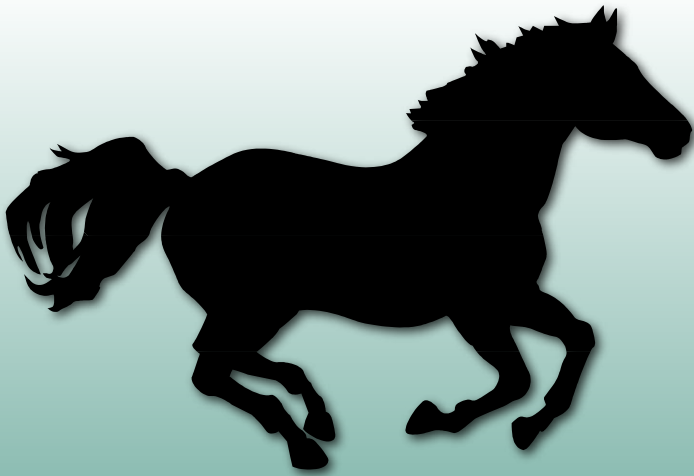


February 2011 • Volume 5, Issue 2



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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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IMPROVE RUNNING WORKOUTS

By Not Running

Whether you are training for a marathon or just getting into shape, keeping a regular running schedule is important. But doctors at Baylor College of Medicine (www.bcm.edu) say if you miss a workout, all is not lost. In fact, it can be beneficial.

“Rest days are important for runners to prevent injury as well as increase muscle strength,” said Dr. Jane Corboy, associate professor of family and community medicine at BCM and certified sports medicine physician (<http://www.baylorclinic.com/find-a-doctor/details/index.cfm?id=231>). “They allow the muscles to replenish glycogen (the energy source used during exercise) as well as allow the muscles to repair minor ‘wear and tear’ injuries.”

Running every day, even while sore, does not weaken the muscles or joints, but it may not allow them to recover enough to adapt to training as well, said Corboy.

Soreness is caused by microscopic tears to the muscle. It is part of adapting to a new activity and plays a role in eventually strengthening and conditioning the muscles, said Corboy.

She adds that doing another hard workout during the peak soreness, usually 24 to 48 hours after the workout that caused it, may result in increasing the inflammation and prolonging the pain. This could prevent gaining as much benefit out of the hard workout as you would if you did it when the muscles had recovered somewhat.

Doing a lighter workout or run may help with soreness but if the muscle is especially stiff, it may be better to do an alternative activity such as swimming or cycling, or take a day off from working out to allow recovery.

Corboy also suggests including strength training, particularly of core muscles, in order to avoid injury and improve performance. Having weak core muscles makes the wear and tear of a long run become more and more magnified as the leg muscles fatigue. If the core is “wobbly” so are the hips, knees and ankles, she said.

Corboy suggests talking to your doctor to find out what workouts would be best to add to your running schedule and when rest times are needed.





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Cy-Fair Project Prom

General Meetings

Mark your calendars for the following General Meetings held on the 4th Monday of each month:

- February 28th
- March 21st
- April 11th

Meetings begin at 7pm and are held in the Cy-Fair HS Cafeteria! Come see how you can earn points while learning about all the opportunities to help make Project Prom 2011 a raving success! Earn Points for wearing your PP T-Shirt! Don't forget to wear it!

Aramark Concessions

Project Prom Booth #546

We have 4 events we can do to help raise more funds for the Project Prom but we need your help - Monster Jams & Moto-Cross! Please, please take few seconds to check your crazy schedule and contact Brett Bidinge at brett@bidinge.com for more information.

The following are the dates:

- Feb 5th - Monster Jams
- Feb 12 - Moto- Cross

Project Prom will be working Aramark Concession booth #546. If you can't help, then be sure to come buy and purchase all your food and beverage needs! Aramark will be donating a percentage of the proceeds to Project Prom! This takes a lot of work and effort from many of our awesome parents! Stop by, make a purchase and make it worth their while or even better make it worth your while and come volunteer your time with us! A big shout out to Brett Bidinge for pulling this all together for us!

Denim & Diamonds Dinner & Dance

The annual Denim and Diamonds Dinner, Dance and Silent Auction will be held at the Houston National Golf Club on February 12th. For More information contact Bonnie Glover at blsglv@aol.com or Aida Millian at millianloans@aol.com.

Cy-Fair Project Prom Golf Tournament

Great Day Out for A Great Cause!

Grab your golf shoes & polish those clubs! Registration has begun for our Annual Cy-Fair Project Prom Golf Tournament held on April 1st, 12pm at the amazing Houston National Sterling Country Club located in the Stone Gate subdivision. We would like to encourage you to register your Teams and Sponsors TODAY! For more information, contact Brett Bidinge at brett.bidinge.com

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Cypress Oil & Gas Networking Group

We will start our 2011 monthly meetings on the 1st Monday of every month in February. We will meet at IHOP (In the glass room) on 290 & Fry road between 6:30 am - 7:30 am the 1st Monday of every month. In 2010 we had a total of 52 people in our data base and look to grow it more in 2011. If you work in any aspect of the O&G Industry come stop by, meet your Industry neighbors, and have a cup of coffee. Network with us as we share Industry news, job openings, event happenings, and much more. Please feel free to call me @ 832-623-2419 or Email me at Kevin.kays@sbcglobal.net

Cy-woods Key Club Continues To Help Community

Boasting over 300 official members, the Key Club of Cy-Woods High School is proud to say that 2010 was yet another successful year in helping out in the Cypress community. From local churches to elementary schools, neighborhood events to community service projects, sports' concession stands to after school tutoring, the members of the Cy-Woods Key Club are looking forward to another great semester of volunteering! Some of our recent events included the Sampson Elementary Reading Night, Coles Crossing's Christmas at the North Pole, and the Good Shepherd United Methodist Church's Bethlehem Village. If you are aware of a community service event in the Cypress area that could need some extra volunteers (be it 1 or 300!), please don't hesitate to email us at cywoodskeyclub@gmail.com. We look forward to all types of projects, and we can't wait to start off another great year!

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RANCH RECORD

Fitting in Fitness: Making Time for Exercise

By Sarah S. Jordan, MS

Finding time for exercise can be an ongoing challenge in our busy lives. We know that exercise will benefit our bodies and minds in many ways and that we should do it. But actually finding the time and making it happen can be difficult.

Here are a few tips to help you fit in fitness in the New Year.

- Remember that any movement is better than none. If you only have 15 minutes each day to go for a power walk, those 15 minutes will equal 105 minutes (almost two hours) by the end of the week, 420 minutes (seven hours) of exercise each month and 91 hours of exercise a year! Small things can add up to big victories over time.
- Find what works for you. For some people, a gym membership is very convenient. For others, it may not be convenient to their location, budget, job, or family. If that is the case, see if your neighborhood has any exercise groups, hire a personal trainer that will come to you, or start your own lunchtime workout group for added camaraderie and accountability.
- Schedule exercise into your week. Workouts are much more likely to happen if we put them in our calendars. Schedule workouts as you would important business meetings or doctor appointments.
- Remember that sometimes, the hardest thing to get is going. Many times, just getting our shoes on and getting out the

door is the hardest part of a workout. Once we are moving, endorphins kick in and we feel great for moving.

- Make use of the early hours. I used to dread getting up at 5:20 every morning. But now I love it, because after I get ready for work, it guarantees me a few minutes to myself before anyone else is awake. Similarly, getting workouts in before the busy day kicks off ensures that they happen, and the day will be better because of it.
- Take the kids along. My baby and I have logged countless hours with the jogging stroller. But I know that if I didn't take him with me, the majority of those workouts would have never happened. Pack up the kids and remember that pushing the kids will mean more calories burned.
- Don't give up. If you are not reaching your goals, determine what is not working and create a roadmap to resolve it. Remember that fitness is a lifestyle and it goes through ups and downs, but always benefits us if we persevere.
- Make the time that you do have count. If you have just thirty minutes three days a week, step up the intensity of those workouts to get the most you can for your time. Add intervals and hills, or find a fitness class or DVD that offers a combination of cardio and strength training.

*Wishing you a
happy and movement
filled 2011!*



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CYPRESS CHRISTIAN SCHOOL

Holds Texas History Fair

Cypress Christian School recently held its third annual Texas History Fair. Fifty seventh graders displayed projects (including research papers and exhibits) ranging from the A&M Bonfire Tragedy to the Water Rights along the Rio Grande. Student topics were chosen from the National History Day selections. The subjects all dealt with debate and diplomacy in Texas history.

Mr. Bobby Gentry, CCS Texas History Teacher, secured judges for the CCS fair from the Cy-Fair ISD social studies administrative team. We're very thankful for these skilled educators' help with the history fair.

Adam Thompson and Alyssa Ramsey tied for first place, Samantha Longridge and Kallie Rhea tied for second place, Daniel Overton won third place, and Elizabeth Gwyn and Jordon Coates were awarded honorable mention by the judges. The first place winners will have the opportunity to move to the regional National History Day competition.



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Attention NW Harris County Tri Delta Alumnae



Mark your calendars to join your Tri Delta sisters for our social gathering "Chicks, Chocolates, and Crescent Moons" Tuesday, February 8th at 7:00 pm. Our group meets on the second Tuesday of every month September - April. We have a diverse group of women of all ages from a variety of colleges. For more information, please contact Christina at 281 -855-6893 or Karen at trideltanews@yahoo.com

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

EVENT: Cy-Fair Express Network Monthly Networking Luncheon

WHEN: February 24, 2011

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. Bring plenty of business cards for networking. Please make reservations online by February 18 @ www.cyfen.org or call Darlene Hajduk @ 713-939-9730.

Vendors are now invited to register for the 2011 Cy-Fair Women's Expo on April 28, 2011. Details @ www.cyfen.org.

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WRAP 2011 Planning Is Underway!

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. This year WRAP will be held at ITZ on May 27, 2011, as an overnight lock-in party, it is a fun-filled evening of shows, games, activities, food, gifts and prizes!

WRAP still has openings for event chairs and co-chairs! Earn mega bucks by serving as a chair or co-chair!

Have you filled out your Parent Information Form yet? We need this to get you on our e-mail list!

Visit www.cywoodswrap.org and be an active parent!

MEETINGS: FIRST THURSDAY OF EACH MONTH AT 7:00 P.M. IN THE CY-WOODS COMMONS.

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THURSDAY, MARCH 24, 2011 -
K-12 Parent Open House (9-11 AM)

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"iVolunteer"! Do you? Or a better question would be "Do you want to volunteer?" And if the answer is "yes" or even "maybe", here's the perfect group for you. VIPS (Volunteers in Public Schools) in Cy-Fair ISD center the attention of their service on supporting students and staff and making a significant contribution to the education of children. These dedicated individuals, who give freely of their time and resources, impact the academic and personal development of Cy-Fair ISD students. Cypress-Fairbanks ISD is fortunate to be able to draw from a diversity of skills and knowledge in its community.

If you are interested in being involved at Cy-Fair schools as a volunteer and making a difference, or would like more information, please contact Pam Scott, Partners in Education Director at 281-894-3950.

February 2010 Events

- **February 4 - Multicultural Meeting – 9:30 a.m. to 12:00 p.m., Berry Center.** Open to all CFISD school staff, volunteers, parents and community members. The purpose of the CFISD Multicultural Committee is to raise the level of cultural understanding and respect by sharing information with the CFISD community to encourage cultural sensitivity and parental involvement to strengthen student success.

- **February 8 - Galveston Bay Training – 9:30 a.m. to 12 p.m., Berry Center.** Open to all CFISD school staff, volunteers, and parents. Learn how to present a TEKS based science lesson to 4th grade students at your school. Students will learn about the importance of our bay and waterways and what measures can be taken to protect this life-giving estuary.
- **February 8 - PIE Student Mentor Training – 6 p.m. to 8 p.m., Berry Center.** Training for individuals committed to serve as a role model and friend to CFISD students. District approved mentors meet with students weekly during school hours on school campuses. Along with this two hour training, an application and criminal background check are required.
- **February 10 - VIPS General Meeting – 9:30 a.m. to 12 p.m., Berry Center.** Open to all CFISD volunteers, parents, staff and community members. Get the latest information on CFISD volunteering and learn through networking!
- **February 17 - VIPS TAG Team Meeting – 9:30 a.m. to 12 p.m., Berry Center.** Training for individuals who are interested in working directly with students to help them reach their full academic potential.
- **February 22 - Galveston Bay Training – 9:30 a.m. to 12 p.m., Berry Center.**
Register for training by emailing the PIE office at vipsrsvp@cfisd.net.



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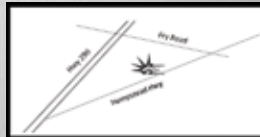
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VIPS Tag Team Volunteer Orientation Scheduled

Cypress-Fairbanks ISD needs caring members of the community to join the State Award Winning VIPSTAG Team (Targeting Achievement Globally). This team of volunteers works with the district's helping teachers to tutor students in science and math on selected elementary school campuses. The VIPS TAG Team was recently named a Crystal Award Winner by the Texas Association of Partners in Education because of its contributions to the students in Cy-Fair ISD.

You do not need to be a parent or family member of a student to become a volunteer team member. You can become a global volunteer – a caring resident of the community who wants to help children reach their full academic potential. No previous specialized knowledge or training is necessary; all training and materials will be provided by the campus helping teachers. We do ask that team members be willing to volunteer on a consistent, weekly schedule so that the students receive the utmost benefit.

An informal orientation meeting will be held on February 17, 2011, from 9:30-11:30, at the Richard E. Berry Educational Support Center, 8877 Barker Cypress Road. This meeting is a great opportunity to gather with district administrators, current TAG Team members and fellow volunteers to learn more about the program. In order to keep up with increasing demand for tutors, we need your help! *For more information, please contact Yvonne Bukowski (ybukowski@yahoo.com or 281-304-0185) or the CFISD Partners in Education Office (Pamela.scott@cfisd.net or 281-894-3950).*

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Tips for Enjoying Networking Events

By Amy Wolfgang, M.Ed.

Many of us know someone who is in the midst of a job search. They may be looking for their first job after graduating, a new job after being laid off, or a totally new career. Job seekers use many different avenues to find a job but one of the most effective is networking. It is one thing to speak with your neighbor about opportunities at his or her company but, eventually, many job seekers will need to utilize different networking events.

Great opportunities are found at networking events but, at the same time, they can be intimidating because we may not know anyone there. Networking events can strike fear in many people, even those with outgoing personalities, so here are a few tips on how to make networking events more pleasant, less overwhelming and more productive.

Tip 1: Take a Deep Breath

Remember that many people are uncomfortable at networking events. It is much more prevalent than you probably know. With

that said, go into the event with a relaxed and positive frame of mind. Identify how you relax – taking deep breaths, visualizing a positive experience, etc. Employ those methods before you enter the networking event.

Tip 2: Appear Approachable

Smile! If you have a smile on your face, others will be encouraged to speak with you. Other open body language you should employ includes:

- keeping your arms uncrossed
- standing up straight (don't slouch)
- making eye contact with those around you

While you are at the event, take notice of others' body language. See if you can tell what aspect of their body language makes them look either approachable or closed off. That will help you with your own body language.

Tip 3: Utilize the Event Activities

The toughest networking scenario is when you don't



know anyone at the event and go by yourself. In this case, try to use the activities or functions at the event to your advantage. Does the event have a bar or buffet? Once you are in the food or beverage line, begin speaking to someone also in line. Are you at an art gallery? Approach a piece of art and chat about it with someone else who is also looking at it. It's much easier to speak to people

when you already have some common ground.

Networking isn't easy and intimidates many people, however, it can lead to a powerful advantage over other job hunters! Hopefully the tips above give you the confidence to attend networking events. Who knows, you might really enjoy meeting new people and be surprised at the doors it opens for you!



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\$351,000--\$450,000	0	1	0	1	2	2	0	1	2	0
\$276,000--\$350,000	1	0	1	1	1	0	0	0	0	2
\$231,000--\$275,000	0	2	1	1	1	3	0	1	1	2
\$201,000--\$230,000	0	1	0	0	1	1	1	0	1	0
\$200,000 and below	0	1	3	2	3	0	1	0	1	1
Total	1	5	5	6	86	7	2	2	5	6
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