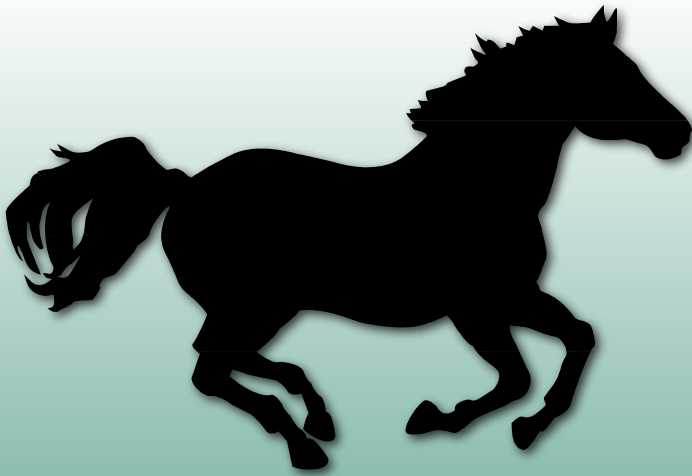


May 2009 • Volume 3, Issue 5



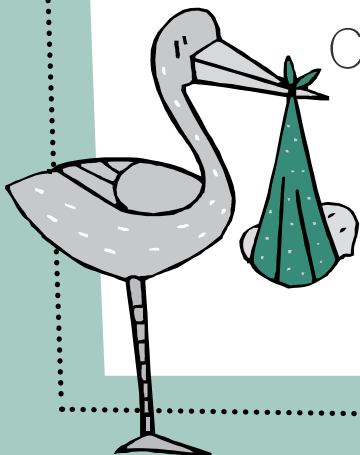
RANCH RECORD

*News For The Residents of
Blackhorse Ranch*

Stork Report **in** Blackhorse Ranch

.....
twins!!
.....

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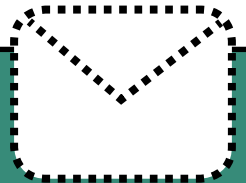


Cypress Ranch Athletics

Cypress Ranch High School will be hosting a number of camps during the summer. (Strength/ Agility/ Conditioning, Freshman Football, 6th, 7th and 8th Football, Volleyball, Softball, Boys and Girls basketball.) SAC will be opened to 9-11th grade Cypress Ranch students only. Volleyball and Freshman Football will be opened to incoming Cypress Ranch freshman only. Softball and basketball camps will be opened to incoming 6th, 7th, 8th and 9th graders. All camp applicants must be within the Cypress Ranch attendance zone for the 2009/2010 school year. Camp information and registration forms will be available on our athletics web site beginning May 1st. Any questions please call Shelley Oliver @ 281-373-2520.

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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

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Harris County Tax	713-224-1919

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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.

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10 Ideas to Help You Get Organized this Spring!

Computer: Examine your desktop for icons or shortcuts you no longer use. Delete those and organize the remaining ones on the desktop in an order that makes sense for how you use them. Then add any extra icons of frequently used programs.

Pantry: On a pantry door, place a clear shoe organizer. It can be a useful place to store gravy/soup/sauce mixes, flavored rice and pasta packs, dry marinades and sauces, Jell-O, extra utensils, spices, or other small items. Shoeboxes are also great to use as inexpensive organizers for small pantry items.

Refrigerator: Before grocery shopping, examine your fridge. Discard any stale food & clean shelves with a damp cloth. Upon return, the new groceries can go right in.

Freezer/Fridge: For food in the freezer/refrigerator, rotate the oldest to the front and newest in back. Use adhesive labels to date items in storage containers.

Laundry: Before putting small articles of clothing into the washing machine, get a few inexpensive mesh bags (used for hosiery) and separate each family member's socks, undergarments, and other small items into them. When washing is complete, these bags can be tossed into the dryer and dropped in everyone's room to put away.

Cleaning Supplies: Use a caddy with a handle to carry around cleaning products (sprays, rags, wipes, sponges) from room to room with ease. Also, items stay in one place and are quick to locate when needed.

Drawers: Use ice-cube trays and empty check boxes as drawer organizers to hold loose coin, pins, buttons, earrings, rubber-bands, etc.

Paper Data: Information on Post-It Notes and business cards with important names, numbers, and addresses should be transferred to your electronic database or address book.

Garage: Use a tall trashcan or umbrella stand for holding long items such as baseball bats, fishing rods, etc.

Games: Use Ziploc bags to store small game pieces, and then put those bags back in their correct boxes.

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Cy Wood's After Prom Party, It's Almost Here!!

CFISD Berry Center - May 22, 2009, 11:00 pm - 6:00 am

You can help!! WRAP's Busy Parent Fundraiser is the easiest fundraiser of the year!

Remember, WRAP has 501c(3) non-profit status, so your contributions are tax deductible. Print form from website www.cywoodswrap.org and mail to:

WRAP

P O Box 800

Cypress TX 77410-0800

100 WRAP bucks are given for every \$1 donated and there is still time to get bonus bucks! Bonus is shown on the donation form.

Class of 2009 Senior DVDs can be ordered for \$10 at the VIPS window. Enjoy treasured memories of our first graduating class of Cy-Woods High School Wildcats...a picture is worth a thousand words.

Corporate donations are welcome and

desired!! Please help contact local businesses and corporations to support our event which provides a drug and alcohol free party for our graduating seniors and their guests after the Prom. ("Prospective Donor" letter is on the forms page of the website.)

Senior Gift Bags - We are in need of donations for senior gift bags (given to each Cy Woods senior attending WRAP). Please contact Claudia Carson at ccars4@sbcglobal.net

Prizes for Drawings - We are planning on having lots of prizes for the drawings throughout the night and we need your help. Please contact Gina Baker at gina@ginabaker.com to contribute.

WRAP bucks are given for every \$1 donated. You choose the senior you would like the WRAP bucks awarded to.



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RANCH RECORD

CY-FAIR KIWANIS CLUB

The 12th annual city-wide Kiwanis Kids Triathlon Series begins May 30 at Langham Creek YMCA. The Cy-Fair Kiwanis Club sponsors the first Triathlon of the series. Girls and boys from ages 7 through 12 are invited to participate. The Triathlon combines three activities that children enjoy –swimming, cycling, and running. Age groups for the events are 7-8 year olds; 9 year olds; 10 year olds; and 11-12 year olds. Boys and girls compete separately in each event. Trophies, prizes, and mementos are awarded. The net proceeds from this event will be used to benefit Kiwanis charitable and service activities; such as sponsoring Key Clubs, Boy and Girl Scout troops, Salvation Army missions, and needy families and individuals in the Cy-Fair area. Entry forms are available at Ault and Keith Elementary Schools or at www.kiwanishouston.sunrise.org. For further information call Peggy or Bob Presnell at 281-304-7127.

The recent Golf Tournament was a big success. We appreciate the contributions of those who played, those who sponsored players, and those who sponsored holes for the benefit of the organization. Some of the proceeds will be used to fund scholarships for Key Club seniors for their use in college next year. Announcement of the winners of the scholarships will be available next month.

The Cy-Fair Kiwanis Club meets 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. We invite you to a complimentary lunch, 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 February 3, 10, and 17.

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; George Crowl at 832-467-1998; or Robert Presnell at 281-304-7127.

CHILDREN ...

PRIORITY ONE is the motto of Kiwanis Clubs worldwide.

The Cy-Fair Kiwanis Club, an affiliate of the International Kiwanis organization, focuses its services, programs and activities on this theme.

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2008 Kiwanis Kids Triathlon Series

Sponsored by The Greater North Houston Kiwanis Club

The Kiwanis clubs of the Houston area are proud to present the 12th annual Kiwanis Kids Triathlon series. The 2009 Triathlon Series is sponsored by the Greater North Houston Kiwanis Club.

This event allows boys and girls ages 7 to 12 to experience the fun and excitement of triathlon. It's a morning of friendly competition and physical activity that can lead to a lifetime of fitness. The 2009 series will include seven (7) races at various locations all around Houston. The Cy-Fair Kiwanis Club kicks off the first race on Saturday, May 30, at the Langham Creek YMCA in Copperfield. Kids may participate in one race or all three races.

What is a Kids Triathlon? It's a great sport for young children because it combines three activities that every child enjoys - swimming, cycling, and running. All three elements are included in each race. With young athletes in mind, the Kiwanis Kids Triathlon courses are designed to feature comfortable distances for the novice to the experienced athlete. Boys and girls will compete separately in their respective age groups: 7-8 year old; 9 year olds; 10 year olds; and 11-12 year olds. Boys and girls compete separately in each age group. Distances for the 7-9 years olds are a 50 meter swim, 1 mile bike, and .25 mile run. Distances for the 10-12 years olds are doubled. Every participant

receives a triathlon T-shirt, goodie bag, and bracelet. Trophies are awarded to 1st, 2nd and 3rd place boys and girl in each age category. The entry fee is \$20 for pre-event and online registration, and \$25 for race day registration. Net proceeds will benefit Kiwanis charities.

USA Triathlon sanctions this event and requires all participants to be USAT members. Annual youth memberships are available for \$5 at www.usatriathlon.org.

For a complete race schedule, registration materials, or to get "training tips," visit the Kiwanis website at www.kiwanishouston.sunrise.org.

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May Landscaping

By Ron Kerwin

May is a great month to get full usage of our outdoor areas. The morning temps are nice and it has not yet become really hot in the afternoons. Continue to freely plant shrubs, trees, flowers and vegetables. Remember to put down a minimum of 2 inches of new mulch in all your beds. A good layer of mulch keeps the plant roots cooler, helps with weed control, and helps slow the water you apply from evaporating from the root zone.

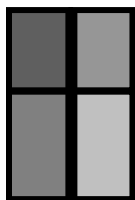
Water your lawns less frequently and more deeply. Frequent short duration watering leads to shallow root systems. Less frequent longer duration watering leads to deeper root systems. Deeper root systems are more healthy and better for your lawns. They will hold up better in the extreme heat. Our lawns need one inch of water per week. Put out a container with straight sides and catch the water as you irrigate, you can easily measure the result. Two watering times at ½ inch each are better than 4 times at ¼ inch, the water penetrates further and this will force the roots down



to find it. Regular mowing is critical for good lawn health. Mow only the top 1/3 of the total length. Letting the grass grow long and then cutting off more than the 1/3 is damaging to the grass, and makes the mulching process less efficient and less attractive.

There is a new soil disease coming into our area that I was made aware of late last year. It reveals itself in St Augustine grasses. It is not cinch bugs, it is not grubs although it does resemble their grass damages. The grass blades die and fall off the runners. The

runners remain in place, but somewhat resemble a cobweb. It is NOT a grass disease, it IS a soil disease. The big chemical companies do have chemicals to treat it. This is a Gulf Coast epidemic that is moving North. Homeowners with no foot traffic and do their own yard work still get it. Its origins are a guess at this point. I am trying to be pro-active and let you know your turf may get the problem & to watch out for it.



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Diet and Your Health

*By Jeannette Quickenden S.A.C. Dip,
MICH, AADP*

Welcome to our new feature 'what you eat and your health' our aim is to help you help you.

The old saying "we are what we eat" is so true. Everything we consume is digested and absorbed into our bloodstream to 'fuel' our bodies. At the same time, without realizing it, we are feeding ourselves large quantities of chemical additives and preservatives, which can cause numerous health issues.

A large number of the things on your grocery list contain food additives that are intentionally added to modify visual appearance, taste, texture, processing, or the storage life of food. Not all of us can tolerate these additives. A reaction for

some can lead to major health issues.

We all know that eating too much junk food is bad for the waistline but did you know that there are also numbers of 'good' foods that can have an adverse effect on some individuals?

For example do you or a family member suffer with any of the following?

- headaches
- indigestion
- depression
- candida
- difficulty sleeping
- poor memory
- constipation
- poor digestion
- menstrual problems
- irritability
- fatigue

And these are to name just a few ailments which can be diet related.

Finding the right dietary combination has also been known to help those suffering from autism, heart disease, diabetes, osteoporosis and certain cancers – while increasing your energy and stamina. Healthy eating can even lower "bad" LDL cholesterol.

Our first article will hit home to many parents - A hyperactive nightmare on two legs – does this sound like your child? We will be looking at possible dietary causes for behavioral problems.

If you have any questions please e-mail us at jeannette@qhealth-naturally.com.

Please note to assist others, individual questions may be used in further features

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A Hyperactive Nightmare on Two Legs *Does This Sound Like Your Child?*

Submitted by: Jeannette Quickenden S.A.C. Dip, MIGHT, AADP

Screaming fits, temper tantrums, hyperactive, letters home from school, lack of focus, antisocial and unacceptable behavior. Is your child? I so understand your situation. My young daughter can be a big pain depending on what she has consumed.

There could be a very simple solution to these behavioral issues. It is now widely accepted that food additives and delayed patterns of food allergies play an important role in causing learning and behavioral problems both in children and adults. A huge number of convenience foods contain a number of preservatives and colorants that have an adverse effect on some individuals, especially the young.

So what's the answer? Some suggest you cut out a whole range of foods and drinks such as all dairy products, yellow foods, junk food, all food with colorants, fried foods, soda and fruit juices for 2 weeks. You will then need to slowly reintroduce each of them and monitor any behavioral differences, but I know if I did this, my little one would be packing her bags and moving in with the neighbors.

I suggest the first step is to keep a food and behavior diary with time lines for 2 weeks to allow you to monitor what is drunk and eaten along with any personality changes. If you see a link between certain foods or drinks with a change in behavior, check all the ingredients and see

if there is a common theme, then avoid, to a degree, foods containing those ingredients. It would be a bit harsh saying your child can't eat birthday cake because of all the colorants, but you can do as I do and just think ahead and be prepared for the fallout.

Although every one is different the most common causes of food intolerance are colorants such as sunset yellow (E110), carmoisine (E122), tartrazine (E102), allura red (E129) and also products such as soda's, energy drinks and even those 'healthy' fruit drinks that contain lots of sugar.

Although it's hard it is to limit their favorite foods, it helps if once you have discover what might be affecting them try a similar alternative to their favorite munchie, but without those problem additives. Whilst this maybe time consuming it can be done. You will then need to educate them to avoid the 'bad' foods. If you are a busy parent or just need some help to put you in the right direction it is worth contacting diet and nutrition specialists. They can help by analyzing the diet and then going on a super market run with you to work out the 'good options'.

Now as the first option in fighting behavioral problems many parents and individuals are looking at what is consumed rather than opting for drugs as the only solution.



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4	5					3		
								5
	1					4		6
		9			7		6	1
2	7						3	
5				9				4
				7	1			
		4	9				2	
7		6	8		3			

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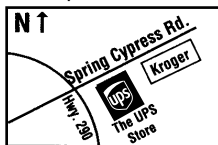
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Easy Ways To Eat More Fruits And Vegetables



Healthy Idea-There are ways to make produce stay fresh longer.

(NAPSA)-From orange peppers and green spinach to purple plums and red watermelon, eating colorful foods could leave you as a picture of health.

The Centers for Disease Control recommends that everyone consume more fruits and vegetables. One reason is that eating

a variety of colorful produce on a regular basis provides a great source of vitamins, minerals and other natural substances to help protect against chronic diseases.

The good news is that in addition to being healthful and nutritious, fruits and vegetables can be easy to add to almost any diet. Try these tips:

- Add vegetables such as bell peppers, mushrooms or tomatoes to your omelet.
- Top toasted whole-grain bread with peanut butter and sliced bananas.
- Ask for more vegetable toppings and less cheese on your pizza.
- Add lettuce, tomato, onion and cucumber to sandwiches.
- Snack on vegetables such as bell pepper strips and broccoli with a low-fat ranch dip.
- Top a cup of low-fat yogurt with sliced fresh fruit.

Saving Green On Your Greens

Of course, if you plan to eat more fruits and veggies, it could pay to also find ways to keep them fresh. Still, Americans throw away 27 billion pounds of produce annually because it has spoiled. That translates into about \$250 worth of wasted produce per person.

One solution is to use a product such as Produce Saver from Rubbermaid. The food containers can help consumers reduce food waste, save money and live healthier lives by keeping produce fresh up to 33 percent longer than traditional containers.

The line is designed with a vented lid that allows produce to breathe and a tray that elevates food out of moisture. Available at local retailers and grocery stores, it can be a smart and affordable way to incorporate more colorful fruits and vegetables into your diet. For more information, visit www.rubbermaid.com.



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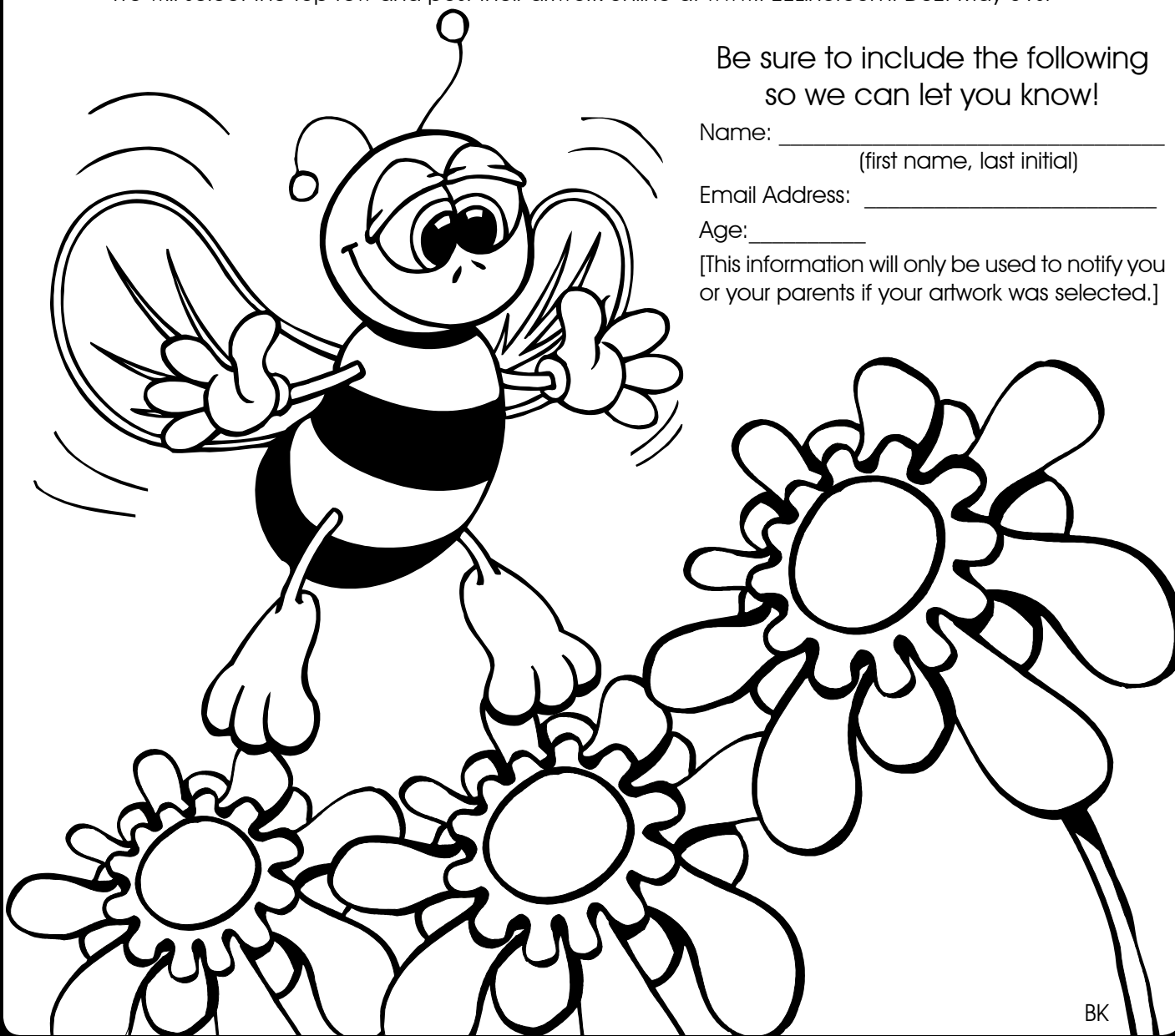
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MEET TERRAIL



DOB: August 1995

Terrail is described as “a sweet and good child,” with no major behavioral issues. Terrail is generous and shows affection and compassion towards others. He is calm, easy going and affectionate. Terrail likes playing with his toys, drawing, coloring and playing outdoors. He is an explorer and a learner. He loves animals. Hamburgers and fries from McDonalds top his list of favorite foods. Terrail has made good progress in his development and behaviors while in the nurturing and consistent environment of his foster home.

He would love to be adopted; he wants a forever family. Terrail likes younger kids, another child his age or younger would do well with him. He needs a family who can offer him stability, patience and consistency.

For more information, contact Grace Lindgren, LMSW Wendy's Wonderful Kids Recruiter, Adoption Coalition of Texas gracelindgren@adopttexas.org, (512) 687-3209



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Blackhorse Year-to-Date Sales Report

	Jun '08	July '08	Aug '08	Sep '08	Oct '08	Nov '08	Dec '08	Jan '09	Feb '09	Mar '09
\$451,000 and above	0	0	0	0	0	0	1	0	1	0
\$351,000--\$450,000	1	0	2	1	1	0	0	0	0	0
\$276,000--\$350,000	0	2	1	0	0	1	0	0	0	0
\$231,000--\$275,000	1	1	1	0	0	0	2	1	1	1
\$201,000--\$230,000	1	0	0	0	0	0	0	1	1	0
\$200,000 and below	0	0	2	1	0	0	1	0	0	1
Total	3	3	6	2	1	1	4	2	3	2
Highest \$/sq ft	\$88.17	\$88.99	\$92.18	\$110.80	\$89.56	\$89.97	\$145.25	\$84.76	\$118.46	\$86.78

This information is taken from the Houston Multiple Listing Service

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