

# NORMANDY FOREST



March 2012

Official Publication of the Normandy Forest Homeowners Association

Volume 1, Issue 3

## St. Patrick's Day Facts

- St. Patrick is the patron saint of Ireland, although he was born in Britain, around 385AD. His parents Calpornius and Conchessa were Roman citizens living in either Scotland or Wales, according to different versions of his story.
- As a boy of 14 he was captured and taken to Ireland where he spent six years in slavery herding sheep. He returned to Ireland in his 30s as a missionary among the Celtic pagans.
- Legend has it that he used the native shamrock as a symbol of the holy trinity when preaching and brought the Latin alphabet to Ireland.
- Miracles attributed to him include the driving of serpents out of Ireland. However, evidence suggests post-glacial Ireland never had any snakes in the first place.
- Wearing green, eating green food and even drinking green beer, is said to commemorate St Patrick's use of the shamrock - although blue was the original colour of his vestments.
- St Patrick was said to have proclaimed that everyone should have a drop of the "hard stuff" on his feast day after chastising an innkeeper who served a short measure of whiskey. In the custom known as "drowning the shamrock", the shamrock that has been worn on a lapel or hat is put in the last drink of the evening.
- Popular Irish toasts on St Patrick's Day, include: may the roof above us never fall in, and may we friends beneath it never fall out.
- St. Patrick's Day was first celebrated in America in Boston, Massachusetts, in 1737. Around 34 million modern Americans claim Irish ancestry.
- It is believed that St Patrick died on March 17 in 461AD. It is a national holiday in Ireland, and on the island of Montserrat in the Caribbean, which was founded by Irish refugees. It is a bank holiday in Northern Ireland and a provincial holiday in the Canadian province of Newfoundland.
- Dublin has a parade that attracts hundreds of thousands of people, while in Chicago the river is dyed green for a few hours. The biggest parade is normally held in New York, while the largest celebration in the southern hemisphere is in Sydney, Australia.



# NORMANDY FOREST

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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.*

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*Thank you for your cooperation.*

## HEALTH BRIEFS + MARCH 2012

### Don't Skip Necessary Tests for Fear of Radiation Risk

Radiation exposure from diagnostic medical imaging is low and should not cause concern about any future harmful effects, said a radiologic scientist from Baylor College of Medicine. "People should not skip necessary medical imaging procedures, such as mammography, radiography (x-ray) and computed tomography (CT), because they are afraid the radiation exposure might cause cancer," said Dr. Stewart Bushong, professor of radiology at BCM. "There is no measurable increased risk when imaging procedures are administered appropriately." It is important to understand the different kinds of imaging procedures and the amount of radiation exposure, Bushong said. "When you look at the amount of radiation exposure in each, the doses are very low."

Radiation dose is measured in millisieverts, or mSv. Approximately 100 mSv would be an example of a dose of radiation which could cause concern, Bushong said. Amounts of radiation in some common procedures include: mammography, 0.1 mSv; radiography, 1 mSv; and CT scan, 10 mSv. Weight gain during pregnancy should fall within certain range

Maintaining a healthy weight before, during and after pregnancy is important for the health of the mother and baby, according to an expert at the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine and Texas Children's Hospital. "It's important for expecting mothers to work closely with their physician and perhaps even a registered dietitian to achieve a healthy weight gain during pregnancy," said Dr. Nancy Butte, professor of pediatrics - nutrition at BCM. Because of the concerns related to the obesity epidemic in the United States, the Institute of Medicine issued new guidelines for healthy weight gain during pregnancy.

#### **BUTTE SERVED ON THE PANEL THAT MADE THESE RECOMMENDATIONS**

- Pre-pregnancy BMI - Underweight
- Total weight gain range (pounds)  
28 to 40 Pre-pregnancy - BMI - Normal Weight
- Total weight gain range (pounds)  
25 to 35 Pre-pregnancy - BMI - Overweight
- Total weight gain range (pounds)  
15 to 25 Pre-pregnancy - BMI - Obese
- Total weight gain range (pounds) 11 to 20

#### **FAD DIETS MAY NOT LEAD TO SUCCESSFUL WEIGHT LOSS**

Fad diets come and go with the seasons, but according to a Baylor College of Medicine dietitian, they may do more harm than good. "Any diet that selectively eliminates whole groups of foods creates a

nutrient hole that's hard to fill," said Roberta Anding, a registered dietitian at BCM. Eliminating carbohydrates, for example, starves the body of essential "nutrient heroes" such as fruits, vegetables and whole grains. These foods contain invaluable phytonutrients.

Detoxification diets such as colon cleanses and juice fasts are trendy right now, Anding said, but they could have a negative effect on the body because they don't offer enough protein. Not all nutrition fads are harmful, however. A rising and healthy craze in the Houston area and elsewhere are meals-to-go restaurants such as My Fit Foods, Balance Meals to Go and several others. "It's a grownup version of fast food for people who don't know how to portion food or are too busy to cook and they want something healthy and fast," she said.

Another healthy way to lose weight is to follow the government's new MyPlate plan. The plan can be found at [www.myplate.gov](http://www.myplate.gov). The MyPlate plan recommends filling half your dinner plate with fruits and vegetables, along with a fourth of a plate of grains and a fourth of a plate of lean protein. Take steps to prevent, control heart disease

Heart disease is the leading cause of death in the United States. According to the Center for Disease Control, about every 25 seconds, an American will have a coronary event; about one every minute will die from one. Baylor College of Medicine physicians say it's important to know the risk factors, recognize the signs and symptoms of a heart attack, and live a healthy lifestyle. Risk Factors Medical conditions that affect your heart or increase your risk of death or disability from a coronary event include arrhythmia, heart failure and peripheral artery disease.

#### **ADDITIONAL RISK FACTORS INCLUDE**

- High cholesterol
- High blood pressure
- Obesity
- Diabetes
- Tobacco use & secondhand smoke

#### **SIGNS & SYMPTOMS**

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body, such as arms, neck, jaw or stomach.
- Shortness of breath.
- Cold sweat, nausea or lightheadedness.

*Should you experience any of these signs  
it is important to call 9-1-1 immediately.*

## 15 Things to do Today to Simplify Your Life

By Karin Flagg, *Organize With Purpose!*

*Here are 15 simple things you can do immediately to take you from overwhelmed to back in control in just minutes.*

### 1. CREATE AN 'IN-OUT' OR 'LANDING PAD' AREA BY YOUR ENTRANCE DOOR

Whether you use your front door or garage, use this area to collect the things you use every day like keys, a charging station for phones, and a bulletin or whiteboard to jot down reminders and tack papers you need the next day. You'll eliminate last-minute frantic hunting and actually start your day stress-free.

### 2. DECLUTTER, JUST MINUTES AT A TIME

You may not have time to thoroughly declutter a room, but you can at least start small every day. Go through a room with a laundry basket and pick up any items that don't belong there. When the basket is full, put those things back where they should go.

### 3. SORT YOUR INCOMING MAIL IMMEDIATELY

Instead of piling up that stack of mail, sort it over a trash can and immediately toss junk mail making sure to shred sensitive items. (If you don't have a shredder use a pair of 'shredding scissors'). Open the rest of the mail throwing away all envelopes. Now sort this small pile into bills to pay, things to read, items to keep and file.

### 4. LIMIT THE AMOUNT OF MAIL YOU HAVE TO SORT THROUGH EVERY DAY

Stop wasting precious time sorting through your crammed mailbox filled with unsolicited mail. Opt-out of receiving credit card offers, fliers and catalogs you don't want or need by registering at the Direct Marketing Association website: [www.DMAchoice.org](http://www.DMAchoice.org).

### 5. GO PAPERLESS

Whenever possible, opt for paperless statements. Most banks, utility and service companies offer online statements instead of having them mailed to you. That means less paper for you to sort and file – not to mention saving trees.

### 6. SWITCH TO ONLINE & AUTOMATIC BILL-PAY

Sign up with your bank for online bill-pay to ensure you never miss a payment again. As soon as you get a new bill enter the amount to pay and the due date in the bill-pay section. That's it! Your bank makes sure it's sent and delivered on-time so you don't have to. And think about signing up for automatic recurring payments for things like your mortgage and car payment – then won't even have to remember to remember to pay them! No more hunting for stamps and running to the post office.

### 7. EMBRACE THE 'ONE-IN ONE-OUT' RULE

This is a great system for almost any area of your life. Whether it's a new item of clothing or a book, decide that for every new item you bring home one will be removed. This will help keep you from being overwhelmed by all your stuff.

### 8. CREATE A MAGAZINE & CATALOG BASKET

Have a container, like a basket or box, to hold all your magazines and catalogs. When it gets full, that's your cue to recycle the old ones.

### 9. MULTI-TASKING IS A MYTH

Studies show that trying to do 2 or more things at once that require your complete attention just doesn't work. Instead, block out chunks of time to focus on one project at a time. You'll be amazed how much more you'll actually get done working this way.

### 10. CLEAR OUT MENTAL CLUTTER

It's exhausting trying to keep all those thoughts, ideas, projects and to-do lists in your head – instead, get them out of your head and out where you can see them. Whether you use technology or paper, it's a quick way to make lists of all those mental thoughts swirling in your head. Then divide those lists into categories like Work and Personal.

### 11. HAVE A WAY TO CAPTURE YOUR THOUGHTS & IDEAS

Throughout the day, have some way to capture all your 'to-dos' and 'must-

remembers'. It might be high-tech like your Smartphone or as simple as a notepad. The key is to make a note of them somewhere whenever they pop up.

### 12. TURN OFF YOUR EMAIL NOTIFICATIONS

Are you distracted every time you see and hear "You've got mail?" Those reminders can be a big distraction so take back control by turning off the email icon and sound. Instead either set it up so YOU have to go retrieve them when you're ready, or change the settings so that it doesn't notify you for every email but rather in batches every 30 or 60 minutes instead.

### 13. BE THE RULER OF YOUR EMAILS

Did you know that programs like MS Outlook let you set up 'rules' for your emails? Instead of clogging your inbox set up a rule for things like newsletters that you want to read at a later date, when you have time. It will go into a folder and be there when you're ready. Think of 'Rules' as like having your very own personal assistant for email!

### 14. PLAN YOUR TOMORROW – TODAY

At the end the day take a few moments to plan the key things you need to accomplish tomorrow. By following a plan you'll be productive first thing - instead of wasting time with emails or Facebook. And pull tomorrow's outfit together the night before, down to all the accessories and shoes. A few moments of planning today will make your tomorrow easier.

### 15. EMBRACE TECHNOLOGY

I'm not a techie but I've come to realize that many apps and features of your phone help make life easier and many are free. Use the calendar to set reminders to yourself throughout the day, or use the voice recorder app to record messages to yourself while you're running around. Or check out notes and to-do list apps. There's even a voice-to-text app that turns your message into an email. Once you start looking you'll be amazed what's available.

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*and many others...*

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## ORAL HEALTH UPDATE

IT MAY NOT BE "JUST A TOOTHACHE".

Going to the dentist may not be on the top of your To Do list, but if you're experiencing dental pain, a trip to the dentist may be just what you need. If you have a toothache that lasts more than one or two days, you notice swelling around a tooth, bleeding, or experience severe pain or fever, it's time to make an appointment with the dentist as soon as possible. A thorough examination and diagnosis is important to prevent more serious complications to your teeth, jaw, and gums. Dental decay and gum disease are progressive in nature. Early diagnosis is essential to a quicker and easier treatment.

### THERE ARE SEVERAL CAUSES OF DENTAL PAIN, INCLUDING:

- Tooth decay affecting the enamel and the dentin, or inner layer of the tooth
- Tooth abscess caused by severe tooth decay or a trauma causing an infection at the root

- of the tooth or between the gum and tooth
- Damage to existing fillings due to pressure from chewing, grinding, or clenching
- Teeth grinding that causes fracturing, loosening, and excessive wear
- A fractured tooth from a traumatic dental injury
- Infected gums as a result of gingivitis or gum disease (periodontitis)

During your exam, your dentist will typically ask about the nature of your dental pain, when it started, and if anything makes it better or worse. Then, your dentist will conduct a physical examination of your mouth, teeth, gums, jaws, tongue, and throat. X-rays and other tests may be recommended, depending on what the dentist suspects is causing your toothache.

Once your dentist has determined the cause of your dental pain, you will be

presented with treatment options. If a cavity is causing your pain, a simple filling may do the trick. However, if there is an infection that has spread to the tooth's nerve, a root canal may be necessary. An antibiotic may also be prescribed if you have swelling of the jaw or a fever.

### DENTAL PAIN IS PREVENTABLE!

Because most toothaches are caused by decay, practicing good oral hygiene is the easiest way to prevent dental pain. This includes brushing and flossing every day and visiting your dentist for professional cleanings and checkups on the schedule determined by the Dental Hygienist. In addition, eating a healthy, balanced diet that is low in sugar will not only help you prevent cavities but will improve your body's overall health.

*Submitted by Dr. Flury*



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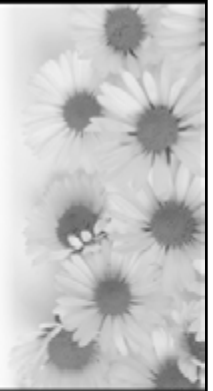
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