

ONA turns 15 – thanks to hard work from volunteers, members

By Mike Dollar
ONA President

Happy 15th birthday! This year is our neighborhood association's 15th. I commend those who have volunteered their time and energy for our neighborhood throughout these years. Thank you! We owe you big time. To you who support these efforts with your annual dues, again, thank you!

Can you imagine what our development might be now without all these volunteers? I have heard stories of our trash-filled entrances and tall weeds during pre-ONA days. Your participation is so important.

Our membership drive has been very successful so far. Please continue mentioning the ONA to your neighbors. Approximately 14 percent of the June

dues are from first-time participants. Donations for the beautification projects are coming at a rate of 2½ times greater than last year. This is very encouraging, especially when you consider our mailing glitches this year.

First, the printing company forgot to insert our return envelope. But because of that, we received the folding, printing, and letter stuffing free of charge.

Secondly, the post office took several weeks to deliver to all 1,168 households. It was late June by the time some of you had received your invoice. Remember, if your neighbors rent, lease, own their home, or are a landlord in the neighborhood, they can join the ONA for \$48 a year.

If you have not sent your dues yet, please do so as soon as possible. A second invoice will be sent in July. After

that, those who have not paid their annual dues will not receive subsequent newsletters and will be removed from the membership list.

If you have already paid but still get this second invoice, please ignore it. There can be some timing disconnects. If you have questions, call Membership Director Martha Dollar at 972-530-4534.

We have a new company contracting our landscaping this year. Don Pattie, our environmental director, did such a great job in preparing the Request for Proposal and evaluating the bids that came in. I know it has been a challenge to manage new groundskeepers as they acclimate to the neighborhood, keep our sprinkler systems within city watering

See ONA seeking on page 2

I·N·S·I·D·E *this issue*

What sort of environmental work does the ONA do? ONA Environmental Director Don Pattie explains what, exactly, happens — and why it's important that it does. **Page 2**

Mosquitoes are just plain annoying. Keep them from setting up shop in your yard, with these simple steps from bug expert Kimberly Engler. **Page 3**

The annual Oakridge parade on July 4th was a success, thanks to some hard work. Find out what went on. **Page 5**

Going on a trip this summer? Our new Crime Prevention and Safety directors have some tips to keep your home safe while you're gone. **Page 5**

David and Dianne Winter found a new deli-style restaurant they think you might like. Find out which one. **Page 6**

The ONA Recipe Box has you covered this month for appetizers and dessert. See the two latest recipes we think you will enjoy. **Page 7**

The ONA has finished up its seven district block parties, and they turned out to be a huge success. Will there be an encore in the fall? Find out. **Page 7.**

City Council welcomes three newest members

By Mark Monroe
District 7 City Councilman

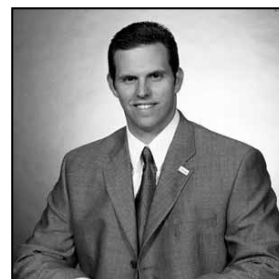
I hope all of you enjoyed your Fourth of July with your friends and family. I know it was an enjoyable break for us. I was excited to participate in the parade this year, and I would like to thank the Oakridge Women's Club and Daytimers for their hard work to pull this event off. Also, a big thanks to our police and fire departments for their assistance.

On another note, I was quite surprised at the turnout at the Firewheel Town Center for the concert and fireworks. Despite the rain and a new venue, I thought things went well. I would, however, like your input on this event. We will begin to plan for next year, and your feedback is valuable.

As many of you are aware, there are three new council members and the return of Jackie Feagin to form our new City Council.

I believe you will see immediate changes in the way the council operates. I believe it will be a positive experience not only for the city staff but for the citizens as well. There will be several

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issues that will be revisited, which may lead to some changes in our ordinances. As always, I will update you on any changes as they occur.

Finally, I would like to remind you about the Stage 2 water restrictions in place for the City of Garland. The longer we can observe these restrictions, the longer we can remain at Stage 2.

I understand how it can be extremely frustrating for those who do follow these recommendations but have neighbors who do not. I will continue to forward your concerns and hope that the learning process will continue.

As always, please contact me if you have any questions or concerns. I will be glad to help as much as I can.

ONA seeks more environmental volunteers

continued from page 1

regulations, and maintain the entrance lighting systems. But Don has been up to the task and does a marvelous job!

If you would like to help Don, please let me know. We always need extra eyes and hands when it comes to plants and shrubs. Until we can implement our entrance renovation plans, the beautification of these sites will continue to be labor and cost intensive. We would love to have a volunteer at each

entrance, inspecting them and forwarding needs to Don.

The District Block Parties were fantastic! I've read that in cities to our north, neighbors tend to isolate from one another. Not so in Oakridge! We enjoy meeting each other and interacting. Our block parties successfully met their objectives: great participation, enjoyment, and a closer community as a result. What a great summer this has been! I'm going to miss those block party hot dogs.

Environmental work makes ONA worthwhile

**By Don Pattie
ONA Environmental Director**

Up until January of this year, a very capable guy named Chuck Teske handled the environmental duties for Oakridge. Then Chuck decided to move out of the area, and Oakridge needed a new environmental guy.

I'm not exactly sure how, but some way I ended up with the job. I don't like grass and I don't like dirt, and the only thing I know about plants and shrubs is that if your wife doesn't make you spray them with some foul-smelling toxic chemical every few months, they tend to get some weird disease and die.

I do know about sprinklers and lighting, and I guess I thought that all I'd have to do was call Billy Jack if the one of the sprinklers was busted. Well, I soon found out that's not quite all there is to the job.

The ONA environmental duties mainly involve keeping the common areas looking good. This means getting the grass mowed along all the peri-

meter walls and on the parkways at the Ridge Oaks and Laurel Oaks entrances, taking care of the planting beds at all the entrances, and maintaining the lawn sprinklers, sign lights, and some tree lights.

I don't have to physically do this, but I'm in charge of getting it done.

In an effort to reduce the cost of the landscape maintenance (grass mowing, etc.), we decided to go out for bids on getting this done. We were successful in awarding a contract to U.S. Lawn Services at a lower cost than before, but the landscape maintenance still costs the ONA more than anything else, consuming more than half of our total annual budget. Plus, we have to pay the water bill and the electric bill for running the sprinklers and lights. And if we have a major sprinkler problem or electrical problem, we have to pay extra for those.

A large part of your annual dues goes to keep our neighborhood looking good, but we don't mind because that's one reason we live in Oakridge — it really is a nice place to live!

About the ONA

Oakridge News is a publication of the Oakridge Neighborhood Association.

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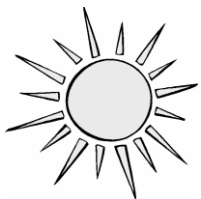
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Stay cool this summer!

- Drink plenty of fluids while outside
- Always wear sunscreen
- Wear light-colored, loose-fitting clothing
- Take periodic breaks in the shade
- Seek medical attention if you have any of these symptoms while working outside: headache, muscle cramps, dizziness, weakness, extreme fatigue, or nausea

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Simple steps can keep mosquitoes from calling your yard home

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

As we walk into our backyards for a nice, relaxing evening, we will be joined by another unwanted pest: the mosquito. Mosquitoes are a diverse group of flies that are found worldwide, and new mosquito species are continually being introduced into the United States. Currently, there are 85 species of mosquitoes found in Texas.

Mosquitoes develop through a complete lifecycle with an egg, larva, pupa, and adult stage. Mosquito eggs may be laid individually, in clusters on the surface of water, or individually in dry locations that will flood periodically. The eggs hatch into larvae that eat microscopic plants, animals, and organic debris in the water. The larvae will develop into pupae, which do not feed. The adult stage will emerge from the water to take flight.

Adult male and female mosquitoes will feed on nectar, honeydew, and fruit juices. Male mosquitoes will have hairy antennae that they use to locate females.

The female mosquito will consume blood in order to develop her eggs. This causes mosquitoes to be considered one of the biggest medical threats to humans, since they are capable of transmitting diseases, such as West Nile vir-

us, Eastern Equine Encephalitis, and Yellow Fever.

Also, females inject saliva as they consume the blood meal. This will cause itching after she flies away.

Some Control Options Outdoors

The best way to reduce mosquitos in your yard is **source reduction**. Mosquitoes need as little as a bottle cap full of water to complete their lifecycle, so all areas where water collects needs to be emptied or changed weekly.

If standing water is eliminated in your backyard, then the overall mosquito population in your area will be reduced.

1. Areas containing water should be changed or emptied, such as wading pools, buckets, bird baths, pet dishes, ponds, boat covers, irrigation systems, and French drains.

2. Holes or depressions in trees should be filled in completely with sand or mortar.

3. Leaky pipes, faucets should be repaired.

4. For standing water that can not be drained, mosquito dunks containing *Bacillus thuringiensis israelensis (Bti)* can be used.

5. Mow tall grass and reduce the amount of foliage to reduce the resting sites for adult mosquitoes. Insecticides can be applied to trees and shrubs, such as those containing pyrethrin, to kill adult mosquitoes.



Asian tiger mosquito, *Aedes albopictus* (Skuse). Photo by Dr. Bart Drees, Professor and Extension Entomologist

Options to prevent mosquito bites

1. Limit evening activities, as mosquitoes are active at night.

2. Avoid wearing dark colors, as mosquitoes use visual cues to find hosts.

3. Avoid exercising or yard-work in the heat of the day, as mosquitoes are attracted to carbon dioxide and sweat.

4. Avoid wearing fruity or floral fragrances in perfumes, hair products, or sunscreens, since these scents are more attractive to mosquitoes.

5. Wear long, loose-fitting clothing to avoid mosquito bites.

6. Chemicals can be applied to the skin and clothes to prevent bites. One chemical, DEET, has been an effective repellent to mosquitoes for around 50 years. There are also other mosquito repellents on the market, such as picaridin, oil of lemon eucalyptus, oil of eucalyptus, and some soybean oil-based repellents.

Philip Hanas
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Garland Water Use Restrictions

The City of Garland continues to enforce Stage 2 of its Drought Control Program. 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 Times:

- Even-numbered addresses: Sundays and Thursdays, from midnight to 10 a.m. and from 8 p.m. to midnight
- Odd-numbered addresses: Saturdays and Wednesdays, at the same times

Prohibited Except on Watering Days:

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

For more information, visit www.ci.garland.tx.us.

Make healthy habits a family affair by following these easy steps

From the Cooper Aerobics Center
www.cooperaerobics.com

Have you ever thought about the traditions and practices that you've inherited from your family?

Stop for a minute and make a list of the healthy habits that have stayed with you over the years. Can you think of some you would like to add — and pass on to your children and grandchildren? It's not too late! Here are some ideas to consider.

Fitness

Be a role model. Studies indicate that there's a direct relationship between how active children become as adults and the level of physical activity they saw in their parents while growing up. (What a strong enticement for you to get active!)

Get off the couch. Take a break from television by planning one family physical activity outing a week. Let your child help pick the activity and location. Check out classes you can take together, such as karate.

Give presents that promote physical activity. Inline skates, hula hoops, bicycles, baseball gloves and other sports equipment make excellent gifts.

Have your child help with household

chores. Teach your children responsibility by having them clean the house, mow the yard, wash the car, etc. Help your child find the right activity.

Your son or daughter may not enjoy the same activities you've always liked, but that's okay. Help them find something they are good at, and encourage them to stick with it so they can improve and feel confident in their ability.

Nutrition

Again, be a role model. If you're not eating five to seven servings of fruits and vegetables a day, how can you expect them to do the same?

Teach your child how to snack. That's right. They don't need to give up snacks; they just need to eat snack foods that are nutritious, such as apple slices, orange wedges, carrot sticks, or peanut butter on whole-wheat crackers.

Get them involved. Kids are more likely to enjoy the food that they personally prepare. Supervise them until they are capable of doing it themselves.

Don't be too pushy. Kids who are pushed to try new foods are less likely to try those foods again than children who decide for themselves. Parents who serve meals in a relaxed manner help minimize a child's negative emotions.



Apple slices are a good, healthy snack for kids. (Photo from www.apples.umn.edu.)

General Wellness

Establish a pattern. A routine is important to a child. Even when young, children depend on regular bedtimes, mealtimes and naptimes, because it gives structure to their lives.

Smokers, it's time to quit smoking. Nonsmokers, talk with your children about the dangers of smoking. Smoke is unhealthy for your family members to inhale, and youngsters are more likely to pick up the habit if they think it's a cool "adult" thing to do.

This copyrighted article appeared in *Impact: The Cooper Institute's Guidelines To Healthy Living*, published by HealthInvest, Inc.

Heat provides for tropical plants

By Bruce Miller
bruce millernursery.com

July in Texas is like living in the tropics without the equatorial monsoon or the rain. Because of the lack of rain our humidity is relatively low, making our temperatures bearable.

Bearable also is relative to whether you are in air conditioning or re-roofing a house. This heat opens up a whole world of wonderful and magnificent plants from the tropics.

True, we have to treat them like annuals and replant them each year, unless you have the space to winter them inside.

Bougainvillea, hibiscus, mandevilla, allamanda, and

pentas are some of the world's most beautiful flowering plants worthy of pot culture, hanging baskets and even in the garden soil.

If your tropical plant has healthy foliage but does not bloom, you are probably overwatering.

Most tropicals perform better when in pots with good drainage and in full sun. They are well worth all effort or expense.

When walking through the garden check the leaves of shrubs and flowers. A close inspection may reveal some oddities that need attention.

You have been looking at healthy foliage all spring but suddenly something about it is different.

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NO JOB IS TOO SMALL

Women's Club organizes annual Fourth of July Oakridge Parade

By Libby Morse
Oakridge Women's Club

Thanks to all who helped on the Fourth of July parade! We appreciate the participation of the ONA, Citizens on Patrol, Oakridge Daytimers, the Oakridge Women's Club, and the Oakridge Country Club to make the parade a great success!

Thanks to the following sponsors! Please visit these fine businesses and tell them thanks!

Star Car Wash. The following won car washes donated by this business: Shirley Mohler, Trudy Schmit's grandson, Earnest Jordan, and Amy and Alan Anderson.

Dos Charros Restaurant. Andrea Werner won a \$20 gift card.

Oakridge Country Club. Bob (DU) Nguyen won dinner for two.

Siciliano's A Taste of Italy. Tom and Libby Morse won two spaghetti dinners.

Goldmine Restaurant. Paul Dobrott won a \$15 gift card.

Black eyed Pea Restaurant. Pat and Sharron Smit won a \$10 gift card.

Tom Yum Tai Restaurant and Bakery donated food to the parade and gave out cards for a free lunch.

Albertsons donated juice boxes.

And big thanks to the **Garland Police and Fire departments** and the **Elks Lodge!**

The next meeting is a pool party at

Tracy's. We will elect new officers and plan our agenda for the year. It will be at 7 p.m., Thursday, August 3. Join us! It won't be all business, so come play!

If you would like more details about the upcoming events or about joining the OWC, please contact 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 any prospective new members at all of our meetings! Annual dues are \$20.

Follow these steps to leave your home safe during summer trips

By Carol Garrison and Eric Morris
ONA Crime Prevention and Safety

Summer is in full swing, and for many neighbors, that means vacations! Unfortunately, time away from our homes leaves our belongings unprotected.

To prevent criminal mischief while you are on vacation, keep these simple things in mind.

1. Have someone collect the newspapers and fliers from the yard as well as the mail.

2. Set a few lights on timers so the house is not dark all evening.

3. Invite someone to housesit for one of the evenings.

4. Know your neighbors! If you know them, they will not only be able to watch the house for you, they will also know who is supposed to be in the house and who is not! What a great excuse to meet the people next door! If we all watch out for each other, no one would worry while they are away from home during their vacation.

Statistics about our community for

the month of June are compliments of the Oakridge Siren:

There were 4 incidents this month for our district: one stolen vehicle (recovered), two home burglaries, and one instance of criminal mischief.

The reports from the City of Garland are only accurate as long as people report the crimes, so make sure to report any criminal activity you observe to the police.

Anyone with questions or concerns about crime and safety in Oakridge can e-mail us at cps@aithost.com.

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- important local dates?
- health tips?
- Oakridge bylaws?
- other useful information?

Golf associations hold regular competitions

Women's Golf Association By Mary Anne Knipe OWGA President

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 Wednesdays. 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 First Lady Tournament results are as follows:

Overall Winner: Toni Watkins, captain of the Oakridge Cup Ladies Team

First Flight

1. Amy Whitten
2. Jacquie Bilton
3. Janette McFarlin

Second Flight

1. Pam Graves
2. Gloria Ferguson
3. Mary Anne Knipe

Third Flight

1. Susan Tomson
2. Pat Highland
3. Gloria Van Dusen

Proximities

First Flight: Denise Hill (Friday) and Tanya Magnus (Saturday)

Second Flight: Gloria Ferguson and Ruth Hannon

Third Flight: Pat Highland, JJ Allen
Chip-in Pot Winners: Judy Pickrel and Arlene Henslee

The next tournament is our Member-Guest, which will be held on August 18. This is always a great tournament. The theme for this year will be "Putting on the Ritz."

Cost is \$140 per team. Invite a guest and join us for great fun!

Senior Golf Association By Jim Vineyard

June was again a great month for the Oakridge Senior Golf Association.

We started the month with an interclub tournament at Hurricane Creek. A total of 118 golfers participated. Bill Gamble was credited with the best net score from the Oakridge players.

The following golfers were the winners of the other tournaments held during June.

June 6 Mixim winners: Bob Figone and Jerry Fisetto

June 15 Mixim winners: (first place tie) Chuck Brown, Dill DeLoach, Jim Firth, Ralph Morgen, Jim Tucker, and Bob Yen, who also was closest to the hole on No. 11.

June 22 Pro Shop winners: Jerry Fisetto, Steve Remington, Jim Vineyard, and Harold Waterman

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FOOD FAVORITES

A Monthly Restaurant Review

By David and Dianne Winter

McAlister's

Sun.-Thur.: 10:30 a.m. - 9 p.m.

Fri.-Sat.: 10:30 a.m. - 10 p.m.

Address: 5129 N. Garland Ave.

Phone: (214) 703-5566

Theme: Deli-style

On the Menu: An extensive menu with everything from appetizers to desserts, with sandwiches with many preparation choices. You choose from 10 breads, 5 cheeses, and 4 mustards, plus fillings, soups, salads, desserts, and sides.

Check, please: There is a wide range of prices, from 99 cents for toasted cheese or peanut butter sandwiches on the Just for Kids menu to \$6.99 for some items. Desserts are reasonably priced, from \$1 to \$4, with ice cream available.

Comments: This restaurant is franchised, and this location is newly opened, but on our visit they were very friendly, efficient, and willing to customize your orders. We ordered sandwiches and the bread and fillings were very fresh.

There is also a small patio. This was a good experience and we recommend it.

For an archive of restaurant reviews and a collection of recipes, please visit the official Web site of the ONA at www.oakridgena.com.



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From the ONA Recipe Box

Hot Pizza Dip By Sheila Wange

Mrs. Wange, president of the Oakridge Women's Club, brought this dip to the District 2 Block Party.

1 8-oz. pkg. of cream cheese, softened
1 tsp. Italian seasoning
1 cup shredded mozzarella cheese
¾ cup parmesan cheese
8 oz. pizza sauce

Optional: add chopped bell pepper and mushroom.

Preheat oven to 350 degrees. Combine cream cheese and seasonings, spread on bottom of 8-inch square pan.

Sprinkle one half of the mozzarella and parmesan cheeses over cream cheese, and then spread pizza sauce over this.

Sprinkle remaining cheeses along with the optional toppings. Bake for 15 to 18 minutes, until hot and bubbly.

Serve with sliced French bread.

Almond-Topped Toffee Brownies By Shirley Mohler

1 box, Pillsbury brownie fudge toffee
½ cup oil
¼ cup water
2 eggs

Heat oven to 350 degrees. Grease bottom of 13-by-9-inch pan. Combine ingredients and beat 50 strokes with spoon. Spread in pan. Bake for 28 to 30

minutes. Do not over-bake.

Meanwhile, in a medium saucepan, combine:

½ cup butter or margarine
½ cup sugar
2 tbsp. milk
1 cup sliced almonds

Cook over medium heat until sugar is dissolved, stirring frequently.

Remove pan from oven. Spread topping evenly over brownies. Broil 4 to 6 inches from broiler for 1 to 2 minutes, until bubbly and golden brown.

Cool 20 minutes until topping is set. Cut into bars. Cool additional 35 minutes until completely cooled.

Makes 20 servings.

Perfect seven: ONA wraps up successful run of district block parties

By Sherri Rutherford-Franks ONA Special Events Coordinator

It is said the seven is the perfect number. If you attended any of our seven block parties, you might agree with that statement. What more could you ask for: neighbors meeting neighbors, and good food and weather. The final four block parties were just as good as the first three parties.

The District 5 block party, led by Tony and Tillie Battaglia, was June 3 on Laurel Oaks Ct. Even before the set up committee arrived, chairs and tables were already set up. This was a group organized and ready to enjoy themselves.

One neighbor even used the party as an excuse to purchase a new grill, which Mike Dollar used to grill hotdogs. This district has a large number of neighbors already know each other, so there was lots of chatter and laughter.

Phil Hanas and his district's planning committee organized a District 7

block party with something for everyone. There are a number of children in this district, so the planning committee got a bounce house, ping-pong table, basketball goal, and other games for all the neighborhood children.

There were many door prizes donated, including dinner to The Branding Iron at Firewheel Golf Course. One neighbor was even seen sweeping Richland Drive before the block party. Now that's pride in your neighborhood.

If the District 4 block party put on by new District Directors Joan and Dan Nichols was any indication of their district's neighborhood involvement, we will all have district envy.

This was another party where neighbors seemed to already know each other, although I found out that is not the case. Many said it was great to put a name with a face.

We met some old-timers. One family had lived at two different homes over their 24 years as an Oakridge resident. Doesn't that speak well of a neighborhood when you purchase your next

home in the same neighborhood? Also, this district enjoyed themselves so much they want a fall block party

Robbe Lang, new director of District 3, met many of her neighbors at their block party on June 24. Robbe and her husband just moved to the neighborhood last fall. Mary Reed and Diana Edwards played a big part in pulling the District 3 party together. Mary has had her finger on the pulse of this district for several years. As I looked at name tags, I noticed several names of people active in other Oakridge clubs.

The block parties were well attended and received in all districts. Mike and Martha Dollar attended each event. That is dedication from our new president and membership director. Block party pictures will soon be on the Web site.

The fall event is in the planning stage. Please plan to attend. You will never know the neighbor you didn't know that you don't know if you don't attend ONA meetings and events.

Good brisket on a gas grill needs indirect heat, longer cooking times

From the Texas Beef Council www.txbeef.org

With over 60 percent of grill owners using a gas grill, Liquid Propane (LP) has become the fuel of choice for the majority of today's backyard chefs.

Gas grilling provides many advant-

ages over traditional charcoal grills and smokers. Easy startup and cleanup, convenience, year-round cooking, and the ability to keep a steady temperature with little or no effort make a gas grill ideal for slow-cooking, traditional barbecue favorites such as beef brisket.

Here are a few tips that allow you to

make a great-tasting Texas-Style Beef Brisket on your gas grill.

Preheat the entire grill.

To obtain a smoky flavor, use a mix of mesquite and hickory wood chips in your gas grill.

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

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Upcoming Events

July 27	Daytimers Ladies Night Out, 7 p.m.
Aug. 3	Oakridge Women's Club
Aug. 4	Deadline for <i>Oakridge News</i> Article Submissions
Aug. 5	Downtown Garland First Saturday Trade Days
Aug. 7	Daytimers Monthly Canasta

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