

Cy-Fair Helping Hands Gets Boast from Metta's Local Eats Dine Out for Charity

by Jackie Devine



Demand for food assistance in Houston has more than doubled during the COVID-19 pandemic, according to KHOU-11 investigative reporter Jeremy Rogalski.

The surge in Harris County—the 13th highest in the nation—has also affected West Houston Assistance Ministries, and Cy-Fair Helping Hands (CFHH).

According to Food Across America, one in eight Americans are food insecure. In Texas, that number is one in seven. Before the COVID-19 pandemic, also known as the coronavirus pandemic, more than 35 million people struggled with hunger in the United States. That number includes more than 10 million children who are the most vulnerable amongst us and the most likely to face food insecurity than any other group in the United States.

Fortunately, for Cypress, we have Cy-Fair Helping Hands. Even luckier, CFHH has Metta's Local Eats Dine Out for Charity, spearheaded by Metta Archilla-Ishida, a talented chef, entrepreneur, food blogger and photographer.

Metta, along with her first-rate executive committee (Lisa Johnson, Nancy Eugenio, Keri Holloway, Vannessa Henley, Ashley Clarabut, and Nick Rama) conceived a plan involving a host of restaurants and businesses—42 to be exact—that would offer a kickback on a select product or service for the months of October through December. Each participating restaurant and food-related enterprise selected an item or two from their menu, and set a donation amount for each item sold during the three months.

The amazing results reflected the generosity we, here in Cypress, continue to brag about. On January 14th, a check for close to \$19,000 was received by CFHH from MLE Dine Out For Charity. Not only that, reports Metta, “We’ve already booked a Hill Country weekend retreat to plan our next quarter MLE Dine Out for Charity event that kicks off in April.”

Pictured is Melinda Jones Bodukoglu, presenting the Land of a Thousand Hills Coffee and Bakery donation to Cy-Fair Helping Hands. Patricia Hudson, Executive Director of Community Outreach, is accepting the check. For a list of Cypress area patrons, participating restaurants, and vendors of culinary treats, visit Metta's Facebook page at <https://www.facebook.com/MLEDineOutForCharity>. To learn more about CyFair Helping Hands visit <https://www.cyfairhelpinghands.org>.

IMPORTANT NUMBERS

Villages of Northpointe Security Director

Andy Elmore hit02@scbglobal.net

Waste Management..... 281-376-8802

Centerpoint Energy 713-207-2222

Tomball Post Office..... 281-516-0513

Harris County MUD #281 (water and recycling)..... 281-376-8802

Harris County Constable Precinct #4

24-hour Dispatch 281-376-3472

Villages of Northpointe Patrol Officer

Deputy Kelly 281-376-3472

SCHOOLS

Tomball Independent School District..... www.tomballisd.net

Canyon Pointe Elementary 281-357-3122

NorthPointe Intermediate..... 281-357-3020

Willow Wood Junior High..... 281-357-3030

Tomball High School..... 281-357-3220

Tomball Memorial High School 281-357-3230

TAX ENTITIES:

Tomball ISD Tax Office..... 281-357-3100

www.tomballisd.net and follow the link to the Tax Office

MUD #281 & NorthPointe WCID 713-462-8906

..... www.wheelerassoc.com

Harris County Appraisal District 713-957-7800

..... www.hcad.org

Electric Company Choices..... 866-7974839

..... www.powertochoose.org

NEWSLETTER INFO

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A CULTURAL EXPERIENCE

Want to bring a little culture into your life and the lives of your children? Why not try hosting a high school foreign exchange student? It's a great way to learn about a new culture all from the comfort of your home.

STS Foundation is currently looking for host families for the 2021/2022 school year. Hosting is such a rewarding experience and it benefits all of those involved.

STS Foundation accepts all types of host families – from single parents, newly marrieds, empty nesters and same sex couples. In order to host, you would need to meet the following qualifications:

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STS Foundation is a 501(c)(3) organization that places foreign exchange students with American host families. For more information about hosting, please contact me at 832-455-7881 PM me or email at vicki.stsfoundation@yahoo.com.

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IT'S TIME TO CLEAN HOUSE

By Cheryl Conley, TWRC Wildlife Center

If you provide “rental property” for Purple Martins, then you know it’s time to clean out your houses to get ready for their arrival.

The first Martins to arrive are referred to as the “Scouts” and they are the oldest birds. Older females arrive next followed by the younger birds. Martins will return to the same colony site where they resided the previous year. Once they arrive, nest-building will begin in 4 to 6 weeks. They use twigs, pine needles and straw. Once the nest is complete, they add a layer of green leaves. Ornithologists can only guess why they do this but think the leaves may act as an insecticide, may help keep the nest clean or help regulate the temperature and moisture levels. The female lays one egg per day for a total of 2 to 8 eggs. In about 15 days, the eggs begin to hatch which can take 2 to 3 days. Babies are fed up to 60 times a day by both moms and dads.



It takes 2 years for Martins to acquire their full adult plumage. Purple Martins aren’t really purple. Mature Martins are a glossy deep blue—almost black-looking. They feed mostly on flying insects and can eat thousands of mosquitoes in a day. They catch most of the insects in mid-air and even drink water from ponds, lakes and streams while flying.

If you’ve never had a Purple Martin house and you’d like to get one, there are some things you need to know. You’ve heard realtors talk about “location, location, location?” As a Purple Martin landlord, this holds true as well. They prefer large, open areas where the nearest building is a minimum of 30 feet away and from 25 to 60 feet away from trees. Make sure your house is secure and doesn’t spin around when it’s windy out. The birds can become disoriented.

You may be lucky and get renters your first year. Sometimes it takes a couple of years for them to discover your house. There are a couple of things you can do to increase your success. One website I checked suggested playing Purple Martin vocalizations near your Martin house very early in the morning. There are several recordings on YouTube. You can also place life-sized black decoys on your house. If you have a large house with several compartments, you can construct a fake nest in one of them. Don’t forget to put green leaves on the top of the nest.

You should protect your Martin houses with predator guards. You can purchase owl and hawk guards. Predator baffles, or pole guards, will help keep snakes and raccoons from climbing the pole.

In late fall, you can take your Martin house down and put it back up when the Martins return in the spring. The other option is that you can leave it up but make sure you clean it well and block the entrances so other species of birds don’t move in. Remove the blockages in spring when the Martins return.

TWRC Wildlife Center is gearing up for another busy year. Because of Covid-19 we’ve had to cut back on volunteers to work at our Center but we are in need of volunteers who would like to learn to rehabilitate wildlife in their homes. We train you and help you every step of the way. Rehabbing wildlife is the most rewarding thing you will ever do. www.twrcwildlifecenter.org. 713.468.TWRC

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MEDIA RELEASE



Constable Mark Herman introduces New Custom Crime App, C4 NOW!



Constable Mark Herman and his team are proud to announce the introduction of "C4 NOW", a custom app for your smart phone designed to keep the residents of Precinct 4 and North Harris County informed of real time crime in the area, traffic hazards, accidents, road conditions, and threats to public safety.

This app is just part of Constable Herman's commitment to transparency, safety

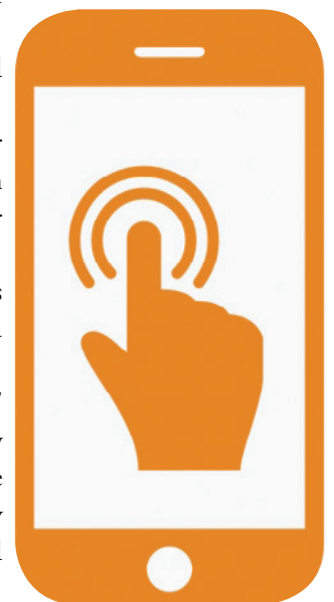
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THE COMPASS

LEMONY CHICKEN AND ORZO SOUP

BY MARY-FRANCES HECK



PREP TIME 15 MINUTES

TOTAL TIME 45 MINUTES

This weeknight chicken soup goes Greek with orzo, lemon juice, and a handful of fresh dill.

Ingredients

4 SERVINGS

- 1 tablespoon olive oil
- 1 medium leek, white and pale-green parts only, halved lengthwise, sliced crosswise 1/2-inch thick
- 1 celery stalk, sliced crosswise 1/2-inch thick
- 12 ounces skinless, boneless chicken thighs
- 6 cups low-sodium chicken broth Kosher salt, freshly ground pepper
- 1/2 cup orzo
- 1/4 cup chopped fresh dill
- Lemon halves (for serving)

Preparation

Step 1

Heat oil in a large heavy pot over medium heat. Add leek and celery and cook, stirring often, until vegetables are soft, 5-8 minutes. Add chicken and broth; season with salt and pepper. Bring to a boil, cover, reduce heat, and simmer until chicken is cooked through, 15-20 minutes. Transfer chicken to a plate. Let cool, then shred chicken into bite-size pieces.

Step 2

Meanwhile, return broth to a boil. Add orzo and cook until al dente, 8-10 minutes.

Step 3

Remove pot from heat. Stir in chicken and dill. Serve with lemon halves for squeezing over.





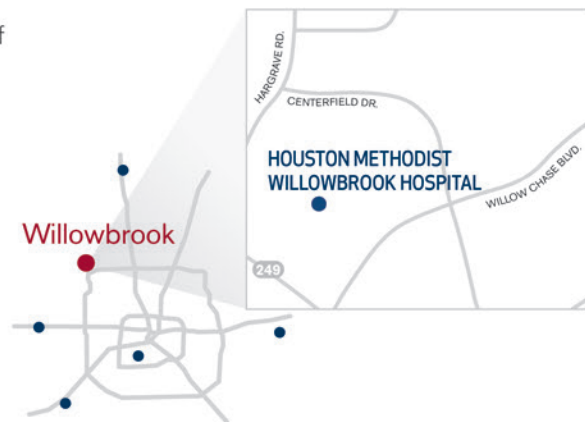
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