

RANCH RECORD

*News For The Residents of
Blackhorse Ranch*

A FOCUS ON PHYSICAL ACTIVITY

Pathway to Improved Health

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

Any physical activity is better than no physical activity

Includes people with disabilities & Far outweighs the possibility of risk of injury or illness.

Most health benefits occur with at least 150 minutes a week

Both aerobic (endurance) and muscle-strengthening (resistance) are beneficial

For most people, additional benefits occur when

You increase the intensity of your physical activity, the frequency of your physical activity, & the duration of your physical activity

SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure,

dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

For more information on total fitness programs in general, you can contact your health care provider, your Concentra health specialist, or visit the National Safety Council's Web site at: <http://www.nsc.org/resources/Factsheets/hl/fitness.aspx>.



RANCH RECORD

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Spillane Middle School 281-213-1645
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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!

Happy 2ND Birthday Markus!

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Top Ten Tips for Improving Bad Breath

Suffering from bad breath, but not sure why? Think about drinking more water and using less mouthwash. Find out why and learn more ways to improve your breath with these top ten tips.

Call it by its fancy name, "halitosis," and it won't smell any sweeter. Bad breath is frequently a sign that you're not keeping up with your oral health. The source of this unpleasant odor is, in most cases, bacteria living on your teeth, gums or tongue. Follow these ten tips for a breath of fresh air:

Brush your choppers twice each day. Better yet, brush after every meal. If you eat lunch at work or school, keep an extra toothbrush there. Also, be sure to replace your toothbrush regularly. Every few months, swap your brush for a fresh one.

Reach between your teeth. Flossing daily helps you remove food particles from between your teeth, where your toothbrush just can't reach. Flossing also helps keep your gums healthy, preventing periodontal disease, which can also lead to bad breath. If using regular floss is difficult for you, try one of the many interdental cleaners available at drugstores.

Pick up an electric toothbrush. Along with floss, an electric toothbrush removes plaque better than a manual toothbrush.

Treat your tongue right. Bacteria can gather on the surface of your tongue, so use a soft-bristled toothbrush or a tongue scraper to clean it every time you brush.

Tap your inner teenager and chew gum. The act of chewing (sugarless!) gum stimulates the production of saliva, which naturally washes away bacteria and food particles. If you suffer from a lack of saliva due to "dry mouth," a condition sometimes caused by medication, let us know; we can help address the problem.

Don't fall for the myth of mouthwash. Most mouthwashes merely mask the smell of bad breath and don't do anything to solve the underlying problem.

Hydrate, hydrate, hydrate. Drink water regularly to keep your mouth moist, and go easy on alcohol and caffeine, both of which are dehydrating.

Turn off the tobacco. Smoking and chewing tobacco lead to bad breath. They also increase your risk of a host of serious health problems, from periodontal disease to cancer.

Take note of what you take in. Certain diets, foods and medications can affect your breath. If your problem doesn't appear to be oral, make a list of the foods you eat and medications you take. Review it with your dentist or your family doctor to assess the source of the problem.

Call in the experts. It's important to have your teeth professionally checked and cleaned twice a year. Your dentist can give your teeth a thorough cleaning that isn't possible at home, as well as check for and treat early signs of problems such as cavities or periodontal disease.

In rare cases, persistent bad breath can be a sign of a larger health problem. The American Dental Association lists possible medical sources of bad breath, including respiratory infection, chronic sinusitis, postnasal drip, chronic bronchitis, diabetes, gastrointestinal disturbance, and liver or kidney ailments. If your dentist suspects that your breath problem stems from a medical issue, he or she will recommend speaking with your family doctor immediately.

Submitted by Dr. Flury



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Crimson Cadette Drill Team DANCE CLINIC

Submitted by Michele Goodson

The Cypress Woods Crimson Cadettes Drill Team will host their 7th annual dance clinic for K-12 from 8:30 a.m. to 11:30 a.m. on August 8-10. This is a major fund-raiser for the team and enables them to participate in activities throughout the 2012-2013 school year. Please register by July 29th, 2012 to get the Pre-Registration price of \$55 which 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 or check out our website at www.crimsoncadettes.com. On the website, you will find a sign-up form and a link to PayPal for easy payment.

WHEN

Cypress Woods High School 16925 Spring Cypress Rd.

WHERE

August 8th – 10th, 8:30am – 11:30am

Kappa Kappa Gamma Alums of Houston NW



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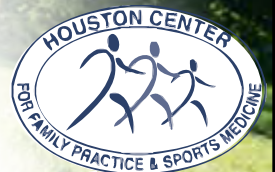
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The Rotary Club of Cypress-Fairbanks Hosts Mothers' Day Brisket Sale to Benefit Cypress Assistance Ministries New Mothers' Fund

The Rotary Club of Cypress-Fairbanks is hosting a Mothers' Day Brisket Sale on Saturday, May 12, 2012 to benefit Cypress Assistance Ministries' New Mothers' Fund. For a \$50.00 donation, participants will receive a fully cooked brisket (approximately 7 lbs) prepared, seasoned, and smoked by the cooks at Carl's Bar-B-Que, including a pint of their delicious barbecue sauce.

Cypress Assistance Ministries' New Mothers' Fund is designated to provide special needs funding to help new mothers with basic needs including pre-natal vitamins, layette supplies, cribs and mattresses, over-the-counter infant medicine, infant car seats and critical medical assistance.

"We are proud to partner with Carl's Bar-B-Que to support such a worthy community initiative" said Rotary Project Director, Ray Young. "The community can order briskets for themselves or designate a local charitable organization such as Boys & Girls Country, Cypress Assistance Ministries, or the Northwest Houston Salvation Army as a recipient."

Briskets must be pre-ordered by Monday, May 7th and may be picked up at Carl's Bar-B-Que from 10:00 am until noon on Saturday, May 12th. For those unable to pick their brisket up at that time, arrangements can be made to pick up at a more convenient time. Order forms are available by contacting Ray Young at dry@waterengineers.com or 713-582-7564.

ABOUT THE ROTARY CLUB OF CYPRESS-FAIRBANKS

Chartered in 1970, the Rotary Club of Cypress-Fairbanks consists of business leaders and professionals active in community and international service. Over more than 40 years, the club has raised over \$600,000 to support local and international organizations. Meetings are held every Monday at noon at Carl's Barbeque on Highway 290 and Telge Road, in Northwest Houston. For more information about the Rotary Club of Cypress-Fairbanks and its programs, call 281-955-5400

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GIRL SCOUTS EXPLORING CAREERS

Submitted by Melinda Riso

Girl Scout Brownie and Juniors from Birkes Elementary visit the dental office of Dr. Kathleen Black DDS. They had the opportunity to learn, first hand, the education requirements for the career path of a dentist. They also learned about the steps she took to becoming a business owner. Exploring careers and visiting professionals in the community are one of the activities required to earn the Career badge. Calling all Leaders and Co Leaders to join us at our next Service Unit Meeting May 8th at 7:00 at Lowery Cafeteria. Leaders - Early Bird registration for your troop members is available online through www.gssjc.org. Also, the troop financial reports are due to the service unit treasurer this month.



CY-FAIR KIWANIS CLUB

The Cy-Fair Kiwanis Club kicked off the first of the Kiwanis Houston Kids Triathlons on MAY 5 at the Langham Creek YMCA. More than 100 boys and girls ages 7 through 12 participated. Parents and friends cheered as the participants completed the events and winner were awarded trophies. All participants received T-shirts and certificates. Come join us at the CY-FAIR KIWANIS CLUB and be a part of sponsoring children's activities, such as the Triathlon. CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs in the Cy-Fair Schools; sponsors the Kids Triathlon; Girl Scout, Boy Scout, and Sea Scout troops and activities; provides scholarships to outstanding Key Club members in our district; provides assistance to Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.

Membership 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 programs it promotes, we invite you to be our guest at one of our monthly meetings. The Cy-Fair Kiwanis Club meets at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll at 281-463-0373 or George Crowl at 832-467-1998.

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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.

Looking for Volunteers!

Center for Cultural Interchange is looking for volunteer hosts for foreign students. These students need a caring and safe environment to stay for the school year. Our students come from over 60 countries and are high school aged. They have their own spending money and are fully insured. Hosts are required to provide a bed and meals in their home. Searching for volunteers for the fall school year now. For more information or to get started please contact Jennifer Tausworthe at 713-203-6556 jennifer4cci@aol.com



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Cy Fair Republican Women May Meeting

Submitted by Stephanie Peters



Senator Dan Patrick has been called to Austin on our meeting day. Senator Glenn Hegar will be speaking. Please see new notice below

The Cy-Fair Republican Women's monthly meeting will be held at 10:30am on Tuesday, May 8 at Carraba's Italian Grill in Copperfield. This month's presentation will feature Senator Glenn Hegar of Texas Senate District 18. His presentation will include information on current issues that affect the Houston and Cy-Fair areas. May is also our annual membership drive month! Dues are pro-rated for the year and are less than \$20!

Please join us for an informative meeting! You can join us for lunch for \$15, or just come and listen, have coffee or tea for \$3. Visit the Cy-Fair Republican Women's website at www.cfrw.net to RSVP and reserve your seat

today. The Cy-Fair Republican Women meet every second Tuesday of the month at Carraba's Copperfield. Social begins at 10:30am, speaker and meeting begin at 11:00am. For more information and to RSVP to meetings, visit our website at www.cfrw.net

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Celebrate Cinco de Mayo AT SPRING FESTIVAL

On Saturday, May 5th, Boys and Girls Country of Houston will host their annual Spring Festival on their campus in Hockley, Texas. Located 35 miles northwest of downtown Houston, Spring Festival is a great way for families to spend the day.

Spring Festival promises to be a huge celebration for community and family with a lively Cinco de Mayo theme. Admission and parking are free, and children's all-day event passes are only \$15 each. Booths will include a number of inflatable rides like King of the Mountain, Shark Slide, and Water Balls; a Slime Machine booth where you can slime your favorite person, and crafting booths for the little ones. There will be three stages with a variety of live entertainment, including Spanish musicians, Gospel singers, and solo artists.

"All of the proceeds of Spring Festival go directly to helping us provide a Home for our children," said George O'Neal, Director of Spring Festival and Community Relations. "This is going to be our largest and most exciting Spring Festival ever with many new additions that add fun and excitement."

For 41 years, Boys and Girls Country has provided a Home for children from families in crisis. They raise 88 children at their main campus and provide support to 55 young adults in their College and Career program. Boys and Girls Country is not a United Way member agency and does not rely on federal or state funding.

DATE

Saturday, May 5, 10 a.m. – 5 p.m.

TIMES

Live Auction: 1:15 p.m.

Silent Auction: 10 a.m. to 3 p.m.

Lunch: Served 11 a.m. - 3 p.m.

Barbecue, Chicken Burrito, or
Hamburger/Hot Dog (Adult Plate:
\$8.00, Kid's Plate: \$6.00)

ACTIVITIES

All-Day Kids' Activity Passes:
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LOCATION

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Blackhorse Ranch Year-to-Date Sales Report

	June '11	July '11	Aug '11	Sept '11	Oct '11	Nov '11	Dec '11	Jan '12	Feb '12	Mar '12
\$500,000 and above	0	0	0	0	1	0	1	0	0	0
\$451,000--\$499,999	0	0	3	2	0	1	0	0	0	0
\$351,000--\$450,999	2	2	2	0	1	1	3	2	1	1
\$276,000--\$350,999	0	0	0	0	1	0	0	0	0	1
\$231,000--\$275,999	0	0	0	0	0	0	0	0	0	0
\$201,000--\$230,999	0	0	0	0	0	0	0	0	0	2
\$200,999 and below	0	0	0	0	0	0	0	0	1	2
Total	2	2	5	2	3	2	4	2	2	6
Highest \$/sq ft	\$111.23	\$105.13	\$117.36	\$112.30	\$112.27	\$112.27	\$108.92	\$109.27	\$85.39	\$96.22

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*"Good isn't good enough if it can
be better. Better isn't good enough if
it can be best. We are the BEST"*