



# Willowlake Watch

www.willowlake.siteblast.com

October 2012

Volume 9, Issue 10

The Official Publication of the Willowlake Homeowners Association



**HALLOWEEN IS COMING  
DRIVE SLOWLY  
OCTOBER 31**

Please drive slowly and watch out for  
“TRICK-or-TREATERS” on Wednesday, October 31st!!

## WILLOWLAKE HOMEOWNERS ASSOCIATION, INC.

*Annual Meeting  
October 25, 2012*

*By Randall Management*

Attention Residents! The Willowlake Homeowners Association, Inc. Annual Meeting will be held Thursday, October 25, 2012 at the First Church of the Nazarene located at 10001 W. Sam Houston Pkwy., Houston, TX 77064. Registration time will be from 6:30p.m. - 6:59p.m. Call to order will be at 7:00p.m. Details of the event, including a proxy, will also be mailed to all Willowlake residents. We hope to see all of you there!

### What Daylight Saving Time Has Done For Me!

I've decided just to leave it this way.

For others, don't forget to move your clocks back 1 hour on November 4, 2012 at 2:00 a.m. when Daylight Saving Time ends, only to return next March.



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## Halloween Tips

**PORCH LIGHTS** - a porch light on means fair game for Trick-Or-Treating. If you are not distributing candy or are done for the evening, please turn your lights off. And Trick-Or-Treaters...if you see a porch light off, be respectful and move on to the next illuminated house.

**HELLO?** - Knock or ring the bell no more than twice. If the door isn't answered within a minute despite the porch light being on, assume you've gotten one of those folks who didn't read Tip 1.

**FRIGHTENING LIMITS** - If you are the person who wants to jump out of the coffin tucked in the corner of your front porch, please make sure that the age of the 'victim' is appropriate. While pee will wash off concrete, you might ruin the night for a dressed up 2 year-old princess.

**WALKING** - Stay on sidewalks or pathways. Don't take short cuts through lawns or flowerbeds.

Manners matter - Saying "Trick-or-Treat" before and "Thank You" afterward is a small price for collecting free candy on Halloween.

**GAME OVER** - Don't Trick-or-Treat after 9pm. Families with children or older people may well be in bed after that.

**TRAFFICKING** - Vehicles: drive extra slow and look for kids. Chaperones/Kids: Stay off roads as much as possible.

**BLINDED BY THE LIGHT** - Glow sticks, reflectors, flashlights - all are good to make your kids visible to anyone who fails at Tip 6.

**FLAME OFF!!** - Jack-o-lanterns/candles set a spooky mood, but open flames near dangling costume sleeves and flammable accessories is dangerous. Consider battery-powered tea lights.

**THANKS...** - If you're going to give out goodies to Trick-or-Treaters, buy individually wrapped treats. Save special homemade goodies and fresh fruit as presents for the folks you know rather than strangers who are coming to your door Trick-or-Treating.

**R-E-S-P-E-C-T** - Not everyone celebrates the holiday, or celebrates it in the same way you do. We live in a community with diverse beliefs and views. Please show respect as you yourself would want to be respected.

**DON'T SCARE THE LITTLE ONES TOO BADLY!** - If you've got a really creepy costume to answer the door, or you decorate your house from sidewalk to front porch in graveyard chic - remember that what can be delightfully frightening to older kids and adults can terrify toddlers and young kids. Before jumping out of bushes, screaming when you open doors or leaping out of fake coffins at Trick-or-Treaters, take a quick glance to make sure they're of an appropriate age-group to enjoy such a scare. Save the best frights for those who can really appreciate them. You'll have more fun, and the parents of the little kids will be grateful. Having to take home a hysterical Trick-or-Treater who has been scared witless on their first time out is no fun for anyone.



## Kids' Corner

Walking down the street, a dog saw a sign in an office window that read: "Help Wanted. Must type 70 words a minute. Must be computer literate. Must be bilingual. An equal-opportunity employer."

The dog applied for the position, but he was quickly rebuffed. "I can't hire a dog for this job," the office manager said. But when the dog pointed to the line that read "An equal-opportunity employer," the office manager sighed and asked, "Can you type?" Silently, the dog walked over to a typewriter and flawlessly banged out a letter. "Can you operate a computer?" the manager inquired. The dog then sat down at a terminal, wrote a program and ran it perfectly.

"Look, I still can't hire a dog for this position," said the exasperated office manager. "You have fine skills, but I need someone who's bilingual. It says so right here in the ad."

The dog looked up at the manager and said, "Meow."

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## PROPER BUS STOP ETIQUETTE

With school having begun in August, this means that children, and sometimes parents, are congregated at our street corners waiting for the school bus to arrive. In some ways, this presents certain problems that should be addressed and avoided for best results. Below is a proper bus stop etiquette list to follow.

- **NO LITTERING.** Please pick up after yourselves. Do not leave empty morning snack wrappers, juice boxes, etc. at the bus stop where the wind can blow them into neighbors' yards and also down the sewers. Leftover food can bring unwanted pests.
- Don't spit gum out for others to step in.
- Keep your voices down! Please be considerate of the fact that voices echo and not everyone is an early riser.
- No horseplay or fighting. No crowding to get on or off the bus.
- No foul language, bullying or arguing.
- Do not run in and out of the street. This is dangerous for the children as well as drivers trying to maneuver around them.
- Parents, if you take your children to the bus stop, please watch them until the bus arrives. Don't make them someone else's problem should they misbehave.
- Don't block the road; move when cars are coming. This will speed up traffic with so many residents exiting the neighborhood to get to work.
- **KEEP OFF THE GRASS.** Do not allow your kids to run onto someone else's lawn or to mess with their flowers or other property. The bus stop takes place on the curb...not someone's front lawn.
- Avoid holding up traffic while chatting with the bus driver.
- If your child is having an issue with someone on the bus or with the actual driver ... call the school and work it out.
- Texas law states that vehicles may not be parked within 30 feet of a stop sign.
- Be on time when the bus arrives.

Much of this information is just good common sense, and certain items can apply all year long. Children learn good manners from being taught and from example from their parents. Let's all do our part to make sure everyone is safe and happy!

*By Linda O'Pry, Newsletter Editor*

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## Mark Your Calendar

Oct. 2.....National Night Out  
Oct. 6.....St. Maximilian Kolbe Catholic Fall Festival  
Oct. 3, 10, 17, 24, 31.....Waste/Recycle Pickup  
Oct. 8.....Columbus Day  
Oct. 18.....Board Meeting  
Oct. 25.....Willowlake Annual HOA Meeting  
Oct. 31.....Halloween  
Nov. 4.....Daylight Saving Time Ends  
Nov. 6.....Election Day

## The Dedicated Runner

### PART II

*Submitted by Steve Bernhardt*

The heat is officially on in Central Texas and for the foreseeable future, no matter the time of day it will be hot and often humid during our runs. Does this mean it's time to slow down, not run as often or simply head indoors to the gym to run? If you are a dedicated runner none of these options sounds appealing. Fortunately, none of them are necessary either if we take our time to understand how to acclimatize to the higher temperatures and take the necessary measures to run safely and comfortably under the bright Texas sun.

First, it takes our bodies about 7-10 days to begin to make the physiological adjustments needed to adapt to strenuous activity in the heat. Research has shown we can become fully acclimatized in 14-days based on spending at least one hour a day in the heat. During this time our blood plasma volume increases, sodium levels concentrate, and our core body temperature decreases. Keep in mind fitter runners usually adapt quicker, as well as younger runners often do better in the heat than older runners.

Next, dress properly to maximize evaporative heat loss. Wear clothing designed for running that does not hold moisture in the fabric (hydrophobic) and encourages evaporation. Our bodies cool as the heat is pulled away from us in our evaporating sweat. Avoid running in cotton as it holds the moisture in the fabric and makes wide scale evaporation nearly impossible. Running in a soaking wet cotton t-shirt is not cooling, it's basting. Also, don't forget a breathable hat to keep the sun off your head and sunglasses to fight off the negative effects of UV sunlight on your eyes.

Lastly, our sweat rate increases as our bodies adapt to the stress of running in higher temperatures, because of this we need to replenish our fluids in order to maintain our effort and vital bodily functions. Water is ok for shorter duration runs (30 minutes or less) but for longer efforts we need to add some electrolytes like sodium chloride, magnesium, and potassium. There are many well designed hydration products available that are tasty and effective, as well as several different ways to carry fluids while on your runs like a hand-held water bottle or waist belt. If you are worried about the comfort of carrying a bottle while running, trust me after a few days you'll hardly notice it and grow thankful for having it with you.

Just because it's hot and humid doesn't mean we have to stop doing what we love to do, run. Being patient and giving our bodies time to acclimatize is critical. Wearing the right clothing to protect ourselves from the sun and encourage evaporative cooling is a must. Fluid replacement in order to maintain proper hydration is necessary to avoid heat related illness due to overheating and dehydration. With care and attention to each of these areas you'll be on your way to accomplishing your running goals no matter what the Texas summer decides to throw at us.

## Massage Benefits

*Submitted by Angelia Szysz*

Do you think of massage as a treat or a luxury? The benefits of massage are becoming well known for more medically related illnesses today.

Doctors are writing prescriptions for massage for their patients to help in pain management, stress reduction and better emotional well being. Animal trainers are recommending massage for pets and show animals for better performance and quality of life.

Massage has an effect on the body from the cellular level to the emotional level. Some of these benefits include: increased circulation, pain reduction, increased immune function, better joint mobility, increased sports performance, fewer injuries in sports activities, less frequent migraines, relief for depression and anxiety, improved skin elasticity (we all want younger looking skin,) better flexibility, reduction of scar tissue, recommended before and after surgery for better recovery time and the list continues.

Do you think it's a luxury because you feel it is too expensive? Consider how much you spend on pain relievers over the counter, how much you spend going to the doctor every year for colds, flu, back or neck pain, and sports related injuries. Massage along with moderate exercise and a healthy diet can reduce the time spent going to the doctor and free up space in your medicine cabinet.

## A FEW REMINDERS

- National Night Out is Tuesday, October 2 from 6-8pm. Contact Social Events Chairman James Deitiker at [deitiker@sbcglobal.net](mailto:deitiker@sbcglobal.net) for more details or to volunteer.
- The Willowlake Annual HOA Meeting is October 25. Please attend!!
- Halloween is Wednesday, October 31. Please watch out for Trick-or-Treaters!
- The pool closed for the season September 30. Keep your pool cards as they will be used again next year.
- Daylight Saving Time ends November 4.
- Election Day is November 6. Don't forget to vote!
- Willowlake will have (5) waste/recycle pickup days in October. After that, the remaining weeks in this year will have four pickup days per month.
- If you haven't already, join the free Willowlake Facebook website and receive security alerts and much more.

**Did you forget the name of that...**



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## WHAT IS HUMAN TRAFFICKING AND WHY SHOULD I BE CONCERNED?

*Article one in a series of articles written for Homeowners' Associations & Newsletters*

*By Debi Bon, HOA President*

A friend of mine routinely takes his family out to lunch with friends after church on Sundays like a lot of families like to do. As creatures of habit they usually go to the same Mexican Restaurant week after week. It is close to them, and they always have good food and service. One Sunday, arriving a little later than the rest of the group, his young son rushed ahead of him and mistakenly opened the door of the business right next to the restaurant and went inside. What he found there would change their lives forever. His son had entered a "spa", a place where girls were being held against their will for men to come and pay the owner to have sex with his choice of the girls. Girls were being raped day after day in the store front right next to the restaurant where my friend and his family would go to eat lunch every Sunday afternoon, and they had NO IDEA it was happening.

That event was enough to move him to get involved and to learn more about this problem. This was not in some other part of the world and it was not an isolated event. This was in Houston, in a very nice part of town and he would soon discover that it was a dark secret that was not happening in just this one place, but all over town and the country.

### THE DEFINITION OF TRAFFICKING IS:

Sex trafficking in which a commercial sex act is induced by force, fraud, or coercion, or in which the person induced to perform such an act has not attained 18 years of age or

The recruitment, harboring, transportation, provision, or obtaining of a person for labor or services, through the use of force, fraud, or coercion for the purpose of subjection to involuntary servitude, peonage, debt bondage, or slavery. A victim need not be physically transported from one location to another in order for the

crime to fall within these definitions.

Houston is, in fact, a major hub of Human Sex Trafficking in the United States. There are over 200 known spas in Houston which average 4 girls per spa; each girl being forced to service 12 to 15 men daily and in some cases, 24 hours a day. This translates into over 4,000,000 rapes a year. This is a conservative estimate and does not include girls that are trapped in Cantinas, on the street, in Hotels/Motels & Apartments or at Truck Stops. It becomes painfully obvious why Human Sex Trafficking is second only to drug trafficking by criminal operations around the world.

Where do these girls come from? Most are not brought in from other countries. In Fact, 83% of victims are U.S. girls. These are our daughters who have been picked up by pimps at their schools, the malls and bus stops. Runaways and throwaways, missing children that have been abducted or coerced into thinking life was better away from their families. Girls who are looking for love, attention and affection will fall prey to a pimp in less than 30 minutes. 50% of runaways are picked up by a pimp within the first 48 hours of them leaving home. The average age of these girls is 12. As demand increases, the average age will decrease.

So why should you care about this problem? Hopefully, the realization that our daughters are being victimized right under our noses makes you sick enough to take action. If not, you need to be aware of this dark industry that is not only in your backyard, but is also generating billions of dollars each year for criminal organizations. These operations are beginning to move into our neighborhoods in apartments and leased homes as law enforcement shuts down more spas.

Next month's article will discuss how to identify this type of activity and what to do about it.

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# Poisonous Plants:

*Beware Ivy, Oak, & Sumac*

*Submitted by Linda O'Pry*

You've started itching, developed a rash, and broken out in blisters. You've got them: the symptoms of poison ivy, oak, or sumac.

These plants produce urushiol; an oil that can cause allergic reactions in up to 90 percent of people. Urushiol starts penetrating the skin within minutes and remains active on the surface of objects for up to five years. The rash, which begins with swollen itchy skin, appears 12 to 72 hours later on skin exposed to the oil. You normally get it from touching the leaves, but yanking the vine out by the roots—even in winter—will give you a wicked rash. Using a weed eater to remove poison ivy will result in spraying your legs with poison ivy. And there are more unusual ways to get it, like breathing smoke from firewood burning with poison ivy on it; which can also put people into the hospital.

The rash does not spread from broken blisters, scratching, or person-to-person contact. Only areas exposed to the oil will break out in a rash, which usually begins to heal in approximately two to three weeks.

Allergic reactions can be prevented by learning what these plants look like and avoiding them. Poison ivy usually has three glossy leaflets and grows as a vine or shrub, most commonly near water. Poison oak's clusters of three fuzzy, green leaves are deeply toothed, have rounded tips, and grow as a low shrub and in tall clumps or vines. Poison sumac, which grows in swamps, doesn't have the famous "leaves of three"; it has 7 to 13 smooth-edged leaflets. Note: all parts of these plants can be poisonous.

For prevention, wear long sleeves, gloves, and pants tucked in boots when working around the plants. If you are exposed, wash the affected area as soon as possible with plain soap and cool water, and be sure not to scratch. Wash all contaminated clothing and objects. Cool showers or compresses, oral antihistamines, oatmeal baths, and over-the-counter anti-itch medications can help relieve discomfort.

Most rashes caused by poison ivy, oak, and sumac do not pose a serious health threat. However, professional medical attention may be necessary if the rash covers more than one-fourth of the body, there is a fever, difficulty breathing, nausea, headache, swollen lymph nodes, or blisters that persist after several weeks.

*\*Interesting note: Poison oak is not an oak and poison ivy is not an ivy. Both are members of the cashew family.*



# Words -- of the -- Day

**CONTIGUOUS:** Touching; next or adjacent to; to touch on all sides; contact.

**CONTERMINOUS:** Having a boundry in common; contiguous.

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