

# Meyerlander MONTHLY



Volume 2 | Issue 8

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AUGUST 2014



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Amy Hoechstetter ..... MCIA General Manager  
Catherine Martin, Randi Cahill ..... Office Staff

## OFFICE HOURS:

Monday - Thursday ..... 9:00 a.m. - 2:30 p.m.  
Friday ..... 9:00 a.m. - 12:00 p.m. Central Time  
*Closed Saturday, Sunday, and holidays.*

Telephone..... 713-729-2167  
Fax .....713-729-0048  
General Email ..... office@meyerland.net  
Architectural Control ..... randi@meyerland.net  
Community Assistance..... catherine@meyerland.net  
*4999 West Bellfort St., Houston, TX 77035*

Visit our website at [www.meyerland.net](http://www.meyerland.net)

## SECURITY

Precinct 5 Constable (including burglar alarms) .....281-463-6666  
Emergency ..... 911  
Houston Police Dept. Non-Emergency.....713-884-3131

## CITY OF HOUSTON

Houston Help & Information.....311 or 713-837-0311  
District C Council Member, Ellen Cohen ..... 832-393-3004  
Meyer Branch Library ..... 832-393-1840  
Godwin Park Community Center.....713-393-1840

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Suspected natural gas leak  
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For missed garbage pickup, water line break, dead animals, traffic signals, and other city services, dial 311. Some mobile phone users may need to dial 713-837-0311.

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## Recent Board Business

by Shirley Hou, Publications Committee

In May, the Board approved policies that enhanced the deed restrictions in Section 1 that are governed by the Review and Control Committee (RCC). Homeowners in Section 1 ratified a modernized version of the Deed Restrictions back in April.

Residents near Johnston Middle School continue to voice concerns about pedestrian and car traffic at the start and end of school hours. Education about the parking restrictions in that area continues to progress. MCIA executed a "forced-mow" on an unkempt property. The charges will be billed back to the property owner. MCIA will continue to force mow the property until it is sold or the issue is resolved. The sound barrier on South Braeswood near West Bellfort is damaged. The City of Houston is responsible for the damaged wall, and MCIA continues to monitor the city's progress to repair it.

Efforts are well underway to prepare for Meyerland's 60th anniversary celebration in September. Elizabeth Black Berry, Director of Section 6, is the event chairperson. Photographs from the past 60 years are being solicited from the neighborhood.

You can read minutes from past Board meetings on Meyerland's website, [www.meyerland.net](http://www.meyerland.net) under the tab "About MCIA".

## Architectural Approvals

### Walk Ins are Welcome

by Amy Hoechstetter, MCIA General Manager

Meyerland and the surrounding neighborhoods have become very busy with contractors refurbishing homes and builders constructing new ones. The attention paid to our community is keeping our staff very busy with all of the new activity. Currently there are over 30 new home and renovation projects in Meyerland. The result of this is higher property values and an influx of new families. In order to ensure appropriate construction occurs, all projects must be reviewed by the Architectural Committee and approved. Proper submission and requests will speed up the process of responses to applications.

To better serve you, simple property maintenance requests can be reviewed and approved on the spot by bringing your documents to the association office during office hours. Randi Cahill, Resident Relations - Architectural Control, can review your application usually in just a few minutes. Any major construction will need a full committee review. To determine if your project may be approved on the spot, please visit the "Home Improvement" section on our website at [www.meyerland.net](http://www.meyerland.net).

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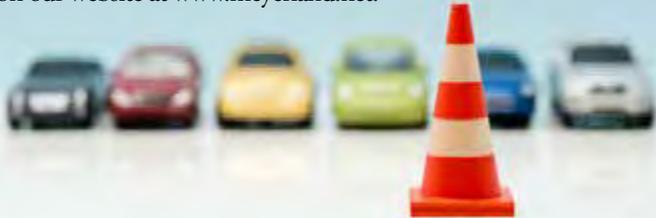


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# PARKING RULES Around Johnston Middle School

*by the MCIA Office*

The summer is speeding by and before we know it, school will be back in session. At Johnston Middle School, new parents will be navigating the process of getting their children to and from school. In order to have the least amount of disruption, there are parking rules that are in effect for all visitors and neighbors to abide by. Signs on Lymbar, Cheena, Wigton, Yarwell, and Manhattan clearly mark the rules and warn of the consequences of non-compliance. Depending on the street, the owner can be fined or the car may be towed if in violation. The rules apply to both Meyerland residents and visitors to the school. Please be sure to know what the rules are if you live on one of these streets or have a child that will be attending the school. More information is available on our website at [www.meyerland.net](http://www.meyerland.net).



## On the Cover

*The featured house on the cover is  
5031 Cheena in Section 8 South.*

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## HISD Defunds Several Magnet Schools

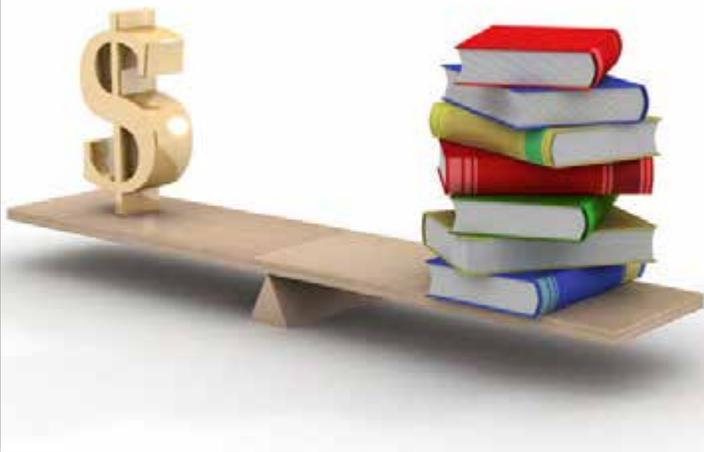
by Cyndi Ruiz Mansfield, Meyerland Resident

Last month HISD proposed cutting the funding at Kolter and several other magnet schools. The bad news is despite all the letter writing and speakers who presented at the June HISD board meeting, the HISD school board voted to go along with Superintendent Terry Grier's funding reallocation for the district's magnet program. Trustees Rhonda Skillern-Jones, Wanda Adama, Greg Meyers, Paula Harris and Manuel Rodriguez prevailed in the 5-4 majority to defund Kolter's magnet program. Board President, Juliet Stipeche, was joined by Harvin Moore, Anna Eastman and Michael Lunceford in voting against the measure.

Some good news: The district's funding allocation (per unit allocation/PUA) for each student will increase to \$112 thanks to an amendment offered by Moore. This will return the funding level for HISD students closer to the PUA in 2010 after several years of cuts. Kolter's impact is not as great in the first year since the magnet cuts for the 2014-15 academic year are only 25% of the proposed cuts that will go into full effect in 2015-16. In the interim, the Kolter community will need to make sure that the PUA stays in place or is increased moving forward as this can be changed every year.

We need to continue to respectfully encourage the HISD Board and its administration to come visit Kolter and other strong performing magnet schools so they can gain knowledge on what makes these schools exemplary. Kolter is a jewel of a school in Meyerland that outperforms other schools year after year. Kolter's program should be studied and replicated, not hurt due to budget cuts.

Finally, this community was handed a reminder that we can't take what we have for granted.



Houston Independent School District Reminder  
**First day of school is Monday, August 25th!**

## School Directory

by the MCIA Publications Committee

A big reason why the Meyerland housing market is so competitive is because of our outstanding neighborhood schools. Our schools are known for academic performance, diverse magnet programs, involved parents, and dedicated teachers. We've listed the Meyerland "zoned" schools in the Houston Independent School District as well as some religious and private schools:

### *HISD neighborhood zoned schools:*

#### **Herod Elementary School (Vanguard Magnet)**

5627 Jason, Houston 77096 | 713-778-3317

#### **Kolter Elementary School (Foreign Language Magnet)**

9710 Runnymede, Houston 77096 | 713-726-3630

#### **Lovett Elementary School (Fine Art Magnet)**

8814 South Rice, Houston 77096 | 713-295-5258

#### **Fondren Middle School (International Baccalaureate Magnet)**

6333 South Braeswood, Houston 77096 | 713-778-3360

#### **Johnston Middle School (Performing Arts Magnet)**

10410 Manhattan, Houston 77096 | 713-726-3616

#### **Pershing Middle School (Fine Arts Magnet)**

3838 Blue Bonnet Blvd, Houston 77025 | 713-295-5240

#### **Bellaire High School (Foreign Language Magnet, International Baccalaureate Program)**

5100 Maple, Bellaire 77401 | 713-295-3704

### *Private Schools in and near Meyerland:*

#### **Beth Yeshurun Day School (age 15 months - Grade 5)**

4525 Beechnut, Houston 77096 | 713-666-1884

#### **The Emery/Weiner School (Grades 6-12)**

9825 Stella Link, Houston 77025 | 832-204-5900

#### **Pilgrim Lutheran School (age 18 months - Grade 8)**

8601 Chimney Rock, Houston 77096 | 713-432-7082

#### **St. Thomas' Episcopal (Grades K-12)**

4900 Jackwood, Houston 77096 | 713-666-3111

#### **St. Thomas More Parish School (age 3 - Grade 8)**

5927 Wigton, Houston 77096 | 713-729-3434

#### **The Shlenker School (age 15 months - Grade 5)**

5600 North Braeswood, Houston 77096 | 713-270-6127

#### **Westbury Christian School (age 3 - Grade 12)**

10420 Hillcroft, Houston 77096 | 713-551-8100

#### **Trafton Academy (Grades PK, K, 3-8)**

4711 McDermed, Houston 77035 | 713-723-3732

**Trash/Recycling Schedule - August - September, 2014**

August, 2014						
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					1	2
3	4	5 Trash	6	7	8	9
10	11	12 T/R	13 Junk!	14	15	16
17	18	19 Trash	20	21	22	23
24 31	25	26 T/R	27	28	29	30

September, 2014						
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	1	2	3 Trash	4	5	6
7	8	9 T/R	10 Tree!	11	12	13
14	15	16 Trash	17	18	19	20
21	22	23 T/R	24	25	26	27
28	29	30 Trash				

**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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## Second Generation

*By the MCIA Image Committee*

Meyerland is well into its second generation phase. The original shopping center, schools, parks and homes are being wonderfully transformed through renovations and new construction. Although we may never regain the stature that was enjoyed back in the heyday of “The New” Meyerland, the amenities and well kept homes ensure that Meyerland will remain the jewel of Southwest Houston for generations to come.

We need committees of volunteers to accomplish certain, specific projects. In the past, there were volunteers that manned seven garden clubs, spruced up Meyerland’s grounds and pitched in on other special projects. In present day, some projects that could benefit from more volunteers would be the 60th Anniversary Celebration on September 21st, Deed Restriction Renewal efforts, Annual Meetings, monitoring flood control issues, submitting articles to the Meyerlander, etc. A nicer Meyerland only adds wealth to your investment portfolio . . . your home equity.

If you are interested in supporting YOUR Meyerland by spearheading/volunteering for a committee or assisting in any capacity, please go to the Meyerland website or call the office for more information.



## Meyerland's 60<sup>TH</sup> ANNIVERSARY Celebration

*Sunday, September 21st  
2:00 - 5:00 p.m.  
Lovett Elementary*

MCIA will celebrate its 60th anniversary of incorporation. Please mark the date on your calendar for a day of FREE fun activities, music, entertainment and food. It will surely be a wonderful celebration for all!

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by the MCIA Office

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## My Meyerland Memories

by Linda Freedman Block, Meyerland Resident

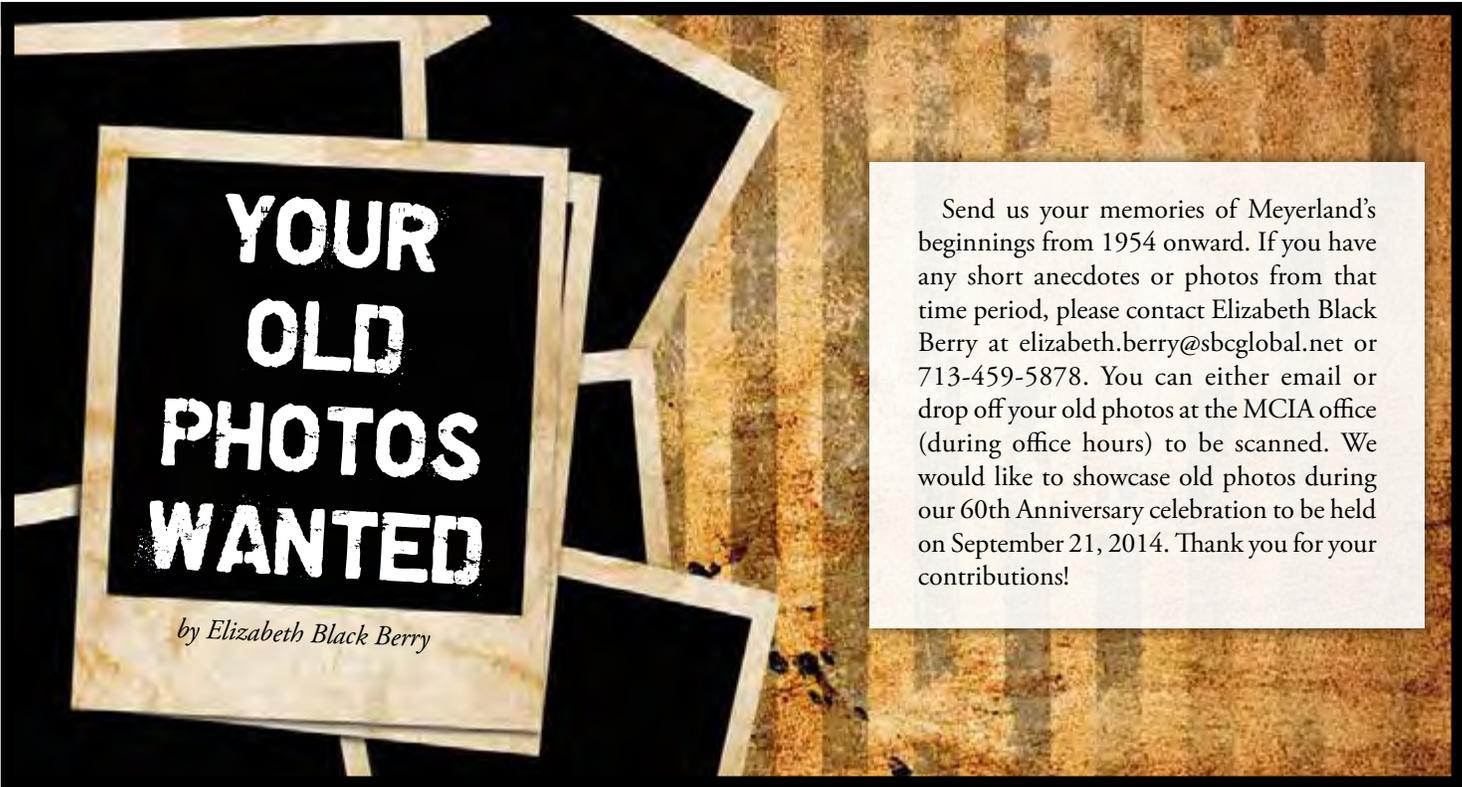
My family moved to 5050 Glenmeadow at the corner of S. Rice in 1960. We had the first swimming pool in Meyerland and the only 3 car garage in Meyerland. South Rice was only a two lane street (one lane going in each direction). We attended Kolter Elementary School the year it opened (1960). We used to catch crawfish in the S. Rice ditch! On the weekends, we took off on our bikes in the mornings, met up with friends and hung out at Meyerland Plaza all day. Our only rule was that we had to be home by dinner time. Our parents had no idea where we were all day and had no way of contacting us.

I remember so many times when strangers who ran out of gas would ring our side doorbell (on the busy S. Rice side) early in the morning on their way to work. They would ask if they could use our telephone to call someone to bring them some gas. It didn't matter how early it was - my mom was always dressed for the day with makeup on. (I always say I grew up with June and Ward Cleaver!) She, of course, allowed the strangers to come in, make their calls and then she would serve them a cup of coffee while they waited for help to arrive.

I remember when Sage was the only store on that huge plot of land where Lowe's now resides. They had such clever billboards! And I remember Easter egg hunts on that grassy area, and coming home with brightly colored chicks. Everyone who lived here in the 60's remembers the pharmacy and Belden's grocery store on the property where Krogers is today. The pharmacy had a lunch counter where they made great hamburgers and milkshakes.



The Milton Freedman Family on vacation in Mexico (1958 or 1959). Left - Right: Linda Freedman Block, Don Freedman, Betty Freedman, tour guide, Judy Freedman Yambra, Marc Freedman, and Milton Freedman.



**YOUR  
OLD  
PHOTOS  
WANTED**

*by Elizabeth Black Berry*

Send us your memories of Meyerland's beginnings from 1954 onward. If you have any short anecdotes or photos from that time period, please contact Elizabeth Black Berry at [elizabeth.berry@sbcglobal.net](mailto:elizabeth.berry@sbcglobal.net) or 713-459-5878. You can either email or drop off your old photos at the MCIA office (during office hours) to be scanned. We would like to showcase old photos during our 60th Anniversary celebration to be held on September 21, 2014. Thank you for your contributions!

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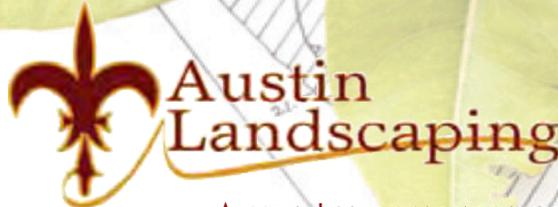
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# A FOCUS ON HEAT EMERGENCIES

## Healthy Tips To Stay Cool In Extremely Hot Weather

By: Concentra Urgent Care

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs. If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

### SIGNS AND SYMPTOMS:

#### Heat Cramps

- Sweating
- Pain in arms, legs, and abdomen
- Heat Exhaustion
- Moist, pale skin
- Fatigue and fainting
- Dizziness and lightheadedness
- Headache and confusion
- Nausea and vomiting
- Rapid pulse and breathing

#### Heat Stroke

- No sweating
- Dry, hot, red skin
- Confusion/loss of consciousness
- Rapid pulse
- Temperature over 103° F
- Seizures

### CAUSES:

- High temperatures or humidity
- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- Alcohol use
- Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
- Cardiovascular disease

### WHAT TO DO IN HEAT EMERGENCIES...

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.
2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.
3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.

4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.

5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

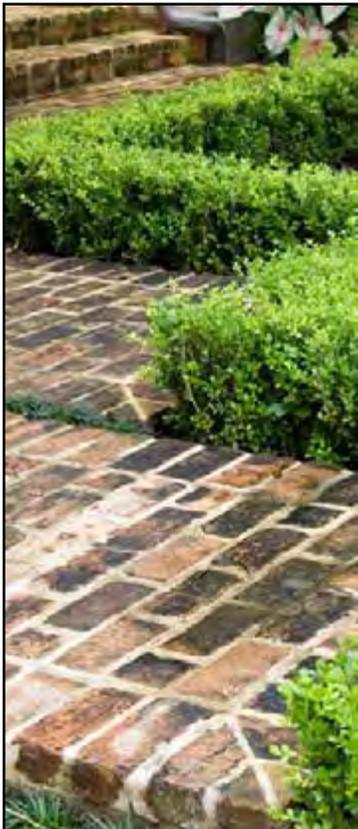
### DO NOT:

- underestimate the seriousness of heat illness, especially if the person is a child, elderly, or injured.
- give the person medications that are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.
- give the person salt tablets.
- give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.
- use alcohol rubs on the person's skin.
- give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

### PREVENTION:

- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.
- Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.
- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.
- Be careful of hot cars in the summer. Allow the car to cool off before getting in.
- Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: [www.cdc.gov/niosh/topics/heatstress/](http://www.cdc.gov/niosh/topics/heatstress/)



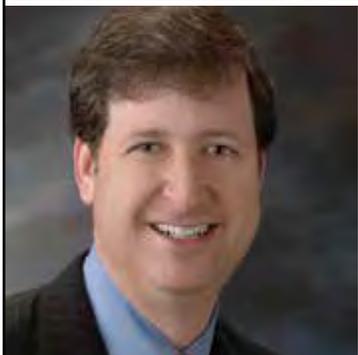
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# TENNIS TIPS

By USPTA/PTR Master Professional  
**Fernando Velasco**



## The Modern Game: The Backhand Approach Shot

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing. I am now offering suggestions on how to play the “modern” game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or in tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute the Top Backhand Approach Shot. This shot is used when an opponent hits a soft shot that has bounced high over the net. The player will take advantage and will charge to the net, thus hitting with top spin high over the net and hit with power. When the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise. This shot can be used as a “winner” or as an “approach shot.”

In the illustrations, Kaylen Combs, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Kaylen is coached by the Director of the Tennis Academy, Darin Pleasant, who is showing her the proper point of contact on step 2. Kaylen plays with her left hand.

**Step 1: The Back Swing:** When Kaylen sees the opportunity, she makes a quick turn of her upper body and takes the racket high and back. The head of the racket is now at shoulder height, her shoulders are turned, the right hand gripping the racket and her left

hand relaxed. Her weight is on the front foot as her momentum carries her forward to attack the ball. Her right wrist is “laid back” to allow maximum point of contact.

**Step 2: The Point of Contact:** The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle and accelerating the racket head around the outside of the ball. Kaylen started the swing high and “looped” it to allow the head of the racket to drop down. She will be brushing around the outside of the ball as she makes contact with it. Her left shoulder is almost opening and her weight has is moving through the shot.

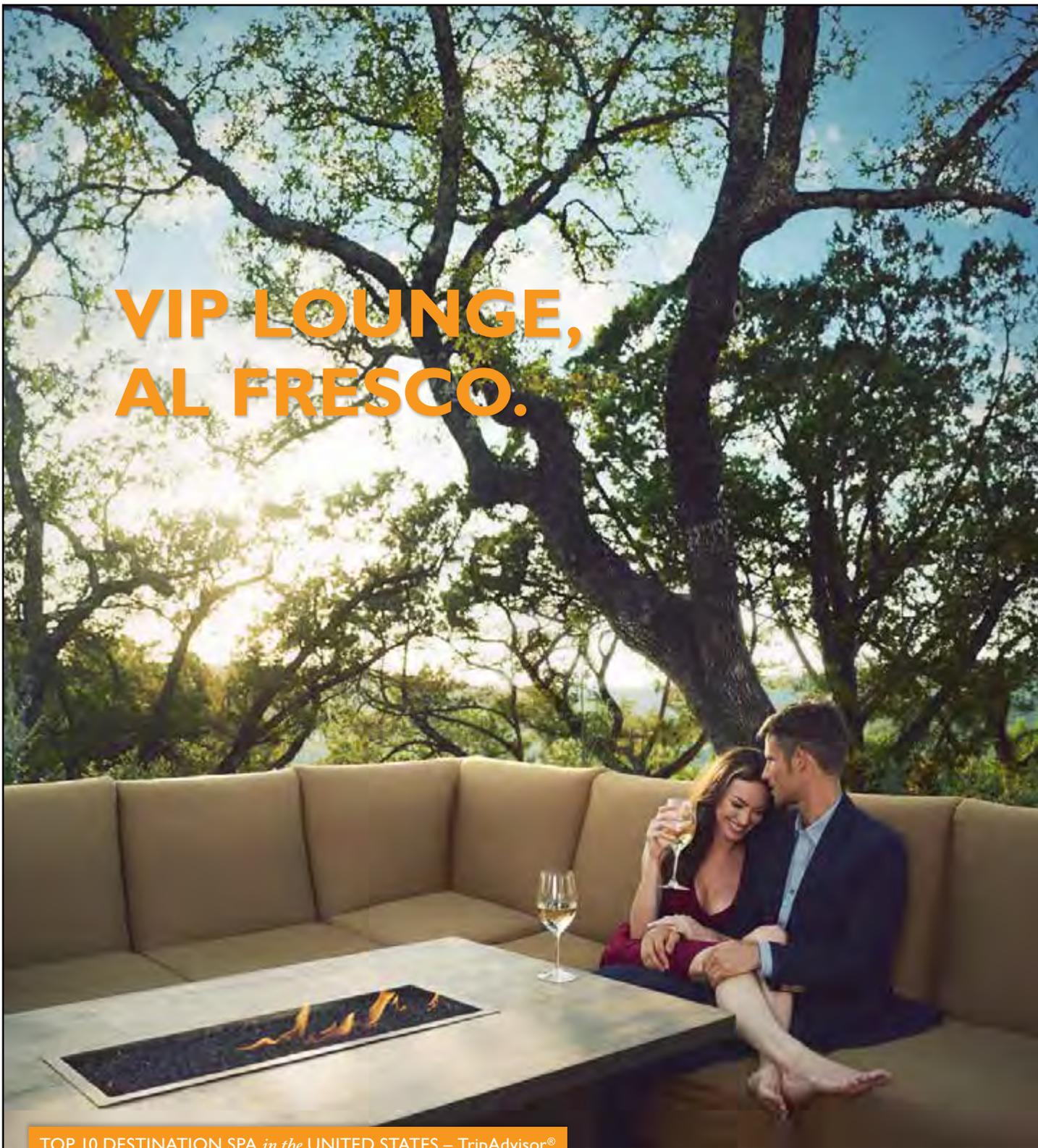
**Step 3: The Follow Through:** In order to get maximum control and power, Kaylen is keeping her right arm extended through the shot. She has “snapped” her right wrist and has the head of the racket facing down. Her weight is going forward.

**Step 4: The Finish:** Kaylen’s upper body acceleration forced the head of the racket to “wrap around” her left ear, thus creating the most power and topspin on the ball. Her legs are already in position to move forward the net for a volley. Her right foot should naturally move forward due to her momentum and racket speed. From her looks, she apparently hit a very wide cross court approach shot for a defensive return.

**Step 5: The Volley Winner:** Once Kaylen hit, she moved to the net for a “winner”. By the smile on her face, her backhand approach shot was successful and she won the point with a backhand volley.

*Look in the next Newsletter for: “The Modern Game: The Swinging Forehand Approach Shot”*

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