

Volume 10, Issue 4

A NEWSLETTER FOR VILLAGES OF NORTHPOINTE

APRIL 2019

Attention Parents of Graduating Seniors!

We would like to recognize our graduating seniors by including a small picture and a few lines about where your child will be attending college. Please send your information to **articles@peelinc.com** (include the newsletter you would like to recognize them in, photo, name, etc).

IMPORTANT NUMBERS

Villages of Northpointe Security Director

Andy Elmore	hit02@scbglobal.net
Waste Management	
Centerpoint Energy	
Tomball Post Office	
Harris County MUD #281 (water and recycling)	
Harris County Constable Precinct #4 24-hour Dispatch	
Villages of Northpointe Patrol Officer Deputy Kelly	

SCHOOLS

Tomball Independent School District	www.tomballisd.net
Canyon Pointe Elementary	
NorthPointe Intermediate	
Willow Wood Junior High	
Tomball High School	
Tomball Memorial High School	

TAX ENTITIES:

Tomball ISD Tax Office www.tomballisd.net and follow the link to the Tax	
MUD #281 & NorthPointe WCID	
Harris County Appraisal District	713-957-7800 www.hcad.org
Electric Company Choices	

NEWSLETTER INFO

PUBLISHER

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



Where's My Money! Understanding Your Numbers and When You Need a Loan?

Luncheon Details

Thursday, April 18, 2018

Registration/Networking 11 a.m.; Luncheon begins at 11:30 a.m. | Sheraton West Houston Hotel, 11191 Clay Rd., Houston, TX 77041 | Early Registration Costs \$30; or pay at the door for \$38.

Houston, Texas (April 18, 2019) Join the Houston Area Professional Express Network on Thursday, April 18th for a networking luncheon and a presentation by, Liz Lara Careno & Rebecca Scultz who will teach you about understanding your money, identifying when your business needs a loan and how to leverage your banking relationships.

This month's HAPEN meeting begins with registration and networking at 11:00 a.m. followed with a prompt 11:30 a.m. start of the program. Luncheons are held at the Sheraton West Houston Hotel, 11191 Clay Rd.

About Houston Area Professional Express Network (HAPEN)

Houston Area Professional Express Network's mission is to GROW our membership TOGETHER through strength and vitality of positive relationships of each member's experiences. Our members have opportunities to pursue excellence and achieve both local and national recognition. HAPEN is part of the national organization of American Business Women's Association (ABWA), for more information visit www.HAPEN.org.

About American Business Women's Association (ABWA)

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 60 years to women's education, workplace skills, and career development training. For more information, visit, www.abwa.org.

Reflux Services at Houston Methodist Willowbrook Hospital

The digestive health experts at Houston Methodist Willowbrook Hospital understand the discomfort that often comes from chronic acid reflux. Our team of specialists evaluate the symptoms of each individual to recommend appropriate diagnostic and treatment options.

If you are experiencing any of the following symptoms:

- Burning sensation in the back of the mouth
- Difficulty breathing
- Difficulty swallowing
- Discomfort in the chest and throat

We are here to help.

- Dry cough and hoarseness

- Frequent heartburn
- Irritation in the esophagus

Call the Houston Methodist Willowbrook Hospital Reflux Services navigation line at **281.737.GERD (4373)** and find a Houston Methodist reflux specialist near you.



houstonmethodist.org/willowbrook



Church Youth Group Fundraiser



Girls from The Church of Jesus Christ or Latter-Day Saints are collecting athletic shoes for charity. Any size, any brand of close toe shoes will be given to Project Sole to help others in need.

A donation box will be available at the Fairfield Chapel located at 21521 Fairfield Place, Cypress, TX by the back door until April 20th.

"Project Sole is a non-profit organization that unites shoes and compassion to relieve suffering, care for the poor, & enhance the quality of life in our community." www.projectsole.org



At Cypress Pediatric Dentistry we aim to provide exceptional, individualized care to each child in a fun, child friendly environment.



Club Track Team Registration for Middle and High School Athletes



Club Track Team Registration for Middle and High School Athletes

The Northwest Flyers Track Club is now registering middle and high school athletes for the spring and summer 2019 season. An orientation session for school athletes will be held on Tuesday, April 2, 2019 at 7:00 p.m. at Matzke Elementary School, 10002 Mills Rd., Houston, 77070.

The team, which is celebrating its 32nd season, 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, discus, shot put and javelin. It is an excellent "off-season" program for young athletes who compete on their middle school or high school track teams.

For additional information about the team and the orientation, visit www.northwestflyers.org, email linette.roach@sbcglobal. net, or call 832-725-4754.



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There is also an annual International Pay It Forward Day that helps remind people to do so. It is on April 26 every year. The website provides lots of ideas for the different activities people are doing around the world, ideas about what you can do, business cards

you can print to share the message, and a place where you can share your stories.

There are so many reasons to do good deeds that go way beyond simply helping the recipient of the deed. You may question your own motivation if you are giving for these reasons instead of giving only for the sake of giving. I understand the questioning since some benefits just feel ickier than others. In the end, though, no matter what reasons you choose forgiving, you should continue to give. Your contribution, no matter what the intention is behind it, will still help make you a better person and the world a better place.

http://www.good-deeds-day.org/Any day is an excellent day to do good deeds. There is no time like the present to do something nice for someone.



Shield Bearer Running for Hearts 5K Family Fun Run and Walk

Pay it Forward

The Shield Bearer Running for Hearts 5K Family Fun Run and Walk will take place on March 30, 2019, from 7:00AM to 11:00AM, at Windwood Church at 10555 Spring Cypress Road in Houston, Texas. This family friendly event will feature a 5K timed, trail style run, a 1-mile family walk, games for the kids, t-shirts, food, prizes, and lots of fun for all ages. Race registration is \$25 for adults (ages 14 and up) and \$10 for children (ages 13 and under) before March 15, 2019. Registration, sponsorship, vendor, fundraising, and volunteer information is available at shieldbearer.org/5K.

Race sponsors include Bammel Church of Christ, Element Payment Services, Louetta Automotive, Caldwell Companies, Lone Star College, Murdoch's Backyard Pub, Insperity, Lindsay's Light, Windwood Church, Fox Focus Photography, Rollin' Local, Amegy Bank, Misfit Design Group, Leadership North Houston, and Action Specialties.

Proceeds for the event will fund services and programs at Shield Bearer, a Houston based 501c3 nonprofit counseling and community resource center that provides services on a sliding scale. Shield Bearer has six locations in Houston and serves individuals, couples, and families including those recovering from the trauma of human trafficking, domestic violence, crime, abuse, war, and natural disasters. Additional information about services and programs can be found online at shieldbearer.org or by calling (281) 894-7222.



Raptors

By Cheryl Conley, TWRC Wildlife Center

Have you ever heard of a hawk vest, raptor shield or coyote vest? I had no idea they even existed until I started researching this article. Although they may go by different names, they are all very similar and serve the same purpose. They claim to protect small animals from birds of prey, coyotes and even aggressive dogs. Now you may think this is silly and even a little ridiculous but if you're someone who has suffered the loss of a pet snatched by a raptor or coyote, it makes perfect sense. As recently as January 18th in Pennsylvania, an 8-pound bichon frise was playing in the backyard when an eagle swooped down, grabbed it with its talons and flew off with it. Not to worry. For some unknown reason, the eagle dropped it 4 miles away and the dog recovered.

A bird of prey is a meat-eater but not all birds of prey are raptors. Eagles, owls, ospreys, kites, hawks, buzzards, harriers, vultures, and falcons are all raptors. Three traits help distinguish a raptor from other birds of prey and these three traits make raptors excellent hunters. A raptor has a curved beak with sharp edges, sharp claws or talons and excellent eyesight.

Of all the animals in the animal kingdom, raptors have the best eyesight. Their eyesight is 6 to 8 times better than ours. As far as which raptor has the best eyesight it is most definitely the eagle. It is believed that an eagle can spot an ant crawling on the ground from atop a 10-story building, or a rabbit up to a mile away. Breaking that down even a little further, this means an eagle flying at an altitude of 1000 feet over open country could spot prey over an area of almost 3 square miles from a fixed position.

The talons, or claws, of raptors are curved downward and are razor sharp. If you were to see a raptor's foot up close you would also notice rough bumps on the pads of the feet which aid in hanging onto their prey like slippery fish. The raptor swoops down and with a vise-like grip either kills the prey or inflicts serious wounds.

The beaks of raptors are all the same. They are curved with very sharp edges. They use their beaks to tear off fur, pull out feathers and tear meat into bite-sized pieces that they swallow whole. Raptors also have what we would call a "tooth" on the inside of the upper part of their beak. It's shaped like a triangle and is called a tomila. This is used to cut the spinal cord of its prey.

If you come across an injured raptor, there are very important steps to take to insure your safety and the safety of the bird. First, call TWRC Wildlife Center. If the bird doesn't fly away when approached, this doesn't always mean it's injured. It could be protecting food or babies. If it is determined that the bird actually needs rescuing, we will direct you on how to safely capture and restrain the hawk If you do not feel comfortable handling the hawk, we can recommend other options for transport. If it is injured, you'll need heavy gloves, safety glasses and a thick towel or blanket. Throw the towel or blanket over the bird and take hold of the bird by keeping its wings close to its body and your hands out of reach of the talons. Darkness helps calm birds and the towel provides that. Place the bird in a sturdy box or pet carrier that is only slightly larger than the bird. If it's too large, the bird will be able to flop around and could inflict even more injuries. Be sure to remove the towel or blanket from the container. Now place that towel or blanket over the carrier. Bring the bird to us as quickly as possible for care. Please do not attempt to feed the bird or provide water. As with most wild animals, it is illegal to have raptors in your possession. They are federally protected under the Migratory Bird Treaty Act of 1918.

If you have any wildlife questions, give us a call at 713-468-8972 or check our website at www.twrcwildlifecenter.org.

Spring is our busiest season and babies have started coming in. We need compassionate people to help feed and care for baby squirrels, baby opossums and baby birds. The age requirement is 14 and up. This is an experience you'll never forget! The link is https://www.twrcwildlifecenter.org/volunteer/



Villages of NorthPointe Compass - April 2019 7

AHFC Hurricanes

AHFC (Albion Hurricanes FC) has multiple campuses in and around Houston . The club invites all interested players from the ages of 7 to 18, to become part of our success. Please visit albionhurricanes.org for details about your particular campus (Southwest, Katy, Central Cy Fair).

AHFC offers JHSL (a recreational program for 5 - 10 year olds) at our Cy Fair and Central locations along side our Competitive programs. Additional training is also offered at Katy Friday Night Academy and New Territory Thursday Night Academy. All information regarding all of the programs can be found at **albionhurricanes.org**.

AHFC **Royals**

AHFC Royals will begin their 2nd season this summer 2019 (May - August). The Royals Premier Development League (PDL)USL2 (Men\'s) and WPSL (Women\'s) are a pathway for players desiring to play at a higher level. Games will be family fun and played at the British International School of Houston. Learn more about the Royals and purchase tickets by going to:

www.ahfcroyals.com

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Help Keep Our Neighborhood Beautiful!



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Still on the Fence About Hosting an Exchange Student?

You don't have any kids? Are you a single parent? Same sex couple? An empty nester? This is not a problem, we place our students in all kinds of families!

You're not rich? Neither am I! Your exchange student comes with their own spending money and health insurance. All you provide is room/board and three meals a day. Oh and TLC... but that's free.

Live in the middle of no where? Small town? Not a big deal. Some kids prefer to get away from the hustle and bustle of big cities. The exchange students also do pretty well in small schools, as they usually get to be the center of attention and make friends rather quickly. Our students also get chances to travel to New York, Washington DC, Hawaii and California... so they can get their fill of the city life and return back to the peaceful sounds of nature.

Do you consider yourself a boring person? More than likely this is not true, and you should quit being so hard on yourself. Your student will make friends. Your student will meet other exchange students. Your student will attend activities offered by our program. Your student will get involved in sports and school clubs. Your purpose is not to entertain them. But you might find that you bring a little adventure to each others lives.

Kids are too young? Great! Lots of students love young kids, and your kids will love them. It's beneficial to introduce your kids to new cultures at a very young age. You're preparing them to accept people no matter what the religion, color of their skin, or language they speak. That my friend, is good parenting.

Don't hold back! This is a gret experience for both parties. You get the opportunity to change a child's life. You get the satisfaction of seeing them grow, even after they leave your home into becoming a doctor, a lawyer, a diplomat, artist, teacher... the list goes on. And you contributed to that success! And the best part of it all, is you gain another family member for life. We need people like you to give these kids a chance.

STS Foundation is a 501(c)(3) organization whose mission is to place exchange students in our area. If you are interest in hosting, please contact me at 832-455-7881 or at vicki. stsfoundation@yahoo.com. I'll be happy to answer any question you might have and get you started on hosting your very own student!

Why Acupuncture?

By: Yunguang Yang (Lily), Licensed Acupuncturist & Herbalist, MAOM, Dipl. O.M. (NCCAOM)

Some people have regular acupuncture maintenance treatments as part of their pursuit to stay healthy and active, others prefer acupuncture to Western medicine because:

1. They have a condition that does not respond to conventional care, so that they have to look for alternative health care options.

2. Conventional care often involves drugs with undesirable side effects or unwanted, perhaps risky medical procedures.

3. Western drugs are expensive and when multiple drugs are used at the same time, they could interfere with each other.

4. Patients prefer a natural, holistic medical approach to healthcare.

Acupuncture and Traditional Chinese Medicine (TCM) are safe with little side effects, because the herbal ingredients are combined to minimize and counteract the possible side effects. They work together to balance the body and allow the body to heal itself.

DOES IT HURT?

Acupuncture needles are very different from clinical, hollow needles used for ordinary injection, vaccinations, etc. Acupuncture needles are not much thicker than a human hair and insertion of an acupuncture needle is practically painless. In some cases, you may not even know the needles are in place, in others, there may be some tingling, warming, heaviness, or a feeling of the Qi moving up and down the channels in your body. Most people find acupuncture extremely relaxing and many fall asleep during the treatment.

WHAT ARE THE MAIN OBJECTIVES OF ACUPUNCTURE TREATMENT?

The main objectives of an acupuncture treatment can be summarized in five main categories:

- 1. Relieve pain and other symptoms.
- 2. Relieve stress and emotional issues.
- 3. Treat addictions and substance abuse.
- 4. Strengthen the immune system.

5. Balance, harmonize and integrate functions of organs with each other, making for a unified and healthy person.

Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you. For more information, please visit www.amaranthacupuncture.com or www.facebook.com/amaranthacupuncture.



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