



Steeplechase

NEWSLETTER



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

Steeplechase Safety & Crime Prevention Night

Tuesday, Aug. 4th
6pm to 9pm
**Steeplechase Pool
and Clubhouse**

Come join us for this
annual event featuring
Free food, fun, and friends.
Meet your neighbors and
our local officers.

Sponsored by the HOA and
the Steeplechase Crime
Watch Program

Go Paperless

Sign up to receive
*The Steeplechase
Newsletter* in your
inbox.

Visit PEELinc.com
for details.

Celebrate Living In a Safe Community

STEEPLECHASE BLOCK CAPTAINS NEEDED

Are you concerned about our neighborhood? Interested in participating in a proactive approach to reduce crime and offer our families a safer environment? Sign up to be a Steeplechase Block Captain! Volunteers are needed to broaden the Steeplechase Crime Prevention Network.

WHY IS IT IMPORTANT FOR ME TO PARTICIPATE

You live here, which means you have a vested interest in the Steeplechase Community. The safety of a neighborhood is an important indicator of its overall economic and social health. Neighborhood crime prevention efforts are essential. Safe neighborhoods are necessary to foster common values and community quality of life. Creating safer communities through neighborhood crime prevention programs is one of the best ways to weaken criminal activity.

TIPS FOR IMPROVING THE SAFETY OF YOUR NEIGHBORHOOD

- Get to know your neighbors
- Become a block captain
- See something or someone suspicious – call it in to the Sheriff's Dept
- Attend neighborhood meetings, get involved
- Report abandoned vehicles and homes
- Educate your children
- Keep emergency phone numbers posted
- Introduce yourself to new neighbors
- Leave your porch light on at night
- Make sure your house number is clearly visible
- Use motion sensor lighting on the outside of your home

NEXT MONTH: Is your home safe or are you a target? Tips for improving your homes safety.

In you are interested in becoming a Steeplechase Block Captain, please bring the below information to the August 4th, 2009 Residents Security meeting at the Steeplechase Community Center.

| | |
|-----------------------------|----------------------|
| <u>NAME</u> | <u>EMAIL ADDRESS</u> |
| <u>SUBDIVISION</u> | <u>MOBILE PHONE</u> |
| <u>HOUSE # & STREET</u> | <u>HOME PHONE</u> |

WITH YOUR PARTICIPATION, WE CAN CELEBRATE LIVING IN A SAFE NEIGHBORHOOD!

-Lynn Cirillo, Steeplechase Crimewatch Coordinator

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 Parties and Community Events (Phyllis McFarland)..... | 832-922-8031 |
| 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 |
|------------|--------------|

Clubhouse Rentals

| | |
|--|--------------|
| Private Parties and Community Events (Phyllis McFarland)..... | 832-922-8031 |
|--|--------------|

Pool Company Contact

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

Board Member Contact

| | |
|------------|--------------|
| PCMI | 281-870-0585 |
|------------|--------------|

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.

Steeplechase Board of Directors

| Cobblestone | Churchill | Green-Brook-Bridge |
|------------------|------------------|--------------------|
| Judy Weed | Dean Green | Andy Sherbondy |
| Virginia Kelley | Nace Peard | Wade Wnuk |
| Kathy Dowling | Bill Kuschmeider | Michael Young |
| Joshua Stratmann | Michael Cirillo | Maurice Amidei |
| James Clarke | Greg Fredericks | 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

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Lone Star College - CyFair "Perspective"

It's Not Too Late to Register for Fall: Registration continues through Aug. 22 for fall semester. Register for online, weekend, evening or distance learning courses by phone, 281-290-3200 or 832-782-5000; online to LoneStar.edu/cyfair; or in person at one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway. Week day classes begin Aug. 24 with weekend classes beginning Aug. 28-30.

"Confluence, Study Abroad 2009" in the Bosque Gallery: Check out this showcase of student installations and photography taken during this summer's study abroad trips to Italy and China. The exhibition will be on display Aug. 4 through Aug. 27 in the Bosque Gallery with a closing reception at 4:30 p.m. Aug. 27. Go to LoneStar.edu/bosquegallery for gallery hours and information.

Free New Student Orientations Set: Take a tour, learn about campus programs, meet with an advisor, choose a schedule and register for fall classes at LSC-CyFair's free new student orientations this summer. Three orientation sessions, including separate sessions for parents and family members, continue each Wednesday through August 19. For information, go to 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.) Programs in August include: unveiling the Chip Hosek Collection of American Art Aug. 5, preventing arthritis Aug. 12, the science and art of perfume making Aug. 19 and new application on Google Aug. 26. Call the library at 281-290-3213 for L.I.F.E. program information or go online to LoneStar.edu.

Become a Certified Licensed Massage Therapist or Personal Trainer: Interested in helping people lead healthy and stress-free lifestyles? Let Lone Star College-CyFair jump start your career in massage therapy and personal training. In the Massage Therapy program, which only costs \$1827 plus books and supplies, students learn business practices and professional standards as well as health and hygiene in massage and more. Scholarships are also available. The Personal Trainer program covers aspects of one-on-one training including marketing, program development and design, legal aspects, documentation, training methodologies and business considerations. Students who also take Exercise Science and CPR courses will be ready to take the National Academy for Sports Medicine certification exam. Financial aid is available for this workforce program. Registration is under way for fall classes, which start Aug. 24. For information call 281-290-3930 or go to LoneStar.edu.

New to the area? Time for a new start?

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Pastor:

Dr. Robert M. Ferguson, Ph.D.

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Huong Le, MD
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Cy-Fair CERT

Community Emergency Response Training

Are You Prepared? This free emergency response training will again be offered at Lone Star College at Cy-Fair, 9191 Barker Cypress, Cypress TX 77433 starting on Sept 2-Oct 21, 2009. It is an 8 week course, every Wed from 6 to 9 pm. There is NO cost to you!

A training manual and starter backpack of supplies is also provided. The course is taught by professionals in their field. Classes cover:

- Disaster Preparedness
- Small Fire Suppression
- Medical Operations and Triage
- Light Search and Rescue
- Disaster Psychology
- Terrorism Awareness
- Disaster Simulation Drill

CERT training is designed to prepare you to help yourself, your family and your neighbors in the event of a catastrophic disaster. If emergency personnel are not available, you can use this training to save lives and protect property. For more information, see www.harriscountycitizencorps.com. To sign up for training, contact Terri Pope-Mobley at tpopemobley@yahoo.com. Be aware and be prepared!

Golf Tournament -

Cy-Fair CERT - Community Emergency Response Team - will hold a golf tournament on Friday, Oct 2, 2009 at the Bear Creek Golf Club, Masters Course. The tournament format will be a 4-man scramble with a shotgun start at 9 am.

Early bird entry fee is \$85 per golfer for registrants through 8/31/09, with the fee increasing to \$100 per golfer on 9/1/09. Entry includes 1/2 cart, lunch, gift bag and 4 free future rounds of golf per golfer at an Arnold Palmer course in Houston. We'll have contests and prizes will be awarded.

Sponsorships are available from \$50 to \$1000 with banner recognition. A sponsor-advertising table will also be set-up.

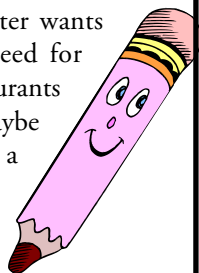
Tournament proceeds will benefit Cy-Fair CERT and our project to place storage containers filled with emergency supplies in our neighborhoods. CERT has over 250 trained Cy-Fair members who volunteered in local neighborhoods after Hurricane Ike.

For more information about our tournament, obtain an entry form or get information about CERT training please contact tpopemobley@yahoo.com.



Writers Wanted

Enjoy writing? The Steeplechase Newsletter wants you! We publish monthly and there's a need for profiles of interesting neighbors, nearby restaurants or businesses, and other stories of interest. Maybe you might want to write monthly column on a topic of your choosing (subject to editing, of course). Aspiring writers email newsletter@steeplechasetxt.com.



NEXT OPEN RESIDENTS MEETING:

*Monday, August 3, 2009
at 7:00 pm
Steeplechase Clubhouse*

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The Friends of a NW HC Off-leash Dog Park

With Houston becoming more and more crowded and leash laws becoming more restrictive, many concerned dog owners are looking to the creation of dog parks as a solution to their need for a place to spend quality time with their pets. But just what is a "dog park" and what benefits can one bring to our area?

A dog park is a public park, typically fenced, where people and their dogs can play together. As the names imply, these places offer dogs off-leash play areas where their owners can enjoy a park-like setting and the chance to socialize with other canines and their owners. Dog parks are being established all over the country and offer a wealth of benefits to dogs, dog owners and the community as a whole. There are now 15 in the Houston area, but none in Northwest Harris County.

MORE THAN JUST "ROOM TO ROAM," THE CREATION OF A DOG PARK....

Allows dogs to exercise and socialize safely. Puppies and adult dogs need room to run, and enclosed play areas permit them to do so while preventing them from endangering themselves and others (for example, by running into the path of an oncoming vehicle). In addition, dogs that are accustomed to playing with animals and

people other than their owners are more likely to be well socialized and react well toward strangers.

Promotes responsible dog ownership. Dog parks prevent off-leash animals from infringing on the rights of other community residents and park users such as joggers, small children, and those who may be fearful of dogs. Parks also make it easier the enforcement of leash laws, as resident dog owners with park access have no reason to allow their canine companions off-leash when outside of the park.

Provides an outlet for dog owners to socialize. Dog parks are a great place for owners to meet other people with common interests. The love people share for their dogs reaches beyond economic and social barriers and helps to foster a sense of community. Park users also benefit from the opportunity to ask questions of other owners and find solutions to problems they might be having with their pet.

Make for a better community by promoting public health and safety. Well-exercised dogs are better neighbors who are less likely to create a nuisance, bark excessively and destroy property. Their presence in the park, along with their owners, also helps to deter crime.

(Continued on Page 7)



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STEEPLECHASE

The Friends of a NW HC Off-Leash - (Continued from Page 6)

"The Friends of a Northwest Harris County Dog Park" is a new group of area residents committed to the effort of opening an off-leash dog park in our area (1960/Jones Road). They have already received the support of the Houston Dog Park Association (HDPa) and Bark 9, two organizations with successful track records of promoting local dog parks. For more information, or to join our efforts, please visit www.houstondogpark.org.

MOPS at The MET Registration

If you need a listening ear, friendship with other moms, your kids involved in a fun program, delicious breakfast buffets, advice from seasoned moms ... then you need MOPS at The MET.

Two dynamic groups meet two Friday mornings per month (September – May) from 9:15 – 11:45a.m. Childcare is provided upon registration; \$55 per semester.

Register online today to secure your spot at metmops.org or TheMETonline.org

Join the Steeplechase 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!***

MORE BLOCK CAPTAINS ARE NEEDED.

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



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STEEPLECHASE

Steeplechase Community Improvement Association, Inc.

P. O. Box 219223 * Houston, TX 77218 * Tele (281) 870-0585

2009 POOL MEMO

TO: Residents of Steeplechase
FROM: Steeplechase CIA Board of Directors
RE: 2009 Pool Season

Your community pool opens Saturday May 23, 2009 for weekends only. The pool will open for regular weekday activity effective June 4, 2009. Final swim day will be September 7th. The pool will be open when there is a lifeguard on duty. Hours of operation will be as follows:

JULY 4 THROUGH AUGUST 23

| | |
|----------------------------|--------------------|
| Mondays | Closed |
| Tuesdays through Saturdays | 10:00 AM – 9:00 PM |
| Sundays | 12:00 PM – 8:00 PM |

AUGUST 24 THROUGH SEPTEMBER 7

| | |
|-------------------------|--------------------|
| Mondays through Fridays | Closed |
| Saturdays | 10:00 AM – 9:00 PM |
| Sundays | 12:00 PM – 8:00 PM |

Exception: Mon., Sept. 7 (Labor Day) 10 AM–9 PM

The following qualifications must be met in order to use the pool facility:

1. Must have swim tag at all times while at the pool.
2. Must be resident member and/or guest of a resident member.
3. Must be current on all Maintenance Fees to the (sub) Home Owners Associations. **All fees must be paid in full ten (10) days prior to receipt of tags.**
4. Must comply with pool rules and policies.
5. swim tag not required for children two (2) years of age or younger.

For admission to the pool, 2009 pool tags will be required. The cost for pool tags are as follows:

Adult - \$5.00 Child - \$5.00 Guest Tokens/Tags Still Accepted and Available \$2.00 per person per day.

IF YOU MISSED REGISTRATION: YOU MUST MAIL IN YOUR FORM AND CHECK OR MONEY ORDER TO PCMI FOR DELIVERY OF THE TAGS BY MAIL(IN 10 TO 14 DAYS) – YOU MAY NOT PICK UP YOUR TAGS IN PERSON

Please complete the enclosed Registration Form and bring it to the pool registration with payment. The payment should be made by check or money order – **NO CASH WILL BE ACCEPTED.** Guest tags will be available at the pool for other than full-time household members at a charge of \$2 per person per day. If you have any questions please email manager@steeplechasetx.com.

POOL PARTIES can be arranged through Texas Aquatics at 713-416-5161

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- Ballet Tumbling (for 3-4 yr. olds)
- Ballet/Tap (for 5-6 yr. olds)
- Drill Team Technique
- Drill/Jazz Technique
Drill classes taught by Cy-Fair & Cy-Creek Officers
- Ballet/Tap/Jazz...Take 1,2 or all 3
(for 7-8 and 9-10 yr. olds)
- Adult Tap, Jazz or Ballet

We offer classes for 3 years thru adult

NOT AVAILABLE ONLINE

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.

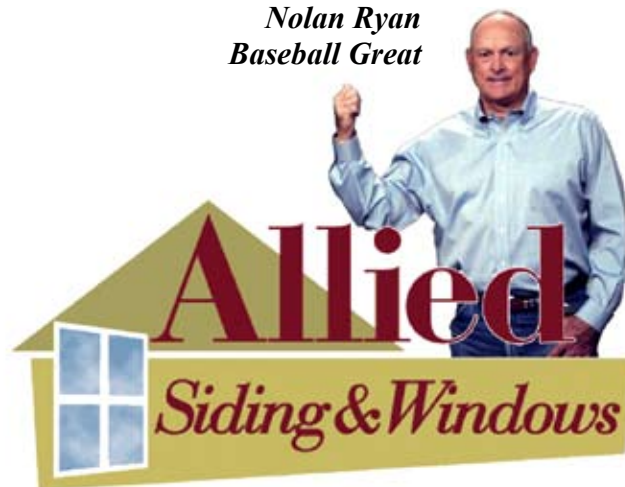
Attention All Seniors

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

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290 LOCATION:

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Saturday 9am-12pm

meet our team

Huong T Le, MD
Quoc Le, MD
Alex Nguyen, MD
Blandina Sison, MD
Marian Allan, MD
Anthony Yee-Young, MD
Diana Malone, MD
Shital Patel, MD
Heidi Nashed-Guirgis, MD
Luz Marquez, MD
Jennifer Dong, MD
Haley Nguyen, MD
Tami Berckenhoff, PA-C
Brandi Valenzuela, PA-C
Sydney Payne, PA-C

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for the
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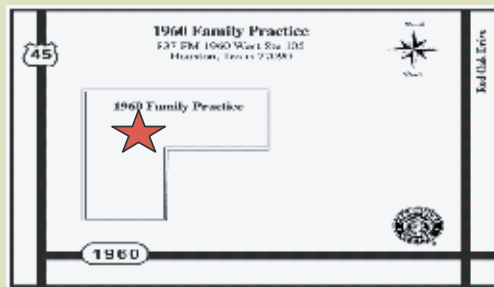
1960



FAMILY PRACTICE

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Located at 290 and 1960



Services offered at 1960 Family Practice

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Gastrointestinal Disease
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Walk-In Clinic & Same Day Appointments

No appointment Necessary - Most Insurance Accepted

Accepting New Patients

281-586-3888

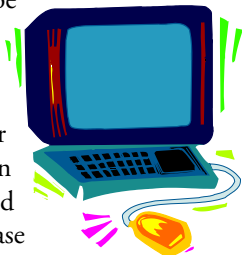
Appointment press option 1

shots
\$15

STEEPLECHASE

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



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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BY MAIL ONLY
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to: SCIA Pool
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Pool tags will be issued to all property owners who have returned this form and have:

"PAID ALL MAINTENANCE FEES AND ANY ACCRUED INTEREST IN FULL"

LIST FULL TIME RESIDENTS ONLY (Guest Tags Available at Pool)

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Spouse _____

Street address _____

YES ☐ / NO ☐ Include my name and phone number in a POSSIBLE Steeplechase Directory.

YES ☐ / NO ☐ To receive Association Security Alerts and Special HOA Announcements via email.

Home Phone # _____ Email Address: _____

Emergency Contact _____ **Phone#** _____

NOTE: CHILDREN UNDER TWELVE YEARS OF AGE MUST BE ACCOMPANIED BY AN ADULT.

CHILDREN THREE YEARS AND OLDER MUST HAVE TAGS

Children's Names _____ **AGE IF UNDER 18 yrs _____

OTHER FULL TIME RESIDENTS (AGE IF UNDER 18 yrs)**

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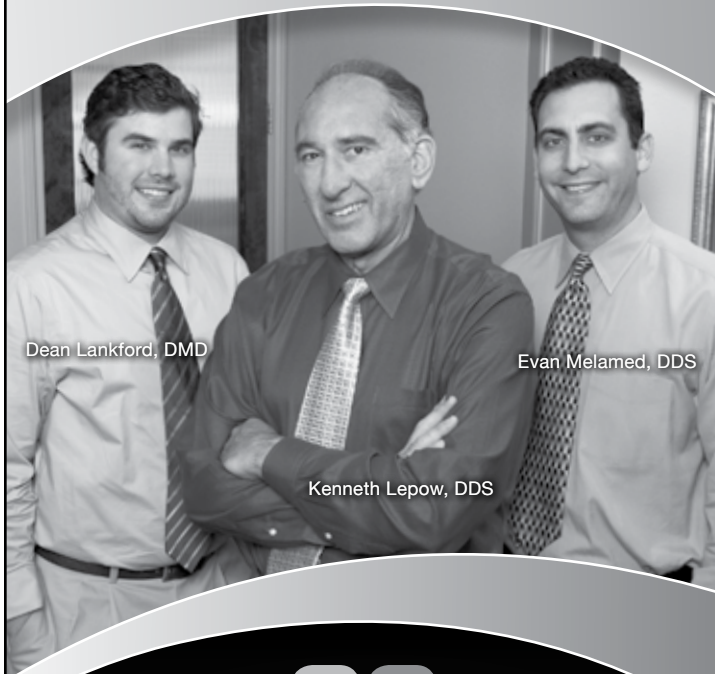
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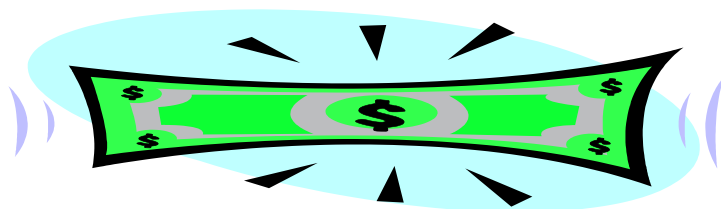
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A Sensible Plan for College Funding

Submitted by Rich Keith



As a parent, you may feel a moral obligation to fund your children's education, but you don't want to sacrifice your current lifestyle or rob your future retirement in order to fund education costs. Well, to make funding both their education and your retirement a non-issue, you must consider how to:

- Maximize your cash flow so that you can invest funds in education and retirement accounts. This includes both reducing debt and lowering expenses.
- Utilize the numerous education tax incentives provided by the IRS to reduce taxes and produce so-called "tax scholarships" for your family.
- Qualify for merit and need-based financial aid offered by colleges

If you can maximize the benefits produced by the above strategies, you may not have to compromise your education and retirement goals. Historically, we see that college costs have risen at 2 to 3 times the inflation rate of the Consumer Price Index. And college really costs you more than you think because it is paid with after-tax dollars. Depending on which tax bracket you are in, the amount you must earn to pay for college is a good deal more because you must first pay the IRS...before you pay the college.

How old will you be when your last child graduates from college? Assume that you are 45 years old and you plan to retire in 20 years and that a public college costs \$60,000 for 4 years. You take the money out of your retirement savings today. The money you give to a public college for four years will cost your retirement fund about \$280,000 at an 8% return. Elite colleges cost more, but there is a hidden benefit which we will get to later. And remember, these numbers are for just one child's college education.

Clearly this presents a funding dilemma shared by parents everywhere: how to fund college and retirement? Experts agree there are two methods to make this work:

The first method is by using your money through: (A) paying out of your current income, (B) paying with withdrawals from your savings accounts, or (C) borrowing. Most people use some combination of all three. The second method is to use money from others. This comes in the following forms: (A) financial aid, (B) by using special education tax strategies, (C) gifts from relatives, or (D) your child's resources (his/her income and assets). We will explore this topic in future columns, how to make a sensible, methodical plan for funding college expenses.

The “Four Awareness” Points When Playing Tennis

Submitted by Fernando M. Velasco

In past issues, I have written about how to choose proper tennis equipment and efficient ways to practice. This issue offers advice on how to tackle the “critical points” in your matches.

In every match, you will find critical points that can determine whether a player wins or losses. At these critical points, I suggest reviewing what I call the “four awareness” points:

FIRST AWARENESS: SELF

Every player possesses certain shots that they feel more comfortable hitting on a critical point. For example, it could be a forehand topspin, or a slice one. When choosing which shot to hit on a critical point, decisively utilize the shot that comes more naturally without changing your mind. That is when mistakes are made.

SECOND AWARENESS: OPPONENT

When the players decide on a shot at a critical point, they need to consider their opponent's strengths and weaknesses. During the match, they should notice the shots the opponent has less success with than others. On a critical point, players should use the shot they feel more comfortable with but also they will aim towards their opponent's weaknesses.

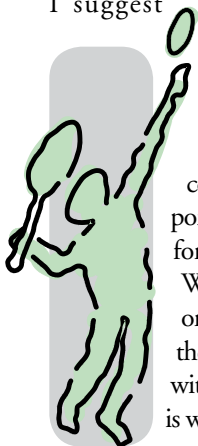
THIRD AWARENESS: COURT

Once you decide on your most consistent shot, consider the opponent's weakness, you also need to take into account the court conditions. Factors such as the sun, wind, and surface will make a difference on the shot executed. When in doubt, you should either choose a shot toward an opening on the court, or directly at your opponent's feet; open spaces or shoe laces.

FOURTH AWARENESS: SCORE

When you decide on your shot, the placement and being aware of the court challenges, a good player should also remember the score in hand. Players will be aggressive when the score is in their favor, and be more conservative when tied, or behind. For example, when a player is serving at 40-15, the serve should be a powerful and assertive. In contrast, if the score is 15-40, the player should serve the first serve with some power, but with more placement.

Over time, these four awareness points will become both automatic and reactionary as players become more experienced in playing and competing. After the shot has been properly executed, they will sometimes give themselves a pat on the back for doing the right thing at the right time, and remind themselves that they followed the “four awareness” points.



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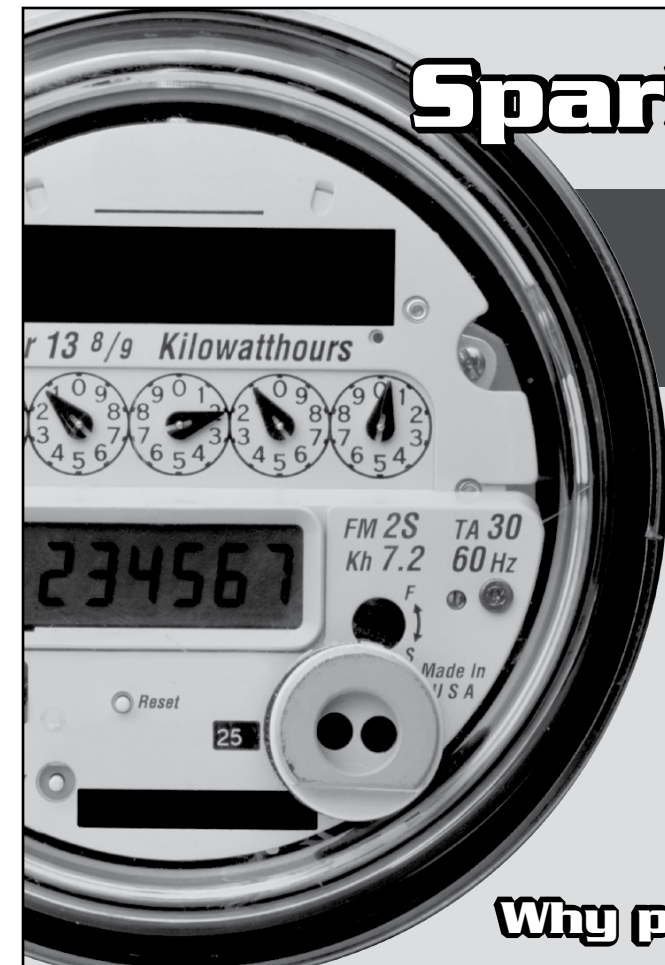
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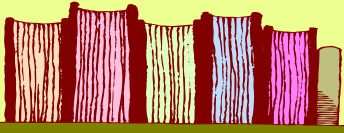
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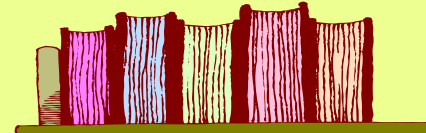
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Britt's Book Buzz: It's Criminal!



THE ASSOCIATE BY JOHN GRISHAM

I am a positive person and I feel bad about putting negativity out there, especially in a book review. I must say, however, that *The Associate* by John Grisham was a terrible book. I hadn't read anything by Grisham since *The Firm* and *The Pelican Brief* while in high school. At the time, they seemed like somewhat smart novels. I came across *The Associate* at Half Price Books and thought "why not?" Boy, has time changed the author—and not for the better. My mom put it best, "he has a formula to his books." Meaning, he doesn't put much thought into the books other than to get them on the bookshelves as quickly as possible. Do lawyers even read these books or find them even mildly entertaining?

In the book, a hotshot law student has two great job offers and a bright future, but a blackmailing expert team has found a skeleton in his closet and exploits it to the fullest in order to obtain highly confidential information. Only in the last 50 or so

pages does the law student finally realize that he should just come clean and face the issue. Wouldn't a Yale law student know how to resolve the situation without having to work with the blackmailers? I have absolutely no law background, but I saw no evidence to even convict him!

Character development was poor and the book was loaded with cliché after cliché and stereotypes (i.e. the hot law student who dressed really great and showed off her perfect body to the enjoyment of her male colleagues). The ending was horribly lazy and unfinished.

Looking at the bright side, I hope this review saved you a worthless read.

Feel free to comment on this review or your thoughts on the book or suggest a book for me to review on my blog at <http://www.brittsbuzz.blogspot.com>.



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Meet Johnathan

DOB: 10/1997

Johnathan is an affectionate child who loves to give and receive hugs. He loves trains, building with Legos and cardboard boxes. He also enjoys going on outings and watching cartoons, especially Scooby-Doo. His favorite food is pizza.

He has been diagnosed with an Autistic Spectrum Disorder which requires therapy. He is not able to communicate as easily as other children his age, which can be very frustrating for him. He has made tremendous progress in foster care and has a strong desire to please the adults around him. Johnathan requires a high level of supervision due to his activity level and his social skills. Johnathan's foster mom describes him as a "lovable child" and a "good kid."



For more information about adoption in general or Johnathan, please contact the Adoption Coalition of Texas at info@adopttexas.org.

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.

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

*Solution at www.PEELinc.com

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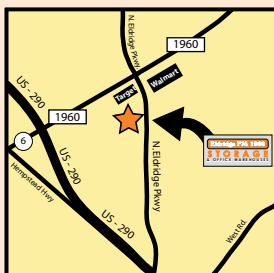
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Recipe of the Month

Orange Julius

Ingredients

- 1 6 oz. Can Concentrated Orange Juice
- 1 Cup milk
- 1 Cup Water
- 1/2 Cup sugar

Directions

Put in blender container, fill container to top with ice. Process.

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

290 Cypress Business Networking Group

The 290 Cypress Business Networking Group meets every Thursday morning at 7:30 am at Newk's Express Café located at Hwy 290 and Spring Cypress in the Kroger Shopping Center near the Cinemark Theater. The group is open to all business owners and professionals who want to increase their exposure to the residents of Cypress and the surrounding areas. There is no cost to attend the meeting. If you would like more information, please call Ken Parker at 281-384-1562. Visit our new website at 290Cypress.com

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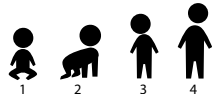


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FACTS YOU NEED TO KNOW ABOUT DROWNING

Drowning is the leading cause of unintentional injury-related death in children ages 1-4



DROWNING WILL AFFECT YOU OR SOMEONE YOU KNOW

Drowning is the 2nd leading cause of unintentional injury-related death ages 1-14.

For more information, check out our website at

www.colinshope.org

DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM

NO ONE is "drown proof" – no matter their level of swimming ability.

Falls, entrapments, and injuries lead to drowning regardless of swimming level.

A majority of people overestimate their own and their child's ability to swim, especially in a panic event.

DROWNING IS QUICK AND SILENT



Drowning occurs in as little as 2 minutes.



Irreversible brain damage occurs in as little as 4 minutes.



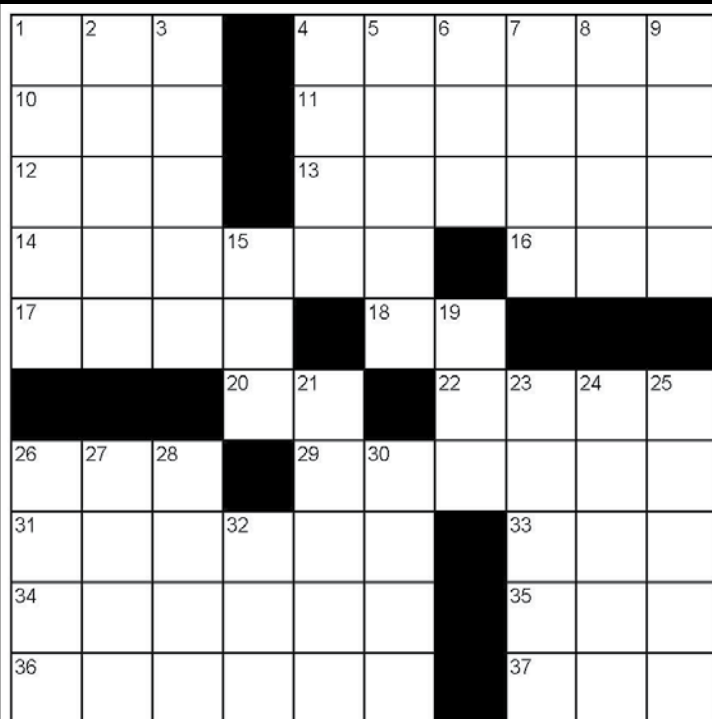
Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Most children die who are submerged for as little as 6-10 minutes.

Children who drown do not **scream, splash, or struggle**. They silently slip beneath the water, even with adults & lifeguards present.

Crossword Puzzle



ACROSS

1. Belong
4. Elevator alternative
10. Fire remains
11. Short guy, hairy feet
12. Manipulate
13. Indoor
14. Coaxing
16. Condensation
17. Adolescent
18. South Carolina (abbr.)
20. New Jersey (abbr.)
22. Hornet
26. Rock
29. Loves
31. Demonstrate
33. Government agency
34. Subordinate
35. Cause of sickness
36. Elapse (2 wds.)
37. Surface to air missile

DOWN

1. Finds _-
2. Make available
3. Not here
4. Tibia
5. Fire iron
6. Abdominal muscles (abbr.)
7. As previously cited
8. Cycle
9. Soup
15. Hotel
19. Cash with order (abr.)
21. Rachel's husband
23. Regions
24. Reddish brown
25. Sacred song
26. Pearls
27. Vile
28. Brief
30. Refuse to believe
32. Pinch

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| Average Price | \$128,792 | \$106,700 | \$107,364 |
| Avg Price/sq.ft. | \$62.67 | \$58.79 | \$60.80 |
| Avg DOM | 75 | 39 | 54 |
| High Price/sq.ft. | | | \$78.45 |
| Low Price/sq.ft. | | | \$41.61 |



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