

# GARDEN OAKS GAZETTE

VOLUME 37

ISSUE 5

## Garden Oaks Resident Competes in Boston Marathon



Carmen Busceme achieved another personal best time of 3:17:12 for completion of the 2013 Boston Marathon. Carmen plans to return to Boston next year to pay tribute to the memories of those who are no longer with us, to those who can no longer run, and to celebrate the resolve and determination of the human spirit.



President Obama to Boston: "You will run again"

We know that there are many Garden Oaks athletes that participated in the April 20-21st MS 150 ride from Houston to Austin. Please send a photo for next month's Gazette to [gazette.gardenoaks.org](http://gazette.gardenoaks.org).

## GARDEN OAKS OLD FASHIONED PICNIC 2013

The 6th Annual **Garden Oaks Old Fashioned Picnic** typically held in May with its sack races, egg toss, dessert, and fun coupled with the bring your own picnic has been deferred until a later date. Information is being gathered for a favorable opportunity for all Garden Oaks residents' participation, including GO Kids and other neighbors. Plans will be made according to feedback. Stay tuned to the *Gazette* for details.

## May 2013

### UPCOMING EVENTS

#### SPARK Park Work Day

May 4

8 AM

#### May Civic Club Meeting

May 7, 2013

Garden Oaks Elementary  
7 PM

#### June Civic Club Meeting

June 4, 2013

Garden Oaks Elementary  
7 PM



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**HEARD UNDER THE OAK TREE**

*By Terry Jeanes*

**Welcome, New Neighbors!**

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

- |               |                 |
|---------------|-----------------|
| 955 Althea    | 962 Althea      |
| 323 West 34th | 619 West 30th   |
| 203 West 32nd | 911 West 43rd   |
| 827 West 43rd | 810 West 41st   |
| 308 West 33rd | 511 West 32nd   |
| 408 West 33rd | 753 Sue Barnett |
| 224 West 32nd | 303 West 31st   |

**MAY Birthdays**

- Christopher Knauth 5th  
 Linda Sparks 8th  
 Susie Heath 8th  
 Gareth and Gaia Appling-O'Leary-21st.  
 Riley Tatum 22nd

**Anniversaries**

Jason and Alisha Cunningham – 16th

**Out and About**

Where was **Caroline McLean** seen in April? Why Cancun of course.

**Tina Beddow** enjoyed the US Men's Tennis Clay Court Tournament at River Oaks Country Club.

**Amanda Carlin** was seen in the crowd at Miller Outdoor Theatre's performance "Thoroughly Modern Millie".

**Brian O'Leary, George Appling, and family** celebrated a rousing success of Sherwood Forest Faire's 2013 season.

**Ms. Kylie Salch** had a fabulous birthday celebration at Sugarbaby's Cupcakes.

**Leslie Ryan and Carl Waters** welcomed new 4-legged family member Baxter, aka Shorty, to their house-

hold.

**Carmen Buscheme and Desiree Guillory** traveled to Boston for the Marathon and we are all thankful for their safe return. Our thoughts are with those who were not as fortunate.

Congratulations to **Terry Jeanes** on her 30th year Realtor anniversary and as recipient of RE/MAX International's Lifetime Achievement award.

Thumbs up to our many Garden Oaks MS 150 Riders including **Phil Ramirez** who biked their way to Austin in April.

To highlight an event, celebration, or other tidbit, contact Terry Jeanes at [terry@terryjeanes.com](mailto:terry@terryjeanes.com)

**Garden Oaks Gazette**

The Garden Oaks Gazette is the official publication of the Garden Oaks Civic Club and is published on a monthly basis. Submission deadline is the 15<sup>th</sup> of each month for publication the next month unless otherwise noted.

**No exceptions.**

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.

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**CITIZENS' PATROL PROGRAM**

*By Carl Waters Jr.*

An article in the April 10 *Leader* indicated that our neighbors in Oak Forest are experiencing another round of driveway robberies. Please be careful when you visit area retailers and banks as the article indicated the victims believed they sometimes were followed home from area stores. The cases listed in the *Leader* article described the robber as a black male in his early to mid 20s approximately 5'9" tall and weighing 160 pounds. If you think you are being followed, do not go directly home. Drive to a well-lit location and call 911 for assistance. **DO NOT CONFRONT THIS INDIVIDUAL** as he has a weapon and fired a shot into the air during one of the robberies.

**March Crime Statistics (7)**

**Burglary (4)**

700 block of W. 32nd St. on Sunday, March 10 at 11:00 a.m. (residence).

1500 block of Sue Barnett Dr. on Sunday, March 10 at 7:46 p.m. (residence).

2900 N. Shepherd Dr. on Monday, March 11 at 4:10 a.m. (business).

1000 block of W. 42nd St. on Friday, March 15 at 10:00 p.m. (residence).

**Theft (3)**

700 block of Sue Barnett Dr. on Thursday, March 7 at 9:30 p.m. (driveway).

3100 block of N. Shepherd Dr. on Wednesday, March 20 at 12:30 p.m. (restaurant).

1000 block of Lamonte Ln. on Monday, March 25 at 7:00 p.m. (driveway)

Inquiries about joining the Citizens' Patrol Program or about other community safety issues can be directed to me via neighborhood website [GardenOaks.org](http://GardenOaks.org) or to the COP email account at [GOCOP77018@AOL.com](mailto:GOCOP77018@AOL.com) or by phone at 713-864-1992.

**Emergency Numbers**

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Terms expire October of year in parentheses.

**GARDEN OAKS CIVIC CLUB MEETING MINUTES**

*By Mark Klein, President and Heather Leverett, Secretary*

**Location:** Garden Oaks Elementary  
April 2, 2013

**Welcome:** Treasurer Phil Ramirez called the meeting to order at 7:06 pm.

A motion was made and carried to accept the March minutes as published in the Gazette.

**President's/Treasurer's Announcements:** CIP (Capital Improvement Plan) Update: The Houston CIP has about 1.1 Billion dollars in projects of which about 12% are funded by property tax revenue. In the five year plan, there are some projects which will have a positive impact on the neighborhood. Some of these initiatives include drainage and street work/repairs.

**Beautification Chair:** We need a GO resident to step up to the beautification chair! The time needed is relatively little, while the payoff – seeing your beautiful efforts every time you drive through the neighborhood – is great. Please contact [president@gardenoaks.org](mailto:president@gardenoaks.org) to volunteer or recommend someone for the position. This Chair is vital to the neighborhood and serves great purpose for the GOCC.

**34th Street Quiet Zone Update:** A Facebook page has been set up to capture comments and support for the Quiet Zone. If you would like Garden Oaks to help make this Quiet Zone a reality, it is time to get involved. Please “like” the Facebook page and show your support.

**Volunteer Appreciation Party:** The

GOCC board announced an upcoming Volunteer Party to thank all the wonderful Civic Club volunteers who have helped make Garden Oaks a highly livable neighborhood. Stay tuned for details.

**Treasurer's Report:** Treasurer Phil Ramirez reported that the financials were status quo. We are slightly lower in terms of constable support than this time last year. We are \$40,000 short of the year's targets. There were some late deposits so February's numbers look lower as the deposits were made and recorded in March.

**Standing Committee Reports:**

**Membership:** No update

**GO Citizens Patrol:** Carl Waters reported seven crimes in March without including any numbers related to auto thefts as that area of the website was not working. There are three fewer crimes than were reported this time last year. An interesting statistic is that there have been 46 thefts in the entire division but only three of those were in Garden Oaks. More volunteers are needed for patrol.

**Constable Program:** Terry Jeanes reported that, with the exception of the past few days, things have been very quiet. Some issues in the area have been items disappearing off front porches. Please call the Constable if you have any solicitors as the Constables can come check them out and make sure they are legitimate. Beautification: Please consider volunteering to be the beautification chair.

**Gazette:** No update.  
[GardenOaks.org](http://GardenOaks.org)

**Website:** No update.

## Garden Oaks Elementary School:

Principal Pollock reported that the campus campout is schedule for Friday. The first day of STARR testing was this week. This summer, the school will have a summer camp and will also be the host school for a special education program focused on speech services. There is no final word on the magnet funding. The Spark Park tiles have been decorated and are currently being baked and should be ready to put up in the next few months.

## Garden Oaks Maintenance Organization (GOMO):

No update. Neighborhood thanks to Brother's Pizzeria who once again showed their support of the neighborhood by graciously donating a big pan of pasta to keep everyone who attended the Civic Club meeting well fed.

Treasurer Ramirez adjourned the meeting at 7:36 pm.

## GAZETTE DELIVERY CHANGES

*By Lori Kennedy*

The several inquiries into the open delivery positions were much appreciated. Many thanks to our new Gazette delivery volunteers - Kori Cavanaugh (400-500 blocks of W. 31st), Sinta Fuhrmann (200-300 blocks of W. 31st), and Michelle Getz (400-600 blocks of W. 30th). Also, our thanks to Gretchen Dreher for her time as a Gazette deliverer.

## GOMO Review Meetings

take place prior to Civic Club meetings at 6:30p.m. on the first Tuesday of the month and on the third Wednesday of the month. Meetings are open to anyone interested in attending. Additional information about the Garden Oaks Maintenance Organization is online at [GardenOaks.org](http://GardenOaks.org). Property owners in Sections 1, 2, 3 and 5 are all members of the Garden Oaks Maintenance Organization.

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Size Months	Single	Six Months	Twelve
2 ¼ W x 2 3/8 H	\$60.00	\$300.00	\$580.00
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Half Page 7 ½ W X 4 ½ H	\$110.00	\$550.00	\$1065.00
Full Page 7 ½ W x 9 ½ H	\$180.00	\$900.00	\$1745.00
Half Page Back Cover	\$150.00	\$750.00	
Full Page Back Cover	\$225.00	\$1125.00	
Inserts (full page only, single sided)			\$180.00
Inserts (double sided)	\$225.00		

1. Placement of the ad is at the discretion of the editor.
2. Camera-ready artwork must be submitted by the 15th of each month for publication the following month and emailed to: [gazette@gardenoaks.org](mailto:gazette@gardenoaks.org)
3. Artwork must be emailed in the following formats:

## GARDEN OAKS OUTREACH

A color version of the Gazette is published each month on the Garden Oaks Website <http://www.gardenoaks.org/involvement/gazette.html> .

Classified Ads are \$20 per run for residents, and are for personal services only (help wanted, items for sale, infant care needed, etc.).

**CONSTABLE PROGRAM**  
**Become a Supporter Today & Help Wanted**

By Terry Jeanes & Susan Love Saranie

**SECURITY ALERT:** As of this writing (4/14) armed robberies of residents in their driveways during later evening hours ( 9pm to 11pm +/-) in neighboring communities have reappeared. To date ( 4/14), 7 have occurred in neighboring Oak Forest and Heights areas since Friday 4/5 pm . Stay alert. Pay attention when you are coming home at night. Call ahead if you have other household members at home. Circle the block before pulling in your drive and watch for unfamiliar vehicles parked on your street.

To stay connected to information you might also consider social media, i.e. Facebook - Garden Oaks page - <https://www.facebook.com/#!/group/s/35914307130/?fref=ts>

Oak Forest page - <https://www.facebook.com/#!/groups/201375163658/?fref=ts>

Prior to this situation the neighborhood has been quiet, with some thefts from porches, e.g., chairs, planters, etc.

**HELP WANTED:** As a Constable Program Team Leader for approximately 13 years, I am seeking 3 volunteers to assist with the program. My experience and my interest in the safety of our community and continuation of our program are strong. But the time commitment now demands assistance. Please contact me, Terry Jeanes, 281-236-8033 cell, or via [terry@terryjeanes.com](mailto:terry@terryjeanes.com) if you have a few hours to spare each month for assisting in our program.

Reminder: Please notify the constable's office of any solicitors in the neighborhood so they may

be checked for proper credentials. Recent solicitor checks have resulted in findings of outstanding warrants, or parties with prior records lacking proper solicitor credentials who were then asked to move on or were escorted out of the neighborhood.

PLEASE JOIN TODAY AND SUPPORT OUR PROGRAM via the form in the Gazette, the link below, or the email previously sent to past supporters. Even if you are on Draft we would like your updated info.

Supporter Link / Form " <http://gardenoaks.org/constableform>

Vacation Watch form: <http://www.gardenoaks.org/Resources/Vacation-Watch.pdf>

For all neighbors to receive more timely notices on crime alerts please provide your name, email, and street address to [secretary@gardenoaks.org](mailto:secretary@gardenoaks.org).



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**HOUSTON-IT CAN WAIT**

Source: City of Houston, Office of the Mayor

In 2011, 13 percent of the over 3,000 traffic fatalities in Texas were due to texting while driving. Without a change in the trend, there will be roughly 1.3 million traffic accidents due to texting while driving this year. New research released just last week by AT&T indicates that 43 percent of commuters admit to a "habit" of texting while driving, even though they are aware of the risks. The main risk is that those who text while driving are 23 times more likely to be in a crash.

Mayor Parker's It Can Wait, Houston campaign is an extension of AT&T's national Texting and Driving-It Can Wait movement. The local effort will be guided by a task force consisting of representatives of law enforcement, government, education, corporate, medical, professional and faith-based organizations. The task force members have agreed to not only help get the word out, but also consider developing company or institutional policies that prohibit texting while driving, if such policies don't already exist. Several entities, including the Houston Texans, Dynamo, Rockets, Comcast and AT&T Uverse have agreed to broadcast a public service announcement featuring Mayor Parker and rapper Bun B.

In addition, the Mayor's Youth Council is working on a competitive video project to get the message to young Houston area drivers. A joint team from the Houston Fire and Police Departments are already conducting workshops in high schools to change the culture of distracted driving among teens. The state legislature is currently considering a bill that would ban texting and driving statewide. Mayor Parker fully supports this legislation, which won approval two years ago but was subsequently vetoed by Governor Rick Perry. The mayor urged Houstonians to utilize Twitter and Facebook to voice their support for It Can Wait, Houston and for a different outcome in Austin this year. Use the hash tag #itcanwaitou.

If the effort to enact a statewide law fails again, Mayor Parker will move to put in place a local ban on texting while driving. "We have a unique opportunity to change the culture in Houston," said Mayor Parker. "Driving is perilous enough. Texting and driving are a lethal combination. It Can Wait, Houston."

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Current texting rules in Texas,  
Source: <http://handsfreeinfo.com/texas-cell-phone-laws-legislation>

- Drivers under the age of 18 are prohibited from using wireless communications devices.
- Learners permit holders are prohibited from using handheld cell phones in the first six months of driving.
- School bus operators prohibited from using cell phones while driving if children are present.
- Drivers prohibited from using handheld devices in school crossing zones.
- Dallas, San Antonio, Austin, Amarillo, Galveston, El Paso, Missouri City, the Canyon and Stephenville are among the Texas cities that have enacted local distracted driving laws.

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The annual SPARK Park Easter Egg hunt, sponsored by Deana Zugheri, was enjoyed by children and adults of all ages.



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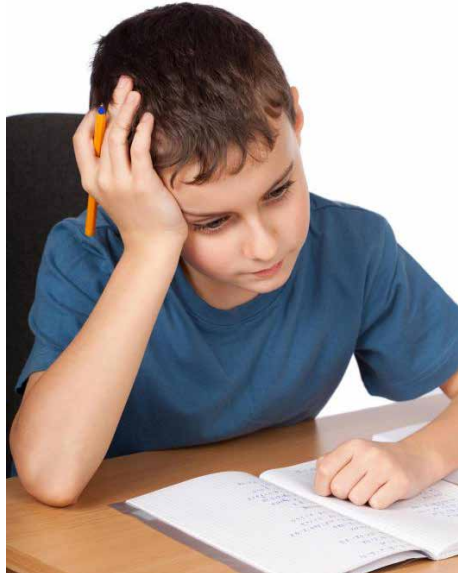
**PREPARING OUR CHILDREN FOR TOMORROW'S WORLD**

*By Lindsey Pollock*

As recently as 2008, 86 percent of jobs in the United States were in the service sector. These jobs are in the field of health sciences, engineering, energy, business, entertainment and education. The more competitive companies in these markets indicate that workers in these fields must be able to navigate the demands of information sharing, task teams, cross-organizational networking and flexible work schedules. In short, workers of the future must be responsible, productive, self-motivated individuals who can also work well with others. Additionally, workers are expected to recognize opportunities for innovation and contribute to the overall well-being of the organization.

What can a parent do to encourage the development of these skills in their children? First, begin with an emphasis on doing ALL things with a focus on quality and pride in the work. When asked to complete a task, children must receive feedback on their efforts. Instead of a simple "good job", ask your child to critique their own results and ask them how they feel about their efforts. By encouraging self-reflection, children are able to recognize the connection between effort and outcomes. Encourage your child to share in the responsibility of maintaining their own room, making the bed, picking up toys, folding clothes and dusting for example. When children are engaged in these tasks, they have an opportunity to begin task analysis and may take steps to improve their work and strategize ways to improve outcomes. Likewise, children benefit from being assigned chores around the house and from being engaged

in meal planning and preparation as they are able. Having this connection to the community of family provides a nurturing, safe and secure forum for children to practice the skills that will be required of them in the future!



When assigning a task or chore to a child, demonstrate the task to the child first and walk through each part of the task step-by-step no matter how simple. If the expectation is to place the dinner plates on the table, for example, show the child how to carry the plates to the table and discuss how many plates should be carried at once. Discuss the importance of making sure there is a clear path for walking to the table and be sure to ask the child if they have questions. These simple steps will help support your child's success and give them a greater confidence in approaching a new task. Additionally, it will build in your relationship a trust and confidence that you are there to help and support your child as you guide them in their development and future success!

Dr. Maria Montessori emphasized many of these same skills in her

approach to education. Children in Montessori classrooms learn responsibility by caring for the classroom environment. Teachers assign each child an area of the classroom to maintain. This includes restoration of the environment throughout the day and the cleaning of the shelves and materials at the end of each week. Students have individual work plans with their assignments listed for the week and are allowed the independence to complete the tasks at their own pace. This work is monitored by the classroom teacher as they guide students in building responsibility as well as academic content. By working together with your child's teacher, together you can instill in your child many of the skills vital to success in tomorrow's world!

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By Lisa Rentschler

With over 300 families, GO Kids has age-based playgroups, a Mom's Night Out, new parent dinner drops, a book club, a babysitting co-op, potlucks, and many other scheduled activities and EVENTS!

The ages of kids in the group range from newborns to school-aged--- all Garden Oaks families are welcome. We recently have undergone a lot of changes in the leadership group for GO Kids. I would like to thank the moms who have volunteered their time to promote this group and make the neighborhood a wonderful place for our children to live and grow!

**2013/14 GO Kids Leadership Team**

- Coordinator – Lisa Rentschler
- Membership/Website/Fundraising – Marcia Rasmussen
- Treasurer – Jenny Odinet
- Mom's Night Out – Deborah Seghers/ Nicole Fowler
- GO Babies – Kori Long
- GO Buddies – Stella Stevens
- Dinner Drops – Angelica Sullivan
- Bouncy House – Olga Marruffo
- Special Events – Volunteered for by Event – We are always looking for volunteers to help setup/assist during event/take down at events! A list of published upcoming events can be found at [www.bigtent.com](http://www.bigtent.com).

Please feel free to join us at our next meeting. Our leadership meetings are open to all active GO Kid members (invites sent through BigTent).

**Garden Oaks Kids Group Membership**

- 1) Go to: <http://www.gardenoakskids.com/>
- 2) Select "email us for an invitation"

3) Include some information about yourself...your full name, information about your family, address (GO section)

**GO Kids Activities:**

Members check out our calendar of events at [www.bigtent.com](http://www.bigtent.com)

Featured Event: 'Kid-tucky' Derby

- Running Races (backwards, 3-legged, etc.)
- Make derby hats (feathers, flowers, glitter)
- Art Activity - Color horse pictures
- Horseshoes & other games
- Raffle to raise money for GO Kids (Winner will get a \$25 gift card )

--> More details to will be posted on BigTent.

Do you need a night out momma?? Join the group and join the girls!! We have a Mom's Night Out at least once a month. Themes and all... they are a great way to have a little get-a-way from it all! We hope to see you out at this next MNO!



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Contact our coordinators for specific details about upcoming events:  
 GO Babies (birth to 2) – Kori Long (koricavanaugh@gmail.com)  
 GO Buddies (2 to 5) – Stella Stevens (sas19@live.com)  
 MNO – Deborah Seghers (debtrevino@yahoo.com) & Nicole Fowler (nefowler@me.com)

Website / Communication – [www.gardenoakskids.com](http://www.gardenoakskids.com)  
 Our website continues to grow; now offering a login portal to BigTent, information on contributing to our annual bouncy house fund, and purchasing your Garden Oaks Cookbook.

Please support our advertisers who in turn support our neighborhood. Tell them you saw their ad in the Gazette!



**Dinner Drops**

Are you or someone you know an overwhelmed, sleep deprived new parent? Don't worry because help is on the way! We are happy to provide several meals to new families during those stressful few weeks. Please consider volunteering for this program.

Pay it Forward... it is a great way to say Thank you if you have benefited from this program in the past. Contact our Dinner Drop coordinator Angelica Sullivan if you have any questions on how to sign up/volunteer for the program. ([angelicapuerto@hotmail.com](mailto:angelicapuerto@hotmail.com))

GO Kids was started by a group of parents who wanted to build a family friendly neighborhood where children and parents know each other and grow together. All Garden Oaks families are welcome. If you have questions or would like more information about the GO Kids group, please contact Lisa at [gypsy9601@yahoo.com](mailto:gypsy9601@yahoo.com).

Please understand that our organization is moderated entirely by volunteers who are also parents with hectic schedules. While we hope to answer your questions and get you through the membership process as soon as possible, we cannot guarantee an immediate response. We really appreciate your patience and understanding. We look forward to seeing you around the neighborhood!

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**PHOTO OF THE MONTH**



The Easter Bunny was sighted again on Easter morning at Triangle Park. Tina Sabuco and Shellye Arnold hosted their regular gathering of neighbors and made sure that no one left without a chocolate bunny. Tina and Shelly are pictured left with four legged friends Mahoney, Elvis and Cooper and neighbors Holley and Garrett Chavez.

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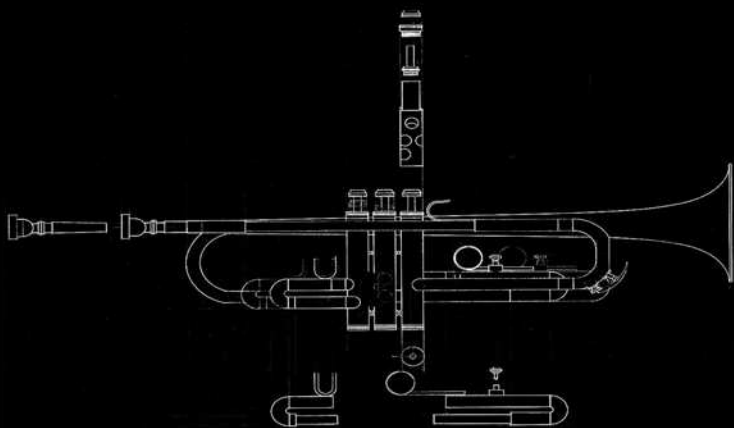
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**CRITTER CORNER***By Casey and Dorothy Dan Farris*

This month we celebrate Mothers Day on May 12th. May is also National Asthma and Allergy Awareness Month. It's a peak season for asthma and allergy sufferers, and a perfect time to educate ourselves about these diseases. Today we will be talking about some signs and solutions to your pets allergy needs. Our Pets of the month for May are some great dogs and a cat that are nothing to sneeze at.

**Pets of the Month:**

May's pets of the Month are Fenway (Basset/Lab mix), Lily (Dudley Lab), and Spike (black cat). They live in Section I with their parents, James Flowers and Michael Beard. Lily was adopted as a young puppy from the SPCA nine years ago inside of FIT gym. She was the last, lonely pup whose mom was a Basset hound and whose dad was a yellow lab. Michael couldn't resist those sad little eyes and she is definitely daddy's little girl. Seven years later came Fenway, a rare Dudley Lab. A Dudley Lab is a yellow Lab that has no pigment in their eye lids, lips or nose (they look pink). They usually have lighter eyes as well. While vacationing in Marblehead Mass., James tracked the owner down and along came Fenway. He was only six weeks old and was small enough to fit into a carrier under the airplane seat. Well, that was a good thought anyway! The vacation was a month long trip in New England and Fenway was growing fast! When they arrived at the airport check in counter for the flight home, the agent looked into the carrier and said "Oh no; this will not work". After a brief feeling of a heart attack, James was escorted through security, the agent spoke to the pilot, and Fenway flew home in a first class seat! James who is allergic to cats swore he would nev-

er live in the same house with a cat. When James' mother, Cynthia Flowers, was no longer able to live alone due to Alzheimer's, Michael insisted Spike who was 15 years old should move in with them. Well three years later, Spike has taken over the house, the upstairs anyway. James takes Zyrtec now and loves Spike very much. Cheers to this happy blended family!

**Critters 101: Animals Have Allergies Too!**

As allergies have us reaching for facial tissues and nasal sprays, our pets are experiencing extreme levels of discomfort. They are scratching at itches that won't go away because the same pollens and dust that bother people can bother our pets.

**Determine the Cause of the Itch**

If it seems that a dog might have an allergy, there are a number of factors to consider. Seasonal allergies manifest in the dog's skin, as opposed to the respiratory symptoms humans usually experience. Think about the time of year – if it seems that many people are being affected by traditionally seasonal allergies, there is a good chance a dog might be experiencing the same thing.

**Treating the Symptoms of Seasonal Allergies**

If the cause of a dog's allergies is known, limit the exposure to the allergen. In most cases, it might not be possible to determine the exact cause. Treating the symptoms can relieve discomfort and lessen the likelihood that the dog will scratch the skin raw and develop an infection.

**Being Supportive of a Dog with Allergies**

A dog will attempt to hide its discomfort, and the owner must pay close attention to any behavior

changes beyond scratching and licking – lower levels of playfulness, increased sleepiness, and decreased appetite can all be a sign that something is wrong. It's important for the owner to be in tune with the dog to determine how to help and prevent further discomfort or potential infections. Allergies can be heightened while a dog is shedding, and regular brushing can help by providing itch relief and removing excess fur. The ears are often prone to the most itchiness as well as moisture, so careful attention must be paid to the ears especially.

Above all, be patient. Allergies can be annoying for humans and dogs alike. Your pet will look for comfort from its owner – be patient and the allergy symptoms soon will pass.

Casey Farris is owner/operator of Bone Voyage Pet Sitting Services and Go Dog USA.

Dorothy Dan is owner/operator of Casey. Please forward your questions and pet news to [Casey@GoDogUSA.com](mailto:Casey@GoDogUSA.com) or call 713-688-6363.

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## THE ALLERGENS WITHIN: HOW TO PREVENT IRRITANTS IN YOUR HOME

by Mitch Weigand

Living in Houston, the most air-conditioned city on the planet, we consider air conditioning an absolute necessity. It makes hot, humid days tolerable by lowering the temperature and humidity of indoor air. While your home's air conditioning system offers these benefits, health concerns can arise if it's not used or maintained properly. A build up of pollen, fungi and bacteria can result which will trigger asthma, rhinitis and other respiratory tract problems.

### Keep humidity in check

If you've ever had the windows fog up while you're driving, you know that the best way to remove the moisture is to turn on the air conditioning. Indoor-air humidity should hover around 50 percent. Sixty percent and over creates a

perfect breeding ground for all sorts of sneeze-inducing critters such as mold, mites and bacteria.

- Instead of turning off completely your home's A/C while you're away, simply raise the temperature five degrees over what you like. That way, it will run sparingly while keeping the humidity in check plus save you money.

- Enclosed spaces, such as closets, can trap moisture where mold and bacteria sometimes thrive. The perfect solution here is just crack open the doors to your closets during the day so the main A/C system can dehydrate those spaces.

### Remember those filters

Not only do they block air flow and possibly shorten the life of your system's outside unit, dirty air filters can retain and circulate allergens throughout your home. Replace temporary air filters every month or clean permanent ones according to manufacturer's specifications. Proper filter maintenance goes a long way in

eliminating airborne irritants in your home.

### Nothing to Sneeze at: The Origins of Bless You/Gesundheit

"Bless you" is a common expression spoken typically after a person sneezes. Another version adopted by English speakers is the word "gesundheit" meaning "health" in German.

A possible explanation suggests that people used to believe that your soul could be ejected from your body when you sneezed or that sneezing opened the body to invasion by evil spirits. Another legend holds that the heart skips a beat during a sneeze, and that the phrase "bless you" or "gesundheit" encourages the heart to continue beating.

Mitch is the owner of Air Wise™ and a member of the Garden Oaks Civic Club. You can email Mitch with any A/C questions at [mitch@airwisehouston.com](mailto:mitch@airwisehouston.com) or [www.airwisehouston.com](http://www.airwisehouston.com).

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**MICKEY’S MINUTE-LIFE,  
DEATH AND TAXES**

*By Mickey Morales*

It’s said that life, death and taxes are the only three things in this world you can be sure of and I have to agree, because we see them on full display every week at the farm. Just last Friday we went out to find three baby goats (yea us) and just minutes later I found an old hen who had just lain down and given up the ghost. It’s just part of the cycle of life that provides us the food we sell at the market each week. Michael Pollan said “if you plan on eating meat, you can’t be afraid to look”, meaning that you don’t necessarily have to participate in the process, but you have to be intellectually honest about where it comes from.

Now to the tax issue. I’m purposely misusing the word, and what I’m

really referring to are the rules and regulations that we farmers, ranchers and food makers have to deal with. Currently there are quite a number of important bills that we need your support on. Our representatives expect calls from farmers and ranchers because they come from rural counties. What really makes an impact is when people from the urban areas call their representatives concerning issues that affect all of us that participate in the clean food movement. So please go to the Farm and Ranch Freedom Alliance (<http://www.farmandranchfreedom.org>) and study the issues and call your representative. And if you are interested, join as a member and support their work.

In the meantime we can still be found at 954 Wakefield Drive in front of the sand volley ball courts **every Saturday from 9 am till 1 pm**. At the

farm the hens are at peak production, the baby goats are doing well, and the pasture is green and lush. We are just beginning to make the transition from winter crops to spring and summer, so stop by to take advantage of the variety of sustainable produce.



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## FRESH FROM THE FARMERS MARKET

By Jeremy Goodwin

It has been over a year now since our local market opened, and it is slowly gaining momentum. It is a wonderful place to meet and chat with your neighbors, and purchase some real, locally farmed food, and I have spent many happy mornings just hanging around getting to know people. This is a great resource, and there are some things you can do to ensure that the market stays open and even grows.

The first thing you can do to help, is to make the effort to get to the market every Saturday, and the earlier you get there, the better for maximizing your selections. Unlike in the grocery stores, fresh produce is not held for weeks, but picked usually the day before, and fed to the chickens, pigs or goats, if not sold.

The second big thing is, make the effort to shop at the market even if the weather is not the best. These people are there every week, rain, shine or sauna. You might want to talk to them too. Ask about what is coming up in the future; tell them what you would like to see in the market, and just get to know them a little. They are not the anonymous faces, swiping the UPC at the supermarket checkout.

Finally, if you can, let them know what you would like to purchase the next week. There are things like chickens, eggs, sausages, bread and some of the preserves, that when you order a week in advance will give the vendors an idea of how many or how much of an item to bring. Above all, make the most of the wonderful food. A full 95% of what I eat comes from this market and others like it



around Houston. We have a wonderfully diverse farming capability that is seriously under-utilized, and every regular customer makes it stronger. Get local, get green, get healthy food from farmers you know and trust.

Ask Mickey the market manager and taco stand operator, about the excellent Bryan Farm chickens. Here is the foolproof way of roasting chicken without basting, and perfect every time. You can find more of Jeremy's recipes at [www.facebook.com/singlemanskitchen](http://www.facebook.com/singlemanskitchen).

### RECIPE OF THE MONTH HONEY CILANTRO SPATCHCOCKED CHICKEN

#### Equipment

- Roasting pan and wire rack to fit inside for the oven
- Tongs
- Kitchen shears or stiff knife
- Bowl and spoon for herb mix
- Instant read thermometer recommended for the inexperienced

#### Ingredients

- 1 Whole, 3-4lb chicken
- ½ cup Chopped fresh cilantro
- ½ cup Low sodium soy sauce
- 2 tablespoons Local honey
- Sea salt

Fresh ground black pepper

Preheat the oven or grill to around 425° F. Cut the chicken down both sides of the backbone, flip over and press down to break the breast and flatten the carcass. Rinse both sides and pat dry with a paper towel. Trim any excess fat.

In a small bowl, mix the cilantro, honey and soy sauce together. Separate the skin from the breast legs and thighs by pushing your fingers between the skin and meat. Take a spoon full of the herb sauce and put it into the cavity created, and push it off with a finger, so it stays under the skin. Repeat for both breasts and both legs. Dust the skin of the chicken with salt and pepper.

Lay the bird cavity down on the wire rack or on the grill away from direct heat. Cook for 55-65 minutes, until the thigh pulls easily away from the carcass, or to an internal temperature of about 160°F. You can let it rest for up to fifteen minutes if you want, or carve it and eat right away.

**Tip:** 15 minutes before you are ready to take it out of the oven, drain off the pan juices to make a wonderful gravy.



# MAY 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	4	3	4 Farmers Market, 954 Wakefield 9 AM-1 PM
5	6	7 Civic Club Meeting-GOES Elementary 7 PM	8	9 Garden Club, 7 PM	10	11 Farmers Market, 954 Wakefield 9 AM-1 PM
12 Mother's Day	13	14 	15 GOMO Monthly Meeting -GOES Elementary, 7 PM	16 Heavy Trash- Yard Waste	17	18 Farmers Market, 954 Wakefield 9 AM-1 PM
19	20	21	22	23	24	25 Farmers Market, 954 Wakefield 9 AM -1 PM
26	27 Memorial Day	28 	29	30	31	1 Farmers Market, 954 Wakefield 9 AM-1 PM

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