

GARDEN OAKS GAZETTE

December 2000

Volume 23, Number 12

Civic Club Annual Meeting, Tuesday December 5th

Robert De Veau, Civic Club President

Election of Officers, budget approval and a covered dish dinner...it's all part of the Garden Oaks Civic Club Annual Meeting on Tuesday, December 5th at 7:00 PM in the Multi-purpose Room of the Garden Oaks Elementary School. If you only attend one meeting all year, this should be the one.

Topping the agenda will be the Election of our 2001 Officers. The Nominating Committee, under the guidance of Craig Lee, has assembled a stellar slate of candidates worthy of your vote. This is one election you can be assured will be completed in one session! Aspiring to lead us all into the next century will be David Bell for President, Stacy Park for Vice President, Cherry Wolfarth for Treasurer and Amy Shaugnessy for Secretary. Nominations for these positions will also be taken from the floor prior to voting.

Current Treasurer Jay Slemmer has whipped the Committee Chairs into shape and assembled their requests, along with the general operating budget for the Civic Club and will present the 2001 Budget for membership approval. A detailed copy of the budget can be found in last month's issue of the *Gazette*.

Keeping with past tradition, the meeting will feature everyone's favorite Covered Dish Potluck Dinner. Please bring an item that corresponds to your last name.

- A - F Appetizer
- G - L Main Dish Casserole
- M - R Vegetable, Side Dish or Salad
- S - Z Dessert/Sweets

Please remember that while only dues paying members may cast a vote (and only one vote per household), all residents of Garden Oaks are invited to join us for a fun meeting which promises to be short on business and long on holiday cheer.

Santa Claus is Coming to Town!

Santa Claus will visit Garden Oaks again this year in the Gazebo at 42nd and Sue Barnett. He plans to be there on Tuesday December 19th and Wednesday December 20th between 6:30 P.M. and 8 P.M. (weather permitting). Cookies and wassail for all visitors, so please invite all your small friends. Santa has been coming to Garden Oaks for this early visit for more than ten years now, first on the park bench, on a borrowed front porch during construction, and then in the wonderful gazebo. Don't forget your wish list and your camera. See you there!



Civic Club Annual Meeting - Voting, Potluck Dinner

you thought the elections were over...

From the Editor

Joe Muscara

Do you like the holidays? I'm not nuts about them, to be honest. I like the true principles behind them, but I really don't like all the stuff I see people putting themselves through. Crazy traffic, huge crowds, cold weather (okay, that's just me). I watch too many of my friends "stressing" because it's the holidays, putting themselves through extra hassle at work and at home because...because why? The way I see it, the people that care about you understand. The house won't be spotless, the food won't be perfect, the kids won't be quiet.

It's all okay. It doesn't have to be a huge production, unless you want it to be. It should be fun. I think of it this way, if we didn't have anything but each other and a bowl of soup, wouldn't that be enough? It would for me. Enjoy the holidays!

Under the heading of New Business, we are proud and pleased as holiday punch to announce that we have a new Ad Director for the *Gazette*! Her name is Holly Veech, and she bought her house and moved to Garden Oaks in August of 1999. She works for the Houston Chronicle as an Internet Specialist in the Advertising division. She has been working in advertising for over 5 years. She recently got married, and her husband is Matt Veech. She is a member of the Garden Oaks Garden Club. Welcome aboard Holly! Readers, if you or someone you know is interested in advertising in the *Gazette*, Holly's contact info is in the masthead to the right.

Finally, now that we have that covered, we would like to find a volunteer to take over coordinating the delivery of the *Gazette*. Jerry Vuchak has been doing a bang-up job for a few years now, and is looking to move on to other things. If you are interested, Jerry's contact info is to the right, and he can give you the details about the position.

Classified Ads are \$15 per run for residents, and are for personal services only (yard sales, items for sale, infant care needed, etc.). Contact the Gazette Advertising Director for more information.

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

http://www.onelist.com/subscribe/Houston_GO

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	

From the President

Robert De Veau

Last year, when I was the editor, I came upon this delightful twist of the holiday classic while perusing the 'net and published it under my "Editor's Column." In these days of trying to be "politically correct," it just goes to show how far we can take things. I wish you all a Happy Holiday, Hanukah, Kwanzaa or whatever you choose to celebrate [Ed. note: what about Festivus?]. Please join us at the Civic Club meeting on Tuesday, December 5th.

"Twas the night before Christmas and Santa's a wreck...How to live in a world that's politically correct. His workers no longer would answer to "Elves", "Vertically challenged" they were calling themselves.

*And labor conditions at the North Pole, were alleged by the union to stifle the soul.
Four reindeer had vanished, without much propriety, Released to the wilds by the Humane Society.
And equal employment had made it quite clear, that Santa had better not use just reindeer
So Dancer and Donner, Comet and Cupid, were replaced with four pigs, and you know that looked stupid.*

*The runners had been removed from his sleigh, the ruts were termed dangerous by the EPA.
And people had started to call for the cops, when they heard sled noises on their rooftops.
Second hand smoke from his pipe had his workers quite frightened. His fur trimmed red suit was called, "unenlightened".*

*And to show you the strangeness of life's ebbs and flows, Rudolf was suing over unauthorized use of his nose.
He had gone on Geraldo, in front of the nation, demanding millions in over due compensation.
So, half of the reindeer were gone; and his wife, who suddenly said, "I've had enough of this life",
Joined a self-help group, packed, and left in a whiz. Demanding from now on, her title was Ms.*

*And as for gifts, why, he'd ne'er had a notion, that making a choice could cause such a commotion.
Nothing of leather, wood, plastic or fur; which meant nothing for him and nothing for her.
Nothing that might be construed to pollute. Nothing to aim, nothing to shoot.
Nothing that clamored or made lots of noise. Nothing for just girls or just for the boys.
Nothing that claimed to be gender specific. Nothing that's war-like or non-Asian Pacific.*

No candy or sweets...they were bad for the tooth. Nothing that seemed to embellish the truth.

And fairy tales, while not forbidden, were like Ken and Barbie, better off hidden.

For they raised the hackles of those pathological, who claimed the only good gift was one ecological.

No baseball, no football - someone could get hurt. Besides, playing sports exposed kids to dirt.

Dolls were said to be sexist and should be passé. And Nintendo would rot your entire brain away.

So Santa just stood there, disheveled, perplexed. He just could not figure out what to do next.

He tried to be merry, tried to be gay. But you've got to be careful with that word today.

His sack was quite empty, limp to the ground. Nothing fully acceptable was to be found.

Something special was needed, a gift that he might, give to all without angering the left or the right.

A gift that would satisfy, with no indecision, each group of people, every religion;

*Every ethnicity, every hue' everyone, everywhere, yes...even you!
So here is that gift, it's price beyond worth...*

"May you and your loved ones enjoy Peace on Earth"

Good Neighbors

Robert De Veau

One of my many duties as President is to take phone calls from concerned residents and neighbors alike. I say neighbors, because I recently received a phone call from Ruth Metzinger of Oak Forest. Ruth is the Chair of the Oak Forest Beautification Committee and spearheaded the efforts of planting the esplanades along Ella Boulevard. Ruth pointed out that residents of both Garden Oaks and Oak Forest have been utilizing the esplanade to post signs for Yard Sales. Folks, while the esplanade is a major thoroughway and provides ample advertising opportunities for all the vehicles passing by, she has asked that we all be reminded that it is illegal to post signage on city property. Her primary concern is that residents have damaged the groundcovers and plantings while erecting signs and that the signs have been left up long after the yard sale is over. In the spirit of community partnership, she has asked that I forward her message to our residents and she will be doing the same in Oak Forest. So when planning your next yard sale, please be considerate of where you post your signs and remember to take them down right after the event.

Luxury Lawns

Kaplan's Ben Hur

Terry Jeanes



Minutes Of November 7, 2000 Civic Club Meeting

Amy Shaughnessy, Secretary

President De Veau called the meeting to order at 7:03 p.m. A motion was made and seconded to accept the October minutes as published.

Officer Reports

Treasurer: The Treasurer's report was distributed. The 2001 budget was published in the November *Gazette* and will be voted on at the December Civic Club meeting.

Committee Reports

Beautification: Jeff Benjamin announced that the 40 donated roses were planted in the Rose Garden and thanked all the volunteers who helped with the transplanting. An amendment will be made to the Beautification budget to pay for the irrigation in the neighborhood parks that has been paid for in the past by Ed and Brenda de Alba. For more information or to volunteer, call Chair Jeff Benjamin at 713-695-7953.

GOCOP: Carl Waters reported three suspects in this summer's rash of car break-ins have been caught. Patrollers are desperately needed - contact Carl at 713-864-1992 for more information on becoming a GOCOP.

Constable Program: Terry Jeanes reported that section leaders are needed so the program can be expanded so the cost will go down and/or a second patroller can be added. Deputy Green gave his patrolling report. Contact Chair Terry Jeanes at 713-680-8550 for more information or to participate in the Constable Program.

GardenOaks.org: Robert de Veau reported the committee has a preliminary design for the web site and they hope to launch in early 2001. Call James Cobb at 713-686-4578 or Sheila Briones at 713-861-8091 for more information.

Gazette: Joe Muscara stated that the deadline for the December *Gazette* is November 15. An Advertising Director is needed for the *Gazette*. Contact Joe at 713-691-6833 for information.

Deed Restrictions/GOMO: Chair Sam Stengler announced that Section 2 is 2/3 of the way to the goal! This is largely due to diligent block-walking - **volunteers are needed for more block walks**, especially in Section 4. Call Sam for ballots and lists of people who have not yet voted. Sam encouraged each person to contact his immediate neighbors as a start - then expand from there! Terry Jeanes offered to get ballots delivered door to door, which started a lot of great brainstorming. If you have not voted, or are interested in additional forms to take to neighbors, the form is available on the Garden Oaks Listserv at http://www.egroups.com/group/Houston_GO. There is also a very helpful Frequently Asked Questions document available on the listserv. You may also call Sam or any committee member for forms or information. For more information on the Deed Restrictions Committee or to volunteer, call the hotline number at 713-341-3737.

Home Tour: Co-Chair Mike Caldwell announced some committees still need chairs. The selection committee has begun looking at homes. Contact Mike Caldwell at 713-697-8690 or Robert De Veau to volunteer.

Membership: David Bell announced the current Civic Club membership is just under 14%. The Civic Club is looking for a new Membership Committee chair to take over when David assumes the Civic Club presidency.

Garden Club: Brenda de Alba thanked whoever it was who trimmed the live oak in the Friendship Garden at 30th & Lawrence. The limbs were dangerously hanging to the ground and now it looks great – thanks! The Garden Club meets the second Thursday of every month and is always looking for new members. Meeting topics and locations are printed in the *Gazette* calendar. Contact Garden Club President Brenda de Alba at 713-694-5934 for more information.

Unfinished/Old business

Work has begun on the sound wall.

The dead trees in Graham Park have been removed – there have been 18 pines and 1 live oak removed in the past two summers. Thanks to Ken Yarbrough’s office for helping with the removal process.

New business

The nominating committee has announced an amendment to the 2001 slate of officers. Jay Slemmer has had to decline the nomination for treasurer due to a new job and Cherry Wolfarth has been added in his place. A huge thanks to Jay for all his work getting the Civic Club and Constable funds organized!! Voting will take place at the December Civic Club meeting, which will be a potluck dinner. The breakdown for food assignments will be published in the December *Gazette*.

Terry Jeanes brought up the high grass and debris in the lot at 30th and Shepherd, across from Taco Cabana. Who can we call for that and how long are the “temporary barriers” going to be there? Robert De Veau said he would contact Bruce Tatro’s office to follow up.

President De Veau adjourned the meeting at 8:05 p.m.

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

Shannon & Assoc.

Lauder Properties

O.D.’s Printing

November Yard of the Month

946 W. 42nd

The yard, well kept by Marcie Willey, is accentuated by the lovely blooms along the driveway on the side.

Congratulations!



Diane Morish

Citizens on Patrol

Carl Waters, Jr.

September Crime Statistics (10)

Burglary (4)

- 200 block of W. Thirty-fourth St. on 9/12/00 at 9:00 A.M. (unknown)
- 200 block of W. Thirty-fourth St. on 9/13/00 at 7:40 A.M. (residence)
- 200 block of W. Thirty-fourth St. on 9/23/00 at 9:30 A.M. (garage)
- 3200 block of Lawrence on 9/29/00 at 2:00 A.M. (residence)

Burglary of a Motor Vehicle (2)

- 800 block of W. Forty-second on 9/8/00 at 7:00 P.M. (driveway)
- 900 block of Althea on 9/21/00 at 10:30 P.M. (street)

Auto theft (2)

- 300 block of W. Thirtieth St. on 9/5/00 at 9:30 P.M. (street)
- 2900 block of N. Shepherd on 9/17/00 at 2:00 P.M. (parking lot)

Driving While Intoxicated (2)

- 2900 block of North Durham on 9/23/00 at 1:13 A.M. (street)
- 2900 block of North Shepherd on 9/24/00 at 3:30 P.M. (street).

One of the problems with recording crime statistics for the neighborhood is the time delay between when things happen and when they make it into the *Gazette*. I can remember 3 persons who talked to me about property crimes that involved them in either late September or early October and looking at the statistics above I know 2 of them were not listed. Whether or not your address appeared in the *Gazette*, it is still important to report all crimes no matter how small to the Houston Police Department and to the Precinct One Constable. Please use the numbers below as appropriate to make your report or to report suspicious activity in your area.

**Sign up to be a citizen patroller!
Email GOCOP77018@aol.com or
call 713 864 1992.**

Applications continue to be accepted for patrollers over the Internet at GOCOP77018@AOL.com. 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.

Merry Christmas Y'all from the Citizen Patrollers.

Emergency Contact Numbers

Crimes in progress, Fire or Ambulance	911
Houston Police Department (non-emergency)	713-222-3131
Precinct One Constable Dispatch	713-755-5200

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Harry James
(double size)

Deed Restrictions Work Continues

Sam Stengler

Well now, this is a bit more like it. Suddenly, and with a great deal of rain and muck, comes winter to Houston. We may all wish for those balmy upper-90 degree days, before long...

The totals for this month are as follows:

Section	Yes	No	Mis-balloted*	Total	% of Section**
One	116	1	1	117	26
Two	61	3	2	64	41
Three	50	2		50	22
Four	37	4	4	41	13
Five	76	1		76	24
Grand Total:	340	8	10	348	24

For those of you who are keeping track, note the significant increase in section 2, as well as sections 5 and 1. Thanks to all the volunteers in those sections who have worked tirelessly to get these ballots signed and returned. (BTW, I still have a small stack of Section 1 ballots that are not included in these totals, but they will be up on the Web site by the time you read this.)

If anyone would like to help with ANY of the sections, by walking their block, or by organizing a 'mini-vote-event', or by implementing any other ideas you have, please feel free to contact any of the Deed Restrictions Committee members, or call me at 281-773-3478.

Our November meeting was lightly attended, but we plowed through the first half of the GOMO bylaws. We are trying to get these in shape to present to the property owners by February of 2001. If you would like to help in this effort, we would welcome you to the December meeting, where we will go over the second part of the bylaws, and look at the work we did in November.

Speaking of the December meeting, it will be held on December 6th, 2000, at the upstairs meeting room at the Kroger's Signature store on W. 43rd St. Time is 7 P.M....let's get all you folks who are interested in the bylaws to come on by!

See you then!

**Have YOU filled out your ballot on the creation of the Garden Oaks Maintenance Organization?
See page 9 for instructions.**

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Frame Shop

**Andrew Smith,
CPA**

Merry Christmas Everyone, And A Very Happy New Year!

Mark Saranie

I, like everyone, have lots of fond Christmas memories; most of these experienced while in Costa Rica. Some of the best memories are those of visiting a Christmas tree farm high in the mountains to bring home the tree that we had selected the previous year while cutting down the tree for that year. I was always amazed at how such a tree with so seemingly little potential had developed into a lush and full tree. Then there was the bright and pungent aroma of pine in the house that lingered until the New Year and beyond.

As I sit here I imagine my two sisters, who to this day live in Costa Rica with their families, preparing for the holiday. Christmas there is so different from our customs that I can almost taste the tamales, which are standard fare during all holidays. Now, these tamales are memorable: moist slabs of masa filled with loads of chicken, pork, or beef along with vegetables and rice, all bundled up in banana leaves and then boiled to perfection. Ever had these? If you have, then you know what I am talking about, especially if they were well made.

Pardon me while I wipe my keyboard dry and return to the task at hand.

As Christmas nears and you and your family are out and about selecting your tree, purchasing the freshest tree you can find is easy. The most apparent sign of an undesirable tree is falling needles. Before making a decision on a tree, give it a good shake and observe the needle fallout. You will experience some and this is normal, but excess needles will tell you that that tree is beyond its prime. When you find the perfect tree and get it home, a little preparation will insure your tree stays fresh for the weeks it will adorn your home.

- Have the stand, if any, removed before you take your tree home.
- Once home, cut off about 2 to 3 inches from the bottom portion of the trunk and immerse the tree in a large container full of water that is large enough to support it.
- The next day put the tree in its stand and keep watered.
- Decorate to your heart's content.

Winter brings with it a spirit of renewal. The cooler weather brings energy and expectation. Energy, because when a potential freeze is upon our neighborhood, energy is needed to haul in all the potted plants. I don't know about you, but there have been winters I would have rather let my potted plants fend for themselves than spend a good hour or so moving them from deck to garage. My wife is always successful, though, of reminding me of all the work and dedication rendered upon them and the guilt I would suffer if I carried my plans through. So, room in the garage is made for the pots and then they get moved in. I am always happy I made the effort. Expectation, because I can't wait to see the bulbs come up, watch the trees in our yards put on their new cloaks of green, and because by then, we are both tired of the cold and crave a bit of warmth.

Garden Things for December

- There are a lot of things to accomplish before getting ready for possible freezing weather. Now, I don't mean to sound like a certain TV diva who is very meticulous, to say the least, with everything she does, but putting away clean garden tools now will give you a boost of confidence and energy, as well as saving you lots of time when it is time to start working the soil in spring.
- If you have mulched your beds during the last months, good job! If you feel you need more, the garden centers are choking on the stuff. A good three inches of mulch will protect most winter hardy plants should a freeze surprise us.
- Also in the garden centers you will find, if interested, winter grass seed that once sown and sprouted will maintain a nice carpet of green around your home when your neighbors' lawns lay brown and dormant. (You won't see me using the stuff, but if you do, have fun.)
- Pansies are overflowing everywhere and are such champs in the winter garden. Several years ago my wife and I were in Dallas when temps got down into the low twenties. The potted pansies at the hotel were frozen stiff. Later that day when things warmed up a bit, the plants as well as the blooms were in perfect health.
- I have seen lots of cyclamen in the garden centers as well as in several yards in our section. The color these blooms display is always a joy to see on a gloomy winter day.
- For you veggie gardeners, December is the right time for setting out onions, garlic, and leeks. I have onions and garlic in the ground already, I hope the squirrels leave them alone.

How to Vote for GOMO

Sam Stengler

All homeowners in Garden Oaks are strongly encouraged to cast their vote regarding the creation of the Garden Oaks Maintenance Organization. This is the proposed body for enforcing our deed restrictions. Only Garden Oaks property owners may vote, but you may complete one ballot for each GO property that you own.

The following people have volunteered to be the contacts for each section. You can contact them to make arrangements to fill out a ballot at your convenience (it only takes a few minutes). If you own property in more than one section, let the volunteer know when you call so they can have the correct ballots ready for you.

Section 1 - Mary Tyler Martinez	713 681 3913
Section 1A - James King	713 426 1607
Section 2 - David Heiland	713 927 1125
Section 3 - Needs You!	Call Sam Now!
Section 4 - Needs You!	Call Sam Now!
Section 5 - Shelly Immel	713 688 4681
John Evans	713 688 1528
All Sections - Sam Stengler	281 773 3478

Central Bank

All Star Construction

D.J.'s Lawn Care

U.S. Tree Experts

Garden Oaks Montessori News

Christine Adams, President, Friends of Montessori

Many ideas about admissions policy for The Garden Oaks Montessori Program were discussed at the last Montessori parent meeting. The next Montessori parent meeting will be held on Thursday, Dec. 7th at 6:00 PM in the library at Garden Oaks Elementary. A proposal for admissions policy will be presented and feedback invited. Parents considering the Garden Oaks Elementary Montessori Program are encouraged to attend this parent meeting and express their opinions about admissions policy before it becomes final. The admissions policy for the 2001-02 school year will be submitted to the Friends of Montessori Board for approval at their Dec. 12th Board meeting scheduled for 6:00 PM in the Garden Oaks Elementary Library.

Although the actual policy has not been finalized, the following ideas have been strongly favored by parents in the Montessori program and will be seriously considered:

1. All students must be zoned to Garden Oaks Elementary
2. First come, first serve (i.e., prepare to campout!)
3. A percentage of slots are to be set aside for sibling preference in each age group.
4. Create a permanent waiting list from the first come, first serve applicant pool that will roll over to the next school year. Those on that waiting list must submit a new application in order to keep their place on the waiting list. This would mean you don't have to camp out year after year if you don't get in the first time.

Applications should be available on or about Jan. 16th at Garden Oaks Elementary. Completed applications should be returned to Garden Oaks Elementary on or about March 1st. Actual deadlines, final admissions policy and procedures will be determined by Dec. 15th. Parents are invited to come visit the campus and find out more about this highly unique and successful program. Call Garden Oaks Elementary at 713-696-2930 to arrange a tour of the Montessori program or any of the other fine programs available at our friendly and progressive neighborhood school.

Sheer Elegance

*Susan Kostecky, Window Fashions
Certified Professional*

What do the following have in common?

Zebra patterns	chenille threads
Beads	metallic threads
Bumblebees	botanical prints
Stripes	multiple colors

These are a few examples of sheer fabrics available! Sheer drapery panels or sheer valances have changed radically from what your grandmother may have had in her living room. Years ago, sheers were either white or off white and either voile or batiste. While these options are still available, sheers now come in many colors, textures, patterns and prints.

As with any fabric, sheers vary widely in price. Generally the cost to fabricate sheers is less expensive because they are unlined. This saves you money on both the lining fabric and the labor to add lining.

The wide variety of sheers offers many alternatives to treat your windows. Sheers have traditionally been used behind drapery panels and valances. The beauty and interest of sheers today allow a sheer treatment to stand alone as a window treatment. Light and airy, with an interesting pattern, sheers can add color and texture to your windows as panels



or valances, or a combination of the two. Two sheers combined are beautiful as well.

Some sheer patterns are subtle and come as a bit of a "surprise" when you get close to the fabric. From a distance there may appear to be a light pattern on the fabric; upon close inspection you see tone-on-tone bumblebees and butterflies, perfect for a young girl's room. This type of sheer appears neutral from the street, yet shows interest once inside the room.

Sheers also drape well into scarp swags as an accent in living rooms and bedrooms, as well as over a shower curtain. Often sheers are available in wide widths (118") as opposed to standard 54" decorator fabric. This adds more flexibility for draping and helps eliminate seams, which would be more visible in a sheer, unlined treatment.

Instead of hiding the sheers behind drapery panels, consider abutting drapery panels with decorative sheer panels on the same rod. A home on this year's Garden Oaks Home Tour displayed this type of treatment. It offers privacy, light control and contrasting textures, and looks great both inside and outside the home.

To add even more interest, dispose of the traditional utilitarian rod and hand tab top sheers from finials attached to your walls. Finials can be crystal door knobs, traditional curtain rod finials, antique drawer pulls, or anything else that can be attached to a wall and shows your personality and style.

For more information call Susan Kostecky at 713 697-4110.



Have a Holiday Game Plan

Catherine Kruppa, MS, RD, LD

The holiday season is filled with family, friends, and fun and for many people non-stop noshing and sports-channel surfing. One too many of mom's tasty temptations combined with lack of exercise can equate to a 5-10 pound weight gain during the holidays. Having a holiday game plan can help you through this tough time of year. A typical holiday meal can contain as many as 2000 calories and 58% of those calories are from fat. You can actually save over 1,000 calories and 120 grams of fat by revising your holiday menu. Here are a few tips to keep your waistline from expanding over the next few months.

- Choose skinless white meat over dark meat with the skin.
- Use butter flavored Pam and chicken broth for basting the turkey instead of butter.
- Beware of most gravies and juices (that is where the fat hides).
- Fill up on healthy side dishes such as broccoli, winter squash and sweet potatoes.
- Substitute fat-free butters in place of margarine in stuffing, potatoes, veggies and gravies.
- Cook stuffing in a dish verses in the turkey to prevent excess fat absorption.
- Use fat-free piecrusts or make graham cracker crusts with low fat graham crackers and fat free butter.
- Use Egg Beaters or 2 egg whites for one egg.
- Watch out for the alcohol; it can add an amazing 300-700 calories per meal.
- Select light beer and dry wines over sweet mixed drinks.
- Don't skip breakfast in preparation for a big lunch or dinner; this will lead to ravenous hunger and extreme overeating.
- Keep healthy snacks available such as air-popped popcorn, whole-wheat crackers and low fat cheese, ready-to-eat vegetables, low fat dips, homemade cereal and nut mixes, and pretzels.
- Plan extra exercise around big meals. Get the family together for a game of touch football or a walk or try activities that burn calories like museum tours and shopping.
- Last but not least, if you do go overboard don't starve yourself the next day. Get right back on track and exercise a little more.

Heavy Trash

One Call Program
713 956 6589

South of 38th – Dec. 5

North of 38th to
South of 43rd – Dec. 12

North of 43rd to
Chamboard - Dec. 19

Recycling

North of West 43rd St.
Tuesday Dec 12 &
Wednesday Dec 27

South of West 43rd St.
Tuesday Dec. 5 & 19

Recycling Hotline
713 837 9130

Directory of Advertisers

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- Andrew Smith, CPA 8
- Central Bank 9
- Cherry Wolfarth 6
- Diane Morish's Boutique 6
- DJ's Lawn Care 9
- The Frame Shop 8
- Green Green Grass
of Home Reality 7
- Harry James 6
- Kaplan's Ben Hur 4
- Keller Williams/
The Garden Group 8
- Lauder Properties 5
- Luxury Lawns 4
- Maldonado Landscaping 8
- O.D.'s Printing 5
- Shannon & Assoc. 5
- Terry Jeanes 4
- Tree Experts 7
- US Tree Experts 9



December 2000

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

"The best way to cheer yourself up is to try to cheer somebody else up." - Mark Twain					1	2
3	4	5 Civic Club Annual Meeting 7:00 PM G. O. Elem.	6 Deed Restrictions 7:00 PM Kroger (W 43 rd)	7 Montessori 6:00 PM Garden Club 7:00 PM	8	9
10	11	12	13	14	15 Gazette Deadline	16
17	18	19	20	21 Winter Solstice	22 Chanukah Begins	23
24	25 Christmas	26 Kwanzaa Begins	27	28	29	30
31	Upcoming events for next month Civic Club Annual Meeting Tuesday, January 2 nd <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>					
New Year's Eve						