

# RANCH RECORD

*News For The Residents of  
Blackhorse Ranch*

## MAYFEST 2008

Saturday, May 3rd  
10 am to 4 pm

Mayfest is the annual spring festival and fundraiser in celebration of our mission work at Cypress UMC. We want everyone to join us for this day of fun, fellowship and support of missions in the process. Mayfest has something for everyone!

- Shop at over 40 craft booths
- Bid on fabulous items at our silent and/or live auctions
- Join in the fun and games which include 15 extreme inflatables
- Enjoy some great eats from local restaurants
- Live entertainment can be seen and heard all day

Through it all, Mayfest is about raising money to make a difference in the lives of those less fortunate, to bring hope and healing to hurting communities, and to touch lives with the love of Jesus Christ. You can make a difference in others lives through your support of Mayfest. Hope to see you there.

## Cy-Fair High School Project Prom 2008 Final Countdown

From now until May 2 is the final countdown to the Night of Project Prom. Check out the volunteer requests in this article and online at [www.cyfairprojectprom.org](http://www.cyfairprojectprom.org) 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. Parents are urged to visit the website to register your senior and sign up for email updates if you have not already done so, and to contact us to sign up for a Night of Project Prom volunteer shift. If you have any questions, call CFHS Project Prom 2008 President Karen Fitzgerald at 281-304-8272.

**Final general membership meeting:** Apr. 21, CFHS cafeteria at 6:30 p.m. Bring used printer cartridges, packs of bottled water, a case of soft drinks, and patronize the vendors.

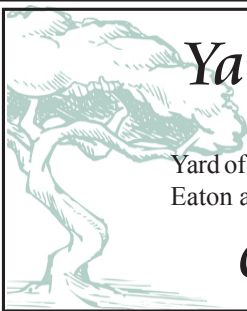
**Aramark events.** We urgently need more people to join our team of parents to work at stadium events. This effort has a huge earning potential. Contact Teresa Cardamone at [teresa.cardamone@cfisd.net](mailto:teresa.cardamone@cfisd.net).

**Cartridges and More Recycling.** Bring your printer cartridges, used cell phones, and other items to the designated bin in the Cy-Fair High School library or to April general membership meeting in a bag or box marked with the senior's name. For a list of items accepted, see [www.cartridgesforkids.com](http://www.cartridgesforkids.com).

**Casseroles-to-Go.** We need people to prepare casseroles for sale. Contact Maggie Machacek at [r\\_machacek@sbcglobal.net](mailto: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 in the "Important Announcements" section at the top of the main page.

**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 are tax deductible.



## Yard of the Month

*Sponsored by Shelly Walzel*

Yard of the month for March is Laura and Dennis  
Eaton at 26306 Wedgewood Park 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](http://www.PEELinc.com)**

# 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 .....	<a href="mailto:blackhorse@peelinc.com">blackhorse@peelinc.com</a>
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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.

## Alternatives to Lawn Expense

By Dale Bulla

For a long time now, most American landscaping has focused on maintaining a manicured green lawn. This requires a lot of water and fertilizer. Native trees, shrub masses, ground covers, prairie or meadow patches, wildflower beds, and attractively mulched areas are better environmental choices for people and for wildlife. Below are some more reasons to consider reducing your lawn and the expense that goes with it.

If you are fed up with lawn maintenance, here are some alternatives to consider...

- water garden or pond
- native trees and/or shrub masses
- native annual or perennial beds
- native species of ground cover instead of grass
- butterfly or hummingbird garden
- rock garden
- mulched paths
- hedgerow
- meadow or prairie patch
- organic vegetable garden

Remember if Buffalo Grass is used instead of regular turf grass, no additional water is required after it is established. When it gets dry, it goes dormant, when it rains it greens up. It only grows about six inches high so mowing is not necessary. If you must water, the city recommends water every 45 days for Buffalo Grass to stay green. Mowing can increase weed infestation so hand weeding is recommended if you cut your Buffalo Grass.

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## Cypress Assistance Ministries Antique and Collectible Sale

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Don't miss Angels' Attic Antique and Collectible Sale, April 15th and 16th, 10am – 6pm. A fantastic assortment of vintage glassware, silver, linens and hard to find collectibles can be found at this great event! Donations for this successful, bi-annual sale are also being accepted. As you drop off your donation, please let the attendant know the donation is designated for the Antique Sale. Proceeds from the Antique and Collectible Sale benefit client services at CAM.

Interested in becoming a member of our dedicated volunteer team? Volunteer opportunities are available in Angels' Attic Resale Shop, the donation center, and the Food Pantry. To become a volunteer, contact Lisa at 281-955-7684 to sign up for an orientation.

Cypress Assistance Ministries provides an array of services to families in need within the Cypress and Northwest Houston area. For a description of all our services, volunteer opportunities or Food Pantry requests please see our web site, [www.cypressassistanministries.com](http://www.cypressassistanministries.com).

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

## Sandra Gary Cordova Attorney at Law 281-256-3030



Former Corporate Counsel  
State Bar Counsel and  
Assistant District Attorney

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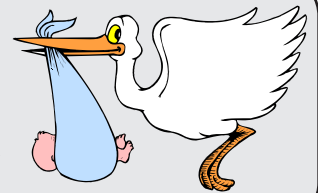
## Mildew Stains

This is the time of year when Houston homeowners begin to be plagued by mildew. It commonly shows up on the bricks or concrete on the north walls or side of the home, though any sheltered place that can stay damp will foster the growth of the unsightly green-to-black fungal nemesis.

The mildew stains can normally be removed without great difficulty by treating the affected areas with any anti-fungal or anti-mildew material available at local hardware stores. Many area homeowners have found a mixture of bleach and TSP (tri-sodium phosphate) to be an effective removal agent when brushed on and hosed off. For treatment of extensive areas of mildew growth, power-washing is the recommended approach. So our homes and the community can be kept as visually pleasing as possible, you are asked to inspect your homes, especially the north side walls, patio walls, mailboxes and entryways, and try to remove any mildew spotted.

### Stork Report

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



## Let's Talk Real Estate



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# RANCH RECORD

## Ladies, Do You Like To Sing?

Join Houston Horizon Chorus, an award-winning women's acapella chorus, for a three-week session of "Vocal REALity", an opportunity for you to sing with REAL women, produce REAL harmony and have REAL fun!

When: Tuesdays, April 15-29, 6:30-10 PM

Where: Grace Hall Education Center  
Unity Church of Christianity  
2819 Hillcroft, Houston

Cost: Free!

Visit this talented, friendly chorus and put the joy of music back into your life!

Go to: [www.houstonhorizon.org](http://www.houstonhorizon.org) or call 1-877-571-4465 to register.

## Sustainable Living in Houston

*Submitted by Jennifer Armentrout*

General Meeting, May 8th from 7:00 – 8:00 p.m. at the Cy-Fair College Library. At this meeting, we will discuss who we are, what our mission and goals are, as well accept members and talk about upcoming events.

This is open to everyone, although we ask that parents leave their children at home for this meeting.

## CyRidge After Prom Garage Sale Benefitting RAP '09 (Class of 2009)

CyRidge After Prom Class of 2009 will be holding their fundraising garage sale on April 19 at Trader's Village. We would like to accept your donations before the event, but are still working out the details at this writing. If you have items that you would like to contribute, please contact Sheila Schlesener at 713-854-4757 or email me at [Sheila.schlesener@amec.com](mailto:Sheila.schlesener@amec.com). We will not accept any clothes or shoes.

Please check the web site for more information – [www.schools.cfsd.net/cyridge/Clubs/RAP09/rap\\_09.htm](http://www.schools.cfsd.net/cyridge/Clubs/RAP09/rap_09.htm)  
OR go to [www.cfsd.net](http://www.cfsd.net). Click on the "Campuses" heading, then click campuses again. Click on Cypress Ridge. Click on the "Clubs" heading, then pick RAP '09.



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## Cy-Woods' Wildcats 2<sup>nd</sup> Annual "New Cat in Town" Classic Golf Tournament



*Cypress Lakes Golf Club ❖ April 28, 2008*

**REGISTER NOW** for Cy-Wood's High School 2<sup>nd</sup> 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](mailto:ORedhouse@aol.com) or [COWIEWT@aol.com](mailto: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](mailto:ORedhouse@aol.com).*

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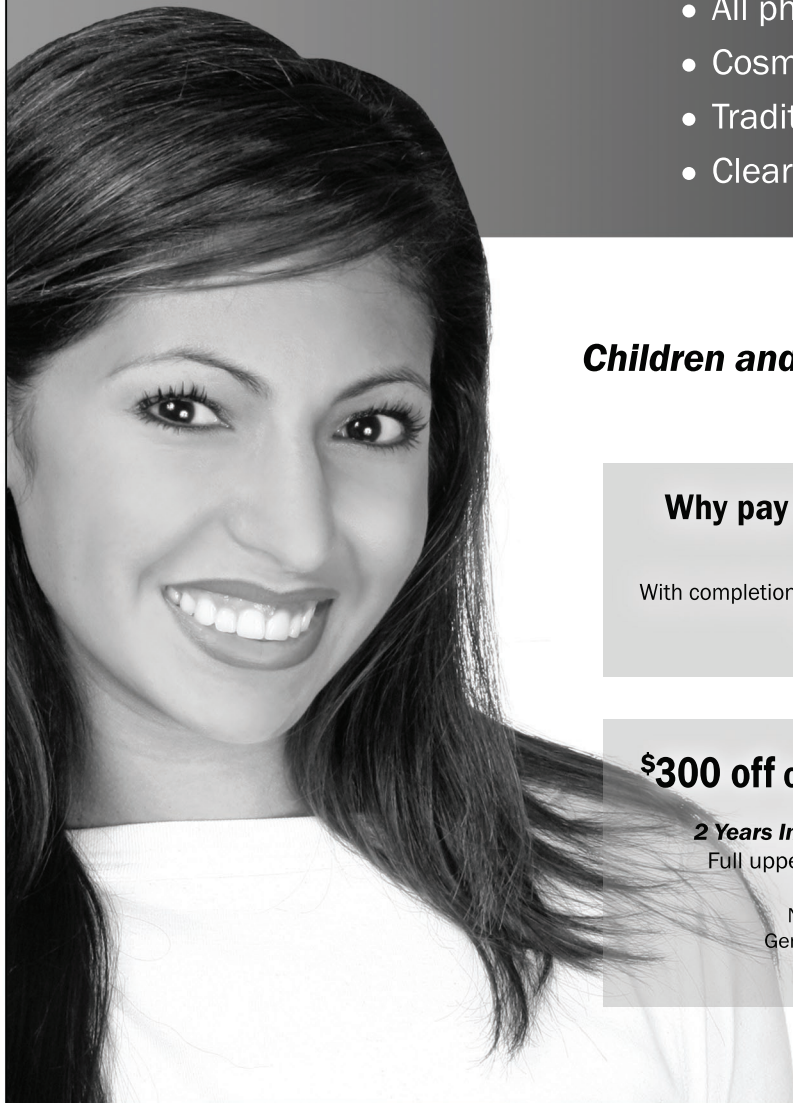
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## **Lone Star College-CyFair Perspective**

### **Bring the Family to the Annual Chili Cook-Off April 19**

The Fifth Annual Emergency Services Chili Cook-Off, set 9 a.m. to 3 p.m. April 19, includes "Firefighter Combat Challenges" throughout the day, live entertainment, children's activities Life Flight demonstration and more. Pay \$3 to taste all the teams' homemade chili and vote on the winners. Hot dogs, chips and drinks will be for sale. Proceeds benefit the Emergency Services Scholarship Fund. Shuttle service will be provided from Barker Cypress campus parking lot to the Emergency Services Education Center parking lot. For information call 281-290-5900.

### **Look at the Talent Showcased in the Center for the Arts**

The month kicks off with the Choral Department's annual spring "World Music Festival" April 4. Then enjoy a variety of talents at the "Hollywood Boulevard" talent show April 11. In the Bosque Gallery the work of student artists will be highlighted in the "Spring 2008 Student Exhibition" April 15 through May 8. Finally, the Theatre Department presents "A Piece of My Heart" – a riveting drama, for mature audiences only, set April 17 though April 27. For visual and performing arts information, go to [cyfair.lonestar.edu/centerforthearts](http://cyfair.lonestar.edu/centerforthearts).

### **Diversity in the Information Technology Field Speaker Series**

Come hear first-hand about the benefits and rewards of a career in IT from three minority guest speakers who have been successful in a field of Computer Information Technology, one of the fastest growing and constantly evolving industries in the country. Dr. Denise Chatam, Lone Star College-CyFair Dean of Technology and Institutional Research will speak April 8; Christopher Powe, business systems analyst with BP, April 9 and Janine Mahone, product manager with Symantec. For speaker series or LSC-CyFair Computer Information Technology program information, call Kimberly Hubbard, CIT Professor, at 281-290-3920 or go to [cyfair.lonestar.edu](http://cyfair.lonestar.edu).

### **Check out L.I.F.E. Lessons in April**

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) In April, programs feature real estate websites April 2, Harris County history with county district clerk Theresa Chang April 9, create your own Indian artwork April 16, learn about protecting our water supplies April 23, and history of political mud slinging April 30 (Recital Hall, ART 102.) Call the library at 281-290-3213 for L.I.F.E. program information or go online to [cyfair.lonestar.edu/library](http://cyfair.lonestar.edu/library).

### **Spring Film Series Concludes This Month**

The Lone Star College-CyFair 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. April films include "John Q" April 3 at Barker Cypress, "High Noon" April 10 at the Fairbanks Center; and "The 11th Hour" April 23 at Barker Cypress. Registration is available at all the film events. For information, go to [cyfair.lonestar.edu/filmseries](http://cyfair.lonestar.edu/filmseries).

## Dr. Ben Welch Speaks to Aggie Moms on The Spirit of Aggieland

Dr. Ben Welch will share his insights into what makes Texas A&M University such a special place, when he speaks on the Spirit of Aggieland at the NW Harris County Aggie Moms club on Tuesday, April 8. Dr. Welch serves as the Director of the Center for Executive Development and Clinical Associate Professor for the Department of Management in the Mays Business School. Among his many honors are having a Fish Camp and T-Camp named after him; being selected as Professor-of-the-Year for 1995-96 and 1991-92 by student members of the Management Society, as well as the College of Business Honors-Professor-of-the-Year for 1991; serving as Academic Advisor for Squadron 17 with the Corps of Cadets for seven years; and receiving the 1991-92 Corps Outstanding Academic Advisor award. Other honors include the John J. Koldus III Faculty/Staff Achievement

Award and the Ed Guthrie Advisor-of-the-Year Award. Dr. Welch was the 2005 recipient of the coveted University-wide Association of Former Students Award for Teaching. Dr. Welch previously served as the Director of the Department of Student Activities for Texas A&M University, Director of Mays College of Business Fellows and Honors Programs and as Associate Director of the Center for Teaching Excellence at Texas A&M University.

Mothers of current and former students are invited to the April 8 meeting that will be held at the Houston Distributing Company, Inc., 7100 High Life Drive, Houston, TX 77066. The evening begins at 7 p.m. with snacks and a casual social time, and the meeting starts at 7:30 p.m.

For more information about this and upcoming events check the website at [www.nwhcaggiemoms.com](http://www.nwhcaggiemoms.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](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.

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# RANCH RECORD

## NatureWatch

by Jim and Lynne Weber

### There's No Such Thing As Buzzards

To most Texans, vultures are simply "buzzards," an unfortunate misnomer that stems from the term early settlers used to describe these birds that reminded them of a common, medium-sized hawk found in Europe. American vultures have their own distinct family and differ from vultures found on other continents, which are more closely related to hawks and eagles.

Vultures are characterized by small, unfeathered heads and hooded beaks, which help them feed on the carrion that makes up most of their diet. As scavengers, they often feed together and assemble in large groups to roost at night. These gregarious birds become solitary during the spring nesting season, from March to June in Texas, and prefer protected rock ledges, caves, hollow trees, and even deserted buildings as nesting sites, as they do little to no nest construction. Male and female vultures look alike, and they have no song or call, although they will grunt and hiss when feeding or frightened.

Turkey vultures are one of two vulture species common in central Texas. Large, sleek, and black with a naked red head, white beak, and longish tail, the turkey vulture has a six-foot wing span. Combined with its relatively light weight, you will often see this bird using thermals to carry it aloft, soaring high above the ground in sweeping circles. From below, its slender wings appear two-toned, with leading

edge black wing linings contrasting with trailing edge light grey flight feathers. Unlike other vultures, the turkey vulture uses its sense of smell to locate carrion. And like its stork relatives, this vulture often defecates on its own legs, using the evaporation of the water in its feces to cool itself down.

Smaller, with a shorter tail, naked black head, and a wing span of less than five feet, the black vulture is not built for endless soaring like the turkey vulture. As such, you will often see this bird alternate rapid flapping of its wings with short glides. From below, its wings also appear two-toned, but with the light grey feathers appearing only on the wing tips. Unlike the turkey vulture, the black vulture will supplement its carrion diet with small mammals, reptiles, and young birds, and will depend solely on its vision to find food. A more aggressive bird, black vultures will often form small groups and gang up on a larger turkey vulture to drive it from a carcass.

Populations of turkey and black vultures fluctuate throughout the year in central Texas. Although some stay year-round, many turkey vultures spend the winter in Central America. Black vultures also migrate, and may travel as far south as Brazil for the winter. Protected by the Migratory Bird Treaty Act of 1918, it is illegal to take, kill, or possess turkey or black vultures, except for birds that are injured and unable to return to the wild.

*(Continued on page 11)*

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**Nature Watch** - (Continued from page 10)

While vultures may not be the most attractive bird around, you have to admire their majestic stature, graceful flight, unique social characteristics, and the role they play as nature's best recyclers! Send your nature-related questions to [naturewatch@austin.rr.com](mailto:naturewatch@austin.rr.com) and we'll do our best to answer them.



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## Heel Pain

Dr. Judith E. Rubin

Do you ever wake up in the morning and struggle taking that first step out of bed because your heel hurts? You may be suffering from plantar fasciitis, a very common foot problem that a Podiatrist treats daily.

The plantar fascia is a thick band of fibrous connective tissue that is attached to the bottom of the heel and fans out into the ball of the foot attaching to the base of the toes; acting like a shock absorber by flattening out the arch with each step. It is responsible for helping to stabilize the foot while walking and doesn't stretch very much. The planter fascia is like a rubber band in that it stretches until it can't stretch anymore and then it breaks causing micro tears in the fascia at the heel bone which causes pain. Sometimes one forms a heel spur due to the repetitive process of walking and flattening out of the arch. The heel spur itself does not cause the heel plain but does signify that the fascia has been excessively stretched for quite some time. Also, through this inflammatory process the nerves can get irritated causing pain.

There are a number of different causes of heel pain including but not limited to heel spurs, posterior heel pain, stress fractures or fractures in general. Achilles tendonitis, bone bruises, tarsal tunnel syndrome, Sever's disease (seen in adolescents and children), bone tumors and inflammatory conditions like rheumatoid arthritis.

Risk factors for heel pain may be a flat foot or high arch foot type, obesity, standing on hard surface floors for long periods of time, wearing improper fitting shoes and engaging in strenuous activity.

Heel pain on the bottom of the foot tends to occur for no apparent reason. The most common patient complaint is pain with the first step in the morning or after getting up to stand after sitting. The pain may be sharp while standing and throbbing while sitting. Some have pain that radiates up the back of the leg or into the arch of the foot. Also if heel pain persists for quite some time prior to treatment there may be pain laterally on foot too. Other signs and symptoms include: inability to walk comfortable on the affected side, heel pain that occurs at night while resting, heel pain that persists beyond a few days, swelling or discoloration of the ball of the foot, signs of an infection including fever, redness, warmth or any other unusual symptoms.

Plantar fasciitis is diagnosed through a thorough history and physical exam. X-rays are useful in determining if a heel spur is present and to rule out other causes of heel pain such as a fracture, bone tumor or connective tissue disorder.

Heel pain treatment depends entirely on the cause of the problem. If you are unsure of your diagnosis or severity of your condition you

*(Continued on page 13)*

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## Heel Pain- (Continued from Page 12)

should seek medical advice from a Podiatrist before beginning any treatment plan. For plantar fasciitis, the most common cause of heel pain, treatment consists of numerous modalities. Stretching is the key to alleviating symptoms. I have found over the years that soft padding and strapping of the affected foot along with oral anti-inflammatory medication taken on a regular basis for a short period of time is beneficial as well as icing the foot. If minimal or no improvement occurs then in addition to stretching and icing the foot, a cortisone injection to the heel may be needed. If still not 100% improved then custom molded functional orthotics should be considered. A custom orthotic is made by your Podiatrist which is worn in normal shoes but is made specifically for the patients' foot type and corrects abnormal pronation of the subtalar joint. Physical therapy and night splints are other possible treatment options. Surgery to correct heel pain is generally only recommended if all other treatment modalities have failed.

Heel pain is a condition that is very common and is successfully treated through conservative treatment options daily by your Podiatrist. If you are experiencing persistent heel pain please see your foot doctor/podiatrist to start treatment to begin the healing process and get you back to your everyday activities pain free.

## Teenage Job Seekers

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### 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).

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# RANCH RECORD

## Consequences Of Sleep Deprivation Can Add Up

*Baylor College of Medicine*

HOUSTON – (March 5, 2008) – Think you can get by on a few hours of sleep each night without any serious consequences? Think again.

Depriving yourself of sleep can have a detrimental effect on your overall health, said Dr. Shyam Subramanian, assistant professor of medicine at Baylor College of Medicine and a sleep expert.

“Research shows that several body functions are disturbed when you’re not getting enough sleep. This ranges from neuropsychiatric disruptions to general cardiovascular function,” he said.

Sleep deprivation can disrupt normal brain function and lead to short term memory loss, anxiety and even depression, said Subramanian. For someone who already suffers from a mood disorder, a lack of sleep can trigger more severe symptoms of the disorder.

Lack of sleep also affects how well the body functions. While you sleep, heart rate, blood pressure, adrenaline and platelet function slow down. Disrupting this slowdown can increase the risk of heart attack, stroke or blood clots, said Subramanian.

However, the body releases the hormones cortisol and leptin during slow-wave sleep, the period of deepest sleep. Cortisol regulates the immune system and plays a role in glucose regulation. The risk of diabetes and a poor immune system result with a lack of cortisol in the

body. Leptin plays a role in suppressing the appetite. Some research shows that sleep deprivation increases the risk of obesity and insulin resistance, a precursor to diabetes.

Insulin resistance is also a common symptom in women suffering from polycystic ovary syndrome. Women with polycystic ovary syndrome have fertility problems, irregular periods and weight gain, among other problems. Many women with this problem also stop breathing while they are asleep (apnea). For some, treating apnea relieves the symptoms of their disease, said Subramanian.

Signs of sleep deprivation include fatigue, falling asleep involuntarily throughout the day and constantly waking up at night, among others. Adults between the ages of 18 and 60 should get about seven and a half to eight hours of sleep each night. Children under the age of 5 years should get 11 to 12 hours of sleep each night. For each year after the age of 5, the number of hours of sleep needed will decrease by one.

Every hour of sleep you lose watching late night television or chatting on the phone will have an effect –the next morning and perhaps over your lifetime as well, experts say.

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## How To Start Playing Tennis

By Fernando M. Velasco

In past issues, we have discussed on how to start taking lessons, purchasing rackets, shoes and giving you some tips to begin playing.

Now that you are ready to start playing the game, in this issue, we will discuss on how to become “mentally prepared” when competing and playing socially with spouses, friends and children.

Game of “Mistakes” – Tennis, unlike other sports, is based on minimizing mistakes. Even the tournament players, will make mistakes. We will hit balls long, short, into the net, into the parking lot and sometimes even hit our own partners, if playing doubles.

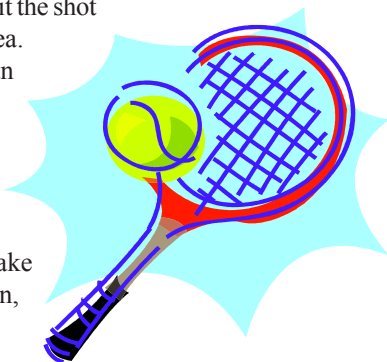
Three basis rules that I have my students follow when making an error are the three “R’s” that I learned from Dr. Karl Slaikeu in his book “Focused for Tennis”:

1. “Release” – The mistake is done. There is nothing to get the point back.
2. “Review” – Think of what you could have done to avoid the mistake.
3. “Reset” – Start the next point refreshed and with your mind clear.

Tennis is a game where, unless the opponent hit the last shot to win the match, that you still have plenty of opportunities to get your “rhythm” and confidence back.

In order to hit “winner” shots, one must take chances. On critical points, I ask my students to review the following “awareness points”:

1. “Own awareness” – Hit the shot that you have and can depend on it.
2. “Opponent awareness” – Hit the shot to the opponent’s weak area.
3. “Court awareness” – Plan your shot according to where the sun is and where the wind is coming from.
4. “Score awareness” – If ahead in the score, take chances, if behind or even, be more conservative.



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## Meet Jackie



Growing up in foster care is not something children should have to do. Imagine not being able to hang out with your friends as often as the other kids, attend slumber parties or always worrying about moving. Children in foster care worry every day about their future and where they will be. They are often in survival mode, feeling that they must look out for themselves because who else is? While there is an entire system working very hard to find permanency for these children, it can never replace the feelings of loneliness and isolation these children feel. Who is there to guide them over their lifetime, to teach them the little things in life we take for granted.

Meet Jackie, a beautiful spirited girl with a heart of gold. Yes, she is a teenager. Yes, she is afraid for her future. Yes, her defenses are up. She is like so many others. The spark in her eye is the hope – the hope

*(Continued on page 19)*



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## Meet Jackie - (Continued from page 18)

that someone will want her; someone will claim her unconditionally as his/her child.

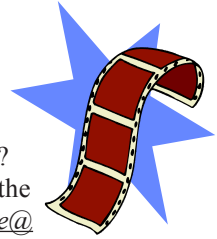
Jackie, a beautiful and loving girl who enjoys dancing, will be 15 in June. She is on the volleyball team and pep squad at school. She describes herself as "funny and thoughtful". Like most teenage girls, she loves to shop and talk on the phone. Her favorite subject in school is Math and she is working hard to pull up her grades.

Jackie hopes for a single mother to adopt her and she wouldn't mind being the only child. Jackie looks forward to going to the movies, going out to eat and attending church with her new family. She is excited about getting a family to call her own and spending holidays together. Jackie would do well with a family who could also act as a mentor to help guide her into adulthood.

Everyone needs someone.

If you are interested in learning more about the adoption process, contact the Adoption Coalition of Texas at [tracyeilers@adoptioncoalitiontx.org](mailto:tracyeilers@adoptioncoalitiontx.org) (512-301-2825). If you are interested in learning more about Jackie, please contact Vanessa at [vcoppola@adoptioncoalitiontx.org](mailto:vcoppola@adoptioncoalitiontx.org) or (512) 692-2540.

## 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

## TAX TIPS – 2008

Don't forget to file your Federal Income Taxes (or apply for an extension) by Tuesday, April 15, 2008!! The IRS has made it much easier to file electronically if you do not want to file a paper return or are in need of a last minute extension. You can also file form 4868 electronically which will give you an extension of up to 6 months to file your return (October 15, 2008) but it does not extend the payment for those taxes. If you think you will owe when you do file your return, then you must pay the balance along with the extension request or you will pay the government interest and penalties.

Looking for your refund? If you have already filed your return and want to know the status of your refund, you can now log on-line and find out when you can expect to receive it. This option is available whether you requested automatic deposit into one or multiple accounts or a check mailed to your home address. Log on to: [www.irs.gov](http://www.irs.gov) for a link to this feature.

**Make sure you:** Maximize your credits!

The credits available to many filers are often overlooked. These include:

Child & Dependent Care Credit: may be available for daycare expenses paid even if you participate in a flexible spending program with your employer.

Child Tax Credit: generally available for taxpayers having qualifying children with adjusted gross income under \$110,000

Education Credits: for higher education expenses two different credits apply, the Hope Credit and the Lifetime Learning Credit

Adoption Credits: a nonrefundable credit available for taxpayers with qualified adoption expenses

**Watch Out For:** The IRS has new substantiation requirements for common itemized deductions such as employee business deductions and charitable contributions including non-cash contributions.

Make sure you get with your tax advisor if you think any of the above could possibly benefit you as each individual situation is different.

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

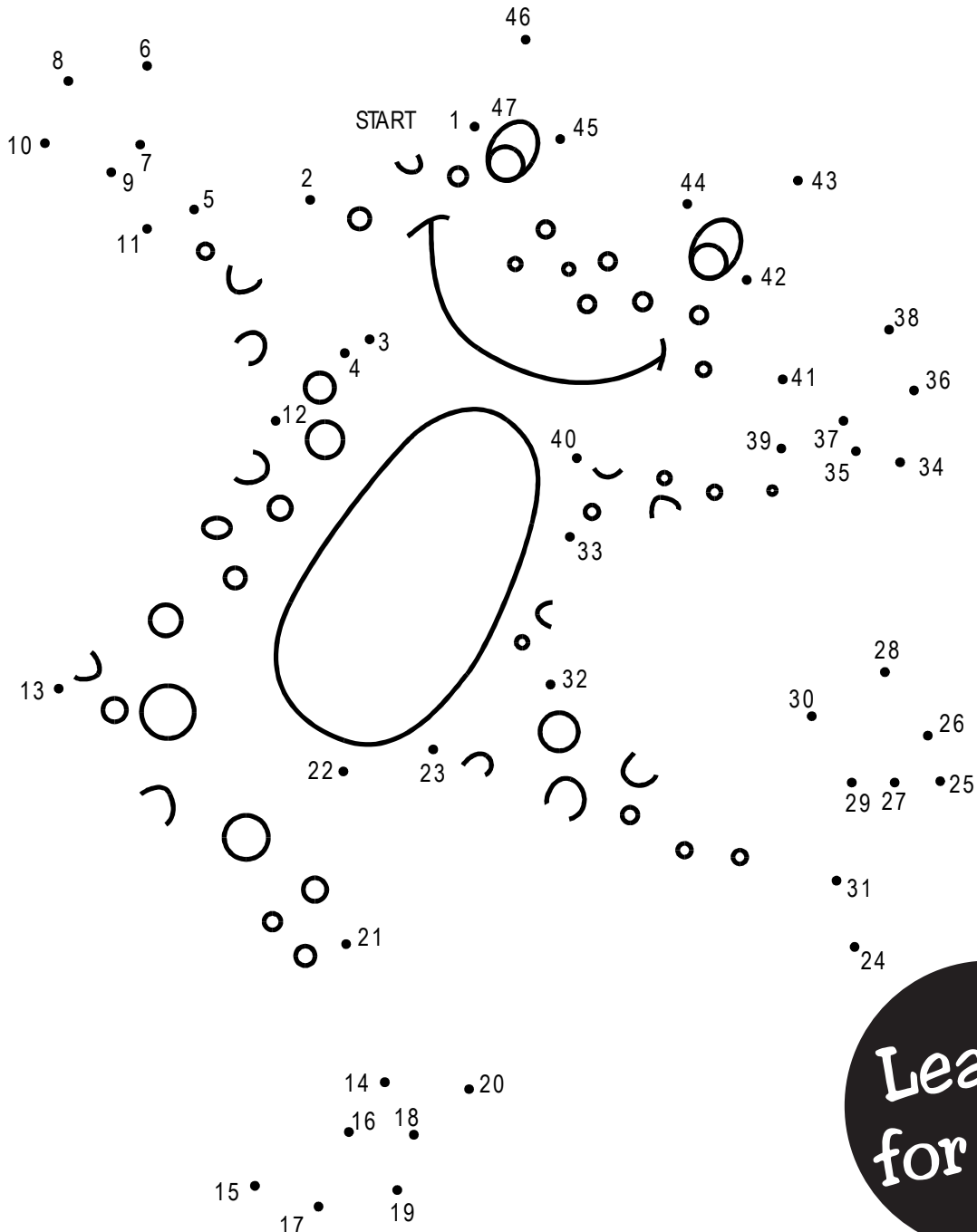


Blackhorse Ranch

# Kids Corner

## Dot-To-Dot

Connect the dots to find the hidden image.



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## Long Term Care: Something to Think About

*Submitted by Rich Keith*

A recent Long Term Care National Poll revealed what people are thinking and doing about long term care. Genworth Financial reports from this poll that many people believe long term care is only for the very old and therefore are prone to ignoring the issues. But what are the important things to know about long term care?

The bottom line: Americans are not planning for possible long term care needs but are concerned about how they will pay for it. The vast majority of Americans are not prepared for the costs of long term care:

- Nearly 6 in 10 Americans (59% of survey respondents) are worried about being able to pay for long term care for themselves.
- 75% (3 out of 4) have made no preparations for their own or a loved one's long term care needs in case it is needed.
- Even if it meant saving \$25,000 a year, only 9% of respondents said they would place a loved one in a nursing home in another part of the state or in a neighboring state.

But the possibility of developing Alzheimer's disease motivates people to plan for LTC. 72% of respondents said that the possibility of developing Alzheimer's disease or another form of dementia is an important motivating factor in planning for long term care.

- The growing incidence of Alzheimer's disease is a motivating factor for long term care planning, especially for senior citizens. When informed of a new report that found Alzheimer's disease

prevalence has increased 10% in the last few years and that someone in America is diagnosed every 72 seconds, roughly half (49%) of survey respondents age 65 or older said the disease was a VERY important motivating factor in planning for long term care. In comparison, only 24% of seniors who were not informed of the recent Alzheimer's disease report were very concerned about being able to pay for long term care.

Consumers incorrectly believe the federal government or their health insurance will pay for their long term care needs

- Almost half of survey respondents (44%) incorrectly believe that Medicare or their private health insurance will pay for their long term care needs. Actually, health insurance and the federal Medicare program do not generally cover long term care.

People would prefer long term care in their home

- If given the choice between care in a facility such as a nursing home or an assisted living facility and care at home, 75% (3 out of 4) of respondents would prefer care at home.
- However, 43% of respondents incorrectly believe Medicare or their health insurance will pay for a home health aide.

Survey Information: The survey was conducted March 25-27, 2007 by Public Opinion Strategies. The poll of 800 registered voters across the country and has a margin of error of +3.46% in 95 out of 100 cases.

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\$276,000--\$350,000									1	
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\$201,000--\$230,000	3	1	1	1				1		
\$200,000 and below		1	1	1	2	2				
<b>Total</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>1</b>	<b>-</b>
<b>Highest \$/sq ft</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*

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