



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 High281-357-3030
Tomball High School281-357-3220
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 Center281-401-7500
Methodist Willowbrook Hospital.....281-477-1000
Houston Northwest Medical Center281-440-1000
Cy-Fair Hospital.....281-586-4700
Texas Sports Medicine Center281-351-6300
Poison Control800-764-7661
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 Management713-686-6666
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 Network888-825-2557

NEWSLETTER PUBLISHER

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Northwest Flyers Kids



Register for the Northwest Flyers Kids Track Club 2020 Season

Ready, Set, Go! Calling all youth ages 6 - 18! Join the Northwest Flyers Youth Track Club for its 33rd Anniversary season by attending a free team Registration/Orientation Breakfast on Saturday, February 1st, 2020. The Breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum, 6823 Cypresswood Dr., Spring, TX, 77379.

This event is an opportunity for you to learn about the team, 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 before registering.

The Northwest Flyers Track Club is a member of USA Track & Field (USATF) and offers a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance and relays, and "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 <http://www.northwestflyers.org>, contact linette.roach@sbcglobal.net, or "Like" the club on Facebook.

Excluding Pests

When the weather turns towards autumn and leads into winter, many pests start looking for a cozy place which can often lead them inside your home. By performing a thorough inspection, you can locate areas where these pests may enter and stop them before they become a problem.

Inside the home, look around doors and windows when there is light outside; if you see light around roods or windows, then there isn't a good seal and weather stripping should be replaced. The attic should be inspected for holes or entry points for small mammals such as rats, mice, and squirrels. Attic vents should be covered with stainless steel screening to block animals from entering. Outside, inspect the perimeter of the home for any cracks and crevices in the foundation that should be sealed. Locate pipe and wire penetrations that enter the structure and repair any areas that allow pests to enter the home.

Ideas on how to exclude pests from your home:

- Trim back or prune any trees and shrubs that touch or overhang the home
- Seal pipe & wire penetrations with copper mesh, sealant, or expanding foam
- Replace weather stripping around doors and windows if there is not a good seal

- Repair or replace any window screens with holes
- For homes with brick or stone facades, stuff weep holes with steel wool* or copper mesh

*steel wool will rust if it gets wet, so do not use on light colored façades

- Inspect all furniture, boxes, and bags for pests before carrying them into the home

- Inspect all plants for insect pests before bringing them into the home

- Do not store firewood inside the home, against the outside walls, or near doors

- Use sheet metal, hardware cloth, or steel wool to seal any areas where animals have chewed to enter the home**

**make sure animal is not in the home or you'll seal it inside!

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

This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188 /project accession no. 1013905] from the USDA National Institute of Food and Agriculture.



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The Power of Volunteerism

By Cheryl Conley, TWRC Wildlife Center

I often say that I'm working harder now as a volunteer president of a board of directors than I ever did as a paid employee. The hours are long, the work can be frustrating, and worrying about keeping our doors open is very stressful. But all it takes is for me to hold a tiny, helpless little opossum in my hand or witness the release of an animal back to the wild and I know why I do it. A sense of calm and purpose takes over and I feel great about what I'm doing.

People volunteer for a number of reasons. Some are retired and are looking for something meaningful to do. Some are students wanting to learn more about their chosen field of study. Some feel it's a way to pay it forward and some don't have a choice. They have to complete court-ordered community service.

I think we would all agree that helping others makes a person feel good but did you know that studies show there are health benefits from volunteering? According to Rodlescia Sneed, a public health research associate at Michigan State University who has studied the impacts of volunteering, "In my own work I've shown it's linked to improvements in factors like depressive symptoms, purpose in life, and feelings of optimism." It's also been shown to lower blood pressure and reduces the feelings of depression.

Here's a list of all the benefits of volunteering according to Non-Profit Hub:

- Boosts self-esteem
- Expands your connections - some people are just born with the "gift of gab" and have no trouble talking to others. For those that tend to be shy, it's the perfect opportunity to make new friends with people who share the same interests.
- Makes you feel good
- Contributes to a longer life - volunteers encounter greater longevity and less frequency of heart disease. It can also slow the progress of Alzheimer's and other memory loss diseases.
- Gives purpose - as we age, we sometimes feel isolated but no matter who we are or what our age is, volunteering can give our lives new meaning.
- Combats stress - studies actually show the more you volunteer, the happier you become. Your body releases dopamine in the brain



when you help others. This has a positive effect on how you feel.

- Sets a good example - as parents, our greatest hope is that our children grow up to be caring, giving adults. What better way to make that happen than to set a good example?

- Teaches new skills - we see it all the time. Volunteers are afraid to pick up a bird, a squirrel or opossum. With encouragement and instruction, they gain confidence and learn not only to pick them up but to feed them. You can see the pride on their faces!

Don't let fear stop you from volunteering. It's very much like starting a new job and for those of you who work, you know how stressful that can be. Every non-profit knows how valuable volunteers are. Volunteers provide their time, energies and talents to help non-profits fulfill their missions. Most non-profits have limited budgets and volunteers are the reason many non-profits are able to operate and keep the bills paid.

The most important thing to remember is to do what interests you. Do you like working with senior citizens? The homeless? Dogs and cats? If you volunteer somewhere and find it's not for you, keep looking until you find your passion.

If caring for injured, orphaned or displaced wildlife is of interest to you, please contact us. Maybe you don't want to handle animals but would like to recruit fellow volunteers, work in fundraising or design brochures. We have many different areas where you can offer your time and talents. Give Berri a call at 713.468.8972.

Make a New Year's resolution to volunteer. You'll be pleasantly surprised how this will add to your life!

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Top Tips to Get Ready to Run



(Family Features) You've made the decision to get in shape, and whether your goal is a full marathon or simply a few laps around the neighborhood, there are a few steps to consider taking before you strap on those shoes and head toward the finish line.

Here are a few tips to help get you ready for the big race:

Seek Quality Sneakers - Feet come in a variety of widths and sizes, so visit a specialty running store to find perfect-fitting sneakers. These may come with a hefty price tag, but there are no shortcuts for comfort and support while running long distances.

Make a Schedule - Try to aim for at least 10 hours of training per week, including three days where you run and two or three days of other physical activity such as cycling or strength training. To avoid exhaustion, be sure to include at least 1-2 "rest" days per week.

Stick with Water - Avoid sports drinks that are loaded with preservatives and sugars. You can't go wrong with the hydrating power of water. As a rule, try to consume at least 6-8 ounces of water for every 20 minutes you run. Proper hydration after the run is also vital.

Go Online - Many websites have training guides for various skill levels or different types of races. If you have a smartphone, look for apps that can take you through day-by-day workouts to get you marathon-ready.

Nutrition - Filling your body with the proper amount of fuel can help ensure finish-line success. Load up on quality carbohydrates, such as beans, peas, whole-wheat pastas, whole-grain cereals, apples, brown rice and root vegetables. Protein also plays an important role in a runner's nutrition, so fill up on lean meats, fish, eggs, low-fat dairy, peanut butter and soy protein sources, as well.

By following these general rules, you'll be able to focus on achieving your goal and enjoy the thrill of finishing the race. Find more tips for a healthier lifestyle at eLivingToday.com.

Photo courtesy of Getty Images #13139, Source: eLivingToday.com, Content downloaded from FamilyFeatures.com.

AHFC Junior Hurricanes (JH) Soccer Registration For the Spring 2020 Now Open

The Junior Hurricanes Soccer League (JH) 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. Season begins in February!

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

Want a more competitive program? Join AHFC! Call us and we can find you a team: 713-939-7473. Website: www.albionhurricanes.org Regards,



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