



NEW WASTE MANAGEMENT PROCEDURES WILL AFFECT RESIDENTS IN SECTIONS 1, 2, 3



The new trash schedule and its implementation took effect on June 1 and will take us all some getting used to. Here are a few changes residents will now have to consider.

The first big change will be that **collection days** are now **Mondays (trash) and Thursdays (trash and recycle)**. During the week of May 27th residents of Sections 1, 2 and 3 should have received an additional 96-gallon waste cart with a green lid. That is what will be used for our normal trash *and* grass clipping bags. Loose trash bags or bags left by yard maintenance workers will no longer be picked up by the automated collection trucks unless they are inside the new carts. However, if there are too many to fit in the cart on normal collection days, they will be picked up on **bulk service day, the second Thursday of each month**.

Bulk Item Description:

Acceptable Bulk Items include broken down and bundled moving boxes, old furniture, bagged grass clippings, leaves, branches and tree trimmings. Branches and tree trimmings that are tied and bundled should be no more than three inches (3") in diameter and four-foot (4') in length and weighing no more than forty to fifty (40-50) pounds.

Additional Information:

- Your service carts must be placed at the curb to be serviced.
- Place carts 4 feet from obstructions (such as mailboxes and cars) and within 1 foot from the curb.
- Keep area around the service cart clear for easy access by collection truck.

Please remember that Woodwind Lakes Deed Restrictions prohibit putting trash, recycle or bulk items being put out to the curb more than 24 hours before pickup. It will probably take a bit before we all get used to this new arrangement but please follow the rules as we make the transition. This should go a long way toward keeping our community looking its best at all times.

If you have any questions about the transition to curbside automated side load (ASL)

collection, please call Waste Management's Customer Service department at 800-800-5804 or you may email questions to cssatex@wm.com.

IMPORTANT CONTACTS

CONSTABLE'S OFFICE

Harris County Pct. 4 Constable's Office.....281-376-3472
.....<http://www.cd4.hctx.net>

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Association Manager

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Improvement Application Submittal

..... arc@grahammanagementhouston.com

Call Before You Dig..... 1-800-DIG-TESS or 1-800-344-8377

Pct. 4 Constable..... 281-376-3472

Street Light Outage..... 713-207-2222

..... www.centerpointenergy.com - Have light number.

Texas Department of Public Safety Crime Service

..... <http://records.txdps.state.tx.us>

DEAD ANIMALS - To collect dead animals from the streets or off to the side of roads, please Dial 311. There is an option for them to pick up dead animals.

UTILITIES

SECTIONS 1, 2, 3

WASTE MGT CUSTOMER SERVICE.....713-686-6666
Trash Pick-up is Tuesday and Friday.

Water/Sewer Issues, all Sections: 281-807-9500

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SECTION 4 VILLAGE OF WOODWIND LAKES

WCA - 825 Highway 6 South, Houston, TX 77083
281-368-8397 - contact@wcamerica.com

TOPS Water - 281-807-9500

USEFUL LINKS

WL Website..... www.woodwindlakeshoa.com
Sec 1, 2 and 3 Utility.....
..... <http://hcmud261.com/HCMUD261/Index.htm>
Section 4 Utility <http://www.wfud.org/>
Social Media .. https://woodwindlakes.nextdoor.com/news_feed/
Newsletter <http://www.peelinc.com/>
Sec 4 Gate (ICS)

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Please support the advertisers that make the *Woodwind Lakes Newsletter* possible. If you are interested in advertising, please contact our sales office at 1-888-687-6444 or advertising@peelinc.com. The advertising deadline is the 8th of the month prior to the issue.

ARTICLE INFO

The *Woodwind Lakes Newsletter* is mailed monthly to all Woodwind Lakes residents. Residents, community groups, churches, etc. are welcome to submit information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for consideration please email it to Lynn.Collins@garygreene.com. The deadline is the 7th of the month prior to the issue.

June Yard of the Month

Section 1

7911 Sonata Court

Section 2

7711 Allegro Drive

Section 3

8607 Concerto Circle

Section 4

9431 Oratorio Court



Pavilion and Pavilion Pool



Reminder: If you need a key to the Pavilion Pool, please e-mail Donna Jackson at: kotilla@hotmail.com.

Also, if you need to reserve the Pavilion or the Pavilion Pool, contact Donna Jackson...

Home phone: 713-466-8668 or Email: kotilla@hotmail.com.

The rules and forms can be found on the Woodwind Lakes Website...www.woodwindlakeshoa.com.



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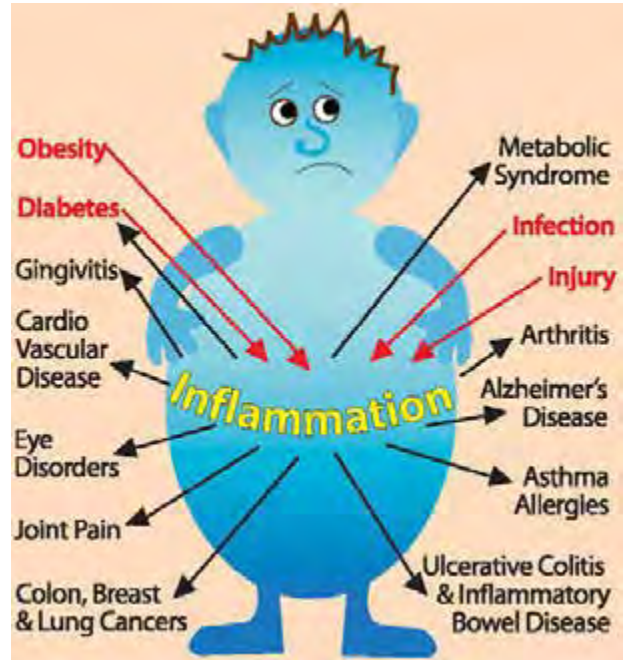
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Theft Vehicle: 0	Suspicious Vehicles: 0
Assault: 0	Phone Harassment: 0
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Runaways: 0	Criminal Mischief: 0
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"RESEARCH IS SHOWING THAT CHRONIC INFLAM- MATION MAY BE COMMON IN MANY DISEASES"

Harvard Medical School



How can we check for inflammation? There is a blood test that is helpful in determining inflammation. It is called the **C-Reactive Protein Test** (CRP, or us-CRP which is ultra-sensitive). Some scientists feel measuring the level of inflammation in your body is even more important than cholesterol level. The simplest way to assess inflammation is by testing for the concentration of a protein that is released as part of the inflammatory process.

If you are wondering if this test is for you, here are a few guidelines from Scott Deron, DO, FACC.

- * Is my cholesterol high (240 milligrams per deciliter (mg/dl) or more or borderline high, 220-239 mg/dl)?
- * Is my LDL cholesterol above 130 mg/dl?
- * Has an immediate family member had heart trouble due to cardiovascular disease at a young age?
- * Do I have diabetes?
- * Do I have gum disease?
- * Do I rarely exercise?
- * Do I smoke?
- * Am I overweight?

If you answered no to each of these questions, you exercise regularly, and you eat a well-balanced diet, you can probably assume that you're not at risk. If you answered yes to even one,

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(Continued from Page 4)

you and your doctor can determine if medication or lifestyle changes are necessary in decreasing the risk for a heart attack or stroke.

This test is a “biomarker” that is used for analyzing a person’s health but it is not a standalone indicator of a particular disease.

There are some factors that can interfere with the accuracy of a CRP test:

- *High Fat Foods
- *Pregnancy
- *Stress
- *IUDs
- *Statins
- *Corticosteroids and anti-inflammatory medication
- *Birth Control Pills

I do the CRP test annually as a preventative measure to keep an eye on inflammation.

In the next issue, let’s chat about lifestyle changes that will help in controlling inflammation. Look forward to connecting with you then.

“Every Bite We Take Feeds or Fights Disease”

Take care, Donna Konopka

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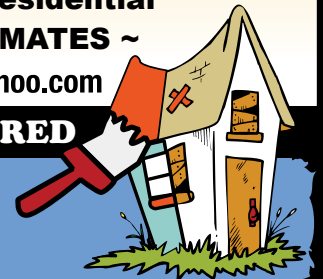
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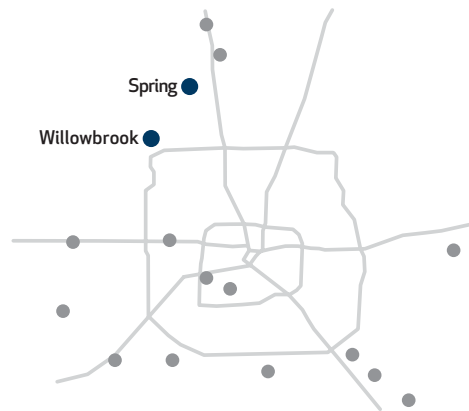
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LONG-LEGGED WADERS IN WOODWIND LAKES



Great Blue Heron

Our community is blessed with three beautiful lakes that are home to creatures that live in the water but also birds that wade at the edge of the water, hoping to find their next meal. Having long legs helps them as they carefully stalk their next tidbit in the shallows of our lakes.

There are at least six kinds of these graceful-looking waders that can be



Great Egret

The only other egret in our area that has a similar look is the somewhat smaller Snowy Egret. Take a look at their feet, there is no mistaking them – they look like they stepped in bright yellow paint. These egrets are only about two feet tall. If you see a white long-legged wader from a distance and are not sure how big it is,



Snowy Egret



Green-backed Heron

one way to tell these two apart is this: If they have a yellow bill, they will have black legs and feet and are the Great Egret. If they have a black beak, they will have the yellow feet and are the Snowy Egret.

found in or around our lakes. Most frequently seen are the large white birds called Great Egrets. Full grown adults are over three feet tall and have large, dagger-like bills that are yellow/orange in color. Their long legs, with which they move slowly and methodically, are black.



Yellow-crowned Night Heron

In flight, you can notice their long, tucked-in S-curved neck and legs that extend beyond the tip of their short tail. They have an impressive wingspan of over four feet and fly with slow, graceful beats.

The other long-legged birds that can be seen on or near our lakes, but not as frequently, are: Green-backed Heron (considerably smaller and rather inconspicuous), Great Blue Heron (the very large, mostly blue gray bird that looks almost primeval when it flies and stands four feet tall with a wingspan of six feet), and infrequently, the Yellow-crowned Night-Heron and Cattle Egret (which are more likely to wander in the grasses looking for bugs rather than wading in the water).

These are just a few of the avian species that inhabit our area. If you walk the trails around our lakes you are sure to see some of these attractive and graceful birds.