
◊ Oakridge News ◊

Vol. 5, No. 5

A Publication of the Oakridge Neighborhood Association

October, 1996

PRESIDENT'S MESSAGE:

We had a good turn out at the September 26th General Meeting with Mike Cantrell, the Dallas County Commissioner. Mike informed us about a new juvenile crime program that he put together to try and cut down on the growing problem with the juveniles. This is a system that will work not only with the kids but also to get the parents involved in the rehabilitation process. It sounds great and we hope to see some results from it in the future.

Dave Winter, Civic & Political chairman, was unable to attend the quarterly City Manager's meeting for neighborhood associations in Garland last month, so I went in his place. The meeting was very informative and covered many issues, ranging from the proposed 1997 city budget to code enforcement and the importance of neighborhood associations.

As mentioned in the last newsletter, the ONA board voted to discontinue delivery of the newsletter to non-members. This decision was announced at the September 26th general membership meeting with favorable support. The newsletter will be delivered in October and November as usual. We do not print one in December, so beginning in January only ONA members will receive the newsletter. Our main goal is membership and we would be very happy if we could reach the halfway mark of 570 homes. If you have not joined and wish to do so, please contact Mary Musseman at 414-1098, for a membership form. Thank you to all the members who continue to support our efforts to enhance the beauty of Oakridge and keep it a safer and friendly neighborhood.

Luanne Payne

ATTENTION * * * * ATTENTION

The ONA has a new Hotline number. Please make a note of the new number. It is 967-5136. The old number is still working but I do not know for how much longer.

NEW ONA HOTLINE # 967-5136

OAKRIDGE NEIGHBORHOOD ASSOCIATION

P.O. Box 45015
Garland, TX 75045-0145
Phone: 967-5136

President	Luanne Payne
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	Ron Harbach
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Liaison to OCC	Luanne Payne
Membership	Mary Musseman
Communication	Jackie Griffin
	Jim Griffin

MEMBERSHIP NEWS

We really appreciate all who have sent in their renewal checks. We currently have 453 members. If you would like to join, please call me at 414-1098 and I will gladly drop off a membership form. New memberships are \$24.00 at this time. The rosters are in the process of being mailed out.

OAKRIDGE WELCOME WAGON

Lila LaGrassa and Mary Musseman welcomed the following families into Oakridge this past month.

- BIG OAKS:** Roy & Norma Broadbooks
Robbie Garnett
Jim & Sharlyn Neely
- CREIGHTON:** Audrey Golden
- DIAMOND OAKS:** Matt Lee & Christie Medlock
- HEARTHSIDE:** Laurie Koenig
Beverly Guzman &
Wesley LaCuesta
King & Camhua Pham
- HICKORY BEND:** Diane Doud & Jean Cathcart
- OAK POINT:** Robert & Ann Whitehead
- OVERVIEW:** Jack Krone
Roger & Jacqueline Williams
- RIDGE OAK DR.:** V. T. & Annie Abraham
Nancy Ballou
- RIDGE OAK CT.:** Tracy McCasland
- ROCKY TRAIL:** Peggy Guthrie
- STONERIDGE:** Paul & Patti Meador
- WINDY RIDGE:** Mike & Lisa Kolacz

If you would like to be welcomed into Oakridge with a basket of Goodies and ONA information, you don't have to wait for neighbors to call! Please call Mary Musseman at 414-1098 and we'll be happy to come greet you.

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Lone Star Gas 800-817-8090
Sanitation 205-3420
Environmental Code 205-3374
Animal Control 205-3570
Poison Center 590-5000
Street Light Repair 205-3449
Electricity Emergency 205-3000

IMPORTANT FACTS TO BENEFIT OAKRIDGE:

Here is some helpful information to make you aware of just a few of the code violations that can be easily corrected by making a simple phone call to Code Enforcement at 205-3374:

WEEDS

Weeds or grass of 12" high are a violation of Garland's City Code. Property owners and tenants are responsible for keeping lawns mowed. If the city has to cut the weeds, you will get a bill for mowing services plus administrative fees.

JUNK VEHICLES

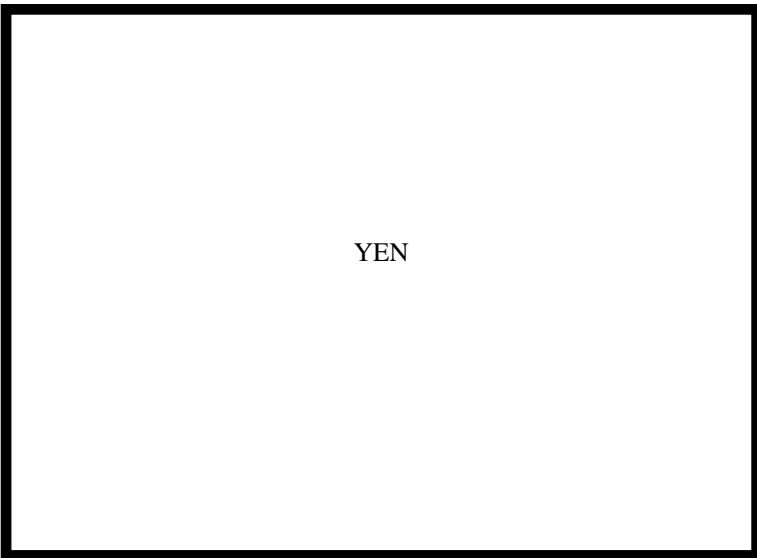
Motor vehicles that do not run, partially dismantled or have expired license plates or stickers are "junk vehicles". They cannot be kept where they can be seen from the right of way or from nearby private property.

**OPEN STORAGE/
NUISANCE**

Outside storage is not allowed \except for items made of weather resistant materials which are intended for outside use, such as lawn furniture and landscaping items.

**PARKING ON THE
PROPER SURFACE**

Motor vehicles in Garland must be parked on a driveway or an improved surface. Parking on the lawn is not allowed. You may park on the street when it is permitted.



YEN

LET SUE DO IT

Junior forgot he needs brownies for the bake sale and you're already late for work!

LET SUE DO IT

You need a week away, but Kitty and Rover don't want to go to the Kennel

LET SUE DO IT

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- Errands
- Taking kids to soccer, ortho, Etc.
- Shopping
- Baking/Cooking
- Etc., Etc.

LET SUE DO IT

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Sue Hageland

530-5089

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CRIME STATISTICS FOR SEPTEMBER:

- 1 - **Habitation Burglary**
(Stole bike from open garage door between the hours of 3:45 and 4:30 PM on a Sat.)

- 1 - **Vehicle Burglary**
(Broke passenger side window and stole radio between hours of 10:30 PM on a Thurs. and 7:30 am on Friday)

- 1 - **Vehicle Burglary**
(Cell phone was stolen from unlocked car at Country Club parking lot about 8:00 PM on a Thurs.)

- 1 - **Vehicle Burglary**
(Pick-up was broken into on rear of driveway between the hours of 8:00 PM on a Friday and 7:00 am on Sat. Property was returned after police made an arrest.)

- 1 - **Criminal Mischief**
(Eggs thrown on car parked on street between the hours of 10:00 PM on a Mon. and 6:00 am on Tues.)

- 1 - **Criminal Mischief**
(All four tires were slashed on 2 vehicles parked in front of house between the hours of 8:00 PM on a Friday and 8:00 am on Sat.)

The statistics for the month of September were down by 4 reports from the previous month of August. The reports are looking better each month. There was only 1 habitation burglary which probably could have been prevented if the garage door had been closed.

Just a reminder, don't leave any valuables in plain view in your vehicles. These are temptations that are too hard for some to resist. With the holidays just around the corner, it is very important to put all packages and valuables in the trunk of your car.

CITIZENS ON PATROL

Overview

The C.O.P. volunteer program started its first patrol duty on Friday, October 4th. We hope the presence of the cars with the magnetic signs will help deter some of the uninvited guests into Oakridge. As we drive down the alleys and see a garage door open and it is dark in the garage, some of us have actually driven around to the front of the house and rang the doorbell to inform you that your door is up. The few times this has happened, even though we might wake you up, you have been very appreciative. So far no one has been upset about it. We are looking out for you and trying to prevent any unnecessary crimes.

Golden Oaks

Diamond Oaks

Hearthside

Laurel Oaks

Overview

We have several people who have volunteered and your names are on the list. We are just waiting for the police department to have another training class. Please understand these training classes are arranged around the officers "off-duty" hours and they are not compensated for their time. When a schedule is made each name on the sign up list will be contacted. If you have any questions or want to add your name to the list, please call Ron Horan (chairman of the C.O.P. program) at 495-8083 or you can leave a message on the ONA Hotline at 967-5136.

ATTENTION ALL BLOCK CAPTAINS

The Garland Police Department is having a picnic to show their appreciation for all the Block Captains who participate in their Neighborhood Crime Watch. They are hoping for a big turn out and will try to add some renewed interest in how important a neighborhood crime watch program is to all areas of Garland. We happen to be the 9th largest city in Texas. How about that! So mark your calendars now for:

WHEN: Saturday, November 2nd
TIME: 12:00 - 3:00 PM
WHERE: RANCH 111,
located north on Brand Rd.
past 190 and on the left side of
Brand.

RSVP: Please, please RSVP to
Luanne Payne 530-9323
before October 31st if you plan
to attend.

The police department needs to have some idea how
UPDATED OAKRIDGE INFORMATION:

Several of you have inquired about what happened to the signal light installation at Diamond Oaks and Buckingham. The city encountered some unexpected delays and assured us that the light will be installed and should be by the end of the year barring any other delays.

There has also been a problem for several years where Oak Point intersects with Diamond Oaks. There has never been a stop sign there and a few accidents as well as near misses have occurred here because of drivers entering Diamond Oaks from Oak Point without looking both ways. A stop sign will soon be installed at

1997 PASSBOOKS

If you haven't purchased a Passbook, I still have several available. Those of you that purchased early I hope you are already enjoying the benefits of it. Remember these make great Christmas or birthday gifts too. If you would like to buy one, please call Luanne Payne at 530-9323 and I will be glad to deliver it to you.

Pam Simmons, M.A.
Oakridge Resident
530-9839

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ONA MEMBERSHIP STANDING BY STREETS:

<u>STREET</u>	<u># HOMES</u>	<u># MEMBERS</u>
Beaver Run	5	2
Bending Oaks	27	13
Big Oaks	148	37
Creighton	19	9
Crestedge	13	3
Diamond Oaks	68	36
Fulton	29	14
Golden Oaks	23	11
Grand Oak	23	4
Greenview Cir.	4	3
Greenview Dr.	27	10
Hearthside Ln.	45	16
Hickory Bend	62	28
Laurel Oaks Ct.	22	7
Laurel Oaks Dr.	57	29
Lone Oak	18	10
Meadowridge	29	7
Moss Trail	16	5
Oak Point	59	32
Oak Springs	26	16
Overview	50	23
Peakwood	30	13
Pebblestone	21	7
Pepperidge	20	5
Richland	22	4
Richoak	10	3
Ridge Oak Ct.	8	5
Ridge Oak Dr.	51	28
Ridge Oak Pl.	13	3
Ridge View Ln.	6	3
Rocky Trail	6	4
Rolling Oak	32	15
Shady Oaks Ct.	11	5
Stoneridge	64	18
Suncrest	19	2
Willow Ridge	19	10
Winding Oak	21	6
Windy Ridge	<u>18</u>	<u>7</u>
38 STREETS	1141	453

As you can see from the numbers above, we need to increase the membership. There is only 40% of Oakridge residents who support the ONA. Our goal is to increase this to 50%. We need you help to reach this goal.

**Home
Maintenance
by Steve Brandt**

- Carpentry
- Sheetrock Repair
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References**

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Written Estimates • Warranty • References

Joe Wrinkle, Pres.
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REMODELING -VS- RENOVATION

The following chart was featured in one of the local papers.

PROJECT	JOB COST	RESALE VALUE	COST RECOUPED
Bath Addition	\$8,235	\$11,310	137%
Minor Kitchen Remodel	5,356	6,790	127
Bath Remodel	5,914	7,180	121
Major Kitchen Remodel	15,795	18,900	120
Master Suite	24,527	27,105	111
Family Room Addition	24,062	24,900	103
Deck Addition	6,287	5,200	83
Two-Story Addition	46,100	37,500	81
Attic Bedroom	18,797	14,500	77
Sun Space Addition	21,240	13,500	64
Exterior Remodel	13,363	8,333	62
Home Office Addition	7,344	3,083	42

Although this gives us some good information, there are many variables that may change these values. For example: If you add on and you now have the largest home in the neighborhood, you may have over-built for the area. It also depends on the finishout and design of the addition or redo. There is also a big difference in adding lots of shelves and built-ins to a back bedroom and turning it into an office rather than adding a library-study.

It is important to make a distinct difference between the need to update, which means changing old vinyl, carpet and papers because they are old and worn out and replacing with new or updating your vinyl to today's tile or wood floors. This may be necessary to sell your home and compete in the market place. Sometimes you can reap large rewards by remodeling and can be less expensive in the long run than selling and buying again.

There are lots of choices and many times it depends on your particular circumstances and needs as to which might be to your advantage. Before you decide to add on or make changes you might want to call your local Realtor who can give you a good idea what your return on your investment may or may not be.

If you would like a more detailed report from the Remodeling Magazine, a national publication, please call me or Gary at 972-414-6260.

Peggy Richey
Keller Williams Realty



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GARY A. RICHEY 972-5534

**Over-the-Counter Painkillers:
Friend or Foe?
Dr. Ann Knight, DC**

Many people take over-the-counter painkillers for their pain. This would include Aspirin, Ibuprofen (Advil, Nuprin, Motrin, etc.), Acetaminophen (Tylenol, Anacin-3, etc.), and Aleve or Naproxin. Aspirin was the first of these drugs to be introduced by a German drug manufacturing company, Farbenfabriken Bayer over 70 years ago. Many people have benefited from this drug's anti-inflammatory and fever reducing properties, but it wasn't until the late 1960's that we began to understand how this "miracle" drug works.

A pharmacologist in England discovered that aspirin destroys an enzyme that controls the production of all prostaglandins. Prostaglandins are chemicals produced by

the body in several different forms. Some of the "bad" prostaglandins lead to inflammation, pain, and blood clotting. Other "good" prostaglandins, however, work to reduce pain and inflammation and to promote healing. Aspirin destroys all of them "bad" as well as "good".

In the short term aspirin does seem to have some beneficial effects, however, long term use can lead to internal bleeding, ulcer development, and depression of the immune system. There is also a potential to develop an allergy to aspirin with long-term use.

Additionally, aspirin interferes with the production of molecules, called glucosaminoglycans, that are produced to build healthy connective tissue and cartilage within the body. Without these molecules the cartilage within the joints cannot reproduce itself correctly. This may lead to wearing away of the joint surfaces and over a period of time, arthritis and pain in the joints many develop.

The other anti-inflammatory drugs can be quite dangerous well. In 1989 the Los Angeles Times printed an article titled Analgesics May Kill More Than Pain. This article described how

former all-pro football player Ken Easley destroyed his kidneys after taking ibuprofen for a sprained ankle in 1988. The article quoted Dr. William Bennett, head of nephrology at University of Oregon Health Sciences. Dr. Bennett estimates that over-the-counter

DR ROOF

**ATTIC VENTILATION OFTEN AN
OVERLOOKED ITEM DURING RE-ROOFS**

As I have been working in the neighborhood during the recent wave of re-roofing, I have had the opportunity to observe the design of the roofing systems being built by various roofing companies. One thing which was most notable was the lack of design and installation of an adequate attic ventilation system, particularly when changing from a wood shingle roof to a composition roof. A wood roof freely passes air through and around the shingles. Go into the attic of a home with a wood roof and quite a bit of daylight can be observed. When this covering is removed and replaced by asphalt composition material, it effectively seals it off tight.

It is not our belief that this discrepancy is caused by any other reason than a lack of knowledge and

understanding of what is needed and how to install it by some contractors. Most include some form of roof ventilation with their jobs but so often little thought is placed on what is really needed and where should it be located.

A properly balanced attic ventilation system is essential for not only the health of your home but also your pocketbook.

In the summer the sun heats the roof surface to temperatures sometimes exceeding 160 degrees. This heat radiates into your attic causing high attic temperature. Without the efficient removal of hot attic air, the heat bakes through your attic insulation and turns your ceiling into a large radiant heater. This places an excess load on your

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air conditioning and also robs cooled air from the ductwork in the attic before it gets to your living area. High attic temperatures impede heat dissipation of the shingles and they run at such high temperatures that premature shingle failure almost always results. The end result is a less comfortable home, premature replacement of your AC unit, and roofing material, and higher utility bills.

In the winter months attic ventilation is equally important. Warm moist air from bath, kitchen, wash, and expiration migrates to attic areas where without proper ventilation it is trapped. Cold wind to the roof of the home causes this moisture to condense on the underside of the roof decking leading to a myriad of problems including warping of the decking and structural damage, water soaked attic insulation, structural rot, mildew, and peeling paint with the associated expense of wasted energy and increased home maintenance.

It is not difficult or expensive to design and install an adequate system and for most homeowners the additional comfort and savings makes sense. Also without such a system, if there is ever a warranty problem with their composition shingles, the manufacturer of the shingles will deny coverage. The Uniform Building Code 1991 and FHA calls for a minimum of one square foot of Free Vent Area (FVA) for every 300 square feet of attic space if half the FVA are intake vents located under the soffits and half the FVA are exhaust vents located at or near the peak of the roof. HUD calls for one square foot of FVA for every 150 square feet of attic space located under eave or at the ridge. You may elect to install anywhere between these figures. Once again it is important that however much you

Diane Owens Add

decide to do, make sure the system is balanced. A balanced system will have equal intake as exhaust. Some schools of thought allow for 60% of total FVA as intake and 40% exhaust.

To calculate what your needs are, measure and draw a sketch of the total perimeter of your home from eave to eave including any area which has attic above it such as an open patio. Divide the resulting drawing into rectangles. Most homes will have a bedroom wing as a rectangle, the garage as one and the main portion of the home as a third. Some of the homes in the neighborhood have multiple front hips or offsets which will also need to be figured. Multiply Width X Length of each part and add the resultant (continued on page 12) figures for the total square footage of your attic. Take this figure and divide by 300. The result is the total minimum

painkillers are responsible for as many as 20% of the 125,000 cases of end-stage kidney disease in the United States.

(continued on page 11)

Numerous other articles exist including the following:

Effects of Nonsteroidal Anti-inflammatory Drugs of Prostaglandin's and Renal Function, printed in The American Journal of Medicine in June, 1985. An Abstract quote from this article is:

In the past 15 years, there has been an explosion in the number of Nonsteroidal anti-inflammatory drugs on the market. Along with this explosion have come increasing reports of the physiologic and pathologic changes in the kidneys.

The Harvard Health Letter dated November 1990 states that nonsteroidal anti-inflammatory drugs (NSAIDs) are one of the most widely used drugs

in the United States. This article sites a study done at John Hopkins University School of Medicine that indicates that even doses of six over-the-counter tablets of ibuprofen can produce reduced kidney function. The article also states that Sanford University researchers estimate that gastric bleeding is the most frequent and severe drug side effect of NSAIDs in the United States for patients taking the drug for Rheumatoid Arthritis, causing 20,000 hospitalizations and 2,600 deaths each year for these rheumatoid arthritic patients.

The Oregonian, November 22, 1993 titled, Bad News: Headache Medicine Can Cause Headaches, cited that people who are headache prone and take drugs such as aspirin, acetaminophen, and ibuprofen regularly can have analgesic rebounds such that the pain killer can actually induce a headache. Dr. Robert Ford of Ford Headache Clinic states that people who are headache-prone can have analgesic rebounds by taking Tylenol as little as two times per week.

Over-the-counter pain killers should not be taken on a regular basis for any length of time. There is no definite answer to how much is too much, but if you are taking these pain killing medications for more than a few doses, one should begin to look deeper to determine the cause of the pain rather than just masking it with these potentially dangerous drugs. Consult a licenced doctor who is skilled in

Pyramyd Roofing

FVA required. Dividing by 2 gives the requirement for intake and exhaust. As all vent devices FVA is expressed in Square Inches we need to multiply the Square Foot FVA figure by 144. (Sq' Attic Space / 300 = Minimum Required FVA) (1 Sq' = 144 Sq") (Length X Width = Area of a Rectangle)

Most homes in Oakridge are equipped with a number of 8" X 16" intake vents under the soffit of the home. These provide for 65 square inches each of FVA if they are unobstructed and not painted over. Count these first and multiply by 65 to find what you have in existing intake. Check this figure with what you calculated is required. You may have to add some or you may have enough Remember, you will want to balance intake with exhaust ventilation which is where most of your homes are lacking. It makes little difference what type exhaust vents are used. Some of the more common are static ventilators, which look like a low 12-14" inch square metal box close to the peak, ridge venting, or wind turbines. These devices typically provide a FVA of 60 square inches, 16 square inches per linear foot, and 113 square inches for a 12" and 154 square inches for a 14" turbine respectively. Most all the turbines on your homes at the present are 12" models. Be careful not to mix different types of exhaust vents. A turbine located near an exhaust static vent will draw its air from that vent effectively short circuiting the system.

We trust this has been informative and helpful. Should you have questions regarding proper ventilation or other aspects of residential roofing feel free to call, fax, or write.

Bill Walter
Painless Roofing & Renovation
Company
Voice 972-644-7603 Fax 972-644-7665

Attention Women of Oakridge



The members of the Oakridge Women's Club (OWC) would like to remind you what our organization is all about. The primary purpose of the OWC is to develop friendships with others in the neighborhood. Most of our current members are moms, although this is not a requirement for membership. Some of us work outside the home, and some are home full-time. Some are fairly new moms while others are veterans! All of us are interested in making new friends for ourselves and our kids.

Our monthly meetings are held at the country club or a member's home. We plan monthly activities for our children, plan special seasonal events, and enjoy socializing with our neighbors!

Our next meeting will be held at the home of Suzanne Fletcher (2809 Winding Oak Trail). Make plans to attend so you won't miss our fun holiday activities. We'd love to meet you! If you have any questions, please call Mary Macejewski at 495-5734.

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