



A FOCUS ON RESOLUTIONS

RESOLVE TO BE A BETTER YOU

By: Concentra Urgent Care

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes.

Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

- Taking into account foods you like and dislike

- A focus on fresh fruits, vegetables, and whole grains

- Consuming fat-free or low-fat dairy products such as yogurt, cheese, and milk

- Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts

- Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils

- Staying away from foods high in sodium and added sugars

GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)

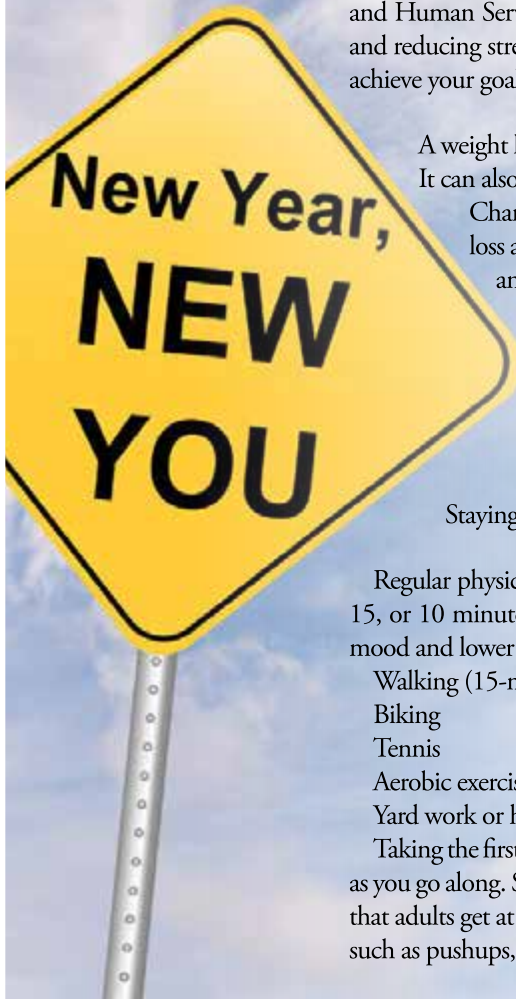
- Biking

- Tennis

- Aerobic exercise classes (step aerobics, kickboxing, dancing)

- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged.



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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 frank@sterlingasi.com. The deadline is the 9th of the month prior to the issue.

GOOD NEIGHBORS CAN BE GREAT FOR STRESS LEVELS

Do you live in a neighborhood where you feel safe and connected to others, or do you feel overcrowded, threatened, and otherwise unsafe in your surroundings? This, and other aspects of neighborhood life, can impact both your level of happiness and stress.

Socializing: With our busy schedules, we don't always see friends as often as we'd like. For a bit of socializing that takes only minutes out of your day, it's nice to stop and chat with people for a few minutes on your way out to your car. And the more people you have available for shared social support, the better, generally speaking.

Pooled Resources: I know people in some more-friendly neighborhoods who share dinners, minimizing the effort it takes to cook. Others trade fruit from their trees. A neighbor who borrows a few eggs may come back with a plate of cookies that the eggs helped create. Knowing your neighbors increases everyone's ability to share.

Security: Knowing the people around you can bring a sense of security. If you need something—whether it's a cup of sugar when you're baking cookies, or someone to call the police if they see someone lurking outside your home—it's nice to know you can depend on those around you and they can depend on you.

Home Pride: Knowing the people who live around you provides a strengthened sense of pride in your home and neighborhood.

Coming home just feels nicer. While you may not be able to change the neighborhood in which you live, you can change the experience you have in your own neighborhood by getting more involved with those around you and taking pride in the area in which you live. The following are some ideas and resources that can help you to feel more at home in your neighborhood:

Get Out More: If you live in a generally safe area, I highly recommend taking a morning or evening walk. It's a great stress reliever that also allows you to get to know many of your neighbors, get an understanding of who lives where, and feel more at home in your surroundings.

Smile: It's simple enough, but if you're not in the habit of smiling and giving a friendly hello to the people you encounter in your neighborhood, it's a good habit to start. While not everyone will return the friendliness immediately, it's a quick way to get to know people and build relationships, even if you've lived close for years and haven't really said much to one another.

Talk To Your Elders: The more veteran members of the neighborhood often have the inside scoop on the neighborhood. You may be surprised at how much you can learn if you stop to take the time to talk to the sweet old lady at the end of the block.

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MUD 261 NEWS

Community Leaders Eye Woodwind Lakes Projects

Community leaders within MUD 261 have organized working committees to develop plans and gauge resident interest for two potential community projects:

- A WWL perimeter beautification project highlighting new fencing and landscaping along Fairbanks/North Houston Rd and Windfern Rd. Replacing the existing cedar fence with a masonry option is being considered;
- A small community center building to be located at the rear of recreational reserve. Building architecture would be aligned with existing WWL exterior and roofing materials

Greg Otten is leading the committee for perimeter beautification. Marianne West and Joyce Kraft are heading up the community center project.

If MUD 261 residents indicate sufficient interest in either or both of these initiatives, the utility district may sell bonds to fund the work. Resident interest may be expressed via a district-wide referendum: details will be provided in advance of an event.

Bond proceeds may also be designated for specific capital project maintenance and repairs. Examples of such work could include sewage lift station rehabilitation, fixing sagging / broken sewer and water lines, meter replacements, and looping existing water distribution lines to ensure uninterrupted service.

MUD 261 SELLS WATER CREDITS

For many years, MUD 261 has participated in local Houston programs whereas the district sponsors nearby elementary school efforts to teach children about good water utilization practices and conservation activities. In exchange for small contributions, the district receives "water credits," from the Harris Galveston Subsidence District which may be used in lieu of pumping groundwater or sold.

In 2013, the district attorney's office and MUD 261 president Ray Merola teamed up in an effort to monetize many of these credits. The market for these credits has increased significantly given current State requirements to curtail pumping groundwater and implement surface water conversion plans. Since MUD 261 has partnered with Windfern Forest Utility District to ensure access to City of Houston surface water sources, these credits have become expendable.

MUD 261 has sold over \$130,000 of water credits in 2013; regularly setting regional market highs for water credit sales prices. Funds received by the district help defray MUD 261 operations, repairs and maintenance. The district plans to sell additional credits in 2014.

WATER PRESSURES AND VOLUMES UP

Having now completed three months of service, the district is pleased to report that the joint water distribution project between MUD 261 and Windfern Forest Utility District has operated as planned. District Engineer Troy Bordelon and Operations liaison Teri Schoener have noted that water pressures and volumes are meeting or beating expectations and have been sustained since the project went into service in late September.

Gardening Tips

Presented By RCW Nurseries

January through March we usually experience our coldest weather. Again we remind you not to use plastic to cover plants. Don't even use it as a covering to protect breathable cloth covers. Unlike freeze-cloth, towels, blankets and boxes, it does not allow air circulation. Covering these "breathable" materials with plastic defeats their benefit. Water from a plant's respiration still accumulates on the plastic and freeze. And if the plastic is not removed during sunny days it will cook the plant.

During a hard freeze your established shrubs, roses, perennials and ground covers usually don't need to be protected. Pansies and violas also don't need protection, unless you want to protect their flowers from being damaged by the frost. But even if their flowers are completely frozen, these cold loving annuals will start re-blooming within a couple of weeks.

Winter annuals need to be fed to keep them at their best flowering potential. Use a water soluble fertilizer in a sprayer to feed them. Dead head spent blooms forcing the plants to direct their energy in producing more flowers, not seed.

Once the leaves fall off deciduous shade trees, their limbs are

(Continued on Page 5)

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(Continued from Page 4)

exposed and you can easily evaluate their limb structure and health. Now through March is a great time to prune them to shape and remove weak growth, and diseased branches. The exception is Crepe Myrtles. Do not prune them until the end of March. Look for our grooming Crepe Myrtle tips in March.

The cool season is a great time to apply dormant oil, or soybean oil, to smother the eggs of over wintering insect pests like scale and white fly. You only need to spray once per month through April, to reduce the number of hatching eggs when the warm season returns. You'll be amazed at how effectively this preventative measure works. Your shrubs will respond by being able to grow more vigorously instead spending energy in defending themselves from insect pests.

For this new year, try to resolve to do one or more of the following:

Increase the organic content of your beds and lawn by adding compost;

Create/extend beds to cut down on lawn mowing;

Recycle lawn clippings by leaving them on the lawn;

Point your browser to www.gchouston.org/Portals/0/MembersDocs/Small_Trees_brochure.pdf, Pick and plant a tree from this brochure to provide interest to your yard and a home for insect-eating birds.

Identify the cause of a plant problem before using a pesticide.

GROUND'S COMMITTEE

DIANA MINTNER & SUZANNE FONTENOT-WILLIAMS
(CO-CHAIRS)

HAPPY NEW YEAR EVERYONE. One of our Committee members (and current HOA Board Member) sent an email about a month ago. I would like to paraphrase some of the highlights of what Ray Pavia wrote:

Woodwind Lakes is YOUR community. What better way to start a new year than deciding to becoming involved in the Grounds Committee; What a perfect way to get to know your neighbors and be part of our beautification in which ALL of us take pride; This would be one resolution you can make that will not require you to diet or exercise; **JUST DO IT.** We will notify everyone on NEXT DOOR NEIGHBOR and in the February issue of the newsletter, the date and location of our February 2014 first meeting of the new year.

CONGRATULATIONS YARD OF THE MONTH WINNERS FOR NOVEMBER:

9118 Woodwind Lakes Drive • 7703 Cadenza Court
9326 Rhythm Lane

A beautiful scarlet red bottle brush tree was planted on lake two in memory of Jim Coapland. Thank you, RCW Nurseries and Monarch Landscaping for donating the planting and irrigation needs.

We also want to thank Oscar Hernandez for donating quite a few red cyclamen which were planted in the newly enhanced areas of the entrances to the trails.



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Women's Club

"A New You for a New Year"

The next Women's Club meeting will be held on Tuesday, January 21, 2014 at 10 a.m. in the Windfern Forest Utility District building, located at 14410 Mauna Loa (at Gessner). If you would like to learn more about the Women's Club, we welcome any of our lady Woodwind Lakes Residents to join us for a meeting or contact one of the officers for more information.



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Mothers of Woodwind Lakes

Mothers of Woodwind Lakes is open to all families in the neighborhood. The primary purpose of the group is to meet other families and share resources that interest families. Most recent information on play dates & events will be posted via the NextDoor Woodwind Lakes website. The online web discussion group has many active topics and resources for families with children of all ages. Topics include school information, local kid-friendly activities, networking for childcare, elder care, etc...

Please contact Dana Patterson (greg.dana.patterson@gmail.com) if you would like to join the group and online discussion board. Your information will be shared with other WWL Mother's Group members only. There are no dues or time commitments.

BABYSITTERS NEEDED

Are you a resident who is interested in babysitting with the families in the neighborhood? The Mothers of Woodwind Lakes collects names as a resource to all residents. A short e-mail with your current information and schedule is very helpful even if you have been on the list before. Whenever you send a new e-mail, it will get posted to the group again.

For more information, contact Erica Kortright (erica.t.kortright@gmail.com).

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2012	37	\$162,500	\$318,900	\$223,275	72

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