January 2017



# MIRA LAGOS

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# Who to Follow on Twitter

@MiraLagosHOA Association Information and Neighborly News

> @GrandPrairiePD Grand Prairie Police Department



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@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





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.



# MIRA LAGOS

## 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

communication are the cornerstone of our success. **Committee Chairs** 

Relationships based on respect, trust and effective

Communications Carlos Cucalon communications@miralagoshoa.com Meetings: monthly

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

**Pool and Sports** Mike Joffrion poolsandsports@miralagoshoa.com 3rd Tuesday (Apr-Sept)

> Safety Robert McLain, Chairman safety@miralagoshoa.com Meetings: 1st Tuesday monthly

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

Welcome Elissa Sherlock welcome@miralagoshoa.com Meetings: monthly/electronically

> New Members welcome on all committees!

**Board of Directors** Joshua Spare, President Eric Blackwell, Vice President Robert McLain, Secretary Jessica Cafferata, Treasuer John Hughes, Director board@miralagoshoa.com

## 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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## **ADVERTISEMENT SALES**

For information or to place an advertisement 972-396-8855 • info@communitynewsconnection.com

Mira Lagos does not in any way endorse or support, nor does it take any credit or responsibility the services, paid or volunteer, nor the statements made in articles or letters published herein not endorsed by the association or the group decision of the Board of Directors.

**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



Chair Meetings: Bi-monthly



This year's annual meeting will be on February 23rd at 6:30pm sign in and meeting will begin promptly at 7:00pm at Rush Creek Church – 1355 Seeton Road. (Across from Lake Ridge High School)

The association's annual meeting is the best opportunity for you to learn about this year's events and get caught up on everything happening in our community. Here are a few agenda items and meeting activities you won't want to miss:

- Meet the board, committee members and the HOA on-site management.
- Learn about the association's mission statement.
- Get an update on all current and future scheduled projects.
- Review the proposed budget, and hear the association treasurer explain how your assessments are being used and reserves are being invested.

Be an active community resident and attend the annual meeting. Come introduce yourself to the board, the manager and your neighbors and find a wealth of information about your community!

## Grand Prairie's Newest Self Storage Facility!



We have a storage unit to fit all your needs and budget.



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3031 Equestrian Lane Grand Prairie, TX • 75052 www.hwy360selfstorage.com Family Owned!



Mention or present this ad and receive a **FREE DISC LOCK** when leasing a unit!

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- gate access
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- surveillance
- Climate
   controlled units
- Enclosed RV & boat units
- Family owned and operated



Budget Meeting Scheduled for Thursday, January 19th, 2017. Rush Creek Church, 1355 Seeton Road

6:30pm- Sign in 7:00pm- Meeting Begins



## Now With Two Convenient Keller Locations!

HSNT Welcome Home Adoption Center 363 Keller Parkway, Suite A • Keller, TX 76248 Open 12 pm - 6 pm daily 817-431-1170 • Keller@hsnt.org • www.hsnt.org HSNT Keller Regional Adoption Center 330 Rufe Snow Dr. • Keller, TX 76248 Open 12 pm - 6 pm Monday - Saturday 817-743-4711 • Keller@hsnt.org • www.hsnt.org

# Upcoming Events.

HOA Budget Meeting	January 19
HOA Annual Meeting	February 23

#### Social Event Dates: .....

Spring Garage Sale	March 11
Spring Fling	April 15
Annual Luau and BBQ Cook-Off	May 13
Community Sharing Event – Back Pack/Foc	d.July 1 - August 5
Fall Garage Sale	September 19
Fall Festival and Vendor Fair	October 14
Community-Wide Holiday Celebration	December 9

#### Landscape:

Yard of the Months	April-July
Holiday Contests	October and
December	

## Safety Event dates:

Women's Self Defense	March-TBD
Pool and Lake Safety	June-TBD
Coffee w/ a Cop not confirmed - Rush Creek	July-TBD
CPR	July-TBD
1st Aid	August -TBD
National Night Out w/GPPD	October 3
Santa Cop/Santa Spot TBD will be in line	
with COGP.	November -TBD

#### Welcome Committee event dates:

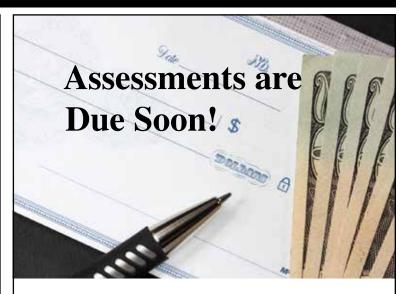
Welcome reception - Location TBD	March 12
Welcome reception - Location TBD	August 6

#### Pool Committee:

Pool soft opening date......May 1 Pool closing date.....September 5 (S. Pool could stay open long – due to Texas weather)







By now you should have received your billing statement. Assessments (HOA dues) need to be received by January 30th to avoid a late penalty. **Any payments received after January 30th are considered late.** 

Please mail your payment to the following address:

## **New Lockbox Address:**

Mira Lagos Homeowner's Association c/o FirstService Residential P. O. Box 60200 Los Angeles, CA 90060-0200

Your assessment should be sent directly to the address above to ensure timely processing. **Or you can pay online** at http://texas. fsrconnect.com/miralagos. Please contact the onsite office if you are in need of your account number.



## **IMPORTANT NOTE:**

Please email the onsite office or the account services department if you'd like to be put on a payment plan for the assessments. The payment plan process is a \$50.00 charge, but it does allow you to pay out your dues monthly and does stop the mailing fees, late fees and legal fees if the account is not defaulted.

Setting up your own payment arrangements if you are behind will result in all the additional fees. Please make every effort to reach out to accountservices.tx@fsresidential.com for assistance.

# Public Improvement Districts Explained

## What is a PID? How can a PID be of assistance to residential communities and developers?

A PID (Public Improvement District) is a defined geographical area established to provide specific types of improvements or maintenance within the area which are financed by assessments against the property owners within the area. Chapter 372 of the Texas Local Government Code authorizes the creation of PIDs by cities.

## What improvements can be provided in a Public Improvement District?

## A PID improvement may include:

- landscaping and irrigation;
- erecting fountains, distinctive lighting, and signs;
- constructing or improving perimeter fencing;
- constructing or improving sidewalks;
- acquiring and installing pieces of art or decorations;
- acquiring, constructing, or improving entry features;
- establishing or improving parks;
- projects similar to those listed previously;
- acquiring, by purchase or otherwise, real property in connection with an authorized improvement;
- using special supplemental services for improving and promoting the district, including services relating to advertising, promotion, public safety, security, business recruitment, development, recreation, and cultural enhancement; and
- paying expenses incurred in establishing, administering, and operating the district.

## What is the benefit of a Public Improvement District?

A PID allows for improvements and a higher degree of maintenance within the PID area which presumably enhances the



property values with the establishment of an advisory body, the property owners within the PID have control over the types of improvements, level of maintenance, and amount of assessments to be levied against the property owners. Assessments are usually collected by the city's tax collecting agent and are deposited into a specific PID fund. Revenue collection is simple since a homeowner's association does not have to perform fee collection. Also, the PID allows for an interest charge and lien on unpaid assessments. This ensures a dependable revenue source for the PID. In most instances, mortgage companies include PID assessments within the property owner's escrow payment and pay the assessment at the same time that ad valorem taxes are paid.

## How does a PID function after establishment?

The PID advisory board is responsible for the preparation of a service plan that is presented to the city. The service plan must cover a period of at least five years and must also define the annual indebtedness and the projected costs for improvements. This service plan shall be reviewed and updated annually for the purpose of determining the annual budget for improvements. The yearly assessments are based on the annual budget. The City Council must hold a public hearing each year prior to the adoption of the service plan, the assessment rate, and approval of the assessment roll. New owners must sign a statement before purchasing the property acknowledging that they will pay PID assessments with their property taxes. The PID Advisory Board is then directly responsible for managing the improvements outlined in their petition. The board can hire contractors, maintenance personnel, or purchase materials necessary to develop and/or maintain their improvements. The level of quality of the improvements rests with the PID Board and is managed based on the assessment rate adopted annually.

## What are Public Improvement Districts doing in Grand Prairie?

Currently the approved PID's are performing landscape improvements and maintenance functions along right-of-ways, landscape irrigation services, maintenance of common property decorative fencing, sign maintenance, funding decorative street lighting, and park and playground maintenance services.

## How do they operate?

- Governed by City Council.
- Resident advisory board appointed annually.
- Annual budget/five year plan/assessment rate prepared by advisory board and approved by Council in September.
- Property owners are notified of proposed assessment and invited to public hearing before the Council before rate is set.
- City pays PID for base level maintenance.
- PID reimburses City for the cost of collections.
- Assessments may be collected through the mortgage escrow process just like property taxes.
- Contracts are negotiated by PID advisory board or property manager, and contracts over \$50,000 are approved by City Council.

## **Other Questions?**

Please contact the City of Grand Prairie Finance Department at (972) 237-8091 or e-mail LHarriss@gptx.org or Lisa.Stewart2@fsresidential.com for additional information.

# Boy Scouts Flag Placement Service



Dear Friends,

As Boy Scouts of Troop 2014 sponsored by the East Broad Street Outreach Center, Mansfield, we enjoy bringing a patriotic spirit to your neighborhood by offering to place an American Flag in your front yard on five specific days of remembrance as listed below: Days of Remembrance February 20, 2017 President's Day May 29, 2017 Memorial Day June 14, 2017 Flag Day July 4, 2015 Independence Day November 11, 2015 Veteran's Day

Checks in the amount of \$35.00 should be made payable to Troop 2014. Please mail the check to Mr. Mark E. James our Committee Chair at: Mark E. James 920 Leadville Drive Arlington, TX 76001-8541

#### Your contribution helps fund the following activities this year:

- Attend a week long summer camp filled with lots of outdoor activities and skills
- Advancement awards and other recognitions for the boys
- Camping equipment such as cook kits, chuck boxes, cooking utensils, tents, axes, saws, etc.
- Support Troop Service Projects within our community of Mansfield Your support will help scouts to become civic-minded and industrious citizens as they progress through our Boy Scout program, on their way to become an Eagle Scout. The young men and leaders or Troop 2014 thank-you for your support in our yearly activities.

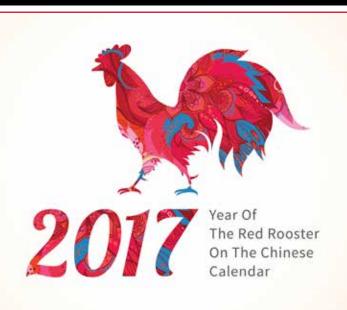
Sincerely, Mark E. James Committee Chair Troop 2014 817-797-9146

## SPRING MASTER COMPOSTER CLASS JANUARY 21st and 28th 2017

The City of Grand Prairie will be offering a master composter certification in partnership with the State of Texas Alliance for Recycling (STAR). STAR has accepted leadership of the program that was formerly administered by the Texas Commission on Environmental Quality. To be eligible for the certification, participants must complete 20 hours of education, 16 in class and 4 outside of class as well as 20 hours of eligible volunteer activity to include composting at the Kirby Creek Nature Center. In class opportunities are offered in Grand Prairie on January 21st and 28th. Participants should plan to attend both sessions. They will be held at the landfill located at 1102 MacArthur Blvd. Additionally there will be a 4-hour field trip on another day TBD. Lunch will be provided. There is a \$25 registration fee for Grand Prairie residents and \$40 fee for non-residents. Payment for the class must be received by January 13th 2017. Checks must be made payable to the City of Grand Prairie. There must be a minimum of twelve participants for the class to be held. Refunds will be issued if the class is cancelled.

For more information or to register online, please visit: http://www.gptx.org/index.aspx?page=929 or call 972-237-4566.





## **Chinese New Year**

According to the Chinese zodiac, 2017 is the year of Rooster. Chinese New Year 2017 begins January 28, 2017 until February 15, 2018.

The Rooster ranks the tenth among the Chinese zodiac animals. In Chinese culture, Rooster represents fidelity and punctuality, for it wakes people up on time. People born in the year of the Rooster are beautiful, kind-hearted, hard-working, courageous, independent, humorous and honest. They like to keep home neat and organized. On the other side, they might be arrogant, selfaggrandizing, persuasive to others and wild as well as admire things or persons blindly.



## Holiday Lights should be removed from the property, no later than January 25.



# Eggnog Fudge

Ingredients:

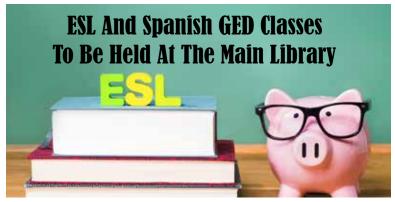
- 2 cups sugar
- 1/2 cup butter
- 3/4 cup eggnog
- 12 ounces white chocolate chips
- 1/4 teaspoon ground nutmeg
- 1 (7 ounce) jar marshmallow
- cream
- 1 teaspoon vanilla

#### **Directions:**

Bring sugar, butter and eggnog to a full boil in a heavy medium-size saucepan. Continue to boiling over medium heat until candy thermometer reaches 234 degrees, stir constantly to prevent scorching. Remove from heat and stir in the white chocolate and nutmeg, stirring until the chocolate is melted. Add marshmallow cream and vanilla extract. Beat until well blended. Pour into a buttered 8 or 9-inch square pan. Cool and cut into squares. Store in an air-tight container in the refrigerator. May be frozen for up to three weeks.

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

— Martin Luther King, Jr. Strength to Love



GRAND PRAIRIE – In an effort to better assist the Spanish speaking community, the Grand Prairie Public Library will offer free ESL and Spanish general education development or GED classes at the Main Library, 901 Conover Dr.

Beginner ESL classes are held every Monday and Tuesday from 6 to 8 p.m. and will run through March 7. No classes will be held on January 16.

Spanish GED classes are held every Saturday from 10 a.m. to noon and will run through April 29. No classes will be held on March 18.

Registration for these classes is not required. These classes are made possible through a partnership with LEAP, (Learning Elevated for All Parents) part of the Grand Prairie Independent School District.

CONTACT: Ana Enriquez, aenriquez@gptx.org, 972-237-5713 For more information on this or any library program, please visit www.gptx.org/library or call 972-237-5700



Sec. 13-277. - Noise nuisances; Restricted hours of operation 6am until 10pm

**Building construction:** The erection including excavation, demolition, alteration or repair of any building, structure or appurtenance thereto, within any residential district or within three hundred (300) feet of any residential structure, shall be limited to daytime hours, except in the case of urgent necessity in the interest of public safety, for which approval shall be obtained from the chief building official. This restriction shall also apply to the clearing of land prior to future development.

**Street construction:** The erection including excavation, demolition, alteration or repair of any street, alley or appurtenance thereto, within any residential district or within three hundred (300) feet of any residential structure, shall be limited to daytime hours, except in the case of urgent necessity in the interest of public safety, for which approval shall be obtained from the city engineer.



# **Report Street** Light Issues

Street lights are vital to our everyday lives, lighting the way for drivers and pedestrians. Oncor has approximately 400,000 street lights in its service area, and we always appreciate your help identifying lights that are in need of repair. The sooner our Oncor teams know lights are out, the sooner we can get them fixed!

Please go to the street light outage website to report the issue to ONCOR. The website provides every streetlight within Mira Lagos if you put your address in. You can move around the map to pick the lights that are not working and send them on their way to be repaired.

Oncor will also fix any of the lights that have broken glass carriages, flickering lights, and also those that are on during the day time. We just have to report it.

## https://www.oncorstreetlight.com

Street light outages can also be reported by calling 888-313-4747.

Grand Prairie residents can also use 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.

Standard repairs can take up to three weeks, but we try to get the job done in five days or less.

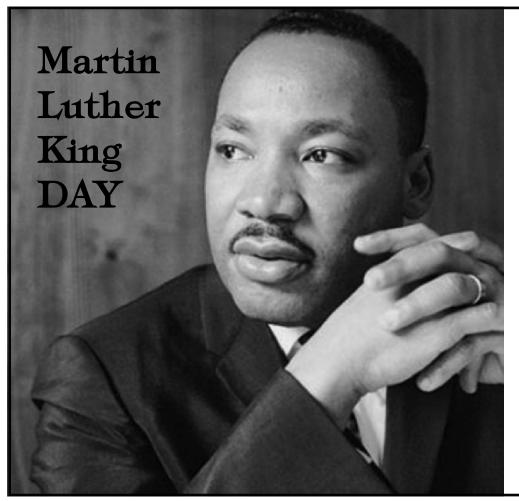
# Something is Hidden.



We have hidden in the Mira Lagos Messenger, a SNOWFLAKE!

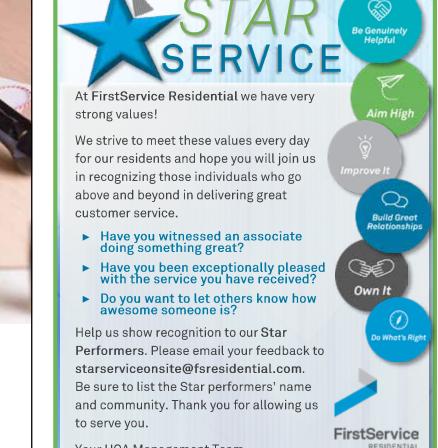
Please email manager@miralagoshoa.com in the subject line put "I FOUND IT" to be entered in a random drawing. Provide the page # item is on, your name, address and phone number in the email. Good Luck and have fun!

If you find it, you could win a \$25.00 gift card!



Martin Luther King Jr. was born on January 15, 1929, in Atlanta, Georgia. King, both a Baptist minister and civil-rights activist, had a seismic impact on race relations in the United States, beginning in the mid-1950s. Among many efforts, King headed the SCLC. Through his activism, he played a pivotal role in ending the legal segregation of African-American citizens in the South and other areas of the nation, as well as the creation of the Civil Rights Act of 1964 and the Voting Rights Act of 1965. King received the Nobel Peace Prize in 1964, among several other honors. King was assassinated in April 1968, and continues to be remembered as one of the most applauded African-American leaders in history.

Martin Luther King Day January 16, 2017, was signed into law in January 1983 by President Ronald Reagan, the national Martin Luther King, Jr. Holiday is a celebration of Dr. King's immeasurable contribution to the United States, and to humankind. Celebrated on the third Monday of January, Martin Luther King Jr. Day is a time when the nation pauses to remember Dr. King's life and work, but also to honor his legacy by making the holiday a day of community service, "a day on, not a day off."



Your HOA Management Team



On-site Manager, Stacy McGrath, and Assistant Manager, Matt Urbaniak are Notaries for Mira Lagos Free to the residents needing services. Please make an appointment at manager@miralagoshoa.com.

## Ten Reasons Trees Die

## #10 Tree not adapted to Texas heat.

A native or adapted tree will tolerate North Central Texas' long hot summers, the occasional cold winter and alkaline soil. Trees grown in others parts of the country may not thrive, or even survive, here due to these factors. Non-adapted trees can have a very short life span, problems with insects, diseases and/or leaf drop.

### #9 Not adapted to alkaline/clay soil.

A native or adapted tree will tolerate North Central Texas' long hot summers, the occasional cold winter and alkaline soil. Trees grown in others parts of the country may not thrive, or even survive, here due to these factors. Non-adapted trees can have a very short life span, problems with insects, diseases and/or leaf drop.

#### #8 Trunk damaged during transport

Be careful about damaging the bark while moving the tree. The vascular system (similar to our own veins and arteries) of a tree is directly under the bark. Since a young tree has thin bark, it is very easily damaged. If the damage is severe the tree will die because it lost its ability to transport water/nutrients from the roots to the stems and leaves.

Avoid damage by transporting it in a manner that keeps the trunk bark from rubbing or hitting any surfaces in the vehicle and by carrying the tree by the container, not the trunk.

Brought to You By Your Neighbor &

## *#7 The wire used to stake or label the tree was never removed.*

Remove all tags from the tree. Keep the tags, with the planting date, for your records. Do not stake a tree unless necessary. Most trees don't require staking unless the tree is located in a windy area. Cover the staking wire that contacts the trunk or limbs with pieces of garden hose or similar material so the wire doesn't cut into the tree. Remove the stakes and wire in 6 months to a year. If left around a tree or limb, a wire can girdle a tree, which cuts off the supply of water and nutrients.

#### #6 Tree was planted too deeply.

Plant the tree so the root ball sits firmly on the bottom of the hole with the top of the root ball even with the surrounding soil or slightly higher. It is important that you don't plant the tree too deep. Start by digging the hole the same depth as the root ball. Then dig the width of the hole at least twice the width of the root ball. After placing the tree in the hole, fill the void with the original soil (after removing any rocks or debris). Water thoroughly to settle the soil and tree. Cover the exposed earth with 6"- 8" of bark mulch right up to, but not touching, the trunk.

## #5 Tree was not healthy when purchased.

Select a healthy tree. Check the tree for any splits in the bark, broken branches, insects and healthy white roots. If it is possible to inspect the roots of a tree before purchase, do not buy the tree if the tree has encircling roots. However, if the tree has been purchased with encircling roots, spread the roots before planting or cut through them. New roots will grow where you cut the circling roots. If left untouched, circling roots could eventually girdle the tree and strangle it.

Expert

#### #4 String trimmer or lawnmower damage to trunks.

A tree trunk hit by a string trimmer and/or lawn mower will lose part of the vascular system. If the tree is hit too often, the tree will die. Keep a thick layer of bark mulch around the tree. This cuts down on evaporation of water from the root zone, moderates the soil temperature, helps control weeds and keeps the trimmer and mower away from the trunk.

#### #3 Roots over dried while hole being dug.

Keep the tree watered until you plant it. Many a tree has over dried while it waited for the end of football/hockey/ basketball season. Place the tree in the landscape where you want to plant it. This will help acclimate it to the light and wind. Most container grown trees need water every day during the heat of the summer.

## #2 Leaves dehydrated while being driven down the highway.

Don't transport a tree in the back of a truck, sticking out of a car window or a car trunk without covering the tree. Cover it with a bed sheet or similar cover. If not covered, the wind will dehydrate leaves and small limbs. As a result, the tree may drop its leaves later.

## *#1 Lack of water or over-watering during first 18 months.*

And the #1 killer of newly planted trees... is lack of water or over-watering during the first 18 months. It usually takes at least that long for tree roots to become established and help the tree survive hot, dry North Central Texas summers. During this time, use the soil wetness test on a weekly basis to guide your watering schedule. See the previous section, Watering and Mulching, regarding the use of an iron rebar probe to conduct a wetness test.



Mira Lagos

"Our broker Christina Kang did an amazing job for us! We could not ask for any better customer service!"

Everett & Rebecca Walden

FREE MARKET ANALYSIS Christina Kang 817.739.7433

## Position Yourself to Buy This Year

 Before you sell, make sure you are financially ready to buy!

 Ask your realtor to recommend a great lender, and get fully preapproved, not just prequalified.

Make your lender a trusted part of your

home buying team. Consult with them before making purchases.

Opening the

Door to Your Dreams

- Make sure credit cards are not maxed out. Cards with a balance above 50% can hurt your credit scores. Check with your lender before paying off debt, because not all debt affects you the same.
   Do not change jobs without understanding the impact on your
- Do not change jobs without understanding the impact on your loan process.Talk to your lender about it first!

• Gather all the documents you will need right away, including tax returns. Do not delay filing your taxes!

• Pay your bills on time, and talk to your lender before filing any credit disputes. They can prevent you from getting a loan.

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



Wherever Life Leads You

# Christmas Free Recycling Drop Off

Recycling drop off locations for your tree will (beginning Tuesday, Dec. 27, 2016 - Thursday, Jan. 12, 2017) be at:

Charley Taylor Recreation Center parking lot 601 E. Grand Prairie Road, Grand Prairie, TX 75051

Parkhill Park parking lot 5100 Block of S. Robinson Road Grand Prairie, TX 75052

Grand Prairie Landfill 1102 MacArthur Blvd. Grand Prairie, TX 75050

Please remove all ornaments, stands and plastic bags. Artificial trees or trees sprayed with artificial snow cannot be accepted for recycling. Acceptable trees will be recycled into mulch. Free mulch is available to all Grand Prairie residents. Trees may also be left at curbside on your normal garbage collection day. However, these trees will not be recycled into mulch and will be collected as garbage.

For more information, please call 972-237-8061





## Libraries Host Photography Exhibit



# Photographer Don Smarto shows off his international award-winning work.

Two Grand Prairie libraries will host "Portraits That Invite Questions," a photography exhibit by Don Smarto. The exhibit of 15 portraits will be at the Main Library from December 1 through December 30. It will then appear at the Warmack Library from January 4 through January 31.

An Opening Reception will be hosted by the Main Library from 5 to 6 pm on Monday, December 5.

Photographer and former Library Board Chair Don Smarto has exhibited his work from Texas to Germany to Spain. The author of 14 books (four of photography), he recently received his third International Photography Award. Currently a guest lecturer at Dallas Baptist University, he has been a Master Judge for both the Dallas and Fort Worth photography clubs.

Smarto was a cameraman with NBC News from 1968 to 1973, documenting the Civil Rights movement and Vietnam demonstrations. He also filmed for PBS and travelled with President Ford during his 1976 campaign. He received his first International Photography Award in London in 2010. He won his second in 2013, for the photos taken for his book Italia: A Father and Son Journey. In 2015 he received his third International Photography Award in York, England.

The Main Library is located at 901 Conover Dr. 972-237-5700. Visit us online at www.gptx.org/library

# Top 10 New Year's Resolutions

Have you ever wondered what New Year's resolutions others are making? USA.gov released a list of the 10 most popular New Year's resolutions:

- 1. Get Fit
- 2. Eat Healthy Food
- 3. Lose Weight
- 4. Drink Less Alcohol
- 5. Manage Debt
- 6. Volunteer to Help Others (HOA Committees!!)
- 7. Quit Smoking
- 8. Get a Better Job or Education
- 9. Save Money
- 10. Reduce, Reuse, and Recycle

For most individuals, a New Year's resolution revolves around getting fit, eating healthier and losing weight. For that reason, we have some tips for a healthy and safe way to meeting your New Year's resolutions.

#### Be Healthy and Safe in 2017

According to the CDC, here are five healthy and safety tips for the New Year:

- 1. Don't tackle your New Year's resolutions on your own. Find reliable health resources online to help you along the way.
- 2. Avoid injury whenever possible, which can be done by wearing a helmet when riding a bike, applying sunscreen when out in the sun to avoid damage to the skin (cancer), and/or applying insect repellant when outdoors to avoid disease from virus-carrying insects.
- 3. Take the time to learn a few healthy lifestyle changes or tips that take just a few minutes to incorporate into your daily routine. This means that you can start living healthy with just a few moments of your time making it ideal for those on-the-go moments.
- 4. Wash your hands frequently with both soap and water. It is always helpful to carry a small bottle of alcohol-based hand sanitizer in your purse, bag or car to ensure that if soap and water are not available that you can stay clean.
- 5. Make a doctor's appointment to ensure you and everyone in your family are up-to-date on their vaccinations. Depending on your age, schedule yourself for a mammogram or prostate screening (as well as any other exams or screenings that are necessary pertinent to your age).

By making and following through with your New Year's resolution to lose weight, get fit and/or eat healthier, you can improve your quality of life.

## MAKE IT A GREAT YEAR!



Mira Lagos Homeowners Association would like to wish you a very beautiful and wonderful new year full of joy, happiness and success in every area of your life. In the New Year, may your right hand always be stretched out in friendship and unity. It is our hope that this is the best year ever for you filled with everything that makes you happy and keeps you safe. Best wishes for a bright and promising and a safe and Happy New Year 2017!

