



THE VILLAGES OF *Compass* NORTH POINTE

VOLUME 9, ISSUE 9

A NEWSLETTER FOR VILLAGES OF NORTH POINTE

SEPTEMBER 2018

BEETLES, BREW & BARBECUE

Saturday, September 24, 2016 11:30am – 6:00pm

201 South Elm Street
Tomball, TX 77375

Beetles, Brew & Barbecue is Tomball's version of a Texas style Oktoberfest. There will be more than 150 Volkswagen beetles, Texas craft brew, and of course lots of barbeque and other festival style food. Johnny & the Spinations, and Galveston's own party band - The Mambo Jazz Kings will be performing. Admission and parking are free. There will be a Kid Zone and many other activities. Can't wait to see you there!



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
<i>www.tomballisd.net and follow the link to the Tax Office</i>	
MUD #281 & NorthPointe WCID	713-462-8906
<i>www.wheelerassoc.com</i>	
Harris County Appraisal District.....	713-957-7800
<i>www.hcad.org</i>	
Electric Company Choices	866-7974839
<i>www.powertochoose.org</i>	

NEWSLETTER INFO

PUBLISHER

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

HISTORY OF LABOR DAY



LABOR DAY: WHAT IT MEANS

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

LABOR DAY LEGISLATION

The first governmental recognition came through municipal ordinances passed in 1885 and 1886. From these, a movement developed to secure state legislation. The first state bill was introduced into the New York legislature, but the first to become law was passed by Oregon on February 21, 1887. During 1887 four more states — Colorado, Massachusetts, New Jersey, and New York — created the Labor Day holiday by legislative enactment. By the end of the decade Connecticut, Nebraska, and Pennsylvania had followed suit. By 1894, 23 more states had adopted the holiday, and on June 28, 1884, Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the territories.

FOUNDER OF LABOR DAY

More than a century after the first Labor Day observance, there is still some doubt as to who first proposed the holiday for workers.

Some records show that Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a co-founder of the American Federation of Labor, was first in suggesting a day to honor those "who from rude nature have delved and carved all the grandeur we behold."

But Peter McGuire's place in Labor Day history has not gone unchallenged. Many believe that Matthew Maguire, a machinist, not Peter McGuire, founded the holiday. Recent research seems to support the contention that Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York. What is clear is that the Central Labor Union adopted a Labor Day proposal and appointed a committee to plan a demonstration and picnic.

(Continued on Page 4)



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THE COMPASS

(Continued from Page 2)

THE FIRST LABOR DAY

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.



In 1884 the first Monday in September was selected as the holiday, as originally proposed, and the Central Labor Union urged similar organizations in other cities to follow the example of New York and celebrate a "workingmen's holiday" on that date. The idea spread with the growth of labor organizations, and in 1885 Labor Day was celebrated in many industrial centers of the country.

A NATIONWIDE HOLIDAY

The form that the observance and celebration of Labor Day should take was outlined in the first proposal of the holiday — a street parade to exhibit to the public "the strength and esprit de corps of the trade and labor organizations" of the community, followed by a festival for the recreation and amusement of the workers and their

families. This became the pattern for the celebrations of Labor Day. Speeches by prominent men and women were introduced later, as more emphasis was placed upon the economic and civic significance of the holiday. Still later, by a resolution of the American Federation of Labor convention of 1909, the Sunday preceding Labor Day was adopted as Labor Sunday and dedicated to the spiritual and educational aspects of the labor movement.

The character of the Labor Day celebration has undergone a change in recent years, especially in large industrial centers where mass displays and huge parades have proved a problem. This change, however, is more a shift in emphasis and medium of expression. Labor Day addresses by leading union officials, industrialists, educators, clerics and government officials are given wide coverage in newspapers, radio, and television.

The vital force of labor added materially to the highest standard of living and the greatest production the world has ever known and has brought us closer to the realization of our traditional ideals of economic and political democracy. It is appropriate, therefore, that the nation pays tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership — the American worker.

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To Sign Up: FFPS.org

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Approved by the Tomball ISD Board of Trustees February 13, 2018

WATCH FOR THESE APPS ON YOUR CHILD'S DEVICE

From the Tomball ISD Website, Edited for space

Even If Your Child Doesn't Have A Cell Phone Yet... It is important to be aware of the apps available for children, tweens, and teens can download.

Did you know that 22% of kids between the ages of 6 and 9 own cell phones? When they become tweens (9-12) it rises to 60%! This means even if your child doesn't have a cell phone, some of their friends probably already have them. It's important that our kids are educated in case they encounter questionable apps on friends devices.

Some ways to protect your children and make sure they are using their phones responsibly is to have them sign a cell phone contract or establish family media rules, such as having to check with a parent before downloading a new app or game. Another idea is having a common charging area so you can easily check phones could also be a good system for your family. Consider taking time to explain to them (at an age-appropriate level) why you are asking them questions and checking their phone and privacy settings. Many children do not realize just how much information they are putting out there and how dangerous it can be.

If you have an older teen, and find some questionable apps on their phone, it may be a good opportunity for discussion. Here are a few conversation starter ideas:

- What kind of things would a person want to post anonymously? Why?
- How would you personally use this app?
- Would you be okay with anyone seeing that pic?
- Why would you tell your secrets to strangers? Do you think it would be safe to accept their help/friendship?
- Are you being safe with that app?
- Are you encouraging others or criticizing them?

Want to make sure your kids can't download ANY apps without your approval.....

1. On an iPhone go into SETTINGS, GENERAL, RESTRICTIONS. You'll be prompted to create a code and then you can select any phone functions that you don't want your child to have free access to without your okay.
2. On an Android go into SETTINGS, USERS. Select ADD USER /RESTRICTED PROFILE . You will be prompted to set-up a passcode and then you can choose what they can access on their own and what they'll need you to enter the passcode to access. Or setup freeandroidspy.com ... shows nearly ALL activity even photos taken, apps downloaded, calls, texts, chats, websites visited, etc..

*** HINT*** A speaker I heard recently suggested parents use a "four letter" word as their passcode. It's something few kids would EVER suspect and it will certainly be easy for you to remember.

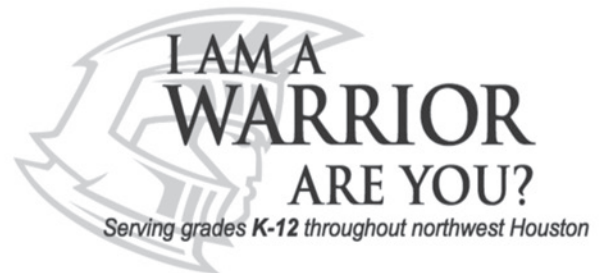
Examples of Apps to Watch Out For:

ShamChat
Kik
SnapChat
Poof (and similar apps)
Ghost and Vault Apps
Whisper
AskFM
YikYak
Vine
Down
Tinder
Omegle
Voxer
ChatGum



For descriptions on these apps please visit <https://www.tomballisd.net/apps/pages/technology-for-learning>

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MYTHS ABOUT BULLYING

1. Bullying is the same thing as conflict.

Wrong. Bullying is aggressive behavior that involves an imbalance of power or strength. Often, bullying is repeated over time.

Conflict involves antagonism among two or more people. Whereas any two people can have a conflict (or a disagreement or a fight), bullying only occurs where there is a power imbalance—where one child has a hard time defending himself or herself. Why is the difference between bullying and conflict important? Conflict resolution or mediation strategies are sometimes misused to solve bullying problems. These strategies can send the message that both children are “partly right and partly wrong,” or that, “We need to work out the conflict between you.” These messages are not appropriate messages in cases of bullying (or in any situation where someone is being victimized). The appropriate message to the child who is bullied should be, “Bullying is wrong and no one deserves to be bullied. We are going to do everything we can to stop it.”

What does work? Research suggests that the best way to deal with bullying is through comprehensive programs that focus on changing the climate of a school and the social norms of the group. For more information, see the tip sheet entitled, “Best Practices in Bullying Prevention and Intervention.”

2. Most bullying is physical (involves hitting, shoving, kicking).

Physical bullying may be what first comes to mind when adults think about bullying. However, the most common form of bullying—both for boys and girls—is verbal bullying (e.g., name-calling, rumor-spreading). It is also common for youth to bully each other through social isolation (e.g., shunning or leaving a child out on purpose).

3. Bullying isn't serious. It's just a matter of “kids being kids.”

Bullying can be extremely serious. Bullying can affect the mental well being, academic work, and physical health of children who are targeted. Children who are bullied are more likely than other children to have lower self-esteem; and higher rates of depression, loneliness, anxiety, and suicidal thoughts. They also are more likely to want to avoid attending school and have higher school absenteeism rates. Recent research on the health-related effects of bullying indicates that victims of frequent bullying are more likely to experience headaches, sleeping problems, and stomach ailments. Some emotional scars can be long-lasting. Research suggests that adults who were bullied as children are more likely than their non-bullied peers to be depressed and have low self-esteem as adults.

Children who bully are more likely than other children to be engaged in other antisocial, violent, or troubling behaviors. Bullying can negatively affect children who observe bullying going on around them—even if they aren't targeted themselves.

4. Bullying doesn't happen at my child's school.

Bullying is more common at some schools than others, however it



can happen anywhere children and youth gather. Studies show that between 15- 25% of U.S. students are bullied with some frequency (“sometimes or more often”) while 15- 20% admit that they bully others with some frequency within a school term. The best way to find out about bullying at your child's school is to ask children and youth, themselves. One good way to do this is by administering an anonymous survey about where bullying occurs, when it occurs, and how often it occurs.

5. Bullying is mostly a problem in urban schools.

Bullying occurs in rural, suburban, and urban communities, and among children of every income level, race, and geographic region.

6. Bullying is more likely to happen on the bus than at school.

Although bullying does happen on the bus, most surveys indicate that bullying is more likely to occur on school grounds. Common locations for bullying include playgrounds, the classroom, the cafeteria, bathrooms, and hallways. A student survey can help determine where the hotspots are in any particular school.

7. Children and youth who are bullied will almost always tell an adult.

Adults are often unaware of bullying—in part because many children and youth don't report it. Most studies find that only 25%-50% of bullied children talk to an adult about the bullying. Boys and older children are less likely than girls and younger children to tell adults about bullying. Why are children reluctant to report bullying? They may fear retaliation by children doing the bullying. They also may fear that adults won't take their concerns seriously or will deal inappropriately with the bullying situation.

8. Children and youth who bully are mostly loners with few social skills.

Children who bully usually do not lack friends. In fact, some research finds that they have larger friendship networks than other children. Importantly, they usually have at least a small group of friends who support and encourage their bullying behavior. Bullies also generally have more leadership skills than victims of bullying or children not involved in bullying.

9. Bullied kids need to learn how to deal with bullying on their own.

(Continued on Page 9)

(Continued from Page 8)

Some children have the confidence and skills to stop bullying when it happens, but many do not. Moreover, children shouldn't be expected to deal with bullying on their own. Bullying is a form of victimization or peer abuse. Just as society does not expect victims of other types of abuse (e.g., child maltreatment or domestic abuse) to "deal with it on their own," we should not expect this from victims of bullying. Adults have critical roles to play in helping to stop bullying, as do other children who witness or observe bullying. To learn more about what you can do to help, visit <http://www.stopbullyingnow.hrsa.gov/adult/indexAdult.asp?Area=teacherscorner>

10. Most children and youth who observe bullying don't want to get involved.

The good news is that most children and youth think that bullying is "not cool" and feel that they should do something if they see it happen. In a recent study of tweens, (Brown, Birch, & Kancherla, 2005), 56% said that they usually either say or do something to try to stop bullying that they observe or tell someone who could help. These children and youth play a critical role in helping stop bullying in schools and communities.

These and other materials are available online at: www.stopbullyingnow.hrsa.gov

PECAN PIE

INGREDIENTS

2/3 cup sugar
3/4 cup Karo syrup
2 tablespoons flour
2 tablespoons butter
2 eggs, slightly beaten
1 teaspoon vanilla
3/4 cup chopped pecans

DIRECTIONS

1. Mix sugar, flour, syrup, and butter together and put over a low flame until butter starts to melt.
2. Add eggs and mix.
3. Add vanilla and pecans, then mix and pour into an unbaked pie shell.
4. Bake 10 minutes at 425 degrees. Reduce heat to 350 and cook for another 50 minutes.



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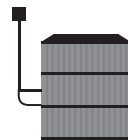
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HEALTHY HIGHLIGHTS

SEPTEMBER, HEALTHY AGING MONTH

No matter what your age, you can stay at your personal best with these expert tips.

By Matt McMillen

1. **Get moving.** Exercise regularly to maintain a healthy body and brain.
2. **Stay social.** Take a class, volunteer, play games, see old friends, and make new ones.
3. **Bulk up.** Eat beans and other high-fiber foods for digestive and heart health.
4. **Add some spice.** Add herbs and spices to your meals if medications dull your taste buds.
5. **Stay balanced.** Practice yoga or tai chi to improve agility and prevent falls.
6. **Take a hike.** Brisk daily walks this September can bolster both your heart and lungs.
7. **Sleep well.** Talk to a sleep specialist if you don't sleep soundly through the night.
8. **Beat the blues.** If you've been down for a while, see a doctor. Depression can be treated.
9. **Don't forget.** To aid your memory, make lists, follow routines, slow down, and organize.

Expert Tips on Healthy Aging

Tips from Gary W. Small, MD, professor of psychiatry and biobehavioral sciences, David Geffen School of Medicine at UCLA, and director, UCLA Longevity Center

- Take a daily brisk walk with a friend -- you'll get an aerobic workout, and the conversation will exercise your brain and reduce stress.
- To help control the urge to overindulge, just imagine eating that sweet treat. Research shows the fantasy dessert will satisfy you, and you'll actually eat less.

Tips from Carla Perissinotto, MD, MHS, assistant professor of medicine, division of geriatrics, department of medicine, University of California, San Francisco

- Every few months, review your over-the-counter drugs with your doctor for any potentially unsafe ingredients. I do this for my parents whenever I visit their home.
- Try yoga. All types help maintain physical and emotional health. My favorite is Kundalini yoga, which focuses on meditation and strengthening.

Tips from Elizabeth Eckstrom, MD, MPH, director of geriatrics, Oregon Health & Science University, Portland, Ore.

- Follow a Mediterranean diet to help prevent memory impairment and heart problems. I love salmon covered with fresh thyme and lemon slices and grilled on a plank.
- I do tai chi three days a week, and it dramatically improves my balance. Seniors can do it, too, and cut their risk of falls by almost half.

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