

Opportunities abound for Oakridge residents to meet each other

By Keith Engler
ONA President

During a recent conversation with a few friends, we all agreed that there is very little emphasis on teaming anymore. At one time we would hear buzz words about teaming such as:

- TEAM: Together Everyone can Achieve More
- There is no I in Team

But the emphasis is just not there anymore, mainly because people are becoming less social then they were in the past. Most people commute alone in their cars, and if they do commute by train, they tune people out with an iPod,

only to return home again through their rear-entry garages and sit in their backyards surrounded by 12-foot wooden fences.

E-mail is the preferred source of communication, mainly because people would rather not speak face to face with another human being.

This problem in the work environment may be compounded by the fact that jobs are being outsourced to a foreign land with a different accent, but that should not prevent people from talking to each other.

But this can be somewhat alleviated, because there are a number of things going on in Oakridge where people have the opportunity to get to know one another.

1. Henry Stover is organizing a Golf and Gambling trip to Shreveport for April 23-26. You do not have to be a golfer to attend. Please see the box at the end of this article for details.

2. The Daytimers is a very popular group of ladies who welcome new members. You can contact the Daytimers President Suzanne Snow for more information.

3. The Oakridge Country Club is a great place to meet people, and it has very affordable membership rates.

4. You may even join a civic organization or church. Who knows? You may actually meet people as messed up as you are.

See ONA Board on page 2

I·N·S·I·D·E this issue

You're invited! 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!

Cafés are a dime a dozen, but how about one that has its own bakery, too? If you're interested, read our review of the ST Café and Bakery. **Page 3**

Carpenter ants can be hard to find and hard to get rid of. But our insect expert from Texas A&M has the insight you'll need to avoid having these tiny nuisances. **Page 4**

Did you know 50 million Americans have high blood pressure? Don't be one of them! Follow these seven simple steps to having and maintaining a healthy heart. **Page 5**

The Daytimers had a nice Valentine's Day celebration, and now they want to share a couple of great recipes. How about some easy-to-make Coconut Cake? **Page 6**

The Citizens on Patrol and the Garland police have been active in Oakridge of late. Find out how they worked together to nab a prowler on the streets of Oakridge. **Page 7**

Council tackles controversial issue of elections, lowers rates for electricity

By Mark Monroe
District 7 City Councilman

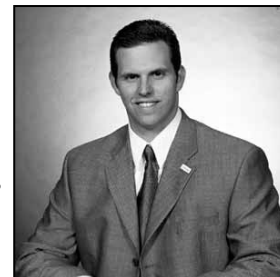
I want to give you a brief update on issues facing the City of Garland. I will start with the good news. In February, the City Council lowered the fuel rate for electricity, which means you will see a lower electric rate on your March bill.

I was extremely concerned with the volatility of natural gas rates, but as these rates continue to ease downward, so will the rate Garland Power and Light charges you. In the latest rate comparisons, GPL is the lowest of all providers that post their rates.

As many of you know, I adore my family to no end — even though we are a breeding ground for some of the worst stomach viruses known to mankind. Unfortunately, I caught the latest round and was not able to make the March 7 meeting, during which the Council made a final attempt to call an election.

As with the previous four attempts, the majority of the council has opted not to call an election for 2006, as mandated by our city charter. While the 2006 elections would not affect District 7, the

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votes that were cast in 2004 in regards to the city charter have become null and void for the majority of the council.

I am extremely disappointed in those that chose this path, which will lead the city to another lawsuit. What frustrates me the most is that the majority of the council is ignoring the will of 82 percent of the voters, who approved the change in the charter from a three-year term to a two-year term.

On top of that, these council members will use tax payer's money to defend their position. I am hopeful the Fifth Circuit Court of Appeals will rule on this matter in a timely fashion so that we, as a city, can move forward.

As always, please do not hesitate to contact me with any of your questions.

ONA Board will have several vacancies

continued from page 1

5. The Oakridge Women's Club exists to support mothers or grandmothers with small children. Please refer to the article in this newsletter for more details.

We will have vacancies available on the Oakridge Neighborhood Association Board of Directors in the upcoming fiscal year. No doubt you will meet people more messed up than you, especially yours truly.

One reprieve is that I may not run

again for president in the upcoming fiscal year. I have recently changed jobs, which will require more travel than I've had in the past, and it does not seem fair for Oakridge to have an absentee president with a rear-entry garage who communicates mostly by e-mail.

This decision is looming large during my quiet time, and I hope somebody who shares the vision will step up and assume the presidency. Just remember that Together Everyone can Achieve More!

Come join us!

Oakridge Country Club
and
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The registration deadline is April 7.



For information on fees and registration, please visit www.oakridgena.com.

Two boys spotted taking mail from mailboxes

**By Luanne Payne
Oakridge Resident**

I wanted to share some information with the neighborhood about mail theft. On Sunday afternoon, March 5, my dog and I were sitting in the front yard, and I noticed two boys about 14 or 15 years of age, one on a small bike and the other on a skate board, coming down my street.

They were opening up the mail boxes and actually took mail out of one box that still had mail in it from Saturday. When they got closer to my house, I yelled at them and asked them what they were doing. They high-tailed it quickly as they hadn't seen me and didn't realize I had seen them.

They went on around the corner and out onto Buckingham from Winding Oak. I immediately got up and called 911. Two patrol cars came out within 10 minutes and searched for them in nearby neighborhoods. I gave a good description of the two boys, and I want to make the

neighborhood aware of what they look like.

If you see anything like this going on, call the police and make a report. The boys are white, 14 to 15 years of age. The one on the bike had dark, curly, shaggy hair, and the boy on the skate board had dark, sandy blonde hair. Both boys are about 5'8". On Sunday, they were both in black T-shirts. The boy riding the bike was wearing blue jeans, while the boy on the skateboard was wearing a pair of brown shorts.

This is one more reason why you should have a neighbor pick up your mail and papers when you are out of town. If you don't know your neighbor well enough, you can always hire the local advertiser in the ONA Newsletter who is dependable and trustworthy.

Making this extra effort is a way of using crime prevention for to protect yourself.

If you have any questions for me, you can contact me, Luanne Payne, at 972-530-9323.



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About *Oakridge News* and the ONA

Oakridge News is a publication of the Oakridge Neighborhood Association.

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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*

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www.stcafe.com

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Lunch specials are served daily for \$6.75. Lunch favorites are peppered sal-

mon at \$7.95 and chicken dijon at \$7.65. Also served are sandwiches, entrees, salads with toppings, and quiches, ranging from \$6.50 to \$8.75.

The dinner menu starts at 5 p.m. with a nightly special from \$5.95 to \$13.95, also featuring entrees, pasta, seafood, and chicken dishes ranging from \$8.95 to \$16.95. There is also a light menu for \$9.95 with entrees like almond-crusting sole and chopped sirloin steak.

Wednesday night's special is a crab cake dinner for \$6.95. Adjacent to the dining room is a wonderful bakery with desserts for after dinner or for takeout.

You're invited.

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 of your automobiles. Also, hear from a Garland police officer. Come provide your input on some of our long-range plans for Oakridge!

Philip Hanas
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Carpenter ant colonies prove difficult to locate, even harder to control

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

Carpenter ants tend to invade homes in Texas throughout the year. The most common carpenter ant invader is $\frac{1}{4}$ to $\frac{3}{8}$ inches in length with a red head and thorax and a black abdomen. The winged reproductives may be entirely black and $\frac{1}{4}$ to $\frac{1}{2}$ inches in length.

Carpenter ants may establish nests in a number of different locations. They usually construct two different kinds of nests, a parent nest that contains an egg-laying queen, brood and worker ants, and satellite colonies that usually contains worker ants. The carpenter ants found inside a home may have originated from the parent colony located in a tree stump or woodpile outdoors.

Carpenter ants do not eat wood, but they use protected void areas as nesting sites. They will nest in both moist and dry wood, but prefer moist wood. Nesting sites usually found in structures are caused by a water leak, such as around sinks, bathtubs, and poorly sealed windows or door frames.

Indoor colonies may be located by looking for piles of sawdust, dead ants and pieces of other insects in such areas as the floor and in window sills.

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Indoor colonies may be located by looking for piles of sawdust, dead ants and pieces of other insects in such areas as the floor and in window sills. Outdoor colonies can be located by examining tree trunks and stumps for trailing ants.

Also, carpenter ants may be seen traveling over such areas as tree branches or vines touching the roof, electrical and telephone wires in order to enter structures.

Preventive Actions

- Reduce moisture problems indoors by fixing plumbing and roof leaks.
- Trim tree limbs and vegetation touching the roof or side of structures.
- Always stack firewood away from the foundation.
- Remove dead stumps that are close to structures.

Chemical Control Options

Carpenter ants can be difficult to control since all the nests must be located and treated. Carpenter ant nests can usually be located by the presence of small piles of sawdust or frass and pieces of dead ants and other insects.

Carpenter ant frass is usually pushed out of a small hole in the nest chamber. Locating the small hole will usually lead to the nesting chamber. Once located, wall voids must be treated and other hidden spaces where ants are entering.

Such materials as dusts can be used for treatment. These dusts may contain the active ingredients cyfluthrin, deltamethrin, or boric acid. The dust will disperse to contact and kill the ants.

If no effort is made to locate the outdoor nesting site, the carpenter ant population will most likely continue to exist. Once the outdoor nesting site is located, treatment must be applied such as a liquid spray.

Sometimes it is difficult to locate and treat all carpenter ant nesting sites, so it is best to call a pest management professional.

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.



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NO JOB IS TOO SMALL

Follow these seven simple steps to maintaining a healthy heart

American Heart Association

According to the AHA, more than 50 million Americans have high blood pressure.

These are the **7 steps** to a healthy heart:

1. Choose to be smoke-free.
2. Manage your blood pressure.
3. Maintain a healthy cholesterol level.
4. Keep your weight at a healthy level.
5. Engage in exercise every day.
6. Have regular medical exams and treatment.
7. Make healthy lifestyle decisions.

What Puts You at Risk for Heart Disease?

There are numerous behaviors and conditions that put you at risk for heart disease. This list notes those factors that are currently considered most dangerous to the health of your heart.

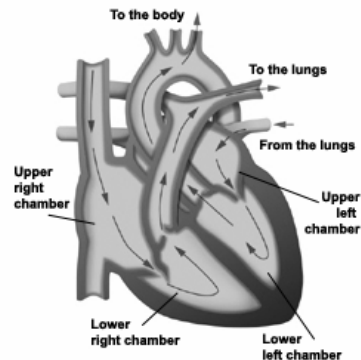
These risk factors are very definitely within your power to manage and control. What are you willing to do to ensure a longer and better quality life and to reduce these risks?

- Smoking
- High blood pressure
- High blood cholesterol
- Sedentary lifestyle
- Being overweight

• Diabetes (high fasting glucose levels)

These last three risk factors are not within your direct control, but if you lower all controllable risks, you will substantially reduce your risk from all factors.

1. Family history of heart disease (before age 55)
 - Male over age 45
 - Female over 55
2. Increasing age:
 - Male over age 45
 - Female over 55
3. Personal history of heart attack or coronary artery disease



Knowing how your heart works and what it needs are a part of keeping it healthy. (Picture from www.kaweahdelta.org.)

Answer These Questions About Your Heart Health

Do you often eat high-fat or high-cholesterol foods?

Is your blood cholesterol level over 200?

Do you consider yourself overweight?

Is your blood pressure higher than 140/90?

Do you have diabetes?

Do you have a family history of heart disease before age 55 (father or brother) or 65 (mother or sister)?

Do you exercise fewer than three times a week?

Do you smoke four cigarettes a day?

Score Your Answers

If you answered yes to any of these questions, you have an increased risk of heart disease. If you answered yes to two or more questions, then you have a significantly increased risk of having heart disease.

The more yes answers, the higher your risk.

If you have an increased risk of heart disease, today's the day to get started doing something about it.

For more information on this topic, please visit the home page of the ONA at www.oakridgena.com.

Also please visit the Web site of the American Heart Association, which is available at www.americanheart.org.

Let Sue Do It

The repairman is coming, but you have a meeting?

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Kitty and Rover won't go to the kennel?

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Daytimers celebrate Valentine's Day with food and fellowship

By Dianne Winter
Oakridge Daytimers

The Oakridge Daytimers celebrated Valentine's Day with a tea-and-cookie exchange at the home of President Suzanne Snow on the afternoon of February 14.

Members and guests were greeted by hostesses Audrey Castleman, Audrey King, Mary Reed, and Trudy Schmidt.

In addition to her own decorations, Suzanne incorporated several items that Roberta Jones, founder of Daytimers, and her daughter, Jill, had contributed to complete the romantic theme.

A pair of topiaries on each end of the dining room table guarded the many plates of cookies of every size, shape, and color, all baked by the members. In the kitchen were additional cookies with a miniature flower-decorated cake on a mini-cake pedestal that was a door prize from one of the Daytimers Coffees in years past. The cookies were served on heart-themed plates, and the iced-almond tea was poured from a pineapple-shaped beverage container on the breakfast room table.

Cecile La Bossiere opened the meeting with announcements. More food hostesses volunteered for future meetings and group leaders reported activities.

Canasta group is open to more players, and Bridge continues as scheduled.

Jo Dietz asked for members to attend the ETC meetings on the third Monday. Doris Autrey is the group leader of the Late Bloomers, who had to cancel the last scheduled trip but are looking forward to the trip to the Arboretum as planned.

The Book Club met at the home of Audrey Golden to discuss the book *The Curious Incident of the Dog* by Mark Haddon. Dana Hopkins led the lively discussion of this interesting book. Many members of the group reported experiences that related to the theme. The next meeting is at the home of Mary Jensen to discuss the book, *Cold Sassy Tree* by Olive Burns on March 17.

Stitch and Chat still meets with

Norene Murphy, and Ladies Night Out meets regularly.

Audrey King wished Happy Birthday to the many members celebrating in February and March.

When members were asked to share a special Valentine experience, Margaret Fowler told that she had guessed the number of candies in a jar to win a Valentine contest.

Gail Durbin introduced her guest and another guest, Delaine Jerkins, joined the group. Frances Morgen, another new member, was present also.

After enjoying the refreshments and fellowship of the meeting, Suzanne urged Daytimers to mark their calendars with the date of the May luncheon, because special preparations are being made to meet at the Chocolate Angel for lunch and have a program by Rosemary Rumbley.

The Daytimers will welcome spring as Beverly Pierce, scrapbook chairman, will hostess the next meeting at the home of her daughter at 2806 Oak Point on Tuesday, March 14 at 10 a.m.

ONA President Keith Engler suggests that Oakridge residents call him at 972-414-3272 when they notice a street light that is inoperative. It will be replaced by a new design.

Daytimers are urged to check out the Oakridge Neighborhood Association Web Site at www.oakridgena.com.

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.

* * *

IN REMEMBRANCE

Mary Jo Herring
July 21, 1940 – February 18, 2006

Mary Jo was a dear friend with gracious charm and ladylike style. We remember her with utmost regard and deep affection. We have precious memories of the times she opened her home and heart to Daytimers.

—Excerpt from a eulogy
written by Audrey King

From the Recipe Box

Easy Coconut Cake

By Nell Burt

1 white cake mix
1 14-oz. can sweetened condensed milk
8 oz. cream of coconut (shake the can well)
½ cup of chopped pecans
1 8-oz. container of Cool Whip
1 can of flaked coconut

Bake cake as directed. (I add 1 teaspoon of vanilla to the mix.) Remove from the oven. While still warm, poke holes in cake.

Combine sweetened condensed milk, cream of coconut, and pecans. Pour slowly over warm cake. Allow to cool completely.

Stir together Cool Whip and flaked coconut and use the spread over cooled cake.

Store in refrigerator.

Chinese Cabbage Salad

By Sarah Traylor

Sauté these until lightly browned:
¾ cup of sliced almonds
2 pkg. Ramen noodles, crushed (without seasoning packet)
¼ cup of sesame seeds
¼ cup of butter

Let cool and then mix with 3 one-pound bags of Dole coleslaw and 4 green onion, finely chopped.

Dressing:

1½ tablespoons of soy sauce
1 cup of vegetable oil
¼ cup of sugar
2 teaspoons rice vinegar or apple cider vinegar
1½ teaspoon salt
1 teaspoon of pepper
1 to 2 teaspoon sesame seeds (optional)

You will need a whisk to mix this, and if allowed to set, the oil rises to the top. Just make sure you mix well before mixing with the salad.

Note: You can sauté the mixture ahead of time and store in an airtight zip-lock bag. Dressing can also be mixed ahead of time.

Citizens on Patrol, Garland police team to nab Oakridge prowler

**By Brenda Olive
Citizens on Patrol**

During the month of February, many residents may have noticed an increase in the presence of Garland Police officers in the Oakridge area. Many residents have contacted the Citizens on Patrol with inquiries. We also had what the C.O.P. has dubbed as Oakridge's "shock and awe" early one morning: the helicopter flying overhead startled some early risers.

Why all this attention? An early morning prowler had decided that Oakridge was a prime area for him. His actions were observed by some residents, the police were notified, and thus began an odyssey of cat and mouse.

Finally, the suspect was apprehended, much to the relief of the residents who were his hapless victims. The Garland Police Department worked diligently to catch this person, and the Citizens On Patrol assisted them as much as they could.

There were some early hours (4:30 a.m.) and some cold ones, but it was worth the effort! We're anticipating that one of Garland's finest will attend the March 23 General Meeting to give more details to our residents.

Obviously, not everyone was aware of the incident since there had to be some measures taken to protect the safety of the officers involved as well as the residents of Oakridge. At the same time, privacy and legal issues had to be considered. Rest assured, had there been any evidence that everyone in Oakridge needed to be alerted, we would have done so.

Fortunately, the individual had chosen to ply his trade in a limited area

abutting certain areas of the golf course, where he could utilize the easy access to the cart path for ease of entry and exit. Several residents with clear views of the area of concern were contacted and were on the lookout for the culprit.

Thanks to everyone who was involved! The Citizens on Patrol and the Garland Police Department appreciate your assistance.

At the same time, we were concerned with the prowler, some burglars also decided to make Oakridge and the nearby areas their targets. All of these individuals have been apprehended. They chose the wrong time and wrong place to ply their trade! Again, we expect that the police department will address these situations at the March 23 meeting.

Now, on to what may seem to some to be more mundane topics. It is almost spring. In our patrols around the area we have begun to notice that many residents are working outside and some are forgetting to close their garage doors.

Your garage provides quick, easy access to many items that can be stolen and resold. Lawn mowers, edgers, weed eaters, golf clubs, bicycles, etc. are exposed. It only takes a couple of minutes for those items to disappear.

At the same time, that flimsy door leading into your home is an easy target since it is usually left unlocked by most residents.

We can't emphasize enough the importance of making sure that whenever you are outside your home, even for only a few minutes, or when you run inside to answer the phone — close the garage door. Be safe, not sorry.

A brief word about your garbage can. A couple of months ago, we had an

incidence of someone going through garbage cans actually searching for personal information.

There are almost daily reports of identity theft on the news, and it may just be another sound bite on television until you become the victim. Then everything changes.

Protect yourself and invest in a shredder. Use it to shred anything that shows your name, address, bank account number, social security number, credit card number(s) or any other information that can enable someone to obtain information about you or your family.

Thieves can use the Internet to get lots of information already, so don't make it easier by tossing out mail or other documents that contain important details about you.

Finally, you may have been unaware that Citizens on Patrol are still out there, still patrolling the Oakridge neighborhood for everyone's safety. We generally are in marked cars, but, occasionally, depending on the situation, we may be driving unmarked vehicles.

This was the case in the recent prowler and burglar situations. We also have some individuals who patrol on bikes. They wear bright orange vests and royal blue caps and identification badges.

If you are interested in joining the Citizens on Patrol, please contact us at the number below. We're always looking for new members.

If you see something that doesn't look quite right, or notice an open, unattended garage or some other situation that appears suspicious, don't hesitate to call 911.

If we can be of any help, contact us at 972-495-3402.

Red Cross suggests keeping a first-aid kit handy in case of emergency

From the American Red Cross

In case of emergency, a well-stocked first aid kit could be a lifesaver. Keep one in your home, in your car, and even at work. And keep one handy if you are hiking, biking, camping or boating.

Whether you buy a first aid kit or put one together, make sure it has all

the items you may need. The American Red Cross suggests a first aid kit contain: antiseptic ointment, blanket, cold pack, disposable gloves, assorted band-aids, adhesive tape, gauze pads, roller gauze, triangular bandage, hand cleaner, plastic bags, scissors, tweezers, a small flashlight and extra batteries, and activated charcoal.

Remember to include any personal

items, such as medications and emergency phone numbers, or other items suggested by your doctor. Check the kit regularly.

Make sure the flashlight batteries work. Check expiration dates and replace any used or out-of-date contents. Store your first aid kit in a secure place out of the reach of young children.

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Upcoming Events

- | | |
|----------|------------------------------------------------------|
| March 23 | ON A General
Membership Meeting |
| April 4 | Daytimers Afternoon
Bridge Club |
| April 5 | Daytimers Morning
Bridge Club |
| April 6 | Oakridge Women's Club |
| April 7 | Deadline for <i>Oakridge</i>
<i>News</i> Articles |

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