



Steeplechase

NEWSLETTER



The Official Newsletter of The Steeplechase Community Improvement Association, Inc. and Steeplechase

Volume 3, Issue 12

December 2005

A Time to Celebrate A New Home and A New Life!

*The following letter was sent to the editor
from a proud new Steeplechase resident:*

My wife Geraldine and I have recently moved to the Steeplechase area, as this would be our first home together. We are very pleased with the appearance and overall neighborly friendliness and are very much satisfied with our purchase.

Also, we just had a baby girl! She was born October 22, 2005. Her name is Amanda Michelle Hardy and she's the most precious thing you've ever seen! Mommy & daddy are proud!

Robert Hardy

On The Fence

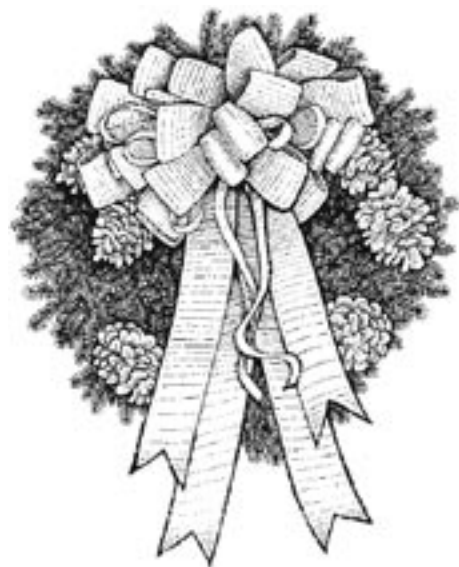
The November 7th Residents Meeting focused on the greenbelt fence project. Fence Committee Chairperson Gayle Owens described the committee's substantial progress. The fence specifications are about to be finalized and once approved by the Steeplechase Board will be put out to bid. Construction should begin in the first quarter of 2006. Appreciation goes to all volunteers and the board members who have put so much work into this project!

Perimeter fence homeowners in Greentree, Saddlebrook, Churchill and Cobblestone will meet with their respective associations in January.

This meeting had a great turnout and a lively discussion.

Holiday Decorations

The ho-ho-holiday season is upon us. Once again, awards will be given for the best decorated homes in each section of Steeplechase. Judging will be conducted on December 19. Show your pride in the season, your home and your neighborhood by decorating for the holidays!



*Happy Holidays
to all of our
Steeplechase neighbors!*

**The next quarterly residents meeting is
Monday, February 6th at 7pm**

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

STEEPLECHASE

IMPORTANT

Telephone Numbers



Emergency	911
Sheriff's Dept.	713-221-6000
Cy-Fair Fire Dept.....	911
Cy-Fair Hospital.....	281-890-4285
Animal Control	281-999-3191
HL&P (Street lights)	713-207-2222
Library.....	281-890-2665
Post Office.....	713-937-6827
Steeplechase Community Center	281-469-CLUB
Deed Restriction Issues (PCMI)	281-870-0585
Water/Sewer	281-240-1300
Architectural Control (PCMI).....	281-870-0585
Trash Pick-up (Waste Management).....	713-686-6666
(Monday & Thursday)	
Harris Co. Pct. 4 Road Maintenance.....	281-353-8424
Community Events.....	281-469-CLUB
Clubhouse Rentals:	
Private Events (Phyllis McFarland).....	832-922-8031
Community Group Events (Jinnie Kelley)	832-922-8030

NEWSLETTER PUBLISHER

Peel, Inc. Sales Office advertising@PEELinc.com, 512-989-8905
 Adver: Donna Sommer dSommer@PEELinc.com, 832-237-4684

COMMUNITY CENTER CONTACTS

Community Maintenance Concerns

PCMI..... 281-870-0585

Clubhouse Rentals

Private Events (Phyllis McFarland) 832-922-8031

Community Groups (Jinnie Kelley) 832-922-8030

Weekday Use of Club

Jinnie Kelley 832-922-8030

Private Pool Parties

Sweetwater Pools 281-988-8480

Board Member Contact

PCMI..... 281-870-0585

Theft Report

A family in the Churchill section had a mountain bike stolen out of their garage on a recent Sunday while they were working in their backyard. The theft was reported to the Sheriff's Department. Although Steeplechase is a safe and patrolled neighborhood, no one is immune from these kinds of occasional incidents. Please use caution in keeping your possessions secured especially during the holiday season when theft is typically on the rise.

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	Nace Peard	Barbara Lopez
Dan Carr	Regina Abruzzese	Clark Fredenburg
	Mabel Butler	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
 Communications
 Pool
 Playground

Welcome
 Landscape
 Clubhouse
 Tennis

HARDIPLANK®

Alcoa Vinyl Siding & Replacement Windows

FREE ESTIMATES

20% Off

with this ad

Call Fred
Allied Siding & Windows
281-357-8801
 Over 20 years experience

James Hardie
 HARDIPLANK SIDING

Fully Insured • References • Financing Available

STEEPLECHASE

Kindred Hospital Houston Northwest offers Free Support Group and Classes to the Community

Free Better Breathers Support Group meets the 4th Wednesday of each month from 10:30 am–11:30 am in the hospital cafeteria. Better Breathers is a support group for individuals who suffer from chronic lung disease. The next meeting will be earlier in the month due to the upcoming holiday. Please call 281-517-1008 for more information.

Free Diabetes Support Group meets the 1st Tuesday of each month from 6:30 pm – 7:30 pm in the hospital cafeteria led by Sylvia Kircher, RN, CDE, CPT.

Free Diabetes Teaching Classes. These 3 classes will be given the 1st Saturday of each month. They can be taken all at once, one at a time or whatever is most convenient for your schedule. All classes led by Sylvia Kircher, RN, CDE, CPT.

8:30 am – 10:30 am Introduction to Insulin Pumps

10:30 am – 12:30 pm Basics of Carb Counting

1:30 pm – 3:30 pm Getting the most out of your insulin pump

For more information on any of the classes or to RSVP please contact Tere Kelly at 281-517-1008. Kindred Hospital Houston Northwest is located at 11297 Fallbrook Drive.

Newsletter Submissions Requested

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 newsletter@steeplechasetx.com 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 10th day of the prior month.

NEWSLETTER DEADLINE

For the January issue is

December 10th

Please send all articles and photos to:

ehattman@yahoo.com

(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

HI-TECH MECHANICAL

For your Air Conditioning and Heating needs

\$64⁰⁰

*One System

**Fall Safety Check
on Gas Furnace***

Additional Systems \$46⁰⁰



TRANE®

It's Hard To Stop A Trane.™



Comfortmaker®
Air Conditioning & Heating

713-937-4400

TACL-A011183C

Mastercard, Visa, and Discover Accepted

Home Improvement Specialists

A.F.M.

CONSTRUCTION & REPAIRS

INTERIOR / EXTERIOR

- ★ Water Repairs
- ★ Cabinets
- ★ Trim Work
- ★ Tile
- ★ Flooring
- ★ Siding
- ★ Gutters
- ★ Decks
- ★ Fences
- ★ Patios
- ★ Awnings

★ No Job Too Small ★

Serving Northwest Houston



**We Hang
Christmas
Lights**

Quality Craftsmanship

832-264-0658

15 Years Experience

STEEPLECHASE

Overweight and Your Environment

For years, people fighting overweight have been told that it's simple: limit the calories, increase the exercise, and the weight will come off. Well, it's simple all right, but not easy, and in trying to explain this perplexing difficulty, people have come up with a variety of theories to explain why a person becomes and stays overweight, from simple laziness, to addiction or genetics. In other words, many of the explanations lay the blame on the person. In some cases, these internal explanations may be accurate, but as recent research has explained, there may be other, environmental, factors involved.

Be aware of your environment

Your neighborhood is one example of an environment. A paper published in the British Medical Journal reports on a surprising relationship between obesity in adults with graffiti and greenery. We have all seen neighborhoods where there are more "incivilities" than in other neighborhoods. These incivilities (like pet messes, litter, graffiti, and the lack of trees and other plants) are factors that make life less pleasant. What the researchers found is that the more of these unpleasant factors in a neighborhood, the more likely its residents are to be obese or less physically active. In fact, in neighborhoods with high levels of incivilities, residents are 50 percent less likely to be physically active and about 50 percent more likely to be overweight or obese.

Another environment is your dining area, which for many folks includes a television. Many studies have noted a strong relationship

between television watching and overweight, including watching TV during meals. Several explanations have been offered for this, including that the more hours a person spends in front of a TV, the less active that person usually is; that watching TV during meals often continues beyond mealtime and expands the time spent sitting in front of a TV; and that TV advertising and programming encourages viewers to eat unhealthful foods. It's also been suggested that watching TV while you're eating distracts you from your body's signals telling you that you're full. Whatever the reason, the best strategy may be to turn off the TV during meals or even get rid of it.

An even smaller scale environment is your plate. A study on food intake by adults, this one published in The American Journal of Clinical Nutrition, shows that the more food there is on your plate, the more you're likely to eat, even if you stop being hungry. This suggests that if you're trying to control your food intake, the best approach is to decide what and how much you should eat, put that on your plate in the kitchen, and then take your plate to the table, leaving the serving bowls and platters behind.

This means also that eating out can be a particular challenge because you don't have as much control over the portions served on your plate. Eating at other people's houses, as many will do during the holidays, can be difficult for the same reason. In a restaurant, it's a bit easier, because you can ask the server to reduce the portions or simply not

(Continued on Page 5)

Uninsured? Underinsured? Afterhours?



10311 N. Eldridge Pkwy.
Houston, TX 77065
Ph: 281-890-3822

*Daily, Afterhours & Weekend Healthcare
At Affordable Prices. No Appointment Needed.*

Hours: M-F: 10a - 7p
Sa: 10a-4p. Su: 12p-4p

Office visits start at \$45

www.WellsWalk-InClinic.com

Rachael's



**Thank You for
Your Business
in 2005!**

*We hope to See You
in 2006!*

12240 FM 1960 W @ N. Eldridge • 281-469-3881

DoublePlay

A Unique Family Entertainment Center
complete with **Glow Golf**, **Lazer Tag**,
Video Arcade and Party Rooms.

281-469-9880

Connected to DoubleDave's

We have group rates to accommodate:
Birthdays - Team Parties - Church Groups
Day Care Field Trips - Corporate Events

FREE

**Buy 1 Unlimited
Glow Golf
Get 1 Free**

Exp. 01/31/06

LARGE 1 TOPPING PIZZA

\$7.99

NOT VALID WITH ANY OTHER
OFFER EXPIRES 01/31/06
Good at Fallbrook location only

DOUBLE DAVE'S Pizzaworks

Call for Delivery

• 281-469-9800 •

10535 Jones Rd
One Block South of 1960

STEEPLECHASE

Overweight and Your Enviroment - (Continued from Page 4)

bring you the foods you've decided not to eat.

Recognize the situation

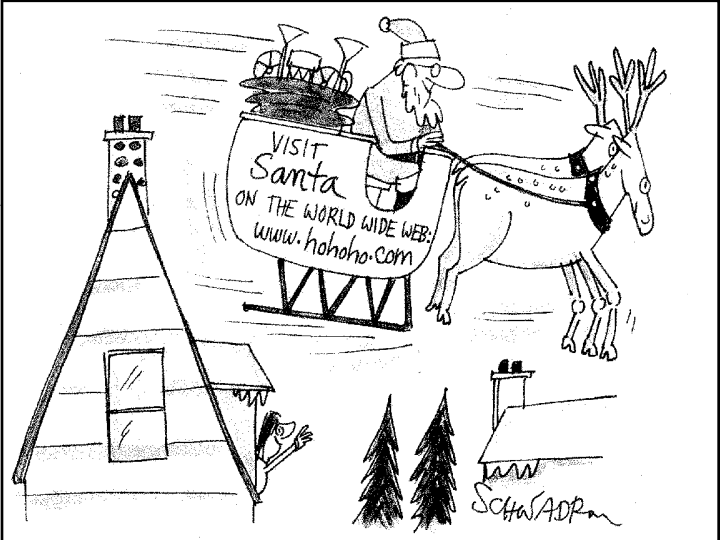
So many of us have been brought up with the notion that whatever goes wrong is due to a character flaw or other fault within individuals. This fallacy, called the Fundamental Attribution Error, has stopped many from recognizing the power of a person's surroundings to affect behavior. But once you recognize it, you can take action to protect yourself and better your health..

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.

Personal Classified

For Sale: Beautiful black computer with matching monitor, \$80. Computer desk, \$25. Baby swing, like new, \$40. Clothes dryer, 10 yrs. old, works well, \$40. Call 281-897-0079.



Family
owned and
operated
from your
community!



Dynamic

TACLB19658E

Air Conditioning & Heating

832-593-7555

www.dynamicairandheat.com



*We
service
all
brands*



**End of Summer Sale
Absolute Lowest Prices Guaranteed**



Financing Available WAC



**Heater
Check-Up
\$29.95**

\$19.95 2nd unit

Valid Mon.-Fri. 8-5PM
Expires 1/15/06

**10% OFF
Repairs**

Plus

**NO
SERVICE CHARGE**

With Repairs
Valid Mon.-Fri. 8-5PM
Expires 1/15/06

**New
Heater
Starting at
\$900**

Valid Mon.-Fri. 8-5PM
Expires 1/15/06

Attention HOMEOWNERS!

Save
up to **20%**
**On your
electric
bills!**



NO HIDDEN COSTS!

No Deposit
No Switching Fees
No Long-term Contract
No Termination Penalty

CONSUMER POWER

**Office: 713-468-3600
Fax: 713-353-7684**

STEEPLECHASE

Walking with a Mission

2,000 to change tomorrow, today, at this year's Heart Walk

More than 2,000 area residents turned out at Cy-Fair College on Saturday to bring awareness to heart health. On October 29, local walkers participated in the American Heart Association's annual Heart Walk—taking a stand toward a healthier future. The non-competitive, three-mile walk — which began at 8:00 a.m. with a warm-up by the Cy-Fair College Dancers — raised over \$175,000 to support heart disease and stroke research and educational programs in the Houston community. Teams were made up of employees of local companies, along with friends and family members of all ages. Participants who are heart disease or stroke survivors wore red caps that say "Fighting Back."

Walk Chairman, Terry Wheeler, CEO of Cypress Fairbanks Medical Center, pledged that Cypress Fairbanks Medical Center would make a total contribution of \$25,000 to the event through a combination of employee fund-raising and corporate sponsorship. Wheeler's employees embraced the lofty goal and far exceeded it, raising over \$20,000. Combined with a \$20,000 Presenting Sponsorship from the hospital and the Tenet Foundation, Wheeler was able to nearly double his pledge, giving a total contribution of \$45,000 to the walk efforts. "Everyone knows someone affected by cardiovascular diseases like heart disease or stroke" said Wheeler. "That's why it's so important for all of us to participate in the Heart Walk and do our part to help

save lives. It has been so gratifying to see everyone working together on a common cause and knowing that their efforts are helping to save lives in our community."

Dr. David Anthony, Superintendent of the Cy-Fair Independent School District challenged all Cy-Fair ISD employees to get involved in the Heart Walk this year and they enthusiastically accepted his challenge. Over 1,000 Cy-Fair ISD employees registered for the walk and they raised a combined total of over \$35,000. Clad in neon green t-shirts, the ISD walkers turned out in droves and cheered each other on as they each crossed the finish line of the 3-mile walk.

Diseases of the heart are the country's No. 1 cause of death; stroke is No. 3. Together these cardiovascular diseases kill more than 927,000 Americans each year and cost the nation almost \$400 billion in indirect and direct costs. The Heart Walk, a national American Heart Association event that will take place in more than 150 cities this year, has raised almost \$500 million for research and education in its 12-year history.

American Heart Association-funded research has yielded many important discoveries such as CPR, life-extending drugs, pacemakers, bypass surgery, the heart-lung machine and surgical techniques to repair heart defects.

(Continued on Page 7)

WANT TO KNOW WHAT THESE THREE HAVE IN COMMON?



New school record for touchdowns in one season.

New team record for stolen bases in a single game.

Scored 8 goals on the varsity team her freshman year.

THEY ALL TRAIN LIKE PROFESSIONAL ATHLETES!



Whether you want to get in shape or make the all-star team, Velocity Sports Performance has something for you. Fitness and performance programs available for all ages and skill levels.

**10535 Jones Road
Houston, TX 77065
281.970.5656**

www.velocitysp.com/cyfair

Income Tax Time

- **Income Tax Preparation**
- **e-file (Free With Paid Preparation)**
- **Rapid Refund (Most Within 24 Hours)**
- **Same Day Refund For Those Who Qualify (Up to \$1,000.00)**

We provide affordable professional tax service to individuals and small businesses at prices lower than the national tax service chains. We know tax laws, not just tax software and work to get you every penny you should have refunded to you. Give us a call today to find out more about our services.

B&J Bookkeeping

10850 West Rd. Ste. 105
Houston, TX 77064

281 894-6494

Se Habla Espanol

\$10 OFF

any tax preparation service

Offer Exp. March 15, 2006

\$15 OFF

tax preparation when you choose a rapid refund

Offer Exp. March 15, 2006

STEEPLECHASE

Walking with a Mission - (Continued from Page 6)

Subway is the national presenting sponsor of the Heart Walk. Local sponsors include: Cypress Fairbanks Medical Center, Houston Northwest Medical Center, Methodist Willowbrook Hospital, First Community Credit Union, Fred Fincher Motors, EmCare, Credit Union Acceptance Company, Chaparral Management, Citibank Texas, Cy-Fair Federal Credit Union, Resource One Credit Union, Tomball Regional Hospital, The Woodlands North Houston Heart Center, Carl's BBQ, Fox & Bubela, Hawes Hill Calderon, Signs Now, and Willie's Restaurants. For information on participating in the Heart Walk, Houston area residents can call the American Heart Association at 713-610-5000 or visit walk.americanheart.org.

Submitted by Jennifer Ellis, Cy-Fair Houston Chamber of Commerce



Bashans Painting & Home Repair

Commercial/Residential
Free Estimates

281-347-6702



281-731-3383 cell



- Interior & Exterior
- 20 Years Experience
- Hardiplank Installation
- Wood Replacement
- Pressure Washing
- Sheetrock Repair & Texturing
- Cabinet Painting
- Door Refinishing & Replacement
- Wallpaper Removal
- Custom Staining
- Fence Replacement or Repair
- Gutter Replacement or Repair

References Available • Fully Insured
NO PAYMENT UNTIL COMPLETION

bashanspainting@earthlink.net

Choose & Cut Your Own Christmas Tree

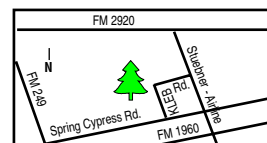


**Old Time
Christmas
Tree Farm**

281-370-9141

Open Daily After Thanksgiving
9AM - 6PM

Also pre-cut Fir Trees



*** TURN ON KLEB RD ***
7632 Spring Cypress Rd.

Train Rides, Giant Slide, Santa, BBQ: Sat. & Sun Only!

For more info. & directions: www.oldtimechristmastree.com

START SOMETHING

Catch up or get ahead this holiday season!

Take a mini-mester course and sign up for spring semester now!
Phone, online and on campus registration under way for mini-mester and spring semester.

Mini-mester classes begin Dec. 19

Spring semester classes begin Jan. 17

CY-FAIR COLLEGE

A NORTH HARRIS MONTGOMERY COMMUNITY COLLEGE

Cy-Fair College • 9191 Barker Cypress Road • Cypress, Texas 77433 • 281.290.3200
Fairbanks Center • 14955 Northwest Freeway • Houston, Texas 77040 • 832.782.5000
www.cy-faircollege.com

Affirmative Action/EEO College

Atrium
salon & day spa

9516 Jones Rd Suite H www.atriumspa.com
by the 1-800-flowers Center

Happy Holidays!

We've Moved!
to Jones @ West Rd
281-897-9518

*Come see our New
Beautiful facility!*

Hours
Tues.-Fri. 9am-7pm
Sat. 8am-5pm

FREE Cut
w/ Color or
Highlight

w/ coupon - New Clients
Only - one coupon per client
exp. 01/31/06 - not valid on
gift certificate purchase

\$5⁰⁰ OFF
Haircut or
Nail Services

w/ coupon - one coupon per
client - exp. 01/31/06
not valid on gift
certificate purchase

\$10⁰⁰ OFF
Facial or 1 hr.
Massage

w/ coupon - one coupon per
client - exp. 01/31/06
not valid on gift
certificate purchase

STEEPLECHASE

Cy-Fair College presents "Perspective"

In an effort to provide you with important information about Cy-Fair College, "Perspective" was developed. This column provides the latest information about news and events. Here is a sampling of what's going on at Cy-Fair College:

December mini-mester registration under way

Catch up or get ahead this holiday season! Take a mini-mester course and sign up for spring semester now! Phone, online and on campus registration is under way for mini-mester. Mini-mester classes begin Dec. 19. Mini-mester courses range from criminal justice, philosophy, sociology and ethics, to algebra, history, government and communications. Spring semester registration is also under way. Spring classes begin Jan. 17. For information, call 281-290-3200 or 832-782-5000 or go online to www.cyfaircollege.com.

What's in the Center for the Arts?

The Fall 2005 Cy-Fair College Student Exhibition, a juried exhibition of work of students enrolled in visual art courses completed during the fall semester, continues through Dec. 8. *Swingtime Canteen*, a sentimental journey through the music of the 1940s, continues through Dec. 11. The Cy-Fair College Jazz Band will explore the diverse landscape of jazz through the music of Miles Davis Dec. 7. Call 281-290-5201 for performance information or go to www.cy-faircollege.com

Escape to the Movies for Free

Cy-College's Fall Film Series ends this month with three last films including: "Night Mother" Dec. 1, "Blazing Saddles," Dec. 6 and "Young Frankenstein" Dec. 8. A professor or student organization at the college hosts each film and a discussion afterward. The film series, presented at

no charge to students and the community, is offered as a free Continuing Education class called Film Appreciation. Registration is available at all the film events. The Cy-Fair College Fall Film Series is part of Windows On the World, an effort to promote cultural activities on campus. For information, call 281-290-3257, e-mail robert.obrien@nhmccd.edu or visit http://faculty.nhmccd.edu/robobrien/Film_Series.html.

L.I.F.E. in the Holiday Season

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Cy-Fair College Branch Library (Room 131.) Due to the holiday season, December will only have two programs: "Remembering Pearl Harbor" Dec. 7 and "Creating a Living Wreath" Dec. 14. There will be no programs Dec. 21 or Dec. 28. Call the library at 281-290-3213 for L.I.F.E. program information or check the library web page online at www.cy-faircollege.com/library.

Library Offers Something for All Ages

The Harris County Public Library Cy-Fair College Branch offers free computer workshops, including a family-friendly class. Topics range from basic computer functions to introductions to the Internet and various software programs. A variety of monthly book clubs, such as women of the world, history and mystery, are available, including a new Democracy Book Club and The Sports Page Book Club. There are plenty of youth programs with activities and book clubs for teens and storytime for younger children. Go online to <http://www.cy-faircollege.com/Library/index.cfm> for information.

DONNA SOMMER
Sales Representative

Res. 832-237-4684
Mob. 281-788-2078
Fax 281-477-7311

dsommer@PEELinc.com

Peel, Inc.
Printing and Publishing

P.O. Box 886
200 E. Waylon Jennings Blvd.
Littlefield, Texas 79339

PH. 888-687-6444
Fax 806-385-5234



Jones Road Tree Service

Trimming to Take-Downs

- Trimming • Removal of Debris •
- Stump Grinding Hedge Trimming

— Bonded & Insured Since 1987 —

10% Winter Discount with this Ad
Senior Citizens Receive an Additional 10% Off

Free Estimates
Call David

281-469-0458
281-703-5729 Cell





*Orthopedics
At Its Best!*

18220 SH 249, Suite 330
(1960 & 249)
www.Fondren.com

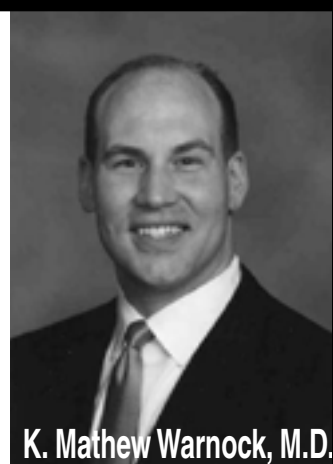
Se Habla Espanol
Fala-se Português

Fondren Orthopedic Group L.L.P.

Orthopedic Surgery
Shoulder Surgery and Arthroscopy
FELLOWSHIP TRAINED

For your Orthopedic needs from children's fractures to knee and shoulder injuries. Dr. Warnock provides the hands-on care your family needs. He has additional expertise in the treatment of patients with complex shoulder problems, including sports-related injuries, reconstruction, and trauma.

281-807-4380



K. Mathew Warnock, M.D.

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.”



At no time will any source be allowed to use the Steeplechase Community Association Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the Steeplechase Homeowners Association and Peel Inc. The information in the Steeplechase Newsletter is exclusively for the private use of Steeplechase residents only.

Classified Ads

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

Business classifieds (offering a service or product line for profit) are \$45, limit 40 words, please contact Donna Sommer @ 832-237-4684 or dsommer@PEELinc.com.

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.

Teenage Job Seekers
not available online.

**FREE
ENTREE**

**Buy One Entree & Two
Beverages & Get One
Entree FREE**

Maximum Value \$6.00
One coupon per table.
Not valid with any other offer.
Expires 01/31/06

WEDNESDAY

HARMONY THE CLOWN
6-8PM

3 FREE KIDS MEALS
WITH THE PURCHASE
OF EACH ADULT ENTREE



*Come Visit
Santa*

Dec. 21
6-8 pm



Book your Holiday Party Now

The Backyard Grill

281-897-9200

9453 Jones Road @ West

**Call Us to Cater Your Next Party
Whether It's in Your Backyard or Ours!**

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints in this publication, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

Get Ready To Hit The Slopes

You don't have to wait for the snow to start falling to get ready for ski season. Start your training now and you'll be sailing past those other ski bums on your way down the mountain.

Dusting the competition or showing off to friends are not the only reasons to get in shape before ski season. Skiing is an activity that requires a variety of skills: strength, endurance, balance and coordination. Hit the slopes without developing these skills and you may be in for more than a little embarrassment - you might even hurt yourself.

Sports specific training

This is where sports-specific training comes in. Generally speaking, sports-specific training programs involve focusing on the various skills associated with a particular activity.

Depending on the sport, this may include health-related fitness components such as cardiorespiratory endurance, muscular strength and endurance, and flexibility.

A specific program may also take into account skill-related measures of fitness such as agility, balance, coordination, power, speed and reaction time. Most sports require a mixture of these components.

Skiing is a sport that relies heavily on skill-related fitness. A traditional fitness program, which includes a combination of weight training and cardiovascular exercise, will only take you so far.

A specific training program to develop specific skills for skiing will take you from the peaks to the valleys in record time.



Get ready to ski

There are several ways to begin a sports-specific training program. The simplest way is to include several new exercises in your regular workout schedule.

For example, performing wall sits that require you to "sit" against a wall will help build up the isometric strength needed for the tuck position in skiing. Squats and lunges will build lower body strength for skiing tough terrain like moguls.

Exercises such as crunches to work your abdominals are essential in creating a solid "core" for balance and agility.

It is important to train your body to withstand and absorb the impact associated with skiing. Plyometric movements, such as hopping from side to side, develop muscle power and strength as well as improve agility.

Set up your own ski circuit

A great way to integrate these elements into your existing routine is to create a circuit training program, which involves rapidly moving from one exercise to the next. You can set up a circuit in any large room, or at your club's aerobic studio.

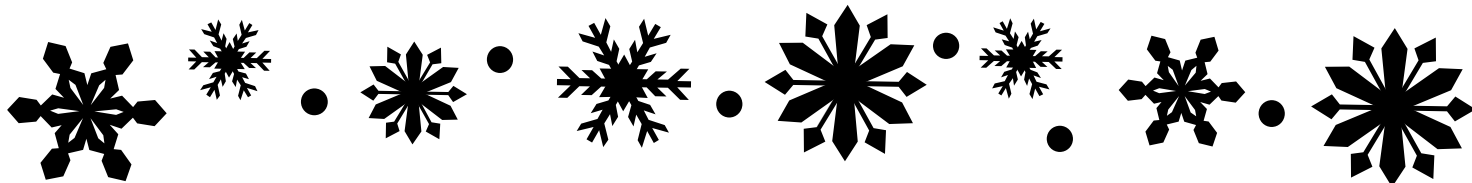
Be sure and place all of your stations before beginning your workout so you don't have to stop in the middle. Set a specific time limit for each exercise, as well as a set period of breaks between each station. Thirty seconds of work followed by 30 seconds of rest are common interval periods.

Then, simply turn up the music and make your way around the circuit. You might even want to create your own music tape with timed intervals of music for exercise and silence for rest periods.

Try these stations to help you gear up for the slopes: use the slide for lateral training, perform one-legged squats to develop balance and strength, and use a step-bench platform to improve power. Try catching a bean bag as it drops off your forearm to improve reaction times or bounce two tennis balls to improve coordination.

To improve agility, create your own slalom by running between cones. In sports-specific training, you are limited only by your imagination.

ACE
AMERICAN COUNCIL ON EXERCISE
*Reprinted with permission from the
American Council on Exercise.*



Peel, Inc.

Printing & Publishing

Publishing community newsletters since 1991



We currently publish newsletters
for the following subdivisions:

Houston

Berkshire	Lakes on Eldridge North	Waterford Harbor
Cypress Mill	Sommerall	Willowbridge
Fairfield	Steeplechase	Willowlake
Harvest Bend, The Village	Strathmore	Willow Pointe
Hastings Green	Summerwood	Winchester Country
High Meadow Ranch	Village Creek	Winchester Trails
Lakes on Eldridge	Villages of Langham Creek	Wortham Village

Austin

Barker Ranch	Granada Hills
Cherry Creek on Brodie Ln.	Highland Park West Balcones Area
Circle C Ranch	Lakeside Estates
Courtyard	Ridgewood
Coventry	Scenic Brook
Davenport Ranch	Settlers Estates/Crossing/Overlook
Estates of Shady Hollow	Westcreek
Kelly Peel, Sales Manager	Donna Sommer, Sales Rep
kelly@PEELinc.com	dsommer@PEELinc.com
512-989-8905	832-237-4684

512-989-8905

www.PEELinc.com

STEEPLECHASE MARKET REPORT

Courtesy of "SUPER DAVE"

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

	May 05	June 05	July 05	Aug 05	Sept 05	Oct 05
\$160,000 & Above	0	0	1	0	0	0
\$140,000-159,999	1	4	1	4	1	1
\$120,000-139,999	1	2	2	7	2	2
\$110,000-119,999	1	0	2	0	2	1
\$100,000-109,999	2	2	1	0	0	1
\$100,000 Below	1	1	3	3	1	2
TOTAL	6	9	10	14	6	7
Highest \$/Sq Ft	77.18	71.79	78.97	77.12	75.76	75.55

This chart represents the homes 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 Suffolk Punch

David "Super Dave" Flory



- #1 Selling Agent in Steeplechase 1992-2004!*
- #3 Selling Realtor in Houston!**
- Top 1% of Realtors in the U.S.
- Over 480 Homes SOLD in 2004
- Over 96% of David's Listings Result in a Sale

The HIGHEST PRICE PER SQ.FT. House Sold
in Steeplechase: \$85.21



832-478-1205

Direct line:

281-477-0345

*According to information taken from the Houston Board of Realtors MLS computer.

**According to information taken from the Houston Business Journal 3/2005

Peel, Inc.

203 W. Main Street, Suite D
Pflugerville, Texas 78660

Presorted Standard
U.S. Postage
PAID
Littlefield, Texas 79339
Permit #59

☎ Voice 512-989-8905

🌐 www.PEELinc.com