

WELCOME TO BLACKHORSE RANCH RECORD

A Newsletter for the Blackhorse Ranch Community

The Ranch Record is a monthly newsletter mailed to all Blackhorse Ranch residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter. you can do so online at www. PEELinc.com. Personal news (announcements, accolades/ honors/ celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!

I FOUND A BABY SQUIRREL. NOW WHAT?

By Cheryl Conley, TWRC Wildlife Center

- Is it bleeding, have an open wound, or a broken bone?
- Is it covered in fly eggs [they look like grains of rice]?
- Is it cold, wet, or crying?

squirrel is likely injured. Bring it to us as soon as possible.

If NO, the next step is to determine its approximate age to see if you need to intervene.

Does the squirrel have a fluffed-out tail [like a bottle brush]?

Is the body longer than 6" [not including the tail]? If the answer is YES to these questions, this is likely a juvenile squirrel. You do not need to intervene. Even at the young age of 10 to 12 weeks, the squirrel is already independent and on its own.

If NO, this is an infant squirrel. You will need to help reunite the baby with its mother.

Baby squirrels at this age must be kept warm. Heat a towel in the microwave or place uncooked rice or bird seed in a sock and warm in the microwave for 20-30 seconds. Wrap the sock in a soft towel and place it with the baby in an open container like a small box or plastic container.

Place the box IN A SAFE PLACE OFF THE

If you find a baby squirrel, check for the following: GROUND near where you found the baby or under the tree with the nest if you know which tree it is. You can also attach the container directly to the tree but MAKE SURE IT IS SECURE.

Keep children, dogs, and cats out of the area.

Observe the baby squirrel for the next six to eight hours of daylight. Reheat the towel or rice/ If the answer is YES to any of the above, the birdseed bag every two hours. Has the mother returned to retrieve her baby?

If YES ... congratulations!

If NO, bring the box with the baby inside. Continue to keep it warm until you can bring it to us. REMEMBER: DO NOT ATTEMPT TO FEED THE SQUIRREL OR GIVE IT WATER!

(Continued on Page 2)



Attention Parents of Graduating Seniors!

We would like to recognize our graduating seniors by including a small picture and a few lines about where your child will be attending college. Please send your information to articles@peelinc.com (include the newsletter you would like to recognize them in, photo, name, etc).

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IMPORTANT NUMBERS

EMERGENCY NUMBERS	
EMERGENCY	911
Fire	911
Ambulance	911
Harris County Sheriff	713-221-6000
Cy-Fair Volunteer Fire Dept. Bus.	Office281-550-6663
AREA HOSPITALS	
Cy-Fair Medical Center	
North Cypress Medical Center	281-477-0830
Willowbrook Methodist	
SCHOOLS	
Cy-Fair ISD	281-897-4000
Warner Elementary School	
Spillane Middle School	
Cy Woods High School	
Cy Fair High School	
Cypress Ranch High School	
PUBLIC SERVICES	
Cypress Post Office	
Drivers License Info	
Harris County Tax	713-224-1919
UTILITIES	
En-Touch (Customer Service)	281-225-1000
NEWSLETTER PUBLISHER	
Peel, Inc	888-687-6444
Article Submissions	<u>blackhorse@peelinc.com</u>
Advertising	~ -

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

Advertising Information

Please support the businesses that advertise in the Ranch Record. Their advertising dollars make it possible for all Blackhorse Ranch residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or <u>advertising@PEELinc.com</u>. The advertising deadline is the 8th of each month for the following month's newsletter.

(Continued from Cover)

TWRC Wildlife Center is your resource for wildlife-related questions. They also serve as an emergency wildlife care facility should you find animals in need of help. If you have any questions, please call 713-468-TWRC. You can also find useful information at www.twrcwildlifecenter.org.

Introducing "Get To Know Your Neighbors"

We are all very fortunate to call Blackhorse Ranch home. But, Blackhorse Ranch is more than just a place to live; it is a vibrant community brimming with family-friendly neighborhoods, chockfull of fascinating, talented people. Our variety is what makes us so both unique and extraordinary. However, sometimes, we get so busy, we lose sight of how interesting and diverse we've become. We believe that getting to know the people who live nearby will help us create a sense of belonging and shared identity. We have created a column entitled, "Get to Know Your Neighbors" which we hope will strengthen connections, build trust in our wider community, and contribute to a happier neighborhood for everyone.

If you know of a person or a family that you believe is making Blackhorse Ranch a better place to live, please let us know. We would like to introduce them to your neighbors.





Cy-Fair Republican Women May Meeting

Tuesday, June 13th will be CFRW General Meeting from 10:30 AM - Noon.

Meeting is \$3 -- Meeting w/Lunch at Noon is \$23. Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095

All are welcome!

Come and enjoy like-minded fellowship and relevant speakers.

RSVP to www.cfrw.net by June 6th. We look forward to seeing you there!

Scholarship is available for a female college student. Go to www. cfrw.net for criteria and application. Deadline is June 15th.

SAVE the DATE—November 3rd for High Heels & High Tea at Sterling CC. Watch this space or website for further details.

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Tony Vinchealle, BA, CPT, PN1 tony@asufit.com

Fitness and Nutrition for the Busy Professional



Luncheon Details

Thursday, June 22, 2017 Networking 11a.m. Luncheon begins at 11:30 a.m.

Sterling Country Club, 16500 Houston National Blvd., Houston, TX 77095

Costs \$25 with advanced reservations \$30 at the door

Tony Vinchealle is a wife, a mother of 4 children, a Holistic Fitness Professional, and founder of A'Stronger-U Fitness, Health, and Wellness. She was motivated to start her company in January 2013 after having her own transformational experience with a weight loss coach. Prior to becoming a full-time entrepreneur in the Fitness industry, Tony worked in Corporate America for over 10 years in Employee Training and Development and she also worked as a business developer for a large tax firm here in Houston, TX. She earned her degree in Biological and Physical Sciences from the (Continued on Page 4)

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(Continued from Page 3)

University of Houston-Downtown where she concentrated her studies in Biochemistry and Human Metabolism and completed 2.5 years of graduate-level research at MD Anderson Cancer Center. Tony is certified as a Personal Trainer through the American College of Sports Medicine, a Metabolic Technician through Lifetime Fitness, and as a Nutritionist through Precision Nutrition.

Tony's mission is to empower people by providing them with the information and knowledge that is necessary to create a type of wellness that is well-rounded and comprehensive. She believes that Fitness, Health, and Wellness must be accomplished through knowledge, power, and the confidence to exhibit Self-Efficacy when it comes to YOUR overall Health. Through education, proper Metabolism Based Nutrition, Holistic Lifestyle Coaching, and through teaching you how to create synergistic teams who have YOUR best interest at heart, she is here to help YOU achieve your goals as you move towards #BecomingAStrongerU.

This month's CYFEN meeting begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Luncheons are held at the Sterling Country Club, 16500 Houston National Blvd.

About Cy-Fair Express Network (CYFEN)

Now over 60 members strong, Cy-Fair Express Network's vision is to be a community and national leader for the support

of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and national recognition. CYFEN is part of the national organization of American Business Women's Association (ABWA), for more information go to www.CYFEN.org.

About American Business Women's Association (ABWA)

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 60 years to women's education, workplace skills and career development training. For more information, visit, www.abwa.org.





Cypress Area Food Pantry

Do you know of someone who has trouble putting food on the table? Maybe their employment was suddenly terminated; maybe it's a choice between medications or food; for whatever reason a family can find themselves in a situation where they need a little help.

Fountain of Life Church of God on Mueschke Road runs a food pantry on Mondays from 3:30 pm to 6:00 pm and the only requirement is that the client should live in zip code 77433 and west of Skinner 77429. For more information, contact 281-373-9337. Food donations

and volunteers are also greatly appreciated.

Computerized job search and resume preparation and printing are also available.



CYPRESS TEXAS TEA PARTY

The next meetings of the Cypress Texas Tea Party will be on:

Saturday, June 17, 2017 NOON - 2:00 PM

Gary Elkins, Texas State Representative, District 135
 Massey Campos, www.TheSelfEvidentTruth.com

The Cypress Texas Tea Party meets every three weeks on Saturday Noon until 2:00 PM at:

Spring Creek BBQ 25831 Northwest Freeway Cypress, Texas 77429 Map: http://goo.gl/maps/OoNjY

A schedule of our meetings and confirmed speakers can be found at our website, www.cypresstexasteaparty.org



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Girl from Sweden needs Host Family

Hi neighbors! As many of you know, I am a Local Coordinator for STS Foundation, a non-profit exchange student placement organization. I believe the exchange of cultures among high school students is so important. I am looking for host families for the 2017-18 school year.

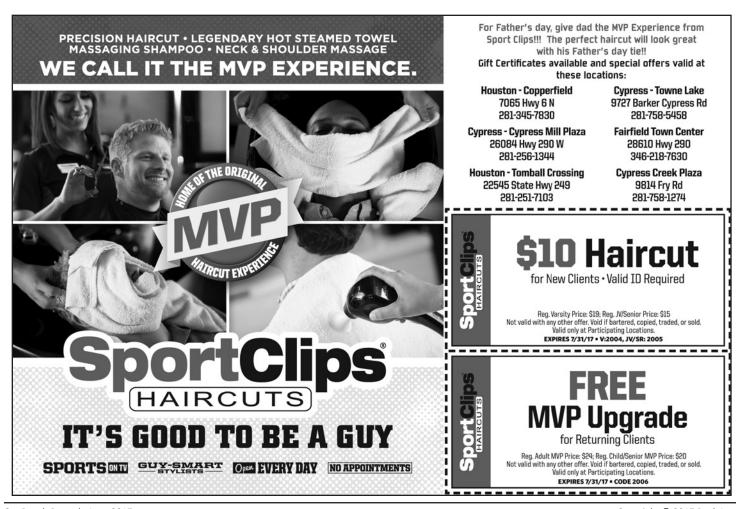
Meet Emilie from Sweden....

I'm a kind and happy person who always tries to see things from the positive side. I'm a helpful person with a good ability to work with others. My friends has described me as a social person and I have to agree with them. I really like to talk and meeting new persons. In general, I've always been very motivated and responsible over my school work. When getting an assignment I always want to perform as good as I can. I love to challenge myself and to try new things, that way I always develop as a person. This is one of my many reasons going on an exchange year. To do something totally out of my comfort zone and to try new things is something I'm so excited for.

My hobbies include hanging out with friends and family,

listening to music, dancing, working out, watch series, reading and baking. I love hanging out with my family and friends and do that every opportunity that I get. I start and end everyday by listening to music. Music is something that helps me to express how I'm feeling, while at the same time gives me energy. I also have a big interest for dance, especially tap dance which is the only thing that I dance right now. I love to move and jump around even though I may not be the best dancer in the world. I also read on a daily basis. My favorite kinds of books are teen fiction and fantasy novels. I also watch a lot of series- all different kinds of them. It's something that I love to do and makes me feel relaxed. As said, I also love to bake. When I was younger a used to bake every day after school but now I only bake to special events, like family gatherings.

Emilie and others like her are looking for a host family for the year. If you are interested in hosting her or any other student, please give me a call at 832.455.7881 or email me at vicki. stsfoundation@gmail.com. I can answer any questions you might have. Remember on year of hosting leaves a lifetime of memories!



Finding Yourself

Wife. Daughter. Sister. Teacher. Friend. These are some of the roles I play in life. They have become what define me. I have discovered the closer I adhere to each role, I lose a bit more of my identity; the "je ne sais quoi" that makes me unique. The mundane sameness of each day has trapped me into playing the roles I wear and forgetting who I really am. Most days I find myself on autopilot just trying to make it to the end of the day.

All too often, the roles we claim begin to take ownership of who we are as a person and we lose our sense of unique individuality. Don't you remember that feeling of knowing exactly who you were? I remember feeling strong, confident and comfortable in my skin. Now I just feel tired most of the time.

It's time for a change. It's time to take a step back to gain some clarity and fresh perspective. I need to know who I am now and what I want for my life. I don't know what that may be, but I am pretty excited to find out. I hope you will join me on this journey. It might be a little scary, but Finding Yourself might just be the best thing you ever do.

If you find these things to be true in your own life, and would like to make a change, please visit our website at www. fivehorses.com to learn more about our new women's retreat, Finding Yourself, coming this June

Good Shepherd United Methodist Church

Good Shepherd United Methodist Church will again host one of the largest Vacation Bible Schools in the area, June 19-23, 9 am-noon. The VBS theme this year is Maker Fun Factory - Created by God, Built for a Purpose. Children ages 3 through incoming 6th graders are welcome to participate. VBS activities will include rallys in the Worship Center with interactive songs, creative Bible lessons, fun crafts and projects, yummy snacks, and more! Registration fee is \$20, and includes a t-shirt. Register by going to the Good Shepherd Church website, www.goodchurch.us, and clicking on the Vacation Bible School words at the top of the home page.





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House Flies





Moving into summer, we should prepare for the inevitable....house flies. While many see house flies as a nuisance, they are capable of spreading diseases such as dysentery or food poisoning. Due to the locations house flies frequent- garbage,

manure, and carrion- they can pick up bacteria and other disease organisms which can transfer to other areas where they may land such as dishes, food, or countertops. House flies regurgitate onto food to liquefy it before eating and they can further contaminate items by defecating upon surfaces.

The common house fly has two wings and is dull gray with black stripes on the thorax (the section where the wings are attached). Adult flies can only eat liquid foods and have sponging mouthparts specialized to help them feed.

Eggs are usually laid on decaying matter such as animal fecal material, grass clippings, or garbage. Around 100-150 eggs are laid by the female. Depending upon temperature (warmer temperatures speed things up); eggs may hatch within 8 hours to 2 days.

Maggots, the immature stage of a fly, are small, white, carrot-shaped, and

legless. There are 3 larval molts then mature larvae seek a dry location for pupation. Pupae are reddish brown and somewhat oval in shape.

> During the summer, house flies may live up to 2.5 weeks while during cooler times of the year they may live up to 3 months.

The key to fly management is sanitation, or cleaning. Eliminate breeding sites by picking up animal waste one

to two times per week; empty garbage cans regularly; clean garbage cans at least once a month with soapy water. Keep garbage cans located away from doors that lead into the home and make sure they have tight fitting lids.

Other items that can help reduce fly problems include keeping window screens in good repair; making sure doors and windows have a tight seal and weather stripping is in good condition; and using fly swatters or sticky fly paper to get rid of adult flies.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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Reserve your summer camp spot today!

Attendance all summer is not required; you may register for one week at a time as long as space is available!

Free Community Breakfasts at Shield Bearer this Summer



Shield Bearer, a local non-profit organization that brings hope and healing to survivors of trauma, including abused children, women rescued from human trafficking, veterans and their families, and survivors of domestic abuse, invites you to breakfast this

summer! Tour their central location, hear how they reach over 15,000 struggling hearts each year, and find ways to get involved in the fight for these hearts. Volunteers are needed for the prayer team, ambassadors team, event team, administrative team, and so much more. Bring the family (high school age and up) and find out how serving together can impact the community for generations. For more information, visit shieldbearer.org or call (281) 894-7222.

Shield Bearer Free Community Breakfast Dates
June 6, July 11, or August 1st 9AM-10AM
12340 Jones Rd Ste 290
Houston, TX 77070
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4th Annual Holly on the Range: Flu Shot Fundraiser

Fundraiser Details

Sunday, June 4, 2017 6:00-9:00pm TopGolf Houston-Katy, 1030 Memorial Brook Blvd. Houston, TX 77084 Cost \$100 per golfer

We are gearing up for our 4th Annual Holly on the Range fundraiser to be held Sunday, June 4, 2017. Money is raised to fund ongoing programs aimed at educating the public about the flu, and providing flu vaccines for people in our community. Each year, approximately 50,000 people die of flu-related complications. Deaths among young people 29-45 are on the rise. With the help of our supporters, over the past three years, we have raised over \$70,000, facilitated over 700 flu shots, traveled over 4000 miles in our bus, and made over 50 appearances at medical facilities and health expos to raise flu awareness. To fulfill our mission, we need the money raised to provide flu shots for people in need, cover printing costs concerning flu information, maintain and house our mascot vehicle, and pay exhibitor fees to raise awareness.

The 4th Annual Holly on the Range will be held at TopGolf Houston-Katy from 6:00-9:00pm. TopGolf Houston-Katy is located at 1030 Memorial Brook Blvd., Houston, TX 77084.

About Shots for Holly

Cy-Fair residents Dr. Michelle Becker and a team of dedicated volunteers started Shots for Holly on January 31, 2014, following the death of a friend. 41-year-old Holly Munsinger succumbed to the flu virus. Once believed to be a virus that affects mostly children and the elderly, the recent flu outbreaks affect all ages. Still, less than 50% of the population is vaccinated against the flu virus. Thus, the Shots for Holly team built a multi-purpose platform to raise awareness concerning the dangers of the flu virus, the importance of getting an annual flu vaccine, and provide flu shots to people in need. The Corporation's mission shall be to educate the general public on the benefits of receiving an annual flu vaccine, dispel the myths inhibiting the receipt of an annual flu vaccine, facilitate the receipt of annual flu vaccinations through charitable means, and provide charitable relief to the families, especially minor children, of persons who have passed away from flu related illnesses. Shots for Holly is a 501(c)(3) charity organization. For more information, go to www.shotsforholly.org.

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BBB

Registration Now Open!

July 17-21

St. Aidan's Episcopal Church 13131 Fry Rd. Cypress, TX

Saint Aidan's Episcopal Church VBS registration is NOW OPEN! Come join us for an In and Out, Over, Under Adventure July 17-21! This year's theme is Maker Fun Factory. Our VBS is completely Gluten, and nut free. The cost is \$30.00. Registration ends July 2. If you have any questions, please contact Taylor at taylor@aidanschurch.org. Saint Aidan's Episcopal is located at 13131 Fry Road, just south of Hwy 290.

Register at our website: http://aidanschurch.org

BREAKING NEWS TEXAS CHRISTIAN SCHOOL

Texas Christian School, home of the Tigers, was given the highest honor by receiving the title of "2016 – 2017 School of the Year"! This award was given to TCS because of the academic and athletic accomplishments the students have received this school year. Students won awards in the Houston Rodeo Art, Speech Meet, Math Competition, Football State Champs, Tennis State Champs, Basketball State Runner Up, 1st and 3rd in Spelling Bee, and more. To learn more about this amazing school visit www. TexasChristianSchool.org or call to schedule a tour.

281-550-6060 Way to go Tigers!!!





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- 2 5655 W. Sam Houston Pkwy. N. at Tanner Rd Houston, TX 77041 281.949.3800
- 3 7015 Barker Cypress at F.M. 529 Cypress, TX 77433 281.949.3600
- 4 8470 Hwy. 6 North at West Rd Houston, TX 77095 281.949.3799

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- 9138 West Rd at Beltway 8 Houston, TX 77064 281.949.3737

At Cypress Fairbanks Medical Center Hospital, we understand that waiting in the ER and Urgent Care is no fun. That's why we offer an online check-in service at **CyFairHospital.com** for all seven locations to select your arrival time and comfortably wait at home.

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