



Castner Heights Neighborhood Association Newsletter

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Holiday Greetings

By CHNA Board of Directors

The Castner Heights Neighborhood Association (CHNA) Board of Directors wishes you and your family a safe and joyous holiday season. We take this opportunity to thank you for all the support you have given us and for your dedication to helping make Castner Heights a clean, safe, friendly and secure environment for all our fellow residents. Throughout this past year, many of you have given extra effort to preserve and improve the quality of life within our neighborhood, and for that we are especially grateful.

CHNA Board of Directors Welcomes New Secretary

Brandon Nicholas Guzman is a native El Pasoan who grew up in Northeast El Paso. He is a product of El Paso public schools, a proud graduate of Irvin High, and from the University of Texas at El Paso. He is a Field Representative for State Representative César Blanco who serves in the Texas House of Representatives. Brandon has followed his family tradition of serving our country in uniform. He serves as a U.S. Marine Corps Reservist with Delta Battery 2/14. Dedicating himself to public service he previously worked for Congressman Reyes in the U.S. House of Representatives providing constituent services for El Paso. His parents have always taught him the importance of hard work, education, and dedicating himself to others. Brandon has lived in Castner Heights since 2002 and joined the Neighborhood Association in 2015.



Prepare for Cold Weather Driving

Pointers to Keep in Mind when temperatures drop and the roads are icy or snow-covered

Prepare your car. Add fuel line de-icer to the fuel tank and keep your washer reservoir filled with washer fluid rated for freezing temperatures. Check the reservoir periodically and refill it to avoid running out of fluid while driving. Put on all-season tires and keep them properly inflated.

Clear any snow from your car's windows, lights, license plates and roof. Snow blowing from the roof of your car is a visibility hazard to the driver behind you. Back off – have patience and give people more lead-time, especially if there is packed snow or ice on the road. Be ready if the car ahead suddenly spins out. If you go into a skid, take your foot off the gas, steer into the skid, and regain control. IF you have to stop right away, pump your brakes – don't slam them. If your car has anti-lock braking systems (ABS), apply steady pressure to the brake pedal.

***Next Scheduled CHNA
General Membership
Meeting***

*Thursday
January 21, 2016
6:30 PM*

*Northeast Regional
Command Center*

In Case You Missed It – Notes from October 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, October 15, 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 Electric Company's George De La Torre accompanied by Alejandra Chavira. CHNA member Guillermo Silva Jr, also of El Paso Electric Company, assisted the presentation. They discussed EP Electric's proposed rate increase to help offset investing \$1.3 billion in 2009 for power generation and distribution.

El Paso Electric Company filed the General Rate Case with the City of El Paso and the Public Utility Commission of Texas in August 2015, requesting to increase its non-fuel based revenues by approximately \$71.5 million. Under the proposed rates, the average customer would see their bill increase by \$8.41 per month. Since then, the case has been in a discovery phase which should run through December 2015. During this phase, other parties will have the opportunity to communicate with EPEC and/or regulators. It will then enter the Interviews and Staff Testimony phase during the winter of 2015. The City of El Paso and other municipalities in the EPEC service territory will then decide to accept or reject the increase. Regardless of the decisions made by municipalities, the Public Utility Commission of Texas has appellate jurisdiction and decides the rate request.

The CHNA normal business meeting followed El Paso Electric Company's presentation with a review of our quarterly reports, updates on the city's Neighborhood Improvement Program (NIP), National Night Out, results of CHNA's Pride Day cleanup, and opportunities to volunteer for CHNA activities and committees. Member-at-Large Regina Meigel discussed her successful efforts to identify Area Coordinators throughout the neighborhood to help with information distribution and other such activities. President Joe Molinar led discussion on potential partnering with the Northeast Business Alliance (NEBA), but no action was taken. The membership also discussed a potential change in our meeting venue, but then overwhelmingly voted to continue meeting at the Northeast Regional Command Center. Of note, Joe asked for volunteers to serve on an Audit Committee to review CHNA financial records in January.

The next scheduled General Membership Meeting is planned for 6:30 PM on Thursday, January 21, 2016 at our normal location. During this meeting, we will hold elections for CHNA Board of Directors – if you would like to run for any office please contact any Board Member and let them know. Hope to see you there.

Did You Know

The first cartoon character blown up to be a parade balloon was Felix The Cat in the 1927 Macy's Day Parade. In 1928, Felix was inflated with helium, and without a plan to deflate this massive balloon, NYC parade organizers simply let Felix fly off into the sky. Unfortunately, he popped soon thereafter.

In the years after you turn 60, a number of eye diseases may develop that can change your vision permanently. The earlier these problems are detected and treated, the more likely you can retain good vision.

The Big Three in Elders

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

1. Tinted lens which is a normal adaptation to block entry of harmful light. While well intended, this tinting typically, in time, goes beyond what's necessary to block harmful light. It begins to block the light we need to see. Medical name = CATARACT.

Typical symptoms are rainbow or halos around light, loss of confidence with night driving, drop in depth perception, need for more light and the banner on the TV is blurred.



The fix is swapping the tinted lens for a factory made lens implant. This makes sense if the patient has altered their life because of the visual handicap, AND nothing else is wrong with the eye, AND they accept the small risk, maybe 1 or 2 out of 100, of winding up unfixably worse.

2. MACULAR DEGENERATION is when the part of the eye responsible for generating a very detailed visual signal that results in fine details and color recognition. We're talking faces, fine print, banners on the TV, street signs, threading needles and a host of other visual tasks.

Basically either some of the layers that are supposed to generate the visual signal vanish [dry] or a layer underneath grows blood vessels that leak [wet]. So it's an aging process accompanied by blood vessel misbehavior. In effect, that part of the eye is older than the owner.

Major symptom is discoloration or twisted lines when using an Amsler grid with a white background. Google images, AMSLER GRID and print out any sample that has a white background. Hold it like a book and carefully evaluate, one eye at a time, using reading correction. All lines should be present and straight when focusing on the black dot. The background should be uniformly white. Test each eye shortly after you get up.

Fix for the dry variety is proper low fat diet and exercise, no smoking or second hand smoke, and sunglasses during the day when outdoors. Beneficial foods are gently cooked spinach, collard greens, broccoli and kale along with Salmon, tuna or fish oil capsules. Plus careful monitoring of the GRID card, immediately reporting new DISCOLORATION or distortion. This would signal a switch to WET and treatment is typically injections that act like weed killer by shrinking the misbehaving blood vessels. This process can go on for months.

3. GLAUCOMA is typically a very slow loss of vision because the bundle of fiber optics transporting the visual signal from the eye to the brain is gradually crushed by high eye pressure. Sadly, this happens so slowly the patient is unaware. Treatment is pressure lowering eye drops. Rarely a different glaucoma problem can occur but this happens so fast the patient seeks proper attention and the ANGLE CLOSURE glaucoma attack is stopped and with preventative treatment, does not happen again.



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neighborhood
"The Jewel of the
Northeast"*

Elections for CHNA Board of Directors

By Mark-Thomas Bray, CHNA Vice-President

With the New Year approaching, it's time to start thinking about the governance of your neighborhood association. As per Article VI, paragraph B of the Castner Heights Neighborhood Association by-laws, "[t]he annual general membership meeting shall be held in January for the purpose of electing officers and receiving annual report(s)." Prior to January, CHNA must form a nominating committee to assemble a slate of candidates for the various positions on the Board of Directors. Would you like to help your neighborhood? Please consider being a candidate.

The Board of Directors meet "upon the call of the President", which is typically once a month for about an hour on the second Thursday of the month. There will be a training sessions scheduled after the elections for new Board members to review the bylaws, interactions with various city departments and answer any questions about Board responsibilities and functions. The following brief position descriptions should help you decide which position you are best suited for.

CHNA 2015 Board:

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

President

The President shall call and preside at all meetings, shall act for and in behalf of the membership of the Association, shall appoint any special committees necessary for the operation of Association business, and shall act as official spokesperson for the Association. The President shall appoint regular members to fill the unexpired term of officer vacancies. The President shall make a report to the general membership at the Annual Meeting and file such report with the Secretary. The President shall be responsible to file all necessary reports to the City, in compliance with the Neighborhood Association Recognition Ordinance of the City of El Paso.

Vice President

The Vice President shall, in the absence of the President, assume all of the duties of that office. The Vice President shall succeed to the Presidency in the event of death, disability, removal from office or resignation of the President until a successor shall be elected.

Secretary

The Secretary shall keep a permanent record of all formal meetings, all legal documents and legal transactions of the Association. The Secretary shall transcribe the minutes of each meeting and shall maintain a file copy of all documents pertaining to CHNA membership.

Treasurer

The Treasurer shall collect all monies due to CHNA, keep and disperse all financial receipts, pay bills approved by the Board of Directors, and keep a permanent record of all financial business of the Association. An up-to-date financial report shall be submitted at each meeting.

Membership Officer

The Membership Officer shall oversee the annual membership drive and maintain a current roster of members to facilitate reconciliation of voting and balloting for the CHNA. The Membership Officer is responsible for determining a quorum (as described in CHNA By-laws Article VI, paragraph A) is present at General Membership meetings. The Membership Officer has the authority to accept dues as part of member recruiting or renewal. The Membership Officer shall also be responsible for publicity and notifications to the general membership for all scheduled CHNA meetings. The Membership Officer may coordinate with the Member at Large to help disseminate information for other CHNA events and meetings for which attendance and participation by the membership, or neighborhood at large, is desired.

Member at Large

The Member at Large will serve as a general membership representative in the management of the CHNA. The Member at Large may serve as Chairperson for various Ad Hoc committees created to serve the interests of the Association. The Member at Large shall be charged with recruiting and managing area coordinators/block captains to assist with disseminating information and fulfilling the recruitment goals of the CHNA.

Welcome!



The American Board of Ophthalmology (ABO) is an independent, not-for-profit organization and the nation's oldest medical specialty certifying board, founded in 1916.

Welcome To Our New Members This Quarter

(Individuals) Diane Garcia, Antonio Loya, Brandon Guzman

(Businesses) The Postal Solution, YWCA El Paso Del Norte Region

Make Sure Your Home is Safe & Ready for Winter Weather

- Insulate/wrap out door pipes that could freeze and break
- Ensure your home's heating equipment is functioning properly
- Replace the batteries in your home's smoke and carbon monoxide detectors
- If you use a space heater, make sure it is UL or CE approved and keep it away from pets and small children
- Discuss fire safety and the house escape plan with your family each winter, the likelihood of indoor fires increases during the colder months
- Ensure your chimney is clear of obstruction before lighting a fire in your fireplace
- Safety kits can help protect your family in extreme situations

Read the Label

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

You probably think I'm talking about medications. Yes, always read and heed that label. But here we're talking about credentials of your health care provider.

At the top of your team is usually a physician, always with a medical education. This begins with college, usually 4 years, then **medical school**, another 4, then a 1 year internship or practice year in a hospital with close supervision. Next is a residency, running 3 to 5 years, when your physician focuses on their chosen life's work. This could be family medicine or internal medicine or OB or a very specialized focus like eye diseases and surgery. A few physicians undergo yet more training, called a fellowship, another 1-2 years, to become a subspecialist.

Backing up, at medical school graduation, a physician's credential is **MD** [medical doctor] or **DO** [doctor of osteopathy]. You'll see this after your physician's name on letterhead, business cards, and in the phone book or electronic listing. Remember that second designation is **D** followed by **O**.

Again, there's very close supervision, during residency, by university professors along with frequent examinations. One such examination, based on direct experience, starts with a daylong written test. Once past that, an in-person oral examination follows, hosted by our nation's experts — the guys who write the books. Imagine sitting across from one of the gurus of eye disease, just one on one, answering any question that comes to the professor's mind. This goes on for two days.

After all this, you can call yourself a Board Certified Ophthalmologist.

To check on your care team, the medical board website is available by entering Texas Medical Board on Google. Then click on **Look up a License** and follow the trail. You should wind up on https://public.tmb.state.tx.us/HCP_Search/searchinput.aspx.

Always read the label!!

CHNA Business and Selected Honorary 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
jkmelver@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



The Postal Solution

4242 Hondo Pass Dr, Suite 109
El Paso, TX 79904
915-755-5522
Rose Ortega, Owner



Sam's Club

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

*Please consider
patronizing our
Business Members*

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Castner Heights Neighborhood Association

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www.castnerheights.org

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State Farm

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



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



Myrna J. Deckert YWCA

9135 Stahala Dr
El Paso, TX 79924
915-519-0004
Guillermo Flores – Fitness/Aquatics Director

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.

CHNA Logo goes here



