

# NORMANDY FOREST



April 2014

Official Publication of the Normandy Forest Homeowners Association

Volume 3, Issue 4

NORMANDY FOREST COMMUNITY

## EASTER EGG HUNT!

SATURDAY, APRIL 12, 2014  
10 a.m. SHARP

Normandy Forest Clubhouse  
Music & Fun for the whole family!

Volunteers Needed – Contact  
Michelle Tsatsaronis at  
[michelletsatsaronis@gmail.com](mailto:michelletsatsaronis@gmail.com) or  
call 281.907.2276



## COMMUNITY GARAGE SALE

**SATURDAY APRIL 5TH  
8AM TILL 1 PM**

## EDITOR WANTED

We are in need of an Editor for our NF Newsletter. If anyone is interested in helping write an article or two and finding interesting, relevant news, please contact Judy Doll at [txcardlady@sbcglobal.net](mailto:txcardlady@sbcglobal.net)  
Subject line: Newsletter Editor

# NORMANDY FOREST

## NORMANDY FOREST COMMITTEES

### THE ARCHITECTURAL COMMITTEE

Danny Rodriguez ..... 281-528-6640  
Mark Lawson ..... 281-651-8034

*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

In the event of an emergency please call "911" or for Precinct 4 please program your cell phone with the number below.

Precinct 4 ..... 281-376-3472  
Jim Norris ..... 281-924-5828 | jnorris@normandyforest.org

### ACTIVITIES COMMITTEE

Michelle Tsatsaronis ..... michelletsatsaronis@gmail.com

### POOL MAINTENANCE & LIFEGUARDS

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

### CLUBHOUSE RENTALS

Sally Rodriguez ..... 832-788-4186

### MAINTENANCE COMMITTEE

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

### POOL TAG COMMITTEE

George Tsatsaronis .....  
Ashley Blackburn ..... 713-854-4144

### BLOCK CAPTAIN COORDINATOR

Karen Zuckero ..... 713-504-6469

## IMPORTANT CONTACTS

### BOARD OF DIRECTORS

Paul Diaz | President ..... 281-687-2045  
John Nemec | Vice President ..... 281-651-8606  
Judy Doll | Secretary ..... 281-701-6925  
John Hopkins | Treasurer ..... 281-795-9772  
George Tsatsaronis | Director at Large ..... 281-323-9900

### BALLPARK RESERVATIONS

John Nemec | Coordinator ..... 281-651-8606

### COMMUNITY SERVICES

Gas | Centerpoint Energy ..... 713-659-2111  
Electric | Reliant Energy ..... 713-207-7777  
Phone | AT&T ..... www.att.com  
Sewer | Harris County MUD #28 ..... 281-353-9809  
Trash | Republic Waste ..... 281-446-2030  
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  
Valerie Overbeck | Association Manager  
voverbeck@chaparralmanagement.com

### OFFICE HOURS

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

## NEWSLETTER INFO

### EDITOR

Judy Doll ..... txcardlady@sbcglobal.net

### PUBLISHER

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Advertising ..... advertising@PEELinc.com

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## NEIGHBORHOOD WATCH

Get Involved  
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depends on it!!



# ANNUAL FAMILY FITNESS FAIR

SATURDAY, APRIL 26TH 8AM TO NOON AT KLEIN MEMORIAL STADIUM  
16715 STUEBNER-AIRLINE RD, KLEIN, TX



The fair will feature vendors, moonwalks, games, Radio Disney (1590AM) and other activities for the entire family all at NO cost! There will also be a 1 mile run/walk, \$10/person and includes a tee shirt. For more information contact Winni Attaway at 832-249-4162 or <http://www.kleinisd.net/familyfitness>

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*I ♥ Referrals!*



# NORMANDY FOREST

## Come on down to the Harris County HHW Collection Facility

What do you do with your leftover paint, household cleaners, and yard products? You bring them to the Harris County Household Hazardous Waste (HHW) Collection Facility located at 6900 Hahl Road located on the NW corner of Gessner and 290. The facility accepts items used in your home that include, but are not limited to, paint and paint related products, household cleaners, yard and automotive products, pool chemicals, batteries, propane cylinders, and items that contain mercury.

The facility is open to the public for collections on Wednesdays from 9 a.m. – 3 p.m. and the second Saturday of the month from 9 a.m. – 2 p.m. Collections on the fourth Saturdays vary in location and hours. The calendar on the HHW home page at [http://www.eng.hctx.net/watershed/hhw\\_home.html](http://www.eng.hctx.net/watershed/hhw_home.html) provides information for the fourth Saturday collections. Our website also provides you with additional information about HHW products, acceptable and unacceptable items, and gives you information on how to safely transport your items to our collections. You may also call 281.560.6200 for a recording that provides information about the facility.

## SUDOKU

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View answers online at [www.peelinc.com](http://www.peelinc.com)

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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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# BLOOD PRESSURE

TAKE CONTROL OF THE SILENT KILLER



High blood pressure, or hypertension, is sometimes called the silent killer because there are often no symptoms. That's why keeping track of blood pressure is one of the most important things a person can do to stay healthy, said doctors at Baylor College of Medicine.

Left untreated, hypertension, can cause organ damage over time, leading to heart attack, blindness, kidney failure or stroke, said Dr. Biykem Bozkurt, professor of medicine at BCM.

Some factors that are associated with hypertension are diabetes, family history of hypertension, being overweight, taking in too much sodium, drinking excessive alcohol and smoking. Generally a healthy

reading is 120/80, and hypertension diagnosis is made at 140/90. People considered prehypertensive generally have readings that fall between 120/80 and 140/90. Doctors always check blood pressure as part of appointments and there are also many locations where blood pressure machines are available for anyone to have their pressure checked. Bozkurt advises talking to a doctor to determine if your reading is at a healthy level rather than taking the machine's reading at face value.

"For a relatively healthy person not suffering from any other illnesses, only a few lifestyle changes like diet modifications and exercise may be needed," said Bozkurt.



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# NORMANDY FOREST



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up after your pets and  
“scoop the poop”**

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