



VOLUME 6, ISSUE 4

OFFICIAL NEWSLETTER FOR THE VILLAGES OF NORTH POINTE HOA

APRIL 2015

UNDERSTANDING WATER QUALITY

FOUR AREAS OF FOCUS WHERE YOU CAN MAKE A DIFFERENCE

Submitted by David Renniger

Question: What is the most common pollutant in the urban waterways of Harris County, Texas? (Answer below)

WATERSHEDS AND WATER QUALITY

Water quality describes physical and chemical parameters of surface water that impact both human and ecological health within a given watershed. A watershed is a geographic area where flowing water (and everything we put in it) drains into a larger common body of water. It can be the gutter system around your house that flows to the storm sewer, or an entire river basin that collects runoff from surrounding towns, roadways, and green spaces. Everyone lives in watershed. In Texas alone, there are 23 major river basin watersheds, each ultimately flowing into the Gulf of Mexico.

Understanding the relationship between water quality and human activity is the cornerstone of my own transformative experience in becoming NatureSmart. You see, I spent the majority of my career liberally applying pesticides and chemical control products to keep my demanding landscape clients happy and their gardens as green and pest-free as possible. Little did I know that most of these chemicals would eventually find their way into watersheds where they negatively affect everything from contact recreation and fishing areas, stream ecology, human health, and the safety of our drinking water.

IMPROVING WATER QUALITY

Water quality is determined by comparing levels of pollutants like sediment, nutrients, bacteria, and man-made chemicals against baseline levels in a watershed. While this monitoring activity is performed by regulatory agencies and trained experts, here are four areas where you can make a significant contribution to improving water quality in your watershed:

1. Landscapes

- Choose sustainable landscape practices
- Minimize exposed soil with vegetative cover
- Plant vegetative barriers to filter runoff and trap sediments
- Mulch lawn clippings
- Stop using pesticides and chemical fertilizers

2. Car Care

- Regularly check for fluid leaks
- Recycle used motor oil
- Wash vehicles at the car wash and not in the driveway

3. Paved Surfaces

- Sweep/blow driveways, sidewalks and roads
- Don't sweep/blow debris into storm drains
- Direct downspouts away from paved surfaces

4. Home Care

- Never pour anything down storm drains
- Carefully store and dispose of cleaners, chemicals, and oil
- Pick up pet waste
- Pump and inspect septic systems regularly

Unfortunately, most major streams in Harris County, Texas are listed on the Texas Commission on Environmental Quality's 303(d) list, which identifies impaired waters with higher than acceptable values for pollutants. The good news is that implementing the recommendations in these four areas of focus can make a difference and cost nothing more than a simple change in behavior.

The answer to our question: E.coli bacteria from fecal contamination is the number one cause of impaired waterways in Harris County, Texas. The bacteria is carried by stormwater runoff that flows into our creeks and streams. You can make an immediate impact by cleaning up pet waste and not allowing them to defecate near stormwater drainage areas.

IMPORTANT NUMBERS

Villages of Northpointe Security Director	
Andy Elmore	hit02@scbglobal.net
Waste Management (<i>garbage – paid through MUD #281</i>).....	
.....	281-376-8802
Centerpoint Energy (<i>street lights – get 6 digit # off lamp post</i>).....	
.....	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
<i>www.tomballisd.net and follow the link to the Tax Office</i>	
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 (<i>Villages HOA Issues</i>).....	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 bfnear@mail.com to request information postings on the website.

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PORTABLE FIRE EXTINGUISHER

A portable fire extinguisher can save lives and property by putting out a small fire or containing it until the fire department arrives; but portable extinguishers have limitations. Because fire grows and spreads so rapidly, the number one priority for residents is to get out safely.

Use a portable fire extinguisher when the fire is confined to a small area, such as a wastebasket, and is not growing; everyone has exited the building; the fire department has been called or is being called; and the room is not filled with smoke.

To operate a fire extinguisher, remember the word PASS:

- **PULL** the pin. Hold the extinguisher with the nozzle pointing away from you, and release the locking mechanism.
- **AIM** low. Point the extinguisher at the base of the fire.
- **SQUEEZE** the lever slowly and evenly.
- **SWEEP** the nozzle from side-to-side.

For the home, select a multi-purpose extinguisher (can be used on all types of home fires) that is large enough to put out a small fire, but not so heavy as to be difficult to handle.

Choose a fire extinguisher that carries the label of an independent testing laboratory.

Read the instructions that come with the fire extinguisher and become familiar with its parts and operation before a fire breaks out.

Install fire extinguishers close to an exit and keep your back to a clear exit when you use the device so you can make an easy escape if the fire cannot be controlled. If the room fills with smoke, leave immediately.

Know when to go. Fire extinguishers are one element of a fire response plan, but the primary element is safe escape. Every household should have a home fire escape plan and working smoke alarms.



GET MORE FROM YOUR GARDEN

Raspberries require little care to grow, but can cost a lot at the store. You can even freeze them.

Mixed salad greens, like baby lettuce and arugula are tough and quick growing, even after cutting.

If you cut them correctly they will grow again. Start at one end of your garden and cut plants about an inch from the ground. The plant could grow back 3-4 times in a season.

Flat gardening was popular years ago, but now raised beds are much better. They prevent weeds from taking over, let water drain more efficiently and plants thrive in aerated soil.

A very common error in gardening is over watering and drowning plants. If it rains at least one inch per week, you can probably skip heavy watering. Purchase a rain gauge (under \$10) at garden stores to keep track of how much or how little water your plant is getting and add or subtract from there.

A grayscale photograph of a person's legs on a treadmill, used as a background for the advertisement text.

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We are women who prayer together on a regular basis for children and schools, as an interdenominational, Christ centered prayer ministry – moms, grandmas, aunts, any women desiring to pray for children and schools, whether public, private or homeschool, from preschool to college. Praying together provides hope and strength to moms who carry burdens for their children.

Our purpose is to pray for our children, teachers, staff and schools – to pray that our schools will be directed by biblical values and high moral standards.

We have a small core group of ladies already meeting together in prayer! If you are interested in joining our newly formed Moms in Prayer group, we meet on Monday mornings at 9:00 a.m. For more information, contact Kyla Bayang at kylabayang@att.net.

Northwest Harris County Aggie Moms to Award Scholarships

Please join us for the Northwest Harris County Aggie Mom's Club monthly meeting on Tuesday, April 14, 2015, beginning with refreshments and social time at 6:30 followed by meeting at 7:15 p.m. The meeting is held at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. You will want to find out which deserving students will be awarded the 2015 scholarship awards and learn how these scholarships impact the Aggie experience. NWHC Aggie Moms Club members will also vote on which Texas A&M student organizations they would like the club to support. All meetings are open to the public and prospective students; current students and Aggie families are always welcome!

MARK YOUR CALENDARS!

Parents Weekend- April 17-18th-Parents' Weekend is a cherished Aggie tradition honoring Aggie moms and dads since 1919. Among the many weekend activities is the popular Aggie Moms' Boutique, a gift and craft fair held on April 17 and 18 in the Memorial Student Center at Texas A&M. Check out our booth! We will be selling our Tradition beads! For more information on the scheduled parents weekend events go to <http://parentsweekend.tamu.edu/node/38>.

Aggie Muster-April 21st- Aggies around the world will join together for Muster, held at Reed Arena beginning at 7PM to honor Aggies who are no longer among us. Muster is a day celebrating the camaraderie and the friendships, the triumphs and the defeats, the legacies and the impact that Texas A&M University has made, and continues to make, in all of our lives.

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:15 pm at 7100 High Life Drive. For more information on monthly speakers or upcoming events visit our website at www.nwhcaggie moms.org or contact Connie Pritchard, Club President at pritchardg@sbcbglobal.net



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Time to get certified! GuardHouston is now hiring for the summer season, and we are starting classes during Spring Break. Through videos, group discussion, and hands-on practice, you'll learn teamwork, rescue, surveillance skills, First Aid and CPR/AED, and other skills you need to work as a professional lifeguard. Training options feature two core courses—Lifeguarding and Shallow Water Lifeguarding (available in a blended learning format)—plus optional add-on modules, including waterfront skills or waterpark skills modules. Successful completion results in a two-year certification in lifeguarding that includes First Aid and professional-level CPR and AED in one certificate. A digital certificate is available upon successful completion of course. Prerequisites: Must be at least fifteen years old, pass a 300-meter swim (not timed), and retrieve a ten-lb. brick from the ten-foot-deep level of the pool.

The Lifeguarding Review Course is designed to review the lifeguarding skills and core knowledge points required to recertify

in lifeguarding. Prerequisite: Current Red Cross Lifeguarding/First Aid/CPR/AED or Shallow Water Lifeguarding/First Aid/CPR/AED certificate. Note: If the Lifeguarding/First Aid/CPR/AED certificate is expired, participants must take the full Lifeguarding or Shallow Water Lifeguarding course.

Topics for both classes include:

- Patron surveillance
- Victim assessment
- Care for head, neck, and spinal injuries
- Rescue skills
- CPR/AED

GuardHouston orientation is for new and returning employees. The area manager along with the returning staff will lead the orientation on-site and go over everything that is GuardHouston. All new and returning employees will have an understanding and knowledge of the following:

- General expectations
- Levels of responsibility
- Maintenance
- Etiquette
- Company policies
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THE COMPASS

Asthma can be controlled, not cured

Medications and lifestyle changes help manage asthma, but they will not actually cure it

"You still have airway inflammation that needs to be treated," said Dr. Nicola Hanania, associate professor of medicine at BCM.

Asthma has a higher prevalence in the inner city population. Treatment incorporates anti-inflammatory medications and lifestyle changes.

Hanania stresses controlling indoor allergens such as dust mites and mold, as well as controlling exposure to second hand smoke.

Although asthma symptoms may not be as apparent when medication and lifestyle changes are incorporated, asthma is not actually cured. If medication or lifestyle changes are stopped, signs of poor control, such as exacerbations and an increased use of an inhaler, will appear and can lead to emergency room visits, hospitalizations and sometimes even death.

Hanania suggests proper education about asthma and having an action plan and knowing when to get help or when to go to the emergency room.

It is possible for adults to develop asthma even though it was not present previously.



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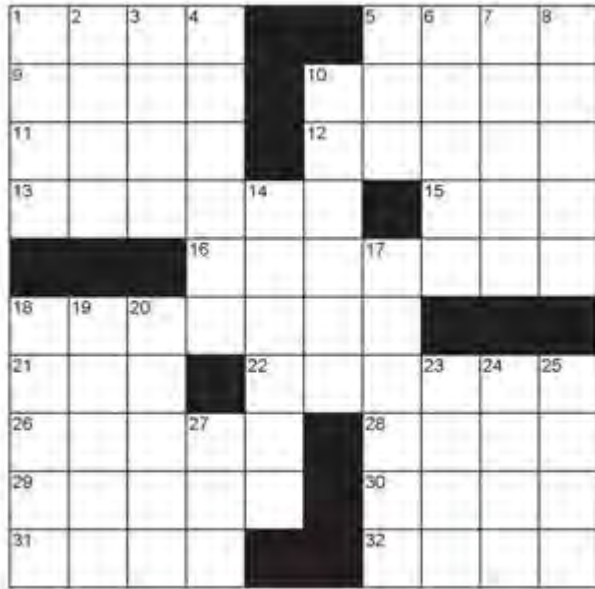
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22. Package label
26. Punching tool
29. Esc
31. Fine
33. Modern
34. Cat mystery writer
Braun
35. Lingerie
36. Elevate
37. Sign language

DOWN

1. Reference book
2. Swanky
3. Award
4. Marry
5. Abraham's son
6. Mr.'s wife
7. El __ (Texas city)
8. Precede
9. Women's magazine
15. Brim
19. American Football Conference (abbr.)
21. Coffee shop order
23. Ballroom dancing
24. Aromas
25. Particular style
26. American Civil Liberties Union (abbr.)
27. Lash
28. Lounge
30. Delivered by post
32. Roman three

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Email the picture to vnpcompasseditor@gmail.com. Be sure to include the text that you would like to have as the caption.

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THE COMPASS

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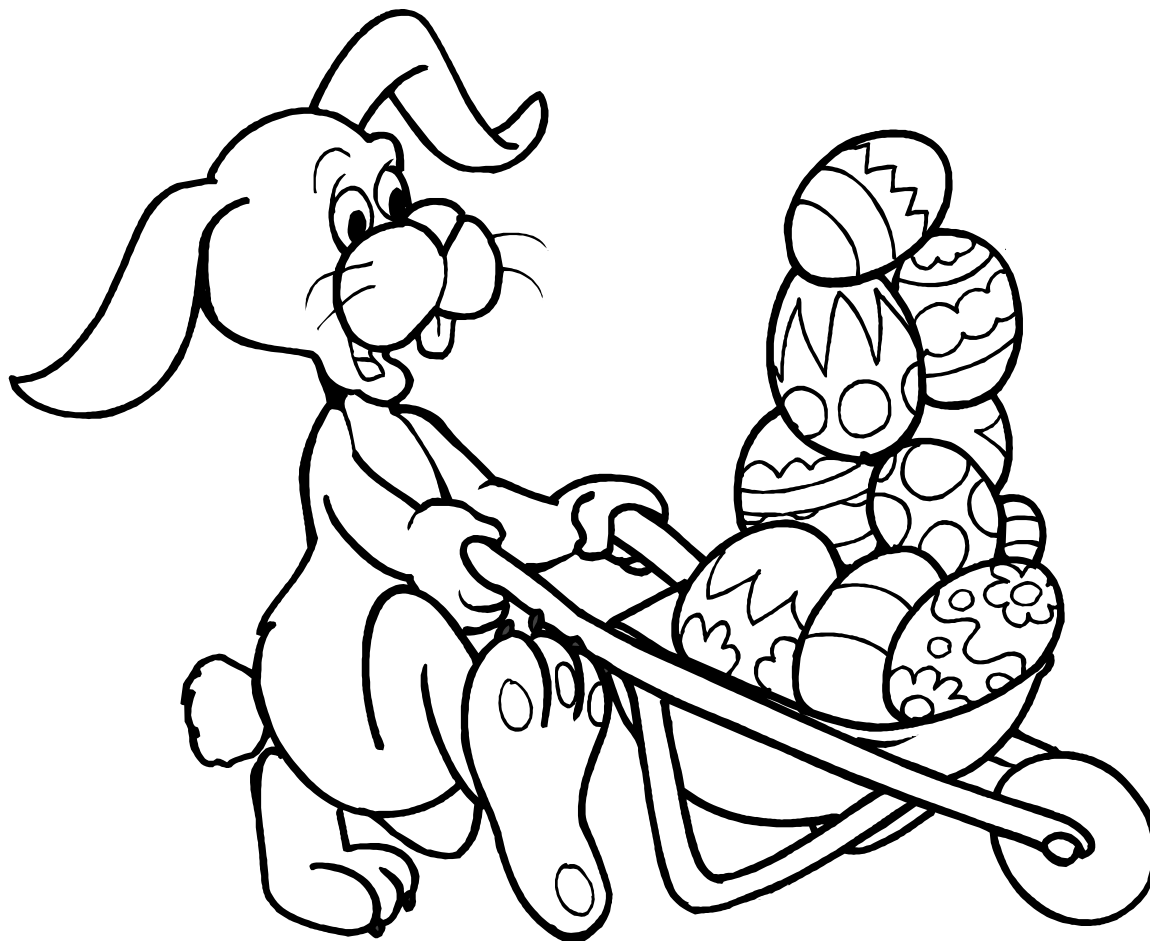
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