

# RANCH RECORD

*News For The Residents of  
Blackhorse Ranch*

## Staying Fit through the Winter Months

Wow! The days are shorter, and the weather is colder. Winter is here once again. Luckily Texas winters, especially in Austin, only a few months. Nevertheless, winter can wreak havoc on fitness regimes for two reasons. Many individuals experience SAD (Seasonal Affective Disorder), which is winter blues or depression that occurs in people with normal mental health. It's due to the lack of sun light. According to the Mayo clinic, SAD can be treated with light therapy or antidepressants. If you think you might be suffering Seasonal Affective Disorder, talk to your doctor.

Second, many us tend to hibernate in our homes in the winter. Sitting at home in front of the fireplace with a warm blanket and drinking hot chocolate or tea or eating warm soup is more pleasing than going out and exercising in the cold or going to the gym after work when it's already dark out. This makes it feel later than it is, when in reality it's only 5 or 6 o'clock. Need not to worry though; here are some fitness tips that will keep you going until spring arrives again.

### **I. WARM UP AND DRINK PLENTY OF WATER.**

A proper warm-up is critical because cold temperatures can make your muscles tight and therefore more prone to injuries. Remember, always warm-up prior to engaging in any physical activity. Drink, drink, and drink plenty of water. Most people forget the importance of water during the colder months and are more likely to become dehydrated.

### **2. GO WINDOW SHOPPING AT THE LOCAL MALL!**

Most local mall(s) open an hour early in order to provide a safe indoor walking haven during the winter months. If you can't make it in morning, take your sneakers with you and go right after work. Three or four times a week will help keep the pounds off.

### **3. REMEMBER THOSE EXERCISE VIDEOS.**

Just about everyone has had one. Wipe the dust off your exercise video and use it on the days you can't exercise outdoors because of the darkness. If you don't have an exercise video, check one out at your local library and/or video rental stores. Also, some cable networks have exercise channels on-demand for no charge, so look at your channel menu.

### **4. CREATE A HOME GYM.**

Most people have a home gym without realizing it. Check you garage, under the bed, storage room, and closet. You can easily set-up a great workout routine with just a set of dumbbells, an exercise ball and a jump rope. If you don't any of these items, you can purchase most of these items at a local athletic supplier or discounted resale store for about \$50 to \$60.

There's no need to hit the couch or hibernate during the winter months. Stay motivated. With a little knowledge and motivation, anyone can meet the challenges of winter exercise. Have a fun, safe and a physically active winter. - Valerie Salinas

## 290 Cypress Business Networking Group

The 290 Cypress Business Networking Group meets every Thursday morning at 7:30 am at Cypress Station Grill located at 26010 Hempstead Road. Behind the Target shopping center at 290 and Spring Cypress. 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. Job seekers are welcome. There is no cost to attend the meeting. If you would like more information, please call Ken Parker at 281-384-1562 or visit our website at 290Cypress.com

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*and much more!!*

# RANCH RECORD

## 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](mailto:blackhorse@peelinc.com)  
Advertising..... [advertising@peelinc.com](mailto:advertising@peelinc.com)

## Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing [blackhorse@peelinc.com](mailto: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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### CHRISTMAS EVE WORSHIP SERVICES

1:00 p.m. Family Service  
2:30 p.m. Family Service  
4:00 p.m. Communion Service with Praise Team  
5:30 p.m. Candlelighting & Communion Service  
with Chancel Choir  
7:00 p.m. Candlelighting & Communion Service  
with Chancel Choir  
11:00 p.m. Acoustic Service

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# RANCH RECORD

## Cy-Fair High School Project Prom 2010

*It's Finally Here --- Senior Year 2010*

There will be much going on in the lives of our senior students this school year, and two of those exciting events will be Prom and Project Prom, April 30, 2010. Project Prom is a year-long fundraising effort by senior parents for the purpose of providing a fun, drug- and alcohol-free overnight lock-in event for our seniors and their dates after the Prom.

Our next general meeting is Monday, November 23, at 7:00 p.m. in the Cy-Fair High School cafeteria. Take this opportunity to be involved in your senior's BIG NIGHT! There are many ways parents and community members can help. Fundraising and donations are vital to the success of Project Prom. We are a non-profit 501C3 organization. No donation is too small. A list of fundraising opportunities and more detailed information is available on-line at [www.cyfairprojectprom.org](http://www.cyfairprojectprom.org).

### IMPORTANT DATES AND EVENTS:

Meeting Dates: December 21, 2009; January 25, 2010; February 22, 2010; March 22, 2010; April 26, 2010

McDonalds Fundraiser is Nov. 23 at Cypress N. Houston and Huffmeister, from 5 - 8pm. Invite all your friends to come by and eat and McDonalds will donate 20% of the sales to Project Prom. In December we will be collecting receipts from the Cypress N. Houston/Huffmeister

McDonalds all month long.

Vender Rebates- If you have a business and would like to promote it at our general meeting please visit the Cy-Fair Project Prom website to learn how to become a part of our meetings.

Randall's and Kroger's Grocery Store – You can link your Kroger or Randall's card to Cy-Fair Project Prom. For Randall's cards use charity # 3374. You can obtain the barcode for Kroger from the Cy-Fair Project Prom web page.

Upcoming events : Mulch sales- March 6,2010 sales in Stonegate, Barwood, Wortham Prom Dress Boutique- ongoing collection of gently used formal clothes ( girls and guys) for sale in early spring 2010; Denim and Diamonds- Dinner/Dance and silent auction happening in Feb 2010 looking for table sponsors and silent auction items; Lollipops & T-shirt sales- ongoing and during CFHS lunches \$10.00 each ; Casseroles To Go – Orders due Jan. 15th

Cy-Fair Project Prom Golf Tournament – Date to be announced And finally Cyfair Projectprom is on Facebook.

Sign up for Facebook to connect with Cyfair Projectprom.

The December general meeting will be Monday, December 21, 2009, at 7:00 p.m. in the Cy-Fair High School cafeteria. Please join us!

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## NEW ORGANIZING CYPRESS CHAPTER OF THE

*Daughters of the  
American Revolution*

A DAR chapter is forming here in Cypress, Texas. Any woman who is 18 years of age or older may join as long as direct lineage can be proven to a patriot in the American Revolution.

We meet on every third Thursday at the IHOP on 290 near Fry Road from 7 pm - 9 pm. Any ladies who are interested please feel free to contact me. The next meeting is November 19, 2009. Please come out and join us.

## Cy-Fair Republican Women Recap Great Year

Cy-Fair Republican Women had a terrific 2009. Our meetings are the second Tuesday of the month at 10:30, usually at Carraba's on Hwy 6 just south of Longenbaugh. Our speakers in 2009 addressed issues that affect our everyday lives. A few examples are TxDot gave us an update on the 290 corridor, the head of the Harris County Juvenile Courts spoke on gang activity, Operation Military Embrace - a group that does outreach for our wounded troops and their families spoke, a local doctor gave a talk on Health Care Reform and a member of the Baker Institute that deals with crime in Mexico and along the border informed the club. In addition the Harris County Tax Assessor/Collector Leo Vasquez spoke and then deputized many in the group as voter registrars. We have held voter registrations at Lone Star College and other locations. Many of our members do volunteer work for various campaigns and have attended district and state conventions. We do our best to be good members of the community and have helped out an elementary school in an economically depressed area by giving dictionaries, Texas and US flags and Constitution Handbooks. This is a fun way to make a difference in our local, state and federal government. For information please see our website at CFRW.net or call Mary Moss at 281-550-9415.

## Let's Talk Real Estate



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## CYPRESS RANCH KEY CLUB

*Looking out for Layla Grace*



Layla Grace is a beautiful twenty-two month old girl. On May 7, 2009 Layla was diagnosed with Stage 4 Neuroblastoma, a tumor that develops from nerve tissue, in her kidney. She had a massive tumor in her abdomen that extended from above her left kidney, around her side, over her belly and around her aorta. Her grandmother is a faculty member at Cypress Ranch High School.

When they Cypress Ranch Key Club learned about Layla's illness, they took action. The Key Club held a Lock-In in September and designated funds raised from Macy's "Shop for a Cause" to help Layla Grace.

On September 18, 2009 a Lock-In was held at our school. Students paid \$30 to attend or \$25 and a donation of two new children's

books. At the Lock-In students enjoyed activities such as food, friends, karaoke, movies, and video games. Every hour door prizes were awarded, and games such as four square, volleyball, soccer, and twister were played all night long. The Cypress Ranch Key Club raised over \$6,000, and \$4,500 was donated to Layla Grace's medical bills. The other \$1,500 will be split among the Key Club's Lieutenant Governor's and District Governor's Projects.

Macy's "Shop for a Cause" was October 17, 2009. Cypress Ranch Key Club members sold Macy's discount coupons for \$5. The proceeds from coupons sales were also designated for Layla Grace's medical bills. The members raised a total of \$1,100 for Layla Grace selling a total of 220 coupons.

*(Continued on Page 7)*

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## Layla Grace- (Continued from Page 6)

Our total donation towards Layla Grace to date is \$5,600. The total will continue to grow. To learn more about this precious little girl and how you can help, visit [www.laylagrace.org](http://www.laylagrace.org).

For more information, please contact:

Bri Holcombe, Publicity Chairman  
[sbvbchick@hotmail.com](mailto:sbvbchick@hotmail.com)

Justin Bradley, Publicity Chairman  
[Thebradley5@comcast.net](mailto:Thebradley5@comcast.net)

Jennifer Hydes, Faculty Advisor  
Cypress Ranch Key Club

[Jennifer.hydes@cfisd.net](mailto:Jennifer.hydes@cfisd.net)

## Jackie Sherrill, Guest Speaker at January NWHC Aggie Mom's Club Meeting

Please join the NWHC Aggie Moms as they welcome, Jackie Sherrill, former head coach and athletic director at Texas A&M University to their January meeting. Jackie Sherrill will be discussing his book, *No Experience Required*, written by Caleb Pirtle III. This book was written in collaboration with the 12th Man Kickoff Team Foundation comprised of over 80 former players and founded in 2007. Come hear a truly inspirational story in which the 12th Man Kickoff Team brought Texas A&M fans and players together to win 3 consecutive Southwest Conference titles. The 12th Man Kickoff Team Foundation currently works to provide scholarships for students with financial needs and encourages students to follow their dreams.

The Aggie Mom's Club meeting will be held Tuesday, January 12, 2010 at the Houston Distribution Center conveniently located near Willowbrook Mall at the corner of Cutten Road and 7100 High Life Drive. Please come enjoy refreshments provided at 7 pm and learn about valuable information regarding student activities, scholarships, the Aggie Boutique, door prizes, and more. Help support our outstanding Aggie students!

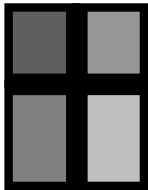
The Aggie Mom's Club is accepting Scholarship Applications for the 2010-2011 school year. Applications must be postmarked no later than Feb. 7, 2010. Last year 8 scholarships totaling \$8,750 were awarded to area students.

For more information, check out our website at [www.nwhcaggiemoms.com](http://www.nwhcaggiemoms.com).

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4:00pm Family Lessons &  
Carols with Holy Eucharist  
9:00pm Holy Eucharist with  
the Service of Light

### WEDNESDAY'S AT ST. AIDAN'S

(DEC 2<sup>ND</sup> & DEC 9<sup>TH</sup>)  
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6:45pm - 7:30pm Advent Worship  
7:30pm Dessert

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*St. Aidan's wishes you a Merry Christmas that is filled  
with peace, love, and the joy of Christ's Birth!*



You are invited to worship with us  
at our new church located at  
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Our Priest,  
Father Justin,  
looks forward to  
meeting you!



## Cypress Cares



*Our troops need and deserve our support;  
get involved today!*

Cypress Cares would like to announce the dates that we will be boxing up our care packages for the year. All boxing events will be held at the Cole's Crossing Community Center, located at 13050 Barker Cypress Road at Jarvis Road. Several of our packing days this year are specifically at times when Cy Fair ISD is not in session so that our students will have an opportunity to be involved as well. The dates are as follows:

December 28, 1:00

### Christmas Break Service Project for Cy Fair Students

Cypress Cares has received more thank you notes from the troops who have received packages. Visit our website, [www.cypress-cares.org](http://www.cypress-cares.org) to view the troop responses, as well as more current information about upcoming events, donation ideas and more.



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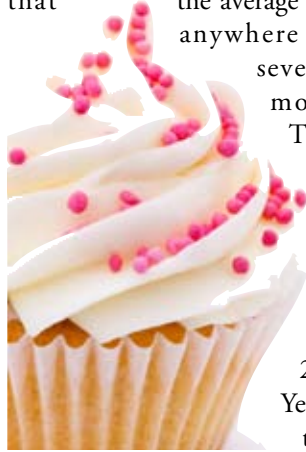
**Why pay more than you have to?**



## HAVE A HEALTHY HOLIDAY SEASON

*and a Happy New Year!*

Immediately after Halloween, people begin to focus on holiday shopping, decorating, baking and parties, parties, parties! Between office parties, happy hours, school functions for the kids, in-store food samples and large family gatherings, it is not surprising that the average American gains anywhere from two to



seven pounds (or more!) between Thanksgiving and New Years!

This year, you don't have to wait until you make your 2010 New Year's resolutions to make some

changes. Here are some helpful tips to help you avoid packing on the pounds this holiday season:

- You don't have to go to every party or dinner!
- Don't show up to a party hungry
- Size up the buffet before you grab a plate
- Decide what you really want to eat ahead of time
- Limit yourself to one trip to the buffet
- Fill your plate three-quarters full with fruits and veggies first
- Limit your alcohol intake
- Don't stand near the buffet table
- Eat with your non-dominant hand
- Chew gum when not eating
- Dance, talk and socialize—it's not all about the food!

The small appetizers typically served at

parties are packed with a lot of calories. Here are some examples of popular party foods, the amount of calories they contain, and how much activity would be needed to burn off those calories:

- Two hot chicken wings with two tablespoons of blue cheese dressing contain 550 calories, and it would take a 150 pound person over two hours of vigorous housework to work off those calories.
- One-half of a cup of mixed nuts contains 400 calories, and it would take a 150 pound person over one-and-a-half hours of walking to burn off those calories.
- One ounce of cheese served with one ounce of crackers contains 225 calories and it would take a 150 pound person almost 45 minutes of fast dancing to burn off those calories.

*(Continued on Page 10)*

## Design Solutions

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#### Have a Healthy Holiday Season - (Continued from Page 9)

There are some healthier options that you should choose or serve on a buffet line at your next holiday party:

- Boiled shrimp with cocktail sauce
- Bruschetta (tomato appetizer served with small pieces of toasted bread)
- Rather than the standard carrot and celery sticks, try an Asian theme with baby corn, snow peas and red pepper slices served with low-fat sesame or ginger dressing.
- Another option is to replace the standard chips and salsa with a mix of corn, black beans and salsa scooped inside of a bell pepper half.
- For a tasty dessert, make an eggnog flavored dip to serve with fruit, angel food cake or small gingerbread cookies.

In addition to choosing healthier options, try to eat normally throughout the day. Don't try to starve yourself to "save up" calories before a party or dinner. Also, be sure to exercise regularly and get enough sleep. Most importantly, put the emphasis on spending time with family and friends, not on the food!

Thinking of giving cookies, fudge or a box of chocolates as a holiday gift? This year, try to give your family, friends and co-workers a healthier gift, such as a cookbook with quick and healthy recipes, sign them up for a cooking class or fill a recipe box with some of your own healthy recipes. You can also give gifts that encourage outdoor activity. Purchase pedometers, compasses or other gear that will encourage those you care about to be outside and active, they'll thank you later! - **Tarie Beldin**

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## Lone Star College - *CyFair Perspective*

### HOLIDAY PERFORMANCES ON STAGE

This holiday in the Main Stage Theatre are "A Taffeta Christmas" set Dec. 3 through Dec. 13 and the free String Orchestra concert "Collage" set Dec. 7. For tickets and information call 281-290-5201 or go to LoneStar.edu/boxoffice.

### L.I.F.E. LESSONS IN DECEMBER

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 December include: learning about the Texas Rangers Dec. 2, tips for permanent weight loss, Dec. 9 and creating a holiday wreath Dec. 16. Programs will resume Jan. 13, 2010. Call the library at 281-290-3213 for L.I.F.E. program information or go online to LoneStar.edu.

### HOLIDAY HAPPENING WITH A.L.L.

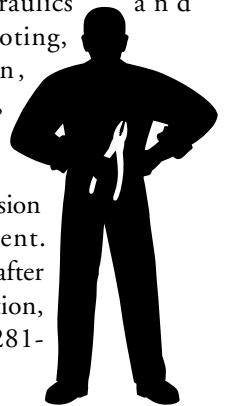
Celebrate the season with music, food and friends at the Dec. 10 Holiday Happening with LSC-CyFair's Academy for Lifelong Learning (A.L.L.) This event will be held at 4:30 p.m. - 6:30 p.m. at Heritage Lodge at Towne Lake. A.L.L. is designed for adults age 50 and better. For information, send an e-mail to LSCCFCE@lonestar.edu or call 281-290-3460.

### REGISTER NOW FOR MINI-MESTER AND SPRING SEMESTER CLASSES

Catch up or get ahead this holiday season! Take a mini-mester course in December or register early for spring. Mini-mester classes begin Dec. 14. Spring semester classes begin Jan. 19, 2010. For information, call 281-290-3200 or 832-782-5000 or go online to LoneStar.edu.

### BECOME AN INDUSTRIAL MAINTENANCE TECHNICIAN

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## TIPS FOR TEACHING CHILDREN

### *About Table Manners*

*Submitted by Rebecca Beavers*

Teaching your children table manners may sound old fashioned, but it never goes out of style. Having good manners shows your respect for other people, and it's more than saying "please" and "thank you." It's about helping your children develop habits and behaviors that will help them relate to adults and other children in a positive way. "To make your family mealtime time special and relaxing, slow down, sit and talk with your children and expect good behavior. You will be pleasantly surprised at how much easier and enjoyable it will become," said Dr. Mary Zurn, vice president of education for Primrose Schools. "This is important because children with good manners often find it easier to make friends and get along with others at school and at home."

#### **Dr. Zurn offers five table manners tips to get parents started:**

1. Start early: Don't wait until you think your child is "old enough" to learn polite behavior. Just as children learn to crawl before they learn to walk, they also learn manners in stages. Even infants watch parents for rules of expected behavior. Very young children can learn to sign key phrases



such as "please" or "thank you" and then transition to the spoken words around age two. By age three, children should be able to stay seated at mealtime if you sit down with them.

2. Give specific feedback: Children learn best when they receive specific feedback about their behavior which is far more effective than generic praise. For example, instead of

saying, "Good job," you can say, "I'm so glad you set the table."

3. Encourage polite conversation: Children as young as two can learn to engage in polite conversation at the dinner table with the right kind of guidance. As you are at the table eating together, show them how to take turns listening, talking, and asking questions.

4. Set a good example: Make sure your words and actions match. Children watch parents all the time for behavior clues. For example, if you want your child to eat broccoli because it's a healthy food choice, you will need to let them see you enjoy eating it as well.

5. Create a routine: Children learn best from consistency because it helps them know what to expect. Start with the repetition of a few simple steps such as putting a napkin in your lap when you sit down. Create a routine that is easy for them to repeat and remember. For more tips from Dr. Zurn and a list of book suggestions on teaching your children table manners, visit [www.Dr.ZandMe.com](http://www.Dr.ZandMe.com).



# images

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\$351,000--\$450,000	0	0	0	0	1	0	0	0	0	1
\$276,000--\$350,000	0	0	0	1	1	2	1	0	1	0
\$231,000--\$275,000	1	1	1	1	0	0	0	0	2	1
\$201,000--\$230,000	1	1	0	0	0	1	1	0	1	0
\$200,000 and below	0	0	1	0	1	0	1	2	0	0
<b>Total</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>
Highest \$/sq ft	\$84.76	\$118.46	\$86.78	\$85.81	\$95.09	\$85.34	\$96.37	\$112.57	\$80.11	\$93.18

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