

Woodwind Lakes



It's all right here

September 2019

Volume 8, Issue 9

POOL FILTER SAND IS NOT PLAY SAND

One problem with using pool filter sand in play areas is the danger from contaminants the sand has collected from the pool water. They are the same contaminants you come in contact with whenever you get in the pool but pool filter sand contains a much larger concentration of them. The same applies to paint, oil and other liquids; they could all pose a health risk.

Another problem is the composition of the sand itself. Rather than containing a whole host of minerals, as beach and play sands do, pool filter sand primarily consists of crushed silica quartz. The dust from this type of sand is a Class 1A carcinogen that can cause a fatal lung condition called silicosis. This is obviously not something in which you want your children to play. It's isn't safe for pets either and is not the best choice of fillers for cat litter boxes.

Because of the contaminants it contains, pool filter sand should never be left in a pile in the yard. If you can't find a use for it around the house and you don't want to truck it to a disposal site, the best way to deal with it is to dig a hole in the yard or garden and bury it. If you choose this option, be sure you locate it far from drainage areas, because flowing water will wash it into the ground and the soil covering the hole will collapse, leaving a depression that you'll have to cover with more topsoil.

POOL FILTER SAND SHOULD NOT BE DUMPED ON THE STREET CURBS BECAUSE IT WILL FLOW INTO OUR LAKES. IT IS ALSO A DEED RESTRICTION VIOLATION.



FLOOD PREVENTION

The lakes have served Woodwind Lakes very well in preventing flooding over the years. It is important not to throw any debris (including grass clippings or leaves) into the gutters that would prevent proper water drainage.

FALL GARAGE SALE

Saturday, October 5, 2019

Signs can be purchased for \$10 beginning September 30th at 7614 Rolling Rock St.



WE NEED YOU!!!



The WWL Christmas Committee is very much in need of new members to help plan and work our yearly Christmas On the Lake event to be held on Saturday, December 7th.

Although this awesome neighborhood event is sponsored by the HOA, all the work is done by your neighbors. They are hard-working volunteers but need more help.

Please join us at the next meeting on September 12th, 6:15pm at the home of Terry Buckner at 9207 Brahms Lane and let us know how you would like to help serve your community.

IT'S WORK BUT IT'S ALSO FUN!

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

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NEWSLETTER AND WEBSITE

Newsletter Editor

Lynn Collins lynn.collins@garygreene.com

Advertising

Peel, Inc advertising@PEELinc.com, 1-888-687-6444

GROUNDS COMMITTEE

Ann Tatum..... anntatum9203@gmail.com

PAVILION & ADULT POOL

Donna Jackson..... 713-466-8668
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FAMILIES OF WWL

Dana Patterson..... greg.dana.patterson@gmail.com

CHRISTMAS COMMITTEE

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Call Before You Dig..... 1-800-DIG-TESS or 1-800-344-8377

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Street Light Outage..... 713-207-2222

..... 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

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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. The deadline is the 7th of the month prior to the issue.

August Yard of the Month

Section 1

9107 Brahms Lane

Section 2

7634 Rolling Rock Street

Section 3

8623 Concerto Circle

Section 4

9423 Oratorio Court



Pavilion and Pavilion Pool Reminder



If you need a key to the Pavilion Pool or reserve the Pavilion or Pavilion Pool, please contact Mandi Branam, mbranam@grahammanagementhouston.com. The rules and forms can be found on the Woodwind Lakes Website... www.woodwindlakeshoa.com.



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Top Ten Reasons to Sell Your Home During the Fall Season...

1. Prospective buyers are more serious.
2. Less competition.
3. Fewer houses to choose from means more \$\$\$\$ for you.
4. Buyers have more time to look during this season.
5. Homes decorated for the holiday season show better.
6. Relocation buyers increase and can't wait for the spring market.
7. Many buyers must close by the end of the year for tax reasons.
8. Sell now and be a non-contingent buyer for your next home.
9. You can be on the market and adjust showings during gatherings.
10. Sell now and extend occupancy until after the holidays.



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Theft Other: 0	Suspicious Persons: 3
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Work Some Omega-3 Fatty Acids Into Your Diet for Depression & Mental Health



Before we get to the positive benefits of this supplement, let's quickly note a few staggering and sad statistics.

- Approximately 1 in 5 adults in the U.S. experiences mental illness in a given year.
- Approximately 1 in 25 adults in the U.S. experience a serious mental illness in a given year that substantially interferes with or limits one or more major life activities.
- Half of all mental illnesses begin by age 14; three-quarters by age 24.
- This is EXTREMELY sad when it's due to a lack of treatment. Suicide is the 10th leading cause of death in the U.S. and the 2nd leading cause of death for people aged 10-34.....NAMI: National Alliance on Mental Health.

That is a reality that breaks our hearts. Is there something we can take to help lift a dark cloud? Yes! Harvard Health, Andre L. Stoll M.D. (The Omega 3 Connection) and other medical authorities agree there is. Nutritional neuroscience is an emerging discipline shedding light on the fact that **NUTRITION** factors are intertwined with human **COGNITION, BEHAVIOR and EMOTIONS.**

How might Omega-3s improve depression? Omega-3s can easily travel through the brain cell membrane and interact with mood related molecules inside the brain. They also have **anti-inflammatory actions** that may help relieve **depression.**

Omega-3s have been studied in various mood disorders, such as **POSTPARTUM DEPRESSION**, with some promising results. In **BIPOLAR disorder** (manic depression), the Omegas may be most effective for the depressed phase rather than the manic phase of the illness.

The Omega-3s have also been proposed to alleviate or prevent other psychiatric conditions including schizophrenia, borderline

(Continued on Page 5)

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(Continued from Page 4)

personality disorder, obsessive compulsive disorder and attention deficit disorder. The jury is still out but the indication is they are helpful.

The contributor to this Harvard Health article, David Mischoulon, M.D., PhD, states doses for depression range from 1g. to 10g/day but most studies use doses between 1 and 2g/day. In his practice he recommends a combination of EPA +DHA combination, with at least 60% EPA for major depression. He is more cautious in patients with bipolar depression.

Wondering if Omega-3's can help children and adolescents with depression or aggressive behavior? Many medical authorities say yes. If any of these conditions are a concern, please research this supplement. In closing, on a personal note, Omega-3s (fish oil) has worked wonders for my dry eyes. I don't have a problem if I take Omega-3s. What a relief that is!!!

My hope is that something within these **Health Tip Articles** will be beneficial.

Take good care. See you next month....
Donna Konopka

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Woodwind Lakes' Midnight Songsters



You probably know the Mockingbird is the Texas State Bird. You may not know it is also the state bird of four other states – all located in the South which is the range of the mockingbird. (How odd that its full

name is Northern Mockingbird!) They are among the most common birds you will see in our area yet they add much delight with their singing which can sometimes carry on into the night. If you hear a bird late at night – singing over and over – you are undoubtedly hearing a mockingbird. The mockingbirds that sing at night are single males, perhaps practicing their songs in order to improve their chances of attracting a female.

repertoires of songs during the year and can learn up to 200 songs throughout its life. The mockingbird was given its name because of its ability to mimic the calls of dozens of other bird species. In fact, the mockingbird's Latin name, *Mimus polyglottos*, means "many-tongued mimic."

These gray birds, lighter underneath, with white patches on their wings and tail are frequently seen sitting high on tall shrubs, poles, or utility lines. Around your yard, you can also look for them running or hopping along your mowed lawn. Occasionally you may see them on the ground with wings outspread, giving a "wing flash" display, where it half or fully opens its wings in jerky intermediate steps, showing off the big white patches. No one knows why it does this but it may startle insects, making them easier to catch.



They typically do this from February through August and again from September to early November. They are especially vocal on moonlit spring nights.

Most songbirds learn all the songs they will ever sing before they are a year old but the mockingbird continues to expand his collection throughout his lifetime. They learn the songs of other birds and incorporate them into their own songs. Mockingbirds also sometimes "sing" the sounds of people whistling, frogs croaking, car alarms and sirens. A male may have two distinct

The mockingbird is also known as a fierce protector of its nest and environment. It is sometimes seen swooping down on a dog, cat or predator that may be venturing too close to the bird's protected territory.

Our Northern Mockingbird is known for its intelligence. A 2009 study showed that the bird was able to recognize individual humans, particularly noting those who had previously been intruders or threats. Also, birds recognize their breeding spots and return to areas in which they had greatest success in previous years.

No wonder we take joy in being surrounded by this beautiful and vocal bird!