

Volume 7, Issue 2

A NEWSLETTER FOR VILLAGES OF NORTHPOINTE

FEBRUARY 2016

Finding Connection

first date? I know, for many of you that seems like it was went through your mind. were thoughts of, "What if he doesn't think I'm pretty?" Or, "Will he and intent. think I'm smart enough? ...Funny? What if he thinks I'm boring?" Take your pick, and fill in the description. Male or female, old or young, we've all worried about these things at some point. Every self-help book tells you that you need to love

yourself before you can make a connection with another person. But how? How do you learn to find that connection within yourself so that you can learn to find connections with others?

For me, it was when I began working with horses. I learned a few simple, but profound, facts about horses. Horses don't judge,

Do you remember your last and are not impressed by a pretty face. They don't care about the car you drive, what your job is, or how much money you make. There are no concerns about race, sexuality, or religion. All a horse wants to know is, "Can I trust you to keep me safe?" and try to recall what

These amazing creatures are incredibly similar to humans
For most of us, there in that they instinctively crave the connection formed with other beings. Through my journey into the world of Natural Horsemanship, I learned that horses are deeply intuitive creatures who can read you just by reading your body language and intent.

Working with these creatures teaches you so much about yourself.

For instance, working with a creature that weighs over 1000 lbs. makes you feel strong and confident. When a horse chooses to interact with you, you feel honored and special. When a horse offers you his trust, you feel love. And, if you mess up or make a mistake? Well, horses are the consummate teachers of forgiveness. They don't hold grudges or cast blame. They just move on. Really, there's a lesson in life everyone should learn.

Learning to love yourself is imperative to finding and establishing connections with others. Learning how to love yourself is a journey in itself. Begin your journey this month, and enjoy the ride.

Tara Chatterson works at Five Horses, LLC in Waller, Texas. To find out more about how horses can help you and your relationships, check out the natural horsemanship program, as well as the equine-assisted learning workshops provided here: www.fivehorses.com

IMPORTANT NUMBERS

Villages of Northpointe Security Director	
Andy Elmore	
Waste Management	
Centerpoint Energy	
Tomball Post Office	
Harris County MUD #281 (water and recycling)	
Harris County Constable Precinct #4	
24-hour Dispatch	
Villages of Northpointe Patrol Officer	
Deputy Miller	
SCHOOLS	
Tomball Independent School District	www.tomballisd.net
Canyon Pointe Elementary	

Carryon rome Elementary	
NorthPointe Intermediate	-3020
Willow Wood Junior High	-3030
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 District713-957-7800
Electric Company Choices
www.powertochoose.org

NEWSLETTER INFO

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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 *<u>villagesofnorthpointe@peelinc.com</u>*.



8TH Annual Salute to Our Heroes Gala



On February 13, 2016, the Cy-Fair Educational Foundation (CFEF) will hold its 8th Annual Salute to Our Heroes Gala at the Omni Houston Hotel Westside. Joe Myers Ford Lincoln is generously underwriting this gala that honors the brave men and women who have served to protect our freedom and liberty. Cypress Fairbanks Medical Center Hospital and North Cypress

Medical Center are Major General Sponsors for Salute to Our Heroes. The evening will include a Missing Man Table and Honors Ceremony to honor our missing loved ones [or missing comrades in arms, for veterans].

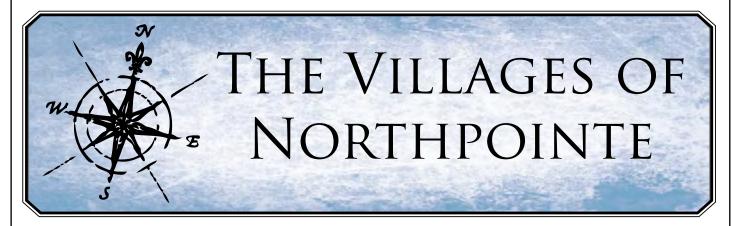
Gerald Coffee is the guest speaker. Captain Coffee served our country as a naval officer for 28 years; much of that service was as one of the longest held prisoners of war in the communist prisons of North Vietnam. His military decorations include the Silver Star, the Distinguished Flying Cross, two Bronze Stars, the Air Medal, two Purple Hearts, and the Vietnam Service Medal with 13 stars.

Salute to Our Heroes has raised more than half a million dollars over the past seven years. Proceeds from this event have funded three endowed scholarships for students graduating from the Cypress Fairbanks ISD.

CFEF was established in 1970 as a non-profit to raise money to fund a scholarship for high school graduates in the area. Over the past 45 years, the Foundation has grown tremendously through the efforts of the Board of Trustees and the generosity of the Cy-Fair Community. The Foundation has awarded more than \$6 million in scholarships to 1300 graduating seniors. CFEF is a 501(c)3 nonprofit organization, all contributions are tax deductible, as allowed by the law.

Sponsorships and tickets are available for Salute to Our Heroes Tickets: \$100 individual; \$50 veterans

For more information please contact marie@thecfef.org or visit our website at www.TheCFEF.org.



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RE/MAX

"Learning to WIN with ABWA: The Ins and Outs of Working in WIN"

Luncheon Details Thursday, February 25, 2016 Networking 11a.m.; Luncheon begins at 11:30 a.m. Sterling Country Club, 16500 Houston National Blvd., Houston, TX 77095

Costs \$25 with advanced reservations; \$30 at the door

At the February 25 Cy-Fair Express Network Luncheon, attendees will learn about working in and through WIN (Women's Instructional Network). They will learn more about how to update member profiles, upload items to WIN, and also learn about other scholarship opportunities. Members are encouraged to bring their laptops and/or tablets, and hotspot connection to actively participate in the presentation.

This month's CYFEN meeting begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Luncheons are held at the Sterling Country Club, 16500 Houston National Blvd.

Why have your baby

at Cy-Fair Hospital?

About Cy-Fair Express Network (CYFEN)

Now over 50 members strong, Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and national recognition. CYFEN is part of the national organization of American Business Women's Association (ABWA), for more information go to www.CYFEN.org.

About American Business Women's Association (ABWA)

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 60 years to women's education, workplace skills and career development training. For more information, visit, www.abwa.org.

ypress Fairbanks Medical Center Hospital recently

We'll give you 50,000 reasons why! celebrated the delivery of our 50,000th baby. For more than 30 years, thousands of families have trusted

Cy-Fair Hospital to care for their tiniest family members.

Our experienced team of caring, dedicated medical professionals remain committed to standing by you during your entire journey to motherhood.

Cy-Fair Hospital offers a full range of maternity services including:

- OB physicians onsite 24/7
- Private labor and delivery suites with in-room sleeping accommodations

Advanced ultrasound

imaging services

- Level III NICU to care for the most critically ill babies Neonatal specialists onsite
- 24/7
- Maternal Fetal Medicine Clinic for high-risk pregnancies

Cypress Fairbanks Medical Center Hospital

To learn more about our services, or to find a physician, visit cyfairhospital.com/maternity.

CYFAIR REGIONAL HEALTH NETWORK

GRILIFE EXTENSION LEAF CUTTING ANTS

Leaf cutting ants are reddish-brown with three pairs of spines on the thorax and one pair of spines on the back of the head. Workers come in various sizes, but can be up to $\frac{1}{2}$ an inch long. Mounds can become large and are sometimes mistaken for fire ant mounds. Leaf cutter ant mounds have a central opening and often a crater shape at the top.

Leaf cutting ants typically forage when the temperatures are cooler, such as at night or in the morning. They can sometimes cause complete defoliation of plants or small trees overnight. These ants remove leaves and buds from plants in the landscape. The ants do not eat the plant pieces, but take the pieces back to their colony and feed them to a fungus garden. They tend a particular species of fungus and weed out any other fungus from the garden.

Colonies may exist for years and can exceed over two million ants. It is not unusual for a single colony to cover an acre of land. Colonies are usually found in well drained, sandy or loamy soils.

Plants can be temporarily protected by using spray adhesives around the base of the plant. The adhesive would need to be refreshed often when dirt or debris accumulates. Temporary protection can also be provided with contact insecticidal spray or dusts labeled for "ants". If mounds are located in an area, the bait product labeled for leaf cutter ants, Amdro Ant Block, can be broadcast with a handheld spreader around the mound area. If no mounds are seen, then residual sprays and dusts labeled for "ants" can be used along foraging trails and around openings.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin.



ACUPUNCTURE

Acupuncture and Traditional Chinese Medicine (TCM) are safe, effective and drug-free options for the treatment of most non-emergency medical conditions. Whether you're new to acupuncture or have years of experience, acupuncture can help your general health.

What is acupuncture?

Acupuncture is a form of treatment involving the use of very fine filiform needles that are inserted into certain specific points of the body. This stimulates the body to increase circulation and activate the body's own natural healing process. Acupuncture can be used to treat a wide range of conditions and illnesses and is a wonderful option when western medication does not work or is not tolerated.

What to expect?

Acupuncturists often use additional techniques, such as tui-na, cupping and moxibustion, in conjunction with acupuncture. Tui-na is a form of



(Continued on Page 7)







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Shade Arbors Cedar & Aluminum **Decorative Concrete**

Town Country







(Continued from Page 6)

Chinese manipulative therapy, consisting of massage, acupressure and other forms of body manipulation. It works by applying pressure to acupoints, meridians and muscles or nerves to remove blockages that prevent free flow of Qi (energy) through the body. Cupping involves the use of glass globes placed on the body to create a suction effect. The vacuum effect that draws up the skin is believed to open up the skin's pores to stimulate the blood flow to the muscles, balance and realign the flow of Qi. Cupping may result in small, circular bruises in the area where the cups were applied, but these bruises are usually painless and disappear within a few days after the treatment. You may have seen these cupping marks on the back of the Chinese Olympic swimmer Wang Qun at the Beijing Olympics in 2008! Finally, moxibustion is a traditional therapy that involves the burning of moxa made from dried mugwort, a soft and wooly herb, to penetrate to a deeper level of the body. Moxibustion has been used throughout Asia for thousands of years; in fact, the actual Chinese character for acupuncture, translated literally, means "acupuncture-moxibustion".

What about herbal medicine?

Chinese herbal medicine refers to the use of a plant's seeds, berries, roots, leaves, bark or flowers for medicinal purposes. Traditionally, this involves formulating a mixture of various herbs to create a formula based on a patient's specific needs. These herbs can be taken in the form of herbal tea after boiling the herbs in hot water to extract the active ingredients. Although herbal medicine is still widely used and available, formulations in the form of tablets or capsules are more convenient and have become more popular these days.

What conditions can be treated?

Acupuncture and Traditional Chinese Medicine (TCM) is most commonly used to treat pain caused by various illnesses such as arthritis, bursitis, fibromyalgia and PMS. It can be very effective for treating migraine, back pain, neck pain, frozen shoulder and sciatica. Acupuncture can also achieve good results when treating stress related problems such as insomnia, anxiety and depression. It is an effective way to treat substance abuse, reduce substance dependencies (e.g. pain killers) or help you to quit smoking or reduce weight. Acupuncture may also be used as an adjunct to physical rehabilitation or surgical intervention to hasten functional recovery. Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you. Please refer to the Classical Ads of this newsletter for our detailed information or visit www.amaranthacupuncture.com.

By: Yunguang Yang (Lily), Licensed Acupuncturist & Herbalist, MAOM, Dipl. O.M. (NCCAOM)



THE PLAIDS RETURN FROM THE AFTERLIFE TO PERFORM AT THE HOUSTON FAMILY ARTS CENTER

Stuart Ross's Off-Broadway Musical "Forever Plaid" is being resurrected on the HFAC Garza Main Stage

Stuart Ross's, "Forever Plaid", is one of the most internationally popular Off-Broadway musicals to hit the stage, and it's coming to the Houston Family Arts Center. This nostalgic, 50's revue opens on the Garza Main Stage January 29, 2016 – February 21, 2016.

"What is amazing about this show," says director Eric Domuret "is how it makes me feel. So many memories, successes, and life experiences have come from this show. This show and its legacy preserves so perfectly the heart of the generation of the 1950s that had big dreams and felt their decency and hard work was enough to get them there. What better way to preserve it than experiencing it, and making it take hold in the here and now in the hearts of a new generation. What makes this production unique is how much it is like the original production from the early 90s. The original Plaids have handed down their direction, traditions, and intricacies that cannot be discovered outside of this legacy. This is what is being brought to HFAC."

Frankie, Jinx, Sparky, and Smudge are The Plaids. One the way to their first big gig, their cherry red '54 Mercury collided with a school bus, and The Plaids were killed instantly. Now, they've come back to Earth for one final performance. Don't miss this charmingly fun show as The Plaids' sing some of the greatest hits of the 1950's including: "Three Coins in the Fountain," "Chain Gang," and "Heart and Soul" to name just a few!

The guardian angels of The Plaids' are Eric Domuret (director/ choreographer), Jesse Lozano (music director), Michael Montgomery (producer), Mary Balest (costume design), Amelia Templeton (scenic design), Ron Putterman (lighting design), David Dean (sound design), Alex Brokmeyer (stage manager), and Mitch Lawyer (bassist).

The posthumous harmonic quartet includes: Eduardo Tercero





(Frankie), Daniel Rosales (Jinx), Brian Chambers (Sparky), and Taylor Fisher (Smudge). Fisher has appeared in several HFAC shows recently as The Baker in "Into the Woods," John Adams in "1776," and Javert in "Les Miserable." Tercero, Rosales, and Chambers are all newcomers to the Garza Mainstage. Eduardo Tercero is known in the Houston opera community for his vocal work with the Houston

Chamber Choir, Houston Symphony, and Ars Lyrica. Daniel Rosales is a recent musical theatre graduate from Sam Houston State University and has been seen at Stages Repertory Theatre and the former Masquerade Theatre. Brian Chambers is a director and teacher for the Cypress Academy of Performing Arts.

Performances of "Forever Plaid" are Friday and Saturday evenings at 7:30 p.m., with Sunday matinees at 3 p.m., January 29th – February 21st on the HFAC Garza Main Stage. Tickets are on sale now and may be purchased online at www.houstonfac.com, or by phone at (281) 587–6100. Special pricing is available for groups of 10 or more.

Performance Location:

Houston Family Arts Center Garza Main Stage

10760 Grant Road, Houston, TX 77070

(Located in NW Houston, easily accessible from SH 249 and SH 290)

Performances:

Friday, February 12th at 7:30 p.m. Saturday, February 13th at 7:30 p.m. Sunday, February 14th at 3:00 p.m. Friday, February 5th at 7:30 p.m. Friday, February 19th at 7:30 p.m. Saturday, February 6th at 7:30 p.m. Sunday, February 20th at 7:30 p.m. Sunday, February 7th at 3:00 p.m. Sunday, February 21st at 3:00 p.m.

Ticket Prices:

Adults: \$26 Seniors (65+): \$22 Students (3–18): \$15

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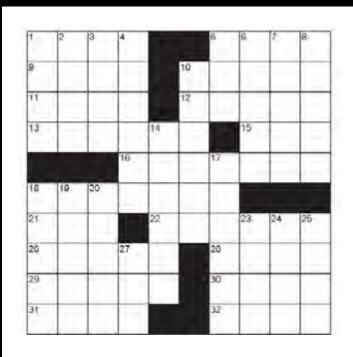
About Houston Family Arts Center Houston Family Arts Center (HFAC), founded in 2005, is a not-for-profit performing arts and educational organization, with a passion for entertaining, enlightening and engaging audiences in Texas. Recent winner in seven categories for the Broadway World Houston Awards, HFAC has also been named Houston's "Best Gem of a Theater" by the Houston Press and "Best Arts and Entertainment" by the "Best of the Northwest" Readers' Choice awards. HFAC is a proud winner of the prestigious national American Association of Community Theatre Twink Lynch Organizational Award. HFAC produces a broad mix of classics, comedies, dramas, musicals and new works. Through its award-winning Actors Academy, HFAC offers acting and singing classes, and provides performance opportunities for all ages. To purchase tickets, sign up for auditions or classes, or for more information, please visit www.houstonfac.com or call HFAC at (281) 587-6100.







CROSSWORD PUZZLE



ACROSS

- 1. Part of doorway
- 5. Baby
- 9. Seaweed substance
- 10. Transparent gem
- 11. Defeat
- 12. Blend
- 13. Suck up
- 15. Electroencephalograph (abbr.)
- 16. French composer Claude 14. Ruled over
- 18. Artifacts found in rocks
- 21. Rend
- 22. Elite
- 26. Reorient
- 28. Canal
- 29. Meal listings
- 30. Opp. of ill
- 31. Adam's garden
- 32. Hawk

A INA Footure Evolution

DOWN

2. Elderly

4. Sulks

18. Border

20. Chine

25. Holler

23. Elm

19. Lubricated

24. Small brook

27. Bullet shooter

1. Indonesian island

5. TV lawyer Matlock

7. Computer memory units

17. "___ and World Report"

10. What a gum chewer blows

6. Sign of the zodiac

8. Lamenting poem

3. Welcome rugs

View answers online at www.peelinc.com

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Cypress-Tomball Democrats February Meeting

The Cypress-Tomball Democrats monthly meeting for the month of February will be held on Tuesday, February 16, 2016, at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 p.m. to 8:00 p.m.

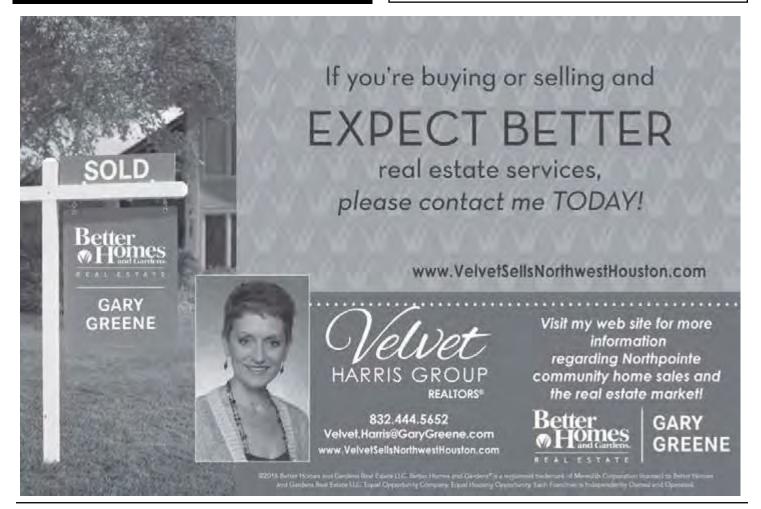
Everybody is welcome to attend the meeting and to join this growing club, which meets on the third Tuesday of every month. The meetings foster great fellowship and feature informative guest speakers. For further information, visit the website www.cytomdems. com; contact Glenn Etienne at cytomdems@yahoo.com; Follow us on Facebook at Cypress- Tomball Democrats. The Compass is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the 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 newsletter is exclusively for the private use of Peel, Inc.

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