

NORMANDY FOREST



July 2015

Official Publication of the Normandy Forest Homeowners Association

Volume 4, Issue 7



NEW NEIGHBORS

MILLIE B. CRAIG

TIM & ELEANOR JONES

Cypress Creek EMS Earns Gold



Cypress Creek EMS is ranked #1 for heart attack care by the American Heart Association for treatment of STEMI. It is the most dangerous, life threatening type of heart attack.

Cypress Creek is the only EMS to achieve gold status in the Greater Houston area for 2015.

A STEMI is a blockage in one of the coronary arteries. The sooner the blockage can be cleared, the better chance of survival. Fast treatment also reduces the chance of serious damage to the heart muscle.

In 2006, Cypress Creek EMS pioneered a new medical protocol for STEMI patients, spearheaded by Dr. Levon Vartanian. It was the first program of its kind attempted in our area.

Reportit.leadsonline.com

This is a free service to retrieve stolen goods. Just take photos of valuable items in your home.

Put the photos on this site. If they are ever stolen, police can check pawn shops for them.

Another good tip is to purchase an engraving pen and put your name somewhere that is not too noticeable for thieves to spot.

DID YOU KNOW?

Ants hate peppermint. Add several drops of peppermint oil to a spray bottle of water to keep pesky ants away. Spray mixture around doorframes, windows, and cabinets. Peppermint oil is non-toxic and will not harm animals or plants. Some cats may be sensitive to it.

Grapes cut down your risk for dementia. Eating spinach helps your eye sight. Green tea lowers your blood pressure. Bananas help you fall asleep and you can shine your shoes with the inside of the peel. Garlic, broccoli and yogurt increase your immunity. Also walking, a massage and laughing can measurably improve your immune system

Family Fun Nights

July 21st.....5pm till 8 pm

August 4th.....5pm till 8 pm

To volunteer please call Michelle 281-907-2276

FAMILY MOVIE NIGHT

August 16th @ 8pm sharp

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
Paul Diaz 281-651-8606

ACTIVITIES COMMITTEE

Michelle Tsatsaronis michelletsatsaronis@gmail.com
..... 281-907-2276

POOL MAINTENANCE & LIFEGUARDS

Jeffery King 281-655-8675

CLUBHOUSE RENTALS

Chaparral Management / Valerie Overbeck 281-537-0957

MAINTENANCE COMMITTEE

John Nemec 281-651-8606 | jnemec@normandyforest.org
Paul Diaz 281-687-2045

POOL TAG COMMITTEE

George Tsatsaronis 281-323-9900

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 281-528-9110
George Tsatsaronis | Treasurer 281-323-9900
Tim Benjamin | Director at Large 281-704-3570

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

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Hosting An Exchange Student

Did you ever wonder what hosting a foreign exchange student is about? Well here it is in a nutshell....

Hosting an exchange student is a great way to learn about another country and culture without leaving your home town. It provides a cultural exchange experience for the entire family while providing a student from another country with a slice of American life.

Hosting an exchange student is like adding an international branch to your family tree. Many host families develop lifelong friendships with their exchange students and keep in regular touch with them. Some even visit them in their home countries, or invite them back for weddings and graduations

Hosting an exchange student provides your family, your high school and your community with a direct window into another country and culture, providing an opportunity for life-long learning.

Families of all shapes and sizes can host an international exchange student. We've had host families with young children, no children, high school aged children – as well as empty nesters and single parent households.

Ayusa is a non-profit based in San Francisco that promotes global learning and leadership through foreign exchange and study abroad programs for high school students from 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.



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CICADAS



Cicadas are fairly large insects but can vary in size with some growing over 1 ½ inches. Color may also vary depending upon species, but many are brown or green. All cicadas have bulging eyes and, on adults, wings that are held roof-like over the body. The wings are semi-transparent with thick wing veins. The majority of their life cycle is spent underground.

Cicadas have 2-5 year life cycles and appear in Texas in mid to late summer. Females insert egg clusters into branches of trees using their saw-like ovipositor

(egg laying structure). Eggs hatch after about 6 weeks and small nymphs drop to the ground where they burrow into the soil. Nymphs feed on sap of tree roots with their piercing-sucking mouthparts. After becoming fully developed, nymphs emerge from the ground at night and climb onto nearby objects such as tree trunk, plants, fences, etc. Adult cicadas emerge from the last nymphal stage leaving behind the exuviae (cast skin). Adults can live 5-6 weeks.

Male cicadas are well known for their “song”. They rest on a tree and produce a whining sound to attract females. The sound is produced by two vibrating membranes on the side of the abdomen. Females do not “sing”. Adults feed on juices from tender twigs, but usually do not cause lasting harm to the plant from feeding.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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The Value of Sleep for Children and Teens

Shelley Coleman M.A., L.P.C.-S.

As important as food and water, sleep is vital to your well-being. And, if you are a parent, research shows that your children are not getting the sleep they need. According to the National Sleep Foundation, children (ages 6-13) require 9-11 hours of sleep per night and adolescents (ages 13-18) require 9-10 hours per night. A recent study from the Centers for Disease Control found that 31% of teens get 8 hours or less of sleep per night and most school age children are getting 8.5 hours.

For growing brains and bodies, not getting enough sleep can have consequences on school and relationships. Teens and children can have difficulty concentrating when sleep deprived. And, according to the Sleep Disorder's Center, approximately 1,550 people are killed annually in crashes related to drowsy driving. Often, these crashes are caused by young people under the age of 25.

On the contrary, quality sleep has been linked to improved attention, better mental health, and lower risk of obesity. In recognizing the importance of quality sleep, parents can help children establish healthy sleep habits at an early age. If healthy sleep hygiene is established in adolescents, those habits can carry into adulthood.

Healthy sleep habits for teens and children include:

- a set bedtime and wake time that does not vary by more than 2

hours on the weekend

- a relaxing bedtime routine such as reading for teens or story time for children
- no "exciting" activities at bedtime such as jumping or wrestling for children or computer games for teens
- daily exercise
- healthy diet
- no caffeine after 4 PM

If you think your teen or child may have a sleep issue, there are common symptoms you may notice. For adolescents, parents may have difficulty waking them in the morning or observe that their teen is irritable in the early afternoon. Children may require excessive "help" falling asleep, wake many times during the night, or cause their parents to lose sleep. While these symptoms are usually easily addressed by improving sleep habits, more severe symptoms should be addressed with the help of a pediatrician or behavior specialist.

As parents, the value that we place on sleep is a big influence on our children's attitude toward sleep. Fortunately, there are a lot of practical steps we can take to help our children get the sleep they need. There are too many benefits of good sleep for our teens and children to miss out on them.



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RESIDENT NEWS

If you have something interesting, constructive, or just want to share some news with your Normandy Forest neighbors; email a short note to txcardlady@sbcglobal.net with the subject line, Resident News and we will try to print it in the next newsletter.



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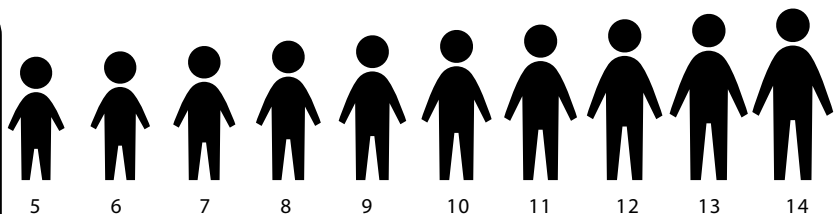
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UNDER FIVE, AND A LEADING CAUSE FOR CHILDREN AGES 1 - 14.**



24 Texas children have already lost their lives to drowning in 2015

DROWNING IS PREVENTABLE