



Steeplechase

NEWSLETTER



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

Fit and Fun: Health Tips for You and Your Children

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- Take an active vacation: It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.
- Visit a local park: It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around – it's your time, too!
- Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.
- Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: www.aahperd.com.

The Goal: Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the Centers for Disease Control and Prevention's Web site at:

<http://www.cdc.gov/healthyouth/physicalactivity/>



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

POOL HOURS – 2014

May 24 – June 7

*Mon-Fri Closed

Sat. 11 am – 9 pm

Sun. 11 am – 9 pm

*MEMORIAL DAY 11 am – 9 pm

*Residents Swim Free on
Memorial Day Weekend*

June 8 – July 4

Mon. Closed

Tues. – Sun. 11 am – 9 pm

July 5 – August 24

Mon. Closed

Tues. – Sun. 10 am – 9 pm

August 25 – September 1

*Mon – Fri Closed

Sat. 10 am – 9 pm

Sun. 12 pm – 8 pm

*LABOR DAY 10 am – 9 pm

SUMMER SALE

as low as

2.24% APR*

Auto Loans



ENERGY
CREDIT
UNION
CAPITAL
BETTER BANKING STARTS HERE

www.eccu.net

*APR is Annual Percentage Rate, current as of 4/1/2014 and subject to change at any time. *No APR discount is available for borrowing online. *Borrowing less than 90% of the value of the vehicle. *Including GAP coverage and deductibles. *Services or credit life and/or disability coverage, for a maximum total discount of 40% APR. Existing ECCU financed vehicles refinanced for the sole purpose of changing the interest rate will require a minimum of \$2,000 be added to the loan.

Twelve Top Travel Tips When Traveling with Your Pet

Traveling with your pet can be fun and rewarding – especially when you're prepared. In addition to the pet travel "basics" (safely restraining your pet, allowing adequate time for potty breaks, bringing comforting items from home, and so on), several additional simple practices can help make every trip easier and more pleasant for both you and your pet.

1. Schedule a veterinarian visit to insure overall health and current vaccinations. Ask for a health certificate and vaccination records, especially if you're traveling out of state.
2. Make sure your pet's identification tags are up-to-date and legible. Also, be sure his rabies tag and vaccinations are current.
3. Include your destination address and/or phone number on your pet's tags and cage/crate (if applicable).
4. Remember to pack water to prevent dehydration. To help insure convenient feedings bring along a collapsible food bowl.
5. Pack all medications and supplements to avoid missed doses.
6. Pack a first aid kit to insure readiness in the event of an injury or medical emergency.
7. Exercise your pet prior to departure. A tired pet is typically much more amenable to travel. Also, bring a lead or harness to allow exercise during pit stops.

8. Feed your pet at least four hours prior to departure to prevent car sickness. If the trip is long, feed a smaller amount than normal at least two hours before you leave.

9. Use a travel remedy, if necessary. If your pet is extremely anxious about travel, try a soothing non-prescription calming product.

10. Trim toenails to prevent snags and injury, especially if your pet will travel in a cage or crate.

11. Cover your car seats to keep them clean and free of hair shed on your trip.

12. Know your travel rules and restrictions, especially if you will travel on an airplane.



ROMOCO

properties

Exceeding Your Expectations

COMMUNITY & AREA SPECIALISTS

*Call us today for all your
real estate needs.*



- Buy - Invest - Sell
- Residential - Land
- New Construction - Build on Your Lot or the Community of your choice

Happy 4th of July!

1 YEAR FREE HOME WARRANTY

VALUE UP TO \$535

Mention this ad and receive 1 year residential service contract with provider of your choice upon closing.



ROCHELLE O. BARROW,
ABR, ALHS, CHMS, SRES, SFR
Realtor® Partner
832.620.6644
rochelle@romocoproperties.com



LINDA MOGA
Broker Partner
281.793.6285
mogaco@aol.com



MEG TAYLOR
Realtor®
713.471.8823
megltaylor@yahoo.com



GERRI LARSEN
Realtor®
713.553.3091
gerri@romocoproperties.com



TRISH JOSEPHS
Realtor®
281.250.4750
trish@trishjosephs.com



TRACY YOUNG
Realtor®
832.771.0840
tyoung@tracyyoungtx.com

STEEPLECHASE

Wash Your Hands

Reducing Spread of Disease While at Home and Work

By: Concentra Urgent Care

The Centers for Disease Control and Prevention (CDC) say that nearly 90,000 patients die in U.S. hospitals each year due to a preventable disease – many could be avoided if everyone properly washed their hands.

From germs on office equipment to sick colleagues who decided to come into work anyway, people face the same dangers in the workplace. The same simple fact holds true: Washing your hands regularly is an effective way to prevent yourself from catching or spreading a preventable disease or illness.

WHEN TO WASH YOUR HANDS

The CDC recommends washing your hands every time you:

- Prepare or eat food
- Use the restroom
- Tend to someone who is sick; both before and after
- Blow your nose, cough, or sneeze
- Handle garbage
- Treat a cut or wound
- Change a diaper or clean up after children
- Handle an animal or animal waste

HAND WASHING BASICS

The CDC has issued specific guidelines about effective hand washing:

- Wet hands with water
- Use plain bar or liquid soap
- Create a lather by vigorously rubbing hands together for 15-20 seconds—about the amount of time it takes to sing “Happy Birthday” twice
- Be sure to wash palms, back of hands, fingers, and nails (clean nails by gently scratching nails down your opposing soapy palm)
- Rinse off soap under a stream of water

WHAT ELSE CAN YOU DO?

- Focus on hand washing in the lunch and/or break room
- Be careful when using sponges and dish towels. These are ideal sites for bacterial growth. Always wash your hands after using these items.
- Maintain a clean work area; regularly clean any office equipment, especially shared items such as phones and keyboards.
- Remind your colleagues of the importance of hand washing, particularly when you witness someone neglecting to wash his or her hands.

FOR MORE INFORMATION

To learn more about how washing hands regularly can help prevent disease, ask your health care provider, or visit the CDC's creative Web site dedicated to raising awareness of the importance of hand washing at www.henrythehand.com.

3D Mammograms now available!

- 3D Mammography (tomosynthesis) is a FDA approved imaging technology designed for early breast cancer detection.
- **Evening and weekend hours are available.**
- ***Schedule your mammogram today and receive a free Bath and Body Works gift set!**



**To schedule your mammogram,
call 281-897-3121.**

*\$9.99 retail value. Offer good while supplies last. Bath and Body Works is not a sponsor of this promotion and is not affiliated with Cypress Fairbanks Medical Center Hospital or Cypress Fairbanks Women's Imaging Center.

281-897-3121 • CyFairWomensImaging.com • 11307 FM 1960 West, Suite 340, Houston, Texas 77065

SEND US YOUR

Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue.




Email the picture to **newsletter@steeplechasetx.com**. Be sure to include the text that you would like to have as the caption.

Pictures will appear in color online at www.PEELinc.com.



WE'VE GOT MORE SPOTS THAN EVER!

**SELL US YOUR CAR CENTERS
NOW LOCATED IN:**

-  **League City**
-  **Cypress (290 @ HWY6)**
-  **The Woodlands**



SELL US YOUR CAR!



TEXASDIRECTAUTO.COM

THE MISUNDERSTOOD OPPOSSUM

by: TWRC Wildlife Center

Opossums are animals that most people don't think are cute and cuddly. They've got long rat-like tails, they creep around at night doing who knows what and they sure look mean. By learning a little about them, hopefully you'll see them in a different light.

The Virginia opossum is the only marsupial (carries babies in a pouch like a kangaroo) in the USA and Canada. They carry fewer diseases than dogs and cats and because of their low body temperature, the rabies virus in the breed is very rare. The last case of rabies in an opossum in Texas was in 1983. They have 50 teeth, more than any other mammal in North America. And, yes, they really do play dead when frightened in hopes that the predator will leave so they can escape.

Opossums usually have two litters per year and the gestation period is only 13 days. They can have up to 21 babies but usually only about half survive. They have only 13 teats so it's first come, first served. They are furless, blind and the size of a bean at birth. After birth, they crawl all by themselves into the mother's pouch. The babies immediately latch onto a nipple. It swells causing it to be firmly attached to the baby for up to 7 weeks. Once out of the pouch, they cling to their mother's fur for about three months.

How do they benefit us? They're scavengers and they eat all the creepy things we don't like including rats, mice, roaches, grubs and venomous snakes. They especially like carrion (dead animals).

I can't do anything about their looks but hopefully you now know how beneficial they are. Of all the animals TWRC Wildlife

Center admits every year, 37% of them are mammals and of those 37%, opossums make up 32% of the mammal admissions.

TWRC Wildlife Center is the oldest wildlife rehabilitation center in the Houston area and admits over 5,000 animals every year. Stop in, meet our staff and volunteers and find out more about what we do and how you can help. For more information please visit our website at www.twrcwildlifecenter.org or call 713-468-8972.





Trimming to Take-Downs
Trimming • Removal of Debris
Hedge Trimming • Stump Grinding
Professional Tree Health Care

Bonded & Insured Since 1987

Call David
Ph: 281-469-0458

Mention this ad for a Spring Special! Senior Citizens Receive an Additional Discount.

FREE ESTIMATES

jonesroadtreeservice.com



ADVERTISE
Your Business Here
Call 512.263.9181 for details

www.peelinc.com

Newsletter Volunteer Needed

Please help! The Board of Directors of Steeplechase Community Improvement Association is in need of a volunteer to coordinate the submission of articles for your neighborhood newsletter. If you are interested, please email sjohnston@chaparralmanagement.com.



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.

BASHANS PAINTING & HOME REPAIR

- Interior & Exterior Painting
- HardiPlank Replacement
- Sheetrock Repair
- Cabinet Painting
- Pressure Washing
- Fence Repair/Replacement
- Custom Staining
- Gutter Repair & Replacement
- Crown Molding
- Wallpaper Removal
- Wood Replacement
- Interior Carpentry
- Wallpaper Removal & Texture
- Garage Floor Epoxy
- Roofing
- Faux Painting

NO MONEY UP FRONT

20 Years Experience • References Available

Commercial/Residential

~ FREE ESTIMATES ~

BashansPainting@earthlink.net

♦ FULLY INSURED

281-347-6702

281-731-3383 cell



HARDIPLANK®



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!





PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

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

SC



Mark Prehoda
RE/MAX Professional Group
Direct 281.855.4900
Cell 281.851.7405



Jean Gonzalez
Prehoda Team
Realtor
Cell 832.334.1477



THE MARKET IS **HOT!** HOME VALUES ARE UP!

NEIGHBORHOOD INVENTORY IS VERY LOW.

If you are thinking of
selling, give us a call for a free
market analysis of your home.

Over 20 years
experience in the
local market!

