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MICHELLE FOREMAN



CRIME WATCH UPDATE

DARREN DATTALO,
CRIME WATCH COORDINATOR

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KEITH ALLEN
DALLAS POLICE

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DPD Officer Keith Allen
214-671-3477

Sanitation / Bulk Trash
214-670-3555

Code Compliance
214-670-5708

Animal Services Call 311

Find out what's going on.
Like Us on FACEBOOK



SAVE THE DATE

For the eleventh year, Tietze Park will again see one of Dallas' largest National Night Out events. The 2016 event will be on **October 4 between 5:30 and 8:00pm.**

National Night Out is designed to strengthen relationships between residents and public service organizations such as police, city departments and charitable organizations that serve the community. Three neighborhood organizations host the event – Lower Greenville Neighborhood Association, Lakewood Heights Neighborhood Association, and Friends of Tietze Park Foundation.

On hand will be police officers to talk to about crime concerns. This year will highlight "Back the Blue." See Darren Dattalo's article in this newsletter for info on showing our thanks to the Dallas Police Department.

In addition, we will have exhibits from quality-of-life and charitable organizations, visits by elected officials, and many city services. As usual we will have face painters, hotdogs, and bounce houses. Featured will be a flag ceremony, musical entertainment, and chances to learn more about the great area that we call home.

This is a great opportunity to have some fun, meet some neighbors, and learn a little something about health and safety. Look for the flyer on your doorstep. The event will take the place of our regularly scheduled September LGNA event. Be sure to save the date.

BENJAMIN'S PARADE & A DAY AT THE RACES!

BIANCA JACKSON, SR. DIRECTOR OF DEVELOPMENT,
GENESIS WOMEN'S SHELTER & SUPPORT



For more than 31 years Genesis Women's Shelter & Support has provided safety, shelter and expert counseling to women and children who have experienced domestic violence. Thanks to the Dallas community, we are able

to offer these life-changing services at no cost to clients, and this is largely accomplished through our host of special events. We are excited to bring a brand new event, The Lowest Greenville Derby, to your neighborhood. Read on to learn more.

The story below illustrates how community support helps make our mission possible.

By the time five-year-old Benjamin arrived at Genesis Women's Shelter with his mom, he had already witnessed his father hold a gun to his mother's head and threaten her life.

UPCOMING EVENT

WHEN Wednesday, October 4
5:30-8:00 pm

WHERE Tietze Park
2850 Skillman

WHAT National Night Out

BULK TRASH DATE

PICK UP: Sept 12-16
EARLIEST SET-OUT: Sept 8

PICK UP: Oct 10-14
EARLIEST SET-OUT: Oct 6

PICK UP: Nov 14-18
EARLIEST SET-OUT: Nov 10

Remember: The city has a zero tolerance for placing trash out prior to the earliest set-out date. Don't get stuck with a fine for missing the date.



LOG ON TO
LGNA.NET
for information
and updates.

(CONTINUED INSIDE)

(continued)

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1st place: Linda Roney – Banana pudding

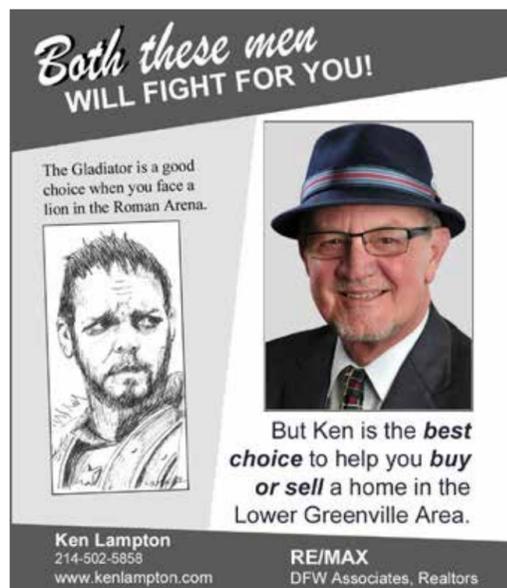
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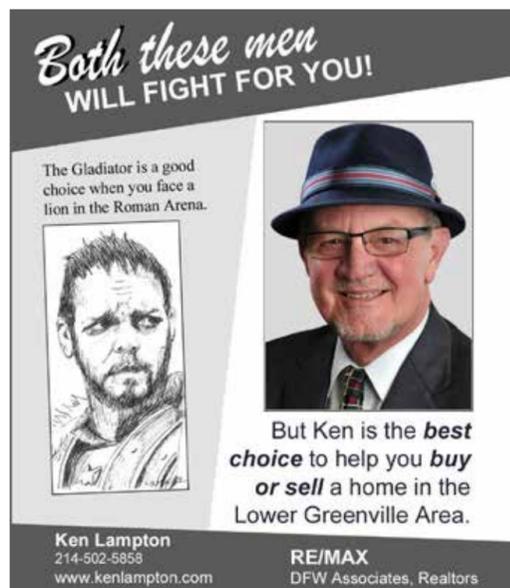
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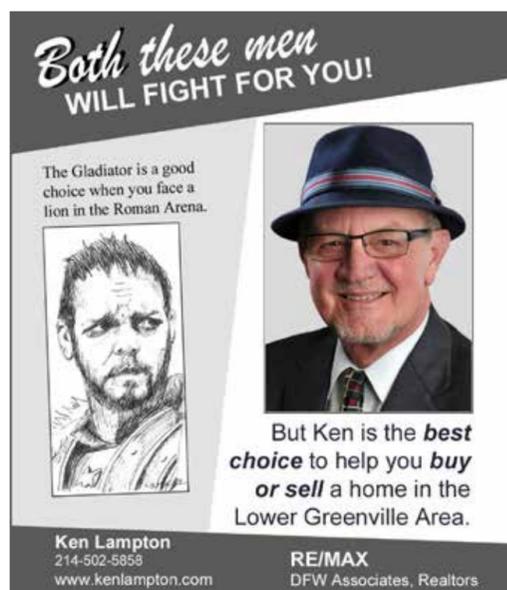
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WHEN ELECTRICAL POWER GOES OUT?

If the lights go off, first determine whether it is really a power outage or a problem with your own breaker or fuse box. Reach for your flashlight and check your main electric panel. (First be sure that you have a flashlight with good batteries conveniently stored.) If it's not a fuse or breaker, check to see whether that power is also out for your neighbors.

If it is an outage, call Onco electrical delivery – 1-888-313-4747 to report the outage.



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Please choose all that apply:

- Join LGNA (\$20/yr, \$5 for 65+)
- Join Expanded Neighborhood Patrol (\$200/yr, \$150 for 65+)
- Add me to the Crime Watch Email List
- Please contact me about Volunteering

GLOBAL VILLAGE MARKET

Greenland Hills United Methodist Church is holding its 10th annual Global Village Market – an amazing two-day event that brings together charitable organizations and fair-trade retailers to offer a truly unique holiday shopping experience. Also available will be special events, homemade pies, live music, and a food truck for lunch on Sunday.

When: Saturday, November 5 — 10:00am to 4:00pm
Sunday, November 6 — Noon to 3:00pm

Where: Greenland Hills UMC
5835 Penrose Avenue
(corner of Penrose and Delmar)



MOSQUITO CONTROL

The weather is cooling down, but those pesky mosquitoes are still active. Remember to practice the 4Ds to fight the West Nile, Chikungunya, and Zika viruses.

- At DUSK & DAWN, limit outdoor activities during dusk and dawn hours when mosquitoes are most active.
- DRESS in long sleeves and pants, loose and light colored clothing when you go outside.
- DEET all day, every day: Whenever you're outside, use insect repellents that contain DEET or other EPA-approved repellent and follow label instructions.
- DRAIN standing water in and around your home and neighborhood.

Call 311 to report standing water.



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ADVERTISING IN THE LGNA NEWSLETTER

The LGNA newsletter now features advertising from neighborhood businesses. Our full-color newsletter is delivered to 2,700 households in the LGNA area. If you're interested in showcasing your business at a nominal rate, contact Advertising@LGNA.net

DIG THIS!

notes from a neighborhood gardener

It's Cucurbitacae Time

Nothing speaks of fall and winter like the appearance of cucurbitacae (winter squash and pumpkins) in stores, farmers' markets, and on front porches. Not only are they decorative, cucurbitacae are a tasty addition to any menu.

Winter squash including pumpkin are versatile. They can be baked, steamed, pureed into a creamy soup or added in chunks to a stew, casserole, or winter salad. Bake it into pies and muffins, and even add pureed squash to smoothies.

Winter squash include the hard-rind Hubbards, butternuts, buttercup, acorns and kabocha (Japanese pumpkin) types.

They are a super food, superior source of vitamin A, and a good source of fiber, vitamin C, several of the B complex vitamins, potassium, and many other essential minerals. In addition, they contain unusually high amounts of several carotenoids that give many fruits and vegetables their orange or yellow tinge.

Although most of their calories come from carbohydrates, winter squash contain a special class of carbohydrates that have anti-inflammatory and antioxidant, as well as cholesterol- and insulin-regulating properties.

Welcome fall with a trip to the local pumpkin patch and serve up some super food while decorating that front porch.



sara wick

Send your gardening questions to Sara by email at: DigThis@LGNA.net