

RANCH RECORD

*News For The Residents of
Blackhorse Ranch.*

Cypress Assistance Ministries

11202 Huffmeister • 281-955-7684
www.cypressassistanceministries.com

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 for boys of all ages and teens are also needed. Please bring new, unwrapped toys and gifts to CAM by December 20th.

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) is located at 11202 Huffmeister, Houston, TX 77065 and 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 for further information.

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

Welcome to the The Ranch Record

*A newsletter for Blackhorse
residents by Blackhorse residents.*

The Ranch Record is a new monthly newsletter mailed to all Blackhorse Ranch residents. Each newsletter will be filled with valuable information about the community, local area activities, school information and more.

If you are involved with a school group, play group, scouts, sports activity, social group, etc. and would like to submit an article for the newsletter you can do so online at www.PEELinc.com or you can email it blackhorse@peelinc.com. Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome.

Our goal is to keep you informed!

Merry Christmas

Don't want to wait for the mail?
View the current issue of the Ranch Record
on the 1st day of each month at
www.PEELinc.com

RANCH RECORD

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire	911
Ambulance	911
Harris County Sheriff	713-221-3300
Cy-Fair Volunteer Fire Dept.	281-550-6663

AREA HOSPITALS

Cy-Fair Medical Center	281-897-3300
North Cypress Medical Center	281-477-0830
Willowbrook Methodist	281-477-1000

SCHOOLS

Cy-Fair ISD	281-897-4000
Warner Elementary School	281-213-1645
Spillane Middle School	281-213-1645
Cy Woods High School	281-213-1727
Cy Fair High School	281-897-4600

PUBLIC SERVICES

Cypress Post Office	281-373-9125
Drivers License Info.	281-955-1100
Harris County Tax	713-224-1919

NEWSLETTER PUBLISHER

Peel, Inc.	888-687-6444
Article Submissions	blackhorse@peelinc.com
Advertising	advertising@peelinc.com

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Advertising Information

Please support the businesses that advertise in the Ranch Record. Their advertising dollars make it possible for all Blackhorse Ranch residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

Cy-Fair ISD Begins

New Volunteer Tutoring Program

TAG (Targeting Achievement Globally) is a new program designed by the Cypress-Fairbanks ISD Curriculum Coordinators for Math and Science and the VIPS Executive Board to provide tutoring for students in need of help to reach their full academic potential. In this first year of the program, three elementary schools have been chosen by the district as targets for the TAG Team. Members of the Team will be working with students on those campuses on a consistent basis for the remainder of the school year.

An initial orientation meeting was held on October 30 at the Berry Center for volunteers interested in being a part of this cutting edge program. Ongoing training with the Math and Science Helping Teachers will be provided for volunteers prior to working with students.

If you are interested in joining this elite group of volunteers and being a TAG Team pioneer, please contact the Partners in Education Office at 281/894-3950 for more information.

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Cy-Fair College "Perspective"

Musical Holidays at Cy-Fair College!

The Choral Department presents "A Winter Collection" of not your ordinary carols Dec. 6 through Dec. 7. The Music Department presents a Jazz Band performance and improvisation Dec. 5. All performances are in the Center for the Arts Building on the Barker Cypress campus. For reservations and ticket information, call 281.290.5201 or go to www.cy-faircollege.com/cfcboxoffice.

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. Registration is under way. Mini-mester classes begin Dec. 17. Mini-mester courses range from criminal justice, philosophy, sociology and ethics, to algebra, history, government and communications. Spring semester classes begin Jan. 14. Cy-Fair College 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 www.cy-faircollege.com.

Art Exhibition Showcases Student Talent

Don't miss this is the end-of-semester exhibition on display through Dec. 16 where Cy Fair College's visual art students show work they have completed in their classes. The exhibition showcases the students' talents as well as the breadth of Cy Fair College's art

program in the Bosque Gallery located in the Center for the Arts Building on the Barker Cypress campus. For gallery hours and information go to www.cy-faircollege.com/bosquegallery.

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 Cy-Fair College Branch Library (Room 131.) In December, learn how to combat weight gain during the holidays Dec. 5 and then the following week celebrate with a "Party Pot Luck" Dec. 12. Sessions resume Jan. 9, 2008. Call the library at 281-290-3213 for L.I.F.E. program information or check the library web page online at <http://cfclibrary.nhmccd.edu>.

Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing blackhorse@peelinc.com or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 9th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for the Ranch Record. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.



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RANCH RECORD

Cypress Christian School invites you to Winter and Spring Community Events

You are invited to some very fun community events sponsored by Cypress Christian School. We hope you will join us as we continue to celebrate our 30th Anniversary of "fusing faith and learning!"

December

Wed., December 6 from 6-9 p.m. Shop at Barnes & Noble-Copperfield-portion of purchase benefits library

Tues., December 11 at 7:00 p.m.: Elementary K-3 Christmas Concert on CCS Campus

Thurs., December 13 at 7:00 p.m.: Elementary 4th-5th Christmas Concert on CCS Campus

Friday, December 14 at 7:00 p.m.: Chamber Choir Christmas Concert-location to be announced

January

Sat., January 26 at 5:30 p.m.: Laughs galore at the Winter Banquet featuring local radio personality, Susan O'Donnell of KSBJ radio station and Christian Comedian, David Ferrell to be held at the Downtown Aquarium. The event is free to guests. Limited seating - call for reservations.

February

Thurs., February 7 at 6:00 p.m.: Kindergarten Round-Up for parents of future kindergartners

Thurs., February 7 at 7:00 p.m.: Family Night for K-12 parents and students considering Christian education

March

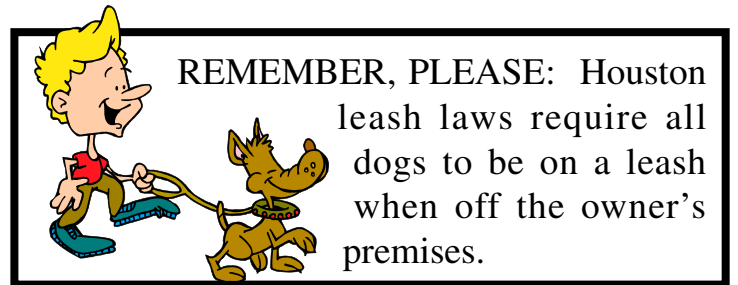
Thurs., March 6 from 9-11 a.m.: Open House

Thurs., March 27 from 9-2 p.m.: Student Visitor Day

April

Saturday, April 19 from 10-4 p.m. Community Carnival on CCS Campus

For more information, www.CypressChristian.org or 281-469-8829.



This holiday season, you deserve some time off, too!



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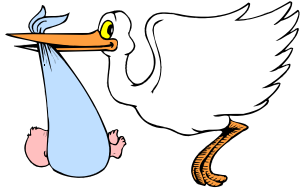
"Amahl and the Night Visitors"

Messiah Lutheran Church is presenting a production of "Amahl and the Night Visitors" on Saturday, December 1 at 6 PM and Sunday, December 2 at 3 PM. Tickets are free, but are required to be certain there is adequate seating at both shows. Call the church office, 281-890-3013, to reserve tickets.

"Amahl and the Night Visitors" is an operetta about a young crippled boy and his widowed mother who are visited by the three kings on their way to find the newborn Christ child. A miraculous healing occurs, and the kings invite Amahl to accompany them on their journey so he can give his crutch to the Christ child. This made-for-television opera (under an hour in length) will delight all. Suggested audience is ages 8 and up. Free child care for younger children is available. Refreshments will be served after each performance.

Stork Report

If you have a new addition to the family please let us know by emailing blackhorse@peelinc.com and we will include an announcement to let everyone know!



Recipe of the Month:



Hot Christmas Punch

- | | |
|-----------------------------|------------------|
| 1 Cup brown sugar | 3 Cups water |
| 1 Tall can pineapple juice | 3 T whole cloves |
| 1 large jar cranberry juice | 3/4 tsp. salt |
| 6 sticks cinnamon, broken | |

Dissolve sugar in water and pour in percolator. Add juices. Place cinnamon sticks, cloves, and salt in basket. Percolate.

If you would like to submit YOUR recipe to The Ranch Record, email it to blackhorse@peelinc.com.

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Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at 203 W. Main Street, Ste. D, Pflugerville, TX 78660.
We will select the top few and post their artwork online at www.PEELinc.com. DUE: December 31st

Be sure to include the following so we can let you know!

Name: _____ (first name, last initial)

Age: _____ Email Address: _____

[This information will only be used to notify you
or your parents if your artwork was selected.]



Blackhorse
Ranch

How to Get Ready to Play Tennis

Submitted by Fernando M. Velasco

This is a popular time for injuries to occur on the tennis courts. In the past weeks, players have incurred back problems, tendons and ligament tears, and over stretched muscles in calves and groins.

Remember your age!! While young, all muscles, tendons and ligaments were elastic and easily lubricated. Now, we are sitting in our offices in front of desks and computers or we are driving kids all over the city for school activities and sports, and some of you are going to all the sales in the Malls. Then, we rush to play tennis and get hurt!!

Before hitting the first tennis ball, whether you are taking a lesson, a clinic, playing for a league, or socially, you should spend at least 20 minutes doing your stretching exercises.

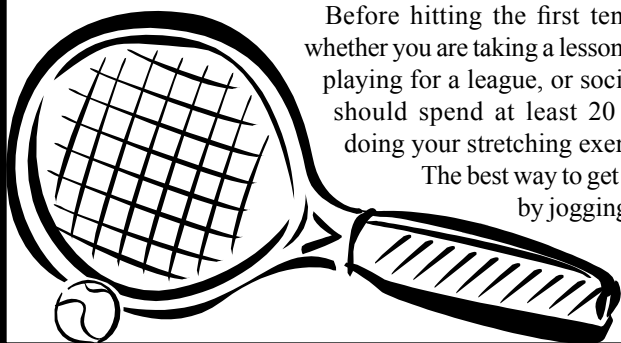
The best way to get started is by jogging in place for about three

minutes. Researchers have found that if we warm up our bodies by one degree, our chances of getting injured drop by 90%. After jogging, start stretching your legs, and move to your knees, groin muscles, calf muscles, waist, back and neck. From there, rotate your shoulders and arms. Never neglect your elbows and wrists since they are the most susceptible to injury by a bad hit. Now you have significantly lowered your chances of injury during play.

As important as it is to do "pre-activity" stretching, it is also essential to do "post-activity" stretching. This is the time when your ligaments and muscles are in the best condition to be stretched to the limit without injury.

If are healing a present injury, always ice the area after playing and protect it by wearing the proper brace. If the injury still does not go away, it may be time to see a specialist and get an MRI to find out about the injury and get professional help to help you heal.

So get your rackets ready while the weather is nice and cool, get a good warm up and enjoy the "game of a lifetime".



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The Importance of Physical Activity

Submitted by Alica Harrison

"The first wealth is health." —Ralph Waldo Emerson

The evidence is growing and is more convincing than ever! People of all ages who are generally inactive can improve their health and well-being by becoming active at a moderate-intensity on a regular basis.

Regular physical activity substantially reduces the risk of dying of coronary heart disease, the nation's leading cause of death, and decreases the risk for stroke, colon cancer, diabetes, and high blood pressure. It also helps to control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits, and medications. Moreover, physical activity need not be strenuous to be beneficial; people of all ages benefit from participating in regular, moderate-intensity physical activity, such as 30 minutes of brisk walking five or more times a week.

Despite the proven benefits of physical activity, more than 50% of American adults do not get enough physical activity to provide health benefits. 25% of adults are not active at all in their leisure time. Activity decreases with age and is less common among women than men and among those with lower income and less education.

Insufficient physical activity is not limited to adults. More than a third of young people in grades 9-12 do not regularly engage in vigorous-intensity physical activity. Daily participation in high school physical education classes dropped from 42% in 1991 to 33.0% in 2005. In 2005, 10% of high school students did not participate in any moderate or vigorous physical activity.

Source: US CDC

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RANCH RECORD

An Invitation to All the Women of the Community

Please join us on Tuesday, January 15th and every Tuesday for twelve weeks for an evening of study and fellowship with author Mindy Ferguson as she presents her study "Walking with God".

In this Bible study, you'll discover why walking with God means living your faith. It's trusting in Him and Him alone.

It's seeing the giants, but stepping confidently into the future because you believe the promises of Christ.

Walking with God is the difference between slavery to sin, and freedom in Christ. It's victory not defeat. It is living the promised life!



Good Shepherd United Methodist Church
Tuesday Evenings, 6:45-8:30pm

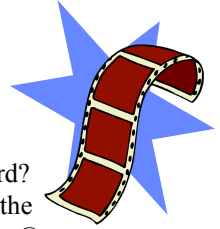
Beginning January 15th

Author and Cypress resident Mindy Ferguson will give
live lectures at each session.

The cost is \$20.00 which includes workbook.

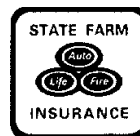
Contact aynnedaugherty@yahoo.com or call the church office at 281-373-2273.

Send Us Your Event Pictures!!



Do you have a picture of an event that you would like to run in the Ranch Record? Send it to us and we will publish it in the next issue. Email the picture to blackhorse@peelinc.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.

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HAPPY HOLIDAYS



17720 Huffmeister Road
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Unraveling the Mystery of Men's Health

by: Sandeep Mistry, M.D., M.P.H.

Lifestyle, Aging and Infertility

Did you know that every year 6 million couples seek medical advice for infertility?

There are even more couples that have difficulty conceiving children but lack the resources or knowledge to even seek medical attention. Of all infertile couples that undergo an evaluation, there is a male contributor to the problem identified HALF THE TIME. In fact, both patients and doctors underestimate the possibility that abnormal sperm may be an important factor to the couple's difficulties. Many cultures and civilizations equate fertility with manliness or strength. This would help explain why men are reluctant to explore whether they may be the cause of a couple's infertility.

Women dictate the pace of when couples decide to start a family and as that age creeps upward, the impact of age and lifestyle on men's fertility becomes more important. The number of new fathers over the age of 35 has almost doubled in the last 30 years.

It is widely known that the chances for a woman to conceive a baby drop as she ages, especially after the age of 35. What is less well known is that one of the most important reasons for this drop in pregnancy rates have to do with the male partner.

Studies of couples undergoing high-tech infertility treatments have shown that even with assisted-reproduction a man's chances of fathering a child decrease with each passing year. Even though men are constantly making new sperm, the volume, motility (ability to move toward its destination, an awaiting egg), and structure of sperm all decline with age.

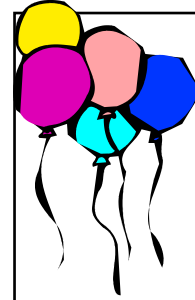
Additionally, older fathers are at increased risk of having children with Down Syndrome and psychiatric disorders.

This is not to say that older men can not father healthy children even into their 50's, 60's and 70's. However, as men delay fatherhood longer the impact of environmental and lifestyle factors on fertility may be getting worse. It is important to learn what lifestyle choices can impact sperm quality and seek help early if you feel that you may have a problem.

Tips on maximizing your fertility:

- Stop smoking, the chemicals in cigarettes are toxic to sperm and their DNA.
- Just Say No. Using marijuana even once every two weeks will have a negative effect on sperm.
- Limit Coffee to 1 or 2 cups per day
- Avoid excessive heat, including: prolonged saunas, hot tubs, or laptop use on your lap, and tight fitting shorts, all of which can damage sperm
- Exercise regularly.
- Limit alcohol to moderate amounts no more than twice per week.
- Have good nutritional habits.
- Do not take higher than recommended doses of Vitamins or supplements.
- Be aware of sexual problems and do not hesitate to ask for medical help.

Sandeep G. Mistry, M.D., M.P.H. is a graduate of the Baylor College of Medicine in Houston, TX where he also completed his residency in Urologic Surgery. He has a B.S. in Chemical Engineering and earned his Masters Degree in Public Health from the University of Texas School of Public Health at Houston. He is currently in private practice in Round Rock, Texas. For questions or to suggest future topics you can e-mail him at northaustinurolgy@yahoo.com.



Do You Have Reason to Celebrate?

We want to hear from you! Email blackhorse@peelinc.com to let the community know!

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RANCH RECORD

Come Join The Cy-Fair Express Network

Visitors welcome at monthly networking group in Cy-Fair

The Cy-Fair Express Network's monthly networking and educational event.

All are welcome to attend CYFEN networking luncheons, which are held from 11:30 a.m. to 1 p.m., the fourth Thursdays of the month at La Hacienda Banquet Hall (behind the restaurant) located at 12503 Telge Road.

Bring business cards for networking, which begins at 11:15 a.m. followed at noon with the program and lunch.

The cost is \$25 with reservations and \$30 at the door. Reservations should be made by noon the Friday prior to the meeting to Belinda Fultz at bfultz@minutemanpress.com.

For information on CYFEN, go to www.cyfen.org or send inquiries to info@cyfen.org.

About Cy-Fair Express Network

The Cy-Fair Express Network (CYFEN) is part of the American Business Women's Association (ABWA). The vision of the Cy-Fair Express Network is to bring together businesswomen of diverse occupations, to provide opportunities to help them grow personally and professionally through leadership, education, networking, support and national recognition. CYFEN meets the fourth Thursday of each month and visitors are always welcome. Go to www.cyfen.org for information.

Teenage Job Seekers

Name	Age	Baby Sit	Pet Sit	House Sit	Yard Work	Phone
Doe, John	15	•	•	•	•	111-1111

*-CPR Training

+First Aid Training

Attention Teenagers

The **Teenage Job Seekers** listing service is offered free of charge to all Blackhorse Ranch teenagers seeking work. Submit your name and information to blackhorse@peelinc.com by the 9th of the month!

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Blackhorse Ranch residents, limit 30 words, please e-mail blackhorse@PEELinc.com.

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Tips for Pet Owners

1. If your dog buries bones you give it, don't worry. Just keep on giving the bones and eventually they'll realize they are getting them regularly and don't need to put them aside for 'later'.
2. Don't walk pups until they are mature. The best exercise is play in the park or garden until they are old enough to be taken on serious walk
3. Treats - consider almonds, hazelnuts, dried apricots, bananas or pumpkin seeds? They don't mess up your coat pockets and are actually good for your dog.
4. How much do I feed my dog? Answer - if they are getting fat or thin, you need to change the quantity you feed, regardless of what it says on the packaging of the food. The ideal weight for your dog is so that the ribs can be felt, but not seen.
5. Cracking tartar off dog's teeth is easy with a strong thumb nail. Don't worry if there is a small amount of bleeding.
6. If your dog is scooting on their bum, it is not likely to be worms. The usual reason for this is full or even infected anal glands. Glands like these can also explain sudden bad breath.
7. If you find it hard to give your cat a pill, always use two people, get one to hold the cat's shoulders while you support the head from above. Tip the head back until they are looking at the ceiling. Hold pill in your thumb and forefinger. Open the mouth with middle or ring finger of the same hand then quickly push the pill, gently over the back of the tongue. The trick then is to keep the mouth closed until the cat licks its lips. You can stroke the throat. Cats cannot lick their lips until they've swallowed the pill.
8. For constipated cats or for cats prone to getting bugged up, add a small amount of stewed rhubarb to the food or stewed pumpkin or squash.
9. Cats can be very stubborn about what they will and will not eat. To change a cat from one feeding type food to another, be prepared to change things very gradually over a very long period - gradually.
10. Cats are very fussy about drinking. If your cat will not drink room temperature water from the tap, try pouring out a small amount of mineral water whenever you're in the kitchen. You can put the bowl in the fridge if your cat likes cold water. Some cats will only drink flowing water.
11. If your cat is licking hair away from the top of the tail or in a circle between its legs, first get them checked for fleas and infection. If there is no improvement, then consider a restriction diet, after talking to your vet. If you still have no improvement, it may be a stress problem where the cat is licking themselves for comfort.

(The contributing editor of this article will be glad to receive any of your "tips for pet owners" and publish them for our readers. Please send your "tips" to steve@leipsner.com.)



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					2			
		3						
		8	3	4	1			
3		4		5				8
9							3	1
	8	6				5		7
	6		4					2
		2			5	7	8	
				8			6	3

*Solution at www.PEELinc.com

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Blackhorse Year-to-Date Sales Report

	Jan '07	Feb '07	Mar '07	Apr '07	May '07	June '07	July '07	Aug '07	Sept '07	Oct '07
\$451,000 and above		1								
\$351,000--\$450,000	1	1		1	2	2	1	3	1	1
\$276,000--\$350,000	1			1						
\$231,000--\$275,000			2		2	1	1	1		
\$201,000--\$230,000	1		1	1	3	1	1	1		
\$200,000 and below			1			1	1	1	2	2
Total	3	2	4	3	7	5	4	6	3	3
Highest \$/sq ft	\$85.26	\$129.90	\$92.74	\$95.92	\$84.20	\$95.27	\$90.97	\$93.86	\$88.32	\$96.51

This information is taken from the Houston Multiple Listing Service

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