



WillowTalk

Willowbridge - Stonebridge Homeowners Association Newsletter
www.willowbridgehoa.com

Volume 17

January 2012

No. 1

Spring Festival

Presented by the Willowbridge HOA

Spring 2012 Chairperson Needed

After numerous successful years of acting as chairperson for our Spring Festival, Angela is looking to share the fun. All the information needed to quickly coordinate the event is available.

*Please e-mail
Angela.Doray@AirLiquide.com
if you would like to chair the
2012 Spring Festival.*



Recycle Reminders

THESE ARE THE ITEMS ACCEPTED BY WASTE MANAGEMENT FOR RECYCLING:

- **PLASTICS:** Only with a #1 or #2 in the recycle triangle (includes most water, soda and juice bottles; milk jugs; laundry & dish detergent, bleach and fabric softener jugs; kitty litter pails; pool chemical buckets; and over the counter medicine bottles and prescription bottles (not the brown ones that pills come in). Remember to remove labels with any personal info and PLEASE RINSE.
- **PAPER:** Includes newsprint, inserts, magazines, envelopes, computer paper, junk mail, cereal boxes (take out internal liner), greeting cards (plain, no glitter or decorations) and cardboard boxes (please flatten) and other paper products that may be torn by hand.
- **CANS:** Includes soft drink, juice, beer and food cans. Please Rinse (keeps insects and critters out!). Do not include aerosol cans!!



PLEASE DO NOT PLACE THE FOLLOWING IN THE RECYCLE CONTAINER:

GLASS containers, plastic shopping bags (can be deposited in supermarket containers), plastic wrap of any kind, aerosol cans, PVC pipe, wire, used air conditioner filters, plastic egg cartons, **STYROFOAM** of any kind, paper products with food residue (pizza boxes, microwaveable products) and general trash.

Street Light Out?

If you notice a street light out, PLEASE report it to CenterPoint Energy. We pay for all of the street lights in our subdivision...every month...regardless if they are illuminated or not! This is also a serious safety issue. On Halloween night, the ghosts and goblins were almost impossible to see at the corner of Bexar and Tascosa due to the light being out.

TO REPORT AN OUTAGE, FOLLOW THESE STEPS:

- Dial (713) 207-2222.
- Choose a language preference.
- Select option "4" (for street light outages).
- Provide the 6-digit number (located approximately 5 feet up the light pole) street name and closest address.

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	
Gracie Galvan	281-732-0009
Beautification Committee	
Jennifer Y'Barbo	jhybarbo@subhou.com
Homeowners Association	281-870-0585x1350
PCMI - Margie Naranjo	mnanarajo@stes.com
Clubhouse/Reservations	
Debra Moore	281-870-0585
Pool Parties/Tags	
PCMI	281-870-0585
Marquee Coordinator	
Barbara Lallinger.....	281-890-8464
Newsletter Coordinator	
Kyle Survance	surou812@gmail.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	
Jennifer Y'Barbo	jhybarbo@subhou.com
Soccer Field Reservations	
Terese Joubron	teresejoubbran@yahoo.com
Lost Pet Coordinator	
Sonia Moore	mrsco@aol.com, 281-955-8068

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HOA INFORMATION

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

mnanarajo@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.

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- SMC - What the Heck is That?

by: Barbara Lallinger

SMC stands for Single Marketing Circular. It's the plastic package non-subscribers to the Houston Chronicle find in their front yard or sidewalk late on Saturday. It usually contains coupons, miscellaneous store ads for the coming week, the Good Life section and Parade magazine. Many people leave it out all week and the sprinkler or rain (when we have it!) tends to get in the plastic package via tears in it from being thrown on the sidewalk. It gets pretty nasty and heavy! The distributor told me that the carriers have reported that people that don't want it have been known to do such things as pick it up and throw it back at them or if they are watering the yard they turned the hose on the carrier.

*If you don't want to receive the SMC,
you may discontinue it by these methods:*

CallHouston Chronicle(713) 220-7211

Emailchron.com

Give them your name and address and tell them that you do not want the SMC delivered to your address. It takes approximately (2) weeks for it to quit being delivered.

Help Drive Dollars to Your School

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*Go to boxtops4education.com & register your
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to take advantage of the Ford offers.*

MAKE A DIFFERENCE

(ONE DIME AT A TIME)

Don't forget...elementary and middle school students are collecting Box Tops through May as part of their secondary fundraising efforts. School budgets continue to be stretched to the limits, making fundraising decisions difficult – that's where Box Tops come in. For over 14 years, with the help of community members such as you, Box Tops has been making a difference. More than 90,000 schools across the country have now earned over \$250,000,000 to spend on the things they need most to serve their students, from library books... to computers...to playground equipment and so much more!

*There are several ways you can help your
school through Box Tops for Education.*

- The Original Box Tops for Education
- Clip Box Tops from such products as General Mills cereal, Scot bathroom tissue, Betty Crocker products, Green Giant products, Nestles Juicy Juice, Zip Lock products & Avery office products.
- Box Tops for Education Marketplace
- Shop online with merchants such as JC Penny, Target, Land's End and many more.

BONUS BOX TOPS

*Find chances to earn and win Bonus Box Tops at btfe.com.
Also, watch for them on miscellaneous products.*



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Willowbridge - Stonebridge

Mother Mattie's Pork Chops

Submitted by: *Jacque Hines*

(Don't let these ingredients throw you. This is a really good dish.)

- 4 to 6 pork chops (1" thick)
- flour for coating
- 4 to 6 cans chicken noodle soup (undiluted)
- salt and pepper
- regular yellow mustard
- cooking oil for browning

Coat each chop in the mustard on both sides and dredge in flour (seasoned with salt and pepper to taste). Brown chops on each side in lightly oiled skillet. In the same skillet pour 1 can of chicken noodle soup (undiluted) per pork chop over them, piling noodles on each chop. Cook covered on LOW for 45 minutes to one hour (until chops are fork tender).

TWINKLE, TWINKLE LITTLE STAAR

How I wonder what you are. Oh wait, I know what you are – you're the end-of-course exams that will replace the dreaded TAKS tests that have been in place since 2003, beginning this year. STAAR stands for State of Texas Assessments of Academic Readiness. Students in the graduating class of 2015, who are currently in 9th grade, will be the first students who must meet the end-of-course testing requirements, as well as pass their classes, in order to earn a diploma.

The new tests will be significantly more rigorous than previous tests and will measure a child's performance as well as academic growth. The last TAKS ratings will be issued in 2011. Ratings will be suspended in 2012 while a new accountability system is developed. The new state rating system will debut in 2013.

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HEALTH BRIEFS + JANUARY 2012

IT'S OKAY TO SKIP YOUR WORKOUT, IN SOME CASES

Although exercise should be a part of your daily routine, it's important to know when your body needs a break, according to an expert at Baylor College of Medicine. It's not ideal to work out when you're sick because you're stressing your system out, said Dr. David Green, assistant professor of orthopedic surgery at BCM.

The same thing is true after a recent surgery; your body is trying to recover from the surgery. If you still want to stay active, consider using simple things such as arm bands for gentle exercises, but stay away from heavy aerobic exercises, he said. If you're experiencing some joint or muscle pain, it's your body's way of telling you that you're overdoing it, so you should back

off. Try using a heating pad or taking anti-inflammatory medication to help with the pain, said Green.

In general, be sure to have some type of snack about an hour before a workout; do not try to exercise on an empty stomach. If you're over the age of 40 and just starting heavy exercise for the first time, be sure to consult with your physician first. Also consult with a physician if you've had any respiratory, cardiac or joint issues in the past. Look out for hidden calories in holiday drinks.

While many people think twice before taking a second serving of a delicious holiday dessert, they may not do the same when it comes to that holiday beverage. But liquid calories can quickly add up, said a nutrition expert at Baylor College of Medicine.

SOME TIPS TO REMEMBER INCLUDE:

- Combine alcohol with a diet mixer or low-calorie tonic
- Remember to pace yourself and alternate alcoholic beverages with a glass of water or club soda with lime
- When it comes to popular cocoa and coffee drinks, choose non-fat milk, skip the whipped cream
- Pay attention to portions; different beverages are served in different size glasses and cups so be aware of what you are drinking and how many servings you consume at one time. Remember that after drinking alcohol, the desire for salty foods is also enhanced, said Reeves.

(Continued on Page 6)

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Willowbridge - Stonebridge

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Health Briefs - (Continued from Page 5)

HECTIC HOLIDAYS CAN RAISE SPIRITS OF A CHRONICALLY ILL CHILD

The typical craziness of the holiday season can offer an emotional boost for a chronically ill child. The holidays usually are very hectic, but the benefit of seeing family and friends outweighs the hassles of travel and preparation, said Dr. Ernest Frugé, associate professor of pediatrics at Baylor College of Medicine and director of psychosocial programs at Texas Children's Cancer Center.

It's no different for a child in a chronic illness. Planning ahead is the key to travel success, whether it is allowing for extra breaks on a long road trip or reminding older relatives about childproofing needs. Parents should always consult with their child's physician before the trip, pack all medications in their original prescription containers and bring along a copy of appropriate medical information.

Involving the child in the planning and preparations for trips and gatherings reinforces the importance of reconnecting with family and friends, said Frugé. Keeping children away from the usual holiday traditions because they have been ill would separate them from what is a normal experience for the family, he said.

GET THROUGH MENOPAUSE BY REEVALUATING YOUR HEALTH CARE NEEDS

Menopause is called "the change" for a reason. As hormone levels begin to change, so do health concerns, such as osteoporosis, said experts at Baylor College of Medicine. Decreasing estrogen levels can affect bone mass, making a woman more susceptible to osteoporosis, said Dr. Elizabeth Nelson, associate professor of medicine and director of the Women's Center for Comprehensive Care at BCM. Osteoporosis is a condition that can develop if bone is not replaced as quickly as it is worn away, leaving behind porous or weak bones.

Many factors can affect this condition such as heredity, age and nutritional intake. Modify your risk factors by limiting alcohol intake and not smoking, which can increase bone loss by 10 percent. Exercising three times a week and increasing calcium and vitamin D intake can also improve bone health. However, since each woman's health care needs differ as they enter menopause, it is important to talk to a doctor to be sure what course of action will be the most beneficial. Screening for osteoporosis should begin at age 65, but many times women will have a screening done at age 50 to use a baseline for future tests.

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Yoga for Weight Loss?

We've all heard the formula for weight loss. Just "burn more calories than you take in." But if weight loss is so simple, how come so many of us have a hard time with it? If we all know what to do, how come we're not doing it? There are many factors to weight loss, and there's a big gap between knowledge and action. It's a lot more than calories in, calories out. In between the "I know what I should be doing," and "how come I'm not doing that?" is a pause (and sometimes frustration). This 'pause' is where yoga can help.

Being aware of your actions - what you're eating, when you're eating it and why, are keys to weight loss success. Tuning in to your inner voice and actually hearing your body's signals is difficult. Diets fail a great deal of the time. What if you were able to smooth out your brain waves, so that you could notice the moment of choice? Yoga for weight loss? Maybe you've thought in the past that only heavy-duty cardio would do the trick, and the pounds would magically melt away. But if you are successful at this heavy-duty huffing and puffing, how come the pounds come back, and the change

isn't permanent? It may surprise you to know that a recent study at the Fred Hutchinson Cancer Research Center in Seattle found that an ongoing yoga practice correlates nicely with a healthy weight - and not only because of the calorie burn. (Excerpts from Natural Health, "The New Weight-Loss Math," by Hillari Dowdle). Yoga practitioners were found to be "more aware of what they were eating and better able to stop when they were full," characteristics that the study attributes to mindfulness.

In yoga, postures are practiced slowly, which is counter-intuitive to what the mind wants. We want to burn calories, and lose weight this instant, so we think we have to move fast. But, by practicing the postures slowly, we allow our minds to catch up with our bodies. We use the breath to actually feel what our muscles are doing. And this introspection, this reflection, will bring about an awareness. An awareness of choice. "Smoothing out the brain waves and calming down the nervous system give you an opportunity to notice the moment of choice," explains Ashley Turner, M.A. "You get to ask

yourself, 'Do I really want to eat more?' Most of us never even encounter that moment," she adds. Yoga can help you develop that awareness. And, it can also help you remove toxins from your body. New studies indicate that toxins in the body suppress thyroid function, slowing metabolism. "Scientists now believe that the obesity epidemic is going hand in hand with an increase in environmental toxins," says Gaetano Morello, N.D. from British Columbia. And fasting only slows your metabolism and causes more toxins to be released from your fat stores. Yoga can help remove these toxins.

You will get more benefits from yoga than you could ever imagine. And over time, it gets easier and more fun. No, it will not be a quick "fix" overnight. But what if you could develop the awareness to be more mindful of what you were eating, and better able to stop when you were full? These are all characteristics of mindfulness, which is practiced in every yoga class.

Hope to see you in class soon!

Submitted by Melinda Jennings



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