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RANCH RECORD

News for the Residents of Blackhorse Ranch



8th Annual Houston Methodist Cy-Hoops Invitational



The Houston Methodist Cy-Hoops Invitational will be here before we know it. The championship game will be played at 5:30 p.m. Saturday, December 9, 2017 at the Berry Center.

The Cy-Fair Educational Foundation in partnership with Houston Methodist Willowbrook Hospital and Houston Methodist West Hospital will host the 8th Annual Houston Methodist Cy-Hoops Invitational December 7, 8, & 9, 2017. Wainwright Dental & Associates, P.C., a longtime supporter of this elite high school basketball tournament, has joined with Underwood Orthodontics, Spradley Endodontics, and Spring Cypress Oral Surgery and Implant Center as premier sponsors. The Cy-Hoops tournament looks to engage the community, promote the sport of basketball, and foster community spirit, while raising funds for student scholarships and innovative staff development programs for Cypress-Fairbanks ISD.

This year's Houston Methodist Cy-Hoops Invitational is loaded with talent including the 2017 6A State Champion Cypress Falls Golden Eagles and 2017 Class 4A State Champion Silsbee Tigers. The tournament showcases the 10 Cypress Fairbanks ISD boys' varsity basketball teams, along with 14 out of district teams. Preseason rankings by the Texas Association of Basketball Coaches have five (5) out of district teams competing in this tournament ranked in the top 25. Dekaney High School is returning to defend their title as last year's Houston Methodist Cy-Hoops Invitational winner.

Join the community in cheering on our teams at the Berry Center, Cypress Falls High School, Cypress Woods High School and Cypress Ridge High School Thursday through Saturday, December 7-9, 2017. The tournament bracket will be posted on the Berry Center website after Thanksgiving.

500th Baby Born at Memorial Hermann Cypress Hospital



Memorial Hermann Cypress Hospital is excited to announce the birth of the hospital's 500th baby! Theodore Dennis McConkie was born at 12:50 pm on Thursday, November 9th. He was 7 lbs 2 oz, and 20 inches long. I have attached a photo of the McConkie family for your consideration. Please let me know if you need anything else.

CYPRESS AREA FOOD PANTRY times and services

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.

IMPORTANT NUMBERS

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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

UTILITIES

En-Touch (Customer Service)	281-225-1000
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Advertising.....	advertising@peelinc.com

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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 advertising@PEELinc.com. The advertising deadline is the 8th of each month for the following month's newsletter.



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Candy Cane Fun Run 5K

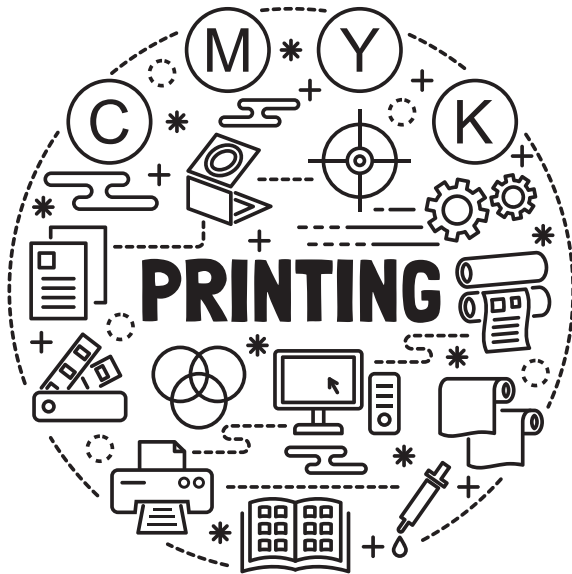
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FAIR LADIES OF CHRIST THE REDEEMER

Fair Ladies of Christ the Redeemer, or FLOC, is a faith and fellowship group for the women who live in Fairfield and Lakes of Fairhaven that attend Christ the Redeemer Catholic Church.

We generally meet once a month, usually at a member's home, or a local restaurant, and occasionally at Christ the Redeemer. Our meetings consist of food and drinks, prayer and fellowship! We occasionally have a speaker on topics that pertain to our faith, have fun craft nights, attend Christ the Redeemer events, try out new restaurants, and we also "give back" to the community and the church with some sort of charity or donation activity several times a year.

Our main goals are:

- To bring the CtR women of these two neighborhoods together to make social connections with each other,
- To support one another,
- To surround ourselves with women who share a common faith, and
- To bring those that are hesitant to attend CtR each weekend for Mass (due to the large size of the parish) back to Mass because there will be a friendly face in the crowd.

For more information, please contact Amy Wilkes at apw1974@juno.com, or search for our group on Facebook - Fair Ladies of Christ the Redeemer (FLOC) - and request to join our closed group.

We look forward to meeting you at our next event!



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Finding Hope

Sometimes I just feel broken. Broken as in not whole, shattered & not even sure how to begin putting the pieces back together. Are all of the pieces even still there?

I'm not going to lie. Living and dealing with emotional trauma is no cup of tea. You feel lost, beaten, broken, and very much alone. You frequently feel things will never get better. After all, how can they ever be as good as they were (or, at least, as good as you thought they were) when you're this broken shell of a person. Then, you watch and see the rest of the world passing, and think, "Why even try? It's hopeless."

With the passing of spring, I've been thinking about the significance of this particular season at this junction of my life. Spring is the season of rebirth and renewal; the time of fresh starts. So, as I sit & watch the renewal of everything around me, I wonder... What about me? Can I be renewed? Is there enough left of this broken person to put back together, fill the holes, and turn out a new person fresh and whole?

I've found that spending time with friends, both the human and equine variety, is a great healer. They have become my glue that pulls the shattered pieces back together. While spending quiet moments relaxing with my horse I hear God more clearly, telling me that I have purpose in this life. What came before was meant to happen, if only to prepare me for what is to come and to help me become the person He means me to be. Learning God's plans for me not only helps reassemble the scattered pieces, but leads me to discover new pieces, more vibrant than the old ever were. Suddenly, I find myself renewed and, just like that, there it is--- Hope Resurrected

****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 newest workshop, Finding Courage****

STRESS AND THE HOLIDAY SEASON

If you are like most people, you are already starting to feel the stress of the holiday season. Counselors at local non-profit Shield Bearer want you to know that you are not alone. "We see a marked increase in clients experiencing stress related issues as we move into the holidays," says Clinical Coordinator Allie Scott "but there are some ways to move through these feelings and enjoy time with family and friends." Ms. Scott recommends taking time to "exercise, drink lots of water, eat healthy, and get rest. Take a time out when you need to! These are simple fixes that make a big impact on your physical and mental well-being."

Counselor Supervisor, Mary Lou Shackleton, reminds us that "stress comes from unmet expectations, unrealistic expectations, and a sense of loss of control. A deep breath in and out and a smile can do wonders before walking through the door of what are perceived to be difficult family events."

This time of year may be especially trying for families that are rebuilding after Hurricane Harvey. Counselor Andrea Sams shared "I would highly recommend individuals address any accumulated grief that could possibly be unresolved or overwhelming during the holidays. This year was likely a year of significant emotional losses for people from natural disasters like the recent storm. The holidays can make this more challenging as the feelings of isolation and possible increase of financial stress develop. It would be good to get a head start on grief or trauma counseling if necessary. Focusing more on quality time with loved ones and less expensive, yet thoughtful, gifts can also help reduce stress. Counselor Cynthia Reese Leon adds, "Self-care is definitely most important around the holidays! Finding time to do nice things for yourself can reduce stress tremendously!"

"Find what helps you decompress and incorporate that into your daily routine," shares Executive Director Roy Wooten. "Listen to your favorite music, reach out to friends, practice gratitude, meditate, dance, laugh, or sing. Most importantly, remember to give yourself compassion and to ask for help when you need it."

For more information about counseling and programs at Shield Bearer, visit shieldbearer.org or call (281)894-7222. Volunteer opportunities are also available. Find out more at a free community breakfast. Details online at shieldbearer.org/events.

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HEADIN' SOUTH

By Cheryl Conley, TWRC Wildlife Center

I was sitting on my back porch last night and heard the familiar “honking” sound I hear every fall—geese flying overhead. I looked up to see an almost perfect V. It instantly filled my mind with several questions. How do they know where they’re going? Why do they fly in a V shape? How far do they fly? Do they stop and rest? I decided to do some research and get some answers and I am sharing them with you. After reading about them, I have a whole new respect for them.

WHY DO BIRDS MIGRATE?

They migrate in search of food and warmer temperatures. Because of climate change and changes in farm practices that makes waste grain more available, the geese aren’t migrating as far south as they used to. Some Canada geese don’t migrate at all anymore. Lack of natural predators is another reason geese may not migrate.

HOW DO GEESE KNOW WHERE THEY’RE GOING?

One tool they use is the earth’s magnetic field. There are small pieces of what’s called magnetite found in some birds’ brains. It acts like a compass. They also use the position of the sun and the stars. Birds follow the same migration path every year and use landmarks like rivers, mountains, and valleys as their roadmap.

WHERE DO THEY GO?

They follow the same path every year. There are four routes which are the Atlantic flyway (along the east coast of North America), the Mississippi flyway (named after the river), the Central flyway (along the Rocky Mountains) and the Pacific flyway (west of the Rockies).

Canada geese spend winters in southern Florida and southern North America including the southern United States and part of Mexico.

WHY DO GEESE FLY IN A “V”?

This formation is sometimes call a skein and helps them conserve energy. Each bird flies a little higher than the bird in front of him/her. This reduces the wind resistance. As an example, in a V formation of 25 geese, each bird experiences a reduction in what’s called induced drag. This results in an increase of their range by 71%. Geese rotate taking the lead position since being in front takes the most energy.

HOW FAST CAN GEESE FLY AND HOW LONG DO THEY FLY BEFORE RESTING?

Most articles I read put their cruising speed at between 20 and 30 miles per hour. For long distance flying their estimated speed is 40 miles per hour.

DO MIGRATING BIRDS STOP TO REST

Birds need to take a “pit stop” occasionally to rest and refuel. They stop where there is ample food and water, shelter and with few competitors. They normally will spend a couple of days on the ground before continuing their journey.

The animal kingdom is amazing and the volunteers and staff at TWRC Wildlife Center get to experience the wonders everyday. If you’d like to be a part of this amazing world, volunteer! For more information, visit www.twrcwildlifecenter.org Be sure to follow us on Facebook for amazing stories and photos.

TAX NEWS RELATED TO HARVEY DISASTER AND FLOODING

For those suffering a casualty loss due to the recent flooding there is some good tax news. If you suffered a casualty loss in excess of any insurance reimbursement you are able to take the deduction on your 2017 income tax return or amend your 2016 tax return and get an immediate refund. The casualty loss does not have to be reduced by 10% of adjusted gross income and can be deducted even if you do not itemize. If the casualty loss generates a net operating loss on your return, the loss related to the casualty can be carried back to your prior 3 year returns and if still not fully utilized may be carried forward 20 years. The decision to take the loss in 2017 or 2016 would be made after consultation with your tax advisor.

If the casualty loss produces a net operating loss in 2017, this may also be an opportunity to bring additional income into this tax year rather than carrying the loss back to a prior year. For example, if your casualty loss is more than your income for 2017 you could withdraw funds from your retirement plan to offset the loss and not create any additional tax. Penalty for early withdrawal from a retirement plan is waived.

In addition to the relief provided above a taxpayer who has drawn funds from a retirement plan for disaster relief may recontribute the funds back within a 3 year period. If the funds are not recontributed to the retirement plan then tax can be paid on the withdrawal over a 3 year period. The limitation for this relief is \$100,000. This is good news for those needing additional funds while waiting for the sale of the flooded property or insurance proceeds.

The casualty loss for your real property is calculated using the fair market value before the flood and after the flood or the cost to restore the home. A decrease in the overall market value is not included in the casualty loss, for example if the value decreased because you live in a flood zone. The casualty loss for personal property is the fair market value of the property. The loss is limited to your adjusted basis in the property, typically your cost. The casualty loss must be reduced by insurance proceeds or other reimbursements received.

These are a few of the highlights of the tax relief offered. This can be a confusing area and if you have questions you may contact me at twilliams@nhw.net.

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