

T H E O K L A H O M A C I T Y

+CATHOLIC WORKER+

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HOW TO STAY COMFORTABLE AND SAFE DURING THE HOT SUMMER

Stay hydrated. Drink at least a cup of water every 20-30 minutes during extreme heat periods in the summer, even if you aren't thirsty. Avoid soft drinks, caffeine, and alcoholic beverages. The idea that an ice cold soda pop is the perfect solution to thirst is a **delusion** encouraged by advertising. The more soda pop you drink, the more thirsty you will be, the hotter you will feel, and thus the more uncomfortable you will be. Soft drink advertisements are LIES! "Sugar free" drinks are as bad as the sugared versions.

Cook outside to avoid increasing the heat and humidity inside your house. Eat small, light meals, spaced throughout the day, rather than 2 or 3 big heavy meals.

Dress for the season. Wear shorts and a light shirt. Loose fitting clothes are cooler and more comfortable than tight fitting garments. Go barefoot or wear sandals. Natural fabrics are cooler than synthetics. At night, use light cotton sheets on your bed. Minimize indoor fabrics, as fabric increases interior humidity.

If the heat becomes oppressive, douse your head, arms, and feet with cool water, or take a cool shower. Or go outside and douse yourself with a water hose. Keep a spray bottle of cool water handy, & give yourself spritzes of cool water. Dip cloths in cool water and wrap around your neck, wrists, and ankles.

Shade is your friend. Keep the sun's heat from hitting windows, doors, walls. Shade the outside of the windows. Indoor curtains are not enough (although they help). Once the sun hits the glass and window frame, the heat gets inside the house, even if you have curtains. Use auto sun shades to make a cheap outdoor window shade. Duct tape two or three of them together (depending on the size of the window). Hang them on the **outside** of the windows. A roll-up window shade also works fine. One or more curtains inside will help. Choose white or another light color (sheets are do-able and cheap). Shade the doors. Shade your walls with plants. It takes many years to grow a tall tree, but vines like Morning Glories grow fast.

If you have no air conditioning, ventilate your house at night. Keep the house closed up during the day until the inside and outside temperatures are the same. Then open up the windows and doors. If practical for your situation, during the day only open windows and doors that are shaded. At night put box fans in the south and west windows to pull hot air out of the house. Put box fans in north or east windows to draw in cooler air. Open every window and door to facilitate cross breezes. In the morning, close your windows and doors when the temperature outside is the same as the temperature inside.

Keep the air moving around inside. Use fans to create breezes during the day and the night. Moving air makes you feel 10 degrees cooler than the actual temperature. Use fans even if you have AC. With fan breezes inside, you can set the thermostat higher than would be the case without the fans, & maintain comfort.

Minimize heat buildup inside the house. Watch out for anything that creates heat inside the house:

- ★ If you have a dishwasher, don't use it or at minimum don't use the heat dry at the end of the cycle. Take cool showers.
- ★ Many electronic devices such as "instant on" televisions draw current all the time, and thus create heat all the time. Plug them into an electrical outlet strip and turn it off and on with the switch on the strip. This will eliminate those unnecessary "hot plates" that add heat to the indoor climate.
- ★ Don't use the clothes dryer, hang your clothes on a line outside to dry.
- ★ If you smoke, do so outside.
- ★ Turn your computers off when they are not in use.
- ★ **COOK OUTSIDE!**
- ★ Replace your incandescent lights with compact fluorescent bulbs.

Shade the outside parts of your air conditioner. If the air conditioner is in bright sunlight, it will work less efficiently. Shade the compressor or the outside part of a window AC with an awning. Don't block the air intakes.

For more energy conservation ideas, visit our website www.energyconservationinfo.org .

Wisdom of Romero

Oscar Romero was the Archbishop of San Salvador in Central America. In 1980, his own government assassinated him because he defended the poor against those who attacked and killed them when they stood up for their rights.

Works of Justice and Peace

A statement of the mission and purpose of the Oscar Romero Catholic Worker House

+LIVE simply and justly in solidarity with the poor and marginalized and be a good neighbor. Make no war on them, rather, be one with them in spirit, truth, and love.

+HEAR the truth when it is spoken to you. Discern the signs of the times and speak truth -- to power, to the people, and to the Church.

+MAKE injustice visible -- witness, remember, teach, proclaim, tell. Light candles, do not curse the darkness.

+PROTECT the poor and powerless-- listen, learn, educate, organize, empower participation, and respect life from the moment of conception to the time of natural death.

+WORK for reconciliation with truth, evangelism, catechesis, orthopraxis.

+CELEBRATE life, goodness, beauty, virtue, responsibility, & joy. Practice peace, non-violence, servant leadership, harmony, community, voluntary cooperation, & the proper stewardship of God's creation. Pray without ceasing.

+ ENSURE fair distribution, subsidiarity, economic opportunity, justice, and food security for everyone everywhere. RMW 1998

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Catholic Worker Help Line – 405-557-0436

Info needed for deliveries: Name, address, zip code, phone, & number of adults and children.

The next food delivery is June 19.

The next delivery to Wesley Village, Towers, Bell Air, Charles Atkins & Temple Gardens apartments will be June 26.

Do not be conquered by evil,
overcome evil with good. *Apostle Paul*

4 Ways to Fix Garbanzo Beans Tastily

This year we seem to have an abundance of canned garbanzo beans. Here are some ideas.

Deviled. Think “egg salad” or “deviled eggs”. Drain the liquid, mash the beans, mix with mayo and mustard, a bit of garlic, minced onion and a dab of relish or minced dill pickle. For a healthier version, use yogurt instead of mayo.

Three Bean Salad. 1 can each of garbanzo beans, green beans, & kidney beans (or other beans). Drain beans, put in bowl, add chopped onion, celery & bell peppers, garlic powder, sprinkle in some crushed red pepper if you like it hot, also ground black pepper. Mix with some Italian salad dressing, refrigerate for a couple of hours so the flavors combine.

Falafels. Drain garbanzo beans and mash them.

Add minced onion and garlic (or garlic and onion powder), crushed red pepper, chili powder, dash of salt, 2 tablespoons flour, 1 egg. Continue to mash and mix, form into small balls, flatten them into patties, pan fry in oil on both sides. Eat as is, or roll in a tortilla or pita bread with lettuce and onions with a mayo or mustard or yogurt sauce. To make a yogurt sauce for a falafel sandwich (or any other sandwich): Dice some cucumbers (chopped small), mix with 1 cup yogurt, chili powder (to taste), ½ teaspoon salt, 1 tablespoon lemon juice.

Hummus. Drain garbanzo beans and mash them. Add ½ tablespoon lemon juice, 1 tablespoon of oil, ½ teaspoon dried Italian herbs, garlic and onion powder, some cumin or chili powder. Use as a dip or as a sandwich spread.

To Achieve Your Dreams, Remember Your ABC's

Continued from the April OKC Catholic Worker.

IGNORE those who try to discourage you. . . **JUST** do it! **KEEP** on trying. . . **LOVE** God, yourself, and your neighbor. . . **MAKE** it happen. . . **NEVER** lie, cheat or steal. . . **OPEN** your eyes, see things as they really are. . . **PRACTICE** makes perfect. . . **QUITTERS** never win, and winners never quit. . . **READ**, study and learn about everything important in your life. . . **STOP** procrastinating. . . **TELL** the truth. **UNDERSTAND** yourself to better understand others. . . **VISUALIZE** it. . . **WANT** it more than anything. . . **XCELERATE** your efforts. . . **YOU** are unique in all of God's creation. . . **ZERO** in on your target; go for it.

Hot Water Without Electricity or Natural Gas . . .

Fill a 5 gallon bucket with water, put a lid on it and place it in the sun, wait a couple of hours. For faster hot water, paint the bucket and lid black. . . Fill a garden hose with water, close the ends, lay it in the sun. After an hour or so, drain hot water into sink or tub. . . Fill some 2 liter bottles, peel off any labels. Put them in the sun. When hot, drain into sink or tub. . .

A GOOD PLAN executed now is better than a perfect plan next week... **TALK IS CHEAP** because supply usually exceeds demand... **BE NOT AFRAID** of growing slowly; be afraid only of standing still... **HARD WORK** is the mother of luck... **DON'T BE AFRAID** to ask questions ... **ONE TODAY** is worth two tomorrows...

PROCRASTINATION is the thief of time. . . . **TO AVOID FOOLS**, take steps! . . . **Y'ALL GET** the right eats, you hear? . . . **BE THE CHANGE** you wish to see. . . **IF YOU ALWAYS DO** what you always do, you will always get what you always get.