



January 2023

Volume 45 Issue 01

Garden Oaks Gazette

The newsletter of the Garden Oaks Civic Club

Get to Know YOUR Garden Oaks Civic Club

Beth Jackson, Secretary

Happy 2023 to all Garden Oaks neighbors! As an introduction to new residents and a reintroduction for those long-time Garden Oaks citizens, here is an overview of **YOUR Garden Oaks Civic Club** and how you can get more involved in and engaged with your neighborhood in this new year.

The purpose of the Garden Oaks Civic Club (GOCC) is to foster neighborhood unity. GOCC is not the property owners' association for Garden Oaks and has no deed restriction enforcement authority. Our guiding principle for 2023 is **CommUnity**.

Membership is open to anyone in the neighborhood – property owners, renters, and businesses serving the community. Monthly meetings are open to the public, but only GOCC members can vote on organizational matters. The modest annual membership dues are a primary source of funding for GOCC and neighborhood activities, including beautification, communications, special and social events, and security patrol.

The Garden Oaks Civic Club meets monthly on the first Tuesday at 7 pm at Great Heights Brewing Company on Wakefield. These monthly meetings are a great way to meet and visit with neighbors, hear the latest news affecting Garden Oaks, and learn about events and opportunities that make our neighborhood a special place.

Wondering when the road construction on Golf will finally wrap up? Curious about how to lend your green thumb to our green spaces and pocket parks? Want to meet who's on the ballot and where to vote in 2023? Want to find out how to link your home security system to the hired Constable patrol for the quickest response time if you need it? **We're your source, and the monthly GOCC meetings and socials should be on your calendar in 2023!** Come for the information; stay to socialize with neighbors. For convenient emailed meeting reminders each month, send a request to membership@gardenoaks.org.

In addition to our monthly meeting, GOCC hosts several fun **social and special events** throughout the year. Join us for the family-friendly Wakefield Shuffle, supporting bars and restaurants along Wakefield and the GOCC. The annual 4th of July bicycle parade and (new this year) picnic is a great way to kick off your Independence Day. GOCC has big plans for more and better opportunities in 2023 to meet and hang out with your neighbors and support our bustling Garden Oaks community.

Neighborhood **beautification** efforts have really ramped up in the past few years, and we hope you'll join these efforts in 2023. The green spaces and pocket parks sprinkled throughout Garden Oaks make our neighborhood the unique and special place it is, right in the middle of the nation's 4th largest city. Join us for **workdays in Graham Park, the Art Park, and Gazebo Park** among others in the neighborhood.

Notices

GOCC Meeting:

Tuesday, January 3rd
7:00 PM
Great Heights Brewing Private Meeting Room

Please turn articles in by the 14th of each month.

2023 Garden Oaks Civic Club CommUnity Partners

Thank you to the following neighbors and neighborhood businesses who are supporting our CommUnity Partnership Program for 2023.

If you/your business is interested in joining our annual program, please email membership@gardenoaks.org.

Terry Jeanes, Realtor – Led Well Realty

John R. Bartos - Attorney at Law

Deanna Zugheri, Keller Williams Metropolitan

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Article Submission Guidelines

1. MS Word or text document as an attachment (not the body of the email), left justified, no headers or footers. Keep formatting to a minimum.
2. Photos need to be sent separately. You may embed photos to show where they go with the article but separate full size and resolution photos must also be provided outside of the document.
3. Articles should be titled. These can be as simple as the name of the committee or the event, but a concise title should be provided for all other articles.

Civic Club Officers

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

Vice President – Kevin David 713 686 5903
1002 Althea vicepresident@gardenoaks.org

Treasurer – Paul Vincent 713 834 7248
742 West 41st treasurer@gardenoaks.org

Secretary – Beth Jackson 870 816 0774
851 West 43rd secretary@gardenoaks.org

Committee Chairs

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

Constable Program – Terry Jeanes
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constable@gardenoaks.org

Membership – Dian Austin 713 691 6505
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The Garden Oaks *Gazette* is the official publication of the Garden Oaks Civic Club and is published monthly. The submission deadline to the editor is 11:59 PM of the 15th of each month for publication the next month unless otherwise noted.

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

Your GOCC continued

And finally, whether you read the monthly **Garden Oaks Gazette** online or pick up the copy dropped on your front porch, the Gazette is the most local information available. The online version (and archived editions) live on **GardenOaks.org** alongside meeting and special event details, a New Neighbor's tab, and links to pay GOCC and Constable Program annual memberships.

GOCC also hosts a closed Facebook group, **Houston_GO**, for Garden Oaks residents only. Need a referral for home improvement? Looking for a dentist? Want to find out what's going on at the intersection of N. Shepherd and W. 38th? Check out **Houston_GO** on Facebook and follow **@gardenoakshouston** on Instagram for the latest information and content about your neighbors and neighborhood.

Stay tuned for the **GOCC Annual Survey** in early 2023, where you tell us what priorities and activities you want to see for the neighborhood in the coming year.

We hope to see you at the **January 3rd GOCC meeting at Great Heights Brewing Company** to kick off an exciting and energetic year in our beloved Garden Oaks!



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Garden Oaks Civic Club CommUnity Partnership Program

Dian Austin, Membership Committee Chair

Two years ago, the Garden Oaks Civic Club (GOCC) rolled out a Business Membership Program, to better involve and recognize our neighborhood businesses who support the Garden Oaks neighborhood. Several nearby businesses jumped aboard, and we appreciate your support.

For 2023, the GOCC will be increasing its focus even more on establishing and growing partnerships: nearby businesses, GO residents, neighboring civic clubs, area schools, and tangential neighborhoods, thus growing our community.

We will do this mainly by expanding our social media presence and scheduling routine social face-to-face gatherings that will hopefully draw a much larger in-person audience, and will allow GOCC to better get to know important and different parts of the community and vice versa. We want to identify commonalities other than just neighborhood, location, or place. We want to identify goals, aspirations, concerns, and issues that we can all share and work on together.

GOCC's program for 2023 will be called the CommUnity Partnership

Program, emphasizing that we hope to find even more unity between us all, and that we will be listening to how we can be a better partner. It works both ways for all involved. A Garden Oaks CommUnity Partnership is \$250 annually, from January to December.

Benefits include:

- A **monthly listing in the Garden Oaks Gazette** newsletter.
- A **visible listing on the gardenoaks.org website**, with a link to the Partner's website, if applicable. *Partners will be listed in the order in which they join, not alphabetically, so it pays to be amongst the first! Listings will be visible for the full year of membership.*
- **Routine mention of our partners on our social media.** We will have dedicated personnel to promote partners on our Instagram page and on our

continued on page 5

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Partnership from page 4

Facebook pages. Our Social Media guru will touch base with each partner regularly to see how we could help promote them. If you have an event or celebration you'd like to promote, we'd be happy to help.

- **Invitations and e-reminders** to our regular monthly meetings and our separate in-person social events.
- **First-hand knowledge of upcoming neighborhood events and potential sponsorship opportunities** (ex: volunteer workdays in the pocket parks, any neighborhood fundraisers, etc.) and first dibs on any involvement therein. Our calendar is still in development, but when we have an event that needs sponsors who will in turn be recognized, we will reach out to our CommUnity Partners first.

monthly Gazette newsletter, maintains the Garden Oaks website, and serves as a contact point for city and community affairs. CommUnity Partnership funds will help the Garden Oaks Civic Club continue its neighborhood/area support and involvement, while also raising the profile of the various Partners.

CommUnity Partnerships will not have voting privileges, per our bylaws, but you are welcome to attend our monthly Civic Club meetings and our scheduled social gatherings.

Partnerships can be purchased at <https://www.gardenoaks.org/contribute-memberships>

GOCC funds the beautification and maintenance of all our area greenspaces, including tree trimming, planting, mowing, weeding, mulching, and keeping the irrigation systems running. GOCC also pays for the publication of our

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COMMUNITY PARTNERSHIP DUES STATEMENT

January – December 2023

A CommUnity Partnership is open to any entity that wants to support the Garden Oaks community. CommUnity Partnerships have no voting rights (only residents, per our by-laws), but we welcome and encourage you to attend monthly meetings.

Membership dues should be paid on/before **January 1st** for the year. All memberships are for the calendar year in which dues are paid (January 1st through December 31st); members joining later in the year will pay full dues (no pro-rating or extending memberships into the following year).

\$ _____ **CommUnity Partnership \$250**

\$ _____ Contribution to Beautification (neighborhood green spaces)

\$ _____ **Total**

Please **mail this completed form along with your check** payable to Garden Oaks Civic Club, PO Box 10273, Houston TX 77206 **or pay online at gardenoaks.org**. You will receive email confirmation of your Partnership payment.

CommUnity Partners will be listed both on the Gardenoaks.org website and monthly in our newsletter, *the Garden Oaks Gazette*, for the entire calendar year.

Business/Entity Name _____

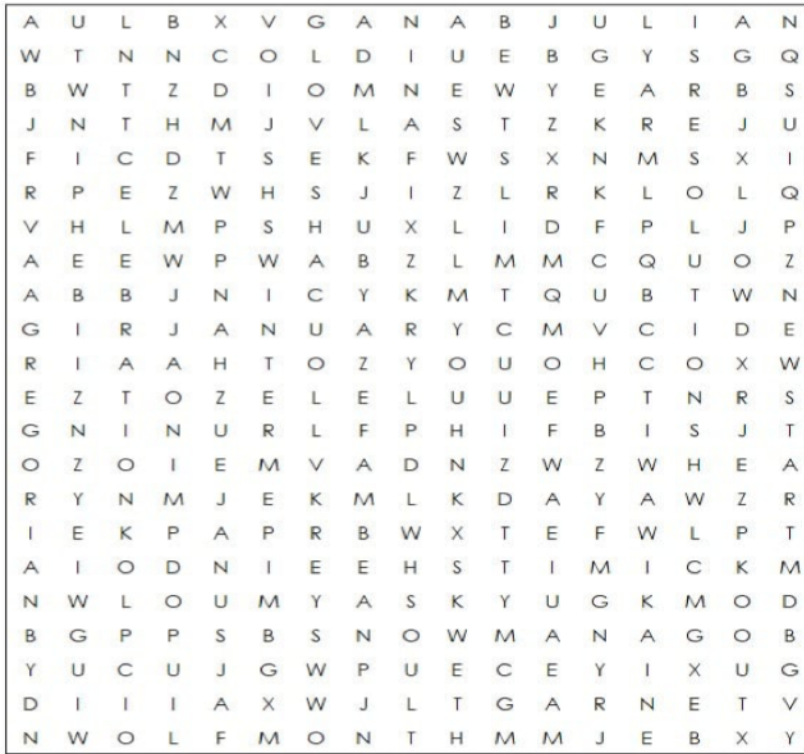
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January Word Search



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Gut Health 101

By Erin Thole, CNHP

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.

The digestive system is our foundation for life. And the bacterial balance, or lack of, is the building block of this foundation. We need beneficial flora (probiotics/ the "good" bacteria) to survive and be healthy. Many factors can throw off our internal ecosystem and wreak havoc on our health and on our 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 kill both the good and the bad bacteria. Many strains of bacteria are 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 disturb the beneficial bacteria of the gut and can thin out the mucous lining of the digestive tract which can lead to leaky gut, auto immune disorders and food and environmental sensitivities.
- NSAIDs, steroids and other anti-inflammatory/pain reduction medications, work by blocking a 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, not ignored). 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, and cause intestinal bleeding and colitis. Examples of NSAIDs (non-steroidal anti-inflammatory drugs) include aspirin and ibuprofen.

continued on page 9

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Gut Health-page 8

Steroids are often used for allergies, arthritis, asthma, Crohn's Disease, eczema, lupus, colitis, psoriasis, skin rashes, etc. Use of steroids like cortisone and prednisone depress 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, can also suppress the immune system and disrupt our ecosystem.

- Antacids, like Tums, Pepto-Bismol, Prilosec, etc. can destroy a person's digestive system. Heartburn, indigestion, sour stomach, etc., are 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 other. These drugs reduce the amount of healthful flora in the digestive tract. In addition, antacids also block the body's ability to absorb minerals your body needs to be healthy, energized, and strong.

- Sugar blocks the body's ability to absorb nutrients and leaves us malnourished. It feeds cravings for more sugar and processed foods. It causes inflammation throughout the digestive system and disrupts our healthy bacteria. It feeds candida yeast/ mold/fungus in the digestive tract, disrupts our hormones, and makes us fatigued, depressed and fat.

continued on page 10



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Gut health-page 9

- Gluten causes inflammation throughout our entire body. Some 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 auto-immune disorders.
- Eating foods that you are sensitive to creates an immune system always on the defense, which can lead to more sensitivities. This also disturbs the natural balance of your gut flora, causing inflammation throughout. It can also lead to auto-immune disorders, depression, fatigue, food cravings and weight gain.
- Antidepressants and anxiety meds do not fix that actual imbalance that is causing the symptoms of depression and anxiety. 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, may actually be caused by imbalances within the gut: food sensitivities, imbalanced gut flora, detoxification issues, and inflammation. Even if there are no traditional digestive issues, the root of the issue is linked back to the gut. These medications disturb the gut flora

even more, cause more inflammation, and encourage more conditions and diseases to take hold.

All of the above perpetrators lead to something called Dysbiosis, of which there are 4 different types: Putrefaction Dysbiosis, Fermentation Dysbiosis, Deficiency Dysbiosis and Sensitization Dysbiosis. You can be experiencing 0,1,2,3 or all types of Dysbiosis at once. Dysbiosis, comes from symbiosis, which means "living together in mutual harmony" and dys- meaning "NOT living together in mutual harmony".

Erin Thole, CNHP has been working in the Functional Medicine field for over 15 year. To request a free consultation: www.erinthole.com

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3. Do you have any leaking water into your home?
4. Are you curious about your roof's condition?

Recently Completed Roofs & Testimonials

- We recently had our roof replaced by State Roofing Company and I would give them a 5 star rating. From beginning to end, Chris & Emily went above and beyond to ensure everything went as promised and was completed on time. The crew was respectful and took the necessary precautions to prevent any damages to our gutters and landscaping. I highly recommend that you use State Roofing. You will not be disappointed.



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Gazebo Park Santa

Thanks to all for the wonderful memories created with Santa and Mrs. Claus this year at their visit in Gazebo Park. Thank you to Marianne Cribbin who provided additional lighting and helped decorate. Also, thanks to Gretchen Seghers and schoolmate, who served as Candy Cane and Periwinkle elves.

Happy New Year from Terry Jeanes, Sally and Jim McDaniel, and of course, Tina Sabuco.



Will You GO to Prom with Me? Garden Oaks Montessori Fungala

Meredith Kimmel, Amy Fleener, Adrian Foy-Rodriguez, Event Co-chairs

SAVE THE DATE

When: February 11, 2023 6pm-11pm

Where: Sheraton Houston Brookhollow Hotel

The Garden Oaks Montessori Magnet (GOMM) PTO will host its annual Spring fundraiser, the Fungala, on February 11. This year's theme is GOMM Prom! The event will be a fun-filled night that allows parents and adults in the community to connect and enjoy an evening out while raising money for our wonderful neighborhood school. Garden Oaks Montessori relies on fundraising to provide high-quality Montessori education to over 800 students from Pre-K through 8th grade.

The GOMM PTO will use funds raised to purchase Montessori materials for classrooms, provide a variety of educational experiences through field trips, feed and house our chickens, and to update playground equipment, which

as a SPARK Park is open to the neighborhood, and so much more!

Please consider supporting GOMM by becoming a sponsor, donating auction items, donating tickets or tables to staff, and/or attending the event. Tickets go on sale January 11, 2023 at 4pm, and for the first 24 hours, discounted ticket and table prices will be offered!

Our community is a special slice of Houston and supporting our local school will ensure that it continues to be a wonderful place to live now and in the future!

For more information about tickets and sponsorship opportunities please visit <https://gopto.org/events/fungala>.

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7:00 am - 6:00 pm

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Saturday

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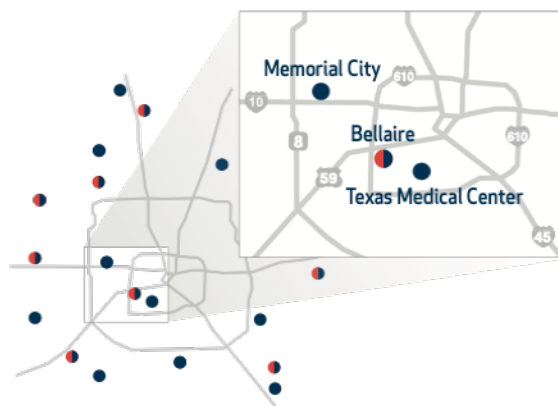
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Welcome, New Neighbors!

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Happy Birthday

Hannah Stender –4th
Evin Dunn4th
Maeve Mc – 5th
Mae T – 8th
Diane Heath –9th
Phil Ramirez - 10th
Erik Martin 24th
Owen H – 30th
Shellye Arnold – 30th
Belated Birthday wishes to Jason Sherber – Dec 14th

Happy Anniversary

Alice & Mark Sarmiento - 30th
Bonnie & Rudy Hernandez

Congratulations to Jackson T. who, while on a Thanksgiving holiday hunt, was successful getting his first deer, a buck.

Out and About

Nick Eoff, Angie Lane and family enjoyed the Allure of the Sea on a Thanksgiving cruise. **Caroline Stender** ventured to Oregon. **Blanche Ragsdale** visited Georgia, seeing family over the holidays. It was a big time in Chicago at the Thanksgiving Parade for **Heights High School Band members**, including **Lauren Seghers**, who performed in the parade. **Vic and Deb Seghers**, proud parents watching the parade, surprisingly bumped into fellow Garden Oaks neighbors, **Tina Sabuco & Shellye Arnold**. **Angela Weltin** spent Thanksgiving in Paris.



Special Thoughts

To Ivan Mayers and Juergen Mueller, who lost their cat Laptop, aka as Girl. She was 19 and a miracle baby.

New to the Neighborhood?

We are glad you are here!

If you'd like a Welcome Packet, please email membership@gardenoaks.org.

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.



2023 DUES STATEMENT (January – December)

Civic Club membership is open to all residents. While membership is voluntary, you must be a paid member to be eligible to vote on civic club matters. Constable Dues are also voluntary and help pay for our Precinct One Constable Deputy on patrol.

Civic Club:

\$ _____ **Basic Membership \$40** (\$20 for seniors 65+)

\$ _____ **Community Household Membership \$100**

Constable Program:

\$ _____ **Annual Constable Supporter (\$250, w/yard signage)**

\$ _____ **Additional Constable Program contribution**

Other:

\$ _____ **Contribution to Beautification** (maintain area green spaces)

\$ _____ **Contribution to Garden Club** (maintain Friendship Garden, 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 gardenoaks.org**

Name: _____

Address: _____

Email: _____ Phone: _____

opt-in for monthly emails re: neighborhood news and meeting notices

Garden Oaks Kids

Sara Mathias, GOKids Admin

Have you heard about Garden Oaks Kids? We are a membership-based community group bringing together neighborhood families in Garden Oaks and surrounding neighborhoods. Each year, we host about six events including Valentine's Day, Easter Egg Hunt, Family Pictures, 4th of July pre-parade breakfast, Halloween, and Christmas. We hope to bring families together to provide long-lasting childhood memories, meet our neighbors, and support our local businesses. A few of our past events have been held at Walking Stick Brewery, Wakefield Crowbar, and the local Garden Oaks parks.

Annual dues are \$85 per family for the 2023 calendar year. After dues are paid for the year, your household family will be invited to the events and there is no additional charge. Scan the QR code below to pay dues and then request to join the GO Kids Facebook group to learn about upcoming events. For more information: Gardenoakskids@gmail.com



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Garden Oaks Civic Club Minutes

Beth Jackson, Secretary

December 6, 2022 @ Great Heights Brewing

Tonya Knauth, President, called the meeting to order at 7 pm and welcomed all to the annual meeting and holiday party.

The brief business meeting consisted of electing a slate of officers to serve GOCC in 2023. Per the Nominating Committee, chaired by Mike Stephens, the following slate was proposed: Tonya Knauth, President, Kevin David, Vice President, Beth Jackson, Secretary, and Paul Vincent, Treasurer. Without objection, the slate was confirmed by a majority of voting members present.

Treasurer's Report

Paul Vincent gave an overview of the current budget at year end, including the approximately \$30,000 raised by the Wine Walk in support of the Constable Program. He then presented the proposed 2023 budget which was printed in the November Garden Oaks Gazette for consideration. The proposed budget was approved.

Current Civic Club finances are available for neighbors to review by contacting treasurer@gardenoaks.org.

The December meeting was adjourned at 7:20 pm, and all were invited to dine and mingle for the balance of the evening.

The next GOCC meeting will be on Tuesday, January 3rd at 7:00 pm at Great Heights Brewing.



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Gazette Advertising Rates/Sizes/Submission Guidelines

Size	Single	Six Months	Twelve Months
2 1/4 W x 2 3/8 H	\$60.00	\$300.00	\$580.00
2 1/4 W x 4 1/4 H	\$90.00	\$450.00	\$870.00
Half Page 7 1/2 W X 4 1/2 H	\$110.00	\$550.00	\$1065.00
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 gazetteads@gardenoaks.org by the 14th 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).

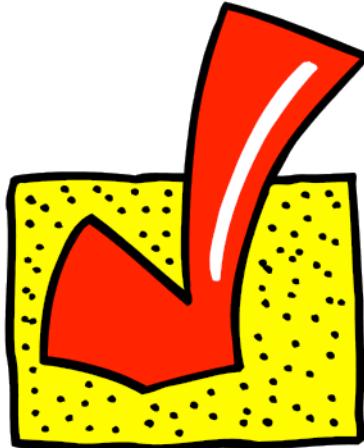




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Mickey's Minute

Mickey Morales

A new year equals a new beginning. The construction on Wakefield is finally complete, although there is still plenty of work to do in the area. We've decided to open things up a bit at the market and begin to source a few new vendors to join our happy band. I'll be making some phone calls and sending emails to some folks that we think may add some interest to our line-up.

The end of January will mark the end of our tenth year serving the neighborhood. It's been quite a journey. As I've stated before, Farmer Cathy and I have been in this game since 2004, and we decided what we wanted was a place to sell our goods in a fair environment with other like-minded people offering produce that they have either raised themselves or products from animals they've care for. And we believe that we accomplished just that, although in a somewhat diminished form from where we started. The last three years have been quite a challenge, beginning with the Covid lockdown, and then just as life

was beginning to return to the new normal, the construction began.

As a side note, we actually prospered at the beginning of the lockdown because we became an alternative to the grocery store. We gathered together a group of vendors who offered all the items that were lacking or simply not available at your normal store. The egg producers (the hens) and Farmer Cathy couldn't keep up with the demand. I pivoted and started offering family meals to folks in the neighborhood as an alternate to all the closures of restaurants.

As life returns to normal, we're no longer quite as unique as we were back then, but we still hold to our course and are thankful for all of y'all who have sustained us through these hard times. So Happy New Year! We look forward to a fresh start and hope all goes well with you and yours.

As always, "Come soon, come often and embrace our chance for a new beginning."

The Farmstand of Greater Heights

9:00 am - 1:00 pm

Every Saturday Rain or Shine

949 Wakefield

Sustainably-grown produce, eggs,
goat cheese, coffee, breakfast tacos and
omelettes, baked goods, jams, and jellies



Constable Statistics November 2022

Data are provided monthly for the contract with the Harris County Precinct One Constable deputy who patrols Garden Oaks. The number of responses is shown for each category.

Alarm Local - 6

Burglary of a Motor Vehicle – 2

Check /Park/School/Business – 18

Civil Process - 6

Contract Check – 176

Discharge Firearms - `

Disturbance/Loud Noise -- 2

Follow Up – 4

Information Call – 5

Meet the Citizen – 64

Suspicious Person/Vehicle – 8

Theft Other –4

Traffic Hazard - 2

Traffic Stop – 10

Vacation Watch – 15



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Choosing a Carbon Monoxide Detector for Your Home

Mitch Weigand

Carbon monoxide poisoning is the leading cause of accidental poisoning in the US. It is an odorless, tasteless, invisible gas.

In the home, carbon monoxide can be formed by any flame-fueled (not electric) device. This includes a gas oven, gas clothes dryer, gas furnace, gas fireplace, gas space heater or gas water heater. Vented properly, the carbon monoxide will escape harmlessly to the outside. If not, the results can be deadly.

When carbon monoxide is inhaled, it interferes with oxygen transport within the red blood cells, causing the body to become oxygen-starved. With low-level poisoning, you may feel like you have the flu or mild headaches and nausea. High levels can result in unconsciousness, permanent brain damage, and death. Infants and children, pregnant women, people with respiratory problems and the elderly are especially vulnerable.

How does a carbon monoxide detector function?

The accumulation of carbon monoxide triggers a chemical or electrochemical reaction within the detector which sounds the alarm. Most detectors require a continuous power supply; some models are available that offer back-up battery power to ensure it


works if the electricity is cut off. Place the detector on a wall nearest your A/C's return air. With multi-level homes that have a second A/C unit, each floor needs a separate detector. Place the upstairs detector nearest the second return air and your home's bedrooms so the alarm is loud enough to wake everyone.

Don't ignore the alarm! It's designed to alert you before you experience symptoms. When it goes off, silence the alarm and get everyone into the fresh air outside. If anyone is experiencing symptoms of carbon monoxide poisoning, call 911 immediately. If this is not the case, ventilate your home, track down and remedy the carbon monoxide before returning inside. Then have all appliances or chimneys checked.

Here's my recommendation

The brands I prefer are Kidde and First Alert. Both are very sensitive to carbon monoxide, are durable (each lasting about seven years), have an easy-to-follow digital read-out and a battery back-up should you lose electricity. Some models even come with a voice prompt that tells you its various alerts.

Mitch Weigand is the owner of Air Wise TM.



Here's what our customers say about us:

“Mitch, a million thanks.”

Joan S., Enchanted Oaks

★★★★★ “My house is not too hot, not too cold, always the right temperature!!!

A wonderful plus as a result of the excellent duct work you did is the house is less dusty.

Mitch, a million thanks for making all of this possible.”



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Air Wise owner Mitch Weigand

JANUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2	3 GOCC Meeting 7 pm	4	5	6  HISD Students return	7 Farm Stand 9am to 1 pm 949 Wakefield
8	9	10	11	12	13	14 Gazette article deadline
15	16 MARTIN LUTHER KING JR. <i>Day</i> 	17	18	19	20	21 Farm Stand 9am to 1 pm 949 Wakefield
22	23	24	25	26	27	28 Farm Stand 9am to 1 pm 949 Wakefield
29	30	31				

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