



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

CFISD BACK-TO-SCHOOL EXPO

In the sixth edition, the annual CFISD Back-to-School Expo provides helpful resources to incoming Cy-Fair ISD students, parents and prospective employees. It will help allow for a smooth transition into the district.

The expo will be Saturday, Aug. 18 from 9 a.m. to 1 p.m. at the Berry Center (8877 Barker Cypress Road). Last year's expo saw more than 4,300 patrons and guests.

New students will be able to register for the 2018-2019 school year with proper documentation, with registration forms available in English and Spanish. Immunizations, vision screenings and athletic physicals will be administered.

Registration information will also be available for before/after school care. School supplies will be available, while a fresh fruit market will also on hand while supplies last.

CFISD human resources representatives will be onsite regarding employment opportunities.



Carol Kelly, CFISD police sergeant, meets with a young visitor and his family at the fifth annual CFISD Back-to-School Expo on Aug. 12, 2017 at the Berry Center. More than 4,300 guests attended the event.

CYPRESS CHRISTIAN SCHOOL, TRIPLE STATE CHAMPS 2018

CCS won 3 state champion titles the 2017-2018 school year, Football, Baseball and Boys Track and Field.

This year CCS competed in TAPP's Division III, 4A and will be moving to 5A for the 2018-2019 season.



SAINT AIDANS EPISCOPAL CHURCH FALL FESTIVAL AND HOLIDAY MARKET

Vendor registration now open!

Are you crafty? Are you a distributor for a specialty item? Saint Aidan's Episcopal Church's ACE Committee has opened vendor registration for our 5th Annual Fall Festival and Holiday Market!

The Market will be held Sunday, October 28, 2018 from 10-5. Saint Aidan's is located in Cypress at 13131 Fry Road – just south of Hwy 290. Our festival features Market Booths, Children's Area, Food Trucks, Silent Auction, Live Music throughout the day, Cake Walk, Gulf Coast Regional Blood Drive, Trunk N Treat, and Blessing of Animals.

For more information and to register online, visit our website at <http://aidanschurch.org/fallfest>, email fallfest@aidanschurch.org, or call 281-373-3203 for a registration form.

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.....	713.983.9682
Steeplechase Community Center.....	281.586.1700
Deed Restriction Issues (CMC)	281.586.1700
Water/Sewer	832.467.1599
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.....	lwikency@chaparralmanagement.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

Aquatic Management of Houston.	281.446.5003
www.houston-pmg.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

www.steeplechasecia.com
or by phone 281.586.1700



Cy-Fair Republican Women August Meeting

Cy-Fair Republican Women August Social is an evening event on Friday, Aug. 3rd, 7:00 PM. Our Guest Speaker is Nick Adams with Foundation for Liberty & American Greatness.

**See the website for details and RSVP
to www.cfrw.net by July 27th.**

CFRW typically meets on the second Tuesday
of each month at 10:30 AM.

Hearthstone Country Club,
7615 Ameswood, Houston, TX 77095
Meeting is \$3 – Meeting with Lunch at Noon is \$23.

Nancy Roberts | Publicity Chair
713-466-4199 | nancyroberts004@att.net
Cy-Fair Republican Women
info@cfrw.net



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TEXAS A&M AGRI LIFE EXTENSION **HEAD LICE**

Head lice can become a problem brought home from summer camp or during the school year. These insects are small, tan to gray, and wingless. Eggs, also called nits, are glued to the hair shaft near the scalp. Nits are dark in color until they have hatched and turn white. It takes 7-11 days for eggs to hatch. Females lay 3-5 eggs each day and live from 7-10 days.

Head lice reside on the hairy part of the head. If they drop off, they only live for about 2 days. They are incapable of surviving on pets and are not known to transmit any diseases from person to person.

Several states, including Texas, now have what are being called "super lice". Essentially these lice are resistant to pesticides commonly found in over the counter lice treatments. If you are using an over the counter treatment for lice and they are not dying, then you need to see a physician. Doctors are able to prescribe other treatments that can kill the lice.

To manage lice:

1. Use an effective treatment. Head louse shampoos contain insecticides so they must be used properly and with care. Wash the infested person's hair in a sink or basin so insecticide does not come into contact with other parts of the body. The person shampooing should wear rubber gloves. Do NOT use off label products such as flea & tick shampoo, other insecticides, or gasoline. Only treat the infested person(s), but check everyone in the household.

2. Hair combing is an extremely important step in controlling head lice. Shampoos may not kill all eggs, so thorough combing can help remove eggs from the hair shaft. Wet hair and use a special metal louse comb to comb through small sections of hair. Remove debris from the comb with a tissue and place it in a plastic bag that can be sealed and disposed of when you are finished combing through all hair. Hair should be combed daily until no more lice or nits are found.

3. Clothing and bedding of the infested person should be washed in hot, soapy water at the same time as the treatment. If items cannot be washed, try dry cleaning. For items that cannot be laundered, place them in a sealed plastic bag in the freezer for at least 24 hours.

4. It's important to contact anyone your child has had close contact with to let them know of the head louse infestation. This can help everyone manage the problem at the same time so there is less chance of reinfestation occurring.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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Visit the 2018 St. Mary's Fall Gift Market!

On Friday, September 28 and Saturday, September 29 from 9 a.m. to 4 p.m., St. Mary's Episcopal Church is hosting its 13th annual Fall Gift Market. This is the ideal event to kick off your holiday shopping and decorating! The convenient location at the corner of Louetta Road and N. Eldridge Parkway makes it easy to shop the selection of unique jewelry, home decor, creative toys, handcrafted gifts, collectibles, pottery, candles and trendy clothing for ladies and children.

The Fall Gift Market also features The Tea Room offering the famous taco soup, sandwiches, desserts and homemade baked goods, plus the Silent Auction benefiting church-affiliated projects and outreach. For more information, please visit www.stmaryscypress.org, or call Michelle at 832-559-8726.

St. Mary's Episcopal Church
15415 N. Eldridge Parkway
Cypress, Texas 77429-2005 281.370.8000

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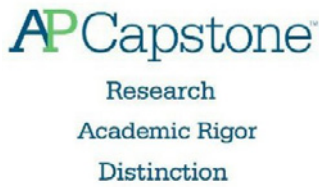
- Positive Coaching

Questions: FFPS.org / 281-347-KICK (5425)

To Sign Up: FFPS.org

STEEPLECHASE

CYPRESS CHRISTIAN SCHOOL TO PARTICIPATE IN THE COLLEGE BOARD AP CAPSTONE DIPLOMA PROGRAM



CCS is one of approximately 1,500 high schools worldwide to implement the AP Capstone Program – an innovative program that allows students to develop skills that matter most for college success, such as research, collaboration and

communication. Developed in direct response to feedback from higher education faculty and college admission officers, AP Capstone complements the in-depth, subject-specific study of other Advanced Placement courses and exams. The program consists of two courses taken in sequence: AP Seminar and AP Research.

SCREENING KIDS FOR HIGH CHOLESTEROL



High cholesterol isn't a problem only adults have. Children also may have high levels of cholesterol, which has the potential to cause heart and other health problems when the child gets older. In fact, the American Academy of Pediatrics recently expanded its recommendations regarding children's cholesterol screenings from 17 to 21 years old to also include screenings for children 9 to 11.

"Checking your child's cholesterol level is a simple procedure that requires only a non-fasting lipid panel," says Sharon Pettway, M.D. Board-certified by the American Board of Pediatrics, Dr. Pettway cares for patients at Kelsey-Seybold's Cypress Clinic, located nearby at Highway 290 and FM 1960.

In addition to children 9 to 11, the American Academy of Pediatrics says children in the following groups between ages 2 and 10 should also undergo cholesterol screenings:

- Children whose parents or grandparents had heart attacks, blocked arteries or blood vessel affecting diseases such as strokes younger than 65 in women and 55 in men.
- Children whose parents or grandparents have been diagnosed with high cholesterol.
- Children who are clinically obese or have health characteristics in their family background associated with heart disease.

"Early detection of high cholesterol may help us direct parents in guiding a child's healthy lifestyle," says Dr. Pettway. "Knowing your child's cholesterol level can help you maintain their long-term health with the right diet and exercise."

Dr. Pettway welcomes new patients and accepts more than 50 health insurance plans at Kelsey-Seybold's Cypress Clinic, located at 13114 FM 1960 West, Suite 200. Read her bio and watch her video at kelsey-seybold.com/bios.

THE TOP DOG

By Cheryl Conley, TWRC Wildlife Center



Living just a few miles north of Houston, it's not uncommon for me to hear coyotes howling at night. I get a little nervous when I hear them because they have been known to attack domestic animals. I saw on the

news a few weeks ago where a coyote jumped a fence in broad daylight and attacked a small dog. Luckily, the owner was able to scare the coyote and no harm was done to the dog. Because natural habitats are disappearing, more and more coyotes are being sighted in urban settings.

TWRC only accepts coyote pups and we get very few of them but they are very interesting animals and I thought you might enjoy learning about them.

- They are about the size of a small German Shepherd. They have yellowish eyes.
- They are highly intelligent members of the dog family and are described by wildlife experts as clever, cunning and sneaky. They have a strong sense of hearing, smell and sight.
- Dogs run with their tails up; coyotes run with their tails down.
- They are classified as carnivores but will eat almost anything.
- The coyote is very vocal. A long howl lets others know its location. Short barks warn others of danger. They "yip" when reuniting with other pack members and will growl to establish dominance within the pack. They whimper and whine when bonding and make a high-pitched bark to call its pups.
- They can live up to 14 years in the wild.
- Some consider them a nuisance and attempt trapping and other nuisance-control measures. This will never eliminate them. Remove one and another one will move in to take its place. In The Woodlands, Texas, a few years ago several coyotes were removed. The result was that feral pigs moved in and destroyed lawns. According to Texas Parks and Wildlife, "The real solution and the greater need facing Texans right now is public education. We need to inform and empower people to take steps to coexist with coyotes and other urban wildlife."
- Coyotes can run up to 40mph.
- Coyotes are 100% monogamous according to a study by scientists at Ohio State University in 2012. "I was surprised we didn't find any cheating going on," said study co-author Stan Gehrt, a wildlife ecologist with Ohio State's School of Environment and Natural Resources.
- Coyotes are great swimmers.

If you have questions about wildlife, please refer to our website at www.twrcwildlifecenter.org.

MEMORIAL HERMANN CYPRESS HOSPITAL ENCOURAGES BACK-TO-SCHOOL PHYSICALS

As parents are preparing their children to go back to school, there are numerous items to check off the list – and if your child is an athlete – obtaining an annual physical is mandatory. Most school districts require the exams for student athletes, as well as the use of a specific pre-participation medical history form in order to identify family history that might suggest a risk for sudden cardiac death.

Physicians will perform a head-to-toe physical of your child. Parents can expect the physician to listen to the heart, check the lungs, monitor blood pressure, test cholesterol, check for anemia, screen vision and update vaccines, among other things. Parents can also use this annual visit to discuss nutrition and exercise options, and to address any general wellness questions they might have.

Some student athletes may receive a referral for additional screening, or due to family history, some might need a cardiac screening. If necessary, these screenings are available at the follow Memorial Hermann Medical Group Clinics:

Memorial Hermann Medical Group Copperfield

8480 Highway 6 North
Houston, TX 77095
(281) 550-9005 tel

Memorial Hermann Medical Group Cypress

13114 FM 1960 Road West, Suite 119
Houston, TX 77065
(281) 890-6446 tel

Memorial Hermann Medical Group Fairfield

27700 Northwest Freeway, Suite 100
Cypress, TX 77433
(346) 231-6850 tel

“An annual back-to-school physical should be part of every parent’s checklist as the summer winds down,” said Dr. Adan Alvarez, family medicine doctor at Memorial Hermann Medical Group Copperfield Clinic and family medicine doctor affiliated with Memorial Hermann Cypress Hospital. “These physicals can provide parents with a piece of mind and start students off on the right foot for the new school year.”

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Back To School

School started in August, so now is the time for drivers to pay closer attention to the school zones in the neighborhood. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

Other changes to be aware of include;

- Children behaving unpredictably
- School Bus Stops
- Crossing Guards – please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is prohibited!

Please give yourself extra time in the mornings and mid-afternoons and remember if you are traveling in a school zone to slow down.

Time To Slow Down!

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