

Oakridge News

Vol. 14, No. 8

Published by the Oakridge Neighborhood Association

www.oakridgena.com

February 2006

Vitality funds, elections to be discussed at General Meeting

By Keith Engler
ONA President

The March General Meeting is rapidly approaching, and we have many things to cover. I hope this article does not get too dry. Just in case, I will throw in a few funny jokes to keep your attention, so keep an eye out for them.

The next **General Meeting** will be **March 23**, which is the fourth Friday. The meeting will be at the Country Club. I am making arrangements to have a landscape architect speak. He has some preliminary plans on how to landscape a neighborhood, as he has done a few of them.

You may remember that we plan to pursue the Garland Vitality Funds to

spruce up the entrances and the perimeter of the walls around Oakridge. In order to make this happen we need to hire a landscape architect and form a committee to write the grants.

Many of you know our street lights do not match. (This is not a joke.) The city ordinance says when a light pole is knocked down, a new decorative pole and light will be installed. Additionally, when just the light goes out, a new decorative light fixture (the top part) will be used for the replacement. If the light fixture goes out on an ugly, gray, fiber-glass pole, the whole thing will be replaced.

Please report to me all light poles that fall into this category. I will pass the information along so that the lights get

repaired correctly by Garland Power and Light.

We will need to form a new nomination committee, because 13 of the 16 ONA positions are up for replacement or reelection. I have listed all available positions, but some of them have already agreed to reenlist. (This is not a joke.) We will have a vote for the new positions at the General Meeting on May 18, the third Thursday.

President: Keith Engler

Vice President: Jim Norris

Treasurer: Karen Engler

Secretary: Sherri Rutherford-Franks

See **New position** on page 2

Oakridge Daytimers meet new year with flurry of activities

By Dianne Winter
Oakridge Women's Club

Daytimers greeted the new year of 2006 at the home of Ruby Nell Ormon. For this January meeting, Ruby Nell entertained the thought of snow by decorating with an array of snowmen, including her attire. The hostesses were Brenda Britton, Nell Burt, Monica Evans, Beverly Pierce, and Cecile LaBossiere.

After Suzanne Snow, president, introduced guests and welcomed members, she announced all the events that had occurred on that day, January 10. Suzanne cleverly added to the list the birth of Roberta Jones, organizer of the

Daytimers, and the group serenaded her with the Happy Birthday song.

Audrey King announced birthdays and other group information concerning the wellbeing of the members.

Gayle Durbin, e-mail communication coordinator, reported that members can still donate used cell phones to be used by Genesis.

All groups reported to be progressing well. Bridge, Canasta, Stitch and Chat, and Ladies Night Out groups are still meeting regularly.

The Book Club met at the home of Jo Dietz on January 20 to review *The Photograph* by Penelope Lively, who resides in London, England. This book sparked a great deal of discussion led by

Betty Thomas. Although many people expressed frustration with the book, several found it interesting. Points noted included the extensive vocabulary used by the English author, the value of friendship, and the consequences of indifference to others.

The next Book Club meeting will be held at the home of Audrey Golden on Friday, February 17 at 10 a.m. to discuss *The Curious Incident of the Dog by Mark Haddon*. Ask Audrey why her grandson calls her "Crash Golden."

Twenty members journeyed with ETC for lunch at The Chocolate Angel in Richardson. Everyone enjoyed the

See **Daytimers** on page 2

I·N·S·I·D·E *this issue*

Do not forget! The **ONA General Membership Meeting** will be **March 23 at 7 p.m.** at the **Oakridge Country Club**. Come at 6:30 p.m. for snacks and socializing. Hope to see you there!

Everybody needs a Chinese buffet they can depend on. Chris Beyers says Dallas Buffet is good. **Page 3**

Thrips are tiny insects, but the damage they can leave on plants is pretty hard to miss. Find out how to avoid these potential nuisances. **Page 4**

Rain never sounded so good. Read about the water use restrictions the City of Garland has put in place, and see the penalties for not complying. **Page 5**

Impress your friends with this fancy-sounding, easy-to-make recipe for Baked Salmon, courtesy of Cecile LaBossiere.

It sounds delicious. **Page 5**

As long as gas prices stay high, it's time to find out how to make the most of what you're paying for. The people from CarTalk.com have some tips to improve your fuel economy. **Page 6**

But don't forget about the energy your body needs! Dr. Ken Cooper, a health expert, has some techniques for keeping your body fueled and feeling refreshed. **Page 7**

New position, bylaw changes top agenda

continued from page 1

District Directors:

- 1 - Sue Cole
- 3 - Mary Reed
- 5 - Tony Battaglia
- 7 - Scott Youzva

Membership: Mike and Martha Dollar
Communication: Nelson, John Prater
Environ.: Chuck Teske, Don Pattie
Welcome Wagon: Cecile LaBossiere
Crime Prevention and Safety: vacant

We have discussed forming a new ad-hoc committee position to organize special events such as parades, picnics, and block parties. We hope to fill this position this year to make a total of 17

Daytimers learn nutrition, exercise techniques

continued from page 1

the good food and company.

The program for the meeting was two-fold and based on a very relevant theme of fitness and nutrition to prepare the members for the new year. Becky Parks, instructor for several city fitness programs and an Oakridge resident, led the group in a series of exercises that could be accomplished easily but with maximum results.

Randy Miles, certified nutritionist and representative of Family Health Market, reported several hints for healthy eating practices and answered many questions from the group concerning natural and organic foods and supplements.

Women's Club plans progressive group dinner

By Libby Morse
Oakridge Women's Club

The Oakridge Women's Club meets the first Thursday each month at 7 p.m.

In February we met at Pam's house. We finalized our **Progressive Dinner** plans. The dinner will be on **Saturday, February 18**. Appetizers are at Pam's, the entrée is at Sharron's, and dessert is at Sheila's. Call Sharron for further details.

The next meeting will be at **The Branding Iron** in Firewheel at 7 p.m.

total positions on the ONA Board.

We also have some changes in the by-laws that need to be approved.

They are listed below:

1. Add new homes (Oakridge 12) to District 4.

2. Change the board quorum from $\frac{2}{3}$ to $\frac{1}{2}$ votes. This change would mean that eight people would be required to pass a vote at an ONA Board Meeting, instead of the current rule of 10 people.

Well, you may still be looking for a good joke, but I thought the whole article was hilarious. Little did you know: I wrote this whole article while wearing a cow suit and mask, so I am laughing hysterically.

The members enjoyed the exercises and were very pleased with the information they received from these two guests.

The group will meet at the home of Suzanne Snow for a special **Valentines Tea on February 14 at 2 p.m.** Please note the time difference and prepare for a special time together. If you are interested in participating in a cookie exchange, please bring a plate of cookies to share.

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

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

on **Thursday, March 4**. New members are always welcome!

If you would like more details about the events or about joining the OWC, please contact President Sheila Wange at 972-496-3161.

You can also e-mail Libby Morse at TOMLIB@comcast.net.

The Oakridge Women's Club is open to all women in Oakridge who share a strong, common bond in the love of our children and families.

We welcome prospective members at all of our meetings! Our annual dues are \$20.



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



Quality Work & Great Rates!

MR. FIX-IT-ALL

WE FIX ^{ALMOST} ANYTHING

972-272-3700 FREE ESTIMATES

• ROOFING	• PAINTING	• HONEY-DO-LISTS
• PLUMBING	• FENCE REPAIR	• GENERAL REPAIRS
• REMODELING	• SHEET ROCK	
• ELECTRICAL	• BATHROOM TILE & CAULKING	

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, 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 will take place on March 23, 2006.



FOOD FAVORITES A Monthly Restaurant Review

By Chris Beyers

Dallas Buffet

Address: 9239 Skillman Street, near where it intersects with Audelia Road
Phone: 214-553-9888

Theme: Chinese buffet and Mongolian grill

On the Menu: Typical Chinese buffet, plus menu specials and take-out

Check, please: Buffet prices range from \$5.50 for lunch to \$7.95 for dinner.

Menu and take-out items are also very reasonable.

The most expensive course on the menu is the Seafood Delight (lobster, shrimp, scallops, and crab meat), which runs for \$9.95.

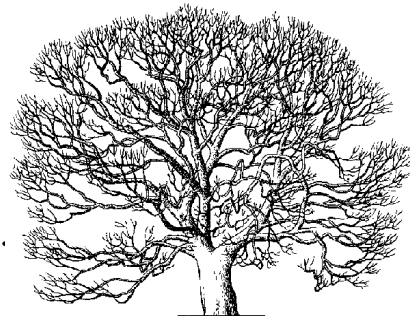
Comments: The buffet offers an extensive assortment of chicken, beef, and seafood items, and also a good choice of salad, fruit, soup, and, of course, dessert.

The staff is courteous and friendly. The atmosphere is casual, clean, and quiet. When you visit, take note of the lovely crystal chandelier as you enter.

Please put this on the refrigerator.

ONA General Membership Meeting

- Thursday, March 23, 2006
- Oakridge Country Club
- Snacks and social at 6:30 p.m.
- Meeting at 7 p.m.



Pick up a free ONA decal for each one of your automobiles. And come provide your input on some of our long-range plans for Oakridge!

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

OAKRIDGE COUNTRY CLUB
Join now with ZERO INTITATION!!!!...
 3 Country Clubs with 1 membership
 54 holes of Incredible Golf
 4 Refreshing Pools
 23 Lighted Tennis Courts
 Exceptional Dining and Social Events
 Call Amanda in the Membership Office at
 972.530.8008 ext 241

We also provide Customized Catering for
 Weddings
 Anniversaries
 Sweet Sixteen Parties
 Business Meetings
 Tournaments
 Available to Non Members
 Contact Oly Goujat
 972-530-8008 Ext 239

Tiny, almost microscopic insects can leave noticeable damage on plants

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

As winter approaches, we start to move our potted plants indoors. One insect that may go undetected as you move in those outdoor plants are thrips.

These insects are very tiny, almost microscopic insects that can be a nuisance, since their mouthparts are able to penetrate into human skin, causing a prickly sensation.

Female thrips lay eggs inside plant leaf tissue, using a serrated ovipositor to cut through the plant tissue. This allows the eggs and larvae to be well protected from insecticides as well as natural enemies.

The immature thrips will feed on the plant tissue until it falls to the ground to pupate. Thrips undergo a pre-pupal and pupal stage before becoming an adult. The total length of the life-cycle from egg to adult can be completed in 7½ to 13 days.

Thrips use their rasping, sucking mouthparts to cut open epidermal cells to release the contents that are then ingested.

This causes the cells to collapse due to absence of its contents, which causes the discoloration and deformities of leaves and petals.

Some Control Options

Cultural Control: Dispose of weeds, trash or debris to reduce the thrips population, since these areas may serve as over-wintering sites for thrips. Avoid planting thrips susceptible plants in areas close to wheat or rye fields. Wheat and rye are both good over-wintering sites for some thrips species that can attack landscape plants. Discard infested plant materials to avoid infesting other plants.

Biological Control: Some natural enemies can be purchased in order to help control thrips. One natural enemy of thrips is the adult minute pirate bug (*Orius* sp.), which attacks both immature and adult thrips. Another natural enemy is the *Neoseiulus* sp. predatory female adult mite, which attacks the first instar thrips.

Another natural enemy is soil-dwelling predacious mites, *Hypoaspis* sp, which attack the prepupal and pupal stages of thrips in the soil. Also *Beauveria bassiana*, a fungus sold in certain biopesticide products, is good at controlling thrips. The fungus grows and reproduces on the host, eventually killing the thrips.

Chemical Control: Some chemical



Western flower thrips, *Frankliniella occidentalis* (Pergande).

control options include products such as insecticidal soaps or products containing spinosad, permethrin, or acephate applied as foliar sprays.

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 carefully follow the instructions on the container label.



**7 Days
24 HOUR
EMERGENCY
SERVICE**

**Need Help?
We're On The Way!**

RICHARDSON
Heating Air Conditioning and Appliance Repair

"We Know Our Business And Appreciate Yours"
CALL FOR FREE ESTIMATE ON PROFESSIONAL DUCT CLEANING

RESIDENTIAL & COMMERCIAL

Repair Specialists

Service on All Makes & Models

NO HOURLY LABOR CHARGES
All Repairs Are Done On Flat Rate Basis

You know the exact repair cost before repairs are made

OAKRIDGE RESIDENT SINCE 1986.

OWNER: GARY HEARN

SALES • SERVICE • INSTALLATION

9
7
2

272-1606

TACLA003291





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

City announces restrictions on water use

City of Garland Press Release

Garland has enacted Stage 2 of its drought control program. The following rules apply.

The city will turn off water service to repeat offenders, and there will be a \$50 reconnection fee in addition to other expenses.

Designated watering days and times:

- Even-numbered street addresses: Sundays and Thursdays, midnight to 10 a.m., and 8 p.m. to midnight
- Odd-numbered street addresses: Saturdays and Wednesdays, midnight to 10 a.m., and 8 p.m. to midnight

Prohibited except on designated days

- Landscape irrigation with hose-end sprinklers or automatic systems
- Washing any vehicle
- Filling, refilling, or adding to any swimming pool or hot tub

Prohibited at all times

- Operating some fountains and ponds
- Serving of water at restaurants except on request
- Washing sidewalks, driveways, etc.
- Washing down structures except for fire protection
- Using water for dust control
- Allowing water to accumulate in gutters or streets

Enforcement, per Sec. 51.95.

(A) Unless otherwise specified in this article, no culpable mental state is required for the commission of an offense under this article.

(B) If a person is convicted of three or more violations of this article, the Director, upon notice to the customer, may discontinue water service to the premises where such violations have occurred. Services discontinued under such circumstances will be restored only upon payment of a reconnection charge of \$50.00, and any other costs incurred by the City in discontinuing service.

(C) Any person in apparent control of the premises where a violation occurs or originates is presumed to be the violator, and proof that the violation occurred on the person's premises constitutes a rebuttable presumption that the person in apparent control of the property committed the violation.

Parents are presumed to be responsible for violations of their minor children and proof that a violation, committed by a child, occurred on the premises under the parent's control constitutes a rebuttable presumption that the parent committed the violation. The presumption may be rebutted by proof that the parent had directed the child not to use the water as used in violation of the Plan and that the parent could not have reasonably known of the violation.

From the Recipe Box

Baked Salmon with Lemon/Dill Sauce

By Cecile LaBossiere

This is a quick and easy recipe that can be completed in 20 to 30 minutes.

- two 6 oz portions of salmon
- 1 tablespoon of flour
- 2 tablespoon of butter
- 1 tsp lemon juice
- Half and Half or Milk
- Lemon Pepper Seasoning
- Olive Oil
- Dill Weed

Preheat Oven to 400 degrees. Preheat a frying pan (i.e., one that can go in the oven) on high. Lightly oil the salmon portions and sprinkle with lemon pepper seasoning on all sides. Sear the salmon in the frying pan on two sides until brown. (1 to 2 minutes per side). Put the salmon in the oven and bake for 5 to 7 minutes until done. (It's done when you press with a spoon and the fish is firm.)

While the salmon is baking, melt the butter on low in a small saucepan. Add the flour slowly and whisk together until smooth. Add lemon juice and dill weed. Add half and half or milk and simmer slowly until you achieve the consistency you want. Add more or less milk to adjust the thickness of the sauce.

Remove the salmon from the oven. For a lighter meal, place on a bed of greens and drizzle with lemon/dill sauce.

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

KATIE KLEANS

Honest, dependable housecleaning

references available

972-530-7939



Simple, easy solutions can improve fuel economy, save money

From CarTalk.com

Drive past the gas pumps and smirk. Follow these tips from **Car Talk** for better fuel economy!

1. Walk, bicycle, crawl, or take the subway. We're used to taking the car everywhere we go. However, if you stop and consider for a moment, you'll realize there are lots of good alternatives.

2. Choose a more efficient vehicle. Time to buy a new car? Do the math and see what it'll cost you if gas costs, say, \$5 a gallon in six years. Increasing your car's fuel economy by 10 MPG can save you over a thousand bucks a year — not to mention count-less stops at the gas station, where you breathe fumes and stand in the rain. When you really do need that Gigant-isaurus SUV for loading up the family and going to the beach, rent it for two weeks.

3. Carpool with a neighbor or try using public transportation. Admittedly, driving to work with Ned Flanders next door could be a colossal pain. But then again, if you're lucky, you just might carpool with an investment banker and get in on some valuable trading tips.

4. Join a car co-op. How do they work? Members share a fleet of vehicles and pay a monthly fee. And, since the organization takes care of all the maintenance and repairs on the fleet, you'll never have to worry about making a boat payment to your mechanic, or even pumping gas in some cases.

5. Convince your boss to let you work from home one day each week. You'll avoid putting wear and tear on your car, using gas, and getting stuck in traffic — and, quite possibly, you might even discover that you get more work done at home than in the office.

6. Use regular gas instead of premium. Does your owner's manual say "premium unleaded only"? No? Then, don't ever use premium fuel. We just saved you 40 cents per gallon, or \$8 on a 20-gallon fill up. If your engine is designed to run on regular gas, there is absolutely no benefit to putting in premium. It pollutes more, costs more, and doesn't give you any benefit in performance or fuel system cleanli-

ness.

7. Slow down. Because wind resistance increases dramatically with speed, every mile that you drive at a speed over 55 MPH, your fuel economy actually goes down by two percent. In other words, you'll get about half the mileage driving at 70 MPH compared to 50 MPH! Here's another rule of thumb, from the EPA: Every 5 MPH you drive over 60 MPH you're paying an additional \$0.21 per gallon for gas. So slow down. You'll be a safer, more relaxed driver, and you'll increase your fuel efficiency.

8. Don't linger in low gears. Getting into the highest gear you can, at the lowest possible speed, will save you plenty of gas. Why? Because you use less gas when the engine is turning slowly. The slower the engine turns, the fewer the number of explosions in the cylinders. And fewer explosions means less gas consumed. So, if you drive a manual transmission car, shift sooner. As long as the engine doesn't buck, shutter, or ping, you're fine. You'll sacrifice the ability to accelerate quickly — but you can always downshift if you need to accelerate.

9. Don't try to increase your speed when climbing a hill. Why is it that everyone feels they have to accelerate going up a hill? It turns out that accelerating uphill is a fabulous way to burn up enormous amounts of gas.

Don't believe us? If your car has a display that shows your instantaneous gas mileage, try it out. You'll see your mileage plum-met from 25 or 30 MPG down to 6 MPG, or sometimes even as low as 2 or 3 MPG. So don't try to increase your speed when you're climbing a hill. Just maintain the same speed, or even allow the car to go a little slower.

10. Anticipate stops and try to brake less. Every time you step on your car's brakes, you're wasting gas. How do you use the brakes less? Anticipate. If you're at a stoplight, don't speed away when there's a good chance you'll have to stop again soon. Accelerate slowly, and then coast to the next light. If you see a need to stop up ahead, coast. Don't continue to accelerate and then brake at the last minute. If you anticipate stops, you'll cut down on your wasteful acceleration, and save lots of fuel.



11. Stop your idling. What's your MPG when you're idling? It's negative! You're actually burning gas and going nowhere. This tip also applies to warming up the car. Unless it's below freezing, cars don't need to be warmed up at all. Driving them gently is the best warm up there is. If it's 25 degrees out, you might want to let it warm up for 30 seconds. If it's 10 degrees out, warm it up for a minute. If it's -10 degrees out, move somewhere warmer.

12. Turn off the A/C when it's not hot out. If you don't need to run your air conditioner, don't. Your car's air conditioner forces the engine to work harder, and that's energy that could instead be used to move your car forward. So if it's 74° F outside, open the windows instead of wasting fuel running the A/C at 72° Fahrenheit.

13. Check your tire pressure. The softer your tires are, the greater the friction between road and rubber and the harder your engine will have to work to move the car. Under-inflated tires lower gas mileage by 0.4 percent for every one pound of drop in pressure of all four tires. If you're down by 10 pounds, you're losing 4 percent in fuel economy.

Don't get us wrong: This doesn't mean you should over-inflate your tires, because that's not safe, either. Too much air in your tires can seriously jeopardize your car's handling. But you do want to keep your tires right at the recommended pressure, which represents a good balance between ride, handling, and fuel efficiency.

When the seasons are changing, keep an even closer eye on your tire pressure. For every drop of 10° Fahrenheit in air temperature, your tires will lose one pound of pressure.

For the complete list and other helpful tips, please visit oakridgena.com or CarTalk.com.

Father Forgets

A Letter by W. Livingston Larned
Written ca. 1927

Listen, son: I am saying this as you lie asleep, one little paw crumpled under your cheek and the blond curls stickily wet on your damp forehead. I have stolen into your room alone. Just a few minutes ago, as I sat reading my paper in the library, a stifling wave of remorse swept over me. Guiltily I came to your bedside.

These are the things I was thinking, son: I had been cross with you. I scolded you as you were dressing for school because you gave your face merely a dab with a towel. I took you to task for not cleaning your shoes. I called out angrily when you threw some of your things on the floor.

At breakfast I found fault, too. You spilled things. You gulped down your food. You put your elbows on the table. You spread butter too thick on your bread. And as you started off to play and I made for my train, you turned and waved a hand and called, "Good-bye Daddy!" and I frowned, and said in reply, "Hold your shoulders back!"

Then it began all over again in the later afternoon. As I came up the road I spied you, down on your knees, playing marbles. There were holes in your stockings. I humiliated you before your boy friends by marching you ahead of me to the house. Stockings were expensive — and if you had to buy them you would be more careful! Imagine that, son, from a father!

Do you remember, later, when I was reading in the library, how you came in, timidly, with a sort of hurt look in your eyes? When I glanced up over my paper, impatient at the interruption, you hesitated at the door. "What is it you want?" I snapped.

You said nothing, but ran across in one tempestuous plunge, and threw your arms around my neck and kissed me, and your small arms tightened with an affection that God had set blooming in your heart and which even neglect could not wither. And then you were gone, pattering up the stairs.

Well, son, it was shortly afterwards that my paper slipped from my hands and a terrible sickening fear came over me. What has habit been doing to me? The habit of finding fault, of reprimanding — this was my reward to you

for being a boy. It was not that I did not love you; it was that I expected too much of youth. I was measuring you by the yardstick of my own years.

And there was so much that was good and fine and true in your character. The little heart of you was as big as the dawn itself over the wide hills. This was shown by your spontaneous impulse to rush in and kiss me good-night. Nothing else matters tonight, son. I have come to your bedside in the darkness, and I have knelt there, ashamed!

It is feeble atonement; I know you would not understand these things if I told them to you during your waking hours. But tomorrow I will be a real daddy! I will chum with you, and suffer when you suffer, and laugh when you laugh. I will bite my tongue when impatient words come. I will keep saying as if it were a ritual: "He is nothing but a boy — a little boy!"

I am afraid I have visualized you as a man. Yet as I see you now, son, crumpled and weary in your cot, I see that you are still a baby. Yesterday you were in your mother's arms, your head on her shoulder. I have asked too much, too much.

Age can drain our energy, unless we learn to counter its effects

12 Powerful Ways to Boost Your Energy

From Ken Cooper, M.D.

Youth drain can be caused by a variety of factors, which batter us over the years and drain our vitality, unless we learn how to respond to them and counter their effects.

Here are **12 revitalizing strategies** for us all:

1. Eat less but more often. Consume more than 1,000 calories in one sitting makes you feel sluggish because your body's resources are directed toward digesting the food.

2. Exercise. The benefits of exercise are well-known, but people tell me they continue to exercise because it makes them feel good and gives them energy. I recommend at least 30 minutes of activity five times a week.

3. Take a multivitamin. In general, it is best to get vitamins from food, but many people don't get the necessary amounts, so I suggest taking a multivitamin or mineral supplement.

4. Prevent dehydration. Drink six to eight glasses of water daily.

5. Watch what you drink. Drink no more than one caffeinated beverage per day. They provide a temporary energy boost, but energy levels plunge when the stimulant's effects wear off. Also, limit alcohol consumption to no more than one drink a day.

6. Practice relaxation response. Sit in a chair in a quiet room. Close your eyes. Starting with your feet, begin to relax your muscles, progressively moving up the body to the top of the head. While you do this, breathe in slowly and naturally through your nose and out through your mouth. As you exhale, silently repeat a focus word or phrase that has meaning for you, such as "peace." Push away distracting thoughts by focusing on your breathing and the word you have chosen to repeat.

7. Take naps. Daily naps of 15 to 20 minutes are energizing, and longer naps can help you catch up if you are sleep-deprived.

8. Don't immerse yourself in bad news. Reduce the amount of time you

spend watching, listening to, or reading the news, and focus on things that bring you joy.

9. Be social. Studies show that isolation can lead to depression and early death. We gain energy by being with others, both humans and animals. Make time for family, friends, and pets.

10. Explore your creativity. Boredom leads to lack of motivation and energy. Finding a creative outlet that absorbs you is invigorating.

11. Laugh. By improving your outlook, you'll feel more energetic and ready to tackle life. Watch funny movies, read comics, and share humorous stories with friends.

12. Think young. To a large extent, your mindset dictates how much energy you have as you age. If you expect the worst, you're likely to feel tired and unwell. If you expect to stay vital, you'll fight off disease that can sap energy and well-being — and you'll add years to your life.

Ken Cooper, M.D., is the founder, president, and CEO of Cooper Aerobics Center.

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

PRSR STD
US POSTAGE
PAID
PERMIT # 573
GARLAND TX 75040

UPCOMING EVENTS

February 21	Daytimers Afternoon Bridge Club
February 22	Daytimers Morning Bridge Club
March 2	Oakridge Women's Club
March 3	Deadline for <i>Oakridge News</i> Articles
March 16	ONA General Membership Meeting

RESIDENTIAL & COMMERCIAL
BILLY JACK 
REPAIR, DESIGN & INSTALLATION
SPRINKLER CO.
TX Lic# LI 6099
www.billyjacksprinkler.com

 **MEMBER**
Dallas/Northeast
Texas

LANDSCAPE & SOD INSTALLATION
• 3 Year Warranty
On Installations

BACKFLOW TESTING

VALVE LOCATION CONTROL WIRING PROBLEMS DRAINAGE SERVICES

 **RAIN BIRD**
Select Contractor™

FREE ESTIMATES
On Installation Only




100% FINANCING AVAILABLE
(Up To 60 Mo. W.A.C.)

972-303-0007 OR **214-460-2209**