



Mistletoe Express

www.mistletoeheights.com

April 2011



Egg hunters!

Submitted by Brent and Susan Pressley

Get your baskets ready and hop on over to the Mistletoe Heights Easter Egg Hunt at Newby Park. This year the egg hunt will be on Saturday, April 23 at 10:00am. To participate, deliver 2 dozen candy or toy filled plastic eggs to 2341 W. Magnolia Ave. by Thursday, April 21. Be sure to put your child's age, name, and phone number on the bag. Remember to bring your Easter basket and camera on Saturday. Rumor

**Mistletoe Heights Easter Egg Hunt
10 a.m. Saturday, April 23**

has it that the Easter Bunny will be making an appearance! Coffee, juice, and doughnuts will be provided compliments of the Neighborhood Association.

For more information, call Susan Pressley at 817-923-6061 or 817-308-1484.

If it rains, we will hold it at 2 p.m. that same day, and if it is still raining the hunt will be canceled and your eggs can be picked up at 2341 W. Magnolia.

LETTER TO EDITOR

Newby Park has flourished under stewardship of Patsy Slocum

Dear Editor,

There comes a time in one's life when volunteering becomes a hardship because of age and health. I have realized that this is the time in my life when I must give up the pleasure of taking care of our Newby Park.

After serving in this capacity for about 18 years, I feel it is time for someone else to step up and take this responsibility.

I have enjoyed the realization of a wonderful pavilion in our park, and especially the new playground that so many children enjoy. For these accomplishments, I wish to thank the Friends of Newby Park committee for all their time and effort, and especially Tom Hale for his cooperation and supervision of the pavilion.

Residents of Mistletoe Heights, as well as some of our local businesses, can also take pride in the fact that they provided fi-

nancial support in this endeavor.

The flowerbeds in the park are once again planted and should provide some beautiful blooms for the summer and the future.

We have enjoyed the support of the Fort Worth Parks and Recreation Department (supervisor David Moody), which has provided maintenance of the sprinkler system, mulch and manual labor.

Marjorie Day has stepped up as the new Newby Park volunteer and is seeking more volunteers for the park. Marjorie has the Designed Plans for the park and I will continue to help as requested. I hope that Marjorie and additional volunteers will plan for a new baseball backstop for our park, as well as for soccer.

- Patsy Slocum, 2218 W. Rosedale South

From MH - Thank you, Patsy, for 18 years of wonderful service

How to Obtain a Garage Sale Permit

Garage sale permits can be obtained online at fortworthgov.org or by calling 817-392-2222 or by applying in-person by visiting the Development Department Permit Desk, 1000 Throckmorton, Fort Worth, Texas.

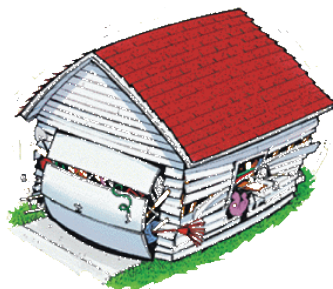
Why is a Garage Sale Permit Needed?

Code Compliance Department, 817-871-6320, regulates garage sales. Garage sales are permitted within the city limits of Fort Worth under the following rules:

Mistletoe Heights Garage Sale

Saturday, April 16 Rain date: April 23

- There are not more than two sales, in number, on the same premises in any one calendar year.
- The sales are held by a person who does not hold himself out as engaging in, or does not habitually engage in, the business of selling such property at retail
- The sale shall be confined to the garage, patio and/or yard of the premises.
- The duration of each such sale shall not exceed three (3) consecutive calendar days.



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UPDATE

See Midtown hotel renderings

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Yard of the month: 2110 Weatherbee St.

Congratulations to Kelli and Gerry Graham, recipients of Mistletoe Heights' April citation for Yard of the Month. After an unusually cold winter, the hardy plants in the Grahams' garden at 2110 Weatherbee St. promise a beautiful spring display!

Built in 2007, this Craftsman-style home appears to have always been a part of our neighborhood. Kelli and Gerry wanted to ensure that their garden reflects the style of their home and, most important, present a welcoming atmosphere to guests and neighbors.

Working closely with a professional landscape designer, the Grahams selected shrubs, perennials and herbs that would provide a low-maintenance informal garden with varied colors, textures and fragrances.

Each season offers different blooms with, to name a few, Lenten rose (*Helleborus orientalis*) in late winter; daffodils, irises, flowering moss (*Phlox subulata*), and amaryllis (*Hippeastrum x hybridum*) in spring; and oakleaf hydrangea, Mexican bluebell (*Ruellia brittoniana*), phlox (*Phlox paniculata*) and black-eyed Susan (*Rudbeckia hirta*) in summer.

In the fall, dwarf American beautyberry provides an outstanding display of foliage and berries along the front of the porch. Textures of perennial Chinese fountain grass (*Pennisetum alopecuroides* Hamelin), lamb's ear, rosemary, lady fern (*Athyrium filix-femina*) and holly fern (*Cyrtomium falcatum*) add variety as well as a lush backdrop to all the blooms.

As you walk about the neighborhood, be sure to stop by 2110 Weatherbee and



take a peak over the fence. All plants listed above and others were included in the garden's original layout and have stood the test of time and extreme temperatures of our recent Texas summers and winters. Following the wintry blasts of February, Kelli and Gerry were pleased that everything in their garden is bursting into life as the weather warms.

Thanks, Kelli and Gerry, for helping make Mistletoe Heights a great place to live! Thanks, too, to Calloway's Nursery for their generous donation of a \$50 gift certificate to each Yard of the Month recipient.

The Grahams' gardening tips

(1) Prune *salvia greggii* each spring to encourage lush growth. (2) Prune knockout roses high (at about 24 inches) in late winter to encourage new growth and lots of blooms. Kelli likes to fertilize her roses with Jobe's organic fertilizer for knockout roses at the time of pruning and periodically during spring and early summer.

You're Invited!

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Midtown construction is underway at West Rosedale and Forest Park



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West Rosedale St. at Forest Park Blvd.

Site Plan



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Central Market bags still available

Central Market bags are available on Thomas and Marjorie Day's porch, 2239 W. Magnolia Ave. Please send your donation to our neighborhood treasurer, Jeri Jo Blackmon, 1408 Mistletoe Drive. The money made from the reusable grocery bags donations goes toward our Entrance Beautification program.



Happy Easter!

April 24

Get on the Mistletoe Heights email list

To subscribe to the Mistletoe Heights Residents mailing list, go to www.mistletoeheights.com, click on "Email List" and look for the section "Subscribing to Residents". Enter your email address and name and click "Subscribe". Be aware that you may need to add residents-bounces@mistletoeheights.com to your address book so the incoming emails are not treated as spam. We're still missing lots of neighbors on the email list. If you have any questions or concerns about the email list, contact moderator@mistletoeheights.com.

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MAKING SENSE OF INVESTING

First, consider your soil

By Marjorie Day

Many home gardens in Mistletoe Heights don't have well-drained soil. Most of us have alkaline-heavy clay that's often very fertile but difficult to work with because of lack of drainage and aeration.

Have your soil tested. Take several samples from different parts of your yard and send them off for a test to determine the state of your soil before starting a program that will either be a waste of money or damaging.

Calloway's Nursery often offers free soil testing at this time of year or you can contact the Tarrant County extension agent (817-884-1945) to find out how to have your soil tested.

Improve your clay soil by simply adding organic matter to your beds and lawn. A half-inch layer of compost over your lawn will improve the soil beneath your turf. Consider aerating your lawn before putting down compost. Aeration can be beneficial by creating space for air and water to enter the soil.

Be sure to mulch the grass and leaves back into the grass and not remove them. Also, consider reducing your turf area. Removing a purposeless lawn helps the local environment when you plant new beds with native and adapted plants to reduce water use and air pollution and support our local pollinators. Remember that without birds, bees and butterflies, we will not survive. Our non-native lawns do not support them.

If you're preparing a new flowerbed, spread three inches of



expanded shale over the bed and turn in. The expanded shale will need to be worked in only once. Hurray, a one-time gardening chore! Put three inches of compost over the bed and again turn under. Don't work the soil

if it's wet. It will be difficult to work and will create soil clods which will not create be conducive to planting.

In established beds, pull back your mulch, and add two inches of compost and reapply additional mulch. Mulch should be a minimum of three inches in our hot climate.

You can also prepare soil but doing very little to nothing at all, but your plant selection is extremely important. You must pick out plants that will thrive in your soil as is. If doing nothing is your plan, be sure to get that soil sample to know your soil's PH. Know the light, water and wind conditions, and pick plants that will thrive in those variables. For advice, contact the North Central Chapter of the Native Plant Society of Texas (www.txnativeplants.org).

* Some folks recommend adding sand to clay. But if you simply add sand to clay soil, you'll be making yourself a large piece of pottery.



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Share the road — it's the law

It's easy to forget while in bumper-to-bumper traffic, but city streets are meant for much more than just driving your car.

Utilities that provide water, telephone, internet and television run lines under many streets, meaning some workers spend their time on the street. Pedestrians often have to cross streets or walk along the edge where sidewalks aren't available. Bicyclists also have to use the street to keep sidewalks clear and safe for pedestrians. Add cars and you have a potentially dangerous mix.

To help protect these vulnerable road users, Fort Worth has joined with cities throughout the state by adopting the safe passing ordinance. The ordinance requires vehicles to leave at least three feet (six feet for commercial vehicles) of clearance between them and others on the road when passing, as road conditions allow.

The ordinance — part of the City's Bike Fort Worth plan — also introduces rules aimed at ensuring bicyclists can ride safely, giving residents a healthy and environmentally friendly transportation alternative. The new ordinance prohibits harassment and intimidation of all vulnerable road users, which is a frequent concern among bicyclists. Motor vehicle occupants are prohibited from operating the vehicle in a way that causes a collision, such as opening a car door into a bicyclist or a jogger.



Bike Safety Tips

Asking motorists to give bicyclists more room to ride only solves part of problem. Staying safe on the road starts with the rider.

1. Ride in the same direction as traffic. Don't ride on the sidewalk.
2. Obey all stop signs, traffic lights and lane markings.
3. Wear a helmet.
4. Plan your route: avoid busy streets, watch parked cars and doors that might open.
5. Inspect your bike to ensure tires are inflated properly and no parts need to be tightened or replaced.
6. Re-think music and cell phones. Be aware of your surroundings.
7. Keep at least one hand on the handlebars at all times
8. Look before changing lanes, use arm and hand signals.
9. If a bike lane is too narrow or you are going the same speed as traffic, you can take the traveling lane.
10. Give pedestrians the right of way.

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House Wanted - I recently moved to this area from Ohio and I am looking to buy a house in or near this neighborhood. I would love to restore a house in need of repair but will consider all options. Please call Allan @817-851-8223.

Mistletoe Heights Pet Sitters is now booking for your vacation, or any other time. References available on request. www.mistletoeheightspetsitters.com or 817-247-2870

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HELP THE NIGHT SHELTER; If you are interested in participating in or donating to The Presbyterian Night Shelter's Operation Move Out, please contact Heather White at 817-632-7415 or hwhite@pns-tc.org

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Watch for Zoo Run April 16

The Zoo will host the 14th annual Zoo Run on Saturday, April 16, the same day as the Mistletoe Heights Garage Sale. Every year, proceeds from the Zoo Run support conservation efforts for animals. This year's event also includes a Party for the Planet, the Association of Zoos and Aquariums' national Earth Day celebration.

The Zoo Run will be held on the soccer field located next to the Zoo's main entrance. All event activities are scheduled to begin at 7 a.m. with a timed 10K and 5K along with a 1-mile Fun Run. The course will take an estimated 5,500 participants on a "wild" journey through our neighborhood.

If you'd like to participate in the Zoo Run, visit the Zoo's website at www.fortworthzoo.org or call 817.759.7337 for more information.



Check out
our updated website:
www.mistletoe-heights.com

Are you a registered voter?

If not, get going and take part in your most basic right. Go to votexas.org.


You Must Register By...

Your application must be received in the Voter Registrar's office or postmarked at least 30 days before an election for you to be eligible to vote in that election.

To vote in Texas for the following elections...

May 14, 2011 Election: Deadline to register is April 14, 2011.

November 8, 2011 Election: Deadline to register is October 11, 2011.



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New commuter rail to be called Tarrant Express (TEX)

Source: Fort Worth Transportation Authority
The Fort Worth Transportation Authority (The T) board of directors adopted Tarrant Express, or TEX, as the name for its new commuter rail line.

Previously known as Southwest-to-Northeast, the future commuter line will run from southwest Fort Worth, through downtown Fort Worth and across northeast Tarrant County to Grapevine and Dallas-Fort Worth International Airport.

The name Tarrant Express was selected by a subcommittee of The T's board, along with input from the Grapevine City Council. The City of Grapevine is a funding-partner of the new passenger line and has been involved in its planning and development from the beginning.

"As our new commuter rail project advances into its next phase toward submittal to the Federal Transit Administration for a funding grant, we felt it was important to provide it an official name that would create higher visibility and excitement within the region and greater recognition within Washington, D.C.," said Dick Ruddell, president of The T.

The Tarrant Express is part of The T's strategic plan to expand public transportation services, and rail in particular, throughout Tarrant County.

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Don't toss your compact fluorescent light bulbs in trash

Well, once again we roll out a new, improved product, and we all blindly start buying the new widget with little regard for the product's eventual demise.

Such is the story of the compact fluorescent light bulb, a new product whose use is touted as a way to save the world. For me, the CFL light, its path to market and its potential future is dim, unless we as individuals acquire some responsible habits.

Before we began the "Big EPA Push of the Compact Fluorescent Light Bulb" we should have waited until every state in the union made it a criminal offense to put these suckers in the trash can or created a federal law about where and how they could be disposed of.

The Environmental Protection Agency and the big box stores are all out there pushing the CFL as a fantastic new energy saver. In some respects, it's an energy saver and in some serious respects it's a coming ecological disaster in the aggregate, one little bulb at a time.

Here's the problem: People don't think about what to do with a CFL once it's kaput. In the aggregate, every CFL in the trash is a slowly mounting ecological disaster. They contain mercury, a pretty nasty neurotoxin, and it is to be respected. One CFL contains enough mercury to pollute 6,000 gallons of water.

There has been no serious governmental response to help folks recycle these new bulbs that is effective, clear and imperative. This is a problem.



Here's the fix. It needs to be a crime to chuck one of these puppies in your trash can or your recycling cart in every state of this country. For now, you need to police yourself when one of these light bulbs goes out. Place the spent bulb in a container that will not encourage breakage and wait until you have several and bring them down to the Environmental Collection Center at 6400 Bridge St., or bring them one at a time.

This has to be the new normal. Do not put CFL bulbs in the recycling bin. They will break and contaminate the truck, rendering the entire load of recyclables toxic. You are also exposing the handlers of your trash to a neurotoxin. Being a garbage guy is tough enough, isn't it?

If we reduce our greenhouse gas emissions and our mercury emissions by reducing our electricity, the CFL is a good product. If you do not dispose of them at the Environmental Collection Center, the product has the potential to be worse than the problem it was intended to fix.

Please talk about this new recycling a habit.

The Environmental Collection Center (ECC), at 6400 Bridge St., in east Fort Worth, 76112, is open to residents of Fort Worth and participating cities on Thursdays and Fridays from 11 a.m. until 7 p.m. and on Saturdays from 9 a.m. until 3 p.m. (and it's free!). The center is closed on city holidays. For more information, call the ECC information line: 817-871-5257.

- Marjorie Day

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Master Composter course offered April 14-16

The City will offer its Master Composter course April 14-16 at the Southside Service Center, 4100 Columbus Trail. The course covers everything you need to know to reduce waste in your home through composting, and includes two evening sessions from 6 to 9 p.m. April 14 and 15, and an all-day Saturday class, set from 8:30 a.m. to 5 p.m. April 16. Cost is \$30 for Fort Worth residents and \$45 for non-residents and includes all three days. To register, call 817-871-7966 or e-mail Larinda.Smith@fortworthgov.org.

Mistletoe Heights Gardener's Club

We are starting a neighborhood garden club.

Would you like to take part in caretaking Newby Park and help create new neighborhood gardening projects?

If so, please email Marjorie Day at perrellim@aol.com. So far we have six interested potential members, but would love to have more.

We will be meeting in the next two weeks, so let me know if you have an interest in joining.



April Events

Fort Worth Symphony Orchestra Presents "Broadway Rocks," April 8-10, Bass Performance Hall

Komen Tarrant County Race for the Cure, April 9, Ridgmar Mall

Loretta Lynn, April 9, Billy Bob's

Main Street Arts Festival, April 14-15, Main Street, downtown Fort Worth

14th Annual Zoo Run, April 16, Colonial Parkway

Casa Manana Presents "The Adventures of Brer Rabbit," April 17

Earth Day, April 22, adopt new ways to reduce your carbon footprint

Mistletoe Heights Egg Hunt, 10 a.m. April 23, Newby Park

Fort Worth Stockyards Easter Egg Hunt, high noon April 23

Easter, April 24

Homemade Egg Dye

Give the Easter Bunny Easter eggs the natural way, using common foods and flowers. And don't forget: The longer you soak the eggs in the following liquids, the more intense the colors will be.

Pink: Cranberry juice or the juice from pickled beets.

Green: Boiled Spinach leaves

Red: Red boiled onion skins, raspberries, or cherries in syrup

Lavender: Grape juice.

Yellow: A mixture of 1 cup hot water, 1 to 1 1/2 teaspoons turmeric and 1/2 teaspoon white vinegar.

Brown: A mixture of 1 cup hot water, 1 tablespoon instant coffee and 1/2 teaspoon white vinegar or just a good old fashioned brown egg



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CrossFit is a core strength and conditioning program that leads to superior general physical preparedness.

- **Constantly Varied** (Broad, General, & Inclusive)
- **Functional Movements** (Natural core to extremity movements)
- **High Intensity** (You will SWEAT!)

Check us out at www.crossfitironhorse.com or try us out @ 9am Saturday (open to the public)

"It's like having your own Personal Trainer for every workout."

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Next door to Travis Lutter Jiu-Jitsu