

FRISCO LAKES

Lifestyle

JANUARY 2024

SPOTLIGHT ON...

**Frisco Lakes Dancer
Extraordinaire,
Lois Springer | 12-13**

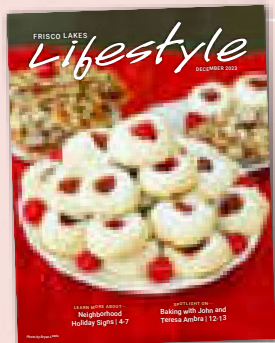
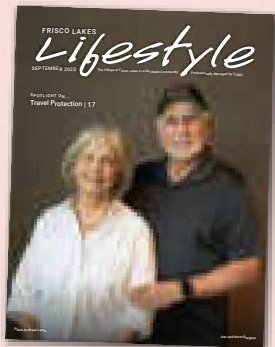
LEARN MORE ABOUT...

Cattle Egrets | 16

Magazine Feedback:

"Finally read the latest FL Magazine — including the very nice article by Al Stroud — which provided all the Burgess background — direct and specific and detailed. Very nice reading!"

- *Al Brewster*, N31
(September 2023 issue)



"Terrific article about our own John and Teresa Ambra in the Frisco Lakes Lifestyle magazine! Thank you to Monna Yordy for a wonderful article!"

- *Judith Ford*, N35
(December 2023 issue)

**WE WANT
YOUR
FEEDBACK**

Your input matters! Tell us what you think about this month's issue and help shape the future of the Lifestyle Magazine. Follow the QR code to share your thoughts, suggestions, and ideas with us directly!

**SCAN
ME!**



Exciting News, Frisco Lakes! Dive into successful gardening secrets, meet local Master Gardeners, and let inspiration bloom in our February 2024 Gardening Issue.

Frisco Lakes Lifestyle

Is the only authorized and official monthly publication for the residents of the Frisco Lakes Community with news and community events endorsed by the Village at Frisco Lakes Community Association, Inc.

PUBLISHED BY: HOPE FLOATS CREATIVE

For information or to place an advertisement, contact:
972-396-8855 • info@HopeFloatsCreative.com • www.HopeFloatsCreative.com

ADVERTISING DEADLINE

Reserve space for the February 2024 issue by January 1, 2024.

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Del Webb Community

The Association's website address is www.friscolakes.net

Village Center – 7277 Frisco Lakes Drive

P: 972-370-0404 | F: 214-494-6323

Monday – Thursday from 6:00 a.m. – 9:00 p.m.

Friday from 6:00 a.m. – 10:00 p.m.

Saturday from 7:00 a.m. – 10:00 p.m. | Sunday from 8:00 a.m. – 6:00 p.m.

Outdoor Pool Hours: Open 24 hours a day

Northside Village Center – 7955 Anthem Drive

P: 972-422-9280 | F: 214-469-1525

Monday – Thursday from 6:00 a.m. – 9:00 p.m.

Friday from 6:00 a.m. – 10:00 p.m.

Saturday from 7:00 a.m. – 9:00 p.m. | Sunday from 8:00 a.m. – 6:00 p.m.

Outdoor Pool Hours: Open 24 hours a day

Westside Village Center – 6767 Chalk Bluff Drive

P: 972-370-2604 | F: 214-469-1099

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Friday from 6:00 a.m. – 10:00 p.m.

Saturday from 7:00 a.m. – 9:00 p.m. | Sunday from 8:00 a.m. – 6:00 p.m.

Outdoor Pool Hours: Open 24 hours a day

Indoor Pool Minor Hours:

Monday, Wednesday, Friday, Saturday, Sunday from 11:30 a.m. – 2:00 p.m.

Indoor Pool Cleaning:

Monday, Wednesday, and Friday from 4:00 a.m. – 6:00 a.m.

Outdoor Pool Cleaning:

Monday, Wednesday, and Friday from 6:00 a.m. – 8:00 a.m.

All pools and spas will be closed one day per month for maintenance and hyper-chlorination.

Community Association Office Hours:

Monday – Friday from 8:00 a.m. – 5:00 p.m.

Common Area and Amenity Centers

After Hours Emergency Maintenance: 800-274-3165

Golf Course Clubhouse: 972-292-3089

Communications Committee

Monna Yordy – Chair, Gay Jurgens – Vice-Chair,
Carol Coles – Secretary, Al Stroud, Ann Brugger

SUBMISSION DEADLINE

for the March 2024 Issue of The Frisco Lakes Lifestyle is January 20, 2024

Homeowners can submit articles via email to Communications@FriscoLakes.net

PLEASE NOTE

Any information turned in after the due date
WILL NOT be added until the next magazine.

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Dental Insights

From Richard A. Seidler, D.D.S.

HOW LONG DO DENTAL IMPLANTS LAST?

Considered by many to be the best option for replacing lost or damaged teeth, dental implants can replace one or more teeth, or they can be used as the anchor for a bridge or dentures. Their biggest advantages are durability and longevity, lasting anywhere from 10 to 30 years; for many people, dental implants will last the rest of their lives. Their design as an artificial tooth and root system is what makes them last. Each tooth consists of an implant root, an abutment, and a crown. The titanium implant root is surgically placed in the jaw where it fuses with the bone. The bonding process takes a few months, but afterward the implant root can last a lifetime.

Dental implants have been in use since the 1970s, and today these substitutes for missing natural teeth have never been more effective, comfortable, and natural-looking. However, you still need to take care of them as well as your oral hygiene with regular professional checkups and scrupulous home care. Complete dental care for all members of your family is available here at the office of RICHARD SEIDLER, D.D.S. – FAMILY DENTISTRY, where we utilize only the latest in dental technology for your care and comfort. Office hours are by appointment at 5000 Main St. at South Colony Boulevard, Suite 206, The Colony. Call 972-625-2222.

P.S. Dental implant crowns are typically made from durable porcelain which can last for ten to fifteen years.

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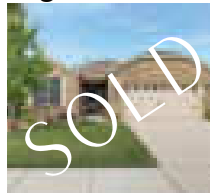
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Garden Series

New Listings	Active Listings	Avg. Sales Price
8	10	\$409,837
Days on Market	Closed Sales	Avg. Price per SF
21	12	\$273.59

Classic Series

New Listings	Active Listings	Avg. Sales Price
10	13	\$532,592
Days on Market	Closed Sales	Avg. Price per SF
29	24	\$275.09

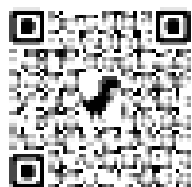
Estate Series

New Listings	Active Listings	Avg. Sales Price
8	9	\$624,990
Days on Market	Closed Sales	Avg. Price per SF
36	1	\$278.27

COMMUNITY EVENTS

Lifestyle Events Admittance Policy

Unless otherwise noted, doors will open 30 minutes prior to an event.



All required fees must be paid in advance of the event. For detailed descriptions of each event,

scan the QR code, check out the Weekly Email Update, or pick up a Registration Form at any Amenity Center Front Desk.

Board of Directors Meeting

Wednesday, January 3, 2024

11:00 a.m. – 12:00 p.m.

Grand Ballrooms D & E

Cost: Free

All homeowners are invited to attend.

Ticket Sales: Valentine's Day Party

Thursday, January 4, 2024

2:00 p.m. – 4:00 p.m.

Grand Ballrooms D & E

Cost: \$25

Registration Deadline: February 2

Dine and dance during the Valentine's Dance Party on **Saturday, February 10 from 6:00 p.m. to 9:00 p.m.** Register at the Village Center Front Desk **AFTER** this ticket sales event.

FL101

Tuesday, January 9, 2024

11:00 a.m. – 12:30 p.m.

Grand Ballroom D

Cost: Free

Come meet representatives from the new community management company, Castle Group, and members of the new Frisco Lakes staff.

Trivia Night

Thursday, January 11, 2024

5:30 p.m. – 8:00 p.m.

(DOORS OPEN AT 5:30 p.m.)

Grand Ballrooms D & E

Cost: \$6

Registration Deadline: January 9

Teams of 10 will compete for cash prizes. Pizza and light snacks served. BYOB. Register at the Village Center Front Desk.

Bingo

Saturday, January 13, 2024

2:00 p.m. – 4:00 p.m.

Grand Ballrooms D & E

Cost: \$3

Registration Deadline: January 11

20 rounds of Bingo with different patterns to win. Snacks and lemonade provided. BYOB. Daubers and additional cards available for \$1 each.

Harris Jewelry Repair Service

Wednesday, January 17, 2024

10:00 a.m. – 12:00 p.m.

Village Center Activity Room

Cost: Varies

Harris Jewelry will be onsite to provide jewelry repair services. First come, first served. Prices depend on the service.

Lifelong Learning Registration

Thursday, January 18, 2024

2:00 p.m. – 3:30 p.m.

Grand Ballrooms D & E

Cost: \$10

Registration Deadline: January 25

Spring Semester is from February 5,

2024 until May 11, 2024. Challenge yourself to learn baking techniques, gardening skills, instruments, self-defense, and evolving technology. We encourage you to register online (to get the classes you want before they fill up), but if you need help registering, please attend this in-person registration event. Your \$10 LLG Membership Fee must be paid prior to registering for classes.

Sponsor: Expedia Travel

Tuesday, January 23, 2024

4:00 p.m. – 6:00 p.m.

Grand Ballrooms D & E

Cost: Free

Expedia Cruises Frisco invites you to a "Sip and Stroll" travel planning event. Visit with representatives from cruise lines and land tour companies to learn about 2024 Wave Season promotions and special booking incentives for Frisco Lakes group travel. Beverages and snacks served.



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COMMUNITY EVENTS

17th Anniversary Party

Friday, January 26, 2024

7:00 p.m. – 9:00 p.m.

Grand Ballrooms D & E

Cost: \$20

Registration Deadline: January 19

It's time to celebrate the 17th Anniversary of the Village Center opening in 2007 with a wonderful evening of musical entertainment and dancing with Rocky and the Bullwinkles. Hors d'oeuvres served. BYOB. Register at the Village Center Front Desk.

Movies: *Indiana Jones and the Dial of Destiny*

Tuesday, January 30, 2024

- Matinee: 2:00 p.m. – 4:00 p.m.

- Night: 6:30 p.m. – 8:30 p.m.

Wednesday, January 31, 2024

(Closed Captions)

- Matinee: 12:00 p.m. – 2:00 p.m.

Grand Ballrooms D & E

Cost: \$3

Registration Deadline: January 27

In the latest installment of the saga, Indiana Jones is on a quest to find the

Dial of Destiny, a powerful artifact that can control the weather. The Nazis are also after the Dial and they will stop at nothing to get it. Popcorn and lemonade served.

Introduction to Oil Painting

Tuesdays, January 9, 16, 23, and 30, 2024

10:00 a.m. – 12:00 p.m.

Arts & Crafts Room

Cost: \$18 per class

Beginners and experienced painters are welcome. Bring a 9"x12" stretched canvas, pencil, eraser, and photo from a magazine or postcard of flowers, landscapes, or seascapes.



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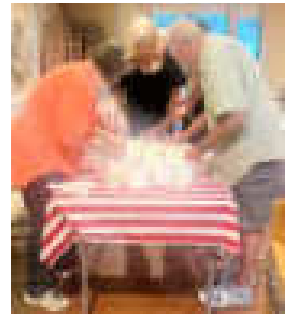
469.678.0050



FLWGA at the Golf Club After Fall Tournament



Moving Forward's Meeting with Officer Josh Lovell



N7 Fall Fling



N31 "Fun in 31" Party in the Park



N26 October Birthday Celebration at Gallo Nero



N33 Cowboy Chili Cookoff



N9/10 Ladies' Luncheon at Kelly's Craft Tavern



N6 Night Out at The Owl Bar



N6 Ladies' Luncheon at J. Theodore



Motor Club at Angelina's Mexican Restaurant



N11 Ladies' Bunco Group



Travel Club – Day Group's Walking Tour of Fort Worth



N25 Jewelry Exchange Benefitting Women's Dress for Success Charity



2nd Annual Island View Drive Chili Cook-Off



N34 Guys' Time Out Breakfast at Barney's Brunch House

THANK YOU



Frisco Lakes!

THANK YOU FOR YOUR DONATIONS TO THE FRISCO LAKES VETERANS CHARITY FUND!

26 Frisco Lakes Neighborhoods donated \$32,480!

PLATINUM DONATIONS - \$2500 and Up

N15 - \$6,000 N32 - \$3,645 N25 - \$2,825

GOLD DONATIONS - \$1000 and Up

N27 - \$2,325 N15 - \$1,295 N19 - \$1,080
N24 - \$2,125 N22 - \$1,240 N7 - \$1,070
N14 - \$1,490 N28 - \$1,215 N9/10 - \$1,055

SILVER DONATIONS - \$999 and Below

N8 - \$945 N12/13 - \$765 N20 - \$650 N32 - \$525 N35 - \$505
N16/17 - \$790 N30 - \$670 N33 - \$620 N11 - \$515 N23 - \$500

DONATIONS - \$499 and Below

N34 - \$455 N2 - \$100 N4 - \$50 N36 - \$25

THANK YOU TO THE CORPORATE AND PRIVATE SPONSORS FOR THEIR DONATIONS OF \$12,100

In Honor of Norm Burgess - Private Donor - Platinum \$5,000	Barneys Brunch House - Gold \$500
In Honor of QM2 Thad Arms - USN -	Champion Hi-Tech Mfg. - Gold \$500
Walt and Cissy Lunde - Silver \$2,000	Colony Air Conditioning and Heating - Gold \$500
Walmart - Silver \$1,000	The McKean-Belcher Real Estate Team - \$250
Town and Country Roofing - Silver \$1,000	Frisco Lakes Conservative Coalition - \$250
Brightview Landscapers - Silver \$1,000	First National Bank of Omaha - \$100

SERVICE DONATIONS

Dee Lincoln Prime Steak House - Gift Card \$250
Shannon Greer - Better Homes and Gardens Real Estate-Winans - Large Flags Installed Frisco Lakes Entrances

Please let the Business know that you appreciate their donations!

CONTRIBUTIONS TO THE VETERAN'S CHARITY ORGANIZATIONS

Homeless Veterans Services of Dallas DFW Airport USO Wreaths Across America
Toys for Tots Maintain Frisco Lakes Veterans Memorial Park

OTHER VETERANS CLUB YEARLY PROJECTS

Memorial and Veterans Day Ceremonies | Add Memorial Bricks to Memorial Wall located in Veterans Memorial Park
Provide Roadside US Flag Display for Memorial Day, 4th of July and Veterans Day
Host of Veterans Day Events in Coordination with Frisco Lakes Motor Club, Frisco Lakes Motorcycle Club,
and Frisco's Fire Station #7 and Police Dept.

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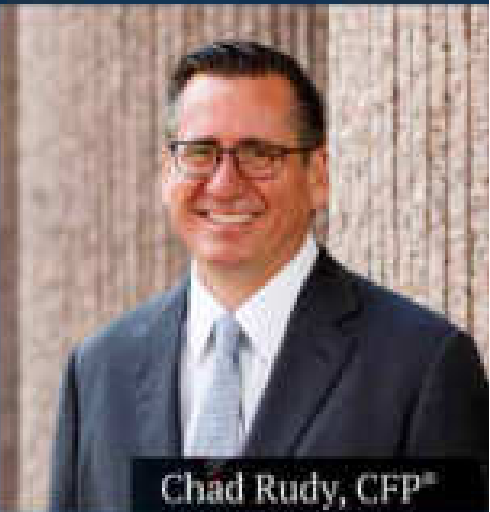
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N29 Happy Hour at Brass Tap



N21 Happy Hour at Woody's Sports Bar



N19 Honored Their Neighborhood Vets



Book Reviewer, Kathleen Cunningham, with the Book Club



Ohio Group's State Fair



N1 Ladies' Luncheon at WB's Kitchen



N31 Ladies' Luncheon at Happy Morning



APV Meeting



Oklahoma Group at the Golf Club Restaurant



Illinois Group's Ice Cream Social



N35 Ladies' Luncheon at Poached Brunch House



Travel Club Enjoying Copper Canyon in Mexico



N32 at the U.S. National Pickleball Championships



FLWGA Match Play Celebrating at the Clubhouse



Mosaic Group's Luncheon at Gloria's



N15 Ladies' Luncheon at Gallo Nero's



Toni Nipp
Frisco Lakes Resident

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Welcome

The Frisco Lakes Community welcomes the following newcomers to our family:

Neighborhood 9

Doug and Meg Jeanes

Neighborhood 12

James and Nancy Scanlon

Neighborhood 19

Juan and Amparo Gonzalez

Neighborhood 22

Carol Winterhoff

Neighborhood 23

Querubin Torres and Terry Lane

Neighborhood 26

Frank and Patricia Bowles

Neighborhood 28

Jean McClelland

Neighborhood 29

Joe and Betty Moore

Neighborhood 30

Edwin and Caridad Cameron

Neighborhood 34

Chip Schilb
Stephen Wanless



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SPRING

Into the First Semester of 2024

It may still be winter out here, but we need to set our sights on the upcoming Lifelong Learning Spring Semester and all it has to offer! Stay tuned for a Course Catalog that will include some old favorites as well as some new subjects to explore.

- Current Events
- iPhone Key Management
- Beginning & Intermediate Bridge
- Sourdough Survival
- Beginning Spanish I and II
- From Flour to French in One Hour
- Amaretto — Make It Yourself
- Creating a Beautiful Flower Garden
- WWI – The Great War

- Street Smart Self Defense
- Healthy Air Fryer Delights
- World Literature
- Robert Browning and the Dramatic Monologue
- Learn to Play the Ukulele
- Microsoft Office 365 PowerPoint
- Colored Pencils for Newbies I and II
- Legos
- Introduction to Handgun Safety

A few more courses may be added at a later date and will be announced in the weekly email blast. Registration opens January 18th and closes on January 25th.

See you in the classroom!



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What Can My Panic Button Be Used For?

It may seem that your car's panic button isn't too useful, but there are many applications where it can be quite handy. Here are several examples:



- **Using Your Car's Panic Button to Prevent Home Invasions**

It's a fantastic idea to keep your car keys by your bedside at home if your car is within signaling distance of your panic button. If you hear suspicious activity that could be a break-in, you can simply set off your car's alarms by using the panic button. The would-be thieves will likely run as they don't want concerned neighbors to be witnesses.

- **Using Your Car's Panic Button While Walking to Your Car**

This is especially true if you are in a dangerous area. Your car's panic button is a great safety alert system. If you are attacked or intimidated by someone and you are near your car, you can set off your panic button; the assailant will likely flee.

- **Using Your Car's Panic Button to Find Your Car**

Even the best of us can lose track of our vehicles, whether it's in a crowded supermarket parking lot or a gigantic parking garage. The panic button gives you a great way to locate your car – keep pressing it until you hear your car respond, and it should be very easy to find your vehicle.



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Songs & Smiles

The Frisco Lakes Songs & Smiles Group presents family-friendly singalongs on the 3rd Monday of each month. Join singalong leader, Karl Ansbach, for an hour of fun, familiar, and uplifting songs. This event is fun for everyone including loved ones living with dementia. Connect with family, friends, and beautiful memories.

WHEN: Monday, January 15, 2024, at 10:00 a.m.

WHERE: Westside Village Center Meeting Rooms 2 and 3 (note the change in location for 2024)

FOR MORE INFO: Contact Karl Ansbach at karlansbach201@gmail.com or 512-799-3003

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Lois won both the Rhythm
and Smooth Ballroom
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80 *is the new* 50

Many of us, as little girls, dreamed of becoming a dancer, twirling in front of the television as Ginger Rogers and Gene Kelly spun around the screen. Today, we enjoy *Dancing With the Stars*. Little did we know, we have a dancer extraordinaire living among us in Frisco Lakes. Meet Lois Springer!

By Carol Coles

At age 80, she has an unbounding energy and lust for life. Lois has been dancing for 17 years but didn't pick it up until she retired from Government service. Lois was an intelligence research analyst, first with the National Security Agency (NSA), then with the Drug Enforcement Administration (DEA).

Early Career

Soon after Lois graduated from Penn State in 1964, she was hired by the NSA's Cuba Section; they were still monitoring Cuba following the 1962 Missile Crisis. During her time with the NSA, she completed her master's degree at the University of Maryland with an NSA scholarship. She went from NSA Fort Meade to the DEA El Paso Intelligence Center (EPIC), and on to DEA Phoenix. On September 10, 2001, Lois was transferred from Phoenix to DEA Headquarters across from the Pentagon. On the infamous 9/11, she had to evacuate the building but, thankfully, she was living in temporary quarters and could walk to her apartment.

Lois's husband, James, passed away 13 years ago. He was retired from the NSA and ordained as a permanent deacon in the Catholic church. Lois and James had a wonderful 48 1/2 year marriage and had four daughters: Lisa, a lawyer now living in Australia; Gabrielle, who lives in Flower Mound; Kara, who lives in California; and Andrea, who lives in Canada.

Why Dancing?

While living in Scottsdale, Arizona, Lois's daughters gave her an introductory offer for dance lessons with Genadi, a Bulgarian instructor. She took lessons with Genadi for 10 years.

Since Lois has wet macular degeneration, her daughters wanted her to move closer to one of them. Lois reasoned, "Australia was too far, Canada was too cold, and California was too expensive. So, Gabrielle in Flower Mound was the logical choice." Lois also has a sister living in Plano. With her reasoning, Lois moved to Dallas in 2015. For four years (until COVID hit), Lois continued her dance lessons with Sergei, a Russian instructor, at Studio 22. Even after Lois moved to Frisco Lakes in 2017, she made the trip to Fort Worth twice a week, danced for 1 1/2 hours, then drove home. In 2023, she resumed lessons with Balin', a Hungarian instructor in Fort Worth.

The Big Payoff

In June 2023, Balin' organized a 2-week trip for three of his students and his family, first to his home in Hungary, then on to Croatia for a ballroom dancing competition. The group received a warm welcome from Balin's mother and stepfather in his hometown of Pecs. The following day, Balin's stepfather drove the group in a van to Croatia. They arrived late one night, four days before the competition. Lois said her hotel room was gorgeous, including a chandelier and a window overlooking the Adriatic Sea.

The Competition

Twenty-five countries participated in the competition, but the only other competitor in Lois's age group was from England. Two days before the competition, three ladies from Ukraine made a 24-hour bus trip to Croatia to do the dancers' hair and makeup. They did a great job! Everyone marveled at their courage to make the trip from their war-torn country to Croatia.

The Trip Home

The day after the competition, everyone left except Lois; she decided to take a day to rest. The next day, she took a shuttle to Zagreb, the capital of Croatia, only to discover her flight was canceled. She was stranded! However, the airport staff arranged an Air France flight to Paris, a change of planes there, then an Air France flight to Newark, NJ. Guess what — her luggage never made it out of Paris! Lois spent the night in Newark, then boarded a United Airlines flight to Wilkes Barre, PA, then rode an Uber to her hometown of Hazelton to attend her 63rd high school reunion.

The Reunion

All she had was a bag carrying her shoes and makeup so off to Boscov's she went to buy some clothes for the 2-day reunion — "Meet and Greet" then dinner at the Country Club. Forty-five people attended the reunion and they all had a great time.

Lois wants everyone to know that at any age, we need to get out there, and *live!*



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Frisco Lakes Outreach

2023 Results


There will be no collection in January 2024.

Frisco Lakes Outreach is completing its 13th year of collections benefiting local agencies. We want to thank all who have participated and hope that you will continue to watch for our news articles and support these agencies. Due to high inflation, all things that our neighbors need have increased in price. High rent and utilities force people to choose between paying bills or food and other necessities. If you are able to help those in need, we will be so grateful!

North Texas Community Food Pantry, The Colony	\$150 and 894 lb.
Denton County Friends of the Family	\$140 and 1456 items
FISD – Fast Pacs	2169 items
Samaritan Inn	\$190 and 2750 items
Little Elm Area Food Bank	\$200 and 800 lb.
Back to School, Little Elm ISD	\$60 and 1117 items
Frisco Food Pantry, Frisco Family Services	952 items
Angel Gifts (Little Elm Secret Santas) and December Food Collection (Little Elm Food Bank) – we expect to be delivering gifts for at least 250 children and collecting lots of food.	

Religious Holiday Traditions

One of the most interesting aspects of Frisco Lakes is its diversity — our friends and neighbors come from many different backgrounds, locations, cultures, and faiths. We are so richly blessed in that way. The Communications Committee is considering a future *Lifestyle* article celebrating this diversity and we're seeking submissions of holiday traditions of all different faiths represented in Frisco Lakes — the Christian denominations, Islam, Hinduism, Buddhism, etc. If your faith has any special holiday traditions, please consider submitting a **100-word** piece to Communications@FriscoLakes.net. We look forward to hearing from you!



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BEAUTY and the BEAST



By Al Stroud | Photos by Bryan Lewis

Many plants and animals can be one or the other of these, the “beauty” that we love to see in our community or the “beast” that is destructive to that same community. One of these for North Texas is the Cattle Egret. As you can see in the pictures, this bird, one of the four egret species found in Texas, can be very attractive. They can often be seen flying over Frisco Lakes in various formations, some loosely organized, on their way to and from their feeding areas. Both in the air and on the ground, it can be a good sight to see.

Cattle Egrets also play an important role in insect control when they are present. Unlike other egret species, which are attracted to and found near water, Cattle Egrets are typically found in grassy fields where they can feed on insects. Often, they are seen near herds of cattle feeding in fields. Cattle Egrets feed on insects in the field near cattle and even insects which are on the cattle themselves.

When these birds are in an appropriate rural environment, they can be fully appreciated. Unfortunately, they have had a downside for some communities in the North Texas area. Cattle Egrets are not native to Texas. They were first seen in Texas in 1954 and have spread throughout the state since that time. When they establish their breeding area, it is known as a rookery. Rookeries may have hundreds or even thousands of egrets; in an urban area they can create a noisy area with bad odors and potential health dangers from various decaying organic matter including eggshells, dead birds, and insect remains. Some of the urban areas in north Texas affected by rookeries include Arlington, Carrollton, and Bedford. The problem was serious enough for some communities to put out guides on how to prevent establishment of nesting areas.

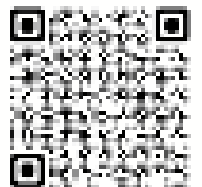
Prevention or establishment is really the only option that communities have for this potential problem because egrets, along with herons, are protected by both Federal and State law and by International Treaties. Once the birds are nesting and have started laying eggs, they cannot legally be harassed or injured by efforts to remove them. While other herons or egrets are often nesting in the same area as Cattle Egrets, it is the Cattle Egret that, by mid-summer, usually makes up the majority of those rookeries according to expert reports.



As of 2023, Frisco Lakes is probably not in great danger of becoming a rookery for Cattle Egrets, but we have a number of conditions that may make us more likely to be a potential target in future years. One factor is that in most cases the Cattle Egrets join rookeries first established by other egrets or herons who are seeking to be near water. Since we are near Lake Lewisville and have a number of water features in our community, we might be attractive to those birds seeking to nest near water. We also have a large natural area along the stretch of land that runs from FM 423 north of Del Webb Blvd., under the Del Webb bridge, and then widening out to the city-owned area with constructed retention ponds between Neighborhoods 25 and 26, continuing into the Corps of Engineer controlled area south of Neighborhood 15. The area south of the Del Webb bridge is known as the Hackberry Creek Wetlands. In addition, we have ponds on the portion of Frisco Lakes north of Stonebrook, which link toward the natural area east of Frisco Lakes and run between portions of the development to the East and then West into additional wetland areas toward Lake Lewisville.

The one thing that makes this less of an immediate danger for Frisco Lakes is the fact that our community is still fairly new and does not have a large number of mature trees. Once trees get large enough to provide a thick canopy in an area near water, they provide a more attractive area for a rookery. The City of Arlington, in their online publication about Cattle Egret rookery prevention, suggests that it is very important to keep trees trimmed in a way that makes the interior open to sunlight, and prevent trees from overlapping where birds could walk from one tree to another. They suggest getting an arborist’s help on this (use the QR code to see this publication). Keeping your trees properly pruned may also help your lawn, too, as a side benefit.

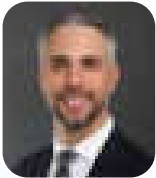
Enjoy the beauty of the birds flying overhead in their V formations and of seeing them on the edge of water here in Frisco Lakes or perched in trees. However, be alert for any signs that herons or egrets are gathering in numbers because the “beast” can also be lurking.



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Dr. Andrew A. Oteo

Insights from Dr. Oteo

Sometimes the best spine therapy starts with the hip.

There is considerable overlap in the symptoms of back and hip issues; and sometimes patients can have both. It is therefore important for doctors to remove their "blinders" and think outside the bounds of their subspecialties. The low back cannot be assessed without considering the hips and visa versa. All too many patients have come to my clinic having already undergone a hip replacement for what turned out to be a spine issue or a back surgery for what was a bad hip all along. The key to avoiding this unfortunate occurrence is to really listen to patients' symptoms, perform thorough physical examinations, and scrutinize imaging studies. If questions remain regarding the source of the symptoms, specialized testing or targeted diagnostic treatment isolating one specific area or the other can provide additional helpful information.

Unsure about where to start? Some clues that an issue might be hip related is pain in the groin or pain when lifting the leg up to get out of the car. Pain radiating below the knee or associated with numbness or tingling is more likely coming from a pinched nerve in the spine. I recommend to find a specialist who listens and takes the time to examine you through a broad scope.

In patients whose pain is determined to be coming from a combination of back and hip problems, I generally advocate for first addressing whichever is more painful or functionally limiting. Interestingly, fixing one problem often leads to improvement in the other as patients are no longer forced to compensate. Which is why... the optimal "spine" therapy might actually start with the hip! **Visit www.stonebridgehealth.com or call our office at 469-535-3800 for more information.**



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Couples Marathon Bridge

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Duplicate Bridge Club

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Euchre Club

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Wednesday

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Helen Davids
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Sharon Brenner
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Pinochle Club

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Poker Group

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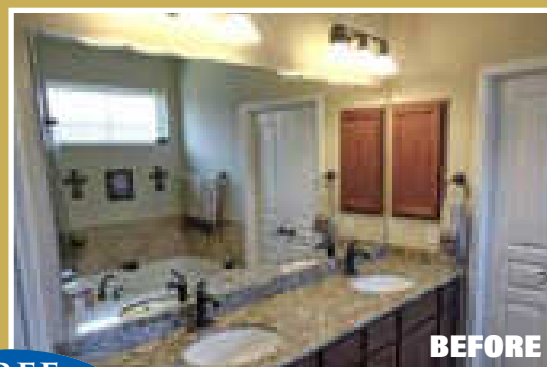
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Friends of the Library Group

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Hugh and Judie Nichols
Hvn1101@gmail.com

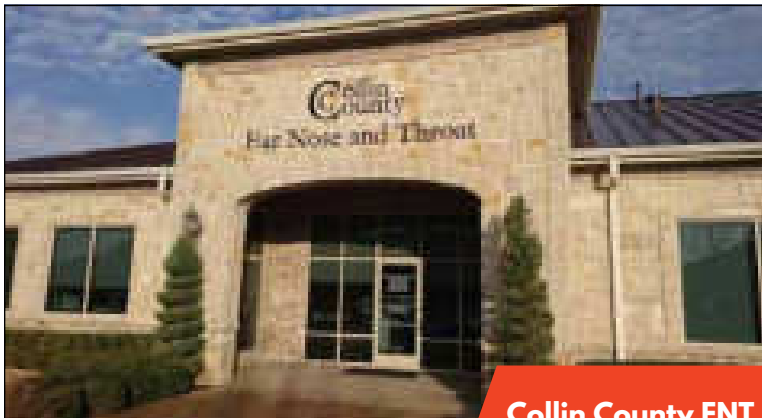
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MUSINGS ON A *New Year*

By Ann Brugger | Photo by Bryan Lewis

What of this new year we've been gifted. What is expected of us, the oldest generation, those of us who have seen so much over the years.

There are certainly days when I feel as if I am living in a glass globe, sunlight shining, my small house surrounded by native flowers in glorious bloom, my grandchildren running up to the front door with squeals of excitement, calling my name.

What is my responsibility to this world, when I have filled my calendar with pickleball matches, card games, luncheons, dancing, and the ease of shopping online for virtually everything.

I can ride my bike along a lakeside trail or walk around a pond bejeweled with herons, egrets, ducks and turtles. I can till the soil in my garden or sit silently, observing the morning walkers strolling by as they count their steps.

This is a remarkable place to live.

Yet, and yet... the world is out there

beyond the glass. It appears to smolder with angry voices and adults behaving badly. Children are alone and hungry. Fires are creating new landscapes. Wars light up over the night. Leaders are bombastic and

deeply into his pockets, his eyes lowered to the sidewalk, trying to avoid the looks of passersby. One young woman tapped his shoulder as he crossed her path, "Hey, you dropped something back there!" He looked

up, concerned with her report. Every little bit he carried with him was everything he owned.

"Really? What?" he asked.

"Why, it's your smile!" she declared, reflecting her own.

He warmed up at that moment, as she skipped past him.

Ah, I love that skipping part. We receive untold positive energy from giving to someone else. You may not receive "in kind" for your gift, but your world view can be changed.

Kindness, loving our neighbor, these are our offerings. Outside our glass globe, we live somewhere between joy and heartache, laughter and tears. In the *in-between*, you'll find your light. We could all use a smile, a thumbs up, or a "*have a good day*." Let your light shine.

“
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in-between, you'll find your light.**

self-serving. There is seemingly no end to debauchery and deceit. I am not unaffected. I am profoundly sad.

What then, is our responsibility?

Consider the story my brother shared during a difficult time in his life. He was walking down a street, his hands shoved



RECIPE OF THE MONTH

Ukrainian Borscht

Submitted by Marina Malinskaya, N18

Instructions:

1. Prepare meat broth (optional): boil 1 lb. meat with bones (beef, pork, or chicken) in 0.5 – 0.75 gallon pot of water.
2. After 2-3 minutes of boiling, drain the water, rinse meat, pour new water.
3. When boiling, add salt and cook meat 1.5 hours (chicken) or 2 hours (beef and pork).
4. Remove meat from pot.
5. Prepare vegetables: wash cabbage (0.5 lbs.), small onion, beet, carrot. Remove skin from onion, beet, carrot, and wash again.
6. Cut cabbage and onion into small pieces then add to boiling broth. Reduce heat to low. Cook for 15 minutes.
7. Grate beet and carrot in coarse grater. Add to pot. Cook another 15 minutes.
8. Cut cooked meat into small pieces. Add to pot.

To complete cooking, there are two options:

1. Add 0.5 teaspoon of lemon juice (squeeze out fresh lemon or use dry lemon acid) and 2 tablespoons of sugar to pot. Add more if you wish. The taste must be sweet and sour.

OR:

2. Add 2 tablespoons of tomato paste and 2 tablespoons of sugar to pot (classic recipe).

Optional: add chopped dill or parsley.

The Borscht can be cooked without broth.

Let the Borscht rest at least 2 hours for the vegetables to “meet” each other.

Serve with sour cream, peeled clove of garlic, and rye bread.

Enjoy!



Photo by Greg Caffarel, N2, taken during the FL Travel Club trip to see the Northern Lights in March 2023.

CORNHOLE



Cornhole is a lawn game popular in North America in which players or teams take turns throwing fabric bean bags at a raised, angled board with a hole in its far end. The goal of the game is to score points by either landing a bag on the board (one point) or putting a bag through the hole (three points). Cornhole can be played by people of all ages and skill levels. Cornhole's popularity is rising fast and is now being played at nationally televised tournaments and competitive leagues are popping up all over the country.

The Westside Village Center has four lighted Cornhole courts that are available and bags can be checked out any time the amenity center is open.

Anyone interested in playing Cornhole, please fill out the Cornhole Survey (scan QR code).



Based upon interest, various playing opportunities could be setup including:

- Open Play – Tuesdays from 2:00 p.m. to 4:00 p.m.
- League Play – 2-person teams compete weekly per schedule
- Tournament – 2-person teams compete in a one-day tournament

Contact Terry Cady at tac747@verizon.net for more information.



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