



GARDEN OAKS GAZETTE

August 2000

Volume 23, Number 8

A Tale of Two Presidents (Sort of)

James Flowers

Dear Residents of Garden Oaks,

It is with mixed emotions that I compose my final letter as President of the Garden Oaks Civic Club. Effective July 5, 2000, I have resigned the position. You may have already noticed in recent months the absence of a president's letter in the gazette. Since the beginning of 2000, I have seen surprising growth in the business that I own. With offices beginning to open up throughout Texas - and the contracts looming for growth to other states - I find myself frequently having to travel out of town for several days on end. While this success is something I have worked for all of my life, I find that it currently leaves me little time to fulfill the role of the civic club presidency and do it the justice it deserves.

I moved to Garden Oaks in 1997 and besides having the privilege to live in such a wonderful neighborhood, I had the honor of serving as the civic club president for the calendar year 1999 and again for the first half of this year. It has been a great and rewarding experience as we have come together to work on numerous issues from threats to our deed restrictions to more pleasant events such as planning for the Garden Oaks Home and Garden Tour. It has been an opportunity to work with neighbors in a way that forges lifetime friendships that I truly cherish. I would like to thank all of you whose tremendous support helped me over the past year and a half. I must give special thanks to all of the civic club officers I have had the opportunity to share this experience with and to former civic club presidents Craig Lee and Ed de Alba who were always willing to listen and offer advice. I extend great appreciation to all of you who volunteer on the numerous efforts undertaken by our community.

President Flowers' Letter, continued on page 2

Robert De Veau

Grab yourselves a mug of coffee and join me. Yes boys and girls, ladies and gentlemen and residents of Garden Oaks: after a brief respite from having my own monthly column when I was the editor of the *Gazette*, circumstances have brought me back. To begin with, I would like to greatly acknowledge my predecessor James Flowers for his having served the Civic Club for these past 18 months as President. James has done an admirable job of answering to the diverse needs of the community. I didn't know James prior to our election as Officers of the Civic Club but we have since become great friends and I'm grateful that our paths have been able to cross. I know the decision for James to step down was not an easy one and he has pledged his support while I complete his term.

August 1st is National Night Out. In place of our regular monthly meeting, I urge all of you to organize a block party in an effort to get to know your neighbors a little better. If you are a member of the Garden Oaks List Serv, you are already aware that there has been a recent string of daytime robberies occurring. One such robbery occurred in a home just behind my own. National Night Out (NNO) has been designed to: heighten crime and drug prevention awareness; generate support for, and participation in, local anticrime programs; strengthen neighborhood spirit and police-community partnerships; and more importantly, to send a message to criminals letting them know that neighborhoods are organized and fighting back. By knowing who our neighbors are, we can all become more aware of our surroundings. Another great benefit of this year's NNO will be the opportunity to sign the ballot to elect the enforcing agency of our deed restrictions - GOMO. It will take 60% of each section to pass the petition and we have a long way to go before we can meet that objective. Organizing a block party can be as simple as inviting all your neighbors to bring a dish to share and a chair to sit on or co-host with several neighbors and provide the snacks yourselves.

As my first official act as President, I have appointed an ad hoc committee that will be responsible for creating the Gar-

President De Veau's Letter, continued on page 5

National Night Out

Tuesday, August 1

President Flowers' Letter, continued from page 1

As I depart, let me get on my soap box one more time regarding the importance of unity in our community and support of all of the programs that the civic club tries to bring together for the betterment of our neighborhood. As I have been in the neighborhood for over three years, attending most civic club meetings even before I became president, I can tell you that the mix of attendees at the meetings and the people who volunteer generally remains static. Yes, new people do move into the neighborhood, and over the past several months, new volunteers have come forth and will emerge as caring, dedicated, and involved citizens of our community. But those numbers are far too few.

There was nothing more disheartening in my role as president to see attendance at the civic club meetings rise only when a controversy was brewing in the neighborhood. It was disheartening to hear complaints about - and demands of - the civic club from residents of our community who refuse to pay civic club dues or support the constable program.

So, before I turn this role over to Robert De Veau, whose first letter as your new president will undoubtedly be more amusing than mine, I plea once again for all of you to become involved in - and remain committed to - the future of Garden Oaks. It's your neighborhood, and it will only be as good as the effort you put in to helping ensure its success. Although my schedule has made it such that I must step out of the position as president, I remain as committed as ever to our neighborhood, will attend the civic club meetings while I am in town, and will continue to volunteer.

.....
 • July Yard of the Month •
 • Tony Sirignano and Leah Krevit •
 • 216 W.33rd •
 • for •
 • beds of perennials, Angels' •
 • Trumpets, and beautiful crape •
 • myrtles seen from the backyard •
 • Congratulations! •

Civic Club Officers

- Interim President* Robert De Veau 713 686 6012
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- Treasurer* Jay Slemmer 713 695 7953
733 W 38th benslem@msn.com
- Secretary* Amy Shaughnessy 713 957 1214
975 Gardenia amys@woodlandscenter.org

Committee Chairs

- Beautification* Jeff Benjamin 713 695 7953
- Citizens on Patrol* Carl Waters, Jr. 713 864 1992
- Constable Program* Jay Slemmer 713 695 7953
- Co-Chair* Terry Jeanes 713 680 8550
- Deed Restrictions* Sam Stengler 281 773 3478
- GardenOaks.org* James Cobb 713 686 4578
- Co-Chair* Sheila Briones 713 861 8091
- Home and Garden Tour* Mike Caldwell 713 697 8690
- Co-Chair* Robert De Veau 713 686 6012
- Membership* David Bell 713 694 5016
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Garden Club Officers

- President* Brenda deAlba 713 694 5934
- Vice President* Susan Spooner 713 861 1336
- Secretary* Kim Salls 713 290 9067
- Treasurer* Tina Nieta
- Yard of the Month* Cathey Land
- Sunshine* Terry Jeanes

The Civic Club – Why Bother

David Bell, Membership Chair

As I write this just after the July 4 celebrations, I reflect on the various historical accounts of the founding of this country and the fact that there were only some 30 – 35% of the then population that had the desire to fight for their freedom and liberties. As in much of history, both politically as well as in the working world, most accomplishments are achieved by a small percentage of the population. Why then am I surprised by the low levels of participation Garden Oaks' several community programs, namely the Civic Club and any of its committees, the COP program, the Constable program, and especially now, involvement in the GOMO?

Most months in the Gazette, a list of the contributors to the constable program is included. The current dues paying members of the civic club is much the same as the constable list, albeit with a few more participating households. I constantly ask myself why do we have such a low participation rate. It can't be the money. For the civic club, the annual fee is only \$20/year. This equates to a large Domino's pizza, a Coke, and a tip for the driver. The constable program is \$230/year, or \$20/month by automatic draft; quite a bargain when you consider the benefits. Further, that cost would be much less if we had even a decent level of participation. The time, trauma, and costs of being the victim of crime are unimaginable and life altering. These could be largely eliminated with more COP and Constable patrols. Our low participation levels also can't be attributed to the hassle factor. Getting involved could not be easier. Everyone complains of not enough time. Working full time and the father of two teenagers, I too am squeezed but can somehow give something, even if it is just a little. My only conclusion is that our neighborhood is beset with apathy and lethargy; the attitude of letting someone else do it prevails. There is no perceived threat to one's well being to spur a 'call to arms', although the situation with our deed restrictions actually is alarming and threatening. However, I do not believe that many of our neighbors understand how serious an issue it is.

So my question to the neighborhood is "Why should you get involved and participate?" There are numerous responses, some of which I will address here. First of all, we live in a community. When you buy or rent a house in this or any community, there is an obligation and responsibility to your neighbors and community to work for its betterment. This is called citizenship. Another reason is self-serving. For

most, their home is the most significant investment a person will make. It seems common sense to me to take steps to protect this investment. If the general neighborhood begins to suffer from outside influences that have a detrimental effect and change perceptions as to its attractiveness, then every home will be affected, regardless of how magnificent your particular dwelling may be. Conversely, by improving the neighborhood, all home values rise. These activities I mentioned above are neighborhood oriented; they work for the benefit of everyone. Some are oriented toward crime prevention and apprehension, some toward overall aesthetic enhancements, and some toward the types of homes that will fill our neighborhood in the future.

Understandably, these efforts require energy and capital; our various improvements and protections do not just happen – they take the active involvement, guidance, leadership and financial capital of dedicated individuals. The few continue to do the work for the many. If you are among the few, then you have my congratulations and appreciation. If you are among the many, then get involved and make a contribution, or at least express your appreciation to those who do. You will see them maintaining our green spaces, working the Home Tour, patrolling the neighborhood, donating to the constable program, working to create the GOMO, and volunteering with the civic club among other ways.

By the time you read this, it will be late July or early August and National Night Out will be just days away. You may ask 'How can /should I get involved?' There are a number of ways you can get involved. Organize a block party and meet your neighbors and discuss/debate what was mentioned above. Pay your civic club dues and come to civic club meetings to share your ideas, thoughts and concerns, and volunteer for a committee. Sign up for the constable program to get additional patrol hours. Volunteer some time with the Garden Oaks Citizens on Patrol to help deter criminals from hanging out in the neighborhood and seeking their prey. Sign the GOMO petitions and help gather additional signatures.

I challenge you to Make Something Happen! Our collective efforts can and will have an impact.

From the Editor

Joe Muscara

Due to space considerations (and the fact that I am fighting a cold), I'll be brief. My apologies to all those residents who had difficulty reading the July issue. The printer selected the blue colored paper without consent. If colored paper is used in the future, it will have enough contrast to be readable.

Luxury Lawns

Temple Oaks

Kaplan's Ben Hur

Terry Jeanes

Minutes Of July 5, 2000 Civic Club Meeting

Amy Shaughnessy, Secretary

President Flowers called the meeting to order at 7:02 p.m. A motion was made and seconded to accept the June minutes as published.

Officer Reports

President: James Flowers announced that he was resigning as Civic Club president, effective immediately. Vice President Robert De Veau will assume the presidency until an election can be held at the September Civic Club meeting (no meeting in August due to National Night Out).

Vice President: Robert De Veau had no report.

Treasurer: Robert De Veau gave the Treasurer's report. All bills are paid up and the financial report was distributed. The distribution of the proceeds from the 2000 Home Tour that was printed in the June *Gazette* was voted on and accepted, with the change that the 10% allocated for the Constable Patrol will now be split 5% for Constable and 5% for the GOCOP program.

Committee Reports

Beautification: Robert De Veau gave the Beautification Committee report. There will be a committee meeting on July 17. Call Chairman Jeff Benjamin at 713-695-7953 to volunteer for the Beautification Committee.

GOCOP: Carl Waters reminded everyone of the phone numbers published at the end of his report in every *Gazette* – use them! Carl encouraged everyone to have or attend a block party for National Night Out on August 1. Get to know your neighbors!!!! Contact Carl at 713-864-1992 for more information on becoming a GOCOP.

Constable Program: Deputy Jason Green gave his report on activity for May. He urged that if you are the victim of a crime in Garden Oaks, don't just call HPD, notify the constable as well, so Deputy Green can see where and when crimes are occurring and work his hours and route accordingly. 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 encouraged everyone to have block parties for National Night Out. Let David know you are having a party and he will make sure there are Civic Club Membership forms at your party! Contact David Bell at 713-694-5016 to join.

Home Tour: Chair Robert De Veau announced there would be a kick off meeting for the 2001 Home Tour in August. Watch the *Gazette* for breaking information.

Gazette: Joe Muscara stated that he needs all articles for the August *Gazette* by July 8. Contact Joe at GOGazette@Mac.com for information on space availability and deadlines for submission.

Deed Restrictions/GOMO: Sam Stengler reminded everyone that voting is still going on for the GOMO document. Voting will continue at National Night Out block parties (August 1) and scheduled Voting Days in the Garden Oaks pocket parks. Contact Sam if you are having a block party and he will make sure you have voting forms! The form is also available on the Garden Oaks Listserv at http://www.egroups.com/group/Houston_GO. For more information on the Deed Restrictions Committee or to volunteer, call the hotline number at 713-341-3737.

Garden Club: Robert De Veau gave the Garden Club report. The plant sale that the Garden Club had at the Spring Fling made about \$250, which will be donated to the Garden Oaks Maintenance Organization (GOMO) fund.

Unfinished business

Conn's has decided to drop all plans to build on the two lots behind their store. They will be remodeling the existing store with no expansion.

New business

A new committee is being formed to produce a Garden Oaks website. We own the GardenOaks.org domain name and are currently looking for people interested in helping design and implement a suitable webpage. James Cobb and Sheila Briones are heading up this effort.

President Flowers adjourned the meeting at 7:50 p.m.

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

President De Veau's Letter, continued from page 1

den Oaks web page. In 1998, then President Craig Lee purchased the domain name GardenOaks.org. Glen Brooks is the owner of a web hosting service called Webwize and Glen is also a Garden Oaks resident. He has been kind enough to host our domain name, Gardenoaks.org, at no charge to the Civic Club. He gave us permission to build a web site that would come up whenever someone entered "gardenoaks.org" on his or her web browser—from anywhere in the world. What this means is that since the Civic Club does not actually own or operate a web server—which is a large computer that is directly connected to the Internet, the Civic Club must "park" their domain name with a company that does have such a server. Webwize is that location. One of the problems we have had since the get-go is finding people who will "develop" our web site. The only real effort we have had to date was for the Home and Garden Tour. Many ideas have been passed around, such as scanning and posting past issues of the *Gazette*, putting calendars of events on, various links to other sites, and so on. They're all good ideas. We have just lacked someone to sit down and actually get it done. Recently another Garden Oaks resident, James Cobb, offered to be that someone. He was also the person instrumental in creating the Home and Garden Tour website. James will be co-chairing the ad hoc committee with Sheila Briones. If you are interested in joining this committee, please contact either James Cobb at 713-686-4578 or Sheila Briones at 713-861-8091.

I look forward to serving this community we all call home. You can reach me via e-mail addressed to deauxboy@msn.com or by phone at 713-686-6012. Remember to turn the porch lights on to commemorate NNO on August 1st and look for me to be stopping by. I'll be the one carrying the coffee mug. Our next scheduled Civic Club meeting will be Tuesday, September 5th at the Garden Oaks Elementary School in the multi-purpose room. I promise we won't be locked out again.

Shannon & Assoc.

Lauder Properties

O.D.'s Printing

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Diane Morish

Tree Experts

Harry James
(double size)

Citizens on Patrol

Carl Waters, Jr.

It's time for National Night Out. Hope you have planned your block party! Please call me with the information for your party so we can pass it on to HPD. Remember, it does not have to be anything fancy. Just get together with your neighbors and turn your porch lights on as a symbol of support.

Daytime burglars continue to busy in the neighborhood especially along W. 43rd St. I have received phone calls about 2 homes which were burglarized during the day around the middle of June. There was also a posting on the One List indicating 2 more homes had been hit along 43rd. Possible suspects have been reported as pairs of blacks males (mentioned in at least 2 cases) and a pair of white males were listed one other case. Vehicles observed have been a white van, a blue pickup truck and a blue Ford Probe. Once again I encourage all crime victims to report crimes committed against them to both the Houston Police Department and the Precinct One Constable so that they can adjust patrol schedules to meet our needs. In addition, getting to know your neighbors helps you know whether the van, pickup truck or other vehicle in the driveway belongs there or should be reported to the police.

May Crime Statistics (5)

Burglary (3)

Residence in the 400 block of West Thirtieth on May 1, 2000 at 8:00 A.M.

Garage in the 1000 block of Lamonte Ln. on May 2, 2000 at 9:00 P.M.

Residence in the 700 block of W. Forty-first on May 25, 2000 at 7:30 A.M.

Auto Theft (2)

Driveway in the 200 block of W. Thirty-third St. on May 3, 2000 at Midnight.

Driveway in the 1000 block of W. Forty-first St. on May 17, 2000 at 8:30 P.M.

Also listed in the May crime statistics were 2 burglaries which were reported as occurring in April. One occurred April 24, 2000 in the 200 block of West Thirty-second at 10:00 P.M. at an unlisted location and the other occurred in the 900 block of W. Forty-third on April 26, 2000 at 2:30 P.M.

During May patrollers and their bases contributed 52 1/4 hours protecting our neighborhood. Thank you all for your efforts.

As you can see we need more help with our program. If you are interested in volunteering to become a patroller please call me at 713-864-1992 or contact me via the Internet at GOCOP77018@AOL.com.

Emergency Contact Numbers

Crimes in progress, Fire or Ambulance	911
Houston Police Department (non-emergency)	713-222-3131
Precinct One Constable Dispatch	713-755-7628

Choosing an Educational Setting for Your Child

Beth Stengler

With summer almost over, our thoughts shift to sending our children back to school. Much discussion within our neighborhood has been about the quality of area school programs. As parents, we always want what's best for our children. There are a variety of settings from which to choose.

HISD

Our neighborhood campus is Garden Oaks Elementary. It offers both a traditional curriculum and a Montessori approach. *Special Education programs* vary on each campus and the most appropriate setting (for the child) will be determined at an ARD meeting. *Magnet programs*, at various campuses, are designed to "develop special talents while enhancing learning capacities." *Vanguard programs* are designed for students that are "potentially Gifted and Talented in intellectual ability, creativity, or leadership."

Both the Magnet and Vanguard programs require applications with possible interviews and/or testing. To get further information you may call 713-892-6262 or visit www.houstonisd.org. Last school year, the application process began in early November. Applications were submitted by the first of February, with acceptance letters mailed by the end of March.

Private Schools

There are several church affiliated schools in our general vicinity, as well as private pre-schools.

Home Schooling

This has become a much more acceptable alternative over the last several years. There are many more resources for parents to utilize in the education of their children.

Before making your decision, do a little research. Does the school have well maintained grounds and facilities? Does the school offer programs, both during and after school hours, where parents can get involved with their child's education and school community? Do the teachers and principal/administrator show each other, the children, and their parents respect? Is the racial and ethnic mix of the school well balanced? Does the school teach values that reflect your own, as well as teaching an acceptance of diversity? Are the hours of instruction (and location of the campus) compatible with your work or child-care situation? Is the ratio of instructors to children reasonable? Is the school accredited by the state? How are their test scores (TAAS, Stanford 9, Apprenda, etc.)?

Visit a variety of schools. Talk to your friends and neighbors to get their experiences. Remember that one individual's experience may not mirror your own, but they can give you insights of things for which to look. Talk to your children to get their reaction about the schools. Sit down and make a list of pros and cons, then make an informed and intelligent decision.



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**Andrew Smith,
CPA**

GOMO Voting Update

Sam Stengler, Deed Restrictions Committee Chair

I hope everyone is happy, healthy, and enjoying the summer's heat.

The July 8th Voting Day was a great success. There were three locations open from 8am until noon, allowing Garden Oaks property owners another chance to come out and vote on the creation of the Garden Oaks Maintenance Organization (GOMO). We had a good voter turnout, especially from sections 1 and 3.

Here are the vote tallies, by section, for July 8th:

Section 1: 22 FOR, 1 AGAINST

Section 2: 4 FOR, 1 AGAINST

Section 3: 20 FOR

Section 4: 4 FOR

Section 5: 5 FOR

Total FOR: 55

Total AGAINST: 2

Tally of votes received at July 5th meeting of the GO Civic Club:

Section 2: 2 FOR

Section 3: 1 FOR

Section 5: 1 FOR

Total FOR: 4

Grand Total Votes received (Spring Fling, July 5th, July 8th Voting Day): 171

Grand Total FOR: 167

Grand Total AGAINST: 4

Assuming 1400 properties in Garden Oaks, we now have a vote return of a little over 12%, with a bit under 12% voting FOR creation of GOMO.

I want to thank all of our committee volunteers who gave up their Saturday morning to sit out in the ozone and heat to make this possible. Without each one of you, our deed restrictions would probably fall by the wayside, and our neighborhood lose its unique character which we all love.

Thank you very much.

Our next voting effort will revolve around the block parties for National Night Out, on August 1st, 2000. Members of the Deed Restriction Committee will be circulating through the neighborhood, stopping at each block party to hand out and collect ballots, as well as answer any questions a resident may have about the deed restrictions, or GOMO. If you are hosting a block party, please contact Carl Waters, Jr. (713.864.1992), and let him know the address.

Speaking of questions, I have uploaded a FAQ sheet on the listserver, under GO Houston/Files. This should answer most of the basic questions about the GOMO and how/why we need it. If anyone has any other questions, please call our committee hotline at 713.341.3737, or my number listed under 'Committee Chairs' in the Gazette. Also, ballots for each section reside on the listserver with the FAQ, or you can request one via the hotline, or by mail from 710 Sue Barnett Dr, Houston, TX 77018.

See you by the pool!

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 at 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 at 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!

Central Bank

All Star Construc-
tion

D.J.'s Lawn Care

U.S. Tree Experts

Garden Beds

Mark Saranie

As summer's heat bears down on the neighborhood, gardening is the last thing I feel like doing. The most I get done is mowing the lawns, quickly deadheading some of my posies, then escaping into the house, hot, exhausted and needing a cool shower. During these hot months, however, I garden in my mind, planning out my next bed and yearning for cooler weather.

The yards surrounding our house are works in progress. Never mind that I have been working on them for seven years, the characteristics of my existing beds constantly change, as do my plans for them. If a plant does not look like it is doing well in its current home I move it. If another is getting crowded out it gets moved as well. This is okay with me. Plants are expensive enough and the opportunity to move one rather than buy one brings joy to the bank account.

Planning and creating new garden beds is a tough job that has two ways of getting done. Hire someone to do it, or do it yourself. Being a glutton for punishment I always go for the latter, not because of the savings but for the act of creating. Last summer I began a three-year project slated for the front yard: adding a new bed once a year. When we bought our house the lone pine tree in front had nothing around it. I planted a ring of monkey grass, compliments of the astounding amount we had in the back yard, and set in plants, some of which are still in place. So... last summer I outlined the first bed that radiates from the initial round bed.

How I established this first bed kept, I am sure, my neighbors wondering about what else I was doing in front. After determining the dimensions and shape with a water hose, I cut along the hose using a sharpshooter, severing the "new bed" grass from the rest of the yard. Cutting out the pattern of the new bed ensured I would not kill grass I intended to keep. Then, using a product by Green Light® that kills any plant life it touches, I very carefully sprayed the area of grass that would eventually become the new bed. I selected this particular product as it quickly degrades into natural elements and does not contaminate the ground. A few days later, the area began to yellow.

The next step was to layer on a couple bags of grass clippings, any compost I had, soil from spent pots, and anything organic I came across over the months. When pine needles became plentiful these were heaped on as well. When I was satisfied with the height of all the materials I watered in horticultural gypsum and compost starter then let the entire mix sit throughout winter. When spring finally settled in, a rented

tiller made a quick job of mixing in all the stuff I had piled up. The first inhabitants of this new bed have performed very nicely. Some will definitely be moved to the second leg of the project next spring. This way of creating new beds does take a long time but the wait and satisfaction is worth it.

Among the edibles I planted during spring this year was a front row, about twenty feet, of flat leaf parsley. The taproots look as large as parsnips! Having more of this herb than we will ever need has prompted the making of lots of tabouli, a Mediterranean salad both my wife and I enjoy immensely. If you have lots of parsley and spearmint growing in your garden you have the makings of a refreshing summer salad that can also substitute as a main course. The following recipe is a combination of the best proportions of two recipes we use.

- 1 cup dry bulgur wheat
- 1 1/2 cups boiling water
- 1 to 1 1/2 tsp. salt
- 1/2 cup fresh lemon juice
- 1/4 cup olive oil
- 2 medium cloves garlic, crushed
- black pepper to taste
- 4 scallions, finely minced, whites and greens
- 1 1/2 cup packed minced parsley
- 1/2 cup packed minced spearmint
- 2 medium-sized ripe tomatoes
- 1 cucumber, seeded and finely chopped

Combine bulgur and boiling water in a large bowl, cover and let stand for 30 minutes.

Add salt, lemon juice, olive oil, garlic, and black pepper and mix thoroughly. Cover and refrigerate.

About 30 minutes prior to serving, stir in the remaining ingredients and return to refrigerator.

Serve on a bed of romaine, iceberg, arugula or any other salad greens, or simply eat directly out of the bowl you made it in. YUM! As always send any comments or suggestions to plantmania_2000@yahoo.com.

Garden Stuff for August

- Get the kids involved but be heat conscious. I over did myself back in June and nearly collapsed from heat exhaustion.
- Stay as cool as possible and drinks lots of water if you work outside extensively.
- Water your yard and gardens when needed but do it slowly and deeply. Water sprinklers that spray water high into the air is very wasteful, especially when done during

the hottest part of the afternoon. Use sprinklers that shoot the water over a distance. This way the spray is closer to the ground. Spray early in the morning or late afternoon when things have cooled off a bit.

- Make tabouli.
- Last time to give your evergreens a trim – but not the azaleas!
- Fertilize your color areas in the garden and water in well.

Beat the Texas Heat

Catherine Kruppa, M.S., R.D., L.D.

The Texas heat is already here. Proper hydration can help improve your workouts and survive the brutal heat in Texas. Adequate fluid replacement is the most frequently overlooked performance aid. Fluids can actually delay fatigue and help you maintain a higher level of performance.

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. Inadequate fluid intake, along with heat and humidity, inhibits your body from performing these tasks and speeds up dehydration. When 2% of body weight is lost through sweat, heart rate increases, body temperature increases and cardiac output decreases; all of these hinder performance. Symptoms of dehydration include thirst, increased heart rate, headache, concentrated urine or low volume of urine, cramps and diarrhea during exercise.

The following are tips to help prevent dehydration:

1. Drink adequate fluids on a daily basis. The easiest way to check if you are well hydrated is to monitor the amount and color of your urine. You should urinate frequently throughout the day and the urine should be a clear, lemonade color. Vitamin pills may cause your urine to be dark colored, so it is best to monitor hydration by the quantity of urine. Another way to monitor hydration is to weigh yourself before and after exercise. For each pound that you lose during exercise, you should drink 16 ounces of fluid. It is easy during the summer months to become chronically dehydrated. Chronic fatigue and headaches can be caused by dehydration. Pay attention to how you feel. Remember that caffeine and alcohol can act as a diuretic and increase fluid loss.

2. Hydrate prior to exercise. Drink 16-24 ounces of flu-

ids two hours prior to exercise. This allows the body time to process the liquids so that you will have a chance to eliminate them prior to your workout. Consume another 16 ounces of cold water or sports drink 10 to 15 minutes before exercise to help lower your body temperature and allow your body to be ready to replace sweat losses.

3. Drink during exercise. Thirst is not an adequate guide. It is necessary to drink according to a schedule. It is ideal to drink 5-10 ounces of water, sports drinks or diluted juice every 15-20 minutes. You will be playing catch up because the body can sweat off as much as three times this amount. It is important to take plenty of fluids early to aid in preventing dehydration. By the time you are thirsty, you have lost 1% of your body weight and your performance suffers. Drink before you are thirsty.

4. Quench your thirst and keep drinking. You need to drink 16 ounces for every pound of body weight lost after exercise. Rehydrating within one hour post-exercise will help you to recover quickly.

Water is an effective beverage for exercise lasting one hour or less. For athletes who are exercising for 60 to 90 minutes, a sports drink, containing 4-8% carbohydrate, such as Gatorade or Powerade, can offer an energy advantage. Consuming these carbohydrates during endurance workouts will help maintain a normal blood sugar level and increase your endurance. Drinks that contain > 10% carbohydrate such as fruit juice, soft drinks and concentrated fructose drinks are absorbed slower and may cause gastrointestinal distress. It is best to experiment during training to see what works best for you. Sweat contains water and also small amounts of sodium, potassium and other electrolytes that keep your body in fluid balance. You can easily replace these losses after exercise by consuming a balanced diet. Athletes that are competing in ultra-endurance events lasting 5 hours or longer are at risk for hyponatremia (low blood sodium). These endurance athletes should consume fluid replacement drinks that contain sodium.

Keep these tips in mind as the Houston heat and humidity arrive because adequate hydration can make the difference between winning and losing.

Catherine Kruppa is an adjunct-faculty member at the University of Houston. For more information, contact Catherine at 713-503-1995 or Cathkruppa@aol.com.

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.

August 2000

Heavy Trash

One Call Program
713 956 6589

South of 38th to 610 –
Aug. 1

North of 38th to
South of 43rd – Aug. 8

North of 43rd to
Chamboard - Aug. 15

Recycling

North of West 43rd St.
Tuesday August 8 & 22

South of West 43rd St.
Tuesday Aug. 1, 15, & 29

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
- US Tree Experts 9

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

		1	2	3	4	5
		National Night Out (No Civic Club Meeting) - Thomas Jefferson		Web Site Committee 7:00 PM 974 W 42nd		
6	7	8	9	10	11	12
				Garden Club 7:00 PM 858 W 41st Louisiana Irises		
13	14	15	16	17	18	19
		Gazette Articles Due				
20	21	22	23	24	25	26
27	28	29	30	31		

Upcoming events for next month

Civic Club Meeting Tuesday, September 5th - special election for Civic Club President

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