

The Swan

A Lake Forest Community Newsletter



Meet Your Neighbor

Neva Cochran

Neva Cochran, a registered and licensed dietitian, works as a nutrition communications consultant. She has been a nutrition writer and researcher for *Woman's World* magazine for 16 years and *Maximum Fitness* magazine for five years. She also works as a consultant to a variety of food industry clients currently with the Egg Nutrition Center and the Corn Refiners Association. She earned a BS in nutrition from the University of Oklahoma, an MS in nutrition from TWU and completed her dietetic internship at Presbyterian Hospital in Dallas.

Active in her professional association, Neva now serves on the American Dietetic Association (ADA) Nominating Committee and the Dallas Dietetic Association's Media Bureau. She was previously president of the Texas and Dallas Dietetic Associations, an ADA Media Spokesperson and Chair of the ADA Foundation Board.

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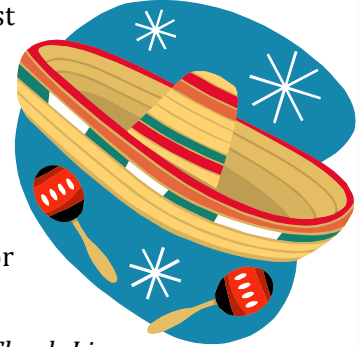
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Join your friends at the Lake Forest Spring Social

Are you ready to celebrate spring? Come and join your Lake Forest friends at the annual spring social on Sunday, May 1st from 6:00 to 9:00 pm at the Lake Forest Pool Pavilion. Our Mexican fiesta last year was such a tremendous success that we invited Pappasito's back to cater our party again this year. Look for great Mexican fare with special treats! This is a terrific opportunity to meet and mingle with your wonderful neighbors in our community. Tickets are only \$19 for adults and \$8 for children ten years old and under. Look for your invitation in the mail in late March. We hope to see you there!



Lake Forest Social Committee - Sara Munroe (Chair) Gail Clark, Nell Floyd, Lisa O'Donnell, Kimberly Patrick, and Lyle Patrick (LF Board Liaison)

Lake Forest Swan

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General Disclaimer**

The Swan is published four times a year by the Lake Forest Community Association, Inc., a nonprofit Texas corporation serving the needs and interests of the residents of Lake Forest, a residential real estate development in Dallas, Texas. Any viewpoints or opinions expressed herein are those of the individual authors only and are not necessarily shared by the Board of Directors, any committee, any subcommittee, or all the residents of Lake Forest. No endorsement of such views and opinions should be inferred.

Thanks, Ken

After many years of dedicated volunteer service, Ken Woolley has retired as chairman of the Residential Architectural Review Committee (RARC). Ken has seen nearly all vacant lots filled with new homes, which have been built to meet the architectural guidelines for our community. It is sometimes a thankless job, but the result has been a neighborhood where we are all very proud to live. The new chairman is Lewis McMahan, a 10-year resident of Lake Forest who has built two homes here. The other members are George Simon, Gary Farris, Larry McNamara, Tommy Parrett and architect consultant, Chris Rador. Much of the focus will be helping residents complete their major maintenance, repairs and remodels in compliance with guidelines. Lewis said, "There will be a renewed commitment to timely, friendly communication. We hope to work on some Lake Forest-wide programs such as front yard lawn replacements, tree lighting and wooden fence repairs -- all which have not aged well." Please call Lewis if you have any concerns, questions or want to volunteer to help - 214 348 1636.

(Neighbor, continued)

In addition to professional activities, Neva is active in several organizations at The Episcopal Church of the Transfiguration including The Austin Street Shelter where she and Don head up a team that serves meals to homeless residents there four times/year. She is also on the Board of the Richardson/Plano Kappa Delta Alumnae Chapter.

What is the most important fact to keep in mind when trying to lose weight?

Calories! People want to blame weight gain on all kinds of things: fat, carbs, sugar, processed food, fast food. But the bottom line is eating fewer calories than your body uses. Having said that, choosing calories wisely by eating foods that make you feel full, more satisfied and less hungry – lean proteins and fiber-rich foods - is a good strategy.

Does exercise matter?

Exercise is an important part of losing and keeping weight off. But exercise alone, without a change in eating habits, will not result in significant weight loss. For example, cutting 500 back calories a day – from 2000 to 1500 – should lead to a one pound per week weight loss. Walking briskly for a half hour a day, 5 days/week burns 700 calories resulting a one-pound loss in 5 weeks. Additional benefits of exercise include reducing appetite and increasing muscle mass, which promotes greater calorie burning all day long.

How have you personally kept a slim figure?

Constant vigilance! I eat a variety of foods, three meals/day and a couple of snacks. I watch portion sizes and limit fat and sweets. Don and I walk 2 miles around Lake Forest 5 to 6 days a week. I work out at Curves 2 – 3 days/week. I wear a step counter (pedometer) with a goal of getting 70,000 steps (average of 10,000 steps or 5 miles/day). The best tool I've found is an iPhone app called "LoseIt!" that allows you to enter everything you eat and your exercise so you can track calorie intake vs. calorie needs. It keeps me from overeating and also inspires me to get more activity to balance extra calories eaten. I've been using it for 2 years and have successfully maintained my weight.

What about the hundreds of diets, books, and experts in the field of nutrition?

The fact is almost any diet works if you stay on it. No matter how crazy, limited or boring a diet is, it

will work if you are eating fewer calories than your body needs. But the real issue is keeping weight off. And research shows that those who successfully keep weight off have four things in common: consume a low fat, high carbohydrate balanced diet, eat breakfast, exercise daily and self-monitor (weigh regularly, monitor activity and/or keep a food record.)

Can you eat out frequently and still stay slim?

Yes, it's possible, but you can't eat a Big Mac Value Meal (1350 calories) or a 12-oz. steak dinner and loaded baked potato several times a week and still maintain your weight. Restaurant portion sizes have increased dramatically over the last 20 years so caution is the rule when dining out: share an entrée with your spouse, take part of your meal home or order a salad and appetizer instead of an entrée. An occasional splurge for a special occasion is not going to make or break your weight or health. So when you do go overboard, just cut back a little the next few days and bump up your activity to make up for it. Remember, there aren't good and bad foods or meals, just good or bad diets. It's what you do over time that is important.

What about Mexican food?

Again, watch big portions and high fat ingredients: chips, queso, chili, sour cream, guacamole and fried taco shells. While some of these are okay, it's difficult to eat them all every time and still maintain an appropriate calorie intake. Often Don and I will split a fajitas for one platter. It's more than enough and we usually take part of it home.

Tell us about your family.

Don and I have been married for 31 years. We don't have children but have an Italian "daughter," Sara, whom we hosted as an exchange student in 2001 – 2002 when she was a senior in high school. She subsequently returned for college at UT-Austin, graduating in 2008 with a degree in Radio/TV/Film. She started the MFA film production at UNT this fall. She considers us her American family, calls us Mom and Dad, and is truly like our daughter. We also have two wild and crazy wiener dogs, Skipper (7) and Lucy (6).

Years in Lake Forest:

10 1/2 years. We moved into our first home in Lake Forest in August 2000 and our second on in September 2006.

(See Neighbor next page)

(Neighbor, continued)

Second Home?

For 14 years, we had a second home on a ranch in Mason County in the Texas Hill Country. We sold it last May and purchased property near Mineola at Cross Pines Ranch in East Texas where we are currently building another home. It has several lakes that Don has enjoyed fishing for crappie on.

Tell us about your famous collection of caricatures.

When Don and I were on our honeymoon in San Francisco in 1979 we had a caricature drawn by a sidewalk artist near Fisherman's Wharf. Little did we know that would spur what would become a collection of 36 caricatures over the next 30 years! We know have them all hanging on one wall in our den from our travels from around the world, from Billy Bobs in Fort Worth to Venice, Italy.



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From Sea to See with Your Lake Forest Traveler

By Lynn Segal

Before I begin to write my first travel article for the Swan, let me take a moment to introduce myself. My name is Lynn Segal and I have lived in Lake Forest for 11+ years. Until last June I happily resided on Edgestone Road with my wonderful husband, Allen. Allen and I traveled the world until his untimely death last June. He shared my passion for cruising. I warned him when we married that because I was a travel consultant specializing in cruises, I hoped he would cruise with me and love it. For 15 years we sailed the world - there weren't many ships or destinations that we missed. And indeed, he and I enjoyed every ship that we sailed on. So it seems appropriate to begin my first column describing our last trip and our last great cruise together.

On March 2 of last year Allen and I embarked the Crystal Serenity for one of the most exotic trips we had ever taken - Mumbai to Dubai. Our cruise took us to the ports of Muscat, Oman; Bandar Abbas, Iran; Kuwait City, Kuwait; Manama, Bahrain; Abu Dhabi, UAE (United Arab Emirates); and Dubai, UAE. The rest of my article will focus on the ship, Crystal Serenity, and my favorite port, Dubai.

Crystal Serenity, one of my favorite ships, is one of two ships in the Crystal fleet - Serenity (1,070 passengers) and Symphony (922 passengers). What we love about Crystal begins with its friendly service - the staff learns your name very shortly after you board and caters to your every request, never forgetting that a friendly smile is always appreciated. We also savor their excellent food. Beginning with the beautifully appointed formal dining room where Crystal's culinary team turns a simple meal into an



unforgettable experience and including two wonderful specialty restaurants -Prego, with its flavors of Italy and Silk Road, the inspiration of famed chef "Nobu" Matsuhisa. Believe it or not enjoying dining perfection doesn't have to mean returning home with an extra 10 pounds.

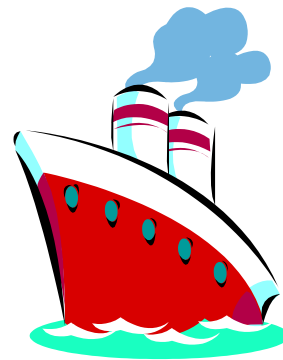
Another pleasure of our cruising on Crystal Serenity was the opportunity to enjoy wonderfully interesting enrichment lecturers while onboard. This particular cruise included speakers who discussed the diplomatic, political, historical and geographical highlights of this unusual region and the individual ports we visited. It was a marvelous learning experience. Of course Allen also looked forward to Crystal's wine and food lectures and demonstrations. He would return home with new recipes for us to sample. I would join him at the lectures and then would take the time to jog the deck or relax in the spa with wonderful massages. It was a marvelous opportunity to recharge. Our days at sea were as busy as our days touring in port.

(See Traveler next page)

(Traveler, Continued)

The ports were fascinating, as I mentioned, but my favorite was Dubai. Dubai is a bustling, sprawling expanse of some of the most remarkable architecture in the world. It boasts the tallest building in the world, the Burj Khalifa, which soars 2716.5 ft above the ground, the gigantic artificial archipelago – 3 palm-shaped islands known as Dubai Palm Islands, a fabulous shopping mall, Dubai Emirates Mall, that has an indoor sky slope, a remarkable replica of The Atlantis Hotel exactly like the resort in the Bahamas, and an enormous deluxe resort hotel, Burj al Arab, that is designed in the shape of a giant sail. We personally toured this hotel enjoying its vast indoor aquariums and incredibly beautiful suites – yours to be had for a mere \$1000 a night during some seasons. I was in awe of this remarkable development. The best that oil can buy.

Lynn Segal is a Lake Forest resident who has been in the travel industry as a cruise specialist for 25 years. She is an independent contractor for CruiseCenter. Visit CruiseCenter's website at www.cruisecenter.com.



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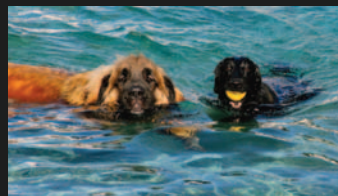
Please Contact Karen Hope at 214-244-5398 or 214-341-1234

Lake Forest Wildlife Report



A screech owl was discovered on Edgestone Drive recently and a bird expert came and rescued the owl. Resident Diane Smith is on the scene.
Pictures by Mary Lynn Vaughn

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Landscape Update: Turf Replacement Program Offered

By Tom Munroe

Lake Forest has established itself as one of the most prestigious addresses in the metroplex by offering a setting that cannot be equaled. In large part the location is ideal in many respects, but the fact that we have over 68 acres of greenspace with lakes, creeks and native trees is one of the most unique features. Maintaining this space with annual flowers, shrubs and trees adds to the beauty and pleasure of living in this community. Budgeted money not only maintains our property but also funds several projects each year to improve selected areas. So in a very real way, each resident contributes to enhancing our property.

Residents have a cooperative responsibility for maintaining and enhancing their private residential property. While basic landscaping services for front yards is provided, most residents plant flowers and landscaping to help create the well-maintained community appearance that we enjoy. All homes have irrigation systems installed; however, the best system is of no use unless it is maintained and adjusted properly to support the turf and other vegetation.

In spite of the best efforts, many yards have turf that is struggling to cover the ground. The original requirement that all yards have Bermuda grass worked for a while, but as trees matured the sunlight was limited and the Bermuda could not survive. It now seems apparent that one solution does not work for everyone. The Residential Architectural Review Committee (RARC) and the Board have approved the use of additional turf grasses as described in the program that will be offered by Precision Landscape. As usual, you may use a different landscaping service as long as the guidelines are followed. Our landscape company for Lake Forest has agreed to help residents improve their yards by offering free consulting to recommend the best turf for your individual situation. Primarily based on your yard's orientation, hours of sunlight, and soil conditions, a different turf or ground cover may be recommended.



The options for this program are described below:

Precision Landscape Management is offering a discounted price for sod installation to all residents at Lake Forest this coming April 18-22nd, 2011. Estimates and any questions can be answered by Oscar Flores (214-957-4898). Deadline for Discount Sod sign up is March 25th, 2011.

The trees are getting larger in Lake Forest and shading out areas of the original Bermuda grass. St. Augustine has been affected in areas by the soil conditions, hard winters and insect and disease problems associated with St. Augustine. It would be best to have Oscar look at your situation and give an individual recommendation.

Tree canopy thinning every three years will also allow more sun to the turf. Tree trimming is NOT part of the front yard maintenance package and would need to be contracted separately. Oscar would also be able to supply an estimate for any tree trimming services.

All per square yard sod pricing will include removal of existing sod, 2" of soil mixed with compost added to improve drainage and nutrient storage of the soil and sod installed on newly prepared soil with fertilizer.

'419' Bermuda – 'a finer bladed Bermuda than common Bermuda and requires at least a half day of full sun. In some yards this may still be a good choice. \$4.75 per sq yard

(See Landscape next page)


(Landscape, Continued)

'Palmetto' St. Augustine – the most shade tolerant and winter hardy of all the St. Augustine varieties. The problem with 'Palmetto' is the same as the other St. Augustine varieties. It is susceptible to the St. Augustine decline virus (SAD). When turf becomes infected with this disease the grass is more susceptible to other problems such as grub worms. Best used in areas with good drainage and could be a good candidate for your yard. \$4.75 per square yard

'Cavalier' Zoysia – is a fine bladed shade tolerant turf grass that needs approximately 2-3 hours of sunshine per day to sustain itself. The advantage of Zoysia over St. Augustine is primarily the resistance Zoysia has to the virus and fungal diseases that affect St. Augustine. Zoysia is also more winter hardy than St. Augustine. Zoysia is fast becoming the turf of choice in sun and shaded areas because of appearance and durability in the metroplex. \$6.90 per square yard



Guests at Jean Obert's December Holiday Party







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- New Landscape Installation (sod, trees, shrubs, design, etc)
- Irrigation

If you have any questions about any of these services please contact your personal landscape consultant
Oscar Flores: 214.957.4898
oscarf@precisiondallas.com








Economic & Housing Market Recovery: The Train has Left the Station

By Margo Tschantz

The current economy is like a freight train leaving the station. While it seems to take an excruciatingly long time to get up to speed, it is slowly and steadily heading in the right direction. The U.S. government told us that the recession ended almost two years ago, technically a true statement but many economists point to October 8, 2010 as the start of the real economic recovery. That was the day the yield on the 10-year U.S. Treasury bond bottomed out, which signals the market believed the economy was starting to get back on the right track. Since then retail sales have improved, consumer confidence has improved and the job market has improved. Texas was named America's Top State for Business in 2010 by CNBC. Site Selection Magazine ranked D/FW as the third Most-Active Market for Corporate Relocations and Expansions in America. And D/FW continues to be the Fastest Growing Metro Area in the U.S., reported CNNMoney.com. Our future in North Texas is definitely looking brighter. So the natural question most of us have is, "When will the housing market improve?" The good news is 2010 home prices turned

Metroplex. Research by Texas A&M Real Estate Center found that homes sold by "typical" or "non-distressed" owners in 2010 were 1.2 percent higher on a per square foot basis,



than in 2009. The Real Estate Center noted that an important factor to maximize home price in the current market is seller patience and pricing the home competitively. Another factor to keep in mind is that real estate is a local business. Accordingly to the Multiple Listing Service, 12 homes in Lake Forest were sold in 2009 and 13 were sold in 2010. And activity has picked up considerably in 2011. We are blessed to be living in a very desirable community with an excellent location within one of the strongest economies in the nation. This has always contributed to the value of our homes.

Margot Tschantz a resident of Lake Forest and Vice President of Virginia Cook Realtors.

New Residents

Bob Anderson and Barbara Varel
11817 Brookhill Lane

Jamie and Bob Cornelius
12028 Edgestone Road

Linda and Doc Cornutt
12123 Lueders Lane

Gina and Douglas Jones
6919 Preston Glen Drive

Terry and Brian Schiff
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Pet Care 911

By Lisa O'Donnell and Gaby Flatt

The recent snow has made our neighborhood look like a winter wonderland. However, lots of ice and snow also bring sand and salt, which may still linger on the streets, sidewalks, and walkways. So please take a few minutes to wipe your pet's paws after walking around the neighborhood. Another winter hazard is antifreeze. Pets love the taste of this lethal chemical, which is deadly if ingested. It only takes a second for your pet to cruise through your garage and sample any drips or spills, so look beneath your cars for leaks that may have developed since your last car service.

As spring draws near, many of us are planning garden projects and there is quite a bit of vegetation that is poisonous to cats and dogs. You can check out <http://www.aspca.org/pet-care/poison-control/> for more information about toxic and non-toxic plants as you develop your landscaping plans. If you find your pet needs emergency care when your veterinary clinic is not open, here are several nearby Emergency Animal Clinics that are open during the night and on weekends:

Dallas - 12101 Greenville Avenue, Suite 118 (LBJ and Greenville Avenue) (972) 994 -9110

Richardson - 401 W. President Bush Turnpike, Suite 113 (972) 479-9110

Uptown Dallas - 3337 N. Fitzhugh (214) 520-8388

Operation Kindness also has tips on pet safety at <http://www.operationkindness.org/tips/index.php>. While visiting their website, check out ways to get involved, donate and of course adopt. Operation Kindness also has several great events coming up this spring starting on February 26th with the Doggie Wash Fundraiser, the Mardi Gras Pooch Party on March 5th and the Meow Mixer on March 24th. In addition, they have great information on their website about becoming a pet foster parent. Open Your Home and Your Heart to an Animal in Need. The rewards are priceless!



The May issue of the Swan will feature a listing of Lake Forest Residents' websites, personal and business, and a listing of resident bloggers' sites. Please submit your URLs to d53co@aol.com.



Lake Forest Book Club

By Bobette Dunn

Here's a question for you . . .

What do the following have in common?

An Irish farmer; Cleopatra; a Mennonite; a mother of five in Baltimore with cervical cancer; a glassblower in Murano; eleven childhood friends in Ames, Iowa; and a Nigerian teenager.



Still trying to figure this out? Here's the answer!

They are the protagonists of books on the Lake Forest Book Club reading list for 2011.

We invite you to join us at 7:00 pm on the 3rd Wednesday of each month for casual snacks, enjoyable conversation, and lively discussions of these books and more. The 2011 line-up includes a biography, a memoir, historical fiction, non-fiction, and even a legal thriller by a local author. Mark your calendar for the coming months of spring

- ✓ March 16th Karen Harrington, author of *JANEOLGY*, will speak to us about her debut novel that involves a husband's grievous struggle to deal with an unthinkable murder committed by his wife.
- ✓ April 20th Delving into history, we will explore the life of *CLEOPATRA*.
- ✓ May 18th We will gather around the Lake Forest pool for drinks, dinner, and a light-hearted discussion of *THE NECKLACE*, the story of 13 women who collectively purchase a diamond necklace and then share its ownership and wearing time.



Join us on our book journeys! For information, please contact Bobette Dunn at bdunn@act-dallas.com to get on the email list.

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