



VOLUME 7, ISSUE 7

A NEWSLETTER FOR VILLAGES OF NORTH POINTE

JULY 2016

FACT OR HOGWASH?

By Cheryl Conley, TWRC Wildlife Center

I think we've all heard that one should never touch a baby bird or the mother will not accept it again or may even kill it. This is simply not true. There are many misconceptions about wildlife. Let me help you separate fact from hogwash on a few of the most common ones.

MYTH: MOTHER BIRDS WILL ABANDON THEIR BABIES IF TOUCHED BY HUMANS

FACT: Mother birds will not abandon their offspring if touched by a human. For this to be true we would have to believe that birds can pick up on human scent. In fact, most birds have a rather poor sense of smell. For more information on what to do if you find a baby bird, see our website.

MYTH: IF YOU FIND A FAWN ALONE, IT HAS BEEN ABANDONED.

FACT: It is common to see fawns alone. Since they are incapable of keeping up with mom, she will leave the fawn, sometimes for hours, while she goes off to eat. The doe will visit the fawn two to three times a day. This will continue until the fawn is about 4 weeks old. It's best to leave fawns alone unless you know that the mother is dead and/or fawns are crying incessantly.

MYTH: IF YOU SEE A RACCOON OUT DURING THE DAY, IT'S RABID

FACT: Raccoons are typically nocturnal but are opportunistic creatures and can appear whenever food is around, day or night. In spring and summer when the mother's energy levels are depleted by nursing cubs it is not uncommon to see them out during the day. However, if the animal is acting disoriented or sick, such as circling, staggering or screeching — in addition to being seen during daylight hours — contact TWRC Wildlife Center or animal control.

MYTH: RACCOONS WASH THEIR FOOD

FACT: Raccoons have very sensitive feet and it is believed that dipping their food in water heightens that sensitivity so they can better feel the food before they eat it. They will also use water to soften food.

MYTH: IF YOU GET CLOSE TO A SKUNK, IT WILL SPRAY YOU.

FACT: Skunks only spray to defend themselves, such as when a dog runs up and grabs them. Before they spray, they will stamp their front feet as a warning to get you to back off. Skunks are also nearsighted so if you come across one, simply talk softly and back away.

MYTH: LIVE TRAPPING AND RELOCATING ANIMALS IS HUMANE

FACT: Most animals are very territorial. Residents of an area will more than likely attack and kill a newly relocated animal.

MYTH: OPOSSUMS LIKE TO HANG BY THEIR TAILS

FACT: The opossum's tail is capable of grabbing onto a limb to help with balance but it is not strong enough to support the animal's weight.

MYTH: TOADS CAUSE WARTS

FACT: Warts on people are caused by a herpes virus, not toads! Toads do, however, have wartlike bumps behind the ears that contain a poison that can irritate your skin.

MYTH: OPOSSUMS ARE DIRTY ANIMALS AND ARE VICIOUS

FACT: Opossums are fairly clean when compared to other animals. They groom themselves frequently. While in the care of a rehabilitator,

(Continued on Page 2)

IMPORTANT NUMBERS

Villages of Northpointe Security Director	
Andy Elmore	hit02@scbglobal.net
Waste Management	281-376-8802
Centerpoint Energy	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

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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
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(Continued from Cover)

they can even be trained to use a litter box. Like any other wild animal, they are more afraid of you than you are of them. They hiss and show teeth to scare you away, so, GO AWAY!

MYTH: IF AN ANIMAL IS FOAMING AT THE MOUTH, IT HAS RABIES

FACT: There are other reasons why an animal may be foaming at the mouth. Some of them are distemper, ticks, worms, diabetes, liver failure, poisoning, and many others.



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FINDING RESOLVE

I hear you have joined me as a proud member of the Bit-the-Dust Club. This club consists of people who have "bit the dust" either physically or metaphorically in life. Whichever holds true for you, I want you to know you are not alone, and to share a few important tidbits that are frequently neglected after an incident occurs.

First, this happens to nearly every person at some point. People fall, fail, and are bound to be disappointed at some point in their life. You aren't unique in the club--in fact you were the exception to the rule when you were a "nonmember".

Second, the old saying that you need to, "Dust yourself off & get back into the saddle" after a fall is actually true. Most people don't fully realize the psychological/emotional impact a trauma; like a fall off a horse, losing a job, or divorce, etc., has on them. So, as scary as it might feel, it's a good thing to get back up & give it another go.

Of course, there are always exceptions to this rule. You'll want to

make sure you are okay enough to "climb back into the saddle". If you have any concerns that you may be injured or really not ready--wait! Talk it through with your friends & they'll help you find a comfortable way to work through the situation before putting yourself out there again. It's actually a good thing to be able to recognize whether or not you're stable enough to move on.

Finally, get back out there! Your friends and family are there to help you get past any underlying fears and get back on track. One thing that we tell riders (which holds true for the everyday person as well) is that it is so important to understand this one huge truth: it's not true that real horsemen never fall. A real horseman is someone who has learned how to push past the pain and into the pressure. Now is the time to find your resolve and push into pressure.

Welcome to the club;)

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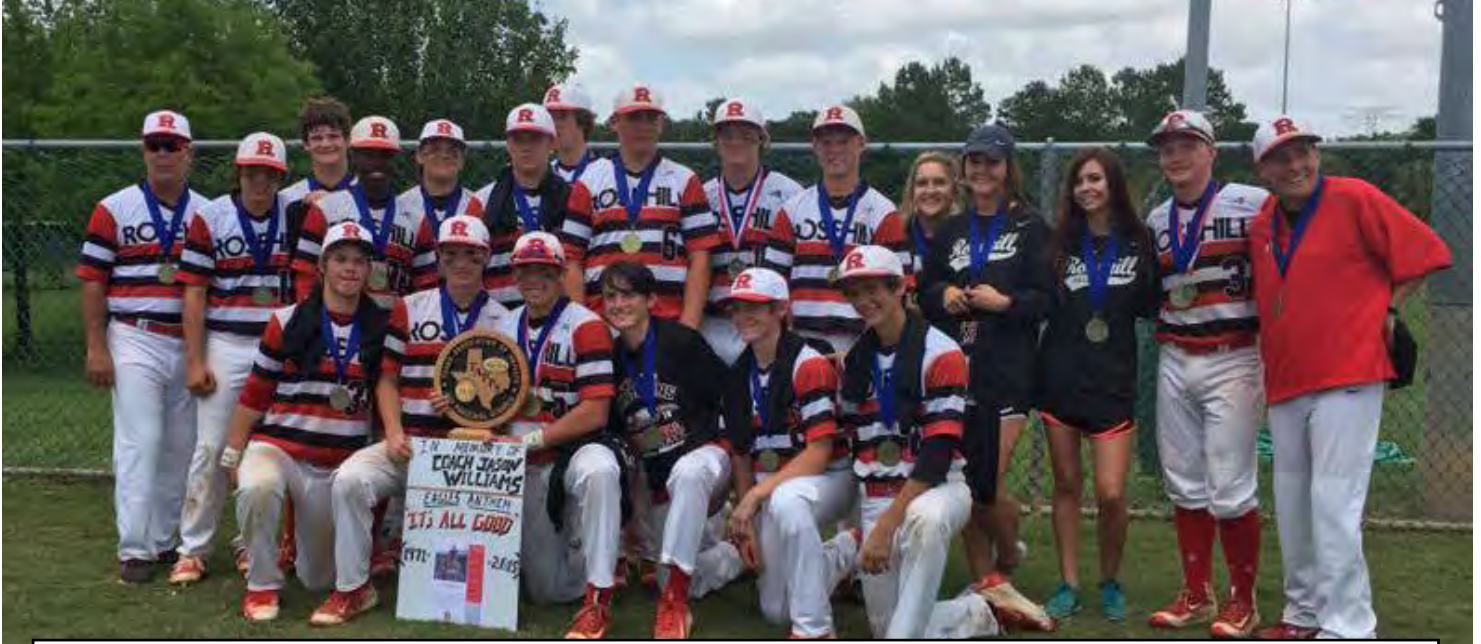
- 1 ****Women's Imaging Center at Cy-Fair Hospital (FM 1960 at Jones Road)** *Genetic testing available here
- 2 ****Cy-Fair Urgent Care & Imaging Center (at Spring Cypress & Grant)**
- 3 **Cy-Fair Emergency & Imaging Center (at Barker Cypress & FM 529)**
- 4 **Cy-Fair Emergency & Imaging Center (Beltway 8 & Tanner Rd.)**
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* According to the American Cancer Society **Tomosynthesis, (3D mammography) an FDA approved imaging technology designed for early breast cancer detection, is available here.



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Rosehill Christian School won their first State Championship title in against Conroe Covenant Christian at Baseball USA. Covenant Christian pulled to within two runs in the fourth inning, but a three-run hit by Jake Cooper helped RCS pull away for a 9-2 victory at the complex.

Spring Cleaning Checklist

1. Clean-out & Sell Old house
2. Move into New Home

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Calling all Aggie Moms!

If you are a mom, step-mom or guardian to a student at Texas A&M, please join us in making a difference in student's lives. The NWHC Aggie Mom's club will be hosting, Summer Mixers. This is an opportunity for you to meet other Aggie Mom's and find out what our club is all about. Please join us at one of our informal Summer Mixers details can be found on our website.

**Save the Date: July 7 and July 14 Summer Mixers
Howdy Party-August 9, 2016**

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 6:30 pm at 7100 High Life Drive. Refreshments are served at 6:30 with meeting beginning at 7:00. For more information on monthly speakers or upcoming events visit our website at www.nwhcaggiemoms.org or contact Summer Perkins, Club President at summer@nhh-realty.com.

Workshop

Saturday, August 6

Saint Aidan's Episcopal Church

Choosing Authenticity: Discover how to reach deeper levels of authenticity in your life and work by engaging with Brene Brown's celebrated research. A Daring Way workshop led by The Rev. Les Carpenter, M.Div., DWF. Saturday, August 6, 9:30-3:30. Saint Aidan's Episcopal Church, 13131 Fry Rd, Cypress, Tx. \$20.00 includes lunch. Registration information available online at <http://aidanschurch.org/brenebrown>. Please call us at 281-373-3203 with questions.



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KIWANIS CLUB OF CY-FAIR HOUSTON

If you live or work in the Cy-Fair area, we would welcome the opportunity to meet you and tell you about the service the Cy-Fair Kiwanis Club gives to our community. Be our guest at our meeting on July 12, 19, and 26.

Time and place: Meetings are held at the Hearthstone Country Club. Lunch is served at 12:15pm, followed by a brief, informative program. Adjournment is at 1:15pm.

What is Kiwanis? Kiwanis is an international service organization focused on changing the world one child and one community at a time. Service is at the heart of every Kiwanis club, no matter where in the world it's located. Members stage nearly 150,000 service projects and raise nearly US\$100 million every year for communities, families and projects. In addition, Kiwanis members actively participate in many service projects in their home communities.

The Cy-Fair Kiwanis Club of Houston seeks to serve this community through sponsoring Key Clubs for high school students, Builders Clubs for middle school students, and Aktion clubs for adults with disabilities. Also, we sponsor Boy Scout and Girl Scout troops. We provide support to various other organizations in the community that serve children and families. Enjoy the pleasure of being a part of this service.

Visit the Cy-Fair Kiwanis Club website at www.KIWANISHOUSTONCYFAIR.COM.

For more information, call John Carroll at 281-463-0373; George Crowlat 832-467-1998; or Peggy Presnell at 281-304-7127.

VENDOR OPPORTUNITY AWAITS!!

St. Elizabeth Ann Seton Ladies Auxiliary will be holding their 24th annual Gingerbread Village Holiday Market on October 29th, 2016. The show will be held from 9 A. M. to 4 P. M. at 6646 Addicks Satsuma Road, Houston, TX. If you are interested in showcasing your various arts, crafts or other unique offerings, please contact fae@krenekprinting.com.



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SUMMERTIME SHOWING TIPS!

Homebuyer's thoughts will naturally turn to patios, decks, landscaping, air conditioning, and pools as we enter the sweltering days of summer. You'll want to make sure your house and yard are in top order and summer-friendly. Keep these tips in mind as you set out to put your home on the market and add your home sale to this summer's statistics:

- **Curb appeal:** With sunny days, everything will be on display making curb appeal more important now than any other time of the year. Plant a few annuals to provide an instant burst of color. Make sure entrance area is clear from papers, bicycles and toys.
- **Air Conditioning:** First, make sure it's working properly. Have it inspected before you put it on the market. Second, be sure it's on when potential buyers visit; nothing turns buyers off more than entering a hot, stuffy house.
- **Back yard:** The back yard and patio area should be inviting and attractive. Clean lawn furniture and arrange it keeping the views from indoors in mind. Make sure your lawn is mowed and healthy. Spruce up the area with a few planters of spring flowers.
- **Pool:** Make sure it's clean. If you have a fence, make sure locks and latches work.
- **Windows:** All windows should be sparkling clean.
- **Walls:** Use neutral and light colors if you paint the inside of your house.
- **Let the light in:** Open blinds and curtains so plenty of light illuminates the interior.

For more information on Summer Showing Tips . . . call me today!

USA Fit Champions Ready to Get Aspiring Runners Marathon/Half Marathon-Ready by January



With many winter long distance races to look forward to, USA Fit Champions seeks to get Spring and Northwest Houston area residents "marathon-ready." The local full and half marathon training group is currently taking registrations through Aug. 30 at www.ChampionsFit.net for its new season, which kicks off with two orientation/in-person registration events at 7 a.m., Saturday, July 9 and 16, at the D. Bradley McWilliams YMCA in Spring. Now, Co-Organizer Roy McDonald says, is the perfect time, no matter a runner's ability level, to start training for January races such as the Chevron Houston Marathon, Aramco Half Marathon and Memorial Hermann USA Fit Marathon.

"Most people don't believe they can complete a full or half marathon for various reasons," said McDonald. "Our mission at USA Fit is to show people they absolutely can succeed by providing

(Continued on Page 9)



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(Continued from Page 8)

training plans for every fitness level in a fun, non-intimidating and safe environment.”

McDonald himself joined USA Fit's Houston group 25 years ago when he and four fellow employees at his company discussed running a marathon. It was a goal he had never entertained. At the time, he weighed 240 pounds and at the end of his first marathon training with the group dropped to 185 pounds. In addition to gaining a lifelong love of running, McDonald gained a lifelong friend in member and now co-organizer Mitchell Garcia, who was one of the employees who had initially joined him.

McDonald and Garcia both hope as organizers and coaches to bring the same motivation and encouragement that their coaches and fellow members had given him to help runners and walkers around the Champions area reach their own personal goals.

According to McDonald, the top myths about marathon running include:

- Marathoners must be young.
- Marathoners must be athletes.

- It is not possible to walk 13.1 or 26.2 miles.
- Running long distances is dangerous to one's health.
- Runners must be a certain weight or size to successfully run a full or half marathon.

He said that members of USA Fit Champions defy all of these myths and have gone on to complete half and full marathons during their very first seasons with the group as well as meet personal health and fitness goals.

“The most rewarding part of our job as coaches is to see members achieve so much more than they thought possible, no matter their fitness level or stage in life,” said McDonald. “The only thing we ask our members to show up with is a goal and the passion to meet it. We take care of the rest.”

Registration for USA Fit Champions is \$140 for new members and \$100 for returning members. Runners meet Saturday mornings for ability-based group trainings, enjoy weekly seminars and social events throughout the season and benefit from the encouragement and expertise of certified coaches. To learn more and to register, visit www.ChampionsFit.net or contact Roy McDonald at info@championsfit.net.

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Texting and Cell Phone Use during Driving

By the National Highway Safety Administration (edited for space)

In 2014, 3,179 people were killed in crashes involving a distracted driver. One of the most alarming and widespread forms of distracted driving is cell phone usage. According to a study by the Virginia Tech Transportation Institute (VTI), sending or receiving a text takes a driver's eyes off the road for an average of 5 seconds, the equivalent of driving blind at 55-mph for the length of an entire football field. And a 2014 special article in the New England Journal of Medicine found that the risk of a crash or near-crash among novice drivers increased with the performance of many secondary tasks, including texting and dialing cell phones.

Text messaging is of heightened concern because it combines three types of distraction – visual, manual and cognitive. In other words, texting involves taking your eyes off the road, your hands off the wheel, and your mind off the task of driving.

NHTSA's message is simple – "One Text or Call Could Wreck it All." Legislation is being passed across the nation to

discourage distracted driving. We hope drivers get the message loud and clear.

So the next time you are pressed for time, and it seems like multitasking in the car is the best decision, remember those 3,179 lives that were taken because someone decided they could do two things at once. A text or call is not worth your life, or anyone else's.







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