

NEWS FOR THE RESIDENTS OF PARK CREEK

MAY 2020

VOLUME 5, ISSUE 5



Chick-FIL-A, Towne Lake, took 287 sandwiches in the morning and 87 sandwiches in the evening to Memorial Hermann Hospital on April 6th to thank the staff for all they are doing to keep us safe.

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:

Cy Fair ISD..... 281-897-4000

WATER DISTRICT

MUD 10..... 832-467-1599

HEALTH DEPARTMENT

Harris County..... 713-274-6300

CYPRESS POINT RECREATION ROOM RENTAL

Voicemail 281-256-1579

ELECTRIC COMPANY/ OUTAGES

Centerpoint..... 713-207-2222

<http://www.centerpointenergy.com/en-us/residential/in-your-community/electric-outage-center/report-streetlight-outages>

GARBAGE SERVICE

Best Trash 281-313-2378

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

Albion Hurricanes FC (AHFC)

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 to become part of our success. AHFC competitive evaluations will be in 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.

AHFC also offers JHSL (a recreational program for 5 - 10 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.

***Subject to change in accordance to League rules.



HORIZON
Lawn & Landscape, Inc.
full service landscape company
281-373-0378





<p>Landscape Maintenance Commercial & Residential</p> <p>Landscape Services Design & Installation * Lighting * Seasonal Flowers * Drainage * Sod Installation * Rock Borders</p>	<p>Patios & Walkways Pavestone * Flagstone * Concrete</p> <p>Sprinkler Systems Design * Installation * Repairs * Property Coverage * Warranty * Licensed Irrigation #8587</p>
--	---

Proudly serving northwest Houston since 1997



Insured for your protection.



horizon-landscape.com

Crape Myrtle Bark Scale



Crape myrtles are a popular landscape tree in parts of Texas, prized for their beauty. While this tree has been relatively maintenance free for years, that is no longer the case now that crape myrtle bark scale (CMBS) has been found in Texas.

Crape myrtle bark scales are small, wingless insects, pinkish in color and covered with a white, velvety covering. When you look at the bark of an infested tree, look for round to oval shaped white velvety insects. If you puncture one with a toothpick, it will exude a pink substance.

When inspecting crape myrtles for CMBS, look along trunks, limbs, as well as smaller twigs and branches found towards the top of the tree. You'll want to look for scale insects and sooty mold. Sooty mold is a black colored fungus that grows on honeydew; honeydew is an excretion from scale insects (and other small, soft-bodied insects such as aphids and mealybugs).

Heavily infested crape myrtles have CMBS that produce copious amounts of honeydew on the tree and surrounding area which leads to growth of sooty mold, turning landscape plants black. Infested crape myrtles produce fewer and smaller blooms which may be difficult to tell unless you have an uninfested tree to compare.

Only male crape myrtle bark scales fly. Others are dispersed by wind, birds, other insects, or landscape maintenance equipment to nearby areas. Long-distance transport occurs via infested material. Once CMBS are in an area, they can move onto to nearby trees.

Control options are varied for CMBS. There are lady bugs that eat CMBS, but this may take time for control as the ladybug population is tied to the population of insects they feed upon. Ensure that if you buy and plant crape myrtles, that you inspect them and not plant any infested trees, or you select a different species of tree or shrub for the landscape.

Pesticide treatment for crape myrtle bark scale can be done with either a contact spray or a systemic. Studies from TAMU discovered that contact sprays should be used when pest numbers are peaking (crawler/ nymph numbers peak mid-April through May), and two treatments should be done with the second treatment taking place 2 weeks after the initial treatment. Insecticides with bifenthrin as the active ingredient tend to work best.

Systemic treatments should be applied earlier, when the leaves are budding out. Systemics such as imidacloprid and dinotefuran are best used as a soil treatment in March so that they are taken up by the tree and in place for the crawler population in April-May. These products should be used when trees are NOT in bloom to protect pollinators.

For a video on how to treat crape myrtles for CMBS, you should go to this link:

<https://citybugs.tamu.edu/2018/08/28/how-to-treat-your-crapemyrtle-for-bark-scale/>

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

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.

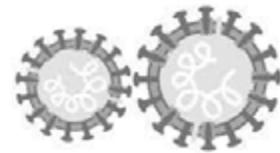
The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service or the Texas A&M AgriLife Research is implied.

The Texas A&M AgriLife Extension Service provides equal access in its programs, activities, education and employment, without regard to race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation or gender identity.

CORONAVIRUS

2019-nCoV

SAFETY ADVICES AND TIPS



SYMPTOMS



FEVER



COUGH



SHORTNESS
OF BREATH



SORE THROAT



HEADACHE

PREVENTION



WASH HANDS WITH
WATER AND
SOAP/SANITIZER,
AT LEAST 20 SECONDS



AVOID CONTACT
WITH SICK PEOPLE



DON'T TOUCH EYES,
NOSE OR MOUTH WITH
UNWASHED HANDS



WEAR A MASK



AVOID
CROWDED PLACES



AVOID CONTACT WITH
ANIMALS AND ANIMAL
PRODUCTS



DO NOT SHARE
EATING UTENSILS
AND FOOD



DON'T EAT RAW FOOD,
THOROUGHLY COOK
MEAT AND EGGS



AVOID TRAVELLING TO
AFFECTED AREAS
UNLESS NECESSARY



IF YOU BECOME SICK
SEEK MEDICAL CARE
IMMEDIATELY

IF YOU ARE INFECTED



STAY AT HOME



AVOID CONTACT
WITH OTHERS



COVER YOUR NOSE
AND MOUTH WITH
TISSUE OR ELBOW
WHEN SNEEZING



PUT TISSUES
IN THE TRASH BIN
AND WASH HANDS



KEEP OBJECTS AND
SURFACES CLEAN

How to Navigate Challenges to Mental Health During Shelter-In-Place



It is well-known and accepted that mental health and addiction issues can be challenges many face. Whether this is our own journey of challenges, or if we are the family/close friends of one afflicted, it feels that you don't have to look far to come across someone attempting to shoulder such challenges.

The 2018 National Survey on Drug Use and Health found that 67.1 million (1 in 4) Americans 12 or older were binge drinkers, 53.2 million Americans (19.4% of the US) 12 or older were illicit drug users, and that approximately 47.6 million adults (4.2 million adolescents) suffered from a mental illness.

With the recent mandated stay-at-home orders, mental health and addiction experts are unanimous in their concerns that these numbers will increase. This is because our world, our community in essence is experiencing a prolonged traumatic experience. A leading expert and researcher on trauma, Dr. Diana Fosha, explains trauma as being 'the experience of unbearable emotional suffering in isolation'. Dr. Fosha goes on to say that the healing of trauma essentially happens in one's undoing of their aloneness, which is to say isolation.

Sequestered in our respective homes, we are experiencing uncertainty, fear of the unknown, and social isolation from our normal routines and friends and family. Which is to say, we are all experiencing trauma at varying levels. The following are tips for how we can incorporate into our lives what the research proves works to address challenges to our mental health.

5 Tips for Maintaining Sobriety and Mental Health

- Have a community of support. Seek help from a professional. Mental health therapists and psychiatrists have gone digital. Make sure to have as much digital face-to-face contact as possible with friends and family.

Additionally, 12-step recovery groups are easily accessible via Zoom.

- **Have a spiritual practice.** Reconnecting with your faith, a meditation practice, walking outside, journaling. Seeking a way to determine 'HOW' you are to navigate this uncertainty. Recognizing that panic and anger will not help this, and to instead to feel empowered to get intentional with how you are showing up emotionally.

- **Keep to a daily schedule.** Finding a new normal routine and adhering to that. Have this schedule to make room for alone-time and exercise alone or with your family. Fresh air and outdoor time is a must.

- **Reconnect with yourself, loved ones, and your values.** This can be an opportunity to learn to reconnect with what is truly important to you. An opportunity to really identify or reconnect with your value system. Where there is crisis, those who really flourish are those who look for opportunities for transformation and resilience. Perhaps making and sharing a gratitude list with friends or within your family can be a practice.

- **Finding the courage to share honestly.** For those of us who believe that our safety and security is in being ok and having it all together, this pandemic is challenging that defense in an unprecedented way. In mental health and the healing from addictions, it is clearly known that healing ONLY happens by finding the courage to share one's vulnerabilities. It is in sharing our fears, our anxieties, our struggles that we can feel the most connected and supported by one another. And in this way, we also give others permission to share their vulnerabilities and fears.

-Alana Smith, LCSW, LCDC

PARK CREEK

At no time will any source be allowed to use the Park Creek Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the Park Creek Homeowners Association and Peel Inc. The information in the Park Creek Newsletter is exclusively for the private use of Park Creek residents only.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

*The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.



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

WIRED GENERATORS
ELECTRICAL SERVICES *by WIRED*
Residential & Commercial
Family Owned & Operated

Generac Home Standby Generators
24/7 Automatic Power Protection

Sales • Installation • Maintenance • Repair & Parts

**\$20
OFF**

**Your Next
Service Call!**

Not to be combined with any
other discount or offer.
Expires 6/1/20

Call us today for a FREE quote.

713-467-1125

generatorsbywired.com

GENERAC

SALES & SERVICE DEALER



Master #100394 TECL # 22809

GO GREEN



Receive your newsletter in your inbox

For details go to
www.PEELinc.com
and click the RESIDENTS tab





OUTSMARTING CANCER

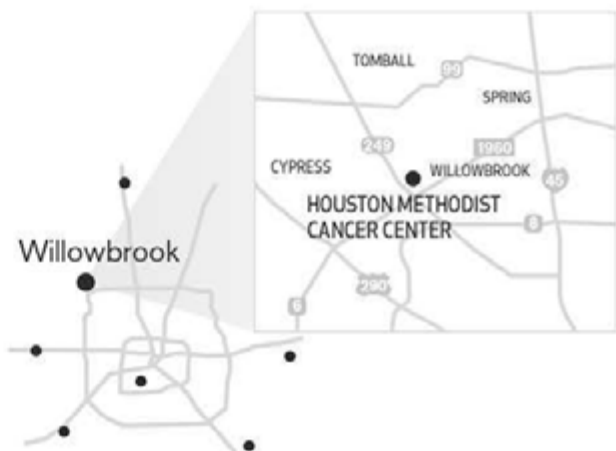
in Northwest Houston

Willowbrook • Cypress • Spring • Tomball

Our nationally recognized specialists are finding new ways to outsmart cancer.

From screenings and diagnosis to the most advanced treatments, our leading cancer care is available at our Willowbrook location, which also serves the Cypress, Spring and Tomball communities. We offer personalized guidance and support, so you can focus on healing, surviving and thriving.

HOUSTON
Methodist[®]
CANCER CENTER



281.737.2500

houstonmethodist.org/cancer-wb



PEEL, INC.

1405 Brandi Ln
Round Rock, TX 78681

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

PRC

let us manage your online presence.

www.peelincmedia.com

