

The Ranch Review

www.riataranch.net

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HALLOWEEN

HEALTH & SAFETY TIPS

For many people, autumn events like Halloween and Harvest Day are fun times to dress up in costumes, go trick-or-treating, attend parties, and eat yummy treats. These events are also opportunities to provide nutritious snacks, get physical activity, and focus on safety. Below are tips to help make the festivities fun and safe for trick-or-treaters and party guests.

EXPECTING TRICK-OR-TREATERS OR PARTY GUESTS?

- Provide healthier treats for trick-or-treaters, such as individual packs of raisins, trail mix, or pretzels. For party guests, offer a variety of fruits, vegetables, and cheeses.
- Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.
- Be sure walking areas and stairs are well-lit and free of obstacles that could result in falls.
- Keep candle-lit jack-o'-lanterns and luminaries away from doorsteps, walkways, landings, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.
- Remind drivers to watch out for trick-or-treaters and to drive safely.

Follow these tips to help make the festivities fun and safe for everyone!

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GOING TRICK-OR-TREATING?

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- Swords, knives, and similar costume accessories should be short, soft, and flexible.
- Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- Fasten reflective tape to costumes and bags to help drivers see you.
- Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

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- Hold a flashlight while trick-or-treating to help you see and others see you.
- Always test make-up in a small area first. Remove it before bedtime to prevent skin and eye irritation.
- Look both ways before crossing the street. Use established crosswalks wherever possible.
- Lower your risk for serious eye injury by not wearing decorative contact lenses.
- Only walk on sidewalks or on the far edge of the road facing traffic to stay safe.
- Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- Eat only factory-wrapped treats. Avoid eating homemade treats unless you know the cook well.
- Enter homes only if you're with a trusted adult. Otherwise, stay outside.
- Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

TIDBITS OF INTEREST FOR RIATA RANCH

TREES - some residents are having problems with the tree roots in their front yard and curbside area cracking and lifting the cement sidewalks and driveways. This was mentioned in the last newsletter but I want to provide some concise tips for preventing damage. Even though the trees are older and have thick roots, it is still possible to cut the surface roots and typically this will not hurt the tree. However, every tree is different and you might want to check with a tree specialist first. If the tree is younger, you should keep the roots from growing towards the cement by cutting them early or if you deep water the tree, you will not have as many surface roots to deal with. If they are growing towards the house foundation, dig a gully a few inches deep and place a plastic or metal barrier in front of the foundation so the roots will literally bump into the metal barrier and grow downward. Or, just keep an eye on them and cut them off as they bunch up against the barrier.

The extra work on preventing these root issues is worth it. Remember, you are responsible for any damages to the sidewalk, driveways or even the street in some case of really bad root damage. It is expensive to make these repairs. Google tree roots and live oaks and you will get plenty of help; the Master Gardeners program and of course good ol' Randy Lemon on radio 740.

MUD 196 PROJECT - They just about finished the work on getting all the new transporting pipes in the ground and hooked up. Clean up work is still in progress and we had to delay some of the replanting along our bayou area as there is a need to replace or repair a large number of valves and meters in the construction areas. If the MUD plants grass now, it will have to be dug up to make these repairs. So, as usual, be patient and progress is being made.

(Continued on Page 2)

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

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Rennell Elementary.....	281-213-1550
Spillane Middle	281-216-1645
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Cy-Falls High	281-856-1000
Cy-Woods High.....	281-213-1800
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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 INFO

NEWSLETTER

Co-Editors.....	rjose@rrhoa.net
Jennifer Hobock & Randy Jose	
Peel, Inc.....	888-687-6444
Advertising.....	advertising@Peelinc.com

ARTICLE SUBMISSIONS

Do you have an idea or suggestion for the newsletter? Want to submit a photo, article, or both? It's easy!! Email rjose@rrhoe.net Articles for the newsletter are finalized on the 10th of the preceding month So if you get your ideas in before the deadline, you should see them in the very next month's newsletter.

We are glad to hear all of the positive feedback and we intend to continue to improving the look and feel of the newsletter according to what you tell us. So get as involved as you like! We look forward to hearing from you.

Tidbits of Interest.. - (Continued from Cover Page)

TABLES - your board has purchased four more picnic tables for the gathering area around the BBQ hut. It will allow more comfort for those using this facility while at the playground or for those who rent the facility for parties and other get togethers. It is available for all residents, just contact the HOA management.

RECYCLING – a reminder that we have a couple of young residents who are trying to start a recycling program in Riata Ranch. Residents are encouraged to call in and join in the recycling effort. This program, as you may have noted from previous newsletters, is being conducted through the efforts of Alex and Ben Hoffman. Riata Ranch residents can sign up for this program by calling them (281-373-2114) and arranging to obtain your two recycling bins (@\$5 per bin). Be the first to jump on this very important environmental program. Thanks to Alex and Ben.

POOP - not much of a response from the last newsletter regarding this problem. Too much poop on our trails, sidewalks and general field areas still exists. People surely can afford the bags available in all stores to pick up the messes. There is no such thing as a small dropping or deposit.... So we are thinking, maybe if we put more trash cans in and around the park and walking paths, more people will use them and pick up the poop. I for one, have a very large Malamute mix and almost every day (if not 2x day) I pick up the poop but really dislike having to carry the poop bag for a mile plus or thirty minutes before I find a trash can to dump it in. Any input into this plan/concept (pro or con) or any ideas as to why people do not feel it is necessary to pick up poop would be appreciated.

rjose@rrhoa.net

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SANTA CLAUS AT KIDS R KIDS

PUT IT ON YOUR CALENDARS!

Breakfast with Santa is scheduled again this year for our children who love to meet with Santa Claus. There will be donuts and drinks for all to enjoy. There will be an opportunity for each kid to have his/her picture taken with Santa. To add to the fun, Santa will read a book to those kids who want to have this special time with Santa. It is a come and go thing but most people stay for an hour or so and socialize with other neighbors/residents while enjoying some eats and drinks. A special activity will be available to some of our young guests where they can access crayons and coloring pages as well as being an opportunity for the kids to write a letter to Santa, who will take it with him to the North Pole.

**SAVE THE DATE: DECEMBER 3RD
(SATURDAY FROM 12 NOON TO 2PM)**

Again, our thanks to Darold and Wendy Frederick for making Kids R Kids facility available for this program.

*Cindy Feris, Director of Special Events
Riata Ranch Homeowners Association*

RIATA RANCH COMMUNITY MEETING

**OCTOBER 18TH - 7:15PM TO 8:30PM
KIDS R KIDS (BARKER CYPRESS)**

To encourage increased involvement with our residents, the HOA board started an innovative community program in August of this year. We are looking forward to our third event on October 18th. There will be signs out to remind you of this opportunity for you to discuss Riata Ranch issues with some of the members of your Riata Ranch Board of Directors. The idea is that a more convenient location and time for the board to meet will make it more opportune for residents to attend and have their input into community activities. There will not be an agenda of sorts other than to discuss the general activities of the board and give us some input into these projects and activities. There will be opportunity for updating residents on our ongoing projects and plenty of time for questions for those attending the meeting. This monthly program is made possible by the generous offer of a place to meet, by Darold and Wendy Frederick, owners of Kids R Kids on Barker Cypress.

Whether you drop by for a second or stay for a while, please join us for refreshments and a casual meet and greet. We will discuss what is going on in the neighborhood, and would love for you to share your ideas on how to make our community better!



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The Essentials of a Healthy Kid Lunch Box

By Sherrie Le Masurier

A healthy and varied kid lunch box starts with having the essentials on hand. This includes a quality unbreakable thermos (for keeping foods either hot or cold), a thermal lunch bag (to preserve freshness), a freezer pack (to maintain a cool temperature), some plastic cutlery, a reusable drink box and an assortment of storage containers with tight-fitting lids. Once you have the basics of your kid lunch box assembled you can switch your focus to the kinds of nutritious foods you'll be packing. A healthy kid lunch box starts with a balanced meal of carbohydrates, protein and fats. Above all else, a kid lunch box should contain healthy servings of grains, fruits and vegetables. Where possible, select whole grains over refined flours. The main reason being is that whole grains contain more fiber and nutrients than grains which have been heavily processed.

Kid lunch box staples should always

start with complex carbohydrates. When purchasing bread, bagels, pitas, tortillas or even hot dog and hamburger buns choose 100 per cent 'whole grain' wheat over 'enriched' white. Remember also that all brown breads are not created equal. Always check the ingredient list to know exactly what you're buying.

Most kids love deli meats but there's value in switching to low-fat or fat-free brands of their favorites. With improvements in low-fat versions of deli meats favorites like turkey or chicken breast, ham, roast beef or even bologna may still make your child smile.

Cheese is also a good addition to a kid lunch box but in moderation. Consider low-fat or fat-free cheese. Granted cheese like milk provides calcium but unfortunately it's also the second leading source of artery-clogging fat in the diets of most children.

If you're concerned that your child isn't getting enough calcium in his or her diet

consider that calcium is still found in most low-fat dairy products as well as in calcium fortified orange juice.

Like cheese, select fat-free (skim) milk or 1% over 2% or whole. The reason for this is that milk is one of the most common sources of saturated fat in children's diets.

Vegetables are another must have in a kid lunch box. Never pack a sandwich without adding lettuce or slices of cucumber. If your child balks at the mere mention of veggies you may have to get sneaky and add grated zucchini or carrots to sandwich fillings or blend some into your child's favorite muffin batter. Another option would be sending along a container of tomato or vegetable juice.

Finally each and every kid lunch box you pack should include at least one helping of fruit whether its fresh seasonal produce or canned unsweetened fruit salad.

When it comes to fruit always offer up

(Continued on Page 5)

Do you know what to look for in an Emergency Room?

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The Essentials of a Healthy... - (Continued from Page 4)

new varieties served in different ways. Cubing or slicing up a fruit in a fresh way can make all the difference to a child. Think melon balls instead of melon slices and orange rings (or half moons) instead of orange triangles. Add a yogurt dip and you may have converted a non-fruit lover into one who can't get enough of her new found favorite.

A healthy kid lunch box is made easy if you routinely stock your kitchen cupboards, bread box and fridge with wholesome foods. When grocery shopping always think about the week ahead and how many school lunches need to be made.



KAPPA ALPHA THETA

All NW Harris County alumnae are invited to join your Theta sisters for our 2011/2012 activities. Our group meets throughout the year for evening gatherings, lunch, museums and founders day. For more information or a calendar of events please email thetadonna@yahoo.com or call Kim at 281-370-2224.

DATES TO REMEMBER

FOR RIATA RANCH

October 1.....Neighborhood Garage Sale

October 4.....National Night Out
(nationalnightout.org)

October 10..... CFISD: Student Holiday

October 18.....Riata Ranch
Community Meeting

November 15Riata Ranch
Community Meeting

December 20 No Community Meeting

Go to the Riata Ranch web page for complete calendar
AND RR information: www.rrhoa.net/calendar.

There is an interest in finding out how many residents read this newsletter. Please respond to rjose@rrhoa.net if you wish to have us maintain this format for community communication. If you would prefer information coming to you via the web page- again send an email and let us know. We are looking for the best way to keep you informed of our Riata Ranch community activities. You might even want to send along a big thanks to board member Cindy Feris who has previously worked tirelessly to make this newsletter a possibility.

-Jennifer Hobcock and Randy Jose, Co-editors.



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BRITT'S BOOK BUZZ: THE HUNGER GAMES

by Suzanne Collins

Remember the compelling and cult-following TV show, *Lost*? To me, *The Hunger Games* is the literary equivalent in that the writers creatively demonstrated survival and unity when faced with extremely harsh circumstances. The difference is that while *Lost* was the result of a plane crash on a strange island where anything could happen, *The Hunger Games* is ruled by the Capitol where young adults fight to the death as a form of entertainment for the government.

Set in the not so distant future, North America as we know it has been completely reorganized into separate districts (12 of them) all closely controlled by the militant, big brother, harsh "Capitol." These districts were formed when the Earth had become so violated environmentally and morally that war broke out. As a reminder to all of the segregated districts that rebellion is not tolerated, there is a yearly "Hunger Game"

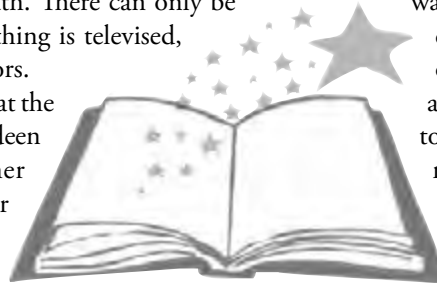
where a male and female from each district aged 12-18 is chosen at random to fight each other to the death. There can only be one victor and everything is televised, complete with sponsors.

It is in district 12 that the heroine, Katniss Everdeen lives with her mother (a healer) and her younger sister. Her father was killed in a mining accident but left his oldest daughter with the gifts and talents of hunting, which is her family's key to survival.

When Katniss' sister is chosen as one of the "tributes" to fight in the hunger games, Katniss volunteers in her place. Her male counterpart, Peeta, is also chosen.

Their experience at the Capitol and the whole tradition around the hunger games

is so intriguing and fascinating as are the people they encounter. However, it is the way the hunger games are so carefully and technologically orchestrated and Katniss' amazing ingenuity and will to live and survive that kept me reading and enjoying the brutal, yet thoroughly entertaining book. At the time I am writing this review, I am already on



the final book of the trilogy!

This book has it all -- a love triangle, a heroine, an underdog, fighting, mystery, science fiction--it is a reader's big Kit Kat bar!

Feel free to comment on this review, your thoughts on the book or suggest a book for me to review on my blog:

<http://brittsbuzz.blogspot.com>

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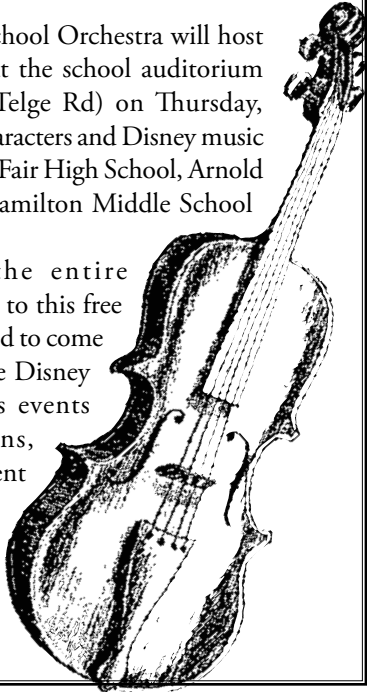
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Disney Children's Concert AT CY-FAIR HIGH SCHOOL

The Cy-Fair High School Orchestra will host a Children's Concert at the school auditorium (22602 Hwy 290 at Telge Rd) on Thursday, October 27. Disney characters and Disney music by Orchestras from Cy-Fair High School, Arnold Middle School, and Hamilton Middle School will be featured.

Children from the entire community are invited to this free event and are encouraged to come dressed as their favorite Disney character. Children's events (face painting, clowns, and balloons) and a silent auction will begin at 6pm. The concert will be at 7pm.



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