

JANUARY 2011
VOL. 3, ISSUE 1

Olmos READER

NEWS FOR THE RESIDENTS OF OLMOS PARK

TACKLE HUNGER IN TEXAS

with the Souper Bowl of Caring!

What would happen if every American that celebrates the Big Football Game donated one can of food or \$1 to fight hunger and poverty in their local community?

The result would be an astounding \$90 million in cash and cans to help feed the hungry, provide shelter to the homeless and help our neighbors in need.

With all eyes on North Texas this year as they host the Big Game, you can join the Souper Bowl of Caring and help make this vision a reality! For more than 20 years, groups all over the country have joined forces to demonstrate the power of caring. To date, more than \$71 million in cash and cans has been collected and 100% was donated in communities throughout the U.S. Every penny stays local and every collection matters!

Last year, 1,900 schools, churches, businesses and grocery stores in Texas collected more than \$4.5 million for local charities that fight hunger and poverty. The need is growing and we need your help!

(Cont. on Pg 2)

A CHANCE TO SEE A

Guatemalan Weaver

AT WORK



Pictured is a Guatemalan woman weaving on a back-strap loom. This difficult and time consuming weaving has been mastered by the Mayan women of Guatemala. The blouse or huipil of the woman in the picture is from Patzun, one of 267 weaving villages. Sadly this weaving form is slowly disappearing as the native women turn to inexpensive “gently used” American clothing (shipped to Guatemala in pack-boxes) to clothe their families. This intricate art form is

treasured by many American collectors aware of its value as fine pieces of “hecho a mano” or hand made goods. The weavings are used for the traditional blouse (huipil), wall hangings, purses etc. The skirt this woman is wearing is called a “corte” and is made from anywhere from 4-7 yards of material woven by men on a foot loom.

If you are interested in learning more about this demanding art form, plan to attend the February 24, 2010 fundraiser called : A Toast to Hope put on by the San Antonio support group for Friendship Bridge. We will have a weaver from Guatemala demonstrating this art and answering questions via a translator. A Toast to Hope is an event in support of Friendship Bridge, a charity which gives micro-loans to poverty stricken Guatemalan women to help them start or grow their businesses. Our weaver, Florinda Can de Pocop is also featured (in Spanish) on the Nov. 25th edition of Viva Colorado which you can read at:<http://www.friendshipbridge.org/images/viva%20colorado%20flora%20fb%20article.pdf>

For tickets to the event, which includes dinner, wine, live music, a silent auction and sales of Guatemalan crafts as well as demonstrations by Flora, go to www.friendshipbridge.org and click on the “Events” tab. For more information, email Mary Kay Stewart at mkwstew@gmail.com

THE OLMOS READER

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EMERGENCY NUMBERS

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Ambulance	911
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NEWSLETTER PUBLISHER

Peel, Inc.	512-263-9181
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MISSION STATEMENT

THE OLMOS READER, FOR THE OLMOS PARK

The mission of The Olmos Reader is to provide the Olmos Park Community with one source of local news content that is written by Olmos Park residents. Our goal is to help build the community by connecting local businesses with residents and residents with relevant neighborhood information.

"BE THE COMMUNITY."

ADVERTISING INFO

Please support the advertisers that make The Olmos Reader possible. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 20th of the month prior to the issue.

ARTICLE INFO

The Olmos Reader is mailed monthly to all Olmos Park residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

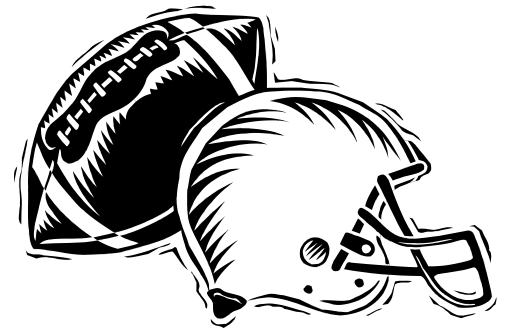
To submit an article for The Olmos Reader please email it to olmospark@peelinc.com. The deadline is the 20th of the month prior to the issue.

Tackle Hunger in Texas - (Continued from Cover Page)

Join the Team. Get started today!

1. REGISTER your school, church or business at tacklehunger.org and designate an organizer for your Souper Bowl of Caring event. You'll receive a free Resource Kit!
2. COLLECT money and/or canned foods anytime January 17-February 6, 2011. Super Bowl Sunday is February 6, 2011.
3. REPORT the amount of your collection to the Souper Bowl of Caring so it can be added to the national tally.
4. DONATE 100% of your collection to the charity of your choice in your own community.

Learn more at tacklehunger.org.



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Meet Jermaine, Tibreauna, Keatrick, Jaderrion, and Treyveonne

Jermaine is 11 years old and his siblings; Tibreauna, Keatrick, Jaderrion and Treyveonne are 10, 5, 2 and 8 years old respectively. Jermaine enjoys all outdoor activities including riding his bike, scooter, and skateboard. Tibreauna is sweet child who enjoys school. She is protective and nurturing of her brothers. Keatrick is described as silly and funny and likes to play with his guitar and toy cars. Jaderrion is an incredibly cute, active toddler. Treyveonne is an outgoing child who enjoys all sports. The children need a loving family that can provide them with structure and stability. For more information contact Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter at the Adoption Coalition of Texas at 512-810-0813 or gracelindgren@adopttexas.org



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Recipe of the Month

Picante Sauce

INGREDIENTS

- 1 lb. peppers (bell, banana, & jalapeno; according to how hot you want the sauce; the seeds of the jalapeno peppers add a lot of WARMTH!)
- 3 onions
- 3 qts. tomatoes
- 1 C vinegar
- 3/4 C sugar
- 4-5 cloves garlic
- 2 T salt

DIRECTIONS

Scald tomatoes and peel. Quarter and place in large pot. Chop peppers, onions, and garlic; and mix with tomatoes. Add sugar, vinegar and salt. Simmer slowly several hours until the sauce is the desired consistency. Pour into sterilized jars. Close and invert to seal. (*I pressure mine for 5 minutes at 5 # pressure.*)

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The Shadow of the Wind by Carlos Ruiz Zafon

"Storytelling Masterpiece of Friendship, Love, Mystery and Discovery"

Written in a fluid and poetic manner, *The Shadow of the Wind* by Carlos Ruiz Zafon is a true storytelling masterpiece. Daniel, whose mother died when he was very young, is guided by his wise, gentle, accepting, loving and thoughtful father who introduces him to a secretive, cavernous "sanctuary" that houses books that are at risk of extinction. According to his father, every book has a soul – the soul of the person who wrote it and of those who read it and lived and dreamed with it.

Daniel is given the opportunity to pick a book and adopt it forever, promising to never let it disappear or be forgotten. Daniel chooses *The Shadow of the Wind* by Julian Carax and is so enchanted with the book that he wants to read another book by the same author. However, Carax is missing and the stories that surround his disappearance are troubling and inconsistent. Soon after Daniel begins his search, he realizes there are people who desperately want this book and others who do not want it to survive. This is where the mystery, adventure, self-discovering, love, secrets, death, heart break, suffering, shame and endearing relationships begin.

The thoughtful and sometimes funny prose that Zafon creates is exceptional. He captures Daniel's coming of age struggles, for example, "Six years later my mother's absence remained in the air around us, a deafening silence that I had not yet learned to stifle with words." The descriptors that the author uses are so unique and visual, I easily became a part of the story, "A smallish man with vulturine features..." In describing the culture and history of Barcelona, where the majority of the book takes place, Zafon uses some humor, "Much like the arrival of Spanish trains, those stolen years you never knew when the end of childhood was due."

About 75 percent through the book, Daniel makes a definite statement that never comes to fruition. I anticipated his statement throughout the remainder of the book and I was left very confused. That aside, the ending was full of discovery and closure.

I once read that life isn't about experience with people but between people and this book exemplifies that statement! The characters in this book are truly unforgettable and make this story a masterpiece.

Feel free to comment on this review or your thoughts on the book or suggest a book for me to review on my blog at <http://www.brittsbuzz.blogspot.com>.

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Sandra Carrell Tremblay, D.C.

Good health is more than what you see in the mirror. Most people have tried to improve their health and fitness in the past and failed. If this is you, then it is time to take the 8 Weeks to Wellness challenge and change your life forever.

8 Weeks to Wellness is a comprehensive wellness program that provides dramatic changes to your health potential. It will optimize what you think about, how you eat and supplement, and how you exercise and care for your body, all in one convenient location.

We use extensive comparative testing to document each patient's success. The rapid improvements made during the 8 Weeks to Wellness program provide a motivational jump start to lifetime good health and fitness through it's simple, easy to follow format.

Our participants have made dramatic changes in their own lives and have positively influenced the way their families eat and move as well. Regardless of your of your current fitness level, athlete or couch potato, you will see improvements with the 8 WW program.

Your health is directly related to your personal habits, which you can change and master without the use of medication. Take control of your life. Our doctors, trainers and therapists will hold you to a higher standard and coach you to your own success for a long and vital life.

For 25 years, Dr. Sandra Carrell Tremblay's multidisciplinary practice focus has been on Wellness and Sports Injuries. Now, as the 1st 8 Weeks to Wellness Center in Texas, Alamo Heights Chiropractic Health Center is transforming lives with this ground breaking program.

Schedule your Orientation Class which will teach you the details of the 8 Weeks to Wellness program and why it will work for you. Our free Orientation Classes are held on the 1st or 3rd Tuesday of every month at 7:00 pm.

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January Texas Events



- 1-6—SAN ANTONIO:** Light the Way Holiday decorations light up the University of Incarnate Word. www.uiw.edu
- 8—BOERNE:** Second Saturday Art & Wine Visit fine art galleries for free wine tasting, hors d'oeuvres and guest artists. Hours are 5 to 8 p.m. www.secondsaturdayartandwine.com 830/249-7277
- 8—HONDO:** FFA Guffaw Includes auctions, dinner and dancing. Benefits Hondo Booster FFA Club. www.hondochamber.com 830/826-8967
- 8-9—BOERNE:** Market Days Main Plaza. www.marketdaysmgmt.com 830/249-5530 or 210/844-8193
- 13-30—KERRVILLE:** Exhibits at the Kerr Arts & Cultural Center Features the Texas Society of Sculptors, Porcelain Guild, Horses in Portions and Sticks and Stones. Kerr Arts & Cultural Center, 228 Earl Garrett St. www.kackcokerrville.com 830/895-2911
- 14—KERRVILLE:** Cowboy Breakfast Includes breakfast, music, goat-milking contest, cow-chip toss, turkey bowling and more. Courthouse Square, 700 Main St. www.kerrvilletx.gov 830/459-6525
- 14-16—FREDERICKSBURG:** Trade Days Shop with more than 350 vendors, acres of antiques and collectibles, and enjoy a biergarten, live music and more. U.S. 290 East, across from Wildseed Farms. www.fbtradedays.com 830/990-4900
- 14-16—FREDERICKSBURG:** Windows on Texas Music Festival Enjoy live Texas music, conferences and showcases at various locations in town, ending with a fabulous Sunday Night Wrap-up Show. www.texasrebelradio.com 830/997-2197
- 15—HONDO:** End of the Hunt Wild Game Festival Includes a barbecue cook-off, live music, booths and games. Hondo City Park. www.hondochamber.com 830/426-3037
- 15-16—FREDERICKSBURG:** Gem & Mineral Show Lady Bird Johnson Municipal Park. www.fredericksburgrockhounds.org 830/895-9630
- 17—SEGUIN:** Martin Luther King Jr. Walk Begins at 11:45 a.m. Courthouse Square. www.visitseguin.com 800/580-7322
- 18—GALVESTON:** Menard House Lecture Learn about Walter Mathis' collection in the Villa Finale in San Antonio. Menard House, 1605 33rd St. www.galvestonhistory.org/Special_Lectures.asp 409/765-7834
- 18—SAN ANTONIO:** Mariangela Vacatello in Recital Acclaimed pianist performs at the UT-San Antonio Recital Hall. Begins at 7:30

- p.m. www.artssa.org
- 19-22—KERRVILLE:** District Junior Livestock Show & Sale Features livestock for sale by 4-H and FFA youth. Youth Exhibit Center, 5001 San Antonio Hwy. www.hcdjls.org
- 19-22—SEGUIN:** Youth Livestock & Homemakers Show Guadalupe County Fairgrounds. www.visitseguin.com 800/580-7322
- 22—FREDERICKSBURG:** Port & Pairings Wineries on the Fredericksburg Wine Road on U.S. 290 showcase port wines and pair them with treats. www.wineroad290.com
- 26—SAN ANTONIO:** Vince Gill in Concert Laurie Auditorium, Trinity University. www.artssa.org
- 27-29—HONDO:** Medina County Junior Livestock Show Medina County Fairgrounds. 832/744-6180
- 27-29—UVALDE:** Uvalde County Junior Livestock Show Uvalde County Fairgrounds. E-mail: uvalde-tx@tamu.edu
- 27-30—SAN ANTONIO:** Boat & RV Show The Alamodome www.saboatandrshow.com 512/481-1777
- 29—BANDERA:** Wild Game Dinner Enjoy everything from venison chili to wild boar, bear and elk. Hours are 4 to 7 p.m. Grace Lutheran Church. 830/796-3091
- 29—FREDERICKSBURG:** Fredericksburg Music Club presents The Fidelis Quartet Free concert features a chamber music ensemble composed of Houston Symphony musicians. www.fredericksburgmusicclub.com 830/997-1734
- 29—FREDERICKSBURG:** Artifact Show Pre-1900 Native American artifacts, arrowheads and old collectibles are on exhibit and for sale. Lady Bird Johnson Municipal Park, Hwy. 16 S. E-mail: richard.mentzer@sbcglobal.net 830/626-5561

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