

# Woodwind Lakes



It's all right here

July 2020

Volume 9, Issue 7

## WOODWIND LAKES YARD OF THE MONTH JUNE WINNERS



7806 Ensemble Drive



8022 Clarion Way



8719 Golden Chord Circle



9022 Rhapsody Lane

CONGRATULATIONS TO EVERYONE

# Woodwind Lakes

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.....<http://www.cd4.hctx.net>

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#### Association Manager

Leigh Allen..... [Lallen@grahammanagementhouston.com](mailto:Lallen@grahammanagementhouston.com)

#### Improvement Application Submittal

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

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..... [www.centerpointenergy.com](http://www.centerpointenergy.com) - Have light number.

#### Texas Department of Public Safety Crime Service

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

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WL Website..... [www.woodwindlakeshoa.com](http://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/](https://woodwindlakes.nextdoor.com/news_feed/)  
Newsletter ..... <http://www.peelinc.com/>  
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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](mailto: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](mailto:Lynn.Collins@garygreene.com). The deadline is the 7th of the month prior to the issue.

# THE HIGH COST OF A POOR DIET



“Unhealthy eating habits cost the American health care system about \$50 billion a year just for heart-related diseases.” .....Harvard Medical School.

What we choose to eat every day has a major influence on our cardiovascular health. Our dietary choices combined with everyone else in this country also have a big impact on our nation’s economic health.

Cardiologist Thomas A. Gaziano, associate professor of medicine at Harvard Medical School states *“Here’s a key thing to know about an*

*unhealthy diet: what you’re NOT eating may be just as important as what you are eating.”*

We hear about multiple types of dietary habits but which do Harvard Medical School recommend?

Go Nuts! Nuts and Seeds are a good source of fiber as well as vitamins and minerals. The Seed of the Month is.... drum roll....*the sunflower seed!*

Sunflower seeds, which are harvested from the centers of large yellow-petals flowers have an 8,000 year history. It began when Native Americans cultivated sunflowers to make meal for bread.

There are two main types of sunflower seeds:

- Solid black hulls have extra-oily seeds, which are pressed into sunflower oil or used in bird feeders.
- Black and white striped hulls are used in food.

In the 1960s, chewing a mouthful to extract the seeds became popular among baseball players. In the 1970s hulled sunflower seeds gained a following with vegetarians and natural food enthusiasts. **Now these nutrient rich seeds can be a healthy habit for everyone.** Sunflower seeds are one of the best sources of vitamin E and some studies have linked vitamin E intake from food with lower rates of heart disease.

*Continued on Page 4*



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*Continued from Page 5*

There is more good stuff in these seeds. They are also plentiful in minerals such as copper, manganese and selenium.

Here are some other reported benefits of sunflower seeds:

**Inflammation:** They have a high C-Reactive Protein number (test which checks for level of inflammation). Perhaps sunflower seeds might help as they contain flavonoids and other plant compounds which help reduce inflammation.

**High Blood Pressure** is a major risk factor for heart disease, which can lead to heart attack or stroke.

There is a compound in sunflower seeds that blocks an enzyme that causes blood vessels to constrict. As a result, sunflower seeds may help your blood vessels relax, lowering blood pressure. The magnesium in sunflower seeds helps reduce blood pressure levels as well.

**Diabetes:** The effects of sunflower seeds on blood and type 2 diabetes have been tested in a few studies and seem promising but more research is needed. Studies suggest that people who eat 1 ounce of sunflower seeds daily as part of a healthy diet may reduce fasting blood sugar by about 10% within six months compared to a healthy diet alone.

**Blood Sugar:** Studies also suggests that adding sunflower seeds to foods like bread may help decrease carbs effect on our blood sugar. The seeds' protein and fat slow the rate at which our stomach empties, allowing a more gradual release of sugar from protein.

A quick summary: Sunflower seeds contain nutrients and plant compounds that may help reduce our risk of inflammation, heart disease,

and type 2 diabetes.

Perhaps we now want to take a more serious look at sunflower seeds and how we can use them.

\* If you bake bread or muffins, sprinkle seeds on top.

\* Add them to vegetables. Instead of breadcrumbs, add a sprinkling of sunflower seeds. For more flavor, toss them in olive oil, salt and spices such as red pepper flakes or ground ginger before toasting.

\* Mix them into granola.

\* Add them to tacos.

\* Use them in pesto.

\* How about tofu and sunflower burgers?

\* They can be used in a healthy homemade bar.

\* Risotto made with sunflower seeds instead of rice.

\* **A quick summary: Sunflower seeds contain nutrients and plant compounds that may help reduce our risk of inflammation, heart disease, and type 2 diabetes.** Throw a handful of toasted sunflower seeds on top of soup.

Hope you will add these tasty little seeds to your grocery list!  
Every Bite We Take Feeds Or Fights Disease.

Healthy regards,  
Donna Konopka



# CONSTABLE STATS

Burglary Habitation: 0	Disturbance Juvenile: 0
Theft Vehicle: 0	Suspicious Vehicles: 1
Assault: 0	Phone Harassment: 0
Disturbance Family: 0	Theft Habitation: 0
Alarms: 5	Robbery: 0
Runaways: 0	Criminal Mischief: 0
Burglary Vehicle: 0	Disturbance Other: 0
Theft Other: 0	Suspicious Persons: 2
Sexual Assault: 0	Other Calls: 40

### Detailed Statistics By Deputy

Unit Number	Contract Calls	District Calls	Reports Taken	Felony Arrests	Misd Arrests	Tickets Issued	Recovered Property	Charges Filed	Mileage Driven	Days Worked
W14	133	0	8	0	0	29	0	2	1387	20
W15	65	32	14	0	0	0	0	0	1005	21
<b>TOTAL</b>	<b>198</b>	<b>32</b>	<b>22</b>	<b>0</b>	<b>0</b>	<b>29</b>	<b>0</b>	<b>2</b>	<b>2392</b>	<b>41</b>

### Other Call

8600 Golden Chord Cir.-Unknown suspect(s) made a online account using Complainants information without consent.

### Alarms

Deputies responded to 5 residential alarms that were all cleared as false or cancelled.

### Suspicious Vehicles

Deputies responded to a 1 suspicious vehicle calls that were all cleared as GOA or information.

### Suspicious Persons

Deputies responded to 2 suspicious person calls that were all cleared as GOA or information.

Deputies conducted multiple traffic stops and issued multiple citations within the contract reducing the possibility of accidents.

Deputies conducted multiple contract, neighborhood and business checks within the contract increasing visibility while performing regular patrol duties.

### Deputies responded to 40 other calls within the contract including:

- Motor Vehicle Accidents
- Animal Humane
- Child Custody Disputes
- Domestic Preventions
- D.W.I.
- Follow Up Investigations
- Information Calls
- Meet The Officer
- Lost Found Property
- Sex Offender Verification
- Stranded Motorist
- Traffic Hazard
- Unknown Medical Emergency
- Abandoned/Speeding Vehicles
- Welfare Checks

# TICK CONTROL IN THE YARD



This article covers what to do about ticks in your yard. I did not want to make it too long, so I decided to provide links to sources giving information on how to treat pets, yourself or family.

Ticks are arachnids with two body regions, eight legs (except the first stage out of the egg has only six legs and is called a seed tick) and no antennae. Ticks come in a variety of sizes depending upon if they are nymphs or adult, male or female, engorged or not. Ticks require a blood meal before molting to the next stage of their development as well as adult females requiring a blood meal before laying eggs.

Since ticks can feed on multiple hosts during their lifetime, including humans and other animals, they are capable of transmitting disease organisms through their bite. For more information on diseases transmitted by ticks see this link:

<https://www.cdc.gov/ticks/diseases/index.html>

Ticks wait for hosts by climbing up vertical surfaces such as vegetation, fences or shrubbery. When a host brushes past, ticks grab on and locate a suitable spot for feeding. To reduce ticks in your yard you can try some or all of the following:

- Keep grass mowed
- Clear brush, weeds, or overgrown areas
- Discourage wildlife
- Remove debris from the yard
- Treat yard with insecticide making sure to go up surfaces as ticks will climb upwards to grab onto a passing host
- Treat pets

For information on how to deal with ticks on your pet(s) see this source:

[https://www.cdc.gov/ticks/avoid/on\\_pets.html](https://www.cdc.gov/ticks/avoid/on_pets.html)

For how to avoid getting, properly inspecting for, or removing ticks from yourself or family members see this source:

[https://www.cdc.gov/ticks/avoid/on\\_people.html](https://www.cdc.gov/ticks/avoid/on_people.html)

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)

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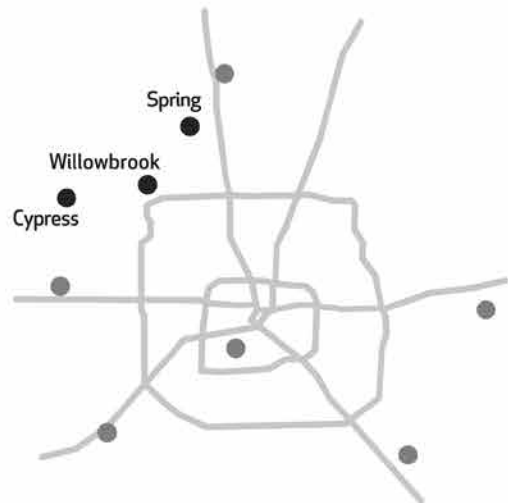


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## ASIAN GIANT HORNETS

What headline can draw people away from thoughts of the current state of the world and Coronavirus? That would be MURDER HORNETS! I cannot think of a more sensationalized headline, so kudos to whomever came up with that attention grabber. This headline is popping up everywhere from social media outlets, television, newspapers and others. Quite frankly, it makes me cringe each time I see it. Asian giant hornets (AGH) are *Vespa mandarinia* NOT "murder" hornets. If you want to use a common name instead of the scientific name, then call them by the correct common name of Asian giant hornet.



Asian giant hornets are large, around 2 inches in length, with an orangish head, brown antennae (the base of the antennae are yellow-orange), brown to black eyes and ocelli (simple, dot-like eyes located between the compound eyes). Their thorax is dark brown with greyish wings and the abdomen has alternating bands of brownish-black and yellow-orange.

Asian giant hornets are capable of inflicting a painful sting. Please note that while the sting can lead to death in some cases, it is not what typically happens. People are also capable of receiving painful stings from insects already here in Texas such as honeybees, paper wasps, yellowjackets or even fire ants and some can die from being stung. Death by insect sting usually depends upon the number of stings and how your body chemistry reacts to venom injected by the insect. Asian giant hornets are capable of killing other insects, including honeybees and other pollinators but they are not doing this to be vicious or killing for sport. The hornets use insects they kill as food for their larvae....just like other wasps that we have here in Texas.

We do not currently have Asian giant hornets in Texas. If you think you have these wasps, then please send samples or images to me for identification as Texas A&M AgriLife Extension Service are identifying any items of concern for our clientele.

Some insects that may be confused with AGH to the untrained eye:

Paper wasps are reddish brown in color & sometimes have yellow markings on their bodies and are 1/2-1 inches in length. Paper wasps make paper-like nests out of chewed wood fiber that have open cells and hang from a single stalk.



Paper wasps on paper nest.

Yellowjackets are yellow & black in color and are 1/2 in length. Bald-faced hornets are a type of yellowjacket. These wasps also make a paper-like nest, but it is enclosed with a single opening.

Cicada killer wasps have a reddish head and thorax with an abdomen that alternates with yellow and black markings. These wasps reach 1 1/2 inches in length. Cicada killers burrow into the ground, so you may see holes left behind from their digging.



Cicada killer wasp on redbud.

FACTS about Asian giant hornets in North America.

1. A colony was found late last year (September 2019) in Nanaimo, British Columbia on Vancouver Island. The colony was located and destroyed.

2. A sighting and dead specimen was found in Washington state in

December 2019 in Blaine, WA. This was the first reported sighting of the Asian giant hornet in the U.S.

3. It is currently unknown how the hornets entered the U.S. and genetic testing leads to the conclusion that the hornets found in BC & WA are two separate introductions.

4. Agencies are currently monitoring & trapping with lures to discover any queens or workers. They are talking about attaching radio tracking devices to captured wasps to track them back to their nest.

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)

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