

# July 4<sup>th</sup>

## CELEBRATION

**Parade  
Doggiepalooza  
Food and Fun  
JOIN US!!**



July Fourth  
Celebration  
Page 3



# President's Notes

Hello again,

I hope everyone is having a great summer so far. As you know, here in Texas summers can be brutally hot. Please make sure you are taking the appropriate precautions when you're outside. Please take a moment to go over some heat safety tips in the article included in this newsletter.

As you know, on June 1, 2015 we started using a new property management company. By now you should have received your welcome

letter from RealManage in the mail. The letter contains all the information you need to access your account. If you have any questions or concerns at all, please let me or another board member know.

In June you received the first newsletter from our new publisher, how do you like it? Feedback is always welcome. If you have questions or feedback about our newsletter or would like to be a contributor please email our communications chair at PGNANewsletter@gmail.com.

In a few days we'll kick off our 4<sup>th</sup> of July celebration. Don't forget, we will start the festivities at 9 a.m. at the Alliance United Methodist Church. There will be lots to do! We're looking forward to all of the kids decorating their bikes and scooters (or whatever they choose to ride). Also, don't forget about the Doggiepalooza and the dunk tank where you can test your arm and accuracy by dunking

Russell Zwerg (Vice President and Treasurer) and me. Dunking balls can either be purchased with food donations or cash, benefitting the Tarrant County Food Bank.

Last, with your help, your neighborhood Association is doing great things. I know the entire Board continues to get questions and suggestions about more things we could be doing or things we could offer or benefits that we could engage. And honestly, the Association could do a lot more. We have the ability to not only make Park Glen a premier destination to raise a family but a leader in whatever effort we choose. The only end comes with the number of people who volunteer their time. As always, please consider spending some time with us. The more people we have involved, the better Park Glen will be!

Thanks for reading and see you next month,

Kevin

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# JOIN US FOR OUR FOURTH OF JULY CELEBRATION!

July 4th, 9a-Noon at the Alliance United Methodist Church



We hope you plan to come out for our Fourth of July Celebration! We will start the \*parade at 9a (see parade route) and following everyone's return, we will have our Doggiepalooza with dog contests and a few races. There will be bounce houses and face painting for the kids. Food will be provided by the Methodist Men. Please note that you must get food tickets at the Park Glen HOA table to receive free food items. This year we are having a DUNK TANK! Who doesn't love a dunk tank, right?! The Tarrant Area Food Bank is having their food drive so we are asking that you bring one food item (or more!) or a cash donation and that will get you three balls to throw at the target! We also have some great vendors participating as well!

*It's gearing up to be a great event!*

**You can find all the details on our website at [www.ParkGlen.org](http://www.ParkGlen.org).**

**Please contact us if you would like to volunteer!**

**PGNANewsletter@gmail.com**

*\*Helmets are required for riders in the parade.*





## Independence Day: History of America's Birthday

Summertime: the smell of barbecue, the roar of holiday crowds at events throughout the land, family, picnics, and the beach. It's America's annual birthday party and everyone is invited.

Schoolchildren in America learn the basic history of the events surrounding the Fourth of July, but the details of this monumental occasion in American history sometimes fall through the cracks. Although July 4th is celebrated as America's official split from Britain and the beginning of the American Revolution, the actual series of events took far longer than a single day. The original resolution of independence was introduced by Richard Henry Lee of Virginia on June 7, 1776, calling for the Continental Congress to declare the United States free from British rule. Three days later, a committee headed by Thomas Jefferson was appointed to prepare an appropriate writing for the occasion. The document that we know as the Declaration of Independence was adopted by Congress on July 4th, although the resolution that led to the writing of the Declaration was actually approved two days earlier.

All of this had occurred with some of the delegates to the Congress not even present. New York, for example, did not even vote on the resolution until July 9th. Even more interesting is the fact that not a single signature was appended to the Declaration on July 4th. While most of the fifty-six names were in place by early August, one signer, Thomas McKean, did not actually sign the Declaration until 1781. Nevertheless, July 4th was the day singled out to mark the event of the United States establishing itself as a nation.

Only four American holidays are still celebrated on fixed calendar days: Halloween, Christmas, New Year's Day, and Independence Day. Of all the secular holidays, the Fourth of July is the only one whose celebration date resists change. Even in more provincial times, suggestions to alter the day of the festival to the preceding Saturday or following Monday when July 4th fell on Sunday were protested. The feeling about the sanctity of America's Independence Day was best expressed in a quotation from the Virginia Gazette on July 18th, 1777: "Thus may the 4th of July, that glorious and ever memorable day, be celebrated through America, by the sons of freedom, from age to age till time shall be no more. Amen and Amen."

## July Dates to Remember

### July is **HOTDOG** and **ICE CREAM** Month!

- July 3rd..... PID 6 Fireworks, at dusk
- July 4th..... Park Glen 4th of July Celebration – 9a-Noon, Alliance Methodist Church
- July 6th..... Dad and Daughter Take a Walk Day
- July 14th..... Board Meeting, 7p Longhorn Activity Center, Basswood and Park Vista
- July 18th..... DIVE-IN MOVIE NIGHT, 7:30p, Longhorn Activity Center Pool
- July 23rd..... Ice Cream Cone Day (here's your excuse to eat ice cream!)

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# Girl Scouts In Park Glen



Girls throwdown with science competition.

*By Alanna Mussawwir-Bias*

Spring has turned into Summer and its time for outdoors, sports, and science fun. Girl Scouts in Park Glen have tremendous skills: They are great at volleyball, soccer, fencing, basketball and many other sports. The girls exhibit great sportsmanship, strength, and outstanding ability. Girl Scouts in our troop are making exercise and sports-related goals; learning the essentials of healthy living and creativity. Girls Scouts are talented, athletic, and win or lose, they practice to achieve their goals.



Basketball's Valuable Player and the Saber Fencer

Recently, we learned about the inner workings of small appliances and home electronics by tinkering and taking them apart. The girls studied how to care for technology and how to recycle obsolete machines as the final steps to earn the Discovering Technology Badge.

Girls Scouts in the community attended the Council Science Throwdown event at UT Arlington. The girls had their very own scientist to coach them as they conducted hands-on experiments, prepared with the scientists for the competition, and completed projects to take home.

Finally, several girls in the community earned the Girl Scout Diva Trip for those girls that sold 1200 boxes of cookies or more during our Cookie Program Sale. Two girls in Troop 1171 attended the recent Diva Trip to OKC; their combined sales totaled 2924 boxes. Congratulations Cookie Diva's Taylor and Lailah. They also earned \$500 toward their troop trip to Costa Rica in 2017.

Girls are planning a Zumba-thon in August 2015 to raise additional funds for their 2017 trip. Watch for more information; Support Girl Scout World Travel.

**Interested in Girl Scouts in Park Glen Area?**  
 Contact Alanna Bias @ 817-403-1875 or [alanna.bias@charter.net](mailto:alanna.bias@charter.net)  
 Girl Scouts of Texas Oklahoma Plains: <http://www.gs-top.org>



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# Tarrant Area Food Bank Community Food Drive - July 4



The mission of the Tarrant Area Food Bank (TAFB) is empowering communities to eliminate hunger by providing food, education, and resources through innovation and collaboration. Each month the TAFB distributes food, working with more than 300 partner charities and 12 neighboring counties, to 47,000 or more households, helping families from all walks of life. Food is distributed to church food pantries, senior citizen centers, emergency shelters for abuse victims and homeless families, soup kitchens, low-income child care centers, TAFB Food for Kids programs, rehabilitation facilities, and other social service centers. Each \$1 donated to the TAFB helps provide enough donated food for 5 meals. Over 8,600 volunteers contributed more than 80,000 hours of service to the Food Bank in the last full fiscal year. Over one-third of those served by TAFB and its network are children.

The TAFB is asking Fort Worth neighborhoods to join in the 2015 “Full Hearts, Full Hands” food drive. To support this worthwhile effort, Park Glen is having a food drive for the TAFB in conjunction with this year’s Independence Day Celebration (July 4 – 9am to Noon



– Alliance United Methodist Church). Attendees to this event are encouraged to bring some of the following food items or a financial donation for the TAFB:

- Canned Meats
- Vienna Sausages
- Canned Fruit
- Canned Vegetables
- Dried Beans
- Boxed Pastas
- Rice
- Canned Soups
- Dehydrated Soups
- Canned Juices
- Peanut Butter
- Cereals
- Boxed “Helper” Meals
- Snacks
- Powdered Milk
- Toiletries
- Laundry Soap
- Paper Goods
- Cleaning Products
- Diapers
- Feminine Products

We will have a dunking booth at the Independence Day Celebration where you can take your best shot at soaking the PGNA President and Vice President and other volunteers. You will get three balls for the dunking booth by donating one of the items listed above or \$1. General donations of food and money will also be accepted.



# PARK GLEN SCOUTING

*By Bob Kilburn*

School is out for Summer, all the Cubs Scouts and Boys Scouts from Pack and Troop 205 are ready to start Summertime Activities. That means Summer Camp in Texas, Day Camp & Resident Camp for the Cub Scouts. The Boys Scouts just finished putting out Flags for Memorial Day in and around neighborhoods in our area. Some of the Boys participated in the Mission Possible, 1, 5 & 10K run sponsored by Alliance United Methodist Church our

charter organization. Their outing this month was a service and shooting campout at where they fired shotguns and rifles, ran an obstacle course and camped in some nice rain, ha. The Troop also participated in the annual adventure race where teams competed in teams canoeing, shooting, climbing & bicycling. They took 2nd place in their category. Congratulations are in order for 2 more Scouts for achieving the rank of Eagle. Jacob White and Eric So.

The Cubs Scouts had their last monthly pack meeting until School is back in session. All the Cub Scouts participated in a graduation ceremony in which they were advanced to their next rank moving along the Scouting Trail. The Cubs Scouts also helped with the Mission Possible Run. Some went to the "Scout Day" to see the Texas Rangers play and got to walk on the field before the game with 1000's of other Scouts. They were busy preparing for the upcoming Cub Scout Day Camp.



## Interested in Scouting in the Park Glen Area?

Contact Bob Kilburn: 817-789-9907 or [bobkilburn@sbcglobal.net](mailto:bobkilburn@sbcglobal.net).

or visit our websites:

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

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



We have planned some movie nights at the Longhorn Activity Center Pool (Basswood and Park Vista)!!! Our first one will be July 18th and we will be showing Big Hero 6! NO ADMISSION CHARGE! The pool will open at 7:30p and the movie will start around 8:30p. Because space is limited, this will be on a first come-first served basis. Watch for updates which will include our August and possibly September dates at [www.ParkGlen.org](http://www.ParkGlen.org).

# OUR NEW PROPERTY MANAGER

RealManage is our community's property management company. RealManage partners with CiraConnect, the industry's leading technology and shared services provider, to deliver top-quality services to our community. These services include a team of Resident Advisors that is waiting to assist you with questions you may have regarding your account or the neighborhood. RealManage's Resident Service Center is available at 1-866-4RealService (1-866-473-2573) Monday through Friday from 7:30 a.m. – 7:00 p.m. You may also email RealManage at [PARKGLEN@ciramail.com](mailto:PARKGLEN@ciramail.com).

Park Glen homeowners have access to a personal Resident Portal, an online servicing tool designed to provide easy and immediate access to the most important information regarding your property and community. You will be able to view information anytime, anywhere, with the click of a mouse at [www.realmanage.com](http://www.realmanage.com).



Using the Resident Portal you will be able to:

- Make a one-time or recurring assessment payment
- Check the status of current payments – including the date, amount and type of payment
- Change your mailing address, phone numbers and other contact information
- Communicate with RealManage any time using our convenient online contact email feature
- View a history of relevant correspondence including various notices and documents
- Obtain ACC forms and the community's governing documents
- Review and report deed restriction violations
- Find helpful resources about community association living
- And more!

The full transition of our community to RealManage's system will take a few months to complete, and some features will be unavailable until the transition is complete.

RealManage is committed to maintaining the beauty and value of our neighborhood. Experienced managers will work closely with the Board of Directors to maintain and serve the community. Specially trained site inspectors will drive through and inspect the community regularly. Their service staff will address your complaints in a timely and professional manner. They will strive to maintain the standards that each of you relied upon when you purchased your home.



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# RECIPE OF THE MONTH

## Berry Easy Cobbler

### Ingredients

- 1 1/4 cups all-purpose flour
- 1/2 cup sugar
- 1 1/2 teaspoons baking powder
- 3/4 cup milk
- 1/3 cup butter or margarine, melted
- 3 cups fresh blueberries
- 1/3 cup sugar
- Vanilla ice cream or frozen yogurt (optional)

### Directions

1. In a medium mixing bowl, combine flour, the 1/2 cup sugar, and the baking powder. Add milk and melted butter; stir until just combined.
2. Spread the batter in a greased 8x8x2-inch baking dish (2-quart square). Scatter blueberries evenly over batter. Sprinkle evenly with the remaining 1/3 cup sugar.
3. Bake the cobbler in a 350 degree F oven for 40 to 45 minutes or until a toothpick inserted into the cake portion near the center comes out clean.
4. Serve the dessert warm with ice cream or frozen yogurt, if you like. Makes 10 servings.



Joann Anderson

Laurie Anderson

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# NEIGHBORHOOD WATCH TIPS



Let's all work together to help eliminate neighborhood crime. Please watch out for these activities in our neighborhood:

- Someone running from a car or home.
- Someone screaming. If you can't explain the screams, call law enforcement and report them.
- Someone going door-to-door in the neighborhood or looking into windows and parked cars.
- Someone asking about past residents.
- Someone who appears to have no purpose wandering through the neighborhood.

- Unusual or suspicious noises that you cannot explain, such as breaking glass or pounding.
- Vehicles moving slowly without lights or without an apparent destination.
- Business transactions conducted from a vehicle. This could involve the sale of drugs or stolen goods.
- Offers of merchandise available for ridiculously low prices. The merchandise might be stolen.
- Someone walking or running while carrying property at an unusual time or place.
- Someone removing property from unoccupied residences.
- A stranger entering a neighbor's home which appears to be or is supposed to be unoccupied.
- A stranger in a car who stops to talk to a child.
- A child resisting the advances of an adult.



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## Park Glen Neighborhood Association *Committees & Volunteer Opportunities*

We are always on the lookout for volunteers!! Here is a list of places where you can volunteer your time and serve your community.

Social Committee (Activities & Events) - This committee organizes, promotes and produces a few events throughout the year (Easter Eggstravaganza, July 4<sup>th</sup> Celebration/ Parade, Turkey Trot, and others).

Communications Committee - Gather information and/or write articles for the monthly newsletter as well as communicating through social media and the Park Glen website.

Hospitality Committee - Greet and welcome each new homeowner to our neighborhood, delivering a welcome gift.

Service Committee - The vision is to build a network of volunteer neighbors who will assist other neighbors as the need arises. For example, 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.

Development Committee - This committee monitors plans and projects and works with local government to exert influence over improvements, infrastructure, and development of our area.

Code Blue: Citizens on Patrol - Volunteers act as additional sets of ears and eyes for the police. Requires brief training at the police academy.

Crime Watch Block Captains - Coordinate and mobilize your neighbors to look out for crime and keep watch for each other. Requires training from the Fort Worth Police.

Architectural Control Committee - This committee will meet 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 neighborhood 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 village.

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 or contact us at [PGNANewsletter@gmail.com](mailto:PGNANewsletter@gmail.com).



# 2015 BOARD ELECTION

The 2015 election for the Park Glen Board of Directors is coming up quickly. Here is the schedule that has been set:

- June 1 to July 15 - Candidate Filing period.
- By July 20 - Post candidates & candidate statements on website.
- Approximately July 25 - Election America sends letter, candidate information sheet, and voting instructions to each homeowner, and sets up the website for voting.
- August 1 to August 31 - Advance Voting period.
- September 1 - Annual Meeting; in-person voting; results made known (assuming quorum has been met).

The Board has appointed Park Glen homeowner Justin Machacek to serve as the "Election Coordinator" for 2015. With regard to candidate filing, Justin will:

- Collect candidate filings.
- Verify homeowner status with Tarrant Appraisal District at filing submission and again right after filing ends.
- Confirm receipt of filings to applicants.
- Compile all candidate information into one document for the Park Glen website and for the Election America mailing and website.
- Maintain secrecy until after the filing period has ended.

**To run as a candidate in the 2015 election, please follow the instructions in the adjoining "Candidate Filing Form."**

## Candidate Filing Form

*2015 Election - Park Glen Neighborhood Association Board of Directors*

Please complete this form or provide the requested information on your own paper or in an e-mail message. The information from questions 4, 5, and 6 will be used only by the Election Coordinator. The information from 1, 2, and 3 will be published on the Park Glen and election websites and provided to all members before advance voting.

1. Your Name \_\_\_\_\_
2. Position Sought (circle one):    President    Vice-President    Secretary    Director (1 of 4)
3. Candidate Statement - Please write on the reverse or on your own paper or in an e-mail message. Limited to 75 words (if your statement is more than 75 words, only the first 75 words will be used). Your statement will be provided to Park Glen Neighborhood Association homeowners, so feel free to include anything that you want voting members to know. The statement will not be edited or proofed in any way, other than to eliminate any off-color or non-family-friendly content.
4. Address of Park Glen home of which you are an owner (the Tarrant Appraisal District must show your name as an owner) \_\_\_\_\_
5. E-mail Address \_\_\_\_\_
6. Phone Number \_\_\_\_\_

Please submit your information to Justin Machacek (Park Glen's 2015 Election Coordinator)  
 by e-mail to: [PGNAElection2015@gmail.com](mailto:PGNAElection2015@gmail.com)  
 by mail to: Justin Machacek; 7759 Arcadia Trail; Fort Worth, TX 76137

The filing deadline is July 15. Justin will confirm all submissions within 48 hours of receipt. If you do not get an e-mail confirmation, please contact Justin at the e-mail address above.



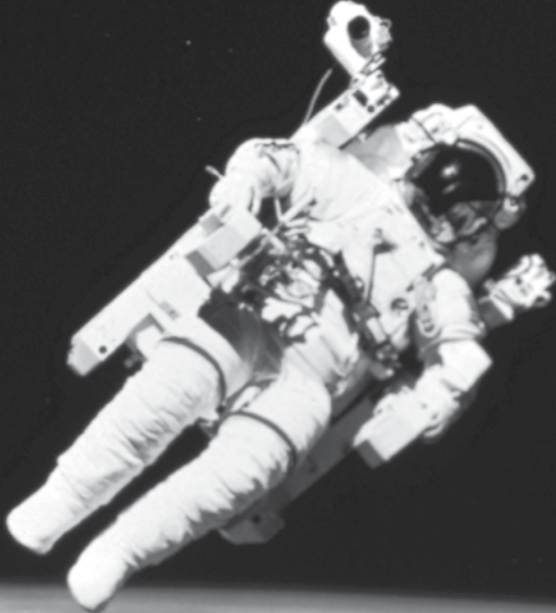
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# Summer Weather Safety and Survival

## What To Look For and Actions To Take

Heat Disorder	Symptoms	First Aid
<b>Sunburn</b>	Skin redness and pain, possible swelling, blisters, fever, headaches.	Take a shower, using soap, to remove oils that may block pores preventing the body from cooling naturally. If blisters occur, apply dry, sterile dressings and get medical attention.
<b>Heat Cramps</b>	Painful spasms usually in leg and abdominal muscles. Heavy sweating.	Firm pressure on cramping muscles or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue.
<b>Heat Exhaustion</b>	Heavy sweating, weakness, skin cold, pale and clammy. Weak pulse. Normal temperature possible. Fainting, vomiting.	Get victim to lie down in a cool place. Loosen clothing. Apply cool, wet cloths. Fan or move victim to air-conditioned place. Give sips of water. If nausea occurs, discontinue. If vomiting occurs, seek immediate medical attention.
<b>Heat Stroke (Sun Stroke)</b>	High body temperature (106+). Hot, dry skin. Rapid, strong pulse. Possible unconsciousness. Victim will likely not sweat.	Heat stroke is a severe medical emergency. Call 9-1-1 or emergency medical services or get the victim to a hospital immediately. Delay can be fatal. Move victim to a cooler environment. Try a cool bath or sponging to reduce body temperature. Use extreme caution. Remove clothing. Use fans and/or air conditioners. <b>DO NOT GIVE FLUIDS.</b>

### The Symptoms of Heat Disorders...

You can help yourself and others avoid experiencing the HEAT DISORDERS (above) by following these safety rules.

#### Thinking About Yourself

- Avoid the Heat. Stay out of the heat and indoors as much as possible. Spend time in an air conditioned space. Only two hours a day in an air-conditioned space can significantly reduce the risk of heat-related illness. Shopping malls offer relief if your home is not air-conditioned. If air conditioning is not available, stay on the lowest floor out of the sunshine. Remember, electric fans do not cool, they just blow hot air around.

- Dress for the heat. Wear loose-fitting clothes that cover as much skin as possible. Lightweight, light-colored clothing that reflects heat and sunlight and helps maintain normal body temperature. Protect your face and head by wearing a wide-brimmed hat. Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. Use a sunscreen lotion with a high SPF (sun protection factor) rating.

- Drink FOR the Heat. Drink plenty of water and natural juices, even if you don't feel thirsty. Even under moderately strenuous outdoor activity, the rate your body can absorb fluids is less than the rate it loses water due to perspiration. However, if you have epilepsy or heart, kidney, or liver disease; are on fluid-restrictive diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.

- Do not drink IN the Heat. Avoid alcoholic beverages and beverages with caffeine, such as coffee, tea, and cola. Alcohol and caffeine constrict blood vessels near the skin reducing the amount of heat the body can release. Although beer and alcohol beverages appear to satisfy thirst, they actually cause further body dehydration.

- Eat for the Heat. Eat small meals more often. Avoid foods that are high in protein because they increase metabolic heat. Avoid using salt tablets, unless directed to do so by a physician.

- Living in the Heat. Slow down. Reduce, eliminate, or reschedule strenuous activities such as running, biking and lawn care work when it heats up. The best times for such activities are during early morning and late evening hours. Take cool baths or showers and use cool, wet towels.

- Learn the symptoms of heat disorders and know how to give first aid.

#### Thinking About Others

- Do not leave children in a closed vehicle, even for a few minutes. This is a "No-Brainer". Temperatures inside a closed vehicle can reach 140°F-190°F degrees within 30 minutes on a hot, sunny day. However, despite this common sense rule, deaths from heat occur almost every Summer when someone leaves their child in a closed vehicle.

- When outdoors, protect small children from the sun, their skin is sensitive.

- Help your pets keep their cool. It will "feel" as hot for them as it will for you. As with children, do not leave your pets in a closed vehicle. Be sure your animals have access to shade and a water bowl full of cold, clean water. Dogs don't tolerate heat well because they don't sweat. Their bodies get hot and stay hot. During summer heat, avoid outdoor games or jogging with your pet. If you would not walk across hot, sunbaked asphalt barefoot, don't make your dog walk on it either. (Dogs can also get blisters on their paws from hot pavement.)

- Learn the symptoms of heat disorders and know how to give first aid.

#### Thinking About Your Environment

- Protect windows. Hang shades, draperies, awnings, or louvers on windows that receive morning or afternoon sun. Outdoor awnings or louvers can reduce the heat entering the house by as much as 80%.

- Conserve electricity. During periods of extreme heat, people tend to use a lot more power for air conditioning which can lead to a power shortage or outage. Vacuum air conditioner filters weekly during periods of high use.

- Keep lights turned down or turned off.

- Avoid using the oven.

- Learn the symptoms of heat disorders and know how to give first aid.

*Reprinted with permissions from the National Weather Service*





## Great Tips That Will Help You To

# Age Gracefully

When it comes to aging, taking small steps can make a big difference. Aging gracefully, and with dignity, is possible if we just take care of our bodies. In this article, we will explore some of the small steps you can take today that will help you to age with dignity tomorrow.

Keep your body hydrated to reduce the affects of aging on your skin. Our skin is one of the first things to show the signs of dehydration with sunken eyes and leathery skin. Keep up your water intake and make sure to eat foods that are high in water content like cucumbers and oranges.

Healthy aging encompasses all of your relationships in your life. Participating in community activities has been shown to increase lifespan. Keeping social can help to keep you looking and feeling young, so connect with those important people in your life.

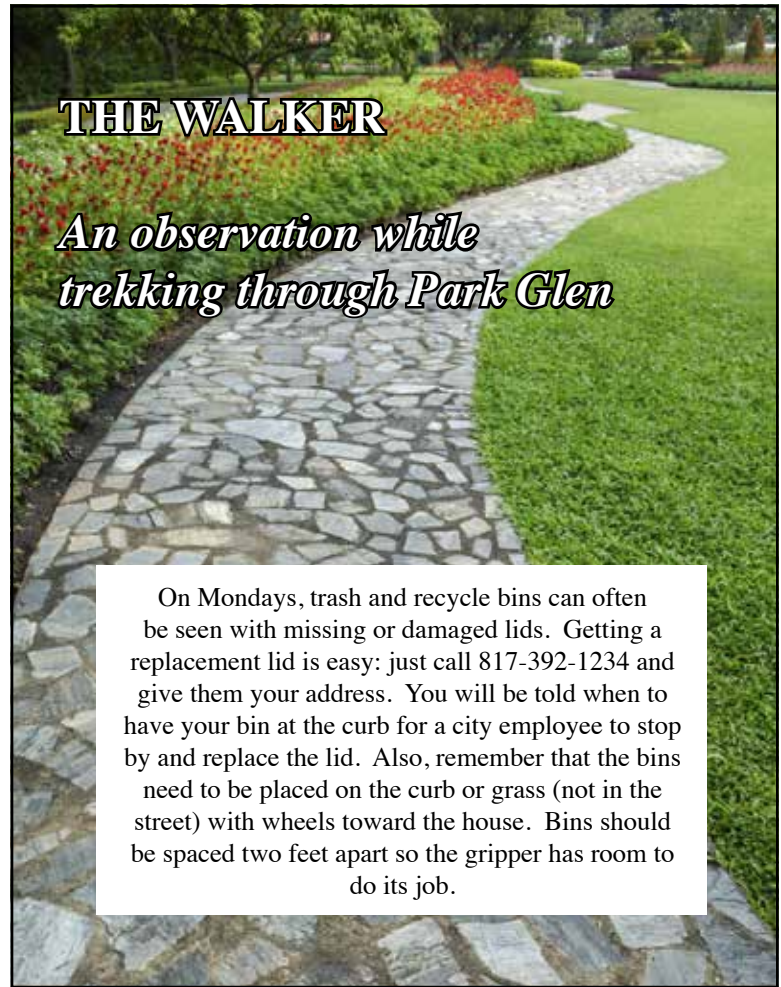
If you feel your better years are behind you, try writing down your thoughts. This can be done through a poem, blog, letter or journal. Writing gets your brain working, and you can express who you are or may even come up with new ideas. The best part is you will realize how much knowledge and wisdom you already have with which you can impart to others.

If you want to keep looking young, laugh! And do it often! Watch funny TV shows, read jokes on the internet, or go see a comedian. Make sure you include daily doses of laughter. Laughing will keep you looking young, and can also extend your life.

It is good to grow old. Your long life is an achievement. Our commercial culture pushes us toward denial of old age. We are told we should dye our hair, try to look young. But a healthy head of white hair can be worn with pride. You worked long and hard to attain this point in your life!

A good way to reduce the impact of lines around the eyes is to wear sunglasses. Not only does this prevent squinting and causing crows feet, but sunglasses block the sun from hitting those high wrinkle areas and damaging the skin. So wearing sunglasses has a dual effect on the anti-aging process.

When it comes to aging, small steps are key. Starting to make changes in your life today will make all the difference as you age tomorrow. In this article, we have provided information on some of the most important steps to take if you wish to age well. Follow them and enjoy your long, healthy life.



## THE WALKER

### *An observation while trekking through Park Glen*

On Mondays, trash and recycle bins can often be seen with missing or damaged lids. Getting a replacement lid is easy: just call 817-392-1234 and give them your address. You will be told when to have your bin at the curb for a city employee to stop by and replace the lid. Also, remember that the bins need to be placed on the curb or grass (not in the street) with wheels toward the house. Bins should be spaced two feet apart so the gripper has room to do its job.



## Reach Your Neighbors! Advertise in this Magazine!



Contact Community News Connection for more information:

**972-396-8855**

[info@communitynewsconnection.com](mailto:info@communitynewsconnection.com)



# Heavy Rains and Mosquitoes



**If you are concerned about the mosquito situation, please take the below precautions:**

### Precautions

The most effective way to avoid any mosquito-borne illness is to take the following simple precautions around the home.

Follow the “Five D’s”:

**Drain** standing water in your backyard and neighborhood; old tires, flowerpots and clogged rain gutters are mosquito-breeding sites. Change out pet water daily and keep swimming pools treated.

**DEET** - Apply insect repellent that contains DEET (N, N-diethyl-m-toluamide). Be sure to read label instructions. Spray clothing with repellent as well as exposed skin.

**Dress** in light colored long sleeves and long pants when you are outside.

**Dusk and Dawn** is when mosquitoes are most active. Stay indoors or minimize outdoor activities.

**Doors** and windows should remain closed and screens kept in good repair to prevent mosquitoes from entering your home.

# Fort Worth Collection of Large Bulky Trash

Fort Worth provides monthly curbside collection at residential homes of items that are too large, heavy or bulky to fit in the brown garbage cart for normal garbage pickup.

Bulky item pick-up is limited to 10 cubic yards (about eight feet long, six feet wide and six feet tall) at no extra charge to each household that receives curbside garbage and recycling collection. There is an extra charge for piles exceeding 10 cubic yards.

Place bulky items on the curb by 7 a.m. on the second Monday of each month. You may place items on the curb as early as 6 p.m. the Friday before your assigned week. Crews have until the following Saturday at 5 p.m. to pick up bulky items. After crews have collected on your street, do not place more bulky items on the curb until the next month on your designated week.

Please **DO NOT** put out any of the following:

- No trash, garbage, rubbish, waste or any material of any kind in plastic bags
- No leaves, grass or other yard trimmings in plastic bags. These items should be set out in paper yard bags for weekly yard trimmings and brush collection.
- No automobile parts, batteries or tires (residents can dispose of four tires every six months at city drop-off stations)
- No contractor remodeling and demolition debris such as shingles, wallboard and lumber
- No electronic equipment such as computers (use the city drop-off stations)
- No household appliances that contain coolant, gasoline or other chemicals, including air conditioners, refrigerators and lawnmowers (accepted at city drop-off stations)
- No dirt, rocks, concrete or ceramic tile
- No liquids, poisons or explosives

## The Communications Committee has a Facebook page!

Find us at “Park Glen Neighborhood Association”! ([www.facebook.com/parkglenhoa](http://www.facebook.com/parkglenhoa)) **LIKE** our page and get reminders and event updates.

**It's a great way to keep in touch!**





## Park Glen Neighborhood Association Contact Information

### Board Members

**Kevin Hammack, President**  
PGNAKevin@gmail.com

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

**Susan Kenney, Secretary**  
PGNASusan@gmail.com

**Jack Webb, Director**  
PGNAJack@gmail.com

**Teresa Biery, Director**  
PGNATeresa@gmail.com

**Barry Bryan, Director**  
PGNABarry@gmail.com

**Sterling Rice, Director**  
PGNASterling@gmail.com

### Property Manager

Real Manage - ParkGlen@circamail.com  
1.866.4RealService (1.866.473.2573)  
Monday through Friday, 7:30a-7:00p

**PGNA Website – www.ParkGlen.org**

**DEADLINE for the August Issue of  
*Park Glen Connection* is July 5, 2015**

To place a business advertisement  
in the *Park Glen Connection*, contact  
**COMMUNITY NEWS CONNECTION**  
**info@communitynewsconnection.com**  
**or 972.396.8855**

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## 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
United Pacific Railroad .....	(800) 848-8715
Graffiti Abatement .....	(817) 212-2700
Mark Pugh, Code Enforcement.....	(817)932- 3706
Scott Cryer, NPO .....	(817)210-0183

## 2015 Save the Date

**Annual Meeting - September 1, 2015**  
Location TBD • 7:00pm

**Turkey Trot - November 26, 2015**  
Annual 5K / 1M Run

**Holiday in the Park - December 12, 2015**  
Santa - Pictures - Hot Cocoa - Fun!  
Arcadia Trail Park, Ash River Rd. & Island Park Dr.

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\*1 revision allowed. All content must be provided.



# Update from Development Committee for PGNA

By Susan Kenney, Chair ~  
PGNASusan@gmail.com

## TRYING TO GET HIGHER DEVELOPMENT STANDARDS FOR AREAS AROUND OUR COMMUNITY

We have been trying to get the City of Fort Worth to create higher quality development standards for our community, such as on North Tarrant Parkway for commercial properties. We have been requesting that the new zoning standards control building placement, interior road placement, architectural and landscape standards. Ideally if the four quadrants for the commercially zoned intersection could be developed as a village center with an interior street with parking, sidewalk, and building along the interior road, it would be like a walkable village center. We contacted Heritage HOA in the fall to pursue with a joint effort, and they were working on also creating higher development

standards with the city. We are continuing to pursue this and are now also working with the North Fort Worth Neighborhood Association (NFNA) on this as well. I will be chairing an architectural committee for the NFNA to help create the new zoning standards.


## GRAPHIC VISION FOR OUR COMMUNITY

We are also working on creating a Graphic Vision for our community. We have created a Design Team, myself, city planner; Kellee Lee, landscape architect; and Emilia Yanagi, civil engineer; to create a graphic vision for our community. If anyone in our community can lend a hand in drawing, design, or photography, please feel free to contact me at PGNASusan@gmail.com, to be a part of our Design Team. We attended a public meeting for the Blue Zones Workshop and listened to input from the community. When we are finished



with our draft graphic vision, we will present the vision to the community via a website for input. Please start looking on the Parkglen.org website July 1st, for information on this, so you can give feedback. We will then refine the vision and present again to the public and the city for approval. This will hopefully lead to the City following this vision when they do any changes to roads and development in our community as well as implementing the vision.

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Ages 3 and 4  
July 6-10

Ages 5 - 7  
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**Happy Independence Day**



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