



Northlake Forest

HERALD

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Does Cold Weather Cause Colds?: Health Myths You May Have Heard Around the Holidays

It's the holiday season, but that also coincides with cold and flu season. These two times merge as temperatures plummet and people begin to travel. To keep yourself healthy this winter, you might need to unlearn some of the health myths you've heard around the holidays.

Does Cold Weather Cause Colds?

The common cold, like the flu, is caused by a virus, not by cold temperatures as many health myths would have you believe. Just standing in a walk-in freezer or outside on a cold day will not give you a cold. Though, the cold weather has long had an association with this ailment. In most cases, being in a closed environment with people you haven't seen for a while, shaking hands, hugging, and kissing creates a prime place to pass germs. Most scientists attribute this to why more colds and cases of flu appear during the holidays than at other times of the year. However, recent studies have shown that cold air may make it easier for the cold virus to replicate in the nose, though the cold weather does not cause the cold. You have to pick up the virus first.

You Lose Half Your Body Heat Through Your Head

As a child, you may have been reminded by a parent to wear a hat in cold weather because you lose half of your body heat through your head. But this is another of the many health myths that does not hold true. The head is such a small proportion of the entire body, and for most people, it's covered in hair. Can you really lose so much heat from your head to suffer cold illnesses? After some scientific study, experts showed that the heat lost through the head was proportionate to the percentage of the body's surface area taken by the head. Heat loss through the head accounted for only 7 to 10 percent of all heat lost, and the head is only about 7 percent of the body. While you won't lose the majority of heat through your head, if you stay more comfortable in the winter with a hat, keep it on.

Hangovers Have a Cure

Sorry partiers, but hangovers don't have a cure, no matter how many nutrition drinks or pills are pushed for a miracle remedy. A hangover results from the body's reaction to processing excessive amounts of alcohol. Sadly,

the only true cure for a hangover is time. You cannot take a hair of the dog and sip on more alcohol the next morning, and no matter how tasty a plate of migas for breakfast is, it won't get rid of the hangover.

While you're waiting for your blood alcohol level to get back to zero, drink up on electrolyte-containing beverages since dehydration contributes to many hangover symptoms. If possible, sleep while you can, and get a good breakfast to get your system going. This is especially important if you experienced any nausea or vomiting, as low blood sugar can make you feel even sicker. To prevent a hangover, don't drink as much the night before, and only drink on a full stomach to slow the absorption of alcohol.

Prevent Food Poisoning by Cooking Food Until It Looks Done

Many a home cook has foregone the meat thermometer and used the age-old test of "it just looks done," but this is one of the many health myths that could make you sick if you follow it. Since meat comes from different animals, sometimes cooking meat until all the pink is gone or until it looks fully cooked may not work. If the food has not been cooked thoroughly, you risk food poisoning, which can sideline you and your family for several days. Always use a meat thermometer to test the innermost portion of the meat, but don't allow the probe to touch the bone.

You should also use the thermometer with stuffing cooked inside a turkey and leftovers, both of which should reach 165F to kill off any bacteria. If you have leftovers, cool them to below 40F. Or keep it warm above 140F until you can cool and store it. By cooking food thoroughly and treating leftovers properly, you'll avoid getting sick.

How to Stay Healthy

Avoid believing health myths during the winter, and keep yourself healthy this holiday season. Cook food thoroughly, and use a food thermometer to test for proper doneness. To prevent spreading or picking up germs, wash your hands frequently, and use hand sanitizer if you cannot wash. Cover your mouth and nose with your arm instead of your hands when you sneeze or cough, and get plenty of rest during this hectic time of year.

Article by Athena Hessong

NORTHLAKE FOREST

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VOLUNTEERS NEEDED

All of our committees are seeking volunteers to help continue making our community a fun place to be. Just a little bit of your time can go a long way. If you are willing to help, in any way, please fill out a "Contact Us" form on the website.

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If you notice a problem or have a concern about something within NLF, please complete the form on our website and bring it to the attention of the management company or Board member so that the issue can be addressed.

MANAGEMENT COMPANY
Inframark

Michael Quast / Portfolio Manager
281-870-0585

Michael.Quast@inframark.com · www.inframarkims.com
Northlake Forest HOA Website: www.northlakeforesthoa.com

IMPORTANT NUMBERS

EMERGENCY NUMBERS

Poison Control 1-800-222-1222

NON-EMERGENCY NUMBERS

Mark Herman Constable, Precinct 4..... (281) 376-3472
Harris Cnty Sheriff's Office @ HWY 249 .. (281) 290-2100
Cy-Fair Volunteer Fire Dept @ Telge Rd.... (281) 550-6663
Harris Cnty Courthouse @ Cypresswood... (281) 376-2997

GOVERNMENT NUMBERS

Harris County Animal Control..... (281) 999-3191
Harris County Public Health & Environmental Services
..... (713) 439-6000
R. Jack Cagle - Community Assistance Dept.
..... (281) 353-8424
Social Security Administration 1- (800) 772-1213
Department of Public Safety @ West Rd.... (281) 517-1333
Department of Pubic Safety @ Grant Rd ... (281) 890-5440

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USPS @ Spring Cypress..... (281) 373-9125
The UPS Store @ Spring Cypress (281) 304-6800
FedEx Office @ Barker Cypress..... (281) 256-8323

LIBRARY

Lone Star College CyFair Library
Circulation Desk (281) 290-3210
Northwest Branch Library
@ Regency Green Drive..... (281) 890-2665
Barbara Bush Library @ Cypress Creek (281) 376-4610

SCHOOLS

Administrative Offices (281) 897-4000
Farney Elementary (281) 373-2850
Goodson Middle School (281) 373-2350
Cy-Woods High School (281) 213-1800

UTILITIES

NW Harris County MUD #10..... (832) 467-1599
Best Trash (281) 313-2378
CenterPoint Energy Gas (713) 659-2111
Relient Energy Electricity 1-(855) 347-3232
..... www.powertochoose.com

NEWSLETTER INFO

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4 Ways to Help Prepare Your Home for Winter



Winter is on its way and for much of the country that means freezing temperatures, wind, snow, ice and heavy jackets.

Preparing your home now for the colder months ahead is vital. The following tips are designed to help get you and your home ready for what winter has in store.

Invest in Weather Stripping

If you can run your hand around the edges of an outside-facing door on a cold day and feel the flow of cool air, you have an airflow problem, one that could cost you a lot of money over the course of the winter.

Weather stripping is a good way to help seal warm air in and cold air out of your home. Available in almost any hardware store, weather stripping installs quickly around windows and doors and can help prevent air leaks.

Before winter arrives, check your windows, doors, vents and fans, plumbing areas, air conditioners and any electrical/gas lines for leaks or drafts to save yourself energy and heating costs.

Evaluate Your Roof to Prevent Ice Dams

Your roof is one of the most vital protections standing between you and the harsh outside elements. Excess snow, ice and other environmental hazards can cause significant damage,\" said Chala Sampers, Top Dog Roofing. \"The objective is to get as much of the water away from your house as possible.”

In cold weather, heat escaping your home can melt and refreeze ice and snow on your roof, leading to ice dams. Evaluate your roof in advance of harsh winter weather to prevent ice damming. An ice dam in your gutter can cause water to seep into and saturate an interior wall. These block off drains, and let water and ice continually build up on your roof – and possibly under it – weakening your roof and putting your home at risk. If you're unsure of what to look for, see if a roofing professional can evaluate your roof for ice dams while cleaning your gutters.

To help prevent ice dams make sure your attic is well insulated and ventilated. Insulate the attic floor well to minimize the amount of heat rising through the attic from within the house. If your attic wasn't

built with a ventilation system, contact a trusted local professional or contractor about ventilating your attic before winter.

Buy a Roof Rake to Keep Snow from Building up

If you expect a lot of snow this winter, invest in a roof rake. As snow packs down from multiple storms it could cause a roof collapse – a roof rake can help you easily clear snow off your roof and protect your home during those blizzard months.

“Understanding the importance of checking your roof and knowing the basics of winter roof maintenance and damage can help homeowners avoid unnecessary stress and surprise costs,” added Chala Sampers, Top Dog Roofing (<https://www.topdogroof.com/>).

What's even more surprising is that a new, national survey by Owens Corning Roofing found that although 70% of Austin homeowners said that damage to their roof would be stressful or very stressful, only 3% say they always check or have their roofs checked before the start of a season that typically brings bad weather. So be prepared this season and make sure to conduct a thorough roof check before, during and after harsh winter months.

Protect Pipes from Freezing

A frozen water pipe can burst and flood your house or basement.

Help protect your pipes from freezing in bitter cold weather by making sure you don't turn the heat down too much when you're out of the house. You may not be there to enjoy it, but your pipes need the heat to prevent freezing.

Give your home a once over for any exposed or vulnerable piping and wrap them with insulation. Hardware stores usually carry foam rubber or fiberglass sleeves for pipes, which are easy to install.

If your pipes do freeze, and water stops flowing from faucets, call a plumber immediately.

Please keep personal safety in mind when checking items off this list and connect with a trusted professional or contractor for help with anything you are unable to do yourself. For more info visit <https://www.owenscorning.com/roofing>.



NORTHLAKE FOREST

JJ Watt Lives With Us

By Cheryl Conley, TWRC Wildlife Center



Did you know that JJ Watt lives with us at our wildlife center on Hammerly Boulevard in Houston? Now you didn't think I was actually talking about the football player for the Texans, did you? JJ is our bullsnake. We named him JJ Watt because when we got him, he was exactly the same height at JJ, the football player. Our JJ has continued to grow so now he would be a bit taller than the human JJ Watt.

JJ, the bullsnake, is one of our Animal Ambassadors and is a man about town. He goes to community events, schools and was recently on TV. He's a real star! We use him to educate the public about snakes. Usually, the first reaction we get from people is fear and there's a big misconception about how snakes feel. No, they are not slimy. By the time we finish talking to people about JJ and how valuable he is to the environment, they feel better about snakes.

Bullsnakes are fairly common throughout the United States and are probably best known for their ability to mimic the dreaded rattlesnake. This ability to mimic a rattler is used when the bullsnake

feels threatened. They can mimic the rattler's behavior, the markings are very similar, and they are about the same size. When threatened, a rattlesnake will shake its tail before it strikes. You will actually hear the tail rattle. You may hear a similar sound from a bullsnake. It's either making the sound with its mouth, vibrating its tail or moving leaves around with its tail, or you may hear nothing at all. The rattlesnake raises its tail when threatened but the bullsnake keeps its tail low to the ground. Bullsnakes have narrow heads and rattlesnakes have triangular heads that are wider than their body.

The diet of a bullsnake is comprised mainly of rodents but they also eat small rabbits, gophers, frogs, lizards and birds. It will use its mouth to grab its prey and will slowly constrict it. The prey dies due to lack of oxygen and the snake eats it whole.

If you'd like us to bring JJ Watt and our other Animal Ambassadors to your school, company or event, contact Victoria at education@twrcwildlifecenter.org for pricing. You'll get to meet Iris, the screech owl and Beatrix, the opossum along with our box turtles. It's fun and educational, too.

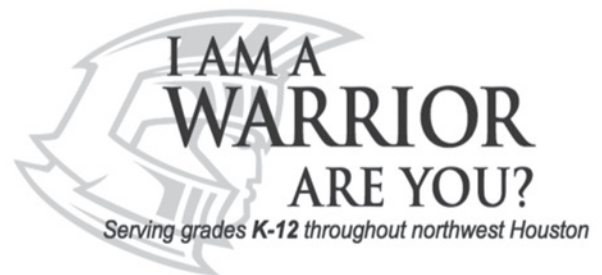
For more information about TWRC Wildlife Center, check out our website at www.twrcwildlifecenter.org and be sure to like us on Facebook.

**GO GREEN
GO PAPERLESS**



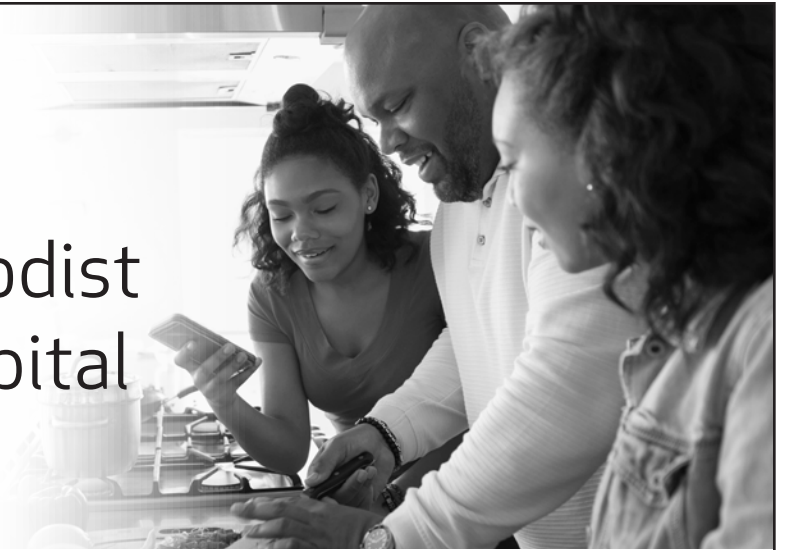
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NORTHLAKE FOREST

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Hanging of the Green
Service: Sunday Dec. 2
10:45 am

Wednesdays:

Dinner: 6:00pm
Prayer & Bible Study: 6:30pm

Christmas Music Service:
Sunday Dec. 16 10:45 am

Thursdays:

Men's coffee &
Life Focus: 9-10:00am

Christmas Eve Service:
Monday Dec. 24 5:00 pm

1st & 3rd Fridays:

Ladies Fellowship 10:00 am

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Peel, Inc. - Kids Club

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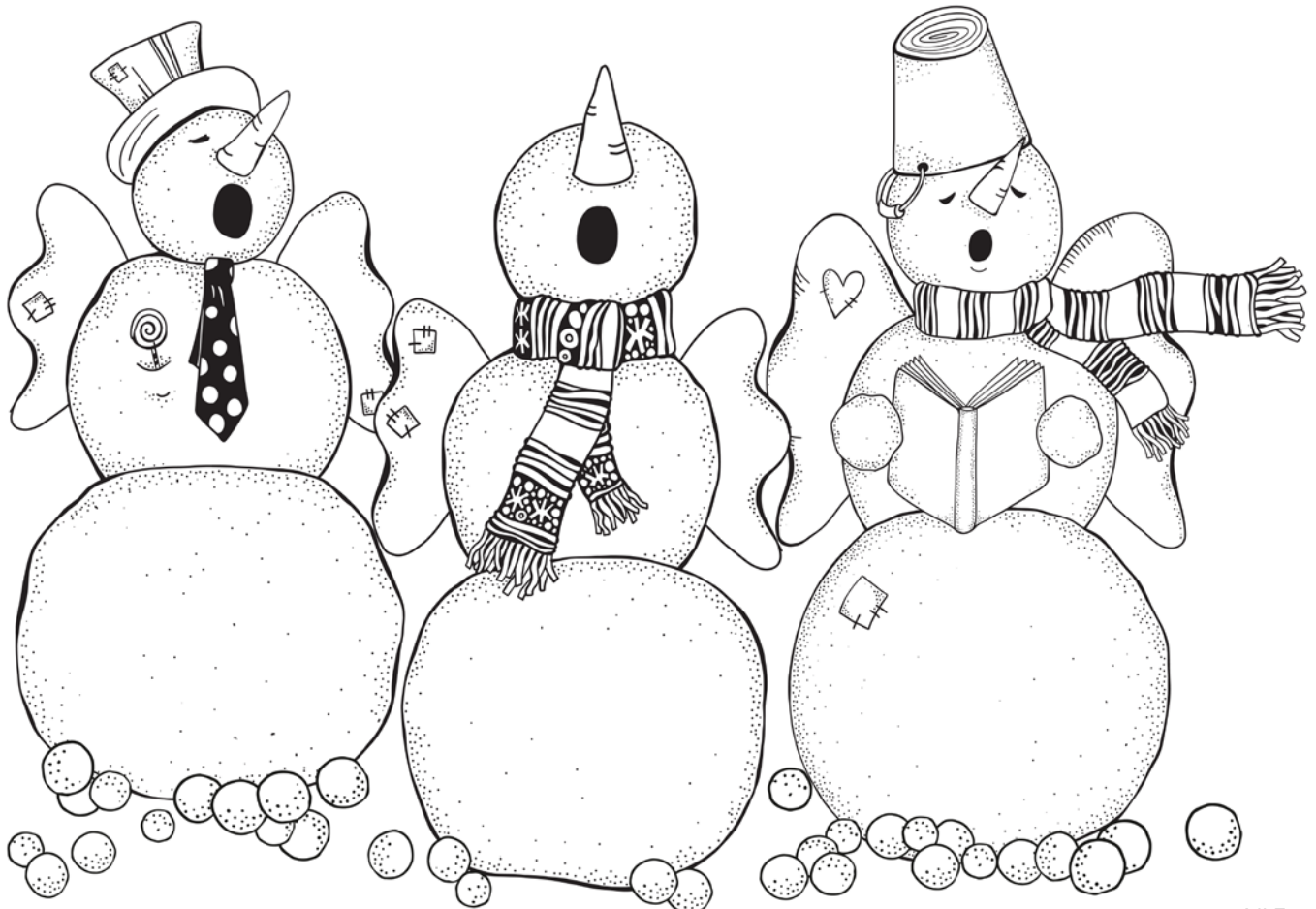
We will select the top few and post their artwork on our website at www.peelinc.com/index.php/kids-club

DUE: December 31st, 2018

Be sure to include the following so we can let you know!

Name (first name, last initial): _____ Age: _____

HAPPY HOLIDAYS



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