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Volume 2 | Issue 2

MEYERLAND.NET

FEBRUARY 2014



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Catherine Clark..... Office Staff

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Friday ..... 9:00 a.m. - 12:00 p.m. Central Time  
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Telephone..... 713-729-2167  
Fax .....713-729-0048  
General Email ..... office@meyerland.net  
Architectural Control Committee ..... macc@meyerland.net  
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## On the Cover

*The pretty house on the cover with the blooming flower bush is 5254 Jackwood in Section 3.*

## Save the Date!

## MCIA Annual Meeting

WEDNESDAY, MARCH 26, 2014

@ 7:00 P.M.

LOCATION: TBD IN MARCH

All Meyerland residents are encouraged to attend. Come hear from our President and Board of Directors talk about all the improvements to the neighborhood. And be sure to stay for the raffle. The grand prize is a waiver of your 2014 assessment fee!

## Interested in Becoming a Director?

Are you interested in making a difference in Meyerland? Consider becoming a Section Director. All Sections have at least one seat open for the 2014-2015 year. Directors are elected for 2-year terms. They are responsible for implementing and enforcing policies, procedures, and guidelines set forth by the Deed Restrictions, By-Laws, and other Association governing documents. In addition, Directors are expected to serve on a number of committees to improve the neighborhood, such as image, security, traffic flow, finance, etc. Attendance at monthly Board of Directors meetings is required.

If you are interested in running, please notify the MCIA office by submitting information outlined below to [office@meyerland.net](mailto:office@meyerland.net). Eligible candidates who submit their information by February 12th will have their names and bios printed in the March issue of the Meyerlander Monthly and Ballot. The deadline for write-in candidates is 24 hours before the Annual Meeting, March 25th by 2:00 p.m.

- Full name
- Address
- Telephone number
- Email address
- Short biography of yourself (5-7 sentences)
- Photo (headshot, jpg format, please don't crop)

# Where Do My Assessments Go?

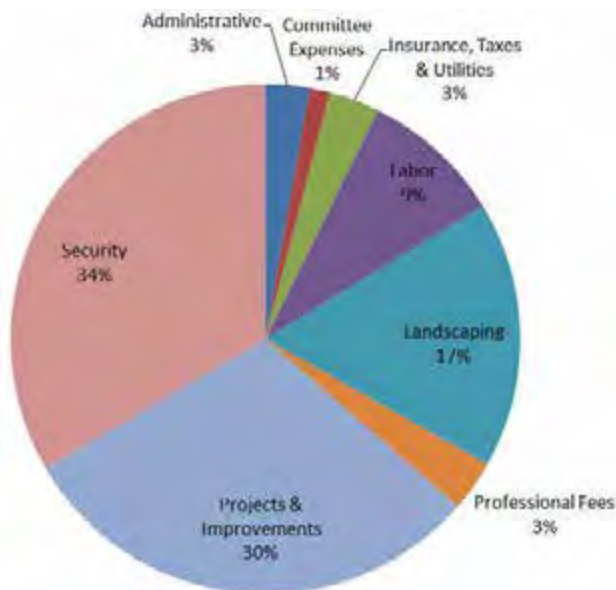
*by Gerald Radack, MCIA Treasurer  
and Director of Section 3*

By now, everyone should have paid their 2014 assessments. The Maintenance Assessment remains at 2.1123 cents per square foot. The maintenance fee pays for all our non-security needs, the office, personnel, landscaping, events such as Afternoon in the Park, and much more. Note that total maintenance fees vary by household due to lot size. MCIA's maintenance has not increased since 2005. How many things can you think of that still cost the same as they did nine years ago? Not much.

For 2014, the Security Assessment is \$226 per lot. The mandatory security fee pays for our contract with Harris County Precinct 5 for extra constable protection. This is a flat fee assessed to all households in Meyerland regardless of lot size. The per household fee varies by the amount Harris County charges us and how many constables we have on contract.

Going into the new year, MCIA's financial position is strong. Our revenues exceed \$1 million, and we have a single-digit number of past-due accounts. You can see our independently audited financial statements at [meyerland.net](http://meyerland.net) under About MCIA > Financials. This strong position allows MCIA to run our association effectively improve services for residents. Thank you, Meyerland Neighbor, for paying your assessments on time!

## BREAKDOWN OF 2014 EXPENSES



## Kolter Zoned Student Registration Going on Now!

*by Kolter Elementary, School Registrar*

Registration of zoned students is a high priority at Kolter! We are now accepting zoned student registrations for the 2014-2015 school year in order to ensure space availability for all students zoned to Kolter. Parents may register at the Kolter school office Monday-Friday 8:30 a.m. until 2:30 p.m.

### Parents should bring the following:

- Original birth certificate
- Social Security Card
- Complete Immunization Record
- Current Report Card
- Parent's Photo ID or driver's license
- Proof of residence- a lease, electric, gas, or water bill



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**OPEN HOUSE DATES**  
Thursday, February 13 from 6 - 8 pm  
Friday, February 14 at 8am

## Book Signing for Jane Lowy, Author February 15th 3-5 p.m.

Author Jane Lowy, who has lived in Meyerland Section 8 South for eighteen years, will be signing her Victorian-era novel, *Wobbly Barstool*, at the River Oaks Bookstore on Saturday, February 15th, between 3 and 5 p.m. Jane spent nine years writing and refining her (Dickens-inspired) story of a young man, *Wobbly Barstool*, in 19th-century England who seeks to increase his worldliness in hopes of swaying the sentiments of his lady-love, the reluctant London socialite, Prunella Baddonschilde.

The kind folks at the extremely cozy River Oaks Bookstore have graciously offered Jane the opportunity to have a book signing in their shop. Jane will be wearing Victorian costume for the event and may do a dramatic reading. She hopes that many Meyerland friends will attend in support of one of their creative neighbors. The River Oaks Bookstore is located at: 3270 Westheimer, just east of River Oaks Boulevard. (713) 520-0061. Light refreshments will be served.



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Knowing your risk is the first step to heart health. Join us to learn your 10-year risk for heart disease. Attendees will also have the chance to review educational materials and talk with physicians.

These events are hosted at Houston Methodist Hospital. For a complete listing of Houston Methodist events and to register, visit [houstonmethodist.org/events](http://houstonmethodist.org/events) or call 713.790.3333.

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FEBRUARY

**IS JUNK WASTE  
COLLECTION**

MONTH

WEDNESDAY, FEBRUARY 12TH

## Citizens on Patrol Update

*by Rick Fritz, Director of Section 10*

A new year has started and it is time for many of us to reflect on what else we can do for our community. Citizens on Patrol is a group of residents who have been trained and volunteer a minimum of one hour per month either patrolling by car or walking to keep additional eyes on our subdivision.

Our constables do a great job but they can't be everywhere. We just need your eyes to watch and report anything you see as suspicious. The short training course helps you know what to look for and how to report it.

We have had our share of break-ins, packages stolen off of front porches, suspicious vehicles etc. Please consider helping keep Meyerland safe for everyone. It just starts with a phone call to me – Rick Fritz (713-628-0207) or Jerry Goldman (713-253-3006). Looking forward to hearing from you!



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## Trash/Recycling Schedule - February - March, 2014

February, 2014						
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
						1
2	3	4 Trash	5	6	7	8
9	10	11 T/R	12 Junk!	13	14	15
16	17	19 Trash	19	20	21	22
23	24	25 T/R	26	27	28	

March, 2014						
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
						1
2	3	4 Trash	5	6	7	8
9	10	11 T/R	12 Tree!	13	14	15
16	17	19 Trash	19	20	21	22
23	24	25 T/R	26	27	28	29
30	31					

**MCIA Deed Restriction Rules:** Weekly - Put garbage and recycling containers, as well as yard trimmings, etc., on the curb no earlier than 6:00 p.m. the evening before pickup. Remove containers no later than 10 p.m. on trash pickup day. Monthly - Put heavy junk/tree waste at the curb no earlier than Friday 6 p.m. before the 2nd Wednesday heavy junk/tree waste collection.

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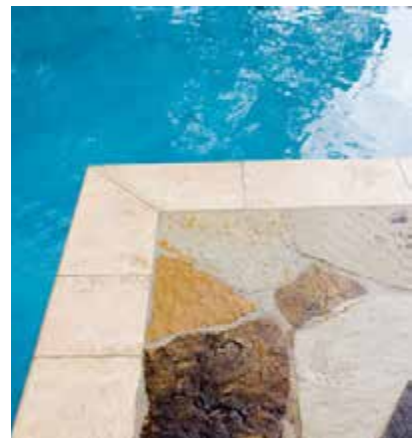
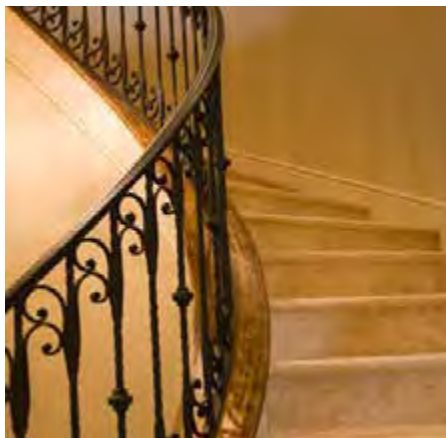


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## Kidney Walk

The National Kidney Foundation is the leading organization in the U.S. dedicated to the awareness, prevention and treatment of kidney disease for hundreds of thousands of healthcare professionals, millions of patients and their families, and tens of millions of Americans at risk

Nearly six of ten Americans will develop kidney disease in their lifetime, according to a new analysis published in the American Journal of Kidney Disease. In comparison, lifetime risk of diabetes, heart attack and invasive cancer is approximately four in ten.

The Kidney Walk is the nation's largest walk to fight kidney disease and is held to raise awareness of, and support those who are battling this disease. Held in nearly 100 communities, the event raises awareness and funds lifesaving programs that educate and support patients, their families and those at risk. Take a lifesaving step today and sign up for a walk below. The Houston Walk will be held on May 4th at 7:30am at Discovery Green Park Downtown. Registration at [www.donate.kidney.org](http://www.donate.kidney.org).

For more information on forming teams or sponsorship, please call 713-964-2644.



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# Crohn's and Colitis AWARENESS

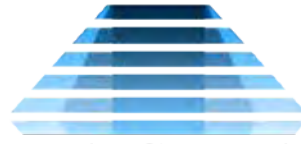
*by Dr. Jason K. Hou, Meyerland  
Resident Contributor*

Crohn's disease and ulcerative colitis- also known as inflammatory bowel diseases (IBD) - are chronic inflammatory conditions of the digestive tract that affect over 1.4 million people in the United States and over 5 million people worldwide. IBD may be difficult to diagnose; patients often suffer with symptoms for many months before a diagnosis is made. Patients with IBD may experience a wide spectrum of symptoms, such as diarrhea, blood with bowel movements, and abdominal pain. Colonoscopy is the most useful test to make a diagnosis of IBD, although blood tests and X-rays may also help make the diagnosis.

The precise cause of IBD is unknown. Recent studies have identified multiple genes that may increase the risk of developing IBD; however, many patients carry these genes but never develop any signs or symptoms of IBD. Many researchers believe that there is an environmental "trigger" which activates IBD in these at-risk patients. Studies point to several potential triggers for IBD, including high fat diets, smoking, and certain bowel infections. One theory, known as the hygiene hypothesis, suggests the lack of childhood infections may increase the risk of developing IBD. An ongoing research study will test this theory using a porcine intestinal worm, *trichuris suis*, to treat ulcerative colitis.

While there is no cure for IBD, most patients can have their symptoms controlled with medical therapy and close follow up with their gastroenterologist (a physician specializing in the digestive system). Most patients will require life-long medications to keep their symptoms under control. Unfortunately, there are still many patients in whom medical therapy fails and surgery is required to remove affected portions of their intestines. Continued research is greatly needed to find better treatments for IBD and, in time, a cure. To learn more about Crohn's disease and ulcerative colitis and find ways you can help find a cure, visit the websites of the Crohn's and Colitis Foundation of America, [www.cffa.org](http://www.cffa.org).

Jason K. Hou, M.D. is Assistant Professor of Medicine of Gastroenterology and Hepatology at the Baylor College of Medicine and a Meyerland resident of over 10 years.



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# POSTURE TIPS FOR MOMS AND DADS

*Mike McTague PT, DPT, OCS*

Lifting and carrying a child, picking up toys off of the floor, and pushing a stroller are normal daily tasks for many parents. Below are some quick tips to avoid overstraining your spine and other body areas.

## **LIFTING YOUR CHILD FROM THE FLOOR**

When picking your child up off the floor, you should use a half-kneel lift. First, stand close to your child on the floor. While keeping your back straight, place one foot slightly forward of the other foot, and bend your hips and knees to lower yourself onto one knee. Once down on the floor, grasp your child with both arms and hold him or her close to your body. Tighten your stomach muscles, push with your legs, and slowly return to the standing position. To place your child onto the floor, the same half-kneel technique should be performed.

## **CARRYING/HOLDING YOUR CHILD**

When holding or carrying your child, you should always hold him or her close to your body and balanced in the center of your body. Avoid holding your child in one arm and balanced on your hip. When using a child carrier be sure to keep your back straight and your shoulders back to avoid straining your back and neck.

## **PICKING UP TOYS FROM THE FLOOR**

As a parent you will too often be involved in cleaning up after your child. When picking toys up from the floor, keep your head and back straight, and while bending at your waist, extend one leg off the floor straight behind you. This is often called a “golfer’s lift”, as you may see some “seasoned” golfers retrieve their ball from the hole this way.

## **LIFTING YOUR CHILD OUT OF THE CRIB**

If your child’s crib has a rail that lowers, you will want it in the lowest position when lifting your child out of the crib. As you lift, keep your feet shoulder-width apart, knees slightly bent. Arch your low back and, while keeping your head up, bend at your hips. With both arms, grasp your child and hold him or her close to your chest. Straighten your hips so you are in an upright position, and then extend your knees to return to a full stand. To return your child to the crib, use the same technique and always remember to keep your child close to your chest.

## **PUSHING A STROLLER**

When pushing your child in a stroller, you will want to stay as close to the stroller as possible, allowing your back to remain straight and your shoulders back. The force to push the stroller should come from your entire body, not just your arms. Avoid pushing the stroller too far ahead of you because this will cause you to hunch your back and shoulders forward.

Children and parenting are stressful enough. Focus on proper body movement and enjoy those kiddo’s without unneeded aches and pains.





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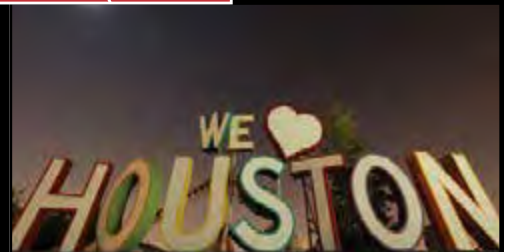
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