



Castner Heights Neighborhood Association Newsletter

SEPTEMBER 2015

VOLUME 1, NUMBER 3

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President's Corner

By Joe Molinar, CHNA President

After months of hard work by CHNA board members and many CHNA members, the 32nd National Night Out was a huge success on Tuesday, August 4, 2015 at Todd Ware Park. Over 200 persons attended and had a grand time.

We welcome Mrs. Regina Meigel as the new CHNA Member-at-Large after Mr. Carl Smith's recent resignation. Welcome aboard Regina!

This author encourages as many CHNA members as possible to attend the 11th Annual Neighborhood Summit on Saturday, September 12, 2015, from 8 am to 2 pm at the Ysleta ISD central offices located at 9600 Sims. This is a free event for the public which includes topics on the Neighborhood Improvement Program (round three), City of El Paso programs, etc.

Get ready for a clean-up at Todd Ware Park on Pride Day which is being sponsored by the Environmental Services Division and the El Paso Police Department on Saturday, October 3, 2015, from 8:30 am to 11:00 am.

You may have heard or read about the many incidents involving road rage on U.S. 54 and at or near Hondo Pass. You are encouraged to report any and all information you may know about these criminal incidents to the El Paso Police Department. Be safe in your travels all over El Paso and elsewhere.

CHNA Board of Directors Welcomes New Member-at-Large

I, Regina R. (Gina) Meigel, was born in Attleboro, MA and lived in Rehoboth, MA until I was married in 1974. I graduated from Our Lady of Fatima High School, attended St. Anne's Nursing School, Roger Williams College, University of Lisbon, Portugal, University of Anchorage, AK, El Paso Community College, and graduated from American Travel College. I held several types of positions: in banking, Joint Federal-State Land Use Planning Commission in AK, Fairfax school system, Mary Kay Sales Consultant, Travel Agent, and Chairman of Red Cross Volunteers in Heidelberg, Germany. I have a twin brother and sister in addition to 3 half-sisters and 2 half-brothers (both half-brothers and 2 half-sisters are deceased now).



We lived in our Castner Heights home from 1980-83 when we first purchased this home and then 1991 until now. Due to my husband Glenn's military career, we lived in several places to include Germany. I have held the Membership and Member-at-Large positions for the CHNA in the past. My husband Glenn and I have been married 41 years and we both are involved in helping the CHNA with different functions. I am an Extraordinary Minister of the Eucharist (EME) at Chapel #2 on Fort Bliss, member of Catholic Women of the Chapel (CWOC), Rosary Makers (CWOC members make rosaries, preemie hats, and prayer shawls for the soldiers, missions, Knights of Columbus and anyone else who needs them), and member of Westside Welcome Club presently. Over the years, I have been on the Board for the Retired Officers' Wives' Club (ROWC) and member of El Paso Chamber of Commerce. I like to entertain, exercise at the YWCA, volunteer, and make crafts.

**Next Scheduled
CHNA General
Membership
Meeting**
*Thursday
October 15, 2015
6:30 PM
Northeast
Regional
Command Center*

In Case You Missed It – Notes from July CHNA Membership Meeting

By Mark-Thomas Bray, CHNA Vice-President



The most recent General Membership Meeting of the Castner Heights Neighborhood Association was held on the evening of Thursday, July 16, 2015 at the Northeast Regional Command Center's Community Room, part of the Jethro Hills Municipal Annex located on 9600 Dyer Street. The Guest Speaker that evening was El Paso Police Sgt Christine Saiz accompanied by Officer Juan Ibarra. They discussed the conduct and results of the Police Department's Performance Plan for Castner Heights during the month of April 2015.

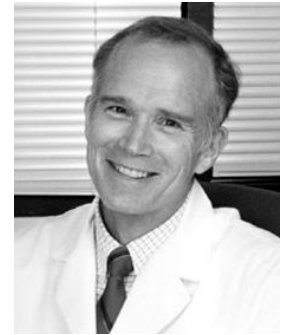
Sgt Saiz explained the Performance Plan was in response to residents' request for increased police focus on concerns within our neighborhood, mostly dealing with traffic. It is important to note that the plan covered EPPD's zone 53 which is half in Castner Heights and half in Devil's Triangle. Statistics provided were for the entire zone. Since this increased focus, the calls from Castner Heights have been going down, with most now dealing with barking dogs. Police found some problems with loitering in the park. Sgt Saiz re-emphasized that non-emergency calls should be directed to 832-4400. When asked about the potential for cooperative efforts between EPPD and other law enforcement agencies, Sgt Saiz pointed out the EPISD Police only have jurisdiction on school property and the Sheriff's office must distribute their limited resources throughout the entire county. She also noted the streets around Whitaker Elementary are of special concern because they are thoroughfares. She encouraged residents to contact city council about installing traffic calming measures, such as medians, curb bump outs, and street islands as a means to enhance pedestrian safety. Sgt Saiz and Officer Ibarra then answered members' questions dealing with people walking late at night causing dogs to bark, traffic from Western Technical College through our neighborhood, and speed trailers to monitor traffic on Stahala.

The CHNA normal business meeting followed Sgt Saiz's presentation with a review of our quarterly reports, updates on the city's Neighborhood Improvement Program (NIP), National Night Out (see article on page 4), and opportunities to volunteer for CHNA activities and committees. CHNA President Joe Molinar led discussion of the County's Prescription Program, neighborhood concerns, and the City's Neighborhood Summit (a free informational fair on Saturday, September 12, 2015, 8 am to 2 pm at the YISD Headquarters on 9600 Sims). The membership also discussed a potential change in our meeting venue, but then overwhelmingly voted to continue meeting at the Northeast Regional Command Center.

The next scheduled General Membership Meeting is planned for 6:30 pm on Thursday, October 15, 2015 at our normal location. Your Board of Directors is working to identify a guest speaker – if you have any suggestions, please contact any Board Member and let them know. Our standard business meeting will immediately follow the presentation. Hope to see you there.

Read [and Understand] the Fine Print

By Dr. Bill Davitt, Board Certified Eye MD & CHNA Business Member



- “Open Season” for Health Insurance can bring many options
- Beware of the ‘hard sell’
- If change plans, let your health care provider know right away

Every year, late fall, salesmen gear up to present the latest in health insurance plans. At the same time, providers [physicians, hospitals, urgent care centers, labs and x-ray facilities] review their current list and make adjustments. I've frankly lost count of how many plans are out there. And I trust my insurance guru to carefully evaluate each plan before voting yes or no.

What's above are the facts. Now if you'd allow a quick opinion. I think that perhaps the plans that are sold the 'hardest' are probably not good options. Again, my opinion. And this opinion is based on my in-laws being 'sold' a plan by being told, “your signature here only permits me to send you documents in your native language [Spanish].” Come to find out, their signature actually enrolled them. The plan was very restrictive. It took weeks for them to get into see their primary care provider. And it took months for my insurance guru to get them back on regular Medicare.

So please be careful. If your favorite doctor isn't on the plan, consider passing. There's probably a good reason. Ask around. Check with rating agencies. As your doctor's office manager. If it sounds too good to be true, it is!

And if you change plans, let all your care team know NOW, not the day of your appointment.

Dr. Bill Davitt, NE Ophthalmologist

Eye Allergies

By Dr. Bill Davitt, Board Certified Eye MD & CHNA Business Member

- Tips to reduce itching of the eyeball
- Artificial tears
- Over the Counter (OTC) allergy drops
- (Rarely) Prescription Steroid
- Allow drops to soak

This means eye BALL itching. Not the eyelid. And usually it's both eyeBALLS. . If you could watch a YOU TUBE of the inside of your eye during rubbing, you'd never touch your eyes again!

Prevention is always the first step, but not easy when the allergy season can run year round. Next is washing out the offending agent with artificial tears. Refresh, Systane and TheraTears are among the best. If you make them cold, via your friendly refrigerator, you can shut down the itching more quickly. An OTC allergy drop is the next step. COLD Allaway and Zaditor come to mind. Some pharmacy insurance plans either eliminate or restrict coverage but the best prescription eye allergy drops are Pazeo, Pataday, Bepreve, Lastacraft and Patanol. Again, making the drops COLD stops the itching more quickly. Rarely, a prescription steroid might be called in to help, and those least likely to cause glaucoma and cataracts are Alrex and Lotemax.

Proper drop use is always part of the mix, and that's allowing the drop to soak in for at least 2 minutes with no blinking or Kleenex.

Dr. Bill Davitt, NE Ophthalmologist



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751-9933 ♦ wsfcu.org ♦ wsfcu.mobi

 Equal Housing Lender
 Member National Credit Union Administration

*Your CHNA
Membership
makes you eligible
to joint White
Sands Federal
Credit Union*

National Night Out at Todd Ware Park

By Joe Molinar, CHNA President

The Castner Heights Neighborhood Association hosted the 32nd National Night Out (NNO) on Tuesday, August 4, 2015, at Todd Ware Park. Of significant interest, Congressman Beto O'Rourke was in attendance at our event which promotes crime prevention and honors law enforcement officials. District Director Cynthia Cano and Congressman O'Rourke's children were able to attend as well.

The night began with the Office of Field Operations Honor Guard presenting the Colors, the singing of the National Anthem and God Bless the U.S.A. which was sung by El Paso Police Department police officer Slade Davis.

NNO continued with local dignitaries and officials stating a few words. Paletas (frozen fruit bars) were distributed to all attendees as well as water and soft drinks. Mr. Ben Avalos, a CHNA member, did a fantastic job with organizing children's activities and prizes throughout the evening. Flags Across America assisted in the raising of the large U.S. flag on top of a ladder truck. The flag served as a beacon leading many people to Todd Ware Park and NNO.

Law enforcement representatives included the Office of Field Operations, the Texas Department of Public Safety, the El Paso Fire Department and the El Paso Police Department.

CHNA greatly appreciates the generous donations by our business members to include Western Tech, White Sands Federal Credit Union, State Farm Insurance, Jobe Materials and District #4 City Representative Carl Robinson. Approximately 200 people enjoyed a wonderful evening filled with laughter, camaraderie and great weather.

*Images from
National Night Out
at Todd Ware Park*



Congressman O'Rourke meets neighbors



Honor Guard



County Tax Assessor Collector Ruben Gonzalez, Representative Carl Robinson, Congressman Beto O'Rourke, CHNA President Joe Molinar, County Commissioner Andrew Haggerty



Neighbors line-up for tickets for free frozen fruit bars (paletas)

PLAYSOCCER

By Pamela Perez, CHNA Treasurer

AYSO Stands for:

Everyone Plays

Balanced Teams

Open Registration

Positive Coaching

Good Sportsmanship

Player Development

The American Youth Soccer Organization, or AYSO, is the oldest national youth soccer program in the United States. AYSO was established with only nine teams by a handful of soccer enthusiasts in 1964 out of a garage in Torrance, Calif. Five decades later, AYSO has thriving programs in nearly 900 communities throughout the country, more than 6 million AYSO alumni and a logo that is recognized nationwide. AYSO is represented in Northeast El Paso by Region 368. Games and practices are conducted at Sue Young Park, 9730 Diana Drive.



Soccer is a simple game at its most basic. It can be played on the street, sandlot and the like with a ball and some imagination. Organized soccer requires a field, a ball, two equipped teams and a referee. The sizes of the balls and the fields vary depending on the age of the players as do the regulations. Shin guards are a must for practice and games. Except for the youngest players, soccer cleats are a must for maximum performance.

Players need skills and endurance to be successful. Physical size is not as important

a factor in soccer as in other sports. Because of the game's pace, every child on the field participates in the action.

AYSO is a soccer program for the entire family. The organization's goal is for every girl and boy who steps on a soccer field to learn soccer and have a fun in a safe environment. It also wants family members involved as coaches, referees, and fans who offer positive reinforcement. AYSO's child-first approach makes the organization a leader in player development. Everybody likes to win, but developing successful players and people is what is fundamental.

Check out ayso.org or ayso368.com for more information on youth soccer. Registration is open through Sept. 11, 2015.

Tips to Prepare Your Home for Winter

By Phil Emiliano, Legacy Construction



Winter is coming and with it we can expect snowy days, freezing nights and even the occasional wind storm. Now is the time to make sure your home is ready. Here are some tips to ensure your home is ready.

Winterize your swamp cooler: Turn off the water supply and if possible make sure the line is free from water to avoiding rupturing during a freeze. Remove the sitting water from the bottom of your cooler and this is a good time to seal the bottom if there is rust or if it is leaking. Install your damper to make sure heat will not escape through the vent.

Inspect your heater. There is nothing worse than trying to turn it on during a chilly evening and it doesn't work. Consider hiring a professional to inspect the unit and clean the ducts if necessary. Make sure there are no flammable items that you might have stored near the heater during the summer and make sure you have plenty of furnace filters handy.

Get the fireplace ready. Inspect the chimney and make sure birds or rodents haven't taken up residence. Make sure the damper opens and closes and you might want to consider hiring a chimney sweep to clean the chimney. Inspect the chimney to make sure the mortar is not cracked or missing. Buy your firewood now to avoid higher prices once the weather is colder.

Inspect your windows and door to make sure they seal well and the weather stripping is intact and not cracked. Window and door air leaks are the number one cause of homes losing heat.

Bleed the water out of your irrigation system so in the case of a deep freeze they won't burst.

Insulate any water lines that are on the outside of your house to avoid freezing. Also, consider buying an insulated cover for all exterior water spigots.

Get ready to enjoy a cold winter's night cuddling with your loved one, sitting by the fire and sipping hot chocolate – and don't forget, if you have any questions, need help with construction or your roof, please call Legacy Construction at 915-860-2700.

*Seasonal Home
Maintenance*

*Anticipate weather
change – some
preventative steps
now can save you
big money for
repairs later*

Welcome!

*Once Again, El Paso
Steps Up to Render
Aid*

*Providing for basic
needs: food,
shelter, clothing*

*Red Cross Resilience
Support*

*Simple acts of
kindness help to
slowly bring a
return to normalcy*

Welcome To Our New Members This Quarter

(Individuals) Ronald Ervin, Hilario Hernandez, Diane Garcia, Antonio Loya

(Businesses) Northeast Dental Center, Bowling Family YMCA, Vineyard Crossroads Church, The King of Ice Cream

Katrina Survivors in El Paso 10 Years Ago

By Joe Molinar, CHNA President



Our nation, and especially the City of New Orleans, suffered in many ways as a result of Hurricane Katrina which occurred ten years ago. As a result of Katrina, thousands of New Orleans citizens were forced from their homes, their livelihoods, their culture and their overall way of life.

You may remember these New Orleans citizens were transported to safe havens in various cities and locations in our nation to include El Paso, Texas.

As a police lieutenant, I volunteered to be the police commander at the Civic Center for these citizens. I reported for duty at 6:00 am on a Sunday morning and was briefed by the out-going shift commander and supervisors. I read the work log to get a handle of the previous day's incidents. The command post was on the second floor and one could get an excellent view of the various sections on the Civic Center floor (families, single men, single women, others, etc.).

Since it was Sunday morning, breakfast would be served at a later hour affording our guests an hour or more of sleep. Once the lights came on, I began walking the Civic Center floor and was shocked to see the many faces of these citizens which displayed despair, anxiety, loneliness and hopelessness. No one prepared me for what I was observing written on their faces; or to listen to their comments wanting to leave and go home. However, home was in New Orleans and it was still flooded.

I met with the Red Cross representatives and they were already providing emotional and psychological assistance to the citizens, which gave me a great sense of relief.

Later in the day, Pipo's Academy brought in several barber chairs, tables, and hair and salon equipment to the loading dock area at the Civic Center. A group of Pipo's Academy faculty and students were on hand volunteering their services to these citizens. After a while, word spread and women, men and children began lining up to receive free hair washings, haircuts, and a personal grooming touch. This was the highlight of the work day – to see smiling faces, to hear laughter and a sense of great joy from such a simple act of kindness. The student barbers were absolutely thrilled knowing they were making a difference in a person's life.

My day ended without any major incidents. My prayers went out to these survivors of Hurricane Katrina. Ten years later, I sincerely hope these New Orleans citizens remember El Paso with a chuckle and a smile while they were sitting in a barber's chair.



CHNA Business and Selected Honorary Members

*Please
consider
patronizing
our Business
Members*



Bowling Family YMCA

5509 Will Ruth Ave
El Paso, TX 79924
915-755-9622
Theresa Hendrix – Branch Executive



Club 54

4875 Rutherford Drive
El Paso, TX 79924
915-755-9977
Petra Luoma – Owner

WM. DAVITT, EYE M.D.



WM. Davitt, Eye M.D.

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



Flags Across America

P.O. Box 640112
El Paso, TX 79904
915-751-8718
Jimmy K. Melver
jkmelter@yahoo.com
www.ElPasoFlag.org



The King of Ice Cream

10049 Kenworthy St
El Paso, Tx 79924
915-449-9274
Francis Parrett



Legacy Construction

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



Northeast Dental Center

9201 Dyer St, Suite B
El Paso, TX 79924
915-751-7070
Dr. Dwight L. Bailey, DDS



Sam's Club

9498 Gateway Blvd North.
El Paso, TX 79924
915-730-6085
Rachel Maynes – Manager



State Farm

10318 McCombs Avenue
El Paso, TX 79924
915-881-4956
James Culty – Agent

*Please
consider
patronizing
our Business
Members*



Vineyard Crossroads Church

9109 Dyer St, Suite Z
El Paso, TX 79924
915-751-3034
David Riefenberg – Pastor



Western Tech

9451 Diana Drive
El Paso, TX 79924
915-566-9621
Mary Cano – Exec-VP/Campus Director



White Sands FCU

4545 Hondo Pass
El Paso, TX 79904
915-834-2200
Andrea DesAmier – Branch Manager

**Castner Heights
Neighborhood
Association**

P.O. Box 24072
El Paso, TX
79914-0072

CHNA.elp.tx@gmail.com

We're on the Web!

www.castnerheights.org

Like us on Facebook

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CHNAelpaso](https://www.facebook.com/CHNAelpaso)

Did You Know?

The first television game show in the United States was *Truth or Consequences*... It debuted on July 1, 1941 with Ralph Edwards as the host and Ivory Soap as its sponsor.

There are seven loops in the squiggle atop a Hostess cupcake.

Hippos can run faster than humans.

In 1929, it hit the shelves as Bib-Label Lithiated Lemon-Lime Soda – now, after an image makeover, we know it simply as *Seven-Up*.

Show Your Pride – Wear CHNA!!

Keep up with the coolest fashion – AND support your association. Contact Kendra Bray (CHNA Membership Officer) at chna.elp.tx@gmail.com to order your polo shirt for \$20 or t-shirt for \$15. Various colors are available.





**11th Annual
Neighborhood Summit**

**Saturday, September 12, 2015
9600 Sims, YISD Central Office
8am - 2pm**

Free Public Event

Information Fair * Educational Workshops * Guest Speakers * Lunch Provided

Hosted in partnership between
the City of El Paso's Community & Human Development Department
and El Paso Neighborhood Coalition

For more information contact (915) 212-1682



Neighborhood Summit Agenda


8:00 a.m. – 8:30 a.m.	Registration / Information Tables
8:30 a.m. – 9:00 a.m.	Opening Remarks – Community Development and Insights Museum
9:00 a.m. – 9:15 a.m.	Break / Information Tables
9:15 a.m. – 10:00 a.m.	Session 1 – Workshops
10:00 a.m. – 10:15 a.m.	Break / Information Tables
10:15 a.m. – 11:00 a.m.	Session 2 – Workshops
11:00 a.m. – 11:15 a.m.	Break / Information Tables
11:15 a.m. – 11:30 a.m.	Call to Order of El Paso Neighborhood Coalition (EPNC) Annual Meeting
11:30 a.m. – 12:15 p.m.	Session 3 – EPNC Planning Area Meetings
12:15 p.m. – 12:30 p.m.	EPNC Chairperson Election
12:30 p.m. – 1:00 p.m.	Lunch
1:00 p.m. – 1:30 p.m.	Keynote Speaker – Destination El Paso
1:30 p.m. – 1:45 p.m.	Neighborhood Awards / Recognitions
1:45 p.m. – 2:00 p.m.	Closing Remarks / Raffle

Please Join Us!

CHNA 2015 Board:

- President – Joe Molinar
- Vice-President – Mark-Thomas Bray
- Secretary – Deborah Jaimes
- Treasurer – Pamela Perez
- Membership Officer – Kendra Bray
- Member at Large – Regina Meigel

CHNA will meet at Todd Ware Park on Saturday, October 3, 2015 at 8:30 a.m. for a park clean up as part of Pride Day.



2015 PRIDE DAY
SATURDAY, OCTOBER 3, 2015
7:30 AM - 11:30 AM
CITY-WIDE LOCATIONS



THESE ITEMS NOT ACCEPTED AT A ROLL-OFF SITE:

- TIRES
- ELECTRONIC WASTE (APPLIANCES, COMPUTERS, CELL PHONES, ETC.)
- HOUSEHOLD HAZARDOUS CHEMICALS (PAINT, MOTOR OIL, ETC.)

BRING GLOVES & A SMILE! 😊

REGISTER FOR A ROLL-OFF BY SEPTEMBER 16TH
CONTACT ROMIE WITH ESD @: 212-6057

BROUGHT TO YOU BY:



Editor:

Mark-Thomas Bray



Castner Heights Neighborhood Association Membership Application

Date: _____

☐ New

☐ Individual - \$6 per year

of memberships @ \$6 each: _____

or

or

of memberships @ \$24 each: _____

☐ Renewal

☐ Business - \$24 per year

Total Amount Payable: _____

Name(s) of each individual/business: _____

Mailing Address: _____

El Paso, TX 799 ____ - ____

Phone: _____ Alternate Phone: _____

Email*: _____

(*Note that an email address is most important to receive all CHNA communications and news in a timely fashion.)

Your personal information will be used for CHNA business only and will not be shared with anyone.

Dues cover membership for one year from date of joining/renewal. Individual (any resident/land owner) = \$6 per calendar year per individual. Business = \$24 per calendar year.

Are you willing to volunteer or help out? ☐ Yes (We will contact you later.) ☐ No

Signature _____

If you are mailing this form, please make your check out to CHNA in the amount payable above and mail payment and this form to: CHNA Treasurer/Membership P.O. Box 24072 El Paso, TX 79914-0072

Your receipt will be mailed to you. If you have any questions email us: chna.elp.tx@gmail.com

Thank you for your commitment and active support!

CHNA Board Use Only

Treasurer: _____ Receipt #: _____ Amount \$: _____ Check #: _____

Actions:

____ Recording of funds

____ Banking

____ Date application provided to Membership Officer

Membership Officer: Receipt #: _____ Amount \$: _____ Check #: _____

Actions:

____ Update Membership Roster

____ Add to Email Distribution

____ File

____ Prepare Welcome Letter

____ Prepare Membership Card

____ Mail Packet

____ Membership(s) valid from _____ to _____

____ Date dues and copy of application provided to Treasurer

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.