

# PENNCROSS KNOLL

# Views

July | 2019

The Newsletter of the Penncross Knoll Homeowners Association

## Is Your Mailbox Looking Sad?

It may seem trivial and is certainly easily overlooked, but there are quite a few mailboxes in Penncross Knoll that need attention. There are boxes and poles that are dented, rusty, completely off center and ones that have broken doors and/or flags and do not meet the height specifications by the United States Postal Service.

Please ensure your mailbox meets the correct height specification as outlined in the USPS guidelines below. It is recommended that when replacing mailboxes, metal should be the preferred material.

### General USPS Requirements for Curbside Residential Mailboxes

The United States Postal Service (USPS) requires residential mailboxes to conform to a number of rules and regulations. The standardization of mailboxes helps to ensure the safety of mail carriers and the items they deliver. While some rules apply to all mailboxes in general, there are separate, specific regulations for locking, package or wall mount mailboxes.

- All manufactured mailboxes must meet the internal and external dimension requirements of the USPS.
- Curbside mailboxes must be placed on the right-hand side of the road and facing outward so that mail carriers can access it easily without leaving their vehicle.
- The box or house number on a mailbox must be represented in numbers that are at least 1 inch tall, and they must be positioned on the front or flag side of the box.
- Mailboxes must be placed 6 to 8 inches away from the curb; the slot or door must be 41 to 45 inches from the ground.
- Curbside mailbox posts should be buried less than 24 inches deep and made from wood no larger than 4 inches high by 4 inches wide. Steel or aluminum pipes with a 2-inch diameter are also acceptable.

Thank you to everyone who is on top of the things that need to be repaired and/or replaced. The Penncross Knoll homeowners appreciate your efforts.



# Your Health & You

**Nutrition  
& Wellness  
Consulting**



*By Patty Minta, RDN, LDN  
Naperville Resident*



**I**t is heating up and that means that all the activities we do require us to make sure we are drinking enough water. We all know that we should drink water during the day and that water is good for us...but do we really know the vast benefits to drinking water and staying hydrated?

Our bodies are made up of about 70% water. Every organ, tissue and cell in our body is dependent on water to function properly. If we do not drink enough water we compromise the functions in our body and our cells and organs cannot do what they need to do properly to keep us healthy.

Water keeps our muscles, bones, tissues and organs functioning properly. Our body pulls water into the organ or tissue and flushes toxins out. An easier way to understand this is to think of what we do when we need to rinse down a

sink; we need water to move things away and down the drain.

Our body functions in exactly the same way, we need to take in water, which goes in through our digestive system and is then distributed through our blood to every part of our body. This carries with it the good nutrients that we need and delivers them where they are beneficial and then carries away the toxins that result from our body processes. If our blood is low on water, it makes that distribution and elimination very inefficient.

Our digestive tract is also dependent on water in the same way. The water we drink mixes with the food in our digestive tract and works with the fibers in our foods to move those toxins out of our body. When we are constipated, we are allowing the toxins and byproducts of our body processes to sit in our digestive tract. Our body is designed to eliminate certain things, and plenty of water, along with a high-fiber, plant-based diet will do just that.

So how much water is enough? Well the rule of thumb is that whatever we weigh in pounds, we should take that number and divide it in half. This number is the ounces of water we need daily at a minimum:

$$\begin{aligned} 140 \text{ pounds} / 2 &= 70 \text{ oz. of water;} \\ 70 \text{ oz.} / 8 \text{ oz.} &= 8.75 \text{ glasses per day (8 oz. glasses)} \end{aligned}$$

Having a plan for consuming our necessary ounces of water will help us get what we need. Keeping a refillable container with us, and knowing how many of those we need to drink in a day to meet our ounce requirements will simplify the calculation. When we are outside in the heat enjoying all of our activities in our neighborhood, such as swimming and tennis, we will need to increase our hydration requirement to replenish whatever we lose to sweating. Sports drinks should be reserved for use only when we have a very strenuous output of energy and sweat that would require some electrolytes. Otherwise, for most of us, plain water is the best along with a healthy snack after our activity to replenish nutrients and electrolytes. Stay hydrated, everyone!

# Dear Editor

**Articles, classified ads and written submissions for the Penncross Knolls Views newsletter are to be submitted to Jan Foster by the 15th day of February, April, June, August, October and December.**

The Penncross Knoll Views newsletter is a bi-monthly publication for the homeowners. Newsletters are mailed to residents in January, March, May, July, September and November.

## EDITOR

**Jan Foster**

**fosterpbs@msn.com**

Classified ads are free to all Penncross Knoll residents. A classified ad is something to sell, looking for something to buy, lost items, found items, or in need of childcare, etc. All other advertising should be addressed to our publisher, Preferred Business Services as identified below.

## COMMERCIAL DISPLAY ADVERTISING DEADLINE 15th of each month



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## Penncross Knoll Homeowners Association

### Contact Address:

Penncross Knoll HOA  
PO Box 9130  
Naperville, IL 60567-9130

**Contact Board Members:** [pkhoaboard@gmail.com](mailto:pkhoaboard@gmail.com)

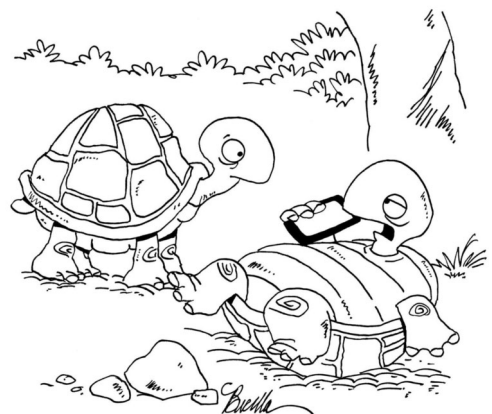
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Thank you!



"Luckily, my insurance covers roadside assistance."

*"The appearance of an advertisement in this newsletter should not be interpreted as an endorsement of the product, service or provider in the advertisement. The Association is not responsible nor liable for the content of any advertisement published, herein."*

# The Happy Gardener

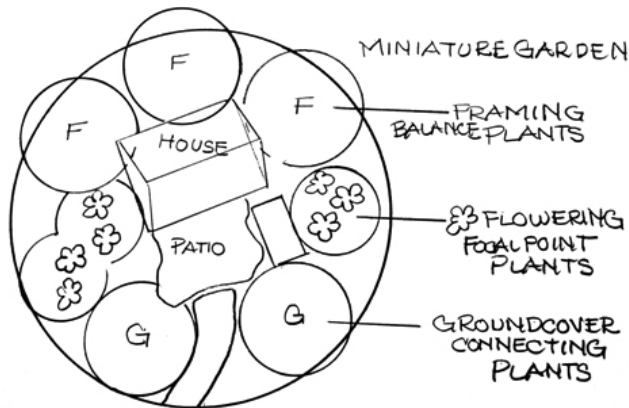
Article Source: Annette Swanson  
The Growing Place

## No Work... ALL PLAY GARDENING

**R**eady to be a plant parent, but not sure where to begin? Or do you love gardening and want to share your love with others? Plant a mini garden! Sized just right for ease of care, a miniature garden brings a refreshing scene and new perspective on plant parenting.

Whether planting in the ground or in a container, mini gardens are inviting, encouraging kids to garden and enlightening those young at heart.

First, determine placement so you can choose sun or shade plants. If making a garden on the ground, use stepping stones for access to a visible, easy to water spot. Or find a low, broad container and fill it with potting soil.



What will your focal point be? Choose a structure to build your garden around, like a miniature house or a gazebo. Add complimentary pieces including fairies, animals, bridges, streams to make it your own. Use a mixture of natural (bark, pebbles) and store-bought materials (glass stones, fences, brick paths) to design the landscape.

You may be surprised when choosing plants for landscaping. There is a wide variety of annuals and perennials available for miniature gardens. Small evergreens, hedge basil and Mexican heather are good for framing your mini landscape. Wire vine and English ivy are a couple of choices for vining plants. Add color with flowering plants such as violas, calibrachos or any small-flowered annual or perennial. Connect and fill in the surface with groundcover like thyme, Scotch moss or Irish moss. Don't limit yourself to these examples, the possibilities are endless. Enjoy the process of creating a miniature garden designed by you.

Set the plants and mini accents in place and arrange to your liking before planting. Water with a light mist until soil is moist to the bottom of the pot or 3-4" below the surface if planted in the ground. Prune as needed to keep the plants in scale. Add your accent pieces and ... Voilà! Have fun as you make an escape to a miniature wonderland!



Small space gardens measure anywhere from 3 inches to 8 feet.

### NEED SOME IDEAS?

- Mimic a real landscape or create a magical fairy garden.
- Plant in a container and set near outdoor seating to create a topic of conversation.
- Arrange a tiny garden in a 6 inch pot as a thoughtful gift.
- Make a whimsical wonderland by planting around the base of a tree.
- Add a garden space for kids to play with small toys outdoors.

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## Discover NNNC

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**From 4:30 p.m. to 6:30 p.m.**  
**Naperville Municipal Center**  
**400 S. Eagle Street, Lower Level**  
**Children are Welcome!**

### Why attend this event?




*"A Bridge to Friendship"*

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- Re-register for favorite activities
- Chat with our supported charities
- Meet friends both new and old
- Discover all NNNC has to Offer!
- Refreshments provided by Jet's Pizza And Trader Joe's

For more information contact Jean Blanchard at  
[NNNCmeetings@gmail.com](mailto:NNNCmeetings@gmail.com)

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## Pet Tales

By the Naperville Area Humane Society  
 1620 W. Diehl Road | Naperville | 630-420-8989



## Adoptable PETS of the MONTH...



### Arya | Female | 3 Months Old

My name translates to "Noble Goddess" and "lioness". I may be small right now but I'll surely be large and mighty soon! I am extremely smart and determined. I am hearing impaired but it doesn't stop me from being sharp and wanting to learn and explore- I truly am capable of anything. My impairment hasn't proven to be any issue for me here at the shelter and in my foster home. I still play with siblings constantly and can hold my own and I'm still super attentive and affectionate with humans. I like every dog I meet and cats don't seem to bother me either, so it would be great if my new home already has a confident adult dog. I may be best suited in a home with children over the age of 8 just because I'm a little bit of a special case. Especially due to being hearing impaired I would greatly appreciate any future obedience and or training classes to help teach me signs! Please come spend some time with me and see what I'm all about! I for sure won't be here long!



### Bill | Male | 15 Years Old

I'm Bill, and I am living proof that wisdom comes with age. I can act very sophisticated when you first meet me, but I'm really just a couch potato. I'm independent at times, but I love being the center of attention as well. Though I prefer all eyes to be on me, I don't like a lot of commotion or to be around other animals, so it would be best if I am the only cat in a home. After I've had my fill of peace and quiet, it's time for me to play with some catnip or use my favorite scratching post. While I prefer a more laid-back lifestyle, I can be very playful and affectionate too. You would never guess how old I am because of my kitten-like curiosity and handsome good looks! Come meet me at the Humane Society today!

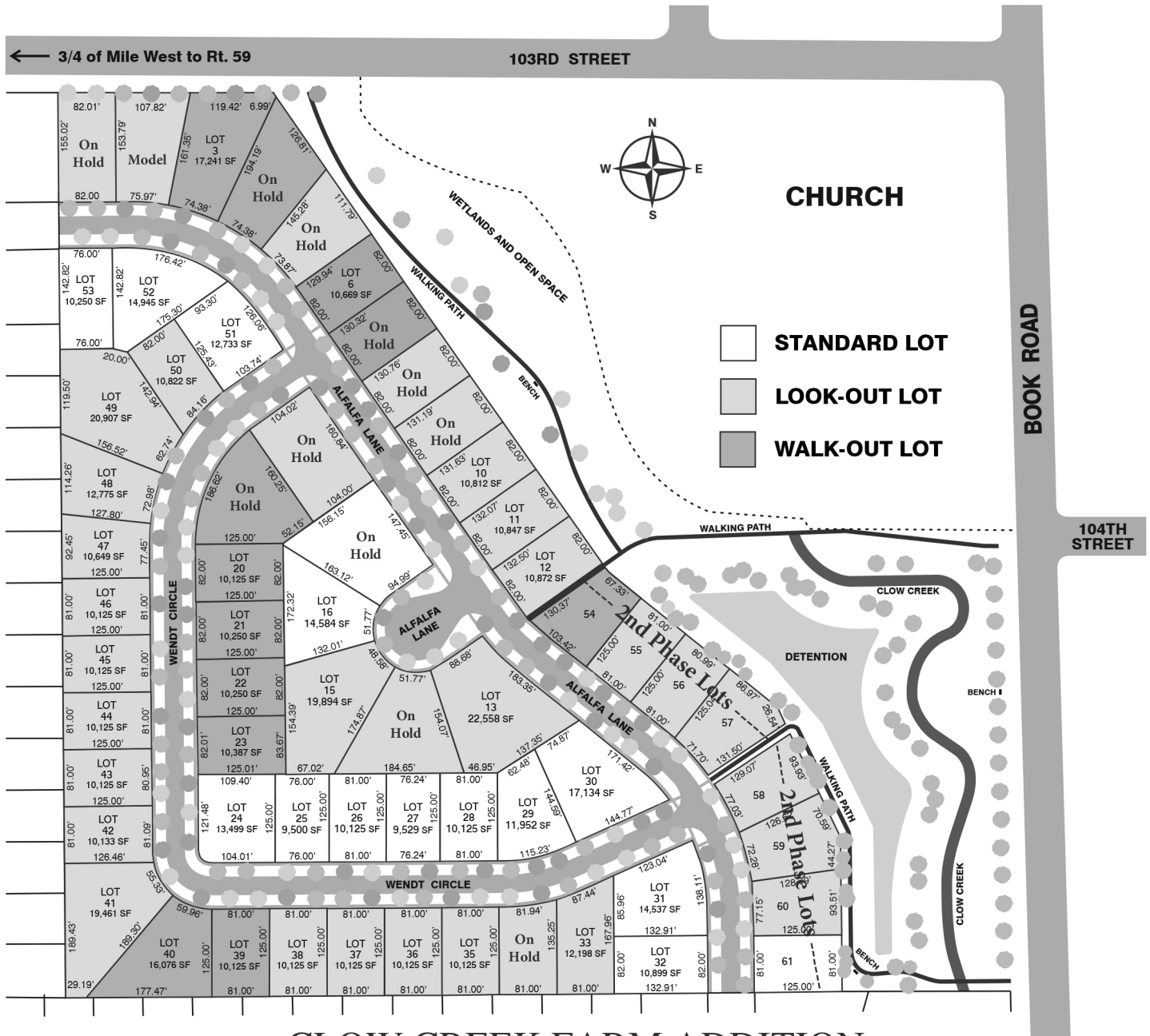


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