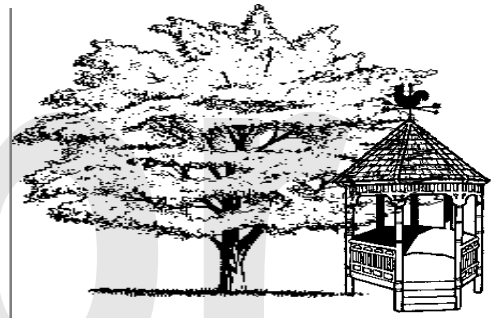


# Garden Oaks Gazette



## 2004 Home & Garden Tour Just Around the Corner

**SHEILA BRIONES**  
2004 Chairman

Garden Oaks' annual showcase of homes and gardens is just around the corner! The tour consists of five homes and four gardens. These homes and gardens will be shown from 12:00 p.m. to 6:00 p.m. on Sunday, April 18.

Featured Homes	Featured Gardens
950 W. 43 <sup>rd</sup>	220 W. 34 <sup>th</sup>
1438 Sue Barnett	507 W. 31 <sup>st</sup>
1341 Sue Barnett	963 Gardenia
1006 W. 41 <sup>st</sup>	901 Sue Barnett—
535 W. 33 <sup>rd</sup>	Garden Oaks Elementary

*Pictures of the featured homes are on page 13.*

For those of you who have not yet seen it, Garden Oaks Elementary has recently developed a water habitat that contains a large pond with an observation deck, and is surrounded by native East Texas plants. This garden promises to be a noteworthy stop on the tour.

Tour tickets are \$13 pre-sale and \$15 on the day of the tour. Pre-sale tickets are available at the following locations beginning Monday, March 15:

**Bell's MyOwn Cleaners**  
1362 W. 43<sup>rd</sup>, 713-680-8404

**Buchanan's Native Plants**  
611 E. 11<sup>th</sup>, 713-861-5702

**Kaplan's Ben Hur**  
2125 Yale, 713-861-2121

**National Pet Center**  
3820 N. Shepherd, 713-691-5222

**Olive Anne**  
238 W. 19<sup>th</sup>, 713-802-2021

**The Frame Shop**  
3444 Ella Blvd., 713-682-4578

**Yale Street Coffee House**  
2617 Yale, 713-862-2050

All pre-sale tickets must be redeemed at the command center/trolley station located in the Garden Oaks shopping center, on the 3800 block of North Shepherd between W. 38<sup>th</sup> and Garden Oaks Blvd. Tickets can also be purchased at the command center on the day of the tour. From the command center, catch a free Trolley ride (generously underwritten by METRO) to all nine tour stops. Parking at the command center will help relieve traffic congestion along the tour route.

Volunteers are still needed to serve as docents, ticket takers, greeters, trolley guides, and members of the set-up crew. As an incentive, volunteers will receive

*Continued on page 13*

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### Civic Club Meeting

*Tuesday, April 6<sup>th</sup>*

The next Civic Club meeting will be held on April 6 at 7:00 p.m. in the Garden Oaks Elementary School cafeteria. **Our guest speaker will be City Councilperson Toni Lawrence.** There will be plenty of time for questions. Babysitting 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 15<sup>th</sup> 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.***



Lately I've been trying to make the best of this fleeting spring weather, before we all settle in for a long, hot summer. I've been taking my dogs out in the evenings and thinking about yard work on the weekends. I haven't done any of it yet, but it *is* the thought that counts.

However, during my time outside over the last few weeks, I have seen a few instances of something I received two letters about this month. Neither were signed, so I couldn't print them, but I felt the need to discuss the content anyway.

I have seen on several occasions people out walking with their dogs, and the dogs are not on leashes. Consequently, the

dogs run through yards, often upset other animals behind fences, or disturb other walkers. But my primary concern is for the safety of these loose pets. It is very easy for these animals to be hit by cars, especially on the busy street that I live on.

I heard rumors of a "leash law," and decided to look this up for myself. Turns out, there is a law that dogs and cats with access to public streets, sidewalks, and neighbors' property must be restrained. If they aren't restrained, they can be picked up and impounded.

Retrieving your pet from the pound can come with fees of over \$100, and if unclaimed, the animal may be euthenized.

January's *Gazette* also contained an article outlining the new law about cleaning up after your pets while walking. This may not be a big deal to many people. However, the City feels like it is enough of a concern that they can impose fines of up to \$300.

Aside from the legal aspect, these are simply courteous and responsible things to do. Just look out for your animals, and your neighbors.

## GOMO BOARD OF DIRECTORS

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*Yard of the Month*  
**Tina Nieto**  
*Historian*

# Only With Your Help

TREY WOOD

Civic Club President

Spring has sprung and brought with it the promise of new beginnings! In Garden Oaks, that means that the Home & Garden Tour is right around the corner. After taking a year hiatus, this year's tour promises to be the biggest and best ever. We are all proud of the tremendous job that Sheila Briones and her committee have done in putting this year's extravaganza together. But there is one thing that we can all do to help the Home & Garden Tour committee and the neighborhood: get out, participate in the tour events, and have some fun with your neighbors! Remember, this is our biggest fund-raising event of the year, and it allows us to fund all of the other projects that are so important to the neighborhood.

Another important thing each of us can do is look after our homes and the homes of our neighbors. Security is important to all of us. At each of our monthly meetings, Carl Waters, the chairman of our Citizens on Patrol program, gives us a report on the criminal activity that has occurred in our neighborhood over the past month. March was no different. I was concerned with how brazen some of the criminals have become. A good idea is for each of us to file away in our memory banks the day-to-day routines of our neighbors. We all see it: our neighbor usually wakes and leaves for work at the same time; he or she returns at the same time. If somebody arrives and disrupts this routine, why not call it in? It does not hurt you, and it may save your neighbor.

Carl is in need of volunteers to help with the Citizens on Patrol program. This is not a time-consuming commitment: it requires only about 45 minutes of your time to complete the training, and a few hours of patrol time each month. Please consider giving your time to help. Who knows? The person you may be helping may be yourself!

I would like to thank all of you for your participation at our recent meetings. But I would still like to see and meet more of you. Our next couple of meetings will feature speakers that will be of interest to all of you. At the next meeting, for example, our guest speaker will be Toni Lawrence, our own City Councilperson. I know that many of us have questions, especially about Houston's commitment to reducing flooding concerns. "Where did all the money go for stopping the flooding problems?" I know that I will be *very* interested in this.

In May, we will welcome Tom Bazan to our meeting. Tom is running against Sheila Jackson Lee as our United States Representative. I am not, nor will I publicly disclose my own choice for our Congressperson. However, I will state that I requested that Ms. Jackson-Lee address our neighbors and she has not responded to my request. Something to think about.

In closing, let me thank all of you who have participated in the past and have committed to participate in the future. For the rest of you, please remember that it is only with your help that Garden Oaks can be the best neighborhood that it can be.

Check out the new Garden Oaks  
Neighborhood Forums at  
[www.GardenOaks.org](http://www.GardenOaks.org).

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

# One Morning in Graham Park

WAYNE FORSTER

Our tree planting at Graham Park on February 21 was a huge success! Volunteers began to arrive at the park at 8:00 a.m. on a beautiful Saturday morning, pushing wheelbarrows down 34<sup>th</sup> Street and Lawrence. Digging 20 and 30 gallon size holes for 10 and 15 gallon size trees in a city park is not easy. By 10:30, however, all of our larger trees were in the ground. By 11:30, all the trees were mulched and staked, and more than 150 pine seedlings were planted and mulched. By that time, we were taking pictures, congratulating ourselves, and trying to decide where to go to have lunch. The speed of this event was amazing!

Twenty neighbors signed in, but we think the total number was actually over thirty. New friends were made, Garden Oaks stories were told, and a great time was had by all.

Thanks go to Marie and Rick Grochoske for the use of their truck and trailer, which made transporting trees and mulch a breeze. Marie also made the custom tree stakes. Thanks also to Ed and Brenda de Alba for the use of their garden tiller to prepare the pine seedling beds. And a big thank you to all the neighbors who spent a morning (some of it in the mud) planting trees in Graham Park.



# Civic Club Meeting Minutes – 03/02/04

DIANE KING  
Secretary

President Trey Wood called the meeting to order at 7:10 p.m. The February meeting minutes were approved as published.

## Treasurer's Report

Treasurer Mike Dishberger presented the monthly treasurer's report. The club has more than \$50,000 in three accounts right now. The report was approved as submitted.

## Standing Committee Reports

**Beautification.** There was no official report. However, Brenda de Alba gave a lively recap of the tree planting in Graham Park on February 21. Brenda credited Wayne Forster for initiating the project, obtaining the trees, designing and distributing the flyers to attract volunteers, distributing it, and making a two-year commitment to watering the newly planted trees. Trey echoed these kudos to Wayne, who was not at the meeting to hear the well-deserved praise.

**Citizens on Patrol.** Carl Waters, Jr. delivered the annual crime statistics for the neighborhood. There was a total of 98 reported crimes in 2003. The most active times for crimes were 5:00 p.m. and 11:00 p.m., and crimes occurred more frequently on Mondays, Wednesdays, Fridays, and Sundays. Saturdays had the fewest number of crimes. Carl extended another invitation for volunteers to join the Garden Oaks Citizens On Patrol program. Volunteers must complete forty-five minutes of training from the city. Patrolling the neighborhood in your car for just a few hours per month can help deter crime. It is also a great way to keep up with what is going on in the neighborhood, get ideas for landscaping, and really learn the area. Currently, the program is reporting about twenty-four hours of patrol time per month.

Ten days before this meeting, the Waters' received a call from the Houston

police burglary unit, informing them that a lawnmower stolen from their garage in November was found at a local pawn shop. Pawn shops are required to record serial numbers of all merchandise they receive, and the Waters' had recorded theirs and supplied this information to the police. Carl encouraged all of us to do the same.

**GardenOaks.org.** No report

**Gazette.** Rebecca Ferguson reminded everyone that submissions are due by the 15<sup>th</sup> of each month. If you have something after the 15<sup>th</sup>, contact Rebecca at [Gazette@GardenOaks.org](mailto:Gazette@GardenOaks.org) to discuss late submissions.

**Membership.** Chris Lindsay announced that this year's membership goal is 500 members. To date, 304 households have already paid. A membership committee meeting will be held Monday, March 8, at 7:30 p.m. at the home of Casey Farris, 747 Gardenia. The committee plans to focus on completing the Garden Oaks cookbook during the summer months.

## Ad Hoc Committee Reports

**Garden Oaks Home Tour 2004.** Sheila Briones announced that Home Tour tickets will be on sale soon at Bell's MyOwn Cleaners on W 43<sup>rd</sup>, Buchanan's Native Plants at 611 E. 11<sup>th</sup>, Kaplan's Ben Hur at 2125 Yale, National Pet Center at 3829 N. Shepherd, Olive Anne at 238 W. 19<sup>th</sup>, The Frame Shop at 3444 Ella Blvd., and Yale St. Coffee Shop at 2617 Yale. Tickets are \$13.00 presale, and \$15.00 the day of the tour. **Volunteers are still needed for the day of the tour, April 18, as ticket takers, docents, and trolley guides. Volunteers get a free ticket and a T-shirt.** To volunteer, please contact Sheila at [HomeTour@GardenOaks.org](mailto:HomeTour@GardenOaks.org).

**Online Auction.** Tina Sabucco, auction committee chair, announced that their

goal was to have 50 items by March 1, and the committee currently has 56. Items available include dolls, jewelry, a spa package, oil changes, and a canoe trip. Tina thanked Trish Ricklefsen for implementing the online auction. Early bidding is already over \$400 on items valued at over \$7000. Ten more items will be online soon, and there are commitments for 25 to 50 more items. A couple of surprise items are planned, including live auction items. Online bidding stops before the preview party, held on April 17.

**Garden Oaks Cookbook.** No report.

## Other Reports

**Garden Club.** Brenda de Alba announced that the next meeting is March 11 at 7:00 p.m. at the Kroger on W. 43<sup>rd</sup> St. Michael Bettler of Lucia's Garden will speak on the language of flowers.

**GOMO.** Sam Stengler Announced that a plan approval meeting takes place immediately after each Civic Club meeting. The next board meeting is March 17, at 7:00 p.m., in upstairs meeting room at the Kroger on W. 43<sup>rd</sup> St. All homeowners are always welcome to attend.

## Unfinished (Old) Business

Mike Dishberger asked for and received volunteers to put out civic club meeting reminder signs each month in Section 2, 4 and 5.

## New Business

Chris Lindsay announced that the City of Houston's round of public hearings on Capital Improvement Plans has begun. The City is encouraging citizen participation. The hearing for District A is March 11 from 6:00 p.m. to 8:00 p.m. at Scarborough High School at 4141 Costa Rica.

Chris also informed Civic Club members that the revocation of the proposed

*Continued on page 11*

# Uh-Oh! The Pace Has Slackened!

CHRIS LINDSAY

I was hoping to tell everyone that we had reached our new membership goal of 500 dues-paying households for the 2004 Civic Club, but we're not quite there yet. As of March 15, we have received 324 paid memberships. We need at least 148 memberships to equal the number we had last year, and 176 to reach our goal of 500. So come on now, get those checkbooks out, fill out the membership form on the back of the *Gazette*, and mail it in! Initially, only memberships received before March 31 would be eligible for a special prize drawing, but as long as the check is dated by March 31 and I have it prior to the drawing, you're in! If you can't remember if you have sent in your dues, give me a call at 713-819-8412 or send me an email at [membership@gardenoaks.org](mailto:membership@gardenoaks.org), and I'll let you know.

The dues rates are the same as last year:

Basic Level is the **Crepe Myrtle \$25.00** (\$5.00 senior member)

Intermediate Level is the **Magnolia \$50.00** (\$10.00 senior member)

Patron Level is the **Golden Oak \$75.00** (\$15 senior member)

Unlike homeowner's associations in which yearly membership dues are mandatory, we are a civic club. Joining is voluntary and simply shows your commitment to the neighborhood. The amount you donate is also voluntary. We have recommendations for various contribution levels, but the only required payment is a minimum of \$25.00 if you are going to vote on Civic Club matters. Other than that, what you give is up to you, and we will appreciate whatever you are willing to donate. All dues go toward Civic Club programs, including neighborhood beautification, Citizens on Patrol, the Home & Garden Tour, the *Gazette*, the membership committee, and our neighborhood website.

Cherry Wolfarth won the door prize at March's Civic Club meeting: a pair of tickets to the Garden Oaks Home & Garden Tour. You too can be a winner, but you have to come to the meeting. Give it a try!

## Montessori Carwash

JESSICA MODAD

It's time for spring cleaning again and Friends of Montessori will help you get started with our annual Friends of Montessori carwash. In addition to the carwash this year, we will also have a rummage sale. On **Saturday, April 24<sup>th</sup>**, from **9:00 a.m. to 12:00 p.m.**, Garden Oaks Elementary will be bustling with people getting their cars cleaned and looking for a great bargain at the rummage sale.

The rummage sale will be a great place to pass along some beloved items that you no longer need. We also welcome artists who want to sell their creations. The cost for setting up a table is only \$25. We will place ads in local papers to market the event, so all you have to do is set up. But the rummage sale is only half of the fun. During the carwash there will be a moonwalk, popcorn, pizza, and much more for kids and parents to enjoy. Alumni of the Montessori program, community members, and Montessori parents will be washing cars and helping to make this fundraiser an even greater success than last year's, which raised over \$3,000.

If you are interested in purchasing a table at the rummage sale, or if you have questions concerning the carwash, please contact Jessica Modad at 713-683-6994.



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# Citizens on Patrol

CARL WATERS, JR.

We all know that April 15 is the deadline for filing our federal income tax forms, but did you know that as a patroller, the miles you drive for patrol purposes are tax deductible? This is just another great reason to volunteer for Citizens on Patrol.

Speaking of volunteers, the COP program would like to welcome two new patrollers. Pamela Murphy completed her training last year but health problems delayed her getting started as a patroller, and local real estate agent Cherry Wolfarth completed her training earlier this year. Both ladies are Section 4 residents and completed their indoctrination rides in late February and early March, and were eager to start patrolling. We can certainly use their help. Our program only reported twenty four hours for the month of February. This is less than half of the hours recommended by the Houston Police Department for an active program.

Another positive thing to report this month is the recovery of the lawn mover stolen from my garage last November. We were contacted a few weeks ago by a Sergeant from HPD's burglary unit. My lawn mower was at a pawn shop located on the North Freeway near Northline Mall. The recovery was possible because I had recorded the serial number for the warranty application. Pawn shops in the City of Houston are required to enter the serial numbers of all the merchandise that they take in for resale or on loans. My mower was recovered when the serial number came up in the pawn shop database. The thief appeared in felony court in early March and copped a fast plea to a lesser charge of trespassing. He will serve 180 days in jail before being released back into the community. I did some checking with the information I received from HPD and found out that this individual lives in

Candlelight Estates, or at least that's where the address on his driver's license is located.

### January Crime Statistics (8)

#### Burglary (3)

600 block of W. 30<sup>th</sup> St. on Friday, January 16, at 11:30 a.m. (residence)  
3200 block of N. Shepherd on Friday, January 23 at 5:00 p.m. (unknown)  
300 block of W. 34<sup>th</sup> St. on Saturday, January 24 at 6:45 p.m. (residence).

#### Burglary of a Motor Vehicle (2)

900 block of Gardenia St. on Tuesday, January 13, at 9:50 p.m. (driveway)  
200 block of W. 32<sup>nd</sup> St. on Monday, January 19, at 10:00 p.m. (unknown)

#### Auto Theft (3)

300 block of W. 30<sup>th</sup> St. on Sunday, January 18 at 10:30 p.m. (driveway)  
400 block of W. 34<sup>th</sup> St. on Wednesday, January 21 at 11:30 p.m. (apartment)  
200 block of W. 34<sup>th</sup> St. on Friday, January 30 at 10:00 p.m. (driveway)

These numbers reflect an increase of one reported crime over January 2003.

For more information about joining the *Citizens on Patrol* program, contact me through the neighborhood website at [www.GardenOaks.org](http://www.GardenOaks.org), through email at [GOCOP77018@aol.com](mailto:GOCOP77018@aol.com), or by phone at 713-864-1992.

### Reference Numbers

Emergency Services 911  
HPD Non-Emergency 713-884-2121  
All other City Services 311

# The Proliferate Garden

**ROBERT DE VEAU**  
*Garden Club Vice President*

*"Strictly speaking, plant propagation is a science, but for the most part it is easy."*

**- Geoff Bryant**

Gardening is one of North America's fastest growing leisure activities. With the rising costs of nursery plants, many gardeners soon realize that this hobby can become expensive, so they turn to propagating their favorite flowers, shrubs, and even trees. Many gardeners discover that plant propagation is an extremely rewarding activity that can be enjoyed all year round.

Come join us on Thursday, April 8 at 7:00 p.m., at 507 31<sup>st</sup>, for our next meeting. Our featured speaker, Donna Fay Hillard, Harris County Master Gardener, will provide us with some useful information about the many ways in which backyard gardeners can reproduce plants for themselves. Donna will also explain many of the techniques used in the nursery trade.

Propagating plants is one of the most rewarding, easy, and economical ways of increasing your plant stock. Besides saving money, cloning your plants gives you complete control over the quality and genetics of your plants. Does your friend have a unique plant you wish you had? Propagating that plant can give an exact genetic copy of the plant without harming it.

Donna will teach attendees everything they need to know for growing plants and perpetuating successful varieties for free. Her lecture will cover the different propagating methods. The basic tools used for propagation are surprisingly simple, and within everyone's reach. Consequently, gardeners can start producing their favorite plants almost immediately.


There are two ways to reproduce a plant: by seed or by vegetative propagation.

Vegetative methods include the two most common methods: division and cutting. Division is the process of dividing a plant at the roots and growing the portions. Cuttings involve simply growing a plant from a cut limb or leaf. Advanced methods such as layering, grafting, budding, and tissue culture (cloning) will also be discussed. Usually a variety of techniques can be used to propagate a plant, and Donna will offer practical advice on methods, timing, and equipment.

In March, the club hosted Michael Bettler, co-owner of Lucia's Garden. He kept us entertained and enthralled with an explanation into the secret language of flowers. Dating back to ancient Greece and the Roman Empire, flowers have long been used as symbols of human feeling and passion. During the reign of Queen Victoria, the meaning of flowers developed into an art form. Flowers could convey messages of love or dislike depending upon which ones were given, their sizes, how they were held, or how they were grouped together. They had a silent meaning of their very own, and could "say" what people dared not. Even the manner in which flowers were sent had a special meaning.

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. We meet on the second Thursday of every month at 7:00 p.m. Most meetings feature a guest speaker followed by a brief business meeting. The Garden Club is also responsible for the maintenance of Friendship Garden, and we conduct two workdays (one in the spring and one in the fall) when we add new plantings, replace the mulch, and tidy up the beds. Please call me at 713-686-6012 for more information about the Garden Club. We hope to see you at 7:00 p.m. on Thursday, April 8, at 507 W. 31<sup>st</sup>.

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## The Home Tour Auction has Something for Everyone!

TINA SABUCO

Click on [www.gardenoaks.org/auction](http://www.gardenoaks.org/auction) and you will *definitely* find something you need, something you want, or something you'd like to give as a gift! All you have to do is register to bid and *viola!* The doors will open to a wonderful world full of items and services donated by your Garden Oaks friends and neighbors.

Currently, more than 150 items are available, including a trip to NYC, where you will stay at an exclusive hotel *and* go to "Live with Regis and Kelly!" You can also relax for a week at a Lake Livingston lake house! You can even fly the skies over our lovely city, fish the waters of Port O'Connor, or canoe one of our local waterways!

For those homebodies out there, we also have wonderful items for you, your children, and your pets! Maybe you'd like to have a thematic dinner, a year of desserts, or two dozen chocolate covered strawberries delivered to your home? Wanna get pampered? Choose from the many spa packages we have to offer! Our auction also offers items specifically geared towards your little ones, including birthday parties, party favor baskets, baskets of toys, home-made dolls, and family photography sessions. For those other "little ones" in your house, we have puppy pool parties, baskets of doggie goodies, pet massage and holistic healing services, custom artwork of your pet, and pet photography!

One of our most expansive categories of donations is Local Artists, where you will find jewelry, stained glass, bird houses, oil paintings, and custom-made boots by the world famous Rocky Carroll, whose boot shop is located on Ella right in our neighborhood!

So what are you waiting for? Open the door to whatever world *you'd* like to explore. It's just a click away!

The Garden Oaks website auction will be online through April 16. See the website for more details on bidding. All items will be on display and winners will be announced at the Home Tour Preview Party on April 17 at Mraz Hall. For more information about the Preview Party, see the Home & Garden Tour article on page 1.

A big thank you to all of the auction sponsors. Please remember to support their businesses and to tell them that you found their information on the Garden Oaks auction website! A list of all the auction supporters is located on page 15. Additional information about the supporters is on our website.

## 5<sup>th</sup> Grade Space Odyssey

SYD MOTAL

On Thursday, February 12, the fifth-grade class at St. Rose of Lima Catholic School went to the Museum of Natural Science for the Challenger exhibit. Students were in a mock setting of a control room and shuttle. They were asked to perform several duties such as taking off and landing the pod on Mars. While in orbit, students had to use robots to perform experiments and do mathematical and spatial equations to keep all portions of the shuttle working properly. The students not only completed all the tasks, but they did so in the fastest time of any other elementary school this year, and landed the pod on Mars without crashing! Congratulations to our neighboring teachers and students on a job well done.



# Technically Neighbors

KATIE SWICK

Have you tried out that new restaurant on 610—or wondering if it's any good? Have you noticed two Jack Russell's wandering alone? Did that plumber you just used do a great job—or rip you off?

If you know how to use email and can manage your way around the Web, that's really all it takes to join us out on the Garden Oaks Yahoo! Groups message board.

My husband, Mark and I (as well as our two black Labs and two cats), moved into Garden Oaks about six months ago. We both work a lot. I've always got the best of intentions to join a live civic club meeting, but have yet to do it. We want to be involved, but something always comes up. However, the Yahoo! message board has given us the opportunity to "meet and greet" our neighbors, many of whom live blocks away, and to learn more about our new community.

In the few months we've lived here, we have seen the Yahoo! message board help owners find their lost pets, and help pets find their lost owners. There have been long, heated discussions on politics and Burlington Northern. We've been warned against using various lawn crews and handymen who either do a bad job or rob you blind. There are some pretty funny (and some not-so-funny) stories of renovations and repairs gone amiss. There are also great recommendations for plumbers, contractors, day cares, restaurants, and pretty much anything else you can think of. We have already hired a plumber recommended through the message board to do some major work (apparently those huge trees do have their disadvantages). There are notices of suspicious solicitors, thieves, an occasional assault of one of our neighbors, and a heads-up about a local orthodontist in *big* trouble. These are all things we may never have known without the message board.

We discuss just about anything that would come up in a regular civic club meeting. Long-time members say it has been a fantastic place to meet neighbors ten blocks away and to develop strong friendships.

The Yahoo! message board began on July 15, 1999. Since its inception there have been nearly 6000 different posts, and membership is currently up to 250 members. The official name is Houston\_GO. To join, go to [http://groups.yahoo.com/group/Houston\\_GO/join](http://groups.yahoo.com/group/Houston_GO/join). It is an un-moderated list, so all you really have to do is sign up and start posting, or you can just hang out for while and "listen." All posts are welcome and encouraged—well, most. We do ask that you bring your manners with you and leave the profanity at home. Remember, we're all neighbors.

The tree-lined streets and fabulous old houses are what brought Mark and me to Garden Oaks. But it's the people, and the community that make it such a wonderful place to live. We are thrilled to have a forum where we can learn about our new community, and even contribute in some small way. So, if you're already a member, keep posting. If not, we do hope that you'll join us—we'd really like to hear from you.



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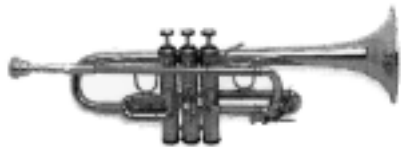
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## Critter Corner

CASEY & MAU MAU FARRIS

Happy April! Animals, as happy for the warmer weather as we are, roam around more often in the Spring. The number of stray animals also goes up dramatically this time of year. Don't let your pet be a stray. Make sure your dog or cat is wearing a collar and identification tag at all times. Even if your pet lives exclusively indoors, accidents can happen. This month we will talk about Easter bunnies while Mau Mau focuses on Easter lilies. Our Pets of the Month are busy spring cleaning and getting their nails done. And ready or not, our backyards are coming alive with color, song, and courtship.

### Pet of the Month

"Misses April" are three girls in Section 4. Thumper (grey/white rabbit), Sylvie (silver rabbit) and JR (guinea pig) share a two-story custom chateau with loft overlooking the Alsobrook Zoo. The Alsobrook household truly *is* a zoo with three dogs, two cats, seven rescued Bengal kittens, a Congo African Grey parrot, a Blue Front Amazon parrot, a Sun Conure parrot, an aviary full of doves and finches, and two Uromastix lizards. Thumper is six years old and Sylvie is five years old, and they are both spayed. When JR came along, Thumper and Sylvie immediately took to her as if she were their own baby to share. JR is now three years old. The girls prefer to be in the shade with lots of water. Their diet consists of rabbit pellets, fresh fruits and vegetables, and daily vitamins. They are big chewers so they get lots of twigs and

branches to keep them busy. And like all girls, they love attention, affection, and having their nails done regularly.

### Pet News

Welcome to the neighborhood to Lola (Rat Terrier/Jack Russell) and Rusty (Beagle) Simon-Murillo. Lola is two years old and Rusty is 15 weeks. Saydi (Lab/Chow mix) Gross celebrated her eighth birthday on St. Patrick's Day. She dressed up, had a lively party, and got Greenies! Cody (Shepherd mix) and Tory (Shepherd mix) Blum got a new baby sister, Carmen (Pit Bull mix). Carmen is two months old and a very good puppy. The Sabuco boys, Elvis and Seymour (Miniature Dachshunds), got neutered but it barely slowed them down. Sable Quinn (Great Dane) and her mother, Candace (human), hosted a baby shower which was lots of girl fun while Harley Quinn (Great Dane) accompanied the men to the Alabama Ice House for beer and male bonding. Tucker Streeter (yellow shorthair Tabby with sea green eyes) recently celebrated his 16<sup>th</sup> birthday by lounging on his porch and eating tuna. Last month, I told you about the litter of puppies (small Lab mix) found under a house on 43<sup>rd</sup> Street. Some kind folks in the neighborhood have taken over the bottle feedings and the puppies are now one month old. The little girl did not make it but there are still two little boys available for adoption. If anyone is interested, please call Stacy Kelly at 713-691-2727.

*Continued on page 12*



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# Greener View

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**Bev Raney, Garden Oaks Resident**

# Heard Under the Oak Tree

TERRY JEANES

## Welcome New Neighbors

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859 West 43<sup>rd</sup>      725 West 39<sup>th</sup>  
328 West 34<sup>th</sup>      311 West 32<sup>nd</sup>  
1431 Sue Barnett

Welcome to the neighborhood and we hope to see you at a civic club meeting soon.

## Additional Welcome

**Allison "Alli" Jane Powell** was born to proud parents **Steve & Linda Powell** on November 11, 2003.

## Happy Birthday

**Lily Claire Bowman** celebrated her birthday on April 18 with her will be parents **Hal & Georgia**.

Additional **April birthday wishes** to **Craig Lee, Robert Deveau,** and **Michael Chaisson**.

**Belated birthday wishes** to **Skyler Nicole Sorum** who celebrated her fifth birthday on March 21 with parents **Ron & Christine**.

## Congratulations

**Catherine Norton** of W. 41<sup>st</sup> married **Forrest Bernelle** of W. 42<sup>nd</sup> on March 3, after a whirlwind six-year courtship.

**Becky Jeanes** was recently named in the Who's Who Among American College Students as nominated by Tulane's School of Architecture. She was also recently inducted into Omicron Delta Kappa for her merit and accomplishment at Tulane University.

*To highlight a special event, birthday, anniversary, or accomplishment, contact Terry Jeanes at 713-812-9154, or [jeanest@pdq.net](mailto:jeanest@pdq.net).*

# Choosing Your Sports Bar

CATHERINE KRUPPA, MS, RD, LD

713-316-2707 [ckruppa@houstonian.com](mailto:ckruppa@houstonian.com)  
[www.adviceforeating.com](http://www.adviceforeating.com)

In a nation full of dieters, we are always looking for that quick fix. But can that energy bar do everything it claims: boost your energy levels, aid in weight loss, improve your workouts and recovery, and still taste like a candy bar? All foods, including energy bars, provide your body with energy. Fueling our bodies is the primary reason we should eat. Food provides protein, fat, and carbohydrates as fuel for your body. All three, sooner or later, metabolize into blood glucose. Glucose flowing through the bloodstream is what provides energy to the body's cells.

Here is a look at the different types of sports bars to help you determine which one is best for you:

## Energy Bar

Energy bars typically contain more carbohydrates to provide a quick fuel for a workout. They also contain more than 60% of calories from carbohydrates (36-48 g). They are low in fat to ease digestion, and the moderate protein aids in repair, growth, and development of muscle. Some examples of energy bars are: Powerbar, Clif, and Gatorade bar.

## 40/30/30 Snack/Recovery Bar

These are higher in protein, fiber, vitamins and minerals, and contain some fat and carbs.

Can be used for recovery – the protein (10-15 g per bar) in these bars combined with carbohydrates can help your body restock spent glycogen stores after a long or intense workout. Your body restores glycogen more efficiently if you eat this carbohydrate/protein combination within the workout. This makes these bars a good choice.

Convenient snack – Portable and no preparation is required.

*Continued on page 14*

# Meeting Minutes

*Continued from page 4*

citywide \$2.00 monthly drainage fee meant that approximately \$28 million in drainage improvements between Garden Oaks and Shepherd Park Plaza scheduled for 2006 and 2007 would not be constructed.

Trey Wood wants to form a railroad ad hoc committee to continue addressing concerns about rail traffic and noise. Last month's meeting was a successful start to these efforts and the important questions raised at the meeting deserve ongoing attention and effort from the Civic Club. Craig Lee, who has spearheaded the effort to bring railroad representatives to the club, has agreed to chair any such committee and is available to do so after the Home Tour. Trey moved to create an official ad hoc railroad committee. The motion was seconded and carried.

## Speaker

Pamela O'Brien, president and lead designer of Room Redo, ASID Industry Partner, and first certified interior refiner in Texas, gave a lively presentation on effective and practical ways to change the appearance of interior rooms so they are inviting and pleasing. She provided examples of effective use of color and lighting, and suggested helpful ways to unclutter our living spaces. For more information, contact Pamela at 281-794-4830, or visit [www.roomredo.com](http://www.roomredo.com).

## Announcements

Cherry Wolfarth won this month's door prize: two tickets to the home tour.

The next Civic Club meeting will be Tuesday, April 6, 2004 at 7:00 pm. The speaker will be Toni Lawrence, District A City Council member.

Terri Jeanes of Re/Max-Metro provided refreshments at the meeting.

The meeting was adjourned at 8:12 p.m. 24 people signed in at the meeting.

# Critter Corner

Continued from page 10



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## Critters 101: You're Nobunny 'til Somebunny Loves You

It's Easter time, and the pet store windows are filled with adorable baby bunnies. Your kids are begging you to buy one. It's so hard to resist... But think again! Rabbits and children are *not* a good match. Rabbits have become the third most popular house pet in the USA. Rabbits are not "low-maintenance" pets. They have a lifespan of up to ten years, and require as much work as a dog or a cat. Rabbits are not passive and cuddly. They are ground-loving creatures who feel frightened and insecure when held and restrained. The exuberance of even the gentlest toddler is stressful for the sensitive rabbit. If you do decide to bring home a bunny, your home must be bunny-proofed, or Thumper will chew your cords and furniture. Rabbits should also be neutered or they will mark your house. They should also live as members of the family. Domestic rabbits are inquisitive, intelligent, and very social by nature. A rabbit is a delightful companion animal as long as you remember that he is not a child's toy. He is a real, live, ten-year commitment! If you think you're someone who would enjoy sharing life with a rabbit, please visit [www.rabbit.org](http://www.rabbit.org) for lots of information.

### Dear Mau Mau

*Are Easter lilies poisonous to cats?*

*L. Vickani*

Jeez Louise! Of course they are. Thank goodness I am around to set you people straight every month. Certain members of the lily family can cause kidney failure in cats. Without prompt and proper treatment we could develop kidney failure in 36-72 hours. All parts of the Easter lily, Tiger lily, Rubrum lily, Japanese show lily, and some species of Day lilies are considered toxic to cats. So keep your felines out of the lilies, sillies.

*Mau Mau*

## Backyard Report

As birds are searching for and creating nests, displays of courtship can be fascinating to watch. Courtship feeding is done by most species of birds, usually with the male presenting solid food or regurgitated food to the female. It appears to be not only a pair-bonding function but can actually provide the female with nutritional benefits. Females become heavier just before laying their eggs and it takes more energy for them to find food, so the male providing food helps to maintain the female's health during the reproductive time. It is helpful to provide calcium suet to nesting birds and to birds that are rearing their young. Calcium suet can be purchased, but ground egg shells that are completely dried will work as well. Also, the female picks the male by how nice his nest is so help the little guys out and put out some nesting material.

*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.*



# Home Tour

*Continued from page 1*

a t-shirt and one tour ticket. Volunteers will also be honored at a “volunteer thank-you party” immediately following the tour. If you would like to volunteer, contact Nelda Prince at 713-694-5415, or [nprince@kingphillips.com](mailto:nprince@kingphillips.com).

Tickets are also available for the tour preview party, which will be held on Saturday, April 17, at the historic Bill Mraz Dance Hall, 835 W 34<sup>th</sup>, from 7:00 p.m. to 11:00 p.m. The party honors the home and garden owners, sponsors, underwriters, and volunteers. Entertainment will be provided by The Texas Crude Band ([www.texascrudeband.com](http://www.texascrudeband.com)) playing a rip-roaring mix of blues, R&B, and rock & roll. The public is invited and tickets are \$50 per person. Ticket prices include dinner catered by 2 Busy to Cook ([www.2busytocook.com](http://www.2busytocook.com)), music, dancing, a silent and live auction, “Chair-ished Affair” sealed bid, and a Saturday night preview of the homes and gardens. Special table rates are available. There is also a \$10 rate for all “long-term, old-time residents of Garden Oaks” (residents prior to 1960). Visit [www.gardenoaks.org/hometour.html](http://www.gardenoaks.org/hometour.html) or contact Trish Ricklefsen at 281-733-1003 for more information.

To add to the excitement, or silent and live auction, which is currently active online, will culminate at the party. To bid online before the preview party, just go to [www.gardenoaks.org/auction](http://www.gardenoaks.org/auction). Items now online include: dinners, restaurant gift certificates, jewelry, photography gift certificates, a puppy pool party, a St. Arnold’s beer party for 100, and a get-away that includes two round trip tickets to New York City, two nights stay at the St. Regis, and tickets to “Live with Regis and Kelly.” For more information on the auction, please see page 8.

For up-to-date information about the tour or party, call the Tour Hotline at 713-267-7800, or visit the website at [www.gardenoaks.org](http://www.gardenoaks.org).

## Featured Homes:



950 W. 43<sup>rd</sup>



1438 Sue Barnett



1341 Sue Barnett



1006 W. 41<sup>st</sup>



535 W. 33<sup>rd</sup>

**Thank You to the following 2004 Home & Garden Tour Underwriters (as of March 14)**

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All Tour proceeds directly benefit the Garden Oaks subdivision and surrounding community, including Garden Oaks Elementary, the Garden Oaks Citizens on Patrol program, the *Gazette*, and neighborhood beautification.



# Choosing Your Sports Bar

*Continued from page 11*

**Digestible** – These bars and shakes go down easy if you have trouble eating after a workout.

Can be used as a healthy snack – They contain protein, vitamins and minerals, and less fat which makes them better options than chips, crackers, and other snack foods we often reach for in a hurry.

In one study 40/30/30 bars glucose levels remained fairly steady for 2 hours after consumption compared to white bread, a candy bar and a high carbohydrate bar.

**Weight loss** – The key to these bars is that they guarantee portion and calorie control. They contain 200-400 calories, which could be considered a small meal. If one to two meals are replaced with a bar or shake, your total caloric intake is close to 1200 calories. This could promote a weight loss of one pound per week.

A recent study showed that regular use of meal-replacement products helped maintain weight loss over a ten-year period. Some examples of 40/30/30 bars are Balance bar and Luna bar.

## **Soy Bars**

Scientific studies show lower incidences of bone fractures, cardiovascular disease, certain types of cancer, and menopausal symptoms in Asia where soy is a large part of the diet.

A diet containing 25 grams of soy protein, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease by lowering LDL cholesterol.

If the idea of eating tofu or veggie burgers makes you turn up your nose, then these bars are a good option. Most are considered to be 40/30/30 bars and contain 8-15 grams of soy protein.

## **High Protein Bars**

Originally designed for body builders these bars contain the largest amounts of calories and more than 30 grams of protein.

## **Low Carb Bars**

These bars have become popular following the rise in number of people following the Atkins and South Beach Diet.

These typically have the same amount of calories as a 40/30/30 bar, but are typically considered high fat.

## **Tips for Choosing a Bar**

**Calories** – Choose a bar that has approximately 200 calories for a snack and 300-400 calories for a meal replacement. If you are not trying to lose weight, you may need to take in additional calories, such as a fruit, if you are trying to replace a meal.

**Protein** – Look for a bar that supplies 10-15 grams of protein per serving. This will help to promote fullness. Most adults require about 60-90 grams of protein daily.

**Fiber** – One nutrient that bars lack is fiber. These bars contain at least five grams of fiber, or 20% of the daily value: Kashi Go Lean Crunchy, Kashi Go Lean, Clif, Verve, Zoe Flax and Soy bar.

**Fat** – Stick to bars that contain less than six grams of fat and less than two grams of saturated fat per serving.

## **What You Are Missing**

Real food still packs a more powerful nutritional punch than most bars.

**Phytochemicals** – Although many of these bars contain a large percentage of vitamins and minerals, they are lacking in phytochemicals. Phytochemicals protect our body against diseases such as cancer, heart disease, and diabetes. You can obtain these phytochemicals by eating 5-10 servings of fruits and vegetables per day.

**Good fats** – There is not a bar that contain all the essential fats. These healthy fats, contained in foods such as avocados, salmon, nuts, and flaxseed can also fight disease, enhance your immune system, and ward off Alzheimer's.

**Fiber** – Eating a bowl of high fiber cereal, skim milk, and blueberries could supply you 20-30 grams of fiber per day. This gets you close to meeting the 25-35 grams of fiber that are recommended daily. Fiber helps to make you feel full as well as lower your cholesterol and heart disease risk. Most bars contain very little fiber because they are processed.

## **Other 200 Calorie Snack Ideas**

½ c. low fat cottage cheese mixed with 1 c. of mixed berries

6 oz of low fat lemon yogurt with 1 c. of blackberries

2 light string cheese and a pear

Apple topped with 1 Tbsp. of almond butter

Heat 1 Tbsp. of peanut butter in the microwave for 30 seconds, drizzle over 1 c. of Fiber One cereal.

¼ c. of soy nuts mixed with ¼ c. dried fruit to make a homemade trail mix

Microwave 2 slices of Pepper Jack Veggie Cheese on 2 corn tortillas, roll up and dip in salsa.

25 soy crisps topped with 2 Tbsp. of Guiltless Gourmet Black Bean Dip

Dip baby carrots, celery, or sliced peppers into ½ c. hummus.

Even though energy bars may not do all the magical things that they claim and they may not be as nutritionally sound as real food, when used correctly, they can offer nutritional benefits to Americans.

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ARTS ALIVE! (Tina Sabuco)	Irma's Restaurant (Irma Galvan)	Robert DeVeau
Audrey Vallance	Jack & Margaret Welker	Robinson Chiropractic Family Clinic (Dr. Neal Robinson)
Aunt Mike's in the Heights	Jan Forster	Roger Howard Appraisals & Estate Sales (Roger Howard)
Barbara Ballance	Jana's Flowers	RJ's Boots (Rocky Carroll)
Bergamos Spa & Retreat River Oaks	Janet Cones	Sandy Eriksen
B J Collum	Jason's Deli	Sam Houston Race Park (Sally Scordato)
Blake Woods	Jeff Amerson	Scott Mesteller & Micheal Reeves
Bob & Debbie Driver	Jen Langdon & Joe Crownover	Shannon & Associates, Inc.
Bone Voyage (Casey Farris)	Jiffy Lube - Ella Location (Joe Gonzales)	Sheila Briones
Bos Lighting Design	Jill Satterwhite	Shelley Rogers
Brenda & Ed deAlba	John & Cindy Bartos	Sherwin Williams (Hector Zamarripa)
Campos Roofing	John Everett	Sidonia & Brian Johnson
Carrie Anna Baker	Kaplan's Ben Hur (Martin Kaplan)	SK Designs (Susan Kostelecky)
Catherine & Brett Ellett	Kat's Chow (Kat Mims)	St. Arnolds Brewing Company (Mary Evans)
CenterPoint Energy Houston	Kathy Fields	Stone Mason of Spring
Christy Chumley	Kelly Gould	Sue Shefman
Clare Bell	Little Tracks Baby Journal (Sandra O' Guynn)	Susan & Keith Kostelecky
Clouse Hardwood Floors	Liven Up Interiors! (Holly Veech)	Susan Simpson
Coldwell Banker Swilley-Hudson	Lowe's	Tafi Cole Designs (Tafi Cole)
Collina's Italian Restaurant	Lucia's Garden (Lucia Bettler)	termite terrace studios
ComedySportz (Dianah Dulany)	Lynn Sievers	Terry Jeanes, Realtor, RE/MAX Metro
Curves for Women	Mark Anthony Florist	Texas Drain Technologies
Darlene's Flowers & Gifts	Mark & Susan Saranie	The Event Company
Data Voice Technology	Martha Kennedy	The Laff Stop
Deanna & Will Zugheri	Marilyn Davenport	The NET Church
Donald & Robin Daly	Merle Norman & Diane's Unique Gifts (Diane Morish)	The Tamale Mamas of Garden Oaks
Dr. Lisa A. Acocella	Metropolitan Transit Authority (METRO)	Tina Parks
Dwayne Bohac	Mike & Becky McCullough	Tina Sabuco & Shellye Arnold
El Tiempo Cantina (Blanca Laurenzo)	Miller's Café (Debbie Welb)	Tony's Mexican Restaurant
Errand Eliminator (Donna Muniz)	Mother's Old Fence Post (Kiki Neuman)	TooBusy2Cook
Events (Lori Duke)	Motif (Holly Veech & Kelly Gould)	Tovas Hair Studio and Day Spa (Victoria Daugherty)
First Houston Mortgage	M.T. Herring	Trish Ricklefsen, Keller Williams Realty - Houston Metropolitan
FlowerTime	Nelda Prince	Venus Hair (Susan Venus)
Frosch International Travel (M.T. Herring)	Oak Forest Mobil (Chris Kontos)	Warren & Janice Walden
Gabriel Tran Photography (Gabriel Tran)	OD's Printing (Oscar Ochoa)	Wedding Dance Houston (Andrea Cody)
Gail & David Bell	Pat Buron	Well Being Center for Animal Healing (Dr. Marcia DuBois)
Garden Oaks Elementary	Pat Streeter	Wende Clemence
Garden Oaks Maintenance Organization (GOMO)	Pat Walker & Debbie Kotzur,	White House Antiques
Geneva's Hallmark (Shelly Harrison)	Keller Williams Realty - The Garden Group	
Grace Hart and Company (Grace Hart)	Pecos Grill	
Greenwood King Properties	Preservations Art Installation (Charles Hogan)	
Harry James Building & Design		
Hart Antiques		

### Useful Numbers

All City Services  
(city information or services ranging from traffic court dates and sewer concerns to pothole problems and neighborhood complaints)

311

One Call Program (Heavy trash and more)

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

# April 2004

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

				1	2	3
				April Fool's Day		
4	5	6	7	8	9	10
Daylight Savings Time Begins	Passover begins at sunset	Civic Club Meeting G.O. Elem. 7:00 p.m.		Garden Club Meeting 507 W. 31 <sup>st</sup> 7:00 p.m.	Good Friday	
11	12	13	14	15	16	17
Easter Sunday				Gazette Article Submission Deadline		Home Tour Preview Party Bill Mraz Dance Hall 7:00 p.m.- 11:00 p.m.
18	19	20	21	22	23	24
Home & Garden Tour 12:00 p.m.- 6:00 p.m.				Earth Day		Montessori Car Wash G.O. Elem. 9:00 a.m.- 12:00 p.m.
25	26	27	28	29	30	

### 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