

# The Messenger

NEWS FOR THE RESIDENTS OF MEYERLAND



***Are You Ready for  
the Max Challenge  
of Houston?***

*Read More on Page 3*



# The Meyerland Market Ended 2020 Strong!

AVAILABLE



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AVAILABLE



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PENDING SALE



**MEYERLAND | 4919 Wigton Drive**

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Offered at \$325,000 MLS 89601926

SOLD



**MEYERLAND | 5131 Queensloch Drive**

4 BEDROOMS | 3.5+ BATHS | +/- 3,446 SF  
Last list price \$350,000

SOLD



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4 BEDROOMS | 3.5+ BATHS | +/- 3,738 SF  
Last list price \$575,000

SOLD



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Last list price \$849,000

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# Important Numbers

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(including burglar  
alarms)**

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**Emergency:** 911

**Houston Police Dept.  
Non-Emergency**

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## CITY OF HOUSTON

**Houston Help &  
Information** 311 or 713-  
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**District C Council  
Member, Abbie Kaman:**  
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**For missed garbage pickup,  
water line break, dead  
animals, traffic signals, and  
other city services:** 311

Some mobile phone users  
may need to dial:  
713-837-0311

## Newsletter Information

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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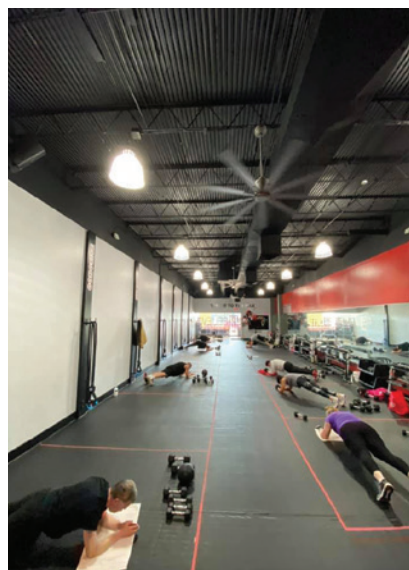
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## THE MAX CHALLENGE



THE MAX Challenge of Houston proudly opened their doors in Meyerland in the fall of 2019 with one mission in mind – to help people live happier, healthier, more fulfilled lives. Michelle and Ron Moses, owners, brought this concept to their community because they genuinely believe in the model, and they wanted to offer a no-judgment zone where members feel comfortable coming in and working at

their “Level 10.”

THE MAX Challenge was designed specifically to fill a void left in the fitness industry, combining 3 key elements that are instrumental in helping members to get in shape, and more importantly, transform their mindset in a period of 10 weeks. “We didn’t want to bring just any boutique fitness concept to the neighborhood,” says Michelle Moses, “we are proud to be providing a program that people can stick to that offers more than just weight loss, but rather a positive physical and emotional lifestyle change.”

The program’s high-energy group fitness classes are fun and constantly changing, and they are designed to serve members of ALL fitness levels: challenging those who are looking to step things up and modifying for those who are just starting out or may have physical limitations. Either way, members are getting a fantastic workout and achieving incredible results. No two classes are ever the same, which keeps things exciting for the member and constantly challenges the body.

When it comes to getting in shape, many of us know that nutrition is key, but it is often left out of popular fitness programs. At THE MAX Challenge, a simple nutrition program works in tandem with the fitness program to maximize members’ results. The regimen is easy to follow, leveraging regular foods that can be purchased from the local grocery store. It’s all about knowing how to choose and eat the right foods, in the right portions, at the right times. “It’s a plan that’s effective and sustainable, and we have seen members of our community consistently reaching goals by following the plan” says Michelle.

The last key element to THE MAX Challenge is motivation. Encouragement, support, and accountability are vital in ensuring members stick to their health and fitness goals. If a member misses a class, they get a call or a text. They also have a member Facebook group where recipes, cooking videos, encouragement, and shout outs are regularly posted to keep members engaged. THE MAX Challenge is truly committed to the success of their members and makes certain they keep on coming back day after day.

*Continued on Page 4*



Less than 6 months after The Max Challenge opened, they immediately shifted gears and began to offer Live Virtual classes to members due to Covid-19. They reopened the studio in August 2020 and continue to offer both live virtual classes on ZOOM and socially-distance in-person classes in-studio. Michelle: "I have been so impressed by the sense of community and by how much deeper this program goes than just

weight loss. It's been so fun to see families and children working out virtually on ZOOM, and to see our members connecting in the studio during this time."

When asked why she was inspired to open her own studio, Michelle replied, "After years of working as an attorney, sitting at a desk, I discovered how much my body enjoyed moving, and the benefits I was getting from living an active lifestyle. My work had also always involved helping people and teaching, and I knew I wanted to combine these skills and experiences with my passion

for helping others." Michelle's husband and business partner, Ron Moses, a physician at the Center for ENT (Ear, Nose and Throat) chimed in: "When Michelle and I came across The Max Challenge, I realized what an impact this program could have on hundreds, and even thousands, of people" he says. "We were very impressed with the results we saw from members at other locations around the country, and we believe the nutrition plan is solid and accessible. We thought that with Michelle's fitness and nutrition interests, and my medical background, that this would be a great project for us to work on together, making our community healthier and happier."

Michelle: "In the past year, we have seen our members reach some incredible milestones and achieve lasting results. What I love most though, is the pride I see in our members' faces! It's amazing when you see others see the best in themselves and get clarity on their goals." The Max Challenge empowers their members to achieve their goals of good health and good habits. Once they've done that, they can take better care of those around them and feel confident in achieving the other goals they have set for themselves.

Experience The Max Challenge for yourself! Call 281.688.4322 or email [houstoninfo@themaxchallenge.com](mailto:houstoninfo@themaxchallenge.com) for a FREE class! They are kicking off a new challenge on January 11th! Don't wait, give them a call now, and you will be on your way to feeling better than ever!

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[THEMAXChallenge.com](http://THEMAXChallenge.com)



**THE MAX Challenge of Houston**

84 Braeswood Square

(NW corner of N. Braeswood and Chimney Rock)

Houston, TX 77096

**CALL NOW! 281-688-4322**



# MONTHLY TRASH & RECYCLING SCHEDULE

JANUARY 2021						
SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4	5 T/R	6 JUNK	7	8	9
10	11	12 TRASH	13	14	15	16
17	18	19 T/R	20	21	22	23
24 31	25	26 TRASH	27	28	29	30

FEBRUARY 2021						
SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2 T/R	3 JUNK	4	5	6
7	8	9 TRASH	10	11	12	13
14	15	16 T/R	17	18	19	20
21	22	23 TRASH	24	25	26	27
28						

**RATES ARE AT ALL-TIME LOWS**  
Purchase and Refinance Season is Here!

## PURCHASE

- 3% down for First Time Home Buyers up to \$510,400
- 5% down for others up to \$510,400
- 10% down up to \$650,000
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- 0% down Physician/Dentist loans

## REFINANCE

- Reduce your rate - save money
- Change your term - payoff home quicker
- Cash out - home improvements or other expenditures
- Debt Consolidation - pay-off credit cards, autos, etc.
- Tax benefits



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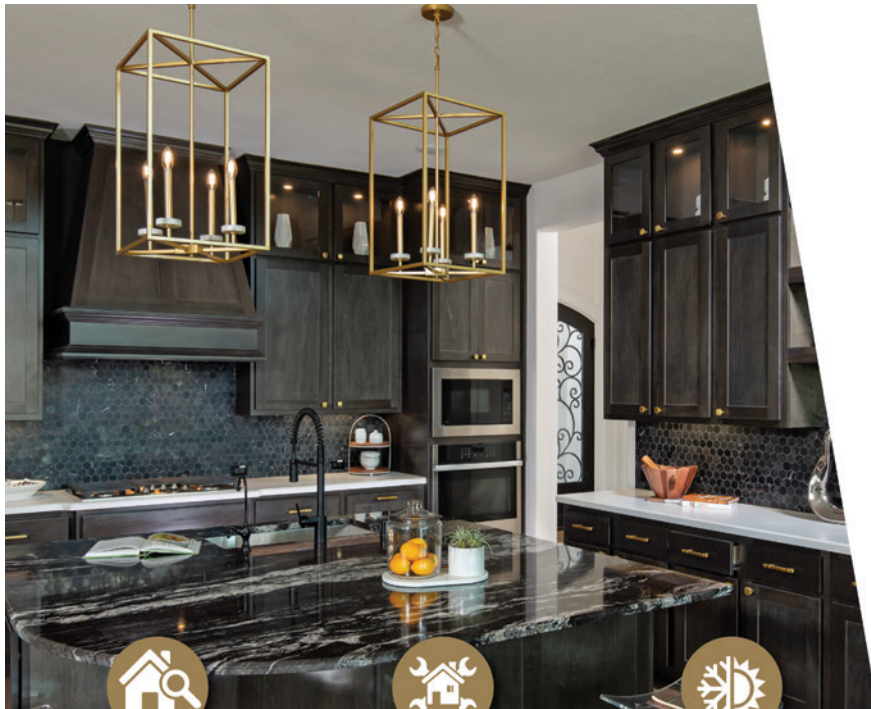
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# THE GREAT FISHERMAN

By Cheryl Conley, TWRC Wildlife Center



When one mentions raptors, there are a few species that people are very familiar with like owls, eagles and hawks. The osprey, however, isn't a familiar species to most people even though it is one of the most widespread raptors in the world. They are found on every continent except Antarctica.

Like all raptors, the osprey is a large bird with a hooked

beak and sharp talons, both of which are used to catch their prey and tear it apart to eat.

About 99% of the osprey's diet is made up of fish so it only makes sense that they nest near water along the coasts and large lakes. Occasionally they can be seen along rivers. They build their nests at the tops of dead trees, buoys, chimneys, and even atop power poles. Like the bald eagle, they use the same nest year after year but can be seen making minor repairs each spring.

They are amazing to watch as they glide over water looking for a fish. Sometimes they plunge so forcefully into the water that they are totally submerged. After catching a fish, they arrange the fish so it faces upright with the head forward.

The osprey is a great fisherman, successfully catching a fish one out of 4 tries. They have a much higher success rate than it's relatives like the eagle. Sometimes eagles watch and when an osprey catches a fish, the eagle will attack the osprey causing it to drop the fish. Easy meal for the eagle! Benjamin Franklin said in 1784 that "bald eagles are too lazy to fish for himself.....and does not get his living honestly." True then, true today.

Ospreys generally mate for life but they will find a new partner should their partner die or disappear during spring migration.

If you'd like to watch an osprey nest, there are many online. The Conserve Wildlife Foundation of New Jersey has an osprey cam that you can watch here: <http://www.conservewildlifenj.org/education/ospreycam/>. In the New Jersey area, nest building begins in early April and eggs are laid from mid-April to early May. You can watch the eggs hatch and observe Mom and Dad caring for the babies. It's interesting and educational.

TWRC Wildlife Center is a 501(c)(3) organization located in the Spring Branch area of Houston. Since 1979, we have been committed to providing quality emergency care and rehabilitation for injured, ill, orphaned and displaced wildlife. We are proud to be making a difference for the wildlife in our area.

[www.twrcwildlifecenter.org](http://www.twrcwildlifecenter.org)



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Though this year was tough,  
I'm so grateful for these  
things in my life from 2020!

Hand-drawn red lines for writing, consisting of seven horizontal strokes.

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MOST POWERFUL,  
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AND MOST  
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