



CYPRESS MILL *Chronicle*

NEWS FOR THE RESIDENTS OF CYPRESS MILL

March 2018

Volume 18, Issue 3

MEMORIAL HERMANN CYPRESS HOSPITAL CELEBRATES FIRST ANNIVERSARY OF OPENING

More than 700 babies born, one thousand surgeries completed, and 14 thousand Emergency Center visits. These are just a few of the accomplishments Memorial Hermann Cypress Hospital will be celebrating on the first anniversary of opening on March 31, 2018.

"We've seen amazing growth in the hospital's first year of operation. I am proud that the community has embraced us as a trusted care provider. We will continue to expand services in the years to come to meet the needs of this growing community," said Heath Rushing, Senior Vice President and CEO of Memorial Hermann Cypress.

Since opening, the 81-bed facility has added a High-Risk Pregnancy Center, Wound Care, and robotic surgery capabilities. The hospital also began its journey toward becoming a designated Level III trauma center and Level II Neonatal Intensive Care Unit.

"It takes time to demonstrate the consistent, high-quality care offered at the hospital in order to receive these designations. We feel confident that we will show the state that we can handle seriously injured and ill patients, and ultimately receive both designations," said Jessica Rivas, Vice President and Chief Nursing Officer at Memorial Hermann Cypress.

Memorial Hermann Cypress invites members of the community to attend a First Anniversary Celebration on April 7, 2018 from 10 a.m. to 1 p.m. The family-friendly event will have carnival-style food and games and a live DJ, as well as opportunities to meet affiliated physicians and receive free health screenings.

PILLBUGS

Pillbugs, or roly-polys, are crustaceans, more closely related to crayfish and shrimp than insects. Crustaceans usually live in aquatic environments, but pillbugs are terrestrial. Even though they live on land, they still require moist environments for survival. Pillbugs do not bite, sting, transmit diseases, or cause physical damage to the home or its contents.

Pillbugs are ¼- ½" with dark grey coloring. Their oval bodies are convex above and either flat or concave underneath. Pillbugs have seven pairs of legs and two pairs of antennae and roll up into a ball when disturbed.

Pillbugs are scavengers, feeding mainly on decaying organic matter. They may occasionally feed on young, tender plants, but damage is typically not significant. They can be found under mulch, leaf litter, flower pots, compost, stones or other items resting on the ground.

Pillbugs may invade crawl spaces and homes at ground level with common points of entry being door thresholds and expansion joints. When these pests are seen indoors, there is usually a large population breeding outside of the home near the foundation. Since pillbugs require moisture, they do not survive indoors for more than a few days unless there are very moist or damp conditions.

To manage infestations inside the home, rely on sanitation and exclusion techniques. Repair or replace door thresholds and seal expansion joints where pillbugs may be entering the structure. Pesticides are not usually needed indoors to manage these occasional invaders. They soon die on their own from lack of moisture and can be swept up using a broom and dustpan or a vacuum.

Outdoors, move any piles of debris away from the foundation of the home. If there are high numbers in and around landscape beds, turn the mulch to allow it dry out which makes the area uninhabitable. Any leaky faucets or irrigation lines as well as leaking air conditioning units should be repaired to eliminate moisture buildup. You may choose a pesticide to treat mulched areas or other areas that are harboring large pillbug populations. Look for products labeled for pillbugs, sowbugs, or isopods.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600.

Important Numbers

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Spillane Middle School.....	281-213-1645
Cy-Fair High School	281-897-4600
Cy-Woods High School.....	281-213-1919
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Please email articles to: cypressmill@peelinc.com

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SQUIRRELS

By Cheryl Conley, TWRC Wildlife Center

What do these three words have in common—grey, fox and flyer? If you guessed they are all in the squirrel family, you would be correct. Squirrels are the most widely known and recognized of mammals and inhabit all continents except Antarctica and Australia.

Squirrels have 4 front teeth, two on top and two on the bottom, that continue to grow throughout their lives. Constant gnawing helps to keep them short and sharp.

At TWRC Wildlife Center, there are two non-releasable grey squirrels that are used as Animal Ambassadors. These squirrels don't have access to the outdoors so TWRC must provide them with materials they would find in the wild to keep their teeth trimmed. One of the squirrels has a malocclusion, the result of a fall when he was a baby. Because of the injury, we must file his teeth every month. If not done, it would eventually cause his death because he would be unable to eat.

Grey Squirrels (*Sciurus carolinensis*)

- Predominantly grey in color with a whitish belly.
- They are about 14 to 20 inches long with a 7 to 10 inch tail.
- They have 22 teeth.
- Tend to give birth twice a year.

Fox Squirrels (*Sciurus niger*)

- This is the largest tree squirrel.
- They have a reddish-orange belly.
- They are 18-29 inches long not counting their tail which is about a foot long.
- They have 20 teeth.
- Can have two litters per year but typically only have one.

Flying Squirrels (*Glaucomys volans*)

- There is a membrane, called a patagium, between their front and back legs that allows them to glide from tree to tree. They can glide up to 150 feet.
- They are nocturnal. This is the reason so few people ever see one.
- They are about 9 inches long with a 4 inch tail and weigh about 3 ounces
- Their preferred den sites are holes in stumps and cavities in trees.

Spring babies are already being brought to TWRC Wildlife Center. If you find squirrel babies, TWRC is here to help. During business hours, we're happy to answer your questions over the phone—713-468-TWRC. If it's after hours, go to our website for helpful information: www.twrcwildlifecenter.org.

SOCCER INAUGURAL SEASON

AHFC Royals will make their inaugural season this summer 2018 (May - August). The Royals Premier Development League (PDL) and Women's Premier Soccer League (WPSL) are a pathway for players desiring to play at a higher level. Games will be family fun and played at Tully Stadium. Learn more about the Royals and purchase tickets by going to: www.ahfcroyals.com

AHFC Royals are offering a Summer Training Program (STP) for High School Players as well as STP for College players needing to maintain playing condition before the upcoming College Fall season.

Visit www.ahfcroyals.com for STP or email: pkasperitis@albionhurricanes.org



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Do you know of someone who has trouble putting food on the table? Maybe their employment was suddenly terminated; maybe it's a choice between medications or food; for whatever reason a family can find themselves in a situation where they need a little help.

Fountain of Life Church of God on Mueschke Road runs a food pantry on Mondays from 3:30 pm to 6:00 pm and the only requirement is that the client should live in zip code 77433 and west of Skinner 77429. For more information, contact 281-373-9337. Food donations and volunteers are also greatly appreciated.

Computerized job search and resume preparation and printing are also available.

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JUST ADD WATER



It's hard not to think about water. Just how much water are you using? Is it more or less than your neighbors?

In our community, water usage varies greatly by season. In the hotter, summer months more people are running their sprinklers and filling their swimming pools.

Did you know the typical 14 X 28 ft. pool holds 16,000 – 18,000 gallons? Larger pools can hold double that amount. Don't forget about that irrigation system. Watering your ½ acre lot four times a week can use 45,000 gallons a month, or more.

Inside your home, your typical family of four uses 240-320 gallons per day! According to Texas A&M, the largest water users are the shower, clothes washer and toilets, accounting for about two-thirds

of the water used in an average household. Toilets use up to 27% of the household water supply while clothes washers use 20.9% and showers account for 17.3%. Faucets account for about 15.3% and leaks account for 13.8% of a family's water use. Dishwashers, baths, and other account for the remaining water use. Assuming you have a new water saving showerhead, a four-minute shower uses about 8 gallons of water; older showerheads run at 5 gallons or more per minute. Washing machines can use anywhere from 20-57 gallons per load. Front-loaders tend to use less water and some new high efficiency machines use not only 40-50% less water but less electricity too. Do you know how much water your machine uses per load?

Let's talk about toilets. Older toilets can use 3-7 gallons per flush; newer models are less than half of that. No matter what the model, if its leaking, it's costing you money. A moderate toilet leak will generally waste 6,000 gallons of water a month – that's \$50-\$70 depending on rates! If it's just a flapper or floater that needs replacing, it will cost you around \$3 at your nearest home improvement store. A simple and quick way to determine if your toilet is leaking is to insert a couple drops of food coloring into the tank and don't flush your toilet for 20-30 minutes. Then, check to see if there is color

(Continued on Page 5)

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(Continued from Page 4)

in the toilet bowl. If there is, then you have a running toilet leak. More serious problems should be addressed by a licensed plumber.

Lastly, don't dismiss that pesky leaking faucet. One faucet leaking at a very typical rate of 10 drips per minute, is wasting close to a gallon of water per day. Got a fast drip going? A faucet or showerhead that drips 60 drips per minute wastes 5 gallons of water a day. That's 2,082 gallons per year.

No one wants to be seen as the neighbor who wastes water, especially when your water provider may issue voluntary and/or mandatory rules about water usage during the upcoming summer months. It's always nice to be as eco-friendly as possible, and understanding your water usage often results in savings on your home water bills.

For more information:

- <https://water.tamu.edu/save-water-at-home/> (TAMU Water Education Network)
- <https://water.usgs.gov/edu/activity-drip.html> (Faucet drip calculator)
- <http://www.severntrentservices.com/uploads/how%20much%20water%20does%20my%20irrigation%20system%20use.pdf> (irrigation system usage)



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CFISD BOARD MEMBER TO SPEAK AT MEETING

Cy Fair ISD board member Darcy Mingoia will be a speaker at the next Cy Fair Republican Women's event this month. She has been an active volunteer for the community as well as having been Executive Director of the Lone Star College Foundation and President of the Cy-Fair Houston Chamber of Commerce.

CFRW will meet on Tuesday, March 13th at 10:30 AM.

Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095

Meeting is \$3 – Meeting with Lunch at Noon is \$23.

See the website for details and RSVP to www.cfrw.net by March 6th.

Several candidates attend the meetings regularly so come and get to know them.

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AERATION NOW CAN HELP YOUR SPRING AND SUMMER IRRIGATION

In order to prepare your lawn for a healthy spring growing season, you should employ basic lawn care practices at this time of year, which includes aerating your yard. It is important that nutrients reach the soil beneath your grass, and aeration can help you get that done.

Aeration involves making small holes in the soil to allow air, water and nutrients to get to the grass roots.

This helps the roots grow deeper and produce a stronger, more vibrant lawn.

Aerating helps alleviate soil compaction. Compacted soils have too many solid particles in a space, which prevents proper circulation of air, water and nutrients within the soil. Excess lawn thatch or heavy organic debris buried under the grass surface can also starve the roots from these essential elements.

So when is the right time to get this aeration done? These next six to eight weeks leading up to the spring season, when grass begins to grow again, is a good time to aerate.

The two main aeration tools are the spike aerator and a plug aerator. The spike aerator poke holes in the ground with a solid piece of metal. Plug aerators remove a core or plug of grass and soil from the lawn. Most landscaping companies and horticulturists recommend the use of the plug aerator. The machines can be rented or you can have a lawn care service aerate for you. After aerating, it's always a good idea to apply about a half-inch of compost over the aerated yard. The compost fills in the holes left by the plug aerator and brings organic materials into the root zone.

If you have noticed that your turfgrass isn't looking its best or that water has difficulty penetrating through the soil surface, it may be time to aerate your lawn. Lawns with clay soils that get a lot of foot traffic typically require aeration more often as they become compacted over time. Here's a great tip to check to see if your yard needs to be aerated.

Using a shovel, dig a square-foot section of grass about six inches deep and take a look at it. If the grass roots don't extend further than two inches deep into the soil, your lawn would benefit from aeration.

If you plan to aerate your own yard, here are a few helpful tips to get the job done.

- Before you get started, make sure the soil is moist enough. There's nothing more frustrating than trying to aerate soil that is bone dry. Aerating the day after a rain shower or watering your lawn the day before is advised.
- Most aeration machines cover only a small percentage of soil surface per pass, so make multiple passes over the most compacted areas. Save resources (and your energy) by leaving unaffected areas alone.

- The soil plugs can be left on the ground after aeration and allowed to decompose. Or, you can rake them into piles to throw in the compost bin. However, this isn't necessary as it should take about two to four weeks for the soil cores to break down naturally. Sprinkle compost (sand or peat moss can be used instead of compost) over the lawn to fill in the holes.
- An aeration myth is that if you apply a pre-emergent herbicide on your lawn in the spring, aerating your lawn will destroy the herbicide "barrier." This is not true — research shows that aeration will not affect crabgrass control or weed prevention.

After aerating, it's important to continue appropriate lawn care practices.

Aerating will help you save water over the spring and summer seasons. Instead of running off or only penetrating a few inches, water will be better absorbed in an aerated yard. That makes your entire landscape and your water bill happier.

DID YOU KNOW...

According to the U.S. Environmental Protection Agency, outdoor water use varies greatly depending upon geographic location. In dry climates such as that in the Trinity Glen Rose District, a household's outdoor water use can be as high as 60 percent. Some experts estimate that as much as 50% of that irrigation water is wasted due to inefficient watering techniques, wind and evaporation.



Please remember to pick up after your pets and "scoop the poop"



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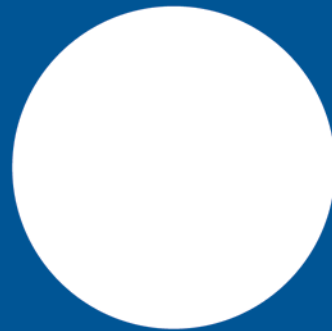
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