

RANCH RECORD

*News For The Residents of
Blackhorse Ranch*



Post Holiday Household Repair Tips



Submitted by Rich Iazzetti

Now that the Holidays are past and the decorations stored away, those “minor” home repairs may return to the top of your “to-do” list. Here are a few tips to satisfy your need to make your home more livable and enjoyable the whole year round.

List your minor repairs in order of importance and then re-prioritize your list in order of simplicity. Tackling the simplest repairs first is a good rule of thumb. Leaking faucets, loose wall hanging fixtures, loose door knobs or door hinges, unsightly paint scratches and other problems of this type are usually corrected easily and quickly. Don’t hesitate to undertake a simple repair of which you have little knowledge or experience, they can be simpler and easier than you think. However, leave the obviously complex repairs, like some electrical, plumbing and carpentry jobs and structural work, to someone with more experience. If you are uncomfortable with any repair job, first consult with your neighborhood handyman who has the expertise to help you accomplish your goals quickly and inexpensively.

Some helpful tips

Loose wall hanging fixtures, such as paper holders and the like:

- 1) Chances are they were initially hung improperly.
- 2) Remove the fixture using proper tools (small Allen wrenches are handy for fixtures with

wall brackets). On wall brackets, loosen the set screw under the holder bracket. Then test the strength of the wall mounting plate.

- a. If the wall mounting plate feels solid and secure, chances are the set screw you just removed was loose to begin with. Re-attach and tighten. Done!
- b. If the wall mounting plate feels loose, remove the screws and the mounting plate. You will likely find that small plastic wall anchors or no anchors at all were used to hold the screws for the plate in place.
- c. If you can locate a wall stud reasonably near the fixture, remount the plate into the stud using a wood screw long enough to penetrate the fixture, ½ inch sheetrock and at least ½ inch into the stud. This will normally take a 1¼ to 1½ inch long screw. For ease, you may need to drill a small pilot hole using a drill bit smaller than the screw. (Don’t worry about the old holes and the paint; we’ll take care of that later.)
- d. If no stud is available and/or the fixture has two separate wall attachments, you will need secure wall anchors. If the existing holes will hold them, install at least one mechanical anchor (commonly known as Molly bolts) preferably in the location of the higher screw opening in the plate. Using a nail or screwdriver, make the hole large enough for the base of the Molly bolt

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RANCH RECORD

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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

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Article Submissions	blackhorse@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.

Post Holiday Household Tips- (Continued from Cover Page)

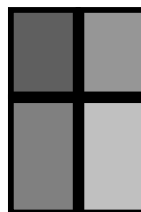
to fit snugly. Tap the Molly bolt into the hole gently with a hammer until it is flush with the wall surface. Turn the screw clockwise as many turns as needed until it stops, this means the bolt has spread inside the wall and is snug. Now remove the screw and place your mounting plate over the opening and re-secure with the Molly bolt screw. Two Molly bolts are better than one, but one will usually do for lightweight hangings. You can use a plastic wall anchor in the second hole.

- e. Apply wall spackling paste to fill the now exposed holes where the fixture was removed and let it dry overnight. If you have touch-up paint of the same color, STIR IT THOROUGHLY and apply with a small brush, blending it into the existing paint. You're done!

Loose door knobs, locksets and hinges:

- 1) Tightening the screws normally does the trick on the knob, but you may have to remove the cover plate using a flat blade screw driver and tighten the interior screws. It's simple once you take a look at it.
- 2) If the hinges and/or door latches are loose and when you attempt to tighten the screws, they don't stop turning, the wood in the screw hole is too wide for the screw to anchor properly. You can use larger (thicker and longer) screws, but this often does not work, as the larger screw heads may interfere with the door closing properly. Before trying new larger screws, try this method.

(Continued on Page 3)



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Post Holiday Household Tips- (Continued from Page 2)

- a. Remove one of the existing screws at a time (NOT ALL AT ONCE!).
- b. Wet the end of a round toothpick with Elmer's wood glue, push it into the screw hole, break it off flush with the surface and repeat two or three times.
- c. Now drive the screw into the hole, it should feel tighter and set securely. If it does, repeat this process on each hole, one at a time. That's it!

Leaking faucets and water fixtures:

- 1) Determine the location of the leak by starting with a dry surface and turning on the water.
- 2) For leaks around the faucet handle(s):
 - a. Turn off the water supply valve(s) under the fixture (inside the cabinet or under the pedestal). Turn off both hot and cold if your faucet has a single handle.
 - b. Remove the handle by locating and removing the set screw holding it in place. A small Allen wrench is usually the proper tool.
 - c. You should be looking at the valve stem. If there is a screw on top of the stem check the tightness and tighten if necessary.
 - d. If tightening the top screw doesn't seem to be the issue, BE SURE THE WATER SUPPLY VALVE IS OFF then loosen the screw and remove the entire valve stem.
 - e. It will have a rubber or plastic stop washer or o-ring on the

bottom and it may have a washer inside the valve seat (the part of the fixture that remains on the sink). Any of all of these may be worn or corroded. Replace with new washers or o-rings. (You may have to take the valve stem to the home improvement store to match up the fittings and parts.)

- f. Replace fixture, tighten all screws and turn the water on!

3) For leaks around the drain pipes:

- a. Check the pipes to see if they appear to be properly aligned and then hand tighten all the connections.
- b. If you still have leaks, unscrew the collars at the connections; check the gaskets and/or rings under the collars. Replace if necessary.
- c. If the leak seems to be coming directly from the drain where the pipes connect to the sink, you may have to remove the pipe flange in the sink and apply new plumber's putty. DO NOT USE PAINTING OR TUB CAULK! A small container of plumber's putty is inexpensive and is the proper choice for sink flanges. It is applied by forming a putty rope in your hands and pressing into place, kind of like children's play putty.

Plumbing jobs can become complicated quickly, especially in older homes, so it is advisable to have a back-up plan if you tackle one.

Repairs around the house don't have to be daunting or terribly time consuming. Remember – prioritize. Take the simplest jobs first. Don't undertake something you have no idea how to begin!

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RANCH RECORD

Hurricane Ike First Responders Appreciation Party



RE/MAX Preferred Homes sponsored a party to honor the Hurricane Ike First Responders for their dedication and service to Fairfield and the surrounding community. RE/MAX feted the firemen and policemen and Fairfield residents, with refreshments and photos with Santa Claus.

Members of a local blue grass band donated their talent to the festivities. In addition to the modern fire truck Cy-Fair Station 7 brought along for the community to check out, they also brought a 1935 fire truck reserved for such special events. A ride in this special truck delighted kids and parents alike. K-9 rescue dog Aid'n enjoyed lots of attention from everyone. Shown in this photo are Paul Davis, Fauzia Zaki, Robin Cox, Rhonda Strain, Broker-Owners Jeanne and Don Machrowicz and Mike Schroder as Santa Claus.

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A Special Invitation to All Women in the Community *Eyewitness to Majesty: Abandoning Self for Christ with Mindy Ferguson*



Come, walk along with Peter as an eyewitness to the life of Christ. Watch Peter transform from Simon the ordinary fisherman, to Peter fisher of men. Peter will encourage you and inspire you. But most of all, he will challenge you to abandon self for Christ.

All women in the community are invited to join us on Tuesday evenings at Good Shepherd United Methodist Church in Fairfield for this eleven-week Bible study, featuring author and Cypress resident, Mindy Ferguson of Fruitful Word Ministries. Each week we will come together for 90 minutes of fellowship, music, prayer and in-depth teaching by Mindy. Childcare is free with advance reservations. Please come and bring a friend!

DATES:

Tuesday evenings, February 3rd through April 21st.

TIME:

7:00 to 8:30 p.m.

LOCATION:

Good Shepherd UMC, 20155 Cypresswood Drive,
Fairfield Subdivision (290 and Mason Rd)

COST:

\$13.00 for workbook

TO REGISTER CONTACT:

Good Shepherd UMC office at 281-373-2273 or
Aynne Daugherty (aynnebaugherty@yahoo.com) at 281-373-1822
Visit Mindy's ministry website at: www.Fruitfulword.org



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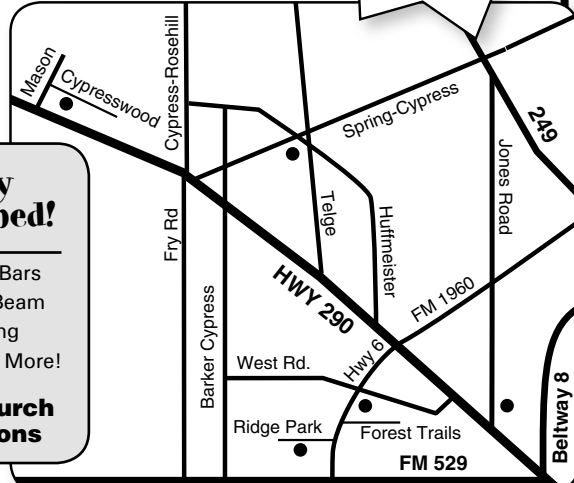
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VOLUNTEERS NEEDED!

Do you have some extra time in your schedule each week that you would like to use to make a profound difference in the life of a child? Cypress-Fairbanks ISD needs caring members of the community to join the VIPS TAG Team (Targeting Achievement Globally). This team of volunteers works with the district's helping teachers to tutor students in selected elementary schools.

You do not need to be a parent or family member of a student to become a team member. You can become a global volunteer – a generous, concerned resident of the community who wants to help children reach their full academic potential. No specialized knowledge or training is necessary. We do ask that team members be willing to work on a consistent, weekly schedule so that the students receive the utmost benefit from their work.

We have tutoring opportunities available in several schools throughout the district and can schedule a time that is convenient for you. If you have questions or need more information, please contact Kim Nash (krnash1@sbcglobal.net or 281-550-2685) or the CFISD Partners in Education Office (Pamela.scott@cfisd.net or 281-894-3950).

Cy-Fair ISD & Volunteers in Public Schools (VIPS): A Winning Combination January / February 2009 Upcoming Events

1/7 - CFISD VIPS Pie Mentor Training

Richard E. Berry Educational Support Center, 8877 Barker Cypress, 9:30 a.m. – 12 p.m.

Training for individuals committed to serve as a role model and friend to CFISD students. Register with the CFISD PIE office at vipsrsvp@cfisd.net and include the date and name of this training, your name and phone number.

1/13 - CFISD VIPS Sooper Puppy Training

Richard E. Berry Educational Support Center, 8877 Barker Cypress, 9:30 a.m. – 12 p.m.

Training for individuals interested in presenting the Sooper Puppy series to first graders about dealing with life lessons, facing dilemmas

and arriving at solutions by making good choices. Register with the CFISD PIE office at vipsrsvp@cfisd.net and include the date and name of this training, your name and phone number.

1/15 - CFISD VIPS General Meeting

Richard E. Berry Educational Support Center, 8877 Barker Cypress, 9:30 a.m. – 12 p.m.

Open to all CFISD school staff, volunteers, parents and community members. Get the latest information on what is happening in CFISD and enjoy the opportunity to network with fellow volunteers

1/21 - CFISD VIPS Pie Mentor Training

Richard E. Berry Educational Support Center, 8877 Barker Cypress, 6:00 p.m. – 8 p.m.

Training for individuals committed to serve as a role model and friend to CFISD students. Register with the CFISD PIE office at vipsrsvp@cfisd.net and include the date and name of this training, your name and phone number.

1/27 - CFISD JA VIPS Training

Richard E. Berry Educational Support Center, 8877 Barker Cypress, 9:30 a.m. – 12 p.m.

Training for individuals interested in facilitating the Junior Achievement program for all grade levels about educating and inspiring young people to value free enterprise, understand business and economics and be workforce ready. Register with the CFISD PIE office at vipsrsvp@cfisd.net and include the date and name of this training, your name and phone number.

1/29 - VIPS Multicultural Meeting

Richard E. Berry Educational Support Center, 8877 Barker Cypress, 9:30 a.m. – 12 p.m.

Open to all CFISD school staff, volunteers, parents and community members. The purpose of the CFISD Multicultural Committee is to raise the level of cultural understanding and respect by sharing information with the CFISD community to encourage cultural sensitivity and parental involvement to strengthen student success. Register with the CFISD PIE office at vipsrsvp@cfisd.net and include the date and name of this meeting, your name and phone number.

(Continued on Page 8)

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Flying Eagles

Clay Road Baptist School is proud to announce our "Flying Eagles" for the first quarter of the school year. Like a traditional honor roll based on academics, "Flying Eagles" is an honor roll based on character. Students are selected based on qualities like patience, kindness, work ethic, spiritual growth, respectfulness, study skills, consideration of others and joyfulness. We are especially pleased to recognize the following students;

K	Mark Nimri- Tampke Bianca Gordon	4 th	David Scott
1 st	Olivia Einnarsson Connor Panto	5 th	Mary-Kate Scurlock Hope Tang
2 nd	Natalie Morel Carter Joutraw	6 th	Kirsten Binkley Cody Parcus
3 rd	Jonathan Loebli	7 th	Beau Powell
		8 th	Corrie Andrews

Volunteers - (Continued from Page 6)

2/10 - CFISD VIPS Galveston Bay Training

Richard E. Berry Educational Support Center, 8877 Barker Cypress,
9:30 a.m. – 11:30 a.m.

Open to all CFISD school staff, volunteers, and parents. Learn how to present a TEKS based science lesson to 4th. grade students at your school. Students will learn about the importance of our bay and waterways and what measures can be taken to protect this life-giving estuary. Register with the CFISD PIE office at vipsrsvp@cfisd.net and include the date and name of this training, your name and phone number.

2/19 - CFISD VIPS General Meeting

Richard E. Berry Educational Support Center, 8877 Barker Cypress,
9:30 a.m. – 12 p.m.

Open to all CFISD school staff, volunteers, parents and community members. Get the latest information on what is happening in CFISD and enjoy the opportunity to network with fellow volunteers and share best practices. No RSVP is needed for this meeting.

If you are interested in becoming part of the winning combination at Cy-Fair schools as a volunteer, and making a difference, or would like more information, please contact Pam Scott, Partners in Education Director at 281-894-3950.

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Fri: 9:30am - 5:30pm
Sat: 9:00am - 4:00pm



WRAP is Cy-Woods High School's parent-driven Project Prom organization. The purpose of WRAP is to provide a drug- and alcohol-free all-night party for the graduating seniors and their guests after their prom. Held at the CFISD Berry Center on May 22, 2009, from 11:00 p.m. to 6:00 a.m., it is a fun-filled evening of shows, games, activities, food, gifts and prizes!

CURRENT FUNDRAISERS:

JEANS & JEWELS DINNER-DANCE AND SILENT AUCTION – FEB 20th

Entire community – you are cordially invited to the **Jeans & Jewels Dinner-Dance and Silent Auction** in honor of WRAP (Wildcats Right After Prom)! This evening of fun will be at Lindsay Lakes on Friday, February 20th from 7:30-11:30 – so save the date! Tickets will be going on sale soon and

cost will be \$25 if purchased by February 1st, \$30 after February 1st and at the door. Please contact our committee chair (see website cywoodswrap.org) if you have donations for the silent auction or to purchase tickets.

MR. CY WOODS

Winter/early spring. This is a beauty pageant type show attended by the students that spotlight the senior men. More to come on this fun event for the students!

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Cy-Woods Wildcat Band & Color Guard Casino Night and Silent Auction

On Saturday, January 31st from 7pm to 11pm, the Cy-Woods Wildcat Band and Color Guard will be hosting their third annual Casino Night at Cy-Woods High School. This is a once-a-year fundraiser for the band. Casino Night is a time not only to raise funds for the band, but also to have fun. Given the huge success of last year's Casino Night, a Texas Hold'em tournament has been added this year. You don't want to miss the fabulous Silent Auction and grand prize drawings for a ping pong table, foose ball table, digital camera and a Wii. Come join the fun and help support the Wildcat Band and Color Guard. For more information visit the band website at www.cywoodsband.org.



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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.

US Olympian to Speak at Northwest Flyers Registration Breakfast on February 7, 2009

The Northwest Flyers Track Club will host its annual free information / registration breakfast on February 7, 2009 for all boys and girls and their parents interested in joining for the 2009 season. The breakfast starts at 8:30AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The breakfast is the annual opportunity for youth athletes to register for the 2009 summer track season, and to meet the Northwest Flyers coaches and staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic team.

The Northwest Flyers Track Club is a youth (age 6 - 18) track organization, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance,

relays and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. The Northwest Flyers has approximately 195 members, boys and girls. The club was founded 21 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

The Northwest Flyers is a member of the "Win with Integrity" program, a partnership between USATF and the American College of Sports Medicine. "Win with Integrity" brings elite track & field athletes and school-aged kids together to promote healthy lifestyles, keeping active, and living with integrity through the sport of track & field.

For additional information on The Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at (281) 587-8442 or linette.roach@sbcglobal.net.

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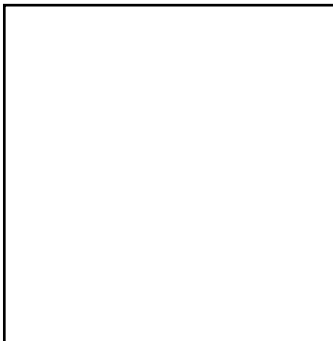
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MOMS Club® is a place to find friendship, support, playmates and sisterhood!

ALL events include our children and we believe there is something for every mom out there! Are you looking for park days, coffee breaks, lunch outings, (free) babysitting co-op, craft projects, time to sit and chat, cooking club, book club or someone to share dinner with when your husband is traveling or working late? We even find the time to meet once a month for a mom's night out a great time to unwind. Or are you interested in helping the within the community with service projects. We have that! (And a whole lot more!)

The New Year is here and what a better time to start something new! You can attend two events before joining. Our membership fee is only \$20 a year. The Moms club is a great opportunity for you and you kids to make new friends in our area. Come visit our next all-member meeting and see for yourself! There is a lot of fun and support just waiting for you! Our next meeting is Tuesday, January 8th, 10AM at Good Shepherd United Methodist Church located on Cypresswood Drive in Fairfield. As always, children welcomed!

For more information please contact Danielle Slot, Membership VP at 832-876-4358, danielleslot@yahoo.com or Amy Wilkes, President at 281-455-2807, amywilkes2003@yahoo.com.

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RANCH RECORD

Okay, I'm Ready to Change, Made My Resolutions....What's Next??

Submitted by Allison Weaver

We all need a hand in designing our grand plan...what will do the trick for us? First, start SMART..

Set goals that are smart. Write them down, post them in several prominent places in your home, car, and office. Research shows that people who take the time to write down goals are much more likely to achieve them. Count on 1 to 2 pounds per week, depending on your current health situation. (Losing 45 pounds in one month is not healthy, unless you have recently given birth and are breastfeeding twins!)

Measurable: Make sure to be specific. Vagueness will have a less than desirable effect. If you want to lose 30 lbs, then set that limit to lose the above 1-2 lbs per week; if it is to get more exercise, then be specific: "I will get up 15 minutes early to walk, jog, run, do push-ups, sit-ups, etc." then after 2 weeks, add another 15 minutes to your routine. (Life does happen, and you can always change your goals later once you get into a routine.)

Attainable: Count on 1 to 2 pounds per week, depending on your current health situation. (Losing 45 pounds in one month is not healthy, unless you have recently given birth and are breastfeeding twins! Losing a lot of weight quickly can lead to rapid weight gain as well, and it can take a toll on your heart and other internal organs.) If getting more exercise for energy is your goal, "split training" is a great way to get those energizing exercise minutes into your day. AND it can help with energy "slumps" during the day. Throw in 10 to 15 minutes throughout your day of walking, jumping, stair climbing, squats, lunges, etc. Getting creative with your surroundings will help as well; bringing resistance bands to the job is easy. Anchor them to the foot of your chair and voila! Instant gym!

Reasonable: Here is where planning is key. If you have a full time job, 4 children with all different schedules, then you will need a

plan of action. Especially in the first 6 weeks, set up a plan that you know you can follow; making small changes a little at a time. (For example: switch to organic fruit and veggies for a snack along with some all natural peanut butter for 2 weeks, then make another change, such as getting up 15 mins early to do jumping jacks or walking) Keep adding incrementally, and in no time at all you will have completely transformed out of bad habits and into good ones! That is an incredible way to begin a new year!

Time sensitive: Have a beginning and ending date. When will you begin? When will you end? If you have slip-ups, just pick yourself up and go from there; it may give you even more determination than before! If your ending date comes and you are not where you want to be, or even if you are; set a new goal, rearrange your thinking, shift a paradigm or two, and begin again. It's not about perfection, it's all about being the best you can be!

Helpful hints to help achieve your goals:

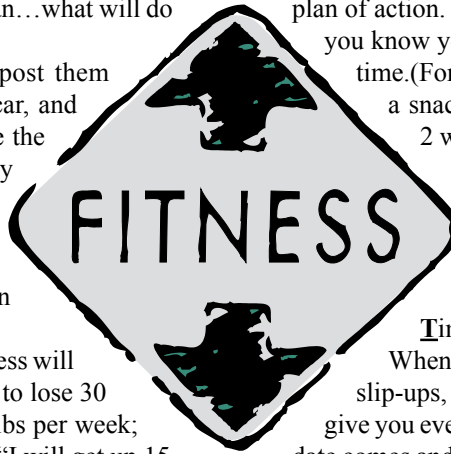
Start by getting some accountability....engage a friend, child, spouse (this one is really tricky though) or just anyone you know will hold your feet to the fire, and be honest in their tact.

Go to a local gym for an orientation on machines and weights; this can be much less expensive than hiring a trainer for a number of sessions...

Or, if you would like someone to get you started on the right track; hire a personal trainer for a 3 months; you will gain valuable information from someone who has "been there, done that" with so many people.

Set your schedule to revolve around exercise first; and it will become a habit. Once it is a habit, you are golden!! If you get off schedule, do all you can to get back on as soon as possible.

(Continued on Page 13)



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Okay, I'm ready - (Continued from Page 12)

Find some local exercise classes; pilates, kickbox, there are even several walking, running, and biking clubs around.

Remember the analogy of putting the big rocks in place first: Nutrition and Exercise are "big rocks" in your life, and deserve top spots on your priority list. If you lose your health, you have lost the game. All other things can come and go, but health must remain it's best.

A healthy lifestyle will help you to handle any curve ball life may throw out. Losing money in the market? Don't know how to help your children? Big decisions to make? Take a walk, jog, bike, or run to stir up those positively charged endorphins. Borrow your child's jump rope and jump yourself to sanity, help you clear your mind, and focus on what's important.

You can do it!!! Just GO FOR IT!!!

REMEMBER

Houston leash laws require all dogs to be on a leash when off the owner's premises.

FREE DIABETES CLASSES OFFERED

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"Advanced Pumping Skills
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RANCH RECORD

Lone Star College-CyFair Perspective

It's Not Too Late to Register for Spring Semester Classes

Spring semester classes begin Jan. 12. It's not too late to register for spring as well as some late start and continuing education courses. Lone Star College-CyFair provides a variety of options such as weekend, evening, distance learning and even hybrid (part on campus instruction and part online learning) courses. For information, call 281-290-3200 or 832-782-5000 or go online to CyFair.LoneStar.edu.

Center for the Arts Season Tickets on Sale

Order your seats for the 2009 Season of Entertainment at Lone Star College-CyFair and not only save 25% off regular ticket prices, but receive one free ticket to the 2009 summer children's production. A variety of season ticket packages are available for this year's engaging and enjoyable choral, music and theatre line up. All performances are held in the Center for the Arts on the Barker Cypress campus at 9191 Barker Cypress. Call 281-290-5201 or go to CyFair.LoneStar.edu/boxoffice for information.

Deadline Jan. 26 to Submit a Film for Quack Attack Competition

Do you have what it takes to make a movie? Five-minute film submissions will be accepted monthly through Jan. 26, with the Quack Attack Film Festival set for Feb. 27. Competition categories

include: Drama, Comedy, Public Service Announcements, Action, Documentary, Commercial/Advertising, Horror, Science Fiction, Romance, Animation, News Packages and Music Video. Each film will be judged on the basis of: Creativeness, Sound, Cinematography and Special Effects. For competition rules, guidelines, entry form and information go to cyfair.lonestar.edu/video.

Try Tai Chi in the New Year

Lone Star College-CyFair offers a variety of continuing education courses, such as Tai Chi. This introductory course offers practice in the simplified styles and forms of Tai Chi. A person doing tai chi moves his or her body slowly and gently, while breathing deeply. The 24-point posture is emphasized in this course. Students also study history and basic terms along with philosophical and physiological principles and the movements of Tai Chi. Registration is under way. For information, go to CyFair.LoneStar.edu/ce.

L.I.F.E. Lessons in January

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.

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American Legion Post #324

Looking for new members!

If you are a Veteran of the U.S. Army, U.S. Navy, U.S. Air Force, U.S. Marines, U.S. Coast Guard, or Merchant Marines you may be eligible to join.

American Legion Post 324 of Jersey Village meets the second Sunday of each month (except May when it's the third Sunday) at the Jersey Village Civic Center at 4:00 p.m.

Please come to the meeting or contact the Post by mail at P.O. Box 41962, Houston TX 77241 or call Commander Howard Mead at 713-466-3610.

NOT AVAILABLE ONLINE

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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DOB: October 1993 & October 1997

Kendrell and Jonathan want to find a forever family. They have a close bond; Jonathan looks up to his sister and Kendrell is very nurturing to her brother. They enjoy each other's company and play well together and other children. Kendrell and Jonathan do well in school and excel in sports. They are both wonderful children who appear shy or quiet when you first meet them, but both can also be strong-willed and determined.

Kendrell is outgoing, cheerful and makes friends easily. She enjoys running and doing typical "girl" things. She is engaging and talkative. Kendrell may present as a tough girl, but her foster parents report that underneath her tough exterior, Kendrell has a big and generous heart.

Jonathan is a happy, easy-going child. He is active and enjoys sports and drawing. He is smart and can watch someone doing something and it will only take him a few tries to be able to do it himself.

These children very much want to be adopted together and would contribute significantly to the happiness of a family. Jonathan would benefit from a positive male role model that will spend time doing mutually enjoyable activities. Kendrell would thrive in a home that allows her to be a teenager while guiding her in becoming a mature young woman.

If you would like more information on becoming an adoptive parent, please contact the Adoption Coalition of Texas at 512-301-2825 or info@adopttexas.org. For more information about Kendrell and Jonathan, please contact: Grace Lindgren, LMSW, Adoption Coalition of Texas/Wendy's Wonderful Kids Recruiter, Gracelindgren@adopttexas.org, 512-687-3209.

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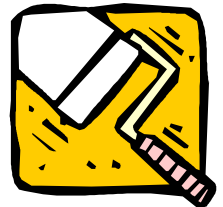
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Once the email alert goes out to the specific neighborhood, many, many neighbors are now aware. If they happen to forward the email to their friends who have not signed up, it could mean hundreds of your neighbors are already alerted and are keeping their eyes open for your lost pet.

Cypress Lost Pet Alert.com is on-call 7 days a week from sun up to sun down and is FREE. We are glad to work with any informal email chains. The whole idea is to find lost pets quick for the good neighbors in Fairfield and surrounding areas.

Regards,

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Submitted by Dr. Tenesha Weine

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Water is needed and involved in every function of our body:

- Muscles are about 75% water
- Brain Cells are 85% water
- Blood contains 82% water
- Even your bones are 25% water

By depriving your body of water, your organs and cells can not function to their highest capacity. Water is essential for cell life and existence. You can live five to seven weeks without food but no more than 5 days without water.

Major signs you are dehydrated:

- Joint and Arthritis Pain - water is a main lubricant in the joint spaces.
- Digestion Issues - water helps keep digestive juices in the GI tract supplied in order to create the acids it needs to prevent ulcers, gastric reflux, and constipation, and heart burn.

- High Blood Pressure - when the body is dehydrated it can restrict the flow of blood to non vital organs and only concentrate on vital organs.
- Asthma - bronchial tubes need adequate hydration to prevent constriction
- Poor Memory - Synapses in the brain slow down without adequate hydration.
- Weight Management - When you are dehydrated your body releases a hormone, aldosterone, which causes water retention.

If you are suffering from any of the above Conditions or Symptoms instead of reaching for a big gulp, star bucks, or any of the other unnatural beverages we consume.... try drinking more natural clean water. Gradually increase the amount of water you drink each day and these symptoms may start to subside.

So, how much water do you need to drink??

Take your body weight in pounds and divide it by two.

This is the number in ounces that you should drink per day.

_____ Weight / 2 = _____ ounces per day

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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
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- Empty trash

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Blackhorse Year-to-Date Sales Report

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\$451,000 and above		0	0	1	0	0	0	0	0	0
\$351,000--\$450,000		1	1	0	1	0	2	1	1	0
\$276,000--\$350,000		3	2	0	0	2	1	0	0	1
\$231,000--\$275,000		0	1	0	1	1	1	0	0	0
\$201,000--\$230,000		1	0	0	1	0	0	0	0	0
\$200,000 and below		0	0	0	0	0	2	1	0	0
Total	-	5	4	1	3	3	6	2	1	1
Highest \$/sq ft		\$92.22	\$97.18	\$138.57	\$88.17	\$88.99	\$92.18	\$110.80	\$89.56	\$89.97

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