

## FIGHT HEART DISEASE ONE STEP AT A TIME <br> JOIN THE AMERICAN HEART ASSOCIATION FOR THE 2013 GREATER LAKE HOUSTON HEART WALK



American Heart Associations Mv Heart. Mv Life.

WHAT: Fun Activities and non-competitive 3-mile walk to promote walking as a part of healthy lifestyle and raise funds to support cardiovascular research and educational programs for the American Heart Association.

WHEN: Saturday, November 23, 2013, 8:00 a.m.
WHERE: Lone Star College - Kingwood, 20000 Kingwood Dr., Kingwood, TX 77339

WHY: Heart disease and stroke - the nation's No. 1 and No. 4 killers - and all other cardiovascular diseases, claim more than 870,000 American lives a year. The American Heart Association's goal

## Heart Walk.

 Greater Lake Houstonis to raise $\$ 100,000$ for the 2013 Greater Lake Houston Heart Walk. Research funded by the American Heart Association has yielded or contributed to many important innovations such as CPR, lifeextending drugs (including clot-busters), pacemakers, bypass surgery, the heart-lung machine and surgical techniques to repair heart defects.

HOW: To participate in the annual event, walkers can register online by visiting www.greaterlakehoustonheartwalk.org or by calling 713-610-5000. There is no registration fee, but donations are appreciated. Walk as part of a company team or form your own team with family and friends.

## RANCH RECORD

## IMPORTANT NUMBERS

## EMERGENCY NUMBERS <br> 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.
Article Submissions .......................blackhorse@peelinc.com
Advertising..................................... 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


888-687-6444


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 November 21, 2013 at 7:00 p.m.
For more information, please contact the chapter Regent, Cheryl Partney at cpart86@comcast.net or by phone at 832-6540306. We look forward to meeting you.


## RANCH RECORD

## 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 about the projects in which its members participate to enrich and improve life for citizens in our community. We sponsor the Key Clubs in the Cy-Fair, Jersey Village, and Katy communities and work with them in service to the Cy-Fair area. Internationally, both Kiwanis and Key Club are participating in the ELIMINATE PROJECT aimed at the eradication of maternal/neonatal tetanus.
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 281-3047127. 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.
CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The CyFair Kiwanis Club sponsors nine Key Clubs and two Builders' Club in the Cy-Fair School District. If you would like to work with teens and preteens, join us and work with the outstanding youth in these organizations. We sponsor the Kids Triathlon; Girl Scout, Boy Scout, and Sea Scout troops and activities; award scholarships to outstanding Key Club members in our district; provide assistance to Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.
We welcome your visit at our Club meeting and your consideration of membership in our service organization. Join Now.

# We Call ITHE BATH-WILLSHINE-IKE-NEW-WOOM. 

## s25쁠

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## Ranch Record

## SHALOM

## Hi Jewish Community! <br> Let's get connected! To share...

- Shabbat dinners
- Chanukah parties
- Passover Seders
- or simply get together!


## INTERESTED?

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## RANCH RECORD

## Kappa Delta Sorority

is proud to announce the Cypress K $\Delta$ Alumnae Chapter

Visit our website for upcoming event and membership information
www.cypresskd.com

## NOT AVAILABLE ONLINE



## 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. The advertising deadline is the 8th of each month for the following month's newsletter.


## RANCH RECORD

## CROSSWORD PUZZLE



## ACROSS

1. Swiss-like cheese
2. Black
3. Confuse
4. Dog food brand
5. Flat
6. Sticky black substances
7. Mr.
8. Advertisement
9. No
10. Make better
11. Pre-Nissan
12. Electric spark
13. Miss lang
14. Tire
15. Saloons
16. Immense
17. Shine
18. Santa's helpers
19. Madam
20. Ribald

## DOWN

1. Tides
2. Cafe
3. Far away
4. Day of wk.
5. Sup
6. Mont
7. Ms. Winfrey
8. Curious
9. City
10. Toil
11. Movie alien
12. Fashionable
13. Play
14. Smoky
15. Cain killed him
16. Skimp
17. Afresh
18. Posttraumatic stress disorder
19. Pigpen
20. Unwell


## RANCH RECORD



The goal is to fill in the grid so that every row, every column, and every $3 \times 3$ box contains the digits 1 through 9 . Each digit may appear only once in each row, each column, and each $3 \times 3$ box.

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## CONVENIENT Mammograms Right in Your Neighborhood!

## Evenings and weekends available by appointment.

## Four convenient locations

- I I 307 FM 1960 West at Steepletop, Suite 340 Houston, Texas 77065
- 14044 Spring Cypress at Grant Cypress, Texas 77429
- 27126 Highway 290 at Mueschke Cypress, Texas 77433
- 7015 Barker Cypress Rd at 529

Cypress, Texas 77433

*According to the U.S. Preventive Services Task Force and the Affordable Care Act, routine screening mammography is a preventive service now covered $100 \%$ by health insurance plans for women aged 40 and older every I to 2 years.


