

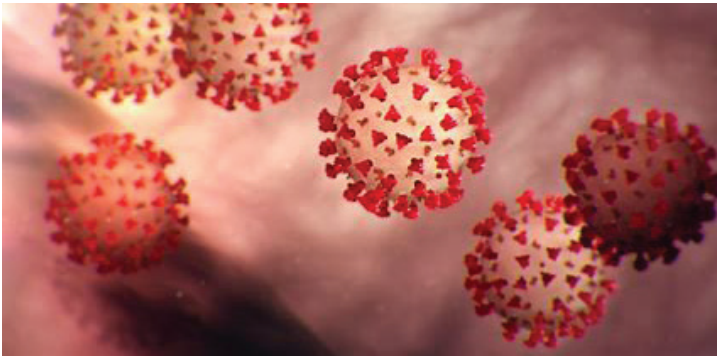
Woodwind Lakes



It's all right here

September 2021

Volume 10, Issue 09



HOW TO FIGHT COVID AT HOME

Due to the numerous Woodwind Lakes residents who have contracted Covid-19, thought this article may be of interest. The information was compiled by a Registered Nurse at a local hospital.

We always hear of how Covid takes lives but there isn't a lot of information out there regarding how to fight Covid. I hope this helps you or someone you know.

Sleep on your stomach at all times. If you can't sleep on your stomach because of health issues sleep on your side. Do not lay on your back no matter what because it smashes your lungs and will allow fluid to set in. Set your clock every two hours while sleeping on your stomach, then get out of bed and walk for 15-30 min, no matter how tired or weak you are. Also move your arms around frequently. It helps to open your lungs. Breathe in through your nose and out through your mouth. This will help eliminate build up in your lungs plus help get rid of the pneumonia or other fluid you may have.

When sitting in a recliner, sit up straight - do not lay back. Again, this will smash your lungs. While watching TV, get up and walk during every commercial.

Eat at least 1 - 2 eggs a day plus bananas, avocado and asparagus. These are good for potassium. Drink Pedialyte, Gatorade Zero, Powerade Zero and water with electrolytes to prevent you from becoming dehydrated. Drink a smoothie of blueberries, strawberries, bananas, honey and a teaspoon or two of peanut butter.

Do not drink anything cold - have it at room temperature or warmer. Water with lemon and honey, peppermint tea or apple cider are good suggestions for getting in fluids.

Vitamin's D3, C, B, Zinc and Probiotic One-Day are good ideas. Take Tylenol for fever. Mucinex or Mucinex DM for drainage and cough. Pepcid helps for cramps in your legs.

Lynn Collins



FALL GARAGE SALE

Saturday, October 16, 2021

7:00am to 3:00pm

Please contact Mercedes Martinez at

ironladymmm@hotmail.com

to purchase \$10 signs.

Health Building Tips On The Brain

There is science on how **positivity** affects the brain through chemical messengers. After what our world has gone through this past year, that attitude may be more difficult to achieve than usual.

First, physically **why is positivity important?** Neurotransmitters like dopamine, serotonin and oxytocin play a major role in supporting our physical and mental health. They do this by sending instructions from the brain cells to our muscles and organs. These chemicals help our brains and bodies work in tandem so keeping them in balance is key. If optimism oozes from your every pore, that is fantastic! Good news, if not, with little effort, it is relatively easy to trick our brain to be happy...according to USANA Health Sciences.

What can trigger the release of these "feel good" neurotransmitters? This may surprise you...but plants are one answer. Multiple studies show indoor plants keep us healthier and happier but the benefits go both ways. This may sound crazy but my mother and her friends

Continued on Page 3

Woodwind Lakes

IMPORTANT CONTACTS

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

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Newsletter Editor

Lynn Collins lynn.collins@garygreene.com

Website

"Ask the Board" www.woodwindlakeshoa.com

GROUNDS COMMITTEE

Ann Tatum anntatum9203@gmail.com

PAVILION & ADULT POOL

Roxanne Rocha Rocha@grahammanagementhouston.com

FAMILIES OF WWL

Dana Patterson greg.dana.patterson@gmail.com

CHRISTMAS COMMITTEE

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WOMEN'S CLUB

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OTHER USEFUL NUMBERS

Graham Management

..... graham@grahammanagementhouston.com, 713-334-8000
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Association Manager

Roxanne Rocha Rocha@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

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Trash Pick-up are Mondays (trash) and Thursdays (trash and recycle).

Heavy trash is 2nd Thursday of each month.

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

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USEFUL LINKS

WL Website www.woodwindlakeshoa.com

Sec 1, 2 and 3 Utility <http://hcmud261.com/HCMUD261/Index.htm>

..... <http://www.wfud.org/>

Section 4 Utility <http://www.wfud.org/>

Social Media .. https://woodwindlakes.nextdoor.com/news_feed/

Newsletter <http://www.peelinc.com/>

Sec 4 Gate Roxanne Rocha .. Rocha@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.

Continued from Cover

have purchased orchids at the same time. Months go by, mom's plant is thriving and her friends' orchids are dead. Mom talks to her plants and treats her blooming flowers as treasures! The theory is that plants may respond to the vibration and tones of the human voice or music. Humans also respond to vibrations and tones. Kind words and tone of voice also produces good vibrations. Positive thinking and speaking sound very appealing but the world isn't always hearts and flowers. A positive frame of mind doesn't come naturally for everyone. Even a few happy thoughts can evoke scientific benefits of positivity.

1. Our attitude towards stress affects our immune system. It's time to look at positivity as a tool that can help lead to health benefits.

2. Maintain calm. Expecting a positive outcome is a helpful formula to support a calm, serene and balanced mood.

3. Optimize resilience. Rather than falling apart during challenges, positivity helps us carry on and adapt to change.

Use Body Movements To Create Positive Thoughts

Certain body movements release happy brain chemicals. That's why smiling, even if you don't feel like it, can make you feel better!

Even the simple gesture of holding both arms above your head in a victory stance sends happy signals to your brain. Move in ways that make you feel good...dance, swim, exercise, stand up straight or just smile!



Be in the present...focus on your breath, pay attention to your senses (what you see, smell, touch, taste or hear right now) and/or meditate. There are many videos on YouTube about how to meditate.

Lastly, **Be Your Best Friend. Positivity is an inside job.** Does the person in your head say nice things to you? Do you talk to yourself the way you would speak to your best friend?

"A smile is the light in your window that tells others that there is a caring, sharing person inside."...Dennis Waitley
Healthy regards, Donna Konopka

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TEXAS A&M AGRI LIFE EXTENSION Spider Mites

Spider mites are very small to microscopic in size and depending on how good your eyesight is, you may not be able to see them without a good hand lens or microscope.

While spider mites are not insects- they are arachnids and more closely related to spiders than insects- they are pests in the landscape. Most spider mites produce a webbing around their colony. It starts on the underside of leaves and will expand out as the population increases.



Feeding can cause leaves to discolor, creating a speckled appearance on foliage. With severe infestations, leaves discolor to a silver or bronze color which may result in leaves dropping from the plant.

While mites feed on the underside of leaves, damage is more apparent on the tops.

Spider mites lay their eggs along the leaf vein during the growing season. Eggs are round and large in size when compared to adult mites. Some species of spider mites peak during warmer months of the year while others become more active in the cooler months of the year. The mites are able to develop more quickly when temperatures are warmer, with some spider mites going from egg to adult in less than 1 week. Spider mites thrive in dry conditions while their natural enemies require more humid conditions. Dry conditions allow spider mite populations to grow with little predation or parasitism that would help to keep the population at an acceptable level.

There are many predatory arthropods that feed on spider mites. Some of these include predatory mites, spider mite destroyers (a type of ladybug), minute pirate bugs, big-eyed bugs, and predatory thrips. Proper watering of plants may help to reduce spider mite outbreaks as it can reduce stress brought on by drought. Using strong jets of water directed on plants can also help to dislodge spider mites. Miticides or acaricides can be used to manage spider mite outbreaks. Look for active ingredients such as horticultural oils (watch temperature when you use oils), insecticidal soaps, spinosad, abamectin, bifenthrin, dimethoate, or acephate.

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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with Kate Weatherford, Woodwind Lakes Resident & Realtor®

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Keep reading to find out my faves and check the place out for yourself this weekend! **You can find Shoot The Moon at 8155 Long Point Rd, Houston, TX 77055, close to Long Point & Bingle Rd.**



KATE'S PRO TIPS

- > The Dr. Strangelove pizza and cheese curds are worth the short trip out of the neighborhood alone!
- > It's a kid friendly environment, however, Friday nights and weekends get busy.
- > Fave cocktail on tap - Red Shirt
- > Fave non-alcoholic drink - Cafe Sua Da

Read next month's newsletter for another hot spot near the hood!

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NATURE'S SANITATION CREW

Not the prettiest of birds but vultures serve a very important purpose. They eat the carcasses of dead animals. Driving along our roads, you may see a vulture feasting on roadkill. You may see a black vulture, turkey vulture or both. The easiest way to tell them apart is by their heads. The black vulture has a black head with a thin bill. The turkey vulture has a red head with a white bill. The wingspan of the black vulture is about 4.7 feet while the turkey vulture has a wingspan of about 5.7 feet. Black vultures are more likely to be seen around humans. The turkey vulture is shy and tends to shy away from heavily populated areas. The turkey vulture has an acute sense of smell and uses this to locate the whereabouts of carrion. They can smell the gases coming off of a dead animal up to 5 miles away. Black vultures must rely more on their eyesight to locate carrion but will sometimes follow turkey vultures to get their next meal.

Vultures use their hooked bills to tear their food from the carcass. Sometimes they will stick their entire head inside of a carcass so the fact that they lack feathers on their heads helps to keep them clean. They may also step inside of a contaminated carcass which can cover their feet and legs with bacteria. To kill the bacteria, they will defecate on their legs which acts as an antiseptic wash.

Vultures will often sit with their wings completely stretched out, especially in the morning. This is called the "horaltic pose". They do this for several reasons. In the morning, it's to help warm them since their body temperature drops at night. They also strike this pose to dry their wings or to bake off bacteria.

Here are some other interesting facts about vultures:

- There is a structure just above the bill that looks like a large nostril. It's actually a bony structure that protects the nostrils from getting food in them.
- Vultures don't have a voice box so they don't make much noise other than a hiss or a grunt.
- During hot weather, vultures will urinate down their legs. This cools the blood vessels in the feet and lowers the overall temperature of the bird. It also helps kill bacteria.
- If a vulture feels threatened, it will projectile vomit.
- Both males and females incubate the eggs and help raise the young.
- Vultures have their own holiday. International Vulture Awareness Day is celebrated the first Saturday of each September.

The next time you see a vulture, remember that beauty is only skin deep. They should be appreciated for controlling bacteria in our environment. If dead animals were left to rot, bacteria that causes swine flu, botulism, leprosy and anthrax, can flourish. The bacteria can then be spread into human populations by animals and through the air.

Cheryl Conley

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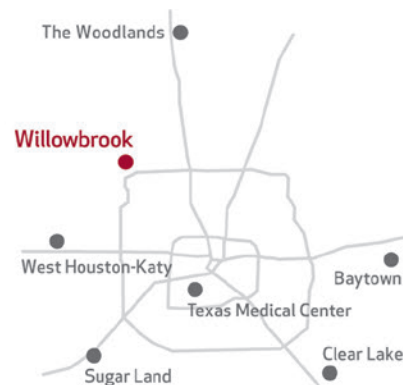




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Section 3 8719 Golden Chord Circle



Section 2 7614 Melody Circle



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