Vol. 14, No. 7

Published by the Oakridge Neighborhood Association

www.oakridgena.com

January 2006

# Speaking of blue jeans, ONA enters 2006 with perspective

By Keith Engler ONA President

Well, I ended last year at a New Year's Eve party with some good friends in Oakridge. I felt rather uncomfortable finishing the year in blue jeans as everybody else was dressed up, but starting the New Year in blue jeans felt pretty darn good. I think my resolution should be to wear jeans more often! Of course, I would not have won a best-dressed contest, but comfort was the goal.

Speaking of best dressed, congratulations to our recent Christmas decoration winners. I mentioned early on that I am not a politician, so what I am about to say may not fall into the politically correct category.

Previous rules for Christmas decoration winners were that the same family could not win two years in a row. I feel that if an impartial panel of judges says that a house is the best then I have to go with that. There is way too much mediocrity in the world as it is, so I think that the best should be the winner. Would it be fair if they told Lance Armstrong that he could not win the Tour de France two years in a row? If somebody wants to win the Christmas Decorations Contest next year, then they can look at this year's winners on the Web site and know what to use as a standard of excellence.

Speaking of excellence, the Welcome Wagon is an example of how to operate

an ONA committee. Cecile Labossiere has organized a group of neighborhood volunteers. The volunteers are organized into sub-groups, supplying valuable information to our new neighbors. This team-based approach keeps everybody from getting overburdened and confused about what needs to be done.

Speaking of goals, nothing has really changed since July, except I may be a little less naïve and my enthusiasm has been somewhat tamed. I had some wise people tell me things cannot happen overnight or even over six months.

I will list the ONA goals again below, just to refresh your memory:

See Getting on page 2

# I·N·S·I·D·E this issue

2005 Outdoor Christmas Decorating Contest Winners Announced

Congratulations to these winners:

First Place: 2605 Oakpoint Second Place: 2306 Lone Oak Third Place: 2209 Diamond Oaks

Please visit <u>www.oakridgena.com</u> to see pictures of their decorations and to find out what they won.

Tired of all that holiday cooking? Try the delicious Mexican food at Casa Milagro, recommended by ONA resident David Winter. **Page 2** 

Most people have some sort of New Year's resolution, and many people have one for getting in shape. Learn about the 30/30 program, a not-so-daunting approach to becoming a runner. **Page 4** 

There was food galore when Luanne Payne and family delivered their annual Christmas dinner — made possible by the donations of ONA residents — to two local fire stations. Now there are plenty of thank-yous, too. **Page 7** 

# Preliminary sales tax revenue impresses

By Mark Monroe District 7 City Councilperson

I wanted to take a brief moment and wish all of you a Happy New Year. I hope that 2006 holds many great moments for us all. My family and I enjoyed the brief break, but it is now back to business.

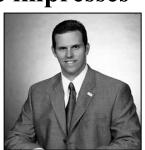
Tami and I loaded up the family and hit the streets of Oakridge to judge Christmas lights. What really stood out to me was the number of people that got into the spirit this year.

While I am a traditionalist when it comes to decorations, some members of my family really enjoyed the flare that some show. Ultimately the night came down to me being a chauffer, but I had a great time.

Thanks to those that take the time to get on the roof or drag out the lawn art, as it really does add something special to our neighborhood.

I wanted to pass along some preliminary numbers on sales tax dollars generated in October. The City of Garland saw an 18 percent increase from last year. This news is great for our local economy.

Mark Monroe District 7 972-495-8028 mmonroe@ ci.garland.tx.us



While the Firewheel area continues to develop, the city is hopeful that continued support of local stores and restraints will remain strong. I know that Firewheel Town Center made a dent in my budget this year, but it was just terrific to go through and donate to the cause.

As many of you know, the City Council is going through some rough spots as of this moment, but I am hopeful that we can continue to work for the interest of our constituents. I am trying my very best to represent you in a manner that does not bring a negative light on any one person and remains focused on the issues at hand, not the personalities.

As always, if you have any questions or comments, please feel free to contact me.

# Getting things done will require involvement

continued from page 1

- Beautification and renovation: Neighborhood Vitality Grant
- Building community: special events
- Neighborhood involvement: form committees

Speaking of Neighborhood Vitality, have you noticed the lights in the entrances? You may not realize the amount of time and effort put into getting the lights installed, Buckingham irrigated, and the bridge repainted.

Nelson and Kelly Prater spear-headed and followed through with this effort. The Vitality Program requires a grant to be written and contractors hired. The amount of effort I have seen Nelson put into this has humbled me. The only way I can see us making this happen is to form committees, just like Cecile has done with the Welcome Wagon, where no one person is doing too much, yet it all is getting done.

Speaking of getting things done, there are two special events we will surely do this year: the spring ONA Picnic and the Fourth of July Parade.

Again, it will require proactive people to pull these events together and

make them a reality.

Speaking of reality, it will require time and people with passion and leadership to pull these committees together. I have met people in Oakridge who fit this description; they just need to step up to the plate.

## **Consider a Garage Door Monitor**

I walk the neighborhood almost every night, and I see garage doors left open. These doors are a major cause of theft in Oakridge!

I recently purchased a Garage Door Monitor that notifies me of my garage door status. It has a green light to notify that the garage door is down and a red light to notify that it is up. I put our monitor in the bedroom, but you can put it anywhere within 100 feet of the garage door.

This is *not* an endorsement or advertisement for any particular monitor. There are other monitors on the Internet; I just bought this one because Lift-Master is a popular garage door opener company.

This Web site is where I purchased mine, but I think Sears also carries one: www.genie-garage-door-openers.com/garage door monitor security.htm



# **U-STOR**

For all your storage needs

U-Stor Self Storage 2809 Belt Line Road Garland, TX 75044

972-495-9505

Provides ONA with Free Storage Unit





## FOOD FAVORITES A Monthly Restaurant Review

**By David Winter** 

Restaurant: Casa Milagro

Address: 1403 E. Campbell Rd. / Ste

#110 (N.E.)

**Phone:** 972-234-6999 **Theme:** Mexican

On the Menu: Lunch specials (11 a.m. to 4 p.m.) include the usual fare, served with rice and beans. Dinners (after 4 p.m.) include steaks, chicken breasts, and fish with special sauces and preparations. House recommendations are tacos with various fillings, Mexican style pork, chimichangas, and shrimp. Appetizers, soups, and salads are also available. Several children's favorites are also offered.

Check, please:

Lunch specials: \$5.95 to \$9.75 Dinner: \$7.95 to \$16.95 Desserts: \$4.95 to \$5.95

Children's menu: \$4.95 to \$5.95

**Comments:** Many people had recommended this restaurant, and we agree with the recommendations. The interior is very warm and comfortable and the staff is friendly and very accommodating. A full bar is offered. The customers seemed to be enjoying themselves very much. Service was prompt and the food was well prepared and tasty. There was an abundance of quality meat in the entrees, and the sauces were very rich and abundant. Many customers were ordering the sopapillas as a favorite. There is something for everyone here in a comfortable, friendly surrounding.

ONA President **Keith Engler** adds: "They have an expansive outdoor patio that gives a feeling of being on vacation."



# 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
	. 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 Environ. . . . . Chuck Teske, Don Pattie Crime Prevention and Safety . . . . vacant Welcome Wagon . . . . Cecil LaBossiere

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.

The next general meeting is scheduled for March 2006.

# **Daytimers enjoy well-attended Christmas luncheon**

## By Dianne Winter Oakridge Daytimers

Sixty members and guests celebrated friendship at a Christmas luncheon held on December 13 at Oakridge Country Club. An abundance of conversation and cheerfulness mingled with red, green, gold, and silver colors as the friends exchanged Christmas plans and happenings. There was a great time of greeting members who are not able to attend frequently.

A lunch of potato leek soup, salad, and chicken crepes was followed with a dessert of bread pudding with sauce.

After all enjoyed the tasty food, the president, Suzanne Snow, introduced guests and held a brief business meeting with some announcements of upcoming events.

Canasta, bridge groups, and Ladies Night Out would be meeting regularly.

The Book Club would meet at Audrey King's home to discuss *A Redbird Christmas* by Fannie Flagg. Audrey had creatively decorated with every display of redbirds possible. There was a full house of guests to sample all of the delicious food and drink that was provided.

Jo Dietz announced an ETC lunch at The Chocolate Angel on Wednesday, January 25. Please RSVP to Jo at 972-530-8303.

ETC and the Late Bloomers were planning to go to the Old City Park, but

had to cancel due to the bad weather.

Audrey King announced the birthday of members and a special announcement for Gladys McGhee, who celebrated her 98th birthday on December 10.

The Daytimers closed with the traditional Christmas caroling led by Suzanne. We extend many thanks to Pat Tharp, who accompanies our singing with the piano. After several carols, the group decided to table the yearly "12 Days of Christmas" until Ruby Nell Ormon could join us next year for her special rendition of the golden hens on the seventh day.

Another tradition continued as everyone was given a crocheted snowflake, handmade by Norene Murphy. Norene has graciously provided these gifts for several years, and they are on display on the Christmas trees in the homes of the members.

Daytimers are looking forward to the January meeting at the home of Ruby Nell Ormon.

Members will be meeting at 2110 Rolling Oak at 10 a.m. on January 10. Remember to wear loose, comfortable clothing to participate in the surprise program.

Daytimers is a social organization that requires residence in Oakridge and \$12 annual dues. Daytimers promote the Oakridge community and the Oakridge Neighborhood Association.

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

Philip Hanas

#### OAKRIDGE PAINT & PAPER

Oakridge Resident Free Estimates

Day 214 -724 -1912 Eve. 972- 414 -1912

PAINTING: Interior & Exterior

Refinish Doors & Cabinets Repair Drywall & Texture

WALLPAPER: Hanging, Removal, Prep

CARPENTRY: Repair Soffits & Fascia

Install new trim, moldings

TRUST: Quality work done by

the owner



# 30/30 plan can help people finally realize those resolutions to exercise

By Hal Higdon Runners World Magazine

Here's a simple 30/30 plan to get you going, featuring 30 minutes of exercise for the first 30 days. It is a routine similar to one that Chuck Cornett, a coach from Orange Park, Florida, uses with beginning runners.

Walk out the door and go 15 minutes in one direction, turn around, and return 15 minutes to where you started: 30 minutes total.

For the first 10 minutes of your workout, it is obligatory that you walk: No running!

For the last 5 minutes of your workout, it is obligatory that you walk: Again, no running!

During the middle 15 minutes of the workout, you are free to jog or run — as long as you do so easily and do not push yourself.

Here's how to run during those middle 15 minutes: Jog for 30 seconds, walk until you are recovered, jog 30 seconds again. Jog, walk. Jog, walk. Jog, walk.

Once comfortable jogging and walking, adapt a 30/30 pattern: jogging 30 seconds, walking 30 seconds, etc.

Follow this 30/30 pattern for 30 days.

days. If you train continuously (every day), you can complete this stage in a month. If you train only every other day, it will take you two months.

Do what your body tells you. Everyone is different in their ability to adapt to exercise. When you're beginning, it is better to do too little than too much

If you continue this 30/30 routine for 30 days, you will finish the month able to cover between one and two miles walking and jogging.

You are now ready to progress to the next stage of your training as a beginning runner.

## FROM THE RECIPE BOX

If you plan on trying the 30/30 plan, you might also 1 cup diced celery like this healthy recipe, courtesy of **Audrey Golden**. 1 cup sliced carrots 1 cup diced celery 2 tsp. salt 1 can stewed tomaton

## Veggie Soup

Brown together: 1 lb ground chuck 1 cup chopped onion

Add these ingredients and cook for one hour:

1 cup cubed potatoes

1 cup sliced carrots
1 cup diced celery
2 tsp. salt
1 can stewed tomatoes
1/4 cup rice or barley
2 cans beef broth
2 or 3 cups water
2 bay leaves
1/4 tsp. thyme



# Honest, dependable housecleaning references available 972-530-7939



# Handi **Gals**

Tired of those minor household jobs that never get done?

- Plumbing: faucets, disposal, toilets, sinks
- Electrical: ceiling fans, light fixtures, outlets
- Security: door locks or window locks

Honest estimates, dependable service, and reasonable prices

Contact Cecile, an Oakridge resident since 1995 972-896-9413 or 972-414-8057 e-mail: cmleks@prodigy.net

NO JOB IS TOO SMALL

# Pesky mealybugs can be unwelcome winter guests in some gardens

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

An insect that can become an unwelcome winter guest are mealy-bugs. Mealybugs are in the family pseudococcidae, and their bodies are covered with white waxy powder, forming fringes around their bodies.

Mealybugs feed on a wide range of host plants. There are generally two types of mealybugs commonly found: the long-tailed mealybug and the citrus mealybug.

Long-tailed mealybugs, *Pseudo-coccus longispinus*, can be identified by two long wax tails extending from the end of the adult females' and mature nymphs' abdomens, and their long wax fringes found around the perimeter of the body. The citrus mealybugs (*Planococcus citri*) do not have tails and have short wax fringes around the perimeter of their bodies.

Mealybugs damage plants by inserting their piercing-sucking mouthparts into plant tissue. They usually do not cause significant injury when low populations are present. However, a large population of mealybugs can cause leaves to yellow, curl, and drop.

Mealybugs also produce large amounts of honeydew, which can coat plants. This honeydew is a perfect growth medium for sooty mold, which can prevent leaves from adequate photosynthesis.

## **Some Options for Control**

**Inspect** under leaves and within leaf folds for egg masses, crawlers, honeydew and sooty mold.

**Sanitize** by cleaning pots to remove egg masses and/or crawlers. Also, remove infested parts of plants immediately.

**Biological Control**: Ongoing releases of beneficial insects like mealybug destroyer ladybeetles (*Cryptolaemus montrouzieri*) can help prevent mealybugs from reaching outbreak levels.

**Physical Control:** If a few mealybugs are present, they can be removed with rubbing alcohol. The rubbing alcohol can be placed on a cotton ball and then rubbed onto the mealybug for removal. Also, water can be used to spray mealybugs off leaves.

Chemical Control: Insecticide soaps and horticultural oils are most effective when applied underneath leaves, and in areas where crawlers could move. Also, systemics, such as products containing the active ingredient imidacloprid, can be used.



**Citrus mealybug.** Photo courtesy of Texas A&M University, Entomology Department.

Mention of commercial products is for educational purposes only and does not represent endorsement by Texas Cooperative Extension or The Texas A&M University System. Insecticide label registrations are subject to change, and changes may have occurred since this publication was printed. The pesticide user is always responsible for applying products in accordance with label directions. Always read and care-fully follow the instructions on the container label

# Let Sue Do It

The repairman is coming, but you have a meeting? Let Sue do it.

Kitty and Rover won't go to the kennel? Let Sue do it.

## Endless possibilities and reasonable pricing:

- pet sitting or house sitting
- mail and paper pickup (nominal charge)
- errands (bank, cleaners, pharmacy)
- grocery shopping (especially for home)





Let Sue Do It
Oakridge area
resident since 1988
Sue Hageland
972-530-5089



## ART INSTRUCTION

Oil, Watercolor, and Acrylic Dallas artist since 1967

Private or small classes are available

Contact **Beverly**, an Oakridge resident since 2003 **972-414-7945** 

# Vigilance can eliminate potential health risk of household germs

By Kimberly M. Thompson, Sc.D. Harvard University

The infectious diseases that make the headlines, such as severe acute respiratory syndrome (SARS), pose very little risk to most Americans. You're far more likely to get sick from microbes that already live in your own home

**Examples:** A kitchen sponge can harbor seven billion organisms, and a "clean" cutting board might have 62,000 bacteria per square inch.

The Centers for Disease Control and Prevention estimates that food-borne microbes *alone* cause 76 million illnesses a year. We can't even begin to estimate how many people get sick — or die — from bacteria and viruses found in the home.

Many families automatically use antibacterial products or heavy-duty cleaners. *But don't overdo it.* Antibacterial products can weaken your resistance to harmful bacteria, which may *increase* your risk of getting sick.

Smart idea: Use an antibacterial soap after handling raw meat — probably the most common source of household infection — or if someone in your home is sick or living with a compromised immune system due to chronic illness.

Otherwise, plain soap and water are fine for hand-washing, and homemade natural cleaners can be just as effective as cleaning products that contain harmful chemicals.

**KITCHEN:** The sink is the most germ-ridden space in the house — and often contains more fecal matter (from washing meats) and *E. coli* bacteria than the average toilet.

Rinse the sink with hot water after every use. Clean it twice a week with a scouring powder, such as Ajax or Comet. Disinfect it weekly with a mild bleach solution: one tablespoon bleach mixed with one cup hot water.

**Replace sponges** once or twice a month, and run them through the dishwasher each time you use it. They're a perfect breeding ground for harmful germs.

Stock up on dishtowels and change them every other day to prevent germs from potentially passing among members of the family. Washing them in hot water and running them through the clothes dryer will kill bacteria as well as viruses

Use separate cutting boards for meats, poultry, and seafood, and scrub them with dish detergent, such as Joy or Dawn, and hot water after each use. Clean plastic cutting boards in the dishwasher.

**BATHROOM:** Even if you wear gloves when cleaning the toilet or tub, wash your hands afterward.

Clean the bathtub at least once weekly with scouring powder or a solution made with one-half cup of bleach and one gallon of water.

**Sweep the bathroom floor** once per week and clean with a basic cleaner.

Wipe the bathroom sink and counters after every use. Once a week, use a disinfectant made with one-quarter cup distilled white vinegar and one-half teaspoon of dish detergent in two cups of warm water.

Disinfect the toilet bowl, seat, and outer surfaces weekly with a commercial cleaner

Close the toilet lid when you flush.

**WASHING MACHINE:** Every few weeks, disinfect the machine by running it empty, using hot water and adding one-half cup of bleach.

**TELEPHONES:** Wipe all phone surfaces every two weeks with a cotton ball moistened with rubbing alcohol or spray with a natural antibacterial.

**DOORKNOBS:** Disinfect them one a month with rubbing alcohol or the natural antibacterial spray described above.

For the full article and other helpful tips, please visit the following Web site: www.bottomlinesecrets.com.







3 year warranty on sprinkler Installations 100% financing (\$ 0. down as little as \$60. mo.)

Now offering Lawn Maintenance. As low as \$20
Weed control & fertilization
Landscaping & Seasonal color



Call for a Free Estimate Today!

972-303-0007



## Thank-yous run plentiful after successful Christmas dinner for firefighters

## By Luanne Payne Coordinator of Fire Station Christmas Dinners

Once again the Oakridge neighborhood was very generous with their contributions for the Christmas Day dinners delivered to the two fire stations that respond to Oakridge.

This year I received more money and less home cooking. What happened to all my bakers?! Also, last year we had 30 families contributing, but only 20 this year. I guess more people were out of town this year. But with that said, we were able to treat the two stations very well.

The Country Club furnished baked chickens and mashed potatoes. Other items that people baked were sidedishes, salads and desserts. My husband and I went to Sam's and purchased lots of items with all the cash donations. This year I received \$395 cash, plus \$26 leftover from 2004 for a grand total of \$421. We spent \$388 on lots of goodies and supplies and still have \$33 left over to start for 2006.

I like to share this with the neighbors so you know what your money is buying. The items that we purchased (two of everything) were: plastic ware, paper products, veggie platters, tomatoes, spiral cut hams, smoked sausage links, nuts, goldfish, apples, salsa, chips, oranges, rolls, pretzels, trail mix, cheeses, loaves of bread, turkey breast, crackers, cakes and pies.

This stocked their pantries and is

shared with the other shifts that are not working on Christmas day. So all of the firemen enjoy the generous supply of food.

I would like to personally express thanks to the following families:

Oakridge Country Club

Mr. & Mrs. Darrell Baker, Willow Ridge

Mr. & Mrs. A. J. Blumm Jr., Laurel Oaks

Mr. & Mrs. Clifton Boyd, Hickory Bend

Mr. & Mrs. Doug Ditto, Oak Point

Mr. & Mrs. Bill Edwards, Big Oaks

Mr. & Mrs. Kevin Gingerich, Ridge Oak

Mr. & Mrs. Harry Green, Laurel Oaks

Mr. & Mrs. Jim Griffin, Lone Oak

Ms. Susan Hageland & family, Beaver Run

Mr. & Mrs. Lowell McNally, Big Oaks

Mrs. Clara Mae Meurer, Hickory Bend

Mr. & Mr. Ed Miles, Willow Ridge

Mr. & Mrs. L. R. Mullins, Greenview Dr.

Mr. & Mrs. Bob Musseman, Oak Springs

Mr. & Mrs. John Nicholson, Oak Springs

Mr. & Mrs. Bill Olive, Laurel Oaks

Mr. & Mrs. Vance Payne, Willow Ridge

Mr. & Mrs. John Sholden, Winding Oak

Mr. & Mrs. Dave Thomas, Oak Springs

This is a very warm experience to be able to share this special day with the men and women who work for our city and are always there when we need them. Both stations, No. 3 and No. 11, are so excited and thankful for neighbors like us. I have attached a copy of a thank you note from Station 3 to share with you. (See above right.)

I would also like to take this opportunity to ask if anyone would be

Oakridge Neighbors,

Your generosity during the holiday season towards the Garland Fire Department was greatly appreciated. The homemade dishes and other items that were brought to the fire station provided a tremendous lift to us who had to spend Christmas Day away from our families. Your prayers, kindness, and efforts renew our faith in the communities we serve.

Thank you once again,

Garland Fire Department Station No. 3, C Shift

interested in taking this job over for Christmas 2006; if so, I would like to hear from you.

My family and I have been doing it for nine years now on Christmas morning, because we are always in town for this special day. We look forward to it each year, but there is a strong possibility that we will be out of town this next Christmas, and I need someone to step in and take this over. I will be glad to give you all the information and what needs to be done.

It is simple, but you do need access to an extra refrigerator and a willingness to deliver on Christmas morning. That is what makes it so special.

So if there is anyone out there who feels this calling, please contact me, **Luanne Payne**, at 972-530-9323.

# Women's Club schedules New Member Night

By Libby Morse Oakridge Women's Club (OWC)

New member meeting Feb. 2: We are having a new member night. This is the perfect time to come and check out our group! We are playing Keno. Bring a \$5 wrapped gift. The meeting is Thursday, Feb. 2, at Pam's house. Call Libby for directions at 972-495-9034. We would love to meet you!

**Progressive Dinner Feb. 18:** The progressive dinner is on Feb. 18. Appetizers are at Libby's, dinner is at Sharron's, and dessert is at Sheila's. Ten dollars per couple. E-mail Sharron

to confirm. We will finalize the plans at the Feb. 2 meeting.

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.

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.

#### Are you looking for . . .

- past Oakridge News articles?
- recipes?
- important local dates?
- health tips?
- Oakridge bylaws?
- other useful information?

Please visit

## www.oakridgena.com



Official Web site of the Oakridge Neighborhood Association

# Oakridge Neighborhood Association P.O. Box 450145 Garland, TX 75045-0145

PRSRT STD US POSTAGE PAID PERMIT # 573 GARLAND TX 75040

## **UPCOMING EVENTS**

February 2 Oakridge Women's Club
February 3 Deadline for Oakridge News articles
February 4 Downtown Garland First Saturday Trade Days
February 7 Daytimers Afternoon Bridge Club
February 8 Daytimers Morning Bridge Club

