January 2006

Volume 29 No. 1

The Garden Oaks

Gazette

President's Message

Sheila Briones, 2006 Garden Oaks Civic Club President

INTRODUCTION

Let me start by extending a very "Happy New Year" to everyone. I'm looking forward to serving as your Civic Club President for 2006. Joining me as Vice President is Chris Schmidt, Section 2 resident, whose wife, Sue is heading up the 2006 Garden Oaks Home & Garden Tour. Chris and Sue are native Houstonians and 2nd year residents of Garden Oaks. Chris has 30+ years of management in hotels, restaurants and manufacturing and presently operates S.C.M. Construction Services, specializing in residential remodeling.

Returning as Treasurer and Secretary, respectively, are Mike Dishberger, Section 3 resident and Gale Gorman, Section 2 resident. Others that are returning to their standing committee positions are Ed & Brenda de Alba, Beautification; Carl Waters, Jr., Citizens on Patrol; Joe Muscara, GardenOaks.org; Josh Hamilton, GardenOaks.org; Terry Jeanes, Constable Program; and Jonathan Lanz, Gazette. New volunteer, Dian Austin, is heading up Membership. I look forward to working with each and everyone of them as they are hardworking, dedicated volunteers who have the best interest of Garden Oaks at hand.

PROPOSED MONTHLY TOPICS

I fervently believe that the purpose of the Civic Club is "to establish neighborhood unity and assist in activities that benefit and promote the neighborhood," (GOCC, Inc. by-laws, Article 1, 1.01). With that in mind, the 2006 GOCC Board has drafted a list of proposed monthly topics that we hope will be of interest to the neighborhood. Topics include:

February 2006

Rising Cost of Energy: What's Up With That?

or

Texas Department of Transportation Update: Current Construction Along 610

March 2006

Getting Your Flower Beds Ready for Spring

April 2006

Preparing to Appear before the Harris County Appraisal District Review Board

May 2006

The Role of Trees in Ridding the City of Pollution

June 2006

Text Messaging: A Quasilanguage of Symbols & Truncated Words

July 2006

Explanation of the HFD Fire Stoppers Intervention Program

August 2006

Neighbor's Night Out

September 2006

Identity Theft: When Bad Things Happen to Your Good Name

October 2006 Holiday Light-

Holiday Lighting Safety



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Next Civic Club Meeting Tuesday, Jan. 3rd

The next Civic Club meeting will be on Tuesday, January 3rd at 7 p.m. in the Garden Oaks Elementary School cafeteria, 901 Sue Barnett @ Garden Oaks Blvd.Barbara McGinity with the Better Business Bureau Education Foundation will be the featured presenter speaking on the "Understanding the New Medicare Prescription Drug Program-Part D." Ms. McGinity will help diffuse some of the current confusion over this new Medicare prescription benefit. Babysitting services are available at a cost of \$1.00 per child. Hope to see you there!

Civic Club Officers

President Sheila Briones 713-861-8091 412 W. 34th sbriones@hotmail.com

Vice President Chris Schmidt 713-802-9282 733 W. 38th chris schmidt49@yahoo.com

Treasurer **Mike Dishberger** 713-695-7961 862 W. 42nd dishberger@yahoo.com

Secretary Gale Gorman 713-956-2775 742 Sue Barnett ggorman@houston.rr.com

Standing Committee Chairs
Beautification Ed & Brenda de Alba
713-694-5934 744 Sue Barnett
ferrocem@yahoo.com

Citizens on Patrol Carl Waters, Jr. 713-864-1992 821 W. 31st GOCOP@gardenoaks.org

GardenOaks.org Joe Muscara 713-691-6833 750 Sue Barnett webmaster@gardenoaks.org

GardenOaks.org Co-chair Josh Hamilton 713-695-7347 858 Azalea

Membership Dian Austin 713-691-6505 733 W. 42nd daustin10@houston.rr.com

Constable Program Terry Jeanes 713-862-9154 922 W. 41st terry@terryjeanes.com

2006 Home & Garden Tour Sue Schmidt 713-802-9669 733 W. 38th HomeTour@gardenoaks.org

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

Assistant Editor **Sue Schmidt** 713-802-9669

Sue Schmidt 713-802-9669 sueschmidt@houston.rr.com

Delivery

Jonathan Lanz 713-884-8982 GazetteDelivery@gardenoaks.org

Heard Under the Oak Tree

Terry Jeanes

Welcome new neighbors who recently joined the neighborhood.

1059 Althea 919 West 43rd
404 West 34th 830 West 41st
1054 West 42nd 1003 Lamonte
411 West 32nd 803 West 33rd
1011 Althea 725 West 42nd
934 Althea

Congratulations on joining us. We hope to see you at a civic club meeting soon.

Congratulations to proud parents **Tim and Angela Weltin** on the birth of their son, **Evan Connor Weltin**, born on 10/10/05. weighing 8 lbs. 6 oz.

Stephanie Harmon, 17, a graduate of the initial Garden Oaks Elementary Montessori program will be graduating from Lamar High School this spring in the top ten percent and with an IB diploma. She has been accepted into Texas A&M University Honors Program pursuing a degree in engineering. And she has been offered a scholarship to participate on A&M's nationally ranked equestrian team to show hunters and jumpers! Parents Gary and Joan could not be any prouder....way to go to all of you!

Birthdays and Celebraions... Happy Birthday wishes to...

April Toxey - 1/8, Jennifer Langdon 1/21, Lindsay Veech - 1/24, Allison Padon - 1/28, Joe Muscara -1/30, Shellye Arnold 1/30

Anniversary Celebrations and Congratulations... Bonnie & Rudy Hernandez celebrating their 33rd anniversary in Jan.

Recent Travels....Margaret Rudd and daughter **Alice Peden** traveled over the holidays to spend time in New York...a first trip to the Big Apple for Alice.

A Big Thanks to all Garden Oaks area residents who participated in "last minute" Constable toy drive for

Precinct One underprivileged children. . **Deputy Smith**'s car was loaded to the brim...also to Santa's helpers **Susan and Bill McMillan** and crew for another successful year...16th or 17th...we've lost count, on Santa's visit to the Gazebo Park. The lights looked especially nice this year!

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

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President's Message

Continued from page one

November 2006 Veteran's Day Appreciation Program

December 2006 Annual Holiday Party and Board Elections

Again, these are "proposed" topics for the year. Refer to the *Gazette* to obtain "confirmed" topic/speaker for monthly civic club meetings. Other topics for consideration include:

- Wellness Forum Blood pressure screening, etc.
- New HISD Trustee. Natasha Kamrani
- A+ Challenge at Waltrip & Reagan High Schools
- Overview of the American Red Cross Certified Babysitter's Training Program
- Benefits of Volunteerism

If you have an idea for a topic or a speaker, feel free to call me at 713-861-8091 (home) or email me at sbriones@hotmail.com

CONFIRMED TOPIC FOR JANUARY 3rd CIVIC CLUB MEETING

Barbara McGinity, Program Director with the Better Business Bureau, will be the featured presenter at the Tuesday, January 3rd meeting, speaking on "Understanding the New Medicare Prescription Drug Program-Part D." Ms. McGinity will help diffuse some of the current confusion over this new Medicare prescription benefit. Under the program, Texans can choose from among 47 stand-alone prescription drug plans offered by private insurance companies and subsidized by the federal government. Plans offer a wide array of premiums, deductibles, co-payments and coverage options. Seniors and the disabled also have the option of signing up for a Medicare Advantage Plan that offers comprehensive medical coverage as well as drug coverage. Because of all possible combination of choices, family members, health professionals and volunteers are asked to help seniors decide. Tuesday, January 3rd meeting begins at 7 p.m., Garden Oaks Elementary School cafeteria, 901 Sue Barnett @ Garden Oaks Blvd.

REVISED BY-LAWS TO BE VOTED ON AT FEBRUARY 7th CIVIC CLUB MEETING

The 2005/2006 Board met in December to study the proposed revisions to the Garden Oaks Civic Club by-laws as drafted and presented by Lori Kennedy, civic club member and volunteer, who undertook this task back in July 2005. Her task was to "simplify the by-laws and consolidate them with the operating rules, which often conflicted with the by-laws. "After much discussion, the Board voted to bring the revised by-laws to the members for approval at the February 7th Civic Club meeting. Hard copies of the proposed revised by-laws will be available for pick-up at the January 3rd Civic Club meeting. Members may also download a copy from our Website at www.gardenoaks.org

In closing, let me just say, I've served our great neighborhood as a volunteer since 1992 in various capacities and will continue to do so with great enthusiasm and determination realizing full well the civic responsibility placed in my hands by the Civic Club membership. I will represent you, the members, to the best of my ability and I am but a phone call (713-861-8091 home) or email away (sbriones@hotmail.com).

Thank you for the opportunity to serve this great community!

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What is Windows Firewall?

What is Windows Firewall?

A firewall helps to keep your computer more secure. It restricts information that comes to your computer from other computers, giving you more control over the data on your computer and providing a line of defense against people or programs (including viruses and worms) that try to connect to your computer without invitation.

You can think of a firewall as a barrier that checks information (often called *traffic*) coming from the Internet or a network and then either turns it away or allows it to pass through to your computer, depending on your firewall settings. See the following illustration:

In XOX, Windows Firewall is turned on by default. (However, some computer manufacturers and network administrators might turn it off.) You do not have to use Windows Firewall—you can install and run any firewall that you choose. Evaluate the features of other firewalls and then decide which firewall best meets your needs. If you choose to install and run another firewall, turn off Windows Firewall.

How does it work?

When someone on the Internet or a network tries to connect to your computer, we call that attempt an "unsolicited request." When your computer gets an unsolicited request, Windows Firewall blocks the connection. If you run a program such as an instant messaging program or a multiplayer network game that needs to receive information from the Internet or a network, the firewall asks if you want to block or unblock (allow) the connection. If you choose to unblock the connection, Windows Firewall creates an *exception* so that the firewall won't bother you when that program needs to receive information in the future.

For example, if you are exchanging instant messages with someone who wants to send you a file (a photo, for example), Windows Firewall will ask you if you want to unblock the connection and allow the photo to reach your computer. Or, if you want to play a multiplayer network game with friends over the Internet, you can add the game as an exception so that the firewall will allow the game information to reach your computer.

Although you can turn off Windows Firewall for specific Internet and network connections, doing this increases the risk that the security of your computer might be compromised.

It does:

Help block computer viruses and worms from reaching your computer.

Ask for your permission to block or unblock certain connection requests.

Create a record (a security log), if you want one, that records successful and unsuccessful attempts to connect to your computer. This can be useful as a troubleshooting tool. If you want Windows Firewall to create a security log, see

It does not:

Detect or disable computer viruses and worms if they are already on your computer. For that reason, you should also install antivirus software and keep it updated to help prevent viruses, worms, and other security threats from damaging your computer or using your computer to spread viruses to others.

Stop you from opening e-mail with dangerous attachments. Don't open e-mail attachments from senders that you don't know. Even if you know and trust the source of the e-mail you should still be cautious. If someone you know sends you an e-mail attachment, look at the subject line carefully before opening it. If the subject line is gibberish or does not make any sense to you, check with the sender before opening it.

Block spam or unsolicited e-mail from appearing in your inbox. However, some e-mail programs can help you do this. Check the documentation for your e-mail program to learn more.

Citizens on Patrol

Carl Waters Jr.

Happy New Year Everyone! A big THANK YOU to all the volunteers who gave their time last year to make the Citizens Patrol program work. Without your time this program would not exist. Our program could use more volunteers. If you are interested in actively making Garden Oaks a safer community in which to live please contact me, it takes just a few simple steps to become a member. First, you need to contact me by telephone at 713-864-1992, by email at GOCOP77018@AOL.com or through the Garden Oaks web site GardenOaks.org.

If you chose the last option click on the get involved link and then click on our program. Once you have signed up you will need to complete a one hour training conducted by the Houston Police Department. The program is open to all Garden Oaks residents

18 years of age or older. At press time for this article the Houston Police Department had not released the 2005 October crime statistics. Hopefully they will be available

by press time for the February.

Be safe everyone!



Garden Club Update Ed de Alba

It's three years now and I am relinquishing the post of President of the Garden Club. I must admit it has been one of the easiest tasks I've ever taken on because of the efforts of Robert DeVeau. Robert made the arrangements for all the speakers, organized all the meeting locations, wrote the Gazette articles, created beautiful membership booklets, and when speakers fell through, Robert came up with "crafty" fun things for us to do.

The Garden Club is open to all Garden Oaks residents. We are dedicated to education of gardening related subjects and maintain Friendship Garden. Within the group we have a tremendous knowledge base of plants and growing habits in the Texas Gulf Coast, a licensed irrigator for watering system questions, and access to wholesale plant sources.

HAPPY NEW YEAR! HAPPY NEW HOME!



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Sheila Briones (2007) Home: 713 861-8091

412 W. 34th Street Sheila.Briones@hccs.edu

Louis "Gig" Runge (2006)

Treasurer

713 869-5623

Home: 236 W. 33rd Street

gigrunge@houston.rr.com

Jeff Toxey (2008) Home: 713 864-7954

336 W. 34th Street

Section 2:

Ed de Alba (2007)

President

Cell: 713 628-7008

744 W. 43rd Street ferrocem@yahoo.com

Todd Prince (2008)

Home: 714 W. 43rd Street 713 694-5415

714 W. 43rd Street tprince@fbba.org

Jay Tatum (2007) Home: 713 699-4166

725 Garden Oaks Blvd. jay.tatum@hok.com

Section 3:

Mike Dishberger (2008)

Home: 713 851-2767

862 W. 42nd Street dishberger@aol.com

Lynn Sievers (2008)

Home: 713 691-4789

851 Lamonte Lane

sieverslynn@hotmail.com

Richard Stark (2008) Home: 713 691-1067

1335 Sue Barnett Drive rstark@lucasgroup.com

Section 5:

Malcolm Taylor (2008)

Secretary

Home: 713 956-8872

1030 W. 41st Street

malcolmtaylor@chevrontexaco.com

Tim Weltin (2008) Home: 713 540-5315

1567 Sue Barnett Drive

timweltin@mycase.info

Blake Woods (2006) Home: 713 680-9277

1023 W. 43rd Street

bwoods@cricket-wood.com

Terms expire at end of October of the Year in parenthesis.

GOMO Notes

Ed de Alba, GOMO President

I often see notes on the listserv or get asked "What does GOMO do?" The short answer is that GOMO is the deed restriction enforcement body for sections 1, 2, 3, and 5 of Garden Oaks. About 60% of our time is spent reviewing plans for remodels or new construction in the sections we are responsible for. Some examples from the last month include:

1500 Block of Sue Barnett – Addition to rear of house, Approved

500 Block of W. 32nd – Outbuilding placement in back yard, Approved

1000 Block of Gardenia – Remodel of garage, Declined, multiple violations

1000 Block of Gardenia – New home construction, Approved

800 Block of La Monte – New home construction, Approved

800 Block of La Monte – Garage apartment, Approved

400 Block of W. 31st – Addition to rear of house, Approved

700 Block of W. 31st – Addition to rear and side of house, Approved

500 Block of W. 31st – New home construction, Declined, side lot violations

Another large portion of our time is spent on violations or potential violations. These include situations where people have not submitted plans but have started construction. One example of this is in the 1000 block of Althea where fill was placed on a lot for new home construction. Interestingly, this lot was not shown in HCAD as being owned by anyone, but we were able to find the builder through the City's permit process. As of this writing we are waiting on plans for this "award winning modernist steel building".

Two items I'd like to share with you

about this incident. The first is that GOMO is concerned ONLY with how the proposed structure sits on the ground. We check for front, side, and rear building line, and height violations. We do not judge architectural merit, we do not consider whether the "structure will add to the ambiance of Garden Oaks" or not, and as members of the Garden Oaks Board of Trustees used to say- "we are not the taste police".

The second item is process. We are evaluating and updating all of our processes. What we do not want is for a home owner or builder to build a violating structure that they then have to remove or modify. That's expensive. It's much easier and cheaper to change lines on a drawing than to move exterior walls. In the future we will move much faster to temporarily stop all construction on a site and get all parties to the table to ensure that a violating structure is not built.

If you have questions please contact me or any of the other GOMO members, our names, numbers, addresses, and email addresses are listed in the GOMO sidebar.

GAY & LESBIAN SOCIAL GROUP FORMING

A new group is forming in Garden Oaks for gays and lesbians that live in the neighborhood. We hope to have our first gathering in 2006 and the purpose of the group is primarily for socializing. Our idea is to have a monthly potluck supper at individual's homes on a recurring day of the month.

We'd love to hear from others in the neighborhood that would be interested in this type of gathering.

Please email: gohomo2006@yahoo.com

Critter Corner

Casey Farris and Mau Mau Farris

Happy New Year! Most of us at one time or another have made New Year's resolutions in the interest of self-improvement. This year, why not make some for pet improvement? However, Miss January is so perfect she doesn't need any stinking resolutions.

Pet of the Month: "Miss January" is Molly Hush-Clarke. Molly is a six-year old Golden Retriever and lives in Section II with her parents, Theresa & David Clarke. She also has a ginger kitty cat named Beau. Molly and Theresa recently moved to Garden Oaks from Chicago. Molly has adjusted to the "country life" quite well. In fact, she has turned into a search and rescue dog. When Beau kitty gets outside or closed in a room Molly lets you know. On her walks she snoops out rabbits, squirrels and opossums. One day she found an unopened six-pack of beer. Molly just loves Garden Oaks and all the space to explore. Molly also loves dinner time and lots of treats. Here's to you Molly and another great year in Garden Oaks!

Critters 101: Resolutions for Healthier Pets

Resolution #1 Spay or neuter your pet. By doing so, not only do you not add to the horrible problem of pet overpopulation (five to twelve million animals are euthanized each year in US shelters), but you also decrease the odds of certain health problems.

Resolution #2 Get your pet on a good diet. The quality of your pet's diet has big impact on his or her health and behavior.

Resolution #3 Keep your pet well groomed. Keep up with brushing as necessary for your breed and don't let it get away from you. Grooming can be an excellent opportunity to bond with your pet.

Resolution #4 Conduct periodic at home checks on your pet. This is in

no way meant to replace his annual exam with a vet. However, take a few minutes every month to nip some potential problems in the bud. First, run your fingers through the coat, against the grain. Does it feel greasy? Is there dandruff? Are there little black specks? Is the skin a normal graywhite, or is it pink (indicating irritation)? Have there been any changes in stool, water intake, or urination? Do you see wax inside the ears? Check gums for a red line along the roots (sign of potential disease). Are the teeth brown? Contact your vet if you discover anything unusual.

Resolution #5 Exercise your pet every day. If you have a yard, don't put the dog out to amuse himself, play fetch with him. Take him for walks. If you're out all day, take your dog to doggie daycare or hire a dog walker to exercise him. Not only will these things keep him in shape, but also they'll make him calmer in the house. Likewise, cats need to be exercised. Turn your cats' favorite playthings (ping pong balls, bread bag ties, and crumpled paper) into prey by tossing them around and away from your cat. Cats who love to watch birds might be more stimulated trying to catch things in the air. Tie the toy to a piece of string and make it fly above your cat but let him catch it every so often to keep it fun.

Resolution #6 Stimulate your dog through training. Even if your dog has been through puppy kindergarten and knows basic commands, there is more to be learned. Adult dogs find stimulation through taking advanced classes, many trainers offer classes in areas such as agility, fetching, or coming when called. Such classes will benefit your dog by surrounding him with friends, engaging his mind, and strengthening his bond to you.

Casey Farris is owner/operator of Bone Voyage Pet Sitting Services and Go Dog USA, Home of the Go Dog Social Club. Please forward your questions and pet news to <u>Casey@goDOGusa.com</u> or call 713-688-6363.

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Garden Oaks Elementary School Students Open Their Hearts to Those in Need

Shana Tatum

In addition to the regular parties with Christmas cookies and hot cocoa. Garden Oaks students shared their wealth with a local charity to help those in need. MANNA is a neighborhood program that provides food to over 1500 people each month who otherwise might go without any meals. MANNA gives at least nine meals to each person, so each month over 13.000 meals are provided through the Food Pantry. The MANNA Food Pantry is staffed entirely by volunteers who give an average of 3 hours each week to ensure those in need are served.

Garden Oaks students in preschool through 6th grade donated loose change for an overall collection of \$220.00. Run by Ms. Virginia Oswald, the school's art teacher, the program hopes to be a new Holiday tradition. "Our aim is to reach out to our community and teach our children that each of us makes a big difference right here in our neighborhood. We also hope to raise the awareness of the work this food pantry does for such little money." says Ms. Oswald.

These raised funds help the MANNA Food Pantry feed many people in our community. The Garden Oaks donation will feed 70 families for nine days. Because The MANNA Food pantry is able to purchase food through the Houston Food Bank, they realize drastic savings compared to grocery stores. For \$3.00, the local charity is able to feed a family of three. The Food Pantry is currently open three days a week, Monday, Tuesday and Thursday from 9:00 to 11:30. Individuals are eligible to receive food assistance once every 30 days. For more information about MANNA and how you can help, you may call 713-686-3064 or visit http:// users.ev1.net/~manna/ programs.html.





Constable Program It is Working (Bad Guys 0 Constable 2) Terry Jeanes and Susan Love - Saranie

Garden Oaks neighbors please take the time to return your supporter form in support of the 2006 constable program. (Form inserted in this *Gazette*). Your support is important. The program is working...as noted by two recent arrests.

Deputy Smith made two arrests during daytime hours. The first individual burglarized a Section 5 property on Lamonte. He was apprehended at W. 42nd & Alba. The second was apprehended after speeding down W. 43rd going in access of 60 miles per hour followed by a foot chase. This individual was wanted for aggravated assault and in possession of two firearms.

Although you may not always see Deputy Smith during his 40 hours per week patrol, he does make a difference. Whether Deputy Smith is present or not, a call to the constable dispatch at 713-755-7628 will send an officer promptly. No matter your suspicions... make the call! Our constable contract does make a difference and you can make a difference in keeping the program active by sending in your supporter dues today.

Become a supporter of our Constable Program for \$140 per year. Take the time to fill out the form in the *Gazette*, on www.gardenoaks.org, or the invoice mailed in November 2005.

PROGRAM BENEFITS:

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- Security Check for Insurance Discount

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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. (less than 40 cents per day). Simply choose the payment option...an annual check of \$140...or the draft option of \$15 per month. For any added questions, contact Terry Jeanes, 713-812-9154, or terry@terryjeanes.com

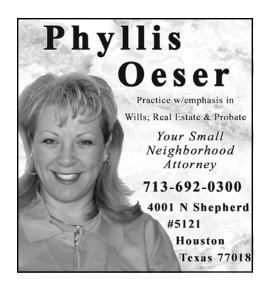
Updated statistics for November 2005:

Miles Patrolled...1217 Verbal Warnings...1 Written Warnings...8 Court Citations...17 Suspicious Vehicles...2 Arrests...1 Criminal Offenses...5 Alarm responses...1 Vacation watches...7

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Mary Lynn Porter & Kathy Wahren, Secretary

Shelley Rogers, Correspondence

Terry Jeanes, Yard of the Month

Yard Of The Month

Cheryl Cohorn & Ray Wilkins 850 Lamonte



How to Lose 10 pounds in 2006

Catherine Kruppa, MS, RD, LD

January is here and it is time for those New Years Resolutions. The number one resolution every year is to lose weight. However, Americans have a difficult time sticking to their resolution due to the major restrictions they put on their diet. These restrictions are unrealistic to maintain long term. Small changes in the types of foods that you eat and in the portion sizes that you choose will quickly add up to a reduction in 100 calories per day or even more! If you save 100 calories per day consistently in one year you will lose 10 pounds. It will not happen quickly; however, you are more likely to be successful and to keep it off.

Here are a few ideas of how to cut calories in your day:

- Use a smaller bowl for your cereal.
- Trade your glass of juice for a piece of whole fruit.
- When dining out, ask for a ½ portion or split with someone.
- Substitute steamed vegetables for the potato, rice or pasta side dish.
- Choose light beer or wine instead of frozen or fruit based alcoholic drinks.
- Buy individual portions of tempting foods such as cookies, chips and crackers.
- Satisfy your sweet tooth with a bite of dessert instead of the full portion. Remember the last bite is not any better than the first.
- Order mixed berries at a restaurant for dessert.
- Limit meat portions to 3-4 ounces (the size of a deck of cards).
- Leave 3-4 bites on your plate at every meal.
- Eat slowly and enjoy each bite.
- Use mustard on your sandwich instead of mayonnaise.

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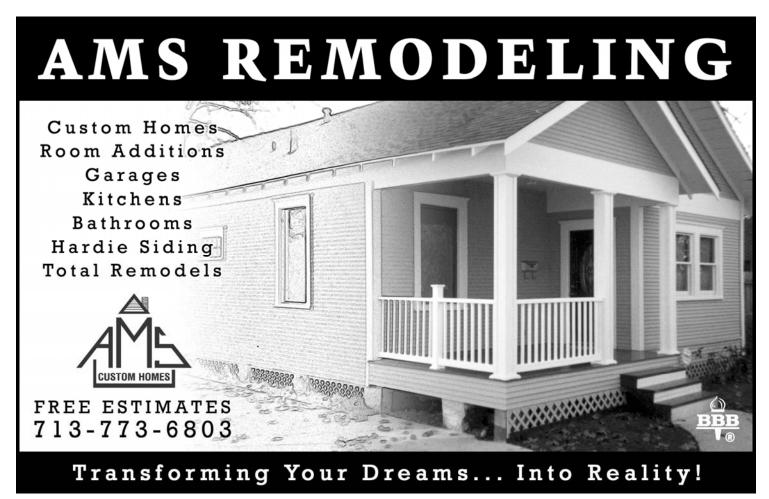
The Garden Oaks Gazette is the official publication of the Garden Oaks Civic Club and is published on a monthly basis. It is hand delivered to 1,550 homes the first week of each month.

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		
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Back Cover	\$250.00		
Inserts (full page only, single or double sided) Color request extra charge.	\$300.00		



January 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sc
	2	GO Civic Club Meeting @ GO Elm. School @ 7 PM	GOMO Mtg. After Civic Club Mtg.	5	6	7
	9	10	11 Garden Club Mtg. GOMO Office 7 PM	12	13	14
Deadline for Gazette Submissions	16	17	GOMO Mtg. 7 PM GOMO Office	19	20	21
2	23	24	25	26	27	28
9	30	31				
onn vvnitmire		2006 Garden Oal	ks Civic Club M		713-864-8701	'
Address:				nail:		
[]Senior Citiz	pe Myrtle (Bas zen \$5.00				5.00 Golden Oak nior Citizen \$15.0	
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