

# Woodwind Lakes

NEWSLETTER

DECEMBER 2022

## 9th annual Woodwind Lakes Christmas event

Kick off the Holiday Season with your friends and neighbors at the fantastic neighborhood family event. There will be FUN, FOOD and of course a visit from SANTA.

**SANTA!** Santa will be available for pictures from 4:30pm until about 6:30pm. Make sure your kids bring their wish list. Our wonderful Hank Williams will be taking pictures. You do not want to miss this great photo opportunity with Santa!

**FOOD!** Hamburgers, hotdogs, chips and beverages will be provided free thanks to our HOA. We are asking residents to provide desserts. If you can contribute a homemade treat, please contact Cindy Horn, [cindy.d.horn@gmail.com](mailto:cindy.d.horn@gmail.com).

**MUSIC!** Live acoustic music will be provided again this year by Gary House. He adds so much to our evening and he plays for charity. He will match his tips and donate it all to St Jude's Children's Hospital. So don't leave home without your tip money.

**FUN!** Many activities are planned for both the young and the young at heart:

- Hayrides from 4:45pm till 7:30pm. It's free but so that you don't have to stand in line, we will have time specific tickets at the dessert table. Space is limited and the tickets go fast... just saying!
- Old fashioned cakewalk with cookies and brownies provided by members of the Women's Club.
- Crafts and crayon tables for the younger kids.

- Face Painting graciously done by Lexie, one of our young artistic residents.

- S'mores Pit. Be sure you take time to visit our fire pit with your family and make yourself this chocolate marshmallow delight.

- Ring Toss for Wine is a fun "adult" game back by popular demand. A \$5 donation will get you 6 rings to toss to ring a bottle of wine. Bring your money, donate to our event and "ring" in your holiday wine.

- Silent Auction will be awesome this year with items donated by residents as well as local vendors. We will take cash, check or credit card so buy a treasure and help fund this great event.



**Come visit with neighbors and enjoy the festivities and decorations.**

**It's a Woodwind Lakes tradition!!!**

*Don't miss the article on page 3 about judging for best holiday decor!*







# WOMEN'S CLUB CHRISTMAS OUTING AND LUNCHEON

**TUESDAY, DECEMBER 13**

For more information contact:

Marianne West, *President*  
[mariannewest@outlook.com](mailto:mariannewest@outlook.com)

Terry Buckner, *Vice President*  
[terry214@live.com](mailto:terry214@live.com)

Cindy Horn, *Secretary*  
[cindy.d.horn@gmail.com](mailto:cindy.d.horn@gmail.com)

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

**It's not too late to join our  
fantastic group of ladies!**

We'll be meeting at The Painted  
Tree Boutiques at 10:00 am  
5407 Cypress Creek Parkway

Lunch will be at 11:30 am at  
Barcelona Restaurant  
110 B Vintage Park Boulevard



*The club sends best wishes for a wonderful  
and safe holiday season for all our residents.*



# Best-Holiday Decorations

Judging takes place Thursday, December 15th and Friday, December 16th  
Be number 1 in your section and win a \$25 Gift Certificate!



Please  
have lights  
turned on  
by 6pm

LAST YEAR'S WINNERS



Looking for the **IMPORTANT CONTACTS** page?  
It's online now on the Woodwind Lakes web site.



If we make the mistake of being  
negative, discouraged or grumpy,  
we've wasted the day.



# It's beginning to look a lot like Christmas!

**Volunteers decorating at the Family Pool and getting ready for the Christmas on the Lake celebration while bringing some holiday cheer to Woodwind Lakes.**

**Volunteering for efforts like this is a great way to get to know some of your neighbors — all our residents are always welcome.**



*Christmas Committee members and helpful neighbors*



*Our newest HOA Board member, Chad Overton*

## Letters to Santa

Hey kids! Santa is waiting to hear from you. Send your Christmas list directly to the North Pole using the "Letters to Santa" mailbox at the Family pool. Be sure to include your name and address so you can receive a response.



Dear Santa  
Some books and games

# To lower blood pressure, pump up the potassium

If you were told you had to lower your blood pressure, your first thought would probably be to eliminate salt from your diet. However, a new study suggests, ramping up your potassium intake could be even more important, especially if you are female.

Cardiovascular disease is the leading cause of death worldwide among both men and women and increasingly we are finding there are sex-specific differences that play a role.

It is known high salt consumption is associated with elevated blood pressure and increased risk of heart attack and stroke. It's also known a diet rich in potassium is associated with lower blood pressure and a lower risk for cardiovascular disease.

However, it was not known whether increasing potassium lowers heart risks equally in men and women or if it was dependent on sodium intake. That's

why Lilfert Vogt, M.D., a professor at Amsterdam University Medical Centers, in the Netherlands, and his research team decided to study the relationship.

Study participants — 11,267 men and 13,696 women between the ages of 40 and 79 — completed a questionnaire on their lifestyle habits and had their blood pressure taken and urine samples collected. Urinary sodium and potassium were used to estimate dietary intake.

During the nearly 20-year follow-up, 55 percent of the participants were hospitalized or died due to cardiovascular disease. The researchers analyzed the association between potassium intake and cardiovascular events and after adjusting for other factors found that, overall, participants with the highest potassium intake had a 13 percent lower risk than those who had the lowest intake.

When men and women were

analyzed separately, the findings showed men with the highest potassium intake had a 7 percent lower risk for heart disease and women had an 11 percent lower risk.

In women with the highest sodium intake, every 1-gram intake of potassium was associated with a 2.4-point reduction in blood pressure. No association between blood pressure and potassium intake was observed in men.

Although only women's blood pressure benefited from potassium, men saw a lower cardiovascular risk as well, noted Vogt. While more study is needed, this could be due to other reasons such as a direct protective effect on the blood vessels.

"Fruit, vegetables, nuts and legumes are key sources of potassium. These foods are also associated with healthy diets. Therefore, it makes more sense to consume potassium-rich foods instead of potassium supplements," he said.



## Tasty ways to add potassium to your diet

**Avocados.** Avocado toast is great for breakfast or lunch. Spread a ripe slice of avocado on toast, and top with chopped tomatoes or a sprinkling of feta cheese. You can also add avocado to salads.

A salad of avocado, tomato, and red onion is always a big hit — or mash it into guacamole.

**Sweet potato (air) fries.** I use cut sweet potatoes to make garlic fries in the air fryer. Spritz them with a bit of olive oil spray,

sprinkle with garlic powder and a dash of salt and black pepper. You can also use smoked paprika, curry powder or just plain old turmeric. They're potassium-rich and very tasty.

**Spinach.** All veggies can boost potassium but spinach packs an extra-big punch, so don't forget to use lots of this leafy green in salads. Other potassium-rich veggies include tomatoes, cabbage, sprouts and beans.

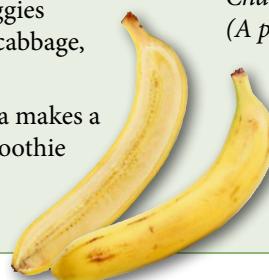
**Bananas.** A banana makes a great base for a smoothie

or you can dip it into chocolate and freeze for a sweet treat. If you don't like bananas, cantaloupe is also potassium-rich.

**Pomegranate.**

Sprinkle pomegranate seeds onto fruit or green salads, plain yogurt or cooked oatmeal. For an extra pop, add them to peanut butter toast or roll them into date nut balls for a healthy snack.

*Charlotte Libov, Health Radar  
(A publication of Newsmax Health)*





# HALLOWEEN FUN

IN THE NEIGHBORHOOD



# What's the Difference Between Sheriff, Police and Constable?

Sheriffs, deputy sheriffs, police officers, constables and deputy constables are all peace officers licensed by the state of Texas and have certain powers of arrest throughout the state.

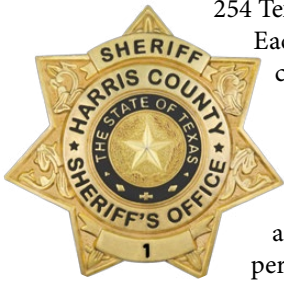
Most wear distinctive uniforms or badges, drive clearly marked patrol vehicles and often perform similar job functions but there are several differences as well. Many of these differences involve:

- Their primary jurisdictional boundaries.
- The primary funding source for their particular agency.
- Distinct differences in their duties as designated by the Texas Legislature.

## Sheriff

A sheriff is a peace officer who holds public office. The voters in each county elect their sheriff once every four years.

The Texas Constitution mandates that one sheriff exists for each of the 254 Texas counties.



Each sheriff has countywide jurisdiction. Sheriffs may appoint deputies and jailers to assist in the performing of their duties.

By statute, sheriffs' duties include:

- Serve as a licensed peace officer and is responsible for enforcing the criminal laws of the state.
- Manage and operates the county jail.
- Provide security for the courts.
- Serve warrants and civil papers.
- Regulate bail bondsmen in counties with no bail bond board.

In addition, the sheriff transports prisoners to local courts from throughout the United States, transports juvenile offenders and mental health detainees throughout Texas, rounds up estrayed livestock in the county and performs many other duties.

The sheriff's office is funded by local tax dollars administered by county commissioners' court.

## Police

A municipality may create and fund a police department but it is not required by law to do so. If created, the police jurisdiction extends only within the boundaries of the municipality they serve.

A chief of police is not elected. Either the municipality's governing board or the city manager hires



the chief of police and determines the length of their stay, as well as how many additional police officers to hire.

Police officers may enforce state criminal and traffic laws and local ordinances adopted within their jurisdiction. Police serve arrest warrants and serve as bailiffs for the municipal court. Police are not required to keep a jail but may operate a municipal jail for housing misdemeanor violators or detainees awaiting transfer to the county jail.

Police officers do not have responsibility for transporting prisoners, serving civil process, rounding up estrays or conducting many of the other duties designated to sheriffs.

## Constables

Constables are also peace officers whose offices were created by the Texas Constitution. They are elected to office once every four years. A county may have multiple constables but only one per precinct. The voters who reside within a particular precinct of the county elect the constable for that precinct and that constable's primary jurisdiction is the geographic boundaries of that precinct.

Constables may appoint deputies who are peace officers to assist in performing their duties.



By statute, constables' duties include:

- Serve as a licensed peace officers and perform various law enforcement functions, including issuing traffic citations.
- Serve warrants and civil papers such as subpoenas and temporary restraining orders.
- Serve as bailiffs for Justice of the Peace Court.

Like the sheriff, the constable's office is funded from local tax dollars administered by the county commissioners' court.

## Jurisdictional Overlap

Jurisdictional overlap occurs between county sheriff's offices, municipal police departments and county constables as well as with the state highway patrol, state park rangers and the federal law enforcement agencies. These state and federal agencies frequently cooperate but each may investigate a criminal matter that occurs within their jurisdiction.

*Permission to reprint this article was kindly granted by the organization: Texas Association of Counties.*

*In 1969, Texas counties joined together to improve and promote the value of county government statewide.*

*The Texas Association of Counties (TAC) is the representative voice for all Texas counties and county officials and, through TAC, counties communicate the county perspective to state officials and the general public. Understanding the way county government works and the value of county services helps state leaders preserve counties' ability to serve their residents effectively.*

*The mission of the Texas Association of Counties is to unite counties to achieve better solutions.*

*A great deal of information about Texas county operations can be found at their website: [www.county.org](http://www.county.org)*



# Your Harris County Constable Precinct 4

**Harris County Constable Precinct 4 is the largest in the United States with over 600 uniformed officers.**

Precinct 4 is proud to service the entirety of the Woodwind Lakes Subdivision, Sections 1-4. The deputies assigned to Woodwind Lakes are Deputy Marquez and Deputy Horelica.

Precinct 4 encourages and promotes **9pm Routine**, which encompasses the following:

- Remove valuables from vehicles.
- Make sure windows are closed (and locked).
- Park in a well-lit area (if unable to park in a garage).
- Report any suspicious activity.
- Lock all house and vehicle doors before going to bed.

To report suspicious activity, call Precinct 4 directly at 281-376-3472. If calls are made to 911, they will be re-routed accordingly. However, to eliminate the middleman and to eliminate delay, you can call the precinct directly. For speedy dialing, save the number on your cell phone and keep it handy by your home phone if you have a landline. Encourage others to do the same.

Do not hesitate to call Precinct 4 for any and all suspicious activity.

**See something, say something!**

The number again is 281-376-3472.

To monitor Precinct 4 activity, you can visit their website at [www.constablepct4.com](http://www.constablepct4.com). You can also visit their Facebook page at [www.facebook.com/Precinct4](http://www.facebook.com/Precinct4).



Additionally, Precinct 4 has an app you can download on your phone. In your app store, search for **C4 Now!** It's highly recommended that when you download the app you **do not allow** notifications. If you allow notifications, your phone will be pinged constantly!

Some things that you can do on the **C4 Now!** app are:

- Report illegal dumping.
- Request extra patrol.
- Report alcohol or tobacco sales to minors.
- Report gambling/massage violation.
- Report traffic violations.

**To report suspicious activity, call Precinct 4 directly at 281-376-3472**

- Report a traffic complaint.
- Report drug activity.
- Submit an open records request.
- Request a vacation watch.

The mission of the Harris County Precinct 4 Constable's Office is to improve the quality of life for our citizens by working collaboratively with area law enforcement, commissioner's court, our community and our contract holders to prevent crime, enforce the law, reduce fear, increase mobility and target violent offenders for prosecution.

The Precinct 4 Constable's Office looks forward to attending the Woodwind Lakes HOA in-person meetings once they resume. Together we can work towards improved safety in the area.

*For posted monthly Constable's reports about our neighborhood, click here:*  
[www.woodwindlakeshoa.com/constable-reports.html](http://www.woodwindlakeshoa.com/constable-reports.html)

*Rose Moriarty and Lt. Wayne Curry*





# Forest therapy

Cheryl Conley, Lake Creek Nature Preserve Board of Directors

Do you ever feel overwhelmed and swear you can't take one more phone call, wash one more load of clothes or cook one more meal? Do you ever want to tell your co-workers to take a hike? Well, maybe you should follow your own advice and take a hike. Can taking a walk in the park or a nearby forest really be beneficial to our mental and physical health?

Numerous studies have been conducted concluding that a mere walk in the woods does wonders for our overall health. One such study was done by the Max Planck Institute for Human Development in Berlin. Researchers devised the study using functional magnetic resonance imaging (fMRI) involving a small almond-shaped structure in the center of the brain called the amygdala. The amygdala is involved with stress processing, emotional learning and the fight-or-flight response. Adult volunteers

were asked to fill out questionnaires and perform memory tasks. Some of the activities were designed to create stress. While performing these tasks, they underwent MRI's. Some of the

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*Numerous studies have been conducted concluding that a mere walk in the woods does wonders for our overall health.*

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participants were then asked to take a 1-hour walk in either a busy urban area or a forest. After their walk, each volunteer was given another stress-inducing task and completed another questionnaire while undergoing another MRI. The volunteers who took a walk in the forest showed reduced activity in the amygdala indicating less stress.

"The results support the previously assumed positive relationship between nature and brain health, but this is the first study to prove the causal link," says environmental neuroscientist Simone Kuhn, head of the Lise Meitner Group for Environmental Neuroscience at the Max Planck Institute for Human Development.

This study gives some of the clearest evidence yet that stress can be reduced by simply getting out and enjoying nature.

Research has found that adults and adolescents in the U.S. spend over 90% of their time indoors and more than seven hours per day looking at screens (EPA, 1989; Moody, 2022; Rideout, Foehr, & Roberts, 2010).

Do yourself a favor and spend some time with Mother Nature. Bask in the sunshine, breathe in the fresh air and put that phone away!





# November Yard of the Month winners

SECTION 1



9010 SONATA COURT

SECTION 2



7619 ROLLING ROCK STREET

SECTION 3



8711 SERENADE LANE

SECTION 4



7934 CLARION WAY

*Congratulations!*

