



FIGHT HEART DISEASE ONE STEP AT A TIME

JOIN THE AMERICAN HEART ASSOCIATION FOR THE 2013 GREATER LAKE HOUSTON HEART WALK



Heart Walk.

Greater Lake Houston

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 is 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.

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IMPORTANT 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
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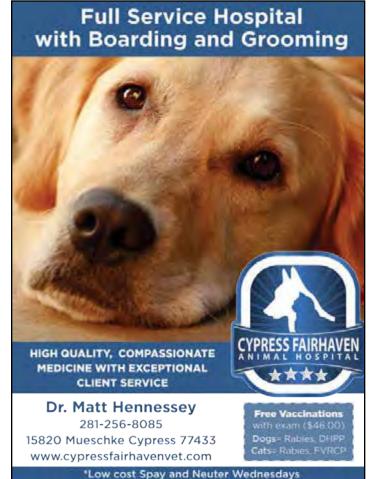




Elisha Roberts Chapter

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 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 832-654-0306. We look forward to meeting you.



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

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.

CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair 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.



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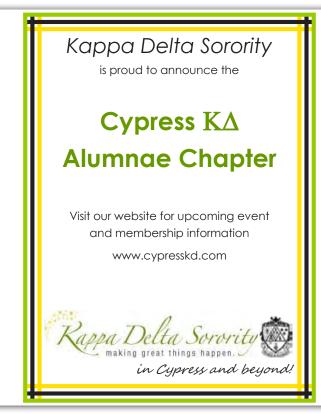


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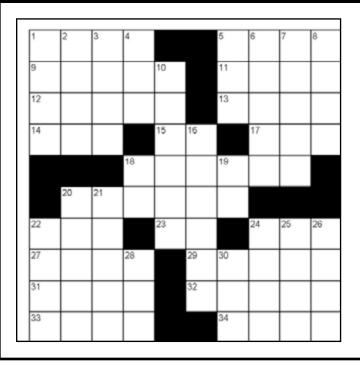


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ACROSS

1. Swiss-like cheese

5. Black 9. Confuse

11. Dog food brand

12. Flat

13. Sticky black substances

14. Mr.

15. Advertisement

17. No.

18. Make better

20. Pre-Nissan

22. Electric spark

23. Miss lang

24. Tire

27. Saloons

29. Immense

31. Shine

32. Santa's helpers

33. Madam

34. Ribald

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26. Posttraumatic stress disorder

28. Pigpen

30. Unwell

DOWN 1. Tides

2. Cafe

5. Sup

6. Mont 7. Ms. Winfrey

8. Curious 10. City

18. Movie alien

19. Fashionable

22. Cain killed him

16. Toil

20. Play

21. Smoky

24. Skimp

25. Afresh

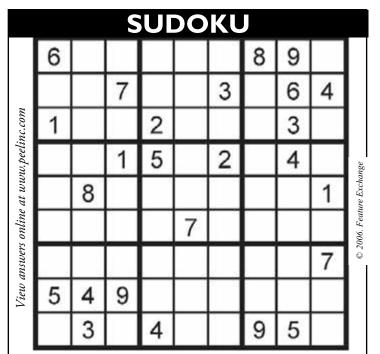
3. Far away

4. Day of wk.

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RANCH RECORD



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