

Proctor Plaza



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PPNA Neighborhood Message

By Paul Broman, PPNA president

Dear Neighbors – I’m pleased to have been elected as Proctor Plaza’s President for 2011. I’d like to extend a sincere “thank you” to the outgoing 2010 PPNA Board Members for voluntarily devoting time from their personal and work schedules to serve our neighborhood.

I moved to Proctor Plaza in 2002 from the District of Columbia. I searched Houston neighborhoods for several months before purchasing my house at 731 W Temple. In addition to the convenience to downtown, I was drawn by the preservation of lot sizes and the consistency in historic architecture from block to block. Since that time, I have also grown to appreciate the vitality of the area and the friendliness of my neighbors.

This newsletter includes a list of the newly elected 2011 Board Members – about half of whom are new to the Board. Our goals for the New Year include: renewing and expanding our membership base; continuing enforcement of our deed restrictions; increasing communication through periodic e-mails and the newsletter; scheduling interesting speakers for the monthly meetings; updating the content on our website; and of course, continuing the First Friday Happy Hours that provide an opportunity to meet others.

Proctor Plaza was designated as the Norhill Historic District in 2000. As such, the homes within the Norhill Historic District have been subject to the City of Houston’s historic ordinance since that time. The City of Houston voted in 2010 to amend the historic ordinance. I believe the effort by the Mayor and the City Government was to provide additional protection to “contributing” and “potentially contributing” houses within historic districts from demolition. As a result, the City’s revised historic ordinance eliminates the so-called “90 day” provision. In the near future, the City’s Planning Commission will contact all homeowners within the Norhill Historic District to conduct a survey of individual homeowners’ desires with respect to maintaining Norhill’s status as a Historic District under the revised ordinance, completely removing Norhill’s historic designation, or altering the boundaries and size of the district. As appropriate, information related to the City’s process will be shared at neighborhood meetings.

How can you help the Proctor Plaza Neighborhood Association? Firstly, please join the association by paying your 2011 membership fee. By becoming a dues paying member, you will be able to vote at the general meetings, and your fee provides needed funding. Secondly, please provide your e-mail address and contact information to me so that you can be added to our electronic distribution list. Lastly, please let one of the new board members know if you are willing to serve on a committee or to host a First Friday Happy Hour at your home.

I hope you have a wonderful holiday and New Year. See you at the January general meeting.

Upcoming Events

January 7 First Friday Happy Hour

At the home of George and Dona Reynolds, 1119 Walling Street, 6:30 to 8:30 p.m.

January 25 Annual “Welcome To Proctor Plaza” Dinner

Catered dinner at the Proctor Plaza Park Building, 803 W. Temple, 6:00 to 8:30 p.m.

Bring the family and help us welcome our new residents to Proctor Plaza.

RSVP to Paul Broman at paul.broman@yahoo.com

February 4 First Friday Happy Hour

At the home of Louise Denly, 728 W. Temple, 6:30 to 8:30 p.m.

PPNA Yard of the Season



The home of Wendy Farrell at 932 Melwood is beautifully decorated for the holidays.

Please accept our best wishes for a joyous holiday season and a happy and prosperous new year.

Proctor Plaza Neighborhood Association

objective

The objective of the Proctor Plaza Neighborhood Association (PPNA) is to promote the civic and social welfare and well-being of the neighborhood; to promote the civic betterment and social well-being of all its residents; to encourage the prevention and suppression of crime in the community; to disseminate facts relating to the improvement of this vicinity; and to preserve the residential character and integrity of the neighborhood.

meetings

The PPNA meets on the last Tuesday of each month at 6:30 p.m at the Proctor Plaza Park Building at 803 West Temple. All are welcome!

newsletter

Please send ideas for articles to bob.lamons@sbcglobal.net.. If you are interested in writing an article, the next submission deadline is January 30. The newsletter is distributed the weekend before the PPNA General Meeting in March, June, September, and December.

advertising

Interested in advertising in the Proctor Plaza newsletter and reaching more than 1,200 homes? Contact Bob Lamons at bob.lamons@sbcglobal.net Business Card = \$25; Quarter Page = \$40; Half Page = \$65; Full Page = \$105.

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Spice Up Your Holidays and Your Health



Submitted by Melissa Hawthorne

The holiday season is that time of year for friends, family and of course cooking. There is nothing better than walking into a home when someone is baking a holiday meal. Not only do spices enhance the flavor of food but they also enhance our health. Read below to find out the health benefits of some of the most common holiday spices.

Cinnamon

Perfect spice for the winter months. Ground cinnamon should last 6 months, while stick cinnamon may last 1 year. To extend the shelf life store cinnamon in a tight glass container in a cool dry place such as the refrigerator.

Health Claims: Some studies show that a ½ teaspoon per day of cinnamon can lower your LDL. Several studies suggest that cinnamon may help regulate blood sugar levels. When added to food it acts as a natural food preservative inhibiting bacterial growth. Good source of fiber, iron, calcium, manganese. Take caution if taking high doses of cinnamon with a blood thinning medication.

Ginger

Ginger adds a spicy, pungent, aromatic flavor to any dish. Adding ginger when cooking at the beginning of the meal will allow a weaker flavor as opposed to adding it at the end of the cooking period will give off a stronger flavor.

Health Claims: Shown to have antioxidant and anti-inflammatory characteristics. Good Source of potassium, magnesium, copper, and Vitamin B6. Ginger may act as an anti-coagulant with taken with other blood thinners, so consult with your doctor.

Cloves

Best known as a flavoring for glazed ham, this potent spice is derived from a plant in the evergreen family. This spice adds a rich, sweet taste to dishes such as roasted pork or turkey meatloaf.

Health Claims: Cloves contain manganese, vitamins C & K, magnesium, calcium and fiber. Cloves also contain eugenol, a substance helpful for relieving pain, killing bacteria, and reducing inflammation. A few grams of cloves per day may boost insulin function while lowering cholesterol.

Cardamom

Aromatic and sweet, this spice is found in chai tea, coconut-based curries and traditional yeast breads. Perk up your coffee by adding 1 teaspoon to the grounds before brewing or add to your oatmeal.

Health Claims: Cardamom is filled with essential oils that have high antioxidant levels. Cardamom has been shown to kill harmful H. pylori bacteria associated with ulcers. It can also be beneficial in treating dyspepsia and gastritis.

Melissa is a Proctor Plaza Resident and Registered and Licensed Dietitian at The Houstonian Hotel, Club & Spa. Questions or to make an appointment contact her at (713) 685-6894 / mhawthorne@houstonian.com

Cranberry Sauce with Apples and Ginger

Ingredients

12 oz cranberries, fresh or frozen and defrosted	1 ½ Tbsp fresh ginger, finely minced
1 apple, cored and chopped into 1/3 inch pieces	Zest and juice of ½ lemon
½ cup agave nectar	¼ tsp sea salt
½ cup of water	

Add all ingredients to a large saucepan and bring to a boil over medium-high heat. Reduce heat to medium-low and cook for 8-10 minutes, or until cranberries break down, apples soften and mixture thickens (sauce will continue to thicken slightly as it chills). Stir often to prevent sticking on bottom of pan. Transfer to a serving dish or stage container cover and chill for at least 3 hours.

Nutrition per 3 Tbsp serving: Calories: 84, Total fat: 0g, Carbs: 21g, Fiber: 2g, Protein: 0g

SPANISH FLOWERS:
4701 North Main Street
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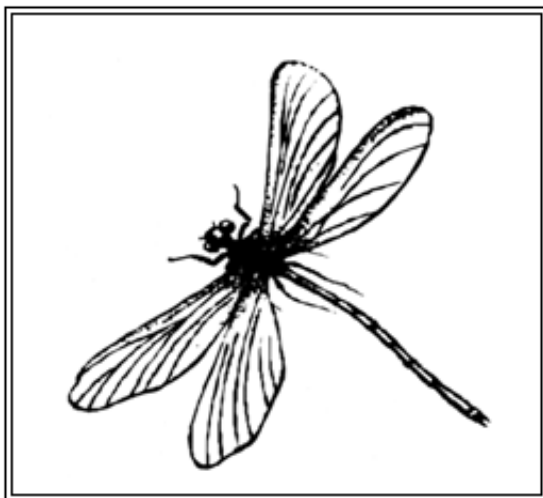


Established in 1979, The Spanish Flowers Mexican Restaurant has flourished under the owner Mary Bernal's constant care and guidance. This restaurant has been a "**Heights Neighborhood Legend**" (Zagat Survey) for many, many years.

Since the first day she opened, Mary decided she would keep her restaurant open 24 hours a day. This tradition continues to this day. The only time the restaurant takes a break is on Tuesday nights, it closes at 10:00 P.M., then reopens on Wednesday morning at 9:00 A.M. and maintains its 24 hour schedule until the next Tuesday night.

One of the biggest challenges in being a 24 hour restaurant is to ensure that the quality of service and the taste of the food are always the same, regardless of what time you visit the restaurant

The Backyard Gardener



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