



Steeplechase

NEWSLETTER



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

Steeplechase Forming Neighborhood Crime Watch Program

What is a Neighborhood Crime Watch Program? It is a grass roots effort of neighbors coming together to reduce crime in the community. It involves getting to know your neighbors, working together with them to be alert to the potential for crime, and looking out for one another's interests. Neighbors working together through Neighborhood Crime Watch combat crime the most effective way, before it starts!

If you are interested in participating, either as a Block Captain, or as the Block Captain Coordinator, please visit the website, www.steeplechasetx.com for more information and to register or email crimewatch@steeplechasetx.com. Watch the newsletter and the website for upcoming meeting information.

Creating Strong Vibrant Communities

It's a fact of our global economy that consumers are drawn to the internet because of convenience. But as residents of Cypress and in the wake of Ike, we may need to remind ourselves why it is important to "Think Local Business First."

1. Local businesses are often collectively our largest local employer. The largest growth of jobs is from small business owners.
2. When one dollar is spent at a local business, economist indicate it is circulated four to seven additional times in the local economy.
3. Every dollar spent locally generates up to 75% more tax revenue to our community and State.
4. Local businesses are often the largest financial supporters of neighborhood school programs, local charities and youth sports activities.
5. Strong local business help maintain property values and contribute to the character of our community by offering a diverse selection of goods and services.
6. Local business are most often the first job for our children but also is the first introduction into the "real world" of economics. Many of us in Cypress have had a small business owner in their family at one time or another.
7. Small business often innovate quicker and thus grow faster and can have a greater impact on our community.

***Creating a Strong Vibrant Community when we
Think Local Business First***

National Night Out

Tuesday, October 7, 2008, on your block! Get outside and meet your Block Captain and your neighbors.

Visit our Neighborhood Crime Watch page for information on hosting a Block Party on your street.

For more information about National Night Out visit their site: <http://www.nationaltownwatch.org/>



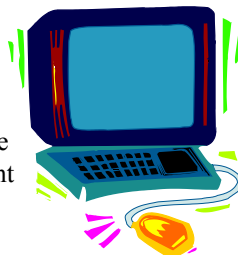
Where can you and your kids find great friends?

Steeplechase Moms Club

We are a group of moms that exchange babysitting services between families. We meet monthly to plan fun activities for our children, families, and ourselves. Our play dates are scheduled on Friday mornings, we host/co-sponsor seasonal parties, plan Mom's night out to a restaurant, and scrapbooking events. For more information on our next meeting call Candace at 832-237-2773 or visit us at www.steeplechasetx.com >community events & clubs.

Have YOU Visited our Website?

Have you visited our website, www.SteeplechaseTX.com? This website serves our community and is full of important and helpful information. The website is updated daily and is the Board of Director's quickest form of communication with the residents. While you are there, be sure to click on the "Join our Mailing List" tab to add your email address to our system. Periodic Email Blasts will be used to inform you of neighborhood activities and events, or to notify you of criminal activity in our area. This list will not be shared with anyone, published, or used for soliciting. Email communication is also supportive of our neighborhood Green commitment and saves Steeplechase CIA money!



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
Center Point (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 (WCA).....	281-368-8397
(Wednesday & Saturday)	
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
Traffic Initiative	281-290-2100

NEWSLETTER PUBLISHER

Peel, Inc.	kelly@PEELinc.com, 888-687-6444
Peel, Inc. Sales Office	advertising@PEELinc.com, 888-687-6444

COMMUNITY CENTER CONTACTS

Community Maintenance Concerns

PCMI.....	281-870-0585
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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
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Private Pool Parties

Greater Houston Pool.....	713-771-7665
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Board Member Contact

PCMI.....	281-870-0585
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Steeplechase Board of Directors

Cobblestone	Churchill	Green-Brook-Bridge
Judy Weed	Dean Green	Andy Sherbondy
Virginia Kelley	Nace Peard	Wade Wnuk
Kathy Dowling	Regina Abruzzese	Michael Young
	Mable Butler	Maurice Amidei
	Bill Kuschmeider	Michael Brown

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

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

ATTENTION ALL SENIORS

We meet every Tuesday at 12pm at the clubhouse for fun, games and fellowship.

All Seniors
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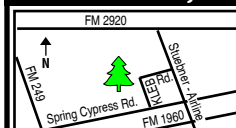
PUMPKIN PATCH

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Clay Road Baptist School

Congratulates five 5th grade students selected to attend DECATS, a gifted scholar program: Charles Bellow, Matthew Fanning, Annabelle Bellow, Mary-Kate Scurlock and Will Wiley.

These Clay Road Baptist School scholars were selected to attend the recent DeBusk Enrichment Center for Academically Talented Scholars, DECATS, summer program. The intensive three-week program features challenging and enriching coursework in the areas of literature, drama, social studies, mathematics, science, computer science, creative writing, journalism, art, music, and creative problem solving. Students are nominated by their Principals and selected for their high intellectual ability, a strong commitment to learning, and exceptional creativity. Clay Road Baptist School is proud to recognize their achievements!

November R.A.D. Classes

R.A.D. classes will be held at our community center on November 10, 11, and 12 from 6-10 pm. These rape prevention defense classes are open to women age 14 and older. This is a highly acclaimed national program taught by specially trained Harris County Constables. Women of all ages have benefited from this course sponsored by our Steeplechase Community Improvement Association. For more information and to register for the classes, please call Jinnie Kelley at 832-922-8030.

Want to Help Steeplechase Go Green?

Join our E-Mailing List at www.SteeplechaseTX.com. Please add webmaster@steeplechasetx.com to your address book to ensure you receive our emails. Your email address will not be shared, published, or used for soliciting.

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Request for Home Improvement Approval

Homeowners are reminded that any improvements affecting the exterior of your home (such as painting, patio covers, fence etc.) need to be approved by your association's architectural review committee. When space permits the one page approval form will be included in the monthly newsletter. The form is always available on the community website, steeplechasetxt.com in "documents."

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 office at 888-687-6444 or advertising@PEELinc.com for ad information and pricing. The deadline for ads is the 10th of each month for the upcoming month's newsletter.

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Cypress Christian School News

Cypress Christian School Welcomes New Principal

Cypress Christian School is pleased to announce the appointment of Donna Stumbaugh to the position of elementary principal.

"Mrs. Stumbaugh has committed her time, talents, and energy during the last 12 years to minister to students, parents, and teachers at Cypress Christian School," said Dr. Glenn Holzman, Head of School. "Her proven experience in curriculum development and improvement, as well as her extraordinary organizational and leadership skills, allow her to join the administrative team this year. Mrs. Stumbaugh is unquestionably dedicated to Christian education. She understands that Christian education is an opportunity to instill Christian values through scripture. She is committed to the ideal that teachers are living examples of who Christ is, as they teach about God's world through God's word."

Mrs. Stumbaugh's education and experience include the following:

- Bachelor of Science in Education from University of Arkansas
- Master's Degree in Learning Disabilities from University of Tulsa
- Gifted and Talented and Mid-management certificates from the University of St. Thomas
- Texas Certification: Elementary Education, Learning Disabilities, Gifted and Talented and Mid-Management
- More than 28 years of experience in curriculum development and classroom instruction

Cypress Christian Students Travel to Spain

Several CCS secondary students had the opportunity to travel to Spain for a ten-day, educational tour this past June.

The students had an incredible time learning about architecture and visiting historical and cultural sights studied in class. The students spoke with native Spaniards on a daily basis, which reinforced grammar and vocabulary as well as boosted their self-confidence in speaking. The majority of the students had not traveled outside of the country and this trip provided many opportunities for personal growth, as well as academic benefits.

CCS students who went on the trip included Jessica LeDay, Elisabeth Dunn, Hallie Salmon, Brian Fredrich, Casey Salzar, and Jordyn McCain.

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Lone Star College-CyFair "Perspective"

Fall Fun in the Gallery and on Stage The Bosque Gallery presents a fall invitation exhibition "The Show! ... Metal, Stone, Paint, Mud" set for Oct. 14 – Oct. 30 with a reception Oct. 16. Go to CyFair.LoneStar.edu/bosquegallery for hours and information. Also coming up in October are a String Ensemble Orchestra concert "Da Capo Strings" Oct. 6, Jazz Band Concert "Just Make it Jazz" Oct. 17 and a choral "Nothing But Opera" show Oct. 31 – Nov. 1. For tickets and information call 281-290-5201 or go to CyFair.LoneStar.edu/boxoffice.

Mark Your Calendars for Fourth Annual Cy-Fest Oct. 11 Lone Star College-CyFair will host Cy-Fest, the fourth annual community day for all ages in the Cy-Fair community, Saturday, Oct. 11 on the Barker Cypress campus at 9191 Barker Cypress Road. Cy-Fest, the college's gift to the community, is a day of free food, festivities and family fun! There are games, entertainment, face painting, hayrides, moonwalks, a petting zoo and more. To help celebrate the college's five-year anniversary, Radio Disney will also be on-site. For information go online to CyFair.LoneStar.edu.

Free Fall Film Series Under Way The Cinema WOW! Film Series, offered as individual continuing education Film Appreciation classes, include an engaging discussion after the movie. October films include "I am Sam" Wednesday, Oct. 1; "In the Heat of the Night" Saturday, Oct. 11 (at LSC-Fairbanks Center) and "Only the Brave" Wednesday, Oct. 22. Pre-registration is required for each film separately in this popular series, which is open to the community at no charge. For information, go to CyFair.LoneStar.edu/filmseries.

Don't Miss this Oct. 31 Trick-or-Treat Alternative The annual Lone Star College-Fairbanks Center Fall Festival is set for Friday Oct. 31. This event offers a safe trick-or-treat alternative for children and families as well as promotes activities that represent the diversity of different cultures in the community. Wear a tasteful costume and enjoy a free, fun family evening of games, prizes and food. For information, call 832-782-5000.

L.I.F.E. Lessons in October 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 October, learn how to choose antiques and find hidden treasures Oct. 1; discover the culinary art of making tamales Oct. 8; talk about election issues and new voting technology Oct. 15; use existing artifacts and objects to compose art collage Oct. 22 and create skull beads and learn about the Day of the Dead Oct. 29. Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.

Italy or China Study Abroad Scholarships Due Oct. 31 Scholarships are available for Lone Star College-CyFair's 2009 summer study abroad programs to Italy and China. Join Rob Coyle and Buck Buchanan for Western Civilization I and World Geography at the Vesuvian International Institute in Castellammare di Stabia, Italy or Carolyn Ho and Robert O'Brien for Beginning Chinese I and World History I at Zhejiang University in Hangzhou, China. The scholarship deadline is Nov. 1, 2008. The deadline for applying to either program is March 1, 2009. For information, go to CyFair.LoneStar.edu/studyabroad or call 281-290-1055.

October is National Spina Bifida Awareness Month

As Public Awareness Chair for the Spina Bifida Association of Houston Gulf Coast (SBAHGC) I want to educate my neighbors about prevention of the most common permanently disabling birth defect. Every teen and woman of childbearing age is at risk for having a baby with spina bifida (SB). In SB there is an incomplete formation of the spine and spinal cord, resulting in varying degrees of paralysis, bowel and bladder complications, water on the brain (hydrocephalus), and learning difficulties, which require life-long treatment. This defect in formation occurs during the first 28 days of pregnancy-before a woman even knows she is pregnant.

The good news is that taking in 400mcg of the B-vitamin folic acid every day before and during early pregnancy can reduce the risk of having a baby with SB or other neural tube defects by 70%. You can get folic acid as a supplement, in a multi-vitamin, and through foods rich in folic acid like dark green leafy vegetables, oranges, and fortified breads, pastas, and cereals. Even though breads and cereals manufactured in the United States are required to contain folic acid only about one-third of teens and women get the daily requirement of folic acid.

Besides the confirmed link between getting enough folic acid and SB the exact cause is not known. It seems to be a combination of genetic and environmental factors. It does occur more frequently among Latinas. One other factor that increases the risk is taking medications those have the side effect of interfering with the body's use of folic acid. These medications include: valproic acid, carbamazepine, phenobarbital, phenytoin, primidone, sulfasalazine, triamterene, and trimethoprim. If you are concerned about this-do not stop the medication-talk to your doctor about it. Having diabetes or extreme obesity before getting pregnant also increases the risk for a baby with SB. These factors or having a family member with SB may increase your need for more folic acid, which requires a prescription.

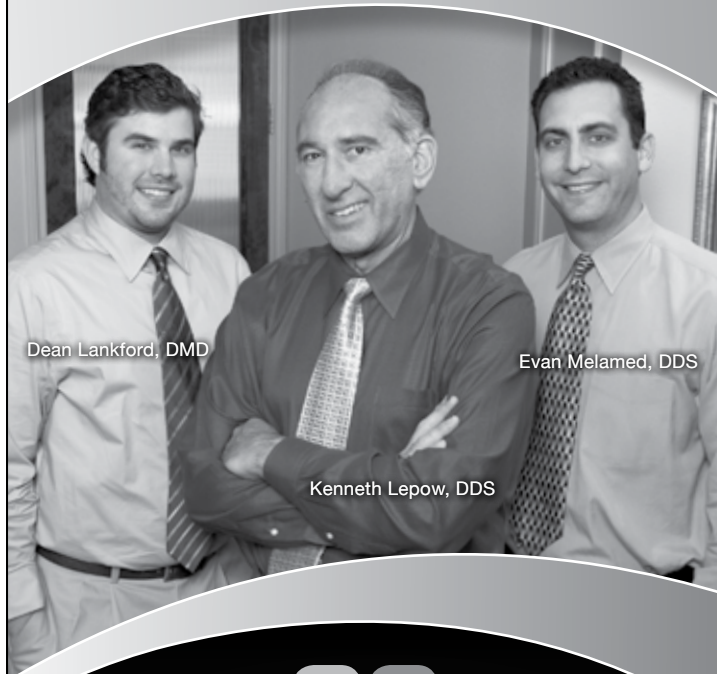
Suspected risk factors include having any condition that interferes with the absorption of vitamins, such as gastric bypass surgery, celiac disease, or inflammatory bowel disease.

Studies suggest that hyperthermia (temperature over 101-102) in the first month of pregnancy can increase the risk. Fever is the most common cause of this, but it can be from the use of hot tubs, saunas, long hot baths, possibly tanning beds, intense exercise, or working outside in extremely hot humid weather. More study is needed to know for sure if these factors do increase the risk. For more information about spina bifida or prevention please call the SBAHGC at 281-447-2707 or go to sbahgc.org.

A fall fundraiser, Adopt A Ghost, is available for \$1 at many Cici's Pizza locations and we are selling Renaissance Tickets for \$15 (usual fee is \$18). I have some of these tickets available through November. All proceeds support programs for those with SB, like summer camp, and public awareness programs. For tickets please call me at 281-857-0785 or e-mail judy_lck@yahoo.com.

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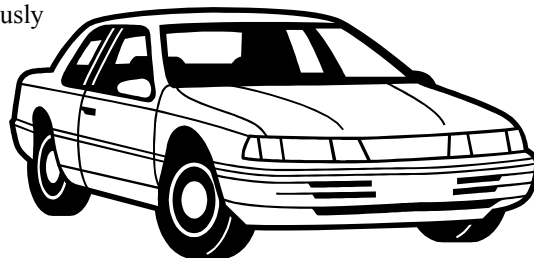
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Follow Our Top 10 Ways To Save Gas!

Submitted by Leonard Johnson

If you are serious about saving more gas, it is important to understand that you will see the largest savings when you practice a combination of proper car care and smart driving behaviors. An aggressive attack plan can save you hundreds of dollars per year in fuel.

- 1) Drive fewer miles: Combine errands, carpool when possible, eliminate unnecessary trips. The average vehicle uses a gallon of fuel for every 20 miles driven. A few thousand less miles per year adds up to big money!
- 2) Correct tire pressure: This one has gotten a lot of press recently, but improper tire pressure can cost 3% in fuel economy.
- 3) Replace dirty air filters: Replacing your air filter every 12,000 miles will save up to 10% fuel.
- 4) Pay attention to the Orange engine light: This light warns you when something is wrong in your fuel or emission system. A faulty Oxygen sensor or fuel injector can waste 35% more fuel and increase the harmful pollutants your vehicle emits.
- 5) Check the gas cap: 147 million gallons of gas vaporizes annually in the U.S. due to loose gas caps.
- 6) Avoid jack-rabbit starts: The key to good fuel economy is smooth starts and stops. Driving like a grandma may not be fun, but it will raise your fuel mileage by up to 33%.
- 7) Slow down: Every 5 miles per hour over 60 mph is like paying an additional .26 cents per gallon for gas.
- 8) Remove excess weight: Every 100 pounds of weight reduces your mpg by 2%.
- 9) Change to synthetic motor oil: Reduces friction and increases fuel mileage by 2%.
- 10) Inspect brakes - Dragging brakes can seriously decrease fuel mileage.



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Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

THE BEST TIME TO EXERCISE

Contrary to popular belief, women aren't the only ones with biological clocks. We all have them, and heed their ticking on a daily basis. If you are a regular exerciser, you may have already determined your most productive time to exercise and follow a routine that works best for you. On the other hand, if your exercise time varies from day to day, and it's wearing you out instead of pumping you up, you may be interested in the work of scientists who are studying the proverbial internal clock and how to best determine what time of day you should schedule your workouts.

RHYTHM: IT'S NOT JUST FOR DANCING

The secret appears to lie in circadian rhythms, the daily cycles that our bodies follow. These rhythms originate in the hypothalamus and regulate everything from body temperature and metabolism to blood pressure. The rhythms result from the firing rate of neurons. They have conformed to our 24-hour

light-to-dark cycle, and may be regulated and reregulated each day according to the environment.

WARM IS BETTER

It is the influence of circadian rhythms on body temperature that seems to yield the most control over the quality of a workout. When body temperature is at its highest, your workouts will likely be more productive; when your temperature is low, chances are your exercise session may be less than optimal. Body temperature is at its lowest about one to three hours before most of us wake up in the morning, in contrast to late afternoon when body temperature reaches its peak. (To determine your own circadian peak, refer to the box to the right.) Studies have consistently shown that exercise during these late-in-the-day hours produces better performance and more power. Muscles are warm and more flexible, perceived

(Continued on page 8)

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STEEPLECHASE

Fit Facts - (Continued from page 7)

exertion is low, reaction time is quicker, strength is at its peak, and resting heart rate and blood pressure are low.

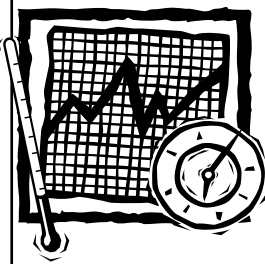
DON'T FIX IT IF IT'S NOT BROKEN

First of all, don't change your schedule if you feel good beginning your day with exercise. Everyone agrees that exercise at any time is better than no exercise at all. In fact, people who exercise in the morning are more successful at making it a habit. And though it has been suggested that morning exercise may put some people at higher risk for heart attack, further research indicates that there is simply a generalized increased risk of heart attacks in the morning. If your schedule favors an early workout, emphasize stretching and a good warm-up to insure that your body is ready for action.

OTHER CONSIDERATIONS

If stress relief is your goal, exercise always works, all the time. And if you're wondering when it's best to train for an upcoming event, it all depends on what time you'll actually be competing. If an upcoming marathon begins at 7:00 a.m., try training at that time of day. Though training at any time of day will raise performance levels, research has shown that the ability to maintain sustained exercise is adaptive to circadian rhythms. In other words, consistently training in the morning

will allow you to sustain exercise during a morning marathon longer than if you train in the evening.



Find Your Peak

To determine your own circadian peak in body temperature, record your temperature every couple of hours for five to six consecutive days. Body temperature usually fluctuates by plus or minus 1.5 degrees throughout the day. Try exercising during the period three hours before and after your highest temperature. If you are an early bird or a night owl, you may notice that your temperature peaks one to two hours before or after the norm (between 4 p.m. and 6 p.m.); you can adjust your exercise time accordingly.



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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.

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

*Solution at www.PEELinc.com

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Recipe of the Month:

Mini Cheesecakes



Ingredients

12 vanilla wafers	½ C sugar
1 8 oz. packages cream cheese, softened	1 tsp. vanilla
	2 eggs

Directions

Line muffin tin with foil liners.

Place one vanilla wafer in each liner. Mix cream cheese, vanilla, and sugar on medium speed until well-blended. Add eggs. Mix well. Pour over wafers, filling 3/4 full. Bake 25 min. at 325°.

Remove from pan when cool. Chill. Top with fruit, preserves, nuts or chocolate.

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

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Please drive slowly and watch out for "Trick-Or-Treaters" on Friday, October 31st!

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 advertising@PEELinc.com.

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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SCHOOL BUS SAFETY

School is back in session. Please be aware of children walking and biking to and from school. Of course, we want all children to be safe and school buses are relatively safe. However, accidents and injuries involving school buses do happen. More often than not these injuries happen when children are entering or exiting the bus. Here are some safety tips for school bus riders.

- Have a safe place to wait for the bus, away from traffic and the street.
- Stay away from the bus until it comes to a complete stop and the driver signals you to enter.
- Hold onto the handrails when entering or exiting the bus.
- Once on the bus, take your seat and remain seated face forward.
- Talk quietly so that you don't distract the driver.
- Never throw things on the bus and keep your hands to yourself.



- When you exit the bus, take ten giant steps away from the bus. When you are closer than 10 feet from the bus, the driver might not see you. This is known as the DANGER ZONE.
- If you forget something on the bus, do not return to the bus to get it. The driver might not see you.
- Be aware of the street traffic around you.
- If you need to cross the street, cross in front

of the bus never behind the bus.

Motorists should follow safety rules around school buses. Yellow flashing lights indicate that the bus is preparing to stop. Motorists should slow down and be prepared to stop. Red flashing lights indicate that the bus has stopped and that children are getting on or off. Motorists must stop their cars and wait until the red flashing lights are turned off. Here are a few more traffic safety tips for motorists.

- When backing out of the driveway or garage, watch out for children.
- When driving through neighborhoods and especially in school zones, watch out for children. Children don't always pay attention to traffic and don't always know that motorists have trouble seeing them.
- Slow down. Watch out for children walking or playing in the street.
- Be alert and ready to stop. Children sometimes dart into the street.

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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.

	Mar 08	Apr 08	May 08	Jun 08	Jul 08	Aug 08
\$160,000 & Above	0	0	0	1	0	1
\$140,000-159,999	1	0	0	4	2	0
\$120,000-139,999	1	0	0	6	5	3
\$110,000-119,999	1	1	0	4	1	0
\$100,000-109,999	1	2	0	0	1	2
\$100,000 Below	0	2	4	4	0	1
TOTAL	4	5	4	19	9	7
Highest \$/Sq Ft	72.49	72.49	72.49	72.49	76.58	88.57

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

- 11402 Jocky Club Ct
- 12103 Canterhurst Way
- 9611 Secretariat
- 11307 Hambleton Way
- 11707 Meadowchase
- 9603 Meadowchase Ct
- 11930 Hedgegate
- 12323 Fetlock
- 11310 Travelers Way Cir
- 11307 Hambleton Way
- 9706 Overmead
- 11415 W Travelers Way Cir
- 10110 Jockey Club
- 11307 Chiselhurst Way Ct
- 9710 Cannock Chase Ct
- 11822 Yearling
- 11415 Jocky Club Ct
- 9611 E Savile
- 9806 Jocky Club
- 11615 Autumn Chase
- 12114 Yearling

David "Super Dave" Flory



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

**Realtor Teams per Remax 9/2007, 3/2008

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