

August 2017

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MIRA LAGOS

Messenger



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Who to Follow on Twitter

@MiraLagosHOA

Association Information and Neighborly News

@GrandPrairiePD

Grand Prairie Police Department

@gp_tx

City of Grand Prairie, Texas

@GrandFunGP

City Parks, Arts and Recreation Department

@mansfieldisd

Mansfield Independent School District

@Gpscanner

Grand Prairie Scanner, local Police, Fire, EMS

@DFWscanner

DFW Scanner, area Fire, Police, EMS

Who's your favorite? Tweet to @MiraLagosHOA with hashtag #MLMessenger!

Find us online at:

www.facebook.com/MiraLagosHOA

www.twitter.com/MiraLagosHOA



Association Contact Information

www.miralagoshoa.com

www.texas.fsrconnect.com/miralagos

On-Site Management
Stacy McGrath, General Manager
manager@miralagoshoa.com

Matt Urbaniak,
Assistant Manager
Matt.Urbaniak@fsresidential.com

Cynthia Prox, Administrative Assistant
Cynthia.prox@fsresidential.com

817-473-6787 (office)
817-473-4978 (fax)

South Pool Office "Veranda"
3025 S. Camino Lagos
Grand Prairie, TX 75054

Office Hours
Tuesday-Saturday
8:30 am-4:30 pm
Closed Sunday and Monday

FirstService Residential
Customer Service
(877) 378-2388

Mail Payments to:
Lockbox Address
Mira Lagos Homeowner's Association
c/o FirstService Residential
P. O. Box 60200
Los Angeles, CA 90060-0200



Relationships based on respect, trust and effective communication are the cornerstone of our success.



Committee Chairs
Chair Meetings: Bi-monthly



Communications

Erik Shinkle
communications@miralagoshoa.com
Meetings: monthly

Social

Deirdre Garrett
social@miralagoshoa.com
Meetings: 2nd Wednesday monthly

Landscape

Pam Downs and Lisa Watkins,
Co-Chairs
landscape@miralagoshoa.com
Meetings: 1st Wednesday monthly

Welcome

Susan Kennedy
welcome@miralagoshoa.com
Meetings: monthly/electronically

Pool and Sports

Erik Shinkle
sports@miralagoshoa.com
3rd Tuesday (Apr-Sept)

New Members welcome on all committees!

Board of Directors

Joshua Spare, President
Eric Blackwell, Vice President
Robert McLain, Secretary
Jessica Cafferata, Treasurer
John Hughes, Director
board@miralagoshoa.com

Safety

Robert McLain, Chairman
safety@miralagoshoa.com
Co-chair : Cheyanne McLain
Meetings:
1st Tuesday monthly



As a nonprofit hunger relief organization, we distribute donated, purchased and prepared foods through a network of more than 340 Food Assistance Partners in 13 counties. Every day, we support the nutritional needs of children, families and seniors through education, advocacy and strategic partnerships.



North Texas Food Bank
4500 S. Cockrell Hill Road
Dallas, TX 75236-2028
214.330.1396
ntfb.org

Mira Lagos Messenger

Is the only authorized and official monthly publication for the residents of the Mira Lagos Community with news and calendar of community events endorsed by the Mira Lagos HOA & its members.

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Grand Prairie Upcoming Events



Get your hot roasted Hatch Chiles at Grand Prairie Farmers Market's Annual Hatch Chile Fest!

Join us for live music, food and more.

Date: Saturday, August 19, 2017

Time: 8 a.m. to 2 p.m. (Hatch chile peppers, both fresh and roasted, will be available for purchase 8 a.m. to 2 p.m. or until sold out.)

Location: Market Square, 120 W. Main St., Grand Prairie, TX 75050

The Grand Prairie Farmers Market features locally grown fruits and vegetables, meats, honey, pasta, spices, tamales, candles, soaps and much more. The market is open every Saturday, March to December, from 8 a.m. to 1 p.m. For more information about Grand Prairie Farmers Market call 972-237-4599.

For more information about the Hatch Chile Fest event, call 972-237-8110. For more information about Grand Prairie Farmers Market, call 972-237-4599.



Cyclin' with the Mayor (Lone Star Trail) and Action Park Alliance Fest

Date: 08/17/2017 6:30 PM

Location: Action Skate Park

1002 Lone Star Parkway

Grand Prairie, Texas 75050

Join Grand Prairie Mayor Ron Jensen for a 6-mile bike ride at Lone Star/Campion Trail on Thursday, August 17, as part of the 2017 Cyclin' with the Mayor series of monthly bike rides. The ride on August 17 will be followed by "Action Park Alliance Fest"—a celebration of the skate park's recent renovations.

6 p.m.: Cyclin' with the Mayor group gathers at Action Park Alliance, 1002 Lone Star Parkway

6:30 p.m.: Bike ride begins with a route along Lone Star/Campion Trail.

7:30 p.m.: Action Park Alliance Fest begins including ribbon cutting, music, refreshments and open house

The Cyclin' with the Mayor monthly bike rides, April through November, are part of the Get Fit GP community wellness initiative and are scheduled in various neighborhoods throughout the city.

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Mira Lagos Expert



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Is The Official Real Estate Company of the Dallas Cowboys!

FREE MARKET ANALYSIS
Christina Kang 817.739.7433

How To Select a Great Realtor

DO NOT blindly walk into or call a neighborhood firm and ask for an agent at random.

Ask friends and family for recommendations.

Pay attention to whether a potential agent is listening closely to what you say. Is he or she asking follow-up questions which prompt further explanation and help him or her understand exactly your needs and wants?

Give a potential agent the opportunity to educate you. A good agent should walk a customer through the buying or selling process before ever showing properties or discussing a specific transaction.

Have a good idea of what you expect from an agent and communicate those expectations. How often do you want to hear from your agent? Do you want to hold meetings at your house rather than the real estate office?

Evaluate the agent's firm and/or office. Look for a real estate organization whose agents can empower you with real estate expertise and resources and provide first-rate customer service.

Broker & State Certified Residential Real Estate Appraiser (# TX-1336180-R)



Kids' Movie: The Lorax

Summer Reading Club

Date: 08/09/2017 1:00 PM - 2:35 PM

Location: Tony Shotwell Library

2750 Graham St.

Grand Prairie, Texas 75050

Wild About Reading: Kid's Yoga

Summer Reading Club

Date: 08/14/2017 1:00 PM - 2:00 PM

Location: Main Library

901 Conover Drive

Grand Prairie, Texas 75051

Introduction: With our special guests, Yoga Plus Fit

Teen End of Summer Party!

Date: 08/17/2017 3:30 PM - 5:30 PM

Location: Main Library

901 Conover Drive

Grand Prairie, Texas 75051

Introduction: Summer Party!

Free Small Business Advice from SCORE

Date: 08/24/2017 10:00 AM - 1:00 PM

Location: Main Library

901 Conover Drive

Grand Prairie, Texas 75051



Something is Hidden. Can you find it?



We have hidden in the Mira Lagos Messenger, **school pencil**
Please email manager@miralagoshoa.com in the subject line put "I FOUND IT", a random drawing, WINS! Provide page item is on, name, address and phone number in the email.

Good Luck and have fun!
If you find it there is a \$25.00 gift card.



What To Do When It's Hot Out!

With summer in full swing its H.O.T. out but there's still time to have fun. With the sun setting late and the days lasting longer, consider a few of the activates on my "end of summer fun things to do when it's hot out" list.

- 1. Get Wet!** Go for a swim. Turn the sprinklers on. Throw some water balloons or visit the lake.
- 2. Have an Ice Cream party.** Get cones, toppings, and several flavors of ice cream. Invite your friends and neighbors.
- 3. Try the mall and its free air conditioning.** Get some exercise, have lunch at the food curt and check out the latest fashion, or get your back to school clothes.
- 4. Visit the Zoo.** With 2 zoos close, plan a visit on a cooler day. If you have younger children, make a game out of the day. See how many animals they can name. Keep track and if they can name a certain amount, reward them with a cool treat. Make the day partially educational. Plan your visit around the different educational presentations they have.
- 5. BBQ! Need I say more?** Fire up the grill. Light some charcoal, or get smoking! Meat, salads, sides, and drinks on the patio with friends and family is always a great way to spend the day.
- 6. Have a backyard camp out.** Get the camping gear and enjoy the outdoors. If it is too hot out, you can always go back inside.
- 7. Make something chilly.** Try frozen fruit for a smoothie, a root beer float, or homemade ice cream.
- 8. Build something.** Try making a kite and fly it at the park or one of the ML fields. Make a sand castle at the lake or in your sand box if you have one.
- 9. What's in your house?** Have a game or movie night. Have a coloring party with the kids. Do a puzzle as a family. The point is to get you and the kids together and have some fun at home.
- 10. Get a babysitter parents!** Spend time with one another. There are so many things to do in the Metroplex. Perhaps another list would be best for some date night ideas. While school is still out, finding a babysitter shouldn't be hard. Enjoy some food and entertainment.

Fill-A-Backpack 2017



Alright, I know the 2016/17 school year just ended and it's time to hit the beach or travel. When you return, please think about the children who are not as fortunate as our own. The ML HOA Social Committee is starting early with our annual Community Sharing Event to fill 50 backpacks for children at Erma Nash Elementary School in Mansfield. From June 1st thru August 5th

let's pay it forward by helping families and especially the children in our neighboring community. **We welcome your donations to Fill-A-Backpack in 2017!**

We are seeking the following donations:

- New backpacks
- All basic school supplies for children (Kindergarten through 4th grade)
- Non-perishable food products – PLEASE DO NOT SEND expired products or open packets of food.

Donations can be dropped off at the HOA Office on S Camino Lagos (South Pool) during regular business hours Tuesday through Saturday between 6/1/2017 and 8/5/2017. Donations will be delivered to the school the week of 8/6/2017. Thank you!

~ Mira Lagos Social Committee

Mira Lagos HOA Pet Tags

by Erik Shinkle



There are Free Mira Lagos Pet tags at the HOA office. Please see Cynthia at the HOA office to receive your tag. Each pet registered will have a unique number assigned in the event your pet gets out and is found. My dog Mia got hers and she loves all the fancy jewelry on her collar.

BACK TO SCHOOL



August is back to school month! The Mansfield ISD begins Wednesday, August 16th and ends May 23rd pending inclement weather makeups.

2017-18 District Calendar:

Holidays & Important Dates

August 7 – Teachers Report

August 7-10 – Professional Development Week

August 11-15 – Teacher Workday

August 16 – First Day of School

September 4 – Labor Day Holiday

September 18 – Student Holiday & Staff Development Day

October 9 – Student Holiday & Staff Development Day

October 26 – Regular Full School Day & Parent/Teacher Conferences (PM Only)

October 27 – Student Holiday & Parent/Teacher Conferences (AM Only)

November 20 – Student Holiday & SDCE Day

November 21-24 – Thanksgiving Holiday

December 21 – End of First Semester

December 22 - January 5 – Winter Holiday

January 8 – Student Holiday & Teacher Workday

January 9 – School Resumes; Start of Second Semester

January 15 – Martin Luther King, Jr. Holiday

February 19 – President's Day Holiday

March 12 - Student Holiday & SDCE Day

March 13-16 – Spring Break

March 30 – Spring Holiday [Bad Weather Makeup Day #1*]

May 23 – Last Day of School

May 24 – Teacher Workday [Bad Weather Makeup Day #2*]

May 25 – Teacher Workday [Last day for teachers]

*BAD WEATHER DAYS

March 30 – Bad Weather Makeup Date #1

May 24 – Bad Weather Makeup Date #2

Welcome Committee Chair Susan Kennedy



In August, we would like to introduce Mira Lagos to the Welcome Committee Chair Susan Kennedy

1. Tell us a little about yourself

My husband, Chip Pechon and I moved with our daughter, Lauren to Texas From Allentown, PA 9 years ago with a job opportunity for Chip. Lauren started school here at Danny Jones, then went to Timberview and was part of the second graduating class at Lake Ridge. Lauren is now at Texas A&M in College Station and loves it.

2. What drew you to Mira Lagos?

The access to good schools was key and we looked in the areas around Fort Worth. Did not find a house right away on our first trip but Chip was working here and he found a home in Mira Lagos. He sent photos and I spoke to a friend who lived in Mansfield and she confirmed that the schools were good, so here we are. I loved the walking trails and I met my first Mira Lagos friends when walking. We are blessed that we have found a wonderful group of friends here in the community. They have become our family in Texas.

3. Why did you choose to volunteer for the welcome committee?

Volunteering is something that I have always done. I was a Girl Scout Leader, participated in Charity walk groups for years. I feel it is important to give back and it is a great way to meet people. When we moved to Mira Lagos, I volunteered at Danny Jones and then with the Tennis Team at Timberview and on to Lake Ridge. In Mira Lagos the ladies I first met walking started a Bunco group and some of us still play together as part of one of the groups today. I was involved in the Social Committee and then Elissa Sherlock needed help with the Welcome Committee, so I started there. When Elissa was looking for a person to transition the job to, I thought about it and then volunteered to be chair. She had the team in place and I have big shoes to fill.

4. What do you hope to accomplish as the chair person?

Elissa laid the groundwork for this committee and I am picking up where she left off. I think it adds value to the community when we provide new residents with information on Grand Prairie and our neighborhood. We are blessed to have so many things to do in the area and the bags and the Welcome Committee Team members are a great way to get that information out. I hope that we can continue to develop the sense of community in our neighborhood and encourage others to get involved. It does take a village.

5. What would you like to see changed if anything with the welcome committee?

As noted above, I think the committee has a great starting point and just hope we can get more neighbors to be involved in the community. The joy to a successful and vibrant community is having neighbors knowing one another and working for the good of their community. Too many times we all come home, enter our homes through the garage and never know who lives next door. I hope that through our Welcome Group we can help people meet others. I am blessed to have great neighbors and we watch out for one another.

6. How/what can our neighbors get involved with the welcome committee?

Anyone who is interested, can email me and I would be pleased to put them on my list of Volunteers for welcome bag delivery. It is a great way to meet people.

7. Final thoughts or anything you would like to share about the welcome committee?

We have a wonderful community here at Mira Lagos and I hope that people will take the opportunity to get to know their neighbors. Go introduce yourself to a new neighbor, even if you are not on the Welcome Committee. Welcome them and get to know them. Encourage your neighbors to join in community events and actively participate in where you live.

Congratulations Yard of the Month Winners

- 1. El Llano 2932 Montalbo
- 2. El Arroyo 3220 Guadalupe
- 3. La Pradera 3204 Paseo
- 4. La Tierra 2831 Pino
- 5. Valencia 2744 Columbus

- 6. Marbella 2716 Fuente
- 7. Las Brisas 2847 Mariposa
- 8. Bella Vista 3035 England Pkwy
- 9. Bella Vista 2828 England Pkwy
- 10. El Sendero 2835 Tranquilo

- 11. La Ensenada 7036 Playa
- 12. Escondido 7027 Miramar
- 13. Cordova 3016 Laretta
- 14. Sonora 6949 Nava
- 15. El Mirador 2803 Mastil



Recipe of the Month

Orange Creamsicle



Ingredients

- 1 tablespoon orange sparkling sugar
- 1/2 cup crushed ice
- 1/2 cup orange soda
- 1/2 cup cream soda
- 1 tablespoon grenadine
- 1 maraschino cherry with stem
- Sliced oranges to garish

Steps

1. Rim a double rock glass with sparkling sugar.
2. Fill glass with ice. Top with orange soda, cream sodas and grenadine.
3. Garnish with cherry and orange slice.

Italian Sandwich Roll-Ups

Ingredients

- 8 tortillas
- 8 ounces cream cheese, softened
- 1 tablespoon Italian seasoning
- 1/4 cup banana peppers, chopped
- 1/4 cup roasted red peppers, chopped
- 24 slices Genoa salami
- 24 slices of ham
- 1 pack pepperoni (about 32 small slices)
- 16 slices Provolone cheese
- 2 large tomatoes, thinly sliced (remove some of the juice and seeds)
- 1 head of lettuce



tablespoons of cream cheese mixture onto a tortilla.

3. On top of the cream cheese mixture, place three slices of salami, three slices of pepperoni, and three slices of Provolone cheese, leaving about 1/2-inch border around the edge.

Instructions

1. In medium bowl, combine cream cheese, banana peppers, roasted red peppers, and Italian seasoning. Mix with spoon until all ingredients are well combined.
2. Spread about three

4. Top with two slices of tomato and a few pieces of lettuce. Roll tortilla up tightly.
5. Place toothpicks about 1-inch apart down the rolled tortilla. Cut in between the toothpicks to create pinwheels.

POOL TOYS

ALLOWED:



Coast Guard Approved Life Vest



Swim Trainer Tube

Beach Ball under 20"



Float Suits

Infant Spring Floats

Goggles

Small Plastic Buckets

Inner Tubes under 24"



Splash Balls

Diving Rings/Sticks

Noodles

Mask and Snorkel

Fins

Kick Boards



NOT ALLOWED:



Water Guns

Pool Torpedoes

Water Balloons

Inner Tubes over 24"

Boogie Boards

Inflatable Ride-on Whale, Shark, Alligator

Lounge Chairs or Large Floats

Water Wings

Spring Floats

Hard Balls: Football,

Volleyball, Basketball, etc.



Please keep in mind, if you have an infant or toddler in diapers we require neoprene or rubber diaper covers.

Mira Lagos Club House and Amenity Center Update

The ground work is underway. Forms have been set and concrete is on its way. The buildings are getting their final approval for elevation (what the building will look like.) There have been changes to the number of windows to let in more natural light. The new fitness center equipment list is in. Plumbing, electrical and framing is next on the list. Drive by to see the latest progress to the buildings.



Did You Know?

There are an estimated 60 million dogs in the United States. That's 16.4 billion pounds of poop per year! Consider this: there are approximately 43,000 dogs in Grand Prairie. A dog drops an average of $\frac{3}{4}$ pounds of waste daily. That means 32,250 pounds or more than 16 tons of dog waste in Grand Prairie each day!

Problems: The pet waste that is not picked up can pollute our water. Bacteria, Parasites, and viruses contained in pet waste are a health risk to other animals and people, especially children. Consider some of these: Fecal Colliform, Salmonellosis, Taxocariasis, Taxoplasmosis. Pet waste is high in nutrients, which feeds the weeds and algae that can choke out our creeks and lakes, and can kill fish and other aquatic life.

Pet Waste – What can you do?

- Pick up pet waste from our yard. It is not fertilizer.
- Carry disposable bags while walking your dog to pick up and dispose of the waste in the trash.
- Flush your pet's waste down the toilet to be treated.
- Bury pet waste in the yard, at least 6 inches deep and cover with soil. It will decompose slowly. Bury the waste in several different locations in the yard and keep it away from vegetable gardens.
- Do not throw over your backyard fence, as you can be sent a citation from code compliance.

You can get more information from the city website: <http://www.gptx.org/city-government/city-departments/environmental-services/environmental-quality/stormwater/pet-waste>

If you have an alarm you are required to have a permit from the GPPD/FD. Each permit is good for 1 year and must be renewed each year. The fee is \$30.00 for a burglar alarm, \$30 for a fire alarm or \$50 if you have both. You will NOT receive a notice of renewal so be aware of when your permit expires and ensure you have an active permit. Their office is located at 209 W. Main Street, Grand Prairie, Tx75054 and the phone number is 972-237-8658, their website www.gptx.org/alarmpermits.



ADVANTAGES OF OUTDOOR LIGHTING

Outdoor season is here! What better way to enjoy the outdoor season than by getting outside on your patio, deck or pool areas. Extend the pleasure of being outside into the night by adding outdoor lighting. There are numerous benefits and advantages to illuminating your yard, your home, your deck or patio as well as spotlighting certain areas around your home at night.

You experience a secure feeling when your yard and landscape is well-lit. Outdoor lighting can detour and discourage theft and trespassing. If you don't want to leave outdoor lights on all night, consider a light with motion detection.

You will be safer with outdoor lighting to navigate walkways, steps, driveways, patios and pool areas. Simply adding plastic solar LED pathway lights is very effective and is extremely cost efficient. The more light, the safer you, your family and guests will be.

You can decorate with outdoor lighting to



showcase a particular tree or garden area and incorporate splashes of light around your flower beds to highlight their blooms. Include mood lighting or color changing solar LED lights in your landscape and potted plants for a fun, playful feel. Outdoor string lights create a romantic atmosphere criss-crossed over your backyard or patio. And for a party feeling all season long, place whimsical lights on your patio umbrella.

You will be more relaxed on your patio or porch with ambient lighting. Your patio, deck and porch are extended living areas of your home so use outdoor lighting to generate a tranquil outdoor area. Place a battery operated candle or mini string lights into an outdoor lantern to create a warm and cozy feel.

Finally, placing outdoor spotlights on the exterior of your home presents a well-cared for appearance adding valuable curb appeal to your home and the entire neighborhood. Inexpensive solar LED spotlight stakes found at DIY and hardware stores strategically positioned to shine and accent your home can have a huge impact on curb appeal. Appraisers and potential buyers consider outdoor spotlights to be desirable added amenities.

Outdoor lighting accentuates the charm and elegance of your home at night. It also helps to create enjoyable gathering spaces while increasing security and safety for you, your family and friends.

Grand Prairie Fire Fighter Association and GPFD Hearts and Hoses Organization Pancake Breakfast and Gun Raffle: 1939 Ford Engine Restoration Project

August 12, 2017 • 9am -12n

Fire Station 10

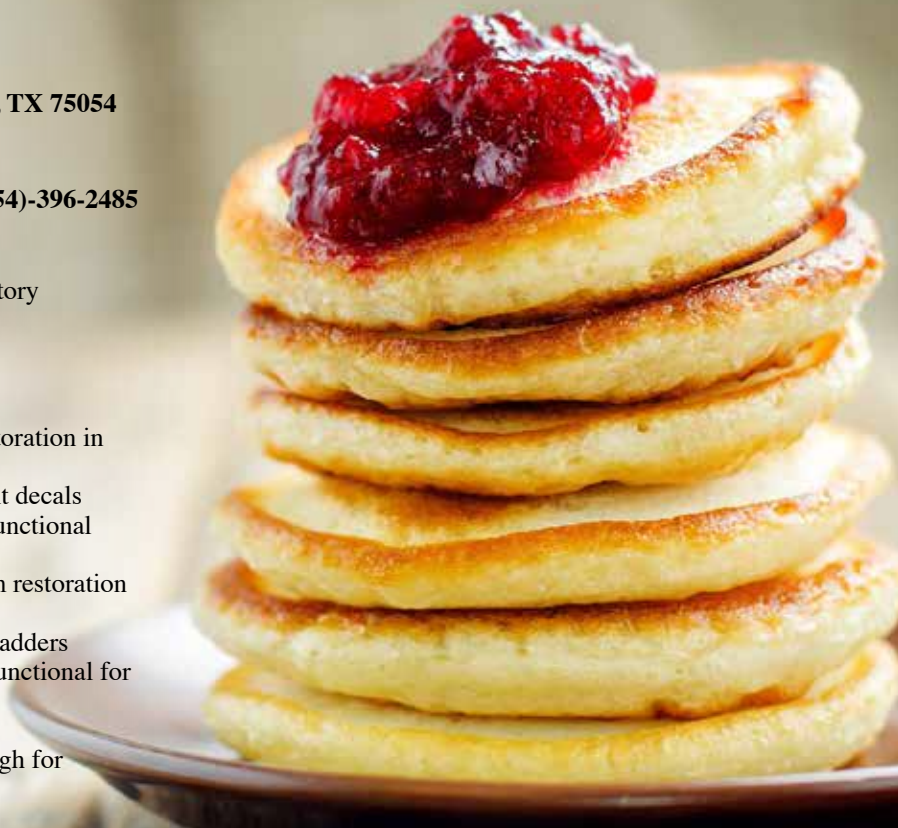
Address: 2645 South Grand Peninsula Grand Prairie, TX 75054

Gun Raffle tickets are \$20.00 includes pancakes

Pancakes tickets. Adult \$10.00 and Children \$5.00

For additional information contact Bradley Smith (254)-396-2485

- 1939 Ford Fire Engine Restoration
- Departmental and community tradition, pride and history
- Educational and public events
- Parades and funerals
- 100th year anniversary 2017 of GPF
- Refurbishment plan
- Refurbishment work is being done by Armadillo Restoration in Hamilton, TX
- Paint to original color scheme, custom fire department decals
- Replace current transmission with a safer and more functional automatic transmission
- Motor, brakes, tires, electrical system, lighting system restoration and replacement
- Add period-appropriate equipment such as tools and ladders
- Replace current hose bed with a wooden bed, make functional for funerals and other events
- Refurbish seat and dash
- Make apparatus safe for the road and functional enough for multiple uses at various events



Grand Prairie Water Restrictions

To keep the city's water supply at a safe level and to comply with the city's wholesale water purchase contracts, the following restrictions apply at all times:

- No watering between 10 a.m. and 6 p.m.
- No watering on Wednesday, Saturday or Sunday.
- Even numbered addresses may water on Mondays and Thursdays.
- Odd numbered addresses may water on Tuesday and Fridays.
- When watering, a constant stream of water should not be allowed to flow into the street drainage.
- Watering during precipitation is prohibited. Rain sensors are required on newer watering systems.

Allowed:

- Handheld and soaker hoses can be used any time.



Drought Contingency Plan (Emergency Water Use Plan) Information:

The Drought Contingency Plan may, depending on need, also prohibit all or some of the following non-essential uses (water use that does not directly benefit or maintain health, personal cleanliness, or firefighting purposes):

1. Irrigation of landscape areas, including parks, athletic fields, and golf courses, except otherwise provided under this Plan;
2. Use of water to wash any motor vehicle, motorbike, boat, trailer, airplane or other vehicle; except as otherwise provided under this plan.
3. Use of water to wash down any sidewalks, walkways, driveways, parking lots, tennis courts, or other hard-surfaced areas;
4. Use of water to wash down buildings or structures for purposes other than immediate fire protection;
5. Flushing gutters or permitting water to run in any gutter or street, except as part of water quality management to flush stagnant water or enhance disinfection residuals;
6. Use of water to fill, refill, or add to any indoor or outdoor swimming pools or Jacuzzi-type pools;
7. Use of water in a fountain or pond for aesthetic or scenic purposes except where necessary to support aquatic life;
8. Failure to repair a leak(s) within a reasonable period after having been given notice directing the repair of such leak(s) and;
9. Use of water from hydrants for construction purposes or any other purposes other than firefighting.
10. Use of water from public drinking supply for gas well operations including fracturing and drilling



This year's Texas Sales Tax Holiday is August 11 - 13

As in previous years, the law exempts most clothing, footwear, school supplies and backpacks priced less than \$100 from sales and use taxes, which could save shoppers about \$8 on every \$100 they spend.

Information:

<https://comptroller.texas.gov/taxes/publications/98-490/>



First Aid Class

Hosted by the Mira Lagos HOA Safety Committee at
Cora Spencer Elementary
First Aid Class - Taught by
Grand Prairie Fireman, Brad Smith

**Thursday, August 03, 2017
6:00pm-10:00pm**

Residents will learn basic first aid. At the completion of this class American Heart Association First Aid cards will be issued. Must attend entire class. Arrive on time and ready to learn.

RSVP to: Safety@MiraLagosHoa.com

THAT STREET LIGHT IS OUT!

ONCOR Electric owns and maintains the tall street lights scattered throughout Mira Lagos. Should you observe a nonfunctional street light in need of service, please report the issue directly to ONCOR Electric for a prompt repair.

The company's website is www.oncor.com or call 888-317-4747.

The website is very user friendly, allowing you to input your street address and navigate with ease to the light in question. As ONCOR says, "Thanks for helping keep the lights on!"



Dry Drowning



From a news article posted by Fox 4 news in DFW

Dr. Shilpi Agarwal discussed the warning signs and symptoms of dry drowning, following the unfortunate death of four-year-old Frankie Delgado in Harris County, Texas.

As pool season continues, it is important that parents are well educated about the signs and symptoms of dry drowning to prevent avoidable tragedies. Dry drowning occurs as a result of water inhalation, but often well after water has physically been swallowed. Symptoms include coughing, labored breathing, flared nostrils, sudden sleepiness, decreased appetite, and vomiting or gagging due to pressure in the lungs.

Dr. Agarwal described two different types of dry drowning. The first happens immediately when water gets into the mouth, causing vocal cords to spasm and cut off the airway.

The second type of dry drowning is delayed up to a week after water enters the lungs, making it harder for the body to oxygenate. Both cases can be fatal.

If you notice your children displaying any of the symptoms, bring them to the emergency room or urgent care. The condition is treatable if warning signs are noticed early enough.



At FirstService Residential we have very strong values!

We strive to meet these values every day for our residents and hope you will join us in recognizing those individuals who go above and beyond in delivering great customer service.

- ▶ Have you witnessed an associate doing something great?
- ▶ Have you been exceptionally pleased with the service you have received?
- ▶ Do you want to let others know how awesome someone is?

Help us show recognition to our Star Performers. Please email your feedback to starserviceonsite@fsresidential.com. Be sure to list the Star performers' name and community. Thank you for allowing us to serve you.

Your HOA Management Team










NOTARY SERVICES

The On-site Manager, Stacy McGrath, and Assistant Manager, Matt Urbaniak are Notaries for Mira Lagos. This is a free service for residents and homeowners. Please make an appointment at manager@miralagoshoa.com.



Nurses Spot



Nurses spot is brought to you by Nurse Katy, She has 7 helpful and practical tips to keep kids healthy as they return to school.

It's that time of year again! It's back to school; kids are reunited with their classmates, it's time to meet new teachers, and you might just want to book an appointment with your pediatrician now to beat the rush. WHAT? All the kids seem to get sick in the first couple of weeks of starting school, and it happens every year.

Now don't book your appointment with your pediatrician just yet. There are some things we can do to help keep our kids from getting sick and passing it on to others if they do.

1. HAND WASHING HAND WASHING HAND WASHING!

The number one way to prevent the spread of illness is washing your hands- this can be a soap and water wash if hands are visibly dirty, or frequent use of hand sanitizers, especially before and after eating and using the bathroom, as well as touching the face.

-When washing with soap and water, make sure that they are washing their hands long enough, this might mean teaching them to sing "Mary Had a Little Lamb" to themselves while they are rubbing their hands, and teach them to dry their hand on a towel, not their pants/shirt.

-With hand sanitizers, make sure they are following the directions as per the amount to use, and they are rubbing it into the hands until dry.

2. SLEEP!

It is important for kids to get enough sleep. They need anywhere from 9-11 hours of sleep, so make sure they are getting to bed on time, even if that means putting them to bed while the sun is still up.

3. SHARING IS CARING- EXCEPT GERMS

Teach kids not to share drinks or anything else that goes in or touches the mouth... with older girls- that includes lipstick/lip gloss.

4. CATCH YOUR COUGH/SNEEZE

Teach kids to cough or sneeze into their elbow or a tissue (throw it away immediately, and wash hands).

5. DON'T TOUCH YOUR FACE

Kids are notoriously bad about hand washing, so in case they forget to wash their hands as often as they should (they will). Also teach them not to touch their face, the membranes in the mouth, nose and eyes are thin, and offer easy access to germs that make little ones sick (they'll still forget).

6. PLAY/NUTRITION

The general rule of a balanced diet with LOTS of fruits and veggies, and getting lots of outside play still applies, and will help your little ones fight off germs they may encounter.

7. STAY HOME

If your little one is sick, keep them home, otherwise they'll get more kids sick. With rest and easier access to and encouragement to drink fluids, they'll be feeling better much sooner.

May you have a happy and healthy return to school!
Katy Shinkle

Important Information!



Please note the following important changes being made to Online Payments

ClickPay will be our new and preferred provider for accepting homeowner payments made online began May 22, 2017.

Payments made by e-check (ACH) and credit or debit card through our existing online payment provider will be disabled on May 21, 2017. Homeowners will be required to activate their new account with ClickPay on or after May 22, 2017 in order to make payments online.

For questions about these upcoming changes, please contact ClickPay@FSResidential.com.

Grand Prairie Snap & Send!



Grand Prairie residents using the city's new "Snap and Send" app can now report issues, such as street light outages and code violations, using their smartphones. The app, currently compatible with iPhone, iPad and iPod touch, allows users to specify the location of an issue and attach a photo to send directly to city staff as well as track the status of their service requests.

Search "Snap and Send Grand Prairie TX" in the Apple App Store and download for free. The city plans to make the app available for Android users in the future.

Residents can also report issues directly through the city's website at gptx.org/report or call city offices at 972-237-8000.

Surveys, Quizzes, Polls and Facebook

Taking quizzes, polls and surveys on Facebook is an entertaining way to waste time and perhaps learn if you are more like the character 'Harry Potter' or 'Hermione Granger.' With each survey, poll or quiz taken information is being gathered. In most cases, every survey, poll and quiz was created to gather specific information, opinions and insight from Facebook users. How much information are you giving?

Polls can be created for businesses to receive feedback on just about anything from how often you use Facebook to whether you join interest groups or if you use Facebook primarily to connect with family to being an actively involved user.

Some surveys and quizzes are created to engage Facebook users to build community awareness for special interest groups or to neighborhood sites. Businesses can use a fun survey which may ultimately allow the user to be more open to an upcoming business promotion or idea. Other surveys might be to research projects or politics, discover product feedback, learn buying habits, know your choices regarding parenting, travel interests and gather opinions for new services or goods.

When you take a quiz on Facebook you could be sharing more than you benefit. Quizzes, surveys and polls can be powerful tools used by companies and business as well as hackers and criminals to gather material about you and those on your friend list. Agreeing to 'share' on Facebook is giving up control of the results to the survey creator.



Beware of a survey, quiz or poll that requests a log on, sign up, birth date or credit card. And think twice about answering questions like 'what street did you grow up on?' or 'name of your favorite' as this could be a way for hackers and criminals to find out a passwords to security questions. If personal information is requested, be wary you might be compromising your privacy. It is a good idea to check your permissions on Facebook on the Facebook Apps Permissions page.

Go ahead take the Facebook quiz, surveys and polls, merely think about what is being asked before mindlessly answering questions and sharing the results.



Being outside is believed to have enormous advantages to your health, your brain, and overall well-being. Exposure to nature and natural green spaces can boost your mood levels and reduce depression, give energy and alertness. Outdoor time is so important to children and adults that it should be a routine event in your day every day in every season.

Sunlight equals vitamin D. Appropriate exposure to the sun is the best way to heighten levels of vitamin D in your body. Vitamin D is a huge contributor to good bone strength and can diminish pain and stress on joints. Vitamin D is essential for all people of all ages. Some studies encourage being outdoors without sunscreen for 10-15 minutes a day as a healthy way to increase vitamin D levels in your body, after which time lather on the sunscreen protection and put on your sun hat.

Experiencing nature also allows you to take in the smells bringing instant relaxation. Taking deep breathes might even summon childhood memories of being outside, playing and running free, immediately letting your mind unwind and slow down, encouraging creativity. A walk around the block, a hike on a trail your community or a bike ride through a park is effective exercise all the while allowing you to inhale in the smells of nature improving your fitness and happiness.

Expand your world by being outdoors vs. allowing technology to reduce and shrink your space to an indoor existence. There is a connection to emotional, physical and social wellbeing and the benefits of being outdoors in nature, exercising, and interacting with your neighbors.

Less stress, more energy, increased productivity is the results of a little sunshine. Get outdoors and be a healthier, happier person.

Food Expiration Dates and Labels

Eating fresh food is important but knowing how long a food is fresh can be tricky! What exactly do expiration dates and other date labels really mean? What is the difference in 'sell by', 'use by' or 'best if used by'? Product dating is voluntarily provided by manufacturers to assist retailers and consumers when food is at its best quality not whether it is safe.

Labeling language:

- "Sell by" - Identifies to the store how long to display a product and when to pull it from the shelf.
- "Best if used by (or before)" – Identifies quality and best flavor not safety.
- "Born on" – Identifies the manufacturing date of beer.
- "Guaranteed fresh" – Identifies the freshness of bakery items.
- "Use by" – Identifies a product while at peak quality.
- "Pack" – Identifies canned or packaged goods.

Dates to know:

Milk is usually good a week after its 'sell by' date.

Eggs are typically good 3-5 weeks after purchase.

Poultry, seafood, beef and pork should be cooked or frozen within 3-5 days of purchase.

Canned goods with low-acid foods like green beans are good up to 5 years and high-acid foods like tomato sauce are good about 18 months or so in a cool dark place.



If there isn't a date on the food product, check online at the product manufacturer's website or online at Eatbydate.com or StillTasty.com. At these sites you can search a specific food and receive information on the products shelf life, safety, expiration dates and more.

And if you are still not sure about expiration dates or label dates, a really good idea is to take a few minutes and label your products with the purchase date before you put your food away. Placing the purchase date will help when determining if your food is still at its best quality.

Sun Hats



Everyone knows sunscreen and sunblock are essential products for protecting your skin from damaging UV rays. Too much sun exposure is known to cause irreversible skin damage as well as increase chances of skin cancer. Many times when out in the sun people do not cover their heads properly choosing a baseball hat or visor. To minimize damage to your skin, face and head you should wear a sun hat.

A sun hat has a wide brim that covers your face, neck, nape and shoulders. Typically a sun hat is made of breathable cotton or straw with a protective lining. An adjustable inner drawstring in a sun hat insures a perfect fit and reduces the risk of losing your hat in windy weather. In addition, a good sun hat will be made of sun protective fabric and will have a UPF (Ultraviolet Protection Factor) rating of 50+. It has been said, "For every inch of brim you wear, you reduce your lifetime risk of skin cancer by 10%. So a 6" brim means 60% risk reduction."

Wearing a sun hat also provides sufficient shade, minimizing the risk of heat stroke and helps your body remain cool. Whether you are playing on the beach, walking your dog or working in your yard, for ultimate sun protection on your face and head, wear a sun hat.

Eat Fruit!



Summer is fun and sometimes hectic. Remember to drink lots of water and take advantage of summer's fresh produce!

Fresh summer fruit such as blueberries, strawberries, kiwis, grapes, bananas and watermelon contain vitamins, minerals, and nutrients such as potassium, vitamin C, fiber and folic acid which are necessary for our overall health!

An easy way to serve fruit is to cut the fruit into bite sizes, place in a plastic cup and insert a wooden skewer. Your family and friends can use the skewer to eat, no utensils necessary!



Summer Fun at the Pool
With the Jyles Kids



POOL NEWS

INCLEMENT WEATHER PROCEDURE

Inclement weather will follow these guidelines this pool season:

- Thunder – Pools closed until after 30 minutes from last heard thunder.
- Lightening – Complex closed until after 30 minutes from last seen lightening.

Remember, if you can hear it “clear it” and if you can see it “flee it”

CONTAMINATION PROCEDURES

Should there be a contamination in the pool this season, here is how it will be handled:

- Vomiting – Closed up to 60 min to neutralize contaminant
- Fecal – Closed up to remainder of the day to neutralize contaminant

** Utilize 5 minutes for restroom breaks and to properly hydrate. **

