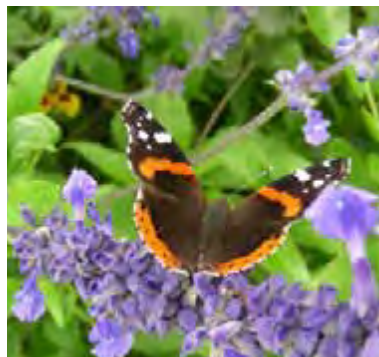




TEXAS A&M AGRILIFE EXTENSION: POLLINATORS



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



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



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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CANYON GATE

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 as 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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Northpointe Intermediate281-357-3020
Willow Wood Junior High281-357-3030
Tomball High School281-357-3220
Tomball Memorial High School281-357-3170

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NW Harris WCID.....281-376-8802

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- 1 LOOK AT YOUR HOME FROM THE OUTSIDE, THEN WORK YOUR WAY IN**
Front entrance should be warm and welcoming...manicured lawn, and trimmed shrubs and trees. Adding potted flowers by the front door offers a welcoming invitation to go inside
- 2 FIX MINOR FLAWS**
Address those minor repairs that have been on your 'to do list'. Don't give the buyer a negative impression of the home's care, make those repairs now. This will save you in the long run.
- 3 CLOSETS COUNT**
Don't stuff everything in your closet. Buyers want to see what the storage space is like. Organize items with bins and store extra things elsewhere.
- 4 INVEST IN PAINT**
Paint improves a room and makes it clean, fresh and appealing. Select white or neutral tones that are soothing.
- 5 HIRE DONNA LABBE' TO GET YOU TOP DOLLAR FOR YOUR HOME!**

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EARTH DAY 2020 CELEBRATING 50 YEARS

By Cheryl Conley, TWRC Wildlife Center



50
YEARS
EARTH
DAY 2020

April 22nd marks the 50th anniversary of Earth Day, an annual event to demonstrate support for environmental support. Earth Day was founded by Gaylord Nelson, a U.S. Senator from Wisconsin, when in 1969 he witnessed the destruction caused by a massive oil spill in Santa Barbara, California. He came up with the idea of a “national teach-in on the environment” and presented it to the media. Congressman Pete McCloskey was persuaded to serve as co-chair. A Harvard student named Denis Hayes was named the national coordinator and with a staff of 85, it was promoted across the country. The date of April 22nd was chosen because it falls between spring break and final exams.

The first Earth Day was very successful. Over 20 million Americans demonstrated, gathered in parks and auditoriums and held rallies to demonstrate for a healthy environment. It was indeed the beginning of a movement and by the end of 1970, the United States Environmental Protection Agency was created and the Clean Air, Clean Water and Endangered Species Acts were passed.

Between 1970 and 1989, Earth Day celebrations and activities grew and in 1990, again under the direction of Denis Hayes, the concept was introduced globally. More than 200 million people in 141 countries celebrated Earth Day. Today, it is the single-largest day of action in the world with 193 countries participating.

There are many ways you can help our planet. Plant a tree, pick up trash, start a compost bin, switch to earth-friendly cleaning products, start recycling, carpool, stop using plastic products, just to name a few. Celebrate the beauty of our world by taking a walk in the park.

Although Earth Day is celebrated only one day every year, our earth needs protecting every day. Make saving the planet a part of your lifestyle.

Cities and communities across the globe are celebrating with Earth Day events. Check to see what your city is doing.

TWRC Wildlife Center's contribution to our environment is by rehabilitating injured, orphaned and displaced wildlife with the goal of returning healthy animals back to the wild. If you'd like to find out how you can help, contact berri.moffett@twrcwildlifecenter.org



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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COOKING SUBSTITUTIONS AID IN CALORIE REDUCTION

When looking to make permanent changes to a diet, consider using ingredient substitutions, said Roberta Anding, registered dietitian at BCM and Texas Children's Hospital.

Modifying the fat content in recipes gives the biggest calorie reduction, said Anding. Many times, applesauce can replace butter and oil in baking recipes, and Greek yogurt can replace sour cream.

Learning what substitutions work best does take some time and experimentation with cooking time and temperature, but reducing a diet by 100 calories per day can result in a 10-pound weight loss in one year, said Anding.

Other substitution options include switching to a low-fat cheese rather than a whole-fat cheese and switching from white bread and rice to wheat bread and brown rice. Not only is there a benefit in amounts of fiber, but also in magnesium, which can decrease the risk of type 2 diabetes.

"Don't look for extreme changes to your diet. Look for the common sense changes that you can make permanent," said Anding.

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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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