



# In The News

*Enchanted Lake Estates Newsletter*

WWW.ELEHOA.COM

April 2012

**2011-2012**

## ***Board of Directors***

President

*Guy Donaldson*

Vice President

*Cathy Nordman*

Secretary

*Mary Alice Holloway*

Treasurer

*Andy Cox*

Pool

*John Nohinek*

Architecture

*Bill Maize*

Social

*Bill Zacharias*

Tennis

*Gene Gehring*

Grounds

*Dianne del Cid*

Communications

*Emily Swanson*

## From the President

### Vandalism at the Pool House

A number of neighbors reported seeing graffiti spray painted on the club house on March 22. Unfortunately some thoughtless individual or individuals felt the need to express themselves in this way. I'm no expert, but while this was a thoughtless act, I don't believe it was gang related. Nonetheless, the matter was reported to the Arlington police and the graffiti was painted over within 48 hours of discovery. Many thanks to John Nohinek for quickly arranging for the painting.

Also, special thanks to Tim Kelly of Southern Painting. They took care of the painting free of charge the very next day after being contacted. The neighborhood board sincerely appreciates their effort. Please think about Southern Painting the next time you need something painted.

Guy Donaldson, Board President  
president@elehoa.com

## Architectural Guidelines

### REMINDER!

In light of recent storms, we know many of you will be receiving a new roof or repairing fences, etc. This is a reminder that "No new construction nor improvement to an existing structure may be initiated without approval of the Architectural Control Committee." (ELE Architectural Guidelines)

The complete bylaws and guidelines for architectural control can be found on our website at [www.elehoa.com/legal](http://www.elehoa.com/legal).

**You must submit an Improvement Permit Application to the Architectural Committee before you begin any new construction or repairs.** This application is found on our website at [www.elehoa.com/legal](http://www.elehoa.com/legal) or on page 33 of your directory.

If you have any questions, please contact  
Bill Maize at [architecture@elehoa.com](mailto:architecture@elehoa.com)



# Pool

Pool season is almost here! Here are a few reminders and dates to keep in mind.

## Pool Tags

2012 Pool Tag stickers are required for all residents in order to enter the pool. The Pool Tag Request Form is found in your directory on page 31. Make sure you complete the form and submit it to Julie Landry's mailbox (7008 Crater Lake) by May 1.

If you are a new resident please indicate so on the form. If you have lost your plastic pool tags, there is a \$5 replacement fee.

The stickers can be picked up at the pool clubhouse on opening day.

## Opening Day

The pool opens Friday, May 25 at 3 p.m. and regular pool hours will begin Friday, June 1. (See hours below)

## Splash Day

Saturday, May 26 from 11 a.m. to 2 p.m.

Come out and celebrate summer and have fun with your neighbors. Kids can enjoy hotdogs, chips and drinks.

## Pool Hours (Starting June 1)

Monday 11 a.m. to 4 p.m.

Tuesday-Saturday 11 a.m. to 8:30 p.m.

Sunday 1 p.m. to 8 p.m.

Adult Lap Swimming (M-F) 10:30 a.m. to 11 a.m.

Float Day (Sunday Only) 1 p.m. to 4 p.m.

Pool hours are subject to be extended and/or modified. Please see the newsletter or website for the most current pool hour posting.



## Volunteers Needed!

We are looking for some volunteers to help with the 2013 directory. If you are interested in helping, please contact Emily Swanson at [communications@elehoa.com](mailto:communications@elehoa.com) or 817-480-0462.

## Women's Club Happenings



### End of the Year Blowout! Thursday, April 19!

It's time for some pampering and partying! We will start at Labella Nail Salon for manicures or pedicures at 5:30 p.m.. (The salon has 18 pedicure chairs.) Then we will walk to Rio Mambo restaurant for dinner at 7 p.m. The shopping center is located at 6401 S. Cooper (south of I-20, between Sublett & Harris). Please contact Ellie Rexinger to make a reservation for a manicure or pedicure.

## Grounds Report

Spring is in the air and our entrance plantings are exhibiting resplendent blooms! Spring has also brought a lot of much needed rain which has prompted several cleanups of the ELE boat ramp and common ground canal.

The landscape maintenance contract is up for renewal, with several bids received to compare pricing. The board will vote on the new contract at the March board meeting, which was delayed to Spring break and storms.

In order to replace all the Photenia that died along the entrance road to Bowman Springs Park road, a new, temporary irrigation for 1-year-18 months will be necessary. The Photenia will be replaced with large Wax Myrtles. Several estimates submitted will be evaluated and voted on by the board at the next meeting. This new system will also water the Hollies that were planted last year which will allow us to disconnect and be independent from a residents' system.

More Photenia was also removed and replaced with Wax Myrtles on the west side of the tennis court. This again, is a result of last summer's drought.

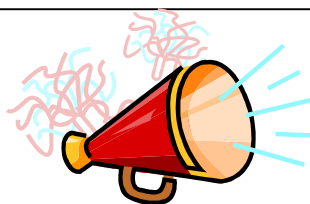
Estimates for new park benches, picnic table, trash receptacle and grill have been gathered from four different site amenities vendors. The existing picnic table is missing a seat, the grill is rusted, and there are no benches or trash receptacles. The Board voted to approve the purchase of a picnic table and bench for the park area at the last Board meeting. These will be ordered and installed soon. These are long lasting, sturdy, attractive furnishings constructed of recycled materials that will enhance the private park area between the canal and the fence along Bowman Springs Park road. These furnishings will allow ELE residents to picnic and gather for comfortable family and friends events not far from home, near the pool and tennis court.



Dianne del Cid, Grounds Chair  
grounds@elehoa.com

## Welcome to the Neighborhood!

Aaron Steele and Danielle Fitch have moved into 3511 Lake Tahoe. They also have four children, Taidhgin 8, Eibhlin 7, Connlaodh 5, and Uilleam 1.



Do you have something to share with the neighborhood?

Submit your neighborhood news to  
Emily Swanson at  
**communications@elehoa.com** or call  
**817-480-0462**

# Snack Time: It isn't just for Kids

Think kids are the only ones who should grab a snack in between mealtimes? Think again! Healthy snacking can be beneficial at *any* age. From teenagers to older adults, healthy snacks promote healthy weight maintenance and provide energy throughout the day. In fact, eating one to two healthy snacks a day may help prevent you from overeating during regular meals (1). Now, before you pull out the chips and

dip, here are a few things to keep in mind when snacking.

Choose nutrient-rich foods that are less than 200 calories for each snack (1). Consider snack combinations with different food groups such as an apple with low-fat yogurt or celery sticks with peanut butter (1). Also, make sure you're only eating if you're hungry, not because you're stressed or bored.



When your energy stores are low in the late afternoon, consider these healthy snack options to satisfy you until dinner (1):

- Baby carrots with hummus or low-fat ranch
- Orange with a small handful almonds
- Low-fat popcorn with a glass of low-fat milk
- Whole grain crackers with cheese
- Bowl of high fiber cereal with low-fat milk

## NUTRITION FACTS

155 Calories  
3g Fat  
4mg Cholesterol  
5g Protein  
2g Fiber  
57mg Sodium  
325mg Potassium



## Piña Colada Yogurt Parfait

### INGREDIENTS

- 1/3 cup low-fat vanilla yogurt
- 1/2 cup crushed pineapple or mandarin oranges
- 1 tablespoon toasted coconut

1. Lightly toast coconut
2. Layer yogurt, pineapple, and/or oranges
3. Top parfait with toasted coconut

Recipe from [http://www.eatingwell.com/recipes/pina\\_colada\\_yogurt\\_parfait.html](http://www.eatingwell.com/recipes/pina_colada_yogurt_parfait.html)



## 5 Nutrients to Pack in your Snack

As we age, it is important to eat nutrient dense foods that will promote good health in our older years. In addition to eating balanced meals, you may want to pack snacks with these 5 nutrients: (2)

**Calcium and Vitamin D:** These nutrients are especially important for good bone health in aging adults. Good sources include low-fat yogurt, low-fat milk, dark green leafy vegetables, fortified cereals, and canned fish with soft bones.



**Vitamin B12:** Older adults may not obtain adequate B-12 in their diet. This nutrient has many functions and is key for healthy nerves and blood cells. To get this vitamin, choose snacks with lean meat, dairy, or fortified cereal.

**Fiber:** High cholesterol and constipation are two things that frequently plague older adults. Diets high in fiber can be beneficial for both regularity and heart health. Try incorporating snacks with whole grains, vegetables, and fruits.

**Potassium:** Potassium can help lower your risk for high blood pressure. In order to get this benefit, aim for snacks with fruits, vegetables, low-fat yogurt, or low-fat milk.

### Want more ideas for healthy snacks?

- ♦ [http://www.ucsfhealth.org/education/healthy\\_snack\\_ideas/index.html](http://www.ucsfhealth.org/education/healthy_snack_ideas/index.html)
- ♦ [http://www.nationaldairycouncil.org/SiteCollectionDocuments/33 Tasty Snack Ideas 2010.pdf](http://www.nationaldairycouncil.org/SiteCollectionDocuments/33%20Tasty%20Snack%20Ideas%202010.pdf)
- ♦ <http://www.choosemyplate.gov/preschoolers/healthy-habits/snack-ideas.html>

#### REFERENCES

1. Healthy Snacking. In a Nutshell. Academy of Nutrition and Dietetics Web Site. Available at [www.eatright.org/WorkArea/DownloadAsset.aspx?id=6442465432](http://www.eatright.org/WorkArea/DownloadAsset.aspx?id=6442465432)
2. Special Nutrient Needs of Older Adults. Academy of Nutrition and Dietetics Web Site. Available at <http://www.eatright.org/Public/content.aspx?id=6839>

Author: Erin Presley  
Master's Student and Dietetic Intern  
Department of Nutrition and Food Sciences at  
Texas Woman's University, Denton, Texas

## FERTILIZERS AND ARLINGTON WATERWAYS



During Texas' hot summer months, many of our area waterways have an excessive growth of algae (small aquatic plants). Fertilizers and other nutrients can trigger this growth. Algae can cause water in our lakes, ponds and rivers to turn green, brown or black in color, have an unpleasant odor, and become a nuisance. In extreme cases, excessive algal growth may contribute to the death of fish and other aquatic organisms.

### CAUSES OF ALGAL BLOOMS

Algae are aquatic plants that naturally occur in ponded or slow moving water. Blooms, excessive numbers of algae, occur when a nutrient, occurring naturally in a low amount, is added to the aquatic system. This extra amount of nutrients causes the algae to undergo a "population explosion." Where do these nutrients come from? Typically we introduce them by overly or improperly applying fertilizers to our lawns. Rainfall runoff and irrigation water can carry soil, leaves, and other organic wastes into our creeks, streams, and ponds which also provide nutrients. Fertilizer, washed from our lawns, often contributes to excess algal growth. Phosphorus, a component of fertilizer, is believed to be one of the prime causes of algal blooms. So, the appropriate amount of phosphorus needs to be applied and properly managed to minimize algal blooms. Fertilizer constituents are specified by three numbers; phosphorus is the middle number. Studies have indicated that only 30% of lawns in Tarrant County need phosphorus, one of the common ingredients of fertilizer. Usually the lawns with sandy loam soil require a small amount of phosphorus. Black clay soils usually do not need any phosphorus.

### HELP REDUCE THE PROBLEM

- ◆ Test your yard soil to determine the type of fertilizer needed. Sampling kits are available through the Texas Agricultural Extension Service, (817) 884-1944. The chemical analysis will cost \$10.00.
- ◆ Do not apply fertilizers or pesticides when rain is predicted. Water your lawn to move the fertilizer into the soil.
- ◆ When applying fertilizers, sweep up any excess that falls on sidewalks and streets and place it on the lawn.
- ◆ If you have a small private pond or lake, you may want to consider an aeration system to help combat the algal problem.
- ◆ Consider using no-phosphorus lawn fertilizers except on newly seeded lawns and where soil tests show it is needed.

Would you like to have the newsletter emailed to you? Send your email address to:  
[communications@elehoa.com](mailto:communications@elehoa.com)



### Join Us!

Learn the latest in ELE happenings! Join our group.

Search **ELE (Enchanted Lake Estates)**