

CANYON GATE AT NORTHPOINTE ANNUAL COMMUNITY FOOD & TOY DRIVE

November 1st - December 19th
Please Join Us

In an effort to support and assist the Tomball Emergency Assistance Ministries (TEAM) collect food for the less fortunate this Holiday Season, we will again be hosting a food drive through December 19th.

We are accepting non-perishable food items with unexpired sell by and/or use by dates.

There will be two boxes setup in the foyer of the clubhouse for donations and we will place a box in the guardhouse for donations as well.

We're hoping that everyone in Canyon Gate at Northpointe will participate and that our Community will be able to assist some of the many families that are less fortunate and are in need of food.

We are also accepting unwrapped toy donations in addition to our food drive. We'd like to help as many families as possible have a Holiday Season that is full of Joy.

WANTED: TWO (2) VOLUNTEERS FOR THE ARCHITECTURAL CONTROL COMMITTEE (ACC)

Purpose of Committee: The ACC is responsible for reviewing and approving exterior modifications to the home and/or property.

Requirements: Experience in architecture or construction is preferred. A willingness to learn, understand and apply the rules of the community consistently is required.

If interested, please submit the following information for consideration:

Name: _____

Address: _____

Related Experience: _____

How long you've lived in community: _____

Why you'd like to serve on the ACC: _____

SIGN UP FOR FREE ONLINE NEWSLETTER

The National Gardening Association offers numerous free online newsletters to homeowners covering urban and small-space gardening, vegetable and fruit gardening, craft and cooking projects and specific gardening information by geographical region. Newsletters include feature articles, tips and resources. To sign up go to www.garden.org/subscriptions.

OUTDOOR WATER CONSERVATION TIPS

Even though we use water every day, it's easy to take it for granted. Just imagine how you would function without clean water. It's everyone's responsibility to conserve and protect water resources. The decisions and actions you make today truly affect our water resources for the future. The following suggestions will help you get in the habit of saving water in the great outdoors:

- Get a rain gauge to measure rainfall. One inch of rain per week is generally sufficient for lawns and gardens. Supplement only when rainfall is inadequate.
- Use mulch around landscape plantings. Mulch will help eliminate weeds and hold moisture in the soil.
- Select hardy plants that don't need much water. Native plants that are well adapted to your climate and soils will survive well without supplemental watering.
- Water during the cool part of the day to avoid rapid evaporation.
- Raise the mowing heights on your lawn mower. This promotes healthier grass that can better survive dry periods.
- When watering is necessary, water slowly and thoroughly. If you notice puddles or runoff, turn water off and wait for water to soak in. Also be sure your sprinkler puts water where you need it—not on driveways or sidewalks.
- Wash cars efficiently. First give the car a quick rinse, and then turn the water off. Wash one section of the car at a time and rinse that section quickly. Turn the water off each time.

Visit www.auduboninternational.org for more conservation tips.

IMPORTANT NUMBERS

CGNOA Recreation Center281-290-6723
 Guard House.....281-357-4183

SCHOOLS

Tomball Independent School Dist.....281-357-3100
 Willow Creek Elementary281-357-3080
 Canyon Pointe Elementary.....281-357-3122
 Northpointe Intermediate281-357-3020
 Willow Wood Junior High.....281-357-3030
 Tomball High School.....281-357-3220
 Tomball Memorial High School.....281-357-3170

PROPERTY TAX

Harris County Tax.....713-224-1919
 Mud #280 and Mud #15.....281-376-8802
 NW Harris WCID.....281-376-8802

POLICE & FIRE

Emergency 911
 Harris County Sheriff (Non Emergency).....713-221-6000
 Klein Vol. Fire Dept.281-376-4449

MEDICAL

Tomball Regional Medical Center.....281-401-7500
 Methodist Willowbrook Hospital.....281-477-1000
 Houston Northwest Medical Center.....281-440-1000
 Cy-Fair Hospital.....281-586-4700
 Texas Sports Medicine Center281-351-6300
 Poison Control.....800-764-7661
 Cypress Creek EMS (www.ccems.com)281-378-0800

UTILITIES

Centerpointe Energy713-207-7777
 Power To Choose.....888-797-4839
 Centerpointe Energy Entex713-659-2111
 En-Touch (Customer Service)281-225-1000
 Telephone AT&T.....800-464-7928
 Water District Manager (15 & 280).....281-376-8802
 Waste Management.....713-686-6666
 Waste Management Hazards Waste Pickup-280 Only
800-449-7587
 Utility Marking - Texas One Call800-245-4545
 Before You Dig..... 811

TV / INTERNET

Comcast.....800-266-2278
 AT&T U-Verse888-320-2167
 DirecTV.....888-777-2454
 DISH Network.....888-825-2557

NEWSLETTER PUBLISHER

Peel, Inc.512-263-9181
 Advertising.....advertising@peelinc.com

CANYON GATE AT NORTHPOINTE OWNER'S ASSOCIATION BOARD OF DIRECTORS MEETING MINUTES JUNE 21, 2018

Call to Order: Lee Stubbert called the meeting to order at 6:30 p.m. Lee Stubbert, Greg Creel, Patrick Kennedy and Sherry Carthane were in attendance. Mike Roper was absent from the meeting. Association Manager, Tally Jenkins, CMCA, AMS, PCAM was also in attendance.

Recalled Annual Meeting: At the April 19, 2018 Board meeting, the Board unanimously approved an amendment to the By-Laws based on a provision of Subsection 209.00593 of the Texas property code to allow for elections to be held based upon the members present in person or by proxy. The amendment was effective immediately. No additional proxies were received and the election was held based on the proxies previously submitted. There were no additional proxies submitted at the meeting. Based upon the votes on proxies received, Mike Roper was elected to the Board for a three year term. The term will expire in 2021. The votes received were as follows: Mike Roper 19; Jared Sanchez 1; Quorum 15.

Homeowner Input: Two residents were in attendance. Discussions included checking on the status of missing ceramic buttons, requesting 20 mph speed limit signs for streets in the Villages where the signs still reflect 30 mph, posting audit and budget information on the website.

Adopt Agenda: Upon a motion by Sherry Carthane, seconded by Patrick Kennedy the Board unanimously adopted the agenda.

Minutes: Upon a motion by Sherry Carthane, seconded by Patrick Kennedy the Board unanimously approved the minutes of the April 19, 2018 meeting as presented.

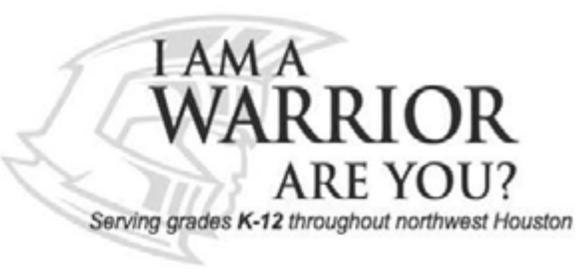
Financial Reports: Greg Creel reviewed the Financial Report for the month ending May 31, 2018. Upon a motion by Greg Creel, seconded by Sherry Carthane the Board unanimously accepted the financial reports as presented.

Interim Decisions:

Pool Motor – The Board approved the replacement of one of the main pool motors at a cost of \$850.00.

(Continued on Page 5)

CYPRESS CHRISTIAN SCHOOL

11123 Cypress N. Houston Road, Houston, TX 77065 | 281.469.8829 | CypressChristian.org

Top Ten Reasons to Sell Your Home During the Fall Season...

1. Prospective buyers are more serious.
2. Less competition.
3. Fewer houses to choose from means more \$\$\$\$ for you.
4. Buyers have more time to look during this season.
5. Homes decorated for the holiday season show better.
6. Relocation buyers increase and can't wait for the spring market.
7. Many buyers must close by the end of the year for tax reasons.
8. Buyers are more emotional during the holidays, so they are more likely to pay your price!
9. You can be on the market and adjust showings during gatherings.
10. Sell now and extend occupancy until after the holidays.

**Better
Homes**
and Gardens.
REAL ESTATE

**GARY
GREENE**

CANYON GATE AT NORTHPOINTE MARKET REPORT FOR SEPTEMBER 2018*

Homes SOLD in September 8
 Avg Days on Market 41
 Avg Sales Price \$258,664
 Average List Price vs Sales Price Ratio 96.75%
 *Data is from HAR for 9-1-18 through 9-30-18

As of October 1, 2018:

Homes Currently for Sale 7
 Price Range \$225,000 - \$338,500

Homes Under Contract 2

Option Pending 1
 Price Range \$240,000 - \$240,000
 Pending Continue to Show -
 Price Range -
 Pending 1
 Price Range \$253,500 - \$253,000

DONNA LABBÉ

REALTOR®

Certified Home Marketing Specialist
 Accredited Buyer Representative
Canyon Gate Resident Since 2002!

713.416.3577

DonnaLabbeRealtor@gmail.com



WWW.NORTHPOINTE realestate.com



HAR Survey Score 5/5

©2018 Better Homes and Gardens Real Estate LLC. Better Homes and Gardens® is a registered trademark of Meredith Corporation licensed to Better Homes and Gardens Real Estate LLC. Equal Opportunity Company. Equal Housing Opportunity. Each Franchise is Independently Owned and Operated.



MAKE TIME FOR YOUR MAMMOGRAM

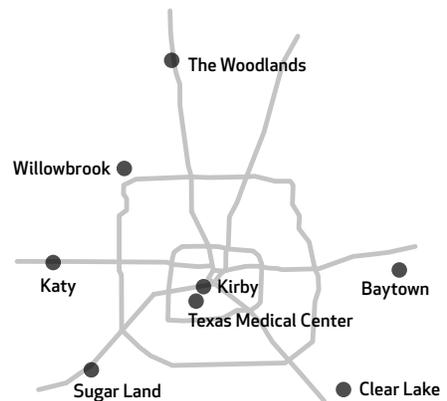


It could add years to your life.

Scheduling a mammogram is an important first step for early detection. At Houston Methodist Breast Care Center at Willowbrook, scheduling online is easy and — with eight locations across the Greater Houston area — more convenient than ever.

Our Breast Care Centers offer:

- Specially trained breast imaging radiologists
- Advanced technology in a spa-like atmosphere
- Access to our breast specialists at Houston Methodist Cancer Center



HOUSTON
Methodist[®]
BREAST CARE CENTER

Visit houstonmethodist.org/breast-care or call
281.737.PINK (7465) to schedule your mammogram.

(Continued from Page 2)

Old Business:

Concrete Wall Paint Overspray – The Board was advised that Concrete Fence Systems will replace all of the fence boards with paint overspray.

Cleaning of Entry Monuments and Walls – The Board reviewed a proposal from Coastal Pressure Washing is included for several pressure washing options. Additional quotes have been requested and will be presented to the Board when received.

Replacement of 6' Tables – The Board was advised that the purchase of two replacement 8 ft. tables previously approved are on order and should arrive within the week.

Clubhouse Cleaning Proposals – The Board was advised that additional proposals have been solicited and will be presented when received.

Rules Signage – The Board was advised that the updated rules signs for the facilities have been received and all have been installed with the exception of the Papago Park. Due to the size of the signs, poles will need to be obtained and placed in the park area for the signs to be attached to.

New Business:

Election of Officers – Upon a motion by Sherry Carthane, seconded by Patrick Kennedy the Board unanimously voted to keep the current slate of officers with changes. The Officers are as follows: President, Lee Stubbert; Vice-President, Patrick Kennedy; Treasurer, Greg Creel; Secretary, Sherry Carthane.

National Night Out – The Board will discuss options for the National Night Out event via email.

Fall Yard Sale – Fall Yard Sale will be held on September 8, 2018.

Pool Leak – The Board reviewed a proposal from Greater Houston Pool Management to locate a leak in the pool area at a cost of \$800.00. The Board requested additional proposals to review. **Proposal for Sprinkler Repairs** – Upon a motion by Patrick Kennedy, seconded by Sherry Carthane the Board unanimously approved a proposal from Vista Landscape Services for various repairs to the sprinkler system at a cost of \$2,091.36.

Common Area Maintenance – Upon a motion by Greg Creel, seconded by Sherry Carthane the Board unanimously approved a maximum of \$1,000.00 for emergency repairs without prior Board approval. The motion was passed with a vote of 3 yes and 1 no. Repairs exceeding \$1,000.00 are to be approved by the Board. The Board is to respond to requests for emergency repairs exceeding \$1,000.00 within 24 hours.

Adjourn: The Board adjourned into Executive Session at 7:40 p.m.

Executive Session: The Board reviewed a deed restriction violation for legal action for account #1002008501.

Reconvene Regular Session: The Board reconvened into the regular session at 8:03 p.m. The Board unanimously approved legal action for the deed restriction violation.

Adjournment: The meeting adjourned at 8:05 p.m.

ANNUAL TOMBALL HOLIDAY PARADE

NOVEMBER 17, 2018 10AM-1PM

Kick off the Christmas season at the Depot Plaza Christmas Tree Lighting in downtown Tomball. From caroling and a giant sing-along of Christmas favorites, to free holiday snacks, a meet-and-greet with Santa himself, and more, this event is a holiday hit for the whole family.

Following the Parade...Miss Tomball Pageant
7PM – 10PM

Following the Tomball Holiday Parade, young ladies from area high schools will compete for to be our 2019 Miss Tomball. This year marks the 53rd Annual Miss Tomball Pageant. This is a can't miss Tomball tradition.



Christmas Tree Lighting

November 16, 2018 6PM – 8PM

201 S ELM, TOMBALL, TX 77375

Kick-off the Holiday season at the lighting of the Tomball Christmas Tree at Depot Plaza in downtown Tomball. Free admission and parking.



Light it Up!

Friday, November 16, 2018
At the Historic 1907 Downtown Depot
Kick-off the Holiday Season with the lighting of the Tomball Christmas Tree

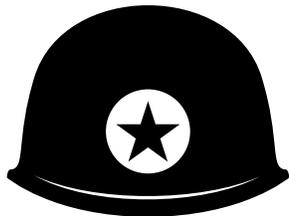
Giant holiday sing-a-long with Cool Freddie & the Crew at the Depot
A Meet & Greet with Santa Claus
Free hot chocolate and cookies
Tour The Depot - A Railroad Museum at Tomball

- The fun starts at 7 p.m.
- Tree lighting at 7:30 p.m.
- Santa from 7:30 to 9:00 p.m.

• 201 South Elm Street in downtown Tomball
• Visit [Tomball Texan for Fun](#) on Facebook



5 WAYS TO HONOR YOUR LOCAL VETERANS ON VETERANS DAY



Happy
Veterans
Day

While most of us are quick to post on social media, fly an American flag, or offer a quick handshake to a local servicemember on Veterans Day, many are unsure how to show our full appreciation for their service and sacrifice.

Below are five ways to truly honor veterans this Veterans Day:

1. Volunteer Your Time

There are hundreds of volunteer organizations that work both directly and indirectly with veterans. Turn your appreciation into action by offering your time and energy to any one of these noble causes. Contact your local VFW or American Legion to see what upcoming events may be in need of volunteers. Offer assistance to a local elderly or disabled vet, or volunteer a few hours to a local veteran-owned business. Whatever your skill, put it to use in your community by helping out the veterans closest to you. Visit textvet.com/volunteer to search for opportunities available in your area.

2. Donate Your Dollars

If you're short on time, making a monetary donation is another great way to show support. There are many organizations that offer various forms of aid and assistance to our country's servicemen and women. For instance, Homes for Our Troops builds specially-equipped homes for injured servicemembers. Navy-Marine Corps Relief Society offers financial assistance and scholarships. The Gary Sinise Foundation creates and supports unique programs specifically for veterans. There are countless organizations dedicated to improving the lives of American veterans, and they can only continue to do so with the financial support of grateful citizens like you.

3. Take Time to Listen

Taking time to have a real conversation with your neighbor seems to be a lost art in today's virtual world! Veterans have a wealth of knowledge and interesting stories to share for those willing to listen. Of course, not every veteran will be willing to share the details of his or her time in the service, but many enjoy reminiscing and sharing their unique perspective. Rather than simply thanking them for serving their country, take a moment to open up a meaningful dialogue about their military service and how it has shaped their views on life and liberty.

4. Stay Informed

How much do you really know about how our country's military works? What is the status of current legislation regarding today's active-duty troops and veterans? Which political leaders have a military background? Many people have little more than basic knowledge of America's armed forces. One of the best ways to show your appreciation is to take the time to understand exactly what role the military plays in today's world. Arm yourself with knowledge by reading (and verifying) information about the military's mission and its history, and always exercise your rights by voting for people and policies that support veterans.

5. Pay it Forward

The service of veterans is the cornerstone on which American freedom stands. It is important to appreciate both the rights and responsibilities of being an American and to work together to ensure that veterans' sacrifices are not in vain. Honor a veteran this Veterans Day by being a good citizen, a good neighbor, and a good friend. Even the smallest good deed can go a long way towards making America a better place for everyone.



Old Time Christmas Tree Farm
Choose & Cut Your Own Christmas Tree
Also Available: Pre-Cut Fraser Firs from N. Carolina
Open after Thanksgiving Daily 9am-5:30pm
Train Rides, Giant Slide & Santa: Sat. & Sun. Only!

7632 Spring Cypress Rd. • 281-370-9141
★ TURN ON KLEB RD ★
group outings available by appointment only
www.oldtimechristmastree.com

BUSINESS CLASSIFIED

PETSITTING BY JACKIE: My name is Jackie and I have been petsitting in the Canyon Gate and Northpointe area for twenty years. I make visits to your home for vacations, business travel, or once a day let outs for potty breaks. Reasonable, reliable and references available. 281-352-1096.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.



Velvet

HARRIS GROUP
REALTORS®

832.444.5652

Velvet.Harris@GaryGreene.com

www.VelvetSellsNorthwestHouston.com



**GARY
GREENE**

2018 Holiday Events

- Sept 29 - Nov 25 ♦ Sat, Sun & Fri, Nov 23th - Tx Renaissance FestivalTexRenFest.com
- Nov 2 & 3 ♦ Sugar Plum Market, Stafford Center, Stafford TXSugarPlumMarket.com
- Nov 3 ♦ The 45th Annual British Festival, Sugar Land.....dbetexas.org
- Nov 8 - 11 ♦ International Quilt FestivalQuilts.com
- Nov 8 - 11 ♦ 38th Annual Houston Ballet Nutcracker MarketNutcrackerMarket.com
- Nov 8 -12 ♦ Annual Houston Cinema Arts FestivalCinemartSociety.org
- Nov 7 - 11 ♦ Disney on Ice: Frozen.....DisneyOnIce.com/ticket-info/Frozen
- Nov 16 - 18 ♦ Holiday Christmas Gift Market, Katy.....HomeForTheHolidaysGiftMarket.com
- Nov 17 ♦ Astroworld Festival, NRG Park.....AstroworldFest.com
- Nov 17 - 18 ♦ Via Colori Street FestivalCenterHearingAndSpeech.org
- Nov 17 - Jan 6 ♦ Festival of Lights, Moody Gardens, GalvestonMoodyGardens.com
- Nov 17 - Jan 13 ♦ Houston 'Zoo Lights'ZooLights.HoustonZoo.org/
- Nov 22 ♦ 69th HEB Thanksgiving Day ParadeHoustonTX.gov/ThanksgivingParade
- Nov 23 - Dec 29 ♦ Houston Ballet - The Nutcracker.....HoustonBallet.org
- Nov 30 ♦ 99th Mayor's Holiday Celebration & Tree Lighting ...HoustonTX.gov/MayorsHoliday/
- Nov 30 ♦ Sugar Land Christmas Tree Lighting ..SugarLandTX.gov/918/Christmas-Tree-Lighting
- Nov 30-Dec 2 ♦ 45th Dickens on the Strand...GalvestonHistory.org/Events/Dickens-on-the-strand
- Dec 8 ♦ Lights in the HeightsWoodland-Heights.org/LITH/
- Dec 9 ♦ 4th Annual Telemundo Houston Toy DriveTradersVillage.com
- Dec 21 ♦ Trans-Siberian Orchestra: The Ghosts of Christmas Eve.....Trans-Siberian.com

©2018 Better Homes and Gardens Real Estate LLC. Better Homes and Gardens® is a registered trademark of Meredith Corporation licensed to Better Homes and Gardens Real Estate LLC. Equal Opportunity Company. Equal Housing Opportunity. Each Franchise is Independently Owned and Operated.

Gardening Tips and To-Do Lists for November

BY MARIE IANNOTTI

November gardening chores really highlight the differences in regional gardens. For many, there is no November garden to speak of. Others can't wait for the cool days and slower pace of fall vegetable gardening. But even if your garden is already covered in snow, there are still garden tasks calling: last minute bulbs to plant, leaves that should not go to waste, roses that need some TLC and, unfortunately, insect pests are much harder than their tiny size would suggest. You will still want to be on the alert for signs of trouble, inside and out.

On a more positive side, winter is a great time to evaluate your garden layout. You can clearly see the architecture or bones of your garden. If the view of your garden is less than inspiring or non-existent in winter, You should make some notes to add more definition in terms of things like structures, evergreens, or other architectural elements.

Take a look at what you could be doing in your November garden and try to schedule a little time outdoors before the holidays claim you.

General November Garden Care

- Rake leaves and make leaf mold or compost.
 - Clean, sharpen, and oil garden tools.
 - Finish winterizing your water garden.
 - Start forcing bulbs like paperwhites, hyacinth, and amaryllis for the holidays.
 - Add organic matter to beds.
 - Cover compost so that rain doesn't flood and leach the nutrients.
 - Keep weeding. It's easier to see the weeds once the garden plants die back. Now is a great time to get rid of some perennial weeds that stay green all year.
 - Keep watering, until the ground freezes. Pay particular attention to anything you planted late in the season.
- Caring for Indoor Plants in Winter
- Check that indoor plants are receiving enough water, humidity and air circulation.
 - Keep an eye out for pests like spider mites and scale, and take care of them before they become a problem.
 - Although many indoor plants go dormant in winter, watch for signs that they are not getting enough light (yellowing leaves, straggly stems...) and move your plants to a brighter spot, if necessary.

November Garden Tasks for Borderline Zones (Pacific NW, Southwest & Southeast)

- Plant cool season vegetables
- Plant asparagus and cut back tops of existing asparagus plants after they are yellowed by frost
- There's still time to plant a cover crop in the vegetable garden
- Watch for frost warnings. Extend the harvest by protecting plants with row covers
- Sow wildflower seeds
- Beef up snail and slug patrol

November is Diabetes Awareness Month

BY ANDREA GABRICK

Follow these tips to stay at your peak!

1. Say "Om" - Learn to meditate to help reduce stress and improve your blood sugar levels.
2. Step Out - Exercise helps keep your weight and blood sugar under control, and just about everyone can do a brisk daily walk.
3. Eat Right - Follow your food plan. If you don't have one, ask your doctor about seeing a dietitian who specializes in diabetes.
4. Jet Set - Before you hit the road, get a checkup, pack extra meds, and plan your doses around time zone changes.
5. Hang 10 - Drop 10% of your body weight through diet and exercise.
6. Trade Up - Swap saturated fats and refined sugar for healthy fats in nuts and sweet whole fruit.
7. See Clearly - Diabetes complications can cause vision loss or blindness. Schedule a full eye exam at least once a year.
8. Stand Up - You may not feel foot injuries, so check both feet daily for blisters, cuts, or sores.
9. Show Color - Pack your plate with a palette of greens, yellows, and reds -- like spinach, squash, and tomatoes.
10. Learn More - Visit WebMD's Diabetes Center for news, tips, a blood sugar tracker, and more.

Expert Tips on Living With Diabetes

Tips from Adrian Vella, MD, endocrinologist, Mayo Clinic, Rochester, Minn.

- Use the web or your smartphone to help you manage what you eat. Online tools can help you keep track of your calorie consumption, aid in meal planning, and provide important nutrition information to help you make healthy choices.

- Get a pedometer. People with diabetes need to exercise. For many of my patients, that means walking. Set a goal.

Tips from Deborah J. Wexler, MD, assistant professor of medicine, Harvard Medical School, and co-clinical director, Massachusetts General Hospital Diabetes Unit.

- Diabetes can be discouraging. You may feel sad, anxious, or depressed for no apparent reason. Get support, and you will be better able to meet the challenges.

- Portion control is key. Plate the amount of food you intend to eat, and don't go back for seconds.

Tips from Samuel Andrews II, MD, endocrinologist, Ochsner Medical Center, New Orleans, and co-author of *The New Sugar Busters*.

- Choose foods that won't boost your blood sugar. That means eating brown or basmati rice and whole wheat bread and pasta. Skip juices and eat whole fruits and fiber.

- Daily exercise helps control your weight and blood sugar levels. Each day, hop on a bike, go for a swim, or take a walk.

3 Ways To Better Manage the Time You Spend on Social Media



In recent years, the use of social media platforms around the world has skyrocketed. With the click of a button or the swipe of a screen, you can be connected to friends and family across the world. Technological advances in the last decade have enabled us to keep abreast of current events, celebrity lifestyles, and just about any other subject you can imagine, all with the use of one little device.

However, as amazing as this technology is, it has the potential to distract us from accomplishing our goals. In fact, during a study conducted by Dscout, individuals touched their phones an average of 2,617 times per day. All these touches culminated into an average time of just over two hours spent on a smartphone for the typical user.

If you are one of those who finds yourself constantly fighting the urge to check your phone or update social media, do not worry. There are a number of ways to increase your productivity and manage the time you spend plugged-into your favorite apps. Here, we have listed three tools that will have you setting aside time for the important things sooner rather than later.

1. The BreakFree App

A great way to see if you are spending too much time on your phone is by tracking your app usage. The BreakFree app, created for both Apple and Android operating systems, is a great way to accomplish this. According to Inc.com, this app not only tells you everytime you unlock your phone, it breaks down the entirety of your screen interaction each day. Additionally, the app sums it all up neatly in an overall “addiction score” so that you can keep track of your improvement.

2. The RescueTime app

According to RescueTime’s website, this app has a variety of features that can help you track and manage your social media habits. A blocking aspect denies access to any website you select and an overall productivity score lets you know if your newfound time management skills are paying off.

The lite version of this handy tool is completely free and allows you to track the time you spend on the worldwide web. However, RescueTime’s blocking feature only comes in its premium version

which can be purchased for \$9 per month. This app is available for computers and mobile devices

3. The Moment App

To conclude this list of helpful tools, the Moment app includes many of the same features previously mentioned in descriptions for other apps. However, Moment does have a sub-entity labeled Moment Family, which enables you to control the browsing and usage habits of your entire family depending on what in-app purchases you decide to make. Its description notes this app is great for accountability purposes, as family members can track other’s goals and usage amounts.

Currently, Moment and Moment Family are only available for iPhones. However, you can sign-up to receive notifications when it is available for Androids as well.

In many ways, technology has made our lives much easier, but it is important to recognize the possible dangers of spending too much time glued to a screen. Hopefully, these three tools will help you increase your productivity and will free up time for you to do things you truly enjoy!

END OF SUMMER Amana BLOW OUT SALE

Aaron Childress

Air Conditioning & Heating

Since 1980

SERVICE • REPAIR • INSTALLATION

AMANA CONDENSER & COIL INSTALLED

3 Ton 14 Seer \$4995.00	4 Ton 14 Seer \$6495.00
5 Ton 14 Seer \$7995.00 Warranty 2 years labor 10 years all parts.	
3 Ton 16 Seer \$6995.00	4 Ton 16 Seer \$8495.00
5 Ton 16 Seer \$9995.00 Warranty 2 years labor 10 years all parts but with LIFETIME compressor warranty as long as you own the home.	

281.351.1413

TACLA13854C

10 Ways to Give Thanks This Thanksgiving

The spirit of Thanksgiving is all about showing gratitude for your good fortune and giving to those who are less fortunate. Express your thanks this holiday season by involving the whole family in volunteering, donating, and spreading kindness. Try these great ideas to teach your children graciousness and goodwill. And don't forget -- you can use these ideas all year round!

From familyeducation.com

1. Express thanks in your decorations and traditions.

Decorate your home with words of thanks. For your holiday feast, create a thankful Thanksgiving tablecloth, use Thanksgiving napkins and place cards, or craft cute turkey place cards with your kids. During the meal, ask everyone at the table to voice a few things they are thankful for this year.

2. Donate to a favorite charity, such as the Salvation Army or Goodwill.

Some items in your home may no longer be of use to you, but they could be extremely valuable to others. Gather up gently used toys, clothes, home furnishings, or other items in your home and deliver them to the Salvation Army, Goodwill, or another charitable organization. You could also give a monetary donation — even small amounts are welcomed. Include a little note on a piece of paper or on the check about why you've chosen the charity and why you support the cause.

3. Visit a hospital.

The hospital can be a very lonely place for patients, especially during the holidays. Spend some of your time this holiday season with those who aren't able to be at home. You might visit the children's hospital and hand out stuffed animals or treats to children who need the extra cheer. Ask your kids to pick out a gift they think a kid like them would love.

4. Send a care package to soldiers overseas.

A holiday care package can be a great pick-me-up for soldiers who are far from home during the holidays. Gather up everyday necessities like soap, razors, toothbrushes, and travel-sized toiletries. Don't forget to include some goodies to keep their bellies full, like cookies, Rice Krispies® Treats, canned foods, and gum. Games, like small sudoku or crossword puzzle books, will help them stay busy during their free time.

5. Volunteer at an animal shelter.

It's important to keep family and friends in mind during the holidays, but don't forget the animals! Hundreds of homeless animals need your time, love, and hugs. Take your son or daughter to an animal shelter to volunteer for a day, or sign up to volunteer once a week to spread the love throughout the year. And if your family is ready for a pet, adopt one of your own!

6. Provide Thanksgiving dinner for a family in need.

You can make this holiday season one to remember for a hungry family. Offer a complete Thanksgiving dinner through your church or an outreach organization in your community. Ask your children to help you with the shopping list.

7. Donate money or volunteer at a women's shelter or an orphanage.

Give a Thanksgiving gift to one or more of the shelters or homes in your community. Your gift can be anything from a turkey to a homemade decoration or a toy. For an extra-special gift, take time out of your busy holiday schedule and help out by serving food at a homeless shelter. You undoubtedly will brighten many spirits, including your own.

8. Volunteer at a senior center or a veteran's home.

"Back in my day..." Have you ever noticed how the elderly love to talk about when they were young? This Thanksgiving, volunteer to chat, listen, or play a simple game with those of a different generation. They will surely appreciate spending time with youngsters, and you just might learn a thing or two. Visiting a veteran's home is also a great way to honor America's veterans, and this is the perfect time to do it — November 11 is Veteran's Day!

9. Sponsor a child in an impoverished country.

Spread Thanksgiving kindness across the globe by sponsoring a child in another country this year. You can keep track of how your contribution is helping the child, and it can be an opportunity for your own children to learn about other places in the world.

10. Invite extra guests to join your family for dinner.

The holidays are a time for giving and togetherness. If you know someone who will be alone for the holidays, make them feel loved by inviting them to your family's holiday dinner this year. The more, the merrier!

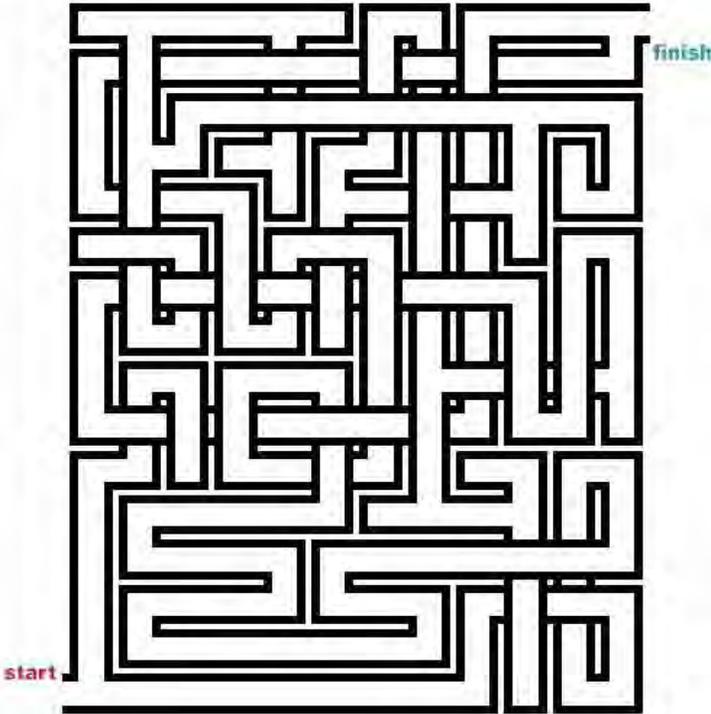


Make an impact.
Call today to reserve this space.

PEEL, INC.
community newsletters
512-263-9181

This space
RESERVED
for you!

KID'S MAZE



At no time will any source be allowed to use the Canyon Gate at Northpointe Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the Canyon Gate at Northpointe HOA and Peel, Inc. The information in the newsletter is exclusively for the private use of Canyon Gate at Northpointe residents only.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

BASHANS PAINTING & HOME REPAIR

- Interior & Exterior Painting
- HardiPlank Replacement
- Sheetrock Repair
- Cabinet Painting
- Pressure Washing
- Fence Replacement
- Custom Staining
- Wood Replacement
- Interior Carpentry
- Sheet Rock Insulation
- Interior & Exterior Door Replacements
- Stucco Repair
- Wallpaper & Texture Removal
- Crown Molding

NO MONEY UP FRONT

20 Years Experience • References Available

Commercial/Residential

~ FREE ESTIMATES ~

BashansPainting@yahoo.com

◆ FULLY INSURED

281-347-6702

281-347-1867



HARDIPLANK®



WIRED

ELECTRICAL SERVICES

SERVICING ALL YOUR ELECTRICAL NEEDS

- Panel Upgrades
- Home Inspections
- TV Install/Mounting
- Troubleshooting
- Remodeling
- Landscaping Lighting
- Home Generators

RESIDENTIAL & COMMERCIAL • 24-7 SERVICE
LICENSED & INSURED



Take \$25.00 Off Your
Next Service Call

FAMILY OWNED AND OPERATED

713.467.1125 or 281.897.0001

www.WiredES.com



TECL 22809 Master 100384





PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

CGNP

Grace Care Center at Northpointe



Does your loved one require around the clock nursing care or short term rehabilitation?



Providing State Of The Art Post-Acute Rehabilitation in our community for over 10 years.



At Grace Care Center, you can expect highly trained therapists to deliver in-patient and out-patient services with the latest innovations in physical, occupational and speech therapies. Grace Care offers ACP certified modalities along with IV Therapy, In-House Dialysis, Telemetry, Nutritional Therapy, Certified Wound Care and so much more.

"A luxury setting that feels like home for your loved ones."

Call Today: 281-205-9400


**Grace Care Center
at Northpointe**
Premiere Healthcare and Rehabilitation Center


Nstep
Physical Rehab &
Wellness Center™

11830 Northpointe Blvd.
Tomball, TX 77377
Fax: 281-516-7804

www.gracecarenorthpointe.com