

VOLUME 3, ISSUE 9

OFFICIAL NEWSLETTER FOR THE VILLAGES OF NORTHPOINTE HOA

SEPTEMBER 2012

2012 SOCIAL CALENDAR

Presented by: The Women's Group

Information can change so please check each newsletter, the Yahoo Group http://groups.yahoo.com/group NorthpointeNeighborhood/ and the club house sign.

Fall Garage Sale - October 12th - 13th

Contact Deana Clark at willowhousedc@gmail.com

Christmas In "October"

Saturday, October 27th Sign up now! Info is in this issue!

Breakfast with Santa - December 1st Details TBA - Volunteers needed.

Night of Lights - December 7th

Christmas Light Contest Judging will happen the evening of the 7th Winners Announced Either Saturday or Sunday on the Info Board

Night of the Carolers December 8th

Children from 7 years to adults. Choir students welcome! To be a caroler or to enjoy caroling on your front porch on December 8th, please e-mail me to sign up. vnpcompasseditor@gmail.com

Cookie Exchange - December
Details TBA - Volunteers needed.

Community Service Project

December - TBA



Well friends and neighbors...you finally have a majority on the MUD board of residents in MUD 281. We just recently welcomed Jonathon Bauer, David Enstrom, and Harry Miller...all residents in good standing with Villages of Northpointe. I am excited to have some neighbors on the board to make sure that I don't feel ALL the heat! Seriously it is a pleasure serving MUD 281 and after five years I think I'm finally getting a handle on even the financials of the whole program. If you have never been to a MUD meeting, you cannot imagine the levels of regulations we adhere to from state and local governments. It can be mind boggling and does take some time to get used to. If any of you would like to attend, the meetings are the first Monday of every month, are open to all and lunch is provided. In other news, all the roads are now finished in Section 14 (just this side of the detention pond between us and Wildwood). Homes will be started by the time you read this. We are also working with MUD 282 on a second joint water plant to supply water to Wildwood and a portion of VNP. In case you are not aware, we share the water plant(s) with MUD's 280, 282 and 15. This allows us to share costs and therefore take advantage of economies of scale.

In short...it's cheaper that way! And finally, we have received a request for 246 utility connections for a new apartment complex to be built on the property along Northpointe Blvd next to the childcare center. I hear you groaning.."not another apartment complex!" But please be aware that there is an upside, the property taxes they pay will help reduce our bond indebtedness much sooner than otherwise. And there is a sufficient buffer zone between this complex and our single family homes; so relax and enjoy a few quotes both trivial and humorous:

A billion hours ago, human life appeared on earth. A billion minutes ago, Christianity emerged. A billion Coca-Colas ago was yesterday morning. --1996 Coca-Cola Company annual report

A cement mixer collided with a prison van on the Kingston Pass. Motorists are asked to be on the lookout for 16 hardened criminals.--Ronnie Corbett

The only place in the universe where an American flag flies all day, every day, never goes up or comes down, never flies half-mast and does not get saluted, is the moon.-

- from didyouknow.org
PAUL HICKS

IMPORTANT NUMBERS

Villages of Northpointe Security Director
Andy Elmore hit02@scbglobal.net
Waste Management (garbage – paid through MUD #281)
281-376-8802
Centerpoint Energy (street lights – get 6 digit # off lamp post)
713-207-2222
Tomball Post Office
Harris County MUD #281 (water and recycling) 281-376-8802
Harris County Constable Precinct #4
24-hour Dispatch
Villages of Northpointe Patrol Officer
Deputy Miller
SCHOOLS
Tomball Independent School District
Canyon Pointe Elementary
NorthPointe Intermediate
Willow Wood Junior High
Tomball High School
Tomball Memorial High School
TAX ENTITIES:
Tomball ISD Tax Office
www.tomballisd.net and follow the link to the Tax Office
MUD #281 & NorthPointe WCID
www.wheelerassoc.com
Harris County Appraisal District
www.hcad.org
Electric Company Choices866-7974839
www.powertochoose.corg
MANAGEMENT
Chaparral Management (Villages HOA Issues) 281-537-0957
Please direct all questions, comments, and concerns about the
landscape along NorthPointe Blvd. to:
TEAKWOOD LANDSCAPING281-720-0022
http://www.teakwoodlandscaping.com
marisa@teakwoodlandscaping.com
WEBSITE
111 C 1. 1 . 1

www.villagesofnorthpointecai.com

Contact Brian at bfornear@mail.com to request information postings on the website.

NEWSLETTER INFO

EDITOR

Jessica Rushing	281-320-0051
	.vnpcompasseditor@gmail.com

PUBLISHER

Peel, Inc	www.PEELinc.com, 512-263-9181
Advertising	advertising@PEELinc.com

2012 WOMEN'S GROUP BOARD & COMMITTEE CHAIRS

EXECUTIVE BOARD

President - Rhonda Harshbarger - 713-447-1024/Rhondakay2003@ netzero.net

Vice President - Deana Clark - 281-706-6894/willowhousedc@gmail.com

Secretary - Elicia Moody - .832-492-3013/eve_ayla@hotmail.com

Treasurer - Linda Holmes - lsh55@sbcglobal.net

Community Service - NEEDED

COMMITTEE CHAIRS

Programs/Social Events - Karen Webster - 281-516-2395/karengo@sbcglobal.net & **- Linda Skelton**

Publicity - Pam Ferguson - 713-724-6978/pamelaferg@comcast.net Historian - Robyn Clark - 281-635-4926/robynclark615@gmail.

Audit - Sally Dresch - larsal@sbcglobal.net

Hospitality - NEEDED - This person/persons' would welcome new neighbors, acknowledge any neighbors who have major events happening in their lives or that may have needs that can be provided by the women in the community.



CHRISTMAS IN OCTOBER 2012 CRAFT SHOW

This year we are holding our 4th Annual Craft Show in October! We are so excited to be doing this event! As you may or may not know the Women's Club sponsors this event every year and this year it will be held on Saturday, October 27th 2012 from 9am until 4pm at the Villages of Northpointe Club House. Below you will find the following guidelines all vendors will need to agree to and a vender application.

The fee for a booth space is as follows: Inside 6X9 = \$30, 6x6 = \$25, 6ft table = \$20. Outside 6x9 = 25\$, 6x6 = \$20, 6ft table = \$15 outside. There is a charge to rent a table which is \$5 each.

Each vendor must donate a raffle item with a minimum value of \$25 If spaces are full when you submit your registration or if for any reason your application is not accepted (i.e. We already have a vendor selling the same type of item you want to sell for a lesser value), your check will be returned to you promptly.

One vender per type of ware. In the event there is another vendor who wants to sell the same type of items as you we will take the less expensive vendor. All vendors in this situation will be notified so they can submit their best possible prices in order to be considered for the position in the craft show.

Submission of this application means you are in agreement with the enclosed guidelines.

All applications post marked after October 19th must make payment by cash or money order.

Please be sure to keep the enclosed guidelines. If you have questions please feel free to contact Jessica Rushing at vnpcompasseditor@gmail.com

All booths are on a first come first serve bases. If you would like to choose your booth please contact Jessica at vnpcompasseditor@gmail. com for availability.

If you are unable to attend, you will receive a full refund if we are notified in writing postmarked prior to October 19th. After this date we cannot make refunds for booth or table rentals.

Please submit the bottom portion of this application with your check made out to the Villages of Northpointe Women's Club before October

Applications should be addressed to the Villages of Northpointe Women's Club and may be mailed to 12842 Northpointe Bend Dr., Tomball TX 77377.

Name:		
Business Name:		
Address:	Cell:	
What % will be Jewelry: Special	Requests:	
Outside Booth Rental: 6x9	\$, 6x6 = \$25 \$, 6FT Table = \$20 \$ = \$25 \$, 6x6 = \$20 \$, 6FT Table = \$15 • Many Tables: @ \$5 = \$	
Are your items handmade? Yes	or No Have you been in our show before? Yes or No	
If so are you the artist? Yes	·	





cypressfellowship.org

Real Church. No Country Club Agenda Here!

Join us this Sunday!

SERVICES AT 9 AND 11 AM, BIBLE STUDY AT 10:10.

X-PLODE STUDENT MINISTRY (6TH-12TH GRADES) MEETS WEDNESDAYS AT 7 PM!

Visit us online at cypressfellowship.org or call 713.574.6301! We're located at the corner of Spring Cypress and Telge.

September Garden Tips

This is the beginning of a delightful gardening season for the Upper Texas Gulf Coast area. As it gets cooler, there is more rain (usually) and fewer insects.

- September thru January is a good time to plant nearly everything trees, shrubs, perennials and bulbs. Many need the cold to establish strong root systems.
- Cut back on watering as temperatures drop. Lawn problems are often the result of over watering. Spot water where necessary.
- On account of our heavy rains raised beds are best for this area so that plant roots don't drown. 5"- 8" above the surrounding ground is good.
- Early in the month is a good time to start a fall/winter vegetable garden. Among those to include are cauliflower, beets, cabbage, chard, collards, bush snap beans, lettuce and leeks.
- Plant societies will have good sales with unusual plants and often experts on hand to answer questions.

The annual Bulb and Plant Mart is at the end of September. It's a wonderful event sponsored by the Garden Club of Houston. Fortunately, daffodils will naturalize here but tulips are annuals. There are also amaryllis, crinum lilies, hyacinths, irises and small bulbs for sale, in addition to plants, shrubs, trees and vines.

Women's Group MONTHLY MEETING

(All Villages of Northpointe Women Welcome) 7PM: CLUB HOUSE September 17TH

We will be discussing the up and coming events.

BOOK CLUB

It will be at Karen's house

18830 Magnolia Arbor Lane Thursday, September 20th at 7 p.m Gone Girl by Gillian Flynn

New York Times bestseller Gillian Flynn writes a hard-to-put-down masterpiece about a marriage gone terribly, terribly wrong. Gone Girl's toxic mix of sharp-edged wit and deliciously chilling prose creates a nerve-fraying thriller that confounds you at every turn.

SEPTEMBER BUNCO NIGHTS

(All Women of the Villages of Northpointe Welcome!)
Monday September 10th – contact Debbie Parker at DParker39@att.net

Thursday September 20th – Contact Robyn Clark at RobynClark613@gmail.com





HAPPY BIRTHDAY!

Please join me in wishing the following neighbors a very Happy Birthday! We hope your day is full of fun, love and excitement while making beautiful memories for many more years to come!

Happy 1st Birthday to Hadley Parker on September 5th, we love you baby girl!! Love mommy and daddy!

Happy 13th Birthday on September 14th to our daughter Kenzie! We Love You! Mommy & Daddy

Happy 45th Birthday on September 1st to Jeff Peterson from your daughter Kenzie and wife Gina!! We love you!



To All VNP Residents

Our very own Cypress Elite Dance Studio has expanded adding another 2500 sq. ft! To celebrate they are giving Villages of Northpointe residents 1/2 off the registration fee for mentioning this announcement! Classes begin soon! www. cypresselitedance.com

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 vnpcompasseditor@gmail.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.



Villages of Northpointe

Still want to make a move before the summer is out? Call Jacque now. She has an A+ in speed and experience!



Jacque Kendrick (713) 826-1097 jkendrick@cbunited.com www.har.com/jacquekendrick Broker Associate, CRB, ABR, CRS, GRI, CNS, CHMS



Each office independently owned and operated. Not intended as solicitation of properties currently offered for sale.



PERSONAL CLASSIFIEDS

BABY AND TODDLER CLOTHING: 24 mo. fall/winter clothing 12 piece lot sack for \$10. 2t-4t fall/winter 11 piece lot sack for \$8. All gently used and have been washed. Few summer items left: 4 short sleeve shirts (24mos); 2 pair short pj sets (24mos). Email me for pics Donna Hodges gramsgirls@att.net

2004 CHEVY 2500HD CREW CAB BLACK TRUCK: Fully Loaded with Leather \$12,000 or O.B.O. Contact Phil Quaschnik 832-677-6041 or philquaschnik@hotmail.com

MOBILITY SCOOTER: Rascal 600 with two sets of batteries. Extra heavy duty accommodating up to 350 pounds. \$500 cash obo. thegeek@netzero.com or 281-382-8791

MOBILITY SCOOTERS: 2 motorized scooters in very good condition. Both parents have passed on. Asking \$300.00 each. Also on Craigs List. Call or email for photos Patty 832-492-3625 or Tom 832-423-2024 nursepjs@yahoo.com

COACH PURSES TAKING OFFERS: Brand new Black Signature Coach Purse never used, a couple used Coach Purses in great condition make me an offer. Call or email for photos, Stacy at 281-770-8664 tsjones5@sbcglobal.net

GLIDER CHAIR AND FOOT GLIDER: Beige Glider Chair with the foot glider in great condition \$65 OB call or email for photo, Stacy at 281-770-8664 tsjones5@sbcglobal.net

TAKING OFFERS: wheelchair, shower chair, walker, and several walking canes. Also on Craigs List. Call or email for photos: Patty at 832-492-3625 or Tom at 832-423-2024 nursepjs@yahoo.com

BMX BIKE: BOYS 20" HARO X-0 Freestyle/BMX BIKE \$150 Slightly Used. Call or email for photo, Stephanie at 281-290-0780 andrews41@peoplepc.com

TRAMPOLINE: For Sale 14' round Olympus Pro Trampoline. Asking \$500 OR BO. Bought it back in June but it is just not getting the use we thought it would. VERY GOOD CONDITION. made with galvanizes steel, very sturdy, reliable and safe. It has the safety enclosure net, protection pad over the springs, and a tarp to put over when not in use. Will provide pictures upon request. Email for photos Travis Jones at 512-796-3035 Traviskjones@gmail.com

If your Ad is no longer needed please email me at vnpcompasseditor@gmail.com and I will discontinue the Ad. Thanks - Jessica Rushing

"Simply Seeking"

SHALOM! Hi Jewish Community. Let's get connected! - To share Shabbat dinners...Chanukah parties...Passover sedars...or simply get together! Interested? E-mail us at Shalom.cypress.tx@gmail.com

WEEKEND MOTORCYCLE JOURNEYS: Looking for other VNP neighbors who like to ride motorcycles on the weekends. Would like to get together and plan some fun around town joy rides. Contact Dana danaponder@hotmail.com

JOB OPPORTUNITY: Looking for a Christian lady that wants to work during the week aprox 20 to 25 hours a week (flexible hours if possible). Training will be provided to work and teach a 9-year-old boy. Please call 281-773-8318 OR e-mail Carmen at mcpulger@att.net

POKER ANYONE?: Are there any VNP regular home games in that could use another player? Mainly Texas Hold'em, tourneys or cash games. Omaha is ok too. If so I would like to join in Rick Naremore rsnaremore@hotmail.com

POKER TOURNEMENT: Texas Hold-Em' tournament every other Thursday to join call Jack..281-744-8636..or Don 281-256-8711

SENIOR CARE: for anyone seeking a "break" from their senior care responsibilities (if only for an hour to shop or attend Church, or for a day or evening out, or longer). I have a very flexible schedule as I am retired from a Human Resources position I held for 26 years and live in VNP. Contact Geri Ridley geriridley694@ yahoo.com



SEPTEMBER EVENTS

SEPT 1 & 2 - Labor Day Weekend Celebration 6 pm - 9 pm Waterway Square, The Woodlands

SEPT 1 & 2 - Llano Outdoor Expo/Music Fest Llano, Texas - 100 Legion Drive Cardboard boat competition, canoe/kayak races/pet parade/vendors/outdoor activity demos/county fair competition est. attendees-3000 325-247-5157

SEPT 5 12 am – HARRIS COUNTY FAIR -- 1 Abercrombie St, Houston, TX. Judged animals for auction starts at 1:30. Silent auction 1pm. 1,500 attendees expected. ** est. start time -- Please confirm **

SEPT 3 - Garland Labor Day Parade and Event Garland, Texas Location: Downtown Garland and Central Park Contact Phone: 972-839-4031 Website: www.garlandlabordayevent.com

SEPT 8 & 9 Antiques & Garden Show Cat Spring, Texas - 13035 Hall Road 19th to Mid 20th Century Antiques & Collectibles Plus Farmers' Market, Plants & Trees. est. attendees-800 979-865-5618

SEPT 15 Flights of Our Fathers Fly-In Terrell, Texas - 119 Silent Wings Blvd Events include Static Airplane Displays, BBQ Cook-off, Classic Car Show, Museum Tours, TX Heatwave & Dinner Dancel est. attendees-2000 972-524-1714

SEPT **15 & 16** - Houston Hot Sauce Festival Stafford, Texas Location: Stafford Centre Contact Phone: 281-558-3518 ww.houstonhotsauce.com

SEPT 15 - Dallas BrewFest Dallas, Texas Location: 2010 Flora Street Website: www.dobrewfest.com

SEPT 21-23 - Antique Alley Texas and 37 MILES of SHOPPING Grandview, Texas Location: 300 E. Criner Street Contact Phone: 817-240-4948 Website: AntiqueAlleyTexas.com

SEPT 15 Live At Night - 6 pm - 8 pm Waterway Square, The Woodlands SEPT 22 12 am - Houston Wine Festival Sam Houston Park 1100 Bagby St, Houston, TX. The 2-day 3rd Houston Wine Fest will transform Houston's Sam Houston Park into the wine capital of Texas. Entertainment lineup that includes some of Houston's best performers. Over 200 wines will be showcased. Along with a host of specialty food, novelty and accessory merchants. Houston's finest restaurants will be on-hand to complement the wine samplings available at the festival. 21,000 attendees

SEPT 22 12 am - Morton Ranch FFA Craft Show 21000 Franz Rd, Katy, TX Craft Show to support Morton Ranch FFA. Handmade items to Homecoming mums, Scentsy Reps, to candles and cheesecake. 500 attendees expected. ** est. start time -- Please confirm

SEPT 22 - Roxy Art Fest 2012 Balch Springs, Texas Location: Pioneer Oaks Shopping Center, 4000 Pioneer Road Contact Phone: 972-557-1555 Website: www.roxyartfest.com

SEPT 21 & 22 Central TX Hunting & Outdoor Expo Rockdale, Texas - Apache Pass Fly Fishing, 3-D Archery, BBQ Cook-off, Outdoor Vendors and Exhibits, Rock Climbing, Washer/Horseshoe Tournament, much more est. attendees-1500 512-446-2030

SEPT 22 Rockwall Rubber Duck Regatta Festival Rockwall, Texas - The Harbor Rubber Duck Regatta and Festival with over 250 vendors, 5K, Duck Beauty Pageant, Kid-Zone, Duck Race est. attendees-2000 214-500-6332

SEPT 28 & 29 McKinney Oktoberfest 2012 McKinney, Texas - 111 North Tennessee Street www.downtownmckinney.com or call 972.547.2660. est. attendees-27000 972-547-2660

SEPT 29 Chisholm Trail Steak Challenge Decatur, Texas - Joe Wheeler Park Road Festival will include sampling appetizers, desserts and steaks from each cook team. est. attendees-2500 214-683-1766

At no time will any source be allowed to use The Villages of NorthPointe Compass contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the Villages of NorthPointe Compass is exclusively for the private use of the Villages of NorthPointe HOA and Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

- * The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.
- * Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.
- * Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.



Houston Northwest Chamber Announces CreekFest Adventure Race Series

A Local run through our magnificent Outdoor Hike & Bike Trails, Expects Big Crowds

Houston, Spring, Klein, Cypress - The Houston Northwest Chamber of Commerce is pleased to announce CreekFest Houston 2012 on Saturday, October 13, 2012. This celebration of the Arts and Outdoors in Northwest Houston will be held along the parkway between Collins Park and Meyer Park along Cypresswood Drive, rain or shine. This year CreekFest will include an Adventure Race Series is organized by Wade Woehrmann a representative of the Bayou Preservation Association and the Texas Adventure Racing Club. This event is intended to show the community the 46 miles of hike & bike trails available for everyday use.

The Adventure Race will take place in and around Collins Park and on Cypress Creek. Racers can expect the race legs to include - 4K to 6K trail run , 2k to 4k paddle along Cypress Creek, 8k to 10k mountain bike section, 3k to 5k urban scavenger hunt. The Duathlon will consist of a 5k run and a 3k paddle down Cypress Creek and a 1k run to the finish. There will also be family races for those who want to just get outside including a 5k/10k run. Sign up online at www.CreekFestHouston.com

After the race enjoy the many activities CreekFest has planned for you!



This FREE family event is designed to: Celebrate the wonderful outdoor amenities that make Northwest Houston a great place to live, work and play; Promote area visual and performing arts and artists; Create awareness and encourage usage of Precinct 4 Collins Park and the Hike and Bike Trails along Cypress Creek; Raise money for the economic development initiatives of the Chamber and local charity; and help build a new perspective and community pride for the Cypress Creek Cultural District and Northwest Houston's Town Center. Proceeds from the CreekFest

art auction will directly benefit the economic viability of Northwest Houston. For information about this event call the Houston Northwest Chamber of Commerce at 281-440-4160, or visit the website at www. CreekFestHouston.com.

The Houston Northwest Chamber of Commerce has enjoyed over 37 years of service in Spring, Klein, Champions, FM 1960, FM 2920, SH 249 and Sam Houston Tollway Corridors. The Chamber has over 700 members and is committed to its mission of developing successful businesses and a thriving community.



HEALTH BRIEFS - September 2012

EARLY DETECTION OF GLAUCOMA CAN SAVE EYESIGHT

Annual eye exams should include screenings for glaucoma, even for younger adults, because early detection can prevent long-term damage to sight, said ophthalmologists at Baylor College of Medicine. The biggest problem with glaucoma is that it's a silent disease, a sneak thief of sight," said Dr. Silvia Orengo-Nania, professor of ophthalmology in the Baylor Eye Clinic at BCM. "You could have visual damage occurring over time and not know it. Once damage occurs, it is irreversible and you will not be able to get any vision back that you have lost. This is why screening early is critical." Glaucoma usually occurs when increased pressure in the eye slowly destroys the optic nerve, damaging your ability to see, Orengo-Nania said. Approximately 2 million people in the United States are visually impaired by glaucoma. It is one of the leading causes of blindness. Treatment can help slow down, but not reverse impaired vision, Orengo-Nania said

SUMMER IDEAL TIME FOR ANNUAL SCHOOL PHYSICALS

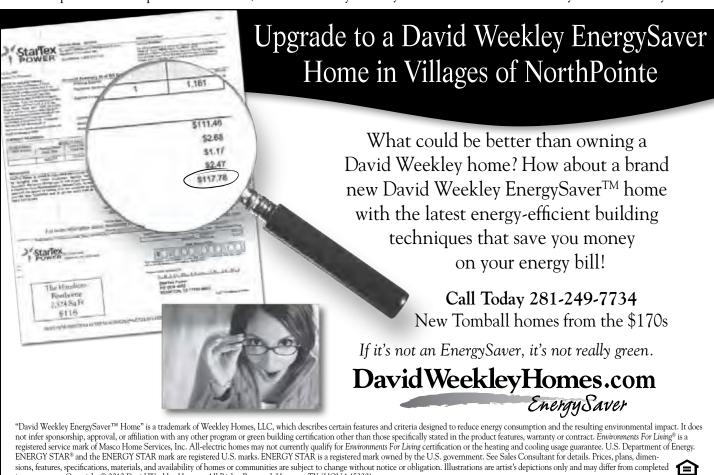
The perfect time to schedule school-required physicals is during the summer. A pre-participation physical exam (PPE) should be performed at least six weeks before preseason practice in order to avoid overbooked doctor¹s offices, but more importantly to allow time to correct or rehabilitate any detected problems. "If procrastination is due to fear that a health problem will keep them off the team, that fear is usually

improvements. Copyright © 2012 David Weekley Homes - All Rights Reserved. Houston, TX (HOUA45330)

unwarranted," said Dr. Julie Jones of Baylor College of Medicine. Research shows less than 2 percent of athletes are denied clearance to play sports due to the PPE. The exam serves various purposes: to determine the athlete¹s general health, to detect conditions that might predispose the student to injury or illness during competition, to detect conditions that might be life-threatening or limiting an athlete¹s safe participation, and to meet legal and insurance requirements of the state or school.

MODERATION KEY TO ALCOHOL CONSUMPTION

Though drinking small amounts of alcohol can have potential health benefits, Baylor College of Medicine doctors say drinking too much can do more harm than good. "The key to this contradiction is moderation," said Dr. Jeffrey Steinbauer, professor of family and community medicine at BCM. "While many people can drink more than one drink without becoming impaired, drinking higher amounts of alcohol increases the chance of suffering from various health problems." High levels of alcohol consumption contribute to health problems such as weight gain, heart problems, high blood pressure, dehydration, digestive problems including diarrhea and malabsorption, and even cancer. "While liver cancer is not directly related to drinking, some gastrointestinal cancers, like esophageal cancer, are," Steinbauer said. Moderation is the key when it comes to drinking, and you should discuss your alcohol intake with your doctor to determine whether your level is healthy or harmful.



Watermelon Lime Cocktail

Summertime in the evenings ... watching the sunset, feeling the breeze, enjoying the end of the day. Put this in your hand and your enjoyment level will increase! It's light, refreshing and really flavorful!

Ingredients:

- 1 C seedless watermelon, cubed
- 1 t sugar
- 2 oz Vodka {I love Tito's}
- juice of 1 lime
- splash of beer
- · lime and watermelon wedge as garnish



Directions:

In a tall shaker muddle the watermelon and sugar together until well mixed and very juicy. Fill a glass with crushed ice then drain the watermelon liquid into the glass {it should fill it 2/3 full}. Add 2 oz vodka, lime juice and splash of beer. Mix and sip... delicious!

Why Choose Primrose® for Pre-K

and Kindergarten?

Just Ask a Mom.

From the curriculum, our kids have developed a confidence in themselves on a day-to-day basis. And it speaks to the character development that the curriculum encourages, which is respect and friendship, and caring and giving.

Garrett and Nicholas's Mom, Primrose Parent

- Music, Spanish, Computer Technology
- Morning drop off and afternoon pick up from local elementary schools
- Integrated Thumbs Up!® physical education

Primrose School of Spring Cypress 11616 Spring Cypress Rd, Tomball, TX 77377

281.251.6300 www.primrosespringcypress.com

Educational Child Care for Infants through Private Kindergarten and After School







The Right Foundation to Build Active Minds, Healthy Bodies and Happy Hearts®



ach Primrose School is a privately owned and operated franchise. Primrose School, Balanced Learning, and The Leader in Educational Child Care are trademarks of Primrose School Franchising Company, ©2012 Primrose School Franchising Company, Wall rights reserve





ENVISIONS

Thank You!



Colin's Hope would like to thank **Peel, Inc.** for their continued support in helping prevent childhood drowning. Summer may be over but **WE** can prevent drownings all year long.

Train - Raise Pledges Prevent Drownings Become a Colin's Hope

MBASSADOR

LEARN MORE AT WWW.COLINSHOPE.ORG





















Buying or selling, we understand ...

RESULTS MATTER.

Better Homes and Gardens Real Estate Gary Greene has listed more homes and sold more listings than any other broker in Houston and surrounding areas this year. While we are proud of our record, we are more proud of being the solution our clients expected. I would be honored to assist you, your family and friends in the same way. Please give me a call.

Changing the business of real estate.



Kara Puente

REALTOR®

Villages of Northpointe Sales & Marketing Specialist

281-610-5402

Office: 281-444-5140

kpuente@garygreene.com www.KaraPuente.com



GARY

©2012 Better Homes and Gardens Real Estate LLC. A Realogy Company. All Rights Reserved. Better Homes and Gardens Real Estate LLC Juli supports the principles of the Fair Housing Act and the Equal Opportunity Act. Each Office is Independently Owned and Operated. Better Homes and Cardens, the Better Homes and Garden Real Estate logo are registered service marks owned by Meredith Concretion and Licensee to Rattle-Homes and Gardens Real Estate logo.