



# RANCH RECORD

*News For The Residents of  
Blackhorse Ranch*

## *Fit and Fun: Health Tips for You and Your Children*

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- Take an active vacation: It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.

- Visit a local park: It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around – it's your time, too!

- Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.

- Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: [www.aahperd.com](http://www.aahperd.com).

The Goal: Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the Centers for Disease Control and Prevention's Web site at: <http://www.cdc.gov/healthyyouth/physicalactivity/>



# RANCH RECORD

## 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  
 Cypress Ranch High School ..... 281-373-2300

### PUBLIC SERVICES

Cypress Post Office .....281-373-9125  
 Drivers License Info. .... 281-955-1100  
 Harris County Tax .....713-224-1919

### NEWSLETTER PUBLISHER

Peel, Inc.....888-687-6444  
 Article Submissions .....[blackhorse@peelinc.com](mailto:blackhorse@peelinc.com)  
 Advertising.....[advertising@peelinc.com](mailto:advertising@peelinc.com)

### *Don't want to wait for the mail?*

View the current issue of the Ranch Record on the 1st day of each month at [www.PEELinc.com](http://www.PEELinc.com)

## Advertising Information

Please support the businesses that advertise in the Ranch Record. Their advertising dollars make it possible for all Blackhorse Ranch residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com). The advertising deadline is the 8th of each month for the following month's newsletter.

**Come grow with us!**  
 St. Elizabeth Ann Seton Catholic School

*"Living, loving, and learning in Christ and the Church."*  
 6646 Addicks Satsuma Rd.  
 Houston, TX 77084  
 281-463-1444  
[www.seasc.org](http://www.seasc.org)

**Now Registering**  
 2014-2015  
 School year

EXCELLENT CURRICULUM • ATHLETICS  
 COMPUTER & SCIENCE LABS  
 BEFORE & AFTER SCHOOL PROGRAMS

**HORIZON**  
 Lawn & Landscape, Inc.

full service landscape company

**281-373-0378**

<p><b>Landscape Maintenance</b></p> <p>Commercial &amp; Residential</p>	<p><b>Patios &amp; Walkways</b></p> <p>Pavestone * Flagstone * Concrete</p>
<p><b>Landscape Services</b></p> <p>Design &amp; Installation * Lighting *              Seasonal Flowers * Drainage *              Sod Installation * Rock Borders</p>	<p><b>Sprinkler Systems</b></p> <p>Design * Installation * Repairs *              Property Coverage * Warranty *              Licensed Irrigation #8587</p>

Proudly serving northwest Houston since 1997

Insured for your protection.

**horizon-landscape.com**

**ADVERTISE**  
 Your Business Here  
 Call 512.263.9181  
 for details.

[www.peelinc.com](http://www.peelinc.com)



## NORTHWEST FLYERS YOUTH TRACK CLUB SEASON STARTS SEPT 8TH

The Northwest Flyers Track Club Youth Cross-Country Team kicks off the fall season with registration and a mandatory orientation for parents and athletes on Monday, September 8, 2014, at 7:00 p.m. Registration will be held at Cypress Creek High School, 9815 Grant Rd., Houston, TX. The first practice will be held at the Cypress Creek YMCA on Thursday, September 11.

The Northwest Flyers Track Club is a member program of USA Track and Field (USATF), the national governing body for track and cross country. The club is in its 27th year in the northwest Houston area. Ages 6 - 18 may participate in the team, and both beginners and experienced runners are welcome. Middle school and high school cross country athletes can also register, but should compete after their cross country season is over.

Contact Coach Eric Wentworth at [emw185@gmail.com](mailto:emw185@gmail.com), 281-961-6603, or Coach Donnell Carter at [dcarter.nwflyers@yahoo.com](mailto:dcarter.nwflyers@yahoo.com), 281-467-4727, for more information. Email Coach Carter to get on the email list and you will receive a free running training video. Visit [www.northwestflyers.org](http://www.northwestflyers.org) to get updates and learn more about the team.

## EVERY ATHLETE DESERVES A WORLD-CLASS SPORTS MEDICINE TEAM.

At Houston Methodist, we know how much a sports injury can affect your life. Whether you're a weekend warrior or an elite athlete, our orthopedic and sports medicine specialists will provide expert care and leading-edge treatments to get you back in action. It's the same level of care we provide Houston's professional sports teams and performing artists.



OFFICIAL HEALTH CARE PROVIDER

Make an appointment with one of our orthopedic specialists by scheduling online at [houstonmethodist.org/orthopedics](http://houstonmethodist.org/orthopedics) or call 713.790.3333 for more information.



## *Youth Art Contest - Enter by November 1*

Kids 19 and younger may enter the “Get to Know” Texas State Parks Youth Arts Contest! There are five categories with rules and prizes, and you may enter as many as you wish by following three steps:

**Visit a state park for inspiration!**

**Create an original work of art:**  
writing, photography, video or music.

Get instructions to submit your work at  
**[www.KeepCyfairBeautiful.org](http://www.KeepCyfairBeautiful.org)**

*Last day to enter online or by mail is November 1st*

Prizes in the national “Get to Know” contest include digital cameras, underwater cameras, camcorders, art supplies, binoculars, fishing rods, writing supplies and more. Texas State Parks will award Junior Ranger daypacks, caps and water bottles!



# WE'VE GOT MORE SPOTS THAN EVER!

**SELL US YOUR CAR CENTERS  
NOW LOCATED IN:**

-  **League City**
-  **Cypress (290 @ HWY6)**
-  **The Woodlands**



# SELL US YOUR CAR!



# TEXASDIRECTAUTO.COM

## Feed My Starving Children (FMSC)-Houston-Pack:

On August 1 & 2, 2014 at the Berry Center in Cypress, more than 5,000 volunteers from churches, businesses, & schools throughout the city of Houston will join together and pack 1.25 MILLION dry rice/protein "Manna Pack" meals with the "Feed My Starving Children" missions organization!! This is an opportunity for your family & friends, ages 5-95, to experience a mini-missions trip right here at home. Please visit The website to 1. Donate towards the HoustonCityPack event. Each volunteer will pack approximately \$50 worth of food. 2. Register you & your family to volunteer for a two hour packing shift. Please join us in this united effort to meet an immediate food need that will turn hunger into hope for children, in Jesus' name, all across the globe. \*Note-the Friday (8/1) night packing shift will be geared towards Junior High & High School students.

Websites with more information include:

<http://houstoncitypack.com/>

Facebook: <https://www.facebook.com/fmschouston>

Twitter: Follow @HoustonCityPack  
FMSC.org

*Sign up individually or in groups through the website.*

Please email Meghan Martin at [MeghanMarie918@gmail.com](mailto:MeghanMarie918@gmail.com) with further questions about getting your family, churches, businesses or groups involved with this event. Thanks!



## 3D Mammograms now available!

- 3D Mammography (tomosynthesis) is a FDA approved imaging technology designed for early breast cancer detection.
- **Evening and weekend hours are available.**
- **\*Schedule your mammogram today and receive a free Bath and Body Works gift set!**



To schedule your mammogram,  
call 281-897-3121.

\*\$9.99 retail value. Offer good while supplies last. Bath and Body Works is not a sponsor of this promotion and is not affiliated with Cypress Fairbanks Medical Center Hospital or Cypress Fairbanks Women's Imaging Center.

281-897-3121 • [CyFairWomensImaging.com](http://CyFairWomensImaging.com) • 11307 FM 1960 West, Suite 340, Houston, Texas 77065

## TENNIS TIPS

By USPTA/PTR Master Professional  
Fernando Velasco



CAPTION 1



CAPTION 2



CAPTION 3



CAPTION 4



CAPTION 5

## The Modern Game: The Forehand Approach Shot

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing.

I am now offering suggestions on how to play the “modern” game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or in tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute the Top Forehand Approach Shot. This shot is used when an opponent hits a soft shot that has bounced high over the net. The player will take advantage and will charge to the net, thus hitting with top spin high over the net and hit with power. When the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise. This shot can be used as a “winner” or as an “approach shot.”

In the illustrations, Christian Smith, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Christian is coached by the Director of the Tennis Academy, Darin Pleasant.

**Step 1: The Back Swing:** When Christian sees the opportunity, he makes a quick turn of his upper body and takes the racket high and back. The head of the racket is now at shoulder height, his shoulders are turned, the left hand in front of his body for balance. He has loaded his right hip to help him drive his weight forward. His grip is relaxed and his wrist is “laid back” to allow maximum

point of contact.

**Step 2: The Point of Contact:** The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle and accelerating the racket head around the outside of the ball. Christian started the swing high and “looped” it to allow the head of the racket to drop down. He will be brushing around the outside of the ball as he makes contact with it. His right shoulder is almost opening and his weight has now been shifted toward the front.

**Step 3: The Follow Through:** In order to get maximum control and power, Christian is keeping his left arm in front as he extends through the shot. He has “snapped” his left wrist and has the head of the racket facing down. His weight is in the process of shifting forward.

**Step 4: The Finish:** Christian’s upper body acceleration forced his head of the racket to “wrap around” his left hip, thus creating the most power and topspin on the ball. His legs are already in position to move forward the net for a volley.

**Step 5: The Ready Position:** Once Christian hits the ball, he must get ready to volley if the ball was not a “winner”. By the smile on his face, his forehand approach shot was successful and is waiting for an easy return to “kill” the next shot. His knees are slightly flexed, he is in a good athletic stance and his eyes are focused on the oncoming ball.

Look in the next Newsletter for: “The Modern Game: The Backhand Approach Shot”

**NOT AVAILABLE ONLINE**

The Ranch Record is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the Ranch Record Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

**DISCLAIMER:** Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\*The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.



**HAPPY 4TH OF JULY!**

*Air Brush Tanning  
Now Available*

**SALONS  
at STONE GATE**

*Come In And See The New Expansion!!!*

**281-256-2204**

*Book your next appointment online*

[www.salonsatstonegate.com](http://www.salonsatstonegate.com)

**Salons at Stone Gate**

11734 Barker Cypress

(One block south of Hwy 290)

Tues-Thurs 9AM - 7PM

Fri 9AM - 5PM

Sat 9AM - 4PM

Brilliant Energy Texas OUC #10140

# BRILLIANT ENERGY

*Easy Online Sign-Up at*

**BrilliantElectricity.com**

**USE "NEIGHBORHOOD NEWSLETTER" AS REFERRAL**

**BRILLIANT ENERGY = SERIOUSLY LOW RATES**

**BRILLIANT ENERGY'S ELECTRICITY RATES CHALLENGE  
THE RATES OF EVERY OTHER PROVIDER IN TEXAS!**

**LOCK-IN A LOW ELECTRICITY RATE FOR  
UP TO 3 YEARS**

**BRILLIANT ENERGY IS RECOMMENDED BY TEXAS ENERGY  
ANALYST, ALAN LAMMEY THE HOST OF THE "ENERGY  
WEEK" RADIO SHOW ON NEWSTALK 1070 KNTH!**

**Ask the "Energy Analyst"**

**281.658.0395**

**GREAT BUSINESS RATES TOO!**





**PEEL, INC.**

308 Meadowlark St. South  
Lakeway, TX 78734

PRSRST STD  
U.S. POSTAGE  
PAID  
PEEL, INC.

BK



**Mark Prehoda**  
RE/MAX Professional Group  
Direct 281.855.4900  
Cell 281.851.7405



**Jean Gonzalez**  
Prehoda Team  
Realtor  
Cell 832.334.1477

# THE MARKET IS **HOT!** HOME VALUES ARE UP!

**NEIGHBORHOOD INVENTORY IS VERY LOW.**

If you are thinking of selling, give us a call for a free market analysis of your home.

Over 20 years experience in the local market!

