

the acorn

Designed & published by:
Teri Jo Nicholson,
Resident

Printed by:
Gill Daoust, Resident

Please note: We welcome contribution of articles and announcements for the Acorn. Articles will be published on space availability. The Editor and/or Board of Directors reserves the right to edit the content of any article submitted for publication for accuracy, content and grammar. Thank you.

Volume 8, Issue 7
July 2007

inside this issue

- July 4th Celebration 2
- Healthy Eating 2
- NNO 2
- July 4th 2
- Healthy Eating 2
- Board Minutes 3
- Safety Patrol Report 4
- No Dogs Allowed 4

SAFETY PATROL

713.858.8020



Candlelight Oaks

a proud houston neighborhood
www.candlelightoaks.org

HALFWAY HOUSE PROPOSED NORTH OF CANDLELIGHT OAKS

COCC
Message of
the Month!

Board members from Candlelight Oaks, Candlelight Oaks Village, and Near North West Management District (NNWMD) attended a public hearing on May 21st at the location of a proposed halfway house for parolees with drug and alcohol problems. The property on Bolivia near De Soto is directly north of the Our Savior Lutheran Church and school grounds.

Two employees of Texas Department of Criminal Justice (TDCJ) were present to hear public comment on the proposal by the owners of New Freedom Inc., which has bought four buildings in the Candlewood Glen condominium complex. Two buildings are proposed for use to house TDCJ parolees, and the other two would be rentals for graduates of the program.

Opposition to the proposal originally centered on the location near schools. Texas Child Safety Zone laws prohibit sex offenders from residing within 500 feet of schools, daycares, playgrounds or other places where children commonly gather. However, attendees at the first hearing received an email from New Freedom a few days later, stating that their proposal was being modified to exclude sex offenders from the program.

There is also concern about whether placing a halfway house in the midst of these crime-plagued surroundings makes sense. De Soto at Antoine is one of the worst streets for drugs, prostitution, murders and general mayhem in all of Houston. New Freedom states that parolees are not allowed out to roam the neighborhood, and in fact can leave a halfway house only to seek employment, go to their jobs, visit family, or seek social services. A staffer for City Council member

continued on page 4

SPRING LANDSCAPING & MAINTENANCE ACTIVITIES

by Marilyn Harper

After being rained out three times, we held a final work day on May 19 to prepare the recreation area for the opening of the pool. Residents Jerry Rog, Nancy Kealer, James Adams, and Keith Overstreet came to help. Our worker bees are seen below applying stain to the deck and picnic tables, and preparing to mount the security camera.

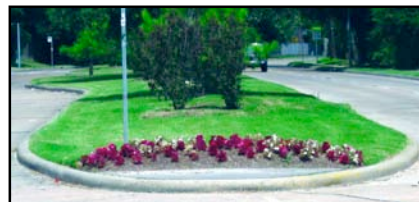
Other essential tasks completed by the dedicated volunteers included sprinkling ant killer on new ant hills, a light trimming of the yew trees, and a heavy trimming of the fan palms. Vines were removed from the perimeter fence. A new sign "Posted -- No Pets Allowed" was placed on the main gate.

There was some discussion of how to repair the damage done in the recreation area grounds by dogs digging holes. One possibility is to haul in a load of gravel to cover the walkway from the main gate to the children's playground. If the vandalism and dog poop problems can be solved at the pool and rec area, Fowler Knight is looking into the possibility of upgrading the playground with new equipment.

COCC Landscaping had our mowing contractor Mashue's put in the three new flower beds at Tidwell and Bolivia. Mixed colors of begonias were chosen as they seemed to be the best bet for surviving the relatively harsh esplanade conditions on this heavily traveled street. Our esplanades are not piped for water, so if we have a dry summer, water will have to be supplied in buckets. However, watering three small

flowerbeds will be a cakewalk compared to the drought year of 2005 when most of the 200+ new trees on the Tidwell esplanade were kept alive by volunteers hauling barrels.

We hope all residents driving out on Tidwell will enjoy the little spots of color at our main entrance. Also I noticed recently that the red crape myrtles are beginning to bloom on the esplanades. Thanks again go to former COCC president Jerry Rog who started our esplanade beautification several years ago, and to those who turned out for the Spring Work Day this year.



HEALTHY EATING BEGINS AT THE SUPERMARKET

*Learn to efficiently shop for healthy foods - From Stealth Health
Part 1 of a two part series*

Navigating the Aisles

The typical American consumer hits the grocery store at least twice a week. Why, then, does it feel like we never have anything to eat at home? Follow the advice below to make sure you not only have a well-stocked pantry for healthful eating, but are buying the right products at the right time in the right way.

You'll notice, by the way, that many of the tips below have you looking at a food product's nutrition label and ingredients list for information. If you haven't become expert at this, time to study up. Go straight to the source -- the U.S. Food and Drug Administration -- via the Internet at www.fda.gov, put "nutrition facts" into the search line, then click on "go" for a full menu of food-labeling information.

1. Rule number one: Buy fresh food! There is no simpler, no easier, no plain-er measure of the healthiness of your food than whether it comes in boxes and cans or is fresh from the farm or the fields. If more than half your groceries are prepared foods, then you need to evolve your cooking and eating

habits back to the healthy side by picking up more fresh vegetables, fruits, seafood, juices, and dairy.

2. Shop the perimeter of the store. That's where all the fresh foods are. The less you find yourself in the central aisles of the grocery store, the healthier your shopping trip will be. Make it a habit -- work the perimeter of the store for the bulk of your groceries, then dip into the aisles for staples that you know you need.
3. Think of the departments (dairy, produce, meat, and so on) as separate stores within the supermarket. You wouldn't shop at every store at a mall the same way, would you? You know better than to idly browse through a jewelry store, don't you? So apply the same approach to the grocery store. Target the sections that are safe to browse through -- the produce section, primarily -- and steer clear of the dangerous sections (the candy, ice cream, and potato chip aisles).
4. Shop with a list. Organize your shopping list based on the tip above -- that is, by the sections of the store. This will

have you out of the supermarket at the speed of light. If you're a woman, consider getting your husband or son to do the food shopping, says Joan Salge Blake, R.D., clinical assistant professor of nutrition at Boston University's Sargent College. The latest survey from the Food Marketing Institute shows that compared to women, men are more likely to buy only what's on the grocery list. But shopping with a list has benefits beyond speed and spending. By lashing yourself to the discipline of a well-planned shopping list, you can resist the seductive call of aisle upon aisle of junk food, thereby saving your home, your family, and yourself from an overload of empty calories.

5. Food-shop with a full stomach. We're sure you've heard this one before, but it's worth repeating. Walking through the grocery store with your tummy growling can make you vulnerable to buying anything that isn't moving, says Blake. If you can't arrange to shop shortly after a meal, be sure to eat an apple and drink a large glass of water before heading into the store.

continued on page 3

National Night Out

Tuesday, August 7, 2007
at COCC Pool • 7:00 pm

Catered by Don Jose's Restaurant
7 - 8 pm

FREE Swim

Bring your chairs &
something to drink

Dessert Contest - bring your best,
1st, 2nd & 3rd place prizes

Meet your neighbors

Visit with HPD Officers

COCC OPEN MEETING

Thursday July 19, 2007

7:30 pm

Advent Lutheran Church
on Pinemont



Our Nation's Birthday

JULY 4TH CELEBRATION AT COCC POOL

Join us for fun, & food & sun

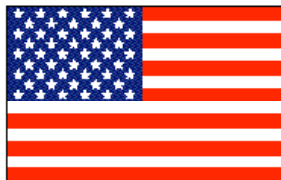
FREE Swim

Hot Dogs & Fixins

Food served 1 - 3 pm

Bring your chairs,
towels & drinks

Celebration 1 - 6 pm



CONTACT LIST FOR 2007 BOARD OF DIRECTORS & MANAGEMENT COMPANY

Action Property Management

713.686.4692

Mona Cabler - President

713.688.7019

Keith Overstreet - Vice President

713.681.2171

Fowler Knight - Secretary

713.686.7042

Shawn Davis - Treasurer

713.683.8827

Christian Barraza

713.680.9888

Barbara Thompson

713.956.9068

Teri Jo Nicholson

713.688.6200

Tim Casper

713.686.5632

Marilyn Harper

713.686.9887

COCC BOARD MEETING MINUTES

COCC Board Meeting

May 23, 2007

Barbara Thompson's home

Members present:

Keith Overstreet
Marilyn Harper
Barbara Thomopson
Teri Jo Nicholson
Mona Cabler
Tim Casper

Members absent:

Shawn Davis
Christian Barraza
Fowler Knight

Guests:

James Adams

The meeting was called to order at 7:40 pm.

It was noted that we had guests to attend to update our welcoming program, but due to day change for this meeting, they were unable to attend.

Social

Splash Day scheduled for Monday, May 29th. Marilyn Harper is available to assist. Time will be 1 - 6 pm, free swim, refreshments

Pool

Noted that the camera is up and that more cameras will be ordered for the pool area and children's play area. The project for the children's play area was postponed until the next meeting. We are to install a gate on the playground and at this point it was decided that dogs with residents would be allowed in the parking lot only. It was also noted that we need a new grill for the pool area for our social gatherings.

Acorn

Tim Casper's Caspers children are still distributing, which is appreciated. Mona agreed to do the Message of the Month for June.

Security

Report to be published in the Acorn for June

Landscaping

The new flowerbeds we commissioned from Mashue's were put in that week at the intersection of Tidwell and Bolivia.

DRC

Keith advised that we are consistent with our letters. We discussed how to proceed with a couple of problem issues and it was decided we would move forward.

Budget

Shawn was not in attendance, due to work conflict, but there did not seem to be any issues to discuss.

Update on Halfway Househouse

No decision has been made at this time. COCC and GIP are both on the contact list for further meetings related to the proposed project.

Tim Casper moved that the meeting would adjourn, Barbara Thompson seconded. Meeting adjourned at 8:30 pm.

continued from page 2

Fruits and Veggies

- Buy a few days before ripe. There's no point in trying to buy fresh vegetables and fruits for your family if the bananas turn brown and the peaches mushy two days after you get them home. Buy fruit that's still a day or two behind ripeness. It will still be hard to the touch; bananas will be green. Feel carefully for bruises on apples, check expiration dates on bagged produce, and stay away from potatoes or onions that have started to sprout. If the produce on the shelves looks a bit beyond its peak, don't walk away; ask to speak to the produce manager. Chances are, there's a fresh shipment in the back just waiting to be put out on store shelves. For a real taste treat, if you're going to eat them within the next couple of days, pick up a bunch of vine-ripened tomatoes. There's just no comparison.
- Buy in season. Sure, it's tempting to buy strawberries in December, and once in a while that's fine. But fresh fruit and vegetables are best when purchased in season, meaning they've come from relatively close to home.

- They often cost less, are tastier, and have less risk of pathogens such as E. coli.
- Buy organic whenever possible. Sure, it costs a few dollars more. But a study in the Journal of Agricultural and Food Chemistry found that organically grown fruits and vegetables contain higher levels of cancer-fighting antioxidants than conventionally produced foods. However, if organic is too pricey for you, don't worry; organic or not, fruits and veggies are key to a healthy larder.
- Buy frozen. Frozen fruits and vegetables are often flash frozen at the source, locking in nutrients in a way fresh or canned can't compete with. Stock your freezer with bags of frozen vegetables and fruits. You can toss the veggies into soups and stews, microwave them for a side dish with dinners, or thaw them at room temperature and dip them into low-fat salad dressing for snacks. Use the fruits for desserts, smoothies, and as ice cream and yogurt toppings.
- Stock up on canned tomato products. Here's one major exception to the

"fresher is better" rule. Studies find that tomato sauces and crushed and stewed tomatoes have higher amounts of the antioxidant lycopene than fresh, because they're concentrated. Canned tomatoes are a godsend when it comes to quick dinners in the kitchen. Warm up a can with some crushed garlic for a chunky pasta sauce; pour a can over chicken breasts and simmer in the crock pot; add to stews and sauces for flavor and extra nutrients.

- Stock up on canned beans. Although they may have a bit more sodium than we like, that's easy enough to get rid of with a good rinse in the sink. Beans can be mixed with brown rice, added to soups and stews, pureed with onions and garlic into hummus for dipping, or served over pasta for a traditional pasta e fagioli. In fact, all the hype about pasta raising blood sugar really comes down to this: What are you putting on your pasta? The soluble fiber in beans lowers blood sugar and insulin, making the combination of pasta and beans a healthful -- as well as delicious -- dish.

to be continued in next issue

TRASH & RECYCLING COLLECTION SCHEDULE

Regular Trash Pick-Up - Every Thursday

Heavy Trash Pick-up - Third Friday of Every Month

Recycling - Alternate Thursdays

MAY SECURITY REPORT

PAID PATROL HOURS: 164.5

Pool Checks: No crime reported

Vacation Watches: None

Crime Report May 1-15

- 5000 block of Oak Shadows reported mailbox damaged.
- 5600 block of Deep Creek reported that a vehicle was rummaged but no items taken.
- 4700 block of Bayou Vista reported that a vehicle was ransacked.
- 4800 block of Drodgy advised that a garage was burglarized, entry through the side door.
- 4900 block of Oak Shadows, a major accident occurred. The driver had just been released from the hospital and was not supposed to drive, but did so anyway and ran his vehicle into the location.

Sgt Pavlu's Notes

These incidents occurred in a two week period. I have made some adjustments and have officers taking a more aggressive approach during night shift hours in an attempt to catch anyone involved in these incidents. I am following up on each case and as I find out more information I will relay it the board, I am still in the early stages. I think my main problem is still having residents make easy targets for criminals by leaving their vehicles in vulnerable locations. As far as the garages, the side doors are very easy entry points and it is difficult for us to determine if anyone is in the process of breaking into the garage. I think a letter in the Acorn advising residents to strengthen their garage side doors with dead bolts and other such improvements would be a great benefit to deter such crimes.

Crime Report May 16-31

- 5600 block of Bayou Vista reported a

Burglary of a Motor Vehicle

- Officer received voice mail regarding speeding vehicle in the 5000 block of Bayou Vista, officer unable to locate vehicle.
- Officer received a voice mail regarding children throwing rocks, officers are monitoring the situation and looking to stop this problem.

Sgt Pavlu's Notes

While on patrol officers observed a male walking in the neighborhood and stopped and detained the individual. The individual was not visiting anyone and had no ties to the neighborhood. Officers checked the individual and found him to have outstanding warrants for his arrest. The warrants were verified and the individual was placed in jail. I believe this could possibly be the individual involved in the recent burglaries in the neighborhood. I will continue to monitor the situation and give additional information as it becomes available.

Halfway House continued from page 1

Peter Brown who attended the meeting was strongly opposed to locating any TDCJ parolee halfway houses in the middle of any city. She said they should be placed in outlying areas with lower population density as a public safety measure.

A follow-up public meeting was held on June 14 at the Management District office on Hollister near 290. The NNWMD board invited Karen McCright, owner of New Freedom, to speak to them and answer questions. About 20 residents of neighborhoods near the proposed site, along with State Senator Sylvester Turner and City Council member Toni Lawrence, attended the open meeting.

At this meeting, it was revealed that the

current deed restrictions in Candlewood Glen prohibit running a business on a property there, so it seems likely that this fact alone will prevent the proposed Halfway House from being able to operate there. McCright seemed to be unaware of the deed restrictions but believes that most of the other property owners, whom she described as basically absentee slum lords in California, will support her and will be willing to modify the deed restrictions in her favor. It isn't clear whether she could do that in time for the TDCJ decision which is due in July.

Pressed on what her "Plan B" would be if she doesn't get the state contract to house parolees, McCright said she would then do

whatever it takes to try to recoup her investment in the condos and any renovations she makes. It was clear that not one person in the audience was in favor of a halfway house at this location, although several stated that they admired McCright's desire to help parolees and addicts try to get their lives back on track. Most mentioned the proximity to crime-ridden De Soto as just being the wrong spot for a rehabilitation program.

An administrator from the Lutheran School summed it up: "You don't put up a fireworks stand next to a burning building".



SIGNS POSTED

Children's Area & Parking Lot at Pool

Off Limits to Pets

No exceptions

Mark Your Calendars
July 4th, Celebration
National Night Out August 7, 2007
At the COCC Pool

Ramona Overstreet

Sales Associate
 Cell 713 305-9007



Prudential

GARY GREENE, REALTORS®

1354D W 43rd St., Houston, TX 77018
 Office 713 686-5454 Fax 713 686-3108
 Hm Ofc 713 681-9121
 Home Fax 713 681-1439

An independently owned and operated member of Prudential Real Estate Affiliates, Inc.

