

THE Ranch Review

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A Newsletter for Riata Ranch Residents

COPPER CREEK MEADOWS COMMUNITY GIRL SCOUTS OF SAN JACINTO COUNCIL

Copper Creek Meadows Community, along with other Girl Scout Communities in our area has been holding recruitment events at local elementary schools during the month of September. We also have a Rally night scheduled for Owens Elementary on Oct. 4 at 7 pm.

If you missed one of these events, it is never too late to sign up to become a Girl Scout. Girl Scouting is open to all girls in kindergarten through grade 12 who are willing to accept the Girl Scout Promise and Law. Girls may join at any age and no previous Scouting experience is required. Don't forget that older girls whose busy schedules may not allow for troop activities may join as individually registered Girl Scouts.

Copper Creek Meadows serves girls in the residence areas for the elementary schools listed below, as well as the corresponding middle and high schools our elementary schools are: Birkes, Fiest, Hairgrove, Horne, Kirk, Lee, Lieder, Lowery, Metcalf, Owens, Tipps, Wilson, St. Elizabeth Ann Seton, Texas Christian School, and Christian Life Center.

For more information on Copper Creek Meadows Community, please contact coppercreekmeadowsgirlscouts@gmail.com. For more information on area recruitment events, please contact Jo Anna Harris @jharris@sjgs.org. The website for Girl Scouts of San Jacinto Council is www.gssjc.org.

Why become a Girl Scout? Girl Scouts builds girls of courage, confidence and character, who make the world a better place. Girl Scouts also make new friends, learn new skills, and have fun. We have special interest groups in many different areas, including archery, backpacking, riding, robotics and sailing. There are also several different choirs, and the Green Starlettes dance and drill team, as well as a variety of camping experiences and opportunities.

Hope you can't wait to be a Girl Scout!

Copper Creek Meadows Community is planning a variety of events and activities for the coming year, including a Costume Ball,

Scoutacular event, Mother-Daughter craft event and a Powder Puff Derby. We are also looking forward to the annual Leader/Daughter weekend, STRIDERS (track and field day) and skating.

Copper Creek Meadows Community is part of San Jacinto Council's Region IV, which plans activities especially for our Cadette, Senior and Ambassador Girl Scouts

We always need adult leaders to help make all of this possible. You don't have to be Wonder Woman, Ranger Rick or Martha Stewart. You don't even have to have children! You do have to be interested in working with girls, be willing to spend time with them, and accept the Girl Scout Promise and Law. A background check and some training will get you started, but lots more training is available when you want it. You can find out more on the council website, or contact coppercreekmeadowsgirlscouts@gmail.com.

Don't want to make that kind of commitment? Do you have a skill you would be willing to share? We would love to talk to you!



IMPORTANT NUMBERS

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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

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Centerpoint Entex Gas	713-659-2111
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Waste Mgt.....	713-686-6666
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 INFO

NEWSLETTER

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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.



St. Peter's Anglican Church Annual Bazaar And Bake Sale

The St. Peter's Anglican Church at 19915 Cypress Church Road, Cypress, TX 77433, will host their annual bazaar and bake sale on November 4 & 5 from 8:00 AM until 3:00 PM. There will be seasonal crafts, raffles, bake sales, vendor booths, new-to-you booth and hot dog plates. For further information you may call 281-731-4546 or 281-213-9953.

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Athlete Training + Health Collaborates with Health Care Systems to Redefine Athlete Development

Athlete Training + Health (ATH), formerly known as CES Performance, has trained thousands of professional, collegiate, high school and youth athletes since 1997. Now, ATH is working with Memorial Hermann in Houston and Texas Health Resources in Dallas/Fort Worth, to offer in-house clinical care at ATH facilities.

ATH opened their first Texas facility at Houston Sports Park in 2012. In June 2016, ATH opened a second Houston-area facility in Spring, Texas. At 38,000 square feet, it is the largest facility of its kind in the state. As part of the new facility, Memorial Hermann, the largest not-for-profit health system in Southeast Texas, offers onsite clinical services with access to primary care physicians, and sports medicine and rehabilitation specialists.

In 2017, ATH plans to open additional facilities in Katy, Texas and Sugar Land, Texas – each of these facilities will include a Memorial Hermann Urgent Care and sports medicine office – and also in Arlington, Texas, collaborating with Texas Health Ben Hogan Sports Medicine. ATH expects to expand beyond the state of Texas with partnerships with health care systems in other markets.

Relationships between ATH and local health care systems create an environment for athletes and active adults to receive full-spectrum training and care. The company aligns with these health care organizations and leaders in sports medicine, performance research and nutrition to advance human performance and provide athletes with the most effective training programs.

“Our facilities are a phenomenal place for the professional, collegiate, high school and youth athletes in Texas,” says Danny Cooper, COO of ATH. “Our collaborations with health care systems help athletes to receive proper care, instruction and development throughout their athletic career. With our new adult fitness offering, we can also impact the lives of active adults.”

Wayne Fraleigh, Vice President of Operations for Ambulatory Services at Memorial Hermann Health System, agrees. “By offering in-house clinical services, we are able to offer immediate, safe, high quality care for non-life-threatening health conditions, thereby

bringing out the best in sports medicine and performance training for athletes of all ages.”

Not only does ATH affect the Texas athletic community, but also the athletic coaching community worldwide. ATH hires many international coaches, coming from countries such as England, Canada, Ireland and Trinidad and Tobago. ATH athletes are equally varied, coming from many sports backgrounds and regions. ATH clients have competed in the MLB All-Star Game, the World Series, the Super Bowl, the NFL Pro Bowl, the MLS Cup, the Olympic Games, the FIFA World Cup, all the major collegiate conferences and high school state championships.





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October 29 Vintage Park Shopping Village Offers Free Fun Night For Kids And Families

Meet your Favorite Characters and Treats for Everyone

Event Details

Vintage Park Shopping Village

110 Vintage Park Blvd (Located Hwy 249 at Louetta Rd)

Saturday, October 29, 2016

5:00 pm – 7:30 pm

Cost: FREE

Houston, Texas (September 15, 2016) Meet and greet your favorite characters at Vintage Park Shopping Village on Saturday, October 29, from 5:00 pm until 7:30 pm. The Park will once again partner with the fabulous talent of Truly Enchanting Entertainment.

Kids wear your costumes and join us for treats! Take photos with the characters you love! Spiderman, Captain America, Elsa and Ana from Frozen and of course, Minions everywhere. It's FREE!

Characters will be stationed around the park and you will have an opportunity to take photos and visit participating stores who will have a treat for you.

Don't miss a special live performance Sing-Along at 7:00 pm in the Piazza area by the fountains.



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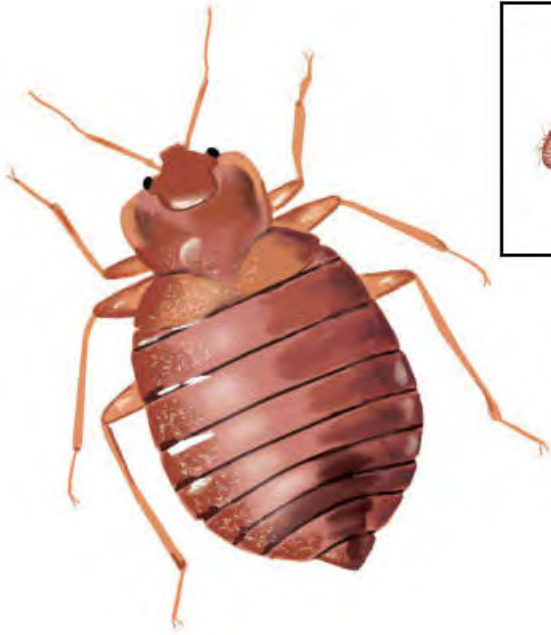
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Inspecting for bed bugs



Before the holiday travel season begins, it is wise to know what to look for when traveling so you do not bring home unwanted guests. Bed bugs are small, dark brown to reddish colored insects with no wings. Their bodies are oval and the color and size often depends on if the insect is engorged with blood. Immatures, or nymphs, resemble the adults but are smaller and lighter in color. Usually adults are about the size of a watermelon seed.

Most feeding occurs at night when bed bugs pierce skin while people sleep. The bugs inject a fluid while feeding that can cause some people (about 50%) to have an allergic response. The allergic response causes the skin to become irritated and itchy at the bite location.

After feeding (it takes about 12-15 minutes for a bed bug to become fully engorged), bed bugs crawl away into hidden areas- mattress seams, headboards, nightstands, behind baseboards as well as other locations. They prefer to hide in locations that are close to where they feed, but they will crawl several feet to get to a meal. Bed bugs

(Continued on Page 7)

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(Continued from Page 6)

hide in their chosen location for about 3 days while they digest the blood meal. Over time, congregation areas become marked with blood, fecal material, hatched eggs and cast skins of molted bugs.

When travelling, always inspect rooms thoroughly for bed bugs before moving luggage into the room. Luggage should be placed until the bathtub until the room has been inspected. Make sure to carry a small flashlight with for to help with inspection. When you return home, place clothing in the dryer (before washing) on high heat for about an hour.

Tips on inspection:

- Look in sleeping areas (bed, pull-out couches)
- Inspect linens as they are removed from the bed
- Check mattress and box spring seams, bottom of the box spring and near the mattress tag
- Inspect the dust ruffle
- If possible, lift the boxspring and inspect the bed frame
- If possible, pull out or remove the headboard to inspect behind it
- Check bedside tables and everything on them, including opening

all drawers

If you find bed bugs, go to the front desk to inform them of what you found and request a different room. Do not get a room that is adjacent, above, below or across from the infested room (bed bugs can travel through wall voids to adjacent areas).

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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