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Volume 4 | Issue 8

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AUGUST 2016



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ON THE COVER

The stately home on the cover is 8903 Ferris in Section 6. The tagline, "One Flag, One Land" is a line taken from a famous poem by American physician, writer and poet Oliver Wendell Holmes Sr., "One flag, one land, one heart, one hand, One Nation evermore!"

AUGUST

is Junk Waste Collection Month

Wednesday, August 10th

Potholes and Street Flooding

By Gerda Gomez

Eric Dargan, Deputy Director, Public Works and Engineering, Street and Drainage Division, City of Houston, spoke on Monday, June 20, 2016 at the Brays Bayou Association meeting located at The Gathering Place at 5310 South Willow Drive.

Mr. Dargan stated that there are multiple departments involved in a 311 call for street or pothole repair. The flow chart continues to be overhauled to streamline the process and reduce the response time once a 311 call is received. Dargan recommends reporting any problems online, rather than by telephone. This will facilitate receiving city feedback on the status of the request.

In addition to potholes, Dargan also addressed the street flooding issue. Street flooding occurs due to one of three reasons: 1) blockage due to debris, 2) collapsed or damaged storm drain(s) or 3) under capacity of the storm drain system. When reporting street storm drain problems, Dargan recommends an online inquiry as to the last time that particular storm drain system was evaluated. A description of the specific problem should be sent along with a picture. Under capacity is addressed by the City via inclusion in the Capital Improvement Plan (CIP). The CIP is a five-year plan and hence projects can take five to ten years for completion after a request is first presented.

Sales Tax Holiday

By Joyce Young

Summer is winding down. School is gearing up. Many parents will be purchasing back to school clothing and other items for their kids. This year's Sales Tax Holiday will take place from August 5 through August 7. The law exempts most clothing, footwear, school supplies and backpacks priced under \$100 from sales and use tax. Qualifying items subject to the sales tax exemption include items sold online, by telephone or mail orders. Lay-away plans also qualify. More information can be found at <http://comptroller.texas.gov/taxinfo/taxpubs/taxholiday/>.

Goodbye Summer, Hello School!

The dog days of summer are waning and the new school term is right around the corner. The first day of school for HISD students is August 22. This includes Herod, Kolter and Lovett Elementary schools, Meyerland Performing and Visual Arts Middle School (formerly known as Johnston Middle School), and Bellaire High School. The teachers report back to work on August 8.

Herod Elementary School will host its "Meet the Teacher" day on August 17 for Grades 1-3 and on August 18 for Grades PK, K, 4 and 5. Kolter Elementary School's "Meet the Teacher" day is August 18 and Lovett Elementary's is August 19.

The newly renamed Meyerland Performing and Visual Arts Middle School will have its Greyhound Camp (6th grade orientation) on August 10.

Cardinal Camp for incoming Freshmen students at Bellaire High School will be held on August 12.

The first day of school for HISD and nearby private schools is as follows:

August 09

St. Thomas More Parish School (age 3 – Grade 8)

August 11

Westbury Christian School (age 3 – Grade 12)

August 16

The Emery/Weiner School (Grades 6 – 12)

August 17

Beth Yeshurun Day School (age 15 months – Grade 5)

Pilgrim Lutheran School (age 18 months – Grade 8)

St. Thomas' Episcopal (Grades K – 12)

The Shlenker School (age 15 months – Grade 5)

August 22

HISD schools

August 29

Trafton Academy (Pre-K – Grade 8)

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Deed Restriction Renewal for Section 8i Passes

By Shirley Hou

The required number of 8-I residents has passed the new set of Deed Restrictions. Some of the more significant changes include forward-facing garages no closer than 10 feet behind the front build line (usually the house structure), permitting circular driveways, and allowing stucco as a masonry material. A complete draft of the final revisions is available at www.meyerland.net. It is anticipated that the new set will be used by the Meyerland Review and Control Committee (RCC) for new construction applications. Projects currently in progress are not impacted by the new set of Deed Restrictions.

The next sections up for renewal will be Section 8-B, 8-D, 8-E and 8-G. These are contiguous areas between Sections 7-C and 8-I that most recently adopted revised Restrictions. More information regarding the process will be communicated to the affected residents in the coming months.

Glass Recycling Dropoff Centers Now Open

By the MCIA Office



This spring, Houston City Council voted on a new recycling agreement with Waste Management that excludes curbside collection of glass. The City of Houston no longer accepts glass recycling in the green bins. In its place, the City opened two glass recycling centers where Houstonians can take their glass items. Those centers are located at Sharpstown Park (6960 Bellaire Blvd.) and the Salvation Army (2208 Washington Ave.). Both recycling centers are open and the City has plans for eight additional locations in the future. Council Member Ellen Cohen is working to have one or more of the glass recycling centers located in District C, which includes Meyerland.



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Trash/Recycling Schedule

August, 2016						
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	1	2 Trash	3	4	5	6
7	8	9 T/R	10 Junk!	11	12	13
14	15	16 Trash	17	18	19	20
21	22	23 T/R	24	25	26	27
28	29	30 Trash	31			

September, 2016						
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				1	2	3
4	5	6	7 T/R	8	9	10
11	12	13 Trash	14 Tree!	15	16	17
18	19	20 T/R	21	22	23	24
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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Fun Facts About Houston

By Joyce Young

Houston is the fourth largest city in the United States with a population of 2.3 million residents and trails only New York, Los Angeles and Chicago. Houston is the largest city in the South and Southwest. There are 655 square miles in Houston and it could contain the cities of New York, Washington, Boston, San Francisco, Seattle, Minneapolis and Miami.

Houston has the third largest number of languages spoken in a U.S. city. The 145 languages spoken in Houston are less in number only to New York (192) and Los Angeles (185). More than one-third of all Houstonians older than five speak a language other than English at home.

Approximately 30% of the population over age 25 holds a bachelor's degree or higher. Houston is a young city where approximately 22.6 percent of its residents are aged 5 to 19.

Houston has the second largest concentration of Fortune 1000 companies in the country (49) only lagging behind New York (72).

Houston has 56,405 acres of parks which equates to 27.2 acres per 1,000 residents. This ranks second only to San Diego.

There are 32 active foreign chambers of commerce and trade associations in addition to 14 foreign governments that maintain trade and commercial offices in Houston.

Houston has more than 10,000 restaurants with culinary choices that represent more than 70 countries and American regions. Houstonians dine

out more than residents of any other city, 4.1 times per week, compared with the national average of 3.1. According to Zagat, the average meal costs \$35.57 and is less than the national average of \$40.53. There are 215 food trucks in Houston.

There are 14 major institutions of higher learning and more than 60 degree-granting colleges, universities and technical schools in the Greater Houston area. Rice University is the birthplace of nanotechnology.

The Texas Medical Center (TMC) is the largest medical complex in the world. It is home to 21 renowned hospitals including M.D. Anderson Cancer Center, the No. 1 cancer hospital in the country, 13 support organizations, eight academic and research institutions, six nursing programs, three public health organizations, three medical schools, two universities, two pharmacy schools and a dental school.

Houston's Texas Medical Center 77030 zip code is home to 21,000 physicians, scientists, researchers and other advanced degree professionals in the life sciences at 385 medical offices, which is the highest concentration in the country.

Houston is home to Johnson Space Center where for more than five decades it has been the world leader in human space flight operations for NASA.



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Dead spots in the lawn? Look for chinch bugs

Chinch bugs often appear in Texas lawns during hot, dry conditions. Usually damage starts in sunny locations or near driveway and sidewalk areas. Damage appears as irregular dead patches in the lawn surrounded by yellowing or dying grass. Chinch bug damage can be mistaken for other lawn problems like white grubs or fungal diseases, so confirmation of chinch bug activity is needed before choosing proper treatment.

So how do you tell if you have chinch bugs? The easiest way is to look for the insects. One way to look is to cut both ends out of a can, push it into the ground using a twisting motion and then fill the can with water for about 10 minutes and wait for any bugs to float to the top. Another way would be to get down on your hands and knees and part the grass to look for the insects. For both methods, samples should be taken in the damaged (yellowed grass), not dead, grass areas.

Chinch bugs are small (about 1/5 of an inch as adults; immatures are smaller). Adults are black with white wings containing triangular markings. Nymphs, or immatures, are yellowish or pinkish with a light colored band across their body. Nymphs do not have fully developed wings.

Treatment is usually a liquid or granular formulation. Liquid

formulations are often bottles that attach to the end of the garden hose or concentrates that you mix with water in a tank sprayer. Granular formulations are applied with push spreaders and need to be watered in after treatment.

Treatment should be applied to the area where damage is occurring and several feet out from the damaged area; the entire yard does not have to be treated. All label instructions should be read and followed before and during the treatment.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600.

*Check out my blog at:
www.urban-ipm.blogspot.com*



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WANTED Pretty Pet Photos

By the MCIA Publications Committee

In keeping with our now annual tradition of the Meyerlander Monthly, We are seeking adorable photos of Meyerland pets (with or without human family members included) to feature on the cover of an upcoming Meyerlander Monthly issue. If you would like to nominate your furry friend, please send a photo to meyerlander@meyerland.net, Subject: Cover Photo. Please provide the pet's name, owner's full name, and any other interesting tidbits you would like to share.



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BLUE JAYS ARE NOT BLUE?

By Cheryl Conley, TWRC Wildlife Center

Blue Jays are easy to recognize because of their crest and their beautiful blue, black and white markings. They are also one of our larger birds, some reaching a foot long. Although beautiful, some consider them a nuisance because they can be aggressive. Aggressiveness towards humans can occur when a Blue Jay is protecting its nest. They've also been known to dive-bomb cats and dogs. They can imitate the sounds of the Red-shouldered Hawk and often do this to keep predators away from the nest. Because they are such good parents and very protective, TWRC Wildlife Center rarely receives any eyes-closed nestlings at the Center.

Did you know that Blue Jays aren't really blue? The color we see is the result of the inner structure of the feathers. There are two types of color in birds—pigmented and structural. The cardinal looks red because the feathers really are red. This is pigmented. Blue and green are unique colors in the animal kingdom and are considered

structural colors. To explain as simply as possible, the blue in the Blue Jay is caused by microscopic structures in the feather that refract light like a prism. When the light passes through a dark layer of melanin, some wavelengths are filtered out, and the bird looks blue. Feathers look blue for the same reason the sky looks blue.



In late summer you may see a bald Blue Jay. Don't automatically assume that it is sick or has been attacked by another animal. Blue Jays, as well as Cardinals, go through a complete molt of their head feathers but they do grow back.

During the spring, TWRC Wildlife Center admits hundreds of Blue Jays, both adults and babies. They are admitted to our on-site care program and require daily care. If you'd like to learn how to feed and care for Blue Jays, volunteer and become a part of our Baby Bird Program. It's fun, it's rewarding and you'll be helping our wildlife. For more information go to www.twrcwildlifecenter.org.

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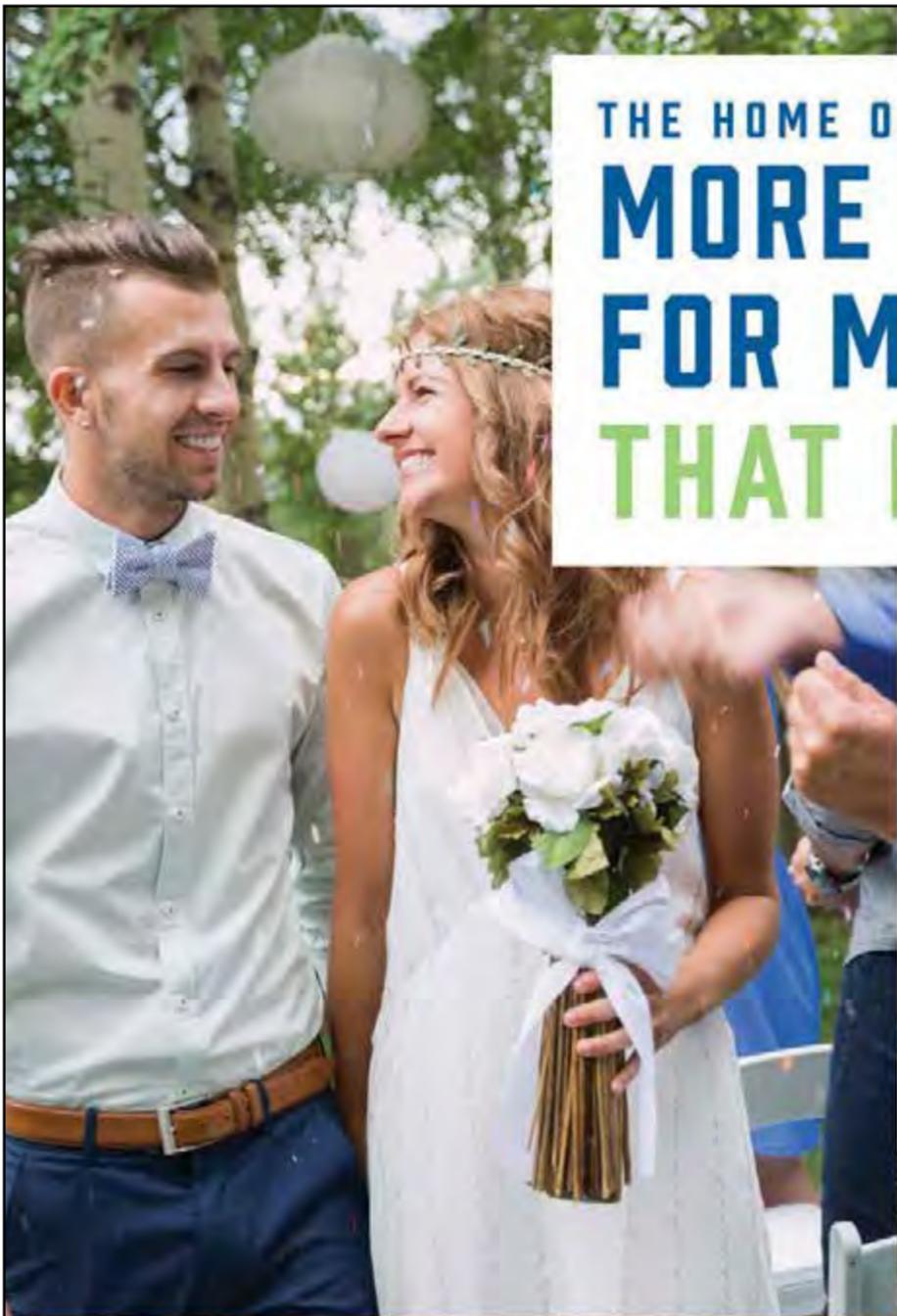
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A two-story house with a brick and stone exterior, a gabled roof, and a garage. The house features a mix of red brick and light-colored stone. It has a prominent front-facing gable with a window, a smaller gable on the left side, and a large multi-paned window on the ground floor. A two-car garage is attached to the left side. The house is surrounded by a green lawn and some landscaping.

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Best Foods & Fitness Matchups

It's a common problem: You're going for the final stretch, looking for that extra push to help you burn just a few more calories, but suddenly you're out of gas. You're not alone. "The muscles maximally absorb nutrients from food during the first 30 minutes after a workout," says Roberta Anding, M.S., R.D., national spokesperson for the American Dietetic Association.

What to do? Fuel up with the right stuff before you hit the gym, and don't forget a recovery meal post-workout. Try one of these winning combinations before your next workout, and see if you don't find that extra oomph you've been missing.

Weight Training + Protein: Combining a high-protein diet with strength training can help dieters lose more weight — and you lose fat, not muscle. Protein not only builds muscles but it also helps repair them after a workout. "The winning combination is typically four grams of carbs for every one gram of protein (think skim chocolate milk, energy bars, a turkey sandwich on whole wheat)," says Anding.

Long Distance Running + Carbohydrates: For long workouts, the performance edge goes to people who have the most glycogen (the

stored form of carbohydrates). When you eat pasta or other starchy food, the body converts those carbohydrates into muscle glycogen for fuel. Hence the reason marathoners "carbo-load" the night before a big race. The trouble comes in when you eat more carbs than you need, because unused carbs can also be stored as fat!

Aerobics, Kickboxing and Spinning + Fat: For activities that involve repetitive joint action, monounsaturated fats from fish, nuts, seeds and canola, olive and peanut oils can help lubricate the joints while also providing high-quality protein to power you through a workout. An added bonus: These fats also reduce post workout soreness and stiff muscles.

Yoga and Pilates + Complex Carbohydrates: The fiber from whole grains and vegetables slows the digestion of food, allowing your body more time to absorb critical nutrients. And since most yoga and Pilates classes require fasting for two hours before class, the long lasting effects of fiber will help sustain you through a few hours without food.




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Pasta Salad

- 4 cups Elbow Macaroni
- 3 whole Roasted Red Peppers Chopped (more to taste, can also use Pimentos)
- 1/2 cups Black olives - chopped fine/ can use Calamari olives
- Add pepperoncinis sliced - to taste
- 6 whole Dill pickle slices -diced about 1/2 cup diced
- 3 whole Green onions sliced - white and dark green parts
- 1/2 cups Mayonnaise
- 1 Tablespoon Red Wine or Distilled Vinegar
- 3 teaspoon Sugar more or less to taste
- 1/4 Salt teaspoon
- Plenty of black pepper
- 1/4 cup Milk - more if needed
- Splash of Pickle juice - add more if needed/ can also add pepperoncinis juice also

Cook Macaroni in lightly salted water according to package directions. Drain and rinse under cold water to cool. Set aside.

Mix together mayo, vinegar, sugar, salt & pepper. Splash in enough milk (1/4 of milk) to make it pourable. Splash in pickle juice for extra flavor. Taste & adjust seasonings as needed. Set aside.

Place cooled Macaroni in a large bowl and pour 3/4 of the dressing. Toss and add more dressing if you if you like. (Dressing will seem a little thin, but it will thicken up as salad chills).

Stir in olives, Roasted red peppers(or Pimentos), pickles, and green onions. Add more of any ingredient if you'd like stuff going on. At the end, splash in a little more pickle juice and stir.

Chill for at least 2 hours before serving. Sprinkle with sliced green onion to serve.

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TENNIS TIPS

By USPTA/PTR Master Professional, Fernando Velasco



How to execute The Forehand Service Return

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley and the overhead “smash”.

In this issue, I will offer you instructions on how to execute the second most important shot in the game of tennis: The Service Return, since it is the response to the first most important shot of the game: The Serve. In the illustrations, Jill Schmidt, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

Step 1: The Ready Position: When Jill is getting ready to return the serve, her eyes are focused on the tennis ball held by the opponent. Knees are relaxed and the hands are holding the racket with a relaxed grip.

Step 2: The Back Swing: Once Jill realizes that the ball has been directed to her forehand, she will turn her upper body and will take the racket back. Notice that the left hand is up in front to allow her to keep her center of gravity in the center. She has

loaded her weight on her right foot and will be ready to step forward to meet the ball

Step 3: The Point of Contact: Jill now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted to the point of contact. Notice the left knee being slightly bent and the left foot is pointing to the ball meeting the racket

Step 4: The Extension of the Point of Contact: Jill is now directing the ball toward the opponent’s court. Her eyes have now shifted toward her target and her body weight is now fully in front of her left foot. The left hand is still helping to keep the center of gravity in the center without opening up too early.

Step 5: The Follow Through: Once Jill has finished her stroke, the momentum of the racket continues to move almost to a point behind her neck. Her left hand is next to her body and her right elbow is pointing toward her target. Her body is now ready to take the “split step” with both feet in order to prepare for the opponent’s returned shot.

Look for in the next Newsletter: The Two Handed Backhand Service Return

Yes, You Can Drown Out of the Water!

By Emily Newman

WebMD Health News; Reviewed by Hansa D. Bhargava, MD; WebMD News Archive

Summer is a time for water fun, but also for a higher risk of drowning.

Many people don't realize that people can drown even after they're out of the water. It's a rare phenomenon known as "dry drowning" or "secondary drowning."

To learn more, WebMD spoke with James Orlowski, MD, from Florida Hospital Tampa, whose research on drowning has earned global recognition.

Here's what you need to know about dry drowning and secondary drowning:

Swimming Pool and Beach Safety

What is dry drowning? What is secondary drowning?

While "dry drowning" and "secondary drowning" are not official terms, dry drowning happens when someone breathes in small amounts of water during a struggle, Orlowski says. That triggers the muscles in their airway to spasm and makes breathing difficult.

In secondary drowning, fluid builds up in the lungs, called pulmonary edema, after a near-drowning incident. The fluid causes trouble breathing.

A person who had a drowning close call can be out of the water and walking around normally before signs of dry drowning become apparent. But all dry drowning results in breathing trouble and brain injury, just as drowning in the water does. If untreated, it can be fatal.

Is dry drowning rare?

Dry drowning and secondary drowning are not common. Both probably amount to only 1%-2% of drownings, Orlowski says.

What are the signs of dry or secondary drowning?

A person who has inhaled water can have:

- Trouble breathing, chest pain, or cough
- Sudden changes in behavior
- Extreme fatigue

These signs are not easy to spot, particularly in young children who may normally be fussy or tired after a long day in the sun and water. If your child struggles or has problems while in the water, look for these signs, which can appear hours later.

What should you do if you think someone is at risk?

If you notice any of the signs above, go to the emergency room immediately. Time is an important factor in treating dry drowning.



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COLIN HOLST

61 Texas children have already fatally drowned in 2016

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TIPS FOR SAFE NIGHTTIME DRIVING

Driving at night can be tricky—especially through neighborhoods or dimly lit landscapes—so it's important to keep in mind a few basic guidelines to make sure you and your vehicle both are well-prepared for the trip. Consider the following suggestions to help get you to your destination safely.

Ensure headlights are aimed properly. If you think your headlights are casting light too far above or below your line of vision on the road, you may need to adjust their aim. You can do this either by following instructions in your vehicle owner's manual or seeking help from a vehicle maintenance professional.

Dim dashboard lights. Most vehicle makes and models come with a dimmer for the instrument panel. Make sure it's set to the lowest brightness to limit distraction. Also remember to turn off overhead or visor lights while driving, which also can limit visibility at night.

Don't wear tinted glasses. Yellow lenses sold to enhance nighttime driving could actually decrease visibility instead of amplify colors and objects. If you wear prescription lenses, opt for an anti-reflective coating, and clean them thoroughly and frequently to optimize effectiveness at night.

Learn how to spot animals and objects. While driving at night, be on the lookout for wildlife creatures' eyes, which can easily be spotted as pairs of glowing retinas. Any animals' eyes—like raccoons or deer—typically will reflect the light from your headlights long before their true shapes come into view.

Don't focus on headlights in oncoming traffic. Keep your eyes on the road in front of you and avoid looking into the headlights of oncoming traffic—especially if you notice a car using the high-beam headlight setting. If the headlights on the car behind you cause a glare in your rearview mirror, adjust the mirror.

Clean your windshield. Use a clean microfiber cloth or newspaper to clean the windshield—inside and out. Make sure the windshield is streak- and smudge-free before driving at night, and try to avoid wiping window condensation with your hands. Fingerprints and oils from your skin can cause streaks that limit visibility in the dark.

Know when to use your fog lights. Many vehicles come equipped with fog lights, which typically are located underneath the front headlights and are aimed low, where fog usually appears on the road. Fog lights also can be useful on a particularly dark road to further illuminate your path.

Adjust your exterior mirrors. Pointing your side-view mirrors down slightly can help reduce glare from other drivers' headlights and still allow you to see by tipping your head forward a few inches.

Have your eyes checked. Your eyes' ability to keep moving and scan the landscape rather than solely focus on one spot is imperative for successful nighttime driving. Visit your eye doctor for regular checkups to determine whether prescription lenses could help you see better at night.



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