

The Messenger

NEWS FOR THE RESIDENTS OF MEYERLAND

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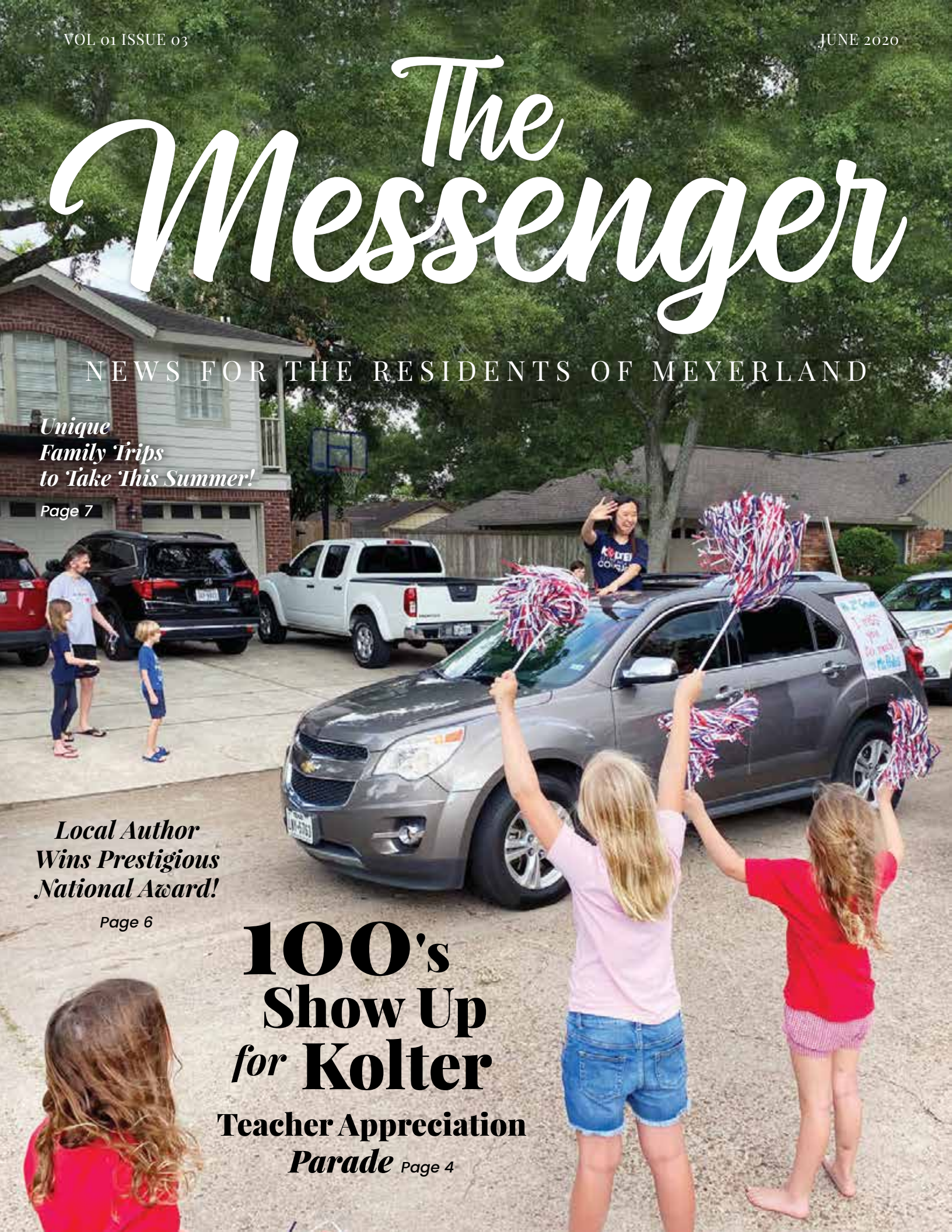
Page 7

*Local Author
Wins Prestigious
National Award!*

Page 6

**100's
Show Up
for Kolter**

**Teacher Appreciation
Parade** Page 4



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Newsletter Information

Peel Inc is committed to making The Messenger a valuable tool for the residents of Meyerland. Please submit any community news, events and updates to themessenger@peelinc.com

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100's Show Up for Kolter Teacher Appreciation Parade

Cover Story Continued

Hundreds of families from HISD Jennie Katherine Kolter Elementary School lined the streets of Meyerland on the afternoon of Friday, May 8th, to celebrate the end of Teacher Appreciation Week with a once-in-a-lifetime kind of parade. To adhere to social distancing guidelines, families stayed in (or on!) cars and the teachers drove through the joy-filled streets as parents and students cheered them on. Cars were decorated with streamers, balloons, and students leaned out of windows and sunroofs with signs showing their love for their teachers. Angelina Sorena, a 1st grader, waved and jumped as her Chinese teacher, Wen Chen, drove by. Ms. Chen yelled from her window, "This is so much better than Zoom! We miss you!"



4th Grade teacher, Kim O'Reilly, was visibly moved as she drove through the crowds. "I have been teaching for 17 years and this whole experience isn't like anything we've done before. We are all doing the best we can to adapt to online formats, but there is nothing that can replace

in-person interaction with our students. Driving through the streets of Meyerland yesterday seeing the show of love was overwhelming. There were hundreds of children and parents there, each with homemade signs of love and support. Seeing all of the sweet little faces made me realize how much I deeply miss them all. It brought me to tears. It was a very special moment for me," she stated. Kolter Parent, Kati Davis, added, "We miss each other terribly, so to see our teachers and get to say thank you, brought tears of joy! Our principal and teachers have done a wonderful job with not only virtually teaching, but keeping our

human connection and making sure the kids are happy. We are more than a school, we're a family!"

This isn't the first time the Kolter community has adapted to difficult circumstances. The campus flooded with Hurricane Harvey in 2017 and had to be torn down. Students and teachers have been at a temporary location in Bellaire, Texas for three years as they await the completion of construction of their new campus this Spring. "We are a particularly tight school community with all we have been through," said PTO President, Margaret Flippen, "We pride ourselves with being able to roll with whatever comes our way, but the switch to distance-learning, well, no one was prepared for that. We knew before all of this that our administration and teachers were fantastic, but now we can see it even more clearly in all they have done to keep our kids learning and connected."



Principal Julie Dickinson also acknowledged the new role parents have taken on this year in an email saying, "As we wrap up Teacher Appreciation Week, I want to take a moment to acknowledge the teachers we never knew we needed. Almost overnight, parents took on an enormous role in our online adventure and we wouldn't have made it this far without you. As I've said before, teachers can upload lessons, we can send videos with challenges, but it takes the engagement and participation from your end to make it all come together."

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GRADUATE SPOTLIGHT

Daniel Irr, 18, is a 2020 grad of St. Thomas HS in Houston, Texas. He lettered in golf throughout high school and will attend Texas Tech in the fall where he plans to study business.

Congratulations, Daniel!

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Local Author Wins Prestigious National Award

eLit Selects Julie Gianelloni Connor for Travel Writing



Bayou City Press
THE WORLD IN PRINT



(Houston, TX, May 22, 2020) Local Houston author Julie Gianelloni Connor has just received an eLit silver medal for her new book, *Savoring the Camino de Santiago: It's the Pilgrimage, Not the Hike*. Awarded annually, the eLit awards recognize the overall quality of digitally published books: the writing, photos and illustrations, layout, cover, topic, and relevance. The award was given in

the Travel Book category and announced this month.

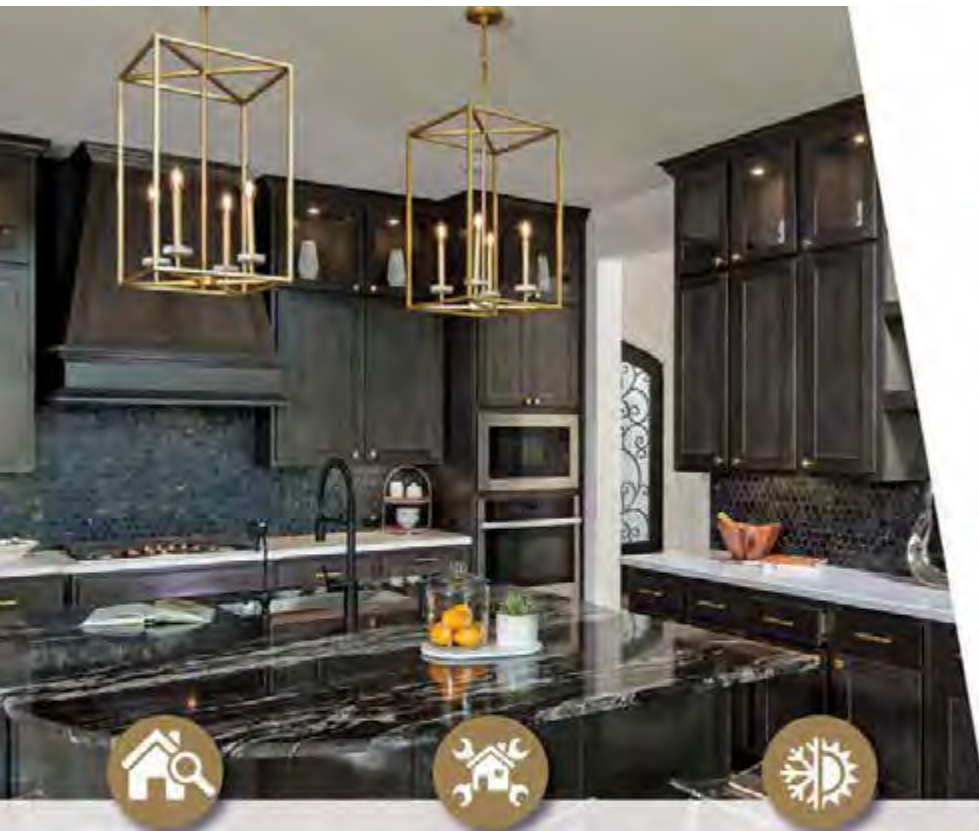
Connor's book was published in December 2019. It is both a memoir and a guide to traveling the French route of the Camino de Santiago, which is an ancient pilgrimage path leading travelers to Santiago de Compostela, Spain, the burial spot of St. James the Apostle. Popularized by celebrities such as Shirley MacLaine and the father-son team of Martin

Sheen and Emilio Estevez (who made the 2010 Camino-themed movie *The Way*), interest in the Camino has surged in recent years.

A graduate of Rice University and the creative writing program of the University of Houston, Connor returned to live in Houston after a 33-year career in the Foreign Service that posted her around the world. It was while living in Portugal as a young woman that Connor first heard about the Camino de Santiago.

Bayou City Press is a new indie publishing company which began operations in 2019. It focuses on publishing both short and long-form writing about travel, Houston, and international affairs. Columns written by a variety of authors and focused on travel and Houston are posted on its website, www.BayouCityPress.com. *Savoring the Camino de Santiago* is the first Bayou City Press book.

Connor is available for interviews and can be contacted via Bayou City Press at Publishing@BayouCityPress.com.



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THE MAX CHALLENGE OPENS DOORS AFTER BEING CLOSED FOR 11 WEEKS DUE TO COVID-19

The Max Challenge reopened its doors on Monday, June 1 after being closed for 11 weeks due to the COVID-19 pandemic. They are kicking off a "Comeback" 10-Week Challenge on June 8th! The 10-week challenge has always been a signature of The Max Challenge, a program that combines fun and effective fitness classes, nutrition coaching, and motivation to help members transform both their bodies and minds.

Even before shutdowns were mandated, The Max Challenge made the decision to close the studio based on a moral responsibility to keep members and their families safe. They switched to an online model practically overnight, providing members with a combination of interactive live and on-demand virtual fitness classes via Zoom.

Members have been grateful for the opportunity to stick with their routines and maintain a sense of normalcy during these uncertain times. And more importantly, they are having fun getting healthy! Some members have gotten their children or spouses to join them, and it's been a great way for members to connect with others.

Members have also been enjoying new online resources; such as live cooking demos, weekly motivational guest speakers, and mindfulness sessions with a certified life coach. "The classes and other resources have allowed our members to practice self-care at a time when self-care may be at the bottom of someone's list." Says owner Michelle Moses. The 10-Week Challenge also offers a psychological benefit in terms of progression and a sense of moving forward when one may feel stuck.

Member Jill Kaminsky recently posted, "I ABSOLUTELY LOVE THE MAX CHALLENGE OF HOUSTON! The program is fantastic,

the people are so motivating and the instructors are amazing, caring people! "This group of people always find something encouraging to say to help keep you pushing yourself!" The Max Challenge prides itself on inclusivity and being a judgment-free-zone. "We believe strongly that ANY BODY can be a member at The Max and we foster an environment where nobody is left behind," owner, Michelle Moses, said.

If a member is not ready to come into the studio, The Max Challenge will continue to support them through the virtual program they've established over the last 11 weeks.

The Max Challenge has stated their commitment to full compliance with federal, state, and local guidelines, and in an effort to slowly and safely reopen their doors, they have elevated their cleaning and sanitation procedures and have set up the studio to abide by the current restrictions. They will continue to work tirelessly to provide members a safe way to continue their health and fitness journey, as well as an outlet to members who want the feeling of motivation and accountability they get by working out outside their homes.

Michelle and Ron Moses, owners of The Max Challenge of Houston, are so proud of the team they've brought together and the community they are building. If you are looking for a great workout, some time to yourself, and like having fun, then reach out to learn more! The Max Challenge is currently offering discounted pricing, and they welcome anyone to try a class for FREE. Call 281.688.4322, email houstoninfo@themaxchallenge.com, or send them a message on Facebook (@themaxchallengeofhouston).

THE "COMEBACK" CHALLENGE

New 10-Week Challenge Begins June 8th



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BICYCLE SAFETY



Bicycling certainly has become a popular exercise option (or for some just to get out of the house) during the Covid Virus. Families and individuals were spotted within the neighborhood and on the walking/jogging/riding trails that surround us. Thus, this is a good time to remind everyone of bicycle safety, not just now...but anytime, such as riding for exercise/recreation, to school/work, etc.

EXCERPTS FROM THE USAA EDUCATIONAL FOUNDATION

Bicycling is fun, good exercise and good for the environment. You and your family can enjoy years of safe bicycle riding when you understand the risks involved and take steps to prevent accidents and injuries. Covid 19 got a lot of people out walking and others pulling their bikes out of the garage to kill the boredom of being cooped up in the house.

5 Keys to Safe Bicycling

1. Wear a bicycle helmet.
2. Be visible.
3. Stay alert.
4. Know and obey traffic laws.
5. Be predictable.

Wear a Bicycle Helmet

You should always wear a bicycle helmet. Do not assume you will be safe from injury just because you are going a short distance or riding on an unpaved surface. Many serious bicycle accidents occur on residential streets or bike paths and do not involve vehicles.

Inspect Your Bicycle

- Lift the bicycle by its seat and spin the rear wheel. It should spin freely without wobbling, slowing quickly, or touching the brake pads.
- Apply the rear brake smoothly to stop the wheel. The brake pads should touch the wheel rim evenly. When released, the brake should spring back into place.
- Lift your bicycle by the handlebars, and spin the front wheel. It should spin freely without bobbling or touching the brake pads.
- Apply the front brake smoothly to stop the wheel. The brake pads should touch the wheel rim evenly. When released, the brake should spring back into place.
- Inspect brake pads. Replace them if they become worn or cracked. They should be at equal distances from the wheel rim.
- Check the spokes on both wheels. Replace broken spokes before riding.
- Check the tire tread. There should be no worn patches.
- Make sure tires are properly inflated.
- Check your handlebars. Stand in front of your bicycle holding the wheel tightly between your knees and try to move the handlebars back and forth or up and down. They should not move.
- Lift the frame near the handlebars and turn the front wheel back and forth. It should swivel freely.
- Make sure brake levers are secure.
- Apply the brakes and try to move the bicycle forward or backward.
- Make sure the ends of the handlebars are protected.
- Make sure the seat is secure and does not move from side to side.
- Clean reflectors and headlight. Make sure they are securely attached.
- Lubricate the chain if needed.
- Take your bicycle for an annual tuneup and safety check to ensure it remains in good condition.

On the Road

When riding your bicycle on public streets, you are required by law to follow the same rules as any other vehicle driver. You also have the same rights as drivers of other vehicles.

Be Predictable

- Use hand signals to communicate your intentions to other vehicle drivers and bicyclists.
- Communicate verbally (ex: "passing on your left").
- Ride in straight line and avoid sudden swerves.

Teach Children Bicycle Safety

Is your child ready to ride? According to The American Academy of Pediatrics (AAP), most children are not ready to ride a two-wheeled bicycle until 5 or 6 years of age. Along with physical skills, your child must demonstrate the mental readiness and self-control for understanding and obeying safety rules.

Set Clear Rules

Children – and all bicycle riders – should always wear a bicycle helmet when riding. In addition, you should set age-appropriate limits on when, where, and how children may ride. Be prepared to take away children's riding privileges if they do not follow these rules.

Be A Good Example

Practice what you teach about bicycle safety. Be diligent about wearing a bicycle helmet, stopping at stop signs and following other important safety rules. Your children will learn more from your example than from your words. Ultimately you should be able to practice bicycle safety while having fun!

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14	15	16 TRASH	17	18	19	20
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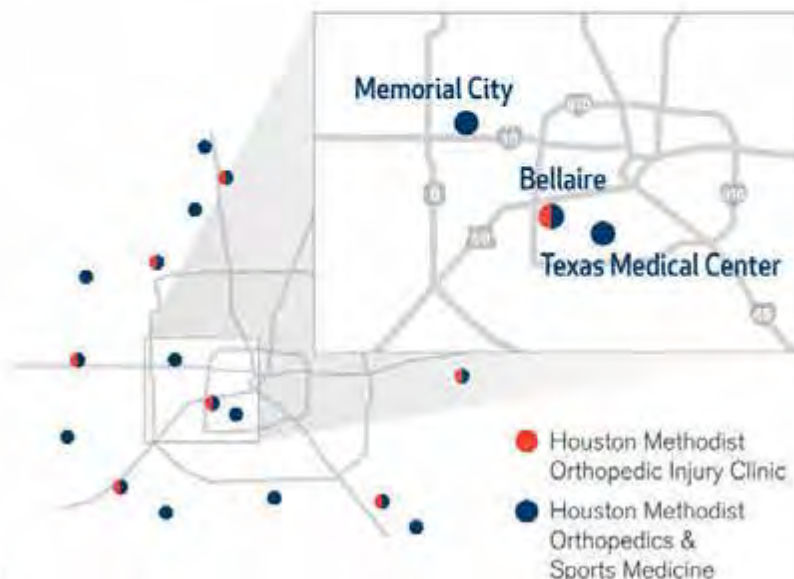


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