

Welcome
Autumn



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@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



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www.miralagoshoa.com

www.texas.fsrconnect.com/miralagos

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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
landscape@miralagoshoa.com
Meetings: 1st Wednesday monthly

Welcome

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

Sports

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

New Members welcome on all committees!

Safety

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

Board of Directors

Joshua Spare, President
Eric Blackwell, Vice President
Robert McLain, Secretary
Dee Garret, Director
John Hughes, Director
board@miralagoshoa.com



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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Halloween Decorating Contest



The Annual Halloween Decorating Contest will be held in October once again. The Landscape Committee will be on the lookout for ghouls and goblins and boo-tiful Halloween decorations all over Mira Lagos. Prizes will be awarded for the most spook-tacular homes. All decorated homes will automatically be in the contest, no need to enter to win. Weather permitting, judges will be making the rounds between October 26 – October 31st, so pull your skeletons out of the closet and get ready to scare the daylights out of your neighbors.

Happy Haunting!

Brought to You By Your Neighbor &
Mira Lagos Expert



Get Ready to Cheer On
America's Team!
Century 21 Judge Fite Co.
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)



UPCOMING EVENTS

Sweeney Todd, the Demon Barber of Fleet Street

Presented by the Grand Prairie Arts Council

Date: 10/06/2017 - 10/08/2017

Location: Uptown Theater

120 E. Main Street

Grand Prairie, Texas 75050

For information call 972-237-8786 or visit

www.uptowntheatergp.com

Family Place: Discovery Time Workshop

Date: 10/11/2017 10:00 AM - 11:00 AM

Location: Main Library

901 Conover Drive

Grand Prairie, Texas 75051

Introduction: For children ages 1 to 3 years old and their caregivers.

Join us for this free, five-part workshop for children ages 1 to 3 years old and their caregivers. In each one-hour session, parents will do hands-on activities where they engage directly with their children to promote emotional, physical and cognitive development. In this casual and unstructured environment, parents will have the opportunity to bond with their children through play and ask questions of our resource professional who will be available at each session. Families are asked to attend all five of our workshops.

Registration for this workshop is required, please email Mia Harris at mharris@gptx.org or call 972-237-5715.

Farmers Market: Chili Day

Date: 10/21/2017 8:00 AM - 1:00 PM

Location: Farmers Market

120 W. Main St.

Grand Prairie, Texas 75050

Cooler weather is coming, so it's time for chili at Grand Prairie Farmers Market!

Grand Prairie Farmers Market at Market Square is open 8 a.m. to 1 p.m. Saturdays from April through mid-December and features locally grown fruits and vegetables, baked goods, tamales, salsas, dips, relishes, eggs, honey, chips, plants, soaps, candles and more.

For more information call 972-237-4599.

Shred It Day

Shred your sensitive documents on Shred It Day.

Date: Saturday, October 14, 2017

Time: 8 a.m. to 11 a.m.

Location: 1525 Arkansas Lane

Cost: \$5 per box or \$10 for three boxes. All proceeds will go to Grand Prairie Crime Commission Inc., non-profit 501c3

Arrive early (event ends at 11 a.m. or when the truck is full)

· Box size: standard office size approximately 18”H x 11”W x 9”D

· No plastic bags

· No commercial trucks (i.e. U-Haul)

Low Cost Pet Vaccination Clinic

Date: 10/21/2017 3:00 PM - 5:00 PM

Location: Prairie Paws Adoption Center 2222 W. Warrior Tr. Grand Prairie, Texas 75052

FIT for Health Program

Date: Thursday 10/26/2017 4:00 PM - 6:00 PM

Location: Betty Warmack Library 760 Bardin Rd. Grand Prairie, Texas 75052

Introduction: Families in Training

The YMCA offers a free nutrition and health program for families with children 6-12 years of age consisting of 11 group sessions that meet once a week for 1.5 hours. Each session consists of a physical activity and a nutritional education portion for the families. For early registration or questions, please contact Julio Abonza at 469-515-5763 or jabonza@ymcadallas.org.

Creep Fest 2017

Date: 10/27/2017 7:00 PM - 8:30 PM

Location: Main Library

901 Conover Drive

Grand Prairie, Texas 75051

Do you love the chills you get watching a scary movie? Are you having trouble finding friends who like horror films and scary stories as much as you do? Come to the Main Library's Creep Fest 2017, and meet up with other horror enthusiasts to watch short horror films, play horror trivia, and talk about favorite cult classics. Dress up in your goriest garb to enter the costume contest.

Street N' Treat

Date 10/31/2017

Location: Market Square

120 W Main St. Grand Prairie, Texas 75050

Join us for an enjoyable Halloween event in Grand Prairie! Participants will enjoy FREE games, face painting, kid's crafts, and trick-or-treating at the Farmers Market! Prepare to dress to impress, ask "Trick-or-Treat" and bring a large bucket for candy! *Vendors are accepted.



MIRA LAGOS

Upcoming Events

- National Night Out 10/03**
- CPR Class 10/05**
- Fall Vendor Fair 10/14**
- Halloween Decorating Contest 10/31**
- Blood Drive 11/4**
- Santa Cop 11/11**
- Holiday Event TBD**

Carter Blood Care and Kroger Pharmacy are excited to work with Mira Lagos Homeowner's Association



Below is some information for your use:

- Drive date is scheduled for Saturday, November 4, 2017
- The hours are 9:00 am – 3:00 pm.
- The location is the Mira Lagos Office at 3025 S. Camino Lagos, Grand Prairie, TX 75054
- The projection is to collect 27 units of blood which means we will need to see about 5-6 more than that to collect 27 units.
- We need a total of 36 donors between those hours.
- All donors need a picture ID to donate.
- Age 17 is the minimum age requirement or 16 years old with parental consent; however, all donors still need a picture ID.
- A good meal is advised at least 2 hours before donation and hydration is important.
- The average donation takes approximately 45 minutes.
- Flu Shots will be provided to those with identification and insurance.
- Blood Pressure tests as well as other tests can also be performed at this time.

Please stop by and take advantage of possibly saving a life or saving your own.

Erik Shinkle - Sports Committee Chair



**October 14, 2017
11:00 am-1:00 pm
Cora Spencer Elementary**

Mark your calendars for a spectacular day of family fun at the Mira Lagos Fall Vendor Fair! Join us for pumpkin patch and face painting, bounce houses, music, local crafters and entrepreneurs! We will toss in a little comfort food too.

Community Entrepreneurs/Crafters: Let the community know what you do! Reserve a space at the Fall Vendor Fair to showcase your business, products, and/or those holiday items. Let's not forget the holidays are right around the corner!

A small \$25 REFUNDABLE entry fee for homeowners and NON-REFUNDABLE for non-homeowners holds a space for you.

**Send your registration to ML HOA
social@miralagoshoa.com**

Fall Vendor Fair

**3025 S. Camino Lagos, Grand Prairie, TX 75054
before Saturday, October 07, 2017.**

**See You at the Fall Vendor Fair!!!
Mira Lagos Social Committee**

CPR and First Aid Safety Training Classes


On August 3, 2017 Mira Lagos residents attended the free First-Aid training class coordinated by the Safety Committee. The training was held at Cora Spencer Elementary in Grand Prairie and taught by Grand Prairie Firefighter Brad Smith.

Students learned adult and infant basic first aid, key steps in first aid, remove protective gloves, use an epinephrine pen, control bleeding and bandaging, proper use of an Automated External Defibrillator, and how to deal with choking. Participants watched videos, went through various scenarios, and practiced their newfound skills with training devices.

Participants that completed the training will receive a First aid card from the American Heart Association, which is valid for one year.

Special thanks go out to Brad for his continued support of the CPR and First Aid Training. This is Brad's sixth year teaching the CPR and First Aid classes in our community and he will be returning to teach another CPR training class on September 21st and October 5th at 6:30pm, also at Cora Spencer. Seating is limited. You must register to participate. To register please contact the Safety Committee at safety@miralagoshoa.com.

Feel free to stop by and say "Hello" to Brad and the other City of Grand Prairie Fire Fighters at Fire Station#7, located at the northeast corner of Lake Ridge Parkway and Lynn Creek Pkwy/ Mansfield Rd.



Your Ideal Donation

Your blood donation is an irreplaceable gift that saves lives right here in your community.

Carter BloodCare relies on more than a thousand donors each day to meet the needs of patients in our community. To help maintain the balance of our precious blood supply, many of our donors give **double red cells, platelets, plasma or whole blood**. Depending on your blood type and your gender, you may be an ideal candidate for one of these types of donations.


Make it a double
More than 69 percent of all transfusions require red blood cells. When you give double red cells, you are able to give more of what patients need most. Because of the automated donation technology, you can safely give two full transfusable doses of red cells in a single donation. There are certain size criteria for double red donors. Talk to a phlebotomist to see if you qualify. You can give double red cells every 16 weeks or up to 3 times a year.

Platelet people
It takes 4-6 whole blood donors to produce just one unit of transfusable platelets. But with automated donation technology, you can give up to three concentrated platelet transfusions with one donation. This is great news for the many patients requiring frequent platelet transfusions. Especially since the shelf life of a unit of platelets is only five days. Platelets can be given at any Donor Center, as often as every two weeks up to 24 times a year.

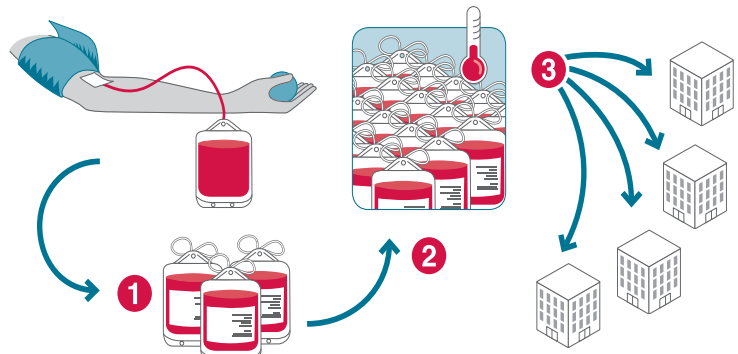
Life-giving plasma
Plasma is the liquid portion of blood that carries vital and important clotting factors. It can be lifesaving for organ transplant recipients, burn victims and premature babies. A plasma donation is automated, which means donors can give up to three times the plasma than during a whole blood donation. Giving plasma takes about an hour and can be done every four weeks at any Donor Center.

Whole blood
All other blood types make ideal whole blood donors. This type of donation is called "whole blood" because it still contains all blood components. Once it's drawn, the unit of whole blood is sent to processing where it is separated into red blood cells, platelets and plasma. Whole blood donations are the most common, and can be given on mobile drives or at Donor Centers every 56 days up to 6 times a year.

Knowing your ideal donation can make all the difference!
If you have questions about what your ideal donation is, talk with a Carter BloodCare phlebotomist or visit carterbloodcare.org/bloodtypes. Remember, it takes all kinds of donations. Thank you for helping us keep our community blood supply safe and strong for all kinds of patients!



What Happens to Your Blood?



1 Typing and testing
Your blood is typed: O, A, B or AB, as well as Rh factor (either positive or negative). Your blood is also tested for infectious diseases such as syphilis, hepatitis B and C, HIV and West Nile virus.

Blood components
Whole Blood is routinely separated into components that can be transfused together or separately. Most patients need only one or two parts of the blood, so dividing blood into three parts saves multiple lives.

Plasma is the fluid that transports blood cells and proteins. It assists in clotting and maintaining blood volume.
Platelets are parts of cells that help blood clot. They are generally used for leukemia and cancer patients.
Red cells carry oxygen. They are used to treat anemia and loss of blood from surgery and/or trauma.

2 Storage
After being separated, typed and tested, blood is labeled by blood group and expiration date. It is then stored for distribution. From the time they are drawn, red blood cells can be stored for up to 42 days, and platelets can be stored for up to five days.

3 Withdrawal
Just like a regular bank, the blood in the blood bank is taken out of storage when needed. Hospitals work closely with blood banks so that when a certain type of blood is needed it can be supplied quickly.

- Giving blood has its rewards!**
- You receive a mini physical each time you donate
 - Get your cholesterol test results by calling 1-800-366-2834 or logging on to CarterBloodCare.org
 - Earn points each donation to redeem for items in the Great Partners Rewards store
 - You know you are a part of saving up to three lives in your community

Find out more: CarterBloodCare.org • 800-DONATE-4

Find out more: CarterBloodCare.org • 800-DONATE-4



National Night Out 2017

National Night Out is the nation's night out against crime. Texas residents will celebrate the 34th Annual National Night Out against crime on Tuesday, October 3, 2017. **Mira Lagos residents are invited to a NNO celebration at Rush Creek Church Mira Lagos 6pm-8pm.**

National Night Out is designed to:

- Heighten crime and drug prevention awareness
- Generate support and participation in crime efforts
- Strengthen neighborhood spirit and police community relations
- Let criminals know that neighborhoods are organized and fighting back

During the event, residents are asked to turn on their porch lights, lock their doors and spend the evening outside with their neighbors, police officers, firefighters and EMS paramedics. Events such as cookouts, block parties and neighborhood walks will all occur simultaneously throughout the city and nationwide.

WWW.MIRALAGOSHOA.COM

Welcome Community Life Coach Verdell Osborne



Resident Susan Richardson talks with **Verdell Osborne** about her pursuit of her passion on becoming a certified Community Life Coach.

Susan Richardson

Verdell thank you for volunteering to be a featured writer for the Mira Lagos Messenger. The excitement about your future articles & professional service contributions to our community has been hard to contain.

SR How did you find your way to Texas?

VO Many years ago my job transferred here. I stayed for a while but left and went back to my home town of Sandusky, Ohio. Then I returned in 2015 with my Husband who accepted a job at Keller ISD and we have since fell in love with Texas.

SR Tell us about your family?

VO I had a great childhood. Being the only girl of 4 children, I was raised as a “Daddy’s Girl”. My Father served in the military and was also a police officer. He had a very positive



impact on my life. He has since passed, but my Mother continues to be a wonderful active senior in Ohio. My Husband, Darnell Osborne & I recently celebrated our 20th Wedding Anniversary and Darnell’s 5 children have blessed us with 14 grandchildren and we are thoroughly enjoying our role as grandparents.

SR Tell us, did you choose your profession or did it choose you?

VO My professions definitely choose me. All my life, I have been a listener and I am not shy about offering advice. Early on, I was designated as the “Family Career Coach”. I eagerly & lovingly prepared resumes & performed mock interviews with various family members & friends which always gave me a deal of satisfaction, especially when they would land the job of their dreams.

SR What do you do when you’re not working?

VO I like to read, create vision boards and watch my all-time favorite TV show “Law & Order”. But above all, I enjoy spending time with my husband, who truly is my best friend.

SR What do you hope to accomplish as a Community Life Coach?

VO Create the “best places to live”

cultures for community’s worldwide, one neighborhood at a time.

SR What is the last book you read?

VO Jason Forrest’s new book “WTF: Why Training Fails”. The book highlights the mindset of transitioning from being “just a Manager” into becoming a true “Coach” and supporting people through real life examples of success & pitfalls.

SR In your opinion what makes a good neighbor?

VO Someone who offers a smile, a hello, that is open and receptive to getting to know their fellow neighbor as a person and not just as the person who lives at 123 Easy St. A good neighbor, who you are connected with, will be there for you in a time of need. Who will care enough to check on your welfare if your living habits have been altered. Just making yourself available, not nosey, just available constitutes being a good neighbor.

SR What is your favorite way to relax?

VO Sitting in a comfortable chair with a good book or magazine or taking a long walk in the park. Basically any activity that puts me into a wonderful state of peaceful being.

SR Is there anything else that you would like to add?

VO Community can’t happen with just one person. Community involves everyone. When a community comes together, a bond is formed and I believe that inspired communities soar.

Recipes of the Month *Cranberry Tea*



Ingredients:

- 3 ½ quarts water
- 1 12 oz package cranberries
- 2 cup white sugar
- 2 oranges, juiced
- 2 lemons, juiced
- 12 Whole cloves
- 2 cinnamon sticks

Directions:

In a large pot, combine water and cranberries. Bring to a boil, reduce heat, and simmer for 30 minutes. Add sugar, orange juice, lemon juice, cloves and cinnamon sticks. Cover, and steep for 1 hour.

Pumpkin Lasagna

Ingredients

- 1/2 pound sliced fresh mushrooms
- 1 small onion, chopped
- 1/2 teaspoon salt, divided
- 2 teaspoons olive oil
- 1 can (15 ounces) solid-pack pumpkin
- 1/2 cup half-and-half cream
- 1 teaspoon dried sage leaves
- Dash pepper
- 9 no-cook lasagna noodles
- 1 cup reduced-fat ricotta cheese
- 1 cup shredded part-skim mozzarella cheese
- 3/4 cup shredded Parmesan cheese



mixture, 1/2 cup ricotta, 1/2 cup mozzarella and 1/4 cup Parmesan cheese. Repeat layers. Top with remaining noodles and sauce. Cover and bake at 375° for 45 minutes. Uncover; sprinkle with remaining Parmesan cheese. Bake 10-15 minutes longer or until cheese is melted. Let stand for 10 minutes before cutting.

Freeze option: Cover and freeze unbaked lasagna. To use, partially thaw in refrigerator overnight. Remove from refrigerator 30 minutes before baking. Preheat oven to 375°. Bake as directed, increasing time as necessary to heat through and for a thermometer inserted in center to read 165°. Yield: 6 servings.

Directions: In a small skillet, sauté the mushrooms, onion and 1/4 teaspoon salt in oil until tender; set aside. In a small bowl, combine the pumpkin, cream, sage, pepper and remaining salt. Spread 1/2 cup pumpkin sauce in an 11x7-in. baking dish coated with cooking spray. Top with three noodles (noodles will overlap slightly). Spread 1/2 cup pumpkin sauce to edges of noodles. Top with half of mushroom

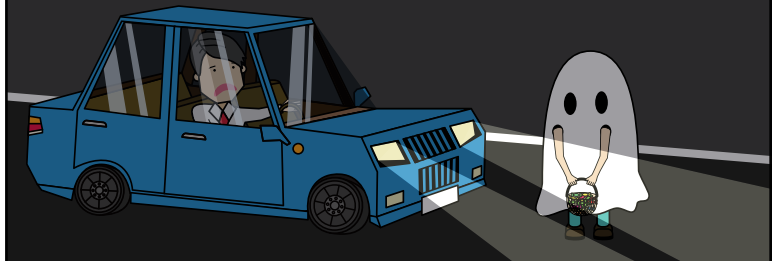
New Methodist Mansfield Sports Clinic Helps Get You Back in the Game



Are you hurting from a sports injury and don't know what to do? Then head to the Black & Blue Sports Injury Clinic at the new Methodist Urgent Care on Saturdays from 9 a.m. to noon. The sports physician will evaluate you at no charge. No appointment is necessary. The Black and Blue Sports Injury Clinic is located at 1718 US 287 Frontage Road, Suite 200 next to Jason's Deli.

Trust. Methodist.

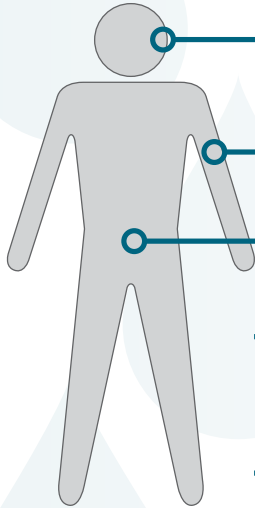
Drive Extra Safely on Halloween



1. Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
2. Take extra time to look for kids at intersections, on medians and on curbs.
3. Enter and exit driveways and alleys slowly and carefully.
4. Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
5. Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.
6. Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.



Blood donor guidelines



Please provide personal identification, including a photo ID

Preséntese con un documento de identidad con su fotografía

Not currently taking antibiotics

No esta tomando antibióticos actualmente

Feeling well and healthy

Espere a sentirse bien y saludable

At least 16 years of age. 16-year-olds must have written parental consent.

16 años de edad o Mínimo. Jóvenes de 16 años deben proveer consentimiento escrito de sus padres.

Minimum of 110 pounds

Mínimo 110 libras

All donors: Please provide personal photo identification. IDs must be issued by state (DL or ID), school or U.S. government (passport, military ID, resident alien ID, green card or work visa).

Age: At least 16 years of age and in good general health. 16-year-olds must have written parental consent. There is no upper age limit.

Weight: Minimum of 110 pounds.

Medications: Cannot give if currently taking antibiotics for treatment. Cannot give if taking Accutane, Propecia or Proscar. Platelet donors cannot give if taking aspirin or Plavix. OK to give if taking vitamins, birth control, or medicine for allergies, blood pressure, thyroid replacement, female hormones, anxiety or high cholesterol, as well as most other medications.

Eating: Eat a low-fat meal within two to four hours before giving.

Drinking: Drink lots of water or juice before and after donating. Avoid alcoholic beverages for 12 hours before and after donating.

Shots: OK after allergy shots, influenza vaccine, hepatitis A vaccine, tetanus shot.

Strenuous activity: Avoid for 12 hours after donating. Individuals with a hazardous or strenuous job should donate at the end of their work shift.

***Cancer:** OK to donate after curative treatment for basal cell skin cancer and squamous cell skin cancer. For most solid tumors, including those due to breast cancer, it is OK to give five years after completion of all treatment. Exceptions are noted under "Permanent disqualifications."

Diabetes: OK if controlled by human or porcine insulin, oral medication or diet.

Temporary disqualifications

Cold/Flu/Don't feel well: One day symptom-free. Deferred until feeling well and healthy.

Pregnancy: OK to donate six weeks after end of pregnancy.

Earlobe piercing: OK to donate, if performed with a single-use device. If not, wait one year.

Body and ear cartilage piercing: OK to donate, if performed in a Texas state-licensed facility. If not, wait one year.

Hepatitis B vaccine: OK to give two weeks after vaccine.

Tattoo: OK to donate, if performed at a licensed Texas facility, otherwise wait one year from date of procedure.

Last blood donation: Eight weeks between whole blood donations. Seven days between platelet donations up to 24 times per year. Sixteen weeks between automated double red cell donations.

Blood transfusion or tissue transplant: None in the past year.

Malaria: One year following travel to malarial area as defined by the Centers for Disease Control and Prevention (CDC). OK to donate three years after malaria is cured.

Permanent disqualifications

- AIDS/HIV infection or certain risk factors.
- History of heart attack.
- History of illicit drug use, including steroids, using a needle.
- Human growth hormone injections (pituitary derived).
- Viral hepatitis at age 11 or older.
- Lymphoma, leukemia, or *melanoma.
- Diabetic who ever took bovine (beef) insulin injections.
- More than three months spent (cumulative) in the United Kingdom between 1980 and 1996.
- More than five years spent (cumulative) in Europe from 1980 to the present.
- If the donor was a member of the U.S. military, a civilian military employee, or a dependent of a member of the U.S. military who spent a total time of six months or more associated with a military base in any of the following countries: Belgium, the Netherlands, Germany between 1980 through 1990, or in Spain, Portugal, Turkey, Italy or Greece between 1980–1996.
- Recipients of blood transfusions in the U.K. since 1980.

Please remember, even if you are permanently disqualified from giving blood there are other ways you can support our community blood supply. Host a blood drive, volunteer, or recruit other blood donors. Every little bit helps!

*Changes coming this summer that will make it easier for those who have had cancer to give blood.

Get Involved! Help Keep Watch on Mira Lagos!

The Grand Prairie Police Department's Citizens On Patrol (COP) program provides the opportunity for trained citizen volunteers to assist their police department with designated non-confrontational activities as citizen patrollers and administrative volunteers in order to increase citizen understanding and participation in police activities, enhance crime prevention, and provide additional resources to improve service to the community.

COP volunteers help patrol the city in specially marked decommissioned police cars. Members are trained to work with the police department to act as additional "eyes and ears" to help to report criminal activity and issues requiring the attention of city resources.

Citizens who are interested in volunteering should first sign up to attend the next Citizen Police Academy. The Grand Prairie Police Department offers two Citizen Police Academy classes per year, and citizens can submit an application to be on the waiting list.



For information about joining Citizens On Patrol: Contact eballiet@gptx.org .
<http://www.gptx.org/city-government>



Reach Your Neighbors! Advertise in this Magazine!



Contact Community News Connection
for more information:

972-396-8855

info@communitynewsconnection.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.



Hi Mira Lagos,

Join us to celebrate the strength and courage of countless breast cancer fighters and survivors at a fun pink luncheon.

When: Saturday, Oct. 14, 10 a.m. to noon

Where: Methodist Mansfield Medical Center Café
Women's Center Entrance

We'll help raise awareness of the disease, educate women on how early detection can save lives in the fight against breast cancer, highlight the latest 3-D mammography, hear from a survivor, and raise funds to help breast cancer patients receive an ultimate healing kit.

Register today for this can't miss event, which will feature Kristin Dickerson, an amazing keynote speaker and a Kendra Scott trunk show!

<http://info.methodisthealthsystem.org/pretty-in-pink>



Join the women of your community!

Register Today

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.



October Landscape Tips

By Greater Texas Landscapes

Zen-ify Your Landscape

A Zen-like area makes a wonderful addition to a residence or a commercial property that has an out of the way unused space. Creating a pleasant seating area/walking area for reflection is just the ticket for those areas where you aren't sure how to develop or renovate. You can blend a canvas of low grassy plantings with pathways for circulation and/or seating. Everyone loves a quiet space to sit and ponder, plan or percolate and what better way than through a Zen space. If you have a water source in the area, some sounds of trickling water add to the pleasure! Make sure to get ACC approval first.

Plant of the Month: Gulf Muhly This perennial ornamental grass is especially gorgeous right now in our balmy fall weather. This grass is especially tough and rugged throughout the year, requiring minimal water. Then as the fall approaches, the "blooms" appear and amaze! They are pink and wispy but put on quite a show when planted en masse. A great addition to any Xeriscape-commercial or residential.

Landscape Tips for October

- Dig and divide bulbs/rhizomes/tubers (e.g. iris and daylilies)
- Plan and plant the fall vegetable garden.
- Continue fertilization of lawns for winterization.
- Mulch beds for protection during winter months.
- Plan to install new container grown trees this fall (autumn is the best time to plant trees).
- Continue to sow Bluebonnet seeds. Others (firewheel, Mexican hat area also nice!)

Submit an ACC request and obtain approval before any and all property modifications.

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

Be Genuinely Helpful

Aim High

Improve It

Build Great Relationships

Own It

Do What's Right

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.



Looking to meet new people with your same interests and have fun doing it? Look no further, Mira Lagos has many Activity Groups to choose from.

Lucky River Poker Club

Contact Mike Watkins, Watkins9111@att.net

Ladies Game Night brought to you by AllMyHomeGirls

LCR (Left,Right,Center) Is the 1st Monday of the month, 7:00 pm.

BunKo is the 2nd Monday of the month, 7:00 pm.

LCR Wild is the LAST Monday of the month, 7:00 pm.

A nice way to make new friends. Ladies Game Nights are hosted and/or co-hosted by attendees - no pressure to host until you have attended several and feel comfortable with the group! We are booked for hostesses through December 2017 (don't want to frighten anyone away until they have met us!)

Contact: Elissa Sherlock esherlock@me.com or Susan Kennedy (Welcome Chair)

Have an organized group not listed? Jeep Club, Music, Sports, Classic Cars, Mommy Groups?

Please contact communications@miralagoshoa.com.

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.

Trick or Treat Checklist



- Candy Bag
- Flashlight
- Extra Batteries
- Reflector Strips or Glow Stick
- Trick or Treating Route
- Return Home/Meet-Up Time
- Emergency Identification Information Attached
- Costume Check
- Band-aids
- Bottled Water
- Extra House Key
- Cell Phone
- Goody Bag (fill with snack candy so they aren't tempted to eat the trick-or-treat candy before you've inspected it)

SENTRY SECURITY SOLUTIONS

ABOUT US

- * Welcome to a new way to secure your home with the ability to manage your system from the palm of your hand.
- * Sentry offers the latest technology in smart automation, security, surveillance and access control for your home and business.
- * Our professionally trained Security Consultants and Technicians are 100% focused on designing and installing the right system for your business needs.
- * Sentry Security focuses on providing a seamless surveillance experience while creating lifetime customers.

Mira Lagos HOA Promotion:

- * FREE Installation
- * FREE HD Doorbell Camera (\$500 value!)

36 month agreement offer valid upon approved credit.

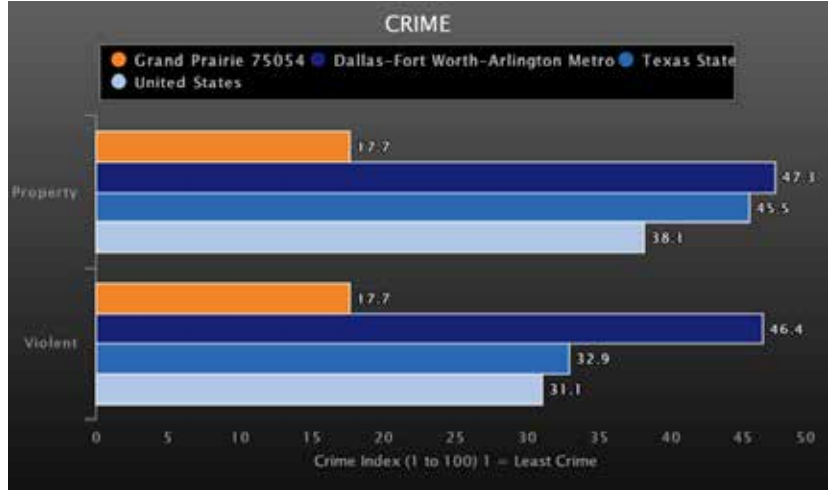
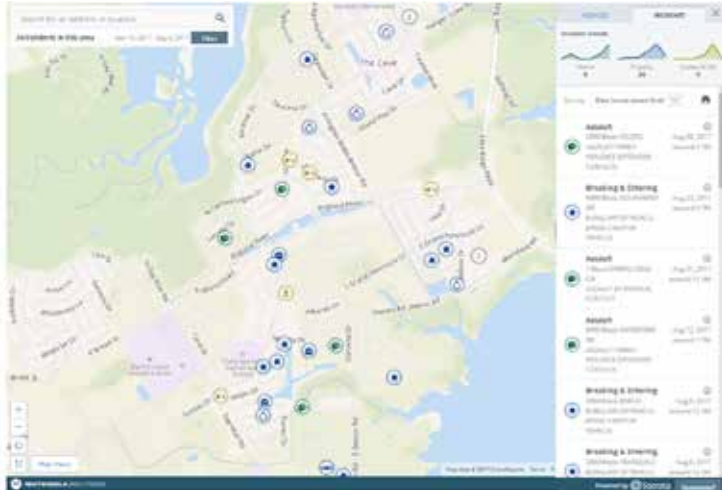
CONTACT US AT (817) 882-6446

www.sentrytx.com
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Crime in Mira Lagos

By Erik Shinkle

Below is a map of all reported incidents in Mira Lagos in the last 6 months. You can visit <https://www.crimereports.com> for a detailed list. According to *Bestplaces.net* Grand Prairie (zip 75054), Texas, violent crime, on a scale from 1 (low crime) to 100, is 18. Violent crime is composed of four offenses: murder and nonnegligent manslaughter, forcible rape, robbery, and aggravated assault. The US average is 31.1. Grand Prairie (zip 75054), Texas, property crime, on a scale from 1 (low) to 100, is 18. Property crime includes the offenses of burglary, larceny-theft, motor vehicle theft, and arson. The object of the theft-type offenses is the taking of money or property, but there is no force or threat of force against the victims. The US average is 38.1. Crime in our area is about 50 percent lower than the national average for property and violent crimes.



Amenities and Fitness Center Update



Mental Health Awareness Week



By Erik Shinkle

October 1st – October 7th is Mental Health Awareness week followed by October 10th which is World Mental Health Day. Mental Health is a subject that is close to my family. My family has a long history of Depression and Bipolar disorder. After a deployment to Afghanistan in 2008 I returned with sense that something wasn't right. I started to have nightmares, flash backs and issues with recognizing sounds. I was diagnosed later in 2009 with Post Traumatic Stress Disorder (PTSD).

PTSD affects about 8 million Americans, and about 10-20 percent of veterans according to the US Department of Veterans Affairs.

It wasn't long after I got home that I noticed that crowded areas, loud sudden noises and situations that reminded me of being in Afghanistan would trigger physical and emotional responses. I would sweat, start shaking, or lose track of where I was. I didn't get the help I needed until 2010, I found a great psychiatrist and psychologist who working together were able to prescribe medications and offer alternative coping practices. It's been 8 years since I got home and I still have trouble sleeping and sounds with a lot of bass or percussion I can't distinguish between threat or not. I have a service dog that has been wonderful in aiding me into leaving the house on my own, sensing when I'm having an issue and helping re-center or re-focusing on where I am.

Until my wife stepped I did not get the help I needed, she all but went to my first appointment with me. It took someone in my life that I trusted to start the conversation about what was going on. I didn't want to admit that I had an issue, I was afraid to talk about what had happened but most of all I was embarrassed that I couldn't get my head back to "how it was." With October focusing on Mental Health I'd like to encourage residents to get help if they are suffering, talk to someone if you're having issues. Suffering in silence only gets worse. Being alone with your thoughts can be harmful. Getting help is not a sign of weakness, it's a willingness to get better. Please get help and encourage others to start a conversation.

Mira Lagos HOA to Give Back to Families in Grand Prairie – Safety Committee



Fire Station #10

2645 S. Grand Peninsula

On Saturday November 11, 9am-11am at Fire Station #10, residents of Mira Lagos will be on hand to collect donations for the Grand Prairie Santa Cop and Santa Spot program. These programs are collecting new, unwrapped toys, non-perishable food items and cash donations for Grand Prairie families in need during the holidays.

Mira Lagos residents have been especially generous in past years and have brightened the holidays for families in our own city. We hope to break past donation records! Your help will make this a reality.

Santa Cop and Santa Spot are charitable programs endorsed by the Grand Prairie Police (Cop) and Fire (Spot) Depts. They collect new toys and food items for children at Christmas and other times of need. Please stop by and drop off your donation and visit with us. Volunteers will be on site to unload the donation from your vehicle if you would prefer.

When: Saturday, November 11, 9am – 11am

**When: Fire Station #10 2645 S Grand Peninsula Dr,
Grand Prairie, TX 75054**

Holly Days Christmas Market

November 11, 2017

8:00 AM - 5:00 PM

Methodist Mansfield Medical Center

2700 East Broad Street

Mansfield, TX 76063

Holly Days Christmas Market is once again being presented by the Methodist Mansfield Auxiliary. We will have 24 - 30 vendors with a wide array of gift items - for yourself or holiday gift giving. We will have the Country Store with homemade jellies, jams, pickles and baked goods. We will have lots of items for the raffles. Santa will be available from 11:00 AM to 4:00 PM. You will be able to take your own pictures with Santa in time for Christmas cards. Carolers from the Music Place Mansfield will be singing. All proceeds benefit the Methodist Mansfield Medical Center. For more information, call 817-320-5163.

