



The Garden Oaks
Gazette

Garden Oaks Historical Ad-hoc Committee

Parks educate people in an art equally as grand as the art of painting or sculpture. They influence people to adorn their home ground, to plant trees and shrubs and to study nature, the mother of all true art. -- Sidney J. Hare, 1897

Randy Pace, Preservation Officer, City of Houston, was the guest speaker at the October Civic Club meeting. His presentation brought enthusiasm and education about the rich history of Garden Oaks to a room full of homeowners. Randy's discovery that the famous landscape design firm of Hare & Hare designed the Garden Oaks landscape for developer E.L. Crain nourished a sense of pride and appreciation for our beautiful community. The landscape architectural firm of Hare & Hare was a nationally recognized landscape design company based in Chicago, IL and was important in shaping Houston's public image. Hare and Hare worked with Houston's Parks Department and City Planning Department resulting in most of the city's parks including Memorial Park and Hermann Park. The firm also designed and assisted with plat formations in River Oaks, campuses for the University of Houston (1937-1950); University of Texas at Austin (1932-1939); Woodland Park, Cherryhurst and many other well-known Houston locations. Read more about Hare & Hare at <http://www.umkc.edu/whmckc/Hare/Hare%20history.htm> in an article enti-

tled "History of the Landscape Architecture Firm of Hare and Hare by Cydney Millstein, ©University of Missouri or the Houston Metropolitan Research Center, Hare & Hare Collection at: <http://www.lib.utexas.edu/taro/houpub/00004/hpub-00004.html>.

The Civic Club voted in support of the formation of an unfunded ad hoc committee to determine feasibility of historical designation. Please join us for our regularly scheduled meetings to be held on the 1st Thursday of the month. Depending solely on your financial support, the Garden Oaks Historical Committee (GOHC) is accepting donations to support education and feasibility efforts. We NEED your support – both financially and through your involvement. Every donation will be accepted. Please send your clearly marked donation to: GOHC, Garden Oaks Civic Club, P. O. Box 10273, Houston, TX 77206 Attn: Loyd Stegent, CPA. (Indicate your Section # on your check.) Donations of printing, advertising, promotion, postage, etc. are all welcome too. Be creative!

Attention Educators: This would make an excellent educational project for our Garden Oaks young people. Anyone interested in forming an educational group of young people to participate, please contact me. The pride they develop from learning about their neighborhood will last a lifetime. *Continued on page 7*

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CIVIC CLUB MEETING
Tuesday, November 2nd

The next Civic Club meeting will be on November 2nd at 7:00p.m. in the Garden Oaks Elementary School cafeteria. Babysitting services are available at the meeting at a cost of \$1.00 per child. Hope to see you there!

Civic Club Officers

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President@GardenOaks.org

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VicePresident@GardenOaks.org

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From the Editor's Desk

As we approach the holiday season, I can't help but think about the many beautiful Christmas decorations that our neighbors embellish on their home and yards. During the past 5 years that I've been in this neighborhood, I have seen the pride home-owners take in decorating their homes to show the excitement of the Holidays.

Thanksgiving is just a few weeks away and I'll see many cars on everyone's driveways, surely kids back from college for the Thanksgiving holiday. Parents, children, and grandkids reunited to celebrate one of the most treasured holidays in American tradition. Although I did not grow up celebrating Thanksgiving, it quickly became one of my treasured holidays when I moved to the States, specially since my parents retired and moved back to the States. My small family comes together and we are thankful to God for his many blessings on our family and the continued prosperity he brings into our lives. Blessings like living in a neighborhood as beautiful as Garden Oaks, not to mention having wonderful neighbors.

This year I'm particularly thankful to God and to each of you who has called on my company, Computer-Wiz, for computer services. This is my second year in business and I can honestly say that I could not have done it without the business that Garden Oaks residents have brought to us.

Jonathan Lanz

Thank You

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

Heard Under the Oak Tree

TERRY JEANES

WELCOME WAGON.....

Welcome to the following neighbors who recently joined our community and we hope to see you at a civic club meeting soon..

**830 West 43rd 915 West 41st
806 West 30th 4307 Alba
701 Garden Oaks Blvd.**

Happy Birthday to you...

11/8 Holly Veech
11/11 BeckyJeanes
11/25 Lucy McLean
11/12 Caroline Padon
11/4 Katie Swick
11/2 Stacy Collins

Belated birthday wishes to...

10/1 Dian Austin
10/3 Sue Schmidt
10/6 Tania Chaix
10/15/ Rita Donaldson

Happy 3^d Anniversary.....

Mark & Katie Swick 11/10.

HAPPENINGS & SIGHTINGS

Did anyone notice our own Brenda de Alba in photo feature on Another Place in Thymes nursery's website?

Tina Parks surprised neighbor **Rita Donaldson** with a surprise birthday party by her fellow Tamale Mamas- **Brenda deAlba, Rebecca Stark, Shelley Rogers, Sheila Briones, Terry Jeanes, and Stacy Wood.** Also joining the celebration were some "taco papas" **Ed de Alba, Rich Stark, Alan Peters, and Pat Buron .**

FUN TIDBITS.... Congrats to Jaime Zamora—who caught the 300th home run ball hit by St Louis cardinal Scott Roen during the 6th inning regular season play of the Astros game with St. Louis—Clemens was pitching.

WELL WISHES....

IV Mabry, we are glad to hear he is doing well after your jaw surgery following appendicitis.

To highlight or recognize a special event or accomplishment, contact Terry Jeanes, terry@terryjeanes.com or 713-812-9154.

Only With Your Help

TREY WOOD
Civic Club President

Annual Budget

November is here and brings with it...voting on a new budget. That's right, it is that time of the year that the Civic Club votes on the upcoming year's budget. Much of this year's budget remains consistent with years past, with the exception of the Beautification Committee's budget. You probably noticed from the budget as printed in last month's *Gazette* that it is significantly higher. But that is only because the Beautification Committee has planned some truly wonderful things for our neighborhood in the upcoming year. If you are interested in finding out some of these ideas, please make sure and attend our next meeting.

Officers Nominations

In addition, nominations will be accepted for next year's officers and board of directors. The Nomination Committee has proposed a slate of officers as set out below. Personally, I think each of these individuals will do an excellent job in maintaining and promoting even more glorious events for Garden Oaks in the year to come. However, if you would like to nominate someone else for any of these offices, please make sure and attend the Civic Club meeting to let your voice be heard. The final list of nominations will be printed in next month's *Gazette*, and the election will be held at our December year-end meeting.

Assisting GO Elementary

Finally, at our next meeting, and at meetings in the future, I will be recognizing our Garden Oaks Elementary School Liason, who will provide the Civic Club with updates on events at our local school, and propose ideas on how our neighborhood can help make

GO Elementary a school we can all be proud of.

Remember, we can accomplish anything we set our collective minds to, but only with your help.

Officers and Board of Directors Nominations*

President – Chris Lindsay
Vice President – Sheila Briones
Treasurer – Mike Dishberger
Secretary – Meagan Falch

***Each officer is also nominated as a director.**

Houston Outreach Task

A non-profit organization has relocated from the Garden Oaks Professional Building to

**922 Fisher St.
Houston, Texas 77018**

**713.812.1741
Hot@houstonoutreach.org**

As a 501(c)3 tax-exempt organization, all your donations are tax deductible, and we provide you with a donation receipt.

Volunteers are always welcome. Please contact Carole Caesar for more details.

Volunteer in your own community!

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Citizens on Patrol

CARL WATERS, JR.

Is it just me or has this year gone by faster than usual. Here it is November and we are headed back to the malls gathering presents and preparing for those special holiday moments. Here are a few reminders to help you have a safe holiday season.

When Shopping:

- Stay alert to your surroundings
- Avoid trips after dark when possible. Go with friends or other family members (remember there is safety in numbers). Park in well lit areas as close to the entrance as possible.
- Use checks, debit cards or credit cards to avoid carrying large amounts of cash when you shop. Ladies keep your purses close to your body and gentlemen put your wallets in your front pocket to make them harder to steal.
- Keep an eye on your purchases when you stop to eat.
- Avoid carrying large numbers of packages; use a package pickup service when you can.
- Have your keys out before you leaving the store. Place packages in the trunk of the car or in other hidden areas as you leave the mall or return to make more purchases.

AUGUST CRIME STATISTICS

Robbery (1)

700 block of W. 38th St. on Monday, August 2nd at 7:21 p.m. (residence).

Burglaries (5)

300 block of W. 34th St. on Saturday, August 14th at 7:00 a.m. (residence).
300 block of W 30th St. on Monday, August 16th at 5:00 p.m. (residence).
500 block of W. 31st St. on Sunday, August 15th at 5:45 p.m. (residence).
700 block of W. 42nd St. on Friday, August 20th at Noon (garage).
3400 block of N. Shepherd Dr. on Friday, August 13th at 7:00 p.m. (specialty store).

Burglary of a Motor Vehicle (2)

3100 block of N. Shepherd Dr. on Friday, August 6th at 3:00 a.m. (restaurant parking lot).
700 block of W. 39th St. on Wednesday, August 11th at 12:15 p.m. (driveway).

Auto Theft (2)

3000 block of N. Shepherd Dr. on Sunday, August 8th at 6:00 p.m. (service station).
2900 block of N. Shepherd Dr. on Sunday, August 15th at 6:30 p.m. (other parking lot).

- This gives the neighborhood a year to date total of 75 compared with 71 through August of 2003.

As always inquires about joining the Citizens on Patrol program can be sent to me via neighborhood website GardenOaks.org or to the COP email account at GOCOP77018@AOL.com. or by phone at 713-864-1992.

Reference Numbers
Emergency Services

911

HPD Non Emergency Services

713-884-2121

All other City Services

311

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GOMO BOARD OF DIRECTORS

Section 1

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 336 W. 33rd St. Houston, TX 77018
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 Bwoods@zieglercooper.com

First off, I want to thank all of the GOMO members who attended the Garden Oaks Maintenance Organization, Inc.'s Annual Members meeting in October. We had a pretty good turnout, even if we did quickly lose folks as the Presidential debate started.

As most of you know, we had our first Funds Disbursement vote during this meeting. From the list of projects submitted by members of GOMO and the Directors, we had each Member vote on the various items by rank.

Out of a total of 79 ballots received, either before or at the Annual Meeting, the voting came up as follows:

16 ballots voting to keep the funds in the GOMO account

6 ballots to give the entire fund amount to the Garden Oaks Civic Club for distribution

57 ballots voting 'No' to both of the above choices

Rankings of the remaining 57 ballots

- 1 - Suggestion #2: Assist with funding for the Garden Oaks Constable program
- 2 - Suggestion #5: Donate surplus funds to update/improve GO parks
- 3 - Suggestion #6: Donate funds to plant and care for various trees throughout the neighborhood
- 4 - Suggestion #7: Donate surplus

funds to upgrade GO signage and street signs

- 5 - Suggestion #8: Donate surplus funds to the GO spay/neuter program
- 6 - Suggestion #9: Give any leftover funds to the GO CC/other GO org.
- 7 - Suggestion #3: Donate surplus funds to the GO Elementary School
- 8 - Suggestion #4: Donate surplus funds to the GO Garden Club
- 9 - Suggestion #1: Establish a scholarship fund for (a) deserving GO student(s)

The first place Constable Program received more than twice the rankings as the second place suggestion. We will be funding these, based on our year-end financials as of October 31st, 2004. Any funds in excess of \$150,000.00 will be considered surplus, and will fund the above suggestions, in descending order, until the surplus funds are gone. I'll go into more detail in next month's Gazette, when I should have the final figures.

A reminder: GOMO will hold its Directors elections immediately after the November 2, 2004 GO Civic Club meeting. We still are looking for volunteers to stand for election in Sections 1, 2, 3, and 5. If you would like to run, please obtain a Nomination form (on the GO list server and the GO website), fill it in, and get it to one of the current Directors before the November 2nd, 2004 meeting.

As always, if you have any questions pertaining to GOMO, Director's duties, meetings, balloting, elections, or the Deed Restrictions, please feel free to contact your GOMO section Directors (listed elsewhere in this Gazette) or contact me directly at 281-773-3478.

Sam Stengler
 President, GOMO, Inc.



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Civic Club Meeting Minutes, October 5, 2004

President Trey Wood called the meeting to order at 7:08 p.m.

Minutes of the September meeting were corrected as follows:

Citizens on Patrol Report: The north division storefront police station is not training citizens-on-patrol at this time.

Minutes were approved as corrected.

Special Announcement: Betty Heacker, representing the Shepherd Oaks Civic Association Members and Neighbors, made an appeal to Garden Oaks residents to protest to the mayor and city council the proposed 500-foot tower that the City of Houston would erect at the Houston Emergency Center at 5320 N. Shepherd. The protesting citizens charge that it is less than 300 feet from single-family residences and an apartment complex, that no one knew about it before the first of October, and that the tower does not need to be that tall to accomplish its objectives. She supplied a copy of the formal protest that the Shepherd Oaks Civic Association members presented to the city.

Treasurer's Report. Mike Dishberger, treasurer, presented a YTD income statement and a balance sheet as of September 30, 2004. The total of balances in all accounts was \$61,577.85.

Secretary's Report on Heavy Trash. Diane King reported that she and Sheila Briones attended a one-day conference for neighborhood leaders September 11, 2004, sponsored by the City of Houston's Department of Planning and Development. The mayor addressed the conferees and announced a new no tolerance policy for illegal dumping, including illegal timing of placing items curbside for heavy trash. Diane and Sheila obtained signs for the neighborhood that announce the heavy trash pick-up days. Diane requested volunteers to be responsible for posting signs at the appropriate time for their section to announce upcoming heavy trash pickup days. Each month, Garden Oaks has three different heavy trash pick-up days. Diane has contacted Thomas Buchanan, Director of Solid Waste, by email, to request reducing the number of different days for heavy trash pickup in Garden Oaks.

Standing Committee Reports

- A. Beautification. Rick Grochoske announced three upcoming workdays and an invitation to participate:
- October 16, at 8:00 am, for carpentry work (to replace rotten wood) on the gazebo at the triangle formed by Sue Barnett, W. 41st and W. 42nd Streets. Homebuilder and Garden Oaks resident Harry Bridges is providing replacement wood and tools to do the work;
 - October 23, from 8:00 till noon, to clean up the esplanade on Garden Oaks Blvd.,
 - October 30, at 8:00 am, to restrain the gazebo.
- B. Citizens on Patrol. Carl Waters, Jr. Seventy-five criminal incidents in Garden Oaks have been reported to year-to-date to HPD. That compares to 71 by the same time in 2003. HPD reported a shooting in early August as a robbery.
- C. GardenOaks.org. No report.
- D. Gazette. No report.
- E. Membership. Chris Lindsay. There are 418 club members to date for 2004, ten more than last month. Four more new members joined at the beginning of the meeting. There will be no more expenditures for a monthly door prize for those who attend club meetings. Donations for door prizes will be welcome, however.
- F. Home Tour. No report. Trey made a call again for a possible chair of the 2006 Tour.

Continued on page 8

Garden Oaks Historical ad-hoc Committee

Our first order of business will be to hear from historical neighborhoods and learn from their experiences with designation. To stay abreast of discussions, events and meetings, visit:

<http://groups.yahoo.com/group/HistoricGO/join>.

Designation will be determined by Sections. Only sections showing the most support will be included. Please don't miss out. Stay tuned-in and involved. To get on our electronic mailing list or for more information, contact

Trish Ricklefsen
281.733.1003
tricklefsen@houston.rr.com.

This is neat stuff folks!

Heavy Trash Pick Up

*See Insert in this
issue for the correct
day of the month for
your street*

City Ordinance
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Civic Club Meeting Minutes, October 05, 2004

Ad Hoc Committee Reports

Railroad. No report.

Other Reports

- A. *Garden Club.* Ed DeAlba announced the next meeting's speaker would be addressing the ABCs of garden design. The meeting will be Thursday, October 14, 2004, at 507 W. 33rd.
- B. *GOMO* – Sam Stengler invited everyone to remain for the annual meeting of the GOMO following tonight's civic club meeting.

Speaker: Randy Pace, Historical Preservation Officer, City of Houston. In his capacity, Randy Pace administers the city's historic preservation ordinance, passed in 1995. The Randy discussed the history of the ordinance, saying the city has designated seven areas as historic districts in Houston since its inception. He explained the process and steps a neighborhood takes to obtain city of Houston historic designation, and answered questions about the implications of designation on individual owners and properties. He shared that Hare and Hare, the nationally prominent urban landscape design firm during the first half of the twentieth century that had been a principle designer of Hermann Park, had designed Garden Oaks.

Unfinished (Old) Business

Security program. Terry Jeanes announced that a neighborhood sign-up campaign for the constable program would take place Saturday morning, October 9, from 9:00 am to noon, at Spark Park and at the rose garden by Graham Park. She asked for volunteers to be block walkers that morning. Seventy people had signed up as of the beginning of the meeting, and she said she received another stack of completed forms at the meeting.

New Business

Executive Committee Recommendation. Diane King reported that there had been two meetings of the executive committee since the last civic club. The committee voted to create an ad hoc committee for exploring the feasibility of Garden Oaks becoming a City of Houston historic district. Due to the practice of some standing for members to vote on the creation of ad hoc committees, the authority of the president notwithstanding, the committee met again and rescinded the creation of the committee. It passed the following motion:

The executive committee recommends the creation of an ad hoc committee to explore the feasibility/desirability of historic designation for Garden Oaks. The committee is charged with studying the pros and cons of historic designation, including the positive and negative experiences of other neighborhoods in Houston regarding acceptance or rejection. The committee will be known as the Garden Oaks historic district committee. In keeping with the usual procedures of the GOCC, no civic club funds may be allocated to the committee until such time that a vote of the GOCC members has approved the expenditure.

A motion passed to accept the executive committee's recommendation.

Announcements

The next civic club meeting is November 2 at 7:00 p.m., at Garden Oaks Elementary.

Trey adjourned the meeting at 8:20.

Thanks again to Terry Jeanes for providing refreshments.

Fifty people attended the meeting.

Submitted by Diane King, Secretary.

Hi Neighbors! Thanksgiving will soon be here. This is a day set aside to give thanks for our blessings. Giving thanks is a powerful tool that can dramatically improve your life and the lives of those around you. Start by embracing gratitude's special day, and then make it a habit! Our Pet of the Month has a remarkable story and Mau Mau takes a minute to be grateful.

Pet of the Month: Our November title goes to the entire Kevin White family. Last February Kevin was staining his concrete floors and had to keep Rusty and Kadey (Jack Russell Terriers) outside due to the toxic fumes. They got out of the fence and before you could count to ten they were both very far away. Kevin searched and searched to no avail. Months go by and Kevin adopted Cache and Buster, two more Jack Russell Terriers while he continued to search for Kadey and Rusty. He found www.petharbor.com which is a compilation of many shelters. In April, Kadey showed up in the Harris County Pound which is on Mesa Road and Little York. Then, at the end of September, Kevin's vet called. A male Jack Russell wearing Kadey's id tag was found hanging around Ed White Elementary School in the Sharpstown area. It was Rusty! Rusty and Kadey must have been picked up way back in February when they got out. Somehow Rusty got Kadey's collar and id tag and Kadey was dumped on the east side of town and Rusty on the west side. It was a traumatic time for Kevin, Rusty and Kadey but after seven long months they are all back together again. Kevin says Rusty and Kadey did their certain dance when they saw each other and then acted like they had never been apart. In fact, all four dogs act as if they have always been together. Love and gratitude is pouring out of this household – they are so thankful to be together and for all the prayers said on their behalf. Many neighbors looked for these pups and prayed for their safe return and our prayers were answered!

Pet News: We said goodbye to Bart Froebel/Durmer in early October. Bart was a 16 year old Yorkie that will be sorely missed by his family. Summer Vento (yellow lab) turned 13 on September 24th. Elvis and Seymour Sabuco/Arnold graduated with *Honors* from The Rover Oaks Obedience School. The Owens family got a new puppy named Hyzer. Hyzer is a 6 month old black lab. Welcome to the neighborhood Hyzer!

Critters 101: Reasons to Give Thanks for Your Pet

Think about the animals that have given you joy: Dogs that love you with every inch of their hearts, cats that think your lap is the best place to nap in the whole world, birds whose songs uplift your spirit, squirrels whose antics put a grin on your face and so many others. What animals and pets add to your lives is good. Here are some reasons to be thankful for your pet.

Love – If there is one thing you know, it is that your pet loves you. If you love your pet then that love comes back to you tenfold.

Companionship – Your pet keeps you company, and that company helps you to feel less lonely and isolated, especially if you live alone. Coming home to your pet gives you something to look forward to. If you leash up your dog or cat and stroll through the neighborhood, more than likely someone will talk to you. Studies show that people walking with a dog talk to new people far more often than if the dog wasn't with them.

Physical contact – Studies show that cuddling and stroking your pet is good for you. It makes you calmer and can even lower your heart rate and your blood pressure.

Someone to Talk to – Talking things out relieves a lot of internal pressure. Talk about anything – your pet will listen. Even better, he won't disagree, interrupt, or tell anyone your secrets

Motivation to exercise – Most pets need exercise every day. Whether it's walking your dog, riding your horse or playing with your cat, you will be getting exercise too. Physical exercise helps you to deal with stress and sometimes gives you the opportunity to get outside and breathe some fresh air.

Security – Some pets promote a feeling of safety. Your dog barks when he hears or smells something out of the ordinary, and your cat wakes you if there is smoke in the house. Sometimes just having your pet nearby is enough to make you feel less anxious and more secure.

Dear Mau Mau: *What are you thankful for?* H. Hickman
I am so thankful for a nice home in a safe neighborhood. I am thankful for my family, okay, even that dog. My mother loves me very much you know and she often says so. I am thankful for her love, companionship, and for the nice, soft bed we share. I am thankful that mama married a very nice Michael and we have good food and treats. I am also thankful that most days the sun shines through my window and some nights the full moon hangs right at the end of our street. *Mau Mau*



Casey Farris is owner/operator of Bone Voyage Pet Sitting Services®, a Garden Oaks company. Mau Mau Farris is owner/operator of Casey. Please forward your questions and pet news to Casey@goDOGusa.com or call 713-688-6363.

Area homeowners overwhelming support the program via their GOMO vote to provide matching funds making Garden Oaks security a top priority! So now it is your turnMake your \$140 supporter donation double with matching GOMO funds This will provide a buffer in the account and will surely aid in the defeat of any lapses with future constable program.

So who is watching your house? Let's make sure it is the good guys - Our own neighborhood constable via the constable program.

Program benefits

- 40 hrs of our own designated Harris County Constable
- Vacation Watch by Harris County Constable (forms available to supporter households)
- Security Check for Insurance Discount
- Alarm Contact/ Response by Harris County Constable
- Perceived value for prospective neighbors considering Garden Oaks for their future home in a community where the neighbors work collectively to make the neighborhood safer.

The Goal is for a quick response time to any and all concerns within our community.

Neighborhood Block Walks coordinated by section captain begun. & volunteers are need for all areas of the neighborhood a small portion of your block or just your immediate neighbors will help Please contact one of the following

Section 1 Trent & Megan Salch
832-256-6676

megan_salch@hotmail.com

Section 2 & 3 Terry Jeanes

713-812-9154

terry@terryjeanes.com

Section 4 & 5 Carlos Rios

832-723-7736

CarlosRios_93@yahoo.com

Collection Saturday November 23rd. just watch the constable signage throughout the neighborhood, and watch your mail for the your **Civic Club dues statement.**

Cost & Payment ... \$140 per Less than \$.40 per day....Less than. A cup of coffee. But more importantly the real question....How much is increased safety of our neighborhood, yourself, and your loved ones worth to you?

Credit Card Option is now available. Contact Terry Jeanes for information. Or simply choose one of the other two payment options, an annual check of \$140, or the monthly draft option of \$15 per month All checks will be deposited in a Garden Oaks Civic Club account for escrow until the 318 household number is meet. Act now! We need you today! See the Contributor form within this Gazette or visit www.gardenoaks.org download a form there. Please take a form and encourage your neighbors to join in.

Thank you to Supporters

Look to see the most recent households who have stepped forward to support our program making Garden Oaks a safer place for all of us. Get your form in today to be listed next month Simply use the insert included here or download the form from the Garden oaks website, sign up with your block walking neighbors, or at the Saturday area sign up booths.To be a success your support is a must! Remember we get double the bank for your bucks with the matching funds. Please take a moment to say no to the bad guys and fill out your form and send it in today!

Additional questions or comments please contact Terry Jeanes, 713-812-9154 or terry@terryjeanes.com.

Parent Education Night Garden Oaks Elementary

In an effort to show parents the unique materials used in Montessori classrooms the teachers of Garden Oaks Elementary Montessori Program hosted a Parent Education Night on October 5th. This program geared toward existing and potential parents of the Montessori program focused on the Math curriculum. Parents were given an overview of the materials that children manipulate everyday in the classroom.

As parents left the program awed by the concepts children are exposed to and able to grasp at such a young age with the correct materials; many were excitedly asking "when is the next Parent Education Night!"

Teachers are preparing materials now for the next program which will take place sometime in February of next year. In the meantime, you can call Garden Oaks Elementary at 713-696-2930 for more information or contact Beverly Carson via email at BCarson@houstonisd.org

Top ten reasons to choose Garden Oaks Elementary

1. **Location**
2. **Programs**
3. **Teachers**
4. **Activities**
5. **Diversity**
6. **Community**
7. **Ecology**
8. **Academics**
9. **Longevity**
10. **Volunteers**

**Jeff Amerson Our Principal
"WANTS YOU"
To Join the Action
901 Sue Barnett
713-6962930**



Bows For Charities

Holiday Fund Raiser for

Camp Hope

(a summer camp for HIV kids)

First Baptist Church Missions Training Center

(a food and clothing distribution center)

Bring your holiday ribbon and let our bow-making experts make your bows free of charge. All we ask is your cash contributions to benefit the non-profit organizations.

**Saturday, November 20th
10:00 am - 5:00 pm
Computer-Wiz Offices
4001 N. Shepherd Dr. #100
713.884.8982**

Drinks & snacks provided

Bring your ribbon or pick from our selection for a small cost.

visit www.computer-wiz.net for more details

Portion Control is the Key

Contrary to popular belief, the answer to weight control is not how many carbs you take in or how many fat grams you consume. The key is total calorie intake. Even if you are eating your fruits and vegetables and heart healthy fish high in omega 3s, if you are eating more calories than you burn off in a day, then you will gain weight. According to the Centers for Disease Control and Prevention, Americans are taking in more than 300 additional calories per day. This is about 20 percent more than we did in the '70s and can contribute to a weight gain of over thirty pounds in one year. One of the reasons that we are eating larger portions is because we are served larger portions at restaurants. The portion sizes are three to eight times larger than they were 30 years ago. Most of us grew up having to clean our plates and we still do, whether the portion is for one or four. We then translate these large portion sizes into our homes at dinnertime. Here are some tips on how to gain control of your portions:

First, become aware of what an appropriate portion size is. One serving of meat or fish is the size of a deck of cards or a woman's palm of her hand. This is equivalent to three ounces. Most restaurants serve ten to twelve ounces at the evening meal. A serving of starch, such as rice or pasta, is ½ cup or a ½ of a baseball. One serving of raw fruits and vegetables is one cup or a four ounce piece of fruit. To familiarize yourself with portion sizes, weigh and measure your food. This is not something you have to do daily, but it is good to check yourself from time to time. You can also go to <http://www.quakeroatmeal.com/StriveforFive/Week4/Index.cfm#> and click on "portion distortion". Once you know the portion size you are eating check the caloric content.

You can do this by going to www.calorieking.com.

Eating the correct portion sizes at home can aid you when you are dining out.

Since most restaurants serve portions that could feed two to four people, sharing an entrée with a friend or family member can cut down your portion size and save you money. If no one will share with you, order a doggie bag. Put the food in the doggie bag before you start eating your meal so you are not as tempted to eat the other half. Then you can have that delicious meal again the next day. Ordering two appetizers or choosing something off the lunch menu can also cut down on your portion size.

Finally, eat prepackaged, single-serving entrees and snacks can also teach you what a reasonable portion size is. New research shows that women who ate two portion-controlled entrees a day lost more weight than a control group that was told to eat the same number of calories per day. The key is you do not have to guess how much you can eat. It is done for you. Do beware that not all foods come in single servings. Be sure to read the food label on the back. Although, it may seem like a single serving to you, it could be two or three.

The beauty in eating the correct portions is that you don't have to worry about counting carbs or fat grams, just watch your portion. All foods can fit into a healthy diet in moderation.

Catherine Kruppa, MS, RD, LD

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

Historic Interest Rate

With mortgage rates at historic lows, there has never been a better time to move up to a bigger house! If the size of your house is starting to give you claustrophobia, then this could be the time to buy a bigger one.

How much can you get? You can calculate the amount by using one of the payment calculators available at any mortgage web site. Plug in the amount of money you want to borrow and the calculator shows how much your monthly payment will be.

Should you consider refinancing? Experts say a rough rule of thumb for refinancing is that your new interest rate should be one percent point lower than your current interest rate. By refinancing at a lower rate, you can either lower your monthly payments, or keep the payments at their current level and take money out of the house. Then use the extra money to add a room, buy a new car, pay off bills, or deposit it in a savings account for a rainy day.

What comes down is certain to go up. If you're thinking of buying a bigger house or refinancing don't wait too long. Interest rates are on the floor right now, but they are certain to start back up again, and no one knows exactly when that will be. So, consider your options, because right now you can get more of a house, or extra cash, without paying more in monthly payments.

You can tell your house is too small when...

- You're seriously considering the dog house as a guest room
- You have more furniture in storage than in the house
- The original floor plan can be drawn on a postage stamp
- You can heat the whole house by lighting a match

Carla Rae Southard
Lighthouse Mortgage Consultants
713.692.9500
Garden Oaks Professional Bldg.

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

Deeds 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

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-Shirt \$15.00 each or \$10.00 Member Price

Quantity/Size: Small _____ Medium _____ Large _____ XLarge _____ XXL Large _____ \$ _____ Total

© 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



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5 Years
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