



Willow Pointe Newsletter

January 2012
Volume 8, Number 1

www.willowpointe.org

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Official Publication of the Willow Pointe Homeowners Association, Inc.

Annual Assessment Reminder

All homeowners should have paid their annual assessment at this time. All assessments are due January 1st and are delinquent if not received thirty (30) days after the due date. All delinquent Owners will receive a notice requesting payment. An interest charge of ten percent (10%) will be posted to the Owners account, together with a \$35 administrative charge for the late letter, and an administrative fee of \$30 per month for each month the account remains unpaid.

As always, all homeowners who cannot pay the assessments by January 31st may setup a payment plan by contacting Randall Management and pay the assessment over a period of three months.

Pick up the Pile

Happy New Year to all! As we embark on 2012's journey, some will think of ways to improve upon themselves. I'd like to offer an idea to those that still think dog poop is fertilizer, let's try picking up after our dogs. In case you were not aware, scientists have established the fact that the dog's gut harbors a particular type of bacteria known as the coli form bacteria. This bacterium includes the dreaded E. coli bacteria and also contains strains of salmonella and giardia. Now, since the rains have finally come, all the piles that have been left behind will be washed into our storm drains and contaminate our water supply. Not only is our water supply affected

(Continued on Page 3)

President's Message *Happy New Year*

With the arrival of the New Year, the Board is looking forward to starting projects for 2012. As always, we are open to suggestions from the Community. If you have ideas for areas of improvement or a specific project, please email us. And please don't forget that we budget funds for Community activities. If you would be willing to organize an event for the Community, please let us know your idea and we will see if it can be accommodated.

ONE CALL NOW

The response from interested individuals for the One Call service has been OUTSTANDING. At least 60 Homeowners have signed up for the service. As a reminder, the Willow Pointe Board of Directors has engaged the services of "One Call Now" to provide emergency and routine notification services to the residents of Willow Pointe. This service will allow us to fulfill our responsibility of protecting, informing, and engaging you in matters that involve our Community. This, if it works as anticipated,

will replace the Emergency Distribution List.

Here's where we need everyone's help. While we do have some people's phone numbers and contact information, it was not obtained for use with this service. So, we will not sign people up just because we have their information. Everyone on the list will need to request to be on the list.

So, what we need is:

Your name...First and Last

Your Address

ONE phone number

Email the above information to wphoa.board@willowpointe.org. We will be continuing to add to our list on a regular basis and this list is pass to One Call Now. We will email you back when registration is complete and you can go to our website, www.willowpointe.org and click on the Family Profile Banner. From there, you will be able to add up to 6 phone numbers and several email addresses to your personal notification list. All information provided is held in the strictest privacy. Please contact the Board if you have any questions.

New Year's Celebrations

At the time I am writing this article, there is a burn ban in effect for Harris County which has banned the sale or use of some types of fireworks. As a reminder, fireworks are normally allowed in Harris County outside of the city limits...which includes Willow Pointe. There is a 'noise ordinance' in effect for Harris County and we ask that you wrap up your fireworks at a reasonable time following the stroke of midnight. The discharge of firearms in Willow Pointe, however, is prohibited.

Please be cautious when lighting off your fireworks. Designate an area to light fireworks away your home and make sure any children are clear of the area. Also, please take the time the next day to clean up any fireworks debris from the front of your house and from the street.

Thanks and have a fun and safe celebration.

IMPORTANT NUMBERS

Emergency	911
Sheriff's Department.....	713-221-6000
Sheriff's Department (Business)	281-290-2100
Fire Department (Non-Emergency).....	713-466-6161
Vacation Watch	281-290-2100
Poison Control Center	800-222-1222
Animal Control.....	281-999-3191
Commissioner, Precinct 4.....	281-353-8424
Willow Place Post Office	281-890-2392
Entex Gas.....	713-659-2111
Centerpoint Energy (Power Outages Only)	713-207-7777
Allied Waste Customer Service -	
Garbage & Recycle.....	713-635-6666
Recycle/Hazardous Waste Disposal.....	281-560-6200
West Harris County MUD.....	281-807-9500
Jane Godwin @ Randall Management, Inc	
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.....	jgodwin@randellmanagement.com
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Treasurer	Steve Mueller	2010 - 2013
Director	Angie Wilson	2009 - 2011

Please contact us at wphoa.board@willowpointe.org if you have questions, comments or concerns.

ADVERTISING INFO

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 at 888-687-6444 or advertising@peelinc.com. The advertising deadline is the 8th of each month for the following month's newsletter.

Willow Pointe HOA, INC

BALANCE SHEET - NOVEMBER 30, 2011

ASSETS

Checking Prosperity	\$26,795.49
Reserves	
Prosperity M/M	\$5,402.27
Smith Barney	\$146,323.05
Bank of America M/M	\$50,715.99
Total Reserves	\$202,441.07

ACCOUNTS RECEIVABLE

2010 Owner Assessments	\$2,669.19
2011 Owner Assessments	\$5,982.72
A/R Collection Fees	\$4,635.50
A/R Lawn Fees	\$614.88
A/R Late charges	\$410.31
A/R Legal fees	\$6,000.33
A/R Other	\$100.00
	\$20,412.93
Total Assets	\$249,649.49
Pre-paid insurance	\$5,619.47
Total other assets	\$5,619.47
Total Assets	\$255,268.96

LIABILITIES AND MEMBER'S EQUITY

Current Liabilities

Prepaid-HOA Fees	\$ 665.00
Prepaid-Legal Fees	\$ 522.00
Total Liabilities	\$ 1,187.00

Reserves

Beginning balance	\$ 248,782.13
2011 Reserves	\$ 15,936.00
Interest Income	\$224.85
Bank Charges	\$-3.00
Capital Expenses	\$-62,498.91
Total Reserves	\$202,441.07

Member Capital

Prior Years equity	\$93,512.77
Accrual basis equity	\$19,225.93
Total homeowners capital	\$ 112,738.70
YTD excess/deficit	\$-61,097.81
Total member's equity	\$ 51,640.89

TOTAL LIABILITIES

AND MEMBER'S EQUITY	\$ 255,268.96
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Pick Up the Pile (Continued from Cover)

but perhaps even the air we breathe...I came across this article:

SCIENCEDAILY (AUG. 18, 2011)

"Bacteria from fecal material -- in particular, dog fecal material -may constitute the dominant source of airborne bacteria in Cleveland's and Detroit's wintertime air, says a new University of Colorado Boulder study."

This was the first test conducted, for air borne disease so far, however, scientist presume other cities, with an abundance of the canine kind, will show similar results. Please be kind, don't leave it behind. To those that pick up....THANK YOU

www.pickupthepile.com

January 2012 Willow Pointe Community Calendar

January 1	New Years Day
.....	Annual Assessment Due Date
January 3-4	CFISD Holiday
January 3	Landscape Committee Meeting @ 6:30 pm
January 4	Board Meeting @ 6:30 pm
January 8	Walk the bayou and pick up trash - meet @ the
.....	Willow Crossing Bridge @ 8 am
January 17	Martin Luther King Day
.....	CFISD Holiday
January 31	Annual Assessment Delinquent Date

All meetings are held in the pool meeting room. All Homeowners are welcome to attend any of the above meetings. Please call Randall Management to be placed on the agenda if you would like to address the Board at the meeting.

MUD Meeting Information – The normal date/time is 11:30 am the first Thursday of the month at the offices of Attorneys Young and Brooks. The address is 1415 Louisiana 5th floor.

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HEALTH BRIEFS + JANUARY 2012

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

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

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

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

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

SOME TIPSTO REMEMBER INCLUDE:

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

HECTIC HOLIDAYS CAN RAISE SPIRITS OF A CHRONICALLY ILL CHILD

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

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

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

GET THROUGH MENOPAUSE BY REEVALUATING YOUR HEALTH CARE NEEDS

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

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

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Harris County Sheriff's Office Patrol Report NOVEMBER 2011

CATEGORY.....	NUMBER
Burglary/Habitat.....	0
Burglary/Motor vehicle.....	0
Criminal Mischief.....	1
Disturbance/Family	3
Disturbance/Loud Noise.....	0
Local Alarms	4
Suspicious Person.....	0
Traffic stop.....	6
Vehicle suspicious	2

Note:

The report represents all calls that were handled/worked by the officer.



Winter is here and a few lawns still keep looking great. Congratulations to the family at 9718 Willow Crossing Drive who received first place for the month. Also congratulations go to the family at 10827 Oak Bayou Lane who receive second place this month.

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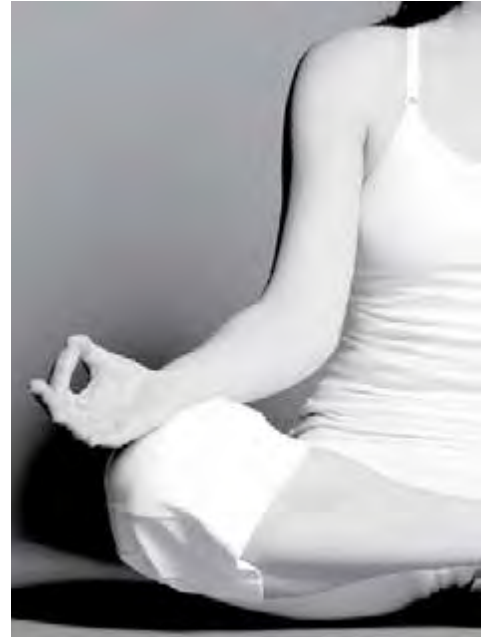
Yoga for Weight Loss?

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

Being aware of your actions - what you're eating, when you're eating it and why, are keys to weight loss success. Tuning in to your inner voice and actually hearing your body's signals is difficult. Diets fail a great deal of the time. What if you were able to smooth out your brain waves, so that you could notice the moment of choice? Yoga for weight loss? Maybe you've thought in the

past that only heavy-duty cardio would do the trick, and the pounds would magically melt away. But if you are successful at this heavy-duty huffing and puffing, how come the pounds come back, and the change isn't permanent? It may surprise you to know that a recent study at the Fred Hutchison Cancer Research Center in Seattle found that an ongoing yoga practice correlates nicely with a healthy weight - and not only because of the calorie burn. (Excerpts from Natural Health, "The New Weight-Loss Math," by Hillari Dowdle). Yoga practitioners were found to be "more aware of what they were eating and better able to stop when they were full," characteristics that the study attributes to mindfulness.

In yoga, postures are practiced slowly, which is counter-intuitive to what the mind wants. We want to burn calories, and lose weight this instant, so we think we have to move fast. But, by practicing the postures



(Continued on Page 7)



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Yoga for Weight Loss? - (Continued from Page 6)

slowly, we allow our minds to catch up with our bodies. We use the breath to actually feel what our muscles are doing. And this introspection, this reflection, will bring about an awareness. An awareness of choice. "Smoothing out the brain waves and calming down the nervous system give you an opportunity to notice the moment of choice," explains Ashley Turner, M.A. "You get to ask yourself, 'Do I really want to eat more?' Most of us never even encounter that moment," she adds.

Yoga can help you develop that awareness. And, it can also help you remove toxins from your body. New studies indicate that toxins in the body suppress thyroid function, slowing metabolism. "Scientists now believe that the obesity epidemic is going hand in hand with an increase in environmental toxins," says Gaetano Morello, N.D. from British Columbia. And fasting only slows your metabolism and causes more toxins to be released from your fat stores. Yoga can help remove these toxins.

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

Hope to see you in class soon! - Submitted by Melinda Jennings

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