

The Garden Oaks

Gazette



Historic Designation Discussion Continues

Chris Lindsay

We had a very informative civic club meeting last month on Historic Designation as two residents of the Old Sixth Ward Historic District spoke on their experiences in obtaining historic designation for their neighborhood of homes, which date back to the 1800's. It took them three years to get the required majority of approval from homeowners within the 500+ home area. They presented slides showing many of the historic homes as well as some of the newer more contemporary homes that have been built in the neighborhood since they obtained historic designation.

This month at our April 5th Civic Club meeting we will have guest speakers from the Garden Oaks Property Rights Association, Mr. Lampros Vrinios and Mr. Jim Saltzman from the Houston Property Rights Association who will present additional information on the Historic Designation issue from a property rights perspective and delving more into other aspects of the city's Historic Designation ordinance. I hope you will be able to join us and add to your knowledge base on this subject, as eventually we will need to make a decision as to whether or not the Civic Club should pursue designation for all of Garden Oaks. I hope that we will be able to make that determination soon, although I have been informed that the Garden Oaks ad-hoc Historic Designation Committee is not yet ready with their report as they continue to gather information on this subject. We await their report so that we will have all the facts be-

fore us when we take up the question of whether or not to take this on as a project of the Civic Club.

At the April meeting I hope I will have an answer from Council Member Toni Lawrence regarding our request for some improvements to our park spaces that we made to the City recently. In addition, I will report on a meeting to be held March 29th in Oak Forest regarding transportation improvements in our area proposed by the Houston-Galveston Area Council and more information on the reconstruction of Loop 610 from TxDOT. That project is to begin this fall.

I am pleased to announce that Ms. Deanna Zugheri has graciously stepped forward to chair our Fall Festival Committee. Please consider volunteering to help Deanna or consider volunteering to head our July 4th Bike Parade Committee.

I look forward to seeing you at the April 5th Civic Club meeting and hearing your ideas for improving our neighborhood.



Gazebo Park

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Civic Club Meeting Tuesday April 5th



The next Civic Club meeting will be on April 5th at 7:00 p.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!

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Letter From The Editor Sue Schmidt

It does not get any better than some of the beautiful weather we have been enjoying recently. Garden Oaks is awash with gorgeous azaleas and many of our residents are working hard putting in those spring flowers. The Beautification Committee is busy working on the many parks located throughout our neighborhood. We are so fortunate to live in a community that values the green spaces.

With the advent of spring comes Daylight Savings Time. Don't forget to set your clocks forward the evening of April 2 for that 2:00 a.m. time change! I don't know about you, but I enjoy that additional hour of sunshine. It gives us plenty of time to get out, walk and meet some of our neighbors.

This time of year also brings many festivals and home tours to our area. The Heights Home Tour is April 2nd and 3rd. If you have never been, the Round Top (Texas) Antique Weekend is great fun and another opportunity for a road trip! Scheduled for March 31st through April 3rd, the seven communities involved celebrate spring with a colorful splash of wild flowers. The bluebonnets are in bloom and worth the drive.

Speaking of home tours, work has begun for next year's Garden Oaks Home Tour. There will be plenty of opportunity (and need) for volunteering. Watch for future articles filled with updates on what is happening with this bi-annual neighborhood event. It is a great way to meet others in the community and have fun at the same time.

Lastly, by the time *The Gazette* hits the streets this month, the Constable Program should be in full swing. Thanks to Terry Jeanes and Susan Saranie for all of their hard work in making this happen. When you see the new constable patrolling our streets—take time to wave and welcome our newest security addition to Garden Oaks!

Heard Under the Oak Tree Terry Jeanes

Welcome new neighbors who recently joined the neighborhood.

320 West 34th	975 West 43rd
216 West 30th	915 West 42nd
1062 Lamonte	1435 Sue Barnett
951 West 43rd	1507 Sue Barnett

New Arrivals!!!...

Welcome **Clare Annabel Shaughnessy** born March 2nd to proud parents **Bill and Amy Shaughnessy**. Proud pop, Bill says they will give Clare about 30 years before she becomes Civic Club President.

Birthdays and Celebrations ...

- **Lillie Claire Bowman** the 18th
- **Keith Kostecky** the 9th

March birthdays

Craig Lee **Robert Deveau**
Michael Chiasson

Belated birthday wishes to
Lori Kennedy March 5th

Happy Anniversary to...

- **Tina Sabuco** and **Shellye Arnold** April 6th

Belated anniversary wishes to

- **Mark & Susan Saranie** March 23rd

Happy Travels and wonderful retreat! A blended group of Garden Oaks Tamales Mamas and Bunco queens were the first quests to book **Tina Sabuco** and **Shellye Arnold's** fabulous new retreat called Abundance in Wimberley. Enjoying the weekend were **Tina Sabuco, Brenda de Alba, Tina Parks, Sheila Briones, Shelley Rogers, Claire Bell, Susan Kostecky,** and **Shannon King**. Additional friends from neighboring Oak Forest also joined in. For more information see **abundanceretreat.com** It's fabulous!

To highlight an event or celebration or other tidbit, contact

Terry Jeanes at 713-812-9154 or
terry@terryjeanes.com.

April a Busy Month for Beautification

Brenda de Alba

Three beautification workdays are planned for April. We need volunteers and hopefully we will see you at the park nearest your home. Bring garden tools like rakes, sharpshooter shovels, lopping shears, wheelbarrows, weeding and planting implements, and please don't forget the sunscreen. Water will be provided.

Saturday, April 9th at 9am, a workday is scheduled for Garden Oaks Boulevard. We still have big plans for this park later in the year; however, some general maintenance needs to be done in the form of pruning and bed care. Contact Shana Tatum for information: 713-699-4166.

Saturday, April 23rd at 9am, workdays are scheduled for two parks: the **Gazebo Park** in Section 2 at the intersection of Sue Barnett and W. 42nd Street and the **Triangle Park** in Section 3 at Alba and Azalea. We need your help, even if you can only spare an hour. Please consider volunteering your time!

Gazebo Park: the two biggest problems we face with this park are weed suppression in the two large crepe myrtle beds and overly aggressive potato vines. Our goal is to fill the beds with low-growing perennials that will hopefully spread and choke out the weeds. In fact, Carol Hazel has already begun by transplanting some crinum lilies from her garden to one of the park beds. This park has not seen a major workday in several years so the plan is to weed, plant perennials, prune deadwood from the existing shrubs, eradicate as much potato vine as possible, and mulch the beds. Contact Carol Hazel for information: 713-695-5358.

Triangle Park: This park has its own garden angel, Tina Nieto, who lovingly tends and weeds the beds. This park also has an excellent support group in the neighbors who live near it. Work planned for this park is placement of some large boulders to prevent cut-through driving, filling in the few open bed spaces with additional plantings,

and adding compost/mulch to the beds. Contact Tina Nieto for information: 713-956-4822.

The Rose Garden received its annual sprucing up in mid-February and, in addition to trimming the roses, we also planted four mutabilis rose bushes. Scott Reeves and Jenny Howard (Section 1) donated two of the new bushes. A small group met again in mid-March to spread pine straw mulch on the bed.

The Mutabilis Rose – first introduced in 1894 – has been named "EarthKind Rose of the Year" by Texas Cooperative Extension's EarthKind team. This is a really tough honor to obtain. The title comes only after years of field research during which roses are grown and evaluated under very trying conditions. They're not fertilized or pruned. They're grown with greatly reduced irrigation and are never treated with pesticides. The winning roses are so easy to grow that everyone, even novice gardeners, can enjoy great success with these outstanding cultivars. Mutabilis has risen to the top to become one of the very best to date. It's a wonderful old China rose. Chinas comprise a class of roses best known for their repeat blooming habit. This rose has long been one of the most popular of the old garden roses. The blooms are flat with a single circular row of petals. Each blossom "mutates" or goes through three distinct color changes. They open peach gold, then change to a beautiful pink and finally turn a stunning crimson. The pink and crimson phases each last 24 hours. Mutabilis is also called the "Butterfly Rose." Its profusion of silky blossoms in a simultaneous display of all three-color phases is reminiscent of a group of brightly colored butterflies resting on the shrub.

If you would like to be part of our Beautification team, please contact **Ed or Brenda de Alba (713.694.5934) we need you!**

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Bicycle Parade



**Volunteers
are needed to
organize the
July 4th
Bicycle Parade.**

**Contact
Chris Lindsay
President@
GardenOaks.org.**

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Trish Ricklefsen

Realtor

The sign of the times....

Citizens on Patrol **GO COP** Carl Waters Jr.

Crime Statistics for January (5)

Burglary of a Motor Vehicle (2):
700 block of W. 41st St. on Saturday,
January 1st at 1:00 a.m. (Driveway).

1000 block of W. 41st St. on Wednesday,
January 5th at 2:00 a.m.
(Driveway).

Burglary (2):
900 block of W. 41st St. Tuesday,
January 4th at 9:30 p.m. (Residence).

3100 block of N. Shepherd Dr. on
Monday, January 31st at 3:30 a.m.
(Restaurant).

Narcotics (1):
4300 block of Apollo St. on Sunday,
January 30th at 10:15 p.m. (Street).

Also included in the January report
was a Burglary of a Motor Vehicle
which occurred on Friday, December
31st at 4:00 p.m.

Just a reminder, the Citizens on Patrol
program is crime prevention program
operating in conjunction with the
Houston Police Department. We do
not and are not supposed to respond
to crimes in progress. Anytime you
see suspicious activity you should report
it to the police and let me know
after you have called them.

As always inquires about joining the
Citizens on Patrol program can be
sent to me via neighborhood website.

**GardenOaks.org or
GOCOP77018@AOL.com
713-864-1992.**

Reference Numbers

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

Historic Designation Committee Report Trish Ricklefsen

The president of the Civic Club requested that the HD Committee submit a report regarding results of the feasibility study by March 10th. The report was to contain results of the feasibility study and recommendations regarding viability of continuing the HD project. Results of the report are expected to be presented to the Civic Club prior to a vote of members to determine Civic Club endorsement.

Due to inclement weather conditions throughout the winter and extremely busy schedules, HD volunteers were unable to complete their assessment of feasibility by the March 10th deadline. After lengthy discussion, the committee decided that it was not in the best interest of the neighborhood to make recommendations that were not based on complete data. Therefore, the HD Committee unanimously voted to postpone the March report to the Civic Club until a complete collection and analysis of data can occur.

Efforts toward determining feasibility will continue as time permits and until completed. If you are interested in volunteering to assist in the education process, please contact any member of the committee. If you are interested in signing a petition to show your support, please go to: **www.gardenoaks.org** for a petition. Please take action without waiting for someone to contact you. Remember, we're all volunteers!

Trish Ricklefsen
Chairperson,
Historic Designation Committee
832.618.1606.



Garden Oaks Elementary Car Wash "Takes the Bite Out of Grime"

Sheila Briones

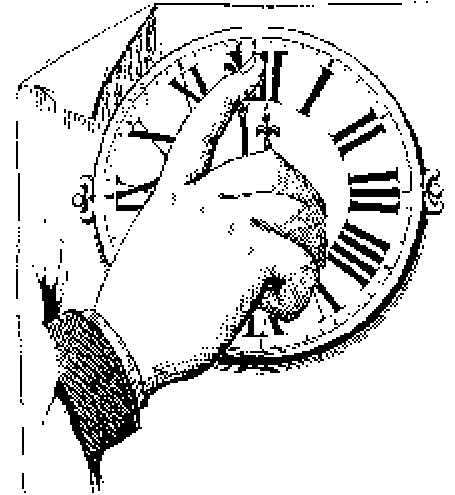
Come join past and present students of Garden Oaks Elementary School as they gear up for the 3rd Annual Montessori Car Wash planned for April 23rd at the circle drive from 9:00 a.m. – 1:00 p.m.

Come and get your car washed and support one of the many great programs at Garden Oaks Montessori program. This is a fun and easy way to support the school.

Pre-sale tickets are available for \$5.00 in the school office or for purchase from any student. Tickets can also be purchased by contacting Mary Zimmermann at maryzimmermann@houston.rr.com. Car wash tickets "the day of" are \$10.00.

Students selling the most tickets will be in a drawing for a prize. If you are interested in volunteering contact car wash chair

Christina Gonzalez at 713-699-8925. We look forward to seeing you and your car in need of washing!



Spring Forward

Don't forget to set your clocks forward For Daylight Savings Time April 3rd at 2:00 a.m.

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bwoods@cricket-wood.com

Constable Program

Terry Jeanes

Who is watching your house? It's our very own dedicated constable...so let's support him and keep him here... Become a supporter of our Constable Program!

As of this writing 3/15/05, our dedicated officer begins in just days. Once you read this you will be seeing him in the neighborhood. Thank you to everyone who helped bring him back. We could not have done it without you. Be sure to make him welcome to the neighborhood. I will have more details next month as we are meeting in just days to get to know one another!

In future issues watch for the names of our added supporter households. Make sure your name is there by sending in your supporter form today. Take the time now to fill out the form in the Gazette, on www.gardenoaks.org, or use the form mailed to you with your Civic Club dues statement.

REMEMBER THESE BENEFITS:

- 40 hrs of our own designated Harris County Constable
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- Alarm Contact/ Response by Harris County Constable
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Cost & Payment ... \$140 per Less than \$.40 per day....Less than. A cup of coffee. simply choose one of the other two payment options, an annual check of \$140, or the draft option of \$15 per month. (*Important Note to All Draft participants you drafting has begun effective March. Please make the appropriate adjustments in your check register.) For any added questions, please contact Terry Jeanes

713-812-9154

terry@terryjeanes.com

Good Neighbor Award Announced

Terry Jeanes

To acknowledge the giving nature of special residents of Garden Oaks the First Good Neighbor Award will be announced at the April civic Club Meeting. Community leaders including Terry Burge, publisher Leader Newspaper, and Tom Britton, former Garden Oaks resident and President of the Greater Heights Chamber of Commerce, along with Award sponsor, Terry Jeanes, as of this writing are reviewing the nominees. No matter the age, those who give of themselves whether it is a civic club, school, or other community volunteer, or simply to assist with the basic tasks for one of our neighbors...deserve a special "Thank You" to say they make a difference.

For future nominations if you know of someone special who gives unselfishly of their time to benefit others, nominate them. No matter the age - youth, adult or senior adult, a special thank you is well deserved.

This quarterly acknowledgement, the first to be given in April, will include a certificate and gift. A team of greater Garden Oaks community leaders will make each awards selection. To nominate a deserving neighbor, simply contact Terry Jeanes.

Good Neighbor Award Sponsor
713-812-9154
terry@terryjeanes.com



Civic Club Meeting Minutes

March 1, 2005

Megan Salch

1. Approval of February 2005 meeting minutes
2. Treasurer's report: Mike Dishberger absent, Chris Lindsay gave the report.
 - a. Total income for Jan. thru Feb. was \$19,000 (\$15k donated GOMO funds to Beautification and \$4k from membership dues). Expenses were \$3,780. The Constable Patrol program received \$37,000 from GOMO and \$3,800 from contributors during Jan. and Feb.
 - b. Treasurer's report was approved as presented.
3. Committee Reports
 - a. Beautification: Ed de Alba reported on the clean up of the Rose Garden last Saturday, February 26th, 15 people volunteered. Beautification committee & volunteers will tackle the Gazebo Park & the Triangle Park on April 23rd. We do need more volunteers for spreading mulch, etc. Please contact Ed or the section captains, for more information.
 - b. Constable Program: Terry Jeanes reported that the contract was signed on February 22nd. The Constable Patrol will be started in March.
 - c. Membership: Trey Wood reported that we have an additional 31 paying individuals this month so we're up to 301 Civic Club members. Seven new individuals have contributed to the constable program.
 - d. Web page: Joe Muscara – no update
 - e. Gazette: Jonathan Lanz – no update
 - f. GO Citizens on Patrol: Carl Waters was absent but the latest update is that there still is no training program available through the City of Houston, but Carl is still in desperate need of volunteers. Please contact Carl if you are interested. Attending neighbors reported recent car window break-ins & suggest not parking your car on the street. Also, don't leave valuables in your car. One resident on 30th Street has reported a number of break-ins or cases of vandalism to her car, no matter where she parked it. She is supporting the constable program.
 - g. Home Tour: Sue Schmidt – no update
 - h. The GO Fall Festival has a chairman! Deanna Zugheri will lead this effort. Thank you for volunteering Deanna!
4. Ad hoc committee
 - a. Rail Road Quiet Zones: Craig Lee & Chris Lindsay reported there are two other civic organizations (Oak Forest and Independence Heights) who want to join with us in writing to the City in support of a quiet zone in our area. There has been no word on the hearings yet. Chris will write the City to request the quiet zones and ask the city to budget money for the needed improvements. "Quiet zones" entail the City making improvements at the railroad crossings so people can't circumvent the crossing gates. This allows the trains to proceed through the area without alerting people with the horn. The requested quiet zone being discussed is from I-45 to 290. Terry Jeanes has contacts in other neighborhoods like Candlelight Oaks who should also get involved with us.
 - b. GO Elementary Liaison: Sheila Briones reported that the Pancake Breakfast was successful thanks to many GO neighbors. The school raised \$5k for the Montessori Program. Construction has begun on the school's multi-purpose building. March 7th is the deadline for applying to attend the GO Montessori program for children 3 years old through 6th grade.

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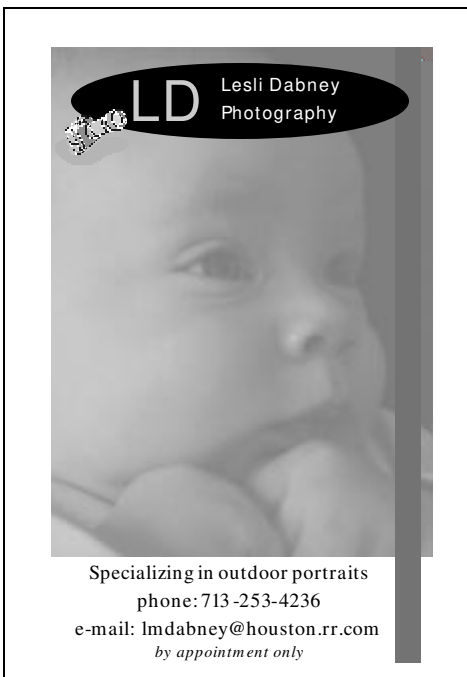
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Civic Club Meeting Minutes March 1, 2005

- c. GOMO Report: there will be a GOMO meeting tonight, March 1st, immediately following the Civic Club meeting. Next GOMO meeting is March 16 at 7 pm. FYI – there is no GOMO designation in section 4, so those residents should report problems to the City of Houston and that can be done anonymously. City will investigate and handle problem. However, if the City cannot determine from their observations or measurements whether a deed restriction has been violated, if you file anonymously, they will not be able to contact you for further information.
 - d. Loop 610 reconstruction was discussed. Trish Ricklefsen said the person she spoke to stated the City would not take any residential land if there is future lane expansion on 610. In fact, the engineer suggested that the widening be removed from the 2025 transportation plan. Chris Lindsay stated that in a phone call to two TxDOT engineers, she was given same information as Trish. The Loop will be reconstructed beginning this fall/winter but not widened. Craig Lee thought there was a requirement for a public meeting on the 610 project and Garden Oaks should have been notified of such a meeting and the plans. Chris Lindsay will contact TX DOT to get additional information and request TX DOT attend a meeting to explain the 610-reconstruction project.
5. Guest speakers: Jane Cahill & JD Bartell from the Old 6th Ward Historic District and Randy Pace, the City's Preservation officer, delivered a presentation on preservation and historic designation in Houston. The guests also hosted a questions and answers period, which was once again a hot topic for meeting attendees. References were also made to a recent *Houston Press* article about preservation. A request was made by opponents of historic designation to have time at the April Civic Club meeting to make a presentation.
 6. New business
 - a. GO Neighbor of the Quarter Award: Terry Jeanes said this award will begin on a quarterly basis but may evolve into a monthly award. It's a great way to recognize your neighbors for their kindness. Please nominate your neighbors for jobs well done by contacting Terry.
 - b. Ed de Alba asked if GO section 4 should become part of GOMO. He'd like this to be discussed at a future meeting.
 - c. Also, Ed said that the HISD maintenance facility at GO Elementary school used to be GO property. Can we turn that back into GO property & use it for meeting space, etc.? Let's discuss at the April meeting.
 7. Adjournment

Respectfully submitted,
Megan Salch
Garden Oaks Civic Club Secretary

[www,GardenOaks.org](http://www.GardenOaks.org)

Critter Corner

Casey and Mau Mau Farris

April showers bring ...you guessed it, grass to mow. While you are outside enjoying our spring weather you will probably notice your dogs and cats eating the grass. Do they eat grass to make them vomit? Or do they vomit because they eat the grass? This month we will talk about this great mystery of our pets. Mau Mau is known to have a "green tooth" now and then and he has a couple of favorites to recommend. April also brings good fishing and our Pet of the Month knows all about fishing.

Pet of the Month: "Mr. April" is Buddy Hammond. Buddy is a three year old, blue merl Sheltie who lives in Section V with his family, Glen, Melinda, and Joyce, along with Sable (Papillion), Lucky (black cat), Big Boy (black cat), Puddy (gray cat), Clydette (Tabby), and three Parakeets. Buddy is a working dog. He runs Coastal Connection Guide Service (979-233-6281). He and his daddy, Glen, run bay fishing charters out of Surfside/Freeport. They can charter up to 3 people on half day or full day fishing trips. Buddy's main job is to help his daddy reel in the fish. Buddy is a member of the Go Dog Social Club and likes to play Frisbee and go fishing. According to Buddy the fishing should be good from now until November. Happy Fishing Buddy Boy!

Pet News: Welcome to the neighborhood to Biscuit Zugheri. Biscuit is a 7 week old Golden Retriever. A big welcome to Cutter Alsobrook. Cutter is a 6 month old Doberman. He is sweet, smart and full of energy. Gracie Elmore got a new playmate, Blue Moon Louie. He is a baby brindle Boxer and the whole family is in love. Also, welcome to Dorothy (black cat) and Emily (Tabby) Farris. These two kittens were taken from a feral colony and tamed. Roxie Vicknair just a got a new human baby brother named Anthony. Cupcake, Ringo and Bogey Peoples got citronella collars to cut down on some barking. We wish Mickey Davis a speedy recovery on his recent surgery.

Critters 101: The Green Green Grass of Home

Dogs are not known for being fussy eaters. Although dogs like to eat meat, they can survive on a well-balanced vegetarian diet. Cats, on the other hand, could die without animal protein. No one is sure why your pup likes grass, although there have been many theories offered. Primarily, dogs are descended from wild canids (wolves), which ate the entire "kill" when they hunted for food. Since they ate many plant-eating animals they ended up eating a lot of plants and even berries found in the stomach. It's likely that dogs may eat grass because they like it and it was once part of their normal diet.

Most veterinarians believe that dogs eat grass simply because they like it. When dogs eat grass, the grass acts as an irritant and causes vomiting. Some veterinarians believe that dogs eat grass because their prepared diets are lacking in greens and so they eat grass. Often they seek out a particular variety of grass to nibble.

No matter what the reason, your dog's "grass" habit is normal behavior. Take care that your pet does not eat grass that has been treated with fertilizer, pesticides or herbicides. These could cause upset stomach or even worse problems for your dog.

Dear Mau Mau: *How often do you eat grass?* L. Hickman I do crave a bit of greenery now and again, especially in the spring. We have Purple Fountain Grass at my house, which I really like. You can get "cat grass" seeds and plants, as well as catnip plants at the pet store but my mom waits until the grass grows about two inches before I can have it. She does quirky things sometimes. *Mau Mau*

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

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GARDEN CLUB OFFICERS

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713 694 5934

Robert De Veau
Vice President/Treasurer
713 686 6012

Chris Lindsay, Secretary
713 819 8412

Shelley Rogers, Correspondent

Kathy Wahren, Yard of the Month

Garden Club Annual Spring Clean Up

When: Saturday April 16th
Time: 9:00 am
Location: Friendship Park
Section 1 at Lawrence
and W. 30th

Garden Club members and friends will be at Friendship Park performing our annual spring clean up. This pocket park was long ago adopted by the Garden Oaks Garden Club. The park's landscape maintenance, hardscape and upkeep are paid for by the Garden Club as a way to give something back to our neighborhood community and the Civic Club.

Yard Of The Month

867 W. 41st St.

Homeowner:
Rodriguez Family

Gardening Goes to the Birds

Robert De Veau
Garden Club Vice President

Attracting birds to landscapes and outdoor areas is an activity that can bring much enjoyment to the entire family. Landscaping and gardening for birds is gaining in popularity as people become more aware of the benefits of having a diverse environment around them. Bringing these beautiful creatures near homesites also helps manage insect populations and maintain the ecological balance of outdoor environments.

Come join us on Thursday, April 14th at 7:00 pm when our featured speaker (and Garden Oaks' resident) David Vasek of the Houston Audubon Society will instruct us on how to attract birds into our yards. We'll be flocking to 851 La Monte.

Attracting birds to the garden is a simple matter of providing them with the basic necessities of life: food, shelter, and water. One of the key elements for attracting many species of birds is a wide variety of plants arranged into sheltered areas of shrubs and trees, open areas of lawns and gardens, and/or wet areas around ponds and streams.

Gardeners and landscapers should be aware that the predominant habitat type in the area will determine which bird species can be attracted to a yard. We are fortunate in that our neighborhood, with its' many tall, mature trees has numerous birds, such as some of the owls, woodpeckers, and grackles, that open areas may not attract. Some species, such as the cardinal and mockingbird require shrub cover. Gardens that attract birds are sources of everlasting enjoyment and beauty. Of course the entertainment for you as a gardener can't compare with how the birds benefit.

There is nothing more exciting than watching a mother bird drop seeds from your feeder into her young one's throat for the first time – unless it's catching a hummingbird dart and dive at the nectar flowers and brightly colored vines you've planted. Or maybe

it's the thrill of hearing a mockingbird in full chorus on a beautiful evening. To hear a mockingbird up high on some tall perch singing its heart out seems the aural embodiment of a Texas spring.

Perhaps the most important benefit of gardening for the birds is the happy effect it has on the environment. When you plant a bird garden, you create a new habitat that is good for the entire ecosystem. Insects, butterflies, and often mammal populations will thrive. You may think there's not much you can do to help restore the wild and diverse landscape that dominated North America just a few decades ago. But as ecologists around the world like to say, "Think globally. Act locally." When you look outside at your own backyard, the task becomes easier.

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 Oak's Garden Club you may call me at (713) 686-6012. We meet the 2nd Thursday of every month at 7:00 pm. 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 2 workdays (spring and fall) when we add new plantings, replace the mulch and tidy up the beds.



Advertising or Submitting Articles to the Gazette

The Garden Oaks Gazette is the official publication of the Garden Oaks Civic Club and is published on a monthly basis.

The primary purpose of the Gazette is to disseminate information about Civic Club activities and Community events.

All articles must be submitted by the 15th of each month for publication the following month; contributing articles will be printed at the Editor's discretion and edited according to space availability. Publication of any article, non-civic club related, does not imply endorsement by the Garden Oaks Civic Club and is solely the opinion of the author.

The Gazette is hand delivered to 1,550 homes the first week of each month.

For additional contact information see page 2

Size	Single	Six Months	Twelve Months
2 1/4 x 2 3/8	\$50.00	\$250.00	\$480.00
4 1/5 x 2 3/8	\$75.00	\$405.00	\$765.00
Half Page	\$90.00		
Full Page	\$150.00		
Back Cover	\$250.00		
Inserts (full page only, single or double sided) Color request extra charge.	\$300.00		

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How to Obtain All Day Energy

Catherine Kruppa, MS, RD, LD

We have all experienced it, that mid-afternoon fatigue that has us yearning for our cozy bed. It could happen at the office or in the middle of a workout. There are many causes for your sluggishness and some may be nutritional.

Dehydration is one of the major causes of fatigue. Drinking hydrating beverages (non-caffeinated and non-alcoholic) throughout the day can help prevent this. Athletes and the elderly are two populations who are at risk for dehydration. Athletes are at risk due to their increased fluid loss during exercise. If they do not re-hydrate properly they can become dehydrated as well as hinder their recovery and increase risk of injury. Elderly people have less sensitive thirst receptors therefore they may not feel the urge to drink.

To have an idea of how many ounces of fluid you should consume daily divide your body weight in half and try to drink that many ounces of hydrating fluids per day, this includes water, sports drinks, juice, milk or any beverage not containing caffeine and/or alcohol. Try to drink on a schedule during the day so you don't dig yourself into a hole mid-afternoon. To help monitor your hydration status look at the color of your urine, it should be light lemonade color.

Secondly, try to eat every 3-4 hours. If the time between your meals is longer, you should incorporate a snack. Most people will benefit from an afternoon snack and some from a morning snack. Snacks help to keep your blood sugar more constant throughout the day.

The type of snack you choose is also important. Avoid high sugar snacks. These will give you energy short term but will set you up for a sugar crash in an hour or so. At meals and snacks, try to combine a carbohydrate and a protein. When consumed alone, carbohydrates react in the body similarly to sugar. Adding some protein will

help keep your blood sugar up. Aim for a minimum of 10 grams of protein at snacks and 20 grams at meals. Also avoid meals and snacks that are high in fat, which might leave you sluggish. Here are a few snack ideas:

- ½ c. of low fat cottage cheese and 1 c. mixed fruit
- Apple with 2 low fat string cheese
- 6 reduced fat Triscuits + 2 slices of Kraft free singles
- Low fat yogurt and 1 c. of berries

Finally, eating a diet high in fiber can energize you. Fiber slows down the digestive process, which allows your body to receive a steadier supply of fuel. High fiber foods include fruits, vegetables, beans and whole grains. Fiber is so good for you that the Institute of Medicine recently upped the daily-recommended intake to 25 grams per day for women and 38 grams for men. It takes anywhere from a few weeks to several months for your body to adjust to an increased fiber intake. Add no more than 3 –5 grams per week.

So next time you are dragging mid-afternoon, grab a tall glass of water with your afternoon snack that contains carbohydrates, protein, and fiber and you will be energized for the afternoon.

Catherine Kruppa, MS, RD, LD
713-316-2707
ckruppa@houstonian.com
www.adviceforeating.com



Louis Runge Passes Go; Wins Local Monopoly Game Championship

Gig Runge

Houston Texas February 26, 2005 – Louis Runge, of Garden Oaks emerged the winner from a field of 15 participants in an official local MONOPOLY Game Tournament held recently at the Live Oak Grill. The tournament, which was sponsored by Cascade Pools, Clear Creek Animal Hospital, Harry James Builder, and Ventura's on behalf of Friends of Montessori raised over \$500 to help the Montessori Program and Garden Oaks Elementary.

All contestants participated in a 90-minute preliminary round of the MONOPOLY game from which the top six players went on to battle their real estate trading skills in a 90-minute final round. After 180 minutes of play, Louis emerged the victor.

"It was nice to win" said Louis. "but it was really nice to play with old friends and make a few new ones. I love playing MONOPOLY and always wanted to compete in an official MONOPOLY Game Tournament.

Even more rewarding was the fact

that the money raised will help my school."

This local competition is one of many local tournaments held nationwide to assist organizations such as the Friends of Montessori in raising funds for their causes.

All players received a T-shirt, designed by Studio Print. The finalists received a free MONOPOLY game, and the victor, Louis Runge, was awarded a grand prize of Risk, donated by Hasbro.

The MONOPOLY game, the world's most popular proprietary board game, is licensed in more than 80 countries and printed in more than 26 languages, including French, Italian, Spanish, Greek, German, Dutch, Flemish, Swedish, Finnish, Russian, Norwegian, Portuguese, Japanese, Chinese, Arabic, Catalan and Hebrew. Since it first went on the market in 1935, over 200 million MONOPOLY games have been sold worldwide and is now played by an estimated 250 million people.



Finalists, (left to right) Eric Bailey, Carthal Anderson, Sonny Yam, Hailey Haut, Seth Taylor (center) Louis Runge



Bicycle Parade

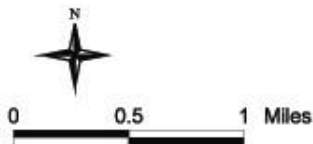
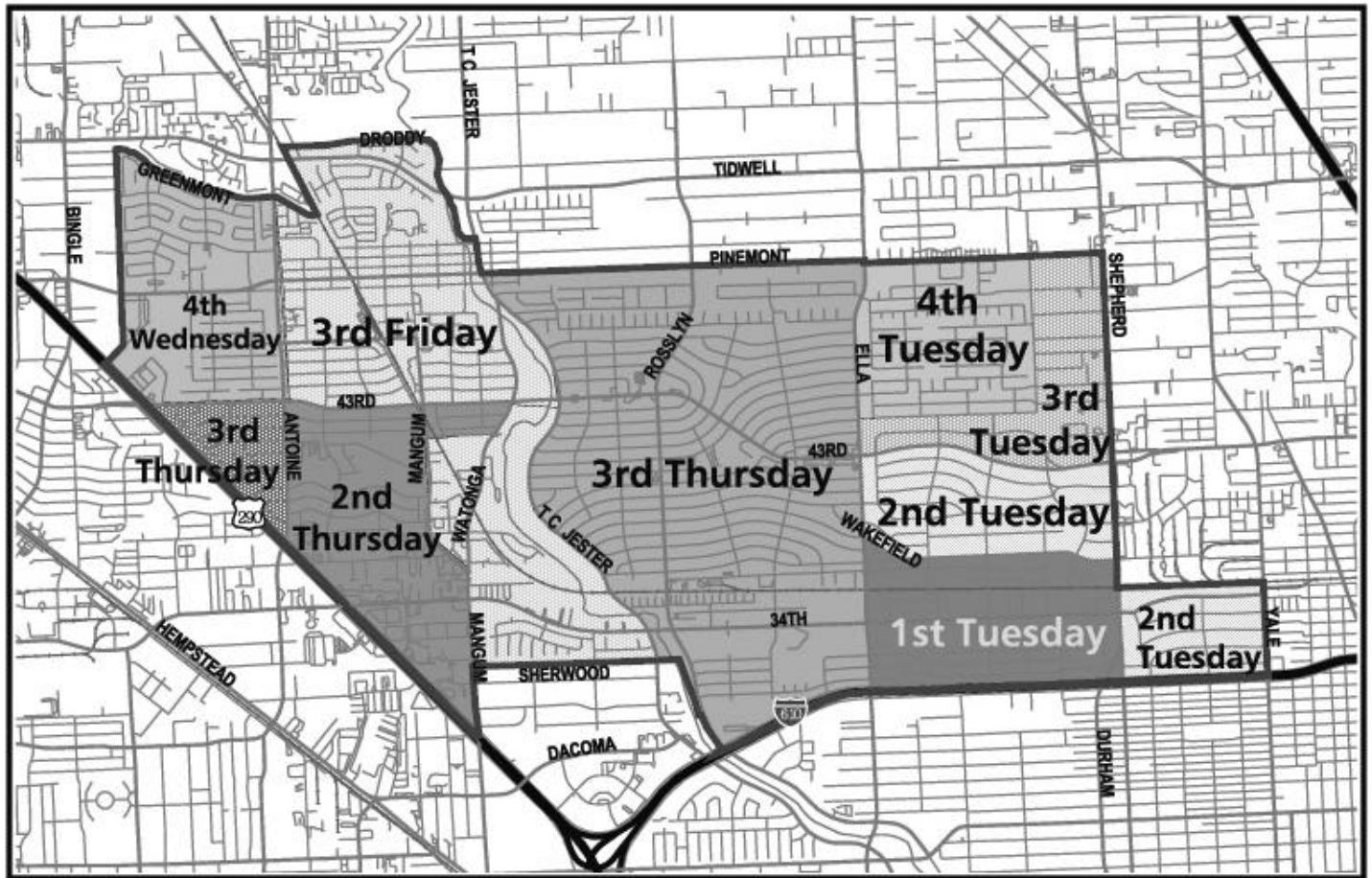


Volunteers are needed to organize the July 4th Bicycle Parade



**Contact
Chris Lindsay
President@
GardenOaks.org.**





Heavy Trash Pickup Super Neighborhood No. 12 Oak Forest / Garden Oaks



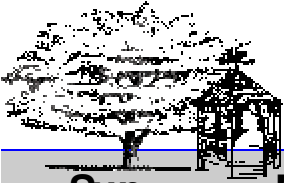
Randall Berm Park - Spring Workday

A. Matt

Section 1A will have a planting workday on Saturday, April 16 to plant additional native plants and mulch the Berm area. The Randall Berm Park is the area to your right, if you are on Durham heading South while waiting for the light at Loop 610 (across from Sonic). Work will start at 8:00 A.M. and we should be finished by 1:00 PM. Please bring shovels, garden rakes, wheelbarrows and drinks. Come out and meet your neighbors and gain fulfillment in actively supporting the beautification of this public edge of Garden Oaks. Anytime you can contribute would be appreciated. Neighbors from other sections are encouraged to participate.

There is a Metro stop next to the berm and with the Sonic and Taco Cabana directly across the street, one of the problems is the garbage and food containers etc. which people throw down along with an occasional grocery cart. This is an appeal for all Garden Oaks residences to call, e-mail or write you City Council member and Metro so we can get their attention to place a garbage container next to the bus stop. A few of us have tried with no results to date. E-mail Matt Roesler @ arearch@earthlink.net if you have any questions.

See you at the Berm!



April 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Daylight Savings Spring Forward	4	5 Civic Club Meeting 7 p.m.	6	7 Historical Designation Mtg. 7 p.m. @ Kroger	8	Garden Club Spring Cleaning @ Friendship Park
10	11	12 Good Neighbor Award Announced	13	14 Garden Club Meeting 7:00 pm	Randall Berm Park Spring Workday 8 a.m.	15 GOPRA Meeting GO Baptist Church-9:30
17	18 Deadline for Gazette Submissions	19	20	21 GO COP Training 10:00 a.m.	22 Work Day @ Triangle Park 9 a.m. @ Garden Oaks Blvd. 9 a.m.	23 3rd Annual Montessori Car Wash
24	25	26	27	28 GO COP Training 700 p.m.	29	30

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

2005 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

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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

Thanks Block Captains!



It is through your dedication and donation of time that the residents of Garden Oaks receive their neighborhood news each month. Thanks to each and every one of you for your efforts...rain or shine...to deliver *The Gazette*.

- | | | | |
|------------|------------|------------|-------------|
| • Sandy | Altman | • Laura | Morgan |
| • Dian | Austin | • Johnny | Murphy |
| • Cindy | Bartos | • Joe | Muscara |
| • Bob | Bewly | • Lisa | Peters |
| • Ed | de Alba | • Joe | Rhea |
| • Robert | DeVeau | • Martha | Rhea |
| • Emma | Evans | •Gene | Ritch |
| • Jonathan | Evans | • Jane Ann | Roberts |
| • Joyce | Evans | • Marc | Roberts |
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| • Karen | Fleeger | • Susan | Saranie |
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| • Johnnie | Gonzales | • Bill | Shaughnessy |
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| • Jonathan | Morgan | • Jaime | Zamora |

Block captains are still needed to cover 802-867 block of Lamonte and 1002-1090 W. 43rd St.