



Up Close and Personal

From Bowler to Board Member

by Jack Bell

Richard (Dick) Ernst and lovely wife Becky have two children; Eric Ernst, 35, and Camin Ayers, 34. They have three granddaughters and a fourth due May 10. The Ernsts live at 11829 Buffalo Creek Place.

Bell – So where's home?

Ernst – I grew up in Indianapolis, Indiana (the home of David Letterman who graduated from a competing high school a year after I did).

Bell – I understand you were quite a jock in your youth and that led to a college scholarship. What school did you attend?

Ernst – when I was 15, the Bowling Proprietors of America awarded me a scholarship for winning the National Junior Championship. While at Purdue, I was in a work/study program. My major was "industrial management" and I worked in the credit department of Sears Roebuck.

Bell – well that explains the fact you're always so well dressed. Guess we can all picture you in a red and black bowling shirt approving credit for the purchase of a set of Craftsman's tools. Tell us what the heck an industrial manager does and what you did after school.

Ernst - an industrial manager establishes management techniques used in large manufacturing operations. I considered a professional bowling career after Purdue, but my college life was rudely interrupted by the US Army. According to the Army, I wasn't taking enough college courses to maintain my student deferment. After I was drafted, I applied to the Quartermaster Officer Candidate School (OCS) and served proudly for 3 years. During my military service, I built an Officers' Club from scratch (they called it scrounging). I also continued to bowl and won the Post Championships at Ft. Leonard Wood, MO. I was selected to bowl on the Brigade Commanders team. After Viet Nam, I came back to school but the atmosphere on most college campuses was not very favorable for a Viet Nam vet. I left school as a junior.

Bell – Is that when you went into "industrial management?"

Ernst – No, actually I worked in the commercial real estate business for about 18 months. I then gravitated to the finance business specializing in factory-built housing, also known



Dick Ernst

as modular housing. I work with corporate clients to create finance subsidiaries and to find sources of capital.

Bell – we all know why you married Becky but how did you convince her to say yes?

Ernst - I was dating a friend of Becky's when she made the mistake of introducing me to Becky. Soon she knew I was more interested in Becky and "approved" of our dating. Becky and I were engaged for 3 weeks before getting married. We dated for only 3 months (she actually dated other guys during that time). Her sister had a lot to do with talking her into marrying me. During the ceremony when repeating my vows I said "I take you Becky to be my lawful bedded wife"! We've been married 37 years!

Bell – you and Becky are actually in your second Lake Forest home, right?

Ernst – You're correct. Prior to moving to Lake Forest, we lived at Los Arboles. The problem was that our neighbors were not nearly as fun as the current neighbors in the 'hood. We bought a house on Preston Grove and this lot on Buffalo Creek at the same time. The idea was that if we liked the neighborhood we would eventually build a house on Buffalo Creek and sell the Preston Grove house.

Bell – this is your second year as a board member and I'm sure I speak for many of our neighbors, we appreciate all the work you and the others are doing (boy, is that sucking up or what?) What do you think is the biggest challenge for Lake Forest at this time?

Ernst – we need to get more people involved in the various aspects of the association.

(Continued on page 2)

In Our Community: CompuCom

By Judy Coyle and Tamara Mattison

In the middle of Lake Forest stands our largest neighbor, CompuCom. For all its proximity, the company and its relationship to Lake Forest remains a mystery to most residents.

When the developer, Forest/Hillcrest Partners, came up with the plan for Lake Forest, dealing with the buildings at 7171 Forest Lane became a critical factor. In a simultaneous transaction, the partnership purchased the old EDS campus from GM and sold the office buildings to CompuCom. CompuCom has since



CompuCom CEO, Jim Dixon

sold the property to W.P. Carey and leased it back for the long term. The company is a Class B member of the Lake Forest Community Association and pays annual homeowner fees. The agreement allows CompuCom employees to use lake trails and tennis courts.

We interviewed CEO, Jim Dixon, and COO, Jeff Frick, to learn more about what goes on in the buildings down Swan Lake Parkway. Jim began his career with IBM. He ran Atlantic Paging for them until they sent him down to Dallas to run a small retail operation called CompuShop, which later became CompuCom. Jim served as CompuCom's CEO from 1988 to 1996, guiding the company's evolution from regional product reseller to managed services provider. He retired to travel and consult, but through chance and mergers, returned to CompuCom as CEO in 2004.

Jeff joined CompuCom in November 2004 when the company purchased GE IT Solutions. Prior to the acquisition, he was Chief Information Officer and Quality Leader of GE IT Solutions. He has more than 25 years of experience in the IT industry. He joined GE in the IT management leadership development program in 1981, advancing through a series of executive positions in IT, operations, and quality with a number of GE's businesses, including its corporate headquarters.

Up Close and Personal (cont'd.)

(Continued from page 1)

Bell – How do you do that?

Ernst – It has to be a “person-to-person” effort. Putting out flyers at the annual homeowners’ meeting just doesn’t work. We have to identify people and get them involved.

Bell – what do you think has been the board’s greatest accomplishment since beginning “self-rule?”

Ernst – First, the people who have stepped up to volunteer to serve on the board and committees have spent countless hours to lay the groundwork for our association and have established new policies and procedures that will be used by current and future boards. As an example, we’ve established a bid process for landscaping that includes specific specifications for future contracts. Secondly, we are fiscally sound. We have contributed more than required to our reserve accounts, and barring any

CompuCom is a leading IT outsourcing company. They help their clients’ back office operations operate more effectively. They staff help desks, maintain call centers, facilitate systems integration, and help with the procurement and management of hardware and software. Their client list includes GE, E&J Gallo, Hamilton Health Services, a Canadian company with five hospitals and a cancer centre, Office Depot and leading financial institutions. Results from CompuCom’s work include everything from improving basic desktop storage and storage management for computerized information to implementing an enterprise-wide security policy for users of a hospital network to ensure against lost information and unauthorized access to patient information. Clients experience increased productivity and reduced costs.



CompuCom COO, Jeff Frick

Just over 800 people are in the buildings on Forest Lane, but the company has 8,000 employees worldwide, most of them in their clients’ offices. They serve 336,000 end users in GE alone. Having staff onsite allows them to keep clients’ operations running smoothly. CompuCom is recognized as a leader in service desk, desktop support, and service excellence by IT industry analysts. There’s a cabinet full of awards for superior service.

CompuCom has a permanent member on our Board of Directors. We’re lucky to have Peggy Stephenson as our current representative. Peggy, CompuCom’s facility manager, brings vital skills and information to the Board’s deliberations.

One person living in Lake Forest knows exactly what goes on at CompuCom. John O’Donnell packs his briefcase and walks down Swan Lake Drive to the CompuCom buildings each day. He is Sales Operations Director. John moved to Dallas and started working for CompuCom in 1999. Lake Forest offered exactly what he and his wife, Lisa, were looking for in a home with regards to location, amenities, neighbors, and homes. They love it here. The fact it’s right next to work is a bonus.

unforeseen expenses, we are in good financial shape.

Bell – what do the Ernsts do for fun?

Ernst – even with all my business travel, we love to travel; especially to the Caribbean and Colorado. Each year we rent a place in Colorado and take all the children and grandchildren. And, I love golf.

Bell – and the big question (drum-roll please): boxers or briefs)

Ernst—I’m not sure what they call them, but Becky buys them at Frederick’s of Hollywood.



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

The Eyes of Lake Forest Are Upon You—Part 2

By Marcia Stagner & Gaby Flatt

You drive by them everyday and wave. They watch you – and others – come and go. But, do you really know who your friendly gatekeepers are? In the last issue of The Swan, we introduced you to eight of our gatekeepers. Here are five more.

Ruby West

Estate Gate - #2

At Lake Forest: 4 years.

From Crandall, Texas; lived in Dallas since an infant.

Single, 3 boys and 1 girl.

Ruby loves animals but has no pets due to her active social life. She sings in her church choir and enjoys going out to eat and to see movies. She is a Praise and Worship Leader at her church, where she attends the New Testament theology class.



Sylvia Green-Adams

Estate Gate - #2

At Lake Forest: 6 months.

Native of Ft. Worth.

Married, 2 children, 1 boy and 1 girl.

Sylvia spends her spare time with her children. In her ministry work, she visits needy people and hospitals. She loves to read decorative and landscape articles and books. She also enjoys drawing and cooking.



Irene Caldwell

Hillcrest Gate - #1

At Lake Forest: 5 years, 11 months.

From Shreveport, Louisiana.

One son and 2 grandchildren.

Irene has been in Dallas for 15 years. She loves to fish and said, "I love to put a pole in the water!" She also enjoys shopping at TJ Max and Tuesday Morning.



New Property Manager

Please welcome our new SBB Association Manager, Greig Dunnam.

A native of Austin, Texas where he grew up, Greig went to Culver Military Academy during junior high school, and graduated from Austin High School. He started in the commercial side of the real estate business in Houston shortly after graduating from the University of Texas—Austin. He worked for the bad bank side of First Federal Savings and Loan during the real estate downturn of the late 1980's. He moved to Dallas in 1988 to become head of First Federal's commercial loan portfolio.



Greig then worked for Grubb and Ellis selling raw land for commercial and residential development purposes. After a short stint in the information technology industry, Greig returned to property management where he worked at another well-respected professional homeowner association management firm. He comes to SBB Management Company as an experienced professional having managed properties similar to Lake Forest for several years.

Greig lives close to Lake Forest with his wife Eleanor and their three children, John, 15 years old, Virginia, 13 years old, and Mary Park, 8 years old,. The children attend the Episcopal School of Dallas.

Greig is looking forward to working with and getting to know each homeowner, and to ensure that Lake Forest continues to be one of the most highly desired gated communities in North Dallas.

Greig spends three days a week on Lake Forest business, either on property or in the office. If you see anything in the neighborhood that needs attention, please contact Greig by phone at 972.960.2800, ext. 344 or by email at

g.dunnam@sbbmanagement.com.

Evelyn Taylor

Hillcrest Gate - #1

At Lake Forest: 3 years.

From: Mississippi.

6 children and 11 grandchildren.

All of Evelyn's children lived in New Orleans when Katrina hit. Two of her children have moved to Dallas. She enjoys playing with her grandchildren. She loves to decorate and travel.



Fred Bell

Forest Gate - #3

At Lake Forest: 6 months.

From Dallas, TX.

Single.

Fred enjoys working out and lifting weights. A sports fan, he loves his Dallas Cowboys and thinks the Mavs will go all the way! Fred is also quite the gambler. He loves Pick Three and the casinos in Louisiana.

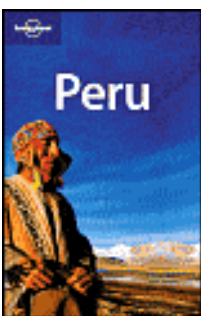


Travel Planning Tips

By Kay Winzenried

Guide books, websites and travel magazines are all top resources for planning a vacation, but the best qualifier remains a word of mouth recommendation. Whether a hotel tip, restaurant recap or “must see” anecdote, the decision about where to go is easier with a few words from a friend or fellow traveler. To supplement valued opinions, I turn to my favorite standards.

As a long time contributor to the *Fodor’s* guides and online website, I am biased toward their publications because I know how my colleagues and I regularly pound the pavement seeking out sensational new restaurants, testing hotel services and thinking up novel ways to visit historical mainstays. Despite being loyal to Random House, I am a combo guidebook toter using competitor’s books to round out my research.



Insight Guides are a powerhouse of photo previews and *Eyewitness* books strong on background information, but I find both short for hotel and dining options. There’s no replacement for *Lonely Planet* in emerging destinations and Rick Steves is a tried and true mapper of Europe for the budget minded. Once destination information is assembled, I

turn to specialty compendiums that compliment my interests – food lover’s guides, city walking digests, and museum directories – in hard copy and online.

To find the best air fares and routings, www.sidestep.com works for me while friends swear by www.kayak.com. I zero in on an itinerary then switch to the airline’s home page for the lowest price options. Tuesday is the best day to locate bargains and if it is a mileage award seat I am looking for, a late night phone chat with unhurried agent produces the best results. I check seat assignments on the carrier’s website before finalizing my booking. I switch over to www.seatguru.com to locate space with the most leg room

away from toilets and galleys. Low fare carriers in the US are well known. In Europe, EasyJet flights whisk passengers out of gateway cities to desired

destinations. See www.easyjet.com. Most railways post schedules online while www.raileurope.com ties together timetables plus rail pass information. Everyone knows www.mapquest.com and they do a good job with routings in many countries, but for driving assistance abroad www.viamichelin.com offers more detailed maps plus cost estimates for tolls and gasoline. If it’s luxury lodging you are seeking www.luxurylink.com has “buy now” pricing and auction packages for top tier hotels and resorts.

I am constantly clipping magazine articles to guide my own business and vacation planning. I think they have the most balanced, current, and professional coverage. If you tossed your back issues into the recycle bin, log on to the websites of your



favorite periodicals to see if articles are maintained in online archives. Conde Nast Traveler’s website www.concierge.com is always good place to start. Blogs can be helpful if you realize that the source is personally slanted to circumstance and individual preference. I find too many filled with rants and misinformation to recommend them.

Two essential resources I keep no more than a click away are websites maintained by the State Department and Center for Disease Control – www.state.gov/travel and www.cdc.gov. I use both for cautionary bulletins, visa requirements and inoculation recommendations. On a trip to Thailand last fall, I registered online with the State Department in the event unrest following the country’s military coup prompted an evacuation.

Nothing transports you to a destination or within one more quickly than travel literature. Add a book about an upcoming journey to your nightstand or tuck it into your carry-on for affirmation along the way. Here are a just a few favorite travelogues: **The Art of Pilgrimage by Phil Cousineau.** (Travel essays, 1998) — A useful guidebook packed with great ideas for enlightened travel.

Innocents Abroad by Mark Twain (Non-Fiction, 1869) — A detailed and entertaining account of Mark Twain’s 1867 journey through most of Europe and the Holy Lands.

Dark Star Safari by Paul Theroux (Non-Fiction, 2003) — A writers trek through Africa by boat, bus, truck, van, canoe, and on foot.

Bangkok 8 -- John Burdett (Fiction, 2003) — Part mystery, part thriller and part exploration of Thai attitudes toward sex, this accomplished novel both entertainment and depth.

Into Thin Air – Jon Krakauer (Non-Fiction, 1997) — A personal account of the Mount Everest disaster.

My Invented Country -- Isabel Allende (Non-Fiction, 2003) — A memoir that circles around two life changing events, the assassination of her uncle on September 11, 1973 in Chile and the terrorist attacks of September 11, 2001 in the U.S.

A Walk in the Woods -- Bill Bryson (Non-Fiction, 1998) — Official guides to the Appalachian Trail.

Travels -- Michael Crichton (Non-Fiction, 1988) — Essays on author’s medical training and forays into the psychic, as well as some of his travels.

Once on your trip, the most important thing you can do is fold up the street map, turn off audio guide and set aside the travel books. Linger at an outdoor café, stare out of the rail coach window and stroll unknown pathways savoring the incredible joy of your very own.



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

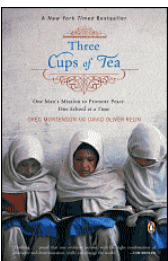
And Books to Read on the Road....

By Marcia Ockleshaw

Books can take us anywhere and everywhere at any time. When we read a wonderful novel, short stories or poems, we turn them into scenes in our minds and incorporate them into our dreams. Many of you will have the opportunity to take a trip or two this summer, or you may decide to remain at home and experience the joys of travel while sitting on your patio or at the pool reading. Either way, summer is the time to delve into some new, interesting and different stories. Broaden your horizons by reading books from far away places and different cultures. Not only will you learn some history, you will be able to immerse yourself in the cultures and wonders of countries around the globe. Check out the titles below, and have an enjoyable summer reading voyage!

Empress by Shan Sa. (Fiction, 2006) — A love story set in China during the Tang Dynasty.

Plum Wine by Angela Davis Gardener. (Fiction, 2007) — Jumping from China to Japan, this novel is also a love story and mystery set in Japan during the Vietnam War. It portrays the horrors following the American bombing of Hiroshima.



Snow by Orhan Pamuk. (Fiction, 2005) — Part political thriller, part farce this story shows us the critical dilemmas of modern Turkey.

Three Cups of Tea by Greg Mortenson & David Oliver Relin. (Non fiction, 2007) — An American's effort to promote peace by opening 50 schools across rural Pakistan.

The Namesake by Lahiri Jhumpa. (Fiction, 2004) — An Indian family adjusts to living in America.

Astrid & Veronika by Linda Olsson. (Fiction, 2005) — Between New Zealand and Sweden, two friends share their stories and secrets.

Suite Française by Irene Nemirovsky. (Fiction/Literature, 2006) — An astonishing blend of fiction, fact and history set in Paris in the 1940s.

Mademoiselle Benoit by Christine Conrad. (Fiction, 2007) — Take a joy ride through the countryside of France with these intimate letters.

The Dream Life of Sukhanov by Olga Grushin. (Fiction, 2007) — Moscow in the mid-eighties..... If you love art you will love this book.



Industry of Souls by Martin Booth. (Fiction, 2000) — Warm and insightful story of friendship and love during the Russian Gulag System. One of my all time favorites!

Gentlemen and Players by Joanne Harris. (Fiction, 2006) — For something British by the author of 'Chocolat.' Warning: Don't start this book late at night!

One Good Turn by Kate Atkinson. (Fiction, 2006) — A lighter, funny Scottish murder mystery.

Legends by Robert Littell. (Fiction, 2006) — A great spy novel that will take you around the world! Perfect for a long

plane trip!

A Bit on the Side by William Trevor. (Fiction, 2004) — These twelve Irish short stories are treasures of gorgeous writing, brilliant dialogue and unforgettable lives.



La Perdida by Jessica Abel. (Fiction, 2007) — Set in Mexico City.....try it, you might like it! Now for something local.....

The History of Love by Nicole Krauss. (Fiction, 2005) — Laugh and cry your way through this unusual piece of fiction.

Gods in Alabama by Joshilyn Jackson.

(Fiction, 2006) — Southern comfort and fun!

The Road by Cormac McCarthy. (Fiction/Literature, 2006) — A must read for everyone by the 2007 Pulitzer Prize winner!

The Double Blind by Chris Bohjalian. — A psychological thriller. The ending will knock your socks off!

Shadow Divers by Robert Kurson. (Non fiction, 2005) — Gripping underwater action and drama about deep sea divers.

The Worst Hard Time: The Untold Story of Those Who Survived the Great American Dust Bowl by Timothy Egan. (Non fiction, 2006) — 1930s dust bowl.

Ripple Effect: New & Selected Poems by Elaine Equi. (2007) — A Poet explores the link between heart and mind.

The Collected Stories of Amy Hempel. (2007) — Stories that stay with you forever!



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

Club News

by Judy Coyle

Book Club

The Lake Forest Book Club meets on the third Wednesday of each month and is open to all residents. To get emails regarding upcoming meetings and books, email Marcia Ockleshaw at marciaock@aol.com.



Books through December 2007 are:

June 20 *Literacy & Longing in L.A.* by Jennifer Kaufman & Karen Mack

July 18 *Suite Francaise* by Irene Nemirovsky

August 15 *Don't Stop the Carnival* by Herman Wouk

September 19 *Desert Queen-Extraordinary Life of Gertrude Bell* by Janet Wallach

October 17 *Water for Elephants* by Sara Gruen

November 14 *The Madonnas of Leningrad* by Debra Dean

December 12 *Whistling Season* by Ivan Doig

New Clubs

If you're interested in starting a club, please contact Lynda Tolleson at lyndatoll@sbcglobal.net or 972.726.8701.

Nutrition Myth Busters

By Barbara Gollman

Frustrated by what you thought was “right” about nutrition and health is suddenly “wrong” according to the latest news report? And you think scientists are always changing their minds? You’re not alone. Nutrition is an ever evolving field and changes are necessary if the research supports a new theory. Unfortunately, the media often gets overzealous and makes too much of a single research study. Remember, it takes many studies on a topic to get a true picture of what is real and what is not.

Nutrition labels can be another source of frustration and confusion. Packages that claim “All Natural”, “Contains No Added Sugars” or “0% Tran Fat” but have additives, sugars and partially hydrogenated fats listed on the back can leave you puzzled. Usually the claims are legitimate if you know the labeling guidelines.

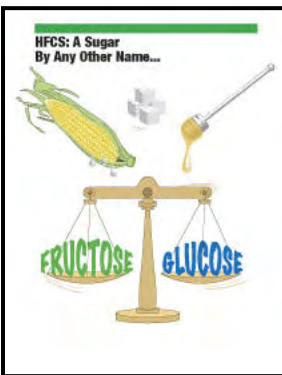
Let’s take a look some common misconceptions and become a better informed consumer.

Myth: All Natural foods are superior.

Truth: According to the Food and Drug Administration (FDA) which regulates terminology on foods, the term natural has not been defined in FDA's law. What this means, of course, is that saying a food is “natural” is meaningless! Be sure to look at the ingredient list as well as the Nutrition Facts Label on foods.

This is where you will find all “natural” but highly processed high fructose corn syrup, and refined wheat flour instead of nutritious whole wheat flour. Also the food may contain natural coconut oil or palm oil which are both high in saturated fat.

Myth: High Fructose Corn Syrup (HFCS) is responsible for the obesity epidemic.



Truth: According to recent research and respected obesity experts, obesity is caused by many factors, one of which may be that soft drinks and other processed foods are high in calories from HFCS. The ingredient label on foods from catsup to cookies will list HFCS as an ingredient. To detect how much sugar is in the products, look at sugars on the Nutrition Facts label. For instance, gingersnaps have 11 grams of sugar per serving and a soda has 36 grams per

serving. Each gram of sugar has 4 calories, so the cookies have 44 calories coming from sugar and the soda has 144 calories from sugar. Many foods that are not sweet naturally have HFCS or other sugars added in processing. Unfortunately, consumers like the taste of sugar so manufacturers make what sells.

Myth: Sugar is a bad word nutritionally speaking.

Truth: Fruits and dairy products have naturally occurring sugars and of course those foods are welcome in a healthy diet. The grams of sugar on a food label are the sum of added sugar such as sucrose (table sugar), maltose, dextrin or dextrose, HFCS, molasses, and honey, plus naturally occurring fructose (fruit sugar), and lactose (milk sugar). It's important to read the in-

redient list underneath the Nutrition Facts box to see what is in the recipe that contributes to the grams of sugar.

Myth: Diet is more important than exercise in controlling weight.

Truth: Both diet and exercise are equally important in losing and maintaining body weight. The energy balance comes from calories taken in via food and calories burned off with exercise.

Whenever a calorie deficit occurs, weight will be lost.

Myth: The best diet for exercising adults is heavy in carbohydrates and little protein and fat.

Truth: Carbs such as whole grains, fruits and veggies are great for everyone's health. But as exercise strategies have changed so have diet recommendations. Now it's just as important to use weights and resistance exercise to maintain strength and muscle mass. Muscles are made primarily of protein, so to keep them strong you need 0.36 grams of protein per pound of body weight. For someone weighing

125 pounds, they need 45 grams of protein daily while another person weighing 175 pounds would require 63 grams a day. If you are strength training and want to build muscle, your requirements will be even greater – you'll need (in grams) about half your body weight (in pounds).

Myth: Trans fat is the only unhealthy fat.

Truth: Hydrogenated and partially hydrogenated oils are the source of most transfat. If a food has less than one half gram of trans fat per serving, the Nutrition Facts label will state “0 grams” trans fat. You must read the ingredient list to detect the presence of hydrogenated or partially hydrogenated oils. Also, don't forget that saturated fat should be kept to a minimum. In fact only 7% of calories should be from saturated fat. On a 2000 calorie daily diet, that is 140 calories or 16 grams of the bad fat. (There are 9 calories per gram of fat). For heart health, keep trans fat to 1% of calories daily.

Myth: Eating 5 fruits and vegetables a day will keep you in tip top health.

Truth: Sorry! The number has been recently increased to 9 or 10 servings of fruits and veggies a day for optimum health. Before you panic (“I can't do that”)

take a look: Have a fruit and a juice in the morning. Eat another fruit or carrots as a pre-lunch snack. At lunch, pack on the veggies. Snack again on fruit or veggies mid-afternoon and at dinner make up what's left. Variety is good, of course, but every fruit doesn't have to be different and same with veggies – just eat bigger “clean” portions - not fried or covered with creamy, cheesy sauce or dressing.

Myth: Cookies are “junk food” and should be avoided.

Truth: What would life be without some “junk food” once in a while? Anyone who tells you otherwise should not be trusted!

(Continued on page 7)



Seared Tuna—a great source of protein



Tattle Tails

If the Shih Tzu fits you...

By Lisa O'Donnell

Jack and Louise Bell have welcomed many pets into their loving home. Remember their adored dogs Cleo and Casey? Their two daughters, Cathy and Paulette, had always selected any new furry friends for the family. Recently, it was Louise's turn to be the alpha leader!

After much consideration, Jack and Louise wanted to skip "puppy hood" and adopt an older dog. They researched many different breeds and decided on a Maltese, a classic companion dog with a loving nature. Louise made many phone calls over the course of several weeks with no luck. When she found an ad in the *Dallas Morning News* for a Shih Tzu puppy looking for a new home, she thought "well, it's not a Maltese and it is a puppy...but I'll take a look anyway." She soon convinced Jack to drive all the way out to Sachse, Texas to check out the little one month old two pound bundle of joy named Pumpkin!

At their first meeting it was an obvious case of love at first sight all around. Since Jack couldn't pry Pumpkin out of Louise's loving arms, they brought her home to be a part of the Bell Family. There was just one catch. Jack did not think Pumpkin was an appropriate name for a member of a dog breed noted for its noble Chinese ancestry that lived the life of a prized palace pet. Hence, the name change to Roxanne, or Roxy for short.

It didn't take long for Roxy to learn how to rule the family roost! At first she enjoyed sleeping in her private suede "condominium" in the family laundry room. But the separation at first was exceptionally difficult for Louise ...and Jack. Roxy



Roxy Bell

finally acquiesced and decided to bless her newly adopted parents with her presence at night by moving into their bedroom. She enjoys the independence of her own "condo", but also loves to lounge on their king size bed!

Since Jack and Louise have enjoyed many pets, I asked them what is special about Roxy. Jack emphatically replied "Insurance!" Roxy once ate something outside that made her very ill. When they took her to the veterinarian, they discussed purchasing health insurance for Roxy. Jack, the financial wizard, is always in-touch with the practical side of fiscal planning for any circumstance. He considered the benefits of such a program and thought it was the logical thing to do! Their insurance plan has an annual fee. Following a visit to the vet, a claim is filed, and depending on the procedures performed, the Bells receive a partial reimbursement. Jack said he will keep us posted on the benefits of having pet health insurance. Roxy is also "chipped!" Many pet-owners have their beloved animals implanted with a microchip about the size of a grain of rice. This is a great way to make sure your pet can be identified if they ever become lost and their ID tags or collar ever comes off. One organization that performs this procedure at preferred rates is Operation Kindness Animal Shelter. The microchipping clinic is held on the last Sunday of each month from Noon to 4:00 p.m. Their website is www.operationkindness.org.



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

Nutrition Myth Busters (cont'd)

(Continued from page 6)

But if you want to be nutritionally sound and treat your body to a mostly healthy cookie, try this recipe. While you can feel good about the content of the cookies, don't overdo it and eat too many calories. Notice this recipe uses either margarine or butter. My choice is butter even though it has saturated fat. It is no contest – butter tastes better!

Oatmeal Cookies with Flax Seed & Walnuts

6 tablespoons butter or margarine
2 tablespoons ground flaxseed
¾ cup brown sugar, packed
1 teaspoon vanilla extract
1 large egg
1 cup Quick Oats
¾ cup unbleached flour
½ teaspoon baking powder
½ teaspoon ground cinnamon
½ teaspoon ground nutmeg
¼ teaspoon salt
½ cup chopped walnuts



Preheat oven to 350 degrees. In a large bowl with electric beater, blend butter, ground flaxseed, brown sugar and vanilla until light and fluffy, about 1 minute. Add egg and mix until thoroughly incorporated. Add oats, flour, baking powder, cinnamon, nutmeg and salt. Mix on low speed until blended. Stir in nuts. Drop batter by heaping tablespoons and press to desired thickness, on greased baking sheets. Bake about 10 minutes, or until golden. Leave on baking sheets about 2 minutes before removing to cooling racks.

Makes about 2 dozen small cookies.

Two cookies have approximately:

Calories: 200	Total Fat: 10 grams
Saturated Fat: 4.5 grams	Sodium: 75 mg
Cholesterol: 35 grams	Fiber: 2 grams
Calcium: 40 grams	Carbohydrates: 25
Protein: 3 grams	



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

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.

Q: I have azaleas that turn yellow every year, what can I do to prevent this?

A: Azaleas need to be planted in a special planting mix or peat moss to achieve a lower pH of the soil. The average pH, or acidity of the soil, is 7 in Texas. Azaleas prefer a pH of 4 which can only be achieved by excavating the area to be planted 1 foot deep and 3 times as wide as the container the azalea is in. Fertilizing azaleas with acid or special azalea fertilizer is ineffective if the pH of the soil is not correct.



Pinkshell Azalea

Q: My liriopie was scalped but not my mondo grass why?

A: Liriopie starts growing in March as soon as the temperatures warm up and should be scalped each year in February. The old growth should be cut off so that the new growth can sprout from the roots. The result is healthier looking leaves during the growing season. Mondo grass is slower growing and should be cut back in early April only if it is mostly brown from the previous growing season. Mondo planted in mostly shade usually never needs to be cut back. If planted in sun, then every 3-5 years.

Q: My grass seems to be slow in green-up this year?

A: The cooler temperatures have delayed both the growth rate and the effectiveness of the fertilizer application. Look for the grass to be at its best by late April this year.



Common Bermuda

Q: The trees in my front yard are shading the grass from growing well. Can I put in Zoysia or Fescue sod?

A: The lawn care maintenance specifications at Lake Forest are designed for Bermuda and St. Augustine grasses. Any grass that is green during the winter months would need extra fertilizations during these months and additional mowing. The answer to the question is "no" because the intent at Lake Forest is to have a more uniform neighborhood landscape look and not some yards green during the winter months and others not. Liriopie, Mondo Grass and Asian Jasmine are alternatives to grass in smaller yards.



John Vanderpearl is our contact person for Precision Landscape. He can be reached at 214.957.6123 or johnv@precisiondallas.com.

Landscape News

By Tom Munroe

Vines grow quickly. Some will grow on almost anything. But others need help going in the direction you want them to grow. *1,000 Gardening Questions & Answers* (Workman Publishing), says: "Most vines will climb the comparatively smooth bamboo stakes sold in garden centers. But they will be happier – and more inclined to go straight up – if you provide twigs with the bark on, rough sisal twine and/or something else with texture."

Before you can determine the best way to support your vine, you need to know what type of climber it is. There are three main types: tendril-climbers, twiners, and clingers. Tendrils and twiners are the most common.

Tendrils such as cross vine and sweet peas, send out filaments that wrap around objects they contact. The tendrils can't wrap around thick supports, such as fence posts. Tack up wire, twine or even thin wood stakes, and the vine will climb them.

Twiners don't send out shoots; they simply wrap themselves around supports. Carolina Jessamine, Honeysuckle, clematis and other twiners are excellent on wire, mailboxes, trellises, lattice and arbors. They tend to be heavier than tendril-climbers, so the support struc-



Cross Vines

tures need to be stronger. Like the tendril-climbers, twiners need support to grow horizontally. Lattices, wire mesh and nets will work. Wisteria, a twiner, will quickly cover an arbor, fence or outbuilding. If not pruned annually, it can become invasive.

Clinging vines essentially glue themselves to surfaces. They send out aerial rootlets, called holdfasts. Any rough-textured surface will do: Walls, trees and fences are conquered with ease. Examples are Boston or English ivy and Virginia Creeper. They are very good at covering broad expanses, but watch out – they can loosen the mortar on brick walls. They also can damage the wood on frame buildings. Clingers only start clinging from new growth. *1,000 Gardening Questions & Answers* has interesting suggestions for holding up the vines until they start clinging: The book suggests bubble-gum, masonry staples (don't crush the stems), soft putty, glued ceramic disks with bendable wire holders (sold at garden centers), even thumbtacks on a wooden fence ("Stagger them at 6-inch intervals along either side of the stem.")

1,000 Gardening Questions and *The Lone Star Gardener's Book of Lists* (Taylor Publishing) are great resources for information on common vines.



Tom Munroe is the Board liaison to the Landscape and Grounds committee. He writes a regular column for *The Swan*.



Carolina Vines

That's Entertainment!

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



Movie News

As far as summer theater releases are concerned... well, it's...*summer!* That says it's time for our favorite... Sequels! **Pirates of the Caribbean 3** (or is it 4, we can't remember), **Spiderman 3** (or is it 4, we can't remember), and on and on, *ad nauseum*. We always say though, "watch out, something new will pop out, right when you're not expecting it!"



In spite of the lackluster summer fare, there is hope. Here are a few little gems. Rentals. They may be hard to find unless you're a **Netflix** junkie, like us, or you head down to **Premiere Video** on Mockingbird. The first is called **American Cousins**.

No really famous people in it, but an interesting little gangster story with that *twist* we're always looking for! Next is an



Irish movie, called **The Boys and a Girl from County Clare**. This one's as close as we know a lot of you might want to come to a foreign movie because sometimes the Irish accents are so thick you might need to turn on the *subtitles!*

Third in the list of fun films to rent is an oldie but goodie called **The Tao of Steve**. Filmed in and around Santa Fe, this one stars **Donal Logue**, who many of you may recognize from TV shows like **ER** or **The Practice**. It's always good to watch since it's a lightweight romantic comedy.

Ok, here's some info on movies caught in-between rentals and theaters. Those of you lucky enough to have **HDNET Movies** on your cable or satellite system may want to be aware that they're releasing brand new films on the network at the very same time they're releasing to theaters. Three new movies included in that lineup are **Color Me Kubrick** with **John Malkovich**, **Diggers** with **Paul Rudd**, and **Fay Grim** starring **Parker Posey** and **Jeff Goldblum**. Check listings on **HDNET Movies** to see when they're being shown. This is an ongoing project of **Mark Cuban**, co-owner of the network and **Landmark Theaters** (The **Inwood** and **Magnolia**, here in Dallas) to entirely change the way movies are delivered to theaters and our homes.



Foodie News

Yessir, it's almost summer and that means (to us, at least) hamburgers! *YUMMM!* Aside from going to **Whole Foods** or **Sprouts** and buying some great ground sirloin to throw on the grill, then driving to **Fuddruckers**, just to buy their amazing chewy, doughy buns, then firing up that grill and chopping the onions, tomatoes and lettuce, and the cooking, and then cleaning the whole mess! *Whew!* We're worn out just thinking about it! So what to do? Go out for a burger...*that's* what! But where to go, you may ask? Well, you're talkin' our

language here. Rating burger places is tough because everybody has a different opinion on what makes the perfect hamburger. Some like them thin, some big and thick. Others say they need to be greasy and gooey with lots of mustard. Mustard?? "I'm from St. Louis and we do not put mustard on hamburgers, only ketchup." "Well, I'm from Texas and all we put on them is MUSTARD!" Get it? There's no right or wrong here, just a lot of varying opinions. That said, here's our short list on some of the best burger places around (in no special order):

Twisted Root Burger Company Worth the trip down to **Deep Ellum**. Here's the deal. Two chefs, one with **Four Seasons** pedigree, the other from **Pappas Brothers Steak House**, went out on their own to open this place on Commerce Street. They serve Angus beefburgers and make their own ice cream for handmade shakes (the fries are good too!). Enough said?



Twisted Root Chefs

Who's Who Burgers We're sure some of you already go to this place in **Highland Park Village**. It's the brainchild of **Phil Romano**. He of **Fuddruckers**, **Macaroni Grill**, **Eatzi's**, **Nick and Sams**, etc. etc. fame. Pretty plain basic place, tucked away in the middle of the center. You could walk right past and hardly notice, but what you'd miss is some *fine* burger dining indeed. What's the deal here? They have two choices for beef. There's regular (sirloin,mmm!) and super premium (Kobe,mmmmm!). Either choice is the right answer, and considering the cost of Kobe beef at other dining establishments, this place is a bargain.

The Mercury "What?" You say, "Why on earth would one go to The Mercury Grill, arguably one of the finest eateries in Dallas, to order a hamburger?!" The answer is quite simple, because The Mercury *is* one of the finest eateries in Dallas. The fact that Chef **Chris Ward** even offers one (on the lunch menu only, by the way) almost automatically puts it in five star burger status alone. This is the basic burger, folks. Nothing fancy. We think that's the reason it's *sooo* good. A generous ground sirloin patty, covered with sharp cheddar, served with all the standard fresh sides, including terrific little French fries that remind us of upscale **Steak n Shake**, and surrounded by a fresh baked bun.



Mercury Grill

We know, there are lots of great hamburger places around, but can't mention them all here. Stop us on the street if you have an extra half hour, and we'll rattle off another dozen or two. Meantime, we're always interested in what *your* favorites are.

Seen around town. It seems like **Salum** on Cole Avenue has become a new hot spot for Lake Foresters! Our own editor, **Judy Coyle** and husband **Frank**, were there a few weekends ago and Judy commented, "beautiful furnishings, great food, a

(Continued on page 13)

Spring Social

Photos by Harlan Pollock, Tamara Mattison, and Judy Coyle

To the right: Welcoming Committee
Lynda Tolleson,
Clare Haislip,
Hank Pollock,
Sylvia Graham



Above: Jack Davis, Janis Davis, Gail Clark,
Abilee Clark



Above: Ruth Davis, Carl Davis, Betty Taylor, Bob Taylor,
Marty Corley, Wayne Corley



Above: Rose Witteman, Massud Parvizian,
Inger Parvizian



Above: Vicki Heath, Mike Stephens, Frank Hopkins,
Eileen Hopkins

Right: Sophia Judice,
Taylor Gruber,
Emily Woolley,
Madison Pidgeon,
Max Pidgeon



Below: Michael Whidden,
Glenda Kemple, Nell Floyd,
Larry Sims



Left: Trip Moore,
Jackie Moore,
Hannah Moore



Above: Stewart McCray, Nick Nicholson,
Nikki McCray



Below: Barbara Bower, Carol Aikey, Bill Marble,
Kate Marble

Money Matters

Inflation Nation

By Logan Flatt, CFA

It's more than just Texas springtime temperatures and global warming you may be feeling: the U.S. economy in 2007 is on the verge of overheating.

Real Estate Bird Watching

As I travel on business to cities across the United States each week, I spot large flocks of cranes hovering over many a new oasis of Class A office towers and luxury high-rise condominiums. Dallas is no different. Take a drive along Woodall Rogers Expressway near downtown and count all the cranes and newly-built towers you see in the skyline around you. That infamous verb from Dallas' real estate history – “overbuilding” – comes to mind.

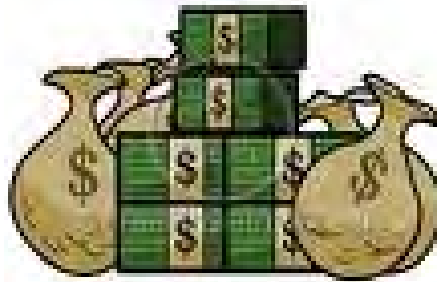
After its six-year injection of cheap, easy money into the veins of the U.S. economy, the Federal Reserve Board has cut back the economic steroids of low interest rates by yanking the Fed funds rate up 17 times since June 2004, from a 46-year low of 1% up to today's 5.25%. Yet, like a doped-up bodybuilder, the U.S. economy rages on: corporate earnings are at record levels; consumer borrowing and spending remains profligate; the Dow Jones Industrial Average floats above the psychologically important (but fundamentally meaningless) 13,000 threshold; the U.S. unemployment rate hovers at a six-year low of 4.4%; and real estate developers continue to put new cranes high into the sky. Clearly, our American sense of optimism is flexing mightily, showing off its muscles from all the best angles.

The Pressure Builds

Unfortunately, exuberance extracts a price. America's tightening labor supply is requiring companies in many industries to pay higher wages to attract and retain employees with the right skills and talent. In turn, some companies are raising the prices of their products and services to help offset the higher wages. At the same time, politics and violence in the Middle East, Venezuela, and Russia keep adding to the global uncertainty that is pushing up the price of oil and natural gas. Breakneck growth in the developing economies of Brazil, Russia, India, and China continues to put upward pressure on prices of other key input commodities as well.

To make matters worse, the U.S. dollar has weakened severely against other major currencies over the past year. The U.S. dollar just doesn't buy as many Euros, Yen, and Pounds as it used to. So, Americans must use more dollars this year to buy the same imported goods from Europe and Japan that they bought last year.

Perhaps most damaging of all, our elected officials in Washington, D.C. keep spending hundreds of billions of our hard-earned tax dollars – from both this year and, through debt financing, many years to come – like drunken sailors on shore leave. All of the billions our federal politicians bond out and then push into the U.S. economy through government procurement contracts only pours gasoline on an already raging economic fire.



In short, we have a U.S. economy awash in cash, a U.S. dollar beaten down by foreign currencies, and global commodity prices near record highs. The specter of a dastardly economic demon – inflation – rears its ugly head.

The Ravages of Inflation

Over time, inflation degrades the purchasing power of a \$1 bill. Decades ago, the price of a loaf of bread was a mere nickel.

Back then, you could buy 20 loaves of bread for \$1. Today, the price of a loaf of bread is at least \$2.00. For a \$1 bill today your baker will hand you back just half a loaf. The bread didn't change; the value of the \$1 bill declined.

The erosion of purchasing power caused by inflation is why investing for the future is an absolute requirement for a financially successful life. For your investments to maintain for the future the purchasing power you enjoy today, the average annual rate of return on your investments must exceed the average annual rate of inflation in the general economy. To get ahead financially over the long term, your investment returns must trounce the rate of inflation by a wide margin.

We could run into real trouble if inflation accelerates and spirals out of control. Remember the hyperinflation rates of the 1970s and early 1980s? If inflation in the United States takes off in 2007 as it did from 1973 until 1983, the Fed will be compelled to crank interest rates up significantly – not unlike what Federal Reserve Board Chairman Paul Volcker did back in 1980 - 1982 to squelch rampant price inflation.

What If Interest Rates Increase?

A significant increase in interest rates could be disastrous for investors in stocks, bonds, or real estate. When interest rates go up, holding on to stocks, bonds, or real estate becomes relatively less attractive: why leave your cash tied up in assets that carry a real risk of loss when you can instead stash your cash in low-risk money market funds or FDIC-insured bank CDs now paying an attractive rate of interest? Market prices of stocks, bonds, and real estate could fall dramatically as owners wanting to exit these investments struggle to find buyers willing to enter them.

What can you do to help insulate your investment portfolio? Ask your financial adviser about investment alternatives that can offer positive rates of return during periods of high inflation and high interest rates. Short-term Treasury Inflation-Protected Securities (TIPS) and inflation-adjusted Series I Bonds are the safest. Some riskier alternatives include publicly-traded investment trusts that quickly translate price increases into benefits for their unit holders, such as oil and gas royalty trusts; gold, silver, iron ore, and other commodity trusts; and real estate investment trusts based on short-term leases and rental periods, like many apartment, hotel, and storage unit REITs.



Logan Flatt is a management consultant and Chartered Financial Analyst. Please send financial questions to Logan at logan@veroinc.com.

Breeding like.....Rabbits

by Janie Hurley

Spring has arrived. The trees are budding and lots of Lake Forest residents are sprucing up their gardens. The Easter bunny has come and gone...but we are only seeing the beginning of the return of the cottontail rabbits to our neighborhood.

When I see the rabbits in Lake Forest, I have mixed emotions, as many of you may. Even as we try so hard to have beautiful yards, wildlife sometimes plays havoc with our pretty, expensive plantings. Rabbits are also a reminder that we live in a place that is special. Not many neighborhoods in Dallas have lakes, a creek, and wide open spaces that provide excellent habitat for critters. Maybe a little information about the rabbits will help us be able to coexist with them. The fact is, rabbits are an important part of the food chain as food for hawks, owls and other natural predators. And they are not going away!

There are twelve different species of rabbit living in the U.S. Most of the rabbits we see here are Eastern Cottontail rabbits (*Sylvilagus floridanus*). Rabbits breed from February to September, during which months they are more active and noticeable. Males fight over females and the male and the female often perform a mating dance. The average female has three to four litters a year. Each litter numbers four to five "kittens". That's a lot of rabbits. However, predators and flooded nests reduce their mortality rate to about 85%.

After a gestation of 28 days, young rabbits are born helpless in a shallow depression lined with grass and mother's fur. The kittens grow rapidly even though mothers only nurse for about




Eastern Cottontail rabbit

five minutes a day. They are weaned when they are about half the size of an adult. Well meaning humans often find baby rabbits and assume the mother has abandoned them. This is rarely the case. There is only a 10% chance that the babies will survive when "rescued." As with most wildlife, it is better to leave well enough alone. Adult rabbits average a foot long and two to three pounds. An average life span is about two years, but they rarely make it to one.

As just about everybody in our neighborhood knows, rabbits eat leafy plants (including flowers and vegetables) during the growing season and bark and buds of woody plants in the winter. The best defense from rabbit damage is a fence that does not permit their passage. There are also homemade repellents that you can cook up in your kitchen and spray on your plants. The easiest mixture requires a chopped onion, a chopped jalapeno and one teaspoon of cayenne pepper boiled with two gallons of water for twenty minutes. For success, this mixture should be strained and sprayed in a garden sprayer consistently for two weeks where the rabbits are causing problems. This mixture is totally nontoxic to you, your pets, plants and the rabbits but it is an effective repellent.

And finally, the next time you see a bunny hopping through the neighborhood, remember that it's an integral part of the balance of nature. We can peacefully coexist!

 Interested in nature? Any ideas for subjects to be featured in this column? Please email Janie Hurley at hurleygirley@sbcglobal.net.

Community News

New Residents

- Billie Bagwell— 7316 Hill Forest Drive
- Eileen & Earl Eliason — 12131 Lueders Lane
- Jean & Gary Farris — 7339 Hill Forest Drive
- Frankie & Jerold Michaelson — 6931 Stone Meadow Drive
- Rose & Alfred Wittemen — 12129 Lueders Lane
- Jacqueline & Philip Brown — 7324 Hill Forest Drive

New Gate Signs Implemented

In April, the Association Board of Directors approved a new gate sign policy (See *Cygnets*, April, 2007). The signs were created by Mike Stephens and Gaby Flatt, and are used to remind homeowners of upcoming events. The first signs were put up April 26, 2007 to remind everyone to sign up for the Spring Social.



Mike Stephens and Hank Pollock, co-chair of the Social Committee.

Website Update

Have you visited the Lake Forest website www.lfhoa.com and checked out the latest additions?

-The Swan and The Cygnet are available for download in Adobe Acrobat Reader PDF format.

- You can review the board and homeowner meeting minutes.
- A website search feature was added using a special Google interface. The search function is located in the top left corner of the page and the searchable website information is updated as Google's 'bots' crawl through the site every few weeks.
- You can read all about the gate staff.
- Photos from past events.
- The Calendar has information on neighborhood events and dates of interest to residents such as recycle collection days. Stay tuned...or better yet stay connected and visit the site often. Happy surfing!

Churchill Recreation Center

Our greater community includes the **Churchill Recreation Center** at 6906 Churchill Way, and notices of their events will show up in Community News as space allows. They offer exciting activities for people of all ages with varying interests. You can enroll in **Beginning Survival Spanish** or sign up for **Hypnotherapy Sessions**, a relaxing way to overcome cravings and regain control of your body. Couples or individuals can have fun with **Ramblin' Rounds Round Dance Lessons** with cues given by a professional. For more information call the Center at 214.670.6477 or just stop by for a visit and pick up a brochure.

Water Babies

By Brian Small

The rites of summer seem to occur earlier every year: Temperatures soar, gas prices shoot above three dollars, and unlucky toddlers (6mos. to 3 yrs.) scream bloody murder from the pool at 6912 Preston Glen. It isn't your grandfather's swim lessons; they're my mother's infant survival lessons.



Patti Small and student, Hannah-Grace

The basic teaching tool employed by Patti Small is conditioning and positive reinforcement. Because "Miss Patti" sometimes teaches kids who are too young to use words to communicate, and others who are old enough to understand manipulation, she uses a reward that levels the playing field: air. "I've been doing this so long that I can time a child's crying pattern to know when to submerge them so they don't inhale water. That's when the lesson begins!" she says.

Her charges will leave scratches of several inches across her deeply tanned, freckled shoulders. Patti views this as a reminder that she's doing a good job. "They're scared of drowning, which is normal. What I do is give them a set of skills. If they fall into the pool when no one is around, the skills I've taught take over."

Those skills include swimming, floating, rolling over, and swimming to the side of the pool. It takes an average of sixteen lessons to condition the children from zero water skills to graduation. At graduation, the outdoor speakers softly play "Pomp and Circumstance" while Patti puts the children in full winter garb, sits them on a tricycle, and pulls them into the pool. Every single one of them rolls over and swims to the side.

She has taught several hundred children to swim. The lessons are only ten minutes long which is more than enough time for both parent and child. She has a 100% success rate. Many people have credited her with saving the lives of their children.

One February over two decades ago, Amy, who had graduated my mother's swim lessons the previous summer, had a play date with a friend. Both mothers were in the back yard watching the children when Amy's mother excused herself to go into the house. When she came back, the other mother was frozen with fear, only able to mumble, "Amy's in the pool!" over and over.



Early morning in the Small family pool.

Sure enough, Amy was in the pool, floating face up, which is better than the alternative. Amy's mother felt the temperature of the water and, since Amy had already demonstrated that she remembered how to float, she let Amy utilize her swimming skills as well.

Not only children learn vital survival skills. Patti received free veterinary care for life after the father of one of her students got a cramp snorkeling. When his boat drifted away, and he realized he was in trouble, he flipped over onto his back and floated until help arrived. Kelly and Coco, our family dogs, have long since passed, but the veterinarian has extended free consultations to any future Small family animals. He's just glad that his kids didn't lose their father in a tragic snorkeling accident.

So when you walk by the Small home and it sounds like Guantanamo Bay for infants, just know that a great service is being done to protect the children of this country.

That's Entertainment (cont'd.)

(Continued from page 9)

little on the loud side though." Then we heard from Lake Forest website chief **John O'Donnell** and Swan contributor wife, **Lisa**,

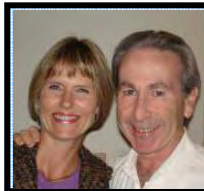


Salum

about going to the same place! Did you guys run into the Coyles, by any chance?? The O'Donnells had actually gone on the recommendation of **Wayne Kirkham**. John reports that his sautéed lobster on wild mushroom ravioli and Lisa's Snapper over chickpea mash were outstanding. The chef/owner visited with them at their table and made them feel really welcome. Sounds like a winner all around. Meanwhile, we have

yet another restaurant owner among us in Lake Forest. Our own **Ron Stephens** has a new place, **Michael Marks Trattoria**, on Custer Parkway in Richardson. The new Italian place features pasta and pizza. A group of neighbors went up the other evening to check it out. **Mike and Sandy Stephens**, **Logan and Gaby Flatt**, and **Scott and Marcia Stagner** unanimously report that it's definitely "worth the trip North!" Terrific food, nice patio dining, and busy! They told us that all six piled into one car, and made it home *without a nosebleed!*

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

Lake Forest Wine Club
Sunday, June 10
4:00—6:00 p.m.
Wines of Chile
Bring your favorite bottle

At the home of **Frankie & Jerry Michaelson**
6931 Stone Meadow Drive
Open to all residents



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Dallas Tour with Rose-Mary Rumbley

Here's a chance to have fun and learn something at the same time. June 12, humorist Rose Mary Rumbley will lead Lake Forest folks on a bus tour of Dallas. Transportation, lunch and tip are provided for a cost of \$45. Ms Rumbley has written several books on Dallas history and offers little known facts about our city. If you're interested, please contact Jean Obert at 214.349.1819 or jeanobert@sbcglobal.net.

First Annual Lake Forest Book Exchange

Save those old books!
Lake Forest Book Club
invites you trade books at a
Book Exchange
Time and Date To be Announced

Remaining books will be sold with proceeds going to **Women for Women International**—a non-profit humanitarian organization dedicated to financial, educational and interpersonal support for women survivors of war, poverty and injustice.

Credits & Disclaimers

The Swan Winter 2007
Volume 5 Issue 2

Credits

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RESCHEDULED DATE!!!

Town Hall Meeting

Tuesday, June 5, 2007
7:00—9:00 p.m.

Churchill Recreation Center
6906 Churchill Way

Open to all residents

The meeting is an opportunity to voice your concerns and questions. There will be Board members and Committee Chairs in attendance to address issues affecting Lake Forest.



The Swan

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