



Willow Pointe Newsletter

April 2006
Volume 2, Number 4

www.willowpointe.org

Deed Restrictions Enforced

Official Publication of the Willow Pointe Homeowners Association, Inc.

Willow Pointe Yard of the Month



Congratulations to our neighbor Benny Lopez who is our first Yard of the Month winner of the season. Benny, who lives at 10526 Trail Ridge Drive, has been in his present home six years and obviously very busy in his yard.

Here are couple of his gardening secrets (besides Earthman Landscape Services) are mixing a "bunch" of fertilizers at any given time depending on what is on sale and the use of vibrant colors. He is a loyal fan of Miracle Grow, Ironite and sulfur.

The palms in the front yard were barely "starts" when transplanted from San Diego, California. The large vine like plant on the left corner of his home is not a trumpet lily. Over time he has attempted to research the name of it but has been unsuccessful. He received a "start" from his grandmother who lives Mexico many years ago and has grown a host of these bushes over the years. The yellow bloom has no scent and feels very waxy. If you know what it is, let us know!

Be sure and slow down at the corner of Trail Ridge and Elm Knoll Trail and take a look at this terrific yard.

**View the Willow Pointe Newsletter
each month on-line at
www.PEELinc.com**

Reminders and Updates in 60 Seconds!

- Don't Forget – If you are planning any home improvements, additions or exterior changes, please contact SCS @ 281-463-1777, their website www.scsmtg.com or the Willow Pointe Website (www.willowpointe.org) for an Architectural Review Application. Approval usually takes about 30 days.
- Safety Tip! Always keep your garage door closed.
- Report ANY suspicious activity, vehicles, and/or persons to the Sheriff's department non-emergency number @ 713-221-6000. Call 911 for all emergencies.
- For streetlight outage: <http://centerpointenergy.com-outage>
- The Speed Limit initiative is now being handled by Paul Morgan. Please give Paul a call if you want to sign the petition. His number is 281-807-9118.

(Continued on Page 2)

Community Calendar

April 2006

- | | |
|-------------|--|
| April 2 | Day Light Savings Time Begins |
| April 3 | Landscape Committee, 7pm, 10506 Elm Knoll Court |
| April 5 | Board Meeting, 6:30 pm, Location TBD |
| April 12 | Safety and Security Committee, 7 pm., 10102 White Oak Trail Lane |
| April 16 | Easter |
| April 22-23 | Semi-Annual Willow Pointe Community Garage Sale |
| April 24 | Newsletter Committee, 7pm, 10506 Elm Knoll Court |

May 2006

- | | |
|---|--|
| May 1 | Nominating Committee Interviews begin |
| May 1 | Landscape Meeting, 7 pm, 10506 Elm Knoll Court |
| May 3 | Board Meeting, 6:30 pm |
| May 10 | Safety & Security Meeting, 7 pm, 10102 White Oak Trail Lane |
| May 11 | Annual Meeting, 7:00 pm., St. Max Kolbe Catholic Church |
| May 24 | Last Day of School |
| May 27 | Pool Opens |
| May 30 | Newsletter Meeting, 7 pm, 10506 Elm Knoll Court |
| * Call 832-237-4992 for Board Meeting location | |

Willow Pointe

Important Numbers

All Emergencies	911
Harris County Sheriff.....	713-221-6000
Sheriff's Department Storefront (Clay Rd.).....	281-463-2648
Poison Control Center.....	800-222-1222
Animal Control.....	281-999-3191
Commissioner, Precinct 4.....	281-353-8424
Willow Place Post Office.....	281-890-2392
Centerpoint Energy (gas).....	713-659-2111
Centerpoint Energy (electric).....	713-207-2222
BFI (garbage).....	713-937-9955
BFI (recycle).....	713-653-6666
West Harris County MUD.....	281-873-0163
SCS Management Services.....	281-463-1777
Newsletter Publisher	
Peel, Inc.....	advertising@PEELinc.com, 512-989-8905
Adver. Donna Sommer.....	dsommer@PEELinc.com, 832-237-4684
Adver. Kim Moore.....	kim@PEELinc.com, 281-373-3807

Willow Pointe Homeowners Association, Inc.

Board of Directors

President	Judith Schwartz	2005-2008
Vice President	Gretchen Overstreet	2003-2006
Secretary	William Brune	2004-2007
Treasurer	William Brune	2004-2007
Director	Renee Watson	2003-2006

(serving the remainder of Robert Hassell's term)

You can contact us via our community website at www.willowpointe.org if you have questions, comments or concerns. Our e-mail box can be found by clicking on the HOA Board Box.

Board Committees:

Newsletter	Landscape
Web (TBD)	Modification (ARC)
Safety & Security	Nominating

DONNA SOMMER
Sales Representative

Res. 832-237-4684
Mob. 281-788-2078
Fax 281-477-7311
dsommer@PEELinc.com

Peel, Inc.
Printing and Publishing

P.O. Box 886
200 E. Waylon Jennings Blvd.
Littlefield, Texas 79339

PH. 888-687-6444
Fax 806-385-5234

Reminders - (Continued from Cover Page)

- The location of April 5th Board meeting is yet to be determined. Please call 832-237-4992 for more information. Due to lack of response to our "open board meetings" during first quarter, we will no longer host the meetings at the Winchester Club House.
- If you need additional car stickers please contact SCS Management @ 281-463-1777.
- The Security Camera equipment and signs have been installed at the pool & play area. The Sheriff has been advised that there is a zero tolerance policy in place as it relates to loitering after dusk in the parking lot or playground area. The Texas Curfew law will be fully enforced.
- The **Nominating Committee needs to hear of your interest to run for the Board no later than April 3rd**. Please contact Terri at SCS Management Services (281-463-1777), Judith Schwartz @ 832-237-4992 or e-mail the Board @ www.willowpointe.org.
- Take caution when you are disposing of cardboard boxes on trash day! Would-be burglars can easily identify "your new purchases" when driving through the community. Break the boxes down and turn them inside out.

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Willow Pointe

Willow Pointe HOA, INC

Balance Sheet

February 28, 2006

ASSETS

Cash		
Checking	Sterling Bank	\$188,182.00
Savings	Sterling Bank	\$73,545.44
Petty Cash	Sterling Bank	<u>\$648.84</u>
Total Cash		\$262,376.28
Accounts Receivable		<u>\$96,604.35</u>
Total Accounts Receivable		\$96,604.35
Other Assets		
Total Other Assets		0.00
Total Assets		<u>\$358,980.63</u>
LIABILITIES AND CAPITAL		
Current Liabilities		
Uncollected Assessments		<u>\$96,604.35</u>
Total Current Liabilities		\$96,604.35
Total Liabilities		<u>\$96,604.35</u>
Capital		
Fund Balance		\$69,593.50
Increase/(Decrease) Summary		\$192,782.78
Total Capital		<u>\$262,376.28</u>
Total Liabilities & Capital		<u>\$358,980.63</u>

Welcome New Neighbors!

Submitted by the Newsletter Committee

Welcome Packets were delivered to the following homes during the month of February –

Bruce & Melissa Witwer	Briarpark Trail Lane
Gurmeet Saini	Elm Bayou Court
Chris & Care Diggins	Elm Knoll Trail
Hai Quach	Elm Knoll Trail
Alan and Tina Tran	Elm Meadow Trail
Matthew & Ga Graham	Rustic Bend Court
Armando Penalver	Sable Trail Lane
Elba Lemus	Tallowbend Court

On behalf of the community we extend our warm welcome to you and your family. If you have questions or concerns please do not hesitate to contact us either through SCS Management Services (Terri Brown) 281-463-1777, www.willowpointe.org or Judith Schwartz, President, 832-237-4992.

Unfortunately there is usually a 6-8 week delay between the time a new neighbor moves in and the receipt of this information. We invite you to contact us for the delivery of a Welcome Packet to avoid the long wait!

Addresses withheld to protect the privacy of these individuals.

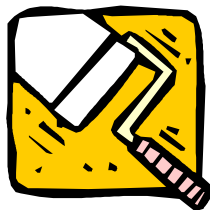
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Willow Pointe

2006 Pool Hours & Registration

Open Memorial Day Week-end through Labor Day Week-end
(Week-ends only after school starts)

Monday	Closed
Tuesday	12-7 pm
Wednesday	12-7 pm
Thursday	12-7 pm
Friday	12-8 pm
Saturday	12-8 pm
Sunday	1-7 pm

The Hours of Operation have been adjusted for the 2006 season due to the rising cost of chemicals and maintenance (4.95% increase) and the added week of full operations due to the delay in the schools opening. In addition consideration was given to the 0% assessment fee increase and the need to adjust other budget line items which will increase beyond our 2006 budget. The new hours were determined based on two years of actual pool use during all hours of the day. Both the Landscape Committee and the Board deliberated over several months this winter before making a recommendation to modify the pool hours.

We plan to offer swim lessons this year. To help obtain the required numbers per class, residents of Willow Lake and Winchester have been also been invited to participate. Lessons will be arranged through Sweetwater Pools. A class schedule will be announced in the May newsletter.

In addition, Sweetwater Pools will coordinate "Private Pool" parties on week-ends starting in June. These will be held during non-swim hours. If you are interested in hosting a birthday party or evening event, please contact Kathye at Sweetwater Pools 281-988-8480.

PLEASE COMPLETE AND SUBMIT THE 2006 WILLOW POINTE HOA POOL REGISTRATION FORM which is included in this Newsletter. . You will not receive the form in the mail this year. The Registration Form will be inserted again in next month's newsletter along with the pool rules. Take action before June 1 to avoid a late penalty processing fee.

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Welcome Terrie Brown

We are pleased to announce that Ms. Brown has been appointed as the Willow Pointe Association Manager at SCS Management Services Company.

As a consultant and direct liaison to the Willow Pointe Board of Directors, Ms. Brown oversees the daily tasks of managing Willow Pointe along with records and property management, assessment collections, accounts payable and receivables, legal issues and preparation of periodic reports for the Board.

Ms. Brown's enthusiasm and knowledge of the industry will serve our community well. She can be reached at extension 7121 (281-463-1777) or e-mail tbrown@scsmgmt.com.

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Willow Pointe residents, limit 30 words, please e-mail judithschwartz@sbcglobal.net by the 5th of the month.

Business classifieds (offering a service or product line for profit) are \$45, limit 40 words, please contact Peel, Inc. Sales Office at 512-989-8905 or advertising@PEELinc.com.

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Sean Nguyen

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* Not a Farmer product.



FARMERS

Willow Pointe

2006 WILLOW POINTE HOA POOL REGISTRATION

(REGISTRATION FORM MUST BE COMPLETELY FILLED OUT)

Registration for pool tags and current year stickers for Willow Pointe Homeowners Association: The appropriate information listed below must be completed and returned to the address below.

Pool tags and current year stickers will be issued to all property owners who have returned this form and are eligible for amenity privileges. Please make sure your account has a zero balance.

Last Name of Applicant(s): _____

Property Address: _____

Daytime Phone #: _____ Alternate Phone #: _____

Emergency Contact and Number: _____

CHILDREN'S LAST NAME (IF DIFFERENT THAN PARENTS) _____

Number of Tags Requested _____ Number of Stickers Requested _____

ALL NAMES MUST BE LISTED BELOW IN ORDER TO RECEIVE A POOL TAG or CURRENT YEAR STICKER

NAME	AGE	HAIR	EYES	HEIGHT	MEDICAL CONDITIONS

PLEASE NOTE: IF YOU ARE A TENANT, PROPERTY OWNERS NAME AND ADDRESS ARE REQUIRED BELOW.

Owners Name: _____

Address: _____

Please return form to:

Willow Pointe Homeowners Association, Inc.

7170 Cherry Park Drive

Houston, Texas 77095

Please fax form to: **281-500-7174**

Willow Pointe

Landscape Committee Update

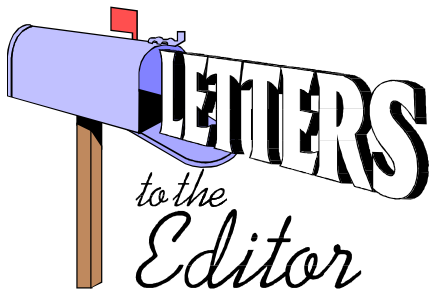
An energetic crew of volunteers spent Saturday morning, March 4th treating the 27 pine trees at the Jones Road entrance with tree stakes. Their effort saved the Willow Pointe homeowners close to \$1,000. A special thanks to Jill Gregory, Steve and Judy Mueller, Paul Morgan and John and Judith Schwartz.

Two pines in this same area had to be removed. These were severely damaged due to high soil salt and irrigation issues. No replacements are planned at this time.

Carolyn Brune is taking the lead in planning the perennial flower selection for both entrances. She will report back to the Landscape Committee at the April meeting.

This month the Committee welcomes our newest member Judy Mueller.

The Yard of the Month program began in early March and is sponsored by the Landscape Committee. The names of the judges are being kept under lock and key. We suspect they would accept a bribe of a big steak dinner if approached!



Each month space will be allocated for neighbors to submit a "letter to the editor". It must be a question, comment or concern specific to our community. You may also send a question directly to the Board. Please indicate if you are expecting a response from the Board and sign your letter.

You are encouraged to take advantage of this new feature.

You may submit your "letter to the editor" to judithschwartz@sbcglobal.net. or by mail 10506 Elm Knoll Court.

Community Response

We are pleased to announce that Dylan Owens, a member of Troop 277, a Life Boy Scout and resident of Willow Pointe, has expressed interest in completing an Eagle Project that would benefit our community. The Board is currently reviewing the two options he has proposed. They are 1) Build and install four wooden park benches (8 feet long) along the walk way in the children's play area and 2) Build a wooden walkway (bridge) that will connect the two slides of the play structure in lieu of replacing the large plastic tube.

We will update the community as these plans become finalized.

Since there are several Scouts in the community who are looking for Eagle Projects we continue to keep the reader boards on our "wish-list" and hope some energetic Scout wants to pursue this opportunity.

Article Submissions

If you would like to submit an article or any information for the Willow Pointe Homeowners Newsletter, you may do so by sending the information in Word format to judithschwartz@sbcglobal.net. Please include your name and a means to contact you. *All information is due no later than the 5th of the month and is subject to editorial approval as well as available space.*

At no time will any source be allowed to use the Willow Pointe Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the Willow Pointe Homeowners Association and Peel, Inc. The information in the Willow Pointe newsletter is exclusively for the private use of Willow Pointe residents only.



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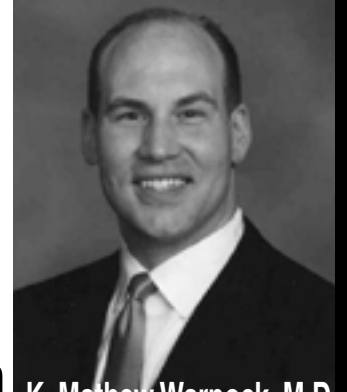
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K. Mathew Warnock, M.D.

Town Hall Meeting Follow-Up

Last fall when we held our Town Hall meeting a question was raised about the feasibility of not having a life guard on duty. Many participants noted that they know of apartment complexes where there is no life guard.

The Board has further investigated this issue which included gathering information from neighboring communities. Our findings are as follows:

- There are a few in the Houston area which allow for adult only swim/no life guard on duty. They have a card entry system in place.
- A card entry system was priced (\$6,985) and the information was reviewed by the Board and the Landscape Committee. It was felt the HOA did not have adequate funds to purchase the system in 2006.
- We talked with other communities about the impact on insurance costs and their impression was that it would go "way up". Others felt it would have little impact.
- Even with a card entry system (and since the pool would not be monitored) we felt we could not be assured only those with entry cards actually entered the pool area (and were adults).
- The liability in the event of mishap is potentially the single biggest issue to consider.

The Board has made a decision not to pursue an adult only swim/no life guard on duty option for this year.

Recipe of the Month

Marinated Cheese

Submitted by Cris Koenigs

- 1/2 cup olive oil
- 3 T. chopped fresh parsley
- 1 t. sugar
- 1/2 t. salt
- 3 cloves garlic, minced
- 1/2 cup white wine vinegar
- 3 T. minced green onions
- 3/4 t. dried basil
- 1/2 t. fresh ground pepper
- 1 - 2 ounce jar diced pimentos
- 1 block sharp cheddar cheese
- 1 - 8 ounce block cream cheese

Combine first 10 ingredients in a jar. Cover tightly and shake vigorously. Set aside.

Cut block of cheddar cheese in half lengthwise. Cut in to 1/2 inch thick slices. Repeat procedure with cream cheese. Arrange cheese slices alternately in a shallow baking dish, standing sliced on edge. Pour marinade over cheese slices. Cover and marinate in refrigerator at least 8 hours or overnight.

Transfer cheese slices to a service platter in same alternating fashion, reserving marinade. Spoon marinade over cheese and serve with warm baguettes or crackers.

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Willow Pointe

SCS Management Services Deed Restriction Inspection Report Open Violation Summary

Report Dated 1/31/2006

Inspection Date: Monday, February 20, 2006

One of the services that the Management Company performs for Willow Pointe is periodic inspection of the neighborhood to check for deed restriction violations. The Deed Restrictions (Covenant) are designed to help maintain the appearance, property values and quality of life within the neighborhood. Following is a summary of last the violations logged during the month of October.

Type of Violation	Number of Violations
ACC (Architectural Control)	7*
*Inspector identified activities underway or completed where the homeowner had not obtained approval.	
Clean-up	46
Lawns	37
Repairs	5
Vehicles	9
Miscellaneous	8
TOTAL	112

Activity Summary

Activity since prior inspection January 16, 2006

First Notice Letters	50
Second Notice Letters	13

Police Blotter

Willow Pointe Security Report End of Month February 2006

Offense	Number of Citations
Burglary/Residential	0
Burglary/Motor Vehicle	0
Alarm/Local	10
Animal/Humane	0
Open Door/Window	0
Criminal Mischief	1
Theft - Other	1
Disturbance/Juvenile	0
Disturbance/Fireworks	0
Disturbance/Other	1
Accident/Minor	2
Theft/Resident	0
Theft/Bicycle	1
Traffic Citations	4
Traffic Citations/ Warning	1
Traffic Hazard	1
Solicitors	1
Suspicious Person	1
Vehicle/Abandoned	2
Vehicles/Suspicious	1
Vehicle Stops	13
Vehicles/Stolen	0
Vehicle/Speeding	0
Vacation Watch	0

Courtesy of the Safety and Security Committee



Until the 1700s, ballerinas wore long, heavy skirts, tight corsets and heeled slippers—all of which limited their ability to jump and perform other energetic movements.

START SOMETHING

Online, on site and phone registration is under way for
May mini-mester courses and summer sessions.

High school students can also register for dual credit courses
with their high school counselors.

Go to www.cy-faircollege.com for information.



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Garbage Collection

1. Twice weekly collection of household garbage occurs on Monday and Thursday except holidays.
2. Please place waste on the curb away from parked cars, the mailbox, landscape or other impediments.
3. All brush; tree trimmings, and other wood products must be tied, bundled and placed at the curb. Bundles should not exceed 4 feet in length or 50 pounds in weight. Tree or shrub limbs should not be more than 3 inches in diameter.
4. Heavy trash (heavy hauling) is collected curbside **on the FOURTH Thursday of every month**. Heavy trash consists of items such as refrigerators, stoves, hot water heater, furniture, moving boxes, Etc. All boxes must be flattened. An appliance technician stating the Freon **has been removed** must tag all items containing a refrigerant/Freon including air conditioners.
5. If you have questions, please call customer service at 713-937-9955 between the hours of 8:00 a.m. and 5 p.m. Monday through Friday.
6. To request **recycle bins** call 713-635-6666.

Willow Pointe Youth Welcome

Winchester Swim Team – Winchester Hurricanes

Willow Pointe Swimmers are invited to join in!

<http://eteamz.active.com/WSThurricanes/>

The first registration will be on Saturday, March 25, 2006 from 9 am to 2 pm at 9607 Rio Grande Road, Winchester Country Clubhouse. They will have an Info meeting on Thursday, March 30, 2006 from 7:30 to 8:30 pm for anyone NEW wanting to join this year. The meeting will be at 9607 Rio Grande Road, Winchester Country Clubhouse. Final Registration will be on Saturday, April 1, 2006 from 9 am to 2 pm also at the Winchester Country Clubhouse. Practices are held at Winchester Country and Winchester Trails pools. All home meets are at Winchester Country Pool. Winchester Hurricanes are member of Northwest Aquatic League, NWAL.

Note: Swimmers ages go from 4 through 18. Swimmers will need to be able to swim the length of the pool. For the young ones the team will enlist instructors from Jersey Village High School swim team for approximately the first two weeks. This is for confidence building and safety as they build their skill and endurance. This is not swim lesions but this is explained at the info meeting for new parents to the team.

The main dates for the year are listed below:

March 25, 2006	First Registration		
April 1, 2006	Final Registration		
April 23, 2006	First Practice		
May 13, 2006	Time Trials	Home	
May 20, 2006	1 st Meet	Home	Colony Creek
May 27, 2006	2 nd Meet	Away	Kleinwood
June 3, 2006	3 rd Meet	Home	Woodlands
June 10, 2006	4 th Meet	Away	Huntwick
June 17, 2006	5 th Meet	Away	Fairfield
June 24, 2006	Divisionals	Away	Klein Forest High School
July 1 & 2	Invitationals		Ponderosa and Red, White, and Blue



“They say money talks, but why is it always so quiet in banks?”

Overview - M.U.D. #10

Submitted by Paul Morgan

A Municipal Utility District (M.U.D.) is authorized by law to develop and supply drainage, clear water and sewage treatment for a designated area. Willow Pointe is in the West Harris M.U.D. #10 which was approved in the 1970's and development began in the early 1980's.

M.U.D. #10 is governed by a Board which is elected by the residents within the district. The Board of M.U.D. #10 meets the first Thursday of each month at 11:30 a.m. at 1415 Louisiana. Anyone can attend.

The Board contracts with Advantage Water to operate and maintain the facilities. There are 2,200 meters within the district. The approximate boundaries of #10 are:

From Trail Ridge to Jones Road to Steepleway to White Oak Bayou to St. Maximilian to Cabin Creek to Willow Crossing to Trail Ridge at Jones.

Residents pay a monthly bill for water, sewer and garbage disposal. Also on the monthly bill is a charge for RWA (Regional Water Authority). The RWA was authorized several years ago to switch the M.U.D. to surface water. Presently, all of our drinking water is pumped from underground.

The RWA fee is to pay the cost of laying the necessary pipes to connect the M.U.D. to the City of Houston, the supplier of surface water. Completion is probably 10 years away. Hopefully, using surface water will slow the problem of subsidence.

In addition to the monthly water bill, residents also receive a tax bill annually. The money collected is used to pay the bonded indebtedness owed by the M.U.D. Bonds are sold to finance the infrastructure – water wells, pipelines and sewer treatment plants.

Willow Pointe uses the sewer treatment plant on Rio Grande. M.U.D. #10 and M.U.D. #9 split the costs.

The alternative to a M.U.D. is an incorporated municipality, such as the City of Houston. Due to the bonded indebtedness and the lack of sufficient business activity, the City of Houston has no desire to annex this area.

If you have shopped in the stores on 1960 from Willowbrook Mall to 290, you have been paying an extra penny sales tax. One-half cent goes to the City of Houston, the other one-half cent goes to the appropriate M.U.D. Part of the agreement authorizing this arrangement stipulates the city will not annex the area for 30 years.

Without municipal utility districts, development would be less orderly and less healthy. Can you imagine this neighborhood if every house had a water well and a septic tank?

Advertising Information

Please support the businesses that advertise in the Willow Pointe Newsletter. Their advertising dollars make it possible for all Willow Pointe residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the community newsletter by advertising, please contact our sales office @ 512-989-8905 or advertising@peelinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

Willow Pointe

Family Events in the Greater Houston Area

Submitted by Cris Keonigs

Houston Children's Festival - April 1 & 2:

www.houstonchildrensfestival.com
Number One for Family Fun!

Designated as "Houston's Official Family Celebration", The H-E-B Houston Children's Festival presented by Baker Hughes is gearing up for its 18th year as Houston's favorite family outing with tons of entertainment & fun!

There is so much to do in two fun-packed days! Activities and entertainment will appeal to the whole family. Set in beautiful downtown Houston on April 1 & 2, the festival is expected to draw over 65,000 guests. Proceeds benefit Child Advocates, Inc. and the abused and neglected children that it serves.

The 11th Annual Bayou City Cajun Fest boasts boiled crawfish and hot boudin served each day, with live bands and dancing all day long. Trader's Village - April 1 & 2

Houston's newest soccer team, **Houston 1836**, will be opening the season at Robertson Stadium against the Colorado Rapids at 6:30 p.m. on April 1st. www.mlsmnet.com/MLS/hou

At Minute Maid Park, the **Houston Astros** play their home opener against the Florida Marlins at 6:05 p.m. on April 3rd. www.astros.com

Bayou City Crawfish Festival

The 2006 Bayou City Crawfish Festival is serving up family fun

at Old Market Square Park. There will be a carnival, petting zoo, arts and craft, mechanical bull, gumbo cook off, live entertainment all three days and plenty of spicy food and cold drinks. The event benefits Texas Equu Search, a mounted search and recovery team for missing persons. www.bayoucitycrawfishfestival.com April 7 -9.

Houston Home Show

The Home Show, at the George R. Brown Convention Center, will be held April 21-23. Features include The Testosterone Zone; Beautiful Displays at The Gardens; Pets, Friends & More Expo!; How-To Workshops from Home & Garden Experts; Home Furnishings & Accessories and much more! For more information, log on to www.texashomeandgarden.com or call 713-529-1616.

Nature Inside and Out

Rienzi and Bayou Bend celebrate spring with a joint Family Day. "Nature Inside and Out" invites children to enjoy the beautiful collections and gardens while listening to storytellers and performers and searching the collections for hidden objects. April 30. www.mfah.org

The Houston International Festival

The Houston International Festival, or iFest, salutes Houston's diversity. Held downtown, this year's event spotlights the culture and cuisine of Jamaica April 22-23 and 29-30. www.ifest.org

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Hastings Green	Strathmore	Winchester Country
High Meadow Ranch	Summerwood	Winchester Trails
Lakes on Eldridge	Village Creek	Wortham Village
Lakes on Eldridge North	Villages of Langham Creek	

Austin	
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Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

I Need More Energy!



You're in the middle of a long workout and you're wondering how in the world you're going to muster up enough energy to finish. We've all been there. It's as though someone has unscrewed the cap and let all the fuel out of our tank.

So what should you reach for to help you comfortably finish your workout? Sports-product manufacturers have come up with all sorts of new items to help you do just that. But are they really any better than the old standards: water, a banana or a bagel?

Before we answer that question, a caveat: There is no single solution that works for everyone. Once you explore your options, you can determine which is the best for your body's particular needs.

Choices, choices, choices

There are few things more essential to maintaining performance than staying hydrated throughout your workout. Water is an obvious first choice, but you may need extra energy in the form of carbohydrates to get through a particularly long or strenuous exercise session.

If this is the case, energy bars or gels and sports drinks may be the answer to your depleted energy supply. What follows is a breakdown of the pros and cons of each.

Water

Water is a calorie-free source of the fluid your body needs to keep going. There is no better way to compromise performance than to exercise while you're dehydrated. Research shows that your heart rate increases eight beats per minute for every liter of sweat lost during exercise. This can occur in as little as 30 minutes of exercise depending upon the environment and your intensity.

This increased heart rate, combined with inefficient cooling, causes your temperature to elevate. This not only compromises performance, but can lead to heat illness as well.

Most experts recommend drinking at least a cup (four to 10 ounces) of water every 15 minutes of exercise.

Sports drinks

Activities lasting longer than one hour can leave your body wanting more than just water. Sports

drinks, which typically contain about 50 to 70 calories, plus vitamins and minerals, are an easy answer to both the fluid and carbohydrate drain that comes from prolonged activity. Research shows that runners and cyclers who consume a sports drink during races not only finish more quickly, but rate their exertion levels lower than those who consumed a placebo beverage.

It is important to realize, however, that this was true only during longer-duration activities. You should be able to complete your 30-minute run or 45-minute step class without the aid of additional carbohydrates.

Energy gels and bars

Energy gels are a relatively new alternative to traditional sports drinks or bars. They feel similar in texture to pudding and are easy to eat and easy for your stomach to digest. They typically contain about 70 to 100 calories and may also include caffeine and other ergogenic aids.

Energy bars have been around forever and are eaten more often as a snack than as an energy replacement during exercise. Today, the market is saturated with numerous flavors and types, each with a different ratio of fats, carbohydrates and protein. The key is to find one that tastes good and doesn't upset your stomach.

At 110 to 250 (or more) calories each, energy bars also provide extra vitamins, minerals and fiber, which ups their nutritional value considerably. But eating an energy gel or bar is not enough. You must consume enough fluid to replace what's been lost as well as to help speed digestion.

How you choose to refuel during a workout depends on your body's reaction to what you put in it. For sessions lasting less than an hour, water is sufficient so long as you consume at least four to 10 ounces every 15 minutes.



WILLOW POINTE MARKET REPORT

Courtesy of "DAVID FLORY"

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

	Sept 05	Oct 05	Nov 05	Dec 05	Jan 06	Feb 06
\$180,000 Above	0	2	1	1	0	1
\$160,000-179,999	1	0	0	0	0	0
\$150,000-159,999	0	0	2	1	1	1
\$140,000-149,999	0	2	1	2	0	0
\$120,000-139,999	1	0	0	0	0	0
\$120,000 Below	0	0	0	0	0	0
TOTAL	2	4	4	4	1	2
Highest \$/Sq Ft	73.02	65.52	65.30	74.06	70.76	68.75

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

#1 Selling Agent in Willow Pointe!*

David "Super Dave" Flory



- #3 Realtor in Houston (out of 17,000)!**
- Top 1% of Realtors in the U.S.
- Over 600 Homes SOLD in 2005
- Over 96% of David's Listings Result in a Sale

HIGHEST PRICE PER SQ.FT. resale homes sold in Willow Pointe: \$85.19



Direct line: **281-477-0345**

*According to information taken from the HAR MLS Computer

**Ranked by the Houston Business Journal 3/2005

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