



# Garden Oaks Gazette

A publication of the Garden Oaks Civic Club



## Come One, Come All to the GARDEN OAKS FOURTH OF JULY BICYCLE PARADE!

Monday, July 4  
8:30 a.m. Registration  
9:00 a.m. Parade Begins

Rick Englert SPARK Park  
Sue Barnett Drive @ 41st Street



## JULY 2016

### UPCOMING EVENTS

#### July Civic Club Meeting

(Speaker: Kim Ellis/HABITATS)

Tuesday, July 5

7:00 p.m.

Garden Oaks Montessori

901 Sue Barnett Drive

#### August Civic Club Meeting

(Speaker: Mayor Sylvester Turner)

Tuesday, August 6

7:00 p.m.

Garden Oaks Montessori

901 Sue Barnett Drive

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### Wondering Where to Watch Fireworks Later?

Here are a couple of options from [visithoustontexas.com](http://visithoustontexas.com):

#### Eleanor Tinsley Park

500 Allen Parkway, along Buffalo Bayou

Freedom Over Texas featuring Darius Rucker

4-10 p.m.

\$10 per person day of show; free for children age 5 & under

#### CITYCENTRE

800 W. Sam Houston Parkway North

Independence Day Fireworks Spectacular

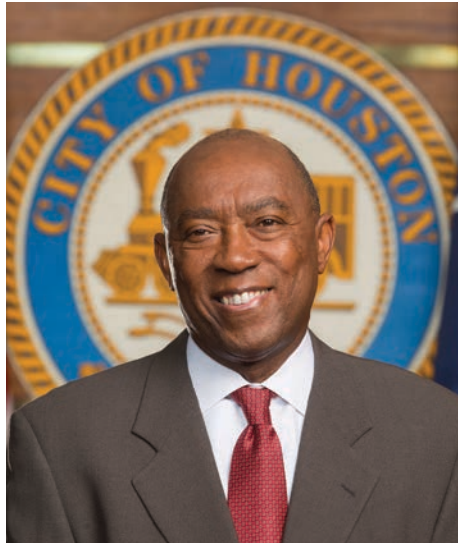
7-11 p.m., with fireworks beginning at 9:30 p.m.

Parking \$5 (cash only) in all CITYCENTRE garages.

**AUGUST CIVIC CLUB  
MEETING SPEAKER:  
MAYOR SYLVESTER TURNER**

Sylvester Turner was elected Mayor of the City of Houston on December 12, 2015 to serve a four-year term beginning January 4, 2016.

Born in 1954, Sylvester grew up in the Acres Homes community in northwest Houston. His mother worked as a maid in the old Rice Hotel in Houston and his father worked as a painter for Continental Enesco, and cut yards with his sons on the weekends to make extra money. The Turners raised nine children in their modest two-bedroom home in Acres Homes. When he was 13 years old, Sylvester lost his father to cancer and his mother took charge of the Turner household. Although she never finished high school or learned to drive, she ensured her children got an education and inspired them to achieve.



Sylvester attended neighborhood public schools until forced integration came to Houston and he was bused to Klein High School. After a predictably rocky start, the student body adapted to its new enrollees – and Sylvester was later elected president of the student body and graduated as valedictorian.

Sylvester graduated from the University of Houston and Harvard Law School before joining the law firm of Fulbright & Jaworski. He later founded the Houston law firm of Barnes & Turner in 1983.

In 1988, Sylvester was elected to the Texas House of Representatives to serve the people of House District 139 in Northwest Houston. He served until his election as mayor, working on the House Appropriations Committee for 21 years and serving as Speaker Pro Tem for three terms. He was appointed to several Budget Conference Committees to help balance the state’s budget and served on the Legislative Budget Board.

He is very proud of his daughter Ashley, who is continuing the Turner family tradition of public service with her work in the healthcare field.

**Garden Oaks Gazette**

The Garden Oaks Gazette is the official publication of the Garden Oaks Civic Club and is published monthly. The submission deadline is the 10th of each month for publication the following month, unless otherwise noted.

Publication herein of any article not directly related to the Garden Oaks Civic Club does not imply endorsement by the civic club and such article is solely an expression of its author’s opinion.

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**HEARD UNDER THE OAK TREE**

By Terry Jeanes

**Welcome, New Neighbors!**

Congratulations on joining our community. We look forward to seeing you at a civic club meeting soon.

- 930 Althea                    416 West 33rd
- 1042 Gardenia            1011 West 41st
- 851 Lamonte              930 West 42nd
- 419 West 31st            907 West 43rd

**Happy Birthday**

- Caroline McLean.....7/1
- Claire B. ....7/2
- Matthew K. ....7/2
- Alexander Zugheri.....7/2
- Jane E. ....7/3
- Mike Heath .....7/5
- Jessica Jarvis .....7/7
- Alison Tucker .....7/10
- Kaplan M. ....7/12
- Jenny Espeseth.....7/17
- Mary Sharon Komarek .....7/18
- Deanna Zugheri .....7/23
- Akira B.....7/27
- Jason Cunningham .....7/27
- Sally McDaniel.....7/27

**Happy Anniversary**

**Jenny & Jason Espeseth** will be celebrating their 15th anniversary on July 7.



**Congratulations**

Congratulations to **Ron and Sheree' Peoples** on their daughter **D'Yon's** wedding held in New Orleans City Park. Also in attendance were **Jessica** and **Eric Jarvis**.

Congratulations to **Connor O'Guynn** for his red belt achievement and Chuck Norris award in his Kidstart Kick Program.

Congratulations to Class of 2016 graduates, which include **Emily Roberts**, Waltrip High School Salutatorian, and St. Pius X High School graduate **Cameron Carlin**.

**Terry Jeanes**  
Your Neighbor & Area Specialist



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**Out and About**

**Blanche Ragsdale** and her girls enjoyed a trip to Washington state, the **McLeans** traveled to San Francisco, **Amy Shaughnessy** visited Chicago, **Julie Sherber** had a big birthday celebration in Gruene, the **Reichles** enjoyed a fabulous time in Isla Mujeres, and **Terry Jeanes** and **Linda Sparks** enjoyed Smithville's Texas Chitlin' Circuit Blues Review at historic West End Park.

Great news for **Tina Sabuco** and **Shellye Arnold** on the restoration and reopening of their Abundance Retreat following the Wimberley flood.

**Healing Wishes**

Wishing **Pam Parks** a smooth recovery from emergency retina repair surgery.

**Special Thoughts**

Heartfelt sympathy for the family of **William "Bill" Stender** as they mourn his sudden passing.

Condolences to the **Stark** family on the passing of **Rebecca's** mother, Maryellen Hebenstreit.

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



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## GARDEN OAKS CIVIC CLUB MEETING MINUTES

By Luke Sustr, Secretary

June 7, 2016

**Location:** Garden Oaks Montessori Magnet School (GOMM), 901 Sue Barnett

**Welcome:** President Sheila Briones called the meeting to order at 6:58 p.m. and welcomed those in attendance. A motion was made and seconded to approve the May 2016 minutes as published in the *Gazette*. A hard copy of the May minutes was available at the meeting.

**Guest Speaker:** Secretary Luke Sustr introduced Literacy Advance of Houston guests, Development Coordinator Carrie Prewitt and Grants & Communications Manager Tristan Smith. They conducted a "Story Time" presentation for those in attendance and explained the mission of Literacy Advance of Houston is to "transform lives and communities through the doorway of literacy" by helping adults learn how to speak, listen, read, write, etc. They also gave a statistical presentation reflecting the results their organization has achieved and the demand by people willing to learn. Prospective Literacy Advance of Houston volunteers were encouraged to fill out a form with contact information and to visit [www.literacyadvance.org](http://www.literacyadvance.org) for the schedule of events and future Story Times. Hard copy booklets were also provided to those in attendance.

**Treasurer's Report:** Treasurer Jerry Butler was present at the meeting and provided hard copies of the current organization Profit and Loss statement and the Balance Sheet.

### COMMITTEE REPORTS

**Membership:** Ms. Brenda de Alba encouraged members to refer to the *Gazette* for a listing of all paid sponsors for the 2016 Garden Oaks Home & Garden Tour and give

sponsors the opportunity to earn their business. Ms. De Alba also mentioned that the current lists of paid members and constable program contributors are available on the civic club website at [www.gardenoaks.org/GOCivicClub/civicclub-member.html](http://www.gardenoaks.org/GOCivicClub/civicclub-member.html). A membership raffle was held for a \$25 Lowes gift card which Ms. Frances Schwartz won. Congratulations, Frances!

**Home and Garden Tour:** Ms. Brenda de Alba reported the figures from previous civic club meeting minutes and thanked all of the volunteers, sponsors and homeowners for their time and effort making the biennial 2016 Garden Oaks Home & Garden Tour a success.

**Gazette:** The June issue of the *Gazette* has been issued and delivered to residents. A hard copy was also provided at the meeting.

**Garden Oaks Website:** Webmaster Joe Muscara confirmed the website is operating as expected and had no issues to report.

**Beautification:** Committee Chair Joan Harmon was not present at the meeting. President Sheila Briones thanked Ms. Harmon and all volunteers for readying all of the green spaces for the 2016 Garden Oaks Home & Garden Tour.

**Garden Oaks Citizens' Patrol:** Committee Chair Carl Waters, Jr. requested neighbors to volunteer for patrolling the neighborhood as there were fourteen (14) incidents reported during the month of May. Anyone interested should contact Mr. Waters via the information listed on [www.gardenoaks.org](http://www.gardenoaks.org). Volunteers are needed to join the committee to provide more surveillance in the area to keep our community safe. Volunteers use their own vehicles to patrol the neighborhood with magnetic "Garden Oaks Citizens' Patrol" signs attached and are required to complete one hour of

training with our constables. Carl reminded everyone to call the constable's office to report a crime as they will respond immediately. Mr. Waters also urged Garden Oaks residents to visit [www.crimereports.com](http://www.crimereports.com) to view crime records in the area.

**Constable Program:** Committee Chair Terry Jeanes was present at the meeting with Garden Oaks Patrol Deputy Bowden who discussed several incidents in the neighborhood. Deputy Bowden advised of an incident at a home in Section 1 reported upon discovery by the homeowner. Our constables quickly arrived minutes later. This was discussed as a prime example of how responsive our constables are to crime in the neighborhood. Deputy Bowden also mentioned warrants issued in connection with an alcohol theft at a convenience station and arrests made in connection with a burglary in Shepherd Forest. Indecent exposures were also reported along Sue Barnett and Wakefield and suspects were identified. Reports of home solicitation have decreased for month of May. Overall, reported crime was lower during the month of May in Garden Oaks compared to surrounding neighborhoods. Deputy Bowden reminded members to call our constables immediately if they observe anything suspicious. Residents were also encouraged to fill out the Vacation Watch form at [www.gardenoaks.org](http://www.gardenoaks.org) and fax or email prior to leaving for vacation.

**Ad Hoc In-Line Storm Water Detention Project Committee:** No report.

**Government Affairs Standing Committee:** No report.

### OTHER BUSINESS

President Sheila Briones announced the next regular meeting is scheduled for Tuesday, July 5, 2016 at 7:00 p.m. with Kim Ellis of Habitats Wildscape Consulting as the featured



**JULY CIVIC CLUB SPEAKER:  
KIM ELLIS, WILDSCAPE  
GARDEN CONSULTANT**

Kim Ellis of Habitats Wildscape Consulting will be the featured speaker at the July 5th Civic Club meeting, sharing her diverse background and 20 years of experience in the environmental sector specializing in coastal ecology, permitting, land planning, coastal city management and project management.

Positions held in state government, municipal government, and as a consultant have allowed her to gain experience being the regulator, the client, and the consultant. In all positions, Kim has been responsible for cradle-to-grave project management. Kim continues to support clients as an environmental consultant on projects ranging from spill control planning to coastal permitting.

After 15 years in the environmental field, Kim's focus shifted towards the restoration of smaller residential properties to try to bring the habitats back into their yards. Concerns with pollinators, water usage, chemical usage and questionable food production practices have influenced her interests and gardening passions. HABITATS services include assessments, conceptual planning, garden design, plant selection and sourcing, and implementing sustainable practices.

**Kim Ellis**  
Wildscape Garden Consultant  
and Garden Oaks resident  
713.259.9697  
kim@plantaahabitat.com  
www.plantaahabitat.com

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Kim holds a Bachelor of Science degree in Wildlife & Fisheries Sciences from Texas A&M University in College Station and a Master of Science in Environmental Science from Texas A&M-Corpus Christi. Early in her career, she worked as a Coastal Biologist for the State of Texas, Assistant City Manager for the City of Port Aransas, Texas, and the Environmental Team Lead for Shiner Moseley and Associates, now part of HDR Engineering, a premier coastal engineering and environmental consulting firm working along the Texas coast.

speaker. Ms. Briones also confirmed that City of Houston Mayor Sylvester Turner will be the featured speaker at our August civic club meeting on Tuesday, August 2, 2016.

Ms. Terry Jeanes reminded everyone of the upcoming Garden Oaks Bike Parade to be held on Monday, July 4th at the Spark Park. Ms. Jeanes also mentioned that the American Legion Hall located on Alba Street hosts a comedy night the 2nd Tuesday of each month and encouraged residents to attend as all proceeds benefit the American Legion.

A resident raised a question of whether or not the civic club executive board was aware of and agreed with a recent 2016 Wine Walk Committee decision and communication requesting that

a certain member not attend the event. President Sheila Briones explained that the Board would meet and provide a response to parties involved at a later date as the subject communication occurred too recently to allow the Board to meet and discuss.

The meeting was adjourned at 8:10 p.m.

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**Child Care Offered at Civic Club Meetings**

The Civic Club is pleased to offer members an arrangement with Foster YMCA to provide child care during the July meeting. The YMCA child care specialists will care for children (ages 3-12) and CPR, first aid, and CPR training. Child care will be available from 7:30 a.m. to 1:30 p.m. (before and after civic club meetings) at the meeting location. A nominal cost of \$1.00 per child. Please note that children must be three years of age or older.

Please Note: Childcare will not be available at the July meeting but will resume at the August meeting.

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## GOMO Board of Directors

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**Kip Noser** (2018)  
281-846-5479  
[kip.noser@gardenoaks.org](mailto:kip.noser@gardenoaks.org)

Each director's term expires in October of year in parentheses.

## GARDEN OAKS MAINTENANCE ORGANIZATION (GOMO) MONTHLY REPORT FOR MAY 2016

### Plans were approved for:

1058 W. 42nd

### Revised plans were approved for:

310 W. 31st

### Pending resubmission:

702 W. 42nd

### Deed Restriction Enforcement Activity

A single reported violation may progress through several stages before being resolved. This chart summarizes last month's activity and the totals for the year. Ongoing litigation totals were added this month.

2016	May	YTD (as of 5/31/2016)
Not a violation	0	4
City pending	0	N/A
City cleared	0	1
Informal w/owner pending	3	N/A
Informal w/owner cleared	2	4
Legal opinion pending	3	N/A
Legal opinion cleared	0	1
1st letter sent pending	0	N/A
1st letter cleared	0	3
2nd letter sent pending	0	N/A
2nd letter cleared	0	0
<b>Prior Year Carryover</b>	<b>N/A</b>	<b>5</b>
<b>Total New Reported</b>	<b>3</b>	<b>14</b>
<b>Total Cleared</b>	<b>2</b>	<b>13</b>
<b>Total In-Progress</b>	<b>6</b>	<b>N/A</b>
<b>Litigation Authorized</b>	<b>0</b>	<b>0</b>
<b>Litigation In-Progress</b> 2 cases re: subdivision of lot 1 case re: number of garages	<b>3</b>	<b>N/A</b>
<b>Litigation Concluded</b>	<b>0</b>	<b>0</b>

GOMO funded two shifts of the Constable Program for the month at a cost of \$12,790.

The GOMO website has been updated and now includes:

- Meeting minutes for January-May 2016
- Litigation Updates
- 1st and 2nd Quarter FY 2016 financials



Work was also started on the redesign of the combined GOMO/GOCC website.

Garden Oaks is a deed-restricted community of 1400 homes. The Garden Oaks Maintenance Organization is entrusted by homeowners and property owners (members) of Sections 1, 2, 3, and 5 with ensuring compliance with deed restrictions. The directors of GOMO are member-elected volunteers.

GOMO news, director and office contact information, meeting times and locations are published monthly in the Garden Oaks *Gazette*, delivered by volunteers to all homes in Garden Oaks.

At our website, [gardenoaks.org/gomo](http://gardenoaks.org/gomo), homeowners can find: deed restrictions, plan approval information, bylaws, policies, financial reports, transfer fee information, meeting schedule, information about election of directors and officers, and contact information for all officers and section directors. The minutes of GOMO meetings are available on request and homeowners are invited to attend our meetings.

**Contact:**

The Garden Oaks Maintenance Organization  
4001 N. Shepherd Drive, Suite 216  
Houston, TX 77018

713-561-3936

[manager@gardenoaksmaintenance.org](mailto:manager@gardenoaksmaintenance.org)

[gardenoaks.org/gomo/](http://gardenoaks.org/gomo/)

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**GOMO Review Meetings**

take place at 6:30 p.m.  
prior to Civic Club meetings on the **first Tuesday**  
and at 7:00 p.m. on the **third Wednesday** of each month.

Meetings are open to anyone interested in attending.  
Additional information about the  
**Garden Oaks Maintenance Organization (GOMO)**  
is available online at [GardenOaks.org](http://GardenOaks.org).

Property owners in Sections 1, 2, 3 and 5  
are all members of GOMO.

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& CONSTABLE PROGRAM PARTICIPATION**

Ever wonder how many of your neighbors at the 1,400-odd households in Garden Oaks have paid their civic club membership dues and/or constable program supporter fees for 2016? Our neighborhood participation rates as of press time are represented at right; visit [www.gardenoaks.org](http://www.gardenoaks.org) any time for the latest tallies and for information about supporting these vital programs.

**Civic Club  
Memberships**

**276**

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Supporters**

**301**

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**CITIZENS' PATROL UPDATE**

*By Carl Waters, Jr., Program Chair*

As you can see below, the neighborhood experienced quite a bit of crime last month. Burglary of a Motor Vehicle is probably the easiest crime to prevent with just a few precautions on our part.

- Remove valuables from your vehicle when you leave it. Even loose change and inexpensive sunglasses are enough for some people to break into your vehicle.
- Always, always, always lock your car anytime you leave it. Even if just for a few seconds.
- Park in well-lit places when away from home.

Now is a good time to start planning your National Night Out parties. National Night Out will be held on the first Tuesday in October, which is October 4. If you decide to host a party, please let Constable Chair Terry Jeanes or myself know. We will contact the Constable's Office and the Houston Police Department to have an officer stop by your event.

**May Crime Statistics (14)**

**Burglary (1)**

3400 block of N. Shepherd on Tuesday, May 17 at 6:51 a.m.

**Burglary of a Motor Vehicle (6)**

4300 block of N. Shepherd on Friday, May 6 at 6:11 a.m.

700 block of W. 41st on Friday, May 13 at 12:17 a.m.

3900 block of N. Shepherd on Tuesday, May 17 at 4:08 p.m.

1000 block of Gardenia on Thursday, May 19 at 7:54 a.m.

1500 block of Sue Barnett on Friday, May 20 at 10:03 a.m.

**Theft (6)**

800 block of W. 34th on Friday, May 13 at 3:24 p.m.

800 block of W. 34th on Friday May 13 at 6:58 p.m.

800 block of W. 42nd on Monday, May 16 at 4:40 p.m.

1300 block of Sue Barnett on Monday, May 23 at 8:13 p.m.

**Emergency Numbers**



Emergency Services  
**911**

HPD Non-Emergency Services  
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Constable Dispatch  
**713-755-7628**

All Other City Services  
**311**

500 block of W. 30th on Tuesday, May 24 at 6:55 p.m.

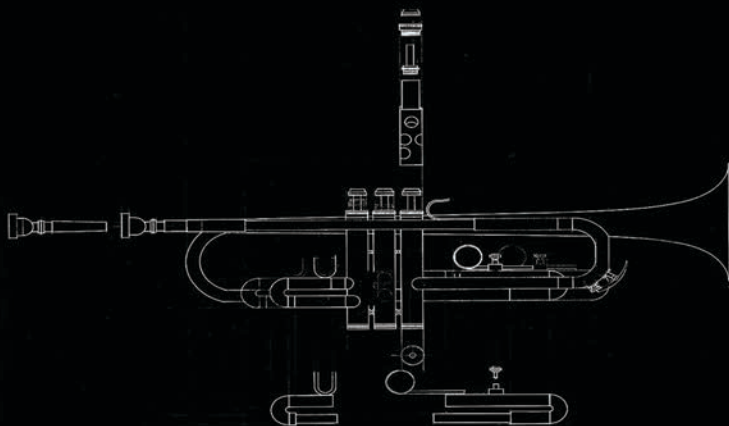
3200 block of N. Shepherd on Friday, May 27 at 2:07 p.m.

**Criminal Mischief (1)**

200 block of W. 34th on Saturday, May 14 at 4:00 p.m.

*Inquiries about joining the Citizens' Patrol Program or other community safety issues may be directed to me via the neighborhood website [GardenOaks.org](http://GardenOaks.org), the Citizens' Patrol email [gocop77018@aol.com](mailto:gocop77018@aol.com), or by phone at 713-864-1992.*

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**AIR CONDITIONING TIPS FOR THE SUMMER**

By Mitch Weigand

**Why Does My Air Conditioning Smell Like...?**

Now that we are well into summer, I want to bring up the topic of odors emanating from your home's A/C system. Depending on the smell, there could be any number of things causing it. Let's learn the reasons behind each different smell and how to fix them.

**Mildew** - If the air coming from your A/C vents smells like a wet towel, mildew is your problem. It can grow in or around the air conditioner. This is not really that surprising since, in addition to cooling the air in your home, your A/C system also removes excess moisture. If it's not drained away properly, mold can grow on areas with lingering moisture. Even a dirty air filter can cause the smell of mildew. Get a professional to clean the system and replace the filter to get rid of the mildew smell.

**Smelly Feet** - A dirty, clogged air conditioner can emit a stinky feet smell. This is caused by stagnant water collecting in the system that isn't drained away properly. A thorough cleaning by a professional should be enough to remedy it. The sooner you address this problem, the less damage will be done to your A/C system.

**Rotten Eggs** - A dead animal is the most common cause of a rotten, spoiled-egg smell coming from the air vents. An injured bird or small mammal has climbed inside an air duct where it died and has begun decomposing. It is not advisable for you to clean out the unit yourself because there are many health hazards associated with dead animals, especially if they have been there for a while. You need to have your ducts professionally cleaned to remove any animal remains.


**Sewage** - This usually means that there is a backup in the sewer system which is caused by a sewer vent pipe that has ruptured near your A/C ducting. All it takes is a

little methane gas getting into the ductwork and your entire home will smell like a sewer. Methane gas can be dangerous so if you smell sewage, contact your service technician immediately to look into the problem.

**Gun Powder** - If you smell gunpowder coming from your A/C vents, you are probably experiencing an electrical problem such as a shorted-out circuit board. Problems like this often occur in older A/C systems that have been around for a while. Your service technician can take a look at your system, locate and replace the damaged parts.

**Exhaust Fumes** - Your air conditioner is powered by electricity, not gas. However, some components contain fluids that can leak out. If this happens, the smell of exhaust fumes can permeate your home. To prevent a harmful situation from developing, contact your service technician immediately.

*Mitch is the owner of Air Wise™.*




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*Pat D., Ella Lee Forest*

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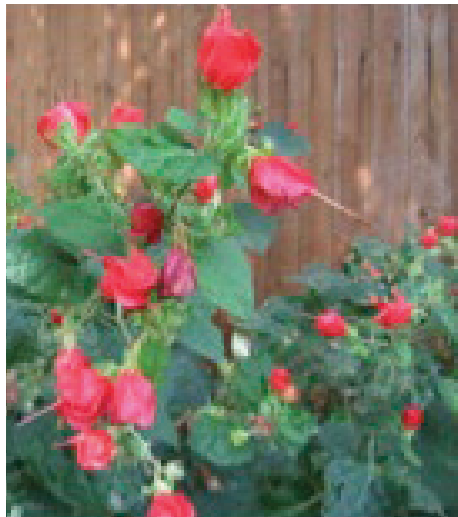
## HABITAT GARDENING TIPS

By Kim Ellis

July is HOT. Here's hoping that the torrential rain and flooding have subsided, bringing us back to our tropical afternoon pop-up shower pattern. Ironically, we are now at the time of the year when water is the most important resource for both plants and animals.

In July it's best to work outside in the early morning or early evening hours to avoid overheating. If you must be out in the heat of the day, use protective clothing and sunscreen and drink lots of water. Your best July gardening might be observing established beds from your car window. You can see what plants are doing well in similar situations to your garden and plan to use that plant if a space opens up. Remember that a struggling plant might not like the location in your garden, and may need to be moved in the fall to a better-suited location for light and/or water needs. A great resource for testing plants for our summers is the Texas Superstars selections (<http://texassuperstar.com>). Inside time can be spent starting cool season annuals, late summer and fall vegetable seeds. Late summer vegetables such as tomatoes and peppers will go into the garden beds in late July.

July maintenance includes weeding, watering, and removing spent flowers. Pinching back fall blooming shrubs will keep plants compact, but stop in late July as you will remove developing fall buds. Stake tall perennials to keep them upright. Keep fruiting trees well watered and cleaned up by removing spent fruit and leaves. Do not cut back long rose canes and woody vines as flower buds will be removed. Instead weave and train for better growth form and more blooms in the fall. Perennials like canna, salvias can be trimmed back for more blooms.



Water is the most important resource for garden wildlife during the hot months. It's important to provide fresh water for insects, birds, and mammals who are also trying to make it through the heat. To deter mosquito growth, remove unintentional standing water on your property. If you have a pond or water fountain, make sure that the water is moving or use mosquito dunks to help deter mosquito egg laying and growth. Refresh water put out for wildlife daily to keep mosquito eggs from hatching.

### Sustainable gardening tips for July include:

- Mulch your beds for weed control and better water retention. Mulch in grass clippings as they will decompose quickly and not add to the thatch layer; if there is a lot of weed seed, you can bag and dispose of it properly or put into a hot compost area to kill the seed.
- Water at the soil level with drip irrigation to deter wet leaves, disease and rotting. It is best to allow established plants to dry out a bit and let oxygen get to the roots. It is best to water during the early morning hours, as watering at night can promote disease. You should always water deeply and thoroughly.

### Plant of the Month: *Malvaviscus drummondii* - Turk's Cap

Turk's Cap is a native, shrubby perennial that can reach 2-6 feet in height; taller in areas with some sun, shorter in full shade. Turk's Cap blooms in late spring and continues until frost. The name "Turk's Cap" comes from the bright red flowers that resemble a Turkish fez, and are very attractive to hummingbirds and butterflies. In the fall, Turk's Cap produces little pumpkin-shaped red seed pods that contain a number of viable seed, eaten by a variety of birds.

Plant in full, dappled, or partial shade. Turk's Cap is a hummingbird magnet. Consider using Turk's Cap in areas where you might plant azaleas or other shrubs. Remember that Turk's Cap needs much less soil preparation than azaleas do.

Sources: *Month-By-Month Gardening Texas* by Skip Richter, *Doug Welsh's Texas Garden Almanac*, and *The Wildflower Center of Texas*

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**MICKEY'S MINUTE**

By Mickey Morales

Sorry for not having a post last month - the rain, flooding and the challenge of trying to keep our animals and crops alive were almost more than we could handle. However, life goes on, and all in all, things turned out okay... not great, but okay. And the rain continues.

By the time this is published, we should be well into summer and hopefully it's a drier one, although plenty hot as well, but such is life on the Texas Gulf Coast. The piglets should be approaching their full potential and most of the baby goats will have found their way off the farm. Meanwhile the Farmstand should be fully occupied and we are excited to have Emma Moon of Ranch to Kitchen join us with clean food from Black Hill Ranch. They specialize in pasture-raised beef, lamb, pork, and goat, along with a few other goods.

As most of you may have heard, the warehouse space behind our current location has been leased to Heights Brewing Company. Heights Brewing plans to open a tap house some time in 2017. Once construction begins, we may have to move across the parking lot, on same side of Wakefield, in front of Texas Auto Group. Thankfully, however, the new tenants have already said they have no desire for us to look for a new home, to which we say "thank goodness". It seems that every time we've relocated, we've lost some good customers in the process. It's my understanding that we have become a selling point for folks thinking of relocating into our neighborhood when they're asked "did you know we have our own farmer's market?"

As always, "Come soon, come often, and quit praying for rain - or at least tone it down a bit!"

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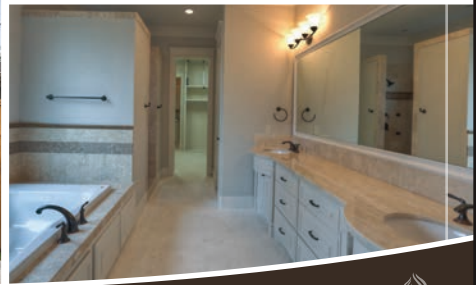
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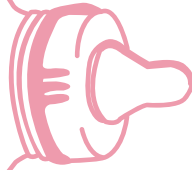


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**GARDEN OAKS MONTESSORI IS A WELCOMING SCHOOL**

*By Lindsey Pollock, Ed.D.,  
Principal, Garden Oaks Montessori*



**Welcoming Schools**  
A PROJECT OF THE HUMAN RIGHTS CAMPAIGN FOUNDATION

One of the ways in which we show our care and compassion toward others at Garden Oaks Montessori is our implementation of Welcoming Schools, a curriculum resource developed by the Human Rights Campaign. This guide helps teachers and parents respond to incidents of bullying or bias to ensure that students are empowered to be advocates for others as allies and upstanders instead of participating in or ignoring unkindness as bystanders.

Did you know that:

- Over three-quarters of middle school students who are harassed say that the harassment is related to bias about their race, ethnicity, national origin, gender, actual or perceived sexual orientation, religion, or disability.

- Children who experience discrimination based on their race or ethnicity are more likely to report depression and difficulty paying attention in school.
- Students targeted with anti-gay put-downs are more likely to report higher levels of depression and anxiety and a lower sense of school-belonging regardless of their sexual orientation.
- Students in classrooms where teachers establish classroom norms that explicitly value diversity are less likely to be teased based on ethnicity and are more likely to value school, feel like they belong, and get better grades.

Student and adults who perceive that others in their school would jump in to stop bullying are more likely to intervene when they witness bullying!

At Garden Oaks Montessori Magnet, we actively work to ensure students are working in a school setting where it is understood that bullying and unkindness are NOT tolerated. Encourage your children to be UPstanders and encourage them to report any concern to the adults in their lives so we can all work together to create a world of peace and understanding.

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## GUT HEALTH 101

By Erin Palmer, CNHP

According to the Digestive Disease Clearinghouse and Information Center, 60-70 million Americans have digestive diseases. Digestive diseases make up 13% of all hospital admissions and, next to the common cold, digestive problems are the most common reason people seek medical attention.

A healthy ecosystem within the body is absolutely essential to overall health and well-being. Total health begins and ends in the gut. 80% of our immune system is wrapped up in the digestive tract. This is where our bodies receive nutrients that help us to either thrive or experience disease, depending on what we choose to feed our bodies.

A total of one hundred trillion bacteria live in our digestive system, 10 times more than the number of cells in our entire body. These intestinal bacteria collectively weigh about 4 pounds.

The digestive system is our foundation for life. And the bacterial balance, or lack of balance, is the building block of this foundation. We need beneficial flora (probiotics, or "good" bacteria) to survive and be healthy. Many factors can throw off our internal ecosystem and wreak havoc on our health and quality of life.

Here are a list of factors that disrupt our digestive flora, thin out our intestinal lining, and cause us a great deal of pain:

**Antibiotics** - These can kill both the good and the bad bacteria. They are over prescribed, with many strains of bacteria becoming resistant to antibiotics and mutating into what is being called "super bugs". They also leave the immune system in a weakened state after each use and can lead to food sensitivities, fungal infections of the gut (candida), and leaky gut syndrome.

**Birth Control Pills** - Along with creating a monstrous imbalance of our sex, stress, and thyroid hormones and making us more susceptible to blood clots, depression, weight gain, thyroid conditions, adrenal fatigue, heart attack, and hormone-related cancers,

the Pill also disturbs the beneficial bacteria of the gut and can thin out the mucous lining of the digestive tract which can lead to leaky gut, autoimmune disorders, and food and environmental sensitivities.

**NSAIDs, Steroids, and Other Anti-Inflammatory/Pain Reduction Medications** - *Non-Steroidal Anti-Inflammatory Drugs (NSAIDs)* such as aspirin and ibuprofen work by blocking little protein messengers called prostaglandins. Some prostaglandins cause pain and inflammation (which is your body's way of telling you something needs to be addressed); others help the body to heal and repair itself. NSAIDs block the body's ability to repair itself, wear down the mucous lining of the gut, increase the risk of ulcers, cause intestinal bleeding, and colitis.

*Steroids* are often used to treat allergies, arthritis, asthma, Crohn's Disease, eczema, lupus, colitis, psoriasis, skin rashes, and other conditions. Use of steroids like cortisone and prednisone depresses the immune system, which causes a lowered resistance to infections and parasites, stomach and duodenal ulcers, thinning bones, inability to absorb minerals, food sensitivities, and many other serious concerns. Steroids also nourish any type of fungal infestation going on in a person's body.

*Cyclooxygenase 2 (COX2) inhibitors* such as Celebrex and Vioxx are medications that are not yet well-studied; however, we know that they too can suppress the immune system and disrupt our ecosystem.

**Antacids** - Remedies such as Tums, Pepto-Bismol, Prilosec, Zantac 75, and Pepcid AC can destroy your digestive system. When someone is experiencing heartburn, indigestion, sour stomach, etc. it is most often the result of too LITTLE stomach acid NOT too much! These drugs push the stomach acid down even further and prohibit the body from trying to regulate itself. With imbalanced stomach acid comes a very weak immune system. Our stomach acid could burn a hole right through your hand, that's how strong and acidic it is. The reason for this is to sanitize our food and liquids. This is the body's first defense against invaders. Imbalanced stomach acid can

lead to food sensitivities, parasites, gall bladder issues, bloating, fatigue, diarrhea, mold/yeast/candida infestation, and leaky gut syndrome, among many other things. These drugs allow microorganisms to take over the gut and reduce the amount of healthful flora in the digestive tract. In addition, antacids also block the body's ability to absorb the minerals your body needs to be healthy, energized and strong.

**SUGAR!** - Sugar blocks the body's ability to absorb nutrients and leaves us malnourished. It feeds cravings for more sugar and processed foods. Sugar is more addictive than cocaine and heroin. It causes inflammation throughout the digestive system and disrupts our healthy bacteria. It feeds candida yeast/mold/fungus in the digestive tract, which leads to many very serious and chronic health conditions. It also disrupts our hormones, makes us fatigued, depressed, and fat.

**Gluten** - It can cause a great deal of inflammation throughout our entire body. About 77% of the population is sensitive to gluten in some way. It also destroys thyroid health and can contribute to depression, chronic fatigue and many autoimmune disorders.

**Eating Foods That You Are Sensitive To** - This creates an immune system that is haggard and tired, always on the defense, which can lead to more sensitivities. This also disturbs the natural balance of your gut flora and causes inflammation throughout the body. It can also lead to autoimmune disorders, depression, fatigue, food cravings, and weight gain. I encourage everyone to do food sensitivity panel to identify triggering foods.

**Antidepressants and Anxiety Medications** - These drugs do not fix the actual imbalance that is causing the symptoms of depression and anxiety, which are symptoms of another problem. We actually produce more "brain chemicals" like serotonin and dopamine that make us feel good in the gut than we do in our head. Conditions that are thought of as mental issues, more often than not, are actually caused by imbalances within the gut: food sensitivities, imbalanced gut flora, detoxification issues, inflammation. Even if there are no traditional digestive issues, the root of the issue

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can be traced back to the gut. The problem with these medications is that they disturb the gut flora even more, cause more inflammation and imbalances to grow larger, and encourage more conditions and diseases to take hold.

#### **Not Being Breast-Fed as an Infant**

- Sorry, you really didn't have a say in this. After giving birth, a mother's first few days of breast milk is primarily an immune-building substance called colostrum which helps her baby form a healthy ecosystem in his or her body. Formula is a "dead food" and can cause issues such as inflammation, food sensitivities, and a weakened immune system to name a few.

All of the above-mentioned disruptors of the gut lead to something called **Dysbiosis**; of which there are 4 different types: Putrefaction Dysbiosis, Fermentation Dysbiosis, Deficiency Dysbiosis, and Sensitization Dysbiosis. An individual can experience 0, 1, 2, 3, or all 4 types of Dysbiosis at once. Dysbiosis is the opposite of the word symbiosis, which means "living together in mutual harmony"; Dysbiosis means "NOT living together in mutual harmony".

**Putrefaction Dysbiosis:** Food is not digesting well and is rotting within the body. You may experience bloating, digestive discomfort, and indigestion. The Standard American Diet (SAD) breeds this type of dysbiosis. It causes an imbalance within the gut flora, HCL levels (stomach acid), and bile salts and causes vitamin B12 deficiency.

**Fermentation Dysbiosis:** People experiencing this type of dysbiosis do not digest starches of any kind well (e.g. sugar, beer, wine, fruit, grains, fiber) and food literally ferments in their gut which causes gas, bloating, painful stomach aches, diarrhea, constipation, fatigue, mood swings, and cravings for sugar/alcohol/starch. This type of dysbiosis is a red flag for candida yeast infestation.

**Deficiency Dysbiosis:** Most commonly caused by the use of drugs that disturb the beneficial bacteria of the gut and low fiber diets. This type of dysbiosis is all about the lack of quality gut flora. An irritable bowel, food sensitivities and putrefaction dysbiosis are often found with this type of dysbiosis.

**Sensitization Dysbiosis:** This type is often found in those with autoimmune conditions and many food and environmental sensitivities. The immune system reacts to an abnormal and aggressive degree to the digestive process. Many, many factors are playing out here.

Working with a practitioner such as myself who is well-versed in digestive wellness and restoring balance to the ecosystem of the gut is important for the health of your entire body for the long-haul as most diseases and conditions begin in the gut.

*Erin Palmer, CNHP has been working in the health, nutrition & fitness field for over 7 years. To learn more and request a free consultation, visit [www.erinpalmercnhp.com](http://www.erinpalmercnhp.com) or email [erin@erinthebeast.com](mailto:erin@erinthebeast.com).*

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*[Editor's Note: The information provided above is not intended as a substitute for professional medical advice or treatment for specific medical conditions. Please consult your healthcare provider before undertaking any treatment plan or making any changes in your current medication regimen.]*

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Full Page 7 1/2 W x 9 1/2 H	\$180.00	\$900.00	\$1745.00
Half Page Back Cover	\$150.00	\$750.00	
Full Page Back Cover	\$225.00	\$1125.00	
Full-page insert, single-sided	\$280.00		
Full-page insert, double-sided	\$325.00		

**Please note:**

1. Placement of ads is subject to the discretion of the editor.
2. Artwork must be e-mailed to [gazette@gardenoaks.org](mailto:gazette@gardenoaks.org) by the 10th of each month for publication the following month.
3. Artwork may be submitted in one of the following formats: **JPEG** (.jpg), **PDF** (.pdf), **GIF** (.gif) or **TIF** (.tif).

**Please support our advertisers  
who in turn support  
our neighborhood.**



**Tell them you saw  
their ad in the Gazette!**

**GARDEN OAKS OUTREACH**




A color version of the *Gazette* is published each month on the Garden Oaks website [www.gardenoaks.org/involvement/gazette.html](http://www.gardenoaks.org/involvement/gazette.html).

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

**Please remember to pay  
Civic Club and Constable Program  
Dues for 2016.**

**Pay online at  
[gardenoaks.org](http://gardenoaks.org)  
or complete the enclosed forms.**

# JULY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Preceded by GOMO meeting beginning at 6:30PM. <b>Acronym Key</b> GOMM = Garden Oaks Montessori Magnet School, 901 Sue Barnett GOMO = Garden Oaks Maintenance Organization GOPB = Garden Oaks Professional Building, 4001 N. Shepherd, Suite 216					1	2 <b>Farmers Market</b> 9AM-1PM 948 Wakefield
3	4 <b>Independence Day</b>  <b>GO Bicycle Parade</b> 9AM @ SPARK Park	5 <b>Civic Club Meeting*</b> 7PM @ GOMM	6 <b>Trash Picked Up Wednesday Due to Holiday</b>	7	8	9 <b>Farmers Market</b> 9AM-1PM 948 Wakefield
10	11	12 	13	14	15	16 <b>Farmers Market</b> 9AM-1PM 948 Wakefield
17	18	19	20 <b>GOMO Meeting</b> 7PM @ GOPB	21 <b>Heavy Trash Pick-Up (Tree Waste)</b>	22	23 <b>Farmers Market</b> 9AM-1PM 948 Wakefield
24	25	26 	27	28	29	30 <b>Farmers Market</b> 9AM-1PM 948 Wakefield
31						



Join us for the

## GARDEN OAKS 4TH OF JULY RED, WHITE AND BLUE BICYCLE PARADE

Monday, July 4, beginning at  
9:00 a.m. at Rick Englert SPARK Park.  
Registration begins at 8:30 a.m.

**kw. metropolitan**  
KELLER WILLIAMS REALTY

**CLHMS**  
MILLION DOLLAR  
GUILD





**DEANNA**  
ZUGHERI

GARDENOAKSHOMES.COM

AS A RESIDENT FOR OVER 20 YEARS, DEANNA  
ZUGHERI DELIVERS A GREAT DEAL OF PASSION  
WHEN DISCUSSING HER NEIGHBORHOOD!

[Deanna@GardenOaksHomes.com](mailto:Deanna@GardenOaksHomes.com)



281.658.4514





## ANNUAL MEMBERSHIP DUES STATEMENT

January – December 2016

Membership is open to all residents whether you own or rent. **While all memberships are voluntary, you must contribute at least at the Basic Level to be eligible to vote on civic club matters.** Membership dues are to be paid on or before **January 1st** for the calendar year.

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**Fill in Amount:**

\$ _____	Crepe Myrtle (Basic Level) Household Membership	<b>\$25</b> (\$5 for Seniors)
\$ _____	Red Oak (Patron Level) Household Membership	<b>\$75</b> (\$15 for Seniors)
\$ _____	Community Household Membership	<b>\$100</b>
\$ _____	Business Membership (Non-Voting Membership)	<b>\$50</b>
\$ _____	Contribution to Beautification (all neighborhood green spaces)	
\$ _____	Contribution to Garden Club (maintain Friendship Park, Section 1)	
\$ _____	<b>TOTAL</b>	

Please mail this completed form along with your check payable to:  
**Garden Oaks Civic Club, P.O. Box 10273, Houston, TX 77206**

-OR-

Pay online at [www.gardenoaks.org/membership](http://www.gardenoaks.org/membership);  
upon completion, you will receive e-mail confirmation of your dues payment.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

THANK YOU FOR YOUR CONTINUED SUPPORT OF OUR GREAT NEIGHBORHOOD!



**2016 Constable Patrol Contributor Application & Contact Information**

[ ] New Member or [ ] Renewal

<b>Property Address :</b> _____ <b>Phone at this address:</b> _____
--

**Please provide contact information for program member(s) at this address:**

Member 1 Information	Member 2 Information
Name: _____	Name: _____
Email: _____	Email: _____
Work Phone: _____	Work Phone: _____
Cell Phone: _____	Cell Phone: _____

**You may provide information for person(s) to contact in an emergency:**

Emergency Contact Information	Emergency Contact Information
Name: _____	Name: _____
Home Phone: _____	Home Phone: _____
Work Phone: _____	Work Phone: _____
Cell Phone: _____	Cell Phone: _____

**Payment Options**

- [ ] Enclosed find my payment for 2016 of \$200. (Make checks payable to Garden Oaks Civic Club)
- [ ] I/We cannot contribute \$200 now; however, enclosed please find my/our check for \$\_\_\_\_\_.
- [ ] I/We will pay online (see below).

***Many of our neighbors live on limited, fixed incomes. Are you willing to sponsor a neighbor?***

- [ ] Yes! Please accept my additional gift of \$\_\_\_\_\_ for the year (enclosed).

**Mail this form to**  
**Garden Oaks Constable Program**  
**PO Box 10273**  
**Houston TX 77206**

or pay online at

[www.gardenoaks.org/constable](http://www.gardenoaks.org/constable)