



THE VILLAGES OF *Compass* NORTH POINTE

VOLUME 4, ISSUE 2

OFFICIAL NEWSLETTER FOR THE VILLAGES OF NORTHPOINTE HOA

FEBRUARY 2013

Headaches

Submitted by Dr. Jeff Echols

I've been treating headaches for over 25 years and I believe they are very misunderstood by the general public.

It's only human nature to have a reason for why something is occurring, so when people get a headache they usually try to determine the reason for their headache. Some of the reasons I hear are quite amusing. "My husband gives me a headache, ...my boss, ...my kids." "I sit at a computer all day and THAT is the reason I have a headache." Sometimes people think that headaches are just normal and everyone gets them. I can assure you that headaches are not normal. Headaches are a sign that there is something wrong. Just like all symptoms are signs that something is wrong.

Headaches can be caused by a lot of different things. They can be caused by exotic and dangerous things like a brain tumor, but more often they are caused by common things. The most common reason is pressure on the nerves of the neck that radiate back into the head. When the bones of the spine are misaligned it will put pressure on the delicate nerves that exit the spine. This will in turn cause the muscles of the neck and shoulders to become tight and develop knots in them. You can actually reach up and feel the knots in your muscles. These knots are not normal and are a sign of spinal misalignment and soft tissue damage. Once the spinal misalignments are corrected the muscles relax more and the headaches are gone. Just for fun, I sometimes ask a headache patient when was the last they had a headache, once they have had their spine corrected. They will usually say something like "Gosh I haven't had a headache in months". I will ask them if they got divorced and they will look at me funny and say "NO, why?" You said your husband was the cause of your headaches! "Oh I guess I was wrong!"

So headaches are not normal, but are very common. They're usually caused by nerve pressure built up in the neck which causes tight muscles in the neck and shoulders. They can usually be corrected with gentle chiropractic therapy. You should get this checked even if the headaches are mild because if the bones of the spine are misaligned it will cause arthritic changes to form in the bones of the spine which will limit your ability to move and bend as well as other difficulties. Be proactive about your health.

2013 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.

5th Annual Egg Hunt - TBA April

Spring Garage Sale - TBA April

Ice Cream Social - TBA May

Bike Parade - TBA July 4th

Fall Garage Sale - TBA October

Breakfast With Santa - TBA December

Christmas Light Contest -

TBA December

Night of The Carolers - TBA December

Cookie Exchange - TBA December

Community Service Project - TBA
December

THE COMPASS

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 281-516-0513
Harris County MUD #281 (water and recycling) 281-376-8802
Harris County Constable Precinct #4
24-hour Dispatch 281-376-3472
Villages of Northpointe Patrol Officer
Deputy Miller 281-370-9106

SCHOOLS

Tomball Independent School District www.tomballisd.net
Canyon Pointe Elementary 281-357-3122
NorthPointe Intermediate 281-357-3020
Willow Wood Junior High 281-357-3030
Tomball High School 281-357-3220
Tomball Memorial High School 281-357-3230

TAX ENTITIES:

Tomball ISD Tax Office 281-357-3100
www.tomballisd.net and follow the link to the Tax Office
MUD #281 & NorthPointe WCID 713-462-8906
..... www.wheelerassoc.com
Harris County Appraisal District 713-957-7800
..... www.hcad.org
Electric Company Choices 866-7974839
..... www.powertochoose.org

MANAGEMENT

Chaparral Management (*Villages HOA Issues*) 281-537-0957
Please direct all questions, comments, and concerns about the
landscape along NorthPointe Blvd. to:

TEAKWOOD LANDSCAPING 281-720-0022
<http://www.teakwoodlandscaping.com>
marisa@teakwoodlandscaping.com

WEBSITE

www.villagesofnorthpointecai.com

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

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2013 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/robync Clark615@gmail.com

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.

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your HOME - Depend on the
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SHALOM! Hi Jewish Community. Let's get connected! To share Shabbat dinners...Chanukah parties...

Passover Seders...or simply get together! Interested? E-mail us at info@shalomcypress.org. Or visit our website at www.shalomcypress.org

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 Tournament: 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

YOUR COMMUNITY, YOUR VOICE

Do you have an article or story that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email your document to vnpcompasseditor@gmail.com.



GO **GREEN**
GO **PAPERLESS**



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newsletter
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HAPPY BIRTHDAY

Happy birthday to my wonderful husband, Sean Rushing on **February 2nd** who is turning **40!** You are a wonderful father and husband and we love you so very much! We hope your day is a fun one! Love Jessica, Allydia, Ashton, mom and dad!

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THE COMPASS



February Gardening Tips

February may well be the toughest gardening month. Thank goodness it's short. Gardeners in warm climates don't know what kind of weather to expect from day to day or from day to night. Gardeners in cold climates have put the holidays behind them and just want to see the sun shine again.

But that doesn't stop the true gardener from working on his garden. February is for planning and for seeing the first signs that spring is around the corner. And it is especially for pruning. So take advantage of those rare sunny days and get back in your garden.

- Finish up your catalog shopping and get your seed and plant orders in
- Keep an eye on houseplant pests
- Get your garden tools in order
- Watch out for cold snaps and be ready to protect tender plants
- Start to rejuvenate annual flower beds
- Keep watering, unless there are restrictions
- Propagate some new plants from cuttings
- Continue planting cool season vegetables like: broccoli, cabbage, kale, lettuce, onions
- Harvest winter crops before they bolt
- Plant out cold hard annuals like: pansies and Icelandic poppies
- Start seeds of warm season vegetables and flowers
- Begin dividing perennials
- Plant bare root roses and fruit trees
- Finish pruning roses and fruit trees
- Use dormant spray on roses and fruit trees and shrubs
- Plant regional bulbs like: amayllis, crinum and calla lilies
- Pot up saved tubers and corms like: begonias and cannas
- Weather permitting, you can start dividing perennials

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VNP Personal Classifieds

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 - 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 accomodating up to 350 pounds. \$500 cash obo. thegeek@netzero.com or 281-382-8791
 - (REDUCED) Mobility Scooters: 1 motorized scooter left in very good condition. Both parents have passed on. Asking \$300.00. 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



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Texas Events for February 2013

Market Day on the Square in Bellville, TX: Starts: Feb 2, 2013 12:00 AM Ends: May 4, 2013 12:00 AM Where: BELLVILLE, TX URL: www.bellville.com Features arts and crafts, collectibles, jewelry and antiques. Includes live entertainment. Downtown.

The Art in Fiber: Round Top, TX: Starts: Feb 2, 2013 12:00 AM Ends: Mar 3, 2013 12:00 AM Where: ROUND TOP, TX URL: www.coppershadetree.com Invitational show focuses on the work of Texas fiber artists. Copper Shade Tree, 206 E. Mill St.

Fasching Fest Nacht and Fasching Ball in Fredericksburg, TX: Starts: Feb 2, 2013 12:00 AM Ends: Feb 12, 2013 12:00 AM Where: FREDERICKSBURG, TX URL: www.faschingfredericksburg.com Enjoy Mardi Gras activities during Fest Nacht on Feb. 2, the sophisticated Fasching Masquerade Ball and Benefit on Feb. 9 and Fat Tuesday on Feb. 12. Various locations

Mardi Gras in Abilene, TX: Starts: Feb 2, 2013 12:00 AM Ends: Feb 2, 2013 12:00 AM Where: ABILENE, TX Celebrate the sights, sounds and tastes of Old New Orleans at this fundraiser for the Center for Contemporary Arts. Enjoy Creole food, jazz, and silent and live auctions from 6-10 p.m. Tickets

Fredericksburg Chorale Mid Winter Concert, Fredericksburg, TX: Starts: Feb 2, 2013 12:00 AM Ends: Feb 2, 2013 12:00 AM Where: FREDERICKSBURG, TX URL: www.fredericksburgchorale.com Concert of original choral and instrumental music is performed by the Fredericksburg Chorale and area artists. David. St. Joseph's Hall, 212 W. San Antonio St.

Remembering the Day the Music Died, Lubbock, TX: Starts: Feb 3, 2013 12:00 AM Ends: Feb 3, 2013 12:00 AM Where: LUBBOCK, TX URL: www.buddyhollycenter.org February 3, 2013, Marks the 54th anniversary of the tragic plane crash that claimed the lives of Buddy Holly, Ritchie Valens, J.P. Richardson (The Big Bopper), and pilot Roger Peterson.

Big Country Celebrity Ultimate Hunt, Abilene, TX: Starts: Feb 7, 2013 12:00 AM Ends: Feb 9, 2013 12:00 AM Where: ABILENE, TX Enjoy hunting and dining with celebrities on several beautiful West Texas ranches in this fundraiser event for Disability Resources.

Midessa Boat, RV, Sport, and Gun Show, Odessa, TX: Starts: Feb 7, 2013 12:00 AM Ends: Feb 10, 2013 12:00 AM Where: ODESSA, TX URL: www.midessaboatshow.com Ector County Coliseum, 4201 Andrews Highway.

Boots on the Beach, Galveston, TX: Starts: Feb 8, 2013 12:00 AM Ends: Feb 8, 2013 12:00 AM Where: GALVESTON, TX URL: www.BeachCentralGalveston.com Country-western music festival includes performances by Jerry Jeff Walker and Joe Ely, among others. Hours are 4 p.m.-midnight. 2102 Seawall.

Mardi Gras Up River, Jefferson, TX: Starts: Feb 8, 2013 12:00 AM Ends: Feb 10, 2013 12:00 AM Where: JEFFERSON, TX URL: www.mardigrasupriver.com Celebrate Mardi Gras at this festival that recalls the days when steamboats came up the river to Port Jefferson from New Orleans. Includes parades and live entertainment. Downtown.

Bolivar Peninsula Light House Krewe Mardi Gras Parade, Crystal Beach, TX: Starts: Feb 9, 2013 12:00 AM Ends: Feb 9, 2013 12:00 AM Where: CRYSTAL BEACH, TX URL: www.bolivarchamber.org This year's theme is "Endless Summer." Begins at 11:30 a.m. On Texas 87.

Yachty Gras Parade, Kemah, TX: Starts: Feb 9, 2013 12:00 AM Ends: Feb 9, 2013 12:00 AM Where: KEMAH, TX URL: www.yachtygras.com The annual Yachty Gras Grand Night Boat Parade begins at the Seabrook Channel and proceeds past the Kemah Boardwalk. The elaborately decorated yachts will be throwing beads to the revelers viewing the show.

Quilt -A- Thon, Tyler, TX: Starts: Feb 9, 2013 12:00 AM Ends: Feb 9, 2013 12:00 AM Where: TYLER, TX URL: www.oslctyler.org Help make quilts or just come to watch. Quilts are donated to the Tyler Fire Department, Shriners, and various other organizations. Hours are 9 a.m.-3 p.m. Our Saviour's Lutheran Church,

Corks and Forks, Lufkin, TX: Starts: Feb 9, 2013 12:00 AM Ends: Feb 9, 2013 12:00 AM Where: LUFKIN, TX Lufkin's finest chefs showcase their tastiest appetizers and desserts paired with great wine and champagne. Also enjoy live music, dancing and art on display. Downtown.

Galveston Symphony Orchestra, Galveston, TX: Starts: Feb 10, 2013 12:00 AM Ends: Feb 10, 2013 12:00 AM Where: GALVESTON, TX URL: www.thegrand.com The Grand 1894 Opera House, 2020 Postoffice St.

Taste of the Triangle, Beaumont, TX: Starts: Feb 12, 2013 12:00 AM Ends: Feb 12, 2013 12:00 AM Where: BEAUMONT, TX this food festival demonstrates that Southeast Texas is a true melting pot of flavors. Ford Park.

Houston Glass show and Sales/Best Little Antique Show in Texas, Rosenberg, TX: Starts: Feb 15, 2013 12:00 AM Ends: Feb 17, 2013 12:00 AM Where: ROSENBERG, TX URL: www.houstonglassclub.org Features American glass from the 1920s-70s, as well as antique jewelry, European glass, linens and silver. Preview party is 6-9 p.m. Friday. Hours are 10 a.m.-5 p.m. Saturday and 10 a.m.-4 p.m. Sun...

Old Gruene Market Days, Gruene, TX: Starts: Feb 16, 2013 12:00 AM Ends: May 19, 2013 12:00 AM Where: GRUENE, TX URL: www.gruenemarketdays.com Nearly 100 vendors offer uniquely crafted items and packaged Texas foods. Hours are 10 a.m.-5 p.m. Gruene Historic District, 1281 Gruene Road.

(Continued on Page 7)

Texas Events (Continued from Page 6)

Houston Live Stock Show and Rodeo, Houston, TX: Starts: Feb 25, 2013 12:00 AM Ends: Mar 17, 2013 12:00 AM Where: HOUSTON, TX URL: www.rodeohouston.com Features a parade kick-off, rodeo action, livestock shows, the Cinch RodeoHouston Super Shootout, the Rodeo Uncorked! International Wine Competition, headliner concerts, sheep-dog trials, trail ride

Azalea Trail, Nacogdoches, TX: Starts: Mar 1, 2013 12:00 AM Ends: Mar 30, 2013 12:00 AM Where: NACOGDOCHES, TX URL: www.nacogdochesazaleas.com Flower festival includes 25 miles of self-guided driving routes, floral-design exhibit, little princess garden party, azalea symposium and other special events. Visitor Center, 200 E. Main, see website for further information.

Texas Independence Day, Gonzales, TX: Starts: Mar 1, 2013 12:00 AM Ends: Mar 1, 2013 12:00 AM Where: GONZALES, TX Includes breakfast at the Old Jail from 6:30-8:30 a.m., a wreath-laying ceremony at noon on Texas Heroes Square at noon, and walking tour of the square from 2:30 p.m. Downtown Gonzales Historic District.

2013 Relay for Life Cy-Fair

Friday, April 26, 2013 | 7 p.m.
Cy Falls High School | 9811 Huffmeister Road, Houston

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THE COMPASS

CY-FAIR KIWANIS CLUB



Kiwanis wants YOU! The Cy-Fair Kiwanis Club is actively seeking new members who are interested in giving service to improve our community and our world. Visit the Cy-Fair Kiwanis Club and learn about the projects in which its members participate to enrich and improve life for citizens in our community. We sponsor the Key Clubs in the Cy-Fair, Jersey Village, and Katy communities and work with them in service to the Cy-Fair area. Internationally, both Kiwanis and Key Clubs are participating in the ELIMINATE PROJECT aimed at the eradication of maternal/neonatal tetanus.

Businesses of the community are encouraged to support a representative for membership in Kiwanis. If you work for a business that is oriented toward involvement in community improvement and leadership, suggest to them that you would like to represent that business through membership and involvement in work with Kiwanis. We welcome businesses and organizations as well as individual memberships.

CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs and two Builders' Clubs in the Cy-Fair School District. We sponsor the Kids Triathlon; Girl Scout, Boy Scout, and Sea Scout troops and activities; awards scholarships to outstanding Key Club members in our district; provides assistance to Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.

The Cy-Fair Kiwanis Club meets at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll at 281-463-0373, George Cowl at 832-467-1998 or Peggy Presnell at 281-304-7127. We invite you to be our guest at one of the meetings and enjoy the fellowship of Kiwanians from your community as you learn about our organization.

6th Annual

HOME & GARDEN SHOW

February 23 & 24 Berry Center

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WHAT'S NEXT!

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Tea Sampling & Presentations.

Mobile Display
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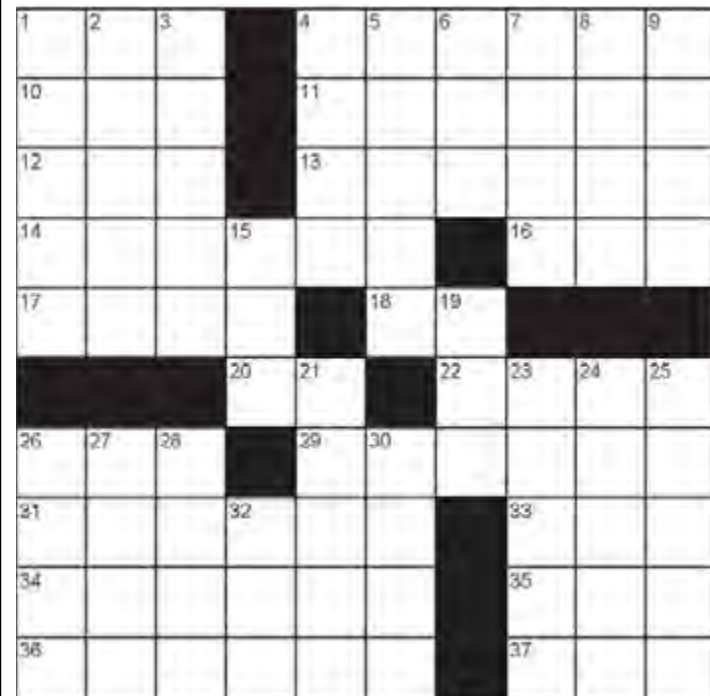
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1. Dad
4. Panther
10. Time period
11. A Nissan car
12. Admiral (abbr.)
13. Programmer
14. A deviated one makes you snore
16. Vane direction
17. Time periods
18. Letter afterward
20. Evening
22. Garden tools
26. Pod vegetable
29. Egg dish
31. List of errors
33. Wrath
34. Tie clip
35. Rival
36. Stoles

DOWN

1. "___ porridge hot..."
2. Special request
3. South American plain
4. Tropical island
5. Holding device
6. And so forth
7. Enjoy
8. Sign
9. Weed in a wheat field
15. Cooking measurement
19. Her
21. Pattern
23. ___ Oyl (Popeye's girlfriend)
24. Spooky
25. Strong metal
26. Domestic friends
27. Little Mermaid's love
28. Region
30. Pilots
32. April (abbr.)

View answers online at www.peelinc.com

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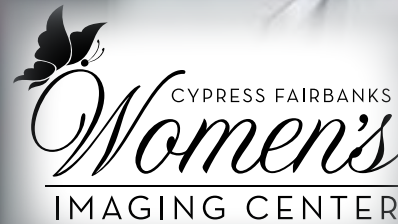
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THE COMPASS

Are you a Tomball Memorial High School Wildcat? Do you know one?

*We have something for everyone at the
1st Annual Wildcat*

Golf & Gaming Tournament

Sunday, April 07, 2013, 12:30PM

-Gleannloch Pines-

19999 Champion Forest Dr, Spring TX, 77979

Teeing off with the TMABC directly supports ALL sports teams at Tomball Memorial High School!

The Tomball Memorial Athletic Booster Club is the ALL sports booster club for the newest addition to the Tomball ISD, Tomball Memorial High School. The sole purpose of the TMABC is to assist, promote and help support ALL athletic teams and athletic programs at TMHS. We honor all TMHS athletes with annual recognition events, provide scholarships for senior athletes of current Family/Individual members, and supplement the athletic department budget by helping coaches purchase "wish list" items.

This is NOT your ordinary golf tournament! Golfers will enjoy 18 holes on Gleannloch Pines well-manicured fairways, participating in contests for long-drive contests, hole-in-one on all par 3's, and our special Wildcat Hole. We'll even help you shave a stroke at the buy-a-drive hole!

Gamers will experience a double elimination NCAA style basketball tournament delivered by CurbGames.com using the latest Xbox console. These 2 player teams will go head-to-head vying for the top three spots. There will also be hourly golf lessons and free games as you wait for your next challenger.

Not a golfer or a gamer? You can still participate by volunteering, donating auction and raffle items, and/or participating in one of our sponsorship opportunities. For more information on how you can sponsor or participate visit our website <http://www.tomballmemorialabc.com> or email: tmabcinfo@gmail.com.

AVAILABLE SPONSORSHIPS:

- A Limited Number of \$1,000 Wildcat
- The \$700 GameCat gaming sponsor(s)
- There are 4 - \$200 Beverage Sponsors available.
- The \$700 Catering Sponsor
- Golf Clinic Sponsor(s)
- Unlimited number of these \$100 sponsors.
- Donations for Auction and Raffle Items.

SUDOKU

View answers online at www.peelinc.com

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

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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Heart Healthy Lifestyles

By: Concentra Urgent Care

Approximately every 60 seconds, an American will die from a coronary event. According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

WHAT CAN YOU DO TO LIVE HEART HEALTHY? THE AHA RECOMMENDS:

- Eating a healthy diet
- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat
- Exercising regularly
- 20-to-60 minutes per day, 3-to-5 times per week
- Avoiding tobacco products and tobacco smoke
- Limiting your alcohol intake
 - Women: 1 drink per day (maximum)
 - Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in heart

disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

WHAT SHOULD BE INCLUDED IN A FAMILY HISTORY?

- Any known congenital or hereditary disorders
- Major illnesses
- Chronic ailments or risk factors
- Smoking
- Obesity
- Alcohol problems
- The cause and age of death of any deceased relatives
- Childhood conditions
- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at www.AmericanHeart.org.

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