

# RANCH RECORD

*News For The Residents of  
Blackhorse Ranch*

## A FOCUS ON RESOLUTIONS

### RESOLVE TO BE A BETTER YOU

*By: Concentra Urgent Care*

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

#### LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes.

Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

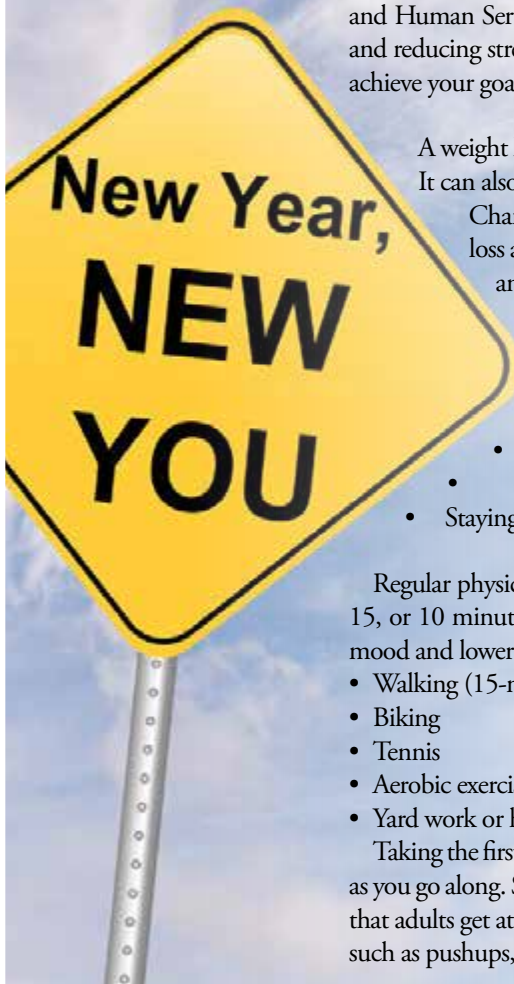
- Taking into account foods you like and dislike
- A focus on fresh fruits, vegetables, and whole grains
- Consuming fat-free or low-fat dairy products such as yogurt, cheese, and milk
- Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
- Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils
- Staying away from foods high in sodium and added sugars

#### GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)
- Biking
- Tennis
- Aerobic exercise classes (step aerobics, kickboxing, dancing)
- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged.



# RANCH RECORD

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### AREA HOSPITALS

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North Cypress Medical Center .....	281-477-0830
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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
Cypress Ranch High School .....	281-373-2300

### PUBLIC SERVICES

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Drivers License Info. ....	281-955-1100
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## 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 January 16, 2014 at 7:00 p.m.

For more information, please contact the chapter Regent, Cheryl Partney at [cpart86@comcast.net](mailto:cpart86@comcast.net) or by phone at 832-654-0306. We look forward to meeting you.

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## CY-FAIR KIWANIS CLUB

Kiwanis wants YOU! Start the new year by giving in service to others by joining with the Cy-Fair Kiwanis Club. We work with Key Clubs, Builders Clubs, and Boy and Girl Scout troops to build leadership and orientation toward service to others, and with community based organizations that provide goods and services to the needy in our community and our world. Visit the Cy-Fair Kiwanis Club and learn about the projects in which its members participate to enrich and improve life for citizens worldwide. Internationally, both Kiwanis and Key Club are participating in the ELIMINATE PROJECT aimed at the eradication of maternal/neonatal tetanus.



Businesses of the community are encouraged to support a representative for membership in Kiwanis. We welcome business and organization representatives as well as individual memberships.

Regular meetings of the club will occur on January 7, 14, and 21 at the Hearthstone Country Club at 12:15

p.m. We invite you to be our guest for lunch and fellowship and for informative programs. For more information, call John Carroll at 281-463-0373,

George Crowl at 832-467-1998 or Peggy Presnell at 281-304-7127.

We welcome your visit at our Club meeting and your consideration of membership in our service organization. Join Now.

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## "Cypress Serenades"

### Cypress Symphony Presents Second Concert of their Inaugural Season

The Cypress Symphony invites you to celebrate our historical inaugural season at our second concert in January! Join us as we explore some of the earliest orchestral writing by the lighthearted CPE Bach and journey through history to the romantic and passionate Mendelssohn and Tchaikovsky. We are pleased to welcome our talented guest conductor Mark Dupere, as he leads the Cypress Symphony through a musical odyssey! We look forward to seeing you on this magical evening!

**Saturday January 18th, 2014**

**7pm at the Centrum**

*Mark Dupere, guest conductor*

#### PROGRAM:

C.P.E Bach Symphony for Strings in B-flat

Mendelssohn String Symphony No. 7 in D minor

Tchaikovsky Serenade for Strings Op. 48

*Tickets can be purchased at [cypresssymphony.org](http://cypresssymphony.org)*

*Student admission is free.*



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Fri 9AM - 5PM

Sat 9AM - 4PM

# RANCH RECORD

## *Cy Woods Theatre Company Proudly Presents* “INTO THE WOODS”

Cy Woods theatre students will be performing the musical “Into the Woods” by Stephen Sondheim and James Lapine. This musical encompasses classic fairy tale characters that portray a sense of fantasy and reality.

Performances will be held in the Cy Woods High School Auditorium  
Thursday – Saturday (January 30th – February 1st) at 7:00 pm  
Saturday Matinee at 2:00 pm.

Tickets may be purchased online at [www.showtix4u.com](http://www.showtix4u.com).

### TICKET PRICES:

Orchestra Level - \$15.00 | Mezzanine Level - \$10.00

Synopsis: The story follows a Baker and his wife who wish to have a child, Cinderella who wishes to attend the King’s Festival, and Jack who wishes his cow would give milk. When the Baker and his wife learn that they cannot have a child because of a Witch’s curse, the two set off on a journey to break the curse. Everyone’s wish is granted, but the consequences of their actions return to haunt them later with disastrous results.

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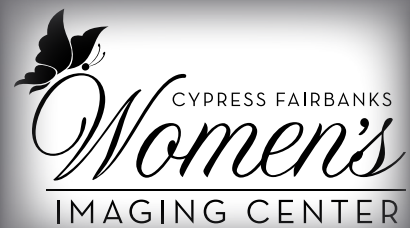
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- 7015 Barker Cypress Rd at 529  
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\*According to the U.S. Preventive Services Task Force and the Affordable Care Act, routine screening mammography is a preventive service now covered 100% by health insurance plans for women aged 40 and older every 1 to 2 years.

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