

The Garden Oaks

Gazette



Civic Club Autumn Plans

Chris Lindsay

Escape the heat and humidity, the rain and the mosquitoes for a few minutes by thinking of the coming fall weather we will soon be enjoying. Cool nights, clear crisp days, the rustle of fallen leaves under our feet as we walk (and rake). Fall is also the time for our biennial Fall Festival. This year it will be held on Saturday, October 29th at the Garden Oaks Elementary School and park. The time has not been decided yet. According to Deanna Zugheri, chair of the Fall Festival Committee, some of the activities planned are a Halloween Costume contest, pet parade, dessert baking contest and games for the kids as well as food and drink. The committee will meet at Deanna's home 1054 Gardenia, August 4th at 7:00 p. m. To volunteer to help work on the committee please call Deanna at 281-658-4514, or come to the meeting.

Other plans for the Civic Club in the fall include bringing more variety to our monthly civic club meetings. One way to do this is to bring in guest speakers and to solicit ideas not only for speakers, but for other activities people would like to see us get involved with.

Some people have already suggested ideas to me such as having a program to help our senior citizens in Garden Oaks. I understand there was once such a program within the Civic Club - is it time to bring it back? Others have suggested having speakers from the City on various topics, and inviting City Council candidates to

speak - or perhaps forming a Public Works committee to troubleshoot neighborhood problems or formulate an action plan for getting improvements to the neighborhood.

If you have any ideas, please contact me by sending an email to President@GardenOaks.org or via phone at 713-819-8412.

What I Love about Garden Oaks!

Sue Schmidt

Recent discussions on the informal GO@yahoogroups.com list serve turned to area residents sharing their love of the neighborhood. We all know Garden Oaks is special...seems residents never want to leave. What is it that draws us to this community? What defines the beauty of the area? Susan Sidell and Katie Swick recently shared their philosophy of "What I Love about Garden Oaks" with others. Jonathan and I wanted to share their wonderful views with all of you. With their permission, here is some of their thoughtful expressions of what makes Garden Oaks so special.

Continued on page 4

I  Garden Oaks!

In This Issue...

Civic Club Autumn Plans	1
What I Love About Garden Oaks	1
Letter From The Editor	2
Heard Under The Oak Tree	2
Civic Club Meeting Minutes	3
Mid-Year Treasurer's Report	5
Constable Program	6
Critter Corner	7
Beat the Texas Heat	8
Are You Protected?	9
Garden Oaks Elementary ...	10
Advertising & Article Submission...	11
GOMO Annual Members' Meeting	12
The Garden Oaks Good Neighbor...	13
Citizen Patrol program	14
Calendar	15

The regular Civic Club Meeting will not be held this month on the first Tuesday due to National Night Out

Civic Club Officers

President Chris Lindsay
713-819-8412 938 Lamonte
President@GardenOaks.org

Vice-President Sheila Briones
713-861-8091 412 W. 34th
VicePresident@GardenOaks.org

Treasurer Mike Dishberger
713-695-7916 862 W. 42nd St
Treasurer@GardenOaks.org

Secretary Gale Gorman
713-956-2775 742 Sue Barnett
Secretary@GardenOaks.org

Committee Chairs

Beautification Brenda & Ed de Alba
713-694-5934
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 Trey Woods
713-880-8462 403 32nd street
Membership@GardenOaks.org

Constable Program Terry Jeanes
713-812-9154
Terry@TerryJeanes.com

Home Tour Sue Schmidt
713-802-9669

Fall Festival Deanna Zugheri
281-658-4514

Gazette Contacts

Editor & Advertising Director Jonathan Lanz 713-884-8982
Gazette@GardenOaks.org

Assistant Editor Sue Schmidt 832-563-3402

Delivery Jonathan Lanz
713-884-8982
GazetteDelivery@GardenOaks.org

Letter From the Editor

Sue Schmidt, Assistant Editor

Is it just me or has the summer just flown by! With school starting this month and all the activities that creates, it is once again a busy time of the year. Thoughts turn to the coming fall and we begin to yearn for a break from the Texas heat and look forward to the crisper weather of October and November.

In fact, neighborhood activities are already being planned for the upcoming season. The fall festival that will be held October 29th is fast approaching. There are plenty of preparations that need to be handled. Deanna Zugheri, Fall Festival Chair, is looking for some helping hands! It is a great way to meet neighbors and have some fun.

The Boulevard is also getting a face lift. Ed and Brenda DeAlba, Beautification Chairs are spearheading a workday that will spruce up and reclaim a pathway through the esplanade on Garden Oaks Boulevard. Work has already begun on the project and Saturday, August 6th, seventy (that's right, 70!) tons of crushed granite will be delivered to the boulevard to put the finishing touches on the path. Bring your wheelbarrows, shovels and friends for a workday on Garden Oaks Boulevard!

Lastly, I have to mention one last "field trip" available to all of us this summer. The Museum of Fine Arts has a wonderful exhibit going on with memorabilia from the National Baseball Hall of Fame in Cooperstown on display. Anyone with a love of the game will not want to miss it. The exhibit continues through August 14th and is well worth a trip to the Museum. My youngest son came in from Dallas recently and we spent a Thursday evening enjoying the history of the game. Our love of baseball is well known in our family, and we both were fascinated by the exhibit. So take the kids and check it out. And as we go into the fall, let's root for the good guys....GO "STROS!!

Heard Under the Oak Tree

Terry Jeanes

Welcome new neighbors who recently joined the neighborhood:

4214 Alba	1570 Sue Barnett
1070 West 42nd	806 West 41st
710 West 31st	1567 Sue Barnett
811 West 41st	950 Althea
424 West 30th	1054 West 43rd

Congratulations on the purchase of your new homes! We hope to see you at a civic club meeting soon.

Happy Birthday!

8/9	Gracie Marie Mulry
8/14	Warren Walden
8/19	Trey Wood
8/22	Matt Veech
8/23	Tony Padon
8/28	Emma Kathryn Carvell
8/28	Debbie Padonand

A special first birthday wish to...

8/26 Bridgette Martinez

Happy Anniversary!

8/05 Pat Buron and Shelly Rogers

A special thank you to all my neighbors and friends who sent well wishes, emails, and went out of their way to help yours truly following my recent horseback riding accident. Garden Oaks and its people are truly special. I feel very blessed. Terry

To highlight an event, celebration or other tidbit, contact Terry Jeanes at 713-812-9154 or terry@terryjeanes.com.



Civic Club Meeting Minutes

Gale Gorman, Civic Club Secretary

July 5, 2005

Meeting was convened in the library at Garden Oaks Baptist Church.

A signup sheet was set up at the door to verify membership for the purpose of verification of voting rights.

President Chris Lindsay opened the meeting a few minutes after 7p.m.

- 1) Minutes of the May meeting were approved as listed in the Gazette.
- 2) In the absence of Mike Dishberger, Chris Lindsay read the Treasurer's report. The club is within budget.
- 3) Terry Jeanes presented the Good Neighbor award to Rick and Marie Grochoske. They were recognized for their years of service as chairman of the Beautification Committee, work on the Home Tour and their efforts to get GOMO approved in Section 1. They recently sold their home and are moving to South Carolina. We wish them all the best and thank them for having been such good neighbors.
- 4) President's Report on the Historic Designation Decision. Chris stated in her report that she called a meeting of the Board on June 20th. She explained to the Board that she had determined in the course of examining the by-laws in order to answer members questions regarding the previously scheduled vote, that the decision as to whether or not Historic Designation should be pursued or not rested with the Board, as the duly elected officers of the Civic Club, and not with the members as previously thought. Therefore, the Board reviewed the report of the Ad-Hoc Historic Designation Committee; accepted the report; deliberated the issue, and by a unanimous vote decided not to pursue Historic Designation as a project of the Civic Club. The ad-hoc committee was disbanded as having fulfilled their charge and the Board rescinded the previously scheduled vote. While this will not be a project of the Civic Club, it does not in any way preclude the efforts of those interested in pursuing HD to do so.

A considerable amount of discussion followed. A motion was made as to whether or not to still go forward with a vote, albeit a straw vote. It was seconded and failed on a vote of 13 to 6 to not have a vote.

Another motion was made to have a straw vote on the issue of Historic Designation at the September Civic Club meeting. The motion died for lack of a second.

- 5) Sue Schmidt reported on the work of the Home and Garden Tour Committee. She noted that all but two subcommittee posts had been filled. Transportation and Publicity still need chairmen. Chris Lindsay stated that the 2005 Civic Club budget does not have money allocated for the Home Tour Committee, most likely an oversight because we have gone to an every other year schedule. Chris stated that Sue had made a presentation to the Board requesting \$3,200 for the Committee to cover its expenses and the Board recommends to the members that this amount be approved. There was a motion made, seconded, and passed unanimously to approve \$3,200 for the Home Tour Committee.

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 Automation
Home Networks

AND MUCH MORE!

713.884.8982

Bone Voyage
Pet Sitting Services



1047 Gardenia Drive
Garden Oaks, USA

713-688-6363

Casey Farris
Owner/Pet Lover

www.goDOGusa.com

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

O.D.'s Printing
Neighbor helping neighbor

Oscar D. Ochoa
Owner

8924 Emmott Road
713-896-0052

WILL ZUGHERI
MORTGAGE BANKER



713.993.2201

*Garden Oaks
Resident*

*Experience the
difference*

FIRST HOUSTON
MORTGAGE, LTD

WWW.FIRSTHOUSTON.COM
WILL@LOANHOUSTON.COM

Civic Club Meeting Minutes

Continued

- 6) Carl Waters spoke on the upcoming Neighbor's Night Out, which will be held August 2nd. Those interested in hosting a block party for their block were asked to send an email to Carl at cwatersjr@aol.com. A list of addresses will be given to our Constable, who can make the rounds to stop by, say hello and answer questions. In the past, City officials have also stopped by. The list will also be posted on the GO website.
- 7) Beautification Committee Co-chair Ed de Alba asked for volunteers to spread crushed granite on the Garden Oaks Blvd. pathway on Saturday, August 6th, starting at 8:00 a.m. Please contact Ed ahead of time if at all possible to let him know if you can help. Wheelbarrows, shovels, and rakes will be needed.

Meeting adjourned at 8:40 p.m.

What I Love about Garden Oaks! continued from page 1

Sue Schmidt

Susan wrote:

What makes Garden Oaks GO for you? The recent discussion about homes and whether they fit in with the neighborhood or not has made me start thinking about our neighborhood. What do I really like about it? What makes it worth-while to live here? What do I just love about Garden Oaks that I can't find elsewhere? What makes it unique and special?

My answer as to what makes Garden Oaks GO for me has changed a bit over the years. At first it was our immediate neighbors that made this the best block in the world. Unfortunately, time brings change and neighbors move. Yet, Garden Oaks is still one of my favorite places in which to live. We looked at moving and certainly there are some lovely 'hoods in Houston. I'm partial to River Oaks off Linwood, but I'm lacking a few zeros from my net worth to swing those mortgage payments. Piney Point is nice, too, but same problem. Other areas were okay, but not quite "it" for me. Finally I realized that one of the things I LOVE about here is the lack of concrete. I love that when I look down the street, my eye isn't forced into following lines caused by curbs. I love that most driveways are long and narrow and tend to have a curve in them so they look more like paths. I love and adore that garages are either tiny originals in front or hidden behind the house so I don't have to see the big door. And of course I like the trees and large front yards. These things are hard to find in town. They are hard to find out of town, too!

Katie Swick responded:

Susan - You inspired me!

We love the trees, too. In Garden Oaks, I don't feel like I live in the city. The trees provide shade, home for the squirrels and birds we love to have as our neighbors, keep our cooling bills down (a bit), and genuinely make me happy when they do that magical overnight "leaf out in the spring"—you know, when you wake up and realize spring has sprung 'cause the trees that were bare the night before are now covered with leaves. No curbs, no sidewalks. Every house is different...

I love that fifty years of history lives in our house with us. I love that families walked the same streets we did for half a century or longer, I love that the huge oak in my front yard is older than I am, and will hopefully outlive my children. I love that even people I don't know will help me find my dogs when they get out...

Thanks Susan and Katie! I couldn't have said it better.



CAMPOS ROOFING

"The Roofing Specialist"

New Roofs/Re-Roofs and Repairs
All work Guaranteed
919 Judway
713-680-3530
Since 1960

OWENS CORNING Preferred Roofing Contracting
BBB MEMBER

KELLER WILLIAMS REALTY

281.733.1003



Trish Ricklefsen

Realtor

The sign of the times....

Garden Oaks List Serv

Join the Garden Oaks List Serv. It's easy, it's fun, and best of all, it's free. Just go to

http://groups.yahoo.com/group/Houston_GO/join

Mid-Year Treasurer's Report

Mike Dishberger, Civic Club Treasurer

As of July 3, 2005; I am pleased to report the financial condition of the Garden Oaks Civic Club is excellent. Our current balances at our banks are:

Bank Accounts

Chase (general account)	\$29,402
Morgan Stanley (interest account)	\$34,011
Sterling (constable program)	\$54,036

Profit/Loss YTD versus Budget (budget is for the year)

Account	Income	Budget	Expenses	Budget
Beautification	\$15,000	\$15,000	\$ 4,148	\$18,884
Constable	43,714	83,000*	25,569	49,950
Garden Club	355	936	500	1,000
Gazette	3,141	12,000	6,210	14,100
Membership	6,905	13,036*	50	2,136
Other (interest)	104	144	20	660
TOTALS	\$69,219	\$125,016	\$36,562	\$87,630

* Constable Program and Membership for the following year comes in the Fall of the previous year

www.GardenOaks.org



WAKE UP & CHILL OUT

LOCALLY OWNED GOURMET COFFEE & SHAVED ICE BAR

3307 ELLA BLVD. (ACROSS FROM DOUBLE DAVE'S PIZZA)

M-F: 7A-7P SAT: 10:30A-5P



WAKE UP COFFEE BAR FEATURES

- **ICED MEXICAN HOT CHOCOLATE**
- **ICE BLENDED COFFEES & TEAS**
- **SERENDIPITY FROZEN HOT CHOCOLATE**
- **SERVING KATZ & SEGOVIA COFFEES**

CHILL OUT SHAVED ICE BAR FEATURES

- **EXTENSIVE VARIETY OF FRUIT FLAVORS**
- **LARGE SELECTION OF SUGAR FREE SYRUPS**
- **SHAVED ICE "MIXED DRINK" PARTY PACKS**
- **NOW SERVING GHIRADELLI CREAM**

INTRODUCING

CREAMY DELIGHTS SHAVED ICE DESSERTS

REFRESHING SHAVED ICE TWIST ON ALL YOUR FAVORITE CLASSIC DESSERTS.

SHAVED ICE LAYERED WITH CREAMY CONFECTIONS THAT RECREATE YOUR ALL TIME FAVORITE CLASSIC DESSERT TREATS SUCH AS:

**KEY LIME PIE, DREAM-CICLE, ROOT BEER FLOAT,
CHOCOLATE COVERED STRAWBERRIES, BANANA SPLIT . . .**

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

GOMO BOARD OF DIRECTORS

Section 1

Sheila Briones

Home: 713-861-8091

412 W. 34th

Sheila.Briones@hccs.edu

Louis "Gig" Runge

Home: 713-869-5623

236 W. 33rd St.

Diane King

Cell: 361-548-8495

3310 Lawrence

Section 2

Sam Stengler

Cell: 281-773-3478

710 Sue Barnett

Sstengler@covad.net

Jay Tatum

Home: 713-699-4166

725 Garden Oaks Blvd.

Jay.tatum@hok.com

Ed de Alba

744 W. 43rd St.

ferrocem@yahoo.com

Section 3

Mike Dishberger

Home: 713-695-7916

862 W. 42nd St.

Section 5

Malcom Taylor

Home: 713-956-8872

1030 W. 41st St.

MalcomTaylor@cheverontexaco.com

Blake Woods

Home: 713-680-9277

1023 W. 43rd St.

bwoods@cricket-wood.com

Constable Program

Terry Jeanes and Susan Love - Saranie

Do you know who is watching your house? Thanks to the supporters of the Constable Program, it's our very own Deputy Richard Smith! You too can help make our neighborhood a safer place by becoming a supporter.

Program Benefits:

- 40 hours per week of our own designated Harris County Constable
- Vacation Watch by Harris County Constable (supporter households may contact Terry Jeanes - see contact information below - with a fax number to receive a form)
- 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.

Fees & Joining

The fee for joining for the remainder of 2005 is \$80 (payable as a lump sum). For 2006, the fee will be \$140 paid in advance (less than \$.40 per day!) or a monthly bank draft of \$15 (\$.50 per day!).

The membership form may be found on the Garden Oaks website (<http://www.gardenoaks.org>) by selecting Involvement / Civic Club / Constable Program from the menu. Send this form with your payment (or voided check if using the monthly bank draft option) to P.O. Box 10273, Houston TX 77206.

For more information about the program, contact Terry Jeanes at 713-812-9154 or terry@terryjeanes.com

Note Regarding Payment Schedule

Bank drafts for the Constable Program are behind schedule, and we intend to make up for them in July and August in the following manner:

Early July – one draft of \$30 will be taken as payment for April and May

Late July or early August – one draft of \$30 will be taken as payment for June and July.

Late August – one draft of \$15 will be taken as payment for August

We apologize for any inconvenience this may cause. Thank you for your patience!

June Statistics

Miles Patrolled:	1633
Verbal Warnings:	1
Written Warnings:	4
Court Citations:	10
Suspicious Vehicles:	7
Arrests:	3
Criminal Offenses:	3
Alarm responses:	3
Vacation watches:	30

CONSTABLE PRECINCT 1 DISPATCH 713-755-7628



Critter Corner

Casey Farris

Hi Neighbors! Have you heard of Caesar Millan – The Dog Whisperer? He is truly amazing and can be seen on the National Geographic channel. This month we talk about the three ingredients necessary for a balanced canine. We have had a lot of thunderstorms lately which is upsetting for many pets. Please take a few moments right now to make sure your pet is wearing secure id tags; one with his name, phone number and address, and another one with the vet name and phone number. Our Pet of the Month is just such a storm trooper.

Pet of the Month: “Ms. August” is Cupcake Peoples (Chow/German Shepherd). She lives in Section V with her parents, Sheree and Ron. She also shares her territory with Ringo (Pug), Boogie (Pug), and Tiger (Siamese/gray Tabby). Cupcake turned 13 last April and has been with the Peoples since she was six weeks old. Cupcake was adopted from Twila’s Friends rescue agency. As a puppy, Cupcake was dumped on Woodlands Parkway and hit by a car. Both of her back legs were broken and put in a cast. With a lot of love and husbandry she survived and blossomed into one of the cutest little things in the neighborhood. However, Cupcake goes into panic during thunderstorms. During one of the storms in July, Cupcake miraculously jumped her fence. We do not know who rescued her but thank goodness she was wearing a tag from Oak Forest Vet and her rescuer knew where to take her for identification and she was returned home safe and sound.

Critters 101: A Balanced Dog
Caesar Millan, the Dog Whisperer, teaches that to be an effective owner, you need to become your canine’s calm, assertive pack leader, but what exactly does that mean? Calm, assertive energy is what you need to project to show your dog that you are the calm and assertive pack leader. Assertive does not mean angry or aggressive. It means always compas-

sionate, but quietly in control. If a dog does not trust its owner to be a strong, stable pack leader, it becomes unclear on its correct role within the pack. A dog that is confused about who is in charge is actually concerned about the ability of the pack to survive. Therefore, it tries to fill in the missing leadership elements, often erratically. This can cause aggression, anxiety, fear, obsessions, or phobias.

Caesar reminds dog owners that dogs see the world differently. We communicate using our ears first, then our eyes, and then our noses. A dog begins with its nose, then its eyes, and lastly its ears. Allowing a dog to experience our scent before we engage it in eye contact or speak to it is one important way to establish trust from the beginning.

Exercise, Discipline and Affection – In that Order! Caesar contends that these three ingredients are needed to make a happy, balanced dog. Most dog owners only give affection, or do not provide these three necessities in the correct order.

Exercise means walking a dog a minimum of once a day. Discipline means giving the dog rules, boundaries, and limitations in a non-abusive manner. Affection means a reward given to our dogs, but only after they have achieved calm submission in our “pack.”

A balanced dog is in the state that Mother Nature wants it to be in. This means a calm, submissive pack-follower that is fulfilled physically with exercise; psychologically with rules, boundaries, and limitations; and emotionally with affection from its owner.

Casey Farris is owner/operator of Bone Voyage Pet Sitting Services® and Go Dog USA, offering many services and products dedicated to the welfare of our pets and the people who love them. Please forward your questions and pet news to Casey@goDOGusa.com or call 713-688-6363.

GOMO Meetings

May - December
All meetings are at 7pm.
GO Professional Bldg.
Corner of Shepherd/GO
Blvd.Suite 216.

- May 18
- June 22
- July 20
- August 17
- September 21
- October 19
- November 16
- December 14

Finishing Touch

INTERIOR/EXTERIOR PAINT
FAUX FINISHES

SHERRY OLIPHANT

713.426.5080 832.687.5080

Deanna Zugheri
Residential Sales



Your Garden
Oaks Neighbor
I know
Garden Oaks
281.658.4514

Hartman
& ASSOCIATES

deanna@hartman-associates.com

www.GardenOaksHomes.com



MALDONADO LANDSCAPING

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

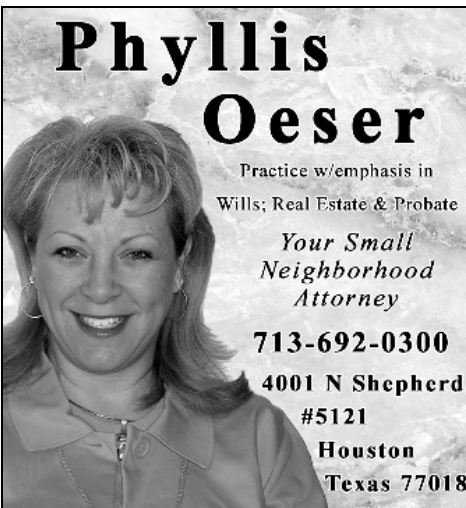
Servello Maldonado
(713) 640-1465 P.O. Box 230459
Pager (713) 813-6666 Houston, TX 77223-0459



Diana Tarley



DianaTarley.com 713-539-0569



Phyllis Oeser

Practice w/emphasis in
Wills; Real Estate & Probate

*Your Small
Neighborhood
Attorney*

713-692-0300
4001 N Shepherd
#5121
Houston
Texas 77018

Beat the Texas Heat

Catherine Kruppa, MS, RD, LD

The Texas heat is already here. Proper hydration can help improve your sport and survive the brutal heat in Texas. Adequate fluid replacement is the most frequently overlooked performance aid. Fluids can actually delay fatigue and help you maintain a higher level of performance. Fluids have many important functions in the body such as producing energy, regulating body temperature, eliminating waste products and dissipating heat through the skin as sweat. Inadequate fluid intake, along with heat and humidity, inhibits your body from performing these tasks and speeds up dehydration. When 2% of body weight is lost through sweat, heart rate increases, body temperature increases and cardiac output decreases all of these hinder performance. Symptoms of dehydration include thirst, increased heart rate, headache, concentrated urine or low volume of urine, cramps and diarrhea during exercise. The following are tips to help prevent dehydration:

1. Drink adequate fluids on a daily basis. The easiest way to check if you are well hydrated is to monitor the amount and color of your urine. You should urinate frequently throughout the day and the urine should be a clear, lemonade color. Vitamin pills may cause your urine to be dark colored, so it is best to monitor hydration by the quantity of urine. Another way to monitor hydration is to weigh yourself before and after exercise. For each pound that you lose during exercise, you should drink 16 ounces of fluid. It is easy during the summer months to become chronically dehydrated. Chronic fatigue and headaches can be caused by dehydration. Pay attention to how you feel. Remember that caffeine and alcohol can act as a diuretic and increase fluid loss.
2. Hydrate prior to exercise. Drink 16-24 ounces of fluids two hours prior to exercise. This allows the body time to process the liquids so that you will have a chance to eliminate them

prior to your workout. Consume another 16 ounces of cold water or sports drink 10 to 15 minutes before exercise to help lower your body temperature and allow your body to be ready to replace sweat losses.

3. Drink during exercise. Thirst is not an adequate guide. It is necessary to drink according to a schedule. It is ideal to drink 5-10 ounces of water, sports drinks or diluted juice every 15-20 minutes. Mark a sports bottle in 5 or 10 ounce increments to help you keep track. You will be playing catch up because the body can sweat off as much as three times this amount. It is important to take plenty of fluids early to aid in preventing dehydration. By the time you are thirsty, you have lost 1% of your body weight and your performance suffers. Drink before you are thirsty.
4. Quench your thirst and keep drinking. You need to drink 16 ounces for every pound of body weight lost after exercise. Rehydrating within one hour post-exercise will help you to recover quickly.

Water is an effective beverage for exercise lasting one hour or less. For athletes who are exercising for 60 to 90 minutes, a sports drink, containing 4-8% carbohydrate, such as Gatorade or Powerade, can offer an energy advantage. Consuming these carbohydrates during long matches will help maintain a normal blood sugar level and increase your endurance. Drinks that contain > 10% carbohydrate such as fruit juice, soft drinks and concentrated fructose drinks are absorbed slower and may cause gastrointestinal distress. It is best to experiment during training to see what works best for you. Sweat contains water and also small amounts of sodium, potassium and other electrolytes that keep your body in fluid balance. You can easily replace these losses after exercise by consuming a balanced diet. Keep these tips in mind as the Texas heat and humidity arrive because adequate hydration can make the difference between winning and losing.

Are You Protected?

Jason Frovich, Support Cave

Every now and then you can read about a new virus and the damage it causes. Viruses can cost companies each time they strike. It is, however, not only companies that are suffering from the damages caused by viruses. A virus can be just as damaging, if not more, for a private Internet user by destroying important documents, family pictures and anything else kept on a personal computer. Therefore no home computer should be without good virus protection software. This way you can protect your computer from losing data, prevent corrupted hard drives and avoid a number of other problems. There are several anti-virus programs available of which some are free and some are not. When choosing one, you should always remember that you might get what you paying for, meaning that the service and the updates included with purchased software might be better than with free software.

When using a virus program you should try to find one that is fast, reliable and able to discover as many viruses as possible. Whether it is fast or not might seem unimportant if you don't use your computer that much, but you will find that an anti-virus program that scans your computer faster will be used more frequently and thereby give you better protection. For an anti-virus program to be effective when protecting your computer, it needs to be able to recognize all viruses. Since new viruses are constantly created this means that the database for the program has to be constantly updated. You should therefore consider how often the different anti-virus programs update their databases when choosing which software program to get. You should always make sure to keep your virus program up-to-date.

One of the best anti-virus programs on the market today is *Panda Platinum Internet Security*. This software has an unrivalled capacity for detecting viruses and other threats online. Almost all viruses today are spread through the Internet. *Panda Platinum*

Internet Security is easy to install and use. Once installed, it finds and removes viruses automatically.

Panda Platinum

Internet Security also automatically updates itself if you want it to. In other words, this software is an anti-virus program that manages itself by keeping up-to-date so that it can keep your computer safe from both old and new viruses. *Panda Platinum Internet Security* scans your entire computer, including the program itself, to make sure that a virus can't infect any part of the computer. In addition to searching for viruses, it also searches your computer for a number of other security risks like spy ware and Trojans.



G.O. Elementary School's Pond Shed

Shana Tatum

Many thanks to those families that have donated building materials to Garden Oaks Elementary for the new Pond Shed. Our design will evolve from materials we collect. We are grateful for what we have received and are just reminding those of you that are eager to clean out that extra lumber, roof shingles or other materials you may have stored up in the corner of your garage, we will cheerfully come by to collect.

Our Wildlife Habitat, which has been certified by the National Wildlife Federation, will be moving into phase two later this Fall. Be sure to watch for exciting developments.

If you have any questions about the project, you may contact me at 713-699-4166 or via email at ssatum@earthlink.net. Many thanks for your interest.

Kitchens ★ Bathrooms
Additions ★ Roofing

STAN-CO

Home Improvements

- ★ New Construction
- ★ Remodels
- ★ Renovations

713-462-5392

Est. 1993

Painting ★ Flooring
Custom Cabinetry ★ Tile

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
Renovation * Construction

208 W 34TH STREET HOUSTON, TEXAS 77018

Residential Remodeling

S.C.M

Construction Services Inc.

Chris Schmidt

State License No. 10635

Garden Oaks Resident

713. 443. 1701

Fax 713. 802. 9282

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

Shelley Rogers, Correspondent

Kathy Wahren, Yard of the Month

Yard Of
The Month

3206

Lawrence

GardenOaks.org
GardenOaks.org
GardenOaks.org
GardenOaks.org

Garden Oaks Elementary Celebrates Its 65th Anniversary

Jeff Amerson, School Principal

It is hard to believe but it is almost time for school to begin again. The staff and parents at Garden Oaks Elementary want to welcome our neighborhood community for another wonderful year. But not just any year - this is the 65th anniversary of Garden Oaks Elementary and we're rolling out the red carpet. As you've probably been noticing, we are in the midst of a remodel to modernize our campus and ensure that our 65 year-old school meets all of the current standards and codes. If you've worked to remodel your own "old" home, you can appreciate the experience we are all sharing. We can't wait to show off our new look when it is all complete.

If you are new to our community, here are some key things you may want to know. We begin registration on August 1st from 8:00 a.m. through noon each day until school begins. You will need to bring current immunization records, a state picture i.d. (or driver's license) of the parent or guardian, an official birth certificate (not a copy), and proof of residence (a light bill or apartment lease is sufficient). School begins promptly at 8:00 a.m. on August 15th. We expect our students to be in their classrooms and ready to begin the day by 8:00 a.m. We will be making a school-wide push this year to get all of our kids to class on time each day. Please help us in this as we prepare children for a lifetime of being on time. Breakfast is served in the cafeteria from 7:30 - 7:45 a.m. Students will bring home applications to apply for the free and reduced lunch program on the first day of school. In fact, check your child's backpack daily during the first week as we send home many important things you will need to see that first week. All students are required to wear a uniform. Khaki bottoms (pants, shorts, skirts, jumpers, skorts) and a polo style shirt in red, white, or navy blue. Our great PTA also sells Garden Oaks t-shirts for \$10 in the office. These may also be worn.

Our school has much to offer and is

unique in many ways. Garden Oaks Elementary is home to both the 2005 NW District Teacher of the Year (Stefanie Friedman, 2nd grade) and the 2005 NW District Principal of the Year (Jeff Amerson) and they are just two of the great things about the school. It would be hard to find a more inviting or beautiful campus than ours. We offer a Montessori program (in fact, the new Wilson all-Montessori school is a branch out from our program), a Neighborhood Gifted and Talented Program, a bilingual program, and an inclusion program for our children with special needs. We also have a multiply-impaired special education class and a special education class for PreSchool Children with Learning Difficulties. All of our students may also receive speech therapy if they qualify for the program. Know that we love all of our children and they are all special and unique to us.

We know that you will be pleased with our school and the educational services we offer to our neighborhood. We do this through teamwork and communication and are fortunate to have the support of such a concerned community. We could not do what we do without your support and without the support of our parent organizations. You can contact the school during school hours at (713) 696-2930. You may email the principal directly at jamerson@houstonisd.org. Please understand, however, that during the final few days of getting the school ready to reopen, it may take a day or two before you hear back from us. But, we always want to hear from you. We are looking forward to a fantastic 65th year.

**Registration Begins on
August 1st from
8:00 a.m.-12:00 p.m.**

Advertising & Article Submission Guidelines

The Garden Oaks Gazette is the official publication of the Garden Oaks Civic Club and is published on a monthly basis. It is hand delivered to 1,550 homes the first week of each month.

The Gazette's primary purpose is to disseminate information about Civic Club activities and community events.

Advertising rates are shown to the right. If you would like to purchase ad space, please contact the Editor. (See page 2 for contact information.)

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 not related to the Civic Club does not imply endorsement by the Garden Oaks Civic Club and is solely the opinion of the author.

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		

AMS REMODELING

Custom Homes
 Room Additions
 Garages
 Kitchens
 Bathrooms
 Hardie Siding
 Total Remodels



FREE ESTIMATES
 713-773-6803



Transforming Your Dreams... Into Reality!



**Terry
Jeanes**

your Garden Oaks neighbor
and area specialist

RE/MAX-METRO

**713-528-1800
713-680-8550**



COURT REPORTING



**Carlson
Reporting**

Tel: 713.896.1492
Fax: 713.896.3099
Email: depositions@carlsonreporting.com

Court Reporting
Legal Videography
Records Retrieval

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



**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

GOMO Annual Members' Meeting

Sam Stengler

Well, it's that time of year again - time for the Garden Oaks Maintenance Organization, Inc.'s (GOMO) Annual Members' Meeting. This year, we will hold the meeting on Tuesday, October 4, 2005 immediately following the Garden Oaks Civic Club meeting in the Garden Oaks Elementary School cafeteria. We'll publish a meeting agenda in a later edition of the GO Gazette.

Also, we will be holding our Directors elections on November 1, 2005. The elections will begin immediately after the November 5th, 2005 GO CC meeting at the GO Elementary school.

At this time, we have several Directors' positions to fill:

- 1 for Section One
- 1 for Section Three
- 1 for Section Five

So, if you have ever wanted to get involved with doing something for your beautiful Garden Oaks neighborhood, this is your chance! Become a GOMO Director, and help us manage our GO Deed Restrictions! If you are interested, simply contact any of the GOMO Directors listed in the Gazette for a nomination form and requirements. Or, follow the 'Deed Restrictions and G.O.M.O.' link at the Garden Oaks web site, www.gardenoaks.org, to download and print the form. We hope to see lots of you folks at both of these meetings!

As always, if you have any questions about GOMO, please feel free to contact any of the other GOMO Directors listed elsewhere in this Gazette, or via their contact information on the above Garden Oaks web site.

The regular GOMO meeting will not be held this month on the first Tuesday due to National Night Out. GOMO's next meeting will be August 17, 2005, at 7 PM in our office at the Garden Oaks Professional Building, 4001 N. Shepherd Dr, Suite 216. All GOMO members and potential members are welcome to attend!

**Garden Oaks
Boulevard
Esplanade
Workday
Saturday,
August 6
@ 8:00AM**



The Garden Oaks Good Neighbor Award

Terry Jeanes

The second *Garden Oaks Good Neighbor Award* has been given to 5-year residents Rick and Marie Grochoske. The Grochoskes recently completed a 4.5-year Beautification Committee Chairmanship which entailed them being responsible for the coordination and clean up related to Garden Oaks green spaces and pocket parks. Shortly after moving into the neighborhood, Rick attended a Beautification Committee meeting, and finding the committee in need of a chairperson, he graciously stepped up to the plate. In addition, the Grochoskes, especially Marie, worked tirelessly on the Garden Oaks Maintenance Organization (GOMO) campaign. Their added activities include serving as volunteers with the Garden Oaks Home Tour and hosts of Neighbors' Night Out block parties.

The Grochoskes' photo was taken the week before Rick and Marie departed

Garden Oaks for their new home in Concord, NC where Rick accepted a project manager position for traffic and engineering in nearby Charlotte. Rick and Marie both had sad thoughts of leaving Garden Oaks, which their former neighbors reciprocate, but cherish the fact they will be very near their 2 young grandchildren. In recognition of their efforts on behalf of the neighborhood, they received a certificate of appreciation and a gift certificate to Lowe's, donated by Garden Oaks resident and award sponsor, Terry Jeanes of Re/Max Metro.

???

The Garden Oaks Good Neighbor Award is given quarterly as a thank-you to resident(s) who give of themselves, whether it be for the benefit of the neighborhood, their neighbors, a local school, church or other Garden Oaks beneficiary.



Rick and Marie Grochoske

If you know someone who you feel should be recognized in this manner, please contact Terry Jeanes at 713-812-9154 or terry@terryjeanes.com.

CALL FOR FREE ESTIMATES

New Construction & Consultation

Come see our newly constructed home in beautiful Garden Oaks @ 950 Althea / Houston, Tx 77018. New construction on 958 Althea - 2005.

"built to suit on your property or mine"



REGISTERED BUILDER



f **FACUNDO**
HOME BUILDER INC

281-235-7375

email: facundoadvertising@houston.rr.com

fax: 713-681-4798

*The Clock is ticking and
the deadline approaches
for our*



What's in a Name? Contest!

We've had some great entries, but if you are the one that comes up with that ultimate theme (name) for the 2006 Garden Oaks Home Tour you will win a dinner for two to Mark's Restaurant on Westheimer. (fabulous!)

Be the creator of the theme that is the centerpiece of all the print and media blitz for the Home Tour.

Be creative, be bold, define the uniqueness that is Garden Oaks! Come up with something magical and mystical for the 2006 Garden Oaks Home Tour. Best yet...be rewarded!

Dinner for two is a \$150 value compliments of Sue Schmidt, Keller Williams Realty. Contest ends August 16th, 2005, and the winner will be determined by the Garden Oaks Home Tour Executive Committee. Winner will be announced in the September Gazette. Please forward all entries to Sue Schmidt, sueschmidt@houston.rr.com/ Good Luck!

Citizen Patrol Program

By Carl Waters, Jr.

Just a brief reminder that National Night Out will be celebrated Tuesday, August 2nd. It's not too late to plan a party for your block!

May Crime Statistics (8):

Burglary (4):

700 block of W. 43rd St. on Tuesday, May 10th at 6:00 p.m. (Vacant residence).

1400 block of Sue Barnett Dr. on Thursday, May 12th at 4:30 p.m. (Residence)

500 block of W. 34th St. on Friday, May 13th at 7:00 a.m. (Garage).

300 block of W. 31st St. on Saturday, May 28th at midnight (Garage).

Burglary of a Motor Vehicle (3):
1300 block of Sue Barnett Dr. on Tuesday, May 10th at 10:00 p.m. (Driveway).

900 block of W. 41st St. on Sunday, May 15th at 7:30 p.m. (Driveway).

800 block of W. 41st St. on Monday, May 16th at 1:00 a.m. (Driveway).

Narcotics (1)

1100 block of Sue Barnett Dr. on Thursday, May 19th at 1:00 a.m. (Public Street).

As always inquires about joining the Citizen Patrol Program can be sent to me via the neighborhood website, (GardenOaks.org), via email to GOCOP77018@AOL.com, or by phone at 713-864-1992.

Emergency Services

911

HPD Non Emergency Services

713-884-2121

Constable Precinct 1 Dispatch

713-755-7628

All Other City Services

311

National Night Out

Carl Walters

Tuesday, August 2nd has been designated as National Night Out for this year. This is a good way to get to know your new neighbors and get reacquainted with those you have fallen out of touch with during the past year.

National Night Out, 'America's Night Out Against Crime,' was introduced by the National Association of Town Watch in 1984. The program was the brainchild of Executive Director Matt A. Peskin. In an effort to heighten awareness and strengthen participation in local anticrime efforts, Peskin felt that a high-profile, high-impact type of crime prevention event was needed nationally. At that time, he noted that in a typical 'crime watch community', only 5 to 7% of the residents were participating actively. Due to the growth and success of these programs, he felt this percentage was too low. Subsequently, he proposed a national program which would be coordinated by local crime prevention agencies and organizations - but that would involve entire communities at one time. The first National Night Out was introduced early in 1984 - with the event culminating on the first Tuesday in August. That first year, 400 communities in 23 states participated in National Night Out. Nationwide, 2.5 million Americans took part in 1984. The event has since grown to involve more than **34 million people in over 10,000 communities from all 50 states**, U.S. territories, Canadian cities, and military bases worldwide.

The National Night Out program suggests a 7:00 p.m. to 10:00 p.m. time frame, but you can adjust the start or end times to meet the needs of your block. If you are interested in hosting a party, please call me at 713-864-1992 (evenings please) or email me with your information, GOCOP77018@aol.com and I will try to get to HPD so it can be included in the city's numbers for the program. The techies among you can also post your party information on one of the neighborhood computer bulletin board sites.



August 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1		3	4	5	6 G.O. Blvd Esplanade Path Workday 8:00 AM
7	8	9	10	11	12	13
14	15 Deadline for Gazette Submissions	16	17 GOMO Mtg. GO Professional Bldg. Suite 216 7 p.m	18	19	20 G.O.P.R.A. Time 9:30 AM GO Baptist Church Fellowship Hall
21	22	23	24	25	26	27
28	29	30	31			

Useful Numbers

All City Services (city information or services ranging from traffic court dates and sewer concerns to pothole problems and neighborhood complaints)	311
Emergency Services	911
Constable Precinct 1 Dispatch	713-755-7628
HPD Non Emergency Services	713-884-3131
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

z2005 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 _____ XXLLarge _____ \$ _____ 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



Saturday August, 20th 6-9 p.m.
John & Cindy Barto's House 831 Azalea

Party organizers are:

Sue Schmidt with Keller Williams 832.563.3402

Casey Farris with Bone Voyage Pet Sitting 713.688.6363

Jonathan Lanz with Computer-Wiz 713.884.8982

