VOLUME 8, ISSUE 3

A NEWSLETTER FOR VILLAGES OF NORTHPOINTE

MARCH 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!

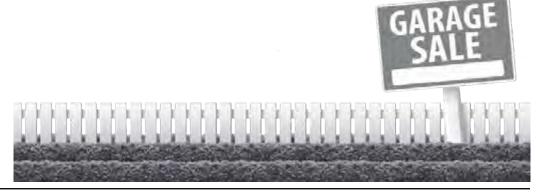
Villages of Northpointe Spring Garage Sale

The Villages of Northpointe Spring 2017 Community Wide Garage sale will be: Friday, April 21 and Saturday, April 22 from 8 am to 3 pm. Rain or Shine.

For those new to this event, the community garage sale is organized by residents in the neighborhood & supported by the Villages of Northpointe Board of Directors. The sale of your items takes place at your own place of residence. Each participant can be open both days or one day and stay open longer or shorter than scheduled.

To get the flow of traffic to your location in Village of Northpointe area, you will be responsible to put sign to direct them by putting your address and arrow on it. You can put them at the main point to your address either on Northpointe Blvd or Northpointe Terrace Dr., etc. and closer to your address. You are also responsible for removing any signs you use after the garage sale is over.

If you have any questions, please email us at jrpivonka@yahoo.com or phone No. 832-698-2055. Janice and Franklin Pivonka.



IMPORTANT NUMBERS

Villages of Northpointe Security Director	
Andy Elmore	hit02@scbglobal.ne
Waste Management	281-376-8802
Centerpoint Energy	713-207-2222
Tomball Post Office	
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	ununu tomballisd ne
Canyon Pointe Elementary	
NorthPointe Intermediate	
Willow Wood Junior High	
Tomball High School	
Tomball Memorial High School	
· ·	201 377 3230
TAX ENTITIES:	
Tomball ISD Tax Office	
www.tomballisd.net and follow the link t	
MUD #281 & NorthPointe WCID	
Harris County Appraisal District	
Electric Company Choices	866-7974839
v	vww.powertochoose.org

NEWSLETTER INFO

PUBLISHER

Articles	.villagesofnorthpointe@peelinc.com
Advertising	advertising@PEELinc.com

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*.







Red Imported Fire Ants

TEXAS A&M GRILIFE

I was making dinner the other night and my kiddo was outside **EXTENSION** playing. He came rushing in panicked. He discovered the fire

ants of the season. While I knew it was inevitable, I was hoping that it would occur a bit later in the year. But, it's true. Fire ants have begun to yet again, dot the landscape with their mounds.

Spring time is usually when people see fire ants swarming (although it can also happen in the fall). Swarming is a reproductive process that usually occurs on warm days after a rain event. Winged males and females leave the mound and fly into the air to mate. After mating, they fall to the ground where males



Fire ant queen without wings.

die and females break off their wings and search for a location to establish a new colony. Mated females dig a small chamber in soil, lay a few eggs and rear those young by themselves until the young become mature worker ants. At that point workers take over colony functions and the queen continues to expand the population of the colony by laying more eggs.

While searching for a new colony location, many mated fire ant queens are killed by lizards, birds, spiders, other ants, and often my shoe stomping on them. Queens that survive can be managed by broadcasting fire ant bait over your entire property. New colonies are usually very small and may not have substantial mounds for locating easily for individual treatment. When worker ants forage for food, they would have the opportunity to locate, pick up, and carry fire ant bait back to the colony to share with other ants including the queen.

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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SATURDAY, MARCH 11 * 1:00 PM - 3:00 PM

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Eligible ribbon winners may qualify for the Lone Star Art Guild Juried Show. (LSAG rules and quidelines apply for acceptance into LSAG juried shows.)

For additional information: www.thetomballartleague@gmail.com

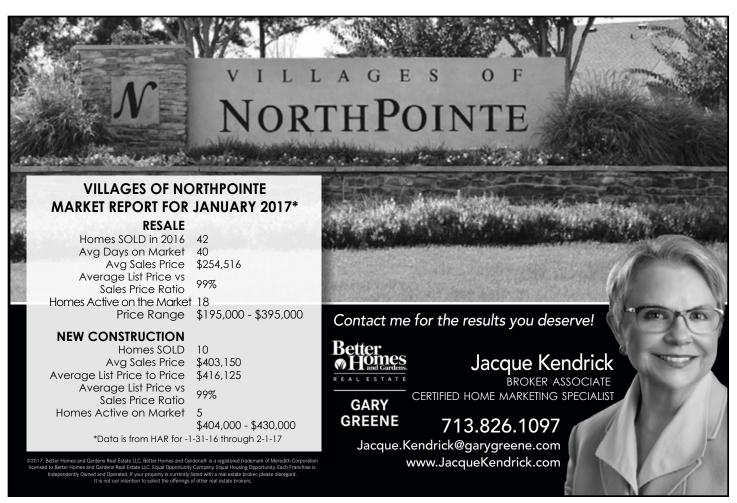
MARCH MARKS NATIONAL NUTRITION MONTH

Five Key Nutrition Tips for a Health Lifestyle

March is National Nutrition Month, and it marks the perfect time to assess the foods you eat and commit to a healthy lifestyle. It's never too late to make healthy eating a part of your everyday life and DyRell DiLorenzo, Hospitality Site Manager at Baylor Scott & White Medical Center – Lakeway, is ready to help get you started with these five key tips:

- Highlight fruits, vegetables, and whole grains This category should be 45-60 percent of your daily calorie intake.
- Fiber, fiber Fiber is important for our bodies during the digestion process, as it slows down how we process these foods.
- Embrace lean proteins This includes poultry, fish, beans, egg whites, nuts, and other lean meats. 15-25 percent of our diet should come from proteins, according to the USDA.
- Don't fear fats Although fats sound like something we should stay away from, it is essential to get between 20-30 percent of your daily calories from fats. Good fats include, olive oil, nuts, seeds, avocado and fatty fish.
- Moderation is key Just because you are eating healthy doesn't mean you can't indulge on occasion. Just be wary of your sugar and calorie intake, read the ingredients, and decide "is this really worth it?"

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health and stabilizing your mood.



MIDDLE SCHOOL/HIGH SCHOOL CLUB TRACK SIGN UPS ANNOUNCED

The Northwest Flyers Track Club is now registering middle and high school athletes for the spring and summer 2017 season. The team is sanctioned by USA Track & Field and provides a full program of "track" events such as sprints, hurdles, middle distance, distance and relays and "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. It is an excellent "offseason" program for young athletes who compete on their middle school or high school track teams.

The team, which is celebrating its 30th anniversary season this year, was founded by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the northwest Houston area. In July, 2016 the Northwest Flyers had one of its most successful competitions ever at the Junior Olympics in Sacramento, California.

For additional information about the team and the orientation for middle and high school athletes, visit www.northwestflyers.org, email linette.roach@sbcglobal.net, or "Like" the club on Facebook.













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The Elisha Roberts Chapter, National Society Daughters of the American Revolution (NSDAR)

The Elisha Roberts Chapter, National Society Daughters of the American Revolution (NSDAR) meets on the third Thursday evening of the month, September through May, in the Cypress area. Our Motto is "God, Home, and Country". Membership is available for women who are direct lineal descendants of those who fought or provided aid during the American Revolution. Elisha Roberts also sponsors a Children of the American Revolution Society, called the Wings of Freedom Society. Please contact Melinda Sims, Chapter Regent, at melinda@mazzaroth.net for more information.

AHFC Soccer Summer Camp Series 2017

AHFC is please to offer the Summer Camp Series at multiple campuses in and around Houston. The club invites all interested players to the Canes



Fundamental Camp (Ages 5-9) or the Canes Skills & Drills Camp (Ages 10-16).

Please visit albionhurricanes.org to register and for more details about each particular campus. The camps will be offered in New Territory, Cy Fair and Katy locations. All information can be found under "Camps" at albionhurricanes.org.

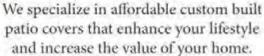


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EGG ROLLS

Ingredients:

1 lb Chinese cabbage (Napa)

2 stalks celery

1/2 lb cooked shrimp

1/2 lb cooked pork or chicken livers

10 water chestnuts

1/3 cup bamboo shoots

1 tsp salt

1 tsp sugar

liberal dash pepper

1/2 tsp light soy sauce

1/4 tsp sesame oil

1 beaten egg

10 egg roll skins

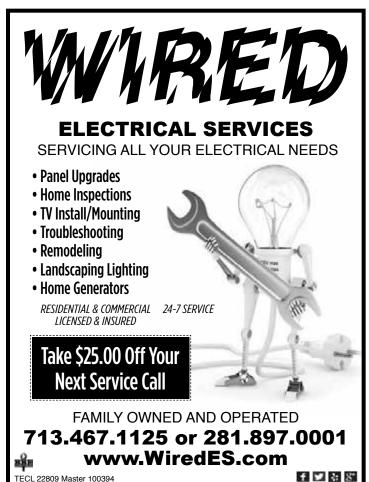
3 cups oil

Preparation:

Boil cabbage and celery until tender. Drain & squeeze out excess water. Shred very fine, set aside. Parboil shrimp and fry or bake pork/chicken. Mince both. Shred water chestnuts and bamboo shoots. Mix all ingredients together except egg. Beat egg. Wrap filling in egg roll skins and seal with egg. Cooking: Heat oil in wok or fryer



to 375 degrees and drop in egg rolls. When skin turns light brown, remove and drain. Take out and cool in refrigerator. When ready to serve, drop again into hot oil and fry until golden brown. (Two step cooking assures inside will be moist and not overcooked and outsides crisp). Serves 10.



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5k Family Fun Run Highlights Survivors and Supports Victims



Volunteers have been planning this year's "Running for Hearts" annual 5K Family Fun Run and Walk. This fun-filled event will feature a timed 5K trail run, a one mile family fun walk, and will take place on Saturday, March 25, 2017 in Spring. The event will also include children's activities, local vendors, and more. Participants will receive a swag bag, a race day t-shirt, and are invited to an afterrace celebration featuring a DJ, food, and a few surprises. Prizes for participants include race winners and fund raising winners.

Northside Christian Church (20250 Kuykendahl in Spring) is hosting this year's fundraiser with proceeds going to support Shield Bearer Counseling Centers. "Shield Bearer provides a safe and hopeful place for children and adults to rebuild after tragedy and trauma. We are so thankful for everyone who is coming out to make a difference for people who have gone through traumatic events like crime victims, human trafficking survivors, and veterans and their families right here in Northwest Houston," states Executive Director Roy Wooten.

First Metropolitan Church Pastor John D. Ogletree, Jr. stated, "Our community is grateful to have Roy Wooten and Shield Bearer as a viable resource to assist victims with the horrible aftermath of crime. I am familiar with the emotional, physical and financial wounds of crime victims and would not hesitate to refer someone

to Shield Bearer."

The event also benefits families who have been affected by traumatic events like Shari Nightingale, the 2015 Katy Person of the year. Her daughter Lindsay Ferrill was murdered in 2012. Now she prevents others from becoming victims through the Lindsay's Light Dating Violence Prevention program at Shield Bearer. "I'm so thankful to be a part of a Christian ministry that brings hope for people going through such horrible experiences," stated Shari.

Registration is available at shieldbearer.org/5K. Pre-race day entrance fees are \$25 per participant. Children under 13 are \$10. Volunteer, vendor, and sponsor opportunities are available by contacting events@shieldbearer.org or calling (281) 894-7222.

For more information about Shield Bearer, a Houston based nonprofit and lead agency in the movement to strengthen individuals, couples, and families, visit shieldbearer.org, call (281) 894-7222, or attend a free Community Breakfast on the first Tuesday of the month at 9AM at 12340 Jones Rd, Ste 290 in Houston.







TENNIS TIPS



By USPTA/PTR Master Professional

Director of Special Events - Polo Tennis and Athletic Club

How to execute The Two Handed Backhand Lob



In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the 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, the one-handed high volley approach shot, and the forehand lob.

In this issue, I will offer instructions on how to execute the Two Handed Backhand Lob. This shot is used when a player is forced to retrieve a ball that is hit deep to the backhand side of the player, and the opponent is either charging to the net or staying far back. The player hitting the lob is looking for "air time" to regain balance and court space. This ball should be hit high enough so the players at the net cannot reach and "slam" the ball down, or force the opponent at the base line to retrieve back. In the illustrations, Roxanne Cossette, a Member of the Polo Tennis and Athletic Club, shows the proper technique to execute this stroke.

Step 1: The Back Swing: When Roxanne is forced deep into the backhand side and realizes that she must hit a defensive lob, she pivots to the left and gets her racket back early. Notice

that the head of the racket is low and her left hand is on the handle of the racket. Her eyes are focused on the path of the ball and her weight is on her left foot.

Step 2: The Point of Contact: Roxanne is now ready to hit the ball. Her eyes are now focused on the point of contact and the face of the racket is tilted at a 45-degree angle to create height and depth on her lob. Her goal is to keep her head still and not start looking up to her opponent or to the other side of the court.

Step 3: The Follow Through: The success of a deep lob is the follow through. Roxanne's left wrist is still "laid back" and her shoulder is lifting the racket above her head. Her right hand is holding the racket slightly, but still in control of the racket.

Step 4: The Shuffle Back: Once Roxanne finishes the stroke, her goal is to either move forward toward the net top to hit an overhead, or to shuffle back to the middle of the court to drive the next ball back to the opponent. In this caption, she moved back to the center of the court waiting for the opponent's shot to come back.

Look in the next Newsletter for: How to execute "The One-Handed Backhand Lob"



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