



VOLUME 7, ISSUE 11

A NEWSLETTER FOR VILLAGES OF NORTH POINTE

NOVEMBER 2016

TOMBALL *ART LEAGUE* NOVEMBER 12

**Join us November 12 for our meeting featuring
Artist, Linda Marcy, demonstrating techniques in kiln formed glass.**

TAL meets at 9:30 AM the 2nd Saturday of the month (some exceptions)
in the Amegy Bank Building, 2nd Floor, Hwy 249 @ Medical Complex Dr. in Tomball

For more info: www.thetomballartleague.com



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

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

NEWSLETTER INFO

PUBLISHER

Articles villagesofnorthpointe@peelinc.com

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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 villagesofnorthpointe@peelinc.com.



Northwest Harris County Aggie Mom's Club

WWW.NWHCAGGIEMOMS.ORG

Come join us, on Tuesday, November 8, 2016 at 6:30 pm. at the Houston Distributing Company, 7100 High Life Drive, Houston, Texas 77066. This fun-filled Aggie evening is a great way to meet other Aggie Moms, find out about upcoming events, and enter for a chance to win a door prize! Or a book award for your Aggie! Enjoy light refreshments and listen to our speaker that evening, Maggie Gartner, Ph. D., ABPP, Executive Director, Student Counseling Services. We are looking forward to meeting all Aggie Moms, whether of freshman Aggies, current Aggie students or former Aggies. Whoop!

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A NIGHT IN BETHLEHEM

**VISIT BETHLEHEM THIS SEASON ON
SATURDAY, DECEMBER 3RD & SUNDAY, DECEMBER 4TH
5:00-8:00 PM. THE EVENT IS FREE!**



Imagine what life was like during this miraculous time in history as you visit the Spice Merchant, the Produce Market, sample the wonderful treats at the Bakery and taste the savory soup at the Soldier's Tavern. Listen to the storyteller, and visit the shepherds, & the Inn. Watch for the Roman soldiers. Listen for the Kings arrival at the stable with gifts for Jesus as Mary & Joseph look on. Don't miss this living, interactive recreation of the original Christmas story. Join us for free activities for the family including candle making,

create a clay pinch pot, sew a coin bag or play Bethlehem dress-up. Pet the live animals and enjoy cookies, hot cider and coffee.

Messiah Lutheran Church is a grace place, a congregation of the Evangelical Lutheran Church in America (ELCA). Messiah is located at 11522 Telge Road, ½ mile north of Highway 290. Regular Sunday worship times are: 8 am—Traditions; 9:30 am—The Gathering; and 10:45 am—The Crossing. The Discovery (education) Hour is 9:15-10:15 AM on Sundays. For more information, 281-890-3013 or www.messiahlc.org. All people are welcome at Messiah.



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HOLIDAY 2016 Festivities, Markets, Crafts & More!

Nov 3 - 6 • International Quilt Festival	Quilts.com
Nov 5 • 5 th Annual Houston Margarita Festival	HoustonMargaritaFest.com
Nov 10 - 13 • 36 th Annual Houston Ballet Nutcracker Market	NutcrackerMarket.com
Nov 10 -17 • Annual Houston Cinema Arts Festival.....	CinemaArtSociety.org
Nov 11 - 12 • Bay Area Nutcracker Market	HoustonAreaShow.com
Nov 12 - 13 • 21 st Annual Children's Festival, The Woodlands.....	WoodlandsCenter.org
Nov 12 - 13 • 27 th Annual Texas Championship Native American Pow Wow.....	TradersVillage.com
Nov 12 - Jan 8 • 15 th Festival of Lights, Moody Gardens.....	MoodyGardens.org
Nov 13 • 21 st Annual Children's Festival	WoodlandsCenter.org
Nov 18 - 20 • Jr League Holiday Market, The Woodlands.....	JLTheWoodlands.org
Nov 18 - 20 • Holiday Christmas Gift Market, Katy TX.....	HomeForTheHolidaysGiftMarket.com
Nov 18 - Jan 14 • Houston 'Zoo Lights'	HoustonZoo.org/ZooLights
Nov 19 & 20 • 2016 ViaColoriHouston	CenterHearingAndSpeech.org
Nov 24 • 67 th Annual HEB Thanksgiving Day Parade.....	HoustonTx.gov/ThanksgivingParade
Nov 24 • Uptown Holiday Tree Lighting Ceremony	Uptown-Houston.com
Nov 29 • Conroe Downtown Christmas Tree Lighting	CityOfConroe.org
Dec 2 • 97 th Annual Mayor's Holiday Celebration & Tree Lighting	HoustonTx.gov/MayorsHoliday
Dec 2 - 4 • Dickens on the Strand, Galveston	Galveston.com/DickensOnTheStrand
Dec 10 • 55 th Annual Christmas Boat Lane Parade, Clear Lake	ClearLakeArea.com
Dec 10 • Conroe Christmas Celebration	CityOfConroe.org
Dec 10 - 11 • Annual Candlelight Tour in the Park	HeritageSociety.com

Finding Balance

I know, work-life balance has been discussed to death. Yet how many of you find yourself nodding and saying, "Yes, I know I need to do find a better balance. It totally makes sense that I feel tired and unhappy because I'm rushing around all the time. I'll find a way to make some time for myself"? You tell yourself you'll schedule some free time later, but does later ever come? I know I've been waiting for later for years now. I decided it was time for a change. Here are a few thoughts that have helped me along the way:

1. What's really important? It's time to decide what is really necessary and important in your life. Pick 5 priorities that you feel are absolutely vital to your well-being (e.g. family, religion, work, friends, and hobbies).

2. How can you cut back? Now, that you've chosen your top 5 priorities it's time for the hard part—cutting back. Find ways to negate, or decrease, of the things that are stressing you out. Maybe you don't have to do _____ for so and so. Or is there a certain person in your life who's been causing more stress than happiness? You don't have to cut that person out of your life, but maybe it's time you take a step back and re-evaluate whether or not the friendship is healthy at this time in your life.

3. Scheduled spontaneity. I know, scheduled spontaneity seems like an oxymoron, but it's incredibly important. Create a routine that works for you, but be sure to block out some free time. This time can be as long, or as short, as you'd like and is time where you can do whatever you want to do. Just make sure it's fun!

As always, I turned to the pasture for inspiration. As I sat and watched my horses going about their day, I made some interesting observations. Horses are masters of prioritizing what's important. Their top priorities fall into line as: safety, comfort, and play. Everything else falls by the wayside if these priorities aren't met.

They are terrific partners with a healthy work ethic, while still relishing in their freedom to run and play. Their exuberance is captivating and beautiful to watch.

Once I took a step back to look at the bigger picture, I was amazed at how easy finding balance could be. I didn't need to run myself into exhaustion to please everyone. Doing so always ended with me feeling like I was trying to do so much, but doing none of it as well as I wanted. Finding a new work-life balance would not be possible without the support of great friends (both human and horse!), family, and God. These pillars of support help me stay on track and keep me motivated. I highly recommend you find pillars of your own to utilize in your own transition.

Tara Chatterson works at Five Horses, LLC. Please visit the Five Horses' website, FiveHorses.com, for more information about Natural Horsemanship lessons or Equine Assisted Learning.



The Northwest Flyers Youth Track Club

The Northwest Flyers Youth Track Club will celebrate its 30th Anniversary Season by hosting its annual free Registration/Orientation breakfast on Saturday, February 4th, 2017, for all boys and girls who are interested in joining for the 2017 track season. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The event is an opportunity for youth athletes to register for the 2017 spring/summer track season, and to meet the Northwest Flyers coaches, staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization (USATF). All athletes and parents who wish to join the Northwest Flyers must attend the orientation.

The Northwest Flyers Track Club is a youth (ages 6 -18) track club, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance and relays, and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, shot put, discus and javelin.

For additional information on the Northwest Flyers Track Club, please visit the team website at www.northwestflyers.org; contact Linette Roach at linette.roach@sbcglobal.net; or "Like" the club on Facebook.



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Oliver, Fagin And The Gang Take Over The Garza Mainstage

For the holidays, Stageworks Theatre presents the touching story of Oliver!

How can one small boy defy cruel taskmasters, abusive authority figures, thieving friends, and even a heartless murderer? Join us for *Oliver!*, November 25 – December 18 to find out. With music, lyrics and book by Lionel Bart, adults and children of all ages will enjoy renowned songs such as, “Food, Glorious Food,” “Consider Yourself,” and “Pick-a-Pocket!”

The Garza Mainstage ushers you into Victorian England with a tri-level set—complete with secret passageways, special effects, and amazing transformations! Join us as *Oliver*, a malnourished, workhouse orphan, becomes the neglected apprentice of an undertaker, only to escape to London and find acceptance amongst a group of petty thieves and pickpockets led by the cunning Fagin. When *Oliver* is captured for a theft he did not commit, the benevolent victim, Mr. Brownlow, takes him in as his ward. However, fearing the secrecy of his hideout, Fagin employs the sinister Bill Sikes and the sympathetic Nancy to kidnap *Oliver*, threatening the boy’s chances of discovering the true love of a family. Find out how *Oliver* makes it through...with a little help from his friends! Join Stageworks, November 25 – December 18 for the Tony and Olivier Award-winning, *Oliver!*

Michael Montgomery, director, explained, “I’ve worked hard to stay true to Dickens’ social activism and Bart’s bold musical storytelling,

but mixed that with some of my favorite modern storytellers, such as Tim Burton, Michael and Janet Jackson, and Lin Manuel Miranda. The crisp movement, colorful costumes and scenic imagery is all inspired by some of my favorite musical productions, including *Les Misérables*, *Fiddler on the Roof*, *Cabaret* and *Hamilton*. It should feel like a fun, familiar mashup of a classic story—one which I hope inspires you to support and defend, with the *Oliver* grit, those less fortunate in our society this holiday season.”

Victoria-era London is home to Stageworks regulars Clairey Townsend (*Oliver*), last seen as Zuzu in *It’s A Wonderful Life*; The Narrator from *Into the Woods*, Chris Conway (*Fagin*); also from *Into the Woods* as the Baker’s Wife, Jennifer Stewart (*Nancy*); Jana Ellsworth (*Widow Corney*), last seen as Vi Moore in *Footloose*; Taylor Fisher (*Bill Sikes*), coming off his performance as Audrey II in *Little Shop of Horrors*; playing another character of questionable morals is JT Fischer (*Artful Dodger*), last seen in *Footloose* (*Chuck*); and Patrick Barton (*Mr. Sowerberry*), last seen as Clarence in *It’s a Wonderful Life*. Other faces Stageworks fans will recognize are Eugene Griesbach (*Mr. Brownlow*), Catherine Campbell (*Bett*), Chad Dyer (*Noah*), and ensemble members: Sam Balest, Kevyn Eddy, Jeff Hirt, Alex Kerry,

(Continued on Page 7)



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(Continued from Page 6)

Kendall Montgomery, Morgan Montgomery, Lindsay Scovil, Noah Sprague, Jett Thompson, Jenna Townsend, Peyton Wilkinson, and Alexandra Wiese. Rounding out the London scene are Stageworks newcomers Amanda Hart Basset (Mrs. Sowerberry), Ellen Evans (Charlotte), Jennifer Henzler (Mrs. Bedwin), Scott Johnson (Mr. Bumble), Zachary Salich (Dr. Grimwig), Faith Taylor (Old Sally) and ensemble members: Thomas Brown, Ethan Chumley, Brennan Ellsworth, Enrique Gomez, Adrienne Guss, Daniel LeCheminant, Chelsea Lerner, Lili Longden, Meghan Longden, Patty Lozano, Caleb Walker and Henry Wolfe.

This Dickens classic come to life with the leadership of Michael Montgomery (director), Jana Ellsworth (music director), Adam Delka & Dru Wiser (choreographers), David Dean (sound design), Ron Putterman (light design), Barbara Terry (costume design), and Stephanie Wisdom (stage manager).

Performances of *Oliver!* are Friday and Saturday evenings at 7:30 p.m., with Sunday matinees at 3 p.m., November 25 – December 18 on the Garza Mainstage at Stageworks Theatre. There will be two special Saturday matinees on Saturday, November 26 and December 17 at 2 p.m. Tickets are on sale now and may be purchased online at stageworkstx.org, or by phone at (281) 587-6100. Special pricing is available for groups of 10 or more.

Performance Location:

Stageworks Theatre

10760 Grant Road, Houston, TX 77070

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

Performances:

Friday, November 25th at 7:30 p.m.

Saturday, November 26th at 2 p.m.

Saturday, November 26th at 7:30 p.m.

Sunday, November 27th at 3:00 p.m.

Friday, December 2nd at 7:30 p.m.

Saturday, December 3rd at 7:30 p.m.

Sunday, December 4th at 3:00 p.m.

Friday, December 9th at 7:30 p.m.

Saturday, December 10th at 7:30 p.m.

Sunday, December 11th at 3:00 p.m.

Friday, December 16th at 7:30 p.m.

Saturday, December 17th at 2 p.m.

Saturday, December 17th at 7:30 p.m.

Sunday, December 18th at 3:00 p.m.

Ticket Prices:

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

(Continued on Page 8)

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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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THE COMPASS

(Continued from Page 7)

About Stageworks Theatre

Stageworks Theatre, 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 ten categories for the Broadway World Houston Awards, Stageworks Theatre 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. Stageworks Theatre is a proud winner of the prestigious national American Association of Community Theatre Twink Lynch Organizational Award. Stageworks

Theatre produces a broad mix of classics, comedies, dramas, musicals and new works.

Through its award-winning Acting Academy, Stageworks Theatre 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 stageworkstx.org or call Stageworks Theatre at (281) 587-6100.

STAGeworks
Theatre

RECIPE OF THE MONTH New England Clam Chowder

- 3/4 ounce salad oil
- 1/2 teaspoon chopped garlic
- 1 cup diced celery
- 1 cup diced carrots
- 1 cup diced onions
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- 1 teaspoon thyme
- 1/2 teaspoon salt
- 3/4 gallon clam stock or juice
- 3 large peeled and diced potatoes
- Roux (3/4 pound butter and 1 1/2 cups flour)
- 2 cups drained, chopped clams

Yield: 10 to 12 servings.

Prep Time: 20 minutes

Cook Time: 1 hour 20 minutes

In large pot, sauté the oil and garlic about 2 minutes. Add diced vegetables and sauté for 10 minutes or until vegetables are tender. Add herbs and salt. Add clam stock and bring to a boil. Add potatoes and bring to a boil again. Add roux and chopped clams, reduce heat and simmer for one hour.

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WHEN THERE'S NO
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HAPPY THANKSGIVING!



TEXASDIRECTAUTO.COM

Breast Cancer: Importance of Early Detection

By: Concentra Urgent Care

Breast cancer is the most common cancer among women in the United States, and is the second leading cause of cancer deaths.

Screening is vital because early stages of the disease are easier to treat. The American Cancer Society recommends women:

- Obtain yearly mammography screenings, beginning at age 40
- Obtain yearly clinical breast exams
- Check your breasts regularly for lumps
- Discuss their breast cancer risk with their physician

Breast cancer risk increases as we age. Other factors that increase a woman's risk for breast cancer include:

- Having started menstrual periods at a young age
- Having a first child after age 30
- Use of hormone replacement therapy
- Having a family history of breast cancer

Men are also at risk for rare cases of breast cancer. All persons familiar with the normal look and feel of their breasts should promptly report any unexpected changes to their physicians. The American Cancer Society recommends both women and men consult their doctor if they notice any of the following:

- A new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- Dimpling or puckering of the skin
- Swelling, redness, or warmth that does not go away
- Recurrent pain in a particular part of the breast
- Pulling in of the nipple
- Nipple discharge that starts suddenly in only one breast
- An itchy, sore, or scaly area on one nipple

For more information about breast cancer and early detection, contact your health care provider, your Concentra health specialist, visit the American Cancer Society Web Site at: www.cancer.org, or visit the National Breast Cancer Awareness Month Web site at: <http://nbcam.org/>



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| • Lakes of Fairhaven | • Villages of NorthPointe |
| • Lakes of Rosehill | • Walden on Lake Houston |
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It doesn't take much to remember that we have pets in our community. In fact, if you don't watch your step, you're liable to step in one such reminder! Besides being unsightly and smelly, animal waste can be hazardous to the health of our children who play in the community and other pets. One of the most common forms of disease transmission between dogs is through fecal matter. When walking your dog in our community, remember that it should be leashed. Also, it is important to remember to immediately clean up after your pet. Take along a baggie to pick up waste and then dispose of it properly. By taking a few simple steps to clean up after your pet, you can contribute not only to the beautification of our community, but also towards the elimination of one of the most irritating nuisances in our neighborhood. Thank you for your cooperation!







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EXERCISE - BEING THE PERSON YOU CAN BE

Having a goal that truly excites you is the first step to setting up an exercise program. You may want to be 10 pounds lighter by the next school reunion, have more muscle tone in the dress you will be wearing at your daughter's wedding, you may want to quit smoking or drinking or eating fried food or you may want to compare your athletic skills with what you could do in school. You have to have a goal that makes you really want to take the next step.

Once you have your personal goal in mind, you need a reasonable timeline in which to achieve the goal. Let's say you want to lose 10 pounds in six months. You can do that with a good exercise program and a good diet.

Let's start with the exercise program. Think about what you enjoy doing. If you like to be outside you can ride a bike, hike, walk, run swim, play tennis, endless possibilities. Include some of the fun activities that you enjoy and then try some new stuff. If you prefer to be inside, join a gym with a friend who can work out on the same days and at the same time that you do. Hire a trainer if you don't have a work out friend. If you decide to run, you can run even if it is new to you. You could walk a mile three times the first week, two miles the second week, run a mile and walk a mile three times the

next week and by the fourth week you could run and walk two to three miles three times a week. If this holds your interest you could add hills one of the days, add some short bursts of speed one day, you could even sign up for a 5k two months from the start of your program. In six to nine months you could run a marathon if you wanted to go that far. It helps to have a friend to work out with. It keeps you both accountable, and it's fun. Find someone that has a similar schedule or similar child care issues. It helps to recognize what time of the day you enjoy working out and find someone that can work out at the same time.



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Down the Drain



Washing your car may seem like a great way to beat the heat this summer while accomplishing something constructive on your to-do list. But you might want to think twice about the environmental impact before you park your car in the driveway and pull out your bucket, hose and old towels.

Even if you use a biodegradable cleaner, the soapy water that runs off your car when you hose it down not only contains detergent, but residue from automobile fluids like oil, gasoline and antifreeze. Each time you rinse your car, the contaminated water flows untreated directly into the stormwater system and eventually makes its way into streams and rivers. And, as the water runs out of your driveway and down the street toward the storm sewer, it also picks up other toxic

substances, like fertilizers, petroleum deposits and surface paint from the pavement. Parking your car on a grassy area while you wash it may help some, but the toxins will end up in the groundwater eventually.

As an alternative, consider using a commercial carwash facility. Whether a conveyor type, self-service, in-bay automatic or custom hand-wash business, these establishments are required by the U.S. Environmental Protection Agency (EPA) to capture and route their wastewater to a treatment facility before the water can be discharged into the sanitary sewer.

Toxic residues aren't the only reason to take your car to a commercial car wash. Rinsing your car at home with a garden hose can use as much as 10 to 15 gallons of water per minute, while professional car wash facilities can limit the water flow to as little as three to five gallons per minute. If you spend an hour in your driveway washing your car, you may have sent as much as 150 gallons of contaminated water directly down the drain. This is especially important in long summer dry spells.

So help the environment and save time this summer: leave car washing to the professionals.

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INSPECTING FOR BED BUGS

WHEN TRAVELING THIS HOLIDAY SEASON

Submitted by Texas A&M AgriLife Extension Service

Before the holiday travel season begins, it is wise to know what to look for when traveling so you do not bring home unwanted guests. Bed bugs are small, dark brown to reddish colored insects with no wings. Their bodies are oval and the color and size often depends on if the insect is engorged with blood. Immatures, or nymphs, resemble the adults but are smaller and lighter in color. Usually adults are about the size of a watermelon seed.

Most feeding occurs at night when bed bugs pierce skin while people sleep. The bugs inject a fluid while feeding that can cause some people (about 50%) to have an allergic response. The allergic response causes the skin to become irritated and itchy at the bite location.

After feeding (it takes about 12-15 minutes for a bed bug to become fully engorged), bed bugs crawl away into hidden areas- mattress seams, headboards, nightstands, behind baseboards as well as other locations. They prefer to hide in locations that are close to where they feed, but they will crawl several feet to get to a meal. Bed bugs hide in their chosen location for about 3 days while they digest the blood meal. Over time, congregation areas become marked with blood, fecal material, hatched eggs and cast skins of molted bugs.

When travelling, always inspect rooms thoroughly for bed bugs before moving luggage into the room. Luggage should be placed until the bathtub until the room has been inspected. Make sure to carry a small flashlight with for to help with inspection. When you return home, place clothing in the dryer (before washing) on high heat for about an hour.

TIPS ON INSPECTION:

- Look in sleeping areas (bed, pull-out couches)
 - o Inspect linens as they are removed from the bed
 - o Check mattress and box spring seams, bottom of the

box spring and near the mattress tag

- o Inspect the dust ruffle

- If possible, lift the boxspring and inspect the bed frame
- If possible, pull out or remove the headboard to inspect behind it

- Check bedside tables and everything on them, including opening all drawers

If you find bed bugs, go to the front desk to inform them of what you found and request a different room. Do not get a room that is adjacent, above, below or across from the infested room (bed bugs can travel through wall voids to adjacent areas).

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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