



GARDEN OAKS GAZETTE

February 2001

Volume 24, Number 2

PROPERTY VALUE ALERT

Protect Your Investment & Your Community

TIME IS RUNNING OUT

OUR DEED RESTRICTIONS DO EXIST...

But an enforcing organization does not

PRIOR GAZETTE SURVEY WAS NOT A BALLOT...

The enclosed list indicates ballots recorded to create this enforcing organization

YOUR VOTE IS YOUR PROTECTION...

Ensure your protection, check the enclosed list to see that your vote has been counted

IF YOU ARE NOT ON THE LIST, CALL JAMES KING AT 713 426 1607 OR YOUR SECTION CAPTAIN LISTED ON PAGE 11

GET YOUR BALLOT AND PROTECT YOUR HOME BEFORE IT IS TOO LATE

GARDEN OAKS MAINTENANCE ORGANIZATION

Is at no cost to current homeowners

Vote for GOMO and Protect Your Home!

Don't Wait - Cast Your Ballot at the Next Civic Club Meeting

Tuesday, February 6th

This month's Civic Club Meeting will be held on Tuesday, February 6th at 7:00 PM in the Garden Oaks Elementary School Multi-Purpose Room. This is a great chance to pay your dues and be eligible for the \$200 drawing (see page 7).

From the Editor

Joe Muscara

It's been a few lousy months, hasn't it? Except for a couple of one-off nice days, it seems it has been wet, cold, or both since...*Halloween*. I keep reminding myself that all this rain is good. Last year was particularly dry, and we should all hope that this year is better.

I know weather like this can drag me down. Sometimes, I feel like I can't do anything. Too cold, too wet, too dark. Heck, that's why I moved to Houston! Hopefully, by the time you read this, it will be nice and warm, and we'll all be working our yards and gardens using Mark Saranie's tips. Maybe we'll be block-walking, collecting the last few ballots to protect our neighborhood with GOMO. Riding our bikes, walking our neighborhood, getting ready for the Home Tour, patrolling for GOCOP, generally enjoying this place we picked to call home. Looking outside right now, I really hope so.

For all you aspiring writers out there (as well as other *Gazette* submissives), did you know that the deadline for submissions is the 15th of each month? Most people make the deadline, but there are a few stragglers. I just want to warn you of something, and it's not meant to be a threat. I can usually get this thing done fairly soon after the 15th. Once I am done, it's off to the printer. At that point, there isn't a thing I can change. By the time I get it to the printer, there is just enough time for them to get it done and delivered so you can have it in your hot little hands before the monthly meeting. If you know you will be a bit late, please let me know by the deadline so we can work something out. Otherwise, I have to plan assuming that the submissions that made the deadline are all that there are for the issue. If I end up rearranging the entire issue for a late article, that don't make Joe happy. Remember, "If the editor ain't happy, ain't nobody happy!"

In the Department of Corrections, last month's article about the Home Tour incorrectly listed another home instead of 315 W 32nd. The *Gazette* regrets the error.

Until next month, I'm

still the editor.

Classified Ads are \$15 per run for residents, and are for personal services only (yard sales, items for sale, infant care needed, etc.). Contact the Gazette Advertising Director for more information.

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Constable Program Terry Jeanes 713 812 9154
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Garden Club Officers

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Secretary Barbara Ballance
Treasurer Tina Nieto
Yard of the Month Holly Veech
Sunshine Terry Jeanes
Phone Committee Ann Hollis

Letter from the President

David Bell, Civic Club President

Despite it being on the first business day of the year and many people not having yet received their *Gazette*, the January Civic Club meeting was very well attended, both by familiar faces as well as a number of new attendees. It was encouraging to see such a turnout and especially encouraging to have the questions, debate, and discussion that was brought out. What brought out such a crowd, you may wonder? Obviously it was the concern about the deed restrictions and potential loss thereof. Guess what? They are right on target. There is a very real concern about the potential loss of our deed restrictions, and more acutely, the lack of a meaningful way to enforce them now.

The many people who came asked pointed and thought provoking questions about our current situation, as well as how the plan being proposed would work. Everyone who came left much more educated and committed to the successful resolution of this effort. We had several new volunteers for block captains to get the residents of their blocks signed and on board. It seemed the constant refrain was the question of why this effort is so difficult to achieve as it protects home values and the neighborhood. That to me is the ultimate conundrum. I am sure there are many partial explanations ranging from difficulty to get a ballot, confusion from people thinking they have signed a ballot when they signed and filled out the original surveys, to just not knowing the issues. If any of these fit you, then attendance at the regular civic club meetings will clear up the confusion, as well as give you an opportunity to fill out your ballot. In addition, there will soon be an effort, likely begun before this message is delivered, to put out ballots door to door with specific return directions. Therefore, there will soon be no reason for you to not have voted on what for many is protection of their most valuable asset, their homes.

Readers should also note that the deed restriction issue was not the only issue discussed, nor is it the only relevant topic we are considering. Our meetings go over a wide range of topics from neighborhood improvement projects, home tour planning and updates, crime reports and updates/activities to reduce crime in our neighborhood, plus all other relevant business that comes up from month to month. As president, I receive calls routinely from residents typically complaining about one matter or another. I enjoy these calls as they give me insight into the mindset of my neighbors, and I learn how much people really do care about their homes. However, each call reminds me of how much you can learn about your neighborhood and the important issues affecting you

by doing nothing more than routinely attending the meetings. Please consider making the monthly meetings a routine part of your month and join us.

Beautification Update

Brenda deAlba

The Beautification Committee had its first meeting of the year on January 15th. Park cleanups have been scheduled for the Rose Garden and tentatively for the Gazebo Park (details below). Since the Home Tour is earlier on the schedule this year, we feel we need to make an extra effort to have our greenspaces in top shape by April 1st. As always, we're looking for volunteers to help so please consider exhibiting some neighborhood pride and donate a few hours of your time. Volunteers need to bring the following equipment: shovels, gloves, planting trowels, weeding implements, sunscreen, and water.

Rose Garden: Saturday, Feb. 17th at 9AM

Contact: Sheila Briones (713-861-8091)

Activities: Trim rose bushes
Plant rosemary
Trim crepe myrtles by entrance sign
Plant color annuals in front of sign
Install more moss rock in rose bed
Secure rose tree in middle of rose bed
Plant additional roses as needed
Weed beds as needed

Gazebo Park: Saturday, Mar. 17th at 9AM (tentative date) – check March Gazette

Sadly, Jeff Benjamin has had to resign as Beautification Chair; although his intent is to remain as an active volunteer. His resignation will be announced at the February Civic Club meeting and a volunteer to fill his position will be solicited.

Constable Dues DUE

Terry Jeanes, Constable Program Chair

If you are supporting the Constable Program by annual payment, your dues of \$230 are due for 2001.

Payment should be made to Garden Oaks Civic Club and mailed to PO Box 10273, Houston, Texas 77206

For those on automatic draft, drafts will continue as scheduled. To join the program or for additional questions, please call Terry Jeanes, Constable Chair, at 713 812 9154

Luxury Lawns

Minutes Of January 2, 2001 Civic Club Meeting

Amy Shaughnessy, Secretary

President Bell called the meeting to order at 7:08 p.m. A motion was made and seconded to accept the December minutes as published.

Officer Reports

Treasurer: Cherry Wolfarth announced that she is accepting checks for Membership dues and Constable Program payments.

Committee Reports

Beautification: Jeff Benjamin announced a clean up day at the Art Park on January 20. The first Beautification committee meeting for the year will be January 15 and the agenda will include planning the yearly schedule of park workdays and activities. For more information or to volunteer, call Chair Jeff Benjamin at 713-695-7953.

GOCOP: Carl Waters gave an overview of the GOCOP program for new attendees. He reported that HPD patrols will pay special attention to the clubs on 34th, especially at closing time. Carl warned that the number of calls from Garden Oaks residents to HPD is going up again – GOCOP can help this! Patrollers are desperately needed - contact Carl at 713-864-1992 for more information on becoming a GOCOP. Brenda de Alba offered congratulations on behalf of the Civic Club to Carl on being awarded the North Division's PIP Person of the Year. Thanks, Carl!

Constable Program: Terry Jeanes reminded everyone that Constable Program payments are due now. The cost is \$230.00/year for a one-time payment or \$20/month for 12 months on the monthly bank draft. Terry urged neighbors to report any firearm activity you may hear – “what goes up must come down” and can be very dangerous. Auto break-ins seem to be picking up again – don't leave valuables visible in cars. Terry announced the new Constable Program co-chair is Susan Saranie. Contact Chair Terry Jeanes at 713-680-8550 for more information or to participate in the Constable Program.

GardenOaks.org: Sheila Briones reported the format for the website has been approved and the committee is putting it all together now. They hope to have it launched before the Home Tour. Call James Cobb at 713-686-4578 or Sheila Briones at 713-861-8091 for more information.

Gazette: Joe Muscara announced the new delivery coordinator is Willie Stollenwerck. Joe asked all Civic Club officers and committee chairs to check their names and information in the masthead for accuracy. The deadline for the February *Gazette* is January 15 – contact Joe with any meetings that need to be listed on the calendar prior to that date. Contact Joe at 713-691-6833 for information.

Home Tour: Sheila Briones gave some background information on the mission of the Home Tour for new attendees. Raffle tickets will be available at the February Civic Club meeting. The Tour is still looking for volunteers for some committees and underwriters for the homes. The next meeting is January 9 at 7 p.m. at 858

Kaplan's Ben Hur

Terry Jeanes

O.D.'s Printing

Lamonte. Contact Mike Caldwell at 713-697-8690 or Robert De Veau to volunteer.

Membership: Michael Froebel announced that all residents who pay their Civic Club dues by February 28, 2001 will have their names entered in a drawing for a \$200.00 cash prize, donated by OD's Printing. The drawing will take place at the March Civic Club meeting. Michael is looking for more ideas to increase membership this year. To join to the Civic Club or for more information, contact Michael Froebel at 713-683-8914.

Garden Club: Brenda de Alba announced that the Garden Club still has a few "Lazy Gardener" calendars available for purchase at a discounted price. The Garden Club meets the second Thursday of every month and everyone is welcome to join - novices to gardening junkies. Dues are \$10.00 per year. Meeting topics and locations are printed in the *Gazette* calendar. Contact Garden Club President Brenda de Alba at 713-694-5934 for more information.

Unfinished/Old business

Vice-President Stacey Park reported that the city plans to remove the "milk jugs" from 30th at Shepherd. A representative from the Civic Club will need to approve the plans for the permanent barricade.

New business/Main Topic

GOMO committee chair Sam Stengler updated everyone on the progress of the GOMO petitions and stressed the urgency of this project. With four months to go, we are still far short of the required 60% approval in each section, although Section 4 is in the worst position. Sam gave a brief history of how we came to lose our Board of Trustees, leaving us with valid deed restrictions, but no enforcing body. The GOMO (Garden Oaks Maintenance Organization) would have basically two duties: 1) enforce Garden Oaks' deed restrictions and 2) give homeowners a place to go for architectural review before beginning remodeling projects, to ensure they would not be in violation of any deed restrictions. The GOMO would be a separate entity from the Civic Club and would be funded from home sales, not with annual fees. Several ideas were raised for ways to get the petitions signed and general consensus seems to favor block walking, although this is very difficult with such limited manpower. Sam gave a crash course in how to properly fill out and sign AND INITIAL the petition. For more information on the Deed Restrictions Committee or TO VOLUNTEER, call the hotline number at 713-341-3737 or GOMO Chair Sam Stengler at 281-773-3478.

The meeting had a great turnout, with about half the attendees new to Civic Club meetings!

President Bell adjourned the meeting at 8:30 p.m.

Refreshments for the meeting were graciously provided by Terry Jeanes, REMAX/Metro.

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See you at the Tour on April 1st!

January Yard of the Month

811 W. 41st

Congratulations!

Diane Morish

Citizens on Patrol

Carl Waters, Jr.

Normally I give the COP members a generic thank you for the hours they have contributed during the past month. While I do want to thank them for their continued support of the program and their commitment to neighborhood I feel it is time that they be recognized by name. They are: David Bell, Bob and Jo Bewley (Bob earned his 100 hour jacket during the year), Amanda and Robert Carlin, John Hesse, Bill and Mary Hines (who continue to patrol and be active grandparents), James and Miriam King (their participation has slowed momentarily because of the birth of a child and James's efforts to help pass GOMO), Woody and Lucille Mehrkam (Woody past 1000 total hours of patrolling during the year), Johnny Murphy, Randy Pruitt, Amy and Bill Shaughnessy, my wife Leslie and myself. During the year, two members of the program moved to Shepherd Park Plaza. They were Steve and Edie Abbey. Additionally John, Johnny, Woody and I work as base monitors for the other members while they are out patrolling. We stay in contact via CB radios or cell phones to make sure they are safe while they make the neighborhood safe for you. Johnny is also the equipment manager for the program and keeps track of the equipment loaned to us by the Houston Police Department. I thank all of you on behalf of the COP program. If you cross reference the list above with that of the Civic Club Officers you will notice that two of our members are currently Civic Club Officers. Again pointing out the many hats worn by a few of our neighbors.

As you may have noticed in last month's *Gazette*, I was honored by the command staff of the North Division as it's PIP member of the year. I thank them for the honor. I was one of 16 persons around the city who received awards for their PIP activity. The certificates were presented by Chief Bradford at a ceremony on January 9, 2001. Former Channel 11 news anchor Steve Smith served as the master of ceremony for the awards program. If you would like a chance to meet with members of the North Division Command staff and some of our division officers please plan to attend the Positive Interaction Program (PIP) meeting. It is held on the third Thursday of each month at St. Matthew's United Methodist Church which is located at Forty-third St. and N. Shepherd.

November Crime Statistics (7)

Burglary (1)

3100 block of N. Shepherd on November 22 at 8:00 p.m. (restaurant parking lot).

Burglary of a Motor Vehicle (4)

500 block of W. Thirty-third St. on November 3 at 10:30 p.m. (street).

600 block of W. Thirty-fourth St. on November 19 at midnight (parking lot).

3200 block of N. Shepherd on November 16 at 9:10 a.m. (church parking lot).

3200 block of Lawrence on November 15 at 6:00 a.m. (driveway).

Auto Theft(1)

3100 block of N. Shepherd on November 18 at 8:00 a.m. (restaurant).

Narcotics (1)

2900 block of N. Shepherd on November 21 at 4:00 p.m. (street).

Applications are now being accepted for patrollers over the Internet at GOCOP77018@AOL.com. Leave an e-mail message and I will get back to you

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within 24 hours. You can also call me at 713-864-1992 for details about joining our program. Program rules prohibit the carrying of weapons and you are required to attend a one hour certification program presented by the Houston Police Department.

Emergency Contact Numbers

| | |
|---|--------------|
| Crimes in progress, Fire or Ambulance | 911 |
| Houston Police Department (non-emergency) | 713-222-3131 |
| Precinct One Constable Dispatch | 713-755-5200 |

Help Your Neighborhood and Win \$200 Cash

Michael Froebel, Membership Committee Chair

Well, the New Year is here and January was my first month as the new GOCC Membership committee chair. I am not exactly sure how that happened. I said in passing that "I might be interested" and here I am. My job will be to find ways to increase membership, which is a lot harder than it may sound. How do you motivate people who already have jam packed lives to spend a little time getting involved in their Civic Club? If any of you out there have any ideas, I will be more than happy to hear them. There are two ways you can help your neighborhood Civic Club, Volunteer and/or Pay your Civic Club membership dues, so that those who do volunteer have something to work with.

I'm sure that by now, some of you are wondering where the "Win \$200 Cash" part comes in. Be patient, I am almost there.

I believe that GO residents fall into four categories. 1) Those that pay their dues like clockwork. 2) Those that tend to put it off, but eventually send it. 3) Those that intend to send it, but never seem to get around to it. 4) Those who are just not interested. I fall into category 2, in case you were wondering. In order to thank those in the first category and hopefully motivate those that fall in the other three, I am introducing a \$200 cash drawing.

All you need to do to be included in the drawing is to pay your annual dues by the March 6th Civic Club meeting. Of course, you must be a resident of GO and send in your Garden Oaks Civic Club Membership Form with your payment. You can even pay your dues at that meeting and still be included in the drawing. You do not need to be present to win. However, we would love to have you at the meeting and if you are present, you will be awarded your prize at the time of the drawing. Civic Club officers and membership committee members are not eligible for this drawing. There should be a membership form in this issue of the *Gazette* in the form of a small insert. If your copy of the *Gazette* is missing this form, please contact me for a new one.

I would personally like to thank Oscar Ochoa with O.D.'s Printing who has generously offered to donate the \$200 cash prize for our drawing. I hope to see all of you at future Civic Club meetings and for those of you entering our neighborhood drawing, I wish you Good Luck!

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Decorative Finials

Susan Kostelecky, Window Fashions Certified Professional

Imagine a kitchen valance in your favorite blue and white fabric with a coordinating trim in blue, yellow and white. This ties in your paint, decorative plates hung on your wall and your backsplash tile. The valance is a perfect complement to your kitchen's style and accessories. Now imagine the same valance is tied to decorative ball finials painted blue, yellow and white. Isn't that a great look? The finials add interest and more color to your treatment, and are somewhat unexpected. Now imagine that the finials are miniature porcelain plates that coordinate with your colors and fabrics! Even better! Perhaps you could even use some demitasse saucers from your collection, which already match your kitchen. What a great use and what a great conversation piece!

Finials can be almost anything, as long as it can be mounted securely to your wall and works with your chosen valance style. Kitchens are wonderful places for whimsical finials – consider bent forks with the valance tied to the handles, or miniature rolling pins, saltshakers, doorknobs, or any other collectibles you may have available. A laundry room could have clothespins, and a potting room could have hand gardening tools like small spades.

Another idea is to mount your valance under or to a shelf, such as a quilt rack. This provides added space above for display items and collections. This idea works especially well in a child's room, showcasing stuffed animal collections or keeping breakable decorative items out of reach. Consider a valance with goblet pleats at the top, with a small stuffed bunny resting inside each pleat, his head and ears peeking out playfully. Or tie back panels in a child's nursery with tiny pairs of baby shoes or even small teddy bears. If the nursery has a theme, include that in the window treatment and tiebacks or finials. You could use painted wooden cutouts shaped like cows jumping over the moon, stars, Noah's ark animals, or even just circles or squares painted in checks to match the room colors. Painting your own finials allows you to match your nursery room paint exactly, and to mix and match colors as you choose.

In any room, look at the fabrics you have chosen for redecorating. Is there something in the pattern you especially like, such as daffodils or watermelons? To bring that item into focus, accent it with decorative finials to coordinate. Or even hang small decorative items from the points of the valance, if appropriate. In my own kitchen, I have a watermelon shaped earring hanging from each valance point. The earrings are almost all different in style, but are similar in size and color. It is a great conversation starter and adds interest to the simple treatment style.

Your window treatment consultant can help you determine the specifics of securely mounting the valance to the wall—so let your imagination go on how to decoratively mount the valance!

For more information, contact Susan Kostelecky at 713 697 4110

A Chat With a Rose

Mark Saranie

For a person who enjoys gardening and who vowed never to grow roses because of the presumed time and dedication they require I have a small collection of roses in my garden. This interest has come about due to the beautiful offerings one of my rose bushes has recently rendered. The story behind this particular rose began last Valentine's Day when my wife presented me with a 'Souvenir de la Malmaison,' a fragrant antique rose. Well, you can imagine my delight. I promptly made room for it in a sunny part of one of my front beds, enjoyed a few small blooms later on, then watched it get scrawny and pathetic over the following months. I moved the shrub in the middle of the hottest part of last summer, fully realizing that this could finish off the weak plant, and planted it in the back yard. The rose, which, unbeknownst to me, was actually two bushes, is flourishing and blooming as mentioned earlier.

I had a brief chat with one of the two bushes a few weeks ago before plucking off some of its blooms to place in one of our kitchen windows.

Mark: "Wow, thank you for the show. I can't believe how well you are doing in your new spot."

Souvenir: "You are quite welcome. You do realize that when we are happy with our places in life we reward you with our beautiful flowers."

Mark: "Evidently. What confuses me is why you are doing so much better here with less sunlight than you had in the front yard."

Souvenir: "I know you are aware of the twenty-five cent hole, five dollar plant paradox. You made the foolish mistake of just digging a hole and sticking us there!"

M: "I suppose I deserve that. What else did I do wrong?"

S: "The hibiscus, flame acanthus, aaaaaaaand, the firecracker bush you stuck us by was too much root competition. You failed miserably with placement, and we suffered for it!"

M: "Sorry."

S: "It's too late for apologies. All us roses in this bed have suffered from your misjudgments."

M: "I just wanted to give you a good home."

S: "Well next time give it bit of thought!"

M: "Ok, ok, ok. So give me some pointers so that the next time I can get it right the first time and don't incur the wrath of you prima donnas."

S: "I resent that comment garden boy. Take it back or you'll feel more than just our wrath the next time you come a plucking!"

M: "Ok..., I apologize from the bottom of my heart."

S: "Thank you sweetie, apology accepted. Now, the biggest and most important difference between the first bed and this one is preparation. This bed is very well

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worked. The soil is loose, rich and drains very nicely. I will say that both times you planted us, you correctly watered us in before totally filling up the hole. That single action is really important to get rid of any air pockets around our precious roots."

S: "You also observed correct watering by letting a slow trickle of water run for several minutes. We love deep watering. Also, this time you actually invested in rose fertilizer instead of basic plant food. We roses are a bit particular. By the way, that rose food with the systemic critter repellent was a good choice, we had nary a nibble when we were recuperating from your earlier misguided planting decisions."

M: "Well, I do feel particularly proud to see how healthy and vigorous you are now."

S: "Well, naturally. Just look at how well Sombreuil has responded after having moved her four different times. And Valentine over there is getting ready to show off his red blooms. I am pleased to see that you also brought those miniatures back here as well. They already look a lot better."

M: "Yeah. I was surprised to see that those three sickly bushes turned out to be seven individual plants."

S: "Nurseries make the plants look larger that way. They presume they will be tossed out once they stop blooming. I am glad that you transplant our potted siblings into your beds."

M: "Waste not want not. Tell me, what else should I do throughout the year so that you continue growing and blooming?"

S: "Well, as I mentioned earlier, watering deeply is a good thing. Fertilizing every four to six weeks will keep us going during our growing season but hold off when we get a couple months away from a possible first freeze. Some of those rose foods with a high middle number are really appreciated. It helps us develop a good root system and strong growth. We prefer a diet of well-rotted cow manure but I don't know where you can find it around here. Anyhow, I would strongly suggest you do lots of research on how we roses love to be cared for."

M: "You are in luck. I have been reading a great book about antique roses that are well suited for gardens in this part of the country."

S: "Well, keep up the good work with us. Oh, and Mark, ask your wife to not come around us. Its very depressing when she does."

M: "Now it's my turn to be offended. Why would you say such a mean thing?"

S: "It's not mean. We simply can't compete with her beauty."

Garden Things for February

- We can still experience freezing weather, so if one is in the forecast, water plants very well. This will protect their roots.
- I enjoy amaryllis and February is the perfect month to get these and other late blooming bulbs in the ground or in pots. Use high phosphorous fertilizers to encourage blooms.
- If you use them, February is a good time to apply pre-emergent herbicides on your lawns.
- Try something new in your veggie patch this year. Our arugula survived the few freezes in December and is still going strong.
- I have seen tomato seedlings in the nurseries. The best time to set these out is in March so if you get the tomato itch, keep them potted until then.

Hot New Food Products

Catherine Kruppa, MS, RD, LD

The food industry has taken off in the last decade. The number of options that we have at the grocery store is amazing (and sometimes even confusing) and fast food restaurants are on every corner. Some of the latest items such as stuffed crust pizzas and super size fries do nothing more than clog our arteries. But there are some great products that are convenient and can help us to prevent disease and watch our waistlines.

1. Bell Lighten Up. Taco Bell now has an option that lets you substitute fat-free cheese or sour cream for the full-fat version in any menu item. This makes items such as chicken soft tacos and bean burritos good fast food choices.
2. Veggie Burgers. The Boca Burger, made from soy and high in protein and fiber while low in fat, is reportedly enjoyed at the White House! Similar products include Harvest Burger, Gardenburger, and Natural Touch Vegan Burger. Morningstar Farms and Boca Burger also make meatless chicken patties and nuggets. These are delicious. My husband has eaten a whole box and still doesn't know they are soy, so shhhhhh!! Restaurants such as Subway, Blimpie, Hard Rock Café, Chili's, Denny's, IHOP, Rainforest Café, Café Express, Beck's Prime and Marie Callendars offer veggie burgers on their menu.
3. Salad in a Bag. No excuses now, making a salad for dinner is easier than ever. A salad with dinner gets you one

step closer to your 5 fruits and vegetables for the day. There is also the belief that being in a bag, the lettuce retains its nutrients. Other veggies also come ready-to-eat, such as carrots, broccoli, cauliflower and celery.

4. **Healthy and Fast Breakfast Cereals.** Fantastic Food has instant hot cereals in a cup. Try Mellow Mango with Oat Bran or Strawberry Banana Three Grain. Quaker also makes Express Oatmeal. These are great to keep at office for breakfast. They are low in fat and high in fiber.
5. **Say "Soy".** Try Legume's Classic Enchiladas, Amy's Kitchen Tofu and Vegetable Lasagna. These are healthful alternatives to meat-laced entrees. They are high in fiber and low in fat and as a bonus, soy helps to reduce cholesterol as well as fight osteoporosis, heart disease and cancer. Other soy products to try include soymilk, soy cheese (Veggie Slices Pepper Jack is my favorite), edamame (green soy beans), and Health Valley vegetarian chili.
6. **Fortified Orange Juice.** Tropicana's Pure Premium Plus Calcium and Extra Vitamin C provides about a third of the Daily Value for calcium and nearly 200% for vitamin C. Now fruit punch and grapefruit juice come fortified with calcium too.
7. **Deli Meats.** Thanks to makers such as Healthy Choice, Hillshire Farms, Louis Rich, and Oscar Meyer, deli meats don't have to be loaded with fat, calories, and sodium anymore. Some are even fat free.
8. **Salsa.** Salsa is rich in lycopene, the anti-cancer, heart-healthy carotenoid. Try Green Mountain Gringo Salsa; it has great taste and is low in sodium. This is a nice change from traditional salsa and goes great with Guiltless Gourmet black bean chips.
9. **Bring on the Beans.** Beans are the ultimate health food, super high in fiber, low in fat and full of beneficial phytochemicals. Make them fast and easy to prepare with new mixes such as Bag O' Beans Black Bean Chili and Bob's Red Mill 13-Bean Soup Mix. I also enjoy cup of soup such as Nile Black Bean Soup. This is a great afternoon snack.
10. **New Choices Among Margarines.** Fat-free margarines such as Promise Buttery Light and Brummel & Brown Spread contain zero trans fatty acids. Trans fatty acids, like saturated fat, have been found to raise blood cholesterol. The newest spreads, Take Control and Benecol, are actually made from soybeans. Yes, soy again! Because they are made from plants they help lower bad cholesterol levels up to 10%. Wow, what a deal, you can still have your buttery taste on your toast, while lowering your cholesterol.

So be a little adventurous and throw a few of these products into your grocery basket. I think you will be surprised at how good they are and you will be on your way to eating healthier!

Prevent the Loss of Our Deed Restrictions!

Sam Stengler, Deed Restrictions Committee Chair

Since last spring, the committee has been getting ballots signed by property owners for the creation of GOMO. With a limitation of one year from the start of this ballot collection, we only have about three months left to get the remainder of the 60% required to create the organization. Once the deadline passes, the vote collection will have to restart from zero, as the previous votes become null and void.

All homeowners in Garden Oaks are strongly encouraged to cast their vote regarding the creation of the Garden Oaks Maintenance Organization. Only Garden Oaks property owners may vote, but you may complete one ballot for each GO property that you own. If you rent, please make sure that your landlord votes.

The following people have volunteered to be the contacts for each section. You can contact them to make arrangements to fill out a ballot at your convenience (it only takes a few minutes). If you own property in more than one section, let the volunteer know when you call so they can have the correct ballots ready for you.

| | |
|---------------------------------|----------------------|
| Section 1 - Mary Tyler Martinez | 713 681 3913 |
| Section 1A - James King | 713 426 1607 |
| Section 2 - David Heiland | 713 927 1125 |
| Section 3 - Needs You! | Call Sam Now! |
| Section 4 - Steve Powell | 713 686 6503 |
| Section 5 - Shelly Immel | 713 688 4681 |
| John Evans | 713 688 1528 |
| All Sections - Sam Stengler | 281 773 3478 |

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

http://www.onelist.com/subscribe/Houston_GO

Heavy Trash

One Call Program
713 956 6589

Section 1 - Feb. 13

South of 38th – Feb. 6
(including 1A)

North of 38th to
South of 43rd – Feb. 13

North of 43rd to
Chamboard - Feb. 20

Recycling

North of West 43rd St.
Tuesday Feb 6 & 20

South of West 43rd St.
Tuesday Feb. 13 & 27

Recycling Hotline
713 837 9130

Directory of Advertisers

- Andrew Smith, CPA 9
- Cherry Wolfarth 6
- Diane Morish's Boutique 6
- DJ's Lawn Care 9
- The Frame Shop 8
- Green Green Grass
of Home Reality 7
- Harry James 7
- Kaplan's Ben Hur 4
- Keller Williams/
The Garden Group 8
- Lauder Properties 5
- Luxury Lawns 4
- Maldonado Landscaping 8
- O.D.'s Printing 4
- Shannon & Assoc. 5
- Terry Jeanes 4
- Tree Experts 6
- US Tree Experts 9

February 2001

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | | |
|--|---|---|-----------------------|---|--------------------|---|
| <p>"Whenever you find you are on the side of the majority, it is time to pause and reflect." - Mark Twain</p> | | | | 1 | 2 | 3 |
| 4 | 5 | 6 Civic Club Meeting 7:00 P.M. G. O. Elem. | 7 | 8 Garden Club 7:00 P.M. 1063 W. 42 nd | 9 Groundhog Day | 10 |
| 11 | 12 Lincoln's Birthday | 13 Home Tour 7 P.M. 733 W. 42 nd | 14 Valentine's Day | 15 Gazette Deadline Today | 16 | 17 Beautification Committee Rose Garden Work Day W 34 th & Lawrence 9 A.M. |
| 18 | 19 Beautification Committee 7 P.M. 733 W. 38 th President's Day | 20 | 21 | 22 Washington's Birthday | 23 | 24 |
| 25 | 26 | 27 Home Tour 7 P.M. 3309 Lawrence #1 Mardi Gras | 28 Ash Wednesday | <p><i>Make sure your Civic Club committee meeting or event gets on the calendar! Email the editor at GOGazette@Mac.com with your information.</i></p> | | |
| <p>Upcoming events Civic Club Meeting Tuesday, March 6th Garden Club Meeting Thursday March 8th Garden Club Work Day Saturday March 10th in Friendship Garden Beautification Work Day Saturday Mar. 17th at 9AM (tentative date) in Gazebo Park Garden Oaks Home and Garden Tour Sunday, April 1st</p> | | | | | | |