

May 2019 • Volume 13, Issue 5

# RANCH RECORD

News for the Residents of Blackhorse Ranch



## 3rd Annual Cypress Park Athletics

# Spring Festival

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North Cypress Medical Center .....	281-477-0830
Willowbrook Methodist .....	281-477-1000

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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

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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](mailto:advertising@PEELinc.com). 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](mailto:articles@peelinc.com) (include the newsletter you would like to recognize them in, photo, name, etc).



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## Messiah: A Lutheran Faith Community | Camp Hope



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Week 2: July 15-19, 2019

Week 2: July 22-26, 2019

9:30 am – 3:30 pm

Camp Hope is our three-week day camp for children ages 5 years old through 6th grade. It is an adult mentored student led ministry. Each day, children will hear a new Bible story; learn what it means to their life by creating a craft, eating a snack, playing a game, and experiencing the story through expressive arts, STEM and worship.

Camp Hope is a day camp that is passionate about growing leaders. This is one of the reasons that Camp Hope is one of the BEST ways to develop youth leaders. It's a vital part of what Camp Hope is all about!

Parents are invited to register their children online at [www.messiahlc.org/camp-hope](http://www.messiahlc.org/camp-hope). For more information, call 281-890-3013.

Messiah Lutheran Church is a congregation of the Evangelical Lutheran Church in America (ELCA). Messiah is located at 11522 Telge Road, ½ mile north of Highway 290. Regular Sunday worship times are: 8 am—Traditions; 9:30 am—The Gathering; and 10:45 am—The Crossing. The Discovery Time (education) is 9:15-10:30 AM on Sundays. For more information, 281-890-3013 or [www.messiahlc.org](http://www.messiahlc.org). All people are welcome at Messiah.



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# RANCH RECORD

## Cy-Fair Express Network

"Maximize your Membership"

Luncheon Details: Thursday, May 23rd 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

At the May luncheon come learn how to maximize your membership with CYFEN. Learn from experts and long-standing members of ABWA what they have learned and how they have received the most value from their membership. This is a "don't want to miss" event!

### 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](http://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](http://www.abwa.org).

## Cypress Ranch Choirs Spring Show

Please join the Cypress Ranch Choirs for their Spring Show on Tuesday, May 14th at 7pm, in the Cypress Ranch High School Auditorium. All Cy-Ranch Choir alumni are especially invited to attend. For more information, please check the Cypress Ranch Choir website <http://www.ranchchoir.com/>



## Cypress Christian School

The ACSI District Middle School Speech Meet took place on March 8. Several Cypress Christian students, in each grade, participated in events like puppets, readings, monologues, Bible memorization and poetry. Congratulations to all of our participants! We had several gold, silver and bronze medal winners.

On March 22, CCS high school Warrior Tribes took part in a full day of school-organized community service. Some of the high school students stayed on campus working with the elementary school for their annual Tribal Wars competition. Other students worked out in the community on specific projects designed for their group. CCS students work hard to make a huge difference in the lives of others in our community and on our campus throughout this day of service.

On March 25, the Cypress Christian School National Honor Society inducted 35 new members: three seniors, four juniors and 28 sophomores. The central theme of the ceremony was "service." Students were encouraged to serve others for the glory of God.

Thursday, May 2 Cypress Christian School will host a Kindergarten Preview.

Visit [CypressChristian.org/Admissions](http://CypressChristian.org/Admissions) for more details.

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## GERMAN PANCAKES

At least twice a week, German pancakes are my go-to for breakfast. Known alternately as Dutch babies or little Bismarcks, my family loves them. This particular recipe came with my great grandparents from Germany.

I make the batter the night before and store it in the fridge for easy morning prep. The batter can be cut in half, doubled, or tripled. You can make it in virtually any pan that has sides. Just be sure to spray the entire baking vessel with a little Pam, as this pancake crawls up the sides as it bakes and could stick. The batter must be poured into a hot pan.

The below recipe fits nicely in a medium skillet.

Preheat oven to 425 degrees.

Melt ½ stick of butter in an oven proof pan in the oven, so the pan gets nice and hot.

Mix together 2 eggs, ½ cup flour and ½ cup milk with a pinch of salt. It may have some lumps and that's okay. Pour the batter into the melted butter in the skillet, return to oven and bake for 12-15 minutes, until risen and a golden brown. It will deflate a bit once you cut it.

Top with syrup, fruit, powdered sugar, or nothing. It tastes delicious all on its own.

Nota bene: Sometimes these pancakes don't rise. No one knows why.

Just try again with different flour or butter or eggs. It's only occurred to me three times in the 25 years I've been making them. You can also cut the butter down to as much as half, but Julia Childs would surely not advise that.

Would you like to share a specific recipe? Your neighbors would love to read about it! Email me at [tiffivelytx@gmail.com](mailto:tiffivelytx@gmail.com). If I don't, my Cordon Bleu trained stepmother will!



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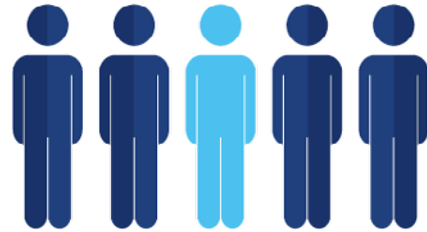
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# SKIN CANCER

## THE SAD TRUTH

Every year, **5.4 million new cases** of skin cancer are diagnosed, making skin cancer more prevalent than any other cancer. 1 in 5 Americans will develop skin cancer in their life. The saddest part is that skin cancer is one of the most **easily preventable** and diagnosable cancers, and, if detected early, has one of the highest treatment rates. Yet, the public is still ill-informed on such a common cancer.



## WHAT CAN YOU DO TO REDUCE YOUR RISK

### PROTECT

Apply sunscreen and wear long-sleeves & hats under the sun.



### PREVENT

Avoid direct sun exposure between the hours of 11:00 am and 4:00 pm. Never use tanning beds.



### DETECT

Look out for abnormal moles or skin patches on your skin and regularly get physical examinations.



Oddly shaped, discolored, large, and evolving moles are potentially malignant

# RANCH RECORD

## The Killdeer A Skilled Actor

By Cheryl Conley, TWRC Wildlife Center



A concerned citizen who came across a nest on the ground with eggs in it and an injured mama nearby contacted us via Facebook. The lady wanted to know what she could do to help. She posted pictures to help us identify the bird. Not being familiar with the hundreds of bird species we have here, I reached out to our former

Executive Director who not only identified the bird but also shared some interesting information about the species.

The bird was a Killdeer. They find small depressions in the ground and build their nests with sticks, grass, weeds, shells or rocks. Their nests can be found in parking lots, golf courses, lawns, athletic fields, etc. Their nests are often overlooked because they are almost level with the ground around it. What makes this bird so fascinating is that females will fake injuries to lure predators away from their nests. As a predator approaches, she will drag herself farther and farther away from her nest continuing to fake her injuries. It's also been observed that she may roll completely over, pant and gasp for air—all an act. Another tactic they use to protect the nest is by pretending to build a nest. When a predator approaches the real nest, the Killdeer will move away, find a depression in the ground and pretend to be covering her non-existent eggs. As the predator approaches the fake nest, the Killdeer will leave only to repeat this fake-out until the enemy tires of her games and flies away.

Sometimes groups of Killdeer get in on the action of chasing away real or perceived predators. The first one to spot the enemy will fly very close to the face of the animal while making a loud, shrill cry as if to be yelling at it. Soon others join in with the same loud cries. In most cases, this is enough to scare anything away.

Because Killdeer build their nests on the ground, it can take up to six attempts in a season to successfully hatch their eggs. Pesticides, other lawn chemicals and cats are the biggest threats.

The Killdeer is a member of the plover family. Plover, as defined by the Free Dictionary, is, "Any of various widely distributed shorebirds of the family Charadriidae, having rounded bodies, short tails, and short bills". Although defined as a shorebird, it's equally happy in dry or wet locations. It is classified, as migratory but is a year-round resident in most areas of Texas.

According to Texas Parks and Wildlife, the Killdeer is one of the noisiest birds in America. Their name was derived from their call—a loud "KILL-DEER".

Nature is amazing, isn't it?

*TWRC Wildlife Center invites you to like our Facebook page. You'll find useful information, cute photos and a community of great people who love nature and wildlife: <https://www.facebook.com/TWRCWildlifeCenter>*



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## Mosquitoes



Mosquitoes can not only be irritating by biting, but they also are able to transmit various diseases to humans and animals. They are known to transmit heartworm in dogs and cats, and they can spread encephalitis (including West Nile Virus), Chikungunya, Zika, dengue, yellow fever, malaria and filariasis among humans.

Most female mosquitoes require a blood meal for egg production whereas males feed on nectar and do not bite. Eggs are laid on the surface of water or in dry locations that can be flooded by water. Eggs laid in dry locations can remain dormant under for several months. Eggs hatch into larvae, or wigglers. Mosquito larvae live in water and feed on organic debris or microscopic plants and animals. Larvae molt into pupae which are non-feeding. Mosquito pupae spend the majority of their time at the surface of the water, only moving when disturbed.

Many things can help to reduce mosquito problems around the home. Since three of the four life stages of mosquitoes are in or near water, it is best to eliminate all sources of standing water. Containers such as watering cans, buckets and bottles can turn into mosquito breeding grounds. Water should be drained from birdbaths, gutters, flowerpots and pet dishes at least once a week. Children's wading pools should be emptied of water at least once a week and stored so they cannot collect water when not in use. Tree holes should be filled in with sand or mortar, or drained after each rain. Leaky faucets and pipes located outside should be repaired.

Areas that cannot be drained, such as ponds or large rain collection systems, can be stocked with fish that eat mosquito larvae. Dunks can also be used in these areas. Dunks are a small, donut-shaped

product that contains *Bacillus thuringiensis* var. *israeliensis*. The donut disrupts the life cycle of the mosquito and is non-toxic to humans, amphibians and fish.

Avoiding outdoor activities during peak mosquito hours is the best method to avoid being bitten. When outside, wear loose-fitting, light colored clothing with long sleeves & long pants. Repellants containing active ingredients such as DEET, picaridin, IR3535, oil of lemon eucalyptus (OLE), para-methane-diol (PMD), or 2-undecanone can be effective to keep mosquitoes from biting when evening activities cannot be rescheduled.

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](http://www.urban-ipm.blogspot.com)

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