



# The Mistletoe Express

[www.mistletoeheights.com](http://www.mistletoeheights.com)

May 2009

## QUESTIONS & ANSWERS FROM THE CDC

### Swine Influenza and You

The CDC Swine Flu Website:

[www.cdc.gov/swineflu/](http://www.cdc.gov/swineflu/)



#### What is swine flu?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.

#### Are there human infections with swine flu in the U.S.?

In late March and early April 2009, cases of human infection with swine influenza A (H1N1) viruses were first reported in Southern California and near Guadalupe County, Texas. Other U.S. states have reported cases of swine flu infection in humans and cases have been reported internationally as well. An updated case count of confirmed swine flu infections in the United States is kept at <http://www.cdc.gov/swineflu/investigation.htm>

#### What are the signs and symptoms of swine flu in people?

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with

## May Election information

*Claudia Wilson*

Here's what will be on your ballot (Mistletoe Heights voters, city council district 9): <http://tcweb.tarrantcounty.com/evote/lib/evote/2009/05092009/samples/fw9.pdf>

The election administration has sample ballots on their website for sometime before the election.

Early voting starts Monday 4/27. Election Day is Sat 5/9 at our regular polling place-Lily B Clayton-from 7 to 7. Do not anticipate long lines.

Here's a link to all the ballots county-wide.

<http://tcweb.tarrantcounty.com/evote/cwp/view.asp?a=770&q=471775>.

It's a joint election for cities and school districts, however Fort Worth is only having the municipal election. No FWISD election.

The main site, for all sorts of election info

<http://tcweb.tarrantcounty.com/eVote/site/default.asp>

One can expect Texas constitutional amendments in November's general election. They usually happen in odd-numbered years, after the state legislature's been in their biennial session in the spring of those years. The date will be Tuesday 3 November 2009. Anyone who needs to get registered can come to our neighborhood polling place on any election day and fill out the form. After the polls close, the election judge takes the results to the election administration offices. The judge also brings any completed voter registration applications and turns them in for processing. Applicants will receive their voter registration cards later by mail. New cards are issued every two years. The current cards are valid through 12/31/2009. Anyone registering this year will receive a card with that same expiration date.

As soon as young people reach age 17 years and 10 months, they can register to vote. Several of us in the neighborhood are deputy registrars and can process your applications at any time. Every election has the same cut-off date for new registrations. It is 30 days prior to the election.

## Inside This Issue

- 1 Swine Influenza and You / May Election information
- 3 May Mulch Madness
- 4 Yard of the Month
- 6 Neighborhood Meetings and Events
- 7 Easter Egg Hunt Photos 2009

**Roaming Dogs-** We have lots of emails regarding loose hounds lately. Be sure your dog has proper tags. Walk your dog on a leash. And be mindful that outside gates lock properly if leaving a dog outside for even a few minutes.

### **How does swine flu spread?**

Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

### **Can I get swine influenza from eating or preparing pork?**

No. Swine influenza viruses are not spread by food. You cannot get swine influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.

### **How can someone with the flu infect someone else?**

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

### **What should I do to keep from getting the flu?**

First and most important: wash your hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not to touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

### **How long can an infected person spread swine flu to others?**

People with swine influenza virus infection should be considered potentially contagious as long as they are symptomatic and possible for up to 7 days following illness onset. Children, especially younger children, might potentially be contagious for longer periods.

### **What surfaces are most likely to be sources of contamination?**

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches their own eyes, mouth or nose before washing their hands.

## **Fort Worth ISD Closes Schools**

**Fort Worth ISD closed schools this past Wednesday to aid in preventing a further outbreak of swine flu. The schools will be closed until May 8<sup>th</sup>.**

The school closures came as a recommendation by the Tarrant County Health Department. The health of the student population clearly was the number one priority of the FWISD.

### **What can I do to protect myself from getting sick?**

There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them. .

### **What is the best technique for washing my hands to avoid getting the flu?**

Washing your hands often will help protect you from germs. Wash with soap and water or clean with alcohol-based hand cleaner. We recommend that when you wash your hands ~ with soap and warm water ~ that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

### **How serious is swine flu infection?**

Like seasonal flu, swine flu in humans can vary in severity from mild to severe. You can continue to read up on the swine flu and obtain accurate information by reading more questions and answers about the swine flu and pandemics on the CDC website.

### **New Street Reps Needed!**

Please take a look at the street rep listing on the back of the newsletter. If your block has a vacancy, please consider volunteering to fill it. If you are a street rep who needs a replacement, please ask your neighbors if they will take your job. Please email the Editor @ perrellim@aol.com if you would like to fill in a position or make a change.

# **MAY IS BBQ MONTH**



## May Mulch Madness



A nice, thick 3-4 inch layer of mulch inhibits weeds germination. Mulch prevents weeds from gaining ground around your plantings. Remember, exposed soil is the ideal home for weed seeds. Mulching reduces the ability of most weeds to come into contact with the soil. Hopefully, you started your garden in a weed free state. There is only one right way to apply mulch, and that is to use plenty. If you skimp on mulch, and put 2 inches or less you will germinate weeds.

Here in Texas, retaining soil moisture is a big part of growing healthy plants. Most plants with uneven moisture stress out, which means they will not do well against insects and diseases. Mulch also keeps the soil cooler in hot weather, which will prolong the amount of time it takes for many plants to go dormant. Organic mulch breaks down; adding much needed organic matter to our heavy clay soil. So not only does mulch suppress weeds, retain moisture and cooler soil temperatures, but it will also nourish and improve your garden beds dramatically. Shredded or chipped bark such as cedar, pine, and cypress all work great. Bark mulches work well in many settings, but are especially useful around trees and shrubs and on pathways. Shredded pine bark mulch will add acid into our alkaline soil. Roses are especially fond of cedar bark mulch.

Compost used as mulch increases microbial activity. If you have your own compost pile, you'll have a steady supply to use. Due to our high temperatures, compost used as mulch will need to be applied often. Keep mulch off of your tree trunks and plant crowns, giving them so breathing space to avoid root rot.

You will need to replenish your mulch every spring and fall with an inch or two to keep up with the natural breakdown of mulch into the garden.

### I love my "gray Taco Bell"...

The gray mission-style bungalow on Harrison Avenue has been my home for almost 30 years. And Mistletoe Heights has always meant much more to me than just a convenient place to live.

I'm already your neighbor, I'd like to be your friend—and Realtor®.

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9/05

## Yard of the Month- May



Yard of the Month for May goes to Kelley and Megan Reece who live at 2229 W. Magnolia Ave. The front flower beds are a beautiful mixture of roses and perennial flowers such a mock orange, salvia, coral bells, columbine, pin-cushion flower, ajuga and a variety of ornamental grasses. A cross vine accents the front arch. This beautiful cottage garden makes a welcoming entrance to their home. A special thanks to Calloway's who will be sending out a \$50 gift certificate to the Reece family.

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## What color should I paint my historic bungalow?

This is a tough question to answer as there really are no wrong colors. Our overlay asks that we do not paint a house in neon, reflective or metallic colors but other than that you are on your own. Most designers believe the best cue comes from the ideology of the Arts and Crafts movement itself. When making a choice for an Arts and Craft style home, consider the natural colors of your landscape, the colors of your neighbor's homes and how your choice will blend in with the color rhythm of your street. Garages and homes should be painted to coordinate with each other. The overall effect of color should not be harsh but rather part of the landscape.

Consider some of the following Craftsman colors from Sherwin-Williams' Historic Colors collection:

Roycroft Bronze Green  
Aurora Brown  
Bunglehouse Gray  
Weathered Shingle  
Roycroft Suede  
Roycroft Adobe  
Roycroft Copper Red

Rembrandt Ruby  
Craftsman Brown  
Dard Hunter Green  
Morris Room Grey  
Roycroft Bottle Green  
Ruskin Room Green  
Roycroft Brass

You can also go online to Sherwin -Williams and download a photo of your home to tryout various color schemes.

## Instant Curb Appeal

Craftsman Style House Address Numbers really set off a restored bungalow home. You can easily find Craftsman style numbers online from a number of vendors. Housenumberonly.com have beautiful Craftsman style house numbers that come in Black and Copper and the font is surprisingly called, "Craftsman". Housenumber-connection.com has several craftsman style fonts that come in tile as well.



Atlas Hardware also has craftsman style house numbers. Wouldn't it be wonderful if the neighborhood changed the spray painted numbers on the driveway curbs to a period font?

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## MHA Meetings and Events

May 19<sup>th</sup>, August 18<sup>th</sup>, November 17<sup>th</sup>. 7pm, for consistency purposes all Regular Association meetings will be at Jeff Davis' home at 2325 Mistletoe Drive. The election of officers will be held at the November 17<sup>th</sup> meeting.

Mother's Day- May 10th ♥

Memorial Day - May 25th

## Hand Washin' Q+A

Q: Want to know how long to wash yer hands?

A: Sing Two Happy Birthday songs in a row 'n yer done!



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Neighborhood Police Officer

Mark Russell

Office 817-871-8885

Mobile 817-991-8472

Email: [Markus.Russell@fortworthgov.org](mailto:Markus.Russell@fortworthgov.org)

Please watch out for your neighborhood, and be mindful as much as possible. Lock your doors, lock your car and remember to lock windows as well. Leave a talk radio program on, as it sounds like someone is home. Arrange for mail holds if going out of town and ask neighbors to pick up door flyers if one should find itself on your front

## Free Classified Neighborhood Ads



Garage apartment on Mistletoe Drive to be available for rent mid April to early May. Contact Jeri Jo Blackmon at 817-923-4393 or JeriJo@charter.net for details.

### PET PORTRAITS:

Melissa Kahout's work is a perfect gift for the pet lover in your life. Great for graduations, anniversaries, birthdays, weddings or just because you love your pet. You can contact Melissa @817-924-7063 or [www.mkohouthorseportraits.com](http://www.mkohouthorseportraits.com) 2242 Mistletoe Blvd.

### Facials and Electrolysis

Lady M of London: Contact Margaret Pluck@817-921-4781

Anyone who may have a used but running A/C window unit for sale, please send me a note at [hao@urbangreenbuild.com](mailto:hao@urbangreenbuild.com).

### HOUSE SITTING / PET SITTING / CHILDCARE SERVICES

College Student residing in Mistletoe Heights Home for summer  
Contact Margo Hudson for more details  
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**Bud Welch / Owner**

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**Mobile: 817-714-3456 Ft. Worth**

## Hello Mistletoe Heights Neighbors!

It is time again to collect dues for our neighborhood association. All residents of Mistletoe Heights are members of the association and dues are completely voluntary. Any amount is welcomed and appreciated.

In addition to the seasonal social gatherings, landscape maintenance, newsletter and directory publication; dues fund special projects.



Thank you for supporting your neighborhood association. Together we can make Mistletoe Heights an even better place to live.



☐ \$15 ☐ \$25 ☐ \$50 ☐ \$Other

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Suggestions for Improvement:

\_\_\_\_\_  
\_\_\_\_\_

Please return your dues to:  
Mistletoe Heights Association  
c/o Jeri Jo Blackmon  
1408 Mistletoe Drive  
Fort Worth, TX 76110



# ATTENTION: Mistletoe Heights Residents Who Are Ready to Get REAL (and Lasting) Weight Loss and Fitness Results as Quickly as Possible with 100% Certainty

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## Casie Babineaux

Oil and Gas Researcher, Fort Worth

"I couldn't get myself to go to the gym – that's why I joined the program. I dropped 7 lbs. of bodyfat and 7 total inches in only 3 weeks. I have way more energy now. Before camp I was having trouble getting out of bed in the morning and now I jump up the minute the

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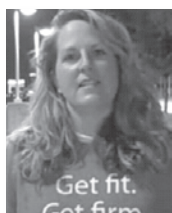
- How to fire up your metabolism with 3 simple SECRETS. (*The weight loss industry doesn't want you to know!*)
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- The best way to exercise to lose pounds and inches and revitalize your body. (*It's not what the media would have you believe.*)
- How too much cardiovascular exercise can actually make you fatter. (*Not to mention . . . B O R I N G!*)
- Why eating less and exercising more is a prescription for failure. (*"Yo-Yo Dieting" comes from this.*)



You will have a great time and you'll reap the benefits of this 4-week fitness boot camp.

If you're ready to start reshaping your body in a Fun, No-Judgment, Non-Threatening, Supportive Environment – we're ready to help!

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## Kim Spears (mother of two)

Advertising and Public Relations, Fort Worth

"I've lost 10 lbs. of bodyfat, 7 lbs. on the scale and several inches all over. Clothes are fitting better; I have more energy and stamina, and it helped with reducing my stress. It's been wonderful.

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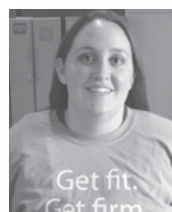
- 3 workouts per week with a Degreed, Nationally-Certified Fitness Coach = \$240 value
- A Nutritional Crash Course that will destroy fitness myths and help get you on the right path to eating healthier; more nutritious meals = \$129 value
- Unlimited e-mail support = Priceless



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## Pam Musslewhite

Forensic Graduate Student, Fort Worth

"I've lost 13 lbs. and 7 inches in less than 4 weeks! The group supported each other and we pushed each other to do just a little better each time. Even if you have never worked out in your life you can do this!"

## Okay, I'm ready. What do I do next?

Register NOW to reserve your spot at **FortWorthfitnesscamp.com**. Space is limited to the first 20 registrants.

## Not ready yet?

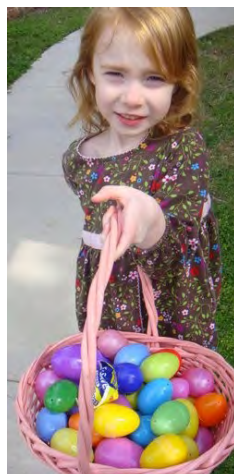
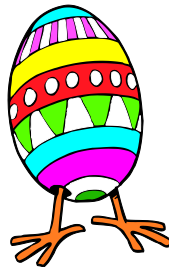
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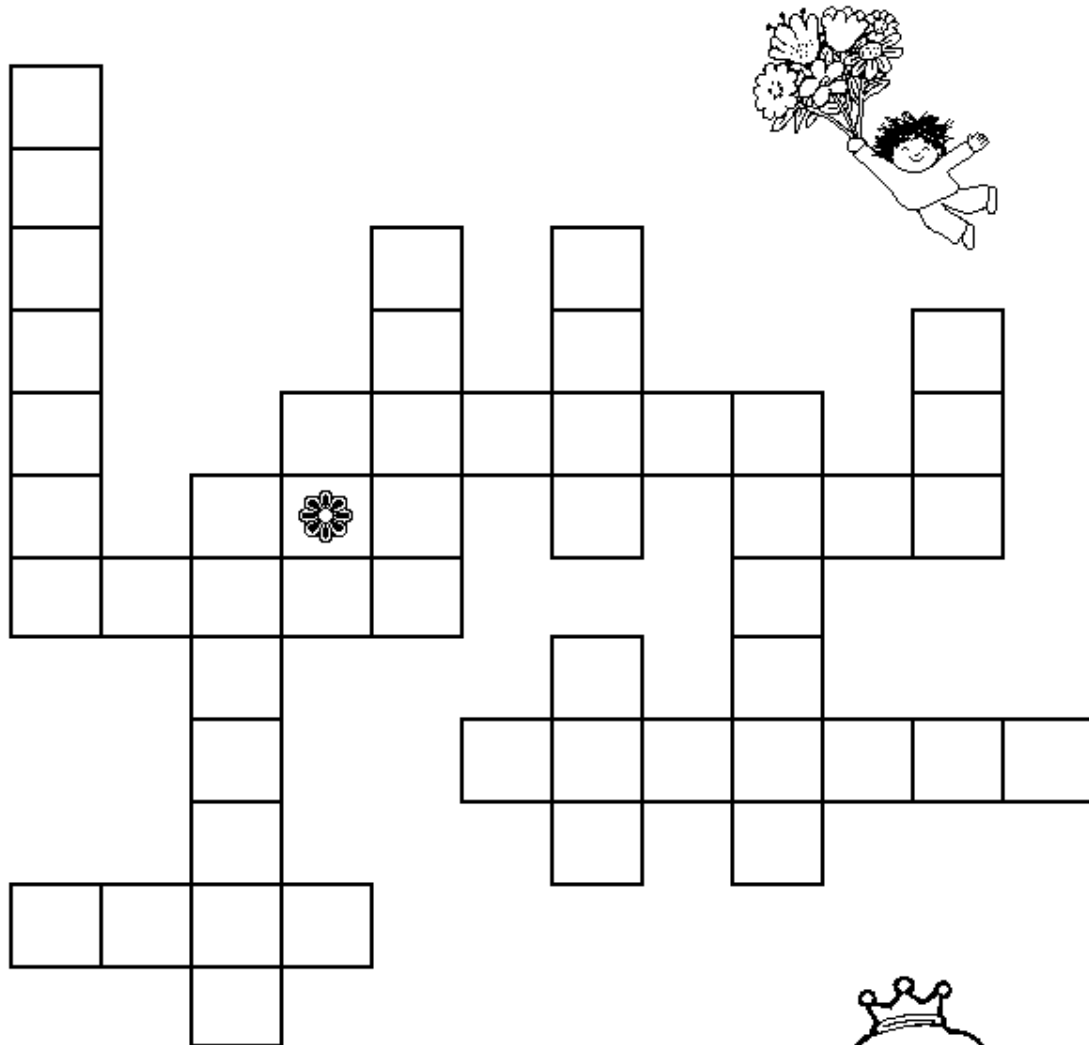
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# Easter Egg Hunt 2009 in the New Newby Park





# Mistletoe Mother's Day Crossword Puzzle



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HUGS  
CARD  
HEART

SWEET  
SMILES  
LAUGHS  
HONESTY  
MANNERS  
JEWELRY

