



March 2020

Official HOA Newsletter for Lakeshore

Volume 6 , Issue 3

RIDICULOUSLY CLEVER HOUSEHOLD HINTS

- The simplest way to slice a bunch of cherry tomatoes is to sandwich them between two plastic lids and run a long knife through all of them at once!

- Keep brown sugar soft by storing with a couple of marshmallows

- Install a regular coat rack low down the wall to store shoes safely off the floor

- Organize jewelry on a corkboard for easy viewing when deciding how to accessorize an outfit

- Fill an old wooden box with skewers to make an all-purpose knife block

- Remove pet hair from furniture and carpets with a squeegee.

- Cover paint trays with aluminum foil to make cleaning up afterwards a breeze.

- Flip the toaster on its side to make grilled cheese.

- Use a large muffin tin to cook stuffed peppers in the oven - it will help keep them upright.

- To prevent potatoes from budding, add an apple to the bag.

- Add half a teaspoon of baking soda to the water when hard-boiling eggs to make the shells incredibly easy to peel off.

- Use non-stick cooking spray in votive holders to prevent wax from sticking to the sides

- WD-40 can be used to remove crayon marks from any surface!

- When hanging a picture frame, put a dab of toothpaste on the frame where you need the nails to be. Then simply press against the wall to leave marks (which can later be wiped) as guides for hammering in the nails.

- Sprinkle salt in the spaces between patio slabs and at the bottom of walls to get rid of pesky weeds (but be careful NOT to get salt near plants you want to keep as salt will kill them!)

- To clean a wooden chopping board, sprinkle on a handful of Kosher salt and rub with half a lemon. Rinse with clean

water and dry to ensure it is clean and germ-free. You can use the same lemon and salt to clean brass.

- Use ice-cubes to lift out indentations made by furniture on your carpets.

- Prevent soil from escaping through the holes in the base of flowerpots by lining them with coffee filters

- To sharpen scissors, simply cut through sandpaper.

- Rub a walnut on damaged wood furniture to cover up dings.

- To prevent your eyes watering while chopping onions, wipe the chopping board with white vinegar (which won't affect the taste of the onions.)

- Drop a couple of denture cleaning tablets into the toilet bowl at night to clean stubborn stains.

- Use a can opener to open those annoying blister packs and avoid cutting yourself.

- Use a cut potato to easily remove a broken light bulb.

- Use chalk to remove grease stains from clothes. Simply rub chalk on the stained area and wash as normal. The chalk will absorb the grease and be washed away in the cycle.

- Freeze grapes to chill white wine without watering it down.

- Use a rubber band to rescue a stripped screw.

- Wrap rubber bands around the ends of a coat hanger to prevent dresses from falling off.



THE LAKESHORE REPORT

IMPORTANT NUMBERS

LAKESHORE COMMUNITY ASSOCIATION BOARD OF DIRECTORS CREST MANAGEMENT CO.

Community Manager

.....CJ@crest-management.com
.....281-945-4655

Assistant Community Manager

.....Marissa@crest-management.com
.....281-945-4623

Community Accountant

.....Cheryl@crest-management.com
.....281-945-4652

Exterior Modifications & Inspections

.....marissa@crest-management.com

On-site Property Manager

.....brittani@crest-management.com
.....281-458-3345

EMERGENCY INFORMATION FIRE, MEDICAL OR LIFE THREATENING

Emergency

.....9-1-1
Constable Dispatch.....281-376-3472
Humble ISD Police (Schools).....281-641-7900
Harris County Animal Control.....281-999-3191
Texas Poison Control Center.....800-222-1222

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.....www.humble.k12.tx.us
Lakeshore Elementary.....281-641-3500
Woodcreek Middle School.....281-641-5200
Summer Creek High School.....281-641-5400

NEWSLETTER

Peel, Inc.....888-687-6444
Article Submission:.....brittani@crest-management.com
Advertising.....advertising@peelinc.com

COMMITTEE INFORMATION

Community Watch

.....lakeshore-ca@sbcglobal.net

Garage Sales

.....lakeshore-ca@sbcglobal.net

Landscape Committee

Elna Ermel:.....ronelna@comcast.net

Pool Committee

John Criswell:.....john.criswell@outlook.com

Social Committee

Elna Ermel:.....ronelna@comcast.net

To volunteer, please email lakeshore-ca@sbcglobal.net

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Social Committee

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To volunteer, please email lakeshore-ca@sbcglobal.net

LAKESHORE CLUBHOUSE

281-458-3345

ONSITE MANAGER HOURS

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A Focus on Influenza: What You Should Know About the Flu

By Concentra Urgent Care

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccination each year. Every year in the United States, on average:

- 5% to 20% of the population gets the flu
- More than 200,000 people are hospitalized from flu complications
- About 36,000 people die from flu

Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

Complications of flu

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

How flu spreads

Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then

touching their mouth or nose. Apparently healthy adults may be able to infect others beginning one day before symptoms develop and up to five days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

Key facts about seasonal flu vaccine

The single best way to protect against the flu is to get vaccinated each year. There are two types of vaccines:

The “flu shot”: an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.

The nasal-spray flu vaccine: a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for “Live Attenuated Influenza Vaccine”). LAIV is approved for use in healthy people two to 49 years of age who are not pregnant. The viruses in the vaccine change each year based on international surveillance and scientists’ estimations about which types and strains of viruses will

(Continued on Page 4)



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THE LAKESHORE REPORT

(Continued from Page 3)

circulate in a given year. About two weeks after vaccination, enough antibodies build up to provide protection against the influenza virus.

Symptoms of the flu

- Fever (usually high)
- Headache
- Fatigue (can be extreme)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Diarrhea and vomiting (more common among children than adults)

Having these symptoms does not always mean that you have the flu. Many different illnesses, including the common cold, can have similar symptoms.

Diagnosing the flu

It is very difficult to distinguish the flu from other infections on the basis of symptoms alone. A doctor's exam may be needed to tell whether you have developed the flu or a complication of the flu. There are tests that can determine if you have the flu as long as you are tested within the first two or three days of illness.

If you develop flu-like symptoms and are concerned about your illness, especially if you are at high risk for complications of the flu, you should consult your health care provider. Those at high risk for complications include people 65 years or older, people with chronic medical conditions, pregnant women, and young children.

Good health habits for flu prevention

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your mouth when you cough and washing your hands often can help prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent the flu.

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your mouth and nose when you cough or sneeze.
- Clean your hands.
- Avoid touching your eyes, nose or mouth due to the spread of germs.
- Practice other good health habits:
 - Get plenty of sleep
 - Be physically active
 - Manage your stress
 - Drink plenty of fluids
 - Eat nutritious food

A poster for Easter Joy Lutheran Church. The background is a grayscale image of a cloudy sky. At the top, three white crosses are arranged in a triangular pattern. Below them, the word "EASTER" is written in large, white, serif capital letters, enclosed in a white rectangular border. Underneath "EASTER", the word "Joy" is written in a large, white, cursive script. Below "Joy", the words "CELEBRATE WITH" are written in a smaller, white, sans-serif font. At the bottom, there are two columns of text. The left column says "GOOD FRIDAY APRIL 10 SERVICES @ 12PM & 7PM". The right column says "EASTER SUNDAY APRIL 12 8AM & 1030AM EGG HUNT @ 915AM". At the very bottom, centered, is the text "JOY LUTHERAN 14450 WOODSON PARK DRIVE HOUSTON, TX 77044 832.850.5070 JOYFORYOU.ORG".

+++

EASTER

CELEBRATE WITH *Joy*

GOOD FRIDAY
APRIL 10
SERVICES @
12PM & 7PM

EASTER SUNDAY
APRIL 12
8AM & 1030AM
EGG HUNT @ 915AM

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A FEW DAYS IN THE LIFE OF A HOME HANDYMAN

by: Gordon R. Watson

DRIPPING FAUCETS

Vacationing at my mother-in-law's home always means doing some repair work. I like keeping busy, and there are generally some things needing attention. One of the recent issues there was a dripping kitchen faucet. Drips are really a thing of the past for most faucets. Happily, ceramic has replace rubber as the seal, so most faucet manufacturers have a lifetime warranty of one sort or another. I gave her my standard verbal disclaimer (that her home's piping is old and something might break and require a real plumber). So far, I have never had to resort to calling one (knock on wood). I turned off the main water supply outside because her 1950's home doesn't have shut off valves (called stops in the trade) beneath the kitchen sink. Outside, after digging a hole in a flower planter to find the shut off valve, I gently advised her not to bury the main shut off valve because it wasn't designed to be buried, and it might be difficult to find quickly. In the kitchen again, fully expecting the old style rubber washers, I removed the kitchen faucet handle, protected the shiny chrome with masking tape, applied a wrench, and removed the faucet stem. To my surprise, the sink faucet did have new-style ceramic style seals. The problem, it turned out, was that debris, probably from her home's aging and rusting (50+ year old) galvanized pipes, had stuck in the ceramic cartridge, causing the seal to be incomplete. Fortunately, once I cleaned the debris out, the drip went away. I love it when I don't have to buy parts for a repair. The fact that the old piping is obviously corroding and slowly failing is another story for another time. Replacing that piping almost certainly will require a real plumber. Sometime I might mention to her that it might be a good idea to replace the old pipe on her schedule rather than the pipe's schedule.

CORROSION

Her home also has a clothesline (not all that common these days) which had all but fallen over. The old clothesline was the old style with two "crosses" each cross with a two-inch galvanized pipe stuck in concrete (with five ropes for holding the clothes). Over time, these pipes rusted away. The funny thing is that the pipes really only rusted in one place: about two inches above the ground and two inches below the ground. The remaining pipe was in near-perfect condition. Even the pipes buried twenty-four inches in the ground were near-perfect! My point in mentioning this is that this corrosion is caused by moisture and oxygen. While we will likely never have a clothesline, the principle applies to all materials such as iron and wood placed in the ground and prone to rust or wood rot. While there is little we can do about oxygen, to the degree



feasible, we should try to keep water away from anything placed in the ground. Better yet, when feasible, avoid putting anything which can rust or rot directly in the ground.

STUD FINDERS

Over the years, I have owned at least three electronic stud finders. These are the devices that are supposed to locate the wooden or metal studs behind the sheet rock. My history with them hasn't been trouble-free. My last one worked fairly well for a few years, but it recently proudly advised me that the closet wall I wanted to attach a shelf to, had no studs. I now have three "broken" stud finders in my tool box. I promise to properly dispose of them soon. Fortunately, while doing some work at my son and daughter-in-law's home, I found (in my son's tool chest) a non-electric, entirely rare earth magnet-type "stud finder" that works so well that I don't think I will ever go back to the electronic type. It is made by C.H. Hanson. Of course, it only indirectly finds the stud. It finds the nails or screws holding the sheet rock to the stud. At about \$10, it is a bargain. I just bought one for myself, and believe it may be the last I ever have to buy (unless I lose it, of course). Hint: Once a stud is found, you can apply painter's tape (masking) tape (not too tight or you may strip away the paint) to the stud location, or you can place another magnet on the nail location as a marker.

THE LAKESHORE REPORT

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THE RECIPE BOX

From: The Mayo Clinic Diet

FRESH PUTTANESCA WITH BROWN RICE

This recipe is a little labor intensive with all of the chopping, but well worth the effort. It may also be served over toasted garlic bread.

- 4 c. plum tomatoes
- 1 T. olive oil
- 4 whole Kalamata olives, pitted ¼ c. fresh basil
- 4 whole green olives, pitted
- 1 T. parsley
- 1 ½ T. capers
- 1/8 t. red pepper flakes
- 1 T. garlic, minced
- 3 c. brown rice, cooked

1. In a large bowl, combine the tomatoes, olives, capers, garlic and oil.
2. Add basil, parsley and red pepper flakes, stirring to combine.
3. Serve over hot cooked rice or toasted garlic bread.

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