

Texas Terrapins Swim Team



Texas Terrapins Swim Team is a fast growing, year-round competitive swim team in Northwest Houston offering instruction and competition to swimmers of all ages and abilities. Our swimmers come to us from subdivisions in the surrounding areas including, but not limited to: Black Horse Ranch, Subdivisions near the new Cy-Ranch High School, Lakes of Rose Hill, Cypress Mill, Jersey Village, Coles Crossing, Cypress Point, and Fairfield. Recently, we had the distinct privilege of attending a Mardi Gras Swim Meet in Baton Rouge, Louisiana at the LSU Natatorium. While some of our swimmers were attacked by the flu, the rest of them picked up the slack, improved their times and brought home many ribbons!

The Texas Terrapins had three swimmers earn High Point awards including Byron Keller (second place for high point 6 year old boys), Sydney Begnaud (4th place for high point 6 year old girls) and Sydney Stanford (second place for high point 7 year old girls). Other

(Continued on Page 2)



Happy Birthday CJ Woods!

13 years on March 7 We love you very much!! Sean, Mom, Porsha, Isabella, Domino and Beau

Send your Birthday announcements to blackhorse@peelinc.com



IMPORTANT NUMBERS

EMERGENCY NUMBERS

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

AREA HOSPITALS

| Cy-Fair Medical Center | |
|------------------------------|--|
| North Cypress Medical Center | |
| Willowbrook Methodist | |

SCHOOLS

| Cy-Fair ISD | |
|--------------------------|--|
| Warner Elementary School | |
| Spillane Middle School | |
| Cy Woods High School | |
| Cy Fair High School | |

PUBLIC SERVICES

| Cypress Post Office | |
|-----------------------|--------------|
| Drivers License Info. | |
| Harris County Tax | 713-224-1919 |

NEWSLETTER PUBLISHER

| Peel, Inc | |
|---------------------|-------------------------------|
| Article Submissions | <u>blackhorse@peelinc.com</u> |
| Advertising | advertising@peelinc.com |

Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing <u>blackhorse@peelinc.com</u> 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.

The Ranch Record is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the Ranch Record Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

Texas Terrapins Swim Team- (Continued from Cover Page)

swimmers in attendance were Delaney Crowder, Madison Ellison, Allison French, Savannah Stanford, Kenzie Golladay, Makenna Meyers, Michelle Scott, Makaylynn Seeley, Sarah Whetstine, Aaron Thompson and Coaches Jason Harold and Megan Scott. Both Beth McNeese and Tyler Bennett were there in spirit as they were at home fighting off the flu.

A great time was had by all who attended as we were able not only compete, but hang out with our team mates in a non-swim setting. Our team activities included visiting Mike the Tiger and the LSU bookstore and each evening we all gathered for Team dinners, where we had a chance to see our coaches in rare form. We are very serious about our swimming, but keep in mind that it is all about having fun! For more information about the Texas Terrapins, our year round swimming, jump start to summer league and swim lessons, log on to our website at www.texasterrapins.com.

Personal Classifieds

NANNY WANTED: For the early hours of the morning. The ideal candidate will be an older teenager/or mature person to wake up kids and take them to school at Warner elementary. Hours needed are 5:30am to 7:00am. Candidate needs to have driver's license and car insurance. Call 281-203-7223.



Going Green is Easy with Hot, New Products

at the Second Annual Cy-Fair Home and Garden Show

The Berry Center - Saturday and Sunday, March 14-15



No time like the present to turn over a new leaf, and the Second Annual Cy-Fair Home and Garden Show will be brimming with hot, new products and ideas to make your dream home a green reality.

Angelique Grado of Green Builders Source will be one of several featured speakers at this exciting springtime event. Grado is bringing a truckload of the latest products to the Show, along with her eco-friendly expertise and ideas.

One of the new products Grado will be showing off is Bekaert solar window films. "These films allow in almost all visible daylight to naturally light your home," she said, "but they filter out all the radiant heat that comes with the sun." These features result in improved comfort, year-round; protection from ultraviolet damage; and impressive energy savings.

(Continued on Page 4)



Going Green is Easy - (Continued from Page 3)

Cork flooring is gaining popularity across the country, but many homeowners know little about it. Cork floors allow homeowners to enjoy a certain bounce to their steps while resisting accidental moisture. As Grado explained, "Cork flooring is much like the cork you find in wine bottles. It expands into the space and holds back liquid. This comes in handy if you use the space for family meals, entertaining, or have kids."

Marmoleum click flooring is another new option for green environments that is easy to design as well as to install. This ecologically produced natural linoleum on high-density fiberboard with a cork layer comes in 12×36 -inch panels or 12×12 -inch squares in a patented click system. "Our customers like this product for hallways, kitchens and kids' rooms, where traffic is heaviest," said Grado, a sustainability-conscious environmentalist, wife and busy mother.

For green-minded fitness buffs, Windstorm's Bike Generator offers still another opportunity to conserve energy while burning calories. "Recently, one of our builder-clients purchased one of these generators for a client who had an exercise room," Grado said. "They hooked up a stationary bike to the generator and during the client's workout, she generated enough energy to run all the electronics in the room, including the plasma TV, kids' computer games, lighting and other exercise equipment." Woodworkers and furniture builders will want to check out the incredible textures and grains of Kirei Board (kee-ray), a strong, lightweight, durable and environmentally friendly wood substitute. "Our customers are using this exotic new product for furniture, cabinetry and interior design elements," Grado explained, "It's manufactured from reclaimed sorghum straw and non-formaldehyde adhesive, which means it's rapidly renewable, as well as a unique option for furniture-grade wood."

For kitchen countertops, consider The Green Builders Source selection of Ice Stone products. "Ice Stone is made from 100 percent recycled glass and concrete and comes in 27 colors. It can also be used for backsplashes, bathrooms, vanities, shower surrounds, table tops, bar tops, bathtubs and kitchen sinks," Grado explained. "Eco-friendly, sustainable and green, this product diverts thousands of tons of trash glass from our landfills," she added, "and has the look of the old terrazzo."

DYNAMIC LINEUP OF SPEAKERS

Other speakers at the Second Annual Cy-Fair Home and Garden Show include Peggy McGowen, ASID, CMKBD, kitchen and bath expert; LaVerne Williams, green architect; Michael Strong, co-host of Home-Improvement Hotline on the 9-5-0 AM; Randy Lemmon, GardenLine host, 740 AM NewsRadio; Michael Garfield, the High-*(Continued on Page 5)*



Going Green is Easy - (Continued from Page 4)

Tech Texan, The 9-5-0 AM; Linda Durham, organizing guru; Brenda Beust Smith, Q&A with The Lazy Gardener; Charlotte Lampe, new products and interior design; Green lighting efficiency expert with Carol's Lighting; Dan Marshall, with Innovative Skylights & Attics; and John Ferguson, gardening with organics.

Show Information:

The Second Annual Cy-Fair Home & Garden Show features over 200 top-quality exhibitors and takes place Saturday, March 14, 9:00 a.m. – 7:00 p.m. and Sunday, March 15, 10:00 a.m. – 6:00 p.m. at the Berry Center, 8877 Barker Cypress Road (corner of Barker-Cypress and West Road), Cypress, Texas 77433. FREE parking is provided by AM 740 KTRH.

Admission is \$9 for adults, \$7 for seniors, and children under 12 are admitted free.

\$1.00 discount coupon can be downloaded at www. CyFairHomeAndGarden.com, where speaker schedule and a list of exhibitors is also available.



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Order forms are available at the Band's website: www.cypressranchband.org

Nustangs

Orders will be accepted until March 24, 2009.

Mail your check and order form to: CRHSBBC P.O. Box 1551 Cypress, TX 77410-1551

Or drop it off in the Band Hall at Cypress Ranch High School Please make checks payable to CRHSBBC.

All proceeds will benefit the Cypress Ranch High School Mustang Band. For more information please contact Marilyn Cisar at 281-373-9262. CYPRESS RANCH HIGH SCHOOL MUSTANG BAND SPONSORS SPRING DRIVE-THRU TEXAS ROADHOUSE RIB DINNER MARCH 31, 2009

After a resounding success in January, the Cypress Ranch Mustang Bandis once again sponsoring a Texas Roadhouse Ribs Drive Thru Dinner at Cypress Ranch High School.

Join us for a delicious Drive-Thru Dinner by Texas Roadhouse Texas Roadhouse will provide ½ slab of ribs, mashed potatoes, green beans plus those wonderful rolls with cinnamon butter for only \$10! You also get a bag of peanuts with each order and a coupon for a free "Cactus Blossom" appetizer (a \$5.99 value) Kids meals are also available for \$5

Texas Roadhouse will once again be in the Cypress Ranch High School parking lot behind the Auditorium in the Band Hall parking lot grilling this dinner for you and your family. Pre-order your dinner and then from 4:30 pm- to 6:30 pm on Tuesday, March 31, 2009 drive through the parking lot and someone will bring your Texas Roadhouse order directly to your car. It's that simple!

The Cypress Ranch Mustang Band, under the direction of Russell Holcombe, is in its inaugural year. This has been an active year for the band. In addition to marching at the Cypress Ranch Junior Varsity Football Games, they participated in the Blinn College Marching Competition, where they won a directors award for the best new band. Members of the band have participated in Region Orchestra, Region Band, and Freshman Region Band

(Continued on Page 7)

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www.foundrychurch.org | 713.937.9388

Mustang Band- (Cont. from Page 6)

Cecilia Cisar placed 2nd chair on French Horn in the Freshmen All-Region Band. Conor McInnerney placed 4th chair on French Horn in the Freshmen All-Region Band. The following students placed in All District Band: Shannon Lacy on Trombone, Morgan Sinclair on Percussion and Kayla Vidrine on French Horn. Five Mustang Band members earned chairs in the All-Region Band and performed in the All-Region Band concert in January: Nick Kalogeras on Tuba, Kayla Kluetz on E-flat Clarinet, Katie Park on Oboe, Alexandra Redmon on Bassoon, and Lindsey Sutton on B-flat Clarinet.

Three amazing Mustangs earned All-Area Honors: Sophomore Sarah Guhl on B-flat Clarinet, Freshman Tanner Hoyt on Tuba and Sophomore Kourtney Kech on English Horn. Sarah Guhl was selected for All State Band. *Way to go Mustangs!*

Sustainable Living Houston Kicks off National Bike Month!

On Friday, May 1, 2009, residents of Cypress, Texas, will bicycle from the Coles Crossing subdivision to the nearby METRO Park & Ride and transit oriented development. By riding bikes to the Park & Ride, and then taking the #217 METRO bus to their work locations, the residents will complete a long-haul, suburb-to-city multi-modal commute without the use of private automobiles.

METRO has recently installed bike racks at the Cypress Park & Ride, and these will be used to secure the bicycles. There is also limited space for taking a few bikes in the sub-floor storage compartments of the # 217 buses.

Residents will assemble at 6:50 am on Friday, May 1, 2009 at the Coles Crossing Community Center parking lot and depart at 7:00 am sharp. Use of helmets, front & rear lights, red rear reflectors and articles of reflective clothing will be mandatory. Residents will ride on the sidewalk south on Barker-Cypress Rd. to Jarvis Rd., whereupon the group will transition to riding on Jarvis Rd. in a vehicular cycling mode. The total ride distance will be about a mile each way, and the time to the Park & Ride from the neighborhood will be about 6 minutes.

The rain date for this ride is May 15, 2009.

There will be a highly recommended preride safety briefing at the Coles Crossing Community Center parking lot on April 25th at 8:00 a.m. where helmets, lighting, bike commuter clothing, and vehicular cycling will be discussed, as well as a test ride of the route. This briefing will be led by a League of American Bicyclist certified cycling instructor.

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RANCH RECORD

Northwest Flyers Youth Track Club Information Session Friday Evening, April 3, 2009

The Northwest Flyers Track Club will host a free open house / registration session for all middle and high school athletes and their parents interested in joining for the 2009 season. The event will be held on Friday, April 3, 2009, from 7:00 – 8:30 PM at the Champions Park subdivision clubhouse, 13635 Champions Park Drive**, Houston, TX 77069. The session will begin with a very important program overview / orientation at 7:00 PM. All interested athletes and parents should report on time.

The Northwest Flyers is a youth (ages 6 -18) track organization, affiliated with USA Track & Field. The club provides a full program of "track" events such as sprints, hurdles, middle distance, distance and relays, and "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. <u>It is an excellent "off-</u> season" program for young athletes who <u>currently compete on their middle school</u> <u>or high school varsity track teams.</u>

The club was founded 22 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area. Last year, the Northwest Flyers qualified 26 young athletes to compete at the U.S. Junior Olympics National Championships in Omaha, Nebraska.

Visit the team website at http://www. northwestflyers.org for registration forms and information prior to the session, or contact Linette Roach at (281) 587-8442 or linette.roach@sbcglobal.net.

NOTE: Champions Park Drive is in between Cutten Road and Champions Drive.

Networking And Business Expo

The American Business Women's Association Cy-Fair Express Network invites you to their March Business Expo.

- Browse area businesses!
- Bring a friend!
- Enjoy a buffet lunch!
- Win door prizes!

Reservations: Contact Anya Lucas 713-459-2331 or anya@lucascarcare.com or go to www.cyfen.org for more information. Please try and RSVP by Friday, March 20, 2009.

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



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For more information: www.cypressranchathletics.com



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We currently publish newsletters for the following subdivisions in Houston:

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RANCH RECORD

Lone Star College - CyFair "Perspective"

Teen Driver's Education Available March and April

Spring driver's education courses for teens ages 15 to 17 are available starting March 23 and again April 13. The in-classroom driver's education course covers road rules, road signs, and laws to prepare the teens for the Department of Public Safety's written exam. Other topics are car maintenance, effects of drugs and alcohol, laws and penalties for drinking and driving, emergency situations, basic driving procedures, road rage, and insurance. Parents are responsible for the in-car instruction. Students are required to purchase the Texas Traffic Safety Education Student Manual, which is available at the campus bookstore. Call 832-482-1043 for information.

Free Tax Preparation Assistance Available

Free tax assistance is available at the Lone Star College-CyFair Library, located at 9191 Barker Cypress Road, with AARP Tax-Aide volunteers from noon to 4 p.m. every Wednesday and Thursday through April 15 in the library, room 131. Taxes may be filed electronically. For information on what documentation to bring, go to cyfair.lonestar.edu/library and click on free tax assistance under the news section.

Check out Women's Month Activities

Come to Lone Star College-CyFair throughout March for activities that celebrate, teach and empower women. The theme is "Breaking Boundaries: Contributions of Women - Past, Present and Future." Among the activities are a women's health fair, international women's discussions, vocal performances, films, library displays and more. For information, go online to CyFair.LoneStar.edu/ womensmonth.

What's in the Gallery and on Stage?

Check out an ancient method of painting through March 27 at the Bosque Gallery Encaustic Exhibition showcasing the work of a continuing education class. Go to CyFair.LoneStar.edu/ bosquegallery for gallery hours and information. Enjoy Oscar Wilde's popular comedy "The Importance of Being Earnest" on stage through March 8 and a Symphonic Band performance March 27. For information, call 281-290-5201 or go to CyFair. LoneStar.edu/boxoffice.

L.I.F.E. Lessons in March

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) (Continued on Page 11)



Lone Star College - (Continued from Page 10)

programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) Programs in March include: learning techniques for a good night's rest March 4, creating a produce garden March 11, knitting from stress relief to a business March 18 and talking with Commissioner Steve Radack March 25. Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.

Prom Dress Give-Away for Teens in Need

The Fifth Annual Prom Dress Give-Away benefiting teens without the financial means to purchase a dress for prom is set at Lone Star College-CyFair Branch Library, 9191 Barker Cypress from 1 p.m. to 5 p.m. Saturdays March 21, March 28 (room change to Kids Korner), April 4, April 11, April 18 and April 25 in the library, room 131 as well as by appointment. Teens in need of a dress should contact the Youth Service Specialist at their high school or Prom Closet organizers Nancy Flanakin at meaford8510@ yahoo.com or LSC-CyFair Teen Librarian Elise Sheppard at elise. j.sheppard@lonestar.edu or 281-290-5248.

NOT AVAILABLE ONLINE

Do You Have Reason to Celebrate?

We want to hear from you! Email <u>blackhorse@peelinc.com</u> to let the community know!



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CRBS Creative Writing Contest *Clay Road is proud to recognize the following winners:*

Kindergarten

| First Place | Everett Bakken |
|---------------------|----------------|
| Second Place | Ryan Yun |
| Third Place | Erica Newman |
| Honorable Mention . | Jordan Binkley |
| | Danielle Brock |
| | Cesar Mora |

First Grade

| First Place | Annie Giles |
|---------------------|------------------|
| Second Place | Olivia Einarsson |
| Third Place | Dawson Conder |
| Honorable Mention . | Hannah Bosco |
| | Lindsey Duong |
| | Jacob Walton |

Second Grade

| First Place | .Ainsley Bakken |
|-------------------|--------------------|
| Second Place | .Nicolas Einarsson |
| Third Place Tie | .Grace Maynard |
| | Natalie Morel |
| Honorable Mention | .John Nimri |
| | Kaitlynn Sims |

Third Grade

| First Place | Ally Longoria |
|---------------------|----------------|
| Second Place | Allison Giles |
| Third Place | Lauren Menard |
| Honorable Mention . | Alexia Hahn |
| | Jonathan Loebl |
| | Olivia Markham |

Fourth Grade

First Place.....Sophie Palmer Second Place TieAllison Brock David Scott Timathy Xenakis Honorable Mention ...Blake Scott Gus Waters



<u>Fifth Grade</u>

First Place.....Matthew Elliott Second PlaceAnnie Messina Third Place.....Mary-Kate Scurlock Honorable Mention ...Peyton Conder Morgan Morel Ty Wise

Middle School Rhyming Poetry:

First Place.....Yvonne Espinoza Second PlaceAmanda Brock Third Place.....Ashton Binkley Honorable Mention ...Marya Gray Andrew Harding Hannah Voncannon

Free Verse:

| First Place | .Anderson Toups |
|-------------------|------------------|
| Second Place | .Jared Pereira |
| Third Place | .Brandon Argueta |
| Honorable Mention | .Karissa Garcia |
| | Phoebe Toups |
| | Mackenzie Wilson |

Essay:

| First Place | Kylee Waters |
|-------------------|----------------|
| Second Place Tie: | • |
| | Mallory Parker |
| Third Place: | Lauren Nugent |
| Honorable Mention | U |

Short Story:

| First Place | .Hannah Cochran |
|-------------------|-------------------|
| Second Place | . Jeffrey Schultz |
| Third Place | .Corrie Andrews |
| Honorable Mention | .Bryson Bergeron |
| | Daniel Bunch |
| | Beau Powell |
| | |

Congratulations CRBS students!



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Clay Road Baptist Spelling Bee Winners



Congratulations to the following first place winners of the 2009 Clay Road Baptist School Spelling Bee!

1st Grade Kristin Sanders 2nd Grade Evin Youm 3rd Grade Matthew Sanders 4th Grade Ethan Trapp (not pictured) 5th Grade Don Halt 6th Grade Hannah Quebodeaux 7th Grade Lauren Nugent* 8th Grade Andrew Harding

*overall Spelling Bee winner

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Corner of 290 & Skinner next to Cypress Park n Ride

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CY-FAIR KIWANIS CLUB It's Golf Tournament Time!

Open to everyone. The Cy-Fair Kiwanis Club's annual Charity Golf Tournament will be held Monday, March 30th, at the Hearthstone Country Club. Registration is at 7 a.m. with Shotgun start at 8: a.m. Play or sponsor a player for \$100; sponsor a hole for \$125; a team for \$400; or be a Gold sponsor (hole plus four players) for \$500. Fees cover golf, greens fees, cart fee, refreshments, and lunch after play. What a bargain! There will be special prizes, door prizes, and a silent auction. Donations of items for silent auction gladly accepted. For more information, call Steve Caton at 281-589-4529. All profits from the tournament are given to support youth in the community through Key Clubs, Boy and Girls Scouts and other worthy causes. Get your own team together or we will place you in a team. Come have a complimentary lunch with no obligation with the Cy-Fair Kiwanis Club. We meet three times a month at the Hearthstone Country Club in Hearthstone from 12:15 p.m. to 1:15 p.m. for lunch, and programs including guest speakers on subjects of concern to the community and individuals. Enjoy fellowship with our members, an informative program, and an opportunity to learn more about our organization. Reservations are not required. The Club will meet on March 3, 10, and 17th.

Membership in Kiwanis is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International. If you would like to know more about Kiwanis and the service programs it promotes, call John Carroll at 281-463-0373



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When a pet is lost, finding the pet means that time is of the essence. It takes time to create, print and distribute flyers. The flyers are many times illegible because of wind or rain. I certainly do not fault the pet owner because I have done this myself.

Frustrated, I thought there has to be a better way. So that is why we created Cypress Lost Pet Alert.com. The idea is to very quickly get the word out through an e-mail alert to as many neighbors as possible plus post the picture and information about the pet on the website under the specific neighborhood.

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,

RB Cox

alert@CypressLostPetAlert.com www.CypressLostPetAlert.com



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Business Classifieds

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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 <u>blackhorse@PEELinc.com.</u>

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.*

REMEMBER

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

Shobhana Kamdar, M.D. PEDIATRICIAN

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RANCH RECORD Cy-Fair Community Emergency Response Team (CERT)

Cy-Fair CERT now has over 200 team members in your neigh¬borhood. The team members are not only from Fairfield/ Cypress area, but Alief, Katy, Bear Creek, Copperfield, Tomball, and Sugarland. More trained CERT members will be needed in each of these areas to form neighborhood teams.

CERT training is designed to prepare you to help yourself, your family, and your neighbors in the event of a catastrophic disaster. Because emergency services personnel will not be able to help every-one immediately, you can make a difference by using this training to save lives and protect property. For example, during and after Hurricane Ike members of the Cy-Fair CERT volunteered at the phone bank of the Harris County Office of Emergency Management, manned the federal PODs all over the county, distributed Meals on Wheels food, cleared debris in their communities, etc.

The 8-week course (24 hours of training) covers basic skills that are important to know in a disaster when emergency services are not available. You are taught skills about disaster preparedness, small fire suppression, urban search & rescue, medical operations and more. With training, practice and working as a team you will be able to do the greatest good for the greatest number of people after a disaster, while protecting yourself from becoming a victim.

In 2003, President Bush asked Americans to volunteer to serve oth–ers. The Harris County Citizen Corps www.harriscountycitizencorps. com was created to help our citizens find volunteer and training opportunities. CERT training is just one of the programs created. CERT training courses are provided throughout Harris County. There is no cost for this course. A backpack of emergency/ medical supplies is provided to all CERT team members during training. This program is brought to you by Harris County Judge Emmett. The next CERT training class for the Cy-Fair area will begin on April 1, 2009 at the Lone Star College (Barker-Cypress campus).

For more information on how you can become involved in CERT contact Patrick Wong (Fairfield/Cypress Team Lead) at pcwong1@earthlink.net. For more information on how you can register for the next training class contact Terri Pope-Mobley at tpopemobley@yahoo.com.



SAINT AIDAN'S PISCOPAL CHURCHwhere people come together...

The angel said to the women, "Do not be afraid. For I know that you are looking for Jesus, who was crucified. He is not here; He has risen, just as He said." Matthew 28: 5-6



Saínt Aídan s wishes you a blessed Lenten season and a joyous Easter. We invite you to worship with us during this time of reflection and celebration.

| April 9 th | Maundy Thursday Worship Service at 7:00pm. |
|------------------------|------------------------------------------------------------------------------------|
| April 10 th | Good Friday Worship Services: |
| | 7:00am "Stations of the Cross" / Noon "Seven Last Words" / 7:00pm Evening Worship. |
| April 11 th | Holy Saturday 8unny Brunch and Easter Egg Hunt at 9:00am. |
| April 12 th | Easter Worship Services at 8:00am and 10:30am. |

Regular Worship Schedule

Sundays at Saint Aidan'sWed8:00amWorship6:009:15amSunday School for All Ages6:3010:30amWorship6:45

Wednesdays at Saint Aidan's 6:00pm Dinner 6:30pm Worship 6:45pm Programs for All Ages

Nursery care provided at all Worship and Programs.



Come see our new church! 13131 Fry Road Cypress, TX 77433 Father Justin, our Priest, looks forward to meeting you!



Cypress Christian School Students Provide

"Socks for Little Souls"

Fifth graders at Cypress Christian School collected socks in February to donate to children at the Baptist Missions Center. In addition, the students made valentines for the children at the center. The "Socks for Little



Souls" project began when the fifth grade classes

were asked to find a way to share God's love with those less fortunate for Valentine's Day.

The mission of Cypress Christian School is "to equip students to engage and impact their world for Jesus Christ." Community service projects like "Socks for Little Souls" help to encourage students to make a difference in the lives of others both now and throughout their lifetimes.

Cypress Christian School is located at 11123 Cypress N. Houston Rd. at Jones Road and serves families of K-12 students in northwest Houston. For more information, call 281-469-7745 or visit the website at www.CypressChristian.org

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RANCH RECORD

Healthier Homes - Spring Cleaning Submitted by Charlie and Michelle Bubnis

It is that time of year again to begin spring cleaning and getting the house freshened up. When cleaning its important that you clean safe. Cleaners that contain disinfectants either serve as antiseptics or sanitizers. Antiseptics disinfect skin and mucous membranes and are less harsh than sanitizers that disinfect inanimate surfaces. Their purpose is to kill bacteria, protozoa and fungi. They are antimicrobial.

There are three main types of disinfectants:

- 1. Phenols found in Lysol
- 2. Halogenated compounds such as bleach and chloramines found in drinking water
- 3. Quaternary ammonium salts found in detergents

Disinfectants are regulated by federal law because they are the form of pesticide that people are exposed to the most. They have an impact on indoor air quality in the home that can be detrimental to human health. The "smell of clean" is not necessarily a good thing...rather it is often the sign that toxic chemicals are being released into the air. The "smell of clean" should have no smell like fresh, outdoor air. Once these antimicrobials are rinsed down the drain they can accumulate in aquatic environments and end up in waste water treatment plants.

The National Association of Clean Water Agencies (NACWA) is concerned that the disinfectants in the wastewater could harm microbes in activated sludge which is a biological process that treatment plants use to clean up wastewater. Some healthier disinfectant options are to use hydrogen peroxide 3% in a spray bottle (wipe down) followed by vinegar in a spray bottle (wipe down). Another alternative is Borax or a borax spray made by mixing 2 tablespoons of borax with 1/4 cup of lemon juice and 2 cups of hot water in a spray bottle and use as any commercial all-purpose cleaner. This will not have the detrimental impact on indoor air quality and on wastewater that is rinsed down the drain.

Remember, no legal requirements exist for listing ingredients on the labels of household cleaning products. Many companies voluntarily provide Material Safety Data Sheets (MSDS) for products but they can be incomplete. These MSDS sheets do not list carrier chemicals such as phthalates which you have heard a lot about in the news lately nor do they specify fragrances.

It is time to consider spring cleaning a healthier way!

Resources:

- Less Toxic Alternatives by Carolyn Gorman 2004 ٠
- www.womenandenvironment.org safe cleaning products ٠ initiative to reduce women's exposure to toxic chemicals in cleaning products.



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|--------------------------------------|---------|----------|---------|----------|---------|----------|---------|---------|----------|---------|--|--|
| | Apr '08 | May '08 | Jun '08 | July '08 | Aug '08 | Sep '08 | Oct '08 | Nov '08 | Dec '08 | Jan '09 | | |
| \$451,000 and above | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | | |
| \$351,000\$450,000 | 1 | 0 | 1 | 0 | 2 | 1 | 1 | 0 | 0 | 0 | | |
| \$276,000\$350,000 | 2 | 0 | 0 | 2 | 1 | 0 | 0 | 1 | 0 | 0 | | |
| \$231,000\$275,000 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 0 | 2 | 1 | | |
| \$201,000\$230,000 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | | |
| \$200,000 and below | 0 | 0 | 0 | 0 | 2 | 1 | 0 | 0 | 1 | 0 | | |
| Total | 4 | 1 | 3 | 3 | 6 | 2 | 1 | 1 | 4 | 2 | | |
| Highest \$/sq ft | \$97.18 | \$138.57 | \$88.17 | \$88.99 | \$92.18 | \$110.80 | \$89.56 | \$89.97 | \$145.25 | \$84.76 | | |

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