

# Woodwind Lakes



It's all right here

December 2021

Volume 10, Issue 12

## **November Yard of the Month**



Section 1: 7906 Sonata Court



Section 2: 7703 Allegro Drive



Section 3: 7814 Adagio Avenue



Section 4: 9350 Adagio Lane

# Woodwind Lakes

## IMPORTANT CONTACTS

### CONSTABLE'S OFFICE

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

### BOARD OF DIRECTORS

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### NEWSLETTER AND WEBSITE

#### Newsletter Editor

Lynn Collins ..... [lynn.collins@garygreene.com](mailto:lynn.collins@garygreene.com)

#### Website

"Ask the Board" ..... [www.woodwindlakeshoa.com](http://www.woodwindlakeshoa.com)

### GROUNDS COMMITTEE

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### PAVILION & ADULT POOL

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### FAMILIES OF WWL

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### CHRISTMAS COMMITTEE

Terry Buckner ..... [terry214@live.com](mailto:terry214@live.com)

### WOMEN'S CLUB

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### OTHER USEFUL NUMBERS

#### Graham Management

..... [graham@grahammanagementhouston.com](mailto:graham@grahammanagementhouston.com), 713-334-8000  
Mailing Address: 2825 Wilcrest Dr., Suite 600, Houston, TX. 77042

#### Association Manager

Roxanne Rocha ..... [Rocha@grahammanagementhouston.com](mailto:Rocha@grahammanagementhouston.com)

#### Improvement Application Submittal

..... [arc@grahammanagementhouston.com](mailto: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](http://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 are Mondays (trash) and Thursdays (trash and recycle).

Heavy trash is 2nd Thursday of each month.

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

### M.U.D. #261 BOARD SECTIONS 1, 2 & 3

S. Brady Whittaker (05.12.18) ..... President

..... 713-333-6411

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..... 281-236-6419

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Milt Dooley (05.14.20) ..... Director

..... 713-858-7303

**M.U.D. 261** ..... [www.HCMUD261.com](http://www.HCMUD261.com)

### SECTION 4 VILLAGE OF WOODWIND LAKES

Texas Pride Disposal - 281-342-8178

TOPS Water - 281-807-9500

Pick-up are Wednesdays (trash, heavy trash) and Saturdays (trash, heavy trash and recycle).

### USEFUL LINKS

WL Website ..... [www.woodwindlakeshoa.com](http://www.woodwindlakeshoa.com)

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

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

Section 4 Utility ..... [https://woodwindlakes.nextdoor.com/news\\_feed/](https://woodwindlakes.nextdoor.com/news_feed/)

Social Media .. [https://woodwindlakes.nextdoor.com/news\\_feed/](https://woodwindlakes.nextdoor.com/news_feed/)

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

Sec 4 Gate Roxanne Rocha .. [Rocha@grahammanagementhouston.com](mailto: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](mailto:Lynn.Collins@garygreene.com). The deadline is the 7th of the month prior to the issue.

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# Woodwind Lakes

## Health Building Tips to Keep Our Health Habits on Track During the Holidays



### The Importance of Sleep

How well do you sleep? I found it surprising that researchers estimate that 20 percent of Americans have sleep apnea and 90 percent don't know it.

Unfortunately, sleep often takes a back seat to everything else in our lives, especially during the busy holiday season.

Perhaps, these tips will be helpful.

***Want to improve your sleep quality?*** Check out the website: [thesleepdoctor.com](http://thesleepdoctor.com).

Here is some additional advice from the co-author of the new book ***"Energize! Go From Dragging Ass to Kicking it in 30 Days"***.

1. Don't consume caffeine after 2 P.M.
2. If you drink, limit alcohol to two drinks a day and follow each with a glass of water; stop drinking three hours before bedtime.
3. Try to get 20 minutes of exercise a day but not within four hours of bedtime.
4. Follow the rule of 15s upon waking. Take 15 deep breaths, drink 15 ounces of water and get 15 minutes of sunshine to reset your circadian clock.

### Toning Down Stress

Mismanaged stress can trigger depression and anxiety. But stress that turns to action, cleverness, problem solving and excitement can be productive, even enjoyable and new research shows it may even improve brain power! **The kind of positive stress we are talking about is stress that comes from challenges you enjoy, such as extending yourself to care for another person to learning or experiencing something new.** Turn a challenge into a welcome opportunity is positive stress. **Reframe a worry.** "Instead of focusing on how hard it is to help your ailing mother get to the doctor, consciously tell yourself to appreciate the fact that you still have time together. **Focus on what is, instead of what is lost.**" (Dr. Oz & Dr. Roizen)

We can't complete today's health tips without mentioning our immunity. I am such a believer every bite we take feeds or fights disease. According to Jacob Teitelbaum M.D., the author of "From Fatigued to Fantastic!", it is critical to avoid excess sugar. (Not what we want to hear with all the goodies in front of us this time of year!) The nine teaspoons of sugar in one can of soda or glass of fruit juice suppresses our immune system by 30% for three hours. Also, let's stay hydrated with good ole' water! It is no secret that holiday living doesn't always go hand in hand with healthy living. Hopefully these tips will help us stay physically and mentally healthy throughout this magical season. May your days be joyous, healthy and peaceful.

Be blessed,

Sincerely,

Donna Konopka



## LITTLE FREE LIBRARY

TAKE A BOOK • RETURN A BOOK

Welcome to the new Little Library located near the family pool! I added some material to your offerings this week in the form of new magazines which I hope your patrons will enjoy. The grandmother who inspired this monument to her love of reading is a hero to me.

I have relished the stewardship of the Little Library in the park for four years or so. Fortunately, borrowers and lenders continued to bring and take books throughout the pandemic. Everything was used and loved although a little dusty and dirty from our favorite mudpie artist and others.

Please keep the door closed when not in use so that the materials do not become wet, moldy or dirty. We also need to keep children who enjoy playing with soil away from these structures for the dust and dirt does get inside between the fiberglass panels which tends to stain and spoil books. No one wants to read a soiled book and cleaning this area is challenging as the mess usually gets on me in the process no matter how careful I am.

The important idea here is the joy and knowledge from reading and learning which improves our brains at all ages and stages and helps us to understand the world a little better. Thank you Woodwind Lakes for letting us have our little libraries here and keeping them alive and growing.

Frances Kelly Smith

Grandmother of Magnus who began the Little Library In the Park



# What's Good Near The Hood



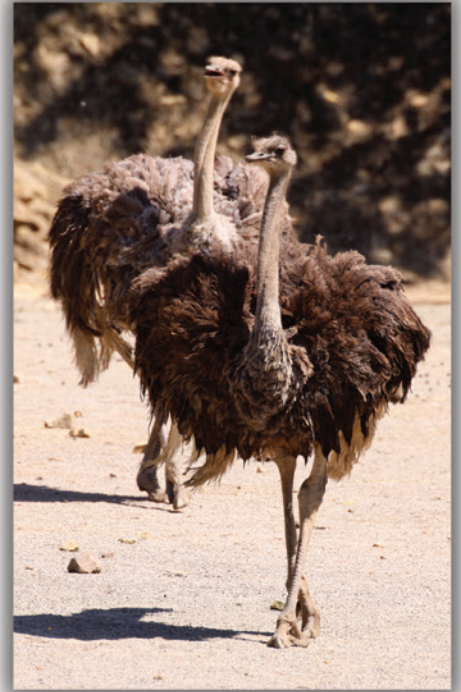
with Kate Weatherford, Woodwind Lakes Resident & Realtor <sup>®</sup>

You've probably heard of Sam Houston Race Park by now, but have you really experienced all it has to offer?

It is a relatively inexpensive outing, with free admission during non-live race days and bets starting at only \$2!

I bet you didn't know you can see other live races there too? You MUST check out the wiener dogs, ostrich, and camel races! Talk about fun for the whole family!

In the past, they have also had amazing events open to the public, including concerts & circus shows (Pre-covid).



I am thrilled to announce that  
**Cirque du Soleil is BACK!**

The world-renowned Alegria is now performing just minutes away from us, and if you have not been you must go!

*"An uplifting immersive experience, Alegria whisks audiences away to a mystical world sprinkled with visual poetry and acrobatic extravagance."*

A Vegas performance in our neck of the woods?! Sign me up!

CIRQUE DU SOLEIL - Playing now thru Jan 2

LIVE RACES BEGIN - Jan 6

> Camel & Ostrich Races- March 11 & 12

> Weiner Dog Races- March 19th



Come join us for our holiday open house on Dec. 17th, at our new office, located on Gessner. Join us for some hor d'oeuvres & adult beverages.

**Text or email for further info!**

## Ready To Sell Your Home?

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



# Woodwind Lakes

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## Boxelder Bugs

Boxelder bugs are dark brownish-black insects with reddish-orange markings around the edges of the thorax and wings. These bugs are about ½ an inch long as an adult. Nymphs or immatures, look similar to adults, but are smaller and do not have fully developed wings which allows you to see their bright reddish-orange abdomen.

While boxelder bugs typically do not cause damage to plants in the landscape or to structures, they can become a nuisance in and around homes from fall until spring. In the fall, adults and large nymphs gather in groups to overwinter. Boxelder bugs spend winter in cracks and crevices, in walls, around door and window casings, tree holes and in debris on the ground. Sometimes they may try to move indoors to overwinter. On warm days from fall until spring, adult boxelder bugs emerge from their overwintering location to warm themselves in the sun. If you repeatedly have problems with boxelder bugs each year, then removing female boxelder trees from the area may help to reduce bug populations. Hiding places can also be reduced or eliminated by removing debris such as boards, leaves and rocks from the landscape and around the home, as well as sealing cracks and crevices with caulk or expanding foam. If chemical treatment is desired, treat overwintering areas with a pesticide labeled for the area you are treating.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600.

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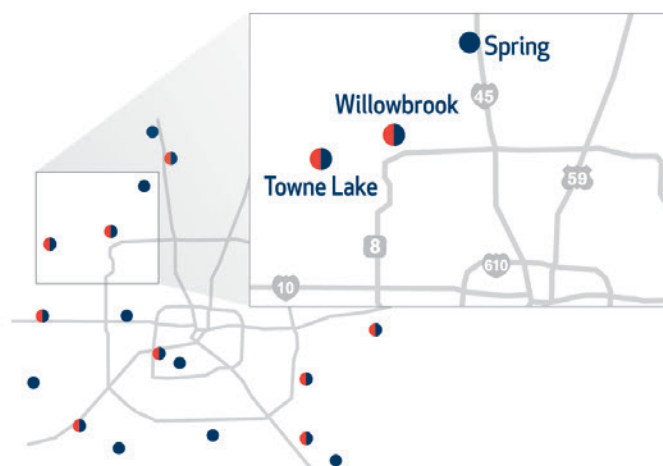
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## FACT OR FICTION?

Sometimes we hear things and we just assume they're correct. When we hear them as children we can go through our entire lives believing them. We even pass that information on to our own children. Let's dispel some of those old wives' tales or myths that we've heard about animals.

- The #1 myth I hear is that you should never touch a baby bird because you'll leave your scent on them and mama bird will reject them. **NOT TRUE.** It's never good to touch baby birds at any time unless you are rescuing the bird. If this is the case, the baby should be taken to a wildlife organization.
- You can get warts if you touch a toad. **NOT TRUE.** Toads don't have warts so passing them to a human would be impossible. Toads have little glands that cover their bodies that look like warts. They secrete a foul tasting, toxic, antibiotic fluid that protects them from predators and illnesses.
- Have you ever seen a picture of an opossum hanging upside down by the tail? In real life, this is **NOT TRUE.** Their tails are very important and aid in balance and holding on to things but they do not hang by them.
- Touching a butterfly's wings will cause it to die. **NOT TRUE.** Butterflies look delicate but they're actually tough little creatures. Their wings have thousands of scales on them and losing a few here and there may slow them down and make it a little harder to fly but it doesn't kill them. After all, they do have to withstand wind, storms, brushing up against plants and bushes and spider webs. Please don't touch them, though. If they lose too many scales, they can die.
- Animals have thicker coats in the fall if a severe winter is expected. **NOT TRUE.** The rate of hair growth and thickness has nothing to do with weather.
- Ostriches bury their heads in the sand because they believe if they can't see you, you can't see them. People say it's a defense mechanism. **NOT TRUE.** Ostriches don't stick their heads in the sand. How would they breathe?
- Use tomato juice if you get sprayed by a skunk. It will remove the odor. **NOT TRUE.** Anyone who has ever tried this found out very quickly that it doesn't work. There are options available that will work but tomato juice isn't one of them.
- You can only be stung by a bee once and then it dies. **NOT TRUE.** Let me clarify. This is true for honeybees but honeybees make up a very small percentage of all bee species. All other bee species can sting you over and over. Ouch!
- Rabbits LOVE carrots. **NOT TRUE.** Sure, they'll eat them but if given a choice, rabbits prefer leafy veggies. Sure, Bugs Bunny is always seen eating a carrot and perhaps that is how this myth got started but in reality, carrots are not a favorite.
- The age of a ladybug can be determined by counting the black spots on the wings. Others think the number of black spots indicate how many months will pass before meeting their true love. **NOT TRUE.** Entomologists believe the black spots are a warning to other creatures that the ladybug tastes bad. Don't eat me or you'll be sorry!
- Bats are blind. Have you ever heard or used the phrase, "blind as a bat"? **NOT TRUE.** Bats are not blind. 'Nuf said.

Next time you hear something about animals that seems a little far-fetched, it's probably inaccurate. Research it. Learn about the animals we share our world with.

Cheryl Conley, TWRC Wildlife Center

