



Willowbridge - Stonebridge Homeowners Association Newsletter
www.willowbridgehoa.com

Volume 14

January 2009

No. 1

OH WHERE OH WHERE HAS YOUR DOGGY GONE??

Submitted by: An Animal Owner/Lover

Recently while visiting someone in our neighborhood in the Waller Park area a small Chihuahua (approx. 5 lbs.) crossed in front of my vehicle in the middle of the street. I am an animal owner/lover that has rescued numerous pets in and around our neighborhood,

Some were able to be returned to their humans (because they had a collar AND ID tags).

Others I found new homes for and then there were those that I had no choice except to take them to the SPCA. This little fellow had no ID. I rang several doorbells and asked several homeowners if they recognized him. Two people said they did recognize him but didn't know where he lived. In fact, they said he usually had a "running buddy" with him and they were out all of the time. I was on my way home to make a "Found Dog" sign when I asked one last person if she recognized him. She told me the street she thought his humans lived on and I drove him there. Some children recognized him and pointed out his home.

This is a notice to his humans and other pet owners: I DON'T WANT TO BE THE ONE that runs over and maims or kills your pet because it was running loose (cats are also a HUGE problem). I'M GLAD THAT YOU (and not me) will be the one that has to tell your grieving child(ren) why their beloved pet died (because it wasn't secured in the house or yard). Oh, by the way, ID tags can be purchased fairly cheaply at a number of places.

Please note that we do have leash laws here and in 2001 a new Pet Policy was adopted by the Willowbridge HOA. If you need a copy of the policy please contact Khara Mathews at WBHOA (281) 870-0585 or e-mail: kmathews@stes.com.

SIGNAL UPDATE

By: Barbara Lallinger

As you may have noticed, significant progress has been made on our signals. They appear to be "ready to go". According to the project supervisor (on 12/9), they should be operational on or around January 5, 2009. Cross your fingers!

TALKING TRASH

By: Barbara Lallinger

Recycle Reiterations

The following items ARE NOT Recyclable at this time:

Styrofoam (of any type – this includes foam egg cartons)

Plastic Bags, Wrappers, Covering

(only plastics with No. 1 or 2 in the Recycling Logo)

Glass

Cartons with Wax Coating

NEW ADDITION(S):

Clothes Hangers (no wire, plastic only if it has No. 1 or 2)

Also, please note: If your paper/cardboard recycling items get wet, they ARE NOT recycled....they become TRASH.

Please consider... if you put non-

recyclable items in the recycle bin,

you've taken extra time to put it in a separate location from your regular trash and the sanitation workers at the WM recycling facility has to spend extra time removing it from the true recyclables creating extra work.

RECYCLING & CONSERVATION

(Cont'd from 9/08 issue/Reprinted in Part with Permission from Galveston Houston Council) Submitted by: Barbara Lallinger

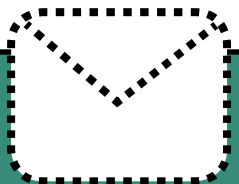
PLASTICS - Look for #1 and #2 on the bottom

Americans use 4 million plastic bottles every hour! Yet only 1 out of 4 bottles are recycled. Look on the bottom of almost any plastic product and you will see a small recycle symbol (triangle) with a number 1 through 7 inside. The most common recyclable plastics are #1, #2 and film plastic (grocery bags). Number 1 and 2 plastics are water and soda bottles, milk and some juice jugs and detergent

(Continued on Page 3)

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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
Jersey Village H. S. Project Prom.....	www.jvprojectprom.org
Darlene Murry	281-469-2985
Newsletter Publisher	
Peel, Inc.	www.PEELinc.com, 888-687-6444
Advertising.....	advertising@PEELinc.com, 888-687-6444
PCMI/ Khara Mathews	281-870-0585x1350
Southwestern Bell - Repair	800-246-8464
- Billing	800-585-7928
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	281-890-2392
Willowbridge Website.....	www.willowbridgehoa.com
Trash - Waste Management	713-686-6666

Association Directory

Block Captains Coordinator

Pat Dennard- Willowbridge.....	
Liz Gammel - Stonebridge	

Welcoming Committee

Lynette Rink	lynette@lirink.com
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Beautification Committee

Tom Heitzman	281-807-6937
--------------------	--------------

Homeowners Association

PCMI - Khara Mathews	281-870-0585x1350
.....	kmathews@stes.com

Clubhouse/Reservations

Cheryl Specks.....	281-870-0585 ext.1304
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Pool Parties

Greater Houston Pools	713-771-7665
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Pool Tags

PCMI.....	281- 870 - 0585
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Marquee Coordinator

Barbara Lallinger.....	281-890-8464
------------------------	--------------

Newsletter Coordinator

Bobby Knight	281-890-2384
--------------------	--------------

Security Coordinator

Julie Dubros	281-794-9032
--------------------	--------------

Website Committee

Robert Logsdon	281-970-1381
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Yard of the Month Committee

Nominate your favorite at: willowbridgehoa.com or Call

Khara Mathews at PCMI	(281) 870-0585 x1350
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Mothers of Young Children

Cathy Chestnut	281-894-4768
----------------------	--------------

Needlecraft Group

Rebecca Vajdak	281-894-8258
----------------------	--------------

Bunko

Denise Ramponi	281-970-8151
----------------------	--------------

Board of Directors

Robert Logsdon.....	President
Julie Dubros	Secretary
Kyle Survance.....	Treasurer
Tom Heitzman.....	Director
Fred Edler.....	Director

Willowbridge Homeowners Association Inc. - PCMI

Khara Mathews.....	281-870-0585x1350
E-Mail.....	kmathews@stes.com
Fax	281-870-9170

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

To Submit Articles:

E-Mail articles and photos to the following address: articles@PEELinc.com. 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*.



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Talking Trash - (Continued from Cover Page)

containers. When recycled, these plastics make new jugs, bottles, trash cans, lumber, carpet, fabric and auto parts to name a few. Grocery bags and shrink-wrap are made of film plastic. Recycled film plastic makes new grocery and trash bags, as well as plastic tubing. Some things to do are:

RECYCLE – Good Idea. Check your local recycling services to know which plastics

(#1-7) are accepted for recycling. Recycle all you can.

REUSE – BETTER IDEA. Buy products made from recycled plastic whenever possible.

REDUCE – BEST IDEA. Reduce the amount of plastic you buy. For example: store

food in washable glass containers or drink filtered tap water from a reusable container.

YARD TRIMMINGS & WATERING – Back to the Earth is Best. Almost 1/3 of waste sitting in landfills today comes from lawns and gardens. When you mow your lawn, rake leaves, and trim plants and trees, you end up with a valuable natural resource. Recycling yard trimmings is an easy method to slow down the rate of landfill consumption.

RECYCLE – Good Idea. Leave grass and leaves on the ground when mowing.

REUSE – Better Idea. Composting is a great way to reuse trimmings for better soil. Visit [www. CompostGuide.com](http://www.CompostGuide.com) for more information.

REDUCE – Best Idea. Landscape with locally grown plants that are heat and drought

resistant. They need less maintenance and less expense for upkeep.

YARD WATERING – Take Action!

- Water only as needed (don't overwater).
- Water early in the morning.
- Use drip irrigation whenever possible.
- Avoid wasting water on sidewalks and from running into the street.

10 Quick Security Tips

1. Keep all doors and windows closed and securely fastened. An open window or door is an open invitation for burglars. Thieves are also quick to spot weak locks that may be easily forced open. Doors should have deadbolt locks with a one inch throw and reinforced strike plate with three inch screws. All windows should have window locks.
2. Secure sliding glass doors. Place a metal rod or piece of plywood in the track and install vertical bolts. These will help prevent burglars from forcing the door open or lifting it off the track.
3. Always lock the door to an attached garage. Don't rely on your automatic garage door opener for security.
4. Create the illusion that you are home. by using timers on lights, radios and TV's. Making your residence appear occupied, even when no one is home, will deter criminals.
5. Keep the perimeter of your home well lighted. Installing low voltage outdoor lighting is a cost-effective way to discourage intruders, as well as highlight a house.
6. Never leave clues that you are away on a trip. Have a trusted neighbor collect mail and newspapers while you are away so delivered items do not accumulate. You can also ask a neighbor to park in your driveway or parking place to make it appear that you are present.
7. Keep some shades and blinds up and curtains open to maintain a normal, everyday appearance in your residence.
8. Never leave a message on your telephone answering machine telling people that you are away from home. A message that you will return at a certain time leaves your home vulnerable in the interim.
9. Keep shrubbery trimmed away from entrances and walkways. While large, ornate hedges may be beautiful, they also provide a hiding place for burglars who need only a minute to break in through a window or door.
10. Contact your block captain so that you can receive the Willowbridge security alerts; An alert community is a safe community.

If you have any general security concerns for our neighborhood, Contact our Security Coordinator, Julie Dubros at 281-794-9032. If you need to report a theft, burglary or see suspicious activity, call our Sheriff's Office at 713-221-6000. Remember, if it is a true emergency call "911"



St. Elizabeth Ann Seton Catholic School

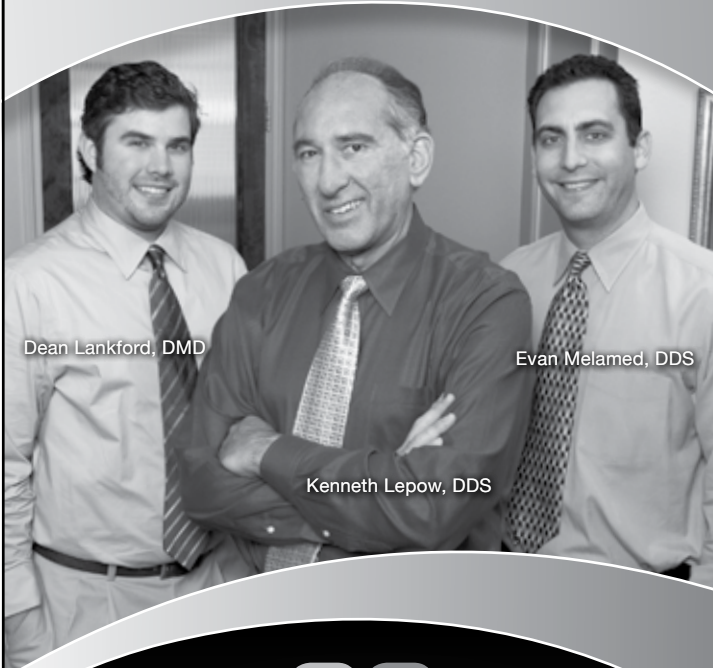
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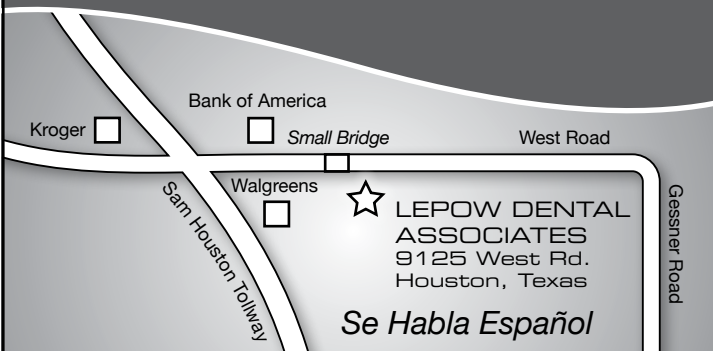
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Lone Star College- CyFair Perspective

It's Not Too Late to Register for Spring Semester Classes

Spring semester classes begin Jan. 12. It's not too late to register for spring as well as some late start and continuing education courses. Lone Star College-CyFair provides a variety of options such as weekend, evening, distance learning and even hybrid (part on campus instruction and part online learning) courses. For information, call 281-290-3200 or 832-782-5000 or go online to CyFair.LoneStar.edu.

Center for the Arts Season Tickets on Sale

Order your seats for the 2009 Season of Entertainment at Lone Star College-CyFair and not only save 25% off regular ticket prices, but receive one free ticket to the 2009 summer children's production. A variety of season ticket packages are available for this year's engaging and enjoyable choral, music and theatre line up. All performances are held in the Center for the Arts on the Barker Cypress campus at 9191 Barker Cypress. Call 281-290-5201 or go to CyFair.LoneStar.edu/boxoffice for information.

Deadline Jan. 26 to Submit a Film for Quack Attack Competition

Do you have what it takes to make a movie? Five-minute film submissions will be accepted monthly through Jan. 26, with the Quack Attack Film Festival set for Feb. 27. Competition categories include: Drama, Comedy, Public Service Announcements, Action, Documentary, Commercial/Advertising, Horror, Science Fiction, Romance, Animation, News Packages and Music Video. Each film will be judged on the basis of: Creativeness, Sound, Cinematography and Special Effects. For competition rules, guidelines, entry form and information go to cyfair.lonestar.edu/video.

Try Tai Chi in the New Year

Lone Star College-CyFair offers a variety of continuing education courses, such as Tai Chi. This introductory course offers practice in the simplified styles and forms of Tai Chi. A person doing tai chi moves his or her body slowly and gently, while breathing deeply. The 24-point posture is emphasized in this course. Students also study history and basic terms along with philosophical and physiological principles and the movements of Tai Chi. Registration is under way. For information, go to CyFair.LoneStar.edu/ce.

L.I.F.E. Lessons in January

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.

Questions, Complaints, Comments?

Contact Khara Mathews at PCMI by e-mail: kmathews@stes.com or calling 281-870-0585, ext 1350. 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.

Don't Stress – It's Just a Test

Baylor College of Medicine

HOUSTON – (Dec. 4, 2008) – When children complain about upset stomachs and headaches, it could be more than just the flu. This is the time of year when students are preparing for mid-term exams, and test anxiety could be causing their symptoms.

Anxiety about an impending test is a serious problem that can even make some students physically ill, according to a Baylor College of Medicine psychologist.

Test anxiety can be seen in students of all ages. Some will deal with it throughout their schooling because anxiety can be a genetic trait, said Dr. Megan Mooney, adjunct assistant professor of psychiatry and behavioral sciences at BCM. Other students may be able to overcome their test anxiety, especially if parents respond to it in the right way, she said.

"If we respond by talking about being nervous and anxious as a normal thing and introducing techniques to cope with it, then test anxiety can be very manageable," said Mooney, also staff psychologist at DePelchin Children's Center and a counselor at River Oaks Elementary.

If, on the other hand, parents respond by letting their child stay home and avoid the test or by getting upset and reinforcing the feeling of nervousness, then test anxiety could become a longer-term condition.

Mooney works with students on relaxation techniques, such as deep breathing, and on thought-stopping skills that get rid of negative thoughts that start creeping in at exam time.

"These techniques really need to be reinforced at home as well," Mooney said. "All of the skills to decrease the symptoms of anxiety should be practiced. It's just like learning how to play a sport – you have to practice over and over again so these techniques become a habit for children."

Parents must also be aware of the messages they are sending their children, Mooney said. Schools can be high-pressure settings where there is a lot of competition, and parents can add to the pressure with their own high expectations. Mooney urges parents to talk about the importance of kids' trying their best, rather than focusing on grades.

Students of all ages must also take care of their physical health at exam time by eating well and getting enough sleep. Older students also can help ease their anxiety by creating a schedule for themselves as soon as they receive their syllabus. They should find an optimal studying environment, whether it's a quiet library or somewhere they can have music playing.

While anxiety can be overwhelming if not properly dealt with, Mooney pointed out that it is a biological symptom that exists for a reason.

"When we experience anxiety, we get a burst of adrenaline that makes us more aware and helps us focus and concentrate," she said. "Having a little bit of anxiety about wanting to do well on a test can actually help motivate us."

Cypress Christian School Families Help Cypress Assistance Ministries

The Cypress Christian School community overwhelmed CAM (Cypress Assistance Ministries) with 134 turkeys and two truckloads of food on November 19. Beginning in October, students contributed non-perishable food items and toiletries for families in need.

Mr. Gaithe, CAM's representative, spoke to students at elementary chapel November 19. He explained to the students that CAM's food pantry was low (due to needs caused by Hurricane Ike) and that they did not have even one turkey to give to the 200 families that needed them. Because of the generosity of Cypress Christian school families, CAM was able to meet the needs of those families. Afterward, some of the fourth and fifth grade boys helped Mr. Gaithe load two trucks of food and toiletry items donated by school families. A third truck was sent to Kroger and loaded with 134 turkeys that had been purchased by the faculty and staff.

CAM was overwhelmed by the school's generosity. Mr. Gaithe, through tears, asked the school staff to personally thank everyone for the outpouring of generosity.

The relationship between Cypress Christian School and CAM began many years ago and continues to this day. The school has partnered to help meet the needs of families in crisis due to illness, job loss or other circumstances.

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meet our team

Huong T Le, MD
Quoc Le, MD
Alex Nguyen, MD
Blandina Sison, MD
Marian Allan, MD
Anthony Yee-Young, MD
Diana Malone, MD
Shital Patel, MD
Heidi Nashed-Guirgis, MD
Luz Marquez, MD
Jennifer Dong, MD
Haley Nguyen, MD
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Brandi Valenzuela, PA-C
Sydney Payne, PA-C

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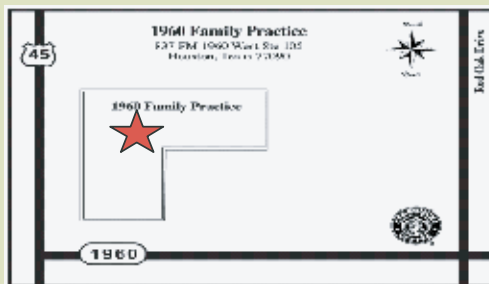
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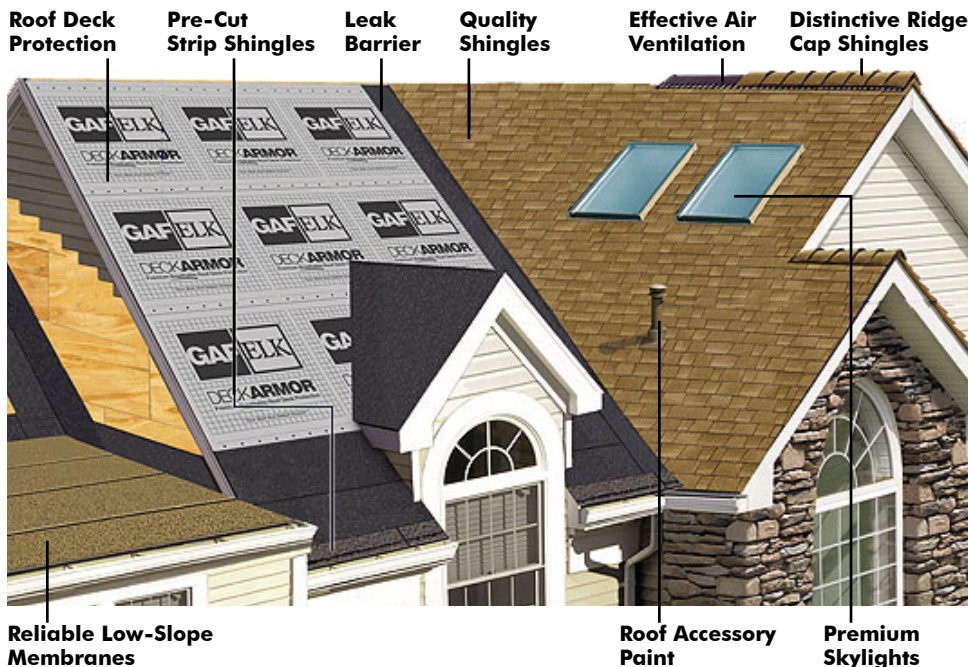
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Volunteers Needed!

Do you have some extra time in your schedule each week that you would like to use to make a profound difference in the life of a child? Cypress-Fairbanks ISD needs caring members of the community to join the VIPS TAG Team (Targeting Achievement Globally). This team of volunteers works with the district's helping teachers to tutor students in selected elementary schools.

You do not need to be a parent or family member of a student to become a team member. You can become a global volunteer – a generous, concerned resident of the community who wants to help children reach their full academic potential. No specialized knowledge or training is necessary. We do ask that team members be willing to work on a consistent, weekly schedule so that the students receive the utmost benefit from their work.



We have tutoring opportunities available in several schools throughout the district and can schedule a time that is convenient for you. If you have questions or need more information, please contact Kim Nash (kfnash1@sbcglobal.net or 281-550-2685) or the CFISD Partners in Education Office (Pamela.scott@cfisd.net or 281-894-3950).

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Attention all Aggie Moms

(and FUTURE Aggie Moms too!)

You are invited to join the members of the Northwest Harris County Aggie Moms Club as we welcome Ron Sasse-Director of Residence Life as the speaker for our January 13 meeting.

Come listen as Ron shares his vision of how living on campus helps students learn to live in a community of individuals with different interests, cultures, lifestyles, and attributes. Find out about the benefits of living on campus (as well as some of the trials your student may face), the plans for providing additional housing, and how the Department of Residence Life handled the challenges of finding housing for our displaced Galveston Aggies after Hurricane Ike.

Join us and learn through the experiences of other moms about how to best support our outstanding Aggies! We will meet for food, fun, and fellowship at 7:00 p.m. at the Houston Distributing Company, conveniently located near Willowbrook Mall at the corner of 7100 High Life Drive and Cutten Road, just south of FM 1960.

Hope to see you there!

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Frank Thompson is the one "who I give the credit of instilling the love of gymnastics within me." – RAJ BHAVSAR, 2008 OLYMPIAN



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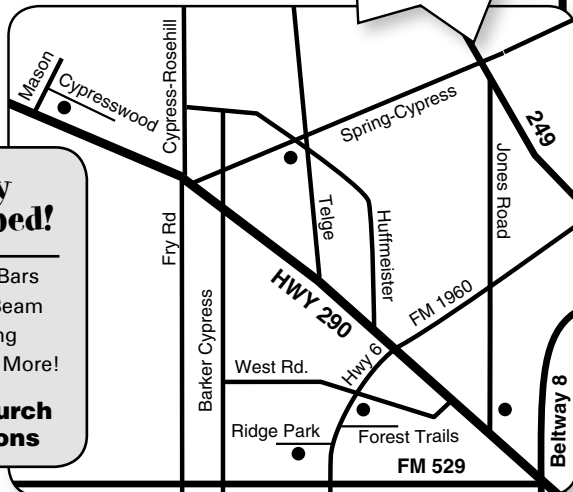
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US Olympian to Speak at Northwest Flyers Registration Breakfast on February 7th

The Northwest Flyers Track Club will host its annual free information / registration breakfast on February 7, 2009 for all boys and girls and their parents interested in joining for the 2009 season. The breakfast starts at 8:30AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The breakfast is the annual opportunity for youth athletes to register for the 2009 summer track season, and to meet the Northwest Flyers coaches and staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic team.

The Northwest Flyers Track Club is a youth (age 6 -18) track organization, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance and relays, and sanctioned "field"

events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. The Northwest Flyers has approximately 195 members, boys and girls. The club was founded 21 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

The Northwest Flyers is a member of the "Win with Integrity" program, a partnership between USATF and the American College of Sports Medicine. "Win with Integrity" brings elite track & field athletes and school-aged kids together to promote healthy lifestyles, keeping active, and living with integrity through the sport of track & field.

For additional information on The Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at (281) 587-8442 or linette.roach@sbcglobal.net.

Advertising Information

Please support the businesses that advertise in the WillowTalk. Their advertising dollars make it possible for all Willowbridge 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 WillowTalk by advertising, please contact our sales office at 888-687-6444 or advertising@peelinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

Don't want to wait for the mail?

**View the current issue
of the WillowTalk Newsletter
on the 1st day of each month at
www.PEELinc.com**



SparkPowerBank
www.sparkpowerbank.com

By Spark Energy

**SIGN-UP ONLINE
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We Challenge What You Pay For Electricity!

If SparkPowerBank isn't your current electricity provider...chances are you're paying too much!



I'm Texas Energy Analyst Alan Lammey. Maybe you've heard me on the radio talking about the market forces that drive energy prices. I'm here to tell you that you're not stuck paying those high prices to big electric companies anymore! **Stop it.**

Why pay more than you have to? Those days are over!

Why would you want to go with an electric provider that charges you more, when you can go to www.sparkpowerbank.com and pay far less for the same electricity?

Make sense?

Please choose "Newsletter Ad" as your referral on the SparkPowerBank.com website.

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.

	Jun 08	Jul 08	Aug 08	Sep 08	Oct 08	Nov 08
\$300,000 +	1	1	0	0	0	0
\$270,000 - 299,999	0	0	1	0	0	0
\$240,000 - 269,999	1	0	0	2	0	0
\$200,000 - 239,999	3	1	1	0	3	0
\$170,000 - 199,999	0	0	0	0	1	0
\$170,000 -	0	0	1	0	0	0
TOTAL	5	2	3	2	4	0
Highest \$/Sq Ft	94.90	84.71	86.78	102.54	82.26	

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

#1 Selling Agent in Willowbridge!*

David "Super Dave" Flory



- #2 Realtor in Texas!**
- Top 1% of Realtors in the U.S.
- Selling Over 600 Homes A Year!
- Over 96% of David's Listings Result in a Sale

HIGHEST PRICE PER SQ.FT. resale homes sold in Willowbridge: \$104.46



Direct line: 281-477-0345

* According to information taken from the HAR MLS

**Realtor Teams per Remax 9/2007

Peel, Inc.

311 Ranch Road 620 S. Ste 200
Lakeway, Texas 78734-4775

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