

THE SUN



News For the Residents of Stone Gate

August 2009 - Volume 2, Issue 8

The Science of Grocery Shopping

Submitted by Kelly Bruneman, Certified Nutrition Specialist

The grocery store can be a scary place! All those aisles filled with grocery goodness! What is healthy and what isn't? How do you know where to start and what to buy? Follow these simple rules to ensure that you get the most out of your grocery shopping experience:

• STAY TO THE OUTSIDE

- Most everything you need is on the perimeter of the store. Your produce, meats, and dairy cases are all on the outside. The aisles are where the boxed and processed foods reside.

• ORGANIC...IS IT WORTH IT?

- Not all things are necessary to buy organic. The following produce list is often referred to as the "Dirty Dozen" because they contain the highest levels of pesticides.
 - THE DIRTY DOZEN: Peaches, Apples, Sweet Bell Peppers, Celery, Nectarines, Strawberries, Cherries, Pears, Grapes (Imported), Spinach, Lettuce, Potatoes.
 - THE LEAST CONTAMINATED: Onions, Avocado, Sweet Corn (Frozen), Pineapples, Mango, Asparagus, Sweet Peas (Frozen), Kiwi Fruit, Bananas, Cabbage, Broccoli, Papaya.
 - Beef, Poultry, and Dairy are also worth the organic price because they are produced without growth hormones and antibiotics.
 - Currently the USDA has not developed organic certification standards for seafood.
 - REMEMBER: buying organic foods that aren't good for you doesn't make them healthy!!

• BUY FROZEN

- Frozen fruits and vegetables are often flash frozen locking in nutrients better than canned foods.
- Frozen fish and chicken is also flash frozen at the source locking in nutrients and making them convenient alternatives to store in your freezer.

• DON'T BE AN IMPULSE BUYER

- Make a list according to how your grocery store is laid out and STICK TO IT! If ice cream isn't on your list, don't go down the ice cream aisle.
- Don't go to the grocery store when you are tired, hungry or irritable. This almost always leads to impulse buys.

(Continued on Page 3)



MOPS at The MET Registration



If you need a listening ear, friendship with other moms, your kids involved in a fun program, delicious breakfast buffets, advice from seasoned moms ... then you need MOPS at The MET.

Two dynamic groups meet two Friday mornings per month (September – May) from 9:15 – 11:45a.m. Childcare is provided upon registration; \$55 per semester.

Register online today to secure your spot at metmops.org or TheMETonline.org

MOPS stands for Mothers of Preschoolers, a program led by mothers themselves and designed for mothers with children ages birth to 5. These mothers all have a shared desire...to be the best mothers they can be!

(Continued on Page 3)

Newsletter Information

Publisher

Peel, Inc. www.PEELinc.com, 512-263-9181
Article Submission articles@PEELinc.com
Advertising..... advertising@PEELinc.com

Welcome to The Sun

A newsletter for Stone Gate residents

by Stone Gate residents.

The Sun is a monthly newsletter mailed to all Stone Gate residents. Each newsletter will be filled with valuable information about the community, local area activities, school information and more.

If you are involved with a school group, play group, scouts, sports activity, social group, etc. and would like to submit an article for the newsletter you can do so online at www.PEELinc.com or you can email it articles@peelinc.com. Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome. Our goal is to keep you informed!

Advertising Information

Please support the businesses that advertise in The Sun. Their advertising dollars make it possible for all Stone Gate 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 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Stone Gate residents, limit 30 words, please e-mail articles@PEELinc.com.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.

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Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing articles@PEELinc.com or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 9th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for The Sun. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.



Cypress Connection
Community Message Board & Neighborhood Networking Site

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www.cypresstxconnection.com

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The Science of Grocery Shopping- (Continued from Cover Page)

- If possible, don't take the kids! Grocery stores target impulse buyers and almost all kids are impulse buyers!
- Don't get distracted at the checkout line. As you are waiting to check out grocery stores stock the racks with tempting candy bars and sodas. Don't be fooled! If you think you might give in bring in water with you and pop a piece of sugar free gum! Or flip through the latest gossip magazine until it is your turn to pay.
- If you don't buy the junk food, you won't have it in the house!

• CHECK OUT THE LABEL

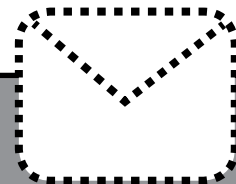
- THE FDA requires that all ingredients be listed in descending order of predominance by weight. Try to pick foods that have a short ingredient list that don't have many artificial ingredients.
- Look for foods that have ingredients that you can pronounce
- Choose foods that are "real". Examples are 100% fruit juice or 100% whole-grain items with as little processing and as few additives as possible. If you want more salt or sugar, add it yourself.

Finally, just take a deep breath and go for it! You are in control and remember if you don't buy it; it won't find its way into your house!

Mops at the Met - (Continued from Cover Page)

For more information on meetings in Fairfield, please contact Renate Wheeler at renateqw@yahoo.com. They will meet on the second and fourth Fridays during the school year.

"Adventures in Mothering" at The MET
Join the Adventure! Get Connected...
with MOPS!



Go Green Go Paperless

Sign up to receive *The Sun* in your inbox. Visit PEELinc.com for details.

SERVICE TIMES

SATURDAYS:
6:00 PM

SUNDAYS:
8:30 AM
9:50 AM
11:30 AM

KIDS*

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MOVIE NIGHT
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AUGUST 7

GGP'S GOT TALENT
5:00 PM
AUGUST 21

***K - 5TH GRADERS**

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New Club Charter Granted to Cypress Ranch Key Club



Picture of Bob Presnell, Cy-Fair Kiwanis Club President, and Aliah Kelly, Cypress Ranch Key Club President

Cypress, Texas – July 2, 2009 – A new Key Club has been chartered by Kiwanis International at one of Cy-Fair's newest high schools, Cypress Ranch. The new school club of 238 members has been meeting since the school's opening in August 2008 and made formal application for a charter in January 2009. The official Club Charter was presented to Key Club President Aliah Kelly at the club's first annual banquet held on May 21. The charter presentation was made by Bob Presnell, President of the Cy-Fair Kiwanis Club, and Peggy Presnell, who serves as Kiwanis Sponsor for the new Key Club.

Members attending the banquet were presented with membership items including their membership cards and pins. New officers for the 2009-10 school year were installed by Madhumita Govindu, a Cy-Fair High School student who serves as Lt. Governor of Division 3N of Key Club. Miss Govindu oversees the Katy and CFISD Key Clubs for the Texas-Oklahoma District of Key Club.

For more information, please contact:

Bri Holcombe, Publicity Chairman - sbvbchick@hotmail.com
Justin Bradley, Publicity Chairman - Thebradley5@comcast.net
Jennifer Hydes, Faculty Advisor - Jennifer.hydes@cfisd.net
Cypress Ranch Key Club

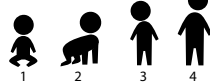


COLIN'S HOPE

Increasing water safety awareness and standards

FACTS YOU NEED TO KNOW ABOUT DROWNING

Drowning is the leading cause of unintentional injury-related death in children ages 1-4



DROWNING WILL AFFECT YOU OR SOMEONE YOU KNOW

Drowning is the 2nd leading cause of unintentional injury-related death ages 1-14.

For more information, check out our website at

www.colinshope.org

DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM

NO ONE is "drown proof" – no matter their level of swimming ability.

Falls, entrapments, and injuries lead to drowning regardless of swimming level.

A majority of people overestimate their own and their child's ability to swim, especially in a panic event.

DROWNING IS QUICK AND SILENT



Drowning occurs in as little as 2 minutes.



Irreversible brain damage occurs in as little as 4 minutes.



Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Most children die who are submerged for as little as 6-10 minutes.


Children who drown do not **scream, splash, or struggle**. They silently slip beneath the water, even with adults & lifeguards present.

WILDCATS WRAP

(Wildcats Right After Prom, Inc.)

Attention Cy-Woods 2010 Senior Parents! WRAP is Cy-Woods High School's parent-driven Project Prom organization. The purpose of WRAP is to provide a drug and alcohol free all-night party for the graduating seniors and their guests after their prom.

Please join us on Thursday, August 20th @ 7:00 pm in the Commons area at Cy-Woods High School for our 1st 2009-2010 WRAP General Board meeting. For more information on WRAP, please visit our website at cywoodswrap.org or contact us via email at cywoodswrap@hotmail.com. We look forward to seeing you on August 20th.



The Tri-County Quilt Guild

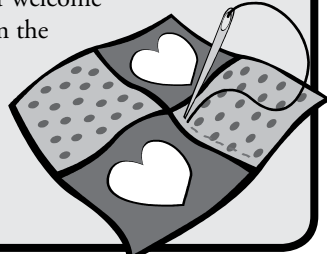
Meets the 1st Tuesday of the month, 7-9pm

Meeting Place: Fairfield Baptist Church, 27240 Highway 290
(Between Muescke and Mason Rd) Cypress, TX 77433-4907
website: www.tricountyquiltguild.org
Established 2005

Some of our activities include Show & Tell, BOM's, Fabric Raffle, Charity Quilts, Bees, Special Programs, guest speakers and more, with Door Prizes at every meeting!

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Unknown Location: \$150/ea

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Recipe of the Month

Orange Julius

Ingredients

- 1 6 oz. Can Concentrated Orange Juice
- 1 Cup milk
- 1 Cup Water
- 1/2 Cup sugar

Directions

Put in blender container, fill container to top with ice. Process.

If you would like to submit YOUR recipe email it to articles@peelinc.com.

No one said a vacation has to be far away.
My Homewood.



Treat yourself to a staycation at the Brand New Homewood Suites by Hilton® - Houston Northwest/Cy-Fair. Taking a trip doesn't have to mean leaving the comforts of home behind. Enjoy a spacious suite, our complimentary Suite Start® hot breakfast and even lounge by the pool!

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IT'S THAT TIME OF THE YEAR AGAIN!

Students Can Win Thousands of Dollars in Scholarships and Savings Bonds!

Commander William "Bill" Shaffer of the Veterans of Foreign Wars (VFW) Post 2427 and its Ladies Auxiliary announces the kick-off of the years "Voice of Democracy and Patriot's Pen Essay Competition." These competitions are designed to give local students the opportunity to earn Scholarships and savings bonds toward their education. Students from public, private, and parochial schools are encouraged to participate, as well as students in home study programs.

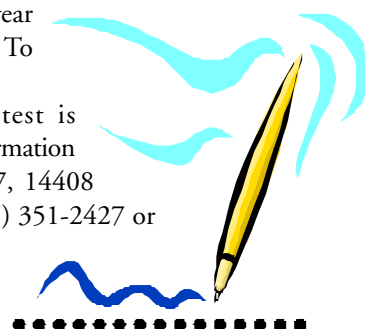
Students begin competing at the local Post level, Post winners advance to the District level, District winners then compete in the State competition. The State winners compete for more than 2.5 million in scholarships and savings bonds.

The Voice of Democracy contest is open to Students in grades 9 – 12 who are enrolled in a public, private or parochial high school, and those in a home study program in the United States, its territories and possessions; or in an overseas U.S. Military/civilian dependent school. Foreign exchange students, students age 20 or over and

previous Voice of Democracy first place winners are ineligible. The theme for the year is, "Does American Still Have Heroes?"

The Patriot's Pen Contest is opened to 6th, 7th, and 8th grade students enrolled in public, private or parochial schools in the US, its territories or its possessions. Home-schooled students are also eligible. Dependents of U.S. of military or civilian personnel in overseas schools can participate too. Foreign exchange students and former winners that placed in the National finals are excluded from the contest. The theme for this year is, "When Is The Right Time To Honor Our Military Heroes?"

The deadline for this contest is November 1, 2009. For more information please contact V.F.W. Post 2427, 14408 Alice Road. Tomball, Texas (281) 351-2427 or go online at www.vfw.org.



GET ON THE BUS!

a sermon series

We invite you to join us for F.R.A.N.K. Day on **Sunday, August 30, 2009**. A special day for Friends, Relatives, Acquaintances, Neighbors, and Kids. Lunch, music and activities for families.

New classes starting in the fall including Financial Peace University, Questions of Life, Divorce Care, children & youth classes, and many more. Please join us on Sundays for worship at 8:05, 9:30 & 11 AM.



CYPRESS UNITED METHODIST CHURCH

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281.469.0730 | www.cypress-umc.org

Open Hearts, Open Minds, Open Doors - The People of the United Methodist Church





Meet Johnathan

DOB: 10/1997

Johnathan is an affectionate child who loves to give and receive hugs. He loves trains, building with Legos and cardboard boxes. He also enjoys going on outings and watching cartoons, especially Scooby-Doo. His favorite food is pizza.

He has been diagnosed with an Autistic Spectrum Disorder which requires therapy. He is not able to communicate as easily as other children his age, which can be very frustrating for him. He has made tremendous progress in foster care and has a strong desire to please the adults around him. Johnathan requires a high level of supervision due to his activity level and his social skills. Johnathan's foster mom describes him as a "lovable child" and a "good kid."

For more information about adoption in general or Johnathan, please contact the Adoption Coalition of Texas at info@adopttexas.org.



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Pet Corner

Need Help With A Lost Or Found Pet ...

Please contact Susan Locke, Fairfield's Lost and Found Pet Coordinator at 281-605-5775 or you may go to <http://groups.yahoo.com/group/fairfieldpets>. Susan is the contact for someone that has lost or found a pet and tries to match the two together. Susan is unable to pick up, deliver or provide medical assistance to lost, found or injured animals but will try to help locate the dog or owner when they are lost.

~Your pet's ID tag is their ONLY ticket home! ~

* * * * *

SAVE A Life ... Be A Foster Parent.

More HELP for PETS

When a pet is lost, finding the pet means that time is of the essence. It takes time to create, print and distribute flyers. The flyers are many times illegible because of wind or rain. I certainly do not fault the pet owner because I have done this myself.

Frustrated, I thought there has to be a better way. So that is why we created Cypress Lost Pet Alert.com. The idea is to very quickly get the word out through an e-mail alert to as many neighbors as possible plus post the picture and information about the pet on the website under the specific neighborhood.

Once the email alert goes out to the specific neighborhood, many, many neighbors are now aware. If they happen to forward the email to their friends who have not signed up, it could mean hundreds of your neighbors are already alerted and are keeping their eyes open for your lost pet.

Cypress Lost Pet Alert.com is on-call 7 days a week from sun up to sun down and is FREE. We are glad to work with any informal email chains. The whole idea is to find lost pets quick for the good neighbors in Fairfield and surrounding areas.

Regards,
RB Cox

alert@CypressLostPetAlert.com
www.CypressLostPetAlert.com

BEAR IS STILL MISSING! PLEASE HELP

Our dog, Bear, is still lost somewhere in Fairfield. He went missing near Autumn Park on Monday, 5/5/09, night. He is an Australian Shepherd, and his body is black, his chest is white and he has some brown markings on his face and paws. My three-year-old misses him very much.

Please help us find Bear. If you happen to find Bear or have seen Bear around please call 281-373-1121 or 832-573-8704.



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meet our team

Huong T Le, MD
Quoc Le, MD
Alex Nguyen, MD
Blandina Sison, MD
Marian Allan, MD
Anthony Yee-Young, MD
Diana Malone, MD
Shital Patel, MD
Heidi Nashed-Guirgis, MD
Luz Marquez, MD
Jennifer Dong, MD
Haley Nguyen, MD
Tami Berckenhoff, PA-C
Brandi Valenzuela, PA-C
Sydney Payne, PA-C

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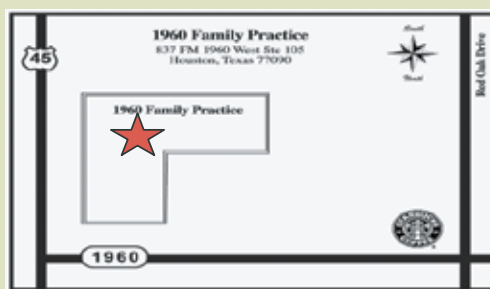
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The Road of Uncertainty

By Mindy Ferguson

As I traveled along a remote road on my way to speak at a women's retreat, my GPS suddenly began an annoying repetition of the phrase, "lost satellite". After a few minutes, I picked up my cell phone to call for directions. No service. I found myself on an unfamiliar country road in East Texas, with no cell phone and a GPS that appeared to be as disoriented as I was.

Uneasy, I pulled over onto the side of the road, took a deep breath, reviewed my map and prayed. I studied the map and located a road that I remembered passing a few miles earlier. I estimated my location and eased back onto the road, following the map with my finger as I drove. Needless to say, I was grateful to discover a sign with the retreat center's logo and an arrow, indicating the turn was ahead.

Thinking back on my experience, it occurred to me that our journey through life often presents us with circumstances that make us feel as disoriented and uneasy as I felt that day when I was lost on an unfamiliar country road without cell service. It also occurred to me that our response to life's uncertainties should be the same as mine was that day on the road —Pause, Ponder, Pray, and then Proceed.

Pause

When faced with uncertainty, we need to take some time to quiet ourselves before the Lord. Psalm 46 assures us, God is our refuge

and strength, an ever-present help in trouble. Be still and know that I am God (vs. 1,10a NIV).

Regardless how lost or helpless we may feel, God is our refuge and our strength and He is always available to help us. We can rest in the truth that He knows every detail of our circumstances and He is never disoriented. It's important to "be still" in order to hear His voice and sense His presence.

Ponder

Next, we need to take the time to gather information, reflect, and regroup. When conflict arose in the early church between Jewish and Gentile believers, the apostles took time to ponder the issues before deciding how to proceed. Acts 15:6 says, the apostles and elders met to consider this question (NIV). When we are unsure how to proceed, we need to gather information and ponder the facts.

Pray

Prayer is crucial. Through prayer, we can come before the Lord with the facts of a situation and earnestly seek His guidance. James 1:5 assures us, If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him (NIV). We can count on God to listen and to grant us the

(Continued on Page 13)



LIFE GROUPS
Fall 2009

Fall Life Groups and Bible Studies for all ages and stages.
Visit foundrychurch.org to learn more.

Join us this Sunday for worship.

Fry Road Campus
Movie Theatre on Hwy. 290 & Spring Cypress
Traditional Service: 9:00 a.m.
Contemporary Service: 10:20 a.m.

Jones Road Campus
8350 Jones Road, 1/4 mile off Hwy. 290 & Jones
Traditional Services: 8:15, 9:20 & 10:40 a.m.
Contemporary Services: 9:20 & 10:40 a.m.



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The Road- (Continued from Pg 12)

wisdom that we need to move forward in His will.

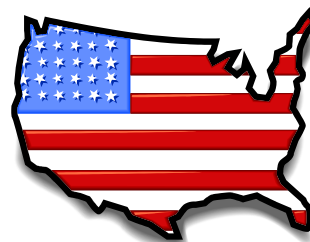
Proceed

Finally, after we have patiently paused, diligently pondered and earnestly prayed, it is time to act. You may step out cautiously, just as I did that day on the unfamiliar country road, but we can count on the truth of Exodus 15:13, which says, In your unfailing love you will lead the people you have redeemed (NIV). God loves us abundantly and although our circumstances can be frightening, we can trust that our God will lead us as He works out everything in conformity with the purpose of His will (Ephesians 1:11 NIV).

Are you facing uncertainty on an unfamiliar road? Pause... Ponder... Pray... and then Proceed. Our God faithfully leads the people He has redeemed!

AMERICA IS GOOD

- I believe in God and He is the Center of my Life.
- The family is sacred. My spouse and I are the ultimate authority, not the government.
- I have a right to life, liberty and pursuit of happiness, but there is no guarantee of equal results.
- I work hard for what I have and I will share it with who I want to. Government cannot force me to be charitable.
- The government works for me. I do not answer to them, they answer to me.



If you agree with any or all of the statements above then come to
The Glenn Beck 9/12 Project Organizational
 meeting for Cypress on July 9th at 7:00 pm.
 Located at 15010 Mueschke Rd.

Get involved.

For more information, please call 281-373-9337.

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Lone Star College - CyFair “Perspective”

IT'S NOT TOO LATE TO REGISTER FOR FALL

Registration continues through Aug. 22 for fall semester. Register for online, weekend, evening or distance learning courses by phone, 281-290-3200 or 832-782-5000; online to LoneStar.edu/cyfair; or in person at one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway. Week day classes begin Aug. 24 with weekend classes beginning Aug. 28-30.

“CONFLUENCE, STUDY ABROAD 2009” IN THE BOSQUE GALLERY

Check out this showcase of student installations and photography taken during this summer's study abroad trips to Italy and China. The exhibition will be on display Aug. 4 through Aug. 27 in the Bosque Gallery with a closing reception at 4:30 p.m. Aug. 27. Go to LoneStar.edu/bosquegallery for gallery hours and information.

FREE NEW STUDENT ORIENTATIONS SET

Take a tour, learn about campus programs, meet with an advisor, choose a schedule and register for fall classes at LSC-CyFair's free new student orientations this summer. Three orientation sessions,

including separate sessions for parents and family members, continue each Wednesday through August 19. For information, go to LoneStar.edu/orientation.

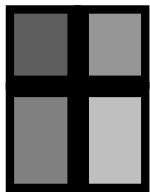
L.I.F.E. LESSONS IN AUGUST

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) Programs in August include: unveiling the Chip Hosek Collection of American Art Aug. 5, preventing arthritis Aug. 12, the science and art of perfume making Aug. 19 and new application on Google Aug. 26. Call the library at 281-290-3213 for L.I.F.E. program information or go online to LoneStar.edu.

BECOME A CERTIFIED LICENSED MASSAGE THERAPIST OR PERSONAL TRAINER

Interested in helping people lead healthy and stress-free lifestyles? Let Lone Star College-CyFair jump start your career in massage therapy and personal training. In the Massage Therapy program, which only costs \$1827 plus books and supplies, students learn

(Continued on Page 15)



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Worship Service

Sunday, August 30th

St. Aidan's Day – ALOHA Sunday
A celebration of the saint we are named after and a party for all ages immediately following the 10:30am worship service.

Every Sunday at St. Aidan's

8:00am Worship with
Children's Sermon
9:15am Fellowship Breakfast
10:30am Worship with
Children's Chapel

Summer Schedule

During the summer months, we will be taking a break from our Sunday morning Sunday school classes, as well as our Wednesday Evening Worship. We will resume with these two programs in the Fall.

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For more information, contact us by phone at 281.373.3203 or on the web at www.staidanshouston.org



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Father Justin,
looks forward to
meeting you!



Lone Star College - (Continued from Page 14)

business practices and professional standards as well as health and hygiene in massage and more. Scholarships are also available. The Personal Trainer program covers aspects of one-on-one training including marketing, program development and design, legal aspects, documentation, training methodologies and business considerations. Students who also take Exercise Science and CPR courses will be ready to take the National Academy for Sports Medicine certification exam. Financial aid is available for this workforce program. Registration is under way for fall classes, which start Aug. 24. For information call 281-290-3930 or go to LoneStar.edu.

Stork Report in The Sun

Submit your information
on the arrival of your little one to
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CY-FAIR KIWANIS CLUB

The Cy-Fair Kiwanis Club meets three times a month at the Hearthstone Country Club in Hearthstone from 12:15 p.m. to 1:15 p.m. for lunch and programs with guest speakers on subjects of concern to the community and individuals. We invite you to a complimentary lunch, fellowship with our members, an informative program, and an opportunity to learn more about our organization. Reservations are not required. The Club will meet on August 4, 11, and 18th.

Membership in Kiwanis is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International. If you would like to know more about Kiwanis and the service programs it promotes, call John Carroll at 281-463-0373; George Crowl at 832-467-1998; or Robert Presnell at 281-304-7127.

CHILDREN: PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club, an affiliate of the International Kiwanis organization, focuses its services, programs and activities on this theme.



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Sudoku

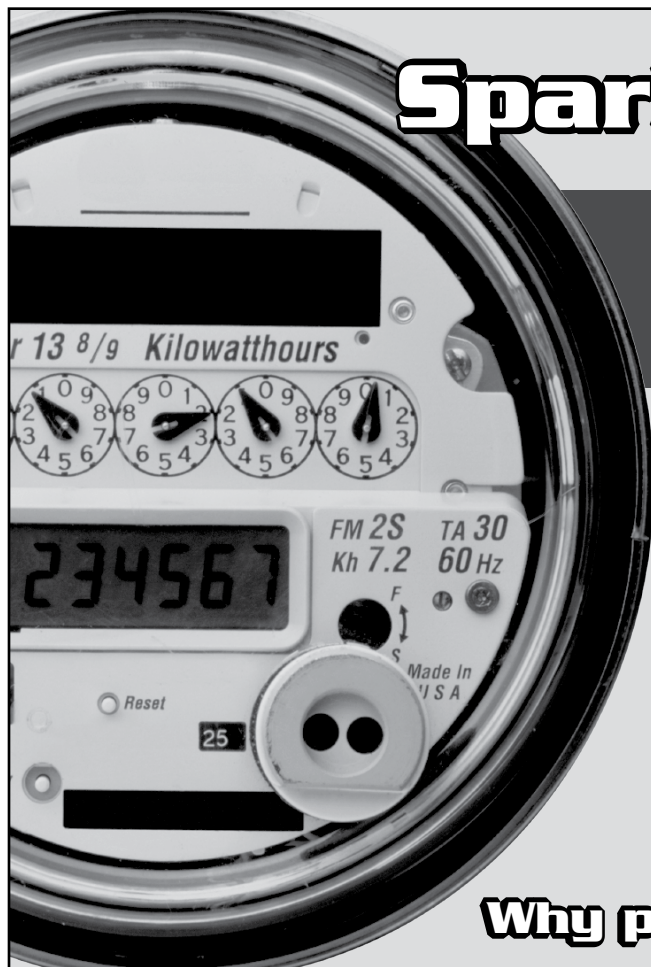
The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

								7
6	7	2			1			
5				6			9	2
7		5						
	4							
	1	6		2			4	9
				4				6
		8		1	7			
		9	3	8		1		

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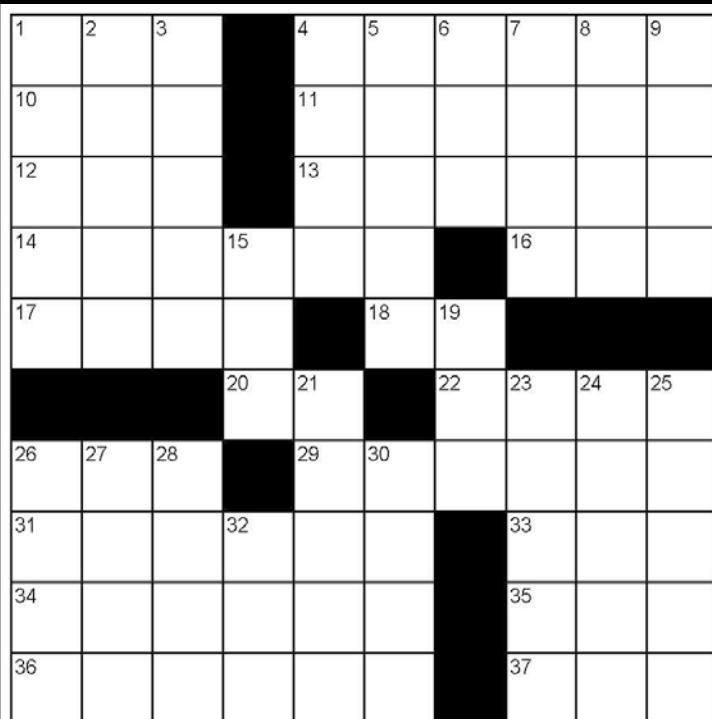
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Crossword Puzzle



ACROSS

1. Belong
4. Elevator alternative
10. Fire remains
11. Short guy, hairy feet
12. Manipulate
13. Indoor
14. Coaxing
16. Condensation
17. Adolescent
18. South Carolina (abbr.)
20. New Jersey (abbr.)
22. Hornet
26. Rock
29. Loves
31. Demonstrate
33. Government agency
34. Subordinate
35. Cause of sickness
36. Elapse (2 wds.)
37. Surface to air missile

DOWN

1. Finds _-
2. Make available
3. Not here
4. Tibia
5. Fire iron
6. Abdominal muscles (abbr.)
7. As previously cited
8. Cycle
9. Soup
15. Hotel
19. Cash with order (abr.)
21. Rachel's husband
23. Regions
24. Reddish brown
25. Sacred song
26. Pearls
27. Vile
28. Brief
30. Refuse to believe
32. Pinch

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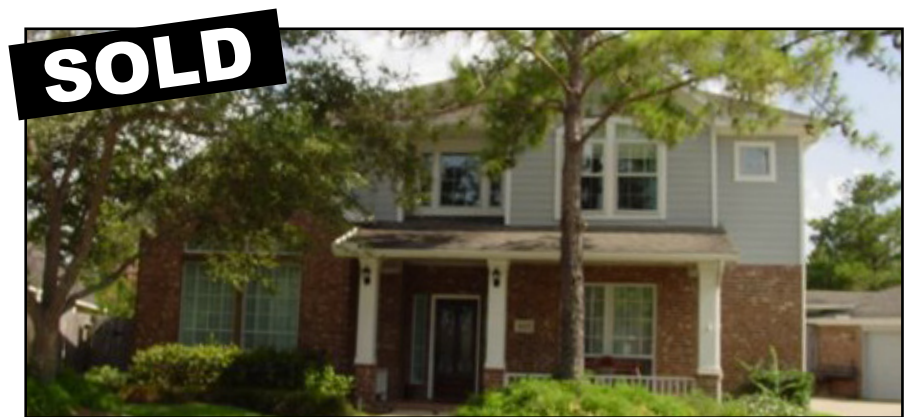
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