

THE VILLAGES OF *Compass* NORTH POINTE

VOLUME 6, ISSUE 2

OFFICIAL NEWSLETTER FOR THE VILLAGES OF NORTH POINTE HOA

FEBRUARY 2015

Host an International Exchange Student!

Across the US, families are welcoming talented and motivated high school students into their homes this Fall. Students come from over 60 countries and share your enthusiasm for education, personal growth, and cultural exchange.

MAKE A DIFFERENCE

If your family enjoys exploring new cultures and nurturing youth, please contact us to request more information about this amazing opportunity to share your life with a special young person and to learn how you can make a difference.

BRING THE WORLD HOME

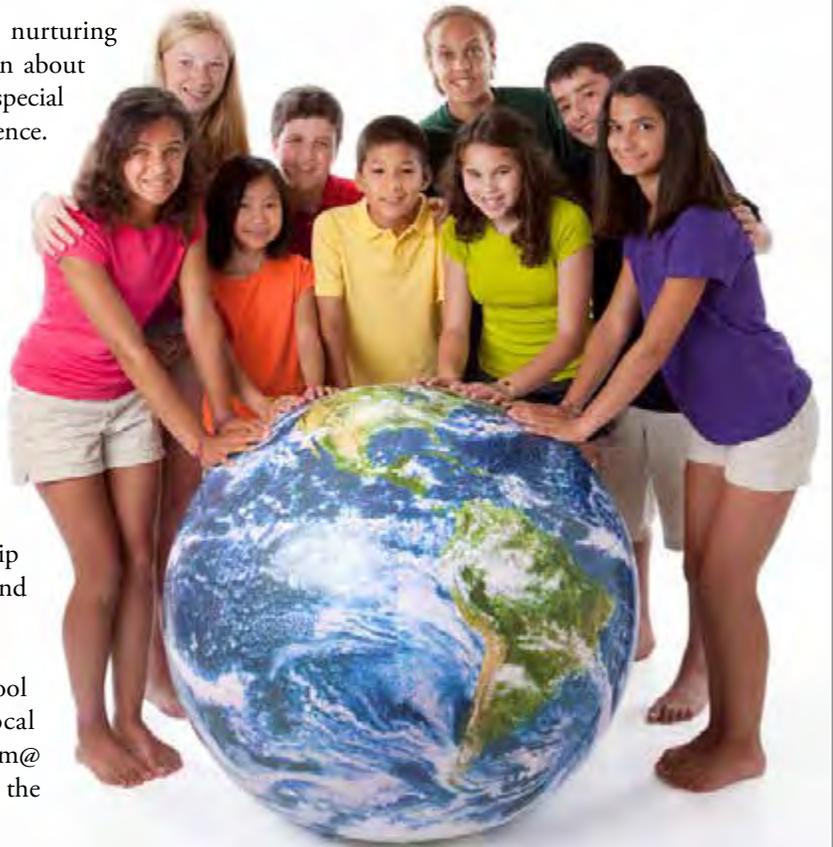
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- Teach a student about American values and traditions
- Change the course of a student's life
- Increase cultural awareness in your community

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Ayusa is a non-profit organization founded in 1981 to promote global learning and leadership through foreign exchange, study abroad, and leadership programs for high school students from the U.S. and around the world.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or vodom@ayusa.org or Ayusa at 1.888.552.9872 or by visiting the website at

www.ayusa.org



THE COMPASS

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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 bfnear@mail.com to request information
postings on the website.

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



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Contact Your DMV



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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.

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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.

CHECK-IN ONLINE SAVE TIME

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TENNIS TIPS



By USPTA/PTR Master Professional
Fernando Velasco



The Modern Game: “The Backhand Return Serve Drop Shot”

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing.

I am now 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 already be playing for leagues or in tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute “The Backhand Return Serve Drop Shot.” This shot is used when an opponent is expecting a deep service return and the player “surprises” the opponent with a short angle drop shot. It can be used in both singles and doubles play.

In the illustrations, Fernando Velasco, Director of Tennis and teacher at of the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Velasco is presently ranked #1 in Singles and Doubles in the USTA Men’s 70 Division in Texas,

and #13 in Singles and #8 and #10 in Doubles in the US.

Step 1: The Back Swing: When Fernando sees the opportunity, he makes a quick turn of his upper body and takes the racket high and back. The head of the racket is now at shoulder height, his shoulders are turned, and his eyes are focused on the incoming ball.

Step 2: The Point of Contact: The success of the drop shot is to “cup” under the ball with the strings. The grip is relaxed and ready to push the ball forward and under the ball as he makes contact with it. His left shoulder is almost opening and his weight is moving through the shot.

Step 3: The Follow Through: In order to get maximum underspin, Fernando is keeping the right hand extended as long as possible. His weight is going forward. The left hand is left leaning forward for better balance.

As the shot goes over the net, and it was successful, Fernando will run towards the net, expecting his opponent to either lift the ball short, or try to drop shot his drop shot.

Look in the next Newsletter for: “The Overhead from the Baseline”

SUDOKU

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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.

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.

Rachael's

Valentine's Day Headquarters



Be Prepared!
Valentine's Day is
Saturday Feb. 14th

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Jacquie Kendrick

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Easy Valentine Sandwich Cookies

Recipe by Laria Tabul, allrecipes.com

This recipe makes 17- 3 inch sandwich cookies and 17 - 1 1/2 inch heart shaped cookies. You'll need a 3-inch heart shaped cutter and a 1 1/2-inch heart shaped cutter. Frost with Pink Valentine Frosting (see recipe).

Ingredients

- 1 cup butter
- 1 1/2 cups confectioners' sugar
- 1 egg
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract (optional)
- 2 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar

Directions

In a large bowl, cream together butter and confectioners' sugar. Beat in egg, vanilla and almond extract. Mix well.

In a medium bowl, stir together flour, baking soda and cream of tartar; blend into the butter mixture. Divide dough into thirds and shape into balls.

Working with 1/3 of dough at a time, roll out dough into desired thickness on a lightly floured surface. For each heart sandwich cookie, cut out 2 3-inch hearts. Cut out the center of ONE of the 3-inch hearts with the 1 1/2-inch cutter.

Place each piece separately on an ungreased cookie sheet, 1 - 2 inches apart. Bake in a preheated, 350 degrees F (175 degrees C) oven until lightly browned (7-8 minutes for 1/4 inch thick cookies). Cool completely on wire rack. Frost bottom cookie with Pink Valentine Frosting and place an open centered cookie on top to form the sandwich. Also frost the small 1 1/2 inch hearts and serve as separate cookies.

Pink Valentine Frosting

Ingredients - makes 1 cup (approximately)

- 1 cup sifted confectioners' sugar
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla extract
- 1 tablespoon water
- 2 drops red food coloring

Directions

Blend sugar, salt and flavoring. Add just enough water to make it easy to spread. Add 2 drops red food coloring and mix well.

SILVERFISH



I recently noticed silverfish lurking in my house while handling holiday decorations, so I'm sure others may have the same problem. Silverfish can eat and stain books, fabrics, food and wallpaper, but are often considered being more of a nuisance than a pest. These insects have flattened carrot-shaped bodies with three long "tails" that come off the tip of the abdomen. The body is covered with fine scales that give them a silver sheen. Immatures look just like the adults, but are smaller in size.

Usually silverfish are not seen by homeowners because they are most active at night. They can commonly be found in attics, closets or near bookcases. They may also be found behind baseboards or around door and window casings. Silverfish feed on starchy foods like paper, flour, oats or glue.

Tips for managing silverfish:

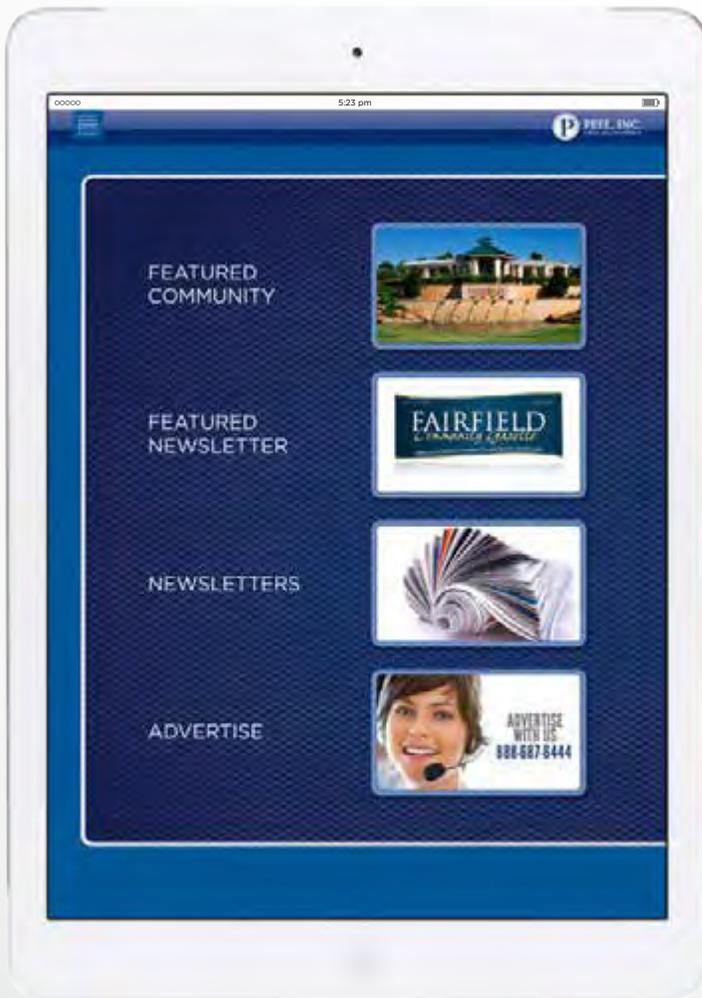
- Remove old books, papers & magazines
- Store items in sealed, plastic bags or plastic containers with tight-fitting lids
- Clean closets on a regular basis- vacuum/ sweep floors and wipe down any shelves
- Reduce humidity with fans, air conditioning or dehumidifiers
- Repair any water leaks
- Inspect all items before bringing them into the house
- Target treatments to where silverfish live- wall voids, closets, attics, behind baseboards, etc.

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THE COMPASS

IS ADOPTION PART OF GOD'S PLAN FOR YOUR FAMILY?

Do you feel overwhelmed of where to start? Come join us as we explore adoption on Saturday, February 7 from 9:00a.m. – 1:00p.m at Trinity Lutheran Church in the Pier (5201 Spring Cypress, Spring, 77379). Through biblical videos, presentations from experienced adoptive families and a lunch time panel discussion, we'll learn the processes, challenges, and joys of adoption whether it be domestic, international or foster to adopt. Lunch is provided. To sign up for "If You Were Mine", please call Mary Ann Day 832-585-2931 by Monday, February 2 or go to <http://www.trinityklein.org/ministries/orphan-care/adoption-seminar/>.



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A Focus on Influenza: What You Should Know About the Flu

By Concentra Urgent Care

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccination each year. Every year in the United States, on average:

- 5% to 20% of the population gets the flu
- More than 200,000 people are hospitalized from flu complications
- About 36,000 people die from flu

Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

Complications of flu

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

How flu spreads

Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Apparently healthy adults may be able to infect others beginning one day before symptoms develop and up to five days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

Key facts about seasonal flu vaccine

The single best way to protect against the flu is to get vaccinated each year. There are two types of vaccines:

The “flu shot”: an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.

The nasal-spray flu vaccine: a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for “Live Attenuated Influenza Vaccine”). LAIV is approved for use in healthy people two to 49 years of age who are not pregnant. The viruses in the vaccine change each year based on international surveillance and scientists’ estimations about which types and strains of viruses will circulate in a given year. About two weeks after vaccination, enough antibodies

build up to provide protection against the influenza virus.

Symptoms of the flu

- Fever (usually high)
- Headache
- Fatigue (can be extreme)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Diarrhea and vomiting (more common among children than adults)

Having these symptoms does not always mean that you have the flu. Many different illnesses, including the common cold, can have similar symptoms.

Diagnosing the flu

It is very difficult to distinguish the flu from other infections on the basis of symptoms alone. A doctor’s exam may be needed to tell whether you have developed the flu or a complication of the flu. There are tests that can determine if you have the flu as long as you are tested within the first two or three days of illness.

If you develop flu-like symptoms and are concerned about your illness, especially if you are at high risk for complications of the flu, you should consult your health care provider. Those at high risk for complications include people 65 years or older, people with chronic medical conditions, pregnant women, and young children.

Good health habits for flu prevention

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your mouth when you cough and washing your hands often can help prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent the flu.

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your mouth and nose when you cough or sneeze.
- Clean your hands.
- Avoid touching your eyes, nose or mouth due to the spread of germs.
- Practice other good health habits:
- Get plenty of sleep
- Be physically active
- Manage your stress
- Drink plenty of fluids
- Eat nutritious food

THE COMPASS

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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KIWANIS CLUB OF CY-FAIR HOUSTON

Kiwanis wants YOU! Start the New Year by joining with the Cy-Fair Kiwanis Club in giving service to others. We work with Key Clubs, Builders Clubs, and Boy and Girl Scout troops to build leadership and orientation toward service to others, and with community based organizations that provide goods and services to the needy in our community and our world. Visit the Cy-Fair Kiwanis Club and learn about the projects in which its members participate to enrich and improve life for citizens worldwide. Internationally, both Kiwanis and Key Club are participating in the ELIMINATE PROJECT aimed at the eradication of maternal/neonatal tetanus.

Businesses of the community are encouraged to support a representative for membership in Kiwanis. We welcome business and organization representatives as well as individual memberships.

Regular meetings of the club will occur on February 3, 10, and 17 at the Hearthstone Country Club at 12:15 p.m. We invite you to be our guest for lunch and fellowship and for informative programs. For more information, call John Carroll at 281-463-0373, George Crowl at 832-467-1998 or Peggy Presnell at 281-304-7127.

We welcome your visit at our Club meeting and your consideration of membership in our service organization. Join Now.

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