



GARDEN OAKS GAZETTE

July 2000

Volume 23, Number 7

Deed Restrictions Voting Underway

Sam Stengler, Deed Restrictions Committee Chair

First off, let me thank Shelly Immel, outgoing (and certainly out-going) chair of the GO Deed Restrictions Committee for all her hard work in guiding this committee through the quagmire of logistics and legal problems that were encountered along the way to get us where we are now. Though her leadership will be missed, she is staying on as a fully participating member of the committee, for which I am glad. Thanks, Shelly!

Next, let me introduce myself. I am Sam Stengler, residing at 710 Sue Barnett Drive, and I, my wife Beth, plus our two children have been living in Garden Oaks for over 4 years now. We love the neighborhood, and want to do whatever we can to keep GO the unique neighborhood that it is. To that end, I have been a volunteer on the Deed Restriction Committee almost from the start, and have now agreed to try and fill Shelly's shoes as Committee chair. As such, I welcome anyone's comments and suggestions on the process of setting up an enforcement body to take the place of the old Board of Directors.

Now, to update everyone on our plans and progress so far.

We are currently in the process of distributing and collecting ballots for the creation of the Garden Oaks Maintenance Organization, or GOMO. We have 110 votes so far, with 108 of them 'Yes' votes, and 2 'No' votes. This means that about 7.7% of the property owners have voted FOR the creation of GOMO (there are approximately 1400 properties in GO), out of the approximately 60% (840) that we need. (My hedging of the numbers is intentional, and is based on the actual legal requirements to have a successful vote. This will be explained in a future article, or, you are welcome to call or stop me at a meeting to ask. I'll be happy to explain.)

We have ballots available from several sources.

One source is the GO List server. These are downloadable ballots, by section, that can be printed, filled in, and either mailed to the Committee, or given to a Committee member for counting. The ballot does NOT have to be notarized. Instructions for completing the ballot are on the list server, and are printed on page 3 of this *Gazette*.

Next, you may call our Committee hotline at 713 341 3737, and leave a voice request to have a ballot delivered to you. Just remember to leave your full address, with zip code, and the section(s) of GO where you have property.

Also, you can mail in a request to 710

Continued on page 3

July Civic Club Meeting

Wednesday, July 5

The next Civic Club Meeting will be held Wednesday, July 5th at 7:00 PM in the Garden Oaks Elementary School Multi-Purpose Room. This is instead of the normal date as the first Tuesday of July is Independence Day.

At this meeting you will have the opportunity to cast your ballot on the creation of the Garden Oaks Maintenance Organization (see articles on this page and page 3). You will also have a chance to vote for the distribution of funds from the Home Tour (see page 11).

If you have never been to a Civic Club Meeting, we strongly urge you to come out on Wednesday, July 5th. You can make a difference! If you are a regular attendee, bring a neighbor and show them how easy it is to keep Garden Oaks great!

From the Editor

Joe Muscara

What you have in front of you is actually the second *Gazette* for July. There was a nearly completed version just a few days ago, but that one is gone. Lost to the ether. I don't remember what happened, exactly. It's all kind of a blur now...

It was Sunday night. I had just about every submission that I expected, and was deciding on where everything would go. I had several programs open, and needed to open the table editor to update the Treasurer's Report. So I double-clicked on the table, and walked out of the room. A few minutes later, I walked back in, and it still hadn't finished launching. I clicked around, and got an error message that the table editor couldn't be opened. I quit some of the rest of the programs that I had opened, and at some point, something crashed. Stupid me, I thought, okay, let me finish up a thing or two, and I'll restart. Well, I did a few other things, and maybe a few after that, and maybe a few after that. I finally had decided to quit and restart, so I told it to save. It started to save, and then I waited, and waited, and....

It was stuck. I had only one option, force it to restart. In the middle of a save. That's not good. It's not even good. When I tried to open the file after that, the program only would give me error messages. I tried to recover the file in every way that I could think of, but nothing worked. Shoot (not what I really said), I was almost done, too.

Believe it or not, I do back up weekly. I bet that's more than most of you with computers. So what happened to my back up of this file? Well, there really wasn't one. I only started working on this *Gazette* last week, and hadn't done my back up yet. I was going to do that next.

Mind if I preach for a moment? I knew you wouldn't. Back up important files all the time. It has been said that there are two types of computer users, those who have lost data, and those that will. Backing up is actually pretty easy after you set it up the first time. Personally, I like the security in knowing that I can recover an old file I deleted because I didn't think I needed it anymore, and that with a little effort, I can recover from more catastrophic problems.

Has anyone else noticed that Garden Oaks Furniture has moved out of the theater building? I would love it if that space would be taken over by someone who made it into something that could be a neighborhood gathering spot, like a bagel shop (I hate coffee, but I'll meet you over there anyway). I'll be the one drinking the orange juice and eating the onion bagel with butter. Come over and introduce yourself.

Civic Club Officers

| | |
|---|--------------|
| <i>President</i> James Flowers | 713 862 6593 |
| 3213 Lawrence jflowers@chapman-schewe.com | |
| <i>Vice President</i> Robert De Veau | 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 1992 |
| <i>Constable Program</i> Jay Slemmer | 713 695 7953 |
| <i>Co-Chair</i> Terry Jeanes | 713 680 8550 |
| <i>Deed Restrictions</i> Sam Stengler | 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 |

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| <i>Advertising Director</i> Robert De Veau | 713 686 6012 |
| <i>Billing</i> Jay Slemmer | 713 695 7953 |
| <i>Delivery</i> Jerry Vuchak | 713 862 6593 |

The *Garden Oaks Gazette* is the official publication of the Garden Oaks Civic Club and is published on a monthly basis. Submission deadline is the 15th of each month for publication the next month unless otherwise noted. Publication of any article does not imply endorsement by the Garden Oaks Civic Club and is solely the opinion of the author.

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 | |

How to Vote for GOMO

Sam Stengler, Deed Restrictions Committee Chair

These are instructions for completing the ballot for the creation of the Garden Oaks Maintenance Organization (GOMO)

Note: Only Garden Oaks Property Owners may vote.

1. Acquire a ballot from a GO Deed restriction Committee member, by downloading the ballot from the GO List server, by calling the hotline @ 713.341.3737, or by mail from 710 Sue Barnett Dr, 77018. If you own more than one property in GO, you may complete one ballot for EACH property.
2. With the ballot in printed form (three (3) pages), read through the ballot and make sure you understand both the ballot and the amendment that you will be voting on. Call the hotline, or the Committee Chair (Sam Stengler) direct @ 281-773-3478 with any questions.
3. Fill in the appropriate blanks on the bottom half of the ballot (first page).
 - DO NOT fill in the Lot and Block numbers. After you turn in your ballot, the Committee will verify that you are the property owner(s), and will fill in this information at that time.
 - Verify that the ballot is for the section where your property exists.
 - Place your initials in the appropriate blank either FOR or AGAINST the amendment.
 - Sign your name at the bottom of the page above 'Signature of Owner', then PRINT your full name, and full address in the blanks provided below your signature.
 - If you are married EITHER you or your spouse may sign the form, OR BOTH of you may sign.
 If more than 1 person has ownership of the property, and are NOT married, than ALL owners must sign the ballot (if more than two, create a signature/ address block anywhere on the front of the ballot, near the bottom.)
 - After signing, ALL signing parties MUST initial the subsequent two pages, anywhere on the front of each page.

4. Return the ballot to a GO Deed Restriction Committee member, or mail it to 710 Sue Barnett Dr, 77018.

Thank you for your Vote!

Deed Restrictions Voting Underway, continued from page 1
 Sue Barnett Dr. 77018, or 807 W. 41st, 77018 for a copy.

Finally, you can always ask a Committee member for a ballot at the monthly Civic Club meetings.

In addition, let me inform everyone about some special voting opportunities we are planning for the rest of the summer.

In light of our success at the Spring Fling, we decided to try to hold a voting event Saturday, July 8th, 2000. We will set up tables in several of the neighborhood parks around Garden Oaks, and Committee volunteers will be present to hand out and collect ballots, as well as answer any questions about GOMO that you might have.

Additionally, we will be distributing ballots among the block parties during National Night Out the first week of August.

We are also working on getting permission to set up a voting table during a couple of weekends at the Kroger store on 43rd Street.

So, as you can see, we have lots to look forward to, all to help get the needed number of votes to create GOMO. With this in mind, we are in need of volunteers. If you can spare an hour or two for manning a table, passing out flyers and/ or ballots in your immediate neighborhood, or whatever, please contact any Committee member, or call our hotline number listed above, and let us hear from you.

Your neighbors will appreciate it!

June Yard of the Month

Bryan Davis & Mark Tamalis

710 W. 38th

for excellent design and presentation

Congratulations!

Luxury Lawns

Temple Oaks

Kaplan's Ben Hur

Terry Jeanes

Minutes Of June 6, 2000 Civic Club Meeting

Amy Shaughnessy, Secretary

President Flowers called the meeting to order at 7:10 P.M.. A motion was made and seconded to accept the May minutes as published.

Officer Reports

Vice President: Robert De Veau had no report.

Treasurer: Jay Slemmer reported that all bills are paid up and the Civic Club has \$40,000.00 in its combined three accounts. The Treasurer's report was printed and distributed.

Committee Reports

Beautification: Chair Jeff Benjamin announced that the dead tree in Triangle Park will be cut down. The dead tree in the Friendship Garden will be trimmed back. Call Jeff at 713-695-7953 to volunteer for the Beautification Committee.

GOCOP: Carl Waters stated that crimes in Garden Oaks were up in April. Contact Carl at 713-864-1992 for more information on becoming a GOCOP.

Constable Program: Co-Chair Terry Jeanes reported that we need ten more households to pay for the program to break even for the year. 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 members are trickling in. Encourage your neighbors who have not joined to contact David Bell at 713-694-5016 to join!

Home Tour: Meredith Jenkins thanked everyone for their support of the 1999 Home Tour. A proposal was submitted for the allocation of funds, to be published in the *Gazette* and voted on at the July Civic Club meeting.

Gazette: Joe Muscara stated that the deadline for the August *Gazette* would be earlier than usual, so please plan ahead if you plan to submit an article. Contact Joe at 713-691-6833 for information on space availability and deadlines for submission.

Deed Restrictions/GOMO: Shelly Immel reported that over 100 homeowners voted on the GOMO document at the Spring Fling. Voting will continue at National Night Out block parties (August 1) and scheduled Voting Days in the Garden Oaks pocket parks. Stay tuned for details on how you can vote! Shelly announced that she will be stepping down as Chair of the GOMO committee and Sam Stengler will be taking over. For more information on the Deed Restrictions Committee or to volunteer, call the hotline number at 713-341-3737.

Garden Club: No report.

Unfinished business

Mancuso Harley Davidson has purchased the property at 30th and Yale. No con-

struction has begun at this time.

New business

There was no new business.

The July Civic Club meeting will be on Wednesday, July 5, at 7:00 p.m., instead of the usual Tuesday date, so that Garden Oaks residents can celebrate the Fourth!

President Flowers adjourned the meeting at 7:40 p.m.

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

TAAS Results for 2000

Laila Folk

These are raw TAAS scores data as provided from HISD. As more information is received, it will be forwarded to all residents through the *Gazette* and also on the OneList. The English TAAS scores are reflected below with the Spanish TAAS scores in parenthesis. In a comparison with last years' results, the English scores improved while the Spanish scores declined. There is still time to complete your Garden Oaks Elementary School Attendance Survey. Check last month's *Gazette* for the survey insert or feel free to call Laila Folk (713-695-5678) or Thelma Elizalde (713-802-0060) if you need another copy.

3rd Grade Results # Taking Test 54 (21)
 Met Minimum Expectations Mastered All Objectives
 Reading 89% (76%) 62% (43%)
 Math 72% (86%) 33% (24%)
 Met Minimum Expectations on All Tests 70% (67%)

4th Grade Results # Taking Test 62 (13)
 Met Minimum Expectations Mastered All Objectives
 Reading 94% (46%) 54% (8%)
 Math 80% (69%) 41% (15%)
 Writing 92% (79%) 44% (0%)
 Met Minimum Expectations on All Tests 77% (43%)

5th Grade Results # Taking Test 55 (13)
 Met Minimum Expectations Mastered All Objectives
 Reading 91% (54%) 47% (0%)
 Math 100% (77%) 43% (38%)
 Met Minimum Expectations on All Tests 91% (46%)

| | | |
|----------------------|---|------|
| Total School Results | Met Minimum Expectations on All Tests Taken | |
| | 1999 | 2000 |
| Grade 3 | 59% | 69% |
| Grade 4 | 74% | 71% |
| Grade 5 | 69% | 82% |
| School Average | 67% | 74% |

Shannon & Assoc.

Lauder Properties

O.D.'s Printing

Controlled Air

Diane Morish

Tree Experts

Harry James
(double size)

Treasurer's Financial Report

Jay Slemmer, Treasurer

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

| | | |
|--------------------------------|-----------------------------|-------------------|
| <i>Revenues</i> | Gazette | \$2675.00 |
| | Beautification | \$140.00 |
| | Home Tour | \$19675.00 |
| | GO COP | \$0.00 |
| | Garden Club | \$0.00 |
| | Montessori | \$0.00 |
| | Membership Dues | \$5984.00 |
| | Constable Program | \$35950.00 |
| | Deed Restrictions Committee | \$0.00 |
| | Spring Festival | \$350.65 |
| | Interest Income | \$305.10 |
| Total Revenue | | \$65079.75 |
| <i>Expenses</i> | Gazette | \$4660.45 |
| | Beautification | \$224.66 |
| | Utilities | \$211.45 |
| | Home Tour | \$7786.39 |
| | Membership | \$235.25 |
| | Monthly Meetings | \$20.00 |
| | GO COP | \$44.35 |
| | Executive | \$287.70 |
| | Constable Program | \$24150.38 |
| | Garden Club | \$845.00 |
| | Montessori | \$0.00 |
| | Spring Festival | \$117.08 |
| | Bank Fees | \$69.71 |
| | Deed Restrictions Committee | \$235.66 |
| Total Expenses | | \$38888.08 |
| Total Surplus/(Deficit) | | \$26191.67 |

Citizens on Patrol

Carl Waters, Jr.

We all have heard the old saying "April showers bring May flowers...", but what April appeared to bring to our neighborhood were a number of thieves. HPD crime statistics for April indicated 10 crimes were committed in the neighborhood and all of them involved burglaries or thefts. One might ask, "What can we do about this?" Besides the obvious answer of joining the COP program, here are a few safety tips you can use around the home. Always, always lock your doors and windows when leaving your home. It only takes a few seconds to do and thieves only need a few minutes to take easily removable items like televisions and stereo equipment. Never leave valuable items exposed in your car. Again, it only takes seconds for crooks to make things like your cell phone or personal stereo theirs. Light your home at night. It sounds simple but crime prevention programs still say it works. Know your neighbors and let them know you. You are each other's best defense against opportunistic burglars.

April Crime Statistics (10):

Burglary (5)

- 200 West Thirty-fourth (residence) on April 16, 2000 at 11:07 A.M.
- 400 West Thirty-second (garage) on April 27, 2000 at 11:30 A.M.
- 700 West Thirtieth (residence) on April 27, 2000 at 8:30 A.M.
- 900 Lamonte Ln. (residence) on March 24, 2000 at 10:00 P.M.
- 900 Gardenia (residence) on April 21, 2000 at 4:00 P.M.

Burglary of a Motor Vehicle (4)

- 300 West Thirty-fourth (driveway) on April 22, 2000 at 6:00 P.M.
- 900 Lamonte Ln. (other) on April 9, 2000 at 11:30 P.M.
- 900 Althea (apartment) on April 25, 2000 at 10:30 P.M.
- 3100 N. Shepherd (service station) on April 15, 2000 at 7:00 P.M.

Auto Theft (1)

- 700 W. Forty-third (parking lot) on April 5 at 6:15 A.M.

In April patrollers and base operators volunteered 45 hours of their time protecting the neighborhood. Thanks again to all these hard working folks.

Have a Happy Fourth of July!! Don't forget to plan your block parties for National Night Out on August 1, 2000. Please contact me to register your parties with HPD.

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 |



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Gardening with Compost

Mark Saranie

Almost seven years ago one of the first projects I gave myself when we moved to Garden Oaks was that of getting our new yards in shape, especially the back yard. Dead growth spread along the east -side fence like a miniature rainforest devastated by acid rain. Everywhere, grass grew to the edges of garage, house, decks and wood fences. In the southwest corner we had inherited a giant and ancient pile of decomposing ash, cherry laurel, hackberry, magnolia, oak, and pecan leaves. Our backyard was a wasteland waiting for rebirth. What a marvelous palette we had!

The week after receiving the key to our new home during that long ago crisp October, and whenever we had some extra time, be it day or night, we diligently began to paint the inside walls. On days off, (my retail schedule allows for free days during the week), I would spend a short time wandering around the yards mapping out in my mind how I would transform them into growing works of art. When a small piece of the grand scheme was rooted in my memory only then would I tackle the walls inside.

The pile of leaves, compost really, played a tremendous part in the initial layout of my backyard canvas. The job I gave this wonderful mix of organic stuff was that of top dressing the few existing beds, resurrecting the ghosts of ones I came across while raking up ghastly amounts of leaves, and enriching the soil of the first new beds I created. The spot which "the pile" occupied gradually became the permanent home of my year-round compost pile.

Considering the immense quantity of vegetation we all have surrounding our homes, maintaining a compost pile is a given. Ok, ok. Yes, time is required. Yes they can be unsightly in the back yard. Despite this, the tremendous benefits of this rich plant nutrition far outweighs the small amount of time that must be invested. Besides, there is nothing more satisfying than spreading homemade compost around your garden and realizing, "I made this."

Space considerations here do not allow for complete instructions but knowing the basics will get you started. Information on building and maintaining a compost pile abounds. A general Internet search on "composting" will generate a plethora of sites. The most comprehensive one I have encountered is that from Ohio State University. Go to: ohio-state.edu/~ohioline/hyg.fact/1000/1189.html (The spelling is correct.) Click on the "Composting at home" header and you will have all the information you will ever need on this topic, even that of assorted set-up designs for compost bins. All the gardening books on your bookshelf will most likely have a section dedicated to composting.

The easiest, and admittedly the laziest, compost pile set-up, (the one I utilize), is just to pile the stuff up and give it an occasional turn to incorporate new additions as well as oxygen. A more organized and quicker way of composting is to create three side-by-side segregated spaces so that at different stages of decomposition you can easily shovel one pile a stall over and begin another. By the time your efforts reach the third stall you should have compost ready to use. Our local nurseries sell different types of compost bins at reasonable prices.

If the sight of a compost pile is not acceptable, consider growing tall plants around it as a natural barrier. I have crinum, lilies, pentas, and Mexican sage growing

tall on the street side of my compost pile. These green friends do a great job of concealing the pile as well as delineating a pleasant walkway to our back yard.

Compost is mainly composed of green organic stuff like grass clippings and kitchen scraps, and dry organic stuff like fallen leaves. Water is essential as well and a sprinkling now and then will keep the pile moist. Compost starters can be utilized if desired and can be found at local nurseries. However, adding a layer of soil between the organic stuff will add the necessary organisms to begin the decomposition process. Meat, grease or bones should never be added to your compost pile. During spring and summer there is hardly enough leaf drop to mix in with grass cuttings so now is not a practical time to begin, that is unless you have saved up leaves and pine needles raked up during fall and winter. A better use for grass clippings during these scorching months is to simply mulch these directly into your lawn. This will build up the organic carpet at the feet of your grass, protect the roots from the heat, and preserve moisture. I usually begin a new pile during this time by piling up pruned limbs and letting them dry out in the heat. Later on these crispy sticks are broken up and laid down as the first layer. Then the piling begins. Anthills in compost are a common nuisance. I work quickly and cautiously around these while turning the pile. I like them because they help in the breaking down process. I have found also that one turning of the anthill will prompt them to relocate. This is a personal thing so proceed at your own risk. A few stings can be expected. Use organic ant pesticides to eliminate any colonies.

Using grass clippings alone to start your composting endeavor will result in a quick and odiferous experience. The clippings mat down squeezing out valuable oxygen leaving the clippings to sit and rot. Take it from me, I have been there and my nose did not appreciate it. A sprinkling of lime over several layers of this gassy mess eliminated the problem. Occasionally I will not mulch my grass. Instead, I use the clippings to lay in the paths of my beds. These dry quickly and keep mud off your garden shoes and weed growth to a minimum. As fall begins, start composting those leaves. Come spring, you will have some great stuff to use.

Garden things for July

- Get the kids involved
- Too late to prune azaleas
- Be on the lookout for cinch bugs. Since they like dry conditions summer is the greatest time for infestation. Keep the lawn watered. (Mulching helps here a lot)
- If crape myrtle blooms are fading, go on and trim the old blooms off and add to your compost. Trimming will encourage additional blooms.
- Be diligent in deadheading the flower garden as well. Plants shut down their flower production and dedicate their strength to creating seeds. When you deadhead, your plants will reward you with additional blooms as well as encourage them to bloom later in the year when cooler weather arrives.
- For you vegetable gardeners this is a good time to start your summer squash, fall tomatoes and eggplants.
- As usual, for comments or suggestions drop me a line at plantmania_2000@yahoo.com.

Central Bank

All Star Construction

D.J.'s Lawn Care

U.S. Tree Experts

Rules for Healthy Weight Loss

Catherine Kruppa, MS, RD, LD

Bathing suit season is here and the diet books are flying off of the shelves. Each book has it's own claim on how to lose weight fast and never feel hungry again. As Americans are moving less and eating more, they are not only captivated but also confused by the latest diet books. Unfortunately, there is no magic food or pill that can give you the quick fix that most Americans are looking for. The key to weight loss is to exercise and make sure your diet is healthy. This can be accomplished by following the healthy weight loss rules below.

Consume fewer calories than you expend on a daily basis.

The most effective way to do this is to reduce your calorie intake and to increase your exercise. By eating 500 calories less per day for one week, you will lose a pound. Cutting out five hundred calories per day can also be easier than it sounds. Regular sodas have 150 calories each. If you drink a few of these during the day, they can easily add up. Switch to diet drinks or, better yet, water. Alcoholic beverages can range anywhere from 100-400 calories each, plus they decrease your satiety factor causing you to eat more. Drink alcohol in moderation. This is one drink per day for women and two drinks per day for men. Try adding an additional day of exercise to your routine.

Consume a diet low in saturated and trans fat. This will not only reduce your waist size, but also cut your risk of heart disease and possibly colon and prostate cancers. Fat contains twice as many calories as protein or carbohydrates, therefore by reducing your fat calories you will be cutting out a significant amount of calories. Choose low-fat versions of meats, cheese, ice cream, and milk, and decrease your intake of fried foods (French fries, fried chicken, doughnuts) and fatty sweets (pies, frosted cakes, pastries, cookies and chocolate). Substitute your butter and stick margarine for olive oil or tub margarine.

Eat a diet rich in vegetables and fruit to cut your risk of cancer, heart disease and stroke. Try to eat eight to ten servings of vegetables and fruit a day. Unfortunately, French fries,

chips and ketchup don't count. Numerous studies have shown that people who eat more fruits and vegetables have a lower risk of cancers of the lung, colon, stomach, esophagus, throat, and mouth. Trying to eat more fruits, vegetables, and other healthy foods, instead of counting calories and fat grams, may make it easier to eat a healthy diet. In a recent study of more than 42,000 women, eating a diet rich in recommended foods was associated with a lower rate of dying over a 6-year period. Eating more recommended foods is an easy and practical way to improve you diet.

Decrease the amount of empty-calorie foods. Try to replace empty-calorie foods with fruits and vegetables that are rich in antioxidants and vitamins and minerals. Foods high in calories and low in nutrients do not keep you satisfied for a long period of time; therefore you end up consuming more calories throughout the day. That means fewer sweets such as regular soft drinks and desserts. Also try to eliminate processed and refined foods such as white bread, pasta and rice and replace them with the whole-wheat version. Short-term studies show that people eat fewer calories when they consume foods with lower calorie density.

There is no magic bullet to help you lose weight. These rules for weight loss will also lead you to a longer, healthier life.

Watch out for weight loss books that claim one certain food can burn fat or that other foods make you fat. These weight loss programs have not been studied in a controlled environment. Many of them are unhealthy and possibly dangerous. The most popular diets such as Dr. Atkins' New

Diet Revolution, Sugar Busters! and The Carbohydrate Addict's Diet are all high in saturated fat, which we know increases your risk for heart disease and stroke. These diets also cut out many healthy foods such as whole grains and fruits that actually help to fight disease. People may lose weight on these diets because they are very low in calories ranging from 800-1200 calories. Diets this low in calories usually result in loss of lean body tissue as well as fat. These are very restrictive diets and not something that you can maintain for a lifetime.

Unfortunately, there is no magic bullet to help you lose weight. As a dietitian, I look beyond just weight loss in creating an eating plan. I stress the importance of disease prevention. By following the weight loss rules above you will be on your way to a longer, healthier life!

Catherine Kruppa, MS, RD, LD is an adjunct faculty member at the University of Houston. For more information please email Catherine at Cathkruppa@aol.com

Home Tour Wrap-Up

Meredith Jenkins, 2000 Home Tour Chair

Garden Oaks experienced another successful Home and Garden Tour in 2000. This year's annual event drew approximately 675 people through the beautiful homes and gardens that were showcased on the tour. Profits from the tour totaled \$8,742.61. Tour attendees traveled from all across the Houston area, Spring, The Woodlands, Galveston, and Austin to get a glimpse of the charm of Garden Oaks. In addition to the many regular attendees that never fail to miss a tour were numerous newcomers that heard about Garden Oaks through friends, co-workers, and area newspapers. Everyone was amazed by the large yards, graceful trees, and small-town atmosphere in our wonderful neighborhood. People commented all day long that Garden Oaks had a "feel" that is missing in most neighborhoods.

Again, I would like to thank all of the home and garden owners for being on the tour this year. It is an enormous commitment to be on the tour and I greatly appreciate each one of you for opening your homes and gardens for the benefit of the neighborhood. The beautiful flower arrangements in each home were donated by area florists and I would also like to thank each of them for donating their time and talent. Thanks very much to Darlene's Flower & Gift Shop, Flowertime Florist, Heights Floral, Jana's Flowers, John's Flowers & Antiques, and Mark Anthony Florist, Inc.

Next year's tour chairs will be Robert DeVeau and Mike Caldwell. I don't want to make this article long and repetitive, so I will forgo listing the names of every single person that I want to thank for all their hard work. But, I want to again sincerely thank each one of the committee members that worked so hard to make the tour possible as well as all of the businesses and individuals that also donated their time and money to help with the tour. There are too many names to mention and even if I could, I know I would forget to mention some. I am so proud of Garden Oaks for again producing a financially successful tour but even more than that I am tremendously in awe of the community support that pulls together to make it happen. Every single contribution to the tour is critical and I know it could not be done without a collaborative effort from people that are in love with their neighborhood. Chairing the Home and Garden Tour for the past two years has been one of the best experiences I have ever committed myself to.

Distribution of Home Tour Proceeds

Meredith Jenkins, 2000 Home Tour Chair

The Home Tour Committee proposes that the proceeds from the 2000 Home Tour be distributed as follows:

- 10% Garden Oaks Elementary School
- 10% Constable Patrol
- 5% Garden Oaks Garden Club
- 5% Beautification Committee
- 15% Home Tour Operation Fund Carryover
- 15% Garden Oaks Civic Club General Fund
- 40% Garden Oaks Maintenance Organization/Deed Restrictions Committee

These percentages are similar to those of last year. We urge the community to come to the July meeting and vote on this proposal.

**Get Well Soon,
Rick Englert!**

from

*All Your Friends in
Garden Oaks*

For prerecorded updates on Rick, call 713 914 5073. Updates are also occasionally posted on the Garden Oaks Mailing List.

Heavy Trash

City Heavy Trash
713 699 7900

One Call Program
713 956 6589

Please do not put out your heavy trash until the Sunday before your pickup.

Recycling

North of West 43rd St.
Tuesday July 11 & 25

South of West 43rd St.
Tuesday July 4 & 18

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
- Diane Morish's Boutique 6
- DJ's Lawn Care 9
- The Frame Shop 8
- Harry James 6
- J.M.S. Construction 8
- Just Doors and Windows 7
- Kaplan's Ben Hur 4
- Lauder Properties 5
- Luxury Lawns 4
- O.D.'s Printing 5
- Shannon & Assoc. 5
- Tanglewood Academy 7
- Temple Oaks 4
- Terry Jeanes 4
- Tree Experts 6
- Tru-lite Gas Products 8
- US Tree Experts 9

July 2000

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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| Note: Since the first Tuesday is a holiday (July 4th), this month's 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 with your information. | | | | | | | 1 |
| 2 | 3 | 4 <small>Independence Day</small> | 5 Civic Club Meeting 7:00 PM G.O. Elem. | 6 | 7 Gazette Articles Due* <small>*Note Special Early Deadline</small> | 8 GOMO Voting 8 AM-Noon Neighborhood Parks | |
| 9 | 10 | 11 | 12 | 13 Garden Club 7:00 PM 335 W. 33rd Plant Swap | 14 | 15 | |
| 16 | 17 Beautification Committee 7:00 PM 974 W. 42nd | 18 | 19 | 20 | 21 | 22 | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | |
| 30 | 31 | The first Tuesday of August is National Night Out. There will be no August Civic Club Meeting. Contact Carl Waters to register your block parties with HPD. Watch the <i>Gazette</i> for information about block parties near you! | | | | | |