



GARDEN OAKS GAZETTE

VOLUME 203, ISSUE 2

MARCH 2000

BIG THINGS GOING ON WITH THE HOME AND GARDEN TOUR

Bill Shaughnessy



The Garden Oaks Home and Garden Tour plans are in full swing, and ready to showcase some of Garden Oak's finest and most unique properties. After months of scouting potential homes, we are pleased to announce that this year's tour will consist of a total of 6 homes and 3 gardens. Stops on this year's tour will include:

1051 Althea	home	733 West 38 th	garden
208 West 34 th	home	807 West 41 st	home
311 West 34 th	home and garden	810 West 41 st	home
403 West 34 th	home	946 West 42 nd	garden

This year's tour will take place on Sunday, April 30th, from 12:00 to 6:00 p.m. Advance purchase tickets will be available from the following local merchants: The Frame Shop, Prudential Premier Properties, Kaplan's Ben-Hur, Smith & Hawken, Bell's Myown Cleaners, and Haute Groceries. Also, there will be tickets on sale at the Kroger on 43rd during the two weekends prior to the tour. Or, come to the April Civic Club meeting to be one of the first on your block to be in possession of a 2000 Home and Garden Tour pre-sale ticket! Prices for

("Home Tour" continued on page 7)

MARCH CIVIC CLUB PREVIEW

James Flowers, President

On Tuesday, March 7th, Council Member Bruce Tatro and representatives from CONN'S will be at the Civic Club addressing the Garden Oaks community concerning a proposal to use the two vacant lots adjacent to their store as parking. They will have architectural drawings and a model to display and will answer all questions we have concerning this plan. It is my intent, and the other Officers of the Civic Club, to maintain the integrity of our neighborhood. We are open to suggestions and I am assured that CONN'S will not be able to pursue this without the approval of more than 50% of the homeowner's of Section One. CONN'S also hosted an open house on Sunday, February 20th for Section One residents. Reaction was mixed and residents certainly want to be assured that a domino effect is not possible.

The sound wall has been approved by homeowners and will begin construction in September. The color will be sand and trim in brown. If you are interested in hearing more information, attend the March Civic Club meeting. See you there.

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**CIVIC CLUB OFFICERS**

President: James Flowers, 3213 Lawrence (713) 862-6593
 Vice President: Robert De Veau, 974 W 42nd (713) 686-6012
 Treasurer: Jay Slemmer, 733 W 38th (713) 695-7953
 Secretary: Amy Shaughnessy, 975 Gardenia (713) 957-1214

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Beautification: Jeff Benjamin (713) 695-7953
 Citizen's on Patrol: Carl Waters, Jr. (713) 864-1992
 Constable Program: Jay Slemmer (713) 695-7953
 Co-Chair: Terry Jeanes (713) 680-8550
 Deed Restrictions Research: Shelly Immel (713) 341-3737
Gazette: Robert De Veau (713) 686-6012
 Home & Garden Tour: Meredith Jenkins (713) 697-5654
 Co-Chair: Sheila Briones (713) 861-8091
 Membership: David Bell (713) 694-5016
 Senior Helper: Sharon Lauder (713) 862-3747

EDITOR'S CORNER

Borrowing a few lines from "Old Blue Eyes": *"And now the end is near; and so I face the final curtain. My friend, I'll say it clear, I'll state my case, of which I'm certain. I've lived a life that's full. I've traveled each and ev'ry highway; but more, much more than this, I did it my way."* And so begins my final column as editor of the *Gazette*. Beginning with the April issue, a new editor will take over my role and present his version of our monthly newsletter.

For the past 15 months, I've invited you all into my life with my monthly musings. You've laughed with me when Kenneth and I selected paint colors, you triumphed with me when my dear friend Tina and I learned Spanish, and you cried with me when I paid tribute to my Grandfather. And always, I ended with inviting you all to share a cup a coffee with me, in its many forms. Least you think I'm going away that easy, think again. I still have my many volunteer roles: Vice President of the Civic Club, committee chair for the Home and Garden Tour, *Gazette* delivery person and block captain for the Constable Patrol program. I'm not even abandoning the *Gazette* because I will be temporarily fulfilling the role of Advertising Director until someone else volunteers to take over that position. (Interested anyone? The job is pretty easy.)

I'd like to acknowledge all the folks who made this job so en-

joyable. Sheila Briones, for tirelessly proofing all my copy and helping to edit every issue and Christine Stevens for increasing ad sales and streamlining the whole process. Jay Slemmer, for paying the bills on time, collecting the ad revenue and mailing out copies to all the advertisers. Jerry Vuchak for coordinating all the delivery route people and Oscar Ochoa of OD's Printing, for getting the newsletter printed on a quick turnaround. To each of you, I raise my coffee mug. Of course, I would also be remiss in not thanking all of the contributors who submitted their articles for inclusion each month and the advertisers for footing the bill to bring you this comprehensive newsletter.

So why step now? I've been mulling it over for some time. The decision actually became easier when the Civic Club eliminated the role of Second Vice President/*Gazette* Editor and changed it to a committee position. Being the editor has been very time consuming and I made certain that the new editor understood that. I work, as a restaurant manager with an unconventional schedule, and 60+ hours per week isn't uncommon. Along with my other volunteer duties, I had very little time to give back to my personal life and the one person who means the most to me - my partner and life companion.

So what will I be doing with the 12 hours I just gained each month? The laundry could get done in a more timely fashion; the house could be a little cleaner; the dogs could have shiner coats from more frequent bathing and Kenneth could get to know me again instead of the person staring into a 17" computer monitor. But in reality, I think I'll just brew a big pot of coffee and make some plans with Kenneth. Together, we'll sip our mugs and linger a while longer as we discuss our next home project. There's also the sink in the guest bath waiting to be replaced, the fence needing to be built and a few more garden beds to install. I think I need another cup of French Roast. Care to join me?

GAZETTE CONTACTS

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The *Gazette* is the official publication of the Garden Oaks Civic Club and is published on a monthly basis. Submission deadline is the 6th of each month for publication the next month. Publication of any article does not imply endorsement by the Garden Oaks Civic Club or its' Officers and is solely the opinion of the author.



2000 CONSTABLE PATROL SUPPORTERS

<u>200's W 30th St. - (1)</u> Timothy & Luetta Allen	Cheryl Pressley & Ann Best
<u>300's W 30th St. - (1)</u> No One Yet	<u>500's W 32nd St. - (1)</u> Karl & Melissa Engleman
<u>400's W 30th St. - (1)</u> Sharon Johnson & Michael Rauch A.C. & Shirley Winford	Henry & Ellen McCoy Sam Mehta & Anita Patel
<u>200's W 31st St. - (1)</u> Mildred Christian G. Lynch & M. Vasquez Carolyn Phillips & Allie Whidden	<u>200's W 33rd St. - (1)</u> John Lengyel & Paul Hager Candace & Donald Marullo Elizabeth & Louis Runge Mark & Susan Saranie
<u>300's W 31st St. - (1)</u> Rev. & Mrs. Haskin Little C. Adair & R. Baltz Marie & James Gregory	<u>300's W 33rd St. - (1)</u> James & Elizabeth Patterson Geoffrey Poll Susan Spooner-Gunther Helen & Thomas Theaker
<u>400's W 31st St. - (1)</u> Joy Dansby & Mary Ann Flores Julie Gomez Carlos Rios & Barbara Canetti Elizabeth & David Robertson James E. Villman	<u>400's W 33rd St. - (1)</u> Michael Abrams & Janice Erickson Thomas & Barbara Kistner
<u>500's W 31st St. - (1)</u> Lynda Spinks	<u>500's W 33rd St. - (1)</u> Dorothy Forbes & Sally Tristan Albert & Lydia Jasso Shelly Rogers & Pat Buron
<u>200's W 32nd St. - (1)</u> Robert & Jo Carter Bewley R.W. & May Englehardt	<u>200's W 34th St. - (1)</u> R.J. Carney Craig Lee
<u>300's W. 32nd St. - (1)</u> Cheree & Henry Kirkland Barry & Susan Morris Carol Smith Frances E. Smith	<u>300's W 34th St. - (1)</u> William & Helen Johnson
<u>400's W 32nd St. - (1)</u> Michael Dreiss Ernest Frugg & Christine Adams Stacey & Larry Park	<u>400's W 34th St. - (1)</u> Carmen & Joe Casarez Lucy Lopez Jane Ann & Marcus Roberts Debbie & Mark Toon

(List continued on page 10)

DEED RESTRICTIONS RESEARCH COMMITTEE

Shelly Immel, Chair

As we reported in the last *Gazette* and Civic Club meeting, we have chosen Reid Wilson as to provide legal guidance to our committee. We chose him based on his extensive experience in helping communities establish and update deed restrictions and the agencies to enforce them. He advised us to use Section 204 of Texas law to establish a new organization to enforce our deed restrictions, and then to update the restrictions as a second step.

The first major step in this process will be to survey Garden Oaks property owners to determine how they want this new organization set up. We will do this via a survey insert in the *Gazette*, plus personal follow up to try to hear from as many of you as possible. However, we already know a few things about how the organization would be set up:

Creation of the Organization

It will take >60% of the property owners (measured by frontage foot of property) signing the petition to create the new deed restriction enforcement organization. (For now, we'll call it the Garden Oaks Maintenance Organization, or GOMO for short.) Once this happens, *all* property owners will become members of the GOMO, whether they voted for it or not. This means that all property owners have the rights of memberships (i.e., voting) and all property owners will be bound by the rules of the GOMO (i.e., subject to enforcement of the deed restrictions by the GOMO).

Election of Board Members

Because all property owners will belong to the maintenance organization, all property owners can vote in the election of board members. It is the board that will actually enforce the deed restrictions. The board will be a subset of the GOMO. We'll be asking you questions in the upcoming survey about how you'd like elections to work and if you want term limits for volunteers serving on the board.

(Deed Restrictions" continued on page 7)

CIVIC CLUB OFFICERS E-MAIL CONTACTS

President: James Flowers	jflowers@chapman-schewe.com
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Treasurer: Jay Slemmer	benslem@msn.com
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GARDEN CLUB OFFICERS

President: Brenda de Alba (713) 694-5934
Vice President: Susan Spooner (713) 861-1336
Secretary: Kim Salls (713) 290-9067
Treasurer: Tina Nieto
Yard of the Month: Cathey Land
Sunshine: Terry Jeanes



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- 970 W. 41st St. 839 Lamonte
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MINUTES OF FEBRUARY 1ST CIVIC CLUB MEETING

Amy Shaughnessy, Secretary

President Flowers called the meeting to order at 7:05 p.m. A motion was made and seconded to accept the December and January and minutes as published.

Officer Reports

Treasurer: Jay Slemmer had no report

Vice President: Robert De Veau had no report

Committee Reports

Beautification: Jeff Benjamin announced that there will be a work day at the Rose Garden in Section 1 at 34th and Lawrence on February 19th. BIG thanks to all that help with our parks, but we still need more volunteers. Contact Jeff Benjamin at (713) 695-7953 for more information or to volunteer.

GOCOP: Carl Waters happily reported that crime in Garden Oaks for 1999 was down 25% from 1998! There were 62 crimes reported in our neighborhood in 1999. Even with the Constable Program in place, Section 1 still had 2/3 of the neighborhood crime. Currently patrollers are driving 40-45 hours per month. Volunteers are needed! Patrolling only requires 2-4 hours per month and the benefits to the neighborhood are great. Even with the Constable Program expanded to all of Garden Oaks, the GOCOPS are still important. Contact Carl Waters at (713) 864-1992 for more information on patrolling.

Constable Program: Co-chairs Jay Slemmer and Terry Jeanes stated that section captains have started walking the blocks for support of the Constable Program. Beginning in December Deputy Green began patrolling all five sections. The goal of the program is to get enough residents signed up to afford two constables to patrol all sections. President Flowers reminded everyone that crime statistics are very important to prospective homebuyers and anything we can do to help keep them down is important.

Senior Helpers: Sharon Lauder was not present, but Terry Jeanes reported that we are looking for people to help with various activities for neighbors who need assistance.

Membership: David Bell reported that new members are trickling in. He issued a challenge to all Civic Club members – each should COME to the March 7 meeting and BRING A NEIGHBOR. Let's double attendance at the meetings and membership in the Civic Club!

Home Tour: Co-Chair Sheila Briones announced that the tour selections are final. There will be 6 homes and 3 gardens on the tour. Look for information soon on locations for pre-sale tickets.

Gazette: Robert De Veau reported that a new writer has been found for the gardening column, who will debut in the March Gazette. A Gazette deliverer is needed for the 900 block of Lamonte. Contact Jerry Vuchak at (713) 862-6593 to volunteer.

Deed Restrictions: Shelly Immel re-iterated that we DO still have deed restrictions,
("Minutes" continued on page 5)



all we have lost is the body to enforce them. Neither the Civic Club, nor the Deed Restrictions Research Committee can do this; until we have a new Property Owners Association (POA) in place it is a neighbor-to-neighbor responsibility. If you see new construction that has a deed restriction violation, call the builder and report it. The Committee is currently creating a new survey to determine exactly what powers we want to give the POA. The responses will be drafted into a document to be voted on by the neighborhood. It must have 60% approval to pass, and then it will apply to all sections. At that point we can start drafting new deed restrictions. The next meeting of the Deed Restrictions Research Committee will be February 16th at 7 p.m. in the meeting room at Kroger on W. 43rd. For more information on the Deed Restrictions Research, contact the committee at the hotline number (713) 341-3737.

Spring Fling: The Spring Fling will take place on Sunday, May 21st from 12-4 p.m. at the Spark Park adjacent to Garden Oaks Elementary. There will be activities for adults, kids, and even pets! Food and craft vendors are wanted. Also, volunteers are needed for publicity, recruiting food and craft vendors, and tickets for food and rides. This event will also be a kick-off for voting on the Property Owners Association document. Call Kristen Joel at (713) 613-5200, ext. 127 for more information or to volunteer.

Unfinished business

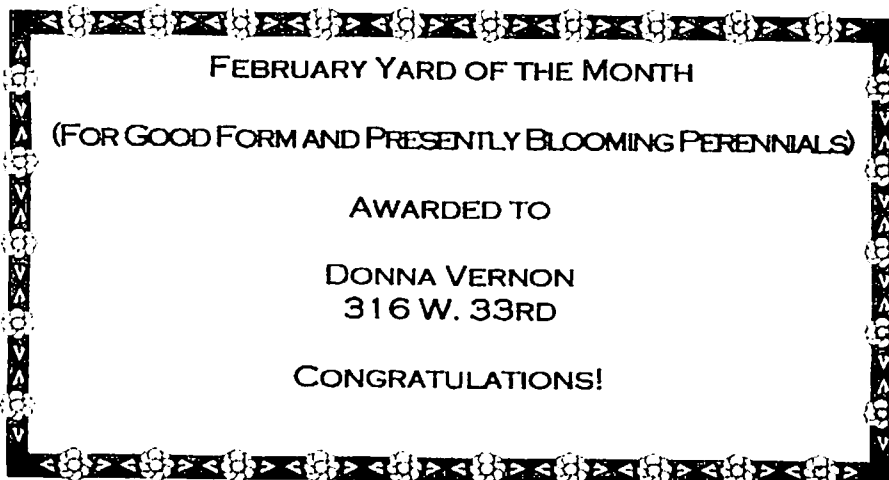
Conn's has proposed a petition to alter the deed restrictions on the two lots behind the store. They would like to change the residential-only restriction to allow vehicular parking. Shelly Rogers and James Flowers have met with Conn's and stated that additional restrictions would need to be added to the document before the petition is even considered. A representative from Conn's will be invited to the March Civic Club meeting to discuss.

New business

There are contracts on the properties at 30th and Yale and 43rd and Shepherd. The Civic Club is concerned that these properties not be sold for commercial construction.

Applications are now being accepted at Garden Oaks Elementary for the Montessori Program in the 2000-2001 school year.

There being no further business, President Flowers adjourned the meeting at 8:20 p.m.



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GO COP REPORT

Carl Waters, Jr.

The final numbers are in and I am pleased to report that crime was down in our neighborhood by approximately 25% in 1999 from the 1998 numbers. Specifics for December are reported near the end of this month's column. Last year there were 62 crimes reported; 82 were reported in the 1998 calendar year. While this was great news, it does not mean that we can relax our vigil. As friends and neighbors, we must continue to watch out for each other and our belongings, because if we don't someone else will. An excellent example of watching out for one another occurred during the holidays. An alert neighbor called the police after observing a man walking through the neighborhood well after dark pushing a lawn mower and carrying a weed eater and other lawn care tools. A call was made to the police which resulted in the arrest of the individual along 43rd St. and his confession that he stole the items somewhere in the area.

I was very pleased to see the letter from Jay Slemmer and Terry Jeanes in last month's *Gazette* which stressed the expansion of the Constable Patrol was in **addition to and not in lieu** of the COP program. Both can be vital to protecting our community. After all there is just one officer currently patrolling and he cannot be everywhere at one time.

December Crime Statistics (2)

Burglary of a Motor Vehicle (2)

3200 block of N. Shepherd on December 4th at Noon, service station.
900 block of Lamonte Lane on December 30th at 6:00 p.m., driveway.

Patrollers and base operators spent 48 hours away from their holiday celebrations to watch and protect our neighborhood. Thanks again one and all for your selfless dedication to this program.

Interested in joining us? Monthly training is offered by the Houston Police Department at the North Division Post located at 9455 W. Montgomery Rd. Training will be held this month on Thursday the 9th at 10:00 a.m. and again on Thursday the 23rd at 7:00 p.m. Please contact myself or any patrol member for further information.

And Hey! Let's be careful out there!



("Home Tour" continued from page 1)

this year's tour are \$8 for advance purchase, and \$10 for tickets on the day of the tour, which will be available at the command center in the Garden Oaks Shopping Center parking lot. This is also the docking station for the Metro Trolley shuttle service. As in past years, the Trolley will provide complimentary transportation to all of the Garden Oaks Home and Garden Tour attractions.

Raffle tickets for plenty of neighborhood goods and/or services, will be available on the day of the tour. There will also be t-shirts, posters and other goodies for sale on the day of the tour.

Needless to say, the home and garden tour is still in need of neighborhood (or any warm body) volunteers to help with such duties as setting up tour homes, docents, transportation assistants, concession sales, and many other fun things. If you would like to help out your neighborhood by volunteering a wee bit of time and effort, please don't hesitate to call our Volunteer Coordinator, Robert De Veau, at (713) 686-6012.

As in years past, this year's home and garden tour has benefited greatly from generous sponsors. Sponsors for the 2000 Tour include:

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If you are interested in supporting the Garden Oaks Home and Garden Tour by contributing as a sponsor, please call the GENUINE Garden Oaks Home and Garden Tour hotline at (713) 267-7800, the official home for up-to-date information on the 2000 Home and Garden Tour.

("Deed Restrictions" continued from page 3)

Board Functions

GOMO board members would have the following primary responsibilities:

1. Communicate with the community (field deed restriction questions people call about, report regularly in the *Gazette* or at the Civic Club, etc.)
2. Review and approve plans people submit for building/remodeling to ensure the plans conform with deed restrictions before construction begins
3. Identify deed restriction violations in each section
4. Determine and carry out a course of action to address violations

Qualities of the New Organization

As committee members, we've had clear communication from the community that there are several characteristics people want to build into our new enforcement organization. We've tried to make sure each of these will be addressed directly, as listed here:

1. *Openness & communication with the community:* Require regular communication by the GOMO Board in the *Gazette*, at Civic Club meetings, and in meetings open to the public.
2. *Accountability to the community:* All GOMO members (i.e. all property owners) can vote in the election of Board members (rather than having the board appoint new members itself). Possibly introduce term limits.
3. *A watertight legal foundation:* We'll use Section 204 of state law to create the GOMO specifically for to deal with our deed restrictions. Setting it up correctly from scratch makes it cut and dried, legally speaking. That way the GOMO won't be susceptible to the legal challenges that dissolved our old Board of Trustees.

("Deed Restrictions" continued on page 11)

Suzanne Anderson

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GARDENING IN THE 'HOOD

Mark Saranie

Contributing to the *Garden Oaks Gazette* will be my first experience at writing stuff lots of people, other than college professors, will read and I must say that filling Tina's shoes will be an exhilarating challenge to me. Thanks for all the great work and information Tina! If any of you have suggestions for future columns or care to comment you may send me a message at plantmania_2000@yahoo.com.

My wife and I enjoy cooking and having an herb garden to add savory zest to our meals is a special treat for us. It is very gratifying to walk out back and cut off long fragrant branches of rosemary with which to stuff our Thanksgiving turkey, gather lots of basil for pesto, or harvest any of the other assorted herbs we keep. I encourage all of you to dedicate a sunny spot in your yard, front or back, and get to it.

If you have been thinking about starting an herb garden, now is a great time to start. I have seen herb seedlings in some nurseries since February and the relatively cool days of these next months will enable your new herbs to establish themselves in plenty of time to survive summer. What can be cultivated in our area? Well, what herbs to you like? With a little TLC, and sun, practically any herb can be grown in our neighborhood.

Herbs can grow in most types of soil but giving them some extra nutrients through the addition of commercially available soils or compost, (hopefully homemade), will help your herbs along. If your garden soil turns to hardpan as it dries, read on. I have converted a few inhospitable areas of our back yard into nice garden plots of loose soil by adding lots of compost and horticultural gypsum. Gypsum is great stuff! Just sprinkle as recommended in the instructions and work it in. In a very short time you will notice a change in the consistency of your soil. Gypsum can be found at our local home repair center. As with any of your plantings, feed your herbs on a regular schedule with a balanced fertilizer such as a 20-20-20.

Start with some basic herbs: basil, oregano, thyme, sage, rosemary, the mints. Herbs don't like soggy soil. Raise their bed 6-12 inches before planting. This will allow excess water to run off and not drown them. When planting your herbs, be observant of their mature heights. You don't want to have some healthy herbs at the expense of others. Sun is necessary for the production of their precious oils. Tall ones to the back, shorter ones in front. I plant a larger amount of basil than the other herbs simply because we use so much of it at home. We add leaves to green salads, use it in our pickled jalapenos, put them on grilled portabello mushroom burgers. Hungry yet?

Even though you may think basil is a weakling in our summer heat, the continued supply we enjoyed during all of last year is proof that this herb can take the heat. Mulching and consistent watering are the key for basil. Rosemary loves the sun and the heat, so the more you can give it the better off it will be. However, don't over love this plant, as it seems to flourish in less than perfect soil. I never believed that last statement and thus killed many a rosemary bush. We currently have a beautiful bush in some pretty harsh soil. The only love I give it is some mulch, water and an occasional dose of coffee grounds. Sage is a wonderful herb and a little goes a long way. It can take our summers but a shower in the heat tends to make them wilt and

("Gardening" continued on page 9)



("Gardening" continued from page 8)

steam to death. Best try this one in a kitchen window or a pot near your back door. Thyme, oregano and mint are aggressive and invasive growers so either dedicate a separate portion of the bed to them, or add charm to your herb garden by placing these guys in pots within the midst of their brothers and sisters. Once established and on their merry ways, your herbs will reward you with months of fragrant pleasure and tasty dishes. Oh, and get the kids involved. :o)

Garden things for March

- Prune and fertilize azaleas and camellias after they have *finished* blooming. (Chop up the cuttings and add to your compost pile.) NOTE: Due to our mild winter, azaleas have been blooming sporadically. Before you prune be completely sure they have finished blooming. Use an azalea and camellia fertilizer. It aids in acidifying the soil.
- If you haven't mulched do so now. Mulch keeps azalea and all plant roots cool and moist.
- Fertilize color plants
- Fertilize lawn area

10 WAYS TO GET YOU EATING RIGHT THIS MILLENNIUM

Catherine Kruppa, MS, RD, LD

There are many reasons why Americans do not eat well. Start the millennium off right by following these easy tips and make the year 2000 your best ever.

1. **My hectic schedule does not allow me to eat balanced meals.** The key to a hectic schedule is planning ahead. Try to make it to the grocery store one per week. This will allow you to have fresh, ready-to-eat food on hand. Buy things such as apples, oranges, pre-cut fruit, baby carrots, pre-cut celery, fresh lunchmeat, yogurts, dried fruit, pretzels and low fat granola bars. Place the pre-cut fruit and veggies on the shelf in your refrigerator where it is the first thing you see when you open the door. If it is in the crisper all it will do is spoil. All of these foods are portable and most can be stored in your desk drawer for convenient, healthy snacks. It will also keep you away from the vending machine and office donuts.
2. **My job requires me to eat many meals at restaurants.** Dining out does not have to be unhealthy. You do have to watch out for large portions and hidden fat. Many restaurants offer heart healthy menu items. Try to order lower fat entrees that are grilled, baked, broiled, or roasted. Order extra fats such as salad dressing, sauces, gravies and cheese on the side. Most of the portion sizes are double the amount you need. Cut the portion in half as soon as it is served and take the other half home for lunch the next day. Choose healthier desserts such as fresh fruit, sorbet or just coffee.
3. **Should I eat carbs or not?** Carbohydrates are the main fuel for muscle activity. Adults should try to consume at least eight servings a day of bread, pasta, rice, cereal, crackers, corn, peas and beans (portion size is 1/2 c. of pasta, rice or

("Eating" continued on page 10)

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Guillaume "GEM" Morvea (Shepherd Park Plaza Resident)



("Eating" continued from page 9)

one slice of bread). These carbohydrates will give you the energy to exercise longer and harder and therefore burn more calories. Try to choose high fiber foods such as whole wheat bread, crackers and pasta, brown rice and whole grain cereal. These foods will keep you full and help to keep you from overeating.

- 4. **I know I shouldn't eat my biggest meal at the end of the day.** Many people overeat at night because they have restricted themselves of calories during the day or they didn't have time to eat. Try to avoid being starved at dinnertime. This is when you tend to make bad choices and overeat. Try to increase the size of your breakfast and lunch and add snacks, mid-morning and mid-afternoon. This will help maintain your blood sugar to keep you from getting tired in the afternoon and prevent you from being starved at dinnertime.
- 5. **When I drink a lot of water, I spend the whole day in the bathroom.** Drinking adequate fluids is essential to successful running. Adults should consume a minimum of 64 oz. of hydrating fluids per day. At first, you may spend more time in the bathroom, but your body will soon adjust. Not only does being hydrated help improve your workouts, it helps prevent mid-afternoon fatigue caused by dehydration. Increased water intake also helps decrease fat deposits.
- 6. **I can't make it through the day without my coffee or Diet Coke.** One cup of coffee or Diet Coke is not going to harm you. The main thing you have to remember is caffeinated beverages act as a diuretic and will increase your water loss. Do a good job of hydrating yourself before workouts because these caffeinated drinks will increase your risk for cramping, fatigue and heat illness.
- 7. **I don't eat before I workout so that I can burn off extra calories.** It is important to eat a pre-workout meal or snack that is full of carbohydrates. These carbohydrates will give you the energy to workout harder and therefore burn more calories. Your body needs food before workouts to increase your blood sugar and ward off fatigue. Eat foods high in carbohydrates and low in fat and protein, 1-2 hours before your workout. Aim for 200-300 calories and drink fluids. Example: Powerbar, whole grain toast topped with fruit spread, 6 oz. of vegetable juice and a piece of fruit.
- 8. **I don't eat fruits and vegetables, but I take a multi-vitamin.** You are still missing out. A multi-vitamin is a good safe guard for some vitamins and minerals that you miss, however, foods contain more than just vitamins and minerals. Your fruits and vegetables are stocked full of phytochemicals and antioxidants to fight against diseases such as heart disease, cancer, diabetes and stroke.

- 9. **I am not hungry for breakfast.** Your mother was right; breakfast truly is the most important meal of the day. Eating breakfast on a daily basis actually speeds up your metabolism and helps prepare your mind and your body for the day ahead. Breakfast is a great time to get in some nutritious whole grains and fruits. Many people like to skip breakfast to save calories, however, research shows that breakfast skippers actually consume more calories in a day than breakfast eaters.
- 10. **I usually don't eat after I exercise.** The post-exercise meal is just important as the pre-exercise meal. Eat soon after a workout so that you do not overcompensate later and scarf down whatever you can find. Your body needs 300-400 calories of carbohydrates and protein to start replenishing glycogen stores. Go for a snack rich in water-soluble fiber, so you feel fuller and don't wipe out your hard won calorie loss. Try yogurt or a fruit smoothie. Choose foods high in antioxidants such as fruits and vegetables to help fend off muscle soreness as well.

Changing one or two of your diet patterns can make a difference in your overall health. I challenge you to use these eating tips to help you make 2000 a happy and healthy year.

Catherine Kruppa is a registered, licensed dietitian; adjunct faculty at the University of Houston and an assistant coach for the Runner's High Club.

("List" continued from page 3)

500's W 34th St. - (1)

Heather Barr

Bill Lehnert & Walter Stowell

Lawrence St. - (1)

Shelia Briones

James Flowers & Jerry Vuchak

Nathan & Debbie Kvinge

M. Standard & A. Sopchak

N. Shepherd St. - (1)

Conn's

Randall St. - (1A)

April & Scott Lynch

700's W 31st St. - (1A)

James & Miriam King

Carie Scott & Cynthia Sheffield

800's W 31st St. - (1A)

Gary & Susan Adkins

J.L. Arnold

LN Baynham

David Cobb

Vicki Schmid Faulkner

Dyanne Kellouhh

Carl & Leslie Waters

800's W 32nd St. - (1A)

Garnett Phillips

Beverly Mitchell

Lynn Porter

Azalcadell - (2)

Glenn Campsen

700's Garden Oaks Blvd. - (2)

Robert Epstein

L.E. Hlanak & R.J. Seiler

Jay & Shana Tatum

700's W 38th St. - (2)

Jeff Benjamin & Jay Slemmer

Irma Galvan

Alaina Metz

Ron & Yvonne Moran

K.B. & Anna Belle Rennie

Janice & Willie Stollenwerck

Robin Swinney

Linda Walke

700's W 39th St. - (2)

No One Yet

("List" continued on page 11)



(List continued from page 10)

700's W 41st St. - (2)

James Janssen

700's W 42nd St. - (2)

No One Yet

700's W 43rd St. - (2)

Tim & Jane Goles

David & Carla Hoyer

700's Sue Barnett - (2)

No One Yet

800's Azalea - (3)

David & Gail Bell

Stephen & Jill Satterwhite

800's Lamonte - (3)

Thomas & Carol Hazel

Brenda & Ed de Alba

Lynn & Donald Sievers

Una Brotherton

Susan & Douglas Gavin

David & Deborah Veselka

1300's Sue Barnett - (3)

Ben & Liz Slavil

Richard & Rebecca Stark

Jim & Lou Ann Taylor

800's W 41st St. - (3)

Timothy & Luetta Allen

Ronald & Ann Sledge

Charles & Shannon Thompson

800's W 42nd St. - (3)

No One Yet

800's W 43rd St. - (3)

No One Yet

900's Gardenia - (4)

Bill & Amy Shaughnessy

900's Althea - (4)

John & Cindy Bartos

Mildred Warhol

900's W 41st St. - (4)

Bryan & Ellen Amsden

Sydney Michelle Callison

Terry & Rob Jeanes

900's W 42nd St. - (4)

Kenneth Santos & Robert De Veau

900's W 43rd St. - (4)

No One Yet

1400's Sue Barnett - (4)

No One Yet

900's Lamonte - (4)

No One Yet

1500's Sue Barnett - (5)

Lucille Gilmore

1000's W 41st St. - (5)

Robin & Don Daly

Chris & Carol Meyer

1000's W 42nd St. - (5)

Tom Stell & Shelly Immel

4000's Apollo - (5)

Robin Finke

Brian Sherwood

1000's W 43rd St. - (5)

No One Yet

1000's Lamonte - (5)

No One Yet

1000's Gardenia - (5)

No One Yet

1000's Althea - (5)

No One Yet

Want to see your name on this list? Please support the Garden Oaks Constable Patrol Program.

Send your check for \$230 to Jay Slemmer at 733 W. 38th St. OR you can pay by Bank Draft for \$20 per month. Call Jay with questions at (713) 695-7953.

("Deed Restrictions" continued from page 7)

4. *Fairness and impartiality:* Give the Board only the ability to enforce the restrictions, not the ability to grant variances, except for irregular lots.
5. Establishment of a *funding* mechanism to adequately support the needs of the organization without unduly burdening us as property owners. Do *NOT* give the GOMO the power to place liens on our properties for non-payment of fees.
6. And of course, the *ability to enforce our deed restrictions.* Section 204 is designed specifically to help us do this.

To help us get the details right on these things, we'll be asking you to complete a survey on how you'd like the GOMO and its board set up. In the meantime, if you'd like to volunteer to help in our committee's efforts or hear the latest news on what's going on, you can:

1. come to Civic Club meetings
2. read monthly reports like this in your *Gazette*
3. talk with your neighbors
4. call our hotline (713.341.3737) to find out when our next committee meeting will be. It's hard to plan these far enough in advance to publish in the *Gazette*, so the hotline is the most reliable method to find out when meetings will be held.

Thank you for your support. All the committee members appreciate the encouragement we have received from individuals in the community!

SPRING FLING CALL FOR VOLUNTEERS

Shannon Thompson, Chair

The 2nd Annual Garden Oaks' Spring Fling is budding up into shape. Volunteers are still needed. If you would like to help out, please call Kirsten Joel at (713) 613-5200 x 127 or join us on Sunday, March 5th at 4:00 PM at 807 W. 41st Street for a planning meeting. Remember to mark your calendars for Sunday, May 21st when we'll be at Spark Park from noon - 4:00 PM There will be a petting zoo, food, crafts and entertainment including a return engagement from Arts' Alive.

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HEAVY TRASH

1st Tuesday
Sections 1 & 1A

2nd Tuesday
Sections 2 - 5
South of West 41st St.

3rd Tuesday
Sections 2 - 5
North of West 41st St.

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MARCH EVENTS

- 5th Spring Fling Planning Cte. 4:00 PM
807 W. 41st Street
- 7th: Civic Club Meeting, 7:00 PM
G.O. Elementary School
- 8th: Deed Restrictions Cte, 7:00 PM
2nd Fl Meeting Room, Krageron 43rd
- 9th: Garden Club, 7:00 PM
336 W. 33rd Street
- 21st Home Tour Committee, 7:00 PM
3309 Lawrence #1

March 2000

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

*"Ah, March! We know
thou art kind-hearted,
spite of ugly looks and
threats, and, out of sight,
art nursing April's violets."*

—Helen Hunt Jackson

			1	2	3	4
5	6	7	8	9	10	11
Spring Fling Planning Meeting 4:00 PM		Civic Club Meeting 7:00 PM	Deed Restrictions Research Cte 7:00 PM	Garden Club 7:00 PM		
12	13	14	15	16	17	18
					St. Patrick's Day	
19	20	21	22	23	24	25
	Home Tour Committee 7:00 PM Spring Begins					
26	27	28	29	30	31	