



The Heritage Lakes Herald

SPORTS | TOTS, TYKES & TEENS | NEIGHBORHOOD NEWS | ENTERTAINMENT | HEALTH & NUTRITION | SUMMER POOL ALERT



The Pool Committee Needs YOU!

We have a beautiful water park area that requires a huge volunteer effort to keep things running smooth. Jump in and volunteer today! E-mail: pool@heritagelakes.org



Current Weather

02/11/2007

Frisco



44 °F

© accuweather.com

COMMUNITY

a group of people living in the same locality." It also means: "sharing, participation, and fellowship."

Heritage Lakes Website & Newsletter by Barbie Chandler

The Communications Committee, led by Co-Chairs Shana Kennedy - website design – and Richelle Owens - newsletter editor - have done a tremendous job of improving our website and the Heritage Lakes Herald newsletter.

The new website is now filled with information for residents. Future enhancements to the site include club pages, advertisements, and community information. The new Heritage Lakes Herald newsletter features a standard format, tips for better living and information about residents. Look for the newsletter to continue to improve as interactive calendars, advertising, and a web-driven format are included.

For nearly a year, the Communications Committee has been working on ways to improve these tools and enhance your experience. Be sure to thank the committee volunteers for the months of planning. They are web designer Shana Kennedy; newsletter editor Richelle Owens; layout artist Alvin Huerta; and writers Carol Carr, Barbie Chandler, Christine Jones, Jessica Meyer, Pete Scepien, and Bob Smolik.

Visit the website often and we welcome your feedback via e-mail at feedback@heritagelakes-hoa.org so we can make the newsletter and website useful tools. If you're interested in joining the Communications Committee, please email the co-chairs at editor@heritage-lakes.org or webmaster@heritage-lakes.org.

Please register to be included in the Homeowners Directory so you don't miss out on any important resident information and community updates. You'll also be able to gain access to the password protected area of the website to share information about you, your family and your business.

The newsletter and website are made possible by volunteers. Be sure to thank them for the long hours they've spent to provide us these tools.

MESSAGE FROM THE BOARD: The Meaning of Community

by Barbie Chandler, HOA President

What is a community? According to www.dictionary.com, it is: a group of people living in the same locality." It also means: "sharing, participation, and fellowship."

What makes Heritage Lakes a great community? Could it be the homes, lakes, the lazy river, or the golf course? Of course these are all important and make Heritage Lakes a great place to live, but the most important aspect of community is the people. When people get involved, get to know each other, and contribute their ideas and suggestions for improving the community, then the community is strong and vibrant – a better place to live.

Heritage Lakes is a community of 596 homes which represents over 1,000 people. Coordinating all of the social events and making improvements in the community takes a lot of people. The community needs

Star Spangled Splash

July 4, 2006 starts at 11:00 a.m.

Event is free for residents, \$3 for Guests

sponsored by **Capital One**

Sign up today and compete for prizes.

Call 972.668.2929, for details and to sign up!

News

AP News Alert

Iran's top nuclear negotiator says Tehran's nuclear program is no threat to Israel. [more](#)

Tsunami Aims at Philippines After Quake

A powerful quake struck off southwestern Taiwan on Tuesday, triggering a potentially

destructive tsunami that was headed toward the Philippines on the second anniversary of the deadly waves that killed thousands in south Asia. [more](#)

Stores Counting on Post-Holiday Shopping



© The Associated Press

The nation's retailers ushered in the post-Christmas shopping season on Tuesday by

slashing prices even more on holiday items and stocking up on fresh merchandise. [more](#)

Nigerian Pipeline Explosion Kills 200

At least 200 people were killed Tuesday when a gasoline pipeline exploded in Nigeria's biggest city of Lagos, a Red Cross official said. The death toll was expected to rise. [more](#)

Schwarzenegger to Have Surgery on Leg



© The Associated Press

Gov. Arnold Schwarzenegger will need crutches, screws to secure his thigh bone and several

weeks of recovery after undergoing surgery on his broken leg, his surgeon said. [more](#)



YOUR NEIGHBORS ARE SPEAKING OUT... ANTI-DOG POOP CAMPAIGN BEGINS

So your dog accidentally goes in your neighbor's yard... they won't notice? OR will they?

Residents of all ages, including small children, accidentally stumble upon your dog's mess. Your help in alleviating this growing problem is greatly appreciated by all. Thank You!

HERITAGE LAKES STAFF & WRITERS

Editor - *Richelle Owens*

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Contributors - *Dudley Wilson, Fran Wilson*

Web Design/Development - *Shana Kennedy*

We welcome your feedback via e-mail at feedback@heritagelakes-hoa.org

This newsletter is brought to you by the volunteer efforts of The Heritage Lakes Communications Committee. We are always looking for writers. Volunteer your thoughts and talents with us. E-mail Richelle Owens with your interest.

you. Typically, volunteers spend a few hours each month – or several hours per quarter – planning events.

If you're looking for ways to get involved in the community, why not come by the next social event? Or attend the next Town Hall and voice your suggestions and concerns. Log on to the website to stay up-to-date on what's happening in the neighborhood. And, most importantly, volunteer your time to make sure all of these features and services are available regularly to others.

Don't you love to attend wonderful events, read a great newsletter, log on to a website that contains relevant information, or spend a lazy afternoon sitting by the beautiful pool? All of these activities need volunteers to make sure they continue to be offered regularly and stay in the best condition so that the community and your home maintain their value.

Currently, the five-member Board of Directors and the various committees each have limited numbers of volunteers. Just 30 people volunteer to provide services and organize events for more than 1,000 residents. We invite you to join the Communications, Safety, Pool, or Social Committees. If you'd like to volunteer on a committee, send an email to hoapresident@heritagelakes-hoa.org with your interests and contact information.



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Golf

Webb Wins 6th Masters Title at ANZ

Karrie Webb shot a 4-under-par 68 Sunday for a two-stroke victory at the ANZ Australian Ladies Masters and her second straight tournament win. [more](#)

Mickelson, Sutherland Share Pebble Lead

The conditions were the toughest Phil Mickelson has faced in eight months, a day of survival when it was important to keep the ball in play and keep big numbers off the scorecard. [more](#)

Haas Shoots 65 for Share of Allianz Lead

Champions Tour player of the year Jay Haas shot a 7-under 65 on Saturday for a share of the second-round lead in the Allianz Championship with first-round leader Craig Stadler and England's Mark James. [more](#)

Gonzalez, Higley Lead at Malaysian Open

Argentina's Ricardo Gonzalez fired a 3-under 69 and Englishman Marcus Higley shot a 70 Saturday to share the lead heading in to the final round of the Malaysian Open. [more](#)

Tiger Woods to Skip Nissan Open

Tiger Woods didn't enter the Nissan Open at Riviera next week, putting on hold his seven-tournament winning streak on the PGA Tour until the Accenture Match Play Championship in Arizona. [more](#)

New Fence Extends Life of Putting Green by Bob Smolik

Have you noticed the fence that was installed next to the large playground, around the practice putting green? Many residents have responded positively about the appearance of the fence. The fence was installed to protect the green from heavy traffic and to help reduce it being used as a playground. Greens can be expensive to maintain, especially when traffic is heavy. The golf course is a valuable community amenity and the committee needs your help to keep traffic to golf activities.

Golfer's Tip: Golf is a great sport but it can be dangerous. Golf balls travel at high speeds and can cause damage to homes, cars, and people. Now that school is out and fishers are out at the lakes, please take caution prior to hitting the ball to see who and what is in front of you. There is a rule in golf: Golfer's are responsible for damages caused by their ball of play.

Frisco Roughriders Quick Hits:

- Frisco's longest winning streak on the season is 5 games
- Casey Benjamin's 5-hit game was the first of 2006 and the fourth all-time for the RoughRiders
- Anthony Webster has 2006 1st and 2nd longest hitting streak, at 10-games and 14-games (current)
- The RoughRiders led all of Double-A teams in attendance for the month of April with an average of 8,021

July Home Games for the Frisco Roughriders

07/01/2006 07:00 PM San Antonio Missions
 07/02/2006 07:00 PM San Antonio Missions
 07/03/2006 07:00 PM San Antonio Missions
 07/04/2006 07:00 PM San Antonio Missions
 07/10/2006 07:00 PM Tulsa Drillers
 07/11/2006 07:00 PM Tulsa Drillers
 07/12/2006 07:00 PM Tulsa Drillers
 07/13/2006 07:00 PM Tulsa Drillers
 07/14/2006 07:00 PM Wichita Wranglers
 07/15/2006 07:00 PM Wichita Wranglers
 07/16/2006 06:00 PM Wichita Wranglers
 07/27/2006 07:00 PM Corpus Christi Hooks
 07/28/2006 07:00 PM Corpus Christi Hooks
 07/29/2006 07:00 PM Corpus Christi Hooks
 07/30/2006 06:00 PM Corpus Christi Hooks
 07/31/2006 07:00 PM Corpus Christi Hooks

Baseball

Williams Won't Accept Minor League Deal

Bernie Williams plans to decline the New York Yankees' offer to attend spring training on a minor league contract, the outfielder told reporters Friday night before playing guitar at a benefit concert. [more](#)

Nitkowski's Japanese Journey Begins

After 12 spring trainings in major league baseball with seven different teams, I would have felt confident saying that I have seen all spring training could possibly have to offer. That was, of course, before I began my 13th spring training in professional baseball with the Fukuoka SoftBank Hawks of the Pacific League in Japan. [more](#)

It's Time for Pitchers and Catchers

Detroit pitchers will try to get those infield throws down, Dice-K will make the transition to American-style baseball and Barry Zito will start justifying the \$126 million that's become attached to his name. [more](#)

John Smoltz Getting Divorce

Braves pitcher John Smoltz is getting a divorce. The agency that represents Smoltz, Career Sports & Entertainment, said Friday that the pitcher and his wife, Dyan, had mutually agreed to split after some 16 years of marriage. [more](#)

Iwamura Eager to Get Started With D-Rays

Akinori Iwamura stepped up to the podium, took a deep breath and smiled. The last time the five-time Japanese League All-Star remembered feeling so nervous, his country was facing the United States on the way to



winning the inaugural World
Baseball Classic last winter.
[more](#)



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for details and to sign
up!



Fitness Guide for Kids

The percentage of children who are overweight has more than doubled over the past 30 years. Although many factors are contributing to this epidemic, kids are becoming more sedentary. In other words, they're sitting around a lot more than they used to.

According to the American Academy of Pediatrics (AAP), the average child is watching about three hours of television a day! Combine that with

“other” media such as video games and computers, and the average kid spends 5-1/2 hours on all media combined, according to the Kaiser Family Foundation.

Here are some guidelines for getting your child the exercise they need to stay healthy. The National Association for Sport and Physical Education recommend the following activity:

Age Minimum Daily Activity Comments

- Infant: No specific requirements Physical activity should encourage motor development
- Toddler: 1 1/2 hours 30 minutes planned physical activity and 60 minutes unstructured physical activity (also called “free play”)
- Preschooler: 2 hours 60 minutes planned physical activity AND 60 minutes unstructured physical activity (free play)
- School Age: 2 hours or more Break up into bouts of 15 minutes or more



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Vacation Checklist for Your Home

by Jessica Meyer

Summertime is here and families are taking vacation. You've packed your bags and are ready to go. Before you go, here are some tips to help keep your most precious investment safe and secure while you're out of town.

Neighbors

- Tell your neighbors that you will be away and for how long.
- Leave a copy of your key with a neighbor. You may want to request an occasional house check.
- Leave a phone number where you can be reached in case of an emergency.

Pets

- Make arrangements for the care of your pets. If boarding, be sure your pets have any necessary shots/vaccinations.

Lawn/Garden

- Arrange to have lawns cut while you are away.
- Put hanging baskets and plants in pots in a shaded area to minimize need of water

Mail/Newspapers

- Temporarily discontinue newspaper delivery.
- Ask the post office to hold your mail. Log on to www.usps.com.
- Arrange with a neighbor to pick up any flyers and advertisements that are delivered to your door.
- Cancel all deliveries during the time of your absence.

Around the House...



All you over 50's come join the fun. Let's get together for a spell! Event is BYOB and an appetizer to share

RSVP requested by July 19th, So we can plan for table set up
RSVP to the Clubhouse 972-668-2929
Or email at clubhouse@heritageclubhouse.com



Keeping Your Car Cool During the Heat

by Pete Sceprien

As the summer heat continues to make temperatures rise, air conditioning and keeping cool are foremost on our minds. Because the condenser for our car's air conditioner sits in front of the radiator, leaves, cottonwood seeds and other debris are caught in a place we seldom see. This can cause overheating and poor cooling inside our vehicle. Compressed air or even a garden hose can help this condition.

The evaporator core for the air conditioner is usually mounted above the passenger's feet. Water condenses here and must be drained. If the drain hose outside the firewall is blocked or just stuck shut, our front seat guests either receive unwanted dripping or a musty odor is present in the vehicle.

CALENDAR

July 3, 2006
Independence Day Decorating, Contact Fran Wilson to help 214-563-4226

July 4, 2006
Star Spangled Splash Party
9:00 am - 4:00 pm

11am - Kick off festivities
Best Dressed Dog Contest
11:30 - Parade of Bikes & Strollers
11:30 - Lunch is served
2 pm

July 21, 2006
Over 50's Game Night Party Contact Diane Rogers to participate 972-625-1559

July 25, 2006
Over 40's Bunco 6:00 - 9:00 pm Contact Darlene Yoquelet 214-618-6282 to participate

214-618-6282 10
participate

Every Wednesday

Bible Study at
Randy Valtierra's call
214-618-5280 to join

August 2006

Wednesday, August 2

Kindergarten Ice Cream
Social
5:30 - 6:30 PM

Saturday, August 12

Back to School Party
3 - 5 pm

To volunteer for the
above events, contact
972-668-2929. We would
love your help!

- Disconnect TVs and stereo equipment.
- Lights - Install a timer to operate lights for several hours each evening.
- Windows - Do not pull all your curtains closed or leave them all open. This is obvious evidence of an unoccupied residence.
- Lock all windows.
- Kitchen - See that all burners on the kitchen range are turned off.
- Disconnect small appliances (e.g., toaster, mixer, coffee maker).
- Garage - If you're leaving a car in the garage, lock it

Check this section next month for more tips on keeping your car cool during the summer heat

Writers Needed

We are in need
of writers in a
variety of
areas
including
sports,
nutrition,
entertainment,
children, and so
much more!

Share your
talents with us...



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**PIRATES OF THE CARIBBEAN:
Dead Man's Chest**
Coming out: July 7
Rating: PG-13

Plot Summary: Johnny Depp, Orlando Bloom and Keira Knightley reunite in Walt Disney Pictures', in association with Jerry Bruckheimer Films, "Pirates of the Caribbean: Dead Man's Chest," an all new epic tale chronicling the further mis-adventures of Captain Jack Sparrow.



YOU, ME AND DUPREE
Coming out: July 14
Rating: not available

Plot Summary: Carl and Molly Peterson (Matt Dillon and Kate Hudson) are just starting their new life together-complete with a cute house, boring neighbors, stable jobs and the routines of newlywed existence. There's just one unfortunate hitch in their perfectly constructed new world...



THE ANT BULLY
Coming out: July 28
Rating: PG

Plot Summary: From Academy Award nominated filmmaker John A. Davis ("Jimmy Neutron: Boy Genius") and producers Tom Hanks and Gary Goetzman ("The Polar Express"), "The Ant Bully" tells a witty and heartwarming story about a 10-year-old boy who embarks on a remarkable journey. New in town, friendless and tormented by a neighborhood bully, young Lucas Nickle has been taking out his frustration on the innocent ant hill in his yard. But one day the ants retaliate. Using a magic potion, they shrink Lucas down to ant size and sentence him to live like an ant in their colony. In this strange new world Lucas will learn important lessons about friendship, get a whole new perspective on life and ultimately find the courage to stand up for himself.

**KIDS
CHOICE
for
July**

Entertainment

- [Anna Nicole Smith Fans Mourn on Internet](#)
- [Sleek, Polished Clothes to Dominate Fall](#)
- [Zsa Zsa's Husband: I Might Be Baby's Dad](#)
- [Hollywood Stars Get Facelift for Oscars](#)
- [Blind Photographers Show Work in Israel](#)

Start the Puzzle of the Month

High Tech

- [Lawmakers Hold 'Tele-Town Hall Meetings'](#)
- [Japan Uses Satellites to Track Disasters](#)
- [MIT Team Details Optics-On-A-Chip Device](#)
- [Militant Islamic Groups Turn to YouTube](#)
- [Blogs Transform Mideast Social Dialogue](#)



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Health & Medical

HIV Spreading Rapidly in Malaysia

The number of HIV infections in Malaysia could surge by more than fourfold to 300,000 by 2015 as the virus spreads rapidly from high-risk groups to the general public, a senior health official warned Sunday. [more](#)

Portugal Mulls Liberalizing Abortion Law

Bishop Antonio Montes Moreira compares abortion to the hanging of Saddam Hussein. Meanwhile, parish priest Tarsicio Alves warns worshippers they'll be automatically excommunicated if they vote "yes" in a referendum Sunday. [more](#)

Bird Flu Reported in Pakistan Capital

The deadly H5N1 strain of bird flu has been confirmed at a home in the Pakistani capital, the third such case in about a week. But the virus has not affected any one in the country, an official said Saturday. [more](#)

S.Korea Kills Birds After Flu Outbreak

South Korean quarantine officials began slaughtering hundreds of thousands of poultry after a fresh outbreak of bird flu in a province near the South Korean capital, the Agriculture Ministry said Saturday. [more](#)

Medicaid Cuts Could Affect Students

Democrats have made it clear: They don't support recommendations from President Bush that would shave an estimated \$77 billion from government health programs for seniors and the poor. But Bush doesn't need lawmakers' support for some of the changes that he wants to make to Medicare and Medicaid. He could get about \$23 billion in savings over the next five years by issuing new federal regulations. [more](#)



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Travel Destinations



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STAYING IN THE KNOW WITH OUR POOL RULES

Pool Wise: Swim and Play Safely This Summer!

by Darlene Yoquelet and Dudley Wilson

Fun and safety go hand-in-hand, so it's important to "stay in the know" to make your experience at the pool fun and enjoyable. Here are a few of important facts to keep you pool wise.

Did you know? If you observe someone violating pool rules, you should report them to the clubhouse staff or call the guard on duty at 972.668.6130. You can send an e-mail to SBB property manager, Linda Arquilla at l.arquilla@sbbmanagement.com or call her at 972.960.2800. Why? The Pool Committee is working hard to make sure that the pool area is fun, safe, and enjoyable to the entire neighborhood. We cannot only take action on factual information. Be sure to report the facts to the staff.

Did you know? The red spa button is for emergencies only, and you should not push this button to turn off spa.

Why? This shuts down the entire spa, including the maintenance filters, and results in mechanical failure that increases pool maintenance costs, and ultimately, your HOA dues.

Did you know? The following pool rules are required by the City of Frisco Health Ordinance and must be followed:

- No pets are allowed in Upper Pool, Lazy River, Spas or surrounding gated pool area.
- Absolutely no food, bottles or drinks are allowed in the pools or spas.

Why? The City of Frisco can close the pool for two weeks if the above two rules are violated.

Did you know? No glass containers are allowed in pools or spas or fenced in areas.

Why? If glass breaks, children (as well as adults) can injure themselves stepping on broken glass.

Did you know? No one is permitted to climb on or jump from the rocks, fences or bridges.

Why? The pools are very shallow and are not constructed for diving. This is extremely unsafe.

Did you know? Smoking is prohibited in the fenced-in areas of the upper pool, lazy river and spa

Why? There are many children and non-smokers that use the pool. This rule is for their comfort and pleasure. If you smoke, please be mindful of your fellow residents and leave the fenced area to do so.

Did you know? You are responsible for your guests when they are using the pool.

Why? Heritage Lakes pools and amenities are owned by the HOA (you!). If you have guests that are not following the rules, you should handle the situation yourself and save your neighbors the inconvenience. Additionally, you are responsible for damages caused by your guests.

Did you know? You are allowed up to six guests per home in the pool area.

Why? Because you should have fun in your pool! This limit helps make sure that your neighbors, who also own the pool, can enjoy it as well.

Did you know? The pool rules are available on the website and copies are available at the Clubhouse.

Why? So you'll know!

The pool committee comprised of five residents and a board liaison represent you on issues pertaining to the pool, spas and lazy river. The committee works to keep the pool visually appealing and safe for residents of all ages to swim, play, relax and socialize. While you are at the pool this summer, respect others and think safety. You can swim safe and play safe! To join the committee, contact [Roberta Bohnet](#), Board liaison to the committee.