

RANCH RECORD

*News For The Residents of
Blackhorse Ranch*

Stress and Aging

Submitted by Dr. Tenesha Weine

Many things can speed up aging including a diet high in fats and white sugar/carbohydrates, not getting enough exercise, lack of sleep and too much exposure to the sun, but stress is number one!

A little bit of stress is not always bad, it wakes us up and makes us alert. We learn better sometimes when we have a little bit of stress. The danger of aging comes when we have prolonged stress and don't know how to counteract the negative stresses.

A stress response starts in the pituitary gland and hypothalamus, which is called the mind-body connection, or where the brain and body intersect. When the hypothalamus and pituitary are stimulated, they activate the adrenal gland, which releases chemicals into the body that rev the body for a "fight or flight" action. When your body gets stressed, such as in times of emotional distress, exercise, surgery, illness, or even daily living, hormones are produced by the adrenal glands called Glucocorticoids, one of them being Cortisol. Prolonged adrenal stimulation will eventually lead to adrenal fatigue, a condition I speak more in depth about on my website.

So what can you do about Stress? Life style change is by far the best antidote to stress.

1st is to breathe correctly from your diaphragm, this powerful muscle in your stomach can calm the vagus nerve which helps aid in balancing your body. This nerve sends branches to the heart, the lungs, and the intestinal tract. And what it's saying to your system is to calm down.

2nd is through meditation or prayer. This can strip decades, literally, off your life. If you find still meditation difficult, you can also use techniques like yoga, tai chi, or chi-gong. Just spending as little as

(Continued on Page 2)

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**

Houston Horizon Chorus

Learn Christmas songs in 4 part acapella (barbershop) style with Houston Horizon Chorus and perform with us in our Christmas concert December 16th at Grace Presbyterian Church. No experience necessary; just be able to carry a tune

Rehearsals:

When: Tuesdays, October 7th to December 9th
7-9 pm

Where: Unity Church of Christianity
2819 Hillcroft, Houston (near Westheimer)

Cost: FREE!!!!!!!

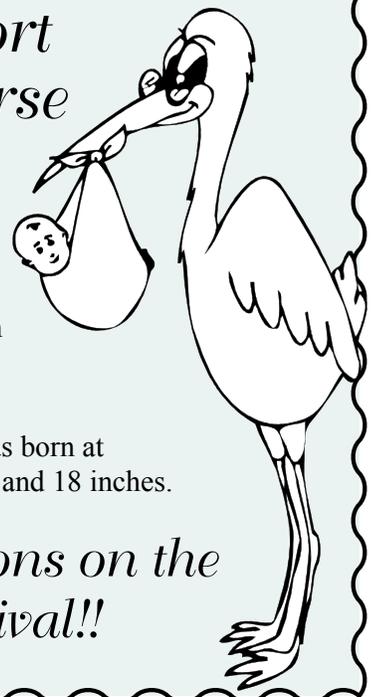
Call 877-571-4465 to register and come have the time of your life singing holiday music and making new friends! www.houstonhorizon.org

Stork Report in Blackhorse Ranch

Jerry and Julie Prieto of
11426 Blackstream Ct
welcomed a new addition
to their household on
August 1, 2008.

Jerry Wayne Prieto Jr. was born at
12:40 p.m. and was 6 lbs and 18 inches.

*Congratulations on the
new arrival!!*



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

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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Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing blackhorse@peelinc.com or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 9th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for the Ranch Record. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

Stress & Aging- (Continued from Cover Page)

10 minutes alone, in silence will reset your endocrine system. You may say you don't have time, or you can't afford to take ten minutes. You really can't afford not to.

3rd, as we've all been told before, eat more fruits and vegetables!!! Specifically those rich in antioxidants like tomatoes, blueberries, carrots and broccoli. They can boost your immune system and help your body fight off the negative effects of stress.

4th, add magnesium to your diet. Magnesium is a well known anti-stress mineral. Look for it in whole grains, beets and raisins. Magnesium can also be taken as a supplement monitored by a health care practitioner.

5th, let it go! Relax. Don't sweat the small stuff....and it's all small stuff. Learn to keep from letting the little things in life drive you crazy. Don't focus on the negative and stressful. Most of us need some help with this. There are many relaxation techniques out there such as guided visualization and hypno-therapy that can help. Check out the book "Don't Sweat the Small Stuff," by Richard Carlson, PH.D, highly recommended!

Lastly, and this may be needed in cases of extreme prolonged stress and exhaustion, is monitored Adrenal Gland rebuilding by a certified Doctor. Each gland in your body can be rebuilt using proper herbs and supplements. Adrenal gland testing my need to be performed to see just how stressed your body is and the rebuilding starts from there!

More to come on Adrenal Testing. In the meantime, Relax!

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HAYWARD



The Dirty Robot Pool Cleaner



SCHOOL BUS SAFETY

School is back in session. Please be aware of children walking and biking to and from school. Of course, we want all children to be safe and school buses are relatively safe. However, accidents and injuries involving school buses do happen. More often than not these injuries happen when children are entering or exiting the bus. Here are some safety tips for school bus riders.



- Have a safe place to wait for the bus, away from traffic and the street.
- Stay away from the bus until it comes to a complete stop and the driver signals you to enter.
- Hold onto the handrails when entering or exiting the bus.
- Once on the bus, take your seat and remain seated face forward.
- Talk quietly so that you don't distract the driver.
- Never throw things on the bus and keep your hands to yourself.

- When you exit the bus, take ten giant steps away from the bus. When you are closer than 10 feet from the bus, the driver might not see you. This is known as the DANGER ZONE.
- If you forget something on the bus, do not return to the bus to get it. The driver might not see you.
- Be aware of the street traffic around you.
- If you need to cross the street, cross in front

of the bus never behind the bus.

Motorists should follow safety rules around school buses. Yellow flashing lights indicate that the bus is preparing to stop. Motorists should slow down and be prepared to stop. Red flashing lights indicate that the bus has stopped and that children are getting on or off. Motorists must stop their cars and wait until the red flashing lights are turned off. Here are a few more traffic safety tips for motorists.

- When backing out of the driveway or garage, watch out for children.
- When driving through neighborhoods and especially in school zones, watch out for children. Children don't always pay attention to traffic and don't always know that motorists have trouble seeing them.
- Slow down. Watch out for children walking or playing in the street.
- Be alert and ready to stop. Children sometimes dart into the street.

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RANCH RECORD

Cy-Fair Lacrosse Introductory

Lacrosse Clinic

Cy-fair Lacrosse will be hosting a FREE introductory lacrosse clinic on September 13, 2008 from 9 am to 11 am at the East side of Matzke Park (13207 Copeland) for boys Grades 4 to 8. The purpose of the clinic will be to introduce potential players to the sport and promote lacrosse in the Cy-fair area. Equipment will be on loan for the clinic. Just bring yourself, your running shoes, and a parent / guardian.

Why Lacrosse?

Lacrosse is a great option for someone looking for a fast paced alternative to the "traditional" team sports. Lacrosse is the original team sport of North America. It was initially played by Native Americans as a way to resolve conflicts.

Lacrosse is a combination of soccer, basketball, and hockey all in one. It is a fast paced and exciting game to play and to watch.

Lacrosse is currently one of the fastest growing team sports in the US. For the past 10 years Lacrosse has been the fastest growing High School sport in the nation and the fastest growing NCAA sport for the past 6 years with a 10% annual player participation growth rate.

So come and see what all the excitement's about! We'll be there, just LAX'n.

*For more information please visit our web-site at:
www.cyfairlacrosse.org*

Cypress Assistance Ministries

11202 Huffmeister

281-955-7684

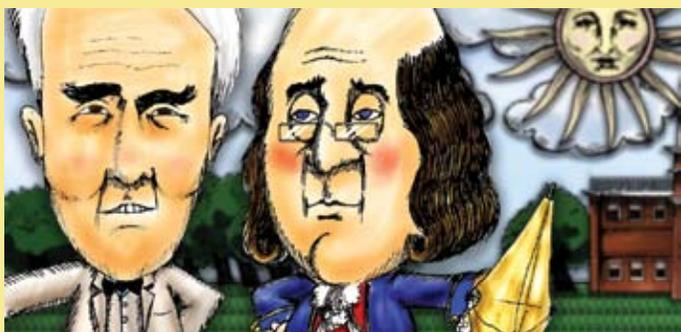
www.cypressassistance.org

Volunteers Needed

When you volunteer you are giving to your community, but did you realize volunteering also benefits you as an individual? CAM volunteers often let us know the fun they are having, the friends they have made and the fulfillment they receive from helping others.

The services provided at CAM, are made possible by many dedicated volunteers. If you enjoy working with the public, decorating or merchandising, then serving in CAM's resale shop, Angels' Attic, is the place for you. Our busy community donation area, the Cellar, is looking for people willing to serve by processing donations and restocking Angels' Attic. Please plan to attend a volunteer tour and orientation by calling Lisa Bassett at 281-955-7684 or e-mail at cam-lisa@sbcglobal.net.

For a description of the services provided at Cypress Assistance Ministries, Food Pantry requests, and a detailed description of volunteer opportunities, please see our web site, www.cypressassistance.org.



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WILDCATS RIGHT AFTER PROM

General Meetings are held the second Tuesday of the month at 7pm in the Cy-Woods commons on the following dates:

Make plans to attend these meetings and earn 5000 WRAP Bucks! (to find out what WRAP Bucks are - visit the WRAP website.)

MEETING DATES:

Aug 12, 2008	Jan 13, 2009
Sept 9, 2008	Feb 10, 2009
Oct 14, 2008	Mar 10, 2009
Nov 11, 2008	Apr 14, 2009
Dec 9, 2008	May 12, 2009

PAVE A PATH TO WOODS PROGRAM

Help a CyWoods Senior leave a lasting memory of their time at CyWoods with a walk/wall of bricks by sponsoring them. Order forms for \$100 sponsorships are available on the WRAP website. What a great gift this would be!



(sample only)

For more information:
Visit
WWW.CYWOODSWRAP.ORG

WRAP
P.O. BOX 800 CYPRESS
TEXAS 77410-0800

WHAT IS WRAP?

WRAP is Cy-Woods High School's parent-driven Project Prom organization. The purpose of WRAP is to provide a drug- and alcohol-free all-night party for the graduating seniors and their guests after their prom. Held at the CFISD Berry Center on May 22, 2009, from 11:00 p.m. to 6:00 a.m., it is a fun-filled evening of shows, games, activities, food, gifts and prizes!

WRAP can only be a success if there is participation of parents, businesses, and corporations. WRAP is totally dependent on donations to raise the funds necessary to host an event of this size

Other WRAP Fundraising Projects:

- Senior Faces
- Wildcat Sports Fan
- Jeans & Jewels
- Recyclables
- Senior Parent t-shirts
- Mr. Wildcat (spring 2009)
- Scrips

WRAP's Busy Parent Fundraiser the easiest fundraiser of the year!

It only requires the time it takes to write a check.

Questions: email cywoodswrap@hotmail.com

Sustainable Living

Submitted by Jennifer Armentrout

Sustainable Living in Houston, a 501(c)3 organization, is about more than just recycling. We sponsor initiatives such as installing sidewalks for safety, sharing alternative energy ideas and energy saving hints, planning a regular farmer's market, and working with business to "green" up. Whatever your environmental concern is, we need your help!

No time? Log on to our forum at your leisure! Have kids? We are a family organization. Stop by and see what we are about! September 3rd from 7 to 8:30 p.m. at the Lone Star College Library.

We are setting this year's initiatives and forming groups. Upcoming big events include Drop and Swap!

- A Texas Recycles Day event and Earth Day Celebration. You will want to be a part of this unique and accepting organization. Beginners welcome! See our website www.sustainliving.org or contact Jennifer Armentrout at 281-304-2257.



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7th Annual Fairfield

5K for Life

Benefiting the Leukemia + Lymphoma Society

It's a Run! It's a Walk! It's a Party!

Date: Saturday, Oct. 18th, 2008 Rain or Shine.

Time: 5K begins at 8:00 a.m. 50-yard dash begins at 8:45 a.m. Festivities follow with refreshments, prize drawings, and awards.

Place: Fairfield Athletic Center, 16055 Mason Road

Race packet pickup: 7 to 8 p.m. Friday evening at the Fairfield Athletic Club; 7:00 a.m. race day

Awards: 1st, 2nd, 3rd Male & Female overall; Boy under 12 & Girl under 12 (5K)

Fees: 5K--\$20 before 10/11; \$25 after 10/11

50-yard dash for kids 10 and under--\$10 before 10/11; \$15 after 10/11

Questions: Call Kelley Armstrong at 281-796-6577 or email at kdabrazofuerte@yahoo.com

Visit the website @ <http://www.fairfield5k.apluscompsci.com>

Online registration is available via Active.com (enter through our website).

One registrant per form. Copies accepted. Sorry, no refunds. Entrants will receive T-shirts, chances to win prize drawings, and refreshments. Additional chances for prizes can be purchased the day of the race, so bring your dollars! Jogging strollers are welcome. Sorry, no bikes, rollerblades, or scooters allowed!

Name _____ Address _____

Phone number _____ Email Address _____

Please circle shirt size: Youth L Adult S Adult M Adult L Adult XL

Please mail or deliver form to: Race director, 15418 Coral Leaf Trail, Cypress, TX 77433

Make checks payable to Kelley Armstrong.

ENTRY FORM MUST BE SIGNED BELOW TO ENTER RACE

Release of Liability. In consideration of acceptance of this entry, I waive and release any and all claims for myself and my heirs against Friendswood Development, Fairfield Athletic Club, Kelley Armstrong, all sponsors and their representatives for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained for this event and my physical condition has been recently verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to use photographs or images taken during this event for legitimate purpose. I agree to abide by the rules of this event and show good sportsmanship.

Signature: _____ Date _____



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<p style="text-align: center; font-weight: bold;">COUPON</p> <p style="text-align: center; font-size: 24px; color: red;">\$3⁰⁰ Off</p> <p style="text-align: center;">Union Pacific Car Wash Package</p> <p style="text-align: center; font-size: 10px;">STATION CAR WASH & LUBE CYPRESS</p> <p style="font-size: 8px;">Not for use with other offers. Must present coupon when ordering service. Original coupon only.</p>	<p style="text-align: center; font-weight: bold;">COUPON</p> <p style="text-align: center; font-size: 24px; color: red;">\$5⁰⁰ Off</p> <p style="text-align: center;">Rio Grande Car Wash Package</p> <p style="text-align: center; font-size: 10px;">STATION CAR WASH & LUBE CYPRESS</p> <p style="font-size: 8px;">Not for use with other offers. Must present coupon when ordering service. Original coupon only.</p>
<p style="text-align: center; font-weight: bold;">COUPON</p> <p style="text-align: center; font-size: 24px; color: red;">\$7⁰⁰ Off</p> <p style="text-align: center;">Silver Bullet Car Wash Package</p> <p style="text-align: center; font-size: 10px;">STATION CAR WASH & LUBE CYPRESS</p> <p style="font-size: 8px;">Not for use with other offers. Must present coupon when ordering service. Original coupon only.</p>	<p style="text-align: center; font-weight: bold;">COUPON</p> <p style="text-align: center;">Lube, Oil & Filter Service + Free Carwash</p> <p style="text-align: center; font-size: 24px; color: red;">\$26⁹⁹</p> <p style="text-align: center; font-size: 10px;">(Reg. \$31.99)</p> <p style="text-align: center; font-size: 10px;">STATION CAR WASH & LUBE CYPRESS</p> <p style="font-size: 8px;">Not for use with other offers. Must present coupon when ordering service. Original coupon only.</p>

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RANCH RECORD

Cypress Christian School Students receive honors at TAPPS State Art Competition

Cypress Christian School students recently received awards at the TAPPS State Art Contest at Concordia University. CCS students entered eight pieces of work in the competition and received six ribbons.

Recognition was given to the following students:

- Cat Crozier-Honorable Mention in on-site drawing
- Payton Lambert-4th place in on-site photography
- Sarah Longridge-Honorable mention in on-site drawing
- Courtney Middleton-Honorable mention in kitchen floor plan
- Michelle Van Rieg-6th place in bedroom floor plan and model
- Nick Yalamanchili-Honorable mention in on-site photography

Other students who participated included Kate Bennett, Tony Lozoda, Charis Medendorp, Jenifer Nguyen, and Rachel Reed.

Come On Out to Our Back to School Market Featuring Your Favorite Vendors:

- RoseyJay's Creations
- Affordable Diaper Gifts
- Mary Kay – 20% off special this day only!
- Pampered Chef
- Photo By Laurie
- Premier Designs Jewelry
- Scentsy Wickless Candles
- Taste of Home Entertaining
- Tastefully Simple

Usborne Books – Free shipping & handling with any order! There will be raffle prizes, and great food to sample! Enjoy a leisurely afternoon of shopping to find perfect gifts for teachers, upcoming birthdays, weddings or baby showers. You can even get all of your Christmas shopping done early this year!

September 6, 2008 • 1-4pm
20910 E Cameron Ridge Dr
Cypress, TX
(Lakes of Fairhaven)

Do You Have Reason to Celebrate?

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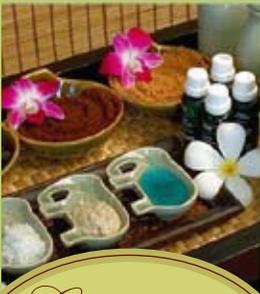
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Lone Star College-CyFair Perspective

Fall Fun in the Gallery and on Stage

The Bosque Gallery presents IMP(LIE)D LI(N)E : Faculty Art Exhibition Sept. 9 – Sept. 25 with an opening reception Sept. 11. A Clay Houston Exhibition is set for Oct. 7 – Oct. 30 with an opening reception Oct. 9. Go to CyFair.LoneStar.edu/bosquegallery for hours and information. Also coming up in October are a string orchestra concert Oct. 13, Jazz Band Concert Oct. 17 and a choral “Nothing But Opera” show Oct. 31 – Nov.1. For tickets and information call 281-290-5201 or go to CyFair.LoneStar.edu/boxoffice.

Register for Second Start Classes

Registration is available for Second Start classes which start in September and October. Register for online, weekend, evening or distance learning courses by phone, 281-290-3200 or 832-782-5000; online to CyFair.LoneStar.edu; or in person at one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway.

Mark Your Calendars for Fourth Annual Cy-Fest

Lone Star College-CyFair will host the fourth annual community day for all ages in the Cy-Fair community Saturday, Oct. 11. Cy-Fest, the college’s gift to the community, is a day of free food, festivities and family fun! For information go online to CyFair.LoneStar.edu.

L.I.F.E. Lessons in September

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) In September, learn secrets of ancient Chinese herbal medicine Sept. 3; get survival tips to start a fire without matches Sept. 10; examine the economic and social importance of

China’s city of Hangzhou past and present Sept. 17; get the scoop on all things hummingbird Sept. 24. Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.

Send Us Your Event Pictures!!

Do you have a picture of an event that you would like to run in the Ranch Record? Send it to us and we will publish it in the next issue. Email the picture to blackhorse@peelinc.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.

THE Truth ABOUT Credit Unions

MYTH: Credit Unions only serve employees of a particular business.

Don't be so quick to assume you're not eligible to join First Service Credit Union. Our field of membership is very large - all of Harris County - and is not confined to specific companies.

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- ♦ Anyone who works, lives or goes to school in Harris County can become a member
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RANCH RECORD

Judy Dierker Holiday Market

A Shopper's Heaven on Earth! The Foundry United Methodist Church will host over 100 vendors at its annual Judy Dierker Holiday Market on Saturday, October 18, 2008, 9 a.m. to 4 p.m. You'll find terrific values on a wide array of goods from vendors offering handcrafted items, fall & Christmas specialties, gourmet baked goods, children's toys, clothing, jewelry and more in a fun and friendly marketplace. You can also shop The Foundry General Store where every cent you spend benefits local and foreign missions. And, when you're hungry, be sure to stop by our Texas Tea Room, open 10:30 a.m. to 1:30 p.m., and enjoy salads, desserts, and coffees. Admission to the market is FREE; purchase tea room tickets at the event for \$10 each (all proceeds benefiting missions). Come rain or shine! Foundry is located at 8350 Jones Road, 1-1/2 blocks north of Hwy 290. For more information, call 713-937-9388 or see www.foundryfamily.org.

Walk Now For Autism

Saturday, October 18, 2008 • Reliant Park

Walk Starts: 10:00 am

For more information on joining a team and helping to find a cure, contact: Kim Moore @ 281-414-0218

LSC-CyFair Hosts New Author Presentation and Book Signing

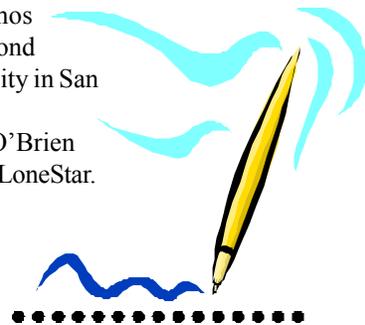
Raul A. Ramos discusses meanings of Texas Revolution Sept. 25

Among the Hispanic Heritage Month celebrations at Lone Star College-CyFair is a Sept. 25 presentation and book signing with Raúl A. Ramos, author and University of Houston assistant professor of history.

"Battle Without End: Public Discourses of the Texas War" will be presented at 11:30 a.m. in the Conference Center on the Barker Cypress campus at 9191 Barker Cypress Road.

Following the presentation, Ramos will sign copies of his book – "Beyond the Alamo: Forging Mexican Ethnicity in San Antonio, 1821-1861."

For information, contact Robert O'Brien at 281-290-3257 or Robert.Obrien@LoneStar.edu.



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Fall Registration Starts Sept. 12 for Active Seniors in Cy-Fair Community

Free and reduced rate Academy for Lifelong Learning classes available at LSC-CyFair

Cypress, Texas (Aug. 11, 2008) Check out the new fall schedule for the Academy for Lifelong Learning (A.L.L.) at Lone Star College-CyFair geared for area seniors age 50 and better.

More than 40 classes are scheduled with brand new offerings such as AARP Driver Safety Class, Election 2008 and The Hobby Corner. Among typical A.L.L. class offerings are health and fitness, history, art, music, films, personal growth, government and many other subjects.

An open house with light refreshments is set for 3 p.m. Friday, Sept. 12 in the Technology Building, rooms 101 and 102 on the LSC-CyFair Barker Cypress campus. Fall registration follows from 3:30 p.m. to 6 p.m. in the Technology Building, rooms 104 A and B. Registration continues Monday, Sept. 15 and Tuesday, Sept. 16 from 9 a.m. to noon in student registration, located in the Learning Commons building.

A.L.L. is an organization for active adults, 50 plus years of age, offering classes and social activities for continued intellectual and personal growth. For an annual membership fee of \$10, members can take A.L.L. courses free of charge or at a reduced fee.

For information, call 281-290-5273 or go to CyFair.LoneStar.edu/ALL.

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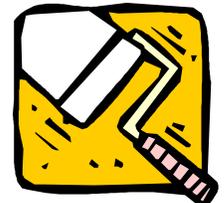
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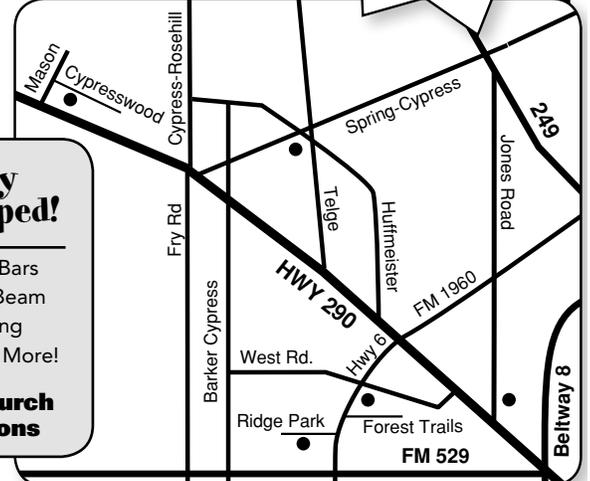
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Feeling a Little Eccentric?

A muscle contracts eccentrically when it lengthens under tension during exercise. For example, during a biceps curl, the biceps muscle shortens during the concentric lifting phase and lengthens during the eccentric lowering phase. Eccentric contractions also can occur during aerobic activity, such as downhill running, in which the quadriceps muscle repeatedly lengthens against gravity to lower the center of mass and aid in shock absorption.

Don't Be a Sore Loser

DELAYED MUSCLE SORENESS. It's the name of the stiff pain you feel as you roll over and reach to turn off the morning alarm after a day in which you trained unusually hard or tried a new exercise. Some people feel there's no better reward; others cease to exercise. What everyone should know is that there is a way to prevent this muscle soreness.

What Causes Sore Muscles?

There are two types of exercise-related muscle soreness. Immediate muscle soreness quickly dissipates and is the pain you feel during, or immediately after, exercise. Delayed muscle soreness signals a natural adaptive process that the body initiates following intense exercise. It manifests 24 to 48 hours after the exercise session and spontaneously decreases after 72 hours.

Numerous studies have been conducted to determine the cause of delayed muscle soreness, and the theories have been many and controversial. The most current research attributes it to microscopic tears in the muscle and surrounding connective tissue following eccentric exercise (see "Feeling a Little Eccentric?"). Those who experience delayed muscle soreness include conditioned individuals who increase the intensity, frequency or duration of their workouts, or participate in an activity that they are unfamiliar with. Beginning exercisers, or those who have undergone a significant lapse in training, frequently experience soreness when starting a new exercise program.

Studies on the best methods to alleviate delayed muscle soreness are almost as abundant as the number of studies conducted to determine its cause.

Cryotherapy (the topical application of ice), massage, stretching, and the use

of nonsteroidal anti-inflammatory drugs (NSAIDs), among other less conventional approaches, have been tested to determine if they can prevent delayed muscle soreness or are effective treatments. To date, no therapy that hastens the decrease of delayed muscle soreness has been found, however some of the therapies previously mentioned may have a minor impact if initiated immediately after intense or unusual exercise.

The Good News

Once you induce delayed onset muscle soreness at a specific exercise intensity, you shouldn't experience that sensation again until intensity is increased.

This is because delayed muscle soreness has been shown to produce a rapid adaptation response, which means that the muscles adapt to an exercise intensity. Until it is changed, soreness won't occur. This is the basis for the most widely recommended approach to preventing delayed muscle soreness: Gradual progression and conservative increases in intensity, frequency or duration.

Preliminary light exercise may prevent the onset of soreness following a heavy eccentric exercise workout. Beginners should exercise with light weights, two to three times per week for one or two months, then gradually build. Already-conditioned exercisers who want to try a new workout or sport also should begin gradually, taking care not to be overzealous.

Delayed muscle soreness signals a natural adaptive process that the body initiates following intense exercise.



September Landscaping

Submitted By Ron Kerwin

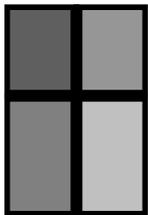
September is the startup time for planning some cool season activity. It is about time, right? We need to continue with all the things we have been doing to get through another summer; watering at 1 inch per week, good layers of mulch etc.

Now is a good time to raise tree canopies and thin them out. Dead limbs are obvious now, which will not be the case after leaf drop. Many property owners still have curb area trees with limbs prohibiting cars or trucks from parking in front of the home without paint damage to the roofs. These same trees often endanger passersby on the sidewalk from being poked in the eyes. They also usually have dead grass underneath caused by lack of sunlight to the turf area. Other trees on your properties can benefit from canopy raising and thinning. Wax myrtles and some other "shrubs" can be treed up so they have visible trunks and more resemble trees than shrubs, a totally different look.

Historically Septembers are still very hot. If you are wearing down, you can still hire a lawn service (like mine) to get you through the season. Lawn Companies should be happy to take you on as new clients even this late in the season. If you desire to have an attractive and green lawn all winter, you can put down ryegrass seed late in the month or in October. Your property will stand out in the neighborhood as people drive by and see your green lawn amongst all the dormant grass lawns.

Buy your spring bulbs through catalogs or local nurseries. DO NOT plant them yet. You can get a better selection now. Hybrid tulips and hyacinth bulbs should be placed in the vegetable crisper section in your refrigerator for a necessary pre-chill period prior to planting them. Wait until October/November to plant any bulbs. You can however prepare the beds for the bulbs, add organic matter & turn over the soil.

You can cut back your roses early in the month, but do it sparingly. You will get a rose display this fall if you have maintained your roses well over the summer heat. You can actually plant a fall vegetable garden now. For a list of veggies recommended and their varieties for this area call the Texas Extension office at 817-884-1945 and ask for the free list. The Extension Office has a surprising quantity of free information available, so ask for answers to several questions. The volunteer Master Gardeners there will try hard to get you the right publications.



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RANCH RECORD

The Ranch Record

A newsletter for Blackhorse residents by Blackhorse residents.

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

If you are involved with a school group, play group, scouts, sports activity, social group, etc. and would like to submit an article for the newsletter you can do so online at www.PEELinc.com or you can email it blackhorse@peelinc.com. Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome.

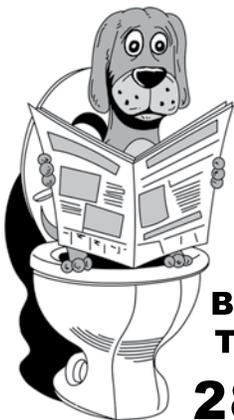
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Hair Tips - Fall is All About Color, Color, Color!

Submitted by Michelle Lasher

With summer coming to an end everyone will need a fresh new look for the upcoming Fall season. This Fall it is all about color, color, color and depth. With our lazy pool and lake days coming to an end it is time to start thinking about our hair and how gorgeous it can be!

Having your hair colored can add depth and definition to your hairstyle, enhance our beautiful skin tones, accent eye color, thicken thin hair, soften coarse hair and add style support. Here are some examples of ways to freshin' up your locks:

- Lighter Shades make a large head, face shapes and features appear smaller. And thinning hair look thicker.
- Dark Shades will make a small face & sharp features stand out.
- Two Tone Shading can frame and define the shape of your hairstyle.
- Semi-Permanent Color can turn those few gray hair's in to soft warm highlights.
- High Contrasting strands can add a dramatic effect.
- Graying hair can come alive with a purple based color shampoo enhancer to remove yellow tones.
- Strawberry blonde hair color complements green eyes.
- Pale and golden blonde make blue eye's stand out.
- Red and auburn shades give brown, hazel and green eyes glow.

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What Everyone Needs to Know About Flip-Flops

Throwing on a pair of flip-flops is an integral part of summer for many people in Austin. Flip-flops may be throwing off your stride and causing pain in your legs and feet. Wearing flip-flops can not only cause dysfunctional changes and pain in your foot, these changes can resonate all the way up to your head, neck and jaw causing headaches and neck pain; reported in an article published in the June 2008 USA Today by the American College of Sports Medicine.

Researchers at Auburn University in Alabama recruited 39 college-age men and women, and measured how the participants walked on a special platform wearing thong flip-flops. On another day, the same participants walked across the platform wearing their own athletic shoes.

When the participants wore flip-flops, they took shorter strides and their heels hit the ground with less vertical force. When walking in flip-flops, they apparently alter their gait, which explains why lower leg and foot problems can occur in people who wear such shoes frequently.

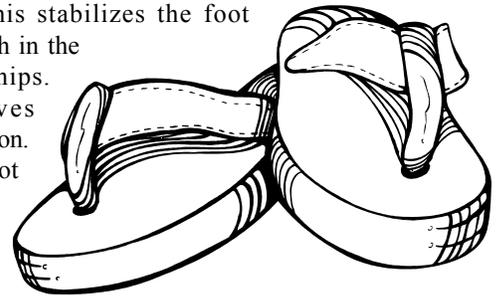
Let me explain how this happens. Your toes try to grip into bottom of the flip-flop to hold them on your feet. Look at your toes in flip-flops. The distal part of your toe is trying to flex down (planter flex) to hold the flip-flop on, while the other part of your toe (middle) is trying to bridge up (dorsi flex). This is the opposite of what your toes should be doing at that time. This improper toe action shortens natural stride, prevents the natural "locking" of your foot and forces your hip and leg musculature to work harder, forcing some muscles to shut down.

Due to this unnatural gait, wearing flip-flops over time will increase chances of bunion formation and hammer toes. Practicing in Boston, MA, where 7 months out of the year people don't usually wear flip-flops, I have to say that I did not see as many patients that presented to my clinic with these problems than I do here practicing in Austin, TX.

Wearing flip-flops around the house, in the backyard, on the beach, and around the pool is fine, but running errands where you are on your feet for long periods of time should be avoided with flip-flops, especially if there is physical activity involved. This is extremely important in kids where they are still developing and establishing their gait patterns.

Going barefoot is a good idea where possible (ie. in the home, backyard). Walking barefoot strengthens foot muscles and increases proprioception. This stabilizes the foot and increases strength in the ankle, knees, and hips. Thus, this improves balance and coordination.

So walking barefoot could be an easy way to contribute to your overall health.



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Meet Samantha and Marissa



Photo by
Amanda Wintenburg

The 2008 Heart Gallery of Central Texas is almost here! It will be unveiled at SPAZIO's on September 18, 2008. This picture is featured on our invitation this year, with the hopes that someone will see them and give us a call. You see, Samantha is 16, turning 17 in September and Marissa is 10. These two girls are full of life, hope and plans.... but they need a permanent, forever family to help them grow and learn. Even at 17, Samantha still needs a family. She's missed out on the fun things girls get to do with their parents. While she has learned a lot of life's lessons, they are not the kind that create memories for a happy childhood. Each of these girls still have a lot of room to grow and a lot of love to give. Help them to believe!

About Samantha and Marissa: Samantha and Marissa are beautiful siblings who enjoy listening to music. Samantha is funny and sweet, she loves playing softball, drawing and writing in her journal. She will be going into the 9th grade and participates in special education. Marissa is energetic and friendly, she likes to color and play board games. She will be going into the 3rd grade and participates in special education. Both girls hope to attend college at the University of Texas in the future. These sisters hope for a family that enjoys going to church as much as they do. They also hope that their adoptive family enjoys to swim. Samantha and Marissa are legally free for adoption and look forward to meeting their adoptive family.

If you would like to learn more about adopting from foster care, Samantha and Marissa or hear more about The Heart Gallery of Central Texas Gala on September 18th, please call us at 512-301-2825 or tracyeilers@adopttexas.org

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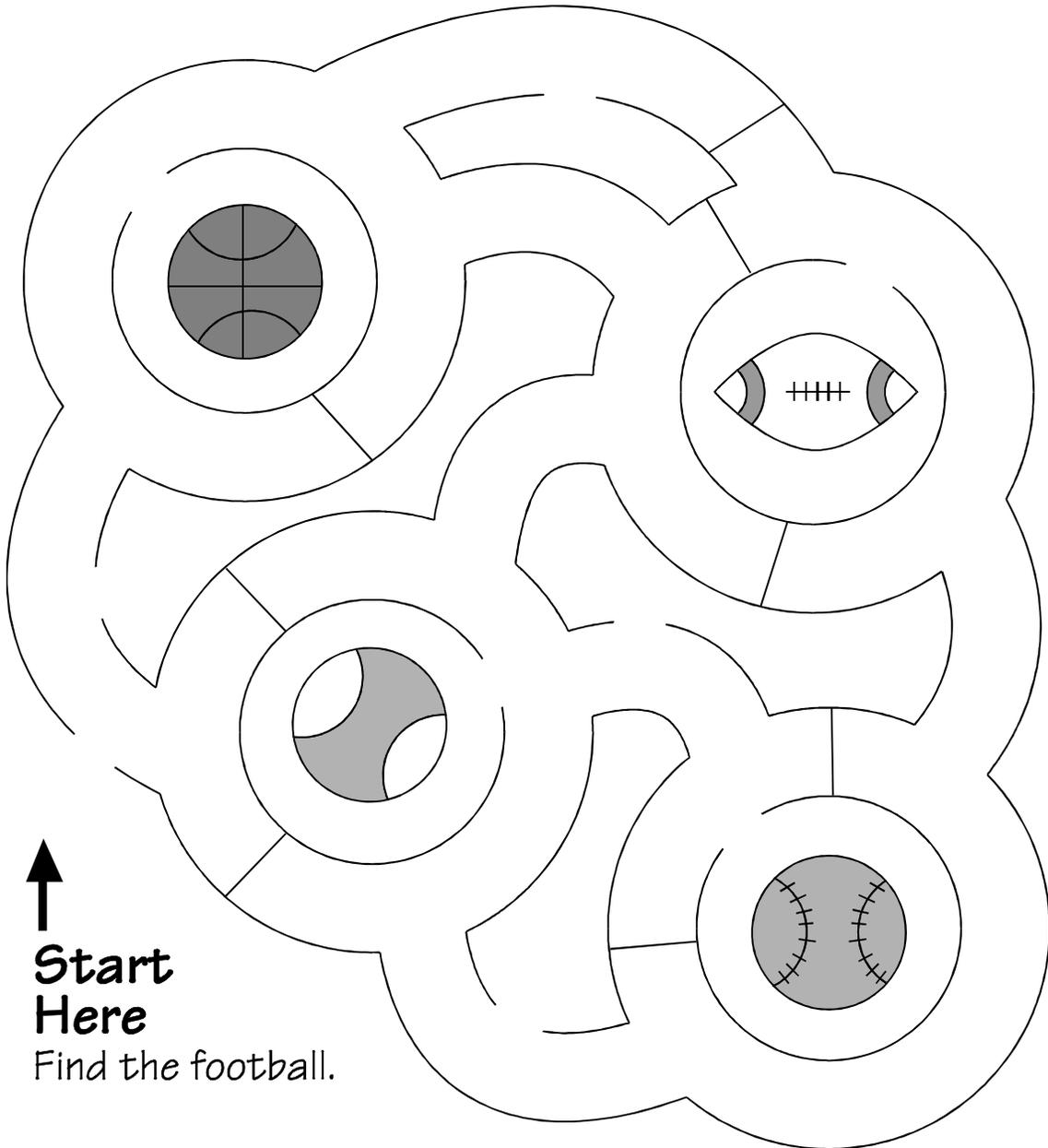
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		5						4
			6	1			8	
4					5	3		1
					9	7		
		2	8					
						4		2
		9			8			
2		3				9		6
7	5	6						

Solution found at www.PEELinc.com

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Recipe of the Month

Lemon Ice Box Cake

Submitted by Madra Ford

- 1 yellow cake mix
- 2 cans sweetened condensed milk (Eagle Brand)
- 1/2 cup fresh lemon juice
- 1 8oz. container Cool Whip



Bake cake as directed for two layers. When cool, slice each layer in half, making four layers. In a bowl combine condensed milk with lemon juice.....reserve 1/2 cup & set aside for frosting.

Use remaining juice/milk mixture as a filling between the four layers. With reserved mixture, gently fold in the Cool Whip and frost entire cake. Holes can be poked in cake so frosting is absorbed. This is better if made a day or two in advance.

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\$451,000 and above		1	1			0	0	1	0	0
\$351,000--\$450,000	1	2	1			1	1	0	1	0
\$276,000--\$350,000				1		3	2	0	0	2
\$231,000--\$275,000			2			0	1	0	1	1
\$201,000--\$230,000			1			1	0	0	1	0
\$200,000 and below	2					0	0	0	0	0
Total	3	3	4	1	-	5	4	1	3	3
Highest \$/sq ft	\$96.51	\$172.45	\$114.31			\$92.22	\$97.18	\$138.57	\$88.17	\$88.99

This information is taken from the Houston Multiple Listing Service

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