

SPECTATOR

April 2020

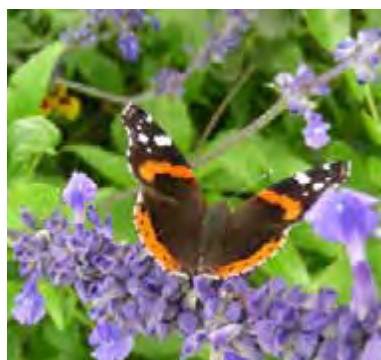
NEWS FOR THE RESIDENTS OF CYPRESS CREEK LAKES

Volume 9, Issue 4

Texas A&M Agrilife Extension: Pollinators



are not aggressive and many are stingless, so people should not be afraid of them.



feeding; nectar plants are needed for adult feeding; and overwintering sites are needed for various stages.



There are many animal pollinators with most of those being insects. Probably the most well-known of pollinator insects are bees and more specifically, honey bees. Honey bees are pollinators, but only make up a small portion of the bee population around the world. Most bees are solitary and nest in the ground. Solitary bees

Butterflies and moths are also important pollinators. Unfortunately, due to habitat destruction and other factors, their populations are on the decline. If you want to provide habitat for butterflies and moths, you need to ensure to fulfill the requirements of all life stages. Host plants are needed for egg laying and caterpillar

Flies are an often overlooked pollinator. With their poor reputation for carrying diseases, many people consider flies to be pests. Flies can be beneficial by fitting into food webs, breaking down waste material, feeding on other insects (some species), and pollinating plants

(including some food crops such as apples and peppers).

Ideas to help conserve pollinators:

- Plant native plants that provide nectar blooms spring, summer, and fall
- Provide a variety of colors
- Provide a variety of flower/ bloom shapes
- Provide multiple levels of plants (groundcover, shrubs, trees, etc.)
- Plant in clumps of the same plant to make it easier for pollinators to find
- Reduce turf and replace with flowering plants
- Plant native bunch grasses to provide food and shelter for insects
- Allow fallen leaves to remain on property to provide shelter
- Create areas of bare soil for ground nesting bees (choose sunny areas that will provide dry soil)
- Use IPM (integrated pest management) to reduce pesticide use
- Provide water in a SAFE manner for insects
- Use shallow dishes with rocks, stones, sand, or some substrate to allow insects to drink without drowning

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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IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance.....	911
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Sheriff - Non-emergency	713.221.6000
- Burglary & Theft	713.967.5770
- Auto Theft	281.550.0458
- Homicide/Assault	713.967.5810
- Child Abuse.....	713.529.4216
- Sexual Assault/Domestic Violence.....	713.967.5743
- Runaway Unit	713.755.7427
Poison Control.....	800.222.1221
Traffic Light Issues	713.881.3210

SCHOOLS

Cypress Fairbanks ISD Administration	281.897.4000
Cypress Fairbanks ISD Transportation	281.897.4380
Warner Elementary	281.213.1650
Smith Middle School	281.213.1010
Cy-Ranch High School	281.373.2300

UTILITIES

CenterPoint Energy.....	713.659.2111
En-Touch (Customer Service)	281.225.1000
Reliant Energy.....	713.207.2222
Water - Severn Trent.....	281.646.2383
Waste Management - Trash	713.686.6666

OTHER NUMBERS

Animal Control.....	281.999.3191
Cypress Fairbanks Medical Center.....	281.890.4285
Harris County Health Department	713.439.6260
Post Office.....	281.859.9021
Harris County Public Library.....	281.290.3210
Cy-Fair Hospital.....	281.890.4285
North Cypress Medical Center.....	832.912.3500

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CYPRESS TOMBALL DEMOCRATS



The Cypress-Tomball Democrats will hold its next monthly meeting Tuesday, April 20, 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.

Mark Toubin, the Anti-Defamation League's Southwest Regional Director, will speak about The Rise of Extremism, Anti-Semitism, White Supremism & Hate in America

Mr. Toubin is a member of the Houston Bar Association and Congregation Beth Israel. He previously worked with the Israel Project and the American Israel Public Affairs Committee (AIPAC), where he was the Southwest Regional Director. He is former co-chair of the ERJCC Scholarship Ball Committee, former board chair of the Inter-Ethnic Forum, and former board member of the Houston Area Women's Center. He is a graduate of the University of Texas School of Law and Emory University.

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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ALBION HURRICANES SOCCER

Albion Hurricanes FC (AHFC), established in 1989, is leading the way in South Texas youth soccer by inspiring and developing young men and women through world class coaching and innovative techniques, as well as instilling the proper framework, self-esteem, confidence and sportsmanship within our athletes.

The club invites all interested competitive players from the ages of 7 to 19, to the Player Evaluations & Tryouts and be a part of our success. AHFC. Evaluations and Tryouts will be the month of May. We ask that all interested players pre-register before coming out to the fields. Please visit albionhurricanes.org for details about your particular campus.

Boys Director:

Mark Rufo - mrufo@albionhurricanes.org

Girls Director:

Dan Hill - dhill@albionhurricanes.org

ECNL/Elite Director:

Steve Firth - sfirth@albionhurricanes.org

Southwest Campus Director

Paul Isaila - pisaila@albionhurricanes.org

Cy Fair Campus Director

Danny Parejo - dparejo@albionhurricanes.org

AHFC also offers Junior Hurricanes (a recreational program for 5 - 9 year old) at our Cy Fair and Central locations and offers additional training at Katy Friday Night Academy as well at Thursday Night Academy for players in the New Territory area.

Visit albionhurricanes.org to register and for times and dates.



PORTABLE FIRE EXTINGUISHER

A portable fire extinguisher can save lives and property by putting out a small fire or containing it until the fire department arrives; but portable extinguishers have limitations. Because fire grows and spreads so rapidly, the number one priority for residents is to get out safely.

Use a portable fire extinguisher when the fire is confined to a small area, such as a wastebasket, and is not growing; everyone has exited the building; the fire department has been called or is being called; and the room is not filled with smoke.

To operate a fire extinguisher, remember the word PASS:

- **PULL** the pin. Hold the extinguisher with the nozzle pointing away from you, and release the locking mechanism.
- **AIM** low. Point the extinguisher at the base of the fire.
- **SQUEEZE** the lever slowly and evenly.
- **SWEEP** the nozzle from side-to-side.

For the home, select a multi-purpose extinguisher (can be used on all types of home fires) that is large enough to put out a small fire, but not so heavy as to be difficult to handle.

Choose a fire extinguisher that carries the label of an independent testing laboratory.

Read the instructions that come with the fire extinguisher and become familiar with its parts and operation before a fire breaks out.

Install fire extinguishers close to an exit and keep your back to a clear exit when you use the device so you can make an easy escape if the fire cannot be controlled. If the room fills with smoke, leave immediately.

Know when to go. Fire extinguishers are one element of a fire response plan, but the primary element is safe escape. Every household should have a home fire escape plan and working smoke alarms.

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Help Make the World a Better Place

Did you know that by opening your home to a foreign exchange student you are taking on the role as a diplomat of the United States? Its true! Hosting a teenager from another country is form of public diplomacy – it gives both the host family and the student an opportunity to learn from each other, exchange cultural experiences and most of all, form life-long relationships.

All that is required of a host family is to provide three meals a day, a place for the student to sleep and a little bit of TLC thrown in. Students can share a room with a same sex sibling that is within three years of their age. The students all come with their own spending money, health insurance and an eagerness to be part of your family.

STS Foundation, a 501(c)(3) organization, is looking for volunteer host families for the 2020/2021 school year. We accept all different types of families, from single parents, to newly marrieds, to empty nesters to same sex couples. The application process is simple, once you are completely vetted, you will have access to our student database where you can select the student that best fits in with your family.

If you would like to find out more about hosting one of our wonderful students, please contact Vicki Odom at (832) 455-7881 or email at vicki.stsfoundation@yahoo.com. I can get you started in helping to make the world a better place to live.

Senior Luncheon April 23rd at Foundry United Methodist Church

Foundry senior adults and residents of the local assisted living facilities stay connected to God and each other at free monthly luncheons featuring live entertainment! The Thursday, April 23rd luncheon features Bingo games with prizes, and lasts from 11:30 a.m. – 1:30 p.m.

Join us at our Fellowship Hall at 8350 Jones Road, Houston, TX 77065. There is no cost to attend. Please RSVP to 713-937-9388 or t.garza1617@gmail.com by April 16th. <https://foundrychurch.org/primetime-ministry/>



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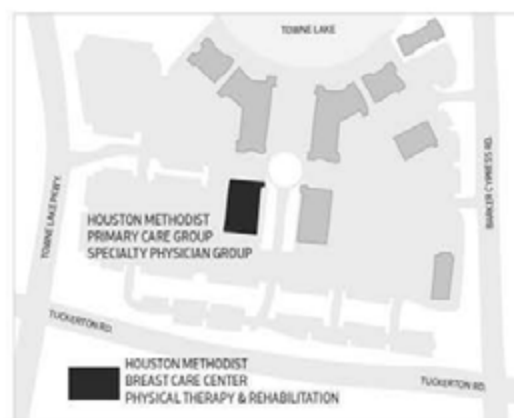


Comprehensive care — now in Cypress.

Houston Methodist is coming to Towne Lake to support the growing Cypress community. Opening in spring 2020 with two new locations, we will offer primary care and specialty care, as well as mammograms and physical therapy — all close to home.

We offer the following services:

- Cardiology
- Orthopedics and sports medicine
- Physical therapy and rehabilitation
- Primary care
- Women's services, including mammography



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Visit houstonmethodist.org/towne-lake for information on locations and a full list of services.

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10 Easy Ways to Make Your Home Safe

A home should be a sanctuary and a safe haven. You can ensure that you and your loved ones remain out of harm's way in the precincts of your homestead.

To avoid all kinds of accidents you should make it an accident-proof dwelling. It's really simple if you observe specific steps to keep mishaps at bay.

Here are 10 easy ways to make your home safe and secure. These will help you take care and protect yourself, family members and house-guests. Employ these effective tips:

1. Keep interiors and exteriors well lit. This is important at nighttime and also in winters when daylight is not very effective. Critical areas that need to be illuminated are the stairs, outdoors and foyers.

2. Never leave electrical problems pending at any point. The slightest fluctuation should be attended immediately. Make it a cardinal rule to switch off appliances after use.

3. Smoke alarms are a necessity and you must have the very best. Practice regular safety drills with your family to ensure awareness of procedures.

4. Keep ordinary appliances safely as they could be dangerous. Especially with kids around. Make electrical outlets safe by safety plugging and child proofing them. Keep sharp objects like scissors, knives, weapons and match boxes out of reach.

5. Ensure locks and bolts on doors and windows are in order and tamper-proof. Keep an eye out for suspicious characters and never invite strangers into your home. Teach your children not to entertain queries from strangers.

6. Do not share information about working or school hours. Teach family members to avoid telling people about schedules and routines. Do not put personal information online and never respond to voicemails.

7. The risk of accidents goes up when you are getting maintenance or repair work done. Ensure safety and precaution and be prepared to react quickly to accidents or injuries.

8. Do not attempt repair work of appliances involving undue risk. Many home accidents are the result of improper tampering with tools like lawnmowers and trimmers.

9. Maintain caution when driving vehicles in or out of your home. If you are backing the car up, watch out for children and pets on the road.

10. Make sure you don't leave stuff on stairs that may cause people to trip and fall. Be watchful when clearing snow from pathways that you do not heap it up in areas where people might walk.

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SKIN CANCER

THE SAD TRUTH

Every year, **5.4 million new cases** of skin cancer are diagnosed, making skin cancer more prevalent than any other cancer. 1 in 5 Americans will develop skin cancer in their life. The saddest part is that skin cancer is one of the most **easily preventable** and diagnosable cancers, and, if detected early, has one of the highest treatment rates. Yet, the public is still ill-informed on such a common cancer.



WHAT CAN YOU DO TO REDUCE YOUR RISK

PROTECT

Apply sunscreen and wear long-sleeves & hats under the sun.



PREVENT

Avoid direct sun exposure between the hours of 11:00 am and 4:00 pm. Never use tanning beds.



DETECT

Look out for abnormal moles or skin patches on your skin and regularly get physical examinations.



Oddly shaped, discolored, large, and evolving moles are potentially malignant



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