

# RANCH RECORD

*News For The Residents of  
Blackhorse Ranch*

## SALT OF THE EARTH: SODIUM & YOUR HEALTH

### TIPS FOR REDUCING SODIUM FOR BETTER HEALTH

Sodium is everywhere—swirling in the oceans, stored in vast underground crystalline deposits—and contained in just about every food and drink imaginable.

The fact is, sodium is as an essential, life-sustaining ingredient for every known plant and animal on the planet. Without sodium, our bodies would cease to function. Sodium helps our cells draw in nutrients, maintains balanced pH levels, enables nerve function and muscle contraction, helps regulate your heartbeat, and is a key component of your bones, explains Jose Mejia, M.D., a cardiologist for The Austin Diagnostic Clinic (ADC).

Yet too much of this essential element can pose serious health risks in people, including high blood pressure, heart disease, stroke, kidney disease, and congestive heart failure. According to the U.S. Department of Health and Human Services (HHS), the average person should only consume 2,300 milligrams (mg)—about one teaspoon full—or less, per day. If you are 51 or older, are black, or already have high blood pressure, diabetes, or chronic kidney disease, then you should limit your intake to 1,500 mg or less per day, Dr. Mejia adds.

“Unfortunately, the average American gets about 3,400 mg of sodium a day, which is far more than is recommended for good health,” Dr. Mejia says. “Keeping the amount of sodium you eat under control can be challenging, but understanding the main dietary sources of sodium is one of the best ways to start lowering your intake.”

### SALT BY ANY OTHER NAME

One of the most troubling parts of monitoring your sodium intake is understanding how extensively the food industry uses sodium as a flavor enhancer and as a preservative in everything from bread to canned soup. And then there’s a matter of naming conventions. Common table salt, otherwise known as sodium chloride, is just one form of sodium. There are many other compounds that contain sodium, including monosodium glutamate (MSG), baking soda, baking powder, disodium phosphate, sodium alginate, and sodium nitrite (sometimes just nitrite).

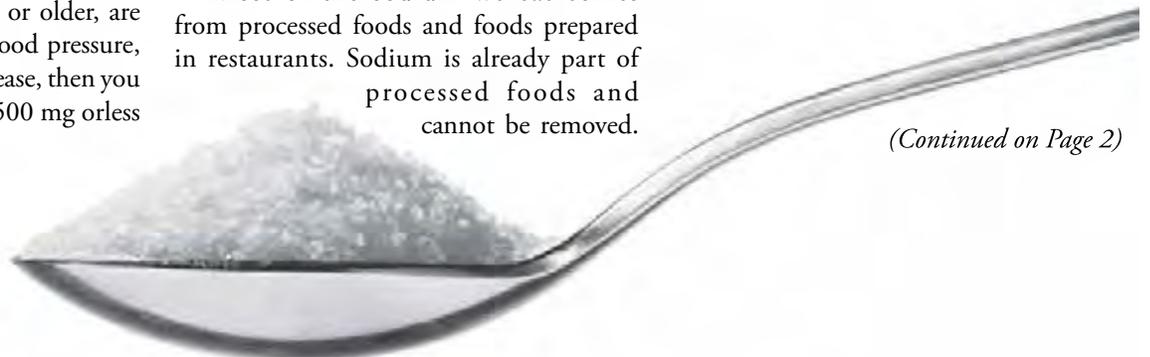
“Most of the sodium we eat comes from processed foods and foods prepared in restaurants. Sodium is already part of processed foods and cannot be removed.

Even fresh fruits, meats, vegetables and dairy products contain sodium,” Dr. Mejia notes. “However, food manufacturers and restaurants can produce foods with far less sodium. In addition, you can select lower sodium foods when possible, and you can cook more foods yourself to better control how much sodium you eat.”

### SHOPPING SMART TO REDUCE SODIUM

The most practical way to reduce your sodium is by altering what you bring home from the grocery store. Many items like baked goods, breakfast cereals, soups, and lunchmeats are very high in sodium.

“Pay very close attention to food labels,” Dr. Mejia says. “It may add extra time to your shopping trip, but it’s important to understand just what the food industry means when it uses sodium-related terms. Portion size is just as important. Frankly, it’s the only way to make sure you are not eating too much sodium.”



*(Continued on Page 2)*

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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.

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### Salt of the Earth - (Continued from Cover Page)

Here are some of the most common terms used on food packaging. If it doesn't have a label, your best option may be to avoid buying it.

- **“Sodium free” or “Salt free.”** Each serving of this product contains less than 5 mg of sodium.
- **“Very low sodium”**- Each serving contains 35 mg of sodium or less.
- **“Low sodium”**- Each serving contains 140 mg of sodium or less.
- **“Reduced” or “Less sodium”**- The product contains at least 25 percent less sodium than the regular version. Check the label to see how much sodium is in a serving.
- **“Lite” or “Light in sodium”**- The sodium content has been reduced by at least 50 percent from the regular version.
- **“Unsalted” or “No salt added”**- Not salt is added during processing of a food that normally contains salt. However, some foods with these labels may still be high in sodium because some of the ingredients may be high in sodium.

### A DASH OF SOMETHING ELSE

The widespread use of sodium means it can be challenging to avoid, especially if you are traveling with limited food options at airports. In that case, bringing low sodium snacks is a good option. At home, consider using alternative seasonings that are sodium free. Eventually, your taste buds will adjust to the lower sodium options.

“It takes some effort, but a low sodium diet can have tremendous health benefits,” Dr. Mejia says. “If you are concerned or curious, it may be a good idea with check with your physician about the amount of sodium you are eating.”

*Jose Mejia, M.D., Cardiologist - The Austin Diagnostic Clinic,*

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The Cy-woods Crimson Cadettes Drill Team will host their 7th annual dance clinic for K-12 from 8:30 a.m. to 11:30 a.m. on August 8-10. This is a major fund-raiser for the team and enables them to participate in activities throughout the 2012-2013 school year. Please register by July 29th, 2012 to get the Pre-Registration price of \$55 which 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.

## Cypress Texas Tea Party

**THE FOLLOWING CANDIDATES HAVE AGREED TO SPEAK AT THE MEETING OF THE CYPRESS TEXAS TEA PARTY:**

Justice Supreme Court Place 4 Incumbent ..... David Medina  
District Judge 129th District Candidate.....Michael Landrum  
District Judge 129th District Candidate..... Chris Gillett  
District Judge 152nd District Candidate .....Janet Townsley  
District Judge 152nd District Candidate ..... Don Self

**We will be meeting Saturday, July 7th at: Spring Creek BBQ  
25831 Northwest Freeway Cypress, TX 77429**

*David M. Wilson - Director, Cypress Texas Tea Party  
[cypresstexasteaparty@gmail.com](mailto:cypresstexasteaparty@gmail.com) - Romans 8:28*

## CY-WOODS KEY CLUB

Being part of Key Club, one of the tremendous clubs in Cy-Woods High School, is very riveting for many reasons. First off, the most exciting news this year for Cy-Woods is that we are THE Number One Key Club in both states of Texas and Oklahoma from over 300 Key Clubs! Over the year, Cy-Woods Key Club members were active and working hard by gaining an abundance of volunteer hours. Key Club is an organization that is immense all over the world (30 different countries) for people to help the community, gain leadership, and build your character to become less self-centered. Our Key Club is sponsored by the Cy-Fair Kiwanis, an organization where people of all ages help children everywhere around the world. Through Key Club, members help at various events such as school carnivals, orientations, sport games, church events, food banks and any event that requires help. Even though school has ended, Key Club remains active. If you require help with anything, please contact [cywoodskeyclub@gmail.com](mailto:cywoodskeyclub@gmail.com).



*Cy-Woods Key Club Triathlon*



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## Cypress-Tomball DEMOCRATS July 18th Meeting

The Cypress-Tomball Democrats will hold their next monthly meeting on Wednesday, July 18th, at a new location: Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429. A meet and greet will begin at 6:30 p.m., followed by the general meeting at 7:00 p.m.

July's guest speaker will be Judson W. Robinson, III, President and CEO of the Houston Area Urban League. The Houston Area Urban League is a United Way agency affiliated with the National Urban League.

All are welcome to join this growing club. Meetings are held on the third Wednesday of every month. For more information, contact Olga Moya at [cytomdems@yahoo.com](mailto:cytomdems@yahoo.com).

## CY-FAIR KIWANIS CLUB

The 2011-2012 Board of directors and officers were installed at the October 4 meeting by Gwen Branch, Texas-Oklahoma District Lt. Governor. New officers are Andrew Lawrence, President; Louis Iselin, Vice-president; George Crowl, secretary; James Meadows, treasurer; immediate Past President, Steve Gleinser; and members of the Board: Paula Hoffman, Mike Larivee, Peggy Presnell, Tasmina Quddus, and Jeff Savoio.

The Cy-Fair Kiwanis Club meets at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll at 281-463-0373, George Crowl at 832-467-1998 or Peggy Presnell at 281-304-7127. We invite you to be our guest at one of the meetings and enjoy the fellowship of Kiwanians from your community as you learn about our organization.

CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs and one Builders' Club in the Cy-Fair School District; sponsors the Kids Triathlon; Girl Scout, Boy Scout, and Sea Scout troops and activities; awards scholarships to outstanding Key Club members in our district; provides assistance to Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.

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## Tech-Etiquette: Is there an App for Civility?

Submitted by Darcy Folsom

In today's age of apps and gadgets, it's likely that you or someone you know has benefitted handily from the ubiquitous smartphone in today's digitally-dependent society. If the question were posed to our current generation, "What item would you never want to be without?" it is fair to say that most individuals living in 21st century America would answer: "My phone!" Without our phones, it is certain that many of us would be lost. We would be unable to text, tweet, phone, email, face time, and even friend or like another individual. Would we really? Is American society becoming so dependent upon these technological devices that we are challenged to even recognize our our humanity within? How many young men and women know the value of the age-old adage "Never leave home without a smile?" Is who we were created to be, in such competition with what we hold in our hand, that we have forgotten the simple value of kindness - shared in a smile, of gratification - by greeting another with a genuine handshake? Is it technology that propels our lives, or are we doing our best to prepare our lives to propel the technology that supports them?

Regardless of how many apps and buttons and gadgets, and even insurance, we carry on our smartphones, could it be that we have something even better when it comes to insuring our ability to connect with the people we like? Or to be-Friend those to whom we're attracted, or bring restitution to those un-Friended? Today's digitally-dependent generation has a challenge before them that

none before have known. That is, being able to successfully pair technology with common courtesy. Remembering what our grandmothers taught us about the civilities of life (carried in our hip pockets) may apply more today, than any app could ever provide. But pairing the art of civility with the current age of technology requires practice. The 21st century can only get better as those old-fashioned manners make their way from our pockets to the person next to us. After all, the words we speak are far more significant than the technology that transmits them. Why not polish a few points of etiquette this summer and complement your savvy skills on your smartphone? By doing so, you and your smartphone may just move from merely getting the message delivered, to doing so with principles that shape our character and improve our attitudes about both our electronic devices, and the lives of those who use them.

**TIP #1** - When you take a call in the presence of another person, you are communicating, "You are secondary; the caller is more important than you are." If you are expecting a call, let your companion know in advance, and excuse yourself before taking the call, limiting the call to under one minute. Never use a cell phone on a date, unless there is an emergency.

**TIP #2** - If you find it necessary to use your smartphone while driving, make it a habit to get into your car, buckle up, and prepare your hand's free device to activate the call BEFORE starting your engine.

**TIP #3** - Allow your personality, not your PDA to impress others. Avoid using novelty

ringtones, and choose the vibrate option as much as possible.

**TIP #4** - Remove your earpiece when not on the phone. Always keep your phone in a pocket or a purse, rather than laying it on the table next to you.

**TIP #5** - When in a public place, refrain from using your ear buds to listen to your favorite playlist. Instead, be prepared to greet those who are near you, looking oncoming passersby in the eye, with a smile and "Hello!" This is not only courteous, but it is also a way to remain sure about your surroundings.

As you travel to the lake or the seaside with friends, consider the value that a few manners may add to the dynamics of your summer relationships. Ask the question - is there something more fundamental than a fancy app, or gadget insurance to satisfy our lack? What have we already been given as a way to connect with the people we like, and those we want to be-Friend? Rather than search your smartphone for the latest apps, ask your companion's permission to practice with them, as you begin to apply these principles of Tech-Etiquette. These courtesies will both benefit the words we speak and the actions we offer, as we engage those around us with the very acts of courtesy we desire for others to share with us. Practicing the art of civility alongside the technology that propels our lives, I believe we will see our digitally-dependent generation become the one to re-engage our culture with civility and the accomplished principles of common courtesy.

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## Blackhorse Ranch Year-to-Date Sales Report

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\$451,000--\$499,999	3	2	0	1	0	0	0	0	0	1
\$351,000--\$450,999	2	0	1	1	3	2	1	1	2	0
\$276,000--\$350,999	0	0	1	0	0	0	0	1	1	0
\$231,000--\$275,999	0	0	0	0	0	0	0	0	0	1
\$201,000--\$230,999	0	0	0	0	0	0	0	2	0	1
\$200,999 and below	0	0	0	0	0	0	1	2	2	2
<b>Total</b>	<b>5</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>4</b>	<b>2</b>	<b>2</b>	<b>6</b>	<b>5</b>	<b>6</b>
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