

RANCH RECORD

*News For The Residents of
Blackhorse Ranch*

GIRL SCOUT

Submitted by Melinda Riso

Junior Girl Scouts earn a Stress Less badge by completing requirements that teach them about ways to relax. Some of the activities include: 1) Creating a personal stress kit that includes books, photographs, cartoons, music, a card or letter from a friend or relative, photo or picture from a magazine of a peaceful place. 2) Find a peaceful place in your home to relax and de-stress. 3) Learn how to identify your feelings and moods by writing your feelings down. 4) Do for others - is the best way to lesson your stress and focus on someone else, 5) Listen to music. 6) Read and Relax - Following a character's adventures can help you forget about your stress. 7) Move that stress away - Physical motion can release the tension in your body. 8) Practice elevator breathing - Deep, focused breathing can refresh your mind - inhale and exhale slowly.

TEN TIPS FOR HELPING CHILDREN DEAL WITH STRESS

With news and conversations full of disaster, war and terrorism, children and teens may be feeling stressed and need you to help them cope. Children and teens may not have the combination of life experiences and critical thinking skills that can help adults deal with tragedy. But young people are generally resilient. These ten tips can help you recognize the signs of stress and prevent an overload of stress in young people.

1. Recognize that children handle stress in different ways. Some show a regression in behavior - acting younger, more fearful, clingier. Outbursts of anger and aggression are also signals at all ages. A child or teen who withdraws or who seems constantly sad or has trouble sleeping or shows significant changes in appetite may also be showing signs of stress.
2. Encourage conversation. Look for opportunities to ask about feelings and opinions. Some of the best conversations happen in a car with the radio, CD player and cell phone off.
3. Think about your own reactions - are you feeling very stressed and is that being communicated to children? Find ways to relax



yourself so that you can stay calm for them.

4. Look for creative ways to deal with stress. For younger children, puppets may help them act out their feelings. Teens could be encouraged to write their thoughts in a journal or diary. Reading books together not only provides valuable family time, but also gives everyone a deeper understanding of world events. Realizing how a character (real or fictional) coped with a disaster, war or difficulty can give lessons that can be emulated.
5. Plan for some exercise or sports activities that can be done together to release tension. From walking to swimming, biking or skating, getting everyone to move more makes a big difference in mental outlook as well.
6. Volunteer together or take a stand together. Look for opportunities in the community in which you can make a difference. Being able to contribute also helps your family or group to bond and understand what your family's and/or group's values are.

(Continued on Page 5)

RANCH RECORD

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY911
Fire 911
Ambulance 911
Harris County Sheriff.....713-221-6000
Cy-Fair Volunteer Fire Dept. Bus. Office281-550-6663

AREA HOSPITALS

Cy-Fair Medical Center 281-897-3300
North Cypress Medical Center 281-477-0830
Willowbrook Methodist 281-477-1000

SCHOOLS

Cy-Fair ISD 281-897-4000
Warner Elementary School..... 281-213-1645
Spillane Middle School 281-213-1645
Cy Woods High School..... 281-213-1727
Cy Fair High School..... 281-897-4600

PUBLIC SERVICES

Cypress Post Office 281-373-9125
Drivers License Info. 281-955-1100
Harris County Tax 713-224-1919

NEWSLETTER PUBLISHER

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Article Submissions blackhorse@peelinc.com
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Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing blackhorse@peelinc.com or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 9th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for the Ranch Record. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

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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Girl Scout- (Continued from Cover Page)

7. Try to acknowledge how a child may feel. Taking a child's or teen's concerns seriously, rather than minimizing them, builds a foundation for more open communication.
8. Answer questions honestly, and share what is age appropriate.
9. Don't make a promise that you can't keep. You can't tell your child that a natural disaster or terrorist attack will never affect your family or group. You can say that the chances are very small and that you will do whatever you can to keep everyone safe.
10. Keep tabs on what children are viewing and hearing – at home and at school. Know when to pull the plug on TV, and radio. When the news is on, try to view it together so you can discuss what you have seen and heard.

Program Group. © Girl Scouts of the USA, 2004, 2005

As the premier leadership organizations for girls, Girl Scouts motivates and teaches girls that if they can think it, they can do it. No challenge is too big! While membership dues are only \$12 a year, the rewards girls, their families and their communities reap are invaluable. Girl Scouts are for all ages and are always in need of volunteers like you. Join Girl Scouts or volunteer TODAY and unleash your potential to help make a better TOMORROW! Log in to www.gssjc.org and register!

You're Invited!

Christ Church Performing Arts Company would like to invite you to share in a fun and entertaining show that celebrates the Christmas Spirit, "Sendin' Out Love".

"Sendin' Out Love" a Children's Musical about a Card Factory Management Team and the debut of their new Christmas Card Line, is full of Broadway style songs and dance numbers that will delight your heart.

We have Two Shows on Sunday Dec 11th, at 9:00 and 11:00. At Christ Church HNW, 16333 Meuschke, 2 miles north of 290. CCPAC was born out of a desire to establish a place for students to develop their creative gifts and abilities in the performing arts, and at the same time, provide excellent entertainment for our families and community. The majority of the students in this, our first show, are Elementary and Middle School Students from Fairfield, and some from the surrounding Cypress area. For more information, visit our website at christchurchhnw.com or call Juliet Geil 760-696-6384.

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RANCH RECORD

Fashion with Passion

a Dinner, Auction and Fashion Show benefitting

JORDAN MERECKA



- Thursday, January 26, 2012
- 6:30 - 10:00 p.m.
- Enchanted Cypress Ballroom
- 12603 Louetta Road
- Tickets are \$35
- Visit us on Facebook - "Fashion with Passion Fundraiser"
- Tickets can be purchased at Quance Design Studio

Jordan Merecka was born with multiple congenital heart defects, including Dextrocardia (his heart was on the wrong side of his chest). As a child, he experienced two open chest surgeries. Later, he received several surgical revisions and an implantable defibrillator. For many years after his early surgeries, Jordan was able to live an active childhood. As a teen, he enjoyed hunting and fishing with his father; and at school, he participated in FFA (Future Farmers of America). But, in September 2010, Jordan's heart began to fail, and he was placed on a waiting list for a heart transplant. With medical treatment, he was able to attend school as he waited. At the start of 2011, the senior at Cypress Woods High School was looking forward to three major milestones in his life: his prom on May 27, his eighteenth birthday on May 29 and his graduation on June 5. In April 2011, his health took a turn for the worse and he was admitted to Texas Children's Hospital with heart failure symptoms and kidney insufficiency. He critically needed a heart transplant. Over the weekend of May 21, all of his organs began to fail acutely and he could not breathe on his own because his heart was so weak. On May 22, Jordan received the Total Artificial Heart that saved his life. Jordan missed his prom, but thanks to a diligent heart-failure team and the availability of the artificial heart, he celebrated his birthday at Texas Children's on May 29 -- a week after his surgery. On June 5, Jordan watched his graduation ceremony online while his 16-year-old sister walked across the stage to accept his diploma on his behalf. His class rose to their feet for a standing ovation. Jordan has been accepted at Texas A&M University Galveston and looks forward to studying marine biology. After much anticipation, Jordan recently received his new heart, and is doing well... gaining strength and endurance at Texas Children's to face his new life!

We invite you to join us in supporting this incredible young man and his family as they continue this journey. This fundraiser is an avenue to let the Merecka's see just how big this Community can be. Please join us Thursday, January 26, 2012 at Enchanted Cypress Ballroom for an unforgettable evening of dinner, silent auction and a fashion show.



“Teamwork is Key” *With Cy-Fair ISD Volunteers*

Are you looking for the #1 ranked team that embraces your diverse talents, where you are always a “starter”? It's not too late to join the Volunteer Team in the Cy-Fair Public Schools.

VIPS (Volunteers in Public Schools) in Cy-Fair ISD center the attention of their service on supporting students and staff and making a significant contribution to the education of children. These are dedicated individuals; they give freely of their time and resources and have an impact on the academic and personal development of Cy-Fair ISD students. Cypress-Fairbanks ISD is fortunate to be able to draw from a diversity of skills and knowledge in its community.

If you are interested in being involved in Cy-Fair schools as a volunteer and making a difference, or would like more information, please contact Pam Scott, Partners in Education Director at

281-894-3950.

Cy-Fair ISD Volunteer Events for November & December 2011

HOW TO REGISTER FOR TRAINING

Register for training by emailing the PIE office at vipsrsvp@cfisd.net. Provide your name and the name and date of the training you wish to attend. Registration is required to guarantee a seat and training materials.

Adults only please.

“TEAMWORK IS KEY”

November 14 Elementary Language Arts Training – 9:30 a.m. to 11:30 a.m., Berry Center

This training is designed for volunteers and parents helping Pre-K, Kindergarten and First Grade students. You will learn how to read aloud interactively to a class in order to help boost their comprehension.

November 15 Elementary Math Training – 9:30 a.m. to 11:30 a.m., Berry Center

Participants will learn the approach to the 4-step process, model drawing, and actions used in the math classrooms.

November 17 VIPS Liaison and Coordinator General Meeting – 9:30 a.m. to 12 p.m., Berry Center

Open to all CFISD volunteers, parents, staff and community members. Get the latest information on CFISD volunteering and learn ways to improve your volunteer program through networking with other volunteers in our district!

December 6 Multicultural Meeting – 9:30 a.m. to 11:30 a.m., Berry Center

Open to all CFISD school staff, volunteers, parents and community members. The purpose of the CFISD Multicultural Committee is to raise the level of cultural understanding and respect by sharing information with the CFISD community to encourage cultural sensitivity and parental involvement to strengthen student success.

Something new this year: While you're on Facebook, be sure to check us out!

www.facebook.com/pages/Cy-Fair-ISD-Volunteers

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RANCH RECORD

American Business Women's Association

Cy-Fair Express Network (CYFEN)

Event:.....Cy-Fair Express Network Monthly Networking Luncheon

When:December 15, 2011

Time:11:30 am – 1:00 pm

Where:Houston National Golf Club
16500 Houston National Blvd
Houston, TX 77095

NETWORKING AND BUSINESS LUNCHEON

Cy-Fair Express Network invites you to their monthly meeting and luncheon. Bring plenty of business cards for networking. Please make reservations online by December 9 @ www.cyfen.org or contact Melissa Rotholz @ 713-256-9569.

For the December meeting we will be having our annual gift exchange and collecting gifts for Child Advocates, Inc.

Our mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.

SEND US YOUR Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to blackhorse@peelinc.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



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Fri 9AM - 5PM

Sat 9AM-4PM

It's All About the Students! *from a volunteer's view*

It was barely 8:00 in the morning on Friday, Oct. 14th. They were beginning to arrive. Upon checking in; name badges were handed out along with a bright red folder full of the day's agenda and the conference material. There was even an eco-friendly tote bag full of coupons and goodies generously donated by local area businesses. The room was huge and full of tables decorated with bright paper blocks spelling out the main part of this year's theme. "Teamwork".

This was the annual VIPS Fall Conference held by the CFISD VIPS Executive Board at the Berry Center in Cypress. The schedule was full. It consisted of everything from learning how to turn a popsicle stick into a fun treat for a teacher or volunteer to tips on helping our students handle stress. The attendees could choose from a variety of 50 minute sessions that covered topics such as: Internet Safety, Reaching Out to Diverse Volunteers, Guidelines and Best Practices for Fundraising and even Taking Care of Your Personal Health While Maintaining a Busy Lifestyle.

Something was most impressive about this conference to one volunteer. This audience of 200 plus was comprised of men and women, volunteers and school staff - not limited to Cy-Fair ISD.

There were 4 other area districts represented at this conference: Alief ISD, Fort Bend ISD, Houston ISD and Spring ISD. The current budget environment has left our school districts vying to be first in line for every resource of financial and physical support they can find. But for one day in October, the district boundary lines came down. There was no competition. There was no hidden agenda. Despite the traffic and everyday challenges, educators and volunteers from schools all over our county came together for a common purpose: improving their volunteer program thereby affecting the students in a positive way. This was simply an opportunity to attend an event that focused on several different areas of how to build on their volunteer resources in order to enhance the children's education.

While that volunteer sat looking out over the diverse crowd; she couldn't help but see a universal theme, "Yes, in this room, it's truly all about the students".

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Fairbanks Library Friends Host *"Books, Etc., Sale"*

The Friends of the Fairbanks Public Library will be hosting a "Books, Etc., Sale" on Saturday, December 3, from 10 am-3 pm. There will be a wonderful selection of items that look brand new. They include hardback books, children's books, VHS tapes (including favorite animated movies), DVDs, and other items. Nothing will be priced over \$3.00. Everyone is invited to stop by for the terrific bargains. It's a great opportunity to shop for affordable gifts. All proceeds benefit the Fairbanks Library and help provide funding for library programs and materials.

Anyone wanting to donate items that are in good condition can drop them off any time the library is open. Donations to the Friends of the Library can be reported as charitable contributions. The library's hours are Monday 1 pm-9 pm, Tuesday – Thursday 10 am-6 pm, Friday 1 pm-6 pm, and Saturday 10 am-5 pm.

The library is located at 7122 N. Gessner, near the intersection of N. Gessner and W. Little York. For directions, please call the library at (713) 466-4438.

Who: Friends of the Fairbanks Public
Library Harris County Public Library

What: Book, Etc., Sale

When:..... Saturday, December 3, 2011
10 am – 3 pm

Where:..... 7122 North Gessner, Houston, Texas 77040
713-466-4438



Kick Off the New Year With NWHC Aggie Moms' Club 2012

"Kick Off" the new year with the NWHC Aggie Moms. Attend our New Year's meeting Tuesday, January 10th at 7 pm. The Aggie Moms' Club is finalizing details for a truly special January speaker. We're excited to share this experience with Aggie Moms, Dads, Grandparents, Alumni and students. Check us out at www.nwhcaggie moms.org.



Meetings are the second Tuesday of the month at the Houston Distributing Company, Inc. at 7100 High Life Drive and Cutten Road near SH 249. Come join area Aggie Moms for networking, fellowship, drink, food, and fun! The NWHC Aggie Moms' Club brings area Aggie Moms together to support Aggie students with scholarships and donations to student run organizations at Texas A&M University.

Shop our Aggie Moms Boutique (located at our meetings) where you can find "one of a kind" Aggie gift items. Our beautiful, Traditions Pillow is professionally embroidered with memory icons that will warm the heart of any Aggie and is only available from the Northwest Harris County Aggie Moms.

We love to give away MONEY to Aggie students. Scholarships are our purpose and any Aggie student in our service area can submit an application. Review the eligibility requirements on our web site TODAY. The application deadline is FEBRUARY 7, 2012 (postmarked). Last year NWHC Aggie Moms' Club awarded over \$11,000 in scholarships and \$1,200 in book awards to future and current Aggie students.

Aggie Recording Artist, Kimberly Dunn will be at our annual spring fundraiser "Boots 'N Whoops!" Aggie or not, this is a concert you don't want to miss. Purchase tickets today for this private performance.



Sunday, April 22, 2012 at Red River Dance Hall (SH 249).

If you have an Aggie student in your life, you need NWHC Aggie Moms. To keep up with all we do, like our FACEBOOK and visit our web page at www.nwhcaggie moms.org.



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6 – 8 pm

Cypress Ranch High School Orchestras

Submitted by Elizabeth Ledford

The Cypress Ranch High School Orchestras present a Winter Concert and Silent Auction Thursday, December 8. Silent Auction will begin at 5:30 PM in the CRHS Commons. A concert of holiday favorites and winter-inspired selections will follow at 7:30 PM in the Auditorium. Come with your family and friends and get into the spirit of the season! 10700 Fry Rd, Cypress 77433

Attention! Houston Northwest Area Delta Gamma Alumnae

Our annual Holiday Open House is set for December 17, 11:00 - 1:00 at the home of Janet Sanov - 7111 Mohave Hills, Houston, TX 77069, Champion Park North. This is a beautiful Holiday gathering for members and their legacies. Please contact Cindy Formas at ckformas@sbcglobal.net for more information on the Open House and the chapter's future events.

SUDOKU

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View answers online at www.peelinc.com

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.



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For more information, please contact Stephanie Berka, Wendy's Wonderful Kids Recruiter at Adoption Coalition of Texas 512-450-8750 or stephanieberka@adopttexas.org



adoptioncoalitiontx.org

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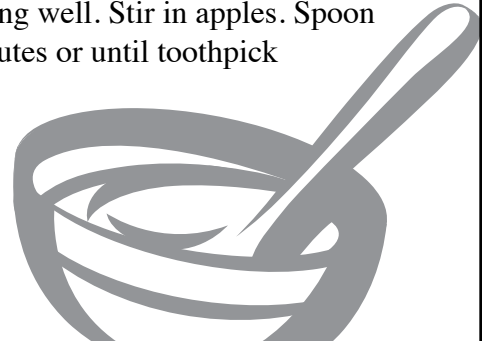


**T E X A S
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Recipe of the Month **Sour Cream Apple Bars**

- 2 C flour
- ½ tsp. salt
- 2 C brown sugar, firmly packed
- 1 C sour cream
- ½ C oleo, softened
- 1 tsp. vanilla
- 1 C chopped pecans
- 1 egg
- 1 tsp. cinnamon
- 2 C peeled, finely
- 1 tsp. soda
- chopped apples

Preheat oven to 350°. In large bowl, blend flour, brown sugar, and oleo until crumbly. Stir in pecans. Press 2-3/4 C of the crumbs into an ungreased 9x13 pan. To the remaining mixture, add cinnamon, soda, salt, sour cream, vanilla, and egg, blending well. Stir in apples. Spoon evenly over first layer. Bake 25 - 35 minutes or until toothpick comes out clean. Cut into squares and serve with whipped cream if desired.



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RANCH RECORD

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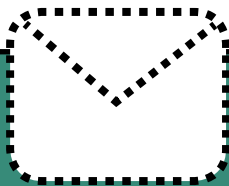
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Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 888-687-6444 or advertising@PEELinc.com.

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Christmas

Outdoor Service at Fry Road

Sunday, December 18, 10:30 a.m.

Bridgeland's Festival Park (16902 Bridgeland Landing)

Christmas Eve at Jones Road

Family Services

1:00 & 2:30 p.m.

Candlelighting & Communion Services

4:00, 5:30, 7:00 & 11:00 p.m.

Sanctuary (8350 Jones Rd.)

Christmas Family Service at Jones Road

10:30 a.m.

Sanctuary (8350 Jones Rd.)



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Blackhorse Year-to-Date Sales Report

	Jan '11	Feb '11	Mar '11	Apr '11	May '11	June '11	July '11	Aug '11	Sept '11	Oct '11
\$451,000 and above	0	0	0	0	0	0	0	0	0	0
\$351,000--\$450,999	1	0	1	0	1	1	0	1	0	0
\$276,000--\$350,999	0	0	1	1	0	2	0	0	2	0
\$231,000--\$275,999	0	0	1	1	0	1	1	1	0	0
\$201,000--\$230,999	1	0	2	0	3	0	0	1	0	0
\$200,999 and below	0	2	0	1	2	1	0	0	0	0
Total	2	2	5	3	6	5	1	3	2	0
Highest \$/sq ft	\$104.40	\$80.88	\$81.81	\$82.12	\$94.79	\$93.21	\$79.29	\$97.47	\$85.32	\$0

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