

RANCH RECORD

*News For The Residents of
Blackhorse Ranch*

Travel the World Without Leaving Your Hometown

By Heather Wells

Who hasn't dreamed about walking among the Egyptian pyramids, or soaking in the sun on a beach in Spain, or wandering along the Great Wall of China? Every parent wants to give their children a taste of the world, but the economic reality of international air travel for a family, not to mention hotels, passports and food, makes it tough for most of us to consider except in our daydreams. There is a way to give your children the world – without leaving your living room. How? Host a foreign exchange student from a country you've always admired! Fascinated by France? Curious about China? Intrigued by India? By welcoming an international student from one of these countries into your home, you instantly open a portal to a far off land.

"My husband and I have been hosting for the past three years and have enjoyed every minute of it!" said Vicki Odom, an Ayusa host mom from Pearland, Texas. "The various students we've had in our home have taught us a great deal about their home countries. The students also love learning about life in Texas and participate in a good deal on community service."

Foreign exchange students come from all over the world. Ayusa matches host families with students from more than 60 different countries. All high school foreign exchange students are fully insured, bring their own spending money, and are proficient in English – and all high school exchange programs are regulated by the U.S. Department of State.

"We welcome host families of all shapes and sizes – families with young children, families with no children, empty nesters whose children have left home, single parents and non-traditional families," says Connie Coutu, Regional Manager of Ayusa, a non-profit that promotes global learning and leadership through foreign exchange and study abroad opportunities for high school students. "The key requirements for a host family are to provide a safe and nurturing home environment, genuinely love children, and have a desire to learn more about a different culture."

Volunteer host families provide foreign exchange students a nurturing environment, three meals a day and a bedroom (either

private or shared with a host sibling of the same gender). Each host family and student is supported by a professionally trained community representative who works with the family and student for the entire program. All interested host families must pass a criminal background check and a home visit by an exchange organization. Interested host families are required to fill out an application, pass a background check and interview with a local exchange program representative in their homes. Once accepted to a program, host families can view profiles of students to find the right match for their family.

Ayusa is currently accepting applications for families to host an exchange student for the 2012 – 2013 school year. For more information about hosting a high school foreign exchange student, please contact Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.



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Cy Fair High School	281-897-4600
Cypress Ranch High School	281-373-2300

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Fairbanks Library Friends Host "Books, Etc., Sale"

Why pay bookstore or even online prices when you can get the same books, in hardcover or paperback, for \$3.00 or less?

Fairbanks Public Library's Friends of the Library is selling gently used and vintage books by best-selling authors at our Spring "Books, Etc., Sale" Saturday, June 15 from 10 am - 3 pm. Come and browse popular fiction and non-fiction titles as well as children's books, VHS tapes, and elementary, middle school and high school textbooks. All items are priced to sell and all proceeds benefit the Fairbanks Library and help provide funding for library programs and materials.

Anyone wishing to donate items that are in good condition can drop them off any time the library is open. Donations to the Friends of the Library can be reported as charitable contributions. The library's hours are Monday 1 pm-9 pm, Tuesday – Thursday 10 am-6 pm, Friday 1 pm-6 pm, and Saturday 10 am-5 pm.

The library is located at 7122 N. Gessner, near the intersection of N. Gessner and W. Little York. For directions, please call the library at (713) 466-4438.

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REGISTER NOW FOR FSA SOCCER!

It is time once again to register your soccer superstar for FSA Soccer. The Fairfield Sports Association offers a fantastic environment for your budding soccer player to develop their skills and grow their passion for the beautiful game. We offer soccer divisions for boys and girls ages 4 – 12. Our younger divisions (U5 & U6) play 3 v 3 soccer on small fields with no goal players. We gradually increase the size of the field and the number of players as the kids get older. Starting at age 7 (U8), players participate in an evaluation and are selected by their respective teams.

This soccer season, FSA soccer players will wear the XARA uniforms. The uniforms look GREAT, and the kids will really love them! Registration costs cover a complete uniform kit including game jersey, shorts, and socks. Registration for the U5 and U6 divisions is \$115. Registration for the U7 and older division is \$130. There are no additional fundraisers or sponsorships players or teams are responsible for during the season. Non-residents of Fairfield do pay an additional \$25 non-resident fee.

All practices and games are played in Fairfield. Players in the U5, U6, and U7 divisions are all awarded participation trophies at the end of the season. In the older divisions, trophies are awarded for the divisional champions and runners-up. Additionally, the older divisions participate in a season ending tournament. In addition to our Fall League play, we offer Fairfield Freedom on Fridays evenings during the summer. This is an opportunity for any child to come play “street soccer” is an adult supervised

environment at no cost! Check the FSA Soccer webpage for more details.

FSA Soccer is also thrilled to announce we are bringing back our 2nd annual Kick-off Summer Soccer Camp! This camp is for boys and girls ages 6-10. The camp is scheduled for June 10th thru 13th from 9:00am until 11:00am. Professional trainers from the Challenge Soccer Club and the Texans Soccer Club will be working with FSA Soccer providing the training for the camp. The cost of the camp is only \$50! The camp will be held in Fairfield at our Robert's Fields facility near our Central Park Splash Pad. To register for either the camp or an exciting season of FSA soccer, visit the Fairfield Sports website at www.fairfieldsports.net. From the menu button, click the SOCCER link. Once at the Soccer page, click the MORE menu button and then click the REGISTRATION link.

IMPORTANT FSA SOCCER DATES:

FSA Kick-off Summer Soccer Camp registration: Open Now – June 8th

FSA Kick-off Summer Soccer Camp: June 10th – June 13th

FSA Soccer registration: May 31st – July 14th

Player evaluations (ages 7 and older): July 22nd – July 25th

Practices begin: Week of July 29th

Games begin: Weekend of August 24th

Please direct any questions about the FSA Soccer program to Scott Baehren, Commissioner – FSA Soccer at soccer@fairfield-sports.net

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NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

nwhcaggie moms.org

Did you know? Each fall and spring at finals time, Aggie Moms clubs from around the state come to the Texas A&M campus to pass out Care Packages to cheer on our hard working students. A tradition in itself, the Northwest Harris County Aggie Moms Club has an added touch. We are known for our 'Hug Line' through which each student must pass before they can receive their care package. One student expressed, "This is my favorite part about getting a care package-I look forward to it every semester!" This year, we had over 25 moms giving hugs to each and every student.

Are you a New Aggie Mom? Are you an Aggie Mom that wants to join other Aggie Moms in supporting our students? Find out how we help your student succeed during those college years at one of our informal Summer Mixers. Dates and locations are on our website at www.nwhcaggie moms.org.

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at the Houston Distributing Center conveniently located off Cutten Road near Willowbrook Mall and the intersection of SH 249 and FM 1960. We are looking forward to kicking off next year at our 'HOWDY PARTY' on August 13th-Please join us!

All meetings are open to Aggies, future, present or past. We provide light refreshments and you can shop our Boutique for that one-of-a-kind Aggie treasure. Our hand crafted items celebrate the heart-warming TAMU traditions. You will also enjoy hearing from dynamic speakers throughout the year like, Brigadier General, Joe Ramirez, Commandant of the Corp of Cadets.

Aggie Moms, as an organization, encourages parents to become familiar with A&M during their student's freshman year instead of waiting for graduation to visit as is the custom on other university campuses. The path to graduation can be a challenging journey; don't go it alone. Northwest Harris County Aggie Moms has been here for 25 years and we're committed to helping your student and YOU enjoy the TAMU experience. Drop on by and say Howdy. We'll be so glad you did! Feel free to contact Shannon Eberle, Club President at clubpres20122@gmail.com.



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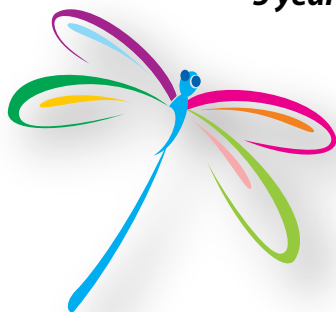


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Ongoing: Colin's Hope Athlete Ambassadors needed! <http://www.tinych.org/signup>

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June 18: World's Largest Swim Lesson at Schlitterbahn Waterpark New Braunfels

July 1: Colin's Hope Got2Swim Lake Austin 4 Miler (solo or relay) <http://www.tinych.org/got2swim4>

July 21: Colin's Hope Kids Got2Swim Pure Austin Quarry Lake <http://www.tinych.org/got2swimkids>

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Cypress Ranch Key Club Takes Top Prize at District Convention

The Cypress Ranch Key Club recently returned from the Texas-Oklahoma District Convention with arms full of trophies and awards. Twenty-nine members attended the convention in Dallas, where they attended leadership training workshops, taught a forum on fundraising and charity giving, and participated in several competitions. At the convention's Saturday night Awards Banquet, the club walked away with seven trophies, other recognitions, and was ranked as the #1 Best Key Club in the two-state district's prestigious "Top 25 Clubs". There are over 300 Key Clubs in Texas and Oklahoma, including nine clubs in Cy-Fair ISD. The club won the first place club trophy and also received the Best Club traveling cup that will remain at CypressRanch until next year's convention.

The club earned first place trophies for their scrapbook and Single Service Project for a pajama drive held in conjunction with Orange Leaf Frozen Yogurt. The scrapbook and Single Service Project binder move on to compete at the international level this summer at the Key Club International Convention in Washington, DC. First place trophies were also won for the District Governor's Project for Texas Children's Hospital and the club's Service Fair booth highlighting collection drives. The club's entry in the "A Picture is Worth a Thousand Words" contest won second place. Club President Hannah Bielefeldt received an Elimidallion medal in recognition of the club's

support of and financial contributions to The Eliminate Project, a project seeking to end neonatal and maternal tetanus worldwide.

Four new patches were also added to the Key Club's banner following district convention. The club won patches for their participation in the district and district governor's projects and won patches for on-time reporting and for the club's outstanding website. The club's banner is displayed in the main hall of Cypress Ranch High School. Club members also participated in individual competitions at the convention. Members participated in essay writing, trivia contests and scholarship interviews. Club officers David Zhou and Marisa Kelly participated in the talent and Just Dance competitions, respectively. The Cypress Ranch Key Club with 710 members is currently ranked the largest Key Club in the world. There are 5,000 Key Clubs and over 260,000 members worldwide. Cypress Ranch Key Club members perform tens of thousands of service hours each year in Cypress and Houston. The success at the recent convention was the culmination of a very successful year of service to our community and the schools of Cy-Fair ISD.

For more information about the award-winning Cypress Ranch Key Club, please visit the club's website at www.ranchkey.com or email the Faculty Advisor Jennifer Hydes at jennifer.hydes@cfisd.net.



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American Cancer Society Relay For Life Cy Fair 2013



The American Cancer Society Relay For Life Cy Fair 2013 event was held on April 26th. Here is a recap of the event and the money raised.

Night of Event:

4-26-13

Event Held At:

Cy Falls High School

All Night walk from 7pm to 7am

Number of Teams:

62

Number of Participants:

1200+

Amount of Money Raised Thus Far:

\$130,000.00

NOTE: We are continuing to raise money. If you anyone is interested in donating, please visit our website at www.relayforlife.org/cyfairtx.

**THANKS AGAIN
FOR YOUR SUPPORT!!**



Cypress Ranch Seniors Earn Key Club Graduation Stoles

Forty-three Cypress Ranch senior Key Club members have earned the right to wear a Key Club stole at graduation. The stoles were presented to the seniors at the club's recent Awards and Installation Banquet. They were presented by Key Club Faculty Advisors and senior English teachers Katie Lauver and Diane Reitmyer.

Senior Sara Gates who serves as one of the club's Vice President this year said, "I know that it is such an honor to receive this stole. It wasn't just given out; it was earned." Key Club seniors had to meet the following requirements to wear a graduation stole:

- Be an active club member for at least one and a half years, including the entire senior year,
- Serve as "Senior in Charge" at an event, and
- Write an essay about their Key Club membership experience

The Cypress Ranch Key Club actively volunteers in the Cypress community and Cy-Fair schools. For more information about the award-winning Key Club, visit the club's website at www.ranchkey.com. For questions regarding this article, please contact Faculty Advisor Jennifer Hydes at jennifer.hydes@cfisd.net.

Cy Ranch Key Club Teams Up with Pro Sports Teams

Members of the Cypress Ranch Key Club have recently volunteered with both the Houston Rockets and the Houston Astros. Club members and their parents passed out huge foam fingers to fans entering Toyota Center for one of the final Rockets games of their regular season. The club was invited back a week later to hand out towels to fans at the Rockets first playoff game. A highlight of the Key Club's year was being asked to pass out a giveaway item to fans at the Rockets home opener this season. The Key Club recently volunteered at the Rockets Black-Top Battle and has helped for years at the post-race party at the annual Rockets Run. For the second year in a row, the Cypress Ranch Key Club has been chosen to be a part of the Houston Astros promotional giveaway program. Club members, faculty advisors, and parents spent time at two weekend games in May passing out umbrellas and tote bags to fans entering Minute Maid Park. Members stayed to watch the games to cheer on our Astros.

The Cy Ranch Key Club spends the majority of their time volunteering in the Cypress area and in the Cy-Fair ISD schools, but club members enjoy traveling downtown to volunteer for our Houston professional sports teams! Go Rockets and Astros! For more information about the Cypress Ranch Key Club, please visit the club's website at www.ranchkey.com or email the Faculty Advisor Jennifer Hydes at jennifer.hydes@cfisd.net.



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TENNIS TIPS

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Fernando Velasco



How to Execute The Forehand Service Return

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley and the overhead “smash”.

In this issue, I will offer you instructions on how to execute the second most important shot in the game of tennis: The Service Return, since it is the response to the first most important shot of the game: The Serve.. In the illustrations, Ken Comey, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

Step 1: The Ready Position: When Ken is getting ready to return the serve, his eyes are focused on the tennis ball held by the opponent. Knees are relaxed and the hands are holding the racket with a relaxed grip..

Step 2: The Split Step: When the opponent tosses the ball into the air, Ken will take a hop with both feet off the ground, trying to time the split step with the contact of the ball on the opponent's racket

Step 3: The Back Swing: Once Ken realizes that the ball has been directed to his forehand, he will turn his upper body

and will take the racket back. Notice that the left hand is up in front to allow him to keep his center of gravity in the center. He has loaded his weight on his right foot and will be ready to step forward to meet the ball

Step 4: The Point of Contact: Ken now is ready to step into the ball. He has kept his eye on the ball and his center of gravity now is shifted to the point of contact. Notice the left knee being slightly bent and the left foot is pointing to the ball meeting the racket

Step 5: The Extension of the Point of Contact: Ken is now directing the ball toward the opponent's court. His eyes have now shifted toward his target and his body weight is now fully in front of his left foot. The left hand is still helping to keep the center of gravity in the center without opening up too early.

Step 6: The Follow Through: Once Ken has finished his stroke, the momentum of the racket continues to move almost to a point behind his neck. His left hand is next to his body and his right elbow is pointing toward his target. His body is now ready to take the “split step” with both feet in order to prepare for the opponent's returned shot.

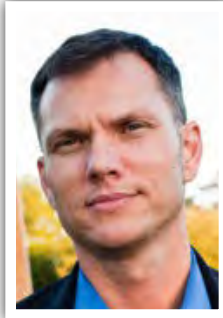
Look for in the next Newsletter: The Two Handed Backhand Service Return

Cypress-Tomball Democrats Meeting Features Harris County Chairman

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, June 18th, 2013. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 to 8:00 p.m.

June's guest speaker will be Lane Lewis, who is the chairman of the Harris County Democratic Party. He will discuss 'Engage 365' which is the Harris County Democratic Party's new non-election season, civic engagement program, designed to keep Democrats active and engaged in the community by taking part in civic-oriented, community service projects in communities and neighborhoods.

All are welcome to attend and to join this growing club, which meets on the third Tuesday of every month. For more information, visit the website at www.cytomdems.com or contact Glenn Etienne at cytomdems@yahoo.com.



The wonderful ladies of the Elisha Roberts Chapter, NSDAR, extend an invitation to any female, 18 years or older, who can prove direct lineal descent from someone who either fought in or provided aid during the American Revolution. We are a family oriented group of ladies who promote patriotism, education and historic preservation. Our motto is God, Home and Country. If this sounds like you, please come and join us for a meeting. We meet the third Thursday of each month, September through May, at the Backyard Grill, located at 9453 Jones Road. Our next meeting will be on September 19, 2013 at 7:00 p.m.

For more information, please contact the chapter Regent, Cheryl Partney at cpart86@comcast.net or by phone at 832-654-0306. We look forward to meeting you.

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Older Adults Express Anxiety In Different Ways

While there are several factors that can cause anxiety in older adults, it can be difficult to identify because they express anxiety in unique ways, according to an expert at Baylor College of Medicine. According to Dr. Melinda Stanley, professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM, common types of anxiety disorders in adults include:

- Generalized anxiety
- Social phobias
- Specific fears and phobias
- Post-traumatic stress disorder

Anxiety symptoms that older adults and their family members should watch for include:

- Shortness of breath
- Difficulty sleeping
- Increased heart rate
- Muscle aches and pains
- Dizziness

Anxiety is not a normal part of aging and can be treated. The first important step is to have a physical exam. Cognitive behavioral therapy is a treatment option that teaches learning skills to manage anxiety. Skills that can help reduce anxiety include relaxation, changing thoughts, facing fears, learning how to solve problems and learning behaviors to improve sleep.



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A Hearing Or Vision Test May Be Solution To "Bad Behavior"

For some children a health problem could be to blame for acting up in class or even a drop in grades. Doctors at Baylor College of Medicine say what might look like a behavioral issue could actually be a signs of hearing or vision problems.

If a child cannot hear or see properly, they cannot pay attention in class, said Dr. James H. Bray, associate professor of family and community medicine at BCM.

Bray said children may think they can hear what the teacher is saying but actually are getting the information wrong, so it looks like they aren't paying attention or are being defiant.

Bray said it is important to see a doctor for a proper diagnosis.

"Before a parent begins to worry, a family medicine doctor or pediatrician can conduct a basic hearing and vision test that can identify whether a hearing or vision specialist is needed, or if another problem is to blame," Bray said.

Bray said once a diagnosis is made there may be simply solutions, such as making sure a child sits in the front of the class.

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Blackhorse Ranch Year-to-Date Sales Report

	July '12	Aug '12	Sept '12	Oct '12	Nov '12	Dec '12	Jan '13	Feb '13	Mar '13	Apr '13
\$500,000 and above	0	0	0	0	0	0	0	0	2	0
\$451,000--\$499,999	1	0	0	0	0	1	1	0	0	0
\$351,000--\$450,999	0	0	0	1	0	1	1	0	1	1
\$276,000--\$350,999	0	0	0	0	1	0	0	0	0	3
\$231,000--\$275,999	3	1	1	1	0	0	0	0	0	1
\$201,000--\$230,999	0	0	2	2	1	2	0	0	1	1
\$200,999 and below	1	1	0	4	1	0	0	1	0	1
Total	6	2	3	8	3	4	2	1	4	7
Highest \$/sq ft	\$112.52	\$78.58	\$84.06	\$85.59	\$84.06	\$101.66	\$131.93	\$70.49	\$103.11	\$112.37

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