# Meyerlanders Official Publication of the Meyerland Community Improvement Association

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MEYERLAND.NET

JANUARY 2020



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Godwin Park Community Center713-393-1840			
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For missed garbage pickup, water line break, dead animals, traffic			

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# Meyerlander MONTHLY Project Brays and Bond Work Update

By Charles Goforth, Section 1 Director

The Chimney Rock/S. Rice Bridge and Intersection reconstruction projects have been pulled from a larger seven bridge contract bid in order to allow the Harris County Flood Control District (HCFCD) and the City of Houston (COH) time to explore and design a concept that would replace the two split bridge spans that currently exist with a larger single span bridge. This delay in project bidding will not change the completion date which is scheduled for late 2021. The new proposed configuration should be safer with much improved mobility. One set of east/west traffic signals on N/S Braeswood will replace the confusing double light setup we deal with now. Since construction for the new single span bridges will be in between the two existing spans, the north/south crossings at Chimney Rock and S. Rice should be minimally impacted. There is also the possibility of dedicated right-hand turns. Plus, 10-foot sidewalks will be included on both sides of both new bridges!

HCFCD, under an inter-local agreement with the COH, is deepening the two shallow detention basins at S. Braeswood and 610. An additional basin will be dug in the large median between the east and west bound lanes of Braeswood. A total of 36-acre feet of storm water storage will be available within the three deep basins when complete.

HCFCD recently executed a purchase for the 7.7-acre parcel located on N. Braeswood just inside the 610 Loop. It's the former site of the flood prone Meyer Grove Apartment complex. The intention is to convert the space into a stormwater detention site and, depending on configuration, could provide 70 to 100-acre feet of storage.

# Chimney Rock and S. Rice Bridge Reconstruction

By Charles Goforth, Section 1 Director

Project Brays includes the reconstruction of the Chimney Rock and S. Rice bridges at North and South Braeswood. The bridges are to be elevated 3-5 feet. The original plan as stated by the Harris County Flood Control District (HCFCD) was to stagger the building of the bridges in order that one of the bridges at each location would be fully functional while the other bridge was being rebuilt and elevated. This would result in the other bridge having north/south passage but with just one span. This is no longer the plan.

HCFCD now states that due to the 3 to 5-foot street surface elevation that is required for the bridge reconstruction, it is impossible to keep one span open while work is being done on the other span. The current plan now indicates complete closure of all north/south vehicular and pedestrian traffic for the duration of the construction (estimated at 8-10 months for each bridge, i.e., Chimney Rock and S. Rice). In addition, the east/west traffic on North and South Braeswood will be reduced to one lane in each direction with restrictions on being able to turn off Braeswood at Chimney Rock and S. Rice.

This new plan by HCFCD will result in numerous problems including, but not limited to:

- 1. Traffic rerouted through the nearby neighborhoods for months on end.
- 2. Impediment of first responders' access to locations where
- 3. Walkers and bikers using the bridges will now be forced to travel to the next adjacent bridge, cross over and walk or bike back (approximately 1 mile)
- 4. Trucks and buses may not be able to make right hand turns which will force them to go through the neighborhoods.
  - 5. Lengthy delays in getting kids to and from school.
  - 6. Increase of lost time, aggravation and accidents.

Other concerns include the voluminous stormwater flow from west to east that North and South Braeswood currently convey when the bayou water level reaches the height of the Braeswood streets. The street level is several feet lower than the top of the bayou. This means the streets are already flooding before the bayou goes over its banks. The Braeswood streets' gradient (slope) mimics the slope of Brays Bayou and is designed to flow toward the ship channel thus moving the stormwater from west to east. The elevation of the Chimney Rock and S. Rice bridges will encumber the flow of stormwater and there is a high likelihood that the water will backup and consequently move through the upstream neighborhoods (those neighborhoods west of the elevated bridges).

My alternative to HCFCD's current plan is to rebuild the bridges and intersections back to the same configuration that exists today except build a single span bridge and undivided intersection. Examples include the intersections at Beechnut and Chimney Rock and West Bellfort at Chimney Rock. Both areas have two lanes of north/south traffic as you approach the intersection with one dedicated left-hand and right-hand turn lanes. After passing through the intersection, the street is again reduced from three to two lanes of north/south traffic. More traffic will pass through the intersection on a shorter light cycle thus allowing for longer east/ west light cycles.

In order to accomplish this, large culverts can be placed in the north/south ditch which will bring the currently split north/south traffic together at the intersection. This also results in only one set of east/west traffic lights instead of the deadly and confusing double light setup that currently exists. (This is similar to what was done at the Beechnut and West Bellfort at Chimney Rock intersections.)

The one-span bridge can be constructed between the existing spans. This would result in the existing bridges remaining open until the

(Continued on Page 5)



(Continued from Page 4)

one-span bridge is complete and all north/south traffic would also remain the same during construction.

The downside to this plan is the cost. These bridges are 60 years old and but for the flood reduction project, they may have lasted another 60 years. The new bridges should be expected to last for at least 100 years so why not spend the extra money and do it right while keeping the intersections and bridges open during construction?

The savings could come from the following:

- 1. 4 sets of east/west traffic lights instead of 8 sets.
- 2. Chimney Rock and S. Rice bridges could be rebuilt at the same time, thereby drastically reducing the construction time.
- 3. Possibly no need for the city to acquire the two privately owned properties at S. Rice and S. Braeswood.
- 4. Will reduce the costly impact to the commercial properties at Chimney Rock
- 5. Will require only two sets of exterior bridge walls and guard rails instead of four for each crossing.

Under Project Brays the HCFCD can only replace, or comparable expense, what they impact during the federal flood reduction project. They cannot extend themselves to do a mobility improvement project. This is where the city of Houston, Metro, HGAC and other entities need to step up and coordinate with HCFCD. HCFCD is already committed to spending big to rebuild. Spending a fraction more now to implement the alternative plan seems smart compared to what it will cost to come back in the future and rebuild.

This may not be the perfect solution, but it seems better than what has been presented to us. The one-span bridge option offers no traffic nightmares during construction and the finished product will be safer, less confusing and will be able to handle the increased traffic loads.

How to help:

- · Let your thoughts be known by contacting District C Council Member Cohen, At-Large council members, COH Mayor, etc.
- · Contact any elected official at any level of government that represents the Brays Bayou area from 610 to Hillcroft.
- · Let your opinion be known on any social media platform, including Facebook, NextDoor, etc.
- · If you would like to get more involved, please contact me on NextDoor or at braysbayou@gmail.com.
- · If you would like to petition the current proposed plan for the Chimney Rock and S. Rice bridges and intersections, please respond to braysbayou@gmail.com with the subject line: "Bridge Petition" and include your name and any other comments.

Note: Please see "Project Brays and Bond Work Update" article for the developments that transpired since this article was written.



# 2020 Assessment Bills

By the MCIA Office

The 2020 annual assessment invoices have been mailed to the Meyerland homeowners. Many residents are not currently living in Meyerland due to Hurricane Harvey and therefore, it is even more critical to keep an eye out for this important letter.

All payments are to be mailed to a PO Box address in Arizona. Why do we mail our assessments to Arizona instead of Texas? We use a bank that specializes in homeowner association accounts. The bank processes over 100,000 payments monthly from hundreds of homeowner associations around the country. Their expertise ensures the safe transmission of your payment directly to your account. There is no charge to the Association for using this service which would be quite costly if we used a local bank. Using a lockbox payment system is much more efficient than using the MCIA office to manually process over 2,300 payments. The cost savings by using this system are passed onto you. Please mail your payment to the lockbox rather than dropping off your payment at our office, as we, in turn, have to forward your payment to the processor.

If your mortgage company pays your assessment from your escrow account, please forward this information to them to ensure prompt payment.

If you do not receive your bill in the mail by January 31st, we strongly urge you to contact the MCIA office to request another copy. You may call us at 713-729-2167 or email office@meyerland. net with your property address. The payment is considered delinquent if it is not received by February 1, 2020. We appreciate your prompt payment.

#### Where Are We Now?

By Jasmine Davis, MCIA Office Staff

Meyerland continued with its progress of rebuilding in 2019. At the end of 2019 the Meyerland office recorded the following since 2016:

- · 369 new homes (completed and in progress)
- · 124 existing home elevations (completed and in progress)
- · 90 current demolitions (vacant lots)

The past three years have brought enormous challenges to our Meyerland residents and it is remarkable to see the growth and development that is transpiring. We look forward to the continued progress that Meyerland will make in 2020!

# Monthly Board Meeting

Reminder – All residents are invited to attend the January MCIA board meeting to be held on Thursday, January 9, 7:30 p.m. at Pilgrim Lutheran School. The meeting agenda and any change in the date will be posted at www.meyerland.net.

# Christmas Tree Recycling

By the MCIA Office



The Solid Waste Management Department (SWMD) is encouraging residents to recycle their Christmas trees in order to save landfill space and disposal costs. Residents can recycle their trees by dropping them off at one of six (6) free, drop-off, neighborhood recycling sites located throughout Houston. In addition to the drop-off

locations, residents with City of Houston collection may place their tree curbside on their scheduled tree waste day and it will be recycled. Residential curbside pickup is January 8. Trees that are collected for recycling will be ground into mulch.

**NOTE:** The trees must have all decorations, ornaments, tinsel, lights and stands removed. **Flocked trees cannot be recycled.** 

The closest center to Meyerland is the City's Westpark Recycling Center at 5900 Westpark Road.

## Holiday Light Recycling

By the MCIA Office

Holiday lights (tanglers) should not be disposed of in your curbside recycling. Holiday lights and power cords cannot be recycled in your home recycling bin. They will cause problems and shutdowns at the local recycling facility.

Please check with local retailers, e.g., Home Depot, to see if they have a take-back recycling program. Other locations that accept holiday lights are City of Houston Recycling Centers and City of Houston Zoo. Strands of holiday lights can be recycled with scrap metal, even with the bulbs attached.

The Houston Zoo has placed a holiday lights recycling bin outside of the main entrance gate. String lights only will be







January, 2020							
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	
			1	2	3	4	
5	6	7 T/R	8 Tree	9	10	11	
12	13	14 Trash	15	16	17	18	
19	20	21	22 T/R	23	24	25	
26	27	28 Trash	29	30	31		

February, 2020							
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat	
						1	
2	3	4 T/R	5	6	7	8	
9	10	11 Trash	12 Junk	13	14	15	
16	17	18 T/R	19	20	21	22	
23	24	25 Trash	26	27	28	29	

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.



# Wildflowers For Southwest Houston

By Gerda Gomez, Section 7 Director

Wildflowers will be planted along the slopes of Brays Bayou this Spring!

The Harris County Flood Control District's (HCFCD) plan is to plant wildflowers along the entire bayou slopes of Brays Bayou. Seeding has already occurred heading upstream through the medical center to near 610. Seeding has been planned for Fall 2019 for 1000 feet upstream (west) from 610 and the wildflower planting will continue going upstream in 2020 once construction on the Brays Bayou's Project Brays is completed. The entire Brays channel will eventually be seeded. HCFCD will be planting a section of Sims Bayou around the Croquet St bridge. HCFCD also has plans to plant wildflowers along the Fondren Diversion Channel (D140-00-00) to Brays Bayou, as flood construction and mitigation work is completed.

Currently HCFCD mows the slopes of the Houston bayous three times a year. Wildflowers will permit reduction of the need for mowing in spring. The criteria used by HCFCD on where to plant are: (1) visibility to the public; (2) conditions of the channel/tributary/bayou, and (3) public requests and use. The most expensive component of wildflower planting are the seeds,

which cost \$1,000 per acre. HCFCD has as its goal to plant 100 acres per year, divided into approximately 25 acres among the four precincts. It coordinates all wildflower plantings with the pertinent area entities to avoid mowing when the seeding process is occurring.

Source: Jeff Jowell, HCFCD, Turf Management Department Jeff.Jowell@hcfcd.hctx.net









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(Family Features) Losing weight is a highly personal journey as a wide range of factors can affect a person's ability to do so. There's no one approach to weight loss; rather, the best approach is the one that fits your life and body best.

Get motivated to reach your weight loss goals with these expert tips.

**Set realistic goals.** Most experts agree you shouldn't lose more than 1-2 pounds per week. More rapid loss may shock your system, and chances are you're depriving your body of important nutrients. More aggressive loss is also less likely to be permanent or sustainable; long-term results generally come with steady loss over a period of time.

**Eat well.** Regardless what eating plan you choose, recognize the importance of nutrition in your weight loss program. Weight loss occurs when you burn more calories than you consume, so build your menu around nutrient-rich foods that fill you up. Strive for a well-balanced diet that encompasses all the food groups and, if necessary, discuss your goals with a doctor or nutritionist who can help you identify the best foods to enjoy and those to avoid.

Consider a supplement. If managing cravings or your appetite hinders your weight loss, a supplement may be a good solution. For example, RiduZone is a patented supplement that gives your body more of a substance it already creates called Oleoylethanolamide (OEA). In essence, OEA tells your brain you are full and it's time to stop eating. Developed and endorsed by Dr. Jay Yepuri, a board-certified gastroenterologist, the supplement is a non-stimulant that may help you feel full faster to reduce caloric intake and boost metabolism to burn stored fat.

**Get active.** Creating a calorie deficit is necessary to lose weight, and increasing your physical activity helps ensure you're burning calories. However, getting active isn't just about playing the numbers game. Physical activity also promotes overall wellness with numerous physical and mental health benefits, including improving circulation and stimulating feel-good endorphins.

**Stay committed.** It's easy to fall off your weight loss plan when unexpected circumstances arise. Give yourself a little grace and

permission for occasional misses so you stay motivated to get back to your program. That may mean waiting for a cold to pass and doing less strenuous workouts at home or making extra healthy choices at mealtime in advance of an indulgent event. To help make keeping your commitments easier, consider an option like RiduZone to boost your body's natural appetite-curbing power.

Find more information to help jump-start your weight management program at TryRiduZone.com.

#### What is OEA?



Oleoylethanolamide (OEA) is a metabolite of oleic acid, a naturally produced substance that interacts with appetite-controlling receptors in the small intestine to signal the brain you are full. It also helps boost metabolism. However, as a result of food choices and excess body fat, naturally produced OEA may require supplementation to achieve the desired effect on appetite or body fat.

Created to mimic this naturally occurring metabolite, RiduZone is the only weight management supplement that

contains OEA as an ingredient. Its production has been reviewed and is accepted as safe by the Food and Drug Administration.

#### Less fat

A clinical study published in the "Journal of Lipid Research" shows higher blood levels of OEA, which is derived from oleic acid-rich olive oil, correlate to lower amounts of body fat. This means weight loss results may be more visible.

#### Fewer calories

A prominent research study published in the journal "Food & Function" shows higher circulating levels of OEA can result in a significant reduction in calorie intake. Over time, OEA users become satisfied with smaller, healthier-sized portions.

Photos courtesy of Getty Images #15081, Source: NutriForward, Content downloaded from FamilyFeatures.com

# Top Tips to Get Ready to Run



(Family Features) You've made the decision to get in shape, and whether your goal is a full marathon or simply a few laps around the neighborhood, there are a few steps to consider taking before you strap on those shoes and head toward the finish line.

Here are a few tips to help get you ready for the big race:

Seek Quality Sneakers - Feet come in a variety of widths and sizes, so visit a specialty running store to find perfect-fitting sneakers. These may come with a hefty price tag, but there are no shortcuts for comfort and support while running long distances.

Make a Schedule - Try to aim for at least 10 hours of training per week, including three days where you run and two or three days of other physical activity such as cycling or strength training. To avoid exhaustion, be sure to include at least 1-2 "rest" days per week.

Stick with Water - Avoid sports drinks that are loaded with preservatives and sugars. You can't go wrong with the hydrating power of water. As a rule, try to consume at least 6-8 ounces of water for every 20 minutes you run. Proper hydration after the run is also vital.

Go Online - Many websites have training guides for various skill levels or different types of races. If you have a smartphone, look for apps that can take you through day-by-day workouts to get you marathon-ready.

Nutrition - Filling your body with the proper amount of fuel can help ensure finish-line success. Load up on quality carbohydrates, such as beans, peas, whole-wheat pastas, whole-grain cereals, apples, brown rice and root vegetables. Protein also plays an important role in a runner's nutrition, so fill up on lean meats, fish, eggs, low-fat dairy, peanut butter and soy protein sources, as well.

By following these general rules, you'll be able to focus on achieving your goal and enjoy the thrill of finishing the race. Find more tips for a healthier lifestyle at eLivingToday.com.

Photo courtesy of Getty Images #13139, Source: eLiving Today.com, Content downloaded from FamilyFeatures.com.

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4+/35, game rm, bonus rm, gated driveway Aldo Di Vece



4/2 on 2,332 sqft, never flooded per Seller \$379,000 Marie Caplan



Aldo Di Vece \$649,750 \$925,000



4-5/45, 4,930 sqft, pool, and garage apt. 6,210 sqft on 17,480 lot, pool, Bellaire H.S. Lisa Cashion



3/2, Lovett/Meyerland/Bellaire per HISD \$349,000 Shelley Green



Midcentury with pool ready for remodel 2,704 sqft on 10,813 lot awaits your vision \$429,000



Mark Fontenot \$299,000 Marie Capaln

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