

# RANCH RECORD

*News For The Residents of  
Blackhorse Ranch*

## Wine Fair Cy-Fair

The community will gather to enjoy fine wines, fabulous food and socializing with neighbors at the third-annual Wine Fair Cy-Fair on April 5 at Cypress Village Station and at the upscale One Fine Affair on April 4 at the Alamo at Northwest Forest Conference Center.

Wine Fair features 125+ wines, 15+ restaurants and food tasting-tables serving signature specials, The Backyard Grill Beer Garden, a Home Zone and the Aruba Live Music stage. Wine Fair is a community-wide party benefitting Reach Unlimited.

The evening will be packed with engaging experiences such as displays from local artisans and community businesses. Guests will sway and dance the night away to the captivating tunes of the Robert Hartye Band, and fundraising for Reach will feature a wine pull, gift baskets, restaurant certificates and great swag donated by local businesses.

The vendor village welcomes art, jewelry, food products and everything in between. For the pampered treatment, The Loken Group VIP Premium room boasts relaxed seating, restroom facilities and great views along with premium wine selections and delicious food offerings provided by La Madeleine Country French Café.

The Backyard Grill Beer Garden showcases craft beer offerings as well as signature nibbles from Backyard Grill and Backyard Smokehouse.

Before the doors open on Wine Fair, the pre-event All that Sparkles is an effervescent party from 4:30 to 5:30 p.m. Guests will enjoy

French champagnes, sparkling wines and culinary treats.

Wine Fair is limited to 2,500 entrants. Last year, all events sold out.

One Fine Affair is Friday from 7 to 10 p.m. The elegant affair will feature fine wine, fine foods and a mighty fine time. Guests will learn more about Reach Unlimited. Attendance is limited to 100 guests.

Wine Fair Cy-Fair is a collaboration between the Cy-Fair Houston Chamber of Commerce and Food & Vine Time Productions, the organization that produces the world-class Wine & Food Week in The Woodlands, Brewmasters Craft Beer Festival, Zest in the West, Katy Sip n Stroll, the wildly popular Haute Wheels Houston The Food Truck Festival and the newly announced Big Brew Houston Craft Beer Celebration.

"This is a unique, once-a-year opportunity for the community to come together to socialize and have a great time while enjoying

high-quality wines, craft beers and foods," said Founder & Co-Producer Constance McDerby. "And we get to benefit a worthy cause by helping to support a local community partner in Reach Unlimited."

Leslie Martone, President of the Cy-Fair Houston Chamber of Commerce, said, "The first two years of this great event were huge successes – better than we could have hoped for. And really, we expect this year to be even more fun and successful. As a Chamber, our focus is on the community, and we're proud to present this type of community-wide event."

### **Tickets and Information**

Must be 21 or older to attend. Online tickets available at [www.winecyfair.com](http://www.winecyfair.com)

#### **Wine Fair Cy-Fair**

\$25 general admission

\$65 VIP Premium Wine Lounge

\$55 VIP Premium Wine Lounge

early bird special – offer good through  
2/28/14

All That Sparkles - \$20 pre-party ticket  
add on

One Fine Affair - \$100 (limited to 100  
guests)

# RANCH RECORD

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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
Cypress Ranch High School .....	281-373-2300

### PUBLIC SERVICES

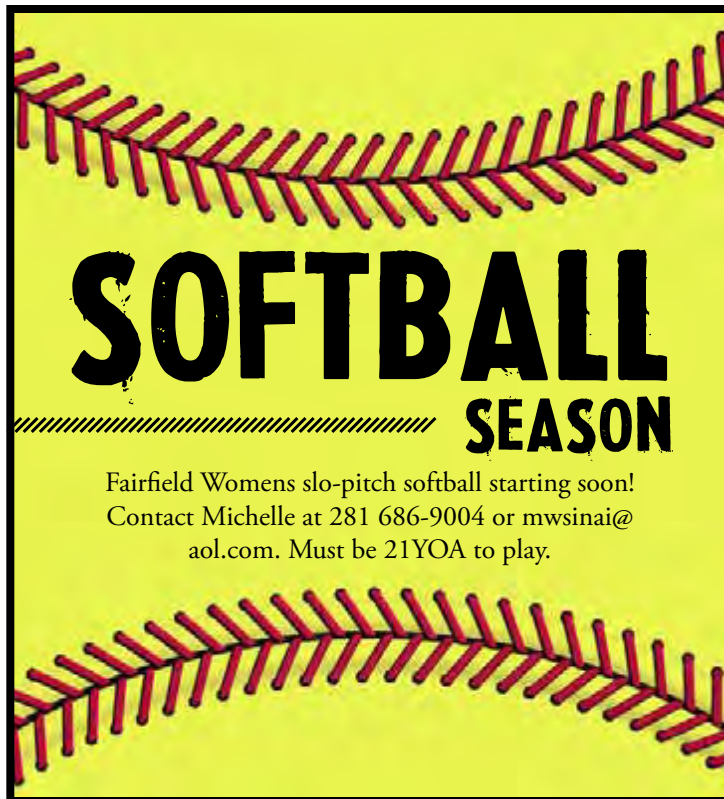
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## CY-FAIR KIWANIS CLUB

Come join us at the CY-FAIR KIWANIS CLUB and be a part of sponsoring children's activities that help to develop leadership and good citizenship in the youth of our community. CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs in the Cy-Fair High Schools; Girl Scout, Boy Scout, and Sea Scout troops and activities; provides scholarships to outstanding Key Club members in our district; assists at Cypress Assistance Ministries, Bear Creek Ministries; the Houston Food Bank; and other charitable groups.

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. February meetings will be on the 4th, 11th, and 18th. For more information, call John Carroll (Copperfield and Hearthstone areas) at 281-463-0373; George Crowl (Jersey Village area) at 832-467-1998; or Peggy Presnell (Fairfield and CyRanch) at 281-304-7127. If you live anywhere in the Cy-Fair Communities, you may call any one of the above for information. COME, BE A PART OF OUR FELLOWSHIP. See [www.kiwanishoustoncyfair.com](http://www.kiwanishoustoncyfair.com) for more information.



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## The American Cancer Society Relay For Life of Cy-Fair Surpasses \$1,000,000 Mark!

The American Cancer Society is pleased to announce that the Relay For Life of Cy-Fair has raised more than \$1,000,000 in the fight against cancer, thanks to the amazing success of this year's event. The 2013 Relay For Life of Cy-Fair brought in more than \$136,000, raising the grand total since the event's inception in 2005 to just over one million dollars!

"Congratulations to the many volunteers, committee members, and teams whose tireless efforts each and every year since 2005 have resulted such an accomplishment. The valued participation of cancer survivors and caregivers make the American Cancer Society Relay For Life unique and appealing to the entire community, most of whom have been touched by cancer in some way," said Relay For Life of Cy-Fair Chair Sulema Tamez. Participation in the 2013 event



was also at an all-time high.

Relay For Life remains the American Cancer Society's highest-grossing fundraising event in the fight against cancer. Monies raised support the American Cancer Society's mission to help people stay well, get well, find cures and fight back through cancer research, as well as the free programs and services provided directly to cancer patients and their families.

The Relay For Life of Cy-Fair is currently signing up both business and personal teams for the April 25-26, 2014 event. The committee is also seeking volunteers, cancer survivors and caregivers to participate. If you are interested in signing up or learning more about how you can help the American Cancer Society finish the fight against cancer, please visit: [www.relayforlife.org/cyfairtx](http://www.relayforlife.org/cyfairtx).

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## Kidney Walk

The National Kidney Foundation is the leading organization in the U.S. dedicated to the awareness, prevention and treatment of kidney disease for hundreds of thousands of healthcare professionals, millions of patients and their families, and tens of millions of Americans at risk

Nearly six of ten Americans will develop kidney disease in their lifetime, according to a new analysis published in the American Journal of Kidney Disease. In comparison, lifetime risk of diabetes, heart attack and invasive cancer is approximately four in ten.

The Kidney Walk is the nation's largest walk to fight kidney disease and is held to raise awareness of, and support those who are battling this disease. Held in nearly 100 communities, the event raises awareness and funds lifesaving programs that educate and support patients, their families and those at risk. Take a lifesaving step today and sign up for a walk below. The Houston Walk will be held on May 4th at 7:30am at Discovery Green Park Downtown. Registration at [www.donate.kidney.org](http://www.donate.kidney.org).

For more information on forming teams or sponsorship, please call 713-964-2644.

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# 10 POWERHOUSE FOODS THAT WILL HELP YOU BURN FAT

*Marissa Balch - CPT, Nutrition Coach - Texas Fit Chicks Boot Camp*

1. Oatmeal - Great source of soluble fiber and slow-digesting carbohydrates that will keep blood sugar and insulin in check so fat burning can stay high.

2. Eggs - A form of well-absorbed protein, healthy fats and Vitamin D (found in the egg yolk). Eggs also contain lecithin, which promotes healthy liver function, thereby helping the body to burn fat.

3. Salmon - High in omega-3 fatty acids, salmon reduces inflammation in the body and lowers LDL and triglyceride levels while raising good HDL levels. Salmon also has a beneficial effect on leptin (hunger hormone) levels in the body, which means it helps to suppress your appetite.

4. Nuts - Another source of fiber and rich in omega-3s, these fats help to regulate blood sugar and protect the heart and the immune system.

5. Grapefruit & Berries - These fruits contain slow-digesting carbs and are rich in fat-fighting fiber. Strawberries, raspberries, blueberries and blackberries all are loaded with soluble fiber and antioxidants that protect blood vessels and promote healthy blood

flow.

6. Avocado - It's got fat, yes, but the good kind! The monounsaturated fats found in avocado are burned readily for fuel during exercise and actually encourage fat burning. Good source of fiber and antioxidants.

7. Leafy Greens - Broccoli, specifically, is a fibrous carb that can make you feel full quickly—one reason why it's a great food for getting lean. Broccoli also contains phytochemicals that can help enhance fat loss.

8. Cinnamon - Helps to reduce blood sugar levels, which in turn prevents the body from storing sugar as fat. Add it to your oatmeal and yogurt to enhance flavor without adding calories.

9. Green Tea - Drink this! Not only is green tea packed with antioxidants, it also contains catechins, a phytochemical that helps speed up metabolism and burn more fat.

10. Beans & Legumes - Great sources of protein and they normalize insulin levels and help keep your blood sugar steady throughout the day. Black beans, Garbanzo beans, red beans and lentils are all great to incorporate into your diet.







## NORTHWEST FLYERS YOUTH TRACK CLUB BEGINS 27TH SEASON

The Northwest Flyers Youth Track Club is now registering boys and girls ages 6 – 18 for the 2014 season. The team provides a full program of track and field events, and is affiliated with USA Track & Field (USATF). The club was founded 27 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

Registration and practice is at 5:30 p.m. on Mondays and Thursdays at the Cypress Creek High School track, 9815 Grant Rd., Houston.

For registration forms and additional information, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at [linette.roach@sbcglobal.net](mailto:linette.roach@sbcglobal.net) or (281) 587-8442.

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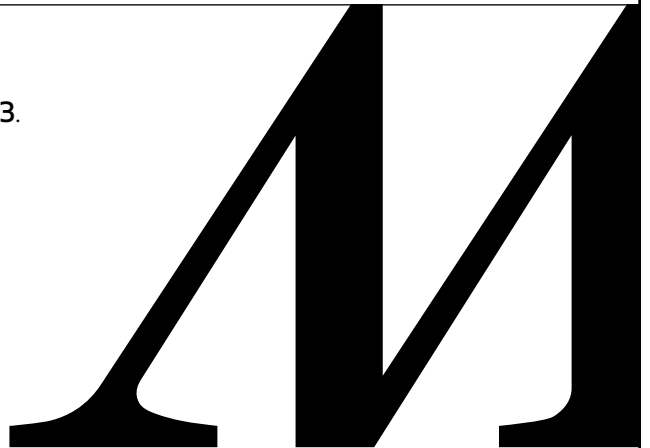
- family history of cardiovascular disease,
- smoking, and
- diabetes.

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For more information or to register for a heart scan, visit [houstonmethodist.org/heartscans](http://houstonmethodist.org/heartscans) or call 713.790.3333.

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*Dr. Eleanor M. Green, Dean of the College of Veterinary Medicine and Biomedical Sciences to speak to*

## **NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB**

*on February 11th*

Join us for the Northwest Harris County Aggie Mom's Club monthly meeting on Tuesday, February 11, 2014 at 7:00 p.m. at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. Our speaker will be Dr. Eleanor Green who holds the Carl B. King deanship of the Texas A&M University College of Veterinary Medicine & Biomedical Sciences. Dr. Green is a Diplomate of the American College of Veterinary Internal Medicine, Large Animal, and Diplomate of the American Board of Veterinary Practitioners, Certified in Equine Practice. Her clinical interests have included general internal medicine, gastrointestinal disorders, neurologic disorders, diseases of the newborn, and lameness. Her research interests have been primarily in the areas of endotoxemia, laminitis, neonatology, and gastric ulcer disease. She has delivered lectures across the nation and internationally on subjects related to her clinical and research interests, as well as equine welfare issues. She now also speaks on leadership and has delivered the commencement address to the graduating classes of veterinary students at Auburn University (1995), Mississippi State University (1995), and Louisiana State University (2010) and has delivered numerous keynote addresses. Additionally, Dr. Green has served as president of three national organizations, the American Board of Veterinary Practitioners, the American Association of Veterinary Clinicians, and the American Association of Equine Practitioners. Refreshments will be available at 6:45!

### ***China Luncheon and Style Show- Get Your Ticket Today!***

Don't miss the Annual China Luncheon and Style Show on Saturday, February 8, 2014 from 10:30 a.m. - 1:30 p.m. at Shirley Acres located at 217 Woerner Rd., Spring, Texas. We are looking for talented ladies to decorate one of our themed tables and silent auction item donations. Individual tickets are \$30. Get your ticket at one of our monthly meetings or visit our website.

*The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at 7100 High Life Drive. For more information on monthly speakers or upcoming events visit our website at [www.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org) or contact Shannon Eberle, Club President at [clubpres2012@gmail.com](mailto:clubpres2012@gmail.com).*



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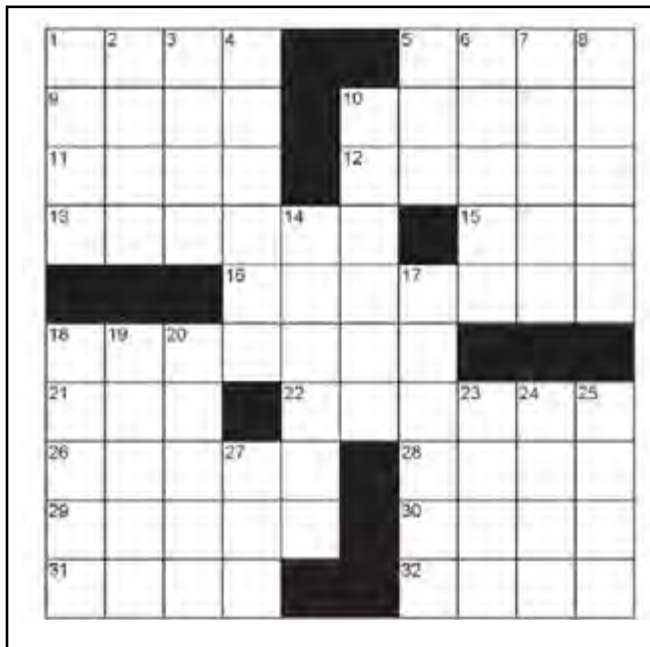
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### ACROSS

1. Pear type
5. \_\_\_ matter
9. Bridge support
10. Jarred
11. Hind
12. Civil authority
13. Make it yourself pizza brand
15. Hoopla
16. \_\_\_ Monroe
18. Sieges
21. Bumbling insect
22. Crustacean
26. Birch-like tree
28. Note
29. Prick
30. Canal
31. Dr. Jekyll and Mr. \_\_\_
32. Decays

### DOWN

1. Hook part
2. Brand of sandwich cookie
3. Replace a striker
4. Color saturation
5. Expression of surprise
6. Faithful
7. Ill-natured
8. City in Ohio
10. Gives a conceited smile
14. Laces
17. Chemical compound
18. Embarrass
19. Cantankerous
20. Warm
23. Brand of coffee alternative
24. Except
25. Bucks wives
27. Compass point

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