

Bradford Park Newsletter



Published monthly for the Bradford Park Homeowners Association by Neighborhood News Inc.

January / February 2023

Owners Association of Bradford Park, Inc.

Annual Meeting

February 21, 2023 at 7:00pm

Faith Baptist Church
3625 Gattis School Road, Round Rock, Texas 78664

Virtual attendance option via Zoom on bphoa.info.



GOODWIN & COMPANY

New Property Management Company & Town Square!

Hey, guys!

We are excited to announce that BPHOA is now working with a new property management, Goodwin & Company. Their main mode of communication is via email and an electronic system that they call "Town Square". Joe Gaines, our new property manager, would like to see as many people as possible signed up to receive updates and information via Town Square... these are the instructions to sign up:

1. Go to: www.goodwintx.com
2. Press menu icon
3. Enter community "Bradford Park", press search icon
4. Select "Register New Account" at Townsquare icon
5. Enter last name, zip, account number

If you need your account number, Joe can help you out with that!

Please contact him:

JOE GAINES, Community Manager
Goodwin & Company
MOBILE: 512-734-4113
joe.gaines@goodwintx.com
11950 Jollyville Rd.
Austin, TX 78759

2022 Holiday Decoration Contest Winners

The winners of the holiday decorations contest are:



2617 Andres Way



2805 Adelen Ln



3231 Elizabeth Anne

Thank you to everyone who participated! We had a lot of participation this year and the displays were magnificent! We may have an "honorable mentions" category next year if we have this kind of participation.



HAPPY
Valentine's
DAY

February 14th



WE WANT
YOUR
FEEDBACK

Questions, Comments, Concerns?

We want to hear from you!

Please feel free to contact the Board at any time at:
ChangeBPHOA@gmail.com

Board of Directors:

Keith Lindsey, *President*

Molly Salzwedel, *Vice President*

Vincent Falcon, *Secretary*

Team Member: Jamie Lodes, *ACC Chairperson*

Find us on Facebook:

Bradford Park HOA Round Rock

Habits for a Healthy Mental State

By Sharon Reynolds, *Neighborhood News Staff Writer*

Most people spend their days in a whirlwind of stress. This may lead to long periods of anxiety that can harm you mentally and physically. It is important to create balance in life and find ways to become calm and relaxed in times of extreme stress. Maintaining mental fitness can enable us to sustain and maintain our mental health. This allows us to enjoy our lives and the people around us more fully. Good mental health is beneficial because it gives us the motivation needed to be more creative, attempt new things, take chances, and to learn. It also helps us to better manage hardships in our personal and professional lives.

According to the Pan American Health Organization / World Health Organization (PAHO/WHO), mental health is a “state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”.

Beneficial Suggestions for Mental Health

Give Yourself a Break – Today’s world requires that we live in a fast-paced environment. Information is rapidly available, and more often than not, we are expected to be ‘ready at all times’, however unrealistic that may be. This may become quite overwhelming and put tremendous pressure on us, thereby jeopardizing a healthy mental state. The trick is not to be too hard on yourself. Try to carve out some time during your day to practice self-care and gratitude.

Be Physically Active – Getting the proper amount of exercise daily can do wonders for a healthy and positive mental state. When we exercise our bodies produce chemicals such as serotonin and endorphins that can uplift our mood. Exercise can also relieve emotions such as depression, anxiety, and loneliness because it helps us to get outside and connect with others.

Get Outside and Spend Time in Nature – Getting outdoors can do more than just uplift your mood. Fresh air has also been associated with increased empathy and collaboration, less stress, increased focus, and a lower risk of mental diseases. Spending at least 30 minutes in nature can break up the monotony of a hectic day. Take some time before or after work to walk around the neighborhood and enjoy nature.

Self-Compassion – Some of us, myself included, tend to lean toward the perfectionist and be highly self-critical when our performance isn’t flawless. Unfortunately, this tendency can only exacerbate anxiety and stress. In this case, the best resolution is to do your best to accept personal imperfections and try not to be too hard on yourself.

Find Your Happy Place – Finding activities to keep yourself engaged can help to improve mental clarity. Allow yourself the time to practice any activity that promotes joy and happiness in your life.

By following these suggestions that nurture a healthy mind and attitude, you are well on your way to improving your mental health. Seek treatment if the stress is so overwhelming that it prevents you from fully enjoying life.

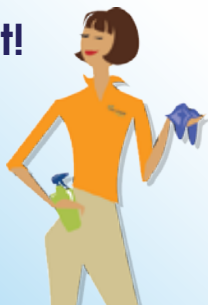
Resource: <https://www.paho.org/en/topics/mental-health>

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Get a Jump on Winter Weeds

By: Sarah Galvan, Water Conservationist

Winter in South Texas means a break from the sweltering heat and humidity, but don't get too comfortable — annual winter weeds are paying your yard a visit this season.

The best way to control these species is to limit their growth at the beginning of their life cycles. There are several options to control and prevent winter weeds.

Limit watering – One of the best things you can do for your lawn and garden is to eliminate excess watering. This means turning off your irrigation systems between November and March. Most landscape plants and turf grasses are dormant during this period. Also, spread two inches of mulch around plants in your landscape beds and/or plant an evergreen groundcover such as silver ponyfoot (*Dichondra argentea*).

“Natural” Pre-emergent – Corn gluten meal, not to be confused with corn meal, is a natural product that inhibits root formation of seed sprouts when thinly applied over the soil and/or turf and gently watered in. Using a hand seed spreader is recommended to avoid over-applying the product. Follow up by watering the product in with a garden hose and nozzle on the “mist” setting, using caution not to wash away the product from the soil surface.

When used responsibly, corn gluten meal is a great alternative to conventional herbicide use. If you purchase it, make sure the label states that it's a “pre-emergent” as other products labeled with this title contain different levels of protein and are used as livestock supplements. Also, avoid use where desirable seeds, such as bluebonnets, have been sown as this soil amendment can inhibit their growth. Corn gluten meal remains effective in the soil for four to six weeks.

Conventional Pre-emergent – Other more conventional forms of pre-emergent products can be purchased at your nearby hardware or garden supply store. Many chemicals are available and often target certain weeds. Make sure to thoroughly read the label and follow directions carefully as some of these products may be toxic to your family, pets and beneficial wildlife.

Once weeds are actively growing in your garden or lawn, they need to be removed prior to setting seed. This will prevent further generations of these plants popping up on your property. Some methods include consistent (weekly) mowing at the recommended height, this varies from grass species to species.

Other options include hand-pulling or herbicide application. A simple, and less toxic herbicide can be made at home using orange oil, horticultural grade vinegar and dish soap.

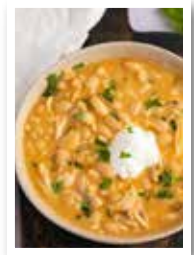
Winter weeds can be an issue in our lawns, but a proactive management plan will limit their germination and growth throughout the dormant season.

Recipe Corner

White Chicken Chili

Ingredients:

- 1 ¼ pounds skinless, boneless chicken breast
- 2 (15 ounce) cans great Northern beans
- 1 (15 ounce) can white corn
- 1 (14 ounce) can chicken broth
- 1 (10.5 ounce) can cream of chicken soup
- 1 (4 ounce) can chopped green chile peppers
- 1 (1.25 ounce) package taco seasoning
- ½ cup sour cream
- ½ cup shredded pepper Jack cheese, or to taste



Directions:

Layer the beans and corn on the bottom of the slow cooker pot. Place the chicken on top of the beans and corn. In a medium bowl, stir together the chicken broth, chicken soup, green chile peppers, and taco seasoning. Pour the broth mixture over the chicken in the slow cooker pot. Put the lid on and cook on low for eight to ten hours. Check the chicken's internal temperature after eight hours (it should be over 165 degrees when cooked). When the chicken is cooked, stir in the sour cream and shredded cheese, leaving the cheese to melt for three to five minutes. Serve in a bowl with a big piece of cornbread.

Source: www.insanelygoodrecipes.com



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B	S	I	L	Y	F	A	E	N	E	I	Y	A	E	O
N	O	C	R	N	V	N	V	E	Y	D	L	B	N	U
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S	H	A	P	P	Y	E	B	A	L	L	R	E	S	O

BABY	FAMILY	RESOLUTION
BALL	FRIENDS	TOAST
CALENDAR	HAPPY	
CELEBRATION	JANUARY	
CLOCK	MIDNIGHT	
CONFETTI	NEW YEAR	
COUNTDOWN	NOISEMAKER	
EVE	PARTY	

