

CROSSROADS

Connection

February 2019

CROSSROADS PARK HOA COMMUNITY NEWSLETTER

Volume 1, Issue 1

LETTER FROM THE PRESIDENT

Hello Crossroads neighbors!

I hope you all have stayed warm through the last few months of nasty weather. At this writing, it is the beginning of January and it seems like the first nice day in quite a while!

The Annual Homeowners Meeting was held a couple of months ago – November of 2018. It was incredible to see quite a few residents attend the meeting! I don't think I have seen that many residents at a meeting in a long time. Unfortunately, I feel that was due to the deteriorating appearance of our subdivision. But the fact that the residents want to be involved is so encouraging!

As much as I would love to say that everything is wonderful, some things are not. Unfortunately, VanMor made a mistake when creating the HOA billing statements. I am sure you have all heard or been told about this by now. If you have not, here is what happened: The address that was put on the billing statements was the wrong address. VanMor's bank is in Las Vegas, NV so all payments should have been sent to that bank, not the one in Dallas. VanMor has generated new CORRECTED statements and in the body of the statement is an explanation about this. Resident's checks will be returned to them and VanMor has asked that you send them to the Las Vegas address. OF course, late payments will be suspended until February 28, 2019. If, by chance, you did what I did and threw the second statement away, the address to send your payment to is:

Crossroads Park HOA, Inc.
VanMor Properties, Inc.
Po Box 97341
Las Vegas, NV 89193-7341

Onward to the good stuff ... There are several things that the board will be working on this year. First and foremost will be the landscaping at the entrances. We have put this off until now (January) as it would be irresponsible to put in new landscaping only to have it freeze (possibly) during the winter months.

Therefore, we are getting bids to do this now. Hopefully by the summer, Crossroads Park will be looking a bit better.

Next, we will need to put together a plan of action for our aging assets. The pool has been taken care of quite well and thanks to a wonderful pool management company, it looks great! However the building and the landscaping on the property (pool, playground, etc) is showing its age. It would be awesome to take care of it all at once, but we have a budget. So, a plan for the future years is something we need to work on.

My husband and I are still planning "Volunteer Day" within the subdivision. There are several small projects which can be done with the help of our residents. There are portions of these project for everyone. You don't have to be strong or be able to handle power tools. Some parts only require a broom or picking up branches or trash. If you are feeling "community spirited", I strongly urge you help out. We only work on projects for 2 hours. If you only have one hour, that's great too!

At the Annual Meeting, we talked about forming a committee that could help out the board, support and research some of the projects and possibly help reduce the cost of management. This is in the planning now. We are putting together some things to look at and getting some paperwork together for this. If you feel that you would like to be a part of this, please email me and I will put you on a list of residents interested in being a committee person. I already have a few names and I will try to contact these people by the end of the month.

We have made quite a bit of progress in getting some things taken care of. Some of these just weren't being taken care of and some are just things that have aged and need repair or replacement.

- All of the brick monuments in the subdivision have been pressure washed and treated for mildew.

- The front entrance sign on Wortham and Eldridge has been painted

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Crossroad Connection

IMPORTANT NUMBERS

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PROPERTY MANAGEMENT COMPANY

VANMOR PROPERTIES, INC.

8711 Hwy 6 North, Suite 270, Houston 77095

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(Continued from Cover Page)

- The spot lights at the sign have been repaired.
- The broken sprinkler heads at the pool have been fixed. (Hopefully all of them were found.)
- The sidewalks at the pool have been pressure washed (Thank You Terry!)
- Several repairs have been made to the pool including replacing two pool pumps.

Finally, I want to ask everyone to take pride in your subdivision and pick up trash, paper, etc as you walk through the area. If you are one of the many residents that uses the walking trail (Thank You Brent!), please pick up as you walk. There is now a trash can at the mailboxes at the pool. If you see trash around that trash can, please help out and pick up around it. Hopefully we are all concerned residents. But, there are others that visit our subdivision and use the ball field and walking trail and may not be as responsible as we would like them to be.

Thanks Everyone!

Sheila

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VOLUNTEER DAYS



In October, my husband and I got residents together for a day to trim trees around the retention pond. We meet up at the pool and trimmed the lower branches from many of the trees on the back side near Eldridge. We intended to do what we could in 2 hours. But after the first hour, we had so many branches that we had to stop cutting! All of the branches were piled on a trailer which we took to be burned. Thank you to all that participated!



Meyra Esparza, Tony and Aly Ferrente, Pedro Hidalgo, Michael & Alicia Kramr, Steve Woeppel, Susan Weishun And us – Terry and Sheila Schlesener



Crossroads Park has not had the Christmas spirit for a few years now and a few residents got together to make that happen again. On a very limited budget, they used what was available from the storage room and bought just a few things. They were able to put a display at the intersection of Kilkenny and Wortham, decorate at the main sign and entrances on Eldridge and decorate at the entrance to the pool. Thank you very much to the following volunteers:

Beth and David McGee

Phil and Elizabeth Enstad

Leah Del Signore

Janice and Charlotte Morrin

Bill Day and Lynn Woolley

Mark and Michele Sprainis

Jeff and Mary Coldwell

We hope to be able to do more next year! Everyone is busy during the holidays. If you have a few hours, please consider helping out next year!



At this writing (early January), we are planning to trim trees around another portion of the retention pond. This may have already occurred by the time you get this newsletter. If it has not, please check Facebook or NextDoor for announcement about the next date.

The last Volunteer Day was on December 2, 2018. Beth McGee headed up a Christmas Decorating group! They met a few weeks before for a planning session and then got into action on the 2nd.

YOUR COMMUNITY, YOUR VOICE

Do you have an article or story that you would like to run in this newsletter? Send it to us and we will publish it in the next issue.

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SHEDDING LIGHT ON NEW BULBS



Standard incandescent light bulbs may soon become a thing of the past. Under the Clean Energy Act of 2007, required the sale of energy-inefficient incandescent bulbs to be phased out over a two-year period, beginning with 100-watt bulbs in January 2012. Compact fluorescent lights (CFLs) have become the most popular replacement choice. The typical CFL uses 66 percent less energy and lasts up to ten times longer than an incandescent bulb.

Making the switch to CFLs doesn't require that you throw out all your incandescent bulbs right away. Even a gradual change can result in significant savings. Just replacing your home's five most frequently used light fixtures can save you more than \$65 each year, as CFLs provide the most savings when a lighting source is used for at least two hours a day. You can continue to use incandescent bulbs for fixtures that are only on for a few minutes at a time, such as closet lights, changing to CFLs as your supply of incandescent bulbs runs out.

One important point to know about CFLs is that they contain an average of 4 milligrams of mercury (about the amount that would cover the tip of a ballpoint pen). The mercury is sealed within the bulb's glass tubing, and no mercury is released when the bulb is intact or used. Special caution must be taken when disposing of used bulbs or cleaning up broken bulbs, however. Some states require used CFL bulbs (broken and unbroken) to be taken to local recycling centers for disposal. And if a bulb breaks in your home, you should follow the Environmental Protection Agency's guidelines to clean up the debris:

Before Clean-up: Air Out the Room

- Have people and pets leave the room, and don't let anyone walk through the breakage area on their way out.
- Open a window and leave the room for 15 minutes or more.
- Shut off the central forced-air heating/air conditioning system, if you have one.

Clean-Up Steps for Hard Surfaces

- Carefully scoop up glass pieces and powder using stiff paper or cardboard and place them in a glass jar with metal lid (such as a canning jar) or in a sealed plastic bag.

- Use sticky tape, such as duct tape, to pick up any remaining small glass fragments and powder.
- Wipe the area clean with damp paper towels or disposable wet wipes. Place towels in the glass jar or plastic bag.
- Do not use a vacuum or broom to clean up the broken bulb on hard surfaces.

Clean-up Steps for Carpeting or Rug

- Carefully pick up glass fragments and place them in a glass jar with metal lid (such as a canning jar) or in a sealed plastic bag.
- Use sticky tape, such as duct tape, to pick up any remaining small glass fragments and powder.
- If vacuuming is needed after all visible materials are removed, vacuum the area where the bulb was broken.
- Remove the vacuum bag (or empty and wipe the canister), and put the bag or vacuum debris in a sealed plastic bag.

Clean-up Steps for Clothing, Bedding and Other Soft Materials

- If clothing or bedding materials come in direct contact with broken glass or mercury-containing powder from inside the bulb that may stick to the fabric, the clothing or bedding should be thrown away. Do not wash such clothing or bedding because mercury fragments in the clothing may contaminate the machine and/or pollute sewage.
- You can, however, wash clothing or other materials that have been exposed to the mercury vapor from a broken CFL, such as the clothing you are wearing when you cleaned up the broken CFL, as long as that clothing has not come into direct contact with the materials from the broken bulb.

- If shoes come into direct contact with broken glass or mercury-containing powder from the bulb, wipe them off with damp paper towels or disposable wet wipes. Place the towels or wipes in a glass jar or plastic bag for disposal.

Disposal of Clean-up Materials

- Immediately place all clean-up materials outdoors in a trash container or protected area for the next normal trash pickup.
- Wash your hands after disposing of the jars or plastic bags containing clean-up materials.
- Check with your local or state government about disposal requirements in your specific area. Some states do not allow such trash disposal. Instead, they require that broken and unbroken mercury-containing bulbs be taken to a local recycling center.

Future Cleaning of Carpeting or Rug: Air Out the Room During and After Vacuuming

- The next several times you vacuum, shut off the central forced-air heating/air conditioning system and open a window before vacuuming.
- Keep the central heating/air conditioning system shut off and the window open for at least 15 minutes after vacuuming is completed.

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Medical costs are on everyone's mind these days with the ongoing debate about health care. Check out these tips from the Federal Citizen Information Center for easy ways you can trim the cost of medicine, fitness and more:

Switch to generic. Because of legal restrictions, a generic drug might not look exactly the same as the name brand, but it contains the same active ingredients and should be just as effective.

Brand name drugs cost more than their generic counterparts because the makers of the original, brand name versions had to pay for the research, development and marketing of the medications. To learn more, go to <http://go.usa.gov/IWk>.

Watch out for scams. They keep coming back in different forms on TV and the Internet, but one thing stays the same: health scams for "miracle" cures can cost you lots of money. And the diet pills and energy products they push could be dangerous or have harmful interactions with your other medicines. Save your money for doctor-prescribed medicines. Find out more at <http://go.usa.gov/l5x>.

Reconsider the gym. If you aren't using your membership regularly, it could be one place where you could save some money. If you're worried about how you'll fit your exercise in without the gym, the U. S. Department of Health and Human Services suggests several alternate forms of exercise that you can fit into your everyday life in an online brochure at <http://go.usa.gov/IWB>.

You can also order printed copies of these brochures (subject to availability) by: visiting www.pueblo.gsa.gov to place your order online. Or call toll-free 1-888-878-3256, weekdays 8 a.m. to 8 p.m. EST. Ask for Health Scams (Item 576V); Be Active Your Way (Item 116V); or Generic Drugs (Item 555V).



Tips for Packing a Healthy School Lunch

by Stephany Pando, cooksmarts.com, edited for space

Packing lunches for your back-to-schoolers is no easy task. It takes time and planning. Plus, every parent knows that just because you pack it, doesn't guarantee your kids will actually eat it.

However, this doesn't mean you have to fill your kids' lunchboxes with pizza and cookies everyday. Below we offer 5 tips for how to pack a nutritious lunch that your kids will look forward to eating and you'll feel good about giving them.

Tip #1: Get Your Kids Involved

- Give your kids healthy food options from each food group and let them make the final decisions on what goes in their lunch.
- Take your child grocery shopping with you and let them have a say (to a certain extent) in what goes into the cart. This promotes feelings of responsibility and empowerment.
- Designate a part of your kitchen as the "lunch packing station" and spend some time there with your kids the night before to get lunch ready for the next day.

Tip #2: Turn Healthy Foods into Fun Foods

- Use cookie cutters to make shapes out of bread, deli meat, cheese, or a melon-baller for fruit.
- Use kid-friendly skewers to make colorful food kebabs.
- Create a theme for the day and have all of the foods in their lunch relate to the theme

Tip #3: Make Your Own Snacks – and limit processed ones

Kids rely on snacks to keep their energy up, but the type of snack is important to consider. Packaged snacks tend to lack important nutrients and can be high in sugar, sodium and saturated fats. Take control of what is in your kids' snacks by making them yourself!

Tip #4: Incorporate All Food Groups

A balanced diet includes all of the food groups. Luckily, there are so many different ways to enjoy each food group:

- Fruits: fresh, frozen, dried, canned, baked (think apple chips!) or pureed.
- Vegetables: fresh, frozen, or baked (think kale chips!)
- Lean protein: baked chicken, deli meats, hard boiled eggs, beans or nuts (be aware of nut allergy regulations at your child's school).

- Low-fat dairy: milk, cheese or yogurt
- Whole Grains: pita, sandwich bread, tortillas, wraps, and pastas

Tip#5: Encourage Hydration

It's recommended that school-aged kids drink between 6-8 cups of water a day (even more in hot weather or if their activity level is high).

- Let your child pick out their favorite water bottle and encourage them to drink the whole thing at least twice at school. They'll be more inclined to do it if they feel like they are completing a challenge!
- If the "flavor" of water is too boring for them, throw in a few pieces of frozen fruit to sweeten it up – and keep it cooler.

With these tips in mind, you and your child are ready to start out the school year on the right foot. Good luck – and happy packing!





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