

The Thorough-Read News

Steeplechase Resident Homeowner's Association, Inc. 1925 Furlong Run, Lawrenceville, GA 30043



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Steeplechase Social & Events Calendar, 2004

This year promises to be a great one at Steeplechase. Our goal is to make sure that our community and facility members get the most for their memberships, and we have planned many social events for all ages. Check out the following dates and be sure to mark them in your calendars at home (dates may change – will advise via this newsletter).

Date	Event	For Whom	Contact
May 31	Memorial Day Parade/ Pool Party 11:00 A.M., Parade begins; Party follows at the Pool Pavilion	Community & Facility	Sandy Parris & Bud Fletcher
Jul 4	July 4th Pool Party	Facility	Bud Fletcher
Sat, Aug 7	Kindergarten Social	Comm & Fac	Sandy Parris
Oct 1-2	Fall Garage Sale	Community & Facility	Sandy Parris
Oct 30	Children's Halloween Party	Community & Facility	Sandy Parris

See below for other events under development:

Season	Event	For Whom	Contact
Summer	Family Bingo Night	Community & Facility	Sandy Parris
Aug/Sept	Adult Party	Facility	Bud Fletcher
Fall	Wine/Food Sampling	Community & Facility	Sandy Parris

We welcome any suggestions, comments and help. See you soon!

— Sandy Parris and Bud Fletcher

On this Memorial Day...





Words From Our Presidents . . .

► Summer Pool Schedule

Summer is truly here and school is out. I hope you've had a chance to check out the pool. The pool has a new white coat on it and all the pool furniture has been restrapped. We will have lifeguards on weekends-only, this year. Their hours will be 11am to 8pm. The pool hours will be 11am to 9:30pm. The lights in the pool have been put on a timer and will come on around 8pm and go off at 10pm. Enjoy the summer and let me know if there are any issues.

Thanks to everyone who showed up at the work day. It was a big success and we accomplished a lot! Without the help we would not be able to keep the place up.

Remember: During swim meets, you can use the Jefferson Station swimming pool.

Bill Neidert, Facility President

► Lawn Maintenance - Do Your Part!

MAY 1 WORK DAY

Thanks to all the workers who showed up for the work session. If you couldn't make it, or if you have a few hours, there's still more to do. **Let me know, and I'll help you pick a project.**

COMMUNITY MEMBERSHIP

Our Community Members are still coming in slowly; so far we have 239. We'll be sending out notices within the next few weeks, so talk to your neighbors and let them know how important it is to become a Community Member. Your membership helps to maintain our entrances and common grounds. We're pushing for 100% - 420 homeowners! Help us out!

LAWNS

Just a reminder that there is a County Code for cutting lawns. If you have a neighbor who is neglecting theirs, let me know and I will put them on official notice.

DO YOU KNOW?

BFI provides free service for our facility and has done so for many years. This is just something to keep in mind when you are choosing your Sanitation Company. This helps keep our membership costs to a minimum. Thanks for your consideration.

Nate, Community President

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► **Memorial Day Parade and Picnic:**

Who: All paid Community and Facility members

When & Where: **Mon. May 31st**
 · Parade - 11am, Dean Rd Entrance
 · Picnic - noon to 4pm at the Pavilion and Pool

Memorial Day Parade!

Go crazy with red, white & blue! Decorate your car, bike, wagon, stroller, etc. and participate in the Steeplechase Memorial Day Parade.

Meet at the **Dean Road** entrance at **11:00 AM on Memorial Day, May 31st**, and follow the parade route to the facility entrance. Prizes will be awarded to our neighbors who show their creativity, patriotism and enthusiasm!

If you don't want to march, we encourage you to cheer on your neighbors throughout the parade



route. Come out for lots of fun and community spirit! - Sandy Parris

Picnic - RSVP ASAP!

Bring your Family to enjoy the picnic and socialize with your friends at the Pavilion / Pool.

Rob Clark will be the DJ to provide great music and lots of pool fun. There will be some giveaways.

The main dish (BBQ & hot dogs) and a side dish will be provided. Please **bring your own soft drinks or beverages** (remember, no glass containers are allowed). It isn't required, but if you can, bring an appetizer or dessert to share.

Please make reservations by calling Bud Fletcher (770)962-8718 or Sandy Parris (770)822-0437 ASAP. This will help us plan for the picnic. Hope to see everyone at the Parade and Picnic! - Bud Fletcher

Special Meeting!

We will hold a **special Membership Meeting** during the Memorial Day Party, about a proposed change to the bylaws allowing non-residents of Steeplechase to become members of the facility. We also plan to give everyone an update on where mandatory community membership stands. Be sure you're there!

Also, Rob Clark will have some giveaways for the party. We need some help to set up the canopy for Rob around 9am, prior to the parade, and also at this time we can set-up the balloons and decorations.



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Steeplechase Community Bulletin Board

► Congratulations to these Upcoming Grads!

Alison Boyd - Collins Hill High
Parents: Derwin & Jan Boyd

Brooke Faulkner - Collins Hill
Ken and Dianne Faulkner

Rick Panachida - Collins Hill
Richard and Lacey Panachida

Chris Freeman & Jon Freeman -
Greater Atlanta Christian School
Robert and Amy Freeman



Child care needed for our 2-year-old girl, Mondays and Fridays, 9:00am to 4:00pm.

Please call Cindy or Gene Richards at 770/962-4812.

► Better Clean it Up!

The Board has begun serving "violation notices" to neighbors for things such as long grass and trash in yard. They have also reported at least one house to the county. Remember, County Ordinance requires us to maintain our properties. Taking pride in your yard helps everyone in the whole community, and keeps your property values up!

► Get Involved!

by Scot Sherwin,
Chairman of the Board



Thanks to all who participated in our neighborhood workday. Some new faces showed up - THANKS!!! We got lots done and we have more to do. Keep an eye out for future dates when we need help to get some items off our "To Do" list.

We had a nice turnout for our Crime Prevention Seminar. Thanks to those who braved that thunderstorm to be there. It was very informative and those who attended learned a lot about personal and property safety.

As your Board, we do our best to provide you with tools to improve your property or yourselves. However, this will do you no good if you do not attend. Your involvement betters the whole neighborhood. Keep that in mind the next time we have an activity or program, and BE THERE.



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► Stingrays Practice Schedule

MAY 17 - 20 — only 13/14 and 15 & ups start practice after school.

3:15 to 4:15 at Steeplechase (bring shoes to run and suit to swim!) (This is the week for stroke clinics for younger ages)

MAY 24 - MAY 27 - after school - afternoon practices

(all ages at Steeplechase Pool)

3:15 - 4:45 p.m. - 13/14 and 15 & ups (bring shoes to run and suits!)

4:15 - 4:45 p.m. - 6 & unders

4:45 - 5:30 p.m. - 8 & unders

5:30 - 6:15 p.m. - 9 & 10's

6:15 - 7:15 p.m. - 11/12's and any other 13/14's or 15 & up who can't make it to early practice.

Note: The poster at sign-ups has been revised for 6 & under, and 10 & under. The *revised summer practice times* are as follows:

Summer Schedule (REVISED) - morning practices begin June 1 (no practice on Memorial Day).

We will practice dives using the diving blocks at the Jefferson Station pool, as this year, blocks will not be allowed at the Steeplechase Pool. Steeplechase is 3 1/2 feet when totally full. New League requirements take effect this year where the pool needs to be at least 4 feet deep for diving with blocks.

Pool locations: Practices are at Steeplechase most days, except teen practices are at Jefferson Station normally. On MEET DAYS (4 Thursdays and 2 Tuesdays throughout the season), All practices will be at Jefferson Station except for the 13/14s and 15&ups which will be at SteepleChase (we'll practice with blocks on Wednesdays with them!) - Coach Lindsay

7:45 - 9:00 a.m. - 13/14, 15 & ups

8:00 - 9:00 a.m. - 11/12's

9:00 - 9:45 a.m. - 10 & unders

9:45 - 10:30 a.m. - 8 & unders

10:30 - 11:00 a.m. - 6 & unders

11:15 - 12:15 more stroke clinics after practice by signups!

Also, Coach Lindsay will be offering **private swim lessons** throughout the month of June and the early part of July. Please call 770-339-1834 if you are interested in swim lessons for your child.



► Please Keep Our Pool Safe!

Many people using the pool are not obeying the rules. Specifically, people have reported:

- ◆ Kids riding scooters, bikes, and skateboards on the tennis courts and inside the pool area;
- ◆ Adults dropping kids **younger than 12** to swim on their own; (Parents, what ARE you thinking?)
- ◆ Kids jumping off the lifeguard stand into the pool.

The **Pool Rules** are posted at the facility. Any adult who is a paid Facility Member has the right to **enforce these rules** as posted.

Kids - do not talk back if you are asked to stop an unsafe activity. You **WILL** be asked to leave if you do not comply, and act in a safe manner. Yes, we **CAN** make you!

Furthermore, repeated violations of the rules will result in losing your membership privileges.

Please, let's keep the recreation areas safe. **The rules are there for a reason - your safety, and that of your friends. So, follow the rules!**

Our Sincere Thanks to You All!



On behalf of the **North Gwinnett FRIENDS**, we would like to thank you

for helping to make the 15th Annual "FRIENDS Charity Tennis Tournament" a huge success! With the tremendous generosity of our sponsors, and the participation of our enthusiastic players and tireless volunteers, the 2004 tournament was able to raise over **\$14,000** for Children's Healthcare of Atlanta.

We're thrilled to announce that all the money raised from this year's tournament will be used to purchase vital equipment for

use in the Sibley Heart Center at Children's Healthcare of Atlanta. This much-needed equipment will help Children's treat 1000's of young patients each year.

We hope you enjoyed the event as much as we did. The winners and pictures are online, at www.steeplechase.org/tournament.

We hope to see you on the courts again next year for the 16th Annual North Gwinnett FRIENDS Charity Doubles Tennis Tournament!

Thank you,

Nancy Orrico, Renee Foster, Michelle Clark, Julia Kinard, Connie Evans

(Tournament Organizers)



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Tennis News

Hello everyone,

It has been an exciting spring for tennis in Steeplechase. First of all, I would like to congratulate the Men's C-1 captained by Rick Foster, and the Business Women's B-4 team for winning their division Bag Tag, and making it to the 3rd round of the playoffs. Also, the annual neighborhood tennis tournament was big hit with everyone who participated. Thanks to all the people who worked so hard to put on this event.

Summer USTA , mixed doubles, and seniors start June 3rd -6th. It is not to late to get on a team. If you are interested, call me at 770-963-6766 and I will give you the appropriate captain's phone number.

See you on the courts,

Dan Clough

Steeplechase 2004 Directory Announced

Each year, the Steeplechase neighborhood publishes a directory of residents' names, addresses, and phone numbers. I speak from personal experience when I say that this directory is saved and used throughout the year. Any resident of Steeplechase is eligible to be included, and all of the paid facility and community members receive a copy.

Residents:

If you would like to be in the directory, and you paid online, be sure Darren has your directory information! The form this year did not allow him to know whether you wanted to be included. If you are not a facility or community member, you can still be included. You just don't get a copy! Now, doesn't that inspire you to join?

Advertisers:

Please email or call for ad guidelines and to reserve your space! I've extended the deadline for copy and artwork to **June 10, 2004**, but you should send payment now to ensure that you get the space you want. (* In the event that two payments for the same space are received on the same day, our regular newsletter advertisers will receive preference, as a "thank you" for their on-going committment.)

With sincere thanks for your continued support -
Pamela Wilkinson, Editor. (678) 377-5491

Email: communications@steeplechase.org





Dollars & Sense!

– by Michelle Clark, Treasurer

Cheap Summer Fun

With the school year ending, many kids will be saying the dreaded words, “I’m bored, there’s nothing to do”. Here are some cheap ideas for helping kids overcome the summer blues:

- * Visit the library often, and take advantage of their activities.
- * Visit historical sites and monuments in our area and teach the associated history.
- * Visit Museums and talk about what you see, whether it is aviation, natural history, or art.

- * Visit a home construction site and let your kids see for themselves what a house looks like under the sheetrock.
- * Go to the zoo and learn about each animal.
- * Put up a birdhouse, and learn what kinds of birds are in our area.
- * Check out planned arts and craft classes in our area for children.
- * Go berry or fruit picking, then freeze, can or make jam.
- * Take walks and go hiking and camping.
- * Ride bikes or go roller-skating.

- * Go swimming (it's not too late to join the facility!) or run through the sprinklers.
- * Play catch, badminton, basketball, tennis or any other games you can do at home or in our neighborhood.
- * Assign them extra chores around the house and garden for the summer!
- * Visit and help out in food banks.
- * Take a meal to a sick friend or neighbor.
- * Visit a nursing home with small gifts.
- * Give your time to service projects, such Habitat for Humanity or community clean-up events.

It's not too late to join the Facility! Go to www.steplechase.org, or call Michelle at 770-963-4845.



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People came from all over ... and a great time was had by all!

It's hot and sultry and you're in your backyard sipping something cold.

Look around at your landscape.

Do you need new sod? Is there a soggy spot where nothing seems to grow?

Are the kids already complaining they're bored?
Wouldn't a pool or maintenance free putting green keep everyone happy?

Last night when you were cooking on the grill did you notice how dark it was?
Landscape lighting is an affordable addition!

Does your neighbor's yard have that "professionally landscaped look?"
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► And the Torch Passes ...

There's a new Webmaster in town. After many years, **Darren Clark** has passed the webmaster responsibilities to **Vinnie Costa**. Vinnie is a new resident of Steeplechase, but he is not unfamiliar with our community. Vinnie is the soon-to-be husband of our Steeplechase Secretary, Stacy Hemphill.

Vinnie is enthusiastic about the neighborhood website, and has some great ideas to improve the content. If you have any suggestions for Vinnie, please send it to webmaster@steeplechase.org

Darren will continue to be the neighborhood database administrator and oversee e-mail distributions and on-line payments. This is an important behind-the-scenes job! Thanks to Darren for his many years of service, and thanks to Vinnie for taking on the torch!

If you would like to get involved, as Vinnie did, contact one of your board members (see pg. 1)! We'd love to hear your ideas and put

your enthusiasm to good use on one of our many projects. Whether you have lots of time, or just a little, we need you. Join us!

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▶ ADD/ADHD: “The Fleecing of our Children!”

Guest Article by Dr. Chad Hyatt

Twenty-five years ago, you would have been hard pressed to find a child you could “label” with Attention Deficit Disorders and Hyperactivity (ADD/ADHD). Today, however, you can find several in any classroom. One child out of every five in the U.S. and Canada suffers from a varying degree of behavioral problems. Learning difficulties are exploding in children and adults who would otherwise be considered intelligent and well-behaved.

Can you imagine what it would be like to live inside a fast-moving kaleidoscope? Imagine everything moving, shifting, and constantly distracting you; your mind is constantly wandering because of the stimuli constantly bombarding you. People with ADD/ADHD seem to exist in a whirlwind of activity that can leave them unable to finish a task, concentrate on any one subject, or be fully aware of what is going on around them.

Difficult to Diagnose

ADD/ADHD is not clearly discernible on x-rays or lab tests. ADD/ADHD has become a “catch-all” diagnosis for several disorders that present similar behavioral patterns. The truth of the matter is that children (and adults) exhibiting signs of ADD/ADHD, have been subjected to a wide variety of disturbances. The diagnosis of ADD/ADHD is subjective, as opposed to objective. This causes great debate among healthcare professionals as to what exactly causes ADD/ADHD.

I feel that the general causes may include one or a combination of the following disturbances, (Table 1).

Table 1. Potential Contributing Factors in ADD/ADHD

Environmental allergies	Genetic
Food allergies	Leaky Gut
Allopathic Induced	Parasites
Bacterial Infections	Phenolics
Candidiasis (yeast)	Pesticides
Chemical Toxins	Food Additives
Emotional Stress	Heavy Metals
Fungal Infections	Dental
Nutritional Deficiencies	Vaccinations
Structural Imbalances	
Viral Infections	

You can see that with several possible factors that contribute to ADD/ADHD, treatment becomes difficult and quite complicated. The most common treatment is the use of pharmacological drugs.

Typical Treatment

The medications that are most commonly used are known as stimulants. This means that the drug stimulates the functional activity of the child’s brain, thus calming his/her behavior. Otherwise, the child stimulates his/her brain by his/her own activity-hence the inability to sit still or focus.

The drugs typically used to treat ADD/ADHD include Ritalin, Cylert, Dexedrine, Adderal, Concerta, etc. The most commonly-used drug is Ritalin. Because it is a Class II Narcotic, it is very controversial for its use. The side effects, according to the Physicians Desk Reference, include: inability to fall or stay asleep, rapid heart beat, nervousness, headache, appetite loss leading to weight loss, bedwetting, facial tics, blood changes, stomach aches, dizziness, drowsiness, nausea, depression, abnormal muscle movements, and liver toxicity and damage. These side effects are very similar to the complaints of a child with ADD/ADHD & not on medication. Many experts believe Ritalin masks the cause of ADD/ADHD, and is being used as a quick fix.

The two most common food allergens are gluten (wheat), and dairy products.

What Parents Can Do

Parents can change a number of things to improve their children’s symptoms. The first step is to eliminate all potentially allergic foods. The two most common are gluten (wheat) and dairy products, primarily milk. The second is to replace the food your child is eating with organic, fresh fruits and vegetables. You also need to add essential fatty acids (clean fats) to the diet. Fats offer tremendous nutrition to the brain and should include the essential fats (linoleic, linolenic, and arachidonic). A change of diet maybe difficult for the first week to ten days on both the child and the parents but I

have personally seen many children make an about-face just by doing these things.

For the more difficult cases that involve vaccination detoxification, heavy metal detoxification, candidi-

asis, pesticide toxicity, etc., I recommend consulting a professional who has a proven track-record of treating these conditions successfully. You will need to research the practitioner to make sure that they are competent with these specialties. For example, heavy metal detoxification must be done slowly, so as not to put the patient into a serious healing crisis. Pesticides within the body mimic hormones, and go undetected by most physicians. These situations are difficult to treat correctly, and I suggest seeking professional help.

Parents, you can take an active role in the treatment of your children. Don’t just surrender to the choice of pharmacological drugs, which can have very serious side effects. If you suspect that your child may have any of the aforementioned disturbances, I challenge you to take the time to eliminate external influences as contributing factors to your child’s behavior.

Dr. Chad A. Hyatt is a local chiropractor and holistic physician. His office is Hyatt Holistic Health and he can be reached at 770-237-3300 or you may e-mail: drchad@heathybacks.com

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June 2004

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Make sure your name will be in the directory! If you paid online, contact: admin@steeplechase.org!!!

SRHA 1925 Furlong Run, Lawrenceville, GA 30043

► THOROUGH-READ NEWS ◀



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