

## CRUISING THE DANUBE DURING CRISTKINDL MARKETS

By Dot and Dennis Pitts

We recently enjoyed a river cruise on the Danube River, visiting the Christmas markets in parts of Austria and Germany. Arriving in Vienna, Austria, early on Sunday morning, we dropped our luggage at a strategically located hotel and layered for the cold with jackets, gloves, boots, scarves and warm hats. We spent the next two days exploring Old Town Vienna. St. Stephen's Square is Vienna's geographic center, well known for its interesting mix of new and old architectural styles. Just across the square, St. Stephen's Cathedral is reflected in the shiny, postmodern style of Haas House. Below the cathedral is one of at least five Christmas markets around the city. Each market has its own unique style and feel, with handmade as well as mass-produced gifts. And then there is the German food and drink. Brats, sausages, and kraut are grilling throughout the markets and other stalls have all any sweet tooth could desire. Everyone is gathered around stalls selling many varieties of Gluhwein, a warm alcoholic drink, in collectible cups. The idea is to stay warm and collect the different cups. Shopping the markets is fun during the day, but quite magical at dark when each street is lit with millions of twinkling lights.

After over 12,000 steps around the Ringstrasse, the road surrounding the inner city, we visited Hofburg Palace, the former Imperial residence, as well as the Spanish Riding School with its famous Lipizzan horses poking their heads out of individual stalls, the Austrian Parliament Building and the famous Vienna Opera House with a final stop at the local Starbucks for more warmth. Yes, there is a Starbucks in Old Town Vienna.

The last day in Vienna was a train trip to Schloss Schonbrunn Castle, the summer residence of Empress Maria Theresa from the 18th century. Before visiting the market outside of the palace there was a tour of the palace and history lesson about the extraordinary accomplishments of Maria Theresa. This market included items such as ornaments cut from water buffalo horns and framed pictures of straw figures depicting Nativity scenes. Two Austrian high school girls engaged us in conversation about their perceptions of Texas. Yes, they thought we all rode horses and wore cowboy hats. Both girls were well educated in the history of the United States. What fun to talk to the young people in Europe!

Next, we headed to the river for a cruise on the Amadeus riverboat down the Danube. Our companions were from around the world, including Japan, Thailand, New Zealand, Australia, Germany, Great Britain and of course the United States. The crew was from many countries around Europe and catered to our every need. They remembered what kind of coffee we liked, and whether with or without milk, whether warmed or cold. They also knew who wanted bread, fish and desserts. What a treat.

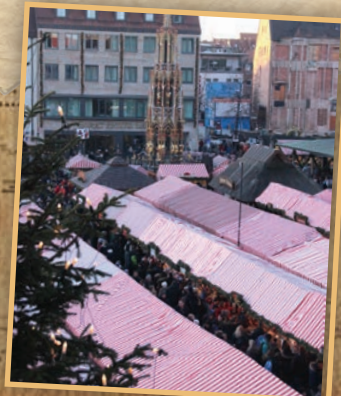
Our first cruising stop was Melk Abbey in lower Bavaria, first founded in 1089 when Leopold II gave one of his castles to the Benedictine monks. It is famous for its gilded, gold church and countless medieval writings, including a famed collection of musical manuscripts. Since the abbey was built at the top of the hill, the balcony proved to be an excellent location for photos of the countryside and the beautiful Danube. It was just a little difficult trying to avoid freezing while clicking the camera button with ungloved fingers.

After cruising during the night, it was off the boat at Passau, a German town on the Austrian border. Passau lies at the confluence of the Danube, Inn, and Rhen rivers, known as the Three Rivers City. It was a climb up the hill to view St. Stephen's church with its 17,947 organ pipes. We were lucky enough to hear some of the organ music. For dinner, we really enjoyed many of the fish entrees offered on the cruise. Every night there was always a sweet, delicious surprise for dessert, such as baked Alaska and peach crepes for example.

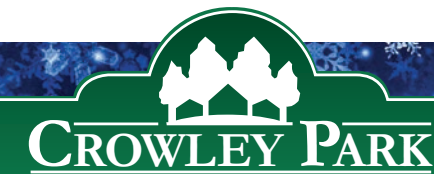
The next stop was Regensburg, known for the most medieval townscape in Bavaria and a UNESCO World Heritage Site. It is also at the doorstep of the Black Forest. St. Peter's Cathedral dates back to 1395-1440 and is known as the finest Gothic church in Bavaria. We also visited St. Ulrich's Church, dating back to 1025 and the nearby St. James Abbey. The church has a spectacularly ornate north doorway called the Scottish Doorway. Finally we visited the stately Thurn and Taxis house, which housed a quaint Christmas market set among the trees and walkways of the gated mansion. Again it was time for Gluhwein and pastries.

Our last cruise stop was in Nuremberg to visit within the walls of the fortress old town. There were several beautiful cathedrals and a most crowded Christmas market. We were able to climb the spiral stairs onto a church balcony to view the entire old town and see a breath-taking bird's eye view of the wall-to-wall people at the market below. It was so cold that we visited Nuremberg Toy Museum, founded in 1971, in order to warm up. It is considered to be one of the most well-known toy museums in the world, depicting the cultural history of toys from antiquity to the present. The collection is approximately 12,000 toys that have been gathered since the 1800s. I was surprised to see many dollhouses that had exquisite furniture pieces. These houses have well stocked kitchens that looked like a rooms in Downton Abbey or maybe a chef's kitchen. The displays show a range from some of the earliest building blocks to steam engine trains and to more current technical toys.

Cruising rivers is definitely a pleasant way to enjoy the historic regions and leave the driving to someone else. You see all the sights along the river while your clothes stay in one place and you keep the same bed. We enjoyed meeting new friends and having a crew end of the cruise, both members of the crew and dining companions. What a way to start the Christmas season with a relaxing cruise up the middle Danube River area! The music, lights, history, German foods and river cruising made for a favorite vacation holiday. Happy Cruising!



P.O. Box 830114, Richardson, TX 75083



www.CrowleyPark.com

# CPNA NEIGHBORHOOD NEWS

Hey, All Crowley Park Residents!

Hope you had a Blessed Christmas Season and a Happy New Year. It was good to see the neighborhood decorated with lights and various blow-up figures. I noticed all the new laser lights which add a new dimension to Christmas lighting. Now we are at the start of 2017 and as always many of us make New Years resolutions.

I hope one of your resolutions is to "be more active in CPNA". There are many opportunities to help with CPNA especially with the board of directors. At this time I want to welcome aboard our new Treasurer Monica Enfield. Monica stepped up to take over from Sharol Clark the position of Treasurer this fall. Monica moved into the neighborhood last summer and quickly became involved.

Our first 2017 activity is the Crowley Park Trash Bash which will be held on Saturday February 11 @ 9:00am. Come on out. We meet at the south pavilion. This event will give you a good chance to explore the creek bottom area of Crowley Park. With a little imagination you would think that you are deep in the wilderness but really only a few blocks from home. Get in a good morning walk, explore the creek, and pick up some trash and help keep Crowley Park clean. It will give you a chance to look at the new trees that have been planted in the park. Leslie Gulledge has organized this event for the last 5 years.

In March we will have our ST. Patricks Day Party, watch for more details. Then in April we will have our 2nd Annual international food fest which was a success last spring - can't wait for the baklava. Lots going on!

Looking forward to a successful 2017. If you want to nominate someone for an officer or board of CPNA please do not hesitate to contact me or one of the other officers. Elections for offices will be here before you know it.

Your most devoted jocular CPNA President  
Terry Ziegler

P.S. Why did the skeleton not go to the party?  
He had no BODY to go with!?!?!?

Many of your questions about Crowley Park issues in recent weeks are answered in the articles throughout this newsletter. Keep the article ideas and questions coming to help us publish a newsletter that meets the needs of our neighborhood.

## FUN FACTS

About a million earths could fit inside the sun.  
The world's first handheld mobile phone cost \$3,995.  
Most of today's calculators are more powerful than the world's first computer.  
To create Darth Vader's 'weeze' a sound designer breathed into a scuba mask.  
Mountain lions can whistle.

## UPCOMING EVENTS

**Trash Bash**  
February 11, 2017  
Crowley Park

**Spring Mixer**  
March 16, 2017  
Darren's American Grill

**International Potluck**  
April 22, 2017  
Location TBD

**Salute to Armed Services**  
May 20, 2017  
Crowley Park



## NEWS

- We have requested updated playground for the north location and are expected to have that fulfilled this coming year.
- We are working on getting outdoor movie nights at the park! More details coming soon.
- Play Date Co. is now open at the II Creeks Plaza at: 2701 Custer Parkway. It is a great place to take young children to play inside! They offer free wifi.



## JOKES

- Q: What do you call cheese that's not yours?**  
A: Nacho cheese!
- Q: Why can't you give Else a balloon?**  
A: Because she will let it go!
- Q: What do you get when you cross a snowman with a vampire?**  
A: Frostbite!

## WHAT'S HAPPENING

**Play Dates:** We have established play dates for different ages on different dates. In order to keep our children safe we will not publish these times or dates in our newsletters but they can be found on our FB page:

[www.facebook.com/groups/crowleyparkkids/](https://www.facebook.com/groups/crowleyparkkids/)

**Beauty and the Beast:** We'd like to plan an outing to take the kids to see Beauty and Beast on March 18. More details to come!



## CPNA Officers

### President:

Terry Ziegler  
terryziegler@zieglers.com

### V. President:

Bill Kinder  
wjkind@att.net

### Treasurer:

Monica Enfield  
monica.enfield@gmail.com

### Secretary:

Dot Pitts  
dotpitts@gmail.com

## Committee Directors

### Membership & Promotions:

Glenda Jenkins  
dlgljenkins@aol.com

### Social:

Katy Palasek  
katypalasek@gmail.com

### Publications:

Rockie Marvel  
rockiemarvel@gmail.com

### Civic & Environmental:

Nancy Crowe  
ncrowe3@hotmail.com

### Neighborhood Safety:

Terry Ziegler  
terryziegler@zieglers.com

## CROWLEY PARK TRASH BASH

CPNA plans to have the Crowley Park Trash Bash in the winter again when it's easier to clean up the woods and the creek. So mark your 2017 calendars!

What: Crowley Park Trash Bash

When: Saturday February 11, 2017 9:00 a.m.

Where: South Pavilion in Crowley Park (Lookout Rd)

The City of Richardson fully supports the Crowley Park Trash Bash. Councilman Solomon will kickoff this year's event. In addition to gathering trash, we will need people to:

- Work the registration table
- Take photos
- Circle the park in pickup trucks

Please let me know if you can participate and whether you can do any of the above three special activities.

### Notes:

1. Children must be accompanied by an adult.
2. The citywide Trash Bash will be several weeks later and our bags of trash will count toward the city's totals.
3. If there is precipitation, the event will be rescheduled once for Saturday February 18 at 9:00.
4. My email address changed to kifhasa@monkboon.com (please update your address books).
5. Let me know if you want to be removed from the copy list.

Hope to see you there!



## CAROUSEL OF OPPORTUNITIES!

By Joni Reed

The best way to describe volunteering at Methodist Richardson is a "carousel of opportunity." Our volunteer program consists of 218 auxiliary members, 26 pastoral care volunteers, 75 college students, 30 high school students and six pet therapy volunteers.

No matter what your passion or interest, Methodist Richardson has something to offer. Our volunteer program consists of one, 4-hour shift per week and available days are Monday – Friday. Our shifts are split up into morning – 8:30 a.m. – 12:30 p.m. and afternoon – 12:30 p.m. – 4:30 p.m. During these four-hour shifts, volunteers are scheduled for an assignment one hour at a time. This means they rotate every hour to a new position in the hospital, keeping them engaged, busy and never ever bored!

Methodist Richardson is always looking for new volunteers and we can't wait to expand our volunteer duties as the hospital grows and fulfills the needs of our community. Volunteering offers a sense of purpose while at the same time the opportunity to make lifelong friends. Please consider joining our already amazing team. Applications can be found at [www.methodisthealthsystem.org](http://www.methodisthealthsystem.org) or you can contact Joni Reed at 469-204-1175. We can't wait to hear from you!



## Mark Solomon

Assurnet Insurance Agency

Home—Auto—Health—Business

If it has the word insurance...Call us first!



833 E Arapaho Rd, Ste 107  
Richardson, TX 75081  
214-739-5610

[Marksr@assurnet.biz](mailto:Marksr@assurnet.biz)  
[www.assurnet.biz](http://www.assurnet.biz)

Serving Richardson families since 1986



YOU ARE NEVER TOO  
OLD TO SET ANOTHER  
GOAL OR TO DREAM  
A NEW DREAM.

~ C.S. LEWIS



## ROCKIE MARVEL

214-801-0908

[RockieMarvel@gmail.com](mailto:RockieMarvel@gmail.com)

[www.RockieMarvel.com](http://www.RockieMarvel.com)

Crowley Park Realtor®  
and Neighbor

## For ALL Your Real Estate Needs...

Moving Up? Downsizing? Empty Nesters?  
Just Married? Divorce? Relocating?

No matter what curve ball life throws at you,  
you need someone you can trust. Call Rockie  
today for a Free, No Obligation consultation to  
review your options.

(214) 801-0908



501 W George Bush #125  
Richardson, TX 75080

January 2017



**BEST  
ID  
2015**

- Clean, playful, & loving experience
- Frequent outside breaks
- One-on-one love sessions
- Experienced, talented groomers
- Rooms for all sizes & temperaments
- Daycare with live webcams
- Staff certified in Pet First Aid & CPR
- Insured and bonded pet sitters

BRING IN THIS AD AND RECEIVE \$5 OFF ANY SERVICE!

### Richardson

401 President George Bush, 972-919-1900

### Addison

15530 Quorum Dr, 972-290-0485

### SW Plano

1101 Ohio Drive #101, 214-473-9869

[f](https://www.facebook.com/PappysPetLodge.com) [You Tube](https://www.youtube.com/PappysPetLodge.com) [t](https://www.tumblr.com/PappysPetLodge.com) [PappysPetLodge.com](http://PappysPetLodge.com) [i](https://www.instagram.com/PappysPetLodge.com) [p](https://www.pinterest.com/PappysPetLodge.com) [g+](https://www.linkedin.com/PappysPetLodge.com)

## ★ 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](http://RichardsonFlags.org)

972-725-7150

[info@RichardsonFlags.org](mailto:info@RichardsonFlags.org)



**IS YOUR ROOF  
7 YEARS OR NEWER?**  
*The Newer the Roof the Bigger the Savings!*



*"You deserve local expertise — not a 1-800 number. Call us to experience the difference"*  
—Jacob Ashwander, Agency Owner

**The Ashwander Agency**  
7602 N. Jupiter Rd., Suite 110  
Garland, TX 75044  
**469-334-0993**  
**www.Ashwander.com**

**Allstate**  
You're in good hands.  
Se Habla Español

**CRUCIBLE CHIROPRACTIC**

**DR. JINNA MANN**  
*Family Chiropractor*  
**Pediatric | Prenatal  
Family | Sports**

P: 214.276.6700  
F: 214.276.6705  
info@cruciblechiropractic.com

3617 Shire Blvd, Suite 200  
Richardson, TX 75082  
www.cruciblechiropractic.com

Health, Life, Dental and Vision, Disability,  
or Other Insurance Inquiries?

**We are your local insurance experts!**

Call us today or stop by the  
store for a free quote

**Call 469-525-6000 Today!**  
- Our Services are Cost Free -

**The Enrollment Store**  
Health Insurance - Get Direction Here!

1332 E Beltline Road | Richardson TX 75081  
marvin@enrollmentstore.com

*Mama's Memories Antiques*  
Antiques, Vintage and Collectibles

Monday-Friday  
10am-6pm

7602 N Jupiter Rd. #107  
Garland, TX 75044  
P: 972-530-1040  
mamasmemoriesantiques@gmail.com



**LMW Tax Solutions**  
Unlocking Tax Solutions for Challenging Times

**(972) 530-1040**

- IRS Problems Solved
- Business / Personal
- Prior Year Returns
- Bookkeeping / Payroll

luann@lmwtaxsolutions.com 7602 N. Jupiter Suite 107 Garland 75044



## HOW TO USE NEXTDOOR.COM FOR CROWLEY PARK

Nextdoor's mission is to provide a trusted platform where neighbors work together to build stronger, safer, happier communities, all over the world.

They want all neighbors to feel welcome, safe, and respected when using Nextdoor. For that reason, they've developed a set of Community Guidelines describing what behaviors are – and are not – allowed on Nextdoor. The crux of our Guidelines can be boiled down to one simple statement: *Everyone here is your neighbor. Please treat each other with respect.*

They rely on us, the neighbors who make up the Nextdoor community, to report content that violates these Guidelines. Violating the Guidelines has consequences, which may include removal of content, suspension of posting privileges, or even a permanent ban from Nextdoor. Because of the diversity of people in any neighborhood, please keep in mind that while something may be disagreeable to you, it may not violate our Community Guidelines.

Here is a link to the Guidelines: <https://help.nextdoor.com/customer/en/portal/articles/2446947>  
(Help > Community Guidelines)

Only members who live within the boundary of our Nextdoor neighborhood can join our neighborhood website. We encourage you to join if you haven't already done so. We are currently at 58% of households that are signed up – wouldn't it be great to get 100%? It could happen...

How to sign up? Go to CrowleyPark.Nextdoor.com and sign up. It's that easy. There are different ways to get verified and you can choose the most convenient for you including mobile or home phone; credit or debit card; Social Security Number, LexisNexis, leads, neighborhood invitations, postcard.

Nextdoor makes it safe to share online the kinds of things you share with your neighbors in person. You can adjust your privacy settings to show only the information you want displayed. Some benefits: Meet one another, share recommendations, keep the neighborhood safe, buy and sell goods, organize events, form private groups, find lost pets, and much more.

Join Crowley Park Nextdoor today and keep on top of all the happenings in the neighborhood! Don't hesitate to reach out with any questions.

Rockie Marvel  
rockiemarvel@gmail.com



The volunteer appreciation buffet at Terry and Cathy Ziegler's home in November.

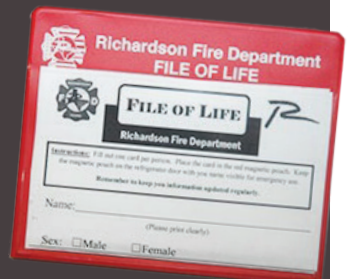
Volunteers shared stories and their volunteer experiences such as social events, newsletter deliveries, crime watch, welcome committee.

## JOIN RICHARDSON'S FILE OF LIFE

When you call 9-1-1, every second counts. The File of Life Program allows you to immediately provide vital information to first responders giving them the tools to make critical treatment decisions. Examples of information to provide first responders include:

- Allergies to foods, bee stings, and medications
- Prescriptions you take
- Visual/hearing limitations
- History of diabetes, high blood pressure, pacemaker, etc.
- Use of a walker/cane, glasses, or contacts
- Any important information specific to YOU from autism to previous heart attack

Register for File of Life and the next life this program saves may be yours! Kits are FREE and available at any Richardson Fire Station or the Richardson Senior Center at 820 Arapaho Road. The File of Life kit contains one plastic file sleeve, a medical information form, and a registration card. First, mail back the registration card; then keep the medical information form updated and in the magnetic sleeve on your refrigerator.



Take this simple step to protect yourself during a personal emergency when precious lifesaving minutes count! Visit [www.cor.net/fileoflife](http://www.cor.net/fileoflife) for more information or call 972-744-5750.

## NOAA ALL-HAZARDS RADIO

Receive alerts the instant they are issued from the National Weather Service. A battery-operated NOAA Radio delivers an alert signal inside your home when dangerous weather or conditions are in your area. Since alerts are issued by County, it is recommended that you purchase a radio with Specific Area Message Encoding (SAME) technology allowing you to program the radio for only the alert areas you choose. Storms most often take place in the afternoon and evening hours so having a NOAA Radio provides alerts even when your TV is off, you are sleeping or when the power is out.

**AVERAGE TORNADO WARNING TIME IS JUST 13 MINUTES.** Don't rely on your cell phone; the relay process takes time losing valuable minutes to take shelter. The NOAA device operates from a radio signal and provides immediate warning notification directly from the source.

NOAA Radios can be purchased online or at local hardware, camping, or technology retailers. These radios can be connected to strobe lights or bed shakers for individuals with hearing limitations.



Let's Get Ready Richardson! Your planning and supplies could be the difference between remaining in your home or needing to seek shelter in an emergency. Resources, sample plans, and links are available online at [www.cor.net/em](http://www.cor.net/em) or for more information call 972-744-0900.



## 8 REASONS TO EAT MORE CRANBERRIES THIS YEAR

*From Reader's Digest Magazine by Ashley Lewis*

Americans consume nearly 400 million pounds of cranberries each year, 20% during the week of Thanksgiving alone. Cranberries are definitely more than a side dish with their surprising health benefits and multiple nutrients.

### Reason 1: **Taking Less Antibiotics**

Cranberries contain a unique type of polyphenol called proanthocyanidins (PACS). Studies show that PACS help keep the urinary tract free from bacteria that sticks to bladder walls or stomach lining. A study by Ocean Spray researchers found that women who consumed a glass of 27% cranberry juice every day for six months reduced the number urinary tract infections by 40%. UTIs are the second most common infection that leads to antibiotic use, and antibiotic resistance is a major health issue.

### Reason 2: **Keep The Heart Healthy**

A review of cranberry studies concluded that an increased intake of flavonoids found in cranberries could lower the risk of heart disease as much as 32%. Drinking cranberry juice has been linked to a reduction in inflammation and triglycerides and higher levels of HDL, the good kind of cholesterol.

### Reason 3: **Reduce Inflammation**

Cranberries are nature's anti-inflammatory. Inflammation is the cause of health conditions such as arthritis, Alzheimer's or heart disease. Drinking just 2 8pz. Glasses of high polyphenol cranberry juice a day could help fight inflammation. Dietitians recommend foregoing the high sugar cranberry juice blends for an unsweetened or low sugar juice option.

### Reason 4: **Help Prevent Cancer**

Cranberries are packed with dietary fiber, which may help lower your risk of developing bowel cancer. Dietary fiber creates bulk in your stomach to swiftly move waste through your colon and helps produce butyrate, a substance that inhibits the growth of tumors in the colon and rectum. One cup of fresh cranberries provides nearly 20% of the recommended daily amount of fiber. Cranberries are a great source of vitamin C and flavonoids.

### Reason 5: **Control Diabetes**

The berry's high level of PACS may help keep glucose levels balanced. One study showed that drinking unsweetened cranberry juice or eating dried cranberries helps people with type 2-diabetes manage blood sugar levels.

### Reason 6: **Keep a Sharp Mind**

Cranberries contain two nutrients that play a vital role in protecting your brain from memory loss. Antioxidants neutralize harmful free radicals that can damage DNA and cause inflammation in the brain, increasing your risk of developing Alzheimer's disease. It is best to eat fresh or dried cranberries to get the most benefit with the least amount of added sugar.

### Reason 7: **Notice Fewer Wrinkles**

Cranberries contain PACs and anthocyanins that promote collagen production. These help keep the skintight and give that youthful glow.

### Reason 8: **Show A Healthier Smile**

The cranberry's antioxidants reduce dental plaque and help prevent gum disease. The PACs have an anti-inflammatory effect that stops periodontal pathogens and bacteria from forming, which leads to healthy gums and teeth.

## RECIPES

### CRANBERRY-ORANGE QUICK BREAD

*From Food.com*

#### Ingredients:

2 cups all-purpose flour  
3/4 cup sugar  
1 1/2 teaspoons baking powder  
3/4 teaspoon salt  
1/2 teaspoon baking soda  
1/4 cup margarine or butter, softened  
1 Tablespoon orange zest  
3/4 cup orange juice  
1 egg  
1 cup cranberries, chopped (fresh or frozen)  
1/2 cup nuts (optional)

#### Directions:

Grease/spray bottom only of a 8x4 or 9x5 loaf pan

Combine flour, sugar, baking powder, salt, and baking soda. Add margarine/butter and mix until crumbly.

Add peel, 3/4 orange juice, and egg; stir until moistened. Add cranberries and nuts.

Pour batter (it will be thick) into pan and bake until a knife comes clean from the center.

For a 8" loaf, about 75 minutes, for a 9" loaf, about 55-65 minutes at 350'

Loosen sides from pan, remove and cool completely.

When cool, prepare glaze (optional)  
Combine 1 T orange juice, 1 c sifted powdered sugar, and enough extra OJ to drizzle.

Drizzle over top of loaf and enjoy.

Yield: 1 loaf



## "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#: \_\_\_\_\_

## THE GIFT OF TOUCH MASSAGE THERAPY



1411 E. CAMPBELL SUITE 1300, RICHARDSON, TX 75081

*NORTH EAST CORNER OF PLANO RD & CAMPBELL RD IN THE OFFICE  
COMPLEX BEHIND THE MEXICAN RESTAURANT*

**SCHEDULE YOUR APPOINTMENT**

**ELLEN (469) 231-3112**

**GEORGE (972) 841-7494**

# Darren's

**AMERICAN GRILL**

7602 N. Jupiter Rd. #100 • Garland, TX 75044 • 972-414-4009

Buy one entrée get a second  
one of equal or lesser value

# FREE

Limit 10 dollar value please and one coupon per party.

**We also have a private dining room onsite for parties of 20 or less at no charge, based on availability. Adult beverages are also available from our full service bar, including Bud Light, Shiner Bock and Dallas Blonde beer on tap!**





**BEST  
D  
2015**

**We're  
LOCAL**



**We're  
GLOBAL**

Bringing Buyers and Sellers Together  
**Cummings-Wiessing Group**

**Marsha Cummings**  
**214-957-7153**

**Shana Cummings-Wiessing**  
**214-543-5559**



**marshana@ebby.com**



**ADAPTIVE RENOVATIONS, LLC**  
REMODELING & CONSTRUCTION | (214) 856-8232  
[WWW.LETSMAKEITYOURS.COM](http://WWW.LETSMAKEITYOURS.COM)



- ALL TYPES OF ALTERATIONS •
- TAILORING •
- FELTING •
- KNITTING / CROCHET •
- HANDSPINNING FIBER INTO YARN •

We offer all types of custom alterations and tailoring,  
for all ages, tastes and fashions.

We can do alterations on bridal wear, formal and casual wear.  
As well as work with leather and fur, adjust uniforms,  
drapery/curtains, seasonal wear, biker's vests, riding suits,  
Irish dance dresses, prom dresses, children's costumes,  
pet's costumes, pillows, bags, belts and secure patches.

We can resize garments, modify hems, taper waists or sides and shorten or  
lengthen sleeves. We can also do small repairs, such as adding new buttons  
and snaps, replacing zippers and pulls and much **MORE!**

We will be happy to serve you! *Olga Boroditskova*



3443 W.CAMPBELL RD #780  
GARLAND TX 75044  
Phone: (469) 814 0122  
Email: [spinningwheelalterations@gmail.com](mailto:spinningwheelalterations@gmail.com)  
[www.spinningwheelalterationsandtailoring.com](http://www.spinningwheelalterationsandtailoring.com)

## Photo Organizing Solutions

*Saving Your Memories One  
Photo at a Time*

Photo Organizing Solutions is your choice for  
all your photo preservation needs!

- > Organize printed & digital photos
- > Scan and digitize old photos & other media
- > Design and create photo albums
- > Speak to local groups on photo Organizing
- > Conduct classes/workshops to teach photo organizing
- > We will be celebrating **Save Your Photos Month** in September, watch for more information soon
- > Design and create other personal gift options

To get your **FREE** copy of "Insiders Guide to Photo Organizing" you can go to my website,  
[www.PhotoOrganizingSolutions.net](http://www.PhotoOrganizingSolutions.net) and sign up today!

**Photo Organizing Solutions**  
**Sue Thornton**  
**Garland/Richardson**  
**469.544.9525 or [sue@memoriesbysue.net](mailto:sue@memoriesbysue.net)**

## CROWLEY PARK SHADE THE TRAIL DONOR LIST

### Donor:

Larry Bailey  
Eric Chen  
Andrew Chuvarsky  
Sharol Clark  
Kathleen Crowe  
Crowe and Van Niemela  
Tom and Elaine Dixon  
Charles Finch (3)  
Jerri Garison  
Tom and Elaine Gibson  
Glenda and Dennis Jenkins  
Dan Johnson  
Chuck and Joan Johnson  
Bob and Mary Ann Johnston  
Bill and Leslie Kinder  
Kent and Betty Koehler  
Fulchu Li  
Lynne Lofgren  
Rockie and Tim Marvel  
Phyllis and Alan McKinzie  
Dot and Dennis Pitts  
Lewis Rigdon  
Bill Simpler  
Sabrina Skoblionok  
Eric and Terry Willenbrock  
Steven and Penny Williams  
Jean Wright  
Terry and Cathy Ziegler

### Dedicated To:

Boyce and Kay Bailey  
Chia Yang and Yu Ying Chen  
Helen Chuvarsky  
Tate Landon Clark  
William Crowe Nancy  
Dave and Patti Stevens

"Buz" Stuart  
My Family at COR HR  
Micah N. Jenkins  
Todd and Alison Ayrea

Kent and Betty Koehler

Herta and Leonard White

Cynthia Rigdon  
Disabled American Veterans  
Sofia Skoblionok

Dorothy Charlene Elbersen Williams  
Judy Neslage

**The following Crowley Park Residents have donated  
\$20-199 toward the purchase of a tree:**

Elena Basurto  
Josie Capps  
MaryAnne Coelln  
Fulchu Li  
Sandy and David Maher-Smith  
Donna Newton  
Tanya Nguyen  
Phil Nordquist  
Roy and Beverly Ridley  
Naomi and Joe Steede  
D Max Waitfield  
Tsu Ching Liu and Peggy Wang  
Shana and Mike Wiessing  
Clifford and Jean Wright

**Please see the donation  
form on page 13.**



## Shade the Trail Update

By Nancy Crowe

Fall 2016 has come and gone, and in October we planted another 20 trees in Crowley Park as part of the Shade the Trail Program! I am so impressed that we have such a wonderful neighborhood of giving people who donate to enable us to purchase the trees, and we have such a wonderful city as Richardson that cares enough to have a Matching Funds Program. I am even more impressed with our City of Richardson Parks Department, specifically Dan and Bobby who actually meet me at the park to walk together and choose each location and tree type. What other city has that kind of collaboration? But the bulk of the work is done by the wonderful staff from our City of Richardson Parks Department, who plant each tree so beautifully in its designated spot!

Five trees were planted on the east side of the park, which has desperately needed shade along the trail, bringing the number of new trees planted on the east side to sixteen! The other fifteen trees were planted on the west side of the park in areas that have also been lacking shade. In addition to these, nine trees were planted last year at the corner of Honeysuckle and Blackberry, totally changing the desolate look of that corner. That makes a total of 50 new trees planted in our park in less than 2 years, 40 funded by our neighborhood and 10 by the Parks Department! And yes, we are still going ... In the Spring of 2017 there will be another planting – number TBD based on our donations.

Following are some types of canopy trees from the city's approved list of Texas native trees that are being planted, and a brief description of each:

1. Red Oak – rapid growth rate, drought tolerant, reliable fall color orange to deep red, seeds or fruit eaten by wildlife.
2. Bur Oak – slow growth rate, drought tolerant, unique leaf shape, reliable fall color, large acorn enclosed in fuzzy cap, seeds or fruit eaten by wildlife.
3. Chinquapin Oak – moderate growth rate, drought tolerant, light-colored bark, deep green leaf color creates a lush appearance, excellent shade tree.
4. Cedar Elm – moderate growth rate, drought tolerant, reliable fall color, fine textured leaves turn yellow in the fall, well adapted to a variety of conditions.

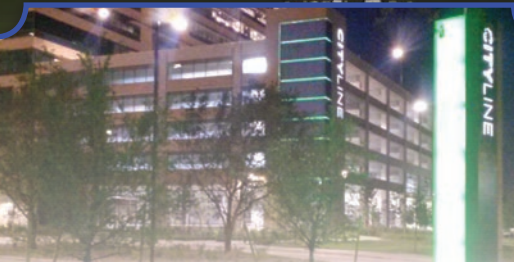
Different types of trees are being planted together rather than all of the same type, so if one gets a disease it will not spread to kill the entire group. In the future you will find a catalog/map of each new tree type and location in the newsletter (a work in progress).

Thank you again for your continued support of this wonderful project to keep Crowley Park beautiful for years to come! For more information or to donate a tree, please contact Nancy Crowe at [ncrowe3@hotmail.com](mailto:ncrowe3@hotmail.com) or call 214-679-3091



## AROUND THE CORNER DINING OPTIONS

Adapted from Guide in the Dallas Morning News



What are you hungry for? CityLine Dining can probably satisfy those taste buds and they are just around the corner.

### A SPECIAL NIGHT OUT!

Jasper's- backyard cuisine  
Fernando's Mexican Cuisine- upscale Tex-Mex dining

### FUN SPOTS!

Coal Vines - "Uptown Pizza" and wine bar  
Edoko Sushi and Robata - Western-style dishes with Japanese influences  
Fish City Grill- fresh daily items like oysters, seafood platters, fish tacos  
Tricky Fish - special gumbo, crawfish etouffee, etc.  
Pei Wei - pan-Asian cuisine

### CASUAL OPTIONS!

Taco Diner - traditional taco stand and an American neighborhood diner  
Good Union Urban BBQ - Hill Country-style barbecue with a sleek, urban interior  
Piada Italian Street Food- Italian dough baked on a grill, seasonal ingredients with authentic Italian flavors  
Smashburger- fresh ingredients and local flavors, with smashed burgers and fries  
Super Chix - chicken strips and sandwiches, fries & CUSTARD  
Chick-fil-A - all the chicken you can eat, fried or grilled

### WATCHING THE WAISTLINE!

Modern Market - healthy and gluten free options, artisan fare without the "pomp"  
Pho is for Lovers - Vietnamese café, vegan, vegetarian and health-forward options  
Luna Grill - fresh Mediterranean, promoting healthier eating  
Red Mango - all natural frozen yogurt

### INDULGENCES!

Top Pot Hand - Forged Doughnuts and Coffee- apple fritters, cake doughnuts and "old fashioned"  
Tom + Chee - Shark Tank success - grilled cheese doughnuts, grilled cheese sandwiches, soups and salads  
Nestle Toll House Café by Chip- Cookies and cakes, frozen yogurt and ice cream

### FAST FOOD AND GROCERY

CityLine Kitchen - food-court setting  
Jimmy John's - sandwiches  
Subway - sandwiches  
Starbucks - coffees and more  
Whole Foods - Eating area and take-out, along with a grocery store

## CITYLINE UPDATES

By Michael Alost

### Construction projects underway at CityLine

1. JLB is constructing Lot C and Lot D, a new apartment block just east of Plano Road and north of CityLine Drive. This project will contain about 499 units, with about 17,000 SF of new retail along the south side of State St.
2. To the east of CityLine Market, Green Brick Partners is developing 32 units of for-sale residential town homes, expecting to complete units in late 2017.
3. CityLine Park opened a sheltered overlook, rustic trail and bridge over the creek, hike and bike trail and landscaping. KDC and the City are planning for playground equipment to be installed in the future.
4. Construction of new restaurants on State Street, including Fernando's and Trick Fish are just completing. Additional retail on State Street is in the planning stages.
5. Phase II of The Standard is under construction with completion of 434 apartment units expected in 2017. Phase I is operational with strong rental traffic.
6. The 148-room Aloft Hotel continues construction on the CityLine Plaza with anticipated opening in April 2017. The Aloft Hotel is an urban styled property similar to the W Hotel designs, but at a competitive price point. It will contain some meeting space and a sophisticated lounge opening to the Plaza.
7. KDC is pursuing a movie theater to the east of Wilshire Way. Negotiations are ongoing.
8. Design is completed on the trail park that spans the detention area west of Raytheon and east of the CVS Pharmacy. Construction should begin this spring.

For the future: KDC continues to pursue additional office and retail tenants for the remaining property. A number of prospects are being considered.

Apartment success: The current occupancy of JLB's 552 unit apartment complex, Lot A and Lot B, are nearly full, with leasing continuing at a steady pace with the properties nearing full occupancy. The project's rent starts at \$1245 a month for a 714 sq. ft. unit. About 25% of the renters who live in the first phase work at State Farm or Raytheon.

Fronting Renner road, Phase I of The Standard at CityLine, facing Renner Road with 403 apartment units, is nearly full and strong growth continues.

**INTERESTING FACT:** With more than 10,000 working at State Farm and Raytheon, CityLine has one of the largest employment bases in the country.

Hi there!

I live here in Crowley Park with my husband, Andrew, and our 1 year old daughter, Evelyn. I have been in the real estate space for over 3 years and finally started my own business this past year! I specialize in researching properties and areas for investors and potential investors, but if you, or any of your friends or family, are looking to buy, sell or lease a home, please contact me! I would love to help out!

~Randi

**kw**  
KELLERWILLIAMS.

Randi Haluptzok  
REALTOR

randi@dellarun.com  
214-282-0978

main 972-240-4416  
fax 214-440-1302

1111 Beltline Road  
Garland, TX 75040

kw.com

Each office is independently owned and operated



20 years experience

**ALL AMERICAN**  
LAWN & LANDSCAPE

• Lawn Maintenance • Plant Flowers •  
• Landscape Design/Install • Trim Shrubs •

Jason Smith - Owner/Operator

**214.801.9361**

BBB A+ Rating

**Got leaves?**  
Autumn/Winter  
Leaf Removal

**\$10 OFF**

Valid 2016 Holidays/  
New Customers

Call us to be clean for the  
2016 Holiday Season!

City of Richardson Parks Department Manager, Dan Baker helped to expedite the sidewalk leading up to the restroom at the south end of Crowley Park. Thanks so much to our wonderful Richardson Parks Department!



### Attention All Veterans,

North Dallas Memorial VFW Post 3530 (Richardson, Texas area) is a low key post, primarily in Community Service, Americanism, veterans support and we activate Patriotic programs. If this is one of your goals, **please come to our next meeting, at 7:30 PM on the 3rd Thursday of the month, held at:**

Saint Luke Lutheran Church  
1210 W. Belt Line Rd., Richardson, TX 75080.  
**NON-SMOKING POST**

### For questions, contact:

Ralph Rizzo, Commander 469-345-6563  
Art Hawkins, Quartermaster 214-893-3545  
Pablo Gonzalez, Adjutant 817-713-8342

Visit our website: [www.vfw3530.com](http://www.vfw3530.com)

Join us as members of the VFW Post 3530.

Community Service,  
Fire & Police Award,  
Paramedics Award, ,  
Voice of Democracy  
Award, Jr. ROTC Award,  
Veterans Helping  
Veterans







## MY FITNESS PROGRAM

By Lewis Burton

At the recent open house at CPNA President Terry Ziegler's home, Terry took great delight in telling others of my 90th birthday. I don't mind since I take delight in their awe and disbelief. People often ask what causes me to look younger than my age and Glenda Jenkins asked me to write an article on Fitness for the CPNA news. This is my story.

I have a good relationship with the Lord Jesus Christ. In April 1968, at age 42, I was concerned about staying in good health for the benefit of my wife and small children. A fellow employee showed me a Readers Digest article on Aerobics, written by Dr. Kenneth Cooper, an Air Force medical doctor. He had developed the Aerobics program to rehabilitate Air Force pilots whose heart conditions disqualified them from flying. By jogging by this fitness plan, many of them were re-qualified to fly again.

Dr. Cooper had developed Aerobics using hundreds of air men on which to test the program. The program involved jogging a mile, a mile and a half, and two miles progressively and plotting time and distance against weeks of conditioning. Everyone has a limit beyond which jogging time per mile cannot be further reduced. This takes weeks and in my case they stabilized at about 15 weeks.

Good shoes are required. I jog my neighborhood streets and record my time, weight and keep a running total of the miles. Years later jogging on hard surfaces began to hurt my knees and I slowed to a fast walk. In 1997 I had a heart attack. I was only 3 blocks from home and the pains started at my armpits and ran to my elbows. In another block the pain had moved to the middle of my chest. I rested a minute, went home and called 911. An angiogram indicated 4 blockages and I had quadruple bypass surgery. I began to take short walks, adding to the distance as it became easier and did 12 weeks of rehab at the hospital.

I see my cardiologist twice a year and I do well on stress tests. He marvels that my heart is strong and I can pass the stress test with ease.

Three days a week I work out with weights and walk a mile in a gym. Two days a week I walk two miles around Crowley Park. As of now my cumulative distance is 18,800 miles.



## THE PET DOCTOR'S IN!

*continued from page 7*

preventative. There are wonderful and very effective oral /topical flea and heartworm preventatives for both dogs and cats. And yes, cats CAN get heartworms, so make sure they are on a heartworm preventative too! So repeat after me...heartworm and flea medication.... once a month... every month.... through out the year. No ifs, ands or bugs about it!

### DOES YOUR DOG (OR CAT) KISS YOU WITH THAT MOUTH?

One of the most common things I see in my practice is dental disease. I would estimate that 85% of my patients have some form of issue going on with their mouth. This can range from a mild inflammation of the gums to severe periodontal disease. Now, most people understand that an unhealthy mouth can lead to serious diseases like kidney and heart disease, but what I think we sometimes fail to appreciate is dental issues HURT! Just because our pets don't show pain does not mean they aren't in pain. If they resist you handling their mouth, if they drop food when eating, if they are reluctant to eat, if their mouth smells like a sewer, they may have issues related to dental disease. Please have your pet seen by a veterinarian so that they can have their teeth evaluated and cleaned. A complete and proper dental assessment and cleaning includes dental x-rays because dental disease can hide below the gum line. Don't let them suffer in silence!

### THE DOCTOR WILL SEE YOU NOW.

Yearly check-ups are vitally important for your pet. That is the time when your veterinarian gets to look "Rover" over and make sure that all is going well. And although vaccinations are important, especially in the early years, as your pet ages, laboratory diagnostics are essential in keeping them as healthy as they can be. Routine "wellness" testing can help diagnose a problem before it becomes a serious, life threatening issue. Although a great number "wellness tests" do come back normal (how great is THAT!), sometimes we find a problem that we were not able to see from the surface. Once diagnosed, we can then address problems and set out a treatment plan. And remember, cats need check ups too. It's just as important for your feline friend to see the doctor every year as it is for your canine companions. If the stress of the car ride is making you reluctant to take your puurrfect pet in for their physical, putting them in a carrier (with maybe a Feliway wipe) may help to reduce not only their anxiety...but yours too!

Hoping that 2017 brings in good health and happiness for you, your family and your pets. God Bless you and God Bless America!

## THE PET DOCTOR'S IN!

By Dr. Cindy Stevens, The Vet



Happy 2017! How many of you have made New Year's Resolutions to get healthy for the New Year? Well, how about we also resolve to make our pets happier and healthier during 2017. Here are five New Years Resolutions to help our four legged friends have a better New Year!

### DOES THIS COLLAR MAKE MY HIPS LOOK BIG?

Is your pooch a little pudgy, or your feline a little fluffy? Now is the time to start them on a weight loss regimen! Obesity is a real issue with a lot of our furry friends. It can lead to many problems such as arthritis and diabetes. You don't have to put you pet on a crash diet to have effective weight loss. Moderation is the key. Reduce the number of treats they get, try feeding a lower calorie food and MEASURE their food...with a measuring cup. Knowing how much you are feeding them and being consistent with the amount will go a long way toward helping "FiFi" get ready for bikini season. And exercise is not only good for "Fido", its good for us too. So tie up those tennies, grab your buddy and take a walk around the park.

### "MAY I SEE YOUR LICENSE AND REGISTRATION"

Make sure your pet has current ID collar and tags...and make sure they are wearing them at all times. You may think your pet will never get out, but trust me, they do! Gates get left open; pets slip out of open doors, or they make their "Great Escape" while on a walk. There are a lot of really good ways to identify your wayward pet: micro-chipping (which can be done at most area veterinary clinics), collars with sewn on names and phone numbers, rabies tags (which usually have your veterinary clinic's phone number on them), or ID tags that you can have engraved yourself at area WalMart and Pet Smart stores. These are all relatively low cost ways to identify your best friend if he or she decides to go on a walk about...and they will be worth every penny you spend if they help bring your babies home safely.

### FLEAS!! I DON'T SEE NO STINKIN' FLEAS!

Fleas and heartworms are a problem, year around in Texas. Just because it's January doesn't mean that fleas or mosquitoes have flown south for the winter. (I know we all can remember an 80-degree January day!) Make sure that you have your pet on a monthly flea and heartworm

*continued on page 10*

## WHAT DOES IT TAKE TO MOVE A MOUNTAIN

By Tim Marvel - Attitude Coach



I am going to talk about moving a mountain in relation to the work it will take.

I believe moving a mountain would be easier at times than trying to reach my goal. Moving a mountain is simple, by moving one rock at a time with enough persistence and consistence I have all the abilities and knowledge required to accomplish this task. How hard could it be? Think about it, all I have to do is pick up one stone a day and over time I will see those stones become a small mound. Given enough time you begin to see a hill and over years I can see a mountain take shape.

So why is moving my mountain so difficult? I may be trying to move too fast by taking too big of a boulder at one time. I may have to break it into smaller movable chunks. I may need to ask for help. I may need more education or maybe I lose my focus.

This is the same for our goals in life. Ask yourself the following questions:

1. Have you defined your mountain?
2. Are you trying to move too big of a boulder?
3. Do you need to ask for help?
4. Do you need to take a class or a course?
5. Did you get bored and lose your focus?

Go back and review your journal. If you are not journaling, then start.

Remember being successful could be boring. It is about those small daily habits mixed with planning and the reminder we can make progress each day.

Now it is your turn to move your mountain. It really is about the little things each day.





## RESIDENT BENEFITS

Dear Neighbors,

We are fortunate to be in our 7<sup>th</sup> year as a fully-functioning Crowley Park Neighborhood Association (CPNA). To clarify, CPNA is voluntary and NOT a homeowners association.

*"CPNA is a **voluntary** group that strives to develop the lines of communication with the city, promote a safe, clean and attractive community, and bring residents together to preserve and enhance the livability and value of our neighborhood."*

CPNA is open to home owners and tenants alike, **BUT, we need your support! We want to continue to be "your voice" and offer these great benefits and services.** Please be a part of the Crowley Park community by contributing your dues and volunteering your time and talents.

**Membership dues are only \$25 per year, per household and provide & facilitate the following valuable services:**

- ❖ Crime Watch Patrol – by trained neighborhood volunteers
- ❖ Beautification & Civic Projects (as approved by the City and budgetary constraints)
  - ~ Crowley Park "Trash Bash" and "National Night Out", City sponsored events
  - ~ Crowley Park entry signs
  - ~ Street sign Toppers
  - ~ Flag Program through Rotary Club (\$40/household/year to participate)
  - ~ Clean & paint perimeter wall @ Jupiter & Renner
  - ~ Various ongoing community projects
  - ~ Shade the Trail Initiative sponsored by CPNA & residents
- ❖ Special Events
  - ~ Spring fling Mixer (March)
  - ~ International Potluck (April)
  - ~ Annual Meeting (September)
  - ~ Salute to Veterans (May)
  - ~ Ice Cream Social (June)
  - ~ Fall Festival (October)
- ❖ Representation at City of Richardson meetings and coordination of matching projects.
- ❖ Interaction with Richardson Police and Fire Departments.
- ❖ CPNA Neighborhood News newsletter. Distributed quarterly.
- ❖ Neighborhood Website ([www.CrowleyPark.com](http://www.CrowleyPark.com))
- ❖ CPNA Social Networking Site limited to residents only: (<https://crowleypark.nextdoor.com>)

**Please complete your Membership Form today.**

**Thanks in advance for your support!**



## CPNA MEMBERSHIP APPLICATION

**October 1<sup>st</sup>, 2016 - September 30<sup>th</sup>, 2017**

**Application Date** \_\_\_\_\_

**First Name** \_\_\_\_\_ **Last Name** \_\_\_\_\_

**Other Adults** \_\_\_\_\_

**House Address** \_\_\_\_\_

**Phone** ( \_\_\_\_\_ ) \_\_\_\_\_

**Email** \_\_\_\_\_

*(For communicating planned events, meetings, and alerts)*

**Payment (\$25)** ☐ CASH ☐ CHECK # \_\_\_\_\_

*Payable to CPNA and mail with completed form to:*

*CPNA, P.O. Box 830114, Richardson, TX 75083*

**Volunteering** (check all that applies):

- ☐ Neighborhood Safety (Crime Watch Patrol)
- ☐ Flyer-Newsletter Distribution
- ☐ Welcome Committee
- ☐ Newsletter Writer/Editor

**Social Events** (Please pick one):

- ☐ Trash Bash (February)
- ☐ Spring Fling (March)
- ☐ International Potluck (April)
- ☐ Salute to Veterans (May)
- ☐ Ice Cream Social (June)

*THANKS FOR YOUR SUPPORT!*

**Crowley Park Neighborhood Association**

For more information contact Glenda at 972-680-0885

Payment Date: \_\_\_\_\_