

Woodwind Lakes



It's all right here

July 2016

Volume 5, Issue 7

Natural Ways to Protect Your Heart

The best way to avoid taking drugs is by making lifestyle changes. For instance, to reduce your blood pressure, the best thing you can do is to lose weight. A loss of 10 pounds can translate to the elimination of one blood pressure medication. You can also add 200 to 400 mg of magnesium supplements daily.

8 Foods to Lower Blood Pressure

The following is a list of some of the best foods to add to your diet. They are fiber packed and also lower cholesterol.

- Asparagus is rich in potassium. It is also a natural diuretic that rids the body of excess fluid thereby reducing blood pressure.
- Hawthorn Tea, one cup per day, helps the heart function more efficiently and contains a beneficial flavonoid which causes the blood vessels to relax.
- Oatmeal's cholesterol-lowering benefits were shown in an 18-week controlled study. Twice the number of people in the group that ate oatmeal over a whole-grain, oat-based cereal were able to stop taking their blood pressure medication or cut their dosage in half. To get the most benefit, eat cooked, organic oatmeal rather than the instant kind.
- Blueberries have a natural blue pigment that reduces high blood pressure.
- Non-Fat Yogurt can also reduce blood pressure according to an American Heart Association study. Results showed 31% were less likely to develop high blood pressure when non-fat yogurt was part of their diet.
- Sunflower Seeds are high in vitamin E, folic acid, protein and fiber. They also contain blood pressure-lowering magnesium.
- Beet Juice contains nitrates which are key to lowering blood pressure. The recommendation is one 16 ounce glass per day. If you do not like beets try celery, lettuce, spinach or arugula, which are also nitrate rich.
- Purple Potatoes help lower blood pressure because they are rich in potassium and magnesium. They should be boiled, baked or microwaved but never fried.

Donna Kelly-Konopka

Information courtesy of Dr. Crandall, Chief of Cardiac Transplant program at the Palm Beach Garden Cardiovascular Clinic.

WOODWIND LAKES *Women's Club*

2015-2016 SEASON FINALE AT RAINBOW LODGE



"A wonderful day with the ladies!"
"It was a great time... Thanks so much!"

"Great luncheon... Thank you!"

Join Us on September 20, 2016 to
Kick Off the 2016-2017 Season!

For additional information please contact:
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Call Before You Dig..... 1-800-DIG-TESS or 1-800-344-8377

Pct. 4 Constable..... 281-376-3472

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

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SECTIONS 1, 2, 3

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Water/Sewer Issues, all Sections: 281-807-9500

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SECTION 4 VILLAGE OF WOODWIND LAKES

Royal Disposal & Recycle, P.O. Box 160, Fulshear TX 77441

P. - 713-526-1536 | F. - 281-346-2961 | royaldisposal@comcast.net

Trash pick-up for Section 4 only, is on Wednesday and Saturday including curbside recycling every Saturday.

TOPS Water, Eric Martin (713) 822-8389

USEFUL LINKS

WL Website.....http://woodwindlakes.us/

Sec 1, 2 and 3 Utility.....

..... http://hcmud261.com/HCMUD261/Index.htm

Section 4 Utility http://www.wfud.org/

Social Media .. https://woodwindlakes.nextdoor.com/news_feed/

Newsletterhttp://www.peelinc.com/

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Please support the advertisers that make the *Woodwind Lakes Newsletter* possible. If you are interested in advertising, please contact our sales office at 1-888-687-6444 or advertising@peelinc.com. The advertising deadline is the 8th of the month prior to the issue.

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.

YARD of the MONTH June

Section #1
9106 Woodwind Lakes Drive
Section #2
7603 Rolling Rock Street
Section #3
8715 Serenade Lane
Section #4
9314 Cantata Court

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Woodwind Lakes Grounds Committee

What we do:

- Give recommendations to the HOA Board on issues in common ground areas, such as broken sprinklers, lake trails condition, sinkholes, flood lights not working, dead trees, out of place pavers and trees limbs that have fallen on the walking paths.
- Alert Greater Houston Landscape of any issues with irrigation or landscape on common grounds.
- Work with our landscape company on selecting the appropriate plants for our grounds based on soil conditions, irrigation availability and amount of sunlight needed for each plant.
- Work with our seasonal color landscape company on plant selection and alert them of any issues with the seasonal color flower beds.
- Make recommendations for new beautification projects within the boundaries of our community.
- Judge and award Yard of the Month to deserving private yards in our community.
- Maintain the doggie poop bags on the trails at the lakes.

Grounds Committee Members

Ray Pavia (Chairman), Marianne West, Nancy Dawson, Laura Gomez, Ann Tatum, Lynn Collins, Jay Michaels, Linda Merigold, Wilfred Krenek, Terry Buckner and Ryan Patterson.

Recovery Garden

We have an area in the community where we put plants that are not doing well and nurse them back to health so they can be planted on the common grounds.

Cuttings

We grow cuttings and plant them on the common grounds, therefore saving money for the community.



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Licensed with the Texas Department of Family and Protective Services

Thank You Deputy Marquez

My husband and I would like to thank Deputy Jose Marquez, one of our Harris County Precinct 4 community patrol officers for the outstanding service he provided. In February of 2016 someone broke into our house in Section 3 of Woodwind Lakes. Fortunately no one was home. When our daughter returned from college, she noticed the broken glass on our living room floor, the back door left opened, and the drawers and miscellaneous items strewn across our bedroom, and immediately called her dad. He called 911 and Deputy Marquez arrived within 15 minutes. Deputy Marquez took fingerprints and spent time talking to us and our neighbors to gather information related to the break-in. When he left that evening, we pretty much thought that would be the end of it. As far as crimes go, we knew that we were at the low end of the continuum. However, a few weeks later, Deputy Marquez knocked on our door to inform us that they got a match on a fingerprint and had located some of the missing jewelry at a pawn shop. Later, we met him at the precinct substation to identify some of the recovered jewelry. We were allowed to take the items and a warrant was being issued for the arrest of the suspect. Needless to say, we were very impressed with the diligence of Deputy Marquez who far surpassed our expectation! Thanks for all you do to keep our neighborhood safe Deputy Marquez and all the other precinct 4 officers! We really appreciate it!!!

The Lone Goose of Section 4

The lone goose has been marked with a tag around her leg and taken to a duck/goose rehab center where there are numerous Chinese geese living. She was depressed and would not come out of the bushes so she has been relocated TEMPORARILY to find her a companion. Once a companion starts to pair with her the both will be brought back. This was the best option seeing that she was not doing well after the death of her previous companion. I am in contact daily with Marsha who works closely with all wild life centers in the Houston area and with Texas A&M on waterfowl matters. The lone goose is doing well and making friends. Hopefully the companion process does not take long, but it's just a wait and see thing. At the end of the day the message here is, she will be returned at some point with a companion. If you have any questions you can contact Marsha directly at 281-356-2815.

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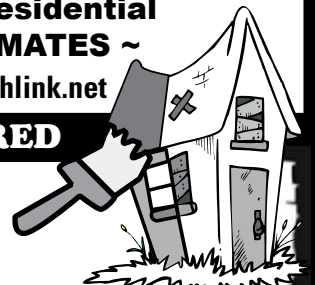
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Memorial Trees at Woodwind Lakes



Dr. David Shell – 2 - Redbud trees; Section #1

Jim Coapland – Bottlebrush; Section # 2

Anna Teresa Gomez – Crepe Myrtle (Purple)
(Laura Gomez sister) – Section #4

Daniel Christopher Thayer -- White Chinese
Fringe Tree – Section #4

Sheri Merola – Crepe Myrtle(Pink)
Limoncello Yellow Roses - section #2



The Woodwind Lakes Grounds Committee has a tradition of honoring residents and family of the Grounds Committee by planting a new tree in memory of loved ones we lost. The committee collects donations from committee members, extended family and friends and plants a tree in their honor on the community common grounds. We find this a great way to honor those that have passed away and also continue to beautify our community.



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Bidding Farewell and Saying Hello



School's out for the summer and with that we say goodbye to our latest group of foreign exchange students. As they pack their bags and head back to their parents and their home countries, their host families are left with the memories of a great

year, and a new son or daughter that that lives in another country. Plans are already underway for travel abroad so they can once again be with their students and see the sites of their home countries.

The Houston and Austin based students had a great time this past year – visiting a number of our local attractions in both cities as well as San Antonio. We are hoping to be able to do the same for our incoming students for the 2016/2017 school year.

Ayusa is currently looking for volunteer host families to open their hearts and their homes to these wonderful students. All that is needed to host is to be able to provide a room for the student to sleep and three meals a day. The students come with their own spending money and medical insurance. Help us to welcome these great kids into Texas – you'll be happy you did!

How to Host an International Student

Interested families can learn more about the program and available exchange students and request additional information by visiting <http://www.ayusa.org> or calling 1-888-552-9872.

The process to apply is simple. Families complete the online application, which includes questions about themselves and local high school, references, and a background check. The local Ayusa Community Representative conducts an in-home interview. They can also help each family with any questions they may have about the application or process.

After families are fully approved, they can select the Ayusa student they would like to host.

About Ayusa

Ayusa International (<http://www.ayusa.org>) is a 501(c)3 non-profit student exchange organization founded in 1981 and an official U.S. Department of State designated Exchange Visitor Program Sponsor. In addition, Ayusa administers high profile grant programs funded by the U.S. Department of State and other organizations. Ayusa is a sister company of Intrax, a family of organizations that provides a lifetime of high-quality educational, work and volunteer programs that connect people and cultures. Intrax is headquartered in San Francisco with offices on four continents.

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