

# GARDEN OAKS GAZETTE

VOLUME 36

ISSUE 8

## Back to School C-O-U-N-T-D-O-W-N

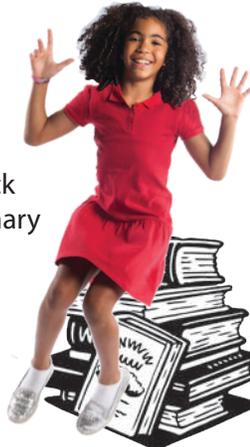
The young scholars of Garden Oaks will soon be wrapping up their summer vacation and heading back to school. Classes are scheduled to begin at area primary and secondary schools on the following dates:

**Wednesday, August 13**  
St. Ambrose Catholic School  
St. Pius X High School

**Friday, August 15**  
St. Rose of Lima Catholic School

**Tuesday, August 19**  
Lutheran High North

**Wednesday, August 20th**  
Our Savior Lutheran School



**Monday, August 25th**  
Garden Oaks Montessori Magnet  
Oak Forest Elementary School  
Frank Black Middle School  
Waltrip High School  
(and all other HISD schools)

## August 2014

### UPCOMING EVENTS

**August Civic Club Meeting**  
Tuesday, August 5  
7:00 p.m.  
Garden Oaks Montessori  
901 Sue Barnett Drive

**GO Kids Back to School Picnic**  
Saturday, August 9  
5:00-8:00 p.m.  
Rick Englert SPARK Park  
Sue Barnett @ West 41st

**September Civic Club Meeting**  
Tuesday, September 2  
7:00 p.m.  
Garden Oaks Montessori  
901 Sue Barnett Drive

### SAVE THE DATE!

**6th Annual Garden Oaks Wine Walk**  
Saturday, October 18  
4:00-6:30 p.m.  
\* Tickets on sale September 1

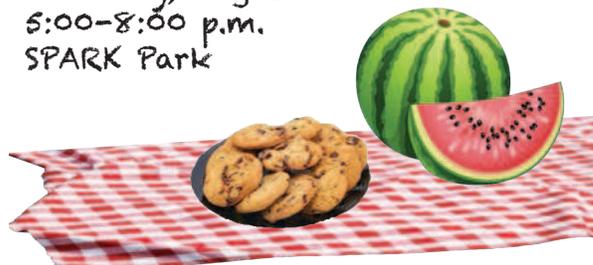
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## Back to School Old-Fashioned Picnic!

Saturday, August 9th  
5:00-8:00 p.m.  
SPARK Park



You are invited to join your neighbors for one last summer hurrah before kicking off the new school year. GO Kids is hosting an old-fashioned picnic at the Rick Englert SPARK Park on **Saturday, August 9** from **5:00-8:00 p.m.**

GO Kids will provide food and entertainment for the whole family, with face painting, a tattoo booth, old-fashioned picnic games (including water balloons to help keep the kiddos cool), Constable fingerprinting and much more! If you have any questions or interest in helping out, please contact GO Kids Events Coordinator, **Mandee Lee**, at [mlwilley@gmail.com](mailto:mlwilley@gmail.com).

Garden Oaks Montessori student photographs above courtesy of Lot Five Studios [lotfivestudios.com](http://lotfivestudios.com)

# HELP WANTED

Seeking Gazette Editor  
& Assistant Editor  
for  
2015

Please contact  
[gazette@gardenoaks.org](mailto:gazette@gardenoaks.org)  
for more information



*California Dreamin'*

6th Annual Garden Oaks Wine Walk  
Saturday, October 18  
4:00-6:30 p.m.

Tickets on sale September 1st



## 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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**HERE COMES THE WINE WALK!**

By Dian Austin

Plans are already under way for our Constable Patrol Program fundraiser, the **6th Annual Garden Oaks Wine Walk**. Each fall, we stroll through the spacious and gorgeously landscaped backyard of Ed and Brenda de Alba to taste wines and foods offered by generous neighborhood table hosts. It is a wonderfully enjoyable opportunity to connect and reconnect with neighbors while raising funds for the constable patrol.

The Wine Walk will be held this year on **Saturday, October 18th, from 4:00-6:30 p.m.** (rain date November 1st). By popular demand, we have extended the event by 30 minutes this year. **Tickets will go on sale on September 1st** and may be purchased using the form in the September *Gazette* or on the [gardenoaks.org](http://gardenoaks.org) website. Tickets will be \$65 per person (adults only), with all proceeds going toward the Civic Club's underfunded constable patrol contract that is paid by residents' donations and Civic Club budget allocation.

Our theme this year is California Dreamin', featuring wines from the plentiful California vineyards. We will have 13 different tables offering foods and wines; as we go to print, at least one of those spots is still available. Table hosts are expected to furnish a minimum of one case of their featured wine (we try to keep the price per bottle

at \$20 or less), and optional table décor and munchies. If you are interested in hosting a wine table, please contact **Shelley Rogers** at [srogers@sheehyware.com](mailto:srogers@sheehyware.com). Each table host will receive 2 free tickets to the Wine Walk.



Cash sponsorships are available at the \$150, \$300, and \$500 levels, and will garner signage at the event, free *Gazette* advertising, and complimentary tickets. Anyone interested in sponsoring this year is asked to please email **Dian Austin** at [cavort2@gmail.com](mailto:cavort2@gmail.com). Our first sponsor to step up this year is **Terry Jeanes, RE/MAX Metro**, at the \$500 level. Terry has been heading up the Constable Patrol Program since its inception. Thanks, Terry, for your generous contribution and for all your years of hard work to keep our neighborhood safe!

If you have never attended the Garden Oaks Wine Walk, this event is one of the most fun of our annual traditions. We sell only 200 tickets, and they have sold out very quickly every year. Stay tuned for more info.!

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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.

- 308 West 32nd
- 1050 West 41st
- 1059 West 41st
- 4219 Apollo
- 3302 Lawrence

**Happy Birthday**

- Mark Sarmiento..... 8/3
- Elizabeth Klein ..... 8/4
- Katherine K. .... 8/4
- Avery T..... 8/5
- Rick Knauth..... 8/9
- Elizabeth J. .... 8/20
- Matt Veech..... 8/22
- Tony Padon..... 8/23
- Isabella R. .... 8/23
- Trent Salch..... 8/23
- Bridgette Martinez..... 8/26
- Emma C..... 8/28
- Debbie Padon ..... 8/28

**Happy Anniversary**

- Pat Buron & Shelly Rogers ..... 8/5
- Sheree' & Ron Peoples ..... 8/7
- Carl & Lisa Rentschler ..... 8/7

**Congratulations**

Congratulations to **Lily Bowman** who traveled to Philadelphia with the Meta-Four slam poetry team of Houston to compete at Brave New Voices, an international poetry slam competition.



**Out and About**

So many neighbors have been "on the GO" traveling this summer! **Blake Woods** visited the Disney Convention Center and rubbed elbows with Mickey Mouse. The **Heath Gang** had a grand time in Galveston and then Corpus Christi and South Padre Island later in the month. The **Jernigans** visited Istanbul. **Tina Sabuco & Shellye Arnold** traveled to Escanaba, Michigan for Tina's 35th high school reunion.

The **Knauths** enjoyed a deep-in-the-heart-of-Texas vacation in Gruene, spending time at the river, Natural Bridge Caverns, and ranch. Mom and Dad even got to step out for an evening at Gruene Hall. The **McLeans** holidayed in Scotland, the **Zugheris** at Atlantis in the Bahamas, the **Kleins** in Santa Barbara, and the **Cunninghams** in Fredericksburg, Texas.

**Terry Jeanes**

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**Tim Weltin** was spotted photobombing Chuck Norris and **Tina Beddow** was seen in the crowd at Wimbledon.

Many a GO kiddo ventured to sleep-away camp this summer, including **Lishan** and **Demi B-W**, **Livi** and **Reeve D.**, **Evie H.**, **Christopher** and **Katherine K.**, **Kate M.**, and **Rowan S.** The **Appling-O'Learys** spent much of the summer at their Sherwood Forest Faire Summer Camp in McDade, Texas.

**Special Thoughts**

Special thoughts for a speedy recovery to **Trent Salch** as his back heals and **Ed de Alba** for his knee.

To highlight an event, celebration, or other tidbit, contact Terry Jeanes at [terry@terryjeanes.com](mailto:terry@terryjeanes.com).

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## FORTY YEARS ON GARDENIA DRIVE REUNION

Neighbors – current and former – gathered on Saturday, July 26 to celebrate **Robin Lee's** 40 years of residing on the 1000 block of Gardenia Drive. The gathering included former neighbors **Mike and Casey Farris**, **Rick and Mary Hecksel**, and **Glenn and Melinda Hammond**. Robin (pictured below, far right) hosted the fun gathering to thank her neighbors for "being a part of my life and a great block in Garden Oaks."



An advertisement for Remodelers of Houston. It features two photographs: a modern kitchen with white cabinetry and a central island, and a bright bathroom with a white vanity and a large mirror. The company logo, which includes a stylized house icon, is centered between the photos. Below the logo, the text reads "Remodelers of Houston" in a large, bold font, followed by "Design | Build | Remodel" and "A Division of William Shaw and Associates, Inc." in a smaller font.

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## GARDEN OAKS CIVIC CLUB MEETING MINUTES

By Cindy Bartos, Secretary

**July 1, 2014**

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

**Welcome:** President Sheila Briones called the meeting to order at 7:00 p.m. and welcomed attendees. A motion was made and seconded to approve the June 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.

President Briones announced the July 4th Bike Parade will start at the Spark Park at 9:00 a.m. with registration beginning at 8:30 a.m.

**Program:** President Briones introduced the first speaker, Andria Schur, Principal, S.P. Waltrip High School. Tim Weltin introduced the second speaker, Paolo Castagnoli, Principal, Frank Black Middle School.

Dr. Lindsey Pollock, Principal, Garden Oaks Montessori Magnet School, said conversation will begin this fall with architects to determine the expenditure of the school's portion of the \$27 million bond approved by voters. HISD teachers will begin the 2014-2015 school year on August 11th and students will begin August 25th. Dr. Pollock will be in Brazil at that time having been selected to participate in a principal exchange program for two weeks.

### STANDING COMMITTEE REPORTS

**Membership:** Brenda de Alba reported on behalf of Committee Chair Dian Austin that we have 316 paid members of the Civic Club and 318 Constable Program supporters. Joan Harmon won the door prize.

**Garden Oaks Citizens' Patrol:** Committee Chair Carl Waters, Jr. reported there were 5 crimes reported to the Houston Police Department in the prior month.

**Gazette:** Editor Jenny Espeseth was not in attendance.

**Website:** Webmaster Joe Muscara was not in attendance.

**Beautification:** Committee Chair Gary Harmon reported on the planned replacement of a tree in Gazebo Park and on the general maintenance of the gardens in our neighborhood parks.

**Constable Program:** Committee Chair Terry Jeanes reported on the successful apprehension of two suspects by the constable on duty. Regarding the 43rd and Alba traffic light, Ms. Jeanes anticipates future tree trimming to clear the view and is looking into the possibility of warning strips placed on the street in advance of the traffic light.



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**Ad Hoc In-Line Storm Water Detention Project Committee:**

Mark Klein has been in contact with City Council Member Ellen Cohen's Deputy Chief of Staff, Traci Elsner, and will be notified if and when the Public Works Department reaches a decision following the re-evaluation of the project.

**OTHER BUSINESS**

Shelly Rogers announced that the Wine Walk will be held on October 18th at the home of Ed and Brenda de Alba. Additional information will be available in the August Gazette.

President Briones adjourned the meeting at 8:20 p.m.



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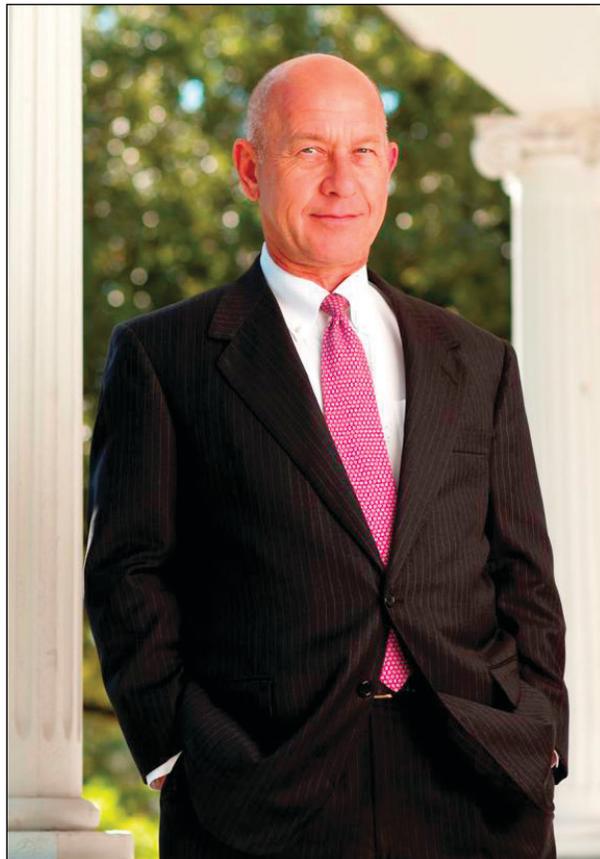
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**Please remember to pay Civic Club and Constable Program Dues for 2014.**

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**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.



**STATE SENATOR JOHN WHITMIRE FEATURED SPEAKER AT SEPTEMBER CIVIC CLUB MEETING**

The Honorable John Whitmire, State Senator (pictured left), will be the featured speaker at the September 2nd Civic Club meeting. Senator John Whitmire represents the 15th Senatorial District comprised of north Houston and parts of Harris County. He was elected to the Texas Senate in 1982 after serving 10 years in the Texas House of Representatives. With over 30 years of service in the Texas Senate, Senator Whitmire ranks first in seniority and is the "Dean of the Texas Senate."

Senator Whitmire serves as Chair of the Senate Criminal Justice Committee and works to bring about needed changes to the adult and juvenile criminal justice systems. He is also a member of the Senate Administration Committee and the Senate Business and Commerce Committee. In addition, he serves as a member of the Senate Finance Committee where he is committed to finding appropriate solutions for funding the state's many agencies and programs.

Originally from Hillsboro, Texas, Senator Whitmire moved to Houston where he graduated from Waltrip High School. He earned a Bachelor of Arts degree from the University of Houston and attended the Bates College of Law. He was admitted to the Texas State Bar in 1981 and is attorney of counsel to the law firm Locke Lord LLP. Senator Whitmire has two daughters, Whitney and Sarah Whitmire.

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

## CITIZENS' PATROL UPDATE

*By Carl Waters, Jr.*

National Night Out in Texas will be celebrated on Tuesday, October 7. The program is designed to heighten crime and drug prevention awareness, generate support for and participate in local crime prevention programs, strengthen neighborhood spirit and police-community partnerships, and send a message to criminals letting them know neighborhoods are organized and fighting back. Check out the official National Night Out web site [www.natw.org](http://www.natw.org) for further information and a wealth of resources.

Along with traditional displays such as outdoor lighting and front porch vigils, cities, towns, and neighborhoods celebrate National Night Out with a variety of events and activities such as block parties, cookouts, visits from local police officers and sheriff's deputies, parades, exhibits, flashlight walks, contests, and youth programs. However you decide to celebrate, please share your plans with Terry Jeanes or me so we can attempt to have an HPD officer or deputy constable stop by for a brief visit.

At the July Civic Club meeting I reported that five crimes were listed on the HPD Website for the neighborhood with no dates or times. I have since revisited the website and found the missing information and discovered that two of the crimes noted were duplicate entries. So far this year, 27 crimes have been reported on the HPD Website; through June of last year, 41 crimes had been reported.



## Tuesday, October 7

(in lieu of October Civic Club meeting)

### June Crime Statistics (3)

#### Robbery (1)

400 block of W. 33rd St. on Friday, June 13 at 10:30 a.m. (residence).

#### Burglary (1)

900 block of W. 43rd on Monday, June 30 at 2:00 a.m. (vacant residence).

#### Theft (1)

900 block of Sue Barnett on Saturday, June 14 at 8:19 a.m. (residence).

Inquiries about joining the Citizens' Patrol Program or about other community safety issues can be directed to me via neighborhood website [GardenOaks.org](http://GardenOaks.org), e-mail at [GOCOP77018@AOL.com](mailto: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](http://GardenOaks.org).

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

## Emergency Numbers

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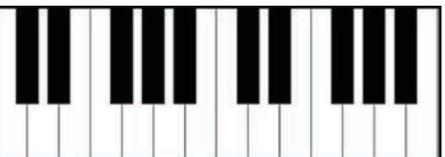
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## CONSTABLE PROGRAM UPDATE

By Terry Jeanes, Constable Program Committee Chair

Thank you to our own Garden Oaks Constable Patrol Deputies Corey Greer, Joseph Bowden, and Jeffrey Bartee who helped in the July 4th Bike Parade.

### STAY ALERT:

Garden Oaks has experienced an increase in **theft of wheels and tires**. Two attempts by thieves were successful, and one was thwarted by the target truck's alarm which prompted the culprits to flee and leave the vehicle up on the jack. Keep your vehicles locked and parked as close to your home as possible, with any belongings hidden from plain sight or, better yet, removed from the vehicle entirely.

### ASSISTANCE SOUGHT:

Precinct One is seeking assistance in **locating suspects who may be involved in a burglary ring**. Their typical approach is to knock on your front door and/or ring your doorbell. When you answer, the suspect at your door asks for someone with a different name, such as Mr. Fargo. The suspects are presumably doing this to ascertain whether someone is home at the time. If they do not get an answer, they will attempt entry into your residence.

### SIGN UP FOR PRECINCT ONE CRIME ALERTS:

<http://pct1constable.net/signup/crime-alerts/>

An archive of previous crime alerts can be found at <http://pct1constable.net/category/crime-alerts/>

### GOCC CRIME ALERTS VIA FACEBOOK & YAHOO LISTSERV:

Please be advised that postings of information/or and descriptions of possible suspects are passed on as received from either the reporting neighbor or area officers. Descriptive information fits standard operating/

reporting procedures for law enforcement and is not meant to be offensive but to be fully informative. It will continue to be the policy of this program to provide descriptive information as received for the safety and protection of our neighbors. Failure to do so, possibly allowing harm to anyone, is not acceptable to this program and should not be to others. Yes, Garden Oaks is a diverse neighborhood, and this contributes to the beauty of our community.

### CONNECT YOUR ALARM COMPANY WITH CONSTABLE DISPATCH:

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.

### CONTRIBUTE:

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](http://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 to PO Box 10273, Houston, TX 77206 or e-mail to [constable@gardenoaks.org](mailto: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!

**Constable Program Contributor Form:**  
[www.gardenoaks.org/resources/2014constable.pdf](http://www.gardenoaks.org/resources/2014constable.pdf)

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## GARDEN OAKS MONTESSORI MAGNET

By Lindsey Pollock, Ed.D.,  
Principal, Garden Oaks Montessori

Garden Oaks Montessori Magnet with Environmental Sciences has dramatically grown in size and demand over the past four years. We have expanded enrollment from approximately 500 students to nearly 800 with nearly 500 children on the waiting list. Additionally, the 2014-2015 school year marks the first year that Garden Oaks will be an all-Montessori campus from PK3 to 8th grade.

Public Montessori schools are few and far between. We are fortunate in Houston to have three public Montessori campuses (Dodson, Garden Oaks, and Wilson) in the Houston Independent School District and four in neighboring Aldine ISD along with Montessori charter schools as well; however, this concentration is unusual. The national census that is currently being conducted by the National Center for Montessori in the Public Sector ([public-montessori.org](http://public-montessori.org)) has compiled a list of only 447 public Montessori schools nationwide. Even rarer are those campuses serving adolescents – Garden Oaks is one of only 137 in the nation!

What makes a public Montessori campus so unique and why is it important that public Montessori education continues? Montessori schools have long been associated with private schools for two general reasons: (1) They are very expensive to establish, and (2) They have been viewed by many as unconventional. In both cases, substantial tuition has been required for private school enrollment which effectively excludes many members of the community from access to Montessori education. Each classroom represents an investment of approximately \$22,000 of materials that are specific to the Montessori methodology (many of which were

developed by Dr. Montessori). Teachers must not only hold a state teaching certificate, they must also complete the Montessori certification which requires at least two summers of intensive coursework and a year-long “internship” which includes regular observations and feedback by a Montessori instructor in addition to the district’s performance appraisal system. Fortunately for Garden Oaks, the transition to an all-Montessori campus was made possible by the federal Magnet School Assistance Program Grant which ends September 30, 2014. This infusion of \$3,000,000 into our campus has paid for the establishment of the classrooms and teacher training.

The perception that Montessori education is unconventional is accurate. Montessori classrooms are filled with children actively engaged in the learning environment, following their personal progress and assignments on individual work plans. Adults in the room act as “guides” to learning and encourage children to work cooperatively to collaborate on academic assignments and the operations of the classroom. Montessori children are characteristically advocates for themselves and those around them. They question the world and yes, even the adults around them as they are empowered to act on their convictions and ideas to make the world a better place. Montessori children are encouraged to seek ways to innovate and create solutions to real-world challenges and to see the potential and light in one another. These are a few examples of ways in which Montessori education is unconventional but it is by no means an exhaustive list. One of the others ways in which Montessori education and certainly Garden Oaks Montessori is unique is the sense of community we share and value.

Public Montessori schools are few and far between both in Texas and in the nation. The sustainability of these unique campuses relies on the

continued support and involvement of the community. Public Montessori schools provide access to a learning methodology and environment that in the past was only available to those who could afford to pay for private school. This methodology has proven over time to be increasingly effective for students’ academic and social development as the demands of our society has changed the complexity of what is means to attend school. Thanks to the collective efforts of parents, teachers and community members, Garden Oaks will start the 2014-2015 school year as the nation’s largest all Montessori public school serving students PK3 – 8th grade! THANK YOU FOR YOUR SUPPORT!

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**AIR CONDITIONING TIPS FOR THE SUMMER**

*By Mitch Weigand*

**HVAC 101: What Is a Return Air Vent and What Does It Do?**

Every home with a central air conditioning system uses forced conditioned air for cooling during the summer. The air is distributed throughout the home via supply registers located in the ceiling of every major room. After this cooled air has been delivered in the home, it will eventually warm up and need to be reconditioned. That's where the return air vent comes into play.

**Return Air Vents as Part of the Ventilation Cycle**

The return air vent is the component which allows warm air to be pulled back through your A/C system. It's also where the system's air filter is located. Not only will the air be cooled again, it will also be cleaned of airborne contaminants and dehumidified.

Return air vents can be installed in two different ways: (1) in every room where there's a supply register or (2) in a single location on each floor of your home. These are typically located near the center of each floor, usually in a hallway.

Ideally, it's better to have a return air vent in every room rather than a single, centrally located one. Multiple return air vents make it easier to achieve neutral pressure within your home. Measured in cubic feet per minute, you want the air being distributed throughout your home to be equal in pressure to the air being returned to your A/C system. This can be accomplished much more easily when there is a return air vent in each room that has a supply register.

**Return Air Vent Maintenance**

Because your home's A/C system uses forced air, a slight suction is created when the warm air is being drawn in to be reconditioned. This suction will pick up airborne contaminants (dust, pollen, pet dander and hair, etc.)

where they're trapped by the air filter located behind the return air grill. As time passes, debris accumulates on the grill and filter, choking off the system's air intake. This causes the evaporator coil in the attic to work very hard to recondition the air.

It's essential that you replace the air filter on a regular basis plus clean your home's supply registers and return vents. Accumulated dust and dirt causes your A/C system to work much harder than it should, resulting in higher energy bills, poorer indoor air quality, and premature failure of your system.

It's also important that air can travel freely to your return air vent. Make sure there's no large furniture or other obstructions that can block air flow.

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



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*Michael R., Garden Oaks*



**Air Wise owner Mitch Weigand**

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## THE WINERS AND DINERS ARE AT IT AGAIN!

By Sue Schmidt

It has been so long since the Winers and Diners ventured out of the neighborhood to check out one of the many trendy restaurants moving into the area. Not sure what took us this long to get it together, but **Lillo & Ella at 2307 Ella Boulevard** was just too tempting to pass up. After checking out the online menu of shared bites, crafty cocktails, and wines available, off we went.

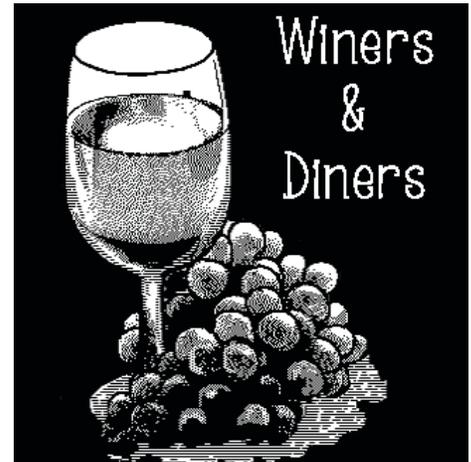
We did not expect a full house on Wednesday at 7:00 p.m., but every table was taken. Luckily, we had more than 6 in our party, so not having a reservation was not a problem. Otherwise, a wait would have been inevitable. We were quickly seated at a picnic-style table with benches close to the kitchen. I was initially concerned about waitstaff traffic, but I think the location eventually worked in our favor. (More about that later!) As our group assembled, I began to wonder who would be our server for the evening. It seemed no one was acknowledging or cozying up to our area. Hmmm, I thought... are we off to a bad start?

After about 10 minutes with still no wine orders taken, I asked someone who appeared to be the manager if he could send our waiter over for drink orders. In a few moments, a nice looking young man greeted our table warmly. I recognized from a photo on the restaurant's website that he was Kevin Naderi, owner/chef of Lillo & Ella and Roost in the Montrose area. I thought it was very nice of him to greet us, and hoped he would send our waiter over soon. The next thing we knew, he began making suggestions for appetizers and wine. We had a wonderful bottle of Reunion Malbec, and a great Chateau Tuileries Sauvignon Blanc. He suggested we try the warm scallion bread with kombu butter and the chipotle and honey edamame. The bread was delicious,

but the butter made it incredible. The burst of sweet and spicy flavors of the edamame was just right. It was a perfect pairing for a great beginning.

Our group decided to order a variety of the shared bites plates to get an overall feel for the Asian Fusion-inspired food touted on the restaurant's website. A great waiter then stepped in to take our order. He amazed us with his ability to take a large order with no pad or pen, nothing but a smile. And what a sharp memory this guy had; every dish was served exactly as ordered. The food presentation on these shared bites plates was very appealing; everything looked delicious. We realized we had forgotten to order the calamari salad mentioned so often in reviews, but once again, our waiter was quick to get the order turned in and delivered. In this way, being seated so close to the kitchen may have been a plus! Chef Kevin again popped by to see which dishes we had decided to go with. He felt we had made a good selection of the shared bites offered. Every time he stopped by, he was quick to refill wine glasses and talk restaurant buzz in Houston. We are so lucky to live in such a vibrant city with so many innovative chefs and restaurants. Perhaps most importantly, though, Chef Kevin really makes his guests feel at home.

Part of our conversation was about the upcoming Houston Restaurant Weeks starting August 1st. If you have not checked out the many fabulous restaurants offering special prix-fixe menus at affordable prices at [HoustonRestaurantWeeks.com](http://HoustonRestaurantWeeks.com), be sure to take a few minutes and peruse the offerings. It is a great way to try new restaurants around town while supporting the Houston Food Bank. Many restaurants are offering special menus for both lunch and dinner. Kevin informed us that Roost, his other restaurant located at 1972 Fairview, will be participating for the first time this year. Several of us decided to add Roost to our list



of restaurants to try. Kevin Naderi's warmth and charm throughout our meal certainly made an impression on all of us. He epitomizes what a generous host and owner should offer customers to build a loyal customer base. He certainly won us over, hands-down.

Fan favorites of the shared bites we chose were the 5-spice lamb spare ribs. The Winers and Diners were quick to designate that choice as a must-have when returning. They were delicious. Several reviewers on Yelp.com had mentioned the calamari salad, and it did not disappoint. The tempura batter was so light and tasty... seriously, I am craving it again just writing this. Chef Kevin's take on the charred Brussels sprouts with XO sauce, mint, and pistachio was really good. Several of us at the table are big BS (as in sprouts) fans and found them cooked to perfection. The blue crab fried rice and Thai muu noodles were the perfect accompaniments, and the shrimp skewers were also delicious and well-flavored. Every dish was good and definitely disappeared by the end of dinner.

After such an inspiring meal we could not leave without dessert. Say the word "mango" and I am there. A Thai-inspired coconut rice pudding topped with salted mango fit the bill. Our favorite selection though was Ella's Affogato-Caphin ice cream, 3 milks and crushed cookie.

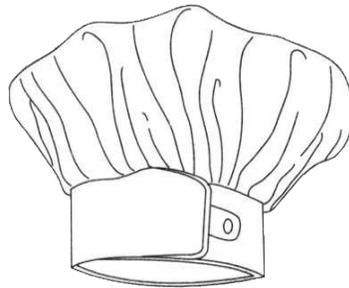
We all shared bites of the desserts, and found them to be light and the perfect ending to a great meal. One thing most of the Winers and Diners agree on is the fun of sharing a large variety of menu options and getting a taste of the overall flair of a restaurant. It makes it so much more fun when you revisit to order that perfect dish that you know will please your individual palate. Just let it be known that there will be no sharing when I return for the spare ribs!

After our adventure this past month, I feel confident that the group will not take such a long hiatus again. We had so much fun and found a new area favorite restaurant and chef! Thanks, Chef Kevin, for a memorable dining experience and such a creatively inspiring menu selection at Lillo & Ella. We will be back again and again, I assure you.

Bon Appétit!



[www.houstonrestaurantweeks.com](http://www.houstonrestaurantweeks.com)



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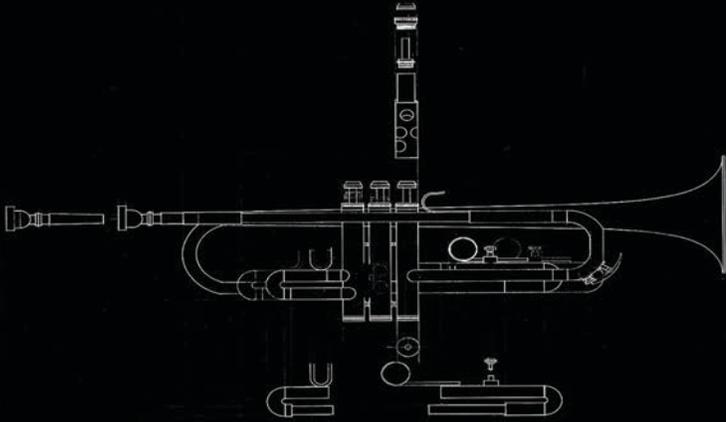
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**CHIN UP. SHOULDERS BACK.  
FLAT BACK. W-R-O-N-G.**

By Courtney Wycoff, CPT, CES

Guess what? Yo' momma was wrong about posture. It's not her fault, though. She was probably handed down this well-meaning misinformation from her mother to whom it was handed down from someone else and so on, and likely originated in the Victorian Era when we decided women needed to be corseted and bound and flat and infantile. Yes, I just went on a rant. And, yes, that was all completely historically accurate. Not. But... onward.

So, basically, your body depends on an intricate balance of structural alignment in order to keep you walking on two feet with that bowling ball of a head on the tippy-

top. Your spine is designed with specific curves (lumbar, thoracic, cervical) in order to balance your bowling ball with the least amount of effort possible. Your upright posture is an engineering feat! But, it's also a sensitive one, meaning you need to have these curves supported and stabilized in order to make the whole system work. Unfortunately, most common posture cues actually diminish these curves, which causes a whole bunch of unwanted consequences, from disc issues to shoulder impingement to knee problems to back pain to jaw tension... you name it. So, let me repeat: The curves in your spine are GOOD. They become an issue only when we are forcing them to

be something they're not (straight) or not giving them the support they need through proper core strength. My belief is that standing with good posture is THE best core exercise you can do. So, when you apply these principles, not only are you creating balance and ease in your whole system, but you are actually constantly conditioning key muscles in your body that will keep you in full superhero mode for a long time to come.

*Courtney is a Certified Personal Trainer and Corrective Exercise Specialist and founder of [mommastrong.com](http://mommastrong.com).*

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**GO KIDS UPDATE**

By *Jenny Odinet, GO Kids Coordinator*

With active membership of 235 active families, GO Kids offers something for everyone: awesome group events for all ages, age-based playgroups, new parent dinner drops, a monthly Moms' Night Out, and even an unofficial Dads' Night Out from time to time!

We also have an invaluable Big Tent discussion forum and a new "closed" Facebook group (a restricted-access group named "GO Kids" where posts by members) to help our members communicate with one another, seek advice, recommend area caregivers and service providers, etc.

The ages of kids in the group range from newborns to school-age – all Garden Oaks families are welcome. We have a special neighborhood, and aim to foster camaraderie and support among neighborhood families by providing various opportunities for us to meet and get to know each other while having fun!

To help make these activities and events special and to enable us to host additional events for our GO Kids families, we are asking each of our member families to donate \$25 per year. Please go to [paypal.com](http://paypal.com) and select "send money to family or friends" and specify [gokids01@yahoo.com](mailto:gokids01@yahoo.com) as the recipient.

If you have any membership questions or would like to make a donation another way, please contact the GO Kids Membership Coordinator, **Carrie Shamblen** ([carriep51@hotmail.com](mailto:carriep51@hotmail.com)) or the GO Kids Treasurer, **Angelica Sullivan** ([angelicapuerto@hotmail.com](mailto:angelicapuerto@hotmail.com)).

**GO Kids Membership**

As a new security measure and to help clean up the Big Tent member listing, we have just completed our annual Big Tent membership renewal process. If you did not renew in time or are new to the group, please follow these simple instructions:

- (1) Go to [www.gardenoakskids.com](http://www.gardenoakskids.com)
- (2) Select "email us for an invitation"
- (3) Identify yourself in your message by including your full name, address, Garden Oaks section (1, 2, 3, 4, or 5), and some information about your family.

**Communication**

Our website continues to evolve and now offers a login portal to BigTent, information on contributing to our annual bouncy house fund, and the option to purchase your Garden Oaks Cookbook. We have migrated to a new Facebook page to support the group; if you have not already become a member of the Facebook group, please contact **Lisa Rentschler** at [gypsy9601@yahoo.com](mailto:gypsy9601@yahoo.com).

**Leadership Team**

You can find an updated listing of the leadership team on [gardenoakskids.com](http://gardenoakskids.com). We are currently in search of a Communications chair to manage the website, Big Tent page, Facebook page and monthly Gazette submittals. If you are interested, please contact **Jenny Odinet** at [jenny.odinet@yahoo.com](mailto:jenny.odinet@yahoo.com).

**Events**

Our **First Annual Crawfish Boil** was held at the Rick Englert SPARK Park on May 3rd. What a fun event for all ages! THANK YOU to the **Odinets family**, committee members and other volunteers for putting on such a wonderful event for the families of Garden Oaks. We are thankful for the chicken tenders, tea, and lemonade generously provided by GO Kids sponsor Raisin' Canes. We also had a piñata, face painters, and balloon artists for the kids.

We also had a great turnout for **Movie Night Under the Stars** at the Tharp residence on May 17th. We watched the movie Rio while enjoying popcorn treats and ice cream generously donated by GO Kids sponsor Baskin Robbins. Big thanks to our GO Kids Events Coordinator, **Mandee Lee**, and

**Liz Tharp** and her family for making this event possible. Thanks also to all of our members who came out to help make these events fun and memorable!

Our **Back to School Old-Fashioned Picnic** in the SPARK Park will be August 9th from 5:00-8:00 p.m. This is our BIGGEST event of the year! We will be providing food and entertainment for the whole family, including face painters, tattoo booth, old-fashioned picnic games (including water balloons to help keep the kiddos cool), Constable fingerprinting and much more! If you have any questions or are interested in helping out, please contact our Events Coordinator, **Mandee Lee** at [mlwilley@gmail.com](mailto:mlwilley@gmail.com).

We have some other fun and worthwhile events planned for the remainder of 2014. Check out our calendar of events for additional details at [www.bigtent.com](http://www.bigtent.com).

- Fall Movie Night** - October 4
- Halloween Bash** - October 25
- Neighborhood Fun Run** - November 15
- Christmas Party** - (Date TBD)

**GO Babies, GO Buddies and MNO!**

Please join us at the next play date, park outing or special activity for all ages! We will continue to post these opportunities for families on BigTent and our Facebook group page. Thank you to the committee chairs, **Andrea Cox** and **Deb Seghers**, who help coordinate and host these opportunities for the kiddos and us parents to get together.

Do you need a night out, momma? Join the group and join the girls! We have a Moms' Night Out the 3rd week of each month and usually alternate between Tuesday and Thursday nights to allow everyone an opportunity to attend. It is always exciting to see familiar faces as well as meet all the new mommas joining the group! If you have any questions, please contact **Deb Seghers** at [debtrevino@yahoo.com](mailto:debtrevino@yahoo.com) or **Amy Jochem** at [ajochem@zieglercooper.com](mailto:ajochem@zieglercooper.com).



## GO Kids Crawfish Boil 2014



### GO Kids Dinner Drops

Are you or someone you know an overwhelmed, sleep-deprived, new parent? Don't worry because help is on the way! We are happy to provide several meals to new families during those stressful first weeks. Please consider volunteering for this program. Signing up for a dinner drop is very convenient via the "Lotsa Helping Hands" app or online at [www.lotsahelpinghands.com](http://www.lotsahelpinghands.com). Pay it Forward... volunteering for a dinner drop is a great way to support fellow families in the 'hood and say "thanks" for the support you've received or will receive in the future. For more information contact **Julie Maddox** at [juliemaddox1@gmail.com](mailto:juliemaddox1@gmail.com). If you're unable to deliver dinner, restaurant gift cards are also a wonderful option!

### Community Involvement

Our 2014-2015 corporate sponsors are listed on our website as well

as our Big Tent home page. Please consider supporting these local businesses and let them know you're a member of GO Kids and appreciate their support! These sponsors' generous contributions have subsidized a majority of the cost of our community events. If you would like more information about how to sponsor and support the families of Garden Oaks, please contact the GO Kids Fundraising Chair, **Marcia Rasmussen** at [marcia2ras@gmail.com](mailto:marcia2ras@gmail.com).

As always, we would like to thank the families that have volunteered their time to promote this group and make the neighborhood a wonderful place for our children to live and grow!

We invite all families to attend the leadership team meetings, whether you just want to hear about what's going on or you want to get more involved. Please keep an eye on Big Tent for upcoming meeting details.

*GO Kids was started by a group of parents who wanted to build a family-friendly neighborhood where children and parents know each other and grow together. Please understand that our organization is managed entirely by volunteers who are also parents with hectic schedules. While we hope to answer your questions and get you through the membership process as soon as possible, we cannot guarantee an immediate response. We really appreciate your patience and understanding and look forward to seeing you around the neighborhood!*

*If you have questions or would like more information about the GO Kids group, please contact the GO Kids Coordinator, Jenny Odinet, at [jenny.odinet@yahoo.com](mailto:jenny.odinet@yahoo.com) or any member of the leadership team.*

## PRESERVATION HOUSTON UPCOMING ARCHITECTURAL WALKS

### Sunday, August 10: Market Square

Home to the city market and City Hall from 1841 to 1939, Market Square became the center of Houston's early commercial district. Though the neighborhood declined in the mid-20th century, a series of preservation projects have brought new uses to its historic buildings. Among the tour highlights are the 1861 Kennedy Bakery (now La Carafe); the 300 block of Main Street, a largely intact row of late 19th century commercial buildings; and the imposing façades of Houston's early 20th century financial district. We'll discuss the methods and value of preservation versus demolition and explore Market Square itself, which was redesigned in 2010 as an urban park with several links to its storied past.

Tickets will go on sale at 5:30 p.m. Sunday, August 10, in the northeast corner of Market Square Park, 301 Milam Street.

### Glenwood Cemetery

Preservation Houston, in partnership with Glenwood Cemetery, offers public docent-guided walking tours of the cemetery four times a year. These tours are available by reservation only. The remaining 2014 Glenwood tour dates are:

- 10 a.m. Saturday, August 23, 2014  
(Glenwood Art & Architecture)
- 10 a.m. Saturday, November 22, 2014  
(Historic Glenwood Cemetery)

All times and dates are subject to change in the event a burial is scheduled on the date of the tour or in case of inclement weather. Time changes will be posted on the website, and those holding reservations will be notified as far in advance as possible. Reservations can be made online at:

[www.eventbrite.com/o/preservationhouston-1103364865](http://www.eventbrite.com/o/preservationhouston-1103364865)

### Sunday, September 14: Broadacres

Broadacres was among the residential neighborhoods developed near Rice University in the early 20th century. Its breathtaking oak allées and landscaping were the work of William Ward Watkin, the supervising architect of the Rice campus, and many of Houston's finest architects (John Staub, Birdsall Briscoe and Watkin among them) designed the houses that line North and South boulevards. The tour explores the architecture of these gracious homes and the stories of the oil, cotton, lumber, banking and railroad leaders who built them.

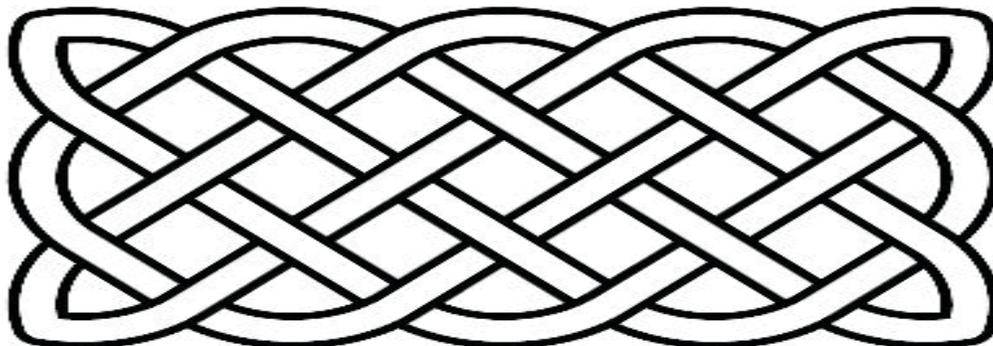
Tickets will go on sale at 5:30 p.m. Sunday, September 14, in Broadacres Park at the corner of North Boulevard and Parkway.

### About Architecture Walks

Explore Houston's architecturally and historically significant neighborhoods, buildings and institutions with Preservation Houston's monthly docent-guided walking tours. The tours are generally offered on the second Sunday of the month from January to November; tickets go on sale at 1:30 p.m. (5:30 p.m. June through September). Tours are open to the public. The cost is \$10 per person (\$7 for Preservation Houston members and students), with a \$2 discount if you walk, bike or ride public transportation to the tour. Reservations are not required for monthly Architecture Walks unless specifically noted.

We also offer quarterly walking tours of Glenwood Cemetery (reservations are required for Glenwood tours) as well as private tours for groups of nearly any size.

The Architecture Walks Program is supported in part by the Susan Vaughan Foundation and by grants from the City of Houston through the Houston Arts Alliance.

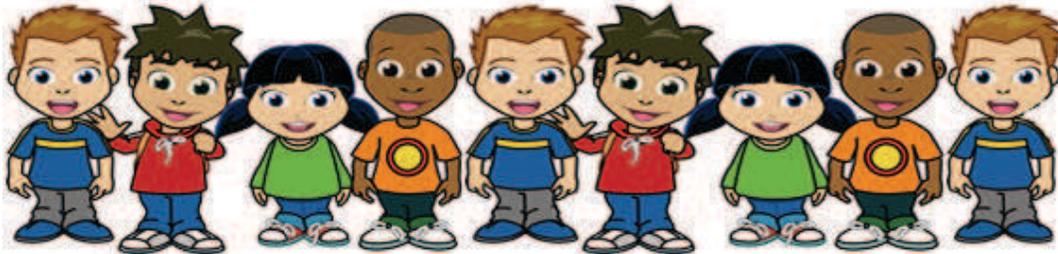




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3. Artwork may be submitted in one of the following formats: **JPEG** (.jpg), **PDF** (.pdf), **GIF** (.gif) or **TIF** (.tif).

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Full-page insert, single-sided	\$180.00		
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# AUGUST 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Acronym Key</b> 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	2 <b>Farmers Market</b> 9AM-1PM 948 Wakefield
3	4	5  <b>Civic Club Meeting*</b> 7PM @ GOMM <small>*Preceded by GOMO meeting beginning at 6:30PM</small>	6	7	8	9 <b>Farmers Market (GF)</b> 9AM-1PM 948 Wakefield
10	11	12	13 <b>GOMO Meeting</b> 7PM @ GOPB	14	15	16 <b>Farmers Market</b> 9AM-1PM 948 Wakefield
17	18	19 	20	21 <b>Heavy Trash Pick-Up (Junk Waste)</b>	22	23 <b>Farmers Market (GF)</b> 9AM-1PM 948 Wakefield
24	25	26	27	28	29	30 <b>Farmers Market</b> 9AM-1PM 948 Wakefield



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