

RANCH RECORD

*News For The Residents of
Blackhorse Ranch.*

Aggie Moms

Start the New Year right by joining the Northwest Harris County Aggie Moms at the January meeting on Tuesday, January 8, 2008. CARPOOL will be the featured topic for the evening. The student-run program has provided free, safe, and non-judgmental rides to thousands of Aggies and other Bryan/College Station residents since its inception in 1999. Student volunteers operate CARPOOL between the hours of 10 p.m. and 3 a.m. on Thursday, Friday, and Saturday nights. Krissy Noack, Deputy Director of Sponsor Relations, and Ben Salines, Director of Endowment, will share details about CARPOOL with Aggie Moms in attendance.

CARPOOL is one of the many student organizations that comprise the Student Government Association (SGA) at Texas A&M. The Northwest Harris County Mothers' Club selected the SGA as this year's club project. Beth Brinker, Executive Vice President of SGA will also attend the January 8th meeting and will update the members on Student Government. The January meeting is open to all Aggie Moms and will be held at the Houston Distributing Company, Inc., 7100 High Life Drive, Houston, TX 77066. Refreshments begin at 7 p.m. and the meeting begins at 7:30 p.m.

NWHC Aggie Moms will host a "Fabulous Fifties" Dinner and Auction at Wyndhaven Terrace on Friday, February 29, 2008. They will also host the Texas A&M Singing Cadets Concert at Foundry United Methodist Church on Friday March 28th. Come join us for these events!

For more information about these and other upcoming events, check our website at www.nwhcaggiemoms.com

Golf Tournament January 14th, 2008

Saint Aidan's will hold its 5th Annual Golf Tournament to raise monies for ministries and a portion of the proceeds will go toward the Saint Aidan's Cy-Fair College Endowment Scholarship.

The tournament will be held at BlackHorse Golf Club on January 14th with 11am registration, noon shotgun start and 5pm dinner, raffle and prizes. The tournament will be a four person scramble with prizes for the top teams. Entry fee includes lunch, driving range and putting practice, a sleeve of Titleist BlackHorse logo golf balls, a BlackHorse bag tag, a BlackHorse ball marker and repair tool, a tournament shirt, two bottles of water and dinner.

The entry fee is \$130.00 for individual and \$500.00 for team of four. Registration forms are available on line at www.staidanshouston.org, or to become a sponsor or obtain more information contact the church at 281-373-3203 or email us at info@staidanshouston.org. Registrations are due by January 10th.



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

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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

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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

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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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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.

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!

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Cypress Christian School Winter Banquet – Celebrating 30 Years

We at Cypress Christian School would like to cordially invite you to our 2008 Winter Banquet. Our 30th Anniversary Celebration will continue with this special event to be held on Saturday, January 26, from 5:30 to 8:30 p.m. at the Downtown Aquarium. This event will be a “laugh a minute” with our two special performers—David Ferrell and Susan O'Donnell. Through the generosity of sponsors, this evening is free to our guests.

For over 15 years, Christian comedian David Ferrell has shown audiences that comedy can be both clean and funny! In 2006 and 2007, David was nominated for Inspirational Comedy Act of the Year by the Inspirational Country Music Awards, sharing the honor with Mark Lowry, Chonda Pierce and Dennis Swanberg.

With comedy and a mix of testimony and song, Susan O'Donnell, KSBJ Christian radio host/comedienne/singer will take you on a roller coaster ride that takes you from belly laughs to tears and back to belly laughs again.

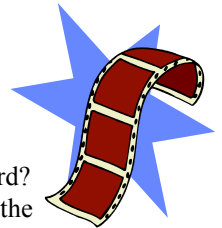
If you would like to RSVP, sponsor this event, or inquire about advertising opportunities, please contact our Development Office at 281-664-0211 or Lynnette.Anderson@CypressChristian.org. Banquet information is available on the school web site at www.CypressChristian.org.

2007 Timberline Youth Soccer Association

Teams coming out of your Timberline Youth Soccer Association (TYSA) show big at the 2007 South Texas Youth Soccer Association (STYSA) Fall State Playoffs!

Girls: Under13 Super II Dynamos SG94/95 and U14 Super II Dynamos SG93/94 take First Place; U18/19 Pursuit 90 White and U13 Div II ASC Mystic 95 came in Second Place. Boys: U12 Div II Aldine United Warriors came in Second Place. www.timberlinesoccer.com

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.

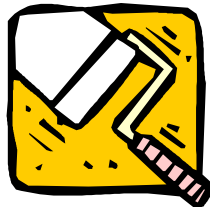
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Cy-Fair College, "Perspective"

Register for Spring Semester Classes - 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.

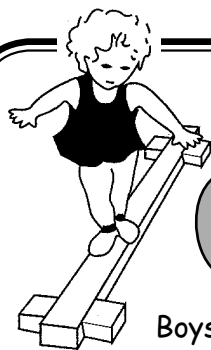
Financial Wellness Talks Set for Children, Teens and Adults Celebrate Financial Wellness Month in January at the Cy-Fair College Branch Library on the Barker Cypress campus. Programs include a talk on the secrets of the Moonjar for ages 3 and older set Jan. 14 and Jan. 16, an "In Debt We Trust" documentary and discussion for teens and adults Jan. 17 and Jan. 19 and a presentation with radio's Hal "Captain Cash" Lynde Jan. 22 and Jan. 23. For information on any of these programs, contact Melanie Metzger at 281-290-3211.

Art Exhibition Gives Voice to "I Have a Dream" Speech- Umoja, an African American student organization, and the Bosque Gallery present an art exhibition focusing on work that gives a contemporary voice to Dr. Martin Luther King's "I have a Dream" speech. This exhibition, on display Jan. 29 through Feb. 21 will feature community members' art as well as that of guest artist and lecturer Henry Earl Price, Art Supervisor for the Caddo Parish School Board in Louisiana. An artist reception and lecture is set for 4:30 p.m. Jan. 31. The Bosque

Gallery is 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 January - 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 January, learn a bit about yoga Jan. 9, NASA Jan. 16, saving money from radio's "Captain Cash" Jan. 23 and nanobots Jan. 30. 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>.

Courses for Ages 50 and Better Available - The Academy for Lifelong Learning (A.L.L.) at Cy-Fair College offers adults, 50 years and older, leisure classes, lectures and informal activities. A.L.L. class spring registration will be held at the Feb. 1 noon to 7 p.m. and again Feb. 4 and Feb. 5 from 9 a.m. to noon. The spring session will include classes on Internet tools, history, Bible study, acting for seniors, Dulcimer lessons, Qigong, ballroom dancing, medical and fitness issues and many others. A.L.L., a cooperative effort of volunteers and Cy-Fair College, has an annual membership fee of \$10 (September 2007- August 2008) which entitles members to student discounts. Register early as classes will fill up quickly. For more information, call Janet Taber at 281-290-5991.



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Thompson Tumblers

Cy-Fair High School Project Prom 2008 January Update

Cy-Fair High School Project Prom 2008 Booster Club would like to express its appreciation for the many area businesses and committed parents that have stepped up to donate money, time, and sponsorships. Our Project Prom event will be held on May 2-3, 2008, from 11:00 p.m. to 6:00 a.m., for up to 950 seniors and their dates. We still need to raise a significant amount of money for the Berry Center venue, refreshments, and entertainment. To succeed in this vast effort, we need the continued support of all parents and friends. Please note that we have a new website—the only change was from .com to .org: www.cyfairprojectprom.org. Please visit the website to register your senior if you have not already done so, and to sign up for email updates. If you have any questions, call CFHS Project Prom 2008 President Karen Fitzgerald at 281-304-8272.

General membership meetings. CFHS cafeteria at 6:30 p.m. on Jan. 28, Feb. 25, Mar. 24, and Apr. 21. Come, get involved, and patronize the Project Prom vendors.

Denim & Diamonds. Saturday, February 2, 2008, House Plantation, 7 p.m. to midnight. Dinner will be served from 7 to 9 p.m. by Harris County Smokehouse, The Lonely Road Band will provide country music, and there will be a silent auction. We need businesses and individuals to donate items and services for the auction and sponsor tables, refreshments, and entertainment. Contact Dina Thomas at dinarthom@yahoo.com or Vicki McCain at beamccain@comcast.net.

Cartridges and More Recycling. Bring your items to the designated bin in the Cy-Fair High School library in a bag or box marked with the senior's name. Items can also be brought to the monthly Parents meetings. See the Cartridges for Kids (CFK) website, www.cartridgesforkids.com.

Prom Dress Boutique. Contact Maureen Jerding at mjerding@counselip.com to find out how to donate gently-used formal gowns. Dresses (on hangers, in plastic bags) can also be brought to the monthly general meetings in January and February. They will be sold at an affordable price at the Cy-Fair College Library Prom Dress Boutique at the end of March.

The Busy Parent Fundraiser form on our website at www.cyfairprojectprom.org provides an easy way to contribute. Other individuals are welcome to contribute as well. We are a 501(c)(3) organization, and therefore contributions to CFHS Project Prom are tax deductible.

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.



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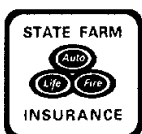
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RANCH RECORD

5 Easy Steps to Avoid the Flu And Colds This Year

Submitted by Dr. Jim Pollard, D.C.

With winter holidays comes the cold and flu season. What's so special about this time of year that has so many folks falling victim to the common cold or flu? The answer may not be what you think. Why is it that some get sick and others don't? The answer is simple. Some are better fit to fight off the attack than others. So, how do you stay fit and avoid catching the cold or flu? Here are five easy steps to help you and your family stay healthy.

1. **Wash your hands often.**

Contagious sick people unintentionally spread their "bugs" wherever they go. Wash your hands regularly and avoid touching your hands to your face. No need for chemically anti-bacterial hand gels; simple water and soap will suffice.

2. **Get plenty of rest.**

When you physically exhaust yourself from work and all of the extra activity that the holidays bring, you leave your body with less energy to fight off an attack. In addition, your body does much of its maintenance and repair while you sleep. The more rest that you get, the better your body is able to fight off illness.

3. **Support your immune system naturally.**

Vitamin C, zinc and grape seed extract are powerful antioxidants. Silver ion is the most powerful natural antibacterial, antiviral and

antifungal known. Probiotics, such as those found in live-culture yogurts and kefir, are important in supporting immunity too, by protecting the "good bugs."

4. **Maintain your exercise program.**

I know, I know. It's difficult to maintain an exercise program routine this time of the year. There are only so many hours in the day. So abbreviate your usual routine. This is important because your body releases pent-up stress when you exercise. If left alone, this stress can lead to fatigue and physical breakdown. Exercise, also, releases beneficial hormones, improves immune response and helps you get a better night's sleep.

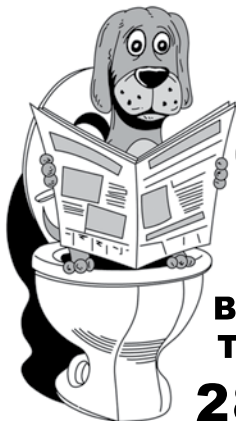
5. **Maximize your immune response with Chiropractic.**

A healthy nervous system is crucial to a healthy immune response. The nervous system is the "road" that the immune system uses to respond to an attack. Many people don't realize that regular chiropractic adjustments keep your "roads" clear. Those visits that keep your spine flexible and healthy may help you avoid the cold or flu this year.

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Cy-Fair ISD VIPS Calendar

January 17 – VIPS General Meeting
– 9:30 a.m. - 12:00 p.m. - This meeting is open to all school staff, volunteers, parents and community members. Get the latest information on what is happening in the district and enjoy the opportunity to network with your fellow volunteers and share best practices. Desi McKinney, Cy-Fair ISD Ropes Program Coordinator will be leading us in some fun team-building exercises that will help us learn skills to cope with daily challenges and achieve success. You need not RSVP for this meeting.

January 22 – PIE Mentor Training – 9:30 a.m. – 12:00 p.m. – A mentor is an adult role model committed to serve as a guide and friend while helping a student with his/her educational and personal development. We ask for a commitment of approximately one hour per week for the duration of the school year for meetings on a school campus and during school hours (appointment times may be flexible). In addition to this training, an application and criminal background check

are required.

January 23 – Junior Achievement Coordinator Training – 8:30 a.m. – 9:30 a.m. - This class specifically designed for campus JA Coordinators.

January 23 – Junior Achievement Training – 9:30 a.m. – 12:00 p.m. - Junior Achievement pairs its economic program with the Social Studies curriculum providing students with examples of jobs and skills needed to be successful. This is a training for volunteers from all career fields (as well as stay-at-home parents) who wish to go into the classroom to teach mini lessons appropriate for each grade level, K-12. All materials are provided for volunteers, including scripts. A commitment of approximately 30 minutes each week for 5 weeks is necessary.

All of these meetings are held at The Richard E. Berry Educational Support Center, 8877 Barker-Cypress (entrance two and follow the signs). Please reserve your seat and materials for all trainings at vipsrsvp@cfisd.net.

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- Clean range top
- Damp wipe cabinet doors
- Clean counters
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- Load dishwasher

Bathrooms

- Clean sinks, counters; change towels
- Clean, disinfect toilets, tubs, showers
- Hand wash, disinfect floors

All Rooms

- Pick up and straighten
- Dust sills, ledges, wall hangings
- Remove cobwebs
- Dust/vacuum furniture
- Vacuum floors, carpets
- Vacuum stairs
- Vacuum under beds
- Change linens, make beds
- Empty trash

Windows

- Clean entry window & one set of patio door windows
- Clean window over kitchen sink

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RANCH RECORD

Houston Christian High School to Present West Side Story at the Berry Center



Houston, December 5, 2007: The Fine Arts Department of Houston Christian High School (HCHS) proudly presents the popular American musical, *West Side Story*, January 17-20, 2008, at the Berry Center, located at 8877 Barker Cypress Road.

Arthur Laurents, Leonard Bernstein, and Stephen Sondheim combined their talents to create this classic, unparalleled American musical — a modern retelling of Shakespeare's *Romeo and Juliet*. Set in the heart of gritty New York, two young idealistic lovers find themselves caught between warring street gangs, the American Jets and the Puerto Rican Sharks. Their struggle to survive in a world of hate, violence, and prejudice is one of the most innovative, heart-

wrenching, and relevant musical dramas of our time.

Director and HCHS drama teacher, Matt Logan, believes that "this show is especially important today as the immigration debate rages across our country." He continues by stating, "In the safety of the theatre, we can look at ourselves and try to make sense of our own prejudice, our own 'turf' wars, and our own hope to find a love that will transcend."

Highlighting the talents of a young ensemble cast, *West Side Story* has found popularity in schools as well as professional theatres throughout the world. Its exciting, sophisticated score by Bernstein and Sondheim is often considered Broadway's finest. Bernstein's score for the musical includes "Something's Coming," "Maria," "America," "Somewhere," "Tonight," "Jet Song," "I Feel Pretty," "One Hand, One Heart," and "Cool." Over 70 HCHS students participate as cast, producers, directors, choreographers, and crew in this classic American musical. Additionally, this year marks the third year that HCHS students will compete for the prestigious Tommy Tune Awards, developed by Theatre Under the Stars, which honor musical theatre excellence at the high school level.

Show times are 7:00 p.m. on January 17-19, 2008, and matinee performances begin at 2:30 p.m. on January 19 and 20, 2008. Tickets range in price from \$20 to \$35. A special performance for students is scheduled for January 17 at 9:00 a.m.; discount tickets for student groups of 20 or more are available for this performance. For more information and to purchase tickets, contact Houston Christian High School at 713-580-6010.

Houston Christian High School is an independent, coeducational, day school, which educates students in grades 9-12. The school was founded in 1996 and began offering classes in August 1998. HCHS is dedicated to the highest academic standards for the development of moral character, the enrichment of spiritual lives, and the perpetuation of growth in Christian ideals.

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RANCH RECORD

Unraveling the MISTRY of Men's Health

By: Sandeep G. Mistry, M.D., M.P.H.

Is there a such thing as Male Menopause?

Menopause is the time in a women's life where changes in hormone production from the ovaries lead to changes in body and mind. The most common signs and symptoms of female menopause are: hot flashes, diminished libido, changes in mood, osteoporosis, insomnia, weight gain and difficulty concentrating. Menopause is a well recognized aspect to aging and, as a result, women can be identified and treated when symptoms begin. Men, however, often do not know what changes in their body are 'normal' as they age and which symptoms may improve with treatment.

Andropause is a medical condition in men caused by changes in hormone levels as they age. It begins to affect men in their mid-forties and is estimated to affect more than 25 million men in the United States. Andropause can have a slow onset and most men believe that its symptoms are a normal part of aging.

The most common symptoms of ANDROPAUSE include:

- Decline in energy
- Decreased sexual desire
- Decreased lean muscle mass
- Hot Flashes
- Insomnia
- Diminished strength
- Erectile dysfunction
- Altered mood
- Osteoporosis

Unlike menopause, not every man will experience andropause and many of the symptoms can overlap with other medical conditions, such as diabetes. In addition to a very thorough medical and symptom history along with a careful physical exam, checking the blood level of testosterone can be the easiest way to identify men who may be experiencing andropause.

Treating symptoms of andropause most commonly involves testosterone replacement therapy which can be accomplished in a variety of ways. Most men begin feeling better physically and mentally within weeks of starting treatment and their hormone levels are monitored closely.

Some men will have the classic symptoms of andropause but have a normal testosterone level. Most men in this situation will have a testosterone level at the lower end of the normal range and it may be important to check the level of other hormones, such as DHEA and estradiol, to diagnose andropause.

Diagnosing and treating andropause is about more than making men 'feel better' as they age. It can also have an impact on how long a man lives. Andropause has been identified as a contributing factor in cardiovascular disease, Alzheimer's disease, diabetes and metabolic syndrome. Early identification of men with andropause can lessen

(Continued on page 11)

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Unraveling the MISTRY- (Continued from page 10)

the health impacts of these associated diseases. Replacing testosterone in patients with andropause has been shown to improve their overall sense of well-being, improve the symptoms of Alzheimer's, improve control of blood sugar in diabetics, improve control of cholesterol levels, and improve overall metabolism.

If you feel that you may be experiencing symptoms of andropause talk to your primary care doctor or urologist. Careful monitoring of testosterone levels is very important to avoid side effects of too much testosterone. Hopefully, more men and physicians will become familiar with this condition to help men enjoy life to its fullest as they grow older.

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 is currently in private practice in Austin and Round Rock. For questions or to suggest future topics you can e-mail him at mistry@northaustinurology.com or visit his website at northaustinurology.com.

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The event attracts families from all over the greater NW Houston area. The preview will be held at Champion Forest Baptist Church, located at 15555 Stuebner-Airline Rd.

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Oatmeal Cookies

- | | |
|--------------------|----------------|
| 1 cup shortening | 1 tsp. vanilla |
| 1 cup brown sugar | 1 tsp. salt |
| 1 cup white sugar | 1 tsp. soda |
| ½ cup chopped nuts | 2 eggs |
| 3 cups quick oats | 1½ cup flour |

Cream shortening, sugars, eggs, and vanilla. Add dry ingredients and nuts. Chill. Shape into walnut size balls. Roll in sugar and cinnamon mixture. Bake at 350° for 10 minutes.

*If you would like to submit YOUR recipe to
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Doe, John _____ 15 _____ Sit _____ Sit _____ Sit _____ Work _____ Phone _____

SAMPLE

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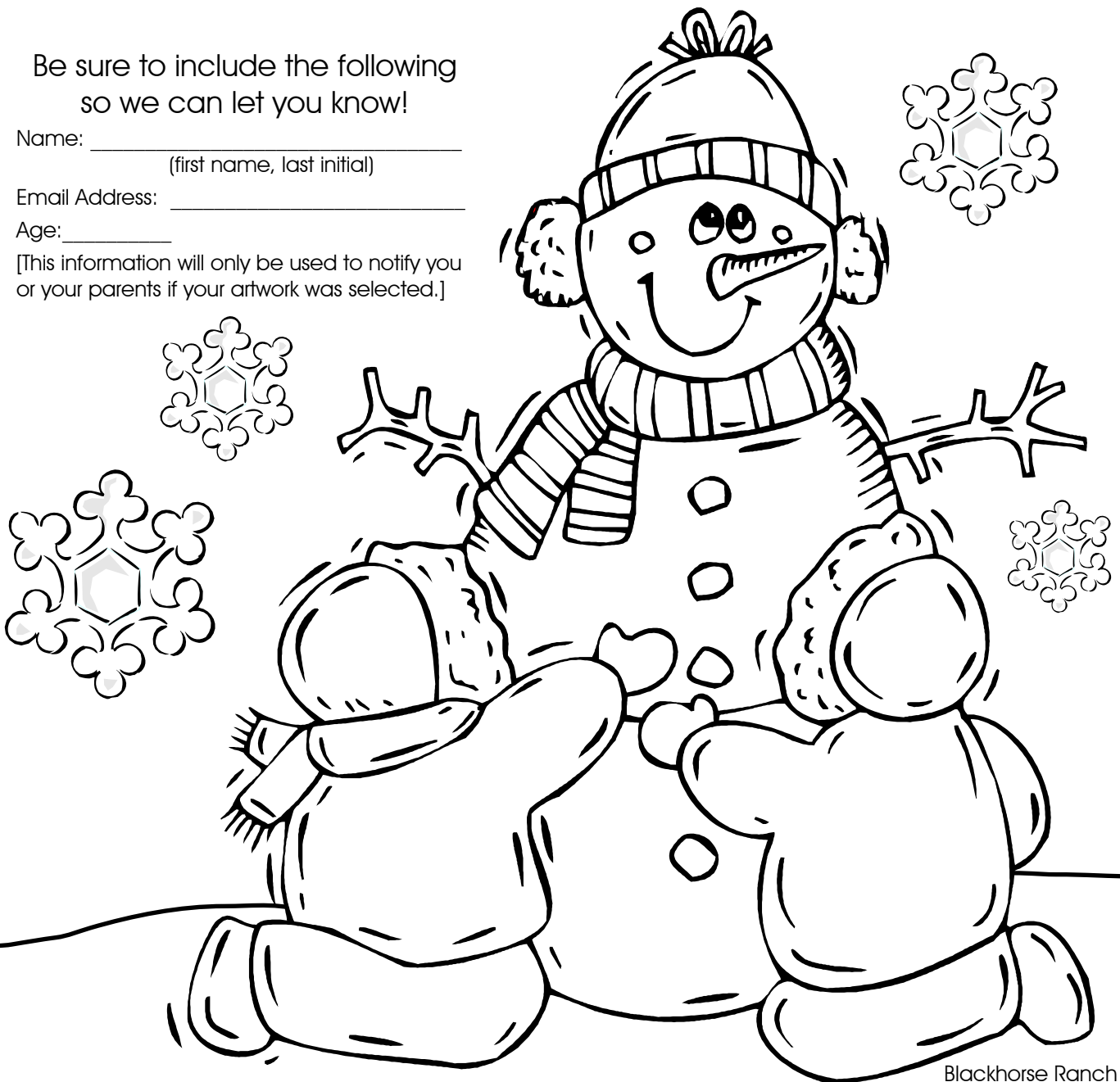
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Blackhorse Year-to-Date Sales Report

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\$451,000 and above	1									1
\$351,000--\$450,000	1		1	2	2	1	3	1	1	2
\$276,000--\$350,000			1							
\$231,000--\$275,000		2		2	1	1	1			
\$201,000--\$230,000		1	1	3	1	1	1			
\$200,000 and below		1			1	1	1	2	2	
Total	2	4	3	7	5	4	6	3	3	3
Highest \$/sq ft	\$129.90	\$92.74	\$95.92	\$84.20	\$95.27	\$90.97	\$93.86	\$88.32	\$96.51	\$172.45

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