

NEWS FOR THE RESIDENTS OF PARK CREEK

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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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Service Manager

Patty Weber 281-500-7139

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Cy Fair VFD 281-550-6663

HARRIS COUNTY SHERIFF

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Wednesday and Saturday)*

Cypress Christian Upcoming Admission Events

A K-12 Preview will be held on February 6 at 7 p.m. More details can be found on the school's calendar at CypressChristian.org. We'd love to see you on campus!

Thursday, February 27 Cypress Christian School will host a student visitor day. Visit www.cypresschristian.org/admissions for more details and information on how to register your student.

Free Community Event! Northwest Preschool Preview

Come learn more about NW area preschools. Representatives from multiple area preschools will be in attendance. This is a free interactive event, open to everyone!

Date: Saturday, February 22, 2020

Location: Cypress Christian School

11123 Cypress N Houston Rd
Houston, TX 77065

Time: 10 a.m. – 12 p.m.



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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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Top 10 Travel Destinations to Start the New Decade

FAMILY FEATURES

For many, traveling offers an opportunity to disconnect from the everyday and experience new places and cultures. With the beginning of a new decade, it is the perfect time to start deciding your next travel adventures.

When booking your future destinations, consider these spots and tips recommended by travel expert and Bank of America ambassador, Lee Abbamonte, the youngest American to visit every country plus the North and South Poles.

England, Germany, Scotland, Azerbaijan and more.

While technically more than one place, these locations have one thing in common: Union of European Football Associations (UEFA) Euro 2020. The international soccer event marks the first time the games will be held across the continent in 12 host cities.

"The year is a big one for sports," Abbamonte said. "From sporting events in Europe to Japan, it is a fun year for travel and to enjoy once-in-a-lifetime experiences."

Australia

From its deserts to tropical beaches, Australia is a beautiful country to explore. While many people might be familiar with the Sydney Opera House and the unique wildlife, there are many hidden gems in Australia.

"I've been to Australia 10 times and I still can't get enough," Abbamonte said. "One of my favorite cities is Melbourne. While it's one of the largest cities in Australia, the heart of the city is hidden and secretive. It comes to life when you visit the alleys, laneways and arcades. The vibrant city has so much to offer: cafes, a unique street culture and street art."

New Zealand

If you are going to New Zealand for the first time, Abbamonte



recommends boogie boarding down the sand dunes, hiking up a volcano and visiting the Moeraki Boulders. However, if you are really interested in getting the blood pumping, take a leap from Nevis Bungy near Queenstown. It is among the highest bungy jumping experiences in the world, measuring 440 feet.

Mexico

"Mexico City has two of my favorite things – great food and sports," Abbamonte said. "The street tacos are to die for, and I love going to soccer games at Estadio Azteca."

In 2020, there will be many festivals to explore.

The city is a cultural hub with music, theater, dance and food events throughout the year. While experiencing the festivities, it is also an opportune time to take a step back and enjoy Chapultepec Park.

Brazil

One of Abbamonte's favorite waterfalls is Iguazu Falls located on the border of Brazil and Argentina. While Iguazu Falls might be well known, the falls themselves are truly unique. The waterfall system consists of 275 falls that stretch over approximately 1.68 miles. The Devil's Throat is the tallest fall with a drop of more than 262 feet.

(Continued on Page 5)

"Top 10 Travel Destinations..." (Continued from Page 4)

While traveling internationally can be fun and exhilarating, there are also places throughout the United States that offer memorable activities:

Scottsdale, Arizona

If you enjoy being outdoors, Scottsdale is an ideal place to visit. There are many trails to explore in Camelback Mountain, Papago Park and Hole in the Rock. After hiking, follow Abbamonte's example and golf at The Short Course at Mountain Shadows.

"Scottsdale has some of the most beautiful sunsets in the States, and from The Short Course at Mountain Shadows, I get to enjoy the view while practicing my swing," he said.

Boston, Massachusetts

"I love sports, so I visit Boston regularly for the professional games," Abbamonte said. "I'm also fortunate that Boston is a beautiful city I can enjoy along the way."

Boston is one of the oldest cities in the country. Founded in 1630, Boston is filled with history, museums and universities. If you are interested in a more unique attraction, check out the Warren Anatomical Museum, which is one of the last of its kind in the United States.

Portland, Oregon

What makes Portland unique are the bizarre and wonderful things you can do when you visit. For example, you can try bone marrow ice cream, stop by Mill Ends Park (the world's smallest park) or attach your wish to The Wishing Tree.

"Portland is absolutely beautiful," Abbamonte said. "It has a bit of everything – restaurants, bars, parks – and I enjoy the people watching. Portland has some of the nicest people while maintaining an edgy vibe."

Tampa, Florida

Tampa might be known for its spring break party scene, but it has so much more to offer. For example, the city's zoos and aquariums provide opportunities to interact directly with animals. Then you can take a break at Clearwater Beach, which is known for its soft, white sand and calm waters.

Santa Barbara, California

"I go to Santa Barbara when I want to recharge," Abbamonte said. "I enjoy the food, walking around, talking to the locals and even watching a football game or two."

There are wine tours, zoos, beaches, museums and restaurants. While taking in the city, also make time to visit the hidden gems such as Knapp's Castle ruins.

Find more solutions to make your travel goals attainable at bankofamerica.com/Premium. Content downloaded from FamilyFeatures.com.

Financial Tips to Help Boost Your 2020 Travel

When booking a trip, almost half (44%) of Americans don't use a rewards credit card that earns points or cash back, according to a Bank of America survey. No matter where you plan to travel, it is helpful to have a financial strategy in place to maximize rewards and help offset future travel costs.

-Use a credit card that allows you to earn and redeem points for travel such as the Bank of America® Premium Rewards Visa® credit card, which earns 2 points for every dollar spent on travel and dining purchases and 1.5 points for every dollar spent on all other purchases.

-Layer your rewards programs together to maximize points with each purchase. For example, when booking a flight and hotel

package, include your frequent flier number (layer No. 1) and hotel loyalty program details (layer No. 2). Pay with a rewards credit card (layer No. 3) that's eligible for bonus points with a banking rewards program (layer No. 4).

-A banking rewards program like Bank of America® Preferred Rewards lets you earn even more. Members receive a credit card rewards bonus of 25-75% on every purchase. For example, members in the Platinum Honors tier, the highest tier of the program, earn unlimited 3.5 points per dollar on travel and dining purchases with the Premium Rewards Visa® card and unlimited 2.62 points on all other purchases.



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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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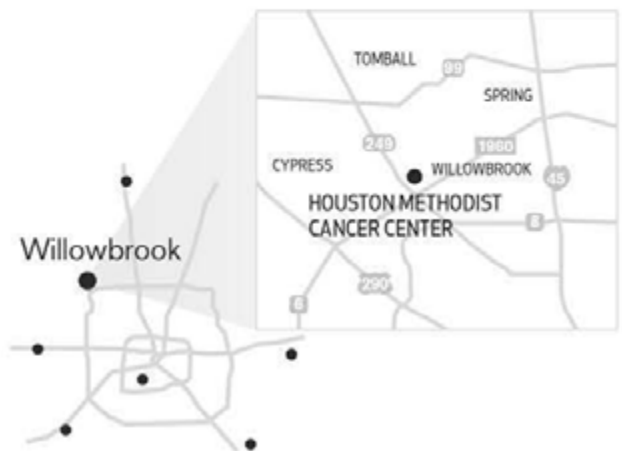
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