



# WillowTalk

Willowbridge - Stonebridge Homeowners Association Newsletter  
www.willowbridgehoa.com

Volume 16

October 2011

No. 10



★ *October 4, 2011* ★  
*6:00-9:00 PM*

On Tuesday, October 4, citizens in neighborhoods throughout Houston are being invited to join forces with thousands of communities nationwide for the “28th Annual National Night Out” event.

National Night Out is designed to heighten crime and drug prevention awareness, generate support for and participation in local anti-crime efforts, strengthen neighborhood spirit and police-community partnerships, and to send a message to criminals letting them know that neighborhoods are organized and will not tolerate crime.

From 6 p.m. to 9 p.m. on October 4th, Willowbridge will host a **National Night Out Festival** at the clubhouse. Residents will be asked to lock their doors, turn on outside lights, and spend the evening outside with neighbors and police. There will be plenty of fun activities, crime prevention information, drinks, snacks, games, bouncing machines, face painting, finger printing kits, and much more. Come out and join the fun.

Come and meet your neighbors along with our local law enforcement from the Harris County Sheriff's Office, EMS and Fire departments who help serve and protect our community.

We will need volunteers to help set up and clean up before and after the festival. If you can volunteer, please e-mail Julie at martin@juliedubros.com.

## SHERIFF LAUNCHES MOBILE APP

*FOR CITIZENS TO TURN IN CRIME TIPS:*

iWatchHarrisCounty. Do You?

(HOUSTON, TX) – Sheriff Adrian Garcia and the Harris County Sheriff's Office (HCSO), in collaboration with iThinQware, Inc. ©, announced today the launch of a free mobile application that allows citizens to turn in crime tips using their mobile device.

iWatchHarrisCounty is a virtual crime watch program that empowers citizens across the county to report suspicious behaviors or activities by turning in tips as text messages and emails with image and video attachments, and phone calls directly to the HCSO from almost any mobile phone or PC. Citizens can remain anonymous or may choose to disclose their identity.

- There are four ways to report crime tips:
- Online at iWatchHarrisCounty.com
- Text a tip to 1-855-HCSO-iWatch (1-855-427-6492)
- Use the downloadable app at iWatchHarrisCounty.com
- Call 1-855-HCSO-iWatch (1-855-427-6492)\*

\*iWatchHarrisCounty is for submitting crime tips only, not emergencies. Emergency calls should be made to 9-1-1.

The HCSO is the first sheriff's office in the country to use the iWatch mobile app.

“The iWatchHarrisCounty app helps us reach out to a digitally connected community in ways never before possible,” said Sheriff Adrian Garcia. “Nowadays, almost everyone has a cell phone or a computer. Now you can use that mobile device, that technology, to help us prevent or solve crimes by sending us a tip from anywhere, anytime – if you see something, say something.”

The “If You See Something, Say Something™” public awareness campaign was launched nationally last year by the Department of Homeland Security to raise awareness of indicators of terrorism and violent crime, and to emphasize the

*(Continued on Page 3)*

# Willowbridge - Stonebridge

## IMPORTANT NUMBERS

All Emergencies.....	911
Harris County Sheriff.....	713-221-6000
Harris County Animal Control .....	281-999-3191
Cy-Fair Hospital.....	281-890-4285
CenterPoint - Street Lights & Outages.....	713-207-2222
CenterPoint Energy.....	713-659-2111
Newsletter Publisher	
Peel, Inc. ....	www.PEELinc.com, 888-687-6444
Advertising.....	advertising@PEELinc.com, 888-687-6444
PCMI/ Margie Naranjo.....	281-870-0585x1315
Poison Control Center .....	800-764-7661
Southwestern Bell - Repair .....	800-246-8464
- Billing.....	800-585-7928
Swimming Pool - Pay Phone .....	281-469-9004
Swimming Pool - Lifeguard.....	281-517-0225
Trash – Waste Management.....	713-686-6666
Vacation Watch - Harris County District 5 ....	281-290-2100
W. Harris County MUD #11.....	281-807-9500
Willow Place Post Office .....	281-890-2392
Willowbridge Website .....	www.willowbridgehoa.com
Cable/Internet/Phone...COMCAST .....	713-341-1000

## ASSOCIATION DIRECTORY

Welcoming Committee	
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Beautification Committee	
Robert Logsdon .....	rel9703@yahoo.com
Homeowners Association .....	281-870-0585x1350
PCMI - Margie Naranjo .....	mnanranjo@stes.com
Clubhouse/Reservations	
Debra Moore .....	281-870-0585
Pool Parties/Tags	
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Barbara Lallingar.....	281-890-8464
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Kyle Survance .....	surou812@yahoo.com
Security Coordinator	
Julie Dubros.....	281-794-9032
Website Coordinator	
Angela Doray.....	willowbridgehoa@live.com
Yard of the Month Committee	
Nominate your favorite at: willowbridgehoa.com or Contact	
Chuck Roush.....	roushteam@att.net
Tennis Court Reservations	
.....	www.willowbridgehoa.com
Soccer Field Reservations	
Terese Joubron .....	teresejoubbran@yahoo.com
Lost Pet Coordinator	
Sonia Moore .....	msrco@aol.com, 281-955-8068

## BOARD OF DIRECTORS

Kyle Survance.....	President
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## HOA INFORMATION

Willowbridge Homeowners Association Inc. - PCMI  
Margie Naranjo..... 281-870-0585x1315  
E-Mail .....

mnanranjo@stes.com  
Fax .....

281-870-9170  
If you have any questions or comments regarding the neighborhood please contact the numbers above.

## HOA MEETINGS

**Willowbridge/Stonebridge Homeowner's Association meetings are held the fourth Wednesday of each month at the community clubhouse at 7:00 pm.**

## WELCOMING COMMITTEE

The Welcoming Committee meetings are the last Monday of each month.

## HARRIS COUNTY ROAD AND BRIDGE

To report street or curb damage, missing/damaged street signs and street flooding: (281) 353-8424 or www.hcp4.net.  
If a resident wants to request a new sign or replace a damaged one, they have to go online and fill out a request.

## Talking Trash

A neighborly reminder from the Trash Lady: Garbage and/ or recyclables should not be placed at the curb for pick-up any earlier than the night before the scheduled pick-up. This includes grass clippings. Please help keep the neighborhood looking its best by minimizing the time our garbage and garbage cans are visible to our neighbors and our visitors.

## Sheriif Launches Mobile App - (Continued from Cover Page)

importance of reporting suspicious activity to the proper law enforcement authorities.

“Until we invented the iWatch application, no citizen could say something with enough immediacy or with the precise detail that a criminal investigations agency could fully benefit from having,” said Dan Elliott, founder of iThinQware, Inc. ©.

The iWatch application will allow the HCSO to receive, vet, track, forward and share crime tips within its own organization, as well as to push out tips, photos, videos and information to other agencies if applicable.

For more information on iWatchHarrisCounty visit [www.iWatchHarrisCounty.com](http://www.iWatchHarrisCounty.com) or [www.hcso.hctx.net](http://www.hcso.hctx.net).

For more information on iThinQware, Inc. © visit [www.ithinqware.net](http://www.ithinqware.net).

Remember to lock your cars, close and lock your garage doors, lock your doors and latch your windows, set your alarm. Please continue to call in any and all suspicious activity, people or vehicles immediately to the Sheriff's Office:

- Sheriff's Office non-emergency number at 713.221.6000 (Option 1 for dispatch).
- For life threatening emergencies call 911.
- Harris County Crime Map: For daily crime updates visit the Harris County Crime map on the Sheriff's website at: <http://www.crimereports.com/>

*Please keep me posted of any criminal activity in our neighborhood, or if you suspicious people or vehicles that do not belong, and I will send an e-mail the rest of our community.*

Be safe & always be aware of your surroundings.

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# Willowbridge - Stonebridge

## 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
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
Morgan Hurst+	3/9/95	281-235-5641 281-897-8910	Freddy & Kim Hurst
Bevin Gammell	12/29/90	281-807-3152	Bradly & Elizabeth Gammell
Lesley Maxfield	07/25/94	281-469-6229	
Lauren Mosley+	02/14/95	281-894-8459	
Rachel Sontag	12/19/97	281-970-9535	rachelsontag@hotmail.com

+ Red Cross Certified

### Pet Sitter

Tommy Hamner	12 yrs. old	281-469-5782	Melissa & Findley Hamner
Rachel Sontag	12/19/97	281-970-9535	rachelsontag@hotmail.com

### ATTENTION TEENAGERS

The Teenage Job Seekers listing service is offered free of charge to all Lakemont teenagers seeking work. Submit your name and information to [lakemontliving@yahoo.com](mailto:lakemontliving@yahoo.com) by the 10th of the month!

## MOPS at The MET Registration

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Register online at [TheMETonline.org/MOPS](http://TheMETonline.org/MOPS)  
or visit us at [facebook.com/METmops](http://facebook.com/METmops)  
If you have any questions please call (281)890-1900.



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## Target Heart Rate Range for Cardiovascular Exercise:

*Do You Know Yours?*

- By Sarah Jordan, MS

Are you getting the most you can from your cardiovascular exercise program? Determining your target heart-rate range may help you see more results and become more aware of the intensity of exercise that you are completing. I love to empower my clients by educating them on this personalized range. And even more so, I enjoy seeing their faces light up when they tell me about the results they are seeing because of their success in using it.

### A FEW THINGS TO REMEMBER ABOUT CALCULATING TARGET HEART-RATE RANGE (THRR):

- Always check with your doctor before starting or changing your exercise program. To best determine your fitness level and training zones, seek a fitness assessment from a certified professional personal trainer. Numbers provided here are just estimates.
- **These estimates are for healthy individuals. Remember that conditions like pregnancy, health issues, and some medications can affect your heart rate.**
- There are times when your mid-exercise heart rate will be below or above your target heart rate range, and that is okay. But use the THRR as a goal to work within most of the time.
- A good estimate of your maximum heart rate is 220 – your age.

### CALCULATING YOUR TARGET HEART-RATE RANGE:

Knowing how to take your pulse and find your heart rate during exercise can help you evaluate the effectiveness of your exercise program. Using the Karvonen formula, we can calculate target heart-rate range (THRR). We do the following to calculate our low and high end of our THRR:

$$220 - \text{age} - \text{resting heart rate} \times \text{low end of training zone} + \text{resting heart rate} = \text{_____ (low end of THRR)}$$

$$220 - \text{age} - \text{resting heart rate} \times \text{high end of training zone} + \text{resting heart rate} = \text{_____ (high end of THRR)}$$

— STEP 1 —

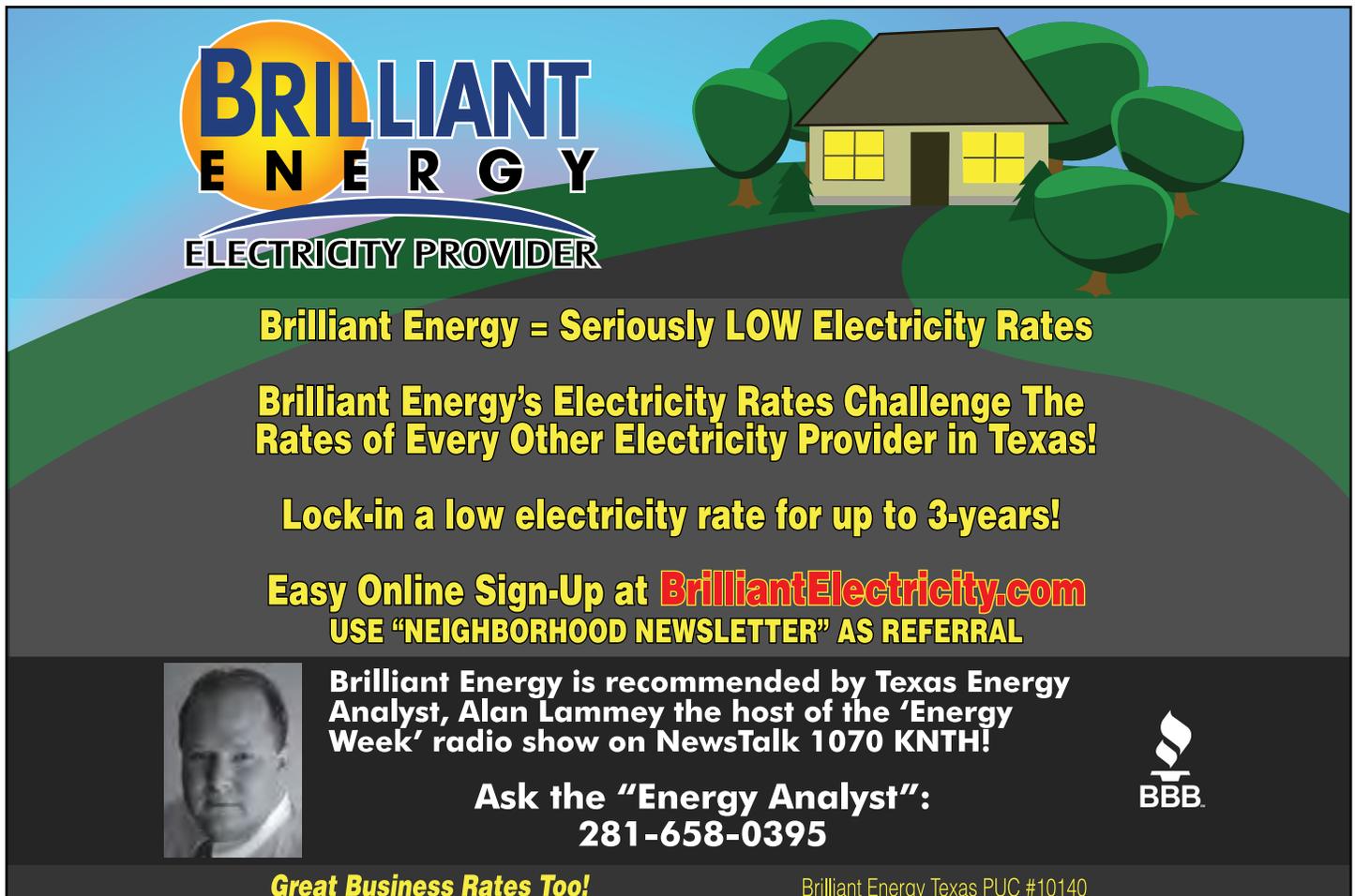
### CALCULATE YOUR RESTING HEART RATE.

The best time to do this is first thing in the morning before you get out of bed. Take a 60-second count, and write your resting heart rate value down.

— STEP 2 —

### DETERMINE WHAT TRAINING ZONE YOU WILL USE BASED ON YOUR CURRENT LEVEL OF

*(Continued on Page 7)*



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# Willowbridge - Stonebridge



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## Target Heart Range- (Continued from Page 5)

### FITNESS.

Estimates provided by [www.acefitness.org](http://www.acefitness.org): Low level of fitness: 45-55%; Fair level of fitness: 55-65%; Good level of fitness: 65-75%; Excellent / elite level of fitness: 75-85%. (These are just examples and can be changed to best fit your current level of fitness. For the most accurate calculation, get a fitness assessment.)

#### — STEP 3 —

### CALCULATE YOUR TARGET HEART-RATE RANGE USING THE KARVONEN FORMULA.

#### — STEP 4 —

### LEARN HOW TO USE THIS HEART-RATE RANGE REGULARLY IN YOUR CARDIOVASCULAR WORKOUTS.

For example: A healthy 30-year old female with a good level of fitness and a resting heart rate of 60 beats per minute and using a training zone of 60-80%:

$$220 - 30 - 60 \times .60 + 60 = 138 \text{ beats per minute}$$

$$220 - 30 - 60 \times .80 + 60 = 164 \text{ beats per minute}$$

*Using this calculation, her target heart-rate range is 138 – 164 beats per minute.*

So the question is, "Now that I know my target heart-rate range, how do I actually apply that to my workouts?"

#### FOLLOW THESE STEPS FOR SUCCESS:

- Calculate your target heart-rate range and write it down where you can easily find it.
- Find a range that you can remember. For example: For the 30-year old female above, her range is 138-164 beats per minute. That is hard to remember mid-exercise, so she should do this:
  - Determine and remember the range you should find in a 6-second pulse count. (*Ex: 13-17 beats in 6-second pulse count, as this would equal 130 – 170 beats in a minute, which aligns with her THRR.*)
  - She takes her pulse (mid-exercise) for 6 seconds, and should get 13-17 beats.
- Practice and learn to take your pulse properly. Taken from <http://my.clevelandclinic.org/heart/prevention/exercise/pulsethr.aspx>:
  - Place the tips of your index, second and third fingers on the palm side of your other wrist below the base of the thumb. Or, place the tips of your index and second fingers on your lower neck on either side of your windpipe.
  - Press lightly with your fingers until you feel the pulse beneath your fingers. You may need to move your fingers around slightly up or down until you feel the pulsing. If placing fingers on neck, be sure you don't press too hard.
  - Use a watch with a second hand, or look at a clock with a second hand.
- Count your pulse for 6 seconds. Multiply this number by 10 (add a "0") to get your heart rate (pulse) / beats per minute.
- Give yourself time to get comfortable using this method. It will pay off in the long run!

*Everyone wants to find ways to make their fitness routines more efficient. It is my hope that using the target heart-rate range will be one way of doing just that.*

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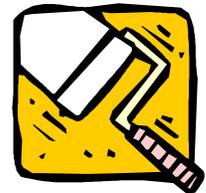
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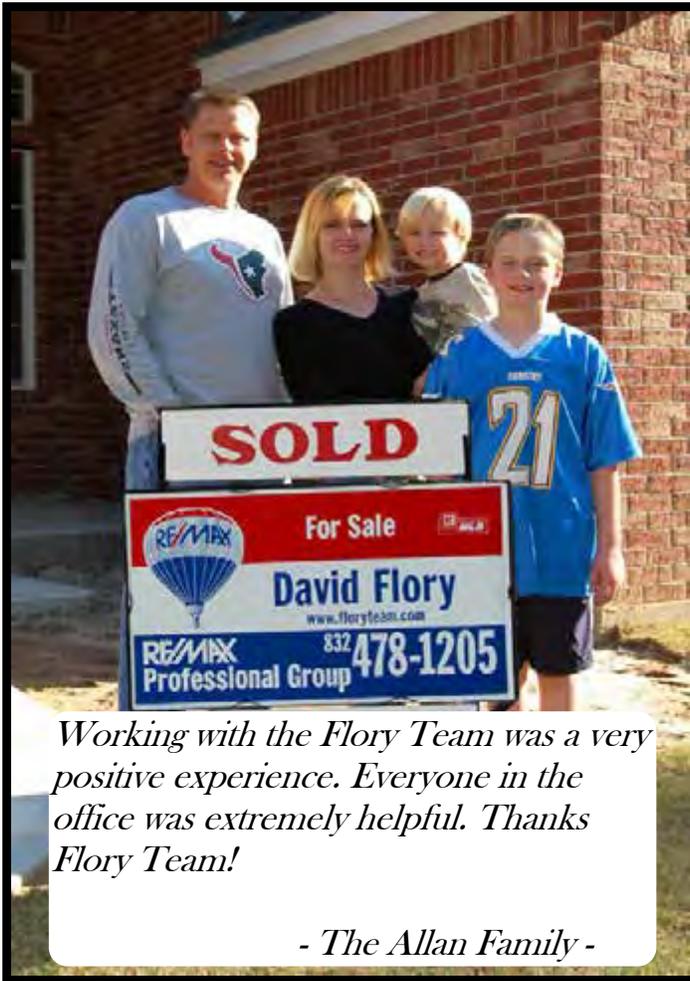


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Group

## Willowbridge

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*Working with the Flory Team was a very positive experience. Everyone in the office was extremely helpful. Thanks Flory Team!*

*- The Allan Family -*



**David Flory**

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