

# The Messenger

NEWS FOR THE RESIDENTS OF MEYERLAND

August & September  
**Trash/Recycling Calendar**  
**Updated**

*Delicious  
Back-to-School  
Dinner Recipes  
Inside!*

**Fire  
Safety**  
*for Pets*

*...and more!*



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## 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)

*The Messenger - August 2020*

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**PUBLISHER - Peel, Inc.**

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# Quick, Easy and Delicious School Night Meals



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(Family Features) When it comes to back-to-school season, whether students are heading back to the classroom or learning from home, one of the biggest challenges for busy parents remains the same: how to serve up delicious homemade meals the whole family will love.

With the right preparation and ingredients on-hand, parents can easily pass the test.

One ingredient to consider adding to your shopping list is Mrs. T's Pierogies. Found in the frozen food aisle, they are stuffed with creamy mashed potatoes, cheesy goodness and other big, bold flavors. Available in 14 varieties, including mini and full size, they can be boiled, baked, sauteed and even grilled, making them a versatile addition to your favorite everyday meals, apps, sides and snacks. If you're looking for fun ways to spend more quality time with your family this back-to-school season, try getting everyone involved in the kitchen while prepping tasty recipes like Pierogy Taco Casserole or Mini Pierogy Mac 'n' Cheese Skillet.

Visit [mrstspierogies.com](http://mrstspierogies.com) to find more back-to-school recipes.

- 1 tablespoon olive oil, divided
- 1 box Mrs. T's Classic Onion Pierogies
- 1 red pepper, diced
- 1 cup corn, drained and rinsed
- 1 can black beans, drained and rinsed
- 1 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/3 cup shredded Mexican cheese blend
- 1/4 cup diced tomatoes
- 1/4 cup diced red onions
- 1 handful cilantro, roughly chopped

Preheat broiler to high heat.

In large skillet over medium heat, add 1/2 tablespoon olive oil and saute pierogies until golden brown, about 8 minutes per side.

Remove pierogies and add remaining olive oil. Saute red peppers, corn, black beans, cumin, chili powder, salt and pepper until fragrant, about 3-4 minutes. Spread red peppers, corn and beans into square baking dish. Nestle in pierogies. Sprinkle with shredded cheese.

Melt cheese under broiler about 2 minutes. Top with tomatoes, onions and cilantro before serving.

## PIEROGY TACO CASSEROLE

**PREP TIME: 10 MINUTES**

**TOTAL TIME: 35 MINUTES**

**SERVINGS: 4**

*Continued on Page 6*



# MONTHLY TRASH & RECYCLING SCHEDULE

AUGUST 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 30	24 31	25 TRASH	26	27	28	29

SEPTEMBER 2020						
SUN	MON	TUES	WED	THURS	FRI	SAT
		1 T/R	2	3	4	5
6	7	8	9 TRASH TREE	10	11	12
13	14	15 T/R	16	17	18	19
20	21	22 TRASH	23	24	25	26
27	28	29 T/R	30	31		

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In large skillet over medium heat, add 1/2 tablespoon olive oil and saute pierogies until golden brown, about 8 minutes per side.

Remove pierogies and add remaining olive oil. Saute red peppers, corn, black beans, cumin, chili powder, salt and pepper until fragrant, about 3-4 minutes.

Spread red peppers, corn and beans into square baking dish. Nestle in pierogies. Sprinkle with shredded cheese.

Melt cheese under broiler about 2 minutes.

Top with tomatoes, onions and cilantro before serving.



## **MINI PIEROGY MAC 'N' CHEESE SKILLET**

**PREP TIME: 10 MINUTES  
TOTAL TIME: 35  
MINUTES  
SERVINGS: 4**

- 2 tablespoons olive oil, divided
- 1 box Mrs. T's Mini 4 Cheese Medley Pierogies
- 2 scallions, thinly sliced, white and green parts separated
- 1 cup broccoli florets
- 1 small red pepper, diced
- 1 small yellow squash, diced
- 1 tablespoon flour
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 1/4 cups heavy cream
- 1 ounce cream cheese, cubed
- 1 cup shredded white cheddar cheese

In large skillet over medium heat, add 1 tablespoon olive oil and saute pierogies until golden brown, about 6 minutes per side. Remove pierogies from pan.

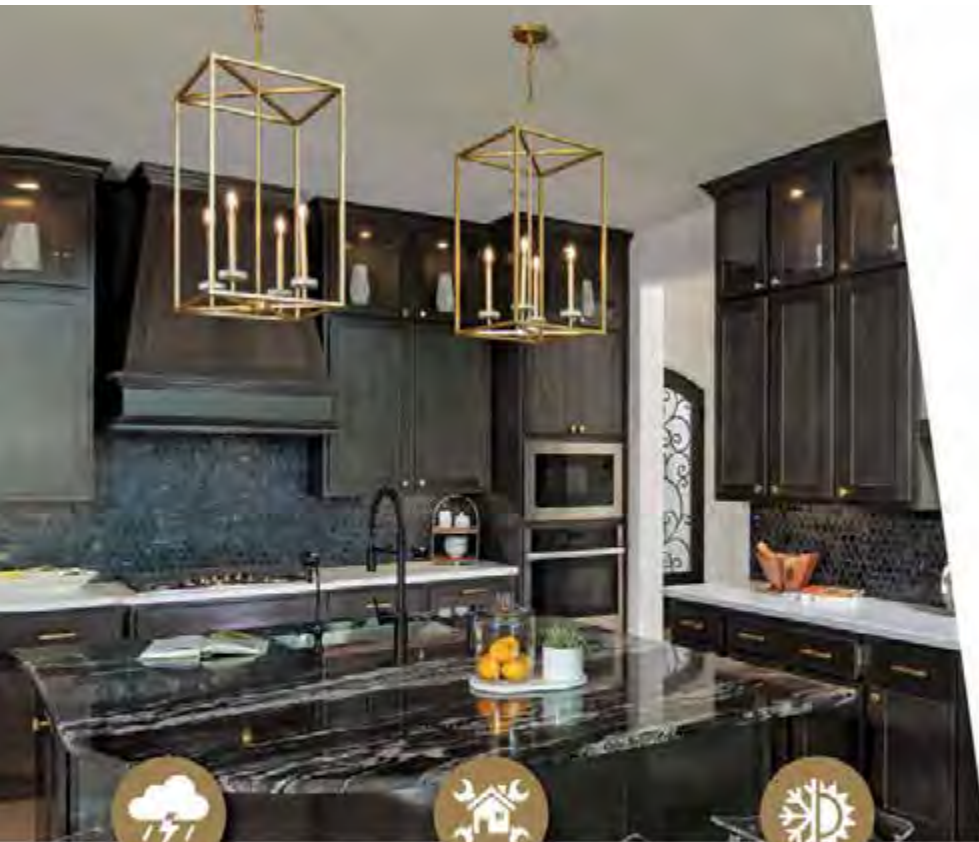
Add remaining olive oil to skillet. Saute white parts of scallions over medium-high heat until fragrant and translucent, about 2 minutes.

Add broccoli, peppers and squash. Cook 5-8 minutes until tender but still crisp.

Remove veggies from pan.

In same skillet, whisk flour, salt, pepper and heavy cream. Simmer until thickened, about 2-3 minutes. Add cream cheese, stirring until melted. Remove skillet from heat. Stir in cheddar cheese until sauce is melted and smooth. Add pierogies and veggies back to pan, gently stirring until coated.

Top with green scallions before serving.



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# Fire Safety for Furry Family Members



(Family Features) If you have a fire escape plan in place for your home, you're steps ahead of many Americans. According to the National Fire Protection Association, only 30% of American households have developed and practiced a home fire escape plan. It's important for families to stay ahead of the curve and be prepared in the event of a fire.

If an emergency occurs, every member of the household should be accounted for, including pets.

Every year, 500,000 pets suffer from smoke inhalation and 40,000 die due to home fires, according to the American Veterinary Medical Foundation. With 90% of pet owners stating they consider their animals members of the family, according to UBS, it is important to be prepared to rescue four-legged friends when disaster strikes.

*Continued on Page 8*

**GOT NEWS?**

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“Pets are part of our families, so it’s important to recognize they’re vulnerable to the same fire risks as people,” said Sharon Cooksey, Kidde’s fire safety expert. “There are simple ways to keep pets safe at home. Most importantly, recognize every second counts in case of fire, so pet owners should install smoke and carbon monoxide alarms as well as fire extinguishers. Make sure alarms are replaced every 10 years and fire extinguishers every 12 years.”

Protect your pet – and your human family – with these tips.

Minimize smoke alarm reactions. Dogs may become unsettled or anxious when a smoke alarm sounds, running and hiding rather than heading toward the door. Particularly if your pet shows signs of agitation when you test the alarm, enlist assistance from professional trainers to help your canine friend learn how to properly respond. Some websites offer online tips, too.

Use window cling alerts. In an emergency, first responders need to be able to quickly assess the number of pets in a home. Consider attaching a non-adhesive decal to a window near your front door to let rescuers know how many animals are inside.

Account for pets in evacuation plans. Pets should always be included in a family’s evacuation plan. Always involve your pets and stay aware of their typical hiding spots or safe places where they often nap, in case you must evacuate quickly. Be sure to practice your evacuation plan periodically. Also assign

a family member to be responsible for each pet’s escape. Keep an emergency kit with food, medication, a leash and collars near the exit.

Keep alarms current. Smoke and carbon monoxide alarms must be replaced after 10 years. In addition to testing alarms once each week, check the manufacture date on your smoke and carbon monoxide alarms to make sure they’re current. If they’re older than 10 years of age, it’s time to replace them. Some options, like Kidde’s Wire-Free Interconnected Alarms, feature built-in 10-year sealed batteries and offer simple setup without the hassle of hardwiring or a Wi-Fi connection.

Plan ahead for emergency care. If the unthinkable happens, make sure your pets will be cared for. Save contact information for your veterinarian in a place where you and other family members can easily access it, such as your phone contacts list or a cloud-based shared file. Research local boarding options, hotels that allow pets and friends or family members who might take in your pet temporarily. Also be sure your pet’s microchip information is current in case you become separated in an emergency.

***For more pet fire safety tips, visit  
Kidde.com/petsafety.***

***Photo courtesy of Getty Images.***

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A U N G U E S T H D O N V W C  
B N E G J O C E A N F S S I N  
A P O O L J U R Y S U H O M I  
R U G U S A T A E U N I H S C  
B M G C R E S A M A S N I U S  
E E N U F O N S U M M E R I P  
C M A A S T O H E T H I N T R  
U V A C A T I O N S R H L A I  
E R O B I L K R X J O I O U N  
I I N S E F I T S F U N P T K  
C A R E L A X S U L Y L O L L  
E J U N E A C F A M I L Y S E  
I C E P O P A H O T S R E L R



AUGUST  
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FAMILY  
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HOT  
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ICE POP  
JULY  
JUNE  
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RELAX  
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SUMMER  
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SUNSCREEN  
SUNSHINE  
SWIMSUIT  
VACATION





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