



Volume 16

November 2011

No. 11

Timely Tip for November Gardeners

Transform your landscape with the addition of fresh, colorful blooms. Pansies are by far the most popular Winter color. The 'Matrix' Pansy has been outstanding for our Texas weather. It will not "stretch" during bouts of warm temperatures and is bred to grow out, not up. This compact grower offers shorter, sturdier stems to support large, colorful blooms. Dianthus (also known as "Pinks"), Snapdragons, Cyclamen, Violas and the fragrant Alyssum are also good choices for cold tolerant annuals. Ornamental Cabbage and Kale provide interesting texture in the landscape as well as color. For best effect, limit your planting to two or three colors per bed.

The key to growing beautiful annual flowers is soil preparation. Select a well drained flower bed and add plenty of organic matter. A Flower Bed Mix contains compost plus a boost of fertilizer, water-management crystals and a wetting agent. Adding Flower Food to the soil at the time of planting will provide the extra nutrients for growth and blooms. Remember to add 2 to 3 inches of mulch to all beds to reduce moisture loss, prevent weeds from germinating and to insulate the soil from the cold.

These same annuals can be used in patio containers. Fill your containers with fresh potting soil and plant food. Keep them watered as necessary and remove faded flowers to encourage repeat blooming.



~ 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.



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Willowbridge - Stonebridge

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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

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Beautification Committee
Robert Logsdonrel9703@yahoo.com
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PCMI - Margie Naranjomnaranjo@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 Survancesurou812@yahoo.com
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Angela Doray..... willowbridgehoa@live.com
Yard of the Month Committee
Nominate your favorite at: willowbridgehoa.com or Contact
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Tennis Court Reservations
..... www.willowbridgehoa.com
Soccer Field Reservations
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HOA INFORMATION

Willowbridge Homeowners Association Inc. - PCMI
Margie Naranjo..... 281-870-0585x1315
E-Mailmnaranjo@stes.com
Fax 281-870-9170
If you have any questions or comments regarding the
neighborhood please contact the numbers above.

HOA MEETINGS

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

WELCOMING COMMITTEE

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

HARRIS COUNTY ROAD AND BRIDGE

To report street or curb damage, missing/damaged street
signs and street flooding: (281) 353-8424 or www.hcp4.net.

If a resident wants to request a new sign or replace a
damaged one, they have to go online and fill out a request.

Talking Trash

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

OPERATION CHRISTMAS CHILD

Epiphany Lutheran Church and School is giving thanks for the chance to play an important role in providing needy children with a simple gift this Christmas season. Last year was Epiphany's first time participating in Operation Christmas Child, a ministry devoted to providing needy children shoe boxes full of toys, hygiene items, school supplies, candy, etc. The congregation collected over 80 boxes to send overseas. "We were strongly moved by this particular ministry" commented one member.

The church members felt that the increased visibility of the new location this year made it a prime spot to become a "drop-off" location for OCC. This means that during "Collection Week" (Nov. 14th-21st) they will be accepting shoe box donations from the general public. «We are so excited to serve our community in this way. What a wonderful beginning to the Christmas season.» remarks Lauren Thom, an Epiphany Member and OCC volunteer.

For more information about Operation Christmas Child and where you can donate your items go to <http://www.samaritanspurse.org/index.php/OCC/>.

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.



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Willowbridge - Stonebridge

Neighborhood Teenage Baby-Sitters Available!

Are you in need of baby-sitting? Contact one of the following and help our neighborhood youth earn a little extra money.

Name	Birthday	Phone Number	Parents
Carmen Colmenero	3/9/89	281-890-3223	Jaime & Juanita Colmenero
Catherine Tran	12/21/88	832-452-2439 281-897-9031	Hiep & Yen Tran
Morgan Hurst+	3/9/95	281-235-5641 281-897-8910	Freddy & Kim Hurst
Bevin Gammell	12/29/90	281-807-3152	Bradly & Elizabeth Gammell
Lesley Maxfield	07/25/94	281-469-6229	
Lauren Mosley+	02/14/95	281-894-8459	
Rachel Sontag	12/19/97	281-970-9535	rachelsontag@hotmail.com

+ Red Cross Certified

Pet Sitter

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

ATTENTION TEENAGERS

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

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HEALTH BRIEFS - NOVEMBER 2011

POSTMENOPAUSAL BLEEDING COULD BE SIGN OF ENDOMETRIAL CANCER

After a woman goes through menopause, it is not normal for her to start bleeding again, said a gynecologic oncologist at Baylor College of Medicine. Most postmenopausal bleeding is caused by the thinning of the cervix; however, in some cases bleeding is a sign of endometrial cancer and should not be ignored, said Dr. Concepcion R. Diaz-Arrastia, professor of obstetrics and gynecology at BCM.

When caught in the early stages, endometrial cancer can be cured, Diaz-Arrastia said. However, there are few symptoms and no screening methods and often isn't found until later stages. That's why it is so important for women to be conscious of things that may be associated with the disease, like bleeding.

Endometrial cancer is the most common uterine cancer. It occurs in the endometrium or the lining of the uterus. More than 40,000 women are diagnosed with endometrial cancer every year in the United States. Women who are obese and/or have a history of irregular menstrual cycles have an increased chance of developing endometrial cancer, Diaz-Arrastia said. If you notice postmenopausal bleeding, contact your gynecologist and set up an appointment as soon as possible.

SYMPTOMS POINT TO DIABETES

Maintaining a healthy weight, eating a low-fat diet and exercising regularly can help prevent the onset of diabetes and the many side affects of the disease, according to doctors at Baylor College of Medicine. Those with a higher risk of diabetes should also have their blood glucose levels screened regularly.

RISK FACTORS FOR DIABETES INCLUDE:

- Obesity
- Sedentary lifestyle
- Unhealthy eating habits
- Family history and genetics
- Increased age
- High blood pressure and high cholesterol

A fasting glucose level of 70 to 100 mg/dL is considered normal, 100-125 mg/dL is considered pre-diabetes condition and 126 mg/dL or above indicates type 2 diabetes.

SYMPTOMS OF DIABETES INCLUDE:

- Frequent urination
- Excessive thirst
- Increased hunger
- Weight loss
- Fatigue
- Lack of interest and concentration
- Blurred vision
- Vomiting and stomach pain

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