

# GARDEN OAKS GAZETTE

June 2000

Volume 23, Number 6

## Spring Festival a Big Success

*Kirsten Joel, Spring Festival Chair*

On Sunday, May 21, neighbors gathered at Garden Oaks Elementary Spark Park and enjoyed the "Zany Zoo Integrated Arts Alive! Experience" performance by their very own kids, an Arts Alive! Petting Zoo full of fun stuffed animals, a traditional Petting Zoo, a moon walk full of bouncing children and hilarious dog competitions with prizes for oldest dog, youngest dog, longest tongue, longest tail, dog who most resembles owner (is this a prize one wants to win?) and best costume (grand prize). Neighbors also had a chance to learn more about and vote on the Garden Oaks Maintenance Organization, and to sign up for the Constable Program and GO COP. The Garden Club hosted a plant swap and a plant sale (it is always best to buy from the experts!).

Jeannie Daniels, Principal of Garden Oaks Elementary School, was extremely helpful, loaning us tables, chairs and access to utilities on the day of the event. Generous underwriting by Conn's Appliances Inc. made the event possible and ensured financial success. National Pet Center's in-kind underwriting of the dog activities helped make the event fun and Arts Alive! brought the event atmosphere and culture! Individuals also underwrote the moon walk and donated a multitude of door prizes which were given out every 30 minutes.



The welcome table greeted everyone with smiles

100 people voted on the Garden Oaks Maintenance Organization, thereby helping the committee toward its goal of forming a deed-restriction enforcing body that truly reflects the needs of Garden Oaks homeowners.

*Continued on page 10*

## Letters to the Editor

*Joe Muscara*

This month, we are going to open up our mailbag and see what we find.

Our first letter comes to us from Ellie Knaster of Houston, TX.

*Dear Editor,*

*I've lived in this community for 207 years, and I don't have the durnest idea what in tarnation you're talking about. Elephants? GOMOs? Osmocote? Soy? Back in my day, we used run the likes of you outta town. I remember back in the blizzard of '27, there was a whippersnapper like you, wanted to take over the country. Well, we showed him, we did. [Illegible text for several pages] So that's what we did to him, and we'll do the same to you if you dont watch it.*

Thanks. I appreciate the compliment.

Our next letter comes to us from little Tracy Knaster of Houston, TX. She's just seven years old.

*Dear Mr. Editor,*

*When I grow up, I wanna be just like you. Every month, my mommy reads me the Gazette and it puts me right to sleep. I will write stuff for little kids and help them get their rest just like you do.*

It's always a pleasure to hear from the little ones in our community, and to know what a positive effect I am having on them.

Our final letter comes from Scott Knaster of Houston, TX (isn't that amazing? All this month's letters are from Houston!).

*Dear Editor-dude,*

*You are so cool. Way. Like, you know what you know, you know? Later!*

Again, thanks! What can I say? I'm touched.

That's it for this month. If you have a letter, comment, suggestion, or editorial about the *Gazette*, any articles, or something in the community you'd like to discuss, please send it to the editor using the information in the masthead to the right. Make sure you include your name and address.

### Civic Club Officers

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<i>Vice President</i> Robert De Veau	713 686 6012
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<i>Citizens on Patrol</i> Carl Waters, Jr.	713 864 1922
<i>Constable Program</i> Jay Slemmer	713 695 7953
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<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

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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
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<i>Yard of the Month</i> Cathey Land	
<i>Sunshine</i> Terry Jeanes	

## Thanks Delivery Volunteers

*Jerry Vuchak*

Thanks to all of you who called to volunteer to deliver the *Gazette* on the open routes. I am happy to report that, as I write this, we are fully staffed with volunteers. I'd like to gratefully thank and welcome our new volunteers: Julie Fox, Michael Froebel, and Cherry Wolfarth. I'd also like to mention and thank departing volunteers for their past efforts and support: Doug & Megan Barlow, Melinda Garza, and Craig & Christine Stevens. Special thanks to those who delivered the *Gazette* in the interim: Ed & Brenda de Alba, Sheila Briones, and Millard & Cathey Land. And of course, thanks to the rest of the volunteers for their ongoing support!



One of the many children who enjoyed the Spring Festival.  
For more photos, see page 10.

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

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## Report from Garden Oaks Elementary

*Jeannie Daniels*

Greetings from Garden Oaks Elementary School as we end of our 1999-2000 year! We have had many exciting events, challenges, and accomplishments this year. We are proud to announce that our English TAAS scores improved dramatically from last year. Our standardized test scores were also up! We are quite pleased with our students academic accomplishments this year.

This school year we had a student population at the maximum capacity of 642. This is partly as a result of the HISD space available policy that allows parents to apply to attend the school of their choice. As in the past several years, we had a number of students who applied for Choice Transfers to our campus. Each year we have had so many requests for transfers that our Student Transfer office conducts a lottery to determine which students will be able to come here. We had a very full school this past year!

Looking forward to next year, Garden Oaks Elementary would like to find a new business partner for our campus. We have had Memorial Hospital Northwest and McCoy, Inc. These two business partners were great, but have either moved from our area or spread their time and resources to other areas. If anyone in the community is aware of a business that would like to join in partnership with our school, we would welcome the opportunity to meet with them. Our business partners have provided volunteers, donations, school supplies for students, field trip opportunities, guest speakers, and much more. If your company might be interested, please let me know.

Upward and onward to Summer School and then to a well-deserved rest for all of us here are Garden Oaks Elementary! Hope your summer is healthy, relaxing, and most of all, fun!

*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.*

Large, solid wood corner computer desk. \$300 OBO  
Cherry 713-688-5131

# Minutes of May 2, 2000 Civic Club Meeting

*Amy Shaughnessy, Secretary*

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President Flowers called the meeting to order at 7:00 p.m. A motion was made and seconded to accept the April minutes as published.

## Officer Reports

Vice President: Robert De Veau had no report

Treasurer: Jay Slemmer was not present

## Committee Reports

**Beautification:** The Beautification Committee is looking for new members – community involvement is encouraged! Chair Jeff Benjamin announced a meeting at his house on May 15 – call Jeff at 713-695-7953 for more information or to volunteer for the Beautification Committee.

**GOCOP:** Carl Waters stated that there were 5 crimes reported in Garden Oaks in March. New patrollers are still needed and additional hours from current patrollers would be appreciated. Contact Carl at 713-864-1992 for more information on patrolling.

**Constable Program:** Co-Chair Terry Jeanes reported that we are 16 households short of paying for one full-time constable for the year. Once we reach that point, we can work on paying for a second constable so we can have 80 patrolled hours a week instead of 40. Section 5 has the fewest Constable Program participants. 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 was not present. Contact David Bell at 713-694-5016 to join.

**Home Tour:** Robert De Veau reported that the tour was a success! Approximately 700 toured the homes and gardens. This is down a bit from 1999, probably due to the threatening weather April 30.

**Gazette:** Joe Muscara made two small corrections to last month's *Gazette* and encouraged residents to submit articles for publication. Contact Joe at 713-691-6833 for information on space available and deadlines for submission.

**Deed Restrictions/GOMO:** Shelly Immel reported that the survey results are being tallied and an attorney is working on the document to be voted on at the Spring Fling May 21. For more information on the Deed Restrictions Committee or to volunteer, call the hotline number at 713-341-3737.

**Spring Fling:** Shannon Thompson stated that volunteers are still needed for the Spring Fling on May 21, 12-4 p.m. at the Spark Park.

**Garden Club:** Ed de Alba announced that the Garden Club programs for 2000 are



# Why A Survey for Attendance at Garden Oaks Elementary?

*Laila Folk*

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Like most of you, I fell in love with Garden Oaks' beautiful large lots and its close proximity to downtown many years ago. We have amenities that other Houstonians would love to have in their neighborhood and with a young child, I am also thrilled about having a local elementary school right across the street.

But in talking to my neighbors, I was surprised to learn that many residents do not send their children to Garden Oaks Elementary. For example, there are ten wonderful children on our street that provide an excellent neighborhood atmosphere for our little one. Out of those ten children, six are of school-age to attend Garden Oaks Elementary. However, of those six, only one does so.

This statistic surprised me and am sure will surprise most of you. Is this scenario repeated on other blocks of Garden Oaks? There are many reasons why a parent would choose to send their child to another school but, time and time again, the statement "it would be so nice if we could send our children to our neighborhood school" is heard at various community gatherings.

Just how many children are of school-age in Garden Oaks, how many are not attending our local elementary school and what is motivating the parents' choice? These are important questions that should be asked. The resulting information might lead to increased neighborhood attendance and increased involvement by concerned parents who love Garden Oaks and who want to remain in a quality local public school system for their children's elementary school education.

To answer these questions, a survey is enclosed in this month's Gazette and every resident's response is important. The results will be summarized and reported to the neighborhood, our local school administration and Houston Independent School District. If we find out why some parents are leaving, perhaps we can address their concerns and keep those families and their children in our neighborhood school.

One measure of the school's teaching success (although not the only one) is the annual TAAS scores which are released every May. The following table gives the Garden Oaks Elementary TAAS results for the school year 1998-99.

1999 (last Spring)

% Passing TAAS

Reading	77%
Math	78%
Writing	90%

Rating: Acceptable

(The lowest rating is Low- Performing, followed by Acceptable, then Recognized, and finally Exemplary)

LEP Exemptions	10
Special Ed Exemptions	27
Enrollment:	602
Low Income:	63.3%

Demographics:

African-American	14%
Anglo	28.1%
Asian	1.0%
Hispanic	57%

As you can see, Garden Oaks' rating is "Acceptable." There is always room for improvement and we hope every student will benefit from the hard work of the teachers and the principal to increase these scores. For your information, the school has just taken the TAAS test for the 1999-2000 school year. We will publish the results in the Gazette and on the OneList as soon as they are released.

Since Garden Oaks residents are zoned to Garden Oaks Elementary, let's hear from you. Praise what is good, explain what you think needs improvement, and suggest how can we make the school more desirable so that attendance by Garden Oaks children will increase. All responses will be held confidential and only the answers will be summarized for release. We understand the need for absolute candor in responding; the summary will be independently verified so your individual responses will not be released.

If you have had, presently do have, or in the near future will have children of elementary-school age, please help us by ANSWERING THE SURVEY and returning it.

Only by addressing your individual concerns can we hope to increase the neighborhood attendance at Garden Oaks Elementary and make it the "educational system of choice" for every family in Garden Oaks. For those of you without children, the survey is also important in that any efforts to improve our local school will benefit you directly by enhancing your property values. Now, isn't that a great win-win situation for all Garden Oaks residents?

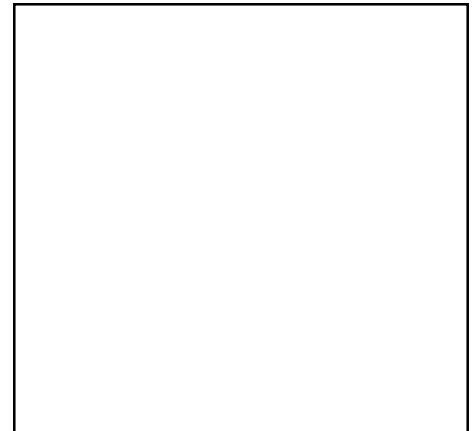
Please complete the enclosed survey and return it by June 30th to either:

Thelma Elizalde - Section One	or	Laila Folk - Section Two
311 W. 31st Street		726 Garden Oaks Blvd.
Phone: (713) 802-0060		Phone: (713) 695-5678
Fax: (713) 802-0070		Fax: (713) 695-5685
email: telizald@aol.com		email: lafolk@juno.com

Again, all replies will be kept confidential.

If you haven't already joined, please sign up for the Garden Oaks OneList [http://www.onelist.com/subscribe/Houston\\_GO](http://www.onelist.com/subscribe/Houston_GO). We will publish any TAAS results as soon as they are released so that you will have the latest information.

[Editor's Note: Publication of this or any article does not imply endorsement by the Garden Oaks Civic Club and is solely the opinion of the author. The fee for printing the survey was paid for entirely by Ms. Folk. If you send comments to the Gazette, we will print your letters so long as the author's name and address is provided. See page 2 for the editor's contact information.]



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It's just \$40 for one month, \$200 for 6 months, and \$380 for one year for the standard ad size (2 3/8" x 2 1/4"), or \$70 for one month, \$350 for 6 months, and \$740 for one year for double the ad size.

Contact Robert De Veau at  
713 686 6012 or send an e-mail to  
GOGazette@Mac.com.

## Citizens on Patrol

Carl Waters, Jr.

What you see is not always what you get. Last month I received what appeared to be an innocent e-mail from a relative with a file to download of family pictures. Eager to see pictures of my nieces, I opened the file and much to my surprise out jumped a computer virus. It took over a week to get the computer running again. Like many of you, by Thursday of that week I was swamped at work with "Love letters" from people I had never met. It just goes to show things are not always what they seem.

By time this edition of the *Gazette* hits the street, our neighborhood youngsters will be enjoying their summer vacations. Please watch for them at play.

It's not too early to start planning your *National Night Out* block parties. Please contact me to register your parties with HPD.

March Crime Statistics (5):

Burglary of a Motor Vehicle (2)

1000 block of W. 42nd on March 16 at 7:30 P.M. (In a driveway)

3000 block of North Durham on March 22 at midnight (Auto repair shop)

Auto Theft (1)

3200 block of North Shepherd on March 26 at 9:45 A.M. (Parking lot)

Driving While Intoxicated (2)

200 block of W. 31st St. on March 22 at 7:50 P.M. (Public Street)

700 block of W. 43rd St. on March 19 at 1:20 A.M. (Public Street)

Also reported in the statistics was a rape which was listed to have occurred in the 1100 block of W. Forty Third St. The attack was listed to have occurred on March 4 at 8:43 P.M., but the listed location of "woods" made me believe that the address was incorrect. In any case let's be careful out there!

Patrollers and base station operators were on duty for 51 and 3/4 hours in March. Thanks again to all the patrollers and base operators for trying to keep our neighborhood safe.

Applications are now being accepted for patrollers over the Internet at GOCOP77018@AOL.com. Just leave a message and I will get back to you within 24 hours. You can also call me at 713-864-1992 for details about joining our program.

### Emergency Contact Numbers

Crimes in progress, Fire or Ambulance	911
Houston Police Department (non-emergency)	713-222-3131
Precinct One Constable North Shepherd Office	713-697-3600
Precinct One Constable San Jacinto St. (downtown)	713-755-5200



## Beautification Committee

*Jeff Benjamin, Chair*

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The majestic, but dead, oak tree in Triangle Park was the focus of the Beautification Committee meeting on May 15th. The committee members and ten nearby residents discussed the options regarding the tree and came to consensus that the tree should be removed. The city has been contacted for its removal. Future options for the park include the following: 1) planting another tree, 2) constructing a structure (pergola or gazebo) with rain protection and benches, or 3) a combination of these options. Other ideas are encouraged and will be considered. Triangle Park Clean-Up is scheduled for Saturday, June 10th, 8:00 - 11:00 AM. Please help us out with your participation.

The next Beautification Committee meeting is scheduled for July 17th at 7:00 PM. More details to follow in the next issue of the Gazette. We are currently hoping to identify Park Captains for each park who will help coordinate and organize plantings and maintenance. Thanks to Gail Bell for volunteering to captain Triangle Park. The Garden Club's idea of individuals adopting small sections of Friendship Park for more frequent maintenance is an idea we can consider applying for all of the parks. Please come to the next meeting, or call if interested in helping (713) 695-7953.

**Rose Garden up-date.** We have received several donations for rose replacement in the Rose garden. Current plans are to do some replanting this Fall and incorporate measures which will make rose theft more difficult.

## Area Graduates

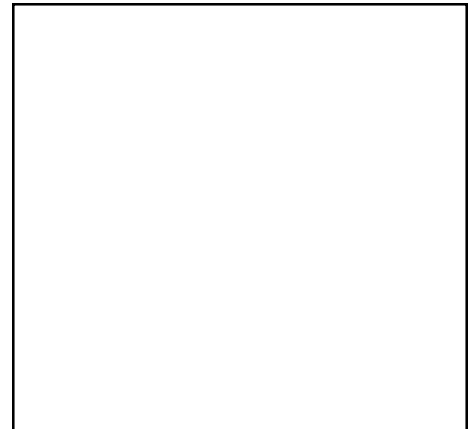
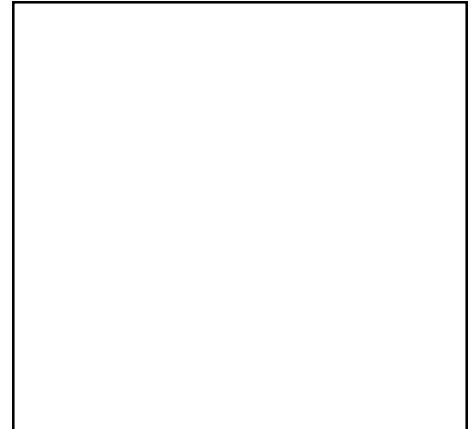
*Terry Jeanes*

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Both girls are Class of 2000 graduates from Lamar High School and are members of the Arrowhead Society, students graduating with a 4.0 GPA or higher. Graduation is June 4, 2000.

Becky Jeanes, one of the Civic Club babysitters, who was baby-sat by the Civic Club while Mom fulfilled her many civic roles over the years, will be attending Tulane University in New Orleans. Becky has received a scholarship as a Distinguished Honors Scholar and will major in architecture.

Jacqueline Debien, who has also baby-sat for the Civic Club, will attend the University of Chicago. Jacqueline is also a National Merit Finalist.



*Continued from page 1*

At the end of the day, we netted approximately \$500 for the neighborhood.

The Leader and the Houston Chronicle This Week section helped publicize the event outside of Garden Oaks and a TV camera was spotted covering the event for the local news!

In planning the Garden Oaks Spring Festival, we had four objectives: to give everyone a chance to have fun and get to know their neighbors, to kick off the voting for the Garden Oaks Maintenance Organization, to raise funds for the neighborhood and to attract new people to Garden Oaks. Thanks to you, as attendees and as volunteers, we were successful on all four fronts!

My personal mission was to see my 2-year-old, Benjamin, pet an animal as he so enjoyed it at last year's festival. Unfortunately, this did not happen as I was sick and missed the whole event - so I particularly thank the committee and all the other volunteers - named and unnamed - who helped on Sunday. The event's planning committee is made up of myself, Shannon Thompson, Carol Hazel and Tina Sabuco. On the day of the event, many people helped, including Wendy Haardt, Colleen Howsley, Jay Slemmer, Sam Stengler, Ron and Yvonne Moran, James King, Shelly Immel, Susan McMillian, Dave Thompson, Lori Kennedy and Joe Muscara, Brenda and Ed de Alba, Alex Martinez and Mary Tyler-Martinez, and James Flowers. I am sure I have missed several people (Caroline, - sorry I don't have your last name). If your name is not listed, please accept my sincere thanks and know that your help is appreciated. If I had been present, I could have thanked each of you all in person. As I was not, please accept my gratitude!

Watch the Leader and Houston Chronicle This Week section for follow up articles on the festival and look in this Gazette for details on this Summer's Arts Alive! schedule of classes and camps at the Arts Alive Abode! their studio on Heights Boulevard!

See you next year!



Is this a person who really needs a microphone?



Brenda, Cathey, and Robert hard at work selling plants for the Garden Club while Ed relaxes.



And how would you like your face painted?



When is the REAL petting zoo gonna be here?



Ladies and Gentlemen, meet Hot Dog, who is not the only embarrassed dog in the neighborhood...



Do you think Carly likes the rabbit?



Civic Club President James Flowers and representatives from National Pet Center deliberate about contest entrant Dog Star's costume (Dog Star later went on to win Longest



The winner of the "Owner Looks Most Like His Dog" Contest [*Did I get that right? - Ed.*]



All pictures by Colleen Howsley, except apparently this one. Great job, Colleen! (Colleen is shown here with her husband, Ray.)



Are you sure there are enough balloons for everyone?

## Garden Club

*Susan Spooner*

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The May Garden Club meeting was held in the home of Terry Jeanes. The guest speaker, Hirshal Theilan, spoke on growing daylillies. Hirshal is a resident of Candlelight Oaks subdivision and has over two hundred varieties of daylillies growing in his yard. He brought many examples and discussed planting, growing, and hybridizing.

The June meeting will be a tour of the Garden Oaks Boulevard esplanade by Brenda De Alba, who was instrumental in the design and planting there. Guests are invited to attend. The date is Thursday, June 8 at 7:00 P.M.

# Deed Restrictions Research Committee

*Shelly Immel, Chair*

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First of all, here's a big, fat THANK YOU from the Deed Restriction Committee to all of you who came out and voted at the Spring Festival on May 21<sup>st</sup>!! The vote was for the creation of the "GOMO" (Garden Oaks Maintenance Organization). The GOMO is the proposed organization to enforce the Garden Oaks Deed Restrictions. It will be created if 60% of property owners vote for it.

We collected 105 ballots at the Spring Festival, which is 7.5% of the neighborhood. When you consider that we spent more time and sweat going door-to-door for the last survey and got a 14% response rate, that 7.5% looks pretty good for a single afternoon!

Here are the results so far, broken down by section:

Section 1	22
Section 2	21
Section 3	21
Section 4	18
Section 5	23
Total	105

Of the 105 ballots cast, only 2 were "no" votes. Everyone else voted in favor of creating the GOMO. The breakdown by section is important, because the GOMO will pass or fail *by section*. The GOMO could go into effect in some sections, while others that do not reach the required 60% affirmative vote are left without the protection of an organization to enforce their deed restrictions.

In June we will be organizing efforts to bring the vote to more Garden Oaks residents. We plan to take advantage of events such as National Night Out as well as door-to-door efforts. We were pleasantly surprised to find out that ballots do not have to be notarized, which makes everything much simpler. (This is because we are using Section 204 of Texas law instead of just Section 201.) Still, gathering another 750 ballots or so will be a major effort no matter how you slice it. If you are interested in being a block captain or would like to take ballots to a National Night Out block party or other neighborhood event in the next 2 - 3 months, please call us at 713.341.3737 and leave us your name and phone number or email address. We'd more than welcome the help!

Starting the voting for the GOMO was a major milestone for

our committee. Thinking about all the hard work that has gone into getting us this far, I am truly appreciative of all the people who have volunteered their time and effort. I'd particularly like to recognize the large roles Sam Stengler, James King, and Dave Thompson played in pulling things together in the last month and getting us all ready for this vote. All our volunteers contributed by asking good questions, reviewing documents (often with a very short turnaround time), tracking down information, talking with attorneys, running photocopies, notarizing documents, filing things with the County Clerk, and walking door-to-door to find out what their neighbors want this new organization to be like. We couldn't have gotten to this point without the help of all of you. THANK YOU!

I'd also like to give special thanks to Kirsten Cameron Joel and Shannon Thompson who coordinated the Spring Festival. Thanks for giving the GOMO voting a great kick-off, and thanks for throwing such a fun party!

During the voting at the Spring Festival, we found something in the document attached to the ballot people voted on that should have been clearer. We are correcting it for future ballots by adding a single word to clarify the meaning. Based on survey feedback, the GOMO will be funded by a one-time fee collected at closing when a property sells. As we have consistently stated in surveys, Gazette articles, Civic Club meetings, and GODR Committee meetings, the *purchaser* will pay this one-time fee. The document Sunday said "the owner" would pay the fee, but didn't clarify whether it was the new owner or the old owner. When we noticed the omission and consulted with our attorney, he advised us to publish this explanation and make the following change to all subsequent ballots.

The language that appeared in the document Sunday was:

4. b. Special Assessments. At the time of purchase of a Lot, **the Owner** will pay a one time special assessment equal to three-fourths percent (0.75%) of the gross purchase price...

We have added the word "purchasing" to clarify the intent for all new ballots. The revised document says:

4. b. Special Assessments. At the time of purchase of a Lot, **the purchasing Owner** will pay a one time special assessment equal to three-fourths percent (0.75%) of the gross purchase price ...

This article serves as public notice to everyone that we are making this change. If anyone who voted Sunday has questions or concerns about this, feel free to call our committee hotline at 713.341.3737 or send us a written comment/question if you prefer at GO Deed Restriction Committee, 807 West 41<sup>st</sup>, Houston, TX 77018.

Thank you all again for your support.

## How 8 Glasses A Day Can Keep Fat Away

*Catherine Kruppa, MS, RD, LD*

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Drinking adequate fluids is essential for almost every function in the body. Fluids have many important functions in the body such as producing energy, regulating body temperature, eliminating waste products and dissipating heat through the skin as sweat.

Water also suppresses the appetite naturally. Many people mistake thirst for hunger. Try the 15-minute water test. If you feel hungry mid-afternoon and it is not time for a meal or snack, drink 8 ounces of water and wait for 15 minutes. Most likely you will not be hungry when the 15 minutes are up.

Water also helps to metabolize stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits. Without adequate water the kidneys can not function properly and some of the load is placed on the liver. One of the liver's primary functions is to metabolize stored fat into energy for the body. If the liver has to do some of the kidney's work, it can not work at full capacity; therefore it metabolizes less fat.

Drinking adequate water is also the best treatment for water retention. When the body is dehydrated it holds on to every drop. This shows up as swollen feet, legs and hands. The best way to overcome this problem is to give your body plenty of water. At that point the stored water will be released.

Water helps maintain proper muscle tone by giving muscles their natural ability to contract and prevents dehydration. It also helps to prevent sagging skin that usually follows weight loss.

Water helps rid the body of waste. During weight loss, the body has a lot more waste to get rid of due to the fat that is being metabolized. Adequate water helps to flush out this waste.

Water also helps to relieve constipation. When the body does not get enough water it absorbs water out of the colon. The result is constipation. When a person drinks enough water, normal bowel function usually returns.

Finally, adequate fluid intake can help fight mid afternoon fatigue. One of the main reasons that people get tired around

3:00 P.M. is due to dehydration. Drinking adequate water can actually increase your energy level.

How much water is enough? The average person should consume a minimum of eight 8-ounce glasses of hydrating fluid every day. The amount that you drink should be increased if you exercise or if the weather is hot or dry. Water is absorbed into the system more quickly when it is cold. If drinking that much water is difficult, add lemon, lime or some juice to add flavor. You can also try other hydrating fluids such as juice, milk, or carbonated water. Steer clear from beverages that contain caffeine or alcohol. These beverages act as diuretics and increase your fluid loss leaving you dehydrated. For each caffeinated or alcoholic beverage that you consume you should drink the equivalent amount of water or another hydrating fluid.

The easiest way to make sure you drink enough fluid is to follow a schedule. Try drinking 12 ounces with each meal and 12 ounces between meals. I find it easier to drink out of a bottle. You can carry the bottle with you everywhere and you can take bigger sips. Many people are discouraged when they first increase their water intake because they make frequent trips to the bathroom. Not to worry, give your body two weeks to adjust and the bathroom trips should decrease. Thirst is not a good indicator of hydration. Once you are thirsty you are already dehydrated. One easy way to monitor your fluid status is by checking the color of your urine. If you are adequately hydrated your urine should be lemon-ade colored.

Although, most of us take it for granted, water may be the single most important catalyst in losing weight. Drink up!!

Catherine Kruppa, MS, RD, LD is a dietitian at The Houstonian Club and adjunct faculty at the University of Houston.

## Welcome New Neighbors

*Terry Jeanes*

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On behalf of the Garden Oaks Civic Club, welcome to all these new neighbors who have joined us from 4/1/00 to 5/15/00. These are MLS listings and do not include private transactions. If you haven't had the chance to do so, take a moment to welcome our new neighbors and show them what makes Garden Oaks so special.

863 Lamonte	419 W 33rd
3003 Lawrence	336 W 34th
1342 Sue Barnett	870 W 42nd
1543 Sue Barnett	803 W 43rd

## Ginger Surprise

Mark Saranie

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Kudos goes to all the homeowners who so graciously opened up their homes and gardens for everyone to admire. The homes were all stunning and very tastefully designed and decorated. I for one was very impressed, (envious if truth be known), of the gardens. The work and love put into these living works of art was a joy to behold as well as an opportunity to glean ideas and discover the unique talents of our neighborhoods' gardeners. Each garden held unexpected surprises in the form of yard art, unusual fountains, and breathtaking showers of flowers.

I like surprises as much as anyone else and the week after the Home Tour I was treated to a pleasant one. My overgrown bed of cardamom ginger graced my backyard with two blooming spikes. At first they looked like an *Alpinia*, or shell ginger. The following day, the waxy looking "shells" broke open to reveal the most unusual ginger blooms I had ever seen. This stand of ginger has been developing for five years and flowering was one of the events I had been told by the gardener who gave them to me would never occur. Well, surprise, surprise. The yellow speckled white throat reminded me of certain types of orchids. Looks like I will be doing some research on this ginger. I have always been happy with the fragrant foliage. What a perk!

While delivering the Gazette on our street the afternoon of the Home Tour, I came across several yards sporting different gingers, especially shell gingers. The blooms were out in force! I like gingers because they are relatively easy to grow, have great design value in the garden and landscape, and reward us year after year with their exotic children. Being easy to grow demands some patience, however. Some newly planted ginger rhizomes require two years growth before flowering. They are worth the wait though.

Taken from the "Houston Garden Book," gingers are segregated into: *Alpinias*, *Amomum*, *Costus*, *Curcuma*, *Hedychium*, and *Zingiber zerumbet*. The *Alpinias* I have briefly mentioned above. *Amomum* produce flowers in cone-like spikes beneath its foliage. *Costus* (better known as the spiral ginger) has as its distinguishing characteristics that of its leaves spiraling down around the stems. *Curcuma*, or hidden ginger, has as its show stoppers the changing of its blooms from green to scarlet orange. *Hedychium*, with its exotic flowers in bracts or spikes has as its best display, *H. coronarium*, or white butterfly ginger, which is extremely fragrant, (and a resident in my backyard), and *H. flavum* (yellow butterfly ginger). Last but not least is *Zingiber zerumbet* or pine cone ginger. The

flowering head is on a one-foot spike, with overlapping green to red bracts that give it the appearance of a pinecone. These and other ginger species are offered during the Fall Bulb Mart. Keep an eye opened for this event, it is worth every rhizome, bulb, or plant you purchase for your garden.

Now don't forget culinary ginger, the kind you get at the grocery store or farmers market. Any unused portions you have at home will sprout as long as the section has at least one eye. At times I will dig through the ginger stalls at the store and purchase small pieces for my garden. These I plant in a group. Whenever I need fresh ginger I have it readily on hand. The flavor is unlike any fresh ginger you will buy. Try it out. And as always, for comments or suggestions drop me a line at: [plantmania\\_2000@yahoo.com](mailto:plantmania_2000@yahoo.com)

### Garden Stuff for June

Get the kids involved.

- Last chance to prune and feed those Azaleas. Get this task finished before the middle of the month. Buds for next springs show begin to slowly set.
- Fertilize your color beds.
- If you still have summer color waiting for a home in your garden, get these placed as soon as possible. Summer heat is nigh and a well-established plant will have better odds at surviving.
- Late into the month, fertilize trees and shrubs. Any fertilizer with a 1:1:1 ratio will do.
- Start cutting your grass higher. This will keep moisture in the ground and shade the roots. Mulch those clippings and leaves. It's a shame to see all the free grass food discarded on the side of the road.

## Sound Wall Update

Craig Lee

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Sound wall construction along the North Loop is on target according to the state. The estimated cost for the entire project (to T C Jester) is \$3.5 million. The date scheduled for the final approval of the plans by the commission is Sept. 22, 2000. The plans will be let out to contractors on October 4th and 5th and the commission will award the contracts on October 26th. Construction will most likely begin in early 2001. The expected completion date cannot be determined until the bids have been received. Note that these are scheduled dates; the actual dates could change.

**Heavy Trash**

I give up.

Here are the phone numbers.

City Heavy Trash  
713 699 7900

One Call Program  
713 956 6589

**Recycling**

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

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

Recycling Hotline  
713 837 9130

**Directory of Advertisers**

- All Star Construction 9
- Andrew Smith, CPA 8
- Arts Alive! Insert
- Better Body & Fitness 7
- Central Bank 9
- Controlled Air 5
- Cynthia Flowers 7
- Diane Morish's Boutique 6
- DJ's Lawn Care 9
- The Frame Shop 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
- Smile Depot Insert
- Tanglewood Academy 7
- Temple Oaks 4
- Terry Jeanes 4
- Tree Experts 6
- US Tree Experts 9

# June 2000

Sunday    Monday    Tuesday    Wednesday    Thursday    Friday    Saturday

<p>"The worst misfortune that can happen to an ordinary man is to have an extraordinary father." - Austin O'Malley</p>				1	2	3
4	5	6 Civic Club Meeting 7:00 PM G.O. Elem.	7	8 Garden Club Meeting 7:00 PM Garden Oaks Blvd.	9	10 Work Day at Triangle Park, Sue Barnett and Azalea
11	12	13	14 Flag Day	15 Gazette Articles Due	16	17
18	19	20 Summer Solstice	21	22	23	24
25 Father's Day (really!)	26	27	28	29	30	

Note: Since the first Tuesday of July is a holiday (July 4th), the July Civic Club Meeting will be held Wednesday, July 5th.

Make sure your Civic Club committee meeting or event gets on the calendar!  
E-mail the editor at [GOGazette@Mac.com](mailto:GOGazette@Mac.com) with your information.