

RANCH RECORD

*News For The Residents of
Blackhorse Ranch*

SLOW



**CHILDREN
AT PLAY**

SPEEDING IN BLACKHORSE RANCH

PARKING ON THE STREET

*Children are our greatest treasures,
and we're creating a threat
to their safety by parking
on the streets and by speeding
through Blackhorse Ranch.*

Most homeowners have some space in their garage reserved for storage – in some cases most of the garage, thereby not leaving enough room for their vehicles. Consequently, many owners park their vehicles on the street making it difficult for others to pass and creating hazardous conditions for the children.

Although we're all anxious to get home to be with our families, speeding and reckless driving is against the law and endangers everyone. Blackhorse Ranch is a family oriented community with many children; for that reason before you speed or park on the street, please consider their well-being. Also, children playing in the street can unknowingly create a dangerous situation, especially on heavily traveled streets; the driver may not see the child, especially in the evening or after dark.

We all know that children have a tendency to move about impulsively and may inadvertently run into the street. Please don't let a tragedy happen before parking your vehicle off the street or obeying the speed limit. For the benefit of all the residents and children, and the overall appearance of your neighborhood, please do not park on the street. Make accommodations in your garage or driveway for your vehicles and keep your streets clear and safe for all and please, **DO NOT SPEED IN BLACKHORSE RANCH.**



***Happy
Valentine's
Day!***

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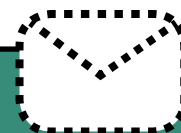
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and much more!!

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Ranch Record* in your inbox.
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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.

290 Cypress Business Networking Group

The 290 Cypress Business Networking Group meets every Thursday morning at 7:30 am at Newk's Express Café located at Hwy 290 and Spring Cypress in the Kroger Shopping Center near the Cinemark Theater. The group is open to all business owners and professionals who want to increase their exposure to the residents of Cypress and the surrounding areas. There is no cost to attend the meeting. If you would like more information, please call Ken Parker at 281-384-1562. Visit our new website at 290Cypress.com



Attention Kappa Delta Sisters ...

The Houston Northwest Kappa Delta Alumnae Association holds meetings the 4th Tuesday of each month at 6:30 p.m. Visit www.kdhnwaa.com for all the details.

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CLAY ROAD'S AR TOP READERS



Clay Road Baptist School is pleased to announce its AR Top Readers in Middle School (Grades 6-8) for the Fall '08 semester. Accelerated Reader (AR) is a computer software program that helps teachers manage and monitor students' reading. Students choose a book at their level and read it at their own pace. When finished, the student takes a short quiz on the computer. The following readers earned 20 points or more last semester;

*Corrie Andrews
Ashton Binkley
Hannah Cochran
Christian Dixon
Yvonne Espinoza
Andrew Harding*

*Katherine Hulbert
Daniel Mueller
Jeremy Nguyen
Lauren Nugent
Jared Pereira
Beau Powell*

*Rebecca Royall
Jeffrey Schultz
Randal Schultz
Amanda Sutherland
Anderson Touns
Phoebe Touns*

*Austin Ulmer
Kristen Walker
Kylee Waters
Not Pictured:
Daniel Bunch*

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Virus and Spyware and Mail... Oh My!

Submitted by Laurie Scott

Here we are in 2009, and the days of thinking that our anti-virus and anti-spyware software will protect us is over. We live in a time when organized crime all over the world is trying to either get your personal information directly or turning your computer into a "zombie" that without your knowledge attacks other computers or sends out spam. Even Apple computer has posted (rather quietly) a recommendation that Mac users consider using anti-virus software.

The generic term for viruses, spyware, etc. is malware, and malware authors are getting more and more creative in getting their hands into your computer. A particularly nasty approach being used is to trick you by popping up a window that says your computer is being scanned for viruses, and that upwards of 40 have been found. It instructs you to click on a button to download their "anti-virus" software to clean your system. When



you click on that button, you've just allow the spyware onto your system. It is a very convincing window and looks legitimate. Once downloaded, it adds insult to injury by telling you need to purchase the software to actually remove the viruses. Of course, it doesn't remove any spyware or virus, and getting you to send them money is just icing on their cake. The most common names for this program is WinAntiVirus 2008 (and now a 2009 version) and Pro AntiSpyware.

The problem with these and many other malware programs is that they are increasingly difficult for your anti-virus and anti-spyware program to detect and almost impossible to completely remove. Many threats appear before the anti-virus companies even have a chance to update their software, leaving you completely unprotected.

So how can you keep your computer safe from such threats? The first thing you must do is be sure to keep your anti-virus up to date. If your subscription has expired, you should either renew it or else use one of the free anti-virus programs like AVG Free or Avast (they have paid versions but you don't need them). Microsoft's anti-spyware program "Defender" is included with Vista and can be downloaded free from Microsoft for Windows XP. Though the threat for Macs is low, programs like ClamXav and MacScan

(Continued on Page 5)



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Virus & Spyware - (Continued from Page 4)

are available, as are programs from Symantec and McAfee.

Next is keep your operating system up to date. Both Microsoft and Apple frequently issue updates, and it's very important you patch your computer before the bad guys worm their way in.

Finally and most important is your behavior when using your computer. You can own a Volvo or Mercedes with 12 airbags and 5-way seat belts, but if your behavior is to drive 120 miles an hour, those safety features aren't going to help you when you hit a solid wall. Likewise, when you're using your computer, don't click on links or open attachments in email, even if it's from someone you know – they may not even know they sent it! If you're expecting it, then ok. Don't click on email links that look like they came from your bank, many people have given their banking login information to thieves because they thought they were logging into their bank, but really weren't. If you use Internet Explorer, be sure you've upgraded to version 7 (click on Help | About to see the version number.) If you're using Firefox, you should be using version 3. Safari users should be at 3.2 (4.0 will be released sometime "soon".) Don't click on pop-up's, and don't download music sharing sites like LimeWire, where malware is EVERYWHERE. Follow those few tips and you'll enjoy a much safer computing experience.

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RANCH RECORD



RAP

... News Submitted by Jill Fant

(Wildcats Right After Prom)

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!

For ticket information please check website, cywoodswrap.org or contact committee chair Margaret Mahoney by phone at 281-351-1619 or by email at dennisjmahoney@netzero.net

We are still accepting donations for the silent auction, please contact Margaret Mahoney.

Mr. Cy Woods Contest - Feb 26th

WRAP—Wildcats Right After Prom, Inc. our parent driven project prom organization will be hosting the first Mr. Cy Woods contest on Thursday, February 26, 2009 at 6:30pm in the Cypress Woods High School Auditorium. The senior men will be judged in three categories: formal wear, swimsuit and talent. Senior class women will be escorting the contestants on stage throughout the competition. Al's Formal Wear of Willowbrook will be providing the tuxes for the men to wear in the pageant. If you are interested in participating as a contestant or an escort, send an email to one of the committee chairs: Suzanne Chaffin sjchaffin@comcast.net or Tina Kendrick kendrick_tina@yahoo.com. There is a \$35.00 entry fee and all

participants should plan on attending 2 rehearsals after school on Tuesday and Wednesday prior to the event. Only a limited number of contestants and escorts will be accepted based on a first come, first serve rule.

Admission tickets will be \$10 and will be presold and at the door. Also limited VIP Seating will be \$20 (You will have a seat on one of the first four rows!)

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! Website for WRAP is cywoodswrap.org

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Cypress Creek High School Celebrates Spring Cougar Day

Houston, TX, January 3, 2009

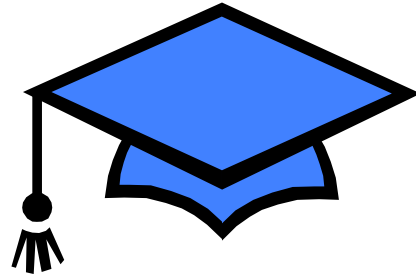
The Cypress Creek High School Athletic Booster Club will be having its annual spring fundraiser, Cougar Day, on Saturday, February 7th, 2009 from 12:00 p.m. to 5:00 p.m. The community is invited to participate in the day's festivities, which will take place at the Cypress Creek High School football stadium complex, 9815 Grant Road, Houston.

Featured activities are: Baked Potato Meal Sale, Silent Auction, Concession Stand, Face Painting, Cake Walk, and Cougar Spirit Items sale. The day will also showcase the spring season boys' and girls' sports: Baseball, Soccer, Softball, Track & Field, Swimming, Golf, Wrestling and Tennis. Several of the teams will have scrimmages or do demonstrations.

All funds raised will go directly to support Cypress Creek's boys' and girls' athletic programs.

For further information, please visit the Cypress Creek Athletic Booster club website at www.cycreekabc.com or contact Jeneane Schultz at 832-444-7607.

ATTENTION 2009 CY-FAIR / CY-WOODS HIGH SCHOOL SENIORS



The Ault Elementary PTO awards a \$500 scholarship to one male and one female applicant who is graduating from either Cy-Fair High School OR Cy-Woods High School and graduated from Ault Elementary. Scholarship applications and guidelines can be obtained from the Counselors' office. The deadline for submitting applications is April 10, 2009.

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Fri 9AM - 5PM

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RANCH RECORD

Soap Box Derby Park Coming to Northwest Harris County!!!

Greater Houston Soap Box Derby is hosting a Derby Day on Saturday, February 28, 2009, from 10AM until 2PM at the Hockley Community Center, located at 28515 Old Washington Rd. The public is encouraged to come out that day to see the soon-to-open Hockley Derby Park and to learn about Soap Box Derby racing. There will be something for everyone, both young and old, and admission is free. Derby Day events include Derby history and information, guided tours of the hill, a display of cars representing all race divisions, construction and speed clinics, test drives of Derby cars in the parking lot, a Pinewood Derby Race (bring your own Pinewood Derby car), and an exciting pit crew contest. Food and drinks will be available at reasonable prices. For registration information & directions, please visit houstonsoapboxderby.org.

Hockley Derby Park, which is adjacent to the community center, is currently under construction by Harris County Precinct 3 and is due to open in the fall of 2009. With the opening of this park, Greater Houston Soap Box Derby will be able to provide not only more racing events than the 3 events now held each year on the current West Park Drive Hill, but also accommodate a larger number of participants and spectators. The track was designed to be the same length, height and profile as "Derby Downs," the All-American Soap Box Derby's national track in Akron, Ohio.

Greater Houston Soap Box Derby invites local civic organizations and companies to become an active partner in this truly unique

All-American youth tradition through event sponsorships and or volunteering.

About Greater Houston and the All-American Soap Box Derby

2009 is our 19th Year of Soap Box Derby in Houston. Soap Box Derby racing is a seventy-two-year-old All-American youth tradition. Soap Box racers are gravity powered with driver-controlled steering and brakes. There are three race car divisions – Stock, Super Stock and Masters – to meet varying age, size, weight and skill levels. The cars for all three divisions are assembled from kits purchased from the All-American Soap Box Derby in Akron, Ohio. A limited number of loaner cars are available for new drivers in the Houston area.

The Super Kids program promotes Soap Box Derby racing for children with disabilities. Harris County Precinct 3, headed by Commissioner Steve Radack, has constructed eight specially built two-seat, dual-control Super Kids cars for use in Houston's Derby. All-American Local race events are open to girls and boys who are at least 8 years of age; NDR Rally races are open to youth ages 7 and up. Race events are sanctioned by the All-American Soap Box Derby, National Derby Rallies, Inc. (NDR), and National Super Kids Classic

The Greater Houston Soap Box Derby is a charitable, tax-exempt corporation run by volunteers for the benefit of today's youth.

Website: www.houstonsoapboxderby.org

Email: ghsbd@hotmail.com

Derby Line: 713/ 871-1304

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As 2009 is now underway, Cypress Cares would like to announce the dates that we will be boxing up our care packages for the year. All boxing events will be held at the Cole's Crossing Community Center, located at 13050 Barker Cypress Road at Jarvis Road.

Several of our packing days this year are specifically at times when Cy Fair ISD is not in session so that our students will have an opportunity to be involved as well. The dates are as follows:

January 31, 10:00
 March 14, 10:00
 April 25, 10:00
 July 8, 12:00
 August 17, 2:00
 October 3, 10:00

Halloween Treats for Troops

November 14, 10:00

Christmas Trees and Decorations

December 28, 1:00

Christmas Break Service Project for Cy Fair Students

Cypress Cares has received more thank you notes from the troops who have received packages. Visit our website, www.cypress-cares.org to view the troop responses, as well as more current information about upcoming events, donation ideas and more.

Our troops need and deserve our support; get involved today!



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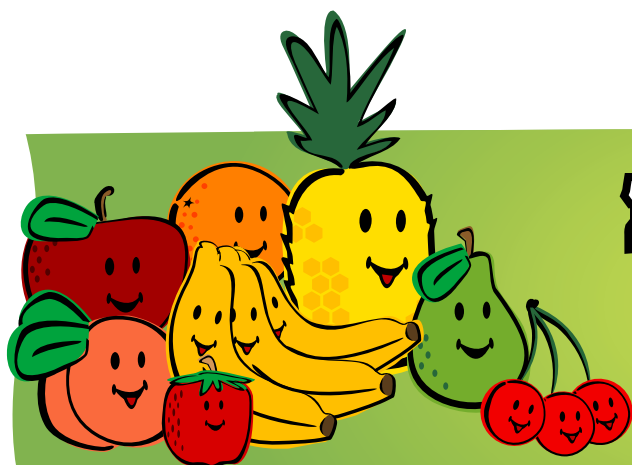
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Classified Ads

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.

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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MAKE YOUR OWN CANDY FOR VALENTINE'S DAY!

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

Divinity

2 egg whites • 1/2 cup water

1/2 cup light corn syrup • 2 cups white sugar

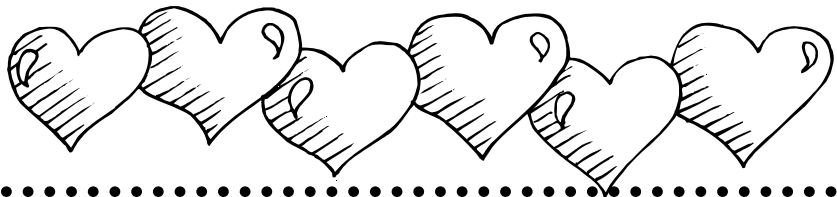
MIX together water and corn syrup in a heavy pan, and bring to a boil. Add sugar and continue boiling until dissolved. Continue cooking over medium heat, without stirring, to the hard-ball stage (about 250° on a candy thermometer).

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

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

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

WeightWatchers Points: 1 point per piece



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- Clean appliance exteriors
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- Damp wipe cabinet doors
- Clean counters
- Hand wash floor
- 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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Windows

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

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Meet Rebecka

As we look forward to 2009, maybe we have kids graduating from high school, maybe we ourselves decided to go back to school, or maybe we are looking forward to a career change. Either way, we are looking forward to this year with optimism and hope – hope for health and happiness. Whatever our goals are for the new year, the children in foster care remain in pretty much the same place, with the same goals. You see, the children were removed from their homes, from their families – not because of something they did, but something their parents did. Now, they live in a temporary foster care system wondering what the future holds. Foster care is a time for these children to heal, but it is not the end. It is supposed to be a temporary system until the children can move on to permanency, and permanency being the safe, stable and loving family that will be there for them forever.

Meet Rebecka. She has been in foster care a few years and has hopes. Her biggest hope is that someone will love her enough to claim her. Her other hopes include the person, or family, being patient enough for her to learn and grow, and catch up for all of the time missed. For some children, they need that one on one time, the time to be special, the time to feel the object of others attention.

Rebecka, 11, is an active, intelligent and engaging child, who needs direction, and assistance in staying focused. Rebecka likes to read, listen to country music, sing, attend church and play with friends. Rebecka is talented, intelligent and a gifted vocalist. She likes to play with kids her age. Rebecka however, at this time, requires supervision while with peers. She vies for attention. She is a young girl with a beautiful smile and a lot of potential. Although she may exhibit challenging behaviors, she will thrive with a committed family.

Rebecka would benefit from being adopted by parents who have strong parenting skills. Rebecka will need time to bond. She would benefit from a permanent placement with a loving, supportive and understanding family where she continue to grow and learn. Rebecka needs consistent care from parents who will promote her future success. If you would like to learn more about adoption from foster care, please contact the Adoption Coalition of Texas at info@adopttexas.org or 512-301-2825. If you are interested in learning more about Rebecka, contact Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter/Adoption Coalition of Texas

512-687-3209/fax 512-692-2540, gracelindgren@adopttexas.org.

If you are interested, you can view a story with Rebecka on News 8 Austin Forever Families ~ just click the link: http://www.news8austin.com/content/living/forever_families/?ArID=226023&SecID=428

*Photo Courtesy of the Adoption Coalition of Texas/The Heart Gallery of Central Texas
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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, Feb. 3rd - Apr. 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
(aynnedaugherty@yahoo.com) at
281-373-1822 Visit Mindy's ministry
website at: www.Fruitfulword.org

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.



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Long Term Care: Manage the Costs

Submitted by Rich Keith

Yearly long term care costs have increased 15% since 2004 to nearly \$75,000 in 2007. And 75% of Americans have no long term care plans.

A recent survey from Genworth Financial's 2007 Cost of Care Survey found the average national cost of care for nursing homes, assisted living facilities and in the home has steadily increased over the past four years and has reached new highs that exceed most household incomes in the U.S. The rising costs of long term care may, therefore, present difficulties for many Americans should they need to pay for long term care out of their own pockets.

A separate national poll conducted by Public Opinion Strategies for Genworth Financial with input from the Alzheimer's Association found that 75 percent of Americans have made no long term care plans and 59 percent expressed concern about being able to pay for long term care. Almost half of the respondents (44 percent) incorrectly believe that Medicare or their private health insurance will pay for their long term care needs. In actuality, health insurance



and the federal Medicare program do not generally cover long term care.

Genworth's annual benchmark study surveyed more than 11,000 nursing homes, assisted living facilities and home care providers. It was conducted by CareScout between January and February 2007 to gain a comprehensive view of long term care expenses. The survey is available at www.genworth.com.

According to the survey, the average national cost in 2007 of a single year in a private nursing home room is \$74,806. To put this into context, one year in a private nursing home room costs nearly one and a half times the average full 4-year college degree in the U.S., including tuition, room and board. Note the College Board's national average for public colleges is \$51,184 for four years, making a single year in a nursing home 46 percent more expensive.

The cost of assisted living facilities has also increased sharply

(Continued on Page 17)

2nd Annual



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Long Term Care (Continued from Page 16)

in the last four years, by more than 13 percent, to a new annual average cost of \$32,573 for a one-bedroom unit.

If given the choice between care in a facility such as a nursing home or an assisted living facility and care at home, 75% of national poll respondents said they would prefer care at home. However, the hourly rate for a home health aide has increased 2.7 percent since Genworth's 2004 Cost of Care Survey. The average cost for a 40-hour per week home health aide – \$52,977 a year – is more than the median household income in the U.S. of \$46,272.

The Alzheimer's Association recently reported that the prevalence of Alzheimer's disease has increased 10 percent in the last five years and that someone in America develops Alzheimer's every 72 seconds. Seventy-two percent of poll respondents said that the possibility of developing Alzheimer's disease makes planning for their long term care more important to them. Following are key findings from the survey, broken out by major category.

Nursing Homes: The average annual national cost of a private room in a nursing home is \$74,806 or \$204 per day, reflecting a 14.8 percent increase over 2004 rates. This remains the most costly care option.

Assisted Living: A private one-bedroom unit in an assisted living facility has an average annual cost of \$32,573, a 13 percent increase since 2004.

Home Care: The average hourly rate for Medicare/Medicaid certified and state licensed home health aides is \$25.47 an hour, a cost that translates to a \$52,977 per year for 40 hours per week.

With so many Baby Boomers heading into retirement, it's critical that long term care planning be integrated into every adult's retirement strategy. Paying for just a few years of long term care out of pocket can very easily deplete an entire life's savings and retirement. Not planning ahead can also limit the variety of choices available, such as the ability to live independently at home with assistance from a home health aide. Source: Genworth Financial, Inc.



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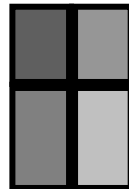
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February is American Heart Month

Submitted by Karen Behrend

February is American Heart Month! Here are some facts and tips to help you keep your heart healthy and help prevent Heart Disease.

COOL HEART FACTS:

- o The heart beats 2.5 billion times in a lifetime (65 yrs) (if you take care of it, maybe more!)
- o It takes 23-24 seconds for a drop of blood to circulate through the entire body
- o Your body pumps 1 million barrels of blood in a lifetime!
- o Your body has 60,000 miles of blood vessels
- o Every day over 650 Americans have coronary bypass surgery.

RISK FACTORS:

I. Unalterable Risk Factors you CAN NOT change:

- o Family History (father/brother had heart disease before age 55, or mother/sister before age 65).
- o Gender (men have a higher risk)
- o Age (Men over 45 and Women over 55 are at increase risk)

II. Risk Factors you CAN alter:

- o High Blood Pressure (three readings at 140/90 in a month, see your doctor)
- o Smoking (#1 preventable cause of heart attacks in the US. Smokers have a 70% great risk than nonsmokers). Tough habit to break, but sooner or later you will quit!
- o Cholesterol (Blood cholesterol of 200 mg/dl is desirable, 239 mg/dl is borderline and 240 mg/dl+ is high) Know your numbers and get a complete breakdown of your total cholesterol, HDL, LDL and Triglycerides. Have your doctor explain the numbers to you!
- o Obesity (more than 30% of your desirable weight) Eating too much of the wrong foods can make you fat! Focus on 5 fruits or veggies a day for the next 20 days.
- o Physical Inactivity (Choose to move! 30-60 minutes 3-4 times a week!)

III. Other contributing Factors

- o Diabetes
- o Stress/Tension
- o Hormonal Factors
- o Alcohol

(Continued on Page 19)



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Feb. is American Heart Month- (Continued from page 18)

Primary Risk Factors have the strongest relationship to heart disease (family history, smoking, high blood pressure, high cholesterol and physical inactivity), when two or more of these are present, the likelihood of heart disease greatly increases.

10 TIPS TO HELP DEVELOP HEALTHY HABITS AND PREVENT HEART DISEASE IN YOUR FAMILY

Take care of your heart and your children's hearts by:

1. Regular daily physical activity (walk, bike, hike together)
2. Participate in age-appropriate sports, lesson or clubs. Let kids try a variety and find what they like
3. Participate in household chores (the physical kind)
4. Follow a healthy diet; low in fat and high in complex carbohydrates. Be supportive. Focus on positive instead of negative. Praise for a job well done!
5. Don't reward kids with food...find other ways to celebrate!
6. Be supportive. Focus on positive instead of negative. Praise for a job well done!
7. Limit TV, video game and computer time...disconnect from it! 1-2 hours a day max!
8. Be a positive role model and practice what you preach
9. Set goals and limits. Daily activity, 1-2 desserts a week
10. Learn CPR. The next life you save may be someone you love!

Advertising Information

Please support the businesses that advertise in the Ranch Record. Their advertising dollars make it possible for all Blackhorse Ranch residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

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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	1
\$351,000--\$450,000	1	1	0	1	0	2	1	1	0	0
\$276,000--\$350,000	3	2	0	0	2	1	0	0	1	0
\$231,000--\$275,000	0	1	0	1	1	1	0	0	0	2
\$201,000--\$230,000	1	0	0	1	0	0	0	0	0	0
\$200,000 and below	0	0	0	0	0	2	1	0	0	1
Total	5	4	1	3	3	6	2	1	1	4
Highest \$/sq ft	\$92.22	\$97.18	\$138.57	\$88.17	\$88.99	\$92.18	\$110.80	\$89.56	\$89.97	\$145.25

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