



Volume 15

May 2010

No. 5

## March HOA Meeting Highlights

- Attendance at March's HOA board meeting rebounded nicely from February's low attendance numbers. The board enjoyed having 11 of our neighbors join us for the meeting. The board continues to encourage everyone to come and participate in our HOA meetings every 4th Thursday of the month.
- PCMI reported that as of late March, 89% of our homeowners have paid their 2010 Maintenance Fees. The board agreed that Demand Letters would be sent to the 90 homes that are delinquent. Please contact PCMI to make payment arrangements if you have not yet done so.
- A number of the plants that were planted in the corner rounds last spring have perished during the winter's freeze. Monarch has agreed to replace those plants.
- The trees near the Waller Park pond have been trimmed.
- The board agreed to re-establish the Yard of the Month program. If you wish to volunteer to assist with this worthwhile program, please contact PCMI.
- A big Thank You to our neighbor, Angela Doray, who volunteered to be the administrator of the Willowbridge/Stonebridge website.
- You should have received a letter from PCMI providing details of pool tag distribution times/dates. Be sure to bring proof of residency when you come to pick up your pool tags.
- The group agreed we have a number of programs/events for our children, but not enough fun activities for our adults. Ideas were presented and discussed. If you have any ideas, we invite you to share those with the board at the next meeting.
- The additional Sheriff's deputy started patrolling our neighborhood on March 13th. We now have four deputies covering the MUD 11 area.
- The roof replacement on the clubhouse will be complete in April.
- The board agreed to replace approximately 20% of the pool furniture this season. A number of the pool furniture pieces are in need of replacement.
- We had a home invasion and robbery in our neighborhood last month. Evidence suggests that the criminals were familiar with the victims and were aware that the homeowners were business owners who might keep large amounts of cash at their home. The Sheriff's department discourages homeowners from keeping large amounts of cash at their homes for this very reason.

If you wish to provide input or discussion topics for the committee, come join us on the fourth Thursday of each month or send an email to Khara Mathews at PCMI. The next meeting is scheduled for April 22nd, 2010. Hope to see you there.

*Happy  
Mother's  
Day  
Sunday, May 9<sup>th</sup>*



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# Willowbridge - Stonebridge

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PCMI/ Khara Mathews ..... 281-870-0585x1350  
Poison Control Center ..... 800-764-7661  
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- 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

## ASSOCIATION DIRECTORY

Block Captains Coordinator  
Pat Dennard - Willowbridge .....pdennard@gmail.com  
Liz Gammel - Stonebridge .....lizgammell@yahoo.com  
Welcoming Committee  
Gracie Galvan ..... 281-732-0009  
Beautification Committee  
Thomas Heitzman ..... 281-807-6937  
Homeowners Association ..... 281-870-0585x1350  
PCMI - Khara Mathews ..... kmathews@stes.com  
Clubhouse/Reservations  
Sherita Jeter ..... 281-870-0585 ext 127  
Pool Parties  
..... TBD  
Pool Tags  
PCMI.....281- 870 - 0585  
Marquee Coordinator  
Barbara Lallinger..... 281-890-8464  
Newsletter Coordinator  
Kyle Survance ..... surou812@yahoo.com  
Security Coordinator  
Julie Dubros..... 281-794-9032  
Website Coordinator (was Committee)  
Pat Dennard .....pdennard@gmail.com  
Yard of the Month Committee  
Nominate your favorite at: willowbridgehoa.com or Call  
Khara Mathews at PCMI..... (281) 870-0585 x1350

## BOARD OF DIRECTORS

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

## HOA INFORMATION

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 numbers above.

## HOA MEETINGS

HOA meetings are held on the 4th Thursday of each month, 7:00 p.m. at the Clubhouse, unless otherwise noted on the marquee. Meetings are open to members and your attendance and participation are encouraged!

## 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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## The School Zone

by Barbara Lallinger

Budget cuts continue as CFISD struggles to overcome inequitable state funding of public education. In the past three years the budget has been reduced by a total of \$56 million. In addition, the proposed budget for 2010-2011 was reduced by \$10 million and presented to the board at the April board meeting. Unless additional funding is allocated to public education in the 2011 Texas Legislative session, similar deficits are expected for the next 2 - 3 years. Since this probably won't happen, the district will be seeking other means of reducing the budget unless there is an infusion of funding from another revenue source. One option which was explored last year is to increase property taxes, which would have to be approved by voters in a tax rollback election. According to CFISD Superintendent, Dr. David Anthony, the budget has been cut to the bone in the past two years and any additional cuts will affect services and the quality education the district provides to its students. He said that we will continue to meet state standards, but our schools will probably not be as clean, our grounds not as neat and it could become harder to retain (and attract) the quality staff and instructors that CFISD is known for.

The district considered reducing the budget with a four-tiered transportation system that would require a number of campuses

to begin and end the school day at 9:10 a.m. and 4:10 p.m. That change was projected to save almost \$1 million. However, after input received from students, staff, parents, community members and extracurricular leaders in the district was evaluated, it was decided not to implement this change for the 2010-2011 school year. There are several legitimate concerns that must be given additional thought and planning before this change can be made. Barring a significant positive change in revenues, the district plans to implement the four-tiered transportation system and later start/end times for the 2011-2012 school year.

Dr. Anthony also said he is dedicated to giving CFISD employees a raise in 2010-2011 as they have not had one in the past two years, except those mandated by the state, and that will result in the \$10 million deficit. Therefore, cuts will be made in other areas to achieve that goal. He stated that we have to give a raise, we can't afford to have our high quality employees move to surrounding districts.

Now some good news in the district....We hear a lot about how much the Houston Livestock Show and Rodeo raises for educational scholarships but what about CFISD? This past February, the CFISD Livestock Show raised over \$630,000. The premium sale brought

*(Continued on Page 4)*



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# Willowbridge - Stonebridge

## THE RECIPE BOX

### *Cake That Never Lasts*

by: Linda Griffin

3 c. flour	3 eggs
2 c. sugar	1½ c. oil
1 t. baking soda	1 c. pecans, chopped
1 t. cinnamon	1 small can crushed pineapple, drained
1 t. salt	
2 c. bananas, mashed (4 - 5 bananas)	

Mix flour, sugar, salt, cinnamon, and baking soda in a large mixing bowl.

Make a well in the middle. Add remaining ingredients and stir to mix them.

#### DO NOT BEAT!

Grease and flour a bundt or tube pan. Bake @ 350 degrees for 1 hour and 15 mins.

## The School Zone - (Continued from Page 3)

in \$392,550, and the freezer sale \$154,110. In addition, \$86,594 was contributed to students.

Chiney Ogwumike, a Senior at Cy-Fair High School has been chosen PARADE Magazine Co-Player of the Year. She has been named PARADE's All-American team twice before. Chiney is a straight A student, active in her community and president of the student council. She will attend Stanford next year. Go, Chiney!

In February, CFISD welcomed 26 secondary principals and administrators from Beijing, China, who visited the district to glean best practices from CFISD, focusing on relationships with schools and the community.

The City of Houston Mayor's Office of International Affairs recommended CFISD to the visitors as a district from which to draw best practices. The delegation visited Cy-Fair HS, Arnold MS and the Instructional Support Center on Jones. They met a variety of administrators and heard a presentation from Dr. Anthony who provided information about population and enrollment growth, demographics, campus ratings, TAKS performance, New Arrival Centers, community partnerships involvement and the Portrait of a CFISD teacher. The delegation also stopped by the CFISD Exhibit Center during the Livestock Show and Sale.

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## TALKING TRASH

by Barbara Lallinger

The past few weeks have seen many exceptionally windy days, causing lots of trash, trash cans and lids to be blown around the neighborhood. Lids that were attached to cans that were full and running over were blown open and their trash was blown out. Please remember to secure your trash on windy days.

### Green Things To Do:

Return to Sender: Say NO to unwanted catalogs by removing your name from hundreds of retailers lists. Unsubscribe at [catalogchoice.org](http://catalogchoice.org). This is a free service and can help save 53 million trees a year.

Fill ‘Er Up: A full refrigerator or freezer is more efficient because less cold air escapes when the door opens. Move frequently used items to the front of the fridge and pack the empty space in back with jugs of filtered water.

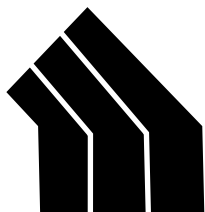
Wash ‘N Go: Resealable plastic bags aren’t easily recycled and take a very long time to decompose if just thrown in the trash. By reusing them, you will keep hundreds out of landfills. Sanitizing in the dishwasher is best. One product on the market that makes this easy is Bag-E-Wash can be purchased at [reusablebags.com](http://reusablebags.com).

### DID YOU KNOW?

This about our trash and recycle provider, Waste Management (WM)?

1. WM has again been recognized by the Ethisphere Institute as one of the World’s Most Ethical Companies. WM outperformed a field of thousands of entries based on its commitment to environmental sustainability and the performance of its employees in upholding ethical business practices that benefit the company, its partners and the communities it serves across North America.
2. The new reality show “Undercover Boss”, featured Waste Management in its first show.
3. WM’s donation department has already used its allotment of trash/recycle boxes, but Bo Egbert, our contract representative found some for us. Thanks, Bo!

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# Willowbridge - Stonebridge

## A Big Welcome

*To Our New  
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## Car Show & Blood Drive

Please join us at Jersey Village Baptist Church on Saturday May 22nd from 8:00 a.m. - 1:00 p.m. for our 2nd annual car show and blood drive! Come out for a show and shine, and give back to the community by donating blood too!

16518 Jersey Drive, by the big cross on 290 near Senate!

## 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](mailto:advertising@peelinc.com). The advertising deadline is the 8th of each month for the following month's newsletter.

## To Submit Articles:

**E-Mail** articles and photos to the following address: [articles@PEELinc.com](mailto:articles@PEELinc.com). Articles must be received by the 10<sup>th</sup> of the month for the following month's issue. Please specify on the article that it is to be published in the **WillowTalk**. Accurate and beneficial community information will be posted at the board of director's discretion.

18<sup>TH</sup> ANNUAL

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## After the Marathon

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Whether it's your first or your fiftieth, the feeling is still the same: exhilaration, which, at some point, gives way to the tired, achy feeling that inevitably comes from having logged more than 26 miles in a single stretch.

Too often we try to ignore what our body is telling us and carry on with our regular training. This inevitably leads to that flat, "out-of-shape" feeling, illness, or worse, an injury that sidelines you for weeks or even months.

### **Take it Easy**

Rest—which many athletes consider a four-letter word—is one of the most important components of a successful training program. Endurance events such as a marathon pose special challenges in replenishing hydration levels and fluid stores, repairing/remodeling cellular disruption in skeletal muscle and regaining a sensible mental drive. Other factors, such as environmental conditions (hot/cold, calm/windy, humid/dry), terrain (hilly/flat), intensity, and your own physical state (rested/fatigued, rained/untrained) also may affect the recovery process.

Here are some guidelines to help ensure your recovery process:

### **The First Few Hours**

Keep moving and change clothes as soon as possible to stay warm. Resist the tendency to just stop and plop! A gradual cooldown is important and will enhance the recovery process.

Drink, drink, drink. Complete restoration of your fluid balance is a critical part of the recovery process, particularly in hot, humid

conditions. A combination of water and sports drinks will help replenish lost fluids, sodium and electrolytes.

Alcohol and caffeine should be avoided during the rehydration process as both may potentially increase urine output.

Eat. Early food intake is essential to fuel replacement following endurance exercise, and also assists in restoring hydration levels. While complete reloading of muscular glycogen supplies may take up to 48 to 72 hours, a significant portion can be refueled in the initial 2 hours after the race.

Check yourself out. Look for blisters, rashes and other irritated areas that may require treatment to prevent infection and further injury.

### **Week One**

Relax. This is your week to do "nothing." Give your musculoskeletal system a break, an opportunity to repair and remodel. Even if you do not experience excessive fatigue and soreness, resist the temptation to train. What's a week of rest compared to spending two to four months recovering from a major illness or injury? Studies have shown that muscular strength five days after an event is greater in athletes who completely rest than those who jog or exercise in the days following the marathon.

Additionally, continuing to exercise, even in a limited fashion, will only delay the refueling/rehydration process. And, as you move back in to physical activity, the temptation to start training harder again grows—too soon. Giving in to the temptation to train harder at this point

in time generally leads to an extended recovery from unnecessary injury.

### **Weeks Two to Four**

Gradually return to your training routine, but remember that complete musculoskeletal recovery may take up to a month. Start out at 25 percent or less of your normal average training quantity at an easy intensity. Increase to 35 percent to 40 percent during week three and no more than 50 percent by week four. During weeks three and four, it is okay to consider doing one or two tempo-type training sessions. Don't be afraid to take a day or two off should you start feeling soreness and/or fatigue.

Maintain proper hydration and emphasize good nutrition throughout this recovery month. Your muscles need adequate fuel and protein intake to continue healing and adapting once again to the training routine. Pay attention to restoring flexibility and mobility, but be careful not to over-stretch. This is especially critical during the first two weeks following the competition. After the first month continue to gradually increase your training (10 percent to 15 percent per week) until you've eased back into your normal routine.

Good luck, and remember, rest means the opportunity to compete and train—an injury means watching from the sidelines.



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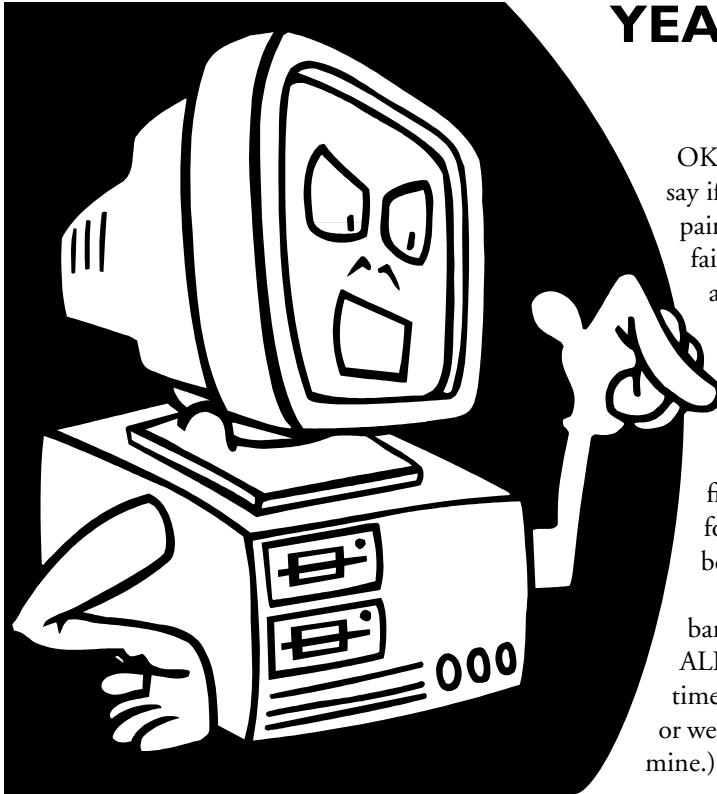
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# Willowbridge - Stonebridge



## YEAH YEAH, BACKUP BACKUP, *Nag Nag!*

OK, my clients are used to hearing it, "backup backup backup." I can say it often but it's never too often. Let me put it another way, how much pain are you willing to endure? The hard drive in your computer WILL fail someday. So WHEN it does, how are you going to feel? School's almost out for the summer. How will you feel when that final paper or report disappears right before you're ready to submit it to the teacher or professor?

Maybe you're a young family, and you have thousands of digital photos and videos recording everything your babies have done their first few years. Their first haircut, first birthday, first Christmas, the first time they walk, their FIRST WORDS! All in a pristine, digital format that is very easy to duplicate, yet all GONE, possibly never to be seen by anyone again.

You use something like Quicken or Microsoft Money and keep your banking records on your computer, or you own your own business and ALL your financial records are stored on your hard drive. It's almost tax time and the information can't be retrieved. You now have to spend days or weeks recreating your records as best you can (this happened to a client of mine.) The "computer ate my homework" won't fly with the IRS.

*(Continued on Page 9)*

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## Yeah Yeah, Backup Backup - (Continued from Page 8)

So I'll ask you again, how much pain are you willing to endure? You do have a few options to backing up your valuable data. One way is to do it yourself (I'll go into more detail later.) Another way to preserve your memories is to pay someone else to do it. Yet a third way is probably the most common way, intentional or not – prayer. No plan, no system, just the hope that nothing goes wrong with their computer. Since I'm not aware of a Patron Saint of the PC, I'll concentrate on the first two methods – you're on your own for the third option.

Want to do it yourself? Purchase an inexpensive external hard drive and plug it into your computer's USB port. You can pick up a 500GB (that's gigabyte) external hard drive at Best Buy for around \$80, and maybe a terabyte drive (that's 1,000 gigabytes) for \$100. If you like to shop around online you can probably find something even cheaper. Just about anything you buy will include backup software. If you don't like it, you can try downloading my favorite, SyncBack. Go to 2BrightSparks.com, click on "Downloads" and choose their freeware. Download SyncBack in whatever language you like and go at it.

Of course, if you're not inclined for any reason to do it yourself,

you can always pay someone to do the above for you. Also, you can keep the "upfront" cost to a minimum by going with an online solution. Two advantages are you don't have to spend very much up front, and the other is that even in the event of burglary, fire, etc. you can buy a new computer and download all your backed up files. The two most well known services are Mozy and Carbonite, they cost about the same (\$55 a year.) Mac users also have me.com as an option (though it is a little more expensive.)

Now, not all hope is lost if your hard drive should fail. There are services available that will take your hard drive, have employees in "bunny suits" take it into a "clean room" (much cleaner than an operating room), disassemble it, remove the platters (the parts with the information) and rebuild it with matching parts in an attempt to extract the data. If they are successful, plan on spending approximately \$2,000 to get the data back. If that's a lot of money to you, then look at doing it yourself or hire an expert to do it for you. It's not hard at all to do – but you need to do it. If you don't, you're going to remember how you were "nagged" and didn't do anything when you could have, and there will be a geek waiting for your phone call.

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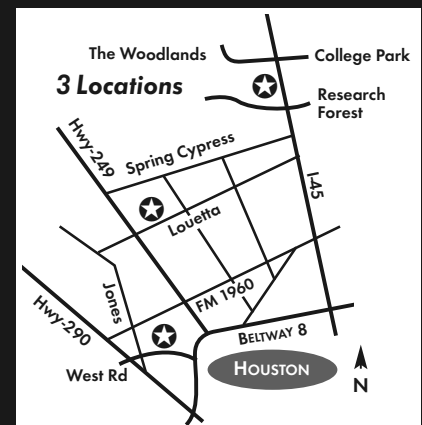


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# Willowbridge - Stonebridge

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## Electricity is **ON SALE** at StarTex Power!



Alan "Petrodamus" Lammey, host of 'Energy Week', can be heard every Sunday on 1070 KNTH in Houston.

I'm Texas Energy Analyst, Alan Lammey. In case you didn't know, electricity rates are currently at lows not seen in years, which means that NOW is the time to lock in a very low electricity rate with the provider that I highly recommend to all my radio show listeners: StarTex Power. StarTex Power is local and reputable, with some of the most competitive rates available in all of Texas. You can switch right online at [www.StarTexPower.com](http://www.StarTexPower.com)

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PUCT #10089

*"Highest in Residential Customer Satisfaction  
with Retail Electric Service"*  
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StarTex Power received the highest numerical score among residential electric service providers in Texas in the proprietary J.D. Power and Associates 2009 Texas Residential Retail Electric service Satisfaction Study™. Study based on responses from 6,890 consumers measuring 15 providers and measures opinions of consumers with their electric service provider. Proprietary study results are based on experiences and perceptions of consumers surveyed between October 2008 and June 2009. Your experiences may vary. Visit [jdpower.com](http://jdpower.com).

# 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 are stretched to the limits, making fundraising decisions difficult. That's where Box Tops comes in. For over 12 years, with the help of community members such as yourself, Box Tops has been making a difference. More than 90,000 schools across the country have now earned \$250 million 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 (3) ways you can help neighborhood schools through Box Tops.

### 1. The Original Box Tops for Education

With **Box Tops** on hundreds of products (you probably have some in your home or office right now). Just clip the **Box Top Coupons** from products you already buy. If you have a student in elementary school, they are more than likely currently participating in an incentive program each month. If you do not have a student, you may drop **Box Top Coupons** in a container inside the school (near the entrance) or at the front office to the Attention of the **Box Top Coordinator**. Participating brands include, but are not limited to: Betty Crocker, Pillsbury, Yoplait, Green Giant, General Mills, Nestles Juicy Juice, Zip Lock and Hefty. **Each one is worth 10 cents** and that adds up fast! It's virtually **free money** for the school.

### 2. The Box Tops for Education Marketplace

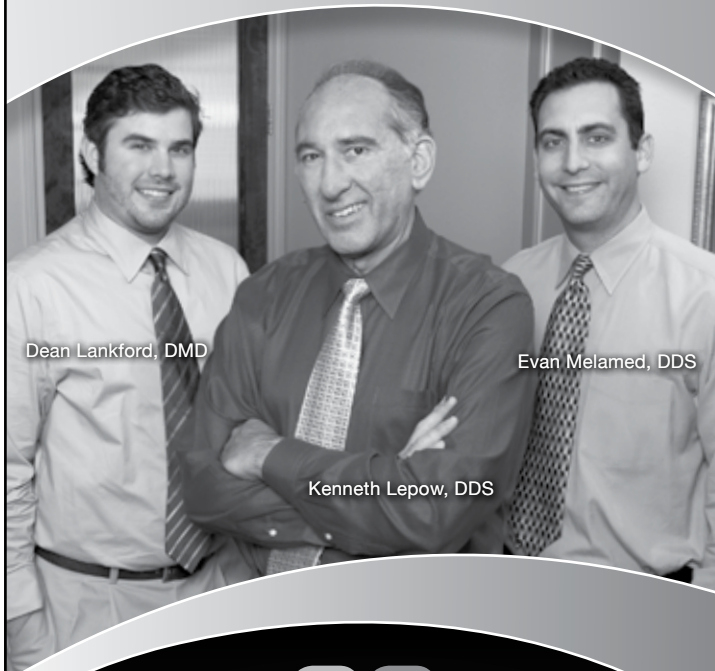
If you shop online, you're one step away from earning more cash for your school. When you shop through the **Box Tops Marketplace** with popular merchants like JC Penny, Land's End, Barnes and Noble, Target (and many more), the school earns a cash donation with every qualifying purchase – up to 8% - at no additional cost to you.

### 3. Bonus Box Tops

Find chances to earn and win **Bonus Box Tops** at [btfe.com](http://btfe.com). Plus, look for **Bonus Box Tops** promotions wherever you shop. Also, many places (Sam's, Costco, grocery stores, etc.) carry items with **Multiple Box Tops**.

Register at [www.boxtops4education.com/kmom2008](http://www.boxtops4education.com/kmom2008) to earn (5) **Bonus Box Tops** for your school. This web site allows you to win more **Bonus Box Tops**, print coupons for your favorite brands, try new recipes, get fun family activities and stay on top of the Latest **Box Tops** news...all in one place.

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## Real Estate Market Report

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- **#2 Realtor in Houston & Texas\*\***
- **#7 Realtor in United States\*\***
- **Selling Over 500 Homes A Year**

	ACTIVE	PENDING	SOLD Last 6 Mos
<b># of Listings</b>	9	4	7
<b>Price Range:</b>	\$185,000 \$314,900	\$249,900 \$264,900	\$159,900 \$275,500
<b>Average Price</b>	\$247,229	\$256,150	\$222,378
<b>Avg Price/sq.ft.</b>	\$82.93	\$85.14	\$78.25
<b>Avg DOM</b>	69	30	64
<b>High Price/sq.ft.</b>			\$94.52
<b>Low Price/sq.ft.</b>			\$68.34



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\*According to information taken from the HAR MLS Computer

\*\*Realtor Teams per Remax 9/2008, 3/2009