

LGNA presents nationally ranked fitness trainer

Are you afraid that you will have trouble keeping your New Year's resolutions to stay fit, lose some of those extra pounds, and improve the quality of your life? Here's your chance to get help. At the next LGNA meeting on January 18, fitness professional Michael Dawdy from the Baylor Tom Landry Fitness Center will share his expertise with us.

Michael is a Certified Strength and Conditioning Specialist at the Baylor Tom Landry Fitness Center. He has a long list of credentials and has been coaching athletes and fitness enthusiasts for almost a decade. Michael was also named one of the top 100 personal trainers in America by Men's Journal magazine.

Along with disease prevention and leading a healthy lifestyle, exercise has many proven benefits: helps relieve stress and anxiety, increases your energy and endurance, helps you sleep better, and increases your metabolism which helps you maintain a normal weight. The Surgeon General recommends thirty minutes or more of moderate-intensity physical activity on most days of the week. A good goal is to work up to exercising four to six days a week.

Be sure to come on Tuesday, January 18, 7:00 p.m. to Greenland Hills United Methodist Church at 5835 Penrose. Check our website at www.LGNA.net for more information on fitness from the Baylor Tom Landry Fitness Center.

Added bonus: Everyone who attends this meeting will receive a FREE Baylor Tom Landry Fitness Center t-shirt!

LGNA meeting – be there!

WHEN: Tuesday, January 18, 7:00 p.m.

WHERE: Greenland Hills United Methodist Church at 5835 Penrose.

TOPIC: LGNA Presents a Nationally Ranked Fitness Trainer from Baylor Tom Landry Fitness Center

Wow! Did you see those beautiful decorations?

It's been proven again - we have a beautiful neighborhood. The holiday season provided a feast for the eyes.

It was tough trying to pick the best of all the wonderful yard decorations. So tough that rather than pick first and second prizes, the judging elves selected eight homes as overall winners and fifteen as runners-up.

Based on artistry, originality, effort, whimsy, and (sometimes) wattage, the elves selected the following homes as winners: 5903 Kenwood, 6001 Revere, 6023 McCommas, 5715 Monticello, 5836 Goliad, 5811 Velasco, 5942 Llano, and 5929 Lewis.

Many thanks to our wonderful neighborhood merchants for their generous prize contributions: Whole Foods Market, Pet Supplies Plus,

Blue Goose Cantina, and 7-Eleven. Be sure to say “thank you” when you visit their locations.

Check www.LGNA.net for pictures of some of the winning homes, and also for a list of the runners-up.

City of Dallas Comprehensive Plan – and how you can participate

What is this “Comprehensive Plan” we’ve been reading about? Why is the city creating it? What will it do? How will it affect us?

These questions and many more were answered for LGNA members who attended our regular meeting on November 16. Peer Chacko, Planning Manager for the city of Dallas, gave an interesting and informative presentation on the city’s blueprint for a healthy and successful Dallas.

Without thoughtful guidance shaping an urban area’s growth, problems such as congestion, loss of open space, and air and water pollution can undermine its livability.

Dallas is one of the largest cities in the country without a comprehensive plan for growth. The city has the potential for a strong economic future, but there must be a long-range plan.

Planning has many advantages which includes the ability for a community to choose the areas where it wants to focus growth (for example, in commercial districts or around transit stations) and choose areas to main-

tain stability (such as existing established neighborhoods).

The City has begun to hold workshops so that residents of Dallas can share their ideas about growth during the next several decades.

For more information about the Comprehensive Plan, check the LGNA website. Find out how you can participate in upcoming workshops and help shape the future of Dallas.

Bulk trash pickup

Begins second Monday of each month:
Monday, January 10
Monday, February 14
Monday, March 14

A link to the calendar is available at www.LGNA.net. If you have large tree limbs and brush, please put these in a separate pile from the other trash on the curb. The city can pickup sorted vegetation and haul it to be turned into mulch. Remember, recycling reduces household garbage that goes to the landfill.

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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

Become an LGNA member

Are you already a member? Please send in your annual dues if you haven't done so in the last few months. If you are not sure whether your membership is current and would like to find out, send an email to secretary@lgna.net or call Julia Alderete at (214) 629-7539. If you are new to the neighborhood, or have lived here several years and would like to become a member, please consider joining. Annual dues are \$10 per household and \$5 for seniors (65+). An application can be downloaded at www.lgna.net or send your name, address, phone number and email address along with annual dues to LGNA, Inc., 5820 Anita, Dallas, TX, 75206. Your membership dues help support LGNA events, such as National Night Out, and cover costs of the newsletter.

St. Patrick's Day on Lower Greenville

For the latest information on the St. Patrick's Day event, "No Parking" restrictions and more, be sure to visit our website at www.lgna.net.

Five steps to sneak exercise into your day

- Take the stairs instead of the elevator.
- Go for a walk during your coffee break or lunch.
- Walk to work once a week, or at least part of the way.
- Do housework at a fast pace.
- Rake leaves or do other yard work.