



June 2023

Volume 45 Issue 06

Garden Oaks *Gazette*

The newsletter of the Garden Oaks Civic Club

Community Garden Renewal

Kathy Gahm, Community Garden Volunteer

The Community Garden, located on Alba Rd between Sue Barnett Dr and Chamboard Ln, has undergone a much-needed facelift thanks to Girl Scout Troop 122224.

Last fall, the scouts approached the garden volunteers about options for a community project to help them achieve the Junior Girl Scout Bronze Award. This award requires that the girls identify, plan, and carry out a project in their community that will make a difference. After a visit to the Community Garden, the troop decided to proceed with the garden renewal project. A fundraiser was held, and other resources were found for funds needed to buy materials.

On Saturday, May 6, the girls, parents, and garden volunteers renovated 6 vegetable garden beds. The troop also harvested vegetables and delivered the produce to the St. Rose of Lima Food Pantry. The girls were proud to share the results of their hard work on Saturday with garden founder and Shepherd Park Plaza resident, Beth Galiano.

The garden, established in 1986 by Ms. Galiano, Jan Koenig, Bob Randall, and Bob Gabrych, is sustained through volunteers and donations. Work days are currently held on Wednesday mornings, but future plans are to hold work days on Saturday mornings to offer additional volunteer opportunities. All volunteers are welcome, with no gardening experience required. A special thanks goes to Astro Fence Company and to Lowe's for their generous donations to this project and to the troop leaders for their support.



Notices

GOCC Meetings:

Tuesday-June 6,

Great Heights Brewing
938 Wakefield — 7 PM
Private Meeting Room

Tuesday, July 4,

Bicycle Parade 9 am,
starting at GOMM Spark Park.
Details in July
Gazette and on social media.

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

IndyQuest Properties, LLC

Great Heights Brewing Company

Nationwide Tools & Supplies

Erin Thole, CNHP – Thole Wellness, LLC

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1002 Althea vicepresident@gardenoaks.org

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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.

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.

Mickey's Minute

Mickey Morales

Where has the year gone? It seems that just the other day I was preparing for my Valentines' Day restaurant takeover and my trip up to Argyle, Texas to cater my friend Matt's mother's end of life celebration. Of course, anyone who has been reading my posts these last two months now knows my life has been anything but normal. At the time I'm writing this post, exactly one month from today my mother should be celebrating her ninety first birthday, and she might well make it. I won't belabor y'all with all the details but suffice it to say I'm stunned at how resilient she has been.

Back to Farmstand business - Farmer Cathy and I continue to be the anchors of the market, along with young entrepreneur Sophia and her never-ending energy and fresh ideas on products to make and sell. There should be a whole bunch of fresh summer veggies available soon as well. Cathy told me just yesterday that she had picked the first eggplant of the season. I personally can't wait to grill some bacon-wrapped okra for y'all. I'm doing my best to create more pantry items for Mickey's pint size pantry

offerings, but people keep bribing me to come to their homes and cook tasty food for their family and friends. I've been busier with my late spring catering business than I can ever remember.

Ideally I'd really like to find some new and interesting vendors to help fill in the gaps. However, I think I'll have to allow this sad chapter in my life to finish playing out. As usual I'll continue to keep my chin up and at least feign a positive attitude. In all honesty, the amount of work being thrown my way is one of the things helping to keep me sane, along with all the puppy dogs and kitties I'm around almost every day.

As always, "Come soon, come often, and ignore that bright yellow orb in the sky that brings the summer heat."

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Wakefield Shuffle Wrap-Up

Thanks to Mike and Emily Stephens for spearheading yet another successful Wakefield Shuffle. Our 2nd annual event brought in \$3290 for the Constable Program!

On an absolutely beautiful Sunday afternoon in April, attendees shuffled up and down Wakefield (and Alba), raising money for the Constable Program, meeting new neighbors, and having a great time outdoors.

Thanks again to these vendors who participated:

William Price Distilling Company
 Decan Urban Winery
 Walking Stick Brewery
 Great Heights Brewing
 Wakefield Crowbar
 D'Alba
 The Canary



Our 3rd annual Wakefield Shuffle will be held during the spring of 2024. Hope to see you there!

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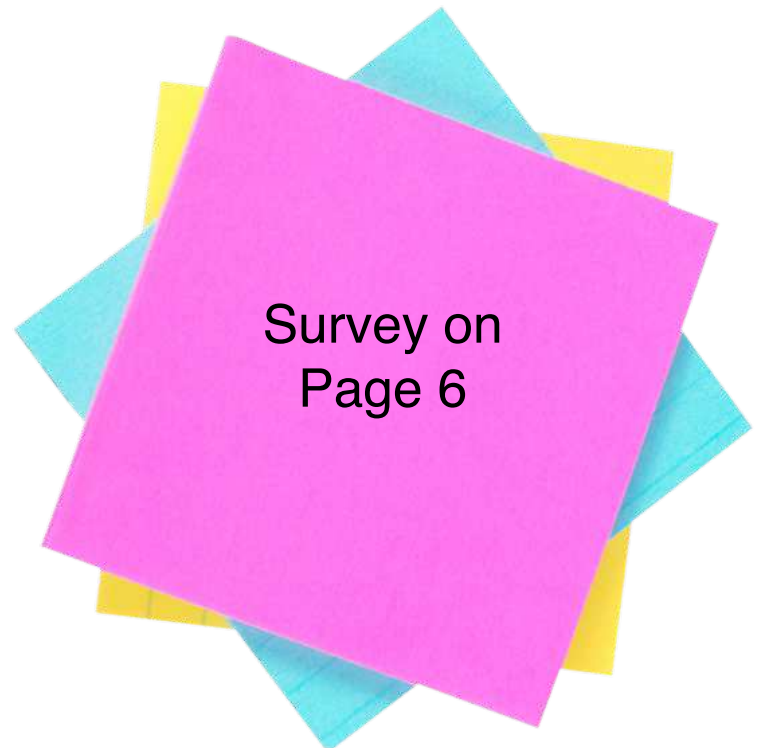
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Garden Oaks Brand Survey

At April's Civic Club meeting, we gathered comments and concerns on the future of Garden Oaks. The goal is to create a refreshed brand identity for the Garden Oaks Civic Club, and this is YOUR chance to voice input and feedback about what makes Garden Oaks special and unique.

Answer the Input Survey. Send it to President@gardenoaks.org, or bring it to the June 7th GOCC meeting.

You can also mail it to Survey at PO Box 10273, Houston, 77206.



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Garden Oaks Brand Survey				
Briefly describe one thing that makes Garden Oaks unique				
Briefly describe one thing that you like least about Garden Oaks				
Briefly describe what you have heard people say about Garden Oaks who have never been there before				
Circle three words or phrases that best describe Garden Oaks currently	Growing Authentic Friendly Innovative Safe Diverse Rich history Close-knit Culturally rich Quaint Progressive Accessible Service hub Natural beauty Charming Business-friendly Welcoming Cosmopolitan Stable Active people Unspoiled Creative Sophisticated Quiet Family-oriented Senior- and Elder-friendly Healthy citizens Tolerant Student-friendly Diverse Other (please specify)			
Circle three words or phrases that best describe what you would like Garden Oaks to be in the future	Growing Authentic Friendly Innovative Safe Diverse Rich history Close-knit Culturally rich Quaint Progressive Accessible Service hub Natural beauty Charming Business-friendly Welcoming Cosmopolitan Stable Active people Unspoiled Creative Sophisticated Quiet Family-oriented Senior- and Elder-friendly Healthy citizens Tolerant Student-friendly Diverse Other (please specify)			

	VERY IMPORTANT	IMPORTANT	NEUTRAL	LESS IMPORTANT	NOT IMPORTANT
IDENTITY / SIGNAGE	Is history important to the identity of Garden Oaks				
	Is innovation and forward thinking important to the community and identity of Garden Oaks				
	Directional and street signage that provides clear wayfinding in the Garden Oaks				
	Signage that defines entry points to the Garden Oaks				
MEDIA	Vibrant social media presence that promotes and connects the Garden Oaks to its community				
	Informative web presence that promotes the Garden Oaks, connecting it to its community				

Constable Program

Terry Jeanes, Program Chair M'lissa & Craig Dilley –Vice Chairs

Update on Garden Oaks Patrol Deputy Jessica Clark, premie daughter Ruby, and dad Matt Schoelles, Border Patrol Agent:

Ruby underwent a successful surgery in early May, yet remains in Memorial Hermann NICU, now at the 6 month mark. As of May 9th, Matt obtained a temporary assignment in Kingsville TX, save just over 4 hours away, still a taxing situation for this family.

If you wish to provide gift cards (Grub Hub as recommended by some GO neighbors), they can be sent direct to Deputy Jessica and family via RiseUp4Ruby@gmail.com. For added help financially to defray mounting costs, daily parking fees, etc., reach out to constable@gardenoaks.org and information will be provided once arranged. Precinct One Constables did a fundraising Fish Fry in May. Thank you to any neighbors who supported that effort.

Have you supported the Constable Program yet? We need you! Pay your dues via the mail OR Pay online. Payment of at least \$250 per household will get you a GO Constable

Supporter sign. That's a mere 65 cents per day!

If you need a new sign, please email constable@gardenoaks.org. A roster of current supporters is available at gardenoaks.org.

Reminder: The Constable Program is paid only by residents' contributions. There is **no mandatory fee** collected.

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

Become a Constable Program Supporter: <https://www.gardenoaks.org/go-constable/>

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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Constable Statistics April 2023

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.

Animal Aggressive - 1	Information Call – 1
Assault - 1	Meet the Citizen – 6
Burglary of Motor Vehicle - 2	Open Door/Window - 1
Check /Park/School/Neighborhood – 24	Solicitors – 5
Civil Process - 5	Stationary Visibility Patrol - 1
Contract Check – 205	Suspicious Person/Vehicle – 11
Disturbance Juvenile - 1	Theft Other - 2
Disturbance/Loud Noise – 7	Traffic Stop – 2
Follow Up – 2	Vacation Watch – 6
Illegally Parked Vehicle - 1	Welfare Check - 1



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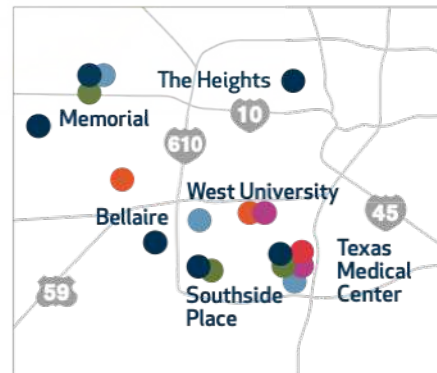


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Garden Oaks Kids

Sara Mathias, GOKids Admin

GOKids is looking forward to our summer activities. Deacon, 6, can't wait to go to the beach. Tristan, 5, is looking forward to a dragon adventure. Odette, 4, is looking forward to her unicorn birthday party and playing in the sand, and Fiona, 2, says the sun is her favorite part of summer!

We are planning our first ever GOKids Gives Back event to teach our children about volunteering. We will be assembling and decorating bags for Kids Meals at Wakefield Crowbar. After volunteering, kids and parents will take advantage of the play area and get to know other families better. If you are interested in donating and/or volunteering for this event, please email gardenoakskids@gmail.com for more information.

We are also planning a breakfast and decorating party prior to the 4th of July parade. There are still many events planned for the remainder of 2023, so if you are interested in joining us, please sign up at <https://gardenoakskids.cheddarup.com>.



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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.

3309 Lawrence #2
713 Sue Barnett
1027 West 41st
227 West 34th
1043 Lamonte
851 West 43rd
1047 Althea
1314 Sue Barnett

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 -
April 24th

Congratulations to

Gretchen Seghers, who was busy collecting medals for speech and debate in late April and early May. Cheers to **Leighton Murphy** for the double hit, pushing the St Rose Girls' softball team to a big win, capturing the Greater Houston Catholic Athletic Association Softball district title. **Morgan Shamblen**, also a team member, played even with a broken hand.

And to **Evan Weltin**, who was named the Waltrip Ram Band Drum Major for 2023-2024 school year.

Alex Feit received her student driver permit. The St. Rose Sports banquet recognized two GO neighbors: **Morgan Shamblin** for volleyball, basketball, track and softball (MVP) and **Reese Sherber** for playing volleyball and running track.



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Out and About

The **de Albas** enjoyed a fabulous trip to French Polynesia. **Cindy and John Bartos** went canoeing and birding at Caddo Lake. **Jaime' and Celeste Zamora** not only enjoyed Carlos Santana at the Woodlands, but also were off on a birthday cruise for Celeste.

Caroline Stender, Terry Jeanes, and former Garden Oaks neighbor **Jana Alsobrook**, enjoyed several days with **Catherine Clark** at her Fredericksburg retreat. **Carl Waters and Leslie Ryan** relaxed in Hilton Head. Lots of GO neighbors were at the Taylor Swift concerts, including the **Sherbers and the Vonder Haars**.

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

New to the Neighborhood?

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If you'd like a Welcome Packet,
please email
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The Power of Walking: Enhancing Physical and Mental Health in Our Neighborhood

Christi Hartley, Editor

Walking, a simple yet highly effective form of exercise, holds immense potential for improving our physical and mental well-being. As residents of our vibrant neighborhood, we have the perfect opportunity to embrace the numerous health benefits that come with regular walking.

Walking helps burn calories, contributing to weight loss and weight management. According to the American Heart Association, a brisk 30-minute walk can burn approximately 150-200 calories. It also helps with cardiovascular health [1]. Walking improves heart health by lowering blood pressure, reducing the risk of heart disease and strengthens the heart muscles. Weight-bearing exercises like walking enhance bone density, reducing the risk of osteoporosis and fractures, especially in older adults [2]. Finally, regular physical activity, such as walking, boosts the immune system, reducing the likelihood of minor illnesses like colds and flu.

Besides the physical benefits there are also mental health benefits. Walking is an excellent stress-reliever, as it helps release endorphins. A study published in the *Scandinavian Journal of Medicine & Science in Sports* found that walking for just 30 minutes a day reduced stress levels and improved overall mood [3]. Engaging in regular walking has been linked to improved cognitive function, including better memory, increased creativity, and sharper thinking skills (4).

Walking in nature or within our neighborhood green spaces fosters a sense of calm, and walking with friends or neighbors helps strengthen social bonds which help reduce feelings of loneliness and isolation [5].

In conclusion, incorporating regular walking into our daily routine is a simple yet powerful way to improve our overall health and well-being. From reducing the risk of chronic diseases to enhancing mental resilience, the benefits of walking are numerous and scientifically proven. Let's embrace the charm of our neighborhood and its walkable paths, parks, and green spaces to create a community that thrives both physically and mentally. Lace up your shoes, step outside, and let's walk towards a healthier future together.

Sources 1. American Heart Association: <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physicalactivity-in-adults> 2. Osteoporosis and exercise: <https://www.nof.org/patients/fracturesfall-prevention/exercisesafe-movement/osteoporosis-exercise-for-strong-bones/> 3. Study on walking and stress reduction: Hansen, A. L., et al. (2001). The effects of exercise training on anxiety: A meta-analysis and meta-regression analysis of randomized controlled trials. *Scandinavian Journal of Medicine & Science in Sports*, 21(6), e354-e362. 4. The influence of walking on cognitive function: Hamer, M., & Chida, Y. (2009). Walking and primary prevention: A meta-analysis of prospective cohort studies. *British Journal of Sports Medicine*, 43(4), 238-243. 5. Walking in nature and mental health: Bowler, D. E., et al. (2010). A systematic review of evidence for the added benefits to health of exposure to natural environments. *BMC Public Health*, 10(1), 456.



Garden Oaks Civic Club Minutes

Beth Wiedower Jackson, Secretary

Tuesday, May 2, 2023 @ Great Heights Brewing

The meeting was called to order at 7:30 pm by President Tonya Knauth after a half hour of social time. Tonya recognized Kate Dentler, Chief of Staff for District C Council Member Abbie Kamin. The April 2023 minutes were approved. There was no Treasurer's report.

NEW BUSINESS

Tonya introduced Monica Bray, a GO neighbor with a proposal to **slow traffic in Section 4**, specifically on Apollo. The COH won't allow single street speed bumps. Discussion ensued re: is there a need for a public awareness campaign to make neighbors aware of their speed? There is no budget in the current Golf Drive (road construction) project to add speed bumps as were included in the Alba project. GOCC would need to raise funds for speed bumps in Section 4, if desired. The pursuit/designation of GO as a Heritage District would emphasize our interest in protecting the neighborhood, including traffic controls such as speed bumps.

Sara Mathias with GO Kids spoke about the **revitalization effort** for the green space at the corner of Golf & Judiway, American Legion Park. GO Kids requested GOCC donate \$250 in support of the current fundraising campaign. A motion passed unanimously.

Tonya announced that Beth and Adam Jackson have moved out of GO, sadly, and we are looking for a **new GOCC Secretary**. If interested, please contact president@gardenboaks.org.

OLD BUSINESS

The GOCC branding campaign is still active and online. Please send in your surveys so our branding consultant can collect feedback and input as part of the process.

The North Shepherd clean-up day was rescheduled for May 20th. Meet in Sears parking lot across from Aldi at 9:00 am. Contact Pam Parks, beautification@gardenoaks.org.

(continued on page 15)



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(Minutes from page 14)

Mike Stephens reported that the Wakefield Shuffle raised \$3290 for the Constable Program in 2 hours with 4 volunteers. Feedback from bars was that the bartenders and staff were very appreciative of tips and patronage. Thanks to all who participated!

As an update on the status of a sidewalk alongside Sue Barnett, the City of Houston's CIP's Phase 3 includes Sue Barnett with one sidewalk between 43rd Street and GOMM. Phase 3 has not yet been funded; it is not part of the City's 5-year plan. However, GOCC reached out to CM Kamin's office and she advocated for the project and it is now on the city's radar screen. Construction between 43rd Street and the school will begin at the end of May 2023 to install a sidewalk on the west side of Sue Barnett, to be completed by fall 2023.

The evening's raffle winner, Tina Nieto, won a gift card to Another Place in Time donated by Shell Kennedy of Kennedy's A+ Construction, in Section 1. Congrats!

The next meeting is Tuesday, June 6th at 7:00 pm at Great Heights Brewing Co.

With no further business, the May meeting of the Garden Oaks Civic Club concluded at 8:27 pm.



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June Gardening Tips

Excerpted from the Houston Chronicle (Kathy Huber)

It's June, it's hot, and it could be too wet or too dry.

It's hurricane season. Remove dead or broken tree limbs to avoid damage during high winds. Shut off the sprinklers while there are heavy rains.

On the other hand, as temperatures rise, it quickly can become dry. When this happens, it's important to water wisely. That is — water slowly and deeply to moisten the soil several inches down. Water early when the temperatures are lower and there's less wind.

Keep an eye on potted plants, as they may require daily watering during the high heat.

Here are seven things you can do in the garden right now:

1. Plant flowers. There are many colorful choices to add to the summer garden: angelonia, black-eyed Susan, blue butterfly bush (*Clerodendrum ugandense*), bird of paradise (*Caesalpinia* spp.), bulbine, canna, celosia, cleome, coleus for sun or shade, cuphea, duranta, esperanza, gaura, ginger, torenia, hibiscus, lantana, oleander, pentas, periwinkle, plumbago, plumeria, moss rose, purple coneflower, purslane, ruellia, russelia, salvia, shrimp plant, star grass, summer phlox, sunflower, sweet potato vine, melochia and zinnia.

2. Plant basil, mint, rosemary, eggplant, melons, okra, Southern peas and sweet potato slips.

3. Mulch mow St. Augustine at 2½ to 3 inches to leave enough blade to shade the soil and conserve moisture.

4. Snip spent flowers off annuals, perennials and roses to encourage more blooms.

5. Keep an eye out for aphids, lacebugs, mealybugs, scale and whiteflies. Try the least toxic pesticides first to discourage pests.

6. Mulch. Using 2 to 3 inches of an organic mulch will conserve soil moisture, moderate soil temperatures and discourage weeds.

7. Become a bird-watcher. It's great educational entertainment for you and the kids. Place a bird feeder in the garden and fill with seeds to attract various species. Accent a bed with an attractive birdbath, and keep it filled with fresh water.





SUMMER WORDSEARCH



T	B	W	A	R	M	S	T	E	N	N	I	S	R	W
W	S	U	M	M	E	R	J	C	O	O	K	O	U	T
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G	P	E	B	E	Z	W	Y	H	F	T	V	B	R	C
C	O	B	C	U	L	L	A	B	E	S	A	B	T	L
W	O	Z	A	H	O	T	F	I	K	H	C	A	E	B
Z	L	E	M	O	N	A	D	E	D	I	M	U	H	Z
H	N	K	P	N	O	C	S	A	N	D	H	Q	W	D
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- Word List**

 - Barbeque
 - Baseball
 - Beach
 - Camp
 - Cookout
 - Heatwave
 - Hiking
 - Hot
 - Humid
 - Kite
 - Lemonade
 - Ocean
 - Picnic
 - Pool
 - Sailing
 - Sand
 - Summer
 - Tennis
 - Travel
 - Warm

SUPPORTING OUR COMMUNITY SINCE 1964



Mon, Weds, Thurs, Fri:
 7:00 am - 6:00 pm
By Appointment Only

Tues:
 7:00 am - 7:00 pm
 Vet's Hours - 8am - 6:20pm
By Appointment Only

Closed Weekends

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NEW CLIENTS RECEIVE 10% OFF FIRST VISIT



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

A/C Facts - True or False? Part One

Mitch Weigand

It's more efficient to let your A/C run during the day at a higher temperature than to turn it off and then re-cool your home once you arrive in the evening.

TRUE If you shut your A/C off when you leave home during the day, it costs more and takes longer to cool once you return in the evening. The answer is to keep it on but raise the temperature. I recommend keeping your temp no higher than five degrees above your normal operating level.

Installing any size energy-efficient A/C will automatically save you money.

FALSE Installing an energy-efficient A/C can help, but only if it's sized correctly. Bigger is not always better. If your A/C is too big for your home, it will not remove humidity effectively and you wind up with air that's cool but also damp and clammy. If the A/C is too small, it will struggle to keep your room cool and never really cycle off.

Just change your filter when you feel like it. Once a month, once a year, whatever.

FALSE Your A/C system is dependent on unimpeded air flow to

cool your home efficiently. A clean filter will remove dust and pollutants before they reach the evaporator unit in your attic where the air is cooled. A dirty filter restricts air flow. The ability of your system to produce cool air is decreased to the degree that air flow is impeded. Lack of air flow also stresses the compressor in the outside condensing unit. The number one reason for premature failure of compressors is a dirty filter. I recommend that you use pleated filters, and change once a month in the summer.

Leaving a ceiling fan on while you're gone will help cool a room.

FALSE Ceiling fans cool people, not rooms. They circulate the air, thus creating a draft which makes you feel cooler by evaporating the moisture on your skin. However, this won't lower the temperature of the room. During the summer, make sure your fan is set to run counter-clockwise so it directs air downward to create a breeze.

Part two in next month's issue of the Garden Oaks Gazette. TM
Mitch Weigand is the owner of Air Wise

Here's what our customers say about us:

"I felt very safe with Mitch's crew."

Wanda M., Shenandoah

★★★★★ "I appreciate the prompt and efficient manner that Air Wise used to install my new air conditioner. The old one stopped on a hot day, and since I am 84 years old, it was life saving to get it replaced quickly. I also really appreciate your efficient and polite crew.

I felt very safe with them here since I live alone."



Air Wise owner Mitch Weigand



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JUNE 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Farm Stand 9am to 1 pm 949 Wakefield
4	5	6 GOCC Meeting 7 pm Garbage, Yard Waste, and Recycling	7	8	9	10 Farm Stand 9am to 1 pm 949 Wakefield
11	12	13 Garbage, & Yard Waste	14 Flag Day	15 Junk Waste	16	17 Farm Stand 9am to 1 pm 949 Wakefield
18 Father's Day	19 Juneteeth	20 Garbage, Yard Waste, and Recycling	21	22	23	24 Farm Stand 9am to 1 pm 949 Wakefield
25	26	27 Garbage, & Yard Waste	28	29 Eid al-Adha	30	

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