

Enchanted Lakes Estates

"In the News" February/March 2006

One Man's Trash is another Man's Treasure!

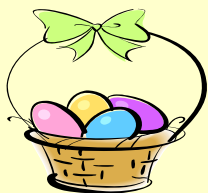
ELE Garage Sale Saturday April 8th

The neighborhood garage sale is slotted for **Saturday April 8th** rain or shine. The event will be published in the Star Telegram and hopefully bring out lots of buyers. We suggest you post a balloon, sign or other indicator in your front yard if you are participating. A charitable organization will drive through the neighborhood the following day to pick up remaining items, however you will need to contact them in advance if you are planning on donating. Look for details in the April newsletter and Garage Sale flier!

2006 ELE Women's Club

The next meeting will be the evening of *March 23rd at 6:30pm* at Kim Simpson's home at 3905 Lake Powell. After updates on events and charitable projects, we will be playing Bunco! This is a great opportunity to introduce new neighbors or friends to the ELE Women's club.

Anyone interested in serving on the ELE Women's club board next year should contact Cheryl Eichenauer.



Social Committee News; Annual ELE Children's Easter Party!

They're back! Yes found a safe and healthy petting zoo to bring back to ELE! So bring your little ones (and big ones too) to the clubhouse on the afternoon of **Saturday April 15** to hunt Easter eggs, pet llamas, ride ponies and maybe even enjoy a surprise visit from the Easter bunny. Don't forget your Easter basket!

Spring ELE "Add a Light" Campaign

There continues to be an increasing level of vandalism around our neighborhood. The police say that one of the best deterrents is lots of light--preferably on all four sides of the house. They also recommend leaving a few outside lights burning all night

It over the next few months, each home can add even one new light, it will encourage the vandals to go elsewhere. Another idea is to use a modern light source. Instead of using a regular source try fluorescent bulbs. Fluorescents are not only one of the most efficient options around, offering the longest-life bulb, they come in a variety of colors, types and sizes. Best of all, with the new electronic ballasts, they are quiet. A fluorescent tube uses only one-quarter to one-third of the energy. Plus, fluorescents last 10 to 15 times longer - 10,000 hours or more and they use only one-quarter to one-third of the energy. Plus, fluorescents last 10 to 15 times longer - 10,000 hours or more.



Early Voting Hours and Locations

Feb. 27 and 28 7:00am-7:00pm

March 1-3 7:00am-7:00pm

Arlington City Hall
Bob Duncan Community Center
Sherrod Elementary School (2626 Lincoln Dr.)
South Service Center (1100 S.W. Green Oakes)

Back by Popular Demand!



Coming this April, the tennis committee is planning an ELE Round Robin Tennis Tournament! We will organize play around the various levels of players in the neighborhood, making sure to accommodate all our players; beginners and veterans alike. If you are interested, feel free to call Juan or any tennis committee member. We will have more details in the next newsletter!

www.elehoa.org

President, Ken Eichenauer
VP, Scott Slover

Secretary, Dottie Tenney
Treasurer, Glen Smith
Pool, Wally Koehler

Communications, Lyn Maize
Architecture, Larry Veal
Grounds, Ryan Baresh

Social, Sandy Perez
Tennis, Juan Corominas



Greetings from Your Architectural Committee!!!!

Well, the New Year has begun and here we are already in late February; and I bet most of you have not started your New Year's Resolutions yet. Well you are in luck! I have a New Year's Resolution that can be done effortlessly and it does not require a lot of mental nor physical work. Your simple yet informative New Year's resolution is: To become familiar with your ELE Covenants, Codes & Restrictions! Why is this important? Not only to help us retain a safe and attractive environment for our families, but to keep our property values competitive (and increasing) relative to other neighborhoods in the area! I will help you start by periodically placing a CC&R in each month's news letter as a remainder. Hopefully you will get something out of this that you can use and share with your neighbors.

Let's start with Section VII. Occasionally the ENCHANTED LAKE ESTATES Trustees and Architectural Committee notices several unauthorized improvements made to area residences. One of the Architectural Committee's main duties is to monitor all "new" and "improvement projects". Homeowners must obtain the proper permits and approval prior to engaging in residential improvements. It is the responsibility of each homeowner to become familiar with their CC&R's (Covenants, Codes & Restrictions). The Architectural Committee is required to enforce the rules and regulations set forth in the CC&R's (Covenants, Codes & Restrictions) and the By-Laws. Projects must meet the requirements of both Arlington City Code Statutes and the Enchanted Lakes Estates Covenants, Codes & Restrictions.

The CC & R's state that *"No structure, whether residence, accessory building, tennis court, swimming pool, fence, wall, lot drainage works, boat dock, boat house, exterior area lighting or other improvements shall be constructed or maintained upon any Lot, and no alteration to the exterior of a structure shall be undertaken unless complete plans, specifications and plot plans therefore showing the exterior design, height, building material and color scheme thereof, the location of the structure plotted horizontally and vertically, the location of driveways and fencing shall have been submitted to and approved in writing by the Architectural Committee and a copy of such plans, specifications and plot plans as finally approved, will be deposited with the Architectural Committee."*

In order to gain approval from the Architectural Committee, owners must submit the respective application of the following PRIOR to the commencement of work:

- A "New Construction Permit Application"
- An "Improvement Permit Application".

To continue to make our Neighborhood the most sought after place to live, I am asking you to do your part by participating in this important process.

For complete details of what is required, please refer to Section VII (7.01 – 7.05) of your CC&R's (Covenants, Codes & Restrictions). Oh, last but not least, I am proud to introduce to you the members that make up Your Architectural Team:

Board Representative (and author): Larry Veal with members: Rick Bilinaslev. Tony Pomba. Dona Cox and Steve Hall.

From our Neighbor James Jamison-

Potentially Inappropriate Medications for Older Adults

As I gazed at what used to be Lake Arlington, with its shoreline resembling the Mojave Desert, I realized that it was not just the drought that was depriving me of fishing days, but doctors. Yes, doctors. This year, I had more doctor visits than fishing days. Unfortunately, as we age, we end up having more doctors and using more medications.

Unfortunately, those medications can be dangerous. Not a single one of them is naturally present in our bodies. Taken in adequate quantities, every one is a poison. And they often interact with each other, so that adverse effects are far more likely in those who take multiple medications. What's worse, the older we get, the more sensitive we become to some of those adverse effects. Some medications, even properly used, pose special risk to older adults.

A friend's unfortunate side effects from medication prompted me to review the medication that are potentially inappropriate medications for older people. After all, I reasoned, I might be taking on of the. Even if you don't take medication, you will have parents who do, so I suggest you review the list below. If a medication is on the list, you will want to review its use with a physician, because its use is potentially dangerous for older adults.

This list is called the Beers List, after MH Beers who first published the data. The updated list is reported in the Archives of Internal Medicine 2003; 163:2716-2724. Here are some of the more commonly used medications on the list, listed by generic name and brand name.

Generic (Chemical) Name	Brand Name
alprazolam	Xanax
amitriptyline	Elavil
diphenhydramine	Benedryl
bisacodyl	Dulcolax
carisprodol	Soma
catapres	Clonidine
chlordiazepoxide	Librium, Mitran
chlorpheniramine	Chlor-Trimeton
chlorpropamide	Diabinese
cimetidine	Tagamet
cyclobenzaprine	Flexeril
diazepam	Valium
digoxin	Lanoxin
ethacrynic acid	Edecrin
piroxicam	Feldene
triazolam	Halcion
lorazepam	Ativan
meperidine	Demeral
methocarbamol	Robaxin
methyl dopa	Aldomet
naproxyn	Naprosyn, Avaprox, Aleve
oxybutin	Ditropan
reserpine	Serpasil, Serpalan
thioridazine	Mellaril
ticlopidine	Ticlid
trimethobenzamide	Tigan
triazolam	Halcion