



VOLUME 8, ISSUE 2

A NEWSLETTER FOR VILLAGES OF NORTHPOINTE

FEBRUARY 2017

THE VILLAGES OF NORTHPOINTE COMPASS

*A Newsletter for Villages of
Northpointe*

The Villages of Northpointe Compass is a monthly newsletter mailed to all Villages of Northpointe residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at www.PEELinc.com. Personal news (announcements, accolades/honors/celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!

Smart Talk About Home Remodeling

The temperatures feel like Spring already and the time of year that you start looking at your home and thinking about remodeling is almost here. You may have noticed that the outside of your home needs a little work or you may be looking at putting your home on the market. When it comes to remodeling, where do you start?

Every year, "Remodeling" magazine looks at the average costs of home remodeling projects with the value of those projects retain at resale in over 100 U.S. cities. The smartest investment that you can make when remodeling may surprise you. Many homeowners go to the time honored update of the kitchen and bathrooms to garner the best price per square foot at resale.

However, "Remodeling" magazine ranks "re-siding with fiber cement as the #1 return on investment when compared to other mid-size remodeling projects" for the fourth year in a row. Compared to adding a bathroom, re-siding your house with fiber cement nets a 25 percent higher return on investment. Re-siding with fiber cement will also increase your return by 11 percent over vinyl windows and a whopping 24 percent greater than a major kitchen remodel or roof replacement.

The next question in remodeling is who to trust with your home remodeling project. Choose a company with a good reputation that offers solutions for your remodeling needs. Ask trusted friends for recommendations, check out the company's BBB rating and know that the cheapest estimate may not always be the

best. Michael Berry, KTRH 740AM personality and host of the Michael Berry Show, endorses Houston Siding. Berry states, "I have spoken for Houston Siding Company for 10 years and have never had a complaint."

Texas has its own set of challenges with temperatures in the highs and lows as well as high humidity and storm potential. With a familiar slogan in Texas being "if you don't like the temperature just wait a few minutes," you should look for products that are durable as well as suited for the climate.

An innovative product from James Hardie brings new technology to siding. James Hardie Insulated Lap Siding offers siding backed with foam insulation. It is engineered to keep your home cooler in the summer and warmer in the winter. Because foam insulation helps maintain a more consistent temperature in your home, it can help reduce your energy bills and conserve resources for long-term energy efficiency. James Hardie insulated siding is available at Houston Siding, a James Hardie Elite Preferred Contractor.

As Spring time approaches and remodeling projects start, you want to ensure that you're using the best possible products and company for your next remodeling project.

ABOUT HOUSTON SIDING

Houston Siding Company is a Houston based company that provides replacement siding, installation and repairs along with windows and roofing. They were established in 1991. They are a James Hardie Elite Preferred Contractor. For more information, please see www.houstonsiding.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 Kelly 281-376-3472

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

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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 villagesofnorthpointe@peelinc.com.



Tomball Art League

*Make this the
year you get
back to your
love of art!*

Join TAL on **Saturday, February 11**, to learn more about the Tomball Art League and enjoy a demonstration by a guest artist .

TAL meets at 9:30 a.m. 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:

thetomballartleague.com

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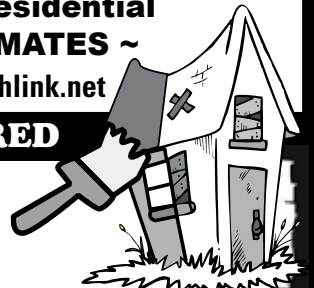
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Women Empowering Women Express Network

The Women Empowering Women Express Network (WEWEN) of the American Business Women's Association (ABWA) invites you to attend a Monthly Networking Luncheon on February 1, 2017. The luncheon will be held at the Raveneaux Country Club at 20515 State Hwy 249, Houston, Texas 77070. Open Networking begins at 11:00AM, followed by an informative program and lunch from 11:30AM-1:00PM. This month's program features Marie Myers, Senior Vice-President of Finance, HP Inc., presenting a program titled, "Finance is a Field that Goes Far Beyond Administration for Successful Businesses!"

Marie Myers is an internationally recognized business leader and expert in global information technology, finance, and business strategy.

As Senior Vice-President of Finance for HP Inc. in Houston Texas, Myers oversees the Global Controllorship and Financial Shared Services organizations.

Following her graduation from the University of Queensland with a Bachelor of Arts and Bachelor of Economics, Myers worked as an economist for the Australian government before setting her sights firmly on an international career and moving overseas to eventually join Compaq, which was bought out by Hewlett Packard.

Myers impressive list of achievements within Hewlett Packard over 20 years include directing the largest financial division in business history,

leading the change management of 2,500 employees internationally, and overseeing revenue in excess of \$50 billion.

Myers is not only renowned for her skills as a leader in business and technical acumen, but for her ability to coach, direct and run diverse teams, and her dedication to mentoring and developing people, which has earned her the admiration and respect of her peers throughout the industry.

Myers is a passionate supporter of young women, and has provided mentorships for women at University of St Thomas in Houston, and is a regular panelist, speaker and presenter on diversity and improving the status of women.

Expand your network, grow your business skills, reach a new audience, or advance your career with the Women Empowering Women Express Network of ABWA. WEWEN meets the first Wednesday of each month from 11AM-1PM. Additional details and luncheon registration (\$25) are available at wewen.org. Contact communications@wewen.org with questions.

About ABWA

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 65 years to women's education, workplace skills, and career development training. For more information, visit abwa.org.

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Lucia Clark
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Villages of Northpointe Resident

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lucia.clark@garygreene.com



What Lucia's Clients are saying about her:

"This is the second time I have used Lucia Clark as my REALTOR. I have been extremely pleased with both instances. She is both efficient and professional while also giving the personal customer service that is often lacking in today's world. I will use Lucia in any future realty dealings and will highly recommend her to anyone I know looking to purchase or sell their home." - Susan E.



BOY SCOUTS OF AMERICA Troop 533 & 1907

FUNDRAISER

Good Shepherd United Methodist Church and Fairfield Baptist Church

If you are looking to beautify your landscape and bring your lawn back to life, then you will be interested to know it is that time of year again for fertilizer and mulch sold to you and delivered to your home by your local boy scouts this spring!

Troop 533 chartered by GSUMC and Troop 1907 chartered by FBC have joined forces once again to conduct their annual fertilizer and mulch fundraiser starting January 9, 2017. Troop 533 has delivered to homes in the Cypress community for more than 10 years and is proud to continue this tradition with Troop 1907. Scouting makes a direct and positive impact on your community by teaching positive values and leadership skills to our youth. Your support ensures Scouting will continue building character, fitness and citizenship for years to come.

The funds from your purchase will directly benefit the troop, and each individual scout, on their continued journey through the scouting program. The proceeds from each scout's sales will help fund activities such as High Adventure Camp, Summer Camp,

Treks, monthly troop campouts and so much more. By purchasing your lawn mulch and fertilizer from the scouts, you are directly supporting scouting programs where you live – programs that clean up your parks, gather food for the area needy and even help your community prepare for disaster.

This year's offerings include red, black, hardwood or pine bark mulch as well as premium or slow release fertilizer and weed n feed fertilizer. Scouts will be visiting your neighborhood soon! All purchases will be delivered by the Scouts on February 25, 2017.

For your convenience, Scouts will be selling door to door in your subdivision beginning January 9th. If you are reading this circular and think we may miss you, please order by emailing Troop 533 at BoyScoutsTroop533@yahoo.com.

Yours in Scouting,
Scoutmaster Louis Mayer (Troop 533) and
Scoutmaster Chad Gaulding (Troop 1907)

Cy-Fair Hospital now has SEVEN locations to serve your Emergency and Urgent Care needs.

EMERGENCY CARE
(open 24 hours, 7 days a week)

- 1** 10655 Steepletop Drive (F.M. 1960 near Jones Rd) Houston, TX 77065 Main Hospital 800.681.2733 ER 281.897.3150
- 2** 5655 W. Sam Houston Pkwy. N. at Tanner Rd, Houston, TX 77041 281.949.3800
- 3** 7015 Barker Cypress at F.M. 529 Cypress, TX 77433 281.949.3600
- 4** 8470 Hwy. 6 North at West Rd Houston, TX 77095 281.949.3799

URGENT CARE
*(open 9 a.m. to 9 p.m., 7 days a week)
While we welcome, no appointments necessary*

- 5** 9110 Barker Cypress at West Rd Cypress, TX 77433 281.517.9900
- 6** 14044 Spring Cypress at Grant Rd Cypress, TX 77429 281.949.3703
- 7** 9138 West Rd at Beltway 8 Houston, TX 77064 281.949.3737



The map shows seven locations of Cy-Fair Hospital services across the Houston area, numbered 1 through 7. Locations 1, 2, 3, and 4 are Emergency Care centers, while locations 5, 6, and 7 are Urgent Care centers. The map includes major roads like I-10, I-290, I-59, and I-610, and landmarks like the Cy-Fair Fairbanks Medical Center Hospital.

Cypress Fairbanks Medical Center Hospital
A PART OF CYFAIR REGIONAL HEALTH NETWORK

CyFairHospital.com

AHFC Junior Hurricanes (JHSL) Registration Now For Spring 2017 Open

The Junior Hurricanes Soccer League (JHSL) is led by professional United States Soccer Federation (USSF) licensed staff and is designed for boys & girls who want to play and have fun in a safe and developmentally appropriate environment. The JHSL program is being offered at multiple locations and in conjunction with CFSA at the Schiel Road Complex. To learn more about each location and to register please visit www.albionhurricanes.org.

For those wishing only to train, join us in Katy for AHFC Friday Night Academy. Visit Katy Youth Soccer to register for this Friday Fun Program.

AHFC is proud to partner with New Territory and offer New Territory Thursday Night Academy, a 5-week Skills Program.

Email us at jhsl@albionhurricanes.org for more information or questions. Office Phone: 713-939-7473

Jack and Jill of America Associates Plan "Puttin' on the Ritz" Charity Gala

The "Awesome, Amazing, Associates" of the Jack and Jill of America, Inc., North Houston Suburban Chapter will hold a "Puttin' on the Ritz" dance on Saturday, March 4th, 2017. The event will be take place from 8 p.m. to 12 a.m. at the Northgate Country Club, 17110 Northgate Forest Drive, Houston, Texas. The suggested attire is formal black and white.

"Puttin' on the Ritz" will benefit the Jack and Jill of America Foundation, which supports education, literacy, scientific and charitable projects that benefit children. Tickets are \$65 per person. To purchase tickets, please contact Shirley Carter, at 281-222-7765 or sjmcarter@att.net.

Jack and Jill of America, Inc. is a non-profit family organization which is dedicated to nurturing future leaders by supporting children through leadership development, volunteer service, philanthropic giving and civic duty. More information about the organization can be found at www.jackandjillinc.org.



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Northwest Flyers Youth Track Club Holds Registration for 30th Anniversary Season

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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**Northwest Harris County
Aggie Mom's Club**

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Come join us, on Tuesday, February 14th at 6:30 pm. at the Houston Distributing Company, 7100 High Life Drive, Houston, Texas. 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! Come listen to our guest speaker, Nicholas Taunton '07, the Director of Development for the Association of Former Students. In honor of Valentine's Day, there will be a chocolate fountain and beer, and husbands/fathers are invited to attend. We welcome all Aggie Moms, whether of freshman Aggies, current Aggie students or former Aggies. And if your son or daughter is a newly accepted Aggie, please join us! Whoop!

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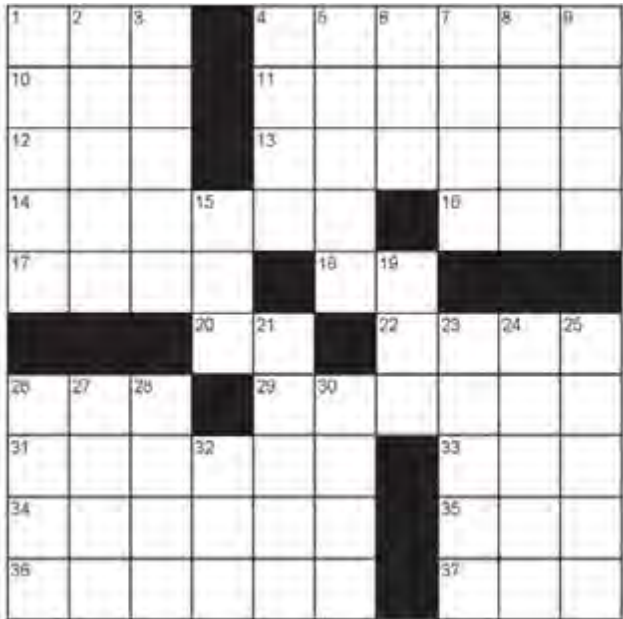
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ACROSS

- 1. Belong
- 4. Elevator alternative
- 10. Fire remains
- 11. Short guy, hairy feet
- 12. Manipulate
- 13. Indoor
- 14. Coaxing
- 16. Condensation
- 17. Adolescent
- 18. South Carolina (abbr.)
- 20. New Jersey (abbr.)
- 22. Hornet
- 26. Rock
- 29. Loves
- 31. Demonstrate
- 33. Government agency
- 34. Subordinate
- 35. Cause of sickness
- 36. Elapse (2 wds.)
- 37. Surface to air missile

DOWN

- 1. Finds _ -
- 2. Make available
- 3. Not here
- 4. Tibia
- 5. Fire iron
- 6. Abdominal muscles (abbr.)
- 7. As previously cited
- 8. Cycle
- 9. Soup
- 15. Hotel
- 19. Cash with order (abr.)
- 21. Rachel's husband
- 23. Regions
- 24. Reddish brown
- 25. Sacred song
- 26. Pearls
- 27. Vile
- 28. Brief
- 30. Refuse to believe
- 32. Pinch

View answers online at www.peelinc.com

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Ways to Get Rid of Neck & Back Pain

By Dr. Chad Adkins

By far, the most common cause of neck and back pain in today's society is poor or bad posture. We find in our office that back pain usually follows sitting for a long period of time, bending repetitively or for a long period, standing for too long, or lying down in a position of strain. Similarly, we notice that neck pain usually follows sitting for long period of time (such as on a drive or flight), working in a strained position (like in front of a computer), holding a phone in place for an extended period, or lying down with the head in an awkward position.

Let's look at the five most common causes of neck and back pain and see what we can do to correct them.

1) Lifting is probably the biggest culprit of them all. Make sure that when you lift you bend your knees, not your back! Lift with your legs, and hold objects close to your body. Try to avoid lifting objects over your head and no higher than your chest. If a load is too heavy, get help. Plan ahead to avoid sudden load shifts. Most importantly, always be sure of your footing.

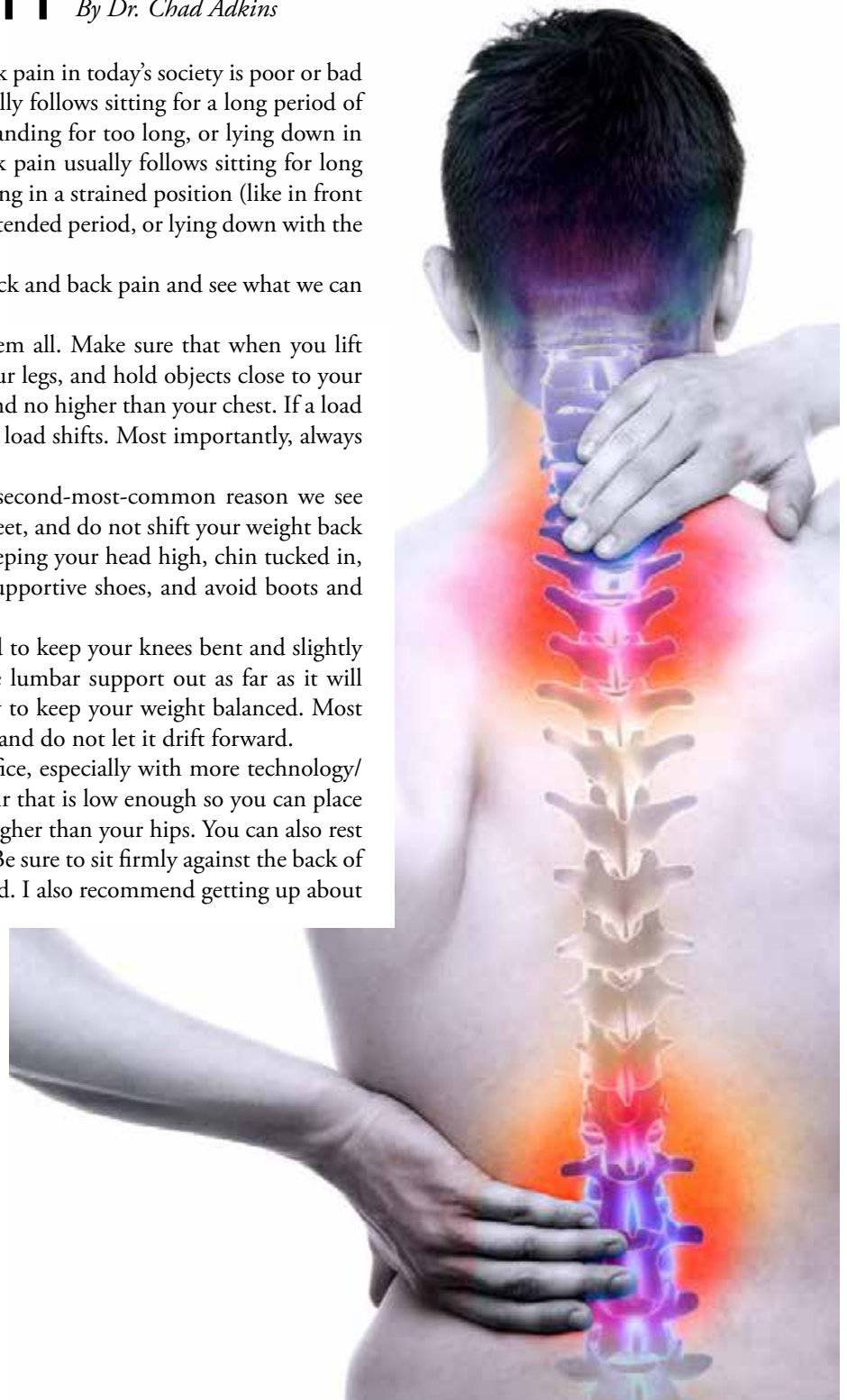
2) Incorrect ways of walking/standing is the second-most-common reason we see patients. Try to stand with weight equal on both feet, and do not shift your weight back and forth. Walk with good posture (walk tall), keeping your head high, chin tucked in, and toes straight ahead. Wear comfortable and supportive shoes, and avoid boots and high heels when possible.

3) When driving, move the driver's seat forward to keep your knees bent and slightly higher than your hips. Sit straight, and push the lumbar support out as far as it will go. Also, do not lean to one side or the other; try to keep your weight balanced. Most importantly, keep your head back against the rest and do not let it drift forward.

4) Sitting is the next big issue we see in our office, especially with more technology/computer-related jobs. Make sure you sit in a chair that is low enough so you can place both feet on the ground, with knees equal to or higher than your hips. You can also rest your feet on a stool if you can't reach the ground. Be sure to sit firmly against the back of the chair, and do not allow yourself to lean forward. I also recommend getting up about every thirty minutes.

5) Sleep is something that often gets looked over, but it is very important because you spend a third of your life in bed. A good night's sleep on a firm mattress is good for your health and your back. Ideally, sleep on your side, with knees bent and a small pillow between them, or on your back with a pillow under your knees. Try to avoid sleeping on your stomach at all costs.

It is very important to learn and practice good posture and body mechanics. A straight, properly aligned back can avoid unnecessary wear and tear on your discs and joints.





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