



## Up Close and Personal

### From Poolside to Lakeside

by Jack Bell

*The Grahams have lived at 6917 Hill Forest for approximately 6 years. George and Sylvia were married in 1961 (quick math: 46 wonderful years). They have two children: Karen Maxey, married and has two children ages 9 and 11, who lives in Flower Mound. Son David is single and has lived in NYC for the past 17 years.*

#### **Bell – What’s the history on the Grahams?**

*George – I was born and raised in a small town near Columbus, Georgia. After Auburn, I moved here in 1953 and worked for TI my entire adult life (33 years) following a 5 year stint in the Army. (Bell’s note: ask George about his learning how to jump out of perfectly good airplanes – too long a story to repeat here.)*

*Sylvia – I was born in San Antonio and lived as a child in the Valley. My Dad was with Monsanto and then moved to St. Louis.*

#### **Bell – Sylvia, what makes George interesting and why were you attracted to him?**

*Sylvia – Actually I fell in love with his shiny Pontiac Bonneville convertible. I moved to Dallas after graduating from Auburn in 1960 to work for Neiman Marcus and moved into the same apartment building on Gaston Avenue where George was living. Coincidentally, George graduated from Auburn in 1953 and moved here to work for Texas Instruments. We met poolside at the apartment complex.*

#### **Bell – Where was home before Lake Forest? And why Lake Forest?**

*George – We lived in Northwood Hills (on Spring Valley) from 1976 to 2001. We were attracted to Lake Forest for two reasons: First, we needed a change after 25 plus years. Secondly, we wanted the challenge of building our own home.*

#### **Bell – How do you find life at Lake Forest?**

*George – We love it here — beautiful walking paths, great neighbors, and lots of social activities. We’ve got three major issues: First, the excessive unauthorized parking. Second, speeding, specifically using Hill Forest as a substitute for a racetrack; especially considering all the people who walk in the neighborhood with pets and kids. Third, improved, less fragile mailboxes. We are currently on our fifth mailbox in six years.*



George & Sylvia Graham

#### **Bell – Guess you don’t have to worry about getting ‘em repainted.**

**Bell – Sylvia, we all want to thank you for the wonderful calligraphic nametags that you provide for our various functions. How did that get started?**

*Sylvia – I actually started by addressing our daughter’s wedding invitations and just enjoy the process and being part of the Social Committee.*

**Bell – George, speaking of volunteer work for Lake Forest, I understand that you’ve just accepted a challenge and have agreed to be the new Sign Czar for Lake Forest working on the semi-prestigious Communications Committee.**

*George – Yippee!*

**Bell – Okay, then tell us what the Grahams do for fun.**

*Sylvia – We spend almost every weekend at our lake house at Cedar Creek and we love to travel. We’ve owned a condo in Sante Fe for many years but recently switched to Cabo San Lucas. I still play a lot of tennis and we enjoy our grandkids, music and sports.*

**Bell – Okay, now the question that you’ve probably regretted hearing: boxers or briefs (for George)?**

*Sylvia – Boxers*

**Bell – Thank God, it would have been difficult to visualize George in anything else.**



If there is someone you think should be featured in this column, please email Jack Bell at [jack\\_bell@sbcglobal.net](mailto:jack_bell@sbcglobal.net).

## Book Club Update

The Lake Forest Book Club meets on the third Wednesday of each month and is open to all residents. The group has grown significantly in the five years of its existence. In October, we will begin a trial daytime book club. There will be two meetings each month. The day time group will meet at 2:30pm and the night time group will continue to gather at 7:30pm. Please join us for community and discussion.



To get emails regarding upcoming meetings and books, email Marcia Ockleshaw at [marciaock@aol.com](mailto:marciaock@aol.com).

Books through December 2007 are:

- September 19** *The Madonnas of Leningrad* by Debra Dean  
**October 17** *Water for Elephants* by Sara Gruen  
**November 14** *Desert Queen-Extraordinary Life of Gertrude Bell* by Janet Wallach  
**December 12** *Whistling Season* by Ivan Doig

### July Book Club at Tamara Mattison's house

Margaritas and snacks were served while the group discussed *Don't Stop the Carnival* by Herman Wouk.



Above: (Back Row) Phyllis Zidell, Sue Sereboff, Nell Floyd, (Front Row) Gladys Cunningham, Patricia McNutt, Jan Breda. Below: (Back Row) Sandy Long, Sandy Stephens, Margo Tschantz, Shirley Schnitzer. (Front Row) Malinda Pittman, Lynda Tolleson, Dail Mengelkoch.



## Fall Into Mysteries

By Marcia Ockleshaw

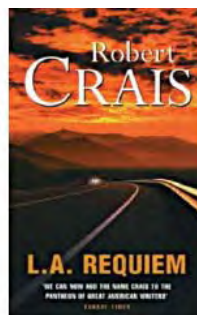
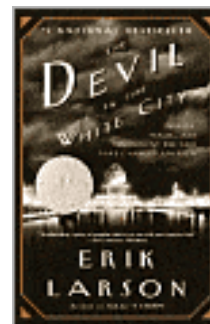
As summer draws to a close, your beach books will get packed away with your swim trunks and flip flops. While those light and breezy reads were perfect for passing the long summer days, it's time for something more substantive; a real sink-your-teeth-in tome perfect for cool fall nights.

Nothing makes a better partner for a snugly blanket than a good mystery. Now more than ever, mysteries from horror to crime to science-fiction are striking a chord with readers. Just ask Harry Potter fans! Every day, more and more compelling titles are being added to the shelves long occupied by mystery mainstays like Agatha Christie, Arthur Conan Doyle, and the grandfather of the mystery himself, Edgar Allen Poe. With so many great options out there, it is difficult to choose which will best arouse your curiosity, fears and intrigue. Listed below are some whodunits that require further investigation. Just remember: In the words of Helen Exley, "Books can be dangerous. The best ones should be labeled 'This could change your life.'"




***The Poe Shadow* by Matthew Pearl.**  
 (Paperback, 2007)  
***Conspiracy of Paper***

by David Liss. (Paperback 2001)  
***The Devil in the White City: Murder, Magic, and Madness at the Fair that Changed America* by Erik Larson.**  
 (Paperback, 2004)  
***The Bottoms* by Joe R. Lansdale.**  
 (Paperback 2001)  
***The Interpretation of a Murder* by Jed Rubenfeld.** (Paperback, 2007)  
***Being Dead* by Jim Crace.** (Paperback, 2001)



***The Shadow of the Wind* by Carlos Ruiz Zafon & Lucia Graves.**  
 (Paperback, 2005)  
***Immoral* by Brian Freeman.**  
 (Paperback, 2006)  
***LA Requiem* by Robert Crais.**  
 (Paperback, 2007)  
***At Risk* by Stella Rimington.**  
 (Paperback, 2004)



Marcia is the chair of the Lake Forest Book Club. Any ideas for this column? Send questions or suggestions to [marciaock@aol.com](mailto:marciaock@aol.com).

## Town Hall Meeting

By Tom Munroe and Tamara Mattison

The Lake Forest Community Association, Inc. held a town hall meeting on June 5, 2007, at the Churchill Way Recreation Center. Sandy Stephens acted as moderator of the meeting. Over 135 lots were represented, and several residents had comments. Board notes are as of the date of this newsletter.

Jack Bell questioned the budget for holiday decorations (\$15,500) and suggested that we use the money for something more permanent and applicable to the entire year. *(Board) A sub-committee of the Landscape and Grounds Committee ("L&G") has held meetings to assess the electrical requirements to ensure the holiday lights will have adequate power and be wired to avoid frequent power outages experienced in previous years. This year the electrical outlets and breakers will be upgraded, and decorations will be scaled back to stay within the budget. Emphasis will remain on lighting the entry guardhouses and wrapping the trunks of selected trees with white minilights. The decorations on the Hillcrest/Forest corner will be reduced.*

Roland Black inquired as to partial construction; in this case, a lot on which the house has been marked but no construction has taken place for a long time. *(Board) The owners, the builder and the Residential Architectural Review Committee ("RARC") are working out engineering issues. Building should commence soon.*

Dr. Sam Hanna reported venomous and non-venomous snakes by the lake. Ken Woolley indicated that a diamondback rattlesnake was found on his porch, and the Bryants found a non-venomous snake in their shower. Everyone was cautioned to ensure that all outside access points in their homes are sealed. *(Board) SBB Management Company and the L&G have explored alternatives with pest control companies, but have no resolution.*

Norm Sereboff suggested that written instructions be provided to construction vehicles entering the Churchill Gate and using the gate between the Estates and the main section to access other areas of the community. The instructions should indicate that those vehicles will not be able to exit using that gate. *(Board) A sign has been placed at the corner of Lake Edge and Park Bend which states, in English and Spanish, that construction vehicles are not to exit through this gate. Another sign, in English and Spanish, has been erected on Hillcrest at the exit only gate from Pecan Hollow stating that vehicles must enter at a gatehouse.*

Norm related that he was almost hit by an SUV taking a short cut through the alley behind his home. He also questioned the Dallas Police Department's jurisdiction for writing speeding and parking tickets in Lake Forest, as can be done in other communities. He noted that several communities have security cameras installed at gates and other locations. *(Board) The Dallas Police can't write tickets in gated communities. Speeding, parking, the misuse of alleys and the use of security cameras are being considered as part of a security proposal being developed by the Crime Watch and Safety Committee ("CW&S").*

Gaby Flatt asked why construction vehicles are no longer required to use only the Pool entrance gate. *(Board) As the construction remaining is generally on the north side of Lake Forest, the use of the northern gates is more practical and reduces con-*

*(Continued on page 8)*

## Save the Date! Thursday, Nov.29 Jean Obert's 4th Annual Ladies Only Holiday Happy Hour



## Big Blue Hits Lake Forest

### ...a recycling love story

By Marty Markowitz

Mary Ann and I have always been good recyclers. Even before we got our big blue can, we placed all our junk mail, envelopes, and trash paper in one pile. Then, we sorted our glass and plastic into a recycling bag and placed it on the curb every other Tuesday. Lots of times, we stacked all of that on top of some cardboard we had folded up flat. It was a little work, but well worth it, we thought, for all the stuff we weren't throwing into the landfill.

So now, along comes the BIG BLUE CAN from the city. We ordered one, and it showed up within a few days. Almost immediately we started just tossing recyclables into it and it began to fill up. No more sorting and separating. No more stacking and folding. We were just tossing stuff in. Way easier. We are two little people. No kids or pets, and we're FILLING THE THING UP every two weeks! It's amazing.

We've heard every excuse imaginable from neighbors why they can't get one. "No room in the garage"... is the most often heard. Baloney! If we can find room for it, two cars, and a motorcycle, anybody can sit it in front of their old regular garbage can too. We just wish now that the city would start giving out much *smaller* garbage cans because we're taking it to the curb every Tuesday and Friday...mostly EMPTY! Please order a blue recycling can and start using it. You'll be amazed too.



**To order a recycling can, dial 311 or go online to:  
<http://dallascityhall.com/sanitation/recycling.html>**

# Non-Cruise Alaska

By Kay Winzenried

Tell anyone you are going to Alaska and the immediate response is, oh, you're going on a cruise? Which ship? Cruises are a sensational way to visit the grand forty-ninth state, but my husband and I chose to experience the territory from a different perspective, by land.

Our itinerary was shaped by an invitation to join family at a wilderness camp in Denali National Park and concluded with our own add-on trip to the Kenai Peninsula. My brother, his wife and Eagle Scouts sons made their first visit to Camp Denali when the boys were in their early teens. Now, grown, with wives in tow this adventure became a trip down memory lane plus an initiation for the newest additions to the family not to mention the Dallas city slickers.



Camp Main House



Beautiful View

Camp Denali and its North Face Lodge are the only accommodations in the park with direct views of Mount McKinley. Its remoteness is stunning. Started over fifty years ago by two extraordinary bush pilots – women who ferried supplies over the vast terrain to troops protecting our borders in

World War II– the cluster of cabins, common buildings and now modern lodge is in its second generation of management by the Cole family. Private vehicles are not allowed this deep in the park so we are met by an enthusiastic crew of staffers at the Visitor's Center which is a scenic rail excursion or four-hour drive from Anchorage. The team efficiently loads gear and BYO beer and wine for the five hour ride aboard customized school buses. We are barely past the park gates when the driver/guide spots wildlife, a pair of eagles, a moose and a herd of big horn sheep.

Upon arrival, our hosts welcome us with coffee and homemade desserts (a picnic dinner is served midway on the drive in). The low slung building that serves as a lobby lounge is filled with cozy armchairs and sofas, a wood stove and a reading/reference library. It is one of a cluster of buildings that serve as the heart of the camp.

Guests stay in freestanding cabins spaced along the access road with privacy and expansive vistas befitting this spectacular setting. It's impossible to see your neighbor from the tastefully furnished cabins that come with all the essentials – comfortable



Bighorn Sheep

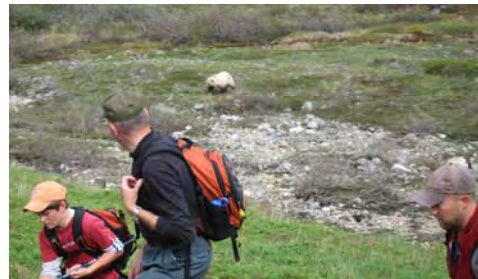
beds, sitting areas and porch rockers. Some have running water; others a hand pump. All have a wood stove to take off the morning chill and each has a private outhouse with cutout view of the majestic mountain ranges. It's roughing it of sorts, but for standard creature comforts the lodge down the hill managed separately is an alternative.



Solar Powered Outhouse

Other shared areas in camp include the always tidy men's and women's bath houses with flush toilets, steamy showers and hair dryers; a dining hall that serves a hardy breakfast and gourmet dinner (lunches are packed each morning from a sandwich buffet) plus an equipment room that dispenses gear for the day's activities.

The range of pursuits spans every interest and fitness level from strenuous hikes to wildflower strolls all led by naturalist guides adept in their field and trained to deal with animal approaches. Yes, there are bears and mosquitoes – the former occasionally sighted



It's a BEAR!!!

and the latter a constant presence. Bikes and canoes are available, board games and photo expeditions, fishing gear, even flight trips around the often cloud-banked Mt. McKinley. With constant sunlight the day

extends into late evening with after-dinner programs and plain old relaxing.

This type of wilderness experience is not for everyone but it must be for many, reservations are booked out a year in advance. Guests return time and again often in multi-generational groups like our clan. There are few parts of our country that remain as pristine and protected as Denali with magnificent animals and landscapes not seen in any other part of the world.

Stewards like the Cole family who break through the May snow pack to ready the camp for its June opening and their close knit band of nature lovers who share duties stocking supplies, making beds and preparing tasty menus make it accessible for all who choose to visit another Alaska – the one not seen from a cruise ship or air-conditioned tour bus.

**Camp Denali and North Face Lodge**

**907/683-2290**

**www.campdenali.com**



Kay Winzenried, world traveler and expert on wine and food, writes a regular travel column for *The Swan*.

# That's Entertainment!

By Marty and Marty Ann Markowitz (food, movie, and entertainment mavens)



## Movie News

In our last issue we talked about our hobby of traveling to film festivals. Some friends have commented, "So what's the big deal with them? Why do you go? What's so interesting? Aren't they just a bunch of the same movies we'll all see at AMC?" Well, here's the skinny...

We go because they offer an entirely new world of movies to those brave enough to venture into *unknown territory*. We are foreign film fanatics, so we seek out festivals heavy on those. There are festivals for Horror movies, Gay and Lesbian, Children's, Comedies, Dramas, only Independent movies with budgets less than some random amount, **Star Trek**, **George Lukas**, **Jean Cocteau**, **Coen Brothers**, you get the idea. There are now hundreds of festivals all over the world. Some of the biggest are **Toronto**, **Tribeca**, **Sundance**, and the granddaddy of them all, **Cannes**. We almost never schedule movies that we think will hit the mainstream theaters. Instead, we head for films that might



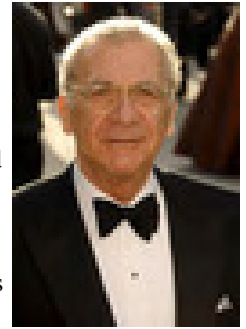
Thomas Haden Church

be truly original or offer a new twist. Then, we get to see it with either the director, producer, actors, or someone else closely affiliated with the movie. There's almost always a Q&A after, and we can get some extra insight into the minds that created the art. Here's a good example. We attended a film fest screening about six months before the release of the great wine movie, **Sideways**. After the film, director **Alexander Payne** was asked a question about whether there was any straying from the script by the actors. The dialog all seemed so natural. He replied that almost all of the funniest lines delivered by actor **Thomas Haden Church** were indeed adlibbed! Who knew? These kinds of insights make the film going experience even richer for us.

The last two festivals we attended didn't even require us to get on a plane! They were both right here in Dallas. The **AFI Dallas Film Festival** was held during the last ten days of March, and it sent a buzz all over the film industry. Headquarters was at the **W Hotel** in Victory, downtown. We might add that there's the possibility, because of its high profile, that it could become an important and influential event for films on the order of Sundance, Toronto, or Tribeca. This is **The American Film Institute** we're talking about folks, a very serious organization which really, until now, does almost nothing...unless it's in **L.A.** The fact that some Dallas movers and shakers were able to get this event here is truly remarkable for us. So what went on, you're asking. What's the big deal? Oh, just that opening night we were at **The Majestic Theater**, which had been turned back into a movie house (at who knows *what* expense!), and were welcomed to the inaugural event by **Sidney Pollack**, **Lauren Bacall**, and



other Hollywood icons, that's all. In the following days, we had a small group gathering at The Nasher for an informal evening with **Marvin Hamlisch**, talks about film with **Bill Paxton**, and lots of parties. Oh, by the way, we also watched over a dozen movies too (there were over *150 films* available to watch in the ten days!). Some great, some not so great, but all were interesting because, as we said, someone connected to the film was always there to answer our questions about it. The older, in fact, the 37<sup>th</sup> **USA Film Festival** began on April 19<sup>th</sup>, just when we'd gotten a breather from **AFI**, the whole thing started over...sort of. You see, **The USA Film Festival** is much tamer and calmer. One or two movies a night, and then a party for the film makers afterwards. Much quieter, but no less fun, and a lot more, wonderful movies! Oh, incidentally, not to be outdone, Ft. Worth has announced **The Lone Star International Film Festival** in the beginning of November. We plan to attend that one too! Once again, anyone interested can attend these events. Costs range from single tickets, at about \$8 each to a full pass, costing anywhere from \$3-900 each.



Sydney Pollack

If that weren't enough, we have *our own* film festival, year 'round, in our screening room, in the house, right here in Lake Forest! <http://screeningroom2.com>



## Foodie News

**SUSHI!** Sushi to the right, Sushi to the left. Everywhere...Sushi! Jeez, Sushi places have popped up around here like mushrooms!

There's **KU Sushi**, next to Mainstream at Preston/Forest. **Sushi Star** is at Preston/Royal, in the former **Dolce Oliva** space. Walking distance, for some anyway, is **Sushi Minami**, in the strip center across from Medical City. This place has a few menu items on the strange side. Most notably, "Monkey Brain," described as "avocado, crab, spicy tuna and deep fried." They even have a Bagel Roll! Too bad they're not open on Sunday mornings. For those who don't partake in the *practice*, **KU Sushi** has a really interesting selection of items not having anything to do with Sushi. Several seafood (cooked), beef, and vegetable entrees look delicious. They also offer a couple of well prepared Udon noodle dishes (Japanese pasta, if you will). The place is very nicely appointed, even a bit dressed up looking, so you'll feel like you were really *out* to dinner, even though you were only minutes from home.

Woodlands Grill & Gathering Place will be opening this fall at Preston Forest, where Wendy's used to be. The company press says, "It draws its inspiration from Frank Lloyd Wright's famous Falling Water. It



(Continued on page 7)

# The Right Fats

## Healthy Fats Are “In”, But Are You Getting The Right Ones?

by Barbara Gollman, Registered Dietitian and Co-author of *The Phytopia Cookbook*

Remember back a few years ago when the only right fat was no fat? Research has changed how we view many dietary issues, but when scientific reversals like this occur it can be pretty confusing. In fact, the fat conundrum is one of the more difficult concepts in current nutritional topics. The following fat primer is meant to bring you up to speed quickly.

All fats are composed of a combination of saturated and unsaturated fatty acids. Unsaturated fat is further divided into monounsaturated and polyunsaturated based on chemical structure. Saturated fat is the dietary demon while mono's and poly's are the guys in white hats.

According to The American Heart Association, no more than 7-10 % of calories should come from saturated fat daily. For the average 2000 calorie diet, only 140-200 calories should come from saturated fat. Monounsaturated fats, like those found in olive and canola oil are known to be most heart healthy when consumed in appropriate amounts. The recommended amount of mono's one should have daily is 10 – 15% of calories. Finally, the third type of fat, polyunsaturated, should be kept to a maximum of 10% of calories daily. It's very easy to have far more than the recommended amount of poly's due to the fact that so many processed foods contain poly-rich vegetable oils such as soybean, corn, and safflower.

To get into the heart of this matter we need to discuss two polyunsaturated fats, *omega 6* and *omega 3*, so called by their placement on the carbon totem pole-like structure. Most of us get plenty of omega 6's because they are in widely used vegetable oils but, according to a national diet survey, most of us are deficient in essential omega 3 fats.

Recent studies have found omega 3 fats to be beneficial to cardiac health with fish oils and fatty fish being the richest sources. Health officials advise Americans to eat more high fat fish like salmon, caviar, bluefin tuna, sardines and/or rainbow trout. Keep in mind, however, to prevent heart disease you should eat these fish twice a week and if you have heart disease you need even more omega 3's requiring a fish meal once a day. Great advice if you love fish and have a hefty food budget, but



for many people it is just not practical to try to eat that much fish.

Perhaps you've heard that walnuts, flaxseed, soybean and canola oil have some omega 3 fats. Well, here's the skinny on that: they contain the precursor called alpha linoleic acid (ALA) that the body can convert into omega 3's. Unfortunately, this is not an efficient process so even though you'll get some benefit from the plant sources, it's not nearly to the extent that you would get from fish. Eating nuts and flax is a good way to healthfully supplement your diet, but don't depend on them to fully protect you.

The benefits of omega 3 go well beyond cardiac health. Research has focused on parts of the body relying heavily on chemistry from these healthy fats. The most prominent fatty acid in the brain, the omega 3 docosahexaenoic acid (DHA) is found in the “grey matter” used for memory, thinking and language. Alzheimer's patients have been found to be deficient in DHA. A large study of Alzheimer patients is now underway to evaluate whether higher levels of the fatty acids can help prevent decline from the disease.

Eye health is known to be influenced by the omega 3 fats as was recently reported in the *Archives of Ophthalmology*. The study showed a reduced risk of age-related macular degeneration (AMD) as more fish meals were eaten. AMD is the leading cause of blindness in people over 60, therefore another good reason to find fish on your plate several times each week.

Fish oil has given arthritis sufferers some relief from sore, tender joints according to various reports. As promising as this is, research in this area is limited and there is little in the way of recommended dosages.



What about fish oil supplements? If fish isn't on your menu at least two times a week, supplements may be a reasonable way to go. The recommendation for known heart disease patients is to consume approximately 1

gram of omega 3 fats daily. Although there are few adverse effects, it's always a good idea to discuss the supplements with your physician. Women who are pregnant or might become pregnant are advised to avoid certain kinds of fish which contain high levels of mercury. Supplements may hold a similar risk, so be sure to get your healthcare providers approval before self-prescribing.

Supplements don't taste nearly as wonderful as Washington Style Planked Fish, so get some planks and fire up the grill!

*(Continued on page 7)*

## Dear John.....

Do you wonder why certain flowers or plants seem to do well in one location, but not another? Are your favorite selections not doing well? John Vanderpearl answers these questions for you. Please submit new questions by email to John Vanderpearl or Tom Munroe at [tmunroe@swbell.net](mailto:tmunroe@swbell.net).



### Q: Why is my St. Augustine developing bare areas?

A: *St. Augustine is prone to fungus diseases. With the extreme amount of rainfall and cloudy days it will be a problem this season. We have sprayed 'Heritage' which is the most broad spectrum fungicide; however, its effectiveness is limited with daily rainfall.*

### Q: Are there any alternative treatments for fungus in St. Augustine other than fungicides?

A: *Yes, brown sphagnum peat moss can be applied to the bare areas an inch or so thick. This creates an acid condition that kills the fungus and allows the runners to cover the bare areas. Research indicates this treatment is good for three years.*

### Q: Do fungal diseases affect Bermuda grass?

A: *It is rare that fungus hits Bermuda grass. It generally is a problem to golf greens only because they are stressed due to the mowing height.*

### Q: Can I turn my irrigation system off during these rainy periods?

A: *Yes, it is a good idea to shut off your system and not rely on rain sensors to delay running of the system.*



John Vanderpearl is our contact person for Precision Landscape He can be reached at 214.957.6123 or [johnv@precisiondallas.com](mailto:johnv@precisiondallas.com).

## The Right Fats (cont'd)

(Continued from page 6)

### Washington Style Planked Fish

Cedar plank (1 plank for 2 servings)  
1 (6-ounce) fish filet with skin on for each serving  
Salt, to taste  
Freshly ground black pepper  
About 1 teaspoon Maple Syrup for each serving  
Spray bottle with water

Soak plank for a minimum of 1 hour.

Rub fish with the salt, pepper and maple syrup; leave at room temperature for up to 45 minutes.  
Turn gas grill burners on high and place the damp plank over the flame area. Let plank heat until it starts to smoke; use tongs to lift and see if plank is smoking. (Start checking plank after 5-7 minutes.)

Turn smoking plank over and place the skin side of the fish on it. Reduce heat to medium; close grill, check fish after 10 - 15 minutes. If plank is on fire, use spray water bottle to put out the flames.

Continue to cook until fish feels firm to the touch. (Usually after 15 -20 minutes fish is ready to be removed from the plank). Remove skin before serving.

Enjoy with a spinach and fruit salad, couscous cooked in apple juice and your favorite wine.

**Bon Appetit!**



Barbara Gollman is a registered dietician and author of the Photopia Cookbook. Any questions for Barbara, please email her at [barbara@gollmangroup.com](mailto:barbara@gollmangroup.com).

## That's Entertainment! (cont'd)

(Continued from page 5)

will feature a waterfall in the restaurant and a split-level design with an elevated bar. This full service restaurant will offer delicious, healthy cuisine, specialty drinks, and wine." Our serious Foodie readers need to know about the retail



outlet of **World-Delicacies.com**. This online operation and gourmet food importer/distributor has opened a rather large retail store in the warehouse area at 4505 McEwen, north of LBJ, near The Galleria. The place is stocked full of interesting foods, mostly but not only, from Italy. Packaged and fresh pastas, olives, spices and seasonings, fresh meats and cheeses, sweets, coffees, and lots of other items are available. They've been supplying some of the areas more *heavily starred* eateries like Abacus, Bice, The Four Seasons, and The Mansion and now you can check it out yourself! We spent a small fortune on our last visit, and we didn't need a thing!

*Seen around Town.* Lake Forest's own **Marianne McGonigle**, dining at **Greenz** (Again, the SW corner of Preston/Forest). On their awning it reads, "*Salads for Z Adventurous.*" Marianne says that it's a good place for take-out or eat-in, if you're in the mood for a light meal. Our spies tell us that if you want to spot **Cheryl and Rob Beuttas**, all you have to do is station yourself at **Luna De Noche** almost any Friday evening... and they will appear! Like Magic! Better Tex-Mex is hard to find.

Well, as they say in Hollywood, until the next issue, "That's a wrap."



Where have you been lately that we need to check out? Please email us with movie or foodie news at [mmmarkowitz@sbcglobal.net](mailto:mmmarkowitz@sbcglobal.net)

# Town Hall Meeting

(Continued from page 3)

struction traffic throughout the community.

Chuck Goodman asked if the walking path to the north can be lengthened. (Board) *The L&G will consider this project.*

Jerry Barker reported that Bermuda grass needs to be mowed shorter to discourage weeds in Bermuda grass. (Board) *Many lawns have been converted to St. Augustine grass due to shade from maturing trees and changing mow heights from lawn to lawn is not feasible. All lawns are mowed at the same height. Chemical applications are used to control weeds.*

Jerry questioned the shabbiness of the gatehouses. (Board) *Two gatehouses have been repainted and repaired, and two are in the process of being painted.*



Bill Watson complained that the fountain does not work well. (Board) *Some fountain pumps have been replaced. Because of these replacements, we should expect several years with minimal problems.*

Earl Eliason is having trouble with the gates, especially the gate between the Estates and the main section. *The entrance system has been updated and SBB Management is continuing to monitor further access problems. The reader at Gate 3 has been replaced. To help the readers work more efficiently, place toll tags vertically on the top middle of the windshield.*

Carolyn Jennings asked to include her son's toll tag number in the system. (Board) *The Board approved allowing residents to include nonresident toll tags as long as they agree to be responsible for that person's actions within the community.* Carolyn reported that Precision Landscape speeds through alleys. She suggested making the alleys one way. She also noted that people often speed on Lueders. (Board) *These issues will be considered as part of the traffic plan being developed by the CW&S. Precision Landscape will avoid using the alleys.*

Mike Rosellini, who serves on the CW&S, complained about the lack of response from the Board. (Board) *Meetings are being held with Bill Dean, Chairman of the committee, to ensure clear communication. Stan Williams responded that the Board approved purchases of mirrors for the alleys and safety measures for Swan Lake Parkway.*

Bill Dean suggested more signs (such as "no through traffic"), but acknowledged that some will ignore them. He suggested installing yellow blocks that drivers must drive around. On Swan Lake Parkway, the humps are deteriorating, and money was allocated for this project in 2006. (Board) *This is a priority issue for the CW&S plan.*

Cecil Long reported that speeding is prevalent on Hill Forest, and signs are needed for the blind corners. He requested reducing man hours at gates during certain hours to save money. (Board) *Speeding and blind corners are being considered as part of the CW&S plan. Some residents moved into the neighborhood because of manned gates. This is a controversial*

*issue considered by the Board every year in the budget process.*

Mary Ann McGonigle asked if the phone access tool is working. (Board) *This system is now operational on gate 3 only.*

Mike Berger noted that people still do not pick up after their dogs and allow their dogs to run without a leash. (Board) *The Board is considering installing dog cleanup receptacles and reminded residents that letting pets run on other homeowners' property is trespassing.*

Kathy Crane inquired as to procedures for opening the gates when the electricity goes out. *David Garrett of SBB Management responded that the gates can be opened manually.*

Steve Worrell explained the problems with the construction next door to his house. *The RARC responded to Steve's issues and explained the history.*

Lewis McMahan asked about crime statistics in the neighborhood. *Errol McKoy reported that the police didn't think it was an issue in our community. Webmaster John O'Donnell indicated that the website contains a link to crime statistics.*

Judy Barker reported that the pedestrian gates are not working well, and mentioned the debris near the creeks – branches and such. (Board) *Debris has been cleaned out of the creek area. L&G monitors this, especially after heavy storms.*

Linda Leake asked who is responsible for trimming the trees in front of the houses, mentioned the fountains that were not operational, and noted the dangerous corner at Hill Forest and Pecan Hollow. (Board) *John Vanderbilt of Precision Landscape said that trimming trees is not included in the contract for front yard maintenance. They do trim low limbs over sidewalks. Speeding will be reviewed by the CW&S.*



Sally Ryan mentioned the construction parking on Lake Edge, which makes it difficult to get through. Also, some new homes don't seem to follow the general look of the community. (Board) *A meeting was held with Dallas Fire Department to determine if this represented any violation which they could enforce. No violations were noted on this visit but cooperation from builders is being sought. New home plans are reviewed by the RARC for compliance with the Association design rules.*

Gaby Flatt suggested a holiday fund for the gate house staff, to a mixed audience. (Board) *Our security company is responsible for any bonuses. Individual residents may give specific gifts to guards.*

Stan Williams suggested that residents get information on people that break the rules (speeding, parking in the streets, etc.) and that the Board revoke certain privileges or print their names or pictures in the newsletter. Steve Worrell suggested that arrows or street lines be painted at the exit gate to improve traffic flow. Todd Setz was concerned with the traffic circle at Gate 1. In addition, he questioned the rash of mailboxes lying on the ground. (Board) *These issues as part of the CW&S plan.*

Mike Stephens then displayed the new real estate signs.

## You Don't Own Real Estate. Real Estate Owns You.

by Logan Flatt, CFA

Many Americans believe that real estate can do no wrong as an asset class upon which they can build wealth. I disagree. Building wealth through real estate depends on your ability to distinguish among the three types of real estate ownership – investment, speculative, and personal. If you don't know the differences, you may soon discover that you don't own real estate, real estate owns you.

### Investment Real Estate Puts More Cash in Your Pocket Than It Takes Out

Investment real estate refers to the ownership and operation of income-producing real estate whereby the income generated by the property – usually, rent payments from tenants – more than covers all the costs of owning and operating the property. If the income is high enough to cover all the costs of ownership and operation plus leave cash left over for the property owner, the property is said to be *cash flow positive*. If the income fails to cover all the costs of ownership and operation, the property is said to be *cash flow negative*, whereby the property owner must dig into his pockets to come up with the cash to pay for the remaining, uncovered costs.

A *bona fide* real estate investment puts more cash in your pocket than it takes out, on a repeatable, consistent basis. A cash flow negative investment property is really not much of an investment at all. If you continue to hold on to a cash flow negative investment property out of pride or any other emotional attachment to the property, you are not maintaining an investment; you are maintaining a hobby. A rational real estate investor would put a stop to the repeated, consistent cash drain ASAP. In many cases, it is simply best to swallow your pride and sell a cash flow negative investment property. That way, you can let a new owner cope with the income shortfall each month while you put your sale proceeds to work in a cash flow positive investment property you can find elsewhere.

### Speculative Real Estate Is a Bet Against the Odds

When buying real estate at or near the prevailing market price, many people firmly believe they will make a profit upon the future sale of their real estate. Unfortunately, there is wishful thinking and there is reality. Wishful thinking plays a prominent, defining role in speculative real estate. A new property owner may hope to sell his property at a higher market price in the future, but in reality, he has no idea what the future market price will be. Nobody does – all future market prices are unknown to everyone. That is, until the future arrives.

What we do know at the time of purchase is that there are three equally likely outcomes for the future market price: first, there is a 1 in 3 chance that he will sell the property at a future market price *equal* to the current market price; second, there is a 1 in 3 chance that he will sell the property at a *lower* future market price; and finally, there is a 1 in 3 chance that he will sell the



property at a *higher* future market price. In other words, at the time of purchase we know there is a 2 in 3 chance the new owner will *fail* to sell his property at a higher future market price.

Unfortunately, the odds of *making a profit* on a property purchased at the prevailing market price are even worse, thanks to the high transaction costs of buying and selling real estate. Even if a new owner ultimately sells his property at the *equal* future market price, he still loses money thanks to brokers' commissions, legal fees, and other closing costs incurred to sell the property. He also loses money selling the property at a *higher* future market price if that future market price is not quite high enough to cover the high transaction costs. Clearly, the odds of making a profit are against those who buy real estate at the prevailing market price and hope to sell later at a higher market price. Such is the nature of speculation and the wishful thinking that leads to it.

### Personal Real Estate is a Purchase, Not an Investment

Personal real estate is real estate you buy primarily because you believe you and your family will enjoy living there. Making money, if at all possible, is secondary. In fact, it is hard to make money with personal real estate. To make it your home, you must take cash out of your pocket each month to finance it, insure it, maintain it, fix it, furnish it, and pay property taxes on it. Unlike investment real estate, your home generates no income to offset these out-of-pocket expenses. So, while you likely derive much pleasure from owning your home, you lose money on it every month. Don't fool yourself – your home is not an investment. It is simply a purchase.

### You Don't Really Own Real Estate If It Can Be Taken Away From You

The differences among investment, speculative, and personal real estate ownership are clear. However, you don't *really* own real estate. You only *think* you own it. Even if you have paid off your mortgage in full, a county, city, or local public school district can still take your property away from you. Just stop paying the tax bills these governments send you each year and you will quickly discover who *really* owns your real estate.

Paying property taxes is all you need to do to keep your real estate out of government hands, right? Sorry, but no. You could pay property tax bills in full each year for decades and *still* lose your property to *eminent domain*, whereby a government expropriates your real estate to use it for what it claims to be society's "greater good" – your personal property rights be damned.

Clearly, while many Americans believe that real estate can do no wrong as a way to build wealth, it sure is hard to build wealth with real estate when, in so many different ways, you don't own real estate, real estate owns you.



Logan Flatt, CFA publishes personal finance insights at his website, [PowerWealth.com](http://PowerWealth.com).

His email address is [logan.flatt@PowerWealth.com](mailto:logan.flatt@PowerWealth.com).

# Wine Social

Photos by Tamara Mattison, and Judy Coyle



Above: Barbara Gollman, Barbara Bower, DiAnne Thompson and Harvey Gollman

Below: Jerry and Frankie Michaelson, our hosts



Below: Norm Sereboff, Maureen Berger, Mike Berger, Dorothy Yuan and Sue Sereboff



To the left: Alanna and Leonardo Bubis, Russell and Judy Silverstein, and Ray Ann Lerman



Above: James Yuan, David Ockleshaw, Charles Rampuchek, and George Graham

# Rose-Mary Rumbley Bus Tour

By Jean Obert

On a hot summer day in June, fifty-two Lake Forest neighbors and friends boarded a bus for a historical tour of Dallas. Rose-Mary Rumbley gave us a glimpse of early Dallas. She shared some of her mother's stories about her family who have been Dallasites since 1880.

The tour was great fun, the Mexican food lunch was delicious (she likes to take North Dallas residents to Oak Cliff) and everyone laughed and had a good time. Thanks to Rose-Mary we are all a little more knowledgeable about BIG D.

We are working to schedule a Rose-Mary Rumbley Fort Worth tour in 2008.



SAVE THE DATE!!!

Lake Forest  
Fall Social

Sunday Night  
at the Movies

Sunday, October 7, 2007

Royal Oaks Country Club  
7915 Greenville Avenue

More details to come...



# Tattle Tails

## Blue & Lucky Mosley

By Lisa O'Donnell

Dan and Patricia Mosley are true animal lovers with big hearts. A few years after their beloved cat, TJ, and dog, Maya, passed away, they decided to bring a new family member into their home. Patricia had her heart set on a female lapdog puppy.

One evening when Patricia was Christmas shopping at North Park, she called Dan to ask him to meet her there for dinner. When she told him she was at North Park, he said "so am I" and suggested they meet at P.F. Changs. Little did she know that her life was about to dramatically change.

As she walked to the restaurant, she saw the banner for the SPCA Annual Holiday Adopt-a-thon. It was the end of the day and the SPCA volunteers were packing up. Dan spotted Patricia, ran to her, and said "Did you see him?" Patricia saw Blue, a handsome male blue merle colored Australian Shepherd with one brown eye and one blue eye, and it was love at first sight.

Patricia uttered to Dan those words many of us have stated... or heard before. "I don't know if we are ready for that responsibility." Dan replied "Of course we are!" Although Blue was not the female lapdog puppy Patricia had thought of, the instant attraction put plan B (a/k/a plan Blue) into effect. That night Blue came to live with Patricia and Dan in his forever home!

The Mosleys made a wonderful decision. The Australian Shepherd breed is well-known for its intelligence, good nature and even disposition. The Aussie breed is wonderful with children, loves to be part of the daily hustle and bustle, and thrives on having a "job" to perform, be it shepherding family members, protecting the house, or competing in dog events. And that certainly rings true with Blue. His favorite task is herding children in the swimming pool. Prior to moving to Lake Forest, he would run the length of their pool barking and yelping while trying to tow the neighborhood kids to safety even though they were not in danger.

When it came time for Patricia and Dan to move, they were concerned about Blue's adjustment to a different environment. Moving into a new home is always a challenge, but Dan, Patricia and Blue settled into their wonderful new home in Lake Forest and became very comfortable in their new setting. However, things were about to change, once again. One day when Dan was coming home from work he noticed a big black dog sitting all alone on an overgrown vacant lot at the corner of Harry Hines and Mockingbird. Dan noticed the dog was still there the next morning and approached the dog to try and see if he had ID tags but the dog would not let him get close enough to tell. That afternoon, Dan brought the dog some food. When he drew near the scruffy animal, the dog became frightened and ran



Blue and Lucky

back into the overgrown weeds. A lady approached Dan and said she had also been feeding the dog for a few days and that she could catch the dog, but she already had five rescue dogs in her home and did not think she could manage another. She asked Dan if he would take the dog home with him if she caught him. Dan said "sure." Lo and behold, that afternoon the lady caught the dog and called Dan to let him know he could come down and pick him up. They named him Lucky to recognize the recent upturn in his fortune.

Dan and Patricia worked very hard to successfully integrate Lucky, a two year old Border Collie mix into their

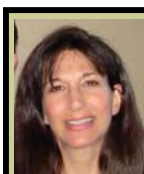
home. Since both dogs are approximately the same size and weight they want to make sure that Blue remains the "alpha dog." So they feed, walk, and give Blue treats, first. This routine has worked very well and provides harmony in the household!

Like most dogs, Blue and Lucky love riding in the car particularly when it involves a trip to the lake. Lucky loves playing in the lake water and swims like a fish. However, he will improvise with a sprinkler or hose when given the opportunity to enjoy a good soaking.

They also enjoy trips to City Vet in Oak Lawn. Since Dan and Patricia must travel from time to time for work, they take Lucky and Blue to City Vet for boarding. The Mosleys say the City Vet facility has an excellent staff and exceptional veterinarian care. They also appreciate the City Vet day care program which has been significant in helping Lucky socialize with other dogs of all sizes. The Mosley's especially appreciate the City Vet webcam. Even when they cannot be there, they can see how Blue and Lucky are doing via the City Vet webcams. Check it out on their website at <http://www.cityvet.com>.

Dan and Patricia are fortunate to have found Blue and Lucky and brought them into their home. Blue and Lucky are truly blessed to have been rescued by a loving couple with such big hearts.

The annual SPCA Adopt-a-Thon at NorthPark Center will be held in November. However, if you do not want to wait until then, you can always visit the SPCA or Operation Kindness in person or at [www.sPCA.org](http://www.sPCA.org) and [www.operationkindness.com](http://www.operationkindness.com) to rescue a wonderful pet who needs a loving home. Additionally, there are breed specific rescue organizations.



If you would like your LFBFF (Lake Forest Best Friend Forever) to be featured in *The Swan*, e-mail Lisa at [lisamodonnell@gmail.com](mailto:lisamodonnell@gmail.com).

# Community News

## New Residents

Terry and Edwin Atkin -- 7012 Lake Edge Drive  
Elmer Doty -- 7006 Stone Meadow Drive  
Janie Kay Hartrick -- 6911 Forest Glen Drive  
George O'Leary -- 11829 Brookhill Lane  
Ann and Mark Lerman -- 12220 Park Forest Drive  
Geoffrey and Cate Orsak -- 12216 Park Forest Drive  
Mary Lynn Vaughn -- 11921 Edgestone Road  
Melissa and Ruben Velez -- 12212 Park Forest Drive

## New Real Estate Signs Implemented

In April, the Association Board of Directors approved a new real estate sign policy (See *Cygnets*, April 2007). This policy is designed to standardize the real estate signs throughout the community. The signs were created by Mike Stephens to minimize cost of compliance by real estate agents. The Association owns the actual metal signs, and each agent is required only to purchase magnetic strips with their information to place on the metal signs.



In general, the standard signs are required to be used for any home that is for sale or lease in Lake Forest. If you intend to place your home up for sale or lease, it is your responsibility to inform your agent of this policy. You or your agent should contact Greig Dunnam IMMEDIATELY once you decide to sell or lease your home and he will provide information to the agent so that he or she may order magnetic strips.

Please allow for five business days for delivery. The agent's regular For Sale sign SHOULD NOT be placed in the yard waiting for their magnetic strips.

Please refer to the complete policy on our website at [www.lfhoa.com](http://www.lfhoa.com) / Documents / Real estate Forms.

## A Facelift for the Communications Committee

The Communications Committee has been revamped to better serve the community. A group headed by Jack Bell now oversees all Communications Committee functions. Previously, the Swan staff acted as the committee. With the growth of the community and the need for more communications policies and enforcement, the Board felt that a new oversight group was needed. Other key members of the committee will continue in their duties. Judy Coyle and Tamara Mattison remain as editors of *The Swan* and *Cygnets*, and John O'Donnell as the web master. Mike Stephens remains in charge of resident contact information and the directory. Ernestine Beauchamp handles the welcome baskets, and a new addition, George Graham, will cover the gate sign policy.

In the works is a buddy system whereby those residents who do not have email access will get all information currently emailed to residents. Allen Segal and Byron Scarborough will head this effort. Basically each non-email resident will be assigned to resident "buddies" who have email access. These "connected" residents will provide all emailed info to our unconnected persons. If you have email and haven't provided it to our resident contact information leader, please let Allen and Byron know by emailing them at [segal@sbcglobal.net](mailto:segal@sbcglobal.net).

# Crime Watch and Safety Committee

## Lake Forest Security Enhancements

by Norm Sereboff

Not since the first person moved in to Lake Forest has resident and approved access information been purged and updated. New forms were sent to all residents for updating and corrections. Effective July 15, 2007, old information was purged and the new information entered into the system. All the obsolete residents, service, builders and sub contractors are now out of the files. Included in the new files are who is authorized to enter our community as well as information on current North Texas Tollway Authority (NTTA) and Lake Forest issued Toll Tag numbers. Gate reader devices have been programmed and updated with the new Toll Tag information to expedite your entering Lake Forest. So, as changes occur to your access information please keep our Approved Access List (AAL) files current. Look for the new update forms to be included on the Lake Forest web site soon. Information on the AAL will only be made by written signed authorization from a homeowner or legal adult resident, to SBB Management who in turn will distribute the information to the gatehouses. **If you haven't received an AAL please visit the Lake Forest website at [www.lfhoa.com](http://www.lfhoa.com) and download one today, or call SBB Management at 972.960.2800, ext. 344.**

Also, a Directory Gate Entry System is being completed. As part of this secured system there are boxes with telephone key pads and a display screen at each gate entry (except Hillcrest). If the Gate Staff is unavailable to grant your guest entry, after following the simple instructions, your phone will ring allowing you to press 9 to open the gate from your home.

Please remember that the primary role of the Gate Staff is to monitor and limit access to the community of Lake Forest. Individuals who do not have proper identification or permission will not be allowed to enter. However, even with the most efficient Gate Staff every unwanted intruder cannot be eliminated. As always, residents should be alert to their surroundings and take reasonable precautions, for example: Watch for cars following you home; Always close your garage door; Keep your entry doors locked at all times; Use your alarm system; Keep outside lights on at night; Carry your cell phone when walking; Know your neighbors; If you see something that doesn't look right or a crime being committed, **CALL 911!**



Questions regarding crime watch and safety issues? Ideas for this column? Please email Norm Sereboff at [normboff@sbcglobal.net](mailto:normboff@sbcglobal.net).

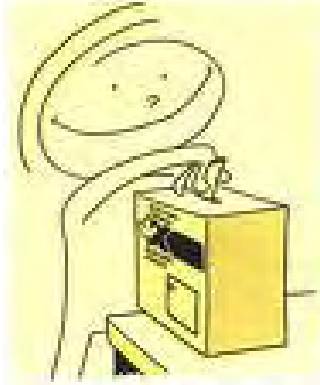
## Board Elections in the Works

### BUSY? YOU'RE JUST THE RIGHT PERSON!

by Carolyn Jennings

As a young child, I delighted in reading the story of The Little Red Hen. I was impressed with her wise handling of those who wanted to enjoy the bread she baked without doing any of the preparation it required. Remember how she called for helpers to plant the wheat, to harvest it, to have it ground into flour and baked into a cake? We can imagine that she heard one of the same reasons for not volunteering that is often heard today: "I'm sorry, but I'm just too busy." And yet, I think we will all agree that (outside the world of folktales), when something needs to be done, whether in our charitable organizations, religious communities or neighborhoods, it seems to always be the busy people who make time to help.

One of the reasons I originally thought of moving into Lake Forest was because I was a busy person. I wanted someone else to handle all those decisions I was tired of making. No more calling to schedule a cleaning of my swimming pool or arranging for the planting of seasonal flowers. No more worrying about giving instructions to the lawn service. Now, all I had to do was move in and relish my new carefree lifestyle. Shortly after moving in, however, I realized that as I enjoyed this beautiful neighborhood, other busy people were volunteering a few hours each month to make my lifestyle possible. These volunteers were my neighbors who made up the Board of Directors and the various committees of Lake Forest Community Associa-



tion, Inc. Even the newsletter you are reading exists because over 20 residents volunteer their time and resources to create it.

This November -- under the provisions of the Association Bylaws, three of six homeowner-elected positions will be up for election. These positions are currently held by Dick Ernst, Tom Munroe and Sandy Stephens. Who will fill these positions? I don't know about you, but I feel a responsibility to be one of those who will raise my hand from time-to-time and say, "I'll make a few hours to help!"

Call me at 972 661-8073 today to learn how easy it is to submit your name as a potential candidate for the Board of Directors. Hurry! October 1 is the submission deadline. Then, please take a minute from your busy schedule to thank all of our board members, especially those who are leaving their posts. Any of them would be happy to tell you how rewarding it has been to work for you.

If you aren't interested in serving on the Board, there are several committees that need volunteers. A list of these committees can be found on page 19 of this newsletter. Please call the chair of any committee for further information about his or her committee.

The Lake Forest Annual Meeting is expected to be held in early November.

Notices and documents will be mailed in early October.

The Board hopes to see you all there!

## Our Sponsors Make It Happen — Tell 'em *The Swan* Sent You!

### Enjoy good Italian food while raising money for The Cooper Institute

On Tuesday, Sept. 11, Prego Express Italian will donate 10 percent of its proceeds to The Cooper Institute, the nonprofit research and education arm of Cooper Aerobics Center. This money will be used to continue the Institute's outreach to area youth, educating them on proper nutrition. So, dine in or take out your favorite Italian meal, and show your support for The Cooper Institute.

Prego Express Italian is located on the northeast corner of Preston and Forest (next to Tom Thumb).

This restaurant is the fourth Prego location owned by the Barraco family, who have

served Dallas for three generations. The menu includes freshly made pizzas, a wide variety of salads, sandwiches, and Italian classics such as Chicken Marsala, Tilapia Italiano, and Pasta Pomadori. Whole wheat pasta is also available by request. Any entree is available family style for take-out, delivery, or catering.

For more information, call 972-716-9999 or visit [www.pregoexpressitalian.com](http://www.pregoexpressitalian.com).



#### Health benefits of eating Italian

- Olive oil is rich in monounsaturated fats, which can help lower the risk of heart disease.
- Lycopene, an antioxidant found in tomatoes, may reduce the risk of heart disease and certain types of cancer.
- Herbs used in Italian cooking, such as basil, oregano, and rosemary, add flavor without adding calories or sodium.
- Whole grain pasta is a good source of fiber, plus research shows whole grains can help reduce the risk of heart disease, stroke, type 2 diabetes, several types of cancer, and some gastrointestinal problems.

# Board, Committee & Club Contacts

## Board of Directors

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Dick Ernst  
Tamara Mattison  
Sandy Stephens  
Peggy Stephenson  
Stan Williams  
Ken Woolley

## Committees

**Architectural Review**  
OPEN

## Communications

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Hank Pollack (Co-Chair)  
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**Wine:** Stan Williams  
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**Couples Duplicate Bridge:**  
Donna Jordan-Sterner  
214.369.2868  
donna-jordan@sbcglobal.net

## Moms' Group

Nikki McCray  
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nikkimccray@hotmail.com

## Interested in starting a club?

Contact:

**Lynda Tolleson**  
Phone: 972.726.8701  
Email: lyndatoll@sbcglobal.net



## Bridge Anyone?

To learn more contact:

**Donna Jordan-Sterner**

Phone: 213-369-2868

Email: donnajordan@sbcglobal.net

The Lake Forest Couples Duplicate Bridge Club meets once a month and currently has two table groups.

Open to all residents

## Credits & Disclaimers

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### Credits

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## **INVESTORS WANTED!**

**Invest a few hours each month  
To assure your neighborhood  
Remains one of the  
Premier communities  
In North Dallas!**

**Serve on  
the Board of Directors  
of the  
Lake Forest  
Community Association, Inc.**

**For more information contact:**

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***The Swan***

**A Lake Forest Community Publication**

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