



ONA to Decide on Increase in Dues by Proxy Voting
See the President's article below for details about how to vote.

ONA nears new fiscal year, plans proxy vote about dues increase

By Mike Dollar
ONA President

From my backyard, one could hear the North Garland High School Marching Band warming up from their parade formation as the Our Heroes event kicked-off. So many Oakridge neighbors pitched in to support this event. Tony Battaglia and Sherri Franks, both ONA board members, come to mind. The Oakridge Country Club should be commended for their energy and efforts as well. Eddie Anderson and Margaret Goff were both very busy working on this. Many others rallied around the cause and made this a special event for our mothers, fathers, sons and daughters, nieces, nephews, cousins, and even friends in the armed forces. A big salute to all!

The Diamond Oaks entrance at Buckingham will be getting a facelift, thanks to all those who donated to the neighborhood beautification fund. First,

on May 12, some plants will be taken out, brick planters repaired, and the soil reconditioned. Shortly thereafter, new plants will be installed. Of course, the plants will need time to grow in, but the fresh look is welcomed and will enhance this entrance into the neighborhood.

Our plan is to give each entrance a facelift as our manpower and finances allow. If you're not busy on Saturdays, feel free to call Keith Engler and give us a hand. We can always use your help.

Our fiscal year begins this June, so please be on the watch for membership renewal notifications in your mailbox. Cecile LaBossiere has volunteered to be the new Membership Director-at-Large, replacing Martha Dollar, who has spent the last four years on the board, two years as District 2 Director and two years as Membership Director-at-Large.

Robbie Lang and Joan Canby will be replaced as District 3 and District 7 Directors by Sandra Stevens and David and Sharon Parrish, respectively. Ben

Moss, with help from Vice President Keith Engler, will be producing the newsletter and maintaining the website. They will be replacing John and Nelson Prater. Nelson Prater has served the ONA board for the last several years, first as District 6 Director, then Vice President, President, and most recently as Communications Director-at-Large. Although we will miss his participation on the board, I think he will still be drafted to cook hot dogs at our Annual Picnic. All other board members are returning for the 2007-08 term.

We were unable to obtain a quorum at our last general membership meeting, so we are e-mailing members for proxy voting. The motion on the floor is to accept our new board as published in the April newsletter and increase dues by \$1 per month.

If you have not given us your e-mail address, e-mail onapresident@aol.com with "Add my e-mail" in the subject line.

I·N·S·I·D·E *this issue*

Garland has experienced an increase in mail theft recently. Find out how you can prevent yourself from perhaps becoming the next victim. **Page 2**

The Daytimers held a Talent Show at their April Meeting — boy, are they a talented bunch. Read up about this month's entertainment. **Page 3**

Trying to lose weight? Consider this practical approach, involving patience, moderation, and realistic goal-setting. No more fancy schemes. **Page 4**

Father's Day will be here soon, so start thinking about gift ideas. Bruce Miller argues for fewer ties and socks and more yard-related items. **Page 5**

Looking for a tasty, quick dinner recipe? Try out this idea for Parma Chicken. It's Italian, it's delicious, and it's doable in under an hour. **Page 6**

Hot weather means fire ants and wasps. Get the low-down on avoiding these pesky pests. **Page 7**

Councilman Monroe bids city politics farewell

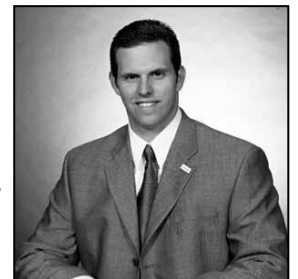
By Mark Monroe
District 7 City Councilman

As many of you know, the upcoming election on May 12 means this is my last effort of writing an article for the neighborhood newsletter. I truly feel blessed to have served you and this city. I want to thank you for giving me the opportunity to serve District 7. I have learned a great deal, but more importantly, I have met many terrific people.

When I look over the last five years, I think about how much has gone on in this city in terms of development, Metroplex recognition — with all the things that we do, it is hard to believe we have accomplished so much in the last five years! Thank you to all of those who have served in the neighborhood associations and boards. I truly believe these are the people who make a difference in our community.

I thank my family for the ability to

Mark Monroe
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serve and I look forward to spending more time with Tami, Hunter and Case. I also want to thank those who have become like family to me — specifically, the Praters. Without all of them, I certainly would not have met my goals and objectives.

This has been a truly humbling experience for me. I wish I could individually recognize all of the people who have influenced my success, but it would take up the whole newsletter!

Don't forget about me, because I won't forget about you!

Garland experiences increase in mail theft

**By Carol Garrison and Eric Morris
ONA Crime Prevention and Safety
cps@aithost.com**

CPS has a quite a list of things to report this month. First and foremost, CPS would like to correct a misprinting concerning the COP in an earlier newsletter. Our article misstated that the COP placed warnings in some of our neighbor's mail boxes concerning mail theft. In actuality, the COP followed the appropriate procedures and mailed the warnings through the U.S. postal service. We apologize for this error.

Speaking of the mail, Garland has experienced an increase in mail theft, and our neighborhood has not escaped this expensive criminal activity. Best advice: Do not use your mailbox to mail bills. Instead, take bills with your checks to the post office. Also, do not have your business or personal check-books mailed to your home, and report any suspicious activity surrounding our mailboxes.

Home Depot and Lowes sell locked mail boxes for home attached and curbside delivery ranging from \$120 to \$1,000. These models range from a simple slot for envelopes to hinged openings not unlike the USPS boxes. These mail boxes, although more expensive, cost about the same as renting a P.O. box for one year.

On a different note, many of us are already planning summer vacations. Don't forget to go to the City of Gar-



Locking mail boxes such as this one can help prevent costly mail theft.

land Web site and fill out a vacation watch request.

If you don't have Inter-net access, you can always call the non-emergency number for the Garland police at 972-485-4840 and request one by mail or fax.

Last but not least: The police incident report for our community (District 14, Beat 7) revealed March was not one of our best months. On the list of crimes were three thefts on Ridge Oak, two incidents at the Country Club, a mail theft on Oak Point, a vehicular burglary on Creighton, and a home burglary on Stoneridge.

Spring weather invites walking, so turn your daily exercise into an opportunity to meet your neighbors. If we all look out for each other we will all be safer!

Having good neighbors requires being one

From the *Garland City Press*

Having a good neighbor starts with being a good neighbor. The primary responsibility of making life better on your street begins with you. Take an active role in bringing your neighborhood together. We all have different expectations of neighbors. For some of us, a good neighbor is one who takes time for a chat across the fence or who helps with the chores when a neighbor is ill.

Although we may not agree on all the fine points of neighborliness, we do tend to agree on certain basic standards that allow residents to enjoy their homes and property, preserve peace

and quiet in our neighborhoods, help maintain property values, and prevent disputes among neighbors.

Be considerate. Your schedule and that of your neighbors may differ considerably. The make-up of your household and community may vary from students to parents with young children who require early bedtime hours to those who work full time. Be aware of issues such as noise, parking, zoning laws, trash and property upkeep, and alcohol usage.

Show interest in your neighbors. Meet them and learn their names.

To read the rest of this article, visit www.ci.garland.tx.us and navigate to the Garland City Press archives.

About the ONA

Oakridge News is a publication of the Oakridge Neighborhood Association.

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- President Mike Dollar
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- Secretary Karen Engler
- Treasurer Joann Williams

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- District 3 Sandra Stevens
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Daytimers hold Talent Show, plan to get T-shirts at April meeting

**By Dianne Winter
Oakridge Daytimers**

More than 40 talented Daytimers gathered at the lovely home of June Parks on Tuesday, April 10 to enjoy the fellowship of the group. They were greeted by food hostesses Audrey Castleman, Gail Durbin, Beverly Pierce, and Pat Tharp, who provided the fine treats. There were many thanks to June for sharing her home and to Jerry for moving and arranging the furniture for seating for the talent show.

President Sally Weiss president began the meeting with the information that in addition to the Easter Holiday in the month, April is also known as "Poetry Month." There is also a "No Housework Day," which the group enthusiastically endorsed.

The announcements included two events that Shirley Mohler listed. Shirley had arranged for T-shirts to be made for the Daytimers at the cost of \$5, but the order needs to be made soon. She also announced the upcoming ONA picnic on April 21 at 3 p.m. Shirley asked for volunteers for that time to help herself and Sharon Carlton, the Daytimers Special Events Coordinators.

Daytimers were also encouraged to help with the upcoming Heroes Golf

Tournament.

JoAnn Williams collected money for the Spring Luncheon to be held on May 8 at the Veranda Tea Room in Antiqueland in Plano. ETC will work at the home of Sally Weiss on Monday, April 16 to make favors for the luncheon. Audrey King listed the April and May birthdays and wished them well.

Most interest groups are meeting as usual with the Book Club meeting on April 20th at the home of Dianne Winter to discuss *My Sister's Keeper* by Jodi Picoult.

Mary Pattie won the door prize that Jo Deitz, our shopping diva, purchased for the drawing.

Ruby Nell Ormon surveyed the group for interest in a water aerobics class. There were several who showed interest, but the 8 a.m. schedule left a few of them in doubt.

Pat Tharp got the Talent Show off to a good start with an appropriate anecdote about grandmothers. Shirley Mohler presented handmade projects that had won many awards at the San Angelo Stock Show. In addition to the jacket she was wearing, she displayed a man's vest and a beautiful baptismal blanket she had designed and completed. She is also famous for her special sauce.

Norene Murphy showed a photo of her hand crocheted Lord's Prayer, which

was too large to bring. She explained some of the intricacies of the project that took her just 5 months to complete. Some members reported on projects that weren't completed. Mary Jensen started it off by explaining that her mother had started a baby quilt for Mary's son, and he finally got it at his high school graduation. Chris Beyers has a quilt she started for her son as a baby. He is the father of triplets and soon to be 40 years old, and the quilt isn't completed yet. June Parks showed a sweater she started in the 70s and hopes to finish soon.

Gail Durbin gave a touching tribute to the Daytimers as she showed a stitching project that she finished with the help of her Stitch and Chat Group members.

Members tried to guess Susan Snow's imitation of a tube of toothpaste.

Daytimers were honored to have Carole Brandon volunteer her time to play the keyboard for participants. She accompanied Sally Weiss in her entertaining rendition of "I Can't Say No." The meeting ended after the group enjoyed sing-alongs — "You Are My Sunshine," "Bye, Bye, Birdie," and "Bicycle Built For Two."

There are many talented Daytimers, and everyone enjoyed the participation of the members.

Philip Hanas
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10-Year Oakridge Resident

Effective weight loss means pacing, moderation, planning, patience

By Stephanie Thurrot
Garland Baylor Medical Center

Realistic changes can help you lose weight and keep it off — for good.

They're out there among us: the losers. They don't lose weight only to gain it back; they steadily drop all the pounds. They look great, they're healthier than they've been in years, and they have energy to spare. Want to join their ranks? Here, they share their secrets.

Go slow. The weight didn't come on overnight, and it's not going away overnight. The important thing is to start moving in the right direction.

Teresa Butler has dropped 25 pounds so far through the weight management program at Baylor Medical Center at Southwest Fort Worth. "I'd like to lose another 100 pounds," she says. "It may take three or four years, but that's my goal."

Eat what you want. "If you don't want to eat tuna or cottage cheese you don't have to," says Karen Kuck, who lost 65 pounds through the weight-loss program at BaylorWorx in Waxahachie. Kuck says she was turned off by programs that were based on eating specific, branded foods, because she didn't want to be tied to prepackaged meals.

"I wanted a plan that no matter

where I went — a restaurant or grocery store, on vacation, to a party or to someone's house — I could make good choices from the real food that was available," she says. Through BaylorWorx she learned how much to eat and how best to prepare her favorite foods. "You're not going to eliminate your cravings for pizza, so figure out how to work that in," Kuck says.

Be realistic. Habits were hard to break well before Chicago sang about them in 1984. If you're in the habit of eating fast food for lunch every day and you haven't exercised regularly since you were in college, don't expect a sudden turnaround.

"Drastic changes often don't stick long-term . . . and healthy eating does not mean deprivation. Most people are not going to commit to exercising and packing their lunch every day right away," says Julie Bender, a registered dietitian at Baylor University Medical Center at Dallas.

Start small, and once you have a new habit, add another small step. Try choosing a healthier fast-food lunch and walking 10 minutes to get it.

Write it down. Karyn Brown, a 71-pound loser, kept a food diary for the first 12 weeks of her weight-loss program at Baylor Tom Landry Fitness

Center in Dallas. It showed her the quantities of food she was eating and helped remind her to make healthy choices. "If I ate a cookie, I had to write it down. I didn't want to write it down, so I would bypass the cookie," she says.

Use plans, plates and portions. Bender, who works with Karyn Brown, teaches her clients to follow the three P's: preplanning, preplating and portion control. Preplanning means thinking about what and where you choose to eat ahead of time so you can make healthy choices. Preplating combats our tendency to eat on the run.

"I encourage folks to put everything on a plate before they eat it so they can actually see it. No eating from boxes, bags or containers," she says. Portion control means taking a step back from super-size servings and eating a more appropriate amount.

Get support. There's a tendency to eat in times of stress. "Food is a fuel, not someplace you go to be happy or deal with stress. You need to look at it that way," Kuck says. When she recently found out she needed hip replacement surgery, she turned to her friends for help.

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

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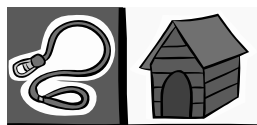
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NO JOB IS TOO SMALL

Think yard and flowers – not ties and socks – this Father’s Day

By Bruce Miller
www.bruce millernursery.com

Father’s Day is almost here and dear loved ones — no more neckties with matching socks. We have great yard and garden ideas for the perfect gift!

We have new shipments of plants arriving daily. Check our potted plants while you are here. Send him to our site for gardening tips, too.

One of the most frequently asked questions of this nurseryman is, “Why do my hollies not have berries?” Caution: If you have not talked to your children about the birds and the bees, the following paragraph may have suggestive innuendo. Rated PG 6 or 7.

There is more than one answer to the ‘no-berry’ problem and sometimes more than one can apply. If you prune hollies during or after blooming, you will cut off this year’s berries. Hollies should be pruned in mid-winter. If you do not prune and still do not have berries, you may have plants of all the same sex.

Most hollies are dioecious, meaning there are male and female plants. Both plants flower, but only females produce berries. There must be a male present near by to pollinate.

Not all hollies produce berries. Dwarfing sometimes results in on-fruiting plants. Pollination may also be

interrupted during the bloom period by a late freeze, heavy rain, or watering, thus washing away pollen. If you are using pesticides during the bloom period, you may be killing or at least discouraging bees, nature’s pollinators.

Up near the top of the list of most asked questions is, “Why do my crape myrtles stop blooming in mid-summer? Is it too hot for them?”

The timing for this answer is perfect. Crape myrtles thrive on heat and they only bloom on new growth. After the initial bloom early in June, the flowers will begin to fade. Cut the bloom stalks back past two sets of leaves. Feed with a 19-13-6 granular fertilizer and water the roots heavily.

This action will instigate new growth producing new blooms. Cut a few spent blossoms each week until frost, and avoid watering the foliage if possible to reduce the chance of powdery mildew. Mildew can be treated with a fungicide. Check with our staff for the best product.

Continue planting anything that is warm-weather tolerant; trees, shrubs, herbs, vegetables, tropicals, perennials and annuals. As the temperature rises, turn watering up a notch, especially for newly planted stock.

With the increasing temperatures come increasing problems. “My tomato leaves are turning, what can I do?”



A set of plants can make a great gift idea for Father’s Day.



If your holly bushes fail to grow berries, you may have plants of all the same sex.

Bring samples so we can determine if your tomato has blight, mites, fungus, mildew, or malnutrition.

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To read more Bruce Miller columns, visit www.bruce millernursery.com.

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Parma Chicken

- 2 (5-oz.) skinless, boneless chicken breast halves
- 2 lemon wedges
- freshly ground pepper to taste
- chipotle powder to taste (optional)
- 2 slices Brie cheese
- 2 tablespoons chopped fresh chives
- 6 slices prosciutto



1. Preheat oven to 400 degrees F (200 degrees C). Prepare a small baking dish or sheet by spraying with cooking spray.
2. Slice each chicken breast horizontally nearly in half to butterfly. Open up, and sprinkle with lemon juice on both sides. Sprinkle with pepper and chipotle powder to taste, then add a slice of Brie, and sprinkle with chives. Fold the chicken breasts back together firmly.
3. Place 3 slices of prosciutto side by side, pointing away from you, with each overlapping by 1/3. Place a stuffed breast upside down onto the bottom edge of the prosciutto. Roll one complete turn (so the breast is upside down again) fold in the sides, then continue rolling to the end of the prosciutto.
4. Place chicken packets seam-side down onto oiled baking dish. Bake in preheated oven until the internal temperature of the chicken reaches 160 degrees F (70 degrees C), about 40 minutes.
Allow to rest 5 minutes. Serve and enjoy.



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 Initiation Fee: \$500

Special Promotion: Sign up by April 1st and receive \$100 food credit in the dining room (excludes alcohol sales).

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Members and their family enjoy full club privileges at Oakridge Country Club, Los Rios and The Shores. Membership includes golf access, tennis, swimming, dining and participation in events/tournaments.

Initiation Fee: Regularly \$199 – waived if membership is purchased before April 1st, 2007.

Sports Plus – Single: \$49.95/month plus tax

Sports Plus – Family: \$69.95/month plus tax

Sign up by April 1st, 2007, and receive 4 guest passes for cart and green fees

Pre-Pay for 12 months and receive 1 month's dues free

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For more details contact Margaret Goff @ 972-530-8008 x239

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Now is the time to treat for fire ant mounds, paper wasp nests

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

Since the recent rains, there have been more and more fire ant mounds popping up in landscapes. Fire ant mounds are not only unsightly, but these ants are medically important. These ants are aggressive and tend to come out of their nest by the thousands when disturbed. This causes us to have no choice but to use control methods to decrease their populations.

Before treating for fire ants, one must first survey the area to determine the number of mounds. If less than five mounds are present in a quarter acre plot, then it is advised 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.

If more than 5 mounds are present, then treatment should be broadcasted over the entire area. A fire ant bait or contact insecticide may be used. Fire ant baits are made up of defatted corn grit covered with insecticide and soybean oil. Before broadcasting the fire ant bait, foraging activity should be assessed.

In order to test for foraging activity, place a potato chip or hot dog next to the mound. If fire ants find the chip or hot dog within about twenty minutes, then the bait should be broadcasted. Fire ants will typically actively forage when the soil surface temperature is between 70 and 90° F, which is between May and September.

The delivery process of baits into the colony is so effective that the amount of insecticide applied in an area is significantly reduced. Fire ant baits should never be watered into the soil and they should not be used if they smell rancid. Also, contact insecticides can be broadcasted over the entire area and need to be watered into the soil. One contact insecticide containing fip-ronil can be used for fire ant control and will usually provide 9 to 12 months control.

Both fire ant baits and contact insecticides can be broadcast using a hand-held spreader for small areas or a Herd Seeder can be mounted onto a truck or ATV for larger areas.

Before applying any type of pesticide, always be sure to 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 insecticide baits on streets or walkways after application, in order to avoid unnecessary entrance into the water supply.

For more information, please visit <http://fireant.tamu.edu>.

Paper Wasp Nests Are Popping Up

As the temperature warms, we will begin to see paper wasps actively constructing their nests. Adult paper wasps are $\frac{3}{4}$ to 1 inches in length and have a long, slender, narrow waist. There are two species of paper wasps: *Polistes exclamans*, which is brown with yellow markings on the head, thorax and bands on the abdomen, and *Polistes carolina*, which is a uniform reddish-brown, both having smoky colored wings. They are commonly noticed flying during the day in search of food.

Paper wasp nests are open and composed of wood fibers. These fibers are chewed and formed into hexagonal cells arranged in a comb-like shape. These nests can be found underneath eaves, in structures, or around plants. The nests are oriented downward and are suspended by a single filament. Adult paper wasps prey on insects such as caterpillars, flies and beetle larvae, which they feed to developing larvae. This makes them a beneficial insect.

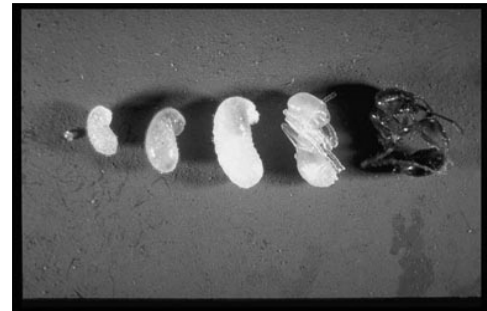
In the spring, the fertile queens find a nesting site and begin to build a nest. They will lay a single egg inside each nest cell. The eggs hatch into larvae and then molt several times before pupating. The nest cells will remain open until pupation. The worker wasps help to construct the nest, feed the young and defend the nest from other insects. A mature nest may have between 20 to 30 adults.

In late summer, the queens stop laying eggs and the colony declines. In the fall, only the mated females will find over-wintering sites, while the rest of the colony dies.

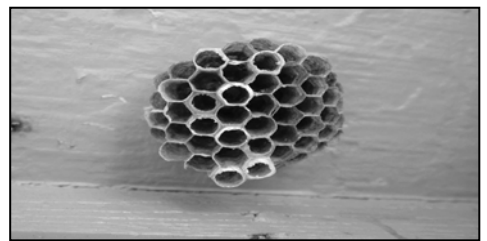
Paper wasps are usually confused with yellow jackets and bald-faced hornets, but these wasps have closed-celled nests.



Red imported fire ant worker. Photo by Bart Drees, Texas A&M University.



Egg, larval stages, pupa and adult fire ant worker. Photo by Bart Drees, Texas A&M University.



Paper Wasp Nest. (www.tamu.edu.)

Non-Chemical Control Options

Since paper wasps feed on caterpillars and other insects, they are considered beneficial insects. Other people may be highly allergic to the sting, so removal of the wasps nest from the area around structures is necessary. Nests can be knocked down from eaves using a high pressure water spray.

Chemical Control Options

Also pressurized sprays of insecticidal soaps and oils can be used. Residual insecticides can be used, such as those containing deltamethrin or cyfluthrin.

Be sure to take precautions when treating so the wasps will not attack nearby people or pets. Remember only the females can sting, since they have a modified egg-laying structure (an ovipositor).

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upcoming events

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May 29	Daytimers Weekly Canasta
June 1	Garland ISD Last Day of School
June 17	Father's Day



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