



Little Ladies

By Cheryl Conley, TWRC Wildlife Center

As a child, I enjoyed having Ladybugs crawl on my hand. I'd try to count the black spots. Women in the Victorian era believed that if a ladybug landed on them, they would get something new. If it landed on their head, they thought they would receive a new hat. On the hand, it would be new gloves. Today some believe that if a Ladybug lands on you, your wishes will come true.

In North America we call them Ladybugs. In Britain and other English-speaking countries, they are called Ladybirds. Ladybugs aren't really even bugs. Bugs belong to the order Hemiptera. Ladybugs are part of Coleoptera, the Beetle order. These little beetles have an insatiable appetite. That's a good thing for those of you who garden because they eat the insects that invade your plants like aphids, whiteflies and other destructive bugs.

Most of us are probably used to seeing the orange Ladybug with black spots but they come in a wide range of other colors as well—gray, tan, metallic blue. The number of spots can vary, too, and some have no spots at all.

Even though they are small, they still have a defense mechanism to protect themselves from predators. When the insects are disturbed, they emit an odorous, noxious yellow fluid that seeps out of their joints.

Did you know, though, that there are "bad" Ladybugs? Asian Lady Beetles were first discovered in the United States in 1988 and are known as the Ladybugs' evil twin. They, too, devour aphids so in that regard, they are beneficial. Their hefty appetites can extend to non-pest insects as well like monarch butterfly eggs and larvae and that's not good.

Asian Lady Beetles can bite. The bites are not poisonous or extremely painful but in some cases can cause "pink-eye." In the fall or winter, if you notice large numbers of what you believe are ladybugs congregating around your home, they're probably Asian Lady Beetles. When it begins to get cold, they will attempt to



enter your home and can stain walls, furniture and fabrics with the stinky yellow fluid they secrete.

Asian Lady Beetles can be harmful to dogs. When a dog in Kansas started sleeping all the time, refused to eat and was foaming at the mouth, the veterinarian discovered over 30 Asian Lady Beetles had attached themselves to the roof of the mouth.

So how do you tell the difference between the good Ladybug and the evil twin, the Asian Lady Beetle? Look at the markings on their head. From above, Asian lady beetles have a white "M"-shaped spot where their head meets the body.

As part of our mission, we strive to educate you about environmental issues that may affect your lives.

The Ladybug acts as a natural pesticide in nature and they can be easily purchased online. Utilizing this unique feature of the Ladybug can discourage the use of dangerous pesticides that are harmful to all living things. Check out our website at www.twrcwildlifecenter.org for more helpful information.

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Guard House.....281-357-4183

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Willow Creek Elementary281-357-3080
Canyon Pointe Elementary.....281-357-3122
Northpointe Intermediate281-357-3020
Willow Wood Junior High281-357-3030
Tomball High School281-357-3220
Tomball Memorial High School.....281-357-3170

PROPERTY TAX

Harris County Tax.....713-224-1919
Mud #280 and Mud #15.....281-376-8802
NW Harris WCID.....281-376-8802

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Emergency 911
Harris County Sheriff (Non Emergency).....713-221-6000
Klein Vol. Fire Dept.281-376-4449

MEDICAL

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Methodist Willowbrook Hospital.....281-477-1000
Houston Northwest Medical Center281-440-1000
Cy-Fair Hospital.....281-586-4700
Texas Sports Medicine Center281-351-6300
Poison Control800-764-7661
Cypress Creek EMS (www.ccems.com)281-378-0800

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Hosting is a very great way of bringing new cultures into your family, home, school and community. Speaking as the host mom to 14 different exchange students, I can say that this is one of the best decisions I've made in my life.

STS Foundation accepts all 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:

- Host must be 25 years or older
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- Ensure reliable transportation to and from school (bus is ok)
- A bed for your student
- A safe and loving home

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



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Cypress - Tomball Democrats

Susan Tsujimoto, Texas Women for Justice



The Cypress-Tomball Democrats will hold its next monthly meeting Tuesday, February 18, 2020, at Rudy's Grill and Cantina, 11760 Grant Road, Houston. There is a meet and greet at 6:30 p.m., and the general meeting begins at 7:00 p.m.

Susan Tsujimoto, member of Texas Women for Justice will be the speaker. She will discuss information on redistricting including the upcoming census, federal & state redistricting requirements, gerrymandering and the extreme gerrymandering following the 2010 census. She will also offer suggestions to make democracy participatory again.

All are welcome to attend and to join this growing club, which meets on the third Tuesday of every month.

For more information, contact Undrai Fizer at cytomdemocrats@gmail.com, or visit the club's Facebook page.

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“Women Will Change the World”

Luncheon Details

Thursday, February 27th 2020

Networking 11:00 am; Luncheon begins at 11:30 am

*NEW LOCATION: Longwood Golf Club,

13300 Longwood Trace, Cypress, TX 77429

Costs \$30 with advanced reservations; \$35 at the door

Houston, Texas (January 9, 2020) William Holt has worked with coaching clients and international executives from Chevron, Toyota, Bank of America, Bechtel, Unilever, BP and many others for over 25 years. He has personally trained over 240 executives to become coaches in and outside of their companies. He has won many awards, including the Unilever Silver Award and the Best Practices Aware for an outstanding Coaching Training Program at BP.

It is his love and respect for his mother and his own forced exit from Corporate America that led to a career that speaks to his heart. His mother was a good 50's wife, marginalized, objectified, and passed up. Watching his mom work for a big truck dealership, where even though she admired their success and bowed to male authority, was passed over for promotions and raises. On her last job, she worked tirelessly for 'the man' for 22 years, then was fired without a pension plan and was replaced by a younger person whom she had trained.

Similar experiences in his own career led him to pursue a dream in his heart. He refers to himself as a feminist in a male body. He will share more about his mother, his twin girls and his strong life partner, Adriana, so you can see that he is on a mission that serves women. He believes that women are the hope for the future.

About Cy-Fair Express Network (CYFEN)

Now over 60 members strong, Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and

national recognition. CYFEN is part of the national organization of American Business Women's Association (ABWA), for more information go to www.CYFEN.org.

About American Business Women's Association (ABWA)

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 60 years to women's education, workplace skills and career development training. For more information, visit,

www.abwa.org

School Athletes Register for Club Track!



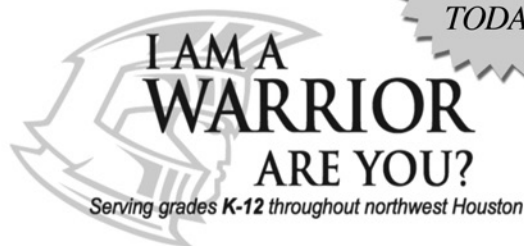
Now in its 33rd year, the Northwest Flyers Track Club is accepting registrations for all middle and high school athletes for the spring and summer 2020 season. The team is sanctioned by USA Track & Field, and offers a full program of “track” events such as sprints, hurdles, middle distance, distance and relays, and “field” events such as long jump, triple jump, high jump, discus, shot put and javelin and pole vault. It is an excellent

“off-season” program for young athletes who currently compete on their middle school or high school track teams.

The team was founded 33 years ago by local Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the northwest Houston area. In July, 2019 the Northwest Flyers had one of its most successful competitions ever at the Junior Olympics in Sacramento, California.

In order to register, athletes must first attend one of the spring orientation sessions, which are listed on the team website at www.northwestflyers.org. For additional information about the team, email linette.roach@sbcglobal.net and “Like” the club on Facebook.

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Save time on family desserts with make-ahead recipes like these Kristoff Ice Box Cupcakes. By using kid-friendly treats that add nutrition to appealing flavor, you can solve busy evenings just by reaching into the fridge. This and other family-friendly recipes are part of Dole's healthy-living

alliance with Disney's Frozen 2. For details, visit dole.com/Disney. #Dole #DoleRecipes

Kristoff Ice Box Cupcakes

Prep time: 20 minutes, plus chill time

Serves: 12

- 3 ripe DOLE® Bananas
- 1 container (8 ounces) fat-free whipped topping, thawed
- 7 low-fat honey graham crackers, coarsely crushed
- 1 pound Dole Strawberries, hulled and quartered

Line 12-cup muffin tin with cupcake liners. In large bowl, mash bananas; fold in whipped topping.

Fill muffin cups halfway with graham cracker pieces, banana mixture and strawberries; repeat layers with remaining ingredients.

Refrigerate cupcakes 4 hours; serve in cupcake liners.

Approximate nutritional information per serving (1 cupcake): 78 calories; 3 calories from fat; 0 g fat; 0 g trans fat; 0 g polyunsaturated fat; 0 g monounsaturated fat; 0 mg cholesterol; 25 mg sodium; 164 mg potassium; 18 g carbohydrates; 2 g fiber; 8 g sugar; 1 g protein; vitamin A 0%; vitamin C 25%; calcium 2%; iron 2%; vitamin E 2%; thiamin 2%; vitamin B6 8%; phosphorus 2%; magnesium 4%; manganese 10%.

Content downloaded from FamilyFeatures.com

Adding Yoga to Workout Regime Can Improve Your Fitness Goals

Implementing yoga into a workout routine can provide unique health benefits, said a Baylor College of Medicine physician and yoga enthusiast.

Yoga is a broad philosophy containing many different paths to achieve the goal of physical, mental and spiritual well-being, said Dr. Bobby Kapur, assistant professor of medicine at BCM and associate chief for emergency medicine at the Harris County Hospital District's Ben Taub General Hospital. In physical fitness, yoga is the practice of physical postures and breathing exercises that allow a person to strengthen the body and at the same time enter a meditative and relaxed state of awareness.

Yoga entails various positions, stretching and deep breathing. Practicing yoga can help a person improve flexibility, balance, limberness, blood circulation, and it can also relax muscle tension and fight infection, Kapur said.




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