

## CONTACT US

### Board Members

Kevin Hammack-Pres,  
[PGNAKevin@gmail.com](mailto:PGNAKevin@gmail.com)

Russell Zwerg-Vice Pres,  
Treasurer  
[PGNARussell@gmail.com](mailto:PGNARussell@gmail.com)

Kelly Wingo, Secretary -  
[PGNAKelly@gmail.com](mailto:PGNAKelly@gmail.com)

Jack Webb, Director-  
[PGNAJack@gmail.com](mailto:PGNAJack@gmail.com)

Barry Bryan, Director-  
[PGNABarry@gmail.com](mailto:PGNABarry@gmail.com)

Susan Kenney, Director-  
[PGNASusan@gmail.com](mailto:PGNASusan@gmail.com)

Kim Bowden, Director-  
[PGNAKim@gmail.com](mailto:PGNAKim@gmail.com)

Community Manager  
RealManage -  
[ParkGlen@ciramail.com](mailto:ParkGlen@ciramail.com)  
(PREFERRED way to contact)

1.866.4RealService  
(1.866.473.2573) 7:30a-7:00p  
Monday through Friday

## INSIDE THIS ISSUE

HOA or PID?	2
Annual Dues	3
Upcoming Events	4
Get Connected	4
Shout Outs	5
Yard of the Month	6
Bike Trails	7
Covenant Corner	8
Turkey Trot	9
Citizens on Patrol	11

# ANNUAL MEETING

The Park Glen Neighborhood Association annual meeting will be held at the Longhorn Activity Center (5350 Basswood Blvd) on Monday night, September 11, starting at 7pm.

All homeowners are encouraged to attend. We will have brownies from Marcos Pizza, community speakers with messages relevant to our community, a year-in-review presentation, a Q and A session, and results of the 2017 board election. Three \$50 gift cards will be given away in a random drawing of all homeowners present who voted either in advance or at the meeting (one entry per property). This is a great opportunity to meet incoming Board members, ask questions, and sign up to volunteer. Come take part in your neighborhood!

Advance voting in the election runs through noon on September 11, with in-person voting at the meeting (please come before 7:00 to vote in person). Information on voting and the annual meeting may be found on our website at [www.ParkGlen.org/vote.html](http://www.ParkGlen.org/vote.html). If you have any questions about the advance voting process, you may contact Election America at 866-384-9978.

**This event was so successful we are doing it again this year!**

**2nd Annual Bingo Night**  
**Saturday, September 30**  
**7p-9:30p**  
**Alliance Methodist Church**  
**7904 Park Vista Blvd.**



**This is a free event for Park Glen homeowners and residents (adults only, please). Players will receive one Bingo card to play, and there will be a lot of great prizes given away!**

**We are asking folks to bring food for everyone to enjoy. If your last name starts with A-L please bring some type of snacky/finger foods and those with last names starting with M-Z, please bring a sweet/dessert type of food. The HOA will provide drinks.**

**It's going to be a fun night and a great chance to meet and mingle with other Park Glen neighbors!**

**Would you like to promote your business by donating a prize or sponsoring this event? Please contact Dana at [PGNANewsletter@gmail.com](mailto:PGNANewsletter@gmail.com).**

## President's Notes



Hello again,

This month I want to start by taking time to say that many of us have families and loved ones down in south Texas who were affected by hurricane Harvey. The residents of Park Glen have really stepped up to contribute to the aid and recovery of the great many people suffering from this hurricane and major flooding. I am awfully proud to be part of such a giving community and our hearts and prayers go out to those whose homes and lives were devastated.

Most all of us live lives that are quite busy, and we therefore don't have the time to sit in front of a computer screen and do research about the myriad of city and government organizations that can affect our neighborhood. Let me see if I can make clear the difference between the HOA (Park Glen Neighborhood Association) and the PID (Public Improvement District) that Park Glen is a part of.

The HOA was formed by the developers of Park Glen when the neighborhood was built. The primary role of the association is to manage deed restriction enforcement. The HOA also puts on community events, facilitates communication, collects assessments, and makes appropriate disbursements on behalf of the neighborhood. Whenever it is helpful to our neighborhood or residents, the HOA organizes forums for you to hear from and speak to city officials and communicates with PID6 and the City of Fort Worth simply because we think it's the right thing to do. PGNA does not own any land or monuments and carries no responsibility for the care of neighborhood entrances, medians, fences, pathways, sprinkler systems, or parks. In effect, our main responsibility is how the neighborhood looks inside the grey fences and doing what we can to make Park Glen a better place to live. All of the information for PGNA can be located at [www.ParkGlen.org](http://www.ParkGlen.org).

The Public Improvement District is actually a city entity that operates from your tax dollars. PID6 is comprised of a number of neighborhoods, though Park Glen is the largest with 3318 lots. You can identify the neighborhoods in the PID by the surrounding grey fences. Many years ago, homeowners voted for an additional property tax to form the PID and make sure the "common areas" (entrance landscaping and monuments, medians, boundary fences, sprinkler systems, and parks) would be properly maintained. That tax money is not shared with other areas but remains here in PID6. The PID's business is managed by an advisory board that is made up of homeowners who reside within the PID. That advisory board (completely separate from the HOA) determines how and where the tax dollars are spent regarding the common areas. You can find information on our Public Improvement District at [www.PID6.org](http://www.PID6.org).

It's important to note that, even though the PID is a city entity, it is not typically responsible for street repairs, street lights, malfunctioning traffic lights, or downed signs, which are all the responsibility of other city departments (call the city at 817-392-1234 to make a report or ask a question about any of these things).

Well, I hope that helps. If you have questions feel free to reach out. Last thing...don't forget, we have the PGNA Board of Directors election currently going on. You can vote online, mail your ballot in, or vote at the annual meeting on September 11th. It's important they everyone votes so we can be sure to reach quorum.

Kevin



# September

**September is National Literacy and Childhood Cancer Awareness Month and Women's Friendship Month**

## Dates to Remember

**September 9<sup>th</sup>** – Wonderful Weirdos Day (We all know someone, right??!)

**September 11<sup>th</sup>** – PGNA Annual Meeting, 7p, Longhorn Activity Center

**September 15<sup>th</sup>** – National POW/MIA Recognition Day

**September 18<sup>th</sup>** - PGNA Board Meeting

**September 21<sup>st</sup>** – World Alzheimers Day

**September 26<sup>th</sup>** – LOVE Note Day (Send as many as you can!)

**September 29<sup>th</sup>** – VFW Day

**September 30<sup>th</sup>** - Bingo Night

## Annual Dues

Bills were mailed to homeowners at the end of August for the \$66 annual HOA assessment (dues) for the fiscal year 10/1/17 through 9/30/18, plus any unpaid previous amounts. Payment is due October 1 to avoid finance charges and late fees. We do not send bills to mortgage companies, as most mortgage companies will not pay HOA dues out of escrow accounts.

If you have questions about your bill or the balance, please contact the Association Treasurer by clicking [here](#) or e-mailing [PGNARussell@gmail.com](mailto:PGNARussell@gmail.com).

To get a copy of your statement, correct your address, or make a payment, you can log in to the Resident Portal at RealManage.com or contact RealManage at [ParkGlen@ciramail.com](mailto:ParkGlen@ciramail.com) or 1-866-473-2573.

## While You Sleep, Your Home Is Traveling The World

An unrivaled Internet presence and worldwide office network on 6 continents will showcase your home all day and all night, all around the globe

**Just Imagine the Possibilities.....**  
With the Top Mother/Daughter Team that has Your Best interest at Heart!

- \* Advertise your home on over 725 websites
- \* Over 16 million visitors daily
- \* International visitors from 166 countries
- \* Social Media Marketing

**JoAnn (817) 741-2701**

**joannanderson2701@yahoo.com**

**Laurie (817) 966-SOLD (7653)**

**laurie@theandersonteamtx.com**



Like Us  
On  
Facebook



Visit Us On:



[www.facebook.com/AndersonTeamRealEstate](http://www.facebook.com/AndersonTeamRealEstate)

[@AndersonTeam1](https://twitter.com/AndersonTeam1)

**Whether Buying or Selling....We are On Top Of It!**

**[www.AndersonTeamRealEstate.com](http://www.AndersonTeamRealEstate.com)**

# UPCOMING PARK GLEN EVENTS

## **Bingo Night**

Saturday, Sept 30, 7-9:30pm at Alliance United Methodist Church. We are now accepting prize donations from businesses. This was a huge success last year and we hope to make it even better this year!



***Please contact Dana at [PGNANewsletter@gmail.com](mailto:PGNANewsletter@gmail.com) if you would like to donate a Bingo prize to promote your business.***

## **National Night Out**

Tuesday, October 3.

Designed to bring neighbors together to make our neighborhood safer and friendlier. We need volunteers to coordinate block parties.

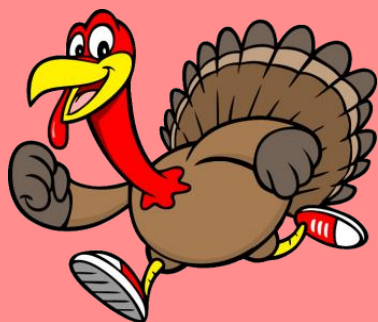


We'll provide guidance and ideas to help you and even reimburse up to \$75 of your expense.

***To get information on hosting a block party for the neighbors near you, please fill out the form at <http://parkglen.org/volunteer.html>.***

## **Turkey Trot**

The 13th annual running of the Turkey Trot will be held on Thanksgiving morning, November 23!! This will be our 13<sup>th</sup> running, and the 5K and 2K Fun Run gets better every year, and we hope you will register to run. Full information and links to register online or by mail are at [www.ParkGlen.org/turkey-trot.html](http://www.ParkGlen.org/turkey-trot.html).



To find out about volunteering to help put on the event, please fill out the form [here](#).

***We are currently signing up sponsors at <http://parkglen.org/exhibitor-signup.html> or e-mail [PGNANewsletter@gmail.com](mailto:PGNANewsletter@gmail.com).***

# GET CONNECTED WITH PARK GLEN

## CONTACT US / ASK A QUESTION

You may contact the PGNA Board or ask a question here: <http://parkglen.org/contact-us-ask-a-question.html>.

## STAY UP TO DATE

You can sign up at [ParkGlen.org/signup.html](http://ParkGlen.org/signup.html) to receive e-mailed news and alerts about our community and events.

## SOCIAL NETWORKING

Please like the HOA's official page for news of events and other important information:

[www.Facebook.com/ParkGlenHOA](http://www.Facebook.com/ParkGlenHOA).

Park Glen has several other social networking pages to allow residents to communicate with each other. Find descriptions and links at <http://parkglen.org/connect-with-park-glen.html>.

## GET INVOLVED

If you are interested in getting involved in our neighborhood and would like to volunteer some time, you can see the opportunities, ask for more information, or sign up at <http://parkglen.org/volunteer.html>.

## Interested in Boy Scouts and Cub Scouts in the Park Glen Area?



Contact Bob Kilburn @ 817-789-9907 or [bobkilburn@sbcglobal.net](mailto:bobkilburn@sbcglobal.net) or visit our websites:  
Boy Scouts: <https://troop205.trooptrack.com>  
Cub Scouts: <http://fortworthpack205.weebly.com>

# Shout Out!

We would like to recognize and give a "Shout Out" to these GREAT Park Glen Neighbors....

A big SHOUT OUT to Daniel Guido for setting up the Neighborhood Express Train ride for Park Glen Neighbors. We can't wait to see pictures!

SHOUT OUT to all of those folks who stepped up to run for a PGNA Board position this year. Your willingness to volunteer and to be involved in your community is admirable! Good luck to all of you!

Do you have a "shout out" to share? Send it to [PGNAnewsletter@gmail.com](mailto:PGNAnewsletter@gmail.com)!

## SUPPORT PARK GLEN BUSINESSES

### **SeneGence - Carrie Gant**

817.808.2841, [LuvMyLipsCG@gmail.com](mailto:LuvMyLipsCG@gmail.com)

[Facebook.com/CGLuvmylips](https://www.facebook.com/CGLuvmylips);

[Senegence.com/LuvMyLips](http://Senegence.com/LuvMyLips)

### **Thrive - Sandi Rodriguez**

682.225.4374, [www.newvision.le-vel.com](http://www.newvision.le-vel.com)

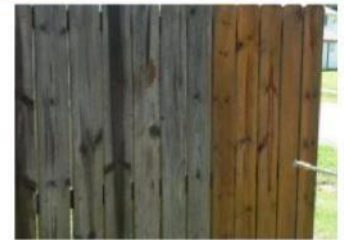
[thrivinglifebydesign@gmail.com](mailto:thrivinglifebydesign@gmail.com)

### **LittleYellowPill - Denise Anderson**

817.454.3700, [healthyforyou@att.net](mailto:healthyforyou@att.net),

[www.wellnessforyou2.lifevantage.com](http://www.wellnessforyou2.lifevantage.com)

*These businesses paid \$20 to the Park Glen Benevolence Fund in exchange for this listing. If you have a home-based business that you would like to promote in our newsletter, please contact Dana at [PGNAnewsletter@gmail.com](mailto:PGNAnewsletter@gmail.com) for more information.*



**Guaranteed Fence Stain & Repair**  
Free Estimates

Guaranteed Fence Stain & Repair  
(817) 382-7250  
We exclusively use Wood Defender products



# Yard of the Month

## Congratulations to August's Winners

- Phase I-5250 Fort Concho Dr
- The Knoll-5113 Glen Springs Tr
- Vistas at Park Glen-6870 Amberdale Dr
- The Hills-4621 Paloverde Dr
- The Glen-4659 Gila Bend Lane
- The Meadows-5520 Rocky Mountain Rd
- The Preserve-4816 Island Cir
- The Bluffs-8312 Island Park Dr
- Wind Ridge-8205 Mount Shasta Cir
- Phase III-7533 Mesa Verde Tr
- The Vistas of Park Glen-7159 Tularosa Ct
- The Crossing-5113 Creek Bend Dr
- Parkview-4800 Buckskin Dr

## Captain Ron's Lawns, Inc.

RELIABLE SERVICE WITH QUALITY RESULTS

Your Neighborhood  
Lawn Service

20 YEARS IN BUSINESS SERVING YOU

[captainronslawn.com](http://captainronslawn.com)  
captronlwn@aol.com  
817-485-7890



NO CONTRACTS  
May God Bless



## Elsa Veronica Cother

REALTOR®

Cell: 817-676-5345  
office: 817-745-3100

[elsavero@sbcglobal.net](mailto:elsavero@sbcglobal.net)  
Hablo su idioma



**Heritage**  
4200 Heritage Pkwy #100  
Fort worth TX 76244

### School Crossing Guards needed for Park Glen Elementary and Parkwood Hill Intermediate.

**Pays \$8.49/hr. Work 7-8:15 a.m. and 2:55-3:45 p.m. (paid for 3 hours). Retirees and anyone over 18 years old welcomed! Contact Stacy Eggleston - 801-787-3958.**



Sweet Frog is offering all Park Glen residents a 25% discount on Mondays in September (September 11, 18, and 25)! You will be asked to show ID and your address when you ask for the cashier for the discount.

Sweet Frog is located just a few miles down the road at 8825 Tehama Ridge Parkway #311, Fort Worth  
Stop in and get a FROYO!!!

## Great Biking Trails Near Us

1) **Trinity Trails, Fort Worth, Texas:** The 40 miles of Trinity Trails are used mostly for recreation, but many residents use them to cycle to work. It's possible to ride from TCU and from Burger's Lake on the west side of Fort Worth to Quannah Parker Park on the east side of downtown and from Buck Sansom Park near Meacham Field to Pecan Valley Park at Benbrook Lake. Portable restrooms available at several locations and 14 drinking fountains available along the trails. Online: <http://www.trinitytrails.org/maps.html>

2) **River Legacy Park, Arlington Texas:** River Legacy Park is a tribute to nature, right in the middle of the Metroplex. Seven miles of paved trails can be explored by all skill levels, plus there are off road trails for the mountain bikers as well. Two entrances one on Northwest Green Oaks west of Cooper and the other at 3020 N. Collins. Permanent restrooms at Snider creek and portables through out and drinking fountains at both entrances. Online: [www.riverlegacy.org](http://www.riverlegacy.org)



3) **Cotton Belt Trail, Northeast Tarrant County:** Named after the historic railroad that runs alongside the park. It offers just over 11 miles of paved pathway running from Browning Street in North Richland Hills through Euless and Colleyville to Ball Street in Grapevine. An ideal starting point is Dick Faram Park at Amundson Drive near Main Street. Online: <http://www.nrhtx.com/235/Parks-Trails>

4) **Walnut Creek Trail, Mansfield:** There are 5 city parks connected by a 1.9 mile trail that winds along a beautiful creek, shaded by trees. Featuring signs telling people about plants and wildflowers, a rose garden with benches for birding. Permanent restrooms in each park. Online: <https://www.mansfieldtexas.gov/facility/walnut-creek-linear-park-and-trails>





## COVENANT CORNER

Park Glen's deed restrictions require that homes be maintained. Some common areas where home maintenance is needed are:

- Peeling or discolored paint (house needs painting)
- Garage door dented or bent
- Garage door discolored / needs painting
- Roof shingles missing
- Front door peeling or weathered
- Missing or detached siding
- Trim discolored / needing painting
- Missing or detached trim
- Gutters detached or hanging
- Chimney needs replacement boards
- Chimney needs painting
- Windows foggy
- Window Screens torn
- Unused Satellite Dishes still in place

**Please check your property. Are there things on your home that need to be fixed?**

***A property modification request is required from residents who want to make Improvements or modifications to your property.***

***You can find the forms on our website.***

**[www.ParkGlen.org](http://www.ParkGlen.org)**

## Green Attics - Making your home Energy Efficient!

At Green Attics, we perform an initial Energy Audit to test the home to find the amount of air leaks in the home as well as locate them with a combination of a Blower Door and Thermal Camera. This system, along with assessing your duct work, insulation and ventilation of the attic, will dramatically reduce your home's energy consumption as well as make is a much more comfortable place to live. We offer: Spray Foam, Insulation Removal and Install, attic venting changes, airflow changes in ductwork, sealing ductwork, air-sealing of your home and more!

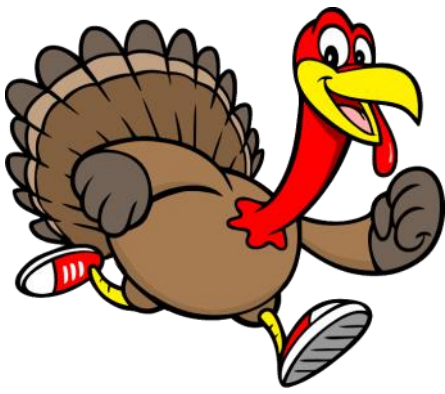
Call us today to schedule your Home Energy Audit for \$299 - a 50% savings!  
It also includes changing out (3) of your replacement type weatherstrips.

**Green  
Attics**

Russ Lewis  
Green Attics, Inc.  
817-715-0285

[www.GreenAttics.net](http://www.GreenAttics.net)





# 2017 TURKEY TROT

## 5k Race & 2k Fun Run

### - Thanksgiving Morning -

Our 13<sup>th</sup> Annual Turkey Trot plans are fully under way! We are currently signing up sponsors (*please see the sponsor information below*) and runner registrations are now open. Full information and links for online or mail-in registration may be found at [www.ParkGlen.org/turkey-trot.html](http://www.ParkGlen.org/turkey-trot.html). Registrations may be submitted for individual runners and family/teams (4 or more members).

We had a record-breaking year last year with over 800 runners. We are hoping for more this year! This is a great event for our community and we hope you will be a part of it. We also need [volunteers to help!](#)

## Sponsorship Opportunities

### Park Glen's 13<sup>th</sup> Annual Turkey Trot 5k and 2k Fun Run

*Thanksgiving morning, Nov 23<sup>rd</sup>, 6:30a-10:30a, Alliance United Methodist Church  
Proceeds to benefit Park Glen's Scholarship Program.*

\*To find out more about Sponsorships or sign up, please fill out the Exhibitor/Vendor form on our website here.... <http://www.parkglen.org/exhibitor-signup.html> Please indicate which level you would like in the comments. Remember, the spots are limited so get your form in NOW to secure your spot!

**Deadline to get your info in is Oct 30<sup>th</sup>, 2017.**

**Contact Dana Hammack at [PGNANewsletter@gmail.com](mailto:PGNANewsletter@gmail.com) with any questions.**



**Platinum Sponsor (\$1500, filled):** Corporate logo on race t-shirts Front, large, center placement, approx. 8"x8", Running Team, (4) free race registrations with T-shirts, Table at the event, Corporate logo placed on race day, on course and on-site banner, Advertising in runner bags, Corporate logo and link on Park Glen website, Social media and newsletter recognition, large plaque acknowledging participation, Public address prior to awards ceremony

**Gold Plus Sponsors (\$1000):** Corporate logo on t-shirts, back, top approx. 4"x 8" Running Team, (4) free race registrations with T-shirts, Table at the event, Corporate logo placed on race day, on course and on-site banner, Advertising in runner bags, Corporate logo and link on Park Glen website, Social media and newsletter recognition, large plaque acknowledging participation

**Gold Sponsors (\$500):** Corporate logo on t-shirts Back approx. 4"x4" Running Team, (4) free race registrations with T-shirts, Table at the event, Corporate logo placed on race day, on course, Advertising in runner bags, Corporate logo and link on Park Glen website, Social media and newsletter recognition, plaque acknowledging participation

**Silver Sponsors (\$350):** Corporate logo on t-shirts, back approx. 2"x4", Running Team, (2) free race registrations with T-shirts, Table at the event, Advertising in runner bags, Company listing on Park Glen website and Social media and newsletter recognition, plaque acknowledging participation

**Bronze Sponsors (\$200):** Corporate logo on t-shirts, back approx. 2"x2", Running Team, (2) free race registrations with T-shirts, Table at the event, Advertising in runner bags, Company listing on Park Glen website and Social media recognition, Certificate acknowledging participation

**Friends (\$100 or \$150) with table:** Name only on t-shirts, Sleeve or lower bottom approx. 3/8" font size, (1) free race registration with t-shirt. Advertising in runner bags, Certificate acknowledging participation.

*\*Logos with different dimensions than offered will be placed best way possible.*

Thank you to the sponsors of our 2017 Pool / Movie nights!



## *A Word from Our NPO. . .*

*Hello everyone! For those who don't know me, I'm Officer Scott Cryer, and I am assigned as a community liaison for your neighborhood and several others nearby. My title is Neighborhood Patrol Officer (NPO) and my primary role is to act as the beat manager by monitoring criminal activity as it occurs and seek a proactive approach to fighting it. I determine what city resources might be best utilized to combat each specific situation. I'm also tasked with a multitude of other duties that center on your family's safety, ranging from traffic to parking issues.*



*Our mission statement says: "The Fort Worth Police Department provides quality service in partnership with the community to create a safe environment for all." One of the best examples of this partnership is our Code Blue - Citizens on Patrol (COP) program. Started in 1991, we train Fort Worth residents in the Citizens Police Academy. COPs have provided general support services to their neighbors, ranging from crime prevention patrols, volunteering at community events, and assisting police officers in their training or daily duties.*

*After completion of the required training and patrol ride-ins, COPs are issued shirts, jackets, hats, ID badges, and car magnets to identify their involvement in the Code Blue program while they conduct their patrols. COPs are furnished with 800 MHz portable radios, similar to those issued to police officers, to report suspicious activity to their base operator and an on-duty NPO. We NPOs work closely with the COPs in making Fort Worth this great city we live and work in.*

*If you are interested in joining a Citizen on Patrol group, please contact me at (817)201-0183 or [scott.cryer@fortworthtexas.gov](mailto:scott.cryer@fortworthtexas.gov). You may also visit our website for more information at [www.fortworthpd.com](http://www.fortworthpd.com) and click 'Get Involved'. I hope to be able to work with you soon.*

## **ADVERTISERS:**

**IF YOU WOULD LIKE TO PLACE AN AD IN OUR NEWSLETTER, PLEASE CONTACT DANA AT [PGNANEWSLETTER@GMAIL.COM](mailto:PGNANEWSLETTER@GMAIL.COM)**

**ALL PROCEEDS WILL GO TOWARD THE PARK GLEN BENEVOLENCE FUND.**

**Interested in Girl Scouts  
in the Park Glen Area?**



**Girl Scouts®**

**contact Alanna Bias via email:**

**[gstoptroop1171@gmail.com](mailto:gstoptroop1171@gmail.com)**

# Recipes - Are you ready for some football?

## TANGY BBQ WINGS

### Ingredients

- 5 pounds whole chicken wings, cut into 3 sections and tips discarded
- 2 1/2 cups hot and spicy ketchup
- 2/3 cup white vinegar
- 1/2 cup honey
- 2 tablespoons honey
- 1/2 cup molasses
- 1 teaspoon salt
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon onion powder
- 1/2 teaspoon chili powder
- 1/2 teaspoon liquid smoke, or more to taste



### Directions

1. Preheat oven to 375 degrees F.
2. Grease two 15x10x1-inch baking pans. Arrange chicken in the prepared baking pans.
3. Bake in the preheated oven for 30 minutes; drain and turn wings. Continue baking until no longer pink in the center and juices run clear, 20 to 25 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F.
4. Drain.
5. Combine ketchup, vinegar, 1/2 cup and 2 tablespoons honey, molasses, salt, Worcestershire sauce, onion powder, chili powder, and liquid smoke in a large saucepan; bring to a boil. Reduce heat and simmer until sauce has thickened and flavors blended (25 to 30 minutes).
6. Transfer 1/3 the chicken to a slow cooker and top with about 1 cup sauce. Repeat layering with remaining chicken and sauce.
7. Cook on Low, 3 to 4 hours. Stir before serving.



## FAMOUS FOOTBALL DIP

### Ingredients

- 1 pound sausage
- 1 (10 ounce) can diced tomatoes with green chile peppers
- 2 (8 ounce) packages cream cheese, softened

### Directions

1. In a large skillet, cook sausage over a medium heat until it is browned and cooked through.
2. Mix tomatoes and cream cheese into the skillet. Stir and continue cooking the mixture over a medium heat until the cheese has melted.
3. Serve with your choice of chips, crackers or toasted baguette pieces!

## 10 Signs You Need To Go To The E.R. . . .

from Medical City Alliance

No one likes to have their fun (or life) interrupted by a bump, bruise, cut, headache or tummy upset. So how do you decide when home first aid or a trip to urgent care will do — or when there's a serious emergency requiring an immediate call to 911 or trip to the ER?

The American College of Emergency Physicians has identified these common red flags, signaling that you should stop what you're doing and get to the nearest ER:



**Difficulty breathing, shortness of breath** – It could be from asthma, allergies, overexertion or a serious lung or heart condition. Any struggle to catch a breath warrants immediate, emergency medical attention.

**Chest or upper abdominal pain or pressure lasting two minutes or more** – Maybe you overindulged on spicy barbecue and it's just a case of heartburn. But unexplained chest pain could be a heart attack and every second counts! Be aware that men and women experience different symptoms of heart attack.

**Unusual abdominal pain** – The ER is best equipped to diagnose and treat sudden, serious abdominal pain that could signal appendicitis, gallbladder, liver or kidney problems or an intestinal blockage.

**Any sudden or severe pain** – Injury or trauma like broken bones, swelling and bruising or blistering burns are clear reasons to head to the ER. But severe pain without observable injury can be a sign of internal trauma or illness. ERs have X-ray, CT Scan, Ultrasound and MRI testing equipment to quickly find the cause.

**Uncontrolled bleeding** – Deep cuts and gashes may need more than stitches. Severe lacerations affecting muscles or tendons may also require emergency surgery and treatment for infection and blood loss. If bleeding is excessive, bypass the urgent care and go straight to the ER!

**Fainting, sudden dizziness, weakness** – It's easy to get dehydrated in the Texas summer heat. Severe dehydration can lead to heat exhaustion or heat stroke. Know the signs, what to do, and get help fast!

**Confusion or change in mental status, unusual behavior, difficulty waking, changes in vision, difficulty speaking, severe "worst headache ever"** – Neurological symptoms could be signaling stroke, brain embolism or aneurism, or concussion if head injury is involved. **Do not hesitate. Time to care is critical!**

**Severe or persistent vomiting or diarrhea** – Gastrointestinal problems such as food-borne illness may start at a summer picnic, but can end up in hospitalization due to severe dehydration or possible kidney/liver damage — especially in elderly or young people with weaker immune systems. Seek emergency medical help if symptoms last more than 24-hours or are accompanied by fever.

**Coughing or vomiting blood** – For people with digestive health problems such as acid reflux, stomach ulcers or gastritis, summer gatherings and activities may have you overdoing it on the food and drink or over-the-counter pain relief. Anything that aggravates your condition can turn it into a medical emergency. Any sign of internal bleeding calls for an immediate trip to the ER.

**Suicidal or violent feelings** – Summer heat can affect human behavior and increase bouts of depression, lethargy, irritability, anger, and thoughts of violence or self-harm. For people with behavioral illness, emergency services can provide stabilization and access to behavioral health services. The National Suicide Prevention Lifeline (800-273-8255) provides free and confidential resources and support for people of all ages in distress or crisis.