



THE VILLAGES OF *Compass* NORTHPOINTE

VOLUME 5, ISSUE 10

OFFICIAL NEWSLETTER FOR THE VILLAGES OF NORTHPOINTE HOA

OCTOBER 2014

Ayusa Seeks U.S. Families in the Houston Area to Host High School International Exchange Students for the 2015-2016 School Year

Ayusa, a non-profit organization that promotes global learning and leadership through cultural exchange and leadership programs for high school students from around the world, is looking for American families in the Houston area interested in sharing their America with international high school students for the 2015-2016 school year. Applications for interested Houston area host families are currently being accepted.

"Sharing the American experience with an international student is a unique opportunity for the average American to profoundly impact the life of a teenager, and provide them with a positive, transformational experience that they will remember for the rest of their lives," said Sherry Carpenter, executive director of Ayusa. "Houston area host families are in a great position to show international exchange students an especially authentic slice of American life, which is one reason we are actively looking for Houston area based host families."

Ayusa foreign exchange students come from more than 60 countries, are fully insured, bring their own spending

money, and are proficient in English. Whether from Japan or Brazil, India or Sweden, Ukraine or Mexico, France or Lebanon, foreign exchange students are a window into another culture and a great way to travel the world without leaving your home.

"Host families are the heart and soul of Ayusa's foreign exchange program," said Vicki Odom, Community Representative for Ayusa, and the local contact for Houston. "Our families have been hosting Ayusa exchange students for the last five years, and the experience has been transformative for the students, who blossom in the local community through support from the families and schools."

There is no "typical" American host family and Ayusa welcomes all interested families, with or without children, from both urban and rural communities. Host families provide three meals a day and a bedroom (either private or shared). Each student is supported by a professionally trained community representative from Ayusa who works with the family and

(Continued on Page 2)



THE COMPASS

IMPORTANT NUMBERS

Villages of Northpointe Security Director	
Andy Elmore	hit02@scbglobal.net
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	
24-hour Dispatch	281-376-3472
Villages of Northpointe Patrol Officer	
Deputy Miller	281-370-9106

SCHOOLS

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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
<i>www.tomballisd.net and follow the link to the Tax Office</i>	
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

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WEBSITE

www.villagesofnorthpointecai.com

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

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Exchange Students (Continued from Cover)

student for the entire program. All host families must pass a criminal background check and a home visit by an Ayusa representative.

Ayusa has been a member of the Council on Standards for International Educational Travel (CSIET) for more than 25 years – since its foundation. CSIET evaluates U.S.-based youth exchange programs so that students, families and schools can identify inbound and outbound reputable exchange organizations.

Ayusa is a 501(c)(3), and an official U.S. Department of State designated Exchange Visitor Program Sponsor. Families interested in learning more about hosting an exchange student can visit <http://www.ayusa.org> or contact Vicki Odom at 832-455-7881.

About Ayusa

Ayusa International (<http://www.ayusa.org>) is a nonprofit organization founded in 1981 to promote global learning and leadership through cultural exchange and leadership programs for high school students from around the world. In addition, Ayusa administers high profile grant programs funded by the U.S. Department of State and other organizations. Ayusa is part of the Intrax family of organizations that provide a lifetime of high quality educational, work, and volunteer programs that connect people and cultures, with operations in more than 100 countries worldwide.

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Our purpose is to pray for our children, teachers, staff and schools – to pray that our schools will be directed by biblical values and high moral standards.

We have a small core group of ladies already meeting together in prayer! If you are interested in joining our newly formed Moms in Prayer group, we meet on Monday mornings at 9:00 a.m. For more information, contact Kyla Bayang at kylabayang@att.net.



Elisha Roberts Chapter

The wonderful ladies of the Elisha Roberts Chapter, NSDAR, extend an invitation to any female, 18 years or older, who can prove direct lineal descent from someone who either fought in or provided aid during the American Revolution. We are a family oriented group of ladies who promote patriotism, education and historic preservation. Our motto is God, Home and Country. If this sounds like you, please come and join us for a meeting. We meet the third Thursday of each month, September through May. Our next meeting will be on September 18, 2014 at 7:00 p.m.

For more information, please contact the chapter Regent, Melinda Sims at melinda@mazzaroth.net.

We look forward to meeting you.



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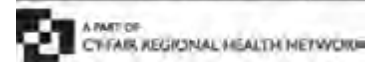
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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



STEP 1



STEP 2



STEP 3



STEP 4

The Modern Game: The Top Spin Forehand

In previous newsletters, I offered tips on how to execute the basic strokes for players who are starting to play tennis or who want to get back into the game.

From this newsletter on, I will be offering suggestions on how to play the “modern” game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute the Top Spin Forehand. This shot is used when a player is now hitting the ball long and out. The ball will be aimed high over the net and hit with power. The ball will have a “top spin” so that when the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise.

In the illustrations, Danny Rodriguez, Director of the Pre-Advanced Tennis Program at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. This shot can also be executed from the service line as an “approach shot” to the net.

Step 1: The Ready Position: When Danny prepares to hit

a forehand top spin, he will change his grip toward the “semi-western” or “full western grip” (The palm of the hand is flat on the handle). His knees are slightly flexed and his eyes are focused on the oncoming ball.

Step 2: The Back Swing: Danny is now ready to perform the shot. The head of the racket is now above his head, his shoulders are turned, the left hand is in front to help him keep the center of gravity in front, and he has loaded his weight to the back foot. His grip is relaxed and his wrist is “laid back” to allow maximum point of contact.

Step 3: The Point of Contact: The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle. Danny started the swing high and “looped” it to allow the head of the racket to drop down. He will be brushing the ball as he makes contact with it. His left shoulder is almost opening and his weight has now been shifted toward the front.

Step 4: The Follow Through: Notice Danny’s finish above his left ear and his elbow pointing toward his target. He has now shifted his weight on his right foot and is ready to shuffle back to his home base.

Look in the next Newsletter for: “The Modern Game: The Backhand Top Spin”

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.

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THE COMPASS

A FOCUS ON PHYSICAL ACTIVITY *Pathway to Improved Health*

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

1. Any physical activity is better than no physical activity
- Includes people with disabilities
- Far outweighs the possibility of risk of injury or illness
2. Most health benefits occur with at least 150 minutes a week
- Both aerobic and muscle-strengthening are beneficial
3. For most people, additional benefits occur when
- You increase the intensity of your physical activity
- You increase the frequency of your physical activity
- You increase the duration of your physical activity

SHOULD OLDER ADULTS EXERCISE, TOO?

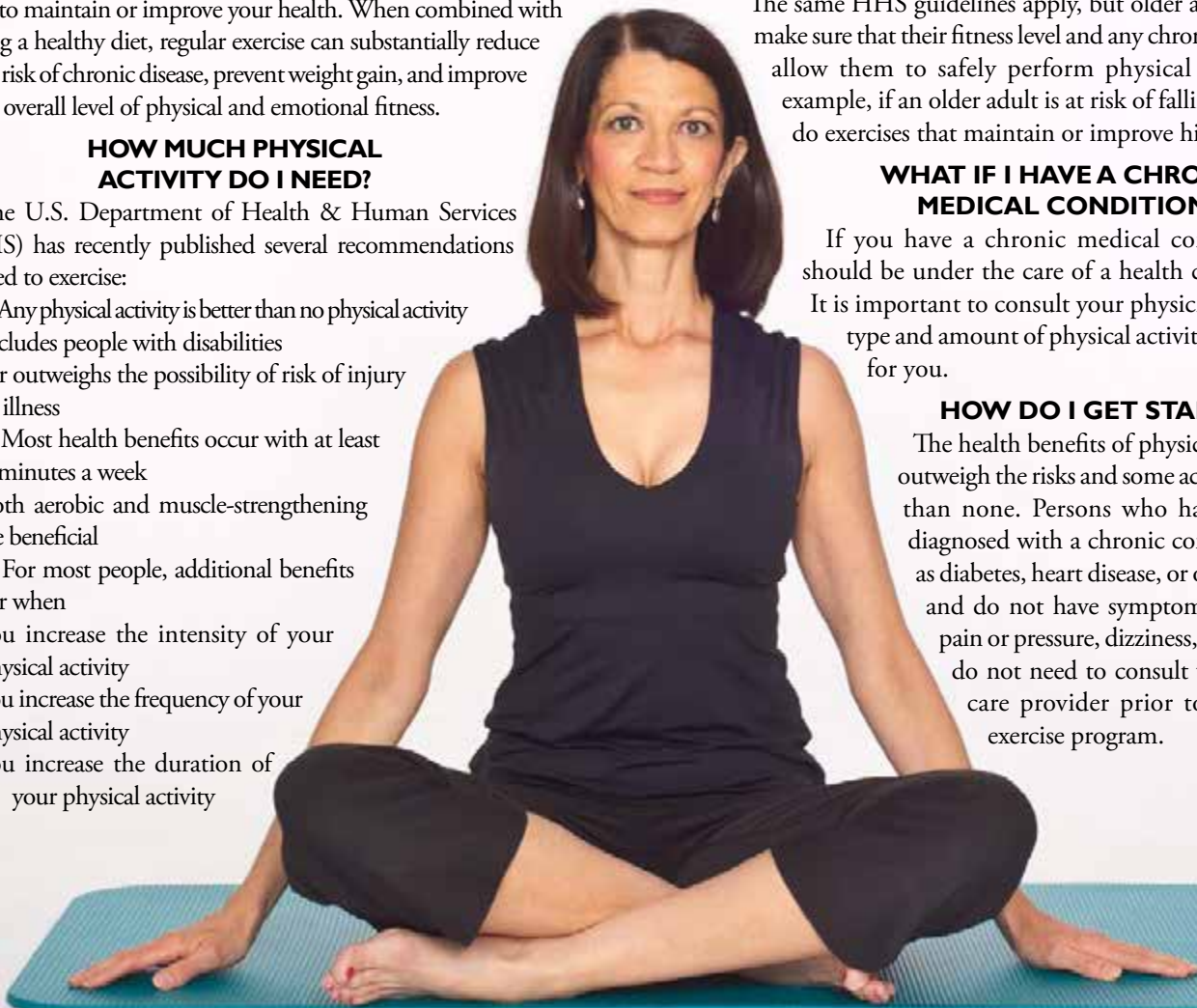
The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.



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YAHOO! Groups

The Neighborhood Yahoo Group is used to quickly communicate information as needed concerning issues, requests, lost/found pets and events that affect our neighborhood. Neighbors (Villages of Northpointe residents only) can join the group by contacting Debbie Parker at dparker39@att.net or they can make a request through the Yahoo Group at <http://groups.yahoo.com/group/NorthpointeNeighborhood>.

YOUR COMMUNITY, YOUR VOICE

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Rosehill Christian School Dedicates New Scoreboard to Dr. Margaret A. White and Dr. James White

Drs. Margaret and James White dedicated their lives to educating young people. They both served in churches and have supported missions in many organizations throughout their lives.

Margaret White spent over 30 years teaching mathematics at all levels. She received her doctorate in math from the University of Houston in 1986. After teaching in elementary and high schools throughout her career, she retired as the Chairman of the Math, Engineering and Technology Department of the College of the Southwest in the Houston Community College System.

Jim White began his ministry as the director of education for Baptist churches in Texas and the Southeast. He received a Masters in Religious Education from Southwestern Baptist Seminary in Fort Worth, a Masters in Educational Administration from the University of North Texas and a doctorate in Administrative Leadership from the University of North Texas. He began working in Christian schools as the headmaster of Second Baptist School in the early 70s. He was the first headmaster of Northwest Academy (now Houston Christian High School) and served as headmaster of Dallas Christian Academy, Brazosport Christian School and Bellaire Christian Academy. He also was a consultant to the founders of Fort Bend Baptist Academy.

In 1991 he met with Dr. Linda Flower and Helen Durham at McDonalds in Tomball to discuss with them how to start a Christian school in the Tomball area from a small kindergarten and first grade program that was then meeting at Girls Country. He assisted with the establishment of Rosehill Christian School by writing the constitution and bylaws, helping to recruit and set up the first board of directors and acting as the first headmaster. At a recent ceremony, the new baseball scoreboard was dedicated to Drs. Margaret and James White in recognition of their devoted service to Rosehill Christian School. Friends and family members came from all around the state to attend in their honor.



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**School Preview Night
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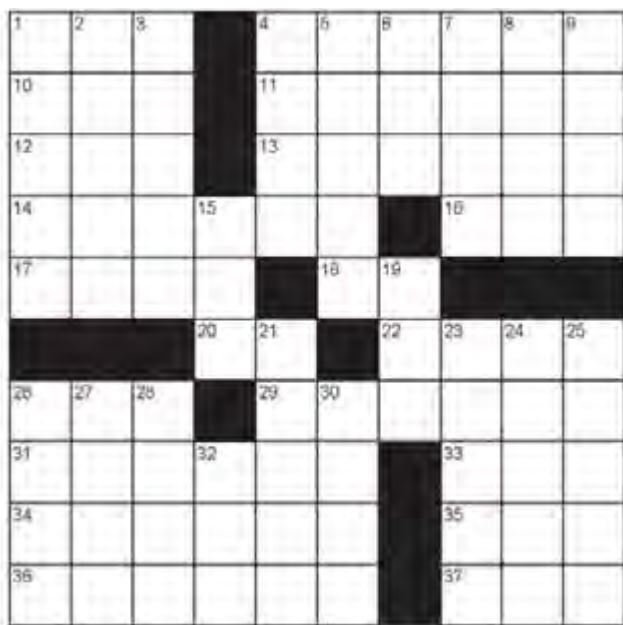
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ACROSS

1. Advertisements
4. Be good
10. Christmas month
11. Like some clothing
12. Wing
13. Eye part
14. Mucus
16. Admiral (abbr.)
17. Level
18. Yard (abbr.)
20. Spielberg's alien
22. Adjoin
26. Wield
29. Lubricators
31. Seizes
33. Mouser
34. Cover Girl's competitor
35. Snacked
36. Aflame
37. Distant

DOWN

1. Adjust
2. Headquarters of British India
3. Balancer
4. Small town
5. Opposite of ally
6. Clash
7. East
8. Sell
9. Student's dread
15. Before, poetically
19. Eastern state
21. Transparent gem
23. Coffee shop order
24. Non __
25. Organic compound
26. Ca. University
27. Pig
28. Royalty
30. Island
32. Body of water

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			9		6		8	
8	3			4			6	
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		2	4					
	9	4			8	6		

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