

GARDEN OAKS GAZETTE

April 2001

Volume 24, Number 4

GOMO Re-balloting

Sam Stengler

By now, many of you have already heard the news about the necessary re-balloting of the neighborhood for the creation of the Garden Oaks Maintenance Organization (GOMO). I know that bits and pieces of what is happening have been floating around, and that many of you were able to come to the GO Civic Club meeting earlier in March to hear from me first-hand.

So, I thought I would take this opportunity to bring all of the relevant facts together in one place, so that each of you will be better informed about this unfortunate situation. It's a bit complex, so bear with me.

First, a little recent history...

With the assistance of a Houston law firm experienced in deed restriction matters, property owners from each of the five sections of Garden Oaks (GO) filed a petition with the Harris County Clerk in May 2000. These petitions notified the public and all future property buyers of their intent to seek the property owners' votes to create a property owners' association (POA) as provided by Chapter 204 of the Texas Property Code. This statute gives petitioners one year from the date of filing to obtain the required signatures. Filed along with the petition was the proposed amendment to the deed restrictions for each section of Garden Oaks (GO), outlining the creation of GOMO, how it is to be funded, membership/voting qualifications and rights, and various specifics on GOMO's duties and restrictions on its activities.

The goal of the petitioning property owners, along with other members of the Deed Restrictions Committee of the GO Civic Club, was to create an organization with powers limited to deed restriction enforcement and management, funded by future property owners at the time of their purchase of a GO property and by *voluntary* assessments of current property owners. Voting rights in GOMO will be held by *all* property owners in each section of GO.

The Committee then began the yearlong task of distributing and collecting ballots to/from each property owner of GO and tabulating the 'FOR' and 'AGAINST' votes. At the time, based on the law firm's input, the goal was to collect 'FOR' votes from enough of each section's properties so that the combined frontage-footage was equal to, or

Continued on page 8

Home and Garden Tour Reminder

Sunday, April 1st

The annual Home and Garden Tour is when our neighborhood is showcased to guests from all over the area, and many times visitors from around the country are brought along to see what a wonderful neighborhood we have right here in Houston.

Please help keep our neighborhood looking its best and refrain from putting items out such as heavy trash until after the conclusion of the tour.

Thank you, and we hope to see all of you on the tour!

Civic Club Meeting

Tuesday, April 3rd

The next Civic Club Meeting will be held on Tuesday, April 3rd at 7:00 P.M. in the Garden Oaks Elementary School Multi-Purpose Room.

Vice-President Stacey Park will address the civic club about the effects on us as homeowners of the planned deregulation of the Texas electric utilities. With the issues facing California, it should be timely.

Starting from Scratch

Joe Muscara

For a long time, I've wanted to run my own business. No, not the pizzeria my wife has heard me talk about, though that could be fun. What I've wanted to do is be what is sometimes called an independent professional or IP. I've always liked the idea of working on my own, from home. I've probably glamorized the whole thing in my own mind to a point where I'll be disappointed about it all if it really happens.

This desire stems from the disillusionment caused by the realities of my professional career, or should I say careers. At my first engineering job, I was doing what I loved and had hoped to do when started college. After a year and a half, they switched me to something I hated and had hoped never to do. At that point I realized that I would never be sure of continued joy in working there. My next engineering job was even worse, and the job I had next (my current one) taught me even more methods of mismanagement and pure annoyance.

When I first started working professionally, one of the hardest paradigms for me to break was that of an hourly employee. Like many of you probably have, I had several jobs during high school and college, and they were all hourly wage gigs. It took me a while to feel comfortable with the fact that salaried workers are paid more for their ability than their time. It was really nice to be able to take care of personal business and have the boss not mind, so long as my work wasn't being neglected. But what always bothered me was when I didn't have work to do, and I had to hang around at work and look busy, for fear of some tattle-tale saying, "Joe doesn't have anything to do." No, Joe has plenty to do, but he's waiting on six different people to do their jobs so he can continue with his.

I long for the ability to work my butt off when I have work to do, and be able to take care of whatever needs it when I don't. Lori acts like she doesn't believe it, but I wouldn't just sit around and watch the Sci-Fi Channel all day when I don't have pending deadlines. The bathroom needs mopping, some of the outside window trim could use a coat of paint, and there's some wood that needs to be replaced in the back door frame. I know that sometimes the business would take over and keep me from doing stuff like that, but that's okay, because when the time was available to me, it would be mine to do with as I see fit, whether that would be something for the business or something else. Now if I could only find some clients...

Until next month, I'm

still the editor.

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<i>Deed Restrictions</i> Sam Stengler	281 773 3478
<i>GardenOaks.org</i> James Cobb	713 686 4578
Co-Chair Sheila Briones	713 861 8091
<i>Home and Garden Tour</i> Mike Caldwell	713 697 8690
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<i>Treasurer</i> Tina Nieto	
<i>Yard of the Month</i> Holly Veech	
<i>Sunshine</i> Terry Jeanes	
<i>Phone Committee</i> Ann Hollis	

President's Letter

David Bell, Civic Club President

At the March civic club meeting, we were pleased to have with us Gary Schatz from the City of Houston to go over with us the plans for the permanent barricades for the intersection of Randall and 30th Street. While the plans themselves were interesting and will afford a much-needed change to the current landscape, I thought the more beneficial aspect of the presentation was the discussion relating to the City's responses to petitions from local civic clubs such as ours. In particular, he noted that we should take a very active role with the direct implication that the squeaky wheel does get the grease. City allocations of fundings are made on a priority basis and active voices will get responses. While I will be in contact with various City offices from time to time, they really respond to the voices from the citizens, so I encourage everyone to not be bashful with your letters and calls, and our councilman is Bruce Tatro.

While I am aware that the civic club meetings over the last year or so have been mostly related to deed restrictions and the like, I do hope to bring in for future meetings outside speakers for short presentations that may be of interest to our community. At the April meeting, our civic club vice-president will make a presentation to us about the pending deregulation of the electricity markets in Texas and the implications for us. With the news of California's problems, this will certainly be a germane topic.

Now changing subjects, since becoming a Garden Oaks resident some 14 years ago I have found one of the true charms of the neighborhood to be the monthly distribution of the Gazette. While it has always been informative and interesting, I have noticed that over the years the letters to the editor have diminished. That is probably a large result of the growth of email and the Internet, and certainly in Garden Oaks the Internet list server offers a forum for many of the residents to offer commentary. However, not everyone in our community has the Internet, and many others who do use the Internet daily find the list server difficult to access. In any event, I would like to ask that all of you opinionated individuals to please consider resuming letters to the editor for Gazette publication. I know we have a diversity of thought and opinions about the issues affecting our neighborhood and we want to hear from you.

As a final comment, we were all saddened with the untimely death in early March of our good friend and neighbor, Rick Englert. Rick was one of our most active, conscientious, and involved neighbors and a great supporter of the civic club in

particular and the neighborhood in general. I had the pleasure of meeting and getting to know Rick, his wife Darla and son Trey soon after I moved into the neighborhood, and it has been my sincere pleasure to have known them since. My recollection of Rick is his infectious smile and laugh and continual sunny outlook on life; if ever you were down on something, a few minutes with Rick would change your demeanor. At any big community event, which would include civic, neighborhood, and school events, Rick always volunteered to treat us with his delightful grilled recipes, along with his incisive wit offered as dessert. He truly loved life, but his real loves were his family, God, and his neighbors. To Darla and Trey, we extend our deepest sympathies, and to Rick, we will miss you.

Beautification Update

Brenda de Alba

February and March brought a flurry of activity trying to get the neighborhood ready for this year's Home and Garden tour. Workdays were held in the Rose Garden (Section 1), the Gazebo Park (Section 2), and the Triangle Park (Section 3). Thanks very much to everyone who gave up part of their Saturday to participate in one of these cleanup activities. Thanks also to DJ's Lawn Care and Maldonado Landscaping for the lawn maintenance they've been providing for these greenspaces.

More volunteers are needed on **Saturday, April 28th, at 9 A.M. – 12 P.M.** for major cleanup work on the Garden Oaks Boulevard Esplanade. The Boulevard has not had a neighborhood-planned workday in 2 years and as a result, is in great need of some tender loving care. Beds need to be weeded and mulched and grass needs to be removed from the path. The Esplanade is filled with a wonderful variety of plants that grow well in the Houston area. The plants provide color year round and attract both birds and butterflies. We should all feel proud to have such a wonderful greenspace in our neighborhood.

Please set aside some time on April 28th to join us on the Esplanade...every little bit helps. Bring your shovels, wheelbarrows, rakes, and weeding tools (don't forget the sunscreen). We'll provide water and refreshments. Contact Rodney Seiler for more information regarding the Esplanade workday at 713-692-2882.

The next Beautification meeting will be held on Monday, May 21st at 7 P.M. Check your May Gazette for location. Please contact Rick Grochoske at 713-864-8164 for Beautification information.

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Minutes of March 6, 2001 Civic Club Meeting

Amy Shaughnessy, Secretary

President David Bell called the meeting to order at 7:00 p.m. The February minutes were accepted as published.

Officer Reports

Treasurer: Cherry Wolfarth announced that Constable Program and Civic Club Membership dues are coming in well.

Guest Presentation

Gary Schatz from the City of Houston presented preliminary drawings of the proposed barricade for the permanent closing of Randall at Durham and the floor was opened for discussion. The barricade does not need to support a Fire Department vehicle, as was previously thought, which opens up more landscaping possibilities. The city will prepare more detailed plans with the neighborhood's input, create anticipated cost figures, and submit them to the City Council. Residents are encouraged to contact our City Council Representative Bruce Tatro or the Council Members-at-Large to express support for the Garden Oaks Neighborhood Traffic Project.

Committee Reports

Membership: Michael Froebel reminded everyone of the \$200.00 cash (donated by OD's Printing) drawing for all residents who have paid their Civic Club membership dues that would be held at the end of tonight's meeting. Payments will be accepted right up until the drawing. Currently we have about 180 paid households – great start! To join the Civic Club or for more information, contact Michael Froebel at 713-683-8914. Representing Senior Helpers, Sharon Lauder announced that she has booklets that include activities and programs for seniors in our area. Contact Sharon at 713-862-3747 and she will get one to you.

Beautification: Rick Grochoske announced that the committee met in February and is looking for new members. The next meeting is March 19 at 507 W. 34th at 7:00 p.m. The Beautification committee will clean up the neighborhood parks before the Home Tour on April 1. There is a clean-up day at the Gazebo Park at Sue Barnett and 42nd on March 17 and one for the Triangle Park at Azalea and Alba on March 24, both at 9 a.m. Terry Jeanes will see about getting some of the Waltrip High School students to help with these clean-up days. Rick is collecting bids for a one-time clean-up of all the parks, as well as a regular maintenance schedule. The new city sign in the Triangle Park was mentioned. All city parks, which include our neighborhood parks even though the Beautification Committee provides the maintenance, must be identified, per the city. Evidently, The city has plans for a sign in the Gazebo Park as well. For more information or to join the Beautification Committee, contact Rick Grochoske at 713-864-8164.

GOCOP: Carl Waters reported that there were 5 crimes reported in Garden Oaks in January 2001, the same number as in January last year. If you are the victim of a crime, it is very important that you report it by calling the Constable, HPD, or filling out a report at the HPD storefront on 43rd. There is evidence of a contractor

scam in our neighborhood. HPD is looking for a Michael Gutierrez for taking money for jobs and not completing the work. Contact HPD if you have had any dealings with him. GOCOP Patrollers are desperately needed - contact Carl at 713-864-1992 for more information on becoming a GOCOP.

Constable Program: Terry Jeanes reported that crimes are down during the hours Deputy Green patrols. The more residents who support the Constable Program, the sooner we can lower the dues (currently \$230/year or \$20/month) or get a second deputy to patrol Garden Oaks. 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 page is up and Home Tour information is listed. Hopefully by summer there will be more pages with additional neighborhood information. The address is www.insectengine.com/GardenOaks. To volunteer to help with the web page, contact James Cobb at 713-686-4578 or Sheila Briones at 713-861-8091.

Gazette: The deadline for the April *Gazette* is March 15. Contact Joe Muscara at 713-691-6833 for information or to submit an article. Contact Advertising Director Holly Veech at 713-263-8659 to place an ad in the *Gazette*. If you are experiencing problems with delivery of your *Gazette*, contact Delivery Coordinator Willie Stollenwerck at 713-695-0721.

Home Tour: Co-Chair Robert DeVeau announced that pre-sale tickets are available for \$10.00 each and raffle tickets are available for \$1.00 each. Tickets are also available for the Sponsor Party, which takes place the night before the Home Tour and includes a preview of the homes and a great party. Contact Sheila Briones to purchase Sponsor Party tickets for \$35.00 each. Contact Mike Caldwell at 713-697-8690 or Robert De Veau for more information on the Home Tour, which takes place on April 1, 2001.

Garden Club: Brenda de Alba announced a workday in the Friendship Garden at 30th and Lawrence on March 10 at 9:00 a.m. The Garden Club is going on a field trip to Peckerwood Gardens on March 18. Contact Garden Club President Brenda de Alba at 713-694-5934 for more information.

Main Topic/GOMO: GOMO chair Sam Stengler updated everyone on the latest developments. Due to questions about the definition of a "lot" in the GOMO petition, all ballots are now null and void. We will allow the one-year period we were working in to expire in mid-May and file a new petition, which will give us one year to re-ballot. DEED RESTRICTIONS ARE STILL IN EFFECT DURING THIS TIME. The attorneys will create a new definition of "property" or "homesite" for the new petition so that no one will be left out of GOMO. Questions were raised about reparation from the law firm for possibly poor advice on the first petition. The question of whether or not to keep the current law firm is still undecided. Civic Club Vice President Stacey Park is organizing the re-voting and is looking for volunteers to help with a new campaign strategy – contact Stacey at 713-880-8462. Big thanks to Sam and the GOMO committee for all their hard work!! For more information on GOMO status or to volunteer, call the hotline number at 713-341-3737 or GOMO Chair Sam Stengler at 281-773-3478.

The Membership drawing was conducted and the winner was Tracy Martin, who was present at the meeting. Thanks to everyone who paid their Civic Club dues in time for the drawing and to Oscar Ochoa and OD's Printing for providing the cash prize.

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Citizens on Patrol

Carl Waters, Jr.

Ring, Ring - It's another meal interrupted by the phone and the question, "are you the Constable who patrols the neighborhood?" "No," I respond, "But I do head our Citizens On Patrol Program. How can I help you?" What I usually hear next is a story about a contractor who ripped someone off, a car burglary, a bicycle theft or some other crime that the caller just wants to report to someone but doesn't want to bother the police about. Guess what dear readers, the only crime worse than the ones that happen, are the ones that happen and don't get reported to the authorities. Why are they worse? Certainly unreported crimes make the neighborhood look safer, but they hurt because the perpetrators know they can return because no one knows what they have done. Further they will tell their criminal friends what an easy mark Garden Oaks is and they will come here for their share of the easy pickings. Finally, it hurts the neighborhood because we don't get our share of the police protection for the area because we are not reporting as much crime as the other neighborhoods around us. The moral to the story is report crimes to the Houston Police Department, the Constable's Office and then to me. Together we can make Garden Oaks a safer place for all of us to live and send the criminals packing to some other part of the city.

January Crime Statistics (3)

Burglary (2)

1000 block of W. 43rd St. on 1/20/01 at 3:30 p.m. (residence).
3100 block of N. Shepherd on 1/18/01 at 10:00 p.m. (residence).

Auto Theft (1)

3200 block of Lawrence on 1/6/01 at 9:30 p.m. (driveway).

Crime Alert - A peeper was reported in the 1500 block of Sue Barnett on March 7th. The culprit was described as a teenage male who hopped a fence and headed south toward 43rd St. when he was last seen.

Citizen patrol volunteers needed!
Email GOCOP77018@aol.com or call
713 864 1992.

Interested in joining our program? Applications are now being accepted for patrollers over the Internet at GOCOP77018@AOL.com. Just leave a message and I will get back to you within 24 hours. You can also call me at 713-864-1992 for details about joining our program.

Emergency Contact Numbers

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

Garden Oaks Loses a True Neighbor

Rick Englert went "to see God" on March 7, 2001. Rick's memorial service pamphlet said it best. "Rick was an acutely principled man and a truly original, energetic and highly amusing character."

Rick was transplanted from Missouri. Following a tour of duty in Vietnam with the US Air Force, he attended Northwest Missouri State University where he met his "Best Friend" and wife Darla. Moving to Houston in 1976, they not only found Garden Oaks but in 1984, their son Trey was born. After over 21 years in the oil and gas industry, Rick obtained his goal and opened Haute Groceries in 1996. Many will remember Rick's personal style, the Hawaiian shirt and flip flops, as well as his cooking for many community functions such as Neighbors Night Out, Garden Oaks Montessori Pancake breakfast, and Home Tour Sponsor parties to name a few.

In Rick's memory, an education fund for Trey has been established at Banc One Ella Blvd. at West 43rd (713-751-6100). Donations should be made to the George R. Englert III Education Fund. Our neighborhood will truly miss him.



RICK ENGLERT

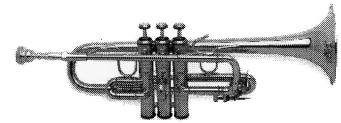
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| 721 W. 41st St. | 1026 Althea |
| 818 W. 41st St. | 4232 Apollo |
| 858 W. 41st St. | 855 Azalea |
| 970 W. 41st St. | 839 Lamonte |
| 862 W. 41st St. | 1325 Sue Barnett |
| 717 W. 42nd St. | 1458 Sue Barnett |
| 718 W. 42nd St. | 1575 Sue Barnett |
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GOMO Status, Continued from page 1
greater than, 60% of the total frontage-footage for each section.

The Committee was well on its way to having several sections reach the required number of 'FOR' votes after 8 months of hard work.

Now, for more recent events...

In late January/early February, one of our neighbors voiced a strong concern that the proposed amendment did not, in fact, give every property owner the right to vote in GOMO affairs. Based on his understanding of the differences between the original plats of the neighborhood and the property descriptions in the deeds to certain of the GO properties, he came to the conclusion that many folks who own property in GO would be denied a vote in GOMO affairs.

About this same time, the law firm reassigned our file to another lawyer. I contacted her with several questions, including the one that our neighbor had raised. I pointed her to the source documents (our petition, the original GO plats, as well as the maps generated by the Harris County Tax Appraisal District (HCAD)) and let her know of our concerns.

A few days later she responded that she agreed with the issues raised by our neighbor, with the devastating news that, indeed, the wording of the petition was likely to disenfranchise many of our GO property owners.

The reason?

The amendment that has been circulated since last May references each GOMO voting entity as a 'lot', which is defined as a lot that is shown on the original plats filed with the Harris County Clerk in the 1940's. Development of GO, however, did not proceed in accordance with the plats. The reasons for divergence from the plats are many and varied, some known and some only subject to conjecture. The result is that many GO properties consist of several lots, or one entire lot plus a portion of an adjacent lot, or portions of two adjacent lots. The properties that comprise the last category do not include one entire lot as shown on the plats. The legal argument could be made that these pieced-together properties do not satisfy the definition of 'lot' in the amendment, therefore preventing those property owners from voting in GOMO affairs.

In addition, the deed restrictions that are applicable to GO Sections One and Two specifically address the vote required to amend the restrictions. Since restrictions control over Chapter 204 for purposes of determining the necessary vote for an amendment, in GO Sections One and Two, the owners of 75% of the land in the section must vote 'FOR' the creation of GOMO. The restrictions applicable to GO Sections Three, Four, and Five have no provision for amendment and are therefore subject to the Chapter 204 requirements that the owners of 60% of the land in each section must approve the creation of GOMO.

As you can tell, these two redeterminations have changed things considerably.

Our first thought was that we could somehow change the language of the amendment and have a furious balloting effort until our May deadline to re-ballot ev-

everyone with the new language. Unfortunately, there is no statutory authority to permit an amendment of the petition after it has been filed with the County Clerk. Also, there is no provision for cutting short the one-year period when the current effort is abandoned.

So, the plan now is the following:

The amendment will be revised, dropping the language that tied voting rights to the originally platted 'lots', and substituting appropriate wording which will take into account the actual property divisions, as well as a few other specific anomalies. The ballot will also be redesigned, making it easier to read, understand, and vote. In addition, the proposed GOMO bylaws regarding voting will be revised to reflect the voting requirements of the amendment.

Then, once the current one-year period has expired in May, new petitions, including the revised amendment, will be filed with the County Clerk. The Committee will then start the process of distributing ballots to each property owner.

Obviously, we will need lots of help, not least of all from those of you who have so graciously voted in the previous effort. A member of the committee should be contacting you, starting around the last part of May /early June, to quickly get a ballot to you for your vote.

I urge all of you, when you receive the new ballot, to go ahead and fill it out, place it in the provided postage-paid return envelope, and mail it back to the Committee as soon as you can. This will ensure that we will be able to create GOMO as soon as possible to protect our neighborhood.

If you have any questions, please feel free to contact me at 281-773-3478. Our next meeting is currently scheduled to be Wednesday, April 4th, 7 PM at the Kroger upstairs meeting room. We will be coordinating efforts to distribute and collect ballots for each property in GO, and would appreciate all the help we can get.

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March Yard of the Month

725 Sue Barnett

Dave & Susan Russell

For the beautiful azaleas and neat look of the yard.

Congratulations!

Gardening á la Web

Mark Saranie

A quick internet search on the subject of gardening will yield such a plethora of sites that weeding your garden beds at midnight in the middle of a Texas thunderstorm is a joyous task when compared to mucking through the myriad sites the information superhighway offers. The temptation to stop at each site is so great that if you get sucked into checking them out nothing will get done that particular week. I have been at the bottom of this sinkhole and the fabric impressions on my backside are permanent. It is difficult to be selective but when you find a site you enjoy, bookmark it. I have a few favorites I am sharing this month. And to clear the subject now, I do not own stock in the organizations mentioned below. The sites are www.marthastewartliving.com, www.rebeccagarden.com, www.shepherdseeds.com, among the many ones I frequently visit.

Among the sites I have surfed over the years, **Martha Stewart Living** became one of my first favorites. Ok, ok. I hear the sighs of admiration, despair, or disgust, towards Martha Stewart but it is my firm belief that she has, (or had), her finger on the pulse of our desire of living a simpler life. Simple????!!! Simple and Martha Stewart is the purest form of an oxymoron if there ever was one. Despite this, her angle is making things from scratch rather than taking the easy way out.

Now, to qualify the “or had,” comment above. Over the years Martha’s web site and television show has veered away from gardening, the reason I enjoyed her show and site so much. The focus is divided in my opinion, unproportionately between gardening, cooking, crafts, field trips, field trips, and field trips. I really enjoyed watching the before and after results of her bulb planting, herb garden planning, and yes, insane espalier techniques for fruit trees. What I miss the most about her show is the original introductory segment to her old program that featured her house with the large back property that housed all her different types of gardens. “Turkey Hill” she called it. Watching the show then, always evoked in me that strange and elusive feeling I get when fall is moving in and Halloween is around the corner. I received lots of great tips over the years from her program. The only frustrating thing about it was that it focused practically entirely on her grown zone, so many suggestions for planting were not practical. None of what she demonstrated would survive in Houston’s heat, but the techniques remain valid. I still watch her program when I can but mostly enjoy her magazine, which remains, in my opinion, more true to what I liked about Martha Stewart Living.

Another site I visit a lot is that of Rebecca Kolls. Rebecca’s Garden, mostly dedicated to gardening, is a site packed with a wallop of information. It is well organized for specific plant searches, you can do searches in your particular zone, even go to a plant encyclopedia which sports a button that gives you the correct pronunciation of those *italicized* tongue twisters plants have. Rebecca also has a TV show, which airs every Sunday on NBC at 5 a.m.; pretty early for a Sunday morning so a VCR is helpful. The show also airs every other day at 6 a.m. on HGTV. This show does have crafts, tours and cooking, but gardening remains a large portion of the schedule. I like Rebecca because, like me, she likes the feel of the dirt on her hands and uses gloves only when necessary.

I have kept it no secret that I am a glutton for punishment and disappointment where gardening is concerned. This is why I mostly grow stuff from seed. My favorite seed catalog is Shepherd’s Garden Seeds. The reason for this is the astounding variety of seeds they offer, which, by the way, informs the avid gardener about the virtues and growing habits of each hybrid or variety. Also offered is a large assortment of heirloom seeds and live plants. The hardiness zones for the plants are included which takes away the guesswork of ordering these. Shepherd’s does a very good job of cross merchandising in their catalog offering for sale, books on gardening and crafts, tools, yard art, kitchen gadgets, etc. I have not purchased seeds through this catalog as a certain nearby nursery located on 11th and Oxford sells this brand of seeds. I mentioned eggplant last time and I am happy to say that the seedlings are up. Ahh, spring! How I enjoy thee. I can’t wait to get more mud under my nails.

Garden Things for April

- Garden to your hearts content
- Fertilize trees and shrubs with a good 2:1:1 ratio fertilizer. I add extra iron to the spreader along with the fertilizer. Ironite is a great choice. By using the suggested proportions this replenishes iron that is leached away with excessive rain.
- April is the perfect time to start planting your summer color. Caladiums go in at this time as well. Don’t forget a sprinkling of cayenne to ward off the squirrels.
- Mow your yard frequently to encourage fuller growth. By the end of May or mid June change the height setting on your mower to the maximum setting. This will eventually conserve moisture and protect the grass roots from our summer heat.
- Nurseries are filling up with all sorts of veggie seedlings. Knock yourselves out!

Boost Up Your Bones

Catherine Kruppa, MS, RD, LD

Everyone has seen her. She is the petite, gray-headed woman at a restaurant or at church. Most people call her the "little old lady". This woman creeps along the aisles of the grocery store or is seen holding tightly to the railing in the stairwell. She is a frail woman with a stooped posture. This is not just a little old lady, but a woman with a disease called osteoporosis.

Osteoporosis is a serious disease. Both men and women are at risk for osteoporotic fractures. The good news is it is no longer considered to be an unavoidable consequence of aging. Both exercise and nutrition play a large role in prevention of this disease.

The American College of Sports Medicine states that weight-bearing physical activity is essential for the maintenance of a healthy skeleton. The optimum program for older women should include activities that improve strength, flexibility, and coordination that may decrease the incidence of osteoporotic fractures.

Milk really does do the body good. However, many of us quit drinking milk when we were children or are lactose-intolerant. Milk is a great source of calcium. However, there are many other high calcium foods that you can incorporate into your diet. Other dairy products such as yogurt, cheese, and cottage cheese are also good sources of calcium. Many foods are now fortified with calcium. Next time you are at the grocery store look for calcium-fortified juice, rice, frozen yogurt, frozen waffles, and even hot chocolate. Postmenopausal women need to be consuming a minimum of 1500 mg of calcium per day. This is equivalent to 5 servings per day of calcium rich foods. If you find it hard to get all the calcium you need through food, you may need to supplement. Calcium supplements containing calcium carbonate or calcium citrate are the most readily absorbed. Many people prefer calcium citrate because it causes less gastrointestinal distress.

Calcium is not the only nutrient that plays a role in osteoporosis. Vitamin D, vitamin K and magnesium also affect our bones. Vitamin D functions to increase the intestinal absorption of calcium. Therefore, without adequate vitamin D we cannot absorb the calcium that we need. The production of vitamin D by the body begins when the skin is exposed to sunlight. When the skin is exposed to an adequate amount of sunshine, about 15 minutes per day, our bodies can make the precursor to vitamin D. However, as we age we do not absorb as much vitamin D, so make sure your calcium

supplement contains vitamin D or you are eating vitamin D rich foods such as milk, eggs, cheese and salmon. Vitamin K and magnesium are rich in green, leafy vegetables. If you are not eating a lot of salads, you might want to make sure you are supplementing with these too.

So instead of being the "little old lady" walking down the street, take some action now! Get involved in the 60 + program at The Houstonian to help maintain your bone mass and eat a balanced diet rich in calcium, vitamin D, vitamin K and magnesium.

FREE Senior Guidance Directory!

Sharon Lauder

I will deliver to any senior home a wonderful magazine that is a project of the Houston Junior Forum. An example of the contents include Caregiving, Disability, Emergency Services, Fun Things To Do, and much, much more.

Call me, Sharon Lauder, at 713-862-3747 and I will deliver a copy to your door. And don't forget, if you or any senior in the neighborhood needs a hand, don't hesitate to call.

March Meeting Minutes, Continued from page 5

The meeting was adjourned at 8:30 p.m.

It was requested during the meeting that all Garden Oaks residents refrain from putting out trash, especially heavy trash, just before April 1 so our neighborhood looks great for the Home Tour.

Lots of new faces present – thanks to all who attended!

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

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://groups.yahoo.com/group/Houston_GO/join

Heavy Trash

One Call Program
713 956 6589

Section 1 - April 10

South of 38th – April 3
(including 1A)

North of 38th to
South of 43rd – Apr 10

North of 43rd to
Chamboard - April 17

Recycling

North of West 43rd St.
Tuesday April 3 & 17

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

Recycling Hotline
713 837 9130

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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 6
- US Tree Experts 9

April 2001

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

"The test of our progress is not whether we add to the abundance of those who have much. It is whether we provide enough to those who have little."

- Franklin Delano Roosevelt

1	2	3	4	5	6	7
Home and Garden Tour Noon - 6 P.M. <small>Daylight Savings</small>		Civic Club Meeting 7:00 P.M. G. O. Elem.	Deed Restrictions Meeting 7:00 P.M. Kroger			
8	9	10	11	12	13	14
<small>Passover Begins</small>	<small>Palm Sunday</small>			Garden Club 7:00 P.M. 1010 Lamonte	<small>Good Friday</small>	
15	16	17	18	19	20	21
Gazette Deadline Today <small>Easter</small>						
22	23	24	25	26	27	28
<small>Earth Day</small>			<small>Secretaries' Day</small>			Beautification Committee Work Day Garden Oaks Blvd 9 A.M. - Noon
29	30	Upcoming events Civic Club Meeting Tuesday, May 1 st Garden Club Meeting Monday Thursday May 10 th , 915 W. 41 st Beautification Meeting Monday May 21 st , Location TBA <i>Make sure your Civic Club committee meeting or event gets on the calendar! Email the editor at GOGazette@Mac.com with your information.</i>				