

Meyerlander MONTHLY



Volume 3 | Issue 2

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FEBRUARY 2015



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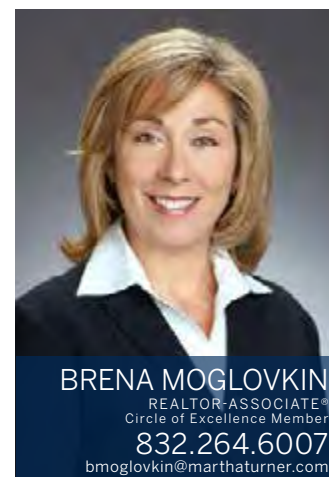


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IMPORTANT CONTACTS

MCIA OFFICE

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.

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Houston Police Dept. Non-Emergency 713-884-3131

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Meyer Branch Library 832-393-1840
Godwin Park Community Center 713-393-1840

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SAVE THE DATE



MCIA Annual Meeting
Tuesday, March 24th
7:00 p.m.

Kolter Elementary School
9710 Runnymede

All residents of Meyerland are invited and encouraged to attend. If you are interested in running for a Board of Directors position, please contact the MCIA office at 713-729-2167 for more information.

On the Cover

The Willow Waterhole, located near Meyerland at 5300 Gasmer near South Post Oak Road, is a beautiful wildlife conservation and recreation area open to the nature-loving public. Photo courtesy of Karla Ziekle from Willow Bend.

Status of Meyer Library

Amy Hoechstetter

This month's board meeting hosted visitors from the neighborhood as well as John Middleton, Assistant Director, City Of Houston Library Planning and Facilities, Becky Edmondson, Westbury Civic Association President and Cindy Chapman with the Westbury Area Improvement Corporation. Mr. Middleton came to the meeting to discuss the future of the Meyer branch library. The Meyer branch library has been serving the homeowners of Meyerland, Westbury, Marilyn Estates, Maplewood, Willow Meadows and many other communities in the area since July of 1962. Unfortunately, the building has aged beyond reasonable repair and needs to be replaced.

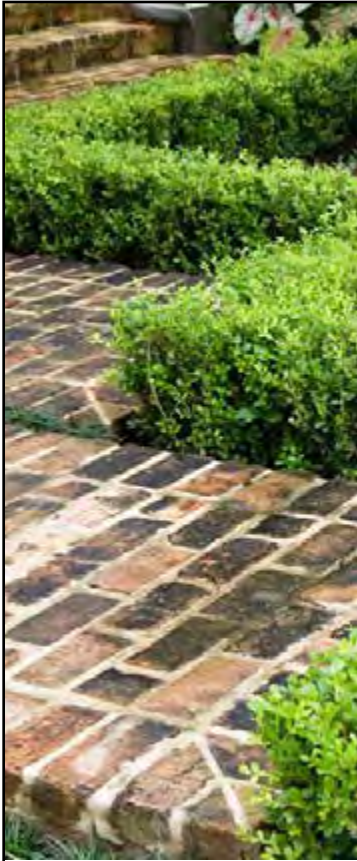
Bond money was approved years ago but the city has been unable to find a suitable location. The new design standards call for a building size that is at least 12,000 square feet and the land space required for this new concept is at minimum, two and one-half acres. In the library's current location, the land is not adequate. Therefore, Mr. Middleton proposed an idea to the directors to potentially buy land that the MCIA owns to create a suitable space for a new library building.

MCIA owns land next door to the Meyer Library where its current office is located at 4999 West Bellfort. Our land, if combined with the library's land, might be enough to convince the City of Houston to keep the library in its current location. The decision about where to locate the new Meyer Library must be made by June 2015 in order make use of the bonds that were approved back in 2001. If the final location cannot be determined, the Meyer Library construction project will likely be postponed for several more years.

The Board listened very carefully to statements by Mr. Middleton, neighbors and other guests. The Board decided to meet again to further explore the options. When their study is complete, they will announce their recommendation to the City at a future board meeting so all who are interested can attend.



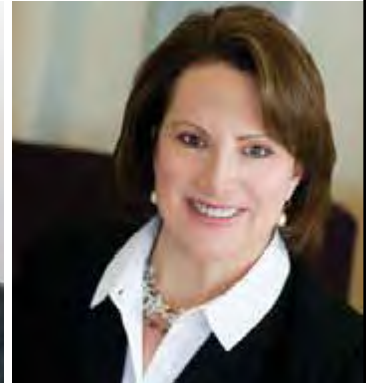
The MCIA office building is to the left of the subdivision marker, and the Meyer Library is to the right.



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Update on Runnymede/ Millbury Storm Water Project

by Gerda Gomez, Director of Section 7



New storm drains for Runnymede



Southbound view of Runnymede

The storm water project continues to be on schedule with the replacement of storm water and sewer drains under Runnymede from Dumfries past Lymbar, as well as water lines under the adjacent sidewalks. Millbury street construction is complete yet work continues on the replacement of sprinkler lines that were damaged. Further, a short supply of sod has delayed the sod replacement. Work continues on underground conduit and wire replacement for the street lights on Millbury, Runnymede, Doud, and Endicott. Some street light poles will be replaced: eight on Runnymede between Rice and just past Lymbar; four on Millbury; four on Dumfries; seven on Doud; one on Endicott; and one on Heatherglen by Doud. A detailed map of planned electrical work on street lights is available for review in the MCIA office.

love IS IN THE AIR

by Joyce Young, Director of Section 3

If January was not your month and your new beginnings and resolutions have long been discarded and forgotten, then perhaps February is more to your liking. February, the month of love. Now that sounds a whole lot better than gym memberships, dieting and discarding bad habits, doesn't it?

February boasts Valentine's Day, a magical day where anything is possible and love permeates the air. Each year more than 150 million Valentine's Day cards are exchanged, which is the second most popular card sending day after Christmas.

Valentine's Day had an unseemly beginning when St. Valentine, a Roman Catholic priest, was ordered executed by Roman Emperor Claudius II on February 14, 269 A.D. But, St. Valentine believed in love and performed forbidden marriage ceremonies, and so upon his death a new era of love began.

Dreams begin on Valentine's Day. Approximately ten percent of the American population gets engaged each year on this day, which is more than any other day of the year. Richard Cadbury, the legendary British chocolatier, whipped up the first box of Valentine's Day chocolates back in 1868. Two years earlier, however, brothers Daniel and Oliver Chase, founders of NECCO, invented the Sweethearts. These candy lozenges stamped with food dye letters exclaiming love in many different ways are still produced by NECCO with approximately 100,000 pounds of Sweethearts made each day.

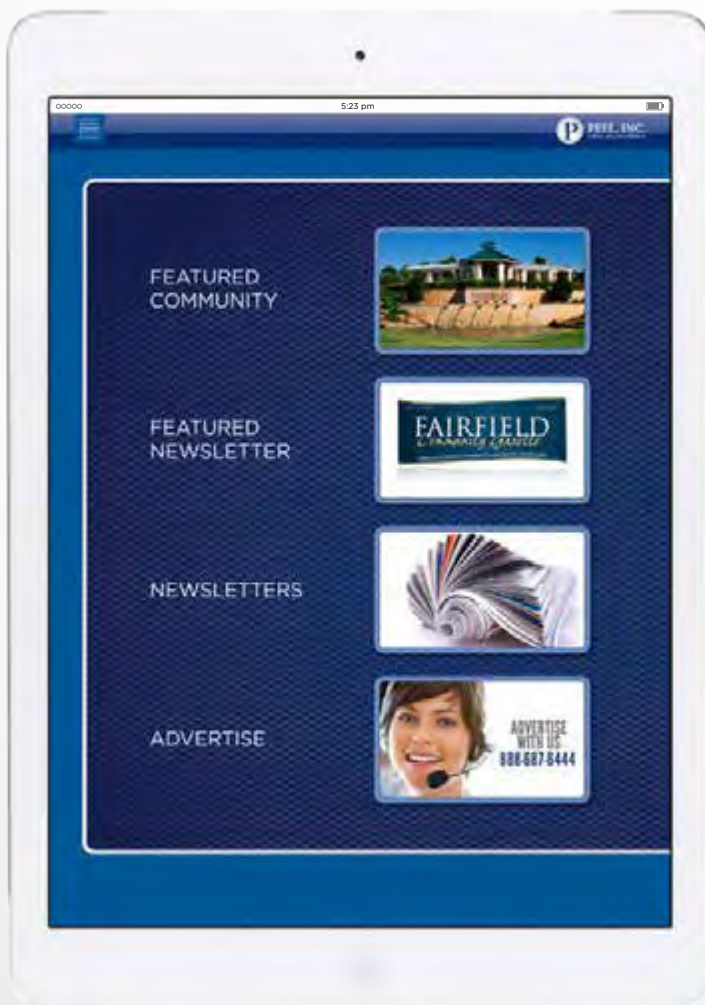
Apparently dreams aren't cheap. According to the National Retail Federation's Valentine's Day spending survey, over \$17 billion will be spent on the day of love with the average person spending approximately \$130. The most popular purchase is candy, followed by flowers, dinner and jewelry. The Hershey Company (North America's largest chocolate producer) sells more than 800 million individual Kisses for Valentine's Day. The holiday is important to florists also as according to 1-800-Flowers, Inc., sales for this holiday represent approximately ten percent of its annual floral gift sales.

But, love isn't about chocolates, flowers, dining or jewelry. Love is about celebrating the joy of being with yourself and your loved ones. The day can be celebrated with a simple kiss, a smile, holding hands and just enjoying the fact that you have someone special in your life, be it you, your child, best friend or spouse. It doesn't have to be about the extravagant meal at the fancy restaurant, or the chocolate lava cake served for dessert, the bouquet of fresh flowers or the diamond earrings. Oh wait, on second thought, that does sound mighty nice . . . if you're into that sort of thing! And so the tradition of love continues. Bring on the chocolates!

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FULL CIRCLE LIVING

By Shirley Hou, Publications Committee

In a great neighborhood like Meyerland, it is rare to meet residents who have lived in the same place for 10, 20 or 30 plus years. Kelly Adels Hess is one such resident, but with a twist - not only has she lived in Meyerland for over 35 years, but she still lives in the same childhood home on Valkeith Drive in Section 8 West where she grew up and is now raising her own family. After a short stint living in a leased house on Jason Street in Section 1, Kelly's parents bought the house on Valkeith that would eventually be called home by two generations. Like so many young families of that era, Kelly's parents chose Meyerland for its small town feel and wonderful school district. Her father, an obstetrician/gynecologist, worked a short distance away in the Medical Center.

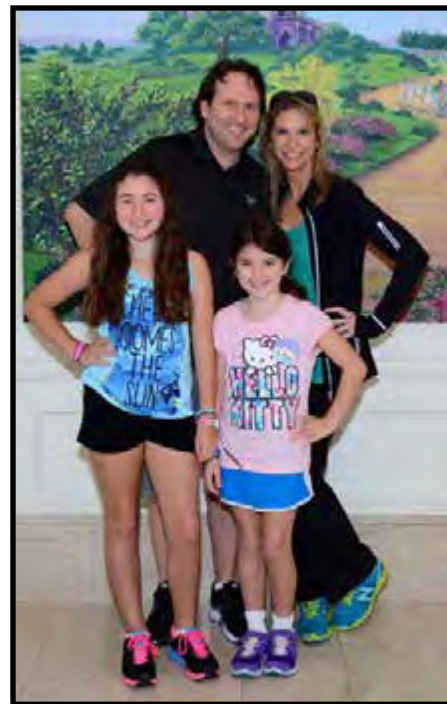
Godwin Park was the center of much joy back then, as it is today. Kelly recalls that there was an old-fashioned merry-go-round that kids loved to spin and catch a whirl. The current plastic slide and seesaw is located in approximately the same location as the former aluminum slide and seesaw that Kelly enjoyed as a kid. The hill at Godwin Park was a favorite attraction and Kelly remembers that it seemed so big back then when she and her friends rolled down the hill. The park was a gathering place where families took their kids to play when the weather was nice.

Growing up, Kelly attended Kolter Elementary School, Johnston Middle School, and Bellaire High School. Back then, as Kelly remembers, there were not as many choices for private and magnet schools, so most children in the neighborhood attended school together from kindergarten through twelfth grade. Those friendships have continued throughout the years and formed a powerful shared experience that bonds the adults today.

After double majoring in communications and psychology at Southern Methodist University and working several years in Dallas, Kelly returned to Houston with her new husband, Clive Hess. It was at that time Kelly's father was looking to downsize, so she seized upon the opportunity to buy her childhood home. When she and Clive started their family, they had the same neighbors from when Kelly was little. Their neighbors on Valkeith Drive share multiple associations. Kelly went to Kolter with one neighbor, and now she and the neighbor are raising their kids on the same street. Other families on Valkeith had young children at the same school, so the families were able to carpool.

Now as an adult, Kelly is grateful to be able to give back to the community she loves so much. Kelly and Clive are owners of CompuCycle, a premier electronics recycling company. Established in Houston in 1996 by Clive and his father, CompuCycle was Houston's first Responsible Recycling (R2) certified company. They are partners with the City of Houston, and their distinctive trucks that sport the CompuCycle green circle logo are a familiar sight at Meyerland events including the biennial Afternoon in the Park. CompuCycle provides the e-cycling events in Meyerland free of charge to ensure that residents can safely dispose of old electronics. You can find a list of all their acceptable materials, and free residential drop-off locations at www.compucycle.net. Outside of work, Clive sits on the Meyerland Architectural Control Committee (MACC) and the Review and Control Committee (RCC) that reviews and approves construction plans in Meyerland. Clive is glad to see both new development and renovations to existing structures in the Meyerland community.

After almost four decades of living in the same house on Valkeith, Kelly and her family are about to start a new chapter of Meyerland life in their soon-to-be-finished new home in Section 1. Their new house sits just one block away from where it all began when she briefly lived on Jason Street as a kid. Her life seems to have come full circle in the neighborhood. With some joking apprehension about the "big" move - living north of the Bayou and east of South Rice - Kelly feels grateful and blessed to be part of the Meyerland community, and she looks forward to many more years of living in Meyerland,



The Hess Family: Clive, Kelly, Zoey (age 10), and Juliette (age 8)



Kelly in kindergarten at the Kolter Elementary playground

Meyerland Supports Brays Bayou Association

by Gerda Gomez, Director of Section 7

Meyerland Community Improvement Association Board of Directors unanimously approved at the monthly Board meeting on January 12, 2015, a motion by Charles Goforth, chair of the Image Committee of the MCIA, to donate \$2,000 to the Brays Bayou Association (BBA). The BBA is the voice that Meyerland uses to promote reduction in flooding in our area. Its work on behalf of Meyerland and the surrounding communities has been consistent and impressive.

The BBA, a nonprofit activist organization of concerned citizens, was established in 1983 through the efforts of Bob Marshall, formerly of the MCIA. Shortly after it was formed, it joined in a project with three other partners to study causes of flooding of the bayou. Following the Water Resources Development Act of 1996,

it participated in Harris County Flood Control District studies which resulted in what is now called Project Brays. Project Brays has reduced flooding through the establishment of detention ponds and the widening of Brays Bayou. The widening of the bayou continues and will eventually reach the Meyerland section of Brays Bayou.

The BBA meets monthly, on the third Monday of the month at 7:30 pm at The Gathering Place on South Willow. Recent speakers at the BBA meetings included: Raouf Farid, retiring Program Manager of Project Brays of HCFCD and the new Program Manager Gary Zika; County Judge Ed Emmett; Russell Schenayder, Greenspace Chairman of Willow Waterhole Greenspace Conservancy; and Richard McNamara, Bayou Greenway Program Manager for Houston Parks Board.

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Trash/Recycling Schedule - February - March, 2015

February, 2015						
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1	2	3 Trash	4	5	6	7
8	9	10 T/R	11 Junk!	12	13	14
15	16	17 Trash	18	19	20	21
22	23	24 T/R	25	26	27	28

March, 2015						
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1	2	3 Trash	4	5	6	7
8	9	10 T/R	11 Tree!	12	13	14
15	16	17 Trash	18	19	20	21
22	23	24 T/R	25	26	27	28
29	30	31 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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Easy Valentine Sandwich Cookies

Recipe by Laria Tabul, allrecipes.com

This recipe makes 17- 3 inch sandwich cookies and 17- 1 1/2 inch heart shaped cookies. You'll need a 3-inch heart shaped cutter and a 1 1/2-inch heart shaped cutter. Frost with Pink Valentine Frosting (see recipe).

Ingredients

- 1 cup butter
- 1 1/2 cups confectioners' sugar
- 1 egg
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract (optional)
- 2 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar

Directions

In a large bowl, cream together butter and confectioners' sugar. Beat in egg, vanilla and almond extract. Mix well.

In a medium bowl, stir together flour, baking soda and cream of tartar; blend into the butter mixture. Divide dough into thirds and shape into balls.

Working with 1/3 of dough at a time, roll out dough into desired thickness on a lightly floured surface. For each heart sandwich cookie, cut out 2 3-inch hearts. Cut out the center of ONE of the 3-inch hearts with the 1 1/2-inch cutter.

Place each piece separately on an ungreased cookie sheet, 1 - 2 inches apart. Bake in a preheated, 350 degrees F (175 degrees C) oven until lightly browned (7-8 minutes for 1/4 inch thick cookies). Cool completely on wire rack. Frost bottom cookie with Pink Valentine Frosting and place an open centered cookie on top to form the sandwich. Also frost the small 1 1/2 inch hearts and serve as separate cookies.

Pink Valentine Frosting

Ingredients - makes 1 cup (approximately)

- 1 cup sifted confectioners' sugar
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla extract
- 1 tablespoon water
- 2 drops red food coloring

Directions

Blend sugar, salt and flavoring. Add just enough water to make it easy to spread. Add 2 drops red food coloring and mix well.

TEXAS A&M
AGRI LIFE
EXTENSION

SILVERFISH



I recently noticed silverfish lurking in my house while handling holiday decorations, so I'm sure others may have the same problem. Silverfish can eat and stain books, fabrics, food and wallpaper, but are often considered being more of a nuisance than a pest. These insects have flattened carrot-shaped bodies with three long "tails" that come off the tip of the abdomen. The body is covered with fine scales that give them a silver sheen. Immatures look just like the adults, but are smaller in size.

Usually silverfish are not seen by homeowners because they are most active at night. They can commonly be found in attics, closets or near bookcases. They may also be found behind baseboards or around door and window casings. Silverfish feed on starchy foods like paper, flour, oats or glue.

Tips for managing silverfish:

- Remove old books, papers & magazines
- Store items in sealed, plastic bags or plastic containers with tight-fitting lids
- Clean closets on a regular basis- vacuum/ sweep floors and wipe down any shelves
- Reduce humidity with fans, air conditioning or dehumidifiers
- Repair any water leaks
- Inspect all items before bringing them into the house
- Target treatments to where silverfish live- wall voids, closets, attics, behind baseboards, etc.

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KIWANIS CLUB OF CY-FAIR HOUSTON

Kiwanis wants YOU! Start the New Year by joining with the Cy-Fair Kiwanis Club in giving service to others. We work with Key Clubs, Builders Clubs, and Boy and Girl Scout troops to build leadership and orientation toward service to others, and with community based organizations that provide goods and services to the needy in our community and our world. Visit the Cy-Fair Kiwanis Club and learn about the projects in which its members participate to enrich and improve life for citizens worldwide. Internationally, both Kiwanis and Key Club are participating in the ELIMINATE PROJECT aimed at the eradication of maternal/neonatal tetanus.

Businesses of the community are encouraged to support a representative for membership in Kiwanis. We welcome business and organization representatives as well as individual memberships.

Regular meetings of the club will occur on February 3, 10, and 17 at the Hearthstone Country Club at 12:15 p.m. We invite you to be our guest for lunch and fellowship and for informative programs. For more information, call John Carroll at 281-463-0373, George Crowl at 832-467-1998 or Peggy Presnell at 281-304-7127.

We welcome your visit at our Club meeting and your consideration of membership in our service organization. Join Now.



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TENNIS TIPS



By USPTA/PTR Master Professional
Fernando Velasco



The Modern Game: “The Backhand Return Serve Drop 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 already be 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 Backhand Return Serve Drop Shot.” This shot is used when an opponent is expecting a deep service return and the player “surprises” the opponent with a short angle drop shot. It can be used in both singles and doubles play.

In the illustrations, Fernando Velasco, Director of Tennis and teacher at of the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Velasco is presently ranked #1 in Singles and Doubles in the USTA Men’s 70 Division in Texas,

and #13 in Singles and #8 and #10 in Doubles in the US.

Step 1: The Back Swing: When Fernando sees the opportunity, he makes a quick turn of his upper body and takes the racket high and back. The head of the racket is now at shoulder height, his shoulders are turned, and his eyes are focused on the incoming ball.

Step 2: The Point of Contact: The success of the drop shot is to “cup” under the ball with the strings. The grip is relaxed and ready to push the ball forward and under the ball as he makes contact with it. His left shoulder is almost opening and his weight is moving through the shot.

Step 3: The Follow Through: In order to get maximum underspin, Fernando is keeping the right hand extended as long as possible. His weight is going forward. The left hand is left leaning forward for better balance.

As the shot goes over the net, and it was successful, Fernando will run towards the net, expecting his opponent to either lift the ball short, or try to drop shot his drop shot.

Look in the next Newsletter for: “The Overhead from the Baseline”

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Replace your driver's license and ask that a stolen/lost warning be placed in your file.

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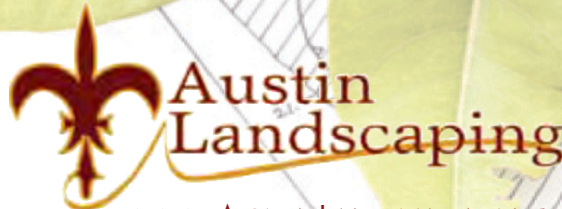
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A Focus on Influenza: What You Should Know About the Flu

By Concentra Urgent Care

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccination each year. Every year in the United States, on average:

- 5% to 20% of the population gets the flu
- More than 200,000 people are hospitalized from flu complications
- About 36,000 people die from flu

Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

Complications of flu

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

How flu spreads

Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Apparently healthy adults may be able to infect others beginning one day before symptoms develop and up to five days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

Key facts about seasonal flu vaccine

The single best way to protect against the flu is to get vaccinated each year. There are two types of vaccines:

The “flu shot”: an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.

The nasal-spray flu vaccine: a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for “Live Attenuated Influenza Vaccine”). LAIV is approved for use in healthy people two to 49 years of age who are not pregnant. The viruses in the vaccine change each year based on international surveillance and scientists’ estimations about which types and strains of viruses will circulate in a given year. About two weeks after vaccination, enough antibodies

build up to provide protection against the influenza virus.

Symptoms of the flu

- Fever (usually high)
- Headache
- Fatigue (can be extreme)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Diarrhea and vomiting (more common among children than adults)

Having these symptoms does not always mean that you have the flu. Many different illnesses, including the common cold, can have similar symptoms.

Diagnosing the flu

It is very difficult to distinguish the flu from other infections on the basis of symptoms alone. A doctor’s exam may be needed to tell whether you have developed the flu or a complication of the flu. There are tests that can determine if you have the flu as long as you are tested within the first two or three days of illness.

If you develop flu-like symptoms and are concerned about your illness, especially if you are at high risk for complications of the flu, you should consult your health care provider. Those at high risk for complications include people 65 years or older, people with chronic medical conditions, pregnant women, and young children.

Good health habits for flu prevention

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your mouth when you cough and washing your hands often can help prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent the flu.

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your mouth and nose when you cough or sneeze.
- Clean your hands.
- Avoid touching your eyes, nose or mouth due to the spread of germs.
- Practice other good health habits:
- Get plenty of sleep
- Be physically active
- Manage your stress
- Drink plenty of fluids
- Eat nutritious food

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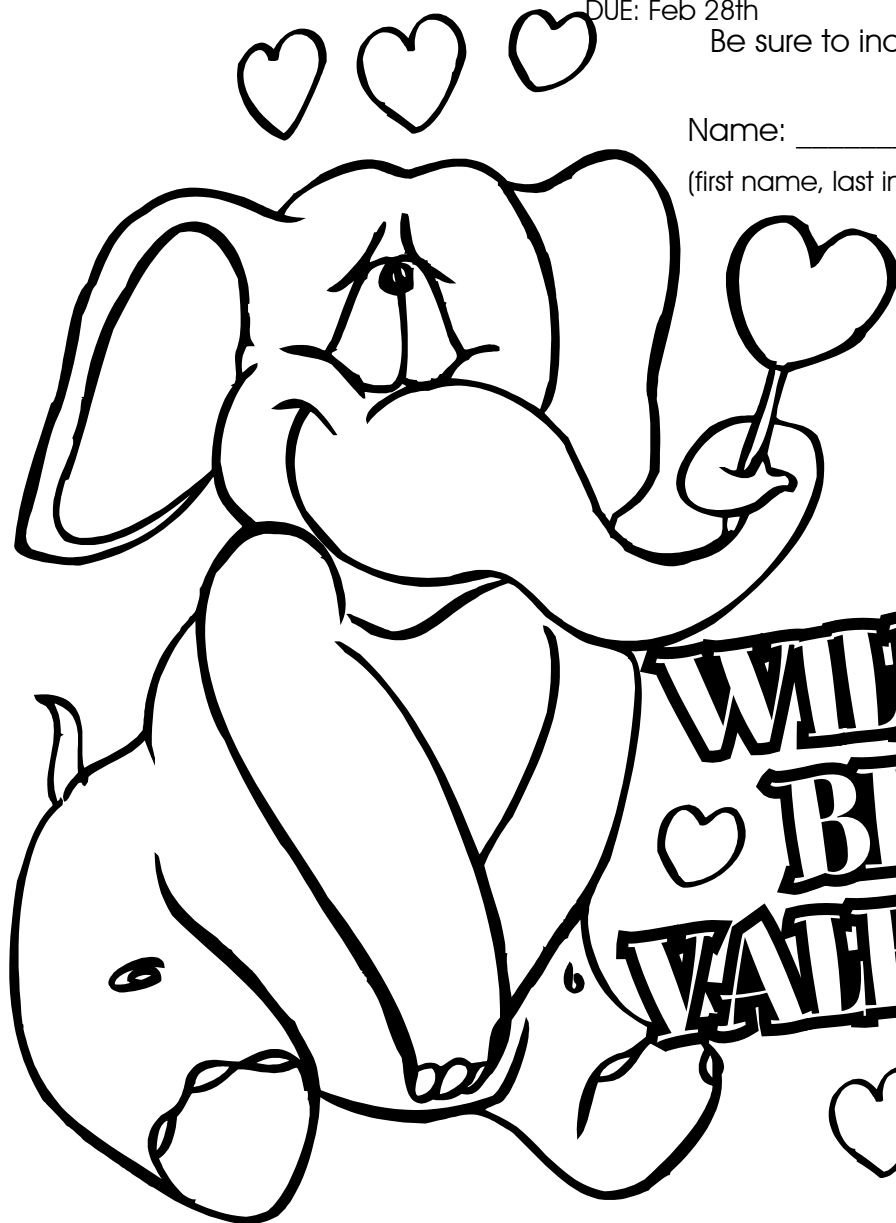
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**WILL YOU
BE MY
VALENTINE?**

MEY



*By Joyce Young,
Director of Section 3*

Academic Excellence

by Joyce Young, Director of Section 3

Most Meyerland residents can extol the virtues of Bellaire High School, but the neighborhood middle school is oftentimes forgotten. Johnston Middle School (JMS) sits along the Chimney Rock border of Meyerland. It is an ethnically diverse school that opened its doors in September 1959 to service the Meyerland/Westbury area of Southwest Houston. Since then it has grown and in 1985 it became a magnet school for the performing and visual arts.

The magnet program includes courses in art, broadcast journalism, theater, dance, band, jazz band, choral music, orchestra, guitar, piano, mariachi and handbells. During the 2013-2014 school year 1,677 students attended JMS of which 969 students were in the magnet program. The students of JMS received many accolades including:

- Orchestra was invited to play at Carnegie Hall
- 23 band students made the All City Band
- 50 choir students placed in the TMEA All Region Choir
- Theater advanced to the District One Act Play competition and received awards
- Art student, Amy Vaughn was selected as the HISD Holiday Card artist
- Broadcast Journalism students competed in the National High School Journalism Convention
- Piano students received over 70 superior ratings at the HISD Piano Festival
- Guitar students received top recognitions at the Bellaire Guitar Festival

- Dance students were invited to dance at numerous events around Houston

JMS provides Dual-Language classes which provide instruction in Spanish and English. The school also offers high school credit in French, Japanese and Spanish. JMS is the only middle school that offers Japanese classes and works in conjunction with the Japan-America Society of Houston to promote the language and culture. JMS is also an International Spanish Academy and works with the Embassy of Spain and the Instituto Cervantes to offer advanced language classes.

Twenty-five percent of the students at JMS are in the Vanguard (G/T) program. These students have been identified as potentially gifted or talented in intellectual ability, creativity, or leadership. JMS is a Magnet Vanguard that offers a differentiated curriculum that is both accelerated and enriched.

In 2013 JMS students competed and won the chance to have their microgravity experiments included in Mission One to the International Space Station through the Student Spaceflight Experiments Program.

JMS' diverse student population is actively involved in language, arts, music, science, athletics and academics in general. Over 30% of the freshman class at the High School for the Performing and Visual Arts (HSPVA) come from JMS. Even though the campus sits quietly on the edge of Meyerland's community, its voice is being heard throughout the school district with its outstanding accomplishments.



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