



## Civic Club Officers

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## Letter From the Editor *Sue Schmidt, Assistant Editor*

What an experience the last few days have been! We started working on the Gazette on Tuesday, 9/ 20. By Wednesday, with word that Hurricane Rita was headed our direction, the neighborhood was abuzz with the sound of plywood going up to cover windows, grocery stores had long lines, D-cell batteries were in non-existent supply and gas stations....well, we all know that story. As usual, neighbors started checking in to see who was leaving and who would stay. Nice to know there is someone around to keep an eye on things. Activity was at fever pitch and as we all finished our last preparations.

By Thursday the news of stranded motorist began to hit the airwaves. What a sight to see over two million people head out of our town. My estimate is at least 50% of Garden Oaks evacuated. It was *very* quiet.

It was a great relief to see everyone safely...if not comfortably... evacuated. Greater relief yet was the fact that Rita changed directions and Garden Oaks sustained minimal damage. As cabin fever set in, we cruised the 'hood to see the aftermath. Neighbors pitched in to assist each other. Although some power outages are still going on, the clean up has begun and normalcy is returning to our great neighborhood. Nice to live in a community where people care about each other.

As for this month's community action, those in sections 1,2 3 and 5 will want to mark their calendar for the annual GOMO meeting, October 4<sup>th</sup> following the Civic Club meeting at the Garden Oaks Elementary School cafeteria. The fall festival, October 30<sup>th</sup> at Sparks Park promises to be a great time for the whole family. If you would like to volunteer, please contact Deanna Zugheri at 281-658-4514. *And* we have a theme for the 2006 Garden Oaks Home Tour. Congratulations to Dian Austin and Sandy Altman for their wonderful suggestion of ....Pathways thru the Oaks.

## Heard Under the Oak Tree *Terry Jeanes*

*Welcome new neighbors...*  
**4219 Alba**                    **1014 Gardenia**  
**847 West 41<sup>st</sup>**                **826 West 31<sup>st</sup>**  
**923 West 42<sup>nd</sup>**                **761 West 42<sup>nd</sup>**  
**777 Sue Barnett**

*A Special Welcome* to **Elizabeth Siobhan Johnson**, proud parents **Ken and Imelda Johnson**. Born August 20th at 7:32 pm. Weighing in at 7 lb. 2 oz. and 18.5 inches in length.

*Warm wishes and a special welcome* to all **our Louisiana and other states guests** who were affected by Katrina. We hope you find Garden Oaks a special comfortable place and are glad you found us.

*Birthdays and Celebrations....* 10/1 **Dian Austin**, 10/3 **Sue Schmidt**, 10/6 **Tania Chaix**, 10/9 **Tina Sabuco**, 10/12 **Michael Padon**, 10/15/ **Rita Donaldson** , and 10/28 **Jack Runge**. And Belated wishes ...the big 50 to **Rusty Reichle** on 9/14.

*Anniversary Celebrations and Congratulations to ....* **Debbie & Tony Padon** 10/6 and **Gig & Betsy Runge** 10/9 .

*Travels and Celebrity Sightings...* Welcome Back **Sheila Briones**, she enjoyed a recent trip to Washington DC and Providence. Also...**Linda Sparks** and **Terry Jeanes** on a recent trip to Lake Charles' new L'Auberge de Lac, and Ann-Margaret's first show. We were invited back stage to meet Ms. Margaret. She was a delight and very gracious.

**Success is Brewing..... Ben & Sasha Fullelove**, Garden Oaks Residents, want to thank all their fellow neighbors for the support given to their new **Petrol Station Coffee-house** 985 Wakefield @ Golf. The Coffeehouse will now have a happy hour Monday through Friday from 3 to 7pm. Ben and Sasha's venture is a great neighborhood gathering place.

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

# Civic Club Meeting Minutes

## September 6, 2005

Gale Gorman, Civic Club Secretary

Meeting was convened in the cafeteria at Garden Oaks Elementary School.

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 7pm.

- 1) Minutes of the July meeting were approved as listed in the Gazette.
- 2) Mike Dishberger gave our financial report.
- 3) Terry Jeanes reported on our hurricane Katrina relief efforts which resulted in 15 pick-up trucks worth of clothes, food, baby items, personal items, etc. plus \$2,500 in contributions from GO residents.
- 4) Deanna Zugheri and Casey Farris presented request for support of the Fall Festival Committee. Civic Club members voted unanimously to give them financial support not to exceed \$800.
- 5) Signup sheets were passed around for volunteers to help with the Fall Festival.
- 6) Another signup sheet was passed around for those wanting to receive GOCC notices via email.
- 7) Carl Waters reported on GOCOP. Crime is down. National Night Out was the theme for 10 to 12 block parties.
- 8) Terry Jeanes gave the Constable report and a reminder that renewal forms will be sent out end of October.
- 9) The Beautification Committee has a workday coming up on 9/10 at Randall Street and on 9/24 the park on Sue Barnett and West 42nd.
- 10) Sam Stengler reported for GOMO. Next meeting is 9/21, Garden Oaks Professional Bldg., Suite 216, at 7 p.m.. There will be a directors election after the Civic Club meeting on 11/1. Proxy voting is acceptable and there is a nomination form on our website. Deadline for nominations is Halloween.
- 11) A Nomination Committee for identifying GOCC board members is being formed. If you would like to be on the nominating committee, or would like to nominate someone for a position, please contact Chris Lindsay.
- 12) New business consisted of a raffle in support of Garden Oaks Elementary School.
- 13) Casey Farris made a pitch for anyone to log on to HoustonPetHelp.com and look for ways to volunteer.
- 14) Dennis Carter with St. Matthew's Methodist Church made a plea for more Katrina evacuee help. They will meet Friday night at the Church with the local Scout troop who are making kits with personal items.
- 15) Meeting adjourned.

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## Citizen on Patrol

Carl Waters, Jr

As you may recall, last summer the neighborhood was hit with some rather high numbers of reported crime. In June and July a total of thirty-one crimes were reported to the Houston Police Department. Good News! This year total for June and July was only nine reported crimes. This means we currently have fifteen crimes less than through July of last year. If you are interested in joining the Citizens Patrol Program the next training dates are Tuesday, October 4, 2005 at 10:00 a.m. at the North Command Station, 9455 W. Montgomery Rd and Thursday, October 13, 2005 at 7:00 p.m. at the same location. You must complete an application and submit it one week prior to training. Please contact me for an application form. Part of the application process is a background check.

### July Crime Statistics (6):

#### Burglary (4):

300 block of W. 34<sup>th</sup> St. on Wednesday, July 6<sup>th</sup> at 5:00 a.m. (Apartment).  
 400 block of W. 31<sup>st</sup> St. on Saturday, July 9<sup>th</sup> at 8:10 p.m. (Garage).  
 2900 block of N. Shepherd on Wednesday, July 20<sup>th</sup> at 3:00 a.m. (Electronics Store).  
 700 block of W. 42<sup>nd</sup> St. on Saturday, July 30<sup>th</sup> at 3:00 p.m. (Residence).

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

1500 block of Sue Barnett on Tuesday, July 5<sup>th</sup> at 2:00 p.m. (Driveway).  
 2900 block of North Durham on Saturday, July 23<sup>rd</sup> at 2:45 p.m. (Restaurant Parking lot).

Remember inquires about joining the Citizens Patrol Program or about other community safety issues can be directed to me via neighborhood website GardenOaks.org or to the COP email account at GO-COP77018@AOL.com. or by phone at 713-864-1992.

Reference Numbers on back of Gazette

## 2006 GO Home Tour Theme Entries

- Garden Oaks: The Coolest Spot in the City
- Step Back in Time, The Enchanted Garden—Garden Oaks
- The Graceful Homes of Garden Oaks
- Pathways Thru the Oaks
- Pathways Thru Time
- Pathway Thru the Trees
- Serenity in the City—Garden Oaks 2006 Home Tour
- Garden Oaks, A Cherished Heirloom
- Garden Oaks, An Heirloom for the Future
- There's No Place like a Garden Oaks Home...
- Enchanted Garden
- Through the Looking Glass
- Garden Variety
- Garden Oaks, Home Sweet Home Tour 2006
- Come On Over, Garden Oaks Home Tour 2006
- Close to the City, Far from the Crowds
- Smiling Faces, Wide Open Spaces
- Room to Move, Trees to Sooth
- Forever Our Home
- Life Begins in the Garden
- Dancing through the Decades
- Garden Oaks—A Place You Never Want to "Leaf"
- Singing Praises for Garden Oaks
- Garden Oaks—Naturally!
- Rolling Down the Road
- Rolling Through the Years
- Tour under the Treetops
- Tranquility Under the Treetops
- Savor a Saunter through Garden Oaks
- Arched Oaks, Open Doors
- Nestle in our Neighborhood
- Marvel Amongst Our Alley of Oaks
- Unwrap the Gift of Garden Oaks
- Garden Oaks: Houston's Best Kept Secret

**Thanks to all who participated!**  
 It was a hard decision for the executive committee. See the winner on page 9

# Garden Oaks Katrina Relief Drive

Terry Jeanes



What started as an early morning Garden Oaks walk, Friday before Labor Day, blossomed to an outstanding event. With the help of Gazette block captains delivering fliers, volunteers posting signs throughout the area, and mass emailing to the great residents of Garden Oaks, the word spread about the GO Katrina Relief Drive.

From the bottom of our hearts...myself, Terry Jeanes, Patty Walters, and Tina Parks, who graciously donated her driveway...we thank you Garden Oaks...you should be very proud! As always you have stepped up to the plate.

The Hurricane Relief Drive went way beyond expectations. In addition to all the added volunteers who came, neighbors brought more items to make the volunteers comfortable. To all those who gave in any way, shape, or form...from donations, to staying all day and sorting, boxing and hauling...thank you. You know if you had a part. The Chronicle was so impressed with our community that our "reverse garage sale" made The Chronicle's section one ...Katrina: Personal stories column.

I have always known Garden Oaks to be special and now more of Houston knows as well. We are all still riding the high created from all the Garden Oaks caring. Here is just a quick synopsis...Seven full truck loads of men's and women's clothes, 1 full truck load to Humane Society, 2 truck loads to the Houston Food Bank, 1 full truck load of diapers (that was welcomed overwhelming by the medical personal at the Astrodome.) Three additional truck loads for Cherish Our Children - clothing, toys, books etc., 2 full Truck loads to the Star of Hope, and 1 truck load of personal toiletry items to St. Rose of Lima. In addition we collected in excess of \$2500 in check donations to Red Cross and SPCA. The most amazing thing of the drive was the direct impact...5 families that were assisted immediately with needed items.

I have always known Garden Oaks to be great and you did it again! My hat is off to you. You have made a difference.

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#### 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

### 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

### CONSTABLE PROGRAM.....Kid Safe – Fingerprinting plus gun safety locks..

Terry Jeanes and Susan Love - Saranie Garden Oaks Constable will be providing additional services for residents these next two months...Kid Safe – Fingerprinting and ID system for Children and free gun locks. The Garden Oaks Constable through Kid Safe, a noted fingerprinting and child ID system will be providing fingerprinting and kits to all participants at the Garden Oaks Fall Festival Saturday October 29<sup>th</sup>. In addition to the program at the festival. A second opportunity will be at the November Civic Club meeting Tuesday November 1<sup>st</sup>. from 6:15 – 7 pm. In addition, Deputy Smith will be make available gun safety locks for any interested residents at the October 4<sup>th</sup> Civic Club meeting. Come take advantage of these valuable safety opportunities.

Volunteers are needed to help with the upcoming membership and constable invoice mail out to forthcoming. Please contact Terry Jeanes, 713-812-9154 , or tery@terryjeanes.com.

Become a supporter of our Constable Program You can join today if you have not already for an \$70 portion for the remainder of the year and then next year for the full \$140. Take the time now to fill out the form in the Gazette, on www.gardenoaks.org

### REMEMBER THESE PROGRAM BENEFITS:

- 40 hrs of our own designated HarrisCounty Constable
- Vacation Watch by Harris County Constable (forms available to supporter households) contact terry@terryjeanes.com with your fax number
- 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.

**Cost & Payment** ...The annual support fee \$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) For any added questions, please contact Terry Jeanes, 713-812-9154, or terry@terryjeanes.com.

Here are some updated stats from **August**

Miles Patrolled	1397
Verbal Warnings	3
Written Warnings	6
Court Citations	17
Suspicious Vehicles	2
Arrests	0
Criminal Offenses	0
Alarm responses	3
Vacation watches	49**

( \*\*You will note the vacation watch checks were high as many of our neighbors took advantage of the vacation watch provided by our deputy...just one of the many benefits of being a supporter.... So who is watching you house?)

**CONSTABLE PRECINCT 1  
DISPATCH 713-755-7628**



## Critter Corner

Casey Farris

Hi Neighbors! Hurricane Season goes from June 1<sup>st</sup> through November 30<sup>th</sup>. Now is a good time to sit down and think about your emergency and evacuation plans. So this month we are going to talk about a little disaster planning.

**Pet News:** Thank you Garden Oaks for your tremendous response and efforts during our neighborhood donation drive conducted on Labor Day. We collected a mountain of pet supplies which was delivered to the Houston SPCA.

According to the ASPCA, rescue crews in Hurricane Katrina affected areas have been pleasantly surprised to find the animals in relatively good condition, having been left adequate supplies by their fleeing owners. As New Orleans animals are brought to the staging area in Gonzales, LA, they are being photographed by Cajun Clicker Computer Organization to expedite reuniting them with their families. [www.petfinder.com](http://www.petfinder.com) is hosting the database of information on these displaced pets. Many pets have been reunited with their families however they are still taking in more pets than they are releasing to families.

[www.houstonpethelp.com](http://www.houstonpethelp.com) is a website of Houston pet resources sponsored by Houston Area Professional Pet Sitting Associates (HAPPSA) for people and pets in need due to the Hurricane Katrina crises.

### **Critters 101: Disaster Planning**

When Hurricane Katrina hit the Gulf Coast thousands of people – and their pets- were not prepared. If it is not safe for you, it's not safe for your pet. The single most important thing you can do to protect your pets if you evacuate is to take your pets with you!

Your pets should be microchipped and wear up-to-date identification at all times. You also need to prepare supplies for your pet. Keep every-

thing stored in sturdy containers that can be carried easily. Medication, medical records and a first aid kit should be stored in a waterproof container. Sturdy leashes, harnesses and/or carriers to transport pets safely and to ensure your pets cannot escape. Carriers should be large enough for the animal to stand comfortably, turn around, and lie down. Your pet may have to stay in the carrier for hours at a time. Current photos of your pet for identification in case your pet gets lost. Food, water, bowls, cat litter and litter box, and a manually operated can opener. Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to board your pets or place them in foster care.

Plan ahead where you will go with your pets and make sure that your pets will be welcome. Most evacuation shelters do not accept pets, so plan ahead. Don't wait until disaster strikes to do your research. It is important to remember that your pet may be just as stressed out and confused as you are during a storm. Having your pet with you can help you get through the difficult time. Your pet will comfort you, and you will comfort your pet.

*Casey Farris is owner/operator of Bone Voyage Pet Sitting Services and Go Dog Usa, home of the Go Dog Social Club. Mau Mau Farris is owner/operator of Casey. Please forward your questions and pet news to [Casey@goDOGusa.com](mailto:Casey@goDOGusa.com) or call 713-688-6363.*



## 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

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AND SAN ANTONIO.

## Seeking "The Garden Oaks Good Neighbor" Award Nominees Plus a Little History

Terry Jeanes

Just a little history behind the Good Neighbor Award...Previously, while affiliated with another local real estate firm, who has since gone out of the business, A Northwest Neighbor of the Month award was designed to recognize caring citizens of the Leader newspaper area. Several former Garden Oaks residents, who have since passed on, were recipients of this award. Like the days of the past, being thankful for the simplest deeds, and giving of oneself should be acknowledged. The award was restructured in the format of the Garden Oaks Good Neighbor Award, coming back to the roots of where the award originated in the first place. Some of the recipient's of decades past were Mr. Koebelen and Jesse and Bessie Foster.

Continuing the acknowledgment of the good deeds done by our neighbors, nominees are being sought for the upcoming 3<sup>rd</sup> presentation of the Garden Oaks Good Neighbor Award. 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...it is time to acknowledge them and say "Thank You". What better way than through special recognition of a Good Neighbor Award? If you know of someone special who gives unselfishly of their time contributing to the community or making the life of someone else more comfortable, nominate them.

This quarterly acknowledgement will be announced at the October meeting and will include a certificate and gift. A team of greater Garden Oaks community leaders will make each award selection. To nominate a deserving neighbor, simply contact Terry Jeanes, Good Neighbor Award Sponsor - 713-812-9154 or [terry@terryjeanes.com](mailto:terry@terryjeanes.com).

## ENERGY

There is only one word to describe Garden Oaks Elementary this year and that word is ENERGY! From the moment I stepped onto the school campus this year I felt the X factor. School started out with a bang! Parents and lots of community volunteers were out in tie-died t-shirts again helping children get to there classrooms and helping parents with their own first day jitters. In the first week of school students enjoyed a birthday party complete with cake and balloons to celebrate the schools 65<sup>th</sup> anniversary, were given pencils to start the new school year, and had a meet and greet with teachers and new friends.

I have not even started to talk about all of the fabulous renovations that are happening at the school this year, thanks to the HISD rebuild campaign. All ready the creativity lab has been refurbished; office, cafeteria and teachers areas have received fresh coats of paint and many more upgrades.

September did not show any signs of the enthusiasm slowing at Garden Oaks Elementary, children enjoyed the book fair, an anticipated shopping bonanza each year, at the school. Parents, grandparents and students enjoyed our first PTA meeting of the year as the 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> grades performed a medley of School House Rock songs. The school even had its first fundraiser of the year with great prizes like a Dell Laptop computer and color printer, \$500 in groceries and \$250 in gasoline; do you see what I mean about the ENERGY?

So if you think you can keep up, come by and see all the great things happening at your neighborhood school.

**I LOVE GARDEN OAKS  
ELEMENTARY!**

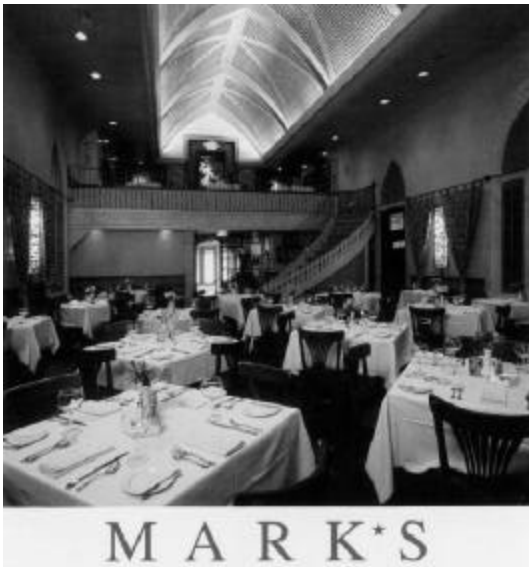
Jessica Modad



## 2006 Home Tour Theme Winner

We have a Winner (or winners)!  
For the 2006 Home Tour Theme...

"Pathways thru the Oaks"



Congratulations goes to :  
**Dian Austin** and  
**Sandy Altman**  
Longtime Garden Oaks residents

**Enjoy dinner at Mark's Restaurant**  
Donated by Sue Schmidt,  
Keller Williams Realty

I want to personally thank all of our residents who took the time to put their heart and soul into defining our great neighborhood. The entries were individually presented to our executive committee. I repeatedly was told how wonderful the choices were and what a difficult task it was. On page \_ a list of all the entries are presented. They all express the love we share of the community we call home. Thank you so much for participating.

Sue Schmidt

# GardenOaks.org

Kitchens ★ Bathrooms  
Additions ★ Roofing

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**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

**Aug. 1023 W.43rd**

**Sept. 1455 Sue  
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## GOMO

**Sam Stengler**  
*President, GOMO, Inc.*

Come one, come all! Join us at the Garden Oaks Maintenance Organization's Annual Member's meeting!

The Member's meeting will be held on October 4, 2005, at the Garden Oaks Elementary School. We'll get started just after the Garden Oaks Civic Club meeting, which starts at 7 PM.

Property owners in Sections One, Two, Three, and Five should have received postcards from GOMO, announcing this meeting. However, if you didn't receive a card, you are still welcome to attend the meeting. However, you must be a property owner in one of the sections listed above to vote.

We'll start off with our annual report, outlining the how GOMO is doing, what we've done in the past year, and what is planned for the next year. However, contrary to what was announced in the September Gazette, we will not be having a bylaws vote at the October Members meeting. This vote will be postponed until the now combined Special Members/Directors Election Meeting in November. We'll be asking the Members to vote on an address change in the GOMO bylaws. Article 1.01 of the GOMO bylaws currently lists our address as "440 Louisiana, Suite 2200, Houston, Texas 77002". We are proposing that this be changed to our new office address of "4001 N. Shepherd Dr., Suite 216, Houston, TX 77018".

Also on the horizon, we'll be having our Directors Election Meeting on November 1, 2005, again after the 7PM Civic Club meeting. This meeting will only be for electing or re-electing Directors, so there will be no GOMO business meeting. If any of you wish to run for a Director's position in GOMO, we have the following slots:

Section One: One position  
Section Two: One position  
Section Three: Three positions  
Section Five: Two positions

Nominations forms are posted on the Garden Oaks website ([www.gardenoaks.org](http://www.gardenoaks.org) – go to the G.O.M.O. Section) and on the Garden Oaks Yahoo! Group, in the 'Files' section. These forms also list the qualifications for running for Director. These forms must be filled out completely, and signed, \*and\* returned to GOMO no later than midnight on October 31, 2005. You can deliver the forms to any current Director, or have them delivered to GOMO's new office at the address mentioned above. Any form not filled out, signed, and not in the GOMO office by midnight on October 31<sup>st</sup>, 2005 will be discarded.

Correction: I misspoke at the September Civic Club meeting. If you are mailing your Nominations form, it must be mailed so that it will be delivered to our office by midnight, October 31, 2005, or it will be discarded.

If anyone has any questions about running for a GOMO Director position, please don't hesitate to contact one of the current Directors. Contact numbers are listed elsewhere in this Gazette.

So, come out and join the fun!



# 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 15<sup>th</sup> 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		

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## Easy Ways to Cut Calories

*Catherine Kruppa, MS, RD*



500 calories saved, over a week's time this equals 1 pound. Decrease your food intake by 750 calories per day and increase your exercise by 250 calories per day = 1000 calories saved, over a week's time this equals 2 pounds.

A Simple Approach:

### Food

Reduce 8-ounce meat portion to 4 ounce -- save 280 calories  
Reduce salad dressing to 1 table-spoon (not 3 tablespoons) -- save 200 calories  
Have a crunchy apple snack instead of 1/2 c. peanuts -- save 270 calories

### Exercise

Walk 36 minutes per day (2-1/2 miles per day) -- save 250 calories

**TOTAL CALORIES SAVED= 1000! IN 7 DAYS LOSE 2 POUNDS!**

I challenge you to find 100 calories in your day that you can save. Then you will lose weight from now until the end of the year instead of gaining weight!

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

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Making healthy dietary changes can be a daunting task to some people. However, you don't have to make drastic changes to see drastic results. Most likely you didn't make big changes that caused you to gain weight. Eating just 10 calories extra every day could contribute to one pound gained each year.

10 calories/day x 365 days = 3650 extra calories a year  
There are 3500 calories in one pound

That's just one extra hard candy, 1 nibble of a cookie, a sip of soda, or a thin smear of butter. Just one of these ten additional calories every day could account for the average one pound many Americans gain each year.

An extra 100 calories consumed each day adds up to nearly a pound a month.

100 calories x 30 days = 3000 extra calories a month

That extra pound each month could come from eating just a third of a doughnut, 8 oz of beer, 8 oz of soda, an extra tablespoon of salad dressing, 2/3 oz of chips, or just 10 French fries extra each day. Conversely, if you eat just 100 calories less each day, you can lose a pound a month or 10 pounds a year with very little effort. Just a few small changes can have a major impact upon your weight.

Decrease your food intake by 250 calories per day and increase your exercise by 250 calories per day =



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718 W. 41<sup>st</sup> St 713 Garden Oaks Blvd  
721 W. 41<sup>st</sup> St 1026 Althea  
818 W. 41<sup>st</sup> St 1030 Althea  
858 W. 41<sup>st</sup> St 4232 Apollo  
862 W. 41<sup>st</sup> St 815 Azalea  
970 W. 41<sup>st</sup> St 855 Azalea  
718 W. 42<sup>nd</sup> St 839 Lamonte  
847 W. 42<sup>nd</sup> St 1325 Sue Barnett  
870 W. 42<sup>nd</sup> St 1458 Sue Barnett  
823 W. 43<sup>rd</sup> St 1506 Sue Barnett  
975 Gardenia 1575 Sue Barnett

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# Berm Park Gets a Major Redo

Ed de Alba



September saw some major work done on our Berm Park located along Durham at Randall opposite Taco Cabana. Matt Roesler and his hard-working gang of eight took back the weed infested lower portions of the berm. This worked out over a several week period where we resorted to chemical means to attack the nut-sedge crop, cut it back and then laid a weed barrier fabric over the most affected areas.

Matt requested some additional plants to infill the weed infested areas. Ultimately we planted over 420 plants, consisting of Giant Liriope on the South side of the berm, a swath of Aztec Grass along the East side facing the sidewalk, and a patch of Tecoma Stands Esperanza along the North. For additional weed control we placed about 75 bales of pine straw. After getting rained out Saturday afternoon, we worked an additional 5 hours on Sunday, and then several more hours Monday evening.

When you find yourself heading out of the neighborhood along Durham please take a look. This was a lot of hard work and I think it looks pretty fine. And if you see any of these people please thank them for a job well done: Matt and Judy Roesler, Sean Jez, Craig Kramer, Carl Waters, Jeff Brean, John Gregory, Gary Williams, and Gary Adkins.



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# October 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		GOMO Annual Mtg. right after Civic Club Meeting				1
2	3	GO Civic Club Meeting @ GO Elm. School @ 7PM	5	6	7	8
9	10 <i>Columbus Day</i>	11	12	13	14	15 <b>Deadline for Gazette Submissions</b>
16	17	18	19 <b>GOMO Mtg. GO Professional Bldg. Suite 216 7 p.m</b>	20	21	22
23	24	25	26	27	28	29
<i>Fall Festival @ Spark Park</i>	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

## 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 \_\_\_\_\_ XXLarge \_\_\_\_\_ \$ \_\_\_\_\_ 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