

March 2020

Twin Creeks News

The only official Twin Creeks Community and HOA approved publication for Twin Creeks news and updates.





TWIN CREEKS NEWS

THE ONLY OFFICIAL PUBLICATION
OF THE Twin Creeks Community and HOA
with community news and updates from the
Twin Creeks HOA and Board of Directors.

Twin Creeks Community Association

Professionally Managed By CMA

The HOA's Onsite Management Office:

300 Twin Creeks Drive, Allen TX 75013

For association inquiries, please contact us by phone or
email at: **Office Phone:** 972-390-1194, **Fax:** 972-390-9359
and **Email:** info@twincreekshoa.net

**For your convenience the Association Assessments and
Modification Applications can be dropped off at the onsite.**

Management's Staff Team:

Jacque Morris, Association Manager

Freddy Cooper, Onsite Maintenance Tech

David Langford, Compliance Coordinator

Nancy Howe, Administrative Assistant

Please visit the community website at: www.twincreekshoa.net
for seasonal updates, social events, alerts and association forms
and documents. You may also submit a change of mailing address,
modification form and view your account online through CMA's
website: www.cmamanagement.com. For personal account information
and website login assistances, please contact the Customer Service
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For more information or questions:

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articles on politics, religion, controversial topics or any editorials. We
also reserve the right to refuse any advertiser or article submission that
we feel is not right for this "community philosophy" or not a good fit for
this publication.

Twin Creeks Community Association News...

By Management

DATES TO REMEMBER

- "Daylight Savings Time" - Sunday, March 8th
- Allen ISD's 2019 Spring Break – Week of March 9th – 13th
- St. Patrick's Day – Tuesday, March 17th
- First Day of "SPRING" - Thursday, March 19th

TWIN CREEKS' UPDATES!

2020 – BUSY SUMMER SEASON APPROACHING – HAVING A SPECIAL EVENT?

Twin Creeks Pavilion Reservation Form is necessary to reserve
your event at the Amenity Centers. The form is available at the
On-Site Information Center or on the Twin Creeks Website under
Social Events <https://www.twincreekshoa.net>

Remember to call the office at 972.390.1194 to secure your party's
date and time!

2020 - Swim Team "Tiger Sharks" and Swim Lessons - Sign- Ups!!!

Register Early! Please contact Morgan Peele for all the details
on the 2020 swim program at: 214-697-5794 or email him at: Met-
ro Swim<mpeele@metrolts.com

The 2020 Swim Schedules will be posted on the swim team's
website by April 30th – www.tcswwim.com

2020 Pool Season Schedule~

POOL OPENING DATES!

TC1 Pool - 401 Twin Creek Drive Opens on Friday, May 22nd
Monday thru Sunday Pool Hours: TBD

TC2 Pool - 902 Comanche Drive Opens on Friday, May 8th
Monday thru Sunday from 8:30 am – 9:00 pm

Amenity Center's Bathrooms~

opening by Spring Break...weather permitting!





BETTER BLOCK ALLEN

MARCH 20 AND 21 2020

Join us for a weekend of live music, food & drink, pop-up market, games, & celebration in a community-led transformation of downtown.

Connect with your neighbors & help us reimagine Main Street!

WWW.BETTERBLOCK.COM/ALLEN

BETTER BLOCK ALLEN: A New Vision for Downtown Allen

March 20 and 21 @ Main Street and Austin St.

Using feedback from local residents, the Better Block and community volunteers will implement a two-day pop-up project and free celebration along Main Street that includes music, art, streetscaping and public furniture, small business vendors, pop-up shops, food, drinks, wine and beer, along with people-oriented spaces and activities. In addition to creating an engaging event, we will be hosting volunteer workdays to help transform Main Street for the weekend and collecting feedback from the community that will help guide future development in downtown!

To get more information as entertainers and vendors are added and to sign up to volunteer for one of the workdays, or during the weekend, go to BetterBlock.org/Allen or find us on Facebook @BetterBlockAllen



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New On the Block!

By Management



Hua Zong & Wenyun Wang	1410 Adriane Ave
Rajinder Singh Bal.....	1420 Adriane Ave
David & Georgia Van Laan	1802 Allison Ave
Jamparaju Nammi	1413 Benny Ln
LM Worth Family Trust	1407 Brandon Ct
Sriram & Saluja Ramamoorthy	1429 Bridget Ct
Alli & Zaharra Hemani	1838 Lampasas
Bryan Morris & Stephanie Weimer	608 Laredo
Clifford & Elizabeth Newby	514 Laredo
Jeremiah & Melissa Pyle	1093 Limestone Ct
Dhruti & Krunal Mehta	1811 Lizzy Lane
& Prakash Panwala	1811 Lizzy Lane
Caroline Cross.....	1303 Mills Ct
Douglas Artman.....	1831 Palo Pinto
Brian & Bridgette Andrade	508 Rainforest Ln
Jaichand, Rakesh & Shardha Demla	612 Rainforest Ln
Brian Hart & Carly Stehling.....	602 Sabine Ct
Ali Ali.....	1006 Taylor Dr
Paul & Kimberly Richardson.....	1014 Wimberly Ct

WELCOME TO THE NEIGHBORHOOD!!!



Tennis News

Twin Creeks has a year-round tennis program taught by **certified coaches** and we would love to get your family involved. Our mission is to empower each player to reach his or her full potential as an athlete and as an individual in a learning environment that promotes sportsmanship, cooperative learning and respect on and of the court.

Please feel free to call anytime regarding the Twin Creeks tennis program. We are also happy to help with racket selection and order you a racket at a great price.

WINTER/SPRING JUNIOR DEVELOPMENT

Please send me an email and I can send you the **WINTER/SPRING** flyer on the tennis program.

- **8U (4-7 year olds)** - Classes are Tuesday, Thursday and/or Friday from 5-6 and Tuesday and Thursday from 6:00-7:00.
- **10U (9-10 year olds)** - Classes are Tuesday and/or Thursday from 6-7:30 and Friday from 5-6:30
- **11-17 year old beginner/intermediate** - Classes are Monday, Wednesday from 5:00-6:30 or Friday from 6:00-7:30.
- **11-17 year old advanced** - Classes are Monday, Wednesday and Friday from 6:30-8:30

The classes are offered 3 days a week for each age group and your child can pick one, two or all three of the days to attend. We offer low ratio with certified coaching. We also offer match play day on the weekends.

SPRING BREAK CAMP

MARCH 9-12 MONDAY -THURSDAY FROM 8:30-11
JOIN US FOR THE SPRING BREAK TENNIS CAMP FOR
\$150 FOR THE 4 DAYS OR \$45 A DAY.
PLEASE EMAIL TO SIGN UP.

PLAY DAYS - We offer play days for the 10u and 11-17 year old age groups where the juniors come play matches.

PRIVATE LESSONS

We offer private and semi private lessons.

LADIES CLINICS

Monday Ladies (Intermediate) - 9:00-10:30 am
 Tuesday Ladies Drill (Adv. Beginner/Intermediate) - 7:00-8:30pm

We look forward to seeing you on the courts. Please contact me with any questions regarding the tennis program.

Thank you!

Colleen Regan, USPTA • Elite Professional
 214-448-5783 • Cregan7@outlook.com



COVENANT CORNER

By Management

NOTE: THE ITEMS LISTED BELOW ARE HIGHLIGHTS OF THE DEED RESTRICTIONS, INITIAL USE RESTRICTIONS EXHIBIT "C" AND GENERAL BOARD POLICIES. HOMEOWNERS ARE URGED TO REFER TO THESE DOCUMENTS FOR SPECIFIC INFORMATION

Board Policy:

- **BOAT, MISCELLANEOUS VEHICLE PARKING** – Boats, personal watercrafts, ATV's, recreational vehicles, trailers, inoperable or unused vehicles, golf carts, construction vehicles and equipment, etc. must be stored in an enclosed garage with the exception of service vehicles in the performance of their duty. Ref. Deed Restrictions, Exhibit "C", Section 2 (a). Per Board of Directors Policy, Homeowners in violation of this offense will be fined as follows. First violation in a 12-month period – 30-day fine letter notice. All subsequent violations in this same 12-month period - \$50 per day

fine until the item is removed. Items are allowed for a 24-hour period for loading and unloading (over 24 hours is in violation). The City of Allen, also, requires that these miscellaneous items may not be parked or stored on any public street or alley. Owners of these items may be subject to fines and/or removal (towing) of the item. Ref. COA Municipal Code Chapter 9, Article 9, Section 9-223 thru 227. The use of Association Common Area for storage of such property is also prohibited. Ref. Board of Directors Policy

Property Inspection Standards

- **GENERAL HARDSCAPE RULES:** Residents should trim or "edge" areas of their lawn adjacent to driveways, curbs and sidewalks to prevent vegetation encroachment of those permanent surfaces. Concrete expansion joints should be keep weed free.
- ****CLASS 2 (STANDARD TREE PRUNING):** involves pruning branches one-inch

diameter or more and is recommended where aesthetic considerations are secondary to structural integrity and tree health. It leaves a tree looking natural and there is seldom a problem with over pruning.

Note from Compliance Coordinator:

Retaining walls are a beautiful enhancement to our community. They serve many purposes in establishing elevation differences, drainage control and landscaping border. As a rule of thumb, if a retaining wall is holding back your dirt it is your retaining wall. Retaining walls have specific guidelines on materials and patterns. Please check the Modification Guidelines for those details. My inspection of retaining walls include missing stones, large cracks and general appearance. Please take time to inspect your retaining wall for any needed maintenance.

MARCH 2020 ~ MANAGEMENT REPORT

TOTALS FOR ONE MONTH:

ACC/MODIFICATION REQUEST – 20 APPLICATIONS REVIEWED | VIOLATIONS/VARIOUS TYPES – 112 NOTICES AND/OR LETTERS MAILED

Heard Museum offers Spring Break Activities for Families

North Texas families looking to stay close to home during spring break will find a variety of fun and educational activities to participate in just minutes away from most of the Metroplex at Heard Natural Science Museum & Wildlife Sanctuary. The Heard's spring break offerings will be held from March 9th through March 14th.

Below is a list of the programs available during this period. For more information and preregistration (required for many about these programs, please visit www.heardmuseum.org/springbreak



Monday, March 9: Special Monday Hours (9 a.m.-5p.m.)
 Tuesday, March 10: Spring Break Mini Camp – Signs of Spring
 Wednesday, March 11: Spring Break

Mini Camp – Keeper Jr.
 Thursday, March 12: Spring Break Mini Camp – Nature CSI
 Friday, March 13:
 Nature Story Time
 Zip Line Day
 Saturday, March 14:
 Second Saturday Bird Walk
 Owl Prowl Night Hike
 Guests will also enjoy \$2 off child (ages 3-12) general admission from Monday, March 11 through Friday, March 15 only.

About Heard Natural Science Museum & Wildlife Sanctuary

Heard Natural Science Museum & Wildlife Sanctuary is a private 501(c)3 nonprofit organization dedicated to bringing nature and people together to discover, enjoy, experience, restore and preserve our priceless environment. The Heard was founded in 1967 by Bessie Heard at the age of 80. In a time when the rate of expansion of the Metroplex was slower than today, she foresaw the need to preserve a place where future generations could experience nature. Today, the Heard's mission of bringing nature and people together is carried out through education, particularly of young people, which emphasizes an appreciation of nature and its conservation. For more information, visit heardmuseum.org.

Modification Committee Information and Guidelines

By Bruce E. Howard, Twin Creeks resident



QUESTION: I want to make an addition to my existing property. What are the rules for these additions?

ANSWER: Proposed additions to a property must be compatible with the existing house character (appearance, materials, colors, scale, roof pitch, etc.). As determined by the Modification Committee, the addition should not have an adverse effect on neighboring properties. New doors and windows shall match proportions of the existing house. Grade changes shall continue to drain as indicated on the overall subdivision drainage plan. Please note that the Modification Committee suggests that a preliminary plan submission would be in order before detailed plans are finalized. This could save you a lot of time and money.

Your detailed plan submission must contain the following:

1. Modification Application
2. A detailed and dimensioned site plan showing existing conditions and proposed additions or changes.
3. Detailed and dimensioned elevations which show existing conditions and the proposed addition.
4. Detailed and dimensioned floor plans showing existing and proposed features.

Always check with the City of Allen to see if any permits are needed. This should always be done **before** any work is started.

QUESTION: What are the guidelines for new decks and patios?

ANSWER: Patios may be constructed of concrete, bricks, pavers, or stone. Decks may be constructed of redwood, ce-

dar, pressure treated wood, or other materials acceptable to the Modification Committee. Decks that are elevated in such a manner where a "skirt" is necessary may also be required to install non-deciduous (evergreen) shrubbery around the perimeter of the deck concealing the skirt from view. The deck finish must be left to finish naturally, clear sealed or sealed to give the appearance of new redwood or cedar. When submitting your Modification Application please be sure to include a copy of your plat indicating the proposed patio or deck in relation to the existing home as well as plans indicating dimensions, features, and materials.

Again, it is important to check with the City of Allen to see if any permits are needed.

QUESTION: Are there any guidelines for exterior lighting to a residence?

ANSWER: Exterior lighting should be oriented in such a manner so they do not create a "hot" glare spot to your neighbors. Street Light "look alike" rural pole lights, high wattage and commercial/industrial type fixtures will not be approved. When submitting your Modification Application please include a copy of your plat indicating the proposed light fixture(s) location on the existing residence. Please also include a drawing, brochure or picture of the proposed light fixture.

SPRING MAINTENANCE IDEA: Look at the condition of your mailbox. Does it need repairs? Does it need to be re-painted?

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from the Community News Connection

Twin Creeks Book Club

We meet on the last Wednesday of the month at 7:30 PM

If you are a lover of books and would like to learn more info,
please contact:

Nafisa Dharamsi at 972.369.6353 or nafisa71@hotmail.com.

We always welcome new members!! Come join us
for a FUN evening of interesting discussions.



MARCH BOOK: *The Secrets We Kept* by Lara Prescott

A thrilling tale of secretaries turned spies, of love and duty, and of sacrifice--inspired by the true story of the CIA plot to infiltrate the hearts and minds of Soviet Russia, not with propaganda, but with the greatest love story of the twentieth century: *Doctor Zhivago*.

At the height of the Cold War, two secretaries are pulled out of the typing pool at the CIA and given the assignment of a lifetime. Their mission: to smuggle Doctor Zhivago out of the USSR, where no one dare publish it, and help Pasternak's magnum opus make its way into print around the world. Glamorous and sophisticated Sally Forrester is a seasoned spy who has honed her gift for deceit all over the world--using her magnetism and charm to pry secrets out of powerful men. Irina is a complete novice, and under Sally's tutelage quickly learns how to blend in, make drops, and invisibly ferry classified documents.

The Secrets We Kept combines a legendary literary love story--the decades-long affair between Pasternak and his mistress and muse, Olga Ivinskaya, who was sent to the Gulag and inspired Zhivago's heroine, Lara--with a narrative about two women empowered to lead lives of extraordinary intrigue and risk. From Pasternak's country estate outside Moscow to the brutalities of the Gulag, from Washington, D.C. to Paris and Milan, *The Secrets We Kept* captures a watershed moment in the history of literature--told with soaring emotional intensity and captivating historical detail. And at the center of this unforgettable debut is the powerful belief that a piece of art can change the world.



TYPES OF DEFICIENCIES & their solutions

NITROGEN deficiency

SIGNS:
Yellow or pale green leaves, stunted growth.

SOULTION:
Add coffee grounds directly to your soil or plant nitrogen-rich plants near nitrogen-deficient plants. Common nitrogen-rich plants include beans and peas.

PHOSPHOROUS deficiency

SIGNS:
Darkening around edges of leaves, small or absent flowers, stunted growth.

SOULTION:
Add bone meal directly to soil. You can also add used fish tank water to soil if it does not contain saltwater. This water is also a good source of nitrogen.

POTASSIUM deficiency

SIGNS:
Leaves with brown spots, brown or yellow veins or yellow edges. This deficiency is more susceptible to disease and drought.

SOULTION:
Bury banana peels an inch into your soil. Peels take a while to rot, so this is a method that will slowly help your plants. Banana peels also deter aphids.

MAGNESIUM deficiency

SIGNS:
Yellowing of veins and edges of leaves. Can sometimes have a marbled appearance.

SOULTION:
Add epsom salt directly to the top of your soil before you water your soil. Epsom salt is especially beneficial for tomatoes, peppers and roses.

CALCIUM deficiency

SIGNS:
Yellow spots between leaf veins, blossom end rot, stunted growth, weak or dying stems.

SOULTION:
Add crushed egg shells into soil. This method will slowly help your plants, so make sure you till the egg shells well into the soil to help the process along.

ProFlowers

www.proflowers.com/blog/homemade-plant-food



DOC TALK - Improve Your Posture In Just A Few Seconds

By Dr. Gregory Steiner,
DC, MPhil

Everyday life can easily put our bodies into slumped & hunched over positions. From working for hours at the computer desk, long drives in the car, and looking downwards at our phones throughout the day, we often end up with sore necks or stiff and tired backs. If you're having pain anywhere along your spine and you do a great deal of sitting or are bent over a lot, chances are you have a postural imbalance (excluding injury, compressed/herniated discs, subluxations, etc...). .

The importance of having proper posture is almost impossible to overstate. Not only can good posture prevent a host of aches and pains, it can increase your energy, mood, and confidence as well. Here are some things you can do to immediately improve your posture...

Quick Tips for Better Standing Posture:

- Keep head level with ears in line with shoulders, don't allow head to push forward
- Stand tall with shoulders unrounded and slightly pulled back
- Allow arms to naturally hang down

- Tuck in stomach & pelvis slightly
- Relax knees so not locked
- Keep more weight on balls of feet than heels

To get a good feel as to what good posture is, you might also want to try to stand against a wall with your heels, rear end, shoulders, and back of head touching the wall. If you aren't able to accomplish this, you're likely imbalanced in your stance. It may feel quite odd at first, but as posture improves, it will feel more natural.

Quick Tips for Better Sitting Posture:

- Keep feet flat on floor or use footrest if they don't reach it
- Put ankles slightly in front of knees, don't cross legs
- Try to leave a small gap between back of knees and seat front
- Knees should be at or below the level of hips
- Distribute body weight evenly on both hips
- Check your shoulders. Be sure they are relaxed and in vertical alignment with hips
- Rest your elbows and arms on your chair arms or desk.
- Keep the head balanced by aligning ears with the shoulders.

- Avoid sitting in the same position for extended periods of time

Sometimes it helps to put a small pillow or wedge against your lower back for support. Also make sure not to lean your head too far forward from your shoulders to which will prevent a common condition which is now classified as "text neck" or "forward head posture".

Acknowledging and awareness of your posture is one of the first steps towards correcting it. With better posture, you'll reduce unnecessary strain on muscles and ligaments and keep bones and joints in proper alignment so muscles are used correctly which decreases abnormal wear and tear that could result in degenerative arthritis and pain.

A great example of people with wonderful posture are ballroom dancers! Notice how tall and statuesque they stand and at the same time exude confidence and grace to boot and follow their lead (no pun intended!) for better posture and stance.

Dr. Greg is an active resident of Twin Creeks and specializes in acupuncture and chiropractic and owns CA Acupuncture & Chiropractic Clinic located at 1101 Raintree Circle, Suite # 288, He can be reached at 972-747-0928. Check out his youtube channel, Dr. Greg & Monica.

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Family Reading



The benefits of reading out loud to your children are many! Besides developing the love of reading which will last a lifetime, reading a good book out loud helps increase your child's vocabulary, can instill moral values, and can help develop problem solving, as well as expand and cultivate conversations. Choose a book or book series appropriate for your children's ages, dedicate a specific time to read such as before bedtime and watch what happens as your children look forward to hearing your voice, listening as the story progresses, learning as characters develop and most likely will not want the book to end.

An increased vocabulary will grow your children into great communicators. Many people are guilty of being lazy speakers, not using a variety of words or even complete sentences. In contrast most books are written with more detail and description, proper grammar and well thought out sentences. Your children can begin incorporating more words from the story into real life situations. Reading books out loud is a great way to instill values and lessons

about life through the characters in the story vs. moral lessons and values being learned through social media and outside sources alone. A book with a hero will inspire heroic values, such as bravery and standing up for the underdog.

Also a good book can stir up good conversations that might not happen otherwise. Some subjects like bravery, courage or being a hero might not come up in every day conversation. Conversations after hearing a story can lead to problem solving by asking questions regarding the characters action or lack of actions as well as exploring ideas of what could have been done differently.

Reading aloud to your children (even teenagers) can teach and build empathy. Empathy and understanding or being sensitive to the thoughts and experiences of another person, has life-long benefits. A story or biography can impact your child and move them to action such as helping others, making donations or getting involved in a non-profit or a cause for those in need.

Read aloud to your children; watch them be inspired, be brave and be kind.



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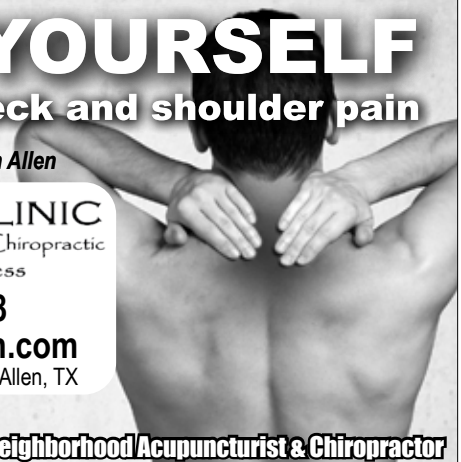
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A GUIDE TO STAIN REMOVAL

Simple Stain-Removing Solutions

If there's an accident on your carpet or a rug, start by scooping up any solids and soaking up any unabsorbed liquids. Then, blot the stain with a white cloth or paper towel. You should work from the outside in so you don't spread the spill, and dab at it instead of rubbing or pressing hard.

You also can try spot cleaning with a soapy water mix. Dilute a ¼ teaspoon of clear hand-dishwashing soap with 1 cup of lukewarm water. Spray the solution on the stain, and mist the area with clean water or blot with a wet towel. Then blot the area with a dry towel. Repeat this process until you get as much residue out as possible.

Follow these specific instructions for cleaning up the more stubborn stains and sticky spots on your floors:

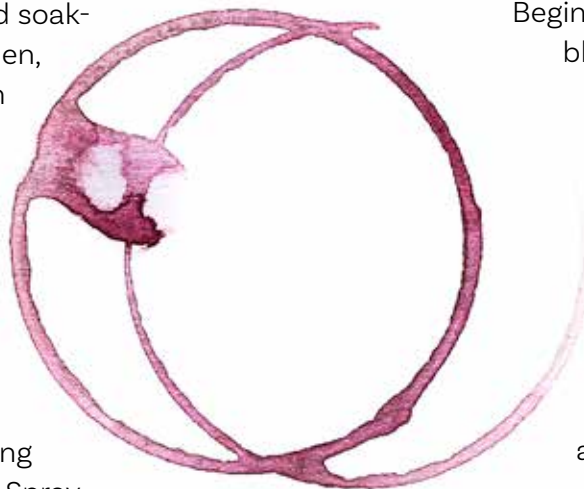
RED WINE

Begin with the same three steps—blot, apply soapy water and rinse. Then, dribble very hot water from a sponge onto the spill.

Continue to blot with a clean towel, and repeat until the carpet no longer shows any red.



Try as you might to prevent them, spills, drips and splatters in your house are inevitable. Whether you, your family or your guests are the culprits, stains happen. Most, if not all, are treatable, especially if you act quickly and use the right stain-removing technique.



SOFT DRINKS & COFFEE

Begin with the same three steps—blot, apply soapy water and rinse. Then dab on hydrogen peroxide. Wait one hour before repeating the process. Hydrogen peroxide bleaches a stain without breaking down carpet dyes. Use a 3 percent solution, which can be found at a drugstore, and apply at full strength.

CANDLE WAX & CHEWING GUM

These are easiest to remove when hot or cold. For the cold method, harden the spot by rubbing it with an ice cube inside a plastic bag. Then, carefully scrape off the residue with a dull knife or a plastic card, such as an expired credit card. For the hot method, apply paper towels over the waxy area, and then use a clothes iron on low heat to soak up the wax. Replace the paper towels until all the wax is removed. Use a hair dryer to heat gum. Then with a plastic bag over your fingers, pull the goo off.



SO THE NEXT TIME...

your carpeting endures a nasty spill, rest assured that it doesn't have to become a permanent stain. With these simple tips, you can keep your carpets and rugs looking great for years to come.

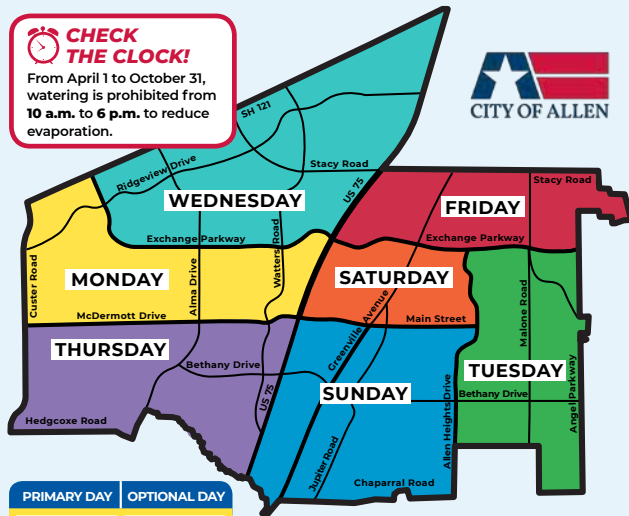




Find your watering schedule



From April 1 to October 31, watering is prohibited from 10 a.m. to 6 p.m. to reduce evaporation.



PRIMARY DAY	OPTIONAL DAY
MONDAY	FRIDAY
TUESDAY	SATURDAY
WEDNESDAY	SATURDAY
THURSDAY	SUNDAY
FRIDAY	MONDAY
SATURDAY	TUESDAY
SUNDAY	WEDNESDAY

Water only if conditions warrant!

ABOUT THIS MAP

Allen water utility customers may use sprinklers or irrigation systems up to twice per week for watering their lawns and landscaping. Use this map and schedule to find which days watering is permitted in your neighborhood.

More information is available at [CityOfAllen.org/WaterConservation](https://www.cityofallen.org/WaterConservation).

Allen Water Conservation Plan

In our new Water Conservation Plan, sprinkler use is permitted up to two times per week on allowed watering days, if needed. This includes hose-end sprinklers. Watering with a hand-held hose, soaker hose or dedicated drip zone is allowed at any time, provided no runoff occurs. Please note: it is a violation of the Water Conservation Plan to operate sprinklers during rain or freeze events.

Also in this Plan, it is prohibited to use sprinklers between 10 a.m. and 6 p.m. from April 1 - October 31 each year. However, November 1 - March 31 each year, daytime watering is allowed. You must always adhere to your two allowed watering days and water only as needed. Continue to use the Outdoor Watering Schedule Map to identify what days are allowed for sprinkler use in your neighborhood.

Excessive sprinkler use can lead to disease and other problems in the lawn and landscape, as well as significantly increase your utility bill. During the growing season, your lawn and landscape may not need as much water as you think. Even though sprinkler use is permitted up to two times per week, it may not be necessary. In order to conserve, two times per week may only be needed when it's extremely hot or dry. Normally one time per week or less is sufficient to maintain healthy lawns.

For more information please go to the City of Allen website <https://www.cityofallen.org/929/Water-Conservation>

Troop 1299 Sporting Clays Tournament

April 18, 2020
8:00 am — 1:00 pm

Fossil Pointe Sporting Grounds
7282 N. FM 51, Decatur, TX

4-Person Teams
100 Sporting Clays Targets
Awards
Food & Refreshments
Rain or Shine
Sponsorship Opportunities Available



REGISTRATION INFORMATION

4-PERSON TEAM - \$400 - 4 SHOOTERS, 100 TARGETS
INDIVIDUAL SHOOTER - \$120 - 1 SHOOTER, 100 TARGETS

INDIVIDUAL SHOOTER (YOUTH) - \$90 - 1 SHOOTER, 100 TARGETS

Sponsorship Opportunities

GOLD SPONSOR - \$1,500
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How to Donate Used Items Efficiently

Spring cleaning is right around the corner, and for many homeowners that could mean out with the “old” and in with the “new”—but what to do with the “old” when it’s not quite ready for the landfill? Donating used items is a great option as long as you do a little homework to find out which local organizations and donation centers are most appropriate for the items you’d like to give away. Use the following tips as a guideline for determining what goes where and how to get it there.

- **Many items are eligible for donation.** You might be surprised to learn exactly what items you can donate. In addition to clothing and furniture, cars, cell phones and other electronics, fitness equipment, home appliances—even art supplies and old towels—are widely accepted by specialized organizations. If you’re looking to donate a unique item, or several of the same items in bulk, do some further research about local organizations and donation centers in need of specific things.
- **Consider what shape your items are in to determine where you donate.** If you’re planning to donate a broken refrigerator, make sure the organization is aware the item is in need of repair. Some donation centers accept broken items for parts; however, most organizations and donation centers prefer to accept gently used items in working condition. Be sure to communicate the item’s condition prior to arranging a donation.
- **After choosing where to donate, decide how you’ll get the items to the organization.** Oftentimes large organizations and donation centers are able to arrange a day and time to pick up your unwanted items directly from your home or business. Smaller organizations in need might instead have certain days and times available for you to arrange a drop off at a specified location.
- **Make sure to get a donation receipt for tax purposes.** Before donating, make a detailed list of the items you’ll be giving away along with the estimated values. Keep in mind that, since the items are used, price points might be lower than expected. When your items are picked up or dropped off, request a receipt from the organization or donation center to keep track of what to count as a tax deduction. Speaking with a tax professional for advice also is a good idea.

Consider donating to our local charities. Happy cleaning!



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LIBRARY NEWS

Shake Anderson African American Gospel Experience

Enjoy the enthusiasm and inspiration of African American Gospel music with blues and gospel artist Shake Anderson at **3:00 p.m. Sunday, February 16th.**

Rainey is an American bass guitarist who has performed and recorded with many well-known acts. He toured and/or recorded with Sam Cooke, Etta James, the original Coasters, Jackie Wilson, Harry Belafonte, the Supremes and Aretha Franklin.

Guest star for this afternoon includes Charles Walter "Chuck" Rainey III. The Como First Baptist Church Choir will provide backup vocals for this concert.



Envisioning the past – Reconstructing extinct species and their environments

Listen to biologist and paleontologist Dr. Adam Hartstone-Rose describe how using fossils and an understanding of modern species' anatomy can create photorealistic reconstructions of the appearances of extinct species and their environments at **7:30 p.m. Thursday, February 20th.** During February, The Perot Museum of Nature and Science will feature a fascinating display of fossils in the library's gallery.

Dr. Adam Hartstone-Rose is Associate Professor of Biological Sciences and Principal Investigator of the Hartstone-Rose Comparative Anatomy and Functional Morphology Research Lab at North Carolina State University. He and his team investigate the relationship between anatomy and behavior, especially in diet and chewing. Dr. Hartstone-Rose says, "I study the fossil carnivores that lived alongside our evolving ancestors, including *Australopithecus sediba*. Did these carnivores consume our ancestors? Did they also provide scavengable remains that hominins consumed?"



Allen Community Band Mid-Winter Concert

Leap into 2020 with the Allen Community Band (ACB), under the direction of Mr. Craig Logan, when it presents its Midwinter Concert on **Friday, February 28th. Doors open at 7:00 p.m.** and downbeat is at 7:30 p.m. Patrons are encouraged to arrive early as the ACB often performs to a full house.



You may have seen the bumper sticker that reads "If you can read this, thank a teacher".

This will be a good time to do just that! The ACB will honor area Educators, past and present, from all segments of the Education spectrum at this concert. Educators will be recognized and there is always a surprise or two for these special people.

John Balaban

Award-winning author John Balaban discusses his books *Empires*, *Locusts at the Edge of Summer: New and Selected Poems* and more at **7:30 p.m. Thursday, March 12th.**

John Balaban is the author of twelve books of poetry and prose, including four volumes which together have won The Academy of American Poets' Lamont prize, a National Poetry Series Selection, and two nominations for the National Book Award. His *Locusts at the Edge of Summer: New and Selected Poems* garnered the prestigious 1998 William Carlos Williams Award from the Poetry Society of America.



Skeleton McKee-Celtic Night

Celebrate Celtic Night with Skeleton McKee at **7:30 p.m. Saturday, March 14th.** Bringing the best of rock and rollicking Celtic roots/folk/rock, pub songs, and a wee bit of traditional blues and country, this band keeps your toes tapping and your hands clapping with a dose of comic relief on the side. Skeleton McKee is a popular band in the DFW music scene, with Celtic infused entertainment featuring outstanding vocal harmonies, precision instrumentation and intricate rhythms. Skeleton McKee comprises jovial, experienced musicians who combine impressively diverse backgrounds to deliver the cream of the Celtic tradition. Once you experience a live show, you'll know why their slogan is "All for fun and fun for all!"



Open Shelving in the Kitchen

Open shelving is super popular today in many new kitchens and kitchen remodels. Wondering what to place on the shelves or if there is some kind of rule of thumb for open shelving? Well, yes there are a few guidelines for design, organization and practical access.

Besides looking pretty and having a uniform look, open shelving needs to be practical. Placing everyday dishware should be placed on lower shelves within reach. Clear jars containing grains, pasta, oatmeal, rice, etc. can be displayed and stored on lower to middle shelves. Consider using a decorative

label for each jar. Higher shelves should be reserved for serving pieces and decorative items.

Gather several cutting boards' shapes and sizes for practical use as well as depth on counters below open shelving. Also creating a coffee station is a fun and practical use of space under the open shelving.

Art work or pictures can be used behind jars on the shelves or leaned up against backsplash for colorful accents. It is always a great to include an indoor plant or two such as a succulent or ivy on open shelving to bring life to your kitchen.

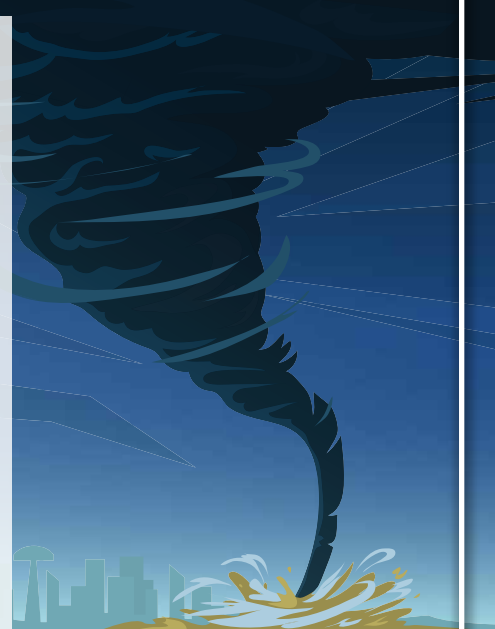
Open shelving can be functional and beautiful following a few basic guidelines.



Reaching Others When **DISASTERS** Strike

The first thing many of us do during or immediately following a natural disaster is to call family and friends. Unfortunately, in the minutes and hours after a disaster, overloaded cell phone networks can make it difficult—if not impossible—to reach others. While there is no guarantee, the following tips can increase your chances of getting through when it matters most.

- Even if you have a traditional landline, keep a corded phone in your home. It will work even if you lose power.
- Keep a list of emergency phone numbers in your cell phone and near your home phone.
- Prepare a family contact sheet with at least one out-of-town person who can serve as your family's emergency contact. Often it's easier to make long distance rather than local calls during an emergency.
- Have charged batteries and car phone chargers for back-up power.
- Subscribe to text alert services from local or state governments and schools to receive emergency alerts.
- Use text messaging, e-mail or social networks such as Facebook, Twitter and Linked In instead of making calls on your cell phone. Texts and e-mails are less likely to experience network congestion. You can use social media to let family and friends know you're okay.
- Keep phone calls brief to avoid tying up voice networks.
- Conserve your cell phone battery by reducing screen brightness and closing apps you are not using.
- Limit streaming videos, downloading music or playing video games on cell phones after a disaster to help emergency calls get through to 911.
- Call 911 only if you have a life-threatening emergency.



Those Rascally Pre-existing conditions

By Peter G Young, CLU

Much of the public talks about pre-existing conditions in the same way they talk about crime -something that absolutely, positively should not be allowed – or at least should not be allowed to be excluded from a health insurance contract. Allow me a point of clarifications, however: when we are talking about insurance in more general terms, most would not expect an insurance company to cover a house that burned down before the policy took effect. Insurance after all is intended to protect Americans from loss that might happen in the future, but when we talk about covering people for treatment of an illness that started or injury that occurred before a health insurance policy took effect, are we still talking about insurance?

The answer to that depends on what we mean by a pre-existing condition. In the old days policies used to contain an exclusion that read something like this: in the first 12 after the effective date of this policy, we will not pay for treatment of any injury or illness for which treatment was received in the 12

months prior to the effective date. Some added language that also excluded conditions that should have been treated if the policyholder had any sense (not an exact quote.)

Aha! But insurance companies are no longer allowed to exclude pre-existing conditions. That is true of Qualified Health Plans as defined in the Affordable Care Act (Obamacare) but these exclusions are still included in the increasingly popular short term medical plans, as well as limited benefit plans and health share ministries. These definitions vary wildly. For example, allow me to share a comparison of pre-existing conditions from three short term policies prepared at the request of a client:

- Company A excludes “an injury or illness for which the (insured) received medical advice or treatment within the 12 months immediately preceding (the effective date.)”
- Company B won’t pay benefits for charges “resulting directly or indirectly (from a sickness, injury or condition for which) medical advice , consulta-

tion, diagnosis, care or treatment ... was received or recommended during the 12 month(s) (before the effective date ... regardless of whether the conditioned was diagnosed, misdiagnosed or not diagnosed.” Similar but with some extra twists: note the “directly or indirectly” language and the “regardless” at the end.

- Company C excluded conditions diagnosed within the sixty-month period (before the effective date.) Five years!

I offer this not to vilify short term medical plans, which can be very useful, but to emphasize a couple of points: buyer beware, obviously, but also to demonstrate that these exclusions are part of the reason that this kind of policy is less expensive than Obamacare in part because of these exclusions. Insurance companies can cover preexisting conditions, but it costs extra.

Peter Young is a resident of Twin Creeks and a life and health insurance agent. Questions, comments, and complaints can be directed to him at pyoung1028@B4theBuckStops.com.

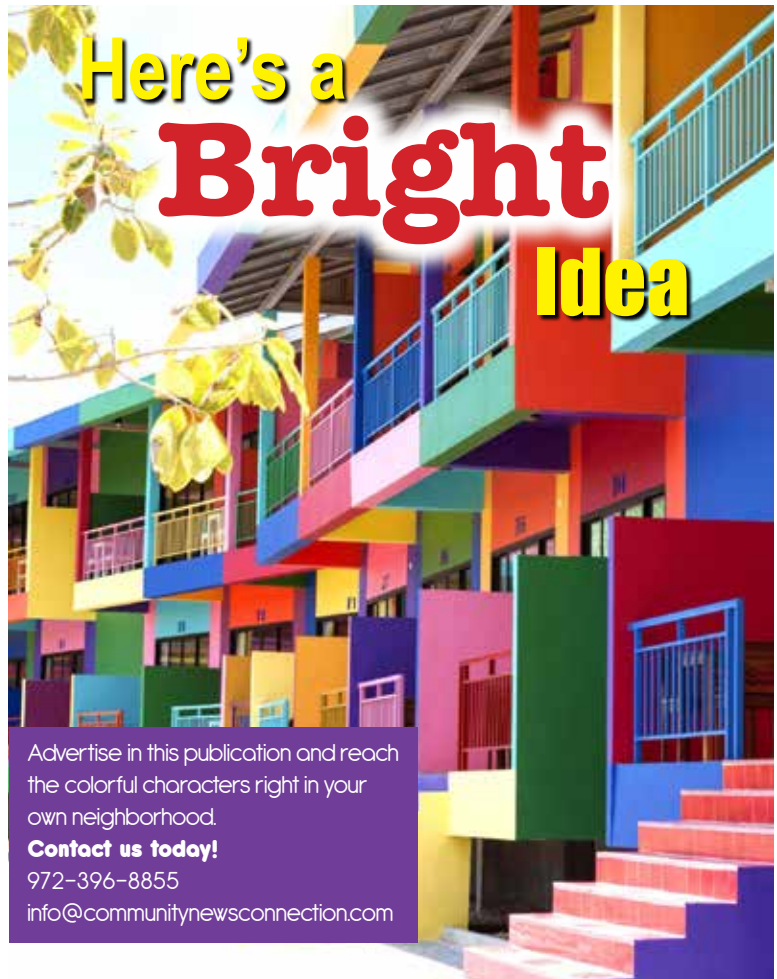
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CLEANING YOUR CAST IRON SKILLET



While your cast iron skillet is hot from cooking your favorite dish, place enough water to cover the bottom. Lightly scrub using a long handled dish cleaning brush to loosen any cooked on food. Turn the burner to low heat, add a tablespoon of salt to the water in the skillet, continuing to lightly scrub the bottom and sides. Remove the skillet from the heat and rinse the salty water from the skillet, with hot tap water then pat dry. The final step is to apply a small amount of oil to the bottom and sides with a paper towel. Your cast iron skillet is ready to cook again!

There are numerous benefits

to cooking with a cast iron skillet. One significant benefit is that food cooked in an iron skillet absorbs iron which boosts your bodies iron intake. Studies show that many women and some men lack iron in their diet which can lead to anemia. Other benefits are durability, cast iron requires less oil, can handle high heat and food cooks more evenly.

Whether you inherited a cast iron skillet from your grandmother or purchased one yourself, either way knowing how to clean it is fundamentally necessary for continued use in order to reap the benefits of cooking in your cast iron skillet.



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