

THE CENTRAL POINT

COMMUNITY IN FOCUS

Sometimes a Bark Can Feel Worse Than a Bite

Bites eventually go away, but barking can go on, and on, and on. Sometimes, it seems that there's almost nothing you can do. But take heart, there are some steps you can take to put a civil end to all that noise.

First, don't blame the dog. It's not his fault. Second, don't automatically blame the neighbor. They may be at work all day (or night), completely unaware that the dog is barking.

The very best thing you can do is to politely remind your neighbor that their dog is barking incessantly.

If your neighbor is aware and just doesn't seem to care, there are legal steps that you can take. The Central Point Police will respond to complaints about barking dogs. Please contact the police at their non-emergency number 541-776-7206.

The CC&R's state residents are expected to attempt to handle situations on their own. If results are not forthcoming, the Homeowner Association will be notified. At this point warnings and fines may be issued.

If you're the owner of a barking dog, try to remember that your neighbors really don't

want to report you. They just want some peace and quiet. Responsible pet owners make great neighbors.

Street sweeping

Most of our trees are in full autumnal color with gold and red leaves. Eventually those leaves must fall. Our association is lucky that we are on the city's street sweeping schedule. Having the streets swept does so much to keep our neighborhood looking nice.

Please note that the city sweeps our streets **every other Thursday**. Their schedule for the fall is November 6, November 20, December 4 and December 18. If possible, please try to get your vehicles off the street so that the sweeper can get all those pesky leaves picked up.

Residents are responsible for keeping their sidewalks, gutters and streets in front of their homes kept clean. If the street does not get swept in front of your home due to a car being parked in front of your home, even if it is not your car, you will receive a notice from the office.

Rogue Disposal Leaf Pick Up

The City of Central Point has again contracted with Rogue Disposal for the annual Central Point Leaf Pick Up. As in

past years, there will be two pick up days in Central Point. The first pick up will be on Monday, November 17th with the second pick up on Friday, December 12th.

Rogue Disposal requests that residents fill bags with leaves only. The bags should not weigh more than 30 lbs. and should have the top sealed shut. Place bags in the public right of way the night before or no later than 6:30 a.m. the day of leaf pick up. If you miss both days of the leaf pick up and have more leaves than you can fit into your regular green bin you can take your leaves and other green waste directly to the transfer station. They will take it free of charge with the stipulation that you must empty your own bags, trash cans or containers.

If you have any questions please call Rogue Disposal at 541-779-4161.

CC&R Corner – Sprinklers

Did you know that the CC&R's require that residents turn off and drain their sprinklers from **November 1 through April 30**? Please make sure that your sprinklers are turned off. This will help you save money as well as keep the sidewalks dry and free from ice as the weather turns colder.

POINT ON ASSOCIATION BUSINESS

The Board of Directors Met on October 15th for Quarterly Meeting

During the 3rd Quarter meeting of our Board, many day-to-day issues were discussed from tree trimming to enforcement of the CC&R's. The Board discussed which items are for residents to monitor themselves and which items need involvement of the Association.

On October 17th, the Board approved having the City of Central Point take over the Association's storm drain system.

Once the transfer is complete, all repairs and maintenance will be handled by the city.

The Board reviewed the color pallets for house painting and agreed on several sets of colors. Please be sure to come by the office to provide feedback or check your colors before painting your home.

Welcome Cheryl! The Board appointed Cheryl McKenzie as the new Member at Large. Cheryl has been in the Rogue Valley since 1981. She and her husband, Blake, have been married for over 40 years. They have 3 kids and 7 grandchildren. Her

children went to Jewett Elementary, Scenic Middle School and Crater High School. She now has grandchildren going through the same schools. She and her husband are avid golfers and have bowled with a local bowling league for over 25 years. The Board is excited to have someone so involved in our community working with them on Association business.

Next meeting of the Board Of Directors will be Wednesday, January 21st at 6:00pm in the clubhouse.

COMMUNITY AND NEIGHBORHOOD

POINT ON THE GOOD HEALTH

Saving on Your Heating Bill

Barring an unforeseen miracle, this year's home-heating bills will, at best, be much like last year's or even a bit higher. But before you start loading up on some extra pairs of mittens to wear around the house, keep this in mind: a few simple steps can help save on your annual energy bill.

1. Schedule a Check-Up. Regardless of the type of heating system you have, it needs an annual check-up by a professional. A small fee upfront will help avoid bigger costs down the line. Annual checkups are also an important safety precaution.
2. Buy a Programmable Thermostat. None of us likes to wake up in a cold bedroom, and we all like to open our doors to a toasty home at the end of the day. With a programmable thermostat, we can heat our homes at various temperatures throughout the day, allowing the house to be cooler when no one is home or when everyone is asleep. Installing a programmable thermostat shouldn't cost more than \$150, and according to the U.S. Dept. of Energy, energy bills can be reduced by 10-15% just by turning the heat down while we are away.
3. Plug Up Leaks. Imagine a water balloon with lots of little pinholes in it. Sure, the holes are small, but that doesn't mean the balloon isn't losing water. Our houses are often

like that balloon - slowly but surely losing heat to tiny leaks, which can add up to one big heating bill. Doors and windows are the most obvious culprits, but so are electrical outlets, ceiling fixtures, ducts and your attic door. To check for smaller leaks, light an incense stick and hold it up near these locations. If the smoke goes horizontal, there may be a leak.

POINT ON THE ROGUE VALLEY

The History of Veterans' Day

November 11, is the anniversary of the Armistice which was signed by the Allies and the Germans in 1918, ending World War I after four years of conflict. This day began with the laying down of arms, blowing of whistles, impromptu parades, closing of places of business.

After World War II, there were many new veterans who had little or no association with World War I. Leaders of Veterans' groups decided to try to correct this and make November 11 the time to honor all who had fought in various American wars, not just in World War I. The name was changed to Veterans' Day by Act of Congress on May 24, 1954. In October of that year, President Eisenhower called on all citizens to observe the day by remembering the sacrifices of those who fought so gallantly and to rededicate themselves to promoting an enduring peace.

Central Point's Veterans Day commemoration will be at the Fallen Heroes War Memorial at Don Jones Park, 9:00am on November 11, 2014.

POINT ON THE COMMUNITY

Health benefits of Sweet Potatoes

Sweet Potatoes and November go hand in hand. Not only are sweet potatoes a readily available, inexpensive and delicious part of most Thanksgiving dinners, they also have many health benefits.

Sweet Potatoes are high in vitamin B6, Vitamin C, Vitamin D, iron. They are also a good source of magnesium & potassium. They taste sweet, but their sugars are slowly released into the bloodstream helping to ensure a balanced and regular source of energy, without the blood sugar spikes linked to fatigue and weight gain.

Sweet potatoes are versatile and deserve so much more than to be cooked and covered with marshmallows. Try them roasted, puréed, steamed, baked, or grilled. You can also add them to soups and stews.



November Calendar of Events

- 11/02 – Daylight Savings Time Ends – FALL BACK
- 11/04 – Election Day
- 11/06 – Full Moon
- 11/11 – Veterans Day (Clubhouse Office Closed)
- 11/21 – The Hunger Games: Mockingjay - Part 1 in Theaters
- 11/21-11/28 – No School for District 6 Students
- 11/22 -11/24 – GingerBread Jubilee at the Craterian Theater
- 11/27 – Thanksgiving (Clubhouse Office Closed)
- 11/28 – Clubhouse Office Closed

Sweet Potato Bread

Ingredients:



- 1 ½ c white sugar
- ½ c vegetable oil
- 2 eggs
- 1 ¾ c sifted flour
- 1 t baking soda
- ¼ t salt
- ½ t cinnamon
- ½ t nutmeg
- 1/3 c water
- 1 c cooked and mashed sweet potatoes
- ½ c chopped pecans

Combine sugar and oil; beat well. Add eggs and beat. Combine flour, baking soda, salt, cinnamon and nutmeg. Stir flour mixture into egg mixture alternately with water. Stir in sweet potatoes and chopped nuts.

Pour batter into greased 9x5 inch loaf pan (or 2 small loaf pans). Bake at 350 degrees for about one hour.