



BOERNE *Heights*



MARCH 2020

VOLUME 4 ISSUE 1

Welcome TO BOERNE HEIGHTS

*A Newsletter for the
Boerne Heights Community*

Boerne Heights is a quarterly newsletter mailed to all Boerne Heights residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at www.PEELinc.com. Personal news (announcements, accolades/ honors/ celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!



Occasionally we notice trash such as water bottles, cans, etc. being thrown in our median. It's against the law to litter in Texas. If a person is caught littering in Texas, the offender could be fined up to \$500. A repeat offender may have to cough-up a fine of up to \$2000+ 180-days of jail time. Perhaps this is not Boerne Heights residents doing this, but please keep in mind that the entrance into our subdivision is the first impression that visitors and potential new homeowners notice. How our entrance looks sets the tone for the rest of our neighborhood. Please be respectful of this and please don't litter!



Continued concerns are being voiced about drivers speeding through our neighborhood. This must stop! The speed limit throughout our neighborhood is 25 mph. When a driver accidentally strikes a pedestrian, even if the driver stops at the scene to follow proper post-accident protocol, the harshest consequences might be a personal injury lawsuit and a higher car insurance premium.

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BOERNE HEIGHTS

(Slow Down! - Continued from Cover)

www.nolo.com/legal-encyclopedia/pedestrian-car-accidents-civil-vs-criminal-consequences.

The legal ramifications of this type of accident can be devastating, but the physical and emotional trauma of a child being hit and injured, or killed, will be catastrophic for all. Please have this conversation in your household. Spread the word also to visitors that frequent our neighborhood that this is a serious concern. Nothing is more important than a life, a life that could be taken away in an instant from thoughtless and reckless behavior.

QUARTERLY BOARD MEETINGS

Your HOA Board of Directors meet quarterly. If you have concerns, please attend the Board Meetings and address your worries in person. Our next Board Meeting will be on Tuesday, May 12th at the Fairfield Inn in Boerne beginning at 6pm.

UPCOMING YARD DECORATING CONTEST

Help liven up our neighborhood by participating in our upcoming Spring Yard Decorating Contest! Voting for the best decorated yard for Spring will be on Monday, April 6th. Winner will win a \$25 VISA gift card!



TRESPASSING CONCERNS

Concerns about teens trespassing in the back area of Katie Court (by retention pond) have been voiced. Criminal trespass is normally a Class B misdemeanor with a fine up to \$2,000 and a jail term up to 180 days. It is unnerving to residents to have trespassers using this area to travel to and from neighboring subdivisions at all hours of the night. No Trespassing signs have been placed in this area. This area will be closely monitored. Please discuss this concern with your teenagers and make them aware of the serious consequences of violating this law.



CONGESTED TRAFFIC CONCERNS

Many homeowners experience frequent frustration of trying to get out of our neighborhood in the mornings. Often times vehicles are backed up 6+ cars at our exit, waiting for a polite driver on Scenic Loop Road to stop and allow them to pull out. Our District 5 Councilman, Mr. Joseph Macaluso has been contacted about this growing concern. Currently traffic is being monitored at entrance and exit of Boerne Heights, and on Scenic Loop Road. We hope to have a solution to help alleviate this problem after this study has concluded.



PRUNING OF CREPE MYRTLES

Since the development of Boerne Heights, the beautiful crepe myrtle trees that line our entrance have never been pruned. This will be done, along with ball moss removal soon!

DON'T FORGET TO GET APPROVAL FIRST!



SPRING IS ALMOST HERE!

Most of us are ready for spring weather! With that commonly comes the desire to spruce up the exterior of our homes, fence, yard, etc. Before starting any projects that pertain to repainting, replacing or adding landscaping/hardscaping to your home, make sure you submit an approval from First Service Residential. Please contact:



HAVE YOU CHECKED OUT OUR LOCAL

Farmer's Market?



Shop fresh local produce, farm fresh eggs, breads, jams, jellies, local honey and Texas Hill Country arts and crafts at the historic Herff Farm at the Cibolo Nature Center in Boerne. Enjoy free live music, gardening classes, cooking demonstrations and

children's craft activities, too. This popular Texas Hill Country outdoor farmers market will be open to the public every Saturday from March through November. Check it out at the Historic Herff Farm, from 9am – 1pm.



HILL COUNTRY PREGNANCY CARE CARE FOR ITS CLIENTS



Hill Country Pregnancy Care Center is implementing a new service later this Spring! This new service enables HCPCC to walk further in the pregnancy with our most vulnerable clients. When a client receives a positive pregnancy result

and has little or no resource to support her pregnancy, they are at risk. The lack of access to health care and financial resources are the most influential factors in a women's decision to terminate a pregnancy. In keeping with our mission, we will be walking along side at-risk clients as they complete online applications for health care coverage and other needed resources! This program helps clients to secure physician care and to provide adequate food and financial resources to support a healthy pregnancy -- and ultimately to choose life! If you are interested in becoming a volunteer Resource Advocate, please email Lulu@hpcctexas.org or call Lulu at 830-249-9717

VOLUNTEERS NEEDED

We want our neighborhood to be a caring and inviting environment for all our residents. Connecting with our neighbors is important. We need volunteers to help with social events meant to help our residents to stay connected with each other such as National Night Out and our annual Christmas Party with our neighboring friends in Kendall Creek. If you would like to be a part of our Social Committee, please contact our Property Manager, Nancy Bowling at Nancy.Bowling@fsresidential.com

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Indianmeal Moths



Probably the most encountered pantry pest by homeowners is the Indianmeal moth. These moths can be found in pet food, birdseed, cereals, dried fruit, nuts, powdered milk, candy, and more. Food can become infested while in fields, warehouses, or stores and

then brought into the home with infested products.

Indianmeal moth adults are small with grayish wings tipped in copper. Larvae are creamy-yellow to yellowish-green to pinkish in color with a dark brown head. Larvae tend to feed on the top of infested items and may produce silk that binds the food together. When larvae are preparing to pupate, they leave the item where they were feeding and crawl to corners or edges of walls, shelves, containers, or other items to spin a silken cocoon.

To eliminate a pantry pest problem, the first step is to locate and remove all infested items. Begin with oldest food items, usually in the back of the pantry, and inspect everything, including unopened food items since these may also be a source. When you find an infested item, do not stop your inspection, multiple items can be infested. Not all pantry pest infestations come from the pantry. Check rooms for items such as dried, decorative peppers, dried flowers, potpourri, natural supplements, make-up, or rice heating packs.

Infested items can be thrown away or treated with heat or cold. If you don't want to throw away food, either place infested food in a ziptop plastic bag and place it in the freezer for about 5-7 days or spread infested food in a thin layer on a baking sheet and bake at 250 degrees for 4-6 hours to kill any insects. Once all insects are dead, you can sift the food or pick out the insects. Another option would be to leave the insects in the food and get a little more protein with your meal!

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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Neighborhood
Beautiful!*

LET TRENDS GUIDE YOUR 2020 TRAVEL

(Family Features) While there's plenty to be said for taking the proverbial road less traveled, fellow tourists can provide a wealth of knowledge to help shape a vacation filled with lifelong memories.

Whether you expect your travel plans for 2020 to take you near or far, having a pulse on how and where others enjoy spending their travel time may help narrow down your options. Start planning your next getaway armed with the findings of a trend report compiled by vacation rental app and website Vrbo, especially when it comes to selecting a destination and your accommodations.

Unique Accommodations

Traditional vacation home favorites like beach houses, cabins and condos still reign supreme, but adventurous American travelers are staying in some unusual options. In fact, 71% of millennial travelers said they would consider staying at a non-traditional vacation rental.

In addition to barns, castles and treehouses, properties on wheels and properties that float join the ranks of unusual accommodations travelers are booking. Travel demand for houseboats, yachts, RVs and travel trailers is up 30% year-over-year.

Surf's Up

Portugal's reputation for affordability, primo surfing and sunshine-filled climate make the country a desirable place to explore. That may explain why seaside locales in Portugal took three of the top five spots on the list of hottest international beach destinations for American travelers. Chania, Greece, took the top spot, followed by three Portuguese destinations: Vila Nova de Gaia, Porto and Lisbon. Catania, Italy, rounded out the top five.

For those seeking to stay stateside, four of Vrbo's top five United States destinations this year are beaches, including: Gulf Shores, Alabama; Miramar and Rosemary Beach, Florida; Panama City Beach, Florida; and Maui, Hawaii.

Same-City Stays

Rental demand data in Chicago, Philadelphia, Dallas, Atlanta and a number of other urban destinations showed the single largest traveler origin market for each city was that same city.

"'Cele-cations,' when people seek accommodations to host and spend time with groups of family and friends for milestone events like weddings, birthdays and anniversaries, may be fueling the trend of people booking vacation homes in the same cities where they live," said Melanie Fish, Vrbo travel expert.

Also high on the trend list: short-stay, drivable destinations located within 300 miles of home.

Up-and-Coming Destinations

Their names may not be familiar to the masses, but each of the top emerging domestic vacation destinations shares one thing in common: outdoor appeal. Places that appeal to families and other groups of travelers looking to explore the great outdoors are seeing a major surge over the past three years.

If an outdoor getaway is your ideal trip, consider destinations like Terlingua, Texas, located just a short distance from Big Bend National Park; Bella Vista, Arkansas, situated in the Ozarks near majestic lakes; Westport, Washington, surrounded by a bay to the east and the Pacific Ocean to the west; Cherry Log, Georgia, which sits in the heart of Chattahoochee National Forest; and Edisto Island, South Carolina, a charming beachside retreat 1 hour from Charleston.

"This is the third year in a row travelers' desire to be outdoors has filled the up-and-coming destinations list," Fish said. "Clearly, people want the comforts of a home away from home while soaking in scenery."

Find the trends and accommodations that match your 2020 travel dreams at vrbo.com.

Photo courtesy of Getty Images #14614, Source: Vrbo, Content Downloaded from FamilyFeatures.com



Driveway Cleaning Tips

Ammonia

Tired of those annoying discolorations on your concrete work? To get rid of them, scrub with 1 cup ammonia diluted in 1 gallon (3.7 liters) water. Hose it down well when you're done.

Baking Soda

Salt and commercial ice-melt formulations can stain — or actually eat away — the concrete around your house. For an effective, but completely innocuous, way to melt the ice on your steps and walkways during those cold winter months, try sprinkling them with generous amounts of baking soda. Add some sand for improved traction.

Kool-Aid

Nasty rust stains on your concrete? Mix unsweetened lemonade Kool-Aid with hot water. Scrub and the rust stain should come right out.

Oven Cleaner

Get those unsightly grease, oil, and transmission fluid stains off your concrete driveway or garage floor. Spray them with oven cleaner. Let it settle for 5-10 minutes, then scrub with a stiff brush and rinse it off with your garden hose at its highest pressure. Severe stains may require a second application.

Soda

Here's how to remove oil stains from concrete drive-ways and garage floors: Gather up a small bag of cat litter, a few cans of cola, a stiff bristle broom, bucket, laundry detergent, bleach, eye protection, and rubber gloves. Cover the stain with a thin layer of cat litter and brush it in. Sweep up the litter and pour cola to cover the area. Work the cola in with a bristle broom, and leave the cola for about twenty minutes. Mix 1/4 cup laundry detergent with 1/4 cup bleach in 1 gallon (3.7 liters) warm water and use it to mop up the mess.

WD-40

Did a leaky oil pan leave a big ugly spot in the middle of your concrete driveway? To get rid of an unsightly oil spot, just spray it with a generous amount of WD-40 and then hose it down with water.



A FOCUS ON PHYSICAL ACTIVITY

Pathway to Improved Health

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

1. Any physical activity is better than no physical activity
- Includes people with disabilities
 - Far outweighs the possibility of risk of injury or illness
2. Most health benefits occur with at least 150 minutes a week
- Both aerobic and muscle-strengthening are beneficial
3. For most people, additional benefits occur when
- You increase the intensity of your physical activity
 - You increase the frequency of your physical activity
 - You increase the duration of your physical activity

SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

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

By Concentra Urgent Care

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

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

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

Complications of flu

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

How flu spreads

Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Apparently healthy adults may be able to infect others beginning one day before symptoms develop and up to five days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

Key facts about seasonal flu vaccine

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

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

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

build up to provide protection against the influenza virus.

Symptoms of the flu

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

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

Diagnosing the flu

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

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

Good health habits for flu prevention

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

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



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