



# 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](http://www.twrcwildlifecenter.org) for more helpful information.

# WORTHAM VILLAGES

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Poison Control.....	800.222.1222

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Harris County Health Dept.....	713.439.6000
Animal Control.....	281.999.3191
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WATER & SEWER - MUD 222 (Municipal Operations)	
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## Why Not Host?

The decorations are packed away, gifts have been exchanged and life is back to normal once again. Why not bring a little excitement into your life by hosting a foreign exchange student!

Each of our students is fluent in English, comes with their own spending money and health insurance. Most importantly, they come with a dream to spend a year in the US so they can experience life as an American teenager!

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
- Pass a background check
- Provide food for 3 meals daily
- 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](mailto:vicki.stsfoundation@yahoo.com).



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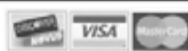
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## *School Athletes Register for Club Track!*

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](http://www.northwestflyers.org). For additional information about the team, email [linette.roach@sbcglobal.net](mailto:linette.roach@sbcglobal.net) and "Like" the club on Facebook.



## *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](http://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](http://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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# WORTHAM VILLAGES

## 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](mailto:cytomdemocrats@gmail.com), or visit the club's Facebook page.

## "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](http://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](http://www.abwa.org).

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# WORTHAM VILLAGES

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## A Fun, Fruity, Refrigerated Treat

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](https://dole.com/Disney).

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### 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*



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## A FEW DAYS IN THE LIFE OF A HOME HANDYMAN

*by: Gordon R. Watson*

### DRIPPING FAUCETS

Vacationing at my mother-in-law's home always means doing some repair work. I like keeping busy, and there are generally some things needing attention. One of the recent issues there was a dripping kitchen faucet. Drips are really a thing of the past for most faucets. Happily, ceramic has replace rubber as the seal, so most faucet manufacturers have a lifetime warranty of one sort or another. I gave her my standard verbal disclaimer (that her home's piping is old and something might break and require a real plumber). So far, I have never had to resort to calling one (knock on wood). I turned off the main water supply outside because her 1950's home doesn't have shut off valves (called stops in the trade) beneath the kitchen sink. Outside, after digging a hole in a flower planter to find the shut off valve, I gently advised her not to bury the main shut off valve because it wasn't designed to be buried, and it might be difficult to find quickly. In the kitchen again, fully expecting the old style rubber washers, I removed the kitchen faucet handle, protected the shiny chrome with masking tape, applied a wrench, and removed the faucet stem. To my surprise, the sink faucet did have new-style ceramic style seals. The problem, it turned out, was that debris, probably from her home's aging and rusting (50+ year old) galvanized pipes, had stuck in the ceramic cartridge, causing the seal to be incomplete. Fortunately, once I cleaned the debris out, the drip went away. I love it when I don't have to buy parts for a repair. The fact that the old piping is obviously corroding and slowly failing is another story for another time. Replacing that piping almost certainly will require a real plumber. Sometime I might mention to her that it might be a good idea to replace the old pipe on her schedule rather than the pipe's schedule.

### CORROSION

Her home also has a clothesline (not all that common these days) which had all but fallen over. The old clothesline was the old style with two "crosses" each cross with a two-inch galvanized pipe stuck in concrete (with five ropes for holding the clothes). Over time, these pipes rusted away. The funny thing is that the pipes really only rusted in one place: about two inches above the ground and two inches below the ground. The remaining pipe was in near-perfect condition. Even the pipes buried twenty-four inches in the ground were near-perfect! My point in mentioning this is that this corrosion is caused by moisture and oxygen. While we will likely never have a clothesline, the principle applies to all materials such as iron and wood placed in the ground and prone to rust or wood rot. While there is little we can do about oxygen, to the degree



feasible, we should try to keep water away from anything placed in the ground. Better yet, when feasible, avoid putting anything which can rust or rot directly in the ground.

### STUD FINDERS

Over the years, I have owned at least three electronic stud finders. These are the devices that are supposed to locate the wooden or metal studs behind the sheet rock. My history with them hasn't been trouble-free. My last one worked fairly well for a few years, but it recently proudly advised me that the closet wall I wanted to attach a shelf to, had no studs. I now have three "broken" stud finders in my tool box. I promise to properly dispose of them soon. Fortunately, while doing some work at my son and daughter-in-law's home, I found (in my son's tool chest) a non-electric, entirely rare earth magnet-type "stud finder" that works so well that I don't think I will ever go back to the electronic type. It is made by C.H. Hanson. Of course, it only indirectly finds the stud. It finds the nails or screws holding the sheet rock to the stud. At about \$10, it is a bargain. I just bought one for myself, and believe it may be the last I ever have to buy (unless I lose it, of course). Hint: Once a stud is found, you can apply painter's tape (masking) tape (not too tight or you may strip away the paint) to the stud location, or you can place another magnet on the nail location as a marker.



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The image is a composite graphic. On the left, a woman with blonde hair, wearing a red, white, and blue American flag patterned scarf, stands with her arms crossed. To her right is a white silhouette of a house with four windows. Behind the house is a large, solid red heart. The background consists of horizontal grey wooden planks. The text 'you are the heart of my business!' is written in a black, cursive script across the top left. Below the heart and house is a white real estate sign. The sign has a red top section with the word 'SOLD' in white. Below that is a blue section with the RE/MAX logo (a red and blue diamond shape with 'RE/MAX' in white). Under the logo is the name 'Melissa Rowell', the phone number '281-435-6713', and the email 'melissa@melissarowell.com'. The bottom of the sign is a blue section with the words 'REAL ESTATE' in white. Below the sign, the website 'HeyItsMelissa.com' is written in blue. To the right of the website is the RE/MAX Signature logo, which includes a small red and blue diamond icon and the words 'RE/MAX Signature' in red and black.