

Quintessence Neighborhood News

Quintessence Neighborhood Association

**Annual Issue
April 2018**

A Message from the QNA President

One of our primary accomplishments this past year (and it took almost the entire year) was to convince the City of Albuquerque that we needed a new sign identifying Quintessence Neighborhood. Many of you might not know it, but the City has a lengthy Sign Ordinance, Sign Manual with catalogue, and application process for such requests. The Board started by identifying the preferred type and location for the new sign. Then, about mid-summer, we started the application process. When our District 4 City Councilor, Brad Winter, found out about our request, he offered to fund the project. What you see today at the southeast corner of Holbrook and Coronado is the culmination of those efforts.

As I have done before, I developed a summary of reported criminal activity within Quintessence this past year:

There were 12 vehicle break-ins, 1 home burglary, 1 vehicle theft, 2 cases of larceny, two cases of fraud and two of vandalism within Quintessence. As it happened, more than half of the auto burglaries took place on Sardinian and Samar streets in three widely spaced sprees. Plus, at least half a dozen mail box break-ins which are handled through the U.S. Postal Inspector's Office.

I want to take this opportunity to recognize the work done, and being done, to maintain and improve our Quintessence Park. Your QNA Board is quick to raise maintenance issue with the City Parks and Recreation Department. I especially want to recognize the efforts of Judi and Jerry Wahe and Judy Henderson who have not been shy about calling the City when some attention is needed on our Park and common area grounds. The City has been especially responsive to these maintenance needs at the Park over the past few years.

I ended this column last year by asking all of my Quintessence neighbors to consider taking a more active role with the running and administration of the Neighborhood Association. As I announced during last year's annual General Meeting, and several times since then, I will not be serving as your QNA President for the coming year. As of this writing, I have not heard that anyone is interested in taking over the position. The ramifications for QNA continuing on without a President are too numerous and detailed to mention in this column. The speaker that we have scheduled for our annual General Meeting (AGM) this year will, among others, address these issues. It is sufficient to say that there is still time.

However; I still have a sense that a Quintessence resident will step forward prior to or during the AGM to become our next QNA President.

Sincerely,
Gary Stephens, QNA President



**QNA
General Meeting
April 12 @ 7:00 pm**
(meet-greet 6:30pm)
Grace Lutheran Church
7550 Eubank NE

Inside this issue:
President's Letter
General Meeting Details
ABQ Clean-Up Day
How to Prevent Mail Theft
How to Prevent Identity Theft
CABQ Website for Pollen Info
Photos: NNO & Fall Event
Crime & Safety Tips
Give Back to Your Neighborhood
QNA Member Renewal Form

QNA Membership Dues
April 2018 - March 2019
\$20 per household
per year

QNA Communications

If you would like to receive updates via e-mail about neighborhood happenings, send an e-mail to **qna.abq@gmail.com**. If you change e-mail addresses, be sure to let us know. Recipients will be bcc'd so your e-mail address will not be visible to everyone who receives the e-mail. We will NEVER share your email with others.

QNA General Meeting

When: Thursday, April 12, 2018

Where: Grace Lutheran Church
7550 Eubank Blvd NE
6:30-7:00pm—Sign-in & social time
(drinks & snacks provided)
Meeting starts promptly at 7:00pm

Invited Speaker/Topics:

Sarah Mancinni, ONC Supervisor, Dist 4 Coordinator on the function of the Office of Neighborhood Coordination and how they can help NAs.

As part of our general meeting, we will elect board members and officers. If you are interested in volunteering to serve, please send an email to qna.abq@gmail.com. You may also make nominations the night of the meeting. Nominees must be members of QNA, and must give consent to the nomination either verbally or in writing.

Give Back to Your Neighborhood

Your neighborhood and our Association are what you make it. Please consider volunteering time to support activities of our committees:

QNA Board Member/Officer: No experience needed! Meets every 2 months (6x/yr) for decision making on enhancements and issues that affect our neighborhood. Plan events and keep members informed on interactions with city and county.

Dogi-Pot Maintenance: The Dogi-pot waste stations need to be maintained every 4 or 5 days and twice a week during the summer.

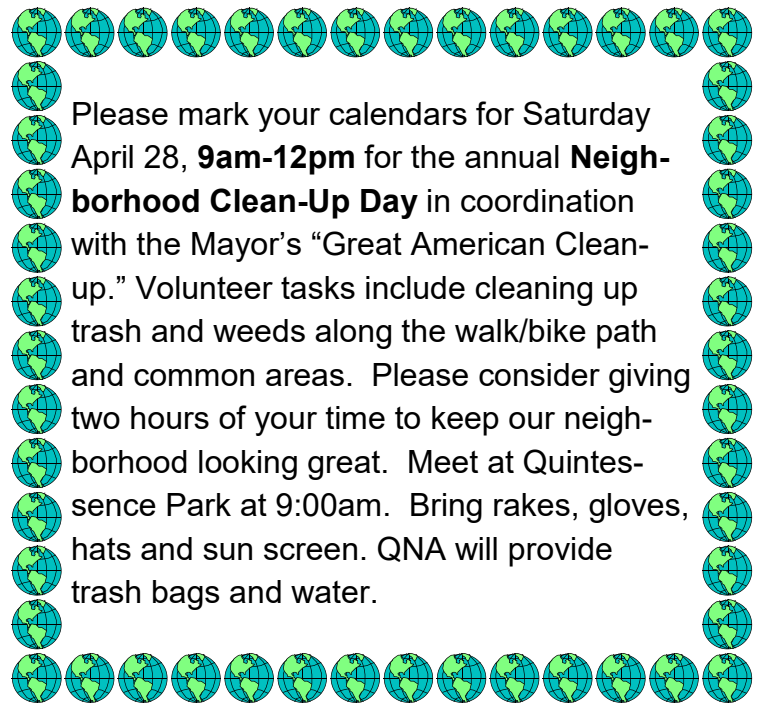
Neighborhood Watch: Residents of a one block area (20-25 houses maximum) may form a neighborhood watch. APD staff attend an organizing meeting to discuss residential burglary prevention and home security with particular attention to doors, windows, and other potential points of illegal entry. By selecting a Block Captain to function as a neighborhood leader in crime prevention, the organized neighborhood may then purchase NOAC (Neighborhood Organized Against Crime) street signs featuring the "Watching Eye."

Architectural Control: Knowledgeable about City codes and covenants, they review all new construction and remodeling projects within QNA.

Beautification: Assist organizing and participate in neighborhood events for clearing trash and weeds from common areas.

Membership: Volunteering during QNA events, they register new and returning members of QNA, create welcome packets for new members and answer questions.

Outreach: Plan special events such as holiday parties and assist at general meetings. Includes coordination of food, supplies and games for children.



Please mark your calendars for Saturday April 28, **9am-12pm** for the annual **Neighborhood Clean-Up Day** in coordination with the Mayor's "Great American Clean-up." Volunteer tasks include cleaning up trash and weeds along the walk/bike path and common areas. Please consider giving two hours of your time to keep our neighborhood looking great. Meet at Quintessence Park at 9:00am. Bring rakes, gloves, hats and sun screen. QNA will provide trash bags and water.

Your Quintessence Neighborhood Association organizes and sponsors:

- Little Lending Library in Quintessence Park
- Weed control in neighborhood common areas
- Clean-up and shrub trimming in neighborhood common areas
- Annual Fall Festival in Quintessence Park
- Doggie Pots maintenance along walking paths and in Quintessence Park
- Represent neighborhood in CABQ decisions that affect us
- Representation at the City's District 4 meetings
- The QNA Architectural Control Committee (a separate body)
- Annual Meeting with speakers on topics of general interest
- Regular neighborhood news updates by email
- This annual neighborhood newsletter
- and more!

Please join the Quintessence Neighborhood Association (only \$20 per house annually) and put your name on the neighborhood email list (no solicitations) to support these improvements to our neighborhood!



How to Prevent Mail Theft

The U.S. Postal Inspection Service is a federal law enforcement agency charged with enforcing over 200 federal criminal statutes related to the US Postal Service and the US Mail. The Albuquerque office covers all of New Mexico in dealing with crimes related to the Postal Service, more specifically mail theft, bank fraud and aggravated identity theft. Mail theft is an issue we deal with year round. However, given the time of year, there is a higher chance that personal identifying information is available in the mail. Mail thieves are looking for your information to steal your identity, specifically to create various accounts in your name at retail stores, at banks or with credit card companies. They will also use your information to pass stolen checks at various stores like Target or Walmart.

As a Postal Customer, you can prevent this. The first, and most important way, is to pick up your mail **daily**. By picking up your mail from the

individual mailbox or the community mailbox, you give the criminals nothing to steal. If this is an inconvenience to you, you can invest in a PO Box at your local Post Office. Also, if you are going out of town, please put your mail on hold at USPS.com. It is **free to do online** and you decide when it will be delivered.

Second, if you are a victim of mail theft, the next step is to contact the credit bureaus to put a fraud alert on your credit to prevent any fraudulent activity from happening. You can also check annualcreditreport.com. This website allows you to check your credit history online for free to see if any inquiries have been done in your name that you did not authorize. And finally, if your mail was stolen, and you have fraud on your bank accounts, checks, credit cards or fraudulent activity in your name, then contact the Postal Inspection Service at postalinspectors.uspis.gov or 877-876-2455 to file a complaint.

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How to Prevent Identity Theft

1. Get that Social Security Card and birth certificate OUT of your wallet/purse/car: I can't stress this enough, if you're not going to get a passport or open a bank account, or process your new-hire paperwork for your next job TODAY, then why are your most sacred identity documents still floating around in your purse or wallet?

The police and Sheriff's Office works with confirmed identity theft victims whose cases began out of a lost or stolen purse or wallet. Without an SSN or birth certificate, the theft of a wallet is a temporary inconvenience. You'll have cancel a few credit cards, maybe close a bank account or two, and get yourself a new license from the DMV. If on the other hand, those documents were inside the wallet or purse when stolen, congratulations; you'll now be at an exponentially greater risk for identity theft, and numerous other types of fraud....for the rest of your natural existence.

That's not an exaggeration, once a birth certificate or SSN is compromised or exposed; there is NO perfect solution to putting humpty dumpty back together again. You've now forced yourself to become the paranoid, mildly panicky consumer you previously may have made fun of.

2. Shred Your Mail: Most consumers don't pay attention to the plethora of personal information we throw away in our discarded mail. Our mail often contains vital information that is best protected from the public. Everything from account numbers, contact information, SSN's, dates of birth, tax id numbers, all can be found in your mailed correspondence. Invest in a shredder and make sure that any document that contains sensitive personal data makes it through the cross cutters before it goes to the trash. Having a locking mailbox is also a good idea.

3. Check Your Credit Reports: I know you hear this all the time, from a thousand different places right? But do you really understand WHY checking your credit is a good idea? Think of it being similar to a financial X-ray - if you broke your ankle, you would go to the doctor to get it checked out. Chances are a medical professional knows your ankle is broken just from feeling it, but he orders the X-ray anyway. Why? Because the X-ray allows the doctor to identify precisely where the damage is, and hence the best/most appropriate remedy.

A credit report is no different. It will show you if damage to your credit worthiness might exist, and may point out where the damage is coming from. Knowing that someone else is using your credit worthiness, and identifying the SOURCE of bad/fraudulent information is obviously the first step in getting it corrected. Checking your credit is the easiest way to find out if someone else is using your financial good name to acquire benefit, at your cost.

4. Don't Send Personal Identifying Information (PII) to an Online Employer: Never give your SSN, bank account numbers, or any other personally identifying information (PII) to an employer you've never met in person. Searching online for jobs is a fast, convenient way to job search, but consumers should understand that this convenience is not without added risk. If you haven't had an in person meeting or at least a few phone conversations with your prospective employer, than why does he need your SSN? Make sure you know the organization that may be hiring you before giving any information. Job scams are a very common way for thieves to capitalize on the desperation of others, so make sure you're careful with what information you send and to whom you send it. A legitimate organization will almost always want an in-person interview before offering a job position.

5. Don't Be Lazy with Passwords: Is your password to your online bank account the same as the one to your email, which is the same as the one to your social media page, which is the same as the one to your fantasy sports team? Password laziness is a key way scammers take advantage of you. They find a way to get access to a piece of information that on its own is harmless (maybe a name and the last 4 digits of your social). This seemingly harmless info may be enough to request a password for an online banking account. Now they have access to one account. From there, if you're not serious about your password selections, you might've just made it that much easier for a thief to gain access to your entire life online. Use capital letters and numbers, and change your passwords at regular intervals.

Quintessence Home Sellers!



Sharon McCollum
Executive Broker
15 Million Dollar Producer
(505) 269-6217
SMMinABQ@aol.com



Judson McCollum
Executive Broker
10 Million Dollar Producer
(505) 269-3717
JudsonABQ@aol.com

AlbuquerqueHomes.net • SharonAndJudson.com

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Number 1 in service and sales • National plus local web site exposure selling Quintessence homes!
Superior relocation service nationwide • 25 years of superior service in Albuquerque real estate

Sharon and Judson work hard to make sure your goals are achieved, and they make sure your best interests are protected at all times.

Sharon and Judson McCollum Approach Real Estate Service From a Different Point of View... Yours

Sharon and Judson McCollum know that thoroughly understanding your prospective is the key to achieving results when they help you sell or buy a home. That's why they listen, truly listen, to your goals and immediately develop an open line of communication that continues throughout your transaction. They then prepare a plan tailored to your unique goals and enact the plan with energy and positive results.

It's comforting to work with someone who has your best interest in mind.

Judson and Sharon work as your real estate agent, counselor and consultant. They have developed a meticulous follow-up system to keep you updated every step of the way. On a timely basis, they inform you of their progress and outline the next steps they will take towards meeting your goals. It is comforting to know exactly where you stand at all times.

To learn more about Sharon and Judson's real estate service call today for a free consultation on how to sell your home or buy a home.

You will find it is a pleasure to talk with a real estate agent who sees things from your point of view.

Sharon & Judson Continue to Promote and Support Top Values in Quintessence

History of Home Sales Value in Quintessence

AVERAGE SOLD PRICE 2017:	\$394,643	\$/SQ.Ft.-\$155
AVERAGE SOLD PRICE 2016:	\$394,133	\$/SQ.Ft.-\$151
AVERAGE SOLD PRICE 2015:	\$390,170	\$/SQ.Ft.-\$152
AVERAGE SOLD PRICE 2014:	\$372,722	\$/SQ.Ft.-\$153
AVERAGE SOLD PRICE 2013:	\$364,821	\$/SQ.Ft.-\$145
AVERAGE SOLD PRICE 2012:	\$394,167	\$/SQ.Ft.-\$136
AVERAGE SOLD PRICE 2011:	\$360,232	\$/SQ.Ft.-\$149
AVERAGE SOLD PRICE 2010:	\$344,459	\$/SQ.Ft.-\$149



Jarash Pl. NE



Samar Rd. NE



Irbid Rd. NE



Irbid Rd. NE



Jordan Rd. NE

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Thank you!

*Aaron T. Jones
President & CEO*

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International Protective Service, Inc. (IPS)

Aaron T. Jones & Associates, Inc.
(Protective Services Division)



Hazardous Waste Collection

Got old paint, fertilizer, pesticides, pool chemicals, used automotive oil, old car batteries or cleaners lying around? **Saturday, April 21** is the day to get rid of them! Solid Waste, Department of Municipal Development, Parks and Recreation, and Advanced Chemical Transport will host a free Hazardous Waste Collection Day for Albuquerque residents.

You can drop off the above listed items at :

Advanced Chemical Transport
6137 Edith Blvd NE
Albuquerque, NM 87107

10:00 a.m. - 3:00 p.m. This is a great opportunity to get rid of up to 55 gallons of household hazardous waste.

For more information on this event, and to find out what items are NOT allowed for drop off, visit:

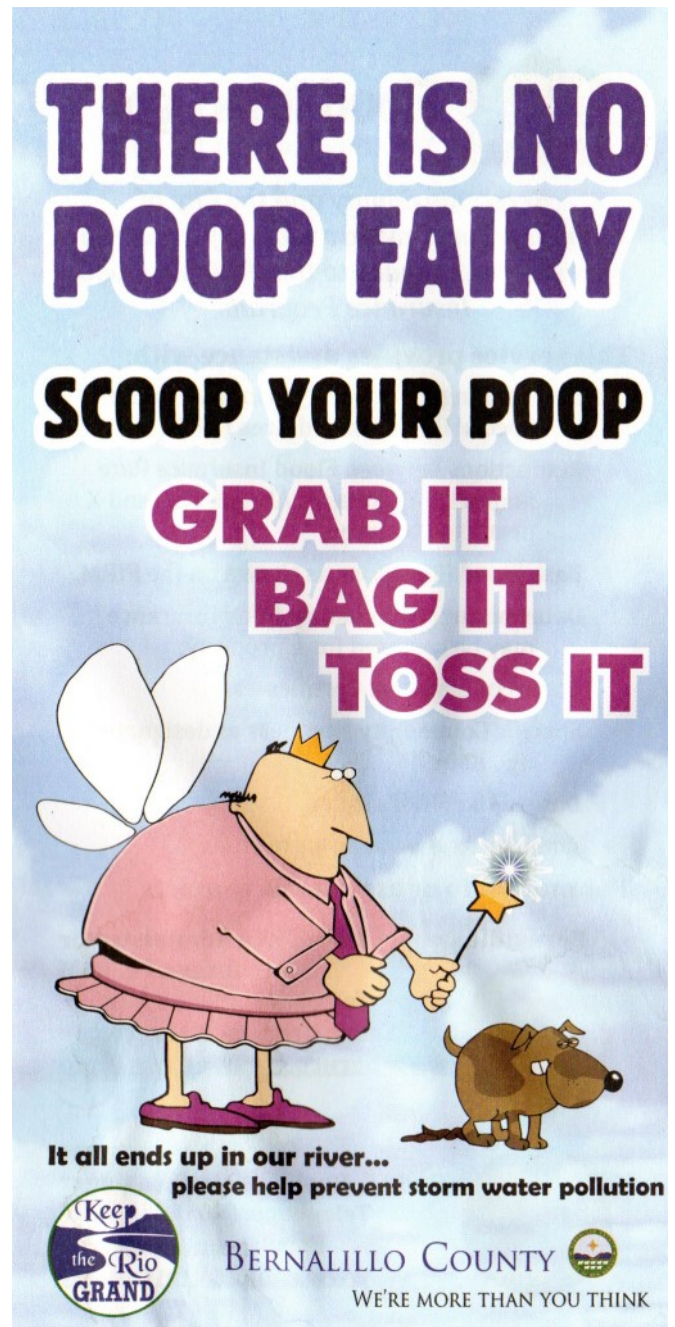
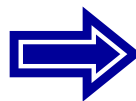
<http://www.cabq.gov/solidwaste/events/household-hazardous-waste-collection-day>

CABQ Website Shows Daily Pollen Count

Did you know that the Environmental Health Department's online Air Quality website offers a wealth of health information? You can find a daily pollen count (useful with springtime coming upon us), information on whether or not you can burn in your fireplace or wood-burning stove, and general air quality. The website also offers resources on permits, filing an air quality complaint, and much more.

Did you notice our new sign?!

Your QNA Board, working with the city, obtained a neighborhood entrance sign at Holbrook and San Francisco! Our thanks to Brad Winter whose office provided the funds. The QNA Board was also instrumental in obtaining new tables and seating in the park and along the walk path.



What's the Difference?

What is the difference between calling 311, 911, and 242-COPS?

311 is for any type of general, non-emergency question about city services, such as scheduling trash pickup, bus schedules, locations of city public meetings, adopting a pet at a city shelter, or anything else that is a city service for the public.

911 is for any type of emergency involving an immediate threat to your physical safety or life; any fire or medical emergency; crimes in progress, immediate threats to your property, or a gun-related incident.

242-COPS should be called if you need to file a vehicle accident report, report excessive noise, report a suspected crime that already happened, auto theft, lost items such as cell phones or wallets, harassment or threats, embezzlement, indecent exposure, or fraud.

Free APD Cell Phone App!

Search on "ABQPolice Mobile"

Albuquerque Police Department (APD) recently unveiled its new, non-emergency ABQ Police smartphone app to the public, allowing greater direct communication between law enforcement and the community.

The app, available for free download for iOS at the Apple Store and for Android on Google Play, allows residents to file police reports, receive community alerts, submit live crime tips, and access real-time crime information. The app also allows residents to send photos, and information concerning crimes anonymously and even submit tips directly to Crime Stoppers for possible rewards.

Other great features include: Alerts, Real-Time Crime Maps, APD News, and connections to APD social media, for increased communication and information sharing.

Upcoming City Events:

Household Hazardous Waste Collection Apr 21, 2018 from 10:00 AM to 03:00 PM

Examples of household hazardous waste include those items that can burn easily (flammable), corrode or irritate the skin (corrosive), or poison humans and animals (toxic).

The Great American Clean Up Apr 28, 2018 from 08:00 AM-Noon

Help you clean up your neighborhood, Keep Albuquerque Beautiful and the City Solid Waste Management Department will provide free trash bags and gloves, QNA provides drinking water.

Spring Green Waste Pickup Apr 30, 2018 to May 11, 2018

place their Green Waste (leaves, grass, and brush) in trash bags. Each trash bag should not weigh more than 40 pounds. Customers that have branches must cut them to four-foot lengths and bundle them securely.





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A ★★★★★
ALEXANDRA KHUDOLEEVA

We were advised to use Andy's Painting by our contractor and didn't regret our decision. Our request was to paint kitchen cabinets. Communication was easy and efficient. All job was done in a week. They painted panels in the house and took the doors to their workshop. The team assembled everything for us and finished with touch-ups by my request as I am picky one :) The result looks great!

J ★★★★★
JEFFREY PIFER

Third time I have used Andy over an 8 year period. • on time, every time • arrives prepared and ready to start work. • excellent quality work. Above and beyond my expectations. • friendly crew • clean and efficient • shows up in a clean van, without paint spattered all about. Reminds me of painters from years past. • very reasonable - considering the quality of workmanship.

J ★★★★★
JOHN DOUGHERTY

These guys painted the outside of my house and gates. They did an outstanding job, and were very professional. I plan on using them again for inside painting and I highly recommend them.

G ★★★★★
GREG BACA

ANDYS CREW WAS PROFESSIONAL, EFFICIENT, COURTEOUS I COULD GO ON AND ON. SIMPLY PUT I WOULD HIGHLY RECOMMEND THEM.

J ★★★★★
JENNIFER LILLARD

Andy and his painting staff were absolutely awesome. Great service, On time and very meticulous with their painting. They cleaned up after themselves each day and were incredibly understanding and caring. I definitely recommend this company! Very satisfied with our kitchen cabinets. They look beautiful :)

T ★★★★★
JACKIE HAKEEM

I used Andy's Painting for a variety of tasks, including outside house (over Stucco) painting, Interior painting, wallpaper removal and furniture painting! His crew was consistent, on time, neat and courteous! Femin directed the jobs in both of my home with his eminence attention to details. Like wise the whole crew worked with an eagerness to do the job with the highest quality. Thank you to Hunter, Joseph, Eric, Nat and John. Thank you Andy and Bill for hiring the best crew!

W ★★★★★
WILLIAM JOHNSON

The estimate done quickly and was accurate at completion. workers on time, proficient, pleasant, and careful. clean up excellent and job looked great. need painting hire Andy

A ★★★★★
ANDY KRAYNIK

Andy's Painting recently did the entire interior of our house, and exceeded all of our high expectations. We have exposed adobe walls and beamed ceilings that require a lot of brush work, and we have always done all of our own painting for the forty years since we built the house, i.e. we are very picky. We even painted the house for our builder. Hermin, the crew chief, was outstanding to work with.

D ★★★★★
DANA LIOLIOS

Awesome experience!!! They actually did what they said they would do! Wow what a concept workers actually showing up. Andy was punctual and professional and the estimate was affordable. The painters he sent were very customer service oriented and wanted to make sure I was liking the paint etc...They were extremely neat and meticulous I think they went above and beyond. I can't say enough about what a pleasant experience. I am now using them to paint my interior as well and will recommend to everyone I know

R ★★★★★
ROBERT EWING

Fabulous workmanship! Great attention to detail. Friendly crew. I HIGHLY recommend Andy's Painting. Very reasonable pricing. The house looks better than new!



505-934-0660

www.AndysPainting.com



Using Blue Curbside Recycling Cart

Proper Placement

- Do Not place plastic bags in your blue cart.
- All approved items can be placed in the blue cart, including cardboard.
- Place your cart out at the curb no later than 7 a.m. on your regular pick-up day.
- Make sure that the front of the cart faces the street.
- Place your cart 5 feet away from all obstructions, including cars, poles, and additional carts.
- Please don't load your cart with more than 150 lbs.
- The lid of your cart must close with ease.
- If your cart is damaged or broken, missing or stolen, please call 311 for a replacement.

What Happens To Recycling After It Is Collected?

- The Solid Waste Management Department services approximately 178,000 residential customers each week.
- 21 routes and 21 trucks are used to collect recycling material in ABQ each week.
- 23,052 tons have been collected so far in FY14.
- On average 2,305 tons are collected each month.
- All material collected from Solid Waste Management Department customers is delivered to Friedman Recycling located on Edith NE.
- Through the public/private partnership with Friedman Recycling the Solid Waste Management Department continues to receive funds for the material that has been delivered to them.

Reuse

- Clothing, furniture, and household appliances can be given away to non-profit organizations or sold in a garage sale. You can further encourage reuse by purchasing items at thrift shops, flea markets, and second-hand stores.
- Plastic or paper grocery sacks can be reused on your next trip to the supermarket.
- Take a reusable coffee cup to work.
- Return hangers to the cleaners.

OK for City-Provided Blue Cart

Paper

- Newspapers/Magazines
- Junk Mail
- Office Paper
- Corrugated Cardboard
- Cereal/Cracker Boxes
- Milk and Juice Boxes
- Phone Books
- Books
- Brown Paper Bags
- Paper Egg Cartons

Plastic

- #1 - #7 Plastics Bottle/Tubs
- Rigid Plastic Toys/Hampers

Metal

- Aluminum Cans
- Tin Cans
- Foil & Pie Pans
- Small Electronics
- Pots & Pans
- Small Appliances

Do NOT Place in Blue Cart

- Glass
- Garbage
- Food
- Light Bulbs
- Wood
- Hazardous Waste
- Sharp Metal
- Yard Waste
- Batteries
- Motor Oil Bottles
- Medical Waste/Needles
- Styrofoam
- TVs
- Computer Monitors
- Plastic Grocery Bags
- Wrapping Paper
- Ink Cartridges



Neighborhood Night Out 9/23/2017 QNA & Heritage East



Horse Patrol Visited!



It pays to be tall...



QNA President Gary Stephens recruits new members



Meet & Greet Time



APD Commander Burke & City Councilor Brad Winter

QNA Fall Festival—October 2018



Fearless Leader:
President Gary Stephens



Gummy Worm
Grab



._Indian Head.JPG



Cupcake Walk



Free Hot Dogs, Chips & More!



Witch Hat Ring Toss



Costume ContestsC



Raffle Prizes Donated by Mike & Blanche Griffin



Pumpkin Decorating Contest





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Crime Reduction & Safety Tips

- Pay close attention to your surroundings, avoid "automatic pilot"
- Walk with a purpose; project an assertive, business-like image.
- Use common sense; plan your route to avoid uninhabited parks, parking lots, garages and alleyways.
- Stick to well-lit areas.
- Develop a plan before you see trouble. Crossing a street or entering a store may get you out of a potentially bad situation.
- If a car follows you or beckons you while you are walking, do not approach it. Instead, turn and quickly walk the opposite direction.
- Consider wearing clothing and shoes that you can move freely and quickly in, especially when walking or waiting for the bus.
- Carry minimal items; overloading yourself can make you appear vulnerable.

SAFETY ON THE STREET

- Before you leave home decide what you actually need to take with you rather than automatically taking your entire handbag or wallet out of habit. For example, if you are going to the grocery store for a few items, you can carry cash, a single check, or credit/debit card, I.D. and keys in a pocket.
- Always plan your route and stay alert to your surroundings. Avoid shortcuts. Walk confidently. Scan your surroundings and make eye contact with people.
- If you must carry valuables like important papers, jewelry, cash etc., chose to wear clothes with inside pockets or use a small bag with a long thin strap to be worn under your coat or clothes.
- Never carry a wallet in back pocket of pants or jacket or sweater pocket. All cash should be carried in front pockets of pants.
- Carry your keys and ID separately. If someone gets your keys and ID, they may go to your home or business and access that location with the keys.
- If you must make a large, cash purchase, plan ahead and take a companion along.

There really is safety in numbers. If you do not drive or cannot get a ride use a taxi rather than a bus to minimize waiting time.

- If you use bank machines (ATM's) choose one located in a well-lit, busy spot like inside a grocery store. Put your card and cash away before leaving the machine.
- Do not display large sums of cash and do not carry any more cash than is necessary. Use checks where possible. Most stores accept checks, check cards and debit cards as well
- Never leave your purse unattended, even if it is in a shopping cart.
- Carry your purse very close to you preferable with the strap over your shoulder and the purse to the front of your body. Do not dangle it from your arm.
- Avoid walking alone at night. As much as possible, walk or travel with a friend, even during the daytime.

AVOID POTENTIAL TROUBLE

- Be aware of your surroundings and know who is nearby.
- Pay attention to the uncomfortable feelings that often warn us of potential danger.
- Do not be afraid to cross the street, return to a business, or ask for help based on a "funny feeling". You may be right!

RESPONDING TO A CONFRONTATION

- If a robber grabs your bag, resist the impulse to play tug of war. If you hang on, chances are you will be knocked down, hit or kicked and the robber will get your bag anyway.
- Victims sometimes tell a robber they have no money. This technique may backfire. It is safer to give up a few dollars. Carry a little money in an accessible place for just this purpose. Keep it separate from other funds.
- If someone demands your property and displays or implies in any way that they have a weapon, hand the bag or wallet to them.



Thanks QNA Board & ACC!

Thank you to the following Board and Committee Chairs who contributed their time to support QNA during the past year!

President: Gary Stephens

Vice President: (VACANT)

Treasurer: Jim Frey

Secretary: Chris Rabi

Board of Directors:

- Judi Wahe
- Jaye Bullington
- Brian Hehr
- Judy Henderson
- Barbara Cohen
- Don Wencewicz

Committees:

- **District 4C Rep:** Jerry Wahe/Tim Moynihan
- **Beautification:** Judy Henderson
- **Outreach:** Vacant
- **Webmaster/Newsletter:** Jaye Bullington
- **Email Correspondence:** Andrea Landaker
- **Architectural Control Committee**
Jerry Wahe, Team Lead

We Need YOU!

At the close of the QNA annual meeting on April 12, Gary Stephens will step down as President of our neighborhood association. Thank you, Gary, for MANY years of commitment, enthusiasm, and support to the Quintessence community!

The QNA Board helps keep our neighborhood safe, welcoming, attractive, informed and ensures that the City is responsive to the needs of our neighborhood. QNA board members are all volunteers, and a strong community always needs **new** volunteers with fresh ideas. This year, **QNA particularly needs volunteers willing to serve as President or Vice President.** The Board positions do not require any special background -- just a willingness to spend a few hours a month working for the benefit of your community. If you are willing to serve, you will join a friendly, strong and energetic Board that will help you learn the ropes.

If you have questions about the QNA Board or would like to volunteer, please send an email to qna.abq@gmail.com. Nominations may also be made at the annual meeting.

SOLD

Once you make the decision to buy or sell a home, you should call a trusted realtor with experience. Dianna and Amy have over 40 years combined experience and have been trusted by hundreds of Albuquerque homeowners to handle their real estate needs, including many in Quintessence. Trust us with your next move—you'll be glad you did!



Dianna Johnson

Dianna@JohnsonTeam.com 463-9332



798-9222



Amy Chavez

Amy@JohnsonTeam.com 400-6486





We're on the WEB!

<http://qna-abq.org>

Please send all
newsletter comments to:

qna.abq@gmail.com

Quintessence Neighborhood Association (QNA) Membership Form

Last Name(s): _____

First Name(s): _____

Address: _____

Phone #: _____

E-mail address: _____

Email allows us to keep you informed on activities which affect our neighborhood. We will not share your information.

Membership dues are \$20.00 per household per year. Memberships run from April to the following March and are not prorated.

New Member

Membership Renewal

Please make check or money order payable to QNA and mail together with this form to:

Volunteer Opportunities

QNA needs you! There are many opportunities to get involved in promoting a better neighborhood. Please check a committee in which you'd like to be involved:

- QNA Board
- Neighborhood Watch
- Architectural Control
- Beautification
- Membership
- Outreach
- Other (please specify)

QNA

P.O. Box 22033

Albuquerque, NM

87154-2033