



# THE VILLAGES OF *Compass* NORTH POINTE

VOLUME 5, ISSUE 8

OFFICIAL NEWSLETTER FOR THE VILLAGES OF NORTH POINTE HOA

AUGUST 2014

## A FOCUS ON HEAT EMERGENCIES

### *Healthy Tips To Stay Cool In Extremely Hot Weather*

*By: Concentra Urgent Care*

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs. If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

#### **SIGNS AND SYMPTOMS:**

##### **Heat Cramps**

- Sweating
- Pain in arms, legs, and abdomen
- Heat Exhaustion
- Moist, pale skin
- Fatigue and fainting
- Dizziness and lightheadedness
- Headache and confusion
- Nausea and vomiting
- Rapid pulse and breathing

##### **Heat Stroke**

- No sweating
- Dry, hot, red skin
- Confusion/loss of consciousness
- Rapid pulse
- Temperature over 103° F
- Seizures

#### **CAUSES:**

- High temperatures or humidity
- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- Alcohol use
- Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
- Cardiovascular disease

#### **WHAT TO DO IN HEAT EMERGENCIES...**

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.

2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.

3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.

4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.

5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

#### **DO NOT:**

- underestimate the seriousness of heat illness, especially if the person is a child, elderly, or injured.
- give the person medications that are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.
- give the person salt tablets.
- give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.
- use alcohol rubs on the person's skin.
- give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

#### **PREVENTION:**

- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.
- Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.
- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.
- Be careful of hot cars in the summer. Allow the car to cool off before getting in.
- Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: [www.cdc.gov/niosh/topics/heatstress/](http://www.cdc.gov/niosh/topics/heatstress/)

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## IMPORTANT NUMBERS

Villages of Northpointe Security Director .....  
**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](http://www.tomballisd.net)  
Canyon Pointe Elementary ..... 281-357-3122  
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Tomball High School ..... 281-357-3220  
Tomball Memorial High School ..... 281-357-3230

### TAX ENTITIES:

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*www.tomballisd.net and follow the link to the Tax Office*  
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..... [www.wheelerassoc.com](http://www.wheelerassoc.com)  
Harris County Appraisal District ..... 713-957-7800  
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Electric Company Choices ..... 866-7974839  
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### WEBSITE

[www.villagesofnorthpointecai.com](http://www.villagesofnorthpointecai.com)

Contact Brian at [bformear@mail.com](mailto:bformear@mail.com) to request information  
postings on the website.

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## HOW TO CHOOSE A PEDIATRICIAN FOR YOUR BABY

By Theresa Willis, MD, ADC Pediatrics

If you need to choose a pediatrician for your baby, the task may seem daunting. Where do you start? When do you start? Does it really matter which doctor sees your baby? Here are a few guidelines to make the process a little easier and more organized.

1. Choose your pediatrician about six to eight weeks before baby is due. That way, even if your little bundle arrives early or things get busy towards the end of your pregnancy, you won't have to worry about who will be seeing your baby once he or she is born.

2. Start by checking with your medical insurance to see which doctors in your area are on your plan.

3. Talk to friends and neighbors to see who they bring their children to see. Personal recommendations are a good way to find physicians with a good reputation in your area.

4. Ask your Ob-Gyn's office. They often have a list of pediatricians that they like to refer their new families to.

5. Make sure the pediatrician you are choosing for your baby is board certified.

6. Meet the pediatrician ahead of time. If you have a couple of doctors in mind, or even just one, call their office and find out if the doctor has appointment times set aside to meet expectant parents. You'll have a chance not only to meet the doctor and find out if he or she is a good fit for you,

but you'll also have the opportunity to meet the staff and see the office itself.

Ask yourself:

- Do you feel comfortable talking with this doctor?
- Is the staff friendly and attentive?
- Is there a separate waiting room for sick and well children?
- Bring questions with you. This is a great chance to ask some important questions ahead of time.
- Will the pediatrician see my baby in the hospital after delivery?
- If planning on circumcising a baby boy, who does the procedure?
- When do we come in to the office for our first visit?
- What are the office hours? What happens if I have questions or concerns after office hours or on the weekend? Is there a nurse available to answer questions during the day? What about at night?
- What is the expected vaccine schedule for my baby?
- If baby is sick, can you get same day appointments with your pediatrician?
- How many other doctors are in the practice? How often will you have to see a different doctor if your child is sick and your doctor is not available that day?
- Once you've chosen a pediatrician for your baby, you can relax and rest easy knowing who you will see and what to expect when baby is born.



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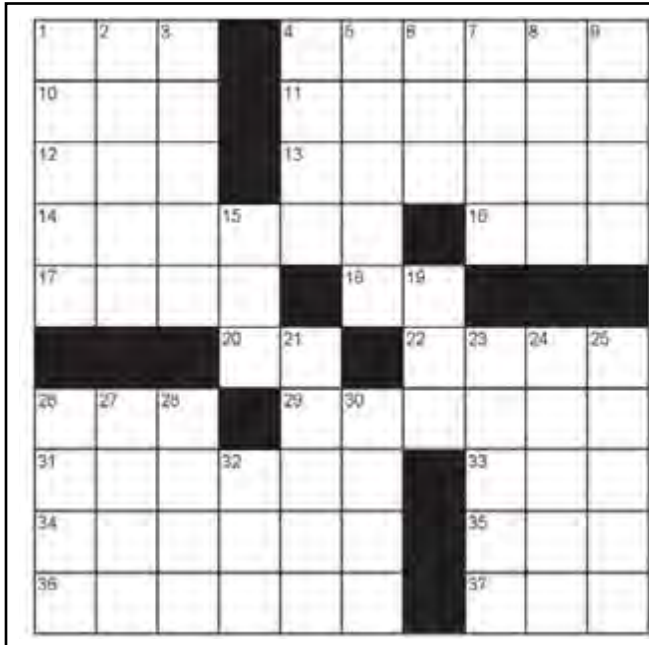


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### ACROSS

1. Advertisements
4. Inhabits
10. Crow's cry
11. Gully
12. Rio de Janeiro
13. Sports car brand
14. List of errors
16. New Jersey's neighbor
17. In \_\_ (together)
18. Kilogram
20. Post script
22. Too
26. Concord e.g.
29. Additions
31. Computer game
33. Killed in action
34. Ancient (2 wds.)
35. Antlered animal
36. Mourning
37. Ocean

### DOWN

1. Land
2. Milk's food group
3. Type of enemy
4. Loony
5. \_\_ havoc
6. Make a mistake
7. Stow
8. Greek stringed instrument
9. Defile
15. American College of Physicians (abbr.)
19. Chitchat
21. Book holder
23. Enjoys
24. Steps for crossing a fence
25. City
26. Prod
27. Prudent
28. Plane
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Aphids feed on a wide variety of plants in Texas. They have high reproductive capabilities so their populations can grow to large numbers quickly.

Aphids are small, soft-bodied insects that come in a variety of colors. Some have wings while others may not, but all have cornicles, or “tailpipes” that come off the tip of the abdomen.

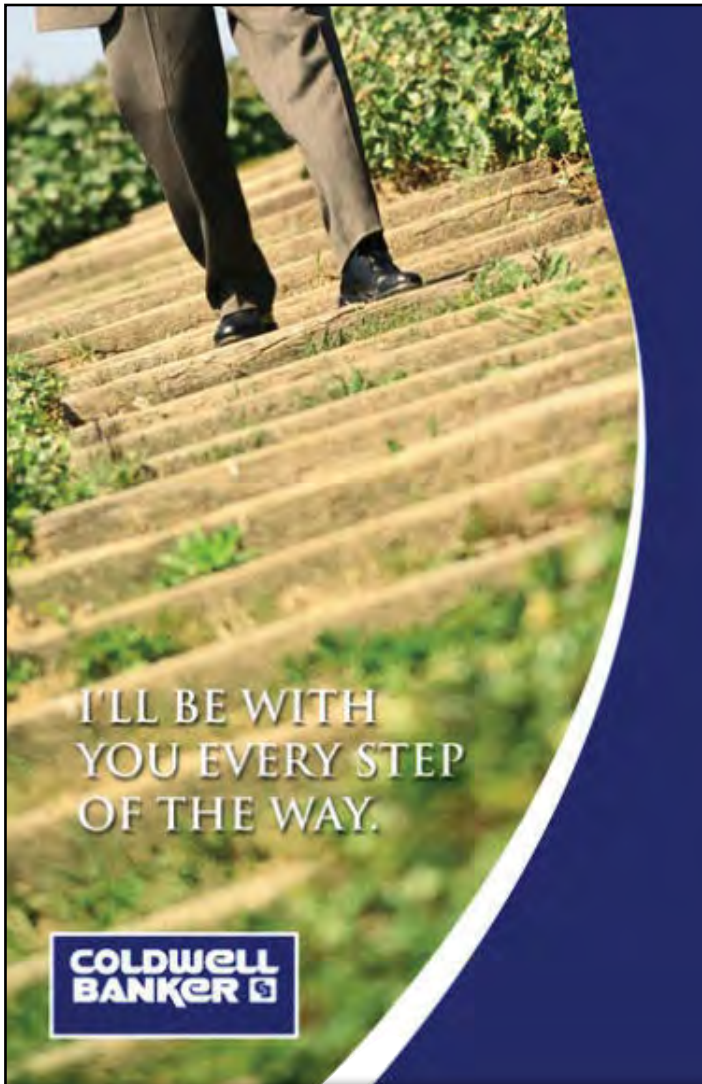
Aphids have piercing-sucking mouthparts which they use to pierce plant tissue and suck out the juices. Damage often appears as yellowing or curling of foliage. Aphids also secrete a sweet, sticky substance called honeydew. Honeydew often appears on the plant as a shiny spots or sometimes the honeydew may have sooty mold growing on it. Sooty mold is a black fungus that can block sunlight from reaching the plant leading to a decrease of photosynthesis.

*Some ideas for managing aphids are as follows:*

- Encourage natural enemies such as ladybugs, lacewing larvae & syrphid fly larvae; know what these creatures look like so you don't kill them
- Use high pressure water sprays to dislodge aphids from the plant
- Less toxic pesticides include active ingredients such as insecticidal soap, azadirachtin (neem), horticultural oils or d-limonene
- Other pesticides to manage aphids may include active ingredients such as permethrin, acephate (non-food items only), carbaryl or imidacloprid

For more information or help with identification, contact Wizzie Brown, Texas A&M AgriLife Extension Service Program Specialist at 512.854.9600.

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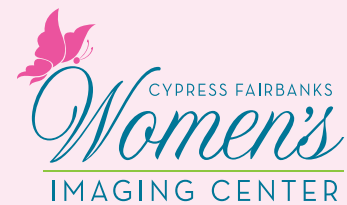
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