

# RANCH RECORD

*News For The Residents of  
Blackhorse Ranch*

*Happy Birthday*  
**ALEXANDER**  
*August 16th*



“To me, my son, you never can be old,  
For as you were when first your eye I eye’d,  
Such seems your beauty still.”

- *William Shakespeare*

**We love you forever, Opa, Gramps, Noni,  
Daddy, Mama’ and Baby brother Markus**

*Happy  
Birthday my  
Sweet Love*



Send your Birthday  
announcements to  
[blackhorse@peelinc.com](mailto:blackhorse@peelinc.com)

## YOU CAN MAKE A DIFFERENCE! *Be Part of the “Bus Buddies Volunteer Program” In our Cypress-fairbanks ISD Schools*

### *What is Bus Buddies?*

Bus Buddies is a partnership between the Cy-Fair community and Cypress-Fairbanks Independent School District to provide assistance to elementary students helping them get off the bus at the correct location. The program requires one “Bus Buddy” per elementary bus the first three days of school. The approximate time commitment is from 2:45 p.m. – 4:45 p.m. on August 22, August 23 and August 24. Your job is to simply assist the bus driver with making sure the children get off the bus at their correct stops.

### *What is required?*

- Attend one of the training sessions, if not previously trained.
- Arrive and sign in at your assigned school where campus staff will assist you.
- Enjoy helping the kids and driver!

### *When and Where is Training?*

**TRAINING SESSIONS:** The Berry Center, 8877 Barker Cypress Rd., Cypress, TX.

- Monday, Aug.15 (9:30 – 10:30am)
- TRAINING DATES:** • Tuesday, Aug.16 (6:30 - 7:30pm)
- Thursday., Aug.18 (7:30 – 8:30am)

The Partners in Education (PIE) department is looking for the same strong Bus Buddy support we have enjoyed the past. Making sure that all of our elementary children get off the bus at the correct stop is a very big task. It requires 400+ volunteers in the Cy-Fair community to ride buses to assist the nearly 9000 riders and their drivers.

### *Interested?*

Volunteers can RSVP and register for a training session by visiting <http://www.cfisd.net> and selecting “Bus Buddies”. For additional information about the program, please contact the CFISD Partners in Education Department at 281-894-3949.

## 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

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## 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.

## BUSINESS CLASSIFIEDS

**PIANO LESSONS:** Please feel free to call for an appointment to visit our studios. All Beginner and Advanced Students and Parents may schedule a Free aptitude test and lesson with no obligation. Stephen and Judith Habermacher are highly qualified experienced teachers with music degrees from the University of Houston. 281-373-3214.

## AGGIE MOMS GET INVOLVED!

*NW Harris County Aggie Mom's Club Meeting  
Tuesday, September 13, 2011*

A warm HOWDY is extended to all new, current, and former Aggie Moms for the fall of 2011! Aggie Moms in the Northwest Harris County region are invited to kick off our fall meeting on September 13th at 7 pm at the Houston Distributing Company conveniently located near Willowbrook Mall at the corner of 7100 High Life Drive and Cutten Road.

Come join us and learn about one of the most important issues at Texas A&M University which is the safety of our Aggie students. Our guest speaker will be Officer D. Donovan who is a Crime Prevention Specialist at the TAMU campus in College Station. Officer Donovan will discuss all aspects of safety on campus including Code Maroon and give insight into the many ways your students at Texas A&M can help prevent crimes on campus.

The NW Harris County Aggie Mom's Club is designed to support our Aggies through student scholarships and financial donations to many campus organizations. We provide a way for Aggie Moms to support each other by sharing the joys of parenting Aggie students. This year the NWHC Aggie Mom's Club distributed more than \$30,000 in funds back to TAMU through donations to student organizations, scholarships, projects, and services.

On September 10th, Aggie Moms are participating in the "Shop Til U Drop" event at the Berry Center and selling unique Aggie "Traditions" frames, fabulous new "Traditions" pillow designs, awesome new "Bling" t-shirts, and other great gift items. Come join the Aggie Moms at this great shopping experience! Some of our Boutique items will also be for sale at our September meeting.

The NWHC Aggie Mom's next big event will be our 9th Annual China Luncheon on Saturday, October 22. Don't miss this great event with uniquely decorated tables, delicious luncheon, style show, and silent auction. For ticket information please contact Denise Jungels 281-477-6798 or Nancy Bond 713-896-7606.

*For more information, check out our website at  
[www.nwhcaggie moms.org](http://www.nwhcaggie moms.org) or contact  
President Judy Thompson at 281-798-4312.*

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## GOING 100 PERCENT ORGANIC NOT FEASIBLE?

By Melanie Dragger, M.Comm.

The Environmental Working Group (EWG), a non-profit organization specializing in research and advocacy related to public health and the environment, has released its 2011 updated "Dirty Dozen" list of the 12 fruits and vegetables containing the most pesticides. Topping this year's list? Apples. This begs the question, "Can eating an apple a day really keep the doctor away?"

The answer may lie in where you get your apples. Although the EWG's ranking was cited as an overestimate of the risk by the Alliance for Food & Farming, a non-profit organization with the stated mission of providing a voice for farmers to communicate their commitment to food safety, consuming organically grown products can reduce the amount of pesticides that enter your body. According to the World Health Organization (WHO), long-term exposure to pesticides can lead to death or serious illness, including developmental and reproductive disorders, impaired nervous system function, and certain cancers. Further, the WHO has found children to be at higher risk from exposure than adults.

However, organically grown products are typically more expensive than conventionally grown products, and some organic products may be difficult to find in some areas. If growing your own fruits and vegetables is not an option, and purchasing 100 percent of your produce in organic form is monetarily unfeasible, the EWG's list offers a good starting point for consumers.

According to the EWG's 2011 report, which is based on its analysis of tests conducted by the U.S. Department of Agriculture (USDA) and the federal Food and Drug Administration (FDA), the following 12 fruits and vegetables (the "Dirty Dozen") consistently contained the highest amount of pesticides when conventionally grown, and should be consumed in organic form when possible:

1. Apples
2. Celery
3. Strawberries
4. Peaches
5. Spinach
6. Nectarines (imported)
7. Grapes (imported)
8. Sweet bell peppers
9. Potatoes
10. Blueberries (domestic)
11. Lettuce
12. Kale/collard greens

Alternatively, according to the EWG, the following 15 fruits and vegetables (the "Clean 15") consistently contained the least amount of pesticides, and by adhering to this list, individuals can get their recommended daily allowance of fruits and vegetables without incurring the expense of buying



organic products in order to limit their exposure to pesticides:

1. Onions
2. Sweet Corn
3. Pineapples
4. Avocado
5. Asparagus
6. Sweet peas
7. Mangoes
8. Eggplant
9. Cantaloupe (domestic)
10. Kiwi
11. Cabbage
12. Watermelon
13. Sweet potatoes
14. Grapefruit
15. Mushrooms

Underscoring the importance of the consumption of fruits and vegetables was the release of MyPlate, also in June, replacing the classic food pyramid. The USDA's new food icon is a simple, visual cue that advises individuals to "make half your plate fruits and vegetables," graphically shrinking the role of meats and dairy products in the national diet. More information on the EWG, as well as the full list of fruits and vegetables ranked, can be found at <http://www.ewg.org>. More information on the Alliance for Food and Farming can be found at <http://www.foodandfarming.info>. To learn more about the USDA's MyPlate, visit <http://www.choosemyplate.gov>, and to discover more about the WHO, visit <http://www.who.int/en>.

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## INCREASE YOUR EARNING POWER!

The Northwest Harris County Texas A&M University Mothers' Club is an organization made up of new, current, and former Aggie Moms. Being an Aggie Mom has incredible benefits! In addition to supporting each other, we support Aggie students through fundraising for student scholarships, student organizations and book awards. If you are an Aggie parent/guardian interested in joining our club or an Aggie student interested in applying for a scholarship or book award, please visit our website [www.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org) to find out how easy it can be!

*Come help shape  
your students tomorrow!*

## AMERICAN BUSINESS WOMEN'S ASSOCIATION *Cy-Fair Express Network (CYFEN)* Monthly Networking Luncheon

When ..... August 25, 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 August 19 @ [www.cyfen.org](http://www.cyfen.org) or contact Melissa Rotholz @ 713-256-9569. 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.

## *Volunteers Needed*

If you or anyone you know have the following conditions, call us to find out about a research study of an investigational drug. Study related care and medical procedures available at no cost to you.

## Psoriatic Arthritis

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[www.ccs.texas.com](http://www.ccs.texas.com)



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## BACK TO SCHOOL SPLASH

Sunday, August 28, 5:30 p.m.  
Jones Road Campus: 8350 Jones Road

Join us this Sunday for worship.

### **Fry Road Campus**

Movie Theatre on Hwy. 290 & Spring Cypress  
Worship Services: 9:00 & 10:20 a.m.

### **Jones Road Campus**

8350 Jones Road, 1/4 mile off Hwy. 290 & Jones  
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Contemporary Services: 9:20 & 10:40 a.m.



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## SAVE THE DATE

*Cypress Ranch High School Classics  
Drill Team Dance Clinic*

Saturday, September 17, 2011 | 8:00 a.m. to 1:00 p.m.

At Cypress Ranch High School

*\$30 pre-registration/lunch and clinic t-shirt included*

For more information please contact Amy Janak at [ajanak@att.net](mailto:ajanak@att.net)

## MOPS AT THE MET REGISTRATION

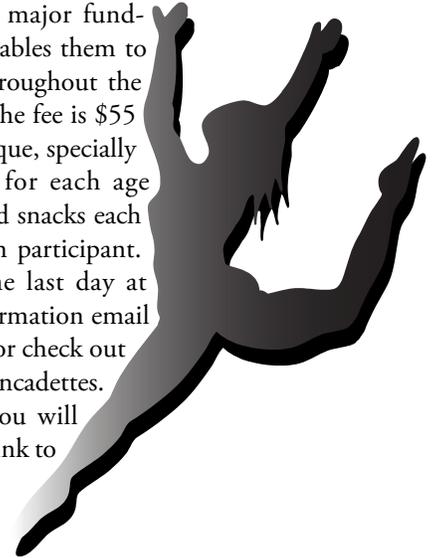
If you need a listening ear, friendship with other moms, your kids involved in a fun program, delicious breakfast buffets, advice from seasoned moms....then you need MOPS at The MET.

Two dynamic groups meet two Friday mornings per month (August-May) from 9:15-11:45am Childcare is provided upon registration. Register online at [TheMETonline.org/MOPS](http://TheMETonline.org/MOPS) or visit us at [facebook.com/METmops](http://facebook.com/METmops)

*If you have any questions please call (281)890-1900.*

## CY-WOODS CRIMSON CADETTES DRILL TEAM DANCE CLINIC

The Cy-woods Crimson Cadettes Drill Team will host their 6th annual dance clinic for K-12 from 8:30 a.m. to 11:30 a.m. on August 10-12. This is a major fundraiser for the team and enables them to participate in activities throughout the 2011-2012 school year. The fee is \$55 and includes dance technique, specially choreographed routines for each age group, a t-shirt, drinks and snacks each day and a picture for each participant. Showoffs will be held the last day at 11:30 a.m. For more information email [goodsonms@comcast.net](mailto:goodsonms@comcast.net) or check out our website at [www.crimsoncadettes.com](http://www.crimsoncadettes.com). On the website, you will find a sign-up form and a link to PayPal for easy payment.



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# RANCH RECORD

## DEAR CYPRESS RANCH MUSTANGS, MARK YOUR CALENDAR

Mustang Corral Dates are August 12th and 13th!

**Seniors ONLY.....August 12th 1:00-2:30 pm**  
**Juniors ONLY.....August 12th 5:00-6:30 pm**  
**Sophomores ONLY.....August 12th 3:00-4:30 pm**  
**Freshmen ONLY .....August 13th 9:00-12:00 pm**

ALL students will take their photos for Student ID's and pick up their fall schedule at the Mustang Corral. Please come prepared for photos. Sr/Jr parking permits will be available for purchase with valid TDL and current auto insurance. Student name and vehicle must be listed on proof of insurance. NO EXCEPTIONS!

Bring checkbook/cash to purchase parking permits, English novels, yearbook, PE uniforms, Homecoming Mums, Senior Dues, lunch accounts, planners, school photos etc.

2012 Seniors should be making their senior portrait appointment with Prestige Portrait's Willowbrook or Katy location. There is no charge for the senior portrait for the yearbook. If you don't take your portrait, your senior photo will not be in the yearbook! You can arrange a sitting time to have additional photos taken with letter jacket/sports/cheer/dance paraphernalia. Additional fees will apply. Visit their website for more information.

Homecoming is very early this year. Mum/garter day and Homecoming game against Jersey Village is Friday, Sept. 9th and the Homecoming Dance will be Sept 10th. Athletic tickets are available at the Berry Center or will be sold during lunch the day before the game. HC Dance food/drinks donations and chaperones will be needed. More info to follow.

<http://schools.cfsd.net/cyranch/Home.html> or

<http://www.cypressranchathletics.com> for more information.

All senior parents need to go to [www.MANE2012.com](http://www.MANE2012.com) to sign up for M.A.N.E. info (project prom). First general meeting is September 6, 2011 at 7:00 p.m. at Cypress Ranch HS Commons. Want to stay up to date on upcoming events, please send your name and email address to: [cypressranchvips@gmail.com](mailto:cypressranchvips@gmail.com) and the grade level of your student(s). All information will be kept confidential and property of Cypress Ranch VIPS. If you cannot make it to Mustang Corral, it will be okay. Everything will be available the first week of school with the exception of the photos for school ID's. Make up photos for student ID's to be announce at a later date. Just remember you will need your student ID to have access to events and dances. Enjoy the remainder of your summer! School starts on August 22, 2011 at 7:25 a.m. Please allow extra time for traffic and parking.

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Girl Scouts encourages adults to volunteer, make a difference in a girl's life. Everyone can create new learning experiences for girls.

Every year, through programs that include science and technology, business and economic literacy, visual arts, and outdoor and environmental awareness, Girl Scouts of San Jacinto Council (GSSJC) encourages women and men over the age of 18 to help build girls of courage, confidence and character who make the world a better place. As a volunteer of the premier organization for girls, you'll add meaningful days to the lives of girls by creating new learning experiences for future leaders in grades kindergarten through 12th.

There is no better time to serve as a Girl Scout

volunteer than now. The 2011-2012 will mark the centennial of the Girl Scout movement, giving volunteers plenty of opportunities to participate in all the wonderful events and programs that are sure to be memorable for the girls and the communities they serve.

Becoming a volunteer is simple. All you have to do is complete an application and background check, and accept the Girl Scout Promise and Law. A year-long commitment is no longer necessary as the organization provides a number of flexible options to serve its membership, matching your expertise,

skills, interests, and life experiences to available opportunities. Tackle everything from global warming to election reform. Travel to incredible places. Teach a girl how to build a robot, butterfly or rain garden. Share your personal passions and create experiences together you'll never forget. Whether you choose to directly or indirectly work with girls, short-term or long-term, GSSJC will provide the support, guidance and tools you need to be successful.

*Girl Scouts is for every girl, everywhere.*

It's also for adults – caring individuals willing to share their time and talents to help girls explore their interests and achieve their potential. If you can think it, you can share it!

For more information on how you can make a difference, call 713-292-0300 or 1-800-392-4340, or visit [www.gssjc.org/volunteer.cfm](http://www.gssjc.org/volunteer.cfm).



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## BRIDESMAIDS

**"A bold and bawdy comedy that proves having balls isn't just for boys anymore."**

**STARRING: Kristen Wiig, Rose Byrne, Maya Rudolph  
DIRECTED BY: Paul Feig (TV's "The Office")**

**WRITTEN BY: Kristen Wiig(debut) & Annie Mumolo(debut)**

No one can take a tennis ball to the tit quite like comedienne Kristen Wiig. Her threshold for pain is only one of many admirable traits she possesses in "Bridesmaids," a bold and bawdy comedy that proves having balls isn't just for boys anymore.

While the movie's generic title might scream Kate Hudson rom-com horror, those looking for more than the usual cliché girls-night-out fare will find plenty of genuinely side-splitting scenes in this raunchy Judd Apatow-produced chick flick, as they did in the Apatow-directed "Knocked Up." Personal favor: When recommending it to your friends, please don't refer to Bridesmaids as the female version of "The Hangover." It deserves better.

In "Bridesmaids," director Paul Feig (TV's "The Office") puts Wiig in charge of her own sinking ship as the whip-smart albeit insecure (and very single) heroine Annie, a failed thirty-something entrepreneur stuck in a rut. Despite the occasional roll in the sack with sleazy tool Ted (Jon Hamm), Annie doesn't have any real relationship prospects nor does she care much about her depressing job (peddling jewelry to happy couples) and equally depressing home life (her roommates are ungrateful sibling albinos).

Annie is forced to suck it up when her lifelong BFF Lillian (Maya Rudolph) asks her to be her maid of honor, a role in movie world aching to basically be dragged through the mud while everyone else enjoys the pre-wedding festivities. She's pitted against Lillian's newest gal pal Helen (Rose Byrne), a character so perfectly annoying she rivals Cameron Diaz's bubbly Kimberly Wallace in "My Best Friend's Wedding." *(Continued on Page 11)*



## Cinesnob - *Bridesmaids* (Continued from Page 10)

The claws come out with hilarious result as Annie and Lillian – along with the three other bridesmaids Becca, Rita, and Megan (underwritten Ellie Kemper and Wendi McLendon-Covey and scene-stealing Melissa McCarthy) – try and get through the coming weeks without gouging anyone’s pretty little eyes out.

Sharply written by Wiig and Annie Mumolo, “Bridesmaids” veers into overly traveled territory at times but never replaces wit with kitschy humor (aside from a well-executed diarrhea gag that feels misplaced in the grand scheme of things). She may just be a glorified bridesmaid, but this is Wiig’s big day. The “Saturday Night Live” alumna has written a lead role for herself with some great awkward moments usually regulated for fools of the male variety. It’s nice to see women can be just as boneheaded when the situation calls for it.



**GRADE B+**

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## DROWNING ALERT!!!



**TEXAS has more drownings than any other state so far this year and we still have a long HOT summer ahead of us. Please be safe in and around the water.**

Source: U.S. Consumer Product Safety Commission's Pool Safety Campaign [www.poolsafely.gov](http://www.poolsafely.gov)

### DROWNING IS QUICK AND SILENT



Drowning can occur in less than 2 minutes.



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



Irreversible brain damage can occur in 4 minutes or less.



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

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

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Fri 9AM - 5PM  
Sat 9AM-4PM

## Cypress-Fairbanks I.S.D.

2011

JULY						
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### Important Dates

Aug. 11-12	.....	New Staff Orientation
Aug. 15-19	.....	Professional Days
Aug. 22	.....	1st Day of School
Sept. 5	.....	Student/Staff Holiday
Oct. 10	.....	Professional Day / Elem. Parent Conferences
Nov. 21-25	.....	Student/Staff Holidays
Nov. 21, 22	.....	Inclement Weather Days
Dec. 21	.....	Inclement Weather Day
Dec. 21-30	.....	Student/Staff Holidays
Jan. 2-3	.....	Professional Days
Jan. 16	.....	Student/Staff Holiday
Feb. 20	.....	Professional Day / Inclement Weather Day
March 12-16	.....	Student/Staff Holidays
April 6	.....	Student/Staff Holiday
May 28	.....	Student/Staff Holiday
May 30	.....	Last Day of School
May 31	.....	Professional Day / Inclement Weather Day

2012

JANUARY						
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JUNE						
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### GRADING PERIODS

#### Elementary Schools

- 1st 9 Weeks: Aug. 22-Oct. 21
- 2nd 9 Weeks: Oct. 24-Jan. 13
- 3rd 9 Weeks: Jan. 17-March 23
- 4th 9 Weeks: March 26-May 30

#### Secondary Schools

##### 1st Semester

- 1st 6 Weeks: Aug. 22-Sept. 28
- 2nd 6 Weeks: Sept. 29-Nov. 4
- 3rd 6 Weeks: Nov. 7-Dec. 20

##### 2nd Semester

- 4th 6 Weeks: Jan. 4-Feb. 17
- 5th 6 Weeks: Feb. 21-April 13
- 6th 6 Weeks: April 16-May 30

### LEGEND

-  STUDENT/STAFF HOLIDAY
-  PROFESSIONAL DAY (Student Holiday)
-  FIRST & LAST DAY OF SCHOOL
-  PARENT CONFERENCES/ HOLIDAY FOR ALL STUDENTS/ PROFESSIONAL DAY
-  INCLEMENT WEATHER DAY



### ***Keep toddlers close enough to touch in pools***

Parents can help prevent potential accidents at the pool this summer by staying alert and attentive, said a pediatric emergency medicine physician at Baylor College of Medicine.

*“A high percentage of summer drownings and accidents occur in community and residential swimming pools,”* said Dr. Rohit Sheno, assistant professor of pediatrics - emergency medicine at BCM and Texas Children’s Hospital. *“By far, the most common cause of drowning is lack of supervision.”*

Parents need to keep a close watch, both physically - in proximity to the child - and mentally, with little distractions to prevent these accidents, Sheno said. A good rule of thumb, he said, is to implement *“touch supervision,”* which means keeping within arms-length of your toddler at all times.

#### **Other Safety Tips Include:**

- Don’t rely on floating devices because children can easily slip out of them
- Make sure the pool has two unblockable drains to prevent the child or a body part from getting stuck in the drain
- Fence in your pool

### ***Active summers can lead to healthy lifestyles***

A balance of indoor and outdoor activities can help children maintain a healthy weight during the summer months. *“Some research has shown that kids gain the most weight during summer vacation, so it’s important that parents take an active role in providing opportunities for their children to be physically active,”* said Dr. Jason Mendoza, assistant professor of pediatrics at the USDA/ARS Children’s Nutrition Research Center at Baylor College of Medicine. Children should have at least one hour of physical activity per day, the type of activities that raise their breathing and heart rate.

Outdoors activities can include swimming, biking and other outdoor play but remember to follow safety precautions, such as using sunscreen, drinking plenty of water and wearing proper safety gear. Television, computer and other media usage should be kept to no more than two hours a day for children ages 2 and up. Instead, parents can read to younger children, encourage them to use their imagination by playing around the house, or engage them in arts and crafts activities.

For older children, parents can arrange summer camps through the school or YMCA and plan simple family activities like preparing meals together or taking evening walks together. Getting children involved in chores is another way to keep them active, said Mendoza.

### ***Exercise-induced asthma is manageable condition***

Gasping for breath during a workout may be more than just a sign that you’re out of shape. It could also indicate a condition called exercise-induced asthma, according to an expert at Baylor College of Medicine. It occurs when someone has shortness of breath, gets winded easily, has wheezing and sometimes even a cough shortly after exercise begins, explained Dr. John Rogers, professor of family and community medicine at BCM.

The condition is manageable and people are still able to perform at a very high level athletically with proper treatment, he said. Treatment usually includes using an inhaler 20 to 30 minutes before exercise. The inhaler helps relax the smooth muscle and can last for up to four hours. There is not one exercise routine that is better for the condition than another. Rogers recommends those with the condition do other things to manage it such as staying away from cigarette smoke, staying indoors when pollen or other allergen counts are high if you have allergies and avoiding exercise when you have cold symptoms. Getting the flu shot each year is also recommended to help maintain healthy lung function.

### ***Food poisoning major concern during summer***

If this summer weather has you feeling wilted, imagine what it does to your food. An expert at Baylor College of Medicine advises taking extra precautions with food during the summer heat.

Roberta Anding a registered dietitian at BCM, advises following the “golden hour” rule for foods such as meat, mayonnaise, eggs and cheese. These foods can only stay in an environment above 90 degrees for an hour before they need to be thrown out. This rule also applied to baby formula.

*“Don’t assume that you can leave something like a turkey sandwich in the car while you run to the mall for an hour. Don’t run the risk of a food-borne illness,”* said Anding. In addition, be sure to wash all fruits and vegetables before cutting or eating. Use separate cutting boards for meats and veggies, and do not use a sponge to clean up drippings after working with raw meat - it only spreads the germs around.

#### **Other Food Safety Tips Include:**

- Be sure to have a refrigerator thermometer and a meat thermometer to ensure that food is always at the right temperature.
- When reheating food, make sure it’s not just lukewarm. The center of a piece of meat should be hot, ensuring that any potential bacteria that has grown is killed.
- Be cautious when going organic - make sure milk products are pasteurized to avoid food borne illnesses and bacteria.



## SHOW OFF YOUR SUPERHERO

Parents this is your chance to brag on your kiddos. We want pictures of your kids doing everyday things, school events, plays, sports, etc. Send in your pictures to be featured in the Ranch Record.

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## WILL MY CHILD BE READY FOR ELEMENTARY SCHOOL?

Submitted by: Brandi Muse

More and more parents are recognizing the importance of enrolling their children in preschool to help them develop the right foundation for success in elementary school and beyond. However, the best programs go beyond helping children master basic academic skills to supporting their development as happy, confident, well-rounded individuals.

Research shows that from birth to age five, development in all areas is rapid. Children form strong neural connections during this time as a result of experiences they have with everyone and everything they encounter. The quality of those early interactions determines how children continue to learn and form relationships, strongly influencing their future success and happiness.

“Parents should look for preschool, pre-K, kindergarten and first grade programs that take a balanced approach to developing motor,

social-emotional, creative and academic skills,” said Brandi Muse, of Primrose School at Summerwood. “It takes quality instruction, a well-rounded curriculum and a positive teacher relationship to prepare a child to succeed.”

- **Academics:** Let's go beyond concentrating only on basic math and reading skills. Academic success is not just about memorization – it requires learning how to think critically, use mathematical concepts, express curiosity and develop competence in language skills like listening, speaking and writing.
- **Technology:** In today's technology-rich world, children need to have a grasp of technology as a tool for creative expression and problem solving. Computers equipped with developmentally-appropriate educational software and online resources should be integrated into the classroom.

- **Physical Development:** Children who participate in daily physical activity develop basic motor skills like throwing, jumping and balance that help them become healthy adults. Physical activity also creates neural connections that support academic achievement.
- **Music and Art:** Young children naturally engage in “art,” or spontaneous, creative play, but when educators involve children in music and art activities regularly from an early age, they encourage cognitive and emotional development.
- **Social-Emotional Development:** Preschool programs should focus on social and life skills to help your child establish positive relationships and transition easily to elementary school.

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- Flexible commission plans

## Blackhorse Year-to-Date Sales Report

	Sept '10	Oct '10	Nov '10	Dec '10	Jan '11	Feb '11	Mar '11	Apr '11	May '11	June '11
\$451,000 and above	0	0	0	1	0	0	0	0	0	0
\$351,000--\$450,999	0	1	2	0	1	0	1	0	1	1
\$276,000--\$350,999	0	0	0	2	0	0	1	1	0	2
\$231,000--\$275,999	0	1	1	2	0	0	1	1	0	1
\$201,000--\$230,999	1	0	1	0	1	0	2	0	3	0
\$200,999 and below	1	0	1	1	0	2	0	1	2	1
<b>Total</b>	<b>2</b>	<b>2</b>	<b>5</b>	<b>6</b>	<b>2</b>	<b>2</b>	<b>5</b>	<b>3</b>	<b>6</b>	<b>5</b>
Highest \$/sq ft	\$76.83	\$78.46	\$104.92	\$101.85	\$104.40	\$80.88	\$81.81	\$82.12	\$94.79	\$93.21

*This information is taken from the Houston Multiple Listing Service*

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