June 2020 Volume 42 Issue 6



Garden Oaks Gazette

The newsletter of the Garden Oaks Civic Club

Garden Oaks Memories

Kevin David, GOCC Vice President

Hello, Garden Oaks families. I hope everyone is doing well in spite of the current pandemic. I have been asked to write a short article about my history and experiences in the Garden Oaks area. I am going to steal a phrase we have all heard before, but change a few words. "I was not born in Garden Oaks, but I got here as fast as I could." That is to say, I arrived in 1996 after graduating from college.

A few months after I was born, my parents moved our family from Oak Forest to Spring Branch. Despite that, I spent a lot of time before college right here in Garden Oaks. My mother grew up on Azalea in the same home where my family and I currently reside. My grandparents built this home at the same time my maternal greatgrandmother had her home built on the lot next door in 1946. My grandmother's closest sister lived on Althea, and she and her husband purchased their home in 1950. Another of my grandmother's sisters lived on the other side of 34th and Ella in the subdivision behind the Valero station, and my father grew up in Shepherd Park Plaza on Martin. I remember the big tree in the front yard at that house where my brothers and I would climb and try to push each other out of it while my paternal grandmother would laugh and my mom would scream. My grandmother moved out of the area when I was 7, which is why I spent most of the time visiting the Garden Oaks area with my mother's side of the family.

Writing this reminds me that the home I live in has held birthday parties, Christmases, Easter egg hunts, and many other celebrations with members of the family spanning four generations. Heck, I can even say the same about Del Mar Lanes! It has been a bit sad for me to see many of the long-time businesses close over the years because I miss things, such as the pizza from Doyle's, Roznovsky's hamburgers, and eating at Wyatt's Cafeteria.

I also miss such days-gone-by establishments as Kresge's Drug Store, The Candy and Popcorn Store, Brink's Hardware, Ducho's BBQ & Steaks, Shakey's Pizza, The Minute Man, Leman's Game room, Minimax Groceries, Alfie's Fish and Chips, Long John Silver's, the pool on Fisher, The Mexicatessen, The Monterey House, Tradewinds Skate Rink, Dairy Queen (where Union Kitchen is located), Eckerd's, Radio Shack, and The Hallmark Store, to name several.

I can say I got to see a movie at the Garden Oaks Theatre, shop at Northwest Mall in its heyday, and get some candy or a malt from Woolworth's. I got to see performances at Theatre Suburbia when it was on W. 43rd, and I even met Patrick Swayze and his mother when my sister took ballet lessons at Mrs. Swayze's studio. My doctor, growing up, was in this area and his son is now my dentist. We still have a few long-time staples in the area, and it would be nice to see our community give them more support, especially since the pandemic has affected them. While Shipley's seems to be continuing steadily, The BBQ Inn, The Surfhouse, Cavatore's, Mytiburger, Tony's Mexican Restaurant, Brother's Pizzeria, and Miller's Hamburgers, to name a few, could all use more patronage.

Several of the businesses that have managed to stick around over the years have had complete facelifts, changed locations, or been torn down and rebuilt in the same location. Kroger on 43rd used to be Weingarten's. It's been remodeled several times, then built to the current building with continued mini remodels here and there. KFC used to be at the corner of Ella and 34th, while Doyle's first location was at the corner of Ella and 43rd, and Taco Bell was also over on 43rd. The YMCA was completely redone, and I remember playing basketball in the gym where I had to go down a flight of stairs in order to enter the basketball court.

But it's amazing to see the new development in our neighborhood with new restaurants, ice cream shops, coffee shops, fitness studios, hair salons, spas, and local

Constable Statistics April 2020

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

The Captain advises that our deputies are following CDC guidelines and social distancing on the street as well as in the office environment. The deputies are equipped with PPE so you may see them wearing masks. They need to avoid exposure and then a forced 14 day quarantine. Please help keep our deputies safe.

Accident - 3

Burglary Habitation - 1

Carjacking - 1

Check Park/Public Infrastructure - 21

Check Business/Church - 3

Contract Check - 146

Criminal Mischief - 1

Disturbance Loud Noise/Other - 4

Follow Up – 2

Information Call - 3

Meet the Citizen - 31

Solicitors - 3

Special Assignment – 1

Suspicious Person/Vehicle - 7

Theft Other - 1

Traffic Hazard – 2

Traffic Stops – 4

Vacation Watch - 11

Vehicle Abandoned - 1

Welfare Check - 4

All Garden Oaks Civic Club activities are on hold.

Please keep an eye on social media channels and future *Gazettes* for updates. We won't be doing anything until Stay Home and Social Distancing orders are lifted. Neither should you.

Civic Club Officers

President – Tonya Knauth 713 396 0876 986 Gardenia president@gardenoaks.org

Vice President – Kevin David 713 686 5903 826 Azalea vicepresident@gardenoaks.org

Treasurer – Jeff Martin 713 825 1768 710 West 39th treasurer@gardenoaks.org

Secretary – Adam Pryor 281 682 0061 1554 Sue Barnett secretary@gardenoaks.org

Committee Chairs

Beautification – Pam Parks 713 686 7728 beautification@gardenoaks.org

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

Constable Program – Terry Jeanes 281 236 8033 922 West 41st constable@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. **June 2020** 3

Citizen Patrol

Mark Saranie, Program Chair

Happy Father's Day to all the dads in the neighborhood!

It's a rainy afternoon as I type this, with the outside getting storm dark, and a bit of thunder growling overhead. The smell of rising bread dough is in the air. It's hard to believe June is here. The tremendously odd turn reality took for all of us several months back still persists. I hope with all my heart that everyone is well.

I read several weeks ago that the low crime rate in the city was a consequence of COVID-19, what with all the folks at home. This is reflected on the crime reports map. March was fairly busy in the surrounding communities, and then there was a sharp drop in April.

Patrollers are always needed to augment our efforts. Right now the certifications and renewals of such are understandably on hold. When I get word of when these will resume, I will reach out to the neighborhood via social media. In the meantime, stay safe and well.

Crime stats

March 2020

9th, 10 pm, 1000 block W 42nd – theft of vehicle parts/accessories.

10th, 6 am, 1000 block W 43rd – burglary/breaking and entering.

12th, 1 am, 1500 block Sue Barnett – theft of vehicle parts/accessories.

12th, 5 am, 1400 block Sue Barnett – theft from vehicle.

27th, 2 am, 400 block W 30th – vandalism/damage to property.

April 2020

27th, 8 am, 800 block W 42nd - counterfeit/forgery (probably an arrest of an individual)

Reported patrol hours

March – 13

April - 15.5



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Precinct One Constable

713-755-7628 Dispatch 311

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Beautification

Pam Parks, Committee Chair

The big news for Beautification is that now, for the first time in a long time, we have a full complement of Park Captains to plan and execute the work in our Pocket Parks. Shana Tatum and Jonathan Morgan will co-Captain the Garden Oaks Blvd. Esplanade and Samantha Bullock is taking on the Durham Berm.

Here is the Park by Park activity:

At Gazebo Park (Sue Barnett at W. 42nd/Lamonte), the money raised by Park Captains Rayford Irvin and Ahren Lacy has paid for a major clearing out of invasive species and several yards of mulch. The dripline for the gazebo has a new splash zone, and a light power-washing has brightened it up.

Water service has been restored to the Memorial Rose Garden (Lawrence at W. 34th). Co-Captains Sheila Briones and Brenda de Alba plan to re-plant the roses this fall. Free mulch was obtained from the crews trimming in the utility easements and spread at the north end of the park.

Samantha Bullock is currently considering small steps to improve the Berm (Durham/Randall at W. 30th) after the hot season. With the loss of water service to this area, she will try to protect existing plantings while working out the best plant selection for a very challenging location to maintain.

Garden Oaks Esplanade along GO Blvd has received major donations from Section 2 residents. Restoration of the bollards is high on the priority list as are repairs to the irrigation system. The small steps do not reflect the ambitions for this "gateway" to the community, but they will hopefully draw in the needed volunteers and contributions to support more ambitious plans.

Triangle Park (Alba @ Azalea) has several new plantings, thanks to Shawn Spear's donation. Shawn and Norma Serrato helped with the planting. Neighbors continue to enjoy the new swing there. Thanks also to a GO Plaza neighbor who donated several cement garden edgers.

Art Park (Sue Barnett @ W. 43rd) is mostly maintained by the COH Parks Department. The City handles mowing and will remove dead trees. Promoting the growth of desirable plants is usually left to residents. Last year, GOCC financed clearing out some of the poison oak and other noxious species. In May another clearing out is targeted to create space around an established row of crepe myrtles along the north side of the park. Free mulch was also spread to protect the crepe myrtles.

Friendship Park (Lawrence at W. 30th) has also seen some maintenance and free mulch.

Volunteers wishing to pitch in on work projects in the parks are invited to contact Pam at beautification@gardenoaks.org. Getting out to work in a park is a great tonic for "coviditis".

Donors wishing to contribute to the Park Projects are urged to Pick a (Pocket) Park on this page: https://www.gardenoaks.org/gocc-home/payments/beautification-projects/.

Constable Program

Terry Jeanes, Program Chair

Be safe when walking. Keep the Deputies in the neighborhood. Please pay **today**.

It is great to see everyone out and about, taking advantage of our neighborhood winding streets and greenspaces. Remember that when walking, please walk on the side of the street where you are facing the oncoming traffic. Walk against traffic, and bicycle with traffic.

As things open back up and folks are away from their homes more, it is important to keep our deputies on the streets of Garden Oaks. Also depending on the economic impact, crime could have an uptick in numbers. These are two very good reasons to keep our deputies patrolling in Garden Oaks. LET'S GET THE RED TO RISE !!! Just like the deputies in our community, each of you can make a difference. Pay your supporter dues now if you haven't already. A \$250 minimum annual donation includes your own GO CONSTABLE SUPPORTER sign.

Thank you to the 282 contributors as of May 1st, listed at gardenoaks.org.

Due to the COVID-19 distraction, the May 1st gift card drawing was missed. The winner of the \$100 gift certificate for Laurenzo's, Tony Mandola's, or El Tiempo will be drawn closer to the Memorial Day weekend. Any supporter at the \$250 level for 2020 is eligible for the drawing. The promotion and reminder to pay will be posted to social media and a definitive draw date and winner will be chosen in time for Memorial Day. Apologies for the delay.

Pay your dues today. Why wait until you become a crime victim before contributing?

Become a Constable Program Supporter: gardenoaks.org

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/

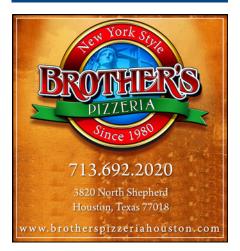
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Moore

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As businesses reopen, we need to support those who have been there to support Garden Oaks. Many of these local businesses or resident-associated businesses have contributed to our neighborhood time and time again. Below is a list of current supporters in various categories. Please let these folks know that we appreciate them!

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S.C.M Construction Services, Inc. – Chris &	713-443-1701	The Bell Tower on 34th	713-868-2355	
Sue Schmidt Realtor RE/MAX	281-563-3402			
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·		The Law Offices of Hilda Sibrian	832-925-3505	
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Julie Sherber, Frosch Travel	713-962-0188			
Wakefield Crowbar	713-485-4806			
Whataburger				

Memories — Continued from Front Cover

boutiques such as Branche'. We even have breweries and a winery in our midst! I seldom visited the old bars on Wakefield, but Red's stood out to me due to the interesting fact that it was originally an ice house where residents picked up ice (and beer) for their home ice boxes. While it's difficult to admit, some of these new ventures could be short lived due to the pandemic, but one thing is certain...If we do not all come together to support our local businesses both new and old, they will not survive. All of them need our help during this unchartered time with continued patronage.

Ultimately, I have seen many changes to the area over the years, and I know things will continue to change. (Except for Shipley's perhaps; they might just manage to stay in that little building forever.) I welcome all the new establishments and growth because change is constant and we have to adapt while at the same time honor our storied past and the people and businesses that helped build this wonderful and remarkable neighborhood.

I actually enjoyed writing this article and could go on and on. It has brought back many memories, both good and sad. I look forward to the continued growth and prosperity of our little community. Be safe, my friends.





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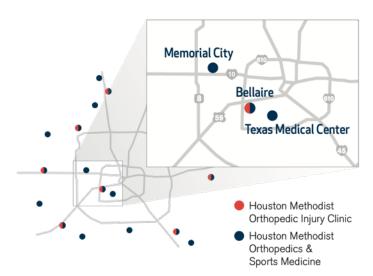
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Member 1 Information	Member 2 Information				
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Email:	Email:				
Work Phone:	Work Phone:				
Cell Phone:	Cell Phone:				
Emergency Contact Information	Emergency Contact Information				
Name:	Name:				
Home Phone:	Home Phone:				
Work Phone:	Work Phone:				
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Payment Options (Checks made payable to GOCC)					
[] Enclosed is the minimum requested payment of \$250 for 2020.					
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or pay online at

www.gardenoaks.org



2020 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 \$40 (\$20 for Seniors 65+)				
\$	Community Household Membership \$100				
\$	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				
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Mickey's Minute

Mickey Morales

Here we are in June in the post COVID-19 new normal. How on earth are we going to continue to wear masks as the summer temperatures continue to increase? Hopefully if this virus acts like others, Houston's heat and humidity will hold it at bay so we can continue life somewhat as before. I say somewhat because this little bugger isn't going anywhere as the train has left the station and there ain't no bringing it back. We can only hope that over the summer we build up enough herd immunity so that it doesn't come back in the fall with a vengeance.

In the meantime, we will continue to do what we can to provide a safe environment to purchase locally produced goods like fruits, veggies, eggs and such from Farmer Cathy. Artisanal breads and pastries from Hugo of Cake and Bacon will still be available as well as Indian foods from Manish's Quick 'N Easy. And finally, I know that I keep promising pastured meats from Felix Flores of Rancher's Supply, and I have an idea that they may make that possible by the time of this issue. We are going to

continue to keep the market small to achieve social distancing but try to offer as many products as possible without losing sight of what a farmer's market should be.

As y'all may have noticed, I've been trying to add more prepared foods from my operation as much as possible and will continue to do so as time goes by. If this virus has taught me one thing, it's that there are plenty of people right here in the neighborhood in need of a good meal at a fair price without me having to do pop-ups at the local pub until the wee hours of the night. I thank everyone who has not only supported my efforts but our new collection of vendors during these difficult times as well.

As always, "Come soon, come often, and may the heat be with you and kill this nasty bug."

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Keep On Going

The History of the Bell Tower on 34th by Roger C Igo, CEO The Bell Tower

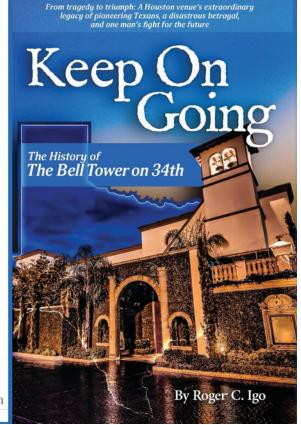
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Summer Ideas

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

Once the initial shock of the shelter-in-place wore off, many families established routines to support the completion of school work at home. With the school year now over, what's a family to do with the long days of summer ahead?

If your children will be spending the summer at home, it is important to continue to follow the schedule you have established. This will provide a sense of security for your child as they ease into the summer months. Continue to have virtual play dates with classmates and remember to monitor the chats/comments that are exchanged online. Computer and other electronic device usage is bound to be on the top of many lists of preferred activities for many students. If your child is participating in an online gaming community, be sure that the group is vetted and that you are regularly checking with your child. Review safety rules for your child to ensure that they know to never disclose their address to a stranger. Speak with your child about your expectations and post the guidelines within view of the device they are using. You may also consider drafting an agreement with your child and signing it together to memorialize your conversation (especially good for ages 10+) https:// internetsafety101.org/agebasedguidlines

Here are additional resources for at-home fun this summer:

READ, READ! Check out books online from the Houston Public Library and participate in the summer reading program https://houstonlibrary.org/

If your child is enrolled in HISD, you will be able to continue to access the learning platforms with your child's unique user name and password at https://houston.itslearning.com/ Resources for all subject areas are available free of charge.

Here are a few great ideas from https:// www.verywellfamily.com/summer-fun-ideas-kids-andparents-3542627

Use Your Brain

- Show the kids that science is fun. Try these at home experiments. https://mommypoppins.com/ kids/50-easy-science-experiments-for-kids-funeducational-activities-using-household-stuff
- Master a new skill together. Learn to crochet, knit, juggle, play the harmonica, build cards houses, whittle, or sew.
- Read a book chapter aloud. Plan to read a chapter or more a night. You can even read a whole series together.
- Complete your school's summer assignments. You'll be glad you planned ahead!
- Interview an older relative. Write out your family history. Sort family photos, scan them, and create your digital archive to share with the family.
- Write in a journal each day. Allow older teens to create a bullet journal if they prefer. Then, at the end of the summer, share selections with each other about the highlights of summer.
- Write and illustrate a comic book. Make it a group effort, or let everyone do their own.
- Build your brain. Try to code at www.code.org
- Practice telling jokes and a riddle. See if you can stump each other; then write your own riddles. https://www.funology.com/funology-jokes-andriddles/
- Have a puzzle race. Use 100-piece puzzles and see who finishes first.

Get Artsy

- String beads. Beading projects can be as simple or complex as you choose.
- Press summer flowers. Make a pressed flower picture with waxed paper.
- Create a summer mural. Stretch a long piece of white craft paper across a wall in the basement or garage and create a family mural. Include handdrawn, painted, or colored pictures of your summer activities. Work on it all summer, adding to it little by little. Hold an "unveiling" party for relatives at the end of the summer.
- Collect rocks and paint them. Turn them into pet rocks, garden ornaments, or gifts for family members.
- Hold a photoshoot. Plan different outfits and poses and take pictures outside or around town. Older kids and teens can then edit the photos on a computer.

- Decorate your walkways with chalk. Use regular sidewalk chalk or make your own using cornstarch, distilled vinegar, and food coloring.
- **Play with clay**. Then bake your creations to make them permanent.
- Make playdough creations. Then rip them up and do it again.
- Keep a summer sketch diary. Take turns sharing your sketches at the end of the summer.
- Put on your own dramatic performance. Write a script, make costumes, or just do a little improv. Record and share with your family and friends online.
- Make music. Make your own instruments or play traditional ones. Record your musical creations if you want.

Finally, you may consider enrolling your child in a summer camp (if you find an open program). Every camp is different, and the restrictions will vary based on where you send your child. The best thing you can to do as a parent is to ask lots of questions and review the CDC guidelines for camp operations. Again, be sure to have a conversation with your child about the importance of following the rules and the health implications of physical distancing and other COVID requirements. You can find a copy of camp operational recommendations here: https://acacamps.org/resource-library/coronavirus/camp-business/camp-operations-guide-summer-2020

Enjoy the summer and make your own list of fun things to do together!

Boosting Vs Balancing Your Immune System

Erin Thole, CNHP

In the wake of COVID-19, everyone is talking about how to "boost" their immune system. What does that really mean? What are we really trying to do by stocking up on vitamin C, elderberry, and echinacea?

The immune system is exactly that, a system, not a single entity. So there are a lot of working parts that have to be taken into consideration when trying to strengthen this complex system. The majority of your immune system, over 80% in fact, is located in your gut. This means the healthier your gut is, the healthier your immune system is.

In simplest terms, the immune system works like a teeter-totter. You have one side that marks the bad guys, and you have the other side that kills the bad guys. You want these to be balanced, equal marking to equal killing. However, in many people one end of the teeter-totter is way up in the air, and the other is driven into the ground. (As an example, this is the case for those with auto-immune disorders.)

All these "immune boosting" supplements have their place and really do have great benefits, but at the end of the day what we are looking to do is create balance, or homeostasis, within the body. All the echinacea in the world isn't going to help you if your bacteria balance in the gut is off or your digestion is a mess. This is the perfect situation for food sensitivities and inflammation, which then leads to micronutrient deficiencies, which then creates a suppressed immune system.

Moreover, running yourself ragged, not getting good sleep and being over-worked are all things that we know depress the immune system and create nutritional deficiencies.

We also know that sugar and processed foods can drain the body of nutrients and cause inflammation, which again, depletes the immune system.

So when we say we are looking to "boost" the immune system, what we really need to focus on is balancing our lifestyle. Here are some ways to balance the immune system (and your whole body):

- eat a colorful plate of fruits and veggies at every meal
- cut sugar and processed foods
- exercise
- get out in the sunshine and fresh air
- limit alcohol to once a week
- · get adequate sleep every night
- practice stress reducing techniques like meditation and breathing exercises
- don't smoke
- · maintain a healthy weight
- laugh often
- · and of course.... Wash your hands

Erin Thole, CNHP has been working in Functional Medicine for over 11 years. To learn more and request a free consultation: www.erinthole.com - thole.erin@gmail.com

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.

721 Sue Barnett 765 Sue Barnett 1566 Sue Barnett 331 West 30th 235 West 32nd 535 West 32nd 701 West 32nd 954 West 42nd 943 West 43rd 1038 West 43rd

Happy Birthday

Andrew B. – 1st Julie Sherber – 2nd Stephen S. – 4th Tina Rowe – 5th Elyse S. – 9th Mark Klein – 13th Landon C. – 18th Shana Tatum – 21st Antonio R. – 23rd Allison Padon – 28th

Happy Anniversary

Alex & Erin Dunn - June 11th

Happy Belated Anniversary to Sam and Beth Stengler on April 24th and to Rusty and Linda Reichle on May 10th.

Out and About – Creativity has been the key.

When Gina Greenslate couldn't celebrate her birthday in Key West, she opted for a socially distanced party along the driveways with her neighbors. A very Happy 12th Birthday Parade for Alex included silly string, water pistols and lots of cars, signs, and horn honking. Lily Bowman celebrated a special COVID-19th socially distanced birthday dinner, including family and her God mommas Tina Sabuco and Shellye Arnold dining in the other room. Jason Theriot celebrated his birthday with a driveway/yard party and the replay of the 2020 BCS LSU vs Clemson game, joined by Cat & family, the Dilley family, Jason Feit, Marisa Zindler, Tina Greer, Terry Jeanes, Kurt Nash, and many others who strolled along the street. A special Birthday Parade was held for Ms. Barton celebrating her 95th birthday. The procession began on the Sears parking lot and meandered all the way to the Barton home and even included a Constable escort and a video posted to Precinct One Constable's Office FB Page.

The **Sherber girls** got away to Sargent Beach to celebrate a birthday. **Julie Sherber and family** have been busy helping victims and neighbors who suffered devastation in the recent Onalaska/Lake Livingston tornado. The **Sherber girls**' artwork could be seen on television as it was hanging alongside Courtney Zavalla on her Houston Life show.

Tina Sabuco and Shellye Arnold took some stay home and social distance time at their Abundance Retreat in Wimberley.

Sean Mclean piloted a flight transport of rescue pups to Louisiana.

Terry Jeanes took some time out in Smithville. **Jeremy Robinson and Missy Alwais** were busy at their Galveston property, while **Tina Rowe** was keeping up with her new Pirates Beach place.

Azalea street neighbors created a fabulous fun walk area all along the block between Sue Barnett to Alba including a playlist coordinated by **Tina Sabuco**.

Lee Kurtas surprised his wife **Lucinda** with a small birthday gathering at Live Oak Grill just days after their limited opening.

To all the neighbors who are enjoying the outdoor social distance, with walking, riding bikes, and more in the neighborhood, it is great to see each of you enjoying what Garden Oaks is all about.

Welcome to Romeo, the new pup who recently joined the Lister-Bowman household.

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.

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.

Protecting Your Air Conditioning System's Capacitors

Mitch Weigand

We've discussed the threats caused by thunderstorms, and how to protect your A/C system. When you hear thunder from an approaching storm, go to your thermostat and turn your A/C off. This helps protect it from devastating power surges. Nearly 90% of all electrical-related damage occurs when your A/C is left on during thunderstorms. But what are you protecting when you do this? You are protecting your system's capacitors.

A capacitor is an electrical device that stores an electrical charge. In A/C systems, they are used to turn on fan motors and compressors. Pretty much any motor that uses electricity to function has a capacitor or two built into it. In A/C systems, capacitors come in two types: (1) start capacitors and (2) run capacitors. They function very differently. Start capacitors start a motor. Start capacitors provide extra torque (power boost) at the start-up for the compressor. An internal relay automatically disconnects them from the compressor once the compressor starts.

Run capacitors are designed to keep the compressor running continuously while it is being powered. They maintain a

relatively constant voltage supply to the compressor.

Think of them as internal surge protectors

Because both start and run capacitors involve electricity, they are susceptible to electrical power surges that can occur during and after thunderstorms. Some are built with a pressure sensitive interrupter, which causes them to fail before internal pressure causes serious damage to your A/C system. Another design causes the top of the capacitor to expand and break its internal wiring.

Over many years of use, the capacitor's strength reduces and it simply wears out. As a result, the A/C motor may fail to start or run at full power. If a motor is running during a lightning strike along the power grid, the run capacitor might be damaged or weakened by a voltage spike, thus requiring replacement.

So when there's electricity in the air, turn your A/C off. If there is a power outage during the storm, wait 20 minutes after power is restored to turn your air conditioner back on.

Unstable or "dirty" power can occur at this time.

Mitch is the owner of Air Wise™

I'm still making housecalls!



Air Wise owner Mitch Weigand

Here's what our customers are saying about us:

"Air Wise is truly a small business." Matt G., Garden Oaks

"Air Wise is truly a small local business. When you call, you deal only with Mitch. He's the owner, chief technician, estimator and salesperson as well as an extremely nice and affable gentleman to boot.

Air Wise is my go-to HVAC provider going forward. Highly recommended!"



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	JUNE 2020							
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
31		1	2	3	4	5	Farm Stand 9 am - 1 pm 949 Wakefield	
7		8	9	10	11	12	13 Farm Stand 9 am - 1 pm 949 Wakefield	
14	Flag Day	15 Gazette Article Deadline	16	17	18	19 Juneteenth	Farm Stand 9 am - 1 pm 949 Wakefield	
21	Father's Day	22	23	24	25	26	Farm Stand 9 am - 1 pm 949 Wakefield	
28		29	30	Why not go out	on a limb? Isn't tha	t where the fruit is	? 4 Frank Scully	

