

RANCH RECORD

*News For The Residents of
Blackhorse Ranch*

The MOMS Club® of Cypress / NW-Fairfield Moms Offering Moms Support *Welcomes all Stay-At-Home Moms in Fairfield and Lakes of Fairhaven*



MOMS Club® is an international organization with a neighborhood feel! We are teachers, business women, counselors, chefs, CPA's and artists who have put those careers on hold and have made the choice to stay home with our kids.

MOMS Club® is a place to find friendship, support, playmates and sisterhood!

ALL events include our children and we believe there is something for every mom out there! Are you looking for park days, coffee breaks, lunch outings, (free) babysitting co-op, craft projects, time to sit and chat, cooking club, book club or someone to share dinner with when your husband is traveling or working late? We even find the time to meet once a month for a mom's night out for a great time to unwind. Or are you interested in helping within the community with service projects? We have that! (And a whole lot more!)

Summer is drawing to an end, and our children are returning to school. Their younger brothers and sisters are going to miss them, so let's make an effort to get together and allow our younger children some playtime. Come join other moms and kids in many great outdoor and indoor activities. Are you new to the area or a new mom and need a friend or support; we are here for you. Don't let yourself feel isolated being a stay at home mom. You can attend two events before joining. Our membership fee is only \$20 a year. The MOMS Club is a great opportunity for you and your kids to make new friends in our area. Come visit our next all-member meeting and see for yourself! There is a lot of fun and support just waiting for you! Our next meeting is Tuesday, July 14th, 10AM at Good Shepherd United Methodist Church located on Cypresswood Drive in Fairfield. We often have a guest speaker at our meetings discussing topics like finance, health, organization and other popular topics. As always, children welcomed!

FOR MORE INFORMATION, PLEASE CONTACT

Keri Whitt, Membership VP, at 713-724-4147,
keriwhitt@yahoo.com

or

Amy Wilkes, President, at 281-455-2807,
amywilkes2003@yahoo.com.

Outdoor Water Conservation Tips

Even though we use water every day, it's easy to take it for granted. Just imagine how you would function without clean water. It's everyone's responsibility to conserve and protect water resources. The decisions and actions you make today truly affect our water resources for the future. The following suggestions will help you get in the habit of saving water in the great outdoors:

- Use mulch around landscape plantings. Mulch will help eliminate weeds and hold moisture in the soil.
- Select hardy plants that don't need much water. Native plants that are well adapted to your climate and soils will survive well without supplemental watering. A copy of the Steiner Ranch Approved Plant list is available on the website at www.steinerranchhoa.org.
- Water during the cool part of the day to avoid rapid evaporation.
- When watering is necessary, water slowly and thoroughly. If you notice puddles or runoff, turn water off and wait for water to soak in. Also be sure your sprinkler puts water where you need it—not on driveways or sidewalks.
- Wash cars efficiently. First give the car a quick rinse, and then turn the water off. Wash one section of the car at a time and rinse that section quickly. Turn the water off each time.

Visit www.auduboninternational.org for more conservation tips.

RANCH RECORD

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY911
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 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

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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.

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NOT AVAILABLE ONLINE

Do You Have Reason to Celebrate?

We want to hear from you! Email blackhorse@peelinc.com to let the community know!

Let's Talk Real Estate



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MOPS at The MET Registration



If you need a listening ear, friendship with other moms, your kids involved in a fun program, delicious breakfast buffets, advice from seasoned moms ... then you need MOPS at The MET.

Two dynamic groups meet two Friday mornings per month (September – May) from 9:15 – 11:45a.m. Childcare is provided upon registration; \$55 per semester.

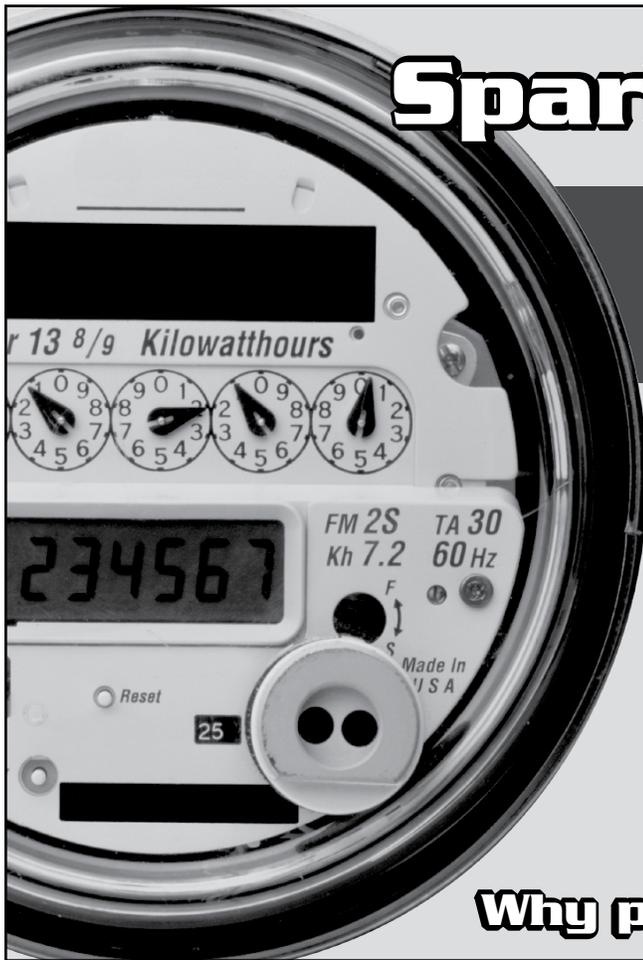
Register online today to secure your spot at metmops.org or TheMETonline.org

MOPS stands for Mothers of Preschoolers, a program led by mothers themselves and designed for mothers with children ages birth to 5. These mothers all have a shared desire...to be the best mothers they can be!

For more information on meetings in Fairfield, please contact Renate Wheeler at renateqw@yahoo.com. They will meet on the second and fourth Fridays during the school year.

“Adventures in Mothering” at The MET

Join the Adventure! Get Connected...with MOPS!



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(Wildcats Right After Prom, Inc.)

Attention Cy-Woods 2010 Senior Parents! 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.

Please join us on Thursday, August 20th @ 7:00 pm in the Commons area at Cy-Woods High School for our 1st 2009-2010 WRAP General Board meeting. For more information on WRAP, please visit our website at cywoodswrap.org or contact us via email at cywoodswrap@hotmail.com. We look forward to seeing you on August 20th.



Houston Hemophilia Walk

Saturday, September 19, 2009

Minute Maid Park

9 am Registration - 10am 3K Walk begins

Join us as we raise awareness and funds for bleeding disorders. Register your Walk team at www.hemophilia.org/walk and choose the Texas Lone Star Chapter Walk.

For more information about the Lone Star Chapter's Hemophilia Walk '09, contact Event Manager, Melissa Compton, at 713-686-6100 or mcompton@lonestarahemophilia.org



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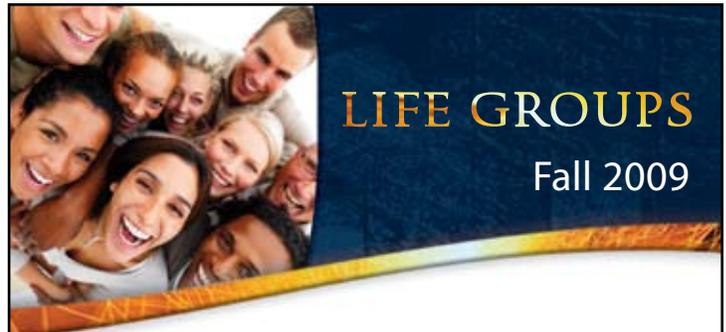
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Fall Life Groups and Bible Studies for all ages and stages. Visit foundrychurch.org to learn more.

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Movie Theatre on Hwy. 290 & Spring Cypress
Traditional Service: 9:00 a.m.
Contemporary Service: 10:20 a.m.

Jones Road Campus

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Traditional Services: 8:15, 9:20 & 10:40 a.m.
Contemporary Services: 9:20 & 10:40 a.m.



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RANCH RECORD

IT'S THAT TIME OF THE YEAR AGAIN!

Students Can Win Thousands of Dollars in Scholarships and Savings Bonds!

Commander William "Bill" Shaffer of the Veterans of Foreign Wars (VFW) Post 2427 and its Ladies Auxiliary announces the kick-off of the years "Voice of Democracy and Patriot's Pen Essay Competition." These competitions are designed to give local students the opportunity to earn Scholarships and savings bonds toward their education. Students from public, private, and parochial schools are encouraged to participate, as well as students in home study programs.

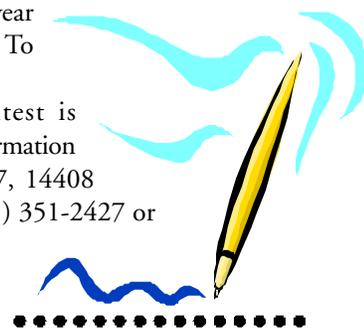
Students begin competing at the local Post level, Post winners advance to the District level, District winners then compete in the State competition. The State winners compete for more than 2.5 million in scholarships and savings bonds.

The Voice of Democracy contest is open to Students in grades 9 – 12 who are enrolled in a public, private or parochial high school, and those in a home study program in the United States, its territories and possessions; or in an overseas U.S. Military/civilian dependent school. Foreign exchange students, students age 20 or over and

previous Voice of Democracy first place winners are ineligible. The theme for the year is, "Does American Still Have Heroes?"

The Patriot's Pen Contest is opened to 6th, 7th, and 8th grade students enrolled in public, private or parochial schools in the US, its territories or its possessions. Home-schooled students are also eligible. Dependents of U.S. of military or civilian personnel in overseas schools can participate too. Foreign exchange students and former winners that placed in the National finals are excluded from the contest. The theme for this year is, "When Is The Right Time To Honor Our Military Heroes?"

The deadline for this contest is November 1, 2009. For more information please contact V.F.W. Post 2427, 14408 Alice Road. Tomball, Texas (281) 351-2427 or go online at www.vfw.org.



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New Club Charter Granted to Cypress Ranch Key Club



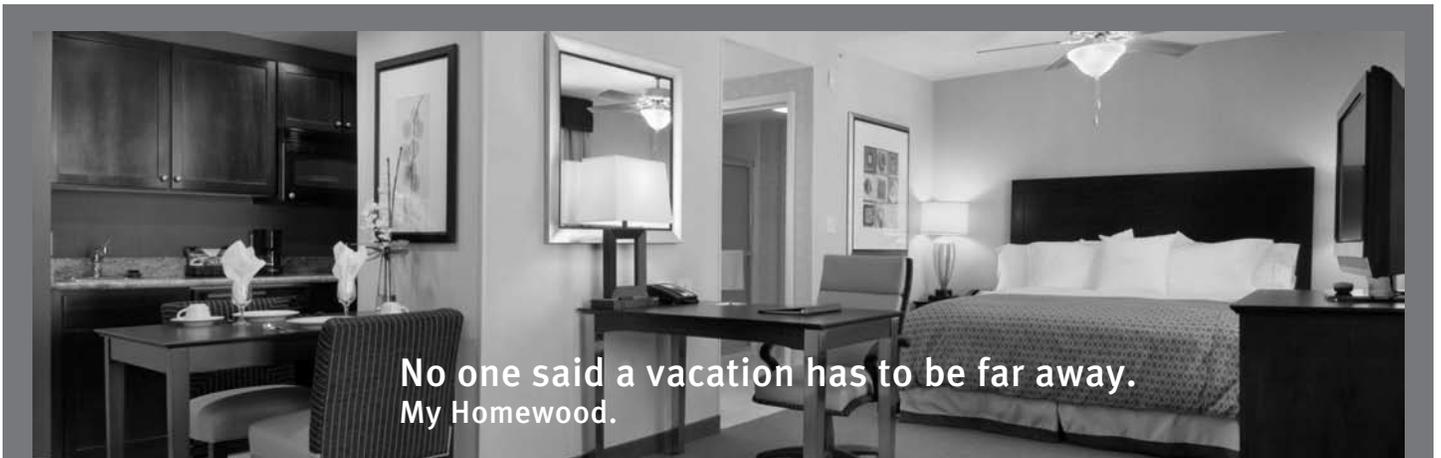
Picture of Bob Presnell, Cy-Fair Kiwanis Club President, and Aliah Kelly, Cypress Ranch Key Club President

Cypress, Texas – July 2, 2009 – A new Key Club has been chartered by Kiwanis International at one of Cy-Fair's newest high schools, Cypress Ranch. The new school club of 238 members has been meeting since the school's opening in August 2008 and made formal application for a charter in January 2009. The official Club Charter was presented to Key Club President Aliah Kelly at the club's first annual banquet held on May 21. The charter presentation was made by Bob Presnell, President of the Cy-Fair Kiwanis Club, and Peggy Presnell, who serves as Kiwanis Sponsor for the new Key Club.

Members attending the banquet were presented with membership items including their membership cards and pins. New officers for the 2009-10 school year were installed by Madhumita Govindu, a Cy-Fair High School student who serves as Lt. Governor of Division 3N of Key Club. Miss Govindu oversees the Katy and CFISD Key Clubs for the Texas-Oklahoma District of Key Club.

For more information, please contact:

Bri Holcombe, Publicity Chairman - svbchick@hotmail.com
Justin Bradley, Publicity Chairman - Thebradley5@comcast.net
Jennifer Hydes, Faculty Advisor - Jennifer.hydes@cfisd.net
Cypress Ranch Key Club



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RANCH RECORD

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Meet Johnathan

DOB: 10/1997

Johnathan is an affectionate child who loves to give and receive hugs. He loves trains, building with Legos and cardboard boxes. He also enjoys going on outings and watching cartoons, especially Scooby-Doo. His favorite food is pizza.

He has been diagnosed with an Autistic Spectrum Disorder which requires therapy. He is not able to communicate as easily as other children his age, which can be very frustrating for him. He has made tremendous progress in foster care and has a strong desire to please the adults around him. Johnathan requires a high level of supervision due to his activity level and his social skills. Johnathan's foster mom describes him as a "lovable child" and a "good kid."

For more information about adoption in general or Johnathan, please contact the Adoption Coalition of Texas at info@adopttexas.org.



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Need Help With A Lost Or Found Pet ...

Please contact Susan Locke, Fairfield's Lost and Found Pet Coordinator at 281-605-5775 or you may go to <http://groups.yahoo.com/group/fairfieldpets>. Susan is the contact for someone that has lost or found a pet and tries to match the two together. Susan is unable to pick up, deliver or provide medical assistance to lost, found or injured animals but will try to help locate the dog or owner when they are lost.

~Your pet's ID tag is their ONLY ticket home! ~

* * * * *
SAVE A Life ... Be A Foster Parent.

More HELP for PETS

When a pet is lost, finding the pet means that time is of the essence. It takes time to create, print and distribute flyers. The flyers are many times illegible because of wind or rain. I certainly do not fault the pet owner because I have done this myself.

Frustrated, I thought there has to be a better way. So that is why we created Cypress Lost Pet Alert.com. The idea is to very quickly get the word out through an e-mail alert to as many neighbors as possible plus post the picture and information about the pet on the website under the specific neighborhood.

Once the email alert goes out to the specific neighborhood, many, many neighbors are now aware. If they happen to forward the email to their friends who have not signed up, it could mean hundreds of your neighbors are already alerted and are keeping their eyes open for your lost pet.

Cypress Lost Pet Alert.com is on-call 7 days a week from sun up to sun down and is FREE. We are glad to work with any informal email chains. The whole idea is to find lost pets quick for the good neighbors in Fairfield and surrounding areas.

Regards,
RB Cox

alert@CypressLostPetAlert.com
www.CypressLostPetAlert.com

BEAR IS STILL MISSING! PLEASE HELP

Our dog, Bear, is still lost somewhere in Fairfield. He went missing near Autumn Park on Monday, 5/5/09, night. He is an Australian Shepherd, and his body is black, his chest is white and he has some brown markings on his face and paws. My three-year-old misses him very much.

Please help us find Bear. If you happen to find Bear or have seen Bear around please call 281-373-1121 or 832-573-8704.



images

H A I R S T U D I O

281-256-2286

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Tues-Thurs: 9:30am - 7:00 pm
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Sat: 9:00am - 4:00 pm

Gift Certificates Available
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The Science of Grocery Shopping

Submitted by Kelly Bruneman, Certified Nutrition Specialist

The grocery store can be a scary place! All those aisles filled with grocery goodness! What is healthy and what isn't? How do you know where to start and what to buy? Follow these simple rules to ensure that you get the most out of your grocery shopping experience:

• STAY TO THE OUTSIDE

- Most everything you need is on the perimeter of the store. Your produce, meats, and dairy cases are all on the outside. The aisles are where the boxed and processed foods reside.

• ORGANIC...IS IT WORTH IT?

- Not all things are necessary to buy organic. The following produce list is often referred to as the "Dirty Dozen" because they contain the highest levels of pesticides.
 - THE DIRTY DOZEN: Peaches, Apples, Sweet Bell Peppers, Celery, Nectarines, Strawberries, Cherries, Pears, Grapes (Imported), Spinach, Lettuce, Potatoes.
 - THE LEAST CONTAMINATED: Onions, Avocado, Sweet Corn (Frozen), Pineapples, Mango, Asparagus, Sweet Peas (Frozen), Kiwi Fruit, Bananas, Cabbage, Broccoli, Papaya.

- Beef, Poultry, and Dairy are also worth the organic price because they are produced without growth hormones and antibiotics.
- Currently the USDA has not developed organic certification standards for seafood.
- REMEMBER: buying organic foods that aren't good for you doesn't make them healthy!!

• BUY FROZEN

- Frozen fruits and vegetables are often flash frozen locking in nutrients better than canned foods.
- Frozen fish and chicken is also flash frozen at the source locking in nutrients and making them convenient alternatives to store in your freezer.

• DON'T BE AN IMPULSE BUYER

- Make a list according to how your grocery store is laid out and STICK TO IT! If ice cream isn't on your list, don't go down the ice cream aisle.
- Don't go to the grocery store when you are tired, hungry or irritable. This almost always leads to impulse buys.

(Continued on Page 11)

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Lone Star College - CyFair "Perspective"

IT'S NOT TOO LATE TO REGISTER FOR FALL

Registration continues through Aug. 22 for fall semester. Register for online, weekend, evening or distance learning courses by phone, 281-290-3200 or 832-782-5000; online to LoneStar.edu/cyfair; or in person at one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway. Week day classes begin Aug. 24 with weekend classes beginning Aug. 28-30.

"CONFLUENCE, STUDY ABROAD 2009" IN THE BOSQUE GALLERY

Check out this showcase of student installations and photography taken during this summer's study abroad trips to Italy and China. The exhibition will be on display Aug. 4 through Aug. 27 in the Bosque Gallery with a closing reception at 4:30 p.m. Aug. 27. Go to LoneStar.edu/bosquegallery for gallery hours and information.

FREE NEW STUDENT ORIENTATIONS SET

Take a tour, learn about campus programs, meet with an advisor, choose a schedule and register for fall classes at LSC-CyFair's free new student orientations this summer. Three orientation sessions,

including separate sessions for parents and family members, continue each Wednesday through August 19. For information, go to LoneStar.edu/orientation.

L.I.F.E. LESSONS IN AUGUST

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.) Programs in August include: unveiling the Chip Hosek Collection of American Art Aug. 5, preventing arthritis Aug. 12, the science and art of perfume making Aug. 19 and new application on Google Aug. 26. Call the library at 281-290-3213 for L.I.F.E. program information or go online to LoneStar.edu.

BECOME A CERTIFIED LICENSED MASSAGE THERAPIST OR PERSONAL TRAINER

Interested in helping people lead healthy and stress-free lifestyles? Let Lone Star College-CyFair jump start your career in massage therapy and personal training. In the Massage Therapy program, which only costs \$1827 plus books and supplies, students learn business practices

(Continued on Page 13)

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Lone Star College - (Continued from Page 12)

and professional standards as well as health and hygiene in massage and more. Scholarships are also available. The Personal Trainer program covers aspects of one-on-one training including marketing, program development and design, legal aspects, documentation, training methodologies and business considerations. Students who also take Exercise Science and CPR courses will be ready to take the National Academy for Sports Medicine certification exam. Financial aid is available for this workforce program. Registration is under way for fall classes, which start Aug. 24. For information call 281-290-3930 or go to LoneStar.edu.

290 Cypress Business Networking Group

The 290 Cypress Business Networking Group meets every Thursday morning at 7:30 am at Newk's Express Café located at Hwy 290 and Spring Cypress in the Kroger Shopping Center near the Cinemark Theater. The group is open to all business owners and professionals who want to increase their exposure to the residents of Cypress and the surrounding areas. There is no cost to attend the meeting. If you would like more information, please call Ken Parker at 281-384-1562. Visit our new website at 290Cypress.com



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Attention Kappa Delta Sisters ...

The Houston Northwest Kappa Delta Alumnae Association holds meetings the 4th Tuesday of each month at 6:30 p.m. Visit www.kdhnwaa.com for all the details.

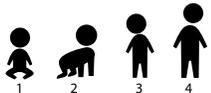


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Increasing water safety awareness and standards

FACTS YOU NEED TO KNOW ABOUT DROWNING

Drowning is the leading cause of unintentional injury-related death in children ages 1-4



DROWNING WILL AFFECT YOU OR SOMEONE YOU KNOW

Drowning is the 2nd leading cause of unintentional injury-related death ages 1-14.

For more information, check out our website at

www.colinshope.org

DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM

NO ONE is "drown proof" - no matter their level of swimming ability.

Falls, entrapments, and injuries lead to drowning regardless of swimming level.

A majority of people overestimate their own and their child's ability to swim, especially in a panic event.

DROWNING IS QUICK AND SILENT



Drowning occurs in as little as 2 minutes.



Irreversible brain damage occurs in as little as 4 minutes.



Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Most children die who are submerged for as little as 6-10 minutes.

Children who drown do not **scream, splash, or struggle**. They silently slip beneath the water, even with adults & lifeguards present.

The Road of Uncertainty

By Mindy Ferguson

As I traveled along a remote road on my way to speak at a women's retreat, my GPS suddenly began an annoying repetition of the phrase, "lost satellite". After a few minutes, I picked up my cell phone to call for directions. No service. I found myself on an unfamiliar country road in East Texas, with no cell phone and a GPS that appeared to be as disoriented as I was.

Uneasy, I pulled over onto the side of the road, took a deep breath, reviewed my map and prayed. I studied the map and located a road that I remembered passing a few miles earlier. I estimated my location and eased back onto the road, following the map with my finger as I drove. Needless to say, I was grateful to discover a sign with the retreat center's logo and an arrow, indicating the turn was ahead.

Thinking back on my experience, it occurred to me that our journey through life often presents us with circumstances that make us feel as disoriented and uneasy as I felt that day when I was lost on an unfamiliar country road without cell service. It also occurred to me that our response to life's uncertainties should be the same as mine was that day on the road —Pause, Ponder, Pray, and then Proceed.

Pause

When faced with uncertainty, we need to take some time to quiet ourselves before the Lord. Psalm 46 assures us, God is our refuge

and strength, an ever-present help in trouble. Be still and know that I am God (vs. 1,10a NIV).

Regardless how lost or helpless we may feel, God is our refuge and our strength and He is always available to help us. We can rest in the truth that He knows every detail of our circumstances and He is never disoriented. It's important to "be still" in order to hear His voice and sense His presence.

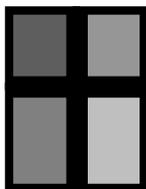
Ponder

Next, we need to take the time to gather information, reflect, and regroup. When conflict arose in the early church between Jewish and Gentile believers, the apostles took time to ponder the issues before deciding how to proceed. Acts 15:6 says, the apostles and elders met to consider this question (NIV). When we are unsure how to proceed, we need to gather information and ponder the facts.

Pray

Prayer is crucial. Through prayer, we can come before the Lord with the facts of a situation and earnestly seek His guidance. James 1:5 assures us, If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him (NIV). We can count on God to listen and to grant us the

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St. Aidan's Day – ALOHA Sunday
A celebration of the saint we are named after and a party for all ages immediately following the 10:30am worship service.

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8:00am Worship with
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9:15am Fellowship Breakfast
10:30am Worship with
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wisdom that we need to move forward in His will.

Proceed

Finally, after we have patiently paused, diligently pondered and earnestly prayed, it is time to act. You may step out cautiously, just as I did that day on the unfamiliar country road, but we can count on the truth of Exodus 15:13, which says, In your unfaithful love you will lead the people you have redeemed (NIV). God loves us abundantly and although our circumstances can be frightening, we can trust that our God will lead us as He works out everything in conformity with the purpose of His will (Ephesians 1:11 NIV).

Are you facing uncertainty on an unfamiliar road? Pause... Ponder... Pray... and then Proceed. Our God faithfully leads the people He has redeemed!

AMERICA IS GOOD

- I believe in God and He is the Center of my Life.
- The family is sacred. My spouse and I are the ultimate authority, not the government.
- I have a right to life, liberty and pursuit of happiness, but there is no guarantee of equal results.
- I work hard for what I have and I will share it with who I want to. Government cannot force me to be charitable.
- The government works for me. I do not answer to them, they answer to me.



If you agree with any or all of the statements above then come to
The Glenn Beck 9/12 Project Organizational
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\$451,000 and above	0	0	0	1	0	1	0	0	0	0
\$351,000--\$450,000	1	1	0	0	0	0	0	0	1	0
\$276,000--\$350,000	0	0	1	0	0	0	0	1	1	2
\$231,000--\$275,000	0	0	0	2	1	1	1	1	0	0
\$201,000--\$230,000	0	0	0	0	1	1	0	0	0	1
\$200,000 and below	1	0	0	1	0	0	1	0	1	0
Total	2	1	1	4	2	3	2	2	3	3
Highest \$/sq ft	\$110.80	\$89.56	\$89.97	\$145.25	\$84.76	\$118.46	\$86.78	\$85.81	\$95.09	\$85.34

This information is taken from the Houston Multiple Listing Service

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