

GARDEN OAKS GAZETTE

July 2001

Volume 24, Number 7

Do Over the Do Over

Sam Stengler

Well, I hope everyone has finally dried out from the 'Great Flood of 2001.' Having lived in Houston most of my life, I was no stranger to the flooding that occurs periodically on the upper Gulf Coast. But this was the first time that my own property (other than a vehicle) had been threatened.

On Friday night, my wife and I watched in growing horror as the rainwater flooded the lower end of Sue Barnett, washing quickly up our yard and driveway. With all of our outside lights on, we saw the level rise to within 2-3 inches of our front door sill, and heard the runoff from the roof splash into ever-deepening water. Fortunately, along about 3-4 o'clock Saturday morning, after we had reluctantly started to move our possessions up off of the floor, the rain slackened. Over a period of 20-30 minutes, the water level quickly dropped 5 to 6 inches. From that point on, even though it kept raining, it never fell heavily enough to rise again, and we went to bed for a brief nap happy in the knowledge that our house was safe.

Later that morning, after the water had pretty much receded from our end of the street, we went out and inspected the damage. Not bad – some water in the very bottom of one car (dried out and repaired), some power tools were inundated (since rebuilt and working just fine), and several boxes of books were a soggy pulp (thrown away). Other than that, we were lucky. However, our thoughts and hearts go out to those of you who weren't.

Which brings us to our neighborhood's Deed Restrictions and our planned June/July balloting for GOMO.

The new ballots for the GOMO vote were not distributed as planned. The Deed Restrictions committee had been working with our attorney right up to the last minute on changes and clarifications to the Amendment and Ballot. Unfortunately, the last minute turned out to be during the flooding...so, we have pushed back and extended the balloting as well as the associated contests.

We are working to get the ballots out in the mail to all Garden Oaks property owners by July 2nd. The first 'early bird' deadline for having your signed and completed ballot returned (verified by postmark) will be July 16th. The second deadline will be August 7th, and the third deadline will be 7:30 PM CDT, September 4, 2001.

The drawings for the cash prizes will occur after 7:30 PM CDT during the September 4, 2001 Garden Oaks Civic Club meeting, since the August 7th meeting will be superseded by National Night Out.

Prize amounts, rules, and other details as corrected and reprinted below remain the same.

Contest Rules: Except for Contest #3, you *must* return your signed, completed ballot in the envelope provided with the ballot. Except for Contest #3, all ballots must be postmarked by the dates in the rules below for each contest. For Contest #3 only, any ballot received by 5 PM Central Daylight Time (CDT) at the Post Office Box, or address printed or written on the enclosed return envelope, or hand-delivered to the Garden Oaks Civic Club meeting by the time indicated for Contest #3 in the rules below, will be eligible. Entries must be in the form of a signed and completed ballot from a valid owner(s) of property(ies) within Sections 1 through 5 of the Garden Oaks neighborhood to enter and win. All votes are eligible to enter and win each contest, subject to the rules of each individual contest below. Prizewinners do not have to be present at the September Garden Oaks Civic Club meeting to win.

Civic Club Meeting

*Tuesday,
July 3rd*

The next Civic Club Meeting will be held on Tuesday, July 3rd at 7:00 P.M. in the Garden Oaks Elementary School Multi-Purpose Room. For those of you with children, babysitting services, as always, will be provided.

Continued on page 2

From the Editor

Joe Muscara

[As this issue of the Gazette went to press, it was reported in the local news media that an elderly couple in the 900 block of Gardenia had mysteriously died in their home. A police investigation is underway. The staff of the Gazette extends their sympathy to those affected by this tragedy.]

Talk about your rainy spring seasons! I suppose I don't need to recap the details—most all of you were here for the storms and saw them firsthand. I must admit, on the one hand, I hate to see the damage, loss, and trouble a storm like this can cause, but on the other, I think it's kind of amazing and cool. To see the photos of water in places it usually is not is impressive. Most amazing to me are the photos where 59 looks like a real river, complete with bridges over it and even boat ramps.

That being said, we had six to twelve inches of water at work, and it looks like our offices will be a total dump for several weeks to come. I've also heard that Jones Hall will likely be closed for months, and that the recorded archives of the Houston Symphony were destroyed in the basement (I have yet to confirm this). We saw that several Garden Oaks residents threw out carpeting after the storm. I hope that's the worst damage anyone in the neighborhood suffered.

You'll note that this month's *Gazette* shows that it is still evolving. Last month, we added the membership form to the back cover, and this month we've replaced the heavy trash and recycling schedules with what are some hopefully useful phone numbers, including Sharon Lauder's number for Senior Helper. If you have any suggestions for numbers that would be of interest to our neighborhood, let me know! I mean, really, who is going to call Dubya?

Continued from page 1

Contest #1: All signed and completed ballots received at the Post Office box or address printed on the enclosed return envelope, and postmarked no later than July 16, 2001, will be eligible for one of five (5) cash prizes of \$200.00, with each prize to be awarded to one voting property owner of each of the five (5) sections of Garden Oaks.

Contest #2: All signed and completed ballots received at the Post Office box or address printed on the enclosed return envelope, and postmarked no later than August 7, 2001, in addition to all completed and signed ballots received for Contest #1, will be eligible for one of five (5) cash prizes of \$300.00, with each prize to be awarded to one voting property owner of each of the five (5) sections of Garden Oaks.

Contest #3: All signed and completed ballots received for Contests # 1 and #2 above, as well as any signed and completed ballots received by the Deed Restrictions Committee chairperson (or his designated representative) before 7:30 PM, September 2, 2001, will be eligible to win a single cash prize of \$500.00.

Garden Club Officers

<i>President</i> Brenda deAlba	713 694 5934
<i>Vice President</i> Janet Cones	713 956 7340
<i>Secretary</i> Barbara Ballance	
<i>Treasurer</i> Tina Nieto	
<i>Yard of the Month</i> Holly Veech	
<i>Sunshine</i> Terry Jeanes	
<i>Phone Committee</i> Ann Hollis	

The Other Guy

David Bell

For regular readers of these pages and attendees at our monthly civic club meetings, you will know one of my main themes is citizen participation. We all chose to live in Garden Oaks, and fortunately, our participation is strictly voluntary. We are forced to pay property taxes for various city services, and you can decide for yourself whether that is a good investment. But we all know the city can only do so much, and it is up to us to pick up the balance. While it may be easy to think and say it's not my responsibility, let someone else do it; in Garden Oaks, we are that someone else.

So what am I rambling about? This month, I want to focus on crime prevention. We have been fortunate in that generally crime stats are down on a citywide basis. Garden Oaks has always been relatively low in crime, but any crime is too much, especially if you are the victim. Collectively, we can make a huge difference and in Garden Oaks there are two ways to do so. 1) Participate and support the Constable program and 2) participate in and support the GO COP program. Both are very effective and we need both.

Deputy Green, our constable patroller, attended the last civic club meeting and advised us of the last month's citations he issued. Every time I hear that, I am amazed at the level of citations he issues. As a citizen, I am very thankful we have someone like him around who knows the neighborhood and many of the residents, and for the fact that he is making the level of stops as he does. He continually reminds us at these meetings the effectiveness of these constable patrols in other neighborhoods when patrolling is implemented and the reduction in crime afterwards. At the present time, we are at risk of losing this patrol for lack of participation. We now charge \$230/year per household – it would be less if there were more people who joined the program, or we could have more patrol hours. As mentioned before, this is a bargain, especially when you consider the financial, time, and emotional cost of a crime committed against you – and that assumes there is no physical injury or worse.

The question I ask for everyone is "How lucky are you?" Crime experts will tell everyone there is a good likelihood we will all be a victim of crime, and it will likely be at our homes. Most rapes do occur at the victim's home. Sexual offenders are spread all across the country and in our area, and these people are potential threats to repeat their offense. Check out the state provided web site to see if one is registered nearby to you, found at www.openrecords.org/record/sexual_offenders/texas/.

If you can't find the upfront investment, then consider the monthly draft. Also, you can join the COP program. That is an excellent way to get to know the neighborhood, and the visibility of the patrollers definitely acts as a deterrent.

We have a choice, with definitive outcomes based on our decisions. Either support the programs, or risk losing them. I think the results will be obvious if we lose either; crime will increase. They are both voluntary, but if you are waiting for the other guy to take care of it, remember **you are the other guy.**

It's in the Air

Amanda Dalton

Brrrr... there's a chill in the air. Ahhh...the autumn air is among us. Okay, okay... maybe not. During the next few months, while you sweat the days away, keep in mind that cooler days WILL arrive! What a perfect time to come together as a neighborhood and celebrate fall. The Garden Oaks Fall Festival will be held October 21st at the Rick Englert Spark Park. Some of the exciting events planned are an old-fashioned pot-luck supper, pumpkin carving and dessert contests, a plant sale, pet activities sponsored by National Pet Center, and Arts Alive for the kiddos. Speaking of kids, wouldn't they love to jump in the moonwalk? How about petting a goat in the petting zoo? There's sure to be something for everyone. We are especially excited about the senior activities this year. Come on out and get to know your neighbors while enjoying some of the charm of days gone by. If you would like to be a part of the planning committee, please contact Shannon Thompson at 713-692-1042 or join us at Kroger on July 10th, 7:00 p.m. in the upstairs room for our next planning meeting. Thanks again to Greenwood King for their generous contributions toward this event.

GOMO Section Captains

Sam Stengler

Section 1 - Mary Tyler Martinez	713 681 3913
Section 1A - James King	713 426 1607
Section 2 - We need YOU!	
Section 3 - David Bell	713 694 5016
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



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Minutes of June 5, 2001 Civic Club Meeting

Amy Shaughnessy, Secretary

President David Bell called the meeting to order at 7:15 p.m., after a quick relocation to Kroger on 43rd, upon finding Garden Oaks Elementary locked. A motion was made, seconded, and voted on to accept the May minutes as published.

Constable Report:

Deputy Jason Green announced that his statistics for January-May will be published in the July *Gazette*. He gave some additional information on the two rapes that were reported in Garden Oaks in the June *Gazette* – both suspects were known to their victims and are currently in custody or out on bail. Deputy Green is working with HPD on getting more officers to patrol our neighborhood – residents on 43rd have reported seeing a difference already.

Officer Reports

Treasurer: David Bell gave the report for Treasurer Cherry Wolfarth. Copies of the 2001 Budget and monthly report were distributed. The Constable Program is paid through August. President Bell raised a question about the budgeted income for the *Gazette*, which seems far above what has actually been recorded for the year. President Bell announced that we are headed toward a possible deficit by the end of the year.

Old Business

Sound Wall: President Bell updated the attendees on the delay in finishing the sound wall. According to Bruce Tatro's and Ken Yarbrough's offices, the materials are on backorder.

Garden Oaks Court: The plans have passed the planning commission. David Bell will try to contact the developer and invite him to speak at a Civic Club meeting.

Executive Committee: President Bell distributed the minutes of the Executive Committee meeting from April 29, 2001.

Committee Reports

Beautification: Brenda de Alba announced that she and Beautification chair Rick Grochoske have been contacted by a Section One resident who is interested in a plan to beautify the sound wall area. Plans are to contact Trees For Houston to hopefully establish a partnership for planting and maintaining green spaces around the sound wall. To join the Beautification Committee, contact Rick Grochoske at 713-864-8164.

Citizens on Patrol: Carl Waters reported just two crimes in Garden Oaks in April. Patrollers are always needed – contact Carl Waters at 713-864-1992 for more information on becoming a GOCOP.

Constable Program: Co-chair Terry Jeanes reported there are 219 paid participants, slightly more than what is required for the program to pay for itself. Terry announced a new plan, which allows people to join the program now at a discounted rate for the remainder of 2001, with a commitment for 2002. New perks for par-

ticipants are in the works. Contact Terry Jeanes at 713-680-8550 for more information or to join the Constable Program.

Garden Oaks.org: GOMO ballots and deed restrictions by section should be posted soon.

Gazette: Editor Joe Muscara announced that the Membership Form will now be a permanent part of the *Gazette* itself, on the back page every month rather than as an insert a few times per year. David Bell proposed a tag in the *Gazette* announcing "Civic Club dues due annually January 1" to remind members to pay at the beginning of each year.

GOMO: Sam Stengler modeled the new signs, which will be posted around the neighborhood, reminding residents to vote for GOMO. There has been a delay in the new amendment, which has pushed back the big mailing of all the ballots to the neighborhood. Collection boxes will be located in each section for dropping off signed ballots, or the ballots may be mailed to the P.O. Box. The deed restrictions by section and the GOMO ballot will be available on the Garden Oaks website soon. For more information on GOMO, call the hotline at 713-341-3737 or contact Sam Stengler at 281-773-3478.

Home Tour: Co-Chair Mike Caldwell announced the Home Tour would have a table at the Fall Festival where they will raffle off two tickets to the 2002 Home Tour Sponsor Party. The selection committee will begin looking at possible homes for the tour in late June. The 2002 Home Tour will be on April 7, 2002. For more information or to suggest a possible home or garden for the tour, contact Mike Caldwell at 713-697-8690.

Membership: Amy Shaughnessy announced, on behalf of Michael Froebel, there are 236 paid Civic Club members. There have been no calls for the Senior Helper committee and Michael has received no information from committee chairs for the new resident packets. If you are the chair of a Garden Oaks Civic Club committee, Membership Chair Michael Froebel is looking for information on the committees to give to new Garden Oaks residents so they may find areas of interest and get involved in the neighborhood. It was suggested that perhaps an article could be published in the *Gazette* to advertise the Senior Helper committee, or to list the number with other important neighborhood phone numbers on the back of the *Gazette*. To join the Civic Club or for more information, contact Michael Froebel at 713-683-8914.

Garden Club: Brenda de Alba announced the next Garden Club meeting will be at Joshua's Native Plants. Brenda stated that she was concerned that the re-design of the Membership Form, which separates the Garden Club from the Civic Club committees, would cause donations to decline. David Bell proposed that if this becomes the case, perhaps in the future it could be put into the Civic Club budget to make an annual donation to the Garden Club, which is a close friend of the Civic Club, but actually a separate entity. Contact Brenda at 713-694-5934 for more information or to join the Garden Club.

New Business

Home Tour proceeds – After much discussion, it was decided to amend the 2001 budget to reflect the allocation percentages as published in the June *Gazette*. The new budget figures should be published in the July *Gazette* and be voted on at the July Civic Club meeting. It was suggested that the Home Tour proceeds be left out of future budgets, since at budget time in the fall the confirmation of the Home Tour is in doubt.

Continued on page 11

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Citizens on Patrol

Carl Waters, Jr.

I'll start this month with a bit of unfinished business from my previous article. There were two rapes reported in the neighborhood in the month of the March. Thanks to some help from one of neighbors we have found out through the Constable's Office that the two crimes were not related. The victims knew their attackers and are reported to be pursuing charges against them. I recently received a work-related magazine that had an article in it about the myths of sex crimes. You might be interested to know that the majority of the time victims of sexual assaults know the person who attacked them.

As you may know the time is fast approaching for the annual National Night Out Celebration. National Night Out was started in 1983 in Wynnewood, PA (maybe that explains why it is celebrated in August). This year it will be celebrated on August 7th. Start making plans with your neighbors for your block party. Neighborhoods are eligible for awards based on their participation and our local police staff really enjoy whipping on the station in Clear Lake when we have more parties than they do. If you want to plan a party it can be as simple or as extravagant as you want it to be. Just let me know that you are having one and I will try to get someone from the Houston Police Department to stop for a visit. You can call me at home or send the information to the GOCOP email address. I have attendance forms that can be distributed. Our block uses the party as a time to exchange/update phone numbers for emergencies.

April Crime Statistics (2):

Aggravated Assault (1)

900 block of W. Forty-second St. on April 18 at midnight (residence).

Burglary (1)

400 block of W. Thirty-first St. on April 3 at 3:00 p.m. (residence).

Have a safe and happy Independence Day.

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

2002 Home & Garden Tour Plans Underway

Sheila Briones, 2002 Co-Chair

The 2002 Home & Garden Tour Committee is currently gearing up for the next Tour scheduled for Sunday, April 7 from 12 noon to 6 p.m.

Currently the 2002 Committee consists of the following Chairs:

- Mike Caldwell - *Home & Garden Selection*
- James Cobb - *Graphics/Printing*
- Ed de Alba - *Trolleys/Transportation/Traffic*
- Debbie Padon - *Docent Scripts*
- Tina Sabuco/Brenda de Alba - *Staffing/Volunteers*
- Dian Austin/Sandy Altman - *Command Center*
- Susan Saranie - *Finance*
- Keith Kostelecky - *Silent/Live Auction*
- Robert DeVeau - *Volunteer Party*
- Terry Jeanes - *Floral Arrangements*

Committee Chairs are still needed for the following committees:

- Raffle Tickets - Responsible for the solicitation of raffle items.
- Poster Distribution - Responsible for the distribution of Home Tour Posters.
- Publicity/Marketing - Responsible for all the publicity related to the Tour.
- Sponsorships/Underwriting - Soliciting donations from companies for sponsorships.
- Sponsor Party - Responsible for the planning and execution of the Sponsor Party held the night before the Tour.
- Pre-sale Ticket Locations - Responsible for confirming pre-sale ticket locations and the delivery and pick-up of pre-sale tickets.
- Communications - Responsible for the recording and updating of information on the Tour Hotline.
- Concessions - Responsible for the solicitation and delivery of water and soft drinks for sale during the Tour.
- Set-up - Delivery and breakdown of chairs, tables, and set-up kit for each home and garden on the tour.

If anyone is interested in one of the above Committee Chair positions contact Sheila Briones at (713) 718-8608. The first regular monthly Tour Committee meeting is scheduled for Tuesday, September 11 at 3309 Lawrence, #1.

We are still looking for homes and gardens to be considered for the Tour. If you would like the Selection Committee to consider your home and or garden contact Mike Caldwell, Co-chair, at (713) 695-2003.

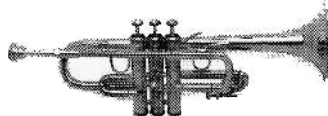
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Dog Days of Summer/Gardening

Mark Saranie

Happy Fourth of July everyone!

The past rains of June devastated a few of my backyard beds. The cosmos was flattened, a tomato bush lay languishing in the mud, my cassia tree fainted, and dollar weed is king of the front yard garden beds, not to mention all the other lush weed growth throughout our yards. Mosquitoes? Tons of them. Thankfully we also have quite a few resident frogs to control them.

To this point I must say that over the years I have grown less tolerant of using chemical weed control because of the effects it has on beneficial insects and crowd control critters like frogs. I realize it is time efficient to spray to kill weeds, but I prefer to pluck, even more so now that we own a dog.

Yes! Even I still cannot believe we have a dog. When we moved into our house we knew we would never own a dog because of the havoc they create with their paws. Well, one came calling a week before our last home tour. The poor thing was very thin, abused and scared. It sported a collar but no tags. A trip to the vet revealed a stage three heartworm infestation and a long treatment schedule should we decide to keep him. "Spence", (which incidentally rhymes with expense), is now a healthy and heartworm free dog. He eats heartily, pun intended, and has gained weight that looks really good on him. He also digs a lot, and this, you surely understand, is a sore issue with me.

After all these months he does not trust us enough yet to approach us like a normal dog. Whenever I am in the back doing gardening chores he keeps a wary eye on me, especially while undoing his handi-, (or should I say pawi-), work in the soft soil of my beds. What a pleasant and fun game this must be for him. I fill in the craters he produces and he creates new ones either in retribution or sheer joy of the game. I had turned and amended a patch of one bed and sown amaranth seed that would yield very nutritious salad greens. The next day I was repairing the damage. Of course, no amaranth has shown its leaves as the tiny seeds are surely too far under dirt to germinate. Oh well! Another game he must enjoy is that of making a supposed intelligent human go behind him collecting K9 pudding. Talk about manipulation.

Because of Spence, I refrain from the above-mentioned type of weed control; he gets into too many of my beds for me to feel comfortable using it. Instead, I spend hours, (but not lately), pulling out nut grass and other grasses, and weeds that look like decorative groundcover, including yellow oxalis that takes over any square foot it happens to grow on.

Visions of plentiful pesto are buried in the compost pile. The bugs are so thick and voracious that they are eating stuff they normally ignore. Again, the chemical control of these is not used because of the dog. Instead I use a liquid solution of BT, *Bacillus thuringiensis*. I have mentioned this product before and it works great, but does not discriminate. Some loss or death of beneficial or beautiful bugs will occur. It does have to be applied after rain so a lot of dedication must be invested in its use. It is infinitely less damaging to our environment and to pets. Knowing that no significant damage is being applied is a good trade off. If you happen to have standing water in your front yard drainage ditch you can find BT

tablets at your better nurseries. These are very useful for mosquito larvae control. Just add the tablets to the standing water as recommended and you will be part of the war against these summer pests.

Garden Stuff for July

- If you missed the azalea trimming boat, (as I have), **do not** trim them now, you will remove the buds set for next year.
- Depending on our weather, keep an eye out for fungal diseases in your lawn such as brown patch or chinch bugs, should a hard dry spell come our way.
- With Houston's summer heat comes inevitable bare spots in the garden. Some heat loving plants to consider are cleome, miniature roses, blue plumbago, etc. The nurseries are loaded with them. Ask your nursery person for advice.
- My jalapeños are at harvesting size. I hope to pickle these soon. The one surviving cucumber vine is vigorous and has several fruits on it. Surprisingly, the carrots continue to grow.
- The June rain destroyed the majority of my basil. These I will replant.

Home Tour Recommends Proceed Distribution

Home Tour Committee

Last month's *Gazette* reflected a proposal for allocations of the Home Tour proceeds and this was discussed at the June civic club meeting. Since the budget for the current year had in effect already allocated some of the proceeds, it was decided to amend the recommendation. Therefore, the recommendation is that the proceeds be allocated as recommended *at a minimum* for the various items. If the approved budget recommended more funding for an item, this recommendation would not serve to limit such funding. We plan to vote on this in the July meeting. The recommended minimum allocations are listed below.

The 2001 Home & Garden Tour Committee proposes that the net proceeds from this year's Tour be distributed as follows:

- 5% Garden Oaks Garden Club
- 10% Garden Oaks Elementary School
- 15% Beautification Committee – to be used for replacing neighborhood signage
- 15% Garden Oaks Civic Club General Fund
- 15% Home Tour Operation Fund Carryover
- 40% Garden Oaks Maintenance Organization

We urge the community to attend the July Civic Club Meeting and vote on this distribution.

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Enjoy Your Vacation Without Gaining a Pound

Catherine Kruppa, MS, RD, LD

Traveling and vacations do not have to mean weight gain; a realistic goal may be to maintain your weight. Here are a few tips to help you enjoy your vacation without having to shed the extra weight when you get home. Before you finish packing, make sure you have included the following items.

Vacation Checklist

- Easy-to-carry snacks: granola bars, sports bars, graham crackers, fresh or dried fruit.
- Exercise clothing: walking shoes, etc.
- Pack a jump rope, hollow plastic dumbbells, or a frisbee for a quick workout.
- Bottled water.

If you are traveling by plane, call your airline at least 48 hours prior to departure and order a low fat airline meal. United Airlines offers a choice of medical (including low fat), vegetarian, religious and children's meals. The average in-flight coach dinner has about 1,054 calories. That is equivalent to a Big Mac, medium fries and a strawberry sundae at McDonald's. That same dinner has 52 grams of fat—8 grams more than the fast food meal. So you will definitely benefit from choosing a low fat meal. You could also pack your own bag lunch. A sandwich with lean meat, fruit, raw veggies, whole grain snacks and string cheese is one example. This will help you avoid the greasy airport food if a meal is not served on your flight. If you do end up eating at the airport, while it is tempting to saunter over to the Pizza Hut counter and stuff down a few cheesy slices, most airports have healthier choices. Travelers can enjoy fresh fruit, salads, soft pretzels, yogurts, an array of salads with low fat dressings, vegetable-based soups, and fresh broiled fish entrees at some restaurants.

It takes a lot of water to stay hydrated on a plane where the air is very dry. Drinking a glass of water per hour of flight prevents dehydration and minimizes jet lag. For every hour of air travel, you lose 1 pint of water. Be aware that alcoholic and caffeinated beverages as well as salty foods will result in bloating and further your dehydration.

Surviving the drive can be just as tough. Unhealthy food awaits you at every exit and rest stop. But by fueling your body with healthy foods, you will have more energy and be more alert. Pack a cooler and include packets of instant oatmeal or soup, baby carrots, celery sticks, cucumber spears, fresh or dried fruit, rice cakes, cans of tuna, peanut butter on whole wheat bread, yogurt, and pretzels. Throw in some bottled water, orange juice or low fat milk. Avoid drinking tons of coffee and soda along the way. If you eat healthy meals and snacks and consume non-caffeinated beverages you will be more alert and sleep better at night. Go ahead and stop for lunch—at a restaurant or picnic area. Do not eat in the car. You won't enjoy it as much. When you stop for a meal, take a walk or stretch.

If fast food is your only option, stay away from fried foods and added fats like mayo and oily dressings. Choose healthy items such as grilled chicken sandwiches, baked potatoes topped with salsa, or grilled chicken or beef tacos. For healthy breakfasts on the road choose cold cereal and skim milk, English muffin, or low fat muffin.

Once you reach your destination your hotel can be your ally in the battle for a healthy lifestyle. Select a hotel or resort with an exercise facility. Make use of what is available such as the swimming pool, tennis courts, walking paths, bike rentals, and even dancing.

If you don't want to spend your precious vacation time in the hotel gym, do your sightseeing on foot, and keep up the pace. Try something new like inline skating, kayaking, or go hiking.

It is tempting, but do not open the mini-bar. Cover it with a towel, and take a walk to a nearby grocery store to stock up on fruit, baked tortilla chips and salsa or other healthy snacks. Be picky with the room service menu. At routine meals, keep the menu closed. Just tell them what you want, then ask: "Can you get that for me?" For example, ask for an egg white omelet with a side of fruit for breakfast. Be specific about what you don't want. Have them hold the white roll, or ask for a big plate of steamed veggies with a grilled chicken breast or grilled fish. Otherwise, they will bring that unwanted item—and if it's there, you will eat it!

While you are on vacation continue to practice your dining out techniques. Use the concierge to locate restaurants with fresh seafood or grilled entrees. If you are traveling within the US, the www.efit.com web site offers a handy "healthy restaurant locator".

Balance one rich meal with one all-vegetable meal daily such as a vegetable plate, soup and salad or a baked potato and salad. While waiting for your order, put the bread/ chip basket and butter on the other side of the table or have them

removed. Sip on your water; you are probably dehydrated from the day's activities. At any restaurant, ask how the foods are prepared. Choose grilled, poached, smoked or steamed selections. Most good restaurants will be willing to make special requests for you. If you must have dessert, consider splitting one with your companion or try fresh berries or fruit sorbet. Don't center all your activities on eating as the main pleasure of the trip.

Activate your cruise control while sailing on a ship. Cruise ships are basically floating buffets, which can be a disaster for your waistline. When eating at a buffet, scan the buffet first and then go back and get a plate. Fill at least 50% of your plate with salad and steamed veggies. Take small portions of foods and fill your plate only once. Don't eat what you don't like! Save those calories for foods you love. Many cruises will make sack lunches for your sightseeing tours off the ship or you can pack some of your own snacks along. At dinnertime, order your meal off of the spa menu. These meals are prepared low fat and are served in appropriate portions. If you must have dessert, don't eat it every night. Choose one or two nights during your trip.

So whether you are heading out to the beach or the mountains this summer, put your healthy eating tips into action and you will save those unwanted pounds as well as enjoy your vacation to the fullest.

Civic Club Membership

Michael Froebel, Membership Chair

Just a reminder that it is never too late to help your neighborhood civic club, so continue to send in those membership forms with your payments. The money you contribute helps fund beautification projects, on-going maintenance of our parks, and other projects such as the push for the Garden Oaks Maintenance Organization.

Please note that all dues for the civic club are now payable the first of the year on a calendar basis. While dues have never actually been billed to homeowners, each individual homeowner paid at various times throughout the year based on memory. To make this less confusing, beginning 2001, the civic club changed to have all dues cycle annually at the first of each year. Consequently, if you have not yet paid your civic club dues for 2001, please fill out the form attached on the last page and submit as requested. If you have any questions, please feel free to call Michael Froebel, or any of the officers of the civic club.

Continued from page 5

More Old Business

Rick Englert Park - Joan Harmon requested an additional \$300.00 for the sign at Rick Englert Park, which went over budget. Brenda de Alba proposed that the Garden Club cover the additional expense and said she would put it before the Club at their next meeting.

Constable Program - Terry Jeanes requested an official extension on repaying the loan that the Civic Club gave to the Constable Program to keep it alive in 1999.

Garage at Alba and Sue Barnett - Notice has been given from the Fire Department to repair the burned structure.

The meeting was adjourned at 9:20 p.m.

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

June Yard of the Month
902 W. 41st Street
 The home of Michael Froebel

Baptist Temple Events

Victoria Anderson

Baptist Temple at 230 W. 20th Street in the Heights has changed their worship hours for the summer months.

Sunday Bible Study for all ages begins at 9:15 AM, Sunday Worship Service begins at 10:45 AM. Wednesday Bible Study is at 6:30 PM.

Wednesday Family Suppers are available from 5:00 - 6:15 PM with reservations required by each Monday.

Sunday, July 1st there will be a special patriotic emphasis at the 10:45 AM Worship Service and a special Patriotic Celebration at 5:00 PM.

Vacation Bible School "Truth Trackers" will be held Monday through Friday, July 9-13, 2001 from 9:00 AM - 12:15.

The A.D. Players Touring Company will present a free drama entitled "Paragraph" at Baptist Temple on Sunday Evening August 12th at 6:00 PM.

For more information contact the Baptist Temple office at 713-862-6655.

July 2001

Useful Numbers

Senior Helper
713 862 3747

One Call Program
713 956 6589

Recycling Hotline
713 837 9130

Bruce Tatro (District A)
713 247 2014

Ken Yarbrough
713 263 1516

John Whitmire
713 864 8701

Sheila Jackson Lee
202 225 3816

Kay Bailey Hutchinson
202 224 5922

Phil Gramm
202 224 2934

George W. Bush
202 456 1414

(If you have any ideas for numbers that you think would be useful to our community, please let us know!)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1	2	3 Civic Club Meeting 7:00 P.M. G. O. Elem.	4 Independence Day	5	6	7
8	9	10 Fall Festival Planning 7:00 P.M. Kroger	11 Deed Restrictions 7:00 P.M. Kroger	12 Garden Club 7:00 P.M. 4311 Alba	13	14
15 Gazette Article Deadline	16 Beautification (tentative - contact Rick Grochoske)	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Upcoming events Neighbor's Night Out Tuesday, August 7 th Fall Festival Sunday, October 21 st <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>			

2001 Garden Oaks Civic Club Membership Form

Please note that your Civic Club dues are now payable on the first of each year.

Name(s) _____ Phone _____

Address _____ Own Rent Section # _____

(A) Annual Dues

- Household \$20
- Senior Citizen \$5
- Business \$50

(B) Additional Program Support

- All Three Programs \$18
- Gazette \$7
- Citizens on Patrol \$7
- Beautification \$7

(C) Constable Patrol Program

- Annual Payment \$230
- Contact me about participating in the Monthly Debit Program
- Other Contribution \$ _____

(D) Gift to the Garden Club \$7 or other \$ _____

Total amount enclosed (A) _____ + (B) _____ + (C) _____ + (D) _____ = \$ _____

MAKE CHECK PAYABLE TO Garden Oaks Civic Club
 Mail completed form and payment to PO Box 10273, Houston, TX 77206