

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

Fast Times at Hambleton Way Circle!!!

The folks on Hambleton Way Circle know how to throw a bash. The neighbors celebrated Alex Ford's 40th birthday by going 80's! Guest dressed up from the 80's or dug up old t-shirts from their favorite 80's bands. Pictured are Todd Page with his 80's t-shirt, Larry Cupit as Billy Ray Cyrus, Robbie Peno as Magnum PI and Brian Sproull as an 80's punker. Happy Birthday once again Alex!!!



Steeplechase Safety and Crime Prevention Night Tuesday, August 5, 2008 5-7 p.m.

Come one Come All!

Hamburgers, Hot Dogs, Chips, and Drinks will be provided. Pool and Moonwalk will be open for all residents. For more information please call 832-922-8030.

NEWSLETTER DEADLINE

The deadline for submitting articles is the 10^{th} of each month. Please send all articles and photos to <u>newsletter@steeplechasetx.</u> <u>com</u> 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.

<u>STEEPLECHASE</u>

<u>IMPORTANT</u> Telephone Numbers



Emergency	
Sheriff's Dept.	
Cy-Fair Fire Dept	
Cy-Fair Hospital	
Animal Control	
Center Point (Street lights)	
Library	
Post Office	
Steeplechase Community Center	
Deed Restriction Issues (PCMI)	
Water/Sewer	
Architectural Control (PCMI)	
Trash Pick-up (WCA)	
	(Wednesday & Saturday)
Harris Co. Pct. 4 Road Maintenance	281_353_8424
Community Events	
Community Events	
Community Events Clubhouse Rentals:	
Community Events Clubhouse Rentals: Private Events (Phyllis McFarland)	

NEWSLETTER PUBLISHER

!	Peel, Inc.	kelly@PEELinc.com, 888-687-6444
		advertising@PEELinc.com, 888-687-6444
I		•••

COMMUNITY CENTER CONTACTS

281-870-0585
832-922-8031
832-922-8030
832-922-8030
713-771-7665
281-870-0585



Steeplechase Board of Directors

Cobblestone	
Judy Weed	
Duane Jobe	
Virginia Kelley	
Dan Carr	
Kathy Dowling	

Churchill Dean Green Nace Peard Regina Abruzzese Mable Butler Bill Kuschmeider Green-Brook-Bridge Andy Sherbaondy Wade Wnuk Sarah Morales Michael Young

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

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



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2 Steeplechase Community Association Newsletter - August 2008

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Lone Star College-CyFair Perspective

Summer Fun in the Gallery and on Stage

The Bosque Gallery presents a photo exhibition titled "IN-SITU: In the Place. - Italy Summer Study Abroad 2008" (Aug. 12 - Aug. 28). There will be a closing reception Aug. 28. Go to CyFair. LoneStar.edu/bosquegallery for hours and information. Don't miss the theatre's children's show "Go, Dog. Go!" Aug. 4 through Aug. 16. Overflowing with action and canine tom foolery, this early reading book has been embraced and loved since 1961! It's a big dog party for all ages to enjoy. For tickets and information call 281-290-5201or go to CyFair.LoneStar. edu/boxoffice.

Free New Student Orientation and Family Orientations!

Incoming new students and their family members will receive campus tours and learn about academic and student life. Choose among full-day and half day programs that also include My Records training, advising presentation and class registration, or mini orientation programs that include student panel, student activities information and a question and answer session. Programs are available Aug. 6, Aug. 13, Aug. 14 and Aug. 21. Register at CyFair. 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.) In August, learn the history of, and how to make, ice cream Aug. 6; find out how to make an earth-friendly backyard Aug. 13; restore powers for health and spirit with mindful breathing Aug. 20; and create exquisite and simple clay flowers Aug. 27. Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.

ATTENTION ALL SENIORS

We meet every Tuesday at 12pm at the clubhouse for fun, games and fellowship. All Seniors welcome – just come by!





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Steeplechase Community Association Newsletter - August 2008 3

All of Your Dental Needs Under One Roof

Evan Melamed, DDS

LEPOW DENTAL ASSOCIATES

Kenneth Lepow, DDS

- Team of Dental Specialists
- Family Dentistry

Dean Lankford, DMD

- Cosmetic Dentistry
- Orthodontics and Invisalign
- Periodontal (Gum) Treatment/Surgery
- Root Canal Treatment
- Wisdom Tooth Removal
- Dentures and Partials
- Dental Implants



CAM School Supply Drive

Cypress Assistance Ministries 11202 Huffmeister 281-955-7684 www.cypressassistance.org

With the start of school just around the corner, CAM's school supply drive is in full swing. In August, we will be handing out school supplies to hundreds of children whose families are served through CAM. Your donations of school supplies are greatly appreciated. For a current list of needed school supplies go to our web site: www. cypressassistance.org.

For the summer, the Food Pantry is needing kid-friendly foods.

Cypress Assistance Ministries provides an array of services to needy families in the Cypress and Northwest Houston area. For a description of all our services, please see our web site, www. cypressassistance.org.

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 Peel, Inc at 888-687-6444 or <u>advertising@</u> <u>PEELinc.com.</u>



Literacy Workshop to Take Place at **Fairbanks Branch Library**

Submitted by Steve Zach

Fairbanks Branch Library seeks volunteers to help adults learn to read and write. The library will host a two-part training workshop for tutors on August 18 and 25 from 6:30 to 8:45 p.m.

The training workshop is free and there are no requirements to volunteer, other than a love of reading and two or three hours per week to help someone learn this important skill. After the training session, participants can volunteer as a tutor at any Harris County Public Library branch.

Tutors help adults gain the basic reading and writing skills necessary every day to meet such goals as advancing at work, reading to their children, and reading for personal interest. The library also

provides computer and video-based programs to help adults learn basic phonics skills.

Fairbanks Branch Library is located at 7122 N. Gessner, at the intersection with West Little York. Tutoring can take place at any branch library.

For more information, to register for this workshop, or if you know of an adult who would like to improve his or her reading, please call the library at 713-466-4438.

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Pearl Fincher Museum Day Trip to MFAH

The Pearl Fincher Museum of Fine Arts is offering northwest residents a bus excursion to the Museum of Fine Arts, Houston on Friday, September 26, 2008. The MFAH will be exhibiting "In the Forest of Fontainebleau: Painters and Photographers from Corot to Monet:" as well as several other interesting exhibits.

The bus leaves the parking lot behind the Cypress Creek Christian Church/Barbara Bush Library at 6815 Cypresswood Drive promptly at 9 AM. Bus riders must be age 50 or older.

A minimum non-refundable donation of \$5 to the Pearl Fincher MFA will reserve your seat on the bus. Make your bus reservation by contacting Judi Redilla at jredilla@sbcglobal.net(281-469-3434) or Ethel Petropoulos (281-528-8846).

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Babysitting Co-op

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

Night Out? Meet your neighbors and make new friends at the Steeplechase Babysitting Co-op. For more information on our next meeting, call Candace at 832-237-2773.









NWYTA's Junior Team Tennis League – a \$40 bargain!

Most youth in the Tomball, Cypress and Klein school districts who play on their school tennis team, attain top state and national rankings, and earn college scholarships, started playing matches in our Junior Team Tennis League. The Northwest Youth Tennis Association (NWYTA) encourages even the youngest player to develop tennis skills and good sportsmanship attitudes as a team member in this affordable league. For just \$40.00, kids get six to eight weeks of matches, a T-shirt, a USTA membership or renewal, the season's end award/fun event and winners' trophies.

NWYTA welcomes youth up to 18 years old who already know how to play tennis. We do not teach tennis, but support the work of area tennis professionals by giving the youth a chance to practice what they learn in their lessons. Teams, set by age and ability, play out of their own neighborhood or local clubs against other clubs and neighborhoods. NWYTA can help you build a neighborhood team or place you on a team elsewhere. Winners at our local level could advance to regional, state and national championships.

Registration for the 2008 Fall Season closes August 29th. Play begins in mid-September, ending with playoffs and a fun awards event in November.

If your kids already know the basics of tennis, or if they are more advanced and want to sharpen their skills for school or individual tennis competition, visit www.nwyta. org to see how to register.

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Cypress Christian School Athletic Accomplishments

Shanay Briscoe, a junior at Cypress Christian School, competed in the U. S. Olympic Trials in track and field in Eugene, Oregon on June 30. She qualified for the Olympic Trials after clearing 6' 1 ¹/₄" in the Southwest Track and Field Meet in New Mexico recently.

Eighth-grade students Allie Aimone, Lizzie Hilton, and Jacob Hicks received the middle-school Sword and

Shield Award for exemplifying excellence in Athletics, Leadership, Determination, Sportsmanship, Christian Character, Academic Achievement, and Integrity.

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Seniors Allie Borkovich, Holt Van Pelt, and Michelle Van Rieg received the Valiant Warrior award for exemplifying excellence in Athletics, Leadership, Determination, Sportsmanship, Christian Character, Academic Achievement, and Integrity.



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 <u>newsletter@</u> <u>steeplechasetx.com</u> 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^{th} day of the prior month.





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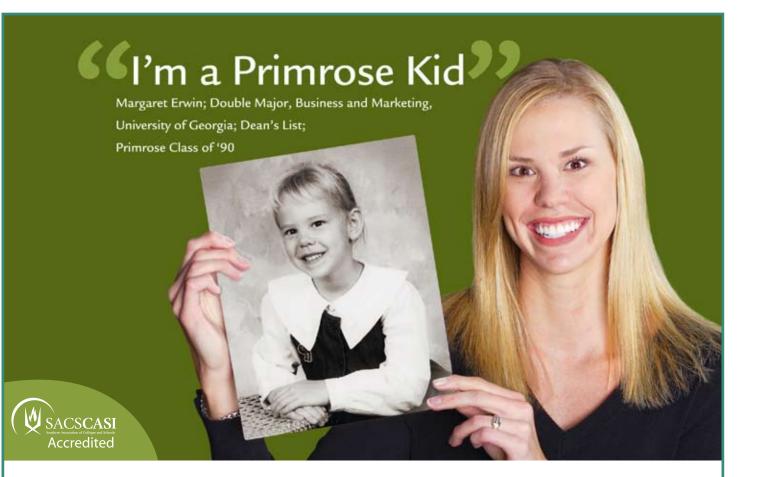
I'm Texas Energy Analyst Alan Lammey. Maybe you've heard me on the radio talking about the market forces that drive energy prices. I'm here to tell you that you're not stuck paying those high prices to big electric companies anymore! **Stop it.**

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Get Involved with Steeplechase Committees

The Steeplechase Subdivision consists of three Homeowner Associations—GreenBrook Bridge, Churchill and Cobblestone.

Each Association elects up to five Directors to govern each association – all Homeowner Association Directors also serve on the Board of the Steeplechase Community Improvement Association.

The Steeplechase "CIA" has six Committees:

Security, Landscape, Pool, Tennis, Clubhouse, and Welcome. All committees welcome all residents. Below is a brief description of each committee's responsibilities and volunteer opportunities.

Your time commitment can be minimal and does not require attending lots of meetings. For example, as a volunteer for the welcome committee you will be called upon about once a month to distribute information packets in your section of the neighborhood to new residents.

- **Security:** monitor and relay security concerns in community, report activity to sheriff and chairperson, host crime prevention events. *Average commitment: year-round; one hour per month; in August help host National Night and 1-2 other events per year*
- Landscape oversee maintenance of Steeplechase "Greenbelt"areas along Steepleway Boulevard, entrances to the subdivision

and grounds of Clubhouse.

Average commitment: year-round with more time February-October; one-two hours per month; two – three meetings with landscape company

Pool – recommend to the Board of Directors all policies, rules, hours of operation, pool management, capital improvements and assess on-going operations during the pool season. Ensure compliance with all state regulations.

Average commitment: February-April: 2-3 meetings; May: 2-3 meetings plus pool id registration: 4-6 hours ; June-August: 2-3 meetings plus monitoring operations

- **Tennis** coordinate usage of courts and recommend policies and capital improvements to the Steeplechase Board.
- **Clubhouse** coordinate shared use of the clubhouse for community groups and private rentals.
- **Welcome** Distribute welcome information to new residents of Steeplechase Average commitment: year-round; one hour per month.

So, as you can see, there are lots of ways to get involved! Call PCMI: 281-870-0585.

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

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Channeling Sudden Death Risk Baylor College of Medicine

HOUSTON - (June 23, 2008) - For about one-fourth of people with an inherited heart problem called long QT syndrome, the source of their problem was a mystery - until researchers at Baylor College of Medicine, the Texas Heart Institute and Texas Children's Hospital in Houston pinpointed a defect in a structural protein in a report in current edition of the journal Circulation: Arrhythmia and Electrophysiology.

A mutation in a cytoskeletal protein called alpha-1-synotrophin, one of the molecules that helps heart cells maintain their shape, changes the functioning of a tiny pore called a sodium ion channel, resulting in long QT syndrome in at least a portion of these patients, said Dr. Matteo Vatta, assistant professor of pediatrics - cardiology at BCM and associate director of pediatric cardiac research. Vatta is senior author of the report.

Until now, defects in genes for particular ion channels have been blamed for inherited long QT syndrome, said Vatta. However, experts could identify no defects in about 25 percent of people with the problem.

Ions are charged chemicals such as sodium or potassium that flow in and out of pores called channels in the cell membranes. The channels open and close in a specific sequence, letting the chemicals in and out of cell in a manner that prompts them to beat in synchrony. When the cells can beat in unison, the heart pumps blood. If the ion channels are defective, it affects the beating of the cells and the heart - often with devastating effects. Untreated long QT syndrome can cause the heart to stop suddenly.

"The mutation in this kind of protein called alpha-1-syntrophin is the first associated with long QT syndrome," said Vatta. Previously, he and colleagues had identified a link between long QT syndrome and a defect in caveolin-3, a scaffolding protein.

"I am interested in the connection between the structural and the electrical part of the heart," said Vatta, whose lab is based in the Feigin Center of Texas Children's. "It could have everything to do with susceptibility to arrhythmias (heart rhythm disruptions) in patients with heart disease. First, we had to prove that the structural part of the heart could be involved in electrical problems."

The caveolin-3 finding led to studies of syntrophin, a protein connected to dystrophin, which when mutated causes Duchenne and Becker muscular dystrophy as well as the X-linked form of cardiomyopathy. As people with Duchenne and Becker musclewasting disease age, they develop cardiomyopathy, a weakening of the heart muscle, with heart rhythm disruptions called arrhythmias. This leads to heart failure and an increased risk of sudden cardiac death (sudden heart stoppage) caused by the arrhythmias.

"Syntrophin is the bridge that connects dystrophin to the sodium channel," said Vatta. Dystrophin is critical in the binding of syntrophin to the sodium channel, he said. A mutation in syntrophin disrupts the proper functioning of the sodium channel.

That leads to an electrical problem that disrupts the normal beating of the heart, he said. The finding is proof of the concept that patients with mutations in the structural part of the heart muscle cells also have a problem with how the electrical system of the heart works, leading to dysrhythmias.

(Continued on Page 12)

STEEPLECHASE

Sudden Death Risk - (Continued from Page 11)

"Once you screen all the ion channels and do not find changes that can lead to a pathological effect such as long QT syndrome, then you have to think about all the proteins that interact with the ion channels," Vatta said.

Others who took part in this study include Geru Wu, Tomohiko Ai, Yutao Xi, Shahrzad Abbasi, Kaveh Samani and Jie Cheng, all of the Texas Heart Institute/St. Luke's Episcopal Hospital in Houston; Jeffrey J. Kim, Bhagyalaxmi Mohapatra, Zhaohui Li, Enkhsaikhan Purevjav and Jeffrey A. Towbin, all of BCM and Texas Children's; Michael J. Ackerman of the Mayo Clinic in Rochester, Minnesota, and Ming Qi and Arthur J. Moss of the University of Rochester Medical Center in New York.

Support for this work came from the National Heart, Lung, and Blood Institute and the National Institute of Child and Health Development, the Roderick D. MacDonald General Research Fund, the Cardiovascular Initiative Grant from the St. Luke's Episcopal Hospital/Texas Heart Institute and the Texas Children's Foundation.

The abstract of this report is available at http://circep.ahajournals. org/cgi/content/abstract/CIRCEP.108.769224v1?maxtoshow=&HIT S=10&hits=10&RESULTFORMAT=1&author1=vatta%2C+m&an dorexacttitle=and&andorexacttitleabs=and&andorexactfulltext=an d&searchid=1&FIRSTINDEX=0&sortspec=relevance&resourcety pe=HWCIT 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.

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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.

	Jan 08	Feb 08	Mar 08	Apr 08	May 08	Jun 08
\$160,000 & Above	0	1	0	0	0	1
\$140,000-159,999	0	2	1	0	0	4
\$120,000-139,999	1	1	1	0	0	6
\$110,000-119,999	0	0	1	1	0	4
\$100,000-109,999	0	1	1	2	0	0
\$100,000 Below	1	3	0	2	4	4
TOTAL	2	8	4	5	4	19
Highest \$/Sq Ft	72.49	72.49	72.49	72.49	77.02	83.58

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



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