

RANCH RECORD

*News For The Residents of
Blackhorse Ranch*

2010 Spring Recruiting Drive

The Cy-Fair Volunteer Fire Department will host a series of recruiting open houses at three of our fire stations this month to educate and inform those interested in joining one of the largest volunteer fire departments in the nation.

The volunteer fire service was started in this country by Ben Franklin. For more than 250 years the volunteer fire service has continued this tradition of "neighbors helping neighbors". But over the past two decades the number of volunteer firefighters nationally has decreased by around 8%. The Cy-Fair Volunteer Fire Department has almost 400 volunteers today. The Cy-Fair VFD provides community based fire, EMS, and rescue services for 156 sq miles of Northwest Harris County using 12 fire stations. We provide all the necessary training and equipment needed. We have members from all walks of life including doctors, lawyers, bankers, realtors, career firefighters, teachers, mechanics, welders, nurses, and stay at home parents. The only requirements are to have your high school diploma or GED, be 18 yrs old, and pass a drug and background check. The volunteers of the Cy-Fair Volunteer Fire Department save the tax payers of our area over \$28 million each year.

For anyone interested in volunteering there are a number of reasons to join:

- The satisfaction of helping others in your community especially when they are in need



- To gain experience and education in a wide variety of topics including - firefighting, emergency medical services, hazardous materials, fire codes, sprinkler systems and alarm systems
- Meet and work with others in your community, gain a sense of camaraderie with others by working together
Whatever your age or physical abilities there is something you can do at your local fire house to help out! While firefighters are needed, there are many other jobs where you could help:
- Drivers and pump operators are essential to all emergency operations (you can't get there without a driver!)
- Support personnel at the scene to move hoses, get equipment, etc.
- EMS personnel are needed for both first responders and ambulances
- Fire prevention teachers, people to help with truck maintenance and fire station maintenance are also needed.

(Continued on Page 2)

American Business Women's Association Cy-Fair Express Network (CYFEN)

Event: Cy-Fair Express Network
Monthly Networking
Luncheon

When: May 27, 2010

Time: 11:30 am – 1:00 pm

Where: Houston National Golf
Club

16500 Houston National
Blvd

Houston, TX. 77095

Networking and Business Luncheon

Cy-Fair Express Network invites you to their monthly meeting and luncheon. Lots of fun, networking, and giveaways. Bring plenty of business cards. Please make reservations by May 21 to Anya Lucas @ (713)459-2331 or anya@lucascare.com. More information @ www.cyfen.org.

Our mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.

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

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.

KARI HARRISON
Sales Representative

PH. 713-855-1731
kari@PEELinc.com



Peel, Inc.

www.PEELinc.com

PH. 512-263-9181

Fax 512-263-9183

2010 Recruiting Drive - (Continued from Cover Page)

- IT personnel to assist with our computers, network, website, and printers
 - Help with fundraising and other fire company functions
- Please attend one of our open houses and find out how you can help out at your local fire station. If you cannot make one of the dates please call us at 281-550-6663 to speak with a Public Information Officer.

Recruiting Open House Dates and Locations:

- Sun May 23 at 6 pm Station 2 11210 Tower Oaks Blvd, Houston TX 77065 (near Jones Rd and FM 1960)
- Mon May 24 at 7 pm Station 5 16035 Aspenglen North, Houston TX 77084 (Off Hwy 6 just north of Clay Rd)
- Wed May 26 at 7 pm Station 10 11310 Steeplecrest, Houston TX 77065 (near West Rd and Jones RD)



Business Classifieds

CYFAIR PET AND HOME CARE: Providing in-home pet- and house-sitting services to Fairfield Residents. We offer competitive rates and strive to accommodate your pet's schedule. References available. Check us out on the web – www.cyfaircare.com or call us at 281-857-2311.

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Blackhorse Ranch residents, limit 30 words, please e-mail blackhorse@PEELinc.com.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 888-687-6444 or advertising@PEELinc.com.

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**100% of the proceeds from your
oral cancer screening go to sponsor Team Tiara
in their walk against cancer.** For more
information about Team Tiara visit their website at:

teamtiara.net



Fairfield Dental Care and Orthodontics
Keith Grimm, DMD | Paula Herber, DDS
15040 Fairfield Village Drive, Suite 240
Cypress, TX 77433
(281) 256-6190



RANCH RECORD

Annual 12th Russian Children's Folk Festival 2010

Happy Families has been sponsoring orphaned children to participate in our Russian Children's Folk Festival since 1981! We plan to bring 15-20 children ages 6-12 from orphanages in the Kaliningrad region with their chaperones to Houston, TX in June 2010. The children will be staying with host families for 2 weeks.

School age children are one of the most deprived groups of Russian orphans. They have few chances for a bright future in Russia. The festival gives them a unique opportunity to see a different world outside of their orphanages.

These annual events have found much attention from the media, including coverage on ABC's Good Morning America and New York Times and many more. See details at www.happyfamilies.org.

What are the requirements to bring a child? Happy Families needs to raise about \$2,000 to bring each participant. This covers airfare, transportation in Russia, passports, visas, medical insurance, translation and coordination. We are asking for your support and participation in this project. Please contact us for additional information on how you can help.

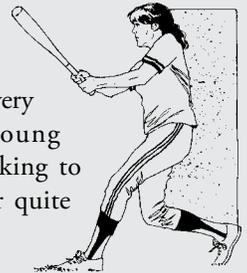
Sincerely,

Svetlana Startz
Director, Russian Children's Festival
Svetlana@happyfamilies.org
281-871-8008

Trinh Le, Ph.D.
Parent Volunteer
trinhtole@hotmail.com
281-304-4361

Cy-Fair Storm

The 2002 Cy-Fair Storm is looking for 2 - 3 solid players to complete our roster. We practice 3 times a week at Dyess Park and will play 1 to 2 tournaments a month. We are a very competitive, young team that is looking to stay together for quite some time.



Cy-Fair Girls Athletic Association
A.D. Dyess Park
16822 Kitzman Road
Cypress, Texas

Contact: CFSTORM2002@yahoo.com

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Oil & Gas Networking

If you work in any aspect of the Oil & Gas Industry and would like to network and meet your Cypress neighbors in your field, please come say Hi!

We will meet the 1st Monday of each month at IHOP on Hwy 290 (Next to CVS on Fry Road) between 5:30 am and 8:00 am.

Come by have a cup of coffee and get the latest events and happenings in the Industry. If you have any questions please feel free to email me at Kevin.Kays@sbcglobal.net

The Daughters of the American Revolution

Elisha Roberts Chapter, NSDAR meets every third Thursday at Meson 1910 Mexican Restaurant on Mason Rd. The Daughters of the American Revolution is open to any woman 18 years or older who can prove direct lineage to an ancestor who fought in the American Revolution or provided patriot service. Our new chapter is looking for members. If you are interested in joining, please stop by and say hello...meetings start at 7 pm. If you have any questions, please feel free to contact me: Laura Neal at lizardsareicky@sbcglobal.net or 281-256-3545.



The Cooper Foundation

*A Non-Profit Organization
for grieving families*

The Cooper Foundation is looking for volunteer facilitators to assist with peer support groups for grieving children and teens. No special skills are required, all training is provided. The volunteer time commitment is three hours, every other week, during the school year.

The next training sessions will be held on April 20th and May 4th, from 6:00pm - 9:00pm. You must attend both sessions. For more information, please e-mail Jaime@thecooperfoundation.org, or visit our web-site at www.Thecooperfoundation.org.

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Houston Premium Outlets® Begins Construction For Expansion *Upscale Outlet Center to Expand to 145 Stores*

Just over two years after its successful opening, Houston Premium Outlets® has started construction on a major expansion. The center's Phase II expansion will bring the total number of stores at the center to 145 designer and name-brand outlet stores, adding 114,000 square feet of gross leasable area (GLA) bringing the center to 541,000 square feet. New stores will be open in time for the Holiday 2010 shopping season. More than 25 new stores will be added including Saks Fifth Avenue Off 5th which will become the center's largest store, A/X Armani Exchange, Esprit, J.Crew, Joe's Jeans, Lacoste, Talbots and many others to be announced at a later date. Houston Premium Outlets is part of the Premium Outlets portfolio of outlet centers owned by Simon Property Group.

With 120 stores, Houston Premium Outlets offers savvy shoppers upscale outlet shopping, with an impressive collection of brands including Adidas, Ann Taylor, BCBG Max Azria, Brooks Brothers, Burberry, Calphalon Kitchen Outlet, Coach, Cole Haan, Elie Tahari, Juicy Couture, Kate Spade, Kenneth Cole, Le Creuset, Michael Kors, Nike, Tag Heuer, Tommy Hilfiger, True Religion and more. With everyday savings of 25 to 65 percent, this outdoor center has quickly

become a shopping destination for fashion and value-conscious shoppers.

Houston Premium Outlets offers discerning shoppers an impressive variety of merchandise including designer apparel for women, men and children, shoes, fashion accessories, high quality leather goods, housewares, gifts and more. The single level outdoor village has a southwest architectural and creates a pleasant, upscale atmosphere for shoppers. While pedestrian courtyards are outdoors, there is sufficient coverage to provide all-weather shopping comfort. Individual outlet stores are reminiscent of boutiques found in the finest shopping districts of the world.

"We are pleased to be expanding Houston Premium Outlets not only to fulfill merchant demand for space, but also to satisfy shoppers' desire to have an even greater selection of brands at impressive savings," said Michele Rothstein, Senior Vice President - Marketing for Premium Outlets, the outlet division of Simon Property Group. In addition to the more than 500 jobs being created during construction, this expansion will add over 250 new retail jobs

(Continued on Page 7)



Jennifer Kwak, M.D.

Welcomes

Parul Patel, M.D.



OFFICE HOURS

Monday - Thursday: 9 am - 5 pm

Friday: 9 am - noon

*Saturday: 9 am - noon (Sept - April Only)

Closed Saturdays During the Summer Months

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Houston Premium Outlets - (Continued from Page 6)

to the community. "We are thrilled that our center is providing not only great outlet shopping but is also supporting the community by creating new jobs and assisting in the overall economic growth for the area. The expansion of the center will enable us to enhance these benefits."

The center has a centrally located food court, and offers a wide range of customer services including an Information Center providing area and merchant information, stroller and wheelchair rentals, gift cards and ATMs. The center offers special benefits to tours and groups. An online VIP Shopper Club offers members added savings with no fee to join. Members can enter the online VIP Lounge and download exclusive savings offers from merchants, coupon book vouchers – worth hundreds of dollars of additional savings, find shopping tips and more.

Houston Premium Outlets is conveniently located off of U.S. Highway 290 between Mason Road and Fairfield Place in Cypress, TX. Information about Houston Premium Outlets is available online at www.premiumoutlets.com/houston.



A black and white advertisement for Kidventure Summer Camp 2010. The background features a stylized world map. In the foreground, three children are posing in a dynamic, athletic stance. They are wearing dark clothing with the 'Kidventure' logo. The text 'KIDVENTURE SUMMER CAMP 2010' is written in large, bold, white letters at the top. Below it, the text 'Houston's Premier Summer Day Camp Comes to Coles Crossing' is written in a smaller font. To the right, the dates 'June 7-July 30' and the call to action 'Register Today' are prominently displayed. At the bottom right, there is a logo consisting of a stylized 'K' inside a square, followed by the phone number '713.960.8989' and the website 'Kidventure.com'. At the very bottom, a line of text reads: 'All Adult Staff - Low Ratios - Very Active Curriculum - 16 Years of Camp Experience - Ages 3-13 - Register Today'.

ARE YOU AN

Aggie Mom?

Northwest Harris County Aggie Moms is an organization that supports our Aggie students through scholarships and donations to the many campus organizations that enrich and enhance their experience at Texas A&M University. We also support each other as we share the joys and trials of parenting our Aggies through this important time in their lives.

Whether you are sending your first Aggie off to College Station or your last, we invite you to join us this year and be a part of this special group of women! Plan to attend one of the informal mixers held in neighborhoods across the Northwest Harris County area this summer. Our annual Howdy Party will be on Tuesday, August 10th at the Houston Distributing Company conveniently located near Willowbrook Mall at the corner of 7100 High Life Drive and Cutten Road.

Please check our website at www.nwhcaggiemoms.org for a list of dates and locations or contact Vickie Hamley at 713-466-4494 for more information. We look forward to meeting all our Aggie Moms!



H-E-B Cypress Market is Recognized as a B.E.S.T. Business by the Cypress-Fairbanks Independent School District

The Cy-Fair ISD and the Cy-Fair Houston Chamber of Commerce are pleased to announce that H-E-B Cypress Market has received the B.E.S.T. Business recognition for their ongoing relationship with the school district. H-E-B was spotlighted at the February 16th Cy-Fair Houston Chamber of Commerce General Membership Luncheon for their dedication to supporting the educational goals of students and staff of the district.

They are actively involved as a participant in campus and district events such as Bus Buddies, Junior Achievement, the CFISD Livestock Show and Sale and serving on district advisory boards and campus and district committees.

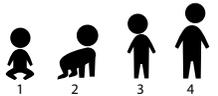


COLIN'S HOPE

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.

Recipe of the Month

Cheesy Potatoes

6 medium potatoes, cooked & chunked

Pour cooked potatoes into a lightly greased 8 x 10" baking dish.

Cook the following in ¼ lb. margarine or butter until tender:

- 1 small onion, chopped
- 1 green pepper, chopped
- 3 stalks celery, chopped

Add the following to cooked vegetables:

- 1 can cream of mushroom soup
- 1 small can evaporated milk
- ½ lb. Velveeta cheese
- 1 small jar pimentos

Sprinkle with parsley if desired. Stir until cheese melts and pour over potatoes. Bake in 350 degree oven until bubbly.



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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

8350 Jones Road, ¼ mile off Hwy 290 on Jones

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

Contemporary Services: 9:20 a.m., 10:40 a.m.

www.foundrychurch.org | 713.937.9388

RANCH RECORD



May Texas Events

- 15—HOUSTON:** Birding Walk & Talk Begins at 8:30 a.m. Sheldon Lake State Park. 281/456-2800 ext. 222
- 15—HOUSTON:** Houston Masterworks Chorus World-class orchestra and singers present The Brahms Requiem at 7:30 p.m. Morris Cultural Arts Center Houston Baptist University. www.houstonmasterworks.org 713/529-8900
- 15—NEEDVILLE:** Junior Angler Education Workshop Learn the basics of fishing through hands-on instruction. Brazos Bend State Park. 979/553-5124
- 15—PORT ARTHUR:** Cajun Celebration Includes bands and dancing. Jefferson County Singles Club. 409/983-5118
- 15—VICTORIA:** Market Day Special Events Area — Riverside Park. www.victoriatx.org 361/485-3200
- 15-16—HOUSTON:** Houston Scottish Highland Games & Celtic Festival This event helps foster an interest in the culture and heritage of Scotland and preserve Scottish and Celtic traditions. Farm & Ranch Club. www.houstonhighlandgames.com 713/871-0061
- 15-16—ORANGE:** Texas Cajun Heritage Festival & Speckled Trout USA Fishing Tournament Features live Cajun bands, Cajun foods, Cajun arts & crafts, dancing, carnival and trout tournament. 1000 Simmons Drive. www.orangetexas.org 409/883-1011
- 15-16—PORT ARANSAS:** Anglers on Wheels This fishing tournament is for families and friends of physically challenged individuals. Woody's Sport Center. www.ditwtexas.org 210/254-2310
- 15-17—PORT ARANSAS:** Songwriters Showcase/Art Festival Arts & crafts booths are scheduled for Saturday and Sunday. Local singers/songwriters perform on Monday evening. Tarpon Inn Courtyard. www.thetarponinn.com 361/749-7334
- 16—HOUSTON:** Annual GTO Car Show Features more than 75 muscle cars on display and competition. Cars of all sorts show up — from GTOs and Corvettes, to Malibus, Firebirds and classics from the 1920s. Traders Village. www.tradersvillage.com 281/890-5500
- 16—LA PORTE:** 20th Annual Monumental Bug Bash All makes and models of VWs are welcome. San Jacinto State Park. www.bayareavwclub.com 832/205-2300
- 16—NEEDVILLE:** Sunday Morning Birding Hikes Begins at 8 a.m. Brazos Bend State Park. 979/553-5124
- 21-Jun. 20—HOUSTON:** Mrs. Mannerly Alley Theatre. 713/228-9341
- 21-Jul. 3—VICTORIA:** Exhibit: Maurice Robert's Photography Traffic Report Nave Museum. www.victorialregionalmuseum.com 361/575-8227
- 22—LAKE JACKSON:** Brazosport Symphony Orchestra Concert Begins at 7:30 p.m. The Clarion. www.clarion.brazosport.edu 979/230-3658
- 22-23—HOUSTON:** Ninth Annual Country Roots Music Festival Takes the audience back to the roots of "real" country, with two afternoons of juke box covers and original tunes reminiscent of the honky tonk days. Traders Village. www.tradersvillage.com 281/890-5500
- 22-23—ROCKPORT:** Festival of Wines Texas Maritime Museum. www.texasmaritimemuseum.org 361/729-1271
- 23—CORPUS CHRISTI:** Cathedral's Silver Anniversary Gala Concert Features members of the Cathedral Music Ministry and the Cathedral Festival Orchestra. Begins at 6 p.m. Corpus Christi Cathedral. 361/888-7444

(Continued on Page 11)



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May Texas Events - (Continued from Page 10)

25—SAN BENITO: San Benito High School Conjunto Band Concerts Enjoy the traditional sounds of Conjunto music by San Benito's young musicians at 6:30 p.m. W.H. Heavin Amphitheater. 956/361-3804 ext. 302

27, 29-30—HOUSTON: Pecos Houston Ballet. Wortham Theater Center. www.houstonballet.org 713/523-6300

29—SOUTH PADRE ISLAND: Memorial Weekend Fireworks Begins at 9:15 p.m. Between Marlin & Red Snapper Street on Laguna Madre Bay. 956/761-6433

29-30—CORPUS CHRISTI: Art in the Gardens Includes art & craft items by local artisans for sale. Hours are 9 a.m. to 5 p.m. South Texas Botanical Gardens and Nature Center. www.stxbot.org 361/852-2100

29-30—PORT ARTHUR: S.A.L.T. Fishing Rodeo Enjoy a fishing tournament — inshore and offshore — with a children's category. Pleasure Island. 409/963-0433

29-30—SOUTH PADRE ISLAND: SPI Beach Volleyball Tournament Boomerang Billy's at Surf Motel. 956/761-3005

Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.

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RANCH RECORD

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** meeting for Cypress on the second Thursday of each month.

IHOP Restaurant on Hwy 290 @ Rosehill

Get involved.

For more information, please call 281-373-9337.



We the People of Cypress/Waller 9/12 Project Group

NEXT MEETING:

Second Thursday of each month

Location: IHOP Restaurant on Hwy 290 @ Rosehill
For more information, please call Kerry LaLonde at 281-373-9337.



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.

Electricity is **ON SALE** at StarTex Power!



Alan "Petrodamus" Lammey, host of 'Energy Week', can be heard every Sunday on 1070 KNTH in Houston.

I'm Texas Energy Analyst, Alan Lammey. In case you didn't know, electricity rates are currently at lows not seen in years, which means that NOW is the time to lock in a very low electricity rate with the provider that I highly recommend to all my radio show listeners: StarTex Power. StarTex Power is local and reputable, with some of the most competitive rates available in all of Texas. You can switch right online at www.StarTexPower.com

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- Kids Stuff -

Section for Kids with news, puzzles, games and more!

Why Exercise Is Cool

Kids exercise all the time without even thinking of it. Just being active, like when you run around outside or play kickball at school, is a kind of exercise. What else counts as exercise? Playing sports, dancing, doing push-ups, and even reaching down to touch your toes.

When you exercise, you're helping build a strong body that will be able to move around and do all the stuff you need it to do. Try to be active every day and your body will thank you later!

EXERCISE MAKES YOUR HEART HAPPY

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this important muscle get stronger by doing aerobic (say: air-o-bik) exercise.

Aerobic means "with air," so aerobic exercise is a kind of activity that requires oxygen. When you breathe, you take in oxygen, and, if you're doing aerobic exercise, you may notice you're breathing faster than normal. Aerobic activity can get your heart pumping, make you sweaty, and quicken your breathing.

When you give your heart this kind of workout on a regular basis, your heart will get even better at its main job — delivering oxygen (in the form of oxygen-carrying blood cells) to all parts of your body. So you want to do some aerobic exercise right now? Try swimming, basketball, ice or roller hockey, jogging (or walking quickly), inline skating, soccer, cross-country skiing,

biking, or rowing. And don't forget that skipping, jumping rope, and playing hopscotch are aerobic activities, too!

EXERCISE STRENGTHENS MUSCLES

Another kind of exercise can help make your muscles stronger. Did you ever do a push-up or swing across the monkey bars at the playground? Those are exercises that can build strength. By using your muscles to do powerful things, you can make them stronger. For older teens and adults, this kind of workout can make muscles bigger, too.

Here are some exercises and activities to build strong muscles:

- push-ups
- pull-ups
- tug-of-war
- rowing
- running
- inline skating
- bike riding

EXERCISE MAKES YOU FLEXIBLE

Can you touch your toes easily without yelling ouch? Most kids are pretty flexible, which means that they can bend and stretch their bodies without much trouble. This kind of exercise often feels really good, like when you take a big stretch in the morning after waking up. Being flexible is having "full range of motion," which means you can move your arms and legs freely without feeling tightness or pain.

It's easy to find things to do for good flexibility:

- tumbling and gymnastics
- yoga
- dancing, especially ballet
- martial arts
- simple stretches, such as touching your toes or side stretches

EXERCISE KEEPS THE BALANCE

Food gives your body fuel in the form of calories, which are a kind of energy. Your body needs a certain amount of calories every day just to function, breathe, walk around, and do all the basic stuff. But if you're active, your body needs an extra measure of calories or energy. If you're not very active, your body won't need as many calories.

Whatever your calorie need is, if you eat enough to meet that need, your body weight will stay about the same. If you eat more calories than your body needs, it may be stored as excess fat.

EXERCISE MAKES YOU FEEL GOOD

It feels good to have a strong, flexible body that can do all the activities you enjoy — like running, jumping, and playing with your friends. It's also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive.

But you may not know that exercising can actually put you in a better mood. When you exercise, your brain releases a chemical called endorphins (say: en-dor-funz), which may make you feel happier. It's just another reason why exercise is cool!

Reviewed by: Mary L. Gavin, MD
Date reviewed: February 2009

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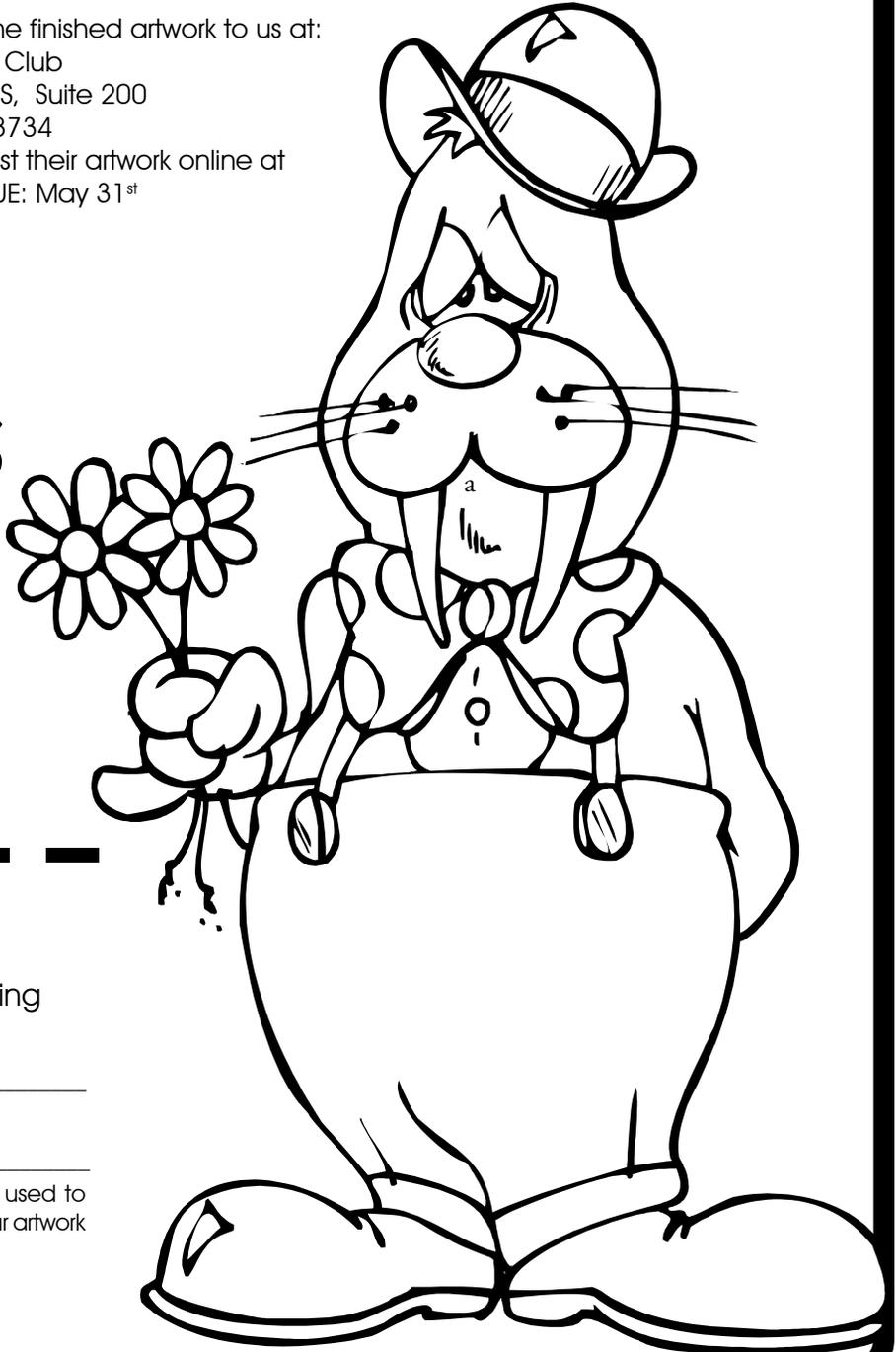
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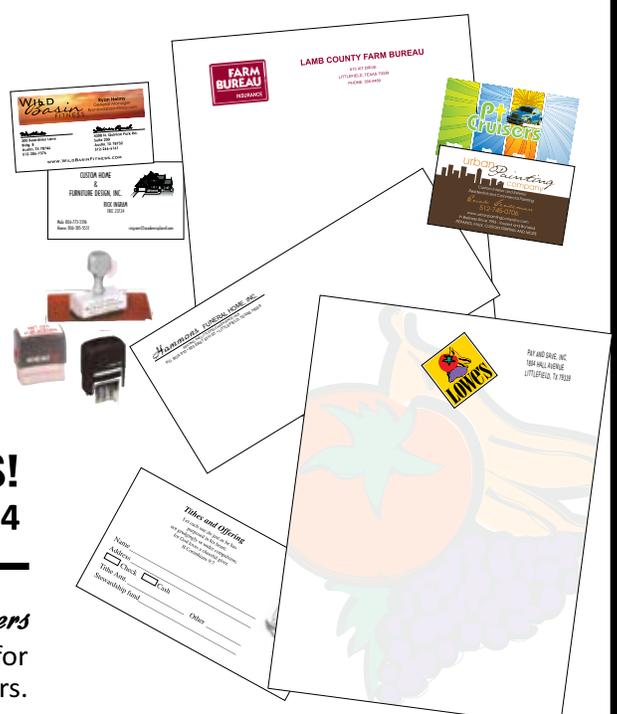
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Blackhorse Year-to-Date Sales Report

	June '09	July '09	Aug '09	Sept '09	Oct '09	Nov '09	Dec '09	Jan '10	Feb '10	Mar '10
\$451,000 and above	0	1	1	0	0	0	1	0	0	0
\$351,000--\$450,000	0	0	0	0	1	0	0	0	0	0
\$276,000--\$350,000	2	1	0	1	0	0	0	0	0	1
\$231,000--\$275,000	0	0	0	2	1	1	2	0	0	0
\$201,000--\$230,000	1	1	0	1	0	2	0	1	0	0
\$200,000 and below	0	1	2	0	0	1	1	0	3	0
Total	3	3	3	3	2	4	4	1	3	1
Highest \$/sq ft	\$85.34	\$96.37	\$112.57	\$80.11	\$93.18	\$95.07	\$145.25	\$84.70	\$74.26	\$85.00

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