

Garden Oaks Gazette



New Gazette Editor Needed

REBECCA FERGUSON
Gazette Editor

In a way, it seems like I just started doing this, but it's actually been just over a year and a half. I had initially planned to continue being editor for the *Gazette* until I completed my degree, but I think this has become a prime example of my tendency to take on too much. I've contemplated keeping the *Gazette* for another semester, but as this past one drew to a close, I finally resigned myself to the idea that I was going to have to give up something. Giving up work wouldn't do, and giving up school, much to my dismay—especially during finals—was not really an option. I'll maintain the *Gazette* through the summer, but August will be my last issue, unless someone wants to take it on sooner.

Taking on this job gave me a lot of technical experience in editing and layout, and this is experience I plan to draw upon as I continue to work in this field. However, the experience from this that I truly value is getting to know so many wonderful people in our little neighborhood. So many of you have been really wonderful.

Please note that no experience is required. You will probably find it advantageous to own a computer, but other than that, you will find that you can learn most of what you need as you go. I currently use Adobe PageMaker to do the newsletter layout, and PhotoShop to work on graphics, but there are other programs to use as well.

You will find that being the *Gazette* editor is not really a difficult job—especially after you get the first couple of issues out of the way. The first few issues I did were the most time-consuming. After that, I pretty much knew what to expect, and was able to spend a little less time on each issue.

I've mentioned before the *Gazette* archive that was passed on to me from Joe Muscara, the previous editor. When you take on this job, you will receive this collection, and continue to add to it with each issue you complete. Going through these early issues is really quite amazing. It tells a rather personal history about the community we share. It's really been a privilege for me to help add to that.

As editor, you will be able to personalize the look and tone of the newsletter in whatever way suits you. It is very interesting to look through the older issues, noticing how they change with each editor.

We are also looking for a new ad director. Please contact Jackie Adams (see page 3) if you would like more information about the position.

If you think you would like to try your hand at being the *Gazette* editor, please contact me at 713-686-5284, or send me an email at Gazette@GardenOaks.org.

In This Issue...

New Gazette Editor Needed	1
Bike Parade Honors Armed Forces	2
Need a New Culvert?	3
Letter to the Editor	3
Yard of the Month	3
Behold the Bonsai	4
Citizens on Patrol	4
Home & Garden Tour Success	5
Critter Corner	6
Rev Up Your Metabolism	8
Dial-up vs. High Speed Internet	9
Home & Garden Tour Sponsor List	10
Calendar	12

Civic Club Meeting

Tuesday, June 1st

The next Civic Club meeting will be held on June 1 at 7:00 P.M. in the Garden Oaks Elementary School cafeteria. Come out and meet your neighbors and share your ideas. Baby-sitting services are available at the meeting at a cost of \$1.00 per child. Hope to see you there!

Civic Club Officers

President Trey Wood
713 880 8462 403 W. 32nd St
President@GardenOaks.org
Vice President Chris Lindsay
713 819 8412 938 Lamonte
VicePresident@GardenOaks.org
Treasurer Mike Dishberger
713 695 7916 862 W. 42nd St
Treasurer@GardenOaks.org
Secretary Diane King
361 548 8495 (cell) 3310 Lawrence
Secretary@GardenOaks.org

Committee Chairs

Beautification Rick Grochoske
713 864 8164
Beautification@GardenOaks.org
Citizens on Patrol Carl Waters, Jr.
713 864 1992
GOCOP@GardenOaks.org
GardenOaks.org Joe Muscara
713 691 6833
Webmaster@GardenOaks.org
Co-Chair Josh Hamilton
713 695 7347
Membership Chris Lindsay
713 819 8412
Membership@GardenOaks.org
HomeTour Sheila Briones
713 861 8091
HomeTour@GardenOaks.org

Gazette Contacts

Editor Rebecca Ferguson
713 686 5284 914 W. 43rd
Gazette@GardenOaks.org
Assistant Editor Hector Willars
713 446 7766
Advertising Director Jackie Adams
713 862 5506
GazetteAds@GardenOaks.org
Billing Mike Dishberger
713 695 7916
Delivery Amanda Carlin
713 263 1026 1010 LaMonte
GazetteDelivery@GardenOaks.org

*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.*



Bike Parade Honors Armed Forces

SHEILA BRIONES
2004 Parade Chairman

“Let Freedom Ring” is the theme for this year’s **July 4th Bicycle Parade on Saturday, July 3**, beginning at 9 a.m. at Rick Englert Spark Park, 901 Sue Barnett. Pre-registration begins at 8:30 a.m. Grand Marshal of the parade is Toni Lawrence, District A City Council member.

With all that has happened and all that is now happening in the world, it was fairly simple to decide on a theme for this year’s parade. As the parade proceeds through Garden Oaks, the theme, “Let Freedom Ring,” will be celebrated far and wide.

The 2004 parade will be a salute to all of the young men and women of our armed forces who have proudly answered their nation’s call and are not only protecting our rights and freedoms but those of other nations as well.

This year promises to be the largest and best-attended parade event Garden Oaks has ever seen. With the enormous patriotic spirit that is in this community, it is expected that anyone who is not in the parade will be on the street cheering for it.

Bring a lawn chair and come find a seat along the parade route. As the parade participants make their way along the parade route, let’s stand and show them how much we appreciate what they are doing for us.

The parade will begin at 9:00 a.m. at the Rick Englert Spark Park. It will then proceed north on Sue Barnett, continue west on the 800 block of W. 41st, turn right on Alba, turn right and continue east on the 800 block of W. 42nd, where it will turn right on Sue Barnett before returning to the Spark Park. Refreshments will be served right after the parade. Eddie “Balloon Man” Mijares will be on-hand to entertain everyone with his balloon

animals for young and old. Thanks to Keller Williams – The Garden Group, who will be entering a float in the parade and has generously agreed to underwrite a portion of the parade.

First, second, and third place prizes will be awarded in the following categories:

- strollers
- tricycles
- wagons
- youth bicycles
- adult bicycles
- group category

Everyone who enters will receive a patriotic souvenir. Two lucky parade entrants will also win a short-sleeved bicycle jersey of their choice (valued between \$45-\$70) from Urban Bicycle Gallery located at 1212 Durham owned by Tom & Judy Wurth, Garden Oaks residents.

Volunteers are needed to work the registration table, serve as judges, parade marshals, and photographers. If you are interested in helping, contact Sheila Briones at sbriones@hotmail.com or 713-861-8091.

Don’t forget pre-registration begins at 8:30 a.m. and the parade begins at 9:00 a.m. Now get to work on those floats, enter your restored classic car or truck, get your bicycles oiled, and get some fresh wheels on your roller skates or in-line skates. Let’s show America what a red, white, and blue parade really looks like. See you on Saturday, July 3.

Download recent Gazettes at

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

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

Need a New Culvert?

What is the condition of the culvert running under your driveway? Is it so bad that it is contributing to reduced drainage? If so, we may have a great deal for you. You may recall that at the April Civic Club meeting, Toni Lawrence mentioned a proposed "pilot" program for residents of Garden Oaks. Under the tentative proposal, the City of Houston would provide new culverts at a reduced price. This would hopefully reduce the drainage problems that many of us face.

We have subsequently been in contact with Art Kidder, who works for the City, about some of the particulars of this proposal. Mr. Kidder has indicated that this is all still very preliminary, but believes

the cost of the culverts would run from \$1,000 to \$1,200. However, before proceeding any further, we need to know how many residents would be interested in participating in this program. If there is not enough interest, the program would not be cost effective enough to pursue any further. It should also be mentioned that all of this is still subject to the approval of the City's Director of Public Works, John Vanden Bosch.

If you are interested in participating in this program, we need to know. There are two ways you can do this: By mail or the Internet. Enclosed in this month's issue of the *Gazette* is a form, which we request that you fill out and mail to Trey Wood at 403 W. 32nd St., Houston, TX 77018. Also, you may email a note indicating your interest in participating in this program by sending your name, address and phone number to President@GardenOaks.org.

In closing, this is all still very tentative, but if it is going to proceed, we will need to hear from you.

TREY WOOD
Civic Club President



**WANTED:
GAZETTE
AD DIRECTOR**

*No graphic design/layout
experience required*

*Requires only 2 to 3 hours
per month*

Contact **Jackie Adams**
for additional information:
gazetteads@gardenoaks.org
713-862-5506

Great volunteer opportunity!

GOMO BOARD OF DIRECTORS

Section 1

Tim Gunther

Home: 713-861-1336
336 W. 33rd St. Houston, TX 77018
timothy_gunther@msn.com

Louis "Gig" Runge

Home: 713-869-5623
236 W. 33rd St. Houston, TX 77018
gigrunge@houston.rr.com

Diane King

Cell: 361-548-8495
3310 Lawrence Houston, TX 77018
dianepe2king@yahoo.com

Section 2

Sam Stengler

Cell: 281-773-3478
710 Sue Barnett Houston, TX 77018
[sstengler@covad.net](mailto:ssstengler@covad.net)

David Hoyer

Home: 713-699-8171
720 W. 43rd St. Houston, TX 77018
dhoyer@houston.rr.com

Section 3

Richard Stark

Home: 713-691-1067
1335 Sue Barnett Houston, TX 77018
rstark@lucascareers.com

Mike Dishberger

Home: 713-695-7916
862 W. 42nd St. Houston, TX 77018
dishberger@aol.com

Section 5

Malcolm Taylor

Home: 713-956-8872
1030 W. 41st St. Houston, TX 77018
MalcolmTaylor@chevrontexaco.com

Blake Woods

Home: 713-680-9277
1023 W. 43rd St. Houston, TX 77018
bwoods@zieglercooper.com

Garden Club Officers

Ed de Alba

President
713 694-5934

Robert De Veau

Vice President/Treasurer
713 686-6012

Chris Lindsay

Secretary
713 819-8412

Susan Gunther

Correspondant

Brenda de Alba

Yard of the Month

Tina Nieto

Historian

Letter to the Editor

There was an error in the "Notes from GOMO" article in the May 2004 Gazette, stating that "GOMO requires that all Garden Oaks property owners submit plans for any significant modification to or construction of any existing structures or buildings on the property," when in fact GOMO cannot require this of property owners in section 4.

Michael Froebel
GO Resident, Section 4



Behold the Bonsai

ROBERT DE VEAU
Garden Club Vice President

Bonsai have become enormously popular throughout the world in the last ten years, and yet, the art of bonsai is very little understood. Even the word *bonsai* is commonly mispronounced. The first syllable should be pronounced as in bone, the second syllable as in sigh. Bonsai, meaning tree in a pot or tray in Japanese, is an art form, which has evolved over 4000 years. There are pictorial records from ancient Egypt and it is known that Hindus grew trees in pots (mainly for medicinal purposes) and that in China the rudiments of bonsai go as far back as 2000 B.C.

On Thursday June 10, the Garden Club will indulge in a night of Zen when a member of the Houston Bonsai Society will enlighten us with details of this ancient practice. Bonsai was most likely introduced to Japan coincident with Buddhism around the 6th century A.D. The idea of miniaturizing trees probably came from observing trees growing in rugged mountain areas, where they are subject to adverse conditions and very limited soil for root development. A tree becomes a bonsai by applying a variety of horticultural techniques to "miniaturize" the plant. By growing a tree in a pot, the root growth is restricted. This technique will also restrict the size a plant will reach, as root and crown are usually about the same size in nature. Frequent pruning and pinching back of new growth also reduce the size of a tree. Contrary to popular belief, bonsai are not tortured trees. With adequate water, fertilizer, and proper growing conditions, such as the amount of sun and temperature, bonsais grow well within the small amount of space in the container.

Wiring the branches and pruning and carving the trunk and dead branches shape trees. Some of the most popular styles of bonsai include formal upright, informal upright slanting, windswept, li-

terati and group plantings. Bonsai are also classified according to size, ranging from about 4 feet all the way down to microscopic or "poppy seed" size. In general, bonsai must be kept outdoors and should be brought indoors only for display. There are a few species that can be successfully grown indoors. Keep in mind also that not all species grow in all climates; some trees need a mild frost to thrive while others cannot tolerate temperatures below 50°F.

Last month, club members and guests spent a delightful evening with Anita Nelson, owner of Nelson's Water Garden, as she lectured on the basics of water gardening. Anita and her husband have years of experience in the water gardening community and she was eager to share her knowledge with a rapt and attentive audience. Contrary to popular belief, water habitats will actually control the mosquito population and not breed more mosquitoes. A water habitat will attract beneficial insects which will consume the mosquito larvae before they have a chance to develop.

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. For more information about the Garden Oaks Garden Club you may call me at 713-686-6012. We meet the second Thursday of every month at 7:00 P.M. Most meetings feature a guest speaker followed by a brief business meeting. In addition, the Garden Club is responsible for the maintenance of Friendship Garden and we conduct two workdays (spring and fall) when we add new plantings, replace the mulch and tidy up the beds. If you would like to learn more about bonsai, we invite you to visit with us at 7:00 P.M. on Thursday, June 10 when we meet at 1802 Stacy Falls (off TC Jester).

Citizens on Patrol

CARL WATERS, JR.

It is summer once again and time to watch for neighborhood children at play, while driving through the neighborhood. There was report on the neighborhood List Server in late April that someone had stolen a bench from the porch of a home in the 900 block on W. 41st St. These particular thieves arrived in a pickup truck and had removed the license plates. This seems to be an annual trend for the neighborhood in terms of lawn furniture and potted plants.

As reported last month, local animal shelters are spreading the word that female gang activity is affecting the pet population. One of the gang's initiation rites is to take pets from one location and drop them off at another without their collars or tags, making it extremely difficult for the stolen pet to be returned to their proper owners. I am currently checking with HPD to see if their gang unit can confirm this report.

Remember that August will be here before you know it. This year's National Night Out will be on Tuesday, August 3.

March Crime Statistics (3) **Burglary (1)**

700 block of Sue Barnett on Monday, March 22, at 4:00 p.m. (garage)

Burglary of a Motor Vehicle (1)
3200 block of N. Shepherd on Saturday, March 6, at 12:30 p.m. (church parking lot)

Driving While Intoxicated (1)
3200 block of N. Shepherd on Sunday, February 1, at 11:00 p.m. (street)

For more information about joining the GOCOP program, I can be reached at GOCOP77018@aol.com, 713-864-1992, or through www.GardenOaks.org.

Reference Numbers

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

2004 Home & Garden Tour – A Resounding Success

SHEILA BRIONES

2004 Home & Garden Tour Chairman

The 2004 Garden Oaks Home & Garden Tour “Yesterday, Today & Tomorrow” was a great success thanks to the cooperation of Mother Nature and the hard work of countless volunteers.

Hundreds of attendees were visitors from other parts of Houston and the surrounding areas. House and garden captains reported more than 800 visitors toured the five homes and four gardens on Sunday, April 18.

As of this writing, an exact profit figure had not been determined, but the Tour Committee estimates that the Tour grossed \$40,000 and will net around \$25,000 (an increase of \$7,000 over the 2002 Tour).

This huge increase was the direct result of the hard work of the Silent/Live Auction Committee headed up by Tina Sabuco and committee members Becky McCullough, Brian and Sidonia Johnson, Joe Muscara, Lori Kennedy, Alan York, Gail Bell, Susan Gavin, Deanna Zugheri, and Kandice Mulry. The Auction single-handedly brought in \$14,000 from “online bidding” and “live” bidding that took place at the April 17th Preview Party held at the historic Mraz Hall.

Here’s a list of some of the bigger auction items and what they went for:

The Royal Regis/New York Package \$1900, week at Cape Royale Lake Livingston Lake House \$700, “Quit Yer Wine-n” Starter Wine Celler \$450, “Around the World in 80 Beers” Basket \$180, “It’s HOT HOT HOT!” A Salute to Salsa & Hot Sauces Basket \$110.

Countless other individuals are due a great deal of gratitude. They include:

Home & Garden Owners

Don & Robin Daly, Bob & Debbie Driver, Marilyn Davenport, Richard & Donia Kolodziejczyk, Warren & Janice

Walden, Tina Parks, Scott Mesteller & Micheal Reeves, Pat Streeter and Jeff Amerson, principal at Garden Oaks Elementary.

2004 Home & Garden Tour Executive Committee

Sandy Altman, Dian Austin, Ann Best, Ed & Brenda de Alba, Terry Jeanes, Susan Kostelecky, Craig Lee, Debbie Padon, Trish Ricklefsen, Tina Sabuco, Becky McCullough, Susan Saranie, Holly Veech, Kelly Gould, Todd & Nelda Prince, Marie Grochoske, Jan Forster, and Shannon King.

House & Garden Captains

Brenda de Alba, Terry Jeanes, Susan Saranie, Mark Saranie, Joan Baron, Clare Bell, Mike Caldwell, Robert DeVeau and Lynn Sievers.

Florists

Susan Simpson/Designer/The Events Company, Flowertime, Jana’s Flowers, Darlene’s Flowers & Gifts, and Mark Anthony Florist.

Photography

Pat Buron

Graphic Design

Catherine Ellett

Webmaster

Joe Muscara

Framing

The Frame Shop

Concessions & Ice

Coca Cola and Texas Drain Technologies, Inc.

Volunteer Party Underwriter

Garden Oaks Maintenance Organization (GOMO)

Volunteer Party Hosts

Rich & Rebecca Stark

“Yesterday, Today & Tomorrow”

Photo

www.toptropicals.com

“Yesterday, Today & Tomorrow” Theme

Peggy Kramer

Special thanks goes out to the Garden Club, the Beautification Committee, Section 1A residents, and Shelley Rogers who helped spruce up all the green spaces around the neighborhood.

Finally, we cannot forget the following underwriters for their monetary and in-kind support:

Corporate Sponsors

Houston Structural, Inc., Metropolitan Transit Authority (METRO), Shannon & Associates, Inc., termite terrace studios, and Trish Ricklefsen, Keller Williams Realty – Houston Metropolitan.

Platinum Sponsors

Harry James Building & Design, Karen Derr Realty, SK Designs, Campos Roofing, Coldwell Banker Swilley-Hudson, Tony’s Mexican Restaurant & Cantina, Pat Walker & Debbie Kotzur, Keller Williams – The Garden Group, Curves for Women, Terry Jeanes, RE-MAX/Metro, AMS Remodeling, AJ’s Landscaping & Design, Inc., Greenwood King Properties – Deanna Zugheri & Eileen Hartman, and House Painting by Hand Interior/Exterior.

Gold Sponsors

LivenUp Interiors!, Bos Lighting & Design, Texas Drain Technologies, Inc., Stone Mason of Spring, First Houston Mortgage – Will Zugheri, All Star Construction, Inc., CenterPoint Energy Houston, Clouse Wood Floors, The NET Church, and OD’s Printing.

(All other supporters and contributors are listed on page 10).

Kitchens ★ Bathrooms
Additions ★ Roofing

STAN-CO

Home Improvements

- ★ Remodels
- ★ Renovations
- ★ New Construction

713-462-5392
Est. 1993

Painting ★ Flooring
Custom Cabinetry ★ Tile

 **Carlson Reporting**

1130 Niels Esperson Building
808 Travis Street
Houston, Texas 77002
Tel: 713.226.8500
Fax: 713.226.8501
WWW.CARLSONREPORTING.COM

Court Reporting
Legal Videography
Records Retrieval

Servicing:
AUSTIN, BEAUMONT,
CORPUS CHRISTI,
DALLAS, FORT WORTH,
GALVESTON, HOUSTON
AND SAN ANTONIO.

termite terrace studios
www.t2studios.com



web design
consulting &
development

Joe Muscara
joe@t2studios.com 713 691 6833

Critter Corner

CASEY AND MAU MAU FARRIS

Hi Neighbors! It is hot and humid, perfect conditions for the garden snail. Our backyard report discusses how to keep this French delicacy under control and Mau Mau discusses how to keep those dreaded hairballs under control. Since our pets are living longer we need to be on the lookout for Canine Cognitive Dysfunction which is a side affect of aging that is easily treated. My stepdog, Sydney, was showing signs of CDS and my vet prescribed Ginkgo Biloba and he is so much more alert and responsive and is actually hearing better. Please don't write your dog off as "old" when all he may need is a little vitamin to perk up his brain. Our Pet of the Month is a senior petizen that is still at the top of his game.

Pet of the Month

"Mr. June" is Woody Bell from Section V. Woody is a brown short-haired standard Dachshund and will be ten years old on June 22. He lives with The Mother (cat) and his human family, Clare, Craig, and Colby. Woody has lots of human and animal friends on his block. Woody starts his day with a morning walk with Mommy Clare then he has breakfast which leads to lots of napping on the back of the couch. In the evenings he enjoys a little family playtime then has another walk. Woody is an impressive squirrel chaser. In his ten years of being a "squirrel aholic" he has never caught a squirrel but the chase is the part he likes anyway. Woody has a great disposition and personality and is an important member of the Bell family. Happy Birthday Woody and many more!

Pet News

Pokey Merhcam (Australian Shepherd mix) passed away on April 19 at the age of 15. A small service was held in the backyard for the immediate family. All the folks on Gardenia will miss seeing Pokey on her afternoon stroll. Elliott Sabuco-Arnold (gray cat) is being treated

for a urinary tract infection. Sydney Farris (Border Collie mix) just got back from a vacation in the Big Bend. He especially liked the dry climate and the campfire cooking. Bailey Taranto (yellow Lab) recently had an upset tummy due to allergies. Scout Peters (Rhodesian Ridgeback) is home from a week at training camp.

Critters 101: (CDS) Cognitive Dysfunction Syndrome

Some of the signs once thought of as simply "old age" may actually be signs of a medical condition known as canine Cognitive Dysfunction Syndrome (CDS). CDS is caused by physical and chemical changes that affect the brain function in older dogs. You will probably be the first to notice signs of CDS, since you are the one closest to your dog. If you notice changes in your older dog's habits or behavior, be sure to talk with your veterinarian. There are herbs and medicines available to brighten your dog's golden years. Above all, resist the urge to tell yourself that your dog is "just getting old." Typical signs of CDS are:

Disorientation

Your dog wanders aimlessly; appears lost or confused in house or yard; gets stuck in corners or under/behind furniture; stares into space or at walls; has difficulty finding the door or stands at the hinge side of the door; does not recognize familiar people; does not respond to verbal cues or their name; or may appear to forget the reason for going outdoors.

Interaction with family members

Your dog seeks attention less often; less likely to stand for petting; walks away while being petted; less enthusiasm upon greeting; no longer greets family members.

Activity and sleep

Your dog sleeps more during the day;

sleeps less during the night; decrease in purposeful activity; increase in wandering or pacing; barks at night for no reason.

Housetraining

If the dog urinates indoors; has accidents indoors soon after being outside; does not ask to go outside.

Dear Mau Mau

*How often do cats have hairballs?
C. Simon.*

Every cat is so unique it's hard to say, but most of us spend 30% of our time grooming so we can't help but get hair in our stomach where it can clump up. One of the best things you can do to prevent hairballs is to brush your cat every day. To remedy hairballs, put a little hairball lubricant (on sale at pet stores) on your cat's paw. When he licks it up, the lubricant will help the hairball pass right through his digestive track. Or try giving your cat a quarter teaspoon of butter or canned sweet potatoes every couple of days for the same effect.

Mau Mau

Backyard Report

Snails can be found in gardens, in ponds and even in the sea. They belong to a group of animals called mollusks which are related to oysters, clams, and other shellfish. When the snail is disturbed, it simply withdraws or pulls itself back into its shell. The snail also retreats into its shell and seals the entrance in dry weather to protect its body from drying up. A snail is most active at night and on cloudy days. It does not like the sunshine very much. During very cold weather or winter, it hibernates in the ground. Snails can live up to 10 years and reproduce rapidly! The snail is both male and female. Therefore, it can produce sperm and eggs at the same time. However, to fertilize the eggs, the snails meet to exchange sperms with each other. The brown garden snail lays about 80 spherical shaped white or yellowish colored eggs at a time into the topsoil of the ground. It can lay eggs up to six

times a year. Snails take about two years to become adults.

These snails are among the most bothersome pests in many gardens. Hand-picking can be very effective if done thoroughly on a regular basis. At first it should be done daily. After the population has noticeably declined, a weekly handpicking may be sufficient. To draw out snails, water the infested area in the late afternoon. After dark, search them out using a flashlight and pick them up and place in a plastic bag and dispose in the trash, or they can be put in a bucket with soapy water and then disposed of in your compost pile, or captured snails can be crushed and left in the garden. Snail baits can be effective and a recently registered bait made of iron phosphate (available under trade names Sluggo and Escar-Go) has the advantage of being safe for use around domestic animals, children, birds, fish, and other wildlife. Ingestion of the iron phosphate bait, even in small amounts, will cause snails and slugs to cease feeding, although it may take several days for the snails to die. Iron phosphate bait can be scattered on lawns or on the soil around any vegetables, ornamentals, or fruit trees. Sprinkle baits in areas that snails and slugs regularly frequent such as areas around sprinkler heads. Placing baits repeatedly in the same areas maximizes control because mollusks tend to return to food source sites. Irrigate before applying the bait to promote snail activity and apply the bait in the late afternoon or evening. Application on a warm, humid evening is ideal so you should have plenty of opportunity!

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.

Cavallini's Creations

We are open only on Saturdays from 10 am until 5 pm
We offer an extensive selection of artificial flower arrangements.
From Water Gardens, Contemporary, Traditional, Tropical, Geometric Balls and Feathers. Even Customize Floral Arrangements to your desire and needs.



910 W. 35th Street
Houston, Texas 77018
Phone: 713-680-8313

Opening Hours Saturdays Only: 10:00 a.m. - 5:00 p.m.
Come and visualize the possibilities for your home decor

CREATIVE Imagine Exotic

Elegance ESCAPE Vivid Unique




Backyard Bouncers

MOONWALK, Table & Chair Rentals

LESLIE NOVAK 713-459-2153

**For all of Your
Printing & Bookbinding
Needs**



O.D.'s Printing

Neighbor helping neighbor

Oscar D. Ochoa
Owner

8924 Emmott Road
713-896-0052

**Garden Oaks
REALTY**

Residential and Commercial Real Estate
SPECIALIZING IN INNER LOOP
Personalized Service
Broker Owned and Operated
SHARON LAUDER, BROKER
Garden Oaks Resident for 22 years!
373 1/2 W. 19th St.
(713) 862-3747

Bone Voyage
Pet Sitting Services



1047 Gardenia Drive
Garden Oaks, USA
713-688-6363

Casey Farris
Owner/Pet Lover
www.goDOGusa.com



Terry Jeanes
your Garden Oaks neighbor
and area specialist
RE/MAX-METRO
713-528-1800
713-680-8550


SHANNON & ASSOCIATES, INC.

Shannon L. Nelson, ASID
Registered Interior Designer #2026

studio 713-802-9301
fax 713-802-0071
wireless 713-304-2551

Residential & Commercial Interior Design
Redovation • Construction

208 W. 34TH STREET HOUSTON, TEXAS 77018




Diana Tarley-James
713-869-0456 Office
713-539-0569 Mobile
www.DianaTarley.com

Rev Up Your Metabolism

CATHERINE KRUPPA,
MS, RD, LD

Everyone knows someone who seems like they are eating all the time, but are as thin as a rail. We all envy that person and their seemingly high metabolism. Maybe you have tried to lose weight for years and have finally given up due to your sluggish metabolism. What does metabolism *really* mean and how can you find out if your metabolic rate is that of the tortoise or the hare?

Your resting metabolic rate (RMR) is the number of calories your body needs to keep your brain, heart, and cell functions going. Your RMR can account for 60-75% of your daily energy expenditure. RMR varies up to 20-30% among people of the same age, sex, and body weight, and it may be linked to genetic influences. Approximately 70-80% of this variance is caused by differences in body composition, with the greatest RMR found in those with the largest fat free mass.

Can you boost your RMR? Yes and no. There is nothing that you can do to change your age and gender (women have less muscle than men, even at the same weight, women burn about 10 percent fewer calories per day). However, preserving your muscle mass as you age can maintain and possibly boost your RMR. There is also the thermic effect of food. Digesting and processing the food you eat accounts for roughly 5% of your total caloric burn (about 50-200 calories per day). Therefore, you will burn calories each time you eat. This promotes the theory that you should eat 5-6 small mini-meals per day instead of 1-2 large meals. Finally, your physical activity accounts for about 35% of your total calorie burn. This includes every body movement you make: walking to the mailbox, typing on a keyboard, etc. Moderate aerobic exercise (jogging, walking, cycling for 30 min) causes the RMR to stay elevated for only 20-30 minutes afterwards, burning 10-12 extra calories.

Weight training can add muscle and RMR increases 7-10 calories/day for each pound added. However, most people only add 4-5 pounds of fat-free mass, increasing RMR by 28-50 calories per day.

A Few Other Metabolism Boosters

Green tea. Research shows that drinking 2-4 cups of green tea a day can significantly boost your metabolism.

Spicy foods. You can increase the amount of calories your body burns through digestion by adding hot peppers from the "capsaicin" family (jalapeno and Serrano peppers) to your meals.

Dairy products. There is a connection between calcium and fat burning. The theory: diets that include adequate calcium (1000-1300 mg per day) result in more weight loss than diets that include less calcium. Calcium plays a key role in regulating fat-cell metabolism and fat storage.

Eating more. Chronic calorie restriction trains your body to survive on fewer calories. As you eat fewer calories, your body adapts by slowing your metabolism, at which point you will never lose those last 5 pounds. Eat about 250-400 additional calories per day. This can help rev your engine and allow weight loss to take place.

Increasing exercise intensity.

Lifting weights.

Determine your RMR

The MedGem Indirect Calorimeter by HealtheTech, can calculate a person's resting metabolic rate. MedGem users can adjust their nutrition and exercise habits to meet their weight management goals. Knowing your unique metabolism allows you to establish a caloric budget that will work for you. Weight management success is a simple matter of bal-

ancing the calories you eat with the calories that you burn. No matter what you eat, it is impossible to lose weight unless you eat fewer calories than you burn. It sounds easy, but it is hard to do unless you know how many calories your body is burning. For years, metabolism has been estimated using equations. But these equations can be as many as 500 calories off. Eating just 200 more calories than you burn each day will result in a weight gain of 20 pounds in a year's time.

Resting metabolic rate testing will be offered at The Houstonian from 5-7 pm on Monday, June 21 and 8-11:30 am on Saturday, June 26. Individual testing times are also available. For more information about having your resting metabolic rate evaluated contact Catherine Kruppa, MS, RD, LD 713-316-2707 or ckruppa@houstonian.com.

Dial-up vs. High Speed Internet

JONATHAN LANZ

Many people are switching from dial-up internet services to high speed direct access services such as DSL and cable. Predictions show that by 2005, only 8% of internet users will be using dial-up services. The following is a brief explanation of the various types of service.

Direct Dial-Up

Most Gazette readers are probably using a dial-up service since DSL is not available in Garden Oaks. The fastest speed available for a dial-up connection is 56kbps. If your modem is less than 56k, then you're probably waiting a very long time for most web pages to load. If you switch from dial-up, your phone line will be accessible while you're on the internet; web pages will load faster, and your internet connection will be faster; and you can connect to the internet as soon as your computer boots up, rather

than having to wait for your dial-up service to connect.

DSL (Digital Subscriber Line)

DSL offers a direct connection to the internet and is not a dial-up system. It works through your phone line, but uses a different frequency than your phone. Therefore, your line isn't tied up when you're on the internet. Unfortunately, SBC-Yahoo has not made DSL available in our neighborhood.

Cable Modem

This type of service connects you to the internet by linking your computer to the cable fiber-optic/coaxial network of your cable TV provider. This type of internet connection is a strong competitor of DSL services, offering comparable speeds and direct connection. If cable TV is not available in your area, cable modem service is not available, either. Earthlink uses Time-Warner cable to get the signal to your house. Both Time-Warner and Earthlink will provide you with alternate dial-up numbers in case you are away from home or if the cable signal goes down.

DSL vs. Cable

Cable connections may slow down during peak periods when there are many people in your area using the internet, or as the number of cable users in your area increases. There are times, however, when DSL may slow down, too. Also, keep in mind that if you're using a cable modem, your internet connection will go out whenever your cable TV does. However, DSL may also experience some down time. You don't have to subscribe to cable TV to get cable modem service; however, if you want to have both you might want to find out whether your local cable service offers a package deal.

For information on how to select an Internet Service Provider (ISP) please visit our website at www.computer-wiz.net and click on our Newsletter Archives and look for our February 2004 newsletter. Or call us at 713-884-8982 and we'll give you a quick review on some of the local ISPs.

NEW HORIZON



Jackie Hanson
5732 Stuebner Airline
713-699-IMOW

LANDSCAPING

GREENWOOD KING PROPERTIES



If you are thinking of buying or selling a home, call your neighbor - I know Garden Oaks!

1801 HEIGHTS BLVD.
832.476.4123
deanna@greenwoodking.com

DEANNA ZUGHERI
www.GardenOaksHomes.com

 HOUSTON RESIDENTIAL SERVICES

PAINTING * SIDING
DOORS * WINDOWS
DECKS * FENCES

713-705-7644

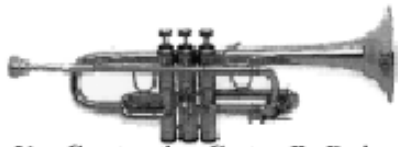


MALDONADO LANDSCAPING
Lawn Service & Tree Trimming
"Also Picket Fence Installation"
Fully Insured

Servello Maldonado
(713) 640-1465 P.O. Box 230459
Pager (713) 813-6666 Houston, TX 77223-0459

Thank You to the following 2004 Garden Oaks Home & Garden Tour Sponsors/Supporters

AJ's Landscaping & Design, Inc.	Greenwood King Properties	Radio Music Theatre
All Star Construction, Inc.	Harry James Building & Design	Ralph & Charlotte Hayes
Ali S Designs (Ali Survant)	Hector Guerra	Rebecca McGrew
Alan Peters	Hirsch Gift (Robert DeVeau)	Rebecca & Rich Stark
Alternative Health & Wellness Center (Dr. Jacqueline Doval, D.C.)	Holly Veech	Red Wing Shoes (Ryan Waters)
AMS Remodeling	House Painting by Hand	Red's Coastal Charters (Capt. John "Red" Childers)
Ann Mac (Shirley McPherson)	Houston Museum of Natural Science (Brad Meyer)	Richard & Donia Kolodziejczyk
ARTS ALIVE! (Tina Sabuco)	Houston Structural, Inc. Hubbard Financial Services Inc. (Kathy Hubbard)	Robert DeVeau
Audrey Vallance	rma's Restaurant (Irma Galvan)	Robinson Chiropractic Family Clinic (Dr. Neal Robinson)
Aunt Mike's in the Heights	J. Harding & Co.	Roger Howard Appraisals & Estate Sales (Roger Howard)
Barbara Balance	Jack & Margaret Welker	Roznovsky's Restaurant
Bells MyOwn Cleaners	Jan Forster	RJ's Boots (Rocky Carroll)
Bergamos Spa & Retreat River Oaks	Jana's Flowers	Sandy Ericksen
B J Collum	Janet Cones	Sam Houston Race Park (Sally Scordato)
Blake Woods (Close To My Heart)	Jason's Deli	Scott Mesteller & Micheal Reeves
Bob & Debbie Driver	Jeff Amerson	Sensia Spa
Bob Derr	Jennifer Langdon & Joe Crownover	Shannon & Associates, Inc.
Bone Voyage (Casey Farris)	Jiffy Lube - Ella Location (Joe Gonzales)	Shannon King
Bos Lighting Design	Jill Satterwhite	Sheila Briones
Brenda & Ed deAlba	John & Cindy Bartos	Shelley Rogers
Campos Roofing	John Everett	Sherwin Williams (Hector Zamarripa)
Carrie Anna Baker (Creative Memories)	Kaplan's Ben Hur (Martin Kaplan)	Sidonia & Brian Johnson
Casa Ramirez (Macario Ramirez)	Karen Derr & Associates Realty	SK Designs (Susan Kostelecky)
Catherine & Brett Ellett	Kat's Chow (Kat Mims)	St. Arnold's Brewing Company (Mary Evans)
Central Market	Kathy Fields	Stone Mason of Spring
CenterPoint Energy Houston	Kelly Gorski	Sue Shefman
Christy Chumley	Kelly Gould	Susan & Keith Kostelecky
Clare Bell	Little Tracks Baby Journal (Sandra O' Guynn)	Susan Simpson
Clouse Hardwood Floors	Live with Regis and Kelly	Tafi Cole Designs (Tafi Cole)
Coldwell Banker Swilley-Hudson	Liven Up Interiors! (Holly Veech)	Tejano Salsa (Henry Riojas)
Collina's Italian Restaurant	Lowe's Home Improvement Warehouse	termite terrace studios
ComedySportz (Dianah Dulany)	Lucia's Garden (Lucia Bettler)	Terry Jeanes, Realtor, RE/MAX Metro
Curves for Women	Lynn Sievers	Texas Drain Technologies
Dale Schwartz	Mark Anthony Florist	The Texas Crude Band
Darlene's Flowers & Gifts	Mark & Susan Saranie	The Frame Shop
Data Voice Technology	Martha Kennedy	The Event Company
Deanna & Will Zugheri	Marilyn Davenport	The Laff Stop (Pete Prelli)
Denay Hudson (Creative Memories)	Merle Norman & Diane's Unique Gifts (Diane Morish)	The NET Church
Donald & Robin Daly	Metropolitan Transit Authority (METRO)	The Tamale Mamas of Garden Oaks
Dr. Lisa A. Acocella	Mike & Becky McCullough	Tina Parks
Dwayne Bohac	Miller's Café (Debbie Welb)	Tina Sabuco & Shellye Arnold
El Tiempo Cantina (Blanca Laurenzo)	Mother's Old Fence Post (Kiki Neuman)	Tony's Mexican Restaurant
Erica Hall (Pampered Chef)	Motif (Holly Veech & Kelly Gould)	2BusyToCook
Errand Eliminator (Donna Muniz)	M.T. Herring	Tovas Hair Studio and Day Spa (Victoria Daugherty)
Essential Touch (Alan Davidson)	Murphy the Wonder Dog	Trish Ricklefsen, Keller Williams Realty - Houston Metropolitan
Events (Lori Duke)	National Pet Center (Tom Shipman)	Venus Hair (Susan Venus)
First Houston Mortgage	Nelda Prince	Warren & Janice Walden
Flowertime	NiaMoves Houston	Wedding Dance Houston (Andrea Cody)
Frosch International Travel (M.T. Herring)	Oak Forest Mobil (Chris Kontos)	Well Being Center for Animal Healing (Dr. Marcia DuBois)
Fruta Fresca (Sue Garcia)	OD's Printing (Oscar Ochoa)	Wende Clemence
Gabriel Tran Photography (Gabriel Tran)	Olive Anne/Pink Pokka Dot (Amanda Longoria)	White House Antiques (Gene Leppard)
Gail & David Bell	Pat Buron	Witt & Lundy
Garden Oaks Elementary	Pat Streeter	Yale Street Coffee House
Garden Oaks Garden Club	Pat Walker & Debbie Kotzur, Keller Williams Realty - The Garden Group	Yvonne Hood
Garden Oaks Maintenance Organization (GOMO)	Pecos Grill	
Geneva's Hallmark (Shelly Harrison)	Preservations Art Installation (Charles Hogan)	
Genie Anderson		
Grace Hart and Company (Grace Hart)		



**New Construction*Custom Re-Design
Renovations*Lots/Build-to-Suit**

See Our Work At:

729 W. 39th St 1043 Gardenia
705 W. 39th St 701 Garden Oaks Blvd
718 W. 41st St 713 Garden Oaks Blvd
721 W. 41st St 1026 Althea
818 W. 41st St 1030 Althea
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
823 W. 43rd St 1506 Sue Barnett
975 Gardenia 1575 Sue Barnett

HARRY JAMES BUILDING & DESIGN
(713) 695-7007

www.harryjamesbuilder.com

Volunteers Help Build A Stronger Community.

Make a difference in
someone's life...become a
volunteer at Memorial Hermann
Northwest Hospital.

Please call 713-867-2095.

FOR YOUR WHOLE LIFE.

**Memorial Hermann
Northwest Hospital**

1635 North Loop West • 713.867.2000

713.222.CARE

www.memorialhermann.org

FREE TECH SUPPORT

**GARDEN OAKS' VERY OWN
WWW.COMPUTER-WIZ.NET**

Garden Oaks Prof. Bldg.
4001 N. Shepherd Dr.

Monday to Friday
9 a.m. to 6 p.m.
Or by appointment

Computer
WIZ

PC Repairs
Data Restore
Virus Removal
Pop-up Blocker
Websites, Databases
Office & Home networks
And Much More!

713.884.8982

Since 1913
Houston's Finest
Specialty Department Store
"in the Heights"

Kaplan's • Ben Hur

Visit our website!
www.kaplansbenhur.com

Mon - Sat 2125 Yale
10:00 - 6:00 713-861-2121

**KELLER WILLIAMS
REALTY**

281.733.1003



Trish Ricklefsen

Realtor

The sign of the times....



**House Painting
By Hand**

Interior-Exterior
713-263-0004
832-573-8540

Kitchen & Bathroom Remodeling,
Carpentry, Sheetrock Repair &
Match Texture, Door Replacement



Custom Cabinets



All major credit cards accepted



Landscaping & Design, Inc.

832-731-4642

Greener View

Bev Raney, Garden Oaks Resident

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

June 2004

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Civic Club Meeting 7:00 p.m. G.O. Elem.	2	3	4	5
6	7	8	9	10 Garden Club Meeting 1802 Stacy Falls 7:00 p.m.	11	12
13	14 Flag Day	15 Gazette Article Submission Deadline	16	17	18	19
20	21 First Day of Summer	22	23	24	25	26
27 Father's Day	28	29	30	Upcoming events: July 4 th Bike Parade – 07/03 National Night Out – 08/03 Be sure and email dates of events to the editor at Gazette@GardenOaks.org .		

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