



The Villages of

PARK GLEN

Neighborhood Association



A great place to live

NOVEMBER 2014

The Voices of Park Glen

Mission Statement:

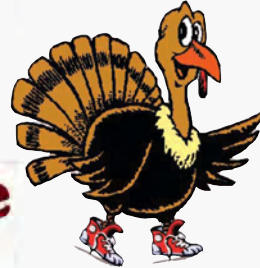
Achieving positive changes on our community through communications, enhanced curb appeal, amenities, and neighborhood involvement.

Park Glen HOA
204 South Main Street,
Suite 300
Keller, TX 76248

Contact us:
(817) 337-1221
email: [dawn@
propertyMGTSolutions.biz](mailto:dawn@propertyMGTSolutions.biz)

Park Glen Neighborhood Association

10th ANNUAL



5K & 1 Mile

TURKEY TROT

Registration at 6:30a
1M Race Starts at 7:45a
5K Race Starts at 8a

November 27th, 2014

At the Alliance United Methodist Church
7904 Park Vista Blvd., Fort Worth

Register online at www.ParkGlen.org

November is Epilepsy Awareness Month so this year a portion of the proceeds from the event will go to Epilepsy Awareness in honor of Park Glen's beloved Crossing Guard, Chad Fletcher, and will also go to fund college scholarships.

Come out and join us Thanksgiving morning!

VOLUNTEERS ARE NEEDED! Please contact PMS for more information.

817.337.1221. You can also sign up online at

www.SignUpGenius.com/go/8050D4FABA9238-turkey/

Do you have any comments or suggestions for the newsletter? Do you have an interesting hobby or job? Can you write a newsletter article or provide information for an article? Contact us at PGNANewsletter@gmail.com



We would like to WELCOME homeowners new to Park Glen! If you are interested in getting involved in your neighborhood please contact us.

Board Contact Info

Kevin Hammack, President -
PGNAKevin@gmail.com

Russell Zwerg, Vice Pres/Treasurer -
PGNARussell@gmail.com

Scott Newell, Secretary -
PGNAScott@gmail.com

Janet Jones, Director/Asst Treasurer -
PGNAJanet@gmail.com

Teresa Biery, Director -
PGNATeresa@gmail.com

Barry Bryan, Director -
PGNABarry@gmail.com

Sterling Rice, Director -
PGNASTerling@gmail.com

TURKEY TROT VOLUNTEERS NEEDED....

- **Monday, 24th – late afternoon - stuff give-a-way items (provided by sponsors) into the runner bags – about 4-5 volunteers**
- **Tuesday, 25th – evening- Hand out runner bags, shirts and race bibs at the church and register racers – about 3-4 volunteers**
- **Thursday, 27th – approx. 6:00 – 10:00 AM – Race Day – Setup tables/chairs in gym, hand out bags, shirts and register racers. Help organize vendors as they arrive, Assist with directing racers, hand out participant medals as runners cross finish line, tear down table/chairs, general gym pickup. About 30 volunteers.**

Volunteers get a shirt and, if needed, work credit time for any work program.

Park Glen Newsletter

PRESIDENT'S NOTES



Dear Homeowners,
I want to thank you for taking the time to read my first column. As you may already know, the homeowners of Park Glen have elected a new board. So, before I get on my soapbox, I think it's important to recognize the outgoing board members for the time and effort they spent trying to make Park Glen better. We all know that volunteer service can be very rewarding but it usually doesn't come without its share of struggles and worries. So on behalf of the newly elected Board of Directors, thanks to all of you!

Moving forward, we have begun organizing and planning for this fiscal year's budget and events. We have had the pleasure of having a small group of volunteers up to this point, so I encourage you to get involved as well. There are a number of important committees you can be a part of. I know we're all busy; we all have jobs and lives and other things that require our attention. With that in mind, the key to Park Glen's success isn't in the board's hands. To make Park Glen all it can be, your neighborhood needs YOU.

That's right, I said it, WE NEED YOU! We need your ideas, your effort and your energy. Park Glen is a huge neighborhood of 3,318 homes and 13 different villages with great things to offer. We need everyone possible. There is a lot to get involved in, and a small group of people can't do all that really needs to be done. But if we work together as a community, I believe we can continue to make Park Glen a premiere community that attracts great residents and where people want to raise their families. I am excited about the year to come and am honored by your vote of confidence. Together, I think we can accomplish great things for Park Glen.

Also, check out and remember to "like" our new Facebook page, "Park Glen Neighborhood Association" and keep an eye out for changes on the ParkGlen.org website and in the Park Glen Newsletter. We will be posting a list of volunteer opportunities in all of those forums. I look forward to meeting you!

Sincerely,

Kevin



The HOA has a new Facebook page, driven by the new Communications Committee! Find us at "Park Glen Neighborhood Association"! LIKE our page and get reminders and event updates. It's a great way to keep in touch!

NOVEMBER DATES TO REMEMBER

Nov 4th- Local Election 7a-7p
(see Voting article for more info)

Nov 4th - Board Meeting - 7p,
Longhorn Activity Center

Nov. 11th - Veteran's Day

Nov 18th - Board Meeting - 7p,
Longhorn Activity Center

Nov 27th - Turkey Trot, Thanksgiving



UPCOMING EVENTS

Holiday in the Park
December Board Meetings

Dead Tree Removal

Do you have a dead tree in your yard? You can contact the City of Fort Worth at 817.392.5738 for possible removal. The Park Glen Development Committee is looking to develop a system to replace trees. If you would like to help with this committee, please contact Susan Kenney at susankenney99@aol.com



12th Annual Fall Gift and Craft Show

The CHS Lightning Dancers are holding their 12th Annual Fall Gift and Craft Show. Free fun for the whole family! We have amazing vendors with unique items for everyone. Shop in peace while we entertain your kids in our Jump-a-Palooka activity area. (ages 3-11) Cost is \$5.00 per child. Free Kid's Korner coloring. Kroger Pharmacy will also be available for flu shots! There will also be concessions and Live Entertainment. Free Vendor door prizes will be given away all day as well as silent auction baskets to bid on. Go to www.lightningdancers.com for complete details.

November 2014

COMMITTEE SPOTLIGHT

HOSPITALITY COMMITTEE

My name is Teresa Biery, and I am the new Hospitality Chair for Park Glen. This committee will be responsible for welcoming new families into our Park Glen neighborhood. A knock on the door and info about the area will be some of the committee's goals. I am looking for volunteers to help get this committee off the ground. If interested please contact me at pgnateresa@gmail.com.

I look forward to welcoming new neighbors to Park Glen.



We would like to help you promote your business! Every month we will give two homeowners the opportunity to share some information about their business. Whether you are a real estate agent, massage therapist, dog groomer or have an in-home business, we want to help you share it with your neighbors. Please send a brief description of what you do, where you live, and your contact information to PGNANewsletter@gmail.com. All entries will be verified. This will be a free service to Park Glen homeowners!

FRIENDLY REMINDER

Please remember to pick up newspapers from your driveway. If you know one of your neighbors is going out of town, pick theirs up too.

What To Do About A Damaged Flag in Park Glen

Certain United States government organizations offer services to dispose of the flag with proper ceremony at your request for no charge. The American Legion, Veterans of Foreign Wars, the Boy Scouts of America and the US Military provide this service. In our Neighborhood you can contact your local Boy Scout Troop. Boy Scout Troop 205 @ Alliance United Methodist Church (bobkilburn@sbcglobal.net) or you can drop it by the Longhorn Council Basswood Activity Center (5350 Basswood Blvd, Fort Worth Texas, 76137, across from the Neighborhood Wal-Mart.



Join us for a Celebration of our Veterans in Park Glen, more to come.....



Our community is expanding. So are we.

Texas Health Alliance is expanding so we can provide more to our growing community. By adding more acute care beds and hiring more caregivers, we can offer more help to more people. Our new cath lab will increase our cardiovascular capabilities. And by expanding our capabilities, you now have even more technologically advanced health care options closer to home. We are proud to be part of this great community, and as long as it continues to grow, we promise to grow with it.

1-877-THR-WELL | TexasHealth.org/Alliance



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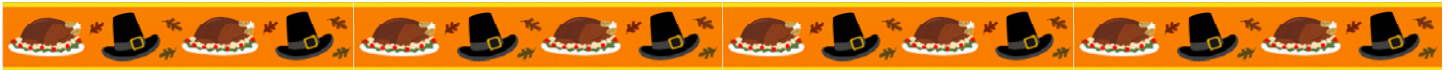
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Park Glen Scouting

By Bob Kilburn

What a fun month for the Scouts in Park Glen. The Scouts are right in the middle of their "Popcorn Sales". They have been selling popcorn at several retailers door to door. Thanks for supporting Scouting! Popcorn sales support local units and provide quality programs for the boys.

The Cub Scouts and Boy Scouts both did several community service projects. They participated in the Alliance United Methodist Church Workday along with the United Methodist Men helping spruce up the grounds and community garden and several of the Church families. This year, at the Trinity Trash Bash, the Scouts cleaned up the area near the 4th Street trailhead near the Trinity River in Fort Worth and celebrated at the after party with thousands of folks helping in the clean up effort. This is an annual tradition.

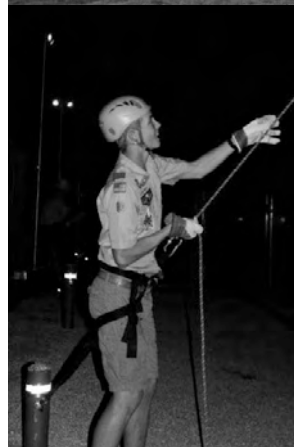
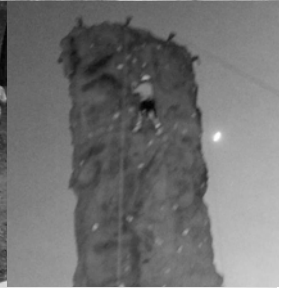
The Cub Scouts had their first Pack meeting of the year with lots of awards given out for all the summertime activities. There was a Tiger Adventure Day at the Basswood Activity Center where all the newest Cub Scouts got to do what Cub Scouts do! We participated in games, songs and even climbing those Rock Towers in our neighborhood. The new Tiger Den visited the Watauga Fire Department. Thanks so much for having them!

Boy Scouts have been just as busy. They had a campout at the Sid Richardson Boy Scout Camp where they worked on leadership training and outdoors skills. They spent two Saturdays at Weatherford College near Bridgeport working in Merit Badges at the Merit Badge Mania sponsored by the Mustang District. The Troop had an open house at the Basswood Activity Center inviting Webelos Scouts to meet the Boy Scout Troop and join them in the fun. There were lots of stations for them to go through: pancake flipping, branding, relay race—stretcher, tent & square knot relay, donut on a string, Tug of War, Marshmallow Gun, and The Human Knot to name just a few. What a great time! They wrapped up the month with a Court of Honor while recognizing and celebrating all the Boys Scouts achievements during the last quarter. Thanks to all the Boy Scouts and Volunteers for making it a memorable event.

**Interested in Scouting in the Park Glen Area?
Contact Bob Kilburn @ 817-789-9907 or
bobkilburn@sbcglobal.net.
or visit our websites:**

**For Boy Scouts
<https://troop205.trooptrack.com>**

**For Cub Scouts
<http://fortworthpack205.weebly.com>**



RACE Starting and Finish:
The Alliance United Methodist
7904 Park Vista Blvd., Fort Worth

RACE Day Registration:
6 am - 8 am

PRE-Registration Check in:
7:30am

RACE STARTS: 8am **5k**
 7:45am **1 mile**

Course:
Fairly flat trails with small rolling hills through wooded park area!

Post Awards: 9am

Individual Awards

- Top 3 Overall Male/Female for 1 Mile
- Top 3 Overall Male/Female for 5K
- Male Masters Champion for 5K
- Female Masters Champion for 5K
- Male Grand Masters Champion for 5K
- Female Grand Masters Champion for 5K

Age Category Awards

Top 3 Men and Women in each age group
Overall, Masters (40+), Grand Masters (50+),
Senior Grand Masters (60+)

Come out and start a FAMILY Tradition!
Everyone Welcome - Runners, Strollers, Walkers!

T-Shirts not guaranteed day of race registration

Event Date: November 27, 2014

Sign UP EARLY!

\$20 Early Entry Fee (by Novemer15) \$25 Day of Race

\$50.00 Family (up to 4) \$55.00 Family (up to 4) - Day of Race

Individual or Team (circle) 1 Mile or 5K (circle)

TEAM NAME: _____

If you are going to register a TEAM, please fill out individual forms per each Team Member.

First _____ **Last** _____

T-Shirt Size (circle) AS AM AL AXL

Phone _____

Address _____

Email (required) _____

Please mail your registration form

with REGISTRATION FEE

Please email questions to:
parkglen@parkglen.org

MAKE CHECKS PAYABLE

Entry Fee Includes:

Top Division Medals, Participation Medals, T-Shirt, Running Time, Eligible for Door Prizes, and much more!

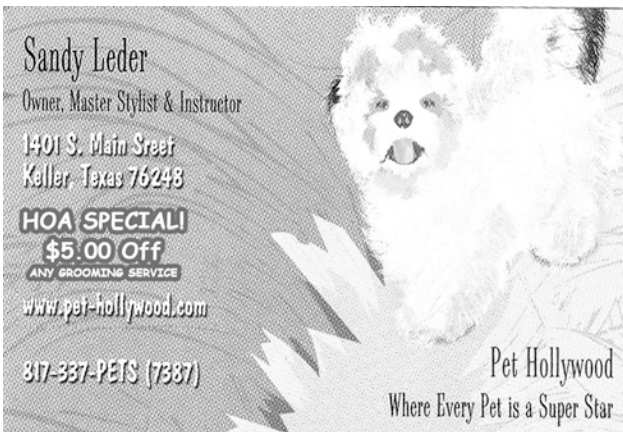
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November is Epilepsy Awareness Month

What is EPILEPSY?

Chad Fletcher also known as "Mr. Chad" the Park Glen Elementary School crossing guard passed away September 20, 2014. He was my husband. And he had epilepsy. Most people didn't even know that Chad suffered from this debilitating disease. I wanted to tell you a little bit about his story and how he struggled every day with this illness. Hopefully by telling Chad's story, I can help raise awareness of and dispel myths about epilepsy.



What is epilepsy? Epilepsy is a neurological condition which affects the nervous system. Chad had a successful military career and the diagnosis of epilepsy six years came as a shock to our family. Our lives changed forever as it had an impact on his work and driving. Not many people seem to understand much about it. Even though it has been around for hundreds of years, no one really talks about it because of the stigma it carries.

Statistics say that 1 in 10 people will have a seizure in their lifetime, and 1 in 26 people will develop epilepsy. Epilepsy is a spectrum of neurological disorders. Did you know that epilepsy is the 4th most common neurological disorder that can affect any one at any age regardless of race, creed or color? Due to the fact that there are more than 40 of seizures, some can be treated with medications, but many cannot with the current treatments available. There is currently no cure for epilepsy, and for some their seizures can be fatal like Chad's.

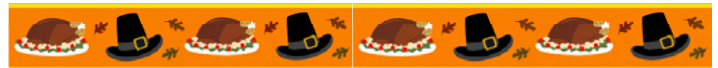
Even up until his death, Chad had a hard time coming to terms that he was living with epilepsy. Living with epilepsy affects one's safety, relationships, work, ability think clearly and driving. His life was consumed by doctor visits, and he was given countless medications to control the seizures. Epilepsy and the medications can also trigger other medical problems.

How can you help? Be an advocate of epilepsy and learn the signs of a seizure and what you can do. If you know someone who has

seizures, it is important to know how to help them. First of all, NEVER put anything in their mouth because it can harm them. The proper response to protect them is to turn them on their side to make sure their airway is clear, stay with them, monitor the length of the seizure, remain calm and reassure them when the seizure passes that they are going to be ok and that you are there to help them. If a seizure lasts more than five minutes or if the person is pregnant, in water or clearly choking, call 911 immediately!

I hope Chad's story will help raise awareness of epilepsy. Together, let's change how epilepsy is perceived and reach out and help those who have this disease.

---Melanie Fletcher



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A cartoon illustration of a handyman with a yellow shirt, blue pants, and a yellow cap. He has multiple arms, each holding a different tool: a hammer, a screwdriver, a wrench, a pliers, a saw, and a power drill. He is standing with a confident smile.

Happy Thanksgiving!

How much do you know about Thanksgiving.....

Thanksgiving Trivia

- The Plymouth pilgrims were the first to celebrate Thanksgiving.
- The wishbone of the turkey is used as a good luck charm on Thanksgiving Day.
- Puritans used to love drinking beer.
- The official Thanksgiving Proclamation was signed on October 3, 1863 by Abraham Lincoln. According to this proclamation, the last Thursday of November was to be celebrated as Thanksgiving.
- It was Sarah Joesph Hale, a magazine editor who persuaded President Lincoln to declare Thanksgiving a national holiday.
- In 1941, the Congress passed an official proclamation and made Thanksgiving a national holiday which would be observed on the 4th Thursday of November every year.
- The state of New York made Thanksgiving an annual customary holiday in 1817.
- The pilgrims crossed the Atlantic Ocean to reach North America.
- The great Benjamin Franklin wanted turkey to be the national bird of the United States.
- Thanksgiving is also considered the busiest travel day in the United States.
- Almost 280 million turkeys are consumed during Thanksgiving celebrations in the United States.
- Since 1947, the National Turkey Federation presents a live turkey and two dressed turkeys to the President on Thanksgiving. The President pardons the live turkey and it is sent to a historical farm where it lives the rest of its days.



Don't know what to do with your leftover Turkey??

Southwestern Turkey Bake



Ingredients

- 2 large onions, chopped
- 2 jalapeno peppers, seeded and chopped
- 2 tablespoons butter
- 6 cups cubed cooked turkey
- 2 cans (10-3/4 ounces each) condensed cream of chicken soup, undiluted
- 2 cups (16 ounces) sour cream
- 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
- 2 cups (8 ounces) shredded Monterey Jack cheese
- 1 package (12-1/2 ounces) nacho tortilla chips, crushed
- 4 green onions, sliced

Directions

- Preheat oven to 350°. In a Dutch oven, saute onions and jalapenos in butter until tender. Stir in turkey, soup, sour cream and spinach. In a greased 13x9-in. baking dish, layer half of the turkey mixture, cheese and tortilla chips. Repeat layers.
- Bake, uncovered, 25-30 minutes or until bubbly. Let stand 5 minutes before serving. Sprinkle with green onions. Yield: 12 servings.

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Committee Interest Form

_____ : Yes! I want to join a committee!

My Name: _____

My Community: _____

My Address: _____

My Phone Number(s): _____(work) _____(home)

My E-Mail Address: _____

Please check those committees you are interested in:

_____ **Social Committee** - This committee organizes, promotes and produces a few events throughout the year (Easter Egg Hunt, July 4th Parade, Turkey Trot, and others). We are hoping to add a few new events to our list! We are still looking for someone to chair this committee.

_____ **Development Committee** - We have a chair for this committee who will be looking for homeowners to assist her in making sure the Park Glen area is kept safe and monitoring any infrastructure projects and new development.

_____ **Code Blue: Citizens on Patrol** - Volunteers act as an additional set of ears and eyes for the police. This does require brief training at the police academy.

_____ **Crime Watch Block Captains** - This also requires training from the Ft Worth Police. You will meet with and collect names and numbers from the residents in your assigned area. Block parties are common.

_____ **Communications / Welcome Committee** (works closely with other committees, welcomes new neighbors, works on input for website posting, and helps with the community newsletter)

_____ **Landscape Committee** („eyes“ of the community, implements a “yard of the month” program and advises Property Management Solutions, LLC of any landscaping needs, i.e., broken sprinkler heads, entry lights not working, etc.)

_____ **NEW!! Hospitality Committee** - Our vision for this committee is to greet and welcome each new homeowner to our neighborhood deliver them a “welcome” gift. More information to come.

_____ **NEW!! Service Committee** - Another new committee, and our vision for it is to build a network of volunteers/neighbors that will assist other neighbors as the need arises. For example, there is an elderly couple who is unable to get their yard cleaned up one week and need some help. We would like to be able to call some folks to help get that yard done for them. More info to come on this committee.

_____ **Architectural Control Committee** - This committee meets biweekly to review requests from homeowners for home improvements in accordance with the requirements of the deed restrictions. This group helps protect our investments in our property.

_____ **Village Advisors** - These are folks who are willing to be a point of contact for homeowners in their particular group of homes (villages) to help solve any issues or concerns that may come up. Park Glen has 13 different villages and our goal is to get a Village Advisor for each.

There are lots of opportunities for you to be active in Park Glen and we could sure use your help! If you are interested in being involved in the neighborhood, please come to the next Board meeting to volunteer.

Please submit your form to any of the following avenues:

E-Mail Address: dawn@propertymgt solutions.biz

Fax Number: (972) 591-5625

Mailing Address: Property Management Solutions, LLC
204 South Main Street, Suite 300, Keller, TX 76248

Phone Number
(817) 337-1221

Park Glen Newsletter

Timely Tips for November Gardeners at Calloway's and Cornelius Nursery



This is the perfect time to plant bulbs for Spring, they should be in the ground before the first frost and planted while the soil is still easy to work with. Some of the most popular bulbs are tulips, hyacinth and daffodils. Iris, daylilies and gladiolas should also be planted at this time of year, although they are not "true" bulbs, but; rhizomes, tubers and corms, respectively. Yet all of these, like bulbs, require the cooler soil of winter to generate healthy new growth in spring.

Transform your landscape with the addition of fresh, colorful blooms! Pansies are by far the most popular Winter color. The 'Matrix' Pansy has been outstanding for our Texas weather. It will not "stretch" during bouts of warm temperatures and is bred to grow out, not up. This compact grower offers shorter stems to support large colorful blooms. Dianthus (also known as "Pinks"), Snapdragons, Cyclamen, Violas and the fragrant Alyssum are also good choices for cold tolerant annuals. Ornamental Cabbage and Kale provide interesting texture in the landscape as well as color. For best effect, limit your planting to two or three colors per bed.

The key to growing beautiful annual flowers is soil preparation. Work Calloway's Flowerbed Mix into the soil, or organic compost, to a depth of 6" to 8". Adding Calloway's Flower Food to the soil at the time of planting will provide the extra nutrients for growth and blooms. Remember to add 2 to 3 inches of mulch to all beds to reduce moisture loss, prevent weeds from germinating and to insulate the soil from the cold.

These same annuals can be used in patio containers. Fill your container with fresh potting soil and plant food. Keep them watered as necessary and remove faded flowers to encourage repeat blooming.

If want beautiful Bluebonnets in the Spring, sow the seed in early November!

Please remember the birds. Texas is a haven for birds. No other state in the United States has more species within its boundaries. There are currently over 620 species documented in Texas, which is almost 75 percent of all bird species recorded in the continental United State. To attract the widest variety of wild birds, you should consider placing a wide variety of bird feeders and food around your yard. Probably one of the single most important elements to include is water.

Free Clinics at your nearest Calloway's or Cornelius Nursery!

Saturday, November 1st at 10:15 am – Birding Basics: Creating a Bird Friendly Backyard

Information courtesy of Calloway's Nursery ©2014, www.calloways.com.

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Voting in the General Election

The general election will take place Tuesday, Nov 4th, 2014. Park Glen residents who live east of Park Vista (precinct 4588) can vote at Hillwood Middle School, 8250 Parkwood Hill Blvd. Residents who live in Park Glen west of the creek (Precinct 4528) have their voting location at Bluebonnet Elementary, 7000 Teal Drive. Those who live in the middle of Park Glen, east of the creek and west of Park Vista (Precinct 4234) can vote at Park Glen Elementary School in the gym, 5100 Glen Canyon Road, Fort Worth. Polling times are from 7a to 7p.

You must have an acceptable form of identification to vote...

- Texas driver license issued by the Texas Department of Public Safety (DPS)
- Texas Election Identification Certificate issued by DPS
- Texas personal identification card issued by DPS
- Texas concealed handgun license issued by DPS
- United States military identification card containing the person's photograph
- United States citizenship certificate containing the person's photograph
- United States passport

You can obtain a sample ballot online at <http://www.tarrantcounty.com/evote/site/default/asp>
Enter your name in the voter look-up link to access a copy of your sample ballot.

There are also school bond proposals on the ballot this year. Here is some information.....

KELLER ISD BOND ELECTION

This bond proposal was developed by a Citizens Advisory Board made up of approximately 40 concerned citizens, including students, to meet the needs of our children and young adults as they prepare for life.

1. MANAGE GROWTH & TAKE CARE OF EXISTING FACILITIES - Three new schools are proposed and will bring needed renovations to Keller HS, Bear Creek IS and Hillwood MS.
2. KEEP STUDENTS TOGETHER WITH ALIGNED FEEDER PATTERNS AND BALANCES ENROLLMENT
3. CREATE CAREER AND COLLEGE PATHWAYS WITH A NEW CTE CENTER - A centrally located Career & Technology Center in a repurposed building will help KISD meet new state mandated course offerings to more students.
4. PROVIDE MODERN TECHNOLOGY FOR 21ST CENTURY LEARNING TO ALL SCHOOLS
5. UPGRADED SECURITY CAMERA, FIRE ALARMS AND SECURE ENTRYWAYS FOR REMAINING CAMPUSES

This \$169 million bond provides all of these projects with no tax rate increases. Please take a look at <http://www.kellerisd.net/community/Bond/Pages/default.aspx>

Town Hall meetings almost every night and one Saturday morning: <http://www.kellerisd.net/community/Bond/Pages/Bond-Presentations.aspx>

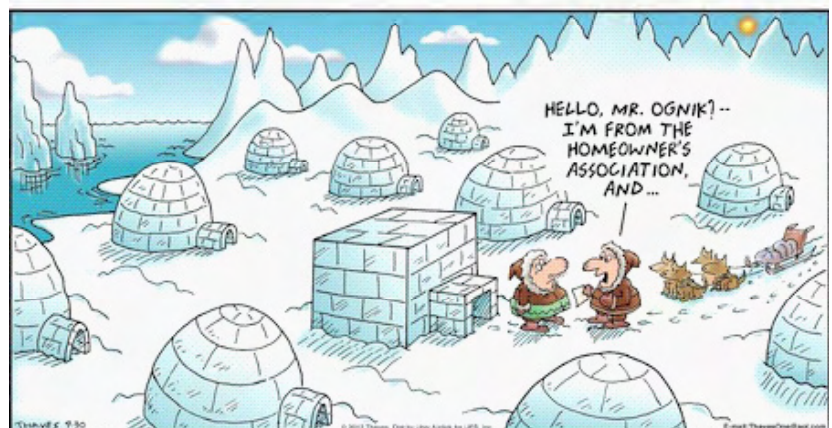
VOTE

BIRDVILLE ISD BOND ELECTION

BISD voters are being asked to consider a \$163.2 million bond program that was developed with extensive community input by a diverse group of citizens from all parts of the district. The program approved by the School Board includes safety and security upgrades at every campus; science lab renovations/upgrades; rebuilding North Richland Middle School, The Academy at West Birdville Elementary School and Birdville Elementary School; renovations and upgrades to facilities across the district; and technology upgrades to address instructional requirements and obsolete equipment districtwide. Under the program, all campuses in the district will receive upgrades, renovations or be rebuilt. For specific information on the 2014 bond program, visit www.bisdbond14.net

YOUR VOTE IS YOUR VOICE.....GO VOTE!!

FRANK AND ERNEST



Need To Know

Everything You Ever Wanted To Know About Influenza ('the flu')

- **The flu is caused by a virus** that spreads from infected people to the nose or throat of others. Symptoms usually appear within two to four days of being infected. A person is considered contagious for another three to four days after symptoms disappear.
- **The U.S. "flu season"** generally runs from November to March/April every year.
- **Flu symptoms:**
 - Fever
 - Chills
 - Dry cough
 - Nasal congestion
 - Sore throat
 - Headache
 - Muscle aches
- **Why do you need a flu shot every year?** Because the flu virus changes, at least one of the vaccine's viruses must be replaced with a newer one every year. Plus the shot only lasts about a year.
- **When does a shot start working?** Protection develops one to two weeks after you get your flu shot and may last a year.
- **Who should not get a flu shot?** If you have a severe egg allergy and are at high risk for flu complications, ask your doctor about safe ways of getting a shot. If you are severely ill and have a fever, wait until you are well to get your shot. If you are mildly ill with or without fever (e.g., head cold), it's OK to get a shot.
- **How effective are flu shots?** The shot is almost 90% effective in preventing type A and type B influenza. If you manage to get the flu, it will be a milder case if you've gotten the shot.

Are there medications I can take to prevent getting the flu?

If you are healthy but exposed to a person with the flu, antiviral drugs can prevent you from getting sick. Antiviral medications are prescription pills, liquids, or inhalers used to prevent or treat flu viruses. They are approved for adults and children one year and older. There are four antiviral drugs approved for treating the flu in the United States—oseltamivir (Tamiflu), zanamivir (Relenza), amantadine (Symmetrel), and rimantadine (Flumadine). The sooner you are treated with an antiviral, the more likely it will prevent the flu. Antiviral drugs are 70% to 90% effective at preventing the flu. Talk to your health care provider if you think you need antiviral drugs.

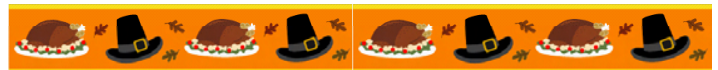
November 2014

Can a flu shot give you the flu?

No, a flu shot cannot cause flu illness. Flu vaccines that are administered with a needle are currently made in two ways: the vaccine is made either with a) flu vaccine viruses that have been 'inactivated' and are therefore not infectious, or b) with no flu vaccine viruses at all (which is the case for recombinant influenza vaccine). The most common side effects from the influenza shot are soreness, redness, tenderness or swelling where the shot was given. Low-grade fever, headache and muscle aches also may occur.

You can find more information on influenza at www.cdc.gov.

This is not a substitute for professional advice. Please seek a qualified physician for any questions.





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Area High School Varsity Basketball Schedules. . .

BIRDVILLE

- 11/08 1:00p @ Aledo (Aledo, TX)
- 11/13 5:00p @ Fort Worth Christian (North Richland Hills, TX)
- 11/18 7:30p Saginaw (Saginaw, TX)
- 11/21 7:30p Fossil Ridge (Keller, TX)
- 11/25 12:30p @ Chisholm Trail (Fort Worth, TX)
- 12/16 7:30p Bell (Hurst, TX)
- 01/02 6:00p @ Eastern Hills (Fort Worth, TX)
- 01/06 7:30p Dunbar (Fort Worth, TX)
- 01/09 TBA Grapevine (Grapevine, TX) Location: Birdville High School
- 01/16 8:00p Lake Dallas (Corinth, TX)
- 01/23 8:00p @ Carter-Riverside (Fort Worth, TX)
- 01/27 7:30p Eastern Hills (Fort Worth, TX)
- 01/30 6:00p @ Dunbar (Fort Worth, TX)
- 02/03 TBA @ Grapevine (Grapevine, TX) Location: Grapevine High School
- 02/06 7:30p Poly (Fort Worth, TX)

FOSSIL RIDGE

- 11/18 7:30p Mansfield Timberview (Arlington, TX)
- 11/21 7:30p @ Birdville (North Richland Hills, TX)
- 12/02 7:30p Heritage (Colleyville, TX)
- 12/09 8:00p Wyatt (Fort Worth, TX)
- 12/19 7:30p @ Guyer (Denton, TX)
- 01/13 7:30p Keller (Keller, TX)
- 01/20 7:30p @ Northwest (Justin, TX)
- 01/27 7:30p Guyer (Denton, TX)
- 01/30 6:00p @ Ryan (Denton, TX)
- 01/30 7:30p @ Weatherford (Weatherford, TX)
- 02/06 7:30p @ Keller (Keller, TX)



CENTRAL

- 11/8/2014 TBA Trinity & Arlington Martin A-Trinity HS
- 11/15/2014 11:00 AM Saginaw/Joshua/Lake Country H-Central HS Main Gym
- 11/18/2014 7:30 PM Arlington Lamar H-Central HS Main Gym
- 11/21/2014 6:30 PM Everman A-Everman HS
- 11/25/2014 1:30 PM Mansfield H-Central HS Main Gym
- 12/2/2014 7:30 PM Flower Mound H-Central HS Main Gym
- 12/4/2014 TBA Lake Worth Bullfrog Classic A-Lake Worth
- 12/5/2014 TBA Lake Worth Bullfrog Classic A-Lake Worth
- 12/6/2014 TBA Lake Worth Bullfrog Classic A-Lake Worth
- 12/9/2014 7:30 PM Flower Mound Marcus H-Central HS Main Gym
- 12/11/2014 TBA Keller ISD Varsity Tournament H-Central HS Main Gym
- 12/12/2014 TBA Keller ISD Varsity Tournament H-Central HS Main Gym
- 12/13/2014 TBA Keller ISD Varsity Tournament H-Central HS Main Gym
- 12/19/2014 7:30 PM Northwest H-Central HS Main Gym
- 12/29/2014 TBA Moritz Classic Tournament A-Aledo HS
- 12/30/2014 TBA Moritz Classic Tournament A-Aledo HS
- 12/31/2014 TBA Moritz Classic Tournament A-Aledo HS
- 1/6/2015 7:30 PM Denton Guyer A-Denton Guyer High School
- 1/9/2015 7:30 PM Fossil Ridge H-Central HS Main Gym
- 1/13/2015 7:30 PM Byron Nelson H-Central HS Main Gym
- 1/16/2015 7:30 PM Timber Creek A-Timber Creek HS
- 1/20/2015 7:30 PM Denton Ryan A-Denton Ryan HS
- 1/23/2015 7:30 PM Keller H-Central HS Main Gym
- 1/27/2015 7:30 PM Northwest A-Northwest HS
- 1/30/2015 7:30 PM Denton Guyer H-Central HS Main Gym
- 2/3/2015 7:30 PM Fossil Ridge A-Fossil Ridge HS Main Gym
- 2/6/2015 7:30 PM Byron Nelson A-Byron Nelson High School
- 2/10/2015 7:30 PM Timber Creek H-Central HS Main Gym
- 2/13/2015 7:30 PM Denton Ryan H-Central HS Main Gym
- 2/17/2015 7:30 PM Keller A-Keller HS Main Gym

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You Can Deter Thieves While You're Away

While you're away from home, make sure your personal property doesn't end up in the hands of a burglar. Protecting your home can be as easy as making it look occupied while you're gone.

Here are some simple measures you can take that can pay off in security and peace of mind:

- Leave drapes and shades open. If closed, it's a sign you're gone.
- Don't stop all deliveries. Have someone you trust pick up mail and newspapers every day.

Leave a radio on. It signals to a burglar that someone's home. Also, turn the volume adjustment on your telephone bell down so a prowler will be less likely to hear the ringing of an unanswered call.

Use automatic light timers. Set them to turn lights on and off in different rooms at different times.

Park a car in your driveway or parking space. If you plan to be gone for just a few days, park your second car in the driveway or space, or ask a neighbor to park a car there. This not only gives the impression you're home but also stops burglars from backing up a van and loading your possessions.

Important Numbers For The City of Fort Worth

Emergency	911
City Hall	(817) 392-2255
Ambulance Services	(817) 927-9620
Fire Department (Non-emergency)	(817) 922-3000
Police Department	(817) 335-4222
Animal Care/Control	(817) 392-3737
Bulk Item Pickup / Recycling	(817) 392-1234
Water Department	(817) 392-4477
Code Compliance	(817) 392-1234

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HOPE'S CLOSET 5601 BASSWOOD BLVD., SUITE 161 • FT. WORTH 817-281-0344	 communitystorehouse <small>Community Storehouse, the only children's charity in NE Tarrant County focused on keeping kids in the classroom.</small> www.CommunityStorehouse.org	UPSCALE RESALE 4640 KELLER HICKS RD. KELLER/FT.WORTH 817-741-3341
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