

July 2016

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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](http://www.facebook.com/MiraLagosHOA)

[www.twitter.com/MiraLagosHOA](http://www.twitter.com/MiraLagosHOA)



## Association Contact Information

[www.miralagoshoa.com](http://www.miralagoshoa.com)

[www.texas.fsrconnect.com/miralagos](http://www.texas.fsrconnect.com/miralagos)

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Cynthia Prox, Administrative Assistant  
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**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:  
**New 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**

Carlos Cucalon  
[communications@miralagoshoa.com](mailto:communications@miralagoshoa.com)  
Meetings: monthly

**Social**

Deirdre Garret  
[social@miralagoshoa.com](mailto:social@miralagoshoa.com)  
Meetings: 2nd Wednesday monthly

**Landscape**

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

**Welcome**

Elissa Sherlock  
[welcome@miralagoshoa.com](mailto:welcome@miralagoshoa.com)  
Meetings: monthly/electronically

**Pool and Sports**

Mike Joffrion  
[poolsandsports@miralagoshoa.com](mailto:poolsandsports@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](mailto:board@miralagoshoa.com)

**Safety**

Robert McLain, Chairman  
[safety@miralagoshoa.com](mailto:safety@miralagoshoa.com)  
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](http://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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# ANNUAL LUAU AND BBQ COOK-OFF

The Mira Lagos community turned out in record numbers on Saturday, May 21, 2016 for the **Annual Luau and BBQ Cook-Off**. It was truly a gorgeous day for the **1000** neighbors, family, and friends in attendance to soak in the sun, splash in the pool, jump around in the bounce house and water slide, or enjoy a refreshing fruit smoothie, Dipping Dots ice cream, snow cone, and a fabulous BBQ dinner. DJ Shon returned with pool-side music and entertainment while the Polynesian dancers closed out the evening with another spectacular show featuring a fire dancer!

Of course “bragging rights” for **Mira Lagos Grillmaster of the Year** were on the line. Contestants: Stephen Kirksey, Thomas Vallandingham, Martin Almgren, Marcus Powell and Pat Patterson had our four judges licking their fingers as they sampled plates of BBQ ribs, pulled pork and brisket. The decision was tough with a 1-point spread between contestants but the **2016 Mira Lagos Grillmaster** is **THOMAS VALLANDINGHAM!** Thomas was the recipient of a \$200 gift card and the Mira Lagos Spatula; 2<sup>nd</sup> place winner Pat received a \$100 gift card; and 3<sup>rd</sup> place winner “PeePaw” received the \$75 gift card. Martin and Stephen received thank you gifts for participating in the challenge from the HOA Social Committee.

A huge **thank you** is extended to the HOA Management Team: Stacy McGrath, Matt Urbaniak, and Cynthia Prox, the McGrath family, our Super Social Committee and Social Committee Teens, the Welcome Committee volunteers and our neighbors who provided their time and products to make the Luau THE EVENT of the year!

- Martin Almgren – Roasted pig and pulled BBQ pork for the entire event
- Jamie Denton - Snowbie Bus Snow-Cones
- Jason Laningham - Bounce House and Waterslide
- Jason Rabinowitz – Twice the Ice – Ice House
- Shon Gray – Disc Jockey

### *Mira Lagos HOA Social Committee*

**The Social Committee is seeking Teen Volunteers! Earn your community service hours during the Mira Lagos Social Events and Activities. Contact the Social Committee at [social@miralagoshoa.com](mailto:social@miralagoshoa.com) for more information.**

### *Mira Lagos HOA Social Committee*





# What's Happening



## TINKERTOY®: BUILD YOUR IMAGINATION™

**Date:** All month long

**Location:** American Airlines C.R. Smith Museum

**4601 Hwy 360**

**Fort Worth, TX 76155**

TINKERTOY®: Build Your Imagination™ is a new educational exhibit that combines the open-ended and inventive play qualities of the timeless TINKERTOY® construction set with GE's innovative technologies that enrich our lives and our global community.

Giant TINKERTOY® building pieces create a fantastic framework for all of the exhibit's activities, and real TINKERTOY® construction sets take center stage in an awe-inspiring collection of TINKERTOY® pieces featured in a creative play area.

**For more information go to**  
<http://crsmithmuseum.org/>

**Movie night at Flying Saucer Fort Worth**

**Date:** Every Thursday

**Location:** Flying Saucer

**111 E. Third Street  
Fort Worth, TX 76102**

Come to Flying Saucer in Fort Worth every Thursday from May through October for a classic movie on the big projector screen! We'll have free popcorn for everyone and a featured beer each week.

**For more information visit:**

<http://www.beerknurd.com/locations/fort-worth-flying-saucer>

## African American Professional Networking

**Date:** 07/12/2016 7:00 PM

**Location:** Grand Prairie Chamber of Commerce

**900 Conover Dr.**

**Grand Prairie, Texas 75050**

SBCConnection and African American Professional Networking Group presents a free networking event 7-8:30 p.m. Tuesday, June 14, at Grand Prairie Chamber of Commerce, 900 Conover Drive, featuring Sheryl Jones "Queen of Hearts," a social worker turned international motivator who has dedicated her life to seeking out, serving and inspiring other business owners and

brands to lead with their hearts.  
**RSVP for this free event at**  
<http://meetup.com/SBCConnection>

**For more information**  
contact Keisha Hunter at  
[khunter@bizybuilder.com](mailto:khunter@bizybuilder.com)

## Cyclin' with the Mayor: Grand Peninsula Ride

**Date:** 07/13/2016 6:00 PM

**Location:** Daulton Elementary School  
**2607 N Grand Peninsula Drive  
Grand Prairie, Texas 75054**

Join Mayor Ron Jensen for monthly bike rides in April through November as part of the Get Fit GP community wellness initiative. The rides feature a different 5-mile route each month and are set at a casual pace. The July bike ride through the Grand Peninsula starts 6 p.m. at Daulton Elementary School. Visit the Cyclin' with the Mayor webpage for the schedule of 2016 rides.

## Important links

**Get Fit GP:** [www.gptx.org/GetFitGP](http://www.gptx.org/GetFitGP)

**Fort Worth:** [www.fortworth.com/events/](http://www.fortworth.com/events/)

# CPR Class

**Thursday, July 21, 6:00 PM - 9:00 PM**

**Cora Spencer Elementary**



The Mira Lagos HOA and Safety Committee is once again hosting our CPR Class. This during this class you will learn how to perform life-saving CPR. We have hosted this class for the last 6 years and it has always filled up very fast. At the completion of this class you will receive an American Heart Association CPR card.

This class is free to residents of Mira Lagos.

Please RSVP at [Safety@Miralagoshoa.com](mailto:Safety@Miralagoshoa.com)

Robert McLain  
Safety Committee Chair



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](mailto: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

# BEST PLACES TO ENJOY 4<sup>TH</sup> OF JULY



## Downtown Arlington

**What:** The 51st edition of the Arlington 4th of July parade, Arlington's oldest event and tradition, will include 150 entries and several new activities. The parade has been cited in several print and online publications as the biggest parade in Texas and one of the 10 biggest in the nation. Nearly 70,000 spectators are expected along the two-mile route. Flags will be distributed to spectators along the route before the parade starts. The 2016 parade is dedicated to "Those Who Keep Arlington Beautiful." The City of Arlington has long been a major sponsor of the parade.

**Date:** July 4.

**Time:** 9:00 a.m. – 11:00 a.m.

**Location:** 101 W. Abram St. Arlington, TX 76011

**Relevant information:** For information visit [arlington4th.org](http://arlington4th.org), email [info@arlington4th.org](mailto:info@arlington4th.org) or call 817-330-9USA

## Allen - USA Celebration

**What:** Music, food, fireworks, kids activities and more.

**Date:** June 26.

**Time:** Event opens at 4 p.m. Fireworks at 10:05 p.m.

**Location:** Celebration Park, 701 Angel Pkwy., Allen, TX 75002.

**Cost:** Free admission

**For more details please visit**

<http://allenusatexas.org/>

## Rockin' 4<sup>th</sup> of July

**What:** Join the festivities as Mansfield celebrates Independence Day with rock n' roll, recreation and rockets!

**Date:** July 3.

**Time:** 7:00 p.m. – 10:00 p.m.

**Location:** Big League Dreams Mansfield

**Relevant information:** Fireworks start at 9:30 p.m. Free parking and shuttle service is provided at Newsom Stadium from 6:45 p.m. to 11 p.m. Things to bring include: lawn chairs, blankets, sunscreen, insect repellent, cash for food or drinks.

**Cost:** Free admission

## Six Flags over Texas

**What:** It wouldn't be July 4th without a patriotic show! Enjoy a brilliant display of patriotism nightly at Six Flags Over Texas. It's the best way to cap off a day of fun and freedom!

**Date:** July 2 – 4.

**Location:** 2201 Road to Six Flags, Arlington, TX 76010.

**Relevant information:** Present a can of any Coca-Cola® product, along with park admission or Season Pass, and you'll receive exclusive early access to select rides one hour before the park opens, from 9:30 a.m. to 10:30 a.m. each day. On July 2, 3, and 4, you will gain early access to a thrilling selection of rides before anyone else!

## Fair Park Fourth

**What:** Celebrate America with a day of family fun in Fair Park at the City of Dallas' official Independence Day celebration, Fair Park Fourth.

**Date:** July 4.

**More details at:** <http://fairpark.org/>

## Lone Star Park

**What:** Lone Star Park in conjunction with the City of Grand Prairie will host the annual Lone Stars & Stripes Celebration. Bring the kids out to enjoy our expanded Family Fun Park from 3 p.m. to 9 p.m. featuring bounce houses, pony rides, a petting zoo, obstacle course, zip line, face painters, tattoo artists and so much more!

**Date:** July 4.

**Time:** Gates Open at 3 p.m. First live race at 5 p.m.

## Stockyard Station – Fourth of July Activities

**What:** Celebrate the Fourth in the Fort Worth Stockyards! Stockyards Station will have gunfight shows from the Legends of Texas after both cattle drives (11:30 a.m. and 4 p.m.), free face-painting for kids from 1 p.m. to 4 p.m. and live music inside the station. There are also historic walking tours and horseback rides from Stockyards Stables to round out your fun fourth!

**Date:** July 4.

**Time:** 10:00 a.m. – 8:00 p.m.

**Location:** 130 E. Exchange Avenue, Fort Worth, TX 76164

**Cost:** Free Admission

**Warning:** Many cities post that there's up to a \$2,000 fine for shooting off fireworks in the neighborhoods. Don't set your neighbor's house on fire.

## Best Baked "Fried" Chicken

(Serves: 4-6)

**Author:** Jen@CarlsbadCravings.com

**PREP TIME:** 15 mins

**COOK TIME:** 20 mins

**TOTAL TIME:** 35 mins

### INGREDIENTS

10 chicken tenderloins  
1 cup buttermilk  
1 cup flour  
1 cup panko breadcrumbs  
1/4 cup cornmeal  
3 tablespoons butter

### Spice Mixture

1 tablespoon salt (it won't taste salty)  
1 teaspoon pepper  
1 teaspoon smoked paprika (may sub. regular)  
2 teaspoons chili powder  
2 teaspoons garlic powder  
1 teaspoon onion powder



### INSTRUCTIONS

- Mix Spices together in a small sealable bag. Add 1 tablespoon Spices, 1 cup buttermilk and chicken to a large freezer bag and marinate 6-24 hours. Store remaining spices.
- Preheat oven to 400F degrees. Line a large rimmed baking tray with parchment paper (foil will NOT work because the chicken sticks to it). Add butter to baking tray and melt in oven while it preheats. Remove baking tray once butter is melted.
- Mix together flour, panko, cornmeal and remaining spices in a large bowl. Add half of this breading mixture to a large freezer bag.
- Remove chicken tenders from buttermilk and allow excess marinade to drip off (I line my sink with paper towels then dab the chicken with paper towels as I add them to the breadcrumb mixture.)
- Add half of the chicken to the breadcrumb bag and shake until well coated, pressing the breadcrumbs into the chicken with your fingers through the bag. Lay breaded chicken in butter on baking tray. Add remaining breadcrumb mixture to bag along with remaining chicken and repeat.
- Bake at 400F degrees for 10-12 minutes until golden then carefully flip chicken and bake another 5 minutes then broil to desired crispiness.
- Serve with your favorite dipping sauce. Enjoy!

**Website:** <http://www.carlsbadcravings.com/best-baked-fried-chicken/>

# *Congratulations Yard of the Month Winners*

1. 2803 Mastil - El Mirador
2. 2836 N Camino Lagos - El Sendero
3. 2932 N Camino Lagos - Cordova
4. 2947 Montalbo - El Llano
5. 3008 England Parkway - Bella Vista

6. 3040 Pamplona - La Pradera
7. 3051 Nadar Cordova
8. 7020 Miramar - Escondido
9. 7247 Roble - La Tierra
10. 7268 Bucanero - Marbella

11. 7311 Brisa - Las Brisas
12. 7364 Estella - Valencia
13. 6919 Nava - Sonora
14. 3260 Guadalupe - El Arroyo



*Keeping Our  
Community  
Beautiful*

# Share Your Announcements

## Are Donovan and Donyea Grayson True Twins?



Many mistake this unique pair of high school graduates for twins; however, Mira Lagos' residents Donovan Grayson is 17 years old and his sister, Donyea is the youngest student to graduate from Lake Ridge High School, at the age of 15.

In elementary school, Donyea was advanced a few times and began taking classes with Donovan in the fifth grade. In the classroom Donovan always cheered for his sister, and on the court Donyea has always cheered for her brother. Beginning next month, this pair will separate for the first time to attend college.

Donovan was admitted to more than 20 colleges and received academic scholarships to most. "Having so many options makes it tough", Donovan shared. Ultimately Donovan decided to attend Oklahoma Christian University in Edmond, OK, where he will major in Business Finance and play College Basketball.

After being admitted to numerous ivy-league and top 25 universities, Donyea decided to attend University of California in Los Angeles, and major in Psychology and Pre-Law. Donyea has been admitted to UCLA's Academic Advancement Program where she will begin college in July 2016, at the age of 15. Continuing her desire to be involved, Donyea completed an eight-day audition and was chosen to represent the university, as a UCLA Cheerleader.

Donovan and Donyea both admit that their journey has not been easy. "We studied a lot, participated in sports since age three, and volunteered numerous hours in the community", Donovan said. "Of course, this meant we could not always do the stuff our friends were doing, but it was worth it", Donyea added.

Even though they are not twins, the Grayson kids are truly a pair. Donyea received the only cheer award given this year, *Cheerleader of the Year* for her outstanding performance. While Donovan's most recent 2016 basketball awards include *Most Valuable Defensive Player*, *Best Performance of Year*, and *Most Three Point Shots in a Game (8)*.

Donovan said, "My sister inspires me to do my best in the classroom and on the court", while Donyea said, "My brother is my best friend and I get lots of inspiration from watching him". When asked what they will do so many miles apart, they both said, "We will always stay connected".



**Johan Rodriguez**

Picture: MLM 0616-22a

**Schools Name:** Lake Ridge High School

**Parents:** Lucia and Ramon Rodriguez

**Plans for after graduation:** Attend TCC then UTA or UTSA to become an Aerospace Engineer.



**JaVohn Jordan Griffin**

Picture: MLM 0616-22b

**Schools Name:** Lake Ridge High School

**Parents:** Larry & Theresa Griffin Jr.

**Plans for after graduation:** JaVohn plans to attend Los Angeles College of Music in Pasadena, CA in the Fall

*"Learning is an ornament in prosperity, a refuge in adversity, and a provision in old age." ~ Aristotle*

# The Importance of Sunscreen:

## How to Select, Apply, and Use It Correctly

Now that the warm weather's finally upon us, it's important to remember that while we may love the outdoors, going to the beach and how we look with a tan, there are serious consequences when we get too much sun exposure. Overexposure to the sun causes sunburn, premature aging of the skin, wrinkling, and skin cancer, including melanoma. Here are tips to help you enjoy the outdoors without hurting yourself.

### What is Melanoma?

Melanoma is the most dangerous type of skin cancer, and the leading cause of death from skin disease. Melanoma can spread very rapidly. Although it is less common than other types of skin cancer, the rate of melanoma is steadily increasing.

The development of melanoma is related to sun exposure or ultraviolet radiation, particularly among people with fair skin, blue or green eyes, and red or blond hair. The risk of developing melanoma increases with age. However, the disease also frequently affects young, otherwise healthy people.

Risks for melanoma include the following:

- Living in sunny climates or at high altitudes
- Long-term exposure to high levels of strong sunlight, because of a job or other activities
- One or more blistering sunburns during childhood
- Use of tanning devices

### Unprotected sun exposure is dangerous

Sunlight consists of ultraviolet (UV) rays, as well as related rays such as UVA, UVB, and UVC.

- UVA rays are present throughout the day and are the most important cause of premature aging of the skin. In addition, UVA rays are responsible for photosensitivity reactions and also contribute to skin cancer.
- UVB rays are most intense from 10:00 am to 4:00 pm and are most responsible for sunburn and skin cancer development.
- UVC rays are filtered by the ozone layer and do not reach the earth's surface.

Increased exposure to UV radiation occurs nearer the equator, during summer months, at higher elevation and during peak daylight. Reflection from the snow, sand, and water increases exposure, a particularly important



consideration for beach activities, skiing, swimming, and sailing. You can limit your dangerous exposure and help prevent burns and long-term damage by covering exposed areas when possible, wearing hats, and using the wide variety of sunscreens available in most stores and pharmacies.

### When to apply sunscreen

- Apply sunscreen approximately 30 minutes before being in the sun (for best results) so that it can be absorbed by the skin and less likely to wash off when you perspire.
- Remember to reapply sunscreen after swimming or strenuous exercise.
- Apply sunscreen often throughout the day if you work outdoors, and wear hats and protective clothing.

### How to apply sunscreen

- Shake well before use to mix particles that might be clumped up in the container. Consider using the new spray-on or stick types of sunscreen.
- Be sure to apply enough sunscreen. As a rule of thumb, use an ounce (a handful) to cover your entire body.
- Use on all parts of your skin exposed to the sun, including the ears, back, shoulders, and the back of the knees and legs.

- Apply thickly and thoroughly.
- Be careful when applying sunscreen around the eyes.

### What to look for when you buy sunscreen

- Pick a broad-spectrum sunscreen that protects against UV-A and UV-B rays and has a sun protection factor (SPF) of at least 15.
- Read product labels. Look for a waterproof brand if you will be sweating or swimming. Buy a non-stinging product or one specifically formulated for your face.
- Buy a brand that does not contain para-aminobenzoic acid (PABA) if you are sensitive to that ingredient.
- Try a sunscreen with different chemicals if your skin reacts badly to the one that you are using. Not all sunscreens have the same ingredients.
- Use a water-based sunscreen if you have oily skin or are prone to acne.
- Be aware that more expensive does not mean better. Although a costly brand might feel or smell better, it is not necessarily more effective than a cheaper product.
- Be aware of the expiration date because some sunscreen ingredients might degrade over time.







A mosquito-transmitted virus causes most cases of West Nile infection. Most people infected with West Nile virus either don't develop signs or symptoms or have only minor ones, such as fever and mild headache. However, some people develop a life-threatening illness that includes inflammation of the spinal cord or brain. Mild signs and symptoms of a West Nile virus infection generally go away on their own. But severe signs and symptoms — such as a severe headache, fever, disorientation or sudden weakness — require immediate attention. Exposure to mosquitoes where West Nile virus exists increases your risk of getting infected. Protect yourself from mosquitoes by using mosquito repellent and wearing clothing that covers your skin to reduce your risk.

### Symptoms

Most people infected with the West Nile virus have no signs or symptoms.

### Mild infection signs and symptoms

About 20 percent of people develop a mild infection called West Nile fever. Common signs and symptoms include:

- Fever
- Headache
- Body aches
- Vomiting
- Diarrhea
- Fatigue
- Skin rash

### Serious infection signs and symptoms

In less than 1 percent of infected people, the virus causes a serious neurological infection, including inflammation of the brain (encephalitis) and of the membranes surrounding the brain and spinal cord (meningitis).

Signs and symptoms of neurological infections include:

- High fever
- Severe headache
- Stiff neck
- Disorientation or confusion
- Stupor or coma
- Tremors or muscle jerking
- Seizures
- Partial paralysis or muscle weakness

Signs and symptoms of West Nile fever usually last a few days, but signs and symptoms of encephalitis or meningitis can linger for weeks or months. Certain neurological effects, such as

muscle weakness, can be permanent.

### When to see a doctor

Mild symptoms of West Nile fever usually resolve on their own. For signs or symptoms of serious infection, such as severe headaches, a stiff neck, disorientation or confusion, seek medical attention right away. A serious infection generally requires hospitalization.

### Causes

#### West Nile virus transmission cycle

Typically, West Nile virus spreads to humans and animals via infected mosquitoes. Mosquitoes become infected when they feed on infected birds. You can't get infected from casual contact with an infected person or animal.

Most West Nile virus infections occur during warm weather, when mosquitoes are active. The incubation period — the period between when you're bitten by an infected mosquito and the appearance of signs and symptoms of the illness — ranges from two to 14 days.

West Nile virus has occurred in Africa, Asia, Europe and the Middle East. It appeared in the United States in the summer of 1999, and since then has been reported in every state except Hawaii and Alaska, as well as in Canada.

#### Other possible routes of transmission

In a few cases, West Nile virus might have spread through other routes, including organ transplantation and blood transfusion. However, blood donors are screened for the virus, substantially reducing the risk of infection from blood transfusions.

There also have been reports of possible transmission of the virus from mother to child during pregnancy or breast-feeding or exposure to the virus in a lab, but these are rare and not conclusively confirmed.

#### Risk factors

Most cases of West Nile virus in the United States occur June through September. Cases have been reported in all 48 lower states.

#### Risk of serious infection

Even if you're infected, your risk of developing a serious West Nile virus-related illness is extremely small — less than 1 percent of people who are infected become severely ill. And most people who do become sick recover fully. You're more likely to develop a severe or fatal infection based on:

- **Age.** Being older puts you at higher risk.
- **Certain medical conditions.** Certain diseases, such as cancer, diabetes, hypertension and kidney disease, increase your risk. So does receiving an organ transplant.

#### Diagnosis

Besides conducting a physical exam, your doctor can confirm the presence of West Nile virus or a West Nile-related illness, such as meningitis or encephalitis, by performing one of the following tests:

- **Laboratory tests.** If you're infected, a blood test may show a rising level of antibodies to the West Nile virus. Antibodies are immune system proteins that attack foreign substances, such as viruses.
- **Lumbar puncture (spinal tap).** The most common way to diagnose meningitis is to analyze the cerebrospinal fluid surrounding your brain and spinal cord. A needle inserted between the lower vertebrae of your spine is used to extract a sample of fluid for laboratory analysis. The fluid sample may show an elevated white cell count — a signal that your immune system is fighting an infection — and antibodies to the West Nile virus.
- **Brain tests.** In some cases, an electroencephalography (EEG) — a procedure that measures your brain's activity — or an MRI scan can help detect brain inflammation.

### Treatment

Most people recover from West Nile virus without treatment. Most severe cases require supportive therapy in a hospital with intravenous fluids and pain medication.

For mild cases, over-the-counter pain relievers can help ease mild headaches and muscle aches. Use caution when giving aspirin to children or teenagers. Children and teenagers recovering from chickenpox or flu-like symptoms should never take aspirin. This is because aspirin has been linked to Reye's syndrome, a rare but potentially life-threatening condition, in such children.

### Prevention

Your best bet for preventing West Nile virus and other mosquito-borne illnesses is to avoid exposure to mosquitoes and eliminate standing water, where mosquitoes breed.

Unclog roof gutters.

Empty unused swimming pools or empty standing water on pool covers.

Change water in birdbaths and pet bowls regularly.

Remove old tires or unused containers that might hold water and serve as a breeding place for mosquitoes.

Install or repair screens on windows and doors.

#### To reduce your exposure to mosquitoes:

Avoid unnecessary outdoor activity when mosquitoes are most prevalent, such as at dawn, dusk and early evening.

Wear long-sleeved shirts and long pants when outdoors.

Apply mosquito repellent containing an Environmental Protection Agency-registered insect repellent to your skin and clothing.

Choose the concentration based on the hours of protection you need — the higher the percentage (concentration) of the active ingredient, the longer the repellent will work. Follow the directions on the package, paying special attention to recommendations for use on children.

When outside, cover your infant's stroller or playpen with mosquito netting.



# Kids Corner



## Star and Stripes Patriotic Hand Print Flag Craft

### MATERIALS

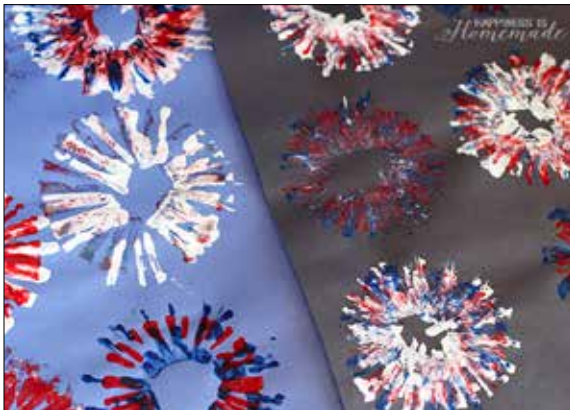
- Craft paint (we used acrylic to make a brighter print)
- Paintbrushes
- Light blue paper for print
- Red paper for mounting
- White paint marker

### STEPS

- Paint a blue square on the palm of hand.
- Paint white and red alternating striped down the fingers.
- Press hand down onto light blue paper to make a print.
- Once dry add a star to the blue area using the white paint marker.
- Mount on slightly larger red paper to create a frame.



Source: <http://b-inspiredmama.com/kids-craft-patriotic-hand-print/>



## Painting Fireworks

Painting fireworks is a quick and easy 4<sup>th</sup> of July kids craft activity that can keep little ones entertained for ages! This activity can be lots of fun for kids ages 2-10!

### STEPS

- Start by cutting a toilet paper roll into 2" long fringes. Open up the fringe so that it sits flat against the table, and place the roll on to a paper plate that

has been covered in a layer of tempera or acrylic paint. For our fireworks we used four rolls/plates – red, white, blue, and a glittery mix of all three colors.

- Just take the roll, dip the fringe in paint, and stamp it on to your paper. Easy peasy!

So much fun! I love quick and easy holiday kid's crafts that don't require a lot of prep work or time, and these fireworks paintings are perfect!



Source: <http://www.happinesishomemade.net/2015/07/01/4th-of-july-kids-craft-painting-fireworks/>



# Community-Wide FILL-A-BACKPACK Event July 9, 2016–August 13, 2016

All Mira Lagos residents are invited to participate in the Community-Wide Sharing Event to Fill-A-Backpack with school supplies and/or non-perishable food items for 75 children at Erma Nash Elementary School (Broad St, Mansfield, TX). The Social Committee will have boxes located at the HOA Office on S. Camino Lagos for residents to drop off school supplies and non-perishable can goods or food items between July 9, 2016 and August 13, 2016.

We will need 75 new backpacks to fill with general school supplies including but not limited to pencils, erasers, ink pens, paper,

notebooks, construction paper, manila paper, wide-ruled paper, rulers, pencil cases, markers, crayons, folders with brags and without (red, yellow, blue, green, purple), glue and glue sticks, Kleenex, hand sanitizer, scissors, gallon and quart-sized baggies, water colors, etc.

Non-perishable food may include easy-to-cook or fix items such as peanut butter, jelly, tuna, mac n cheese, spaghetti and sauce, various soups, instant hot cereals, cold cereal, canned or packaged tuna or chicken salad, fruit or granola bars, fruit roll-ups, pudding packs, fruit cups (peaches, pears, mango, fruit cocktail, etc), crackers (peanut butter, cheese, Goldfish, Club, Ritz, saltine, etc), fruit juice boxes, and canned vegetables.

Please make sure all donated items are new, unopened and have an unexpired “use by” date. We will not distribute single packets of instant oatmeal, grits, cream of wheat from an open box or expired can goods.

We’d appreciate your help in reaching our goal to Fill 75 Backpacks this summer!

*The Social Committee is seeking Teen Volunteers! Earn your community service hours during the Mira Lagos Social Events and Activities. Contact the Social Committee at [social@miralagoshoa.com](mailto:social@miralagoshoa.com) for more information.*

*Mira Lagos HOA Social Committee*

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Pre-Season		
DATE	DALLAS TIME	OPPONENTS
Sat Aug 13	7:00 pm	@ Los Angeles (ESPN)
Fri Aug 19	7:00 pm	<b>MIAMI (CBS11)</b>
Thur Aug 25	9:00 pm	@ Seattle (CBS11)
Thur Sep 1	7:00 pm	<b>HOUSTON (CBS11)</b>
Regular Season		
Sun Sep 11	3:25 pm	<b>NEW YORK (FOX)</b>
Sun Sep 18	Noon	@ Washington (FOX)
Sun Sep 25	7:30 pm	<b>CHICAGO (NBC)</b>
Sun Oct 2	3:25 pm	@ San Francisco (FOX)
Sun Oct 9	3:25 pm	<b>CINCINNATI (CBS)</b>
Sun Oct 16	3:25 pm	@ Green Bay (FOX)
Sun Oct 23		BYE
Sun Oct 30	7:30 pm	<b>PHILADELPHIA (NBC)</b>
Sun Nov 6	Noon	@ Cleveland (FOX)
Sun Nov 13	3:25 pm	@ Pittsburgh (FOX)
Sun Nov 20	Noon	<b>BALTIMORE (CBS)</b>
Thur Nov 24	3:30 pm	<b>WASHINGTON (FOX)</b>
Mon Dec 1	7:30 pm	@ Minnesota (NBC)
Sun Dec 11	7:30 pm	@ New York (NBC)
Sat Dec 18	Noon	<b>TAMPA BAY (FOX)</b>
Sun Dec 26	7:30 pm	<b>DETROIT (ESPN)</b>
Sun Jan 1	Noon	@ Philadelphia (FOX)

Home games in BOLD. \*Some times subject to change



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