

Castner Heights Neighborhood Association

Newsletter, September 2014

President- Joe Molinar
Vice President- Mark-Thomas Bray
Secretary- Roger Heidt



Treasurer- Kendra Bray
Membership Officer- Margitta Vanwijk
Member at Large- Maurean Simmons

President's Corner:

National Night Out at Todd Ware Park by Joe Molinar

The evening could not have been more perfect, a slight breeze and cool temperatures as the crowd began gathering for the 31st National Night Out at Todd Ware Park on Tuesday, August 5th. Music was playing and, yes, sometimes blaring from the Music Machine which was a prelude to an evening of fun, music, dancing and making new friends among neighbors and law enforcement officers. Mr. Ben Avalos came through once again by providing entertainment with children's games and activities. Alright, some adults also participated in the three-legged race against younger participants. Nevertheless, the games were both challenging and fun. An estimated crowd of 250 people enjoyed meeting different law enforcement officers who included the esteemed Honor Guard from the Office of Field Operations, the singing of patriotic songs by Officer Willie Campbell and Officer Slade Davis. El Paso County Sheriff Richard Wiles spoke briefly and made some remarks about citizen participation and involvement in crime reduction efforts. Young and old were treated to "paletas" or frozen fruit bars, cookies, and soft drinks to include chilled bottled water.

This year, many Castner Heights Neighborhood Association businesses graciously provided monetary donations and, more importantly, were present at National Night Out to meet the association members and the community. More photos on page 7.



On The Road Again by Joe Molinar

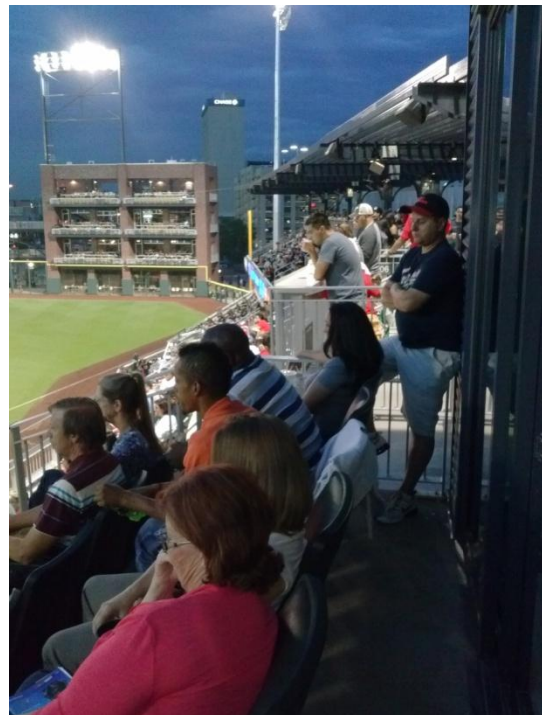
On Friday, August 8th new City Manager Tommy Gonzalez was given the grand tour of Northeast El Paso and District #4 by City Representative Carl Robinson, Mr. Sam Thompson, Mr. Mark-Thomas Bray and this author. The purpose of this road trip was to show Mr. Gonzalez some of the bright areas and not-so-bright areas in District #4. Our first stop was Chuck Heinrich Park in North Hills. Several residents were observed walking with their children and pets, running and bicycling in the park. Mr. Gonzalez had a lot of praise for the condition of this park and of Sam Thompson, as the immediate past president of the North Hills Pride Neighborhood Association. City Manager Gonzalez was taken to the areas of Futureland, Sherman Park and Castner Heights. While in Castner Heights, Mr. Gonzalez was advised of the present condition of the Yerbey Gardens and the area adjacent to it that has tall mounds of discarded asphalt. Mr. Gonzalez advised he would look into it to see if any progress on this lot

had been made by the City's Department of Transportation on Hondo Pass. We also drove into the Citizen Collection Site and we witnessed several employees hard at work and many citizens properly disposing of their trash and other debris. A young and unknown female City employee could not believe she was meeting and talking to the new City Manager. She was quite surprised by the City Manager's visit. After this tour, we completed the day with a nice lunch at Casita Linda on Hondo Pass. Mr. Gonzalez was very articulate in his answers, personable and very energetic in his demeanor throughout this tour.



CHNA and Chihuahuas Baseball by Joe Molinar

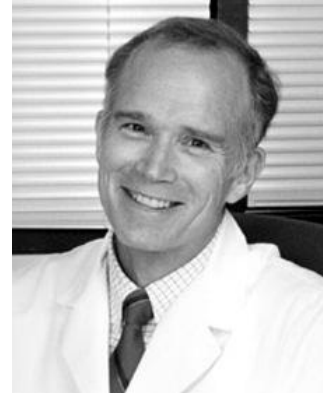
Mr. Mike Bearce, former CHNA secretary, used to plan and organize "Family Night at the Diablos" at Cohen Stadium while the Diablos were still in the ball game (pun intended). The idea to host a Chihuahua's baseball game sprang from this idea of Diablos baseball. Nevertheless, City Representative Carl Robinson graciously donated the City skybox for eight CHNA members and eight other neighborhood association presidents or board members. The baseball game was held on Thursday, August 14th, 2014 at Southwest University Park against the Nashville Sounds. The baseball diamond and field were well manicured, the ball park looked immaculate and all of the Chihuahua's staff was gracious and courteous. The weather was perfect and the local mountain scenery was improved by the height of the skybox. After a few innings, the Chihuahuas finally got on the scoreboard but unfortunately the Chihuahuas lost the baseball game.



Points of Interest:

The Top Six by Dr. Bill Davitt, Board Certified Eye MD,
8815 Dyer Street, 757-3937

Dave Letterman beat me to this and added four more, but I'd like to pass this along and suggest following my advice...it might save your eyesight and/or your life.



1. I don't need a regular eye check. I see just fine. I don't even need glasses.

I've lost count of the serious problems I've discovered in patients who thought everything was fine! We're talking breast cancer, prostate cancer, high blood pressure, strokes, diabetes, clogged neck arteries, skin and bone cancers, brain tumors and lung infections. All diagnosed from a careful history and dilated eye exam.

2. I don't need to take care of myself. I see fine. It matters not that I don't exercise. I can eat what I want.

No so! Most of our ability to see the world around us happens because the brain converts an electrical signal into a picture. So we see with our brains. And our brains need oxygen and food to function. That means clean blood vessels, a good pump (heart), a good oxygen delivery system (lungs), and good pipes (normal blood pressure, cholesterol, and blood sugar). Any variances sometimes result in dramatic unfixable vision loss. Then most reasonable people behave like saints. The only problem is they now have a permanent visual handicap. So why not behave while everything is still working?

3. Smoking is just fine. It won't hurt me. Besides, I can't quit.

NOT! Cigarette smoke contains chemicals that squeeze off blood vessels. If that happened to be the tiny vessel delivering oxygen and food to your optic nerve, you stand to lose $\frac{1}{4}$ or $\frac{1}{2}$ of your vision...permanently. So find a doctor who likes helping with smoking cessation, and begin a substitute (gum, patches, pills); set up a support system and always remember what's at risk if you don't quit. If you need a reminder, just cover one eye for an hour. www.doctoroz.com has a great section on this.

4. I just noticed I can't see out of one eye. Maybe this will go away.

FIVE VERY DANGEROUS WORDS! Vision loss is an emergency. Call your ophthalmologist (Eye MD) right away. Some problems become unfixable quickly.

5. I've just lost vision and called my doctor. His staff invited me right in. But I can't get a ride until next week.

Please re-read the last section. This needs to be tended to immediately.

6. I have a serious eye disease that's treated with medication. But I ran out and can't get a refill till next week.

Most eye diseases need continual treatment. Call your doctor's office and follow their advice. Most doctors stock "spares" or can suggest an alternative. Always stay on top of your refills.

Shingles by Dr. Bill Davitt, Board Certified Eye MD, 757-3937

Normally the **first question** is "what's that?" But you've seen the TV ads and know one in three adults who have had chickenpox as a child will get shingles during their lifetime, UNLESS they get vaccinated with Zostavax. **My purpose** in writing this is to encourage those of you past your 60th birthday to get the Zostavax vaccination. **Here's why:** If you had chickenpox as a child, your body contains the Herpes zoster virus. Think of the virus as being locked in a strongbox with a security guard sitting on top. Just about any life circumstance can call that security guard away—illness, stress, loss of a loved one, etc. Somehow, the virus then gets loose and travels along your nerves. It walks along your nerves with spiked golf shoes. It also tears up your skin. Worse yet, the virus sets your nerves on fire. It's the worst pain of your

life and doesn't respond to typical pain pills. And the pain can last forever...talk to anyone who's gone through this. If shingles strikes the eye, the owner can go blind.

A simple "shot" can greatly reduce your risk of getting shingles. That shot is most easily available at a local pharmacy. It might be impractical for your family doctor to keep Zostavax in stock, but you can ask. There's a small group of people who should avoid the vaccination: those allergic to neomycin or gelatin, those with a weak immune system, those taking high dose steroids, and those who are pregnant or planning to become pregnant. If you get shingles before being vaccinated, arrange for Zostavax once everything settles down a bit.

Sam's Club Construction Update:

As of the month of August, construction is moving along with a lot already accomplished. Also, Sam's Club is opening an employee recruiting office at 9155-A-40 Dyer Street.



Media: Please visit us on the Web and *Like Us* on Facebook.



<http://www.castnerheights.org/>



<https://www.facebook.com/CHNAelpaso>

Business and Selected Honorary Members:



White Sands Federal Credit Union,

4545 Hondo Pass Drive,
El Paso, TX 79904
915-834-2203, Fax: 915-834-2222,
Debbie Mendoza, Branch Manager,
dmendoza@wsfcu.org, www.wsfcu.org



LPL Financial, Freedom Financial Services,

4717 Hondo Pass Drive, Suite D,
El Paso, TX 79904
915-755-4180,
Robert H Sweet, robert.sweet@lpl.com



Flags Across America,

PO Box 640112,
El Paso, TX 79904
915-751-8718,
Jimmy K Melder, JKMelder@yahoo.com,
www.ElPasoFlag.org



State Farm

5151 Fairbanks Drive, Suite D,
El Paso, TX 79924
915-881-4956
James Cuilty, Agent, James.Cuilty.ri47@statefarm.com



Western Tech

9451 Diana Drive,
El Paso, TX 79924
915-566-9621
Mary Cano, Exec-VP/Campus Director
mcano@westerntech.edu, www.westerntech.edu



Club 54

4875 Rutherford Drive,
El Paso, TX 79924
915-755-9977 or (C) 915-920-9242
Petra Luoma, Owner



Sun City Security Service, Inc.

9155 Dyer Street, Suite B-90
El Paso, TX 79924
915-751-6811



Legacy Construction

9865 Taj Mahal Street,
El Paso, TX 79924
915-860-2700
Legacyconstruction@live.com



Princess House

8832 Ankerson Street, Apt # 5,
El Paso, TX 79924
915-242-5058
Alicia Hernandez



Walgreens

9428 Dyer Street,
El Paso, TX 79924
915-751-2494
Malaproductions@icloud.com
Mark Lopez



WM. Davitt, Eye M.D.

8815 Dyer Street, Suite 130,
El Paso, TX 79904
915-757-3937
wfdavitt@juno.com

CHNA Mission. *To preserve and improve the quality of life within the Castner Heights Neighborhood by fostering strong relationships, respect for cultural diversity, and pride among the residents. The Castner Heights Neighborhood Association (CHNA) shall provide an organized and unified voice to outside entities and empower the residents of Castner Heights to identify community needs and initiate positive change through community-based problem solving.*

CHNA Vision Statement. *We see CHNA as a community-based, resident driven forum resolved to respect ourselves and our neighborhood in order to sustain a clean, safe, friendly and secure environment for all our residents.*



We're Your Neighbors!



From left to right, Mary Gongora, Alma Santana, Alyssa Flores, Vanessa Lopez, Trudy Marshall and Debbie Mendoza.

4545 Hondo Pass ♦ El Paso
751-9933 ♦ wsfcu.org ♦ wsfcu.mobi



Equal Housing Lender



Member National Credit Union Administration

New Neighbors: Korea House restaurant is now opened at 4601 Hondo Pass, Suite B, at Stahala. I went there with six friends and we all enjoyed it. Hertz will soon be coming to 9155-A-30 Dyer Street in the northeast down from Bealls. Also, construction will soon be starting of the new Bus Terminal with the ribbon cutting in October at the location of the old Northpark Mall.

More NNO Photos:





Gil Favela, D.J.



El Paso Police
Department
Community Services
Officer Slade Davis



El Paso Police
Department
Crime Prevention
Officer Jeff Bell

Hoping you all had a wonderful Labor Day weekend and your summer was full of fun and excitement too! Overhead school zone flashers have been installed on Stahala and Hondo Pass, and they are working properly. Schools started back on Monday, August 25th. Please drive cautiously around all schools and colleges.

Remember: Do not use hand held cell phones due to it being illegal and especially so in school zones. If you receive a ticket in a school zone, it is very expensive! Talk when you are not operating a vehicle. Your children's lives are depending upon it.

Regina R. (Gina) Meigel, Editor

