

AUGUST 2024

HOUSTON CITY COUNCIL MEMBER TWILA CARTER AT-LARGE, POSITION 3



THE CARTER CHRONICLES



Friends,

I hope this finds you well, enjoying the final days of summer. Is it really August? Hurricane Beryl sidelined us, leaving behind mass destruction and one heck of a mess! Cleanup is still underway and will be for quite some time. Please contact my office directly should you need assistance with debris pickup or other resources.

I get asked all the time if I am enjoying the work, the answer remains an affirmative **YES!** When we work together, we are better, and we do better- making our city a better place.

This office is planning several upcoming **Community Connections** around the city, I look forward to seeing you out and about. In the meantime, take care and be well and let me hear from you.

“Man has never made any material as resilient as the human spirit” ~ Bernard Williams

Twila D. Carter
Council Member Twila Carter
At-Large, Position 3



SCAN ME!



SCAN ME!



SCAN ME!



SCAN ME!



Be Prepared. Be Safe. Be Alert Houston.

Sign Up for City of Houston
Emergency Alerts Today!

alerthouston.org



Geo-targeted
notifications



Receive notifications via
email, text, or app



You choose your
notification categories.



STEAR

State of Texas
Emergency Assistance Registry

texasstear.org



TDEM iSTAT

2-1-1

Get Connected. Get Help.™

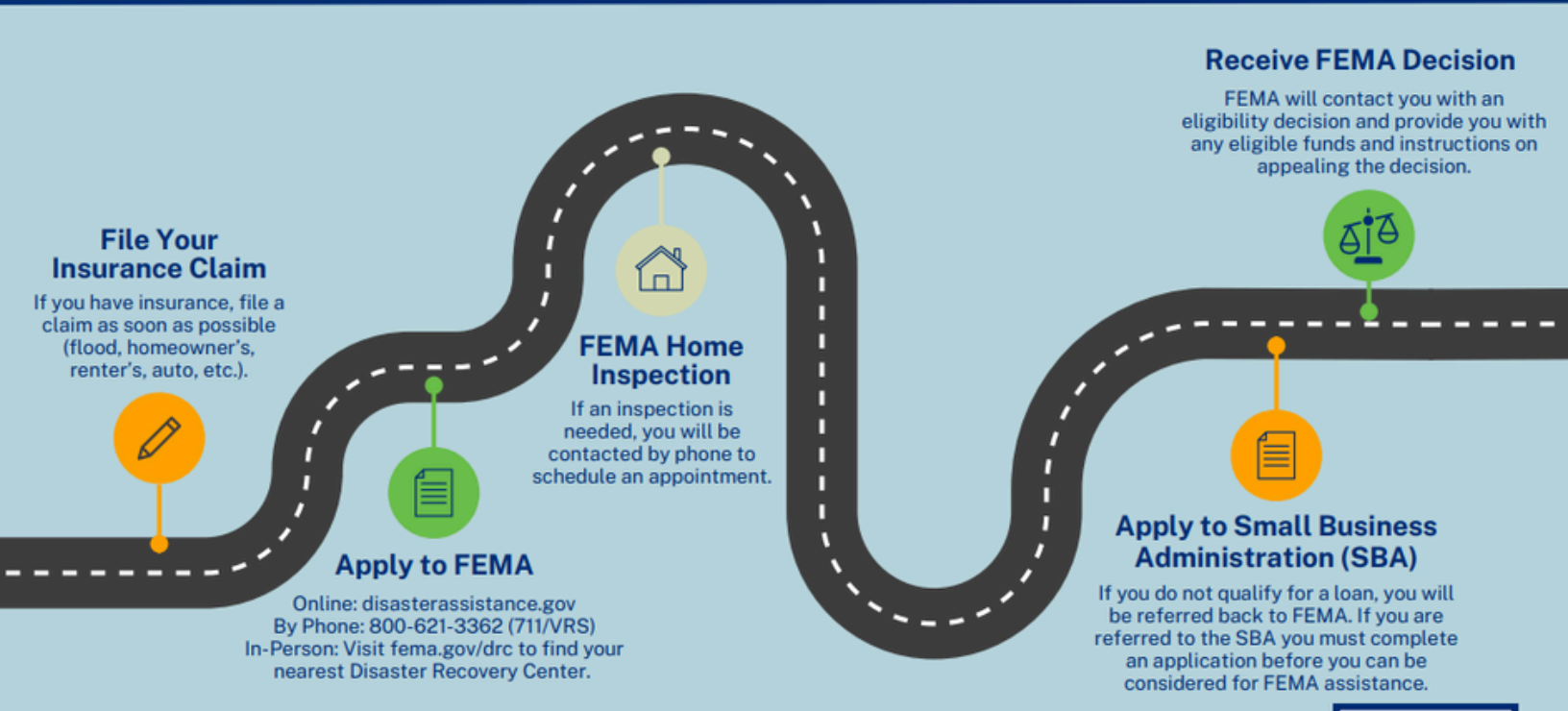
NEED HELP?

CALL 2-1-1

Your link to community resources.

Applying for FEMA Assistance Roadmap

Remember to take pictures of your storm damage. The damage assessment process is critical to being eligible for Independent Assistance from FEMA. Report all damage to your property to the State of Texas using the iSTAT tool- <https://damage.tdem.texas.gov>



FEMA CONTACTS



800-621-3362



AskIA@fema.dhs.gov



www.disasterassistance.gov



CRISIS CLEANUP

Hotline:

VT Flood: +18022422054

Beryl: +19792173791

Call 311 to get a free ride to a cooling center

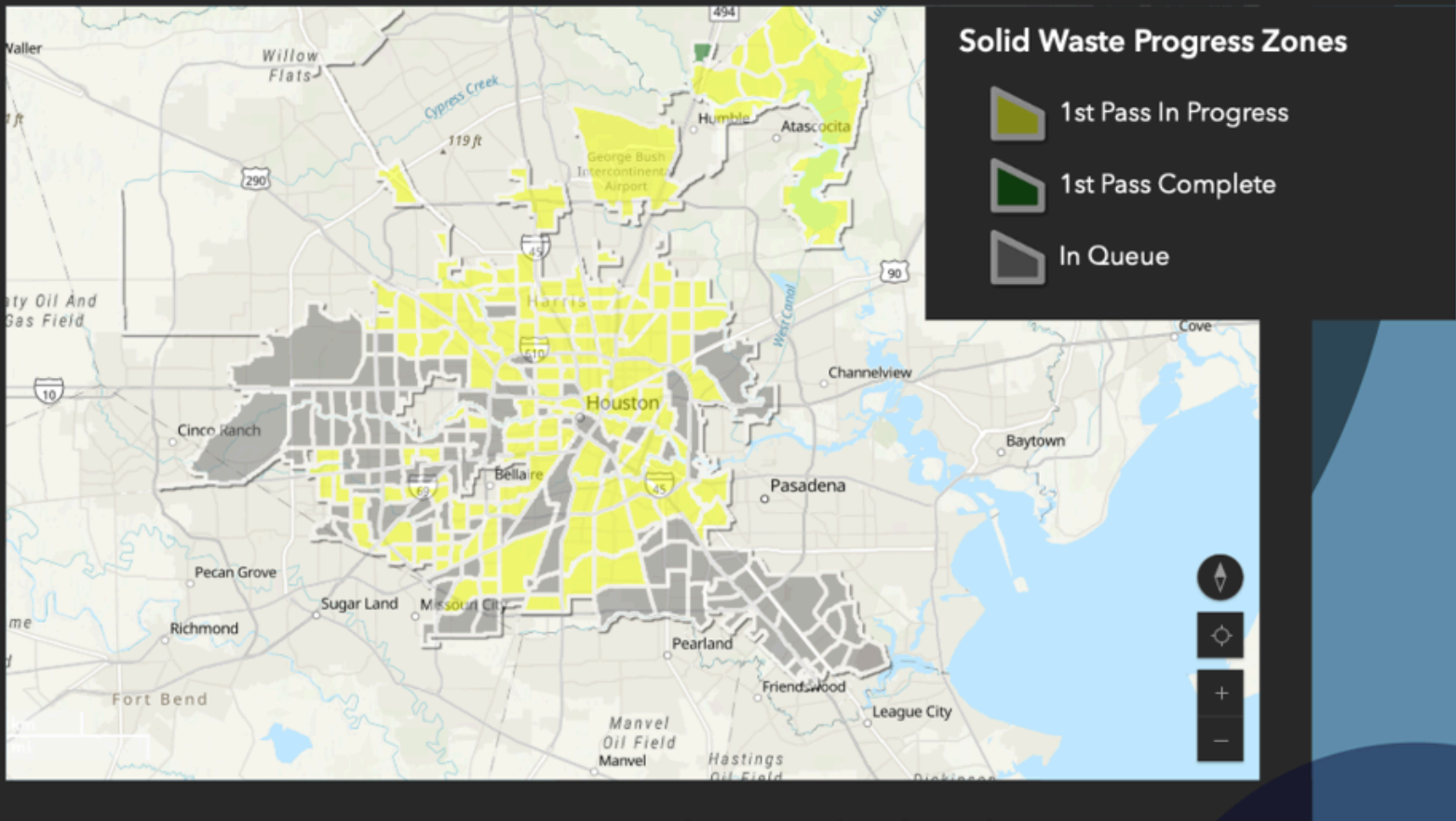


STAY INFORMED
HOUSTONOEM.ORG



DEBRIS REMOVAL PROGRESS MAP NOW AVAILABLE!

City of Houston - Debris Hauling Progress - Beryl 2024



- Progress map updated daily
- See when the trucks are in your neighborhood
- Other important information



<https://www.houstontx.gov/solidwaste/index.html>



City of Houston Solid Waste Management Department Answers your Hurricane Beryl and Storm Debris **Frequently Asked Questions**

When will you get to my house?

The first pass should take 30 days to visit every street. As soon as the storm passed and it was safe to do so, Solid Waste crews and contractors sprang into action to begin assessing the scope of the debris and are now hard at work collecting curbside storm debris.

How can I help ensure collection at my curb?

We ask Houstonians to park their cars in their driveway or away from curbside debris piles. Additionally, please don't place debris in ditches as it will worsen neighborhood flooding.

Debris should not be placed within 3 feet of any obstructions such as light poles, low cables, or power lines. One of the biggest challenges for heavy equipment crews is driving down narrow streets with obstructions blocking a clear path for the arm to operate.

How should I prepare tree debris at the curb

Tree trunks must be 3 feet or less in diameter and 3 feet or less in length. All tree branches must be 6 feet or less in length.

Will they come into backyards to collect debris piles?

Crews will not encroach more than 10 feet onto private property nor enter backyards to remove debris.

How will this affect the Derecho collection timeline?

This operation should take 60-90 days to complete. The Derecho storm debris will be collected at the curb along with the Beryl debris.

We were prepared to begin the second pass of storm debris collection from the last major storm event on the same day Beryl caused additional damage to the city, June 8.

The 90-day estimate includes collection, reduction, and restoring the temporary reduction sites back to their original states.

If I live in an “ungated neighborhood” but have private garbage service, will the City pick up my storm debris?

Yes, will sweep all neighborhoods and public rights of way. Businesses, nonprofits, and schools should contact their regular garbage collection service to request removal of their storm debris.

Hurricane Preparedness Food Box Shopping List

With hurricane season upon us, Houston Food Bank's Nutrition Education Department has compiled a list of nutritious non-perishable foods and supplies for your emergency supply kit.

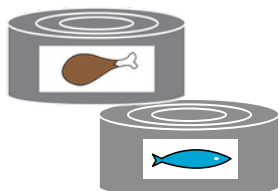
Make sure to store at least **a three day supply of non-perishable foods and water.**

Include a selection of the following foods:

PROTEIN

- Canned meat packed in water

- Tuna
- Chicken
- Salmon
- Turkey



-

Nut/Seed Butter

- Peanut butter
- Almond butter
- Sunflower seed butter



- Low-sodium or no salt added canned beans and lentils



- Low-sodium jerky



- Low-sodium canned soup

- Chicken noodle
- Minestrone
- Vegetable
- Tomato
- Lentil

- Unsalted nuts and seeds

- Almonds
- Walnuts
- Peanuts
- Pistachios
- Cashews
- Sunflower seeds



What's low sodium?

Low-sodium = 140 mg of sodium or less per serving

Low-sodium foods are heart healthy and help regulate blood pressure

FRUITS

- Canned fruits in water or 100% fruit juice

- Unsweetened applesauce

- Dried fruits, no sugar added

- Raisins
- Prunes
- Apricots



- Fresh whole apples

VEGETABLES

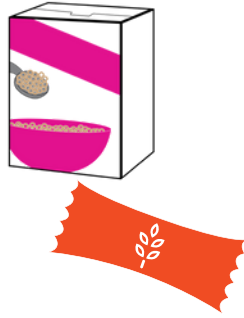
- Low-sodium or no salt added canned vegetables

- Corn
- Green beans
- Carrots
- Green Peas
- Spinach
- Potatoes
- Beets
- Mixed vegetables



GRAINS

- Oats
- Whole grain crackers
- Whole grain cereal
- Rice cakes



DAIRY

- Shelf stable low-fat milk
- Non-fat dry milk
- Shelf stable milk alternative
 - Soy milk
 - Almond milk
 - Rice milk



SNACKS

- Trail mix, fruit and nut varieties
- Low-fat pudding
- Granola bars

And don't forget WATER!

1 gallon per person per day, for drinking and sanitation



Why Whole Grain?

Whole grain foods contain fiber, which helps you feel full longer and promotes regularity

The word "whole" should be listed first in the ingredient list

Look for: whole grain flour, whole wheat or 100% whole grain

Did You Know?

Cow's milk contains 8 grams of protein per 8 fl oz serving

Soy milk* contains 7 grams of protein per 8 fl oz serving

Almond milk contains <1 gram of protein per 8 fl oz serving

Rice milk contains 0 grams of protein per 8 fl oz serving

*Soy milk is closest in protein to cow's milk than any of the other milk alternatives

NON-FOOD ITEMS



- First Aid Kit
- Personal hygiene items
- Non-Prescription drugs such as: aspirin or non-aspirin pain reliever
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Hand sanitizer and moist wipes for sanitation
- Extra battery or charger for cell phone
- Manual can opener

FOR BABIES

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

FOR ADULTS

- Prescription Drugs
- Denture Needs
- Extra eye glasses
- Powdered milk
- Medications

FOR PETS

- Secure Identification tag on collar
- Pet carrier
- Extra pet food
- Pack a week's worth of litter for cats
- Medications



HPARD Beryl Recovery Update What's Open, Reopening, and Closed

Update as of Wednesday, July 17, 2024

Houston Parks and Recreation Department is working hard to address the aftermath of Hurricane Beryl. We appreciate the community's patience and understanding during this time as crucial resources are directed to support citywide disaster recovery, relief, and tree emergency efforts on streets and roads. Park condition assessments, repairs, and maintenance are underway.

As we move forward with recovery and reopening facilities, HPARD's staff is committed to returning services as they were before the storm.

Below is a list of facilities that are open, scheduled to reopen, and those that remain closed:

Community Centers

Reopen on Monday, July 15, 2024:

- | | | | |
|-----------------|-----------------------|------------------------|-------------------|
| - Alief | - Emancipation | - Judson Robinson Sr.* | - River Oaks |
| - Beverly Hills | - Fonde* | - Kendall | - Shady Lane |
| - Charlton | - Highland | - Lansdale | - Swiney |
| - Clark | - Hobart Taylor | - Linkwood | - Tuffly |
| - DeZavala | - Indep. Heights | - Melrose | - Windsor Village |
| - Eastwood | - Ingrando | - Moody | |
| - Edgewood | - Judson Robinson Jr. | - Proctor Plaza | |

Reopen on Tuesday, July 16, 2024:

- | | |
|------------------|----------------|
| - Alameda | - Hartman* |
| - Bessie Swindle | - Montie Beach |
| - Clinton | - Woodland |

- | | | |
|-----------------|---------------|----------|
| - Cherryhurst | - Love* | - Platou |
| - Garden Villas | - Meadowcreek | |

Remain closed (due to power or facility damage):

- | | | | |
|----------------|-------------|---------------|--------------|
| - Candlelight* | - Lakewood* | - Settegast* | - Sunnyside* |
| - Carverdale | - Marian* | - Sharpstown* | - Tidwell |
| - Hackberry | - Sagemont | - Stude | - Townwood* |

Recreation Facilities

- Metropolitan Multi-Service Center* - Open
- North Wayside Sports Center – Open

*Building/facility damage



Aquatic Centers

Reopen on Tuesday, July 16, 2024
Saturday, Tuesday, & Thursday
from 1pm to 7 pm

- Agnes Moffit
- Emancipation
- Lincoln City
- Love
- Moody
- North Wayside
- Reveille
- Sharpstown
- Tuffly
- Westbury
- Wilson Memorial

Reopen on Wednesday, July 17, 2024
Wednesday & Friday from 1 pm to 7 pm and on
Sunday from 1 pm to 6 pm

- Alief
- Finnigan
- Greenwood
- MacGregor
- Northline
- Oak Forest
- Sagemont
- Schwartz
- Stude (reopens on Friday 7/19/24)
- TC Jester

Independence Heights reopen on Tuesday, July 16, 2024, for Aquatic Programming:

Tuesday – Friday:

- 10:00 am – 12:00 pm - Swim Lessons
- 1:00 pm – 3:00 pm - Open Swim
- 3:00 pm – 6:00 pm - Swim Lessons and Open Swim

Saturday:

- 1:00 pm – 6:00 pm – Open Swim
- Closed Sundays and Mondays

The remaining pools will open once power is restored, and facilities are reassessed.

Golf Courses

All golf courses are open.

- Gus Wortham
- Memorial
- Melrose
- Hermann
- Sharpstown

Tennis Centers

- Homer Ford Tennis Center - open
- Le Clear Tennis Center - open
- Memorial Park Tennis Center – closed; will reopen once power at the tennis center is restored.



Joe and Jamail Skate Park – Open to the public on Friday, July 12, 2024.

Brock Adventure Park

The park and disc golf are closed until further notice due to hazards, such as trees that are down and facility damage.

Hermann Park

Miller Outdoor Theatre – Reopened to the public on Friday, July 12, 2024. Houston Zoo – Reopened to the public on Saturday, July 13, 2024. The following areas remain closed: Japanese Garden, Parking Lot T and the McWilliams Dog Park remain closed.

Lake Houston Wilderness Park

Closed until further notice due to loss of power, hazardous trees, and cabins/facilities damaged.

Levy Park - Open to the public.

Levy Park was severely impacted by Hurricane Beryl. Park damage assessments and restoration efforts are underway.

Memorial Park

The following areas remain closed: Wetlands Boardwalks of Clay Family Eastern Glades; Northwest Pak Trail; all Bayou Wilds Trails; Running Track restrooms; Sports Complex restroom; and the Cullen Running Trails Center as restoration efforts continue throughout the Park.

Permits and Reservations

For the time being, all park permits and reservations are pending, until park conditions are determined to be safe. Public safety and the well-being of our community are the top priorities and HPARD appreciates your support. For park permit inquiries, email prpermits@houstontx.gov.

To report tree concerns, please contact 311 or 713-837-0311.

For park concerns, please email askparks@houstontx.gov.

City Cooling Centers

The City of Houston will open 40 cooling centers Thursday, July 18, so people can take refuge from the heat as they recover from Hurricane Beryl. Houston libraries and multi-service centers will function as cooling centers. The following locations will be open during their regular hours:

Community Centers

- Kingwood Community Center: 4102 Rustic Woods Dr, Kingwood, TX 77345 10:00 am to 7:00 pm
- Fonde Community Center: 110 Sabine St, Houston, TX 77007 2:00 pm to 8:00 pm
- Moody Community Center: 3725 Fulton St, Houston, TX 77009 2:00 pm to 8:00 pm
- West Gray Multi-Purpose Center: 1475 W Gray St., Houston, TX 77019 10:00 am to 8:00 pm

Multi-Service Centers (8 a.m. - 5 p.m.)

- Acres Home MSC / 6719 W. Montgomery Rd., Houston, TX 77091
- Hiram Clarke MSC / 3810 W Fuqua St, Houston, TX 77045
- Fifth Ward MSC / 4014 Market St, Houston, TX 77020
- Kashmere MSC / 4802 Lockwood Dr, Houston, TX 77026
- Magnolia MSC/ 7037 Capitol St., Houston, TX 77011
- Northeast MSC / 9720 Spaulding St., Houston, TX 77016
- Sunnyside MSC / 4410 Reed Rd., Houston, TX 77051
- Southwest MSC / 6400 High Star Dr., Houston, TX 77074
- Denver Harbor MSC / 6402 Market St. 77007., Houston, TX 77007
- Third Ward MSC / 3611 Ennis St, Houston, TX 77004
- West End MSC / 170 Heights Blvd., Houston, TX 77007

Houston Public Libraries

- African American History Research Center at the Gregory School / 1300 Victor St., Houston TX 77019 / 12 - 7 p.m.
- Alief-David M. Hennington Regional Library / 11903 Bellaire Blvd., Houston, TX 77072 / 1-5 p.m.
- Bracewell Neighborhood Library / 9002 Kingspoint Rd. Houston, TX 77075 / 10 a.m. - 5 p.m.
- Carnegie Neighborhood Library & Center for Learning / 1050 Quitman St. Houston, TX 77009 / 10 a.m. - 6 p.m.
- Central Library Jesse H. Jones Building / 500 McKinney St. Houston, TX 77002 / 9 a.m. - 6 p.m.
- Collier Regional Library / 6200 Pinemont Dr. Houston, TX 77092 / 12 - 8 p.m.
- Family History Research Center at the Clayton Library Campus / 5300 Caroline St. Houston, TX 77004 / 12 - 7 p.m.

City Cooling Centers

Houston Public Libraries

- Flores Neighborhood Library / 110 North Milby St. Houston, TX 77003 / 10 a.m. - 6 p.m.
- Freed-Montrose Neighborhood Library / 4100 Montrose Blvd. Houston, TX 77006 / 10 a.m. - 6 p.m.
- Heights Neighborhood Library / 1302 Heights Blvd. Houston, TX 77008 / 12 - 8 p.m.
- Hillendahl Neighborhood Library / 2436 Gessner Rd. Houston, TX 77080 / 10 a.m. - 6 p.m.
- HPL Southwest Express / 6400 High Star Dr. Houston, TX 77074 / 10 a.m. - 6 p.m.
- Johnson Neighborhood Library / 3517 Reed Rd. Houston, TX 77051 / 10 a.m. - 6 p.m.
- Jungman Neighborhood Library / 5830 Westheimer Rd. Houston, TX 77057 / 10 a.m. - 6 p.m.
- Kendall Neighborhood Library / 609 N Eldridge Pkwy. Houston, TX 77079 / 12 - 8 p.m.
- McGovern-Stella Link Regional Library / 7405 Stella Link Rd. Houston, TX 77025 / 12 - 8 p.m.
- Moody Neighborhood Library / 9525 Irvington Blvd. Houston, TX 77022/ 10 a.m. - 6 p.m.
- Oak Forest Neighborhood Library / 1349 West 43rd St. Houston, TX 77018 / 10 a.m. - 6 p.m.
- Park Place Regional Library / 8145 Park Place Blvd. Houston, TX 77017 / 12 - 8 p.m.
- Robinson-Westchase Neighborhood Library / 3223 Wilcrest Dr. Houston, TX 77042 / 12 - 8 p.m.
- Shepard-Acres Homes Neighborhood Library / 8501 West Montgomery Rd., 77088/ 10 a.m. - 6 p.m.
- Smith Neighborhood Library / 3624 Scott St. Houston, TX 77004 / 10 a.m. - 6 p.m.
- Stanaker Neighborhood Library / 611 S Sgt Macario Garcia St. Houston, TX 77011 / 10 a.m. - 6 p.m.
- Stimley-Blue Ridge Neighborhood Library / 7007 West Fuqua St. Houston, TX 77489 / 10 a.m. - 6 p.m.
- Tuttle Neighborhood Library / 702 Kress St. Houston, TX 77020 / 10 a.m. - 6 p.m.
- Vinson Neighborhood Library / 3810 West Fuqua St. Houston, TX 77045 / 10 a.m. - 6 p.m.
- Walker Neighborhood Library / 11630 Chimney Rock Rd, Houston, TX 77035 / 10 a.m. - 6 p.m.
- Walter Neighborhood Library / 7660 Clarewood Dr. Houston, TX 77036 / 10 a.m. - 6 p.m.
- Young Neighborhood Library / 5107 Griggs Rd. Houston, TX 77021 / 12 - 8 p.m.

Monitor Official Sources for Current Information: Rumors and misinformation can be common before and during major storms. It is important to seek out official information from trusted sources.

Official sources include:

- City of Houston Emergency Information Center (houstontx.gov/emergency),
- National Weather Service Houston/Galveston Forecast Office (weather.gov/hgx)
- National Hurricane Center (hurricanes.gov)
- Harris County Flood Warning System (harriscountyfws.org)
- Houston TranStar (houstontranstar.org)

County Cooling Centers

Precinct 1

The following community centers will be open with normal operations:

- Tom Bass Community Center: 15108 Cullen Blvd., Houston, TX 77047
- Lincoln Park Community Center: 979 Greshaw St., Houston, TX 77088
- Finnigan Park Community Center: 4900 Providence St., Houston, TX 77020
- YET Center: 4900 Providence St., Houston, TX 77020
- Julia C. Hester House: 2020 Solo St., Houston, TX 77020

Precinct 2

Monday- Friday 8 am - 8 pm | Lunes – Viernes 8 AM – 8 PM

- Bay Area Community Center
- East Harris County Activity Center
- Felix L. Baldree Community Center
- Hardy Senior Center
- JD Walker Community Center
- Mangum-Howell
- Leonel Castillo Community Center

Precinct 3

July 18 | el 18 de julio

- All Community Centers are open.
- Todos los Centros Comunitarios están abiertos.
- To view regular hours for the open Community Centers, please visit:
<https://www.pct3.com/Explore/Community-Centers>
- Para ver el horario habitual de los Centros Comunitarios abiertos visite:
<https://www.pct3.com/Explore/Community-Centers>

Precinct 4

July 18 | el 18 de julio

- All Community Centers are open. | Todos los Centros Comunitarios están abiertos.
- To view regular hours for the open Community Centers, please visit: | Para ver el horario habitual de los Centros Comunitarios abiertos visite:
<https://cp4.harriscountytexas.gov/Community-Centers>



Safety Notes - Home Generator Safety

When the electricity is not available, dangers such as heat exhaustion, heat stroke, and secondary hazards such as food poisoning from unrefrigerated foods can become present. The use of a home generator can help with providing relatively short-term electricity. However, several safety measures are needed to ensure the home generator does not create added risks.



Home Generator Hazards

- First and foremost, please consult appropriate experts when selecting, setting up, and operating a generator.
- These include a qualified electrician or other expert to help determine which generator is needed, including how many amps the generator needs to supply, and the best installation setup for the generator.
- Electricians are needed if the generator will be connected to the dwelling's wiring, such as installing a power transfer switch.
- Furthermore, always read and reference the generator's manufacturer's directions. Remember to check the generator's directions to avoid overloading it (running more electricity through the generator than it is designed to accommodate).

When the generator has been selected and placed in service, several hazards must be monitored to prevent fires, burns, electrocution, electrical shock, inhalation of toxic exhaust, Carbon Monoxide poisoning, and other related hazards.

Electricity

- Generators need to be dry and out of the rain or other wet conditions.
- Generators cannot be handled with wet hands.
- Generators need to be placed on a dry surface and covered by something such as a canopy, a tarp held up by poles, a tent, or other cover; however, do not run a generator inside a structure, including a house, apartment, garage, storage shed, or other enclosed area.
- Ensure the generator cable has no cuts, tears, or other damage and contains all three prongs, including the grounding pin (the third prong, usually round).
- Never plug a generator into a wall outlet/electrical receptacle.

Poisoning

- Running a home generator creates exhaust and Carbon Monoxide.
- For these reasons, generators need to be placed at least 20 (twenty) feet from the dwelling. Generators must not be run inside a structure including a house, apartment, garage, storage shed or other enclosure.
- Generators must be kept clear of inlets to a dwelling including windows, vents, and the like.
- Opening doors, opening windows, or running fans will not ventilate Carbon Monoxide.
- Carbon Monoxide detectors/monitors should be placed in central locations; batteries need to be checked and replaced on a schedule to prevent the detector/monitor running out of power.
- Even if generator exhaust cannot be smelled, Carbon Monoxide may still be present; if anyone feels sick, dizzy, weak, or other unwell while running a generator, get fresh air immediately and call for help.

Fire

- Turn the generator off and allow time for it to cool off before refueling it; this will prevent burns and potential fires from spilled fuel igniting upon contact with hot generator parts such as the engine.
- Also, at least five (5) feet of clearance space on all sides of the generator is needed to prevent creating and trapping heat.
- Generator fuel must be stored in an approved safety container and the container must be stored in safe conditions; for example, flammable gasoline is contained in an approved flammable-safety gasoline storage container that is stored in a flammable storage cabinet or equivalent.
- Flammable liquids or other materials must be stored away from living areas, away from heat/ignition sources (including appliances, water heaters, heaters, and more), and in a secured/protected area.
- Local laws may restrict how much fuel can be stored in one location/container/cabinet; your local Fire Department can provide more information.
- Generator fuel type must be determined by the generator's directions and label.
- Appliances being powered by the generator need to be plugged directly into the generator or with a heavy-duty, outdoor-rated extension cord rated for the amps/watts required by the total amount needed for everything being powered by the generator.

(information aggregated from the National Fire Protection Association, the National Electric Code, the Consumer Product Safety Association, and the Center for Disease Control)





HPD Recruitment!



The Houston Police Department is hiring qualified police officer candidates for our upcoming academy classes. As the fifth largest agency in the nation, HPD sets the bar for professionalism, innovation and a progressive approach to relational policing. Our diverse workforce of more than 5,400 officers and 892 civilian support personnel are a dedicated, enthusiastic group of professionals who proudly serve over 2 million Houston residents.



For more information.



HFD Recruitment!

YOUR HOUSTON FIRE DEPARTMENT



Paid Training • Bilingual Pay • Education Pay • Specialty Premium Pay & More

Benefits: Tuition Exemption (Fire Science Courses) • Great Work Schedule
Pension • Deferred Compensation • Medical • Dental • Vision & More

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Apply Today
Hfdcareers.org
832.394.6600



**Neighborhood
Academy**



MAKE A DIFFERENCE IN **YOUR COMMUNITY!**

8 SESSIONS VIA MICROSOFT TEAMS AND IN PERSON

September 25, 2024 – November 13, 2024
Sessions will be held on Wednesdays, 6-8:30 p.m.

Discover

- Civic engagement techniques
- Leadership development
- Understanding operations of City and County governments
- Navigating city and community resources

Scan QR code to apply!



Link: bit.ly/DONACADEMY

**Application deadline
August 23, 2024**



HOUSTON FIRE DEPARTMENT GRADUATION CEREMONY



CADET CLASS 2023E
THURSDAY, JUNE 27, 2024



**CONGRATULATIONS,
GRADUATES!**



Kingwood 4th of July Parade





LSC-KINGWOOD

LSC-Kingwood Continuing Education Program offers fast track to jobs

The programs focus mostly on workforce skills, including business, technology, construction, transportation, public safety, and health. Certificates include either industry-recognized certification or state or national occupational accreditation.

Class times are flexible as well, offered during the day, evening, weekend, hybrid, and even online.

The Continuing Education program also offers courses such as English for Speakers of Other Languages (ESOL), the GED test, Academy for Lifelong Learning program for seniors (50+) and LifePath, a program for students with cognitive learning disorders.

If you are interested in CE courses, visit <https://www.lonestar.edu/continuing-education.htm> for more information.

Lone Star College enrolls over 80,000 students each semester providing high-quality, low-cost academic transfer and career training education. LSC is training tomorrow's workforce today and redefining the community college experience to support student success. Mario K. Castillo, J.D. serves as Chancellor of LSC, the largest institution of higher education in the Houston area. LSC has been named a 2023 Great Colleges to Work For® institution by the Chronicle of Higher Education and recognized by Fortune Magazine and Great Place To Work® as one of this year's Best Workplaces in Texas™. LSC consists of eight colleges, seven centers, eight Workforce Centers of Excellence and Lone Star Corporate College. **To learn more, visit [Lonestar.edu](https://www.lonestar.edu).**





written by:
Chef Willie Holmes

CARTER'S Cooking Corner

JULY 2024 / VOL. 003



Chef Willie Holmes

Summer Seafood Chowder

Who Says You Cant Have
 Chowder in the summer?

Ingredients:

- 3 Cups of Water
- 2 Cups of Veggie Broth
- 1 cup of Heavy Cream
- 3Tbs EVOO (oil)
- 1/2 Cup Flour, AP
- 1/4 lb Bacon, Large Chopped.
- 1Lb Rock Shrimp, (HEB)
- 1/2 Onion, Chopped
- 1/4 Celery, Diced
- 1Tbs Thyme
- 1 whole Bay Leaf
- 2 Tbs Red Chili Flakes
- 2 Tbs Fresh Minced Garlic
- Dash of Salt and Pepper
- Dash of Lemon Pepper
- Dash of Garlic Powder
- Dash of Old Bay Seasoning

Directions:

- STEP 1:** In a Pot, Saute Onion, Garlic, Celery & Bacon until bacon is cooked. Remove Cooked Bacon. Add in your flour to make roux; whisking for about 3mins. Pour in your water and keep whisking until combined.
- STEP 2:** Once Whisked, add all remaining liquids.. Bring mixture to a boil and stir consistantly until fully combined.
- STEP 3:** Add in Thyme, Bay leaf, & Chili Flakes. Season with salt, pepper, garlic powder, & lemon pepper, and old bay.
- STEP 4:** In a separate skillet, sauté the rock shrimp. Bring the chowder to a slow simmer for 30 minutes. Stirring Occasionally.
- STEP 5:** Top The Chowder with your cooked rock shrimp, cooked bacon and parsley to garnish.

TOP NEWS

Recipe of the Month:
 Chowder in the summer?

Roux, Rue or Roo... We have the results!

Featured Chef of the Month
 Cassi Gregory



Featured Chef of the Month

Introducing: Chef Cassi (35)

Born: Houston, Tx.

Culinary Style: Private Chef /
 Caterer & Entrepreneur

Cooking Style: Elevated
 Southern Comfort

Favorite Thing to Cook: Red
 Wine Braised Short Ribs and
 Truffle Mash Potato

Favorite Thing to Bake: Red
 Velvet Cornbread

Business Information:

Name: Chef Cassis Tale
 Contact: (832) 253-7920



@chefcassi



Roux Facts: What You Need To Know

-Roux is combination of cooked "fat" and flour, used to thicken Sauces, Soups, and Gravy's.

-Rue was a fictional character from The Hunger Games series starring Jennifer Lawrence.

-Did you know there are 3 types of Rouxs?
 Theres Blonde (blondē), Brown (brūn),
 and White (blanc).

-Never Add Flour and Butter to water that
 is Not boiling.

-How Much Roux to make? Just
 Remember, 3/4 lb of white roux can
 thicken a gallon of sauce.

-2 Additional Agents to Consider when
 finishing your Roux:
 (1) Egg Yolks for a Silky Finish &
 (2) Heavy Cream to add richness

RESOURCES

HPD (Non-Emergency).....	713.884.3131
Airport System.....	281.233.3000
Animal Control (BARC).....	713.229.7300
Anti-Gang Office.....	832.393.0931
Area Agency on Aging.....	832.393.4401
Citizens' Assistance.....	832.393.0955
City Secretary.....	832.393.1100
Dept. of Neighborhoods.....	832.393.1038
Health & Human Services.....	832.393.5169
Mayor's Office	832.393.1000
Municipal Courts	713.837.0311
Parks Department.....	832.395.7000
Permitting Center.....	832.394.9000
Public Works & Engineering	832.395.2511
Solid Waste Management.....	713.956.6589
HCDAO Victims Services.....	713.274.0250
LGBT Switchboard 24-hour Helpline.....	713.529.3211
Anti-Defamation League.....	713.627.3490
The Montrose Center.....	713.529.0037
Texas Family and Protective Services.....	800.252.5400
Power Outages.....	713.207.2222

Senior Citizen Resources

Housing Resources for Seniors

www.hud.gov/states/texas/homeownership/seniors

Texas Veterans Legal Assistance Project

www.tlsc.org/veterans

Social Security - www.ssa.gov

Service for Caregivers

<https://www.hhs.texas.gov/services/health/support-caregivers>

Texas Driver License Information for Seniors

<https://www.dps.texas.gov/section/driver-license/drivers-age-79-or-older>

AARP - www.aarp.org

Report city issues to 311



For Local Domestic Violence Resources



Parents of Murdered Children and Surviving Family Members of Homicide meet at Crime Stoppers of Houston every month on the 2nd Tuesday.

The mission of Crime Stoppers of Houston's Victim Services and Advocacy Program is to promote safety, healing, justice and rights for crime victims and survivors. Victims of crime are the only unwilling participants in the criminal justice system. All are invited to join us for these meetings.

Parents of Murdered Children and Surviving Family Members of Homicide have chapters all over the country to assist those who have lost loved ones to murder.

[Parents of Murdered Children – Monthly Meeting Details](#)

At-Large 3 Team



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Phone: 311 or 713.837.0311
Email: mayor@houstontx.gov

Controller Chris Hollins
City of Houston
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Houston, TX 77002
Phone: 832.393.3460

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- District F - Tiffany Thomas**
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