



SAFETY ONLINE

Merchants are making online shopping increasingly convenient by accepting not just credit cards, but debit cards and checks. However, according to the Privacy Rights Clearinghouse (PRC), the safest way to shop online is with a credit card. If something goes wrong, you're protected under the federal Fair Credit Billing Act.

Here are other online shopping tips from PRC:

- Use one credit card exclusively for all your online shopping. This makes it easier to spot unauthorized charges.
- Don't pay for online purchases with a check, since checks are vulnerable to bank fraud. Even mailing a check or money order won't give you any protection if you have problems with the purchase.
- Use a true credit card—not a debit card, check card or an ATM card. A debit card exposes your bank account to thieves. Your

checking account could be wiped out in minutes. Also, federal law does not protect debit and ATM cards as extensively as it does credit cards.

- Use a "virtual credit card," if possible. Some banks are now offering their credit card customers a free service called single-use card numbers. Virtual credit cards use a randomly-generated, substitute account number so you never need to give out your real credit card number online, over the phone or through the mail.

Among the card companies offering this service are Citibank, who calls its program Virtual Account Number; Bank of America's service is called ShopSafe and Discover calls its service Secure Online Account Number. You specify the expiration date and credit limit, which adds a layer of protection. Once used, the card is tied to the merchant where it was used, and cannot be used elsewhere.

Contractors

The guests are on their way, the food is cooked and suddenly the light over the dinner table goes out. A new bulb doesn't fix the problem, and neither does flipping the switch that controls the light circuit in the fuse box off and on. You know the same light has given you trouble before, and you might think you even know the difference between that green ground wire and the black hot wire. You remove the light switch from the wall and see some of the wires have apparently become disconnected. Time to just shut off the fuse and reconnect them, right?

Wrong. Each year 67,800 fires result from home electrical problems just like this one, according to the U.S. Fire Administration. Twice as many of those are due to improper wiring as appliance failures.

It's not that you don't know what you're doing or that you can't read a how-to guide—the last residents may have done it improperly

themselves. They may have reversed wires, replaced the wire with wrong gauge or put too much strain on the fuse (called over lamping). The only way to know you are correctly wiring is to use a special tool called a voltage meter to check for hot wires.

The only safe bet is to consult a licensed electrician. Electricians not only have the tools you don't, like lineman's pliers and voltage meters, they have extensive internships (typically 3-7 years) under their belts. They intern for a reason—without proper training, you can seriously hurt yourself by mixing up cables or not taking the proper precautions. For your own safety, and for the safety of the community, get in touch with us about your electrical problems, however small. We can recommend some certified electricians we've worked with before. Besides, your guests would rather eat by candlelight than not eat at all!

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Canyon Pointe Elementary.....	281-357-3122
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Tomball High School	281-357-3220
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Harris County Sheriff (Non Emergency)	713-221-6000
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Hitting the slopes this ski season? Keep in mind these tips to preventing injuries on the slopes.

As a former US Olympic Men's Ski Team physician and orthopedist, every year during the winter months I treat many ski & snowboard injuries in Austin recreational athletes of all ages and abilities.

For 15 years, as a traveling doctor for the team, I accompanied the athletes throughout the US, Canada and Europe on the World Cup tour and was responsible for the triage, stabilization, and treatment of injuries in these world-class skiers.

One of the most frequent questions I get this time of year from my patients who ski is

"How can I avoid hurting myself on the ski slopes?"

So what do I tell recreational skiers about staying healthy on the hill?

First and foremost, adjust to the altitude in your first few days. While there are medications that will improve your blood oxygen, they require a prescription and can have side effects. Perhaps the easiest to take along are low-dose aspirin or ginkgo biloba, as both are safe (unless allergic) and easy to take. Low-level exercise and lots of water (especially during the first night) are also key, as is abstinence from alcohol during the first 24 hours at altitude. Early trip moderation equals a better mountain experience!

Modern skis, boots, and bindings are universally safe now, unlike in decades past. Multi-release bindings help you come out of your skis safely in a fall and with less stress on your knees, the most commonly injured joint in a skier. Make sure they are set correctly.

Speaking of knees, in most solid, intermediate skiers, unlike beginners (learning to stop) and racers (ACL injury from shear forces), serious knee injuries are actually quite rare.

The best way to protect yourself from ski injury is:

- Get in good "ski-shape"
6 weeks of strength and some aerobic training will suffice
- Ski within your limits
- Stay relaxed, focused & well hydrated
- Watch out for that last, fatigued run of the afternoon
- If you fall, fall forward and throw your hands in front of you
it's proven that less knee and shoulder injuries occur in the forward lean of a fall.
- And always, always, wear a helmet!

Before you ski, take time to take stock of your physical condition, especially your knee, shoulder and hip joints. Pre-trip aches and pains will not make for an enjoyable ski trip!

Written by Kelly Cunningham, MD Orthopedic Specialist and Founder, Austin OrthoBiologics Sports Medicine Clinic

Austin resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society.

How to Donate Used Items Efficiently

Spring cleaning is right around the corner, and for many homeowners that could mean out with the “old” and in with the “new”—but what to do with the “old” when it’s not quite ready for the landfill? Donating used items is a great option as long as you do a little homework to find out which local organizations and donation centers are most appropriate for the items you’d like to give away. Use the following tips as a guideline for determining what goes where and how to get it there.

- Many items are eligible for donation. You might be surprised to learn exactly what items you can donate. In addition to clothing and furniture, cars, cell phones and other electronics, fitness equipment, home appliances—even art supplies and old towels—are widely accepted by specialized organizations. If you’re looking to donate a unique item, or several of the same items in bulk, do some further research about local organizations and donation centers in need of specific things.

- Consider what shape your items are in to determine where you donate. If you’re planning to donate a broken refrigerator, make

sure the organization is aware the item is in need of repair. Some donation centers accept broken items for parts; however, most organizations and donation centers prefer to accept gently used items in working condition. Be sure to communicate the item’s condition prior to arranging a donation.

- After choosing where to donate, decide how you’ll get the items to the organization. Oftentimes large organizations and donation centers are able to arrange a day and time to pick up your unwanted items directly from your home or business. Smaller organizations in need might instead have certain days and times available for you to arrange a drop off at a specified location.

- Make sure to get a donation receipt for tax purposes. Before donating, make a detailed list of the items you’ll be giving away along with the estimated values. Keep in mind that, since the items are used, price points might be lower than expected. When your items are picked up or dropped off, request a receipt from the organization or donation center to keep track of what to count as a tax deduction. Speaking with a tax professional for advice also is a good idea.



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SHIELD BEARER SALUTES LOCAL BUSINESS, CHURCH, MINISTRY, AND VOLUNTEER SUPPORTERS

The Shield Bearer Celebration of Hope Dinner was held Thursday, October 27, 2016 at Bammel Church of Christ in Houston, Texas. Shield Bearer honored volunteers and key supporters including The Work Lodge, Calvary Community Church, TOMAGWA Healthcare Ministries, and volunteer ambassador Donna McCarty.

Shield Bearer, a 501c3 nonprofit charity and a lead agency in the movement for healthy marriages, families, and communities, provides counseling, education, and prevention programs to thousands in the community each year. Executive Director Roy Wooten stated, "Our work with human trafficking survivors, victims of crime and abuse, and veterans and their families is only possible because of support from the community. Many individuals and families are in desperate need of services and cannot afford to pay for them. When you support Shield Bearer, you give hope and healing to these families."

Event sponsors included Halford Busby Construction Consultants, Klein Funeral Homes and Memorial Parks, Insurance One, and Community Impact Newspaper. Associate Director Melissa Rotholz stated, "This event would not have been possible without our sponsors and the many local individuals and businesses that donated auction items. Every donation furthers the mission of strengthening

and uniting families here in Houston and surrounding areas."

Shield Bearer currently has five locations in the Houston area including Cy-Fair, Tomball, Cypress Station, and Montgomery County. Interested volunteers are encouraged to attend an upcoming free community breakfast held on the first Tuesday of each month at 12340 Jones Rd. Ste 290, Houston, TX 77077 at 9am. Find out more at shieldbearer.org or contact volunteer@shieldbearer.org or (281) 894-7222.



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control methods into a single flexible approach to manage pests. When utilizing IPM, we hope that you can avoid or reduce pest problems.

Here are some things to reduce the number of pests in your home:

- Reduce food or water resources for insects:
- Encourage family to eat in one location. This makes it easier to clean since spills and crumbs are not spread around the house.
- Clean up any spilled food or drink as soon as possible.
- Sweep & vacuum regularly. This helps to remove food crumbs, pet hair and other things that insects may feed upon.
- Do not leave dirty dishes in the sink overnight. Even small bits of food can be a meal for insects.
- Do not leave pet food out overnight. Again, can be a free meal for insects.
- Remove old newspapers, magazines and books that are unused Silverfish love to feed on these types of items.
- Repair plumbing leaks to get rid of water sources required by insects.
- Use a plastic bag to line garbage cans to make garbage easier to remove.

IPM is short for Integrated Pest Management and is the blending of effective, economical and environmentally sound pest

- Remove garbage on a weekly basis, possibly more during warmer times of the year.

- Reduce areas where insects may live:

• Clean drains with a stiff brush & then flush with boiling water. There are small flies that can grow in the slime layer of drain pipes. The stiff brush will loosen the slime and the boiling water will flush it away.

- Remove tree stumps and any dead branches in the yard to avoid carpenter or acrobat ant populations living in these areas.

- Remove debris (firewood, bricks, stones, etc.) away from the home. These areas can be inhabited by a variety of arthropods including spiders, scorpions and cockroaches.

- Clean closets on a quarterly basis to reduce the chance of spiders moving in.

- Reduce moving insects into the house:

- Inspect all items for pests before bringing them into the house.

Insect pests can be brought into the home with such items as potted plants, boxes full of things inherited from a family member, on used clothing or furniture, among other things.

- Prune tree limbs that touch or overhang the home & prune back and shrubs that touch the home. When shrubs or trees touch or overhang the home, they can be used as bridges for insects to get onto the home and then move inside.

(Continued on Page 7)

CANYON GATE AT NORTHPOINTE MARKET REPORT FOR NOVEMBER 2016*

Homes SOLD	55
Avg Days on Market	32
Avg Sales Price	\$224,404
Average List Price vs Sales Price Ratio	99%
*Data is from HAR for 10-1-16 through 10-31-16	

As of November 6, 2016:

Homes Active on the Market	9
Price Range	\$174,800 - \$318,000
Homes Under Contract	
Option Pending	3
Price Range	\$230,000 - \$269,000
Pending Continue to Show	0
Price Range	-
Pending	5
Price Range	\$210,000 - \$275,000

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TENNIS TIPS

By USPTA/PTR Master Professional
Polo Tennis and Fitness Club

How to execute The One-Handed High Backhand Volley Approach Shot

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two-handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead "smash", the forehand service return, the backhand service return, the forehand high volley approach shot, and the two-handed high volley approach shot.

In this issue, I will offer you instructions on how to execute the one-handed backhand high approach shot. This shot is used when a player is caught in "no-person's land" (around the service line area) and receives a high ball to volley. The important part of this shot is to be able to hit a deep volley at the feet of the opponents and/or to hit a deep volley close to the baseline, so the opponent is put into a defensive mode. This will cause the player to hit a softer ball so the player can now move closer to the net for the "killer or placement volley". In the illustrations, Sondra Thornton, a player at the Polo Tennis and Fitness Club, shows the proper technique to execute this stroke.

Step 1: The Ready Position and Split Step: When Sondra realizes that she is caught in "no-person's land", she takes the split step by bending of the knees and staying on her toes. Her racket is in the volley position and her feet are angled toward the path of the incoming ball. Notice that the left hand is on the throat of the racket.

Step 2: The Back Swing: Once Sondra realizes that the ball has been directed to her backhand, she will turn her upper body and will take

the racket slightly back. Notice that the left hand is still on the throat of the racket. She has loaded her weight onto her left foot and will be ready to step forward to meet the ball. She will make a slight change toward the continental grip on the right hand.

Step 3: The Point of Contact: Sondra is now ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted toward the point of contact. Notice the right toe pointing to the ball meeting the racket. The face of the racket is open to allow her to hit behind the ball and allow maximum net height and allow her to hit the ball deep. The control of the ball will be made with the right hand, which is holding the racket tighter. The right hand will keep the face of the racket at a 45-degree angle at the point of contact.

Step 4: The Follow Through: Once Sondra has contacted the ball, she finishes the follow through with her right wrist laid back and leading the stroke with her right knuckles. Her left arm is pulling back for better body balance and her eyes are still watching the racket where she contacted the ball.

Step 5: The Move for the Kill Volley: As the ball is headed toward the opponent and Sondra realizes that her shot is deep, she now moves closer to the net for the put away volley. If her shot was not deep, Sondra will decide to stay close to the service line to protect the lob over her head. By the look in her eyes and her smile, she just did a "kill volley".

Look in the next Newsletter for: How to execute "The Lob"



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(Continued from Page 5)

- Seal entry points on the outside of the home with sealant, expanding foam or copper mesh screening. Pipe penetrations, weep hole or cracks can allow insects, spider or other animals move into the home.
- Store food in sealed plastic or glass containers to keep pantry pests out.
- Keep screens, weather stripping and door thresh holds in good repair. Many insect pests are very small, so even a small tear in a screen or crack under a door can allow them to come inside.
- Use yellow bulbs in outside lights to reduce the number of insects coming near doorways.

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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YOUR PETS DESERVE THE BEST

We love our pets, so keeping them safe in the wintertime should be a top priority. See below for some friendly reminders detailing how you can ensure your pet stays warm, happy and out of harm's way even on the dreariest of winter days.



Beware of sidewalk salt and de-icer. Pets' paws are extremely sensitive, so prolonged exposure to sidewalk salt can be problematic. If you walk your dog regularly in areas where sidewalk salt is used during inclement weather, wipe the underside of paws with warm water and a clean towel when you go back inside. Doing so also

(Continued on Page 11)



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INGREDIENTS

- 1 cup sugar
- 1/2 cup white Karo
- 1 dash salt
- 1 cup shelled raw peanuts (or pecans, walnuts, sunflower seed, etc.)
- 1 tablespoon butter or more. With peanut brittle, more is better.
- 1 1/2 teaspoons baking soda
- 1 teaspoon vanilla

DIRECTIONS

Line baking sheet with wax paper.
Spray wax paper, spoon, and anything else the brittle touches with Pam.
Combine sugar, salt and Karo in a 3 quart microwave safe glass bowl.
Stir in peanuts.
Microwave on high until light brown (8 to 10 minutes) stirring at least 2 times during cooking.

Remove from microwave and stir in remaining ingredient adding baking soda last (mix will be foamy).
Stir quickly and pour onto wax paper.
Spread thin for brittle candy.

Note: You can use any type nuts you prefer or even sunflower seeds (which is my favorite).



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Fall/Winter Tips

Preparedness is paramount when it comes to road trips year-round, and hitting the road for a long drive during winter months is no exception. With an increased risk of potential driving hazards like sleet, snow, strong winds and frigid temperatures, it's a good idea to think about ways to ensure you'll travel safely.

Consider the following tips when preparing for your winter road trip:

- Invest in an emergency kit for your vehicle. Available at most major retailers, these kits are relatively inexpensive and contain items like flares, booster cables, flashlights, ponchos and first aid supplies for minor injuries.
- Develop a contingency plan. Create a strategy for dealing with a flat tire, vehicle accident, dead battery or other potential travel delays. Keep a hard-copy list of people or businesses to contact for help should you need it.
- Stay in touch. Check in with a designated contact during your journey with updates on your location, delays encountered or

unexpected situations that require longer travel time. When driving, remember always to pull off the road before using your cell phone.

- Check the local weather report before heading out. Winter weather can be tricky and forecasts aren't always accurate. You can double check your destination's weather history on a variety of websites to determine typical conditions to expect in that area during your travels.
- Store warm clothes and blankets in your vehicle. Be prepared to stay warm if you're stuck for extended periods by keeping a blanket or two in your car. Also, pack a small travel case with snow boots, socks, gloves, a scarf, hat and heavy sweater in case you need to leave your vehicle.
- Review your travel route without GPS. Read through detailed driving directions, including alternate routes, so you know your options. Also consider keeping a map handy in case your navigation system is compromised during your trip.

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it's important to remember the
most significant things in life ...

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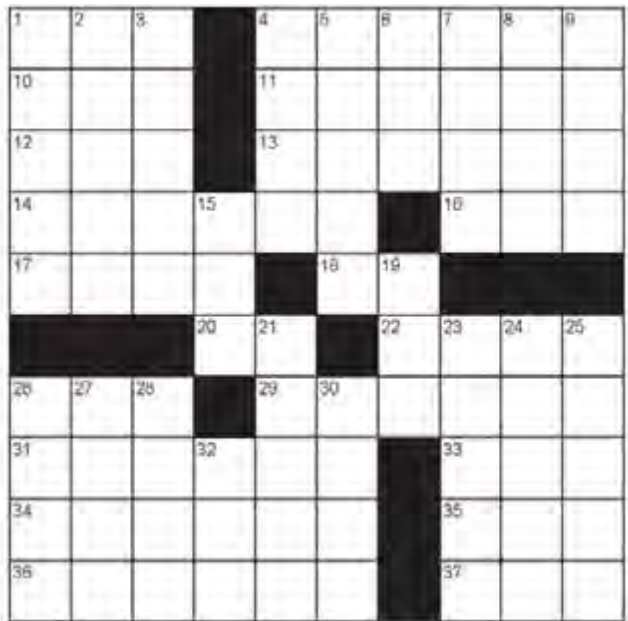
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CANYON GATE

CROSSWORD PUZZLE



ACROSS

1. Dawdle
4. Permanant
10. Brew
11. Brand of adhesive strip
12. Charged particle
13. A Nissan car
14. Parallelograms
16. Male cat
17. France & Germany river
18. Father
20. Strontium (abbr.)
22. Animal oil
26. Part of a min.
29. Saudi ___
31. Singer Bing
33. No. eggs in a package
34. One-celled water animal
35. Southwestern Indian
36. Raving
37. Hallucinogen

DOWN

1. Dens
2. Hawaiian 'hello'
3. City
4. Replace a striker
5. Spring flower
6. Music
7. Lure
8. Type of car
9. Cheese
15. Married woman
19. Wing
21. Jewish religious leader
23. BB player Kareem ___ Jabar
24. Public disorder
25. Groggy
26. Blemish
27. Writer Bombeck
28. Racoon's nickname
30. Baseball's Nolan
32. Scene

View answers online at www.peelinc.com

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(Continued from Page 7)

eliminates risk of ingestion if your pup licks its paws often. Keep an eye on your pet's toe pads for severe dryness, cracking or bleeding.

Bring pets indoors. Just as in summer months when temperatures reach extreme highs, pets should be brought inside during extreme wintertime lows. This applies for daytime and nighttime temperatures, so check your local weather daily and limit your pup's outside time if the forecast is looking chilly. And remember—if you're uncomfortable with the outside air temperature, chances are your pet is too.

Bundle them up! When pets do go outside during the cold winter months, those with thinner fur coats may need extra warmth. Your local pet store should have an assortment of extra layers for your dog—even winter boots for pups who need extra paw protection from the cold and ice. Only add layers if your pet can truly benefit. If you're unsure, ask your veterinarian.

Keep your pet active and out of trouble. During inclement weather when you can't make it outside with your pup, set aside some extra time during the day to make sure they have some exercise—even 15 minutes of playtime helps. Paying attention to your pup keeps them engaged and happy, and ensures no bad behavior caused by boredom.



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Kara Puente
REALTOR®

281-610-5402
kpuente@garygreene.com



Lucia Clark
REALTOR®

832.492.6575
lucia.clark@garygreene.com

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