

Shallow Brook News

S H A L L O W B R O O K N E I G H B O R H O O D A S S O C I A T I O N

Shallowbrook Neighborhood Association Mission Statement:

"To serve our neighborhood and keep its best interests in mind, promoting and encouraging community involvement and helping our neighborhood be enjoyable and safe for all that live within."

SBNA Elections

A meeting was held on Saturday, May 21st at Shallow Brook park. The Current officers and trustees voted on new officers to the Shallow Brook Neighborhood Association. The new President and Vice-President are Dave and Faithann Basore. The new Secretary is Sharon Dunagan. Matilda Woodley will remain the Treasurer and Charley Barnett will move from acting Vice President to Trustee, joining Barbara Wagner-Avila and James Wright. We look forward to serving the neighborhood with solutions to any issues that may arise and help in any way we can. If you have any issues or ideas on how to improve our neighborhood, please come to the meetings! We welcome all ideas and want to hear what you have to say. Issues involving security, more street lights, and membership to the SBNA are being discussed and we would like to get as many people involved in this as possible. You do not have to own a home to be a part of the SBNA....renters are welcome to join SBNA and make up a big part of our community. If you are serious about keeping our neighborhood a safe and enjoyable place to call home, get involved! Want to volunteer? There are many ways! Call Dave or attend a meeting to see how. We know that not everyone can make it to every meeting...but any involvement is truly appreciated and will pay off in the end. Thanks for taking the time to read this newsletter and we hope you enjoy it!



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SBNA JUNE MEETING @ SHALLOWBROOK

PARK

25 JUNE @ 4PM



A few words about Garage Sales

Each household can have two garage sales a year with proper permits. (Previously, garage sales had to be spaced at least six months apart, but you may now hold them on consecutive weekends if you wish. You may still hold only two garage sales each year, though. Read further down for more rules about holding garage sales.) Garage sale permits are \$5 and are available from the License Division, 420 West Main Street from 8 a.m. to 5 p.m. Monday through Friday. Call the License Division at 297-2606 for a "paperless permit." Instead of a paper form, you get a permit number over the phone to post at your sale. You can also get a permit by mail. Request an application at least two weeks before your sale. We'll mail you an application to fill out. Return it with a check or money order for \$5. If your City utility account is in good standing, the City will just add the charge to your next bill. **Garage sale signs** and other service signs are not allowed on utility poles, traffic sign poles, medians or any public right-of-way. You can put one sign in front of your house. The sign itself can't be larger than 12 square feet. **You can sell** any personal property, but not motor vehicles. You cannot sell new merchandise, consignment items, or resale items. A single permit is good for **three consecutive days**. The sale must be held at the address listed on it, between the hours of 8 a.m. and 6 p.m. **The maximum fine** for conducting a sale without a license is \$200 plus costs.

Visit www.okc.gov for more info.

LIKE TO SKATE? BMX?

The 26,000-square foot Oklahoma City Skatepark at 1700 S. Robinson, (SW 17 and Robinson) is now The Mat Hoffman Action Sports Park of Oklahoma City! Admission to the skatepark is free. Hours are from dawn to 11 p.m., year-round. The park is a skate- or ride-at-your-own-risk, non-supervised facility designed for skateboards (34" maximum length), in-line skating (four wheels maximum per skate) and BMX freestyle biking only. The Oklahoma City Police Department and Oklahoma River security will be monitoring the park regularly. **Participants are required to wear protective gear.** The Action Park is divided into two areas. The first is a flow course consisting of bowl combinations of varying shapes, depths and heights. The second is a street course with ledges and handrails. The two areas are connected with a 20' wide sidewalk with all types of obstacles.

Bowl Course:

- 11-foot half pipe
- 10-foot oververt pocket
- Panda bowl with 3 shapes
- Volcano with sub box on top
- Loveseat
- Molehill
- Waterfalls
- BMX Berm
- Rollers

Bowls range in depth from 5 to 11 feet



Street Course:

- 8-stair with two hubba ledges and a handrail
- Bank to flat bar
- Bank to picnic table
- Block Combos
- Double set with a step up, hubba ledge and handrail
- Manual pad



Park Rules

Hours of use are from dawn to 11pm. Protective equipment (helmets and shoes) are required. Spectators and pets are not allowed in the fenced area. Headphones are prohibited and children 11 and under should be accompanied by an adult. Weapons, fighting and reckless behavior are prohibited. Additional ramps and obstacles are not allowed. Food and drink are prohibited as well as all tobacco and alcohol. Graffiti, stickers and "tagging" are prohibited and may require to close the skate park until repairs are made.

And last but not least, they ask to keep trash in it's place and put it in the trash cans located at the park! Now....break out those skateboards!

RECIPE CORNER

This is a simple summer recipe that can be either grilled outdoors or cooked on a griddle.

GRIDDLED CHICKEN with TOMATO SALSA

Serves Four

- 4 boneless, skinless chicken breast fillets
- 2 tbsp lemon juice
- 2 tbsp olive oil
- 2 tsp cumin
- 2 tsp dried oregano
- 1 tbsp black pepper



For the Salsa

- 1 green chili (or 1/2 tsp of cayenne pepper)
- 1 lb plum tomatoes, seeded and chopped
- 3 green onions, chopped
- 1 tbsp chopped fresh parsley
- 2 tbsp chopped cilantro
- 2 tbsp lemon juice
- 3 tbsp olive oil

1. With a meat mallet, pound the chicken between two sheets of plastic wrap until thin.
2. In a shallow dish, combine the lemon juice, oil, cumin, oregano and pepper. Add the chicken and turn to coat. Cover and leave to marinate for at least 2 hours, or in the refrigerator over night.
3. To make the salsa char the chili skin (if you are using the green chili) either over a gas flame or under the broiler. Leave to cool for 5 minutes. Carefully rub off the charred skin, taking care to wash your hands afterwards. For a less hot flavor, discard the seeds.
4. Chop the chili (if using) very finely and place in a bowl. Add the tomatoes, green onions, parsley, cilantro, lemon juice and olive oil. If you decide to use cayenne pepper instead of the green chili, add it to the tomato mixture. Mix well. Set aside until ready to serve.
5. Remove the chicken from the marinade. Heat a ridged griddle or an outdoor grill. Add the chicken fillets and cook until done.
6. Serve with the chili salsa.

(be careful when handling peppers not to touch your face, eyes especially!)

SUMMER FRUIT SALAD

For this salad, feel free to substitute the fruits listed for other fruit you enjoy.

Serves 4-6
Ingredients:

- 2 apples, cored, peeled and chopped
- 2 bananas, sliced
- 1 1/2 cups strawberries, sliced
- 1/2 cup chopped walnuts
- 1/2 cup raisins



For the Dressing:

- 3/4 cup plain, unsweetened yogurt
- 2 tsp lemon juice
- 1 tbsp honey
- 1 tsp cinnamon

Combine fruit, and nuts in a medium sized bowl. In a smaller bowl, combine yogurt, lemon juice, honey and cinnamon. Pour dressing over fruit. Stir dressing to coat the fruit.

If you have a Recipe you would like to share, then tell us about it. We promise you will get all the credit! Mail to SBNA P.O. Box 94205, Oklahoma city, Ok 73143-4205 Or e-mail to Shallowbrookeditor@hotmail.com

Outdoor Summer Safety Tips

When spring is in full swing, families spend more time outside enjoying the wonderful weather... manicuring their lawns, planting gardens, and cooking out.

Here are some important safety tips from the Oklahoma City Fire Department.

Lawn Care Equipment

Make sure all equipment is in good repair. Be sure blade guards are in place on all cutting and trimming equipment. Wear proper eye protection when using equipment. Store gasoline-powered equipment away from ignition sources, such as a water heater or pilot light. It's best to store equipment outside, or in a storage shed.

Handling Gasoline Safely

Use only approved containers marked for gasoline use. Never store gasoline in glass jars, soda bottles, or milk jugs. Never use gasoline to clean skin, clothes, auto parts, or floors. When refueling equipment, make sure the engine is off and cool. Don't risk spilling gasoline on a hot engine. Don't smoke while using gasoline.

Outdoor Cooking Safety

Be sure to set up your grill away from structures, especially overhangs. Don't use a grill in the breezeway or balcony of an apartment. Don't pour lighter fluid on coals that are already hot. This can cause a flash fire. The flames may have died down, but there's still tremendous heat in the charcoal. When using a gas grill, turn the gas on and immediately light the grill. Don't allow gas to build up before lighting. Remember that gas grills can produce dangerous carbon monoxide.

Propane Tank Safety

Be sure to get the right type of couplings if you exchange your tank. There are three basic types and they are not compatible; however, two of the fittings will appear to go together, but will leak profusely when the tank is turned on. Light the grill immediately after turning on the gas, do not allow gas to build up or it could flash when ignited.

Courtesy of Oklahoma City's Website: www.okc.gov

WHEN THE HEAT IS ON.....

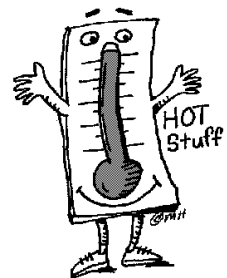
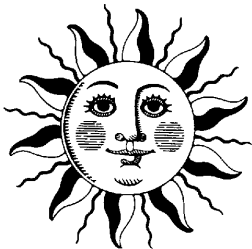
BE SAFE!

DRINK PLENTY OF WATER!

DON'T OVER-EXERT YOURSELF!

KNOW WHEN TO SAY WHEN!

CHECK ON THE ELDERLY!



DID YOU KNOW?

F u n a n d I n t e r e s t i n g f a c t s

An elephant's tooth can weigh as much as 12 pounds.

To burn off one plain M&M candy, you need to walk the full length of a football field.

One in three snake bite victims is drunk. One in five is tattooed.

The first cell phone was invented in 1924.

Some toothpastes and deodorants contain the same chemicals found in antifreeze.

In the early 1960's, Porsche commercially manufactured farm tractors.

A cubic mile of ordinary fog contains less than a gallon of water.

Even Antarctica has an area code. It's 672.

There is more real lemon juice in Lemon Pledge furniture polish than in Country Time Lemonade.

On average, half of all false teeth have some form of radioactivity.

53% of women will not leave the house without makeup on.

In Singapore, it is illegal to sell or own chewing gum.

A cesium atom in an atomic clock beats over nine billion times a second.

WAL-MART generates \$3,000,000.00 in revenues every 7 minutes!

Nearly 10% of American households dress their pets in Halloween costumes.

There are 293 ways to make change for a dollar.

The U.S. Government will not allow portraits of living persons to appear on stamps.

The filming of the movie 'Titanic' cost more than the Titanic itself!

Chewing on gum while cutting onions can help a person from producing tears.

There are 23 doctors in the U.S. called Dr. Doctor, and one called Dr. Surgeon!

An iceberg contains more heat than a lit match.

Rats can't vomit, that's why rat poison works.

Courtesy of WWW.HOOKEDONFACTS.COM





Brain Teasers



What gets wetter and wetter the more it dries?

You throw away the outside and cook the inside. Then you eat the outside and throw away the inside. What did you eat?

What goes up and down the stairs without moving?

What can you catch but not throw?

I can run but not walk. Wherever I go, thought follows close behind. What am I?

What's black and white and red all over?

What goes around the world but stays in a corner?

I have holes in my top and bottom, my left and right, and in the middle. But I still hold water. What am I?

Give me food, and I will live; give me water, and I will die. What am I?

The man who invented it doesn't want it. The man who bought it doesn't need it. The man who needs it doesn't know it. What is it?

(Answers in next month's issue!)



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Shallow Brook Neighborhood Association

Membership Application

Yes! I want to be a member of the Shallow Brook Neighborhood Association. I understand my payment of \$15.00 for a full year's membership entitles me to a window decal, monitoring of all members' homes by the SBNA Patrol, the SBNA Newsletter, and the opportunity to vote on issues concerning my neighborhood. All money is used in the neighborhood and all information will be kept confidential and used only in an emergency. Make checks or money orders payable to SBNA.

Name _____

Address _____

Home Ph. _____

Cell Ph. _____

Emergency Contact _____

Number of People living in Household: Adults ____ Children ____

Vehicles:	Year	Make	Color	Tag#
	Year	Make	Color	Tag#
	Year	Make	Color	Tag#
	Year	Make	Color	Tag#
	Year	Make	Color	Tag#

Committees I am interested in:

Patrol ____
Membership ____
Block Captain ____
Lend-a-Hand ____
Publicity ____
Fund Raising ____
Beautification ____
Newsletter Distribution ____
Other Special Skills ____

Please make checks payable to SBNA and mail to PO BOX 94205, OKC, OK 73143-4205. If you have any questions, please feel free to contact Treasurer Matilda Woodley at 672-2238.

Shallow Brook Neighborhood Association Officers

Dave Basore, President - 627-2471

Faithann Basore, Vice President - 206-6075

Matilda Woodley, Treasurer - 672-2238

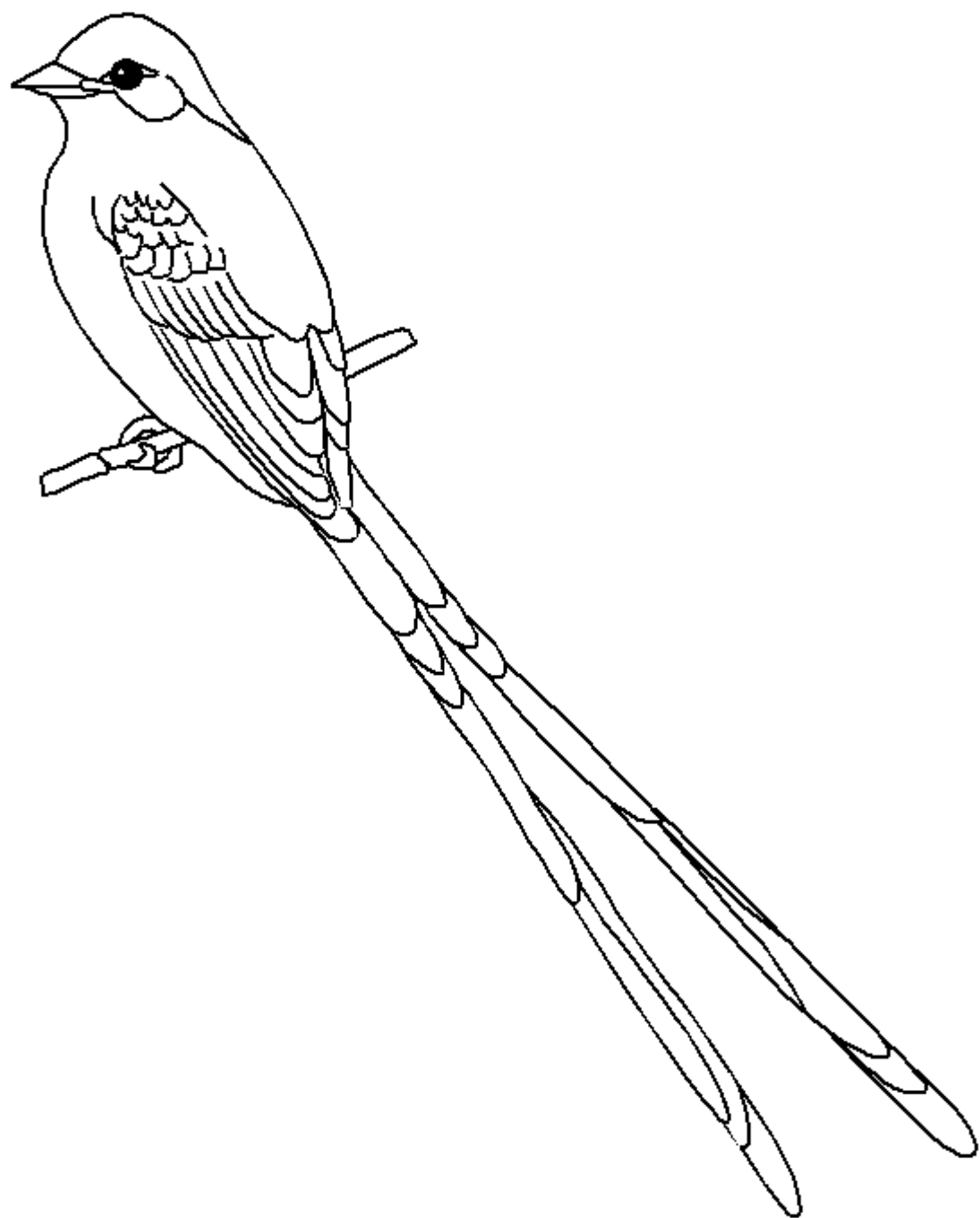
Sharon Dunagan, Secretary - 677-8641

Barbara Wagner-Avila, Trustee - 672-1864

James Wright, Trustee - 672-3659

Charley Barnett, Trustee

To add a business card, recipe, or idea, contact Dave or email Shallowbrookeditor@hotmail.com



Scissor-tailed Flycatcher

- The scissor-tailed (or swallow-tailed) flycatcher has a tail which is very long - twice the length of its body.
- Lays one or two clutches of eggs each year. Each clutch has 4 to 6 creamy white eggs with brown splotches.
- Adopted as Oklahoma's state bird on May 26, 1951.