



THE VILLAGES OF *Compass* NORTH POINTE

VOLUME 5, ISSUE 7

OFFICIAL NEWSLETTER FOR THE VILLAGES OF NORTHPOINTE HOA

JULY 2014

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/
healthyyouth/physicalactivity/](http://www.cdc.gov/healthyyouth/physicalactivity/)



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 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

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.



Flaherty's
FlooringAmerica.

\$100 OFF (Your Flooring Purchase of \$1500 or more)

*** Must present coupon at time of purchase. Limit 1 per customer. Discount on Material Only. Not valid with any other offer or discount. See Store for Details. Limited Time Offer.

The Woodlands 281-363-1962

10700 Kuykendahl Rd. | The Woodlands, TX 77381

Cypress 281-370-8022

13422 Grant Rd. | Cypress, TX 77429



www.flahertysflooring.com

THE COMPASS

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.



Affordable Shade Patio Covers



Windstorm
Certification
Provided for
Inland I, II, III



City Permits
HOA Approvals

We specialize in affordable custom built patio covers that enhance your lifestyle and increase the value of your home.

Call to schedule a free estimate
with one of our qualified supervisors.

713-574-4648

Visit our website to view hundreds of pictures of our work and see homes similar to your design.

AffordableShade.com



Custom Designed
Patio Covers

Aluminum Insulated
Patio Covers

Patio Cover
Screen Rooms

Structural &
Decorative Concrete

Shade Arbors
Cedar & Aluminum

Town & Country
INDUSTRIES
Wholesale Aluminum and Building Products



PRESENT THIS COUPON TO YOUR SUPERVISOR FOR HUGE SAVINGS!



THE COMPASS

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.

PRE-SCHOOL **BUILDING RAINBOWS DAY SCHOOL**

A Terrific Place to Grow and Play!

14 Months-12 Years

13922 Schmidt Road

Cypress, 77429

281-890-7498



Infant-12 Years

910 Village Sq. Dr.

Tomball, 77375

281-547-0405

Since 1982



BUILDINGRAINBOWSDAYSCHOOL.COM

Ways to Prevent Identity Theft

Don't carry social security cards, Pin #, blank checks, Medicare card or keys in your wallet. Make photocopies of EVERY card in your wallet (both front & back)

IF YOUR WALLET IS MISSING FOLLOW THESE STEPS:

Call credit card companies and request an account number change. Do not cancel your card. If your account is closed it will inconvenience you and hurt your credit score.

File a Report with the Police.

Get a copy of the report and send copies to your bank and credit card companies.

Alert Your Bank

Change Pin #'s , cancel ATM cards and get a new checking account number if your checkbook is missing.

Contact Your DMV

Replace your driver's license and ask that a stolen/lost warning be placed in your file.

Put a Fraud Alert or Security Freeze

On your file at the three major credit bureaus. experian .com; equifax.com; and transunion.com . Alerts are free, but freezes are more secure and free to people over 65.

Private Medical Insurers

Should be asked for new cards with new account numbers to prevent fraud. Call Medicare and your auto insurer in case someone tries to make an accident claim from your policy.

Check Credit Reports

After your wallet is lost 2 weeks, go to creditreport.com to get a free report. That is usually time enough for thieves to open credit in your name. Recheck credit report in 2-3 months.



Jacquie Kendrick

Broker Associate, ABR, CRS, GRI, CNS, CHMS

713.826.1097

jkendrick@cbunited.com

JacquieKendrick.com

NorthpointeAreaHomes.info

Celebrate **INDEPENDENCE DAY**

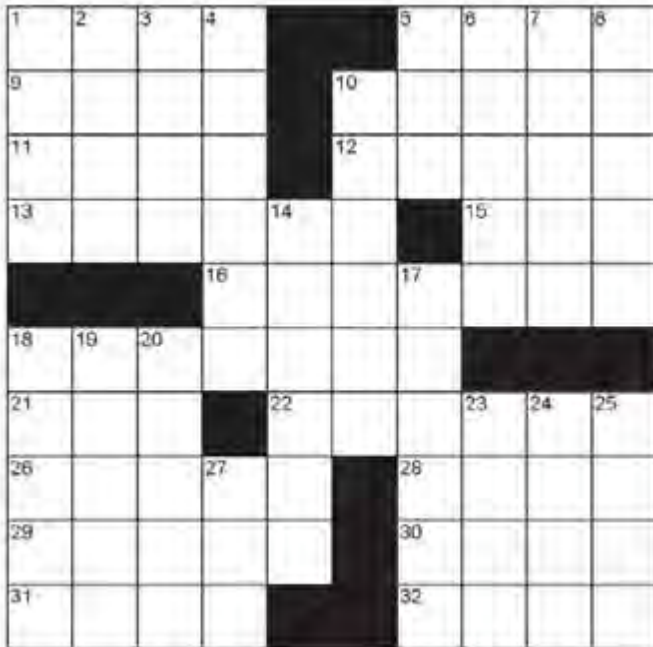
**THE MARKET IS
HOT, HOT, HOT!**

**Grab a higher equity from the sale of your
home and move to the home of your dreams**

**Moving Up, Down, Across, or Out of Town?
Call Me Today**

THE COMPASS

CROSSWORD PUZZLE



ACROSS

1. Chunk
5. Tramp
9. Run
10. Confuse
11. Cain killed him
12. To that time
13. Fraud
15. Compass point
16. Taught
18. Hides
21. Brew
22. Large meals
26. Sheer, triangular scarf
28. Midwestern state
29. Electronic mail
30. First letter of the Arabic alphabet
31. September (abbr.)
32. Polish

DOWN




1. Attired
2. Earring need
3. Organization of Petroleum Exporting Countries
4. Efface
5. Egg layer
6. Many times
7. Capital of Idaho
8. Eyed
10. Combustible material
14. Angry
17. Old Testament prophet
18. Fireproof storage areas
19. Climate
20. Summary
23. Fly alone
24. Matching
25. Secure
27. Whack

View answers online at www.peelinc.com

© 2006. Feature Exchange

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**

SUDOKU

View answers online at www.peelinc.com

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

© 2006, Feature Exchange

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.

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.

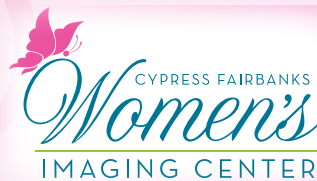
* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* 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.

3D Mammograms now available!

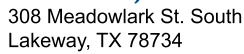
- 3D Mammography (tomosynthesis) is a FDA approved imaging technology designed for early breast cancer detection.
- **Evening and weekend hours are available.**
- *Schedule your mammogram today and receive a free Bath and Body Works gift set!



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



VNP

