

# CYPRESS

# pulse

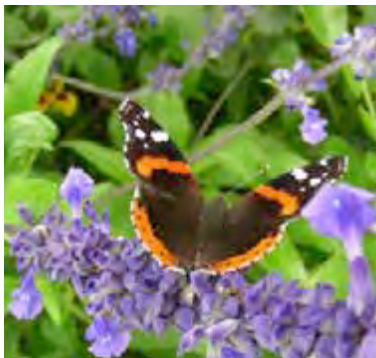
APRIL 2020 - VOLUME 6, ISSUE 4

NEWS FOR THE CYPRESS PARK COMMUNITY

## Texas A&M Agrilife Extension: Pollinators



are solitary and nest in the ground. Solitary bees are not aggressive and many are stingless, so people should not be afraid of them.



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



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

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

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

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

### 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](http://www.urban-ipm.blogspot.com)

This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188 /project accession no. 1013905] from the USDA National Institute of Food and Agriculture.

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## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY .....	911
Fire/Ambulance.....	911
Officer.....	911
Poison Control.....	800-222-1222
Cy-Fair Medical Clinic (24 Hour).....	281-890-4285
Sheriff Non-emergency.....	281-463-2648

### NON-EMERGENCY NUMBERS

Emergency Roadside Assistance.....	800-525-5555
Fire/Ambulance.....	713-466-4073
Harris County Precinct 4 .....	281-376-3472
Texas No Call List Registration .....	866-TXN-OCAL
Vacation Watch .....	281-401-6200

### SCHOOLS

Bus Information.....	281-897-4380
Ault Elementary School.....	281-373-2800
Keith Elementary School.....	281-213-1744
Swenke Elementary School.....	281-213-1200
Rosehill Christian School .....	281-351-8114
Cy-Fair Administration .....	281-897-4000
Cy-Ranch High School .....	281-373-2300
Cy-Woods High School.....	281-213-1800
Salyards Middle School.....	281-373-2400
Spillane Middle School.....	281-213-1645

### UTILITY NUMBERS

Eagle Water Management, Inc.....	281-373-8989
Centerpoint (Gas) .....	713-659-2111
Reliant Energy (Electricity).....	713-207-7777

### OTHER NUMBERS

AT&T Repair Center .....	800-246-8464
Street Light Outages (Need to provide the 6 digit pole number).....	713-207-2222
Harris County Animal Control .....	832-999-3191
Best Trash (They provide free trashcan for recyclables) .....	281-313-2378
Harris County Public Library.....	281-290-3210
Post Office.....	281-858-9021

## NEWSLETTER INFO

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### ARTICLE SUBMISSIONS

Do you have an idea or suggestion for the newsletter? Want to submit a photo, article, or both? It's easy!! Email your articles to [cypresspark@peelinc.com](mailto:cypresspark@peelinc.com) by the 10th of the preceding month. So if you get your ideas in before the deadline, you should see them in the very next month's newsletter.

We are glad to hear all of the positive feedback and we intend to continue to improving the look and feel of the newsletter according to what you tell us. So get as involved as you like! We look forward to hearing from you.

## 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](mailto: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](http://albionhurricanes.org) for details about your particular campus.

**Boys Director:**

Mark Rufo - [mrufo@albionhurricanes.org](mailto:mrufo@albionhurricanes.org)

**Girls Director:**

Dan Hill - [dhill@albionhurricanes.org](mailto:dhill@albionhurricanes.org)

**ECNL/Elite Director:**

Steve Firth - [sfirth@albionhurricanes.org](mailto:sfirth@albionhurricanes.org)

**Southwest Campus Director**

Paul Isaila - [pisaila@albionhurricanes.org](mailto:pisaila@albionhurricanes.org)

**Cy Fair Campus Director**

Danny Parejo - [dparejo@albionhurricanes.org](mailto: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](http://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.

**CYPRESS CHRISTIAN SCHOOL**

**K-12 PREVIEW APRIL 16 7 P.M.**

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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.

## 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](mailto: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](mailto:t.garza1617@gmail.com) by April 16th. <https://foundrychurch.org/primetime-ministry/>



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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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