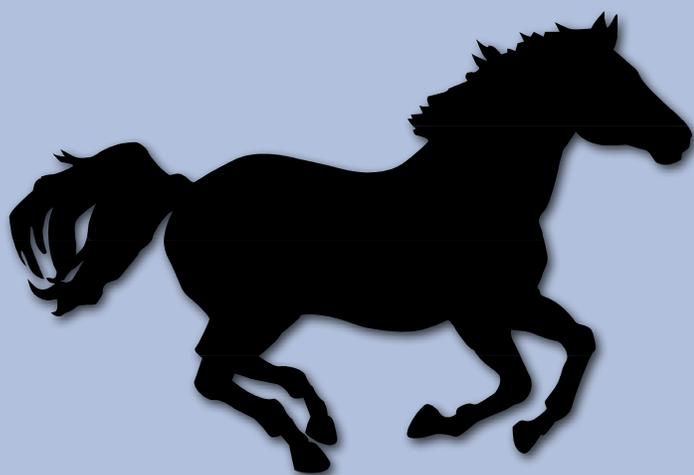


# RANCH RECORD

*News For The Residents of  
Blackhorse Ranch*



## AHFC JUNIOR HURRICANES

# (JHSL)

### REGISTRATION NOW OPEN

The Junior Hurricanes Soccer League (JHSL) is led by professional United States Soccer Federation (USFF) licensed staff and is designed for boys & girls who want to play and have fun in a safe and developmentally appropriate environment. The JHSL program is being offered at Campbell Road Campus, West U and Cy Fair locations. To learn more about each location and to register please visit [www.albionhurricanes.org](http://www.albionhurricanes.org) or you can email us at [jhsl@albionhurricanes.org](mailto:jhsl@albionhurricanes.org) or call 713-939-7473 .

#### Fall 2014 JHSL Highlights

- 10 weeks September - November
- Season will extend 1 week if both practice & game is rained out
- Professionally trained
- One practice during the week
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or Sundays 1:00-5:00  
PM; please check your location to details.
- Cost per player is \$150 U5/U6 and \$160 U7-U12
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# RANCH RECORD

## IMPORTANT NUMBERS

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 Ambulance ..... 911  
 Harris County Sheriff.....713-221-6000  
 Cy-Fair Volunteer Fire Dept. Bus. Office .....281-550-6663

### AREA HOSPITALS

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 Cy Woods High School..... 281-213-1727  
 Cy Fair High School..... 281-897-4600  
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## Rachael's



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## The American Cancer Society Relay For Life of Cy-Fair

The American Cancer Society is pleased to announce that the Relay For Life of Cy-Fair has placed in the top 20 Relays in the southern territory in the fight against cancer, thanks to the amazing success of last year's event. The 2014 Relay For Life of Cy-Fair brought in more than \$138,700. and drew record participation of over 2,000 people! Total funds raised by Relay For Life-Cy-Fair is now approaching \$1.25 million dollars in ten years!

"Congratulations to the many volunteers, committee members, and teams whose tireless efforts each and every year since 2005 have resulted such an accomplishment. The valued participation of cancer survivors and caregivers make the American Cancer Society Relay For Life unique and appealing to the entire community, most of whom have been touched by cancer in some way," said Relay For Life of Cy-Fair Chair Sulema Tamez.

Relay For Life remains the American Cancer Society's highest-grossing fundraising event in the fight against cancer. Monies raised support the American Cancer Society's mission to help people stay well, get well, find cures and fight back through cancer research, as well as the free programs and services provided directly to cancer patients and their families.

The Relay For Life of Cy-Fair is seeking sign-ups for both business

and personal teams for the April 17-18, 2015 event. The event committee is also seeking volunteers, cancer survivors and caregivers to participate. If you are interested in signing up or learning more about how you can help the American Cancer Society finish the fight against cancer, please visit: [www.relayforlife.org/cyfairtx](http://www.relayforlife.org/cyfairtx).

### About the American Cancer Society

The American Cancer Society is a global grassroots force of more than three million volunteers saving lives and fighting for every birthday threatened by every cancer in every community. As the largest voluntary health organization, the Society's efforts have contributed to a 20 percent decline in cancer death rates in the U.S. since 1991, and a 50 percent drop in smoking rates. Thanks to our progress, nearly 14 million Americans who have had cancer and countless more who have avoided it will celebrate more birthdays this year. As we marked our 100th birthday in 2013, we're determined to finish the fight against cancer. We're finding cures as the nation's largest private, not-for-profit investor in cancer research, ensuring people facing cancer have the help they need and continuing the fight for access to quality health care, lifesaving screenings, clean air, and more. For more information, to get help, or to join the fight, call us anytime, day or night, at 1-800-227-2345 or visit [cancer.org](http://cancer.org).

# CHECK-IN ONLINE **SAVE TIME**

The Smarter Way to ER  
[CyFairERandUrgentCare.com](http://CyFairERandUrgentCare.com)



### ER & URGENT CARE WAITING IS NO FUN.

At Cypress Fairbanks Medical Center Hospital, we understand that waiting in the ER or Urgent Care is no fun. That's why we're offering an online check-in service at [CyFairERandUrgentCare.com](http://CyFairERandUrgentCare.com) for all seven locations of our urgent care and emergency services to reserve your time online and comfortably wait at home. It's quick, easy and you'll be seen by a healthcare professional within 15 minutes of your scheduled time.

**Cypress Fairbanks  
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## FAIRFIELD THEATRE GROUP

Check Out Our RAFFLE EVENT at [FairfieldTheatreGroup.org](http://FairfieldTheatreGroup.org)!!!

Fairfield Theatre Group, comprised of 7th and 8th grade full year theater students from our neighborhood middle school, is excited to announce their last fundraising activity before their Broadway and the Arts educational tour to New York City in June through EF Explore America, a respected and trusted organization in educational travel.

Coffee, Comedy and Cool Raffle Prizes - will be held on February 16th starting at 6:30pm at the Central Park Clubhouse. The students are excited to perform some of their favorite Theater Tournament competition pieces. We will also hold a Raffle Drawing during the event with many great prizes including the following baskets: dinner for 2 and 2 front row seats at a Rockets game, a Rifle package including the rifle, case and shooting range time (valued at \$1000), Cypress Lakes Golf Course package for 4, a Home Interior Design package that includes a private consultation with Samuel Matalyn Interiors, a Party package including Raising Cane's Chicken Fingers and sides as well as Bahama Buck's shaved ice (worth over \$500), spa certificates, restaurant gift cards and many other fun prizes. The tickets are only \$10 and can be purchased from the website

[FairfieldTheatreGroup.org](http://FairfieldTheatreGroup.org) via PayPal or from one of the students directly. You do not have to be present to win. Winners will be contacted immediately following the event.

FTG would like to thank all of our t-shirt sponsors for their generous donations- National Oilwell Varco (NOV), Art & Frame Etc., Stairways, Inc., Shaw Systems Associates, Inc., Raising Cane's, Cy-Fair Strength & Conditioning, LLC, Timeless Designs Market & Upshop, Crossfit Cypress, JB Graphics, Destin Drywall & Paint, Inc., Bass Tool & Supply, & Bahama Bucks -THANK YOU!! We would also like to thank all of those who participated in the recent Crazy Christmas Caroling project sending or receiving caroling via email/e-carol or live performance.

All net proceeds from this and the other fundraising activities including donations will go directly to the student education travel tuition fund. We are a 501(c)(3) non-profit organization with the booster club made up of parent and teacher volunteers. This is not a CFISD sponsored event or club. To find out more information, please contact FTG at [FTG2015@yahoo.com](mailto:FTG2015@yahoo.com).

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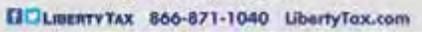
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## TEAM TIARA CELEBRATES 10 YEARS FIGHTING BREAST CANCER

Team Tiara celebrates two milestones in 2015. First, this group of pavement pounders celebrates their 10th year participating in the Susan G. Komen 3-Day for the Cure. Even more importantly, Team Tiara will cross the \$1 million mark in fundraising.

“We are thrilled to celebrate 10 years of walking in the 3-Day and can’t wait to cross that \$1 million mark,” says D’Lyn Biggs, Team Tiara Founder and Captain. “Our theme this year is Homecoming. Think of it as a 10-year family reunion. It’s going to be great.”

Biggs and her friend Lisa Harrelson walked their first 3-Day in 2006. “We had no idea we would accomplish this much in 10 years,” says Biggs. “And we have the Fairfield Community to thank for much of that.

“Fairfield supports Team Tiara on so many different levels. Many of our Team members live here, as well as the friends and family who make it possible for us to walk. The Fairfield Women’s Club and Charlotte Byrne have been incredibly supportive – we owe them a huge debt of gratitude. Without the residents of Fairfield and the Fairfield Triathlon, we would not be able to fund the research and survivor support that are so vital right now.”

Team Members from Fairfield and beyond gather in Dallas each year to walk 60 miles in three days to fund breast cancer research. Each participant is required to raise a minimum of \$2300 to walk. In 2014, Team Tiara raised over \$63,000 and was recognized as a Top 5 team. Registration is ongoing for the 2015 walk, November 6-8.

The Team is proud to announce the 2014 Rachel B. Wickman Metastatic Breast Cancer Research Grant. This grant will give \$15,000 to support metastatic breast cancer research being done by Dr. Priscilla Brastianos at Dana Farber Institute in Boston, Massachusetts. This grant follows the 2012 \$25,000 grant presented to Methodist Hospital in Houston, Texas. The research grants are a result of Team Tiara’s 2012 commitment to independently fund \$100,000 in metastatic breast cancer research. Metastatic breast cancer is an under-funded area of research where the Team can have a lasting impact. Team Tiara has raised over \$7,000 for The Rose, Houston, Texas, to provide mammograms and breast health services to the uninsured and underinsured.

Team Tiara is proud to spread “Pink Fairy Dust” in the form of support for survivors. In 2014 the Team gave financial assistance to 16 different families who are in the thick of the fight against breast cancer. “We were able to financially stand in the gap and help fill a deficit created by lost wages, prescriptions, co-pays, etc. for those families,” Biggs says.

Team Tiara’s favorite achievement was working with the Fairfield Sports Association and the entire Fairfield community to build Hope Field, the first softball field in the country dedicated to breast cancer awareness.

Team Tiara continues to be an all-volunteer organization.

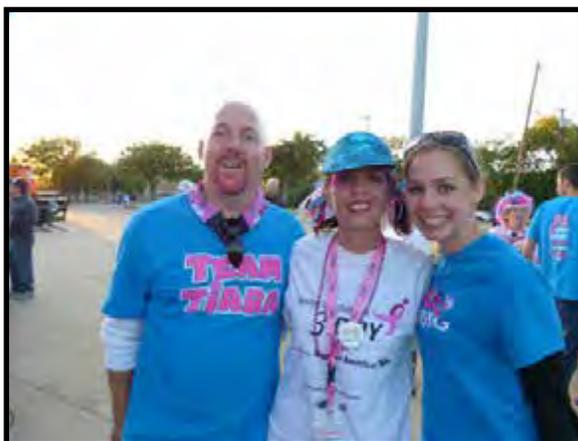
Supporting Team Tiara is easy – with several options available.

1. Sponsor a Team Tiara walker or join the Team for 2015 at [www.the3day.org/goto/teamtiara2015](http://www.the3day.org/goto/teamtiara2015). Registration is discounted \$20 through April 6, 2015.

2. Donations to Team Tiara at [www.teamtiara.net/donate](http://www.teamtiara.net/donate). Donations in the form of checks made out to Team Tiara can be mailed to: Team Tiara, D’Lyn Biggs, 129 Long Wood Avenue, Lakeway, Texas 78734.

If your business would like to support Team Tiara and the fight against breast cancer, please contact D’Lyn Biggs or any of Team Tiara’s team members.

All donations to Team Tiara and Susan G. Komen are tax-deductible to the fullest extent of the law.



## NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

The Northwest Harris County Aggie Mom's Club will host Texas A&M University's Porter S. Garner, III '79, President of The Association of Former Students, on Tuesday, February 10, 2015 - 7:00 p.m. at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road.

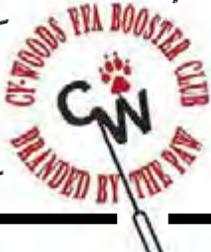
President Porter was unanimously elected The Association's seventh professional Executive Director in January 2000. After a Bylaws amendment in November 2008, his title was changed to President and CEO. In March of 2011, Porter celebrated 30 years of service to The Association, beginning with his role as Field Director where he logged countless miles and hours in assisting A&M Clubs across the state, nation and world. Years spent interacting with Aggies one on one across the Aggie Network and witnessing their devotion to Texas A&M and Texas Aggies shaped Porter's vision for the organization, compelling him to create a culture built on a foundation of service and teamwork. Under his leadership, The Association has expanded its reach and relevance to the Aggie Network, raised the largest Annual Fund in the organization's history and enhanced the look, feel, and capabilities of the

Clayton W. Williams, Jr. Alumni Center, creating the premier alumni center. Porter earned a BBA in Marketing from Texas A&M in 1979 and served as President of the Student Aggie Club while in school. In 2006 He was selected as a Fish Camp Namesake in recognition of his many contributions to Texas A&M. His love of Texas A&M was instilled in him by his father, Porter S. Garner, Jr. '45 and Porter and his wife, Lisa '91 are raising three future Aggies, Claire, Callie, and Porter IV.

### SAVE THE DATE

Don't miss the Annual China Luncheon and Style Show on Saturday, February 21, 2015 from 10:30 a.m. - 1:30 p.m. at Shirley Acres located at 217 Woerner Rd., Spring, Texas. Come and enjoy the fashion show and shopping at vendor booths. We are looking for talented ladies to decorate one of our themed tables. Individual tickets are \$30. Get your ticket at one of our monthly meetings.

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at 7100 High Life Drive. For more information on monthly speakers or upcoming events visit our website at [www.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org) or contact Connie Pritchard, Club President at [pritchardg@sbcglobal.net](mailto:pritchardg@sbcglobal.net).



## CY-WOODS FFA BOOSTER CLUB

### 5th Annual Spring Craft Show

### March 28 & 29, 2015

Saturday, March 28, 9am-5pm  
Sunday, March 29, 10am-4pm

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# TENNIS TIPS



By USPTA/PTR Master Professional  
**Fernando Velasco**



## The Modern Game: “The Backhand Return Serve Drop 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 already be 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 Backhand Return Serve Drop Shot.” This shot is used when an opponent is expecting a deep service return and the player “surprises” the opponent with a short angle drop shot. It can be used in both singles and doubles play.

In the illustrations, Fernando Velasco, Director of Tennis and teacher at of the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Velasco is presently ranked #1 in Singles and Doubles in the USTA Men’s 70 Division in Texas,

and #13 in Singles and #8 and #10 in Doubles in the US.

**Step 1: The Back Swing:** When Fernando 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, and his eyes are focused on the incoming ball.

**Step 2: The Point of Contact:** The success of the drop shot is to “cup” under the ball with the strings. The grip is relaxed and ready to push the ball forward and under the ball as he makes contact with it. His left shoulder is almost opening and his weight is moving through the shot.

**Step 3: The Follow Through:** In order to get maximum underspin, Fernando is keeping the right hand extended as long as possible. His weight is going forward. The left hand is left leaning forward for better balance.

As the shot goes over the net, and it was successful, Fernando will run towards the net, expecting his opponent to either lift the ball short, or try to drop shot his drop shot.

*Look in the next Newsletter for: “The Overhead from the Baseline”*



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Peel, Inc. - Kids Club

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We will select the top few and post their artwork on our Facebook Page - Facebook.com/PeelInc.

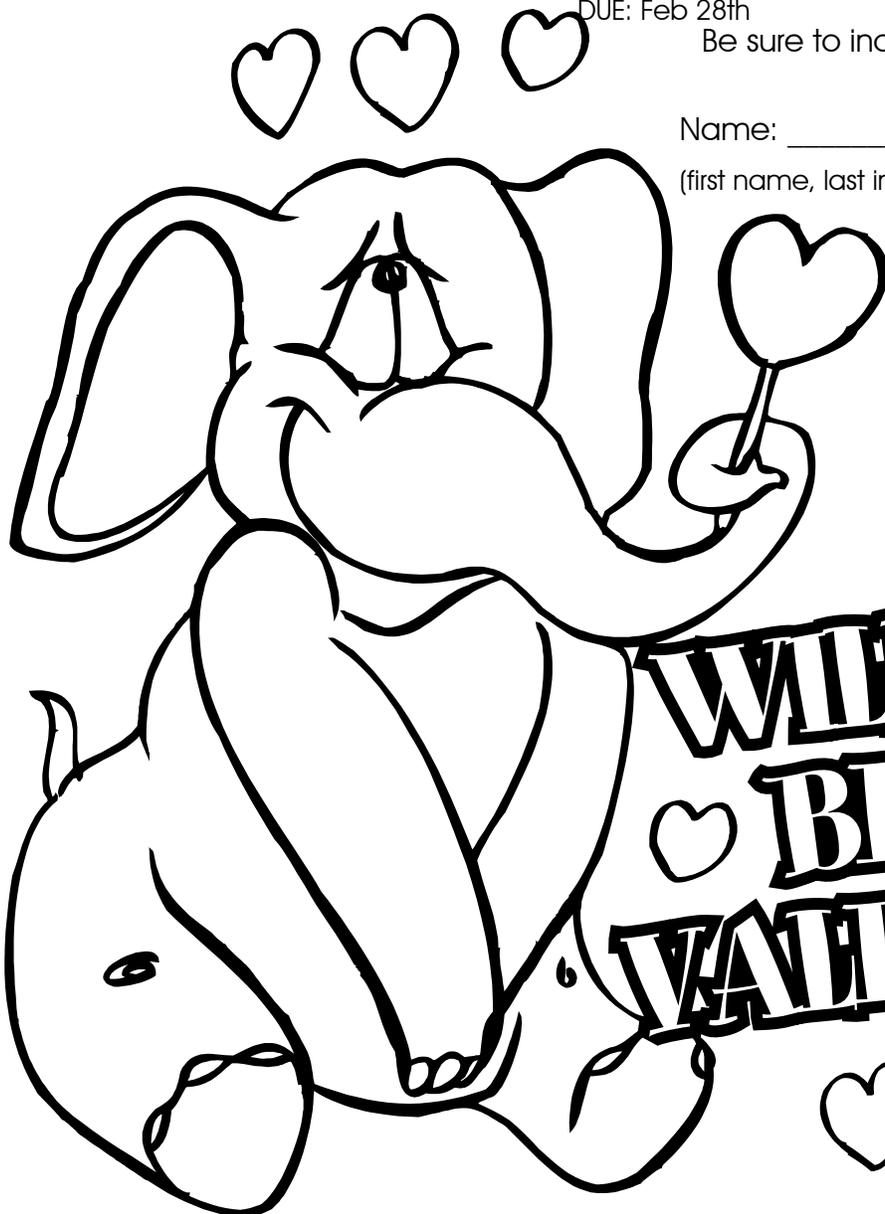
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Be sure to include the following so we can let you know!

Name: \_\_\_\_\_

(first name, last initial)

Age: \_\_\_\_\_



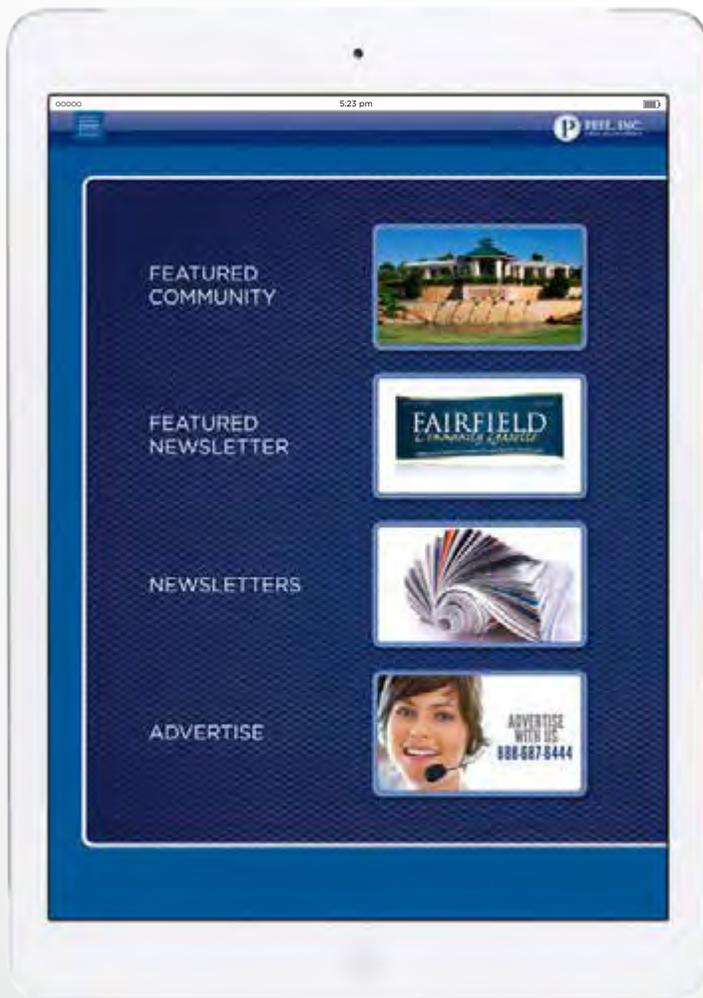
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