



VOLUME 7, ISSUE 3

A NEWSLETTER FOR VILLAGES OF NORTHPOINTE

MARCH 2016

VILLAGES OF NORTHPOINTE

Spring Garage Sale

The Villages of Northpointe Spring 2016 Community Wide Garage sale will be: Friday, April 1 from 8 am to 3 pm and Saturday, April 2 from 8 am to 12 pm. Rain or Shine.

For those new to this event, the community garage sale is organized by residents in the neighborhood & supported by the Villages of Northpointe Board of Directors. The sale of your items takes place at your own place of residence. Each participant can be open both days or one day and stay open longer or shorter than scheduled.

To get the flow of traffic to your location in Village of Northpointe area, you will be responsible to put sign to direct them by putting your address and arrow on it. You can put them at the main point to your address either on Northpointe Blvd or Northpointe Terrace Dr., etc. and closer to your address. You are also responsible for removing any signs you use after the garage sale is over.

If you have any questions, please email us at jrpivonka@yahoo.com or phone No. 832-698-2055. Janice and Franklin Pivonka.



IMPORTANT NUMBERS

Villages of Northpointe Security Director
Andy Elmore hit02@scbglobal.net
Waste Management 281-376-8802
Centerpoint Energy 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

NEWSLETTER INFO

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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 villagesofnorthpointe@peelinc.com.



Tomball Art League Fine Art Show

Tomball Art League Fine Art Show March 12

Original artwork by local artists

Judged by Maureen Seeba

Open to the Public 1:30 PM – 4:00 PM

Lone Star College – Beckendorf Conference
Center

30555 Tomball Parkway, Tomball 77375

For entry, registration or other info contact:

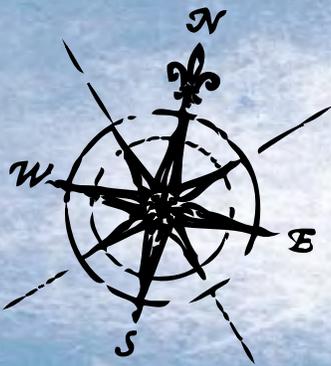
julia.koutroulis@gmail.com or

thetomballartleague.com

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Why Acupuncture?

By: Yunguang Yang (Lily), Licensed Acupuncturist & Herbalist, MAOM, Dipl. O.M. (NCCAOM)

Some people have regular acupuncture maintenance treatments as part of their pursuit to stay healthy and active, others prefer acupuncture to Western medicine because:

1. They have a condition that does not respond to conventional care, so that they have to look for alternative health care options.
 2. Conventional care often involves drugs with undesirable side effects or unwanted, perhaps risky medical procedures.
 3. Western drugs are expensive and when multiple drugs are used at the same time, they could interfere with each other.
 4. Patients prefer a natural, holistic medical approach to healthcare.
- Acupuncture and Traditional Chinese Medicine (TCM) are safe with little side effects, because the herbal ingredients are combined to minimize and counteract the possible side effects. They work together to balance the body and allow the body to heal itself.

DOES IT HURT?

Acupuncture needles are very different from clinical, hollow needles used for ordinary injection, vaccinations, etc. Acupuncture needles are not much thicker than a human hair and insertion of an acupuncture needle is practically painless. In some cases, you

may not even know the needles are in place, in others, there may be some tingling, warming, heaviness, or a feeling of the Qi moving up and down the channels in your body. Most people find acupuncture extremely relaxing and many fall asleep during the treatment.

WHAT ARE THE MAIN OBJECTIVES OF ACUPUNCTURE TREATMENT?

The main objectives of an acupuncture treatment can be summarized in five main categories:

1. Relieve pain and other symptoms.
2. Relieve stress and emotional issues.
3. Treat addictions and substance abuse.
4. Strengthen the immune system.
5. Balance, harmonize and integrate functions of organs with each other, making for a unified and healthy person.

Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you. For more information, please visit www.amarantacupuncture.com or www.facebook.com/amarantacupuncture.

(Continued on Page 5)



Why have your baby
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Cypress Fairbanks Medical Center Hospital recently celebrated the delivery of our 50,000th baby.

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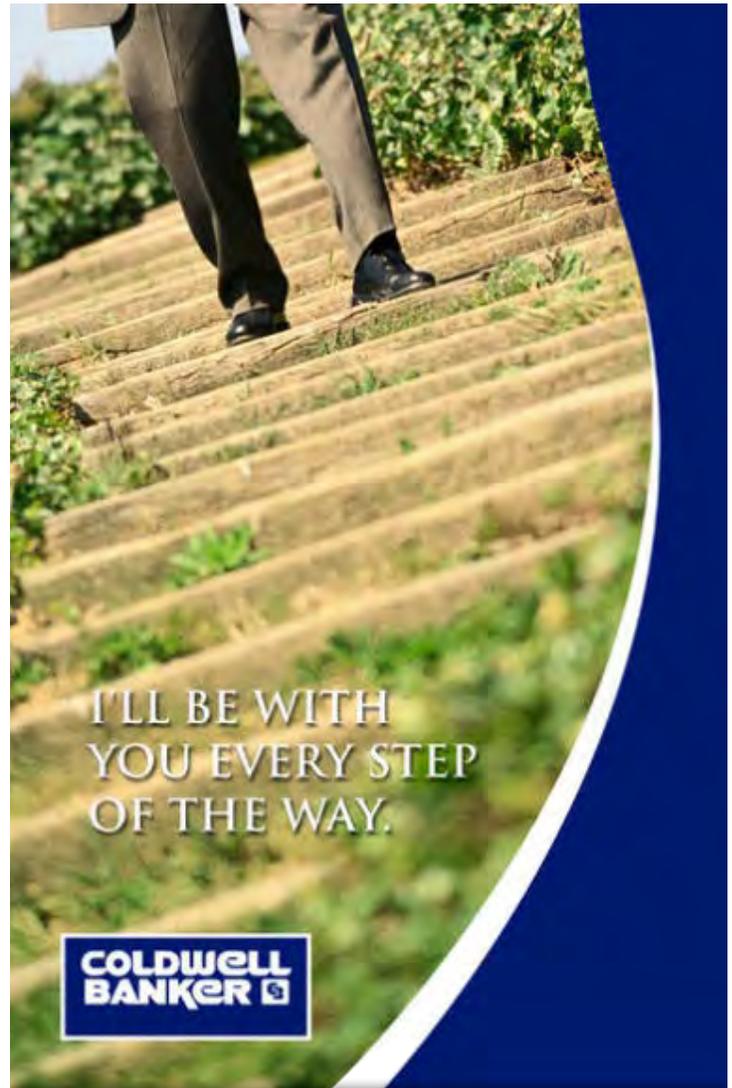
To learn more about our services, or to find a physician, visit cyfairhospital.com/maternity.

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WHAT DOES THE WORLD HEALTH ORGANIZATION SAY ABOUT ACUPUNCTURE?

The World Health Organization (WHO) updated their list of conditions, symptoms or illnesses that may be treatable with acupuncture. The list of indications for acupuncture includes over 100 conditions, including lower back pain, neck pain, sciatica, tennis elbow, knee pain, periarthritis of the shoulder, sprains, facial pain, headache, dental pain, temporomandibular (TMJ) dysfunction, rheumatoid arthritis, induction of labor, correction of malposition of fetus, morning sickness, nausea and vomiting, postoperative pain, stroke, essential hypertension, primary hypotension, renal colic, leucopenia, adverse reactions to radiation or chemotherapy, allergic rhinitis, including hay fever, biliary colic, depression, acute epigastralgia, peptic ulcer, acute and chronic gastritis, etc.

Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you.



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Are you a Cheap, Thrifty or Frugal?

Webster's.com says: "Cheap = stingy or miserly." Example...do you water down hydrogen peroxide to make it go farther? Do your own dental work? Time yourself when opening the fridge? You might be frugal if you save leftover bars of soap in a jar with water to make your own soft soap. (OK, I'll confess to trying this one, but with dismal success.) "Frugal = not wasteful and careful." The word "thrifty" sounds even better than "frugal" and has a tremendously positive definition. Noted at Webster's.com as Thrifty = "Successful, wisely economical". As you hunt and experience the thrill of shopping at a resale/thrift stores, think to yourself "I am thrifty! I am successful! I am wisely economical" and laugh all the way to the bank. At times in my life, I have been all three.

The perception of thrift stores several years ago was that many smelled like old socks and Fritos. What you can expect to find in most of today's shops are cheerful, eager volunteers or staff, a daily change of inventory, clean fitting rooms, thrifty pricing, lots of used coffee mugs, and stores offering sales.

Some of the items I have found at local stores are. New Prada scarf--\$1.00, Fossil Leather purse new with tag--\$3.00, New Suede Pants with bead embellishments --\$7.99 and Whoohoo!,

they sported a new \$230 tag. Genuine Brighton purses and shoes have been purchased too.

I have been shopping thrift for years and have developed the following:

Ten Successful and Wisely Economical Thrift Store Tips to save time AND money:

- Always take donations to drop off if you are planning to bring some things home. Simultaneously bring out and bring in and always clean up your clutter. Make a detailed list for taxes.
- Find a thrift store by your home, visit frequently and check out store websites for sale calendars. Inventory changes daily.
- Have a list when you go in to the store. The clothing in most thrift stores is sorted by color not size. Don't become overwhelmed. If it was super quick to find a deal, wouldn't everyone be doing it?
- Don't buy clothing if it doesn't fit. This is a frugal thing to do. Are you really going to lose 5-10 pounds?
- Wear bike shorts and slip on shoes for quick changes.
- Look outside the box. You'll need to shop when people are cleaning out their closets and not when retail stores would typically

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Visit my web site for more information regarding Northpointe community home sales and the real estate market!

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have sales. Shop June through September for long underwear and seek out Hawaiian Shirts in November. Housewares, baby items, toys and furniture are good finds at any month. I feel the best time to shop is second or third week of June, and second or third week of January when de-cluttering typically occurs.

- Buy essential wardrobe pieces
- Black turtle neck sweater
- Hawaiian shirt
- Purses
- Jackets, Scour through tons of women's dress and denim jackets.
- Pants that fit. Seek moderate sportswear labels if you are a label snob. Chicos, Liz Claiborne, Banana Republic can be found at \$7.99 vs \$60.00.
- Silk Black Tank Top--easy to find after Christmas.
- Western Shirt. We ARE in Texas. Someone is always having a party or Go Western Day in February/March Look for shirts in April- Summer.
- Ties. Find a good funeral tie or ripe, ugly tie for about \$2.00 instead of \$20++.
- Try to find someone in the aisle to brag about what you have

found, but to avoid spreading the word about your thrift store gold mines, just call it a "boutique near your home" when talking to friends.

- Play right. Don't take more than the recommended items in the dressing rooms and put back what you don't want.
- Take everything to a \$1.75 cleaners on the same day. This feels like you have been shopping retail. Be "frugal" and buy many clothes that are machine washable, but find yourself a "good, but cheap" dry cleaners.

The National Thrift Shop Day will be August 21st. Yes, it even has its own "day", but I personally think every day is a great thrift store day--Good luck.



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says Heather Wells, a Katy, TX mom who has hosted two students so far. “The exchange experience is often terrific for elementary-age kids in the host family, despite the age difference with a teen exchange student, because they learn so much,” says Wells.

“Hosting an exchange student can be a wonderful experience for the entire family,” states Vicki Odom. “It teaches your kids tolerance and gives them great respect for other cultures. It’s a way to learn more about the world without leaving home. You get a glimpse at least, by hosting a student. We can’t all be diplomats or ambassadors, but this is something American families can do to make a difference.”

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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.

Track Club Registration for Middle School and High School Athletes

The Northwest Flyers Track Club is now registering middle and high school athletes for the spring and summer 2016 season. The team is sanctioned by USA Track & Field, and provides a full program of “track” events such as sprints, hurdles, middle distance, distance and relays, and “field” events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. It is an excellent “off-season” program for young athletes who compete on their middle school or high school track teams.

The team was founded 29 years ago by local Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the northwest Houston area. In July, 2015 the Northwest Flyers had one of its most successful competitions ever at the Junior Olympics in Jacksonville, Florida.

For additional information about the Northwest Flyers, visit the team website at www.northwestflyers.org, email linette.roach@sbcglobal.net, or “Like” the club on Facebook.

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Life on a Shoestring

Posture, Manners and Attitude what are you doing with them? ...

Mom always said, "Manners, Posture and Attitude are free...what are you doing with them?", and "Use what the good Lord gave you between your ears—your brains." Yes, sometimes she did have to tell us we had brains. As a parent, I always say that I will never be too old or too tired to discipline my son. Even though many times I've thought to myself, I that THIS is the one that will do me in and that I actually could be too old and too tired to care. The busyness of work, finances, home life, church, activities, interests, hobbies, blended families, and you name it can pull our attention away from simple things, free things and things that can make a difference. Manners, posture and attitude meant something 40 years ago and can still make a difference today. Eight No Nonsense Tips on Manners follow:

1) No chewing with your mouth open. Anywhere. Anytime. Any age. We used to have a rule that the lips had to be closed when you put a bite in your mouth. Now as my son has gotten older and wiser, we have to amend the Rule with the following: Mouth must be closed and cheeks NOT bulging like you are hiding a golf ball in your mouth and eyeballs and eyebrows can not have exaggerated movement. Seriously. How many adults do you know that could stand to refresh this rule?

2) Chivalry. It never goes out of style. Open doors and assist with chairs for young women, ladies, mothers, elderly (men or women). Shoot. Surprise someone hold the door open for anyone coming in or out of a store.

3) Sit up straight and stay in your chair. Yes, fast food needs to be fast, but it should not really matter if a meal costs \$2.99 or \$12.99. Manners should still matter as long as your feet are under a table. Mom's words, "As long as your feet are under my table, you'll go by my rules." In our home, all rules transcend fast food and apply whether at Grandpa and Grandma's house, McDonald's, school and well, anywhere. How many times have you seen children sit in their chair but are turned the wrong direction, get up and down, run around.

4) No playing with food, building silverware or condiment forts, playing or feeding animals at the table. Period.

5) To avoid a constant reminder that children need table manner corrections, try a baseball steal sign. Scratch your nose to silently signify to your child that he needs to close his mouth when chewing, speed up eating or say thank you before leaving the table. Create touching your elbow, tugging on your ear or something else that

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connects with your child to look at you and follow through. Trust me though, he will probably shake off your sign occasionally. In my "olden days", if I acted up at the table, my dinner was finished and there was no snacking or raiding the fridge after meals.

6) Keeping comments about the food to yourself. Don't ask, "Did we have this before? Did we like it? Did we say we wanted it again?" These questions do not fly for dinner conversation.

7) Leave the table when asked to be excused. Any age. Clear the dishes from the table and one extra item for each hand. Make it a practice for anyone eating at the table to thank the hands that prepared the food before you leave the table.

8) Watch your posture! Simply put...sit up, straighten up, don't slouch. My mother always said that your posture says a lot about how you feel about yourself and had a lot to do with first impressions. Gee. Nowadays, I don't think it takes a whole seven seconds to make a first impression...it takes probably three. Oh yes, pick up your feet and tie you shoes. It looks like someone has more energy that way.

Posture does more for self-esteem than probably three self-help books. Your kids will get tired of hearing you talk about it so MLB sign it.

Your own Manners Matter's Clinic can be run anywhere and in our family, we frequently discuss them at family meetings.

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