

Hey All CPNA'ers,

Spring is upon us. Noticing some of the wild flowers starting to bloom in the park? Everything in the park is alive. Take time to get out in the park to enjoy the colors of spring because in a few short weeks the blooms will disappear and the summer will be upon us.

CPNA hosted a spring fling at Chachote's on March 15. Everyone enjoyed the conversations and meeting new friends. Mayor Paul Voelker took some time from his busy schedule to say a few words. Everyone had a good time.

Saturday April 21 at 4:00PM is the CPNA International Food Festival. This event has been one of the best-attended events that CPNA has hosted. So fix a dish that is special to you and bring it to the North Pavilion on Saturday April 21 at 4:00PM. Then you can enjoy some tasty foods from around the world. You will probably meet some new friends that you never knew you had.

This year CPNA is having a 4th of July parade on July 4th. The parade will start at the duck pond at 9:00am, wind through the neighborhood and finish at the North Pavilion with popsicles to enjoy. So everybody put on your red, white and blue. Decorate your bicycle, your lawn mower, your pet aardvark ,or your mother-in-law, just be creative. We will have some of the percussion section from Williams High School to carry the cadence. It will be fun.

The Transportation and Traffic department from Richardson recently completed a traffic study of auto traffic in, around and through the Crowley Park Neighborhood. The study is posted on CPNA web site. Check it out.

As always we are looking for volunteers to serve on the various boards and as officers of Crowley Park Neighborhood Association. If you are interested please contact me at 972 238 7254. Your participation will help make CPNA a great organization. Step up to lend a hand.

Sincerely
Terry Ziegler
CPNA President

Welcome

Glad you're here!

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 CROWLEY PARK!!!

Earl & Audrey Newsome on Blue Cypress Dr
 Lisa & Ravi Cherian on Silver Holly Ln
 Micah & Rosemary Pelphrey on Buttercup Dr
 Daxua Gloege on Morning Glory Dr
 Kaitlin & Jake Spaans on Spring Lake Dr
 Brett & Jennifer Tohlen on Aspen St
 Ben & Lee Trowbridge on Aspen St
 Brian & Hilary Rodriguez on Aster Dr
 Latasha & John Johnson on Creekmere Dr
 Pitsenbarger Family on Silver Holly Dr
 Gail & Laszlo Szontagh on Golden Willow Ln

Upcoming Events

4th of July Parade | 9AM July 4th

Membership Drive | August 1st

Annual Meeting | September 25th



More Info | crowleypark.com/calendar

Great Read Alouds for Kids

It's a busy life filled with lots of things to do and even more distractions. But there's one pursuit that can be fun for everyone involved, plus it has benefits that will have a lifelong impact. All that's needed is a comfy place, an adult, one child or more, and a good book to share.

Babies and Toddlers:

- Peek-a Who? By Nina Laden
- One, Two, Buckle My Shoe by Jane Cabrera
- Max's First Word by Rosemary Wells

Preschoolers:

- Froodle by Antoinette Portis
- If You Were a Dog by Jamie Swenson
- Llama Llama Mad at Mama by Anna Dewdney

Kindergarteners:

- AH HA! By Jeff Mack
- Chicka Chicka Boom Boom by Bill Martin Jr. , John Archambault
- How Rocket Learned to Read by Tad Hills
- Lilly's Purple Plastic Purse by Kevin Henkes

First Graders:

- Tacky the Penguin by Helen Lester
- Sylvester and the Magic Pebble by William Steig
- Snowflake Bentley by Mary Azarian

Second Graders:

- The Reluctant Dragon by Kenneth Grahame
- Sarah, Plain and Tall by Patricia MacLachlan
- Nuts to You! By Lynne Rae Perkins
- Lulu and the Dog from the Sea by Hilary McKay

Third Graders:

- Babe the Gallant Pig by Dick King-Smith
- Because of Winn-Dixie by Kate DiCamillo
- Flora and Ulysses: The Illuminated Adventures
- My Pen by Christopher Myers

There are lots of reasons to read aloud to your children. Reading aloud with children of all ages not only builds language- a key ingredient to success in school- but most importantly, it's a time for adults to share with children in their lives and build a common, positive experience that lasts long after a book is closed.



SPRING TREE TRIMMING



The City of Richardson has several ordinances to ensure pedestrian and vehicular traffic have safe passageways. Vegetation ordinances provide appropriate clearances for a number of city services. Vegetation that is low over the street could potentially cause damage to fire trucks. Further, vegetation that is not appropriately trimmed in the alley can impede with Solid Waste services.

A few friendly reminders include: vegetation must be trimmed seven feet over the sidewalk and 14 feet over the street. Additionally, vegetation must be trimmed so that is 14 feet over the alley pavement and one foot back from the edge of the alley pavement. If you live on a corner lot, please ensure that your vegetation does not, in any way, obstruct the view of persons utilizing public streets, sidewalks, or alleys. Please also note that dead vegetation must be removed from your property.



GARAGE SALE

Are you planning on spring cleaning and having a garage sale? Please be aware that you must obtain a garage sale permit. The permit is free and you can obtain the permit on the Richardson website. Print and post your permit so that it is clearly visible from the street.

Please also be aware that COR's code of ordinances limits garage sales to a maximum of three in any 12-month period at the same address, and no resident may conduct more than three garage sales in any 12-month period. The garage sales shall not exceed seventy-two hours in duration, and at least four business days shall elapse between consecutive sales.

Did You Know?

Cardboard recycling is a very easy process to reduce the waste from landfills. Cardboard recycling is one of the great ways to go green as cardboard is a biodegradable material and is mostly used for packaging.. **Put all your boxes in the alley on Friday for the recycle pickup.**



SENIOR PROPERTY TAX EXEMPTION INCREASE

The Richardson City Council approved an ordinance last month that increases the property tax exemption for disabled individuals and senior citizens (age 65 or older) from \$80,000 to \$85,000 due to expected increases in property values. The \$5,000 increase will amount to an additional \$31 savings for disabled and senior citizen homeowners on their annual tax bill, providing a total savings of \$531 this year.

Under the City's Financial Policies, the City Council regularly reviews the property tax exemption for residents over age 65 and disabled persons with a goal to maintain a tax benefit of approximately 30% of the average home value.

The appraisal districts will incorporate the higher amount on notices mailed to qualified residents this month.

PROPERTY TAX PROTEST FILING CHANGES FOR 2018

Due to the passage of HB 2228 during the 2017 Texas Legislature, changes were made to the property tax protest filing deadline: the protest deadline was changed to May 15 from May 31, or 30 days after the deliver of the Notice of Appraised Value, whichever is later. Property owners and agents should start receiving appraisal notices from Collin Central Appraisal District, for the 2018 tax year around April 15th.



Mayor Paul Voelker attended the Spring Social and responded to several city issues.



Bike share bicycles in Richardson - Residents should call the city's Code Compliance department if they notice bicycles that are left on sidewalks, private properties and other areas as clutter. The city will continue to monitor the bike share issues



Cityline apartments are being completed and there will be a limited number of additional apartments built in the area.

Spring Creek Nature Area - The city is working to remove invasive trees and plants in the middle of the acreage and encourage the return of native plants and trees.

Utility Poles along Jupiter - Oncor installed new poles and when all communication lines are transferred to the new poles, the old poles will be removed. The city is working with Oncor to get a more specific timeline and encouraging them to act as fast as possible. Residents are free to reach out to Taylor Lough at taylor.lough@cor.gov or 972-744-4208 with additional questions.

Around 70 residents attended the March 15th Spring Social at Senor Chachote's restaurant, celebrating and enjoying appetizers and conversations with neighbors.

Shade the Trail Update



By Nancy Crowe

Spring is here and the trees are blooming! As you drive or walk around Crowley Park, you will see our large canopy trees budding out beautifully which were part of the Shade the Trail -Phase 1 program – all 65 of them! You will also notice some beautiful color along the tree line on the east and west side of the park. Last fall we planted 7 ornamental trees at the tree line. The Red Bud and Mexican Plum trees bloomed last month and right now the white blossoms at the tree line are Dogwoods. These 7 trees were a kickoff for Phase 2 of Shade the Trail. While there are still a few places left to fill in with some large canopy trees, the focus of Phase 2 will be on the smaller ornamental trees to provide color and beautification to the park. Our goal is still 100 trees and we are currently at 72! Phase 2 gives donors the opportunity to donate a smaller amount and still provide a tree for the park. The donation opportunities are as follows:

Large canopy tree - \$200 (matched with \$200 from the city)

Ornamental tree - \$100 (matched with \$100 from the city)

The City of Richardson approved list of ornamental trees can be found on the cor.net website. At this time we are choosing to plant Red Buds, Dogwoods, and Mexican Plums. As you drive around our Crowley Park neighborhood, I have to commend our neighbors who have planted new trees in their yards!! Planting trees as we lose trees due to weather or age is the only way to keep Crowley Park the beautiful neighborhood that it is!!

Please note the following:

Consider planting an ornamental tree in your own yard to beautify your yard and the neighborhood.

Consider donating at least \$100 to Shade the Trail Phase 2 to plant an ornamental tree at the park to beautify our park!

Thank you again to all our neighbors who donated to Shade the Trail Phase 1. We are still working with the city to create a recognition plaque for our donors. Crowley Park is a great neighborhood and I am very proud to live here! Happy Spring!

“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#: _____

or donate online at crowleypark.com



THINK **BIG** BULKY ITEM PICKUP

QUICK GUIDE



Under 50 lbs, Place out with
Regular Solid Waste

**How do I know when to
request a Bulky Item Collection?**
Is your item over 50 lbs?

< 50 lbs <



Over 50 lbs, Request a
Bulky Item Collection

Acceptable Items

- Brush, Tree Trunks, Grass, Cacti or Vegetative Debris
- Large Interior Pieces (Carpet, Furniture, Doors, Toilet, Bathtub)
- Large Appliances (Washer, Dryer, Oven, Stove, Water Heater, Refrigerator, Freezer)
- Large Electronics (Television, Computer Monitors)
- Mattress and Box Springs
- Lawn Mowers, Blowers, Trimmers and Edgers (Drain all fluids)
- Wood Fences (Without concrete or metal hardware including nails)
- Scrap Metal (Bicycles, Swing set, etc.)

Non-Acceptable Items

- Tile and Laminate Flooring
- Roofing Materials and Shingles
- Hazardous Waste (Paint, Oil, Pesticides, Solvents, Liquids)
- Buildings, Building Attachments, or Sheds
- Concrete, Asphalt, Rocks, Bricks, Dirt, Gravel, Sand or Railroad ties
- Remodeling/Construction Debris (Open-top containers are set for this type of waste either by the City or a permitted hauler)
- Glass, Mirrors, Windows or Window Frames
- Compressed Gas or Air Cylinders
- Vehicle Parts including Tires

Request Pickup

972-744-4111 Prompt #1
www.cor.net/BABIC



Digitizing Your Photo Film Negatives/Slides

You have myriads of 35mm film negatives or 35mm slides (positives) sitting around your house gathering dust – how can you preserve them? I tackled this when I retired two years ago, having boxes of film negatives sitting around after using a 35mm SLR camera for 25 years before going fully digital. There are multiple products available to digitize film, and as you review these in making a decision, consider:

- How many negatives/slides do you have? If it's a lot, consider a more automated solution.
- How technical are you? Do you need a “simpler” solution?
- What level of quality do you want? I opted for a mid-range scanner to preserve my memories and “good enough” was “good enough”.
- Do I have the time to do this? This is not a fast process – you can pay to have this done professionally, but it is not cheap.

If you don't have a large number of negatives/slides or are technically challenged, look at scanners where you manually feed in the film strip/slides. Some of these include a screen so you can see the picture in real time. The digitized photos go onto an SD card or via USB to a computer.

Since I had a considerable amount of film to digitize, I went with a flatbed scanner (Epson Perfection V600 ~\$200) as it provides more automation. The scanning software comes with “Digital ICE” to remove dust & scratch marks. You can scan either 2 strips of 35mm film or 4 slides at a time. The actual process I follow:

- 35mm negatives: Put the negatives (shiny side down) into the film holder, spray with compressed air to remove dust and place on the flatbed
- Slides: Spray slides with compressed air to remove dust. Put the film holder on the flatbed and place slides into the holder
- I purchased a 2nd film holder so I could load it up while scanning images from the other film holder and be more efficient timewise
- If you have to do a lot of handling/organizing of negatives, consider getting white cotton gloves to prevent getting finger prints on them
- I scan with 4,800dpi resolution – the reading I did indicated any higher was a waste for my purposes
- Using the Epson Scan software, “preview” the pictures, make adjustments (rotate the picture, deselect blanks...), select Digital Ice Technology and then “SCAN” in the images
- I then use Photoshop to adjust the scanned image to my liking (optional)

My suggestion on any scanner you purchase is to play around with the different settings to see what makes your images look the best. I probably scanned the same strip of film 10+ times and compared results to decide what options to use.

In two years, I've digitized ~9,000 images, with the oldest being 35mm slides from 1945. It's been fun seeing photos I've not seen in decades and motivated me to reconnect with people I've not been in contact for ages. Some older negatives showed some signs of deterioration, but Photoshop does wonders. Certain groups of photos (trips/special occasions) get put out on my Flickr account (cloud service) so I can easily share them (<https://www.flickr.com/photos/zig-e/albums>).



The new Richardson Public Safety Campus is being constructed in phases, with the first focusing on adding secure parking to the campus, and the second focusing on new construction of a 31,000-square-foot fire station with an administrative wing and a 77,000-square-foot police facility. The final phase of the project will demolish the old Fire and Police stations and construct a 7,000-square-foot police support building addition to the existing detention center. The new Police and Fire facilities will provide larger, improved locker rooms, quarters for female firefighters, additional space for existing and future staff and numerous security and operational enhancements. This project is especially important to the Richardson Police Department, as the organization has been in the same location since 1959. With the Department growing to nearly 170 sworn police officers, the new facility will showcase the latest law enforcement technology while also ensuring the highest protocols of workplace and employee safety. Currently under construction, the new Police Department headquarters is scheduled to open in the summer of 2019. If you have not visited the intersection of Main St and Greenville Ave recently, it is definitely worth a trip – as the future of Richardson is coming!



Richardson Police Department, October 1955



Rendering of new Police Department



Aerial view of the construction site, March 2018



Rendering of Public Safety Campus
Fire Department Station #1 (left), Richardson Police Department (center), Detention Facility and Support Building (right)

MARK YOUR CALENDAR

Crowley Park Neighborhood Association annual meeting will be held on September 25, 2018 starting at 6:00pm with sandwiches, chips, fruit, cookies & beverage being served. Your comments from last year have been heard requesting food. Mayor Pro Tem Mark Solomon will be a guest speaker along with a surprise speaker. Watch for more details to follow.



De-cluttering or Minimalism? You be the judge.

By Krishna Upadhyaya

A few weeks back, I shared a post about living a minimal life and my desire to implement that practice. Well I did it! I think. Initially, I was just cleaning out junk then I put some thought into what I was doing. I started thinking about what my mom used to say, “save it, just in case” “keep that big pot for when you cook for 50 people”, “you never know”, “JUST IN CASE.” I have been married for 15 years and I have never cooked for 50 people and never will. However, I kept those items for one of those days. In the garage I kept a used booster seat for my niece and nephew, then it struck me. My sister can bring her seat like I did when my kids were little or I can always borrow one from someone if the situation arises. Below is the list of things I purged from the house:



- Booster Seat
- Bread Machine (That was going to get used when I cooked for 50 people)
- Clothes (clothes that might fit me in 10 years)
- Art/Craft projects (I honestly don't have the time in my life right now)

I read Marie Kondo's book, *Magic of Tidying Up*, and it helped me realize that I don't need too many things to make me happy. On the contrary, all the stuff I have makes me depressed. Seeing all my pottery supplies was a reminder that I wasn't making anything. Then I slipped down the rabbit hole of “what ifs.” Instead of appreciating of what I have, I was stuck in the past.

By no means have I reached a minimalistic lifestyle; I still have my fine China for when the Queen comes over for tea. I am aware of my purchases and aware of where am I going to place it in my house. I hope this blog inspires you to live the life that makes you happy.

Fire Ants in our Community

Red and black imported fire ants came from South America sometime in the 1930's and made themselves right at home. They are native to South America and were accidentally introduced into the U. S. through the port of Mobile, Alabama; probably in soil used for ships' ballasts and have been spreading since.

If you are new to the area it takes only seconds to be introduced to them. After that, they are close to the most hated critter on the planet. There are tons of home remedies to fight fire ants but try to stick to the ones that have some science behind them. Remember that this is a process, not an event.

Fire ants live in colonies, which can contain over 200,000 ants. The colonies typically have female worker ants and one queen, who is responsible for laying the eggs. The workers build mounds up to 18" tall to maintain a precise temperature and moisture level.

Fire ants cannot be eradicated completely with methods available today, but with proper control methods, they can be reduced or eliminated temporarily from small areas.

Educational materials produced by Texas A&M Extension specialists can provide information that will allow you to make the best choice for your situation. Texas A&M AgriLife Extension can convey research-based information on the performance of products that have been scientifically tested.



Tips To Keep Ducks Out Of Your Yard

By The Wells Brother Feed Store

It's that time of the year again. The spring mating season is approaching with ducks and geese landing anywhere they please. This includes your backyard especially if you have a pool. Ducks and geese are federally protected so disturbing them can get dicey and illegal.

If they take up residence in your backyard you will have your work cut out for you. If you have a pool, try filling it with large inflatable snakes, beach balls, noodles and other such floaties. Apparently, the ducks think it is too crowded and will go to your neighbors. I have also heard of folks using bird netting and owl decoys as a deterrent. The other news (good or bad) is once they find a nesting spot they tend to come back to it every year.

Some like to help Momma Nature out and feed the ducks. Ducks will eat almost anything as the term "duck on a June bug" suggests. However, in the wild, they have a bigger feeding area than your backyard. I am not a big fan of cross-species feeding. For this reason, dog and cat food are out. Folks will also feed corn, bread, and chicken food. Feeding such products will not allow them to reach their full potential. Mazuri's Waterfowl Feed Starter and Mazuri's Waterfowl Maintenance is designed for ducks, geese, and swans.



Signs of Spring: Crane Flies

When the leaves on the live oaks start to fall I know that spring is just around the corner. Spring is even closer when I get mugged by Crane flies.



Crane flies are the large flying critters that look like mosquitos. The common name "mosquito hawk" is sometimes given to these flies. However, these clumsy, long-legged insects are not predators, but among the gentlest of insects. Some are nectar feeders, sipping sweet sugars from plants and possibly helping out a little with pollination in the process.

These insects tend to swarm you when you walk around the house. They are not attacking, just saying hello. What they are is harmless and annoying. Crane flies like damp, rotting organic matter. If you must, you can use a general-purpose insecticide to kill them. You can repel them with yellow light bulbs in exterior fixtures. They will have less of a breeding environment if you keep the gutters clean. This will also help with the real mosquitos.

Every gardener should plant some herbs in flowerbeds or gardens



Add some natural insect repellent to any veggie bed, Smell aromatic, look great, Good for cooking.

Please consider that some herbs border on being invasive. The simple way to stop bolting is to trim the flowering stems as soon as they appear. If you cut herbs during the bolting, the flavor can change and not always for the better.

In most cases, if you let the herb complete the bolting process you will get volunteer plants from the seeds. Basil is the best or worst at this.

Some herbs to plant in your vegetable garden to promote pollination include basil, oregano, and thyme. Flowers that are beneficial to a vegetable garden are marigolds, especially near tomatoes. Some herbs that should be in pots include all varieties of mint.

Some herbs that can add natural insect repellent include citronella and pennyroyal, but the oils from the plant must be in the surrounding air to detract the mosquitoes. Some Texas garden herbs for cooking include basil, oregano, rosemary, thyme and parsley.



WHAT'S IN A STREET NAME?

Naming the Streets in Richardson from City Pioneers to events, trees and plants has been the job of those in charge of building neighborhoods around Richardson. This article will share information about three main streets in Richardson

Campbell Road was named for the Campbell family who lived on the land that became the Richardson Medical Center. Mary Campbell Harrison, a member of the Campbell family, said many of the older Richardson streets were named after families who lived along them. Mary's father was J.W. Campbell, an area pioneer.

"Whoever got there first, that's who they would name it for them. That's pretty much how they named all the streets back then." Richard Coit shared how Coit Road was named.

"My father had a dream of having a road, an airline road, that he said they traveled when he was a boy, driving across the prairie. My father helped elect J. W. Slaughter as the county commissioner from that district. Slaughter told my father, " If you get the right of way, then I will build the road for you. That is how the road became Coit Road.

Renner Road began as a country road in Collin County. It bore the name of John A. Renner, a railroad engineer in charge of developing townsites along the Cotton Belt line. After the town of Renner ceased to exist, Renner Road remained an east-west road from Garland into Richardson.

Get Ready: Protect Your Documents



It's tax season so while you are sorting through your files this year, make duplicates and backup electronic (password protected) copies of your important documents. Replacement of valuable documents and records after an emergency is difficult and with little to prove who you are, it can be downright frustrating.

Records you should protect include:

- Proof of Identification
- Bank accounts
- Insurance policies
- Military discharge papers
- Birth, Death, and Marriage Certificates
- Divorce Papers
- Credit cards
- Titles / Deeds
- Stocks and bonds
- Medical records / prescription copies
- Income tax records
- Auto registration and vehicle titles
- Prepaid burial contracts and wills
- Animal registration papers

Sound daunting? You would potentially need to contact more than 22 different organizations to replace the documents listed here, which translates to hours and days waiting in line after a fire or other disaster. Add a picture of family members and pets which can help to find them in case you are separated. Talk to your family about the location of important papers, keys, or other items. A little time spent now can save a lot of stress and worry later.

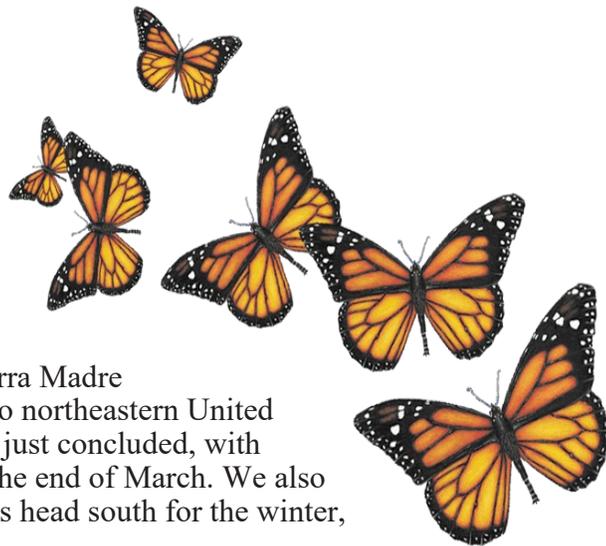
Let's Get Ready Richardson! Find critical information about local hazards and preparedness actions from the City of Richardson Office of Emergency Management at www.cor.net/em or for more information call 972-744-0900.



Monarch Butterfly Migration Through Crowley Park

By Monica Enfield

Twice a year, those of us in Crowley Park get to witness the spectacular migration of monarch butterflies. In the spring, millions of monarchs descend from their winter home in the Sierra Madre Mountains in Mexico, heading north through Texas and across to northeastern United States and Canada. The spring migration across Northern Texas just concluded, with several reported monarch sightings in Richardson and Plano at the end of March. We also have the opportunity to see the fall migration when the monarchs head south for the winter, usually in mid to late October for our area.



It is an arduous journey, with monarch butterflies travelling between 50 and 100 miles per day. They require fuel to advance their journey, and safe places to lay their eggs. Those larvae become caterpillars, which feast on milkweed before pupating into a chrysalis and eventually emerging as a butterfly to continue on the migration.

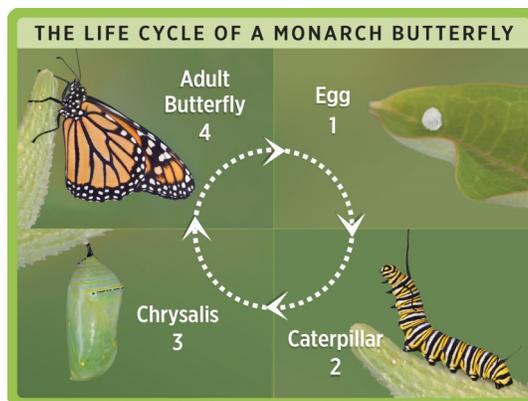
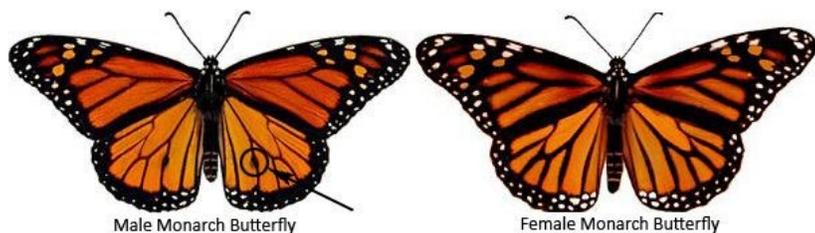
Like bees and other pollinators, monarch butterflies play a critical role in ecological sustainability, biodiversity and crop production. Human-induced climate change, habitat loss, use of pesticides and pollution are destroying the monarch butterfly population.

You can help the monarch butterflies. Our beautiful Crowley Park has abundant wildflowers in the spring, creating a haven for bees, butterflies and other pollinators. Adding native plants to your garden will also attract pollinators. But to specifically attract monarchs, milkweed is critical. Female monarchs will only lay eggs on milkweed leaves, as it is the only plant their caterpillars will eat.

Despite its name, milkweed is not an invasive weed. And although it contains toxins, milkweed is not a threat to children or pets (massive quantities would need to be consumed). My husband and I dedicated an isolated area on the side of the house as our inaugural pollinator garden this year. We spread Texas native wildflower seeds in early March, and hope to have multiple milkweeds and late blooming plants ready to welcome the monarchs in the fall.

Have you had success with a butterfly garden? Let CPNA know!

For more information on what you can do to help protect the monarch migration, please see www.monarchjointventure.org. For more information on growing native plants, the [Native Plant Society of Texas](#) and the [Collin County Master Gardeners](#) group have wonderful resources and plant sales!



FRIENDS VS. ACQUAINTANCES

I wonder how many people are like me and question the difference from friends and acquaintances? In the movie Tombstone it

was clear there were many different types of relationships. Could you pick out the true friends. The caption above is one of my favorite all time movie clips. The man very few trust is there to protect his friend. I wonder if you are lucky enough to have your own Huckleberry?



Do your views of friendship differ from those individuals you would consider friends; do they feel the same way? Or do you have people who consider you a friend and you have never spent time with them and you consider them to be an acquaintance?

Looking at the dictionary the word friend, friendly, friendlessness, friendlier, friendly, friendliest has many meanings. However, when comparing friend to an acquaintance, the friend is closer. Acquaintance is defined much simpler as a state of being acquainted, personal knowledge, a person who knows but is not particularly close (casual friend). How confusing is this, I have people I consider to be friends due to common thoughts, although I may have never spent time or met them in person. I have people I've spent time much time with whom I consider an acquaintance.

Here are a few of my thoughts. I think one factor is trust. Zig used to say if they like you they will talk to you and if they trust you they will do business with you. Build friendships on trust. Now to add to the confusion I may trust you, but you may not be my friend.

An additional thought is if you are my friend, I will stand by you to extreme lengths to protect you. I will also allow you to have limited buffers when we are speaking. What that means is if we are hanging out and you say something offensive, many times friends blow it off, or make an excuse for the comment. We allow our friends more freedoms with speech and activity then we do acquaintances.

Well that is my take, so how many friends do you have? Maybe the most important thought is make sure you are building relationships on trust and integrity. Thanks for spending a few minutes with me today.

**HOW MUCH
IS YOUR
HOME
WORTH?**

Call us today for a **FREE**
Market Analysis of your home!
(214) 801-0908

Local Crowley Park Realtors
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Kicking the Soda Habit



While many may find it easy to turn down a soda, there are others, like myself, who find it quite difficult to walk away from that bubbly, sweet drink that often comes with a good “bite.” It may be even more difficult to say no if you, like me, have loved soda since your teen years. While I never bought it for our house (too dangerous), if I was out of the house, I was often on the hunt for a fountain drink. I recently began to remind myself through research of the awful side effects of drinking just one soda per day (whether diet or not):

- One can of soda per day increases your risk of stroke by 16%.
- Those who drink one soda per day gain more fat around the midsection (which leads to other health issues) than those who do not.
- Men who drink an average of one can of soda per day have a 20 percent higher risk of having a heart attack, than men who rarely consumed soda.
- Drinking one artificially sweetened beverage a day may increase your risk of stroke and dementia by threefold compared to drinking less than one a week.
- Drinking diet soda daily is associated with a 36 percent greater risk of metabolic syndrome and a 67 percent greater relative risk of Type 2 diabetes compared with not consuming any (yes, diet!)

While there are more risks to report (you can do your own research) but if you’re like me, knowledge was not enough to kick the habit. I needed a replacement that would satisfy both my sweet tooth and need for fizz. I tried mineral water, sparkling water, green tea, fruit infused everything, until I landed on Kombucha, a fermented tea drink. Still, many varieties contained added sugar (maybe that’s better than artificial, but I wanted to cut my sugar intake period). I finally found one brand that was only sweetened with fruit juice and so far, this has been my ticket to soda freedom! I sometimes switch that out for coconut water, but make sure to always have one or the other on hand.

Are you a soda addict? I invite you to join me in my journey by changing your habit and the future of your health!

Cheers, Ashley Morgan

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Kicking the Soda Habit



While many may find it easy to turn down a soda, there are others, like myself, who find it quite difficult to walk away from that bubbly, sweet drink that often comes with a good "bite." It may be even more difficult to say no if you, like me, have loved soda since your teen years. While I never bought it for our house (too dangerous), if I was out of the house, I was often on the hunt for a fountain drink. I recently began to remind myself through research of the awful side effects of drinking just one soda per day (whether diet or not):

- 1. One can of soda per day increases your risk of stroke by 16%
- 2. Those who drink one soda per day gain more fat around the midsection (which leads to other health issues) than those who do not.
- 3. Men who drink an average of one can of soda per day have a 20 percent higher risk of having a heart attack, than men who rarely consumed soda.
- 4. Drinking one artificially sweetened beverage a day may increase your risk of stroke and dementia by threefold compared to drinking less than one a week.
- 5. Drinking diet soda daily is associated with a 36 percent greater risk of metabolic syndrome and a 67 percent greater relative risk of Type 2 diabetes compared with not consuming any (yes, diet!)

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Cheers,
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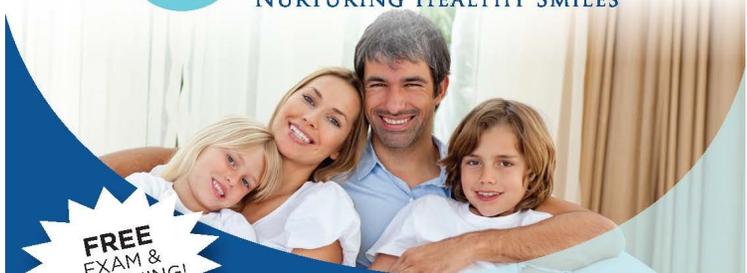
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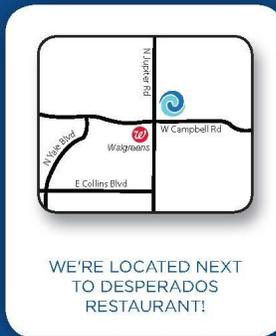
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Fun Facts about Honey Bees

by Marci Blankenship

With spring flowers in full gear, you may have noticed the return of our busy bees in Crowley Park and yards. Far from being pesky and feared insects, bees are vital to our ecosystem, food supplies and biodiversity. Marci Blankenship offers up these fun facts about honey bees and encourages us to "BEE Friendly". Marci is a local bee keeper in the neighborhood and sells Merry Bee Pure Texas Honey (merrybee@tx.rr.com).



- Bees are the only insect in the world that make food that people can eat
- Honey contains all of the substances needed to sustain life, including enzymes, water, minerals and vitamins
- Honey has natural preservatives so that it won't go bad
- Eating honey can help you become smarter! It is the only food to contain 'pinocembrin' which is an antioxidant that improves brain function
- Beekeepers only take the honey that the bees do not need, but this can be as much as 45 kilogram (~100 pounds) from one hive!
- There are lots of different types of honey which taste different depending on the flowers used to make it
- Many plants rely on insects like bees in order to be pollinated; a third of all the plants we eat have been pollinated by bees
- Bees have been around for more than 30 million years
- One bee will only make 1/12 of a teaspoon of honey in its entire life; it would take 1,100 bees to make 1 kilogram (~2.2 pounds) of honey and they would have to visit 4 million flowers
- Bees have two separate stomachs; one for food and another just for nectar
- A colony of bees can contain between 20,000 and 60,000 bees, but only one queen bee
- The queen bee will lay around 1,500 eggs a day
- Worker bees, who are all female, are the only ones who will attack you, and only if they feel threatened
- It has been estimated that it would take 1,100 bee stings to produce enough venom to be fatal
- A bee's wings beat 190 times a second, that's 11,400 times a minute!
- Each colony smells different to bees, this is so they can tell where they live!
- Bees communicate by smells called 'pheromones' and by performing special 'dances'

Adapted from Fun Bee Facts (<http://www.bees4kids.org.uk/fun-facts-about-honey-bees/>)