

RANCH RECORD

*News For The Residents of
Blackhorse Ranch*



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Summer Fun and Safety Go Hand in Hand

Fun is the word on everyone's mind as summer heats up, but doctors at Baylor College of Medicine say "prevention" should not be far behind.

"There are common health issues that many people face during the summer, like sunburn, heat exhaustion and injuries from outdoor activities," said Dr. John Rogers, professor and interim chair of the department of family and community medicine at BCM. "But there are things you can do to prevent them rather than just waiting to treat the issue after the fact."

SUNBURN

Always wear sunblock and make sure to apply it as evenly as possible over all exposed skin. Sunblock SPF 15 and above is sufficient coverage, but you should always reapply throughout the day regardless of your activities, especially if the skin becomes wet, Rogers said.

"Once a tan starts to show, you are damaging your skin with long-term results," said Rogers.

Wearing a hat with a wide rim and long sleeve shirts in a light-weight material can also protect the skin.

HEAT EXHAUSTION

"Don't wait until you are thirsty to drink water. That means you are already becoming dehydrated," Rogers said. "If you know you will be out in the heat, start drinking fluids before hand, and continue through out the day. Sports drinks with some sodium or salt is important."

Keep the elderly in mind during the summer, Rogers advised. Other health issues could be heightened by the heat. Even if they are indoors, they could still become victims of heat exhaustion.

Maintaining kidney output that is "clear and copious" is the goal to prevent serious problems, he said.

POOL SAFETY

Never swim alone. Even the most experienced swimmer could suffer an injury and need help getting out of the pool.

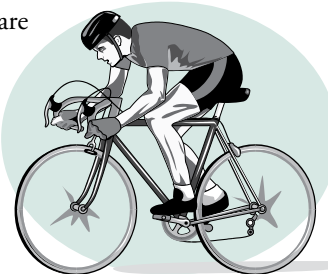
When it comes to small children, Rogers said once they go under water it is easy to not see them at the bottom of the pool. Assigning swimming buddies could be one way to make sure all children are accounted for. Children 2 or under should wear floatation devices even around a swimming pool.

BIKE SAFETY

Helmets are a must if bike riding is in the plans this summer. Elbow and knee pads are also suggested for skateboarding or roller skating.

Not all outdoor injuries can be prevented - like scraped knees. But usually a minor injury like that doesn't require a trip to the emergency room.

"If there is an actual gap in the skin, impaired movement or excessive pain or more bleeding than you think there should be, it might be time to call the physician," Rogers said. "You shouldn't second guess yourself if you decide to go for medical care and it turns out to be minor. The peace of mind of knowing your child is safe should be your first concern."



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Cy Woods High School..... 281-213-1727
Cy Fair High School..... 281-897-4600

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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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Do You Have Reason to Celebrate?

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



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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.

Meet Michael

DOB: 08/1993



Michael is a loving and thoughtful young man. He is sensitive and funny. Michael has a good sense of humor and a good attitude. He enjoys video games, summer camps, go cart racing, fishing, baseball and anything having to do with cars. He hopes to become a chef or work with cars someday. He currently participates in special education and tries really hard in school. He attends Catholic church and his religion is very important to him. Michael is a baseball player and hopes to continue this sport once he is adopted. Michael will capture your heart with his thoughtful ways, playful spirit, and his desire to be loved. He's adventurous and an absolute blast to be around.

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The American Business Woman's Association of Cy-Fair Express Network

EVENT: Cy-Fair Express Network
WHEN: Thursday, July 23, 2009
TIME: 11:30 am - 1:00 pm
WHERE: Houston National Golf Club
16500 Houston National Blvd
Houston, TX. 77095
(281)304-1400

NETWORKING AND BUSINESS LUNCHEON

The American Business Women's Association Cy-Fair Express Network invites you to their monthly networking meeting and luncheon. Join us as

Marlene Lobberecht of Intellaskill shows us how to "Update Your Business Plan". Lots of fun, networking and giveaways. Bring plenty of business cards.

Reservations: Contact Anya Lucas 713-459-2331 or anya@lucascarecare.com Or go to www.cyfen.org for more information. Please try to RSVP by Friday May 22, 2009.

CYFEN is an ABWA Express Networking organization providing opportunities to network with 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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Cypress Assistance Ministries



School Supplies Needed 11202 Huffmeister, 281-955-7684 www.cypressassistance.org

Families of hundreds of school-aged children in the Cypress area are depending on CAM to assist them with necessary school supplies for their children. These start-up supplies can be impossible to fit into an already strained budget.

Your donations of the following would be greatly appreciated:

- pocket folders with brads
- washable markers
- large & small packages manila paper
- large & small packages multi-colored construction paper

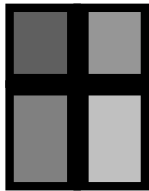
- pencil boxes/pouches
- scissors
- new socks and underwear in adult sizes

For the Food Pantry, donations of the following will help families with children home for the summer:

- Peanut butter & jelly
- Sweetened Drink Mixes
- Spaghetti Os
- Snack Foods
- Canned Meats
- Powdered milk
- Toilet Paper/Paper towels



Donations can be made Monday through Wednesday from 10AM – 6PM and Thursday through Saturday from 10AM – 3PM For a description of the services and volunteer opportunities at Cypress Assistance Ministries please see our web site, www.cypressassistance.org.



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Summer Schedule

During the summer months, we will be taking a break from our Sunday morning Sunday school classes, as well as our Wednesday Evening Worship. We will resume with these two programs in the Fall.



Sundays at St. Aidan's

8:00am Worship with Children's Sermon / 9:15am Fellowship Breakfast / 10:30am Worship with Children's Chapel.
Nursery care provided at all Worship and Programs.

You are invited to worship with us at our new church located at 13131 Fry Road, Cypress, TX 77433.
For more information, contact us by phone at 281.373.3203 or on the web at www.staidanshouston.org.

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Crocodile Dock fun begins July 27th-31st from 9am to 12pm.
For more information, please call 281-373-3203 or download a registration form at www.staidanshouston.org.

Recipe of the Month

Ice Cream



Milk	1 can Eagle Brand
4 eggs, beaten	1 carton whipping cream
2 C sugar	1 T vanilla
2 T cornstarch	



Combine sugar and cornstarch. In heavy saucepan combine about 2 cups milk, sugar/cornstarch mixture and beaten eggs. Cook until thick, stirring constantly. Pour into freezer can. Add Eagle Brand, whipping cream, vanilla, and enough milk to fill.



If you would like to submit YOUR recipe email it to articles@peelinc.com.

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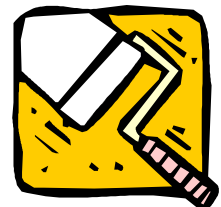
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Lone Star College-CyFair "Perspective"

Sign Up for the Summer Bridge Program

Set July 13 through Aug. 6, this program is available for first-time college students who are on the threshold of being able to enroll in college-level courses. Free textbooks, mentoring, tutoring and support services as well as a \$400 stipend upon course completion are incorporated into the program to assist students in their transition into college. For program eligibility requirements and information, call Erin Smith at 281-290-3430 or go to CyFair.LoneStar.edu/summerbridge.

"High School Musical 2" on stage in July

Don't miss this new high energy show, an adaption of the Disney Channel's sequel to the wildly popular "High School Musical," which follows the Wildcats from East High School into their summer months at Lava Springs Country Club. Reserved and group seating available. "High School Musical 2" will be performed in collaboration with Houston's Center Stage Theater July 17 through July 26. For ticket information, call 281-290-5201 or go to CyFair.LoneStar.edu/boxoffice or www.houstonscenterstage.com.

"Milestones and Signposts" in the Bosque Gallery

Check out this exhibition of work by two talented Houston Area artists Chris Narum and Humberto Saenz whose content is connected by the investigation of the idea of the marginalization. The exhibition will be

on display July 7 through July 23 in the Bosque Gallery with an opening reception at 4:30 p.m. and artist talk at 5 p.m. July 9. Go to CyFair.LoneStar.edu/bosquegallery for gallery hours and information.

Free New Student Orientations Set

Take a tour, learn about campus programs, meet with an advisor, choose a schedule and register for fall classes at LSC-CyFair's free new student orientations this summer. Three orientation sessions, including separate sessions for parents and family members, continue each Wednesday through August 19. For information, go to CyFair.LoneStar.edu/orientation.

L.I.F.E. Lessons in July

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.) Programs in July include: Dance Salad video of eclectic mix of dancing July 1, stress and your health July 8, Nia "cardiovascular" dancing July 15, genealogical expedition July 22 and curry/korma cooking July 29 (held in HSC 105). Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.

(Continued on Page 11)



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Movie Theatre on Hwy. 290 & Spring Cypress
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Contemporary Service: 10:20 a.m.


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Lone Star College - (Continued from Page 10)

Summer Film Series and Art Exhibitions

The free Cinema WOW! Film Series, which includes an engaging discussion after the movie, continues with "Touch of Evil" July 8; "LA Confidential" July 14 (at LSC-Fairbanks Center) and "Bad Education" July 22. For information, go to CyFair.LoneStar.edu/filmseries.

Check out "Milestones and Signposts" July 7 through July 23 and "Confluence, Study Abroad 2009" Aug. 4 through Aug. 27 at the Bosque Gallery. Go to CyFair.LoneStar.edu/bosquegallery for gallery hours and information.

Discovery College continues through August

Registration for Lone Star College-CyFair's popular Discovery College summer camp for ages 6 to 15 is under way. The one-week summer sessions are fun and educational programs to develop skills in a friendly environment. Camps are offered at the Barker Cypress campus and the Fairbanks Center campus, Monday through Friday. For information, go to cyfair.lonestar.edu/discoverycollege. For Barker Cypress camps only, call 832-482-1043 and for Fairbanks Center camps only, call 832-782-5038.

Register for Fall and Pay Early For Free Tuition

Register and pay for fall credit courses before the close of business Monday, Aug. 3 and automatically be entered to win free tuition, IPOD Shuffle or \$300 book voucher. The grand prize covers payment of tuition and fees up to \$500 for credit classes at the Barker Cypress and Fairbanks Center campuses. Funds will be posted to the student's account. All winners will be notified and announced by Aug. 14. Call 281-290-3200 or 832-782-5000 for information; go online to CyFair.LoneStar.edu; or visit one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway.

Houston Undercover A Quilt Show

Presented by:

Quilt Guild of Greater Houston

Location:

Memorial Drive Presbyterian Church
11612 Memorial Dr. Houston, Tx

Dates: July 23 - Auction & Preview
Night, 6-8:30 pm
July 24-25 - Quilt Show, 10 am - 6 pm

General Admission: \$5

Judged quilt show with over 200 quilts, various vendors, snack bar, door prizes, donation quilt, quilt appraisal, Children's Scavenger Hunt. Each child will get a prize for participating. The children are quilters of the future. Contact information: www.qggh.org or 979-289-5175

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More HELP for PETS ...

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

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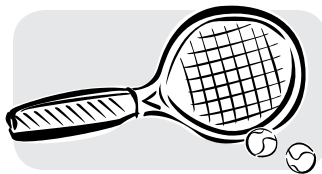
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Four Stages Of Improving Your Game

Submitted by: Fernando M. Velasco

issue, we will give you some advice on how to progress on your game following the CCDP stages:

STAGE ONE: CONSISTENCY

Our muscles react to repetition of something that feels good and natural. If a player needs work on a particular stroke, hundreds of balls need to be given so the production of their stroke looks the same regardless of where the ball is located. Consistency of grips, foot work, anticipation, point of contact and follow-through, need to be almost "carbon" copy of each other.

STAGE TWO: CONTROL

Do you know that there are only eight shots that can be executed when you hit a groundstroke? They are: cross court, down the line, flat, top spin, slice, drop shot, lob and "miss-hits" Once a player reaches the consistency of getting the ball over the net and into the court, the player needs to start working on controlling the "where" and "how" type of shot. As players advance on control, they will combine these shots, such as "top spin cross court, slice down the line, top spin lobs, etc.

STAGE THREE: DEPTH

Most players want to hit the ball an inch above the net height. If players look at most of the great players, they will realize that most of the shots they hit are at least three feet over the net and land between the service line and base line of their opponents. The balls that are "skimmed" over the net, are usually passing shots when the players come up to the net, or great winners that only a Roger Federer or an Andy Roddick can do with great control and consistency.

STAGE FOUR: POWER

Once a player feels comfortable with the first three stages, then it is time to create Power. Unfortunately, most tennis players become injured by going to the Fourth Stage too quick into the game and become frustrated, thus ruining their weekend games and being sore for an entire week due to torn muscles. Power is generated mostly by good timing, good foot work, reading early where the ball will land, and by planning the shot even before the player gets to the ball.

Most players in League level 2.5 to 4.0 will end up winning their matches by mastering the first three stages, while the ones going to stage Four too quick, will be spending their time with ice packs and taking Ibuprofen pills until the next match and start the "vicious" circle again...

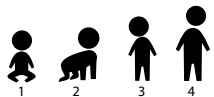


COLIN'S HOPE

Increasing water safety awareness and standards

FACTS YOU NEED TO KNOW ABOUT DROWNING

Drowning is the leading cause of unintentional injury-related death in children ages 1-4



Drowning is the 2nd leading cause of unintentional injury-related death ages 1-14.

DROWNING WILL AFFECT YOU OR SOMEONE YOU KNOW

DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM

NO ONE is "drown proof" – no matter their level of swimming ability.

Falls, entrapments, and injuries lead to drowning regardless of swimming level.

A majority of people overestimate their own and their child's ability to swim, especially in a panic event.

DROWNING IS QUICK AND SILENT



Drowning occurs in as little as 2 minutes.



Irreversible brain damage occurs in as little as 4 minutes.



Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Most children die who are submerged for as little as 6-10 minutes.

Children who drown do not **scream, splash, or struggle**. They silently slip beneath the water, even with adults & lifeguards present.

Health Briefs

Baylor College of Medicine

GOOD NIGHT'S SLEEP IMPORTANT TO WOMEN'S HEART HEALTH

Getting a good night's rest may help women minimize their risk of developing heart disease.

"Research has shown a link between sleep disturbances and the risk of developing heart disease," said Dr. Bhuvana Muthuswamy, assistant professor of medicine at BCM. \

Women need about eight hours of sleep a night, said Muthuswamy. That's easier said than done and may require key behavioral changes, including:

- Maintain a regular sleep/wake time
- Exercise regularly, but avoid exercising three hours prior to bedtime
- Finish eating two to three hours prior to bedtime
- Avoid caffeine and chocolate about six to eight hours prior to bedtime
- Restrict fluids, especially alcohol, close to bedtime

But most important is eliminating stress, according to Muthuswamy. "Approximately half of all sleep problems are attributed to stress," she said. "Relax with a good book, music or a bath before bedtime."

MINOR STROKES HARDLY HARMLESS

No one is at zero risk for stroke, which explains why it is vital to know the signs and understand how to decrease the chance of experiencing one.

Warning signs include:

- Sudden numbness or weakness affecting the face, arm or leg, especially on one side of the body
- Sudden difficulty in speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination

It's important to seek immediate emergency care if a person experiences these symptoms because current therapies for stroke must be applied within a few hours, according to neurologists at Baylor College of Medicine.

Good cardiovascular health habits greatly reduce the risk of stroke. Hypertension and diabetes must be recognized and treated. Smoking, obesity and lack of exercise all increase the risk of stroke, but that risk is reduced when a person modifies those habits.

(Continued on Page 15)



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Health Briefs - (Continued from Page 14)

DON'T LET SWIMMER'S EAR RUIN YOUR SUMMER

If you've ever had swimmer's ear, chances are you've wanted to pull the plug on the pain.

Swimmer's ear is an inflammation of the outer ear that is most often caused by the accumulation of excess moisture from swimming or daily showering, explained Dr. Jeffrey Vrabec, associate professor of otorhinolaryngology at Baylor College of Medicine.

Symptoms include swelling, redness, itching, muffled hearing and/or discharge from the ear. Antibiotic drops are used to treat the condition, and pain can be lessened by applying a warm cloth to the ear or by using a heating pad.

Prevention is possible. Vrabec recommends the following:

- Wear earplugs and a cap when swimming.
- Use alcohol-based drops before and after swimming and showering.
- Use a hairdryer to dry the ear canal to prevent water build-up and infection.
- After getting out of the shower or pool, lie down on the affected ear to help remove excess water.
- Do not use cotton swabs to remove excess water from the ear.

REGAINING A HEALTHY LIVER, ONE POUND AT A TIME

For those suffering from cirrhosis of the liver resulting from nonalcoholic fatty liver disease, each pound lost is a step toward regaining your health, say doctors at Baylor College of Medicine in Houston.

"It's important for people to understand that cirrhosis can be caused by obesity in adults and children," said Dr. John Vierling, professor of medicine and surgery at BCM and director of Baylor Liver Health. "Very often people think it is only associated with over consumption of alcohol or viral hepatitis."

Reaching a healthy weight is one way to reverse damage to the liver. For many people the thought of having to lose 100 to 200 pounds is daunting, but Vierling said even losing 10 percent of your body weight can help the liver begin to heal.

Cirrhosis is a condition associated with dense scarring and regenerating nodules on the liver. It can result from a number of illnesses, including alcoholic and viral hepatitis, autoimmune and metabolic liver diseases. Nonalcoholic fatty liver disease causes cirrhosis when a large amount of fat accumulates in the liver in the presence of damaging inflammation.

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and knees and cleaned *your*
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- Clean inside microwave
- Clean range top
- 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
- Change linens, make beds
- Empty trash

Windows

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

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Blackhorse Year-to-Date Sales Report

	Aug '08	Sep '08	Oct '08	Nov '08	Dec '08	Jan '09	Feb '09	Mar '09	Apr '09	May '09
\$451,000 and above	0	0	0	0	1	0	1	0	0	0
\$351,000--\$450,000	2	1	1	0	0	0	0	0	0	1
\$276,000--\$350,000	1	0	0	1	0	0	0	0	1	1
\$231,000--\$275,000	1	0	0	0	2	1	1	1	1	0
\$201,000--\$230,000	0	0	0	0	0	1	1	0	0	0
\$200,000 and below	2	1	0	0	1	0	0	1	0	1
Total	6	2	1	1	4	2	3	2	2	3
Highest \$/sq ft	\$92.18	\$110.80	\$89.56	\$89.97	\$145.25	\$84.76	\$118.46	\$86.78	\$85.81	\$95.09

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