

# Woodwind Lakes



It's all right here

September 2020

Volume 9, Issue 9

## WOODWIND LAKES YARD OF THE MONTH AUGUST WINNERS



9222 Brahms Lane



7715 Allegro Drive



7607 Allegro Court



9314 Cantata Court

CONGRATULATIONS TO EVERYONE

# Woodwind Lakes

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

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#### Website

"Ask the Board" ..... [www.woodwindhoa.com](http://www.woodwindhoa.com), Contact Us

### GROUND'S COMMITTEE

Ann Tatum..... [anntatum9203@gmail.com](mailto:anntatum9203@gmail.com)

### PAVILION & ADULT POOL

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..... [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

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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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### SECTION 4 VILLAGE OF WOODWIND LAKES

Texas Pride Disposal - 281-342-8178

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### 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/>  
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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.



## “EXPERTS: VITAMIN D MAY HELP IN FIGHT AGAINST COVID-19”

The health publication *Health Radar* had an encouraging article about the “sunshine vitamin”. It stated **vitamin D plays a pivotal role in reducing not only the mortality rates from diseases like COVID-19 but also in preventing infection.** Unfortunately, very few foods, aside from fatty fish, contain vitamin D. So, if you aren’t getting enough sunshine, taking a supplement is a must. On a side note, my brother in Florida is a boater and he “**knew**” he was getting enough vitamin D from sunshine. I strongly suggested he have a blood test to make sure that was the case. To his surprise he was deficient in vitamin D and needed to take a supplement.

The normal range for vitamin D can vary from 32-100. Holistic and naturopath doctors I have spoken to prefer the “optimal” range to be between 60-80 but please check with your health care provider for their recommendation.

More medical support for vitamin D in fighting this horrible COVID virus:

“Our study confirms a strong association between vitamin D and the severity of COVID-19 responses, including death,” says professor Rose Anne Kenny of the school of medicine at Trinity College Dublin. “We call on the Irish government to update guidelines as a matter of urgency and encourage all adults to take supplements during the COVID-19 crisis.”

Dr. Jacob Teitelbaum author of “From Fatigued to Fantastic” tells Health Radar “that vitamin D is critical for battling viral infections. Optimizing vitamin D is also critical for both lowering your risk of getting COVID and reducing the severity of the disease. Multiple epidemiological studies have shown that low levels of vitamin D are associated with a much worse outcome from the disease.”

Dr. JoAnn Manson a professor of medicine at Harvard Medical School has this to say, “There is growing evidence that vitamin D may be relevant to the risk of developing COVID-19 as well as affecting the severity of the disease”. She explains that vitamin D not only boosts the immune system but lowers inflammation, which mitigates the respiratory response during COVID-19. There is evidence that patients who develop respiratory infections tend to have lower blood levels of vitamin D.

Dr. Russell Blaylock, neurosurgeon, has a report, “Why Low Vitamin D Endangers Your Health”. It is quite comprehensive about the value of this supplement.

Please be encouraged to have your vitamin D levels checked as that is the true gauge to whether you need supplementation. Keeping vitamin D levels in the optimal range could be a great help in preventing or minimizing the effects of this virus.

Wishing you good health and happy days!

Donna Konopka



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# Woodwind Lakes



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Burglary Habitation: 0	Disturbance Juvenile: 0
Theft Vehicle: 0	Suspicious Vehicles: 1
Assault: 0	Phone Harassment: 0
Disturbance Family: 0	Theft Habitation: 0
Alarms: 1	Robbery: 0
Runaways: 0	Criminal Mischief: 0
Burglary Vehicle: 0	Disturbance Other: 0
Theft Other: 0	Suspicious Persons: 0
Sexual Assault: 0	Other Calls: 8

### 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
158	0	9	3	0	0	0	0	0	736	4
W14	67	0	6	0	0	30	0	1	948	14
W15	51	34	11	0	0	21	0	0	1045	20

## FALL WEBWORMS

Webworms can be found on a variety of trees and are most well-known for the webbing they create on the tips of branches. Webworms are caterpillars, or larvae, of a moth. Caterpillars cause damage by feeding on foliage that is inside the protective webbing.

There are 2-4 generations of webworms that occur each year. The first generation appears April- May and the last generation occurs in the late fall. The last generation is the most damaging generation, which provides these creatures with the name fall webworm.



Webworm larvae are about an inch long when fully grown. They are pale green to yellow with tufts of long hairs projecting from their body. Most people notice webbing that webworms create on the tips of branches. Webworms feed within the webbing and use it as protection from predators. When the caterpillars run out of foliage to feed on, they expand the web to encompass new leaves.



To manage webworms, the size and accessibility of the tree needs to be considered. Egg masses can be pruned from trees before they hatch in early spring. Egg masses are on the underside of leaves and are covered with hairs. Small webs can also be pruned from the tree when they begin to form in the spring. Larger webs can be knocked out of the tree or opened with a stick or jet of water which will allow predators inside the web to feed on caterpillars. Do NOT use fire to burn the web from trees! This causes more damage to the tree than if the caterpillars continued to feed.

Insecticides are also available for webworm management. Look for active ingredients such as *Bacillus thuringiensis* var. *kurstaki* (this product specifically targets caterpillars), spinosad, azadirachtin, or pyrethrins. Webs need to be opened before treatment with a pesticide so that pesticide gets inside the web where caterpillars are located.

Please note that webbing will remain in trees even after caterpillars are dead. Webbing needs to be removed by you or a strong weather event.

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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# Woodwind Lakes

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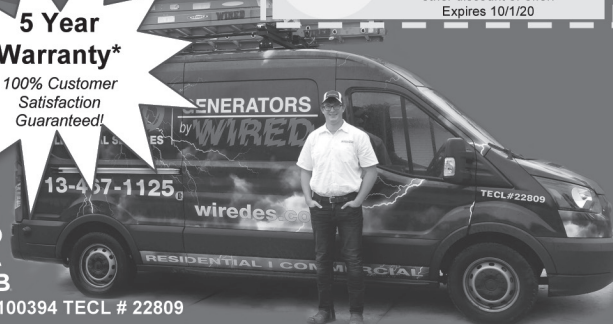
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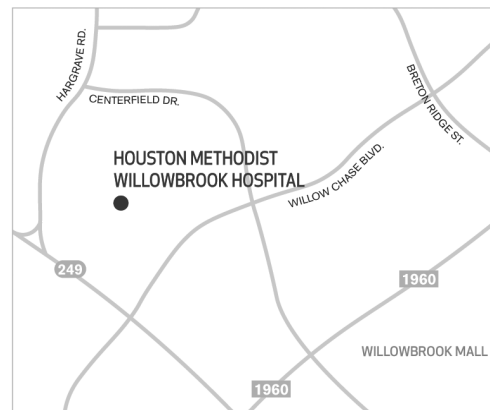
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# CRICKETS



Field crickets are a common sight around homes in late summer into autumn. These insects are about 1" long when fully grown. Crickets are dark brown to black with large hind legs used for jumping. They also have two cerci, or appendages that come off the tip of the abdomen. Female crickets have a large sword-like structure, the ovipositor, protruding from the tip of the abdomen. The ovipositor is used to deposit eggs into soil.

Crickets feed on plant material as well as other insects. They are able to cause damage to seedlings and sometimes large populations can be destructive. Large masses of dead crickets around doorways or other areas can be distasteful to view and cause a foul odor.

Field crickets are primarily outdoor insects, but may occasionally venture indoors. When crickets do come indoors, they may bother residents with their chirping. Males chirp to attract a mate creating the sound by rubbing their forewings together.

Cricket management is more easily accomplished in

the summer when nymphs, who cannot fly, are present. Unfortunately, this usually isn't when large populations of crickets are discovered.

Before turning to pesticides to manage your cricket problems, try these ideas:

- Turn off outside lights at night or use bulbs that are less attractive to insects
- Seal cracks & crevices where insects can enter with sealant
- Remove debris stacked near the structure
- Keep lawn & surrounding areas mowed
- Stuff weep holes with copper mesh

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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