

GARDEN OAKS GAZETTE

VOLUME 36

ISSUE 7

WALTRIP HIGH SCHOOL PRINCIPAL ANDRIA SCHUR TO SPEAK AT JULY 1ST CIVIC CLUB MEETING



A Houston-area native, Waltrip High School Principal Andria Schur graduated from Aldine High School and attended Sam Houston State University. She graduated from the University of Houston with a bachelor's degree in education. She then taught for nine years in the Pasadena Independent School District before earning her master's degree from UH-Clear Lake. Ms. Schur then worked for Clear Creek ISD as the district at-risk coordinator and as the dean of instruction at Clear Creek's Early College High School.

Most recently, she has worked in the Houston Independent School District, first serving as the principal of Barbara Jordan High School for Careers and now Waltrip High School. She has completed all the necessary course work to receive her doctorate from the University of Texas in May 2015.

Ms. Schur and her husband have four children ranging in age from 4 to 17.

GERIATRIC CARE SPECIALIST MARILYN DRANE TO PRESENT AT AUGUST 5TH CIVIC CLUB MEETING

Marilyn Drane, Certified Geriatric Care Manager and owner of CareTemps, will be the featured speaker at the August 5th Civic Club meeting. The topic of her presentation will be "Planning for the Care of Aging Family Members".



Ms. Drane is a certified Geriatric Care Manager and the owner of CareTemps, a local company that has been providing both personal assistance and care management services for adults in the Houston area since 1997. She is also a member of the National Association of Professional Geriatric Care Managers (NAPGCM), heads up the Caring and Concerns committee for a professional women's group, and has served on the Advisory Board of CanCare.

Many of us will face elder care issues as we and our family members age. Changes in an aging individual's abilities can unfold slowly over time, like many forms of dementia. Other times, a sudden event like a fall and subsequent broken hip can necessitate a drastic change in care. How does one navigate the maze of long-term services and resources in order to identify the best care solution? Ms. Drane will discuss geriatric care management and lay out what daughters, sons, and their spouses can expect and guidance available in evaluating and deciding upon care options. Come learn and prepare for your future!

July 2014



UPCOMING EVENTS

August Civic Club Meeting

Tuesday, August 5th
7:00 p.m.
Garden Oaks Montessori
901 Sue Barnett Drive

September Civic Club Meeting

Tuesday, September 2nd
7:00 p.m.
Garden Oaks Montessori
901 Sue Barnett Drive

SAVE THE DATE!

6th Annual Garden Oaks Wine Walk

Saturday, October 18th
4:00-6:00 p.m.

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Whoops!

In the June issue of the *Gazette*, we inadvertently merged the accomplishments of two talented young Garden Oaks residents, **Lily Bowman** and **Sarah Klein**. Lily, pictured below, is the youngest-ever member of the Meta-Four Houston slam poetry team. Pictured right is Sarah, who recently made her debut in Theatre Under the Stars' Humphreys School of Musical Theatre's production of *Big: The Musical*. The *Gazette* editorial team regrets the error.



Above: **Sarah Klein** in TUTS' Humphreys School of Musical Theatre's production of *Big: The Musical*



Left (back row, third from right): **Lily Bowman** of the Meta-Four Houston slam poetry team

Garden Oaks Gazette

The Garden Oaks *Gazette* is the official publication of the Garden Oaks Civic Club and is published monthly. The submission deadline is the 15th of each month for publication the following month, unless otherwise noted.

Publication herein of any article not directly related to the Garden Oaks Civic Club does not imply endorsement by the civic club and such article is solely an expression of its author's opinion.

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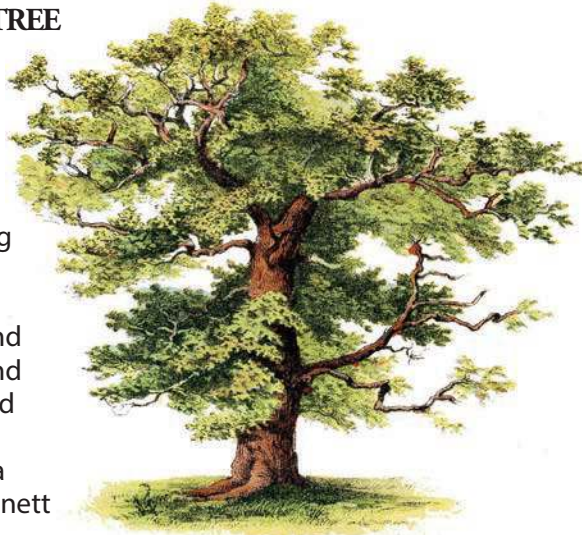
HEARD UNDER THE OAK TREE

By Terry Jeanes

Welcome, New Neighbors!

Congratulations on joining our community. We hope to see you at a civic club meeting soon.

- 235 West 30th 855 West 42nd
- 524 West 30th 955 West 42nd
- 515 West 31st 923 West 43rd
- 517 West 31st 963 Althea
- 717 West 39th 950 Gardenia
- 748 West 42nd 1438 Sue Barnett



Happy Birthday

- Caroline McLean 7/1
- Claire Elizabeth B. 7/2
- Matthew Knauth 7/2
- Alexander Z. 7/2
- Jane E. 7/3
- Jessica Jarvis 7/7
- Alison Tucker 7/10
- Kaplan M. 7/12
- Sean Walden 7/16
- Sterling Walden 7/16
- Jenny Espeseth 7/17
- Melanie Evans 7/23
- Deanna Zugheri 7/23
- Akira B. 7/27
- Jason Cunningham 7/27
- Sally McDaniel 7/27

Happy Anniversary

- Jenny & Jason Espeseth 7/7
- Sarah & Corey Heath 7/26

Congratulations

Congratulations to **Christopher Knauth, Ian Pellerin, Christian Williams, and Thomas Winston** of Cub Scout Pack 40 at St. Rose of Lima for earning the Arrow of Light, the highest honor available to Cub Scouts, and graduating to Boy Scouts.

Congratulations to **Emily Roberts** who placed 2nd in UIL State competition for her French horn solo.

Happy Graduation to **Sean & Sterling Walden.**

Kudos to **Mae T.** for making the T-Ball All-Stars in an all-boy league!

Congratulations to triathlete **Sylvia Escobedo** for placing third in the MemorialHermann triathlon, her first race following neck surgery in May.

Out & About

Sheree Peoples enjoyed a yoga and wellness retreat in Costa Rica.

The **Heath** family enjoyed a great Memorial Day at Foxfire Cabins in the Hill Country.

Les and Mary Lavin spent the Memorial Day holiday in Big Bend.

The **Seghers** clan visited Cape Cod.

Eric and Jessica Jarvis visited Cincinnati.

John, Cindy, and Buddy Bartos vacationed in Pecos, NM.

Special Thoughts

Special thoughts for the **Croker** family following the recent passing of **Candice's** father.

Continued thoughts and prayers for **Sandra George** and the extended family and friends of **Charlie George** who passed away on May 27th. "Chairs for Charlie" touched many members of the Garden Oaks community.

Special thoughts for **Rita Hartman** following the loss of her cat, Cindy, her beloved companion of 20 years, and for **Missy Alwais** with the passing of her family dog, Chica.

To highlight an event, celebration, or other tidbit, contact Terry Jeanes at terry@terryjeanes.

Terry Jeanes
Your Neighbor & Area Specialist



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GARDEN OAKS CIVIC CLUB MEETING MINUTES

By Cindy Bartos, Secretary

June 3, 2014

Location: Garden Oaks Montessori Magnet School, 901 Sue Barnett Drive

Welcome: President Sheila Briones called the meeting to order at 7:01 p.m. and welcomed new attendees. A motion was made and seconded to approve the May 2014 minutes as published in the *Gazette*. The motion passed.

Treasurer's Report: Treasurer Jerry Butler reported on the Civic Club's current finances and had copies of the Profit and Loss statement and the Balance Sheet available at the meeting.

Program: President Briones introduced the featured speaker, Jonathan McElvy, President & Publisher of *The Leader* newspaper.

STANDING COMMITTEE REPORTS

Government Affairs: Committee Chair Mark Klein reported on the meeting that he, Pam Parks, Julie Maddox, and Bryan Blades had with City Council Member Ellen Cohen and her Deputy Chief of Staff, David Bonhem. Due to the letters and comments received concerning the Alba In-Line Storm Water Detention Project, the Public Works Department has decided to re-evaluate the project and will contact Mark in two to three weeks. While visiting with Council Member Cohen, the representatives from Garden Oaks raised questions, voiced concerns, and discussed project options with her.

Membership: Committee Chair Dian Austin reported we have 305 paid members of the Civic Club. Cindy Bartos won the door prize.

Garden Oaks Citizens' Patrol: Committee Chair Carl Waters reported there were 5 crimes

reported to the Houston Police Department in the prior month. He welcomed and encouraged those interested in taking part in the Citizens' Patrol to contact him.

Beautification: Committee Chair Gary Harmon will be contracting with someone to manage the trees in our Garden Oaks parks. The Beautification Committee will continue to care for the flower beds. Mr. Harmon expects that irrigation will be a primary concern in the summer months.

To commemorate "Chairs For Charlie", the special tribute given by neighbors of resident Charlie George who passed away on May 27, the Beautification Committee has decided to place a permanent chair in Triangle Park in Charlie's memory. Terry Jeanes announced she would match the committee's expenditure of \$250 toward the purchase of the chair.

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Constable Program: Committee Chair Terry Jeanes introduced the Deputy Constable in attendance. Ms. Jeanes and the Constable urged residents not to open their doors to "late night knocks" and to call Constable dispatch at 713-755-7628 instead or any time they see or hear something that doesn't seem right.

Ms. Jeanes also reminded residents with travel plans to fill out and submit a Vacation Watch form, available at www.gardenoaks.org/resources/vacationwatch.pdf.

Martin Parr has been assisting Ms. Jeanes in the effort to improve the visibility of the traffic light at Alba and 43rd Street. According to the City, the obstructing tree branches have been trimmed and the hanging wires have been tightened. The City is not convinced of the need for a traffic signal alert sign.

Website: Webmaster Joe Muscara was not in attendance.

Gazette: Editor Jenny Espeseth was not in attendance.

Garden Oaks Montessori: Principal Lindsey Pollock departed the meeting with no report.

President Briones announced that Principal Andria Schur of Waltrip High School would be the featured speaker at the July 1, 2014 Civic Club meeting, and that a report concerning the City of Houston's re-evaluation of the Alba In-Line Storm Water Detention Project is anticipated at the July meeting as well.

President Briones adjourned the meeting at 8:14 p.m.

Child Care Offered at Civic Club Meetings

The Civic Club is pleased to offer members an arrangement with the Foster YMCA to provide child care during civic club meetings. YMCA child care specialists, each trained in first aid and CPR, will care for your children from 6:30-8:30 p.m. (the usual duration of civic club meetings) in an area adjacent to the meeting location for a nominal charge of \$1.00 per child. Our hope is that this service will enable more residents to attend our monthly civic club meetings.

Please remember to pay Civic Club and Constable Dues for 2014. Pay online at www.gardenoaks.org or complete the enclosed forms.

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Each director's term expires in October of year in parentheses.

CITIZENS' PATROL UPDATE

By Carl Waters, Jr.

There were two incidents reported via social media in the past two months which were very disconcerting. One involved two individuals banging on the front door of a Section 2 home at 1:00 a.m. This homeowner immediately called Constable Dispatch and our overnight deputy arrived in less than one minute. The two unwelcome visitors were arrested following a search in which they were found to be in possession of crack cocaine.

Not so fortunate was a gardener working for a Section 1 resident. He was approached by three men in a pick-up truck with a trailer who demanded money. When he refused, one of the men produced a gun and they took his lawnmower. Please remain alert to suspicious activity and report it to the authorities.

Inquiries about joining the Citizens' Patrol Program or about other community safety issues can be directed to me via neighborhood website GardenOaks.org, e-mail at GOCOP77018@AOL.com, or by phone at 713-569-3153.

GOMO Review Meetings

take place at 6:30 p.m. prior to Civic Club meetings on the first Tuesday and at 7:00 p.m. on the third Wednesday of each month.

Meetings are open to anyone interested in attending.

Additional information about the **Garden Oaks Maintenance Organization (GOMO)** is available online at GardenOaks.org.

Property owners in Sections 1, 2, 3 and 5 are all members of GOMO.

Emergency Numbers

Emergency Services
911

HPD Non-Emergency Services
713-884-3131

Constable Dispatch
713-755-7628

All Other City Services
311

May Crime Statistics (5)

Burglary (1)

400 block of W. 30th on Wednesday, May 21 at 6:45 a.m. (residence).

Theft (4)

1000 block of Lamonte on Monday, May 5 at 10:30 p.m. (driveway).

800 block of Sue Barnett on Wednesday, May 14 at 6:00 a.m. (parking lot).

900 block of Althea on Tuesday, May 20 at 11:30 a.m. (residence).

3200 block of N. Shepherd on Friday, May 30 at 8:30 p.m. (church).

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CONSTABLE PROGRAM UPDATE

As of June 1, there are 310 paid constable subscriptions for 2014. If you haven't already done so, please consider contributing to this vital program. Payment can be made via debit or credit card at www.gardenoaks.org/constable or with a check payable to Garden Oaks Civic Club.

However you choose to contribute, please Submit a completed Constable Program Contributor Form by mail or e-mail to constable@gardenoaks.org so we have your current emergency contact information on file. The form is available in the *Gazette* and online at the link below. Your support of this program is greatly appreciated!

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REMINDER: Be sure your alarm monitoring company has Constable Dispatch (713-755-7628) as the first responder on your call list when your home's alarm is triggered. Please also program this number in your cell phone for ready access when you or a neighbor needs it.

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Constable Program Form:
www.gardenoaks.com/constable

Vacation Watch Form:
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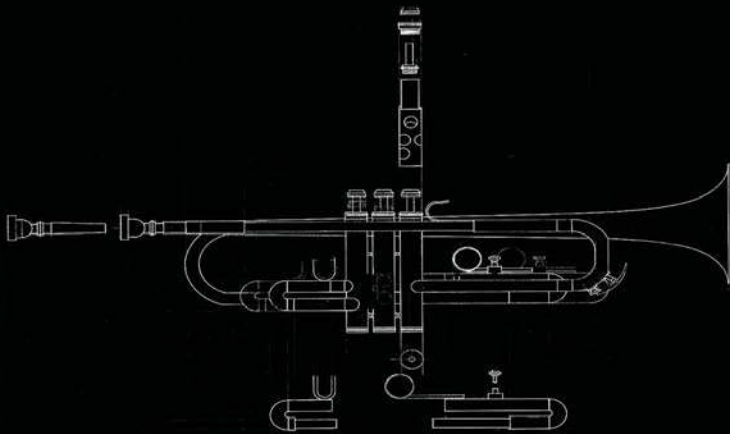
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SUCCESS: TALENT OR HARD WORK?

By Lindsey Pollock, Ed.D.,

Principal, Garden Oaks Montessori

Sitting in Walt Disney's Carousel of Progress at Disney World with my grandchildren this week, I was reminded of the technological progress I have experienced in my life. For example, we've moved from typewriters to computers and from landlines to cell phones, and I witnessed firsthand the children's fascination with the phone in our hotel room – the one with the "curly string" attached. Such changes have revolutionized our daily routines and the continual upgrades make it a challenge to keep up with the pace.

Futurists predict that in twenty years, many of today's jobs and current technology will be obsolete. The futurists that I am referring to are not looking into crystal balls or patterns in the stars, they are educators, legislators, economists, and business leaders who are concerned that we are not preparing children for the demands of tomorrow. In the words of Jean Piaget (president of Switzerland's first Montessori society), "[E]ducation means making creators... You have to make inventors, innovators, not conformists." Therefore, my summer reading is focused on the research concerning talent versus hard work and what we can do to foster perseverance and creativity in our children. Here are a few of the books on my list:

- ***Bounce*, by Matthew Syed (2010)**, outlines the science of success and the notion that talent is a myth. Instead, the author reviews the complexities of talent with practice and perseverance being the most important factors of excellence. While he contends that there are some individuals who seemingly have predispositions from an early age, these tendencies soon fade without encouragement, coaching, and practice. Syed references Malcolm Gladwell's *Outliers* (2008) and Geoff Colvin's *Talent is Overrated* (2008) in which the authors describe the culmination of practice is usually realized as excellence after 10,000 hours of specialized practice. This is usually a rate of 1,000 hours per year over 10 years. Of course there are exceptions such as fields that are emerging or where there are few people competing or implementing a technique. The most important take-away of *Bounce* is the importance of encouraging your child to practice to realize their full potential in an area. Whether it is reading, math, an instrument, or sport, practice really does make perfect (or at least a lot better)! This is one reason teachers see students struggle each year after summer "vacation" and spend the beginning of each year reviewing where they left off the year before. Think about taking a two-month break from your job and returning – I

have heard adults complain of forgetting computer passwords after a long weekend!

- ***The Learning Brain: Memory and Brain Development in Children* by Torkel Klingberg, M.D., Ph.D. (2013)** is a discussion of the findings of Klingberg and his colleagues at the Karolinska Institute in Stockholm, Sweden where they study Cognitive Neuroscience in children around the world. He found that just as physical exercise is good for our bodies, so is mental exercise beneficial to brain function. His research has spanned the increased ability to memorize and recall information by practicing these skills as well as improving children's ability to self-regulate, which is especially promising for children diagnosed with attention deficit hyperactivity disorder (ADHD). Some of the techniques they found to improve memory and impulsivity included playing games with others (board games and interactive/team sports), learning to play an instrument, and learning a new language. All of these endeavors involve practice, immediate feedback, and perseverance.
- ***How to Think Like Leonardo da Vinci: Seven Steps to Genius Every Day* (1998) by Michael Gelb** is another fascinating look into the natural talent versus practice question. Most of us subscribe to the idea that practice supports academic knowledge, but can you learn or practice creativity and why is it important? Klingberg ends the book with his summary of "X prizes" in various industries – prizes for innovation and creativity to take fields of science and business beyond the current limits to an even greater efficiency and profit. Gelb provides a series of exercises and techniques to foster creative thinking through daily practice, which in turn enhances brain-body connections and functioning. He outlines the seven elements of success that da Vinci embodied. They include a sense of curiosity and wonder, a willingness to receive feedback and review personal performance, daily practice to sharpen the five senses, seeing opportunity to embrace and explore uncertainty, balance of art and science, balance of body and mind, and finally a desire to "put it all together" by continually asking "why" about the world around him. These strategies can support a plan of personal development through implementation in daily activities. For a family, setting goals and practicing these da Vinci techniques can strengthen family routines and relationships.

Everyone, no matter how young or mature, can benefit from practicing the techniques mentioned in these books. Remember, practice makes better!



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AIR CONDITIONING TIPS FOR THE SUMMER

By Mitch Weigand

Protecting Your Air Conditioning System's Capacitors

A couple of years ago, we discussed the threats caused by thunderstorms and how to protect your A/C system. Just do this: when you hear thunder from an approaching storm, go to your thermostat and turn your A/C off. This helps protect it from devastating power surges. Nearly 90% of all electrical-related damage occurs when your A/C is left on during thunderstorms. But what are you protecting when you do this? You are protecting your system's capacitors.

So what exactly is a capacitor?

A capacitor is an electrical device that stores an electrical charge. In A/C systems, they are used to turn on fan motors and compressors. Other motors such as an electric car engine, furnace, spa pump, and home

generator have them too. Pretty much any motor that is powered by electricity has a capacitor or two built into it.

In A/C systems, capacitors come in two types: start capacitors and run capacitors. They function very differently. Start capacitors do just that, they start a motor. Start capacitors provide extra torque (power boost) at the start-up for the compressor. An internal relay automatically disconnects them from the compressor once the compressor starts. Run capacitors are designed to keep the compressor running continuously while it is being powered. They maintain a relatively constant voltage supply to the compressor.

Think of them as internal surge protectors

Because both start and run capacitors involve electricity, they are susceptible to electrical power surges which can occur during and after thunderstorms. Some are built with a

pressure-sensitive interrupter, which causes them to fail before internal pressure causes serious damage to your A/C system. Another design causes the top of the capacitor to expand and break its internal wiring.

Many of my long-term customers have heard me use the term "weak capacitor." Over many years of use, the capacitor's strength decreases and it simply wears out. As a result, the A/C motor may fail to start or run at full power. If a motor is running during a lightning strike along the power grid, the run capacitor might be damaged or weakened by a voltage spike, thus requiring replacement.

So when there's electricity in the air, turn your A/C off. Additionally, if there is a power outage during the storm, wait 20 minutes after power is restored before turning your air conditioner back on. Unstable or "dirty" power can occur at this time.

Mitch is the owner of Air Wise™ and a member of the Garden Oaks Civic Club.



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Jenny S., Spring, TX

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Air Wise owner Mitch Weigand

TIPS FOR SENIORS

By Marilyn Drane, Certified Geriatric Care Manager

Parents Eating Poorly?

Are you concerned about your aging parents' nutrition? Take a discreet look around their kitchen. Is the pantry well-stocked? Do you see fast-food wrappers in the trash? Is there healthy food in the refrigerator? Are there items with expiration dates that passed long ago? If you feel your parents may not be getting the nourishment they need, here are some possible solutions:

- Shop with or for them.
- Stock up on nutritious and convenient items.
- Order groceries online.
- Have frozen or prepared meals delivered.
- Freeze single servings of home-cooked meals.

Hopefully, they'll be receptive to such help from someone they used to spoon-feed strained peas!



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By appointment only

Saturday: 7:30 - 11:30 AM

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(Between T.C. Jester & Ella)

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www.oakforestvetclinic.com

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Maggie Morris, DVM

Susan Cardenas, DVM

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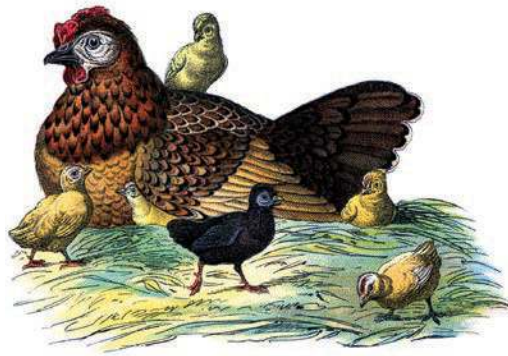
MICKEY'S MINUTE

By Mickey Morales

Happy birthday, America! We're halfway through 2014 already and have just three more months of summer on the Texas Gulf Coast. Life at the Farmstand is just cooking along with new vendors coming on board each month. Heather O'Keefe with Bella's Beer Biscuits is making doggie treats from spent grain from local breweries. We are also happy to have Jacob Martin and Matt Crow of Old School Produce; these two enterprising young men are selling plant starts for your home garden and are thinking about branching out into fruit tree sales as well. We have also added Karen Goldberg of Chocolate and Sweetness to the rotation every first and third Saturday. Of course, all your favorites will still be here, rain or shine.

Down at the farm, Cathy and I are covered up with babies! We have baby goats, chicks, ducks, and guineas. The circle of life continues as some of our old hens have gone on to that happy nest box in the sky and we needed replacements. Most folks get rid of their old hens after two or three years, and we have found a good use for them: making compost! We've housed them in a shade cloth hoop house which we regularly cushion with fallen leaves that are so plentiful here in the Garden Oaks/Oak Forest area. They have built up over five inches of good soil over the past few years and provided us with an endless stream of fertilizer, and they still crank out a few eggs. Speaking of eggs, we should start to have duck eggs sometime in August and a few whole ducks for cooking soon.

That's it for now. As always, come soon, come often, and come early to beat the heat!



Local Farmers' Market

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Please note:

1. Placement of ads is subject to the discretion of the editor.
2. Artwork must be e-mailed to gazette@gardenoaks.org by the 15th of each month for publication the following month.
3. Artwork may be submitted in one of the following formats: **JPEG** (.jpg), **PDF** (.pdf), **GIF** (.gif) or **TIF** (.tif).

Gazette Advertising Rates/Sizes/Submission Guidelines

Size	Single	Six Months	Twelve Months
2 1/4 W x 2 3/8 H	\$60.00	\$300.00	\$580.00
2 1/4 W x 4 1/4 H	\$90.00	\$450.00	\$870.00
Half Page 7 1/2 W X 4 1/2 H	\$110.00	\$550.00	\$1065.00
Full Page 7 1/2 W x 9 1/2 H	\$180.00	\$900.00	\$1745.00
Half Page Back Cover	\$150.00	\$750.00	
Full Page Back Cover	\$225.00	\$1125.00	
Full-page insert, single-sided	\$180.00		
Full-page insert, double-sided	\$225.00		

GARDEN OAKS OUTREACH

A color version of the Gazette is published each month on the Garden Oaks website

<http://www.gardenoaks.org/involvement/gazette.html>.

Classified Ads are \$20 per run for residents, and are for personal services only, e.g. help wanted, items for sale, infant care needed, etc.

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JULY 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Acronym Key GOMM = Garden Oaks Montessori Magnet School, 901 Sue Barnett GOMO = Garden Oaks Maintenance Organization GOPB = Garden Oaks Professional Building, 4001 N. Shepherd, Suite 216 GF = Gluten-free		1 Civic Club Meeting¹ 7PM @ GOMM	2 GOMM Night at Becks Prime² 5-8PM @ Heights location 115 West 19th		4 GO Bicycle Parade 9AM @ SPARK Park (Registration 8:30AM) Independence Day 	5 Farmers Market 9AM-1PM 948 Wakefield
6	7		9	10	11	12 Farmers Market (GF) 9AM-1PM 948 Wakefield
13	14	15	GOMO Meeting 7PM @ GOPB	17 Heavy Trash Pick-Up (Tree Waste)	18	19 Farmers Market 9AM-1PM 948 Wakefield
20	21		23	24	25	26 Farmers Market (GF) 9AM-1PM 948 Wakefield
27	28	29	30	31	¹ Preceded by GOMO meeting beginning at 6:30 p.m. ² Mention GOMM with order and Becks Prime will donate 15% of your purchase price to the school.	





Save the Date!

Join us for our annual

4TH OF JULY

RED, WHITE AND BLUE

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 9:00 a.m. at Rick Englert SPARK Park.
 Registration begins at 8:30a.m



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