

THE VILLAGES OF *Compass* NORTH POINTE

VOLUME 2, ISSUE 12

OFFICIAL NEWSLETTER FOR THE VILLAGES OF NORTHPOINTE HOA

DECEMBER 2011

WOMEN'S GROUP INFO

WOMEN'S GROUP MEETING

Meetings are held at 7:00 p.m. on the third Monday of each month at the clubhouse, with changes in this schedule for holiday or school events. Please watch the neighborhood sign for the current monthly schedule. To be included in the newsgroup emails, please contact Jennifer at jenna1008@hotmail.com.

*Note – if you have an idea for a Women's Group program, please contact Sally at 832-454-2533.

BOOK CLUB

Meetings are held on the third Thursday of each month in rotating homes, but subject to change for date conflicts or school events/holidays. Please contact Karen at 281-516-2395 or karengo@sbcglobal.net for more details. There will be no book club meeting in December and we will reconvene in January. New members are always welcome and you don't have to read the book to come to the meeting. There's never any pressure, just good discussion!

BUNCO

Monday night – Meets each second Monday of the month. For info or to be placed on the sub list, please contact Debbie at dparker39@att.net.

Thursday night – Meets each fourth Thursday of the month. For info or to be placed on the sub list, please contact Robyn at 281-635-4926 or at robyn6020@yahoo.com.

COMMUNITY SERVICE UPDATE

The Villages of NorthPointe Women's Group will be sponsoring one or two families from T.E.A.M. this year. Details for the families in need will be provided by T.E.A.M. in early December. Tomball Emergency Assistance Ministries (T.E.A.M.) is a nonprofit organization formed in 1985 by thirteen local Tomball churches to help needy, low-income families of the Tomball area with short-term assistance. Thanks for all of your generosity! Information will be provided on the neighborhood Yahoo Email Group when available.

Thank you, Patti Ardoin, Community Services Coordinator

PROGRESSIVE DINNER UPDATE

The VNP Meet Your Neighbors Progressive Dinner was a hit with 5 couples in attendance. We all had a fun time eating great food (still need that rib recipe!) and interesting conversation (no, still not joining the NRA anytime soon...). Next time we hope to see even more neighbors joining in! There will definitely be another one *after* football season is over so the men will be easier to drag out on a Saturday night. If you want to be involved, host, or even coordinate it, let me know at eve_ayla@hotmail.com. Can't wait!



IMPORTANT NUMBERS

Chaparral Management Company (<i>HOA Issues</i>).....	281-537-0957
Waste Management (<i>garbage – paid through MUD #281</i>).....	281-376-8802
Centerpoint Energy (<i>street lights – get 6 digit # off lamp post</i>).....	713-207-2222
Tomball Post Office.....	281-516-0513
Harris County MUD #281 (water and recycling).....	281-376-8802
Harris County Constable Precinct #4.....	281-376-3472
Electric Company Choices.....	866-797-4839
.....	www.powertochoose.org

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

Chaparral Management (<i>Villages HOA Issues</i>).....	281-537-0957
Please direct all questions, comments, and concerns about the landscape along NorthPointe Blvd. to:	
TEAKWOOD LANDSCAPING.....	281-720-0022

WEBSITE

www.villagesofnorthpointecai.com

Contact Brian at bformear@mail.com to request information

NEWSLETTER INFO

EDITOR

Pam Ferguson..... pamelaferg@comcast.net
..... 713-724-6978

PUBLISHER

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

Secret Santas!!

Girl Scout Service Project for Grace Care Center

Tomball Girl Scout troops are collecting items for the Grace Care Center residents at the NorthPointe location for Christmas Care packages.

Needed are socks, crossword puzzle books, cards, pens, notepads, jewelry, toiletries, lap blankets, hypoallergenic shampoo and soap, toothbrushes, toothpaste, hair brushes, and tissues. Any and all donations are accepted.

DROP OFF DATES/LOCATIONS:

Villages of NorthPointe Clubhouse, Dec. 5, 6-8 pm.
Sundance Service Unit meeting, Dec. 6, 7-8 pm.
Moore Elementary Cafeteria, 13734 Lakewood Forest Drive, Houston

FOR PICKUP OR QUESTIONS, CONTACT:

Kyla Bayang.....281-635-7366..... kylabayang@att.net
Melissa Desuk.....mdesuk@hotmail.com
Shannon Wimberly.....swimberly@cougarsales.com

Dr. Debra Jackson

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Compass Corner

By Paul Hicks

Howdy neighbors, back again to cover the latest and greatest in local doings. This month we have a couple of new developments and an opportunity to make VNP look fantastic. First of all you will notice that the small apartment complex that was going in across Eganville by Westbourne has not broken ground. We hear now that the project has been canceled and a new developer is working to put in a high end convenience store along with a small strip center on the corner of NorthPointe Blvd and Eganville. You've also seen the new homes FINALLY going in across from Willow Creek Elementary, we understand that these homes will be in the \$130 - \$150K range and there will be a total of 40 single family homes upon completion. And finally, everyone has noticed the flags around the neighborhood back on election day. They were provided by the Tomball Memorial High Choir Booster Club and I might add the students put out in excess of 1,500 flags in VNP, Village Creek and Wildwood. If you are so inclined, you will find a subscription form elsewhere in this issue of the newsletter to continue the flags on 6 additional days throughout the year. Our high school singers will thank you, your patriotic neighbors will thank you and it beats the heck out of another round of cookie dough! Till we meet again...a few puns to sleep by...

- I'm reading a book about anti-gravity. It's impossible to put down.
- A hole has been found in the nudist camp wall. The police are looking into it.
- I used to be addicted to soap, but I'm clean now.

SEND US YOUR Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to pamelaferg@comcast.net. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



During this busy time of year, it's important to remember the most significant things in life . . .



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THE COMPASS

Villages of Northpointe Women's Club

IS PLEASED TO PRESENT

BREAKFAST WITH SANTA!!!

- Saturday, December 3rd
- 9:00 to 11:00 a.m.
- Villages of NorthPointe Clubhouse

Bring the kids for a photo and breakfast with Santa. For \$2.00 per photo and the donation of a canned good, you will receive a photo of your child with Santa.

If you want one photo with 2 or more children, it is \$2.00. If you want a photo with each child separately, it is \$2.00 per child. The visit with Santa and photo will be done on a first-come, first-serve basis.

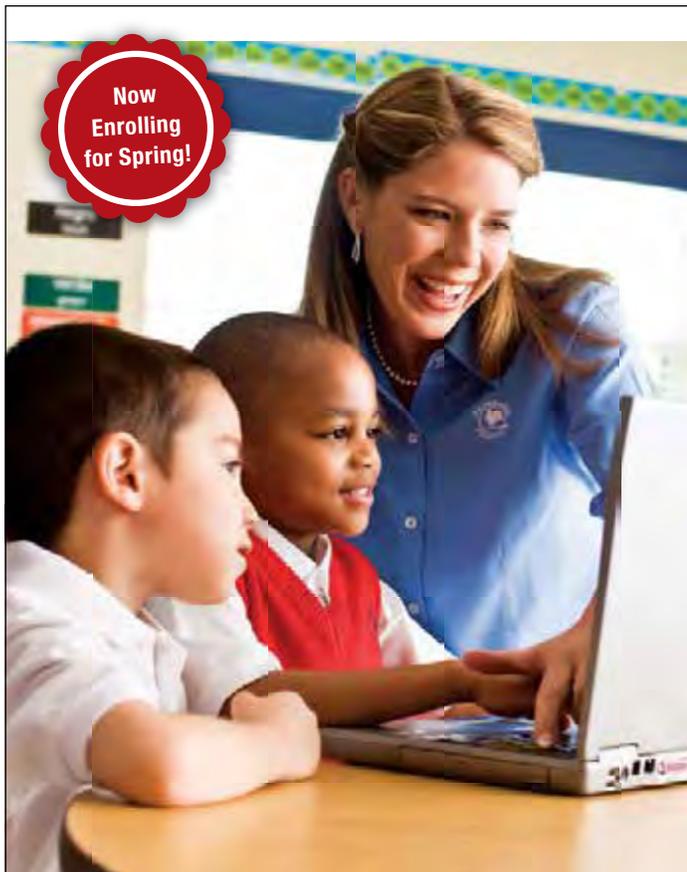
The VNP Women's club will provide a snack and a drink for each child.

*We ask that you RSVP by November 23, 2011 to:
Rhonda Harshbarger @ rhondakay2003@netzero.net*

We will need your name, address, how many children will attend, and how many children will be in your photograph (and whether you want a group photo or separate photos).

Pre-payment is preferable; however, arrangements can be made to pay at the door.

If you have any questions, please call Rhonda @ 713-447-1024.



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THE COMPASS

WE HOPE YOU WILL JOIN US FOR OUR US FLAG FUNDRAISER

The Tomball Memorial Choir Booster Club is selling subscriptions for US flags this year. This is the first year for this fundraising service for the Tomball Memorial Choir Booster Club. For \$36, Choir members will place the US flag in front of your yard on six selected National Holidays*. This is a service that shows our patriotism and support for the Tomball Memorial High School Choir. Money earned will help support the Tomball Memorial Choir for many of their endeavors this year. We appreciate your consideration.

FLAGS WILL BE FLOWN ON THE FOLLOWING DAYS:

Presidents' Day – February 20, 2012
Memorial Day – May 28, 2012
Independence Day – July 4, 2012
Labor Day – September 3, 2012
Patriots Day – September 11, 2012
Veteran's Day – November 11, 2012

**Note: If hazardous conditions exist, the flags will not be displayed.*

If you are interested in supporting the Tomball Memorial High School Choir, please fill out the information below and send it to the address at the bottom of this form (make checks payable to Tomball Memorial Choir Booster Club). If you have any questions about this service, feel free to call (832) 444-5069.

Thanks again and we look forward to placing the USA flag in your yard this year. Flags to you!

TOMBALL MEMORIAL CHOIR BOOSTER CLUB
19100 NORTHPOINTE RIDGE LN.
HOUSTON, TX 77377

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THE COMPASS

Recipe of the Month Sour Cream Apple Bars

- 2 C flour
- ½ tsp. salt
- 2 C brown sugar, firmly packed
- 1 C sour cream
- ½ C oleo, softened
- 1 tsp. vanilla
- 1 C chopped pecans
- 1 egg
- 1 tsp. cinnamon
- 2 C peeled, finely
- 1 tsp. soda
- chopped apples

Preheat oven to 350°. In large bowl, blend flour, brown sugar, and oleo until crumbly. Stir in pecans. Press 2-3/4 C of the crumbs into an ungreased 9x13 pan. To the remaining mixture, add cinnamon, soda, salt, sour cream, vanilla, and egg, blending well. Stir in apples. Spoon evenly over first layer. Bake 25 - 35 minutes or until toothpick comes out clean. Cut into squares and serve with whipped cream if desired.

VNP E-Mail Group & Facebook

As a reminder, we would like to get everyone in the neighborhood on the Villages of NorthPointe Yahoo Group so we can quickly communicate to you when necessary. We are using the Yahoo Group to communicate information as needed concerning issues, problems, requests and events that affect our neighborhood. The Facebook account, Villages of NorthPointe HOA, is set up for casual chit-chat or discussions.

Your email preferences can be set up to receive individual e-mails, Daily Digests, or no e-mail with access only to view when you choose. For those of you with smartphones, or for those that don't want to get multiple emails per day, the Daily Digest works wonders. All emails that are posted to the group for the previous day will be compiled into one email sent between 7 and 8 a.m. With this option you will only receive one email per day from the neighborhood!

You must be a Villages of NorthPointe resident to be in the Yahoo group. Please contact Debbie Parker at dparker39@att.net or make a request through the Yahoo Group at <http://groups.yahoo.com/group/NorthpointeNeighborhood>.

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MISCELLANEOUS

Attention NW Harris County Tri Delta Alumnae

Mark your calendars to join your Tri Delta sisters for our social gathering and "Annual Ornament Exchange" Tuesday, December 13th at 7:00 pm. Our group meets on the second Tuesday of every month September - April. We have a diverse group of women of all ages from a variety of colleges. For more information, please contact Patsy at 281-370-8516 or Karen at trideltanews@yahoo.com



Moms In Touch International

Did you know we have a group of Moms (and Grandmoms!) that meet weekly to pray for our children and neighborhood schools? Moms In Touch International is a non-denominational group devoted to prayer for students, teachers and school staff. If you are interested in joining us, contact Kyla Bayang at kylabayang@att.net.

Newsletter Deadline & Editor Note

To submit newsletter articles, event information and for general information, please contact Pam Ferguson at 713-724-6978 or at pamelaferg@comcast.net. Ideas are welcome!

The next newsletter deadline for submission to the editor is December 5th for the January newsletter. Similarly, the deadline for the February newsletter will be January 5th. For published information, it's necessary to plan at least a month in advance!

*Note – My last newsletter as Editor will be the January 2012 edition. I am still seeking a volunteer to take over this position. If you feel you have the time commitment, please contact me on my phone or email address above. If there is no volunteer, the January edition will be the final VNP Compass newsletter.

If you have any advertising questions, please contact the publisher directly at advertising@peelinc.com or by phone at 888-687-6444.

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Date Set for 4th Annual Junior Tiger Fun Run

Race weekend for the Klein Collins Cross Country and Track and Field Programs 4th anniversary of the Jr. Tiger Fun Run has been set for the fourth week of January, with three 2K age division races scheduled to begin at 8:00 a.m., Saturday, January 28, 2012.

Each year the Fun Run has been growing in participation. "The 2011 fun run drew record participation with more than 100 youth runners", said Booster Club President, Greg Miller. "As with previous years, the fun run will feature three mixed races for girls and boys in K – 2nd, 3rd – 4th, and 5th – 6th Grades. Medals will be awarded to the top five boys and top five girls in each race".

The Fun Run started out not only as a fundraiser for the school's running programs but as "a way to encourage kids to be fit and healthy", said Head Girls Track Coach, Vicki Bevan. "The goal is to make running fun".

Prior to the start of each race there will be stretching and warm ups presented by Klein Collins Cross Country & Track teams. The KC Tigers will also accompany youth on their run, and lead them in cool down activities afterwards. Parents and community members are invited to stay and "Meet the Tigers", enjoy light refreshments and a silent auction.

The first 150 youth registering for the event will receive a free T-shirt and goodie bag. There is a \$15 entry fee. Medals will



be awarded to the Top 5 girls and boys in each race. Register for the "Junior Tiger Fun Run" by January 25, 2011 at www.kcxctrack.com. Klein Collins HS is located at 20811 Ella Boulevard, Spring, Texas 77388.

Sponsorship opportunities are available. For more information please visit the KC Tigers online at www.kcxctrack.com or contact David Windsor at windsordavid@sbcglobal.net or 832-797-1230.

About The Klein Collins Cross Country - Track & Field

Booster Club

The Klein Collins Cross Country - Track & Field Booster Club is a non-profit organization of interested parents who voluntarily assist in the furtherance of interscholastic athletics as an integral part of the educational process at Klein Collins High School. The Club is composed of moms and dads who support the boys' and girls' cross country and track and field programs at KCHS. They are involved as enthusiastic fans and as financial helpers as well. They hold fund raising activities that help assure our students of a first class athletic program, including many items that might not otherwise be affordable to the school.



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HEALTH BRIEFS - DECEMBER 2011

ALLERGIES: KNOW YOUR TREATMENT OPTIONS

Allergies got you down? Dr. Madhu Narra, assistant professor of medicine in the section of allergy, immunology and rheumatology at Baylor College of Medicine offers some tips to help manage. Fall is the blooming season for weeds such as ragweed while spring allergies are from blooming trees and grasses. Indoor allergens such as dust mites can cause symptoms all year round. It is important to be aware of what you are allergic to so that you know when to look out for these allergens, said Narra.

Symptoms include runny and itchy eyes and nose, sneezing, congestion, drainage and cough. Some people may experience wheezing and trouble breathing.

- For mild allergies, consider over-the-counter medications like loratadine or cetirizine that usually do not cause drowsiness
- Keep your windows closed during peak pollen season. You can track pollen counts online.
- Clean pets before they enter the house so that they don't carry pollen into the home
- Do not dry clothes outside where they can pick up pollen
- Wear a mask or nasal filters when mowing the lawn to prevent allergens from getting into the nose
- If prescription medications and nasal sprays do not help much or if long-term relief from severe allergies is desired, consider getting allergy shots, which can provide long lasting relief with four to five years of treatment

WINTER WEATHER & SKIN CARE

Summer may be over, but protecting your skin should remain a priority. "Colder temperatures, wind and sunlight work together to cause irritation to your skin," said Dr. John Wolf, professor and chair of dermatology at BCM. "It is difficult to distinguish between windburn and sunburn, so it is a good idea to focus on overall skin care." Wolf suggests using extra moisturizer as well as moisturizing sun block with an SPF of 30 or higher, especially if planning a winter trip to a higher altitude where ultraviolet rays from the sun are more intense.

Chapped lips and fever blisters also can be provoked by the cold, wind and sun. People who suffer from severe outbreaks of fever blisters may want to talk to their doctor to

(Continued on Page 11)

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HEALTH BRIEFS CONTINUED

(Continued from Page 10)

see if there are prescriptions to prevent such outbreaks Wolf says. Chapped lips are more prevalent during colder months as well, but using a lip balm with an SPF factor of 30 or even a thick coat of zinc oxide may help keep them at bay.

During colder weather many people will take hot showers, sit in a sauna or even enjoy a hot tub. Wolf said this can actually increase dry and itchy skin. He suggests using moisturizer while still damp, before completely drying off.

TEACH KIDS TO ENJOY TREATS IN MODERATION

From Halloween to the new year, kids are tempted by pies, cakes and other treats. However, according to experts at Baylor College of Medicine, the holidays are no excuse for parents to let kids overeat and divert from their normal eating routine.

"You have to keep meals and snacks under some control no matter what day of the year it is," said Dr. Karen Cullen, associate professor of pediatrics at the USDA/ARS Children's Nutrition Research Center at BCM. Cullen says a good plan is to save holiday treats for snacks, and be sure that they are an appropriate portion size for that snack. Consider freezing treats to save for later use. Parents should be serve as positive role models by continuing to serve and eat regular balanced meals. In addition, they should encourage children to try fruits and veggies that are offered at holiday parties.

OLDER ADULTS CAN FIGHT FRAILTY THROUGH RESISTANCE WEIGHT TRAINING

Imagine not being able to stand up because you can't carry your own body weight. To prevent this, incorporate resistance weight training into your routine, said an expert at Baylor College of Medicine. "As we age, we slowly start to lose lean muscle mass, and resistance weight training is the only way to slow this down," said Dr. Robert Roush, associate professor of medicine - geriatrics at BCM. "It's never too late to start."

Resistance weight training can consist of weight lifting, using weight machines or any other exercise activity that creates some sort of resistance. This should go along with a regular cardiovascular exercise plan, said Roush, who is also with the Huffington Center on Aging at BCM.

Always check with a qualified health care provider before starting any exercise routine. Try to find a gym with senior benefits or share a personal trainer with friends to learn proper technique. If a gym is not an option, try using stretch bands and dumbbells at home. Activities such as swimming, climbing stairs and walking at an incline can also provide resistance. Regardless of whether one goes to a health club or exercises at home, the key is to follow recommended regimens and proper technique.

The Compass Stork Report

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Avg. Price	200,00	221.266	181.483
Avg. PSF	75.49	65.19	64.29
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High PSF	107.13	69.42	73.72
Low PSF	55.55	61.32	55.35

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