

NEWS FOR THE RESIDENTS OF PARK CREEK

MARCH 2020

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Baby Squirrel Season: What You Need to Know

By Cheryl Conley, TWRC Wildlife Center



And so it begins. Baby season 2020 and it all begins with baby squirrels. There are a number of reasons why baby squirrels get separated from mom. Homeowners cut down trees that have nests, high winds can blow nests down or can knock babies out of the nest or sometimes they just fall out. Whatever the reason, you can help.

The first thing you want to do is make sure the baby is safe and warm. Put it in a box or other small container with a soft towel

or t-shirt. You can microwave a sock filled with rice for one minute and place it in the box with the baby or set 1/2 of the box on top of a heating pad set to low. **DO NOT TRY TO FEED IT.** If you do not see any blood on the baby and there are no ants crawling on it, you can try to reunite it with mom. A squirrel's real mom is the best mom.

1. Place the box with the baby squirrel in it near where you found the baby. You can also attach string or twine to the box and securely hang it from a low branch. Just remember to keep an eye on it from a distance so it's safe from dogs, cats and other predators.

2. Getting the baby to call for its mom can help. Sometimes gently picking up the baby will cause it to call her. You can also try holding one foot and applying gentle pressure. **DO NOT SQUEEZE HARD.** This is a tiny, fragile baby.

3. If it's raining lightly, cover half the box and put the baby on

the dry half. If it's pouring, keep the baby inside until the rain lets up. Remember to **KEEP IT WARM.**

4. Be patient. It can take up to four hours for mom to come and get her little one. If she doesn't, you'll need the help of a rehabilitator. Bring the baby to us. If it's after hours, keep the baby in a quiet, dark room and keep it warm until we open. Do not attempt to feed it.

If you notice injuries, keep the baby safe and warm in a dark room until you can get it to us. Do not handle it.

If you'd like to help care for the baby squirrels that are brought to us, we have opportunities available to care for them at our Center or in your home. We will train you. For more information, email berry.moffett@twrcwildlifecenter.org or call 713.468.8972.



PARK CREEK

IMPORTANT NUMBERS

ASSOCIATION MANAGEMENT CO.:

SCS Management Services, Inc.

Phone:..... 281-463-1777

Fax: 281-463-0050

..... 7170 Cherry Park Drive Houston, TX 77095

Website:www.scsco.com

Association Manager

Blanca Galvan 281-500-7107

Service Manager

Patty Weber..... 281-500-7139

Deed Restriction Coordinator

Susan Spratley 281-500-7118

FIRE DEPARTMENT:

Cy Fair VFD 281-550-6663

HARRIS COUNTY SHERIFF

Sheriff Dispatch 713-221-6000

SCHOOL DISTRICT:

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ELECTRIC COMPANY/ OUTAGES

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GARBAGE SERVICE

Best Trash 281-313-2378

(Service is contracted through the MUD and trash pickup is on Wednesday and Saturday)

Board Meetings are the 3rd Tuesday of every month at the Cypress Point Recreation Center beginning at 6:00pm



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INDIANMEAL MOTHS



Probably the most encountered pantry pest by homeowners is the Indianmeal moth. These moths can be found in pet food, birdseed, cereals, dried fruit, nuts, powdered milk, candy, and more. Food can become infested while in

fields, warehouses, or stores and then brought into the home with infested products.

Indianmeal moth adults are small with grayish wings tipped in copper. Larvae are creamy-yellow to yellowish-green to pinkish in color with a dark brown head. Larvae tend to feed on the top of infested items and may produce silk that binds the food together. When larvae are preparing to pupate, they leave the item where they were feeding and crawl to corners or edges of walls, shelves, containers, or other items to spin a silken cocoon.

To eliminate a pantry pest problem, the first step is to locate and remove all infested items. Begin with oldest food items, usually in the back of the pantry, and inspect everything, including unopened food items since these may also be a source. When you find an infested item, do not stop your inspection, multiple items can be infested. Not all pantry pest infestations come from the pantry. Check rooms for items such as dried, decorative peppers, dried flowers, potpourri, natural supplements, make-up, or rice heating packs.

Infested items can be thrown away or treated with heat or cold. If you don't want to throw away food, either place infested food in a zip-top plastic bag and place it in the freezer for about 5-7 days

or spread infested food in a thin layer on a baking sheet and bake at 250 degrees for 4-6 hours to kill any insects. Once all insects are dead, you can sift the food or pick out the insects. Another option would be to leave the insects in the food and get a little more protein with your meal!

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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Host Families Needed

A Cultural Experience

Want to bring a little culture into your life and the lives of your children? Why not try hosting a high school foreign exchange student? It's a great way to learn about a new culture all from the comfort of your home.

STS Foundation is currently looking for host families for the 2020/2021 school year. Hosting is such a rewarding experience and it benefits all of those involved.

STS Foundation accepts all types 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 me at 832-455-7881 PM me or email at vicki.stsfoundation@yahoo.com.



RIDICULOUSLY CLEVER HOUSEHOLD HINTS

• The simplest way to slice a bunch of cherry tomatoes is to sandwich them between two plastic lids and run a long knife through all of them at once!

• Keep brown sugar soft by storing with a couple of marshmallows

• Install a regular coat rack low down the wall to store shoes safely off the floor

• Organize jewelry on a corkboard for easy viewing when deciding how to accessorize an outfit

• Fill an old wooden box with skewers to make an all-purpose knife block

• Remove pet hair from furniture and carpets with a squeegee.

• Cover paint trays with aluminum foil to make cleaning up afterwards a breeze.

• Flip the toaster on its side to make grilled cheese.

• Use a large muffin tin to cook stuffed peppers in the oven - it will help keep them upright.

• To prevent potatoes from budding, add an apple to the bag.

• Add half a teaspoon of baking soda to the water when hard-boiling eggs to make the shells incredibly easy to peel off.

• Use non-stick cooking spray in votive holders to prevent wax from sticking to the sides

• WD-40 can be used to remove crayon marks from any surface!

• When hanging a picture frame, put a dab of toothpaste on the frame where you need the nails to be. Then simply press against the wall to leave marks (which can later be wiped) as guides for hammering in the nails.

• Sprinkle salt in the spaces between patio slabs and at the bottom of walls to get rid of pesky weeds (but be careful NOT to get salt near plants you want to keep as salt will kill them!)

• To clean a wooden chopping board, sprinkle on a handful of Kosher salt and rub with half a lemon. Rinse with clean

water and dry to ensure it is clean and germ-free. You can use the same lemon and salt to clean brass.

• Use ice-cubes to lift out indentations made by furniture on your carpets.

• Prevent soil from escaping through the holes in the base of flowerpots by lining them with coffee filters

• To sharpen scissors, simply cut through sandpaper.

• Rub a walnut on damaged wood furniture to cover up dings.

• To prevent your eyes watering while chopping onions, wipe the chopping board with white vinegar (which won't affect the taste of the onions.)

• Drop a couple of denture cleaning tablets into the toilet bowl at night to clean stubborn stains.

• Use a can opener to open those annoying blister packs and avoid cutting yourself.

• Use a cut potato to easily remove a broken light bulb.

• Use chalk to remove grease stains from clothes. Simply rub chalk on the stained area and wash as normal. The chalk will absorb the grease and be washed away in the cycle.

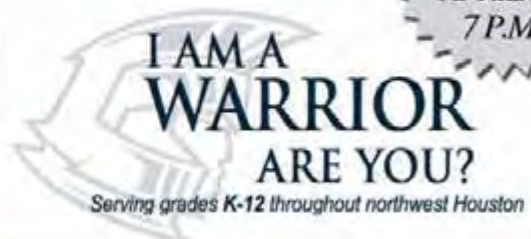
• Freeze grapes to chill white wine without watering it down.

• Use a rubber band to rescue a stripped screw.

• Wrap rubber bands around the ends of a coat hanger to prevent dresses from falling off.



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A Focus on Influenza: What You Should Know About the Flu

By Concentra Urgent Care

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccination each year. Every year in the United States, on average:

- 5% to 20% of the population gets the flu
- More than 200,000 people are hospitalized from flu complications
- About 36,000 people die from flu

Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

Complications of flu

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

How flu spreads

Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Apparently healthy adults may be able to infect others beginning one day before symptoms develop and up to five days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

Key facts about seasonal flu vaccine

The single best way to protect against the flu is to get vaccinated each year. There are two types of vaccines:

The “flu shot”: an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.

The nasal-spray flu vaccine: a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for “Live Attenuated Influenza Vaccine”). LAIV is approved for use in healthy people two to 49 years of age who are not pregnant. The viruses in the vaccine change each year based on international surveillance and scientists’ estimations about which types and strains of viruses will circulate in a given year. About two weeks after vaccination, enough antibodies build up to provide protection against the influenza virus.

Symptoms of the flu

- Fever (usually high)

- Headache
- Fatigue (can be extreme)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Diarrhea and vomiting (more common among children than adults)

Having these symptoms does not always mean that you have the flu. Many different illnesses, including the common cold, can have similar symptoms.

Diagnosing the flu

It is very difficult to distinguish the flu from other infections on the basis of symptoms alone. A doctor’s exam may be needed to tell whether you have developed the flu or a complication of the flu. There are tests that can determine if you have the flu as long as you are tested within the first two or three days of illness.

If you develop flu-like symptoms and are concerned about your illness, especially if you are at high risk for complications of the flu, you should consult your health care provider. Those at high risk for complications include people 65 years or older, people with chronic medical conditions, pregnant women, and young children.

Good health habits for flu prevention

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your mouth when you cough and washing your hands often can help prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent the flu.

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your mouth and nose when you cough or sneeze.
- Clean your hands.
- Avoid touching your eyes, nose or mouth due to the spread of germs.
- Practice other good health habits:
- Get plenty of sleep
- Be physically active
- Manage your stress
- Drink plenty of fluids
- Eat nutritious food

PARK CREEK

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THE RECIPE BOX

From: The Mayo Clinic Diet

FRESH PUTTANESCA WITH BROWN RICE

This recipe is a little labor intensive with all of the chopping, but well worth the effort. It may also be served over toasted garlic bread.

- 4 c. plum tomatoes
- 1 T. olive oil
- 4 whole Kalamata olives, pitted ¼ c. fresh basil
- 4 whole green olives, pitted
- 1 T. parsley
- 1 ½ T. capers
- 1/8 t. red pepper flakes
- 1 T. garlic, minced
- 3 c. brown rice, cooked

1. In a large bowl, combine the tomatoes, olives, capers, garlic and oil.

2. Add basil, parsley and red pepper flakes, stirring to combine.

3. Serve over hot cooked rice or toasted garlic bread.

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