



LAZY GARDENER & FRIENDS

Houston Garden Newsletter



Oct. 18, 2019 - Issue #313

[Nature's Way Resources](#)

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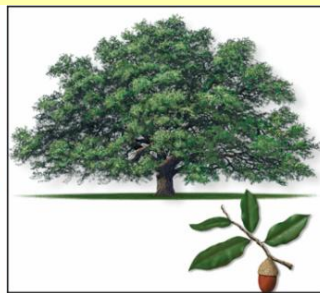
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[Nature's Way Resources](#)

owner John Ferguson, "The Lazy Gardener" Brenda Beust Smith and Pablo Hernandez welcome your feedback and are so grateful to the many horticulturists who contribute their expertise.

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SAVING OUR TREES . . . BEAUTIFYING OUR MAILBOXES

"Three trees placed strategically around a single-family home can cut summer air conditioning needs by up to 50 percent. By reducing the energy demand for cooling our houses, we reduce carbon dioxide and other pollution emissions from power plants."

— Trees for Houston (treesforhouston.org)

BY BRENDA BEUST SMITH

The rest of the country may be planning to celebrate Arbor Day on Friday, April 24, 2020. But arborists in Houston know April is NOT the best time for us to plant trees. Now is the time to learn. Winter is the time to plant. That's why Texas Arbor Day is being celebrated on Sat., Nov. 2.

Many scientists agree: Planting billions of trees across the world is by far the biggest and cheapest way to tackle the climate crisis.

And two major events are planned to help us learn how to not only plant, but to care for, this precious resource.

- SAT., NOV. 2: Mercer Botanic Gardens, Houston Area Urban Forestry Council, and Texas A&M Forest Service, with the the help of Spring Creek Education Society plan to celebrate Texas Arbor Day at Mercer's West Side Arboretum. Free tree saplings will be available as long as supplies last.
- FRI., NOV 15: Houston Urban Tree Conference, 8am-3pm, Weekly Community Center, 8440 Greenhouse Road, Cypress. \$45.
harris.agrilife.org/event/houston-urban-tree-conference-2/

In our Spotlight Article below, Mercer Botanic Gardens arborist Laura Medick casts a professional eye at our tree decline crisis, explaining why she says,

"When it comes to general tree health, it is safe to say that a tree has long been declining before someone says that it has suddenly died overnight."

First though . . .

- **HAPPY GOLDEN ANNIVERSARY TO [HOUSTON AUDUBON SOCIETY](#)**. For 50 years, Audubon has provided us with incredible advice and support for protecting our birds, and helping them with appropriate plantings -- long before, in fact, the current emphasis on attracting pollinators. Their [Bolivar Naturally plant list](#) works for the entire upper Texas Gulf Coast and is a treasure resource for our own best pollinator-attracting natives, such as this Rattlebean (*Sesbania drummondii*), at right.



- **MARY JOHNSON IN SANTA FE** wants to talk about mailboxes. Curbside mailboxes, and plantings around them, are becoming more common in many areas. I've always loved seeing the creativity so many home gardener exhibit in these plantings. Below are mailbox plantings that, over the years, caught my eye.



Eye-catching, low-car plant choice for mailbox plantings, l to r, crape myrtle, Pride of Barbados, white mandevilla and (mine) geraniums

Peg worries there may be rules she needs to follow. Yes, the [U.S. Postal Service](#) has strict regulations when it comes to curb mailboxes' height, distance from the street, size of box, etc. Your mailman will quickly tell you if your mailbox doesn't meet these criteria. As to plantings, commonsense tells us not block the mailbox opening (or your house numbers if on there) or oncoming traffic views from any approach. And no thorny plants! If there's one person you don't want to hack-off,

it's your mailman!

- Think ahead so you won't spend a lot of energy and money before an inappropriate choice becomes obvious.
- Use bricks, timbers or other borders to keep soil & mulch from washing away in heavy rains.
- Best to plant **BEHIND** the mailbox so plants won't interfere with opening and closing it or obscure your street address.
- Even shaded mailbox plantings will receive more heat reflection from the adjacent concrete street (and usually driveways), drying out the soil more quickly in summer.

One trick: mix water-holding polymers in the soil (or buy soil with moisture-control). These will hold water in a form roots can access without keeping roots too wet. (Caution: don't overdo! They hold a lot of water.)

Vines are attractive, but don't rely on the mailbox to be the sole support. Train tendrils to wind inside rather than outside, so it won't need constant pruning.



*More photos of mailbox plantings that have caught my eye over the decades:
l to r: coral honeysuckle, cuphea, mixed group, Japanese honeysuckle and periwinkles.*

Check with your nurseryman for low care, heat-/drought-/cold-tolerant varieties that won't grow too large. Some I've seen used very effectively: coral honeysuckle, cypressvine, (all sun). For partially shaded spots, try bleeding heart, snail vine, coral vine. Expect to have to prune more aggressive vines, such as passionvine, Rangoon creeper and Mexican flame vine.

Bushy-type choices might include cupheas, ruellias, blue daze, bulbine, lantana, lower-growing hardy salvias, pentas, plumbago and Mexican zinnia. Plumbago and indigofera would also work in shade.

Remember: The mailbox front door must always be easily accessible and, for emergency reasons, your street numbers should always be kept visible.

* * *

TIP O' THE TROWEL TO LANSON B. JONES & CO for generously sharing its recommended Community Garden design for a Habitat for Humanity project in its current newsletter. The proposed garden layout will give Settegast residents an opportunity to grow their own fresh fruits and vegetables. Check it out:

mailchi.mp/lansonbjones/building-a-community-garden?e=36c9580164

Now, if you treasure trees, pay attention to Laura Medick's warnings below.

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Spotlighting . . . **Mercer Botanic Gardens** *Lazy Gardener and Friends Newsletter*



THE KISSING TREE: When a convenience store owner planned to uproot a 150-year-old tree to make room for an entrance, a grassroots community effort brought the issue to the attention of Harris County Precinct 4 Commissioner R. Jack Cagle, who not only prevented the tree's destruction, but also purchased the surrounding four acres to create Kissing Tree Park. ([*the rest of the story*](#))

LOSING LEAVES **A POTENTIAL OAK PROBLEM**

by **LAURA MEDICK**
Arborist, Mercer Botanic Gardens

In order to address any tree problems, it is critical to first understand tree decline.

When identifying a cause for progressive loss of tree health in the urban landscape, it is important to note that insects and fungi are mostly secondary problems on already stressed trees. While in some instances insects or fungi may be alleviated, the tree will continue a downward spiral if the primary factors, typically caused by a range of poor site conditions, are not addressed.

Overtime, causal factors and processes ranging from nonliving and living sources predispose trees into a slow-decline which may unfortunately not become visible to the untrained eye until it is too late!

Imagine a large healthy oak suffering chronic construction damage from root loss with trunk wounds and compacted soil while progressively diminishing its ability to uptake nutrients and water over the years. The homeowner heavily waters long after damage has been done, but the tree's vascular system fails to absorb the water.

A root rot fungus like *Armillaria* becomes established from the waterlogged soil conditions, and a storm event knocks the tree down from lack of supporting roots.

How many people could look beyond the honey-colored fruiting fungal bodies on site and trace back the cause to construction?

Further, these causes of decline manifest differently across regions and species in urban and forest applications. For example, the red oaks, such as the water oak species (*Quercus nigra*), are more severely damaged by drought than the white oak group. This type of damage has been observed as an uniform pattern, particularly amongst groups of oaks as they readily graft between roots while sharing common soil conditions.

Severely stressed deciduous species may drop all their leaves once some moisture becomes available to complete the process of leaf abscission. It is also possible that heat stress will trigger early dormancy.

On the other hand, consider also that leaf drop is expected from February to early March for the live oak, belonging to the white oak group, with its semi-evergreen qualities. Upon a closer look, this may misconstrue diagnosing potential diseases until leaves fully form later in spring.

Overall, drought has played a role in triggering decline episodes of the Coastal Plain forests of the South. In fact, oak decline in North America has been a topic of concern since the 1950s. Symptoms include:

- Sparse, undersized, or chlorotic leaves
- Death of scattered twigs
- Progressive dieback of branches and limbs
- Strip cankers on trunks
- Adventurous sprouts on the trunk
- Large limbs following dieback
- Slow growth as a result of depleting photosynthetic reserves

Common factors that stress the *Quercus* species particularly in urban environments include but are not limited to:

- Root death caused by soil changes from construction
- Weed and feed chemical injuries
- Improper planting methods or poor species selection,
- Drought
- Nutrient deficiency (backfill alkalinity creates iron deficiencies)
- Salinity stress (built up irrigation salts)
- Root rots caused by *Ganoderma* or other fungi
- *Phytophthora* causing cankers on oak trunks and root collars.

When it comes to general tree health, it is safe to say that a tree has long been declining before someone says that it has suddenly died overnight.

For the best care, it is important to apply good cultural practices for planting, pruning, mulching, fertilizing, and irrigating you tree. Seeking further assistance from Certified arboricultural companies will provide the proper tree care by professionals who are trained and knowledgeable for meeting tree care needs.

Source: Sinclair, Wayne A, and Howard H Lyon. *Diseases of Trees and Shrubs*. 2nd ed., Cornell University Press, 2005.



BOOK REVIEW:

HANDS OFF MY FOOD! – How Government and Industry Have Corrupted Our Food AND EASY WAYS TO FIGHT BACK, by Sina McCullough, PhD, 2017, Watchdog Works Publishing, ISBN: 978-0692837788

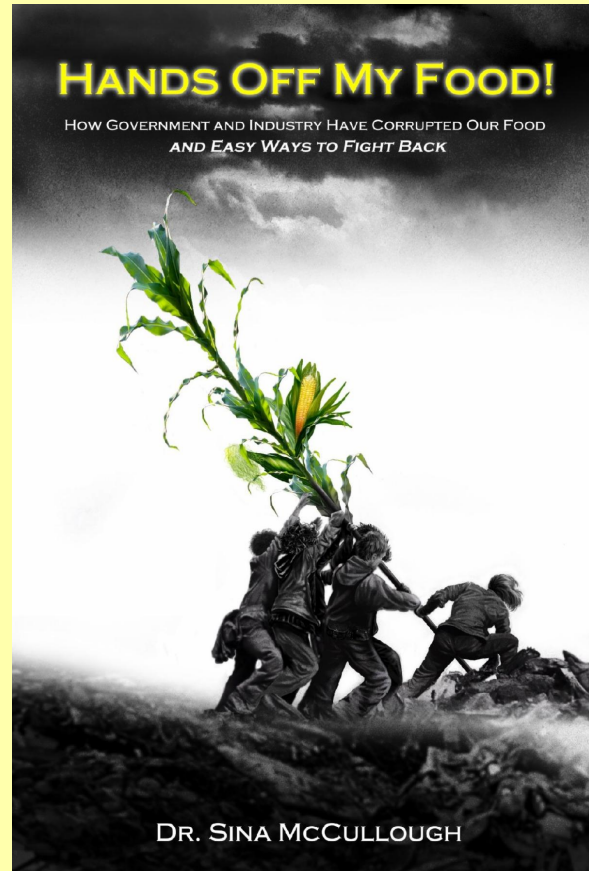
In our newsletter I have often talked about the poor quality of our food supply due to toxic chemicals and GMO's and to poor nutrient density and lack of trace elements. Dr. McCullough has done a good job of researching how our food supply became so bad, explains why and what we consumers can do about it.

A few years ago, we did a series of articles on the 79 elements found in the human body and how they affect our health and learned that over 700 human health problems are caused or aggravated by nutritional deficiencies. This book covers many of the nutritional deficiencies in our food and also explains the negative or toxic effects of many common food additives. In one of the side bars I learned that factory farms feed cows processed human sewage sludge, shredded newspaper, sawdust, etc. No wonder there are so many beef recalls from beef that is making us sick.

"Despite receiving her Ph.D. in Nutrition from the University of California at Davis, she developed an autoimmune disease from eating food. Fortunately, Dr. McCullough was able to not only reverse her disease but to also launch a near 5-year investigation into our food supply. *Hands Off My Food!* reveals what she discovered, i.e., the truth about what's really in our food, how it got there, and what we can do about it. It provides easy, free market solutions for how we can restore the integrity of the food we eat and reclaim the freedoms we have lost. All we have to do is take back our consent!"

Note: In addition to her doctorate in nutritional science she also holds a B.S. in Neurobiology, Physiology and Behavior.

"In *Hands Off My Food!* Dr. McCullough, a Ph.D. in Nutrition from the University of California at Davis, walks you through the truth behind what's currently in our food



and how it got there. You may be surprised to learn that our food system is not designed to protect our long-term health. Both the food industry and the government have played a major role in the demise of our food supply, but they are not the root of the problem. Dr. McCullough reveals who is ultimately responsible for the adulteration of our food and how each of us has the power to restore the integrity of the food we eat by taking back our consent. Together we can reclaim our voice by becoming the watchdogs we were meant to be. It's easier than you might think!"

"Americans have stopped being watchdogs over their own food supply. Roughly 100 years ago, with the birth of the FDA, we handed that responsibility over to the government and the food industry. They, in turn, have fundamentally transformed our food supply and it's making us sick, including our children. Not only are we losing our health to food related illnesses like cancer and heart disease, we are losing our freedom. Did you know that government and the food industry have already chosen your dinner for you? In fact, the government nudges you to pick the foods they want you to eat. They've been doing it your whole life."

I found this book very easy to read and understand as it is very insightful. Dr. McCullough did an excellent job in tying the corporate influence, corruption and incompetence in our government agencies to explain the extremely poor quality of our food supply and how it is causing so many of our health problems. As we have discussed many times in this newsletter, we can fight back from growing our own food to our buying choices. This book is HIGHLY RECCOMENED for those whom want to have healthy lives and protect their children and families.


From her website: <https://www.handsoffmyfood.com/consulting/>

"You Can Reverse Disease! - You can heal from MS, heart disease, allergies, certain cancers, Alzheimer's, Lupus, depression, rheumatoid arthritis, and other inflammatory diseases. I did it, and so can you.

I know what it's like to live with a disease - to be in so much pain that you can't finish washing the dishes after lunch, to constantly be in fear that your next meal might leave you bloated or cramping, to be too tired to play with your children, and to feel alone because one medical doctor after the next has told you they can't figure out what's wrong and they can't fix you.

I decided I didn't want to be sick, tired, and in pain. So, I chose a different path - a path outside of the conventional medical system.

Today, I'm disease free and have more energy than I've ever had in my life! You can live the life you want - the life you've always dreamed of. It starts with *believing* that healing is possible."



**TEAMING
WITH
MICROBES**

The Organic
Gardener's Guide
to the Soil Food Web

REVISED EDITION
JEFF LOWENFELS
& WAYNE LEWIS

OHBA
ORGANIC HORTICULTURE
BENEFITS ALLIANCE

**NOVEMBER 7TH
2019**

Jeff Lowenfels Teaming with Microbes

United Way
50 Waugh Drive Houston, TX 77007

SPONSORS














Come discover the fascinating world of soil microbiology with the most entertaining, Jeff Lowenfels. He is the author of the Teaming Series featuring the award-winning book *'Teaming with Microbes'*. As a world renowned soil microbiology expert and leader in the Organic movement, Jeff will blow your mind with his findings from the soil food web.

Come join us as one of the most enlightening and captivating lecturers in the Organic Movement comes to Houston for this can't miss event.

TICKETS

Register Online
ohbaonline.org/events

OHBA Members \$25
Non-Members \$50

ITINERARY

5:00-6:00PM
REGISTRATION,
NETWORKING
& LIGHT BITES

6:00-7:30PM
JEFF LOWENFELS

Have You Tried . . .

SPICEBUSH
(*Lindera benzoin*)

Spicebush is a native deciduous shrub with a broad, rounded shape (6'-12') and clusters of tiny, aromatic, greenish-yellow flowers in early spring before foliage emerges. Flowers of female plants give way to bright red drupes (to 1/2" long) which mature in fall and are attractive to birds. Thick, oblong-obovate, light green leaves (to 5" long) turn an attractive yellow



in autumn. Leaves are aromatic when crushed. Spicebush swallowtail butterfly larva feed on the leaves. No serious insect or disease problems.

SPICEBUSH is carried by Nature's Way Resources ([Map](#)).

Or . . . contact our sponsor, Montgomery Pines Nursery in Willis, our other sponsors below or your neighborhood nurseryman for possible sources.

* * *

LAZY GARDENER & FRIENDS HOUSTON GARDEN NEWSLETTER CALENDAR EVENTS

ADULT GARDEN / PLANT EVENTS ONLY PLEASE READ BEFORE SUBMITTING AN EVENT FOR THIS CALENDAR

Events NOT submitted in the EXACT written format below may take 2 weeks or longer to be reformatted/retyped. Submit to: lazygardener@sbcglobal.net.
• No pdfs please! • Type text into email. • Put your group name on the 'Subject' line.

SAT., OCT 19:: TEXAS ROSE RUSTLERS FALL CUTTINGS EXCHANGE & Q&A by DR. WILLIAM C. WELCH & GREG GRANT, 9am-3pm, St. Paul's Episcopal Church, 414 E. McAlpine St., Navasota. Free. texasroserustlers.com

SAT., OCT. 19. GROW YOUR OWN - FALL & WINTER GARDEN COLOR by FORT BEND COUNTY MASTER GARDENERS, 9-11am, Bud O'Shieles Community Center, 1330 Band Rd., Rosenberg. Register: fbmg.org; Brandy.rader@ag.tamu.edu

SAT.-SUN, OCT. 19-20: HOUSTON BONSAI SOCIETY FALL SHOW, 9am-5pm Sat., 10am-5pm Sun., Memorial City Mall. houstonbonsaisociety.com

WED., OCT. 23: PROPAGATION OF HAWORTHIA by WALLY WARD, 7:30 pm, at the Metropolitan Multi-Services Center, 1475 West Gray. FREE. Houston Cactus & Succulent Society. hcsstex.org

THURS., OCT. 24: FARMER IN THE CITY DAYLILY GARDEN, 7-9pm, Cherie Flores Garden Pavilion, 1500 Hermann Dr.. Houston Hemerocallis Society event. Free. ofts.com/hhs/

FRI.-SAT., OCT. 25-26: HOUSTON ARBORETUM FALL NATIVE PLANT SALE, 9am-4pm, 120 West Loop North. Free. houstonarboretum.org; 713-681-8433

SAT., OCT. 26: HOUSTON ROSE SOCIETY FALL SHOW, 12-4pm, Memorial City Mall, 303 Memorial City Way. Free. houstonrose.org

SAT. NOV 2, TEXAS ARBOR DAY, 1pm – 4pm, Mercer Botanic Gardens, West Side Arboretum, 22306 Aldine-Westfield, Humble. Free. 713-274-4160.

SAT., NOV. 2, MONTGOMERY COUNTY MASTER GARDENER OPEN GARDENS, 9-11:30 am, AgriLife Extension Office, 9020 Airport Road, Conroe. Free. 936-539-7824, mcmga.com

SAT., NOV. 2: BULB CLASS by J JIM MAAS & MARGARET CHERRY, 10am, Maas Nursery, 5511 Todville Rd., Seabrook. \$45. 281-474-2488, maasnursery.com

SAT., NOV. 2: MONTGOMERY COUNTY MASTER GARDENER OPEN GARDENS, 9-11:30 am, AgriLife Extension Office, 9020 Airport Road, Conroe. Free. 936-539-7824; mcmga.com

SAT. NOV. 2: WHAT IS A GALVESTON COUNTY MASTER GARDENER by DIANE SCHENKE, 1-2:30 pm; Extension Office, Carbide Park, 4102-B Main St./FM 519. Free. Register: galvcountymgs@gmail.com, 281-309-5065; aggie-horticulture.tamu.edu/galveston/index.html

TUES., NOV. 5: ALL ABOUT SALVIAS by PHOEBE LAKE, noon-1pm, Trini Mendenhall Community Center, 1414 Wirt Rd. Harris County Master Gardener event. Free. 713-274-0950. hcmga.tamu.edu

THURS., NOV. 7: HOLIDAY LOOK AT THE GARDEN by FRANKIE GREEN & ALICE BROWN, 10am, MUD Building, 805 Hidden Canyon Dr, Katy. Nottingham Country Garden Club event. Free. ncgctx.org

FRI., NOV.8: CREATING A BIRD-FRIENDLY COMMUNITY by ANNA VALLERY, 10am, First Christian Church, 1601 Sunset Blvd. Houston Federation of Garden Clubs event. Free. houstonfederationgardenclubs.org

FRI., NOV. 8: NATURE'S KALEIDOSCOPE: A HORTICULTURE SPECIALTY SHOW. A Houston Federation of Garden Clubs event at The First Christian Church, 1601 Sunset Blvd., 12.30p.m. – 2 p.m. Free. houstonfederationgardenclubs.org

SAT., NOV. 9: THE WOODLANDS GARDEN CLUB ANNUAL PLANTS SALE, 10am, The Woodlands Wildflower Festival, Recreation Center, Rob Fleming Park, 6464 Creekside Forest Dr. Free. thewoodlandsgardenclub.org

TUES., NOV. 12: MONARCH BUTTERFLIES IN YOUR GARDEN by AMY STODDARD, 9am, Shenandoah Municipal Complex, 29955 I-45 North, Shenandoah. The Woodlands Garden Club event. Free. thewoodlandsgardenclub.org

WED. NOV. 13, GARDENS (MUSEUM OF FINE ARTS COLLECTIONS), noon–2pm, Mercer Botanic Gardens, 22306 Aldine-Westfield, Humble. Free. Register: 713-274-4160.

THURS., Nov.14:GROWING HEALTHY ROSES IN CONTAINERS by Donald Burger 7pm, St. Andrew's Episcopal Church,1819 Heights Blvd. Houston Rose Society event. Free. www.houstonrose.org

FRI., NOV 15: HOUSTON URBAN TREE CONFERENCE, 8am-3pm, Weekly Community Center, 8440 Greenhouse Road, Cypress. Texas A&M AgriLife Extension, HAUFC and ISA-TX event. \$45. harris.agrilife.org/event/houston-urban-tree-conference-2/

SAT., NOV. 16: MINIATURE FAIRY GARDEN CLASS by JIM MAAS, PAT CORDRAY & BRENDA HESSE, 10am, Maas Nursery, 5511 Todville Rd., Seabrook. \$45. 281-474-2488, maasnursery.com

TUES., NOV. 19: HECHTIAS by ANDY SIEKKINEN, 7pm, West Grey Multi-Service Center, 1475 W. Grey. Bromeliad Society/Houston event. Free. bromeliadsocietyhouston.org

WED., Nov. 20: CACTI IN HABITAT PART III by DAVID VAN LANGEN, 7:30 pm, Metropolitan Multi-Services Center, 1475 West Gray. Houston Cactus & Succulent Society. Free. hcsstex.org

SAT. NOV 23: THE GREAT PEPPER EXTRAVAGANZA by GENE SPELLER, 1-4 pm; AgriLife Extension Office, Carbide Park, 4102-B Main St./FM 519, La Marque. Galveston County Master Gardener event. Free. Free. Register: galvcountymgs@gmail.com, 281-309-5065; aggie-horticulture.tamu.edu/galveston/index.html

SAT. DEC. 14, 2019: CHAPPELL HILL GARDEN CLUB CHRISTMAS HOME & GARDEN TOUR, 10am-5pm., Chappell Hill. \$20 advance/\$25 tour day. 713-562-6191; 979-337-1200

FRI., JAN. 10, 2020: RECYCLE, REDUCE, REDUCE by Native Plant Society of Texas, & PLANT SALE. 10am, First Christian Church, 1601 Sunset Blvd. Houston Federation of Garden Clubs event. Free. houstonfederationgardenclubs.org

FRI., APRIL 10, 2020: EXCITING UNDERUTILIZED PLANTS ADAPTABLE TO HOUSTON REGION by ADAM BLACK. 10am, First Christian Church, 1601 Sunset Blvd. Federation of Garden Clubs event. Free. houstonfederationgardenclubs.org

FRI. MAY 8, 2020: THINGS I WISH I HAD LEARNED SOONER (ABOUT ROSES) by BAXTER WILLIAMS. 10am, First Christian Church, 1601 Sunset Blvd. Houston Federation of Garden Clubs event. Free. houstonfederationgardenclubs.org

If we inspire you to attend any of these,
please let them know you heard about it in . . .
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& please patronize our Newsletter & Calendar sponsors below!

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If you are interested in becoming a sponsor, please contact us at 936-273-1200 or send an e-mail to: lazygardenerandfriends@gmail.com



www.bartlett.com



About Us

BRENDA BEUST SMITH

WE KNOW HER BEST AS THE LAZY GARDENER . . .

. . . but Brenda Beust Smith is also:

- * a national award-winning writer & editor
- * a nationally-published writer & photographer
- * a national horticultural speaker
- * a former Houston Chronicle reporter

When the Chronicle discontinued Brenda's 45-year-old "Lazy Gardener" print column, it then ranked as the longest-running, continuously-published local newspaper column in the Greater Houston area.

Brenda's gradual sideways step from Chronicle reporter into gardening writing led first to an 18-year series of when-to-do-what Lazy Gardener Calendars, then to her Lazy Gardener's Guide book which morphed into her Lazy Gardener's Guide on CD. which she now emails free upon request.

A Harris County Master Gardener, Brenda has served on the boards of many Greater Houston area horticulture organizations and has hosted local radio and TV shows, most notably a 10+-year Lazy Gardener specialty shows on HoustonPBS (Ch. 8) and her call-in "EcoGardening" show on KPFT-FM.

For over three decades, Brenda served as as Production Manager of the Garden Club of America's BULLETIN magazine. Although still an active horticulture lecturer and broad-based freelance writer, Brenda's main focus now is THE LAZY GARDENER & FRIENDS HOUSTON GARDEN NEWSLETTER with John Ferguson and Pablo Hernandez of Nature's Way Resources.

A native of New Orleans and graduate of St. Agnes Academy and the University of

Houston, Brenda lives in Aldine and is married to the now retired Aldine High School Coach Bill Smith. They have one son, Blake.

Regarding this newsletter, Brenda is the lead writer, originator of it and the daily inspiration for it. We so appreciate the way she has made gardening such a fun way to celebrate life together for such a long time.

JOHN FERGUSON

John is a native Houstonian and has over 27 years of business experience. He owns Nature's Way Resources, a composting company that specializes in high quality compost, mulch, and soil mixes. He holds a MS degree in Physics and Geology and is a licensed Soil Scientist in Texas.

John has won many awards in horticulture and environmental issues. He represents the composting industry on the Houston-Galveston Area Council for solid waste. His personal garden has been featured in several horticultural books and "Better Homes and Gardens" magazine. His business has been recognized in the Wall Street Journal for the quality and value of their products. He is a member of the Physics Honor Society and many other professional societies. John is the co-author of the book Organic Management for the Professional.

For this newsletter, John contributes articles regularly and is responsible for publishing it.

PABLO HERNANDEZ

Pablo Hernandez is the special projects coordinator for Nature's Way Resources. His realm of responsibilities include: serving as a webmaster, IT support, technical problem solving/troubleshooting, metrics management and quality control.

Pablo helps this newsletter happen from a technical support standpoint.

