

# The Ranch Review

www.riataranch.net

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Official Publication of Riata Ranch Homeowners Association

## US Olympian to Speak at Northwest Flyers Registration Breakfast on February 7

The Northwest Flyers Track Club will host its annual free information / registration breakfast on February 7, 2009 for all boys and girls and their parents interested in joining for the 2009 season. The breakfast starts at 8:30AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The breakfast is the annual opportunity for youth athletes to register for the 2009 summer track season, and to meet the Northwest Flyers coaches and staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic team.

The Northwest Flyers Track Club is a youth (age 6 -18) track organization, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance, relays and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. The Northwest Flyers has approximately 195 members, boys and girls. The club was founded 21 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

The Northwest Flyers is a member of the "Win with Integrity" program, a partnership between USATF and the American College of Sports Medicine. "Win with Integrity" brings elite track & field athletes and school-aged kids together to promote healthy lifestyles, keeping active, and living with integrity through the sport of track & field.

*For additional information on The Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at (281) 587-8442 or [linette.roach@sbcglobal.net](mailto:linette.roach@sbcglobal.net).*

## Pet Leash Reminder

*submitted by Riata Ranch Resident*

Residents are asked to adhere to the Harris County leash law with respect to both dogs and especially cats. Loose cats have been found digging in gardens, killing wildlife, and harassing other pets.

The leash law reads:

All dogs and cats must be kept under restraint while in the unincorporated areas of Harris County, Texas. The custodian of a dog or cat is not authorized to have, harbor or keep any unlicensed dog or cat, or to allow any dog or cat to become a stray.

A stray is defined: Any animal not under restraint as defined by these Regulations. The display of a vaccination tag or license tag does not change the fact that the dog or cat is a stray for the purposes of these Regulations.

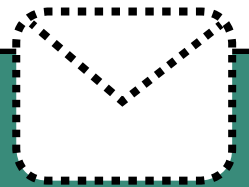
The custodian of every dog or cat is responsible for any behavior of a dog or cat under the provisions of these Regulations.

More on the Harris County Leash law can be found at [http://www.hcpbes.org/vph/Laws/Regulation.htm#leash\\_law](http://www.hcpbes.org/vph/Laws/Regulation.htm#leash_law)

Please respect your fellow residents and the law by keeping your cat appropriately restrained. It also in the best safety and well-being for your cat to be kept indoors.

For more information on keeping cats safe and indoors, please visit [http://www.abcbirds.org/abcprograms/policy/cats/materials/brochure\\_low.pdf](http://www.abcbirds.org/abcprograms/policy/cats/materials/brochure_low.pdf)

## Go Green Go Paperless



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## Riata Ranch Homeowners Meetings

The Riata Ranch HOA Board of Directors encourages all homeowners to participate in the monthly board meetings. The meeting is held on the last Tuesday of every month. If you are interested in participating please contact SCS management in order to add your topic to the meeting agenda.

[riatahoa@riataranch.net](mailto:riatahoa@riataranch.net) or...

Debbie Spaw - Association Manager

[dspaw@scsmgmt.com](mailto:dspaw@scsmgmt.com)

SCS Management Services, Inc.

7170 Cherry Park Dr. Houston, Texas 77095

Direct phone: (281) 500-7102

Direct fax: (281) 500-7172

# 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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## 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.



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## LONE STAR COLLEGE-CYFAIR PERSPECTIVE

### Register for Mini-mester and Spring Semester Classes

Catch up or get ahead this holiday season! Take a mini-mester course in December or register early for spring. Phone and online registration begins Nov. 10 with on campus registration set Nov. 24. Mini-mester classes begin Dec. 15. Mini-mester courses range from criminal justice, philosophy, sociology and ethics, to algebra, history, government and communications. Spring semester classes begin Jan. 12, 2009. Lone Star College-CyFair provides a variety of options such as weekend, evening, distance learning and even hybrid (part on campus instruction and part online learning) courses. For information, call 281-290-3200 or 832-782-5000 or go online to CyFair.LoneStar.edu.

### Center for the Arts Season Tickets on Sale

Give the gift of entertainment - order your seats for the 2008-2009 Season of Entertainment at Lone Star College-CyFair and not only save 25% off regular ticket prices, but receive one free ticket to the 2009 summer children's production.

A variety of season ticket packages are available for this year's engaging and enjoyable choral, music and theatre line up. All performances are held in the Center for the Arts on the Barker Cypress campus at 9191 Barker Cypress. Call 281-290-5201 or go to CyFair.LoneStar.edu/boxoffice for information.

### Submit a Film for Quack Attack Competition

Do you have what it takes to make a movie? Five-minute film submissions will be accepted monthly through Jan. 26, 2009 with the Quack Attack Film Festival set for Feb. 27, 2009. Competition categories include: Drama, Comedy, Public Service Announcements, Action, Documentary, Commercial/Advertising, Horror, Science Fiction, Romance, Animation, News Packages and Music Video. Each film will be judged on the basis of: Creativeness, Sound, Cinematography and Special Effects. For competition rules, guidelines, entry form and information go to cyfair.lonestar.edu/video.

### Try Tai Chi in the New Year

Lone Star College-CyFair offers a variety of continuing education courses, such as Tai Chi. This introductory course offers practice in the simplified styles and forms of Tai Chi. A person doing tai chi

moves his or her body slowly and gently, while breathing deeply. The 24-point posture is emphasized in this course. Students also study history and basic terms along with philosophical and physiological principles and the movements of Tai Chi. Registration is under way. For information, go to CyFair.LoneStar.edu/ce.

### L.I.F.E. Lessons in December

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 December, get ready for the holidays with makeover tips Dec. 3; learn to wrap gifts in an environmentally friendly way, Dec. 10; find out about Ukrainian holiday celebrations Dec. 17 and enjoy some Renaissance vocal music, history, wassail and hearty fare Dec. 18 (a special Langham Creek High 3:30 p.m. performance). No programs will be held Dec. 24 or Dec. 31. L.I.F.E. resumes Jan. 7, 2009. Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.



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# Riata Ranch

## Cypress Christian School Athletes Serve Those Affected By Hurricane

On September, 20 several CCS varsity football players and parents got together to help people in the community who were affected by Hurricane Ike and clean up the grounds of CCS. The group met at CCS at in the morning, then split up into three groups and went to three different locations.

In the first location, the group completely cleaned the front and back yards, blew debris off the roof, cut up large limbs and hauled them to the street, and bagged approximately 20 bags of pine needles and debris.

Another group went to the house of an elderly woman who had requested help because she was unable to clean up debris from Hurricane Ike. With the help of parent Wes Van Pelt and CCS student Josh Rodriguez, two trees were cut down – one that was partly on a storage shed and partly in the pool. The group also cleaned the roof of a covered patio of limbs and debris, and hauled large limbs and debris from the property to the road.

The last group went to a single mom's house in Bear Creek. They pulled up and removed wet carpet, due to a hole in the roof, and hauled it to the street.

At CCS, a group hauled logs from trees lost during the hurricane to the street and stacked them. They were also able to clean up the front yard of the school.

Those who served included Coach Spenn, Coach van Pelt, Ron Hinn, Scott and Becky Morgan, Ray Groll, Michelle and Bud Bennett, Jim Alldridge, Alan Reed, Helen Mitchell, Austin Barton, Ben Bennett, Ben Mitchell, Mason McCollum, Brandon Galloway, Cameron Kostak, Clark Alldridge, Clay Buhler, Garrett Higginbotham, Jack Mitchell, Jacob Reed, Jason Groll, Josh Rodriguez, Kyle Hinn, Ryan Morgan, and Scott Ordeneaux.

The administration and faculty of Cypress Community Christian School encourage students "to take their place in the world as servants of Jesus Christ" as stated in the school mission statement. As a result, many CCS students regularly take time out of their busy schedules to help others in need – whether it is local or far away – and each of them testify that their lives were changed as a result of helping someone else.  
~George Buhler



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## Cypress Assistance Ministries

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

**Angel Tree at CAM:** The Angel Tree, an annual Christmas tradition at CAM, is up and we still have many children's wishes waiting to be fulfilled. Each angel represents a 'wished-for' Christmas gift for a child hoping for a Merry Christmas. If you prefer, general toy donations are also needed, especially teen gifts. Items such as handheld video games, shaving kits, new jewelry, MP3 players, and Wal-Mart gift cards make great teen gifts. Please bring new, unwrapped toys and gifts to CAM by December 16th.

**Angels' Attic Christmas Room:** Quality items at discount prices abound in the Angels'

Attic Christmas Room. The shelves are restocked daily with holiday accessories, Christmas ornaments, collectibles, and Christmas clothing for children and adults. A wonderful selection of new designer jewelry is available for purchase, as well. Proceeds from purchases at Angels' Attic benefit families in need who seek help at CAM.

**The Food Pantry:** Christmas Food Baskets are being prepared for CAM families. To complete the food baskets, donations of the following would be greatly appreciated.

- Frozen Turkeys
- Boxed potatoes
- Canned sweet potatoes

- Cranberry sauce
- Stuffing mixes

Cypress Assistance Ministries (CAM), located at 11202 Huffmeister, Houston, TX 77065, will serve hundreds of families again this Christmas. Please make supporting CAM with a donation to the Food Pantry, Angel Tree, or a monetary gift part of your annual Christmas tradition. See our website, [www.cypressassistanceministries.com](http://www.cypressassistanceministries.com) for further information.

Donations to CAM can be made Monday through Wednesday from 10AM – 6PM and Thursday through Saturday from 10AM – 3 PM.

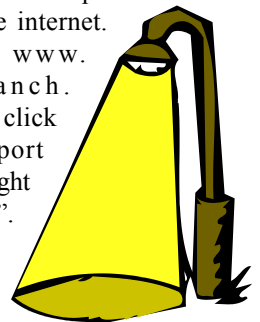
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## Creating Strong Vibrant Communities

It's a fact of our global economy that consumers are drawn to the internet because of convenience. But as residents of Cypress and in the wake of Ike, we may need to remind ourselves why it is important to "Think Local Business First."

1. Local businesses are often collectively our largest local employer. The largest growth of jobs is from small business owners.
2. When one dollar is spent at a local business, economists indicate it is circulated four to seven additional times in the local economy.
3. Every dollar spent locally generates up to 75% more tax revenue to our community and State.
4. Local businesses are often the largest financial supporters of neighborhood school programs, local charities and youth sports activities.
5. Strong local business helps maintain property values and contribute to the character of our community by offering a diverse selection of goods and services.
6. Local business is most often the first job for our children but also is the first introduction into the "real world" of economics. Many of us in Cypress have had a small business owner in their family at one time or another.
7. Small business often innovates quicker and thus grows faster and can have a greater impact on our community.

*Creating a Strong Vibrant Community when we  
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## 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.

## 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.



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## The Green Corner | Green the Holidays, Part Two

By: Sheri Hicks

Last month, I focused on how to green up the Thanksgiving holiday. This month, in Green the Holidays, Part Two, I will focus on greening up Christmas. Christmas is a wonderful time, full of joy, celebration, remembrance, love and family. But it is also a stressful time full of consumption, overindulging and debt. I have a few suggestions that might take a bit of the stress and, in these hard economic times, debt from your shoulders so you can enjoy the holiday season for what it means to you and your family.

This year, instead of buying any roll of gift wrap, look for reusable bags or paper made from 100% post-consumer recycled products. My own family has passed around the same gift bags for the last five years!

Make your own Christmas Cards by enlisting your kids. Kids create the most amazing drawings with just a few crayons and card stock.

Make your own holiday ornaments. You can find recipes and instructions online for almost any kind of ornament from homemade cookie ornaments to origami. One of the prettiest trees I have ever seen was decorated almost exclusively with origami cranes.

If you have to buy lights, go LED.



LED lights save up to 90% on energy consumption. The colors aren't quite as true as traditional lights, but with that kind of energy savings I am willing to adjust!

Give the gift of experience. Research has shown that people are far happier with experience than an object. In a study conducted by the University of Colorado at Boulder, researchers concluded that people tend to internalize their feelings during an experience and that is just not possible with an object. That could explain how so much stuff ends up in our garages! If you know a wine lover, give them a gift of wine of the month club or a tour of a local vineyard and winery with a nice bottle of wine. If you know a golfer, give them green fees for a local course. My own family loves to travel and this year, our gift to our nine year old, is to travel to New York City for Christmas. He is excitedly anticipating ice skating in Rockefeller Center, visiting Macy's Santa land, seeing the Rockettes Christmas Spectacular, walking through Central Park, visiting the Natural History Museum and riding the subway. Of course he will get a few small gifts to open on Christmas morning but when those toys are discarded for the next "big" thing, he will still have his memories of his trip to NYC.

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<b>Furnace Check-Up</b> <b>\$59<sup>95</sup></b> <small>Cannot be combined with any other offer, coupon or special. Expires Dec. 31, 2008.</small>	<b>Furnace Tune-Up</b> <b>\$89<sup>95</sup></b> <small>Cannot be combined with any other offer, coupon or special. Expires Dec. 31, 2008.</small>	<b>50% OFF Carbon Monoxide Alarm</b> <small>W/purchase of 1-Year Preventative Maintenance Agreement. Expires Dec. 31, 2008.</small>	<b>10% OFF Any Repair &amp; NO Service Charge</b> <small>with repair. Cannot be combined with any other offer, coupon or special. Expires Dec. 31, 2008.</small>
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### Call before the 2009 price increases!

Check-Ups look for potential problems before the busy winter season. Tune-Ups increase efficiency and help your equipment last longer.

\*Parts extra. Multiple unit discounts same home. Not valid with any other offer.

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Offer Expires Dec. 31, 2008

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**Greg Riddle  
Owner**



## Going Green Hair Care Tips

*Submitted by Michelle Lasher*

With the whole world turning to green energy and green products, there is little being said on taking care of one's hair on the green. Many people do not think about what changes can be made to help turn show time into green energy and energy consumption time, although it can be done.

1. Limit the time in the shower- The amount of hot water being used is decreased as well as energy. This helps the environment because water usage is down, gas usage is down, and energy is being conserved.
2. Wash your hair once every other day- If you ask a hair care professional how often to wash one's hair, he or she will often say once every other day or every two days. This gives one's hair more time to recover the natural oils that were stripped away during the washing process. This leads to softer, more manageable hair that has a very soft feel.
3. Rinse with cold water- By rinsing with cold water, the gas consumption is decreased. This in turn decreases the amount of pollution in the air and provides for a greener world. Need another reason to turn off the heat? The cold air helps to close the pores in the skin and the follicles in the hair. This leads to fewer pimples and shinier and softer hair.
4. Buy the bigger bottles- Although large bottles of shampoo tend to have more plastic in them, they also have more shampoo in them and cost less than the smaller bottles. Because the larger bottles have more shampoo in them, it is possible to use less plastic in the end because fewer bottles of shampoo will be purchased.
5. Use products that use recycled bottles!

*Happy Green Living!*



## 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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Winter is just around the corner! Now is the time to have your furnace serviced before you use it. We are so confident that our break through *Rejuvenation Service* will save you substantial money and double the remaining life of your furnace that we're offering the following **bold guarantee**: If your furnace breaks down for any reason this winter, we will cheerfully refund 100% of your money...no questions asked.

### **Furnace Tune-Up Consist of:**

1. Infrared camera inspection of furnace heat exchanger
2. Test airflow for deadly carbon monoxide
3. Test ignition system for safe & proper operation
4. Test safety & control circuits for proper operation
5. Test exhaust system for proper venting
6. Inspect blower motor bearings for wear
7. Measure temperature differences-Supply/Return
8. Inspect and adjust fan belt tension (if applicable)
9. Check thermostat for accuracy
10. Inspect for combustible material around furnace
11. Brush clean and vacuum burner
12. Brush clean and vacuum heat exchanger
13. Test furnace flame for proper burn
14. Clean existing filters as needed
15. Measure and adjust gas pressure for peak efficiency
16. Lubricate all moving parts, per manufacturer
17. Measure amperage and voltage of blower motor
18. Tighten and inspect all electrical wiring
19. Check for proper combustion air
20. Test for gas leaks
21. Clean furnace exterior



TACLA 1888C  
NLPI-10-08

## 529 College Savings Plans Make Sense

*Submitted by Rich Keith*

With college savings plans, students of all ages can save for all college costs, including tuition, fees, room, board, textbooks and computers. It's not just for kids: If you are considering going back to college or graduate school, you can open a college savings plan for yourself. You will save on taxes, and if you end up not going to school, you can always transfer the money, tax-free, to another 529 plan for your children or spouse.

Withdrawals from college savings plans can be used at most colleges and universities throughout the country, including graduate schools. Some foreign education institutions also may be eligible. Many states now offer at least one college savings plan that has no residency restrictions. You can live in Ohio, contribute to a plan in Maine, and send your child to college in California. However, if your state offers state tax advantages to residents who participate in the local plan, you'll miss out if you opt for another state's 529 plan.

College savings plans typically cover all "qualified education expenses" at eligible colleges, universities and other post-secondary institutions, including tuition, fees, books and supplies, equipment, room and board.

When you invest in a college savings plan, you pay money into an investment account on behalf of a designated beneficiary. Contributions can vary and are only limited by the maximum and

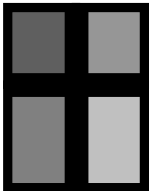
minimum contributions limits set by most plans. Although the maximum contribution amount differs from state to state, in the majority of states offering college savings plans, the maximum amount that you can contribute for one beneficiary exceeds \$200,000. To further increase the amount of contributions you can make, you can open a second college savings plan in another state.

Most states also offer very flexible minimum contribution limits. Many require a \$250 initial contribution with subsequent contributions of as little as \$50. Typically, each plan gives you a number of investment options that allow you to invest in various mutual fund portfolios. Some college savings plans offer age-based mutual fund portfolios. When the child is younger, the portfolio typically invests mostly in stock funds, which carry a higher risk, but higher return potential. As your child grows older, the asset allocation becomes increasingly conservative as it gradually shifts to bond funds and other fixed-income funds.

Many states also offer non-age-based investment options, allowing you to select portfolios with conservative, moderate and aggressive asset allocations. The IRS allows you to change your investment options once every calendar year in a college savings plan.

Investing in college savings plans does come with some risk.

*(Continued on Page 12)*



**SAINT AIDAN'S  
EPISCOPAL CHURCH**

*...where people come together...*

*But the Angel said to them, "Do not be afraid.  
I bring good news of great joy that will be for all  
the people. Today in the town of David, a Savior  
has been born to you; he is Christ the Lord."*

*Luke 2: 10-11*

***Saint Aidan's wishes you a blessed Christmas season.  
We look forward to celebrating Christ's birth with you!***

December 13<sup>th</sup>      3-6pm Church Christmas Party Potluck – Santa is coming!

December 24<sup>th</sup>      4pm    Family Lessons and Carols with Holy Eucharist – Children lead worship  
                             9pm    Holy Eucharist Rite II with the Service of Light – Children's activity provided

### Regular Worship Schedule

#### Sundays at Saint Aidan's

8:00am      Worship  
9:15am      Sunday School for All Ages  
10:30am      Worship

#### Wednesdays at Saint Aidan's

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6:30pm      Worship  
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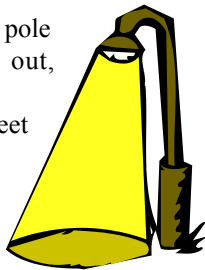
# Riata Ranch

## Street Light Out?

Don't drive around in the dark! Report it. It's easy. Just call 713-207-2222 and list the following:

- The pole number, which is stenciled on the pole
- The nature of the problem; completely out, flickering, etc.
- Location of the pole, such as the nearest street corner.

Or you can report it on the internet. Go to [www.riataranch.net](http://www.riataranch.net) and click on "Report Street Light Outages".



## 529 College Savings Plan - (Continued from Page 11)

Unlike prepaid tuition plans, they don't lock in tuition prices. Nor does the state back or guarantee the investments. There also is the risk with most college savings plan investment options that you may lose money or your investment may not grow enough to pay for college.

Fees, charges and expenses. All 529 plans have fees and expenses. Not only do these charges vary among 529 plans, but also they can vary within a single 529 plan. It is very important to take fees and expenses into account when selecting a college savings plan. Slightly larger fees and expenses can make a big difference in the value of your investment over time. Let's say you invest \$10,000 in a college savings plan with a return of 8% before expenses. With a plan that had annual administration and operating expenses of 3.03%, after 18 years, you would end up with only \$22,966.81. If the college savings plan had expenses of 0.65%, you would end up with \$35,534—a 35% difference!

Before buying a 529 plan, you should find out about the particular plan you are considering, and be sure you understand the plan's description of fees and expenses. Work with your financial professional to help you make the right choices.



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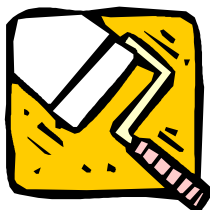
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## The Miracle Cure....

*Submitted by Dr. Tenesha Weine*

**WATER.** It's not fish oils, not calcium or magnesium, not even vitamin D...but Water. Water is the single most important nutrient in your body. So simple, yet so many of us are dehydrated. Your body loses about two quarts of water a day through perspiration, urination and exhalation. It is important for our bodies that we replenish this.

### **Water is needed and involved in every function of our body:**

- Muscles are about 75% water
- Brain Cells are 85% water
- Blood contains 82% water
- Even your bones are 25% water

By depriving your body of water, your organs and cells can not function to their highest capacity. Water is essential for cell life and existence. You can live five to seven weeks without food but no more than 5 days without water.

### **Major signs you are dehydrated:**

- **Joint and Arthritis Pain** - water is a main lubricant in the joint spaces.
- **Digestion Issues** - water helps keep digestive juices in the GI tract

supplied in order to create the acids it needs to prevent ulcers, gastric reflux, and constipation, and heart burn.

- **High Blood Pressure** - when the body is dehydrated it can restrict the flow of blood to non vital organs and only concentrate on vital organs.
- **Asthma** - bronchial tubes need adequate hydration to prevent constriction
- **Poor Memory** - Synapses in the brain slow down without adequate hydration.
- **Weight Management** - When you are dehydrated your body releases a hormone, aldosterone, which causes water retention.

If you are suffering from any of the above Conditions or Symptoms instead of reaching for a big gulp, star bucks, or any of the other unnatural beverages we consume.... try drinking more natural clean water. Gradually increase the amount of water you drink each day and these symptoms may start to subside.

So, how much water do you need to drink??

Take your body weight in pounds and divide it by two.

**This is the number in ounces that you should drink per day.**

\_\_\_\_\_ Weight / 2 = \_\_\_\_\_ ounces per day

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# Riata Ranch

## Do You Know Who Represents You?

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#### 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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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

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## Personal Classified Ads

The RANCH REVIEW runs personal classified ads that are FREE to residents. If you would like to place and add, please email your submission to [editor@riataranch.net](mailto:editor@riataranch.net). Your submission must be received by the 10th of the prior month.

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# Life In Riata Ranch



**Ann Marie Gargano-Parks**

Visit me at

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Neighborhood Section	Active Listings	Pending Listings	Solds	Ave. Days on Market	Ave. Price per Sq. Ft
Section 1	4	1	-	-	-
Section 2	2	-	-	-	-
Section 3	2	-	-	-	-
Section 4	3	-	-	-	-
Section 5	2	2	2	52	75.18
Section 6	2	-	1	170	81.96
Section 7	1	-	1	120	74.20
Section 8	4	-	-	-	-
Section 9	2	3	-	-	-
Section 10	-	-	1	26	63.62
Section 11	3	-	-	-	-

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