

The Three Oaks  
Neighborhood Watch  
NEWSLETTER  
March 2007

**Neighborhood Garage Sale**  
**19-22 April**

Now is the time to start planning for our neighborhood garage sale to be held in April. Get your garage sale permit and sale packet from the City of Midwest City. Our Three Oaks Neighborhood Association will furnish the advertisement for the garage sale in our local newspapers. If you don't have time to get everything ready for our sale in April, we will sponsor another one in the fall. Last year we had a great turn out. Let's do it again!

**The trash dumpsters should be available in late April.**  
**Exact date to be determined.**  
**These dumpsters are not for the disposal of hazardous items.**  
**Information on where to dispose of these items will be available by calling the MWC Storm water Quality Division at 739-1352.**

Spring can mean ferocious rain and violent storms. Slow down when you are driving on wet roads. Give yourself extra distance between cars. If the car skids and control is lost, do not slam on the brakes. When driving during heavy rain, use center lanes of the road. Tune into radio and television weather reports to know where flood warning areas or traffic congestion might be located. If possible, avoid these areas. It seems every article emphasizes the importance of maintenance. Take the hint!  
Car maintenance needs increase during wet weather.  
*Use headlights and check all other lights.* Driving in the rain means reduced visibility. Turn on the vehicle's headlights so they can see and be seen. Do not use your high beams.

**Next Meeting**  
**9 Apr 2007,**  
**7:00 PM**  
**Neighborhood**  
**Initiative Center**  
**9233 NE 10<sup>th</sup>**  
**East end of the**  
**old Greenhaw's**  
**Bldg**

Plan now to attend the Neighborhood Association Celebration at Regional Park on 14 June. Food, fun and entertainment will be provided by the City of Midwest City.



Lightning causes around 100 deaths in the U.S. annually (more than hurricanes and tornadoes combined).

**WHEN INSIDE:** Avoid using the telephone (except for emergencies) or other electrical appliances. Do not take a bath or shower.

**IF OUTDOORS:** Go to a safe shelter immediately such as inside a sturdy building.

**Daylight**  
**Saving**  
**Time**

**March**  
**11<sup>th</sup>**

**Spring**  
**forward**



**Reduce the Stress of Sitting**

It may surprise you to know that sitting puts more strain on your back than standing-or lifting. The stress of leaning over paperwork, slouching in an uncomfortable chair and spending long hours in one position leave many people with aching tired backs. Good posture helps reduce the stress of sitting in one position for prolonged periods. If you slouch forward or hunch your shoulders, you put stress on your spine. Use a lumbar roll to support your lower back. Adjust your chair so that your feet are on the floor and your arms are at desk level. Take short breaks at least once an hour to stretch your spine. With just a few minor adjustments you can help maintain a healthy back for life.

**Take Care When You Start Your Spring Cleanup**

Many of us have not had much physical exercise during the cold winter months. Take things slow and easy until you get your body back in shape for physical work.

