



March 2021

Volume 43 Issue 3

Garden Oaks Gazette

The newsletter of the Garden Oaks Civic Club

Snow Days!

An extreme winter event hit Houston and Texas in mid-February. Here are some photos of the fun part.

Garden Oaks Civic Club Meeting (Virtual)

Tuesday, March 2, 7 pm
Meeting ID: 853 8370 1841
Passcode: 505892

Speaker: City Council Member Abbie Kamin (or a member of her staff)



Garden Oaks Civic Club Business Members

Welcome to the following neighbors and neighborhood businesses who joined our new Business Membership Program. Thanks for your support!

Deanna Zugheri, Keller Williams Metropolitan

Verde Wealth Group

Erin Thole, CNHP – Thole Wellness, LLC

Harry James Building + Design

John Bartos, Attorney at Law

Delarco Designs & Construction, LLC

Plonk! Beer & Wine Bistro

IndyQuest Properties, LLC

Central City Air

The Law Offices of Hilda Sibrian

The Rice Organization, Inc.

Southern Sprinkler & Drainage

Terry Jeanes, Realtor – Led Well Realty

Frost Bank

Common Bond

Article Submission Guidelines

- MS Word or text document as an attachment** (not the body of the email), left justified, no headers or footers. Keep formatting to a minimum.
- Photos need to be sent separately.** You may embed photos to show where they go with the article but separate full size and resolution photos must also be provided outside of the document.
- Articles should be titled.** These can be as simple as the name of the committee or event, but a concise title should be provided for other articles.

Civic Club Officers

President – Tonya Knauth 713 396 0876
986 Gardenia president@gardenoaks.org

Vice President – Kevin David 713 686 5903
826 Azalea vicepresident@gardenoaks.org

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742 West 41st treasurer@gardenoaks.org

Secretary – Beth Jackson 870 816 0774
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Committee Chairs

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The Garden Oaks *Gazette* is the official publication of the Garden Oaks Civic Club and is published monthly. The submission deadline to the editor is 11:59 PM of the 15th of each month for publication the next month unless otherwise noted.

Publication of any article or letter does not imply endorsement by the Garden Oaks Civic Club and is solely the opinion of the author.

Constable Program

Terry Jeanes, Program Chair

Have you supported the Constable Program in 2021 yet?

We need you! You can pay online at gardenoaks.org or mail in the form in this newsletter.

Payment of at least \$250 per household will get you a GO Constable Supporter sign. As we go to press, we have some 253 Constable Supporters, and we are targeting 400. If you need a new sign or a 2021 sticker, email constable@gardenoaks.org.

Reminder: The Constable Program is paid only by residents' contributions. **There is no mandatory fee collected.**

Current supporters as of February 1 are listed at gardenoaks.org.

Pay your dues today. Why wait until you become a crime victim before contributing?

Become a Constable Program Supporter: gardenoaks.org

Constable Dispatch: 713-755-7628

Sign up for Precinct One Crime Alerts: <http://pct1constable.net/sign-up/crime-alerts/>

Vacation Watch: <http://pct1constable.net/sign-up/vacation-watch/>



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Information for Zoned to Garden Oaks Montessori Families Enrollment Information for 2021-2022 School Year

Stephanie Dubroff-Acosta, Parent Engagement Liaison

Do you have a tour?

Although school tours have ended, you can still view the Garden Oaks Virtual Tour presentation at <https://youtu.be/IUPnBEgGfRQ>

You can also join the Magnet Coordinator and the Magnet Clerk Live via Microsoft Teams on Thursdays at 9 am at <https://tinyurl.com/y52qp6rd>

Considering your zoned school - Garden Oaks Montessori

Thank you to our Garden Oaks Families who completed the online application. You should have received an email with registration forms and document requests. Those who completed the application are offered limited seats available. Those who wish to apply after January 29 are considered on a first come first served basis.

Please email Stephanie Acosta at SDUBROFF@houstonisd.org for more information regarding registration for Kindergarten through 5th grade.

PreKindergarten - all PK seats are by lottery ONLY. There is no zone for PK.

- PK applicants must be 3 or 4 by September 1 to apply for the PK program.
- To select Garden Oaks Montessori, you must select Magnet in the application, not PK Enrollment.
- Applications are open September 19, 2020 – April 30, 2021 - Qualified, in-district, TEA Eligible applications and tuition-based applications received by the deadline will be entered into the lottery.
- Rankings can be changed up to April 30, 2021. You must rank the most desired school as 1, descending in order.
- Notification day for all applications is May 20, 2021. Applications received after this date will be offered only by space available and in order of submission.
- If you qualify for the non-tuition PK program, you must upload qualifying documentation into the application no later than May 5, 2021. (Note, this is after the deadline of submission!)
- Tuition-based applications will be considered after June 3, 2021.

All PK applicants who submit the application prior to April 30, 2021 will be notified of application status via email. Lottery results are viewable online May 20, 2021 (offered or wait-listed).

For more information on PK Tuition, please visit the website at www.houstonisd.org/Page/126419

Constable Statistics January 2021

Data are provided monthly for the contract with the Harris County Precinct One Constable deputy who patrols Garden Oaks. The number of responses is shown for each category.

Our deputy is following CDC guidelines and social distancing on the street as well as in the office. The deputy is equipped with PPE so you may see him/her wearing a mask to avoid exposure.

- Burglary of a Motor Vehicle – 1
- Check Business – 1
- Check Park – 10
- Contract Check – 61
- Discharge Firearms – 1
- Disturbance Loud Noise/Other – 2
- Drug OD Possession – 1
- Follow Up – 2
- Information Call – 2
- Meet the Citizen – 7
- Meet the Officer – 1
- Open Door/Window – 1
- Stranded Motor Vehicle – 1
- Suspicious Person/Vehicle – 6
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- Writ – 2

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Montessori Math Methodology

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

Did you know that Garden Oaks Montessori was recently named an Honor Roll school by Educational Results Partnership, a data science organization that recognizes schools with high performance in Math and Science? Sponsored by the Campaign for Business and Education Excellence, the ERP Honor Roll is the only school recognition program in the state that uses student achievement outcome data and is a valuable resource for all schools to identify successful peers and learn about best practices that improve student success.

The Montessori educational methodologies were developed by mathematician and scientist, Dr. Maria Montessori. Much of the Montessori curriculum is based on giving children exposure to concrete materials first, then giving them incremental opportunities to work to more abstract concepts. This is especially true when it comes to math. Montessori developed five "great lessons" to ignite the imagination of students around academic foundations. The first great lesson supports science discovery and is called the *Coming of the Universe and the Earth*. The fifth lesson focuses on Math and is called *The Story of Numbers*, also called the History of Mathematics. This lesson begins with the earliest civilizations, who often only had "one", "two", and "more than two" as their numeric system. It continues with a look at different numbering systems throughout the centuries, culminating in the decimal system that we use today. https://montessoriforeveryone.com/The-Five-Great-Lessons_ep_66-1.html

This lesson leads to the study of:

- Mathematics: operations, fractions, decimals, multiples, squares, cubes, percentages, ratio, probability, intro to algebra
- Numbers: origins of numbers and systems, bases, types of numbers, scientific notation, mathematicians
- Geometry: congruency, similarity, nomenclature of lines, angles, shapes, solids, measurement,

theorems

- Application: story problems, measurement, estimation, graphs, patterning, rounding, money concepts

Dr. Montessori developed math materials that were innovative and supported math concept development at a very early age. Walking into any Montessori Children's House class you will see 3, 4, and 5 year olds joyfully engaged in hands-on math activities. At this early age, math starts out simple, but you would be amazed how much preschoolers are capable of learning.

Even before a child is able to count, Montessori created material for children to experience counting using materials like the number rods, a series of blue and red colored wooden rods that are arranged in a stair-like pattern. There are other materials to support counting such as the spindle box where children place the correct amount of wooden spindles in compartments labeled 1-9. Sandpaper numbers (just like their letter counterparts!) teach children how to correctly form each number to develop readiness for writing them on paper.

When a child is ready to learn about basic operations such as addition, subtraction, multiplication and division, Montessori math has materials as well. Montessori math uses the golden bead material; first to build numbers into the thousands. For example, a single golden bead represents 1, a group of 10 beads are strung together in a straight line for 10, and 100 beads are attached together into a flat square. The thousand cube is as large as 1,000 of the original single '1' bead. Once a child can build a visual representation of a number, the beads are used to teach basic operations. Young children are able to add, subtract, multiply, and divide numbers into the thousands using this material. They first learn with static problems — that is, with no exchanges or regrouping — and then move on to more complex problems. They quickly learn that ten 1s is equal to one 10, and they do this by holding those numbers in their hands.

The Montessori methodology also incorporates memorizing basic facts. Many of you reading this may have used flashcards to memorize information such as multiplication facts. The Montessori approach incorporates memorizations through the repetitive nature of the materials, which gives them plenty of opportunities to practice and internalize these facts. The



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addition and subtraction strip boards show a child visually what is happening when we add numbers. The same goes for the multiplication and division bead boards (which use small beads placed in divots on a wooden board to create an array).

Around first grade, children are taught to use new math materials depending upon their individual readiness. The stamp game is a classic example. The stamp game material is a sectioned box with small colored tiles sorted inside. There are labeled green 'one' tiles, blue 'ten' tiles, red 'hundred' tiles, and green 'thousand' tiles. Instead of holding a large cube that actually shows the relative size of one thousand as they did with the golden beads, they are now representing series of tiles that are all the same size, differentiated only by their color and number.

Like the golden beads, the stamp game is used to teach all four operations, with children adding, subtracting, multiplying, and dividing into the thousands. There are some Montessori materials that children spiral back to, from ages 3 to 12. This is one reason it is helpful (and an HISD requirement) that children have Montessori experience when entering the program at later grades. In the primary classroom, children use bead chains to learn how to count, and to skip count (counting by multiple of a number such as 3, 6, 9, 12, etc). In a lower elementary classroom they are used for skip counting and to help memorize multiplication facts. In upper elementary children use them to solidify concepts like squaring and cubing indirectly preparing for that work for years previously.

What Does Elementary Math Look Like?

Further, the Montessori materials are carefully sequenced and developed to ensure conceptual continuity. Remember the green, blue, and red tiles of the stamp game? Montessori refers to those as the hierarchical colors, and they are used to teach children about number series. Appearing first in the stamp game, they continue through lower elementary and into upper elementary until students have a firm grasp on simple number "families" (ones, tens, hundreds), the thousand family (thousands, ten thousands, hundred thousands), and so on.

Bead frame follows stamp game which is also used to teach addition, subtraction, and multiplication. It looks a

bit like an abacus, but with ten beads on each rod in the hierarchical colors. After a child masters the bead frame, they are typically ready to add and subtract into the thousands abstractly (and beyond!) using just pencil and paper.

Another Montessori material is the checkerboard, used for problems that have three or four digit multipliers. For long division, the Montessori material is the test tube material. All the while children are using these specialized math materials, fact memorization or abstract reasoning is occurring simultaneously. There are even more materials such as strip boards and bead boards that help children notice the patterns numbers make, giving them more hands-on and visual tools to remember their facts.

So far we've just discussed Montessori's specialized emphasis on navigating and applying basic operations but math isn't just about operations. Montessori students learn about geometry and fractions from an early age. Early childhood teachers introduce the names of geometric solids so students easily identify not just cubes and spheres, but square based pyramids, rectangular prisms, ellipsoids, and more. As they move into elementary, students learn about angles, triangles, polygons, with the expectation that by third grade students can easily identify a right-angled, isosceles triangle.

When it comes to fractions, first graders start out with an impressionist lesson involving an apple and a definition of fractions that includes how they must always be fairly divided (the connections between fractions and division are impressed early on). They next move on to using fraction insets, which look a lot like the metal insets they used for handwriting preparation in their primary classrooms. Before you know it, many third graders are learning to multiply and divide fractions.

For more info on @edresults and the ERP Honor Roll program, visit: www.edresults.org

Mickey's Minute

Mickey Morales

As I sit here writing this post in the middle of February, the strong polar vortex that has shown up on the Texas Gulf Coast appears to be a record setter for low temperatures. It would seem that March madness has come a little early this year. Just when we think life couldn't get any more interesting, here we go again. Over the last several months, I've talked with lots of my contemporaries about the past year, and rather than lament how hard it has been, we've decided to embrace the fact that we're still standing. Just this past Saturday in the terrible cold of this front, Farmer Cathy and I were the only vendors at the market. I'm not sure we were being foolish or foolhardy, but we stood our ground and are eternally grateful for those who came out to buy our wares.

I'm happy to be back writing my monthly post and am sorry to have missed the past couple of months. January's omission was due to a technical glitch, and February's was due to just being overwhelmed with

getting our favorite farmer fixed up for her house makeover aka demo and construction. In the meantime our Farm Stand celebrated its eighth anniversary and witnessed the annual visitation of the current baby goat crop, which is always a big deal. We continue to strive to be the best little neighborhood farmer's market we can be and will add a florist this month. Elvira will be back in full stride with Momma's tamales, and we may add another surprise or two in the coming months.

Of course we'll continue to have 109 Coffee each week along with Manish's Quick'N Easy Indian foods. Every other week will see the appearance of Lene Sue Baggett with her scrumptious and beautifully prepared baked goods. I, on the other hand, with my extra time am beginning to bring more take-home items to the market. As the weather improves, I am going to setup a BYOB café after market hours with a different culinary adventure each week depending on where the wind blows me and seasonal availability.

As always, "Come soon, come often, and celebrate the New Year with us."



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Heard Under the Oak Tree

Terry Jeanes

Welcome, New Neighbors!

Congratulations on joining our community. We look forward to seeing you at a Civic Club meeting soon.

819 Azalea	1070 Gardenia	970 Lamonte
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523 West 33rd	220 West 34th	1010 West 41st
1042 West 43rd		

Happy Birthday

Ollie H. – 3/3	Sydney Grace N. – 3/3.
Lori Kennedy – 3/5	Dodie Davis – 3/11
Jeff Martin – 3/11	Robb Bunge – 3/15
Curtis Hall – 3/15	Angelica Sullivan – 3/16
Susan Kostelecky – 3/26	Sharron Sanborn – 3/26
Nathan S. – 3/26	Lindsey Bartlett – 3/27
Olivia S. – 3/29	Will Zugheri – 3/30

Happy Anniversary

The Murphys – 3/15
Jeff & Gaylynn Martin – 3/21

Out and About

The Dilley gang spent some time in Galveston.

There was lots of celebratory HONKING along the Golf & Gardenia area for a milestone birthday for our own **Tonya Knauth**. Her birthday included a very special in-home chef prepared dining experience enjoyed by the whole family.

Morgan Shamblen celebrated her birthday with a Lost Pines zipline adventure.

Congratulations to Evan Weltin and his debate partner, **Meredith Moreland**, who finished first in the district in Public Forum Debate as freshmen competing in their very first high school tournament, representing Waltrip High School. Note they defeated juniors and seniors from other area high schools.

To highlight an event, celebration or other tidbit, please submit information no later than the 13th of the month to Terry Jeanes at terry@terryjeanes.com.

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What's up with Meditation?

Erin Thole, CNHP

There are a lot of science-based benefits of meditation in both adults and children. As a long time meditator, I think that it's super cool that some schools are now starting to implement mindfulness, meditation, and yoga. Kids learning these skills at a young age will help them to be better parts of society as adults.

Mindfulness and meditation help us to sloooooow down a bit, get centered, grounded, and reconnected to our emotions, our desires, our roadblocks and how to get past them, our motivations, and more. It also helps to reduce stress and blood pressure. And who doesn't need help with stress relief after 2020?!

There are different types of meditation. The most popular are:

1. **Focused meditation** - You are zoning in on one thing and not thinking of anything else — like your breath or a gong. If the mind wanders, you just pull yourself back to focusing on the breath. Slow, deep breath in, slow exhale out.
2. **Spiritual Meditation** - Similar to prayer. You are focusing on the silence and the greatness that is around you and seeking to strengthen your connection to God, the Universe, Source, nature, Earth, etc. Often essential oils are used to open up this connection, such as frankincense, myrrh, sage, and cedar.
3. **Mindfulness Meditation** - This is a very popular type of meditation. Basically you are sitting quietly and noting your thoughts as they pass through your mind and then releasing them. You are simply observing and noting any patterns or trends. Many people try to focus on their breath as they also note any feelings, sensations or thoughts that come up.
4. **Moving or Active Meditation** - This could be a walk in the woods, yoga, gardening, qigong, or any peaceful activity that allows the mind to wander off and "take a break."
5. **Mantra Meditation** - This is focusing on a word or

affirmation. It can be very empowering as you feel the words vibrating through you. Om is often used. It is the "perfect" sound and helps to calm the nervous system as it vibrates through your body. You can also use a phrase like "I am at peace" or whatever you would like. Mantras help you to focus and keep the mind from wandering.

6. **Transcendental Meditation** - This is the most popular type of meditation around the world and the most studied. It uses a series of mantras that are specific to the practitioner.

Studies show that meditating, even just 10 minutes a day, has great benefits. It can:

1. Reduce stress and anxiety
2. Promote emotional health and well being
3. Enhance self-awareness
4. Lengthen your attention span
5. Reduce age-related memory issues
6. Generate kindness
7. Help fight addictions
8. Improve sleep
9. Help control pain
10. Decrease blood pressure

My all-time favorite app for meditation is the Insight Timer app. You choose the length of time you want to meditate, and your topic. They have a **ton**: sleep, stress, health, anxiety, addiction, abundance, love, and many, many more! Once you choose length and topic, the app will output a list of meditations that fit your criteria.

I love the guided meditations. It is a great way to get centered and refreshed. Often the mind wanders to our to-do list when we are trying to be still and meditate. Having something to focus on is very helpful.

Many of my clients love the sleep meditations. There are also prayers and spiritually based lectures and workshops you can attend on the app.

One of the really cool things is that it will tell you how many people around the world are also meditating at the same time you are, and it will keep track of how many days in a row you have meditated.

It's time to get zen.

Erin Thole, CNHP has been working in Functional Medicine for over 12 years. To learn more and request a free consultation: www.erinthole.com - thole.erin@gmail.com

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**2021 COMBINED CIVIC CLUB AND CONSTABLE DUES STATEMENT
(January – December)**

Civic Club membership is open to all residents. While membership is voluntary, you must be a paid member to be eligible to vote on civic club matters. Constable Dues are also voluntary and help pay for our Precinct One Constable Deputy on patrol.

Civic Club:

\$ _____ **Basic Membership \$40** (\$20 for seniors 65+)

\$ _____ **Community Household Membership \$100**

Constable Program:

\$ _____ **Annual Constable Supporter (\$250, w/yard signage)**

\$ _____ **Additional Constable Program contribution**

Other:

\$ _____ **Contribution to Beautification** (maintain area green spaces)

\$ _____ **Contribution to Garden Club** (maintain Friendship Park, Section 1)

\$ _____ **TOTAL**

Please mail this completed form along with your check payable to:
Garden Oaks Civic Club, P.O. Box 10273, Houston, TX 77206

- OR -

Pay online at gardenoaks.org and get e-mail confirmation of payment.

Name: _____

Address: _____

Phone: _____

E-Mail: _____

THANK YOU FOR YOUR CONTINUED SUPPORT OF OUR GREAT NEIGHBORHOOD!

Help Nip Springtime Allergies in the Bud

Mitch Weigand

Spring in Houston means flower buds and blooming trees, and if you're one of the millions of people who have seasonal allergies, it can also mean sneezing, congestion, and other annoying symptoms. Try these simple strategies to keep seasonal allergies under control:

- (1) Avoid outdoor activity in the early morning when pollen counts are at their highest and keep doors and windows closed at night.
- (2) Delegate outdoor yard activities that stir up allergens. If this isn't possible, wear a dust mask when doing outdoor chores.
- (3) Stay indoors on windy days.

- (4) Shower more frequently to remove pollen from your skin and hair.
- (5) Wash clothes thoroughly that you've worn outside, and don't hang laundry outdoors.
- (6) Check your local TV or radio station, or newspaper for current pollen levels and future pollen forecasts.
- (7) Be sure to use the AC in both your house and car, and make sure they're well maintained.
- (8) Clean floors frequently using a vacuum cleaner equipped with a HEPA filter.
- (9) Keep the humidity in your house below 50% to help prevent mold growth.
- (10) Most important of all, replace your home A/C system's air filter on a monthly basis. Keeping these filters clean can make the biggest difference in the management of your allergy symptoms.

Mitch Weigand is the owner of Air Wise™.

Garden Oak homeowner for over 25 years



Air Wise owner Mitch Weigand

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“Within 48 hours, I was chilling again.”

Rick R., River Oaks

★★★★★ "Your crew from Air Wise did a spectacular install under difficult conditions.

I appreciate how thorough they were, not to mention the quick response. Within 48 hours, I was chilling out again. Your guys did you proud!"



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MARCH 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	1	2 Civic Club Meeting 7 pm Online via Zoom	3	4	5	6 Farm Stand 9 am - 1 pm 949 Wakefield
7	8	9	10	11	12	13 Garden Club Work Day Friendship Park 9 am Farm Stand 9 am - 1 pm
14 Daylight Savings Time Begins	15 Gazette Article Deadline	16	17 St. Patrick's Day	18	19	20 Vernal Equinox Farm Stand 9 am - 1 pm 949 Wakefield
21	22	23	24	25	26	27 Passover Farm Stand 9 am - 1 pm 949 Wakefield
28 Palm Sunday	29 Holi	30	31	It is curious that physical courage should be so common in the world, and moral courage so rare. — Mark Twain		



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