

RANCH RECORD

*News For The Residents of
Blackhorse Ranch*

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 March 9th and April 13th 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.

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

Cypress Christian School hosts Community Carnival

Cypress Christian School will hold a Community Carnival to celebrate its 30th year of serving families in northwest Houston. Make plans now to join the fun on Saturday, April 19 from 10:00 a.m. to 4:00 p.m.

Rides, games, food and prizes galore are in store for everyone who attends this special event. In addition, there will be a silent auction with family-friendly items ready to be awarded to the highest bidder.

Don't miss this fun event. The carnival will be held on the school grounds located at 11123 Cypress N. Houston Rd at Jones Rd. For more information contact the Event Coordinator at Jody.Pollos@CypressChristian.org or 281-770-5326.

Yard of the Month

February yard of the month winner is

Fang and Sophia Chen

26407 Opal Hollow Lane

Congratulations!

Don't want to wait for the mail?

**View the current issue of
the Ranch Record**

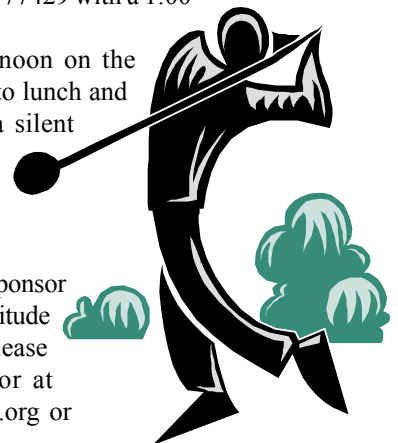
**on the 1st day of each month at
www.PEELinc.com**

Cypress Christian School Annual Golf Classic

Calling all Golfers and Sponsors! Mark your calendar for Monday, May 5 to participate in the annual CCS Golf Classic. This year's Golf Tournament will be held at the Longwood Golf Club, 13300 Longwood Trace, Cypress, TX 77429 with a 1:00 tee-off time.

In addition to a great afternoon on the course, golfers will be treated to lunch and dinner. To add to the fun, a silent auction will be held with golfer-friendly/family-friendly items to be awarded to the highest bidder.

To play in the tournament or sponsor the event - which includes a multitude of advertising opportunities - please contact the Event Coordinator at Jody.Pollos@CypressChristian.org or 281-770-5326.



RANCH RECORD

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire	911
Ambulance	911
Harris County Sheriff	713-221-6000
Cy-Fair Volunteer Fire Dept. Bus. Office	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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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.

Teenage Job Seekers

Not Available Online

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.

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.

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Cy-Fair High School Project Prom 2008 Update

Cy-Fair High School Project Prom is entering its final two months of preparations for the BIG NIGHT! Check out the volunteer requests in this article and online so you won't miss out on the opportunity to be involved. In order to hold a successful event for up to 967 **seniors and their dates**, we are asking the community as well as parents to donate money and refreshments. Please visit our website name at www.cyfairprojectprom.org for more information. Parents are urged to visit the website to register your senior and sign up for email updates if you have not already done so. In addition to the fundraising opportunities below, we sell coffee, a senior DVD and calendars, lollipops, and Market Day frozen food to go. If you have any questions, call CFHS Project Prom 2008 President Karen Fitzgerald at 281-304-8272.

General membership meetings. Mar. 24 and Apr. 21, CFHS cafeteria at 6:30 p.m.. Bring formal gowns, used printer cartridges, and packs of bottled water, and patronize the vendors.

Aramark events. We urgently need more people to join our team of parents to work at stadium events. This effort has a huge earning potential. Contact Teresa Cardamone at teresa.cardamone@cfisd.net.

Cartridges and More Recycling. Bring your items to the designated bin in the Cy-Fair High School library or to the monthly

meeting in a bag or box marked with the senior's name. For a list of items accepted, see www.cartridgesforkids.com.

Prom Dress Boutique. The Prom Dress Boutique is a sale of fashionable, gently-used formal gowns at low prices, to be held on Sat., Mar. 29, 2008, from 11-4 in Room 131 of the Lone Star College Cy-Fair Library. We need donations of gently-used, clean, long, tea-, and knee-length gowns (on hangers in bags). Bring gowns to a Project Prom meeting or arrange to drop them off at the home of Maureen Jerding, 281-373-9050, mjerding@counselip.com, or the home of Mary Connelly, 281-256-6145.

Casseroles-to-Go. We need people to prepare casseroles for sale. Contact Maggie Machacek at r_machacek@sbcglobal.net.

Night of Project Prom Donations. We are collecting donations from area businesses and individuals for refreshments and prizes for the night of Project Prom. Visit our website and click on the tax deductible donations link at the bottom of the main page, and contact Project Prom President Karen Fitzgerald for more information.

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 are tax deductible.



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Tues-Thurs 9AM - 7PM
Fri 9AM - 5PM
Sat 9AM-4PM



Preschool

OPEN REGISTRATION for 2008-2009 school year began 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.

Fairfield Preschool Coupon

\$125⁰⁰ OFF*

Preschool Registration Fee

Good for the 2008-2009 school year

*applies to new students to our program, must be presented at initial enrollment. Offer expires 3/31/2008

Fairfield Summer Camp open registration begins Saturday March, 1st!

We offer camp for children who have completed Kindergarten through incoming fifth graders. Summer Camp is offered on a weekly sign up basis.

**Call: Catherine Reinhard
at 281-373-0834
www.fairfieldvillage.org**



Cypress Jazzercisers Participate In a Fund-raiser Halftime Show

Cypress, Texas -- It's a fact that exercise is important for good health. And it's even better when that exercise helps others in the community. 300 Houston and Cypress area Jazzercisers, combined healthy exercise and helping the community by participating in a Houston Rockets halftime show that was also a fund-raiser and danced for over \$25,000 in donations for The Pink Ribbons Project.

The 300 Jazzercisers were a part of a group from around Houston who participated in the Friday January 11, 2008 show at Toyota Center. The Houston Rockets played the Minnesota Timberwolves. The Jazzercisers performed a high-energy choreographed routine took many hours to perfect.

"The students had been coming to Jazzercise classes about 3 times a week since early November to get in shape to perform the halftime routine," said Kristine Lewis, a Cypress Jazzercise instructor. "In addition, they had practiced the routine at least once a week since mid-December to learn the moves. They practiced on the court to learn the blocking so we would have a professional looking halftime show that absolutely wowed the Rocket fans at the game. This was a lot of hard work."

The Jazzercisers who performed this routine were not professional dancers. They came from all walks of life — nurses, doctors, teachers, architects, secretaries, business owners, parents. And the driving force behind this performance — in addition to the excitement of performing in front of thousands of people at Toyota Center — was raising money to benefit The Pink Ribbons Project. In the last several years, Jazzercisers have raised thousands of dollars to benefit this worthy cause, and they are expected to raise thousands more in years to come.

Each participant was required to raise at least \$50.00 to be eligible to participate. Others have raised additional money.

Pink Ribbons raises money for the National Alliance Cancer Organizations (NABCO), providing free mammograms for local women and an educational breast awareness program.

The American Business Woman's Association Cy-Fair Express Network

Event: Cy- Fair Express Network

When: Thursday March 27, 2008

Time: 11:30 am-1:00 pm

Where: La Hacienda Banquet Hall
12503 Telge Road
Cypress, TX 77429

Networking, and Business Luncheon

The American Business Women's Association Cy-Fair Express Network invites you to their monthly networking meeting and luncheon. This month is our annual Business Expo. This Expo is open to the public anyone can display their business, products, and or services. Come join us lots of door prizes and giveaways.

For Registration Call: Shelley Morris 281-639-8825 or Regan Armstrong 281-894-1590.

Booths: (Fees include lunch for 1 person)

Early Registration until 3/1/08:

Members: \$50.00

Non -Members \$60.00

Registration 3/2/08:

Members: \$60.00

Non -Members: \$60.00

Extra lunch - \$25.00

Registration Deadline is March 15, 2008

Reservations: Just attending lunch - Anya Lucas 281-379-5800 or anya@lucascarecare.com

CYFEN is an ABWA Express networking organization providing opportunities to network with other professionals in the Northwest Houston area, and offers professional development and educational advantages through ABWA. CYFEN meets the fourth Thursday of each month (except November and December), and visitors are always welcome. Contact Shelley Morris for more information.

Contact: Anya Lucas at anya@lucascarecare.com or Melissa Rotholz at melissa.l.rotholz@nhmccd.edu

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Cy-Woods' Wildcats 2nd Annual "New Cat in Town" Classic Golf Tournament



Cypress Lakes Golf Club ❖ April 28, 2008

REGISTER NOW for Cy-Wood's High School 2nd Annual "New Cat in Town" Classic Golf Tournament at Cypress Lakes Golf Club on Monday, April 28, 2008. Your team will participate in a day of golf, a great dinner and an array of prizes. Player spots are limited to 144 so we encourage you to sign up today! For more information and registration form, please contact ORedhouse@aol.com or COWIEWT@aol.com.

FOUR-PERSON SCRAMBLE FORMAT (Registration begins at 11:00 a.m.)

12:30 PM SHOTGUN START

AFTER TOURNAMENT (Bar-b-que Meal, Awards, Silent Auction & Door Prizes)

SPECIAL EVENTS:

Hole-in-one Contest; Longest Drive; Closest-to-the-pin; Beat the Pro; Putting Contest
COST

Golf Entry Fee of \$150 per player (\$600 per team)

Includes: Green Fees & ½ Cart, Golfer's Gift Bag, Meal, Range Balls, Refreshments

All proceeds benefit the CY-WOODS "All Sports" ATHLETIC BOOSTER CLUB

Tournament Sponsorship Levels are Available:

- **\$5,000 Wildcats Sponsorship:** Receives 3 foursomes, a Wildcat Sponsor gift bag including a pair of golf shoes and a Cy-Woods golf shirt for each player, 4 hole signs, and special acknowledgement throughout the tournament.
- **\$2,500 Crimson Red Sponsorship:** Receives 2 foursomes, a Cy-Woods golf shirt for each player and 4 hole signs.
- **\$1,000 All Sports Sponsorship:** Receives 1 foursome and 2 hole signs.
- **\$300 Flag Sponsorship:** Sponsor's name embroidered on flag. Flag given to sponsor after tournament.
- **\$125 HOLE SPONSORSHIPS:** Receives recognition at a designated hole.

For more information on sponsorships, donating items for the silent auction and the golfer's gift bags, please contact Natalie Oakes at ORedhouse@aol.com.

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Anniversary Sale

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RANCH RECORD

Protecting our Children in an Online World

By Trey Blundell

During my childhood, we entertained ourselves with our imaginations, board games and by playing outside. Computers were, compared to now, large, expensive machines found only in a business setting. All of that has changed during the past thirty years with the invention of personal computers and the subsequent commoditization of them and the Internet over the past fifteen years. Today's generation of children is born into a world full of computers, and exposure to them typically begins at home at a very early age. Many children are already highly skilled in their use and the use of the Internet by the time they begin elementary school. Yet without safeguards in place, our children are at risk.

While we wouldn't put our children on a bicycle without a helmet, many children today use the Internet without protection from inappropriate content or from people who would do them harm. One problem is that many parents don't understand or know about the dangers that lurk, nor do they know how to protect their children when online.

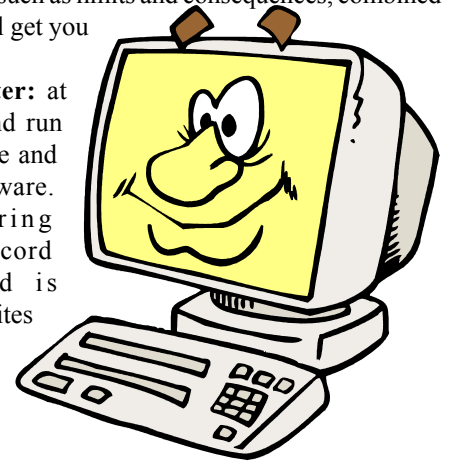
According to the most recent published estimates, approximately 12% of all websites are pornography or related to pornography and 79% of unwanted youth exposure to pornography occurs in the home. Equally disturbing are two other trends: online bullying and the rise of the online child predator. It is estimated that 9% of children are

bullied or harassed online – whether on a social networking website, such as MySpace, or via e-mail. It is also estimated that 13 % of children were sexually solicited in 2005, with 4% of these being referred to as “aggressive solicitations”, in which solicitors made or attempted to make offline contact with youth.

Parenting in today's online world could present challenges for which you may not feel ready, but applying the same parenting skills that you are already using, such as limits and consequences, combined with the following list will get you started:

- **Secure your computer:** at a minimum, install and run anti-virus, anti-spyware and content filtering software. Consider monitoring software that can record where your child is spending time – websites visited; chat rooms visited, etc. Software is also available to

(Continued on page 9)



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Protecting our Children- (Continued from page 8)

limit the times that your child can use the Internet.

Top ranked products include:

Net Nanny – www.netnanny.com

CYBERsitter – www.cybersitter.com

SnoopStick – www.snoopstick.com

- **Talk to your children about the potential dangers and build an atmosphere of trust:** let them know that not talking to strangers also applies when online; stress to them the importance of not sharing any of their personal information with anyone while online.
- **Place the computer in a common area of the house where it and the children can be monitored:** parents say they are more vigilant about where their teen(s) go online if the computer is in a public area of the household.
- **Establish Internet usage rules for home and away:** when it can be used; what is considered appropriate; how one is expected to act, i.e. don't be a bully.
- **Build a parent network:** know your children's friends and talk with their parents about Internet safety. Your efforts to protect your child could be compromised at a friend's house if Internet safety hasn't been considered in their household. It takes a village to protect our children.

The Internet affords us the ability to find information on almost any topic, to handle our finances, to telecommute, to buy a product and have it delivered to us - all without ever having to leave the comfort and convenience of our home. We must also be vigilant of the dangers that are present on the Internet and take proactive steps to keep our children safe when online.

Trey Blundell is a technology consultant and can be reached at trey_blundell@yahoo.com

Internet Filter Review, 2006

Online Victimization of Youth: Five Years Later, 2006

Online Victimization of Youth: Five Years Later, 2006

Online Victimization of Youth: Five Years Later, 2006

Ketchum Global Research Network: Parents' Internet Monitoring Study, 2005

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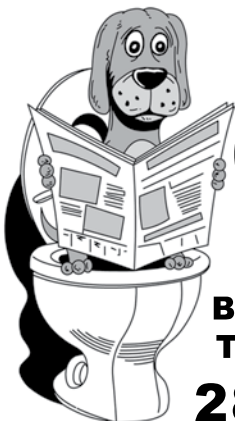
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RANCH RECORD

March Landscape Corner

Landscaping Will Help Increase Your Home's Value

What is the most expensive investment we will probably ever make?? Our home is the answer. We spend money to maintain our homes inside and out. We want to enjoy our places and keep them looking nice for ourselves as well as passersby. We allocate funds to accomplish this. Those same passersby see the home exterior, but they also see the landscape. Is there a similar concern that the landscape looks as good as the home's interior and exterior?? In many cases the answer is no. Investing in our property landscape is a good investment and will pay for itself at the time you sell that home. In most cases, you can get a lot more money for your home at the time of sale IF the landscape has been upgraded and is well maintained. New homebuilders give us a basic lawn. Is that what you still have after years of being in the home? Perhaps it is time to make some changes?

Schedule your Landscape Company

If you hire out your regular lawn maintenance work to professionals, call them now for an estimate so you can get on their schedule for this season. Ask the company about their reliability, work quality standards, billing process, trust-ability on your property and of course, their costs. Ask any other questions you feel are appropriate. If all the answers sound good after they see your property and give you an estimate, hire the company then and there to get on their schedule.

Last Freeze – March 15th (avg.)

March is the time that everything wakes up in our lawns. Be prepared, and enjoy the work outdoors while the weather is still very comfortable. Get those projects done now. Remember-The AVERAGE last killing frost date is March 15th. We could get a killing frost after this date. If you put out tender new flowers too early and we get a hard freeze, you will have a bunch of dead new plantings. We all get excited to plant, but use some caution too! When choosing your plantings, keep in mind we are located on the border of planting zones 7 and 8. A plant meant for zone 10 or zone 4 probably will NOT survive here, so save your money even though it is very pretty at the nursery. Try to get plants, bulbs etc. that were started in Texas or from other states with the same zones; they will perform better here as a result. Annual plants live and die in one season while perennial plants live for more than one season, therefore are a better bargain. Call the Texas Cooperative Extension Office at 817-884-1945 for lists of plants, flowers, shrubs and trees recommended for our area, the information is all free!

Fertilizing

Pre-emergent can be applied now. Pre-emergent means that it must be applied before the weed germinates. It prevents germination of the seed. Once the weed is visible, it is too late to apply a pre-emergent.

(Continued on page 11)

Worship

Join us to celebrate

Easter

Easter Sunday, March 23, 2008

6:45 am **7:45 am** **10:30 am**
Sunrise Easter Service *Continental Breakfast* *Main Easter Service*

Terra Verde
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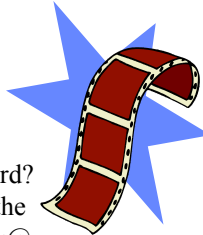
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March Landscape- (Continued from page 10)

Post emergent chemical controls will work after you see the weeds. In your current beds, eliminate the weeds, turn the soil, add organic materials and blend it in to a depth of 4-6 inches. This will prepare it for spring flower planting. For new shrub planting, blend the organics in to a depth of 6-8 inches. Rear tine tillers work well for this task. Now is a good time to plant the shrubs, the roots will have time to spread a bit prior to our summer heat. Top your beds with a good layer of mulch, 2-4 inch minimum.

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.

The Ranch Record

A newsletter for Blackhorse residents by Blackhorse residents.

The Ranch Record is a monthly newsletter mailed to all Blackhorse Ranch residents. Each newsletter includes 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.

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.

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.

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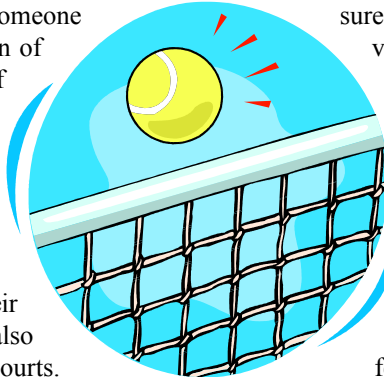
How To Start Playing Tennis - Practice and Playing Tips

Submitted By Fernando M. Velasco

Purchasing a Tennis Racket – Make sure that someone with experience has helped you with the selection of a tennis racket. They come with different sizes of grips, shapes and thickness. Your swing speed and your ability will determine what will be best for you.

Tennis Shoes – Running and walking shoes are not ideal to play tennis. They have different support and soles than tennis shoes. Many clubs will only allow proper tennis shoes to be worn on their tennis courts, not only for safety for the player, but also because other shoes mark and damage the tennis courts. We suggest always purchasing a shoe a half-size bigger than normal shoes, to allow you to wear good tennis socks. Many players, including myself, always wear two pair of socks to help with cushion and avoid blisters and calluses.

Clothing - One of the beauties of the game, is that you do not need to spend a great deal of money on clothing. We suggest a comfortable top and pair of shorts/skirts with pockets to be worn when playing. Tank tops for men are not allowed on Club's tennis courts. Make



sure you always protect yourself from the sun with a hat, visor or cap. We strongly recommend wearing at least a 20-50 spf ultra sweat-proof sunscreen lotion to protect you from the sun.

Playing time – When arriving on the tennis court, spend at least 20 minutes stretching. Most injuries occur in the first half hour of playing due to muscles and tendons being tight and not stretched. Start with the legs, back shoulders, neck, and finish with the arms for serving motion. Spend at least 5 minutes playing “mini-tennis” to feel the court, the wind, and the speed of the ball. Once you feel warmed up, then pull back to the baseline and start hitting groundstrokes, just keeping the ball in play. Your warm-up should also include hitting volleys, overheads and serves.

Now you are ready to start playing the game, either with your friends, in a tournament or in league play.

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40 days of Lent.

What you'll find at
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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.

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



Meet Bailey

Submitted by Adoption Coalition of Texas



Meet Bailey, an active 10 year old boy who loves playing video and all of the other little things that boys do... at 10 years old, boys are pretty active. Bailey is in foster care at the moment, removed from his biological family because of abuse or neglect and is legally free for adoption. He is waiting -- waiting for a family to come along and claim him as their son. Of course, this family needs to be energetic as Bailey is always on the go! Bailey does enjoy school and making new friends. He is definately outgoing and likes to be funny. He especially loves to talk to people. He is learning what boundaries and limits are as he did no't have guidance at a young age. He needs a parent or parents with patience to teach them all of the things he missed out. He needs love, structure, stability and attention.kell

Bailey has been seperated from his sister in foster care but is very bonded with her. When asked what type of family Bailey would like to have, he answers "I want a nice family who will let me see my sister". While those that work in the system try to keep siblings together, sometimes it simply is not possible. However, the ability to visit occassionally, talk on the phone or even write letters helps.

If you would like to learn more about Bailey, please contact Vanessa Coppola, Wendy's Wonderful Kids Recruiter, Adoption Coalition of Texas at 512-687-3209. On March 22nd at the Old Quarry Library in Austin the Adoption Coalition of Texas is hosting its free monthly Foster Care Adoption Information Meeting at 10:15am. For more information about foster care adoptions, please do not hesitate to contact Tracy Eilers at tracyeilers@adoptioncoalitiontx.org / 512-301-2825 / www.adoptioncoalitiontx.org

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*Consult your tax advisor for detailed information on IRA tax advantages.



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Learning Express is proud to announce our participation in the SolesUnited program. Started by Crocs, SolesUnited is the first of its kind footwear recycling program. Here's how it works:

1. Wear your Crocs shoes until the tread becomes worn or they reach their end-of-life.
2. Donate your worn-out Crocs at a participating retail location.
3. Once worn-out Crocs are received, they are sorted, ground up and made into new SolesUnited recycled shoes.
4. SolesUnited shipping partners work with organizations that assure the shoes will be delivered to those who need them.

To date, Crocs has donated more than 1 million pairs of shoes. Its goal is to donate 2 million pairs of recycled shoes in 2008. You can read more about the program at www.solesunited.com.

Croc on!

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Is teaching Spanish to a toddler a good idea?

Submitted by Carolina Alvarez

Well, first let me correct myself as teaching is not the right term. Language is **developed** in children **by exposing them to it**. Coming back to the question—although the answer might seem obvious—some parents experience a kind of fear to expose their little ones to another language at this early age. We could assume that it's basically because parents are more eager to see their child communicating in English and they are afraid that introducing a different language could confuse their child. However, research proves the opposite to be true. With a little online research, one can find much data proving the academic and social benefits of learning a second language in this early stage of life. For instance, from the American Council on the Teaching of Foreign Languages' website:

"There is a correlation between second language learning and increased linguistic awareness.

[A] study postulated that children who received a precocious learning of 2 languages may develop enhanced awareness and control of syntactic structure since they need an appropriate syntactic repertoire in each language. In return, these children will gain access to the written language with more ease. The results showed an advantage for the children who attended bilingual classes since kindergarten: they were better at grammatical judgment and correction tasks and word recognition."

The well-renowned Dr. Maria Montessori writes in her book, *The Absorbent Mind*, about the immeasurable capabilities that a child's brain possesses and the great ability of easily acquiring the language she/he is exposed to in an unconscious manner. And it is this unconscious ability to learn which is the great treasure and mystery of a child's first 6 years of life. The laws of nature equip the child with a mechanism for absorption and retention of language through the sense of hearing.

When we get older, this process doesn't come so naturally. This reminds me of my own experience learning English in my hometown in Ecuador. After 4 years of ESL studies, I saw myself being able to read and write English, but I had a poor understanding of spoken English

and as a consequence I wasn't able to speak it. I couldn't consciously understand what I was hearing and therefore I couldn't reproduce it. I realized that the only way I would be able to learn to speak English was if I lived for a period of time in an English-speaking country. Therefore, I enrolled in an Intensive Business English summer course in Cambridge, UK. Part of the program included living with a family, so that I would be exposed to the language 100% of my conscious time. The process was exhausting, but after a month there—listening to nothing but English—I was finally able to put what I had in my mind into my mouth. It worked! I finally could "get it out!" Over the years, I have been perfecting my English. Still, I am conscious that most likely I will never "own" the language as a native English-speaking person does, because I learned it too late.

That is exactly what the point of this article is. I think it is a great idea to give our children enough exposure to a second language so that they can "painlessly" become bilingual and get all the benefits that derive from it:

- Positive effect on intellectual growth.
- Enrichment and enhancement of a child's mental development.
- Flexibility in thinking, greater sensitivity to language, and a better ear for listening.
- Improvement of a child's understanding of his/her native language.
- Ability to communicate with people she/he would otherwise not have the chance to know.
- Understanding and appreciation of different cultures.

If you have a toddler, a second language program offers them many benefits. This is the ideal stage of development for learning a second language and Spanish is a logical choice because it is the second most widely spoken language in the United States. It is also the most popular studied foreign language in U.S. schools and universities. Therefore, it offers more opportunity to hear it, remember it and practice it.

"Words are bonds between men" - Maria Montessori

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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.

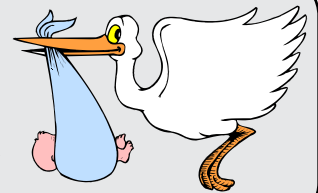
So what can you do to modify your lifestyle?

- 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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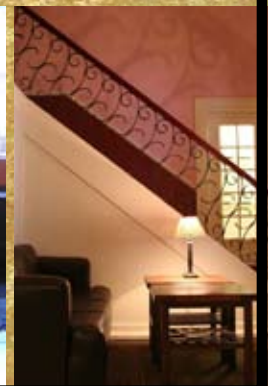
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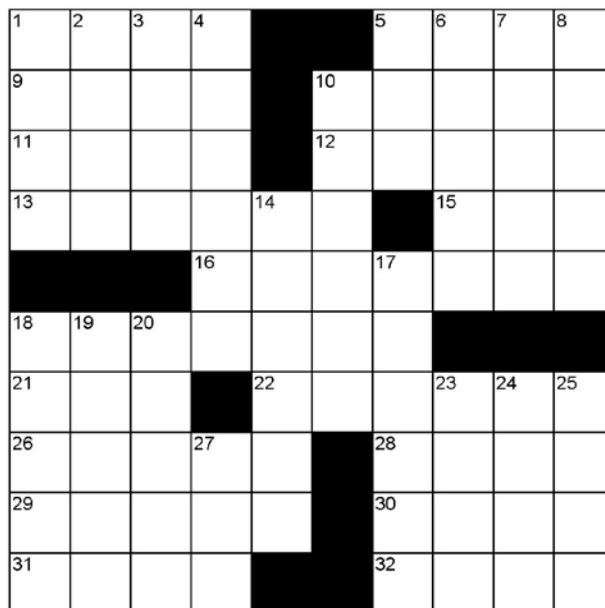


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Crossword Puzzle



ACROSS

1. Saclike structures filled with fluid or diseased matter
5. Citizen
9. Run easily
10. Distinguished
11. Malaria
12. Book of facts
13. One who dies for a cause
15. Stretch to make do
16. Headphones
18. Brutality
21. Desert
22. Snuck a look
26. Declare
28. S.A. Indian
29. Gave a lavish party
30. Element
31. Question closely
32. DNA component

DOWN

1. Chowder ingredient
2. Meditation
3. Goad
4. Grow molars
5. Explosive
6. Tears
7. Waken
8. Set in
10. Self-protection
14. Barked in pain
17. Coloring
18. Small enclosed field
19. Indian currency
20. Inches, for example
23. Leg joint
24. Economics abrv.
25. Citizen of Denmark
27. Tulle

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*Solutions can be found online at www.PEELinc.com



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

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