

Garden Oaks Gazette



Homecoming Dance Fever

JENNIFER LANGDON

The momentum is building for the first ever Garden Oaks homecoming dance. So dust off your dresses and shine up your shoes as you “Come Home to Garden Oaks” on **Saturday, October 4, from 7:00 to 10:00 p.m. at Garden Oaks Elementary School.** Friends and neighbors are coming together to bring back the memories of proms and homecoming dances of long ago, and the first weekend in October, we will engage in the age-old tradition of transforming the school cafeteria into a dance floor wonderland.

For just \$25 per person, you will enjoy a full evening of entertainment, scrumptious food catered by Kat Mims Creations, non-alcoholic beverages, and a keepsake homecoming portrait. Plus, you won’t want to miss the fun and anticipation of the Garden Oaks homecoming king and queen coronation (open nominations accepted at the party!).

The homecoming dance is only for the adults, but the kids aren’t forgotten. 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. You may purchase dance tickets at the September Civic Club meeting or by calling 713-692-6186. Child care reservations are required in advance. Tickets will be sold on a space available basis at the door, but please beat the rush by calling in advance to confirm your space.

Gentlemen, when was the last time you could take your sweetie “out on the town” without even leaving the neighborhood? And ladies, this is just the excuse you’ve been waiting for to snuggle with that special someone. So grab that flyer from this issue of the *Gazette* and post it on your refrigerator! Get your tickets today and we’ll see you at the party!

Garden Guy

Courtesy of JANET CONES

A flat of flowers and garden consultation will be donated by “the Garden Guy,” a landscaping company in Houston. If you have a landscaping or gardening question, you may submit it to them at gardenguyinc@earthlink.net or by telephone at 281-208-4400 for a monthly prize. Additionally, your question and the answer will be featured in the *Gazette*. Visit them on the web at www.garden-guy.com to see all the services they offer.

Civic Club Meeting

Tuesday, September 2nd

The next civic club meeting will be September 2, at Garden Oaks Elementary school at 7:00 p.m. Attend the Civic Club meeting for a chance to meet your neighbors and share your ideas.

Civic Club Officers

President Kenneth Santos
713 686 6012 974 W. 42nd
President@GardenOaks.org
Vice President Josh Hamilton
713 695 7347 858 Azalea
VicePresident@GardenOaks.org
Treasurer Margie Dalton
713 705 0499 1063 W. 42nd
Treasurer@GardenOaks.org
Secretary Lori Kennedy
713 691 6833 750 Sue Barnett
Secretary@GardenOaks.org

Committee Chairs

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713 864 8164
Beautification@GardenOaks.org
Citizens on Patrol Carl Waters, Jr.
713 864 1992
GOCOP@GardenOaks.org
Constable Program Terry Jeanes
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Constable@GardenOaks.org
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The Garden Oaks Gazette is the official publication of the Garden Oaks Civic Club and is published on a monthly basis. Submission deadline is the 15th of each month for publication the next month unless otherwise noted. NO EXCEPTIONS. Publication of any article does not imply endorsement by the Garden Oaks Civic Club and is solely the opinion of the author.

Heard Under the Oak Tree

TERRY JEANES

Welcome to the Following Neighbors who Recently Closed on their Properties:

316 W 30 th	946 W 41 st
1063 W 43 rd	854 Lamonte
607 W 30 th	847 W 41 st
947 Althea	967 Lamonte
412 W 32 nd	1011 W 41 st
1014 Althea	1062 Lamonte
512 W 33 rd	1015 W 41 st
1023 Althea	1345 Sue Barnett
203 W 34 th	875 W 42 nd
1052 Althea	1583 Sue Barnett
705 W 39 th	919 W 42 nd
811 Lamonte	1683 Sue Barnett
726 W 41 st	923 W 42 nd
838 Lamonte	

New Arrivals

Trent Nolen Toxey born July 23 at 6:26 p.m. to proud parents **Jeff and April Toxey**

Andrew Joseph, born June 1 to proud parents **Barbara and Brian Ballance**

Happy Birthday

Trey Wood, August 19
Claire Balance, July 2
Stephen Szydek, June 4
Rebecca Stark, June 5
Tina Parks, June 5
Stacey Wood, June 14
Christopher Lee, June 18

Happy Anniversary

Pat Buron and Shelly Rogers, celebrating 19 years on August 5.

Happy Travels

Diane Austin and Sandy Altman traveling to London September 1.

Becky Jeanes, returning stateside August 18 from studying abroad in

Finland and Europe—right back to the books at Tulane.

Congratulations

Happy freshman year to **Trey Englert**, attending Texas Christian University. Best wishes for a great football season.

Leave Your Mark on Garden Oaks...

TINA SABUCO

Want to leave your imprint on Garden Oaks—and not spend much time doing it? Let those creative juices flow as *you* pick the theme for the 2004 Garden Oaks Home & Garden Tour and Party!

Next year's Home & Garden Tour is scheduled for Sunday, April 18, 2004. The night before the tour, a Garden Oaks will hold a party celebrate itself as a community and to honor the homeowners and sponsors of the tour. As many of you know, the Home & Garden Tour is the neighborhood's most important fundraiser, bringing in \$18,000 for

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Yard of the Month

The September Yard of the Month belongs to Art and Christine Lindsay of 938 LaMonte Ln. The Lindsays have lived there since 1997, and the yard always looks beautiful. Drive by and check it out.



Garden Club Plant Swap

ROBERT DE VEAU
GARDEN CLUB VICE PRESIDENT

The most noteworthy thing about gardeners is that they are always optimistic, always enterprising, and never satisfied.

--Vita Sackville-West (1862-1962)

Maybe Vita inadvertently hit upon the reason why a plant swap is one of the few activities of man that doesn't involve money. The swap is heaven to gardeners who have too much of a particular plant, but who can't bear to toss the excess. The primary goal of this increasingly popular event is to find, share, learn, and have fun. Join us on Thursday, September 11 at 974 W 42nd St, at 7:00 p.m. when the Garden Club will once again host its annual plant swap.

What to Swap

Plants. You could bring almost anything you think someone might want. And here's a hint: Water the pots the night before the swap so that they're moist but not wet when you haul and trade them.

Seeds. These should be packaged in easy-to-hand-out, labeled envelopes.

Cuttings. These should be fresh and have at least two nodes on them. Keep the cuttings wrapped in moist (not wet) paper towels.

Bulbs, Corms, Rhizomes. Any of these that are not actively growing should be dried and cleaned of most garden soil.

Anything Garden-Related. Bring anything else you have to trade as long as it's garden related—sculpture, yard art, books, tools, and anything else you might find.

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Notes From GOMO

SAM STENGLER

There are many upcoming meetings for the Garden Oaks Maintenance Organization, Inc., (GOMO). Please come out and share your thoughts and ideas.

The next general GOMO meeting will just be a short plan-review session on September 2, 2003, immediately after the Garden Oaks Civic Club meeting. If you have building plans (new construction or remodeling) from Sections One, Two, Three, or Five, please bring your plans to the meeting that night. Section Four property owners are not required to get plan approval from GOMO but can submit their plans as an informal deed restrictions check.

Two weeks later, on Tuesday, September 16, 2003, GOMO will hold a regular business meeting. We will discuss formation of an architectural control committee (ACC), which will take over plan-review responsibilities from the general Directors of GOMO. We will finalize the mandate and operating procedures for the ACC, and we welcome your input and participation in one of the primary functions of GOMO.

This committee will have at least three members, with at least one director. Any property owner from Sections One, Two Three, and Five are welcome to volunteer for this committee. The GOMO Directors will consider any property owner in one of these sections for an ACC position.

The annual GOMO members meeting will be Tuesday, October 7, 2003, immediately following the Garden Oaks Civic Club meeting. The annual meeting is open to all GOMO members (all property owners in Sections One, Two, Three, and Five). We will bring members up-to-date on the activities and general operating and financial status of GOMO. We will also announce the director positions that will be open for your nominations in the November GOMO directors' election.

As always, if you have any questions, please contact your section's director (contact information below), or visit the GOMO pages on the Garden Oaks website at www.gardenoaks.org.

GOMO BOARD OF DIRECTORS

Section 1

Donna Archer (2005)

Home: 713-863-0532
Cell: 281-435-9970
503 W. 32nd St
dwright8@houston.rr.com

Tim Gunther (2004)

Home: 713-861-1336
336 W. 33rd St
timothy_gunther@msn.com

Louis "Gig" Runge

Home: 713-869-5623
236 W. 33rd St
Houston, TX 77018

Section 2

Sam Stengler (2005)

Home: 713-694-5566
Cell: 281-773-3478
710 Sue Barnett
[sstengler@covad.net](mailto:ssstengler@covad.net)

David Hoyer (2004)

Home: 713-699-8171
720 W. 43rd St
choyer849@cs.com

Section 3

Richard Stark (2005)

Home: 713-691-1067
1335 Sue Barnett
rstark@lucascareers.com

Mike Dishberger (2004)

Home: 713-695-7916
Office: 713-864-9190
862 W. 42nd St
dishberger@aol.com

Section 5

Malcolm Taylor

Home: 713-956-8872
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Guillaume "GEM" Morvan (Shepherd Park Plaza Resident)

Citizens on Patrol

CARL WATERS, JR.

I hope everyone had a good time at August's National Night Out block parties. A round of applause to those who opened their yards and homes to their neighbors. Block parties were held at the following locations (and hopefully others that I don't know about). The Kramers served as hosts for the 700 and 800 block of W. 31st St., The Shaughnessys were the hosts for the 900 block of Gardenia, Casey Jo Farris was the hostess for the 1000 block of Gardenia, Doug Mischlich was the host for the 700 block of W. 38th and Sue Barnett streets, and the Bartos family served as the hosts for the 800 block of Azalea.

GOCOP proudly welcomes 3 new members to the patrol program (well, two now and one in about 18 years): Kyle and Leigh Lednický joined our program after completing training and their introductory ride-along at the end of July. And congratulations go out to Terry and Jana Charlton on the birth of their son Quinn. Quinn arrived July 23 weighing in at 7 lb., 5 oz. We will be expecting Quinn to join the patrol program in 2021 or so. Congratulations also go out to Tom and Judy Wurth who are our September Patrollers of the Month. Tom and Judy have been patrollers for 11 months. They moved to Garden Oaks in 1995 and lived in Section One until 1997, when they moved to their current home in Section Three. They are the owners of The Urban Bicycle Gallery at 1212 Durham and Judy is also a hairstylist at Visible Changes.

June Crime Statistics (12)

Assault (3)

1000 block of W. 43rd St. on Friday, June 8 at 11:35 p.m. (driveway). This incident was listed twice on the report, and I have not yet been able to determine if this is a duplicate entry or if two people were assaulted at the same time in the same block.
700 block of Garden Oaks Blvd. on Monday, June 23 at 1:15 p.m. (street).

Burglary (4)

1000 block of LaMonte Ln. on Sunday, June 1 at 1:00 p.m. (residence).
300 block of W. 31st St. on Monday, June 2 at 9:30 p.m. (residence).
800 block of W. 31st St. on Monday, June 9 at 11:30 p.m. (residence).
800 block of W. 43rd St. on Monday, June 23 at 10:47 a.m. (residence).

Burglary of Motor Vehicle (4)

500 block of W. 34th St. on Tuesday, June 3 at 11:00 a.m. (unknown).
900 block of W. 42nd St. on Thursday, June 5 at 2:45 a.m. (street)
700 block of Sue Barnett on Saturday, June 21 at 1:45 p.m. (driveway).
200 block of W. 33rd St. on Sunday, June 22 at 6:00 p.m. (driveway).

Auto Theft (1)

3200 block of W. 32nd St. on Monday, June 23 at 8:00 a.m. (business).

This brings the total number of crimes reported in the neighborhood for the year to 54, which is 3 more crimes than were reported in the first six months of 2002.

Word came in early August from the Garden Oaks Community computer bulletin board that visitors in the 400 block of 32nd St. had the back win-

dow broken out of their Suburban, and lost CDs and a few other items. I observed a similar style of vehicle parked at a residence in the 500 block of W. 34th St. that suffered a similar fate the same weekend. And I want to report that **my garage** was burglarized between 11:30 p.m. and 1:45 a.m. on August 4/5. The thief made off with a circular saw and a partially functional 10 speed bike (while leaving my wife's nicer bike behind—go figure!).

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

Emergency Phone Numbers

*Call Them First, then Call Carl Waters
to Report Neighborhood Crimes*

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

Critter Corner

CASEY AND MAU MAU FARRIS

Technically, summer ends and autumn begins at the autumnal equinox on September 23. For Houstonians, however, this month is still very hot, so continue to monitor your pets. This month we will discuss why dogs bark and howl. The full moon on September 10 is called the Harvest Moon, and will provide a perfect opportunity to go outside with your dog and howl away. He'll love you for it. Our pet of the month is a real crooner, and Mau Mau will explain a few other cat noises to us. Finally, the big news this month is that fall migration has started, and it will continue through the middle of

November. So get those bird feeders cleaned and stocked.

Pet of the Month

"Mr. September" is a two year-old Black Lab named Sampson Vento. He lives with fellow labs, Summer (yellow) and Bella (chocolate) and their parents, Michael and Rachelle in Section IV. Sampson initially came to keep Summer company. He turned out to be *too* much company, however, so Bella came to entertain Sampson. Sampson and his sisters love to play fetch, chew on things, and go to the country. Sampson is a howler and a mighty good one at that. He throws his head back and sings the most soulful songs.

Pet News

Lola and Walter (Jack Russells) Arnold just blended into a new family with Killer (Jack Russell) Pruitt as their parents were recently married. Welcome to the neighborhood Casey Brown (Yellow Lab), a strapping young fellow who already knows what "sit" and "down" mean. The Bennett household welcomes two new kittens to the pack. Jackson Hendricks (Visla) did the tango with an ant bed and had bumps all over his body, bless his heart. Gretchen Moore (Mix) has started obedience classes. All the Rhineharts are home after a stay at their grandparents. Bailey Sadaune (Yellow Lab Mix) ate another cell phone – maybe he was just trying to answer it. Max and Sammy (Lab/Retriever Mix) Smith sure enjoyed having their mother home this past summer.

Critters 101: Can You Hear Me Now?

Dogs bark. They make noise. They use a variety of sounds to mention different things to different entities. They use their voices to protect their territories, protest confinement, an

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After months of hard, exhausting work, Susan Kostelecky and her selection committee have compiled an exciting array of homes and gardens for the 2004 Garden Oaks Home & Garden Tour.

The Home & Garden Tour committee is honored to announce the following selection of homes and gardens:

Section 1

535 W. 33rd, home
220 W. 34th, garden
507 W. 31st, garden

Section 2

Garden Oaks Elementary, 901 Sue Barnett, garden

Section 3

1343 Sue Barnett, home
1438 Sue Barnett, home and garden

Section 4

950 W. 43rd, home and garden
963 Gardenia, garden

Section 5

1006 W. 41st, home

With the announcement of the 2004 homes and gardens, the work of the Home & Garden Tour committee has just begun. The committee will spend the next seven months fine-tuning plans for the tour.

Our top priority is recruiting and training captains for each home and garden. Captains work directly with the home and garden owners on a regular basis and keep them up-to-date on what's going on with the tour. The captains also serve on the Home & Garden Tour committee

and attend monthly meetings. They are critical to the success of the tour, so if you feel compelled, consider volunteering for a captain position.

If a captain position is not for you, but you still want to volunteer, perhaps a chairperson position would interest you. The following committees are in need of a chairperson:

Pre-sale Ticket/Poster Distribution

Secures locations for selling pre-sale tour tickets, and coordinates delivery of posters and postcards to local businesses throughout Garden Oaks and surrounding areas

Graphics

Develops all printed materials for the tour including posters, tour tickets, pre-sale tickets, and postcards

Setup

Delivery and breakdown of tables, chairs, and set-up kits for each home and garden on the tour.

If you are interested in any of the above positions, contact Sheila Briones at 713-861-8091, or by email at sbriones@hotmail.com. The first monthly committee meeting is scheduled for Tuesday, September 9 at Kroger, 1352 W. 43rd, in the second floor meeting room.

I would like to thank Susan Kostelecky and her selection committee members for their hard work these past few months. The selection committee included: Debbie Padon, Brenda de Alba, Terry Jeanes and Blake Woods.

Garden Club Plant Swap

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Also Good to Bring:

Printed descriptions and care instructions to hand out with your plants and seeds so you don't have to explain each one to each recipient. This frees up lots more time for swapping!

Ziploc bags and paper towels to moisten and keep cuttings fresh and happy until you can get them home.

Pen and paper to write down notes like how to grow the plants you just got and that neat little old lady's e-mail address (the one who will have seeds next spring for that *Strelitzia* you've been searching for).

Boxes — lots and lots of boxes! You'll need them when you carry your things there and haul your treasures home!

Gardening buddies. If ya' got 'em, bring 'em! And tell them to bring stuff to swap too so they can join in the fun. The more swap partners, the better!

Spouses or partners. Even if he or she isn't really interested in gardening, they're always welcome, too—they might catch the gardening bug themselves, or at least strike up a conversation with another non-gardening mate and have fun after all!

Last month, Garden Club members were duly impressed by the artistic endeavors of Susan Spooner Gunther. Susan, a Garden Oaks resident, interior designer, and garden club member, is also an accomplished artist. The use of plant illustration as a means of artistic expression is an ancient tradition that dates back to Neolithic cave paintings. Plant illustration has been carried out for two purposes: as a means of ex-

pression, and as a means to identify the plant. Because plant material is so fragile and ephemeral, the picturing of plants has become an essential part of botanical and horticultural descriptions, although taxonomists still depend on dried specimens with written information that constitutes a herbarium sheet. Pictures of plants have been essential for the physician, pharmacist, botanical scientist, plant collector, and gardener, as well as the applied arts designer and the amateur natural history enthusiast. Language alone can no better describe exactly what a plant looks like than it can what a person truly looks like. Before the advent of photography, botanical artists were an integral part of expeditions for documentation purposes. Susan works primarily in the traditional medium of watercolor and most any family, genus or species may show up in her work.

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 next meeting will be hosted at 974 W. 42nd St. For more information on this program or the Garden Oak's Garden Club you may call me at 713-686-6012. We hope to see you at 7:00 p.m. on September 11.

Garden Club Officers

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



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- 858 W. 41st St 4232 Apollo
- 862 W. 41st St 815 Azalea
- 970 W. 41st St 855 Azalea
- 718 W. 42nd St 839 Lamonte
- 847 W. 42nd St 1325 Sue Barnett
- 870 W. 42nd St 1458 Sue Barnett
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- 975 Gardenia 1575 Sue Barnett

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Home & Garden Tour Theme

Continued from page 2

the neighborhood in 2002. It also provides great visibility for our neighborhood, fosters an appreciation of our neighborhood's history, and promotes closer ties among neighbors.

The 2004 Home & Garden Tour executive committee would like *you* to become involved by submitting ideas for a theme for the tour and party. As an example, the Heights typically holds a yearly home tour & party and a theme from their past was entitled "Windows on the Heights." This theme consistently appeared on posters, news releases, invitations, and party decorations, and helped create a meaningful and memorable event for that community.

All ideas are welcome! The 2004 Home & Garden Tour Executive Committee will select the theme from all submissions received. Possible ideas for a theme could play on a "flower" theme or "tree" theme. The possibilities are bounded only by your imagination!

So what's in it for *you*? First, the winner will receive **2 free tickets to the 2004 Garden Oaks Home & Garden Tour Party** (a \$100 value). Tickets include a self-guided tour of the homes and gardens, admission to the party (scheduled Saturday, April 17), dinner, dancing, and participation in a silent/live auction! Second, this is your opportunity to make an important contribution to the neighborhood in a way that is easy and fun. Finally, you can leave your mark on Garden Oaks history!

Please submit all ideas to Tina Sabuco via email or phone by September 15. Tina can be reached at

tinamarie@houston.rr.com or 713-692-6778. Please include your name, address, email address, and phone number.

Let the creation begin!!!

Critter Corner

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nounce physical needs or relieve anxiety or boredom. They bark when they want to play, or to just howl at the moon in harmony with other dogs. And when they are harmonizing, yelling at them rarely works because they think that you are just joining in. Dogs also howl to announce their location to the pack. It's instinctual. They make noises to communicate, just like humans do. We just have to do our best to understand, and try different ways of alleviating the problem of continual barking or howling.

To prevent territorial barking, keep your pooch away from windows or behind a privacy fence. Check your dog's needs. Make sure it has appropriate food, water, shade or warmth for the day. Do not fuss over your dog when you leave for work, play, or shopping. Leave it alone at least 15 minutes before you leave so your absence will not be so much of a shock. Give your dog adequate chew toys to play with so it will not notice your leaving the house as much. Exercise your dog on a daily basis—sometimes a dog just barks to release pent-up energy. Just look at human children and recess time: As they run outside for recess, they yell and talk and scream. They are releasing all the energy they contained while in the classroom environment. You might also try some music. Leave a radio or TV on while you are away. That may keep it quiet



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as well as prevent some destructive behaviors. After all, “music soothes even the savage beast.” Say “NO” when your dog is on a leash and growls or barks. Praise it when it stops barking. Obedience classes are also extremely important, because an obedient dog is a happy dog. And, of course, spay or neuter you dog.

Dogs interact in similar ways as humans. They need to vocalize, but there are ways to help quiet the noise and give yourself and neighbors a peaceful time. Remember that dogs *do* have a place and right to bark, but within reason.

Dear Mau Mau: *How much talking is normal for a cat?* R. McGuffey Each cat, like each person, develops a voice uniquely his own, similar to others of his kind, but never quite a match. We have a wide range of sounds available to us. Pay attention to what is normal for your cat—how he sounds and how often. If your cat is noisier or quieter than usual, or the sounds are different, something is going on. Mau Mau

Backyard Report

Houston and other locations around the Gulf of Mexico are extremely important to migrants because it is the last landfall of millions and millions of migrating songbirds, shorebirds, egrets, and swallows, to name a few. These are critical feeding and resting habitats. The Gulf Coast is also neat because it is about halfway between New Jersey and Costa Rica, the beginning and end of migration for many birds. Fall migration has begun and will continue through the middle of November, so keep your feeders and birdbaths clean and full.

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 or call 713-688-6363.

Please call or email what's going on with your pets, the neighborhood really wants to know.

The Glycemic Index and Carbs

CATHERINE KRUPPA, MS, RD, LD
713-316-2707; ckruppa@houstonian.com; www.adviceforeating.com

The glycemic index (GI) ranks carbohydrate foods by their effect on your blood sugar levels. Foods with a GI of less than 55 cause only a little blip in blood sugar; those in the 55 to 70 range raise it a little higher; and carbs with GIs greater than 70 send blood sugar soaring.

The GI is based on equal grams of carbohydrate (50 g), not on average serving sizes. The numbers are based on tests using single foods. The blood glucose response to high GI foods may be blunted when combined with low GI foods in the meal.

No matter what form the carb is initially (lactose in milk, starch in a bagel, or sucrose in table sugar), your body eventually breaks it down to glucose. Glucose winds up in your bloodstream to fuel your cells. What makes a GI number high or low is how quickly the food breaks down during digestion. Fiber rich foods often have lower GIs, especially the soluble type like oats and beans. These are foods like oats and beans.

When fiber is ground finely, as in whole-wheat flour, it does not lower the GI as much.

Can choosing foods with a low GI make you healthier?

Low GI foods appear to:

- Stave off heart disease
- Prevent type 2 diabetes
- Help you evade serious side effects if you have diabetes
- Curb your appetite so you lose weight
- Perhaps even help you feel more energetic

Is it hard to use the GI in real life?

Definitely not, here are some guidelines:

- Include one low GI food at each meal or snack.
- Work toward more intermediate and low GI choices, but do not eliminate all high GI foods.
- Choose complex carbohydrates like whole wheat pasta and whole grain breads over refined carbs like candy, white bread, and straight sugar.
- If you eat a high GI food, combine it with a lower GI food. For example, you could add beans to instant rice to bring down the glycemic index.
- Avoid high GI foods as snacks
- Load up on fruits, vegetables and legumes. Most have a low GI, and you'd have to eat pounds of the ones that don't to affect your blood sugar. By the same token, however, don't binge on low GI foods that are high in calories, such as Snickers bars. Gaining

weight will raise your blood sugar too.

Can the GI really help you lose weight?

A study performed at the University of Minnesota divided 27 healthy but overweight people into three groups (high GI, low GI and high fat), all of whom ate diets that put them at a 750 calorie per day deficit. After 12 weeks, all the groups lost 18-20 pounds per person, suggesting that calories, not glycemic index, contribute to weight gain or loss. However, those who ate the low GI foods had improved insulin sensitivity.

The GI and Sports

Some research shows that athletes benefit from consuming low GI foods before exercise. This has proven to be beneficial for athletes who react negatively to high GI pre exercise meals and for athletes participating in endurance events where consuming carbohydrate is not practical or possible.

Consuming adequate carbohydrate following exercise helps to replenish glycogen stores between daily exercise. The high GI diet promotes greater muscle glycogen storage. The total amount of carbohydrate consumed is the most important consideration for glycogen repletion.

Benefits for Those with Diabetes

Sticking to a low GI diet results in a minimum outpouring of insulin. The glycemic index also has appetite-suppressing effects, which may promote weight loss. Weight loss alone can reverse type 2 diabetes. Research on low versus high GI diets for diabetics is promising. One study found that 4 weeks on a low GI diet lowered blood glucose and insulin by 30% compared with a high GI

diet. High levels of insulin wreak havoc on the heart. Elevated insulin triggers many heart disease risk factors, including high blood pressure, increased fat storage, high triglycerides, and lower levels of HDL.

Break the Sugar Bowl

Remember that a healthy diet can still include reasonable amounts of your favorite sugary treats. Chances are, you're taking in a lot of extra sweet stuff without even realizing it. Here are some painless ways to shave calories from sneaky sugar sources:

- **Pass up sweetened yogurts.** These can contain as much as 7 teaspoons of added sugar. Go with non-sugar added varieties or slice fresh fruit into plain varieties.
- **Learn to spot sugar aliases.** If dextrose, fructose, maltose, malt syrup, sucrose or corn syrup appear first or second in the ingredient list, the food is high in added sugar.
- **Consider sugary sodas a treat** as you would dessert. Regularly opt for water, nonfat milk, 100% fruit juice, or seltzer flavored with lemon or lime instead.
- **Buy breakfast cereals with no more than 8 grams of sugar per serving.**
- **Choose fresh fruit over canned varieties** packed in syrup, which are full of added sugar.
- **Split oversized restaurant desserts** with several friends, or box up the rest for later in the week.
- When baking, **cut the amount of sugar you use** by one-fourth or one-third.
- **Check labels** of packaged foods

billed as “low-fat” or “fat free”—they may have just as much sugar (or more!) as the full fat version.



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

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

Download PDFs of recent Gazettes at

<http://www.GardenOaks.org/>



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Recycling Hotline
713 837 9130

Deed Restriction Violations
City of Houston Legal Department
713 247 2000

Bruce Tatro (District A)
713 247 2010

Dwayne Bohac
713 460 2800

John Whitmire
713 864 8701

September 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day	2 Civic Club Meeting G. O. Elementary 7:00 p.m. (Followed by GOMO plan review meeting)	3	4	5	6
7 Grandparents Day	8	9 Home Tour Meeting 7:00 p.m. at Kroger's on 43rd St.	10	11 Garden Club Plant Swap 974 W. 42nd St. 7:00 p.m.	12	13
14	15 Gazette Article Submission Deadline Home Tour Theme Deadline	16 GOMO Meeting 7:00 p.m. at Kroger's on 43rd St.	17	18	19	20
21	22 Elephant Appreciation Day	23	24	25	26	27 Rosh Hashanah
28	29	30	Upcoming Events: -G.O. Homecoming Dance, 10/4, 7:00 p.m. -GOMO Annual Members Meeting, 10/7 -Home and Garden Tour, 4/18			

2003 Garden Oaks Civic Club Membership Form

Name(s):

Phone:

Address:

Email:

(A) Annual Dues

\$25.00 Crepe Myrtle (Basic)
 Senior Citizen \$5.00

\$50.00 Magnolia (Intermediate)
 Senior Citizen \$10.00

\$75.00 Golden Oak (Patron)
 Senior Citizen \$15.00

(B) Garden Oaks T-Shirts \$15.00 each or \$10.00 Member Price

Quantity/Size: Small _____ Medium _____ Large _____ XLarge _____ XXLarge _____ \$ _____ TOTAL

(C) Contribution to Garden Club \$ _____

Are you a ___ new or ___ renewing member? Do you ___ own or ___ rent your house?

Amount Enclosed: _____ (A)+ _____ (B)+ _____ (C)=\$ _____ Total

Make checks payable to: Garden Oaks Civic Club
 Mail form and check to: PO Box 10273, Houston, TX 77206

If we publish a Neighborhood Directory, may we include your Contact Information?
 Yes No