

Garden Oaks Gazette



St. Rose Dinner and Auction

BILL JONES

St. Rose of Lima Catholic Community will host its Wild West Dinner and Auction on Saturday, January 24, 2004 at 5:00 p.m. to support the educational needs of the community. At the silent auction, visitors will have the opportunity to bid on various items, including restaurant meals, theater tickets, or a guided canoe trip for ten down the Colorado River. Donors include the Houston Symphony, St. Arnold's Brewery, the Hard Rock Café, and Harold's in the Heights. The dinner will consist of barbeque brisket and sausage, drinks, and desserts. There is ample space in the parish hall for dining-in, but "to go" plates will also be available. Dinner tickets are \$7 if purchased in advance and \$8 if purchased at the door. You may purchase tickets in advance from the parish office by calling 713-692-9123. St. Rose of Lima is located at 3600 Brinkman, northwest of the intersection of N. Shepherd Dr. and W. 34th St.

For more information, please contact Bill Jones at 713-659-5461 (ext. 419), or bjones@diogh.org.

Safe Holiday Recycling

MARK SARANIE

Last year, I read an article about the way that garbage we put out on the curb after the Christmas gifts are opened can attract unwanted visitors to our homes. The boxes and packages that line our curbs the first trash day after Christmas tell a story that will make a thief's mouth water.

Even though the city's curb-side recycling program is limited to newspaper, plastic, (1 & 2 only please), tin, aluminum, and corrugated cardboard, we do have other opportunities to rid ourselves of additional recyclables the city will not accept.

Ed Sacks, located on Studemont between Washington and Allen Parkway, tucked among all the town homes, accepts all types of cardboard, including detergent boxes, toilet paper and paper towel tubes, and frozen pizza boxes. They also accept all forms of paper, including magazines. This is a great place to take expensive electronics boxes that would otherwise attract unwanted attention sitting in front of your home.

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Civic Club Meeting *Tuesday, January 6th*

The next Civic Club meeting will be held on January 6 at 7:00 p.m. in the Garden Oaks Elementary School cafeteria. Please attend a Civic Club meeting for a chance to share your ideas and meet some of your neighbors. Baby-sitting services are available at the meeting at a cost of \$1.00 per child. Hope to see you there!



From the Editor's Desk

REBECCA FERGUSON
Gazette Editor

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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.*

Let me begin by saying Happy New Year. I hope that 2004 turns out to be a prosperous year for everyone. So far it's treating me pretty well. Presently, I'm just enjoying spending time away from the university, and finding a forty-hour work week a source of relaxation in comparison to the past semester. Since my evenings have been free of projects and papers, I've been going to great lengths to catch up on some leisurely reading. I've also taken this opportunity to play music again, which is something that I have not had or made time for in quite a while.

Oddly, I feel that I have accomplished more in the last couple of weeks than I have in the last four months. I suppose this comes from doing things that are fulfilling, rather than just going through the motions of fulfilling obligations and responsibilities.

The movie *Groundhog Day* comes to mind, for its *carpe diem* theme: seize

the day; live life like you may not have the benefit of a tomorrow. Make the most of every moment. And while I suppose *Groundhog Day* would be a bit more timely for February, I felt it was worth mentioning. My only resolution for 2004 is to follow such an example, and actually enjoy the new year instead of just getting through it. I wish everyone else the same.

The following was contributed by Craig Lee:

Burlington Northern/Sante Fe Railroad (BNSF) is the company that owns and operates the railroad that runs through Garden Oaks. A BNSF representative is currently scheduled to attend the February 4 Civic Club meeting, and tell us what plans BNSF has for these tracks. The more support we show in our attendance, the more credibility we will have with BNSF in the future. Please plan to attend this important meeting.

The following was contributed by Section 1 resident Bob Bewley:

In Loving Memory...

Ralph W. Engelhardt, an original Section 1 homeowner, passed away on December 1, 2003. He and his wife, May, had just returned on Saturday, November 29, from a 12-day cruise visiting the Panama Canal, a trip that was one of his lifelong dreams.

Ralph is known to this section as the mail carrier for the first several years of his 32-year career with the United States Postal Service. He also served as an elder for 27 years at the Garden Oaks Church of Christ.

He is survived by his wife, May, two sons, Raymond (and wife, Peggy) Engelhardt and Henry (and wife, DeAlva) Engelhardt, eight grandchildren, five great-grandchildren, one brother, Warren (and wife, Mary) Engelhardt of Harrison, AR, one sister, Joanne Badeau of Houston, TX, as well as and a host of relatives and friends.

Ralph will be remembered by his neighbors for his caring attitude, his advice, his sense of humor, and his straight-forward talk. He was a delight to talk to about "the good old early days" of Garden Oaks. Ralph, we will miss you.

Only with Your Help

TREY WOOD
Civic Club President

One of my favorite comedians, Richard Pryor, did a comedy bit in which he was talking to the audience as one would talk to a passer-by, when he suddenly he spotted a speeding car and yelled, "Hey! Slow Down! This is a neighborhood, not some residential district!" This sums up the feelings that I have for Garden Oaks. We *are* a neighborhood—one with *real people*, not residents; one with *homes*, not housing; one with a sense of *community*, not division. That is why I am proud to serve my neighbors as the Garden Oaks Civic Association President for the 2004 calendar year.

Ordinarily, the president might take this opportunity to set forth an "agenda" for the upcoming year, but let me tell you I have none. My only goal is to serve each of you in the best way that I can for the betterment of Garden Oaks as a whole. Any "agenda" for the improvement of our neighborhood must be created by our community. Only with your help can we improve upon what has already been firmly established by the hard work and dedication of past leadership. That is why I ask each of you to participate in a way that strikes a chord of interest with you and plays to your own talents or hobbies: writing, gardening, cooking, or even just socializing!

One way that I would like to try and elicit more participation from you is to first try and improve attendance at our monthly meetings. I have heard many say that the meetings are getting a little, how shall I say, dull—essentially, the same thing over and over. To try and make the meetings more interesting I would like to have a featured speaker at as many meetings as possible. To that

end, I have already contacted our State Legislator, Dwayne Bohac, and he has agreed to provide us with a legislative update of matters that may affect us. Your suggestions for other speakers are welcome and greatly encouraged. I hope this idea will help "stir the pot" and raise community awareness.

I ask that each of you reflect upon the beauty of our neighborhood. Marvel at the magnificence of our trees, and think back on an occasion when a neighbor lent a helping hand. We are a neighborhood, after all, not some residential district. And we will continue to get better, but only with your help.

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Membership Report

CHRIS LINDSAY

The final tally for paid civic club memberships topped 472 this year! Thanks to everyone for your support. This is a record number of household memberships for a single year, and we want to keep this trend going! Our Civic Club operates on a calendar year basis, so dues invoices for 2004 will be in the mail shortly. Watch for them in your mailbox and please return your payment promptly.

Our Civic Club dues are unchanged for 2004. Here is a list of the dues categories:

Crepe Myrtle (Basic Level)

\$25.00 (\$5.00 for Seniors)

Magnolia (Intermediate Level)

\$50.00 (\$10.00 for Seniors)

Golden Oak (Patron Level)

\$75.00 (\$15.00 for Seniors)

We greatly appreciate your financial support, and we would also appreciate your contributing thoughts and ideas, or your volunteer time with one of our committees. Civic Club meetings are held on the first Tuesday of every month at Garden Oaks Elementary School at 7:00 p.m. Every adult who attends is eligible to win our door prize. So come to the next meeting, meet your neighbors, and maybe go home with a little something extra.

The winner of the December Civic Club meeting door prize was Josh Hamilton. He received a \$25 gift certificate to "Olive Anne's," a wonderful gift shop at 237 W. 19th St. in the Heights.

Baby-sitting services are available at the Civic Club meetings for just \$1 per child.

Civic Club Meeting Minutes - December 2, 2003

LORI KENNEDY
Secretary

President Kenneth Santos called the meeting to order at 7:10 p.m. The November minutes were amended to reflect the correct name of the park in Section 1 – Graham Park. The minutes were accepted as amended.

Officer Reports

Treasurer – Kenneth Santos presented the treasurer’s report.

Standing Committee Reports

Beautification – No report. Contact Rick Grochoske at 713-864-8164 for more information or to volunteer.

GOCOP – Chair Carl Waters reported that the October crime statistics were not yet posted by HPD. The Civic Club had provided a computer for GOCOP use, and the computer has now quit working. The membership voted to discard the computer. There are currently only 20 GOCOP volunteers. Make it a New Year’s resolution to contact Carl at 713-864-1992 and volunteer.

GardenOaks.org – Josh Hamilton reported that the list serve has been archived on the forums.

Gazette – Rebecca Ferguson stated that she spoke with ad director, Jackie Adams, to investigate if an increase of \$5 -10 per month would have any adverse effect on advertising. The submission deadline remains the 15th of each month. Contact Rebecca at Gazette@GardenOaks.org regarding submissions.

Membership – Chris Lindsay reported that the membership total for 2003 was 472 members. The membership mail-out for 2004 will be mailed to residents soon.

Ad Hoc Committee Reports

Cookbook (Membership) – Josh Hamilton said recipes are needed by mid-January. Contact Jane Hamilton at Recipes@GardenOaks.org to submit recipes.

Home Tour – Sheila Briones announced the home tour committee will have their ornament exchange party on December 9, 2003. So far, they have \$1000 sponsorships from Shannon Nelson and Trish Ricklefson. Trish Ricklefson announced the *Chairished Affair* for this year’s home tour. Chairs were donated by Terry Jeanes and Trish Ricklefson and are being decorated now. The chairs will be previewed in February and auctioned at the preview party. The preview party will be held at Mraz Hall, which is currently being renovated. The hall will hold about 500 people and additional parking will be available across the street. The party will be catered and there will be a band. Tickets are \$50 per person. For more information, Contact Sheila Briones at HomeTour@GardenOaks.org.

Other Reports

Garden Club – No report.

GOMO – No report.

Old Business

President Santos announced that the ad hoc committee formed last month to evaluate *Gazette* expenditures provided its report to the editor and the committee was dissolved.

New Business

It was moved, seconded, and passed to accept the 2004 budget as published in the November *Gazette*. Sheila

Briones presented the nominating committee’s slate of officers for consideration by the Civic Club members. The slate is as follows: President – Trey Wood; Vice President – Chris Lindsay; Treasurer – Mike Dishberger; and Secretary – Diane King. It was moved, seconded, and passed to accept the slate as presented. A few residents brought up the issue of flooding in the neighborhood. There was much discussion about the issue and it was suggested that residents call 311 and city council members to address our flooding problems.

Announcements

The next Civic Club meeting is January 6, 2004.

The meeting was adjourned at 7:31 p.m. and followed by a good potluck dinner and plenty of socializing.

Garden Club Officers

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Vice President

Robert De Veau
713 686-6012

Secretary

Chris Lindsay
713 819-8412

Treasurer

Janet Cones
713 956-7340
Robert De Veau

Yard of the Month

Janet Cones

Sunshine

Susan Gunther

Phone Committee

Barbara Ballance

Citizens on Patrol

CARL WATERS, JR.

Happy New Year everyone!

I would like to begin by thanking all of the volunteers who gave their time and effort last year to help make the Citizens on Patrol program such a big success. Without you, the program would simply not exist. And we are always looking for more volunteers to keep the program going. It takes just a few simple steps to become a GOCOP member. First, contact me at 713-864-1992, or at GOCOP77018@aol.com. My contact information is also available through the Garden Oaks web site at www.GardenOaks.org. From the web site, just click on the **Involvement** menu and then click on **Civic Club**. Another menu will appear with a list of Civic Club programs. Select **GOCOP** from this menu. Once you have signed up, you will need to complete a one-hour training course conducted by the Houston Police Department. The program is open to all Garden Oaks residents 18 years of age or older.

October Crime Statistics (4)

Burglary (1)

800 block of W. 43rd St. on Friday, October 10 at 4:45 p.m. (vacant home)

Burglary of a Motor Vehicle (2)

1500 block of Sue Barnett on Wednesday, October 1 at 3:15 a.m. (street)
1500 block of Sue Barnett on Monday, October 13 at 9:00 p.m. (street)

Narcotics (1)

3000 block of N. Shepherd on Saturday, October 11 at 5:20 p.m. (street)

The year to date crime statistics are currently unavailable, but I hope to get past some technical difficulties and present these statistics next month.

Volunteers Needed

SHEILA BRIONES

Home and Garden Tour Chair

The Home & Garden Tour Committee has been very busy these past couple of months, and there is still a tremendous amount of work to be done.

We Need Volunteers!

Volunteer as a tour docent, ticket taker, greeter, trolley guide, or member of the set-up crew. Please contact Nelda Prince, our volunteer/staffing committee chair, at 713-694-5415 or nprince@kingphillips.com for more information or to volunteer.

As an added incentive, volunteers will receive a t-shirt and one tour ticket. Volunteers will also be honored at a "Volunteer Thank-You Party" immediately following the Tour.

Funding is also in full swing, and underwriters at all levels (Corporate – \$1000, Platinum – \$500, and Gold – \$250) are still needed. Please contact Susan Kostecky, our underwriting committee chair, at 713-697-4110 or skdesigns@mindspring.com if you or your company would like to underwrite a home or garden. Thank you to those underwriters that have stepped forward as of this writing: **Corporate Sponsor, \$1000, Shannon & Associates, Inc.**

So mark your calendars for the 2004 Home & Garden Tour scheduled for Sunday, April 18, 2004, from 12:00 p.m. to 6:00 p.m. Keep in mind that profits from the Tour benefit the entire neighborhood.

Emergency Phone Numbers

Call these first, then call Carl Waters to report neighborhood crimes

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HPD Non-emergency services	713-884-2121
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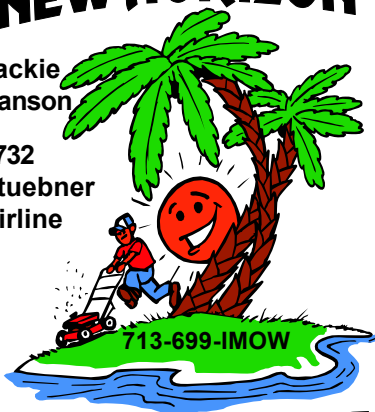
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Rose-colored Gardens

MARGARET SINCLAIR

To be ready to plant roses in February and March, it is important to decide which roses you would like to plant, now. Roses have many shapes, sizes and bloom habits. There are at least forty-five classes of roses, but I will briefly discuss Teas, Chinas, Noisettes, and Hybrid Teas.

Roses that bloom once per season are generally called *species* and *hybrid species*. Some of these are *hybrid multiflora* (Seven Sisters), *hybrid bracteata* (Mermaid) or Old Garden Rose (Fortune's Double Yellow). These will naturalize and look absolutely stunning for six to ten weeks in the spring. Many roses thrive in cooler temperatures, and so are difficult to care for during our hotter summer months.

Chinas are another story. Originally from China, These are "remontant" roses, which means that they bloom more than once per season. They have soft, blowsy blooms in pastel colors with a sweet, fruit-like fragrance. They bloom constantly, stopping only for a hard freeze. They thrive in our hot, humid, alkaline, clay environment. The most successful rose in our area is the *mutabilis*, which can be pruned to any size or left to reach measurements of 8' x 6'. Its blooms are originally a copper-orange color, and turn pale yellow to deep pink in the sunlight. I have several of them in bloom nonstop.

Teas are my favorite roses. They are similar in look and growth habit to Chinas. They form square-shaped shrubs, but they don't take well to severe pruning. Their blooms are pastel with a

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Lose 10 Pounds This Year

CATHERINE KRUPPA, MS, RD, LD

713-316-2707; ckruppa@houstonian.com; www.adviceforeating.com

Remember: 3500 calories = 1 pound of body fat

Eating just 10 extra calories every day could contribute to one pound gained each year.

10 calories/day x 365 days = 3650 extra calories a year

That's just 1 hard candy, 1 nibble of a cookie, a sip of soda, or even a thin smear of butter. Just one of these ten additional calories every day could account for the average one pound many Americans gain each year.

An extra 100 calories consumed each day adds up to nearly a pound a month.

100 calories x 30 days = 3000 extra calories a month

That extra pound each month could come from eating just a third of a doughnut, 8 oz of beer, 8 oz of soda, an extra tablespoon of salad dressing, 2/3 oz of chips, or just 10 French fries extra each day.

Conversely, if you eat just 100 calories less each day, you can lose a pound a month or 10 pounds a year with very little effort. Just a few **small** changes can have a **major** impact upon your weight.

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Check out the new Garden Oaks
Neighborhood Forums at
www.GardenOaks.org.

Download recent Gazettes at
<http://www.GardenOaks.org/>

Critter Corner

CASEY AND MAU MAU FARRIS

Happy New Year! We made it through the holidays and now it's time to buckle down and start a few good habits. The best habit of all is a daily walk. It's good for you, good for the pets, and it's free. You also need to get in the habit of pooper scooping – as of December 22, 2003, it is the law. This month, Mr. January is a human, and he has been awarded the honor because he is a truly amazing creature. Remember that it may still be chilly at times, so don't forget the backyard birds who need shelter and protein this time of year. Finally, Mau Mau will tell us about his big plans for 2004.

Pet of the Month

“Mr. January” is Mike Gross of Section V. He lives with eight females: Stacy, Chrissy, and Katy (humans); as well as Saydi (lab/chow), Kayla (lab/blue heeler), Sierra (orange tabby), Morgan (black cat), and Sara Jane (mancoon). Each lady is loved, pampered, and adored. I don't know how he does it, but Mike gets up extremely early each morning. Mike has many talents and interests, and he laughs often. He's a great storyteller, a fantastic cook and a fun neighbor. Mike is truly an amazing creature who makes the most of every moment. Here's to you, Mike!

Pet News

The big news is that Jimmy Morris (human) climbed a tall ladder and a treacherous tree to get Fluffy Love and Henry Sugarfoot (cats) down from the roof of their house. It was a nail-biting event but the cats and family are now doing well and they are deeply appreciative for Jimmy's heroic assistance. Welcome to the neighborhood to Seymour and Elvis Sabuco-Arnold (miniature long-

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Safe Recycling

Continued from page 1

In a month's time, my wife and I accumulate an astounding amount of glass. I can only imagine how much glass a larger family accrues each month. Since the city does not collect glass, it is primarily all going to a landfill through our weekly trash collection. However, a collection center that is just a short drive from our beautiful neighborhood does accept glass for recycling. Just go south on Heights Blvd., turn left on Center St., go through the first light, (when it's green of course), and take the first left. You cannot miss the signs and the collection bins. The glass will have to be separated, however. The clear glass goes into one bin, and the rest goes into another. This is a quick process if you do it at home. If you tend to miss recycling days like I do, you can also take newspaper, magazines, plastic, tin and aluminum. Best of all, this collection center is open seven days a week. You may have to do the separation work yourself, but our planet is certainly worth this very small effort.

If you compost kitchen scraps (except meat and greasy material), and recycle as much as possible, you will be amazed at how little you will contribute to the city landfills. Be kind to our environment: take advantage of as many recycling opportunities as possible.

My wife and I hope your Christmas was beautiful and joyful and we wish everyone in our garden a fabulous New Year.

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Rose-Colored Gardens

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subtle perfume. I have enormous specimens of Madame Lombard (a salmon pink), Mrs. B. R. Cant (rose red with a silver reverse), and Duchesse de Brabant (very pink and fragrant). I particularly like to prune up from underneath the shrub, and then plant things like Louisiana iris and caladiums in the semi-shade.

Noisettes are large climbers with pendulous clusters of fragrant blooms. These are great to grow on fences, trees, walls or arbors. Madame Alfred Carriere (pale pink) and Lamarque (white with yellow centers) are two common noisettes. Polyanthas are low-growing, beautiful shrubs. Landscape planting is their specialty. I have also grown Cecile Brunner (pink) and The Fairy (tiny pink rose).

Most people familiar with the Hybrid Teas. Their bloom is the perfect rose that we all know and recognize. They have very long stems with one bloom at the end. They are vase-shaped plants and many are scented. They come in every conceivable color except truly blue. The HT's blooming cycle (from bloom to rebloom) takes about seven weeks to complete. The cycle will continue for twelve months, especially if you feed them. Ones I love are Just Joey (apricot), Climbing Don Juan (dark red), and Abraham Darby (apricot shrub).

Roses can be difficult to take care of because they are susceptible to a fungus called *blackspot*. It lives in the soil and is transmitted by air, clothing, and bugs. We can't get rid of it, but blackspot won't kill the plant. It will defoliate it, however, and it will look

awful until it grows its leaves back, during which time, it will not be in bloom. For most folks, that defeats the purpose of a flowering plant.

General Information about Roses

- Most require more than six hours of sunlight per day.
- Roses need lots of water – about 1" per week.
- Feed your roses often to ensure continual bloom.
- The potted roses at local nurseries usually arrive at the store bare-rooted and are potted later. You can plant bare-root roses as easily as the nurseries can, and doing so is often less expensive.

If you would like more information, please email me at msinclair03@houston.rr.com.

Garden Stuff for January

- January 1: Plant any refrigerated tulips.
- Plant new trees, shrubs, camelias and azaleas.
- Start planting veggies: turnips, cabbage, beets, and carrots
- Remember seasonal colors: salvias, petunias, larkspur, delphinium, columbine
- Enjoy Arbor Day
- Have a Happy New Year!

Critter Corner

Continued from page 7

haired dachshunds). There are only two of them but together they seem like twenty-two. They are three months old and *adorable!* They are currently attending obedience school, and receiving potty training at home.

Critters 101: Here's the Poop!

Effective December 22, 2003, pet owners must pick up their pets' poop when not on their own property. The Houston City Council passed this ordinance in mid-December, along with an ordinance to begin research plans for an official dog park for the city.

A pet owner who is caught not picking up the poop may be fined \$75-\$300. It will be hard to enforce this ordinance, but the time has come, and it is the right thing to do. I know a lot of us pet owners don't care, but some folks do get offended, so we should respect their wishes and their right to a "poop-free" zone.

Picking up poop is really no big deal and is another great use for those plastic grocery bags. Take some with you wherever you and your pet go walking, and when "dooty" calls, just put your hand in the bag and scoop, then turn the bag inside out and tie it in a knot. You never actually touch or smell anything. A clever friend of mine slips a piece of newspaper under her dog when it squats. The poop hits the newspaper and is tossed in the bag. There are also lots of attachments for leashes that hold bags available at pet stores.

The dogs are going to have to adjust to this new ordinance also—snooping poop has long been a popular sport. But there are still water hydrants, light poles, and of course, the ever-exciting

Monday trash night. Doody or duty, it's no big deal!

Backyard Report

The birds need protein in the winter to substitute for protein-rich insects that are hard to find this time of year. A popular item for bird feeders is suet, which is available at most pet stores. Another good idea is to cover pinecones in peanut butter and bird seed, and then hang them outside.

Dear Mau Mau...

What are your plans for the New Year? D. Sullivan

My immediate plan is to take over the dog's new bed which is in front of the living room window. There I can watch all the people watch all the stinky dogs go poop in public. This will be a hoot! I also have some new toys to play with and a Catnip video to watch which is a close-up movie of squirrels and birds. However, my main job again this year will be to keep tabs on the sunshine. My life is so hectic; thank goodness I have a decent staff. *Mau Mau*

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.

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Lose 10 Pounds This Year

Continued from page 6

A Simple Approach

Reduce an 8-ounce meat portion to 4 ounces, and save 280 calories

Reduce 3 tablespoons of salad dressing to 1 tablespoon, and save 200 calories

Have a crunchy apple snack instead of ½ cup of peanuts, and save 270 calories

Walk 36 minutes (2½ miles) per day, and save 250 calories

Total Calories Saved: 1000

In 7 Days, Lose 2 Pounds!

Basic Guidelines for Weight Control

- **Refuse second helpings**, except vegetables.
 - **Eat smaller portions** of most foods. Order a luncheon portion instead of a dinner portion, and save 250-350 calories.
 - **Double your intake of fresh vegetables and fruit**, especially raw.
 - **Choose crunchy foods** such as apples, salads, popcorn, toast, vegetables.
 - **Eat less protein**: just 4 – 6 ounces per day of meat, fish, poultry, or veal.
 - **Reduce alcohol consumption**. Drink calorie-free beverages instead of mixed drinks, and save 200 calories per drink.
- Skip the liqueurs in coffee, and save 180 calories per drink.

Order light beer instead of regular, and save 50 calories per beer.

Order simple rather than fancy: have a rum and cola instead of a margarita or pina colada, and save 130-290 calories per drink.

- **Reduce intake of sweets** such as candy, soft drinks, desserts, sweet rolls, and sugar.

One teaspoon of sugar a day translates to an extra pound and a half of fat each year! Try artificial sweeteners on your cereal or in your coffee or try it plain. Your taste buds will adjust to the taste difference in a couple of weeks.

- **Reduce intake of fats** such as margarine, mayonnaise, salad dressings, sauces, fatty meats, fast foods, and fried foods. Buy lower-fat and fat-free options.

Use mustard instead of mayonnaise, save 85 calories, 10 g fat

Select roasted chicken instead of fried, save 217 calories, 19 g fat

Choose low fat dressing instead of regular, save 180 calories, 21 g fat

Put jelly on your toast instead of margarine, save 45 calories, 11 g fat

- **Avoid snacks** that are not pre-planned or healthy.

1/4 c. of jicama over ¼ c. of nuts, save 188 calories and 18 g of fat

- **Drink at least 8 glasses of water daily**. If you are currently

drinking six cans of regular soda a day and switch to diet soda, you will be consuming 900 calories a day less. That amounts to a weight loss of 94 pounds of fat in a year. Fruit juice may be healthier, but it doesn't contain fewer calories than non-diet soda.

Calories Burned (Based on a 150 lb person in 30 minutes)

For fun . . .

- Bowling - 94 calories
- Fishing - 68 calories
- Hiking at 3.5 mph - 189 calories
- Skipping rope 70-80 skips/min 277 calories
- Pool - 77 calories
- Ping pong - 150 calories
- Shopping - 82 calories

Around the house . . .

- Painting - 105 calories
- Mowing the lawn - 135 calories
- Raking leaves - 109 calories
- Gardening/weeding - 195 calories
- Housework - 102 calories

With the family . . .

- Walking the dog at 4 mph - 174 calories
- Swimming 20yards/min - 150 calories
- Horseback riding - 207 calories
- Skating - 174 calories

At the Beach . . .

- Jumping waves - 100 calories
- Sailing - 77 calories
- Scuba diving - 225 calories
- Treading water - 340 calories
- Snorkeling - 170 calories
- Jogging 6 mph - 336 calories
- Water aerobics - 136 calories
- Playing frisbee
- Building sandcastles
- Hunting for seashells

And Remember . . .

- Always take the stairs
- Park your car farther away from the store
- Walk during your lunch break
- Take frequent stretch breaks at work

So for 2004, remember to cut 100 calories and burn 100 calories daily so you can lose 10-20 pounds this year!



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713 956 6589

Recycling Hotline
713 837 9130

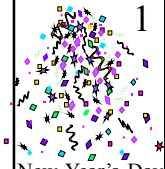
Deed Restriction Violations
City of Houston Legal Department
713 247 2000

Toni Lawrence (District A)
713 247 2010

Dwayne Bohac
713 460 2800

John Whitmire
713 864 8701

January 2004

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				 1 New Year's Day	2	3
4	5	6 Civic Club Meeting G.O Elem. 7:00 p.m. Epiphany	7	8	9	10
11	12	13 Home Tour Meeting 7:00 p.m. 212 W. 34 th	14	15 Gazette Article Submission Deadline	16	17
18	19 Martin Luther King Jr. Day	20	21	22	23	24 Wild West Dinner and Auction St. Rose Catholic Church 3600 Brinkman 5:00 p.m.
25	26	27	28	29	30	31

2004 Garden Oaks Civic Club Membership Form

Name(s):

Phone:

Address:

Email:

(A) Annual Dues

\$25.00 Crepe Myrtle (Basic)

\$50.00 Magnolia (Intermediate)

\$75.00 Golden Oak (Patron)

Senior Citizen \$5.00

Senior Citizen \$10.00

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