

St. Patrick's Day Event on Greenville Avenue

The 26th Annual Greenville Avenue St. Patrick's Day Parade and block party will take place on Saturday, March 12, 2005. The Dash Down Greenville 5K (start/finish near Two Rows, north of Lovers Ln) will begin at 8:30am. The parade will run from 11:00 am to 1:00 pm (upper Greenville, between Blackwell and Yale). And the St. Patrick's Day Block Party (Lower Greenville, between Vanderbilt and Vickery) will start at 1:00 pm and run until 6:00 pm.

The popular block party attracts thousands and significantly impacts our neighborhood. The City has provided a map showing no parking zones, street closures, barricades and directional traffic flow, which is available at www.lgna.net.

"No parking" areas will be designated with signs provided by the City and placed on the north side of blocks starting from Morningside to Goliad, all four blocks from Greenville to Skillman. There will be no parking on the west sides of Delmar and Concho within this area as well. No parking will be strictly enforced between 10:00 am and 10:00 pm. All signs will be nailed and placed by volunteers. Thank you all.

There will be 50 off-duty Dallas Police officers provided by Lower Greenville businesses during the event. Officers will begin patrolling the neighborhood at 8:00 am on the day of the event, particularly the no parking areas, and will continue to patrol after the event until midnight. A Dallas Police Command Center will be located near Matilda/Goodwin which will respond to dispatched 911 calls. Please call 911 to report emergencies and other problems.

For more information, please visit our website at www.LGNA.net.

LGNA meeting – be there!

WHEN: Tuesday, March 15, 7:00 p.m.

WHERE: Greenland Hills United Methodist Church at 5835 Penrose.

TOPIC: Organic Gardening (see below)

The English Gardener

You've read his column in Park Cities People and Lakewood People. You've seen his landscaping throughout East Dallas. Come and meet noted author and lecturer Patrick Butterworth, the English Gardener, at the next LGNA meeting on Tuesday, March 15, at 7:00 p.m.

Butterworth designs and installs gardens and specializes in creating gardens that reflect the character and lifestyle of the owners. He firmly believes that in today's hectic world, the garden is living space and very important to the family.

He refers to himself as a gardener, not a landscaper, and believes in doing things the old-fashioned way and working with nature. The gardens designed by Patrick Butterworth are drawn not only from his training in England, but from his travels and experiences abroad.

Working with architects and restoration specialists, Butterworth has created a number of gardens for notable homes in East Dallas. Come and gather ideas and tips for your own home. Your yard will thank you!

To continue the theme of working with nature, Green Mountain Energy will make a brief presentation. Those who attend the March 15 meeting will also receive free "blue bags" for recycling.

Earth Day is April 22

This year is the 35th Anniversary of Earth Day. There will be several events downtown and all around the city. Make a pledge to do something nice for Mother Earth: start recycling, plan a community garden, organize a trash cleanup. The possibilities are endless! Join us at our next LGNA meeting to receive free "blue bags" for recycling and do your part.

Were Your Muscles Sore?

If you attended the LGNA meeting on January 18, there's a good chance that your muscles were a little sore the next day. Those in attendance were treated to an interesting presentation by fitness professional Michael Dawdy from the Baylor Tom Landry Fitness Center.

Michael gave tips on Jump Starting and Maintaining Your Fitness New Year's Resolutions. He then led everyone from young fitness fans to senior citizens in a series of exercises using

fitness tubes. Marketing Manager Jennie Taguwa offered information on membership at the Baylor Tom Landry Fitness Center.

Many thanks to Michael and Jennie for a valuable and entertaining presentation.

Scam Alert!!!

Neighborhood residents report a magazine-sales scam. Young people claiming to be raising funds for various college or high school-related activities are going door-to-door selling books and magazine subscriptions. Checks are cashed (i.e., Ultimate Power Sales, listed on the Internet as a rip-off), but magazines never arrive. Be aware, and if in doubt, check with the school or organization before placing an order.

Volunteers Needed!

LGNA is always in need of volunteers to help with planning events, like National Night Out, writing news articles, delivering newsletters, tree planting and more. If you would like to volunteer in any way, we would love to hear from you! Please call (214) 821-2562 or send an email to director1@lgna.net. Your neighborhood thanks you!

Walking Reaps Big Health Benefits

The folks at Baylor Tom Landry Fitness Center provided us with a Dallas Morning News article on the benefits of walking.

In that article, exercise physiologist Darvin McBrayer explained that walking is the most valuable asset we possess. Walking is the perfect exercise and increases our fitness level.

With walking, you gain energy and endurance. You're able to sleep better. Walking reduces the risk of heart disease. It raises good and lowers bad cholesterol.

A recent study of women in their 50s and 60s showed that those who walked regularly were able to return their arteries to the same state of elasticity that they had in their 20s. Plus, walking is soothing, washing away stress chemicals.

The Baylor Tom Landry Fitness Center invites LGNA members to learn more about health benefits. LGNA members receive 50% off the new member enrollment fee until March 31, 2005. Contact a membership representative at 214-820-2791 for more fitness information.

LGNA BOARD OF DIRECTORS

| | | |
|------------------|----------------|--------------|
| Kathryn Willison | PRESIDENT | 214-824-3241 |
| Gay Hopkins | VICE-PRESIDENT | 214-827-4559 |
| Karl Stundins | TREASURER | 214-824-7140 |
| Julia Alderete | SECRETARY | 214-629-7539 |
| Diane Evans | DIRECTOR | 214-828-1040 |
| Patricia Carr | DIRECTOR | 214-821-2562 |
| Chuck Russell | DIRECTOR | 214-821-1545 |

IMPORTANT CITY LINES

| | |
|------------------|---------------------|
| Veletta Lill | 214-670-5415 |
| Action Center | 214-670-5111 or 311 |
| Sanitation Dept. | 214-747-2600 |
| Code Enforcement | 214-670-5708 |
| Animal Control | 214-670-8226 |
| Heavy Trash | 214-747-2600 |