

Hey fellow CPNA'ers,

PUT THIS on your calendar. The 9th Annual CPNA meeting will be on September 26 at the Richardson Women's Club. More details to follow as we get closer to the date.

CPNA is seeking volunteers to become the next president or secretary or treasurer or board member. The CPNA is 9 years old and we have only had two presidents. Our secretary has been doing the job for almost 10 years. Please consider being involved with CPNA. The biggest reward is the self-satisfaction of knowing that you helped improve Crowley Park Neighborhood. Step up and get involved. If you want more information to call me at 972-238-7254. Don't be shy - come to a board meeting. There are many benefits to being on the board or an officer of CPNA. One, you can get to know our Mayor Paul Voelker and our Councilman Mark Solomon on a first name basis. Two, you get invited to certain VIP functions at city hall. Three, you will notice a special feeling of patriotism by being involved. Four, you can fight city hall and they know who you are. There are others, but space is too short to add all of the many benefits.

Did you notice all the American Flags in the front yards in the neighborhood during the Memorial Day weekend? If you want a flag in your front yard to go to the following website www.richardsonflags.org The Richardson Rotary and the Girl Scouts take care of putting out the flags and then picking them up. This is a great way to support the Girls Scouts and Richardson Rotary and also show the American Flag. It would very impressive if half the homes in Crowley Park had a flag in the front yard.

Have you noticed the new trees? CPNA is still accepting donations for trees to shade the park and sidewalk. For a \$200 donation, the city will plant a tree at Crowley Park. No need to worry about running out of space for a tree, we have plenty of room in the park and think of all the shade we will have!

Finally, stay cool and get out and enjoy the summer.

From your esteemed Grand Poobah and President of the Crowley Park Neighborhood Association.

Terry Ziegler

P.S. What goes ninety-nine thumps? A centipede with a wooden leg

Are you a member? August starts our 2017-18 membership drive!



Sign up as a first time member or renew your membership early!

Upcoming Events

CPNA Board Meeting | August 7th

Crime Watch Meeting | August 16th

9th Annual CPNA Meeting | September 26th



More Info | crowleypark.com/calendar

LOVE OUR TREES

BY: NANCY CROWE

Well, here we are starting another HOT summer in North Texas! This is the time of year when we REALLY value that shade to park our cars under and walk under. This leads me to how wonderful our new trees will be in coming years to provide shade at Crowley Park along the trail - thanks to Shade the Trail and our wonderful residents who have contributed to every tree planted!! We are so fortunate to live in this community with a lot of mature trees compared to new developments in Murphy, Wylie, and Frisco (to name a few) where there are ZERO mature trees and ZERO shade. That being said, we need to be good stewards on our individual properties and consider that when we lose a tree, we might want to consider replacing that tree with another one. Just like we are replacing trees in the park that are lost to lightning strikes or old age, we need to know that each tree in our individual yards is valuable to us personally and the community as a whole.

To provide some ideas on types of trees to replant, consider the following Texas Natives from the approved list on the City of Richardson website:

CANOPY TREES

large trees that provide wonderful shade, these are what are being planted at Crowley Park as part of the Shade the Trail program: Burr Oak, Shumard Red Oak, Chinquapin Oak, Cedar Elm, and Maple "October Glory".

ORNAMENTAL TREES

smaller trees, colorful, don't provide as much shade: Red Bud, Purple Plum, Rose of Sharon, Crape Myrtle (please don't perform "Crape Murder" and whack them off!), and Rough-Leaf Dogwood

Crowley Park and our neighborhood have matured and grown along with the trees that were planted here decades ago. With all the concrete and building in our area, when I turn into our neighborhood and drive past the park and down the neighborhood streets, I breathe a sigh of relief and feel that I have entered a peaceful place very unlike pulling out onto Jupiter, Renner, or Hwy 190.

We should all be proud of creating that feeling whether we have donated a tree to Shade the Trail or planted a new tree in our own yard. Keep planting those new trees so that decades from now Crowley Park will still be the envy of Richardson!!

visit crowleypark.com
and donate a tree today!

Crowley Park Shade the Trail Donor List



The following Crowley Park Residents have donated \$200 to purchase a tree:

Donor	Dedicated To:		
Kambiz Afkhami	Cameron Afkhami	Andrea McLaughlin	Jannelle & Vincent McLaughlin Bohon
Kambiz Afkhami	Michelle Afkhami	Lewis Rigdon	Cynthia Rigdon
Shahid Akhtar	Sabiha Waheed	Lonnie & Karen Rush	Disabled American Veterans
Shahid Akhtar	Shahid Akhtar	Bill Simpler	Sofia Skoblionok
Shahid Akhtar	Sadia Ashraf	Sabrina Skoblionok	Monte R. Srygley
John & Sue Bahr	Wilfred Bahr & James Pelz	Patsy Srygley	
Larry Bailey	Boyce and Kay Bailey	Heather and Seth Stevens	Wall Family
Mary Jane Bearden	Donald Eugene Bearden, Sr.	Bert and Ruth Wall	
Susanna Berry	Fred Berry	Eric and Terry Willenbrock	Creed Houser
Rick & Teri Brooks	Dick and Dot Brooks	Eric and Terry Willenbrock	Dorothy Charlene Elberson Williams
Frances, Stuart & Jackie Campbell	Ben Campbell	Steven and Penny Williams	Judy Neslage
Eric Chen	Chia Yang and Yu Ying Chen	Jean Wright	
Andrew Chuvarsky	Helen Chuvarsky	Terry Ziegler	
Sharol Clark	Tate Landon Clark		
Kathleen Crowe	William Crowe		
Nancy Crowe & Van Niemela	Dave and Patti Stevens		
Tom and Elaine Dixon			
Todd & Debbie Edel			
Monica Enfield & Evan Quaiife	Leding Bautista	Elena Basurto	Josie Capps
Charles Finch (3)		MaryAnne Coelln	Charles Finch
Charles Finch	Carolyn Finch	Fulchu Li	Sandy and David Maher-Smith
Jerri Garison	"Buz" Stuart	Donna Newton	Tanya Nguyen
Tom and Elaine Gibson	My Family at COR HR	Phil Nordquist	Roy and Beverly Ridley
Glenda and Dennis Jenkins	Micah N. Jenkins	Naomi and Joe Steede	D Max Waitfield
Dan Johnson	Todd and Alison Ayrea	Tsu Ching Liu and Peggy Wang	Shana and Mike Wiessing
Chuck and Joan Johnson		Clifford and Jean Wright	
Bob and Mary Ann Johnston			
Bill and Leslie Kinder	Kent and Betty Koehler		
Kent and Betty Koehler			
Fulchu Li			
Lynne Lofgren			
Rockie and Tim Marvel	Herta and Leonard White		
Phyllis and Alan McKinzie	Matt and Cammy Gaston		
Dolan & Marilyn McKnight			
Dot and Dennis Pitts			

The following Crowley Park Residents have donated \$20-199 toward the purchase of a tree. Donors listed - no dedicated to.



“SHADE THE TRAIL” DONATION FORM

Donation Date _____

First Name: _____ Last Name: _____

Address: _____

Phone: _____ Email: _____

Payable to: CPNA • Memo: “Shade the Trail” • Mail Checks: PO Box 830114, Richardson, TX 75083

Two Possible Options: _____

1. \$200.00 donations purchases a tree for someone special

Name of special someone: _____

2. Donation of any amount toward the “Shade the Trail” fund to plant trees in the park.

Amount: _____ Check#: _____

ANNUAL MEETING



WHEN: September 26, 2017

WHERE: Richardson's Women's Club
Room: Founders' Hall
2005 N. Cliffe Dr., Richardson, TX

TIME: 6:30 pm

AGENDA EVENTS

- Crowley Park Annual Meeting- Election of Officers

Please consider serving your neighborhood on the CPNA Board in one of the following capacities:

- President
- Vice-President
- Secretary

Send any nominations to Terry Zigler at terryzigler@ziglers.com

SPEAKERS

The following will speak at the meeting:

- Richardson Chief of Police-Jim Spivey
- Asst. Chief of Services Bureau- Coby Pewitt
- Traffic Engineer- Dave Carter
- Special Guest- "Phil-up" Recycle mascot

Each will answer questions at the annual meeting, so please bring any questions for these city officials.



News:

We live in an area that was given a "pass" to transfer our students to different schools, 'Zone 23'. Since our annual meeting discussion with PISD we can now add Stinson Elementary to our list of great schools were allowed to transfer our children to. Stinson is rated highest out of those three with a 10/10 across all sites (using realtor sites and greatschools.com), followed by Aldridge 9/10 and then Mendenhall 6/10. Should you choose Stinson, your children would feed into Otto Middle School (9/10) and Williams High (8/10).

There are some contingencies to transferring your child (which can only be done before the new school year or during Christmas break). There is a \$25 fee per child and bus transportation only through Mendenhall and Aldridge. Additionally, there are some extra rules. The student may not receive excessive absences, disciplinary actions or failing grades, to what extent is up to the principal. For more information and the location to go to pay the transfer fee contact:

Plano ISD Student Administrative Services
5804 Coit Rd., Suite #102, Plano, TX, 75023
469-752-3793 or 469-752-3794

There is currently a short wait-list so if this is of interest you need to hurry.

An additional option is Richardson Classical Academy at the Church of the Nazarene on the corner of Jupiter and Renner.

This is a charter school and many parents here in the neighborhood have lots of great things to say about it!

From the kids:

What is a ghost's favorite ice cream flavor?

Booberry!

Submitted by Nigel, age 10

Hey kids, did you know?

A cloud can weigh more than a million pounds!

Find us on Facebook: Crowley Park Kids

News from the City of Richardson

DID YOU KNOW?

THE CITY OF RICHARDSON

plans to install sidewalks at the north end of the park. These sidewalks would allow better access for the playground and pavilion serving the north end of the park. Due to concrete contractor issues, this project has been delayed; however, the city plans to develop and install the new sidewalks this summer.

PHOTO ORGANIZING SOLUTIONS

New Services Available.!

Sip and Sort Workshop

Photo Club Workshop

Travel Album Concierge Service

Have that memory book done before you return home!

Time for summer vacations, kids camp, trips to Grandma and trips to the beach!

The City of Richardson currently has 67 neighborhoods. Each neighborhood now has a Homeowner's Association or a Neighborhood Association; the distinction being an HOA is a mandatory association and normally comes with significant authority and large a monthly expense to the homeowner. Whereas an NA is optional and normally has a modest cost of membership. Crowley Park was one of only two or three neighborhoods in the entire City without either an HOA or an NA to coordinate with the city on behalf of the neighborhood.

In either case, it is the accepted HOA or the NA that is the neighborhood's official representation to the City of Richardson and it is principally through them that requests for improvements, inclusion in bond issues and coordination with city events and activities develop. Even so, it obviously does not preclude any citizen from communicating with the city and city departments in any appropriate manner.

It occurred to a group of neighbors in Crowley Park that there were little if any of the features and improvements happening in Crowley Park unlike what was occurring in many other neighborhoods. It was learned that this was because essentially no official organization existed to represent our neighborhood.

The City's Community Services Department that interfaces with the HOAs and NAs agreed to host a meeting at City Hall on March 31, 2010 and they invited everyone on a list of Crowley Park citizens with whom the City had a known previous contact.

At that meeting, a Committee was formed to determine a course of action to create an entity to officially represent Crowley Park. There was no one on the Committee with any desire to attempt to form a Homeowner's Association and we set about to create instead an inexpensive Crowley Park Neighborhood Association (CPNA) that would be able to overcome our lack of representation.

Without going into detail, CPNA has been very successful in achieving many of its objectives, and much more. It is doing so with all volunteer support and for a very moderate membership fee of **only \$25 per household per year**. Because CPNA desires to be inclusive, voluntary and inexpensive, it is vitally important for as many neighbors as possible to join the organization to make our voice even stronger. In addition to just joining CPNA, volunteers are needed for regular participation in the association's activities. This will insure continuity within the organization as our membership changes.

Please join and volunteer to do your part for Crowley Park to continue to be the crown jewel of Richardson. Thank you in advance for joining to be part of an even greater neighborhood!

Bill Kinder
Vice President
Crowley Park Neighborhood Association



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Membership Drive -2017-2018

The crown jewel of Richardson! Yes, that's the description of our Crowley Park Neighborhood from former president, Bill Kinder. And the way to continue such an accolade is to consider joining for the first time or continuing your membership in this great neighborhood association.

The 2017-2018 CPNA membership drive will be conducted August 1 thru August 31, 2017. Every family joining or renewing a membership during August will be entered into a drawing for great prizes at the annual meeting on Tuesday, September 26, 2017, at Richardson Woman's Club Founders Hall located at 2005 North Cliffe Dr., Richardson, Texas.

Dues are \$25 for a family each year and helps cover the cost for various yearly events:

Trash Bash, Spring Mixer, International Potluck, Salute to Veterans, Ice Cream Social, Fall Festival, and Newsletters.

Prizes include a variety of donated gifts, which include Eisemann theater tickets, dinner vouchers, movie tickets, as well as other great prizes!

August sign-up opportunities include the website with the membership form- pay by PayPal or mail into CPNA P.O. Box 830114, Richardson, TX 75083.

*****SPECIAL SIGN-UP OPPORTUNITIES *****

Credit Card payment is now available

Enjoy a glass of lemonade and conveniently pay CPNA yearly dues on these days at 2407 Blue Cypress Dr.

AUGUST 16, 2017 | 6 PM -8 PM
AUGUST 26, 2017 | 10 AM - 2 PM

THANK YOU FOR JOINING AND SUPPORTING CPNA!



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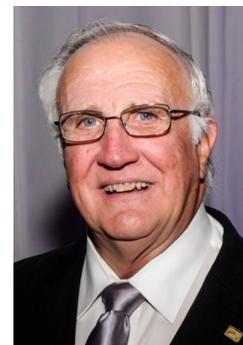
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Welcome Committee Program

CPNA's "Welcome Committee", was formed for the purpose of welcoming new residents into Crowley Park. Welcome Books are filled with information about Crowley Park and the City of Richardson. These books were compiled by the committee and are being distributed to new residents monthly. The Richardson Women's Club has donated a Cookbook to be distributed to new residents.



If you have not received your Welcome Book, FREE blue recyclable bags and Goodie Bag please contact Glenda Jenkins at dlgljenkins@aol.com. Please join us in welcoming our latest new members to our wonderful neighborhood:

WELCOME TO THE NEIGHBORHOOD

Jerome and Mary Sistrunk on Park Garden Place

Mal Diwakar and Kelly on Tulip Drive

Aaron and Sammy Tesfai on Blue Bonnet

Kyle Smith and Alina Yang on Daffodil Drive

Bill and Maria Appell on Aspen Street

Mark Chow and Chris Chow on Honeysuckle Drive



WELCOME TO CROWLEY PARK

★ Richardson Flags ★

Show your patriotism and support your community. Join the flag program in Crowley Park. Get flags in your yard for \$40 per year. Proceeds provide scholarships for RISD Students. Local Girl Scouts and Boy Scouts earn revenue by participating in this program.



\$40 Per Year

Delivery, Setup and Removal for Five Holidays

- Memorial Day
- Flag Day
- Independence Day
- Labor Day
- Veteran's Day

Sign Up Online
RichardsonFlags.org

972-725-7150

info@RichardsonFlags.org



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POLICE • COMMUNITY PARTNERSHIPS

National Night Out, a year-long community building campaign, is designed to:

1. Heighten crime prevention awareness
2. Generate support for, and participation in, local anti-crime programs
3. Strengthen neighborhood spirit and police-community partnerships
4. Send a message to criminals, letting them know that neighborhoods are organized and fighting back.

Along with the traditional outside lights and front porch vigils, most cities and towns celebrate National Night Out with a variety of special citywide and neighborhood events such as block parties, cookouts, parades,

festivals, visits from local officials and law enforcement, safety fairs, and youth events.

Call the Richardson Police Department Crime Prevention Unit at 972-744-4955 for more information about planning a National Night Out block party for your neighborhood. The 2017 NNO will be on October 3, 2017.

Crowley Park has participated in block parties throughout the neighborhood. Photos from the 2016 block parties.



JOIN US National Night Out October 3, 2017



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Non-Smoking Post



- Always practice pool safety
- Stay hydrated and take frequent breaks
- Be aware in parking lots. If you see a child unattended in a vehicle, call 911 immediately
- **Look Before You Lock:** Never leave a child alone in a motor vehicle
- Make a habit of checking your back seat
- When strapping a child into a car seat, leave a reminder like a cell phone or even your left shoe in back with them
- After parking your car, lock it. Children who get inside an unlocked vehicle can become trapped
- Provide shade and plenty of water for pets too

Being more aware of others and your surroundings this summer can save a life!

Let's Get Ready Richardson! Resources, emergency plans, and links are available online from the City of Richardson Office of Emergency Mgmt. at www.cor.net/em or for more information call 972-744-0900.



Crowley Park residents and visitors have expressed their appreciation for the beautiful display of wildflowers around the park this spring. Most weekends, people were snapping family shots while standing in the wildflowers. Professional photographers were meeting clients for pictures in the colorful wildflowers. Neighbors spent more time walking or driving around the park.

Thanks to the city of Richardson and the Richardson Parks department for our beautiful springtime park.

Wildflowers around the park included:
Red Poppies, Pink, White and Purple Larkspur



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latest news

KDC continue to pursue opportunities throughout CityLine, recruiting new restaurants and retail tenants.

Entertainment programming for the summer will include musical events around CityLine Plaza on Thursday, Friday and Saturday evenings. Crowley neighbors are encouraged to come out and enjoy CityLine.

New Single Family Residences

The only single family residences in CityLine are located between the CVS Pharmacy and the Foxcreek Park. There will be 32 homes that feature large open planned spaces with side private courtyards. The homes are from 2676 Sqft with 3 bedrooms, 3.5 baths, starting at \$549,900 to 3227 Sqft. with 4 bedrooms, 4.5 baths, starting at \$655,00.



Calendar Events

SAVE THE DATE: DINE AROUND EVENT

September 7- Watch for more details about an event for dining in CityLine

BABY BOOT CAMP

Mondays & Wednesdays 10 -11 am in the plaza

Baby Boot Camp's most popular stroller fitness class, STROLLFIT, is a 60- minute class format for mom and baby. STROLLFIT classes cater to all fitness levels: pregnant moms, new moms recovering from pregnancy and conditioned moms with one or two stroller-aged children. Cardio drills, strength training exercises and stretching increases overall fitness, and the AB assault at the end of class means you get a total body workout! Plus, your first class is FREE! Classes are held every Monday and Wednesday. Visit babybootcamp.com.

Foxcreek Park

The newest addition to the Richardson park system is being developed in the CityLine area east of Plano Rd. and north of Renner Rd. Phase I of the park is scheduled to be completed in the fall, (Oct.-Nov.) time frame, weather permitting.

Providing ample green space has always been a key component of CityLine, Park amenities include:

- 13 acres of green space for active/passive use
- Looped trails, connecting to citywide hike and bike trail systems
- Playgrounds for 2-5 and 5-12 year olds
- Covered picnic pavilion
- Pedestrian bridge- 75 foot long for pedestrian and bicycle traffic
- Limestone Benches
- Drinking fountain
- Native planting, including canopy trees and ornamental planting beds
- Formalized lawns utilizing native plants to reduce water usage, provide wildlife habitats, and accommodate public programming
- This is a city park, but was developed with KDC (developer) as a partner. The park is the property of the city and will be maintained by the city.



We Have Our Own Plano VA Outpatient Clinic3804 W. 15th St., Plano, TX 75075

972-801-4200

Hours of Operation: 07:30-16:00 M-F (Closed Weekends/Holidays)

*...Call to determine best time to come in and
paperwork needed to register...*

For those that haven't heard, we have our own 10,000 SF community-based VA Outpatient Clinic close to our neighborhood that opened for patients on 31 August 2016. It is the newest facility in the North Texas VA Healthcare System.

Eligibility to utilize the Plano VA Outpatient Clinic IS THAT YOU ARE A VETERAN AND YOU LIVE WITHIN A 15 MILE RADIUS OF THE CLINIC LOCATION. Crowley Park is approximately 7 miles from the clinic.

The clinic currently has five Patient-Aligned Care Teams, and the services provided include primary care, mental health, health coach, tele-health, lab draws, general x-ray, Dietician, social work, chiropractic/dry needle acupuncture, and massage therapy (contract pending). Other imaging services will be provided at the VA-Dallas or community providers as needed. Any lab work required has to be drawn, at the clinic, two days prior to the appointment. Note that the VA uses electronic health records, which will be accessible at the Plano Clinic. Also note that no medications will be filled or dispensed on site. Any prescribed medications will be mailed to you.

The Plano clinic is a Whole Health facility that focuses on increasing quality of life through promotion of healthy/productive lifestyle changes and choices, not just treating a particular illness or issue. The Health Coaches and Dietician conduct a number of classes to assist in increasing Veteran awareness and education in these areas. Current classes include (with more to follow):

- Whole Health Orientation – Introduction to the Whole Health Concept
- Whole Health 9 Week Group-Based Course – Making changes and setting and achieving goals
- Diabetes Education
- MOVE!
- Shared Medical Visits (Includes Pharmacist, Health Coach, Dietician, and Social Worker)

Arthritis and Your Pet

Arthritis is a common disease that affects older dogs and cats. Just as with humans, arthritis is likely to show up in older animals and get worse with age. Arthritis is more likely to occur in larger, overweight dogs, but even smaller breeds and cats can be affected by the disease.

**Common Arthritis Symptoms**

- Difficulty getting up, but then “warming up” and walking better after a period of activity
- Limping
- Reduced activity
- Difficulty jumping
- Reluctance to go for walks
- Behavior changes, aggression

Simple Things Owners Can Do To Help Their Arthritic Pets

- Weight loss! Too much weight puts abnormal stress on joints. This is the singular most important thing you can do for your arthritic pet...and it's free!
- Omega 3 fatty acids (fish oils). They are anti-inflammatory and can help with many problems...arthritis being one.
- Joint support. Glucosamine and Chondroitin Sulfate come in many forms: treats, chewable supplements, even food. Whichever kind your pet will take is the best!

If these common therapies don't help your pet, please see your veterinarian. We have additional therapies such as oral non-steroidal anti-inflammatory, narcotic pain medication and acupuncture to make sure your pet is comfortable for its “Golden Years”.

Think about the last time you were working like it was the day before vacation. It was mid-morning, you've had your two cups of coffee and you were on fire. You go from one web-site to another seamlessly crossing items off of your to-do list. Nothing can slow you down. You think to yourself, self-I deserve a pay raise, sure hope my boss is seeing me in action!

And then it happens, you log into the next site for access to complete one more item and then.... those dreaded words come up on your screen, "YOU HAVE ENTERED AN INVALID LOG-IN OR PASSWORD click below to reset your password or search for user name".... Noooooo! Has this happened to you? Then you try once, twice and the third time if you are wrong you know you will be locked out?



This makes me laugh and a little crazy at the same time. I have become good friends with the administrator from one of the sites I use for work from time to time. I called her this afternoon for a password reset. She nailed it when she said, "you need a password for your passwords". I hope we all laugh, because we have all been there.

How do you control your passwords? I hope you have a plan. If not you could hinder your progress.

Thanks for joining me today. Visit 10SecondsDaily.com

Chair raises | Sit to Stand

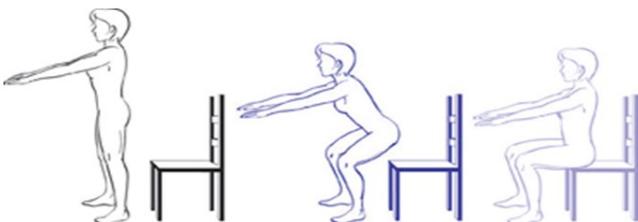
Sit in a chair with an armrest if you prefer.

Position your body as though you are ready to stand. Pull up with your arms in front of you or by your side to a standing position then lower yourself gently back to the chair.

Repeat 10 times in a row for one set. This is a great exercise for your legs too!

Do 2-3 sets of the exercise. Repeat the exercise by crossing your arms in front of your chest and use your legs only.

Caution! If you experience knee pain during the exercise, try pushing straight up using mostly your arms, or stop this exercise.



Edible Flowers Blossoms



All blossoms are lovely to look at, but many are delightful to eat.

Some of the recommended edible flowers are rose petals, pansies, nasturtiums, dianthus, fruit tree blossoms, squash blossoms, and elderberry blossoms.

Suggestions for eating:

- Eat only those that you know are safe and those that have not been sprayed with chemicals.
- Select flowers in the supermarket labeled "edible" or those safely grown in your garden to be eaten.
- Transform any elegant dessert into a grand finale by adding crystallized flowers or petals.

For another special use of edible flowers, place clean, single flowers in individual ice cube trays and freeze. After frozen, place them in freezer storage bags and store in freezer until ready to add to a special drink.

10th Annual Car Show at the Heights

Regardless of whether you're a car buff or are just looking for a good reason to be outside, the Heights Car Show is a great place to go. The show, held at the Heights Baptist Church on the corner of Renner and Hwy 75, celebrated its 10th anniversary this past April.

Organizers decided to hold a pre- 50's through 90's car show with special categories to include Camaros, Mustangs, Corvettes and exotic cars. There were also imports, muscle cars, military vehicles, trucks and other unusual type of vehicles. "We showcase some of the widest range of vehicles in one place of any show in DFW," said show organizer Brian Ratcliff. "Some of the types of cars were Ferraris, Porsches, McLarens, and even a Bentley and a Rolls Royce."

Over the last nine year, the show has displayed 2,423 cars and donated \$47,720 and 6,405 pounds of food to local food pantries. It has also become a family-friendly festival with live music, food vendors and giant Hot Wheels tracks for kids.

Remember to look for information about next year's show around the end of March. You will have an opportunity to donate canned goods, enjoy all the wonderful cars and chat with some of the owners about their cars.



We  




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If you're like me, you enjoy an occasional side salad and can even handle having a gorgeous salad for a main course every now and then. However, over 80% of Americans fail to eat the appropriate amount of leafy greens to keep their bodies healthy and if you have a toddler or young person in the house, it can be even more difficult to make sure they're eating enough spinach or kale from day to day. As a mom of a 2-year-old, a wife to a very active husband, and as an Integrative Nutrition Health Coach, it's my job to make sure I stay on top of our nutrition and I believe I have found an easy, inexpensive, and tasty way to increase our leafy green consumption with no complaints.



But first, why are greens so important for us to eat? They are rich in vitamins, minerals, antioxidants and enzymes all while being very low in calories, fat, and sodium. The antioxidants in greens like spinach, kale, collard greens, romaine and arugula are known to combat cancer. Green leafy vegetables can also help with magnesium deficiency which plagues the majority of all Americans. If you're deficient in magnesium, you may suffer from hormone imbalance, fibromyalgia, heart attack, Type 2 diabetes, anxiety, and the list goes on. Greens like swiss chard and spinach have been shown to protect the central nervous system, reduce inflammation and delay the aging process by protecting our cells. Vitamins like A and C also help to boost our immune systems against bacteria, viruses and environmental toxins which can cause disease and illness. Women of childbearing age are encouraged to have a diet high in leafy greens to increase their folate intake which protects against neural tube defects in the baby. And while doctors often recommend folic acid in a prenatal vitamin, approximately 40% of women's bodies have a challenging time using the synthetic form, thus making it even more important to eat greens on a daily and weekly basis. These are just a few reasons why you want to make sure you're eating the appropriate amount of greens for your age, sex and activity level. More information on your recommended daily value can be found on www.health.gov and www.choosemyplate.gov.

Now to the easy part- increasing spinach, bok choy, arugula, and any other leafy green vegetable you can imagine. Let's start with one of the easiest and tastiest ways to do so. Almost everyone enjoys a fruit smoothie and it's very easy to incorporate your daily dose of greens right inside without even tasting them.

Here's the recipe we use at home:

Super Smoothie Recipe

1 cup milk or milk alternative (we use almond milk or pea protein milk)

1 cup frozen berries (like organic blueberries)

1 cup organic spinach (or your choice of leafy green)

1 banana

½ avocado

1 scoop of your favorite protein powder (Sun Warrior brand, less for children)

Other ways to mix it up: cinnamon, dates, flax seeds, almond butter, etc.

Blend all ingredients in your blender until smooth. Increase the liquid content based on your preference.

Now smoothies are the given in how to incorporate more leafy green vegetables into your diet. The challenge came when I tried to do so in various recipes, but my toddler would still notice they were in there and would either try to chew it, with little success, or work her way around each and every piece until she successfully left behind every bit of spinach on her plate. The revelation came to me one day when I was trying to get her to eat some chicken. She doesn't like to eat anything that takes too much work to chew and so I threw her chicken into the food processor until it was so small that I could mix it into anything without her noticing. If I could do that with chicken, then I could do that with spinach! And so I did.

Any time I made her a sandwich, I used to try and sneak in some spinach along with her other favorite toppings: avocado, bacon, mayonnaise, mustard, turkey and sometimes cheese. Like before, she would see the big leafy foliage peeking out from the rest and would be quick to remove each leaf. Then I remembered the chopping success I had with chicken and so I had her help me grab handfuls of our super greens and place them in the food processor. I allowed her to hit the "chop" button repeatedly until every piece was as small as could be. She watched as I spread these tiny green pieces onto her sandwich and mix them in with the smashed avocado. We reassembled her sandwich and she ate it all! *Continued on next page...*

The dashboard picture is what I saw when I got into my car after a long day of school in-service. Seriously? 116 degrees?



It is a little crazy, but, truthfully, I don't mind these insanely-hot summer Texas days. Back in 1985 when I arrived in Texas (I grew up in Pennsylvania, and I got here as fast as I could), I was so blown away by the lovely weather that I didn't wear a coat for an entire year! Now that I've been here over 30 years, I guess my blood has thinned. I get cold when it's 70 degrees, and when I jumped into my 116-degree car, I didn't even break a sweat. I'm totally on board with trading the heat of June, July and August for the pleasantness of September through May. There's not even a shovel in our house.... Whoop!

I could have gotten all cranky about my hot car, but I thought to myself, "This morning I crawled out of a luscious, comfortable bed after a lovely night's sleep. I have 3 pillows!! There is a button I can push, and a machine creates a nice cool indoor environment that nightly aides said sleep. M amazing hubby, who was already taking care of some household chores to make life more pleasant for me, greeted me. Then, I walked out to our fully-equipped kitchen and pushed a button and got a glass of cold water to take some health-inducing pills. Over to another button and I was blessed with a hot cup of coffee, to which I was able to add a sizable portion of real cream. It was a cup of deliciousness. Then I went to my bathroom where I turned a nob and got wonderfully hot water so I could become all sparkly and clean. I walked into a closet to pick out something to wear from an insane number of choices. My car took me to work -- yes, I have a full-time job that provides money for our many needs and wants.



I get the privilege of teaching and shaping the minds of today's youth. I hope and pray that the Lord will give me the grace to teach the awesome subject of mathematics effectively, and perhaps open the door to share some insightful life lessons at the same time. After the school day, I enjoyed a wonderful dinner with my great hubby, and then relaxed while watching baseball on a big screen TV." All of these joys encourage my heart each day.

I have had the awesome privilege, during my adult years, to travel to numerous countries throughout the world. Back in 2004, one of my many international trips was to the city of Goma, DR Congo. The city was teeming with people, many who had fled the genocide of Rwanda to refugee camps in the DRC. One of the mental pictures that sticks with me is that of the daily trek, sometimes several miles, that hundreds (probably thousands) of people made each day to the city lake. (The picture is only a fraction of the numbers of people I saw each day going to the lake.) They carried plastic containers and filled them with water – just enough for the day's activities. It was heartbreaking to watch these folks make that tedious journey, carrying those heavy yellow containers, holding the barest of sustenance – just a daily supply. This is how much of the world lives out each day.

So, I just want to say: I'm incredibly blessed -- 116 degrees blessed.

Super Greens Continued...

I've repeated this "experiment" several times now and she's eaten everything on her sandwich every single time. One of my favorite things about this method (processing your greens until they are small) is that even to me, a full cup of greens by themselves can look overwhelming, but after placing them in the food processor, the volume is much smaller and always seems easy to add to almost any dish. I've done so now in our scrambled eggs, spaghetti, casseroles, you name it. Another benefit is that processing the leaves in a food processor before eating them has already helped in the digestion of your food. You no longer need to chew and chew and chew to get your greens into a manageable size before swallowing. This is not to say that I won't keep trying salads for my little girl or that I've given up on having a salad for myself, but this method of incorporating greens has increased our weekly intake successfully and I know you can have similar success if you give it a try.

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