

**I·N·S·I·D·E**  
*this issue*

It may be September, but you'd never know it by the heat. Cool off with Trudy Schmidt's recipe for Orange Freeze. **Page 3**

Crickets are back! Unfortunately, so is that midnight chirping — unless you know how to keep the nuisances away from your yard. **Page 4**

Now that Ojeda's has left, are you looking for a good, nearby Mexican food place? Jo Ann Williams recommends Desperado's. **Page 5**

Wondering what the City of Garland has done to help victims of Hurricane Katrina? Read the city's press release on this topic. **Page 6**

The opening of the Firewheel Town Center is just around the corner. See a list of some of its shops. **Page 7**

## ONA seeking new members, volunteers

By Keith Engler  
ONA President

I see people in Oakridge walking, jogging, golfing, and socializing at all hours. Don and Mary Pattie just got new bikes and have been riding the Duck Creek bike trail. Being an avid cyclist, I consider this trail an added bonus for living in Oakridge. You can access the trail by crossing Beltline at Laurel Oaks and take the alley behind the old Target. The trail starts just across Jupiter after exiting from the Target parking lot. This trail extends 7 miles ending at Renner Road and Central Expressway. It would be fun to see more Oakridgers riding that trail.

The Garland Neighborhood Vitality projects that Oakridge applied for are nearing completion, with Nelson Prater

doing a fantastic job coordinating this effort. The bridge has been painted, the irrigation along Buckingham has been installed, and the lighting in the entrances should be completed soon.

Now that the bridge has been painted, the chain link fence looks worse. If we have any fence people in the neighborhood, it would be nice to redo that fence with hunter green, vinyl-coated fence material.

Maintaining the sprinklers is a major part of what the ONA does — and it is very expensive. A check valve broke at Ridge Oak and Jupiter and dumped a considerable amount of water onto the Houston's house. This valve sticks out of the ground and is vulnerable to freeze-

*See ONA on page 2*

## ONA releases membership statistics, aspires for goal of 75 percent

By Mike and Martha Dollar  
ONA Membership Committee

This has been mine and Martha's first experience in managing ONA Membership, and consequently the last three months have been busy ones. As returned invoices pour in, several thank yous are requisite from the beginning.

First, to Sherri Rutherford-Franks for making numerous trips to the post office and bringing returned invoices to our home to record. Second, to the many beautification donors who were gracious beyond their annual dues. These neighbors are so generous, and the entire Oakridge community is grateful to have this caliber folks living right here among us.

Another big thank you goes to those of you who indicated "willing to help" on your invoice. Our community receives huge benefits from the volunteerism in this neighborhood. And the reality of our situation is: if no one steps forward to help, then it won't get done.

Finally, to those who are new to the neighborhood and the association, wel-

2005-2006 ONA MEMBERSHIP DATA			
District	Households	Members, 8-29-05	Percentage
1	186	81	44 %
2	153	85	56 %
3	141	32	23 %
4	152	74	49 %
5	190	61	32 %
6	124	39	31 %
7	222	91	41 %
<b>TOTAL</b>	<b>1,168</b>	<b>463</b>	<b>40 %</b>

come! Let it be known that the ONA board, elected officers, committees, and membership have an appreciation for these above recognized members.

It should also be known that over half of last year's members rejoined upon the first mailing of the invoice, accompanied by a 40 percent growth the next month, and 14 percent last month. Of the seven ONA districts in Oakridge, some are doing much better than others. Our highest district (2) has 56 percent membership, while the lowest (3) has about 25 percent. Our goal is 75 percent, and our desire is full participation and

community involvement.

Our district directors and I plan to continue throughout the year to implore more to join, as I hope you will. It's always worth asking your neighbor, "Are you an ONA member?" next time you see them. They may only need to hear about our mission and goals, our diligence in maintenance and repair, or our desire to create friendships and community.

Please feel free to share these things with your neighbors, and don't forget [www.oakridgena.com](http://www.oakridgena.com) as a great information resource.

## ONA seeks volunteers to monitor entrances

*continued from page 1*

ing and mower damage. It has been repaired three times previously so I decided to replace it with an underground valve. The ONA has the reserves to make this \$500 fix, but it takes the annual dues of 10 homes to fix this one problem.

This would not be as significant if we had greater than 40 percent membership in the ONA. But with a membership of only 463 homes, this damage accounts for 2 percent of the ONA budget. So please talk to your neighbors about joining the ONA!

Many of you have indicated a desire to help the ONA. The board is working

on a plan to pull the volunteers together into committees. The most immediate need is to have a volunteer at each Oakridge entrance to watch for broken sprinklers or injured shrubs. Chuck Teske is the leader of this effort, so you can coordinate repairs through him. It is hard for Chuck to monitor every entrance, especially since he enjoys being with his new baby and family.

The ONA consists of the paying members, but it exists to support every family in Oakridge. We do have a goal for the membership to reach 75 percent, and we can reach our goals one family at a time. But it takes all of us to encourage our neighbors to join!

## Women's club holds annual officer elections

**By Libby Morse**  
**Oakridge Women's Club (OWC)**

In September, we have had officer elections and have made out the calendar for the upcoming year. Watch your e-mail for a copy of the dates.

Congratulations to the new officers:

- President: Sheila Wange
- Vice President: Libby Morse
- Treasurer: Tracy Murphy
- Membership & Newsletter: Libby Morse

The next meeting will be held at Poncho and Lefty's at 7 p.m. on Thursday, October 6.

Mark the calendar for the children's

Halloween party on Sunday, October 23 at 2 p.m. at Amy's!

Welcome to our newest member, Tami Monroe. We look forward to getting to know you and your family!

If you would like more details about the upcoming events or joining the OWC, please contact our president, Sheila Wange, at 972-496-3161. Or you may e-mail Libby Morse at [TOMLIB@comcast.net](mailto:TOMLIB@comcast.net).

*The Oakridge Women's Club is open to all women in the Oakridge neighborhood who share a strong and common bond in the love of our children and families. We welcome prospective new members at all meetings! Annual dues are \$20.00. The group meets the first Thursday of every month at 7 p.m.*

### Do you enjoy immaculate landscaping?

The ONA is seeking nine volunteers to help the Environmental Committee, headed by Chuck Teske.

- **Position requires:** living near an entrance or going in and out of it frequently.
- **Responsibilities include:** keeping eye on your entrance, watching for sprinkler problems, plant problems, ant problems, etc., and reporting them to Committee Chairman Chuck Teske.
- **Benefits include:** the opportunity to help keep your neighborhood beautiful.

Interested? To apply, call **Keith Engler** at 972-414-3272 or **Chuck Teske** at 972-662-1363.



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### About *Oakridge News* and the ONA

*Oakridge News* is a publication of the Oakridge Neighborhood Association.

#### ONA OFFICERS

President . . . . . Keith Engler  
 Vice President . . . . . Jim Norris  
 Secretary . . . . . Karen Engler  
 Treasurer . . . . . Sherri Rutherford-Franks

#### DISTRICT DIRECTORS

District 1 . . . . . Sue Cole  
 District 2 . . . . . Joe and Beth Fagan  
 District 3 . . . . . Mary Reed  
 District 4 . . . . . Art and Jo Ann Dietz  
 District 5 . . . . . Tony and Tillie Battaglia  
 District 6 . . . . . Phil Hanas  
 District 7 . . . . . Scott Youzva

#### COMMITTEES

Membership . . . . . Mike and Martha Dollar  
 Communications . . . . . John Prater  
 Environmental . . . . . Chuck Teske  
 Crime Prevention and Safety . . . . . vacant  
 Welcome Wagon . . . . . Wanda Hailey

The ONA board meets the third Thursday of each month to conduct the business of the ONA.

It also sets the dates for the general membership meetings, which take place at least three times each term, which runs from June until the following May.

After the September 15 general membership meeting, the next is scheduled for March 2006.

## Daytimers anticipate opening of local mall

By Dianne Winter  
 Oakridge Daytimers

The details of the September Coffee, which was held at the home of Cecile La Bossiere on September 13, will be in the October issue of the newsletter, so you will want to plan for the next Coffee, to be held on Tuesday, **October 11** at the home of **Dana Hopkins**, 2914 Oak Point Drive. The food hostesses will be preparing their favorite dishes, and information will be exchanged.

The new officers have been planning excellent programs and members have graciously volunteered their homes for the meetings. If anyone else is interested in hostessing a meeting, please contact Suzanne Snow or Cecile La Bossiere. Your participation is appreciated and key to this organization.

The buzz of the Daytimers is not only the plans for the group meetings, but also anticipation for the opening of the new mall. Several members have been driving by to watch the progress and plan strategy for the journey to their favorite shopping place.

Students are back in school and most Daytimers have returned from vacations and will share their experiences. There have been many family gatherings. Trudy Schmidt is awaiting a third grandchild and will travel to Houston for her daughter's baby shower.

Daytimers are fortunate to have Beverly Pierce as the Historian & Scrapbook Chairman for the coming year. Beverly is a talented artist and teacher. Ask her about the children's book that she is writing and illustrating for her family. Watch for the date of her art show in the future.

Please inform the welcome wagon of new neighbors and invite them to join ONA and Daytimers. Remember your secret pal.

*Daytimers is a social organization that requires residence in Oakridge and \$12.00 dues. Daytimers promote the Oakridge community and the Oakridge Neighborhood Association.*

*Any questions should be directed to Suzanne Snow at 972-414-3747.*

### A Recipe from the Daytimers

Contributed by Trudy Schmidt

#### Orange Freeze

2 pints orange sherbet  
 4 eggs  
 2 large oranges, peeled and shredded  
 orange wedges for garnish

Put all ingredients in blender. Whirl until smooth. Pour into six glasses (frosted in your freezer) and garnish with orange wedges.  
 Serves six people.

Philip Hanas  
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## Crickets are back! Here's how to stave off the potential nuisance

By Kimberly Engler  
Program Specialist, Urban IPM  
Texas A&M University

This time of year, homeowners begin to complain of cricket's chirping, which becomes annoying at night when trying to sleep. An occasional cricket within the home does not present a serious problem. They do, however, become a problem when hundreds cluster around lights at night, making outdoor outings unpleasant.

Field cricket adults range in size from ½ to 1¼ inches in length, black in color, with large hind legs for jumping. The difference between male and female crickets is that male crickets have larger and more numerous vein-patterns on their wings than females. Also, female crickets have long tubes that deposit eggs in the soil.

Each female uses her ovipositor to lay between 150 and 400 eggs, which incubate over winter and then hatch in the spring. Crickets go through gradual metamorphosis, where the immature crickets resemble adult crickets, except that they are smaller in size. The immature crickets usually reach adulthood in around 90 days.

Crickets feed on just about anything. They will eat plants, dead insects, seeds, leather, paper, and old cloth (especially

if the cloth is stained by food or perspiration). They are particularly fond of wool and silk. They also feed on many crop plants. They can damage furniture, rugs and clothing, and the "chirping" of adult males can be irritating.

They are readily attracted to lights, can fly and are often found around dumpsters. Large swarms may invade well-lit areas covering streets and the sides of buildings. Outbreaks occur when rainfall follows a period of drought.

### Control Measures

Sanitation is the most important means of eliminating nuisance crickets. Keep all areas in and around buildings free of moisture, dense vegetation and weeds. Mow lawns, cut weeds, and clean up garbage collection areas.

Remove harborage sites, such as piles of bricks, stones, rotting wood and other debris. Caulk and seal all cracks and crevices, especially near the ground level around windows and doorways. Use sodium vapor yellow lights instead of white, neon or mercury vapor lights.

Never store firewood next to the house foundation. Raise garbage cans off the ground and place them far from buildings, since crickets are attracted to food in these areas.



### Camel Cricket

Photo courtesy of the University of Arkansas Entomology Department's Web site, [www.uark.edu/depts/entomolo](http://www.uark.edu/depts/entomolo).

### Insecticides

Heavy cricket migrations are hard to control. It may be necessary to use insecticides both inside and outside the home. Indoors, apply to cracks and crevices, baseboards, in closets, under stairways, around fireplaces, in basements and other hiding places. A can of aerosol household insecticide spray can kill occasional invaders. Outdoors, when populations are large, treat with such products as carbaryl (Sevin) or acephate (Orthene). Before using any insecticide, always read the label and follow directions and safety precautions.



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# FOOD FAVORITES

By Jo Ann Williams

## A Monthly Restaurant Review

**Desperados Mexican Restaurant**  
 3443 W. Garland Road  
 Garland, TX 75044  
 NE corner of Jupiter and Campbell  
 972-530-8886

**Hours:** M-TH: 11 a.m. to 9:30 p.m.  
 Friday and Saturday: 11 a.m. to 11 p.m.

**Theme:** Tex-Mex

**On the Menu:** Diners can create their own traditional Tex-Mex combinations of enchiladas, puffed beef tacos, soft cheese tacos, tamales or tostados, plus rice and beans (\$7.50 for two, \$8.50 for three, and \$9.50 for four).

For the more discriminating Tex-Mex connoisseur, Desperados offers their Steak Yucateco (\$14.95) and Camarones Acapulco (\$16.95).

Of course there are chicken and beef fajitas and a personal favorite, Desperado Tacos. These tacos are definitely not your fast-food variety. Two deep-fried flour tortillas are filled with Monterey Jack cheese and marinated chicken or beef, served with pico de gallo, salad, and refried beans.



**Check, please:** Lunch and dinner are moderately priced, ranging from \$7.50 to \$16.95.

**Comments:** Desperados in Garland is an offshoot of Desperados on Greenville, which opened in 1976. The Garland location offers the same good food and beverages.

The atmosphere says authentic Tex-Mex. Sombreros adorn the stucco walls. Bare concrete floors and an eclectic mix of tables and chairs make you think you are in Mexico.

A private area is available for parties. Catering for all events is also offered. The service is prompt, courteous, and friendly. You might want to go early on weekends to avoid a wait in being seated.

*Do you have ideas for restaurants to be reviewed? Would you like to submit a restaurant review, shop review, or personal recipe? Please contact Dianne Winter at [mdkwinter@comcast.net](mailto:mdkwinter@comcast.net).*

**Who keeps Garland beautiful?**

**You do!**



**What:** 2005 Garland Trash Bash  
**When:** Saturday, September 17, 2005, beginning at 8 a.m.

**Where:** Audubon Park, 342 Oates Drive, Garland, TX, Mapsco 39A-C

**Contact:** Felisa Conner, Neighborhood Vitality Manager

- 972-205-3864
- [fconner@ci.garland.tx.us](mailto:fconner@ci.garland.tx.us)

Trash Bashers can meet at either Audubon Park or Spring Creek Greenbelt Park at 8:45 a.m. to register, or at 9:15 a.m. if they have already pre-registered. Contact Felisa Conner to pre-register or for more information.



## Let Sue Do It

*The repairman is coming, but you have a meeting?*

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## Garland offers help to Katrina's victims

### City of Garland Press Release

The City of Garland is offering personnel, materials, and other resources to support assistance for people displaced by Hurricane Katrina.

The city, with the assistance of the Garland Independent School District, offered to shelter evacuees. However, after conferring with authorities coordinating regional relief efforts, it was determined that existing shelters were adequate to meet the demand in the area at this time. Garland is now offering materials and resources to on-going efforts to help hurricane victims.

"Like everyone else, the City of Garland wants to do whatever we can to assist the victims of Katrina," Garland City Manager Bill Dollar said. "The school district worked with us to be ready for shelter plan implementation. We're grateful to have such a good relationship with the school district to be ready to work together in this effort. Now we want to offer our resources to support the tremendous work being done all around the Metroplex."

Garland has already sent 18 firefighters to the hurricane zone to assist with recovery efforts there. Garland Police officers assisted Mesquite

authorities in the operation of an evacuee processing center there during the peak intake periods. The city is dispatching Emergency Management, administrative support, and other personnel to emergency operations centers in Dallas and Collin counties.

Donations from Garland's generous citizens will be distributed to other shelters and to other charitable agencies to benefit evacuees in the area.

During the Labor Day weekend, the Jaycees, the Garland Downtown Business Association, the city, and many other organizations gathered clothing, diapers, food, water, toiletries, bedding, and much more for hurricane victims.

Many hurricane victims are already in Garland, staying with relatives or friends through the assistance of the church community. They are turning to our public libraries for information and for a means of communicating with loved ones and others to help get some control over their personal business. The libraries are issuing a temporary card to hurricane victims to allow them access to computers and the Internet.

*If you would like to read the rest of this press release or learn how you can help the Hurricane Katrina relief effort, please visit the City of Garland's Web site at [www.ci.garland.tx.us](http://www.ci.garland.tx.us).*

### Oakridge Community-Wide Garage Sale

**October 15  
8 a.m. – 4 p.m.**



Too much stuff got you down?  
Need some extra cash?

The ONA has the answer.

Join us on Saturday, October 15, from 8 a.m. to 4 p.m., for a community-wide garage sale!

The ONA will get your City of Garland permit, do the advertising, make your yard sign, and provide a map to your house.

How much easier can it be?

Call **Sherri Rutherford-Franks** at **972-496-5454** for additional information. If you want to register for your permit, please leave your first and last name, address, and telephone number.

**Oakridge Garage Sale  
October 15, 2005  
8 a.m. – 4 p.m.**

**Rain date: November 5, 2005**

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## Firewheel Town Center nears completion, October 7 Grand Opening

From The *Garland City Press*  
August 2005 Edition

Preparations are gearing up for the Grand Opening Weekend of Garland's much-anticipated shopping venue, Firewheel Town Center. Simon Properties has announced plans to host their Grand Opening event on October 7-9, 2005

Approximately 85 percent of the 17 buildings are complete and ready for tenant construction. The "Main Street" exterior facades are almost complete along Cedar Sage (the main road between Foley's and Dillard's). Sidewalk construction is about 90 percent complete, with landscaping not far behind. Dillard's is about 90 percent complete. The AMC Cinema is taking shape, but is not schedule to open until

### Some Retailers at Firewheel Town Center

- Barnes & Noble
- Circuit City
- Linens 'n' Things
- Firewheel Day Spa & Salon
- Zales Jewelers
- Nine West
- M. Norman Cosmetics
- Coldwater Creek
- Victoria's Secret
- Express
- James Avery Craftsman
- Pier One
- Eddie Bauer
- American Eagle
- Lane Bryant
- Fossil
- Friday's
- Coldstone Creamery
- Brookstone
- Ann Taylor Loft

December 2005.

Firewheel Town Center is located on the northeast corner of State Highway 190 (i.e., President George Bush Turnpike) and State Highway 78 in Garland. Construction of the frontage road system for the President George Bush Turnpike extension adjacent to Firewheel Town Center is well underway.

The City and the North Texas Tollway Authority (NTTA) worked cooperatively so that the frontage road construction would be complete when the Town Center opens in October.

By constructing frontage roads now, Turnpike mainlines can be extended in the future without disrupting traffic.

## City of Garland begins to see fruits of employee wellness initiative

From The *Garland City Press*  
August 2005 Edition

In January, 30 City of Garland employees began a journey that each hoped would bring improved health, while City Human Resources officials set out to prove a point.

"In theory, investing in a healthier workforce should reduce the overall cost of providing healthcare benefits," said Benefits Manager Rick French. "This pilot program has provided statistical information that gives credence to that theory — at least enough for us to make this pilot program a permanent one."

Employees of all sizes, in both the private and government sectors, struggle against the ever-increasing cost of providing healthcare benefits. The City of Garland has already taken several steps to control costs both for the city and for its employees.

In April 2003, the city established a City Care Clinic, which allows employees and their dependents to get basic healthcare services at no out-of-pocket cost.

Then the city teamed up with CIGNA Healthcare, McGriff, Seibels, and Williams, and nurse practitioner Marcia Upson to create a Wellness Initiative Pilot Program. The program's goal was to prove the cost-benefit ratio associated with investing in helping employees establish a healthier lifestyle.

Ms. Upson has worked for two decades with patients to help them lose weight and improve other health risk factors such as high blood pressure and diabetes.

"Although I've worked with hundreds of individual clients, this was my first opportunity to work with a large group and gather the kind of statistical information such a setting makes available," Ms. Upson said. "It's so exciting to see a large employer like the City of Garland make this kind of progressive move toward wellness. In the long run, the employees and their families will benefit from better health and lower healthcare costs. Supervisors and managers will benefit from improved productivity and decreased absenteeism."

CIGNA Healthcare and McGriff, Seibels, and Williams stepped up to cover the pilot costs of Ms. Upton's fees and materials.

The 30 participants in the pilot program began their journey on January 16. Each went to the City Care Clinic for a physical exam and bloodwork. The group began meeting each Thursday at lunch to discuss eating habits, nutrition, exercise, preventative healthcare options, and much more. During the six-month program, the participants learned about how to live a healthier lifestyle without having to completely give up their favorite foods.

"Probably the most eye-opening thing I learned was about the difference between true hunger and appetite," said Craig Barnes, who lost 64 pounds during the program. "It was amazing to learn that I could still have Mexican food, if I would wait until I was truly hungry, then eat it slowly and take the time to enjoy it!"

About two-thirds through the six-month program, participants had a second set of bloodwork done. The statistics were impressive. Participants had lowered their cholesterol levels by an average of 20 points, while lowering their blood pressure readings an average of 10 points.

The program ended on June 23. The group lost a total of 764 pounds. Several participants have been able to reduce or eliminate diabetes or hypertension medication. Over 80 percent of them report a significant reduction in their sugar consumption. About 70 percent report less indigestion, while 71 percent report higher self-confidence. More than 60 percent say they have more energy, and more than 80 percent who had not been exercising before report they have established regular exercise routines.

*This article and the one above were published in the August edition of The Garland City Press, which can be accessed via the City of Garland's Web site, [www.ci.garland.tx.us](http://www.ci.garland.tx.us).*

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## UPCOMING EVENTS

- October 1 . . . . . Downtown Garland  
First Saturday Trade Days
- October 6 . . . . . Women's Club Meeting
- October 7 . . . . . Deadline for *Oakridge  
News* Articles
- October 20 . . . . . ONA Board Meeting
- October 29 . . . . . 2005 Neighborhood  
Leadership Conference

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