

The Ranch Review

www.riataranch.net

February 2014

Volume 8, Issue 2

A Newsletter for Riata Ranch Residents

Wine Fair Cy-Fair

The community will gather to enjoy fine wines, fabulous food and socializing with neighbors at the third-annual Wine Fair Cy-Fair on April 5 at Cypress Village Station and at the upscale One Fine Affair on April 4 at the Alamo at Northwest Forest Conference Center.

Wine Fair features 125+ wines, 15+ restaurants and food tasting-tables serving signature specials, The Backyard Grill Beer Garden, a Home Zone and the Aruba Live Music stage. Wine Fair is a community-wide party benefitting Reach Unlimited.

The evening will be packed with engaging experiences such as displays from local artisans and community businesses. Guests will sway and dance the night away to the captivating tunes of the Robert Hartye Band, and fundraising for Reach will feature a wine pull, gift baskets, restaurant certificates and great swag donated by local businesses.

The vendor village welcomes art, jewelry, food products and everything in between. For the pampered treatment, The Loken Group VIP Premium room boasts relaxed seating, restroom facilities and great views along with premium wine selections and delicious food offerings provided by La Madeleine Country French Café.

The Backyard Grill Beer Garden showcases craft beer offerings as well as signature nibbles from Backyard Grill and Backyard Smokehouse.

Before the doors open on Wine Fair, the pre-event All that Sparkles is an effervescent party from 4:30 to 5:30 p.m. Guests will enjoy

Tickets and Information

Must be 21 or older to attend. Online tickets available at www.winecyfair.com

Wine Fair Cy-Fair

\$25 general admission

\$65 VIP Premium Wine Lounge

\$55 VIP Premium Wine Lounge

early bird special – offer good through 2/28/14

All That Sparkles - \$20 pre-party ticket add on

One Fine Affair - \$100 (limited to 100 guests)



French champagnes, sparkling wines and culinary treats.

Wine Fair is limited to 2,500 entrants. Last year, all events sold out.

One Fine Affair is Friday from 7 to 10 p.m. The elegant affair will feature fine wine, fine foods and a mighty fine time. Guests will learn more about Reach Unlimited. Attendance is limited to 100 guests.

Wine Fair Cy-Fair is a collaboration between the Cy-Fair Houston Chamber of Commerce and Food & Vine Time Productions, the organization that produces the world-class Wine & Food Week in The Woodlands, Brewmasters Craft Beer Festival, Zest in the West, Katy Sip n Stroll, the wildly popular Haute Wheels Houston The Food Truck Festival and the newly announced Big Brew Houston Craft Beer Celebration.

“This is a unique, once-a-year opportunity for the community to come together to socialize and have a great time while enjoying

high-quality wines, craft beers and foods,” said Founder & Co-Producer Constance McDerby. “And we get to benefit a worthy cause by helping to support a local community partner in Reach Unlimited.”

Leslie Martone, President of the Cy-Fair Houston Chamber of Commerce, said, “The first two years of this great event were huge successes – better than we could have hoped for. And really, we expect this year to be even more fun and successful. As a Chamber, our focus is on the community, and we’re proud to present this type of community-wide event.”

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
Postma Elementary.....	281-345-3660
Rennell Elementary.....	281-213-1550
Spillane Middle.....	281-216-1645
Cy-Fair High.....	281-897-4600
Cy-Falls High.....	281-856-1000
Cy-Woods High.....	281-213-1800
Cy-Fair College.....	281-290-3200

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
Comcast Cable/High Speed Internet..	713-341-1000
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
------------------------------	--------------

NEWSLETTER INFO

NEWSLETTER

Articles.....	riataranch@peelinc.com
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 your articles to riataranch@peelinc.com by the 10th of the preceding month. So if you get your ideas in before the deadline, you should see them in the very next month's newsletter.

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



Trimming to Take-Downs
Trimming • Removal of Debris
Hedge Trimming • Stump Grinding
Professional Tree Health Care

Bonded & Insured Since 1987

Call David
Ph: 281-469-0458

Mention this ad for a Spring Special! Senior Citizens Receive an Additional Discount.

FREE ESTIMATES

jonesroadtreeservice.com





Come grow with us!
St. Elizabeth Ann Seton Catholic School

"Living, loving, and learning in Christ and the Church."
6646 Addicks Satsuma Rd.
Houston, TX 77084
281-463-1444
www.seasc.org

EXCELLENT CURRICULUM • ATHLETICS
COMPUTER & SCIENCE LABS
BEFORE & AFTER SCHOOL PROGRAMS

Now Registering
2014-2015
School year



ADVERTISE YOUR BUSINESS TO YOUR NEIGHBORS

Support Your Community Newsletter



PEEL, INC.
community newsletters

Jackie Owens
Sales Representative
832-482-8132
jowens@PEELinc.com

www.PEELinc.com 1-888-687-6444



Kidney Walk

The National Kidney Foundation is the leading organization in the U.S. dedicated to the awareness, prevention and treatment of kidney disease for hundreds of thousands of healthcare professionals, millions of patients and their families, and tens of millions of Americans at risk.

Nearly six of ten Americans will develop kidney disease in their lifetime, according to a new analysis published in the American Journal of Kidney Disease. In comparison, lifetime risk of diabetes, heart attack and invasive cancer is approximately four in ten.

The Kidney Walk is the nation's largest walk to fight kidney disease and is held to raise awareness of, and support those who are battling this disease. Held in nearly 100 communities, the event raises awareness and funds lifesaving programs that educate and support patients, their families and those at risk. Take a lifesaving step today and sign up for a walk below. The Houston Walk will be held on May 4th at 7:30am at Discovery Green Park Downtown. Registration at www.donate.kidney.org.

For more information on forming teams or sponsorship, please call 713-964-2644.

Your Neighborhood at Your Fingertips



Peel, Inc. iPhone App
Expected Release Date Spring 2014

www.peelinc.com
512.263.9181





NORTHWEST FLYERS YOUTH TRACK CLUB BEGINS 27TH SEASON

The Northwest Flyers Youth Track Club is now registering boys and girls ages 6 – 18 for the 2014 season. The team provides a full program of track and field events, and is affiliated with USA Track & Field (USATF). The club was founded 27 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

Registration and practice is at 5:30 p.m. on Mondays and Thursdays at the Cypress Creek High School track, 9815 Grant Rd., Houston.

For registration forms and additional information, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at linette.roach@sbcglobal.net or (281) 587-8442.



Don't Make Us Beg!

SELL US YOUR CAR!



TEXASDIRECTAUTO.COM

We make buying and selling fun!



Scan and sell us your car
or search our inventory

10 POWERHOUSE FOODS

THAT WILL HELP YOU BURN FAT

Marissa Balch - CPT, Nutrition Coach - Texas Fit Chicks Boot Camp

1. Oatmeal - Great source of soluble fiber and slow-digesting carbohydrates that will keep blood sugar and insulin in check so fat burning can stay high.

2. Eggs - A form of well-absorbed protein, healthy fats and Vitamin D (found in the egg yolk). Eggs also contain lecithin, which promotes healthy liver function, thereby helping the body to burn fat.

3. Salmon - High in omega-3 fatty acids, salmon reduces inflammation in the body and lowers LDL and triglyceride levels while raising good HDL levels. Salmon also has a beneficial effect on leptin (hunger hormone) levels in the body, which means it helps to suppress your appetite.

4. Nuts - Another source of fiber and rich in omega-3s, these fats help to regulate blood sugar and protect the heart and the immune system.

5. Grapefruit & Berries - These fruits contain slow-digesting carbs and are rich in fat-fighting fiber. Strawberries, raspberries, blueberries and blackberries all are loaded with soluble fiber and antioxidants that protect blood vessels and promote healthy blood

flow.

6. Avocado - It's got fat, yes, but the good kind! The monounsaturated fats found in avocado are burned readily for fuel during exercise and actually encourage fat burning. Good source of fiber and antioxidants.

7. Leafy Greens - Broccoli, specifically, is a fibrous carb that can make you feel full quickly—one reason why it's a great food for getting lean. Broccoli also contains phytochemicals that can help enhance fat loss.

8. Cinnamon - Helps to reduce blood sugar levels, which in turn prevents the body from storing sugar as fat. Add it to your oatmeal and yogurt to enhance flavor without adding calories.

9. Green Tea - Drink this! Not only is green tea packed with antioxidants, it also contains catechins, a phytochemical that helps speed up metabolism and burn more fat.

10. Beans & Legumes - Great sources of protein and they normalize insulin levels and help keep your blood sugar steady throughout the day. Black beans, Garbanzo beans, red beans and lentils are all great to incorporate into your diet.



SALUTE TO OUR HEROES

SATURDAY, FEBRUARY 8, 2014 @ 6:30 P.M.
OMNI HOTEL WESTSIDE HOUSTON



Martha McSally is a decorated military leader and pioneer. She is the first female fighter pilot to fly in combat, and first to command a fighter squadron in combat in United States history. She was awarded a Bronze Star and multiple Air Medals for her combat leadership and performance.

GUEST SPEAKER:

Martha McSally

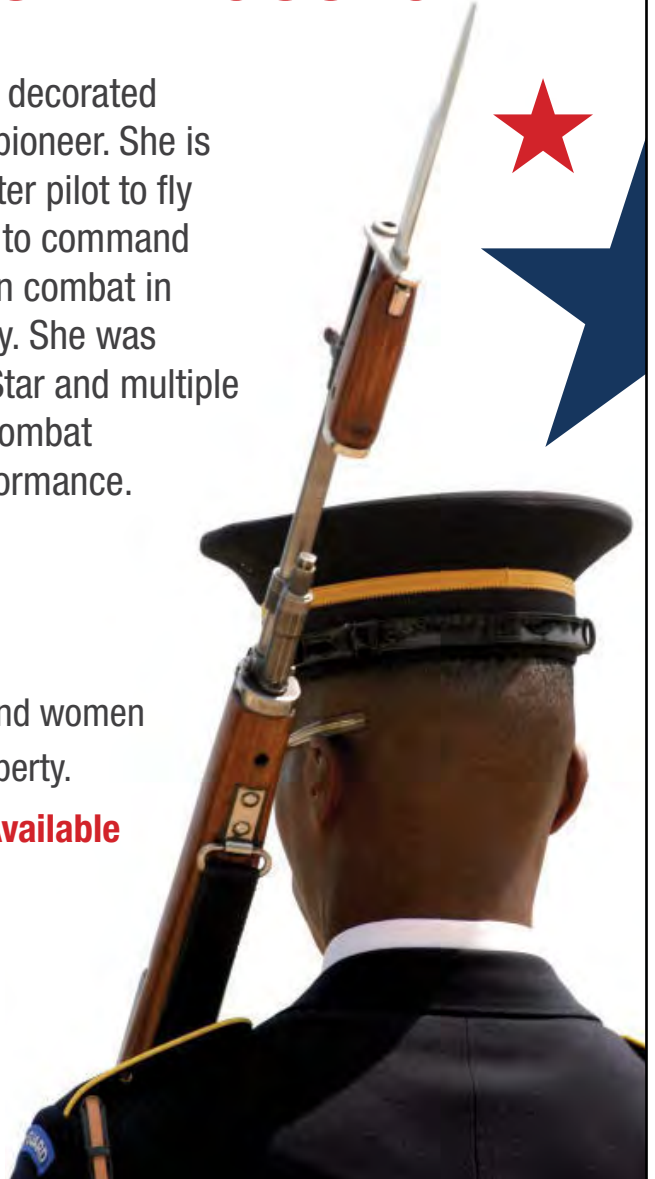
Salute to Our Heroes will honor the brave men and women who have served to preserve our freedom and liberty.

Tickets and Sponsorship Opportunities Still Available

Individual Tickets \$75 • Veterans Tickets \$50

Contact Marie Holmes at 281-807-3591 or
marie@thecfef.org • www.thecfef.org

Generously underwritten by
Station & Ayers Insurance Planning Services, L.L.C.



Fundraising activities and private donations finance Cy-Fair Educational Foundation. The Foundation is a 501c3 organization and all contributions are tax deductible as allowed by law.



NOT AVAILABLE ONLINE

The Ranch Review is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use The Ranch Review 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 Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

Bashans Painting & Home Repair

Commercial/Residential
Free Estimates

281-347-6702



281-731-3383 cell



- Interior & Exterior Painting
- Hardi Plank Installation
- Wood Replacement
- Sheetrock Repair
- Interior Carpentry
- Cabinet Painting
- Wallpaper Removal and Texturizing
- Pressure Washing
- Fence Repair/Replacement
- Garage Floor Epoxy
- Custom Staining
- Roofing
- Gutter Repair/Replacement
- Faux Painting
- Door Refinishing
- Window Installation
- Trash Removal
- Ceiling Fan/Light Fixtures

References Available • Fully Insured
NO PAYMENT UNTIL COMPLETION
bashanspainting@earthlink.net



Engage minds and hearts will follow.

At Primrose, you'll discover a childhood education approach unlike any other. Our proprietary, accredited curriculum assures that children are nurtured emotionally, physically and intellectually.

Primrose School of Barker-Cypress
16555 Dundee Road | Cypress, TX 77429 | 281-225-0123
www.primrosebarkercypress.com



Primrose Schools

The Leader in Educational Child Care®
www.primroseschools.com

Educational Child Care For Infants through Private Kindergarten
and After School

Each Primrose School is privately owned and operated. Primrose Schools and The Leader in Educational Child Care are trademarks of Primrose School Franchising Company. ©2008 PSFC. All rights reserved.



PEEL, INC.

308 Meadowlark St.
Lakeway, TX 78734-4717

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

RR



LET US HELP YOU
GROW YOUR NEXT

**BIG
IDEA**



PEEL, INC.
printing & publishing

CONTACT US TODAY!

512.263.9181

OR VISIT

PEELINC.COM