

Woodwind Lakes



It's all right here

May 2020

Volume 9, Issue 5

DUE TO THE CURRENT HEALTH SITUATION, GRAHAM MANAGEMENT & HOA BOARD...

are asking all residents to refrain from visiting the playgrounds, tennis courts and exercise equipment in the pavilion area and to not utilize trail benches during this time. The lake trails will continue to be open but we actively request all residents to practice social distancing while on the trails.

Until further notice, Pavilion/Pool Rental Requests are not being accepted.

A communication from our pool/lifeguard program has been received advising that the lifeguard training programs have been affected as part of the on-going gathering restrictions. It is not yet known if this delay in training or on-going health and safety restrictions will impact the planned 2020 pool season start dates in May 2020. If any change is expected, all residents will be notified.

Grounds Committee will not judge Yard of the Month for March and April but will resume in May.

The Grounds Committee would also like to compliment and thank all those residents who have been working to keep their yards in fabulous condition for all of us to enjoy. With so many people outside walking, jogging, bike riding, it brings a smile to everyone's face when they observe flowers blooming and a fresh new time of the year.

IS IT A FROG OR A TOAD?

How to tell the difference

Toad Vs. Frog



Did you know there are 30 different species of frogs and toads in Texas? The problem I have, however, is telling the difference between a frog and a toad. Can you tell the difference?

First, let's explore the similarities. Both frogs and toads are members of the amphibian class. Both have short bodies, two hind legs, two front arms and a wide head. Both frogs and toads are carnivorous and eat worms, insects, slugs, spiders and small fish. Toads may also eat dog

food left outside. They catch their prey with their long, sticky tongues. Females lay their eggs close to water or actually in the water and the males fertilize them.

DIFFERENCES:

- If you look at the hind legs, you'll notice the frog has very long legs. They need longer legs because they hop more and higher than toads. Toads tend to crawl more. They can hop but they can't hop very high or very far.

- The frog spends most of its time in the water so it has webbed back feet. Sometimes the front feet are webbed as well.

- Toads have a chubbier appearance than frogs.

- The skin of the frog is much smoother. A toad's skin will be bumpy and the bumps resemble warts.

- The coloring between frogs and toads is different. Frogs are a bright green or a yellow-olive in color. Toads are a dark green to an olive green in color. Make sure you don't rely solely on coloring when trying to identify an animal though because there are some brownish-green frogs.

- Frogs spend the majority of their time near water and rarely venture very far away from a water source.

During breeding season, frogs can be incredibly noisy. If you have security lights around your home, these lights will attract insects which will in turn attract frogs who want to eat them. If the noise bothers you, turn out the lights.

If you have pets, don't allow them to play with toads. When toads are threatened or bitten, they use the same defense mechanism as a skunk. The skin lets out a bitter taste and odor that burns the eyes and nostrils. It is highly toxic to pets and can cause death if left untreated. Humans, however, are not affected by a toad's toxin. If your pet has been outside and you notice it pawing at its mouth or eyes, crying or whimpering, it may have encountered a toad. Other signs to look for:

- Excessive drooling
- Seizures
- Yellow vomit
- Diarrhea
- Dilated pupils
- Irregular heartbeat
- Foaming at the mouth
- Hyperthermia
- Collapse
- Difficulty breathing

If you think your pet has had an encounter with a toad, contact your veterinarian immediately.

For other helpful information, check out the blog on the TWRC Wildlife Center website. www.twrcwildlifecenter.org

Cheryl Conley, TWRC Wildlife Center

IMPORTANT CONTACTS

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

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Association Manager

Leigh Allen..... Lallen@grahammanagementhouston.com

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

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SECTION 4 VILLAGE OF WOODWIND LAKES

Texas Pride Disposal - 281-342-8178

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/
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Sec 4 Gate Leigh Allen Lallen@grahammanagementhouston.com

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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.

Millipedes



Millipedes are often mistaken for worms. While millipedes have elongated bodies similar to worms, they have lots of legs which worms lack. Millipedes have a long, cylindrical body, a pair of antennae and two pair of legs on each segment of their body. They often curl into a spiral as a way to protect themselves when threatened.

Millipedes live in moist environments such as soil, leaf litter, and compost piles, under mulch, rocks or wood. Millipedes most often feed on decaying organic matter, though some are carnivorous. They are not typically thought of as pests, but more of a nuisance although they may occasionally damage seedling plants by feeding on stems and leaves.

Large numbers of millipedes may move into structures after heavy rainfall or during periods of drought. If millipedes do wander indoors, they usually die quickly due to lack of moisture.

Tips to prevent millipedes from moving indoors:

- Move objects providing harborage (compost piles, firewood, stones) away from structures.
- Create a band of gravel between the home foundation & landscape beds.

- Adjust watering schedules if overwatering.
- Turn mulch so it dries out.
- Seal accessible areas where millipedes can move into the home such as around doors & windows, pipe penetrations, etc.
- Ventilate crawl spaces to allow for air flow.

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.

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Imagine you are a buyer looking at your home. What do you think needs repair?

First impressions are key. Taking care of the necessary repairs before putting your home on the market is important to yielding top dollar and ensuring a quick, hassle-free sale. I'd be happy to come by and make some recommendations on how to create an inviting atmosphere.

Please call, text or email me if I can answer any questions or be of any assistance in helping you get top dollar when you are ready to sell.



A 2014, 2015, 2016, 2017, 2018 & 2019
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Mud Daubers



Mud daubers are a great wasp to have around. They are solitary, generally docile and can help to reduce various bugs in the landscape. Mud dauber wasps are $\frac{3}{4}$ - 1" in size and come in a variety of colors. They have a very thin, thread-like waist.

Mud daubers create a mud structure that they provision with insects and/or spiders; they lay an egg on each prey item within a cell in the nest and then seal the nest off. When larvae hatch from eggs, they eat the items provisioned for them, pupate and then emerge as adults to begin the process over.

Management is not usually needed for mud daubers as they do not guard their nest like other wasps. While they are capable of stinging, they are not considered to be aggressive. If you do not like the look of the mud nests, you can remove them with a putty knife.

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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3 Things to Know About Asthma



managing asthma, but keeping the disease under control can still be challenging.

Asthma symptoms result from inflammation, or swelling, that narrows the airways and makes them more sensitive than usual. The most common symptoms are coughing, wheezing, chest tightness and shortness of breath. These symptoms can be brought on by triggers such as tobacco smoke, dust, chemicals and pollen, which may worsen the inflammation of the airways.

(Continued on Page 6)

(Family Features) More than 25 million Americans suffer from asthma, according to the Centers for Disease Control and Prevention's National Health Interview Survey. This chronic condition is so common that even if you don't have it yourself, you probably know someone – a friend, colleague or child – who does. Health care providers and patients have many tools for

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Consider these three things to know about the condition from the National Heart, Lung, and Blood Institute's Learn More Breathe Better program, which provides information and resources on asthma, COPD and other lung diseases and conditions to people living with the diseases, their caregivers and the health care providers who help treat them.

Asthma is a serious lung disease. While symptoms can range from mild to severe, a person can die during an asthma attack. It's important for someone with the condition, as well as his or her family members, to know how to manage particular symptoms and when to get emergency medical help.

Asthma doesn't go away, and it can't be cured. Once a person develops asthma, he or she is likely to have it for a lifetime. In other words, children rarely outgrow asthma. Even when symptoms aren't present, the condition is still there and can flare up at any time.

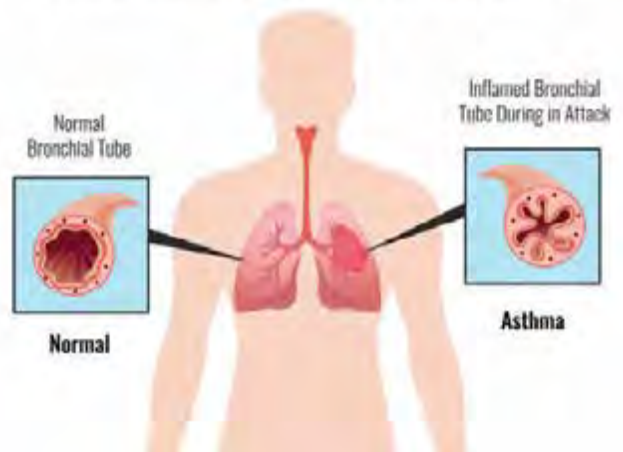
Asthma can be managed. Like diabetes and high blood pressure, asthma takes ongoing monitoring and management to keep it under control. Managing the disease effectively means working closely with a health care provider, taking medications as prescribed, avoiding asthma triggers – like exposure to allergens, poor air quality or tobacco smoke – and watching for any changes in symptoms. These steps can help anyone with asthma gain – and keep – control of his or her health.

Currently, it is unknown if people with asthma are at higher risk of getting infected with COVID-19, but if you do get infected you may be at higher risk of getting very sick. COVID-19 can affect your respiratory tract (nose, throat, lungs), cause an asthma attack and possibly lead to pneumonia and acute respiratory disease.

For more information and resources on asthma, visit nhlbi.nih.gov/BreatheBetter.

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Asthma and Bronchoconstriction



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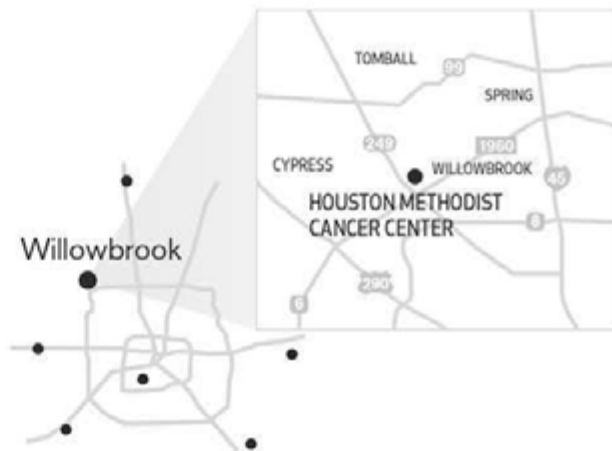
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Coping with COVID-19



Our immune system is in a battle every day. That's its job! Our cells, proteins and chemical signals join forces against bacteria, **VIRUSES**, parasites and other pathogens. A healthy functional immune system is a complex machine containing layers of processes, tissues and organs.

Imagine our body as a castle to be defended. We have pathogen (a bacterium, virus or other microorganism that can cause disease) exposure that can be intentional or accidental. A normal healthy response starts with an antigen. Think of an antigen as the bar code of each cell. Just like every item in the grocery store has a unique bar code, each cell type has a unique antigen code to identify it. Our immune system has learned to read these antigen codes. When they recognize something as being foreign, they initiate an immune response. We have the nasty global **Coronavirus** pandemic at which time our immune system needs to be as strong as possible

Healthy Immune Function is a Whole Body Effort.

Maintain a Healthy Diet..."Helping to regulate your blood sugar throughout the day is going to keep our bodies stable and our emotions on a better playing field"....Dr. Sullivan. We need to keep healthy snacks on hand which will help nourish our bodies and arm ourselves nutritionally to better deal with stress.

Exercise Regularly...We can still take walks around our beautiful lakes. How about yoga and or stretching as one way to exercise our bodies and calm our minds?

Take a Break... As humans we want control over our lives. In this

current situation. we have to learn to manage lack of control".... Cleveland Clinic. While it's important to stay informed of the latest news, the evolving nature of the news can be overwhelming. Whenever reasonably possible, disconnect physically and mentally. How about a board game, puzzle or treasure hunt instead?

Connect With Others... "Fear and isolation can lead to depression and anxiety."...Dr. Sullivan. This is a great time to connect with family, friends and colleagues regularly via phone, text, Face Time or other virtual platforms. Please check on those that are alone.

Get Sleep and Rest.... Is that hard for you with all that is going on? Perhaps a new pre-bedtime routine would help? Maybe a long bath with your favorite essential oils added or listening to soft relaxing music? How about a caffeine-free herbal tea such as Sleepytime or Chamomile?

Avoid or At Least Reduce Consumption of Caffeine and Alcohol...Alcohol is a depressant when taken in large quantities. Therefore, using alcohol as a way to alleviate stress is not ultimately helpful. Caffeine is a stimulant and so will increase your level of stress rather than reducing it.

Try Relaxation Techniques...One I have heard of is to focus on a word or phrase that has a positive meaning to you. Words such as "calm" "love" and "peace" work well or we could think of a self affirming mantra such as "Grant me serenity". Just concentrating on your chosen word or mantra for a few minutes could possibly calm racing thoughts.

Here are some quotes I find powerful to think of during these challenging times.

"The Greatest Weapon Against Stress is Our Ability to Choose One Thought Over Another"... William James.

"The Day She Let Go of the Things That Were Weighing her Down, Was The Day She Began To Shine The Brightest"...Katrina Mayer.

"The More Tranquil a Man Becomes, The Greater His Influence, His Power For Good. **Calmness of Mind Is One of the Beautiful Jewels of Wisdom**"...James Allen.

My favorite one is **Give Your Stress Wings and Let It Fly Away.** Sending positives wishes your way for good health and peace.
Donna Konopka