

VOL 01 ISSUE 01

APRIL 2020

# The Messenger

NEWS FOR THE RESIDENTS OF MEYERLAND

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THE READER  
IN MIND



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**PENDING!**



**MEYERLAND | 5751 Birdwood**  
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Offered at \$498,000 | MLS 7481874

**REDUCED!**



**MEYERLAND | 5710 Grape Street**  
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Offered at \$398,500 | MLS 83357594

**REDUCED!**



**MEYERLAND | 5618 Darnell**  
3 BEDROOMS | 2 BATHS | ±2,204 SQ. FT.  
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**REDUCED!**



**MEYERLAND | 4978 Valkeith Drive**  
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## Newsletter Information

We were so sad to see The Meyerlander go, but here is a new publication for the residents of Meyerland, The Messenger. Peel Inc is committed to making The Messenger a valuable tool for the residents of Meyerland. Please submit any community news, events and updates to [themessenger@peelinc.com](mailto:themessenger@peelinc.com)



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# MONTHLY TRASH & RECYCLING SCHEDULE



APRIL 2020						
SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
5	6	7 TRASH	8 JUNK	9	10	11
12	13	14 T/R	15	16	17	18
19	20	21 TRASH	22	23	24	25
26	27	28 T/R	29	30		

MAY 2020						
SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4	5 TRASH	6	7	8	9
10	11	12 T/R	13 TREE	14	15	16
17	18	19 TRASH	20	21	22	23
24	25	26	27 T/R	28	29	30

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# CORONAVIRUS 2019-nCoV

SAFETY ADVICES AND TIPS



## SYMPTOMS



FEVER



COUGH



SHORTNESS  
OF BREATH



SORE THROAT



HEADACHE

## PREVENTION



WASH HANDS WITH  
WATER AND  
SOAP/SANITIZER,  
AT LEAST 20 SECONDS



AVOID CONTACT  
WITH SICK PEOPLE



DON'T TOUCH EYES,  
NOSE OR MOUTH WITH  
UNWASHED HANDS



WEAR A MASK



AVOID  
CROWDED PLACES



AVOID CONTACT WITH  
ANIMALS AND ANIMAL  
PRODUCTS



DO NOT SHARE  
EATING UTENSILS  
AND FOOD



DON'T EAT RAW FOOD,  
THOROUGHLY COOK  
MEAT AND EGGS



AVOID TRAVELLING TO  
AFFECTED AREAS  
UNLESS NECESSARY



IF YOU BECOME SICK  
SEEK MEDICAL CARE  
IMMEDIATELY

## IF YOU ARE INFECTED



STAY AT HOME



AVOID CONTACT  
WITH OTHERS



COVER YOUR NOSE  
AND MOUTH WITH  
TISSUE OR ELBOW  
WHEN SNEEZING



PUT TISSUES  
IN THE TRASH BIN  
AND WASH HANDS



KEEP OBJECTS AND  
SURFACES CLEAN

## Wash Your Hands

### *Reducing Spread of Disease While at Home and Work*

By: *Concentra Urgent Care*

The Centers for Disease Control and Prevention (CDC) say that nearly 90,000 patients die in U.S. hospitals each year due to a preventable disease – many could be avoided if everyone properly washed their hands.

From germs on office equipment to sick colleagues who decided to come into work anyway, people face the same dangers in the workplace. The same simple fact holds true: Washing your hands regularly is an effective way to prevent yourself from catching or spreading a preventable disease or illness.

#### WHEN TO WASH YOUR HANDS

The CDC recommends washing your hands every time you:

- Prepare or eat food
- Use the restroom
- Tend to someone who is sick; both before and after
- Blow your nose, cough, or sneeze
- Handle garbage
- Treat a cut or wound
- Change a diaper or clean up after children
- Handle an animal or animal waste

#### HAND WASHING BASICS

The CDC has issued specific guidelines about effective hand washing:

- Wet hands with water
- Use plain bar or liquid soap
- Create a lather by vigorously rubbing hands together for 15-20 seconds—about the amount of time it takes to sing “Happy Birthday” twice
- Be sure to wash palms, back of hands, fingers, and nails (clean nails by gently scratching nails down your opposing soapy palm)
- Rinse off soap under a stream of water

#### WHAT ELSE CAN YOU DO?

- Focus on hand washing in the lunch and/or break room
- Be careful when using sponges and dish towels. These are ideal sites for bacterial growth. Always wash your hands after using these items.
- Maintain a clean work area; regularly clean any office equipment, especially shared items such as phones and keyboards.
- Remind your colleagues of the importance of hand washing, particularly when you witness someone neglecting to wash his or her hands.

#### FOR MORE INFORMATION

To learn more about how washing hands regularly can help prevent disease, ask your health care provider, or visit the CDC’s creative Web site dedicated to raising awareness of the importance of hand washing at [www.henrythehand.com](http://www.henrythehand.com).

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## EARTH DAY 2020 Celebrating 50 Years

*By Cheryl Conley, TWRC Wildlife Center*



April 22nd marks the 50th anniversary of Earth Day, an annual event to demonstrate support for environmental support. Earth Day was founded by Gaylord Nelson, a U.S. Senator from Wisconsin, when in 1969 he witnessed the destruction caused by a massive oil spill in Santa Barbara, California. He came up with the idea of a “national teach-in on the environment” and presented it to the media. Congressman Pete McCloskey was persuaded to serve as co-chair. A Harvard student named Denis Hayes was named the national coordinator and with a staff of 85, it was promoted across the country. The date of April 22nd was chosen because it falls between spring break and final exams.

The first Earth Day was very successful. Over 20 million Americans demonstrated, gathered in parks and auditoriums and held rallies to demonstrate for a healthy environment. It was indeed the beginning of a movement and by the end of 1970, the United States Environmental Protection Agency was created and the Clean Air, Clean Water and Endangered Species Acts were passed.

Between 1970 and 1989, Earth Day celebrations and activities grew and in 1990, again under the direction of Denis Hayes, the concept was introduced globally. More than 200 million people in 141 countries celebrated Earth Day. Today, it is the single-largest day of action in the world with 193 countries participating.

There are many ways you can help our planet. Plant a tree, pick up trash, start a compost bin, switch to earth-friendly cleaning products, start recycling, carpool, stop using plastic products, just to name a few. Celebrate the beauty of our world by taking a walk in the park.

Although Earth Day is celebrated only one day every year, our earth needs protecting every day. Make saving the planet a part of your lifestyle.

Cities and communities across the globe are celebrating with Earth Day events. Check to see what your city is doing.

TWRC Wildlife Center’s contribution to our environment is by rehabilitating injured, orphaned and displaced wildlife with the goal of returning healthy animals back to the wild. If you’d like to find out how you can help, contact [berri.moffett@twrcwildlifecenter.org](mailto:berri.moffett@twrcwildlifecenter.org)



## MOSQUITOES



Mosquitoes can not only be irritating by biting, but they also are able to transmit various diseases to humans and animals. They are known to transmit heartworm in dogs and cats, and they can spread encephalitis (including West Nile Virus), Chikungunya, Zika, dengue, yellow fever, malaria, and

filariasis among humans.

Most female mosquitoes require a blood meal for egg production whereas males feed on nectar and do not bite. Eggs are laid on the surface of water or in dry locations that can be flooded by water. Eggs laid in dry locations can remain dormant for several months. Eggs hatch into larvae, or wigglers. Mosquito larvae live in water and feed on organic debris or microscopic plants and animals. Larvae molt into pupae which are non-feeding. Mosquito pupae spend the majority of their time at the surface of the water, only moving when disturbed.

Many things can help to reduce mosquito problems around the home. Since three of the four life stages of mosquitoes are in or near water, it is best to eliminate all sources of standing water. Containers such as watering cans, buckets, and bottles can turn into mosquito breeding grounds. Water should be drained from birdbaths, gutters,

flowerpots, and pet dishes at least once a week. Children's wading pools should be emptied of water at least once a week and stored so they cannot collect water when not in use. Tree holes should be filled in with sand or mortar, or drained after each rain. Leaky faucets and pipes located outside should be repaired.

Areas that cannot be drained, such as ponds or large rain collection systems, can be stocked with fish that eat mosquito larvae. Dunks can also be used in these areas. Dunks are a small, donut-shaped product that contains *Bacillus thuringiensis* var. *israeliensis*. The donut disrupts the life cycle of the mosquito and is non-toxic to humans, amphibians, and fish.

Avoiding outdoor activities during peak mosquito hours is the best method to avoid being bitten. When outside, wear loose-fitting, light colored clothing with long sleeves, and long pants. Repellants containing active ingredients such as DEET, picaridin, IR3535, oil of lemon eucalyptus (OLE), para-methane-diol (PMD), or 2-undecanone can be effective to keep mosquitoes from biting when evening activities cannot be rescheduled.

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](http://www.urban-ipm.blogspot.com)

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## 10 Easy Ways To Make Your Home Safe

A home should be a sanctuary and a safe haven. You can ensure that you and your loved ones remain out of harm's way in the precincts of your homestead.

To avoid all kinds of accidents you should make it an accident-proof dwelling. It's really simple if you observe specific steps to keep mishaps at bay.

Here are 10 easy ways to make your home safe and secure. These will help you take care and protect yourself, family members and house-guests. Employ these effective tips:

1. Keep interiors and exteriors well lit. This is important at nighttime and also in winters when daylight is not very effective. Critical areas that need to be illuminated are the stairs, outdoors and foyers.

2. Never leave electrical problems pending at any point. The slightest fluctuation should be attended immediately. Make it a cardinal rule to switch off appliances after use.

3. Smoke alarms are a necessity and you must have the very best. Practice regular safety drills with your family to ensure awareness of procedures.

4. Keep ordinary appliances safely as they could be dangerous. Especially with kids around. Make electrical outlets safe by safety

plugging and child proofing them. Keep sharp objects like scissors, knives, weapons and match boxes out of reach.

5. Ensure locks and bolts on doors and windows are in order and tamper-proof. Keep an eye out for suspicious characters and never invite strangers into your home. Teach your children not to entertain queries from strangers.

6. Do not share information about working or school hours. Teach family members to avoid telling people about schedules and routines. Do not put personal information online and never respond to voicemails.

7. The risk of accidents goes up when you are getting maintenance or repair work done. Ensure safety and precaution and be prepared to react quickly to accidents or injuries.

8. Do not attempt repair work of appliances involving undue risk. Many home accidents are the result of improper tampering with tools like lawnmowers and trimmers.

9. Maintain caution when driving vehicles in or out of your home. If you are backing the car up, watch out for children and pets on the road.

10. Make sure you don't leave stuff on stairs that may cause people to trip and fall. Be watchful when clearing snow from pathways that you do not heap it up in areas where people might walk.

18 MONTHS - KINDERGARTEN

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## Cooking substitutions aid in calorie reduction

When looking to make permanent changes to a diet, consider using ingredient substitutions, said Roberta Anding, registered dietitian at BCM and Texas Children's Hospital.

Modifying the fat content in recipes gives the biggest calorie reduction, said Anding. Many times, applesauce can replace butter and oil in baking recipes, and Greek yogurt can replace sour cream.

Learning what substitutions work best does take some time and experimentation with cooking time and temperature, but reducing a diet by 100 calories per day can result in a 10-pound weight loss in one year, said Anding.

Other substitution options include switching to a low-fat cheese rather than a whole-fat cheese and switching from white bread and rice to wheat bread and brown rice. Not only is there a benefit in amounts of fiber, but also in magnesium, which can decrease the risk of type 2 diabetes.

"Don't look for extreme changes to your diet. Look for the common sense changes that you can make permanent," said Anding.

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