

Volume 16, Issue 3

March 2017

Yard of the Month Calloway's/Cornelius 2017 Good Neighbor Program

If you need inspiration to get started with the remains of your yard after the freezing temperature, perhaps learning that the Calloway's/Cornelius Good Neighbor Program will begin in April will suffice.

New to the Good Neighbor program this year is the addition of Blooming Rewards. Instead of mailing physical gift cards to the Yard of the Month winners, Cornelius will enroll the winners in Cornelius Blooming Rewards program and will credit the account with a \$25 gift online! Once credited, the resident will go to Cornelius and give the phone number to a cashier at checkout and they will see the \$25 credit!

Also new this year, Cornelius will allow Lakes on Eldridge committee to choose three Yard of the Month winners who will each receive a virtual award of \$25.

• To qualify for an award, the ONLY sign that can be displayed in the winning yard is the Calloway's/Cornelius Yard of the Month sign, or the \$25 credit will be forfeited

• Any submissions with other signs will be discarded and will forfeit their reward

• All submissions MUST contain forms completed in full as well as all required documents, or the reward will be forfeited

• One win per household through annual program April – November 2017

Selection process limited to YOM Committee Members

• Yard Selection Criteria : Color, Balance, Maintenance, Aesthetics

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Lakes on Eldridge Dolphins 18th Season

The Lakes on Eldridge Dolphins Swim Team will begin their 18th season in 2017! We are again recruiting enthusiastic swimmers ages 5-18 looking to have fun this spring and summer. (Swimmers should be able to swim the length of the pool by the end of the second week of practice.)

LOEST is a voluntary recreational swim team operated for Lakes on Eldridge and surrounding neighborhoods. LOEST encourages a competitive swim team environment and provides the opportunity for growth, training, enjoyment, good sportsmanship and participation to all active team members. LOEST cannot function without parent involvement, so each participating family is required to fulfill a volunteer commitment. It's a great way to meet other families and adults in our community.

Please take note of the following important registration dates:

March 10th - Registration open for all past families March 24th - Registration opens to new families March 27th - Informational Meeting and Swim Suit Pre Sales April 24th - Guppy School Begins

Make sure to check out our website www.loedolphin.org for important dates and anything and everything about the LOEST Dolphins. You can also email teamrep@loedolphines.org for any questions you may have.

IMPORTANT NUMBERS

| Creative Management Company713-772-4420 | |
|--|--|
| Gate Attendant | |
| Waterfowl, Betty Burkett713-302-9929 | |
| Sheriff - (non-emergency) | |
| Cy-Fair Fire Department - (emergency) | |
| (non-emergency) | |
| Poison Control1-800-764-7661 | |
| Texas DPS713-681-1761 | |
| Waste Management | |
| (trash collection Mondays & Thursdays) | |
| TNG Utility (Water) | |
| Harris County Tax Office | |
| Reliant Energy | |
| CenterPoint (gas) | |
| Center Point (street light) | |
| (give pole # of street which is out) | |
| Comcast | |
| Houston Chronicle | |
| Metro Transit Info713-635-4000 | |
| Kirk Elementary 713-849-8250 | |
| Truitt Middle School | |
| Cy-Falls High School | |
| Cy-Ridge High School | |
| Newsletter Publisher | |
| Peel, Incadvertising@PEELinc.com, 888-687-6444 | |
| | |

LOE BOARD OF DIRECTORS

To contact a member of the Board of Directors, call Christi Keller with Creative Management Company at 713-772-4420. Leave the number where you can be reached. Your message will then be forwarded onto one of the following board members:

| David Westphal | President |
|-----------------|-----------|
| Gary Fehsenfeld | |
| Michel Hayek | |
| Erik Roussel | |
| Sue Strebel | Director |
| | |

Visit the Association Website: www.lakesoneldridge.net





TRASH AND YARD CLIPPINGS ARE OUT TOO EARLY

Per our community rules, trash and all related items, which includes bagged yard waste, are to be put at the street curb NO EARLIER THAN THE NIGHT BEFORE TRASH PICK UP DAYS. We are seeing large numbers of homes with bagged yard clippings and cut and bundled limbs putting it at their street curb on their lawn maintenance day. This IS NOT PERMITTED and it causes a negative curb appeal and nuisance to others when these items sit on the curbs for days and over the weekends.

If you use a lawn service, PLEASE ADVISE THEM to take your lawn debris and place it up by your garage door and NOT at the curb unless they are doing your lawn the same day as trash pick-up. Let's all be considerate of neighbors and general street appeal and keep your trash containers and lawn debris up by your garage until the night before trash pick-up. ALSO note trash containers, except for trash service days, are not to be stored where visible from the street.

STREET PARKING IS FOR GUESTS AND SERVICE PROVIDERS, NOT FOR RESIDENTS' VEHICLES

As we have stated in the past and it is time for another friendly reminder. Vehicles that are owned and driven by residents are NOT permitted to be parked on the streets in LOE. Each home has a garage and a driveway and that is where the resident vehicles need to be parked. Street parking is for guests and service providers working at your home on repairs or maintenance. TOO OFTEN residents are parking on the street and blocking safe access to neighboring driveways and mailboxes. This disallowed parking will result in those resident vehicles getting ticketed. Let's all do our part and be cognizant of our activities and how they affect the community and our neighbors.

If you have a care giver or family member that comes to your home on a regular basis, you may request a Frequent Visitor Pass, the form is on the website or you can request it from lmunoz@ cmctx.com. The pass is placed on the dashboard of the visitor's vehicle and it expedites registration at the Visitor Gate and also lets Patrol know it is a visitor and can park on the street, but not blocking driveways, intersections or mailboxes.

NOBODY SELLS YOUR Neighborhood Better Than a Neighbor!



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Michelle@MichelleHinton.com www.MichelleHinton.com

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Interested in meeting some other families in the neighborhood? Join LOE Families on Facebook! We host play dates, pool parties, holiday events, moms night out and more.

We are looking for volunteers to help plan the LOE Easter Egg Hunt. All community events are completely volunteer driven, so we need your help to have successful events. Please contact us if you are interested in helping us out.

Upcoming events:

3/26 @ 3:30 PM – Sunday Afternoon Movie (Ice Age) at the Flexroom

4/8 @ 10 AM – Easter Egg Hunt at the Clubhouse

Every Monday @ 11 AM – Infant/Young Toddler Playdate – see Facebook page for details

Want to join LOE Families, but not on Facebook? Email Christine at lakesoneldridgefamilies@gmail.com.

KIRK ELEMENTARY PTO ANNUAL



SATURDAY, APRIL 01, 2017 KIRK ELEMENTARY SCHOOL • 12421 TANNER ROAD 11:00 A.M.TO 3:00 P.M.

The Kirk Elementary PTO Annual Spring Festival is right around the corner! Please join us for a fun-filled day & help raise money for a terrific cause. There will be: food, rides, games, raffle basket drawings, a live DJ, face painting, and balloon artist. Bring your family, friends and neighbor to the best festival ever!





LOE ASSOCIATION FORMS AND INFO ON THE LOE WEBSITE. CHECK THE RESOURCES TAB

If you haven't registered for the LOE website, you are missing out on great information and general community announcements. It is important that you register for access to this website. Tenants also need to follow these instructions to get registered so you can have access to the website and gain helpful information during your residency in this great community. Receive notifications, messages and reminders from your HOA; Find HOA documents, forms and events information; Find contact information for the HOA management company. There are multiple ways to join:

 \bullet Text "lakes oneldridge" to 59248 and receive a text back with an app download link

• Go to https://lakesoneldridge.nabrnetwork.com

If you haven't received a welcome email, use the new user registration button and follow the instructions. If you are a new resident to the community, it may take a few days for the management company to confirm your residency. An email notification with login credentials will be sent to you once you are authorized. If you have any issues or need login support, please contact Nabr Network Support (support@nabrnetwork. com). If you are a Tenant, please indicate that in your email.

LOE SOCIAL TIME at our Open Clubhouse

The 1st Friday of each month from 6:00 pm - 10:00 pm. It is BYOB and an appetizer to share. This is a casual time for neighbors to meet up and chill out together at the clubhouse. March's Open Clubhouse will be held on Friday, March 3rd from 6pm - 10pm.

Vehicle Decals are Required

These decals have been required for many years in LOE. Properly displaying them on your windshield near your registration/inspection sticker helps identify your vehicle as belonging in LOE as a resident. If you have switched out vehicles, bought another one or whatever the case may be, each resident vehicle needs a decal. The form to request the Decal is on the website at www.lakesoneldridge.net under Resources then click the Forms link. We need the make, model, year of the vehicle and license plate filled out on the form and email it to general@cmctx. conm and in the subject line please put LOE Vehicle Decal and Lizzie will process your request and mail you the decals.

Frequent Visitor Dashboard Pass

If you have visitors or care givers, etc. that regularly come to your home, you may obtain a Frequent Visitor Pass for them to display on their dashboard. They still have to check in with the main gate attendant in the Visitor's Lane but their check in is expedited with the information on the dash pass. These request forms are also on the website under Forms or email us at general@cmctx.com and in the Subject Line put LOE Frequent Visitor Pass. Lizzie will email you the form, you return it to her and she will process the pass for you.

Who Do I Contact?

Creative Management is here to assist you: 713-772-4420; general@ cmctx.com

- Christi Keller, Association Manager ckeller@cmctx.com
- Lizzie Munoz, Administrative Asst. she handles requests for decals, visitor passes, amenity fobs and clubhouse reservations
- Collection Department general@cmctx.com Reference Assessments in your email

LAKES ON ELDRIDGE MAINTENANCE COMPLETED - FEBRUARY



• Cleaned and sealed 6 more dirty brick village entrance monuments. Will clean the remaining dirty ones soon.

• Repaired brick column at Heather Run entrance that was struck by lightning.

• Raised concrete sidewalks in several areas that were not draining properly.

• MUD completed replacement of failed retaining wall at Lake E.

• Installed new light fixture in Workout Room alcove to better light coat rack and storage for personal valuables.

• Repaired pump and electrical for the fountain feature in front of the clubhouse.

• MUD used an underground foaming technique to eliminate leaks from Lake B into Turkey Creek.

• Restored power to light bollards on the bridge over Turkey Creek.



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14120 Memorial Drive | Houston, Texas 77079 | 281.531.6088



LOE Book Club

Our reading list for 2017 has some really interesting books. Join your fellow neighbors in discussing the following choices. We meet the 4th Monday of each month at 7:30 P.M. (unless we decide to skip a month or change the meeting day). We take turns hosting the meeting and sometimes change the date or book, so please contact celeste.fritz@gmail.com to get the details for each meeting.

March 27 – <u>Calling Me Home</u> by Julie Kibler. A soaring debut interweaving the story of a heartbreaking, forbidden love in 1930s Kentucky with an unlikely modern-day friendship. Eighty-nineyear-old Isabelle McAllister has a favor to ask her hairdresser Dorrie Curtis. It's a big one. Isabelle wants Dorrie, a black single mom in her thirties, to drop everything to drive her from her home in Arlington, Texas, to a funeral in Cincinnati. With no clear explanation why. Tomorrow.

Dorrie, fleeing problems of her own and curious whether she can unlock the secrets of Isabelle's guarded past, scarcely hesitates before agreeing, not knowing it will be a journey that changes both their lives.

Over the years, Dorrie and Isabelle have developed more than just a business relationship. They are friends. But Dorrie, fretting over the new man in her life and her teenage son's irresponsible choices, still wonders why Isabelle chose her.

Isabelle confesses that, as a willful teen in 1930s Kentucky, she fell deeply in love with Robert Prewitt, a would-be doctor and the black son of her family's housekeeper—in a town where blacks weren't allowed after dark. The tale of their forbidden relationship and its tragic consequences makes it clear Dorrie and Isabelle are headed for a gathering of the utmost importance and that the history of Isabelle's first and greatest love just might help Dorrie find her own way.

April 24 – <u>Moloka'i</u> by Alan Brennert. This richly imagined novel, set in Hawai'i more than a century ago, is an extraordinary epic of a little-known time and place---and a deeply moving testament to the resiliency of the human spirit.

Rachel Kalama, a spirited seven-year-old Hawaiian girl, dreams of visiting far-off lands like her father, a merchant seaman. Then one day a rose-colored mark appears on her skin, and those dreams are stolen from her. Taken from her home and family, Rachel is sent to Kalaupapa, the quarantined leprosy settlement on the island of Moloka'i. Here her life is supposed to end---but instead she discovers it is only just beginning.

So many books, so little time!...



Life Lived Beautifully® ALLOWAY'S NURSERY®

Monthly Lawn & Garden Checklist

<u>January</u>

- Service lawn mower
- Prune Trees and Roses
- Prepare garden soils
- Spray All Seasons Oil Spray for scale
- Buy and plant Fruit Trees
- Use Calloway's Tree & Shrub Planting Mix

February

- Apply weed preemergent as recommended
- □ Use Bonide Crabgrass Preventer with Dimension for grassy and broadleaf weeds or Bonide Weed Beater Complete Granules for pre & post control!
- Purchase Caladium Bulbs
- Plant or transplant Trees and Shrubs
- □ Spray dandelions (another broadleaf weed) with Bonide Weed Beater Southern

March

- ☐ For new lawns apply
- Calloway's Premium Lawn Food 21-5-10
- Phosphorus Free Lawn Food 21-0-0 Apply Turf Soil Builder; it revives the soil!
- Spray visible Winter weeds with
- Bonide Weed Beater Southern
- □ Plant Spring flowers using Calloway's Flower Bed Mix
- Purchase Caladium Bulbs
- Amend vegetable beds with Calloway's Organic Compost

April

- Plant Spring Bulbs
- Plant Caladium Bulbs after the 15th
- □ Feed Trees and Shrubs with Calloway's Professional 16-8-8 Tree & Shrub Food
- □ Watch for fungus and brown patch; apply Bonide Infuse Systemic Fungicide as needed
- Prune Shrubs
- □ Apply Bonide Weed Beater Southern to stop broadleaf weeds
- □ Plant Spring annuals and perennials then fertilize with Calloway's 14-14-14 or Calloway's Amazing Gardens

Мау

- Apply 2nd application of preemergents for crabgrass and grass burrs
- Apply Calloway's Premium Lawn Food
- Apply Turf Soil Builder; it revives the soil!
- Apply Image for nutsedge
- □ Spray established weeds with

Bonide Weed Beater Southern

June

- □ Watch for scale on Crapemyrtles
- □ Treat web worms on Trees and Shrubs with Summit Caterpillar & Worm Killer
- Apply **Fungicide** to stop lawn fungus
- Treat insect problems on lawns or ornamentals with Bonide Insect & Grub Control
- Control fire ants with Amdro or Orthene Fire Ant Killer
- □ Watch for June bugs (adult grub worms) see below
- Apply Natural CedarCide to deter mosquitoes

July

- ☐ At mid-month treat for grubs with Bayer Season Long Grub Killer or Bonide Insect & Grub Control, available in spray or granules
- ☐ Feed Trees and Shrubs with Calloway's Professional 16-8-8 Tree & Shrub Food
- Protessional 16-8-8 Tree & Shrub Foo
- □ Water pots and hanging baskets daily
- $\hfill\square$ Water lawns, 1" per week, best done in early mornings

August

- Treat insect problems
- □ Water pots and hanging baskets daily
- U Water lawns, 1" per week, best done in early mornings

September

- Use Bonide Crabgrass Preventer with Dimension for grassy and broadleaf weeds or Bonide Weed Beater Complete Granules for pre & post control!
- □ Fertilize lawns with Calloway's Premium Lawn Food
- Apply **Turf Soil Builder**; it revives the soil!
- Plant Fall Flowers
- □ Watch for fungus in lawns and, if necessary, treat with Bonide Infuse Spray or Granules

October

- Purchase Spring Bulbs. Tulips and Hyacinths must spend 45 days in refrigeration
- Winterize lawns with Calloway's Premium Lawn Food
- Plant Pansies and fertilize with Calloway's Professional Pansy Food

November

□ Time to Plant Wildflower Seeds

December

- Plant bulbs 1st of month, using Jobe's Bone Meal to provide nutrients
- Prune Trees

C ALLOWAY'S

The Organic Checklist

January

- □ Fertilize annuals and grasses with Calloway's Organic & Natural Fertilizer
- □ Spray Bonide All Seasons Oil Spray to
- control scale insects, if needed ☐ Prune evergreen Trees and Shrubs

February

- □ Corn Gluten Meal has been known to deter weed seeds from germinating!
- Plant Trees and Shrubs using Calloway's Tree & Shrub Planting Mix
- Apply Soil Mender Lava Sand to beds
- □ Prune Peach and Plum Trees

March

- E Fertilize all planting areas if not done in February
- □ Mulch all bare soil
- □ Amend vegetable beds with Calloway's Organic Compost and Organic Soil
- Apply Turf Soil Builder; it revives the soil!

April

- □ Apply Calloway's Organic & Natural Fertilizer
- □ Corn Gluten Meal has been known to deter weed seeds from germinating!
- □ Release beneficial Insects
- Leave foliage on Daffodils to recharge the bulbs
- Spray Bonide Neem on Roses

Мау

- Apply Calloway's Organic & Natural Fertilizer, Soil Mender Molasses, and Texas Greensand if we have over 8" of rain since last application
- □ Release beneficial insects
- Use Summit BT Spray for bagworms
- □ Prune Spring blooming Shrubs

June

- Apply Calloway's Organic & Natural Fertilizer, Soil Mender Molasses, and Texas Greensand first of the month if not applied in May
- □ Apply Corn Meal for fungus problems as needed
- Control Web Worms with Summit B.T. Worm Spray or Bonide Captain Jack's (Spinosad)
- □ Control snails, slugs, and pill bugs with Monterey's Sluggo Snail and Slug Control

- Deadhead spent blooms
- Apply Natural CedarCide to deter mosquitoes

July

- Apply Soil Mender Liquid Fish & Seaweed twice this month
- Use Soil Mender Diatomaceous Earth to control crawling insects
- □ Mulch to conserve moisture
- □ Apply Soil Mender Molasses and Texas Greensand once to the lawn and beds

August

- Apply Soil Mender Liquid Fish & Seaweed twice this month
- □ Mulch to conserve moisture

September

- Apply Soil Mender Liquid Fish & Seaweed twice this month
- □ Apply Calloway's Organic & Natural Fertilizer
- Apply Turf Soil Builder; it revives the soil!
- □ **Corn Gluten Meal** has been known to deter weed seeds from germinating!
- □ Apply Soil Mender Molasses and Texas Greensand

<u>October</u>

- Corn Gluten Meal, applied mid-to-late in month, has been known to deter weed seeds from germinating!
- □ Rake and remove leaves on your lawn
- □ Apply Soil Mender Lava Sand
- □ Plant Trees and Shrubs
- Divide Summer blooming perennials
- □ Use Jobe's Blood Meal to provide nutrients

November

- □ Fertilize bulbs, annuals, and perennials with Calloway's Organic & Natural Fertilizer
- □ Mulch for Winter protection
- □ Plant Winter annual color

December

- Plant Spring Bulbs (Tulips, Hyacinths) using Jobe's Bone Meal to provide nutrients
- □ Water areas that become dry
- Cut back on watering and fertilizing houseplants

Successful Flushing of the MUD 341 Water Distribution System Prepared by Russell Rush, President, MUD 341

Last month (February 6th through 10th), TNG Utility successfully conducted a routine water distribution system flush throughout MUD 341, which includes Lakes on Eldridge.

The reason the flush was performed was due to the fact that the County surface water used by MUD 341 is treated with chlorine and ammonia, which results in the formation of Chloramines, and over time, nitrates build up in the system. The water quality tests done by TNG indicated recurring pockets of nitrates in the system. Before nitrate concentrations increased further, TNG recommended a chlorine flush to rebalance system.

The MUD Board made a decision to proceed with the flush while nitrate concentrations were considered to be low. The way this was accomplished, was that additional chlorine was injected into the system at the water plant. Currently the water is treated with a 2.5 to 3.5 ppm of free chlorine. The target treatment level was 4.0 ppm of free chlorine, considerably less than that of commercial pool chlorine concentrations, which range from 5.0 - 8.5 ppm. Starting from the water plant connection point and working through LOE, drain points were opened to flush the lines.

Much discussion and preparation went into the plan long before the work was done. This included a number of meetings, and phone calls with TNG, the HOA (Lakes on Eldridge), Creative Management (LOE property manager) and MUD 341 to insure a successful execution of the plan. TNG prepared a daily flushing plan, and posted it on line, identifying areas on a map that were completed. Each day, a progress report was submitted to Creative Management and MUD 341.

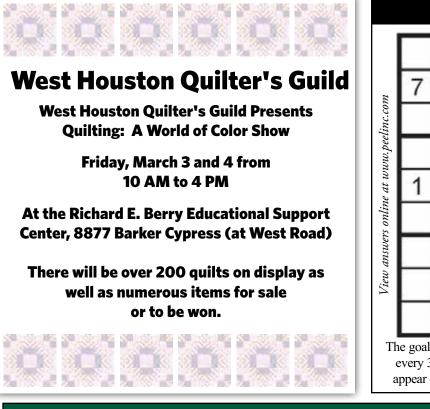
To properly notify the residents and business in MUD 341, the following notifications were made:

- LOE Newsletter Article
- Notice in TNG water bill
- Informational HOA Meeting
- LOE Website Home Page
- LOE email Blast on January 27th and February 3rd
- Hang Tags on all doors on February 1st
- Ongoing status report on LOE website

Our pre-planning proved to be quite successful, in that the project was completed on schedule, with no major issues of concern reported. We extend our appreciation to TNG, which did an excellent job of planning and carrying out the work, in a very professional and timely manner.



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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

Westside Montessori School Education for Toddlers, Primary and Elementary Students Ages 18 months - 6th Grade



What makes WMS unique

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- Parent participation encouraged
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Why so many parents choose Westside Montessori School

- Hands-on multi-sensory materials that stimulate growing minds
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2017 Registration is Underway New Middle School Opens Fall 2017

(281) 556-5970 westsidemontessori.com 13555 Briar Forest Houston, TX 77077 Announcing Montessori Adolescent Program

BEFORE AND AFTER SCHOOL CARE FOR ALL AGES AND PROGRAMS



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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 CANYOU 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.







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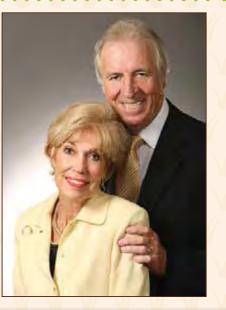


Lakes on Eldridge Residents



GARY GREENE

Clive: 281.460.3168 Nancy: 713.870.3169 ngardner@garygreene.com CliveAndNancy.com



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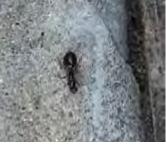
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Red Imported Fire Ants

TEXAS A&M GRILIFE EXTENSION I was making dinner the other night and my kiddo was outside playing. He came rushing in panicked. He discovered the fire

ants of the season. While I knew it was inevitable, I was hoping that it would occur a bit later in the year. But, it's true. Fire ants have begun to yet again, dot the landscape with their mounds.

Spring time is usually when people see fire ants swarming (although it can also happen in the fall). Swarming is a reproductive process that usually occurs on warm days after a rain event. Winged males and females leave the mound and fly into the air to mate. After mating, they fall to the ground where males



Fire ant queen without wings.

die and females break off their wings and search for a location to establish a new colony. Mated females dig a small chamber in soil, lay a few eggs and rear those young by themselves until the young become mature worker ants. At that point workers take over colony functions and the queen continues to expand the population of the colony by laying more eggs.

While searching for a new colony location, many mated fire ant queens are killed by lizards, birds, spiders, other ants, and often my shoe stomping on them. Queens that survive can be managed by broadcasting fire ant bait over your entire property. New colonies are usually very small and may not have substantial mounds for locating easily for individual treatment. When worker ants forage for food, they would have the opportunity to locate, pick up, and carry fire ant bait back to the colony to share with other ants including the queen.

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

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> Held at: John Knox Presbyterian Church 2525 N. Gessner Drive Houston TX 77080

Tickets available online beginning January 30th www.twrcwildlifecenter.org Questions? Contact us: info@twrcwildlifecenter.org

MARCH MARKS NATIONAL NUTRITION MONTH Five Key Nutrition Tips for a Health Lifestyle

March is National Nutrition Month, and it marks the perfect time to assess the foods you eat and commit to a healthy lifestyle. It's never too late to make healthy eating a part of your everyday life and DyRell DiLorenzo, Hospitality Site Manager at Baylor Scott & White Medical Center – Lakeway, is ready to help get you started with these five key tips:

• **Highlight fruits, vegetables, and whole grains** - This category should be 45-60 percent of your daily calorie intake.

• **Fiber, fiber, fiber** - Fiber is important for our bodies during the digestion process, as it slows down how we process these foods.

• **Embrace lean proteins** - This includes poultry, fish, beans, egg whites, nuts, and other lean meats. 15-25 percent of our diet should come from proteins, according to the USDA.

• **Don't fear fats** - Although fats sound like something we should stay away from, it is essential to get between 20-30 percent of your daily calories from fats. Good fats include, olive oil, nuts, seeds, avocado and fatty fish.

• **Moderation is key** - Just because you are eating healthy doesn't mean you can't indulge on occasion. Just be wary of your sugar and calorie intake, read the ingredients, and decide "is this really worth it?"

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health and stabilizing your mood.



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Tips For Protecting Kids On Social Media



Facebook, Twitter, Instagram, Snapchat, WhatsApp...these are but a few of the many online social media tools kids and tweens regularly use. Especially important

for this age group is learning how to navigate social media safely and appropriately. Use these tips from NetSmartz Workshop, an interactive, educational program of the National Center for Missing & Exploited Children[®] (NCMEC) which provides age-appropriate resources to help teach children how to be safer on and offline.

Parents: Do you Know...

What they're posting? Check comments and images for personal information, such as phone numbers and addresses, as well as inappropriate content. Delete anything you think should not be shared and discuss why with your child.

How they access social media? Mobile devices, like cell phones and tablets, allow children to access social media apps away from adult supervision. Children may post content and share their locations without your knowledge. Review app settings to help keep information private and regularly engage in dialogue with your child about social media parameters.

Who they're talking to? Your child may be following people you don't know, or people your child only knows online. Is that okay with you? Talk to your children about this and know what images, messages, and other content your child is sharing.

What account settings they're using? Social media services each have different setups - Look at each one your child uses and review profile content and who can see it. You can control who has access to your child's information.

Who has access to their information? Most social media services have ads and applications from third parties. If children click on these or add them to their profiles, they are allowing access to their personal information. Talk to your children about what's okay to add and what's not.

Continually talk to your children about online safety - dialogue is important. Keep up with who is connecting with your child online and set rules for social networking, instant messaging, e-mailing, online gaming, and webcams. For a vast resource on internet safety, visit http://www.netsmartz.org/InternetSafety.



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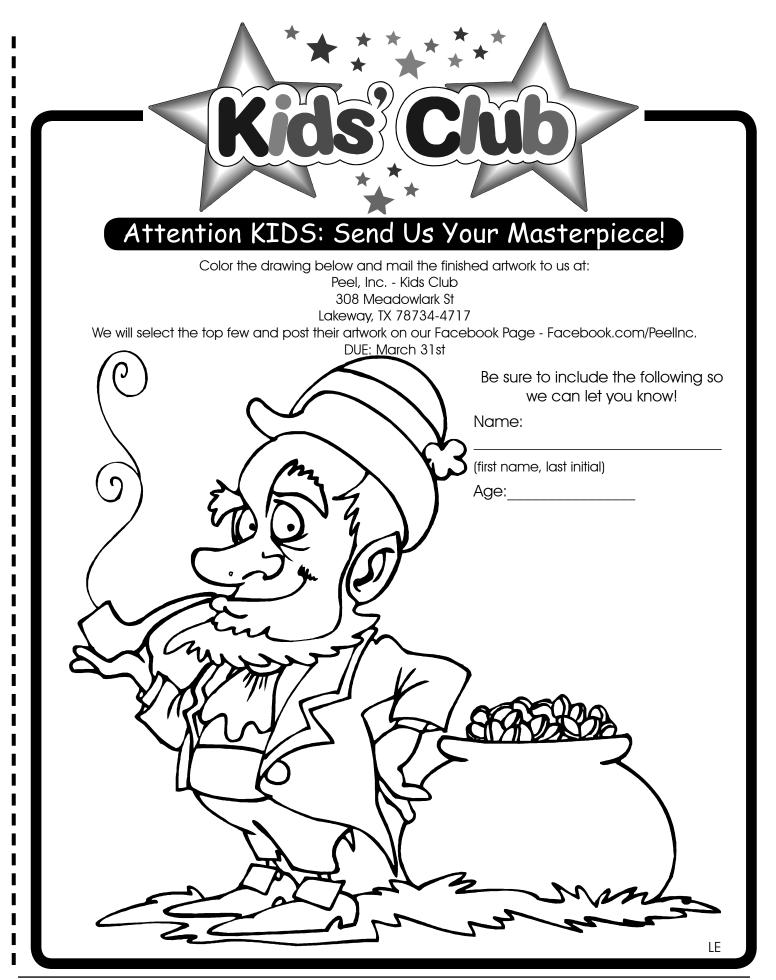
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