

# Garden Oaks Gazette



## Basil Dreams

MARK SARANIE

If asked which herb is my favorite, I would have to answer, “Basil.” This pungent, hot-weather herb is perfect for the summer garden. A raised bed, somewhat fertile soil, and a little watering will soon yield an abundance of culinary joy.

In antiquity, basil did not have the popularity it enjoys today. Ancient Egyptians thought that basil was associated with a mythical reptile referred to as *basilisk*. It was believed that this beast’s gaze or breath caused instant death. In time, this belief transmogrified into the notion that basil caused worms or scorpions

to grow in the brain. This rumor began with tales of a gentleman who so loved the aroma of basil that he took to grinding the herb into powder to use as snuff. He eventually went mad and died. It is said that when surgeons performed an autopsy, wanting to learn more of his demise, they discovered scorpions in his head. I wonder if they were green scorpions.

Every year I grow a good amount of basil. We primarily use it to make basil pesto, and during this process, the kitchen and adjoining rooms are redolent with basil’s beautiful aroma. Any commercial potpourri pales in comparison. Furthermore, the olfactory images of wonderful meals are great enough to overpower any fears of a make-believe scorpion, regardless of its size. We also use fresh basil leaves on grilled portabello mushroom burgers, add torn leaves to salads, mix it with tomatoes, and use it as a garnish for many meals.

The right time to plant basil is when the soil warms. A sunny location is ideal since this aids in essential oil production. It is a Mediterranean herb and can handle the Houston heat. All too often, in my zeal to get

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## A Note from the Editor

REBECCA FERGUSON  
EDITOR

So I was up late and feeling creative. These things happen. Initially, I didn’t change the *Gazette* layout when I took over as editor because I am a firm believer in the old southern adage, “If it ain’t broke, don’t fix it.” But looking through the archive, I noticed that the newsletter’s appearance changed with every new editor. As far as I was concerned, Joe’s layout was just fine, but I decided to go ahead and give it a go. This change in design may happen again--I haven’t quite decided to commit to this yet. If it does, please do not feel frustrated or frightened. I am your editor, and indeed have your best interests at heart.

Constructive criticism is always welcome, and although my editor’s instincts tell me that I’m leaving myself open to *all* types of criticism by granting that permission, I would very much like to hear any suggestions the readers of the *Gazette* might have.

### Civic Club Meeting

Tuesday, September 2<sup>nd</sup>

The next civic club meeting will be September 2, at Garden Oaks Elementary school at 7:00 p.m. Remember that there is no August meeting in light of National Night Out on August 5. Attend National Night out and the Civic Club meeting for a chance to meet your neighbors and share your ideas.

## Civic Club Officers

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# President's Letter

**KENNETH SANTOS**  
CIVIC CLUB PRESIDENT

To borrow a line from one of my favorite movies, "There's no place like home," and Garden Oaks has certainly been a bustling place to be. First off—a tip of the flag to Brenda de Alba for heading up the Fourth of July Bike Parade and bringing it back from obscurity. It was terrific to see so many neighbors—young and old—out for a roll around the block. Plans are already underway for an even more impressive parade next year.

Next on the "Fun Raiser Agenda" is the "Come Home to Garden Oaks" Homecoming scheduled for Saturday, October 4. Tina Sabuco and her homecoming court have begun planning what promises to be a night filled with memories. And speaking of bringing neighbors together, in lieu of our August 5 Civic Club meeting, Garden Oaks, along with thousands of other neighborhoods throughout the country, will be celebrating National Night Out. The purpose of NNO, which premiered in 1983, is to promote neighborhood awareness as well as involvement in crime and drug prevention. It also gives neighbors a chance to learn how to protect themselves, fellow neighbors, and property. Finally, NNO helps to improve police-community relations.

National Night Out is also a great opportunity to meet your neighbors and together work to become a more cohesive, safer neighborhood. One of the first steps to making a neighborhood safe is getting to know your

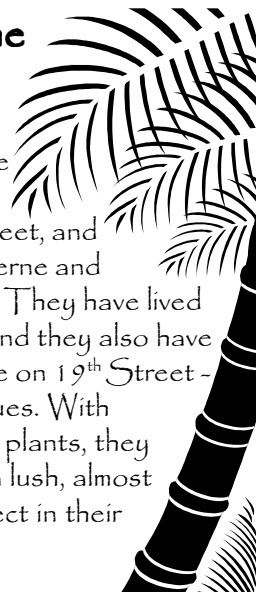
neighbors. Knowing their routines, when they are home, at work, or on vacation makes it much easier to notice when something is out of the ordinary.

We have become an invisible nation due to our busy work schedules and other activities, spending a lot of time away from our homes. And when we are at home, we spend that time inside, in front of the television or computer monitor, or in our back yards, hidden behind fences! As we continually become more private, we also become more vulnerable to crime because we are unaware of what is really normal for our streets and neighbors.

On August 5, get out in your front yard, pull out a few chairs, and welcome your neighbors to join you. If time permits and you are more ambitious, organize a block party, a cookout or barbecue, or just serve cookies and lemonade. The purpose of NNO is to be visible, to get to know your neighbors, and to become aware of what is happening where you live. A safer neighborhood starts with you! Have fun.

## Yard of the Month

The yard of the month is 1055 West 43<sup>rd</sup> Street, and belongs to Laverne and Walter Plaster. They have lived there 5 years, and they also have an antique store on 19<sup>th</sup> Street - La Roy Antiques. With various tropical plants, they have achieved a lush, almost Caribbean effect in their yard.



# Montessori Parents

JESSICA MODAD

Just when you thought that day camps, swimming lessons, and outings with the kids would never end, it is time to pack them up and send them back to school. Believe it or not, school begins in HISD on Monday, August 18. Garden Oaks Elementary School will begin registration this year on Monday, August 4 from 8:00 a.m. until 12:00 p.m. daily until school begins. To register, you will need an original birth certificate, a current immunization record, proof of address, and the parent or person registering must present a valid Texas picture ID or driver's license. If your child has a social security card, bring that, too.

Registration is open to all students who live in the Garden Oaks Elementary School attendance zone and who are 5

years of age or older as of September 1, 2003. Garden Oaks also offers a Pre-Kindergarten program for those students who meet the financial requirements. Students who attended Pre-K last year must re-register for this school year. All other students who have previously attended school will automatically be registered for this school year.

At Garden Oaks Elementary School, we are very proud of our beautiful campus and our dedicated staff. Our goal is continuous improvement. We

feel that in order to teach children to reach for their full potential, we must model the same. Currently, our school is in the process of being painted, and thanks to the HISD bonds, there will be more improvements made to the school throughout the year. We are also excited about working with the Garden Oaks Garden Club this year so that our grounds will be beautiful, too.

At Garden Oaks Elementary, we offer many exciting programs, including our renowned Montessori program, a neighborhood gifted and talented program, a bilingual program, and programs for children with special needs. We hope that you will come and see what all we have to offer.

We are now calling all Garden Oaks Montessori parents and individuals



*Garden Oaks Montessori Parents and Volunteers  
Betsy Runge and Shana Tatum*

in the community to participate in the upcoming Parent/Teacher Workday. The workday is scheduled for Saturday, August 9 from 9 a.m. until 12:00 p.m. Current parents will be able to meet those new to Garden Oaks while spring cleaning and preparing for the new school year. There will be sitting services for 3 and 4 year olds during the day. Each year, before the school year even begins, we have parents on our campus, helping us to get ready for the kids. Remember, the Montessori program could not exist without community support.

Parents are encouraged to come out and get to know the Montessori

teachers, staff, and Friends of Montessori board members. The Montessori program needs the support and input of its parent volunteers. Please be sure to mark August 9 on your calendar to come and help prepare our children's classrooms for the new school year.

If you have any questions about our school or would like to schedule a visit, please contact the school principal, Jeff Amerson, at (713) 696-2930 or jamerson@houstonisd.org.

## Who Dat with the Cat?

CASEY FARRIS

We are the **Cat Catchers**, a non-profit Garden Oaks task force. We trap-neuter-release (TNR) feral cat colonies around the neighborhood. Many studies have shown that this is the most successful method of stabilizing colonies with the least possible cost. Since our inception last fall, we have stabilized one colony on Fisher and are now working on colonies on Gardenia and 38<sup>th</sup> St. Thanks to all who have donated to our cause, especially Pat and Chelsea Streeter.

Feline Overpopulation is a big problem and it exists right here in Garden Oaks. A pair of breeding cats can have two or more litters per year and over a seven-year period this can exponentially add up to 420,000 offspring. Think about it! The colony on Gardenia grew to 7 breeding mothers and 30 kittens in just six months. We now have half of the breeding mothers spayed and have placed several of the kittens in good

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Guillaume "GEM" Morvan (Shepherd Park Plaza Resident)

## Citizens on Patrol

**CARL WATERS, JR.**

Now that it's August, it's once again time for National Night Out. National Night Out was started in 1983 in Wynnewood, PA to help combat rising crime problems there. This year, neighbors will celebrate NNO on Tuesday, August 5. Please make plans to celebrate with your neighbors. Neighborhoods are eligible for awards based on their participation, and I know the command staff and officers of the North Division really enjoy bragging to their counterparts in Clear Lake when we have more parties than they do. If you want to plan a party, it can be as simple or extravagant as you want it to be. You can call me at home (see number below), or send the information to the GOCOP email address or to the Garden Oaks Website. I also have attendance forms that can be distributed. Our block uses the party as a time to exchange/update phone numbers for emergencies. Just let me know that you are hosting a party, and I will try to get someone from the Houston Police Department to stop by for a brief visit.

### May Crime Statistics (10)

#### *Burglaries (7)*

1000 block of Lamonte Ln. on Tuesday, May 6 at 1:00 p.m. (garage).  
700 block of W. 43rd St. on Friday, May 9 at 10:00 a.m. (residence).  
500 block of W. 32nd St. on Saturday, May 10 at 2:30 p.m. (garage).  
800 block of Azalea on Saturday, May 10 at 7:00 p.m. (residence).  
1000 block of Althea on Thursday, May 22 at 9:00 p.m. (garage).

1300 block of Sue Barnett on Sunday, May 25 at 5:00 p.m. (residence).  
800 block of W. 30th St. on Monday, May 26 at 8:30 p.m. (residence).

*Burglary of a Motor Vehicle (1)*  
700 block of W. 38th St. on Saturday, May 17 at 12:30 a.m. (residence).

#### *Auto Theft (2)*

600 block of W. 34th St. on Wednesday, May 21 at 9:40 a.m. (convenience store parking lot).  
400 block of W. 30th St. on Sunday, May 25 at 11:00 p.m. (driveway).

In addition to the crimes reported for May, the report also contained 2 additional burglaries that occurred in April:

200 block of W. 32nd St. on Tuesday, April 29 at 3:00 p.m. (residence).

900 block of Althea on Wednesday, April 30 at 5:00 p.m. (vacant home).

Through May of this year, there have been 42 local crimes reported to HPD. Through May of last year, there were 45 crimes reported. While this is a small reduction, it is very important that we continue to report all crimes to HPD, regardless of the value of items taken. HPD uses service calls as a basis for distributing manpower to the North Division, and within the division to the district beats. The bottom line: if you are a victim of crime, please report it to the authorities.

### Patroller of the Month

Our *Patroller of the Month* for August is Marie Grochoske. Marie is one of our "rookie patrollers," having just joined the program in November of last year. Marie and her husband Rick have been Garden Oaks residents for 3-1/2 years and currently live in Section One. Marie

works as a clerk for a local insurance company, but in her free time, she and Rick like to spend time riding their Honda Goldwing motorcycle. When I called to inform her that she was being honored this month, Marie told me that she and Rick had just gotten back from a big rally in Knoxville, Tennessee. Congratulations Marie on being our *Patroller of the Month*.

Please contact me via the Internet at GOCOP77018@AOL.com, at the Garden Oaks web site, or by telephone at 713-864-1992 for details about joining our program.

<p><b>Emergency Phone Numbers</b>  <i>Call Them First, then Call Carl Waters to Report Neighborhood Crimes</i></p> <p>HPD (Non-Emergency) - 713-222-3131          Precinct 1 Constable Dispatch - 713-755-7628          Crimes in Progress, Fire, or Ambulance - 911          All Other City Services - 311</p>
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## Come Home to Garden Oaks

JENNIFER LANGDON

“Our house is a very, very, very fine house, with two cats in the yard, life used to be so hard, now everything is easy cause of you...” I suspect Crosby, Stills and Nash could have been describing our very, very, very fine neighborhood as they wrote the lyrics to this classic song. So it’s only fitting that we’ve selected “Our House” as the theme for the upcoming Garden Oaks Neighborhood Homecoming Dance. That’s right; it’s the idea that has set your feet to tapping. A homecoming-style dance for Garden Oaks residents hosted right here in the ’hood. It’s for the

young at heart who still enjoy a spin around the dance floor with that special someone.

Your neighbors have been hard at work bringing this idea to life, and we are delighted to report significant progress. You can now mark your calendars for **Saturday, October 4, 7:00 - 10:00 p.m.** at our very own Garden Oaks Elementary School. We will transform the cafeteria into the homecoming dance wonderland that you remember (or wish you did!)

Ticket price (to be determined) will include a full evening of entertainment spanning the past century, appetizers, desserts, non-alcoholic beverages, and a keepsake Homecoming portrait. While the dance is for the adults, the kids will be having Homecoming fun of their own. Generous neighborhood benefactors, Tina Sabuco and the staff of ARTS ALIVE, have graciously donated their unique expertise in Integrated Arts to host a fun and secure “Pajama Party” for the kids while their folks are boogying.

The organizing committee is having as much fun planning this event as we intend to have on the actual night of the dance! There are lots of ways to get involved, including decorating on the day of the event. If you would like to join in the fun, contact Jennifer Langdon at 713-692-6186 or langdon@houston.rr.com. Also, be on the lookout for Special Guest Star appearances of the Homecoming Dance Committee at your National Night Out parties on August 5!

Until then... “I’ll light the fire; you put the flowers in the vase that you bought today.”

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## July 4th Parade Update

BRENDA de ALBA

The "Powers that Be" did not rain on our Fourth of July parade! Everyone, young and old alike, had a wonderful time, and the turnout from the neighborhood far exceeded all expectations. Many people have said that they hope to see the parade return next year. My heartfelt thanks to Keller Williams Realty, The Garden Group for their generous donation of \$250, which helped underwrite the event. Thanks also to Tom and Judy Wurth, of The Urban Bicycle Gallery, for donating a \$100 gift certificate. I also want to acknowledge Bryan Smothers of Bryan Smothers Photography, and Trish Ricklefsen for being our official parade photographers. Michael Froebel also took pictures as the parade passed his home. Check out the Garden Oaks website at [www.GardenOaks.org](http://www.GardenOaks.org) to see the pictures. The parade was an all-around success, and with some improvements and even more planning participation, next year's parade will be even bigger and better!

Garden Oaks' Civic Club President, Kenneth Santos, officially kicked off the festivities with his opening remarks, and then climbed into Harmony, the Hippo-pautomobile, to lead the parade. Bicyclists, scooters, skaters, and even motorized minicars followed Harmony as she played patriotic music while trailing a cloud of bubbles behind her. Next came Keller Williams Realty, The Garden Group's fabulously decorated float, followed by Section 3 resident Gary Gould's restored, eye-

popping classic station wagon. Parents and youngsters on tricycles, in wagons, and in strollers rounded out the cast of parade entrants.

Our trio of judges consisted of Tom and Judy Wurth (Section 3) and Rodney Seiler (Section 2). Prize ribbons for 1st, 2nd, and 3rd places were awarded for the best decorations:

### Adult Bicycles

1st: Frances Schwartz

2nd: Margie Dalton & Eddie Mijares

3rd: Dale Schwartz

### Youth Bicycles

1st: Drew Evans

2nd: Adelaide Leonard

3rd: Ashlynd Epstein

### Tricycles

1st: Anna Kolodziejcyk

2nd: Tyler Thames

3rd: Kendyll Epstein

### Wagons

1st: Kandice Mulry

2nd: Lillie Bowman-Lister

3rd: Matthew & Stephen Syzdek

### Strollers

1st: Skyler Sorum

2nd: Ryan Hanks

### Groups

1st: Tina Sabuco & Shellye Arnold

2nd: Shannon & Friend

Lillie Bowman-Lister won the \$100 gift certificate to Urban Bicycle Gallery, and Devin Fahey won 6 tickets to The Power of Houston Celebration.

Thanks to the following volunteers who offered their time and services to help make the parade a success:

Lin Hlanik, Sheila Briones, Blanche Leonard, Rita Hartman, Marjorie and Ivan Posada, Ed de Alba, Robert De Veau, Pat Buron, Shelley Rogers, Herb Kellner, Rich and Rebecca Stark, Tina Nieto, Tina Parks, Allison Hutson, and Jose Anaya.

SPECIAL thanks to the following

individuals and businesses for their support:

**KELLER WILLIAMS Realty, The Garden Group** on Wakefield - donation of \$250

**Urban Bicycle Gallery** at 1212 Durham - \$100 gift certificate

**Bryan Smothers - Bryan Smothers Photography**  
**The Schwartz Family** - 6 tickets to The Power of Houston Celebration

**Ozarka Water** - 8 cases of water (thank you, Beto Anaya)

**ARTS ALIVE!** - parade sound system donation (thank you, Tina Sabuco)

**Sue Shefman** and Harmony, the Hippo-pautomobile

**Eddie "Balloon Man" Mijares** - creator of balloon animals for young & old

**Miranda Leonard** - tattoo maiden

**Sheila Briones** - designer of parade signs  
**Trish Ricklefsen** - parade photography

**Michael Froebel** - parade photography

Constructive feedback and suggestions for making next year's parade an even bigger success are welcome. Please contact me at 713-694-5934 or [brenda.p.dealba@exxonmobil.com](mailto:brenda.p.dealba@exxonmobil.com).

## Cultivating the Garden Artist Within

**ROBERT DE VEAU**  
GARDEN CLUB VICE PRESIDENT

To a garden designer, plants are a medium for creating living art. What happens, then, when an artist gardens? Do artists see gardens and use plants the same way other gardeners do? When many of us think of the garden, we think of the tasks involved – tilling, planting, fertilizing, watering and weeding. The apex is achieved when we can relax amongst the flora and breathe the sweet scented air. For some of us, the garden also provides inspiration. Flowers speak for us in many ways. We send flowers on happy occasions to express our joy, and on sad occasions to express our sorrow. Almost ev-

eryone is fond of flowers, but they may never see the secret beauty that lies hidden within the blossoms. When we close our eyes, we cannot see the beautiful flowers around us. Even with our eyes wide open, we see only that portion of the flower that is nearest us, the same portion that would be recorded by an artist's brush.

Join the Garden Club on Thursday, August 14, at 336 W. 33<sup>rd</sup> St when Susan Spooner Gunther will provide a fascinating look at creating botanical art. An interior designer, Susan is an artist inspired by her garden. How do you categorize highly detailed, delicate watercolors of beautiful flowers, or intensely detailed pen-and-ink drawings of various parts of a particular plant, crammed onto a page? What distinguishes "botanical illustrations" from "botanical art"? The line between them is rather fuzzy and perforated, defined mostly by intent, purpose and presentation of the work. A non-illustrator artist may choose to portray a plant for personal reasons, express subjective thoughts or feelings about the plant, use the plant image as a metaphor for another issue, and employ any preferred style. Plants depicted in the artwork may not be the actual message of the artwork. Botanical illustrators create collaborative artworks to convey particular ideas, usually in conjunction with text. Illustrations and text share mission and goals, but play complementary roles. Botanical illustrations focus on the plants themselves, or some aspect of the plants. As partner to science, they strive to present the plant objectively, and minimize the illustrator's opinions, feelings, or metaphorical views. Aes-

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**Basil Dreams Continued from page 1**

this royal herb started, I transplant indoor seedlings too soon and they succumb to a final frost or remain stunted and unproductive because the cool soil is not conducive to root production. By the time you find basil in the nurseries, it is usually time to plant. Make sure to water it in well and mulch. Mulch is especially helpful here as it keeps excessive soil off the plants during our downpours. After establishing itself, basil does not require much watering. Basil is a member of the mint family and as such can be propagated. I usually put several harvested tips in water and transplant them into the bed when roots appear.

I normally use my own compost to amend the soil, but this year I used a couple of bags of composted manure found at our local big orange box on the loop. The plants have grown wonderfully and have yielded a good first harvest. Feel free to experiment with different varieties of basil in the garden. This herb makes lovely additions to pots and borders, both in the back yard and in the front.

**Garden Stuff for August**

Stay as cool as possible and drinks lots of water if you work outside extensively. Stock up on sunscreen and use it.

Water your yard and gardens when needed, but do it slowly and deeply. Water sprinklers that spray water high into the air is very wasteful, especially when done during the hottest part of the afternoon. Use sprinklers that shoot the water close to the ground and over a large distance. Water your lawns and beds in the morning. Doing so will allow the plants to better utilize the water, and

will lessen the possibility of the plants developing fungal diseases.

Last time to give your evergreens a trim - but not the azaleas!

Fertilize your color areas and garden with a 1:1:1 ratio fertilizer - but not the azaleas!

Inspect your trees and have any dead limbs removed. These become dangerous during a hurricane strike or very strong winds. We were lucky with Claudette, but the hurricane season is still young.

**Garden Artist Continued from page 7**

thetics and styles, in both "art" and "illustration," are subjective and ephemeral, and are therefore not helpful in distinguishing between the two. Susan will share with us her insightful knowledge, and attendees will also have the opportunity to view her work.

Last month, club members and guests spent a sweltering evening getting a first-hand look at the creative landscape of Jack Casey, Oak Forest resident and owner of "Cactus Jack Landscapes." As General Manager and Lead Designer, Jack has spent many years developing friendships with ranchers and growers throughout Texas. Yuccas from Mexico are grown in the Valley. Sotol from the West Ranch out of Ozona makes it to some of their projects. Trees are collected in southwest Texas and then hauled to San Antonio. Moss rock boulders are harvested from the ranches outlying Brownwood/San Saba. Each and every rock has a "cara" or face. "We always put the best face forward," says Jack. Cedar timbers for buildings are cut in Bandera, Texas. If you ever find yourself driving by



the house on the corner of Oak Forest and La Monte, and you see a man outside wearing a cowboy hat, feel free to stop. Jack's motto is: "Let me pull on your ear awhile and I'll tell you how I'd do it."

Garden Club meetings are open to all residents and friends of Garden Oaks. If you would like to become a member of the Garden Club, annual dues are only \$10. Our August 14 program will be hosted at 336 W. 33<sup>rd</sup> St. For more information on this program or the Garden Oaks' Garden Club, please call me at (713) 686-6012. We hope to see you at 7:00 p.m. on August 14.

### Garden Club Officers

<i>President</i>	<b>Ed de Alba</b> 713 694-5934
<i>Vice President</i>	<b>Robert De Veau</b> 713 686-6012
<i>Secretary</i>	<b>Chris Lindsay</b> 713 819-8412
<i>Treasurer</i>	<b>Janet Cones</b> 713 956-7340 & <b>Robert De Veau</b>
<i>Yard of the Month</i>	<b>Janet Cones</b>
<i>Sunshine</i>	<b>Susan Gunther</b>
<i>Phone Committee</i>	<b>Barbara Ballance</b>

**Cat Catchers Continued from page 3**  
homes with families.

Feral cats are the "wild" offspring of domestic cats and are primarily the result of pet owners' **abandonment or failure to spay and neuter their animals**, allowing them to breed uncontrolled. Already, U.S. animal shelters are forced to kill an estimated 15 million homeless cats and dogs annually. All of this carries a hefty price tag for the taxpayer. But there is a solution and you can help!

### What You Can Do

1: Spay/Neuter your pets. 2: If you feed wild cats, have them spayed/

neutered. 3: If you know of a feral colony call **Cat Catchers** for help. 3: Donate money (we need at least \$45 a cat). 4: Join the **Cat Catchers** and help us make a difference for Garden Oaks. Each spay or neuter has a big impact.

### Section I

Donna Archer - 713-863-0532  
[dwright@houston.rr.com](mailto:dwright@houston.rr.com)

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Lori Weeks - 713-699-2284  
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### Section V

Casey Farris - 713-688-6363  
[casey@goDOGusa.com](mailto:casey@goDOGusa.com)

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# Hypertension Rate on the Climb

**CATHERINE KRUPPA**  
MS, RD, LD

Data published in the *Journal of the American Medical Association* in July 2003, shows that the percentage of Americans suffering from hypertension has now increased to nearly 29 percent after staying at or below 25 percent for the last 30 years. These conclusions are based on data collected from the 1999-2000 National Health and Nutrition Examination Survey, which is taken every few years to check on America's health.

This means that nearly one-third of the U.S. adult population—about 58 million people, according to researchers—have high blood pressure, which is a major risk factor in heart attack, stroke and cardiovascular disease. Experts believe that Americans' sedentary lifestyle and expanding waistlines are to blame.

High blood pressure is known as the "silent killer." Elevated blood pressure places additional stress on the heart, blood vessels and other organs, because the body has to work harder to pump blood. Often people feel no symptoms, but doctors say that the longer hypertension goes untreated, the greater the damage and chances of death.

Everyone—regardless of race, age, sex or heredity—can help lower his or her chance of developing high blood pressure. The National Institute of Health recommends the fol-

lowing:

- Maintain a healthy weight; lose weight if you are overweight
- Be more physically active
- Choose foods lower in salt and sodium
- If you drink alcoholic beverages, do so in moderation (1 drink per day for women, 2 drinks per day for men)

These recommendations also apply to treating high blood pressure. Recent research has found that a particular eating plan can lower elevated blood pressure. The DASH (Dietary Approaches to Stop Hypertension) Diet is rich in magnesium, potassium, and calcium, as well as protein and fiber. Here is how to do it:

Food Group	Daily Servings	Serving Sizes
Vegetables	4-5	1 cup raw leafy vegetables ½ cup cooked vegetables
Fruits	4-5	6 oz fruit juice 1 medium fruit (tennis ball size) ¼ cup dried fruit ½ cup of fresh, frozen or canned fruit
Low-fat dairy	2-3	8 oz milk (1% or skim) 1 cup of yogurt 1 ½ oz cheese

Here are some tips for "DASHing" your diet. One easy way to increase your servings of fruits and vegetables is to double your servings of fruit and/or vegetables at each meal. To increase your dairy, try to eat one dairy product at breakfast and one as snack or dessert. Feed your cravings for sweets with fresh or frozen fruit. Use fresh, frozen, canned, or dried fruits for convenience as well as fresh, frozen, or canned (no salt added) vegetables.

Following the DASH diet takes a little planning and discipline, but it

is well worth it in the long run. The increase in fruits, vegetables and low-fat dairy not only will reduce your risk for hypertension, but also can promote weight loss and reduce your risk of other diseases such as cancer, diabetes and osteoporosis.

## Minutes of 07/03 Civic Club Meeting

LORI KENNEDY  
SECRETARY

President Kenneth Santos called the meeting to order at 7:06 p.m. It was moved, seconded and passed to accept the June minutes as published.

### Officer Reports

*Treasurer* – Treasurer Margie Dalton reported that new listings for the 4th of July bike parade and Randall Park are now included in the treasurer's report. The budget allots \$3,495 for Randall Park. Additional donations and fundraising have brought the total amount available for Randall Park to \$6,190. If the Beautification Committee gets matching funds from the City, the Civic Club has allotted up to another \$1,500 for the park. The Sterling bank account still has about \$1,500 in old constable program funds, but the fees for the account are about \$10/month. It was moved to transfer the constable funds to the Civic Club's regular account but leave the money specifically designated as "constable" funds for now. The motion was seconded and passed. Margie will look into other bank accounts for better rates.

**Standing Committee Reports**  
*Beautification* – Chair Rick Grochoske reported they are waiting out the heat of summer and anticipate planting in Randall Park in September/October. They will plan a workday to install a sprinkler system at the park. Shellye Arnold and Tina Sabuco will donate a sego palm to the committee. Contact Rick Grochoske at 713-864-8164 for more information or to volunteer.

*GOCOP* – Chair Carl Waters reported the May crime statistics. There were 12 reported crimes for the month and 42 so far this year (3 less than last year). Two new patrolers have started recently and 2 more should begin soon. Thanks for volunteering! Contact Carl at 713-864-1992 for more information or to volunteer.

*GardenOaks.org* – Chair Joe Muscara reported that co-chair Josh Hamilton modified the forums so residents can now subscribe to a particular forum and be alerted to new posts. Residents are asked to subscribe to the forums with their full name to verify they are GO residents.

*Gazette* – Kenneth Santos reminded everyone that the deadline for submissions is the 15th of every month. Contact Rebecca Ferguson at Gazette@GardenOaks.org regarding submissions.

*Membership* – No report. Shelley Rogers won the door prize.

### Ad Hoc Committee Reports

*Cookbook (Membership)* – No report.

*4th of July Bike Parade* – Robert DeVeau reported that detailed information is in the *Gazette* for Friday's bike parade. Registration begins at

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8:30 a.m. Hope to see you all there.

*Home Tour* – Chair Sheila Briones reported that the selection committee has met and looked at 4 houses so far and have more to view in the next few weeks. They are looking to make final announcements by September 1. Contact Sheila at [HomeTour@GardenOaks.org](mailto:HomeTour@GardenOaks.org) for more information or to volunteer.

### Other Reports

*Garden Oaks Prom/Cotillion* – Tina Sabuco announced that the homecoming dance is set for 10/4/03 at 7:00 p.m. The homecoming will be for adults and will be in the cafeteria at the GO Elementary School.

*Garden Club* – Vice President Robert DeVeau announced the next meeting is at 1344 Lamonte (at Oak Forest). Contact Ed de Alba at 713-694-5934 for more information or to join.

*GOMO* – President Sam Stengler announced the next regular GOMO meeting is scheduled for 7/9/03 at 7:00 p.m. at the Kroger on 34<sup>th</sup>. There will be a special election for a Section 5 director immediately following this meeting.

### Announcements

There is no Civic Club meeting in August so that neighbors may participate in National Night Out (8/5/03). The next Civic Club meeting is 9/2/03.

The meeting was adjourned at 7:36 p.m.

Join the Garden Oaks List Serv. It's easy, it's fun, and best of all, it's free. Just go to  
[http://groups.yahoo.com/group/Houston\\_GO/join](http://groups.yahoo.com/group/Houston_GO/join)

And, be sure and check out the new Garden Oaks Neighborhood Forums on the Garden Oaks web site.

## Critter Corner

CASEY AND MAU MAU FARRIS

Well, here we are again in August, the hottest month of the year. If you are planning activities that include your pets, do so in the mornings or evenings. Leave them home in the afternoons, preferably in the air conditioning. And speaking of heat, this month we will talk about the reproductive cycles of dogs and cats. August's Pet of the Month honor goes to two guys who say that if you can't handle the heat, get out of the kitchen. Mau Mau will show us how to soak up the sunshine, and our backyard report focuses on the common housefly which, besides being a royal nuisance, is a host for many types of bacteria.

### Pet of the Month

"Mr. August" is really two guys: Jake (Chocolate Lab/Spaniel) and Owen (Yellow Lab/Boxer) Veech. Jake and Owen were both adopted from the Houston SPCA and will be turning four this year. They live with their family, Holly, Matt and Lindsey in Section One. Both boys are happy-go-lucky and very sweet. Jake is alert to the point of being mischievous, and Owen likes to snuggle when he isn't following Jake into trouble. They like to have company and treats, and they sleep in the kitchen every night.

### Pet News

Prissy Weitanger (Schnauzer) has recovered from a bad bout of pancreatitis. Alex McLean (Springer Spaniel) has a new human baby brother named Josh Patrick. Alex (Shi Tzu) and Morgan (Shi Tzu) Ballance also have a new human baby brother named Andrew. We welcome Durham (Basset Hound)

and Garfield (Orange Tabby) Hancock to the neighborhood. Beauty Zugheri (Doberman) is busy with her house remodeling and she either helps the crew or spends time with friends and neighbors. Keegan Sabuco/Arnold (Daschound) was recently diagnosed with skin cancer so please keep him and his family in your prayers. Bear Lee (Australian Shepherd) has a three level small animal cage to give away to a good home, 713-682-3501. Join the neighborhood email party line. It is a great way to get news around the neighborhood fast when you find or lose a pet. To join, just go to [www.yahoo.com](http://www.yahoo.com), then "Groups," then "Houston\_GO."

### Critters 101: Turn off the Heat

Estrus ("heat") is the mating period of female animals. Dogs generally have their first estrous cycle at 6-12 months of age. The complete cycle takes about 6 months, resulting in 2 estrous periods each year. Individual variation occurs, but a given female's pattern tends to be repeated regularly. The first stage (Prestrus) begins with the appearance of vaginal bleeding and lasts from 4-9 days. Estrus is the stage in which the female will accept the male and conception can occur. This second stage lasts for 4-13 days. Metestrus and anestrus are stages of ovarian activity, but with no significant outward signs. Typically, just to be on the safe side, you should consider your dog to be "in season" for 21 days.

Cats normally have their first estrous cycle between 5 and 10 months of age, with the average age at around 6 months. The female cat has 2-4 estrous periods every year, each lasting 15-22 days. If successful mating does not occur, estrus may last 7-10 days and recur at 15-21 day inter-

vals. It is possible for an unmated female to cycle every 3-4 weeks indefinitely. Cats also have an estrous period 1-6 weeks after giving birth, so a female may be nursing one litter while pregnant with another. Since there is usually no obvious vaginal discharge or swelling of the genitals during estrus in cats, as seen in dogs, behavioral changes are the only obvious signs. A cat in estrus carries her tail to one side, keeps her hindquarters elevated and seems unusually affectionate. She spends a good deal of time rolling on the floor and seems much more restless than usual. The cat's voice seems more piercing and she may "call" for 1-2 days before she accepts the male.

With all this opportunity to make babies, it is no wonder that our shelters are overrun with unwanted animals. Each year 8 to 10 million homeless cats and dogs end up in animal shelters across the country. Four to five million of these animals are euthanized annually. Many of them are healthy and friendly but cannot find a home in time to save their lives.

Amazingly, 25% of all shelter dogs are purebred. Please leave the breeding to the experts. Being a breeder is a serious commitment. Ethical breeders are devoted to their breed, and breed to improve genetics and temperament. Humans domesticated dogs and cats, so we are responsible for them. Spaying or neutering is a one-time expense, and your pet will live a longer and healthy life.

**Dear Mau Mau: Do cats enjoy the warm weather? D. Sullivan**

Oh yes, we love the sun; in fact we stay quite busy following the sun around the house. All throughout the day, the sun moves from one window to another and we have to be

ready to get up and move. For instance, in the early morning my sunny spot comes in the back door. By midmorning it comes in a side

window so I move to the back of my chair. Later, it moves to another window and I move to the seat of my chair. Then I move to the ottoman, and so on. By sunset, my step-sister Elizabeth (black/white short-hair) and I meet by the bathroom window to get the last bit of the sun and finally relax from our hectic day. *Mau Mau*

**Backyard Report**

Have you noticed a lot of flies around lately? These nasty pests are a potential hazard because they are the perfect host for many types of bacteria, including gangrene, typhoid, leprosy, tuberculosis, dysentery, and bubonic plague. The common housefly can fly up to five miles per hour and may travel as far as thirteen miles from its birthplace. The fly goes from egg to maggot to pupae to adult fly in about two weeks. The adult then lives another two and-a-half weeks. Mating season for flies lasts from April to September, and you will they are often seen in swarms while mating. Flies feed on decaying matter, so don't let garbage, grass clippings, weed piles or other decaying organic matter pile up. Keep trashcans clean and tightly covered. Sticky flytraps, baited fly traps, and fly swatters can eliminate many flies inside the home. But besides being pesky, flies are also quite remarkable. For example, flies have four thousand separate lenses in each eye providing super a wide-angle of vision. And have you ever noticed that when a fly is heading for the ceiling, it is right side up, but when it lands on the ceiling it is upside down? At some point it has to flip

over. High-speed cameras have proven that prior to impact, the fly extends its forward legs over its head, makes contact, and uses the momentum it has gathered in flight to hoist the remainder of its body to the ceiling. As it turns out, it seems that the fly is more of an acrobat than a fighter pilot.

*Casey Farris is owner/operator of Bone Voyage Pet Sitting Services©, a Garden Oaks company offering many services and products dedicated to the welfare of our pets and the people who love them. Mau Mau Farris is owner/operator of Casey. Please forward your questions and pet news to [Casey@goDOGusa.com](mailto:Casey@goDOGusa.com) or call 713-688-6363.*

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# August 2003

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

<b>Upcoming Events:</b> -National Night Out, 8/5 -Civic Club Meeting, 9/2 -G.O. Homecoming Dance, 10/4 -Home and Garden Tour, 4/18						1	2
3	4 Registration Begins at Garden Oaks Elementary 8:00 a.m.-12:00 p.m.	5 National Night Out	6	7	8	9 Montessori Workday G.O. Elem. 9:00 a.m.-12:00 p.m.	
10	11	12	13	14 Garden Club Meeting 3336 W. 33rd St. 7:00 p.m.	15 Gazette Article Submission Deadline	16	
17	18 HISD First day of School	19	20	21	22	23	
24	25	26	27	28	29	30	
31							

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