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## Hello, good-bye: ONA President welcomes soon-to-be successor

By Keith Engler ONA President

Well, I look forward to the new leadership continuing with the goals we started last year: beautification, building community, and neighborhood involvement. The current board will meet one more time to set the budget for next year. Everybody knows prices are going up (especially gas), so the budget will be tight next year.

I think I made the correct decision to not continue for another year — not because of the budget nor because I cannot think of anything more to write, but because I am pretty busy now in my new job.

I was in Chicago just last week for work, and I ate at Lou Malnati's Pizzeria, which was voted the best in Chicago. It baffles me how we can put a man on the moon, yet we cannot take a proven method to make pizza and transfer the recipe to Dallas. If pizza recipes are all controlled by the mafia, then I think our city council should do a better job of bringing the mafia to Garland. I will bring it up to Mark Monroe the next time we speak.

At this point you all are probably coming to the exact same conclusion as

me. I really am giving up the presidency because I cannot think of anything else to write about! Let's face it: if I was really that busy at work, what would I be doing eating pizza and washing it down with a nice amber beer, which I failed to mention earlier?

Seriously, I do look forward to the leadership of Mike and Martha Dollar in the upcoming year. I cannot think of a better person to take over than Mike and I cannot think of a better name for a first lady than Martha.

Kindest regards, Keith

# Garland signs deal with Trammell Crow for developing downtown

#### By Mark Monroe District 7 City Councilman

I thought I would take this time to share exciting news about the development in downtown. The city has announced a partnership with Trammell Crow to begin design work for the new transit-oriented development, which includes retail, commercial, and residential opportunities near the Dart Rail line.

Also, the city has also completed its transaction with the county to trade the county buildings for the old Kroger store on Garland Road and Main Street.

allowing the Eastfield campus to begin the construction process. Keep your eye on downtown; you'll see progress soon.

The City of Garland held the "We The People II" conference, which focuses on diversity issues affecting the city. I was excited to see the progress the Community Multicultural Commission has made over the last three years

I am hopeful the commission moves forward with the plan to build a center in the downtown area that can focus and teach our children about the many different cultures that make up our great city. I also believe this center can be a building block for our downtown arts

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



district theme by providing some much needed museum space.

There are many great things going on in Garland, and I am excited to be a very small part of it. Thank you for this opportunity!

# I·N·S·I·D·E this issue

The directors of the Oakridge COP Program attended an awards ceremony for Garland police officers. Find out who won what. **Page 3** 

No ant mounds means no ants, right? Wrong! Fire ants may go underground, but they're still alive. Find out how to treat your yard for them. **Page 5** 

Did you know that gardening can be a health benefit? There are plenty of reasons you should be out there planting this spring. **Page 7** 

# Daytimers learn about history of Garland

### By Dianne Winter Oakridge Daytimers

The Daytimers welcomed spring as they gathered on April 11 at the beautyful home of June Parks with food hostesses Shirley Larson, Doris Autrey, Audrey Golden, and Sally Weiss. They did not suspect a wonderful history lesson was in store for them.

In the business meeting, President Suzanne Snow asked for committee reports, and Audrey King announced birthdays and concerns of the month. Visitors Helen Mikel and Angie, the daughter of Beth Fagan, were introduced.

Sally Weiss announced a time change for the meeting of the ETC group, which is working diligently to supply a creative "surprise" for the upcoming luncheon. Daytimers have been making reservations with Jo Ann Williams for this luncheon, which will be at the

See Vacationing on page 2

# Vacationing Daytimers span the globe

continued from page 1

Chocolate Angel on Tuesday, May 9 at 10 a.m., and Rose-Mary Rumbley will speak, after which lunch will be served.

Bill Holmes, a past president of the Landmark Historical Organization, was introduced. He delivered a very interesting history of Garland that was full of stories of early Garland residents and the struggle they endured to successfully combine two settlements that emerged as Garland.

The personal stories Mr. Holmes presented were sprinkled with humor and characterizations that pleased the audience. Daytimers were urged to visit the Depot in downtown Garland for more information and to view a history book of Garland for sale.

When Mr. Holmes mentioned an early dairy in Garland, he sparked memories for Clara Mae Meurer, a native Texan from Bexar County who was raised on a dairy farm. She related a few stories from her experiences.

Jo Dietz displays her shopping talent by finding the best door prizes. June Parks won this month's drawing.

Sharon Carlton and Shirley Mohler are taking on the task of Special Projects leaders. They will be busy preparing a Daytimers exhibit for the ONA family get-together on May 6 at the Country Club parking lot.

The Secret Pals Group gathered at a brunch on April 20 to reveal their identities to each other. The get-together resulted in a sincere illustration of the value of friendship.

Although this group was relatively small this year, the members related that this gift exchange had been very meaningful to them. Arlene Tovey delivered a clever poem of thanks to her Secret Pal.

Due to dwindling numbers, this group will be undergoing some reorganization in the future. Suzanne Snow stopped by to visit with Doris Autrey, Joan Canby, Mary Jensen, Arlene Tovey, Mary Medina, Sally Weiss, and hostess Dianne Winter. Each attendee received a rose sent by Ruby Nell Ormon, Secret Pal group leader, who was absent due to the ill health of her husband.

The Book Club met on April 21 at the home of Melvia Coppedge. The

book, Balance of Power by Richard North Patterson, contained national issues, such as gun control, family violence, media influence in politics, and special-interest groups, that generated good discussion.

Other issues at hand were the squirrel that invaded Melvia's home and the possum that Clara Meurer sighted, plus Dana Hopkins' ill dog and a special appearance by Melvia's dachshund.

The group enjoyed good snacks and drinks and look forward to the next meeting, to be held May 19 at the home of Nell Burt, to discuss the fiction selection. *Lucy* by Ellen Feldman.

The Go-Go Girls are still having good get-togethers on the fourth Thursdays at Oakridge Country Club from 4 to 6 p.m. Join them. Charlotte Vaughter, Dot Mohrle and Gladys McGhee will greet you.

Special thanks to Mary and Don Pattie for delivering extra chairs to the homes of the hostesses for coffees. Daytimers appreciate this great service they contribute.

The nominating committee will be meeting to choose officers and chairmen for the next year.

Daytimers enjoy vacationing: The Williams are enjoying a vacation, the Patties are planning one, and Margaret Fowler has been traveling in Mexico. Nell Burt has been out and about, and the Jensens have returned from Puerto Vallarta. Betty Thomas has been enjoying visiting friends and family in Pennsylvania and California, Brenda Britton has been visiting family in Canada. Beth Fagan has an extensive travel itinerary, and Mary Musseman has the longest commute for vacations of all the members. Becky Parks has been traveling in France with her brush and palette. We await the results. Audrey Golden's friend, Norma, traveled from Kansas to visit her.

Ask: Chris Beyers about the special gift she prepared last Christmas for her family, Dot Mohrle for John's Key Lime Pie recipe, Eleanore Nelson about her catering service, and Gladys McGhee about her qualifications for a potential husband.

For more information about Daytimers, please contact President Suzanne Snow at 972-414-3747.

#### **About 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 S     | 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     | e and Martha Dollar |
|---------------------|---------------------|
| Communications      | John Prater         |
| Environ             | Don Pattie          |
| Crime Prevention an | d Safety vacant     |
| Welcome Wagon       | Cecil LaBossiere    |

The Board meets the third Thursday each month.



# Sea of Blue: COP attend awards ceremony for Garland police

### By Bill Olive Oakridge Citizens on Patrol

On April 7, it was a distinct pleasure to attend the 8th-Annual Garland Police Department Awards Dinner, where men and women of the police force were recognized for outstanding service to our city.

Overall, 129 Certificates of Merit, 16 Commendation Bars, 16 Life Saving Bars, 2 Life Saving Certificates, and 4 Meritorious Conduct Bars were awarded. As Garland's finest received their awards from Chief Bates, I felt a sense of pride in being a resident protected by these officers.

Garland Police Officer of the Year went to Officer Craig Dockter. This ten-year veteran received 9 certificates of merit, 3 merit bars, and 3 letters of commendation. Officer Docktet excelled in investigations, allowing him to make numerous felony arrests, clear auto-theft cases, burglaries, and drug violations. (Rumor has it that Officer Dockter rushes into a phone booth to change into a uniform with a big S on it before reporting to work at the police

department.) Also, our NPO, Officer how lucky we are to live here. Our area Bergin, received an award and certificial is a mature one, with beautiful trees, nicely landscaped vards, friendly people.

Self-Defense Class: We are looking into the possibility of sponsoring a self-defense class for Oakridge residents. It would be a one-evening class taught by one of Garland's police academy instructtors. The only cost for this course would be a fee to cover the room provided by the club. Please call me if you are interested in this idea. You need only be a resident of Oakridge to participate. We hope next month we will be able to give a positive update.

Hardening the Target: Next month I've asked our NPO Bergin to provide residents with information about making their homes, vehicles, and themselves less likely to be victims of crime. The format will be questions and answers. If you have any specific question(s) you would like officer Bergin to address, please feel free to contact me 972-495-3402 or indexva@verizon.net.

A view of Oakridge: The other day, as I was patrolling the streets and alleys of our community, it came to me that most of our residents may not realize

how lucky we are to live here. Our area is a mature one, with beautiful trees, nicely landscaped yards, friendly people, and many of us look out onto a gorgeous golf course. Oakridge is still one of the most sought-after communities in Garland. Let's work hard and enjoy living here.

New Program, Oakridge Siren: The Citizen's Patrol is starting a new program called Oakridge Siren, beginning June 1. This program will provide a twice monthly e-mail report with a police blotter section and suggestions on avoiding or fighting crime. In addition, this program will enable us to issue alerts as needed or asked for by the Garland Police Department in a timelier manner.

The e-mail subject line will read "Oakridge Siren." If you would like to be included in this program, simply e-mail your name, street address, (phone number is optional), and current e-mail address to <a href="indexva@verizon.net">indexva@verizon.net</a>.

Keep in mind that any information you provide will be kept strictly confidential and used for Oakridge Siren purposes only.



#### HEALTH TIP

From www.lifetips.com

#### **Power Foods**

"Power foods" is a term introduced by Sonoma Diet's author Connie Guttersen. Sonoma diet basics are close to those of the Mediterranean diet.

The list of power foods include: almonds, bell peppers, blueberries, broccoli, grapes (also wine), olive oil, spinach, strawberries, tomatoes, and whole grains.

Functional foods are a different story, describing foods capable of producing

health benefits. So called probiotics is a good example, because they improve the immune system and digestion.

Functional foods with proved health benefits are also soy, Psyllium, whole oat products, fatty fish, garlic, black and green tea, dark green vegetables, and many others.

Philip Hanas

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# Be sure to attend one of these ONA District Block Parties:

May 20, 4-6 p.m. Fulton Drive (District 7)

May 27, 4-6 p.m. Lone Oak Trail (District 2)

June 3, 4-6 p.m.
Laurel Oaks Court (District 5)

June 10, 4-6 p.m. Richland Drive (District 6)

**June 17, 4-6 p.m.** Winding Oak Trail (District 4)

June 24, 4-6 p.m. Hearthside/Overview (Dist. 3)

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# Underground movement: Does no ant mounds mean no fire ants?

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

Even though we will not step into many fire ant mounds this season, the fire ant colonies are still active underground. Due to the drought, the fire ants are probably not going to build many new mounds in the area. However, these insects are subterranean, so they are still living underground. This means we still need to treat this spring, in order to suppress the existing fire ant population.

Before treating for fire ants, one will need to survey the area to determine the number of mounds on their land. If more than five mounds are present in a quarter acre plot, the land is considered infested and should be treated using the Texas Two-Step Method. Next, the homeowner should test for foraging activity by placing a potato chip or hot dog should be placed next to the mound. If fire ants find the chip or hot dog within thirty minutes, the worker ants are actively foraging and will pick up the fire ant bait. Typically, fire ants will forage when soil temperatures are between 70 and 90° F.

The Texas Two Step is the recommended program for fire ant control, if more than five mounds are present in a quarter acre plot. The first step is to broadcast fire ant bait over

the entire area. Bait is a product containing both a food source and an insecticide. This bait is collected by worker ants and carried back to the colony to be shared with the queen and other ants. The delivery process of baits into the colony is so effective that the amount of insecticides applied in an area is significantly reduced. However, one should only use fresh-bait products, since fire ants will not pick up the bait if it smells rancid.

The second step of the Texas Two-Step Program is to treat the individual mounds. The mound treatment is the fastest way to get rid of the fire ant mounds, but it is more labor intensive and more costly to apply when compared to the broadcast baits. Therefore, step two should be limited to those mounds found around the foundation and in high traffic areas.

Fipronil granule contact insecticides like Over 'N Out<sup>TM</sup> and TopChoice<sup>TM</sup> can be used as a one-step method for fire ant control. These products should be applied over the entire infested area and need to be watered in for control, and they usually provide between nine and 12 months control.

Before applying any type of pesticide, always read and follow the pesticide label. Also, never use harmful toxins such as gasoline to control fire ants. These products are illegal and dangerous. Also, never leave pesticides



**Red Imported Fire Ant Worker** *photo by Bart Drees, Texas A&M* 

on streets or walkways after application, in order to avoid unnecessary entrance into the water supply.

For more information about fire ants, please visit the fire ant Web page at www.fireant.tamu.edu.

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.

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- Oakridge bylaws?
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Official Web site of the Oakridge Neighborhood Association

# Oakridge golf associations always looking for new members

### Oakridge Men's Golf Assn. By Secretary George Moore

The Men's Golf Association President's Cup was held April 22-23, 2006, at Oakridge Country Club.

Sixty-one players separated into six flights participated in the 36-hole, individual-total, net-stroke-play event. The top two individuals automatically qualified for the year-end Oakridge Cup, in which the Oakridge MGA competes against the Oakridge Women's Golf Association in a Ryder Cup format.

Congratulations go to Richard Dzanski (61-68 = 129) and Andy Roberson (62-69 = 131), the top two overall winners of the 2006 President's Cup. You can see the winners of each flight at www.oakridgena.com.

Congratulations also to Jay Houston, Joe Matthews, and John Skinner, who each won a \$100 gift certificate to Kirby's Steakhouse, a 2006 MGA sponsor, in the MGA raffle.

The next MGA tournament will be the Individual Match Play tournament held Memorial Day weekend, May 27-29, 2006. Details and sign up will be in the Oakridge Pro Shop.

### Oakridge Women's Golf Assn. By President Jacquie Bilton

Ladies, come and join the Oakridge Women's Golf Association (OWGA)! Our association is for ladies of all ages and all levels of golf. All you need is to be a member of Oakridge County Club. We have weekly play-days on Wednesday, and there is also a weekly play-day on Saturday for those ladies who work.

We have monthly tournaments as well as interclub play against other clubs in the metroplex. Our second tournament of the year, TGIF, was held on April 21 and was a gross-and-net tournament. The overall gross winner was Terry Magnus (87), while the overall net winner was Darlene McDonald (68). For the rest of the winners, please visit <a href="https://www.oakridgena.com">www.oakridgena.com</a>.

The exciting thing about our tournaments is, if you win or place, you might qualify to play in the Oakridge Cup, which is held every year in November. This tournament pits the OWGA against the MGA (Oakridge

Men's Golf Association) and is great fun to play in as well as to watch! Qualifiers for the Oakridge Cup from the TGIF Tournament were Tanya Magnus and Darlene MacDonald.

Our next two tournaments are: The President's Cup (May 12-13) and First Lady (June 9-10).

We will also be hosting a bake sale at the Oaks and Acorns Tournament on June 11.

We host a tournament every year for those men at Oakridge Country Club who join Friends of Oakridge Women's Golf Association (FOOWGA). The cost to join FOOWGA is \$20 per year.

The yearly dues for OWGA are \$60, so please join us for great fun and make some new friends. Our association is a very friendly and inviting group that loves to play golf. You will enjoy meeting and playing golf with all of the ladies of OWGA.

Should you have any questions, please give me a call at 972-530-2569.

### Seniors Golfers Association Winners By Jim Vineyard

Winners of the mixim on April 4 were Jerry Fisette, Lou Knight, Jim Tucker, and David Winter.

Winners of the mixim on April 13 were Jerry Fisette, Bill Gamble, John Tucker, and Harold Waterman.

Winners of the pro shop on April 20 were Jay Houston, Lou Knight, Felix Rotello, and Bob Yen.



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# Gardening is good for more than your yard, health experts say

# By Anne Thompson *HealhDay* Reporter

You may not be able to tear your boss' hair out — but you can snatch the weeds from your flowerbeds.

You may not have the desire to schlep to your gym's power-lift class — but you can lug bags of soil and push your wheelbarrow around.

You may not be able to dictate what your office looks like, but you can have flowers and trees in your yard that directly reflect your personality.

And then there's the control — all those little plant lives are in your hands.

With warmer weather here, more people are charging into their yards and gardens, or maybe thinking about it.

And health experts couldn't be happier.

There are oodles of benefits — both physical and mental — that come from the range of activities associated with gardening.

The most obvious benefit is exercise, said Dr. Julie Roth of the Wellness Institute at Northwestern Memorial Hospital in Chicago. And anyone who has planted trees, created a flowerbed from bare lawn or hauled

slate to design a walking path will tell you that dominating Mother Nature is hard work.

"It's going to give you a good way to burn calories that's an enjoyable activity for most people," Roth said, adding that studies show that working in your yard or garden can burn between 250 calories and 500 calories an hour, depending on your level of activity.

Diane Relf, a professor emeritus with Virginia Tech's Department of Horticulture, said trimming shrubs or trees requires about the same amount of exertion as walking at a moderate pace. Raking the lawn takes as much energy as a leisurely bike ride or water aerobics. And mowing the lawn with a push mower or tilling a garden can equal the exertion you would expend swimming laps, she said.

"Gardening is moderate — and sometimes strenuous — exercise that incorporates many important elements of accepted exercise regimes, such as stretching and stance, repetition and movement," Relf said. "Some gardening even involves resistance principles similar to weight training."

And while some people just can't bring themselves to climb on a treadmill for an hour, it might help to know that

when you "feel the burn" in your garden, you've actually produced something in the end — other than a toned backside.

Beyond physical exertion, gardening also offers a level of serenity that can help a person's mental health, the experts said.

"For a lot of people, it's a very soothing activity," Roth said. "You're out in nature, which is a very soothing location. You can turn on whatever music you want. It's a good way to break away from the daily rigor we all go through."

She noted a study from Memorial Sloan-Kettering Cancer Center in New York City that found that women recovering from breast-cancer surgery discovered that walks in the garden helped restore their ability to concentrate and reduce their depression.

"After a hard, tense day at the office, a slow cruise around the yard will do wonders to restore your perspective," Relf said. "As you discover seedlings emerging, flower buds opening, even the damage of the tomato hornworm, you forget about the day's worries."

To read the full version of the article, please visit www.oakridgena.com.



#### By Frances and Ralph Morgen

Aboca's Italian Grill 100 U.S. 75 at Beltline Road 972-231-7500

www.abocas.com

Hours: Mon.-Sat., 11:00-10:00

They accept all major credit cards and are a non-smoking facility. Also, you may BYOB.

The food was very good and the service was good but not invasive.

After ordering the veal and house salad with a side of spaghetti marinara, we were too full to sample the dessert.

The atmosphere is very relaxed. The big plus for those who like to have a glass of wine with the meal is that with.

the BYOB rule you can save a bundle on the wine. There is a charge of \$1 per person for a glass user's fee.

### Costs

\_\_\_\_\_\_

Appetizers: \$4.99 - \$9.99 Entrees: \$6.99 - \$19.99 Whole pizzas: \$7.99 and up

Aboca's was reviewed in the March 31 edition of The Dallas Morning News.



## From the ONA Recipe Box

**Crab Strata**By Sally Weiss

This dish was served at the last Daytimers Coffee. Many people asked for the recipe.

16 oz. frozen crabmeat

12 slices bread (buttered and with the crusts removed)

1 small can black olives, chopped

1 lb. grated Swiss cheese

½ cup chopped onion

5 eggs

<sup>3</sup>/<sub>4</sub> cup mayonnaise

3 cups milk (or part half and half and part milk)

4 oz. mushrooms

1 tsp. salt

½ cup chopped celery

1 tsp. pepper

½ tsp. dry mustard

Mix together the crabmeat, black olives, onion, celery, mushrooms, and mayonnaise.

In a 9-by-13-inch baking dish, lay bread slices on bottom and add a layer of crab mixture and cheese.

Repeat layers of bread, crab mixture, and cheese. Add together remaining ingredients and pour over layered mixture

Refrigerate overnight. Bake at 350 degrees for 1 hour.

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

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# **Upcoming Events**

| opcoming Events |                                    |
|-----------------|------------------------------------|
| May 16          | Daytimers Afternoon<br>Bridge Club |
| May 17          | Daytimers Morning<br>Bridge Club   |
| May 18          | ONA General<br>Membership Meeting  |
| May 25          | Daytimers Go-Go Girls              |
| June 1          | New ONA Board<br>Term Begins       |

