



THE VILLAGES OF *Compass* NORTHPOINTE

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OFFICIAL NEWSLETTER FOR THE VILLAGES OF NORTHPOINTE HOA

JUNE 2015

The Value of Sleep for Children and Teens

Shelley Coleman M.A., L.P.C.-S.

As important as food and water, sleep is vital to your well-being. And, if you are a parent, research shows that your children are not getting the sleep they need. According to the National Sleep Foundation, children (ages 6-13) require 9-11 hours of sleep per night and adolescents (ages 13-18) require 9-10 hours per night. A recent study from the Centers for Disease Control found that 31% of teens get 8 hours or less of sleep per night and most school age children are getting 8.5 hours.

For growing brains and bodies, not getting enough sleep can have consequences on school and relationships. Teens and children can have difficulty concentrating when sleep deprived. And, according to the Sleep Disorder's Center, approximately 1,550 people are killed annually in crashes related to drowsy driving. Often, these crashes are caused by young people under the age of 25.

On the contrary, quality sleep has been linked to improved attention, better mental health, and lower risk of obesity. In recognizing the importance of quality sleep, parents can help children establish healthy sleep habits at an early age. If healthy sleep hygiene is established in adolescents, those habits can carry into adulthood.

Healthy sleep habits for teens and children include:

- a set bedtime and wake time that does not vary by more than 2

hours on the weekend

- a relaxing bedtime routine such as reading for teens or story time for children
- no "exciting" activities at bedtime such as jumping or wrestling for children or computer games for teens
- daily exercise
- healthy diet
- no caffeine after 4 PM

If you think your teen or child may have a sleep issue, there are common symptoms you may notice. For adolescents, parents may have difficulty waking them in the morning or observe that their teen is irritable in the early afternoon. Children may require excessive "help" falling asleep, wake many times during the night, or cause their parents to lose sleep. While these symptoms are usually easily addressed by improving sleep habits, more severe symptoms should be addressed with the help of a pediatrician or behavior specialist.

As parents, the value that we place on sleep is a big influence on our children's attitude toward sleep. Fortunately, there are a lot of practical steps we can take to help our children get the sleep they need. There are too many benefits of good sleep for our teens and children to miss out on them.



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IMPORTANT NUMBERS

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

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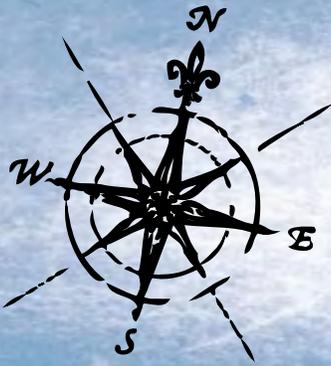
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FOUR-LINED PLANT BUGS



Four-lined plant bugs are brightly colored. Nymphs (immatures) are red while older nymphs start to have wing pads with yellow and black stripes. Adults have fully developed wings that are yellow and black striped. Adults look similar to, and may be mistaken for, striped cucumber beetles.

These insects have piercing-sucking mouthparts which they use to suck out plant juices. The plant bugs suck out chlorophyll and leave a "window" between the upper and lower epidermis of the leaf. Damage appears as white, dark or translucent spots of foliage and is sometimes mistaken for fungal damage. Feeding may also cause curling and browning. Fortunately, damage is mostly cosmetic, but if you are trying to eat the foliage of the damaged plant it may become a problem.

The insects feed on a wide variety of hosts, including fruits and vegetables, annuals and perennials and woody plants. When disturbed, the insects are fairly good at hiding. They either crawl to the underside of the leaves or drop to the ground to hide among foliage.

If you feel the need to manage these insects, try insecticidal soap. If that doesn't work, you can try azadirachtin (neem- concentrate, not oil; it's getting too hot to use oil formulations) or pyrethrins. If that doesn't work then try a residual contact product.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com.

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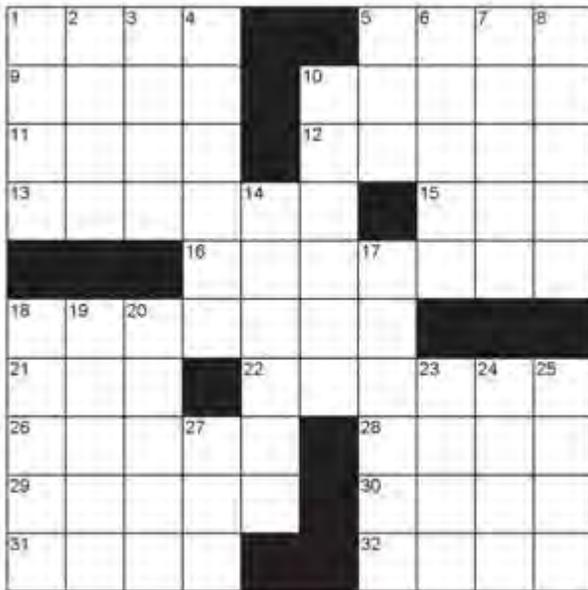
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ACROSS

1. Among
5. Cubby
9. Santa call (2 wds.)
10. British princess
11. Absent
12. Praise
13. Her former last name
15. Ball holder
16. Surpasses
18. Bar enforcer
21. Trail
22. Humorous
26. Bets
28. Information
29. Vista
30. Paradise
31. Animal group
32. Lady

DOWN

1. Hit
2. State
3. Tai
4. Saucy Girl
5. Tyrannosaurus
6. Speak
7. Eyed
8. Tiny insects
10. Wears mesh mask to fight
14. Tax
17. Worn
18. Cheeky
19. Small measurement 1/16 of a pound
20. Whoop
23. Cipher
24. Object
25. Walking stick
27. The __ (final word)

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THE BENEFITS OF HOSTING SPAN BORDERS

Traveling the world and experiencing new cultures is something many dream of but few are able to do. Hosting an Ayusa exchange student provides the opportunity to experience the world while bringing other benefits to their family and local community.

For schools, opening their doors to an exchange student provides their students the opportunity to experience new cultures and expand their understanding of the global society. Not only will students be able to expand their circle of friends, they will be able to reference different perspectives of world events. The new perspectives that both local and exchange students gain through the exchange experience are invaluable for the ever-expanding global community.

Ayusa exchange students are eager to learn and participate in school and community programs. They take their role as ambassadors for their country seriously. Ayusa students are not simply bystanders to their program year; they are active participants looking to make a difference in their host school and community.

Ayusa exchange students are strong academic performers, well-rounded, and open-minded. Prospective students go through an extensive interview process in their home countries and are evaluated for maturity, strength of goals, leadership skills, and academic

background. Ayusa honors all school enrollment standards, academic requirements and student placement criteria specified in school or district policies.

Host families also reap the benefits of opening their home by sharing their America. When they share with their exchange student, they are also able to see America with fresh eyes through the student. Families often learn new things about the U.S. and have different perspectives after hosting. The experiences and memories that are shared during the program last a lifetime and span international borders.

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.

About Ayusa

Ayusa is a non-profit educational organization that promotes global learning and leadership through foreign exchange and leadership program programs for high school students from around the world. Ayusa offers unique, richly personal cross-cultural experiences for students, volunteer host families, schools, and local communities.



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