



Up Close and Personal

Ken Woolley

There's a new sheriff in town

By Jack Bell

Ken is a second year Lake Forest Board member and currently serves as president of the Community Association. He was born in Berkeley, CA in 1958, and was raised in Dallas where he attended Highland Park schools. He has a B.S. degree from University of Texas — Dallas in business and a M.S. from University of Texas at Arlington. Prior to starting his own accounting firm, Ken worked for both Weaver & Tidwell CPAs and KPMG. He and his wife, Linda, have 5 children and live at 12249 Pecan Forest.



Ken Woolley

Bell – You've made a career in accounting. Was it deliberate? Have you always been interested in business?

Ken – Yes, I guess I have. When I was a kid I delivered papers. I worked for jewelry manufacturers from my junior year of high school through college. When I graduated in 1981, in the middle of a deep recession, the big accounting firms were all firing people. I was able to get a job with a local firm. When the recession lifted, I went with KPMG.

Bell – Is accounting as dull as we think it is?

Ken – Not at all. One case with the Department of Justice almost cost me my life. I was up in a tiny plane doing aerial photography when the plane almost ran out of gas. The pilot knew of an airfield nearby, but when we got there, no airport. The gauges were dropping, the pilot was lost; I was sure I was going to die. The pilot spread maps out over the control panel and eventually found the airfield.

Bell – In reviewing your resume, I notice that you are on the competitive swim team at the Cooper Aerobic Center. Tell us a little about that program.

Ken – We train year-round (in the outdoor pool) during the lunch hour. I typically swim 4 days a week and work on weights one day. We compete against other teams on a local, regional, and national level. It's a great way to stay in shape. Jack, why don't you join us?

Bell – The last thing you want to see is me in a Speedo.

Bell – You previously served on the board of Equest, which as we all know, is a great therapeutic horseback riding program. How did you get involved?

Ken – Friends got me involved almost 10

years ago. It's been a gratifying experience seeing the kids interact with the horses.

Bell – You and Linda have five kids. What do family trips look like for you?

Ken – We do a lot of backpacking. We keep it safe—not too many grizzlies and away from the edges of cliffs. It's a lot of fun. Our last trip was to the Olympic Peninsula camping on the beach. There are forests of thousand year old trees that fall into the ocean and roll around until they are perfectly smooth and polished before washing back ashore.

Bell – What attracted you to Lake Forest?

Ken – Location and the size of the development were important to us. We didn't want to be in a small community. One of the biggest attractions is the diversity of our neighbors.

Bell – What do you think are the greatest challenges facing us?

Ken – Keeping people involved and adding new people to our volunteer ranks.

Bell – Where do you see us in the next 5 to 10 years?

Ken - I hope that the building phase will be over. We will then have a more mature community and will have to focus on code enforcement and maintenance.

(Disclaimer: here comes that awful question regarding undergarments that seems to offend one of our neighbors. If this is you, stop reading now).

Bell – Boxers or briefs

Ken – I plead the 5th!



If there is someone you think should be featured in this column, please email Jack Bell at jack_bell@sbcglobal.net.

Things We Need to Know

New Officers of the Lake Forest Board of Directors

The new Board of Directors elected officers for 2008:
President – Ken Woolley
Vice President – Peggy Stephenson
Treasurer – Lyle Patrick
Secretary – Tamara Mattison

Committee Liaisons

The Board appointed the following people to serve as liaisons to the committees set forth below:
Stan Williams– Crime Watch and Safety Committee
Jack Bell– Communications Committee
Lyle Patrick– Finance and Audit Committee
Janice Hartrick– Landscape and Grounds Committee
Tamara Mattison-- Legal Committee and Social Committee
Ken Woolley– Residential Architectural Review Committee

Emergency Email Policy

The Board approved an emergency email policy that states: “Any resident can initiate a message of vital importance or emergency in nature. Commercial ventures and political messages are excluded. The message must be approved by a Member of the Board.”

Nominating Committee for 2009 Board Elections

Tamara Mattison, chair of the nominating committee for the next Board elections, is looking for interested people to serve on the committee. It’s not a huge time commitment and it’s a great way to meet your neighbors. If you’re interested, contact Tamara at tamaragm@swbell.net.

Community News and Activities

New Residents

Otis Lumpkin and Shirley Hall -- 11835 Brookhill Lane
Anne Boswell -- 11813 Brookhill Lane
Katherine and Bryan Pershern – 6924 Stone Meadow Drive
Xiao and Ling Shen -- 7005 Hill Forest Drive



Speeding and Parking in the ‘Hood

There have been complaints that residents are speeding through the neighborhood. **Please be courteous of your neighbors and keep within the 20 MPH posted speed limit.** By purchasing a home within Lake Forest, each homeowner agreed to abide by the regulations and to avoid habitually parking on the street. Some residents do not comply. **Please limit parking on the street as a courtesy to your neighbors and to keep our streets safer.**



Lake Forest Golf Club

After years in the bunker, the Lake Forest Golf Club is exercising a ‘mulligan’ and is being resurrected under new management. The two new “head pros” are Bill (Boom-Boom) Watson and Shelby (Sure shot) Sharpe. Plans are being made for a Lake Forest Golf Tournament. Please contact



Ornamental Crepe Myrtle being crowded out by shade tree

Note from Landscape and Grounds Committee

We frequently hear people in our neighborhood say they feel we live in a resort....well, so do we. We love the beautiful yards and our green areas.

Our development is now approaching 8 1/2 years old, which means many of our yards are maturing nicely. *Maturing* means trees are giving us much needed shade, but it’s also possible that they’ve grown too large.

Lake Forest Residential Design Guidelines require all yards to have one ornamental tree and one of the approved species trees. The Landscape and Grounds Committee has allowed ornamental trees to be removed as necessary in The Park for rear-entry garage homeowners. This means you may remove ornamentals without association permission. If you have a Crepe Myrtle and a large tree, you are allowed to remove the Crepe Myrtle.

Proper trimming of the trees on a regular basis will give you shade, make it easier to see your beautiful home, and maintain the high-end look of our neighborhood. The Landscape and Grounds Committee reminds you that it is up to the individual homeowner to pay for tree trimming services. Please call the tree service of your choice and ask about regular trimming of your trees.

either Bill or Shelby as to your availability to assist in the planning and/or participate in the tournament. Contact Bill at 972.661.1916 or email him at bghobbes@sbcglobal.net. Call Shelby at 972.788.5453 or email him at jssharpes@sbcglobal.net.

Lake Forest Women’s Association

The Lake Forest Women’s Association has a number of events happening—both women and men are welcome. **Events are on a first come, first served basis, so sign up early.**

On **April 14**, from 11:00 a.m. to 1:00 p.m., a tour, class and lunch are being held at the Central Market at Lovers Lane and Central Expressway. The cost is \$20, payable to Lynda Tolleson. Space is limited to 48 people. Please submit your check to either Lynda or Jean Obert.

On **June 18**, a tour of Fort Worth with Rose-Mary Rumbley providing commentary is being held. The cost of \$50 includes bus, tour, lunch, and entrance to the Western Art, Modern and Cowgirl museums. The tour includes the historical areas of the city and a longhorn cattle drive. It starts with a 9:45 a.m. departure from the Lake Forest pool, and is expected to be completed by 4:00 p.m. Only 50 people will be able to attend. If interested, please submit a check, payable to SBB, to Jean Obert. Non Lake Forest residents are welcome if there is space after May 15.

Crime Watch & Safety



By Norm Sereboff

Community Access

The Crime Watch & Safety committee met to discuss enforcement of our policy regarding the *Approved Access List (AAL)* by the Gate Attendants. Although strict adherence may cause some inconvenience initially, this policy will result in better overall management and security of Lake Forest.

Of special note are the procedures relating to:

Parties- the homeowner must provide the Gate Attendants with a list of those guests not on the (permanent) AAL. This list must be signed by an adult homeowner. Gate Attendants will no longer accept verbal authorizations such as "just let anyone in looking for Jack's party." Valet parkers are required for parties with over 25 guest vehicles.

Commercial vehicles – more detailed information will be required in an effort to curb any abuse of our policies and property.

How to Avoid a Carjacking

It will never happen to me. Or could it... Please read this and think about your actions at the mall, supermarket or even at a red light.

Carjacking, or the robbery of a car by threat of force by an attacker, are rare. Still, there are simple steps you can take to avoid being a victim of a carjacking. Much of the prevention is simply the awareness of the threat, and planning ahead if something should happen. Fear shouldn't rule your life, but you should always be aware of your security and surroundings the same way you keep an eye on the road. Pay attention to whom and what is around you. Trust your intuition, your gut. If you feel threatened or alarmed, be cautious and stay alert.

Secure Your Car

The most obvious and simple way to avoid a carjacking is to keep your car doors and windows closed and locked. There are also other ways to protect yourself.

Preparation is a key factor in avoiding a carjacking. Plan ahead and think about your reactions to "what if" scenarios. What would you do if the car in front of you slammed on the brakes, or if a threatening person approached your car while stopped at a traffic light? The carjacker is counting on the element of surprise, but you can counter the attack if you have your own surprise, a quick response to his advance, such as hitting the gas and getting away. Again, trust your instincts. For such a response to a carjacker to be effective, it must be sure and fast.

Other proactive measures to prevent a carjacking:

- Keep computers, cell phones, purses, wallets, and other valuables out of sight
- Avoid contact with questionable people, including eye contact
- Do not roll your window down for anyone except those you know and law enforcement officers

- Keep your cell phone ready to call 911 if necessary
- Golden Opportunities: What Do Carjackers Look For?**
- Intersections controlled by stop lights or signs.
 - Garages and parking lots for mass transit, shopping malls, and grocery stores.
 - Self-serve gas stations and car washes.
 - ATMs (automated teller machines).
 - Residential driveways and streets as people get into and out of cars.
 - Highway exit and entry ramps, or anyplace that drivers slow down or stop.

The "Bump and Rob"

It works like this. A car, usually with a driver and at least one passenger, rear-ends or "bumps" you in traffic. You quickly get out to check the damage and exchange information. Either the driver or a passenger jumps in your car and drives off. If you're bumped by another car, look around before you get out. Make sure there are other cars/people around; check out the car that's rear-ended you and who's in it. If the situation makes you uneasy, memorize or jot down the car's tag number and description; signal the other car to follow you.

Drive to the nearest police station or to a busy, well-lighted area. If you do get out of the car, take your keys (and purse or wallet if you have one) with you and stay alert.

Secure Yourself

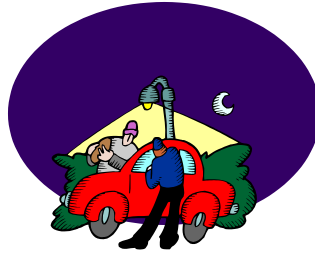
Your car is only one aspect of a carjacking. There are several steps you can take personally to make yourself less likely to be victimized:

- Be ready to get in or out of your vehicle when parking and leaving the car. Don't stand around with the door open while you fiddle with keys or cell phone.
- Add or remove items from your trunk quickly.
- Park in well-lit and high-traffic areas.
- Walk from offices or other buildings to vehicles in pairs or larger groups.
- Look around your car briefly, including under it, before getting in or out.
- Avoid places where you are isolated and alone.

Common sense can go a long way to protecting you, your passengers, and your vehicles. By taking a few extra steps and precautions, and always being prepared to act, you can avoid being a victim.

If It Happens to You

If the carjacker threatens you with a gun or other weapon, give up your car. Don't argue. Your life is worth more than a car. Drop your keys. Get away from the area as quickly as possible. Try to remember what the carjacker looked like - sex, race, age, hair and eye color, special features, clothes. Report the crime immediately to the police.



Questions regarding crime watch and safety issues? Ideas for this column? Please email Norm Sereboff at normboff@sbcglobal.net.

For The Love of Money

By Logan Flatt, CFA

One million dollars. That's a lot of money. Many Americans would *love* to have \$1 million sitting in their bank and brokerage accounts. According to the *2007 World Wealth Report* published by Capgemini and Merrill Lynch, over 2.9 million Americans *do* have at least \$1 million in cash and securities.

Yet, do Americans *really* love money? For many, as soon as we get money in our hands, we spend it on some shiny new thing that pleases us, or on some new experience that, for a short while, distracts and entertains us. So, do we love money, or do we love what money enables us to possess and experience?

Regardless, note what money gives us – freedom, opportunities, security, flexibility, and power – stems not from money's quantity, but from its *quality*. It matters not how much money we possess or how impressive the rate at which we bring it home if our money steadily decreases in value over time.

So, is \$1 million really a lot of money? It depends – how fast is the dollar decreasing in value? There's one simple way to tell: price inflation. As consumer prices increase, a dollar buys less than it used to. Thanks to America's average annual inflation rate of 2.7% over the past seven years, \$1 million in 2000 was worth only \$829,864 by the end of 2007. In 2008, inflation has jumped to 4.1%, degrading the dollar faster still.




"Romance without finance is no good." Willie 'The Lion' Smith

What is causing price inflation today? It's a two-fold problem. First, through deficit spending, the U.S. Congress spends today hundreds of billions of tax dollars borrowed from our future. This acceleration of future tax dollars into the present increases the supply of dollars sloshing around our economy in 2008, increasing demand for – and prices of – goods and services.

Second, the Federal Reserve swells the U.S. money supply with credit. By lowering short-term interest rates – as it did by 1.25% in January – the Fed encourages banks to loan money to borrowers looking to spend their future earnings today. The result is more dollars sloshing around the economy, further driving up prices of goods and services.

How can we stop the Federal government's willful degradation of the U.S. dollar? Vote. Write. Call. Demand that your elected officials in Washington, D.C. practice sound fiscal and monetary policy: a balanced Federal budget each year; a lower Federal debt outstanding; and inflation-fighting (e.g., higher short-term interest rates).



Logan Flatt, CFA publishes personal finance insights at his website, PowerWealth.com.
His email address is logan.flatt@PowerWealth.com.

Lake Forest Women's Association Lunch



Amy Dean, Melody Link, Robyn Foster, Becky Ernst



Back: Pari Tabtabai, Ahoreh Danishmand, Judy Coyle, Vicki Heath, Tamara Mattison;
Front: Rachele Maniago, Ellen Fleischmann



Back Row: Betty Treadway, Doris Morgan; Sandy Stephens, Pat Ducayet, Connie Williamson; Front Row: Bea Weisbrod, Anita Yudin, Hank Pollock



Back: Connie Mott, Ernestine Beauchamp, Diane Patterson;
Front: Lynda Tolleson, Gail Clark, Ann Boswell



Two of our models:
Jean Obert and Nell Floyd



Back: Nancy Walker, Diane Smith, Diana Self; Front: Donna Dietz, Valerie McMahan; Christy Convery, Glenda Kemple

That's Entertainment!

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



MOVIE NEWS

In the Fall issue, we reported on all the movies about to be released, among them Charlie Wilson's War, The Bucket List, Juno, and Atonement. Most of those have come and gone from the big screen, some have gotten awards, and are already starting to make their way



Married Life with Pierce Brosnan

to your DVD player. If you haven't seen them, be sure to catch them on pay-per-view or DVD. As for new recommendations, we'll begin with **MARRIED LIFE**, starring Pierce Brosnan, in another shot at getting as far away from his James Bond image as possible. It's set in the 1940's and is about a married man's attempt to murder his wife, rather than divorce her. Sounds a little "Hitchcockian" to us... In April, we're looking forward to George Clooney's new film, in which he stars with Renee Zellweger, and also directs. Its title is **LEATHERHEADS**, and is the story of the very beginnings of professional football. Should be fun! Also coming in April is Al Pacino's action thriller, **88 MINUTES**, where he plays a college professor who moonlights as an FBI forensic psychiatrist. Some other films, coming soon, are Kevin Spacey's **21**, a true story of an M.I.T. student who took Las Vegas for millions, and **INKHEART** with Helen Mirren, a fantasy adventure about books that come to life.



Leatherheads with George Clooney

We spent almost two weeks in January at the Palm Springs Film Festival, and saw a lot of new films, mostly foreign. Last year, at the same festival, three films stood out. **EMMA'S BLISS**, a German movie that's only been screened in the U.S. at film festivals, and went on to win five Lola awards, their equivalent to the Oscars. Then there were **LIVES OF OTHERS** and **BLACK BOOK**, which we recommended, and many of you have seen. **LIVES OF OTHERS** won the Oscar for best foreign film. If you haven't seen either of these, we still advise heading over to Blockbuster or adding them to your Netflix queue. No films at this year's festival measured up, in our opinion, but when a few of them do come around, we'll try to bring them to your attention.



It's getting close to film festival time here in Dallas too. The second annual **AFI** (American Film Institute) Dallas Film Festival begins March 27th. More information about this prestigious event can be found at www.afidallas.com. The **USA Film Festival** begins almost a month later, on April 24th. You can visit their website at www.usafilmfestival.com. Talk about *movie burnout*!! Our eyeballs were spinning like tops after the two festivals ended last year, but you'll see us in line at lots of films again this year.



FOODIE NEWS

There's so much foodie news, we hardly know where to begin. Well, matter of fact, yes we do! **WOODLANDS ON FOREST!** Our favorite new neighborhood (aren't we lucky to call it "neighborhood") eatery. We've been writing about the coming of the Woodlands for the last six months, but there is something special about having the reality of its opening exceed our expectations. This place was special from the start. We, like many of you, were lucky enough to try it before the official opening. Thanks to the chutzpah of Louise Bell, who secured an invite from the management and then took us along, we dined the Sunday before the restaurant opened. Our meals were terrific. From the Kobe sliders appetizer, to the great salads, to the shrimp and truffle pasta or tenderloin entrees, then on to the chocolate and crème brulee desserts we tried, everything was stellar. Since then, we've been back a couple of times for lunch and dinner, and have not been disappointed. The cozy bar in the middle of the building is a great place to alternate with the also great one at The Mercury, for a nice, leisurely beverage and light bite. If you haven't been yet, put this down and run over to try it. We know you'll agree that it's a welcome addition to the already wonderful array of eating places within a mile or two of Lake Forest. Tell managers Linda and John that we sent you in!



So what else is new you ask? Another very fun addition to the restaurant scene is **LA CUBANITA**. This is Alberto Lombardi's newest concept. He is the force behind **PENNE POMODORO, TAVERNA, SANGRIA, TOULOUSE**, and on and on. This new place, located where **CHEZ GERARD** used to be (on McKinney just south of Knox) is really different than anything we have in Dallas. Why is it different? Two things. First, it's Cuban food. Well, it's the closest thing we have to good Cuban food, anyway. Having moved here many years ago from Miami, and still having family there, one of the first things we do when we land at the airport is head straight to Little Havana and our favorite Cuban restaurant. We get Pollo con Arroz with fresh plantains or Ropa Vieja and finish off with a strong Cuban coffee. Ahh! A smile comes to the face just thinking about it. Lots of friends in Dallas mistakenly think Cuban cuisine is very spicy. Well, it's not. What it is, when prepared correctly, is full of wonderful



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"There is no love sincerer than the love of food" —
George Bernard Shaw

Seven Stress-Relieving Habits of Highly Healthy People

By Barbara Gollman

You're not alone. Everyone has stress. Actually, the author is feeling a lot of stress trying to meet the deadline for this newsletter! Unfortunately, our frantic lifestyle causes many of us to be under an unhealthy amount of stress. Two kinds of stress are a daily and unhealthy threat: chronic stress like that caused by divorce or death of a family member, and a more immediate stress like that caused by running late for an appointment or your teenager driving at night.

Our body reacts to stress by engaging the "fight or flight" system which is designed to protect us from immediate danger. A series of hormones are released, increasing heart rate, blood pressure and boosting energy supplies. Adrenaline and cortisol hormones are responsible for switching our body into high gear, giving us the energy to take action.

A lot of us live under an almost constant veil of stress and this can lead to long term, and even deadly, problems. According to the National Institutes of Health, stress may cause gastrointestinal problems, dampen the immune system, lead to obesity or even heart disease and cancer. How we handle stress is the issue regardless of the source or duration. Now is the time to take control of your stress with these seven healthy habits.

1. Get Enough Sleep

One of the first symptoms of being under stress is not being able to sleep. Perhaps you can't fall asleep because your mind is still focused on the stressful situation. Or you may go to sleep, but wake up later and can't get back to sleep. Cheating on sleep hurts your concentration and memory, keeps you from feeling energized and may even cause weight gain. A Harvard Nurses' Health Study found women who get less than 5 hours of sleep are at risk to gain 2 or more pounds a year. Also, lack of sleep can be as deadly as alcohol when driving says New York University psychologist Joyce Walsleben, Ph.D., co-author of *A Woman's Guide to Sleep*.

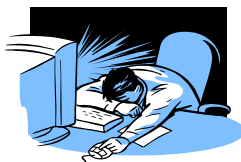
Journal your cares away. One technique that may help with nighttime stress is to write in a journal the thoughts that are keeping you awake. Keep a notebook and pen in the bedroom and write uncensored notions that are bugging you. Keep it private so you feel safe about putting honest feelings on paper.

Try Tea. Warm milk and cookies can be very soothing to a worried, anxious mind, but if repeatedly used as a sleep aid, they can give you something extra to worry about – weight gain. Instead, drink warm tea, specifically herbal Chamomile tea which has been used for many years to encourage sleep.

2. Exercise Away Stress

Being under stress can cause muscles to tighten and tension to build in the body as well as the mind. Decreased heart rate and lower blood pressure are a couple of the benefits of regular exercise. Physical activity, even simply taking a brisk walk, can produce those feel-good endorphins and give you a feeling of self worth and well being.

Stress Free Exercise. It is possible to create more stress and anxiety if you are very competitive in a sport such as golf, racquetball or racing.



Try to find a way to exercise that is enjoyable and doesn't add pressure. Play a game of basketball, watch a favorite TV show or read while stationary biking or walking on the treadmill. Yoga promotes relaxation and allows you to focus on yourself instead of problems.

3. Heal Stress with Hobbies

If life has been so hectic you had to give up a hobby, now might be the time to bring it out of retirement. Or, taking on a new project may be just the ticket to distract and relax you. If you've always wanted to knit or learn French, find a teacher and go for it! Sometimes hobbies overlap into exercise so you get a double whammy. Biking and tennis qualify as both hobbies and exercise, so are great ways to take care of yourself.



4. Learn to Relax

It may sound difficult if you have never learned to let go, but it could be one of the best lessons of your life. Take time for yourself and don't feel guilty about it. After all, your health is at stake. If this is hard for you, start with 15 minutes a day doing something you love. Although your wife may get very relaxed in a bubble bath you might really love just sitting on the porch or surfing the web. Getting a massage may seem like a frivolous way to spend an hour but The National Center for Complementary and Alternative Medicine is studying how massage therapy affects health.

5. Learn to say NO

Although volunteering in the community is noble and worthwhile in many ways, be careful how much you take on. Over commitment is a quick way to feel stressed out. Busy people are productive and if you happen to be one, you will be in great demand. Sometimes it helps to set a limit on how many extra jobs you do each week or month. When your limit is met, it is time to say "sorry, but I'm at my max for projects this month." Don't worry, you aren't a bad person. You have a right to say "no."

6. Eat to De-stress

There are two typical styles of eating in response to trauma in your life. One is to eat every fattening thing in sight and to eat constantly. The other reaction is to not eat enough. Naturally, neither of these is healthy if continued over time, so try to stick to regular and balanced meals when life is hectic.

Stay Fueled. Keep high protein snacks available in your car, office and pantry. Krispy Kreme may seem like the perfect antidote for a stress attack, but the fat and sugar load can send your blood sugar reeling. Trail mix, granola bars or a handful of nuts will sustain between meals and help you avoid making a poor food choice in an emergency.

Food Safety. Prolonged stress harms the immune system which is our protection against illness. Antioxidants such as Vitamin C and E, and Beta Carotene are the warriors that defend the body's immunity. Be sure to eat lots of fruits, nuts and veggies for the best supply of nutrients to keep you healthy.

7. Pet a Pet

Four legged furry creatures are wonderful additions to households and can actually help combat stress by lowering their people's blood pressure. Dogs and kitties are used in hospitals, nurs-

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Seven Stress-Relieving Habits (cont'd)

(Continued from page 6)

ing homes, prisons and schools to fight loneliness, anger and depression. Although there is not a lot of research that prove the health benefits of owning an animal, there are a few studies showing positive effects: blood pressure and triglycerides are lower, heart attack patients survive longer and elderly people are less depressed. But bear in mind, having a pet is an additional mouth to feed, mind to educate and body to keep healthy. Before you fill a void in your household with a gecko, hamster or gerbil, consider all the side issues of pet ownership.

Orange and Fennel Salad

- 4 large, firm, juicy oranges, peeled
- 1 large fennel bulb
- 1/3 cup red wine vinegar
- 1/4 cup frozen orange juice concentrate
- 2 teaspoons dried oregano, crumbled
- 2 teaspoons extra-virgin olive oil
- 1 large bunch watercress, about 3 cups of leaves
- 4 ounces spinach, about 3 cups leaves (tear if large)
- Freshly ground black pepper



2 tablespoons finely minced fresh mint

1. Cut each orange horizontally into 1/4-inch thick slices. Slice the fennel bulb as thin as possible. Place orange slices and fennel in a shallow glass or plastic container.
2. Mix vinegar, orange juice concentrate, oregano and olive oil together and pour over the orange-fennel mixture. Refrigerate at least 30 minutes or up to 4 hours.
3. At serving time, place the watercress and spinach in a salad bowl and drain the juice/dressing from the oranges and fennel onto the greens. Add pepper and mint. Toss gently. Arrange greens on serving plate; place orange-fennel mixture on top.

With bright citrus, delicate fennel and bold greens, this salad beats the winter doldrums while helping you ward off stressors. Serves 6. Each serving has approximately 98 calories.



Barbara Gollman is a registered dietician and author of the *Photopia Cookbook*. Any questions for Barbara, please email her at barbara@gollmangroup.com.

That's Entertainment! (cont'd)

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new flavors and interesting spic...es. Second, La Cubanita is open for all three meals-even breakfast, seven days a week! Cuban breakfasts are something to behold. Even the bread's different...and wonderful. Try it, and let us know what you think. The place is small and can get crowded, but that's part of the fun.

What else is new? **NONNA**. This very small Italian restaurant opened last year, in the little strip center, across from the **WHOLE FOODS** in Highland Park. It was an immediate hit with the Parky, 30 something crowd, and it's still not easy to get



Bolla Chef David Bull

a table there, especially on the weekends. Feel like trying some pizza other than **Marco's**? **GRIMALDI'S** opened in December, in West Village. They are a small chain with other stores, mostly in Scottsdale and Las Vegas. It's thin crust, made in the wood-burning oven, and reports are that it's cheeesy good stuff! If that weren't enough Italian, by the time you read this column, **BOLLA** in the **STONELEIGH HOTEL** should be opening. The head chef is David Bull, who put the dining room at the **DRISKILL HOTEL in Austin** on the map, after working as sous chef for Dean Fearing. Ready for soufflés? **RISE NO.1** is open in Inwood Village. It's a little bit of Paris in Dallas. The owner, Hedda Dowd, says it's one of only two (the other being in San Francisco) restaurants in the U.S. that serve primarily soufflés.

Spring is just around the corner, and with Valentine's Day still lingering in the air, and the smell of flowers blooming, it makes us think about a romantic outdoor dining experience! It's true that our good *al fresco* choices are pretty limited around here, but there are still a few good ideas. We guess that you've

all sat outside at one time at **PATRI-ZIO'S** in HPV. Well, their patio, in our book, night or day, is still one of the best in Dallas. When the new **LA DUNI** opens in NorthPark, they have a good chance to be in the running for best patio dining, since theirs will face the beautifully landscaped *inner* courtyard. We're looking forward to that. Finally, we know from our spies that a lot of you have been seen down at the Ritz, dining at **FEARINGS**.

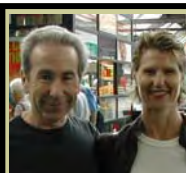
We think that the designers did a great job with their outdoor/indoor feel. When you're on the patio, it's fun to look in at everyone eating in the other indoor rooms. When you're in one of those rooms, most of the seating has a good view of the outside. By the way, have you been to brunch there, especially on Saturday? Incredible! The buffet is set up with the most wonderful pastries, eggs, smoked salmon, all the goodies you could ask for! They will even custom make your eggs if you like. The next best thing to the food...is the price! \$26 per person, including coffee and juice. What a wonderful way to start a weekend. You might think you're on vacation...at home!

FLASH: The new **Bagelstein's** is opening near Starbucks, on the NE corner of Preston/Royal.

Seen around town...Chris and Paul Convery, revisiting **ABACUS**. Chris thinks it's still one of the best in class. As they say in Hollywood, *that's a wrap*, until next time!



La Duni owners, Espartaco "Taco" Borgia and Dunia Borgia



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

Chick Lit: Flirty, Fabulous and Fun!

By Marcia Ockleshaw

Women's fiction is a wide-ranging literary genre that includes various types of novels that generally appeal more to women than men. The romantic novel is sometimes known as Romantic Fiction, but there is a light-hearted version that has become known as "Chick Lit."

Even if you hate the term, one thing is for sure: Chick Lit continues to find a wide audience, mainly of women between the ages of 20 to 50, and is growing at an incredible rate. Their popularity has tapped into the spirit of the times among young women. These novels are usually written in the first-person narrative, with women experiencing usual life issues such as love, marriage, dating, relationships, roommates, childbirth, corporate environments, weight issues, additions, values, hopes and much, much more.

Humor is what really separates Chick Lit from regular women's fiction. Chick Lit is told in a more confiding, personal, humorous tone..... It's like having coffee with a close friend who relates all her ordeals. The end result is usually very interesting, funny and satisfying.


Don't be put off by the publishing companies who market Chick Lit as "fluffy" in brightly colored jackets. Some of the best, deepest well-written Chick Lit is hiding behind those candy-colored jackets.

Check out some of the titles below...you may learn some important lessons about life! Also, if you have a friend who is feeling poorly, brighten up her day with a flirty, fabulous and fun novel!



Sushi for Beginners: Marian Keyes. Irish native Keyes has created an international following for her soapy dramas, mostly following one sprawling family of Irish sisters. Some are hits and some misses, but *Sushi for Beginners* is sure to prove a good introduction to Keyes' hilarious writing.

Baby Proof: Emily Giffin. Giffin takes on broken engagements, surprise pregnancies and cheating lovers with



"Book-love, I say again, lasts throughout life, it never flags or fails, but, like Beauty itself, is a joy forever." *The Anatomy of Bibliomania Vol. II* - Holbrook Jackson

Book Club Update

The Lake Forest book club meets at 2:30 p.m. and 7:30 p.m. on the third Wednesday. Members are free to attend either or both meetings. In June, July, August and December all members meet at 7:30. To get emails regarding upcoming meetings and books, email Marcia Ockleshaw at marciaock@aol.com.



warmth and humor in her engaging novels, but her latest tome tackles a more serious issue facing today's women: the often unpopular decision not to have children.

Swapping Lives: Jane Green. English novelist Green takes on women's grass-is-greener dilemma with her charming tale of two women--one single, high-powered professional living in London and one wealthy Connecticut housewife--who decide to trade lives. Hilarity--and self discovery--ensue.



Eat, Pray, Love: One Woman's Search for Everything Across Italy, India and Indonesia: Elizabeth Gilbert. Merging the genres of chick-lit, travel writing and memoir, Gilbert offers up a sometimes self-indulgent but always insightful helping of religious exploration and soul-searching set against the exotic backgrounds of Roman ristorantes, an Indian ashram, and the Balinese countryside.


Kabul Beauty School: An American Woman Goes Behind the Veil: Deborah Rodriguez: Although this memoir from a woman working as a beautician in post-Taliban Afghanistan lacks the flippant tone of today's chick lit, when Afghani women gather in the beauty shop, the universal themes of female friendship prevail.



The Other Boelyn Girl: Philippa Gregory. The gossip, friendships, deceptions and romances of today's chick lit are not limited to the modern-day woman. Gregory's sordid fictional tale of Henry VIII's lovers and wives, soon coming to the big screen, proves just as steamy and intriguing.

Emma: Jane Austen. The original queen of chick-lit, Austen tells a lively tale of a woman weaving impossible schemes for the sake of romance. The themes still resonate, and have provided the foundation for the genre today.

This is Chick-Lit: Edited by Lauren Baratz-Logsted. Short stories by 18 of today's hottest chick-lit authors.



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

Louise and Jack's Excellent Italian Adventure

By Louise and Jack Bell

This was our first trip to Italy and, in total, a wonderful two-week experience. We started in Rome and flew home from Milan. Midway through the trip, we met up with six of Jack's UT frat brothers and their wives for a week at a villa in Umbria.

We landed in Rome the morning of Oct. 25, 2007; picked up our luggage and caught a taxi to the Hotel Aldrovandi Palace. Rome, one of the first settlements in this region, grew to rule a vast empire and become the center of the Christian world. Artists and architects flocked to work for the popes and their families, notably in the Renaissance and Baroque periods when magnificent architectural works were created.

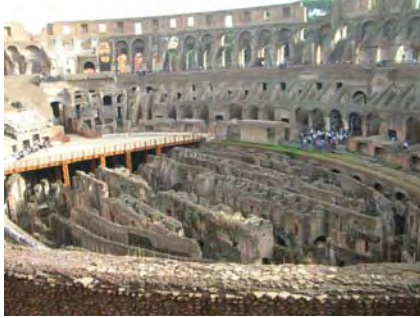
The cab ride was our first financial shocker: €89 (about \$150 US). We did find out later that we were victims of a classic European taxi scam. We'd taken a "gypsy" cab. If we'd waited in the taxi queue we would have paid half as much. The Hotel Aldrovandi was small but elegant and located just outside the wall that surrounds Rome.

The following day was our "tour day" of Rome. The smartest thing we did was to hire a tour guide, Marie. An anthropologist from Denmark, she is an expert in Italian archeology and history. Our first stop was the Vatican, which took about 3 hours to view. The wait to enter was easily 2 to 3 hours; depending on the time of day. The price of the tour guide eliminated the wait in the line and entering the Vatican City. This was the highlight of the entire trip! And that's coming from two people who do not practice Catholicism.

Vatican City is the world's smallest state. It occupies 106 acres within high walls watched over by the Vatican guard. It is the site where St. Peter was martyred and buried, and it became the residence of the popes who succeeded him. The papal palaces, next to the great basilica of St. Peter's, are home to the Sistine Chapel and the eclectic collections of the Vatican Museums, as well as being the residence of the pope. Michelangelo frescoed the ceilings with scenes from Genesis and the altar wall with the Last Judgment. The cardinals use the chapel when electing a new pope.

Our next stop was a "drive by" of the Piazza di Spagna, (known for the Spanish Steps) the most famous square in Rome. It was built in the 17th century to house the Spanish Embassy. The actual steps were built in the 1720's to link the square with the French church and eliminate the need to walk across a dirt field. We then visited the Trevi Fountain and of course donated a few coins in the name of tourism. Marie told us that €250,000 are taken out of the fountain on a daily basis and the money is

donated to various charities. The fountain was completed in 1762. The site originally marked the terminal of the Aqua Virgo aqueduct, built by Augustus' son-in-law in 19 BC to channel water to Rome's bath complexes. One of the bas-relief sculptures on the first level shows a young girl, Trivia, after whom the fountain may have been named. She is said to have first shown the spring to thirsty Roman soldiers.



The Coliseum in Rome

The last major stop was the coliseum, Rome's greatest amphitheatre, commissioned by Emperor Vespasian in AD 72. Deadly gladiatorial combats and wild animal fights were staged by emperors and wealthy citizens, largely to gain popularity. Slaughter was on a huge scale; at the inaugural games in AD 80, over 9,000 animals were killed. The Coliseum held up to 55,000 people, who were seated according to rank.

The arena floor covered a network of lifts and cages for wild animals. The Roman Gladiators were originally soldiers in training. Their combat became a sport, and slaves, prisoners of war or criminals were forced to fight men or animals to the death. In between stops, we had lunch at a pizzeria; our first "slice" while in Rome.

The next morning, we picked up our rental car. The driver was a typical Italian who loved US sports. He knew more about US football and basketball than I did (which does not mean much). On the way to the villa in Umbria, we stopped for lunch in Orvieto. The town of Orvieto was on a mountain peak and the view was spectacular. We made our way to a villa where the owner, Mario, met us. The villa is located near the village of Passignan sul Trasimeno, an early Etruscan settlement on the route from the north to Rome. The Gauls passed here on their way to sack Rome, as did Hannibal after his victory over Caius Flaminius at Lake Trasimeno in 217 BC.

Villa San Crispolto is a 13th century church that has been completely renovated. It sleeps 18 to 20 and comes with its own small chapel. St. Crispolto was the first archbishop of Bettona during 58 AD. He is believed to have performed many miracles in the community. The Romans, out of fear of his benevolence, persecuted him. After two attempts to execute him failed—first by drowning, then by immolation—he was tortured to death. After his canonization, the church was erected in his honor. Originally built in the 13th century, San Crispolto was left in near ruin until 1998 when it was purchased and reconstruction begun. Mario is currently renovating other villas that can accommodate up to 54 guests. The main use for these villas is to house wedding parties.



View from the Villa

We used the villas as our home base for daytrips to Cortona and Borego Sopeto before moving on to Florence, Assisi, and Milan. Look for details on the towns and vineyards we visited in the Spring 2008 issue of *The Swan*.

Wine Social

Photos by Judy Coyle

The Wine Social “Wines from the Northwest— Washington and Oregon” was held on December 2, 2007, at the home of Nell Floyd.



Above: Anita Yudin, David Nuremburg, Bob Yudin



Above: Patricia Massey and Jean Farris



Above: Katherine Lee, John Lee, Renee Parrett, Tommy Parrett



Above: Jackie Lowe, John Creecy, Janice Hartrick, Debra Tyler



Below: Sara Munroe, Bill Marble, Kate Marble

SAVE THE DATE FOR THE NEXT WINE SOCIAL
April 27, 2008 Red Wines From France



Tattle Tails

By Lisa O'Donnell

Welcome to The Park of Lake Forest! If you have not had the pleasure of meeting our unofficial greeters, stop by the corner of Hill Forest Drive and Lueders Lane to meet Winston and Darby Shtofman. The dynamic duo, a/k/a the "Biscotties," are a familiar welcoming committee for all who venture by.

Winston is a three year old male West Highland White Terrier, often called a Westie. He was adopted as a puppy and has what Debbie and Michael describe as a strong, silent, and brawny character. The Shtofman's description of Winston rings true to the breed since Westies are natural small-game hunting dogs. Legend proclaims that Scottish Colonel Edward Donald Malcolm is credited with creating the breed so that it can be easily spotted in the field. The Shtofman's corner lot backs up to the woodlands, which allows Winston to fantasize about hunting every day.

A few months after Winston's arrival, Debbie and Michael decided to adopt another companion. Researching on Pet-Finder.com, they found and contacted the Scottie Rescue League. The League required an extensive background check process, including a family home visitation and completion of a lengthy questionnaire. The League's representative even called the Shtofman's veterinarian. The entire process took two




Michael, Darby, Debbie, and Winston Shtofman

months! No surprise, the League was thrilled to have a wonderful family like the Shtofman's as adopting parents, and Darby found her forever home with Debbie, Michael, and Winston in Lake Forest. Darby, a three year old female black Brindled Scottie brings an extra level of excitement to their household and is the perfect pal to Winston. The two get along famously. When they are not bounding around the house together, they are outside greeting neighbors. Darby has assumed the unofficial role as pack leader and as

Winston is the strong silent type, he is glad to oblige.

There is never a lack of activity for the Biscotties since play dates are often scheduled with neighborhood pups Shorty Williams, Roxy Bell, and Danni Stagner. When not entertaining the neighborhood dogs, Debbie and Michael note that the pups happily entertain each other, a major benefit to having two dogs in the family.

Please stop by to meet Winston and Darby in their corner of The Park.



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

The Scoop on Poop and Leashes

It seems that several residents have been confused about city laws related to their pets. We have found a number of informative ordinances on the internet, some of which may be of interest to you.

Pooper Scooper Law

Chapter 7 of the Dallas City Ordinance, Section 7-4.8 requires the owner, harbinger, or a person having care, custody, or control of a dog, to remove in an immediate, and sanitary manner, any feces created by their dog on public property, or any private property not owned, leased, or controlled by them. It further requires those individuals to have in their possession a device for the safe and sanitary removal and disposal of dog feces. Violators may be reported to the City by calling **3-1-1**, and they are also subject to citation and possible fine if observed by city officers at any time.

Leash Law

The leash law in Dallas requires that your dog be leashed any time it's off your property, and not within a fenced enclosure. The only public property where the dog may be off leash is in one of the public dog parks. Section 7-3.1 states that "An owner of an animal commits an offense if he fails to restrain the animal

at all times in a fenced yard, in an enclosed pen or structure, or by a tether or leash."



Lake Forest residents, humans and dogs alike, enjoy an unseasonably warm February day!

Are You Aware of What Chiropractic Can Do?

By Susan Yu, D.C.

Most people think of going to see a Chiropractor for back or neck pain, but are unaware of all the benefits of taking care of your spine through regular Chiropractic care. The reason we think of going only for acute and chronic pain conditions is because it is the most effective treatment for neck and back pain today as stated by the American Medical Journal. While Chiropractic care can help with aches and pains; it also has a long list of benefits that have helped people for over the past 100 years.



Dr. Susan Yu

Listed below are just some of the therapeutic and preventative health benefits for seeing a Chiropractor on a regular basis.

1. **Increases Immune System.** Our Immune system is controlled by our nervous system. When you have your spine adjusted on a regular basis, it is actually stimulating the nervous system which in turn will stimulate the immune system. The exact study on the immune response was done at a New York Medical College where the results were amazing. A person who gets adjusted regularly over a period of five years had an immune system that was 200 times greater than a regular healthy adult.
2. **Increases joint mobility and range of motion.** Some of us have forgotten what having full range of motion feels like in our bodies. Most people notice this most when turning your neck while driving. Or perhaps you no longer reach over and touch your toes. Being unable to move the way God designed us can be difficult on a daily basis but it can also indicate a more serious condition called Degenerative Joint Disease. Regular spinal care can improve your joint mobility and restore range of motion in your joints.
3. **Stress-Relief.** Stress is the cause of all diseases and we must do everything in our own power to manage the daily stress in our lives. However, did you realize that mental stress will translate into our bodies as physical stress? Chronic muscle knots and tight areas in our body are nothing more than stored stress and were caused by either physical or mental stress. Adjustments done by a Chiropractor can work to reduce these areas and increase your ability to handle life's daily stress.
4. **Prevents Degeneration of Spinal Joints.** Some say that degeneration is normal with aging, but that really is not true. If the body is taken care of properly then it should not degenerate. Degeneration is also found in young teens and young adults as well. The most common cause for such a process to occur begins with abnormal curvatures in the spine that over time cause abnormal weight bearing on the joints. There are different stages of degeneration and Chiropractic aims to stop degeneration before it becomes a surgical-level problem. Spinal x-rays should be taken once a year to make sure your spine is in good health. After all, it is the protective bone for your nervous system!
5. **Prevents and Treats Osteoarthritis.** One of the most common forms of arthritis is called osteoarthritis - which simply means inflammation of the joint. This process occurs when the joints are not aligned properly, and they wear and tear and cause the inflammation within the joint capsule. Doesn't it make sense

then that the solution is to re-align the joints and stop that abnormal wear and tear? That is where the Chiropractic adjustment comes in and is highly effective in relieving arthritis caused by osteoarthritis.

Taking care of your spine through regular Chiropractic care can help improve your overall health and improve your quality of life. Recommendations for someone not having acute or chronic pain conditions is to see your Chiropractor once a month .

Dr. Yu practices chiropractic medicine at the Aspire Health Clinic at 10440 North Central Expressway. Prior to founding the Aspire Health Clinic, Dr. Yu served as an Associate Chiropractor for the Oklahoma Children's Chiropractic Center and the Chiropractic Wellness Clinic. Oklahoma Children's Chiropractic Center is an internationally recognized non-profit organization that has been established for over 40 years. Children from all over the world are treated at the Oklahoma Children's Chiropractic Center. Conditions vary from ADD, ADHD, juvenile rheumatoid arthritis, cerebral palsy and even autism. The Chiropractic Wellness Clinic's services include chiropractic care, acupuncture, massage therapy, rehabilitation, physical therapy modalities and nutritional counseling with an organic food co-op. Information and can be obtained from her website at www.aspire-health.com.

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**HEY COWPOKES
SAVE THE DATE!!!**

**Lake Forest Social
Western Bar-B-Q
Sunday May 4
6 to 9 PM
At the Pool**

**\$25 per person
\$12 children**



**A Town Hall Meeting is being
scheduled for the spring. More infor-
mation will be coming shortly.**



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