

May 2016 • Volume 10, Issue 5

# RANCH RECORD

News for the Residents of Blackhorse Ranch



## COMMUNITY

# Fun Run-Walk

*Bridgeland Community*  
**FUN RUN/WALK FOR HEROES**  
5K Run/Walk & 1K Run/Walk  
**Saturday, May 28<sup>th</sup> 2016**  
*Bridgeland's Festival Park*  
Race Starts at 7:00 am and Children Start at 7:30 am

Special Prizes for Reaching Fund Raiser Levels  
Shirt & Hand Towel for all Runners  
1st, 2nd & 3rd Place Trophy for 5K winners  
• Vendors  
• Entertainment  
• Food Truck  
• Bounce House

For more details & to register go to  
[bridgelandrunforheroes2016.eventbrite.com](http://bridgelandrunforheroes2016.eventbrite.com)

The Bridgeland Community Fun Run/Walk, open to everyone, will be held May 28, 2016 @ 7am at the Bridgeland Festival Park in Cypress, TX. The event will include a 5k walk/run and a children's 1k run/walk @ 7:30 am in Bridgeland, along with booth vendors, food trucks, entertainment and activities for the children. The children's walk is open to strollers and wagons. Each participant may have sponsors, who pledge a contribution for every mile run or walked on behalf of our service men and women. Special prizes will be awarded to those who meet certain fund levels. 1st, 2nd, 3rd place trophies will be awarded for winners of the 5K. To register to run/walk go to [bridgelandrunforheroes2016.eventbrite.com](http://bridgelandrunforheroes2016.eventbrite.com)

Who are your military heroes, George Washington, General Patton, Louis Zapperini, the Bengazi defenders, Marcus Luttrell, Chris Kyle, your father, your mother, your best friend, or someone who died in action for our freedom? This Memorial Day weekend on Saturday, May 28, let us run/walk in honor of our heroes, so that we may never forget their sacrifices for our country. Make you Memorial Day Weekend complete by attending the Bridgeland Memorial Day Service on Monday May 30th at Pioneer Park @ 11:am as well.

All proceed will benefit The Bridgeland Community Support Veterans, Inc. by raising funds to 1.) Build a \$1.5 million dollar Veterans Memorial in the Bridgeland Community in Cypress, Texas, 2.) Support Immediate needs for Veterans in the Community and 3.) Continue our Veterans Memorial Day, Veterans Day Festivals, and Christmas Toys for Veterans' Children Programs.



**Cost: \$30 for adults, Kids 10 and under \$15-\$20**

Fund Raiser for The Bridgeland Community Supports Veterans, Inc.

# RANCH RECORD

## IMPORTANT NUMBERS

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 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)  
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### *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.



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## 2016 Scouting for Food Results

Scouting for Food is a project rooted in the very foundation of the Scouting movement and its dedication to do and implement the Scout Slogan, Do a Good Turn Daily. It is an ongoing annual program of the Boy Scouts of America, organized at a local level throughout the country, with one objective, to collect food for local food banks. Each year local Cub Scout Packs, Boy Scout Troops, Venture Scout Crews and Sea Scout Ships in every District leave door hangers throughout their neighborhoods soliciting non-perishable food items. One week later Scouts return in the morning hours to pick up and deliver any food donations left on front porches to their local food banks. For the Big Cypress District this occurs annually in late January and donations are provided to Cypress Area Ministries (CAM), our local pantry.

The Big Cypress District of Sam Houston Area Council includes Scouting units in the Northwest area of the Cy-Fair ISD attendance zones of Harris County. This includes Cypress, Bridgeland and Fairfield. The Big Cypress District overall collected 22,168 lbs of food, translating to approximately \$37,686. CAM estimates, for the number of families they anticipate supporting, this will last from February til end August this year. Thank you to all those that placed a bag, large or small, on their front porch this February!

Cub Scout Pack 3, chartered thru the A. Robison Elementary PTO, has 45 boys, grades 1-5, who primarily attend A. Robison Elementary School. Pack 3 would like to extend a huge THANK YOU to the communities of Lakes of Rosehill, Cypress Mill Parks 1 & 2, Cypress Mill Estates, Cypress Ranch Estates and Cypress Village. With their help the 45 boys of Pack 3 checked the porches of over 2000 homes and collect a combined weight of 751.2 pounds of food to deliver to CAM. The boys enjoy finding these treasured bags of food left on porches, knowing they are doing something to help make a difference in someone's life. Be on the lookout next January for your door hanger and please consider leaving a few things out for the boys to collect, every little bit helps!!

Thank you again from the Cub Scouts of Pack 3 to everyone that contributed to the Scouting for Food movement!!

## CYPRESS RANCH CHOIRS SPRING SHOW

Please join the Cypress Ranch Choirs for their Spring Show on Monday, May 16th, at 7:00 p.m. in the Cypress Ranch High School Auditorium. All Cy-Ranch Choir alumni is especially invited to attend!

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

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# שלום!

## Shalom Cypress

Shalom Cypress was established in 2011 by local families seeking a Jewish presence in Northwest Houston. We are the closest synagogue within 25 miles of the nearest synagogue. Many thought that they were the only Jews in the Cypress area, but it turns out that they were wrong! Shalom Cypress has grown to more than 30 affiliated families.

I hope that everyone had a great Purim & Passover! In May, we will have our monthly Friday & Saturday services. Noah will be called to the Torah to become a Bar Mitzvah. Come join us for this celebration. In June, we are having a free BBQ to kick-off the summer. You can eat the best Kosher hamburgers & hotdogs right here in Cypress!

Shalom Cypress has many ongoing & active programs for people of all ages. Please visit our website at [www.shalomcypress.org](http://www.shalomcypress.org), e-mail us at [info@shalomcypress.org](mailto:info@shalomcypress.org), or call Ben Federman at 832-795-2002 to find out more details about the upcoming events.

## Cy-Fair Republican

# Women

May 10th our guest speakers will be candidates for Harris County Republican Party Chairman, Paul Simpson, Tex Christopher, and Rick Ramos.

**10:30 AM - Noon. (Second Tuesday each month)**

**Meeting is \$3 -- Meeting w/Lunch at Noon is \$20.**

**Hearthstone Country Club,  
7615 Ameswood, Houston, TX 77095**

Come, enjoy likeminded fellowship and getting to know our candidates. All are welcome! Candidates, we want to get to know each of you. Please RSVP to [www.cfrw.net](http://www.cfrw.net) by 5/3/16.

The run-off election is May 24th. Our turn-out is very important as there are several areas with run-off candidates.



— Jeanna Stone, Krista Stoutner, Chris Nolan, Tiffany Nolan, Jennifer Bimeler —



**Tiffany Nolan**  
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Sat 9AM - 4PM

## 6 Health Benefits of Eating Dark Chocolate

If your sweet tooth craves chocolate, there are plenty of reasons to surrender to your cravings and indulge. Dark chocolate is loaded with nutrients that can positively affect your health. Made from the seed of the cocoa tree, it is one of the best sources of antioxidants on the planet. Cacao offers a number of health benefits from helping to control blood sugar to lowering the risk of cardiovascular disease because it contains flavonols, which are a type of antioxidant that has been shown to improve blood flow and can protect against sun-induced damage, improve blood flow to the skin and increase skin density and hydration.

**Bottom Line:** Quality dark chocolate has various nutritional perks so enjoying a delicious treat that has at least 65% cacao can be guilt-free if you don't overdo it.

### NUTRITIONAL PERKS

#### HEART-HEALTHY

Dark chocolate has been shown to improve blood flow and possibly prevent blood clots. It also helps lower blood pressure and may help keep arteries from hardening.

#### BRAIN FOOD

Because chocolate increases blood flow to the brain, it can be a boost to your cognitive health.

#### MOOD CHANGER

Chocolate also contains phenylethylamine (PEA), which encourages your brain to release endorphins that make you feel good.

#### CANCER FIGHTER

Antioxidants in chocolate help rid your system of free radicals, which have been linked to multiple age-related health risks and diseases.

#### SOMETHING TO SMILE ABOUT

Theobromine, found in dark chocolate, helps harden tooth enamel, which helps prevent cavities.

#### SUN BLOCKER

Some studies show that people with diets high in flavonols take longer to burn in the sun than people with low flavonol diets.

*Written by: Claudia Mosley, Moms Making Six Figures*

*Reviewed by: Dr. Barbara Ryan, MD*

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\* According to the American Cancer Society  
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