

Meyerlander MONTHLY

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Meyerland Community Improvement Association

Volume 6 | Issue 10

MEYERLAND.NET

OCTOBER 2018



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

OFFICE HOURS:

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Visit our website at www.meyerland.net

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New Deed Restrictions Approval Update

By Bill Goforth

Meyerland is on the revitalization path and there is new construction throughout the neighborhood. There have been 143 New Home Applications since Hurricane Harvey. One year after Harvey's appearance, MCIA is receiving even more questions about building in Meyerland. The individual Meyerland Section Deed Restrictions, along with the Meyerland Policies, are just two of the tools that are keeping the Meyerland neighborhood in demand.

For the past few years the MCIA Board of Directors has made a concerted effort to update all 22 individual sections of Deed Restrictions. The Deed Restrictions have been updated to include current home designs and trends and offer a clearer, easier-to-read, set of standards for each individual section. Once the deed restrictions have been updated, signatures are then required. Several sections' deed restrictions were updated, signed and filed with the County prior to Hurricane Harvey. Since Harvey, the following sections' deed restrictions have been passed and are currently being used in the rebuilding of Meyerland's new construction: Sections 3, 6, 6a, 6b, 8b, 8f, 8g and 8h.

The following sections deed restrictions are completed and need signatures: Sections 4, 5, 7a, 8a, 8d and 8i. Sections 8d and 8i need their signatures by December 1 in order to ensure there is enough time to file the deed restrictions with the County. If you live in any of these sections and have not signed the new deed restrictions, please contact the MCIA office. The office has notaries on site that can help facilitate the process. Please contact the MCIA office for any questions regarding your section's deed restrictions and/or any construction issues you might have. The office is located at 4999 W. Bellfort. The staff can also be reached at 713-729-2167, or at www.meyerland.net.

City of Houston Temporary Closure of Bridge at Jason and S. Rice for Repairs

The bridge at Jason St. at South Rice Ave. was temporarily closed to traffic in September. The timber on the underneath side of the bridge was decayed. The City repairs included jacking up the bridge and replacing the affected pilings, caps and stringers. The City estimated the project to take two to three weeks to complete.



Hurricane Season - It's Not Over Yet

By Joyce Young

Yes, we have had our share of hurricanes, tropical storms and deluges to last our lifetimes, but unfortunately hurricane season isn't over yet. Hurricane Season officially began on June 1 and ends on November 30. It's important that we remain steadfast and alert while we patiently wait for the 2018 season to end.

Let's remember to:

1. Have a plan that includes sheltering, evacuating and communicating
2. Make considerations for your household members including ages of your family members; dietary needs; medical needs; disability accommodations; pets, etc.

To date, the 2018 hurricane season has brought us Beryl (Jul 6), Chris (Jul 10), Lane (Aug 22) and Florence (Sep 10). Forecasters at Colorado State University predict that nine more named tropical storms with winds in excess of 39 mph will form in the Atlantic Basin. They predict that three of these storms will intensify to 74 mph and one will develop into a major hurricane with winds exceeding 110 mph.

We know the drill. But let's enjoy our autumn, all the while being prepared for any inclement weather in our future.

Email Blasts

By MCIA Office Staff

The Meyerland Association sends out "email blasts" to its mailing list subscribers. These blasts occur when items of importance need to be distributed in a timely fashion, e.g., crime, road closures, construction debris, etc. If you are not a current subscriber to these "email blasts", please contact the MCIA office, or visit the website at www.meyerland.net to sign up.



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October, 2018						
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	1	2 T/R	3	4	5	6
7	8	9 Trash	10 Junk	11	12	13
14	15	16 T/R	17	18	19	20
21	22	23 Trash	24	25	26	27
28	29	30 T/R	31			

November, 2018						
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				1	2	3
4	5	6 Trash	7	8	9	10
11	12	13	14 T/R and Tree	15	16	17
18	19	20 Trash	21	22	23	24
25	26	27 T/R	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.

At Press Time - if you still have Hurricane Harvey Heavy Trash on your curb, please call 311 to have it picked up - subject to change.

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Dear Labby

By Labrigail Van Bird Dog



Dear Labby: My wife and I have a two-year-old very muscular, handsome, sweet, steel gray Pit Bull named Astro. He's a good boy and super mellow. However, whenever I sit down to watch the Astros - which is often, he'll sit on the sofa with me and share my snack food. He really likes hot dogs. The problem is every time the Astros hit a homerun - which is often, he eyeballs the fly ball, jumps off of the sofa, and tries to fetch the ball. I've seen him smack into the wall on several occasions. My friends all think it's amusing but I'm worried he may install a new unplanned door at some point. What should I do about Astro, Labby.

Baseball Bruiser In Houston

Dear Baseball Bruiser In Houston: It sounds like you have a huge baseball fan on your hands. It also sounds like he has put away a few Dome Dogs, or two. I wouldn't worry about Astro. Just have a hot dog (or two) standing by for when the Astros hit a homerun - which is often, and when he sees the ball flying into the stands, redirect his attention with a tasty morsel. That should work just fine, but if it doesn't you may want to head over to Academy and buy him an outfielder's baseball glove. Is Astro right or left handed? Good luck. And GO ASTROS!

If you have pet questions for Dear Labby (not just for dogs), please email them to: meyerlander@meyerland.net



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COLLEGE RANKINGS

By Joyce Young

Another school term is in session and high schoolers are readying themselves for college applications, school visits and acceptances. U.S. News & World Report has released its annual ranking of America's Best Colleges and it's no surprise Texas schools are included in the list.

Rice University, a private research school, is ranked #16 in National Universities; #8 in Best Undergraduate Teaching and #14 in Best Value Schools.

University of Texas – Austin, a public institution, is ranked #49 in National Universities; #23 in Best Colleges for Veterans and #21 for Best Undergraduate Teachings.

Southern Methodist University, a private institution, is ranked #59 in National Universities; #31 in Best Colleges for Veterans and #113 in Best Value School.

Texas A&M University – College Station, a public institution,

is ranked #66 in National Universities; #44 in Best Value Schools and #50 in High School Counselor Rankings.

Baylor University, a private institution, is ranked #78 in National Universities; #44 in Best Colleges for Veterans and #57 in Best Value Schools.

Texas Christian University, a private institution, is ranked #80 in National Universities; #46 in Best Colleges for Veterans and #75 in Best Value Schools.

Additional Texas schools that are ranked in the top 200 schools include University of Texas at Dallas - #129; University of Houston - #171; and Texas Tech - #187.

For a complete list of all school rankings for the 2019 year, please visit <https://www.usnews.com/best-colleges/rankings/national-universities>.

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WIDOW SPIDERS

There are four species of widow spiders found in Texas, the best known being the black widow. Coloration for widow spiders can vary dramatically, but Southern black widows are typically jet black with two reddish-orange triangles on the underside of the abdomen, forming an hourglass shape. The triangles sometimes do not touch each other creating a broken hourglass shape. Males and juveniles are smaller and often show more color, with bright markings on their sides or back.



Females lay eggs in an oval sac which can hold from 25 to over 900 eggs. Depending on temperature and time of year, eggs usually hatch after about 20 days. Spiderlings stay near the egg sac for several days where they consume their brothers and sisters. Survivors throw a thread of silk to the wind and are carried off in a process called “ballooning”. They eventually locate a sheltered spot where they build a loosely woven web and remain for the rest of their lives. As time progresses, widows build larger webs to capture larger prey. Males eventually leave their webs to find females for mating. In a natural setting, most females do not eat males after mating.

Widow spiders do not like being in the open. They can often be found outside in protected areas such as rainpouts, shrubbery, firewood piles or unused grills or BBQ pits. It is also possible to find them in garages, cellars, crawl spaces, attics, furniture, or electric or water meter boxes. Widows are shy creatures and often people are bitten when they accidentally disturb a web.

The bite of a black widow sometimes is not noticed, but when it is, it often feels like a pin prick. The bite location will have two red marks surrounded by redness and swelling. The bite reaction is systemic and intense pain usually occurs within 1-3 hours and continues for up to 48 hours. Other symptoms include tremors, nausea, vomiting, leg cramps, abdominal pain, profuse perspiration and rise in blood pressure. It is also possible for breathing difficulties and unconsciousness to occur. If bitten by a black widow, immediately seek medical attention.

When working around the house or in the yard, it is best to wear leather gloves to avoid being bitten by venomous arthropods.

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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What is a Leucism?

By Cheryl Conley, TWRC Wildlife Center

Every animal admitted to our Center is special and everyone gets great care but occasionally we get one that is just a little different and very rare. This happened recently when a white baby squirrel was admitted. We posted pictures on our Facebook page and I, like others, wondered if it was an albino. Because the squirrel has dark eyes it is most likely leucistic. Leucism is a partial loss of pigmentation but the eye color remains unaffected. Albinism is a congenital disorder and the eyes would appear pink or red.

White squirrels are actually a mutation of the eastern gray squirrel. It is believed that white squirrels are the result of pet white squirrels that either escaped or were released into the wild. Brevard, North Carolina, seems to have the largest population of white squirrels and goes back to 1949 when a resident received a couple of them as gifts. They escaped and began breeding and now it's estimated that one in three squirrels in Brevard are white. They have become a tourist attraction and are celebrated every year during the White Squirrel Festival.

Another rarity is the black squirrel. Like the white squirrel, black squirrels are actually eastern gray squirrels with a genetic condition called melanism. This condition can occur in many species.

Regardless of the color, a squirrel is a squirrel is a squirrel and

the color does not affect its behavior. Right now, squirrels are busy finding and storing food for the winter months. This behavior is called "caching." One interesting study published by the "Royal Society Open Science" says that squirrels actually organize their nut stashes by quality, variety and maybe even preference. Some scientists call this "chunking." The study's senior author, Lucia Jacobs, compared it to the way we organize our groceries, "You might put fruit on one shelf and vegetables on another. Then, when you're looking for an onion, you only have to look in one place, not every shelf in the kitchen."

In order to avoid predators, squirrels will zigzag back and forth. I think we've all seen squirrels trying to cross a street. Instead of running a straight line to safety, they will zigzag and the result often leads to an unhappy ending for the squirrel.

A squirrel's tail not only serves as a blanket in the cold days of winter but is also used as a way to communicate. It can warn other squirrels of danger, is used to help with balance and climbing and is also used during the mating season to attract potential mates.

Gray, brown, black or white, we love them and are fortunate to be able to care for fox squirrels, eastern gray squirrels and flying squirrels.

TWRC Wildlife Center is a 501(c)(3) organization that rehabilitates injured, orphaned and displaced wildlife. Please "like" us on Facebook and visit our website for great information and photos on wildlife.



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10 Tips for a Healthy Fall

By Laura McMullen

Seeya, summer.

Welcome back, short days, crisp air and colorful leaves. Think of the new season as a fresh start to your healthy habits. Stow away the swim suit and dust off the sweaters for apple picking. Enjoy the seasonal produce that makes this season so tasty. And celebrate the holidays like a health pro – by enjoying foods without overindulging. Here's how to enjoy your healthiest autumn yet.

Think beyond pies and jack-o-lanterns.

All hail The Great Pumpkin! The pulp of this fall favorite is dense with vitamins A and C, and its tasty seeds, called pepitas, are rich in phytosterols, which may help to lower cholesterol. With all the health benefits of pumpkins, don't they deserve to be more than a craft project that rots a few weeks later? Check out Eat + Run blogger Keri Glassman's recipes for roasted pepitas, pumpkin spread and roasted pumpkin, plum and pecan spinach salad.

Get your flu shot.

Want to spend a week of autumn cooped up at home, suffering from fever, fatigue and aches? Didn't think so. According to the U.S. Centers for Disease Control and Prevention, "The single best way to prevent the flu is to get a flu vaccine each season." And no, no, no, the flu vaccine cannot give you the flu.

And while you're at it, steer clear of the common cold, too.

Hydrate with tons of water throughout the day, and your immune system will thank you. The foods you eat can also help prevent the cold. Yogurt, with all its probiotic glory, has been shown to boost the immune system, and one serving of seaweed packs more vitamin C than an orange. Another immunity booster? The aforementioned autumn favorite: pumpkins.

Sign out of Facebook, ditch the fall lineup and head outside.

The leaves are bright on the trees and satisfyingly crunchy under your feet. The (usually) moderate temperature is a reprieve from the sweltering summer and a gift before the frigid winter. What better season to throw on a beanie and head outside? Plus, spending time outdoors increases your vitamin D levels, makes you happier and improves your concentration, according to Harvard Medical School.

And while you're outside, get a workout.

Take in the changing scenery on a run, hike or bike ride. Join an intramural fall sport, such as flag football, soccer or Ultimate Frisbee. Want a workout that's a little less intense? Consider this: For a 150-pound person, 30 minutes of raking leaves, 30 minutes of planting and weeding and 30 minutes of playing with the little ones each burn roughly 150 calories.

Scare off those Halloween candy cravings.

Maybe don't swear off every candy corn kernel – where's the fun in that? Just don't morph into a sugar zombie. If you buy candy for trick-or-treaters, buy only enough for the kids. And wait until Halloween day to buy the candy, so the in-house sweets aren't haunting you throughout October. If you buy the candy sooner, keep it out of

sight in a cupboard.

Eat like an athlete – not a couch potato – on game day.

"My favorite football player outperformed another skilled athlete. I'll celebrate his fitness by eating five servings of greasy potato chips!" Not this season. Set out raw veggies and dip instead of chips, and you'll graze much more healthfully. Eat + Run blogger Keri Gans suggests other simple improvements to game day favorites, such as cutting pizza into smaller slices, doling chili into cups instead of bowl-sized portions and more.

Buy in-season veggies, such as beets, broccoli and Brussels sprouts.

Not to mention cabbage, carrots, cauliflower, eggplant, kale and squash. An abundance of tasty autumn vegetables makes it easy to reap the benefits of a plant-based diet, such as diabetes prevention, hypertension control, heart health and more. Eat + Run blogger Rebecca Scritchfield believes the best way to enjoy fall veggies is by roasting them with just a little oil, salt and pepper.

Enjoy a healthier Thanksgiving.

Start Turkey Day with a protein- and fiber-packed breakfast, which will boost metabolism and help prevent sugar cravings, says Eat + Run blogger Heather Bauer. Then make a plan before the big meal, Glassman adds. Don't mindlessly grab heaps of every dish available. Think through which you could do without, and which you really want – and for the latter, practice portion control.

Give back.

Ideally, we're giving yearlong, but what better reminder to boost our good deeds than Thanksgiving? Giving takes many forms, big and small, so the possibilities are endless. Give your co-workers a sweet surprise by bringing treats to share. Give older people some attention by visiting them at the nursing home. Simply give your fellow driver a break by letting him merge into your lane.



The Houston Choral Society Announces 2018-2019 Season

The Houston Choral Society (HCS) launches its 32nd season, “A Journey of Song,” which is made up of seven unique concerts. Under the direction of Artistic Director Dr. Kevin Klotz, the HCS 2018-2019 season features a breadth of music from classical masterpieces to 21st-century works, patriotic selections, and popular tunes from well-known movies. The musical programming provides a diversity of style and genre that provokes thought, dazzles, and surprises; and takes both the choir and audience on a musical journey, highlighting the versatility and musicianship of the chorus.

HCS 2018-2019 Concert Season opens in October with “A Poet Sings,” featuring outstanding musical settings of poems by William Shakespeare, Robert Frost, Emily Dickinson, Langston Hughes, Sara Teasdale, and more.

In November, HCS presents “A Salute to Our Veterans” featuring well-known patriotic numbers.

HCS helps bring in the Christmas season in December with its annual Christmas Concert “A Glorious Christmas” and a second concert of the cherished Handel’s Messiah performed by the HCS Chamber Choir.

In March the chorus performs some of the greatest hits from the

silver screen in “Music from the Movies.”

In May, HCS presents the beautiful and comforting Requiem for the Living by Dan Forrest alongside Brahms' Schicksalslied, accompanied by orchestra.

The 32nd season closes in June with the HCS Chamber Choir performing “Sounds of Water,” music inspired by the many facets of water.

Patrons can get more bang for entertainment buck by taking advantage of one of Houston Choral Society's two season ticket packages! The FOUR-concert season ticket for performances at Foundry UMC costs only \$85 for adults; \$68 for Seniors/Veterans/Students; and \$34 for Children 5 and under. The SEVEN-concert season ticket, includes all the concerts performed at Foundry, Tallowood Baptist Church and All Saints Catholic Church by the Houston Choral Society and the HCS Chamber Choir, costs only \$127 for Adults; \$102 for Seniors/ Veterans/Students; and \$51 for Children 5 and under. Season ticket holders save 15% from the price of individual concert tickets and get PREFERRED SEATING! Season ticket holders will be seated before the door opens for other

(Continued on Page 13)

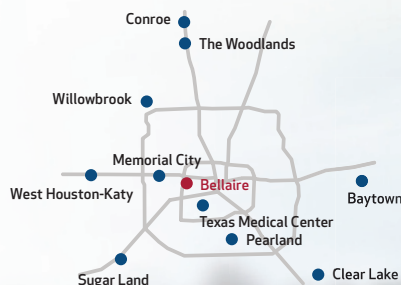
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(Continued from Page 12)

patrons. Season tickets are available online at www.houstonchoral.org.

Houston Choral Society 2018-2019 Concert Season

THE POET SINGS

Saturday, October 6, 2018 (7:30 pm)

at Foundry United Methodist Church

Our 2018-2019 Concert Season opens with outstanding musical settings of poems by William Shakespeare, Robert Frost, Emily Dickinson, Langston Hughes, Sara Teasdale, and more. Come and explore with us the intimate connection between poetry and music, featuring music by Randall Thompson, Gwyneth Walker, Z. Randall Stroope, Benjamin Britten, and others. The pre-concert lecture at 7:00 PM will be provided by a Writers in the School volunteer and HBU English Professor Dr. Matt Boyleston; a reception follows this concert.

A SALUTE TO OUR VETERANS

Friday, November 9, 2018 (7:30 pm)

at Tallowood Baptist Church Worship Center

The Houston Choral Society will present a program honoring our veterans and all who serve, with patriotic music, readings, letters, and reflections. This concert is FREE to veterans and active duty military.

A GLORIOUS CHRISTMAS

Saturday, December 1, 2018 (7:30 pm)

at Foundry United Methodist Church

Our annual holiday concert will feature traditional and new settings of your favorite carols, plus Randol Bass' festive Gloria and Christmas Flourish, set for brass quintet, percussion, and organ. We are honored to collaborate on this exciting program with the Strake Jesuit and St. Agnes Double Triple Trios (Art Buckley, Director). There will also be audience caroling and a special visit by Santa Claus! Pre-concert presentation will be at 7:00 PM and a silent auction during intermission; a reception follows this concert.

HANDEL'S MESSIAH -

performed by the HCS Chamber Choir

Friday, December 21, 2018 (7:30 pm)

at Tallowood Baptist Church Chapel

Our HCS Chamber Choir and soloists, along with a chamber orchestra, will perform the Christmas portion of Handel's Messiah. Come and experience this dramatic oratorio along with the ever-popular "Hallelujah" chorus! This is a smaller venue, and tickets are expected to sell out. Don't miss the opportunity to include this beautiful oratorio as a part of your Christmas tradition.

(Continued on Page 14)



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(Continued from Page 13)

MUSIC FROM THE MOVIES

*Saturday, March 9, 2019
(7:30 pm)*

*at Foundry United
Methodist Church*

You won't want to miss hearing the Houston Choral Society perform some of the greatest hits from the silver screen, including many that were Academy award nominees and winners! Pre-concert lecture at 7:00 PM; reception follows this concert.



REQUIEM FOR THE LIVING

Saturday, May 18, 2019 (7:30 pm)

at Foundry United Methodist Church

For this special concert, HCS will perform the beautiful and comforting Requiem for the Living by Dan Forrest, accompanied by orchestra. The program also includes Johannes Brahms' Schicksalslied, one of the composer's most profound and exquisite smaller choral works. Pre-concert lecture at 7:00 PM; a reception follows this concert.

SOUNDS OF WATER -

performed by the HCS Chamber Choir

Friday, June 21, 2019 (7:30 pm)

at All Saints Catholic Church in the Heights

The HCS Chamber Choir will present a program of music inspired by the many facets of water, featuring motets by Palestrina, Water Night by Eric Whitacre, as well as popular songs, folk songs, and spirituals. Free admission.

About Houston Choral Society

Under the direction of Dr. Kevin M. Klotz, the Houston Choral Society (HCS) is a not-for-profit professional-quality civic chorus known for its stirring and engaging performances. HCS concerts feature versatility in music styles including classic works, folk songs, show tunes and their ever-popular Christmas programs. The chorus sang Haydn's Lord Nelson Mass at Carnegie Hall this past June. HCS has completed five international tours performing in England/Scotland, Italy, Hungary/Austria/Czech Republic, Ireland, and Germany/Austria. In addition to other venues, HCS performs at The Foundry Church, one of the premiere choral venues in Houston with extraordinary acoustics - 8350 Jones Road, Houston, TX 77065. The Houston Choral Society is a member of Chorus America, an association of professional and volunteer vocal ensembles. HCS is funded in part by grants from Harris County and the Texas Commission on the Arts through the Houston Arts Alliance. For more information or to purchase tickets, please visit the HCS website at www.houstonchoral.org or call 832-478-6986.

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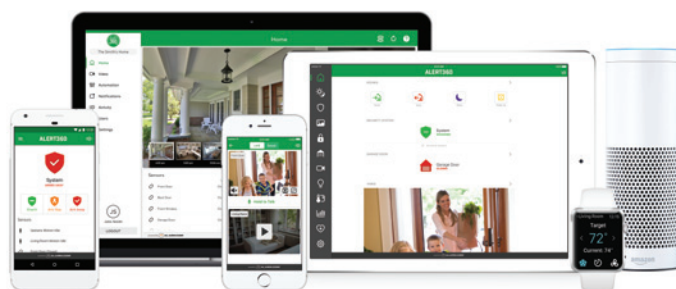


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