

Woodwind Lakes

NEWSLETTER

JUNE 2023

Stay safe in Woodwind Lakes (Part 1)

The Safety Committee had a great turnout at our Constable Meet and Greet on Sunday, May 21st. The event was kicked-off by Safety Committee member Brian Loeb, followed by a safety chat with Corporal Crowley and Lieutenant Westmoreland from Precinct 4.

We started off our discussion with the constables pointing out how safe our neighborhood is! It was wonderful to hear about our peaceful little slice of heaven. Knowing that, let's do what we can to keep our beautiful neighborhood safe!



The Precinct 4 Constable is for all of Woodwind Lakes

One of the most pertinent things discussed was jurisdiction. It's important to know that no matter what precinct you live in, the constable for all sections of Woodwind Lakes is Precinct 4. Additionally, both constables stressed the importance of “*see something, say something*” and said we should report any and all suspicious activity. Instead of dialing 911, it is recommended to contact the precinct directly at 281-376-3472 to save response time. 911 calls need to go through dispatch before being routed to the precinct.

Another important topic discussed was the Precinct 4 app – **C4Now!** Everyone should download this app on your phone. Some of the things that can be reported on the app are:

- **Extra Patrol Requests** (such as asking for a patrol car to monitor a particular stop sign that is constantly ignored)
- **Traffic Complaints** (such as speeding or racing)
- **Vacation Watch Requests** (for when you go out of town).

There are more things you can do on the app but these are the ones that were discussed.

The constables are a great resource for us and we should not hesitate to call them if we need anything at all! The Safety Committee hopes to have another constable meet and greet in six months.

The Safety Committee was formed by the HOA. The liaison board member is Chad Overton and the committee chair is Bob Weber. If any neighbor would like to join the committee, email rjweber@psrg.com.



Stay safe in Woodwind Lakes *(Part 2)*

The Safety Committee would like to remind everyone of safety tips as we move into the summer months. Modified from a list generated and posted by our HOA board last year, these are some great practices to keep in mind to enhance the safety of our beautiful community!



Make friends with your neighbors and look out for one another. Swap phone numbers and email addresses. If you are feeling particularly festive, have a block party!



If you can, install a security system and/or cameras. This won't stop crime but can serve as a deterrent. It can also help law enforcement in identifying individuals or cars that may be involved in criminal activity.



Exercise caution when leaving town for extended periods. Be mindful of trash, deliveries, blinds, interior and exterior lights and social media announcements. You can go to the **C4Now!** app and request a Vacation Watch from the Precinct 4 constable.



Do not give out home addresses or personal information to strangers.



Redact your mailing address prior to discarding mail.



Close windows and blinds at night and light up your porch.



Always secure gates and doors to your home but especially at night.



Do not keep house keys outside that can be easily found by thieves, such as under a doormat.



Report Section 4 gate issues when observed.



If you see something, say something by calling our constable at 281-376-3472.



Share suspicious activity with your neighbors so everyone can be aware.



Check vehicles and make sure valuables have been removed and doors locked.



Join WWL Facebook Page.



Log into Woodwind Lakes HOA for news and information.



Contact Centerpoint Energy at <https://www.centerpointenergy.com> concerning street light outages or if you notice any gas leaks.

Together we can work to keep our neighborhood warm, welcoming and safe!

Fire ant treatments

Wizzie Brown, Texas AgriLife Extension Service Program Specialist

With the excessive amount of rain we have been getting recently across Texas, fire ant mounds are popping up everywhere. This article will cover common ways to manage fire ants.

Ways to manage fire ants can be broken into two basic categories: broadcast treatments and individual mound treatments. Individual mound treatments treat one mound at a time and are labor intensive, requiring you to search and find every fire ant mound for treatment. This can result in more pesticide being applied to the environment. Broadcast treatments spread product (granular or bait) over a large area using specialized equipment.

Individual mound treatments

Individual mound treatments include pouring boiling water onto the mound, using insecticide mound drenches, spreading insecticide granules over top of the mound and watering them in, sprinkling insecticidal dusts on top of the mound or using bait-formulated insecticides around the perimeter of the mound. Sometimes people like to concoct or recommend home remedies using ingredients from the kitchen but most of these do not kill fire ants but cause them to move their mound 1-2 feet away.

Bait-formulated insecticides

Bait-formulated insecticides most often consist of a defatted corn cob grit coated with soybean oil. The active ingredient

(what kills the pest) is dissolved in the soybean oil. The soybean oil is what is attractive and consumed by the fire ants as fire ants do not eat solid food. Worker ants collect bait as a food source and take it back to the colony to share with other ants including the queen(s). Depending on the active ingredient, bait may cause the queen to either die or be unable to produce viable eggs, leading to gradual death of the colony.

Bait results may be slower

When using baits, results may be slower to observe when compared to individual mound treatments but can provide 80-90% suppression for 12-18 months. A bonus to broadcasting baits is that the amount of active ingredient is generally very small. Baits are usually broadcast at a rate of 1-1.5 pounds per acre which places less chemical into the environment.

With any pesticide treatment, read and follow all label instructions. Make sure to water in the pesticide if the label instructs you to do so. Failure to water in chemicals when recommended by the label does an inadequate job of killing the ants. Baits should not be watered in or used before a rainfall event. Baits will not be picked up by ants if they get wet.

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

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Improving the symptoms of arthritis

Medical authorities say there is no cure, but certain diets can improve symptoms.

Our goal is to reduce inflammation and prevent further damage. How do we do that? Let's dive into an **anti-inflammatory** diet. We want to eat enough **antioxidants**, including vitamins A, C and E, which may help to prevent further damage to the joints.

Eat dark leafy greens:

Dark leafy greens are rich in Vitamin D and antioxidants. A few great choices are:

- Spinach
- Kale
- Chard
- Collard greens.

I can imagine the faces some of you are making but believe me your taste for them can be developed! Try them in smoothies with some of your favorite and nutritious foods. I add frozen organic strawberries or organic blueberries, which I purchase in large bags from Costco, to our "green" drinks.



Here are more food items to add to our "Arthritis Help List" according to Medical News.

- **Broccoli** contains a compound researchers believe could slow the progression of osteoarthritis!
- **Green tea** experts believe this may be able to reduce inflammation and slow the threat of cartilage damage. Green tea contains high levels of polyphenols.
- **Garlic** may work against an enzyme in the body that damages cartilage.
- **Nuts** are great for the heart. They also contain high levels of vitamins and fiber we need!

I have heard time and time again doctors and other medical professionals recommending the Mediterranean Diet. Studies have suggested this

diet can reduce the inflammation that contributes to the symptoms of osteoarthritis. From what I have read, this diet may also reduce the risk of many diseases such as Parkinson's, Alzheimer's, heart disease, stroke and age-related muscle weakness. The diet consists of fruits, veggies, whole grains, legumes, fish, yogurt and fats such as olive oil and nuts.

We have covered the good-for-us foods now to the ones we should **avoid**.

Sugar: (not what we want to hear, right?) Processed sugars can prompt the inflammatory messengers in the body. Manufacturers add sugar to so many of our foods that we really need to read all labels. These sweetened products are most likely to worsen inflammatory conditions.

Saturated fat: Foods high in saturated fat such as pizza and red meat, can cause inflammation in the fat tissue which can make arthritis inflammation worse.

Refined carbohydrates: For example, white bread, white rice and potato chips can stimulate inflammation in the body.

Reduce cholesterol

In a world class study, a research team at The Prince Charles Hospital

has discovered a link between high cholesterol levels and joint damage (arthritis).

Physical activity

The CDC states that physical activity can improve the quality of life for those with arthritis. They suggest that the following forms of exercise are safe for most adults.

- Swimming
- Walking
- Biking
- Other water activities such as aqua jogging and water aerobics.

The pain of arthritis may result in people avoiding moving the affected joints. Over time, however, inactivity has a negative impact on the joints, which can lead to muscular atrophy and losing the range of motion in the ligaments.

Takeaway

Keep moving, especially in water which offers resistance and is easy on the joints!

Every bite we take feeds or fights disease.

Sending Healthy Wishes Your Way.
Sincerely,
Donna Konopka

OTHER TIPS

Heat therapy The Arthritis Foundation recommends this because it can relieve stiff joints and achy muscles in those with arthritis. It can widen the blood vessels, allowing more blood to pass through.

Mindfulness meditation May be effective with lower pain sensitivity.

Tai Chi I hear nothing but positive comments about this exercise which is good for most all ages and conditions. The Sun Style has been preferred by folks with arthritis.

And we can't forget **YOGA!** There is a chair yoga which is very gentle!

Acupuncture Has been around for thousands of years. Personally, I have seen positive results with it. Some research has shown it can improve arthritis symptoms.

Should you have an interest in doing any of the above, speak with your medical advisor and see if any of these activities are for you.

A disease affecting animals you may not be aware of

Capture Myopathy

Cheryl Conley, Lake Creek Preserve Board of Directors

I think we can all agree that you can't believe everything you read on the internet, but sometimes good information is provided and we can actually learn from it. This was the case when I read about Capture Myopathy (CM). Myopathy refers to diseases that affect muscles. I knew high stress in animals can lead to their death but I didn't know it had a name. With wildlife, this metabolic syndrome occurs from stress due to an intense pursuit, capture, restraint/handling, trapping or when transporting. It affects all species of all ages and sexes.

Signs of CM

The signs of CM start early on. The earliest sign is hyperthermia; the animal's temperature rises and the animal begins to pant and sweat. The animal may have trouble breathing and have a fast heart rate. The animal may appear weak and/or have muscle tremors. It could collapse and die immediately or could take up to four weeks. Here's how CM is classified:

Hyperacute – very rapid onset of death.

Acute – death occurs in 2 to 4 days from heart muscle necrosis.

Subacute – death occurs from kidney failure.

Chronic – animals die over 2 to 4 weeks from heart failure and paralysis.

So how exactly does CM affect the body of an animal? I'll try to make it simple. When an animal's muscle is exerted from stress, the metabolism changes from aerobic, which means using oxygen, to anaerobic, which means it is using stored energy. This causes acidosis which is the build-up of lactic acid. When

Texas Parks and Wildlife states trapping and relocation of opossums, skunks and other fur-bearing animals may occur, "if the person has received authorization from the TPWD department and the owner of the property where the release will occur."

there's lactic acid in the bloodstream, pH in the body drops which affects the heart output. If the heart doesn't pump oxygen to the muscle, the muscle starts to die. Over the next 7 days, the muscle dies and releases myoglobin (breakdown product of muscle). Myoglobin damages the kidney, causes lungs to become congested and bleed as well as causing the liver to become pale and swollen.

Unfortunately, if you have an animal exhibiting signs of CM, the prognosis is poor. There is nothing that can be done to save the animal and euthanasia is the kindest thing you can do.

You might be wondering why you need to know about CM. In most cases, it's nothing the average person will ever encounter. I don't condone this action but I realize people feel differently about it.

A word of caution before setting a trap — make

sure you know the laws. Some species are legally protected. In Texas, Texas Parks and Wildlife states trapping and relocation of opossums, skunks and other fur-bearing animals may occur, "if the person has received authorization from the TPWD department and the owner of the property where the release will occur."

Monthly reports are required

They also state a monthly report must be submitted showing the "number and kind of furbearers captured, location of release site, plus name and address of person authorized to release." Texas Parks further state it's illegal to transport animals such as fox, skunk, coyote or raccoon within Texas. However, there is an exemption for peace officers, licensed pest management personnel and other authorized persons, as long as the animal is released in the same county and within 10 miles of where it was captured.

If you are a homeowner and decide you want to trap and relocate a nuisance animal, you might want to take the following steps.

1. Make sure you have a plan. If you're successful in catching the animal, where will you take it? Don't release it on someone else's property without permission. Will you be able to check the cage regularly so the animal spends as little time as possible in the cage?
2. Keep the cage covered with a blanket or towel. It minimizes stress on the animal when they can't see.
3. Keep the noise down. Limit conversation and please, no dogs.
4. If it's hot outside, don't put the cage in your trunk. It's way too hot in there!

In my area, we've had a number of reports of kids harassing wildlife. Although it may seem fun to them, it could possibly cause that animal to die from CM.

Parents, please teach your children to respect all living things.



June Yard of the Month winners

SECTION 1



7806 ENSEMBLE DRIVE

SECTION 2



7738 ALLEGRO DRIVE

SECTION 3



8706 GOLDEN CHORD CIRCLE

SECTION 4



9335 CANTATA COURT

Congratulations!

