

RANCH RECORD

*News For The Residents of
Blackhorse Ranch*

Northwest Flyers Youth Track Club Information Sessions

THURSDAY EVENING, APRIL 7TH, 2011 AND
FRIDAY EVENING, APRIL 22ND, 2011



The Northwest Flyers Track Club will host 2 open house/registration sessions for all middle and high school athletes and their parents interested in joining for the 2011 season. The events will be held on **Thursday, April 7, and Friday, April 22, from 7:00 – 8:30 PM** in the Cypress

Room at the Methodist Willowbrook Hospital, 18220 Tomball Parkway, Houston, at the corner of FM 1960 and Highway 249. The sessions will begin with a very important program overview/orientation at 7:00 PM. All interested athletes and parents should report on time.

The Northwest Flyers is a youth (ages 6 -18) track organization, affiliated with USA Track & Field. The club provides a full program of “track” events such as sprints, hurdles, middle distance, distance, relays and “field” events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. **It is an excellent “off-season” program for young athletes who currently compete on their middle school or high school varsity track teams.**

The club was founded 24 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area. Last year the Northwest Flyers qualified 36 young athletes to compete at the US Junior Olympics National Championships in Sacramento, California.

Visit the team website at <http://www.northwestflyers.org> for registration forms and information prior to the sessions, or contact Linette Roach at (281) 587-8442 or linette.roach@sbcglobal.net.

NWHC Aggie Mom's Meeting

*Tuesday, March 8th, 2011
- Carpool on Campus*

The March NWHC Aggie Mom's Club meeting will be held Tuesday, March 8th at the Houston Distributing Center conveniently located near Willowbrook Mall at the corner of Cutten Road and 7100 High Life Drive. The doors are open at 7 pm for refreshments. Please join other Aggie moms in fun and fellowship, learn more about Aggie student activities, and participate in fundraising activities for our Aggie students.

Our featured speaker will be a student organization called **CARPOOL (Caring Aggies R Protecting Over Our Lives)** on the Texas A&M University campus. Carpool is a non-profit student-run program for free, safe rides home for students. The Carpool organization will speak about promoting safety for Aggie students and more information about how the system works.

Mark your calendar for our next big fundraiser, the 2nd annual **BOOTS 'N WHOOPS** event, to be held on Sunday, April 3rd from 1 to 6 pm. The event includes live music from **Granger Smith & His Band**, a bbq lunch, dancing, a silent auction, horseshoes, prizes, and other activities. The fundraiser benefits Aggie scholarships and on campus organizations.

For more information about Boots 'N Whoops or other activities, please go to our website at www.nwhcaggiemoms.org or contact Vickie Hamley at 713-466-4494.

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Ambulance	911
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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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Article Submissions	blackhorse@peelinc.com
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Newsletter Article Submissions

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

FOUNDATION FOR FOREIGN STUDY

Families from all over the Houston area are opening up their homes and lives to foreign exchange students through the EF Foundation for Foreign Study.

EF Foundation is a leader in high school foreign exchange, bringing more students to the United States than any other exchange program. A nonprofit committed to promoting global awareness for over 30 years; EF Foundation leverages a committed network of local coordinators to connect thousands of students with caring American families each year.

EF exchange students come from more than 30 countries around the world and are between the ages of 15 and 18. The majority of students stay for a full high school year. In the past, exchange students have come to live in Texas from as far away as Germany, Hong Kong, Australia and Norway, to name a few.

I am an International Exchange Coordinator for EF Foundation. I will be working with the community to secure host families for a number of students this year.

In order to raise awareness of this life-changing opportunity, we need the community to see local narratives of the wonderful families and students who have had unforgettable experiences through the program.

CHECK OUT OUR INFORMATIONAL VIDEOS!

- <http://vimeo.com/1154826>
- <http://vimeo.com/10247951>
- http://www.youtube.com/watch?v=cLldRF-4x04&feature=player_embedded
- http://www.youtube.com/watch?v=PSFCbQFCT5k&feature=player_embedded

Please do not hesitate to contact us with any inquiries, as we would be happy to work with you.

Sincerely,
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A Special Evening for a Special Boy

Rosehill Christian School held their annual Sadie Hawkins dance on Saturday, January 29th. In following tradition, the girls asked the boys to be their dates for the evening and the theme was "Cowboys and Indians". This may sound like any other school having just another school dance but something quite remarkable happened at RCS that night. Senior cheerleading squad co-captain, Kaitlyn Burke, asked a very special friend to be her date for the dance, Joshua Wright.

Joshua would not have been the typical choice for a popular, outgoing young lady trying to make every moment special her senior year but that is exactly the choice Kaitlyn made. Joshua is not your average 16 year old boy; he has autism, mental retardation, cerebral palsy, water on his brain and extreme speech delay. He has good days, but he also has not so good days.

Kaitlyn not only gave Joshua a chance to experience a high school dance but also gave his parents the opportunity to share the experience. Lonnie and Beth Wright had the joy of getting their only son ready for a dance. They were overwhelmed with emotion when Kaitlyn thanked them for letting her take Joshua. Mr. and Mrs. Wright wrote a letter to Dean Unsicker, Head of School at Rosehill



Christian, to let him know of the amazing student he has on the campus. Unsicker couldn't wait to share the story and hopes it will reach beyond the Tomball, Cypress and Houston areas.

Kaitlyn first met Joshua when her sister, Kristen, was giving him tumbling lessons. The families became fast friends and spend a lot of time together. When asked why she chose to ask Joshua to the dance, Kaitlyn replied, "I knew he loved to dance." Kaitlyn has a place in her heart for special needs kids and knew Joshua was the one she wanted to take to the event. She said

he danced with lots of people and got those not dancing to join in. "He did a lot of hugging, too", said Kaitlyn with a smile in her voice. A lot of teenagers might have thought it would be a big hassle to attempt such an undertaking but Kaitlyn said it was no big deal. Well it certainly was a big deal to Joshua and his family!

Kaitlyn is the daughter of Kevin and Bertha Burke. She is following her older sister, Kristen, by also graduating from Rosehill Christian School. The Burkes have a son, Kraig, who is currently in 9th grade at RCS. Lonnie and Beth Wright have three children: Joshua, Jaycee and Jessica. Their two girls also attend RCS. Rosehill Christian School is located at 19830 FM 2920, Tomball, TX.



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Tips for Mastering the Farmers' Market

By Melanie Dragger, M.Com.

Many people are taking steps to improve their health and the environment by eating organically grown and raised foods. While some people are selecting organic items at their local grocery store, farmers' markets are becoming increasingly popular. Over the past year, according to the Department of Agriculture, the number of farmers' markets in the U.S. increased by 858, or 16 percent, from 5,274 in 2009 to 6,132 in 2010. When the USDA first began tracking farmers' markets in 1994, there were only 1,755 markets.

Outside of growing your own produce and raising your own livestock, shopping at a farmers' market is the best way to obtain fresh, local, and seasonal fruits, vegetables, and herbs, as well as farm-fresh eggs, meat, poultry, and dairy products. Many farmers' markets also offer artisan breads, honey, and seasonal jams, jellies, and preserves.

Below are tips to help you master your local farmers' market:

1. Do Your Research – Before heading to the market, research what produce is in season in your area. Since all products sold at a farmer's market may not be organic, and some organic products sold may not be certified, familiarize yourself with the organic certification process and product labeling. Information on the USDA's National Organic Program can be found at <http://www.ams.usda.gov/nop>.
2. Bring Your Own Containers – While some

vendors have bags and boxes available for customers, bringing your own containers is the best way to ensure you will be able to transport and protect your purchases properly. Additionally, recycling containers helps the environment by reducing the number of natural resources used to produce new ones.

3. Bring Cash – Swing by your bank or ATM before hitting the farmers' market. Most vendors do not accept checks or credit cards. Bring small bills, since it may be difficult for some vendors to make change.
4. Go Early or Go Late – The best items usually go first, so try to get to the market early. However, before making a purchase, take a quick trip down the aisles, since prices can vary greatly among vendors. If you can't make it to the market when it first opens, go at the end of the market day to catch deals from vendors trying to unload their remaining products.
5. Speak with Vendors – Shopping at a farmers' market allows you an opportunity to speak directly with growers and farmers. Not familiar with Swiss chard? Looking for a new way to prepare eggplant? Most vendors love to share their knowledge, including discussing their production methods, providing storage and transportation advice, and sharing recipes and cooking tips.

Buying organic products at your local farmers' market offers numerous benefits, including boosting the local economy, reducing the amount

of toxic chemicals that enter your body and the environment, and decreasing the amount of fossil fuels used to transport products to consumers. However, organic products can be more expensive than conventionally grown and raised products, and some organic products may be difficult to find in some areas. If going 100% organic is not feasible, use the following list as a guide. According to the 2010 report of the Environmental Working Group, a non-profit organization specializing in research and advocacy related to public health and the environment, these 12 fruits and vegetables consistently contained the highest amount of pesticides when conventionally grown, and should be consumed in organic form when possible:

1. Celery
2. Peaches
3. Strawberries
4. Apples
5. Blueberries (domestic)
6. Nectarines
7. Sweet Bell Peppers
8. Spinach
9. Cherries
10. Kale/Collard Greens
11. Potatoes
12. Grapes (imported)

The EWG's annual ranking of produce pesticide contamination is based on its analysis of tests conducted by the USDA and the federal Food and Drug Administration. More information on the EWG, as well as the full list of fruits and vegetables ranked, can be found at <http://www.ewg.org>.



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WILD CATS **RAP** *(Wildcats Right After Prom, Inc.)*

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!**
- **Senior Parent t-shirts are on sale at every WRAP meeting. \$10/person**

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For more information:

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website: www.cywoodsffa.org

Classified Ads

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.

Recipe of the Month

7 Layer Salad

Layer following vegetables in 8 x 10 dish in this order:

- 1 head lettuce, broken up
- 1 cup chopped celery
- 1 small can sliced water chestnuts, drained
- ½ C green onions, thinly chopped
- 1 box frozen English peas (do not cook)
- 1 pint real mayonnaise (spread over top)
- 6 oz. grated cheddar cheese

Cover and refrigerate 24 hours. Crumble 6 piece of fried bacon on top.

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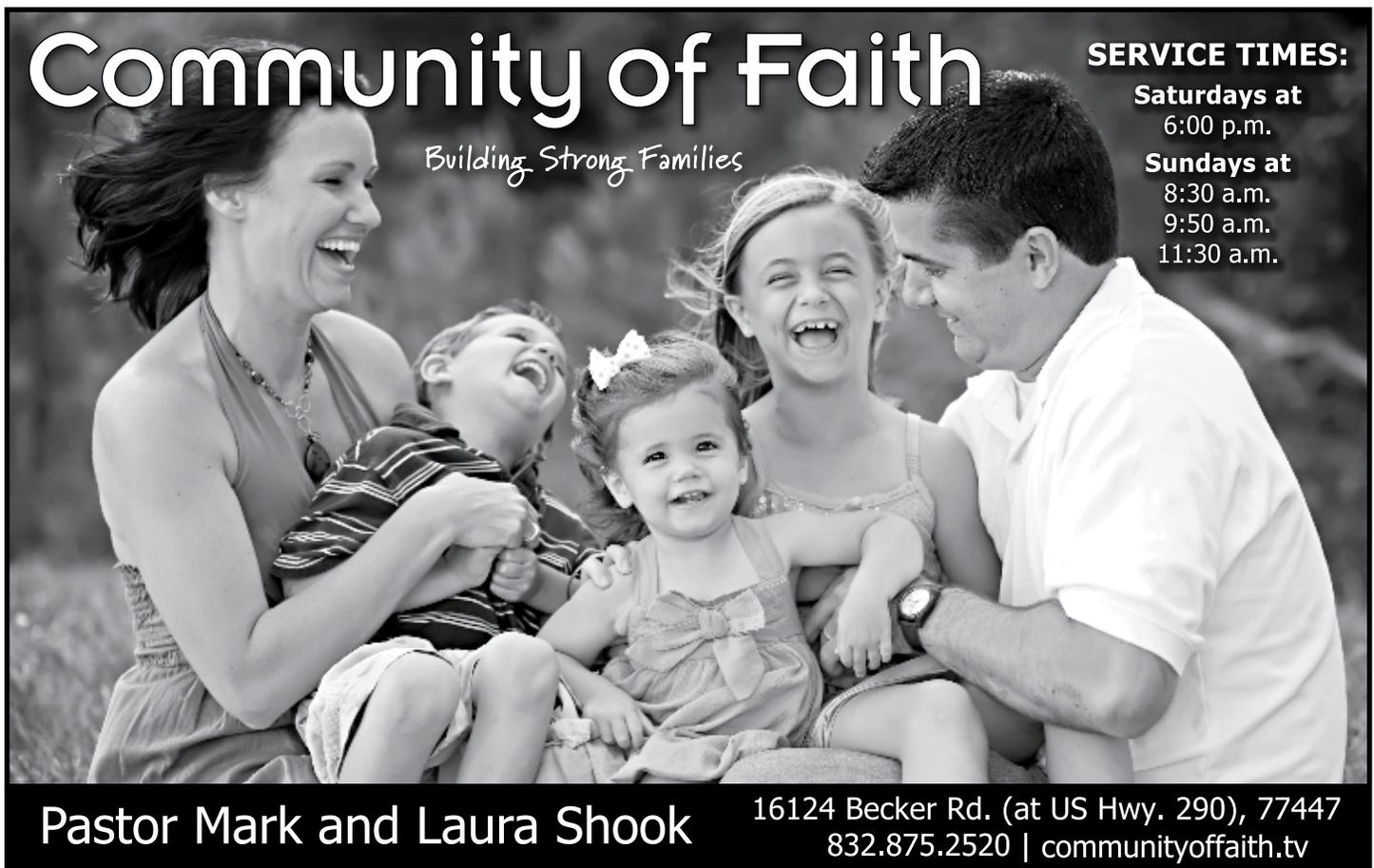
Do you know the number one killer of women in the United States? It's not breast cancer. Try again. It's heart disease. 489,000 women die from heart disease annually, not breast cancer, according to the Centers for Disease Control and Prevention. In a research study, the American Heart Association reported only 13 percent of all women in the United States are aware that heart disease can kill them or play a major threat in their lives. Women are bombarded with advertisements, news media, and commercials about how breast cancer can kill them. Yet, cardiovascular disease is playing a lethal role in women's health today, more so than cancer.

Cancer is the second killer of women. Though it's not breast cancer, but rather lung cancer. 73,000 women die annually of cigarette related lung cancer. In the United States 202,964 women were diagnosed with breast cancer in 2007, and 40,598 women died from this disease. Receiving regular mammograms and doing daily breast self-checking examinations are crucial for survival. Along with great surveillance, research, and early detection fewer women are succumbing to this disease. Colorectal cancer is the third leading cancer killer in women.

The fact is heart disease is the number one killer in women. Women need to think more Red, along with Pink. Heart disease is a preventable disease and can be controlled. Yes, many contributing factors, such as genetics, gender, and ethnicity, do play a role. However, lifestyle is a major culprit in heart disease. Adopting a healthy lifestyle, which includes the following factors, can reduce the risk of contracting heart disease:

- Exercise regularly.
- Control other contributing factors such as blood pressure, diabetes, hypertension, and cholesterol.
- Maintain a well-balanced nutritional menu that is rich in fruits and vegetables, whole grains, and lean meats.
- Eat high fat foods sparingly.
- Reduce the amount of sodium, sugar, and alcohol.
- Maintain a health body weight.
- Cook meals more frequently.
- Limit pre-packaged foods.

*Article by,
Valerie Salinas, MS*

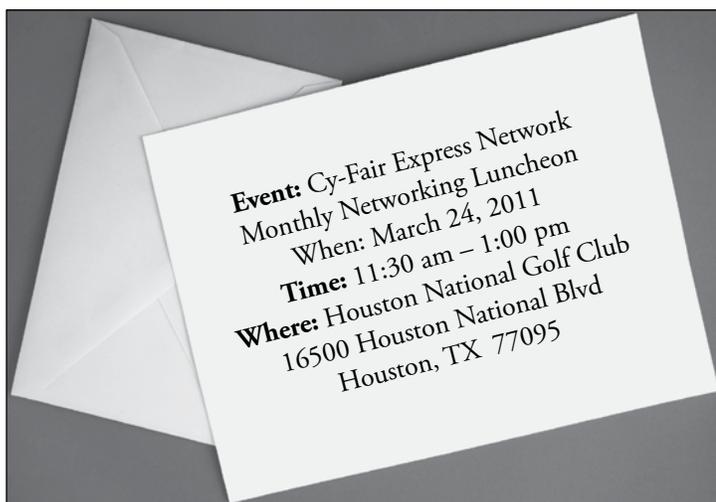


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American Business Women's Association *Cy-Fair Express Network (CYFEN)*



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Cy-Fair Express Network invites you to their monthly meeting and luncheon. Bring plenty of business cards for networking. Please make reservations online by March 18 @ www.cyfen.org or call Darlene Hajduk @ 713-939-9730.

Also, make plans to attend our annual Cy-Fair Women's Expo on April 28, 2011, from 11am-2pm, sponsored by North Cypress Medical Center. This is the premier networking event in Northwest Houston and admission is free to the first 200 attendees. Vendor registration information and more details are available at www.cyfen.org.

The CYFEN 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.

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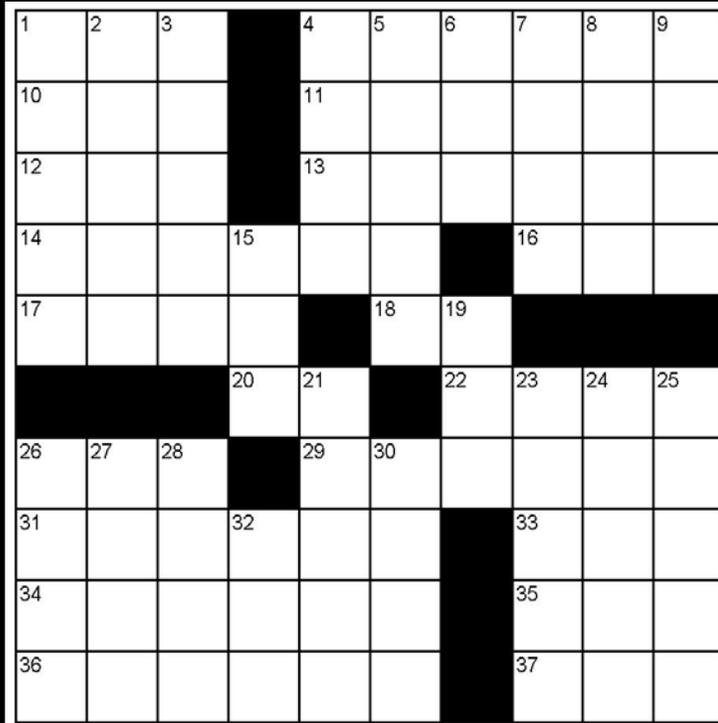
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Crossword Puzzle



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|------------------------|--|
| 1. Extremity | 1. Reference book |
| 4. Nun's headwear | 2. Swanky |
| 10. Men's neckwear | 3. Award |
| 11. Asian nation | 4. Marry |
| 12. Limited (abbr.) | 5. Abraham's son |
| 13. Serf | 6. Mr.'s wife |
| 14. Flower | 7. El __ (Texas city) |
| 16. Poem | 8. Precede |
| 17. Monetary unit | 9. Women's magazine |
| 18. Atomic number | 15. Brim |
| 20. Paid (abbr.) | 19. American Football Conference (abbr.) |
| 22. Package label | 21. Coffee shop order |
| 26. Punching tool | 23. Ballroom dancing |
| 29. Esc | 24. Aromas |
| 31. Fine | 25. Particular style |
| 33. Modern | 26. American Civil Liberties Union (abbr.) |
| 34. Cat mystery writer | 27. Lash |
| Braun | 28. Lounge |
| 35. Lingerie | 30. Delivered by post |
| 36. Elevate | 32. Roman three |
| 37. Sign language | |

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\$100 American Express gift card.**

Winners need not be present to collect their prize.

For more information or to buy your Hershey's Horse Kiss, call Susie Pipkin at (713) 542-2852 or Donnette Bull at (832) 549-6623.

* If less than 800 kisses are sold, the value of the "winning" gift card will be 10% of the donations received.

** Value of the "surrounding squares" gift cards will be 10% of the value of the winning gift card.

Official Rules:

The field is plotted for 800 squares and will be marked off in a grid formation with chalk prior to the event.

Each numbered ticket will be assigned a random square prior to the event and the squares will be hypothetically marked with a number. A map of squares will be posted at the event and on the WRAP website prior to the event. If the horse plop covers more than one square, the square with the most plop wins. The official judge will determine the winning square and their decision is final. If the horse does not plop by 5:45 p.m., winners will be determined by drawing.

All proceeds go to 2011 Cy-Woods WRAP (Wildcats Right After Prom).

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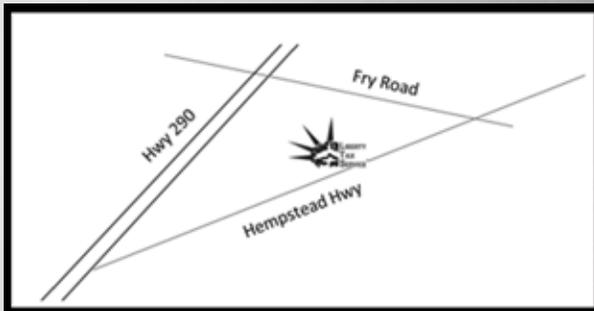
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Blackhorse Year-to-Date Sales Report

	Apr '10	May '10	June '10	July '10	Aug '10	Sept '10	Oct '10	Nov '10	Dec '10	Jan '11
\$451,000 and above	0	0	1	0	1	0	0	0	1	0
\$351,000--\$450,999	1	0	1	2	2	0	1	2	0	1
\$276,000--\$350,999	0	1	1	1	0	0	0	0	2	0
\$231,000--\$275,999	2	1	1	1	3	0	1	1	2	0
\$201,000--\$230,999	1	0	0	1	1	1	0	1	0	1
\$200,999 and below	1	3	2	3	0	1	0	1	1	0
Total	5	5	6	86	7	2	2	5	6	2
Highest \$/sq ft	\$101.22	\$83.78	\$125.60	\$95.31	\$122.78	\$76.83	\$78.46	\$104.92	\$101.85	\$104.40

This information is taken from the Houston Multiple Listing Service

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