



Steeplechase

NEWSLETTER



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



Girl Scout Troop 15320

Girl Scout Troop 15320, of Steeplechase Subdivision, selected SPCA as their community service project. They collected donations for the SPCA during the months of December - January. The Troop took a tour of the Houston SPCA and delivered their donations in person on February 9th.

Way to go to Troop 15320 for your continued community service for our community!

Steeplechase Jones Road Entrance Monument to be Replaced and Additional Signage to be Installed at Eldridge Parkway Entrances

The Steeplechase Community Improvement Association has announced the construction of a new monument at the Jones Road entrance. The existing monument will be demolished towards the end of February. New monument construction is estimated to take 6 – 8 weeks. Any traffic disruption should be minimal.

The SCIA is also installing entrance signage at Fetlock & Eldridge Parkway and at Paddock Way & Eldridge Parkway. Each of these signs will be mounted for visibility to traffic northbound on Eldridge.

All entrance signs will be lighted.

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	281-446-5003

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

Clubhouse Rentals

Private Parties and Community Events
(Jinnie Kelley)..... 832-922-8030

Pool Company Contact

Aquatic Management of Houston. 281-446-5003
www.houston-pmg.com

Board Member Contact

Chaparral Management Company 281-586-1700

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

FUN FAIR POSITIVE SOCCER

Registration Open!

For boys & girls, age 4-18. Spring season is April 12 to May 31, 2014. FFPS provides a positive youth sports experience. FFPS offers fun fair experience, weekly practices, full uniform & trophy, equal play time & play every position, balanced teams, positive coaches & more.

Go to www.FFPS.org to sign up. Registration fee includes full uniform (shirt, shorts and socks), trophy, trained positive coaches, nice fields & background checks on all volunteers. Coaches will call players to schedule practice by April 9th. Practice times & location determined by the coach & team. The schedule includes eight games all played locally on Saturdays from April 12th – May 31st. Cy-Fair N league plays at Matzke Elementary (13102 Jones Rd, Houston, TX). Cy-Fair S league plays at Cook Middle School (9111 Wheatland Dr, Houston, TX). Cy-Fair W league plays at Horne Elementary (14950 W Little York, Houston, TX).

Register online at www.ffps.org or call 1-800-828-PLAY.

Brilliant Energy Texas OUC #10140

BRILLIANT ENERGY

Easy Online Sign-Up at

BrilliantElectricity.com

USE "NEIGHBORHOOD NEWSLETTER" AS REFERRAL

BRILLIANT ENERGY = SERIOUSLY LOW RATES

BRILLIANT ENERGY'S ELECTRICITY RATES CHALLENGE
THE RATES OF EVERY OTHER PROVIDER IN TEXAS!

LOCK-IN A LOW ELECTRICITY RATE FOR
UP TO 3 YEARS

BRILLIANT ENERGY IS RECOMMENDED BY TEXAS ENERGY
ANALYST, ALAN LAMMEY THE HOST OF THE "ENERGY
WEEK" RADIO SHOW ON NEWSTALK 1070 KNTH!

Ask the "Energy Analyst"
281.658.0395

GREAT BUSINESS RATES TOO!



WANT YOUR SKIN TO GLOW?

"All Natural" Might Not Be The Way To Go

If you want your skin to glow, experts at Baylor College of Medicine say all natural products might not be the answer.

"Some people think that by going all natural with their skin care, that it will automatically be safer for their skin. That's not necessarily the case," said Dr. Rajani Katta, professor of dermatology at Baylor.

Whether it is cleansers or moisturizers, you can still have allergic reactions to the ingredients even if they are all natural or organic. Many natural ingredients, such as lavender extract or sandalwood oil, are actually types of fragrance additives. Even though these are natural fragrances, they can still cause the same type of allergic reactions. Other natural ingredients, such as tea tree oil, can also trigger allergic reactions.

Since it may be hard to pinpoint exactly what is causing irritation or allergic reactions just by reading labels, Katta suggests consulting a dermatologist.



Give Your Old Car The Boot



TEXASDIRECTAUTO.COM

Sell Us Your Car! We make buying and selling fun!

STEEPLECHASE

Prevent Colon Cancer In Less Than An Hour

Regular screenings for colon cancer can catch the deadly disease before it even begins, according to doctors at Baylor College of Medicine.

"Colon cancer is known as the silent killer because symptoms are not present until it's too late," said Dr. Waqar Qureshi, professor of medicine and chief of endoscopy at Baylor.

Symptoms include rectal bleeding, abdominal pain, weight loss or anemia. But if symptoms are apparent, then it's more than likely the cancer has already spread. Screening can catch precancerous growths at a time when life-saving treatments are still effective.

A colonoscopy is the most accurate way to find precancerous growths. A colonoscopy takes up to 20 minutes, and patients are sedated so most don't even remember the procedure.

"Usually screenings start at age 50 and continue every 10 years after that," said Qureshi. "However, if colon cancer runs in your family, screenings should be more frequent and begin sooner."



GREEN LEAF Quality Learning Center

- FREE GYMNASTICS • ADVANCED ACADEMIC CURRICULUM
- SPANISH & COMPUTERS • MULTIPLE PLAYGROUNDS
- MATH, SCIENCE, READING & LANGUAGE DEVELOPMENT
- WEB CAMS • LOW TEACHER / STUDENT RATIOS

**** 25% off the first 4 weeks and no registration ****

11825 Fallbrook Drive, Houston TX 77065
281.955.7185 • www.GeenLeafFallbrook.com

GO GREEN
GO PAPERLESS



Sign up to
get this
newsletter
in your
inbox! Visit
peelinc.com
for details.

Cy-Fair Hospital now has a new location in your neighborhood to serve your Emergency and Urgent Care needs.

Visit our newest location: 8470 Highway 6 North
(at West Road) • Houston, Tx 77095 • 281.949.3799

Emergency Care Locations



10655
Steepletop
Drive
F.M. 1960 near
Jones Road



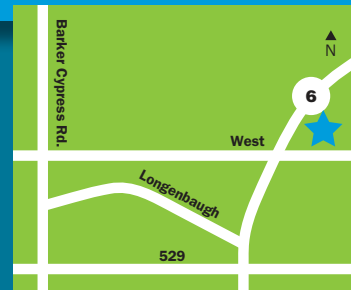
27126
Hwy. 290 at
Mueschke
Road



7015 Barker
Cypress
at F.M. 529



8470 Hwy. 6
North
at West Road



Urgent Care Locations



9110 Barker Cypress
at West Road



14044 Spring Cypress
at Grant Road

Cypress Fairbanks
Medical Center Hospital



CyFairERandUrgentCare.com

STEEPLECHASE

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
				YES / NO
				YES / NO
				YES / NO
				YES / NO

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)

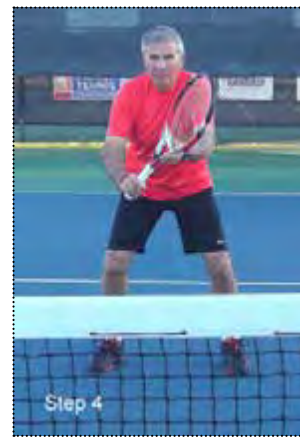
NAME	PHONE #	KEYHOLDER	ALARM CODES
		YES / NO	YES / NO
		YES / NO	YES / NO
		YES / NO	YES / NO
		YES / NO	YES / NO

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

TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How To Execute The Forehand Drop Shot

In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, the forehand high volley approach shot, the two handed high volley approach shot, the one-handed high volley approach shot, the forehand lob, the two-handed backhand lob and the one-handed backhand lob.

In this issue, I will offer instructions on how to execute the Forehand Drop Shot. This shot is used when a player is deep on the baseline and returns a short soft ball. The player hitting the drop shot is forcing the opponent to run toward the net. This ball should be hit high enough to clear the net and almost bounce back toward the net. If the player running for the shot can get it on the first bounce, it will likely be off balance and will be forced to make an error or return for an easy put away volley. In the illustrations, Fernando Velasco, Manager and Director of Tennis at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. This shot can also be executed from the base line when the opponent is expecting a deep return of a serve.

Look in the next Newsletter for: How to execute “The Backhand Drop Shot”

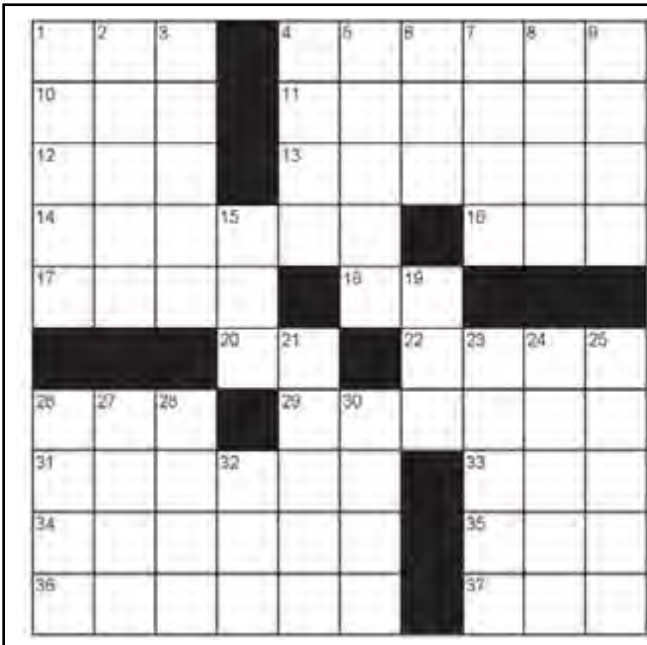
Step 1: The Back Swing: When Fernando detects the ball landing short and high, he starts his back swing high and compacted. He is using the continental grip and keeping his eyes focused on the flight of the ball. His left hand is up front to keep the proper body balance.

Step 2: The Point of Contact: Fernando is now ready to perform the drop shot. His eyes are now focused on the point of contact and the face of the racket is angled up to create the underspin on the ball. His goal is to keep his head still. His left hand is still in front and his weight is shifting toward his left foot.

Step 3: The Follow Through: The success of a drop shot is to keep the ball on the strings as long as possible. Fernando is almost “cupping” the ball during the follow through. Fernando’s grip is relaxed and the head of the racket is pointing toward the sky. His left shoulder is almost opening to the net and his eyes are following the path of the ball.

Step 4: The Ready Position: Once Fernando finishes the stroke, his goal is to follow the path of the drop shot. If he created a good drop shot and sees his opponent running with the head of the racket down, Fernando will move closer to the net or anticipate the angle shot. More likely it will be an easy sitter for a put away volley.

CROSSWORD PUZZLE



ACROSS

1. Pen brand
4. Oriental tower
10. Self-esteem
11. Excuses
12. Shade tree
13. Napkins
14. Filament
16. Shekel
17. Hula ___
18. Iowa (abbr.)
20. Man's title
22. Type of dressing
26. Short-term memory
29. Exodus
31. Hype
33. Airport abbr.
34. Glistening
35. Cask
36. Star system
37. South southeast

DOWN

1. Wood
2. Ice house
3. Fast food meal
4. Ashen
5. Excuse
6. Cocktail drink
7. Follow
8. Eaten
9. Association (abbr.)
15. Words per minute
19. Abridged (abbr.)
21. Become less tight
23. Onion like vegetables
24. Painter Richard
25. Utilization
26. Thick carpet
27. Roman cloaks
28. Gangster's girlfriend
30. Musky
32. Pod vegetable

View answers online at www.peelinc.com

© 2006. Feature Exchange

Fall in love with
the credit union
in your
neighborhood



Experience the benefits of credit union
membership today!

Auto Loans • Credit Cards • Mortgage Loans
Kid's Savings Accounts • Checking Accounts
Business Accounts • And so much more!



*Energy Capital Credit Union membership is open to anyone who lives in Harris County. Become a member today to take advantage of low loan rates, exceptional member service and member only benefits.

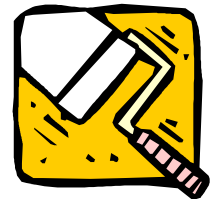
Bashans Painting & Home Repair

Commercial/Residential
Free Estimates

281-347-6702



281-731-3383 cell



- Interior & Exterior Painting
- Garage Floor Epoxy
- Hardi Plank Installation
- Custom Staining
- Wood Replacement
- Roofing
- Sheetrock Repair
- Gutter Repair/Replacement
- Interior Carpentry
- Faux Painting
- Cabinet Painting
- Door Refinishing
- Wallpaper Removal and Texturizing
- Window Installation
- Pressure Washing
- Trash Removal
- Fence Repair/Replacement
- Ceiling Fan/Light Fixtures

References Available • Fully Insured
NO PAYMENT UNTIL COMPLETION
bashanspainting@earthlink.net



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRRST STD
U.S. POSTAGE
PAID
PEEL, INC.

SC



LET US HELP YOU
GROW YOUR NEXT

**BIG
IDEA**



PEEL, INC.
printing & publishing

CONTACT US TODAY!

512.263.9181

OR VISIT

PEELINC.COM