

NORMANDY FOREST

December 2018

Official Publication of the Normandy Forest Homeowners Association

Volume 7, Issue 12

SHIELD BEARER ANNOUNCES 2018 CELEBRATION OF HOPE AWARD WINNERS

Shield Bearer honored the 2018 Celebration of Hope Award Winners at the Celebration of Hope Dinner and Awards Banquet on October 23 at Bammel Church of Christ in Houston. The “western chic” themed event was sponsored by Kintegrity Development Solutions, Allstate Insurance – Odis Mack, WINGS Ministries, Lindsay’s Light, MK Events, and Fox Focus Photography. Winners included:

- Business Partner of the Year - Chuy's Vintage Park
- Ministry Partner of the Year – KSBj 89.3
- Organization Partner of the Year – 100+ Women Who Care-CyFair
- Church Partner of the Year – Conroe Church of Christ
- Ambassador (Soldier) of the Year – Tammy Hunter

For more information about Shield Bearer, a local nonprofit organization that provides professional counseling, prevention programs, and training, visit shieldbearer.org or contact 281-894-7222.



NORMANDY FOREST

NORMANDY FOREST COMMITTEES

THE ARCHITECTURAL COMMITTEE

Cecil Mixon 832-663-5200

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

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

Lindsey McPherson 713-898-9878

Chaparral Management 281-537-0957

BLOCK CAPTAIN

Sherri Cabrera 512-709-8476

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Lindsey McPherson | Treasurer 713-898-9878

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MUD #28 Meet 4th Tuesday of the Month @ 6:30pm

Hayes Utility South (Water & Sewer) 281-353-9756

Trash | Republic Waste 281-446-2030

Heavy Trash 2nd Friday of the Month

Fire Department | Spring VFD 281-355-1266

County Commissioner | Jack Cagle 713-755-6444

Constable 281-376-3472

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



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DOES COLD WEATHER CAUSE COLDS?: HEALTH MYTHS YOU MAY HAVE HEARD AROUND THE HOLIDAYS

By Athena Hessong



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.



CLASSIC SWEET POTATO CASSEROLE

From Jamie Silva and ASassySpoon.com

INGREDIENTS

- 6-8 medium sweet potatoes peeled and cut into 1-inch cubes
- 1/2 cup cold water*
- 3/4 cup light brown sugar packed
- 4 tablespoons unsalted butter (half of one stick or 1/4 cup) softened (sub for vegan butter to make dairy-free)
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg
- pinch of salt
- 1/2 cup pecans (or walnuts) chopped, divided (optional, omit if you have a nut allergy or only using marshmallows)
- 2 cups mini marshmallows optional (or sub for vegan marshmallows)

INSTRUCTIONS

1. Preheat oven to 375 degrees F. Spray a casserole dish or deep baking dish with cooking spray. Set aside.
2. Place the sweet potatoes in a pot with the cold water. (I PROMISE 1/2 cup of cold water is enough water to steam sweet potatoes. There is no need to cover all of the sweet potatoes in water. TRUST ME.)
3. Bring to a boil then cover and reduce heat. The sweet potatoes will become tender with the steam. Simmer for 15 minutes or until sweet potatoes are tender enough to mash. Drain. Let cool slightly.
4. Transfer tender sweet potatoes to a large bowl. Mash sweet potato mixture with a potato masher. Add brown sugar, butter, vanilla extract, cinnamon, nutmeg, salt, and 1/4 cup of pecans (save the rest for later). Mix until all is well combined.
5. Add the sweet potato mixture evenly into the casserole dish. Top with remaining pecans and mini marshmallows.** Bake for 15-20 minutes or until marshmallows are toasted. Remove from oven. Serve and enjoy!



MAKE AHEAD TIP

You can make the sweet potato mixture 1 day in advance, place it in a baking dish, cover the top with foil then refrigerate until the next day. Before serving, bring sweet potato mixture to room temperature, top with pecans/marshmallows then place in the oven to bake for 15-20 minutes at 375 degrees F.

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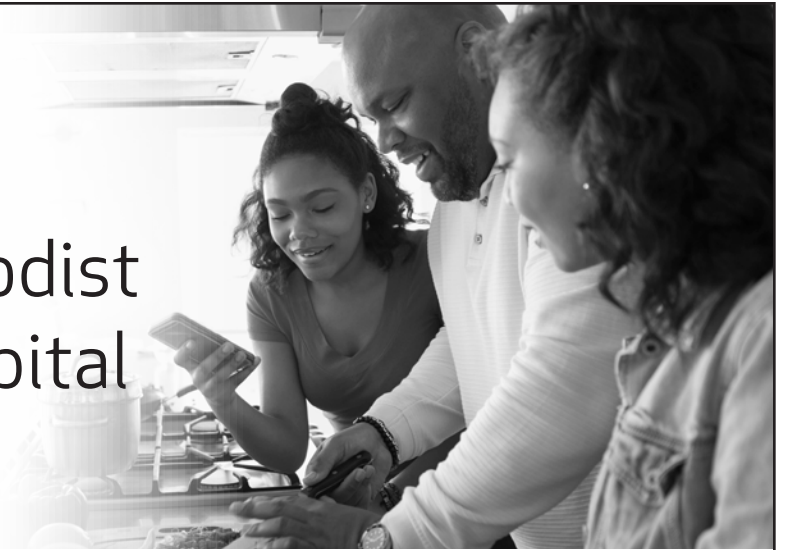
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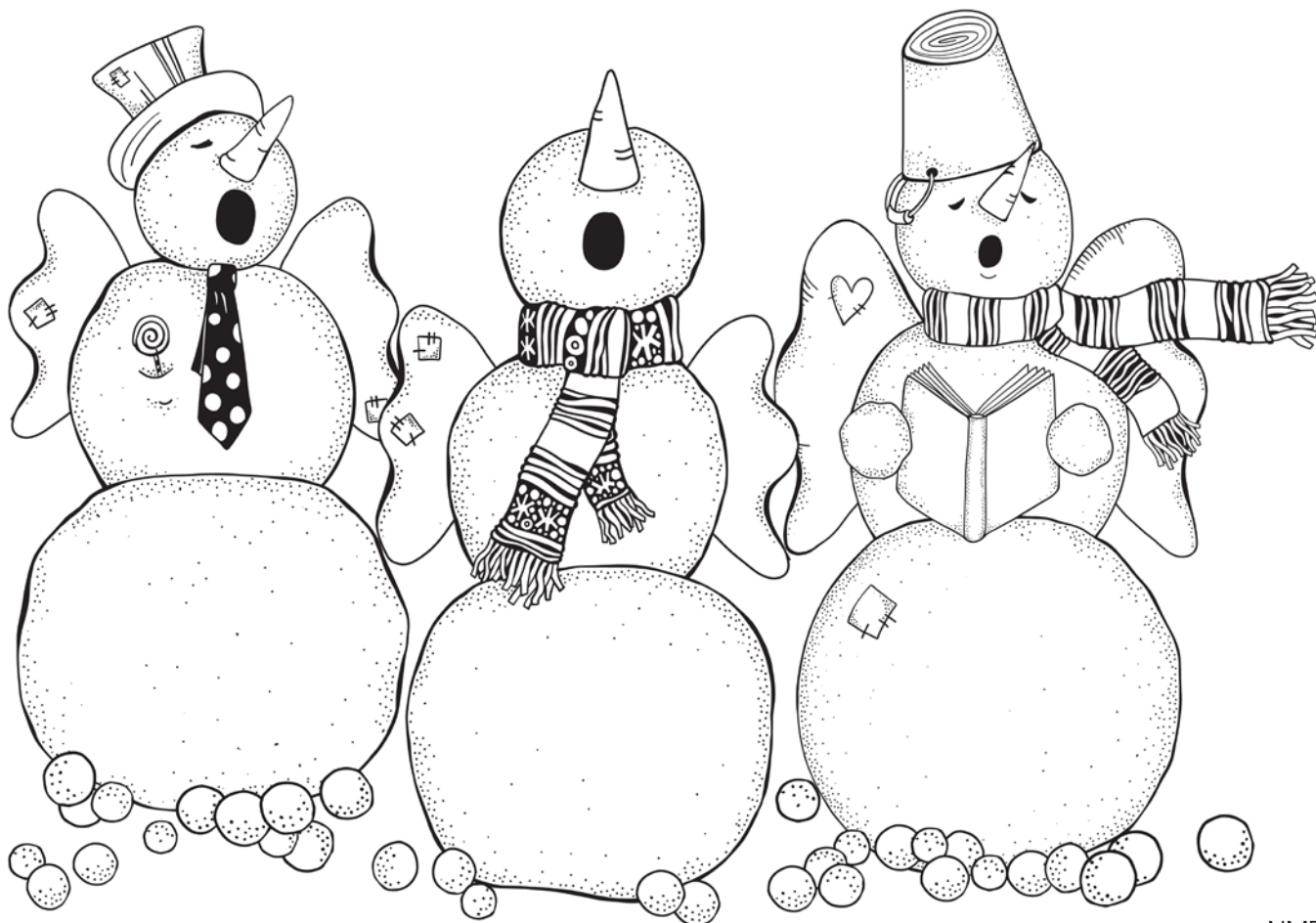
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