

# Woodwind Lakes



It's all right here

June 2020

Volume 9, Issue 6

## WOODWIND LAKES YARD OF THE MONTH MAY WINNERS



9118 BRAHMS



7914 ALLEGRO



8719 SERENADE



8111 RONDO

CONGRATULATIONS TO EVERYONE

## IMPORTANT CONTACTS

### CONSTABLE'S OFFICE

Harris County Pct. 4 Constable's Office.....281-376-3472  
.....<http://www.cd4.hctx.net>

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Lynn Collins ..... [lynn.collins@garygreene.com](mailto:lynn.collins@garygreene.com)

#### Website

"Ask the Board" ..... [www.woodwindhoa.com](http://www.woodwindhoa.com), Contact Us

### GROUNDS COMMITTEE

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### OTHER USEFUL NUMBERS

#### Graham Management

..... [graham@grahammanagementhouston.com](mailto:graham@grahammanagementhouston.com), 713-334-8000  
Mailing Address: 2825 Wilcrest Dr., Suite 600, Houston, TX. 77042

#### Association Manager

Leigh Allen..... [Lallen@grahammanagementhouston.com](mailto:Lallen@grahammanagementhouston.com)

#### Improvement Application Submittal

..... [arc@grahammanagementhouston.com](mailto:arc@grahammanagementhouston.com)

**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](http://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

**WASTE MGT CUSTOMER SERVICE**.....713-686-6666  
Trash Pick-up is Monday and Thursday.

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

### M.U.D. #261 BOARD SECTIONS 1, 2 & 3

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**M.U.D. 261** ..... [www.HCMUD261.com](http://www.HCMUD261.com)

### SECTION 4 VILLAGE OF WOODWIND LAKES

Texas Pride Disposal - 281-342-8178

TOPS Water - 281-807-9500

### USEFUL LINKS

WL Website.....[www.woodwindlakeshoa.com](http://www.woodwindlakeshoa.com)  
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/](https://woodwindlakes.nextdoor.com/news_feed/)  
Newsletter ..... <http://www.peelinc.com/>  
Sec 4 Gate Leigh Allen ..... [Lallen@grahammanagementhouston.com](mailto:Lallen@grahammanagementhouston.com)

## ADVERTISING INFO

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](mailto: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](mailto:Lynn.Collins@garygreene.com). The deadline is the 7th of the month prior to the issue.

# NEUROTRANSMITTERS

## Affect Our Lives in MANY Ways...some ways may surprise you!

Just like hormones govern many chemical functions in the body, the brain's chemical functions are governed by "neurotransmitters." The human brain is very capable of automatically manufacturing the quantity of chemicals it needs IF it is given the raw materials (nutrients from foods) to do so. However, normal diet does not supply enough of the raw materials the brain needs to manufacture enough neurotransmitters. **Additionally, stress, worry, depression, emotional ups and downs, drugs, alcohol, poor nutrition, pollution and other factors of modern life are known to deplete neurotransmitter levels.**

Neurotransmitter deficiency and/or imbalance can affect your stress condition, energy, appetite, cravings, sleep, mood, learning ability, focus, memory, sex drive, anger, irritability, temper, addictions and many other functions of daily life.

### Let me share a few examples from a naturopath doctor:

"Sufficient levels of Dopamine can support emotional behavior such as *mood*."

"Low levels of Serotonin and GABA can be linked to insufficient levels of B vitamins (B1,B3,B6,B5,& B12)."

"*Low GABA* levels leads to *lack of concentration*, while *low levels of Serotonin* can heighten symptoms of *anxiety, and addictive characteristics*."

"*Imbalances of neurotransmitters* (GABA, Dopamine and Glutamate) have been tied to *alcohol addiction behavior*."

I have seen the lost look on the faces on some of my doctors

when I ask about neurotransmitter testing. Most are more comfortable and knowledgeable with prescribing medications which is absolutely necessary in many instances but diet also plays a large part.

However, if any of the above symptoms are a concern and you have found no answers with your medical consultant, then I would *highly* recommend researching neurotransmitter testing. It is done by urine and saliva sampling.

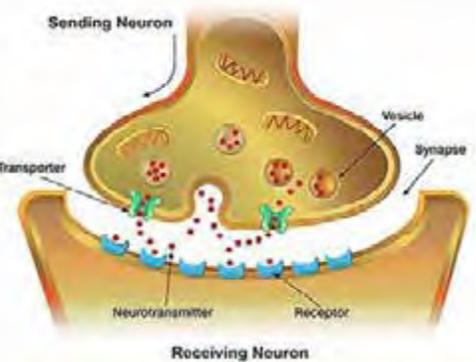
### Here is a short list of foods that support our neurotransmitters:

- Turkey, Shellfish, Soy products, Sesame seeds, Sunflower Seeds, and Lima Beans

Take a minute to appreciate all the work neurotransmitters do in our bodies. From our heartbeat to our breathing, digestion and bonding. They are the chemical messengers that keep our brain and body communicating.

Take good care.

Healthy regards, Donna Konopka



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# SUPPORT YOU!

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# Woodwind Lakes



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## CONSTABLE STATS

Burglary Habitation: 0	Disturbance Juvenile: 0
Theft Vehicle: 0	Suspicious Vehicles: 2
Assault: 0	Phone Harassment: 0
Disturbance Family: 0	Theft Habitation: 0
Alarms: 1	Robbery: 0
Runaways: 0	Criminal Mischief: 0
Burglary Vehicle: 0	Disturbance Other: 0
Theft Other: 0	Suspicious Persons: 2
Sexual Assault: 0	Other Calls: 4

### Detailed Statistics By Deputy

Unit Number	Contract Calls	District Calls	Reports Taken	Felony Arrests	Misd Arrests	Tickets Issued	Recovered Property	Charges Filed	Mileage Driven	Days Worked
W14	114	0	6	0	0	25	0	1	1105	22
W15	58	43	4	0	0	0	0	0	903	19
<b>TOTAL</b>	<b>172</b>	<b>43</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>25</b>	<b>0</b>	<b>1</b>	<b>2008</b>	<b>41</b>

### OTHER CALLS:

7800 ALLEGRO DR- A known reportee stated that a known female with medical issues lost her purse.

7700 ADAGIO AVE- A known male was transported to the hospital due to unknown medical issues.

### ALARMS:

Deputies responded to 1 residential alarms that were all cleared as false or cancelled.

### SUSPICIOUS VEHICLES:

Deputies responded to a 2 suspicious vehicle calls that were all cleared as GOA or information.

### SUSPICIOUS PERSONS:

Deputies responded to 2 suspicious person calls that were all cleared as GOA or information.

Deputies conducted multiple traffic stops and issued multiple citations within the contract reducing the possibility of accidents.

Deputies conducted multiple contract, neighborhood and business checks within the contract increasing visibility while performing regular patrol duties.



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## A BIRD THAT SAYS ITS NAME

By Cheryl Conley, TWRC Wildlife Center



A few years ago, when I took my dog out for her last potty of the night, I heard the most beautiful bird singing. Just a few seconds later, another bird responded with the same beautiful song. I had no idea what species it was but after some research I learned it was a whippoorwill. The whippoorwill actually got its name because of its song—three syllables with emphasis on the first and last syllables.

Whippoorwills are nocturnal. They feed exclusively on insects and start foraging 30 minutes after sunset and continue until it's too dark to see. They continue their foraging at first light and stop just before sunrise. If the moon is bright, they may hunt all night. They have large mouths and can swallow insects up to 2 inches long.

The most interesting fact about the whippoorwill is that they don't build a nest. The female will lay her eggs on the ground and cover with dead leaves or debris. Often times she'll find a spot on the north or northeast side of a shrub or plant so she's shaded during the heat of the day. Mom is responsible for incubating the eggs during the day and both Mom and Dad share the duty at night. Amazingly, whippoorwills time their breeding patterns to coincide with the lunar cycles so that the eggs hatch when there is at least a half moon. It is believed that the extra light helps in caring for her young. Within 24 hours of hatching, the baby birds instinctively

move apart. The parents will also push the babies to keep them apart. It is thought that this is done to make it harder for predators to see them. The male stands guard over the nest and will hiss and spread his wings if he thinks there is a predator nearby. Another tactic used to protect the young is he will fake an injury away from the babies to draw attention away from them. While he draws the predator away from the young, the babies scatter and freeze.

At about 8 days, the down-covered babies molt and the female leaves them in the care of the male. If conditions are right, the female will often find a spot nearby and lay 2 more eggs.

TWRC Wildlife Center cares for injured, orphaned and displaced wildlife brought to us by the public. Due to the Corona Virus, we've had to alter our admission procedures. If you find an animal needing help, please call us. We will advise you on how to care for the animal until you can bring it to us: 713.468.8972

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(X-ray or MRI)



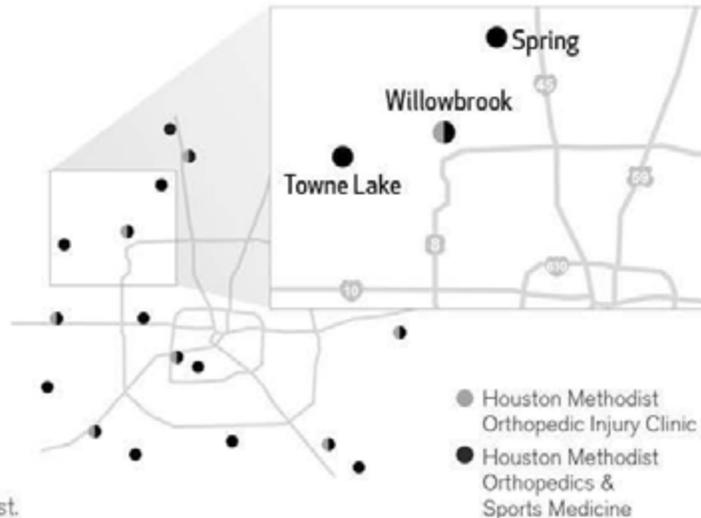
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# INVASIVE PLANTS



**Campsis (Trumpet Vine).** There are a couple of things that make this plant so invasive. One it spreads via underground runners or roots throughout your garden bed, lawn and up any nearby trees or shrubs. Second, it thrives on neglect. Although the flowers are beautiful and attract hummingbirds, keeping it under control may require chopping the roots back frequently since it is a rapid grower.



**Bamboo** comes in 2 types, running and clumping. Even if “advertised” as Clumping Bamboo it may not be so. Planting in a pot and setting pot on a concrete paver is the only way to grow Bamboo if you want to keep it under control. Also, check periodically to make sure roots haven’t escaped from the drainage holes and become rooted in the soil.



**Ruellia (Mexican Petunia)** can withstand both wet and drought conditions and full sun or shade. It spreads through rhizomes under the soil as well as aggressively self-seeding, in other words, a double whammy.



**Tradescantia (Wandering Jew)** is a species of Spiderwort and can be extremely invasive if planted in the ground. It will send runners everywhere. When trying to keep it in check, you must be sure to get all sections of the plant even those underground. A hanging basket or pot would be better but be careful that pieces don’t break off and root in your garden.