

Woodwind Lakes



It's all right here

August 2019

Volume 8, Issue 8

Towering Pines in Woodwind Lakes



What is the most predominant tree in our neighborhood? The towering pines in many homeowner's yards and around our lakes is the Loblolly* Pine – the fastest growing of all southern yellow pines. The U.S. Forest Service states that loblolly pine is the second-most common species of tree in the United States after Red Maple. Although they are commercially important as a source of timber, in our community, we try to preserve as many of these stately trees as possible for their natural

beauty. And yes, their 5 to 9-inch long needles fall and accumulate on our roofs and in our gutters – requiring periodic removal but they provide a stately look to our community that is the envy of other neighborhoods. Their pine cones, favored as food by squirrels, are likewise found everywhere on the ground.

They can reach a height of 125 feet – that's taller than a 12-story building! The tallest loblolly pine currently known is 169 feet tall. As it grows, it loses its lower branches, leaving the open, rounded crown that we see as we look up. If you take a close look at some of our pines you can see the slight round scars where branches once were.

There are two particularly large (and therefore old) Loblolly Pines in our neighborhood. One is between the bridge over Rolling Fork Creek and Allegro Drive; the other is along the Lake 2 path near the end of Scherzo Lane. The one near the bridge measures 11 feet in circumference which equates to a 42-inch diameter. That tree must have been growing here for quite a while! The one on Lake 2 is only slightly smaller with a diameter of 39 inches.



An interesting fact: Loblolly Pine seeds (as well as several other species) were carried aboard the NASA moon mission flight of Apollo 14 in 1971. On its return, the pine seeds were planted in several locations in the U.S., including the grounds of the White House. A number of these "moon trees" are still alive, although not the one at the White House.

**The name "loblolly" comes from a slang word used by English seamen for the lumpy gruel they were served at sea. The term came to be associated with the low-lying, swampy areas in the Carolinas where the first settlers arrived in the 1600s. That is a favorite growing environment of the Loblolly Pine.*



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Texas Department of Public Safety Crime Service

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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.

FALL GARAGE SALE

Saturday, October 5, 2019

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



August Yard of the Month

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The rules and forms can be found on the Woodwind Lakes Website... www.woodwindlakeshoa.com.

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CRP

Hello Everyone!

Last newsletter we spoke of the C-Reactive Protein (CRP) test which is one marker for testing inflammation. If you want a few tips for controlling chronic inflammation then read on.

Some research has sketched a possible link between gum disease and coronary artery disease. Always take the full prescribed dose of antibiotics to prevent lingering infection and reinfection with resistant bacterial strains. Low calorie diet and moderate exercise remains the surest thing for preventing degenerative inflammatory disease. Obesity is linked to high CRP as are “bad fats and refined carbohydrates.”

Omega-3’s fatty acids (in fish oil) and monounsaturated fats such as olive oil may dampen it, which is a good thing!

“Studies have determined that people whose CRP levels rank in the top third of the categories (low risk, moderate risk or high risk) are twice as likely to have a heart attack as those in the lowest third.”...Harvard Health

Stress plays a part in inflammation (no surprise, huh?). We all face stress so here are some tips:

Love those four-legged babies. Stroking an animal reduces blood pressure and eases stress.

Have a good laugh. Stock up on humorous tapes, videos or



books. The benefits are many!!!

Get a massage. Reduces blood pressure, lowers heart rate and anxiety.

“Those who open their hearts with love and compassionate understanding for

others find peace through purpose. When the individual has found peace through nourishing the soul, the body benefits: blood pressure falls, food is no longer sought as an answer, weight falls, cholesterol and CRP levels fall and the strain on the heart decreases. Living for the greater good beyond the individual is the key to purposeful human existence and for improved health.”

Dr. Scott Deron

Wish All The Best In Health And Happiness.

Sincerely, Donna Konopka

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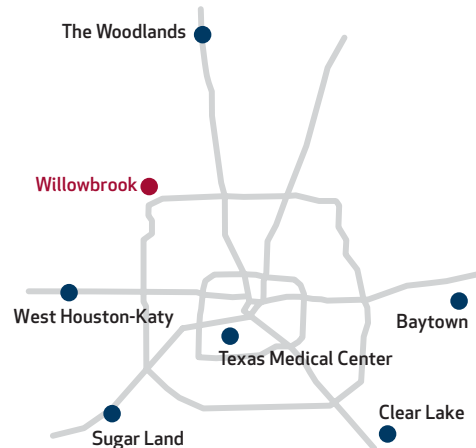


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HOUSE FLIES

While many see house flies as a nuisance, they are capable of spreading diseases such as dysentery or food poisoning. Due to the locations house flies frequent- garbage, manure, and carrion- they can pick up bacteria and other disease organisms which can transfer to other areas where they may land such as dishes, food, or countertops. House flies regurgitate onto food to liquefy it before eating and they can further contaminate items by defecating upon surfaces.

The common house fly has two wings and is dull gray with black stripes on the thorax (the section where the wings are attached). Adult flies can only eat liquid foods and have sponging mouthparts specialized to help them feed.

Eggs are usually laid on decaying matter such as animal fecal material, grass clippings, or garbage. Around 100-150 eggs are laid by the female. Depending upon temperature (warmer temperatures speed things up); eggs may hatch within 8 hours to 2 days.

Maggots, the immature stage of a fly, are small, white, carrot-shaped, and legless. There are 3 larval molts then mature larvae seek a dry location for pupation. Pupae are reddish brown and somewhat oval in shape.



During the summer, house flies may live up to 2.5 weeks while during cooler times of the year they may live up to 3 months.

The key to fly management is sanitation, or cleaning. Eliminate

breeding sites by picking up animal waste one to two times per week; empty garbage cans regularly; clean garbage cans at least once a month with soapy water. Keep garbage cans located away from doors that lead into the home and make sure they have tight fitting lids.

Other items that can help reduce fly problems include keeping window screens in good repair; making sure doors and windows



have a tight seal and weather stripping is in good condition; and using fly swatters or sticky fly paper to get rid of adult flies.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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