

## Garden Oaks *Gazette*

The newsletter of the Garden Oaks Civic Club

## President's Message

Joe Casarez, GOCC President

Happy New Year to my fellow Garden Oaks neighbors! Let me introduce myself to the neighborhood. My name is Joe Casarez and I am the new Garden Oaks Civic Club President for 2019. Our other officers are Tonya Knauth, Vice President, Teresa Coleman, Treasurer, and Helen Sestak, Secretary. This will be my third year serving in the Civic Club, first as Secretary and last year as Vice President.

I have lived in Garden Oaks Section 1 since 1997 and have seen quite a bit of change in our neighborhood. I was in that wave of gentrification that took off in the 90s. One of the key draws to Garden Oaks was the small town feel of our streets and friendly neighbors. I grew up in a small town in the Rio Grande Valley

and came here to attend the University of Houston. I love that I know all of my immediate neighbors and keep in touch with those who have moved away.

#### Garden Oaks Civic Club Meeting

Tuesday, January 8, 7 PM Garden Oaks Montessori 901 Sue Barnett

Speaker: Shana Ross of Shana Ross Fitness

(Note the special date due to the New Year's Holiday)

My father was a BSA Scoutmaster for 25 years. I grew up in scouting and earned the rank of Eagle Scout in 1985. Scouting focuses on service to others, to the community, and to our nation. I also proudly served in the US Army. In 2014, I wanted to give back to scouting and also to honor my father's memory, so I joined Troop 40 at St Rose of Lima as an Assistant Scoutmaster. We emphasize to our scouts about serving the community and I felt that I needed to "walk the walk." In 2016, I stood for election and became GOCC Secretary.

We have a great community here in Garden Oaks. It is located in a desirable part of Houston and the greater neighborhood is seeing an influx of commercial and residential development to meet the needs of our resident families. As I have learned, the Civic Club can be a great way to get to know your neighbors and to get involved with the many efforts to keep our neighborhood thriving.

The New Year brings fresh beginnings and opportunities. I invite you to come join us at the monthly Civic Club meetings. They are held on the first Tuesday of each month at the Garden Oaks Montessori Magnet school at 7 pm. January's meeting will be held on January 8th at 7 pm (rescheduled since the first Tuesday is actually New Year's Day). Our guest speaker will be Shana Ross of Shana Ross Fitness. Come join us for some fellowship with your neighbors, free pizza donated by Brother's Pizzeria, and be part of our community.

I am honored to have served with outgoing President Matt Gannon for two years and he has provided a great example for me to follow; I will do my best. Thank you, Matt, for your leadership and friendship. I look forward to serving the community, and I hope to meet more of you as you get involved with all that Garden Oaks has to offer.

## **Both Sides Now**

#### Joe Muscara, Gazette Editor

Whenever I am in a bad mood and I am driving, I have to be very careful. Every driver becomes an idiot and starts doing things that make me angrier. Why is that? How do all these people have such great timing that they choose that day to drive so annoyingly? Or, are they driving like they always do and I am just noticing it because of my foul mood?

Of course, that is what is going on. It's no different than when you are mad at someone and every little thing they do becomes annoying, or when you hate your job and everything about it is bad. *Confirmation bias* makes us see things in ways that confirm our current world view. We all do it. It's not even always bad. Confirmation bias makes us think that things people we care about do are endearing, or allows us to overlook flaws in potential partners or jobs.

While it might be okay to have negative confirmation bias when you are done with a job or a partner, it becomes a big problem when it becomes a justification for fighting. It is a big problem when it prevents us from seeing the facts, or even listening to the other side. When people have a strong bias against the other side, it can prevent them from working with that side to compromise or work out issues. It can make every day worse than it really is.

I don't deny it can be very difficult to step back and be objective about a situation or what other people are doing, especially when emotions are involved, and they almost always are. But I think in the long run, if we want the best resolution to the problems we are having, we have to take a deep breath, step back, try to listen and understand what the other side is saying and meaning, and objectively view the facts the best we can. I have found that when I do that, my day often gets a little better, and my drive becomes more pleasant as well.

Until next month, I'm...

still the editor.

#### Civic Club Officers

President – Joe Casarez 713 398 7133 411 W. 34th president@gardenoaks.org

Vice President – Tonya Knauth 713 396 0876 742 W. 41st vicepresident@gardenoaks.org

*Treasurer* – Teresa Coleman 713 686 7728 treasurer@gardenoaks.org

Secretary – Helen Sestak 832 212 4555 1026 Althea secretary@gardenoaks.org

#### Committee Chairs

Beautification – Joan Harmon 713 818 9682 827 Lamonte beautification@gardenoaks.org

Citizen Patrol – Mark Saranie 713 724 1271 235 West 33rd gocop@gardenoaks.org

Constable Program – Terry Jeanes 713 812 9154 922 West 41st constable@gardenoaks.org

Home & Garden Tour – Katy Hall Wyly 713 907 7652 hometour@gardenoaks.org

Membership – Dian Austin 713 691 6505 733 West 42nd membership@gardenoaks.org

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Publication of any article or letter does not imply endorsement by the Garden Oaks Civic Club and is solely the opinion of the author.

## What Should I Eat?

#### Shana Tatum

A quick online search for the word "diet" yields 1,160,000,000 results! January search results are likely even higher with New Year's resolutions that include losing weight or starting a new diet.

As for "diets," you can find Low carbohydrate, Low-fat, Vegan, Paleo, Atkins, Vegetarianism, Whole food, Gluten-Free, DASH, Raw food, Low-sodium, Dukan, MIND, Calorie Restriction, Ketogenic, Specific Carbohydrate, low FODMAPS, and the Beverly Hills diet, among others. So how do you know what is the right diet for you? Are eggs good for us or not? Should we be using coconut oil or canola? Is meat good or bad?

It is confusing to know the "right" things to eat. So much money is tied up in our food system. Often the food production, harvesting, and/or transportation practices are less than friendly to our planet but serve as the foundation for our nourishment. Noted poet Wendell Barry once said, "People are fed by the food industry, which pays no attention to health, and are treated by the health industry, which pays no attention to food." One in two people now have some sort of chronic disease and 84% of \$3.2 trillion annual healthcare expenses are attributed to chronic disease (Centers for Disease Control, 2017).

Put simply, food is information for the body. It uses macronutrients of protein, fats and carbohydrates along with co-factors of vitamins and minerals. It helps direct protein synthesis, metabolism, detoxification pathways and even genetic expression. It also feeds the microbiome (the billions of bacteria working in our large intestine) to digest our food and make key vitamins and nutrients for energy.

A diet that includes real, whole foods, with plants rich in vitamins, minerals, antioxidants and fiber is a good place to start off the New Year. Incorporate foods that are low in starch and sugar, those that don't raise blood sugar and cause insulin spikes throughout the day. Have healthy fats such as nuts, seeds, and olive and coconut oils. Animal protein that has been sustainably farmed and pastured will also provide health benefits.

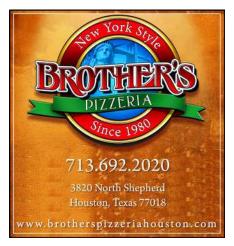
Lastly, pay attention to your body. Listen and observe how you feel after a meal or snack. Do you feel tired, or wired? Does it cause gastrointestinal symptoms or headaches? Simple observations like these will help determine the foods that support health for your unique biochemical makeup. It makes choosing what's for dinner easier, knowing that what you feed your body makes you feel strong. With this plan, you can live the life you are creating for the New Year.

#### Wishes for wellness!

Shana is a registered dietitian and can be reached at statum@wellness-collaborative.com















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## 25th Annual Garden Oaks Montessori Pancake Breakfast Set for February 2

One of the community's most popular traditions returns for the 25th year!

Garden Oaks Montessori Magnet's Pancake Breakfast and Silent Auction will be the place to be. Please join us for this fantastic event from 8:00 am -12:00 pm on Saturday, February 2, at 901 Sue Barnett Drive.

Volunteer dads and granddads will fire up the griddle while hot Katz's coffee will be poured and thousands of dollars' worth of donated goods and services will be auctioned off – all to support a public school with a lengthy waiting list.

To commemorate the 25th anniversary of Montessori on campus, the GOMM Pancake Breakfast will be unveiling a carnival amusement park that will include bounce houses, an obstacle course, rock wall, craft stations, potato sack races, ping pong, and much, much more! Wristbands will be pre-sold for \$10, and \$15 at the door.

Garden Oaks Montessori invites all supporters to enjoy the free pancakes, syrup, sausage and coffee. Attendees are encouraged to bid on auction items as GOMM depends upon the generous donations and participation in the silent auction as well as sales from the carnival to raise money for the school. These funds are essential to the success of the Montessori program. Due to the State of Texas' recapture of local funds (taking money from the local school district), it is now more vital than ever to support this cause.

Sponsored by the GOMM Parent Teacher Organization (PTO), the pancake breakfast helps cover funding gaps. Key among the school's needs are scholarships for three-year-old Pre-K students, Montessori teacher training, field trips, as well as student art and enrichment programs.

The school completed a major construction project this summer, which was funded by the 2012 HISD bond election. Currently 867 students attend Garden Oaks. More than 1,000 applicants already fill the waiting list for 2019-2020 school year.

During the breakfast and before the popular auction ends, entertainment and kids' activities will fill the school grounds, while parents and community members will give guided tours of classrooms that open into vegetable, herb and native gardens sprinkled throughout the tree-lined campus.

An orientation session for parents and community members interested in Montessori education will be held at 9:00 am.

Free pancakes and bidding for the silent auction will close at 10:30 am, and the carnival will continue until 12:00 pm.

Last year's Pancake Breakfast and Silent Auction raised more than \$30,000. To underwrite a portion of the annual breakfast or to donate auction items, please contact Silent Auction Coordinator Mandy Leal at mandy.leal@gmail.com.

January 2019

## Citizen Patrol

### Carl Waters, Jr., Outgoing Program Chair

Happy New Year Neighbors!

Well here it is - my last Gazette article. Future articles will be written by the new program chair, Mark Saranie. Mark and his wife Susan have lived in the neighborhood for many years and have been active on several projects for our community.

If you are looking for a volunteer activity to complete your New Year's resolution, please consider joining the Citizen Patrol Program. Volunteers must be Garden Oaks residents 18 years of age or older. Additionally, you must be able to pass a criminal history check and attend a one-hour training session provided by the Houston Police Department to participate in the program.

#### **November Crime Statistics (8)**

Burglary Motor Vehicle (3)

3400 block N. Shepherd Dr. on Thursday, November 1 at 7:13 a.m. 700 block W. 42nd St. on Tuesday, November 6 at 2:18 p.m. 4300 block N. Shepherd Dr. on Sunday, November 11 at 10:06 a.m.

Burglary (1)

3400 block N. Shepherd Dr. on Friday, November 30 at 5:31 a.m.

Robbery (1)

4000 block N. Shepherd Dr. on Monday, November 26 at 6:39 p.m.

Theft (1)

800 block W. 34th St. on Thursday, November 1 at 11:09 a.m. 200 block W. 34th St. on Tuesday, November 6 at 3:35 p.m. 800 block W. 34th St. on Saturday, November 24 at 9:42 a.m.

Inquiries about joining the Citizen Patrol Program or other community safety issues may be directed to the current chair via the neighborhood website (GardenOaks.org).

So long for now; and hey, be careful out there!



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#### **Emergency Numbers**

Crimes in progress, fire, or ambulance 911 **HPD** (Non-Emergency)

713-884-3131

**Precinct One Constable** 

Dispatch 713-755-7628 311

All Other City Services





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## Heard Under the Oak Tree

#### Terry Jeanes

#### **Welcome, New Neighbors!**

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

 955 Althea
 1078 Gardenia
 907 Lamonte
 951 Lamonte

 1070 Lamonte
 1586 Sue Barnett
 806 West 30th
 519 West 31st

 835 West 41st
 709 West 42nd
 943 West 42nd
 846 West 43rd

## 1015 West 43rd Happy Birthday

Hanna Stender 4th Maeve Mc. 5th Mae T. 8th Diane Heath 9th

Phil Ramirez 10th Erik Martin 24th Shellye Arnold 30th Joe Muscara 30th Owen H. 30th Caroline C 31st

#### **Happy Anniversary**

Alice & Mark Sarmiento 30th Bonnie & Rudy Hernandez

#### Congratulations

Welcome to the Sherber family's newest pup, Cotton. Congratulations to "kid entrepreneurs" the Atkinson Sisters, Athena and Saylor, in the launch of their dog-walking company, the Canine Caretakers.

#### **Out and About**

The Kurtas clan enjoyed a trip to Natchitoches, La. John, Cindy, and Buddy Bartos visited New York. Jason Sherber had a successful hunt with a 15 pointer. Julie Sherber and girls enjoyed a fun Starry Night Photo Scavenger Hunt Party. It was a great visit with Santa and the Constable Toy Drive collection at the home of Missy and Jeremy Alwais and extra special for Missy as her nieces visited from out of town and had a great time at the Houston Zoo.

Pat Buron and Shelly Rogers visited Minnesota for a family wedding. Carolyn Stender had a photo featured in Houstonia Magazine. Jenny Odinet enjoyed a weekend with daughter and family gals in Chicago. Alice David and Alisha Cunningham and girls enjoyed a Houston Zoo Lights outing. It was a quick rendezvous for Terry Jeanes with former Garden Oaks residents Kim Ellis and son Benji in the port of Grenada. The Salch family enjoyed the Sealy Fantasy of Lights, while Terry Jeanes enjoyed Smithville's Festival of Lights with her granddaughters. Missy and Jerermy Alwais and Peyton enjoyed Dickens on the Strand.

**Special thoughts** for the **Dilley family** following the recent loss of M'lissa's father. Also to **Tina Sabuco and Shellye Arnold** in the loss of their beloved cat, Clover.

To highlight an event, celebration or other tidbit, please submit information no later than the 13th of the month to Terry Jeanes at terry@terryjeanes.com.

## Mickey's Minute

#### Mickey Morales

As y'all may have noticed, I've been conspicuously absent over the last month or so, with an occasional guest appearance. That is mainly because it's catering season and I have other jobs, and it's also my way of weaning myself off working every Saturday in the coming year. I hope to eventually retire from the market before the hot months start. However, I am trying to find a suitable replacement or two to provide breakfast when I'm gone.

We have gained a bread baker: Marguerite of Dutch Fika Houston. She is bringing us Nordic style breads and savory pastries. And don't worry, as Karen will still be here with her cookies and cakes that everyone loves. In the meantime Gus is back with us as he and the farm continue to recover from his medical issues. I included the farm because it also took a big hit from his absence and thus the phrase "No farmers, No food."

As this post hits the press, we will also be closing in on completing our sixth year of serving the neighborhood, quite the accomplishment considering our size and adherence to selling only local produce and free range meats and eggs. Yes, there are places with a larger footprint and a larger variety of offerings, but are you really getting what you are paying for? If you see green and yellow squash after the first freeze or broccoli and brussels sprouts in July, it's likely not local.

We can't begin to thank y'all enough for your continued support over the years. The market shall continue to persist, with or without me. Don't worry I'll still be around pulling the strings and helping with the organization. And maybe I'll also make the occasional pop up appearance from time to time.

As always, "Come soon, come often and celebrate our New Year."

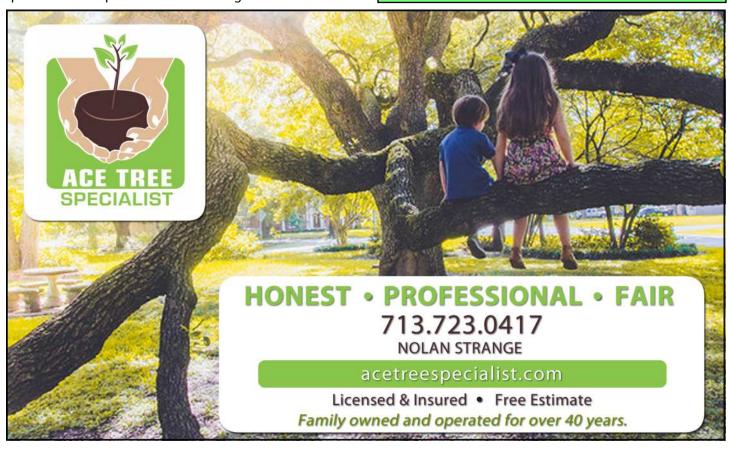
#### The Farmstand of Greater Heights

9:00 am - 1:00 pm

Every Saturday Rain or Shine

949 Wakefield

Sustainably-grown produce, eggs, goat cheese, free-range meat, tamales, coffee, jams, and jellies



#### **GOMO Board of Directors**

#### Section 1

Sheila Briones (2019)

281-685-8133

sheila.briones@gardenoaks.org

Joe Casarez (2020)

713-398-7133

joe.casarez@gardenoaks.org

Mark Saranie (2021)

713-724-1271

mark.saranie@gardenoaks.org

#### Section 2

Vic Seghers - President (2019)

832-488-4545

vic.seghers@gardenoaks.org

Lori Kennedy (2020)

713-691-6833

lori.kennedy@gardenoaks.org

Brenda de Alba (2021)

713-705-0886

brenda.dealba@gardenoaks.org

#### Section 3

Frances Schwartz (2019)

832-483-1546

frances.schwartz@gardenoaks.org

Al Thomas - Vice President (2020)

713-695-3634

al.thomas@gardenoaks.org

Stuart Arouty (2021)

281-469-6656

stuart.arouty@gardenoaks.org

#### Section 5

Vacant (2019)

Vacant (2020)

Kip Noser (2021)

281-846-5479

kip.noser@gardenoaks.org

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

## GOMO Update, November 2018

Pam Parks, GOMO Office Manager

#### Plans were approved for:

- 742 W 42nd
- · 730 W 39th
- 1047 Lamonte
- 1579 Sue Barnett

#### Revised plans were approved for:

None

#### Pending (re) submission:

866 W 41st

#### **Deed Restriction Enforcement Activity for November (Year to Date)**

- New reported violations 4(8)
- Resolved/cleared 4(8)
- Unresolved/pending 4 (N/A)
- Litigation in progress 0 (N/A)

#### **Website Updates:**

- · Draft Deed Restrictions and Bylaws
- Bankruptcy Filings

#### **GOMO Bankruptcy Information posted at gardenoaks.org**

Court rulings and information are posted on the gardenoaks.org website.

#### **Contact:**

The Garden Oaks Maintenance Organization 4001 N Shepherd Dr, Suite 216 Houston, TX 77018 713-561-3936 manager@gardenoaks.org



#### **2019 MEMBERSHIP DUES STATEMENT**

#### January - December

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 year.

Fill in Amount	:				
\$	Basic Membership <b>\$40</b> (\$20 for Seniors 65+)				
\$	Community Household Membership <b>\$100</b>				
\$	Business Membership (Non-Voting) \$100				
\$	Contribution to Beautification (all neighborhood green spaces)				
\$	Contribution to Garden Club (maintain Friendship Park, Section 1)				
\$	TOTAL				
	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;				
	upon completion, you will receive e-mail confirmation of payment.				
Name	: -				
Addre	ss:				
Phone					
E-Mail	<u> </u>				



#### **Constable Patrol Dues Statement for 2019**

[ ] New Member or [ ] Renewal								
Property Address :								
Do you want a GO Constable Supporter sign (must pay the \$250 minimum)?								
Please provide contact information for program member(s) at this address:								
Member 1 Information	Member 2 Information							
Name:	Name:							
Email:								
Work Phone:								
Cell Phone:								
Emergency Contact Information	Emergency Contact Information							
Name:	Name:							
Home Phone:	Home Phone:							
Work Phone:								
Cell Phone:	Cell Phone:							
Payment Options (Checks made payable to GOCC)								
[ ] Enclosed is the minimum requested payment of \$250 for 2019.								
[ ] I/We cannot contribute \$250 but are enclosing a check for \$								
[ ] I/We will pay online (see below).								

Mail this form to

[ ] Please accept my additional gift of \$ \_\_\_\_\_for the year to help a neighbor on fixed income.

Garden Oaks Constable Program
PO Box 10273
Houston TX 77206

or pay online at

www.gardenoaks.org

## Furnace Replacement: The Sooner, the Better

### Mitch Weigand

In Houston, January is one of the coldest months. While your furnace keeps you warm and comfortable, how efficient is it and at what cost? Is it making you sick by leaking carbon monoxide? Should you consider replacing your furnace?

The two most common furnace repairs are a blown circuit board and burnt-up fan motor, which can cost about \$800-\$1,000 each to repair. A typical brand-new furnace runs \$2,500-3,500 installed.

More importantly, cracks in the furnace's heat exchanger can leak deadly carbon monoxide that can spread throughout your home. Carbon monoxide poisoning is the leading cause of accidental poisoning in the United States.

#### Improved efficiency, comfort and savings

All of the components in your home's heating and cooling system should have the highest possible energy efficiency ratings. The higher the rating, the more efficient the product and the lower your energy bills will be.

I strongly recommend replacing your furnace if it's more than 10 years old. In the last decade, the HVAC industry has made amazing advances in technology. A modern furnace typically is more efficient and uses only half the gas as one built in 2003.

More importantly, the new furnace's blower motor uses only one-tenth the electricity as that of a decade-old furnace. During the summer, this blower motor is also used by your AC system to distribute cool air throughout your home. Its greater efficiency means greater savings throughout the year.

Your new furnace will create comfortable heating throughout your home, improve humidity balance, and reduce sound level while it operates. The cost savings will be impressive too.

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January 2019 13

## Constable Program

Terry Jeanes, Program Chair

The Garden Oaks Civic Club will contract with the Harris County Precinct One Constable's Office for two patrol deputies for the next contract period, beginning in March 2019. There is one caveat. Keeping the second deputy patroller for the full year depends on the level of participation of supporter dues and contributors. If you want two deputies to remain on Garden Oaks patrol you must support the Constable Patrol Program. We will monitor the funds and if they are not sufficient, we will give 30 days' notice to the county and suspend the second patroller. This is so that we do not jeopardize both patrols and reduce funds so much that we do not have any Constable patrol presence.

A special thank you to the many Garden Oaks neighbors and area community members who assisted recently regarding the missing Garden Oaks teen, who thankfully returned home safely. Also, thank you to neighbors who contributed to the Precinct One Toy Drive. The Deputies provided new toys and assistance to children from Garden Oaks Montessori, Durham, Oak Forest, Stevens,

and Kathrine Smith Elementary schools, as well as others.

Become a Constable Program supporter:

www.gardenoaks.org

(Note: if you are an annual or monthly contributor via draft, please change your draft amount to the current minimum requested contribution of \$250 or more.)

Constable Dispatch: 713-755-7628

**Sign up for Precinct One Crime Alerts**: http://pct1constable.net/sign-up/crime-alerts/

**Vacation Watch**: http://pct1constable.net/sign-up/vacation-watch/



Photo credit: Debbie Bass

### SUPPORTING OUR COMMUNITY SINCE 1964



Monday - Friday

7:00 am - 6:00 pm By Appointment Only

Saturday

7:30 am - 11:30 am Walk-Ins Welcome

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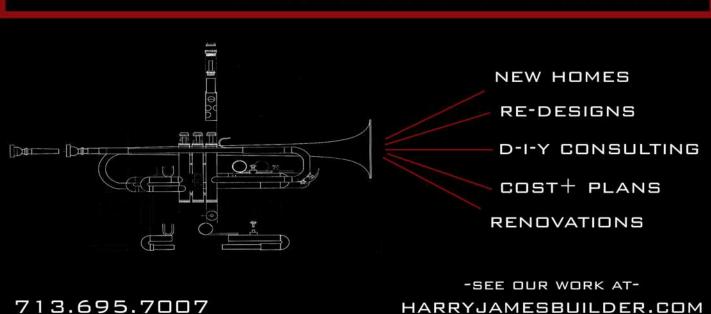
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## Constable Statistics November 2018

Data are provided monthly for the 2 contracts with the Harris County Precinct 1 Constable deputies who patrol Garden Oaks. The number of responses is shown for each category.

Alarm Calls - 4

Burglary of Motor Vehicle - 1

Check Business/Park/Check School - 9

Contract Check - 140

Information Call - 4

Meet the Citizen - 71

Open Door/Window - 2

Solicitors - 1

Special Assignment - 2

Suspicious Person/Vehicle - 13

Traffic Hazard – 3

Traffic Initiative - 7

Traffic Stops - 35

Vacation Watch - 26

Vehicle Stolen - 1

Welfare Check - 1

Writ - 1

## Master Gardener Green Thumb Lectures

The Texas A&M AgriLife Extension Service and the Harris County Master Gardeners are pleased to offer the Green Thumb Gardening Series of Lectures. These are **free** and there are no reservations needed.

Third Tuesdays - 6:30 - 8:30 pm Spring Branch Memorial Library 930 Corbindale, Houston, Texas 77024

January 15 - Preparing Garden Beds & Lawns

February 19 - Spring Vegetable Gardening

March 19 - Herbs

April 16 - Soils and Composting

May 21 - Water Conservation

June 18 - Propagation and Seed Saving

July 16 - Container and Small Space Gardening

August 20 - Fall Vegetables

September 17 - Open Forum - Bring Your Questions

October 15 - Trees: Planting and Care (includes fruit

trees)



## Fasting from Technology

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

Many of you have heard that intermittent fasting has many health benefits, including weight loss, stable blood sugars, and overall better health. Whether or not this strategy works, the concept of "fasting" from technology is the latest idea in the growing list of ways to find balance in life and use technology in a healthy way.

We know that the use of technology is rising with even very young children spending hours on phones and tablets. Current research from the Pew Research Center reports that children 0 – 5 years old spend up to two hours per day on technology. Common Sense Media found that children 8 – 12 years old are spending an average of 6 hours a day using technology, while teens 13+ spend up to nine hours a day on their devices. Even teens stated that they worry that they are spending too much time on their phones and other devices. https://qz.com/1367506/pew-research-teens-worried-they-

spend-too-much-time-on-phones/ Below are a few strategies to support healthy technology use with your children. Remember the most important strategy is to model these with your children and to create a home environment where technology is used in moderation.

Technology fasting is literally turning off your electronics and going without. Technology includes the TV and any other devices that limit your availability to meditate, interact with others and give your brain a break to rejuvenate and find balance and calm in our increasingly hectic world. If you're up for a real challenge, I invite you to read *Better Off: Flipping the Switch on Technology* by Eric Brende. He and his wife conducted a real-life experiment: to see if their lives would be preferable without all the electronics and devices they'd become dependent on. They asked the question: What is the least we need to achieve the most? They decided to give up everything motorized or "hooked to the grid" and went on an eighteen-month "fast."

Brende included scientific analysis with their personal story to demonstrate how a world free of technology could shrink stress, improve physical health and increase happiness and leisure. He also found that in a more minimal society, decisions were made more soberly and

## Say bye-bye to food cravings, excess weight, mood swings, aches and pains, fatigue, hormonal imbalances, poor sleep, bad skin and digestive issues!

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deliberately than in the surrounding culture, and the result was increased mastery of personal decisions and increased connections. Here are a few more ideas for your family:

- Take the TVs and devices out of the bedrooms.
   Children don't need to have unsupervised access to technology. Predators are counting on that. Keep your technology where you can see and supervise the usage.
- Create a schedule for usage. Do kids really need to spend an hour on social media every morning?
   Instead, spend more time talking and connecting with them each morning.
- Limit the use of technology in the car. Encourage your children to look out the windows, sing songs together, and talk to each other. There are many fun games to play in the car that increase verbal skills. One of my children's favorites was reciting the alphabet backwards as fast as they could! Here are a few more: https://www.care.com/c/stories/ 3813/53-fun-car-games-for-kids/
- Stay off your phone/devices when you're with your children/family. Leave work at work and let them know they mean more to you than anything else!

## Harris County Master Gardener Fruit Tree Sale

January 26, 2019

The Harris County Master Gardener Association (HCMGA) holds several public plant sales throughout the year. The funds we raise are used to support Texas A&M AgriLife Extension in its educational mission to bring relevant, research-based information about horticulture to the public.

Our plant sales are special events. We pride ourselves in offering the best varieties of fruit trees and plants for our area. There will be 70 varieties of citrus, apples, peaches, pears, plums, avocados, berries, and fig trees. There will also be multi-graft apple, peach, and plum trees available.

For a list of available trees visit https://hcmga.tamu.edu/files/2018/12/2019-Plant-List.pdf. For our sale catalog, go to https://hcmga.tamu.edu/files/2018/12/2019-Fruit-Tree-Sale-Catalog-1.pdf.

**Location**: Richard and Meg Weekley Park 19110 Logenbaugh

Cypress, TX 77433

Plant Sale: 9 am – 12 pm

Harris County Master Gardeners is a program of the Texas A&M AgriLife Extension Service.





Thank you for a wonderful Santa and Mrs. Claus in the Gazebo Park, along with Junior Elves Serenity Haardt & Lily Hardaker, Elves Terry Jeanes, Georgia Lister, Sally & Jim McDaniel. See everyone next year!

## Garden Oaks Civic Club Meeting Minutes

Helen Sestak, Secretary

December 4, 2018

Location: American Legion Post 560, 3720 Alba Rd.

Matt Gannon, GOCC President, welcomed 32 attendees and called the meeting to order at 7:52 pm. All guests, including four constables, enjoyed a delicious potluck holiday meal.

A motion to approve the November minutes was made, seconded and approved.

Matt Gannon gave a sincere and grateful **thank you to Carl Waters** for 19 years of dedicated service as chair of the Citizen Patrol program. Mark Saranie will assume the leadership for the committee in 2019.

Review of Proposed 2019 Budget: Teresa Coleman was not present but details of the proposed budget were available via hardcopy. The GOCC plans to continue with two constable patrols next year. If sufficient funds are not available, one patrol will be eliminated. A motion to approve the 2019 budget was made, seconded, and approved.

Election of 2019 GOCC Board members: The nominating committee proposed the following slate of officers for 2019: Joe Casarez for President, Tonya Knauth for Vice President, Teresa Coleman for Treasurer and Helen Sestak for Secretary. There were no nominations from the floor. A motion to approve the candidate slate was made, seconded, and approved.

#### **Committee Reports**

**Constable Patrol**: Terry Jeanes reported that the recent missing local person issue has been resolved. Please be safe, run with a buddy, and be aware of your surroundings.

Our newest Constable Deputy Sanchez introduced herself. She works the night shift, 10 pm - 6 am. Deputy Bowden now serves precinct-wide. The Constables' Toy Drive is in full swing. Constables are hoping for a recordbreaking event! Please bring unwrapped gifts to Slowpokes, Missy and Jeremy's house at 1018 Althea on 12/8 or to the Gazebo Park on 12/12 and 12/13, 6 - 7:30 pm.

Beautification: No report.

**Garden Oaks Website**: Pam Parks reported that she updates the website up to four times daily these days.

Citizen Patrol: Carl Waters gave his final update. Only eight November crimes were reported, as per crimereports.com. We need patrollers! You qualify if are 18 years old, are a Garden Oaks resident, train one hour with HPD, ride-along with a current volunteer and pass a background check. Thank you again Carl, for your service!

**Membership**: Dian Austin reported that the dues and supporter forms for the upcoming year's GOCC membership and Constable Program have been mailed. Please support both organizations in 2019.

*Gazette*: Joe Muscara said the deadline for January *Gazette* articles is Saturday, December 15.

**Garden Oaks Montessori Magnet**: Dr. Pollock reminded us that this is the last week for applications for the upcoming school year. Santa will visit the school this week. Surveyors are out, and construction is almost complete.

Government Affairs / GO CIP: Tonya Knauth clarified that the order of neighborhood CIP will be Golf, then Sue Barnett. Alba is complete, with no sidewalks. Golf will move forward, similarly to Alba, with no sidewalks. Sue Barnett CIP will have sidewalks, as per ADA requirements.

AT&T line locations are currently being marked on Golf. Speed bump locations and cut-outs are being marked on some streets of the neighborhood. Some discussion followed.

Section One Commercial Development: Carrie Arnett reported that their committee letter has been sent to Section One property owners. She has subsequently fielded several calls from concerned residents. Carrie contacted Patrick Berry from Gulf Coast Development Group and shared Nextdoor and Facebook concerns.

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Section One residents can contact Gulf Coast Development Group directly for more information.

Carrie said that all signatures acquired during this process can be used.

The Gulf Coast Development Group has agreed to make a generous donation to the Constable Patrol but asked that details of their donation not be disclosed. Some discussion followed.

Letters from the Commercial Development committee, Gulf Coast Development Group and the Declaration of Restrictions are available at www.gardenoaks.org.

Thank you to the Commercial Development Committee for their outstanding work.

**New Business**: Come see Santa at the Gazebo Park on 12/12 and 12/13, from 6 - 7:30 pm.

Incoming GOCC President Joe Casarez gave a heartfelt thank you to Matt Gannon for his tireless work as GOCC President for the past two years. Matt's professionalism, eloquence, fairness and patience in addressing neighbors and their concerns is to be lauded. Thank you, Matt!

The next GOCC meeting will be held on January 8, 7 pm, at Garden Oaks Montessori Magnet School. As per GOCC bylaws, meetings are held the first Tuesday of the month. Since the regularly scheduled meeting date falls on New Year's Day, a motion was made to move the meeting by a week, to January 8. The motion was seconded and approved. Our guest speaker will be Shana Ross, of Shana Ross Fitness.

The meeting was adjourned at 8:20 pm.

A color version of the *Gazette* is published each month at the Garden Oaks web site, gardenoaks.org. You can download past issues as well as find contact information and pay for ads.

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



## JANUARY 2019

sun	mon	tue	wed	thu	fri	sat
A New Year's res something that and out the other	goes in one year	1 New Year's Day	2	3	4	5 Farm Stand 9 AM - 1 PM 949 Wakefield
6	7	GOMO Plan Review 6:30 PM Civic Club Meeting 7 PM GO Montessori	9	Garden Club Meeting 7 PM Kroger Upstairs Meeting Room 1352 W 43rd	11	12 Farm Stand 9 AM - 1 PM 949 Wakefield
13	14	15 Gazette Article Deadline	16 GOMO Meeting 7 PM GO Professional Building Suite 216	17	18	Farm Stand 9 AM - 1 PM 949 Wakefield
20	21 Martin Luther King, Jr. Day	22	23	24	25	26 Farm Stand 9 AM - 1 PM 949 Wakefield
27	28	29	30	31	1	2

