



GARDEN OAKS GAZETTE

MAY 2000

VOLUME 23, NUMBER 5

Top Ten Reasons to Vote for the Garden Oaks Maintenance Organization at the Spring Festival on Sunday, May 21st

Shelly Immel, Deed Restrictions Research Committee Chair

In May the BIG EVENT happens. VOTING to create the Garden Oaks Maintenance Organization (“GOMO” for short) begins at the Spring Festival on May 21st. In addition to the fun of a neighborhood event with food and festivities, every property owner in Garden Oaks will have the chance to vote. Your vote is very important, so please come by!

So here now, from the home office on West 42nd Street, are the Top Ten Reasons to come vote for the creation of the Garden Oaks Maintenance Organization at the Spring Festival on Sunday, May 21st:

10. The festival will be lots of **fun!**
9. It will be **easier to vote** for the creation of the Garden Oaks Maintenance Organization (GOMO) at the Spring Festival than at any other time. In order to vote, you will fill in your name, address, and signature on the petition, and show your driver’s license, passport, or other picture ID. The ID is necessary so a notary can stamp your signature. As you can imagine, getting notarized signatures makes going to you in a door-to-door campaign much more difficult and time-consuming, so come to us at the Festival instead!
8. Free **elephant** for the first fifty voters!*
7. The GOMO will be **set up to reflect what the majority of you want**, according to your survey responses.
6. If passed, the GOMO will **impartially enforce G.O. deed restrictions** (instead of relying on neighbors suing each other to stop violations, which is our only viable option right now).
5. The GOMO will also provide community members a knowledgeable source for **answers to deed restriction questions**.
4. Helps **increase muscle mass and strengthens the immune system**.*
3. A vote of at least **60% in each section** is required to pass the GOMO. The GOMO will pass or fail in each section independently. If it passes in one section and not another, then the first section will have the protection of the GOMO and the second section will not. You don’t want your section to be the one left out in the cold.
2. Just one thing to vote on – you don’t have to **decide in 512 judicial races**.*
1. **A non-vote is the equivalent of a no-vote. If you want to have an organization to enforce our deed restrictions, come out and sign your name on the petition to vote for it!**

*[*Okay, I made those three up. Besides, I think elephants are a violation of the deed restrictions. - Ed.]*

Spring is in the Air!

*Kirsten Joel, Spring
Festival Chair*

The Garden Oaks Spring Festival is just around the corner. Join us on Sunday, May 21 from noon to 4 P.M. at the Garden Oaks Elementary Spark Park for food and fun!

At the event, you will also have an opportunity to vote for the creation of the Garden Oaks Maintenance Organization (see other article).

Special thanks to Conn’s Appliances, Inc. for their donation of \$1,000 to underwrite the Garden Oaks Spring Festival!

From the Editor

Joe Muscara

Well, another new editor, another apology. Digging through past *Gazettes* as well as speaking with people that have been around a while, I understand that it's not uncommon to have a few bugs the first time out. Fortunately, no articles were hurt or injured in the publishing of the *Gazette*. It was simply my misunderstanding of the printing process that caused the previous issue to not appear the way I expected. Hopefully this issue will represent what I intended. Of course, more subtle tweaks may occur as they are needed. Here are the rest of the apologies and corrections for the last issue.

For those of you that noticed that the text size appeared smaller, the magnifying glass that should have appeared with your issue was not delivered in time. The delivery truck was deemed suspicious by a GOCOP patroller (who shall remain nameless) and chased out of the neighborhood.

The ad on page 7 was for the restaurant as listed in the Directory of Advertisers. It just turns out that they are also looking for a *Gazette* editor.

We neglected to publish last month's "Weed Cultivator of the Month." Look for it to return in the next issue with a certain newsletter editor listed as winner.

Speaking of ads, we are looking for someone to take over the responsibilities of Advertising Director. Our previous editor, Robert De Veau has graciously taken on this task in the interim, on top of his duties as Vice President and other Club activities. He will, of course, ease the transition to the new volunteer. Contact him for more information.

Thanks for reading. Next time you see me, come on over, introduce yourself, and let me know what you thought of *this* issue.

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.

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

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GOMO Survey Results

Shelly Immel, Deed Restrictions

Research Committee Chair

In April we finished gathering surveys on creating the new Garden Oaks Maintenance Organization (“GOMO”) to enforce our deed restrictions. We tallied the results to use in drafting the by laws of this new organization. We received 197 survey responses, or about 14% of the 1400 households in the neighborhood. The results were very clear. In all 5 Garden Oaks sections, the same options received the majority support.

The number of responses per section varied widely from 13 to 76 in a section. The results are listed from the highest to the lowest number of returns:

- Section 1: 76 responses
- Section 3: 49 responses
- Section 2: 31 responses
- Section 5: 28 responses
- Section 4: 13 responses

The results for each specific question follows.

1. How to Fund Deed Restriction Enforcement

How should the GOMO be funded for litigation, liability insurance premiums, and other costs?

87% (171 votes) Continue to collect a one-time fee paid by the purchaser at closing and collected by the title company, but make it a **.75% of the sale price** instead of a fixed amount, so it can vary with the property value and with inflation. This will only apply to future home sales and therefore will not require additional fees from current homeowners.

On a \$140,000 home sale, this would equal \$1050 paid by the purchaser. If 60 homes sell in a year and the average sale price is \$140,000, this would provide around \$63,000 per year to the GOMO. (For comparison, 1999 was an excellent year, with 78 sales with an average price of \$144,000. Some years will be better—some worse.)

13% (26 votes) Eliminate the fee at property sale. Instead, institute an **annual fee of \$50** for fixed income property owners over 65 **and \$100 for all other property owners.**

A majority of respondents in all sections chose the first option, ranging from a low of 81% in Sections 2 and 5 to a high of 93% in Section 1.

2. Requirements to Serve on the GOMO Board

Each section of Garden Oaks will have representatives on the GOMO Board. To represent your section, what is the residency requirement?

71% (140 votes) A GOMO Board member must own property in that section *and live in that section.*

29% (57 votes) A GOMO Board member must own property in that section *and live somewhere in Garden Oaks.*

A majority of respondents in all sections chose the first option, ranging from a low of 54% for Section 4 to a high of 86% for Section 1.

The survey also contained an open-ended Comments section on voting rights, GOMO board structure and duties, election of GOMO board members, and board meetings and communication with the community. Almost all residents indicated general support for the proposed GOMO set up outlined here (which was based on previous survey input).

We are currently working with our attorney to formulate these survey responses into the legal document which sets down the rules for how the GOMO will be funded, how Board members will be elected, and so on. That is what you will be voting on at the Spring Festival.

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 (i.e., all property owners) will vote on the updated deed restrictions.

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.

Hope to see you at the Spring Festival!

April Yard of the Month

Ray & Colleen Housley

407 W. 34th

Congratulations!

Luxury Lawns

Temple Oaks

Kaplan's Ben Hur

Terry Jeanes

Minutes of April 4th, 2000 Civic Club Meeting

Amy Shaughnessy, Secretary

Vice-President De Veau called the meeting to order at 7:10 P.M. A motion was made and seconded to accept the March minutes as published.

Officer Reports

Vice President: Robert De Veau had no report

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 bamboo anchors have been installed on the remaining roses left in the Rose Garden in an effort to stop the thefts. Contact Jeff Benjamin at 713-695-7953 for more information or to volunteer for the Beautification Committee.

GOCOP: Carl Waters reported that patrollers are still needed for the GOCOP program. Contact Carl at 713-864-1992 for more information on patrolling.

Constable Program: Jay Slemmer stated that 162 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. Decals have been ordered for those who have paid – two decals per paid household. Call Jay Slemmer or Terry Jeanes for more information or to participate in the constable program.

Senior Helpers: Sharon Lauder was not present.

Membership: David Bell reported that we have 152 paid households, which is about 11% of the neighborhood. Look in your *Gazette* or contact David Bell at 713-694-5016 to join.

Home Tour: Sheila Briones reported that pre-sale tickets and raffle tickets are now available. T-shirt orders are being taken now, too. Volunteers are needed to work the day of the tour! Call the hotline at 713-267-7800 or Robert De Veau at 713-686-6012 to volunteer. *Arts Alive!* will be entertaining kids for free at St. Matthew's church. Please call the hotline to reserve space.

Gazette: Joe Muscara stated that the *Gazette* is always interested in articles from our community. Contact Joe at GOGazette@Mac.com or 713-691-6833 for information on space available and deadlines for submission.

Deed Restrictions: Shelly Immel reminded everyone that the GOMO survey is due back to the committee ASAP so the results may be tallied and a document drafted for voting at the Spring Fling. Block walkers, especially in Sections 4 and 5, are needed to support this survey. For more information on the Deed Restrictions Committee or to volunteer, call the hotline number at 713-341-3737.

Spring Fling: Brenda de Alba reported that there will be a plant sale at the Spring

Fling again this year. Orders will not be taken in advance, but plants will be available for purchase at excellent prices at the event.

Guest Speaker

Ken Yarbrough urged everyone in Garden Oaks to fill out and return the Census forms. He also updated everyone on the progress of the sound wall. It will be 12 feet tall and construction is tentatively set to begin this fall.

Unfinished business

There was no news on the Conn's parking lot or the Mancuso Harley Davidson warehouse. The property at 43rd and Shepherd has been sold for construction of a private residence.

The temporary barriers at 30th and Shepherd are still scheduled to be replaced by attractive permanent ones sometime in the future.

New business

Laila Folk put forth the idea of forming a task force to look into the quality of education at Garden Oaks Elementary, in light of the decline in the most recent TAAS scores. The Garden Oaks List Serv is a great place to keep up with this and other issues. Join at http://www.onelist.com/subscribe/Houston_GO.

Vice-President De Veau adjourned the meeting at 8:25 P.M.

Refreshments for the meeting were provided by Terry Jeanes, REMAX.

Welcome, New Neighbors

Terry Jeanes

On behalf of the Garden Oaks Civic Club, we would like to welcome all of you. We know you'll like it in Garden Oaks, and if you want to help keep this neighborhood as good as it is, we invite you to join us. You can find the information you need elsewhere in this publication.

This is a list of real estate transactions since September 1, 1999. These are MLS listings and do not include private transactions. If you haven't done so, take a moment to welcome these new neighbors to the neighborhood and show them what makes Garden Oaks so special.

For those of you in the community that are renters, you are just as welcome. In fact, some of our most famous residents started in Garden Oaks as renters!

970 Althea	811 Lamonte	431 W 30	415 W 33	1006 W 41
978 Althea	918 Lamonte	336 W 31	412 W 34	930 W 42
1022 Althea	1050 Lamonte	208 W 32	507 W 34	982 W 42
1046 Althea	1075 Lamonte	535 W 32	508 W 34	1035 W 42
4215 Apollo	1079 Lamonte	816 W 32	526 W 34	1067 W 42
4223 Apollo	3205 Lawrence	220 W 33	817 W 34	744 W 43
4255 Apollo	703 Sleepyvale	223 W 33	713 W 41	934 W 43
803 Azalea	729 Sue Barnett	307 W 33	717 W 41	1086 W 43
858 Azalea	1002 Sue Barnett	407 W 33	827 W 41	
935 Gardenia	1418 Sue Barnett	511 W 33	979 W 41	

Shannon & Assoc.

Lauder Properties

ODs Printing

Controlled Air

Diane Morish

Garden Oaks Elementary

Jeannie Daniels, Principal

Tree Experts

When I first became principal at Garden Oaks Elementary School, I met with the Civic Club to initiate contact with individuals interested in improving our local school. As a result, a group of future Garden Oaks Elementary parents, spearheaded by our neighbor, Barry Morris, and I formed a group we initially called G.O.P.H.E.R., or Garden Oaks People Helping Education Reform. This group (if for no other reason than its funny name) evolved into Education Matters! One outgrowth of this project, which lasted approximately two years, was the Montessori program at Garden Oaks Elementary. Interested people in the community joined to help nurture this idea. We were able to start a pilot neighborhood Montessori program in 1995.

While this program has thrived, our neighborhood school also has a very strong SIGHTS program. Instruction in this program is accelerated and enriched to meet the needs of gifted/talented students. Our bilingual program moves students quickly into English while maintaining and enriching knowledge of their native language. We also have an inclusive special education program on our campus. Our children feel right at home with students who have impairments because they work, play, and have lunch together every day. We also have a very strong and committed faculty for all our programs.

Harry James
(3 7/8 " tall)

Garden Oaks students study at museums, perform in plays and musicals, join Girl and Boy Scout troops, play soccer, win district science and history awards, and compete with the best. We even have a young published author this year. Our Student Council participates in several community service projects, including picking up trash along the esplanade. We believe all our children should feel a part of this community, so we work hard to teach them the values necessary for them to contribute and appreciate a rich and full life.

As when I first came to Garden Oaks Elementary, we all want our school to work with anyone who is truly interested in improving the education of all our students. Our goal is to become the educational system of choice for this community. As Emerson once wrote, "What you do speaks so loudly that I cannot hear what you say." I invite all in the community to become involved in our school. I welcome your suggestions, ideas, and volunteerism. Our parent volunteers, the Civic Club, and community volunteers have helped us with auctions, Pancake Breakfasts, and other fundraisers. They have worked the Spring Festival, planned the fifth grade graduation party, paid for the Moon Walk at the Fall Festival, given art lessons, read to students, helped with our art car, donated picnic tables, donated a water fountain in the SPARK park, and planted trees. They have told stories to classes, helped with the Book Fair, donated office furniture and computers, and volunteered their kitchens for classes to cook up some "stone soup". The bottom line is that all of us, you and me, the parents, and the faculty, want our neighborhood children to learn. It's what we're all about.

Garden Club Update

Brenda de Alba, Garden Club President

News is getting out about what a great garden club we have in Garden Oaks! Each month has brought us new gardening friends. We're up to 23 new and renewing members (men & women) and we're always ready to welcome more. Our regular meetings are held the second Thursday of each month at 7:00 PM in a hosting member's home. Our dues are \$10 per year, which is one of the best deals you'll ever find. Besides our constant search for gardening knowledge, the Garden Club is devoted to the beautification and maintenance of Friendship Garden, a pocket park at the intersection of 30th & Lawrence in Section 1. We fund the upkeep for this park from our treasury, which is kept separate from the Civic Club.

We owe recent thanks to Alex Martinez for pruning the crepe myrtles and to Ed de Alba for restoring and improving the irrigation system in Friendship Garden.

Our January meeting was spent making plans for the rest of 2000. In February, we hosted Donald Burger, a consulting rosarian, who shared his vast knowledge of how to grow and care for roses. The March meeting taught us the basics of Landscape Design through the eyes and experience of Keiji Asakura, a world-renowned landscape architect. April was Butterfly Gardening month where Don Olhausen, the butterfly expert at Jesse Jones Nature Park, taught us what to plant and grow to attract butterflies to our gardens. Our spring workday was also held April 10th to get Friendship Garden in tip-top shape before the neighborhood Home & Garden Tour.

To show that our neighborhood support extends beyond Friendship Garden, the Garden Club will be sponsoring a plant sale at the Spring Festival on Sunday, May 21st. We'll have a wonderful selection of shrubs and perennials available at GREAT prices. All proceeds will be donated back to the neighborhood deed restriction effort.

See the list below for more great programs planned for the rest of 2000. For additional information about Garden Club activities, please call (713) 694-5934.

Cynthia Flowers

WANTED: DEAD OR ALIVE

Gazette Advertising Director

Help out your community and your community newsletter.

Contact Robert De Veau at
713-686-6012
for more information.

(actually, we would prefer the Ad Director to be alive)

Tanglewood Academy

DJs Better Body & Fitness Studio

*Patrick's
Pottery
& Collectibles*
Featuring
McCoy Pottery

Located inside: Antiques on 11th
1133 E. 11 Tues - Sun 11 - 5
Houston, TX 77009 713-868-1600

Handyworks

The Frame Shop

Andrew Smith,
CPA

Citizens On Patrol

Carl Waters

From time to time I wonder if our program does any good. And the answer usually comes back - YES! Typifying this was an incident that occurred in early March. Patroller David Bell was out on a Saturday night when he observed a car speeding up Alba and then screeching onto 41st St. heading west (David please forgive me if the facts stray, but this is how it was reported to me). David attempted to follow the vehicle but it was moving at speeds estimated at 60 miles per hour with the hood up. The car continued west on 41st St., passing the home of patrol base station operator John Hesse. John called 911 to report the vehicle and also informed David that the car had gone west from his home. David eventually lost contact with the car, but a second base operator, Johnny Murphy, reported that the car had raced past his home on Sue Barnett and into the ditch, stopping long enough for the female driver to get out and close the hood. The car again disappeared but not before a citizen recorded the license number and gave it to David. While all of this was going on David's base operator, V. D. Kelly, was trying to raise a base station operator in Shepherd Park Plaza to let them know the driver was heading their way. I was informed that the following day, acting on the information received, the vehicle and driver were located not too far away. The driver is facing charges for a hit and run accident at 34th and Alba which started the escapade. Way to go guys!!

February Crime Statistics (4):

Robbery

February 15 at 9:30 P.M. in the 1400 block of Sue Barnett (residence)

Burglary of a Motor Vehicle

February 3 at 5:00 P.M. in the 300 block of West Thirty Fourth St. (on the street)

Narcotics Arrest

February 15 at 11:37 P.M. in the 2900 block of Lawrence (on the street)

Driving While Intoxicated

February 5 at 11:45 P.M. in the 900 block of West Forty First St. (on the street)

Patrollers and base operators were on duty for 40 3/4 hours in February. Thanks to all patrollers and base operators for your time and efforts.

Would you like to join 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 eleventh at 10:00 A.M. and again on Thursday the twenty fifth 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)

First Quarter Financial Report

Jay Slemmer, Treasurer

This is a summary of revenues and expenses for January through March 2000.

<i>Revenues</i>	Gazette	\$470.00
	Beautification	\$140.00
	Home Tour	\$9706.00
	GO COP	\$0.00
	Garden Club	\$0.00
	Montessori	\$0.00
	Membership Dues	\$4446.00
	Constable Program	\$27,150.00
	Deed Restrictions Committee	\$0.00
	Interest Income	\$190.65
Total Revenue		\$42,102.65
<i>Expenses</i>	Gazette	\$2833.95
	Beautification	\$200.66
	Utilities	\$166.13
	Home Tour	\$2076.53
	Membership	\$100.00
	Monthly Meetings	\$10.00
	GO COP	\$44.35
	Executive	\$210.00
	Constable Program	\$11,983.21
	Garden Club	\$845.00
	Montessori	\$0.00
	Spring Festival	\$50.00
	Bank Fees	\$11.71
	Deed Restrictions Committee	\$122.00
Total Expenses		\$18,653.54
Total Surplus/(Deficit)		\$23,482.11

Central Bank

All Star Construc-
tion

DJ's Lawn Care

US Tree Experts

Gardening with Dad

Mark Saranie

This article finds me at 30,000 feet hurtling towards Costa Rica to unite with my brother and sisters. You see, my father, who moved his family there in 1966 from Little Rock, Arkansas, passed away on Thursday, March 30.

My dad's love of food and maintaining a small vegetable garden is a part of who I am. Prior to moving to Costa Rica dad kept a small garden plot in our back yard. I would help him weed and turn the soil, plant tomatoes and assorted types of peppers and herbs.

As spring would give way to summer, I, along with my siblings, would help harvest his small crops. When the trees began to prepare for their golden leaf showers in fall, dad would make those sticks with a nail on the end so that picking up leaves would be a way to keep us in check as well as be an aid to him. The smell of burning leaves that permeated the neighborhood air would bring back memories of past falls and the promise of Halloween and then Christmas. In the winter we would long for spring.

One of my chores, as the oldest male among the kids, was to mow the lawns. Which young boy isn't the one stuck with this duty? (I remember my dad using the grass clippings to make a nest in the back yard so that the Easter bunny would have a place to leave its treasures for us). We had a push mower in those long ago days and cutting the lawn took a considerable amount of time. Despite this, the task is one I enjoy (get no ideas, I don't hire out).

It is not difficult to figure out why my dad liked to garden. His parents in Arkansas had a large amount of farmland as well as a handsome garden. My dad's dad passed on a few years ago and his mom has slowed down considerably. However, in their younger years their garden was home to lettuces, carrots, beets, corn, spinach, turnips, onions, garlic, cabbage, chamomile, etc. My Grandmother's pride and joy was her asparagus bed. Whenever I had the chance to visit them, asparagus was prepared for lunch as well as dinner. What a treat! Tender asparagus shoots would magically appear just in time for each meal. Holidays were an event to behold. The different and many dishes that would be prepared were plentiful and incredibly delicious.

I miss my dad a lot and this short installment points to the statement with which I have closed my previous articles. Get your kids involved! When the poignant realization hits that that beloved voice will no longer be heard, the memories of

the times spent with you in the garden, or wherever, will be sweet comfort in times of deep sorrow. Fond memories are the medicine our souls cry out for when healing is needed. Goodbye, dad.

Garden things for May

- Get the kids involved.
- Be on the look out for chinch bugs infesting your lawn and treat accordingly. Chinch bugs love dry areas so water as needed and do so deeply.
- Continue mulching if you have not finished this task. The summer heat is coming and you want your plants' roots to remain as cool as possible.
- Amaryllis are finishing up their blooming cycles so feed and cut off the spent flower stalks. Fertilize your irises, caladiums, and other bulbs with bulb food found at your favorite nursery or home store.
- This is a good month to add vine veggies to the garden, namely: cantaloupe, cucumbers and squash.
- Enjoy your herbs!
- E-mail me at plantmania_2000@yahoo.com with suggestions or comments.

Eating for Prevention II

Catherine Kruppa, MS, RD, LD

Last month I discussed 5 foods that contain an abundance of antioxidants to fight disease. Vitamin C, E and beta-carotene fight hard to protect our cells from the cancer promoting free radicals. Omega 3 fatty acids help to fight against heart disease. Eating a low fat diet may not be enough for disease prevention. It is important to have variety in your diet and to include friendly fats, fiber, antioxidants and B vitamins to help ward off heart disease and cancer. Here are 5 more great ways to get more of these super healthy nutrients into your diet.

6. **Whole wheat** is loaded with fiber and nutrients. It contains insoluble fiber that helps to prevent gastrointestinal problems and soluble fiber, which helps to control blood cholesterol and blood sugar levels. Try to eat 20-35 grams of fiber per day. Research shows that the Mediterranean diet is healthier than the typical American diet which is loaded with fat and processed foods. One of the main components of the Mediterranean diet is whole

grain. Start your day with whole grain cereal, use whole grain bread on sandwiches and try brown rice or barley as a side dish for dinner to increase your fiber intake. Other whole grains include barley, buckwheat, bulgur, quinoa, amaranth, and flax.

7. **Berries** are high in fiber and vitamin C. They also contain a phytochemical, ellagic acid, that prevents nitrites in food from turning to carcinogens. A study at the Harvard School of Public Health found that strawberry lovers were 70% less likely to develop cancer than those who rarely ate the fruit. Berries of every kind offer benefits. These include cranberries, raspberries, blackberries and blueberries. For a low fat dessert serve strawberry shortcake or lemon sherbet topped with blueberries, or try a new twist to your salad by adding blueberries, strawberries and low fat feta cheese.
8. **Tuna** is a good source of heart healthy omega-3 fatty acids. The threat of a sudden heart attack is greatly reduced when you incorporate omega-3 fatty acids into your diet. These special fats reduce the aggregation or clumping of platelets, which are responsible for blood clotting. Tuna is also a good source of selenium, which serves as an antioxidant but may also boost mood, lift spirits and contribute to clear-headedness. Try a tuna melt for lunch. Place 3 oz. of tuna fish on 1/2 whole wheat English muffin and top with Alpine Lace Swiss Cheese and broil. For a heart healthy dinner grill a tuna steak and top it with a 1/2 cup of chunky salsa.
9. **Greens** are packed full of vitamins, minerals, fiber and phytochemicals. They contain carotenes such as beta-carotene, lutein, lycopene and zeaxanthin that help to protect artery walls from damage. Greens are also a good source of folic acid, which is extremely important for women in their childbearing years to help prevent birth defects. Folic acid also brings down levels of homocysteine. An elevated level of homocysteine can cause damage to arteries, allowing cholesterol to buildup. Combining greens with citrus fruits helps to increase the absorption of the iron in the greens. Go for a dark green salad with arugula, endive, radicchio or romaine lettuce. Sauté cabbage slices to make a bed for a grilled chicken breast with a teriyaki glaze.
10. **Beans** are not only high in fiber and low in fat and calories, but they are also a great source of protein as well as potassium, zinc, iron and B vitamins. Combine beans with a grain to make a well-balanced meal. The fiber in beans can help lower cholesterol, reduce the risk of diabetes, heart attack, stroke and colon cancer. One study showed that 4 ounces of beans daily could reduce cholesterol levels of over 200 mg/dl as much as 20%. There

are a wide variety of beans that can be used in hundreds of ways. Spoon black beans seasoned with cumin into tacos and wraps. Add garbanzo beans to a tomato pasta sauce or toss kidney beans into a crisp salad.

So next time you go to the grocery store, buy a new fruit or vegetable or one that you haven't had in a while. This will keep eating healthy fun and exciting and give you the added bonus of preventing disease.

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

Constable Report

Deputy Jason Green

This is the report for March, 2000.

Traffic Enforcement and Arrests

Verbal Warnings - 29

Written Warnings - 2

Total Court Citations - 33

Total Court Violations - 58

Total Arrests - 4

Service Calls

Alarm Responses - 1

Citizen Assists - 24

Citizen Contacts - 108

Criminal Offenses - 0

Disturbances - 0

Investigations - 0

Major Accidents - 0

Minor Accidents - 0

Park Checks - 24

Suspicious Persons/Vehicles - 18

Vacation Watches - 3

Misc. Calls - 28

Dispatched Calls - 6

Calls on View - 221

Total Miles Patrolled - 1059

Did you know that the Constable Program now encompasses all five sections of Garden Oaks? With enough participation, we can double the hours that Garden Oaks is patrolled by adding a second Constable. It's just \$230 a year, or \$20 a month for automatic checking account deduction. Contact Jay Slemmer at 713 695 7953 or Terry Jeanes at 713 680 8550 for information on how to participate and what benefits there are for contributing.

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 May 2, 16, & 30

South of West 43rd St.
Tuesday May 9 & 23

Recycling Hotline
713 837 9130

DIRECTORY OF ADVERTISERS

- All Star Construction 9
- Andrew Smith, CPA 8
- Better Body & Fitness 7
- Central Bank 9
- Controlled Air 5
- Cynthia Flowers 7
- Diane Morish's Boutique 6
- DJs Lawn Care 9
- The Frame Shop 8
- Handyworks 8
- Harry James 6
- Kaplan's Ben Hur 4
- Lauder Properties 5
- Luxury Lawns 4
- O.D.'s Printing 5
- Patrick's Pottery 8
- Shannon & Assoc. 5
- Tanglewood Academy 7
- Temple Oaks 4
- Terry Jeanes 4
- Tree Experts 6
- US Tree Experts 9

May 2000

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Civic Club Meeting 7:00 PM G.O. Elem.	3	4	5	6 Gazette Articles Due
7	8	9	10	11 Garden Club Meeting 7:00 PM 922 W. 41st	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27 Armed Forces Day
28 Spring Festival 12 - 4 PM Mother's Day	29	30	31	"All that I am or hope to be I owe to my angel mother." - Abraham Lincoln		
Memorial Day						

Some upcoming events for June
Civic Club Meeting Tuesday, June 6th

*Make sure your Civic Club committee meeting or event gets on the calendar!
E-mail the editor at GOGazette@Mac.com with your information.*