



Heritage Lakes Herald



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Heritage Lakes Community

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www.heritagelakes-hoa.org

Volume 4, Issue 6

June 2004

June Brings Summer Fun To Heritage Lakes!



Don't miss the monthly TGIF party on Friday, June 4th at 6:30. Residents are asked to bring an appetizer to share and BYOB. We will be hosting the Newcomers Welcome Hour this month before the TGIF party, so come ready to meet your new neighbors. We hope that you will swing by the Clubhouse and attend this gathering. This is a chance to meet neighbors as well as make new friends in the community. The Newcomers Welcome Hour will be Friday, June 4th at 6:00, with TGIF following from 6:30-10:00. We look forward to seeing you there! Please check the calendar for more fun events for the month of June!

TGIF Reminders:

All children attending TGIF are asked to remain in the Craft room or Ballroom TV area with a parent or babysitter. Babysitting is available in the craft room for a small fee per child. If you are planning on bringing your children to TGIF, please be prepared to stay with them at all times or use the babysitter services available.

Absolutely NO running, screaming, sliding, or horseplay is allowed in the clubhouse at anytime. Parents are asked to monitor their children to make sure this rule is observed.

Everyone is asked to help keep the clubhouse clean by cleaning up after themselves during TGIF and all Heritage Lakes events. Please seek assistance from clubhouse staff for help with all kitchen appliances. Thanks so much for your cooperation! We'll see you at TGIF!

Heritage Lakes Town Hall Meeting Announcement

The Town Hall Meeting is scheduled for Wednesday, June 16th, 2004 and will be held in the clubhouse at 7:00 pm. All residents are encouraged to attend.

July 4th Party

Join us for the 2004

Heritage Lakes July 4th Party!

Look for more details soon!



Volunteers are needed to help plan one of the biggest events at Heritage Lakes, the July 4th Party!

Contact the clubhouse as soon as possible, if you would like to be on this committee.

We want to make this a great 4th of July for everyone!



Yard of the Month for June
Congratulations to the

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Community News



Heritage Lakes Community Household Sale Saturday, June 5, 2004 8am-12 noon (Gates Open)

The rainy weather in May was the cause for the rescheduling of the community garage sale. This is a great opportunity to make some extra money from your "gently used" things. We are advertising in 15 local papers, so expect a crowd of eager shoppers. If you would like to participate, please come by the clubhouse and pick up your balloon to tape on your nail box, so everyone will know which garages have items for



Heritage Lakes Book Club Off To A Great Start

By Resident Angela Patterson

May's Book Club meeting was great fun and we're excited to have new members. New members are still welcome to join. If you would like to attend, please contact me at angelaMpatterson@aol.com or call 972-625-3102.

Book Club meetings will typically be the first Wednesday of each month. However, due to some conflicts, the June meeting will be Tuesday, June 1 at Lisa Kuers' home, 4244 Victory Drive. The June Book Club selection is "Angry Wives Eating Bon Bons" by Lorna Landvik. Appetizers and desserts will be served. Please bring your favorite beverage. Lisa can be reached at 972-668-4252 if you have any questions.

July's selection is "Gone For Good" by Harlan Coben. Laura Narzem and Barbie Chandler will be the cohosts for the July 7 event. The Book Club will be at Laura's, 4171 Constitution Drive.

Due to summer vacations and back-to-school time, we will not have a meeting in August. August will be reserved for "catch-up" time. If you missed reading the first three books, be sure to read them in August so we can compare notes in the future.

The next meeting will be Wednesday, September 1. We are looking for co-hosts for this month as well as October and November. At the next meeting, we can discuss a December date or if it should be postponed due to the holiday season.

GARDENING TIPS

By Resident Kathy Dorough



Caring for Your Container Plants

At this time of year, the summer heat begins to stress most plants in containers. There are two things you can do to help your container plants survive over the next few months, in fact, following these two tips will drastically improve your flowering display.

The first is to watch your watering. It is recommended watering a container plant only when it needs it and every container (pots or baskets) out there will be on a different schedule because of its location or its contents. The rule of thumb is to thoroughly soak the container when you water so that at least 20 per cent of the water flows through the container and out the bottom. That's every time you water. Then, don't water again until the pot needs it. The plant will need water when the pot or hanging basket soil is dry to the touch or is lighter in weight. If the soil is damp, it doesn't need water. If the soil is dry, water until twenty per cent of the water has poured out the bottom of the container.

The second tip is just as important to the continued blossoming of the hanging basket or pot. You only have to fertilize your plants if you want growth, flowers or fruit. If you want none of these, forget the feeding. By watering the hanging basket in the proper manner, you will be forcing water and soluble nutrients out the bottom of the pot at every watering. If you don't replace these nutrients, the available food in the pot will very quickly disappear, leaving your plants to elongate, grow pale and stop blooming. In short, without feeding, a container plant starts to look pretty sad by the end of July. It is really simple to feed a container plant. Get some house plant food, the water soluble blue stuff, and apply it at least once a week. If you use a balanced fertilizer where all three numbers are the same, your plants will respond very quickly to this program. It doesn't really matter which brand you use (they're all pretty much the same) just so long as you feed your plants on a regular basis. If you feed them and water them regularly when they need it, your container grown plants will provide you with blossoms for the remainder of the summer.

Look for more gardening tips from Kathy next month and send your tips to Kathy@dorought@advantexmail.net.

Heritage Lakes June/July 2004

Event Calendar-At-A-Glance

Below is a list of monthly events tentatively scheduled for June-July 2004. Please review the list of events and choose one or more that you would like to help out with. We need chairpersons and volunteers for these events, as well as volunteers to help during monthly events like TGIF, crafts, bingo, and movie nights. Block Captains and Newsletter contributors are needed to help keep the community informed about events and activities. These activities require little work and can be very rewarding. Ask a neighbor to help and get involved.

Your community needs you!

Please contact the clubhouse at 972-668-2929 or by email at clubhouse@heritageclubhouse.com if you can help out.

Event	Month
June TGIF/ Newcomers Welcome	June 4
Town Hall Meeting	June 16
July 4th Party	July 4

KUDOS Corner

Please Watch Your Speed



To ensure the safety of everyone, please watch your speed as you drive through the community. Also, please remember to stop at all stop signs.

HELP WANTED



My name is Higgins. I am a Cavalier King Charles Spaniel. My mom is looking for a place for me to hang my leash for two weeks in July. I like to play frisbee, take walks and snuggle. Please call Marcia Blagdon at 972-668-2553.

Send messages to your family.
Just email us at clubhouse@heritageclubhouse.com



A New Heritage Lakes Baby to celebrate!

Bryan and Mysti Hale are pleased to announce the adoption of their son- Sebastian Illya from Polysaev, Russia in the Kemerovo Region of Siberia.

Sebastian was born on July 30, 2003.

Congratulations to Bryan and Mysti!

Recipe of the Month Submitted by Resident Nelda walker Mini Drumsticks (Nelda's Chicken n Beer)



A great appetizer for your next party!

36 chicken wings or drumettes	1/2 cup soy sauce
1 cup pineapple juice	1 clove garlic mashed
2 tablespoons minced onion	1 teaspoon ground ginger
1/4 cup packed brown sugar	1 cup beer
1/4 cup butter or oil.	

Combine soy sauce, pineapple juice, garlic, onion, ginger, brown sugar, beer. Stir until sugar is dissolved.

Place chicken pieces in a large bowl & pour the marinade over all, making sure to coat all pieces well. Cover and marinate for 1 hour.

Drain & reserve marinade. Heat butter in a skillet, brown chicken pieces on all sides over medium heat. Add 1/4 cup of reserved marinade to pan and cover; reduce heat and simmer 15 to 20 minute or until done. Stir occasionally during cooking and add more marinade if necessary to keep pieces moist.

Roll in sesame seeds and brown in oven.
serves 8-12

If you would like to submit a great recipe for publication please send it to Angela Patterson at AngelaMpatterson@aol.com

Automotive News

By Resident Scott Stepien

Hello neighbors. I'm back again to field your questions about any facet of the automotive arena, be it repair, sales, finance, or leasing. So don't forget to contact me with your automotive questions.

The smallest engine available in a 1966 Pontiac GTO was larger than the one found in today's Dodge HEMI pick up truck or the current Hummer H2. Transmission choices were three and four speed manuals or a three speed automatic. Ethyl gasoline was less than \$.50 per gallon.

Car makers today are building more complex transmissions to extract additional power and economy from today's "small" engines. Four speed overdrive automatics with a lock up torque converter are the norm. Many five speed automatics are showing up on passenger cars. General Motors has teamed with Ford to develop a six speed automatic. Several Japanese, as well as Saturn offer a continuously variable transmission with no hard gear changes. A steal belt is positioned between two pulleys that vary their width to multiply torque.

A few of our cars have a drain plug on the transmission oil pan to facilitate changing the transmission fluid. Most vehicles require removing this pan for the drainage; this allows changing the transmission oil filter. Although better, removing the pan does not afford access to the majority of fluid left in the torque converter. A power flush hooked to the lines accomplishes this. Check your owner's manual before servicing or adding to your transmission fluid. Almost all transmissions are fluid specific.

Email your automotive questions to Scott Stepien at char@advantexmail.net.

Tips & Tidbits



Health & Fitness

Courtesy of WebMD.com



Moderate exercise provides much of the health benefits of more intensive exercise but with a lower risk of injury or sudden cardiac death during exercise. The greatest reduction in premature death is between those who walk and those who are sedentary. Walking is the preferred form of exercise, 30 minutes per day or one hour three times per week at 50% to 80% of their maximum heart rate. From a fitness standpoint, more is better, but only if you do it on a regular basis. What gets people in trouble is when they are weekend warriors -- being sedentary six days a week and exercising intensively (e.g. shoveling snow, playing basketball) on the seventh.

Tips - Simple Choices, Powerful Changes

Do what you like. Do you prefer to be inside or outside? By yourself or with others? Be creative. Is there a walking group in your community or at a club, a mall, or a rec center? Put on a favorite CD while doing household cleaning to start tapping your feet and moving your body with more vitality; make it fun. While you take the kids to a lesson at their dance studio or skating rink, take a walk or a lesson yourself.

Set a routine. Pick a time that works for you to exercise, then make it a habit, like brushing your teeth.

Find a reason to walk or exercise. If you work at a computer, step up and out of your station every hour. Even a few minutes here and there add up, so if you walk to the water cooler and up and down a flight of stairs once, you are burning calories that can shed a pound or two of fat over time. Participating in charity fund-raising walks with friends is a fun way to share time while contributing to a benefit.

Build in Rewards. You are much more likely to stick to an exercise routine if you find something that makes you look forward to your workout. Many gyms have televisions where you can watch favorite sitcoms, get the daily news, or catch sports highlights. Bring your Walkman and listen to favorite music, audio books, or anything that will give an inspirational or devotional tone to your exercise routine.

Protect Yourself from the Sun

Courtesy of www.aad.org



- Apply a broad-spectrum sunscreen with a Sun Protection Factor (SPF) of at least 15.
- Reapply sunscreen every 2 hours when outdoors, even on cloudy days.
- Wear protective, tightly woven clothing, such as a long-sleeved shirt and pants.
- Wear a wide-brimmed hat and sunglasses when outdoors.
- Stay in the shade whenever possible.
- Avoid reflective surfaces, which can reflect up to 85 percent of the sun's damaging rays.
- Protect children. Minimize sun exposure and apply sunscreen to children aged 6 months and older.
- No shadow...seek the shade! If your shadow is shorter than you are, you're likely to sunburn.
- Avoid tanning beds.

The sun's rays are strongest between 10 a.m. and 4 p.m.

Visit www.aad.org, American Academy of Dermatology for more information on sun protection.

Co-Serv Contact Information

Please contact Shirley Ashford with Co-Serv at sashford@oserv.com to report any problems with community street lights. SBB Management is working to get the lights repaired, but homeowners are also asked to call to report problems with streetlights.



Thanks for your cooperation.

Banishing Summer Boredom

Here are a couple ideas to help keep your child busy during those lazy days of summer:

I'm a Landscape Artist

Help your child to plan and create a garden that's all his own. Begin on a very small scale. You'll both be very surprised how many plants can happily coexist together in a small space. Invest in a set of child-sized gardening tools and gloves. You might want to check out a couple of books from the library to learn how to properly care for your garden.

I'm a Photographer

Buy your child a disposable camera, and a small photo album at the start of the summer. Allow him to capture his favorite summer memories on film. You might also like to encourage your child to record their vacation on film. Why not try a disposable underwater camera. Kids love to take underwater pictures.

For more, visit ivillage.com.

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Heritage Lakes Community

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Heritage Lakes Herald

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Emergency Cell Phone: 214-448-6130

Clubhouse Staff:

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Activities Director
972-668-2929 Fax: 972-668-2931
Swandala Jones-Newsletter

Special Thanks to our Advertisers and Contributors: Angela Patterson, Nelda Walker, Scott Stepien, and Kathy Dorrough

Clubhouse Hours:

Monday, Closed Tuesday & Thursday, 10-9 Closed from 1-2
Wednesday, 10-7 Closed from 1-2
Friday, 10-9 Closed from 1-2
Saturday, 10-7 Closed from 1-2
Sunday, 10-6

Celebrate Dad On



Homeowner Delegates:

Don Ashberry 972-668-0944
Dashberry@FirstFitness.com
Barbie Chandler 972-668-6164
barbie@mmlp.net
Nelda Walker 972-668-3476
neldawalker@hotmail.com
Doug Patterson 972-625-3102
dougpatersonHL@aol.com

COMMUNITY BABYSITTER LIST

If you are looking for a babysitter, we have a few right here in our community. Here are the names and phone numbers of some of our neighborhood babysitters:

Megan Neagle
469-633-0712
Stacy Stepien
214-618-0598
Aubrey Smolik
972-668-4430

Megan Abernathy
972-668-3476
Shada Chatrehee
972-668-3136
Katie Elliot
972-668-3646
Maeghan Frank
972-668-3228

If you would like to be included on the list or have questions, please contact us at 972.668.2929.