



Steeplechase

NEWSLETTER



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

SAFETY CORNER

TIP OF THE MONTH:

Personal Security While Traveling

It's Summer and most of us are dreaming of well needed time-off and family vacation time. While you're relaxing, don't become lax in your effort to maintain family safety.

- Notify HCSO of your departure and return dates by using the Vacation Watch form included in this newsletter.
- Don't publicize your travel or vacation plans. Leave contact numbers with appropriate family, friends and neighbors.
- Check plane, train, and bus times before you travel.
- Sit near other people or near aisles or doors. Learn the location of emergency alarms and exits.
- Stay awake and alert when using public transportation.
- Purchase special clothing or accessories to hide your passport, money, or credit cards. Keep your funds hidden; carry some in your wallet or handbag. Use a money clip. If you are robbed, you may lose the money in the clip but will retain important credit cards and documents.
- Keep valuables out of sight and luggage close at hand. If carrying a handbag, keep it in front of you, closed, with the fastening toward your body. Keep a wallet in your front pants pocket.
- Be careful when using hotel safes, many personnel have keys or a main code that can unlock them.
- Let go if your bag is snatched.
- Do some research on the area you are visiting and verify travel advisories or warnings before travel.
- When traveling, dress casually; dress down where

appropriate. Be aware of local customs.

- Don't wear excess jewelry. Reduce wallet and purse contents, particularly cards denoting affiliations, memberships, accounts, etc.
- At airports, proceed through security checks and go to the boarding area as quickly as possible. These areas are usually the most secure in the airport.
- In any crowded situation, be aware of any crowding or jostling, even if it appears innocent. This is often a ploy by pickpockets to distract you.
- Be very careful any time you use a telephone calling card. Fraudulent uses of these cards are on the rise. Look for people observing your card or your fingers as you dial your code. Avoid being heard giving the number to local telephone operators.
- Notify your bank before you travel. Let them know where you will be, so they don't mistake your charges and lock your credit card.

There's lots of tips on our Steeplechase Safety & Security Facebook page – don't be shy, go ahead and start following-us and be a part of our Steeplechase Safe Community!

BE SAFE and BE SMART!

Lynn Cirillo

Steeplechase Security Coordinator

For more safety tips, LIKE us on Facebook: Steeplechase Safety & Security

<http://www.facebook.com/#!/pages/Steeplechase-Safety-Security/181933781906989>

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
http://cnp.centerpointenergy.com/outage	
Neighborhood Crime Watch	SteeplechaseSecurity@gmail.com
Library.....	281-890-2665
Post Office.....	713-937-6827
Steeplechase Community Center.....	281-586-1700
Deed Restriction Issues (CMC)	281-586-1700
Water/Sewer	713-405-1750
Architectural Control (CMC).....	281-586-1700
Trash Pick-up (Best Trash, LLC) (Wed. & Sat.)	281-313-BEST
Harris Co. Pct. 4 Road Maintenance	281-353-8424
Harris Co. MUD #168.....	hcmud168board@gmail.com
Community Events.....	281-586-1700
Clubhouse Rentals: Private Parties and Community Events (Jinnie Kelley).....	832-922-8030
Traffic Initiative	281-290-2100
Private Pool Parties	713-416-5161

NEWSLETTER PUBLISHER

Peel, Inc. (Advertising).....	kelly@PEELinc.com, 888-687-6444
Articles.....	newsletter@steeplechasetx.com

Community Center Contacts

Community Maintenance Concerns

Chaparral Management Company	281-586-1700
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Clubhouse Rentals

Private Parties and Community Events (Jinnie Kelley)	832-922-8030
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Pool Company Contact

Texas Aquatic Enterprises, Inc.	713-416-5161
.....	www.texasaquaticenterprises.com

Board Member Contact

Chaparral Management Company	281-586-1700
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Schools

Emmott Elementary.....	281-897-4500
Campbell Middle School	281-897-4300
Cy-Ridge High School.....	281-807-8000

Contact the Management Company

cmc@chaparralmanagement.com
or by phone 281-586-1700

STREETLIGHT OUT? REPORT IT!

CenterPoint Energy maintains streetlights throughout our electric service territory in and around Houston. In order to report an outage, you will be asked to provide:

- a pole number for the non-functioning light(s) you want to report
- contact information (in case more information is needed to locate a streetlight)
- an e-mail address (if you want feedback regarding your repair request)
- the number of streetlights you would like to report

To report if you know the streetlight number, visit:

<http://cnp.centerpointenergy.com/outage>

To report using Centerpoint's map system, visit:

<http://gis.centerpointenergy.com/sloreporting/>

The process is easy, simple and will take no more than five minutes.

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HARRIS COUNTY SHERIFF'S DEPARTMENT DISTRICT V VACATION WATCH

PLEASE PRINT OR TYPE ALL INFORMATION

SUBDIVISION: _____ ADDRESS: _____

NAME: _____ TELEPHONE: _____

DATE LEAVING: _____ AM / PM DATE RETURNING: _____ AM / PM

VEHICLES: _____
COLOR YEAR MAKE / MODEL LICENSE # DRIVEWAY / GARAGE

_____ / _____

_____ / _____

_____ / _____

LIGHTS LEFT ON YES / NO

TIMER ON LIGHTS YES / NO

IF YES, WHAT ROOM LOCATIONS:

ALARM: YES / NO PETS: YES / NO TYPE:

WHERE: INSIDE OUTSIDE GARAGE

EMERGENCY CONTACTS: (Include phone #'s and at least one key holder with alarm codes if alarm is set)

NAME PHONE # KEY HOLDER ALARM CODES

Y / N Y / N Y / N Y / N

Y / N Y / N Y / N Y / N

Y / N Y / N Y / N Y / N

ADDITIONAL COMMENTS

PLEASE MAIL OR FAX TO
HARRIS COUNTY SHERIFF'S OFFICE
Attn: Vacation Watch
23828 Tomball Pkwy
Tomball, TX 77375
Fax (281) 290-2177

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ONLINE SERVICE OPTION FOR CITIZENS REPORTING CRIMES

The Sheriff's Office has implemented an on-line service called "CopLogic" for Harris County citizens to report crimes. THIS IS FOR REPORTING LOST PROPERTY, THEFT OR VANDALISM ONLY AND WHEN THE COMPLAINT NO SUSPECT INFORMATION. This service is provided as an option to the citizen in lieu of waiting for a unit to respond to their location and response can sometimes take several weeks.

Examples of incidents that can be reported via CopLogic:

1. **LOST PROPERTY:** When property is missing or lost, i.e. leaving items in a restaurant or missing from home.
2. **THEFT:** Property is taken without the owner's permission.
3. **VANDALISM:** The act of changing, modifying or defacing public or private property, i.e. graffiti, knocking over a mailbox, throwing a rock through a window, etc.

To access this service, please visit the Sheriff's Office web site: www.hcso.hctx.net

Click on "Report Crime" link at top of screen

Click on "Report an Incident"

Follow instructions on the screen for filing an offense report

CopLogic is an alternative method for the citizen to report the crime quickly, get a case number and print a copy of the report. It does not replace entering a call for service for a unit to respond if the citizen prefers to see a unit or does not have access to the Internet.

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If You...SEE Something SAY Something: iWatch Harris County

The Harris County Sheriff's Office is committed to serving the citizens of Harris County through a cooperative working relationship between the police and the people we serve. The success of solving crime lies in the actions of the citizens who have knowledge of, or view these criminal acts.

With your help, we can all strive to make Harris County, Texas a safer place to live and play. iWatchHarrisCounty.com is a community awareness program that educates the community about suspicious activities & criminal behaviors. iWatchHarrisCounty focuses on criminal behavior and criminal enterprises that could also indicate a nexus to terrorist activities. Citizens are provided a convenient reporting method to provide tips and leads to police concerning crime that is affecting their community.

iWatchHarrisCounty allows our citizens to harness the communication capabilities of the internet/social networking sites to report crime tips and leads. This site is a new and innovative tool to increase our community wide effort to reduce crime.

This app is available for iPhone, Blackberry and Android mobile phones. Visit <http://iwatchharriscounty.com/> for more information and to download the app.

What is iWatchHarrisCounty?

iWatchHarrisCounty is a mobile crime watch tool that you and your

neighbors can use to report suspicious or criminal activity. It's a proactive, hands-on, partnership between you, the citizens of Harris County, and the Harris County Sheriff's Office (HCSO).

Why should I report these behaviors and activities?

You are the eyes and ears of your community. Your awareness of suspicious behaviors and activities and reporting it to the police can help solve crimes or prevent crimes.

What should I report?

Give as many details as possible, for example:

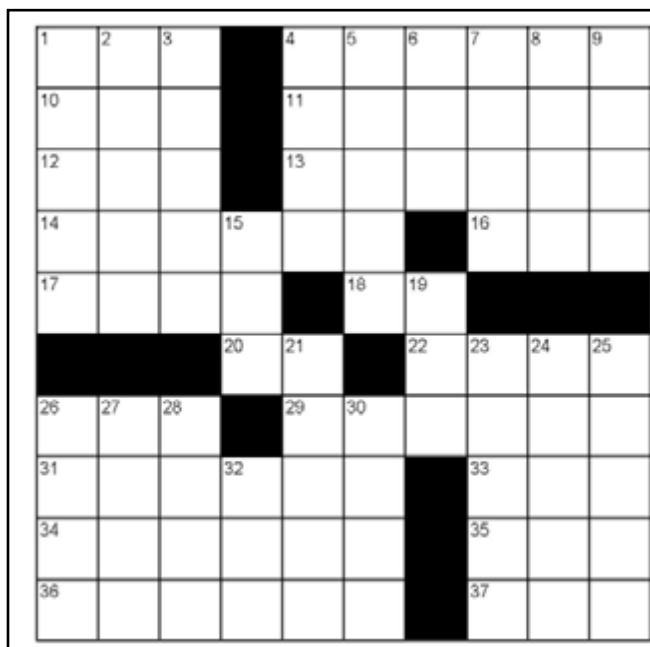
- Time of day
- Where it happened
- What you witnessed
- A description of individual(s) involved
- Was there a vehicle?
- Color and license plate number?
- Have you seen this activity before?

There are four ways to report:

- Report online at iWatchHarrisCounty.com
- Text a tip to 1-855-HCSO-iWatch (1-855-427-6492)
- Use the downloadable app found on iWatchHarrisCounty.com
- Call 1-855-HCSO-iWatch (1-855-427-6492)

If you have an emergency and need the police immediately do not use iWatchHarrisCounty, call 911.

CROSSWORD PUZZLE



ACROSS

1. Unrefined metal
4. Young pigeons
10. Gender
11. Australian
12. Alternative (abbr.)
13. Climbing
14. China stone
16. Hoopla
17. Shaft
18. Teacher's assistant, for short
20. Doctor
22. Believe
26. Terminal abbr.
29. Skin problem
31. Infamous Nazi concentration camp
33. Tear
34. Wring
35. Sick
36. Work fussily
37. Hurricane center

DOWN

1. City
2. Mellow
3. Worship
4. Japanese dress
5. Fivesome
6. Ship initials
7. Continent
8. Tie
9. Sego lily's bulb
15. Limb
19. Wood tool
21. Sea jewel
23. Spooky
24. Author Dickinson
25. Tree
26. Eve's garden
27. Cab
28. Acting (abbr.)
30. Nice looking
32. Pig

View answers online at www.peelinc.com

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Support During Tough Times

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DBSA Greater Houston is a non-profit organization that sponsors both free and confidential support groups for those who have been diagnosed or have symptoms of a mood disorder. Families and friends of those with mood disorders are also invited to attend any one of our over 50 support groups across the Houston metropolitan area. Moreover, DBSA Greater Houston provides personal support and direct services to its members, educates the public about the nature and management of these treatable disorders and promotes related research.

CRISIS INTERVENTION OF HOUSTON

713-HOTLINE 713-529-TEEN <http://crisishotline.org/>

Crisis Intervention of Houston's goal is to serve persons in crisis and overcome the barriers to help due to fear, isolation, abuse, physical disability, health, language, age, income, location, problem type or timing of the crisis. Crisis Intervention of Houston meets our mission to serve people in crisis by providing 24-hour telephone and web-based counseling, suicide prevention and intervention education, links to community resources, and community education.

Lone Star College Perspective

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

- Children's Summer Show "Looking Glass Land" on Stage June 24-29

In the Main Stage Theatre, enjoy the "Looking Glass Land" - a delightful romp through Alice's looking glass land retains all of the familiar characters and introduces dozens of new ones. It's fun for the whole family. General admission tickets are only \$5 and group rates are available! For event information, go to LoneStar.edu/boxoffice.

Registration and New Student Orientations Under Way

Get on the path to college success at Lone Star College-CyFair. Attend New Student Orientation (required for first-time students) this summer to take a tour, get academic advising and register for class! Go to LoneStar.edu/cyfair-orientation for information. LSC-

(Continued on Page 8)



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FALSE ALARM FEES ARE CHANGING IN HARRIS COUNTYS UNINCORPORATED AREAS

(HOUSTON TX) The Harris County Sheriff's Office dispatches deputies to investigate residential and commercial alarms about 100,000 times a year. About 99 percent are found to be false alarms, squandering crime-fighting resources in the unincorporated areas, where 1.5 million people live.

Until now, a false alarm fee was assessed every time a property generated more than five false alarms per calendar year. But now the fee, \$75, will be assessed every time a property generates more than three false alarms in a calendar year.

Harris County Commissioners Court approved the change today along with other updates to regulations enforced by the Sheriff's Office on burglary alarms, panic alarms, and other types of alarms. Permit requirements will now apply to fire alarms as well.

The changes are designed to reduce the number of false alarms and to encourage property owners to obtain permits for their alarm systems, Sheriff Adrian Garcia said.

The initial fee for an alarm permit is \$35. Annual renewals are \$10 each. (In many cases, companies that provide alarm monitoring services obtain permits on behalf of their customers). There is no fee for permit holders 65 years of age or older. The fee for reinstatement of a suspended or expired permit is \$50.

All fee payments go into the county government's general operating fund.

Owners of alarm systems that have no permit may be issued a misdemeanor citation that could result in fines up to \$500 in justice of the peace court. In 2011, the most recent year for which statistics are available, the Sheriff's Office issued about 1,300 citations for unregistered alarms.

The permit form can be found at <http://hcsowebtest01/hcsowebtest01/documents/Alarm%20System%20Permit%20Application%20Jan2010.pdf>

Article: http://www.yourhoustonnews.com/tomball/news/false-alarm-fees-changing-in-harris-county-s-unincorporated-areas/article_40c20521-d96b-52f0-8d87-9b0a9c9e1e23.html

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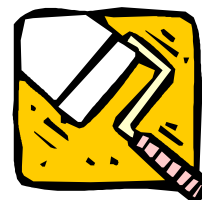
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References Available • Fully Insured
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STEEPLECHASE

College Perspective -(Continued from Page 6)

CyFair offers options and flexibility for summer and fall, so register now. Sign up now for Summer Session II classes that start July 11. And it's never too early to register for fall classes which start Aug. 26. For information, go to LoneStar.edu/registration.

- **Library Offers Summer Fun for Everyone**

The Harris County Public Library Lone Star College-CyFair Branch offers a Summer Reading Program for children and adults through Aug. 11. A variety of monthly book clubs for all ages are available as well as plenty of programs and activities. Go online to LoneStar.edu/library for information.

- **L.I.F.E. Lessons for June**

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) Programs in June are "Relive Your Past Life" June 12, "Dance Salad Festival" June 19 (video performance in the Recital Hall, ART 102); and "Red, White, and Blue Eating" June 26. Call the library at 281.290.3214 for L.I.F.E. program information.

- **It's Not Too Late to Register for Discovery College Summer Youth Program**

Registration is under way for Lone Star College-CyFair's popular

Discovery College for ages 9 to 14. The theme for the Monday through Thursday sessions through Aug. 8 is "Integrated Learning." The Discovery College sessions are fun and educational providing children an opportunity to develop skills and learn new ones in a friendly environment. Sessions are held at the Barker Cypress campus. The cost of the week-long sessions is \$89 per class. For registration or information, go to LoneStar.edu/youth-classes-cyfair.

- **Parking Permits Available for LSC Visitors, Guests and Library Patrons**

Visitors, guests and library patrons may park without a permit in designated visitor parking areas. However, a daily or yearly permit is now available allowing for extended parking privileges at Lone Star College System campuses. Vehicles must be registered with LSCS to get a valid parking permit, to park in LSCS lots and to avoid receiving a citation. To register, you will need your vehicle's license plate number, make, model and color. Go to LoneStar.edu/Parking for complete information on parking permits, call 281.765.7836 or email parking@lonestar.edu.

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Houston, Texas 77065
- 14044 Spring Cypress at Grant
Cypress, Texas 77429
- 27126 Highway 290 at Mueschke
Cypress, Texas 77433
- 7015 Barker Cypress Rd at 529
Cypress, Texas 77433



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**5 years ago this month, Colin Holst tragically and silently drowned at the age of 4.
10 Texas children have already drowned this year.**

Be a Water Guardian and help prevent children from drowning.

Ongoing: Volunteers needed to stuff and distribute water safety packets info@colinshope.org

Ongoing: Colin's Hope Athlete Ambassadors needed! <http://www.tinych.org/signup>

Now-June 18: Discount Schlitterbahn Tickets for sale. <http://www.tinych.org/tickets>

June 18: World's Largest Swim Lesson at Schlitterbahn Waterpark New Braunfels

July 1: Colin's Hope Got2Swim Lake Austin 4 Miler (solo or relay) <http://www.tinych.org/got2swim4>

July 21: Colin's Hope Kids Got2Swim Pure Austin Quarry Lake <http://www.tinych.org/got2swimkids>



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ONLINE**

STEEPLECHASE

REGISTER NOW FOR FSA SOCCER!

It is time once again to register your soccer superstar for FSA Soccer. The Fairfield Sports Association offers a fantastic environment for your budding soccer player to develop their skills and grow their passion for the beautiful game. We offer soccer divisions for boys and girls ages 4 – 12. Our younger divisions (U5 & U6) play 3 v 3 soccer on small fields with no goal players. We gradually increase the size of the field and the number of players as the kids get older. Starting at age 7 (U8), players participate in an evaluation and are selected by their respective teams.

This soccer season, FSA soccer players will wear the XARA uniforms. The uniforms look GREAT, and the kids will really love them! Registration costs cover a complete uniform kit including game jersey, shorts, and socks. Registration for the U5 and U6 divisions is \$115. Registration for the U7 and older division is \$130. There are no additional fundraisers or sponsorships players or teams are responsible for during the season. Non-residents of Fairfield do pay an additional \$25 non-resident fee.

All practices and games are played in Fairfield. Players in the U5, U6, and U7 divisions are all awarded participation trophies at the end of the season. In the older divisions, trophies are awarded for the divisional champions and runners-up. Additionally, the older divisions participate in a season ending tournament. In addition to our Fall League play, we offer Fairfield Freedom on Fridays evenings during the summer. This is an opportunity for any child to come play "street soccer" is an adult supervised

environment at no cost! Check the FSA Soccer webpage for more details.

FSA Soccer is also thrilled to announce we are bringing back our 2nd annual Kick-off Summer Soccer Camp! This camp is for boys and girls ages 6-10. The camp is scheduled for June 10th thru 13th from 9:00am until 11:00am. Professional trainers from the Challenge Soccer Club and the Texans Soccer Club will be working with FSA Soccer providing the training for the camp. The cost of the camp is only \$50! The camp will be held in Fairfield at our Robert's Fields facility near our Central Park Splash Pad. To register for either the camp or an exciting season of FSA soccer, visit the Fairfield Sports website at www.fairfieldsports.net. From the menu button, click the SOCCER link. Once at the Soccer page, click the MORE menu button and then click the REGISTRATION link.

IMPORTANT FSA SOCCER DATES:

FSA Kick-off Summer Soccer Camp registration: Open Now – June 8th

FSA Kick-off Summer Soccer Camp: June 10th – June 13th

FSA Soccer registration: May 31st – July 14th

Player evaluations (ages 7 and older): July 22nd – July 25th

Practices begin: Week of July 29th

Games begin: Weekend of August 24th

Please direct any questions about the FSA Soccer program to Scott Baehren, Commissioner – FSA Soccer at soccer@fairfield-sports.net

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Older Adults Express Anxiety In Different Ways

While there are several factors that can cause anxiety in older adults, it can be difficult to identify because they express anxiety in unique ways, according to an expert at Baylor College of Medicine. According to Dr. Melinda Stanley, professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM, common types of anxiety disorders in adults include:

- Generalized anxiety
- Specific fears and phobias
- Social phobias
- Post-traumatic stress disorder

Anxiety symptoms that older adults and their family members should watch for include:

- Shortness of breath
- Increased heart rate
- Dizziness
- Difficulty sleeping
- Muscle aches and pains

Anxiety is not a normal part of aging and can be treated. The first important step is to have a physical exam. Cognitive behavioral therapy is a treatment option that teaches learning skills to manage anxiety. Skills that can help reduce anxiety include relaxation, changing thoughts, facing fears, learning how to solve problems and learning behaviors to improve sleep.

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