



A Conservative for GOMO

David Bell, Former President of the Garden Oaks Civic Club

Over the past year, I have had the pleasure of meeting a number of my Section 3 neighbors as a result of my ballot canvassing for the Garden Oaks Maintenance Organization (GOMO). This provided me with the opportunity to meet many of our fine neighbors whom I had not met and probably would never have met otherwise, and reaffirmed why I chose to live in Garden Oaks. It also provided me with good insight about the individuals in our neighborhood who make up quite a cross section of demographics and attitudes. As with any initiative, GOMO has those who are strongly supportive, some strongly against, and many somewhere in between. Not surprisingly, most people are in support of this effort to maintain our deed restrictions and voted accordingly. From those who did not support the amendment, the reasons were varied, with one of those being the fear of political intrusion and control by a small group.

Considering I am a political conservative, I have a more than healthy fear of power concentration, government control and manipulation. I believe in personal liberty and strict interpretation of the original constitution. The fears of many of our country's founders have become manifest in our government institutions today at all levels, and continue down to the local neighborhood level. You say, "Then Bell, how can you support GOMO?" My answer is GOMO protects our individual liberties and serves to guard against wanton abuse of those liberties. I think people understand that liberty is not the same as license. Liberty gives one the right to pursue his or her desires while not infringing on the rights of others; license has disregard for those rights. In Garden Oaks, unfettered license would permit buildings to extend to the property lines, multiple dwellings, condos and townhouses, etc. While some may desire such laissez-faire, our deed restrictions have specific prohibitions against such uses and encroachments and these uses and encroachments should be challenged. Everyone who owns a home here has been provided with a copy of those restrictions and no argument can be made for not knowing about them. If you don't like them, then there is a process for trying to change them or you may move out of Garden Oaks. The restrictions are not very intrusive and are quite limited compared to restrictions in newer subdivisions. Deciding to build with blatant disregard for these deed restrictions is license. GOMO will protect us from that, will do so on a consistent basis, and will do so fairly.

Some are worried about abuse. With GOMO, everyone who owns a home has as much power and control as any other person. GOMO will have very specific and limited powers, limited only to the enforcement of our restrictions as they currently exist. In my rounds of collecting ballots, I heard from a few that had total disrespect for the former Board of Trustees and were worried about this effort following a similar pattern. While every protection has been put in place for complete transparency of all of GOMO's actions, the results will depend on the actions of the people. If you, the property owners, are active and involved, then there will be no abuses, cliques, or other small group misbehavior and control. If you are apathetic, then you will probably get what you expect. However, with annual elections, then there has to be accountability.

By the time this is circulated, there will only be a limited time to take action. A decision not to vote is a decision to reject GOMO. A few hard working volunteers continue to work to get an actual vote from all the residents. If you remain undecided, then I strongly encourage you to seek out the answers to your questions to make an informed decision, and I would be more than happy to offer my opinions as well.

Civic Club Meeting

*Tuesday,
July 2nd*

The next Civic Club Meeting will be held on Tuesday, July 2nd at 7:00 P.M. in the Garden Oaks Elementary School Multi-Purpose Room.

It's Not a Bad View

Joe Muscara

Since April, I've been working at home, having left a full time gig to begin the adventure of working for myself. At first, I worked at the dining room table. It offered a decent amount of space, and allowed me to do some things and still be able to talk to Lori while she watched TV or did other things in the adjoining living room. I was situated such that I could look up and look out the window into the front yard. The view wasn't bad; I could see the kids with their parents on their way to and from school as well as whoever was driving up and down the street.

But, our house has three bedrooms, and the front bedroom wasn't getting much use, except for some storage and the occasional guest. That's also where the desk was, so it truly seemed to be where my office should be. One day, I was in there talking to Lori about it, and I opened the blind for the window under which the desk sits. I was surprised by what I saw.

Mind you, we've owned this house since 1999. That's going on three years. Yet here was this view I had never noticed or seen before.

Every day, I sit down at this desk and open the blind to see this view. Directly in front of me are some bushes and plants (I don't know what they are, but several bloom quite nicely in the spring), and right behind them is a pine tree. A few feet beyond that and slightly to the right is the bird bath, and that distance again along the same line is another pine tree. Around the base of that tree is some plant that often has pretty purple flowers. Then further to the right and a few more feet back are what I would call our "fraternal twin" trees. Most of the time, when you see two trees growing from the same place, they are of the same type (identical twins). Here, we have the unusual combination of one pine tree and one oak tree growing in the same spot. Between and around all this is the part of the front yard where the grass grows best. All in all, a pretty nice view. But the part that makes it is the wildlife. I've seen as many as three or four squirrels and a fairly regular stream of birds in the yard, in the bird-bath, and on the trees. In fact, I have a few pictures I took of a squirrel that was eating something at the base of the pine tree right outside my window, not four feet away from me. Never have I had an office that had such a pleasant view. This is a place I hope to be working for a long time.

Download PDFs of recent Gazettes at
<http://homepage.mac.com/GOGazette>

Garden Club Officers

<i>President</i> Janet Cones	713 956 7340
<i>Vice President</i> Holly Veech	713 861 8093
<i>Secretary</i> Susan Spooner-Gunther	
<i>Treasurer</i> Tina Nieto	
<i>Yard of the Month</i> Terry Jeanes	
<i>Sunshine</i> Barbara Ballance	
<i>Phone Committee</i> Cathey Land	

Hail to the Chef

Kenneth Santos

TIME IS RUNNING OUT! There are only a few weeks left for the homeowners of Garden Oaks to cast their votes for the Garden Oaks Maintenance Organization. As of now, only one section has collected the required number of votes to put GOMO into action. When the deadline has passed, those sections not having the required number of votes will be left without the benefits of a maintenance organization.

What will this mean to the sections not approving GOMO? Those sections would need to start another balloting effort if they want to have a maintenance organization to enforce and protect their part of the neighborhood. It will require the commitment of another group of volunteers to dedicate time and energy to canvass the sections and collect votes.

Who will be responsible to maintain and enforce the deed restrictions in the sections without GOMO? Will the Civic Club assist with a deed restriction issue? The Civic Club does not have the legal authority to and cannot get involved with matters of deed restrictions. Individual residents will need to monitor diligently, and if necessary, step in to enforce the deed restrictions. Neighbors suing neighbors is a time consuming and potentially costly way to manage violations of our deed restrictions. Having GOMO to handle deed restriction issues would be a great deal easier and avoid the potential alienation of a neighbor.

Will not having a maintenance organization affect property values? Will sections with GOMO be considered more desirable than those without? It seems reasonable to expect that would-be homebuyers attracted to Garden Oaks would want to purchase in a section with a strong and active maintenance organization. GOMO could be a strong selling point for many home sales and a detriment for the sections that do not have it in place.

Does not having GOMO void the deed restriction for that section? No, not initially; however if enough restrictions are violated it becomes easier to argue that particular restrictions have been waived. Over time, with enough violations, the deed restrictions could be found to be voided and unenforceable!

Will having some sections with and others without GOMO result in a divided neighborhood? If front and side setbacks are gradually violated due to the lack of enforcement in the sections that fail to get GOMO, the homogeneity of Garden Oaks could change, resulting in the appearance of a neighborhood in flux. In a sense, a divided neighborhood!

If you haven't voted, and please remember not voting is in effect a "no" vote, consider the future of Garden Oaks. Nobody can really predict what will happen over time, but I sense that we will see in the not too distant future, a different Garden Oaks.

For a copy of the deed restrictions for your section, visit the Garden Oaks web site at <http://www.gardenoaks.org>, call 713 695 7347, or send mail to PO Box 10273, Houston, 77206. Please be sure to include your section number or your address in correspondence.

Membership

Cherry Wolfarth

Last month's civic club meeting was a picnic—literally. We ended up having our meeting in Rick Englert Spark Park. Having been locked out of the elementary school where we usually meet, our adaptability kicked into gear. I ran for ice and we set up shop at the picnic tables. Josh Hamilton, our vice president, presided over his first meeting. There was a gentle breeze present which made for quite a pleasant gathering. We had a few folks who were in attendance for the first time and I wondered how the setting might have affected their experience. Congratulations to our door prize winner last month: former Civic Club president, **David Bell**, who took home a Lowe's gift certificate. You lucky dog, you.

This month's Gazette contains our second and final submission of the year of current paid Civic Club members. Although we have not met our goal of 25% participation, the total number of paid members are higher than any previous year. The total at submission deadline is 270. Here is the breakdown.

Section 1:	20%
Section 2:	23%
Section 3:	20%
Section 4:	15%
Section 5:	18%

Thanks to membership committee member, Michael Froebel, for being our database guru.

It's not too late to join if you have not yet. It's a small way to give back to the neighborhood. Much of the money goes to fund the upkeep of our 5 parks - if that's not a worthy cause, I don't know what is.

If you have any questions related to membership, feel free to contact me, Cherry Wolfarth at 713-688-5131.

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Minutes of the June 4, 2002 Civic Club Meeting

Lori Kennedy, Secretary

Vice President Josh Hamilton called the meeting to order at 7:03 p.m. It was moved and seconded to accept the May minutes as published.

Officer Reports

Treasurer – Sheila Briones delivered the Treasurer's report. The constable account has enough funds to pay for June and July.

Standing Committee Reports

Beautification - Chair Rick Grochoske reported that the City has completed the work at 30th, Randal and Durham and the planning for that space is the next big project. Contact Rick 713.864.8164 for more information or to volunteer.

GOCOP - Chair Carl Waters reported the April crime statistics. GOCOP needs more volunteers to be as effective as possible. Patroller hours are about 1/3 below the minimum recommended by HPD. Contact Carl at 713.864.1992 for more information or to volunteer.

Constable Program – Deputy Moncrief reported that there have been several motor vehicle burglaries and busted out windows, especially around the 900 blocks of LaMonte and W. 42nd. Construction crews working in the 200 to 400 blocks of W. 30th to W. 34th are reporting having equipment stolen overnight. Co-Chair Terry Jeanes reported that all member packets (including vacation watch information and phone stickers) have been delivered. The committee members are in the process of contacting people who contributed last year but have not donated so far this year. Contact Terry at 713.812.9154 for more information or to support the constable program.

Gazette – Chair Joe Muscara reminded everyone that the deadline for submissions is the 15th of every month. Contact Joe at GOGazette@Mac.com regarding Gazette submissions. If you know of someone who wants to advertise, please contact Holly Veech at 713.861.8093.

Home & Garden Tour – Co-chair Sheila Briones reported that they are looking for a chair for the 2003 Tour.

Membership – Chair Cherry Wolfarth announced there are 265 paid Civic Club members so far this year and we are about 80 members short of the 25% goal. David Bell won the door prize.

Ad Hoc Committee Reports

Deed Restrictions – Marie Grochoske reported that Section 1 is at about 66% and needs about 38 more votes. Warren Carlson reported that Section 2 is at about 62% and needs about 20 more votes. It was reported that the construction at the split of W. 42nd and Gardenia has proceeded. The City could not easily or quickly interpret the deed restrictions for that lot and would not intervene. Contact Sam at 281.773.3478 for more information or to volunteer.

GO.org – No report.

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Garden Club

Chris Lindsay reported that they are having a field trip this month instead of a meeting. Contact Janet Cones at 713.956.7340 for more information or to join.

New Business

Central Market has shopping cards which allow a portion of every linked purchase to benefit GO Elementary. Terry Jeanes requested people to send her neighborhood information for inclusion in the *Gazette*. Carl Waters reminded everyone about National Night Out, the first Tuesday in August. Start planning now and let Carl know about your party. There were questions and discussion about having a kids' parade for July 4th, another Fall Festival, and GO participation in the City's Super Neighborhood program.

The meeting was adjourned at 7:41 p.m.

Refreshments were graciously provided by Terry Jeanes of Re/Max-METRO.

How to Join the Garden Oaks Listserv

1. Use your web browser to go to <http://groups.yahoo.com/>
2. On the left under "Sign In," select the link that says "Click here to register." Only minimal personal info is required. Just make stuff up if you want.
3. In the middle of the page where you see "Join a Group," type "Houston_GO" and enter.
4. When you see Houston_GO in the list, select it and select "Join this group."

Once you have set up your account and joined the group, you have some options you can set under "edit membership."

You can select if you want the postings delivered to your email or you want to log online to read them at the Yahoo! Groups web site. You can also select the format of the messages that are delivered to you.

Message Delivery (select one)

- Individual emails. Send individual email messages.
- Daily digest. Send many emails in one message per day.
- Special notices. Only send me update emails from the group moderator.
- No email. Don't send me email, I'll read the messages at the Web site.

Message Format (select one)

- Convert to HTML. Convert plain-text messages sent to me to HTML.
- Do not convert to HTML. Don't change the format of messages sent to me.

Note: The HTML format allows you to see colors and graphics in your messages.

Delivery Volunteers Needed

The *Gazette* is always on the lookout for delivery volunteers. We need people who can fill in for regular volunteers who are on vacation or are otherwise unavailable, as well as those who are interested in taking over a delivery route. You do not need to live on a route to deliver *Gazettes* to your neighbors on that route.

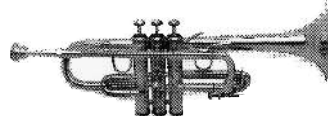
If you would like to help deliver the *Gazette*, please contact Amanda Carlin at 713-263-1026 or email her at Amanda.Dalton@CFISD.net.



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 858 W. 41st St. 855 Azalea
 970 W. 41st St. 839 Lamonte
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 717 W. 42nd St. 1458 Sue Barnett
 718 W. 42nd St. 1575 Sue Barnett
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Citizens on Patrol

Carl Waters, Jr.

Happy Independence Day everyone! May all your activities be safe. One of the reasons our neighborhood is safe is the Citizens on Patrol Program. We patrol the neighborhood as a supplement to the Deputy Constable and the Houston Police Department (the sponsor of our program). According to the standards of the program we should have patrollers out 2 hours a day to be effective. This means 60 to 62 hours a month. In May we had 34 hours patrolled. We need more volunteers to help this valuable program continue to serve the community. The program requirements are that you must be a resident of Garden Oaks and at least 18 years of age. Volunteers must attend a training session with HPD that lasts about an hour. Once trained, volunteers are required to commit 2 hours a month to patrolling.

April Crime Statistics (5)

Burglary (3)

- 200 block of W. Thirty-second St. on April 10 at 9:00 p.m. (garage).
- 4200 block of Apollo on April 10 at 6:00 p.m. (garage).
- 1000 block of Althea St. on April 14 at 12:30 a.m. (garage).

Burglary of a Motor Vehicle (2)

- 1500 block of Sue Barnett on April 19 at 7:00 p.m. (street).
- 2900 block of N. Shepherd Dr. on April 19 at 5:30 p.m. (commercial lot).

In addition to the HPD report I was contacted via email by two residents who reported attempted crimes at their homes. One reported an attempt in April to burglarize or steal a car from their driveway. The other reported a Mother's Day visitor (female) who knocked on her door and then checked for a way into her home including looking under stones for a key before taking a plant and the door mat from her front porch. When confronted the woman claimed she was taking the items to "keep her neighbors from stealing from her," (don't ask—I just write what I'm told). The Constable's office also reported at the last Civic Club meeting a rash of burglaries from vehicles along Forty-second St. especially when the vehicle was parked near the street. Additionally, they reported construction crews in the neighborhood were having materials stolen overnight from construction sites. If you see any suspicious activity please call the Constable Dispatcher at the number listed below.

Don't forget to start planning for your National Night Out Party. National Night Out is Tuesday, August 6th.

If you are interested in joining the COP program please contact me via the Internet at GOCOP77018@AOL.com or call me at 713-864-1992 for details.

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
All other City of Houston Services	311



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Guillaume "GEM" Morvan (Shepherd Park Plaza Resident)

2002 Civic Club Paid Members

Thanks to all Garden Oaks Residents who have paid their 2002 Civic Club dues. If you haven't yet, please join or renew today! (Use the membership form located on the back of the *Gazette*)

The names listed below are from membership dues received through June 15, 2002. For more information, contact membership chair Cherry Wolfarth 713-688-5131.

Section 1

Lawrence

Patricia Boyd
Barbara Griffin
Sheila Briones
Rita Donaldson
Michael Hornung
Marilyn Hornung
Mary R. Neff
Dina O'Grady
Nancy Wendrock
L. Steffen
P. Steffen

Randall

Stephen Gould
Richard Mathews
Kelly Mathews

West 30th Street

Charles Blechle
Sally Blechle
W.A. Byrd-Lewis
Lillie Byrd-Lewis
Greta Dorsey
Lewis T. Hall
William Hansen
Constance Hansen
Jonathan Homeyer
Any Homeyer
Michael Rauch
Sharon Rauch
Pamela Smith
Glenn Smith
Charles Starustka
Margie Starustka
Charles Starustka
Margie Starustka
Shirley Ross Winford
George E. Wood

West 31st Street

Susan Adkins
Holly Berk
Lori Getz
Mildred Christian
Craig G. Dille

Thelma Elizalde
Jon Falsh Lehner
Cindy Falsh Lehner
Vicki Faulkner
Jim Gregory
Marie Gregory
Catherine Kershner
James King
Miriam King
Dennis Koebelen
Doris Koebelen
Craig Kramer
Peggy Kramer
Gerard Lynch
Connie Vasquez
Pam Marquis
Laura May
Mathew May
M.C. McCullough
Becky McCullough
Trish Ricklefsen
Lynda Spinks
James Stafford
Deborah Keyser
Mary Tyler-Martinez
Alex Martinez
Carl Waters
Leslie Waters
Willie Mae Whiddon

West 32nd Street

Hamilton Ann
Donna Archer
Adrian Wright
Bob Bewley
Jo Carter Bewley
James Capfer
Lisa Peters
Ralph W. Engelhardt
Jerry Evans
Gilda Evans
Earnest Fruge
Christine Adams
Ralph Hayes
Charlotte Hayes
Tillie Helmcamp
Beverly Mitchell

Barry Morris
Susan Morris
Kelly O'Guynn
Sandra O'Guynn
Thom Penney
Nancy Polasek
Mark Polasek
A. Lynn Porter
Spencer Smith
Julie Smith

West 33rd Street

Ron Adair
Patricia Boyles Jeffers
Ken Jeffers
Claire Bresnahan
Hector Caram
Joy Caram
Gilbert DePaul
Suzanne DePaul
Nicholas Facciponte
Courtney Facciponte
Emoryetta Grimmet
Tim Gunther
Susan Gunther
Dan A. King
Frank Melcher
Leigh Melcher
E.A. Noser
Jim Patterson
Beth Patterson
Shelley Rogers
Pat Buron
Susan Saranie
Mark Saranie
Janis Wourms

West 34th Street

Heather Barr
Patrick King
Charles Bolton
Gilda Bolton
Kenan Branam
Jan Knight
Rick Grochoske
Marie Grochoske
Steve Hayes

Mr & Mrs Joseph Jones
Jane Kelso Winter
Charles Kelso Winter
Craig Lee
Lucy Lopez
Marc Roberts
Jane Ann Roberts
Julie Staubo
Kent Staubo
Frank Strautberg
John C Thomas Jr.
Jeff Toxey
April Toxey
Warren Walden
Janice Walden
David Winston
Angela Winston

West 38th Street

Jeff Benjamin
Michael J. Caldwell
Warren E. Carlson
Tiffany Caruso
Alaina Metz
Linda Walke

West 39th Street

Mike Dishberger
Debra Dishberger
Jude Patronella
Eloise Sutterfield

West 41st Street

Neva Berlocher
Harry Berlocher
James J. Doyle
Lucy L. Doyle
Dennis Duncan
Becky Duncan
Vera M. Jackman
Jim Janssen
Linda Janssen
Debra Sonnier

West 42nd Street

Russell Clark
Marjorie Posada
Ivan Posada
Claudia Pruitt
Diana Wilson

West 43rd Street

Elan Britt
David Britt
Ed de Alba
Brenda de Alba
David Hoyer
Carla Hoyer
Kurt Nondorf
Marlene Nondorf

Section 3

Azalea

Todd Armstrong
Kathy Armstrong

West 39th Street
Mrs. Hermia Howell

Section 2

Garden Oaks Boulevard
Judy Drapela
Kerri Epstein
Rob Epstein
Michael Johnson
Elaine Maniha
Jonathon Morgan
Rodney Seiler
Lin Hlanak Jr.
Jay Tatum
Shana Tatum

Sue Barnett

Emmett Doherty
San Juanita Gonzales
W.G. Eickenhorst
Peter Kozak
Lois Kozak
Joe Muscara
Lori Kennedy
Margaret Rudd
Tom Peden
Sam Stengler
Beth Stengler

David Bell
Gail Bell
John F. Bos
Wende Clemence
Bill Flanagan
Kristin Flanagan
Josiah Hamilton
Jane Hamilton
John McKemie
Lynn McKemie
Tina Sabuco
Shellye Arnold
Norma A. Serrato

Lamonte

Una Brotherton
Dana Busch
Leon Busch
Douglas Gavin
Susan Gavin
Rita Hartman
Tom Hazel
Carol Hazel
Sean McLean
Caroline McLean
Mary R. Miles
Bob Padon
Linda Padon
Michael Sullivan
Sharla Sullivan
David Veselka
Deborah Veselka

Sue Barnett

Melissa Becker
Winston Norrish
David Boyd
Jim Taylor
Lou Ann Taylor

West 41st Street

Richard Blain
Amy Blain
David Cornelius
Lillian Cornelius
Tom Freeman
Sherry Freeman
Lewis Goodkouski
Cynthia Jennings
Douglas Johnson
Lori Johnson
Jerry Morrison
Ronald Sledge
Ann Sledge
Jerold Walkoviak

Colleen Walkoviak

West 42nd Street

Mark Brockman
Deborah Edwards
Mike Dishberger
Debbie Dishberger
Gregory Hall
Julia Hall
V. D. Kelley
Dennis Spar
Cathy Spar
Brian Syzdek
Gwen Syzdek
Bowman Vuelker
Tracy Vuelker
Norman Weindorff
Dale Weindorff

West 43rd Street

Martin Amador
Randall Davis
Dodie Davis
Odell McMillian
Larry Petterson
Kirsten Patterson
Don F. Stokey
Lori Stokey
Robert Willis
Gabriela Villegas

Section 4**Alba**

Martina Nieto

Althea

John Bartos
Cindy Bartos
Janice Bohon
Zac & Stan Bohon
Kevin Fuller
Aimee Fuller
Oscar Ochoa
Mildred Warhol

Gardenia

J.H. Holiday
Bill Shaughnessy
Amy Shaughnessy
A. P. (Lee) Smith
Tom Van Dyke

Lamonte

Pete Baron
Joan Baron

David Fox
Julie Fox
A.T. Froehlich
Edward Joel
Kirsten Joel
Paul Kiker
Dorothy Kiker
Chris Lindsay
Art Lindsay

Sue Barnett

B.J. Johnson
Betty Johnson
Wayne Johnson
Michael Upper

West 41st Street

Dwight Alsobrook
Janna Alsobrook
Lillian Cheges
Jason M. Cunningham
Alisha G. Cunningham
John Deermer
Michael Froebel
Mathew Deffebach
Kathy Krampota
Dwayne Ehlert
Annette Spychalski
Terry Jeanes
Rob Jeanes
Dale McKinney
Karen McKinney
Mark C. Robicheaux
Denise M. Robicheaux
Jonathan Smaistrle
Julie Smaistrle

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James Cobb
Michele Haggerty
Robert DeVeau
Kenneth Santos
Howard L. England
David Rae
Ed Dreier
Mari Rhinehart
Bill Rhinehart
Walter C. Schultz
Dennis Williams
Marilyn Williams
Cherry Wolfarth

West 43rd Street

Jennifer Appel
Shawn A. Forney

Elaine Froebel
Jimmy Johnson
Scott Mesteller
Scott Roller
Amy Roller

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Althea

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Helen Hawkins
Michael Kravetz
Kathy Russell
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Gardenia

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Deanne Zugheri

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Sandra Seyffert
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Jeanette Stiborik

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Bill Bishop
Exa Lee Bishop
John Hoyer
Tanisia Hoyer
Reagan Kittell
Mathew Phillips
Rebecca Phillips
Laverne Plaster
Walter Plaster

Eating Healthy on the Go

Catherine Kruppa, MS, RD, LD

Summer is here and it is time for Americans to hit the highways and the airways. The kids are out of school for the summer and we are all on the run. Many people are under the impression that it is impossible to eat healthy on the road. There are healthy options out there, but you have to beware. Not everything that sounds low fat is. Here are some tips on the good and the bad at America's fast food restaurants.

McDonald's

Avoid: Big Mac and Super Size French Fries = 1100 calories, 57 grams of fat
Instead try: Grilled Chicken Deluxe with no mayo = 300 calories, 5 grams of fat or the Salad Shaker with fat-free herb vinaigrette dressing. The salad is 100-150 calories and the fat free dressing contains just 30 calories.
 For dessert avoid the McFlurry which contains between 570-630 calories and more saturated fat than a quarter pounder. Choose the fruit and yogurt parfait for 380 calories and 5 grams of fat or the vanilla reduced fat ice cream cone for 150 calories and 4 grams of fat.

Burger King

Avoid: Whopper with cheese and onion rings = 1040 calories, 60 grams of fat
Instead try: The new BK Veggie. This flame-broiled burger is made from grains and vegetables. Another added bonus is that it is served with reduced fat mayonnaise and contains 330 calories and 10 g of fat. Another added feature on the BK menu is the Chicken Whopper; it may sound healthy but it carries with it 580 calories and 26 grams of fat.

Chick-fil-A

Avoid: Chick-fil-A Chicken Sandwich with small waffle fries = 590 calories, 19 grams of fat
Instead try: Chargrilled Chicken Sandwich for 285 calories and only 3 grams of fat. Chick-fil-A is one of the only fast food restaurants that offer a vegetable side dish. Opt for the small carrot & raisin salad for 150 calories and 2 grams of fat and you will be one step closer to your 5 servings of vegetables per day.

Wendy's

Avoid: Big Bacon Classic with Biggie fries = 1050 calories and 53 grams of fat
Instead try: 8 oz. chili on top of a plain baked potato for 530 calories and 7 grams of fat. For a lighter meal try one of their new salads.

Taco Bell

Avoid: Mucho Grande Nachos, which adds up to a grande 1320 calories and 82 grams of fat
Instead try: Grilled steak soft taco for 200 calories and 7 grams of fat. A healthy side is the pintos' N cheese for an additional 190 calories and 8 grams of fat.

Jack in the Box

Avoid: Sourdough Jack and Seasoned Curly Fries = 1090 calories and 67 grams of fat
Instead try: Chicken Fajita Pita contains 280 calories and 9 grams of fat.



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Continued on page 10

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Continued from page 9
Schlotzsky's
Avoid: Regular Original = 941 calories and 50 grams of fat and this does not count a bag of chips!
Instead try: Small Dijon Chicken sandwich for 330 calories and 4 grams of fat or the Regular Smoked Turkey Breast sandwich which contains 498 calories and 7 grams of fat.

Remember, even if you do order a higher fat or high calorie food; simply balance it by choosing low fat foods throughout the rest of the day. Have a healthy and safe summer.

Found Things

Mark Saranie

We spent a few days in New Orleans last June and I was just as envious of the people who live there as I was the first time we visited. I am referring to all the hanging pots that adorn nearly every balcony and doorstep in the French Quarter. I enjoy discovering all the secret gardens you catch glimpses of as one passes the many narrow and darkly cool passages that transports its inhabitants from the hustle and bustle of city life, to the silent refuge shrouded in the living beauty which lies within.

The courtyard of the B & B we resided at during our stay had a swimming pool surrounded in lush heat resistant vegetation. One of these was a rather large stand of cleome. I grow this at home but not the white variety growing there. Fortunately they had been blooming long enough that some of their first seed pods had matured, dried and ruptured. Need I say more? They will make a great companion to my purple cleome next summer.

After returning from New Orleans, and during my next days off, I decided to tackle the backyard beds that had been neglected for weeks. The weeds were terrible and the work backbreaking. But, I found a thing that took me back to when I first began to give shape to our backyard. The thing was one of those teardrop shaped crystals from a chandelier. After all the years of turning soil, scraping weeds, adding and subtracting plants, this thing made its appearance, much like the first crystal I found way back when. It makes me wonder whether an entire light fixture is buried in the back or if prior inhabitants of our home left these glass gems buried about the yard for posterity.

Another thing I found while preparing the spot in which I grew cucumbers last year was the tiniest glass bottle I have ever seen. It remains in the garage, however, encrusted and half-filled with the dirt of its burial place. This small container makes me fantasize about its original contents. Poison? Medicine? Holy Water?

Two things of interest I found several years back while working under the azaleas out front were two of the brass numbers of our three number address. I hope to find the last one some day. The most interesting item I came across while building and preparing the bed behind the garage, where I grow culinary ginger along

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with assorted weeds and elephant ears, was a small yet sharp arrowhead hewn from brown stone. I realize it was probably mixed in with the gravel used in the cement that forms the slab for the garage, but I wonder where the gravel came from and marvel that it remained buried some sixty plus years, just waiting for the day I would discover it. I wonder about the hands that gave it its shape and the time in our nation's history in which those hands existed. Was it ever used to fell a great bison? Or was it a young man's first attempt at making a weapon that would bridge his native passage from boy to man?

I have also found assorted pieces of petrified wood, most likely from the same river bed the arrowhead came from as well as coins, parts of toys, old cans, remains of tools, spurs, metal handles from long forgotten somethings. Bones, nails, bricks, shards of ceramic plates, marbles, and what I hope is a small meteorite. This last thing I found in May of this year. One side is round and smooth, the other has a molten appearance. It is heavy and looks like lead. It does not have any pock marks characteristic of stuff that survives the plunge from outer space through our protective atmosphere, but, one can dream, no?

I marvel at these non-plant things my garden beds yield; I hope I find more. One thing I always find in my garden is the strength and will to battle weeds.

July garden things

- Enjoy and have a safe Fourth of July celebration.
- Don't touch the azaleas. Prune now and you will have no blooms this coming spring.
- If crape myrtle blooms are fading, go on and trim the old blooms off and add to your compost. Trimming will encourage additional blooms. Same for vitex.
- Be diligent in deadheading the flower garden as well. Plants shut down their flower production and dedicate their strength to creating seeds. When you deadhead, your plants will reward you with additional blooms.
- Depending on our weather, keep an eye out for fungal diseases in your lawn such as brown patch which can appear after prolonged days of rain, or chinch bugs, should a hard dry spell come our way.
- With Houston's summer heat come 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.
- For you vegetable gardeners this is a good time to start your summer squash, fall tomatoes and eggplants.

GOMO Section Captains

Below are listed the section captains for each section. If you haven't voted yet, call the appropriate person to get a ballot and fill it out today!

Section 1 - Marie Grochoske	713 864 8164
Section 1A - James King	713 426 1607
Section 2 - Warren E. Carlson	713 697 8690
Section 3 - David Bell	713 694 5016
Section 4 - Needs You!	Call Sam Now!
Section 5 - Shelly Immel	713 688 4681
All Sections - Sam Stengler	281 773 3478

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Critter Corner

Casey and Mau Mau Farris

Hi Neighbors! Summer vacations are in full swing and if you are thinking about taking your pet along this vacation, a little planning is essential, so this month we talk about traveling with pets. Mau Mau has a couple of ways to keep cool for the cats that stay at home. It would not be summer without the toads singing so be sure and take a minute to sit outside some evening and listen to the songs of our insect eating buddies.

Pet of the Month: “Miss July” is Halo Sheffield-Scott of Section 1A. Halo is a West Highland Terrier and she is one year old this month. Halo has exceptional athletic ability and lives to play. One of her favorite games is “pitch and catch” where she can actually throw the ball back to you. She is also quite good at soccer. Halo shares her territory with her parents, Cindy Sheffield and Carrie Scott, several feral cats, and Maria (Miniature Schnauzer). Halo and Maria are an irresistible pair. Happy Birthday sweet Halo!

Pet News: Sasha Saunders (Border Collie) recently broke her back tooth on a bone and got fixed up with a root canal and a crown. Annie Kincaid (Bearded Collie) has enrolled in obedience school. Huddy Cunningham (Grey American Shorthair) had an infected tooth and was on antibiotics for a few days. Whitey Buran (Yellow Lab Mix) was a stray around the 500 block of 33rd Street for quite some time but the Burans have taken him in as part of the family. He has been neutered and will soon be treated for heartworms. A screech owl died on Apollo Street and a proper funeral was held and attended by Sydney Farris (Border Collie/Blue Heeler) and the Finke girls (Labs). Ernie Speers (Beagle) has recovered from an ear infection. Sammie Nixon-Holle (Chocolate Lab) was bitten by a snake in her backyard on Gardenia and was treated with antibiotics and steroids for a week.

Critters 101: Have Pets Will Travel

The more travelers on a trip, the likelier you will run into complications, and adding a pet to a vacation takes a little extra preparation. Most of us get motion sickness now and then. Pets, especially inexperienced travelers, can also get carsick. If your pet is not used to traveling, ease him into the travel routine by taking short trips in the car and build up to longer ones. Most pets with motion sickness grow out of it as they get used to riding in the car. A full tummy can contribute to motion sickness, so do not give your pet any food for eight hours before a trip or water for two hours before heading out. Take along paper towels or moist towelettes in case you pet does get sick. While one of you is on cleanup

duty, another family member can take your pet for a short walk to help settle his stomach. Keep in mind that heat can make your pet feel worse, so make sure he is getting enough fresh, cool air during the trip. Playing with his favorite toys can help distract him from his upset tummy and regular bathroom and water breaks will keep you both more comfortable.

It is important for your pet to wear his collar with identification at all times. The tag should list his name, your name, home address, and telephone number. If you are going on an extended vacation, buy a temporary tag that lists the address and telephone number of the place where you will be staying. Your pet should also wear his rabies tag. If your pet does get lost, contact local shelters, animal control agencies and veterinarians. Bring along a current photo of your pet so you can show people what he looks like. You can also post the photos around the area where he got lost. Better yet, keep your pet on a leash when he is outside. If you are traveling by car, consider keeping your pet in a carrier during the trip. This keeps him from distracting you while you drive, protects him in case of accidents, and means he cannot bolt the second the door opens.

Make sure your pet is up to date on his vaccinations and bring along his medical records. If your pet turns green or takes a spill, he will need medical attention. Before you set out, ask your veterinarian to recommend a veterinary clinic in the area you will be staying or call the American Animal Hospital Association for a referral at 800-252-2242. Remember to protect your pet against fleas, and ticks, and whatever else the new area might contain and bring along your own drinking water.

Make sure your pet is welcome if you plan to stop along the way. Many hotels and motels will accept animals, but it is a good idea to book ahead. Check with your local AAA *PetBooks* or www.petswelcome.com for pet-friendly accommodations.

Try not to travel in extreme weather conditions and **never ever** leave a pet in a parked car. With a little care and forethought, your pet will become a world-class traveler in no time. Bone Voyage!

Dear Mau Mau: How do cats combat the heat? *K. Chavis*

Mainly by keeping our coat in good condition so we groom, groom, groom. I have my staff brush my coat every day and if it is really hot, I get wiped down with a moist washcloth. Then I take a break with chilled water and watch that stinky dog dig a hole in the backyard. *Mau Mau*

Migratory Report: Unless your yard is uncommonly moist or includes a body of water, you may never see a true frog. They simply dry out too quickly. However, you probably

have plenty of toads. Toads have warty skin, which helps them hold water. On top of the toad's head are two large bumps that are poison-secreting glands and may cause a very bitter experience if your cat or dog eats one. The female lays her eggs in water and the male comes along and fertilizes them. Soon you will have a knot of toads. The good news is these guys eat insects and sing enchanting evening songs.

Casey's Comments: There is no psychiatrist in the world better than a puppy licking your face or better yet, a kitten purring in your lap.

Casey Farris is owner/operator of Bone Voyage Pet Sitting Services©. Please forward your questions and pet news to Casey@goDOGusa.com or call 713-683-6191.

Heard Under the Oak Tree

Terry Jeanes

Welcome New Neighbors who recently closed on their homes.

4211 Alba	721 West 38th	717 West 42nd.	1419 Sue Barnett
1543 Sue Barnett	742 Sue Barnett	970 Althea	215 West 33rd
982 West 41st.	4206 Alba	1062 West 41st.	535 West 33rd.

Congratulations and we hope to see you at a civic club meeting soon.

Congratulations on new arrival *Daniel Ostrum*, born May 22nd. Proud parents are Jason & Lucia. Prouder grandparents are John & Barbara Ostrom, all of Garden Oaks.

Congratulations on wedding bells for *Matt and Kathy Deffenbach* on May 25th and for a safe return from honeymooning in Spain.

Welcome home *Dale McKinney* and speedy recovery.

Happy Travels and a safe return home to the *Pedens* vacationing in London. Tom says this sure beats summer school.

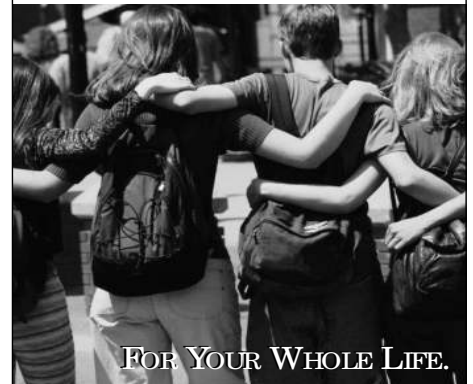
Congratulations to *Lindsey Carlin* for your recent high school graduation & acceptance to University of Texas plus New Hampshire's Womens Athletic Achievement Award and Foreign Language award at Hanover High. Robert & Amanda Carlin are certainly proud.

Best Wishes to resident *Cal Jones* who will depart Garden Oaks soon for Pearl Harbor, Hawaii, where he will be assigned to submarine duty headed for the Persian Gulf.

Belated June Birthday Wishes to *Rebecca Stark* (5th), *Tina Parks Rowe* (5th), *Stacey Park* (14th), and *Christopher Lee* (18th).

To highlight or feature a special event or person, please contact Terry Jeanes at 713-812-9154 or jeanest@pdq.net.

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Upcoming National Night Out Tuesday, August 6 th	1 Canada Day	2 Civic Club Meeting 7:00 P.M. G.O. Elem.	3	4 Independence Day	5	6
7	8	9	10	11 Garden Club Meeting 7:00 P.M. 5117 North Main Backyard Gardener	12	13
14	15 Gazette Article Deadline	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	"True individual freedom cannot exist without economic security and independence. People who are hungry and out of a job are the stuff of which dictatorships are made." -Franklin D. Roosevelt		

2002 Garden Oaks Civic Club Membership Form

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

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