

# Meyerlander MONTHLY



Volume 3 | Issue 4

MEYERLAND.NET

APRIL 2015



## Can You Bee-lieve It's Spring?

# Featured Listings

**Just Listed!**



**Just Listed!**



## MEYERLAND AREA | 5759 Ariel

Renovation was just completed. Chef's kitchen includes striking granite & accent back splash, s/s appliances with gas range.

4 BEDROOMS | 2.5 BATHS

Offered at \$540s MLS 26543274

## MEYERLAND AREA | 8902 Pontiac Drive

Unique floor plan with refreshing updates. Remodeled kitchen features granite counters and custom cabinets.

4 BEDROOMS | 2 BATHS

Offered at \$520s MLS 74106243

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## Update on SJPC/PCHAS Project

by Gerda Gomez



The construction of single parent homes for Presbyterian Children's Homes and Services (PCHAS) on West Bellfort was completed several months ago. As of March 6, 2015, four mothers with a total of seven children have moved in and a fifth mother will be moving in within a week. The children are all preschool age, except for one. All families come from Harris County.

The gradual pace of families moving in has been purposeful.

PCHAS believes this is the best approach for single parent families. This is supported by the experience in other similar facilities. This gradual and methodical approach permits the onsite social worker, Melissa Jackson, Program Director, to develop an individual plan and exit goals with each new family. Also, it promotes a sense of community among the families. Progress is going very well, according to Ed Knight, President and CEO of PCHAS.

Rick Fritz, co-chair of the MCIA Security Committee and coordinator of Meyerland's Citizens on Patrol (COP), speaks to Melissa Jackson on an as needed basis and has the area included on COP patrols.

## On the Cover

*Students from Pilgrim Lutheran School, located in Meyerland at 8601 Chimney Rock, recently visited the Houston Rodeo and Livestock Show on a school field trip. The honeybee exhibit was one of the first stops in AGVenture, an agricultural exhibit located in NRG Center.*

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## Spring Garden Clean Up

by Amy Hoechstetter

It is spring again and the trees are blooming and the weeds are blossoming. Please remember to be a good neighbor and citizen and have your tree leaves and debris picked up and disposed of properly. We have seen many yard crews blow the material into the street which becomes your neighbors' problem. This also becomes a flood issue because it blocks the storm water inlets and creates slow drainage.

The weeds have infiltrated the grass. Some may grow many inches above the grass in just a few short days. It is hard to remove them all, but please make a serious effort to reduce and remove the weeds before they get out of control and take over your yard. Many find "weed and feed" fertilizers to be highly effective.

Also, it is important that you respect the Deed Restrictions which require you to keep your trash out of view until 6:00 p.m. the evening before a trash pickup day. For those of you who use landscaping companies, ask them to take the bagged leaves and debris with them when they are done, or place the bags out of view. If we all comply, Meyerland will look nice and well kept.

# APRIL

is Junk Waste Collection Month

Wednesday, April 8th

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# Willow Waterhole 2015 MUSICFEST

## Saturday

April 25<sup>th</sup> 11am to 10pm  
rain date: Sunday, April 26<sup>th</sup>

**Willow Waterhole Park**  
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## Around Town

by Joyce Young

The 10th Anniversary of Earth Day Houston will be celebrated on Saturday, April 11, 2015. It will be held at Discovery Green and is free and open to the public. Earth Day Houston, developed by Air Alliance Houston, is Houston's premier celebration of our planet. This one-day celebration is used to educate and encourage Houstonians to do their part to preserve, conserve and enhance our city and the Earth. For more information, see <http://www.earthdayhouston.org/>.

The 28th Annual Houston Art Car Parade is set for Saturday, April 11, 2015. Last year's parade drew a crowd of nearly 300,000 along Allen Parkway, making it one of the largest free events in Houston. There will be approximately 300 entries participating this year, including the students at Lovett Elementary School, whose entry "OWLways a Good Time" will compete in the Youth Group category. Please visit <http://www.thehoustonartcarparade.com/> for more information.

The Communication, Science, Technology, Engineering, Mathematics (CSTEM) Challenge will take place at the

George R. Brown Convention Center April 17 – 18, 2015. This exciting challenge is a highly motivating competition that engages students in various age groups to collaboratively solve six challenges that are designed by industry professionals. The six challenges include competitions in the creation and development of remote controlled robots, geoscience, creative writing, sculpture, film and mobile tech. The students are required to participate in all challenge categories thus providing them with the entire CSTEM experience. See <http://www.cstem.org/overview/> for more information.

The 3rd Annual Houston Barbecue Festival will be held at NRG Park on Sunday, April 26, 2015. The goal of the Houston Barbecue Festival is to celebrate and recognize the uniqueness of Houston's various barbecue styles. This year's festival includes 21 different barbecue establishments that will gather at NRG Park to provide a taste sampling of many and varied kinds of barbecue. Additional information is provided at: <http://houbbq.com/>.

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## Colon Cancer Awareness

*by Dr. Jason K. Hou*

Colon cancer is the second leading cause of cancer-related deaths among cancers that affect both men and women in the U.S., and the 3rd most common type of cancer among both men and women. Each year, that translates to over 130,000 people in the U.S. newly diagnosed with colon cancer, and over 50,000 people dying from colon cancer. Even closer to home, there were nearly 10,000 new cases of colon cancer and over 3,000 colon cancer-related deaths in Texas last year. These statistics are a shame as most cases of colon cancer are preventable. Colon cancers usually start as pre-cancerous growths called polyps. Polyps usually take several years to grow into a colon cancer; therefore screening tests look to identify cancers when they are very small (and curable) or even detect and remove polyps before they even become cancers.

*Continued on Page 9*




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## Trash/Recycling Schedule - April - May, 2015

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

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

**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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## Colon Cancer Awareness, Continued from Page 6

Who needs to be checked for colon cancer?

Colon cancer is literally a silent killer- most patients do not have any symptoms from colon cancer until it is in an advanced stage. People with advanced colon cancer may develop blood in the stool or even a bowel obstruction (blockage). The U.S. Preventive Services Task Force recommends that all people age 50 years or older be screened for colon cancer. The goal of screening is to detect colon cancer at an early, curable stage, or to remove polyps before they have a chance to become cancer. If you have a family member who has had polyps or colon cancer, your doctor may recommend screening at an earlier age. Also, patients with certain conditions- such as Crohn's disease and ulcerative colitis- may be at a higher risk of colon cancer. If you have these conditions, your doctor may recommend earlier or more frequent screening.

How is colon cancer screening performed?

There are three recommended methods for colon cancer screening. Colonoscopy and flexible sigmoidoscopy are flexible cameras that are inserted into the colon to look for polyps or early cancers. Colonoscopy can examine the entire colon, while sigmoidoscopy

looks at only the last 1/3 of the colon- the location where most colon cancers occur. While these procedures may sound unpleasant, most patients are asleep or mostly asleep during the procedure. The third method of screening is stool blood testing, which requires collection of stool specimens to detect microscopic blood- a sign of early colon cancer. If either a sigmoidoscopy or stool blood test is abnormal, you should have a colonoscopy to look for cancer or polyps. Virtual colonoscopy uses a CT scan to screen for colon cancer, however it is not covered by Medicare and many private insurers. An abnormal test would also require a colonoscopy. Gastroenterologists typically recommend colonoscopy as the preferred colon cancer screening method as it the only screening test that can detect and remove pre-cancerous polyps before they become cancer, however any of these screening tests is better than none.

For more information:

[http://www.cdc.gov/cancer/colorectal/basic\\_info/screening/](http://www.cdc.gov/cancer/colorectal/basic_info/screening/)

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

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