

THE VILLAGES OF *Compass* NORTH POINTE

VOLUME 5, ISSUE 7

OFFICIAL NEWSLETTER FOR THE VILLAGES OF NORTH POINTE HOA

JULY 2014

FIT AND FUN: HEALTH TIPS FOR YOU AND YOUR CHILDREN

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- Take an active vacation: It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.

- Visit a local park: It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around – it's your time, too!

- Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.

- Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: www.aahperd.com.

The Goal: Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the Centers for Disease Control and Prevention's Web site at:

[http://www.cdc.gov/
healthyyouth/physicalactivity/](http://www.cdc.gov/healthyyouth/physicalactivity/)



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.

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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 vnpcompasseditor@gmail.com. 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.



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Twelve Top Travel Tips When Traveling with Your Pet

Traveling with your pet can be fun and rewarding – especially when you're prepared. In addition to the pet travel "basics" (safely restraining your pet, allowing adequate time for potty breaks, bringing comforting items from home, and so on), several additional simple practices can help make every trip easier and more pleasant for both you and your pet.

1. Schedule a veterinarian visit to insure overall health and current vaccinations. Ask for a health certificate and vaccination records, especially if you're traveling out of state.
2. Make sure your pet's identification tags are up-to-date and legible. Also, be sure his rabies tag and vaccinations are current.
3. Include your destination address and/or phone number on your pet's tags and cage/crate (if applicable).
4. Remember to pack water to prevent dehydration. To help insure convenient feedings bring along a collapsible food bowl.
5. Pack all medications and supplements to avoid missed doses.
6. Pack a first aid kit to insure readiness in the event of an injury or medical emergency.
7. Exercise your pet prior to departure. A tired pet is typically much more amenable to travel. Also, bring a lead or harness to allow exercise during pit stops.

8. Feed your pet at least four hours prior to departure to prevent car sickness. If the trip is long, feed a smaller amount than normal at least two hours before you leave.

9. Use a travel remedy, if necessary. If your pet is extremely anxious about travel, try a soothing non-prescription calming product.

10. Trim toenails to prevent snags and injury, especially if your pet will travel in a cage or crate.

11. Cover your car seats to keep them clean and free of hair shed on your trip.

12. Know your travel rules and restrictions, especially if you will travel on an airplane.



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THE COMPASS

Wash Your Hands

Reducing Spread of Disease While at Home and Work

By: *Concentra Urgent Care*

The Centers for Disease Control and Prevention (CDC) say that nearly 90,000 patients die in U.S. hospitals each year due to a preventable disease – many could be avoided if everyone properly washed their hands.

From germs on office equipment to sick colleagues who decided to come into work anyway, people face the same dangers in the workplace. The same simple fact holds true: Washing your hands regularly is an effective way to prevent yourself from catching or spreading a preventable disease or illness.

WHEN TO WASH YOUR HANDS

The CDC recommends washing your hands every time you:

- Prepare or eat food
- Use the restroom
- Tend to someone who is sick; both before and after
- Blow your nose, cough, or sneeze
- Handle garbage
- Treat a cut or wound
- Change a diaper or clean up after children
- Handle an animal or animal waste

HAND WASHING BASICS

The CDC has issued specific guidelines about effective hand washing:

- Wet hands with water
- Use plain bar or liquid soap
- Create a lather by vigorously rubbing hands together for 15-20 seconds—about the amount of time it takes to sing “Happy Birthday” twice
- Be sure to wash palms, back of hands, fingers, and nails (clean nails by gently scratching nails down your opposing soapy palm)
- Rinse off soap under a stream of water

WHAT ELSE CAN YOU DO?

- Focus on hand washing in the lunch and/or break room
- Be careful when using sponges and dish towels. These are ideal sites for bacterial growth. Always wash your hands after using these items.
- Maintain a clean work area; regularly clean any office equipment, especially shared items such as phones and keyboards.
- Remind your colleagues of the importance of hand washing, particularly when you witness someone neglecting to wash his or her hands.

FOR MORE INFORMATION

To learn more about how washing hands regularly can help prevent disease, ask your health care provider, or visit the CDC’s creative Web site dedicated to raising awareness of the importance of hand washing at www.henrythehand.com.

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Ways to Prevent Identity Theft

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IF YOUR WALLET IS MISSING FOLLOW THESE STEPS:

Call credit card companies and request an account number change. Do not cancel your card. If your account is closed it will inconvenience you and hurt your credit score.

File a Report with the Police.

Get a copy of the report and send copies to your bank and credit card companies.

Alert Your Bank

Change Pin #'s , cancel ATM cards and get a new checking account number if your checkbook is missing.

Contact Your DMV

Replace your driver's license and ask that a stolen/lost warning be placed in your file.

Put a Fraud Alert or Security Freeze

On your file at the three major credit bureaus. experian .com; equifax.com; and transunion.com . Alerts are free, but freezes are more secure and free to people over 65.

Private Medical Insurers

Should be asked for new cards with new account numbers to prevent fraud. Call Medicare and your auto insurer in case someone tries to make an accident claim from your policy.

Check Credit Reports

After your wallet is lost 2 weeks, go to creditreport.com to get a free report. That is usually time enough for thieves to open credit in your name. Recheck credit report in 2-3 months.



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JacquieKendrick.com

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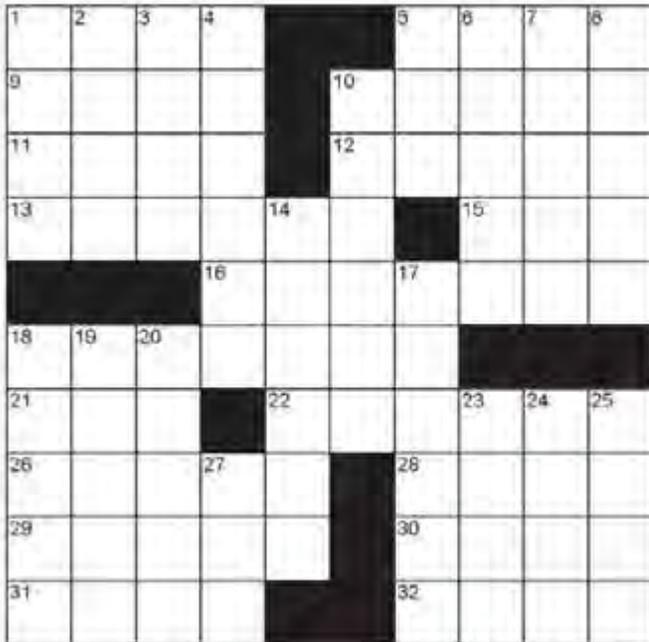


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9. Run
10. Confuse
11. Cain killed him
12. To that time
13. Fraud
15. Compass point
16. Taught
18. Hides
21. Brew
22. Large meals
26. Sheer, triangular scarf
28. Midwestern state
29. Electronic mail
30. First letter of the Arabic alphabet
31. September (abbr.)
32. Polish

DOWN

1. Attired
2. Earring need
3. Organization of Petroleum Exporting Countries
4. Efface
5. Egg layer
6. Many times
7. Capital of Idaho
8. Eyed
10. Combustible material
14. Angry
17. Old Testament prophet
18. Fireproof storage areas
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		8	1		4			

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