



THE VILLAGES OF *Compass* NORTH POINTE

VOLUME 4, ISSUE 8

OFFICIAL NEWSLETTER FOR THE VILLAGES OF NORTH POINTE HOA

AUGUST 2013

2013 Social Calendar

5TH ANNUAL EASTER EGG HUNT

A SUCCESS!!! -- Contact Diane Whitney b.d.whitney@sbcglobal.net To help out next year or for questions and suggestions!

SPRING GARAGE SALE

Contact Events Coordinator Karen Webster karengo@sbcglobal.net To help out next year or for questions and suggestions! A BIG Thanks to Patti Ardoin who put it together this year!

ICE CREAM SOCIAL

Pool passes were handed out for 2013 -- Brought to you by our VNP Women's Club! To Volunteer Contact Events Coordinator Karen Webster, karengo@sbcglobal.net

BIKE PARADE

July 4th -- Brought to you by our VNP Women's Club! To Volunteer Contact Events Coordinator Karen Webster karengo@sbcglobal.net.

FALL GARAGE SALE

October 9th -- Brought to you by our VNP Women's Club! Contact Events Coordinator Karen Webster, karengo@sbcglobal.net

BREAKFAST WITH SANTA

December 7th -- Brought to you by our VNP Women's Club! To Volunteer Contact Events Coordinator Karen Webster, karengo@sbcglobal.net

CHRISTMAS LIGHT CONTEST

December 6th - 9th -- Winners will be mentioned in the Newsletter for January! Check the newsletter for details! Brought to you by VNP Christmas Contest Committee - Jessica Rushing vnpcompasseditor@gmail.com

NIGHT OF THE CAROLERS

December 7th -- Sign up to have carolers come sing for you or to sing with us! Brought to you by VNP Compass Editor Jessica Rushing, vnpcompasseditor@gmail.com

COOKIE EXCHANGE

December TBA -- Brought to you by our VNP Women's Club! Contact Events Coordinator Karen Webster karengo@sbcglobal.net

COMMUNITY SERVICE PROJECT

December TBA -- Brought to you by our VNP Women's Club! Contact Events Coordinator Karen Webster karengo@sbcglobal.net

Christmas Light Contest Donations:

Hi everyone, the Christmas Contest Committee is expanding Christmas light categories for the contest this year so we need donations for prizes because this is a voluntary committee apart from any other neighborhood group or club! I have typed a list of items below to get your ideas flowing. Really anything you can think of which you yourself might like in a gift basket or gift bag, donate it please! I will be taking perishable items starting December 1st. If you or anyone you know owns a restaurant a discount coupon would be a great prize! E-mail Jessica at : vnpcompasseditor@gmail.com if you have items to donate. I will arrange to pick them up from you or you can drop them by my house. Thank you for all of your support and for anything you can donate! *The contest will begin December 6th and will do final judging on December 8th!*

- Wine
- Cokes
- Popcorn
- Movie tickets
- Candies
- Summer sausage
- Bbq items
- Coffee Itemsj
- Tea Items
- Gift Cards
- Discount Coupons (make sure expiration dates are Jan 2014 or later if possible)
- Candles
- Bath items (salts, scrubs etc..)
- Christmas lights J
- Snacks of any kind like pretzels, peanuts, chips, dips, cheese etc...

THE COMPASS

IMPORTANT NUMBERS

Villages of Northpointe Security Director
Andy Elmore hit02@scbglobal.net
 Waste Management (*garbage – paid through MUD #281*).....
 281-376-8802
 Centerpoint Energy (*street lights – get 6 digit # off lamp post*).....
 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 Miller..... 281-370-9106

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
 www.powertochoose.org

MANAGEMENT

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

WEBSITE

www.villagesofnorthpointecai.com

Contact Brian at bformear@mail.com to request information
 postings on the website.

NEWSLETTER INFO

EDITOR

Jessica Rushing..... 281-320-0051
 vnpcompasseditor@gmail.com

PUBLISHER

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

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	1	6		2			4	9
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View answers online at www.peelinc.com

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.



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msjoeedance@aol.com

TEXAS EVENTS AUGUST 2013

•Aug 09 -Aug 10, 2013 Navasota Blues Fest

Navasota, TX - 5280 FM3455 – Great Blues Music, Silent Auction, Raffle, Yummy food Festival is 18 years old

•Aug 10 8:00a Bubblepalooza!

Austin - The Long Center presents Bubblepalooza! Free fun for the whole family, Saturday, August 10 on the Long Center City Terrace...

•Saturday, Aug 17 10:00a 7th Annual Austin Ice Cream Festival

Fiesta Gardens, Austin Do you scream for ice cream? Bring yourself, your friends, your family and even your dog to the 7th Annual Austin Ice Cream Festival. Sat. Aug 17, 2013, Fiesta Gardens

•August 22 - 25, 2013 125th Gillespie County Fair

It's the 125th GILLESPIE COUNTY FAIR, The Granddaddy of them All! Pari-mutuel horse racing, simulcast racing, carnival midway, livestock and agricultural exhibits, pig races, antique tractors and machinery, arts and crafts and dancing under the hill country sky to the very BEST TEXAS Dance Music. The Fairgrounds are located at 530 Fair Drive on Highway 16, 2 miles south of Fredericksburg, between Fredericksburg and Kerrville, Texas!

•Aug 24, 2013 Art on the Cobb Art Festival

fort worth , TX - 2600 cobb park dr. Local artist, Live band, Local merchants, games for the kids, food and door prizes Festival is 1 years old

•Saturday, Aug 24 4:00p BATFEST Night of the Bat

Congress Avenue Bridge, Austin Recipe for BATFEST 1 Congress Avenue Bridge 30,000 people 100 Arts & Crafts vendors 20 Food & Beverage booths 10 Bands on 2 Stages Special Attractions Costume Contest 2 million Mexican free-tail

•Aug 25, 2013 Houston Global Jam and Family Fun Day

Houston , TX - 13700 Karalis Road Live music from both famous and local artist. Food, beverages and activity for children. Festival is 1 years old

•Aug 30 -Aug 31, 2013 Summertime Bike & Blues Festival

Freeport, TX - 200 w. 2nd street 9th Annual Summertime Bikes & Blues Festival with 4 stages, vendors, bike games, contest, live music on all 4 stages Festival is 0 years old

GARDENING TIPS FOR AUGUST

•Keep an eye on lawns to spot problems early and treat accordingly. Insects such as chinch bugs(treat with diatomaceous earth) and fungi such as grey leaf spot(treat with serenade) are two things to watch out for. Both organic products can be found in our plant care shed.

•Hummingbirds are here!! Migrating hummingbirds can be found at your feeders and natural nectar sources. Keeping feeders clean, filled, and in a shady area will encourage visitors. Recipe for Nectar: Bring 4 cups of water to a boil, add 1 cup of granulated sugar, stir until dissolved. Allow to cool, fill feeders. Keep excess sealed in refrigerator.

•Natural nectar sources for hummingbirds include turk's cap, hamelia, shrimp plant, firespike, salvia, lobelia(cardinal flower), Mexican oregano, pride of Barbados, anisacanthus, and cigar plants. These are all hummer magnets.

•Seeds to plant now include cucumbers, calendula, snapdragon and alyssum. Plan for the fall vegetable garden and choose seeds for planting next month. Shop our Botanical Interests seed racks at the outside checkout.

•For preparing fall gardens, top dress with 2-4" of organic matter: composts A layer of pinestraw will keep weeds at bay until seeds or transplants have been placed.

•Plant transplants for tomatoes and peppers now. Keep young plants protected from intense midday heat by placing cages over plants and clothes pinning newspaper or cardboard at the second rung level. This temporary shade device can be removed once plants reach height of the cardboard; they are established.

•Use seaweed spray such as Medina Liquid Seaweed to boost the immune system of plants. A healthy plant is more resistant to insect infestations and fungal problems. A spray down every two weeks that covers the entire surface of all leaves will do the job.

•Continue slow, deep watering to encourage proper root growth and prevent runoff. Watering longer and less often encourages deep root growth and healthier plants. Soaker hoses or a regular hose turned on to a slow drip provide ways to do this.

•Feed the soil. Medina Soil Activator and Lady Bug Terra Tonic actually feed the micro-organisms in the soil which improves soil quality and reduces compaction, in turn increase water holding capabilities. Healthy plants start with healthy soil.

•Mulch, Mulch, Mulch. Mulching keeps plant roots cooler and weed seeds at bay. Apply 3" deep around trees and shrubs. Add compost around annuals, herbs, and vegetables. Remember: never pile mulch against the base of a plant.

THE COMPASS

PERSONAL CLASSIFIEDS

FOR SALE: Brinkman Electric Smoker w/cover \$40. Used only 1 time. Sells for \$69 at Academy. Contact Ellie missellie18@comcast.net

FOR SALE: '54 F100 project truck \$4,000: Jaguar independent front and rear suspension setups w/ disc brakes and power steering. Ready for hot rod performance. and I can help you get it over to your house from ours Emery Meadows. Contact Darren Morrison itbuildscharacter@hotmail.com See link below to the Craigslist ad. <http://houston.craigslist.org/cto/3783302031.html>

FOR SALE: Player Piano and Antique Piano Bench \$200: comes with an assortment of piano rolls. close to 100 years old. It is in need of repair, but all the parts are readily available. Buyer is responsible for moving the piano. I will be happy to lend some muscle to assist in the move. Contact Maynard Sawyer at 832-534-8431 maynardlsawyer@yahoo.com

FOR SALE: TV Stand, black metal and glass 1 year old, great condition \$100 or best offer We are happy to deliver in VNP. Please contact The Webers: wileywebers@gmail.com For photos, please see the Craigslist ad below: <http://houston.craigslist.org/fuo/3560883167.html>

FOR SALE: 2004 Chevy 2500HD Crew Cab Black Truck: Fully

Loaded with Leather \$12,000 or O.B.O. Contact Phil Quaschnik 832-677-6041 or philquaschnik@hotmail.com

REDUCED: Mobility Scooters: 1 motorized scooter left in very good condition. Both parents have passed on. Asking \$300.00. Also on Craigs List. Call or email for photos Patty 832-492-3625 or Tom 832-423-2024 nursepjs@yahoo.com

FOR SALE: Taking Offers: wheelchair, shower chair,walker, and several walking canes. Also on Craigs List. Call or email for photos: Patty at 832-492-3625 or Tom at 832-423-2024 nursepjs@yahoo.com

FOR SALE: BMX BIKE: BOYS 20" HAROX-0 Freestyle/BMX BIKE \$150 Slightly Used. Call or email for photo, Stephanie at 281-290-0780 andrews41@peoplepc.com

SOLD Trampoline: 14' round Olympus Pro Trampoline.

*If your Ad is no longer needed please email me at vnpcompasseditor@gmail.com and I will discontinue the Ad.
Thanks - Jessica Rushing*

DROWNING IS PREVENTABLE



Volunteer - Donate
COLINSHOPE.ORG



- Ongoing:** Volunteers needed to distribute water safety packets, info@colinshope.org
- August 19:** Got2Skate for Colin's Hope Fundraiser, 6:30-8:30pm at Playland Skate Center
- August 29:** Colin's Hope Got2Swim Lake Austin 10K/10 miler, <http://www.tinych.org/got2swim>
- September 8:** 5th Annual Colin's Hope Kids Triathlon, <http://www.tinych.org/KidsTri>
- October 19:** Sharkfest Austin Swim benefitting Colin's Hope, www.sharkfestswim.com



ALERT: 36 Texas children have lost their lives to a fatal drowning this year. Many more have survived non-fatal drowning incidents. Be a Water Guardian and Watch Kids around Water. Drownings are preventable!

LAYERS OF PROTECTION



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WEAR LIFE JACKETS



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KEEP BACKYARDS & BATHROOMS SAFE



LEARN CPR



CHECK POOLS & HOTTUBS 1ST FOR MISSING CHILDREN



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SIMPLY SEEKING

- **Dog Sitting:** for anyone seeking a vacation without the family pet/s call me I am a trustworthy pet sitter here in the Villages of Northpointe. Hery Hetze 832 216 8132, Hery.Hetze@hp.com
- **SHALOM!** Hi Jewish Community. Let's get connected! To share Shabbat dinners...Chanukah parties...Passover Seders...or simply get together! Interested? E-mail us at info@shalomcypress.org. Or visit our website at www.shalomcypress.org
- **Poker Anyone?:** Are there any VNP regular home games in that could use another player? Mainly Texas Hold'em, tourneys or cash games. Omaha is ok too. If so I would like to join in Rick Naremore rsnaremore@hotmail.com
- **Poker Tournament:** Texas Hold-Em' tournament every other Thursday to join call Jack..281-744-8636..or Don 281-256-8711
- **Senior Care:** for anyone seeking a "break" from their senior care responsibilities (if only for an hour to shop or attend Church, or for a day or evening out, or longer). I have a very flexible schedule as I am retired from a Human Resources position I held for 26 years and live in VNP. Contact Geri Ridley geriridley694@yahoo.com

If you need to change or remove any of your 'simply seeking' personals please contact the Compass Editor, Jessica Rushing, vnpcompasseditor@gmail.com

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THE COMPASS

Quality Of Meals Should Not Change During Summer

Students shouldn't close the door on healthy eating habits during the summer, says a Baylor College of Medicine pediatrician.

"Certainly it is just as important to eat healthy over the summer as it is any other time of the year," said Dr. Teresia O'Connor, assistant professor of pediatrics – nutrition at BCM.

She offers the following tips for health summer eating:

- Incorporate fruits and vegetables in all meals.
- A healthy summer lunch should include a fruit, a vegetable, some form of protein and whole grains.
- Don't skip breakfast.
- Eat three meals a day with one to two snacks.
- Stay hydrated - water is the best and healthiest way to stay hydrated.
- Be aware of how much sugar is in beverages. While it's okay to drink a small amount of these beverages, primary drinks should be water and low-fat or skim milk.

Encourage children and teens to help prepare their own meals so they become responsible for their own healthy eating.



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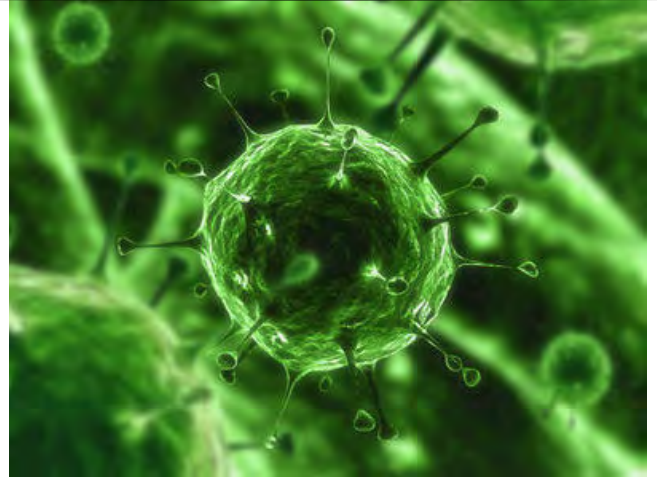
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VIRUSES STILL PRESENT DURING SUMMER

Many viruses are still frequent in the summer so good hygiene remains important, said Dr. Gail Demmler Harrison, professor of pediatrics-infectious diseases at BCM. Some viruses present in the summer include:

- Enteroviruses can cause symptoms such as sore throat and diarrhea, and can even lead to viral meningitis and inflammation of the heart and liver.
- Hand, foot and mouth disease, is characterized by ulcers in the back of the throat and a rash on hands and feet. This is common in babies and young children.
- Adenovirus, which can cause respiratory problems.
- Parainfluenza can cause croup, a loud cough; bronchiolitis, swelling and mucus in the small air passages in the lungs; and bronchitis, inflammation of the main air passages to the lungs.

These viruses cannot be treated with antibiotics, but it's important to get enough fluid and rest. Seek treatment immediately for high fever for more than three days, vomiting for over 24 hours, diarrhea, severe headaches or chest pain. Those with weak immune systems should consult their physician if they have any symptoms associated with these viruses.



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A FOCUS ON HEAT EMERGENCIES

Healthy Tips To Stay Cool In Extremely Hot Weather

By: Concentra Urgent Care

Heat emergencies fall into three categories of increasing severity:

Heat Cramps, Heat Exhaustion, and Heatstroke.

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs. If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

SIGNS AND SYMPTOMS:

Heat Cramps

- Sweating
- Pain in arms, legs, and abdomen
- Heat Exhaustion
- Moist, pale skin
- Fatigue and fainting
- Dizziness and lightheadedness
- Headache and confusion
- Nausea and vomiting
- Rapid pulse and breathing

Heat Stroke

- No sweating
- Dry, hot, red skin
- Confusion/loss of consciousness
- Rapid pulse
- Temperature over 103° F
- Seizures

CAUSES:

The following are common causes of heat emergencies:

- High temperatures or humidity
- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- Alcohol use
- Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
- Cardiovascular disease

WHAT TO DO IN HEAT EMERGENCIES...

First Aid

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.
2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.
3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.
4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.
5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

DO NOT:

- DO NOT underestimate the seriousness of heat illness, especially

if the person is a child, elderly, or injured.

- DO NOT give the person medications that are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.

- DO NOT give the person salt tablets.

- DO NOT give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.

- DO NOT use alcohol rubs on the person's skin.

- DO NOT give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

PREVENTION:

- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.
- Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.
- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.
- Be careful of hot cars in the summer. Allow the car to cool off before getting in.
- Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: www.cdc.gov/niosh/topics/heatstress/

References

Auerbach PS. Wilderness Medicine. 4th ed. St. Louis, Mo: Mosby; 2001:240-316.

DeLee JC, Drez Jr. D, Miller MD, eds. DeLee and Drez's Orthopaedic Sports Medicine. 2nd ed. Philadelphia, Pa: Saunders; 2003:763.



THE COMPASS

2013 WOMEN'S GROUP BOARD & COMMITTEE CHAIRS

EXECUTIVE BOARD

President - Rhonda Harshbarger - 713-447-1024/rhondakay2003@netzero.net

Vice President - Deana Clark -
281-706-6894/willowhousedc@gmail.com

Secretary - Elicia Moody -
832-492-3013/eve_ayla@hotmail.com

Treasurer - Linda Holmes - lsh55@sbcglobal.net

Community Service - NEEDED

COMMITTEE CHAIRS

Programs/Social Events - Karen Webster - 281-516-2395/karengo@sbcglobal.net & - **Rhonda Harshbarger** -- 713-447-1024 & **Linda Skelton**

Historian - Robyn Clark -
281-635-4926/robynclark615@gmail.com

Audit - Sally Dresch - larsal@sbcglobal.net

Hospitality - NEEDED - This person/persons' would welcome new neighbors, acknowledge any neighbors who have major events happening in their lives or that may have needs that can be provided by the women in the community.

VNP NOVELETES
AUGUST 19TH
7PM AT THE VNP CLUBHOUSE

JULY BUNCO NIGHTS

Monday Bunco Nights: Debbie Parker at
dparker39@att.net

Thursday Bunco Nights: Robyn Clark at
robynclark615@gmail.com

YOUR COMMUNITY, YOUR VOICE

Do you have an article or story that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email your document to vnpcompasseditor@gmail.com.



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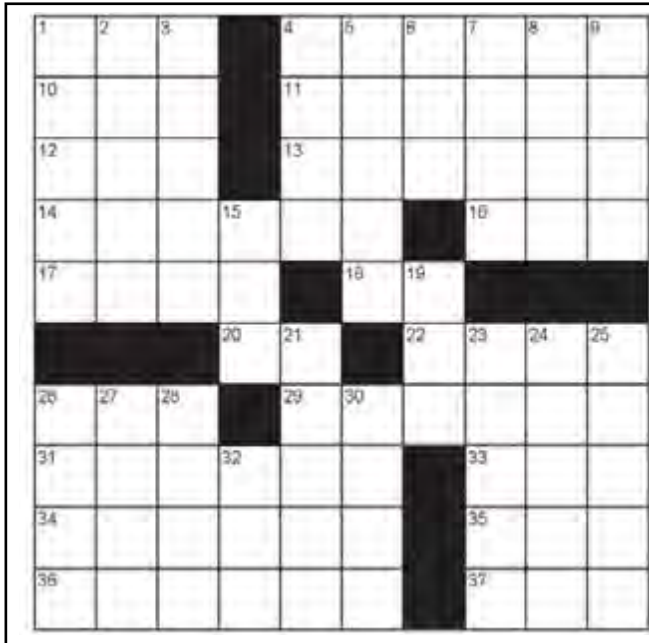
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CROSSWORD PUZZLE



ACROSS

1. Belong
4. Elevator alternative
10. Fire remains
11. Short guy, hairy feet
12. Manipulate
13. Indoor
14. Coaxing
16. Condensation
17. Adolescent
18. South Carolina (abbr.)
20. New Jersey (abbr.)
22. Hornet
26. Rock
29. Loves
31. Demonstrate
33. Government agency
34. Subordinate
35. Cause of sickness
36. Elapse (2 wds.)
37. Surface to air missile

DOWN

1. Finds _ -
2. Make available
3. Not here
4. Tibia
5. Fire iron
6. Abdominal muscles (abbr.)
7. As previously cited
8. Cycle
9. Soup
15. Hotel
19. Cash with order (abr.)
21. Rachel's husband
23. Regions
24. Reddish brown
25. Sacred song
26. Pearls
27. Vile
28. Brief
30. Refuse to believe
32. Pinch

View answers online at www.peelinc.com

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