

CARDEN OAKS AZETTE

January 2001

Volume 24, Number 1

CHEAP CONDOS BUILT IN GARDEN OAKS

HOUSTON - Residents of this mostly bungalow/cottage style neighborhood just north of the 610 Loop were shocked and dismayed to learn that A. B. Contractor, President of MegaHome Corp., has recently announced plans to tear down an entire block of homes in Section Two of Garden Oaks, replacing them with nearly 40 inexpensive condominiums. MegaHome Corp., based in Irving, Texas, has been involved in several of the most egregious housing scandals in five other Texas cities. Only recently deciding to expand into the Houston area, the Garden Oaks project is their first foray into one of the city's most charming neighborhoods.

The booming population of Houston, together with the growing scarcity of developable land inside the Loop, has caused builders to look further afield for new moneymaking projects. With its large lots and tree-shaded residential streets, Garden Oaks "is a natural for our kind of development," said a representative of MegaHome. "And MegaHome," he continued, "is just the tip of the iceberg" as far as other development companies waiting in the wings for property in Garden Oaks.

Garden Oaks residents quickly scrambled to try and block the construction project, but their efforts may fall under the heading of 'too little, too late.'

Residents and property owners packed a recent Civic Club meeting, demanding action, and wanting to know how MegaHome was able to bypass the neighborhood's deed restrictions.

"All we know now," explained B. E. Active, President of the Garden Oaks Civic Club, "is that permits have been issued by the City of Houston, and that our complaints to the City that the construction violates our deed restrictions have been ignored."

A spokesperson from city hall confirmed that permits have been issued to MegaHome Corp. for its project in Garden Oaks, and that the City has been assured by its legal staff that the deed restrictions in Garden Oaks have lapsed, due in large part to "non-enforcement."

"There were just so many violations, especially recently, and not a shred of evidence that anyone in that neighborhood was interested in filing suit to stop them," explained the spokesperson. "Without some sort of official neighborhood organization able to legally intercede between the City, MegaHome Corp., and the Garden Oaks property owners, there really was nothing the City of Houston could do but go ahead and issue the permits."

Demolition along Garden Oaks Boulevard has already begun, with several homes being razed in the past week.

"They've demolished some of the most beautiful old homes," complained one resident. "My parents lived in one for over 30 years."

"It's really sad. All those lovely trees are gone, too," said another resident who had lived in her home since the early 1960s.

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Stop Developers from Destroying Garden Oaks Attend the Next Civic Club Meeting and Find Out How!

Tuesday, January 2nd

The first Civic Club Meeting of the new millennium will be held on Tuesday, January 2^{nd} at 7:00 P.M. in the Garden Oaks Elementary School Multi-Purpose Room. The primary topic of the meeting will be how we can put a stop to the imminent destruction of the neighborhood.

From the Editor

Joe Muscara

First off, with the New Year, there has been quite a changeover in officers and committee chairs. This has resulted in a lot of changes to the masthead to the right. If you are on that list, I would truly appreciate it if you could check out your information, make sure it is correct, and let me know if any changes are necessary. If you are a resident, take the time to get to know these volunteers who are giving their time for all of us.

Last month we noted that we have a new Ad Director, Holly Veech. This month we are very excited to announce that Willie Stollenwerck is taking over the responsibility of Delivery Coordinator from Jerry Vuchak. To be honest, I know Willie well from the neighborhood, and I know he will do a great job, but I can't say I know a lot about him. Dang, I should have asked him for a small bio. Maybe next month.

I do want to take this opportunity to thank Robert De Veau and Jerry Vuchak for all the work they have done for the *Gazette* and the community during my first calendar year as editor. I am lucky to have worked with both, and to be able to call them friends. I am also happy to know that they will still be around doing other great things in the neighborhood.

Finally, I received this note from Leslie Waters recently.

"My husband received a phone call from Officer Green of HPD yesterday. Carl is going to be the recipient of the North Division's PIP person of the year award. PIP stands for Positive Intervention Program. The program ties in with the GOCOP program. They will be honoring him at a dinner for PIP attendees in early January. I don't think Carl will mention the award in the *Gazette* so I thought that I would let you know. I'm very proud of him; he works hard heading up Citizens on Patrol."

We are **all** proud of you Carl, and we can't thank you enough for the hard work you do for Garden Oaks. Congratulations!

Until next month, I'm

still the editor.

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

Civic Club Officers

President David Bell 713 694 5016 855 Azalea david_b_bell@comerica.com Vice President Stacy Park 713 880 8462 403 W. 32nd spark11@flash.net Treasurer Cherry Wolfarth 713 688 5131 982 W. 42nd chwolfarth@aol.com 713 957 1214 Secretary Amy Shaughnessy 975 Gardenia amys@woodlandscenter.org

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| Beautification Jeff Benjamin | 713 695 7953 |
|-------------------------------------|--------------|
| Citizens on Patrol Carl Waters, Jr. | 713 864 1992 |
| Constable Program 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 Michael Froebel | 713 683 0453 |

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713 694 5934

713 956 7340

Garden Club Officers

President Brenda deAlba
Vice President Janet Cones
Secretary Barbara Ballance
Treasurer Tina Nieto
Yard of the Month Holly Veech
Sunshine Terry Jeanes
Phone Committee Ann Hollis

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Focus on GOMO and Participation

David Bell, Civic Club President

First of all, I would like to congratulate our new officers; Stacey Park our new Vice President, Cherry Wolfarth our new Treasurer, and Amy Shaughnessy returning as Secretary. In addition, Michael Froebel will be our new membership chair. Please join me in congratulating these Civic Club officers.

As we are about to turn to another calendar, it gives rise to the traditional resolutions for the new year. As the new Civic Club president, I enter the job not so much with any bold new initiatives, but with a resolution to continue to place emphasis on protecting the quality of the neighborhood. In that vein, I see two major themes to emphasize. These are completing the petitions and instituting the GOMO, and increasing the level of participation of our various activities.

As I have written in these pages before, for most people their home is their single most valued investment. But it is also much more than an investment, as a home takes on such a personal value that cannot be quantified. As a result, each individual's own self-interest is motivated to maintain and improve the value and quality of their home and its neighborhood. Our GOMO is the single most effective way to accomplish those objectives. Without it, each homeowner stands to lose not only real value to their homestead, but you also invite unwanted and detrimental uses of property within your neighborhood. Each homeowner has a responsibility to get informed, get involved, and make a difference. We only have four short months to complete the petition process. There are numerous ways to get a petition as this Gazette describes, plus block walkers are out on a regular basis taking time from their day to gather signatures. Make it easy on them and you by signing the form and getting it submitted. You and the neighborhood will benefit.

Secondly, the level of participation in the Civic Club and its committees is incredibly low. Last year, less than 15% of the residents paid dues to the Civic Club, and only a handful routinely attend the regular Civic Club meetings. However, there is no shortage of complaining about various aspects of our community. To be effective and to continue to maintain the neighborhood, we need more participation in all levels of the community. There are several committees that are begging for volunteers and ideas. We have grown apathetic and lazy, either believing that there are no concerns to address, or we are all too willing to let the other guy handle it. As this new year unfolds, try to get involved in your neighborhood activities and make your home a safer and nicer place to live.

President De Veau Bids Adieu

Robert De Veau, Outgoing President

The real millennium has dawned (How many of you thought it really occurred in 2000?) and a new slate of officers is poised to take charge. I don't envy the 2001 Officers as they have the daunting task of pushing the GOMO petition through before the deadline expires in April. The preservation of our neighborhood is of major concern to all of us who have an active role in volunteering and I am concerned. Without a legal body that can enforce our deed restrictions, I shudder to think of what our neighborhood could look like in a few years time. The longer we go without charting GOMO, the more violations occur and the more our enforceable deed restrictions will erode. If you haven't voted yet for GOMO, if you've been putting it off until "next time", make it your New Year's resolution to cast your vote.

Allow me to paraphrase a little of what I said at the December Civic Club meeting in my final capacity of President. I would like to thank my fellow officers for their commitment and hard work. I couldn't have done it without Jay Slemmer, Amy Shaugnessy and James Flowers. I would also like to thank all of the committee chairs and committee members who keep this neighborhood going. Without them, we wouldn't have this newsletter to read, beautiful green space, a safe place to live or neighborhood functions. In the two years that I have served as an Officer, I have made some wonderful friends that I wouldn't trade for anything and I know that those friendships will endure. Lest any of you think that I will be going away, I am looking forward to cochairing the 2001 Home and Garden Tour and seeing to it that it continues to showcase the "best kept secret" in Houston that we are all proud to call home. I wish the best of luck to our new incoming Officers - David Bell, Stacy Park, Cherry Wolfarth and, for her return engagement, Amy Shaugnessy. Happy New Year to you all and I'll be seeing you around the 'hood.

Civic Club Dues

Please note that all 2001 Civic Club dues are due as of January 1. The Civic Club went away from a rolling 12 month dues plan last year and adopted the plan where all membership dues are payable as of January 1. To be considered current and active in 2001, please plan to submit your dues now. Thank you for your cooperation.

Luxury Lawns

Kaplan's Ben Hur

Terry Jeanes

Minutes of December 5, 2000 Civic Club Meeting

Amy Shaughnessy, Secretary

President De Veau called the meeting to order at 7:05 P.M.

Dwight Ford from Garden Oaks Baptist Church invited the neighborhood to the Live Nativity at GOBC on December 20 from 6-8 P.M. Mr. Ford gave a brief blessing and the buffet line was opened.

A motion was made and seconded to accept the November minutes as published.

Officer Reports

Treasurer: The Treasurer's report was distributed. Jay Slemmer reported that currently all bills are paid and the Constable program is up to date. A portion of the proceeds from the 2000 Home Tour was distributed to the Garden Club; a representative from Garden Oaks Elementary was not present to accept the school's portion.

Committee Reports

Beautification: Jeff Benjamin announced a workday on the third Saturday in January for the Art Park. For more information or to volunteer, call Chair Jeff Benjamin at 713-695-7953.

GOCOP: Carl Waters urged everyone to be careful and observant over the holidays. Contact Carl at 713-864-1992 for more information on becoming a GOCOP.

Constable Program: Terry Jeanes reported Deputy Jason Green is mixing his hours to cover all times, including some late night and early morning hours. The 2001 contract has been signed and payments are due. \$230.00 if you pay all at once, \$240.00 if you use the monthly draft (\$20.00/month for 12 months). The Constable Program needs a co-chair! Contact Chair Terry Jeanes at 713-680-8550 for more information or to participate in the Constable Program.

GardenOaks.org: Sheila Briones reported that the layout for the pages has been approved and the committee is now gathering information to put on the site. Call James Cobb at 713-686-4578 or Sheila Briones at 713-861-8091 for more information or if you have any Garden Oaks information/memorabilia to contribute.

Gazette: Joe Muscara stated that the deadline for the December *Gazette* is December 15. We have a new Advertising Director – Holly Veech has stepped up to the plate. Thank you, Holly! A Delivery Coordinator is needed. Contact Joe at 713-691-6833 for information.

Deed Restrictions/GOMO: Chair Sam Stengler was not present. There will be a meeting on December 7 at 7:00 P.M. at Kroger on 43rd to discuss the GOMO bylaws. 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.

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Home Tour: Co-Chair Robert DeVeau announced that the home selection is almost complete. Some committees still need chairs. Ticket prices will be \$10 in advance and \$12 day of show. A limited number of tickets will also be sold for the sponsor party on March 31, 2001. Look for raffle tickets and Home Tour tickets to be available soon! 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%, which is about 2% less than last year. David Bell is stepping down as he assumes the Civic Club presidency - Michael Froebel will be the new Membership Committee chair. Welcome, Michael!

Senior Helper: Robert DeVeau announced that the Senior Helper committee is being rolled under the Membership committee. A Garden Oaks resident (I'm sorry, I didn't catch her name!) had a wonderful suggestion of using the Waltrip High School Band students, who need to do community service hours for the band program, to help with Senior Helper and Beautification. Great idea!

Garden Club: Brenda de Alba announced that a few of the 2001 Lazy Gardener calendars were available for sale at the Civic Club meeting. 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.

New business

Jeff Benjamin has volunteered to serve as a liaison between the Civic Club and the city as plans are made for a permanent barricade at Shepherd and Lawrence. Stacy Park will assist in locating the appropriate party with the city. James King has contacted Bruce Tatro about the status of this project.

The 2001 budget was approved.

Craig Lee of the nominating committee thanked the committee members. The floor was opened for new officer nominees. There were none, so the proposed slate for Civic Club 2001 officers was approved and seconded:

President: David Bell Vice President: Stacy Park Treasurer: Cherry Wolfarth Secretary: Amy Shaughnessy

President De Veau adjourned the meeting at 8:05 P.M.

December Yard of the Month 308 W. 33rd

This yard is pristinely kept year round and homeowners **Tom & Helen Theaker** say they owe a lot of credit to yardman **Juan Bahena**. A simple wreath reminiscent of the season accents the clean landscape design.

Shannon & Assoc.

Lauder Properties

O.D.'s Printing

Diane Morish



Tree Experts

Citizens on Patrol

Carl Waters, Jr., GOCOP Chair

Happy New Year!! And for the purists amongst us, welcome to the new millennium. Like most folks, I enter the New Year filled with anticipation of what it will bring. Let's hope it is positive, with decreased crime in the neighborhood. If you are looking for a way to enhance your New Year or meet your goal or resolution to be more active in the neighborhood, why not give the GOCOP a try. We ask for a commitment of four hours a month (weekly participation is preferred) and it is a great way to get know other parts of the neighborhood as well other neighbors. We do not carry weapons and your involvement is limited to observing suspicious behavior and reporting it to the police.

October Crime Statistics (11)

Burglary (5)

200 block of W. Thirty-second on October 5, 2000 at 10:00 P.M. (garage). 400 block of W. Thirty-third on October 15, 2000 at 10:45 P.M. (residence). 700 block of Sue Barnett on October 26, 2000 at 5:30 A.M. (residence). 3200 block of Lawrence on October 8, 2000 at 12:30 A.M. (garage). 4200 block of Alba on October 13, 2000 at 12:00 P.M. (residence).

Burglary of a Motor Vehicle (5)

200 block of W. Thirty-fourth on October 12, 2000 at 4:00 P.M. (location listed as other).

300 block of W. Thirty-third on October 21, 2000 at 2:45 A.M. (on a driveway). 800 block of W. Forty-first on October 22, 2000 at 8:00 P.M. (on a driveway). 900 block of Althea on September 21, 2000 at 9:00 P.M. (on a driveway). 1500 block of Sue Barnett on October 24, 2000 at 6:00 P.M. (on the street).

Auto Theft (1)

900 block of Althea on October 30, 2000 at 7:30 P.M. (on a driveway).

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 (usually). You can also call me at 713-864-1992 for details about joining our program.

Emergency Contact Numbers

Crimes in progress, Fire or Ambulance 911

Houston Police Department (non-emergency) 713-222-3131

Precinct One Constable Dispatch 713-755-5200

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Home Tour Announces 2001 Selections

Robert De Veau, co-chair

The 2001 Home and Garden Tour is scheduled for April 1st and this year's tour promises some surprises. The Selection Committee completed their task in December and has assembled a range of homes and gardens which will provide the attendee with a "full spectrum" tour of the 'hood. This year, we will showcase 7 homes and 3 gardens. As an added bonus, 2 of the selected homes will also feature a tour of their garden. Stops on this year's tour will include the following:

979 Gardenia home 862 LaMonte garden 863 LaMonte home 1325 Sue Barnett home

316 W. 32nd St. home and garden

 207 W. 33rd St.
 garden

 303 W. 33rd St.
 home

 705 W. 38th St.
 garden

815 W. 41st St. home and garden

915 W. 41st St. home

Spread throughout the neighborhood, the homes range from small to grand, original to new, formal to informal. The gardens are an interesting mix reflecting how Garden Oaks' rich soil and ample properties can produce a range of plants, flowers and landscaping alternatives.

Funding is in full swing and underwriters at all levels are still needed. Please contact Susan Kostelecky at (713) 697-4110 if you would like to underwrite part of the Tour or if you need more information. Sponsor levels are Gold - \$250, Platinum - \$500 and Corporate - \$1,000. To date, we have commitments from 4 Platinum Sponsors (Harry James Builders; Houston Structural; Mike Caldwell Building and Design and Terry Jeanes RE/MAX-METRO) and 3 Gold Sponsors (Andrew V. Smith, CPA; Clause Floors and HL&P/Reliant Energy).

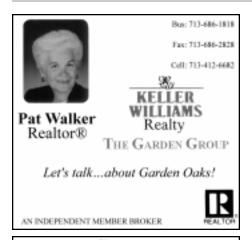
The Tour will take place on Sunday, April 1st from 12:00 – 6:00 p.m. Prices for this year's tickets will be \$10 for advance purchase and \$12 on the day of the Tour. Metro has agreed to generously underwrite the complimentary Trolley Shuttle Service that will spirit the attendees throughout the neighborhood.

Raffle tickets will be available for sale for \$1 each. The top three prizes to be awarded are 1) Handcrafted Adirondack furniture set (2 chairs and a table) donated by KJ's Woodworking 2) a DVD player and 3) \$200 in Shell gasoline cards. Other prizes will also be awarded. Tickets will be sold at the next 3 Civic Club meetings beginning in January as well as throughout the neighborhood and on the day of the Tour.

Several Committee positions are still in need of Chair people. We are looking for volunteers to head up the Concessions, Raffle/Silent Auction, Set-Up and Ticket Sales committees. If you are interested, please contact the Tour co-chair, Robert De Veau, at (713) 686-6012 or join us at our next meeting on January 9th at 858 LaMonte at 7:00 p.m. See you on the Tour!



Harry James (double size)





Frame Shop

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Located north of the 610 Loop, Garden Oaks has quietly existed for almost 60 years as an enclave of peace and sanity just outside the inner city of Houston. Property owners, many of whom have lived in Garden Oaks since the 1940's when Beaumont developer E.L. Crain platted the first of five sections, have generally withstood the radical changes made to other Houston neighborhoods, notably West University and Bellaire.

"Really, it was the deed restrictions that kept the neighborhood as it was for a long number of years, and it was the lack of enforcement of the deed restrictions that has brought us to this point," says I. M. Lawyer, a local attorney with experience in property law. He explained that when a state court invalidated the setup of the original enforcement body, the Board of Trustees, several years ago, builders throughout the area eagerly placed their bets on how long it would be before the deed restrictions themselves went away.

"Nothing else was ever put in place" of the original Board of Trustees, he continued. "They could have set up a POA (Property Owners' Association) under statutes set up by the Texas Legislature, which would have given them an enforcement body, but nobody could ever get enough of the property owners to sign off on it." The County Clerk's office confirmed that several attempts had been made to create a POA by the Garden Oaks residents at various times in the past, but that none of the efforts gathered the necessary 60% vote within the allotted one-year time frame to create one.

Self-enforcement of the deed restrictions by residents, the only other legal option available, was not working well either.

"So many of (the owners) turn a blind eye when a neighbor violates a deed restriction. No one wants to bring suit against a neighbor, someone they know, someone they socialize with, someone whose children play with theirs. It's just human nature," explained a 20-year owner in Section Four, A. B. L. Resident. "So, once the deed restrictions were ignored by so many of the property owners without complaint, they ended up worthless to the neighborhood...."

Mr. Lawyer, who is also a neighborhood resident and owner, had spearheaded the latest effort to create a POA, and explained just how frustrating an experience it can be.

"You talk to people, and many would look at you like you were crazy, or say something like 'Can't happen here!,' or 'The city will take care of it.' It's just very frustrating, especially when you do come across the owners who obviously care a lot about the neighborhood and would do a lot to help."

Efforts are expected to continue by owners in the neighborhood to halt the construction, but area legal experts are not optimistic about the chances of success.

A true story? A prediction of the chaos to come? Or, just a harmless fairy-tale told to children?

Folks, if we fail at our task of allowing the Garden Oaks Maintenance Organization (GOMO) to help us manage and enforce our deed restrictions, the above tale could quite easily come true. And, if not cheap condos, something worse...!?!

It is through GOMO that we, as property owners in Garden Oaks, will be able to do the following:

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- ensure that residential and rental property is maintained to a standard, or standards, that we determine,
- ensure that residential lots in GO remain residential,
- ensure that owners wishing to remodel/rebuild on their GO lots will
 have legal and accurate deed restrictions by which to make architectural plans, as well as expert advice for integrating the deed restrictions into those plans, and
- ensure that the deed restrictions are *enforced in a consistent, fair manner* throughout the entire neighborhood.

So, how do we get GOMO? Below are instructions that describe the voting process. If you have questions, feel free to ask any of our Deed Restrictions Committee members at the Civic Club meetings, come to the Deed Restrictions Committee meetings (posted in the calendar on the back of the *Gazette*), or call any of the Section Captains or me, Sam Stengler, at 281 773 3478.

Let's make sure that the above story remains a bit of fiction, and not the awful truth.

Vote now, vote 'Yes' for GOMO!

Prevent the Loss of Our Deed Restrictions!

Sam Stengler, Deed Restrictions Committee Chair

Since last spring, the committee has been getting ballots signed by property owners for the creation of GOMO. With a limitation of one year from the start of this ballot collection, we only have about four months left to get the remainder of the 60% required to create the organization. Once the deadline passes, the vote collection will have to restart from zero, as the previous votes become null and void.

All homeowners in Garden Oaks are strongly encouraged to cast their vote regarding the creation of the Garden Oaks Maintenance Organization. Only Garden Oaks property owners may vote, but you may complete one ballot for each GO property that you own. If you rent, please make sure that your landlord votes.

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. Special thanks to Steve Powell for volunteering to be the Captain for Section 4.

713 681 3913 Section 1 - Mary Tyler Martinez Section 1A - James King 713 426 1607 Section 2 - David Heiland 713 927 1125 Section 3 - Needs You! Call Sam Now! Section 4 - Steve Powell 713 686 6503 Section 5 - Shelly Immel 713 688 4681 John Evans 713 688 1528 All Sections - Sam Stengler 281 773 3478

D.J.'s Lawn Care

U.S. Tree Experts

Andrew Smith, CPA (Change address to 1111 N. Loop West # 715)

Take it Off in 2001

Catherine Kruppa, MS, RD, LD

With the start of a new year always comes New Year's Resolutions. At the top of many American's list is weight loss. A very small percentage of these people actually keep their resolution all year long. Making small, realistic changes that naturally fit into your lifestyle is the way to go. Here are a few ideas to get you started. Pick one diet pattern and stick to it for a few weeks. Once you have that one mastered, move on to another. You do not have to change every bad eating habit at one time. Short-term goals will help you lose the weight and **keep it off**.

- Keep a food journal. People lose 10% more weight
 when they keep a food record. They find that they
 are much less likely to eat something if they know
 they have to write it down. Journals also help to identify and eliminate bad eating habits such as grazing
 on unhealthful foods or stress eating.
- Think small. Try using smaller plates and bowls.
 This will help you to reduce your portion sizes without feeling deprived by the empty space on the plate.
- Say no to sweets. Instead, snack on pretzels or ba-

nanas. To satisfy your sweet tooth, try eating 5 fruits per day. You will save a tremendous amount of calories and gain valuable vitamins and minerals. You will also be surprised at how your sweet tooth diminishes.

- **Drink less alcohol.** An alcoholic beverage can range in calories from 50-500 calories per drink. Unfortunately, liquid calories do not trip our satiety mechanism, meaning they do not make us feel full. Additionally, alcohol tends to make us feel *less* full, leading us to intake additional calories. Drink in moderation, which is one drink per day for women and two for men.
- Eat your veggies. Vegetables are extremely low in calories and are chock-full of fiber, vitamins, minerals and antioxidants to fight disease. Try eating 2 vegetables at lunch and dinner; this will cut down your consumption of high calorie foods.
- Drink more water. Water can actually help burn fat. Not only does water keep you full, but also it is also essential for the metabolism of fat. Shoot for a minimum of 64 oz per day and watch that fat melt away.

Changing one or two of your diet patterns can make a difference in your overall health. I challenge you to use these eating tips to help make 2001 your best ever!



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Garden Oaks Montessori News

Christine Adams, President, Friends of Montessori Board

On December 12, 2000 the Friends of Montessori Board approved a new admissions policy for the Garden Oaks Elementary Montessori program. Applications will be available on or about Jan. 16, 2001 and will be accepted on the first Monday in March. Below are the main features of the admissions policy. The full policy will be available for interested parents from the office at Garden Oaks Elementary.

Garden Oaks Elementary Montessori Admissions Policy for 2001-2002

- 1. All students must be zoned to go to Garden Oaks Elementary School and must submit a current application.
- 2. Applications will be processed and prospective students accepted on a first-come, first-serve basis. Applications will be accepted beginning on the first Monday in March.
- 3. All students who cannot be placed in one of the Montessori classrooms will be put on a waiting list in the order in which their applications are received. If a space opens up during the year, then the space will be offered to the first person on the waiting list, then to the second, etc. Those remaining on the list will be considered first for the next enrollment period **provided that** they have re-submitted an application for the new enrollment period. Parents must communicate to the Principal their intentions before the enrollment period for the next school year to assist in planning the classrooms.
- 4. There will be a maximum of 50% of the open spaces in each class reserved for the siblings of students who are already a part of, or who have graduated from, the Garden Oaks Montessori Program. Parents must communicate to the Principal their children's qualifications for this before the beginning of the enrollment period for the next school year.
 - a) If there are fewer siblings applying than there are reserved spaces, then the siblings will automatically be accepted into the Program.
 - b) If there are more siblings applying than there are reserved spaces, then they will be accepted into the program on a first-come, first-serve basis as a part of the normal policy. If siblings do not make it into the class, they will go onto the waiting list. If a space opens up,

siblings and non-siblings will alternate into the open spaces, maintaining the 50% ratio for the new students. The 50% number is not a limit to the number of siblings, but rather an added chance that the sibling will make it into the Program.

- 5. The children of the Montessori teachers will be automatically accepted into the Program.
- 6. The children of Montessori teacher aides will be automatically accepted into the Program.
- 7. Unforeseen circumstances may arise. Therefore, the Principal will have final discretion on resolving any issues on admissions. Constructive feedback on the admissions process from participants is encouraged. In the fall of 2001, prior to enrollment, the FOM Board in conjunction with the Principal will consider suggestions from parents regarding the admissions policy for 2002-03.
- 8. The Principal and the teachers determine each student's classroom assignment.

The Friends of Montessori welcome parents to come visit the Montessori classrooms and meet the teachers and students. We hope you will talk with families who have graduated from the program and those who are currently enrolled. Montessori education emphasizes hands-on, self-motivated learning paced to fit the student's individual strengths and challenges. The Montessori program at Garden Oaks serves gifted/talented and regular students, valuing each child's unique contributions to our community.

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.

Friday

Saturday

Heavy Trash

For the Official Word, Call the City's One Call Program 713 956 6589

South of 38th – Jan. 3

North of 38th to South of 43rd – Jan. 9

North of 43rd to Chamboard - Jan. 17

Recycling

North of West 43rd St. Tuesday January 9 & 23 Sunday

Monday

Tuesday

South of West 43rd St. Tuesday Jan. 3, 17, & 30

Recycling Hotline 713 837 9130

Directory of Advertisers

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

January 2001

Wednesday Thursday

| Junuay | Williay | Tuesday | vvedilesday | Thursday | Tilday | Saturday | | |
|--|--|---|--|---|--------|---|--|--|
| Upcoming events Civic Club Meeting Tuesday, February 6 th Garden Oaks Home and Garden Tour Sunday, April 1 st Make sure your Civic Club committee meeting or event gets on the calendar! E-mail the editor at GOGazette@Mac.com with your information. | | | | | | | | |
| | New Year's Day | Civic Club Meeting 7:00 P.M. G. O. Elem. | 3 | 4 | 5 | 6 | | |
| 7 | 8 | 9 | Deed Restrictions 7:00 P.M. Kroger (W 43 rd) | 11 Garden Club 7:00 P.M. 858 LaMonte 2001 Planning Mtg. | 12 | 13 | | |
| Gazette Deadline Tomorrow! | 15 Home Tour 7 P.M. 858 Lamonte Martin Luther King, Jr. Day | 16 | 17 | 18 | 19 | Beautification Committee Art Park | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | | |
| 28 | 29 | 30 Somebody's Birthday | 31 | "What lies before us and what lies behind us are tiny matters compared to what lies within us." - Oliver Wendell Homes | | | | |