



Willow Pointe Newsletter

August 2011
Volume 7, Number 7

www.willowpointe.org

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Official Publication of the Willow Pointe Homeowners Association, Inc.

President's Message

OVER SO SOON...

As August begins, kids scramble to take in the last breaths of summer freedom with school starting back up August 22nd. As this school year begins, please remember to watch out for the added hazards. This includes both in the neighborhood at the bus stops as well as watching out for the active school zones around our community. We will have our patrol officers following the bus to help keep things in order, but please use caution and be aware.

GOODNIGHT MOON, GOODNIGHT POOL

The Community Pool will close weekdays starting August 15th, but will remain open weekends until Labor Day. Usage of the pool has been especially high this summer, thanks in part no doubt to the hot and dry weather. At the end of the pool season, we will be evaluating the 2011 pool season and start planning for 2012.

GARDEN RESOURCES ARE GROWING

Please look in this issue to find the article about one of our residents and his very productive backyard garden... Lionel's Garden. It got me thinking about adding some information in an area of our website pertaining to gardening. I have a collection of resources that might be worth sharing including a schedule of what to plant, from what (seeds/cuttings), and when to plant specifically for the Houston area broken down weekly throughout the whole year. Happy Gardening!!

Lionel Hall's Vegetable Garden

Lionel and his wife moved to Willow Pointe in 1998 from Brooklyn, NY. Since he had a garden in Brooklyn and enjoyed it, he started a vegetable garden in his back yard here. The garden is approximately 150 sq. ft. A spring garden and a fall garden are planted. To improve his gardening knowledge, Lionel has attended classes at community college and taken advice from friends.

The work starts in February with working and replenishing the soil. Every three or four years Lionel buys "mushroom dirt" from a supplier in Madisonville to modify the clay soil in our area. At the same time he starts seeds from last year's garden in containers for planting in the ground later. After the threat of frost ends, Lionel will begin planting.

The spring garden will have at least 10 different kinds of vegetables. Usually, Lionel will start gathering produce in 60 days. Over the years, he has planted more than 30 different varieties of tomatoes. Since he does not use chemicals, everything produced in the garden is healthy.

In August, Lionel starts a fall garden which will have at least seven different vegetables. This garden will end in January and the cycle starts again.

Having a garden is a good way to get your exercise. Between preparations, weed control, watering and gathering there is something to do every day. You also get to enjoy the fruits of your labor.

~Submitted by Paul Morgan



Willow Pointe

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Centerpoint Energy (Power Outages Only)	713-207-7777
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Recycle/Hazardous Waste Disposal.....	281-560-6200
West Harris County MUD.....	281-807-9500
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COMMUNITY CALENDAR JULY 2011

August 1Landscape Committee Meeting @ 6:30 pm
..... Pool Closed
August 2..... Board Meeting @ 6:30
August 8..... Pool Closed
August 13..... Trash pick-up on the Bayou-
..... Meet at Willow Crossing Bridge @ 8 am
August 15-31 Pool Closed WEEKDAYS
..... OPEN Weekends through Labor Day
August 22..... First Day of School

All meetings are held in the pool meeting room. All Homeowners are welcome to attend any of the above meetings. Please call Randall Management to be placed on the agenda if you would like to address the Board at the meeting.

MUD Meeting Information – The normal date/time is 11:30 am the first Thursday of the month at the offices of Attorneys Young and Brooks. The address is 1415 Louisiana 5th floor.

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About 2 inches of rain fell to 'Green-up' Willow Pointe for a couple of days, but some lawns were already looking lush. Congratulations to the family at 10819 Elm Bayou Court Cove who received first place for the month. Also congratulations go to the family at 10827 Oak Bayou Lane who receive second place this month.



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WILLOW POINTE HOA, INC

Balance Sheet - May 31, 2011

ASSETS

Checking/Prosperity.....	\$ 28,994.11
Temp Transfer/Prosperity M/M.....	\$ 70,000.00
Temp Transfer/Bank of America	\$ 40,000.00

Reserves

Prosperity M/M	\$ 12,576.45
Smith Barney.....	\$146,316.89
Bank of America M/M	\$ 50,704.56
Total Reserves.....	\$ 209,597.90

ACCOUNTS RECEIVABLE

2010 Owner Assessments	\$3,136.00
2011 Owner Assessments	\$10,894.89
A/R Collection Fees.....	\$5,48.68
A/R Lawn Fees	\$101.76
A/R Late charges	\$444.87
A/R Legal fees	\$5,000.01
A/R Opening balance	\$19,391.50
A/R Other.....	\$100.00
.....	\$ 44,632.71

Total Assets.....	\$ 393,224.72
Pre-paid insurance	\$ 660.08
Total other assets	\$ 660.08
Total Assets	\$ 393,884.80

LIABILITIES AND MEMBER'S EQUITY

Current Liabilities

Prepaid-HOA Fees	\$590.00
Total Liabilities.....	\$590.00

Reserves

Beginning balance	\$ 248,782.13
2011 Reserves.....	\$15,936.00
Interest Income	\$167.40
Capital Expenses	\$-55,287.63
Total Reserves.....	\$209,597.90

Member Capital

Prior Years equity.....	\$93,512.77
Accrual basis equity	\$44,042.71
Total homeowners capital.....	\$137,555.48
YTD excess/deficit.....	\$46,141.42
Total member's equity.....	\$ 183,696.90

TOTAL LIABILITIES AND MEMBER'S EQUITY

\$ 393,884.80

GOING 100 PERCENT ORGANIC NOT FEASIBLE?

By Melanie Dragger, M.Comm.

The Environmental Working Group (EWG), a non-profit organization specializing in research and advocacy related to public health and the environment, has released its 2011 updated "Dirty Dozen" list of the 12 fruits and vegetables containing the most pesticides. Topping this year's list? Apples. This begs the question, "Can eating an apple a day really keep the doctor away?"

The answer may lie in where you get your apples. Although the EWG's ranking was cited as an overestimate of the risk by the Alliance for Food & Farming, a non-profit organization with the stated mission of providing a voice for farmers to communicate their commitment to food safety, consuming organically grown products can reduce the amount of pesticides that enter your body. According to the World Health Organization (WHO), long-term exposure to pesticides can lead to death or serious illness, including developmental and reproductive disorders, impaired nervous system function, and certain cancers. Further, the WHO has found children to be at higher risk from exposure than adults.

However, organically grown products are typically more expensive than conventionally grown products, and some organic products may be difficult to find in some areas. If growing your own fruits and vegetables is not an option, and purchasing 100 percent of your produce in organic form is monetarily unfeasible, the EWG's list offers a good starting point for consumers.

According to the EWG's 2011 report, which is based on its analysis of tests conducted by the U.S. Department of Agriculture (USDA) and the federal Food and Drug Administration (FDA), the following 12 fruits and vegetables (the "Dirty Dozen") consistently contained the highest amount of pesticides when conventionally grown, and should be consumed in organic form when possible:

1. Apples	7. Grapes (imported)
2. Celery	8. Sweet bell peppers
3. Strawberries	9. Potatoes
4. Peaches	10. Blueberries (domestic)
5. Spinach	11. Lettuce
6. Nectarines (imported)	12. Kale/collard greens

Alternatively, according to the EWG, the following 15 fruits and vegetables (the "Clean 15") consistently contained the least amount of pesticides, and by adhering to this list, individuals can get their recommended daily allowance of fruits and vegetables without incurring the expense of buying organic products in order to limit their exposure to pesticides:

1. Onions	6. Sweet peas	11. Cabbage
2. Sweet Corn	7. Mangoes	12. Watermelon
3. Pineapples	8. Eggplant	13. Sweet potatoes
4. Avocado	9. Cantaloupe (domestic)	14. Grapefruit
5. Asparagus	10. Kiwi	15. Mushrooms

(Continued on Page 5)

Going 100 Percent Organic... - (Continued from Page 4)

Underscoring the importance of the consumption of fruits and vegetables was the release of MyPlate, also in June, replacing the classic food pyramid. The USDA's new food icon is a simple, visual cue that advises individuals to "make half your plate fruits and vegetables," graphically shrinking the role of meats and dairy products in the national diet.

More information on the EWG, as well as the full list of fruits and vegetables ranked, can be found at <http://www.ewg.org>. More information on the Alliance for Food and Farming can be found at <http://www.foodandfarming.info>. To learn more about the USDA's MyPlate, visit <http://www.choosemyplate.gov>, and to discover more about the WHO, visit <http://www.who.int/en>.



Harris County Sheriff's Office Patrol Report

May 2011



CATEGORY	NUMBER
Burglary/Habitat	0
Burglary/Motor vehicle	0
Criminal Mischief	1
Disturbance/Family	0
Disturbance/Loud Noise	0
Local Alarms	7
Suspicious Person	1
Traffic stop	8
Vehicle suspicious	1

Note: The report represents all calls that were handled/ worked by the officer.



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FACTS YOU NEED TO KNOW ABOUT DROWNING

DROWNING ALERT!!!



TEXAS has more drownings than any other state so far this year and we still have a long HOT summer ahead of us. Please be safe in and around the water.

Source: U.S. Consumer Product Safety Commission's Pool Safety Campaign www.poolsafely.gov

For more information, check out our website at

www.colinshope.org

DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM

Download a QRcode App on your phone & scan me!



NO ONE is "drown proof" – no matter their level of swimming ability.

Falls, entrapments, and injuries lead to drowning regardless of swimming level.

DROWNING IS QUICK AND SILENT



Drowning can occur in less than 2 minutes.



Irreversible brain damage can occur in 4 minutes or less.



Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Most children die who are submerged for as little as 6-10 minutes.

Children who drown may not scream, splash, or struggle. They can silently slip beneath the water, even with adults & lifeguards present.



Keep toddlers close enough to touch in pools

Parents can help prevent potential accidents at the pool this summer by staying alert and attentive, said a pediatric emergency medicine physician at Baylor College of Medicine.

"A high percentage of summer drownings and accidents occur in community and residential swimming pools," said Dr. Rohit Sheno, assistant professor of pediatrics - emergency medicine at BCM and Texas Children's Hospital. *"By far, the most common cause of drowning is lack of supervision."*

Parents need to keep a close watch, both physically - in proximity to the child - and mentally, with little distractions to prevent these accidents, Sheno said. A good rule of thumb, he said, is to implement *"touch supervision,"* which means keeping within arms-length of your toddler at all times.

Other Safety Tips Include:

- Don't rely on floating devices because children can easily slip out of them
- Make sure the pool has two unblockable drains to prevent the child or a body part from getting stuck in the drain
- Fence in your pool

Active summers can lead to healthy lifestyles

A balance of indoor and outdoor activities can help children maintain a healthy weight during the summer months. *"Some research has shown that kids gain the most weight during summer vacation, so it's important that parents take an active role in providing opportunities for their children to be physically active,"* said Dr. Jason Mendoza, assistant professor of pediatrics at the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine. Children should have at least one hour of physical activity per day, the type of activities that raise their breathing and heart rate.

Outdoors activities can include swimming, biking and other outdoor play but remember to follow safety precautions, such as using sunscreen, drinking plenty of water and wearing proper safety

gear. Television, computer and other media usage should be kept to no more than two hours a day for children ages 2 and up. Instead, parents can read to younger children, encourage them to use their imagination by playing around the house, or engage them in arts and crafts activities.

For older children, parents can arrange summer camps through the school or YMCA and plan simple family activities like preparing meals together or taking evening walks together. Getting children involved in chores is another way to keep them active, said Mendoza.

Exercise-induced asthma is manageable condition

Gasping for breath during a workout may be more than just a sign that you're out of shape. It could also indicate a condition called exercise-induced asthma, according to an expert at Baylor College of Medicine. It occurs when someone has shortness of breath, gets winded easily, has wheezing and sometimes even a cough shortly after exercise begins, explained Dr. John Rogers, professor of family and community medicine at BCM.

The condition is manageable and people are still able to perform at a very high level athletically with proper treatment, he said. Treatment usually includes using an inhaler 20 to 30 minutes before exercise. The inhaler helps relax the smooth muscle and can last for up to four hours. There is not one exercise routine that is better for the condition than another. Rogers recommends those with the condition do other things to manage it such as staying away from cigarette smoke, staying indoors when pollen or other allergen counts are high if you have allergies and avoiding exercise when you have cold symptoms. Getting the flu shot each year is also recommended to help maintain healthy lung function.

Food poisoning major concern during summer

If this summer weather has you feeling wilted, imagine what it does to your food. An expert at Baylor College of Medicine advises taking extra precautions with food during the summer heat.

Roberta Anding a registered dietitian at BCM, advises following

(Continued on Page 7)

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Health Briefs - (Continued from Page 6)

the “golden hour” rule for foods such as meat, mayonnaise, eggs and cheese. These foods can only stay in an environment above 90 degrees for an hour before they need to be thrown out. This rule also applied to baby formula.

“Don’t assume that you can leave something like a turkey sandwich in the car while you run to the mall for an hour. Don’t run the risk of a food-borne illness,” said Anding. In addition, be sure to wash all fruits and vegetables before cutting or eating. Use separate cutting boards for meats and veggies, and do not use a sponge to clean up drippings after working with raw meat - it only spreads the germs around.

Other Food Safety Tips Include:

- Be sure to have a refrigerator thermometer and a meat thermometer to ensure that food is always at the right temperature.
- When reheating food, make sure it’s not just lukewarm. The center of a piece of meat should be hot, ensuring that any potential bacteria that has grown is killed.
- Be cautious when going organic - make sure milk products are pasteurized to avoid food borne illnesses and bacteria.



Keyon'te is 15 years old and will absolutely melt your heart with his sweet smile! He has a friendly and engaging personality. He loves playing soccer and also enjoys riding bikes, going fishing, skateboarding and playing video games. Keyon'te enjoys listening to Christian music. He is a smart young man and makes all A's in school. Keyon'te responds well to structure and needs a family that can give him a lot of attention.

A group of five young people of various ethnicities are smiling and pointing their index fingers towards the camera. They are dressed in casual clothing like sweaters and scarves. The background is a bright blue sky with a pattern of small white dots.

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Willow Pointe



I am very pleased with the David Flory Team. They kept me updated and were always courteous. I purchased this house through David Flory in September of 1986 and now he has sold it for me in September of 2009, 23 years later. The first contract came in the day I listed and within a few days I had three contracts. Thanks to David and his team!

- Helen Nicholson -

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*According to information taken from the HAR MLS Computer
**Realtor Teams per Remax 9/2008, 3/2009