

The Official Newsletter of The Steeplechase Community Improvement Association, Inc. and Steeplechase Community Center Volume 3, Issue 7

July 2005

#### **Important New Phone Numbers:**

For Clubhouse Rentals – call: 832-922-8031 – Phyllis McFarland For Community Group use of Club – call: 832-922-8030 – Jinnie Kelley

The Pool will be open on Monday, July 4<sup>th</sup> from 10:30 am to 8:30 pm Closed Tuesday, July 5<sup>th</sup>.

#### Message from the Board

One of our most active Directors will be re-locating out of the area this summer. Barbara Lopez has served for four years as a Green Brook Bridge Director as well as Chairperson of the Security Committee and Clubhouse Coordinator for community groups. She has worked tirelessly for the community—organizing all of the crime prevention programs, interacting with the sheriffs department, scheduling all groups who use the clubhouse, hosting the annual Easter Egg Hunt and more. Steeplechase will really miss her! We wish Barbara and her family all the best in their new home.

Jon Lavallee and Nace Peard have agreed to co-chair the Security Committee and Jinnie Kelley has volunteered as the new Clubhouse Coordinator.

As always, all of our neighborhood committees need additional help – if you wish to participate on any committee call 281-897-9298. Our next Open Residents Meeting is Monday, August 1st at 7pm.

#### FAMILY SPLASH NIGHT

Friday, July 29<sup>th</sup>
6-9 pm
Pizza • Pool games • contests

View the Steeplechase Community Association newsletter each month on-line at www.PEELinc.com

#### **NATIONAL NIGHT OUT**

Tuesday, August 2, 2005 6 P.M. – 9 P.M.

#### Meet Your Neighbors Gatherings Throughout Steeplechase

Join the thousands of citizens in Harris County and the Nation in the annual event.

National Night Out is designed to heighten crime prevention awareness and strengthen neighborhood spirit and police-community relations.

Neighbors – let's use NATIONAL NIGHT OUT to get to know our neighbors a little better than just a friendly wave as we go about our busy schedules. Bring a lawn chair, a cold drink and meet in a driveway, cul-de-sac or front porch and get to know your neighbors a little bit better. We all need to watch out for each other and it always helps to know who that dog belongs to or who is starting what school in August. Together, as neighbors watching out for neighbors, we can strengthen our community and reduce crime in Steeplechase. Remember to turn on your front porch lights.



# IMPORTANT Telephone Numbers



	=
Emergency	911
Sheriff's Dept.	
Cy-Fair Fire Dept	911
Cy-Fair Hospital	281-890-4285
Animal Control	281-999-3191
HL&P (Street lights)	713-207-2222
Library	
Post Office	
Steeplechase Community Center	281-469-CLUB
Deed Restriction Issues (PCMI)	
Water/Sewer	281-240-1300
Architectural Control (PCMI)	281-870-0585
Trash Pick-up (Waste Management)	
	(Monday & Thursday)
Harris Co. Pct. 4 Road Maintenance	281-353-8424
Community Events	
Clubhouse Rentals:	
Private Events (Phyllis McFarland)	281-469-CLUB
Community Group Events (Barbara Lopez).	
NEWSLETTER PUBLISH	<del>I</del> ER
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Peel, Inc. / Quality Printing		.806-385-6444
Adver: Donna Sommer	. dSommer@PEELinc.com,	832-237-4684
Kelly Peel	kelly@PEELinc.com,	512-589-5471

# Steeplechase Information Line: 281-469-CLUB - Option #3

#### **Steeplechase Board of Directors**

Cobblestone	Churchill	Green-Brook-Bridge
Betty Hattman	Jon Lavallee	Jim Andrews
Sandra Jordan	Philip Ramirez	Kevin Swicegood
Virginia Kelley	Minor Bostick	Barbara Lopez
Cynthia Green	Tom Gerow	Clark Fredenburg
Dan Carr	Nace Peard	David Gerow

If you need to contact a director within your subdivision, please contact **PCMI** at **281-870-0585** and they will forward your request.

### Steeplechase Sanctioned Committees

Security Welcome
Communications Landscape
Pool Clubhouse
Playground Tennis

#### **COMMUNITY CENTER CONTACTS**

Weekday Coordinator Barbara Lopez	281-894-2894
Small Meeting/Private Function Rentals Julie Bertsch	281-970-1007
Weekend Coordinator Phyllis McFarland	281-469-CLUB
Private Pool Parties Sweetwater Pools	281-988-8480

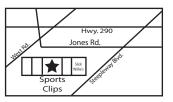
#### **NEWSLETTER DEADLINE**

For the August issue is **July 10**<sup>th</sup>

Please send all articles and photos to: <a href="mailto:ehattman@yahoo.com">ehattman@yahoo.com</a>

(high quality digital photos up to 2 MBs accepted) or mail your submissions to the Steeplechase clubhouse at 11250 Steepleway Blvd., Houston, TX 77065 if you do not have a computer

# SportClips HAIRCUTS



9629 Jones Road (Next to Slick Willie's)

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Hours: Mon-Fri 9am-8pm \* Sat 9am-6pm Sun 11am-6pm

#### \$2.00 OFF ADULT HAIRCUT

With coupon. Valid at this location only. 1 per customer. Expires 9/30/05. Regular Haircut: \$13.95

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1 per customer.
1 Expires 9/30/05. Regular Massage: \$ 5.00

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- Guy-Smart Stylists
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- All Star Massage Treatment (relaxing head shampoo & shoulder massage with hot towel facial treatment)
- All Star Works (haircut & All Star massage treatment)
- No appointment necessary
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- •Sports Memorabilia available
- •TV's Playing Sports
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With coupon. Valid at this location only.
1 per customer.
Expires 9/30/05. Regular Haircut: \$9.95

### \$3.00 OFF ALL \*STAR WORKS

With coupon. Valid at this location only.
1 per customer.
Expires 9/30/05. Regular Work: \$18.95

#### **Fence Poll**

Thank you to the **552** homeowners who participated in the recent Greenbelt Fence Survey. The results from surveys received by June 1 are as follows:

Question 1): In consideration of the proposal for construction of a fence with similar design and materials as currently exists and with NO maintenance fee increase or assessment for this project:

I support using Association funds to replace the fencing adjacent to and along Steepleway Boulevard.

 $YES = 421 \qquad NO = 81 \qquad No \text{ answer} = 50$ 

Question 2): I favor constructing a more permanent fence, such as brick or synthetic materials with the understanding this would incur higher costs for the homeowners and the Association.

YES = 132 NO = 271 No answer = 149

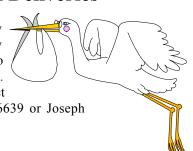
Based on the positive response from homeowners to Question 1, the Board is proceeding with the fence project and has sanctioned a Fence Subcommittee. Director David Gerow has agreed to serve as chairperson for this committee. Those who indicated interest in this project at the February Residents Meeting will be contacted – if you wish to volunteer for this committee please contact Myla Chandler at 281-870-0585.

#### I CAN SAVE YOU MONEY ON THE SALE OF YOUR HOME!! Give me a call to see how I can save you \$\$\$ on the listing of your home. I also have a move-up special that can save you even more money on the sale of your home. DAVID JORDAN **TEAM MEMBER** 281-373-4300 (Office) 832-878-7844 (Cell) THE DON & JEANNE MACHROWICZ TEAM **RE/MAX PREFERRED HOMES** I will strive to make your move as "worry free" as possible, whether you are buying or selling! Call me for a complimentary "Market Analysis" of your home and neighborhood Use me to purchase your next home and receive a certificate for 10% off of your entire purchase at THE ROOMSTORE. The Roomstore, they put it all together and save you more.

#### **Special Deliveries**

Steeplechase Community volunteers will place a Baby Stork in your yard for two weeks after a new baby is born. In order to participate contact Irma Martinez @ 832-912-66

Irma Martinez @ 832-912-6639 or Joseph Bauman @ 832-237-0850.







Keepsake Ornament
Premiere is
July 16th & 17th

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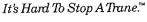
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#### People in the Community

Marissa Nicole Castilla, granddaughter of Hambleton Way resident Shirley Gage, successfully completed her training program with Continental Airlines. The course of study included safety, security and emergency evacuation. Marissa is now a flight attendant on Continental Express Airline serving USA, Mexico and Canada. Marissa was a 2001 graduate of Cy-Falls High School.

#### **Steeplechase Committees** Welcome Volunteers

Get involved. All neighborhood committees welcome new volunteers. For more information, call 281-897-9298.

#### The Babysitting Co-op

Interested in meeting other families in the neighborhood? Need a play group for your children? Having trouble finding a dependable babysitter? Want a "Ladies Night Out"?

Meet your neighbors and make new friends at the next Steeplechase Babysitting Co-op Meeting. Steeplechase Clubhouse First Tuesday of each month at 7pm For more information call Debbie at 281-807-5104

#### **Business Classifieds**

"STUNNING FREE JEWELRY: Host a fun and simple jewelry party at your home for you and your friends and earn great FREE jewelry incentives. Start-up woman owned business offers quality custom designed costume crystal/bead jewelry www.esojewelry. com. Call Liz on 281-550-6916 or email liz@esojewelry.com"

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#### WRSBN

WRSBN, a small and home-based business networking group meets the first Wednesday of month. Next meeting is July 6 at First Bank, corner of Beltway 8/West Road, from 7:30am – 8:45am. Cost: free. Contact Dorothy Gurka, 281-290-0190; <a href="https://www.dgurka.com">www.dgurka.com</a>

#### What Happened To The Gazebo?

During winter clean up and repair of the tennis court area, the gazebo was inspected and found to be unsafe. It was demolished and removed along with an old deck near the courts. There are no immediate plans to rebuild the gazebo.

#### **Boy Scout Equipment Stolen**

BSA Venture Crew 288 had camping equipment and a kayak stolen from the community center over the Memorial Day weekend. Anyone with any information is asked to call Scoutmaster, Paul May at 832-724-5818.

#### NEWSLETTER SUBMISSIONS REOUESTED

Every news publication needs "reporters" – the "reporters" for this Newsletter are community volunteers who gather information from the community to publish. So if you are involved with a school group, scouts, sports etc. – please submit your information to the editor at <a href="mailto:newsletter@steeplechasetx.com">newsletter@steeplechasetx.com</a> or mail to the clubhouse at 11250 Steepleway Boulevard, Houston, TX 77065. Personal news from residents-such as awards, special celebrations, military service are also welcome.

Please remember that this newsletter is sent to 1650 homes (at no cost to homeowners) – so please send your important news to us today. Remember, the deadline for each month is by the 10<sup>th</sup> day of the prior month.



In the game of Scrabble, the only tile with a point value unique unto itself is the K (5 points).





# Texas Events - July

- **4—BAYTOWN: July 4th Celebration** Features a day of musical entertainment, arts & crafts booths, food and beverage booths, children's amusement area, parade and fireworks show. Begins at 2 p.m. Ends at 10 p.m. Bicentennial Park, 1001 Market St. E-mail: pard@baytown.org 281/420-6597
- **4—FRIENDSWOOD: July 4** Celebrate with a parade, crafts, food and entertainment at Stevenson Park. Enjoy fireworks, drinks and entertainment at Centennial Park. E-mail: fwdchmber@swbell.net www.friendswoodchamber.com 281/482-3329
- **4—GALVESTON: Fireworks Display** Features a 20 minute fireworks display overlooking the Gulf of Mexico. 888/425-4753
- **4—HOUSTON: Fourth of July at Miller Outdoor Theatre** Houston Symphony continues its annual celebration at Hermann Park. Includes fireworks and Tchaikovsky's 1812 Overture accompanied by a dramatic 16-cannon salute. www.milleroutdoortheatre.org 713/224-7575
- **4—HOUSTON: The Freedom Over Texas Festival** Annual July 4 downtown celebration features live entertainment, food booths and a world-famous fireworks display. Eleanor Tinsley Park. www.festivalsofhouston.com 713/555-9753
- **4—KEMAH: Fireworks** View fireworks shot from a barge in Galveston Bay. Kemah Boardwalk. www.kemahboardwalk.com 281/334-9880 or 877/285-3624
- **8-10, 15-17—HARLINGEN:** *Wizard of Oz* Little Dorothy Gale of Kansas dreams frequently of what lies over the rainbow. One day a twister hits her hometown and carries her away over the rainbow. Harlingen Performing Arts Theatre, 1209 Fair Park Blvd. 956/412-7529
- **8, 15, 22, 29, Aug. 5—ROSENBERG: Hot Summer Concerts** Music fills the streets of Rosenberg as bands and musicians showcase their talents in free concerts. Performers are Phil Johnson & Rush Hour on July 8, John Gaar Band on July 15, Rob Darien and The Outside Dogs on July 22, Ezra Charles & The Works on July 29, and Son Tumba'o on Aug. 5. Hours are 7 to 10 p.m. Downtown Park on Avenue G. E-mail: rebeccac@ci.rosenberg.tx.us www. rosenbergtourism.com 832/595-3520
- 9—WEST COLUMBIA: Brazoria County Bluegrass Concert Begins at 7 p.m. American Legion Hall, 213 N. 14th St. 979/265-4757
- **9—WEST COLUMBIA: Miss Ima's Birthday** Celebrate with a tea party on the front porch of the museum. Includes a talk about Miss Ima and her family and fan painting. Hours are 10 a.m. to 2 p.m. Varner-Hogg Plantation State Historic Site. 979/345-4656
- **9-10—HARLINGEN: Lone Star Shootout Softball Tournament** First place teams in all divisions receive an at-large berth in the 2005 Texas Championship Series. Harlingen Sports Complex Ball Park, 3139 Wilson Road. 956/245-0264
- **9-10—ROSENBERG: Fort Bend County Antique Market** Fort Bend County Fairgrounds. E-mail: info@cwgs.com www.cwgs.com 512/441-2828
- **13-18—HOUSTON:** *The Music Man* Tells the story of Professor Harold Hill, a con man who in order to sell band instruments convinces the citizens of River City, Iowa, that he can teach their children to play in a magnificent marching band. Theatre Under the Stars at Miller Outdoor Theatre. www.tuts. com 713/558-2600
- **15—VICTORIA: Country Opry** Community Center Annex. 361/552-9347
- **15-17—PORT ARANSAS: Outboard Fishing Tournament** Offers a fishing tournament for boats powered exclusively by outboard motors. Registration is Friday. Fishing days are Saturday and Sunday. Robert's Point Park. 361/749-6211

- **15-17—PORT NECHES: Port Neches Trade Days** Find arts & crafts vendors, antiques, food vendors, local entertainment, Longaberger baskets, special order baked goods, custom painted furniture and more. Port Neches Avenue. E-mail: pncoc@swbell.net 409/722-4023
- **15-Sep. 25—HOUSTON:** *Bill Traylor, William Edmondson & the Modernist Impulse* Exhibition includes approximately 80 works from across the country about 50 drawings and paintings by Traylor and 25 sculptures by Edmondson. Artworks are accompanied by photographs of the artists at work. The Menil Collection. www.menil.org 713/525-9400
- **16—GALVESTON: Artwalk** Wine stroll takes people through art galleries, antique shops, designer clothing stores and exclusive boutiques. Hours are 6 to 9 p.m. Historic Strand District. 409/763-2403
- **16—VICTORIA: Market Day** Special Events Area in Riverside Park. E-mail: parks@victoriatx.org www.victoriatx.org 361/485-3200
- **16-17—BROWNSVILLE: Brownsville Police Association Annual Redfish, Surf Fishing Tournament** Boca Chica Beach. E-mail: aflores3550@cob.us 956/548-7000 or 956/266-5050
- **16-17—SOUTH PADRE ISLAND: 43rd Annual Beachcombers Art Show & Sale** Features artists from the Southwest. SPI Convention Centre. 956/425-4994
- **22-23—PORT ARANSAS: Blue Wave Owners Tournament** Fishing tournament is held for owners of boats manufactured by Blue Wave. www. bluewaveboats.com 918/473-6768
- **22-25—ALVIN: 100 Mile Sale to the Surf** Take a shopping tour across Brazoria County along Hwy. 288 and Hwy. 35. Maps are available at the Alvin Convention and Visitor Bureau. www.alvintexas.org 281/585-3359 or 800/331-4063
- **23—PORT ARTHUR: Nighttime Alligator Count & Marsh Tour** Take a trip down 5 miles of the best alligator habitat in Texas and census the alligators. Hours are 8:30 to 10:30 p.m., weather permitting. Permits and reservations required. J.D. Murphree Wildlife Management Area. 409/736-2551 ext. 23 or ext. 25
- **27-31—HARLINGEN: Pony Girls National Fast Pitch Softball Tournament** Girls age 9 to 18 participate. Opening ceremony is 6 p.m. Wednesday at the Harlingen Field. Harlingen Sports Complex, 3139 Wilson Road. www.rgvpony.org 956/454-5078 or 956/399-8902
- **28-30—CLUTE: Great Texas Mosquito Festival** Join in this fun-filled threeday family event. Enjoy about 100 different food and arts & crafts booths, carnival, contests and headline entertainers. Clute Municipal Park. E-mail: buzz@mosquitofestival.com www.mosquitofestival.com 800/371-2971
- **29-30—HOUSTON: Houston Shakespeare Festival** Two plays *As You Like It* and *Hamlet* are performed on alternating nights. Miller Outdoor Theatre in Hermann Park. E-mail: sjudice@uh.edu 713/743-3003
- **29-30—PORT ARANSAS: Hooked on Youth Fishing Tournament** Proceeds benefit the Hooked on Youth Organization. Woody's Sports Center. 210/695-3016
- **30—CORPUS CHRISTI: Passion for Plumeria** Learn to grow plumeria or take a tour. Sunrise Mall, Corpus Christi Botanical Gardens. E-mail: mjc@ccbotanicalgardens.org www.ccbotanicalgardens.org 361/852-2100
- **30-31—CORPUS CHRISTI: Seashore Marketplace** Includes marketplace and live music. Balli Park Pavilion on North Padre Island. www. seashoremarketplace.com 361/332-9978
- **Texas Events** has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.



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9803 Jones Road, Houston ph. 281.970.8863

We accept:









Parts used meet or exceed your vehicle's Original Equipment Manufacturer standards.

#### **SIGNS**

#### Keep Steeplechase Beautiful!

Did you know that signs are not permitted in our community? Our deed restrictions are very clear about signage. The only signs allowed within the community are approved Association Community Signs and one realtor sign during the sale of a home (specific dimensions are listed in deed restrictions).

Many concerns have been raised by residents about signs in the middle of plant beds, esplanades, parks, taped on traffic signs etc. Unattractive signs have been placed in the middle of new flowers planted at our entry sign at Jones Road. Making matters even worse, folks and businesses who leave them there.

Unapproved signs are usually removed by our landscapers, the county or homeowners.

If businesses are using bandit signs in our neighborhood, please call them and ask them not to solicit in our community or post signs. You can also invite them to advertise in our community newsletter.

While signs are restricted, other venues for advertising do exist. Advertise in this newsletter. Owner classifieds are FREE. Or pos your message on the Steeplechase website at www.steeplechasetx

Thank you for doing your part to keep Steeplechase beautiful!





We service all brands



If you don't know us by now, ask your neighbors, they do!



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#### **Advertising Information**

Please support the businesses that advertise in the Steeplechase Community Association Newsletter. Their advertising dollars make it possible for all residents to receive a newsletter each month at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our sales representative, Donna Sommer @ 832-237-4684 or dsommer@PEELinc.com for ad information and pricing The deadline for ads is the 10th of each month for the upcoming month's newsletter.





#### **Speech and Language Therapy**

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Kristie K Gatto. MA. CCC-SLP Jennifer A Swearengin, MA, CCC-SLP

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#### **Team Yes!**

Team Yes! Aquatics of Houston, a nonprofit, year round USA Swimming competitive swim team, is pleased to introduce John Berry as the new head coach. Team YES! is located in the Cy-Fair area and offer practices at the Cy-Falls and Cy-Springs High School facilities.

Coach Berry holds a B.A. in Kinesiology & Business Management with a Minor in Sociology from Ouachita Baptist University, Arkadelphia, AR. Coach Berry has extensive experience as a Head Age Group Coach for Houston area USA Swimming organizations and has been Head Coach for both Texas and Arkansas summer league programs. In addition, he has extensive experience in the organization, management and execution of swimming programs designed to develop and motivate young swimmers. During his collegiate swimming career, Coach Berry was 27 Time NCAA All American, 7 Time NCAA National Champion, 2 Time NCAA National Record Holder and an Olympic Trials Competitor.

Team YES! recognizes that each swimmer has his or her own goals and it is our objective to help your swimmer achieve those goals. Our mission is to emphasize superior technique for each and every program we offer. Our programs range from "learn to swim" for the beginner to the competitive program for more advanced and high school level swimmers. Our practice schedule is designed to keep the groups small so that each participating swimmer receives individual attention and focused technique instruction.

Registration for the 2005-2006 swim season is scheduled to be held at Cy-Falls High School in the swimming pool area on August 14, 2005, from 2:00 PM to 4:00 PM. For more information visit our website at www.teamyes.net or call and leave a message on our voice mail at 281-443-4002.



The water clock, which recorded time by measuring water escaping from a vessel, was probably invented by Plato about 400 B.C.E. and was used in Athens to regulate the length of speeches in law courts.

#### TEEN JOB SEEKERS LIST

If you are a teen and wish to have your name published, please email your name, address, date of birth, and phone number to newsletter@steeplechasetx.com by the editor's deadline. If you are currently listed, please notify the editor if changes are needed to your age or phone number.

P = Pet Sitting L = Lawn Mowing and Yard Work B = Babysitting \*American Red Cross Certified \*\*CPR

z zwysteme rameriem		
Jessica Aceves	. B, P	281-894-2894
Andrew Allen, 14	. P	281-894-8437
Lauren Ayers, 14* **	. B, P	281-894-5236
Jerrod Bean, 15***	. P, L	281-955-8038
Melissa Bean, 13***	. B, P	281-955-8038
Kaleb Bowden, 14	. B, P	281-807-0188
Carrie Burkhalter, 13**	. B, P	281-897-9679
Grant Busch, 13	. L	281-894-8815
Elizabeth Erwin, 16	. B, P	281-970-1884
Brittney Fowlkes, 14* **	. B	281-890-5122
Josh Fuentes, 14	. P	713-922-7073
Charles Garvin, 16	. P,L	832-237-3011
Kelsey Garvin, 16	. B,P	832-237-3011
Kelsey Julian, 14		
Andrew Kimberly, 14	. L281-469-273	37 or 832-492-5546
Tanner King, 13	. P	281-955-1668
Joey Lance, 15	. L	281-955-8241
Gwen Lee, 14	. B,P	281-807-5310
Samantha Machala, 13	. B,P281-894-632	21 or 713-875-6295
Serena Mancuso, 16		
Rae Moss, 21* **	. B	281-955-9336
Brenna Murphy, 15* **	. B,P	281-890-3944
Erika Nichols-Deason, 14	. B	281-970-1244
Amanda Ortiz, 14	. B	832-265-3122
Adam Rees-Brown, 19	. P,L	281-679-7417
Mallory Rivera, 16	. B,P	281-955-1901
Meagan Rivera, 16	. B,P	281-955-1901
Travis Rivera, 13	. L, P	281-955-1901
Jessica Sproull, 16* **	. B,P	281-894-9406
Kelly Theisen, 21	. B,P	281-970-4331

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#### **Protecting Your Back at Work**

Back pain is one of the most common medical problems in the United States. The cause is often poor posture and body mechanics

in the workplace. A supervised program of back protection and exercise may be the key to alleviating and even preventing such problems.

Correct posture and body mechanics play a vital role in preventing back pain because pressure on the discs and strain of the muscles, ligaments and back joints is aggravated by incorrect posture and body mechanics. At the same time, when your posture is good and you move your body correctly, you reduce the strain on vour back.



Sitting is often the greatest cause of back pain. When sitting either in a relaxed position, driving, or while at work, support your lower back. Use a rolled towel, small pillow, or a specially designed seat support, available at medical supply stores. Remove this low back

support every half hour for five minutes to give your lower back a change of position. Your head should be positioned so that your ear

is in a line with your shoulder and your chin is parallel

Avoid leaning to one side when you are sitting, and avoid overstuffed furniture as it does not offer adequate support.

When working at a desk, your chair should be pulled close to the desk. An office chair with short arm rests will allow this. Office chairs should also have adjustable height, back rests and seats. The back rest spring should be adjusted so that the back rest moves with you. A seat that tilts forward is a particularly useful

feature

Use a swivel chair to enable you to work without twisting your (Continued on Page 11)

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Fit Facts - (Continued from Page 10)

back. Place objects such as adding machines and computers as close to you as possible to minimize the amount of twisting and turning you need to do.

When you lean forward at your desk, bend forward at the hips instead of rounding your lower back. This will allow you to keep your back straight and in good alignment.

#### TALKING ON THE PHONE CAN BE A PAIN IN THE NECK

Holding the phone between your ear and shoulder is a common cause of neck pain. Use a clipboard to hold your papers down so that your hands are free. Special phone adapters also are available.

After sitting for a prolonged period, it is helpful to straighten

your back to an upright position and, if possible, stand and walk for awhile.

#### **DON'T FORGET EXERCISE**

Appropriate exercise, done regularly, will provide the strength and flexibility in the muscles of your legs and back that you need to help avoid excessive strain and possible injury. Some forms of exercise, such as yoga and tai chi, may help relieve or prevent back pain by increasing flexibility and reducing tension. These exercises should not be done, however, if they are uncomfortable or place a strain on the back. And don't neglect strength training; strong abdominal, back and leg muscles play a vital role in helping you maintain good posture and body mechanics.

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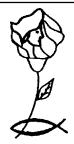


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**Business Classifieds** are \$45.00. Please contact Donna Sommer, djsommer@aol.com, 832-237-4684.

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#### **Pool Questions?**

\_\_How do I re-activate my pool ID from last year? Simply return the registration form with payment of \$10. per person (\$5. for ages 3-11) to: Steeplechase CIA, 11250 Steepleway Blvd. 77065 or drop off at the club during registration dates.

YOU DO NOT NEED TO ATTEND REGISTRATION.

What if I lost my ID from last year or never had one? You need to attend registration and obtain a new photo ID. If you cannot attend a scheduled registration session call

281-897-9298. A registration form is included in this newsletter.

At what age do children need ID cards? At age 3

At what age can children enter pool area without being accompanied by an adult? 12

Who do I call for swim lessons or private pool parties? Sweetwater Pools: 281-988-8480

What are Pool Hours? Tuesday-Saturday: 10-30-8:30; Sunday: Noon-

Why have an "Adult Swim"? This ten minute break is called to ensure that children take a rest period once an hour to prevent exhaustion and exposure, use the restroom (exclusive of the pool), put on sunscreen, get a drink and allow adults a short time to swim and enjoy the pool without the kids. It also provides a break for the lifeguards with usually just one remaining on duty.

What is the Bad Weather Policy? At the first sight of lightning or first sound of thunder the pool will be cleared. The pool will re-open 30 minutes after the last sight of lightning or sound of thunder.

#### Message Board

The Steeplechase Message Board is a great forum for neighbor to neighbor communication, however if you have a maintenance issue, complaint, concern etc. - please correspond directly with our community management company, PCMI at 281-870-0585 or Myla@pcmi-us.com for a prompt response."



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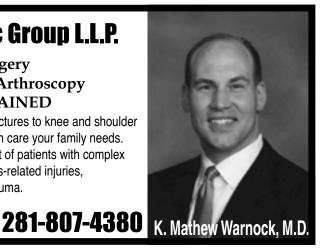
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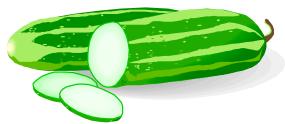
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#### Fresh Cucumber Salad



3-4 Sliced cucumbers, peeled

1/2 medium onion, sliced

1/3 cup Mayonnaise

1/3 cup sugar

1/3 cup vinegar

Salt

Pepper

Combine mayonnaise, sugar, and vinegar. Pour over sliced cucumbers and onions. Salt and pepper to taste. Chill approximately 2 hours before serving.

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OWNERS NAME:			HOME PHONE:				
	ADDRESS:		WORK PHONE:		-		
ALTERNATE ADI	DRESS:						
considering improvem covers, outside building	nent of their propengs, fences, etc.), planned improve	erty which woul MUST submit a ments. If any	nomeowner's rights and id effect the exterior appea a Request for Home Import change is made that ha erty.	arance of a buildir	ng or improveme to the Architect	ents (examples: paint ural Review Committe	ing, patio e <b>PRIOR</b>
Please fill out this form	n in complete deta	ail.					
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#### STEEPLECHASE MARKET REPORT

Courtesy of "SUPER DAVE"

This market information report is provided to keep you informed of resale market activity in your subdivision.

	Dec 04	Jan 05	Feb 05	Mar 05	Apr 05	May 05
\$160,000 & Above	0	0	0	0	0	0
\$140,000-159,999	0	1	1	2	1	1
\$120,000-139,999	6	1	2	1	1	1
\$110,000-119,999	2	2	0	1	4	1
\$100,000 - 109,999	1	2	1	0	7	2
\$100,000 Below	0	0	0	2	1	1
TOTAL	9	6	4	6	14	6
Highest \$/\$q Ft	69.45	70.10	78.17	69.66	85.21	77.18

This chart represents the horses that have sold and closed in the past 6 months according to the Houston Multiple Listing. Service.

#### Recent Sales By "SUPER DAVE" in Steeplechase

- 9615 Cannock Chase
- 9503 Secretariat
- 9559 W Savile Cir.
- 9627 Top Gallant Ct
- 12022 Flaxen
- 9734 Chiselhurst
- 11426 Autumn Chase
- · 12238 Fetlock
- · 9606 Oldenburg
- · 9527 W Savile Cir
- 9835 Meadow Bend
- 12103 Hedgedown
- 9803 Meadow Bend
- 11214 E Travelers Way
- 11411 Springland
- · 9802 Paddock Ct
- · 9511 Secretariat
- · 9815 Knights
- · 9718 Chiselhurst
- · 11211 E. Travelers Way Cir
- 9526 Saffolk Punch

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