

RANCH RECORD

*News For The Residents of
Blackhorse Ranch*

LOCAL ORGANIZERS OF THE DONT MESS WITH TEXAS TRASHOFF SEEK COMMUNITY VOLUNTEERS



NW Houston/Cy-Fair,
April 5, 2014 - Tired of
looking at the growing
piles of litter in public
areas in our communities?
We can do something
about it! Calling all
Texans to turn out on
April 5th and join in

the statewide initiative to remove litter and debris from our parks and roadways. Participants receive trash bags, volunteer giveaways, promotional items, and more to assist in facilitating our cleanup efforts.

Don't mess with Texas is a Texas Department of Transportation initiative that began in 1985 to keep trash off Texas Highways. The Trash-Off, which is a partnership between the DOT and Keep Texas Beautiful, is organized locally by Anna Harrison, Amanda Mims and Judy Bodnar, Realtors on the Bodnar Team at the Better Homes and Gardens/Gary Greene Real Estate office on Barker Cypress Road.

The Bodnar Team encourages participation and says, "We are proud to carry out this community service and carry on with the Don't mess with Texas tradition because the presence of litter in a community takes a toll on quality of life, property values and housing prices."

Since litter begets litter, people are inclined to add to existing piles. Turn out to help bag it up and see what a difference a day can make!

For more information or to volunteer please email Amanda atvolunteer2014tx@outlook.com



RANCH RECORD

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY911
 Fire 911
 Ambulance 911
 Harris County Sheriff.....713-221-6000
 Cy-Fair Volunteer Fire Dept. Bus. Office281-550-6663

AREA HOSPITALS

Cy-Fair Medical Center..... 281-897-3300
 North Cypress Medical Center281-477-0830
 Willowbrook Methodist281-477-1000

SCHOOLS

Cy-Fair ISD 281-897-4000
 Warner Elementary School.....281-213-1645
 Spillane Middle School281-213-1645
 Cy Woods High School..... 281-213-1727
 Cy Fair High School.....281-897-4600
 Cypress Ranch High School281-373-2300

PUBLIC SERVICES

Cypress Post Office281-373-9125
 Drivers License Info. 281-955-1100
 Harris County Tax713-224-1919

NEWSLETTER PUBLISHER

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Successful Business Training

Keynote speaker shares tips at the March 27, 2014 CYFEN meeting

Come to the Cy-Fair Express Network (CYFEN) luncheon March 27 and get tips on being successful in your business.

The keynote speaker is Chuck Douglas with Proaction International. Chuck is a graduate of the Georgia State University in Atlanta (don't hold that against him), and has delivered more than 5,000 presentations and training programs throughout the world, including extensive tours with Tony Robbins, Bob Proctor, Les Brown, Mark Victor Hanson and Brian Tracy.

Chuck will share some ideas designed to "Create Immediate & Lasting Results" for your personal and professional effectiveness.

All are welcome to attend the monthly meetings of CYFEN, which are held the fourth Thursdays at the Sterling Country Club, 16500 Houston National Blvd. This month's meeting begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program.

Bring business cards for networking. The meeting cost is \$25 with advanced reservations made by the Thursday prior to the meeting and \$30 at the door.

For information on CYFEN, which is part of the American

Business Women's Association, go to www.CYFEN.org.

SAVE THE DATE

April 24, 2014

CY-FEN EXPRESS ANNUAL WOMEN'S EXPO

Bring a friend to this event showcasing and supporting more than 75 Cy-Fair area businesses. For information, contact expovendor@cyfen.org

ABOUT CY-FAIR EXPRESS NETWORK (CYFEN)

The Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and national recognition.

ABOUT AMERICAN BUSINESS WOMEN'S ASSOCIATION

ABWA's 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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FORMER CYPRESS RANCH CLASS OF 2012 GRADUATE - GRADUATES UNITED STATES MARINE CORPS BOOT CAMP

PVT Cody Henson Jones, 19, of Cypress graduated from United States Marine Corps boot camp at Marine Corps Recruit Depot San Diego on 10 January 2014. Pvt. Jones successfully completed 13 weeks of intensive basic training at MCRD San Diego as one of 480 recruits in Training Platoon 2147. While in recruit training Pvt. Jones accomplished/achieved the following: Honor Platoon. Following ten days home on leave he will report to Camp Pendleton for one month at Military Combat Training then Military Occupation Specialty school.



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Touchdown Club of Houston



From among all 3/A public schools and all private schools in the greater Houston area, the Touchdown Club of Houston awarded Rosehill Christian School the 2014 - 3A/Private School Sportsmanship Trophy.

This prestigious award was selected by the Texas Association of Sports Officials (TASO), Houston football chapter, who are the refs covering the high school games in the greater Houston area. The award was based on six criteria: 1) Actions of the team, 2) Action of the coaches, 3) Actions of the support groups at games, such as parents,

band and cheer squad, 4) Respect for the American flag, 5) a score based on the number of personal fouls incurred during the game, 6) a score based on the number of unsportsmanlike conduct fouls.

Coach Ryan Anthony summed up the award by thanking those on the team and all others associated with Rosehill Christian School. "I am particularly thrilled to be the coach of such fine young men who represent the Lord on and off the field. This award epitomizes the Rosehill journey and how it affects every aspect of the school."

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WANT YOUR SKIN TO GLOW?

"All Natural" Might Not Be The Way To Go

If you want your skin to glow, experts at Baylor College of Medicine say all natural products might not be the answer.

"Some people think that by going all natural with their skin care, that it will automatically be safer for their skin. That's not necessarily the case," said Dr. Rajani Katta, professor of dermatology at Baylor.

Whether it is cleansers or moisturizers, you can still have allergic reactions to the ingredients even if they are all natural or organic. Many natural ingredients, such as lavender extract or sandalwood oil, are actually types of fragrance additives. Even though these are natural fragrances, they can still cause the same type of allergic reactions. Other natural ingredients, such as tea tree oil, can also trigger allergic reactions.

Since it may be hard to pinpoint exactly what is causing irritation or allergic reactions just by reading labels, Katta suggests consulting a dermatologist.



Cy-Fair Hospital now has a new location in your neighborhood to serve your Emergency and Urgent Care needs.

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North
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Urgent Care Locations



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at West Road



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at Grant Road

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National
Kidney
Foundation™

Kidney Walk

The National Kidney Foundation is the leading organization in the U.S. dedicated to the awareness, prevention and treatment of kidney disease for hundreds of thousands of healthcare professionals, millions of patients and their families, and tens of millions of Americans at risk

Nearly six of ten Americans will develop kidney disease in their lifetime, according to a new analysis published in the American Journal of Kidney Disease. In comparison, lifetime risk of diabetes, heart attack and invasive cancer is approximately four in ten.

The Kidney Walk is the nation's largest walk to fight kidney disease and is held to raise awareness of, and support those who are battling this disease. Held in nearly 100 communities, the event raises awareness and funds lifesaving programs that educate and support patients, their families and those at risk. Take a lifesaving step today and sign up for a walk below. The Houston Walk will be held on May 4th at 7:30am at Discovery Green Park Downtown. Registration at www.donate.kidney.org.

For more information on forming teams or sponsorship, please call 713-964-2644.

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CY-FAIR KIWANIS CLUB

Kiwanis wants YOU! The Cy-Fair Kiwanis Club is actively seeking new members who are interested in giving service to improve our community and our world. Visit the Cy-Fair Kiwanis Club and learn more about community needs. In March, we have the following programs scheduled:

March 4—Mary Jane Williams from the Families to Families Network will discuss that organization's work for Children with disabilities.

March 11—Dr. Ronald B. Rea of the Chriss Cole Children's Fund will talk about the operation of the children's rehabilitation center. Their mission is to help children and families with resources not available from other community agencies.

March 18—Ray Wooten, executive director of Shield Bearer will address how this organization helps heal the hearts of children who fall between the cracks of most recognized community agencies. These children are victims of abuse, neglect and child trafficking.

Kiwanis will provide donations and service whenever possible. Children: Priority One is the motto of Kiwanis worldwide. Join us in these endeavors and reap the rewards of satisfaction in the results achieved.



Additionally, we sponsor Key Clubs and Builder's Clubs in the high schools and middle schools in the Ct-Fair District.

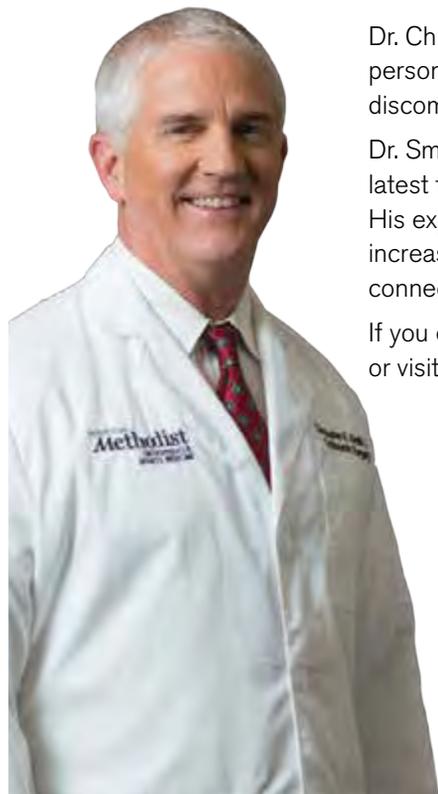
Businesses of the community are encouraged to support a representative for membership in Kiwanis. If you work for a business that is oriented toward involvement in community improvement and leadership, suggest to them that you would like to represent that business through membership and

involvement in work with Kiwanis. We welcome business and organization representatives as well as individual memberships.

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.

We welcome your visit at our Club meeting and your consideration of membership in our service organization.

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Cypress Texas Tea Party

The Cypress Texas Tea Party meets every three weeks on Saturday

Noon until 2:00 PM at:
Spring Creek BBQ
 25831 Northwest Freeway
 Cypress, Texas 77429

MARCH MEETINGS:

Saturday, March 8, 2014 12:00 PM - 2:00 PM
 Saturday, March 29, 2014 12:00 PM - 2:00 PM
 (Note NEW time)

A schedule of other meetings and confirmed speakers can be found at our website, www.cypresstexasteaparty.org



Elisha Roberts Chapter

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 March 20, 2014 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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TENNIS TIPS

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How To Execute The Forehand Drop Shot

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

In this issue, I will offer instructions on how to execute the Forehand Drop Shot. This shot is used when a player is deep on the baseline and returns a short soft ball. The player hitting the drop shot is forcing the opponent to run toward the net. This ball should be hit high enough to clear the net and almost bounce back toward the net. If the player running for the shot can get it on the first bounce, it will likely be off balance and will be forced to make an error or return for an easy put away volley. In the illustrations, Fernando Velasco, Manager and Director of Tennis at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. This shot can also be executed from the base line when the opponent is expecting a deep return of a serve.

Look in the next Newsletter for: How to execute “The Backhand Drop Shot”

Step 1: The Back Swing: When Fernando detects the ball landing short and high, he starts his back swing high and compacted. He is using the continental grip and keeping his eyes focused on the flight of the ball. His left hand is up front to keep the proper body balance.

Step 2: The Point of Contact: Fernando is now ready to perform the drop shot. His eyes are now focused on the point of contact and the face of the racket is angled up to create the underspin on the ball. His goal is to keep his head still. His left hand is still in front and his weight is shifting toward his left foot.

Step 3: The Follow Through: The success of a drop shot is to keep the ball on the strings as long as possible. Fernando is almost “cupping” the ball during the follow through. Fernando’s grip is relaxed and the head of the racket is pointing toward the sky. His left shoulder is almost opening to the net and his eyes are following the path of the ball.

Step 4: The Ready Position: Once Fernando finishes the stroke, his goal is to follow the path of the drop shot. If he created a good drop shot and sees his opponent running with the head of the racket down, Fernando will move closer to the net or anticipate the angle shot. More likely it will be an easy sitter for a put away volley.

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