

June 2016

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MIRA LAGOS

Messenger

**Happy
Father's Day!**



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Who to Follow on Twitter

@MiraLagosHOA

Association Information and Neighborly News

@GrandPrairiePD

Grand Prairie Police Department

@gp_tx

City of Grand Prairie, Texas

@GrandFunGP

City Parks, Arts and Recreation Department

@mansfieldisd

Mansfield Independent School District

@Gpscanner

Grand Prairie Scanner, local Police, Fire, EMS

@DFWscanner

DFW Scanner, area Fire, Police, EMS

Who's your favorite? Tweet to @MiraLagosHOA with hashtag #MLMessenger!

Find us online at:

www.facebook.com/MiraLagosHOA

www.twitter.com/MiraLagosHOA



Association Contact Information

www.miralagoshoa.com

www.texas.fsrconnect.com/miralagos

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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

Office Hours
Tuesday-Saturday
8:30 am-4:30 pm
Closed Sunday and Monday

FirstService Residential
Customer Service
(877) 378-2388

Mail Payments to:
Mira Lagos Homeowners
Association Inc.
c/o FirstService Residential
PO Box 678065
Dallas, TX 75267-8065



Relationships based on respect, trust and effective communication are the cornerstone of our success.



Committee Chairs
Chair Meetings: Bi-monthly



Communications

Carlos Cucalon
communications@miralagoshoa.com
Meetings: monthly

Social

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

Landscape

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

Welcome

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

Pool and Sports

Mike Joffrion
poolsandsports@miralagoshoa.com
3rd Tuesday (Apr-Sept)

**New Members welcome
on all committees!**

Board of Directors

Joshua Spare, President
Eric Blackwell, Vice President
Robert McLain, Secretary
Jessica Cafferata, Treasurer
John Hughes, Director
board@miralagoshoa.com

Safety

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



Let us help you
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Perfect Pet.



Now With Two Convenient Keller Locations!

HSNT Welcome Home Adoption Center
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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

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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Spring Fling 2016

The Mira Lagos Annual Spring Fling was held on **Saturday, April 16, 2015 from 11 a.m. – 1 p.m.** and it was a perfect day to celebrate Spring! Approximately 400 neighbors socialized and children of all ages enjoyed the bounce houses, tried their hand at basketball, played a few games in the Game Truck, and waited in line for a chance on the “Eliminator”! Park Place Motors sponsored the event showcased a sporty new convertible Mercedes Benz and answered questions for anyone interested. There was plenty of food and refreshments all in attendance.

Special thanks to everyone who came out with their family and friends, the HOA Property Management team, teen volunteers and of course the ML Social Committee!!!

Mira Lagos HOA Social Committee





What's Happening



Crawfish Boil at Farmers Market

Date: 06/04/2016 8:00 AM - 2:00 PM

Location: Market Square
120 W. Main St.

Grand Prairie, Texas 75050

The Grand Prairie Farmers Market will be open from 8:00 a.m.-2:00 p.m. Saturday, June 4, featuring a crawfish boil from 10:00 a.m.-2:00 p.m., water and soda garden, live music, gift market, arts and crafts, and games. Tasty authentic crawfish prepared by Dustin Clement's Head's or Tails Cajun Crawfish will be sold for \$10 a pound and will be accompanied with potatoes and corn. The crawfish will be available promptly at 10 a.m.

Information: 972-237-4599 or
www.gptx.org/farmersmarket

Farmers Market and 8th Annual Car and Bike Show

Date: 06/25/2016 8:00 AM - 2:00 PM

Location: Market Square
120 W. Main St.

Grand Prairie, Texas 75050

There will be chrome, gleaming paint, and the quest for the Best of Show at the Grand Prairie Lions/Grand Bank of Texas Classic Car Show at Farmers Market in addition to our weekly farmers and vendors. Free to spectators, this event allows enthusiasts to vote for their favorite car or motorcycle while sampling unique flavors from various food and farmers market vendors.

Registration for the car show begins at 9 a.m. And the show runs 10 a.m. to 2 p.m. (Entry fee is \$20 per vehicle and free to the public to attend.)

Car Show Information:

www.gphostlions.com

Mary Poppins

Date: Visit www.artsgp.org for dates

Location: Uptown Theater
120 East Main Street

Grand Prairie, 75050

Jack-of-all trades, Bert, introduces us to

England in 1910 and the troubled Banks family. Young Jane and Michael have sent many a nanny packing before Mary Poppins arrives on their doorstep. She takes the children on magical adventures, and even grown-ups can learn a lesson or two from the nanny who advises that "Anything can happen if you let it."

You can purchase your tickets online or by phone 972-237-8786

Information:

www.artsgp.org/Current-Show.html

Livin' Fat by Judi Ann Mason

Date: Visit www.jubileetheatre.org/onstage.php for dates

Location: Jubilee Theatre
506 Main Street

Fort Worth, Texas 76102

The Cooper family is poor, but happy. Their son is David Lee, a recent college graduate who has had to take a job as a bank janitor. When the bank is robbed, the thieves drop a bundle and David Lee picks it up and it's \$50,000!

So he buys presents for the family, but when they find out where the money came from, their scruples are tested. However, they finally agree that the Lord works in mysterious ways and this time... He's working for them!

Information:

www.jubileetheatre.org/onstage.php

Phone: (817) 338-4411

Pawnee Bill's Wild West Show

Date: Visit www.stockyardsrodeo.com for dates

Location: Cowtown Coliseum
121 E. Exchange Avenue
Fort Worth, TX 76164

A historical reenactment of the original Pawnee Bill's Wild West Show. The show features trick roping, trick shooting, trick

riding, cowboy songs and an entertaining look at history. Historical figures such as Pawnee Bill come to life and transport the spectator back in time. The shows are based on actual events and stunts that occurred in the original Pawnee Bill's Wild West Show that toured the country some 90 years ago. The Pawnee Bill's Wild West Show. Spectators will get a glimpse of the past as entertainers recreate the original Wild West show, which was first held in Fort Worth's Cowtown Coliseum in 1909. Wholesome entertainment for the entire family full of animals, spectacular performers with ropes, bullwhips, pistols and even a singing cowboy!

Information:

www.stockyardsrodeo.com

Cyclin' with the Mayor: Fish Creek Linear Trail Ride

Date: 06/08/2016 6:00 PM

Location: Starrett Elementary School
2675 Fairmont Drive

Grand Prairie, Texas 75052

Join Mayor Ron Jensen for monthly bike rides in April through November as part of the Get Fit GP community wellness initiative. The rides feature a different 5-mile route each month and are set at a casual pace.

The June bike ride through Fish Creek Linear Trail starts 6 p.m. at Starrett Elementary School.

Visit the Cyclin' with the Mayor webpage for the schedule of 2016 rides.

Website: <http://www.gptx.org/residents/public-health/get-fit-gp-health-initiative/cyclin-with-the-mayor>

Important links

Get Fit GP: www.gptx.org/GetFitGP
Fort Worth: www.fortworth.com/events/

NATIONAL HEIMLICH MANEUVER DAY



Each year on June 1, National Heimlich Maneuver Day is observed. Using abdominal thrusts to force air from the lungs, to expel an object on which someone is choking, is called the Heimlich Maneuver. Dr. Henry J. Heimlich “created” this life saving procedure in 1974. The Heimlich Maneuver is also referred to as “Abdominal Thrusts.”

There are Heimlich Procedure courses that are available and are taught by certified instructors. Today would be a good day to research the available training in your area. According to the American Red Cross “choking causes over 3,000 deaths per year.” Having the proper training and knowledge may help to save someone’s life.



- 06/03 – National Doughnut Day (First Friday in June)
- 06/05 – National Cancer Survivor’s Day (First Sunday in June)
- 06/06 – National Drive In Movie Day
- 06/14 – National Flag Day
- 06/19 – Father’s Day

New Vendor Program! Need your mailbox post painted?



Mira Lagos now has a vendor program for mailbox painting. Our vendor will use a DTM paint, something that will last longer than even Rustoleum.

The charge is \$25.00 even per mailbox post. If you share a mailbox with your neighbor it will be \$12.50 each. Please stop by the office, fill out a form, with name, address, phone number and email. Leave payment with the onsite office, receive a receipt, and be placed on a list to have the work completed in a timely manner. And the HOA would like to offer this service in advance of receiving a notice.

Thank you in advance!

Make your check or money order out to "Make It Ready"

New in town?



Choose an OB/GYN who makes you feel at home.

At the **USMD Mansfield Clinic**, we take the time to answer all your questions and make you as comfortable as possible.

Set up an appointment to meet one of our providers
682.518.1035

- Heather Havener, M.D.**
- R. Stephen Krombach, M.D.**
- Natalie K. Moore, M.D.**

USMD Mansfield Clinic
2800 E. Broad, Suite 100
Mansfield, TX 76063

It's all part of our commitment to a **different kind of healthcare home.**

Something is Hidden. Can you find it?

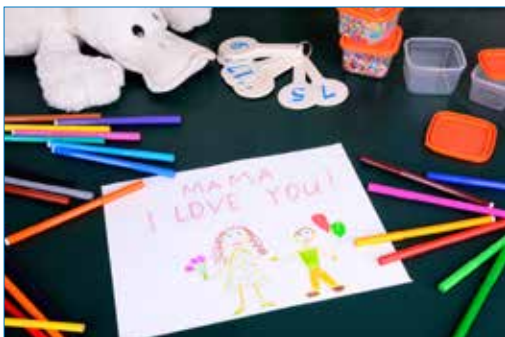


We have hidden in the Mira Lagos Messenger, **A FISH!** Please email manager@miralagoshoa.com in the subject line put “I FOUND IT,” a random drawing, WINS! Provide page item is on, name, address and phone number in the email.

Good Luck and have fun!

If you find it there is a \$25.00 gift card.

To Mom This Father's Day



Like many kids growing up in the United States today, I came from a divorced home where a father figure was not present. However, my mother, a proud single Hispanic woman, stepped up and took both roles of dad and mom. I saw the struggle, the commitment, the selflessness, the tears, the laugh, the love, and much more. I can honestly say that I would not be the man that I am today if it wasn't for my mother.

Growing up in this household gave me the opportunity to understand her as a woman and as a mother, the vulnerabilities, the strengths, but most of all her heart. Even though life was not easy I can't recall a moment where she did not show the strength to carry on and pull us through to better. We were not wealthy financially, but we never lacked in encouragement, love and will. Some of my earliest memories are of her saying "you will be better than who I am," always reminding me to not settle, and to always persevere. She set the expectation of what a gentleman, a man, a husband, a friend, and a son should be. I still remember going out on dates, sitting at a restaurant and talking about dreams, aspirations, goals, fears, and much more. She was my best friend.

Even though she died six years ago, her legacy and will continues through me and is now being passed on to my daughter. The reason why I chose to write this article is to encourage any woman who is fulfilling both roles today and may feel hopeless, fearful, stressed, and remind them that even though it may not be easy it is possible. Surround yourself with people of faith, who can pick you up when you cannot, love your children unconditionally, correct them in peace, don't stress yourself over the small things because what is remembered is the love. So, to all the super women out there reading this I just want to say thank you for all you do, because even though it may feel as if it goes unnoticed, it is never in vain. Celebrate this Father's Day because today is your day too!

"My mother was the most beautiful woman I ever saw. All I am I owe to my mother. I attribute my success in life to the moral, intellectual and physical education I received from her." —George Washington

Brought to You By Your Neighbor &
Mira Lagos Expert



"Christina as an agent is the consummate professional realtor. She is accessible, knowledgeable, timely, resourceful, and most importantly successful. As a person she is kind, considerate, patient, everything you would want in an agent!!" - Lucie Muns

FREE MARKET ANALYSIS
Christina Kang 817.739.7433

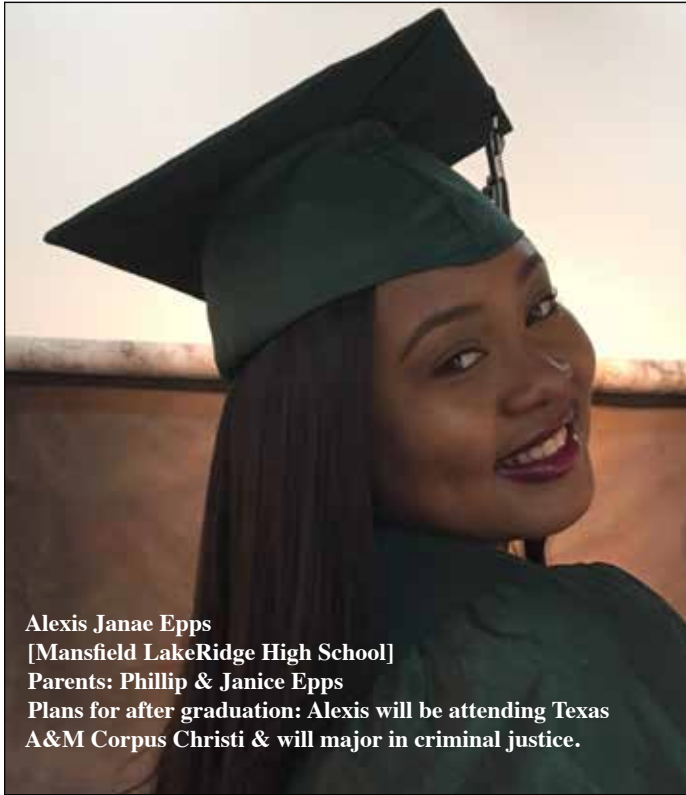
Beat the Heat This Summer!

- Change the AC filter regularly.
- Install solar screens windows with high heat gain.
- Programmable thermostats are great!
- Get magnetic vent covers for AC vents in unused rooms & redirect air flow.
- Get a competitive quote on your electric service (send your last electric bill to me at Christina@DreamhomeDFW.com and I'll get a bid for you from Reliant Energy. I have a contact with rates lower than what are offered to the public.
- Recaulk windows every five years to seal leaks around windows.
- Take advantage of "free energy audits" to see where you are losing energy.
- Consider adding extra insulation. It's an inexpensive way to help!

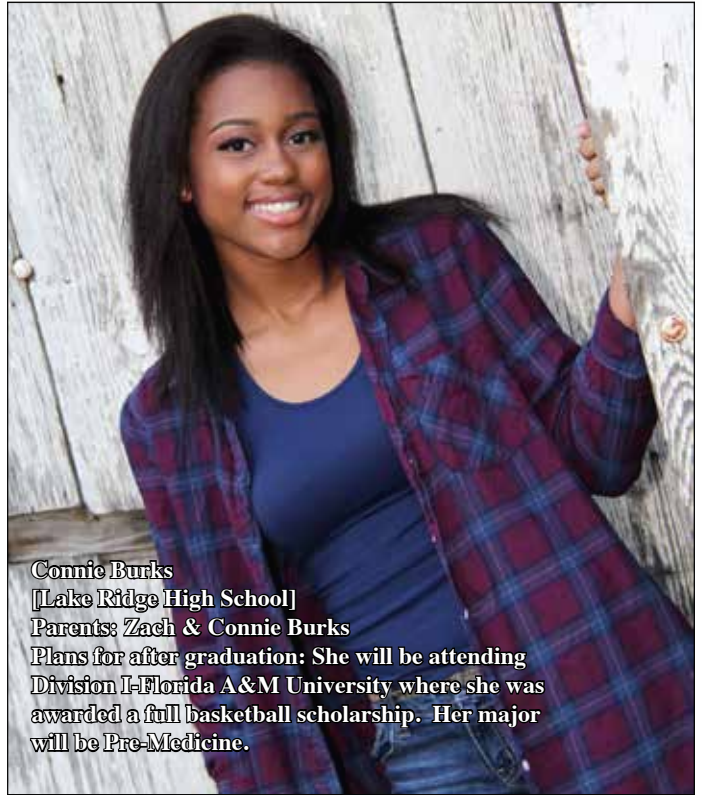


Broker & State Certified Residential Real Estate Appraiser (# TX-1336180-R)

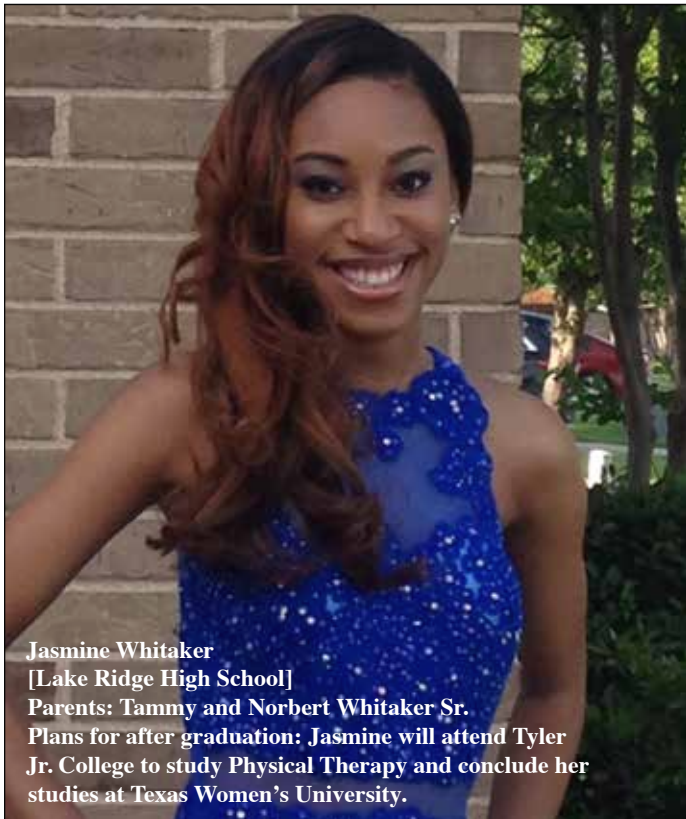
Share Your Announcements



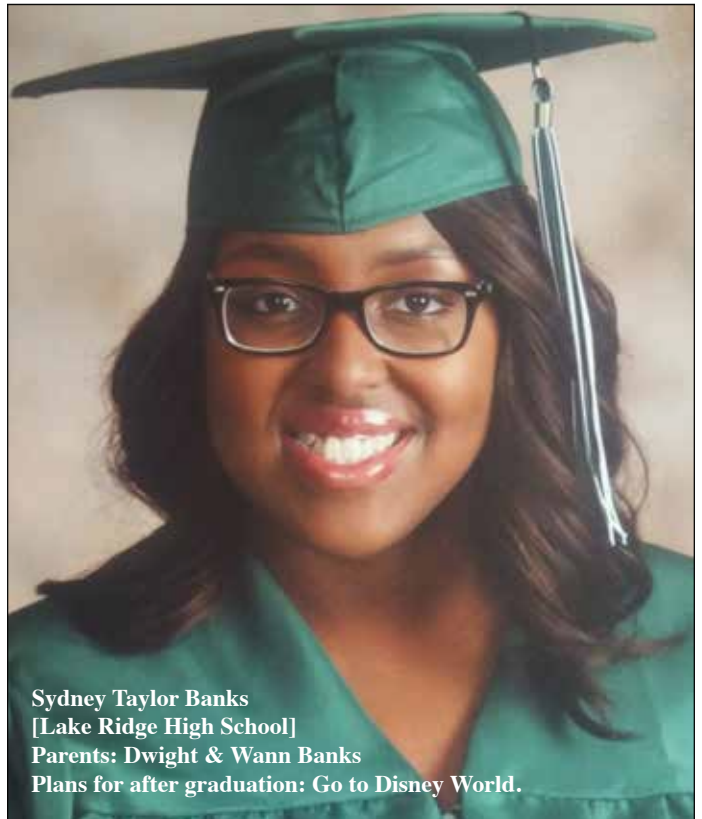
Alexis Janae Epps
[Mansfield LakeRidge High School]
Parents: Phillip & Janice Epps
Plans for after graduation: Alexis will be attending Texas A&M Corpus Christi & will major in criminal justice.



Connie Burks
[Lake Ridge High School]
Parents: Zach & Connie Burks
Plans for after graduation: She will be attending Division I-Florida A&M University where she was awarded a full basketball scholarship. Her major will be Pre-Medicine.



Jasmine Whitaker
[Lake Ridge High School]
Parents: Tammy and Norbert Whitaker Sr.
Plans for after graduation: Jasmine will attend Tyler Jr. College to study Physical Therapy and conclude her studies at Texas Women's University.



Sydney Taylor Banks
[Lake Ridge High School]
Parents: Dwight & Wann Banks
Plans for after graduation: Go to Disney World.

“Education is the most powerful weapon which you can use to change the world.”

~ Nelson Mandela

Kid's Corner POPSICLE STICK FLAGS



by Ginger Snap Crafts

You'll need

- Jumbo popsicle sticks
- Scissors
- Red, white, and blue paint
- Star punch
- White card stock

Steps

1. You'll need to cut (2) 3 ½ inch sticks and (3) 3-inch sticks. *Tip: they can be cut with scissors.*
2. You won't need to paint the 3 ½ inch sticks. You'll use those to glue your stripes on. They'll be in the back, so you won't see them.
3. 5 uncut Popsicle sticks and paint them.
4. Paint your Popsicle sticks (see pictures).
5. Cut the stars from out of white card stock with the star punch OR you could also use stickers, paint, etc.
6. Glue your blue sticks on top of your stripes.
7. Glue on your stars.
8. Then let the flags dry really well.

Extra

I hot glued our flags to a long piece of red ribbon. Then I tied 6 inch pieces of ribbon between each flag after I hung our flag banner on the mantle. (See picture)

For more arts and crafts you can visit <http://www.gingersnapcrafts.com>



Congratulations Yard of the Month Winners

1. 2944 Montalbo - El Llano
2. 7227 Vienta Point - Las Brisas
3. 2804 Pino - La Tierra
4. 3104 Pamplona - La Pradera
5. 7475 Gallo - El Arroyo

6. 2752 Fuente - Marbella
7. 2744 Ponce De Leon - Valencia
8. 2860 Prado - El Sendero
9. 6947 Ponzano - Sonora
10. 2903 Lavanda - Escondido

11. 2935 North Camino Lagos - La Ensenada
12. 3056 Nadar - Cordova
13. 2812 Pescadaro - El Mirador
14. 2847 England Pkwy - Bella Vista



*Keeping Our
Community
Beautiful*



1. NO LIFEGUARD on duty. Swim at your own risk.
2. Children under the age of 14 MUST be accompanied by a resident, 18 years or older, possessing a valid pool card.
3. Only 4 guests allowed per residence. A resident, 18 years or older, possessing a valid pool card, MUST accompany all guests.
4. Proper swimwear required.
5. Persons with skin diseases, open sores or wounds, inflamed eyes, nasal or ear infections or any communicable diseases are not allowed to use the pool.
6. For the health and safety of the residents, rubber pants in addition to swim diapers are REQUIRED for all non-toilet trained children.

7. NO water wings allowed without a U.S. Coast Guard approved life vest, properly fitted with age and with adult supervision. NO rafts allowed.
8. NO diving allowed.
9. NO pets, NO smoking, NO alcohol or glass objects of any kind allowed in pool area. NO food or drink allowed in the pool water.
10. Radios and other noise should be maintained at a low level at all times.
11. DO NOT ride bikes, tricycles, scooters, roller blades, skateboards, or any other similar vehicle in the pool area.
12. Running, roughhousing or general horseplay that may endanger the safety of others is NOT allowed.
13. Foul language and/or threatening behavior will NOT be tolerated.
14. Emergency equipment is to be used for emergencies only.
15. Access to the equipment room is restricted.
16. NO trespassing after pool hours or during pool closures.
17. The Homeowners Association or Management Company is not responsible for personal property, accidents, injuries or theft.
18. VANDALISM WILL NOT BE TOLERATED. To report vandalism, call police immediately, then notify Management Company 817-473-6787.
19. Pools WILL CLOSE during inclement weather.
20. In case of EMERGENCY, CALL 911.

Violation of pool rules may lead to revoking of pool privileges and/or criminal prosecution.



As a nonprofit hunger relief organization, we distribute donated, purchased and prepared foods through a network of more than 340 Food Assistance Partners in 13 counties. Every day, we support the nutritional needs of children, families and seniors through education, advocacy and strategic partnerships.



North Texas Food Bank
4500 S. Cockrell Hill Road
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214.330.1396
ntfb.org



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for more information:

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5 Signs of Dehydration

Here are some signs you're dehydrated and need to slow down and replenish your fluids.

1. **Dry Mouth:** A dry, sticky mouth is often the first sign you're becoming dehydrated. If you find your mouth is dry, be sure to drink plenty of water to head off the effects of dehydration early. In addition to (but not instead of!) drinking water, you can also drink something like Gatorade, Pedialyte or coconut water, which will replenish your electrolytes and aid in water retention.
2. **Headache:** When your body loses water, it also loses important elements your body needs to function, like sodium and potassium. Believe it or not, the loss of those minerals can actually change the chemistry of your blood. Your brain can easily register that change and trigger a painful headache.
3. **Dizziness:** Dehydration causes water to leave your blood as well as your body, and the subsequent drop in blood volume and pressure can cause dizziness and lightheadedness.
4. **Dark Colored Urine:** It's perhaps not the most pleasant way to find out that you're dehydrated, but the color of your urine is an important sign nonetheless. When your system is low on water, your urine becomes concentrated and turns a dark or amber color.
5. **Dry Skin:** Your skin can actually lose elasticity due to dehydration. Try pinching the back of your hand—if it takes more than a second or two to return to normal, you may be very dehydrated.

Article: <http://blog.texas811.org/2014/06/20/5-signs-dehydration>

5 REASONS YOU MIGHT BE DEHYDRATED THIS SUMMER

Its summer time and summer is known for one big thing: HEAT! No matter where you live, typically summer brings warmer temperatures, but in Texas it is down right steaming hot! However, heat does not seem to stop people from exercising outside, going to water and theme parks and doing outdoor activities. What many people often forget, though, is that heat can put them at risk for dehydration and dehydration can cause a host of problems in the body. From headaches to nausea to dizziness to heat stroke, dehydration does bad things to the body!

Playing sports or running a marathon are not the only things that cause dehydration! Many things can contribute to it in the warm summer months. It is important that you recognize things that can cause dehydration on a daily basis so that you can combat these with extra fluid. Here are 5 things that might dehydrate you this summer:

1. **Exercising outside:** Whether you exercise outside or in the gym normally, the heat and humidity of the summer can and will make you sweat more making you at a greater risk for dehydration during your workout. Drinking adequately over the course of the day and consuming 5-10 oz of fluid throughout your workout can help combat the extra sweating.
2. **Busy schedules:** Often times summer brings a different schedule where you are off your norm. Maybe you usually keep a bottle of water filled up at your desk all day, but now that you are not at your desk, you forget to bring one with you. Pay extra attention on busy days to be sure you drink enough throughout the entire day.
3. **Drinking alcohol:** Alcohol is the one beverage that for sure dehydrates you! Many patio and pool parties are full of beer and fruity adult beverages so when you are outside having a good time, be sure to drink water in between. This will help you feel better tomorrow!
4. **Outdoor events:** Just like with exercise, if you are outside more in the summer whether it be at the beach, at a theme park or doing yard work, you are more likely to become dehydrated because you are sweating. Pay attention to these days and be sure to carry a water bottle or electrolyte-rich drink with you while you play.
5. **You don't feel thirsty:** Some people just don't feel thirsty often, but this does not mean you don't need to drink! Whether you feel you need it or not, drink up during the summer months as skipping water and fluid can you leave fatigued and lethargic, often with a headache, with no explanation. So be a sipper and sip on fluid all day long!

Article: <http://www.5pointsblue.com/5-reasons-you-might-be-dehydrated-this-summer>

Dehydration risk factors

Anyone can become dehydrated if they lose too many fluids. But certain people are at greater risk, including:

- **Infants and children.** Infants and children are especially vulnerable because of their relatively small body weights and high turnover of water and electrolytes. They're also the group most likely to experience diarrhea.
- **Older adults.** As you age, you become more susceptible to dehydration for several reasons: Your body's ability to conserve water is reduced, your thirst sense becomes less acute, and you're less able to respond to changes in temperature. What's more, older adults, especially people in nursing homes or living alone, tend to eat less than younger people do and sometimes may forget to eat or drink altogether. Disability or

neglect also may prevent them from being well nourished. These problems are compounded by chronic illnesses such as diabetes, dementia, and by the use of certain medications.

- **People with chronic illnesses.** Having uncontrolled or untreated diabetes puts you at high risk of dehydration. But other chronic illnesses, such as kidney disease and heart failure, also make you more likely to become dehydrated. Even having a cold or sore throat makes you more susceptible to dehydration because you're less likely to feel like eating or drinking when you're sick. A fever increases dehydration even more.
- **Endurance athletes.** Anyone who exercises can become dehydrated, especially in hot, humid conditions or at high altitudes. But athletes who train for and participate in ultramarathons, triathlons, mountain climbing expeditions and

cycling tournaments are at particularly high risk. That's because the longer you exercise, the more difficult it is to stay hydrated. During exercise, your body may lose more water than it can absorb. With every hour you exercise, your fluid debt increases. Dehydration is also cumulative over a period of days, which means you can become dehydrated with even a moderate exercise routine if you don't drink enough to replace what you lose on a daily basis.

- **People working or exercising outside in hot, humid weather.** When it's hot and humid, your risk of dehydration and heat illness increases. That's because when the air is humid, sweat can't evaporate and cool you as quickly as it normally does, and this can lead to an increased body temperature and the need for more fluids.

Article: <http://www.mayoclinic.org/diseases-conditions/dehydration/basics/risk-factors/con-20030056>



With the kiddos getting out of school one of the most memorable things that you can do with your family is to go camping. Keep in mind that if you wait a bit longer, it might be too hot, but it's still definitely a really fun experience.

Spending time outdoors relieves stress and helps us unwind. In order to insure that a camping trip provides those benefits it is best to not accidentally forget to pack something you need to enjoy your trip. A missing item can be important for nothing other than your enjoyment or as vital as a piece of equipment that compromises your camping arrangements.

The best way to avoid leaving anything at home is to have a camping checklist. The list does not only serve as a reminder but should also be used

literally - as a checklist. When you go through the items mark up your list. When you are closed to finish you will then have a clear idea about what still remains to get ready.

Personal Gear - Your toiletry kit (tooth brush, tooth paste, shampoo, soap, deodorant, comb or brush, toilet paper, etc.), towels, lip balm, sunglasses and sewing kit.

Camp Site Gear and Supplies - pocket knife, insect repellent, sun block, flashlights, batteries, lantern, water, water containers (canteen, bottles, etc.), rope, camera, clothespins, table, lounge chair and a clock.

Tent - tent, ground cover, mallet, tent stakes, tent poles, extra cord, tent fly or cover. I would strongly suggest you build at least once your tent at home to make sure you are not missing anything behind and it also serves as a good practice before the real deal.

Camp Fire - matches, wood, shovel, axe, kindling, newspaper, extinguisher. Be sure to check about any fire restrictions or permits that may be needed for wherever you are going.

Bedding/Sleeping - sleeping bags, cots, sleeping pad, pillows, airbed and pump, blankets.

First Aid - The easiest solution is to buy a first aid kit. Since the prices vary by what is included, it is best to just read the contents and decide what you are comfortable with. One you look at a few different kits, across a range of prices, you will have a better idea of what you think you

should bring. Make sure nobody in your party needs an EpiPen, if so make sure you have them ready.

Clothing - shirt and shorts, sweat pants, gloves, jackets, hiking boots, sneakers, sandals, socks of varying thickness, underwear, rain boots, fleece, swimsuits, pajamas, tank tops, hats and bandannas. Not to mention waterproof jackets and trousers.

Utensils / Cooking - food container, insulator for frozen food, pots and pans, thermos, aluminum foil, fuel, stove, matches or lighter, disposable utensils, dish towels, bottle and can opener, knife, trash bags, zip lock bags, mugs, bowls, coffee pot, spatula, dish soap, table cloth and skewers for campfire barbecuing or marshmallow toasting.

If you have children

Babies - If you have a baby then you know what you need to bring for them.

Preschoolers - some ideas of things to bring include: games, drawing materials (pencils, crayons, paper), a bucket and shovel, balls, a toy boat if you will be around water and toy trucks.

This list by no means is comprehensive, and you might decide to bring more or less, but just remember to have fun!

To see a list of the State Parks near us visit <http://tpwd.texas.gov/state-parks/>

Recipe of the Month

Fried Chicken Sandwiches with Slaw and Spicy Mayo

SERVINGS: 4

Slaw doesn't go with this fried chicken sandwich; it goes on the sandwich, along with a healthy dose of spicy mayo.

INGREDIENTS

Spicy Mayo And Slaw

- 1 garlic clove, finely grated
- 1/2 cup mayonnaise
- 1 tablespoon Louisiana-style hot pepper sauce
- 1/2 small red onion, thinly sliced
- 1 jalapeño, thinly sliced
- 4 cups thinly sliced cabbage
- 1/2 cup Bread-and-Butter Pickle slices, plus 1/4 cup pickle juice

Fried Chicken And Assembly

- 2 cups all-purpose flour
- 1 tablespoon ground black pepper
- 1/2 teaspoon kosher salt plus more
- 1 cup buttermilk
- 2 8-ounce skinless, boneless chicken breasts, halved crosswise
- Peanut or vegetable oil (for frying)
- 4 white sandwich rolls

- 2 tablespoons unsalted butter, room temperature

Special Equipment

- A deep-fry thermometer

PREPARATION

Spicy Mayo And Slaw

- Mix garlic, mayonnaise, and hot pepper sauce in a small bowl; cover and chill. Toss onion, jalapeño, cabbage, pickles, and pickle juice in a large bowl to combine; cover and chill.
- Fried Chicken And Assembly
- Whisk flour, pepper, and 1/2 teaspoons salt in a shallow bowl. Pour buttermilk into another shallow bowl. Working with 1 piece at a time, dredge chicken in flour mixture, shaking off excess. Dip in buttermilk, allowing excess to drip back into bowl. Dredge again in flour mixture, shaking off excess.
- Pour oil into a large heavy skillet to a depth of 1/2-inch. Prop deep-fry thermometer in oil so bulb is submerged. Heat over medium heat until thermometer registers 350°.
- Fry chicken until golden brown and cooked



through, about 3 minutes per side. Transfer to a wire rack set inside a baking sheet; season with salt.

- Spread cut sides of rolls with butter. Heat another large skillet over medium heat. Working in batches, cook rolls buttered side down until browned and crisp, about 1 minute. Spread with spicy mayo. Build sandwiches with rolls, chicken, and cabbage slaw.