Greetings from the HOA President

Your HOA Board is responsible for the upkeep of the common areas in Bluffview of Camino Real. This includes the park area on Walker Ranch, both tennis court areas, medians, and some cul-de-sacs. Trees, shrubs, lawns and the irrigation systems watering these items are maintained, repaired, and replaced as conditions warrant. In the past the irrigation system maintenance has been a more reactive endeavor than a proactive one, but that situation is changing. The HOA Board, with the help of the Landscaping Committee, are reviewing upgrade needs for the irrigation system, the utilization of more drought and deer resistant plants and better communication between our neighborhood vendors and the HOA Board.

It has been suggested that the implementation of the as yet to be determined upgrades and enhancements, will be over a three year period. This time frame will allow us to upgrade the systems and plants without negatively affecting our reserve account balances.

The HOA Board has recently repaired the tennis courts at Bluffview Estates. We are still requesting that the Bluffview Residents comment regarding what they would like to see done on the Walker Ranch tennis courts. All residents attending this year's annual meeting and dinner will be asked to specify their view by filling out a short, check the box, questionnaire when you register for the dinner.

The dinner and meeting are part of the regular business meetings conducted by the HOA Board each year. The HOA Board can call special meetings but usually has a minimum of four meetings each year. The announcement for the meetings are always noticed to Bluffview residents, so they can participate if they choose to do so. The HOA Board asks that anyone that wants to address the Board at any of its meetings, kindly notify the Asset Management Company, so that we can provide the appropriate amount of time for the resident to address the Board. Please understand that the HOA Board meetings are for the conduct of official Board business. The Board only conducts its official business during these meetings. The HOA Board does not conduct its business on social networks.

Several Bluffview residents have approached the Board regarding an increase in criminal activity in our neighborhood. In response to those residents and the others that have called Board members directly, Securitas has increased its patrols.

The HOA Board has also approved the engagement of the Watchmen Protective Services, to supplement and enhance the Securitas patrols. The Watchmen are off duty Police Officers, dressed in uniform, and patrolling the neighborhood in private vehicles clearly marked as “Police”. Spread the word…. there are Watchmen in our neighborhood in the day and in the night. We know their presence will keep the bad guys away!

Tim Linscott - President
DID YOU KNOW . . .

you can place a “free” classified ad in your community newsletter? For sale type items only (no commercial businesses or services allowed).

Are you a teenager who wants to offer babysitting, pet sitting, lawn care, or house sitting services? Here is a way to let your neighbors know.

All you need to do is call 210-558-3160 or email keaton@NeighborhoodNews.com. Place Bluffview Resident in the subject line. One ad per resident.

Classified ads will run for ONE month. Teen listings will continue to run until you notify us to be removed or have turned 20 years of age. Deadline is the 25th of each month.
HOMEOWNERS PLEASE
SAVE THE DATE:

October 20, 2017, 6pm
Annual Meeting @
Walker Ranch Park/Tennis Courts

Shred date is scheduled for
Saturday, October 21, 2017
9:00AM to Noon

IMPORTANT INFORMATION
Please Remember

If you are planning on any exterior improvement to your home, either new or replacement, an improvement request form must be filled out and submitted to AAM Community Management prior to the start of any project. This is in accordance with the recorded deed restrictions of Bluffview.

Go to: www.neighborhoodnews.com/bluffview to download a copy of the improvement request form as well as to review the restrictive covenants.

Landscape & Amenities Committee Contacts
Not available online.

Double Pane Windows • Mirrored Walls
Replacement Glass • Shower Enclosures
Glass Table Tops
Free Estimates

B&T Glass & Mirror
TOMMY MOON
BRIAN MOON 656-8507

Autumn Word Search

See how many of these autumn related words you can find in the puzzle. The words can be forward, backward or diagonal.

Bells are ringing across the country as kids settle into classrooms for a year full of fun, friendship and plenty of learning.

While exciting, adjusting to new school schedules is a hectic time. Healthy habits are often forgotten as the focus shifts to studies, assignments and extracurriculars.

“Parents and caregivers can make a big difference in helping kids lead a healthy lifestyle during the back-to-school season and beyond,” says Deanna Segrave-Daly, a mom and registered dietitian. “A few proactive steps can set kids up for success in and out of the classroom.”

Segrave-Daly offers six easy ideas you can try to help encourage your kids to build healthy habits that last a lifetime:

**Prioritize sleep**
Sleep is something families often sacrifice due to busy schedules. Remember, kids need significantly more sleep than adults to support their rapid mental and physical development, according to the National Sleep Foundation. School-age children should strive for nine to 11 hours of sleep each night. Establish a nighttime routine and prioritize sleep every night.

**Eat breakfast**
We all know that breakfast is the most important meal of the day - especially for our kids. Help them jump-start their day with a quick breakfast of healthy foods like fruit, eggs and whole-grain cereal. For those busy mornings, grab something quick, like a GoGo squeez Yogurtz, for a wholesome option they can easily eat in the car or bus with a banana, toaster waffle or whole-wheat toast.

**Encourage exercise**
Kids should do at least 60 minutes of physical activity each day, according to the Centers for Disease Control and Prevention. Hopefully some of this physical activity can take place during the school day, but there are lots of easy ways to build healthy activity into daily life at home. Make a habit of going on a family walk after dinner (a great chance to unwind and reconnect) or challenge kids to bring their books up the stairs or to another room one at a time. Take 10-minute “dance party” breaks during homework or see who can jump rope the longest.

**Manage screen time**
It’s important for families to be mindful of screen time for kids. The American Academy of Pediatrics recommends kids ages 2-5 limit screen use to one hour per day of high-quality programs. For children 6 and older, place consistent limits on the time spent using media and monitor the types of media used.

**Snack well**
Kids love to snack, and it’s important to keep nutritious options on hand for when hunger strikes - it helps them avoid emergency vending machine stops. Stock your pantry with healthier snacks like applesauce pouches. These fridge-free pouches are easy to grab on the way to soccer practice, music lessons or the playground. They’re also an easy lunchbox addition!

**Adjust the attitude**
Mental wellness is part of overall wellness. Keep in mind the power of a positive attitude toward education. Encourage kids to look at issues from different angles, appreciate diversity and be resilient. Have conversations with children and truly listen to their concerns to build trust and solve problems.

Finally, it’s the adult role models in a child’s life that really set them up for success.

“If you model healthy habits, your child is likely to follow your lead,” says Segrave-Daly. “Try to routinely eat well, sleep well, exercise and have conversations about the good and bad parts of your day. Your kids are paying attention even when it seems like they aren’t!”
Parmesan Chicken Nuggets

Ingredients:
• 1/4 cup butter, melted
• 1 cup panko (Japanese) bread crumbs
• 1/2 cup grated Parmesan cheese
• 1/2 teaspoon kosher salt
• 1-1/2 pounds boneless skinless chicken breasts, cut into 1-inch cubes
• Marinara sauce, optional

Directions:
1. Place butter in a shallow bowl. Combine the bread crumbs, cheese and salt in another shallow bowl. Dip chicken in butter, then roll in crumbs.
2. Place in a single layer on two 15-in. x 10-in. x 1-in. baking pans. Bake at 375° for 15-18 minutes or until no longer pink, turning once. Serve with marinara sauce if desired.

Freeze option: Cool chicken nuggets. Freeze in freezer containers. To use, partially thaw in refrigerator overnight. Place on a baking sheet and reheat in a preheated 375° oven 7-12 minutes or until heated through.

Yield: 8 servings.

Source: www.tasteofhome.com
TO CONTACT SAPD

Emergency: 911
Non-Emergency: (210) 207-7273
North Substation (210) 207-8126
SAFFE (210) 207-8350
Property Crimes (210) 207-7601

TO CONTACT THE MAIN SAFD DIVISIONS

Fire Chief’s Office (210) 207-8400
Public Information Office (210) 207-8492
Firefighting Division (210) 207-4058
EMS Division (210) 207-7525
Fire Prevention Division (210) 207-8410
Arson Bureau (210) 207-7673
Community Safety & Education Division (210) 207-8422

REQUEST A CITY SERVICE - 311

With the new 311 Mobile App, residents can submit service requests reports for the following services:

- Aggressive Animal
- Dead Animal Pick Up
- Graffiti in Parks
- Graffiti Public Property
- Graffiti Private Property
- Junk Vehicle
- Overgrown Yard
- Pot Hole Repair
- Animal Cruelty
- Damaged Garbage Cart
- Garbage/Recycle No Pick Up
- Traffic Sign Missing/Down
- Trapped/Confined Animal
- Injured Animal

NEIGHBORHOOD NEWS & INDEPENDENCE HILL ASSISTED LIVING

TEAMING UP TO ACCEPT YOUR DONATIONS FOR VICTIMS OF HURRICANE HARVEY

HOUSEHOLD ITEMS NEEDED

NONPERISHABLE
- Food & Water
- Baby food
- Flashlights
- Batteries
- Hygiene items
- Cleaning supplies

CLOTHING ITEMS NEEDED

MEN’S & WOMEN'S
- Tops
- Pants
- Socks
- Undergarments
- Diapers
- HEB Gift Cards

DROP OFF AT:

Independence Hill Assisted Living, 20500 Huebner Rd.

OR

Neighborhood News, 3740 Colony Dr., Ste LL100
You went the extra mile and now you’re injured.

Choose the Emergency Room that offers comprehensive care.

The CHRISTUS Santa Rosa Emergency Center at Highway 281 and Bitters offers adult and pediatric services in one convenient location. When you come into the ER, you are entering the comprehensive and seamless care of our entire health care system. That means you have access to the physicians, technologies, and services you need. It means you will have a smooth transition from ER to Hospital, should that be required. It means caring people to help you navigate an unexpected medical incident, and a faith-based mission of healing that supports you and your family.

• Direct access to Hospital physicians and specialists
• Surgical services
• Seamless transition to Hospital if stay is required

CHRISTUS® SANTA ROSA Emergency Center

The Real ER™

The Children’s Hospital of San Antonio™
CHRISTUS Health

Bitters Emergency Center | Highway 281 and Bitters | Located behind Luby’s

CHRISTUS Santa Rosa Emergency Centers – Bitters is a departments of CHRISTUS Santa Rosa Hospital – Medical Center with pediatric clinical support provided by The Children’s Hospital of San Antonio.

Schedule an appointment online: christussantarosa.org/ER
Bluffview of Camino Real
C/O APM
8200 Perrin Beitel, Ste. 128
San Antonio, Texas 78218

Time Dated

Live Life to the Fullest at Independence HILL
Retirement Resort Community
at Stone Oak

Leave the housekeeping and cooking to us as you enjoy your days and new adventures in a community surrounded by people who share common interests and are available to “play!”

Sign up TODAY and let us start spoiling you!

$0 RENT until November 1st, 2017 on upstairs cottage apartments.

Start living the life you deserve!
(210) 209-8404
20450 Huebner Road
San Antonio, TX 78258
www.independencehill.com

Full Service Apartments, Assisted Living and Neighborhood of Homes

Published and distributed by:
Neighborhood News, Inc.
3740 Colony Drive Suite LL100
San Antonio, TX 78230
(210) 558-3160 * (210) 558-3163 fax

Info@NeighborhoodNews.com or www.NeighborhoodNews.com

For advertising sales and information, please call or send an email to Sales@NeighborhoodNews.com

Articles that appear in the Bluffview newsletter do not necessarily reflect the official position of Neighborhood News, Inc. and their publication does not constitute an endorsement therein. The appearance of any advertisement in Bluffview newsletter does not constitute an endorsement by Neighborhood News, Inc. of the goods or services advertised. Neighborhood News, Inc. is not responsible for errors beyond the cost of the actual ad space. Any publication of Neighborhood News, Inc., whether draft or final is the sole property of Neighborhood News, Inc. and cannot be reproduced or distributed in any way, whether in print or electronically, without the express written consent of Neighborhood News, Inc. ©Neighborhood News, Inc.