2002 Home & Garden Tour Seeks Sponsors

Sheila Briones, 2002 Co-Chair

With Sunday, April 7th (Tour Day) soon approaching, the 2002 Home & Garden Tour Committee is currently seeking underwriters for all sponsorships levels. There are three sponsorship levels: Gold Sponsor @ $250; Platinum Sponsor @ $500; and Corporate @ $1,000.

As a **Gold Sponsor** your $250 donation entitles you to the following benefits:
1) Company name printed as a Gold Sponsor in the Garden Oaks Gazette (neighborhood newsletter with a circulation of 1440) prior to and following the Home Tour.
2) Company name, address and phone number printed on the “Day of Tour” tickets under the photo of the home or garden you are sponsoring. (Approximately 1,000 tickets expected to be sold).
3) Two (2) invitations to the Sponsor Party to be held Saturday, April 6 (the night before the Home Tour). Tickets also entitle you to preview the homes and gardens before the Sponsor Party (avoiding the crowds on Sunday).
4) Company name on a large easel sign displayed at the Sponsor Party.

As a **Platinum Sponsor** your $500 donation entitles you to the following:
1) All of the above listed under Gold Sponsor, plus:
2) One free 8.5” X 11” full-page ad insert in the Garden Oaks Gazette in the month of your choice within 8 months following the Home Tour (May 2002-December 2002).
3) Company name on a large easel sign at the Tour home or garden entrance or exit with a pocket available for handouts or business cards.

As a **Corporate Sponsor** your $1000 donation entitles you to the following:
1) All of the above listed under Gold & Platinum Sponsor, plus:
2) Two (2) additional invitations to the Sponsor Party (total of 4 Sponsor Party tickets)
3) Your company name printed on a banner at the Command Center.
4) Inclusion of your company name in all printed Home Tour publicity (Chronicle, Leader, etc.)
5) Your company name on Tour posters and postcards distributed throughout Houston.
6) Designated space available at each tour location and Command Center for handouts and/or business cards for tour attendees to take with them.

Special thanks go to Terry Jeanes, ReMax/Metro and Mike Caldwell, Mike Caldwell Building & Design, who were the first to step forward with their sponsorship money. Both are Platinum Sponsors for the 2002 Home and Garden Tour.

If you or your company would like to sponsor a home or garden on the Tour, contact a member of the Underwriting Committee. Members of the Underwriting Committee are Sheila Briones, (713) 861-8091, email: sbriones@hotmail.com or Susan Kostelecky, (713) 697-4110, email: skdesigns@mindspring.com

We also need volunteers! Volunteer as a tour docent, ticket taker, greeter, trolley guide, or as a member of the set-up crew. Contact the Staffing/Volunteer Chairs to volunteer. They are: Tina Sabuco, 713) 692-6778, tinamarie@houston.rr.com or Brenda de Alba, (713) 694-5934, brenda.p.dealba@exxonmobil.com. As an incentive, volunteers are given t-shirts and one tour ticket.

Mark your calendars for this year’s Home & Garden Tour scheduled for Sunday, April 7th, 12 noon to 6 p.m. Admission to all homes and gardens are $12 pre-sale and $15 the day of the Tour. Keep in mind that the Tour benefits the entire neighborhood. Proceeds are pumped directly back into our schools, beautification projects, etc.
From the Editor

Joe Muscara

Watching as an “outside observer,” I find it interesting to see people celebrate the new year. I mean, January 1 doesn’t really mark anything. It’s not the Winter Solstice, Christmas, the birth of anybody, the death of anyone, or anything like that. In fact, a quick Web search turns up that many ancient new years started with spring, and the use of January 1 had more to do with errors and Roman declarations than denoting an actual event (there are some denominations that have a religious occasion that they associate with the date, but the tie is debatable). That’s not to say I don’t enjoy a good party, especially when I get to kiss that special someone at midnight (you know who you are). Being from the east coast (you know, where they do stuff like drop the ball at midnight), I celebrate at your 11 PM, and then take the opportunity to do it again at your midnight. Who could blame me?

I’ve heard people say that they were glad the last year was over, and I’m sure that many will say that about 2001. I think we should admit to ourselves that today is only different from yesterday in how we make it different. It is nice to think that a new year will erase all the problems of the old year without any effort from us, but that’s obviously not true.

To me, probably the last day that I want to start something (aka New Year’s Resolution) is the first day of the new year. If I were to quit smoking [no, I don’t; it’s just an example] sometime last summer, I can say, “oh, I haven’t had a cigar for a few months.” But if I quit on January 1, then I might say, “it’s only been 75 days since I last smoked! I haven’t gotten anywhere! I’ll never make it! Hand me my lighter!!” I guess if you never look at it like that, then you should do what works for you. To me, January 1 or any other date is no better time to start something than anything else. Like “they” say, there’s no better time than the present.

That said, I wish you all a Happy New Year, a prosperous future, and all the best.
And Now, A Word From Your President

Kenneth J. Santos

As I sit here contemplating my first letter as Civic Club President and pondering what to write, questions keep popping up. How would I be of service to Garden Oaks? What changes need to be made? Would I equal the work of my predecessors? How would I, could I, help make a great neighborhood even better?

The answer? With your help and involvement, and that is for what I am asking you.

There has been a lot of talk about the high level of apathy in our neighborhood. I don’t believe it! This is a great neighborhood and most everyone I talk to or visit with seems to have strong opinions as to what changes they would like to see happen in Garden Oaks.

Now, sharing your thoughts with me or with a neighbor may make you feel better, but it doesn’t really change anything. If you want changes, you need to get involved! How?

For starters, let’s begin thinking of our neighborhood as a whole. I often hear “that section is causing the problems,” or, “this section is getting special treatment.” I must admit that I have been guilty of thinking that way at times! Be proud of the section you live in, but more important, be proud of and support the neighborhood that your section is part of! Think macro instead of micro! What affects one section will eventually affect all sections. United, Garden Oaks will continue to gain strength. Divided...?

If you don’t attend the civic club meetings, please make an effort to do so. Many decisions are made there that have a direct impact on how your neighborhood will be managed. It is a great forum for asking questions and sharing your thoughts and expressing disapproval about how things are being done. If you don’t let your thoughts be known, changes you would like to see can’t happen, won’t happen and you may end up living with decisions that you had no say in whatsoever! If you do attend, bring a friend, a neighbor - bring a group! There is strength in numbers.

If you want a safer home, install home security. Sure, it will help make your home safer, but what about your neighborhood? If you want a safer neighborhood, support the Constable Program or get involved with the GOCOP. Both programs can use your help. Being home everyday I felt safe until a few weeks ago when my neighbor informed me that his garage was vandalized and several items stolen. The week prior, my friends awoke to an intruder exiting their garage! Now I double check that all doors are locked before I go anywhere, and when home, I watch my neighbors’ homes a bit more closely.

If you are in favor of, against or undecided about GOMO, share your thoughts as to why! GOMO, I believe, is still developing a plan as to how it will eventually operate. Let them know what you feel is important and what you would like to see changed. If you have questions, make them known and don’t stop asking until you get answers. GOMO’s purpose is, after all, to protect your investment in Garden Oaks and for the betterment of our neighborhood.

Don’t hesitate to call, e-mail, or write me with your thoughts and suggestions regarding GO. Better yet, come to the next Civic Club meeting and share your thoughts and suggestions there. United, we can make changes for the better! Apathy in my neighborhood? I don’t think so!

Minutes of December 4, 2001 Civic Club Meeting

Amy Shaughnessy, Secretary

President David Bell called the meeting to order at 7:05 p.m. A motion was made, seconded, and voted on to accept the November minutes as published.

Guest Speaker

Section One resident Jeff Toxey spoke about Ballard Exploration, which has been approaching Section One homeowners to get them to sign a contract that would allow for a natural gas drilling rig to be set up south of Crosstimbers, between Shepherd and Yale. Jeff’s opinion is that this is not a good deal for the residents financially or hassle-wise and he has not been happy with Ballard’s approach to some of the residents. He is urging any Section One residents who are contacted by Ballard Exploration to look into the situation further before signing anything.

Officer Reports

Treasurer - Cherry Wolfarth distributed copies of the monthly report, which shows that we are on target for making our budget this year. There was a correction to the proposed 2002 budget that was distributed. The numbers for 2002 look different from those in 2001 due to the fact that the Constable Program funds are not included in the main budget, since they go into and out of a separate account. Concern was

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raised that the 2002 budget was published in the December Gazette, which was only distributed a few days before the December Civic Club meeting, not giving residents 30 days, as the by-laws require. The by-laws were consulted and an amendment was found that does not require 30 days notice. The budget was voted on and passed. We are budgeting a loss of $668.00 in 2002, the first budgeted loss for the Civic Club in several years.

Committee Reports

Nominating Committee - Craig Lee again presented the committee’s proposed slate of officers for 2002:

- Vice-President – Josh Hamilton
- Treasurer – Margie Dalton
- Secretary – Lori Kennedy

The slate was approved and passed. Terry Jeanes nominated Section 4 resident Kenneth Santos for President; he accepted the nomination and was approved and passed.

Citizen’s on Patrol - Carl Waters presented patrolling awards to Bill and Amy Shaughnessy. Patrollers are always needed – contact Carl Waters at 713-864-1992 for more information on becoming a GOCOP.

Constable Program - Officer Moncrief reported there has been an increase in burglary and criminal mischief in Section 1. Work vehicles and tools seem to be the targets. Officer Moncrief urged all Garden Oaks residents to keep their dogs IN fenced yards and watch the full stops at Railroad crossings and stop signs! Officer Moncrief has increased his night patrolling hours and will be aiming his spotlight in shrubs and between houses, so if you see his light you know he is on duty! If you see suspicious loiterers or alcohol in Graham Park, please contact HPD to report! There was an armed robbery of two ministers from the Net Church on Shepherd one Sunday night. HPD and the Constable have been alerted and will be watching the church even more closely on Sunday nights. The Net Church is a member of the Garden Oaks Constable Program. Contact Terry Jeanes at 713-680-8550 for more information or to join the Constable Program.

New business

A check for $1,243.28 was presented to Garden Oaks Elementary School Principal Jeff Amerson. This is money from the 2001 Home Tour proceeds. Jeff thanked the Civic Club and urged Garden Oaks residents to get involved with GO Elementary by volunteering to read to kids! Call Jeff Amerson at the school for more information on volunteering at Garden Oaks Elementary.

The meeting was adjourned at 7:30 p.m. and everyone enjoyed the potluck dinner!
Happy New Year everybody!

Congratulations go out to Bill and Amy Shaughnessy for earning patroller awards last year. Bill earned his 85 hour shirt and 100 hour jacket during 2001 and Amy earned her 85 hour shirt. Thank you for your commitment to the COP program.

Burglars returned to the neighborhood in October (see the crime stats below) and based on phone calls and email messages that I have seen they stayed through November and into December. One citizen using the neighborhood computer bulletin board stated the police told him “It was that time of year.” In discussions that I had with crime victims the thieves did not always steal the most expensive items and were not intimidated by the usual safeguards of burglar bars, alarms, lights and dogs. As a neighborhood we need to be more vigilant of who is walking, biking or driving through our neighborhood and to report suspicious activities to the Houston Police Department or the Precinct One Constable’s Office at the numbers listed below.

October Crime Statistics (8)

**Robbery (1)**
700 block of W. Thirtieth St. on 10/11/01 at 4:00 a.m. (residence).

**Burglary (3)**
500 block of W. Thirty-fourth St. on 10/10/01 at 10:33 p.m. (residence).
700 block of Sue Barnett on 10/11/01 at 7:00 a.m. (residence).
3100 block of N. Shepherd on 10/4/01 at 6:33 a.m. (restaurant).

Burglary of a Motor Vehicle (1)
500 block of W. Thirty-second St. on 10/5/01 at 9:30 p.m. (driveway).

**Auto Theft (2)**
700 block of Garden Oaks Blvd. on 10/13/01 at 10:00 a.m. (location listed as a church parking lot).
3000 block of North Durham on 10/22/01 at 7:30 a.m. (unknown location).

**Driving While Intoxicated (1)**
800 block of W. Thirty-fourth St. on 10/7/01 at 11:30 p.m. (public street).

Looking for a way to fulfill that resolution to be more active in the community? Please contact me via the Internet @ GOCOP77018@AOL.com or call me at 713-864-1992 for details about joining our program.

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**Emergency Contact Numbers**

**CALL THESE FIRST - THEN CALL ME TO REPORT NEIGHBORHOOD CRIMES**

- Crimes in progress, Fire or Ambulance 911
- Houston Police Department (non-emergency) 713-222-3131
- Precinct One Constable Dispatch 713-755-7628
Community Awareness Week at Garden Oaks Elementary School

Jeff Amerson

The week of January 28th through February 2nd will be Garden Oaks Elementary Awareness week. The whole school will be open for visitors to come and see all the programs our wonderful neighborhood school has to offer. Meet the principal, Mr. Amerson, the teachers, students, administration and other parents. Even if you don’t have children who will attend our school, you might want to come see for yourself what Garden Oaks Elementary has to offer. Don’t depend on hearsay – be your own judge. Supporting our neighborhood school makes good sense and good cents. Garden Oaks Elementary will cap off awareness week with a Pancake Breakfast and Festival on Saturday, Feb. 2nd. Mark your calendar now for this fun, exciting week.

Come visit the school each day, or just one day. The week promises to be filled with all that the school offers. Each morning, join the principal for a morning coffee chat or have lunch in our cafeteria. We will be having family reading days, a literacy night, math awareness events, our yearly history fair, a Montessori parent awareness night, student artwork, and much more. We will be highlighting our many wonderful programs, including our SIGHTS gifted and talented programs, our Montessori program, the bilingual program, our special education program, and all of the specialized classes we offer including computers and our science lab. We feel that our school has something to offer every learner and we want you to know all about us.

If you have ever been curious about what the Montessori method offers children, you will have your opportunity to experience a small taste of this exciting and comprehensive approach to learning. January 28th at 7:00 PM, the teachers will present lessons from the Montessori method. Parents will be able to look at the different Montessori instructional materials from all levels and see how Montessori materials teach children. Teachers will present lessons and show how these lessons are reintroduced to students in increasingly complex ways as children advance from preschool through sixth grade.

Montessori education emphasizes hands-on, self-directed learning paced to fit the student’s individual strengths and challenges. Montessori materials are naturally interesting to children and the teachers are very adept at helping children find a pace suitable for their abilities. This combination helps children work at the right level for them - not above or below it. The Montessori program at Garden Oaks serves gifted/talented and regular students, valuing each child’s unique contributions to our community.

We will be sending out more information as the event draws closer, or you can call us at (713) 696-2930. We look forward to your visits. Come see why we say that Garden Oaks Elementary is “A Place Where Children Grow.”
A New You in 2002
Catherine Kruppa, MS, RD, LD

With each passing year, there is a new gimmick or plan to help people lose weight. These gimmicks come and go as do the pounds lost and then gained again. If your New Year’s Resolution every year is to lose weight, why not try something new this year - a permanent lifestyle change. It is unrealistic to expect that a healthy habit can be developed in only twenty-one days. Developing a new habit really takes six to ten weeks of work. People tend to give up after a few weeks and they are only halfway to a healthy habit at that point.

Here are five steps to making your New Year’s Resolution a healthy habit.

1) Make the commitment. Don’t just say you are going to lose weight. Make a plan on how you are going to do it. Write it down and place it in a prominent place in your home or office to remind you.

2) Set specific goals. For instance, drink 64 oz of water every day. Whatever your goal, however, perform this activity at least 6 times per week. The intensity and consistency will help bring about results more quickly.

3) Stick with one goal. Making small, realistic changes that naturally fit into your lifestyle is the way to go. Once you have mastered it, 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.

4) Reward yourself. Think of a weekly reward to give yourself for carrying out the actions that lead to a healthy habit. Select a small treat unrelated to food that serves as a moderate indulgence. For instance, a new book, a massage, or a new piece of clothing would work.

5) Have a support team. Find someone with whom you can share your habit and your plan to get there. Your cheerleader should check in with you to see how you are progressing. When you hit a mile mark in your journey to a new habit, share the good news with your supporter.

Another option, if this seems impossible to do on your own, is to consult a registered dietitian to help you. Here are 10 good reasons to see a registered dietitian in 2002.

1) 80% of weight loss comes from DIET ALONE; the other 20% is from exercise,
2) Seeing a dietitian is FUN! They will introduce you to delicious new cuisine and still incorporate all your favorites into a personal healthy meal plan.
3) Decrease your body fat even more with a nutrition plan and keep it off forever!
4) Increase your energy level exponentially.
5) Improve your knowledge about foods that can reduce your risk of diseases such as cardiovascular disease, cancer, diabetes and osteoporosis.
6) Combat food cravings for sugar and fat and control stress eating.
7) Learn how to prepare gourmet meals in less than 15 minutes.
8) Improve your athletic performance.
9) Stay slim while dining out.
10) You will NOT feel like you are on a diet.

For further questions, feel free to contact Catherine at 713-316-2707/ckruppa@houstonian.com/www.advice4eating.com
**Critter Corner**

*Casey and Mau Mau Farris*

HAPPY NEW YEAR! Most Americans ring in the New Year with resolutions in mind, and the most common resolution is to lose weight and exercise. This year when you plan your diet and exercise program don’t forget your pets. 30% to 40% of pets are overweight too. Speaking of fat cats, Mau Mau has a few suggestions for feline resolutions. We also have tips for winter bird feeding.

**Pet of the Month:** “Mr. January” is Dexter May. Dexter is a one-year-old St. Bernard/Spaniel mix. He lives with his parents, Laura and Matthew May at 809 W. 31st Street in Section 1A. His best friend is his brother, Biscuit, who is a Chow Chow/Yellow Lab Mix. Dexter was adopted when he was a small puppy. He has grown to the size of a St. Bernard, but has the spots and ticking of a spaniel. He has the most adorable face and disposition, and he is very sensitive. Dexter’s favorite activities include lying on the chaise lounge in the sunroom and cuddling. Dexter has a foot fetish and loves painted toenails. His New Year’s resolution is to give Biscuit more room in the doghouse.

**Pet News:** Both of the Finke girls, Bailey (Choc Lab) and Shelby (Yellow Lab) recently had minor injuries from chasing squirrels and had to sit out a few walks with their mother. Ethyl Caldwell (Black/White Chicken) was literally cooped up over the holidays and is glad that things are back to normal. Callie Duncan (Calico) doesn’t like strangers and there isn’t enough catnip in the world to change her mind. Her sister Frisky Duncan (Tortoiseshell) loves strangers, with or without catnip. Lucy LaPointe (Terrier/Hound mix) has recovered nicely from a hysterectomy. Lola Arnold (Jack Russell Terrier) swallowed a pecan and ended up in the emergency room where the whole intact pecan was extracted via surgery. Over the holidays the Spurs lost their beloved Gusto (Husky) due to old age and illness.

**Critters 101: Overweight Pets**

While most people don’t think about their dogs and cats when making pledges to get fit, many should. Obesity can adversely affect a pet’s health just as it can our health. Besides the physical discomfort of simply being overweight, obesity can cause or aggravate a host of other physical ailments, including arthritis, joint problems, pancreatitis, diabetes, cardiovascular disease, respiratory difficulties and liver dysfunction. So, be honest...is your pooh poddy? Do you have a chubby cat? A simple test is to stand over your pet and look down at them. You should see an hourglass shape around the stomach. Also, your animal should not have a sagging belly.

Obesity in pets is most often due to old-fashioned overeating combined with lack of exercise. If you suspect that your pet’s obesity may be caused by other problems, or if your dog’s weight does not respond to dietary and exercise management, consult with your vet.

Be conscious of what your pet eats. Don’t leave food down all day. Instead feed your pet two or three times daily and you choose how much he eats. Try substituting praise and play instead of popping fattening treats into your pet’s mouth. Many dogs love plain popcorn (no salt or butter) or a crunchy carrot stick as low fat treat alternatives. For weight loss, veterinarians recommend a low fat, high
fiber diet. Most of the inexpensive commercial diets are poor quality, and may cause your pet to eat more in order to get the nutrients he needs. Try switching to a high-quality, low-fat diet. If you do change your pet’s diet, do so gradually. Combine the new food with your pet’s usual food in larger and larger proportions over several weeks.

Many pets are left alone all day while their human caretakers go to work. These latchkey pets spend most of their days sleeping, with occasional breaks for naps on the couch. After a hard day at work, most pet owners barely have the time or energy for more than a quick trip to the front yard, much less a brisk walk with the dog or playtime with the cat. Even a 5 to 10 minute walk or playtime is a great start. Before you know it, you will have a bona-fide exercise routine, and it is good for both you and the pet! Cats tend to do their own thing, but you can take time to discover your cat’s favorite toys and encourage it to play. There are few things in life as pleasurable and good for YOU as walking a dog. Dog and human alike benefit physically from the exercise, and mentally from the relaxation such an activity provides. So, do something nice for yourself tonight, WALK THE DOG!

Lost and Found: The Gigliottis have four adorable kittens ready for adoption (713.880.0579). A 2yr old black Cocker Spaniel mix was found in the neighborhood and needs a good home. He is current on his shots and tags. He is sweet, adorable, and housebroken (call Randy 713.681.7790).

Dear Mau Mau: What are your New Year’s resolutions? C. Farris

Mind you I can only try, but this year I am going to clean my plate at mealtime, get plenty of rest, and keep a good watch on your wild birds. Mau Mau

Migratory Report: A steady cast of wild birds will visit your yard during the colder winter months. Put out suet, which is a quick source of energy and a great way to substitute for the protein rich insects that are hard to find in winter. Black oil sunflower seed is also a very nutritious source of high quality protein and also boasts a high concentration of oil, which is especially important in the winter. Birds will use their oil glands to spread the oil over their feathers to keep them buoyant, dry and warm. Birds need plenty of roosting places to stay warm. Instead of throwing out your Christmas tree, throw it on the ground where it can offer shelter to birds. Consider moving your feeders to the south side of your home or in a more sheltered location for the winter.

Casey’s Comments: Avoid biting when a simple growl will do.

Please forward your questions and pet news to Casey@goDOGusa.com or call 713-683-6191.

GOMO Section Captains

Sam Stengler

Section 1 - Needs You!
Section 1A - James King
Section 2 - Warren E. Carlson
Section 3 - David Bell
Section 4 - Needs You!
Section 5 - Shelly Immel
All Sections - Sam Stengler

Call Sam Now!
713 426 1607
713 697 8690
713 694 5016
Call Sam Now!
713 688 4681
281 773 3478
January 2002

“If a teacher is indeed wise he does not bid you to enter the house of his wisdom, but rather leads you to the threshold of your own mind.”
- Kahlil Gibran

February 5th
Make sure your event gets on the calendar! Email us at GOGazette@Mac.com.

Upcoming events
Civic Club Meeting
Tuesday, February 5th

2002 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 $25
- 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 $200 ($180 before 1/31)
- Contact me about participating in the Monthly Debit Program

(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