



Yard of the Month January 2005



Robert Palori
8827 Ballinger Drive

Robert Palori and his daughter, Peyton (age 6) have lived in Willowbridge since 1999. Robert is president of ECD, an electronics company specializing in the home theater market. He has lived in Houston since 1978.

At the entrance to his home stand two beautiful, well-shaped, 20ft tall Japanese Blueberry trees. I have seen these dark-greenish blue evergreen trees at some nurseries around town, but I never realized what a nice accent they could make to the entrance of a home. They are worth checking out if you haven't ever seen one. The front yard bed is planted with winter color in the form of white alyssum, viola and petunias.

Who Is Responsible For Curb, Sidewalk And Driveway Repair?

By Tom Harkay

As the homes in our neighborhood slowly begin to age, we all take great pride in getting out there to clean up, repaint and repair where needed. But it is important to remember that a few other things in our neighborhood are aging as well and we need to pay more attention to them. Those things include our curbs, sidewalks and driveways. Many of the residents of Willowbridge/Stonebridge are not aware that the repair and maintenance of these areas is their responsibility. We all know that PCMI makes their monthly inspections and will let us all know of things that need to be taken care regarding our individual properties. But regarding our curbs, sidewalks and driveways, there are many times PCMI cannot see damaged areas from their car as they drive by. Sometimes cars are parked in front of homes and in driveways or trash cans may be out so damaged areas are blocked from view. So it is up to all of us to keep an eye on what is in front of our own homes so repairs can be made when needed. Cracking and damaged concrete in front of our homes, no matter where it is located, can bring down individual property values but more importantly, it can present major safety and tripping hazards.

If a homeowner notices cracking or deteriorating concrete anywhere in the sidewalk in front of their home, **it is their responsibility to have it repaired by a private contractor at the homeowner's expense.** This also applies to damaged areas anywhere in the driveway, including the area that meets the street. This includes the rounded curbing at the apron of the driveway. Harris County is not responsible for these areas.

The county is responsible for the straight part of the curb in front of the house and for the street. Please know that homeowners are responsible for any staining (rust, oil, etc.) that occurs in these areas and PCMI can request that they be cleaned.

To report any damage that the county is responsible for, you can either report it via their website at <http://www.cp4.hctx.net> or you can call them at (281) 353-8424. These areas are a big part of the overall appearance of our homes. Keeping them in great shape will help to keep your house looking great and will keep those values up!

View the WillowTalk
each month on-line at
www.PEELinc.com

*Happy Valentine's
Day* ♥

Willowbridge - Stonebridge

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PCMI/Myla Chandler.....	281-870-0585x1313
Republic Waste.....	713-849-0400 or 281-446-2030
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Swimming Pool - Pay Phone.....	281-469-9004
Swimming Pool - Lifeguard.....	281-517-0225
W. Harris County MUD #11.....	281-807-9500
Willow Place Post Office.....	281-890-9416
Willowbridge Website.....	www.willowbridgehoa.com

Civic Association Directory

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Glen Telge281-469-2525

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Open

Bunko

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Shalene Fox.....281-807-1515

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Rita Keller281-870-0585 ext.1348

Pool Tags

Karen281-890-4765

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Mothers of Young Children

Cathy Chestnut281-894-4768

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Willowbridge Homeowners Association Inc. - PCMI

Myla Chandler281-870-0585x1313
E-Mail.....myla@pcmi-us.com
Fax281-870-9170

If you have any questions or comments regarding the neighborhood please contact the #'s above.

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Attention

Ladies of Willowbridge / Stonebridge!!



Ladies Night Out
Thursday, February 23, 2006
7:00 pm

Café Red Onion
12440 Northwest Freeway

RSVP
by Tuesday, February 21 to Lyn
Edler or Kathy Mears

We will plan to meet at an area restaurant one week-night a month for dinner. It's an opportunity to "get out of the house" and spend some time with the "girls".

Call
Lyn Edler (Hm 832-237-9445 or Wk 713-462-6000)
Kathy Mears (281-970-0088)
For questions or suggestions!

Classifieds

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Willowbridge - Stonebridge

Fit Facts
FROM THE AMERICAN COUNCIL ON EXERCISE

Eat Well to Stay Motivated and Energized

Do you have trouble exercising at noon or after work even though you're truly committed to exercise and it's the only time you have to work out? Do you feel so exhausted that you just can't face the gym?

Your diet - rather than simple sloth - may be the problem. If you tend to skip meals in an attempt to save calories, you may be robbing yourself of important fuel for your workout. While skipping meals may temporarily make your stomach feel flatter, doing so can also leave you feeling tired, irritable and unfocused. Then you'll be tempted to forego your noontime workout, or go home, eat and stretch out on the couch in front of the TV after work. If, however, you follow some simple, sensible dietary practices throughout your day, you'll get that workout done. And rather than feeling lightheaded and exhausted afterward, you'll be energized and refreshed.

Stay with feel-good foods- One key to staying motivated to exercise is to keep the amount of sugar in your blood - and thus, your energy level - stable. You can best do that by eating a series of small meals throughout the day - as many as five or six - that are composed of complex carbohydrates such as whole grain breads, beans and other vegetables, whole grain crackers and fruit. If you plan ahead and make time for grocery shopping, you can easily pack some simple meals and snacks to take to work with you. Eating complex carbohydrates helps keep your blood sugar stable because they are digested and absorbed slowly into the blood and don't require your pancreas to produce much insulin. Refined carbohydrates, such as potato chips, doughnuts and cookies, are absorbed very quickly and trigger the pancreas to produce large amounts of insulin. So, while they may give you an initial boost, your energy will drop off quickly, and your mood will follow. The amount of sugar in your blood is also related to the amount of serotonin in your brain. Serotonin is an important chemical called a neurotransmitter that helps to regulate mood. If your level of serotonin is where it should be, you'll have a sense of well-being and confidence - and feel ready to tackle the treadmill. Should it drop, you may feel tired and depressed. If you often experience a craving for carbs, this may be your brain's way of telling you it needs more serotonin.

Cut the caffeine-What about caffeine? Good question. Many athletes rely on caffeine for the initial kick it can provide. Remember, though, that caffeine can also affect the amount of insulin, and thus, sugar, in your blood. Further, it can cause dehydration, which can also sap your energy. While drinking a caffeinated beverage may help get you to the gym, within an hour you may feel tired and too lightheaded to complete your workout, or to do it well. If you plan to engage in running or other highly vigorous activity, remember that some forms of caffeine, coffee in particular, can lead to mild gastronomic distress, as can some bulky foods. So, you'd be wise to limit the amount of coffee, tea and soda that you drink for a number of reasons. Suppose you're an early bird, and your best time to work out is in the morning before you go to work. For quick energy, drink some juice upon rising and avoid coffee. Once you've completed your workout, have a more solid breakfast of whole-wheat cereal or toast and fruit to fuel your concentration for the morning's work. If you work out and eat too lightly, chances are you'll get "the drowsies" by 2 p.m., if not sooner. Keep in mind that finding the right combination of food and drink to energize your workout - whatever time of day you choose - may take some experimenting. It all depends upon your individual tastes and your metabolism.

With a little patience, an open mind and a little creativity, you'll determine which foods suit you best.

You'll keep your motivation to exercise if you:

- Have a glass of juice to boost your energy before a morning workout.
- Eat a breakfast that includes whole grains and fruit or fruit juice.
- Eat small, frequent small meals and snacks during the day to maintain your blood sugar.
- Make sure to have a light, healthy snack an hour before your noon or after-work workout.
- Stay hydrated, keeping a water bottle at your desk at work.
- Limit - or eliminate - the amount of caffeine in your diet.



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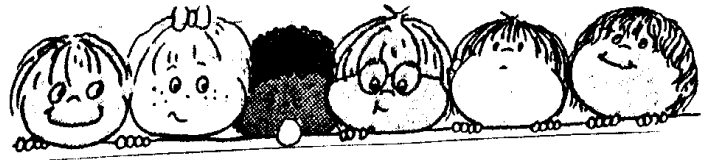
Let Us Entertain You!

On Saturday, March 25, Cypress Community Christian School will host a night of fun, fellowship, great food and fun-filled entertainment for the adults in the family. Don't miss this opportunity to enjoy a night out with your spouse or friends to enjoy a wonderful buffet dinner with a scrumptious dessert, bid on creative silent and live auction items and enjoy the delightful entertainment planned for the evening! This Spring Benefit will be held at Wyndhaven Terrace on 12716 Cutten Road on Saturday, March 25 at 6:00 p.m. The cost is \$20 per person if reservations are made by March 17. Seating is limited so please contact Carol Crawford at 281-664-0211 or ccrawford@cccs-hou.org to reserve seats for this fun night.

For a sneak peak at the auction items available, please visit the school web site at www.cccs-hou.org. Cypress Community Christian School is a non-profit organization and serves K-12 students and their families.

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Mother's Of Young Children



- Tues., Feb. 7th – 7pm** Mom's Meeting, Amber Geldersma's house
- Tues., Feb. 21st – 7pm** Mom's Night Out, Uptown Sushi – Meet at the clubhouse at 6:45pm
- Fri., Feb. 24th – 10am** Houston Zoo – Meet at Sea Lion area.
- Tues., March 14th – 7pm** Michelle Chesebro's house

If you want more details or have any questions, please contact Cathy Chestnut at (281) 894-4768.

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Willowbridge - Stonebridge

February 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Men's Game Night	2	3 	4
5	6	7 Mom's Meeting 	8	9	10 Newsletter Deadline 	11
12	13 Bunko	14 Bridge 	15	16	17 	18
19	20	21 Mom's Night Out 	22	23	24 Houston Zoo 	25
26	27	28 				

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March 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 	2 Men's Game Night	3	4 	5
6	7	8 Bridge 	9	10 Newsletter Deadline	11 	12
13	14 Bunko Mom's Meeting	15 	16	17	18 	19
20	21	22 	23	24	25 	26
27	28	29 	30	31		



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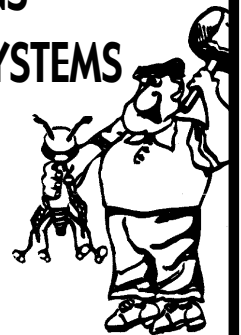
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Willowbridge - Stonebridge

Texas Events - February

1-25—SHINER: Heritage Quilt Show Quilts and needlework items are displayed. Special exhibits include a showcase featuring rural/farming heritage of Lavaca County. Hours are noon to 6 p.m. Tuesday and Thursday and 8:30 a.m. to 1 p.m. Wednesday, Friday and Saturday. Shiner Public Library. 361/594-3044 **Prairies and Lakes**

3-4, 10-12, 17-18—CONROE: Mr. Roberts To relieve boredom during a mission, the crew of a World War II cargo ship constructs endless antics to provoke the captain. Shows are 8 p.m. Friday and Saturday and 2 p.m. Sunday. Crighton Theatre, 235 N. Main. www.crightonplayers.org 936/441-7469 **Piney Woods**

3-Apr. 23—HOUSTON: Eva Hesse Drawing The exhibition features about 100 of the artist's finished drawings, as well as examples of her early drawings, major examples of Hesse's "reliefs" of 1965 and a group of sculptural works, and several "test pieces." The Menil Collection. www.menil.org 713/525-9400 **Gulf Coast**

5, 8, 11—HOUSTON: Puccini's Manon Lescaut Houston Grand Opera performs. Wortham Theater Center. 713/228-6737 or 800/626-7372 **Gulf Coast**

8-26—HOUSTON: Searching for Eden: The Diaries of Adam & Eve The world's first lovers meet in paradise at the dawn of time and embark on an epic, exuberant battle of the sexes. One fall from grace and several thousand years later, the middle-aged couple returns to present-day Eden attempting to recapture their primal passion. www.stagetheatre.com 713/527-0123 **Gulf Coast**

9—ABILENE: Artwalk Hours are 5 to 8:30 p.m. Historic Downtown. 325/677-8389 **Panhandle Plains**

9—COLLEGE STATION: OPAS — Christopher Parkening & Jubilant Sykes Rudder Theater, Texas A&M University Campus. opas.tamu.edu (no www) 979/845-1234 or 888/890-5667

9-11—SWEETWATER: National Hampshire Hog Conference Nolan County Coliseum. 325/235-3484 **Panhandle Plains**

10—CONROE: A Symphony Evening of Romance Features flutist Laura Rakel, winner of the Audience Choice Award and first place in the Instrument Division of the 2005 Entergy Young Texas Artists Music Competition. Another highlight of the evening will be the popular Celebrity Guest Conductor contest. Begins at 8 p.m. Lone Star Convention Center. 936/760-2144 or 888/823-6610 **Piney Woods**

10-11, 17-19, 24-25—BAYTOWN: The Importance of Being Earnest Baytown Little Theater. E-mail: ellenbradj@aol.com 281/424-7617 **Gulf Coast**

11—LA GRANGE: Polk of a Fest Texas Polka Music Museum fundraiser includes two bands, dancing and fun. Texas Czech Heritage & Cultural Center Fair Pavilion. E-mail: czech@cvtv.net 979/968-9399 **Prairies and Lakes**

11—SEALY: Peter's Hall Community Chili Cook-Off Includes a dominoes tournament, dancing and lots of great chili. Peter's Hall, 144 Trenkmann Road. 979/627-0411 **Prairies and Lakes**

11—VICTORIA: Black History Parade & Festival Parade begins at 10 a.m. at Patti Welder School on North Street then proceeds to the Victoria Community Center. The festival follows. 361/576-5650

11—VICTORIA: Lippazaner Stallions Victoria Community Center Arena. 407/366-0366 **Gulf Coast**

11-12—KATY: Katy Antique & Collectible Show Katy ISD Merrell Center. E-mail: info@cwgs.com • www.cwgs.com 877/840-3829

13-14—HOUSTON: Valentine's Day Lectures Explore the wild world of animal mating and dating and learn about the zoo's renowned breeding programs to save endangered species. Houston Zoo. www.houstonzoo.org 713/533-6500 **Gulf Coast**

16-18, 23-26—ABILENE: The Glass Menagerie Hardin-Simmons University. 325/670-1405 **Panhandle Plains**

16-18, 24-25—ABILENE: Jane Eyre Dinner Theatre Abilene Christian University Fulks Theatre. 325/674-2787 **Panhandle Plains**

17—VICTORIA: Country Opry Hours are 7:30 to 10 p.m. Victoria Community Center Annex. 361/552-9347 **Gulf Coast**

17-19—HOUSTON: Alvin Ailey American Dance Theater Begins at 8 p.m. Friday and Saturday and 2 p.m. Sunday. Jones Hall. www.spahouston.org 713/227-4SPA **Gulf Coast**

17-19—LIVINGSTON: Trade Days Hours are 9 a.m. to 5 p.m. Friday and Saturday. Pedigo Park, 925 U.S. 59 Bypass North. www.cityoflivingston-tx.com/tradedays 936/327-3656 **Piney Woods**

17-19—TYLER: Tyler Market Center/Trade Days Shop five pavilions with 200 vendors plus 500 open air spaces. Find arts & crafts, jewelry, clothing, antiques and more. 10707 Hwy. 69N. www.tyler-market.com 903/595-2223 **Piney Woods**

17-28—GALVESTON: Mardi Gras! Galveston Strand Historic District. www.mardigrasgalveston.com 888/425-4753 **Gulf Coast**

18—ABILENE: Annual Fur Ball Enjoy dinner and dancing with your dog. Benefits Rescue the Animals. Abilene Civic Center. 325/695-7270 or 325/676-6211 **Panhandle Plains**

18—BELLVILLE: Austin County Go Texan Dance Proceeds benefit the Austin County Go Texas Scholarship Fund. Austin County Fairgrounds. www.austincountyfair.com 979/865-5995

18—COLLEGE STATION: Bourbon Street Bash Hilton College Station, 801 University Drive. www.pphouston.org 979/268-6717 **Prairies and Lakes**

18—LIVINGSTON: Fishing with a Ranger Bring rods and reels for some fishing fun. Learn about fishing regulations, ethics, basic tackle assembly and more. Hours are 7 to 10 a.m. Reservations required. Lake Livingston State Park. 956/365-2201 ext. 11 **Piney Woods**

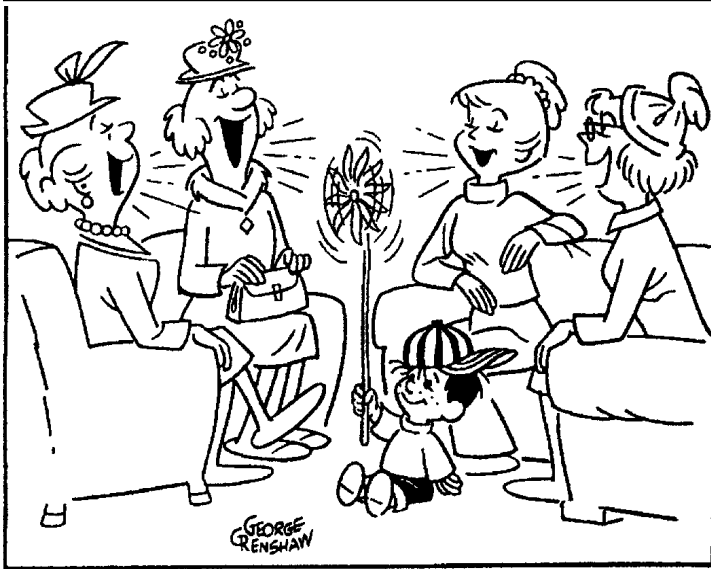
18—VICTORIA: Livestock Show Parade 361/573-3707 **Gulf Coast**

18-May 7—CLEAR LAKE AREA: Robots & Us Meet the lifelike, intelligent machines known as robots — passionately created to maintain and extend human capabilities. Why do people embrace and fear them? The answer lies at the curious intersection where humans meet machines. Space Center Houston, 1601 NASA Road. www.spacecenter.org 281/244-2100 **Gulf Coast**

23, 25-26—HOUSTON: Swan Lake Houston Ballet Artistic Director Stanton Welch creates a spectacular new version of this ballet. Wortham Theater Center. www.houstonballet.org 713/227-2787

25—HOUSTON: Teddy Bear Repair Clinic Bring your child and teddy bear to the Memorial Hermann Children's Hospital Teddy Bear Repair Clinic. Houston Zoo. www.houstonzoo.org 713/533-6500

Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.



Neighborhood Teenage Baby-Sitters Available!

Are you in need of baby-sitting? Contact one of the following and help our neighborhood youth earn a little extra money.

Name	Birthday	Phone Number	Parents
Kyle Louderback	7/7/87	281-807-7970	Truman & Dena Louderback
Matthew Louderback	12/29/88	281-807-7970	Truman & Dena Louderback
Carmen Colmenero	3/9/89	281-890-3223	Jaime & Juanita Colmenero
Catherine Tran	12/21/88	832-452-2439 281-897-9031	Hiep & Yen Tran

Questions, complaints, comments?

Contact Myla at PCMI by e-mail: myla@pcmi-us.com or calling 281-870-0585. To ensure prompt attention and response please make sure you include your full name, address, and a contact number. Please remember that being polite and practical helps. We are all trying to do a good job and keep our neighborhood a pleasant place for residents.

To Submit Articles:

E-Mail articles to the following address: articles@PEELinc.com. Photos may be mailed to P.O. Box 886; Littlefield, TX 79339. Articles must be received by the 10th of the month for the following month's issue. Please specify on the article that it is to be published in the *WillowTalk*.

Peel, Inc. Printing & Publishing

Publishing community newsletters since 1991

We currently publish newsletters for the following subdivisions:



Houston

Berkshire	Lakes on Eldridge North	Waterford Harbor
Cypress Mill	Sommerall	Willowbridge
Fairfield	Steeplechase	Willowlake
Harvest Bend, The Village	Strathmore	Willow Pointe
Hastings Green	Summerwood	Winchester Country
High Meadow Ranch	Village Creek	Winchester Trails
Lakes on Eldridge	Villages of Langham Creek	Wortham Village

Austin

Barker Ranch	Harris Branch
Cherry Creek on Brodie Ln.	Highland Park West Balcones Area
Circle C Ranch	Lakeside Estates
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Patient Testimonials

I can honestly state that my 12 year old twins truly enjoy their visits to the dentist. Dr. Nguyen is a wonderful dentist and has the nicest staff. He is very intelligent, patient and has state of the art equipment. We have been coming to his office for over 5 years and have always received nothing but the best in service. I have and will continue to recommend Dr. Nguyen to other family members and friends.

Olga Salazar - Houston, TX USA

Dr. Nguyen is the most hitech-savvy dentist I have ever met. I have been a patient of Dr. Nguyen for 7 years. His ability and knowledge to utilize computerized equipment and hi-tech (laser etc.) equipment have amazed me. Dr. Nguyen works hard and do the best for his patients. I highly recommend Dr. Nguyen to be your dentist.

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A Better Sense of Taste and Smell

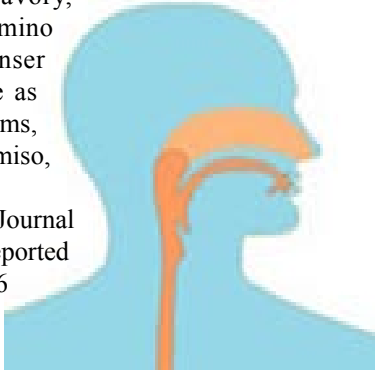
When you taste something, you perceive its aroma, taste, texture, temperature, and spiciness. However, nearly 75% of the overall flavor actually comes through your sense of smell. How do these senses work together, and what can you do if problems arise?

Sense of taste

Most people can recite 4 basic tastes: sweet, salty, sour, and bitter. Scientists are also debating whether to add 2 other taste “chemicals” to the list:

Umami (oo-MAH-mee): Identified by Dr. Kikunae Ikeda in 1908, umami is the savory, hard-to-define taste for amino acids. Umami adds a denser flavor to foods as diverse as tomatoes, cheese, mushrooms, fish, seafood, cured meat, miso, and chicken soup.

Fat: The November 2005 Journal for Clinical Investigation reported that a protein called CD36 or fatty acid transporter (FAT) can be detected in taste buds. A heightened receptor for fat may explain why some people have a preference for fatty foods.



Thousands of taste buds are located on and around the tiny bumps on your tongue and throughout your mouth. Taste buds trigger the release of saliva and several digestive juices that analyze and categorize the food chemicals. Taste buds also help you determine how good something tastes, how good it makes you feel, and how full you feel.

Sense of smell

Your amazing sense of smell can recognize as many as 10,000 different scents. Also, your sense of smell can influence your moods and hormones, emotions and memories, choice of mates, and immune system. For example, “the smell of fear” is no exaggeration!

The roof of each of your nostrils contains the olfactory receptors, tissues, and nerves that process the smells that you breathe into your nose. Nerve endings in the linings of your nose and mouth also transmit a warning message about hazardous tastes and smells (such as poison, smoke, gas, or ammonia).

Winning the Nobel Prize for Medicine in 2004, Professor Richard Axel of Columbia University and Professor Linda Buck of Fred Hutchinson Cancer Research Center in Seattle, together discovered the gene family that controls the receptors in the upper nose. These gene cells send highly specialized signals that form the patterns that you can recognize as a distinct scent or odor.

Potential problems

Your ability to taste and smell may change due to:

- Aging (approximately 50% of people who are 65 years or older experience decreasing abilities to smell)
- Allergies
- Environmental factors, such as chemicals and dust
- Illness, such as colds, flu, hypertension, or diabetes
- Medications, such as antibiotics or antidepressants
- Metal from braces and dentures, lip and tongue piercings
- Periodontal disease or oral lesions
- Polyps in the nose or sinuses
- Smoking

Recommendations

To help restore your sense of taste and smell, we may recommend:

- Using a tongue brush or scraper
- Drinking plenty of liquids to keep your body hydrated and your mouth rinsed
- Opening up your sinuses with a saline solution or hot shower
- Experimenting with herbs and spices instead of adding salt to foods
- Combining different textures (smooth yogurt, crunchy nuts), temperatures (chilled salads, grilled fish), and spices (hot and sour soup) as part of the entire meal
- Slowing down when you eat or drink to savor all of the senses involved with each food’s taste, texture, color, and smell
- Exercising as you are able (working up a sweat may help open up your sinuses)
- Not smoking or piercing your lip or tongue
- For serious complications of the mouth or nose, we may also recommend that you consult your physician.

For more information

If you have questions or concerns about changes in your sense of taste or smell, please call Dr. Nguyen’s dental office at 281-807-6111 or email to drnguyen@softdental.com. Also, you might find the following websites useful:

American Rhinologic Society at <http://www.american-rhinologic.org/patientinfo.loss.phtml>

National Institute on Deafness and Other Communication Disorders at <http://www.nidcd.nih.gov/health/statistics/taste.asp>

“Taste: A Brief Tutorial” at <http://www.cf.ac.uk/biosi/staff/jacob/teaching/sensory/taste.html#Index> and “Olfaction: A Tutorial on Smell” at <http://www.cf.ac.uk/biosi/staff/jacob/teaching/sensory/olfact1.html>

Umami Information Center at <http://www.umamiinfo.com/>

University of Connecticut Taste and Smell Center at <http://www.uhc.edu/uconntasteandsmell/gen.html>

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WILLOWBRIDGE MARKET REPORT

Courtesy of "Super Dave"

#1 in Sales in Jones Rd and West Rd Area!

This market information report is provided to keep you informed of resale market activity in your subdivision.

	Jul 05	Aug 05	Sept 05	Oct 05	Nov 05	Dec 05
\$230,000 +	2	1	2	1	0	0
\$210,000-229,999	0	0	1	0	1	0
\$190,000-209,999	1	0	0	0	1	1
\$170,000-189,999	1	0	4	1	1	2
\$150000-169,999	0	2	0	0	0	0
\$150,000 -	0	0	0	0	0	0
TOTAL	4	3	7	2	3	3
Highest \$/Sq Ft	73.00	76.43	82.01	80.67	80.72	86.14

This chart represents resale homes that have sold and closed in the past 6 months according to the Houston Multiple Listing Service.

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* According to information taken from the HAR MLS Computer 2001

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