

3rd Annual Cypress Park Athletics Spring Festival

Saturday, May 18, 2019 | 10:00am-2:00pm Cypress Park Sports Complex 7425 Westgreen Blvd.

Cypress TX 77433

Please come and join this fun event! Featuring games, face painting, silent auction, vendors and more!

31st Annual B.F. Adam Golf Classic

May 9, 2019, the Cy-Fair Educational Foundation (CFEF) will celebrate its 31st annual B. F. Adam Golf Classic at BlackHorse Golf Club. Allegiance Bank joins the Foundation as our new tournament underwriter. IBI Group, Linebarger Attorneys at Law and Zenith Real Estate Group are supporting CFEF again this year as Platinum Sponsors. Gold Sponsors include Cromdane Steel, Division One Construction, PBK, Salas O'Brien and Satterfield & Pontikes Construction. The Backyard Grill joins Carl's BBQ as our dinner sponsors. Caldwell Companies has been the tournament lunch sponsor since 2011.

One of the largest non-celebrity tournaments in the Houston area, the B.F. Adam Golf Classic is a prime example of our trustees and community business partners working together to raise scholarship funds for students of CypressFairbanks ISD. Our first tournament raised \$3,500 and over the past 30 years the B. F. Adam Golf Classic has successfully raised almost \$3.5M.

CFEF was established in 1970 as a non-profit to raise money to fund scholarships for high school graduates. Through the generosity of the Cy-Fair community and commitment from the Board of Trustees, the Foundation has grown tremendously with scholarship awards totaling more than \$8.5M to graduating seniors from Cypress-Fairbanks ISD. CFEF is a 501(c)3 non-profit organization, all contributions are tax deductible, as allowed by the law.

SPONSORSHIPS AVAILABLE

For more information please contact marie@thecfef.org or visit our website at www.theCFEF.org.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

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

AREA HOSPITALS

Cy-Fair Medical Center	
North Cypress Medical Center	
Willowbrook Methodist	

SCHOOLS

Cy-Fair ISD	
Warner Elementary School	
Spillane Middle School	
Cy Woods High School	
Cy Fair High School	
Cypress Ranch High School	

PUBLIC SERVICES

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

UTILITIES

NEWSLETTER PUBLISHER

Peel, Inc	
Article Submissions	<u>blackhorse@peelinc.com</u>
Advertising	advertising@peelinc.com

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

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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Leadership Pain Before Promotion

Luncheon Details Thursday, April 25th 2019

Open Networking 11:00 a.m. Luncheon begins at 11:30 a.m. Sterling Country Club, 16500 Houston National Blvd., Houston, TX 77095 Visitor costs \$30 with advanced online reservations; \$35 at the

door



Houston, Texas (March 8, 2019)- At the April luncheon Yvonne Lemmon,

Independent National Sales Director with Mary Kay Inc. speaks on "Leadership Pain Before Promotion."

Title: "Leadership Pain Before Promotion"

Overview + Takeaways:

Yvonne Lemmon has been leading women for 23 years. She has a few stretch

Yvonne Lemmon marks and scars from it. However, she believes time invested in people is never wasted. She's currently in direct sales. Her previous careers included running trade

organizations and nonprofits. She has a degree in journalism from Texas A&M University. She is married to Randy Lemmon and they have 2 children, Randal age 17, and Selena age 12. The Lemmon family lives in Tomball, Texas.

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.



Where's My Money! **Understanding Your Numbers and When You Need a Loan?**

Luncheon Details Thursday, April 18, 2018

Registration/Networking 11 a.m.; Luncheon begins at 11:30 a.m. | Sheraton West Houston Hotel, 11191 Clay Rd., Houston, TX 77041 | Early Registration Costs \$30; or pay at the door for \$38.

Houston, Texas (April 18, 2019) Join the Houston Area Professional Express Network on Thursday, April 18th for a networking luncheon and a presentation by, Liz Lara Careno & Rebecca Scultz who will teach you about understanding your money, identifying when your business needs a loan and how to leverage your banking relationships.

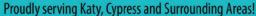
This month's HAPEN meeting begins with registration and networking at 11:00 a.m. followed with a prompt 11:30 a.m. start of the program. Luncheons are held at the Sheraton West Houston Hotel, 11191 Clay Rd.

About Houston Area Professional Express Network (HAPEN)

Houston Area Professional Express Network's mission is to GROW our membership TOGETHER through strength and vitality of positive relationships of each member's experiences. Our members have opportunities to pursue excellence and achieve both local and national recognition. HAPEN is part of the national organization of American Business Women's Association (ABWA), for more information visit www. HAPEN.org.

About American Business Women's Association (ABWA)

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Blackhorse Ranch Record - April 2019

Reflux Services at Houston Methodist Willowbrook Hospital

The digestive health experts at Houston Methodist Willowbrook Hospital understand the discomfort that often comes from chronic acid reflux. Our team of specialists evaluate the symptoms of each individual to recommend appropriate diagnostic and treatment options.

If you are experiencing any of the following symptoms:

- Burning sensation in the back of the mouth
- Difficulty breathing
- Difficulty swallowing
- Discomfort in the chest and throat

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- Dry cough and hoarseness
- Frequent heartburn
- Irritation in the esophagus

Call the Houston Methodist Willowbrook Hospital Reflux Services navigation line at **281.737.GERD (4373)** and find a Houston Methodist reflux specialist near you.



houstonmethodist.org/willowbrook



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Church Youth Group Fundraiser



Girls from The Church of Jesus Christ or Latter-Day Saints are collecting athletic shoes for charity. Any size, any brand of close toe shoes will be given to Project Sole to help others in need.

A donation box will be available at the Fairfield Chapel located at 21521 Fairfield Place, Cypress, TX by the back door until April 20th.

"Project Sole is a non-profit organization that unites shoes and compassion to relieve suffering, care for the poor, & enhance the quality of life in our community." www.projectsole.org

Club Track Team Registration for Middle and High School Athletes

Club Track Team Registration for Middle and High School Athletes

The Northwest Flyers Track Club is now registering middle and high school athletes for the spring and summer 2019 season. An orientation session for school athletes will be held on Tuesday, April 2, 2019 at 7:00 p.m. at Matzke Elementary School, 10002 Mills Rd., Houston, 77070.

The team, which is celebrating its 32nd season, is sanctioned by USA Track & Field, and provides a full program of "track" events such as sprints, hurdles, middle distance, distance and relays, and "field" events such as long jump, triple jump, high jump, discus, shot put and javelin. It is an excellent "off-season" program for young athletes who compete on their middle school or high school track teams.

For additional information about the team and the orientation, visit www.northwestflyers.org, email linette.roach@sbcglobal. net, or call 832-725-4754.

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