

HNHA Connection

VOLUME 5, ISSUE 2
FEBRUARY 2010



Holiday Yard Winners



A big congratulations to G. Paul and Cindy Havens on Dundrennan and to Roger and Stephanie Reeves on Lairds for their winning holiday decorations! These Homeowners received a \$50 gift card from Highlands North and a \$25 gift certification from Calloway's.

Congratulations Homeowners!

North Side



G. Paul & Cindy Havens—16701 Dundrennan

South Side



Roger and Stephanie Reeves—7712 Lairds

Don't Forget!



**Bulky Trash Pick-up
the Week of:**

February 1st

**Earliest Set-Out Date is:
Thursday, January 28th**

INSIDE THIS ISSUE:

Bulk Trash Schedule 2010	2
What's Happening	3
Sunshine and Shadows	4
Support Your Local School	5
Crime and Safety	6
Advertising	7
Gardening Tips	8
Gardening Tips	9
Pet Corner	10
HNHA Information	11
Calendar	12

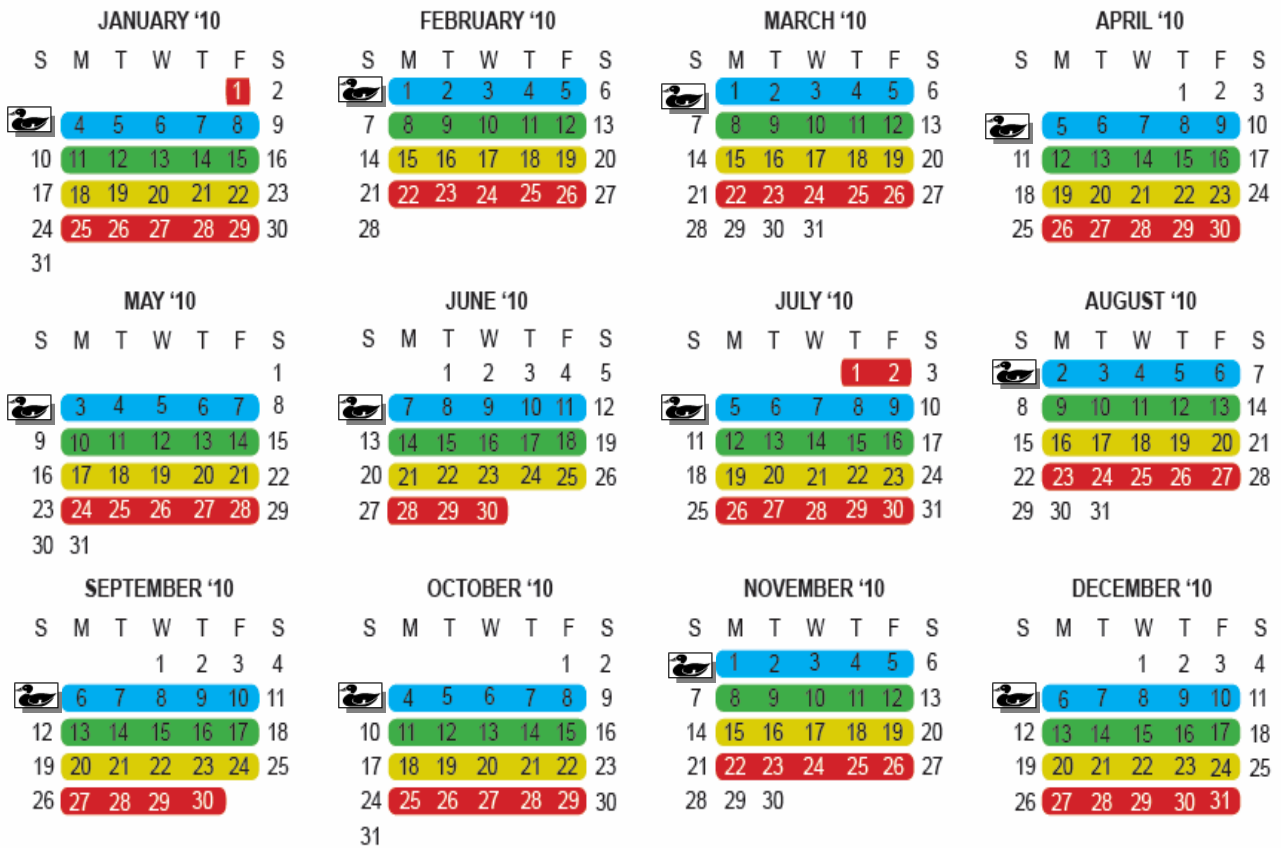


City of Dallas Info

KNOW THE RULES

- Place bulk trash just behind your curb line from 7 a.m. on the Thursday before your collection week through 7 a.m. Monday of your collection week. See legend box below. The Highland's North "Duck" symbol indicates our week for pick-up.
- Only place large limbs, shrubbery, bagged leaves (in sealed 50-gallon or smaller bags), furniture, appliances, mattresses, and box springs. Separate yard waste from other trash.
- Do not place grass clippings and new construction or remodeling debris out for collection. "Cost Plus" service is available to retrieve construction or remodeling materials, or if you missed the bulk collection pick-up. Call 3-1-1 for a free Cost Plus estimate.
- Bricks, concrete, rocks and dirt are not available for bulk trash or Cost Plus collection. These items may be taken to the City landfill for disposal.

2010 Bulk Collection Calendar



Pick-Up Dates	
Week of:	
	January 4th
	February 1st
	March 1st
	April 5th
	May 3rd
	June 7th
	July 5th
	August 2nd
	September 6th
	October 4th
	November 1st
	December 6th

Earliest Set-Out Dates	
Week of:	
	December 31, 2009
	January 28
	February 25th
	April 1st
	May 27th
	July 1st
	July 29th
	September 2nd
	September 30th
	October 28th
	December 2nd
	December 30th

Keep Our Neighborhoods Beautiful!

It is a violation to place your bulk trash out before or after your collection week.

Violations will result in a citation up to \$2000.

Warning tickets are not issued for bulk trash violations, so be sure you know your bulk trash collection week!

What's Happening

Community Meeting Announcement

RESIDENTS INVITED TO PROVIDE INPUT IN SELECTION OF NEW POLICE CHIEF

The City of Dallas will be holding three community meetings to gather input from residents and business owners for the process of selecting a new police chief.

The next Police Chief will serve all of the diverse communities of Dallas, and it is extremely important that the City hears from those communities and knows what is important to them.

Maybe you want a Police Chief that:

- Has a strong commitment to innovative crime reduction strategies
- Will take community policing to new levels
 - Will focus more on foot patrols
- Will get the department to communicate with the public in real-time via Twitter

That's up to you.

Meeting times and locations:

January 25, 2010 6 p.m. – 7:30 p.m. Dallas City Hall 1500 Marilla Street L1FN Auditorium	January 26, 2010 6 p.m. – 7:30 p.m. Beckley-Saner Recreation Center 114 W. Hobson	February 2, 2010 6 p.m. – 7:30 p.m. Walnut Hill Recreation Center 10011 Midway Road
---	---	---



City of Dallas



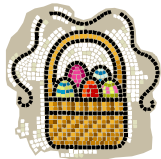
Public input is critical in this process.

YOUR opinion can make a difference in who the City hires as the new Police Chief.

Coming This Spring....

Highlands North Annual Spring Luncheon and Fashion Show

Watch for Further Details in the Next Newsletter!



HNHA'S ANNUAL EASTER EGG HUNT

Election of Judges

Tuesday, February 9, 2010 at 7:00 PM
 The League of Women Voters of Richardson will sponsor a forum:

JUSTICE IS BLIND

BUT DO I HAVE TO VOTE THAT WAY? VOTING FOR JUDGES IN TEXAS

The program will begin at 7:00 p.m. in the Richardson Room of the Richardson Civic Center, 411 West Arapaho Road.

Speakers for the evening will be:

Dr. Anthony Champagne

Professor in the School of Economic, Political and Policy Sciences at the University of Texas at Dallas and

Keven Ann Willey

Vice President and Editorial Page Editor of the Dallas Morning News.

The evening will be moderated by

Jeff Whittington

Senior Producer of KERA's "Think" Series and Host of "Anything You Wanted to Know" on KERA 90.

The meeting is designed to help voters make informed decisions in judicial elections. Topics will include the history of the election of judges in Texas, considerations in evaluating judicial candidates, and methods used in other states to select judges. There will be a section of the program for written questions from the audience.

Our society rests firmly on the concept of a fair and knowledgeable judiciary, and thus it is crucial that judicial positions be filled by competent and impartial candidates. Voters are often overwhelmed by the long list of judicial offices on the ballot. The League's goal in presenting this program is to assist voters in making thoughtful and informed choices when they go to the polls.

For more information go to:
www.lwvrichardson.org/programs.html#judges





Sunshine and Shadows By Jamie Harrison

Don't forget to share your news with your neighbors! Submit your items for publication to Jamie Harrison at 972-788-8076, or by e-mail to jamie.harrison@sbcglobal.net. If Sunshine and Shadows news is submitted by the 14th of the month, it will be included in the next month's newsletter!

Sunshine: Each year, the National Honor Society issues invitations to certain high school students to join the organization based on the student's scholarship, leadership, service, and character. Congratulations to the following Highlands North students who were among those inducted as new members of the National Honor Society at J.J. Pearce High School on December 14:

Sophomores: **Adam Bull** of Pennyburn Drive (**Ed and Beth**), **Haley Coleman** of Queensferry Lane (**Allen and Susan**), **Samuel Dempsey** of Lairds Lane (**Paul and Lynn**), **Grace Evans** of Queens Garden Drive (**Mike and Wendy**), **Brooke Farmer** of Queens Garden Drive (**Tom and Danielle**), **Caroline Green** of Fallkirk Drive (**Kevin and Cynthia**), **Alexandra Kessler** of Kevin Drive (**Daniel and Lisa**), **Oren Mandelbaum** of Dunoon Avenue (**Ulli and Gilit**), **Jonathan Myers** of Queens Garden Drive (**John and Sarah**), **Coleman Notley** of Campbell Road (**Stacy and Sandi**), **Savannah Ricci** of Scotia Drive (**Ed and Robin**), **Alyson Sommerfelt** of Carta Valley Drive (**Rob and Suzie**), and **Avery Thomas** of Lone Moor Circle (**Steve and Joan**). **Juniors:** **Tyler Coyle** of Carta Valley Court (**John and Lisa**) **Mac Morse** of Queensferry Lane (**Scott and Liz**), and **Katie O'Brien** of Carta Valley Drive (**Steve and Shannon**). **Senior:** **Megan Schlossstein** of Fallkirk Drive (**Wade and Tracy**). Congratulations to all of these students!

Sunshine: On January 19, Cub Scout Pack # 895 held its annual Pinewood Derby car races in the Bowie Elementary Cafeteria. In the racing competition, the third place trophy winner out of all 66 cars entered in the Pinewood Derby was **Joshua Grossman**, son of **David and Kimberley Grossman** of Loch Maree Lane, and grandson of **Alan and Marcia Weiss** of Dunoon Avenue. Highlands North Cub Scouts winning a trophy for first place in their respective dens were **William Adams**, son of **Todd and Stephanie Adams** of Turnberry Lane, **Andrew Bondy**, son of **J.D. and Susan Bondy** of Turnberry Lane, **Joshua Grossman**, and **Sam Harrison**, son of **Scott and Jamie Harrison** of Kilmichael Lane. Winning a trophy for second place in their respective dens were Highlands North Cub Scouts **David Bondy**, son of **J.D. and Susan Bondy** of Turnberry Lane, **Glen Brown**, son of **Wade and Cara Brown** of Fallkirk Drive, and **Dash Lindsey**, son of **Todd and Stephanie Lindsey** of Fallkirk Drive. Trophies were



Joshua Grossman

also awarded for the winner of each of four categories in the design competition. The design trophy winners included Highlands North Cub Scout **Sam Harrison** ("Most Creative Car") for his Nestle's Crunch Bar car. Pack # 895 is grateful to Highlands North resident **Brad Kelly** of Campbell Road for being among those who agreed to volunteer their time to serve as impartial judges for the design competition!

Sunshine: In the December newsletter, I reported on those Highlands North students whose work had received the "Award of Excellence," the highest award presented at the local Bowie Elementary PTA judging level of the National PTA Reflections program, which provides students with the opportunity to create works of art for fun and recognition. In addition to those students mentioned in the December newsletter, the work of **Kaitlyn Thompson**, daughter of **Chris and Cathy Inman** of Queens Garden Drive, also received the "Award of Excellence" at the local level. The work of those students receiving the local "Award of Excellence" then went on for judging at the RISD Council of PTA's judging level, and that level of judging is now complete. Congratulations to the following Highlands North Bowie students, whose work also received the "Award of Excellence" at the RISD Council of PTA's judging level: Kindergartner **Landon Ardila**, son of **Luis and Vanitha Ardila** of Queensferry Lane, fifth-grader **Brian Kaner**, son of **Joey and Marni Kaner** of Chadwick Court, and third-grader **Rachel Porter**, daughter of **Larry and Deborah Porter** of Lairds Lane. In addition, **Brian Kaner's** photograph entitled "A Big Smile" was selected to go on for judging at the state level! The work of the following Highlands North Parkhill students received either the "Award of Excellence" or the "Award of Merit" at the local judging level and went on for judging at the RISD's Council of PTA's judging level: **Bryce Ericksen**, son of **Robert and Jill Ericksen** of Dalmalley Lane, **Elizabeth Kaner**, daughter of **Joey and Marni Kaner** of Kilmichael Lane, **Amanda Kiesling**, daughter of **Drew and Lisa Kiesling** of Kilbride Lane, **Lexi Lewis**, daughter of **Craig and Debi Lewis** of Applecross Lane, **Jenna Lusk**, daughter of **Tom and Janet Lusk** of Kilbride Lane, **Melissa McAfee**, daughter of **Randy and Barb McAfee** of Kilmichael Lane, **Julia Minigutti**, daughter of **Andrew and Sondra Minigutti** of Turnberry Lane, **Laura Myers**, daughter of **John and Sarah Myers** of Queens Garden Drive, **Grant Owens**, son of **Tracy and Robin Owens** of Kilmichael Lane, **Delenn Solis**, daughter of **Juan and Vickie Solis** of Pennyburn Drive, and **Jittra Tungemitrong**, daughter of **Taweesak and Vasana Tungemitrong** of Dunoon Avenue. **Melissa McAfee's** literature entry also received the "Award of Excellence" at the RISD Council of PTA's judging level. Congratulations to all of these students!



Brian Kaner's "A Big Smile"

Support Your Local School!



PEARCE THEATRE

Tickets Now Available

FIDDLER ON THE ROOF

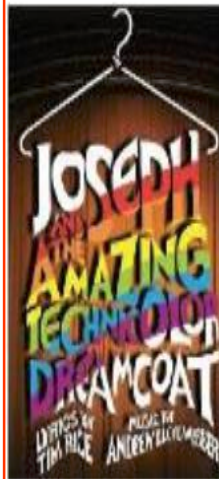
February 18-21, 25-28, 2010

One of the most important musicals of the 1960s. Based on the long-running Broadway musical. The poignant story of Tevye, a poor Jewish milkman at the turn of the century in a small Ukrainian village, and his five dowry-less daughters, his lame horse, his wife, and his companionable relationship with God. The score for Fiddler includes the hit songs "Tradition," "To Life," "If I Were a Rich Man," and "Sunrise, Sunset"

Tickets are available now for purchase on-line or at Pearce Box Office



Richardson High School



January 28, 29, 30, 2010
at 7:30 p.m.

February 4, 5, 6, 2010
at 7:30 p.m.

January 31, 2010 at 2:00 p.m.

In the Black Box Theatre

28TH Annual RISD Council of PTAs

USED BOOK FAIR

Come to Valley View

Moving Forward With Giving Hearts

February 11-13, 2010 10 am–9 pm
February 14, 2010 12pm–6pm

Assorted Books: \$.25 \$.50 \$ 1.00 \$ 2.00

Collectible Books, Videos, CDs, and DVDs

Located at Valley View Center—635 & Preston Rd

PTA everychild.onevoice. JCPenney

Proceeds benefit the Dr. JJ Pearce Memorial Scholarships Fund and the RISD Council & Local PTAs

Valley View Center

SERVICE & REPAIR

UNIVERSITY

★ Pool Services ★

WITH INTEGRITY SINCE 1989

214-244-5279

service@universitypoolservices.com

Weekly Service Plans for Pools and Spas

High maintenance pools are our specialty!

- * Chemicals are included in your flat monthly rate and never stored on your property
- * Equipment is expertly maintained and checked for leaks
- * Discounted rates for 2X and 3X weekly service
- * Technicians are tracked via GPS
- * Satisfaction is guaranteed

HNHA members receive 50% off their second month of service!



CRIME AND SAFETY CORNER

HNHA Crime Watch Stats– February 2010

Remember to be alert and report any crimes to the police first, then to the **hotline 214 967-5120**.

Recent Crimes in and around Highlands North include:

- On the night of December 22, a pickup parked in the 16200 Block of Dalmalley was broken into and the radio was stolen.
- On January 6, a car parked in the rear of a house in the 7600 block of Dornoch had one of the windows smashed.
- On January 10, between 4 and 6 pm, a car parked in the parking lot of 24 Hour Fitness was broken into and a purse was stolen.
- On January 13, a wallet was stolen from a locker at the 24 Hour Fitness Center at Campbell and Coit. The lock was cut.

When using the health club be sure to secure your valuables out of sight, preferably in the trunk of your car.

- On the night of January 18, a new luxury car parked in the rear driveway of a house in the 7700 block of Mullrany was burglarized. The unique feature of this offense was the complete removal of the dash, all instruments, console, air bags and the seat belts. Additionally, the suspects disabled the motion light in the driveway and cut the battery cable to prevent the car alarm from activation.

Our Highlands North ENP officers reported that they have never seen a vehicle break-in involving that extensive of a loss. Our best guess is that the suspects had an order for the items lost. It was very odd.

- On the night of January 22, some vandalism occurred in the 7600 block of Kilmichael. 2 mailboxes were knocked down, trash cans were moved around, and a portapotty at the road construction site was knocked over.

Here's a note from our Crime Watch officer in the North Central Division of the Dallas Police Dept, located at Hillcrest and McCallum:

Hello Everyone,

During the past week (last week of December / first week of January) we've had some burglary offenses occurring late at night and during the early morning hours while the homeowners were at home asleep. Please make everyone in your groups aware of this and also remind everyone of the following safety tips:

1. Make sure all your windows and doors are locked at all times. Extra locks and deadbolts provide higher security.
2. Lock and deadbolt the door between your garage and house.
3. Turn your alarms on at all times.
4. Remove the drop-down cord from the garage door release mechanism.
5. Brighten up the outside of your home with floodlights. Mount them high enough so they cannot be removed easily.
6. When you leave the house, do everything you can think of to create the impression you are at home, e.g., leave some lights on, turn on the radio, etc.
7. If you have a fence surrounding the rear of your house, be sure to lock and secure the gates! More burglaries occur from the rear of the house rather than the front. The rear is more obscured from view.
8. If you hear someone breaking in, respond to the situation as if your home was on fire. Leave as soon as possible! If you cannot leave, secure yourself and you family in a room or closet and call 911. Stay on the phone with 911 until the police arrive and let them know you are still in the house.

Remember to always call 911 and report anything that looks suspicious in your neighborhoods.

Michael W. Nonnenmacher, #5201
Sergeant of Police
North Central Division

Remember: always be aware of your surroundings and practice personal safety everyday! Make it a habit!

Jim Johnson
Highlands North Crime Watch Coordinator
HOTLINE - 214 967 5120



ADVERTISING...

Do you own a business or have something to sell? Are you interested in reaching over 500 households? Did you know that the HNHA Monthly Newsletter offers great ad rates for HNHA Members AND Non-Members too?

Please call Jackie Ferris at (972) 239-9890 or send e-mail to: jaqueferris@sbcglobal.net for more information.



Serving Highlands North since 1983

Weekly Pool Chemical Service

only \$55.00 per month (based on annual service)

(972) 286-1591

www.SparklePoolService.com

SUNSTONE
y o g a

10 days ^{\$}for **10**

North Dallas

14902 Preston Road, #612
Dallas, Texas 75254
214.764.2119 x104

sunstoneyoga.com

LOST CONFIDENCE IN THE MARKET?

LOW CD RATES?

WANT A SECURE & PROFITABLE RETURN?

I CAN HELP, CONFIDENTIALLY. CALL ME.

JACK HUGHES

214/934-7730

30 Years in Financial Industry

22+Years in Highlands North



Honeydo's

Lite Home Remodeling & Repair

At a Fair Price

**Flooring, Lite Plumbing, Lite Electrical,
Carpentry, Landscape, Basic Sprinkler Re-
pair,**

Room Remodeling, Fencing

Garry Wren, Owner

Cell: 214-505-0800

Phone: 972-250-1749



Take a **Bite** Out of Computer Problems!

Website Design and Layout
Photo Slide Shows

COMPUTER REPAIR

Virus Removal . Networking
Free Pickup and Delivery

972-934-0397

www.northdallasweb.com

located in Highlands North!

CHEAPER THAN THE "GEEKS"

NORTH DALLAS WEB



Gardening Tips

Callie's Garden Notes

News and notes for Calloway's & Cornelius Garden Club Members

• Specials • Ask Us • Tell Us • Update Profile • Refer a Friend • Gift Card



Happy 2010 and welcome back to the garden! We have an exciting year ahead with new products, clinics and innovative ideas. Now is the time to evaluate your landscaping needs for Spring and start brainstorming. Stop by and visit with one of our Texas Certified Nursery Professionals. Success in the garden begins in 2010!

1. Cool Season Color

Primrose makes a nice addition to your outdoor Winter color. Hardy and carefree, this cool weather lover provides a captivating show of colorful rosette-like flowers. **Primrose** tolerates more shade than the Pansy and will provide mounds of color in flowerbeds and containers. Grows 8-12 inches tall and wide.



2. Winter Landscape Color



Deciduous flowering plants are sometimes overlooked in the garden but can provide dramatic seasonal changes. Colorful blooms burst forth before leaves appear to provide a splash of color to a Winter landscape. **Flowering Quince** is a great choice for a bird-friendly garden and popular for Winter flower arrangements or forcing the branches to bloom indoors. **Forsythia** shoots forth showy, yellow flowers long before leaves appear and **Wisteria** blooms clusters of flowers resembling bunches of grapes. As these plants leaf out in the Spring, they will fade into the background of your landscape, waiting until next Winter for their turn in the spotlight!

3. Feeding Nature



Your landscape can also serve as a feeding ground for wildlife. The **Possumhaw Holly** is a wonderful example of winter beauty and interest. It provides a spectacular presentation of red, orange and yellow fruit, which appears when the leaves drop in November and early December. The colorful berries are a favorite of the Cedar Waxwing and other feathered friends. This small tree or large shrub fits nicely in our home landscapes.

4. Protect Your Flowerbeds



Adding a 2 to 3 inch layer of mulch will provide extra protection to your plantings during the winter months. It also will prevent moisture evaporation, deter weed seeds from sprouting and will also break down and return organic material back into the soil. Calloway's and Cornelius carry a selection of mulches including **Shredded Hardwood**, **Aromatic Cedar** and Top Dressing **Pine Bark Mulch**. Functional and decorative, they are

www.mytexasgarden.com

Calloway's Timely Tip for February Gardeners

Remember your Valentine with fresh, living flowers. Give roses which can be planted and enjoyed year round or a container of cool season color for an immediate impact on your porch or patio. Houseplants in attractive ceramic pots provide long lasting enjoyment for indoors. Gloves, tools and wind chimes all make great gifts. The list is endless, let your imagination "grow green"!

Also, please join us for **FREE** in-store clinics on timely gardening topics. These clinics are held in every store.

Saturday, February 6th at 10:15 am-Color Creations with Orchids-Create a beautiful, living Valentine's gift which will last and last.

Saturday, February 13th at 10:15 am-Gardening with Roses-Give your Valentine roses that will provide blooms from Spring until Fall. Select from Earthkinds, Knock-Outs, Patented and Non-Patented varieties.

Saturday, February 20th at 10:15 am-Organics 101-Learn how to garden the organic way!

Saturday, February 27th at 10:15 am-Lawn Care-Be the envy of your neighbors. Learn what it takes to have a beautiful, healthy lawn.

For more gardening information for Texas, visit www.mytexasgarden.com.

Garden Tips:



Callie's Garden Tip—Pruning Your Landscape

Now is the time to prune fruit trees and grapevines. Trim shade trees and evergreen shrubs to maintain shape and to remove damaged or low lying branches. Do not top Crape Myrtles; only prune to remove damaged branches. Trim summer blooming shrubs and vines to tidy their appearance. February is the best time for pruning most roses. Leave a smooth cut flush with the trunk or branch from which you pruned. Apply pruning paint to cuts larger than a pinkie to prevent diseases and insect infestations. Wait to address any freeze damage until Spring. When the plant begins to leaf out, you will be able to tell where the actual damage has occurred and any corrective pruning can be done at that time.

Remember Calloway's Nursery or Cornelius Nursery for any gardening questions—we have Texas Certified Nursery Professionals in every store to assist you in any way. Visit us today!



Gardening Tips

Callie's Garden Notes
 News and notes for Calloway's & Cornelius Garden Club Members

• Specials • Ask Us • Tell Us • Update Profile • Refer a Friend • Gift Card



Make Your Indoors Happy and Healthy in 2010!

Dear Garden Club Member,

Transition from the holidays to the New Year with festive displays of tropical interior plants. Indoor plants can improve your mood and clean your air. From sunny windows to low light corners, check out our fresh shipments!



Improve the quality of your indoor air with houseplants as well as use them to brighten up a room. Plant leaves act as filters for many of the harmful toxins which are produced from carpet, paint, insulation and many other building materials found in our homes and offices. NASA did an air study that shows what good you can do for your family by putting plants in your home. Listen to what [Suzi McCoy](#), founder and president of the Garden Media Group, has to say about that study.

Plants also do wonders for your health and morale. Studies show that people who plant gardens, flowers and indoor plants are calmer. The action of watching them grow has a positive effect on their moods. Having something living in your home improves your mental function; it makes you feel more upbeat and positive about life in general.

So, garden indoors for beauty and a purpose

www.mytexasgarden.com

Winter Watering

Source: Neil Sperry

It's difficult to know how often you should water your plants in the winter. While you can pretty well count on summers in Texas to be hot and dry, winters are variable. It can be warm (75 F) and windy one day, and frigid (20 F) the next. Plants' water needs will ride that roller coaster of climates.



Adding to the problem, most of your plants are either bare or dormant during the wintertime. You don't get the same sets of clues that they're needing a drink.

My recommendation always has been to learn to "read" the soil, either by looking or by feeling. When it begins to dry an inch or so down, it's time to water. That's especially true for small plants like annual flowers and new shrubs and groundcovers. You can't afford to let those plants get too dry for even a couple of days.

Best advice: watch your plants daily. When they've gone for a week or longer without rain or supplemental irrigation, it's time to think about watering.

Remember that plants are more vulnerable to winter injury when they're dry and wilted. Keep an ear to the forecast, then water as appropriate.

Highlands North Homeowners Association

Visit us at www.calloways.com



CALLOWAY'S NURSERY



07734 70632

Offer good for merchandise only. No cash value. One certificate per person, please. Not good with any other offer.

Offer valid at ANY Dallas/Fort Worth location.

Offer expires: December 31, 2010

\$5 off every \$25 purchase

CODE #92



Nighttime Activity in Cats

Cats are known for sleeping long hours, but when they're not snoozing, they can be very active. Those periods of activity often happen during the night. If your cat attempts to wake you after you've gone to bed, he may want to play, eat or simply enjoy your company. Young cats under one year of age in particular can drive their owners crazy from sleep deprivation! Understand that the cat's ancestor, the African wildcat, is mostly nocturnal. Domestication has shifted our pet cats' activity patterns to be more diurnal (awake during the day), but most cats still tend to wake at least twice during the night. The good news is that cats can learn to let their owners sleep in peace.

Rule Out Medical Problems First

If your cat restlessly wanders around your house at night meowing or crying, he may be suffering from an underlying medical problem that causes pain or discomfort. If you think this may be the case, take your cat to the vet to rule out medical issues—especially if you notice that he meows excessively during the day as well as at night.

What to Do If Your Cat Keeps You Awake at Night

To prevent your cat from disturbing you while you sleep, try the following suggestions:

- Schedule a few interactive play sessions with your cat during the evening. Try using toys that can mimic the movement of mice and birds, such as toys that dangle and wiggle. Games with ping-pong balls, soft balls and furry mice toys are great for cats who like to fetch. Play until your cat seems tired.
- Feed your cat a main meal just before your bedtime. Cats tend to sleep after a big meal. If your cat continues to wake you during the night for food, purchase a timed feeder that you can fill and set to dispense once or twice during the night. If your cat's hungry, he'll

learn to wait by the feeder rather than bother you while you're sleeping. Make sure you reduce meal sizes so that your cat doesn't gain weight.

Incorporate a variety of enrichment activities to keep your cat busy during daylight hours. The more active your cat is during the day, the more likely that he'll sleep at night.

- If your cat is social with other cats, consider adding a second cat to your family. If the two cats are compatible, they'll probably play with each other and leave you alone at night. However, romping cats can make quite a racket, which might disturb your sleep just as much as one cat trying to wake you!
- Playful cats sometimes unintentionally injure their sleeping owners. For instance, your cat might notice your eyes moving under your lids as you sleep and swat at your face in play. If your cat tries to play with you or wake you while you're sleeping, you might need to shut him out of your bedroom at night. If he cries and scratches at the door, you can discourage him by placing something in front of the door that he won't want to step on, such as vinyl carpet runner placed upside-down to expose the knobby parts, double-sided sticky tape, aluminum foil or a Scat Mat™ (available at most pet supply stores or through online pet supply sites). Alternatively, you can set a "booby trap" outside your door. Try hanging your blow dryer off the bedroom door knob, or placing your vacuum cleaner five or six feet away from the door. Plug the dryer or vacuum into a remote switch (available from Radio Shack). When your cat wakes you by meowing outside your door, you can hit a button on the remote to turn on the appliance. Your startled cat probably won't return to your door after that!

What NOT to Do

Unless you suspect that your cat is waking you up because he's hurt or sick, don't get out of bed and attend to him. If you get up and feed your cat, play with him or even interact with him, you will have inadvertently rewarded him for waking you. As a result, he'll try harder and harder to wake you each subsequent night. Even getting out of bed to scold your cat won't work well, because negative attention from you may be better than no attention at all.

You're Gone, "Doggone" Pet Sitting Service

Cathy Hall

All Pet Sitting

Dog Obedience

Walking, Transport

Other Services

PSI Member

Bonded, Insured, References

972-713-8539

972-814-3999

www.doggonepetsit.net

bingodog@prodigy.net

"We love your pet(s) almost as much as you do."



Prestonwood Pet Clinic

Gary Bridges, DVM

5242 Meadowcreek Drive

Suite 110

Dallas, Texas 75248

972 233-7343



2009-2010



HNHA BOARD MEMBERS

President—Philip Wells (972) 934-0909

V. P. Membership—Linda Harrison (972) 733-3330

V. P. Development/Civic Interest— Frank Shukis (972) 239-6132

V.P. Safety & Beautification—Lola Copeland (972) 716-4004

Secretary—Danielle Lee (972) 386-5337

Treasurer—Gene Morrison (972) 267-0154

Activities—Kyna Pinkus (469) 374-9314

Block Captain—North—Christy Hock (972) 980-4410

South—Jennifer Livingstone (972) 385-7044

Consumer File—Debbie Leveno (972) 788-9147

Crime Watch Hotline—Jim Johnson (972) 250-1134

Data Base—Liz Wood (972) 385-7601

Directory—Linda Harrison (972) 733-3330 & Liz Wood (972) 385-7601

Home Tour—Kim Miller (972) 386-3308

Newcomers North—Marcia Weiss (972) 387-2991

Stormy Matthews (972) 392-0500

Newcomers South—Connie Wilcoxon (972) 980-4052

Newsletter—Jacqueline Ferris (972) 239-9890 or email:
@jaqueferris@sbcglobal.net

Park and Easement Liaison—Jace & Susan Carrington (972) 661-9018

Social:

Fall Dinner/Annual Meeting—Carin Coniglione (972) 818-6677
Jennifer Sullivan (972) 788-2972
Elise Young (972) 980-7746

Easter Egg Hunt—Cara Brown (972) 980-9941 & Tina Cox (972) 934-4925

Ladies Luncheon & Fashion Show—Lisa Althaus (972) 934-0128
Kristen Felix (972) 387-1547

4th of July Picnic—March Baremore (972) 386-5448

Sunshine and Shadows—Jamie Harrison (972) 788-8076

Volunteers In Patrol—Mel Shapiro - (972) 934-0397

Yard of the Month North—Marcia Weiss (972) 387-2991
South—Hertha Hughes (972) 458-7150



CONSUMER FILE

Looking for a plumber? A handyman? An electrician? How about a landscaper? A tile layer? A window replacement company?

Call our HNHA Consumer File Representative - **Debbie Leveno at (972) 788-9147**. Debbie has a file of folks recommended by your neighbors for all types of home repairs and improvements. (The file also includes "contractors" who have received negative comments in the past).

Know a good plumber, handyman, electrician, landscaper, tile layer, window replacement company, etc? **Please call or e-mail Debbie with your recommendations at: thelevenos@sbcglobal.net.**



HNHA HOTLINES

Consumer File—(972) 788-9147

Crime Watch Hotline—(214) 967-5120
highlandsnorth@hotmail.com

HNHA Info Line—(972) 404-HNHA (4642)

Information Only—Please do not leave a message.

Pet Hotline—(972) 967-PETS (7387)
hnapets@hotmail.com



Dallas Highlands North
Homeowners Association

P.O. Box 837143
Richardson, Texas 75083-7143

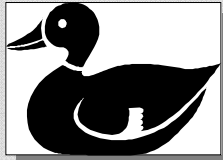
We're on the Web!
highlandsnorth.com



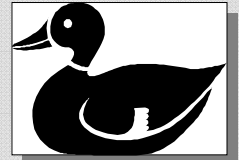
*Once-Weekly Collection
Service for Garbage
and Recycling:*

*North Side—Tuesdays
South Side—Mondays*

*Bulky Trash Pick-up the Week of:
February 1st*



HNHA Calendar February 2010



- February 1st Bulky Trash Pick-Up
(Earliest Set-Out Date is Thursday, January 28th)*
- February 8th HNHA Board Meeting*
- February 12th RISD Student Holiday*
- February 14th Valentine's Day*
- February 15th President's Day*

