

Have a Safe and Happy Fourth of July!!!!

MILLER NEIGHBORHOOD ASSOCIATION

NW 10th Street to NW 16th, N May Ave to Villa



The Miller Messenger

www.neighborhoodlink.com/okc/miller

www.millerneighborhood.org

Miller Mission: To make Miller a safe and pleasant place to live

2008 MNA OFFICERS

President

Bruce Hall..... 948-8747

Vice-President

Eric Hilburn..... 326-0607

Secretary

Gaylene Barber570-5552

Treasurer

Mike Stuart..... 949-9809

Past President

Tracy Blair..... 702-0047

Board Members

SE Quadrant

NW 10 to NW 12, Miller to Villa

Jamey Zaragoza.....528-0016

NE Quadrant

NW 12th to NW 16, Miller to Villa

Seth King.....243-8090

SW Quadrant

NW 10th to NW 12th, Miller to May

Steve Reid.....602-5420

NW Quadrant

NW 12th to NW 16th, Miller to May

Jim Ramay.....945-8317

V.P. Membership

Jimmy Vaughn.....524-0305

The Miller Neighborhood Meeting is July 7th at 7 pm at the World Organization of China Painters Museum at 2641 N.W. 10th.

This Messenger is a Special Edition with a focus on neighborhood updates and activities for July and information for our Senior Citizens in the neighborhood.

First Annual Miller Neighborhood Fourth of July Parade

When: Friday July 4th at 10 am

Where: Gazebo located in the median on Miller Blvd.

Wear your red white and blue and decorate your wagons, bikes, trikes, strollers, etc. Every kid will receive a prize and SPECIAL PRIZES will be awarded for most patriotic bike, outfit, trike, pet, and stroller.

After we parade, WATERMELON will be served and we'll have a seed spitting contest!

SO COME JOIN THE FUN, GET TO KNOW MORE MILLER RESIDENTS, AND SHOW YOUR PATRIOTISM! Contact Barb Reid at 602-5420 if you have questions or want to help out.



JULY CALENDAR

04 Parade/Holiday

07 MNA Meeting

09 Big Junk Day

29 Primary Election

31 MNA Board Mtg



Congratulations Yard of the Month Winners for June 2008

West of Miller- Chris and Misti Chappell at 2737 NW 12th.

East of Miller- John Clary at 2540 NW 13th.

A BIG THANK YOU to Margaret Post at Garden Gate Antiques who has generously donated \$15 Gift Certificates to each 2008 YOM winner.

IMPORTANT NUMBERS

Non Emergency Police #..231-2121

Police Liaison :

MSgt. Michael Loruse.....316-4525

Gang Unit.....297-1196

Street Level Drugs Info....297-1171

Action Center..... 297-2535

okc.gov/action/complaint

Animal Control.....297-2255

Animal Welfare.....297-3100

Trash/Recycle.....297-1950

Crime Stoppers.....297-7300

Councilwoman

Ann Simank297-2402

MNA Committees

Website Coordinators

www.neighborhoodlink.com/okc/miller

Delaney Sheffield524-2995

www.millerneighborhood.org

Chad Lawrence.....326-0607

Membership

Jimmy Vaughn.....948-0308

Park Maintenance

Jamey Zaragoza528-0016

Grant Writing

Melissa Freeling.....370-2143

Block Captains

Lisa Tompkins.....528-3114

Welcome Committee

Melissa Hawley.....306-5348

gardengirlforever@yahoo.com

Neighborhood Watch

Eric Hilburn.....326-0607

Newsletter Editor

Alicia Lincoln.....945-2230

sciguy35@yahoo.com

Farmer's Markets within 2 miles of Miller Neighborhood



Gas prices are sky high– so save some money and buy your produce from local farmers selling near our neighborhood. There are two Farmer's Markets selling Oklahoma grown produce and Made-In-Oklahoma products within 2 miles of Miller (and you won't have to use much gas to get there– you can even walk/bike).

OSU-OKC Farmer's Market: 400 N. Portland Ave. Open Saturdays: 8 a.m. - 1 p.m. at the OSU-OKC Horticulture Pavilion. 2.2 miles from Miller.

Locavore Farmer's Market: Plaza District, NW 16th and N. Gatewood. Open the first Saturday of every month: 8 a.m.-1 p.m. (or they run out of goods). 1.4 miles from Miller.



UPDATES AND REMINDERS

- The **Miller Neighborhood Association Meeting is July 7th, 7 pm** at the World Organization of China Painters Museum. Guest speaker is Beth Crouse, Director of the Action Center.
- **Photo with the Mayor:** Tuesday July 29, 8:00 AM City Hall East steps for all OKC residents.
- **Miller Neighborhood will begin contracting with BPS Security** to provide coverage a few times per week. See page 4 for more information and the payment slip.
- Miller Neighborhood needs a volunteer to coordinate the Neighborhood Watch program. If you can help please call **Bruce Hall at 948-8747.**
- **Please fill out a membership application** if you have not, see page 8. **ALL** Miller Neighbors are needed.
- **Want to join the Miller playgroup?** Call Barb Reid at 602-5420. Playgroup meets every other Saturday.

Helpful Hints in Case You Need to Have Your Voice Heard...

FILE A COMPLAINT AGAINST LANDLORD OR APARTMENT COMPLEX?

What are your rights? Call Oklahoma Bar Association (405) 416-7000

Need to file a Consumer Protection report? Oklahoma Attorney General online reporting system:

<http://www.oag.state.ok.us/consumer/complt.nsf/complaint.html>

FILE A COMPLAINT AGAINST A PHYSICIAN?

Oklahoma Board of Medical Supervision 405-848-6841

FILE A COMPLAINT AGAINST A NURSE?

Oklahoma Board of Nursing 405-962-1800

FILE A COMPLAINT AGAINST A PSYCHOLOGIST?

Board of Psychologists Examiners 405-524-9094

FILE A COMPLAINT AGAINST A PHARMACY?

State Pharmacy Board 405-521-3815

Letter from the President:

Hello Neighbors!



Someone recently asked me if I ever saw the cup half full instead of half empty. I said, of course I do. I just try to think of all the other things that need to be done to complete the project. When talking about the half full cup in Miller, look around. We have beautiful medians and flowerbeds, neighbors walking their dogs, a well-lit gazebo, and many attractive houses and yards. This all spells out caring people who want to live in a pleasant area. That is Miller! This is all done by our residents. For this I say thank you and job well done.

If you have not attended a neighborhood meeting, please do so. The meetings are informative and a great resource for what is going on in the neighborhood and Oklahoma City...and above all FUN!

Sincerely,

Bruce Hall, President

Miller Neighborhood Association

The facts about West Nile Virus (WNV)

- WNV is transmitted through the bite of an infected mosquito.
- In Oklahoma, the highest risk for exposure is July through October.
- Persons over the age of 50, organ transplant patients or diabetics are at increased risk.
- For most WNV has few to mild symptoms, but some will have life-changing and long-lasting complications including: difficulty in concentration, migraine headaches, extreme muscle weakness and tremors, limb paralysis, and depression and mood swings.
- To prevent mosquito bites (the only way to prevent WNV) use bug spray on skin and clothing when you go outdoors, and always if you are outside when mosquitoes are most likely to bite (from dusk to dawn).

Bug sprays that contain DEET, picaridin, or oil of lemon eucalyptus provide the best protection against mosquito bites. Products with 20% or greater concentration of DEET last up to 4 hours. Use less than 30% DEET for kids under 12.

In addition to using repellent, mosquito-proof your home and yard:

- Repair or install window and door screens.
- Keep doors closed, including garage doors, so mosquitoes can't enter the home.
- Drain standing water from buckets, cans, tires, flower pots, pool covers, etc.
- Clean pet water bowls and birdbaths twice a week.
- Make sure rain gutters are not clogged.

For more information on WNV go to:
www.ok.gov.health

JULY MEMBERSHIP COMMITTEE REPORT

Thanks to all who have sent in their new or renewal 2008 memberships. The total MNA membership is 200. The count is getting closer to our goal of 263. We are sorry to lose 8 of our commercial member friends but we have gained 7 new commercial friends. It is with much gratitude that we have commercial friends who buy commercial memberships, and/or purchase Ads and Sponsorships for complimentary memberships.

This month we salute the senior citizens in our community. MNA encourages anyone who is 85 years or more, and who has not notified me, to do so that you may receive your honorary Centennial membership. This is MNA way of saying "thanks" to you!

There are very special events planned in 2008. With a membership, you have a partnership in planning them. Your membership lets you know that you are helping MNA, known as one of the most outstanding communities in OKC. My involvement with Neighborhood Alliance has allowed me to become aware of the "going-ons" in many metro OKC associations and they consider MNA as their "peer". MNA has one of the largest annual memberships in central Oklahoma, it has one of the most active Board of Directors, and we provide more social activities than most any other. So when you are visiting with your neighbors, walking the children or dog, or if someone asks where you live, you can be proud to tell them "Miller" because of the hard work and improvements that are constantly being made.

Are you a renter in Miller or a property owner that lives in another community? Your presence is important to MNA. You are considered a "Miller resident" also.

If something is keeping you from becoming a 2008 member, please call me, 405-948-0308, and let's talk about it. If it is finances, maybe there is a solution just for you. If there are other problems, now is the time for MNA to start working on them. Become involved with the nicest residents in OKC!

Jimmy Vaughn, Membership Chair, MNA

Miller Neighborhood Association Security Patrol

Miller has contracted with BPS Security to provide professional security throughout the neighborhood. We have worked out a price with them of \$20 for 1 hour per month. We are asking for our members to sponsor 1 hour a month.

For your hour sponsorship, we give your address to BPS and if you are ever out of town you can have them personally pick up your mail and walk the perimeter of your property to ensure all your windows and doors are secure. We need **80** neighbors to help out. Please fill out the form below and/or contact Steve Reid to sign up!

Miller Neighborhood Association Security Patrol Participation

Name _____

Address _____

Phone _____

Email _____

Monthly \$20____ Quarterly \$60____ Semiannually \$120____ Annually \$240 ____

Make your check out to "Miller Neighborhood Association" and send with this slip to:

Steve Reid 2700 N.W. 11 Oklahoma City, OK 73107

The Pioneers and Settler Families and Businesses of Miller:

Miller Neighborhood Association would like to **salute** our friends and families who have lived in Miller for 25 plus years.

Thank you for helping make Miller Neighborhood the wonderful place it is today. Our Pioneer members have lived in Miller, or had family that lived in Miller for at least 50 years. Our Settlers have been in the neighborhood for over 25.

PIONEERS (OVER 50 YEARS)

Janet Nunn's family 1928 80

Scranton Nesbitt's family 1929 79

David Lee Anderson's family 1931 77

Barbara Smith 1939 69

Lee I. Nichols 1942 66

Ralph "Jack" Roesch 1947 61

INDUSTRIAL PLUMBING & HEATING Jim Hayes 1948 60

Dana Farlin 1951 57

Jimmy Vaughn 1956 52

Patricia Noel's family 1958 50

SETTLERS (OVER 25 YEARS)

HYDE AUTO SERVICE, Mark Hyde 1959 49

Douglas M. Poole 1964 44

Cathryn Ratliff 1965 43

Gaylene Barber 1967 41

Verla Barber 1967 41

HARRIS-DUNCAN ELECTRIC, Charles Duncan 1969 39

Lois J. Fuller 1970 38

Richard and Anna Ross 1970 38

Wanda Benefee 1972 36

Marie Bennett 1976 32

Basil and Mary Hayes 1976 32

Nita Cadenhead 1977 31

Patricia Brown Noel family 1977 31

Ellen Thompson 1977 31

Jerry and Pat Elmore 1978 30

SETTLERS (Continued)

John and Ruby Maher 1978 30

Vickie Murphy 1978 30

Gloria and Jene Miller 1979 29

Irene Oligher 1979 29

David Lee and Carolyn Novotny-Anderson 1980 28

Pauline Hawkins 1981 27

Quit T. Luona and Hiet Viet Tran 1981 27

WORLD ORGANIZATION OF CHINA PAINTERS 1981 27

Tom and Jan Thomas 1982 26

John C. Hill 1983 25

David J. Holland 1983 25

Free Blood Pressure Screening



When: Tues. July 15, 2008

Time: 10:00 am to 11:30 am

Location: Southern Oaks Metro Library

6900 S. Walker 73139

For: Senior Citizens

The Oklahoma City Clinic will be providing Free Blood Pressure Screenings for all Medicare eligible seniors at the Southern Oaks Library.

Don't Leave Home Without It: Social Security Debit Card



The U.S. Treasury Department has a new debit card option to all Social Security recipients who receive paper checks in Texas, Louisiana, Oklahoma and Arkansas. Inserts about the debit card option are being included in paper checks. All states will have this option starting in October.

To sign up, look for an insert in your Social Security check; call Direct Express free at 877-212-9991 or go to <http://www.usdirectexpress.com>.



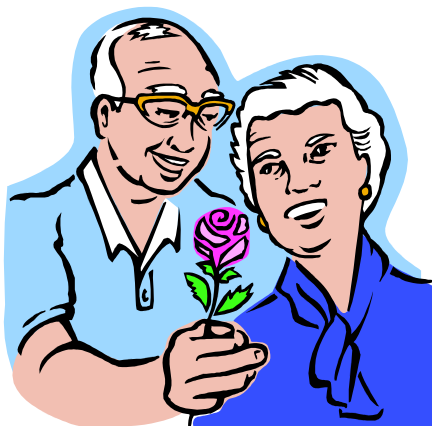
Oklahoma Cares (Breast and Cervical Cancer Treatment Program)

Oklahoma Cares is a program for Oklahoma women that need further diagnostics and treatment services for breast and/or cervical cancer. To date, over 15,000 Oklahoma women have received care through Oklahoma Cares since 2005.

To be eligible for services, you must meet certain requirements, including:

- Between the ages of 19 and 65
- No insurance coverage
- Oklahoma resident
- US citizen or qualified alien
- An abnormal breast or cervical cancer finding
- Low income

To find out if you are eligible or for more information about this program, please call toll free 1-866-550-5585 or email:OKCares@health.ok.gov



Dietary Needs Change as We Age

As we get older our bodies require different levels of vitamins and minerals. Always check with your doctor or a registered dietitian before taking any supplements. The following are vitamins to consider as you approach 55, and most can be obtained through healthy eating.

Vitamin B₁₂: The ability to absorb this vitamin decreases for some people as they age (1 in 3) so taking a supplement can be very important.

Calcium: This keeps bones healthy and strong and prevents bone loss (which can cause hip, wrist and spine fractures). Seniors need about 1200-2500 mg (milligrams) per day.

Vitamin D: Also important for bone health, folks 51-70 need 400 international units (IU) and those over 70 need about 600 IU (to a maximum of 2000). Most milk is fortified with D, and the sun is a natural source.

Iron: This is important for red blood cell health. Men and women past menopause need about 8 mg daily. If using menopausal hormone therapy you may need more.

Vitamin B₆: This helps develop new red blood cells. Men need about 1.7 mg daily and women 1.5 mg.

Information obtained from:
www.niapublications.org/pubs/PDFs/C_Section2-Staying%20Healthy.pdf

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Russell Hunt, Jr.

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Miller Neighborhood NW
Quadrant Leader

Eric Hilburn 326-0607
Vice President,
Miller Neighborhood
Association

Miller Resident Owned

Please complete and detach the MNA Membership Application below and send it and a check to:

Mike Stuart, MNA Treasurer

1221 N. Miller

OKC, OK 73107

(Memberships are effective from January through December)

MILLER NEIGHBORHOOD ASSOCIATION 2008 MEMBERSHIP APPLICATION

_____ This is my renewal _____ I am new member

Please print

(1) NAME _____

(2) NAME _____

Address _____ Zip if not 73107 _____

Phone H _____ W _____ C _____

E-Mail _____ Yr moved to MNA _____

_____ Own my home _____ Rent my home

CHECK ONE OF THE MEMBERSHIP CATEGORIES BELOW:

_____ \$20.00 Individual (one name only)

_____ \$20.00 Business Friend (one name only- Living outside of MNA but own/manage property)

_____ \$30.00 Couple (List two names)

_____ \$45.00 Commercial (list commercial name & one individual)

_____ Centennial Diamond (free membership - 85 years or older)

Please check one and include the amount of the donation:

\$ _____ General Fund (Provides administrative costs such as postage)

\$ _____ Median Beautification & Watering (Provides water, shrubs)

\$ _____ Neighborhood Watch & Security Patrol (Prevent crime)

\$ _____ Park & Playground (Maintain grounds and equipment for children)

\$ _____ Coats for Kids (Provides coats to Hawthorne Elementary students in need)

\$ _____ Not designated (To be used for the most benefit to MNA)

\$ _____ **Total Enclosed**

DONATIONS ARE OPTIONAL-donations and membership fees are tax deductible to the extent provided in the IRS Code. MNA is a 501(c)(3) nonprofit organization, EIN 73-1317159. The entire amount of your donation is used to make Miller community a safer, more beautiful place to live, and the friendliest community of all. Watch your donated money help make the difference in MNA!