

# RANCH RECORD

*News For The Residents of  
Blackhorse Ranch.*

## Cypress Christian School Students Win Chemistry Challenge

The Chemical Education Foundation (CEF) seeks to promote the science of chemistry, the benefits of chemicals, and the important of chemical safety awareness. The *You Be the Chemist Challenge* is an academic competition that engages students in learning and helps promote this message in a fun and innovative medium. The Challenge offers new and different ways to:

- engage students in science
- encourage parental support and participation
- appeal to community and organizations, and
- provide tools that can help develop strong relations with communities.

Congratulations to Cypress Christian middle school students who recently participated in the *You Be the Chemist* Qualifying Test. Expo Chemical Company, Inc. sponsors this competition and awarded prizes and trophies to the top winners. This year's winners include:

*First Place - David Hurst, grade 8*

*Second Place - Raine Hasskew, grade 7*

*Third Place - Alan Norman, grade 8*

David and Raine will go on to represent Cypress Christian School at the Regional Competition to be held here in Houston in February. Alan will serve as the alternate if either David or Raine are unable to attend. CCS students qualifying will advance to the national competition later in the year.

## Blackhorse Ranch Showcase of Open Homes

It's time to show off all those beautiful homes on the market out there to potential buyers and get them **SOLD!!**

We will be having our Showcase of Open Homes on February 10th from 2:00-4:00p.m. For sellers/realtors who are interested in participating in the Showcase of Open Homes, your address and description will be printed on our information sheet for the buyers as they come into the neighborhood.

Signs will be posted on streets entering the neighborhood bringing buyers looking not only at BHR but also Cypress Creek and Bridgeland.

Please call 713-504-4874 with any questions.

*Disclaimer: This program is not intended to solicit currently listed properties*

## Hats Off To Spring Craft Show

**Saturday, March 8, 2008**

**9:00 am – 4:00 pm**

St. John Lutheran Church  
15235 Spring Cypress Rd.  
(corner of Huffmeister and Spring Cypress)

Everything for your Spring  
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**Happy  
Valentines  
Day**



# RANCH RECORD

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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

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## Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing [blackhorse@peelinc.com](mailto: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.

## High School Musical

February 7th - 10th

7:30 p.m.

Thursday, February 7th marks the beginning of the 4-day run of the Langham Creek Choir's presentation of the popular High School Musical

The Langham Creek High School Main Stage will be the venue for this popular, high-energy musical. Performances will be at 7:30 p.m. on Thursday, Friday, and Saturday. A Sunday matinee performance will be held at 2:00 p.m.

Tickets will be available to Choir Patrons only in the Choir Room on January 14th from 6 – 8 p.m. Ticket prices for this advance sale are \$10 for reserved and \$7 for general admission. After this date, all reserved seats are \$12 and general admission is \$7. You may order your reserved (\$12) and general admission (\$7) tickets by calling 281-463-5426. Tickets will also be available to purchase before each performance, but the general admission ticket price will increase to \$10.

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## 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](http://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 [dinathom@yahoo.com](mailto:dinathom@yahoo.com) or Vicki McCain at [beamccain@comcast.net](mailto: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](http://www.cartridgesforkids.com).

**Prom Dress Boutique.** Contact Maureen Jerding at [mjerding@counselip.com](mailto: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](http://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.

**Rachael's**



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Headquarters**



Valentine's Day is  
Thursday Feb. 14th!!

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## 40 days of Lent.

What you'll find at  
Cypress United Methodist Church

Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday, February 6th and ends on Holy Saturday.

The season is a preparation for celebrating Easter.

Historically, Lent began as a period of fasting and preparation for baptism by converts and then became a time for penance by all Christians.

The First Sunday describes Jesus' temptation by Satan; and the

Sixth Sunday (Palm Sunday) –

Christ's triumphal entry into Jerusalem and his subsequent passion and death.

Cypress United Methodist Church is preparing for Easter and would like to welcome you to church during the Lenten Season. We are planning special Bible studies, worship services and events that will lead you to the cross. Visit our website, today, for our Lenten Season schedule at [www.Cypress-UMC.org](http://www.Cypress-UMC.org).

### Sunday Worship Services

8:15 am – Traditional in Sanctuary  
9:30 am – Contemporary Worship Center  
11:00 am – Sanctuary & Worship Center

Cypress United Methodist Church  
13403 Cypress N. Houston Rd.  
(just east of Huffmeister)  
Cypress, Texas 77429  
281-469-0730





# RANCH RECORD

## MAKING THE CASE FOR GEN Y: WHY THEY SHOULD CHOOSE TEXAS A&M UNIVERSITY

Generation Y is the marketing term for children of the electronic age, born from 1981-1995. Media stories abound about ways in which they are reshaping the workforce, how they view life differently and the brashness they exhibit. Making the Aggie message relevant to Generation Y and attracting them to Aggieland is just one of the challenges facing Texas A&M University Chief Marketing Officer and Vice President for Communications Steven B. Moore. Moore will share his plans with Northwest Harris County Aggie Moms on Tuesday, February 12. He will also discuss what is on the horizon for communications at A&M.

Moore assumed the newly created position at his alma mater on August 1, 2005 with a charge to provide campus-wide oversight for marketing, media relations, internal and external communications, brand architecture and content for top-level Web site communications, along with market research and positioning and branding efforts. That daunting job description comprises much of the electronic world that is the core of Generation Y.

Having earned both a BBA in marketing in 1979 and an MBA in 1986 at Texas A&M, Moore understands the university's traditions and values. His experience in the corporate world includes a stint as

Senior Vice President at IMG, the world's largest sports marketing company and he served as Vice President of Worldwide Sports for the Coca-Cola Company. Moore's other experience includes corporate consulting regarding the role of sports in corporate development and he served as Vice President of International Marketing for Outback Steakhouse.

The February 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 and a casual social time 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 Fundraiser at Wyndhaven Terrace, 12716 Cutten Road on Friday, February 29, 2008. Proceeds from this event fund scholarships and support Texas A&M organizations. The Aggie Moms 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.nwhcaggie moms.com](http://www.nwhcaggie moms.com)

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## Green Thumb

Submitted by Phil Richards

February is prime time for getting the yard back into good shape and ready for a new growing season. At the time of writing we've seen only one or two light frosts that may have damaged a few patio plants but no sign of a hard freeze so far during this winter season. The relatively warm weather makes it difficult to take care of the pruning because early pruning encourages new growth in mild conditions and the tender new shoots can then be damaged by a possible freeze in the first part of this month. But we should be safe by mid-February, so now is the time to complete the winter pruning of trees, evergreens and summer-flowering shrubs. Don't prune the spring-flowering shrubs - you'll be cutting off potential blooms. Try to plant (or move) trees and shrubs before they start their springtime growth spurt. This is also a favorable month to set cuttings of hardwood shrubs and also to divide, separate and transplant perennials.

Valentine's day is the traditional deadline for rose pruning; cut back to about three or four good canes, knee-high (except climbing varieties). Climbing roses will bloom on last year's growth and you need to maintain lateral canes on a trellis, fence or wall to promote flowering. Select and plant new bare-root roses now (container-grown plants can go in later, if you wish), but don't feed newly planted bushes until after first bloom.

Feed trees by using a stake or a length of pipe to drive a series of holes a foot deep and a foot or so apart around the drip line, and apply a small handful of general-purpose fertilizer (such as 12-24-12) in each hole. A good rule of thumb is to apply a total of about one and a half pounds for each inch of trunk diameter. If your pine trees have very pale green or yellowish needles, that's a sign that the soil is too alkaline, and the cure is to include a soil acidifier with the fertilizer (an iron supplement such as "Ironite" serves the purpose very well). Magnolias also need acid soil conditions, so use special azalea/camellia fertilizer or add a soil acidifier.

Hold off feeding the grass until it starts to green-up, and don't feed azaleas until after they bloom, but do go ahead and fertilize evergreen shrubs. In general, wait until March to feed the ornamental shrubs - feeding too early will encourage tender new growth that may be nipped if we are unlucky enough to get a very late frost. Pansies have a hearty appetite and need a balanced fertilizer (13-13-13) every few weeks; remove faded blossoms to encourage new blooms.

In the vegetable garden, set out plants of the cool-weather varieties

(broccoli, cabbage, cauliflower) and plant seeds for beets, rutabaga, carrots and potatoes. If you are also thinking of raising a second potato crop in the fall, plan ahead by getting extra seed potatoes now and storing them in the refrigerator. It's usually impossible to buy them in late summer, and regular potatoes from the grocery store may not sprout because they are usually treated with a growth inhibitor.

### THIS MONTH'S TIP:

While you're busy pruning those trees and shrubs, remember the rule-of-thumb about not cutting off more than one third of the foliage at any one time (except for crape myrtles, which can tolerate being cut back to almost nothing).

## 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](mailto:advertising@PEELinc.com). The advertising deadline is the 10th of each month for the following month's newsletter.

## SALONS at STONE GATE

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Sat 9AM-4PM



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# MARCH 1 & 2, 2008



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Peggy McGowen  
Certified Master Bath and Kitchen Designer

Linda Durham  
Home organizing and "Spring Cleaning" expert

Kathy Huber  
Houston Chronicle Garden Expert

Randy Lemmon  
Host of *Gardenline*

Michael Garfield  
the High-Tech Texan

## GIVEAWAY: \$6,000 HOME THEATER GIVEAWAY

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**The Berry Center • 8877 Barker Cypress**  
(at the Corner of West Road and Barker Cypress)

**[www.CyFairHomeAndGarden.com](http://www.CyFairHomeAndGarden.com)**

## Recipe of the Month



### Smothered Chicken Breasts

8 boneless, skinless chicken breasts      8 slices dried beef  
8 slices bacon      1 cup sour cream  
2 cans cream of mushroom soup

Season chicken breasts with salt & pepper. Place a slice of dried beef on each breast. Roll up and wrap with bacon slice.  
Combine cream of Mushroom soup and sour cream. Pour over chicken breasts and bake for 1 hour at 325°.

*If you would like to submit YOUR recipe to the Ranch Record, email it to [blackhorse@peelinc.com](mailto:blackhorse@peelinc.com).*

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## 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](http://www.PEELinc.com) or you can email it [blackhorse@peelinc.com](mailto: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!

## What is the Main Goal in Little League Baseball?

*Submitted by Robin Cox*

What should your main objective be in coaching, teaching or parenting a Little Leaguer?

Is the objective to win? I would say Yes but also No. Winning is important but it is a result. Results, especially in sports are many times determined by actions outside of our control.

A game may be won by the opponent on a bad hop, a ball lost in the sun or lights or even by an umpires supposed "bad" call. A game may be lost when a batter with bases loaded does everything right and hits the ball hard on a line drive but right at the left fielder that doesn't have to make a move to catch the ball.

Yes, in baseball, we may do everything right but still lose.

Many times we stress the "results" when instead we should be emphasizing what produces the results. When we teach to do the "little things" right we are putting our players in a position to win. Note: This often means doing repetitive drills which can be boring. A bored player is not learning. One thing that kids love is to make a game or competition out of the drills.

In Little League there can be a wide variance of skills among players on the same team.

But there is one common denominator that all players need in increasing measure. (including High School, College and Majors) Can you guess?

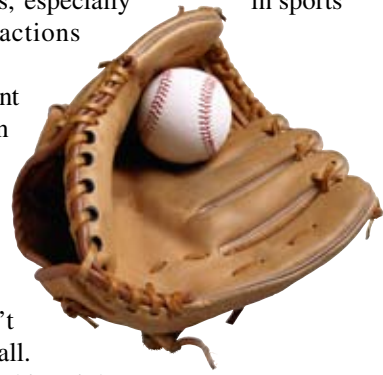
That one thing is Confidence. As the saying goes, Confidence is everything!

But confidence in what? Their arm, their bat, their glove? Given that all of those can and will fail what they need is increased confidence in who they are.

Many teams give out stars for the players caps after a game for winning. But I suggest giving out stars or rewards at practice for doing the little things right. Especially putting an emphases on "hustle" when making the extra effort for trying to stop a ball (whether they made the play or not) or as a batter hanging tough with a pitcher by fouling off many pitches (even though he may eventually strike out) or showing great attitude or encouragement toward a fellow teammate. What does this do? It builds confidence in themselves. They should be instantly rewarded for doing and being their best.

Lastly, as their confidence increases, you as a coach, teacher and parent are looking for one thing. It is called a "breakout." A breakout can occur in practice or in a game. It may be a breakout "at bat" when a batter gets a hit after a long slump. It might occur on a play he has never been able to accomplish until now with his increased hustle. It is that moment when he realizes, yes I can do this! It is that memorable point when he comes off the field smiling so big, it makes the whole season worth it whether your team is 10-0 or 0-10.

But remember, a "breakout" in confidence is not limited to sports and little leaguers.



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## Texas Events - February

8-16—VICTORIA: I Love You, You're Perfect, Now Change Leo J. Welder Center for the Performing Arts. [www.theatrevictoria.org](http://www.theatrevictoria.org) 361/576-6277

10—ORANGE: Marvin Hamlisch Lutch Theater. [www.lutcher.org](http://www.lutcher.org) 409/745-5535

12—HARLINGEN: The Center for Creative Retirement Presents A Valentine's Day Play & Music Hours are 9:30 to 11:30 a.m. Harlingen Performing Arts Theatre. E-mail: [tsoule@harlingen.com](mailto:tsoule@harlingen.com) 956/423-5440

14-28—CLUTE: Bell, Book & Candle A modern-day witch is attracted to her neighbor but loathes his fiancé. She enchants him to love her instead. Brazosport Center for the Arts & Sciences. [www.bcfas.org](http://www.bcfas.org) 979/265-7731

15—LAKE JACKSON: Woven Harmony Offers a multimedia performance by Rebecca and Robert Bluestone, incorporating Rebecca's tapestries installed onstage, projected visual images of their home, studio, process and landscapes, and places from which they have drawn inspiration. Begins at 7:30 p.m. The Clarion at Brazosport. [www.clarion.brazosport.edu](http://www.clarion.brazosport.edu) 979/230-3156

15-17—GALVESTON: A Ride with Bob Hit musical is about the life and legacy of Bob Wills and his Texas Playboys. The Grand 1894 Opera House. [www.thegrand.com](http://www.thegrand.com) 800/821-1894 or 409/765-1894

15-17—ROSENBERG: 2008 Houston Glass Show & The Best Little Antique Show in Texas Preview party is 6 to 9 p.m. Friday. Hours are 10 a.m. to 5 p.m. Saturday and 10 a.m. to 4 p.m. Sunday. Fort Bend County Fairgrounds. 713/461-1708 or 214/734-7216

16—HOUSTON: Birding Walk & Talk Stroll around the park's many trails seeking the wintering visitors from the north. Begins at 8:30 a.m. Sheldon Lake State Park. 281/456-2800

16—STAFFORD: Greater Houston Train Show Includes 20,000 square feet of operating layouts, instructive clinics, model and photo contests, vendors and home layout tours. Hours are 10 a.m. to 5 p.m. Stafford Center. [sanjac.leoslair.com](http://sanjac.leoslair.com) (no www)

16—VICTORIA: Livestock Show Parade Downtown Victoria. 361/576-4300

16-17—KATY: Katy Antique & Collectible Market Katy ISD Merrell Center. [www.cwgs.com](http://www.cwgs.com) 877/840-3829

16-17—LA PORTE: Remember the Maine Includes small arms demonstrations. Visit encampments depicting various eras of our nation's military history. Memorial service is held on the bow of the ship at 3 p.m. Saturday and noon Sunday. Battleship Texas State Historic Site. 281/479-2431

16-17—PORT NECHES: Trade Days on the Avenue Includes antiques, arts & crafts, and entertainment. Port Neches Avenue. 409/722-4023

17—SANTA FE: Bluegrass with Pet Rooster Begins at 2 p.m. Haak Vineyards & Winery. [www.haakwine.com](http://www.haakwine.com) 409/925-1401

21, 23-24, 29-Mar. 2—HOUSTON: Gershwin Glam Includes performances of Serenade, Swansong and a world premiere by

Stanton Welch. Wortham Theater Center. [www.houstonballet.org](http://www.houstonballet.org) 713/227-2787

22—ORANGE: Movin' Out Brings 24 Billy Joel classics to life as it tells the story of five lifelong friends. Lutch Theater. [www.lutcher.org](http://www.lutcher.org) 409/745-5535

22-24—PORT ARANSAS: Celebration of Whooping Cranes & Other Birds Includes birding bus and boat tours, renowned speakers, exhibits, trade show, seminars, demonstrations, concessions and more. Civic Center and UT Marine Science Institute. [www.portaransas.org](http://www.portaransas.org) 800/452-6278

23—BEAUMONT: Symphony of Southeast Texas Julie Rogers Theatre. [www.sost.org](http://www.sost.org) 409/892-2257

23—GALVESTON: Movin' Out The story of five lifelong friends spans two turbulent decades. Includes 24 classic songs written by five-time Grammy Award-winner Billy Joel and choreography by Twyla Tharp. The Grand 1894 Opera House. [www.thegrand.com](http://www.thegrand.com) 800/821-1894 or 409/765-1894

24—GALVESTON: A Year with Frog & Toad Arnold Lobel's beloved characters hop from the page to the stage — teaching life lessons along the way and rejoicing in the attributes that make each person special. The Grand 1894 Opera House. [www.thegrand.com](http://www.thegrand.com) 800/821-1894 or 409/765-1894

24—SEABROOK: Fifth Annual Birdhouse Building Workshop Call to reserve a place and to confirm date. Seabrook Intermediate School. E-mail: [dori.nelson@sbcglobal.net](mailto:dori.nelson@sbcglobal.net) 281/474-4825 or 282/474-2425

24-Mar. 2—BROWNSVILLE: Charro Days Fiesta Experience the spirit of two nations in celebration since 1938. [www.charrodaysfiesta.com](http://www.charrodaysfiesta.com) 956/542-4245

25—HOUSTON: Two Classics & a Three-ring Circus Zilkha Hall, Hobby Center for the Performing Arts. 713/315-2525

26—BEAUMONT: David Copperfield Copperfield defies Mother Nature and conjures up magical events in this evening of grand illusion. Julie Rogers Theatre. 409/838-3435 ext. 1

26-Mar. 9—HOUSTON: Hello, Dolly! Hobby Center for the Performing Arts. [www.tuts.com](http://www.tuts.com) 713/558-TUTS or 888/558-3882

28-29—WHARTON: My Way — A Musical Tribute to Frank Sinatra Wharton County Junior College Horton Foote Theatre, 911 Boling Highway. 979/532-4560

29—HOUSTON: Last Acts Follows the life of an actress and mother named Madeline and her two grown children as they struggle to know and love one another. Houston Grand Opera. [www.houstongrandopera.org](http://www.houstongrandopera.org) 713/228-6737

29—ORANGE: Annual Service League Follies Lutch Theater, 707 Main Ave. 409/988-4527

29-Mar. 16—HOUSTON: Lady A hunting trip in southern Illinois turns tragic as three old friends, caught in the grip of an ongoing argument about the war in Iraq, reveal long-held political beliefs and realize they may not know each other as well as they had thought. [www.stagestheatre.com](http://www.stagestheatre.com) 713/527-0123

*Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.*



## OPEN REGISTRATION for 2008-2009 school year begins Friday, Feb. 1st!

*Our state licensed preschool program is for children age three as of September 1 through Pre-K. We offer classes from 9:15a.m. to 2:15p.m. Monday thru Friday. We will be giving tours of our preschool EVERY Tuesday at 10:00 a.m. for the month of February. Please call Catherine at 281-373-0834.*

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*Call:* **Catherine Reinhard**  
**at 281-373-0834**

## Cypress Christian School Students Win Chemistry Challenge

The Chemical Education Foundation (CEF) seeks to promote the science of chemistry, the benefits of chemicals, and the important of chemical safety awareness. The *You Be the Chemist Challenge* is an academic competition that engages students in learning and helps promote this message in a fun and innovative medium. The Challenge offers new and different ways to:

- engage students in science
- encourage parental support and participation
- appeal to community and organizations, and
- provide tools that can help develop strong relations with communities.

Congratulations to Cypress Christian middle school students who recently participated in the *You Be the Chemist* Qualifying Test. Expo Chemical Company, Inc. sponsors this competition and awarded prizes and trophies to the top winners. This year's winners include:

*First Place - David Hurst, grade 8*

*Second Place - Raine Hasskew, grade 7*

*Third Place - Alan Norman, grade 8*

David and Raine will go on to represent Cypress Christian School at the Regional Competition to be held here in Houston in February. Alan will serve as the alternate if either David or Raine are unable to attend. CCS students qualifying will advance to the national competition later in the year.

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## 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](http://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 [dinathom@yahoo.com](mailto:dinathom@yahoo.com) or Vicki McCain at [beamccain@comcast.net](mailto: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](http://www.cartridgesforkids.com).

**Prom Dress Boutique.** Contact Maureen Jerding at [mjerding@counselip.com](mailto: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](http://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.



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# RANCH RECORD

## FOUR STAGES OF IMPROVING YOUR TENNIS GAME

*Submitted by Fernando M. Velasco*

Tennis players, as many other individual sports, need to have "personal" attention in order to improve their games. In my 35+ years of coaching, I have been successful improving games of players who have trusted me with their games, using the Four Stages listed below.

### Stage One: Consistency

Our muscles react to repetition of something that feels good and natural. If a player needs work on a particular stroke, hundreds of balls need to be given so the production of their stroke looks the same regardless of where the ball is located. Consistency of grips, foot work, anticipation, point of contact and follow-through, need to be almost "carbon" copy of each other.

### Stage Two: Control

Do you know that there are only eight shots that can be executed when you hit a groundstroke? They are: cross court, down the line, flat, top spin, slice, drop shot, lob and "miss-hits" Once a player reaches the consistency of getting the ball over the net and into the court, the player needs to start working on controlling the "where" and "how" type of shot. As players advance on control, they will combine these shots, such as "top spin cross court, slice down the line, top spin lobs, etc.

### Stage Three: Depth

Most players want to hit the ball an inch above the net height. If players look at most of the great players, they will realize that most of the shots they hit are at least three feet over the net and land between the service line and base line of their opponents. The balls that are "skimmed" over the net, are usually passing shots when the players come up to the net, or great winners that only a Roger Federer or an Andy Roddick can do with great control and consistency.

### Stage Four: Power

Once a player feels comfortable with the first three stages, then it is time to create Power. Unfortunately, most tennis players become injured by going to the Fourth Stage too quick into the game and become frustrated, thus ruining their weekend games and being sore for an entire week due to torn muscles. Power is generated mostly by good timing, good foot work, reading early where the ball will land, and by planning the shot even before the player gets to the ball.

Most players in League level 2.5 to 4.0 will end up winning their matches by mastering the first three stages, while the ones going to stage Four too quick, will be spending their time with ice packs and taking Ibuprofen pills until the next match and start the "vicious" circle again....



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# RANCH RECORD

## Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

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

\*Solution at [www.Peelinc.com](http://www.Peelinc.com)

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## 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](mailto:blackhorse@peelinc.com) by the 9<sup>th</sup> 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](mailto:blackhorse@PEELinc.com).

**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

## Kids' Club

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# RANCH RECORD

## Cy-Fair College Perspective

**Save the "Discovery College" registration date: March 10** - Cy-Fair College's popular Discovery College summer camp for ages 6 to 15 is still six months away but registration is only a few weeks away. The one-week summer sessions are fun and educational programs to develop skills in a friendly environment. Registration begins March 10. Camps are offered at the Barker Cypress campus Monday through Friday at a cost of \$80 per class. Camps are offered at the Fairbanks Center campus, Monday through Friday at a cost of \$65 per class. For information, go to [www.cy-faircollege.com/discoverycollege](http://www.cy-faircollege.com/discoverycollege). For Barker Cypress camps only, call 832-482-1043 and for Fairbanks Center camps only, call 832-782-5038.

**Check out Courses for Ages 50 and Better** - The Academy for Lifelong Learning (A.L.L.) at Cy-Fair College offers adults, 50 years and older, leisure classes, lectures and informal activities. The spring session will include classes on basic drawing, "23 things you want to know how to do on the Internet," acting for seniors, Quigong, Bible Study, The Louvre, a variety of health and fitness classes, cooking, day trips and much more. An A.L.L. annual membership fee of \$10 entitles members to free or discounted classes. Register early as classes will fill up quickly. For more information, call Janet Taber at 281-290-5991 or Twana York at 281-290-5246.

**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 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. 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](http://www.cy-faircollege.com/bosquegallery).

**L.I.F.E. Lessons in February**- 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 February, learn to play the harmonica Feb. 6, take a look at hearts and chocolate Feb. 13, find out what your handwriting reveals Feb. 20 and hear about how Hollywood depicts the American West Feb. 27. 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>.

**Spring Film Series Under Way**- The Cy-Fair College Spring Film Series is a continuing education course called Film Appreciation. The series is presented at no charge. A professor or student organization at the college hosts each film and an in-depth discussion after the movie. February films include Jet Li's "Fearless" Feb. 6, "To Kill a Mockingbird" Feb. 14 and "Possibilities" Feb. 20. Registration is available at all the film events. All films are shown at the Barker Cypress campus in ART 102. For the spring schedule or information, call 281-290-3966 or go online to [www.cy-faircollege.com/filmseries](http://www.cy-faircollege.com/filmseries).

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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

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

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## Make Your Own Candy for Valentine's Day!

Valentine's Day is Thursday, February 14 ... and it's a really really big holiday! According to the Greeting Card Association, an estimated one billion valentine cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. Since many folks give candy along with their cards, this year you might have fun making your own candy. Put some pieces of homemade white divinity in a clear bag tied with a red or pink ribbon, and your gift is sure to generate sweet thoughts (and probably some hugs and kisses as well)! There are many recipes for divinity, all fairly similar; so pick one from your favorite cookbook or Internet site, and start cooking. It's easy to make; and if you're a WeightWatchers member, this candy won't sabotage your good efforts—it's only one point per piece!

### Divinity

2 egg whites  
1/2 cup water  
1/2 cup light corn syrup  
2 cups white sugar

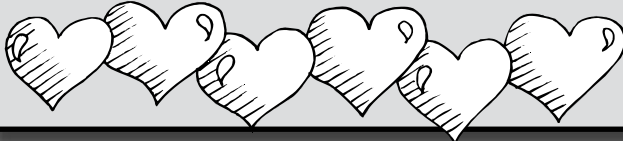
MIX together water and corn syrup in a heavy pan, and bring to a boil. Add sugar and continue boiling until dissolved. Continue cooking over medium heat, without stirring, to the hard-ball stage (about 250° on a candy thermometer).

WHILE syrup mixture is cooking, beat egg whites in a large bowl until they just hold their shape. When the syrup is ready, pour it slowly over the egg whites in a steady thin stream, whipping slowly at the same time. Do not scrape pan.

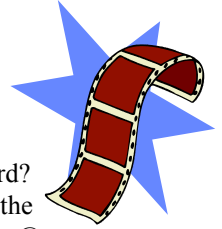
BEAT candy mixture until candy can be dropped onto waxed paper into pieces that hold their shape. (This can take a while.)

YIELD: 40 pieces (about 1-1/2 pounds of candy)

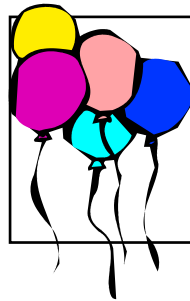
WeightWatchers Points: 1 point per piece



## Send Us Your Event Pictures!!



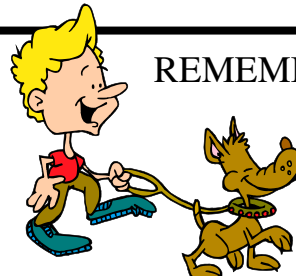
Do you have a picture of an event that you would like to run in the Ranch Record? Send it to us and we will publish it in the next issue. Email the picture to [blackhorse@peelinc.com](mailto:blackhorse@peelinc.com). Be sure to include the text that you would like to have as the caption. Pictures will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



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# RANCH RECORD

## Healthy Lifestyle Can Add 14 Years to Your Life

*Submitted by Alicia Harrison*

In a major study conducted by the University of Cambridge in the UK, researchers found that individuals engaging in a healthy lifestyle added an average of 14 years to their lives. Not a few months or even a few years – 14 years! And the benefits stemmed from relatively simple and easily achievable methods.

“We didn’t ask these people to do anything exceptional,” said researcher Kay-Tee Khaw. “We measured normal behaviors that were entirely feasible within people’s normal, everyday lives.”

In a study of 20,000 individuals aged 45-79, researcher Kay-Tee Khaw of UC and colleagues calculated that individuals that adopted these four healthy habits lived an average of 14 years longer than those that did not. What are these miracle cures?

- Not smoking
- Moderate alcohol intake
- Eating your fruits and vegetables
- Physical activity

“This research is an important piece of work which emphasizes how modifying just a few risk factors can add years to your life,” said Dr. Tim Armstrong, a physical activity expert at the World Health Organization.

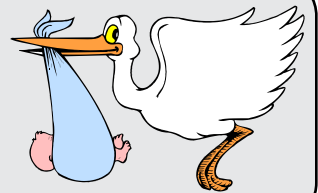
### So what can you do to modify your lifestyle?

- If you smoke, stop.
- If you drink, do so in moderation. In this study, participants drank 1-14 drinks per week.
- Eat fruits and vegetables. Five servings a day was the threshold for this study and is very achievable.
- Finally, get up and move. Physical activity of any kind on a daily basis is key to a healthy lifestyle.

And if you can’t do all of these things, then do some of them. After allowing for other factors that might have affected their likelihood of dying, people with a health behavior score of 0 were four times as likely to have died as those with a score of 4. People with a score of 2 were twice as likely to have died. So doing something is better than doing nothing.

### Stork Report

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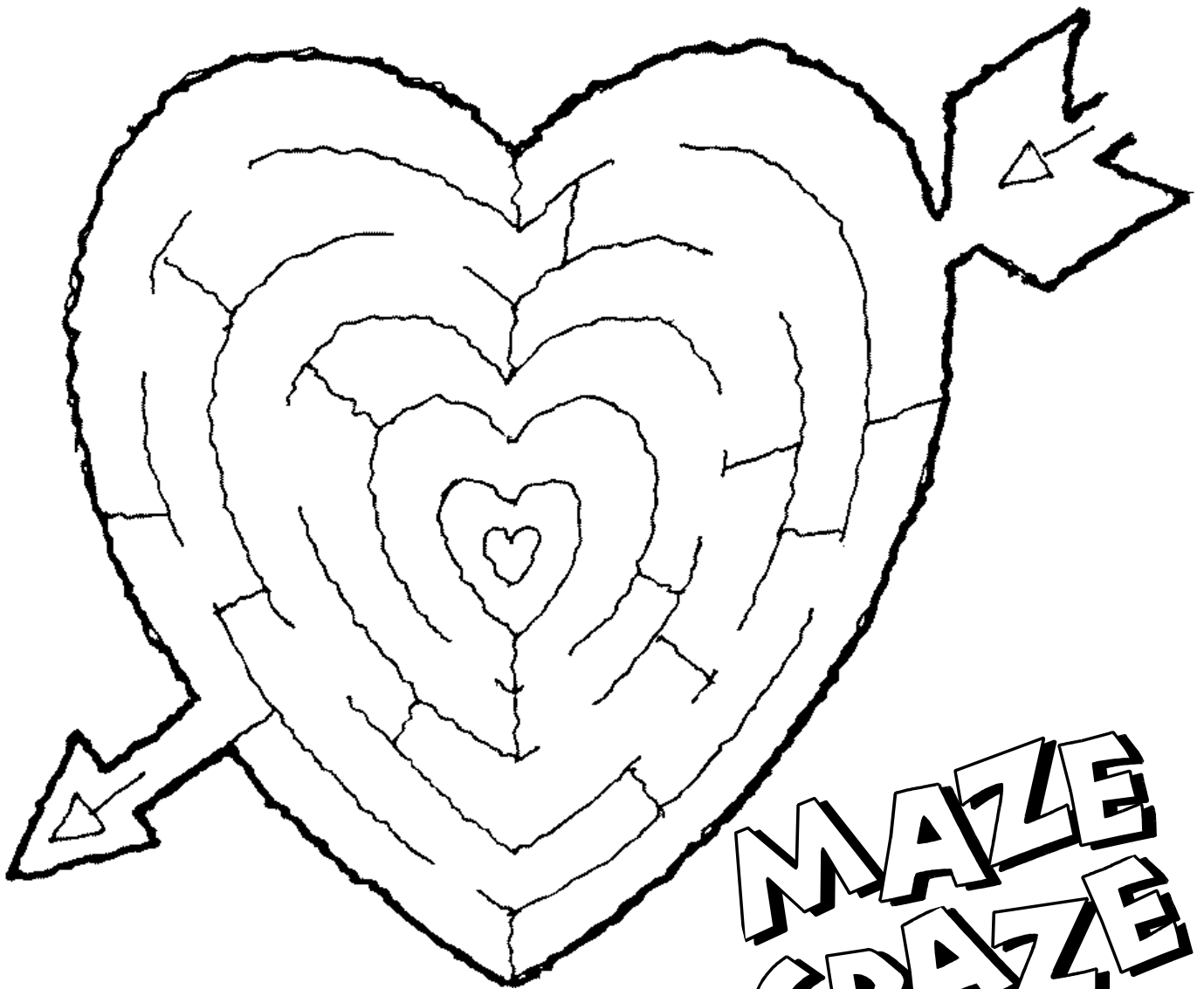
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## Attention KIDS: Send Us Your Masterpiece!

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](http://www.PEELinc.com). DUE: February 29th

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

Name: \_\_\_\_\_  
(first name, last initial)

Email Address: \_\_\_\_\_ Age: \_\_\_\_\_

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

♥ Happy  
Valentine's  
♥ Day!! ♥



Blackhorse



# Selling Your Home In Blackhorse?

*Put the Don and Jeanne  
Machrowicz Team to work for you!!*

- Marketing on multiple websites for 24/7 exposure of your home
- Don & Jeanne Machrowicz have over 30 years of real estate experience
- Honored by the Houston Business Journal as one of the top 25 residential real estate teams in the city
- Flexible commission plans

## Blackhorse Year-to-Date Sales Report

	Mar '07	Apr '07	May '07	June '07	July '07	Aug '07	Sept '07	Oct '07	Nov '07	Dec '07
\$451,000 and above									1	1
\$351,000--\$450,000		1	2	2	1	3	1	1	2	1
\$276,000--\$350,000		1								
\$231,000--\$275,000	2		2	1	1	1				2
\$201,000--\$230,000	1	1	3	1	1	1				1
\$200,000 and below	1			1	1	1	2	2		
<b>Total</b>	<b>4</b>	<b>3</b>	<b>7</b>	<b>5</b>	<b>4</b>	<b>6</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>4</b>
<b>Highest \$/sq ft</b>	<b>\$92.74</b>	<b>\$95.92</b>	<b>\$84.20</b>	<b>\$95.27</b>	<b>\$90.97</b>	<b>\$93.86</b>	<b>\$88.32</b>	<b>\$96.51</b>	<b>\$172.45</b>	

*This information is taken from the Houston Multiple Listing Service*

**FOR OUTSTANDING AGENTS &  
OUTSTANDING RESULTS....  
CALL 281-373-4300**



### RE/MAX PREFERRED HOMES

*Serving Cypress and Northwest Houston for 15 years*

e-mail: [jeanne@donandjeanneteam.com](mailto:jeanne@donandjeanneteam.com)

## Peel, Inc.

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Pflugerville, Texas 78660

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