

# HYDE • PARK

DECEMBER 2018

www.facebook.com/groups/HydeParkUnited/

hydeparkhouston.org

## Letter from the Vice President



Howdy Hyde Park,

Two thousand eighteen... where have you gone? It's the last month of the year and we are winding down on our yearly activities. Elections for some Board positions was held at our last monthly meeting. Although we had a

small crowd at the meeting due to the national election, we had a wonderful group join us for a great presentation by Courtney Sellers, Executive Director of Montrose Grace Place (the drop-in night for homeless LGBTQ youth). We learned a lot about the work that Montrose Grace Place does for homeless youth and the expansion to twice weekly service. We also had a boisterous happy hour at Hay Merchant on November 14.

### BOARD ELECTIONS AND VACANCIES

We held elections for the positions of Vice President, Treasurer and two Deed Restrictions Committee members on November 6th. All positions were filled by returning volunteers – Chris Delphin, Vice President, Veronica Faubert, Treasurer, Mike McKann, Deed Restrictions Committee Chair, and Barry Baumgarten, Deed Restrictions Committee Member. Following the election, at the succeeding Board meeting, Ellen Pollard volunteered to fill the position as Secretary. The Board subsequently appointed Ellen to the position.

As noted before, there are additional vacant roles on the Board: President and Volunteer Coordinator. These roles require different levels of time commitment. If you are interested in either of these roles, please contact [vicepresident@hydeparkhouston.org](mailto:vicepresident@hydeparkhouston.org).

### NO GUEST SPEAKER FOR JANUARY

We will skip a guest speaker on Tuesday, January 8th, in favor of a chance for residents to give some feedback to the Board on what you would like to get out of your membership in the civic association and help set the priorities for the Board. We will have guest speakers starting in February, so if you have any ideas for guest speakers, please send them to [vicepresident@hydeparkhouston.org](mailto:vicepresident@hydeparkhouston.org).

### HOLIDAY DINNER AT RIVA'S

We will skip the December general meeting and, instead, come together for a great meal at Riva's on December 3rd at 7pm. Hope you join us! As those of you who have attended before can attest, it is a visual and tasty treat! Tickets can be purchased in advance (\$20 per person) by visiting the HPCA website. You can also purchase tickets at the door (\$25 per person). Any new members that sign-up at the dinner will receive a free Gund Christmas ornament!

### WHAT'S GOING ON

I hope you got the chance to check out the Montrose neighborhoods happy hour, which was organized with the support of our fellow civic association, Winlow Place. It took place at St. Stephen's Haven's Center. I missed the good times, but I heard there was a large group that met up and shared stories and wine. We'll let you know if they organize another Montrose area happy hour.

This newsletter may be delivered after we trim the Christmas tree on December 1st. I hope you join(ed) us!! The tree is donated to HPCA for display in Lamar Park by Dimitri Fetokakis, owner of neighborhood gem, Niko Niko's. Dimitri makes this donation in remembrance of Christmas with his father, Chrysanthos Fetokakis. We truly appreciate Dimitri and his family's contribution to our own holiday tradition.

There will be a fundraiser at Kindred on December 8th benefiting Montrose Grace Place – the annual Ginger Bread House Competition. Feel free to stop by and join in the competitive or decorative fun making the tastiest housing complex in Montrose.

We will once again do some caroling in Lamar Park on December 19th, from 6:30-7:30 pm. Thanks to the generosity of Past-President, George Sroka, we have lights to hang in the central area of the park where we will be gathering. Fellow Hyde Parkers Bill Galbraith and Emily Standish will lead us in some holiday songs! Come join us for some fun and hot cocoa!

See ya,

Chris Delphin, Vice President

### This Month

#### HPCA Holiday Dinner

Dec. 3rd at 7pm

@ Riva's

#### INTERVIEW

w/Denise Saad,  
from People's  
Acupuncture TX  
page 3



#### CHRISTMAS CAROLING

Dec. 19th, 6:30-7:30pm

@ Lamar Park

### Next Month

#### HPCA MONTHLY MEETING

*Open Forum*

Jan. 8th, 2019 6:30pm

@ Rudyard's Upstairs

#### HAPPY HOUR

January 17th, 2019

6-8pm

@ Stone's Throw

#### Non-Emergency Contacts

HPD Westheimer Storefront  
(832) 394-9900

HPD Non-Emergency (713) 884-3131

Dial 311 for City Helpline

# 2019 HPCA Board of Directors Announced

*Submitted by Past President Macy Bodenhamer*

At the November 6 monthly meeting, slated candidates up for re-election were unanimously voted into office. Board of directors' terms are staggered every other year, serving two-year terms with a maximum of two terms. The Board is pleased to announce that it named resident and former Membership Committee Co-Chair Ellen Pollard to the formerly vacant position of secretary. Welcome on board, Ellen!

Major kudos to these dedicated volunteers for committing their time and efforts on a monthly basis to keep our neighborhood informed, protected and united!

If you are interested in serving on the board or volunteering in any capacity, contact [president@hydeparkhouston.org](mailto:president@hydeparkhouston.org). HPCA is always in need extra hands, so please consider donating your time, if only a few hours a month. Find more about board roles and terms in the Bylaws posted on [www.hydeparkhouston.org](http://www.hydeparkhouston.org).

## OFFICERS

- President – vacant
- Past President – Macy Bodenhamer
- Vice President – Chris Delphin
- Treasurer – Veronica Faubert
- Secretary – Ellen Pollard
- Deed Restrictions Chair – Mike McKann
- Deed Restrictions Committee Member – Barry Baumgarten
- Deed Restrictions Committee Member – vacant
- At-Large Director – Pastor Ashley Dellagiacomo

## KEY VOLUNTEERS

- Newsletter Editor – Heather Almquist
- Newsletter Coordinator – Lori Corwin
- Membership Committee Chair – Helen Zunka
- Advertising Coordinator – Carlos Fernandez
- Citizens on Patrol Coordinator – Bill Galbraith
- Resident Photographer – Sara Fernandez

## BOARD/COMMITTEE CONTACTS

PRESIDENT – VACANT  
[president@hydeparkhouston.org](mailto:president@hydeparkhouston.org)

VICE PRESIDENT – Chris Delphin  
[vicepresident@hydeparkhouston.org](mailto:vicepresident@hydeparkhouston.org)

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TREASURER – Veronica Faubert  
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PAST PRESIDENT – Macy Bodenhamer  
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DEED RESTRICTIONS – Mike McKann  
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LAMAR PARK – VACANT  
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VOLUNTEER COORDINATOR – VACANT  
[volunteer@hydeparkhouston.org](mailto:volunteer@hydeparkhouston.org)

## CORRECTION

The November 2018 newsletter credited the wrong person for the DJ Sun interview. The interview was by Jasmine Richardson. The editor regrets the error.



## Time to Join HPCA for 2019!

All new HPCA members who sign up at our Holiday Party at Riva's will receive a Gund Christmas ornament.

# A Path to Peace: Interview with HPCA's Resident Acupuncturist

*Interview and edited by: Heather Almquist*

*Denise Saad, a long time Hyde Park resident, began treating her patients in her home in 2010. Since 2010 her clinic has grown to a community clinic model, and People's Acupuncture Tx is now located at 1417 Richmond Ave, Suite B. The clinic has a total of three acupuncturists, allowing it to be open 6 days a week, all day long. They currently treat about 100 patients a week. You can make an appointment or find out more about how acupuncture might help you at the website, <http://www.peoplesacupuncturetx.com>.*



## **Tell me about how you first became interested in studying acupuncture?**

When I was in elementary school, I did an acupuncture project. I don't remember why, but my mom still has it sitting in the house. It is a Styrofoam head, and I got pins and put them on the meridians. I don't know how I got interested in it, but that's what I did. Later in life, I was doing a lot of Kung Fu and Tai Chi, and I wanted to know more about energy moving through the body. I lived near an acupuncture school, and I knew people going to it. I wanted to know more about energy, and I had a pretty flexible job, so I decided to enroll in school and see what it is all about. I got into school, quit my job, and decided to do school full time.

## **Tell me about the journey to becoming an acupuncturist? What's the education involved?**

It is a four-year master's degree. You learn a lot of Western medicine in it, because you need to know how to refer out if you see people with serious conditions. In the State of Texas you are required to have an herbal degree as well – so you do a lot of herbal medicine, along with the acupuncture part of it.

## **How would you describe acupuncture to someone who knows nothing about it?**

You have pathways of energy flowing through the body, and when the energy gets stuck in one of those pathways you get sick in different ways. Acupuncture helps get the energy moving through those pathways better.

## **Do you have any myths or misconceptions about acupuncture that you would like to clear up for people?**

*People think it might hurt.* It really doesn't hurt most of the time. Sometimes you might hit a nerve or a blood vessel and might get a little shock, but it doesn't really hurt. The needles are very thin and they're not like the hypodermic needles that you get shots with from your doctor.

*It's not magic.* It can do magical things, but it's not going to cure cancer or cure fatal illnesses. It is really about getting the body to work better than what it's doing.

## **How does Eastern medicine philosophy differ from Western medicine philosophy? How do you get it to work together?**

Chinese medicine is more preventive. Whereas if you break your arm, you don't go to an acupuncturist, you go to the doctor. If you get something like a cold, acupuncture and herbs have a better chance of getting you better faster. It isn't masking the symptoms, and really boosting the immune system so you can kick the cold faster. Western medicine masks things more. If you have pain, here's a pain killer – not 'let's get the inflammation down' and get the circulation to heal the wound.

## **What kinds of issues do patients seek treatment for?**

I see a lot of everything. I'm usually a person's last resort. They've been to every doctor and had every test done, and they're still feeling bad and looking for an alternative because they didn't get relief from everywhere else they've tried. I see things seasonally – cold season I see a lot of colds, in the spring people are more active and so I will see more sports injuries. I also see people for fertility, headaches, and a lot of stress and anxiety.

## **What can a patient expect during a visit?**

We talk about any issues the patient might be having. Try and see if any connections can be made with their symptoms. Western medicine sees each thing individually, but with Chinese medicine we look at the pattern of what's going on. Then we check a person's pulse and tongue. That shows what the body is doing. From there, we put needles in the spots that need it. At my clinic people get to keep the needles in as long as they want.

## **How does that differ from other clinics?**

Well my clinic is a community clinic. Which means that everyone gets treated in the same room, in the same space [after a private consultation]. Whereas a more traditional treatment would be a private room setting.

Continued on the next page >>>

## BLOCK CAPTAINS

### Bomar

Greg Jeu & Jim Hurst 281-541-6756

### California / Westheimer

Cecilia Kammer 832-788-1586

### Commonwealth

Laura Lark 713-550-6226

### 2516 Commonwealth

Mark McCreary

### Fairview

Irene Dahlgren 713-299-5190

### Hyde Park / Hyde Park Apts.

Linda Carter 713-524-2952

Pat Courtney 832-860-1814

### Hyde Park Crescent

Carlos Fernandez 713-520-7017

### Hyde Park Townhomes

Clint Harbert, 832-428-0158

### Indiana / Yupon

Alice McCarthy 713-521-5807

### Jackson

Nelson Vergel 713-539-1978

### Maryland

Finis Cowan 713-582-6066

### Michigan

Tom Whitworth 713-523-8035

### Missouri

Veronica Faubert 786-427-7422

### Montrose/Waugh

Carolina Sierra 713-446-8213

### Peden

Lori Corwin 832-582-6520

### Vermont

Peter Forbes - 832-921-3464

### Welch

Scott and Lina Rigrod 713-528-2791

Cliff Jones 713-524-3055

### West Drew

Mike McKann 713-526-6777

### West Gray / Hazel

Roy Brooks 832-691-6587

### Willard

Delia Isabel Cuellar 832 819-0813

### Yoakum/Van Buren

Macy Bodenhamer 713-201-5810

Block captains: Notify  
vicepresident@hydeparkhouston.org  
of any changes in contact information.

## INTERVIEW WITH DENISE SAAD (CONTINUED)

### What made you choose that clinic model?

Personally, I like community clinic treatments better when I am getting treatments. I like having other people around. I like the feeling of the group. With community style, you can be more flexible with how much you charge people – so we do a sliding scale. When I moved to Houston, I was really worried because there was a lot of acupuncture clinics here and there's a school. I thought it would have a hard time, but there weren't any community clinics here when I showed up. It seemed the perfect thing to introduce to Houston.

### How often should people come, and when should a patient see results?

In general, we tell people to come once a week for about a month. We will then reevaluate to see how people are responding. Some people notice changes right away, whereas other people it's not until they go home and have a good night's sleep or move around a bit before they notice a difference. If someone has something acute going on, like someone fell and they are having trouble walking, they can come twice a week for a short period of time.

### How do the herbs work in conjunction with acupuncture?

The herbs continue your treatment while you're not there. If you're lacking something to make the body do the right thing, they add to the treatment. For a cold we might offer an antiviral herbal that will help clear it out faster. Allergies are where the herbs work really well. If you're congested, it can keep you from coughing and sneezing a lot. They are really a supplement to whatever you're treating in clinic.

### What would you like to say to your Hyde Park neighbors?

What I like about this clinic is that we are a referral-based business. A lot of times someone will come and they really like it and they tell all their friends. Sometimes you come into the clinic and everyone knows everyone there. That's a really nice feeling. When I first moved, I had an ad in the [HPCA] newsletter, and that's how I met a bunch of neighbors that way. I found that to be really nice. It's nice being in a supportive neighborhood!

# 3rd Annual Gingerbread House Competition

## Benefitting Montrose Grace Place



**Saturday, December 8th**

Sign In starts at 1pm  
Competition at 2pm  
Entry Fee: \$35 for a team of three  
Each additional team member: \$15

Get Tickets at  
[tinyurl.com/MGPGingerbread](http://tinyurl.com/MGPGingerbread)



# Hyde Park Christmas Balls

## INGREDIENTS


- 1 and ½ cups all-purpose flour
- ¼ cup Droste dutch-processed cocoa
- ¼ teaspoon salt
- ½ teaspoon baking soda
- 1 stick unsalted butter, softened
- 1/3 cup firmly packed dark brown sugar
- 1/3 cup honey
- 3 and ½ squares of semi-sweet Scharffen Berger chocolate (approx. 7 oz.)
- crushed candy cane (put the candy cane in a zip lock bag and use a wooden spoon or rolling pin to crush)

## DIRECTIONS

- 1.) Combine flour, cocoa, salt and baking soda in a bowl and use a whisk to mix thoroughly.
- 2.) In a second bowl, cream butter and sugar. Beat on medium until thoroughly combined. Add honey and beat on medium until light and fluffy. Slowly add dry ingredients from Step 1 a few tablespoons at a time and beat on low until combined. It will be a very stiff dough, and you will need to progress slowly and scrape the bowl as needed.
- 3.) Roughly chop the chocolate and fold into the dough. Cover and refrigerate for 30 minutes.
- 4.) Preheat the oven to 350F.
- 5.) Use a teaspoon to scoop the dough. Form into a ball with your fingers or roll in the palm of your hands. Roll in crushed candy cane. Place on cookie sheet 1 and ½ inches apart. You can fit 24 to 28 balls on each cookie sheet.
- 6.) Bake on the middle rack for 9 minutes. Let cool. Use spatula to remove from cookie sheet.

*Makes approx. 80-84 balls. You can refrigerate the dough for up to a week or freeze it for up to a month.*

*Recipe submitted by Helen Zunka, taste tested and approved by HPCA board. Taste them for yourself when you join us for Christmas Caroling in Lamar Park on December 19th from 6:30 to 7:30pm. See you then!*



MONDAY DECEMBER 3, 2018, 7PM  
RIVA'S  
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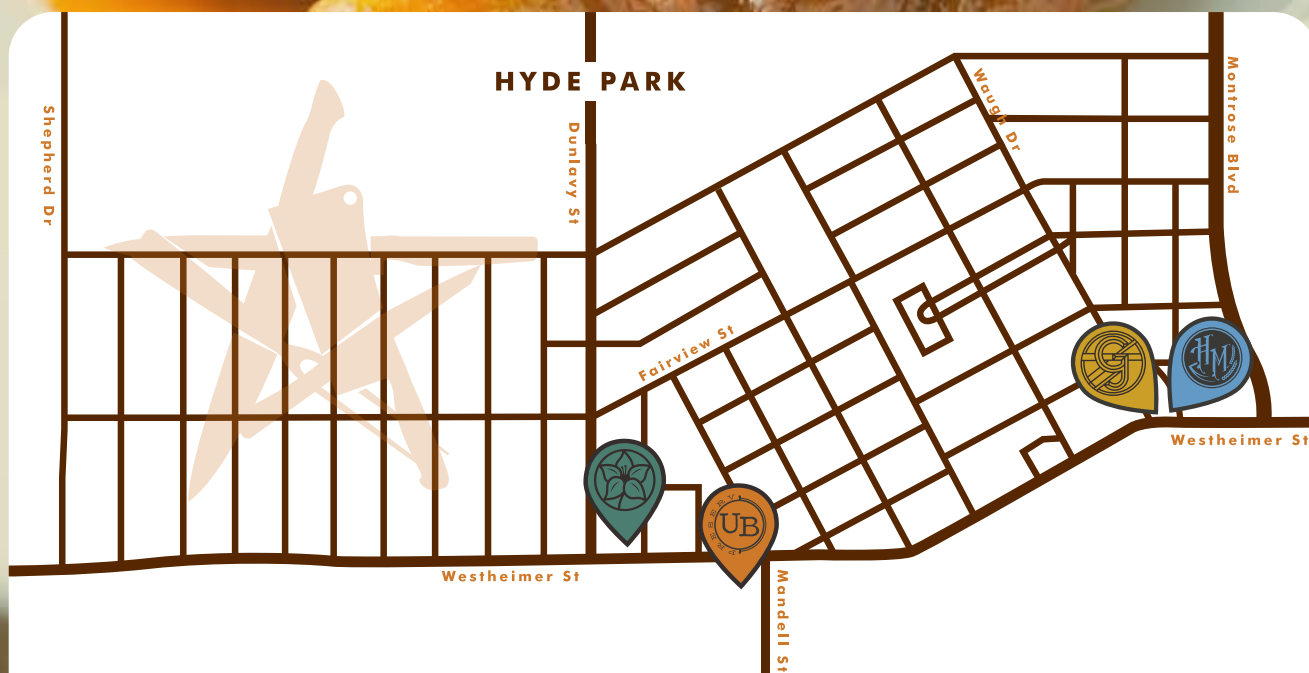
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## Christmas is Almost Here and There is so Much to See

Submitted by Mary Ellen Whitworth

Many theaters have Christmas plays that are family friendly. Here are a few ideas:

### **STAGES REPERTORY THEATER -3201 ALLEN PARKWAY-713-527-0123**

***The Ultimate Christmas Show (abridged)***

November 7 to December 23

***Panto Star Force***

November 21 to December 30

***Who's Holiday (suitable for adults only)***

December 5 to December 30

While you are at Stages, check out the construction of The Gordy. The building will have three performance spaces, rehearsal and education studio, a parking garage and a new green space. The current building will be redeveloped to include restaurants and retail space.

### **THE ENSEMBLE THEATRE -3535 MAIN ST.-713-520-0055**

***Christmas is Comin' Uptown***

November 15 to December 29

*"A Christmas Carol" gets a jazzy and colorful makeover.*

### **MAIN STREET THEATRE-2540 TIMES BLVD.-713-523-6706**

***Miss Bennet: Christmas at Pemberley***

November 23 to December 23

*This play was so popular last year that they are staging it again.*

### **FOURTH WALL THEATRE COMPANY-STUDIO 101, 1824 SPRING ST.-832-786-1849**

***Pride and Prejudice***

November 30 to December 22

*Mr. Darcy, played by Jason O'Connell, comes to Houston from New York for the production. He'll not only direct 4th Wall's production, he'll also reprise his role as Mr. Darcy.*

If this is not enough to entice you to get off the couch, there are numerous musical and dance productions to choose from. Remember to support our vibrant art community with a year end donation.



## Happy Hour at Present Company

Submitted by Ellen Pollard

October 24 was a dreary, rainy night. But even so 10 hardy souls walked up to Present Company. We enjoyed a fun night of food, drink and camaraderie. We enjoyed all who came but missed some of our regulars- Cliff (and it was raining!), Veronica, and Patty and Joe!



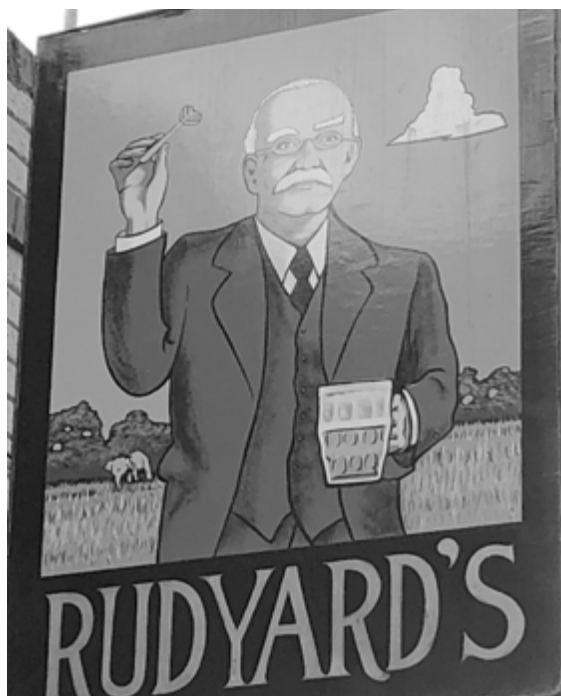
# Hyde Park Civic Association – 2019 Monthly Meeting Schedule

*Submitted by Past President Macy Bodenhamer*

Monthly meetings are open to the public and held on the first Tuesday of each month at 6:30pm, with the exceptions of holidays and others noted below. Rudyard's British Pub generously donates their upstairs space to host our meetings. Come early or stay late to enjoy their delicious food and beverages!

Volunteers work to secure guest speakers of general interest to the community each month. If you have a topic that you'd like to learn more about or want to suggest a guest speaker, contact [president@hydeparkhouston.org](mailto:president@hydeparkhouston.org).

- January 8
- February 5
- March
- April 2
- May 7
- June 4
- July – summer break, no meeting
- August 6
- September - TBD
- October – National Night Out TBD
- November 5
- December – HPCA Holiday Party TBD



# HPD Crime Reports for Oct 2018

*Submitted by Jim Pollard*

Crime	Date	Location
Agg Assault	10/27/2018 22:50	1200 Block WESTHEIMER RD
Agg Assault Elderly/Disab	10/23/2018 6:47	1000 Block WESTHEIMER RD
Auto Theft	10/18/2018 10:18	2200 Block WAUGH DR
Auto Theft	10/21/2018 10:31	1700 Block COMMONWEALTH
Auto Theft	10/25/2018 15:26	1500 Block CALIFORNIA ST
Auto Theft	10/27/2018 19:38	1500 Block CALIFORNIA ST
Burglary Building	10/1/2018 6:27	1000 Block WESTHEIMER RD
Burglary Building	10/1/2018 6:44	1300 Block WESTHEIMER RD
Burglary Motor Vehicle	10/2/2018 15:41	1000 Block WESTHEIMER RD
Burglary Motor Vehicle	10/4/2018 6:27	1500 Block CALIFORNIA ST
Burglary Motor Vehicle	10/5/2018 23:31	1700 Block COMMONWEALTH
Burglary Motor Vehicle	10/8/2018 14:28	1000 Block WESTHEIMER RD
Burglary Motor Vehicle	10/11/2018 11:16	1500 Block CALIFORNIA ST
Burglary Motor Vehicle	10/15/2018 20:41	900 Block WESTHEIMER RD
Burglary Motor Vehicle	10/23/2018 17:48	900 Block WESTHEIMER RD
Burglary Motor Vehicle	10/23/2018 17:59	900 Block WESTHEIMER RD
Burglary Motor Vehicle	10/24/2018 12:55	900 Block WESTHEIMER RD
Burglary Motor Vehicle	10/24/2018 22:33	1000 Block WESTHEIMER RD
Burglary Motor Vehicle	10/24/2018 23:01	1100 Block WESTHEIMER RD
Burglary Motor Vehicle	10/25/2018 12:03	900 Block WESTHEIMER RD
Burglary Motor Vehicle	10/25/2018 14:56	900 Block WESTHEIMER RD
Burglary Motor Vehicle	10/27/2018 11:08	1200 Block WESTHEIMER RD
Burglary Motor Vehicle	10/29/2018 23:31	1000 Block WESTHEIMER RD
Burglary Motor Vehicle	10/30/2018 6:36	1100 Block WESTHEIMER RD
Burglary Motor Vehicle	10/30/2018 13:44	900 Block WESTHEIMER RD
Robbery	10/3/2018 1:50	1100 Block HYDE PARK BLVD
Theft- All Other Items	10/1/2018 13:34	1000 Block WESTHEIMER
Theft- All Other Items	10/10/2018 22:42	1000 Block WESTHEIMER RD
Theft- All Other Items	10/23/2018 12:11	1700 Block MONTROSE BLVD
Theft- All Other Items	10/29/2018 15:29	1400 Block HYDE PARK BLVD
Theft- Bicycle	10/21/2018 12:42	1300 Block WESTHEIMER RD
Theft- From Building	10/5/2018 21:07	900 Block WESTHEIMER RD

## CITIZENS PATROL REPORT FOR OCTOBER 2018

Hours patrolled by car = **24.49**

Hours patrolled on foot = **64.41**

Thanks to all the patrollers who kept an eye out for the safety of our neighbors and community.

*Submitted by Bill Galbraith*





# HYDE PARK

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## Happy Hour at Hay Merchant

*Submitted by Ellen Pollard*

Our last Happy Hour of the year was November 14th at Hay Merchant. What a fun time we had! There was great food (Nacho Tray, Chili Fries, Wings) as always and the drinks were marvelous as well.

In the new year, consider joining us and checking out some old and new interesting establishments in and around Montrose!

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## Got a big idea?

Newsletter content and story ideas are welcome from Hyde Park residents. In 2019 the deadline will always be the 15th of the month for publication the following month. Reach out to [newsletter@hydeparkhouston.org](mailto:newsletter@hydeparkhouston.org).



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# Your local civic association needs YOU!

Memberships sustain the civic association. With your support of just \$30/year, we:

- print this newsletter
- help maintain Lamar Park
- manage deed restrictions
- subsidize activities

Help us maintain National Night Out, the Christmas Party, Christmas Caroling, Happy Hours, and exciting new events planned for 2019.

We need your support and welcome your involvement!

Mail form and check to:

Hyde Park Civic Association

PO Box 66422

Houston, TX 77266-6422

Or just pay online

at [www.hydeparkhouston.org](http://www.hydeparkhouston.org).

## Hyde Park Civic Association Annual Membership

Yes, I would like to support my local neighborhood association

**Name 1:**

**Name 2:**

**Address:**

**Email:**

**Telephone:**

(Check one)

(Check one)

☐  
☐

New

Individual (\$30)

☐  
☐

Renewal

Couple (\$60)

I/We would like to make an additional donation to the Lamar Park fundraising of .....

**TOTAL**

Check No:

Date Paid:

*Happy*

*Holidays*

*December*

*2018*

**NOVEMBER 2018**  
S M T W T F S  
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30



**JANUARY 2019**  
S M T W T F S  
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Business Solutions**

1405 Waugh Drive

713.526.2273

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 
2	3 HPCA Holiday Party 7pm @ Riva's	4	5 Heavy Trash	6	7	8 
Hanukkah Begins	Recycling				Pearl Harbor Day New Moon	Gingerbread Competition Benefiting Montrose Grace Place
9	10	11	12	13	14	15
	Hanukkah Ends					First Quarter
16	17 Recycling	18	19 Christmas Caroling @Lamar Park 6:30-7:30pm	20	21	22
					First Day of Winter	Full Moon
23	24 Christmas Eve	25	26	27	28	29
30	31 New Year's Eve	Christmas Day	Kwanzaa Begins			Last Quarter

*There is not a better time than the Holidays to express our appreciation for your business & friendship. May all the joys of the season be yours!*