fee of \$25.00 per household. Your tags will be given or mailed to you, upon receipt of your application and the \$25.00 processing fee.

Note: This \$25.00 processing fee does not apply to new homeowners.

**NO TAGS – NO ENTRY INTO POOL**

## 2nd Annual

### Riata Ranch Family BBQ

The 2nd Annual Riata Ranch Family BBQ and Special Events Fundraiser is set for Saturday, June 21st. Children's games and activities will begin at 10am with lunch being served at 11am. Tickets are \$5 for brisket plates with bonus raffle ticket included. Hot dogs, chips, and a drink will be \$2 for children 12 and under. Raffle tickets will be available for purchase starting at 10am for \$1 each, 6 for \$5 or 15 for \$10. Drawing for prizes will be at 12:30pm, and you don't have to be present to win. Check out [www.riataranch.net](http://www.riataranch.net) under events for an updated list of items being raffled. A portion of proceeds will be donated to Westview School, a local non-profit school dedicated to helping children with Autism and Aspergers Syndrome. Please email [events@riataranch.net](mailto:events@riataranch.net) if you would like to donate to the raffle drawing. Also, we will have a dessert table set up for anyone who would like to donate baked goods such as cookies, rice krispie treats, cupcakes and brownies. Check [www.riataranch.net](http://www.riataranch.net) for updates.



**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

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## NEIGHBORHOOD WATCH PROGRAM

Several auto and home burglaries have occurred in the recent months not only in Riata Ranch but also in surrounding communities. It has been suggested that a Neighborhood Watch Program along with block captains be established. In order to make the program a success, 10 – 15% of the community must take an active role by volunteering to serve on a committee. There will be more information provided at the Annual meeting. The Board would like to take a poll as to how many homeowners are in favor of starting a program and being actively involved. Please indicate your preference by marking an X below:

☐ IN FAVOR OF A NEIGHBORHOOD WATCH PROGRAM

☐ NOT IN FAVOR OF HAVING A NEIGHBORHOOD WATCH PROGRAM

I would be interested in serving on the:

☐ Neighborhood Watch Committee OR

☐ Block Captain Committee

If you are interested in serving on a committee, please include your phone number in order for someone to contact you.

NAME: \_\_\_\_\_

Address \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

The deadline is Thursday, May 31, 2008. You can fax your vote to 281-500-7172 or email to [ds paw@scsmgmt.com](mailto:ds paw@scsmgmt.com) (please be sure to include your address in the email).

## BUSINESS CLASSIFIEDS

**CPA/TAX PREPARER POSITION OPEN:** Prior tax experience required. Flexible hours. Full-time January through April and Part-time May through December. Email resumes to [linda@vidrinecpa.com](mailto:linda@vidrinecpa.com).

## Cypress N Houston @ Barker Cypress

The engineer for HCMUD #196 has informed us that within the next few weeks the county will begin extending Cypress N Houston on the west side of Barker Cypress. It will extend west far enough for Riata West to utilize their main entrance. At that time they will be putting traffic lights in at that intersection which will make it easier to turn south onto Barker Cypress from Cypress N Houston. At the same time, they will be making Cypress N Houston on our side of Barker Cypress 4 lane divided back to the first storm drain. Prior to this we will be taking down the three columns at that entrance along with the flower beds. We will be constructing a new entrance once the road work is complete. The county will not work around the columns. If we don't take them down, the utility crews will.

## Vacation Watch

At your request, the Harris County Sheriff's Department will put your house on VACATION WATCH. Just go to [www.riataranch.net](http://www.riataranch.net) and look for the Vacation Watch form in the FORMS and DOCS section.

Your completed form will need to be submitted to the Sheriff's Department 7 days prior to departure, or just call 713-221-6000.

## Wildcats Right After Prom

WRAP is Cy Woods High School's chemical and drug free party to be held right after prom. This newly formed organization has started meeting to plan the event for the class of 2009. Please join us!! Start earning WRAP Bucks for your student! Website under construction at [www.cywoodswrap.org](http://www.cywoodswrap.org)

General Meetings:

June 10th - 7:00 pm – Cy Woods High School Commons

July 8th - 7:00 pm – Cy Woods High School Commons



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Tues & Weds	Private Parties
Thursday	6:00 PM - 9:00 PM
Friday	6:00 PM - 10:00 PM
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Sunday	2:00 PM - 6:00 PM

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## Dental Tip of the Month

### Should I get my wisdom teeth removed?

Dear Friends,

It is always a dilemma whether to remove your wisdom teeth or not.

Over the evolutionary process, our jaws have become smaller over time, thus leaving less space for the 3rd molars to erupt normally. In addition, most of our diet isn't as rough as it once was, thus we don't lose teeth as early or wear them out as much as once before. As a result, we don't need extra molars for the long run.

I would advise against removal of your wisdom teeth

- If the teeth are buried under the gums in normal positions.
- If the teeth have fully erupted in normal positions.
- If you are older than 22 years of age. The risks and chance of complications get greater as you get older.

Keep in mind, these above recommendations are not steadfast and are applied on a case by case basis.

In my practice I advise removal of wisdom teeth due to them being very hard to access with a toothbrush or floss. This often results in decay and deterioration of the gums, causing periodontitis. Infections can also result, leading to a lot of pain and suffering. A horizontally impacted tooth or a crooked tooth can lead to some adjacent tooth movement or root movement. Most orthodontists recommend removal of wisdom teeth to prevent shifting of the front teeth.

It is not an easy decision to go ahead with the wisdom teeth surgery. Consult your dentist for their advice.

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

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## 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.

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

\*See solution at [PEELinc.com](http://PEELinc.com)

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## Cy-Fair College

Summer Fun in Gallery and on Stage - The Bosque Gallery presents "Someone Else - Portrait Exhibition" June 17 through July 3. Meet the artists at a 4 p.m. to 7 p.m. reception June 19. This exhibition is considered "open-call" so there were no restrictions on age, medium or experience level. For information, go to [CyFair.LoneStar.edu/bosquegallery](http://CyFair.LoneStar.edu/bosquegallery). Don't miss this year's children's shows "Thaddeus and Tila" June 18 through July 25 and "Go, Dog. Go!" Aug. 4 through Aug. 15. Then bring the family for Elton John and Tim Rice's "Aida" July 17 through July 27. For tickets and information call 281-290-5201 or go to [CyFair.LoneStar.edu/boxoffice](http://CyFair.LoneStar.edu/boxoffice).

Free New Student Orientation and Family Orientations! - Incoming new students and their family members will receive campus tours and learn about academic and student life. Choose among full-day and half day programs that also include My Records training, advising presentation and class registration, or mini orientation programs that include student panel, student activities information and a question and answer session. Programs are available in June, July and August. Register at [CyFair.LoneStar.edu/orientation](http://CyFair.LoneStar.edu/orientation).

Library Offers Something for Everyone this Summer - The Harris County Public Library Lone Star College-CyFair Branch offers Summer Reading Program for children and adults. The library also offers free computer workshops, including new Undercover Librarian workshop. Topics range from basic computer functions to introductions to the Internet and various software programs. A variety of monthly book clubs are available including mystery, women of the world and sports page. There are plenty of youth programs with activities and book clubs for teens and storytime for younger children. Go online to [CyFair.LoneStar.edu/library](http://CyFair.LoneStar.edu/library) for information.

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## Cypress Christian School Chamber Choir wins Gold!

Congratulations to the members of Cypress Christian School Chamber Choir for an excellent performance at the San Antonio Heritage Music Festival. Each choir was rated on a point scale from 0-100. All three adjudicators gave the CCS Chamber Choir scores in the 90s! This qualified the students for a Gold Award. In addition to the scoring, the students received an on-stage clinic with an adjudicator, Dr. Brumley (Director of Shreveport Singers), where he shared valuable choral insight. The CCS Choir was also invited to attend the National Festival of Gold in 2009!

*Don't want to wait for the mail?*  
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## Fit Facts™ Reap The Rewards of Personal Training

FROM THE AMERICAN COUNCIL ON EXERCISE®

All the rich and famous celebrities have one. In fact, some are rich and famous themselves. But you don't have to be either one to reap the benefits of hiring a personal trainer.

More and more people, novice and veteran exercisers alike, are working with personal trainers because they offer a practical and affordable means of getting and staying healthy.

### A trainer for every body

Many automatically equate personal training with gyms full of hard-core strength trainers and body builders. This is only part of the picture. Anyone, young and old, in shape and out, can utilize a personal trainer for a variety of reasons.

For example, many professional and amateur athletes work with a personal trainer during the off-season to prepare themselves

for in-season competition. Individuals recovering from an injury or accident may enlist the help of a personal trainer (in conjunction with their physical therapist) to get them back in top form.



The work of a majority of personal trainers focuses on increasing and/or maintaining their clients' fitness levels, assisting them in weight loss and overseeing their strength-training and cardiovascular activities.

Strength training, in particular, has received increased recognition in recent years because the lack of strength is now known to be a risk factor for disease, especially for older populations.

### Tailor-made training

Personal trainers wear many hats, serving not only as coach, but also as confidant, role model, educator and a major source of motivation and encouragement.

Some people may want constant supervision two to three times a week, which makes them more likely to stick to their program because they are accountable to someone else for their exercise time. Others may prefer to see a trainer only on occasion to update their exercise program, or for periodic fitness testing to receive feedback on their progress.

(Continued on page 7)

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## Fit Facts - (Continued from page 6)

It is the novice exerciser, however, who may find a personal trainer most valuable. Working with a personal trainer for a few sessions is often all it takes for some people to feel comfortable with independent exercise.

The following describes the most common services offered to those beginning an exercise program:

### 1. Fitness evaluation

This is a series of tests designed to assess cardiovascular fitness, body-fat percentage, flexibility and muscular strength and endurance.

### 2. Personalized exercise program

An individualized exercise program is designed based on the individual's fitness evaluation results and personal fitness and health goals.

### 3. Supervised exercise

Personal attention during exercise is the primary function of personal trainers. Clients are given a detailed orientation that addresses the aerobic, strength and flexibility

components of the exercise program, and are educated about the fundamentals of strength and aerobic training, as well as the proper and safe use of equipment.

## Choosing one that fits

Once you have made the decision to hire a personal trainer, all that is left is to find one that best suits your needs. Of course, you want a personal trainer that is certified by the American Council on Exercise. (Call 800-529-8227 to locate the ACE-certified Personal Trainer nearest you.)

This is your assurance that you're working with a trainer who has the knowledge to provide you with a safe and effective workout. Don't hesitate to ask for references, and be sure that the trainer has liability insurance and provides business policies in writing.

Rates will vary, depending on the trainer's experience and the length and location of the workout session. While some health

clubs offer personal training services to their members at reduced rates, most personal trainers typically charge \$25 to \$50 per hour for their services.

Finally, ask yourself if you could get along well with the trainer and whether or not they seem genuinely interested in helping you. If they meet all your other prerequisites, this is the trainer to hire. Together, you and your trainer can determine your best route to better health and fitness.



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# Riata Ranch

## June Landscaping

*Submitted by Ron Kerwin*

Make Father HAPPY; give him a lawn service covering the HOT summer months as a gift he will REALLY appreciate!! We'd be glad to help.

It is getting hotter out; plan your lawn/garden work for early morning or evening to avoid the heat of the day. Make sure you drink plenty of non-alcoholic fluids, preferably water, to keep from becoming dehydrated.

Plan your mowing schedule around the growth of your lawn. You should not mow more than 1/3 of the blade length off at a time. IF you water or fertilize too much, you will generate excessive growth. This will require more frequent mowing to avoid cutting off more than 1/3. If you postpone mowing, you will be damaging your lawn, generating excess clippings which will require more of your time to mow over them multiple times, and you will do your small mower engine harm by trying to mow too much grass with its smaller horsepower. With proper fertilization and watering, weekly mowing should be adequate; there will be exceptions however.

You can fertilize again this month with a 3-1-2-ratio fertilizer or 4-1-2; try to get it with a minimum of 50 % slow release nitrogen to stretch out its benefits. Water the granular fertilizer in soon after application. You can water your patio plants and hanging baskets with a diluted 20-20-20 water-soluble fertilizer. Try to use filtered or distilled water for these plants and baskets to reduce the chlorine getting to the plants.

Canopy your trees to allow more sunlight to get to the lawn grasses underneath. Low tree canopies will not allow grass to survive. You want the lower branches removed anyway for safety reasons while mowing. You don't want to get poked in the eye.

On Red-tip Photinia and Indian Hawthorne's watch for maroon colored spots on the leaves. This indicates a fungal leaf spot and could be fatal to the shrubs if left unattended.

Apply a fungicide, Banner or Daconil as soon as you can. Powdery mildew on roses, crape myrtles, eunonymus and zinnias in late spring can be treated with a funginex spray weekly.

Trim your spring flowering shrubs now and then leave them alone. Your Indian Hawthornes and other spring flowering shrubs are done blooming. Now is the time to trim them back. After you do this, do not trim them again until after they bloom next spring. Trimming them later in the year may result in your removing the flower bud heads for next year. June bugs DO NOT mean to treat for their larva, grub worms. Treatment is only effective in late July/early August IF you have grubs. Spider mites can be treated with miticides, insecticidal soaps or just a blast of water from your hose.



infants children teens

**Joe Pierce, DDS**  
Pediatric Dentist

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## A Hyperactive Nightmare on Two Legs – Does This Sound Like Your Child?

Submitted by: Jeannette Quickenden S.A.C. Dip, MIGHT, AADP

Screaming fits, temper tantrums, hyperactive, letters home from school, lack of focus, antisocial and unacceptable behavior. Is your child? I so understand your situation. My young daughter can be a big pain depending on what she has consumed.

There could be a very simple solution to these behavioral issues. It is now widely accepted that food additives and delayed patterns of food allergies play an important role in causing learning and behavioral problems both in children and adults. A huge number of convenience foods contain a number of preservatives and colorants that have an adverse effect on some individuals, especially the young.

So what's the answer? Some suggest you cut out a whole range of foods and drinks such as all dairy products, yellow foods, junk food, all food with colorants, fried foods, soda and fruit juices for 2 weeks. You will then need to slowly reintroduce each of them and monitor any behavioral differences, but I know if I did this, my little one would be packing her bags and moving in with the neighbors.

I suggest the first step is to keep a food and behavior diary with time lines for 2 weeks to allow you to monitor what is drunk and eaten along with any personality changes. If you see a link between certain foods or drinks with a change in behavior, check all the ingredients and see if there is a common theme, then avoid,

to a degree, foods containing those ingredients. It would be a bit harsh saying your child can't eat birthday cake because of all the colorants, but you can do as I do and just think ahead and be prepared for the fallout.

Although every one is different the most common causes of food intolerance are colorants such as sunset yellow (E110), carmoisine (E122), tartrazine (E102), allura red (E129) and also products such as soda's, energy drinks and even those 'healthy' fruit drinks that contain lots of sugar.

Although it's hard it is to limit their favorite foods, it helps if once you have discover what might be affecting them try a similar alternative to their favorite munchie, but without those problem additives. Whilst this maybe time consuming it can be done. You will then need to educate them to avoid the 'bad' foods. If you are a busy parent or just need some help to put you in the right direction it is worth contacting diet and nutrition specialists. They can help by analyzing the diet and then going on a super market run with you to work out the 'good options'.

Now as the first option in fighting behavioral problems many parents and individuals are looking at what is consumed rather than opting for drugs as the only solution.

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# Riata Ranch

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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*

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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)

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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  
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## Personal Classified Ads

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Section 1	5	-	-	-	-
Section 2	3	-	-	-	-
Section 3	6	1	-	-	-
Section 4	3	1	2	182	64.26
Section 5	6	-	1	21	63.11
Section 6	2	-	2	220	67.57
Section 7	7	-	-	-	-
Section 8	-	-	1	34	52.98
Section 9	4	-	2	240	66.10
Section 10	2	-	-	-	-
Section 11	3	-	-	-	-

According to information taken from the Houston Board of Realtors MLS computer.  
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