

Olde Towne Crier

Newsletter of the Olde Towne Neighborhood Watch Association.
The Olde Towne neighborhood is the square mile area between
S.E. 15th and S.E. 29th and Sooner Road and Sunnyslane.

Volume XIII

March 2010

The weather is getting warmer and it is time to do some spring cleaning. The free trash dump days for the different neighborhood watches have been scheduled. Olde Towne's trash dump days are May 7, 8 & 9th. The hours for Friday and Saturday are 8am - 5:30pm. The hours for Sunday are 11am - 3pm. The location is the John Smith Ball Park on Sunnyslane just north of Reno. Tires, batteries, old paint and other hazardous materials will NOT be accepted. We will be needing volunteers to help man the dump. For more information or to volunteer, contact me at pres@otnwa.net.

Go ahead and mark your calendar. Our fall trash dump days are tentatively scheduled for September 24, 25 & 26. If you are in our database of e-mail addresses, we will e-mail you a reminder. That was a plug for our new database of members' e-mail addresses. If we have your e-mail address, you will be e-mailed the monthly newsletter without the possible delay of weather or illnesses of our deliverers. You can also be e-mailed reminders of important dates like our free trash dump and Night Out at Eagle Lake. We will not give out or sell your e-mail address to others. It is just so we can get information to you in a timely manner.

Just a reminder. Our 2010 membership dues are \$12 and are due. Just fill out the application on the back page and mail it with your dues to PO Box 15042, Del City OK 73155-5042 or bring it to one of our meetings. Remember your membership helps support our patrolling, our Night Out at Eagle Lake, our website www.otnwa.net as well as our other activities.

John Hastings, President

<p>NEXT GENERAL MEETING: Thursday, March 25 at 7:00 pm Del City Church of Christ - 1901 Vickie Drive - Family Life Building</p>

What's Happening at the Del City Library

Spring into your Del City Library for information, activities and fun.

AARP Tax Aide for adults

Mon. March 15, noon - 4pm
Thu. March 18, noon - 4pm
Sat. March 20, 9am - 11am
Mon. March 22, noon - 4pm
Thu. March 25, noon - 4pm
Sat. March 27, 9am - 11am
Mon. March 29, noon - 4pm
Thu. April 1, noon - 4pm
Sat. April 3, 9am - 11am
Mon. April 5, noon - 4pm
Thu. April 8, noon - 4pm
Sat. April 10, 9am - 11am
Mon. April 12, noon - 4pm
Thu. April 15, noon - 4pm

AARP tax help volunteers will provide free help on a first-come, first served-basis.

Teen Tech Month's Digital Storytelling for teens

Thu. March 18, 6:30-7:30pm
Come to the library tonight or anytime from March 19-25 and record your story with a Flip digital video camera.

Teen Tech Month's Digital Storytelling Finale for teens

Thu. March 25, 6:00-8:00pm
Learn how to edit your digital videos and share them with the world. Call 672-1377 for more information.

Secret Agent 23 Skidoo; Positive Hip Hop for Kids for all ages

Fri. March 19, 2:00-3:00pm

Hip Hop music that both parents and kids can relate to.

Color Me Blue Storytime for ages 1 - 5

Fri. April 2, 10am - 10:20am

Enjoy stories and a craft activity about things that are blue.

Del City Book Club for adults

Mon. April 5, 7pm - 8pm

This month's book is "Push" by Sapphire. Join anytime and suggest a title for upcoming meetings.

ADHD Perspectives for parents and kids

Tue. April 6, 6:30pm - 7:30pm

Get informed about ADHD and how to manage the challenges. This is a monthly meeting for parents and children with ADHD in a support group setting. Children will have the chance to participate in a peer group setting. Call 672-1377 to pre-register or for more information.

Upcycled Art for teens

Thu. April 8, 6:00pm - 7:30pm

Upcycled art upgrades materials that might have been tossed in the garbage and tries to raise awareness of how we use our resources.

**I Can't Believe I Shot That! The Sequel - Teen Film Contest
Entries Due at the Downtown Library by Sunday April 11**

Storytime Aerobics

for ages 1 - 5

Thu. April 8, 6:30pm - 7:00pm

Enjoy stories and exercising to music.

Teen Advisory Board Meet-Up

for teens

Tue. April 20, 3:30pm - 4:30pm

The Teen Advisory Board meets once a month to give teens the chance to participate and influence teen programs at the library. This is the time to put in your two cents about what you would like to see happening at YOUR library.

Are You Prepared for the next Ice Storm, Fire or Tornado?

for all ages

Wed. April 21, 6:00pm - 7:00pm

A representative from the American Red Cross of Central Oklahoma will discuss what you need to do to be ready for a disaster. For more information, call 672-1377.

Play Time

for ages 6 months - 3 years

Thu. April 22, 10:00am - 11:00am

Rae Kirkman, Coordinator for Mid-Del School's Parents as Teachers will share information about that program.

Earth Day Urban Gardening

for teens

Thu. April 22, 4:00pm - 6:00pm

Join us as we break ground and plant the first seeds in our urban vegetable garden in the courtyard southwest of the library.

Origami - Paper Folding Fun

for ages 6 - 11

Sat. April 24, 3:00 - 3:45pm

Mae Dean Erb will teach new folds.

Something's Fishy Storytime

for ages 4 - 8

Tue. April 27, 6:30pm - 7:15pm

Enjoy stories and activities about fish.

Olde Towne Neighborhood Watch Association

The finally weather cooperated and we were able to have our February meeting. We discussed the upcoming free trash dump and our new database of email addresses. Our next meeting will be Thursday, March 25 at 7:00pm at the Del City Church of Christ, 1901 S. Vickie. We meet in the Family Life Building behind the main church building.

Just a reminder: Olde Towne Neighborhood Watch Association dues for 2010 are \$12 and are due now. You can use the form on the back page and mail them to OTNWA, PO Box 15042, Del City, OK 73155-5042. Or you can bring them with you to our next meeting.

For last minute announcements and round the clock information, check out our website, www.otnwa.net. Also, you can add your email address to our database and be emailed reminders about meetings, free trash days, etc., as well as the monthly newsletter.

Free Trash Days

The Olde Towne Neighborhood Watch's free trash days will be Friday, May 7, 8am - 5:30pm; Saturday, May 8, 8am - 5:30pm and Sunday, May 9, 11am - 3pm at the John Smith field on Sunnylane north of Reno.

Diabetes Myths

the following is from the American Diabetes Association

There are many myths about diabetes that make it confusing for people to believe some of the hard facts. These myths can create a picture of diabetes that is not accurate and full of stereotypes and stigma. Diabetes is a serious and potentially deadly disease.

Myth: Diabetes is not that serious of a disease.

Fact: Diabetes causes more deaths a year than breast cancer and AIDS combined. Two out of three people with diabetes die from heart disease or stroke. Diabetes is a leading cause of blindness and kidney failure.

Myth: If you are overweight or obese, you will eventually develop type 2 diabetes.

Fact: Being overweight is a risk factor for developing this disease, but other risk factors such as family history, ethnicity and age also play a role. Unfortunately, too many people disregard the other risk factors for diabetes and think that weight is the only risk factor. Many people with type 2 diabetes are at a normal weight or only moderately overweight.

Myth: Eating too much sugar causes diabetes.

Fact: Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease. Type 2 diabetes is caused by genetics and lifestyle factors. Being overweight does increase your risk for developing type 2 diabetes, and a diet high in calories, whether from sugar or from fat, can contribute to weight gain. If you have a history of diabetes in your family, eating a healthy meal plan and regular exercise are recommended to manage your weight.

Myth: People with diabetes should eat special diabetic foods.

Fact: A healthy meal plan for people with diabetes is generally the same as a healthy diet for anyone - low in fat (especially saturated and trans fat), moderate in salt and sugar, with meals based on whole grain foods, vegetables and fruit.

Myth: If you have diabetes, you should only eat small amounts of starchy foods, such as bread, potatoes and pasta.

Fact: What is important is the portion size. Whole grain breads, cereals, pasta, rice and starchy vegetables like potatoes, yams, peas and corn can be included in your meals. For most people with diabetes, having 3-4 servings (Be careful of the serving size.) of carbohydrate-containing foods is about right. Whole grain starchy foods are also a good source of fiber.

Del City Church of Christ

Sunday Morning Worship 9:30am
Sunday Bible Class 11:00am
Sunday Evening Worship 5:00pm

1901 Vickie Drive Del City, OK
672-1311 www.delcitychurch.org

Myth: People with diabetes can't eat sweets or chocolate.

Fact: If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. Again, watch the serving size.

Myth: You can catch diabetes from someone else.

Fact: Diabetes is not contagious. It can't be caught like a cold or flu. There seems to be a genetic link in diabetes, particularly type 2. Lifestyle factors also play a part.

Myth: People with diabetes are more likely to get colds and other illnesses.

Fact: You are no more likely to get a cold or another illness if you have diabetes. However, people with diabetes are advised to get flu shots. This is because any illness can make diabetes more difficult to control, and people with diabetes who get the flu are more likely than others to develop serious complications.

Myth: If you have type 2 diabetes and your doctor says you need to start using insulin, it means you failed to take care of your diabetes properly.

Fact: For most people, type 2 diabetes is a progressive disease. When first diagnosed, many people with type 2 diabetes can keep their blood glucose at a healthy level with oral medications, diet and exercise. But over time, the body gradually produces less and less of its own insulin, and eventually oral medications may not be enough to keep blood glucose levels normal. Using insulin to get blood glucose levels to a healthy level may be necessary.

Prevention

Cholesterol - Unhealthy cholesterol levels can raise your risk for type 2 diabetes and heart disease.

Gestational Diabetes - If you've had gestational diabetes, you're at higher risk of having it again in future pregnancies and of developing type 2 diabetes later in life.

Overweight - Staying at a healthy weight can help you prevent and manage problems like type 2 diabetes and heart disease.

Healthy Eating - Eating healthy is one of the most important things you can do to lower your risk for type 2 diabetes and heart disease.

Physical Activity - Staying active helps manage your blood glucose and lowers your risk for pre-diabetes, type 2 diabetes and heart disease.

Age, Race, Gender & Family History - There are some things that affect your risk for type 2 diabetes, heart disease and stroke that you can't change. But being aware of them can help you take smart steps to lower your risk. Making a few small changes can improve your health and reduce your risk of developing type 2 diabetes.

SUNNY LANE	
UNITED METHODIST CHURCH	
2020 S. Sunnyslane	
Del City, OK 73115	
Contemporary Service	8:30am
Sunday School	9:40am
Traditional Service	10:50am
Nursery Provided	677-3347

Railroad Tracks

The U.S. standard railroad gauge (distance between the rails) is 4 feet, 8.5 inches. That's an odd number. Why was that gauge used? Because that's the way they built them in England, and English expatriates designed the U.S. railroads.

Why did the English build them like that? Because the first rail lines were built by the same people who built the pre-railroad tramways and that's the gauge they used.

Why did they use that gauge then? Because the people who built the tramways used the same jigs and tools that they had used for building wagons, which used that wheel spacing.

Why did the wagons have that particular odd wheel spacing? Well, if they tried to use any other spacing, the wagon wheels would break on some of the old, long distance roads in England, because that's the spacing of the wheel ruts.

So who built those old rutted roads? Imperial Rome built the first long distance roads in Europe (including England) for their legions.

And the ruts in the roads? Roman war chariots formed the initial ruts, which everyone else had to match for fear of destroying their wagon wheels. Since the chariots were made for Imperial Rome, they were all alike in the matter of wheel spacing.

Therefore the United States standard railroad gauge of 4 feet, 8.5 inches is derived from the original specifications for an Imperial Roman war chariot. Roman war chariots were made just wide enough to accommodate the width of two war horses.

The engineers who designed the Solid Rocket Boosters for the space shuttles wanted to make them wider, but they had to be shipped by train from the factory to the launch site. The railroad line from the factory happens to run through a tunnel in the mountains and the boosters had to fit through that tunnel.

So a major design feature of what is the world's most advanced transportation system was determined over two thousand years ago by the width of a horse.

Bureaucracies live forever.

**DC Bytes
Computer Service
Repair & Parts**

**2907 Epperly Drive
Del City OK 73115**

Buffalo Wild Wings

**5500 Tinker Diagonal
Del City OK
677-9464**

Greater Oklahoma Bluegrass Music Society Show & Jam

The Greater Oklahoma Bluegrass Music Society presents its monthly concert and jam **April 10, 2010, 6:30pm** at the Oklahoma Country-Western Museum & Hall of Fame, 3925 SE 29, Del City (just west of Wall's). Jamming room are available for musicians who wish to come and jam. Doors open at 5pm. General admission is \$6 (GOBMS members \$5). Children 12 and under are free, but must be accompanied by an adult. Please call 405-249-1428 for details.

Let us help you get the word out about your school, church or group activity. Call 672-1521 and leave a message or email the information to news@otnwa.net

Don's Alley Restaurant

4601 S.E. 29th
Del City OK
Established 1955
Breakfast * Lunch * Dinner
6:30 am - 10:00 pm * Monday - Saturday
Carry Out Orders * 677-9049

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672-4230

Madison's Kitchen Restaurant

4640 SE 15th Del City
670-5552

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WWW.PJSFLOWERANDGIFTSHOP.COM	

OLDE TOWNE NEIGHBORHOOD WATCH ASSOCIATION
Membership Application

_____ Please renew my membership and update the following information.

_____ Please register my household as a new member.

Dues: \$12 for the year 2010 (or any part of year 2010)
Mail to OTNWA, PO Box 15042, Del City, OK 73155-5042

Name: _____ Please check if you
are interested in:
Address: _____ Patrolling _____
Block Caption _____
Spouses's Name: _____ Being on committee _____
Other _____

Are there children or invalids in the household? _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Emergency Contact: _____
Other Information: _____

Registration is for the sole possession of the Olde Towne Neighborhood Watch Association (OTNWA) and is protected from any unauthorized disclosure other than to Law Enforcement Officials.

OTNWA OFFICERS

John Hastings - President	677-5463	Dena Williams - Treasurer	677-7514
Shirley Hall - Vice Pres.	677-1810	Dottie Millirons - Asst. Treas.	677-8238
Norma Hastings - Secretary	677-5463	Janet Thompson - Editor	672-1521
Dixie Carroll - Asst. Sec.	670-2547	Jeff & Lola Spriggs-Hospitality	677-1719

The Olde Towne Crier is printed courtesy of the Community Action Agency along with the newsletters of other neighborhood watches in the metro area. Thank you for supporting Neighborhood Watch.

The Olde Towne Crier can be picked up at:

PJ's Flowers	Corky's Barber Shop
Custom Cuts & Styles Beauty Shop	Don's Alley Restaurant
Gregory's Sporting Goods	Madison's Kitchen
Mike's Auto Diagnostic & Repair	Sunny Lanes Bowling
Sunny Lane United Methodist Church	Mr. Keen's Cleaners
Buffalo Wild Wings	Del City Police Station
Del City Church of the Nazarene	DC Bytes
Del City Church of Christ	City Hall