

# RANCH RECORD

*News For The Residents of  
Blackhorse Ranch*

## IT'S TIME TO REGISTER FOR THE BEAUTIFUL GAME!!!

***Fairfield Sports Association Soccer  
Registration is now OPEN.***

Fairfield Soccer is a recreational league for players ages 4-13. All practices and games take place in Fairfield at one of our two soccer facilities. We play small-sided soccer in the younger divisions with modified rules to accommodate the developing skills of young players. As the kids get older, we gradually increase the number of players on the field and the size of the fields. The overall emphasis of the program is to develop individual technical skills and a love for the game in a fun, safe, positive environment.

In honor of the Women's World Cup being played in Germany this summer, we are continuing with the Xara International uniforms that were hugely popular last season. The uniform is included as part of the registration fee and includes a full kit. The kit contains a team jersey, matching shorts and socks. Registration fees for the 4, 5, and 6 year old divisions are \$115.00 per player. Registration fees for the 7 year old division and older are \$125.00 per player. There will be NO team sponsorship fees this season!

Registration for FSA Soccer is available on-line at [www.fairfieldsports.net](http://www.fairfieldsports.net) and will remain open through July 17th. Any parents who wish to volunteer as either a head coach or an assistant coach will also need to register on-line. There will be a player evaluation for players ages 7-13 during the week of July 25th. More information about this evaluation is available on the FSA Soccer website. Teams will be formed by July 31st and practices will start the week of August 1st. The first games will be scheduled to start on Saturday, August 27th. There will be NO GAMES or PRACTICES September 2nd through the 5th. The 4, 5, and 6 year old divisions will play a 10 game schedule. The 7 year old and older divisions will play an 8 game regular season, and they will participate in a season ending double elimination tournament. The season ending "Soccer Day Celebration" is scheduled for Saturday, November 19th.

The last important date FSA Soccer will need help with is a field maintenance day scheduled for Saturday, July 16th. We will start at 9:00am and should be finished by 12 noon. This day will be used to mark fields, set goals, and replace/repair nets. The more people-power we have, the faster the work gets done. Any help that you can give will be greatly appreciated!

Questions about the FSA Soccer program or soccer registration can be directed to Scott Baehren, Commissioner – FSA Soccer, at [soccer@fairfield-sports.org](mailto:soccer@fairfield-sports.org)

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Birthday  
Gavin  
John  
Hand!

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announcements to  
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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

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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 .....	<a href="mailto:blackhorse@peelinc.com">blackhorse@peelinc.com</a>
Advertising .....	<a href="mailto:advertising@peelinc.com">advertising@peelinc.com</a>

## Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing [blackhorse@peelinc.com](mailto: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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## READY MADE FAMILY?

Siblings can be a source of frustration, rivalry and competition as children learn some of the more important lessons in life like communication, negotiation, teamwork and forgiveness. Siblings can also be a source of support, friendship, security and loyalty as children learn to grow together and value the unique aspects of having a family.

Keeping a group of siblings together that have been waiting in the foster care system is a worthy and challenging objective. Finding a family that will take a group of siblings to be permanent family is an even more difficult task. However, the value of having a permanent family for a group of siblings is immeasurable. Do you have the space in your home and in your heart to be the answered prayer for a sibling group looking for a home?

Maribel (15), Isabel (14), Noah (11), and Tereso (8) are a fabulous foursome looking forward to finding a forever family. As a group, they are smart, polite, engaging, active, and athletic. They hope to find a family that will allow them to stay together as well as encourage and support them in reaching their full potential.

To find out more about this wonderful group please contact Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter, at the Adoption Coalition of Texas (512) 810-0813 or [gracelindgren@adopttexas.org](mailto:gracelindgren@adopttexas.org)

Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group.

To learn more about the adoption process and the Adoption Coalition of Texas, please call Bruce Thompson at 512-301-2825 or visit our website at <http://www.adoptioncoalitiontx.org>





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## LONE STAR COLLEGE CYFAIR PERSPECTIVE

### Free Business Success Seminars in July

The Small Business Development Center and the Lone Star College-CyFair Branch Library are sponsoring three free business success seminars. Topics include Twitter for marketing in "Trick or Tweet?" July 13, management tips for productivity and organization in "Time Flies When You're Having Fun" July 20 and free or low-cost online/mobile options in "Web Tools and Apps" July 27. All seminars are held Tuesdays from 7:45 a.m. to 8:45 a.m. in library room 215, on the campus at 9191 Barker Cypress. No sign up is required and there will be door prizes. For information, go to [LoneStar.edu/library/business-seminars](http://LoneStar.edu/library/business-seminars) or call 281.290.3214 or 832.482.1057.

### Bosque Gallery Summer Exhibition is Hot! Hot! Hot!

Stop in the Bosque Gallery, to see a unique encaustic exhibition titled "Hot! Hot! Hot!" curated by Gwen Plunkett and on display July 19 through Aug. 18. Encaustic is one of the oldest, time-tested methods of painting. It involves using a mixture of beeswax and damar resin and pigment to paint a variety of surfaces from wood to canvas and others. An artist reception is set for July 20. For gallery information, go to [LoneStar.edu/bosquegallery](http://LoneStar.edu/bosquegallery).

### Free New Student and Parent Orientations Continue

Multiple orientation dates and times are set through August for

new students as well as separate orientations for parents and family members. Students can take the campus tour, receive important academic information, get advised and register for summer and fall classes. Parents will also tour the campus as well as learn how to support their new college student with a few short presentations on academic life, student services and financial aid. All orientations are free but space is limited so pre-register online at [LoneStar.edu/cyfair-orientation](http://LoneStar.edu/cyfair-orientation). Call 281.290.3430 or e-mail [cfoutreach@LoneStar.edu](mailto:cfoutreach@LoneStar.edu) for information.

### Registration Under Way for Summer and Fall

Lone Star College-CyFair offers options and flexibility, so register now for Weekend College, Friday only courses, online courses, Dual Credit courses and more. Sign up for Summer Session II classes that start July 14. And it's never too early to register for fall classes which start Aug. 29. For information, go to [LoneStar.edu/registration](http://LoneStar.edu/registration).

### 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 "Secrets Behind Weight Loss" July 6; "Cake Balls" July 13; "Texas Republic Celebration" July 20 and "Flower Power" July 27. Call the library at 281.290.3214 for L.I.F.E. program information.



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### SERVICE TIMES:

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Sundays at

8:30 a.m. (Traditions w/choir)

9:50 a.m. and 11:30 a.m.

10:30 a.m. TV time



Pastor Mark & Laura Shook



## Financial Focus

*Submitted by Matt Smith, Edward Jones*

On July 4, we shoot fireworks, attend picnics, watch parades and otherwise celebrate our nation's independence and the many freedoms we enjoy. But as you go through life, you'll find out how important it is to work towards another type of freedom — financial freedom. That's why you need to put strategies in place to help you work towards your own Financial Independence Day.

And there's no way to "sugar-coat" this task, because it will be challenging. In recent years, a combination of factors — including depressed housing prices, rising health care costs, frozen or eliminated pension plans and the financial market plunge of 2008 and early 2009 — has made it more difficult for many of us to accumulate the resources we'll need to enjoy the retirement lifestyle we've envisioned. In fact, the average American family faces a

### Work Toward Your Own Financial Independence Day!

37 percent shortfall in the income they will need in retirement, according to a recent report by consulting firm McKinsey & Company.

But now that we've gotten the "bad" stuff out of the way, let's turn to the good news: You can do a great deal to work towards financial freedom during your retirement years. Here are some suggestions that can help:

- **Save and invest more.** Obviously, the younger you are, the greater the benefit you'll get by increasing your savings and investments. But whatever your age, you'll find that it pays to save and invest more. During difficult economic times, of course, it's not always easy to boost your savings and investments, but try to find ways that are as "automatic" as possible. For example, whenever you get a raise, increase your 401(k) contributions, which come directly from your

*(Continued on Page 7)*

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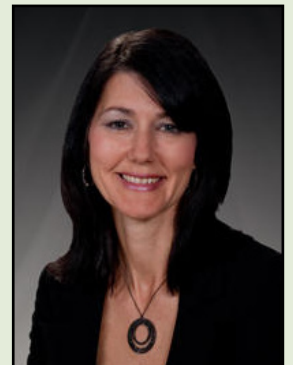
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## Financial Focus - (Continued from Page 6)

paycheck. And whenever you get a "windfall," such as a tax refund, try to use part of it for your IRA or another investment account.

- **Rebalance your portfolio.** It's always a good idea to periodically rebalance your investments to make sure they are still aligned with your goals and risk tolerance. But it's especially important to rebalance as you get older and you near retirement. At this stage, you'll want to decrease the volatility in your portfolio and lock in what gains you've achieved, so you may want to move some (but certainly not all) of your more aggressive investments into less volatile ones.
- **Cut down on debts.** It's easier said than done, but anything you can do to reduce your debt load will free up money to invest for your retirement. Work diligently to pay off whatever debts you can and examine your lifestyle to find areas in which you can reduce spending.
- **Consider working part-time during retirement.** Many Americans are now living longer and enjoying happy, healthy retirements. In fact, the concept of "retirement" has changed so that it now includes any number of activities — including part-time work in a completely different area from one's previous career. If you are willing to do even a little part-time work during your retirement

years, you can greatly reduce the financial pressures you may face during this time of your life.

The 4th of July comes and goes quickly. So put strategies in place now to help you work towards your own Financial Independence Day.

### *Don't want to wait for the mail?*

View the current issue of the  
Ranch Record on the 1st day  
of each month at [www.PEELinc.com](http://www.PEELinc.com)

### *Do You Have Reason to Celebrate?*

We want to hear from you! Email  
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JULY 2011

## HEALTH BRIEFS

### Keep Up With Routine Eye Exams

Maintaining good vision should be a top health priority for you.

Many eye diseases, such as glaucoma and macular degeneration, can go undetected and destroy your eye sight later in life.

It is important to keep up with routine eye exams to detect early onset of these and other diseases, according to Dr. Douglas Koch, professor of ophthalmology at Baylor College of Medicine. Family history and secondary condition such as diabetes can also increase your risk of developing these conditions.

At Baylor's Alkek Eye Center, there are highly skilled ophthalmologists who can diagnose and treat eye diseases before the damage occurs. We also offer expert care and the latest technology in contact lens care and treatment of cataracts, ocular surface diseases, dry eye, disorders of the eyelids, and visual problems related to the nervous system to make an appointment at the Alkek Eye Center, please call 713-798-6100.

### Antacids May Mask Serious Problem

Taking an over-the-counter antacid on a regular basis could be a sign of trouble, warns a Baylor College of Medicine physician.

"If you are taking an over-the-counter antacid on a daily basis, you have more than just occasional heartburn," said Dr. Waqar Qureshi, associate professor of medicine and chief of endoscopy at BCM. "If that is the case, you should see a doctor."

Heartburn can occur when certain foods cause the muscle controlling the barrier between the stomach and the esophagus to relax, allowing stomach acid to rise more easily into the chest and leaving a burning sensation and a sour taste in your mouth.

You can improve the symptoms by avoiding large meals, eating several hours before bedtime and reducing your weight if you are overweight. If these measures don't help, prescription medications may be necessary, said Qureshi.

*(Continued on Page 9)*

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INFANTS CHILDREN TEENS



## Health Briefs - (Continued from Page 8)

Frequent heartburn could signal a chronic condition or gastroesophageal reflux disease (GERD), which afflicts more than 7 million Americans annually. Ignoring frequent symptoms could lead to complications such as strictures (a narrowing of the esophagus), ulcers, difficulty swallowing and even esophageal cancer.

"The bottom line is to not ignore heartburn," Qureshi said, "If you are having heartburn several times a week, especially if it interrupts your sleep, or notice difficulty swallowing, you should see a doctor."

### Summer Treats Should Not Replace Healthy, Balanced Meals

When you hear the familiar sound of the ice cream truck coming down the street this summer, be sure to consider how a summer treat fits into a balanced diet, said an expert at Baylor College of Medicine.

"Any snack needs to be in proportion to a person's nutrient needs based on age, gender and activity level," said Dr. Karen Cullen, associate professor of pediatrics-nutrition at the USDA/ARS Children's Nutrition Research Center at BCM.

Consider the frequency and portion size of summer treats, and be sure not to let snacks replace or interrupt regular meals, she said.

Summertime is a great opportunity to discover new fruits that are in season, including watermelons, mangos and strawberries. Fresh vegetables are also available at reasonable prices. Taking children to a farmer's market can be a fun activity with great benefits for the whole family.

### Too Much Sodium Can Harm Your Health

When your blood pressure goes up, your sodium intake must come down, said an expert at Baylor College of Medicine.

"There have been many studies that suggest that too much sodium impacts blood pressure, which increases the risk of cardiovascular disease and stroke," said Dr. Rebecca Reeves, assistant professor of medicine at BCM.

Studies show that Americans eat an average of 3,400 milligrams of sodium per day - that's 1,100 milligrams more than the recommended 2,300 milligrams per day, said Reeves.

### Her tips on controlling sodium intake include:

- Eat more whole grains, fruits and vegetables and cut back on sweets and red meat.
- Read food labels for sodium levels per serving
- Replace salt with fresh herbs and spices when cooking

(Continued on Page 10)

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# RANCH RECORD

## CRIMSON CADETTE *Drill Team Dance Clinic*

**Cypress Woods High School  
16925 Spring Cypress Rd.  
8:30 a.m. – 11:30 a.m.**

The Cy-woods Crimson Cadettes Drill Team will host their 6th annual dance clinic for K-12 from 8:30 a.m. to 11:30 a.m. on August 10-12. This is a major fund-raiser for the team and enables them to participate in activities throughout the 2011-2012 school year. The fee is \$55 and includes dance technique, specially choreographed routines for each age group, a t-shirt, drinks and snacks each day and a picture for each participant. Showoffs will be held the last day at 11:30 a.m. For more information email [goodsonms@comcast.net](mailto:goodsonms@comcast.net) or check out our website at [www.crimsoncadettes.com](http://www.crimsoncadettes.com). On the website, you will find a sign-up form and a link to PayPal for easy payment.

### Health Briefs - (Continued from Page 9)

- Use low sodium products when available
- Rinse canned veggies and beans before cooking to reduce sodium levels
- Don't salt food at the dinner table

Foods high in salt and thus high in sodium include cured meats, pickled foods, many different snack foods and crackers and various types of seasonings.

Although medication also helps reduce high blood pressure, the results will be even better with dietary changes. Following a low sodium diet plus taking blood pressure medication daily will help lower and maintain blood pressure.



## SUMMER 2011

VBS, summer camps, Bible studies & more!  
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Join us this Sunday for worship.

### Fry Road Campus

Movie Theatre on Hwy. 290 & Spring Cypress  
Worship Services: 9:00 & 10:20 a.m.

### Jones Road Campus

8350 Jones Road, 1/4 mile off Hwy. 290 & Jones  
Traditional Services: 8:15, 9:20 & 10:40 a.m.  
Contemporary Services: 9:20 & 10:40 a.m.



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## The Tri-County Quilt Guild

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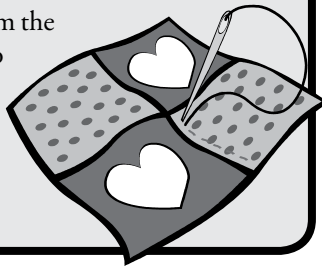
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We are a very friendly group and welcome quilters of all levels of expertise, from the Just Love Quilts and never sewn to the experienced and published. Visitors welcome!

Please check out our website for more information.



## Rachael's



*Keepsake*  
**ORNAMENT  
PREMIERE**  
is July 16<sup>th</sup> & 17<sup>th</sup>

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## SHOW OFF YOUR SUPERHERO

Parents this is your chance to brag on your kiddos. We want pictures of your kids doing everyday things, school events, plays, sports, etc. Send in your pictures to be featured in the Ranch Record.

E-mail your pictures to [blackhorse@peelinc.com](mailto:blackhorse@peelinc.com) by the 9th of the month.



### COLIN'S HOPE

*Increasing water safety awareness and standards*

**FACTS YOU NEED TO KNOW ABOUT DROWNING**

## DROWNING ALERT!!!



**Typically more children drown in JULY than in any other month!**

For more information, check out our website at [www.colinshope.org](http://www.colinshope.org)

**DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM**

Download a QRcode App on your phone & scan me!



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

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

### DROWNING IS QUICK AND SILENT



Drowning can occur in less than 2 minutes.



Irreversible brain damage can occur in 4 minutes or less.



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 may not **scream, splash, or struggle**. They can silently slip beneath the water, even with adults & lifeguards present.

## RECIPE OF THE MONTH - BROCCOLI CHEESE SOUP

### *Ingredients*

3 T oil  
1 C chopped onion  
6 C water  
6 cubes chicken bouillon cubes  
8 ozs. fine egg noodles  
2 - 10 oz. pkg. chopped broccoli  
garlic powder  
6 C milk  
1 lb. shredded Velveeta cheese  
opt. 2-3 T thickened cornstarch

Saute onion in oil. Add water and bouillon. Cook until dissolved. Add noodles. Cook uncovered 3 min. Add thawed broccoli and garlic. Cook 4 minutes. Add milk and cheese. Heat until cheese melts. Thicken, if desired.

# *Enjoy!*

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## Blackhorse Year-to-Date Sales Report

	Aug '10	Sept '10	Oct '10	Nov '10	Dec '10	Jan '11	Feb '11	Mar '11	Apr '11	May '11
\$451,000 and above	1	0	0	0	1	0	0	0	0	0
\$351,000--\$450,999	2	0	1	2	0	1	0	1	0	1
\$276,000--\$350,999	0	0	0	0	2	0	0	1	1	0
\$231,000--\$275,999	3	0	1	1	2	0	0	1	1	0
\$201,000--\$230,999	1	1	0	1	0	1	0	2	0	3
\$200,999 and below	0	1	0	1	1	0	2	0	1	2
<b>Total</b>	<b>7</b>	<b>2</b>	<b>2</b>	<b>5</b>	<b>6</b>	<b>2</b>	<b>2</b>	<b>5</b>	<b>3</b>	<b>6</b>
<b>Highest \$/sq ft</b>	<b>\$122.78</b>	<b>\$76.83</b>	<b>\$78.46</b>	<b>\$104.92</b>	<b>\$101.85</b>	<b>\$104.40</b>	<b>\$80.88</b>	<b>\$81.81</b>	<b>\$82.12</b>	<b>\$94.79</b>

*This information is taken from the Houston Multiple Listing Service*

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