

# The Ranch Review

www.riataranch.net

August 2014

Volume 8, Issue 8

A Newsletter for Riata Ranch Residents

## A Focus on Heat Emergencies

Healthy tips to stay cool in extremely hot weather

Heat emergencies fall into three categories of increasing severity:

### HEAT CRAMPS, HEAT EXHAUSTION, AND HEATSTROKE

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs.

If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

### SIGNS AND SYMPTOMS:

#### Heat Cramps

- Sweating
- Pain in arms, legs, and abdomen

#### Heat Exhaustion

- Moist, pale skin
- Fatigue and fainting
- Dizziness and lightheadedness
- Headache and confusion
- Nausea and vomiting
- Rapid pulse and breathing

#### Heat Stroke

- No sweating
- Dry, hot, red skin
- Confusion and loss of consciousness
- Rapid pulse
- Temperature over 103° F
- Seizures

### CAUSES:

*The following are common causes of heat emergencies:*

- High temperatures or humidity
- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- Alcohol use
- Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
- Cardiovascular disease

*(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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Cypress Fairbanks ISD.....	281-897-4000
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HOA, SCS Mgt.....	281-463-1777
United States Post Office .....	800-275-8777

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Cy-Fair College Library.....	281-290-3210
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### 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](mailto: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.

(Continued from Cover)

## WHAT TO DO IN HEAT EMERGENCIES...

### First Aid

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.

2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.

3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.

4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.

5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

### DO NOT:

- DO NOT underestimate the seriousness of heat illness, especially if the person is a child, elderly, or injured.

- DO NOT give the person medications that are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.

- DO NOT give the person salt tablets.

- DO NOT give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.

- DO NOT use alcohol rubs on the person's skin.

- DO NOT give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

### PREVENTION:

- Wear loose-fitting, lightweight clothing in hot weather.

- Rest regularly in a cool area; seek shade when possible.

- Avoid strenuous physical activity in hot or humid conditions.

- Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.

- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.

- Be careful of hot cars in the summer. Allow the car to cool off before getting in.

- Avoid heavy meals and hot foods.

*For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: [www.cdc.gov/niosh/topics/heatstress/](http://www.cdc.gov/niosh/topics/heatstress/)*

## Back-to-School Festival & Family Fun Day Saturday, August 23rd

The first annual "Back-to-School Festival" and Family Fun Day will be held on Saturday, August 23rd, from 4 p.m. to 7 p.m. at Clark Henry Park, 7600 Equador St., Jersey Village. This is a free community event and rally for area families in support of the promise of public school education. Activities include: Free hot dogs and lemonade for the first 400 people; free school supplies/backpacks/t-shirts while supplies last; free pool passes for the first 50 kids; games; and public speaker appearances. Families should bring their own lawn chairs.

The event is sponsored by Cy-Fair Area Democrats, Katy Area Democrats, Cypress-Tomball Democrats, Spring Democrats, Spring Branch Democrats, Senate District 7 Democrats & the American Federation of Teachers. For further information, contact Dee Coleman at [dcoleman18014@sbcglobal.net](mailto:dcoleman18014@sbcglobal.net).

## ST. MARY'S FALL GIFT MARKET



On Friday, September 26 and Saturday, September 27 from 9 a.m. to 4 p.m., St. Mary's Episcopal Church is hosting its annual Fall Gift Market. This is the ideal event to kick off your holiday shopping and decorating! The convenient location at the corner of Louetta Road and N. Eldridge Parkway makes it easy to shop the selection of unique jewelry, home decor, creative toys, flower arrangements, handcrafted gifts, collectibles, pottery, candles and trendy clothing for ladies and children. The Fall Gift Market also features The Tea Room offering the famous taco soup, sandwiches, desserts and homemade baked goods, plus the Silent Auction benefiting church-affiliated projects and outreach. For more information, please visit [stmaryscypress.org](http://stmaryscypress.org), or call Jennifer (281-655-8774) or Michelle (832-559-8726).

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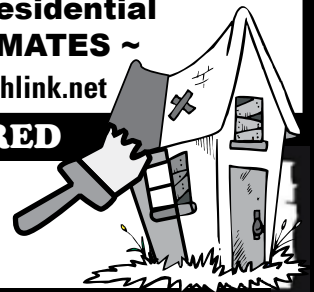
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## CYPRESS-TOMBALL DEMOCRATS HOST SAM HOUSTON AT AUGUST MEETING

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, August 19th, 2014. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 to 8:00 p.m.

The club is honored to have Sam Houston, the Democratic candidate for Texas Attorney General, as the guest speaker for August.

All are welcome to attend the meeting and to join this growing club, which meets on the third Tuesday of every month. The meetings are open to all, and always feature great fellowship and informative guest speakers. For more information, visit the website at [www.cytomdems.com](http://www.cytomdems.com); contact Glenn Etienne at [cytomdems@yahoo.com](mailto:cytomdems@yahoo.com); or "Like" the club on Facebook.



## KIWANIS CLUB OF CY-FAIR HOUSTON

*YOU are cordially invited to attend an introductory meeting of the Kiwanis Club of Cy-Fair Houston at the Hearthstone Country Club.*

**Time:** Lunch is served at 12:15pm; adjournment at 1:15pm.

**Dates:** We will meet on August 5, 12, and 19. Join us for lunch, followed by a short, informative program. We welcome your visit and invite you to consider membership in this service oriented organization.

**Why join Kiwanis?** Kiwanis is an international service organization focused on changing the world one child and one community at a time. The Cy-Fair Kiwanis Club of Houston seeks to serve this community through sponsoring Key Clubs for high school students, Builders Clubs for middle school students, and Aktion clubs for adults with disabilities. Also, we sponsor Boy Scout and Girl Scout troops. We provide support to various other organizations in the community that serve children and families. Enjoy the pleasure of being a part of this service.

**What is Kiwanis?** Service is at the heart of every Kiwanis club, no matter where in the world it's located. Members stage nearly 150,000 service projects and raise nearly US\$100 million every year for communities, families and projects. In addition, Kiwanis members actively participate in many service projects in their home communities.

**Kiwanis members don't just do service**—they have fun. Members make new friends by being part of a club where they attend meetings and participate in social events. Kiwanis clubs also provide excellent networking opportunities for professionals. Members meet new people from all over their region and the world through service projects, fundraising and attendance at district and international conventions.

**VISIT THE CY-FAIR KIWANIS CLUB WEBSITE AT:  
[WWW.KIWANISHOUSTONCYFAIR.COM](http://WWW.KIWANISHOUSTONCYFAIR.COM)**



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# TENNIS TIPS

By USPTA/PTR Master Professional  
Fernando Velasco



## The Modern Game: The Backhand Approach Shot

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing.

I am now offering suggestions on how to play the “modern” game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or in tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute the Top Backhand Approach Shot. This shot is used when an opponent hits a soft shot that has bounced high over the net. The player will take advantage and will charge to the net, thus hitting with top spin high over the net and hit with power. When the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise. This shot can be used as a “winner” or as an “approach shot.”

In the illustrations, Kaylen Combs, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Kaylen is coached by the Director of the Tennis Academy, Darin Pleasant, who is showing her the proper point of contact on step 2. Kaylen plays with her left hand.

**Step 1:** The Back Swing: When Kaylen sees the opportunity, she makes a quick turn of her upper body and takes the racket high and back. The head of the racket is now at shoulder height, her shoulders are turned, the right hand gripping the racket and her left hand relaxed. Her weight is on the front foot as her momentum carries her forward to attack the ball. Her right wrist

is “laid back” to allow maximum point of contact.

**Step 2:** The Point of Contact: The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle and accelerating the racket head around the outside of the ball. Kaylyn started the swing high and “looped” it to allow the head of the racket to drop down. She will be brushing around the outside of the ball as she makes contact with it. Her left shoulder is almost opening and her weight has is moving through the shot.

**Step 3:** The Follow Through: In order to get maximum control and power, Kaylen is keeping her right arm extended through the shot. She has “snapped” her right wrist and has the head of the racket facing down. Her weight is going forward.

**Step 4:** The Finish: Kaylen’s upper body acceleration forced the head of the racket to “wrap around” her left ear, thus creating the most power and topspin on the ball. Her legs are already in position to move forward the net for a volley. Her right foot should naturally move forward due to her momentum and racket speed. From her looks, she apparently hit a very wide cross court approach shot for a defensive return.

**Step 5:** The Volley Winner: Once Kaylen hit, she moved to the net for a “winner”. By the smile on her face, her backhand approach shot was successful and she won the point with a backhand volley.

Look in the next Newsletter for: “*The Modern Game: The Swinging Forehand Approach Shot*” Court Time at no additional cost and being able to reserve court time seven days in advance

### NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB **nwhcaggiemoms.org**

The Northwest Harris County Aggie Mom's Club wants to extend a big "Howdy" to all Moms of freshman Aggies and current Aggie students.

Please join us for our HOWDY PARTY on Tuesday, August 12, 2013 at 7 p.m. at the Houston Distributing Center, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. This fun-filled Aggie evening is a great way to meet other Aggie Moms, find out about upcoming events and Aggieland trips, buy care packages for your student and win door prizes! Enjoy light refreshments while you shop for our one-of-kind Tradition beads. Or look through our Boutique for unique hand-crafted Aggie treasures!




Aggie Moms as an organization, encourages parents to become familiar with A&M during their student's freshman year. Aggie Moms has been here for 25 years and we're committed to helping your student and you enjoy the TAMU experience through graduation. All meetings are open to the public, prospective students, current students and Aggie families are always welcome!

Refreshments are available at 6:45! The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at 7100 High Life Drive. For more information on monthly speakers or upcoming events visit our website at [www.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org) or contact Connie Pritchard, Club President at [clubpres2012@gmail.com](mailto:clubpres2012@gmail.com).



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## Women's Softball

Womens slow pitch softball starting in September in the Fairfield Subdivision. Inquiry at [mwsinai@aol.com](mailto:mwsinai@aol.com) or call Michelle at 281-686-9004.



**Start and Finish at Fairfield Baptist Church**

**27240 U.S. 290 Cypress, TX 77433**

**8:10am – START 1K Run/Walk 8:30am – START 10K**

**Run 8:45am – START 5K Run/Walk**

**Registration opens August 9th!**

### Our Goal

The goal of this event is to raise money for the HOPE Project in Kigali, Rwanda. The HOPE Project is led by Ten Talents International, and stands for Housing, Opportunity, Purpose, and Education. Orphaned boys and girls in Kigali, Rwanda are in need of a safe home where they can have the opportunity to go to school, receive medical care, and have basic needs met. Property has already been purchased and work has begun to build a girls' home and boys' home to give these children a safe place to live and learn. This project will be completed in three phases and this year we are supporting Phase 1.

### One Community, One Purpose

We invite area churches and orphan/adoption ministries to join with us as we share with our community opportunities to get involved with caring for the orphan. Join us race day as a runner, volunteer, and/or share your Orphan Care ministry booth on campus. For more info please visit: [runningforgreaterthings.com](http://runningforgreaterthings.com)



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## FIFTH ANNUAL CYPRESS HOOPS INVITATIONAL



The Cy-Fair Educational Foundation is gearing up for their highly anticipated Cypress Hoops Invitational Tournament to be held for the fifth year December 11 through 13, 2014. Twenty-four high school varsity level teams, including those from Cy-Fair ISD and outside the district, will compete over the three-day event at various high schools with the championship games held at the Berry Center. This year's tournament is underwritten by North Cypress Medical Center Hospital.

"Teams from the Dallas area and the San Antonio area will be traveling to Houston for the event," said Teresa Hull, event co-chair. "This is so exciting because it means that word has gotten out about the high level of organization and quality of our tournament. This will help us continue to build state recognition and gives us great potential to grow," she said.

New this year will be family fun activities including face painting, balloon animals and much more. Northwest Dodge will once again be sponsoring a chance to win a car during the championship game on December 13, 2014 at the Berry Center.

The tournament was started by community member Eric Burg and modeled after an extremely successful tournament held in Pasadena. Burg, who played basketball in Cy-Fair ISD, wanted a way to showcase the talent and facilities in Cy-Fair ISD and the tournament grew from there.

In a nail bitter championship game between Galena Park North Shore and Plano West last year, North Shore pulled ahead and won the tournament. "These games are so fun to watch," said Teresa. "We are hoping to attract many spectators to cheer for the kids since ticket prices are so reasonable (just \$2.00 for students and \$3.00 for adults or a family fun pass for \$8). We want a lot seats in the seats!" she said.

Last year the tournament raised \$18,750.02. All proceeds raised through entry fees, t-shirt sales, game tickets and sponsorships will be used for innovative staff development programs for district teachers and instructional leaders and for scholarships for deserving high school seniors. For more information about ways to participate, contact Marie Holmes at 281-807-3591 or [marie@thecfef.org](mailto:marie@thecfef.org).

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