

(2d of 2)  
February 22, 2006

# Longview Estates

MONTHLY NEWSLETTER  
OF LONGVIEW LAKE  
ASSOCIATION, INC.

## LLA BOARD AND COMMITTEE UPDATES

Thank you to those residents who attended our last board meeting. Our next meeting will be held March 7th at 6:30 at the West Pool Office. Knight Watchman will be in attendance at this meeting to answer questions and to review their procedures and security goals.

Committees are now forming. Residents inter-

ested in serving are asked to contact the office for information.

Maintenance is looking into getting the parks ready. We have not been able to find a qualified contractor with liability and Workman's Compensation thereby it has delayed this years leaf removal. The trees within the LLA parks will be shown attention this

spring with bids now being accepted for culling and limb removal.

The Easter Egg hunt sponsored by the Activities committee is being planned for April.

The 2006 pool spending forecast was submitted for approval.

A copier comparison was presented in anticipation of needing a new copier in the office.

## IMPORTANT NUMBERS

Tulsa Police Uniform  
Division non-emergency  
596-9222

Knight Watchman  
451-0032

Large Trash Pick up  
596-9777

Mayor's Action Center  
596-2100

Animal Control  
669-6280

Crime in Progress  
Call 911

## TOP 10 CITY CODE VIOLATIONS

### PARKING ON YARDS ILLEGAL

On residential lots parking is permitted only on a legal driveway or in a garage. A driveway or parking area must be made with approved all-weather surface material (asphalt or concrete) to meet city standards. In certain zoning situation, there are limits to the amount of yard area that can be used for a driveway or parking. \*LL Estates also adds this restriction, "...No automobile, truck, trailer, tent or temporary structure shall ever be parked or maintained on any lot, except the temporary parking of passenger automobiles on the garage driveway."

Note: Vehicles parked in the street must be operable and may not remain parked in the same space for an extended time. These type of violations should be reported to the Tulsa Police Department. Please note the closest address, the color, model, and tag number of vehicles when reporting a street parking violation.

"NEVER DECIDE TO DO NOTHING JUST BECAUSE YOU CAN ONLY DO A LITTLE. DO WHAT YOU CAN."

## Neighborhood News

### Deaths

Our deepest sympathies go out to Brenda Wheeler and her family on the death of her husband, Thomas.

### Newest Neighbors

Arleigh Hall  
Deborah Webb  
Todd Scimeca  
Larry Majewski  
George Barbour  
Ira Dunlap  
Randy Alcocer  
Luticia Lewis  
Melissa Smith  
Kathryn Daves  
Lo Ann Mann  
Kenneth Neal

Elizabeth Sule

Larry Gates

Manuel Aguirre

Scott Hall

*To all our newcomers and their families Welcome to Long View Lake Estates!*

### Other items of interest....

Mark March 25&26 on your calendars for the bi-annual Household Pollutant Collection Event

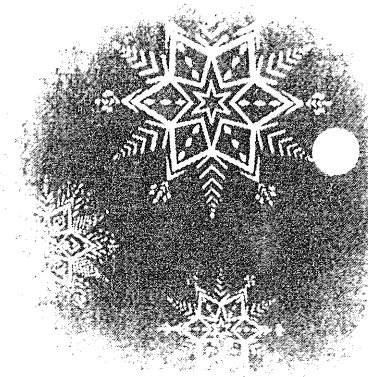
It's from 10-3pm in the Driller's Stadium parking lot gate 15.

This City of Tulsa sponsored event allows homeowners to dispose of household products and chemicals not accepted in regular trash collection. Bring Householder cleaners and toxins, yard-care products and pesticides, acids, caustics, thinners, household flammable liquids, fryer oil, batteries, bullets, (50 caliber and

smaller) smoke alarms, oil, anti-freeze, and oil-based, aerosol, and hobby paints.

With the recent violence in the neighborhood the interest in what our Knight Watchman Service includes has risen. In response to this interest a representative from Knight Watchman will give a presentation at our next monthly board meeting and will answer questions afterwards. In future issues of this newsletter look for articles on personal safety and reports on activity around the neighborhood from Knight Watchman. Remember to call them at 451-0032 if you view suspicious activity and call 911 if you see a crime in progress.

Together we can make our neighborhood a safe and attractive place to live.



## HELP OUT IN A CRISES

By entering the acronym ICE—for In Case of Emergency—into the cell phone address book, users can log the name and number of someone who should be contacted in an emergency.

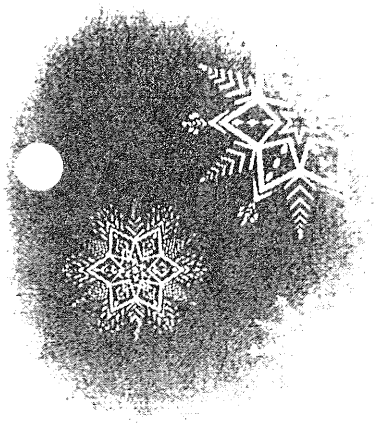
Research shows that more than 75% of people carry no details of who they would like phoned following a serious accident.

Think carefully about who will be your ICE partner, particularly if that person has to give consent for emergency medical treatment. For more than one person to be contacted, log the names as ICE1, ICE2, etc.

*"The only way evil prevails is when good does nothing."*

## Improving Energy Efficiency in Your Home

- Install ceiling insulation.
- Keep curtains closed to prevent heat loss.
- Close off unheated areas.
- Don't overheat your room; increasing the thermostat setting by 1 degree can increase costs by 3%.
- Clean the heating filter regularly.
- Wear warm enough clothing to help cut heating costs.
- Choose energy-efficient appliances when making new purchases.
- Turn off appliances when not in use.
- Keep heaters free of dust and fluff around the fan and reflective surfaces.
- Use compact, high-efficiency fluorescent lighting in areas where this is appropriate. It can save you up to 80 percent in costs.



# —Let there Be LIGHT!—

(ARA) - Bringing more natural light into our daily lives may be more important for our health than we realize. Seasonal Affective Disorder (SAD) is known to be related to how much sunlight we receive. Individuals with SAD may experience emotional depression, a drop in physical energy, increased appetite, and increased need for sleep. According to WebMD Medical News, our mood is influenced by a complex web of relationships among sunlight, melatonin (the sleep hormone) and serotonin (the hormone associated with wakefulness and elevated mood.). As darkness falls, our melatonin levels naturally increase. And as the morning light emerges, melatonin levels decrease. Serotonin levels increase when we are exposed to bright light—a major reason why moods tend to be more elevated during the summer. This hormone is the basis of today's most popular and successful antidepressant drugs, called selective serotonin reuptake inhibitors (SSRIs). These drugs work by helping naturally produced serotonin stay in the blood stream longer, keeping our mood and energy levels higher. It is known that bright-light therapy can bring benefits to people with SAD because light affects the melatonin-serotonin system and elevates mood. In fact, some researchers are concluding that light therapy may help alleviate SAD symptoms faster than antidepressant drugs. In a review of clinical trials of light therapy, Dr. Daniel Kripke and his colleagues at the University of California, San Diego reported that light therapy benefits not only SAD patients but also people suffering from other forms of depression.

*"What you are  
expecting determines  
whether you will or  
will not be able to  
see the possibilities  
all around you."*

Daniel P. Castro  
Attorney and Business  
Consultant

## EXPERIENCED WEBMASTER NEEDED

Our web master has temporarily moved and we're looking for another. Time commitment is minimal. Creativity is a plus. This is a volunteer position. Please call the office

## NEWSLETTER DELIVERERS NEEDED

Needed multiple volunteer deliverers for one time a month delivery of our neighborhood newsletter. Please contact the office if you're willing to help...remember "Many hands make light work"

## RECIPE "KEEPER" KORNER

Send a recipe that you consider a "Keeper" for future publications. Include a little bit about yourself (50 words or so)

### Enchilada Casserole

Submitted by Christy Hartung

2-5oz. Cans chicken

1 lg. can chopped green chilies

1 12oz can evaporated milk

2 C. sour cream

1 can cream of chicken soup

1/2 lb. Sharp cheddar cheese, grated

1 can cream of celery soup

Bag plain Doritos (tortilla chips)

One onion, chopped very small, sautéed

Garlic powder to taste

Mix everything together except grated cheese and chips. In a casserole dish place a layer of Doritos, slightly crushed, then 1/3 of mixture, then 1/3 of the cheese. Repeat twice. Bake in oven on lowest rack uncovered at 375 approximately 1 hour or until bubbly and beginning to brown.

Christy is our new Office manager and lives a stones throw away in the Columbus neighborhood. She is a single Mom of a wonderful 12 year old boy and is enjoying her new job working for the LLA.

## STOP BEFORE YOU START

by Rob Parker Taken from *Money Matters*

*Longview Lake Estates  
Homeowners  
Neighborhood Association  
P.O. Box 690114  
Tulsa, OK 74129*

2005-2006  
Board of Directors

*Executive Officers*

*President*

*Christine Hurrill  
ckelly@longviewlakehoa.com*

*Vice President & Maintenance*

*Committee Chair*

*Robbie Thames  
rthames@longviewlakehoa.com  
663-6666*

*Secretary & Collections Committee  
Chair*

*Rachelle Lay  
rlay@longviewlakehoa.com*

*Treasurer*

*Shawn Brown  
sbrown@longviewlakehoa.com*

*Pool Committee Chair*

*Alan Vandenberg  
avanden-  
berg@longviewlakehoa.com*

*Activities Committee Chair*

*Rhonda Link  
rlink@longviewlakehoa.com*

*Restrictions and Security*

*Committee Chair*

*John Link  
jlink@longviewlakehoa.com*

Office Manager:

Christy Hartung

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Monday 1-6pm

Friday by appointment or  
phone

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Visit us on the  
Web at

**www.longview  
lakehoa.com**

It's that time of year again...time to organize ourselves for the new year. For many of us that mean making a list of things we want to be sure to accomplish in 2006. Although this may be an important exercise to do from time to time, I would like to suggest a different approach. This year, how about making, and keeping a "Not to Do" list. If you're like me, there is no shortage of new things to take on. The opportunities are almost limitless, especially for those of us who love to please people by saying "Yes."

Could this be the year that we decide to put an end to the insanity and make a conscious choice to remove some things from our lives before—yes that's right, before—we add anything new?

Famed business consultant and author Peter Drucker has an interesting but simple approach to this issue. After teaching a group of students he will ask them to complete the following exercise. On a blank piece of paper he asks them to draw a horizontal line in the middle of the page. He then instructs them to make a list above the line of all the things that they are going to start doing when they return to their businesses. These lists are usually very long because these students have been listening carefully to their wise instructor. But then he asks them to do something much more difficult. Below the line they are instructed to list all of the things that they are going to stop doing this year so that a few of the new things can be added. Most of the students are totally stuck at this point because they just can't choose what to stop doing.

Since we all have a finite amount of time in our day, learning to say "No" to some of our current habits and activities is central to being able to establish new, more productive patterns. This is pretty easy to do with those things that are obviously not returning results or are wasting our time. It is not quite so easy to do with things that we really enjoy doing, or are returning at least mediocre results.

Often we begin to fall into patterns that allow us to accept less than the very best of ourselves and others. During the early part of this year I would like to challenge you to make a list of those things that you are going to stop doing.

To help you get started, I am going to share my Top 5 Start/Stop List for 2006. Yours may be remarkably different, but I hope this will at least get you jump-started to make your own list.

In 2006 I plan to:

- Stop watching television in the evenings so I can start writing a book,
- Stop writing impersonal e-mails and start sending more meaningful correspondence,
- Stop serving on at least two boards or committees and start saying yes to two mission opportunities,
- Stop talking on my cell phone in the car and start listening to inspirational radio,
- Stop working on anything that could be delegated and start trusting and allowing others to do their part.

Remember to stop before you start and you will be well on your way. Here's to 2006 being one of the most robust and rewarding years of your life.

### SEASONAL SMILE MAKERS

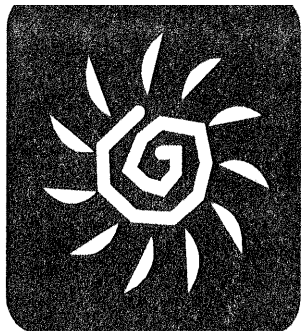
I took a favorite necklace to the jewelry store to have a broken clasp fixed. It was one I always wore on Valentine's Day, and I made the jeweler promise it would be ready by February 14. Before leaving, I studied the receipt. He had indeed understood my urgency. Beneath the description he'd written, "Repair a broken heart."

*Excerpted from Reader's Digest*

As Super Bowl week neared, the supervisor for the contractor I work for posted an intimidating memo reminding the day shift that betting on the game was forbidden. "9 to 5 employees caught participating in Super Bowl pools will be severely reprimanded." An inveterate gambler from the night shift added his own postscript: "7 to 1 says they won't"

*Excerpted from Reader's Digest*

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center*

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Operation*

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**Sun. Noon-4pm**

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**LEO VOSS 639-3330**

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is worth now— its FREE*

### Market Statistics—Longview Lake Estates

⇒ **Average Selling Price** **\$ 114,351**

⇒ **Average Square Feet** **2,019**

**Average Price Per S.F** **\$ 56.64**

Based on last 12 months MLS sold home data from NORES on 2/07/06

## LONGVIEW LAKE SERVICE DIRECTORY

Arbonne		Housekeeping		Painting / Carpentry	
Marilyn Murphy	663-3849	Anne Loretta	663-5687	Bob Poplin	809-0334
Avon		Jan Florence	836-6588	Pampered Chef Consultant	
Jackie Hinkley	665-1453	Lawn Care		Jane Smith	280-9971
Babysitting		Charlie Aingell	664-7925	Laura Steele	622-0695
Brittney Brown	728-4861	Brian Anderson	622-3221	Personal Chef	
Lantzy Rutledge	665-2486	Byron Brown	810-5697	Linda Hinnen	664-0992
Rachel Weese	664-4313	Ben Clement	640-2736	Pet Sitting	
Bookkeeping		Danny Klingaman	627-7103	Jan Bellan	627-7020
Tami Smith	627-2419	Sean Griffith	627-6382	Rachel Weese	664-4313
Child Care		Lawn Care Cont'd		Process Server	
Sharon Lewis	402-0613	Jeff Marlin	663-8283	Roy Freeman	521-2170
Joyce Callahan	622-7866	Mike Price	906-9980	Public Notary	
Debbie Butler	627-0068	Mike Rutledge	665-2486	Laura Steele	622-0695
Discovery Toy Consultant		Leaf Removal / Gutter Clean		Roofing	
Heather Cobb	622-6726	Jeff Marlin	663-8283	Rob Hurt	665-7542
Handyman / Home Repair		Matt Ralston	724-5423	Ultimate Living	
Cletus Hall	381-5949	Mary Kay		Shawn Brown	407-3026
Bill Martin	610-5311	Julie Fleming	660-8706	Wallpapering & Stripping	
Larry Williams	627-3773	Sharon Lewis	665-6274	Christy Hartung	951-7007
Scott Mangel (certified tile)	663-4668	Michele O'Brien	622-7791		

If you would like to place an advertisement in this newsletter, please call the office at 622-64212.

