

GARDEN OAKS GAZETTE

October 2000

Volume 23, Number 10

Deed Restrictions Committee Update

Sam Stengler

Greetings to all, and I hope everyone has had a fun summer!

In spite of the heat of the past month or so, we did manage to receive a fair number of completed ballots for the Garden Oaks Maintenance Organization (GOMO). Some came through the mail, while many others came from a few hardy souls walking their blocks. The largest number, though, came from the *numerous* block parties for August's Neighbors Night Out. Here are the numbers, so far:

Section	Yes	No	Mis-Balloted	Total	% of section
1	58	1	1	59	13
2	30	1	1	31	21
3	47		2	47	21
4	27	3	3	30	10
5	35		1	35	11

As you can see, we are definitely making progress, and I want to thank each and every one of the volunteers who have distributed and gathered the ballots, as well as all of you who voted. Thank you!

We still have our work cut out for us, though. Greater than 60% of each section must vote 'Yes' in order for the section to be covered under the 'umbrella' of GOMO. To this end, we now have little choice but to start planning for volunteers to walk their blocks, gathering votes door-to-door.

The GO Deed Restrictions Committee will be going over various ideas to determine which ones would be practical and efficient for this effort. Ideas are welcome; indeed, they are needed.

The challenge for each and every resident of Garden Oaks is two-fold.

1. Let us in on your ideas. No matter how outlandish, or ordinary, we want to hear them.
2. If you can spare just 2-3 hours in the next couple of months, we need your help to distribute, solicit, and collect completed ballots. Meet your neighbors; form new friendships; have a satisfying discussion on Garden Oaks history or the future; but, above all, help your neighbors feel like they've really done something for GO by voting!

In addition to the rather personal benefits listed above, we have one other to report. Our neighbor, Terry Jeanes, has generously offered to fund a get-together (food and fun) for the voting members of the first section of Garden Oaks to reach the >60% goal. Since this will be the section to initiate the forming of GOMO, and the first to benefit from its enforcement activities, there will be a double reason to celebrate! Thank you, Terry!

So, with all this in mind, please take the time to attend the October Civic Club meeting on Tuesday the 3rd, at 7 P.M., where we will be reporting on plans and actions to get these votes. Also, we want to invite everyone to attend our GO Deed Restrictions Committee meeting, scheduled for Wednesday night, October 11th, 2000, in the upstairs meeting room at the Krogers' on W. 43rd St., at 7 P.M. Both meetings will have Deed Restriction members in attendance, with sign-up sheets for volunteers, and ideas.

Everyone is welcome!

Next Civic Club Meeting

Tuesday, October 3rd, 7 P.M. GO Elementary

From the Editor

Joe Muscara

By the time you read this, it will officially be fall. As I write, the intense heat we had this summer seems to be over. I've finally completed some projects around the house that I've been putting off. Not that everything is done, but it feels good to get going again.

I don't think I'll ever get used to fall here. My memories of fall include changing leaves, raking leaves, big piles of leaves, going back to school, weather turning cold, and tracking in leaves. Fall here is more like summer, which was always my favorite season. I like the summers here as well, but I don't have to tell you how hard it is to do anything outside (or even worse, in the attic) during summers like the one we just had.

Fall is also time for "back to school." Besides the fact that we all need to watch out for the kids and the school buses, I hope those of you who have ideas for your kids' school are getting involved and helping out. We should always do right by the kids. That's what is important. That's what it is all about.

Another note about getting involved is our own Civic Club. There are plenty of committees to be involved with; you don't need to be an officer to help out (although nominations for those positions are still being taken as well). If you see something that interests you in the *Gazette*, contact the writer and find out what you can do.

Speaking of volunteering and volunteers, I'm sure none of you know that as a kid, I was a Boy Scout (my dad got so involved that he stayed with it until he passed away a couple of years ago, and Mom is still doing it). I learned a lot of things as a Boy Scout, but one that I always remember is that you should always be good to volunteers. These are people who are giving their free time for something they believe in. I've seen too many times when someone didn't like the way a person did things, and they basically chased them away. Of course, the complainer didn't want the now empty position, and the organization had to struggle to fill it.

This all could have been avoided if the matter was discussed openly and rationally, not confrontationally. If the complainer had just spoken to the volunteer, perhaps asking them why they do it the way they do and suggesting their alternative, a mutually agreeable solution could have been found instead. Unfortunately, it seems that some people would rather cause trouble. It is a shame to see good volunteers go to waste like that.

Civic Club Officers

<i>Interim 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	281 773 3478
<i>GardenOaks.org</i> James Cobb	713 686 4578
<i>Co-Chair</i> Sheila Briones	713 861 8091
<i>Home and Garden Tour</i> Mike Caldwell	713 697 8690
<i>Co-Chair</i> Robert De Veau	713 686 6012
<i>Membership</i> David Bell	713 694 5016
<i>Senior Helper</i> Sharon Lauder	713 862 3747

Gazette Contacts

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

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Garden Club Officers

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

News from Garden Oaks Elementary

Jeannie Daniels, Principal

Garden Oaks Elementary is planning many enriching events this year. In the works are performances by two National Young Audiences Performers of the Year, including violinist Brian Lewis and Tap Team Two of Philadelphia. Other special events include an after-school Spanish class for all interested students, a greatly expanded butterfly and hummingbird garden, and an organic vegetable and herb garden. We plan to invite all our business partners, volunteers, and neighbors to join us in the spring for a "Stone Soup" luncheon using produce from our gardens. In addition to science lessons for all classes, specific classes, including students with disabilities, will maintain the gardens.

The Mobile Art Quest (MAQ) from the Blaffer Gallery at the University of Houston will be on our campus October 10 - 20. Students will travel through three interactive chambers led by Blaffer's education assistants. We will be inviting community organizations to participate as well. If you would like to inquire about participating, please call us at 713-696-2930.

Last year we had four students who qualified and joined the Boys Choir of Houston. We also had our very own author, Ms. Michelle Pascoe, whose story was published in a book sponsored in part by the Houston Comets. Cynthia Cooper participated in the celebration of authors and autographed copies of the book for Michelle and her family.

Speaking of authors, we have two visiting authors this year. Our first was here on September 19. Duke Nguyen is a Houston author who has written and illustrated several highly rated children's books. He was a delightful presenter, autographing copies of his books for the children.

The HISD Accountability Ratings have been released! Garden Oaks Elementary is an *HISD Recognized School* for 2000, with average TAAS scores of 79.4% passing.

Our Improvement Rating is also Recognized. We improved by 9.2% over last year's scores! We plan to work very hard this year so that *all* categories of students, including those who are in special education, score at least 80% passing.

Our scores improved last year, and will continue to improve. A public meeting for our Shared Decision Making Committee will be held on the first Monday of the month, October 2, at 3:15 p.m. in our school library. The purpose of the meet-

ing will be to discuss school performance and progress.

Join us for the **Fajita Family Fun Fest** in the SPARK Park on October 14 from 11 A.M. - 3:00 P.M., sponsored by Friends of Montessori. Come enjoy great food, entertainment, and games for your children. Proceeds will benefit the Garden Oaks Elementary Montessori Program.

Meanwhile, to the many of you who help and support our campus, my profound thanks! It makes a difference.

Garden Oaks Montessori News

Christine Adams, President, Friends of Montessori

The Garden Oaks Elementary Montessori program invites the community to our October fundraising event, **Fajita Family Fun Fest** on Saturday, October 14th from 11:00 A.M. to 3:00 P.M. at the SPARK Park. Plan on enjoying great food and fun family recreational activities. Visit with neighbors and boosters from local businesses. Come eat delicious food, relax with family and friends while supporting our neighborhood school.

Parents and community members interested in revisions to the Montessori Admissions Policy will want to attend the Montessori Parents Meeting on Tuesday, October 17th at 6:00 P.M. at Garden Oaks Elementary. In its first five years as a pilot program, admissions was based on a first come, first serve basis. There were no preferences given to siblings. Now that the program is no longer a pilot, the admissions policies will be revised to reflect the needs of the community while adhering to current HISD admissions policies. Come add your ideas to the discussion of the Garden Oaks Elementary Montessori admissions policy for the 2001-2002 school year.

Mark your calendars for these important events. Keep your eyes open for announcements about the Garden Oaks Elementary PTA Fall Dinner and Auction coming up in November. Thank you for supporting the Montessori program and Garden Oaks Elementary.

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.

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Terry Jeanes

Minutes Of September 5, 2000 Civic Club Meeting

Sheila Briones, Acting Secretary

Interim President Robert De Veau called the meeting to order at 7:08 p.m. Robert introduced Ann Adams, the new babysitter available during Civic Club meetings.

Officer Reports

Robert DeVeau reported that the minutes of the July Civic Club meeting stated that an election would be held at the September Civic Club meeting to elect a new Civic Club President. According to the by-laws the Vice President will fill in as interim President and finish out the term. A motion was made and seconded to accept the July minutes noting the above correction.

Treasurer: Robert De Veau gave the Treasurer's Report. All bills are current and paid. Copies of the Treasurer's Report available at the sign-in table.

Committee Reports

Beautification: Robert De Veau gave the Beautification Committee report. There will be a committee meeting on Monday, September 18.

GOCOP: Carl Waters will post on GO List Serv the addresses of probation offenders residing in Garden Oaks. Carl reported 10 crime incidents in the area.

Constable Program: Terry Jeanes reported that the Constable Program had been paid in full for the rest of the contract year. New contract year begins in December.

Web Committee: Robert De Veau reported that a committee to put together a Garden Oaks web site had been formed. James Cobb is chairing this committee. First meeting took place on August 17. Next meeting scheduled for September 13, 7 p.m., 974 W. 42nd.

Gazette Editor: Joe Muscara had no report.

Deed Restrictions/GOMO: Sam Stengler reported that voting had been fairly active this summer. As of September 1, 180 ballots have been returned. Some ballots will need to be re-visited because of forgotten signatures, wrong Section, missing initials, etc. There is a link on the GO List Serv, which lists the addresses that have voted. If you want to know if you've voted, go to the List Serv.

Breakdown of the 180 ballots by Section:

- Section 1, 48 ballots (11%)
- Section 3, 40 ballots (18%)
- Section 2, 31 ballots (21%)
- Section 4, 28 ballots (10%)
- Section 5, 33 ballots (10%)
- TOTAL 180 ballots (13%)

Next meeting of the GOMO committee will be the middle of September. Sam Stengler will post meeting date on List Serv. Meeting will be held at Krogers on

W. 43rd. May 20 is the deadline to have 60% of GO homeowners approve the formation of GOMO. Committee plans to obtain additional signatures at the September GO Elementary fundraiser, the December Civic Club Annual Holiday and by block walking.

Home Tour: Robert De Veau reported that the first meeting of the 2001 Home Tour Committee is scheduled for October. Date to be posted in the October *Gazette*.

Membership: David Bell reported that 24 new members joined the Civic Club during the months of July and August. **REMINDER: Any resident considering or considered to run for an office or position in the Civic Club MUST be a dues paying member of the Civic Club. Slate of officers for the 2000-2001 year will be voted on at the December Civic Club meeting. Only dues paying members will be allowed to vote.**

Senior Helpers: Sharon Lauder was not present.

Garden Club: Brenda de Alba was not present.

Nominating Committee: Robert De Veau reported that Craig Lee was chairing the Nominating Committee. Other members include Sheila Briones, Robert De Veau, Terry Jeanes, Mark Saranie, and Rodney Seiler. Committee will announce the 2000-2001 Slate of Officers in the November *Gazette* with voting to take place at the December Civic Club meeting.

Unfinished business

Ken Yarbrough reported that the sound wall has gone out for bids. TXDOT will meet on Sept 28 to award bid. Start date is December or January. Ken Yarbrough running for re-election. His office is located at 1206 W. 43rd.

New Business

Robert De Veau reminded committee chairs that projected budgets for 2000-2001 must be turned in by October 5. Budgets will be voted on at the December Civic Club meeting.

Cell tower being built at Alba/Fisher. Tower not located in Garden Oaks but right on the border. NO permit has been pulled for the construction of the tower according to Bruce Tatro's office.

Ken Yarbrough presented the benefits of the TexCare Partnership program, which is a new children's health insurance campaign developed for Texas families.

Interim President Robert De Veau adjourned the meeting at 7:50 p.m.

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

Delivery Volunteer Needed

Jerry Vuchak

The Garden Oaks *Gazette* Delivery Volunteer Program is looking for a volunteer to deliver the *Gazette* monthly to homes from 1403 to 1482 Sue Barnett.

If you live in the vicinity of the 1400 block of Sue Barnett, your help would be greatly appreciated!! Please contact Jerry Vuchak at 713.862.6593.

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Citizens on Patrol

Carl Waters, Jr.

Burglars continued to plague the neighborhood with 6 more reported in July. In addition to the burglars there was also a report on the neighborhood list server that a trio of scam artists had "conned" one of older citizens into allowing them into her home. While one kept her talking the second blocked her view to her kitchen and the third found her purse taking her checkbook, wallet, sunglasses and other items from it. Please be extremely careful about allowing anyone that you don't know to enter your home no matter how nice they are. Personally, I won't let anyone in my home that we did not invite there.

July Crime Statistics (10)

Aggravated Assault (1)

900 block of Lamonte Ln. on July 12, 2000 at 7:45 P.M. (public street).

Burglary (6)

900 block of Gardenia on July 5, 2000 at 7:30 A.M. (residence).

900 block of Gardenia on July 7, 2000 at 8:00 A.M. (residence).

3200 block of N. Shepherd on July 19, 2000 at 7:00 P.M. (auto repair)

3200 block of Lawrence on July 21, 2000 at 2:30 P.M. (garage)

600 block of W. Thirtieth on July 25, 2000 at 10:45 A.M. (residence).

700 block of Sue Barnett on July 29, 2000 at 10:30 A.M. (residence).

Burglary of a Motor Vehicle (2)

700 block of W. Forty-third on July 15, 2000 at 10:00 P.M. (parking lot).

900 block of W. Forty-first on July 12, 2000 at 11:00 P.M. (street).

Auto Theft (1)

1000 block of W. Forty-first on July 23, 2000 at 10:00 P.M. (street).

Patrollers and bases completed 44.5 hours in July. Thanks all for your efforts. I would also like to say an extra thank you to Patroller Bob Bewley who has now completed 100 hours of patrolling with the program.

Care to join us?

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.

Monthly certification training by the Houston Police Department will be conducted in October on Thursday the 12th at 10:00 A.M. and again on Thursday the 26th at 7:00 P.M. Both sessions will be held at the North Command Center, 9455 W. Montgomery Rd.

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

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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!

Join the Garden Oaks List Serv. It's easy, it's fun, and best of all, it's free. Just go to
http://www.onelist.com/subscribe/Houston_GO

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Garden Oaks Elementary Survey Results

Laila Folk

The June Gazette included a survey requesting your comments regarding your experiences with Garden Oaks Elementary. It also asked for your thoughts on the creation of a Garden Oaks Civic Club Committee to represent your ideas and recommendations regarding improvements or concerns to the Houston Independent School District. The results are in, a summary was prepared (omitting individual family and children’s names) and the summary was verified (comparing the summary to actual responses) by a currently serving Garden Oaks Civic Club officer. (If you haven’t figured it out yet, it has been made clear on numerous occasions that this survey was not sponsored by the Civic Club; just a concerned, tax-paying citizen who wants higher quality and better accountability from the public school system!!).

Many families in the neighborhood appreciated the opportunity to voice their likes and dislikes regarding our local school. In fact, over 54.8% of those who responded to the committee question want the creation of a committee and another 16% want to discuss the idea. Many residents who didn’t even vote for the committee’s creation still wanted to donate some time or were morally supportive of the concept.

The use of a community survey regarding the local public school is not unique and was recently mentioned by Rod Paige, H.I.S.D. Superintendent, as being one of the new tools proposed by H.I.S.D. to gauge a school’s performance in the community. The summary of responses by Garden Oaks residents will be forwarded to H.I.S.D. Administration in charge of Garden Oaks Elementary. Hopefully, the concerns that you have expressed will be addressed, and the positive aspects of the school that you have noted will be rewarded.

You can view the actual responses in their entirety under the Garden Oaks OneList Page at http://www.egroups.com/files/Houston_GO/. Click on the file named onelist.doc. In summary, there were 36 responses which represented 67 Garden Oaks children. Of those 67 children, the breakdown was as follows:

Number of Children Currently Attending:	9
Number of Children Not Attending:	34
Number of Children Will Attend:	5
Number of Children Will Not Attend:	8
Number of Children That Did Attend (Grad.):	7
Number of Children That Might Not Attend:	4

It was interesting to see the various education alternatives chosen by Garden Oaks residents which include Oak Forest Elementary Vanguard, Zion Lutheran Preschool, Travis Elementary Vanguard, Esperanza Preschool, River Oaks Elementary Vanguard, School of the Woods Montessori, Trinity Messiah Lutheran, Home-schooling, Tanglewood Academy, University of Houston Charter School, Montessori Country Day School, St. Anne Catholic, St. Ambrose, Children’s Hour Montessori, and St. Rose Daycare.

If you do not have access to a computer, copies of the survey responses will be available at Garden Oaks Civic Club meetings. Having given Garden Oaks residents an opportunity to share their experiences with Garden Oaks Elementary, it is hoped that neighborhood participation will increase and school performance will improve. Further, if an independent Civic Club committee is created, perhaps more parents will feel that they have an impartial voice representing their interests in asking for higher quality and better accountability from their local public school. If that is the result, then all Garden Oaks residents and, most notably, our children will benefit.

Letter from the President

Robert De Veau

Is it time for you to realign your attitude and declare a "Dumpster Day"?

It's that time of year when everyone is doing Fall cleaning. They take out their emotional garbage, give themselves an attitude adjustment, and polish their professional skills. This is your wake up call to assess your flight plan for soaring! Your action plan for "Me, Inc." This is the perfect time to get over it and get on with it!

My motto is "Attitude = Altitude!" The better your attitude, the higher you will fly! It all starts with you. How are you doing? When you get up each morning, you decide. Are you going to have a bad day, a good day, or a Great Day! Nobody wakes up in the morning and says, "I want to be a member of the Loser's Club." The best athletes didn't go to the Olympics and say, "I'm here to win the Bronze!" No way! They went to win. What is the essential ingredient you need if you are going to win? It's "Passion." Just hearing the word, saying the word, makes you feel terrific! Are you passionate about what you do? When you are passionate, your friends and family know, because you glow!

Passion is everything. Are you glowing? Are you growing? It's hard to keep shining everyday. One of the toughest things about life is that you must always be up and on. It's hard to keep glowing when life keeps throwing pop quizzes. I've had to take a few of those tests myself, and have learned a tremendous amount. I adopted a second slogan. "It's not what happens to you in life - it's what you do with what happens to you."

It's time to take out the garbage! Once a month set aside a day to unpack the excess baggage that you've been carrying. Take it out, talk it out, hash it out and throw it out! It takes time, energy, and thought to lug around all that stuff. You are too busy for that. You are too good for that. Did you know that stressed spelled backwards is desserts? What did you learn from all this? If it's not teaching you anything, then why are you babysitting it? Throw out all the stuff!

Elizabeth Kenny says it best, "He who angers you, conquers you!" So when anyone rejects you, for whatever reason, remember one word and one word only - NEXT!

I attended a seminar last year and found a great T-shirt that said, "The truly educated never graduate!" It's easy to learn, to grow and to pass all those pop quizzes life throws at you when you live with passion. It all starts with you. Are you existing or excelling? Clean house! Don't let anyone or anything mess with you. Sting is right - it IS a brand new day!

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Pecans are Falling, Pecans are Falling!

Mark Saranie

My monthly column rarely exists at an early time. Instead, a few days prior to when it is due I am furiously raking words together and organizing them into coherent sentences. The reason for waiting so long is that often I have no idea as to what the next column will cover. Unbidden, and usually due to something perceived through my senses, a theme will germinate and quickly entwine itself around my one creative brain cell, branch out, then bloom. Only then do I hit the keyboard.

Most of my articles have their roots in the short time it takes me to deliver the Gazette. This article is no different. A pecan tree down the street cast upon me the inspiration this time. It told me a quick tale the day I delivered the Gazette last month to its home. It looked tired and some of its lower branches were drooping alarmingly close to the ground. All it managed to dryly whisper was, "I'm thirsty."

Well, small wonder. It was so dry and unbearably hot the past months that trees throughout the neighborhood were panting. What worries me about the effects little moisture has on pecan trees, any trees for that matter, is that when rain is lacking, trees seem to lose lots of minor branches. This fuels ugly images I have of a kitchen rearranged by massive tree limbs. Always water trees deeply, even during our mild winters. Evergreen trees like magnolia and pine need water during our cooler months. Winter air is dry and will just as quickly cause evaporation as hot weather.

It is no secret that pecan trees abound in our neighborhood. My eastside neighbor has five pecan trees and my west-side neighbor has one. The three neighbors behind us have pecan trees as well. We have one pecan tree, as well as three magnolias, (two shared with west-side neighbor), a Vitex, Hackberry, Ash, Oak and a Pine. Our property virtually defines "Fall" when that season arrives.

Our pecan tree is a majestic specimen. At about 80 feet tall and with a trunk that is nearly 9 feet in circumference (at my chest height), this tree spreads its mighty arms over most of the house, the decks, the cars, and garage. I figure that since the tree has survived many past hurricanes and the ice storm Houston had several years back, coming home to a smashed roof is somewhat remote. I do water it well, however.

The first full year my wife and I were in our home we had what seemed to us a whopper of a pecan harvest, sixteen pounds still shelled. Yeah, yeah, yeah, big deal you think. As new homeowners with a tree that produces a useful crop,

it was a lot to us, given that the squirrels were incredibly greedy that year. The year before last we had in excess of 120 pounds unshelled. Now that was a nice yield! We shelled pecans for weeks after having them pre-cracked over at the farmers market, plus, we had enough pecans to see us through 1999, which, by the way, presented us with no pecans. This year it looks as if we will have a decent, if not mediocre, crop. The tree dropped a good amount of green nuts during the hot spell.

Why the disparity in production? According to our tree service, pecan trees take time off from producing nuts so don't be disappointed those years your tree doesn't produce. It is just refueling for its next output. Like people, as nut trees age, they tend to produce less. Pecan trees require zinc for good nut production and a great source are zinc spikes found in our local home centers or feed stores. The spikes are a bit pricey for a half dozen, but if you want to feed the squirrels, be my guest. Pound these, the zinc spikes not the squirrels, into the ground at the drip line of your pecan tree in the spring before it buds out.

Because of the size and spread of our pecan tree I refrain from the zinc, relying instead on the fertilizers with which I feed the lawn and beds. Why? Well, I believe that if our tree really, and I mean REALLY produced a crop worthy of its size we would have a broken limb problem. Talk about Chicken Little. Besides, mulching all those millions of pecan leaves into the lawn seem to help production and are a fitting end to all the leaves that provided shade during the year. Anyhow, as you have read, pecan trees come back with a tasty vengeance. I was actually glad to share them with the squirrels that year. Comments or suggestions? E-mail me at plantmania_2000@yahoo.com.

Garden things for October

- Get the kids involved.
- Be prepared for leaf drop. With Halloween coming up leaves make great fillers for those jack-o-lantern trash bags. Don't forget to add these to your compost later.
- If you attended the Bulb Mart in September, plant the bulbs and corms that need to be in the ground after Halloween. My favorites are anemones and ranunculus.
- Start planting your fall and winter color, the nurseries will be full of choices.

Try to buy those plants that are not covered in blooms. Be brave and pinch off blooms, this gives your new joy strength to establish itself. This is a good rule of thumb any time of the year.

- October is good month to apply a winterizing fertilizer.
- Boooooooooooooooooooooooooooooo, Happy Halloween!

How to Keep Your Coffee Bean Lean and Your Smoothies Slim

Catherine Kruppa, MS, RD, LD

In today's fast-paced society many people do not have time to sit down and have a meal. As we move into the new millennium, it seems like fast-food restaurants are being replaced by smoothie shops, juice bars, coffee shops, and health food stores. These days it is easier to find a Starbuck's or Smoothie King than it is a McDonald's.

In an effort to get healthier, many people will pick a smoothie as a snack or meal replacement. Will consuming this liquid supplement really lead to slimmer waistlines? Unfortunately, the answer is no. A study was conducted at Purdue University involving two groups of normal-weight men and women. One group received an extra 450 calories a day as liquid. The other group received the same amount of excess calories in a solid form. The group who consumed the solid food ate fewer calories at the end of the day than the group who consumed the liquid calories. Liquid foods are digested faster than solid foods leaving you feeling hungry again in a few hours. So, if you have time to eat real food versus drinking your calories, you will probably feel fuller and eat less.

If you are craving a smoothie or like to reward yourself after a hard workout, here is how to fit it into a healthy diet. Many smoothies contain between 2-5 servings of fruit. This gets you one step closer to achieving the recommended 5 fruits and vegetables per day. But also realize that most smoothies contain extra sugar and can be high in calories. A typical 20 oz smoothie can range from 230 calories to 950 calories. Here is how to order a healthier smoothie:

1. Ask to have skim milk as a base instead of juice. You will save calories and receive extra protein.
2. Ask that all extra sugar, turbinato, and honey be left out. The fruit itself will make the smoothie sweet.
3. Stick to ordering simple smoothies without extra powders, protein, and supplements. Think natural and include fruit, ice, water and milk if desired.

Even when the temperature is 110 degrees outside, many people can't make it through the day without their latte. It may have started out as a simple cup of coffee at the office, but these days Americans are reaching for espressos, cappuccinos, and lattes.

Sales of fresh coffee alone have increased nearly 10% worldwide over the past 4 years.

As much as you enjoy the caffeine, you may be wondering if you should give it up. Actually, research suggests that moderate doses of caffeine may offer certain health benefits. A daily cup or two of coffee may spare you from gallstones, ease your asthma, or even help you lose weight. Coffee contains antioxidants that may lower your risk for both cancer and heart disease. Most experts agree that moderate caffeine consumption is up to 300 milligrams daily or what you would find in two 8-ounce cups of coffee.

Drinking a cup of coffee before exercising can give your metabolism an extra boost. Caffeine helps free stored fat, so your body can burn it for energy. But before you down that extra tall cappuccino, we need to consider the calories. Specialty coffee drinks such as frappuccinos, cappuccinos, lattes and mochas range in from 80-410 calories. Here are some tips on ordering a healthier cup of coffee:

1. Choose the smallest size cup, either 8 or 12 oz. This can save you up to 110 calories.
2. Add nonfat milk to your cappuccino, latte, and mocha instead of whole milk. This saves you 80 calories and up to 8 grams of fat.
3. Order your coffee without whipped cream.

Be sure to keep tabs on your caffeine intake. Caffeine is not compatible with the following conditions: jitters or insomnia, depression, pregnancy, heartburn and peptic ulcers, high blood pressure, panic attacks and migraines.

These tips should help you stay cool, or hot without gaining extra pounds when your need a treat or pick-me-up.

Contact Catherine at 713-316-2707 or cathkruppa@aol.com for more information.

September Yard of the Month

850 W. 42nd

A really beautiful yard thanks to much attention it gets by

Ray Wilkins and Cheryl Cohorn.

Congratulations!

Heavy Trash

One Call Program
713 956 6589

South of 38th – Oct. 3

North of 38th to
South of 43rd – Oct. 10

North of 43rd to
Chamboard - Oct. 17

Recycling

North of West 43rd St.
Tuesday Oct. 3, 17 & 31

South of West 43rd St.
Tuesday October 10 & 24

Recycling Hotline
713 837 9130

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October 2000

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>“Behind every argument is someone’s ignorance.” - Louis D. Brandeis</p>						
1	2	3	4	5	6	7
	Shared Decision Making Committee 3:15 PM G.O. Elem	Civic Club Meeting 7:00 PM G.O. Elem		Civic Club Committee Budgets Due		
8	9	10	11	12	13	14
	Yom Kippur Columbus Day (Observed)		Deed Restrictions Committee 7:00 PM Kroger	Garden Club 7:00 PM 974 W 42 Plant Show and Tell Columbus Day		Fajita Family Fun Fest 11:00 to 3:00 SPARK Park Sukkot Begins
15	16	17	18	19	20	21
Gazette Articles Due		Montessori Parents Meeting 6:00 PM G.O. Elem				
22	23	24	25	26	27	28
	Texas Legal Assistants Day	United Nations Day				
29	30	31	<p>Upcoming events for next month Civic Club Meeting Tuesday, November 7th</p> <p><i>Make sure your Civic Club committee meeting or event gets on the calendar! E-mail the editor at GOGazette@Mac.com with your information.</i></p>			
Daylight Savings Time Ends		Halloween				