

# Woodwind Lakes



It's all right here

February 2021

Volume 10, Issue 02

## 2020 BEST HOLIDAY DÉCOR GIFT CARD WINNERS



Section 1  
7806 Ensemble Drive



Section 2  
9007 Rhapsody Lane



Section 3  
7806 Percussion Place



Section 4  
9303 Sinfonia Drive

# Woodwind Lakes

## IMPORTANT CONTACTS

### CONSTABLE'S OFFICE

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

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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.woodwindhoa.com](http://www.woodwindhoa.com), Contact Us

### GROUNDS COMMITTEE

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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

Leigh Allen..... [Lallen@grahammanagementhouston.com](mailto:Lallen@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 is Monday and Thursday.

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

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

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Jason Vanloo (05.14.20) ..... Vice President  
.....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

### USEFUL LINKS

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/>  
Sec 4 Gate Leigh Allen ..... [Lallen@grahammanagementhouston.com](mailto: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](mailto:Lynn.Collins@garygreene.com). The deadline is the 7th of the month prior to the issue.

## If Eating Healthier in 2021 Is One Of Your New Year Resolutions Then Please Read On.....

First let's share some great advice from Dr. Robynne Chutkan, an integrative gastroenterologist and best-selling author who is "on a mission to heal your gut". "If you asked me to recommend the one thing that would have **the biggest impact on the health of your gut and skin, it would be to eat as many leafy green vegetables as you can.**"

If you want to encourage the growth of good bacteria, heal inflammation, crowd out parasites, improve mobility, get rid of belly fat, lose weight, eliminate yeast, dissolve gallstones, prevent diverticulosis, balance your pH, quiet down IBS (Irritable Bowel Syndrome), boost your energy, cut your risk of colon cancer in half, banish upper bloat, and really glow from the inside out then the single most important thing you need to do is **eat greens every single day.**

Hopefully, you can choose organic ones especially those on the dirty dozen list which have the most chemical pesticides, insecticides and synthetic fertilizers exposure. They also contain more nutrients than conventional produce because they are grown in healthy, mineral rich soil. Lastly, I find organics taste so much better. Research shows the enhanced antioxidant levels in organic produce are linked to improved flavor and texture.

Here's more great advice from **Sakara's nutrition company.**

- **Count Nutrients, not Calories...**Calories are a metric of energy, not a food's nutritional quality. They're not all created equal.

- Eat lots of plant protein.
- Daily meals should contain at least 6 cups of leafy greens per day for life changing results.
- Eat sulfur reach veggies like....cauliflower, kale, and cabbage.
- Eat fresh healthy fats.
- Eat the rainbow.....does your plate contain colorful fruits and vegetables?

"Food contains information. Every bite of food you eat broadcasts a set of coded instructions to your body. Instructions that can create either health or disease."

Dr. Mark Hyman


Hopefully, you have been encouraged by these holistic advocates to be your healthiest self! As USANA health science says...."Our Health is Our Wealth."

Take good care and stay well. Let's keep our immunity as strong as possible so we have the best defense against the flu and viruses.

Best regards,


Donna Konopka

*See Examples of Good Greens on Page 4*



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# Woodwind Lakes

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## STATS DETAILS...

### CRIMINAL MISCHIEF:

9100 WOODWIND LAKES DR- A known male complainant stated that a tree cutting/trimming service entered the back yard of his home without consent and trimmed some branches off an oak tree overhanging onto his neighbors yard. It was later found that the complainant made verbal threats to cause bodily harm.

### Alarms

Deputies responded to 2 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 0 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 10 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



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## CONSTABLE STATS FOR DECEMBER

Burglary Habitation: 0	Disturbance Juvenile: 0
Theft Vehicle: 0	Suspicious Vehicles: 1
Assault: 0	Phone Harassment: 0
Disturbance Family: 0	Theft Habitation: 0
Alarms: 2	Robbery: 0
Runaways: 0	Criminal Mischief: 1
Burglary Vehicle: 0	Disturbance Other: 0
Theft Other: 0	Suspicious Persons: 0
Sexual Assault: 0	Other Calls: 10

### 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	68	1	8	0	1	29	0	2	1402	20
W15	53	32	266	2	0	10	0	2	999	18
<b>TOTAL</b>	<b>121</b>	<b>33</b>	<b>274</b>	<b>2</b>	<b>1</b>	<b>39</b>	<b>0</b>	<b>4</b>	<b>2401</b>	<b>38</b>

## FLOUR BEETLES



There are two types of flour beetles that may be encountered in the home- red and confused. These beetles are small (about 1/8" in length), reddish-brown to brown in color with a somewhat flattened body. Adults can be long-lived and survive up to 3 years. To tell the difference between the two, you would need to look closely at the tip of the antennae; red flour beetles have a distinct 3-segmented club while confused flour beetles have a gradually formed 4-segmented club. Fortunately, you don't really need to get that detailed in identification to manage them as they feed on similar foods and are often found in the same areas.

Flour beetles feed on grain dust and milled grains but can also feed on undamaged grains. In homes they may be found in cereals, flour, pasta, dried beans, chocolate, nuts, herbs, spices, crackers, dried pet food, dried flowers and cake mix. With large populations of the insects, they may cause a foul taste and odor to infested products due to a secretion from their scent glands.

Red flour beetles are able to fly while confused flour beetles cannot, so it is possible for them to move to different areas of the house. If you are having a problem with flour beetles, but cannot locate the source in your pantry, check other areas of the home such as where pet food is stored or areas with dried flowers or potpourri. Sometimes people see flour beetles during or after they have had a rodent infestation because the beetles can eat grain that may be in rodent baits or eat food from rodent nests where food was stored.

### Management tips:

- Inspect all food items and get rid of anything infested. If you do not want to throw away infested food, you can either put in in the freezer for a week or heat in the oven at 200 degrees for 2-3 hours to kill off insects.
- Clean all pantry areas, making sure to get any grain dust out of cracks and crevices. Use a cleaning solution after all debris is removed. Seal any cracks where grain dust may accumulate with a sealant product.
- Do not buy damaged or expired items from the grocery store.
- Use products promptly. If you go away for a period of time (a week or more), store items in the freezer.

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)

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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## EXTERIOR IMPROVEMENTS AND DEED RESTRICTIONS

Deed Restrictions exist in order to maintain an aesthetic uniformity between properties in a subdivision. Although many people regard Deed Restrictions as annoying to say the least, the enforcement of these restrictions is critical if we want to maintain our property values.

Neighborhoods are not that different from individual homes. They can be well-maintained or allowed to fall into disrepair.

The primary difference between an attractive and unattractive neighborhood is not really the deed restrictions but the willingness of the HOA board to enforce these restrictions through fine assessment or possible legal action.

Look at a neighborhood that may have restrictions but they are not enforced. What you usually see is a myriad of roof colors, some yards with a forest of trees and others with none, pink flamingos in the front yard... You get the picture.

Let me give you an example of how the non-enforcement of Deed Restrictions may affect our property values.

Let's say the average home price in WWL is \$300,000 and we have 630 homes in our subdivision. That yields a total property value of almost \$55 million. This is the value of assets our HOA is trying to protect. If through the non-enforcement of Deed Restrictions our property values decrease by a moderate 20% that is \$11 million or about \$17,500 per home. A considerable amount of money!

Some estimates show subdivisions with an inactive association can fall as much as 40%.

It is understandable, most people want to make their home their own but in the case of exterior modifications, **it is best to ask permission than forgiveness.**

Lynn Collins

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