

February 2012

Official Publication of the Normandy Forest Homeowners Association

Volume 1, Issue 2



#### NORMANDY FOREST

Official Newsletter of the Normandy Forest Homeowners Association

Normandy Forest is a monthly newsletter mailed to all Normandy Forest residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at PEELinc.com, or you can send an email to <a href="mailto:scott@normandyforest.org">scott@normandyforest.org</a>. Personal news (announcements, accolades/ honors/ celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc. com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!

#### NORTHWEST FLYERS YOUTH TRACK CLUB BEGINS 25<sup>TH</sup> SEASON

The Northwest Flyers Youth Track Club will begin the 2012 season with its first practice during the week of February 13th. The team consists of boys and girls, ages 6-18, provides a full program of track and field events, and is affiliated with USA Track & Field (USATF). The club was founded 25 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

For additional information on how to register, please visit the team website at http://www.northwestflyers.org or contact Linette Roach at (281) 587-8442 or linette.roach@sbcglobal.net.

#### **TEAM TIARA & PINKTOBER 365**

Team Tiara is a 501(c)(3) dedicated to raising money to fund research and education for breast cancer as well as provide outreach services to those affected by it. 2012 will mark our 7th year in this fight against breast cancer. To date, we have raised over \$600,000 for breast cancer awareness, research and direct support for survivors. In 2012, Team Tiara will begin directly funding research into metastatic breast cancer. This is an under-funded area of research where we need to have a lasting impact. Men and women do not die when their cancer is confined to their breasts. We lose them when that cancer spreads to their bones, liver, lungs, brain and other organs -- robbing them of time with their families and friends. This is the heart-breaking side of breast cancer, and an area of research we need to be a part of.

Our goal is to raise \$100,000 in 2012, specifically targeted to metastatic breast cancer research. SO WE are excited to announce that www.pinktober365.com launched January 1. This new website will profile 365 pink warriors -- survivors, walkers, researchers, and advocates. We want to hear your story, whether you are a fighter, survivor, family or friend affected by breast cancer. Go to www.pinktober365.com to share your story or obtain more information. Team Tiara would be honored to hear from you.

### NORMANDY FOREST COMMITTEES

#### THE ARCHITECTURAL COMMITTEE

Danny Rodriquez	281-528-6640
Rod Selman	281-682-3056

The Association has an active Architectural Control Committee that approves or denies all construction and any improvements. You may request an ACC form by contacting Chaparral Management 281-537-0957 or the association website. Please keep in mind that the Association has thirty days (30 days) to approve or disapprove any ACC and verbal approvals or disapprovals are not given.

#### **SECURITY COMMITTEE**

#### **ACTIVITIES COMMITTEE**

Pam Selman, Coordinator	pselman@normandyforest.org
Peggy Zuckero	

#### **POOL MAINTENANCE & LIFEGUARDS**

Jeffery King.......281-655-8675

#### **CLUBHOUSE RENTALS**

#### **MAINTENANCE COMMITTEE**

John Nemec .....281-651-8606 | jnemec@normandyforest.org **OPEN POSITION** 

#### **POOLTAG COMMITTEE**

Pam Selman ...... pselman@normandyforest.org
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#### **WEBMASTER COMMITTEE**

Emily Nget.....enget@normandyforest.org

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View the current issue of the Normandy Forest Newsletter on the 1st day of each month at www.PEELinc.com

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#### **BALLPARK RESERVATIONS**

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Fire Department   Spring VFD	281-355-1266
County Commissioner   Jack Cagle	713-755-6444

#### **MANAGEMENT COMPANY**

Chaparral Management Company, AAMC 6630 Cypresswood Suite 100 | Spring, Texas 77379 281-537-0957 phone | 281-537-0312 fax Kay Serventi | Association Manager kserventi@chaparralmanagement.com

#### **OFFICE HOURS**

9am to 5pm | closed for lunch 12:30 to 1:15 pm

#### **NEWSLETTER INFO**

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#### **PUBLISHER**

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#### Pick up the Pile

Happy New Year to all! As we embark on 2012's journey, some will think of ways to improve upon themselves. I'd like to offer an idea to those that still think dog poop is fertilizer, let's try picking up after our dogs. In case you were not aware, scientists have established the fact that the dog's gut harbors a particular type of bacteria known as the coli form bacteria. This bacterium includes the dreaded E. coli bacteria and also contains strains of salmonella and giardia. Now, since the rains have finally come, all the piles that have been left behind will be washed into our storm drains and contaminate our water supply. Not only is our water supply affected but perhaps even the air we breathe...I came across this article:

#### SCIENCEDAILY (AUG. 18, 2011)

"Bacteria from fecal material -- in particular, dog fecal material -may constitute the dominant source of airborne bacteria in Cleveland's and Detroit's wintertime air, says a new University of Colorado Boulder study."

This was the first test conducted, for air borne disease so far, however, scientist presume other cities, with an abundance of the canine kind, will show similar results.

Please be kind, don't leave it behind. To those that pick up....THANK YOU www.pickupthepile.com

#### **BLOCK CAPTAINS**

Peggy Zuckero   Coordinator	281-353-4669
Sally Rodriquez   BC-Normandy Forest Court	281-528-6640
Sally Rodriquez   BC-Normandy Forest Drive	281-528-6640
Drew Grant   BC-Arromanches Lane	281-353-6481
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Garland Bennett   BC-Florette Lane	713-820-1793
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Adele Carboni   BC-LaCote Circle	281-528-8727
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### Heart Healthy Lifestyles By: Concentra Urgent Care

#### APPROXIMATELY EVERY 60 SECONDS, AN AMERICAN WILL DIE FROM A CORONARY EVENT.

According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

What can you do to live heart healthy? The AHA recommends:

#### **EATING A HEALTHY DIET**

- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- · Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat

#### **EXERCISING REGULARLY**

- 20-to-60 minutes per day, 3-to-5 times per week
- AVOIDING TOBACCO PRODUCTS AND TOBACCO SMOKE
  - LIMITING YOUR ALCOHOL INTAKE
- Women: 1 drink per day (maximum)
- Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in heart disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

What should be included in a family history?

#### **ANY KNOWN CONGENITAL** OR HEREDITARY DISORDERS

**MAJOR ILLNESSES** 

**CHRONIC AILMENTS OR RISK FACTORS** 

- Smoking
- Obesity
- Alcohol problems

#### THE CAUSE & AGE OF DEATH OF

#### **ANY DECEASED RELATIVES CHILDHOOD CONDITIONS**

- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at: www.AmericanHeart.org.



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# RECIPE OF THE MONTH

#### **Paris Potatoes**

5 cups potatoes, diced in ½" cubes

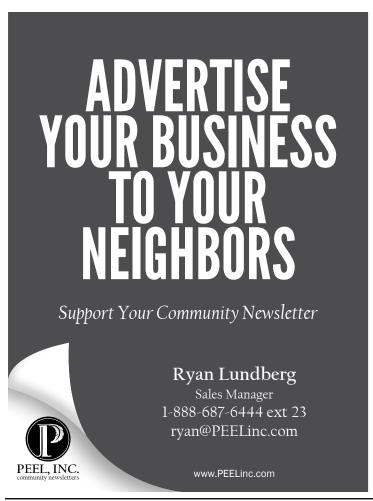
- 1 C sour cream
- 2 C creamed cottage cheesee
- 1 C green onions & tops, finely chopped

½ tsp. garlic salt, optional

salt & pepper to taste

1 C shredded cheddar cheese

Parcook diced potatoes in boiling water until crispy tender. Drain, and combine potatoes with all ingredients except cheese. Baked in buttered 13 x 9" baking dish at 350° for 30 minutes or until sauce is bubbly. Sprinkle with cheese during last 10 minutes of baking time.



# What Causes Sensitive Teeth & What To Do About It

Do you experience discomfort in your teeth? Do you find it difficult to drink icy or hot beverages? You may have a case of sensitive teeth. Luckily, it's very treatable. Find out what causes sensitive teeth and how to change your habits to avoid sensitivity.

#### What does it mean to have sensitive teeth?

If you experience pain or discomfort when consuming foods or beverages that are hot, cold, sweet, or sour; when brushing or flossing; or even when breathing sharp, cold air, you may have sensitive teeth.

#### What is the reason for sensitive teeth? COMMON CAUSES OF TOOTH SENSITIVITY:

- Over-brushing brushing your teeth too hard may wear down enamel or irritate the gum line, causing it to recede and expose the tooth's sensitive roots.
- **Cracked teeth** a crack or chip in your tooth may expose the underlying dentin or may fill with bacteria from plaque, causing the nerve to inflame.
- **Teeth grinding** over time, grinding or clenching your teeth can erode enamel and expose dentin.
- **Gum disease** gum disease leads to tooth decay which breaks down enamel; gum disease can also lead to infection which may attack the tooth's roots or cause the gum line to recede.
- **Tooth whitening** using products with peroxide or baking soda can seriously aggravate exposed roots or dentin.
- **Age** studies have shown that tooth sensitivity occurs most often in people between the ages of 25 and 30.

It is possible to experience tooth sensitivity after routine dental procedures such as the placement of a filling or crown, tooth restoration, or even tooth cleaning. Such sensitivity is temporary; if it does not cease after four to six weeks please consult your dentist.

How should I take care of my teeth if they are sensitive? Tooth sensitivity is very treatable, no matter what the cause.

Tooth sensitivity is very treatable, no matter what the cause. Here are a few remedies you can take advantage of at home:

Try a **desensitizing toothpaste** which contains chemicals that block sensations like hot and cold from reaching the nerves in your teeth. Use a **soft-bristled toothbrush** that will be gentler on both your teeth and gums. Switch to a **fluoride mouthwash**. **Avoid acidic foods** such as tea, tomatoes, and citrus fruits. Maintain **good oral hygiene** by brushing twice every day and flossing once daily.

Depending on the cause and severity of your sensitivity, you may benefit from professional treatment. If you suffer from sensitive teeth, please be sure to contact your dentist. We can set up an appointment to discuss what is bothering you and determine the best way to address the problem.

Submitted by Dr. Flury

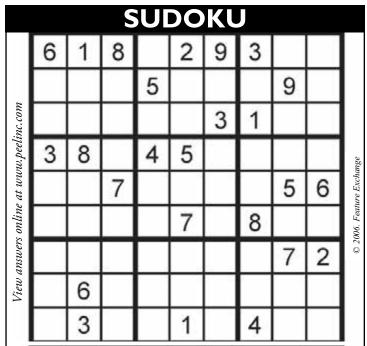
# NOT AVAILABLE ONLINE

#### **DOGS IN THE PARK**

Please keep your dogs on a leash while in the park please. It is a rule of the park.

Also, please clean up after your dog in the park or neighborhood as well.

Thank you for your cooperation.



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.





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So, when you're ready to sell, call me. You'll be glad you did.



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