

RANCH RECORD

*News For The Residents of
Blackhorse Ranch*

10 POWERHOUSE FOODS THAT WILL HELP YOU BURN FAT IN THE NEW YEAR

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.



RANCH RECORD

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire	911
Ambulance	911
Harris County Sheriff	713-221-6000
Cy-Fair Volunteer Fire Dept. Bus. Office	281-550-6663

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
Cypress Ranch High School	281-373-2300

PUBLIC SERVICES

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

NEWSLETTER PUBLISHER

Peel, Inc.	888-687-6444
Article Submissions	blackhorse@peelinc.com
Advertising	advertising@peelinc.com

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Northwest Harris County Aggie Mom's Club

The Northwest Harris County Aggie Mom's Club will host Texas A&M University's Brigadier General Joe E. Ramirez, Jr. '79 Commandant, Texas A&M Corp of Cadets on Tuesday, January 13, 2015 - 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. Brigadier General Ramirez is a native of Houston, Texas and graduated from Stephen F. Austin High School in 1975. He attended Texas A&M University and joined the Fightin' Texas Aggie Band in the Corps of Cadets, where he commanded the B Company "Streetfighters" his senior year. He received his commission in the Field Artillery from Texas A&M in 1979 as a Distinguished Military Graduate.

During his 31 years of military service General Ramirez commanded soldiers around the world from the platoon and battery level up to battalion, brigade and division level. He commanded B Battery, 2nd Battalion, 41st Field Artillery in Bad Kissingen, Germany, the 1st Battalion, 41st Field Artillery at Ft Stewart, Georgia, the 1st Cavalry Division Artillery at Fort Hood, Texas, and was the Deputy Division Commander for the 2nd Infantry Division in the Republic of Korea. He was also the Deputy Chief of Staff for United States Central Command during Operations Iraqi Freedom and Enduring Freedom.

General Ramirez holds a Bachelor's of Science Degree in Physical Education from Texas A&M (1979); Masters Degree in Management from Webster University, St. Louis, Missouri (1993); and a Masters Degree in Strategic Studies from the United States Army War College, Carlisle, Pennsylvania (2000). His numerous military awards include the Distinguished Service Medal, Defense Superior Service Medal, Legion of Merit, Meritorious Service Medal, Armed Forces Expeditionary Medal, Global War on Terror Expeditionary Medal, Korean Defense Service Medal, Humanitarian Service Medal, and the Parachutists Badge. You won't want to miss this exceptional speaker!

SAVE THE DATE

Don't miss the Annual China Luncheon and Style Show on Saturday, February 21, 2015 from 10:30 a.m. - 1:30 p.m. at Shirley Acres located at 217 Woerner Rd., Spring, Texas. Come and enjoy the fashion show and shopping at vendor booths. We are looking for talented ladies to decorate one of our themed tables. 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 or contact Connie Pritchard, Club President at pritchardg@sbcglobal.net.



JANUARY MEETING

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, January 20th, 2015. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 to 8:00 p.m.

All are welcome to attend the meeting and to join this growing club, which meets on the third Tuesday of every month. The meetings are open to all, and always feature great fellowship and informative guest speakers. For more information, visit the website at www.cytomdems.com; contact Glenn Etienne at cytomdems@yahoo.com; or "Like" the club on Facebook.

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RANCH RECORD

AHFC JUNIOR HURRICANES (JHSL) REGISTRATION NOW OPEN

The Junior Hurricanes Soccer League (JHSL) is led by professional United States Soccer Federation (USSF) licensed staff and is designed for boys & girls who want to play and have fun in a safe and developmentally appropriate environment. The JHSL program is being offered at Campbell Road Campus, West U and Cy Fair locations. To learn more about each location and to register please visit www.albionhurricanes.org or you can email us at jhsl@albionhurricanes.org or call 713-939-7473 .

Fall 2014 JHSL Highlights

- 10 weeks September - November
- Season will extend 1 week if both practice & game is rained out
- Professionally trained
- One practice during the week
- Games on Saturdays 8:00 AM-12:00 PM or Sundays 1:00-5:00 PM; please check your location to details.
- Cost per player is \$150 U5/U6 and \$160 U7-U12
- Nike uniform included



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TEXAS A&M AGRI LIFE

Fruit flies can become a problem at any time of year because they are attracted to ripe or fermenting fruit. Fruit flies can be brought into the home from ripe fruits or vegetables picked from the garden or items purchased at the grocery store.

Adults are small (about 1/8 of an inch) and usually have red eyes. The front portion of the body is tan while the back portion is dark brown or black. If given the opportunity, females can lay up to 500 eggs. Larvae feed near the surface of fermenting foods or other organic matter.

Prevention is the best way to deal with fruit flies. Do not purchase over ripened fruit or vegetables. Fruit and vegetables should be eaten in a timely manner or stored in the refrigerator. If storage in the refrigerator is not an option because you are ripening the item, place it in a paper bag and use a clothespin or chip clip to close the bag. All recyclables should be rinsed thoroughly before placing them into the recycling bin. The recycling bin and garbage can should be cleaned out on a regular basis to eliminate any spilled material.

FRUIT FLYS

To eliminate a fruit fly infestation, all sources must be located and eliminated. Insecticides will not help if sources are not eliminated. While searching and eliminating breeding sources, a trap can be constructed to capture adult flies. Create a paper funnel by rolling notebook paper and place the funnel into a jar that contains a small amount of apple cider vinegar in the bottom.

For more information or help with identification, contact Wizzie Brown, Texas A&M AgriLife Extension Service Program Specialist at 512.854.9600.



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BSA Troop 533



BSA Troop 1907

Boy Scouts of America, Troop 533 & 1907 FUNDRAISER!!!

Good Shepherd United Methodist Church and Fairfield Baptist Church

If you are looking to beautify your landscape and bring your lawn back to life, then you will be interested to know that it is that time of year again for fertilizer and mulch sold to you and brought to your home by your local boy scouts. Coming this spring!

Troop 533 Chartered by GSUMC and Troop 1907 Chartered by FBC have joined forces once again to conduct their annual fertilizer and mulch fundraiser starting on January 13, 2015. Troop 533 has delivered to homes in the Cypress community for more than 10 years and is proud to continue this tradition. Scouting makes a direct and positive impact on your community by teaching positive values and leadership skills to our youth. Your support ensures that Scouting will continue building character, fitness, and citizenship for years to come.

The funds from your purchase will directly benefit the troop and each individual scout on their continued journey through the scouting programs. The proceeds from each of the scout's sales will help fund activities such as High Adventure Summer Camp , Treks, Monthly troop campouts and so much more. By purchasing your lawn mulch and fertilizer from the Scouts, you are directly supporting scouting programs where you live — programs that clean up your parks, gather food for the area needy, and even help your community prepare for disaster.

This year's offerings include Red or Black mulch, Hardwood or Pine mulch as well as Premium or Slow Release fertilizer and Weed n Feed fertilizer. Scouts will be visiting your neighborhood soon. All purchases will be Scout delivered on February 28, 2015.

For your convenience, Scouts will be selling door to door in your subdivision beginning January 13th. If you are reading this circular and think we may miss you or want to support, please order by emailing Troop 533 at BoyScoutsTroop533@yahoo.com or contact Stacy Hedrick 832-419-3199

Yours in Scouting,

Scoutmaster Louis Mayer (Troop 533) and Scoutmaster David Goodin (Troop 1907)

RANCH RECORD

Northwest Flyers Youth Track Club - Free Registration/Orientation Breakfast

The Northwest Flyers Youth Track Club will celebrate its 28th Anniversary Season by hosting its annual free Registration/Orientation breakfast on Saturday, February 7th, 2015, for all boys and girls who are interested in joining for the 2015 track season. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The free breakfast is the opportunity for youth athletes to register for the 2015 spring/summer track season, and to meet the Northwest Flyers coaches, staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization (USATF). All athletes and parents who wish to join the Northwest Flyers must attend the orientation.

The Northwest Flyers Track Club is a youth (ages 6 -18) track club, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance and relays, and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, shot put, discus and javelin. The Northwest Flyers has approximately 285 members. The club was founded 28 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

The Northwest Flyers is a member of the "Win with Integrity" program, a partnership between USATF and the American College of Sports Medicine. "Win with Integrity" brings elite track & field athletes and school-aged kids together to promote healthy lifestyles, keeping active, and living with integrity through the sport of track & field.

For additional information on the Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org>; contact Linette Roach at linette.roach@sbcglobal.net; or "Like" the club on Facebook.



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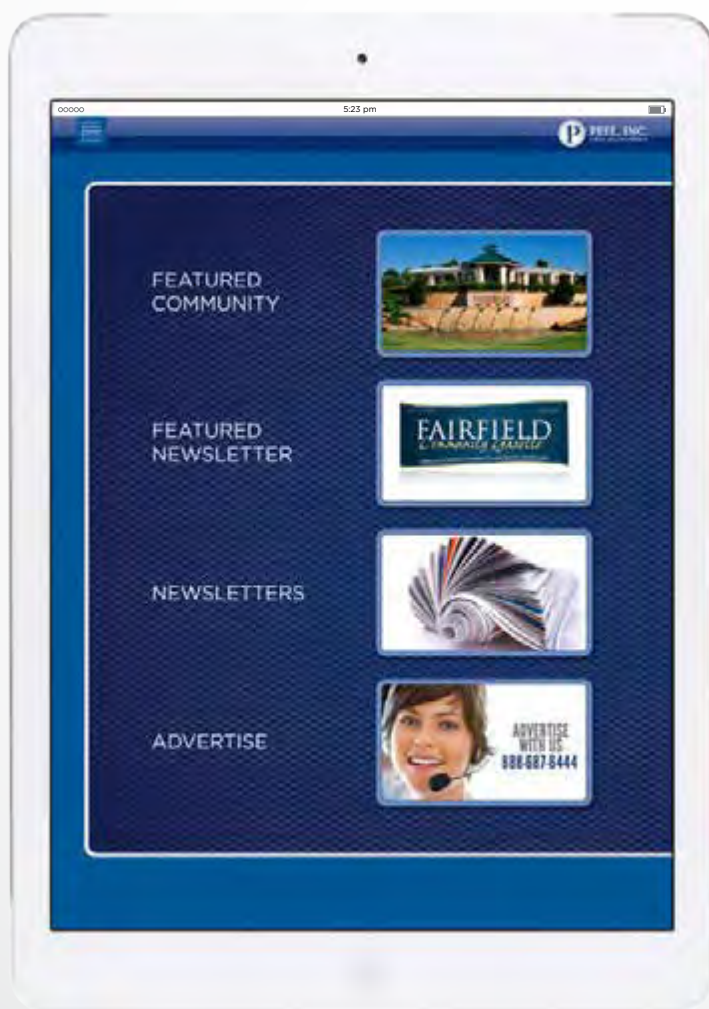
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