



GARDEN OAKS GAZETTE

APRIL 2000

VOLUME 23, NUMBER 4

Spring Festival Sunday, May 21st

*Kirsten Joel,
Spring Fling
Chair*

The Garden Oaks Spring Festival will be held on Sunday, May 21 from noon to 4 p.m. Shannon Thompson, Carol Hazel and Kirsten Joel are volunteering their time to make this an event to remember!

If you would like to join the committee to help coordinate craft booths or help with event publicity, we would love to hear from you! If you cannot commit to a volunteer project, but would like to help on the day of the event, we could use about 20 volunteers for that day to help sell tickets, set up booths and decorate!

Join us! Please call Kirsten at 713-613-5200 extension 127 to volunteer!

Home and Garden Tour is Just Around the Corner

Barrington Skipton, Publicity Committee Chair

The Garden Oaks Home and Garden Tour Committee is busily wrapping up the final details of this year's tour. And it promises to be great! As in prior years, the tour will feature a variety of beautiful and unique homes and gardens, ranging from renovated cottages to large new construction. If you attended the tour last year, you'll even get a sense of déjà vu.

This year's tour will be held on Sunday, April 30th, from noon to 6 p.m. and will showcase a combination of six homes and three gardens.

You may remember the house at 208 W. 34th Street from last year's tour. Since that time, "Three Flags" has grown from a traditional Garden Oaks cottage to a beautiful two-story. You won't want to miss this "before and after" tale. At 311 W. 34th Street, the expanded 2 bedroom/1 bath has been updated to provide a spacious master bedroom and bath. The garden of this home is also on the tour. The home at 403 W. 34th Street is an impressive new construction in a traditional style. Completed in 1999, the house boasts a variety of living spaces and entertainment areas. The traditional cottage at 807 W. 41st Street features an eclectic mix of decorating treasures that truly reflect the owners' personalities. The exterior of the charming cottage at 810 W. 41st Street masks a house with many faces. See how the owners have successfully blended a variety of decor styles. The home at 1051 Althea has been remodeled inside and out, and will provide you with many decorating ideas. Be sure to check out the tiny bath off the office! In addition, the gardens at 733 W. 38th Street and 946 W. 42nd Street will be included on the tour.

A number of generous sponsors make the tour possible. This year's Corporate Sponsors (\$1000) are AES - Houston Carrier, Conn's Appliances Inc., GSG Builders, Inc., and Shannon & Associates, Inc. Platinum Sponsors (\$500) are George Hederhorst Landscape Architects; Harry James Building & Design; Houston Structural, Inc.; Rean Bowden & Sharon Scanlin, Coldwell Banker Swilley Hudson; Terry Jeanes, RE/MAX Metro; and Tony's Mexican Restaurant & Cantina. Gold Sponsors (\$250) include Andrew V. Smith, CPA; Bos Lighting Design; Garrett Floor Covering, Inc.; Nimitz Design Group; Reliant Energy HL&P; and Yale St. Grill & Gifts.

And – new this year – while you are touring the homes, let your children (2 years and older) experience their own "tour" by **Adventuring with Arts Alive!** Let the professionals of Arts

"Home and Garden Tour" Continued on page 9

From the Editor

Joe Muscara

[wow. I wonder how long people will let me stand on this soapbox.]

Let me introduce myself. My name is Joe, and I am your new Gazette editor. Like it or not, warts and all. I am sorry to see Robert leave this position, as I am sure many of you are as well. He set a very high standard for all succeeding editors to follow. I am sure, however, that this will give him the chance to commit more time to his other duties within the club, as well as in his personal life. Enjoy it, Robert!

Anyway, back to me. I don't suppose any of you want to hear my life story, but I'll tell you anyway, a short version at least. I do have a column to fill, after all.

I was born in New York City (yeah, yeah, get a rope, I've heard it before, and I haven't seen a rope yet), and raised on the north shore of Long Island. I lived in Maryland to go to college at the University of Maryland (Go Terps!) and moved to Flint, Michigan to work for GM after graduation. Now maybe you understand why I was so willing to move to Texas. Besides, I hate cold weather. I complain when it's less than 70 degrees out. But if the truth be known, the real reason I moved to Texas was one person. If you've met my wife Lori, you will understand. Texas is just a bonus. I would have moved anywhere to be with her, but lucky me, I get to live in Texas to boot (pun intended).

More than just living in Texas, I get to live in Houston. Now, I know Houston has its problems like any place does. There is no way any place will be perfect for everybody all the time. One of the nice things about a larger city like Houston is that it's big enough that most anybody can find what they are looking for if they bother to look for it. Have you looked? Restaurants, theaters, music, sports (I anxiously await the third Houston Grand Prix, and don't expect to find me anywhere but there race weekend), and great neighborhoods can be found if you look.

Great neighborhoods? What a segue. We've been asked by a few people what made us pick or how we found Garden Oaks. To tell the truth, it was a bit of an accident. Sometime fairly close to when I first moved down here in 1993, there was an article in the Metropolitan section of the Houston Post about a local company that was taking the HPD crime statistics by census district and making easy-to-read maps of the data. When Lori and I were looking for a house to buy

CIVIC CLUB OFFICERS

<i>President</i> James Flowers	713 862 6593
3213 Lawrence	jflowers@chapman-schewe.com
<i>Vice President</i> Robert DeVeau	713 686 6012
974 W 42nd	deauxboy@msn.com
<i>Treasurer</i> Jay Slemmer	713 695 7953
733 W 38th	benslem@msn.com
<i>Secretary</i> Amy Shaughnessy	713 957 1214
975 Gardenia	amys@woodlandscenter.org

COMMITTEE CHAIRS

<i>Beautification</i> Jeff Benjamin	713 695 7953
<i>Citizens on Patrol</i> Carl Waters, Jr.	713 864 1922
<i>Constable Program</i> Jay Slemmer	713 695 7953
<i>Co-Chair</i> Terry Jeanes	713 680 8550
<i>Deed Restrictions</i> Shelly Immel	713 341 3737
<i>Home and Garden Tour</i> Meredith Jenkins	713 697 5654
<i>Co-Chair</i> Sheila Briones	713 861 8091
<i>Membership</i> David Bell	713 694 5016
<i>Senior Helper</i> Sharon Lauder	713 862 3747

GAZETTE CONTACTS

<i>Editor</i> Joe Muscara	713 691 6833
750 Sue Barnett	GOGazette@Mac.com
<i>Co-Editor</i> Sheila Briones	713 861 8091
<i>Advertising Director</i> Robert DeVeau	713 686 6012
<i>Billing</i> Jay Slemmer	713 695 7953
<i>Delivery</i> Jerry Vuchak	713 862 6593

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GARDEN CLUB OFFICERS

<i>President</i> Brenda DeAlba	713 694 5934
<i>Vice President</i> Susan Spooner	713 861 1336
<i>Secretary</i> Kim Salls	713 290 9067
<i>Treasurer</i> Tina Nieta	
<i>Yard of the Month</i> Cathey Land	
<i>Sunshine</i> Terry Jeanes	

Letter from the President

James Flowers

Becky and Brenda were two very special people in my life. They were my two older sisters. Becky was a very helping person. She always helped me out of the most stupid things I got myself into when I was college. She was an especially good mother. Brenda was just like me, a people pleaser (just what always got me into those stupid situations!!). They were both more than I could ask for sisters. Becky died of cancer just after her 30th birthday in June 1989 and Brenda was killed in a terrible accident in June 1990. I miss them something awful and I always look for ways to show them just that.

Last year at the new memorial rose garden I heard thirty or so neighbors describe memories of the friends and family members they had lost. Every time I drive by, I think of my sisters. We all enjoy that park so much more and it looks so nice when people drive into the neighborhood.

Somebody is stealing our roses. Twenty or more roses that were donated in memory of a loved one have been taken from the memorial rose garden at 34th and Lawrence. Our memories are still strong, but it certainly bothers me to see these roses disappearing at the rate of about five a week. If you have any thoughts as to how to stop this type of theft, please let us know.

I have not had any further discussions with CONN'S and will continue to monitor the progress of petition gathering. Thanks to all of you who had something to say about the idea. The issue may appear to be a section one problem, but in reality it affects every section. If a commercial interest finds a property in one of the other sections, they will look at the current situation as a guide.

The sound wall along 610 is still on schedule.

If you have any time to spare, please come to our civic club meetings and explore the possibility of helping out in the neighborhood. Our next meeting is Tuesday, April 4th, 7 PM at Garden Oaks Elementary.

See you at the April meeting.

Join the Garden Oaks List Serv. It's easy, it's fun, and best of all, it's free. Just go to

http://www.onelist.com/subscribe/Houston_GO

"Editor" continued from page 2

in late 1998, we saw that there was a big green area just north of 610 and somewhere west of 45 on the sample map accompanying the article. We decided we had to find out what this low crime area was.

You see, the week or so after the last Houston Grand Prix, the house we were renting was broken into. Fortunately, we had an alarm so we didn't lose much, but we did lose a bit of sense of security. The crime also finally motivated us (me, really) into looking for a place of our own. So that big green spot on the map had a certain attraction, especially because we really wanted to live "close-in."

Finally, I determined that the big green area was west of Shepherd. So, one weekend, we wandered up there to check it out. Just drove in and around. Of all the neighborhoods we checked out, we found that this one just kept drawing us back. Sure, some areas were closer in, some were less expensive, some had more amenities within walking distance, but none had what translates from French as "I don't know what." Best of all, over time our decision of live here has been regularly reinforced. We've met several of our neighbors (although I must admit we should make a better effort to meet the rest of them), and many others through the club, and I can't say that I expected such a warm welcome.

So I hope that by this column, by this newsletter, that you will welcome me into your homes once a month. I'll wipe my feet before I come in, and I am house trained. In the meantime, when you see me, come over and introduce yourself.

Classified Ads are \$15 per run for residents, and are for personal services only (yard sales, items for sale, infant care needed, etc.). Contact the Gazette Advertising Director for more information.

We need a loving, responsible individual to watch our adorable 3 month old for occasional nights and weekends. References required. We can provide transportation as needed. Please contact Scott and April Lynch at (713) 868-0092.

Minutes of March 7th 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 February minutes as published.

Guest Speaker

Ann Harwood of the 2000 Census reported that census takers are needed in the Garden Oaks area. Starting pay is \$13.75/hour. Call 1-888-325-7733 for an appointment.

Officer Reports

Vice President: Robert De Veau was not present

Treasurer: Jay Slemmer reported that all Civic Club bills are paid and up to date

Secretary: Amy Shaughnessy had no report

Committee Reports

Beautification: Jeff Benjamin reported that the Beautification committee needs members and people to be park captains!! Jeff thanked the people who showed up for the Rose Garden work day, which was a great success, and sadly announced that approximately 12 rose bushes have since been stolen from the garden. Donations are now being accepted to replace the bushes in the fall. Contact Jeff Benjamin at 713-695-7953 for more information or to volunteer.

GOCOP: Carl Waters reported that there were only five crimes in Garden Oaks in January. The HPD and constable emergency numbers can now be found at the end of Carl's report in the *Gazette*. Please call these numbers if you see suspicious activity. Contact Carl Waters at 713-864-1992 for more information on patrolling.

Constable Program: Jay Slemmer stated that 134 homes have paid for the Constable program, but we need 208 to break even. We need more volunteers to walk the blocks and get residents signed up or the program will have to be discontinued. Area businesses are encouraged to join the program, as well. Membership is \$230/year or \$20/month for automatic checking account deduction. Call Jay Slemmer or Terry Jeanes if you have a business or know of a business that would like to participate in the constable program.

Senior Helpers: Sharon Lauder thanked all the volunteers who have helped with this committee so far. She suggested amending the senior helpers committee to include handicapped and ill residents as well.

Membership: David Bell reported that membership is at about 8%, which is half what it was this time last year. Civic Club membership is \$20/year, with additional contributions to the other areas the Civic Club supports much appreciated.

Home Tour: The 2000 Garden Oaks Home and Garden Tour will take place on April 30, from 12-6 p.m. and will include six homes and three gardens. Volunteers are needed! Call the hotline at 713-267-7800 or Robert De Veau at 713-686-6012 to volunteer. Pre-sale tickets will be available starting March 13 at area businesses and at the April Civic Club meeting.

Gazette: New editor Joe Muscara was introduced. *Gazette* deliverers are needed for the 900 blocks of Lamonte and 42nd. Contact Jerry Vuchak at 713-862-6593 to volunteer.

Deed Restrictions: Shelly Immel discussed the new survey that was in the March *Gazette*. This survey is to determine how the residents of Garden Oaks want our new property owners association to be structured. Results will be tallied in April, a draft of the by-laws will be written in May, and voting for the new document will begin at the Spring Fling on May 21. This new survey is different from the previous one – please fill it out and return it to a deed restriction committee member by April 5. For more information on the Deed Restrictions Committee, call the hotline number at 713-341-3737.

Spring Fling: The Spring Fling will take place on Sunday, May 21 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, photographing the fun, recruiting food and craft vendors, and tickets for food and rides. Call Kirsten Joel at 713-613-5200, ext. 127 for more information or to volunteer.

Unfinished Business

Bill Nylin of Conn's spoke on the parking area behind the store. Conn's proposes a petition to alter the deed restrictions on the two lots behind the store to change the residential-only restriction to allow vehicular parking. Mr. Nylin brought a model and photographs showing their plan to slightly expand the store and put parking and landscaping behind the store. They would need 50% of Section 1 and 1A property owners to pass this petition.

New Business

The property at 30th and Yale has been optioned by Mancuso Harley Davidson to build a warehouse for storage and office space and a parking area. They will be making an effort to make this building attractive and hopefully keep traffic to a minimum. This lot is deeded commercial property and this building would not be in violation.

Sharon Lauder suggested forming a new committee to help look after the pets of Garden Oaks.

President Flowers adjourned the meeting at 8:35 p.m. but offered to stay with Bill Nylin for further discussion of the Conn's proposal with anyone who still had questions.

Deed Restrictions Research Committee

Shelly Immel, Chair

Included in the March *Gazette* was a survey on creating a new Deed Restriction Enforcement Organization. Hopefully by now you have completed and returned the survey. If not, now is the time! (Call 713-341-3737 if you need a blank survey.) To try and get survey responses from more property owners, volunteers throughout Garden Oaks have been walking their blocks, asking their neighbors to return their surveys by our April 5th deadline.

The reason we're putting so much effort into this is that we need your input to set up the new Garden Oaks Maintenance Organization ("GOMO"). The GOMO will be our new agency to enforce our deed restrictions. We'll use survey responses to determine how to fund the organization, the requirements to serve as a GOMO board member, and other aspects of the organization.

We want to make sure we get your survey input so we can draft bylaws for the GOMO that the majority of property owners are happy with. At least 60% of property owners (measured by square footage of property) must sign the petition to create the GOMO. Once this happens, *all* property owners will become members of the GOMO, whether they voted for it or not. All property owners will have voting rights to elect GOMO board members 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).

Timeline

We plan to complete our tasks as follows:

1. Gather GOMO surveys by April 5th.
2. Tally survey results and draft the GOMO bylaws by end of April. Our attorney will finalize the GOMO bylaws in May.
3. Kick off voting to create the GOMO at the Spring Fling on May 21st.
4. Continue voting after Spring Fling until we have a decisive count for or against creating the GOMO. (We'd like to finish this up within a couple months, and by fall at the latest. We must finish it within a year to satisfy legal requirements.)

After the GOMO is established, GOMO members (i.e., all property owners) will elect GOMO board members to enforce our deed restrictions. Then a committee will draft updated deed restrictions according to survey results, and GOMO members will vote on the updated deed restrictions.

Spring Fling Voting Kickoff

I encourage you to come to the Spring Fling on Sunday, May 21st from 1 - 4 PM. There will be lots of fun activities and good food. And it will be a great chance to

vote on the creation of the GOMO. Since each voting signature has to be notarized, it's a lot easier to gather votes at an event with lots of people than it is by going door-to-door. So please come vote and have a good time with your neighbors. It will make this process much faster and much more enjoyable as well!

For More Information

You can call our hotline at 713-341-3737 to hear the latest news, find out when committee meetings are scheduled, or leave a message for our committee. Our thanks again to DataVoice Technology for donating the hotline. It is an important part of our open communication strategy to ensure we create the enforcement organization and updated deed restrictions that Garden Oaks property owners want.

Thank you again for the encouragement and support we have received from individuals in the community!

Gazette Delivery Volunteers Needed

Jerry Vuchak

Gazette delivery in Garden Oaks is dependent on active involvement by volunteers in our community. The Gazette Delivery Volunteer Program saves our neighborhood close to \$6,000.00 per year. Delivering on a route will take about 20 minutes of your time one day a month.

We are currently in need of two volunteers to deliver the Gazette on the following routes:

- 902-979 LaMonte Lane
- 802-879 West 42nd

If you live in these blocks or in the general vicinity of these routes, your support in this effort would be greatly appreciated. If you would like to volunteer, please contact Jerry Vuchak at 713.862.6593.

Welcome to Michael Froebel, the new deliverer for the 900 block of West 41st!

.....

March Yard of the Month

For her beautiful color display of azaleas

Bernice Kelly
427 W. 32nd

Congratulations!

.....

Citizens On Patrol

By Carl Waters

Thieves have been active again in the neighborhood. The Rose Garden at Thirty Fourth St. and Lawrence was victimized in late February and early March. The first thief, assuming there were two, made off with 8 to 10 bushes. It was reported at the March Civic Club meeting that thieves had made off with several more. If you happen to be in this area and witness anything suspicious please call the Precinct 1 Constable's office and or the Houston Police Department. Once they are on the way please call me or the chairperson for the beautification committee so he can be aware of these thefts as well.

Also reported at the March Civic Club meeting was a suspicious vehicle driving slowly in the section 3 and 4 area. The vehicle appeared to be driven by a male, witnesses stated the window tinting made his face hard to see but he was believed to be Hispanic or White. The vehicle in an older model dark brown Ford Station Wagon and had been seen by early morning walkers around 5:30 a.m. I have been told he disappears around sunrise. If you have information on this person please contact our Constable. Hopefully he will be gone from the neighborhood by the time this article is published.

This brings me to another concern. From time to time my phone rings with some one wanting to report a crime. Please call HPD or the Constable first to get help on the way and then call me. COP members cannot arrest anyone and calling us only adds a delay to their response time to your call. As a service to the neighborhood emergency contact numbers will be printed monthly at the bottom of my article.

January Crime stats from HPD (5):

Burglary (1)

January 15 at 10:30 a.m. in the 700 block of West Thirty Second St. (garage).

Burglary of a Motor Vehicle (1)

January 31 at 8:00 a.m. in the 3000 block of Durham (parking lot).

Auto Theft (1)

January 15 at 4:00 p.m. in the 700 block of Garden Oaks Blvd. (driveway).

Narcotics Arrests (2)

January 25 at 10:00 a.m. in the 900 block of West Forty First St. (residence).

January 25 at 2:00 p.m. in the 3100 block of Shepherd (parking lot).

Patrollers and base station operators were active for 50 hours in January. Thanks all for your efforts.

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

Emergency contact numbers

911 for police and fire emergencies (crimes in progress)

713-222-3131 Houston Police Department (non-emergency number)

713-697-3600 Precinct 1 Constables Office on North Shepherd

713-755-5200 San Jacinto St. Office (Downtown)

"Home and Garden Tour" Continued from page 1

Alive! lead your children through imagination exploration. We will "tour" our creative activity centers including thematic movement, art projects, outdoor play and snacks. Children can be dropped off as early as 11:30 a.m. and must be picked up by 6:30 p.m. at the Fellowship Hall of St. Matthews United Methodist Church at the corner of N. Shepherd and W. 43rd Street. The entrance to the Fellowship Hall is on West Cross. To ensure adequate staffing levels, parents are encouraged to call the Garden Oaks Home and Garden Tour hotline at (713) 267-7800 and leave a message indicating the number of children that will participate.

Tour tickets are priced at \$8 in advance or \$10 on the day of the tour. Advance sale tickets are available at the following locations: The Frame Shop (3444 Ella Blvd.), Prudential Premier Properties (985 Wakefield), Kaplan's Ben-Hur (2125 Yale), Smith & Hawken (3935 San Felipe), Bell's Myown Cleaners (1362 W. 43rd), Haute Groceries (3468 Ella Blvd.), and at Conn's Appliances (2902 N. Shepherd). Tickets will also be on sale at the Kroger on 43rd at Oak Forest during the two weekends prior to the tour. On the day of the tour, tickets will be available at the Command Center/Trolley Station, located at the Garden Oaks Shopping Center in the 3800 block of N. Shepherd. *All advance sale tickets MUST BE redeemed at the Command Center/Trolley Station.* To relieve congestion and parking problems, **FREE** Metro Trolleys will be provided at Garden Oaks Shopping Center to take patrons to all eight tour stops. Raffle tickets for plenty of local area goods and services, plus t-shirts, posters, and other items will be available for sale on the day of the tour. Raffle tickets can be purchased for \$1 each. Top prizes include a 25" Magnavox TV with remote from Conn's Appliances Inc., \$250 worth of gasoline from the Exxon Tiger Mart located at Yale and IH-610, or a barbecue package including a barbecue pit from Home Depot, a gift certificate from B&W Meat Co. on N. Shepherd, and a package of barbecue utensils. For every \$10 you spend on raffle tickets, you will receive a certificate for a free car wash valued at \$8 compliments of either Dr. Gleem on Ella or Mr. Car Wash on Crosstimbers. Up-to-date information on the 2000 Home and Garden Tour can be obtained by calling the Garden Oaks Home and Garden Tour hotline at (713) 267-7800.

As always, we still need volunteers to help out on the day of the tour. Volunteers greet tour patrons at each home; act as docents, describing each home's unique features; sell concessions; and perform other vital roles. In addition, all volunteers will receive a free tour ticket and a free T-shirt as thanks for their participation, not to mention the satisfaction of helping out your neighborhood! Volunteers generally work a shift of approximately 3 hours, so there is still plenty of time to see all the homes on the tour. If you can spare some time on the day of the tour to help out, please contact the Staffing Committee Chair, Robert DeVeau, by phone at (713) 686-6012, or by e-mail at deauxboy@msn.com.

Gardening Oaks

Mark Saranie

Was that March that just flew by???

April is upon us and the last day of the month is dedicated to our annual Home Tour. As in past years everyone is asked to spruce up their front yards due to the increased attention all our homes will receive from tour goers and potential neighbors.

A quick way to dress up the front of your home is with containers exploding with color. Last year I was pleased with my plant selections and will take advantage of them and others I have come across these last few months. Some selection ideas are listed below. First, though, how about a little container talk?

We are all mostly aware of the twenty-five cent plant/five dollar hole paradox, right? Well, the same goes for containers. A little extra investment in preparation and materials will reward you grandly with happy plants. Containers require some preparation in order for your plants to adjust to their new home.

- 1 Invest in a slow release fertilizer, such as **Osmocote™** and mix it into your favorite potting soil. If you can find it, a product labeled **Soil Moist™** is a must. I discovered this product in one of our local nurseries this year and the pots that have it in the soil have benefited tremendously when I have forgotten to water. This product absorbs moisture that is later released as the soil begins to dry out. Keep both products out of the reach of children.
- 2 Prior to filling the pots, whether clay, metal, or plastic, *pre-moisten* the soil in your wheelbarrow or any other large container. This insures that the first time you water your new plants, the entire amount of soil in the pot gets a good drink. Too often a pot will be filled directly from the bag, plants set into the soil and watered. What results is a terrible waste of soil and a big mess, not to mention frustration. Add more soil if needed, leaving at least an inch from the top to allow for adequate watering room.
- 3 Combine plants of similar sun and moisture needs and water them. Enjoy the results.

If squirrels love your pots as much as you do, a sure-fire solution, pun intended, to keep them at bay is cayenne pepper. I sprinkle it on top of the soil after setting my plants and

watering. Squirrels smell it and they stay away (you can purchase several handsome scoops of the stuff in the back part of the farmers market for a relatively small price). I keep mine in a spice bottle with the sprinkling top. Use this only if you feel confident the kids or pets will not get into the pots and have a bad experience.

Plants? Last year I used very common plants that could take our heat: pentas, salvias, zinnias, and canna lilies. Admittedly, they are very plain, but the height of the cannas at our door accompanied by several pots bursting with various color combinations of pink, violet, yellow, and orange was a pleasure to behold. Thanks to the unrelenting assault rendered by very hungry bugs, I later replaced some containers with two very large ones occupied by miniature oleanders surrounded by coleus. I also discovered BT, *Bacillus thuringiensis*. I had read lots about it but never made use of this excellent pest control medium. BT may be found in any garden center. Use as directed.

So far this year the front door is bare as my plans for the next display are still in the beginning stages. My shopping list includes the plain Janes just mentioned, dusty miller for contrast, gazania (*G. splendens*) for the continuous blooms, lobelia (also known as *Rapid Blue*) because I love the blinding blue blooms, and torenia (*T. fournieri*) for the amazing mounds of color. A quick fix for those of you with shady front porches can show off pots flowing over with caladiums, coleus, impatiens, Johnny jump-ups, snapdragons, and different fern species. A great strap leafed selection for containers is walking iris (*Neomarica gracilis*). I should know, I own hundreds of these plants. They like to be root bound and make graceful backdrops for smaller containers. So get on your gardening gloves and don't forget to get the kids involved.

Garden things for April

- Fertilize all trees and shrubs with a 2/1/1 ratio fertilizer. Check for trace elements such as iron, sulfur, etc.
- If your azaleas have finished blooming, feed them with an azalea/camellia fertilizer. Prune them back if needed. May is last month in which to prune as by mid-June these shrubs start the long process of setting buds for next year.
- Start making your summer flowering plants list and begin the change. Those winter joys will soon leave bare spots in your beds.
- If you keep roses, feed these with an appropriate rose fertilizer. Water well before and after the application.

- Caladiums may be planted as well, but don't forget the cayenne as squirrels love munching on these tubers.
- For the vegetable gardeners, this is a good time to set out bush beans, peppers, cucumbers, squash, and melons.
- Tending to the lawn and watering frequently will aid in filling any bare spots that may have appeared over the winter season.

Eating for Prevention

Catherine Kruppa, MS, RD, LD

The top killers of Americans today include heart disease and cancer. Food is your best weapon against these diseases. There are certain components of food that fight disease. These components include antioxidants such as vitamin A, vitamin C, vitamin E, omega-3 fatty acids and phytochemicals. Phytochemicals are a plant's self-defense system. Research indicates that people whose diets include an abundance of fruits and vegetables containing phytochemicals have lower rates of certain diseases. Variety in your diet could be considered your virtual health insurance policy. Over the next two issues I will discuss 10 foods that contain an abundance of these "disease fighters."

1. **Tomatoes** contain high levels of vitamin C that defends the body against malignancies of the lungs, cervix and mouth. They also contain a phytochemical, lycopene, which can prevent damage to DNA. This damage is thought to trigger some cancers. Lycopene also helps to prevent LDL cholesterol from damaging artery walls and initiating cholesterol buildup. Add tomatoes to salads and sandwiches or try a fresh tomato half, sprinkled with salt and pepper. For a snack try grape tomatoes. They have two times the sugar as other tomatoes and are a great bite-sized fruit snack.
2. **Oranges** are one of the best super foods containing 170 phytochemicals underneath it's skin. One of these is limonene, which is in the white, fuzzy lining of the orange rind. Limonene prevents LDL cholesterol from oxidizing thus preventing artery damage. Oranges also contain multiple antioxidants and an abundance of vitamin C. Include oranges in a smoothie for an afternoon snack or add fresh orange juice to dressings, marinades and salsas.
3. **Tea** is the world's most popular beverage. It contains a special class of phytochemicals called flavonoids, which help protect against heart disease and stroke. One of the flavonoids is catechin. It helps protect the cholesterol-carrying LDLs from penetrating artery walls causing unwanted fatty buildup. Catechins may also prevent blood platelets from clumping together which is a cause for a heart attack or stroke. Teas come in decaffeinated varieties, so start your day with green or black tea.
4. **Soy** has been found to have many benefits including reducing the risk of heart disease and cancer, preventing osteoporosis and reducing menopausal symptoms. Many studies suggest that soybeans and soybean containing foods may contribute to the lower rates of breast, colon and prostate cancer in Asia compared with the United States. The average per capita consumption of soy in Asia is 10-30 grams per day. In the United States it is ~3 grams per day. Twenty-five grams of soy protein per day may be enough to lower cholesterol as much as 24%. The American Cancer Society recommends choosing foods of plant origin and limiting high fat foods. Studies have shown a decrease in breast, colon, and endometrial cancers when consuming soy. Soybeans are a good source of protein and calcium, which aid in the prevention of osteoporosis. Soy products also exhibit an estrogen-like behavior that may also help prevent bone calcium loss. Finally, due to this estrogen-like behavior, menopausal symptoms such as hot flashes, night sweats and mood swings may decrease or be eliminated. Some easy ways to add soy to your diet include making oatmeal, pudding or hot chocolate with low fat vanilla soymilk. Try Veggie Slices (soy cheese) on your next sandwich or sprinkle soybeans in your salad for a nice crunch.
5. **Garlic** is great at warding off heart disease. This member of the onion family contains compounds called thioallyls that help dramatically lower blood cholesterol levels. These compounds also keep blood cells from clumping in the arteries. These thioallyls may also be effective in lowering blood pressure. A clove a day keeps the doctor away. Get garlic into your diet any way you can. Season potato salad, fish, chicken, bread and vegetables with garlic.

Try including these 5 foods in your diet this month. Just a few simple changes in the way most people eat could cut the risk of cancer in general by one third.

Catherine is a registered, licensed dietitian. She is also adjunct faculty at the University of Houston.

HEAVY TRASH

Sections 1 & 1A
1st Tuesday

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

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

RECYCLING

North of West 43rd St.
Tuesday April 4 & 18

South of West 43rd St.
Tuesday April 11 & 25

Recycling Hotline
713 837 9130

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April 2000

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>"Let us be thankful for the fools; but for them the rest of us could not succeed." - Mark Twain</p>							1
							April Fools Day
2	3	4	5	6	7	8	
Daylight Savings Begins		Civic Club Meeting 7:00 PM	Deed Restrictions Survey Due	Gazette Articles Due			
9	10	11	12	13	14	15	
	Garden Club 7:00 PM						
16	17	18	19	20	21	22	
Spring Festival Committee 4:00 PM							
Palm Sunday				Passover	Good Friday		
23	24	25	26	27	28	29	
Easter Sunday							
30	<p>Some upcoming events for May Civic Club Meeting Tuesday, May 2nd Spring Festival and GOMO Voting Kickoff Sunday, May 21st</p> <p><i>Make sure your Civic Club committee meeting or event gets on the calendar! E-mail the editor at GOGazette@Mac.com with your information.</i></p>						
Home & Garden Tour 12 - 6							