

## SAFE KIDS SAFETY TIPS

By Concentra Urgent Care

Accidental injury is the number one killer of America's children, taking more lives than disease, violence, and suicide. Prevention is the cure. It's estimated that by taking these and other simple precautions, almost all (90%) of these accidental injuries can be avoided.

- Childproof your home. Look at every room as your child would. Ask yourself what looks interesting and what can be reached. Get down on your hands and knees, and check for small things children can choke on.
- Use the back burners on stoves, and turn pot handles to the back. Keep children away from the stove or microwave when cooking, and don't serve hot food or drinks to them. Keep knives, glasses, and scissors where young kids can't reach them.
- Cover electrical outlets that are not in use.
- Keep guns locked, unloaded, and where kids can't reach them.
- Take precautions to avoid fire in the home. Install smoke alarms on every level of your home and in every sleeping area. Test them once a month.
- Plan several ways to escape from each room if a fire starts. Practice the fire escape plan with your family. Identify a safe place to meet outside.
- Lock up matches, lighters, and gasoline. Keep space heaters where kids can't reach them and away from curtains, beds, and papers.
- Never put electrical cords under rugs
- Always supervise children while they are in the bathroom, and follow other important bathroom safety guidelines. Keep the

hot water heater at low-medium or less than 120° Farenheit. Mix hot and cold water in the bathtub, and test it on your forearm before putting children into the tub. Never leave the room while they are bathing.

- Keep toilet lids closed and locked, and doors to bathrooms and utility rooms closed when not in use. Put razors, curling irons, and hair dryers out of reach.
- Avoid exposing children to potential poisons. Lock up potential poisons out of children's reach, including cleaning supplies, pet food, medicine, vitamins, beer, wine, and liquor. Read labels and follow directions when giving medicine to children. Know which houseplants are poisonous and keep them where children can't reach them.
- Install carbon monoxide detectors in every sleeping area and test them every month. Make sure heating systems are vented outside and checked every year.
- Prevent serious falls. Keep furniture away from windows. Install guards or stops on windows that are not emergency exits.
- Install safety gates at the top and the bottom of stairs. Never use baby walkers.
- Keep emergency numbers by every telephone. Call 911 if a child is choking, collapses, can't breathe, or is having a seizure. If you suspect a child has been poisoned, call 1-800-222-1222.
- Keep first aid supplies on hand.

For more information about preventing child injury, you can visit the Safe Kids USA Web site at: http://www.usa.safekids.org

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## **IMPORTANT NUMBERS**

EMEDGENCY NUMBERS	
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Fire	
Ambulance	712 221 (000
Harris County Sheriff	
Cy-Fair Volunteer Fire Dept. Bus. 0	Jmce281-550-6663
AREA HOSPITALS	
Cy-Fair Medical Center	281-897-3300
North Cypress Medical Center	281-477-0830
Willowbrook Methodist	
SCHOOLS	
Cy-Fair ISD	
Warner Elementary School	281-213-1645
Spillane Middle School	281-213-1645
Cy Woods High School	
Cy Fair High School	
Cypress Ranch High School	
PUBLIC SERVICES	
Cypress Post Office	281-373-9125
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Harris County Tax	
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## 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

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# Happy 3<sup>rd</sup> Birthday Markus



April 23rd

On this day, you become one year older. But no matter how many birthdays come and go, you will always be my little son who took his first steps while holding my finger. Happy Birthday my fearless Markus!

Love, momma, daddy, Alexander and Victoria



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## **Northwest Flyers Track Club**

The Northwest Flyers Track Club will host an orientation/ registration session for all middle and high school athletes and their parents interested in joining for the 2013 season. The event will be held on Friday, April 12th, from 7:00 - 8:30 PM in the small commons at Cypress Creek High School, 9815 Grant Rd., Houston.

The Northwest Flyers is a youth (ages 6-18) track organization, affiliated with USA Track & Field. The club provides a full program of "track" events such as sprints, hurdles, middle distance, distance and relays, and "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. It is an excellent "off-season" program for young athletes who currently compete on their middle school or high school track teams.

The club was founded 26 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the northwest Houston area. Last year, the Northwest Flyers sent 106 young athletes to compete at U.S. Junior Olympics National Championships in Baltimore, Maryland and Albuquerque, New Mexico.

Visit the team website at http://www.northwestflyers.org for registration forms and information prior to the session, or contact Linette Roach at (281) 587-8442, or linette.roach@sbcglobal.net.





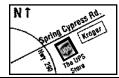
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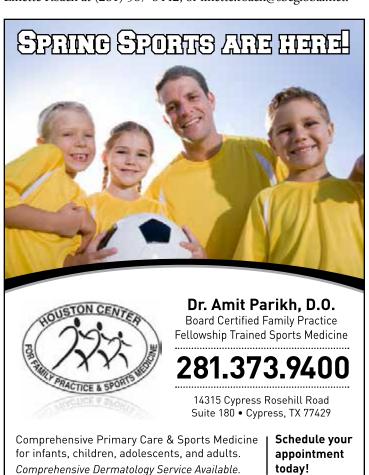
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Sat 9am - 6pm

Sun 12 Noon - 5pm

## Come Swim with the Fairfield Dolphins!

It's not too late to register!



Several neighborhoods in the Cypress area do not have their own swim team (Blackhorse, Lakes of Fairhaven & Cypress Creek Lakes, etc.); FAST extends an invitation to these swimmers to come join our team!

The Fairfield Area Swim Team (FAST) is a neighborhood summer swim league that is part of the Northwest Aquatic League (NWAL) which currently has over 99 swim teams. Fairfield's swim team has an awesome reputation as a neighborhood swim team, and we have our terrific 8 lane neighborhood pool right here in Fairfield!!!

Team Registration available online at www.swim4fast.net through April 30th

#### Flip-Turn Clinic Information (for 11 & Up swimmers only)

Location: Fairfield Athletic Club Pool
Dates: April 14th and April 21th

Time: 2:00 to 3:30

Cost: \$30

#### Swim Team Important Dates

New Member Try-Out: April 19th from 4:30 to 6:30

Practice Begins: April 23<sup>rd</sup>
Practice Meet: May 5<sup>rdF</sup>
First Dual Meet: May 18<sup>rd</sup>

#### Practice Times

#### Aprill May @ FAC or Central Park June @ Central Park

Sharks 3:30 to 4:45 7:30 AM to 8:15 AM Eels Flounders 4:30 to 5:15 Flounders 8:00 AM to 8:45 AM Eels 5:00 to 5:45 Squids 8:30 AM to 9:30 AM Squids 5:30 to 6:30 Rays. 9:15 AM to 10:15 AM 6:15 to 7:15 Sharks 10:00 AM to 11:00 AM Rays

For more information please contact Tanya Thome at president@swim4fast.net or visit us online at www.swim4fast.net.

## **COME CELEBRATE SPRING FESTIVAL!**

On Saturday, May 4th, Boys and Girls Country of Houston will host their annual Spring Festival on their campus in Hockley, Texas.

Spring Festival promises to be a huge celebration for community and family with a number of new and exciting activities this year. New booths will include a Zip Line, Foam Pit, Dance Lessons, and the Texas Speedway. There will be two stages with a variety of live entertainment, including JJ Worthen on the Outdoor Stage sponsored by InterLinc Mortgage Services, LLC. Admission and parking are free, and children's all-day event passes are only \$15 each.

"All of the dollars raised at Spring Festival enable us to provide a great Home for our 88 children along with supporting 13 young adults in college or trade school," said George O'Neal, Director of Donor and Public Relations. "This year is going to be our largest and most exciting Spring Festival ever with many new additions to the fun and enjoyment that surround this event."

Located 35 miles northwest of downtown Houston, Spring Festival is a great way for families to spend the day "on the ranch".

#### DATE:

Saturday, May 4th, 10 a.m. – 4 p.m.

#### TIMES:

Live Auction: Noon Silent Auction: 10 a.m. to 3 p.m. Lunch: Served 11 a.m. - 3 p.m.

#### **PRICES:**

BBQ, Chicken Tacos, or Hamburger/Hot Dog Adult Plate: \$8.00 Kid's Plate: \$6:00

FOR KIDS:

All-Day Kids' Activity Passes: \$15.00

(individual activity tickets also available starting at \$0.25 each.)

#### LOCATION:

18806 Roberts Road, Hockley, Texas 77447 19 miles northwest of Beltway 8 off Highway 290.

For 42 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 13 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.



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## <u>Ranch Record</u>

## Cy-Fair Republican Women

The Cy-Fair Republican Women's monthly meeting will be held at 10:30am on Tuesday, April 9 at Carraba's Italian Grill in Copperfield.

month's presentation will feature Jerry Patterson, Texas Land Commissioner. His presentation will include information on current issues that affect the Houston and Cy-Fair areas.

April is also our annual membership drive month! year and are less than \$30!

to RSVP and reserve your seat today!

Dues are pro-rated for the 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





## Elisha Roberts Chapter

The wonderful ladies of the Elisha Roberts Chapter, NSDAR, extend an invitation to any female, 18 years or older, who can prove direct lineal descent from someone who either fought in or provided aid during the American Revolution. We are a family oriented group of ladies who promote patriotism, education and historic preservation. Our motto is God, Home and Country. If this sounds like you, please come and join us for a meeting. We meet the third Thursday of each month, September through May, at the Backyard Grill, located at 9453 Jones Road. Our next meeting will be on April 18, 2013 at 7:00 p.m. For more information, please contact the chapter Regent, Cheryl Partney at cpart86@comcast.net or by phone at 832-654-0306.

We look forward to meeting you.



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## Making Waves in Texas/Red Dirt Music Scene

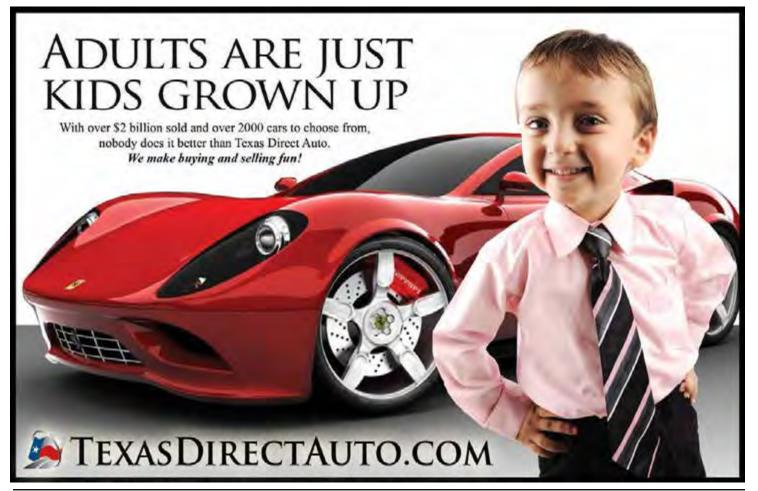
The Brandon McDermott Band heads to Cypress Saloon on April 20th.

From Galveston to Amarillo to College Station and now coming to the Cypress area, the Brandon McDermott Band has been bringing their exciting brand of Texas country music to stages all across the Lone Star State. The Brandon McDermott Band started in College Station, TX when McDermott, a graduate of Texas A&M University, began writing songs and playing at open mics. After moving back to his hometown of Galveston and playing some solo acoustic shows, he met up with island musicians Kevin Anderson (lead guitar, harmonica, vocals), Clark Duhon (bass) and Broc Adams (drums, vocals), to form the rest of the band. It didn't take long for audiences to take notice and start filling up local venues to watch them play. "I think people come out to our shows because we play fun music that they can identify with. We're not trying to change the world with the songs we write. We just play songs that are fun to drink beer and dance to," McDermott says. "I'm pretty sure our brand of music could best be described as a river of invaluable information spoken at just the right temperature for skinny dipping," jokes the band. While the Brandon McDermott Band got their start on Galveston island and has developed a very loyal following there, they have fans all over the state and by no means do they limit their appearances to south of the causeway. The band has made their presence known in the Houston music scene and beyond, and has been sharing the stage with some of Texas music's biggest names such

as the Josh Abbott Band, Reckless Kelly, Aaron Watson, Brandon Rhyder, Honeybrowne and Bri Bagwell.

With the release of their first album, "Mile Marker Zero," the Brandon McDermott Band has really made their mark on the Texas/Red Dirt music scene. "There is a definitive honesty to the songs on the record... a 'been there, done that, why do you think I'm drinking?' quality" that most people can relate to. The album, which is available on iTunes and Amazon, does a great job at capturing the energy and enthusiasm the band brings to their live shows. Currently the band is gearing up to return to the studio to begin recording their second album. On April 20th, The Brandon McDermott Band will be rolling into the Cyfair area for the first time to bring their brand of Texas/Red Dirt Music to the exciting Cypress Saloon. Their live shows have drawn impressive reviews from country music publications and industry people alike; and promises to be chock-full of fun energetic music that is guaranteed to make all in attendance have a heck of a time and asking for more. So mark your calendars, call your friends, put those boots on and make plans to be at the Cypress Saloon on April 20th for the first of hopefully many more visits from the Brandon McDermott Band. You won't be disappointed.

www.brandonmcdermottband.com



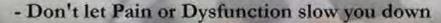
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## RANCH RECORD

#### **CY-FAIR KIWANIS CLUB**



PLAY GOLF with the Cy-Fair Kiwanis Club: MAY 6, - annual Golf Tournament at the Hearthstone Country Club! Bring your own team or we will team you up with other players.

You do not have to be a Kiwanis member to play in or sponsor a team in the Golf Tournament. We welcome any who wish to participate. Businesses are encouraged to sponsor teams for their organization. It's good publicity to have your clients know you support activities that return the all profits to the community through projects that support our youth and others in need. Play will be at the Hearthstone Country Club. Call for more information.

The Kiwanis Kids Triathlon will be one of only 6 triathlon City-wide events this year and will be held at Langham Creek YWCA. Events include swimming, running, and bicycling and begin at 8 a.m. Registration information will be given out at the schools and can be found in the newspaper and community newsletters. All children 6 years through 12 years of age are invited to participate.

The Cy-Lakes Key Club was chartered in February by the Cy-Fair Kiwanis Club, sponsor. Congratulations to these outstanding students. They have a charter membership of 169 students!

Attention, graduating seniors! It's time to get your applications in for Kiwanis college scholarships. Information should be available from your sponsors by the time this newsletter is published. We look forward to rewarding the outstanding service and academic achievements of our Key Club members.

Wouldn't you like to be a part of this organization that assists in these activities that promote good citizenship and leadership in our youth? We invite you to a complimentary lunch to hear more about the children's activities we sponsor. The Cy-Fair Kiwanis Club sponsors nine Key Clubs in the Cy-Fair Schools; Girl Scout, Boy Scout, and Sea Scout troops and activities; we provide scholarships to outstanding Key Club members in our district; and support other family oriented groups such as Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations. CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide.

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 meet 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 Peggy Presnell at 281-304-7127; John Carroll at 281-463-0373 or George Crowl at 832-467-1998.

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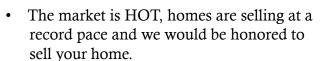
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	May '12	June '12	July '12	Aug '12	Sept '12	Oct '12	Nov '12	Dec '12	Jan '13	Feb '13	
\$500,000 and above	1	0	0	0	0	0	0	0	0	0	
\$451,000\$499,999	1	0	1	0	0	0	0	1	1	0	
\$351,000\$450,999	0	0	0	0	0	1	0	1	1	0	
\$276,000\$350,999	0	0	0	0	0	0	1	0	0	0	
\$231,000\$275,999	1	0	3	1	1	1	0	0	0	0	
\$201,000\$230,999	1	0	0	0	2	2	1	2	0	0	
\$200,999 and below	2	0	1	1	0	4	1	0	0	1	
Total	6	0	6	2	3	8	3	4	2	1	
Highest \$/sq ft	\$100.95		\$112.52	\$78.58	\$84.06	\$85.59	\$84.06	\$101.66	\$131.93	\$70.49	

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