



### **Next meeting– June 23rd, 6:30 pm @ Hibiscus**

The next Cochran Heights Neighborhood Association meeting will be Tuesday, June 23rd at Hibiscus (2927 N. Henderson Ave). Social hour begins at 6:30 and the meeting will begin promptly at 7:10. We are very lucky to have Hibiscus, one of the top rated restaurants in Dallas, host our meetings. Hibiscus provides its private event room, free beer, wine and appetizers during our meetings. If you plan to attend, please invite your neighbors to come along!

### **Agenda**

Minutes From the March Meeting: Roger Foltz

Treasurer's Report: Christian Kelso

Update on Incorporation: Christian Kelso

September Elections: Nominations

President (currently Sandy Sanders)

Vice President (currently Meg Moschetto)

Board Member at Large (Currently Judy Sullivan)

Board Member at Large (Currently Allen Mondell)

Dilbeck Homes: Erika Huddleston

Historical Marker Placement: Erika Huddleston

Complete Street Update - Henderson Avenue Corridor: Meg Moschetto

Introduction of the new Newsletter Editor: Lacey Loftin

Introduction of the new Website/Facebook/Twitter manager: John Gabrysch

Crime Watch Update - Origins of Consillience and CHNA agreement: Charles Ostermann

JBL Update - Triangle development: Meg Moschetto

Discussion(s): Welcoming Committee Volunteers

Open Discussion

Adjourn

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 @CochranHeights

 Cochran Heights



## Residents Take Advantage of the City of Dallas'

### Sidewalk Replacement Program

Walking to your favorite shops and restaurants is getting easier in Cochran Heights, as many of our neighbors have had their sidewalk replaced, and have only had to pay half the bill.

Doris on Milam Street is just one of our many neighbors who has taken advantage of the Cost Share Program, and she was thrilled with the service and the results. After signing up, it was only 6 months before the work crews arrived. "The cost to me was only \$230, and they did a great job!" They removed the old sidewalk, framed and poured the new sidewalk, and even laid sod between the sidewalk and the street after the concrete had cured.

If your sidewalk has seen better days and needs to be replaced, contact the City of Dallas @ 214.948.4287 and ask for the Cost Share Program.

## Uptown Thai Opens Inside Henderson Market

Nancy grew up in the restaurant business. Her mother, who she calls "Mama Van," has owned and operated various Thai and Sushi restaurants in the Dallas area for over 40 years.

When Nancy and her boyfriend Jason decided to open their own restaurant, they wanted a location that was close to home, a place that would be easy for their friends to stop by and something with a quaint neighborhood feel. They found just that inside Henderson Market.



Nancy says the most popular dish is the Chicken Pad Thai, but that she also recommends the Chicken Spicy Basil Bowl, Papaya Salad and ththie Thai Lemmon Grass Sausage that they make from scratch in house.

For more information and tempting food pictures featured on their menu, visit Uptown Thai on Facebook.

To order take out, call 469.334.0434

## **“Team Mother” Helps Student Athletes Find Success at North Dallas High School**

Arlene Colbert is a woman who is passionate about helping students succeed. After retiring from the Richardson ISD with 39 years of service, Arlene turned her attention to volunteering in some of the schools she attended as a young girl growing up in Cochran Heights. She started a support organization to help ensure that teachers and students had school supplies, shoes for the girls track team and shoes for the band.

In doing so she met Charles Johnson, who shares her passion for helping kids meet their potential. “CJ,” as she calls him, worked at North Dallas as a security guard, and also coached the wrestling team and housed 42 homeless children to get them out of the local shelters. “I so admired him and wanted to help that I started attending practices and games.” Rarely did a parent attend the matches, so Arlene brought snacks and drinks to their all-day tournaments. When she realized that many kids practiced with the team, but couldn’t attend the meets because of their grades, she asked what she could do to help.

For the past 2 years Arlene has been mentoring wrestlers whose grades need improvement. She meets with each student each week during wrestling practice. Together, they develop strategies for improvement and sign a mutual contract. Arlene agrees to keep up with the student as often as possible, and the student commits to the strategy for improvement.

***“Over the past two years, no one has been suspended from wrestling because of their grades”.***

Kym Jackson, a first year wrestler, has the type of story that keeps Arlene excited about volunteering. Last year, Kym was a just a sophomore at North Dallas High School when CJ stopped her in the hall. The coach recognized her natural wrestler’s build and invited her to come to practice. Kym was hesitant at first— she was already on the football team, had been struggling with her grades, was living in a homeless shelter with her family and was hanging out with what she describes as the “wrong crowd”. When Kym decided to give wrestling a try, she also started meeting with Arlene.

***“I do not tutor them. Their teachers can do that. I don’t think that I have told them anything unique. I believe that they have done well because someone is genuinely interested in them”***

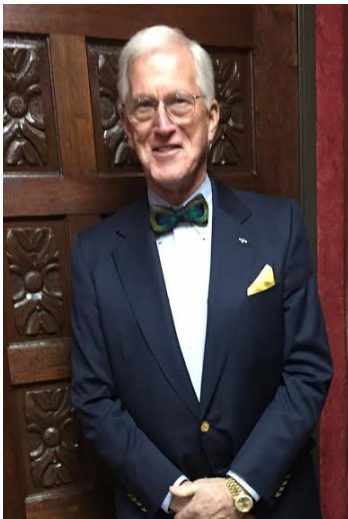
It wasn’t long before Kym’s natural athletic ability, strength and aggressiveness proved her to be a perfect fit for wrestling. Arlene mentored her, and her grades improved. Kim continued to progress in the classroom and on the mat. First, she won District. Then she took Regional first place medals in the 215 weight class, although she only weighed 194 lbs. When she and two other North Dallas High School students qualified for the state wrestling tournament, they were the first students from NDHS ever to do so. As in all her other matches, Kym downed all of her opponents in the first and second of three rounds, winning the State wrestling title— the first student in the Dallas Independent School District to do so. Kym’s victory in the State Tournament has qualified her to go on to Nationals in Fargo, North Dakota this July. Should she come in first, second or third place, she will qualify for the U.S. Junior Olympic team which will practice and wrestle in Europe over the next year— all expenses paid.

North Dallas High School needs more volunteers like Arlene. If you are interested in helping mentor student athletes or can help by purchase clothes and other items that Kym will need for her trip to North Dakota, please contact Arlene Colbert at 214.821.5464 or email her at [arlene.colbert@hotmail.com](mailto:arlene.colbert@hotmail.com).



**Kaitlyn Contreas and Kimberlyn Jackson show off their medals after the state meet in Irving, Tx.**





Roger Foltz moved to Cochran Heights with his parents in 1957. They loved the “different architecture of the houses, not the ‘cookie cutter’ designs that you see in some places.”

### **Rogers Recipes-**

Roger Foltz currently serves as the CHNA Secretary and is also an impressive cook! Roger’s long resume of cooking awards and prizes includes winning the Terlingua International Chili Championship in 2004. Here is one of his favorite summer recipes— sure to be a great addition to your next cookout.

#### **Bleu Cheese Potato Salad**

2 lbs Small Red Potatoes  
 ¼ Cup Olive Oil  
 ¼ Cup Wine Vinegar  
 Salt & Pepper to taste  
 ¼ Cup Chopped Red Onion  
 ½ Cup Chopped Fresh Parsley  
 4 oz Bleu Cheese, crumbled

Cut potatoes into quarters, or smaller, and steam. Drain and remove to bowl. Pour olive oil and vinegar over potatoes, salt and pepper to taste. Add onion and gently toss. Let cool. Stir in bleu cheese and parsley.

### **People In Our Neighborhood– Corey**

#### **Cochran Heights Postal Carrier**

It’s obvious that Corey is a people person— he has a smile that you can see coming from a block away. He says that “seeing and talking to people every day” was the most appealing thing about becoming a postal carrier when he began 8 years ago. Of course he also had great role models— two of his uncles have retired from the U.S. Postal Service here in the Dallas area.

When asked what the most challenging part of the job is, he laughs, looks up at the sky and says “The weather! Especially this year!”

Chances are that you will see Corey most days picking up and delivering mail to you and your neighbors. For more than 3 years, he has covered all of Cochran Heights— from Central Expressway, to Henderson, Fitzhugh and back to Mission.

When Corey isn't working in Cochran Heights, he enjoys spending time with his wife Jennifer and daughter Deaven, who is 13. He saves his biggest smile for when he talks about them.



#### **Did you know?**

- The U.S. Mail traces its roots to 1775 when Benjamin Franklin was appointed the first Post Master General.
- The current Postmaster General – Megan J. Brennan—is the seventy-fourth (and first female) to hold the position.
- Forty percent of the world's mail volume is handled by USPS.
- With 211,264 vehicles, USPS operates the largest civilian vehicle fleet in the world.
- As of May 2014, there were 20,990 mail carriers in Texas, and 307,490 nation wide.
- The oldest post office (still located in the same building) is in Hindsdale, NH and opened in 1816.

## Jan Cleveland Shares Some of the Lessons She's Learned

Jan Cleveland moved to Pershing Street in Cochran heights with her family in the late 1940's. She was only 3 years old at the time. In the almost 70 years she has lived in the area, she has seen the neighborhood go through many changes- and of course she has been through many changes herself. When Jan suffered an ischemic stroke in March 2003, it changed her life in ways she could have never imagined.

**“Before my stroke, I enjoyed rollerblading with my three dogs regularly, playing tennis, show skiing, scuba diving, running, riding motorcycles and participating in church.”**

For twelve years she had done web design for an oil company, but feeling the need for a change, she enrolled in barber college. She was waiting to take her State Board exams when she says she got her next assignment- “an opportunity to get to know God more intimately. You might say it was a medical altar call.”

While in the hospital recuperating from her stroke, the doctors also found a mass on her heart. The doctors didn't give her family much hope for her recovery. “I knew this stroke didn't catch God by surprise. Knowing He allowed the stroke gave me something to work through”. Jan took time in the hospital to grieve what she had lost, but since that time she hasn't looked back.

**“I can't say enough about my family or the unsung heroes in my church who faithfully cleaned my room, the bathroom and took time to minister to me. I could not have made it without their help.”**

She explains that her right arm and leg had taken extended vacations. They had served her well for 58 years- “We sure had some good times”

At first, Jan was wheelchair-bound, then walker-bound, and now she's getting around pretty well. You have probably seen her walking around the neighborhood with her Golden Lab “Lightning”. They take two walks a day.

“I would like for people to know my intellect is still intact, but expressing myself creates a short circuit. We sure take things like speaking for granted. I never knew it took so much effort to construct a sentence.”

Jan says that her life is full of challenges and obstacles. The occasional curb still trips her up, and her wig goes flying. **“But if I had the opportunity to go back to my rollerblades, I wouldn't. The things I'm learning are life's important mysteries, and I've got a lot to learn!”**



## Mother Nature Keeps Us on our Toes



Map of earthquakes in the Dallas Metroplex since March 10, 2015. The size of the dot, reflects the relative intensity of the quake. The cluster northwest of Dallas is centered near Irving, Texas, while the cluster southwest is centered near Venus, Texas.

### Earthquakes

The Dallas Area has felt 19 earthquakes since March 10, 2015. The largest was a magnitude 4.0 centered in Venus, TX. We've had 15 close enough to rattle our windows here in Cochran Heights, the largest measuring 3.3 and centered just 10 miles away.

If you think you feel your house rumble, go to [earthquake.usgs.gov](http://earthquake.usgs.gov) to see if an earthquake was recorded in the area.

### Rain, Rain and More Rain-

Dallas has endured a most unusually wet spring. Since our last neighborhood meeting on March 10th, Love Field has measured 23.32 inches of rainfall. That's nearly a quarter of an inch of rain per day!

Most of the rain fell in May, when we had 13.25 inches and 22 out of 31 days of recorded rain. The early morning of May 29th saw the heaviest rains, when a thunderstorm stalled directly over the metroplex and dropped 3.4 inches of rain and a near constant barrage of lightning. As a result of that deluge, the nearby Trinity River surged to a level of 42 feet above the downtown gauge, a major flood level. Fortunately, our neighborhood is safely elevated and it would have taken another 110 feet of rise in the river to reach us.

### Cole Park Storm Water Detention Vault

Cole park sits atop a massive vault designed to hold up to 71 million gallons of storm water runoff from Central Expressway and the surrounding areas— including Cochran Heights!

Built over a 3 year period, between 1990 and 1993, the vault consists of 13 tunnels —each 24 feet wide, 40 feet tall and 842 feet long— that's more than two football fields.

The vault is used only when the Mill Creek Sewer system can no longer handle the water runoff from the area, and has only been utilized 3 times since its creation. In March of 2006 when more than 10 inches fell in the area in just 2 days, runoff filled the system to 7/8ths its total capacity.

Once water is diverted and stored inside the repository, it will remain there until the decision is made to pump it out. Two pumps, able to move up to 50 thousand gallons of water per minute push the water into Turtle Creek via the Mill Creek Outfall by the footbridge in William B Dean Park. From there, the water will slowly make its way into the Trinity river and then on toward the gulf of Mexico.

Check out "Living With the Trinity: Cole Park Vault" on youtube.

## Summer Fun – Outdoor Concert Series

### Cool Thursdays Concert Series at the Dallas Arboretum

Grab a picnic basket and blanket and head to the Dallas Arboretum for their Cool Thursdays Concert series! Gates open at 6pm, and live music plays from 7:30-9:30 pm.

Guests are encouraged to bring picnic baskets, ice chests and coolers with their choice of favorite snacks and drinks. Food trucks will be on site for food and non-alcoholic beverage purchase. Alcoholic drinks are permitted to be brought on site but will not be available for purchase from vendors so plan ahead!

#### Upcoming concerts

June 25: Buddy Holly Revue (A Tribute to Buddy Holly)

July 2: The Dallas Winds (A Patriotic Tribute to America)

Admission is \$27 for adults, \$25 for seniors (65+), \$10 for children (3-12), and free for children under 3.

### Lone Star Music Series at Lone Star Park in Grand Prairie

If you haven't been out to Lone Star Park yet this summer, there's still time!

#### Upcoming concerts

June 19: Josh Abbot Band

June 20: Gary Allen

July 17: Chase Rice

July 18: Pat Green

\*You must be 18 years or older with a valid ID, or be accompanied by a legal guardian who is 30 years or older



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## Fair Park Fourth

Join your neighbors and celebrate Independence Day at the City of Dallas' official 4th of July celebration- Fair Park Fourth! There's something for everyone- a 5K race, live music, great food, Texas Discovery Gardens, Children's Aquarium, The Hall of State, The African American Museum, crafts for kids, 30 exciting rides and of course fireworks.

Can't make it to Fair Park this year? Watch the fireworks on WFAA-TV channel 8. The live broadcast begins at 9 pm from the Cotton Bowl, and the fireworks start at 9:45.



## 4th of July Celebrations around town

- Firewheel Town Center Star Spangled Spectacular- Firewheel Town Center and the City of Garland host a family friendly afternoon of fun on July 4th of July from 2pm to 10 pm. Enjoy face painters, balloon artists, bounce houses, RadHatter party hats, strolling entertainment and more. Located at Firewheel Town Center, 245 Cedar Sage Drive, Garland, Tx 75040. Admission is free.
- Old Fashioned Fourth at Dallas Heritage Village- Deck the family out in red, white and blue, grab your picnic basket and little red wagon and come celebrate the nation's past at Dallas Heritage Village from 10am-3pm (parade at noon). Activities include a checkers tournament, crafts, face painting and touring of historic buildings. Located at the Dallas Heritage Village, 1515 Harwood Street, Dallas, Tx 75215. Admission is \$9 for adults, \$7 for seniors (age 65 +), \$5 for children (ages 4-12).
- Patriotic Pops Concert- The Plano Symphony Orchestra, led by Maestro Hector Guzman, will present an entertaining and inspiring tribute to America at Saint Andrews United Methodist Church. The concert has sold out the last 10 years in a row, so get your tickets early by calling the Plano Symphony Orchestra at 972.473.7262 or visit them @ [www.planosymphony.org](http://www.planosymphony.org) to purchase tickets online. Located at Saint Andrews United Methodist Church, 5801 West Plano Parkway, Plano, TX 75093.

## Lakewood 4th of July Parade-Saturday, July 4th starting at 10 am



Lakewood's annual 4th of July parade will start at the intersection of Lakewood Blvd and Cambria and continue along the route mapped above. Prizes in 15 categories will be awarded to the most outstanding floats.



## CHNA BOARD

### Officers

#### President:

Sandy Sanders  
presidentchna@gmail.com

#### Vice President:

Meg Moschetto  
megmoschetto@sbcglobal.net

#### Secretary:

Roger Foltz  
rbfoltz@aol.com

#### Treasurer:

Christian Kelso  
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### Board Members At- Large

Piya Kruger

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Allen Mondell

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Judy Sullivan

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Lori Tapply

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## Trash Collection

The City of Dallas collects trash and recycling from city provided bins every Friday.

Bulk trash is collected the week of the third Monday of each month. You may begin placing your items on the curb on the preceding Thursday. For the coming months, the schedule is as follows:

	Set Out	Collection
June	6/11	6/15-6/19
July	7/16	7/20-7/24
August	8/13	8/17-8/21
September	9/17	9/21-9/25

## Cochran Heights Neighborhood Association Membership

If you haven't already, please join the Cochran Heights Neighborhood Association!!

Membership dues are only \$10 a year and joining now will ensure that you are able to vote in September's elections. Dues go toward CHNA projects as well as social functions held by the Association.

To pay your dues, you may give your payment to Secretary, Roger Foltz (cash or check) at any of our meetings, or you may mail a check to our Treasurer, Christian Kelso, at P.O. Box 600784, Dallas, Texas 75306-0478.

Thank you to the following individuals for their

### Good Neighbor Donations!

Greg Branch & Tara Manning, David Frias & Lisa Ashmore, Mary Miller & Charles Mabry, Sandy & Nicole Sander, Cathy Birkelbach, Michael & Gail Whittingham, Jarrod Goudeau & Amanda Barron, Len Thi Vo, Chris & Susie Uphues, Meg & Mike Moschetto, Douglas Yeager & Justine Andreason- Yeager, Pierce & Cody Ables, Irma Pfeffer & Deborah Jenkins, Heather & Chris Kocks, John & Judy Sullivan, Alan Rister & Greg Armstrong, Cameron Seddighzadeh & Dora Yim, Roger B. Foltz, Doris Clark, Akira Imai, Michael & Cynthia Anderson, Donna Fioretti, Patricia Matta Gottschalk

## Resident-Only Parking

Resident-only hanging parking permits are required to park on the 5100 and 5200 blocks of Pershing, Milam and Alcott on certain days at certain times. Check signs in your area for exact restrictions. Residential permits are available for purchase at:

### The Oak Cliff Municipal Center

320 E. Jefferson Blvd

Dallas, Tx 75203

M-F 8am- 5pm

Parking permits cost just \$6.50 each and up to 6 permits can be purchased for each household. Bring your current drivers license, proof of auto insurance and a current utility bill with you. Parking Permits can not be ordered online or my mail.

Planning a party? Temporary parking permits are available at The Oak Cliff Municipal Center for just 10 cents each, are good the date and time you stipulate and should be displayed on your guests dash board.

