



Willowbridge/Stonebridge Upcoming Dates and Notes

Our next HOA meeting will be held on January 28th at 7pm. If you have any issues, problems or concerns about things in our neighborhood, the best thing to do is contact Graham Management directly. Their number is 713-334-8000. They will then pass the issue to the HOA board for further discussion.

New Trash Days are now Mondays and Thursdays. Remember that the green trash can is for recycling only. You can mix all recycling types in the same can. For example, glass, paper, and plastic can all go in the same place as long as it is clean and dry.

Street parking

We are blessed to live in a neighborhood where most of us have driveways. That being said it's sometimes easier to park on the street, we all do it. The problem comes when there are a lot of cars on the street at once. First of all it looks cluttered, and secondly and most importantly it becomes hazardous in the event of a fire. The Houston Fire Department has said that street parking can be the difference between getting to your home within minutes, and being delayed because there are cars blocking the front of your house. The difference to minimal damage and total devastation when it comes to a fire can very often be a matter of moments. Please try and park in the driveway as much as possible. This will not only benefit the way the neighborhood looks, but also might save someone's home or even their life one day.

The Commute in and out of Willowbridge and The Nightmare on 290

Does it seem like the commute in and out of our community seems to be getting worse and worse? Its not your imagination. The construction on 290 has been expanding over the last year. Here is the latest news on what we can expect for 2016, and some common questions answered.

Why is US 290 down to 2 lanes approaching the I-610 interchange.

Inbound US 290 is now two lanes approaching I-610 to accommodate the existing US 290 construction phasing. When the work is complete, there will be three lanes going to I-610 West Loop southbound, and two lanes going to I-610 North Loop eastbound. We anticipate that construction to be completed in 2017.

How many miles of 290 are being reconstructed?

The US 290 portion of the program is approximately 38 miles long, extending from the interchange area of IH 10/IH 610/US 290 northwest to FM 2920 near the Harris/Waller County line.

The proposed Hempstead Tollway would be built along Hempstead Road from I-610 to SH 99, and is approximately 24 miles long.

How will I know about detours and closures?

Information about detours and closures is emailed. If you would like to sign up for the email list, visit www.my290.com

With the size of the HOV lane shrinking, stalls and accidents back everything up very quickly, what is being done to prevent this problem?

TxDOT has heard this concern from many stakeholders and has partnered with METRO, Houston TranStar and Miller's Wrecker Service to safely clear incidents in the HOV lane during peak traffic hours in the mornings and evenings.

(Continued on Page 3)

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
Street Lights & Outages - CenterPoint Energy.....	713-207-2222
CenterPoint Energy.....	713-659-2111
Newsletter Publisher	
Peel, Inc.	www.PEELinc.com, 888-687-6444
Advertising.....	advertising@PEELinc.com, 888-687-6444
Poison Control Center	800-222-1222
AT&T - Repair	800-246-8464
Billing	800-585-7928
Trash – WCA	281-368-8397
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

Beautification Committee	
Jennifer Y'Barbo	jhybarbo@subhou.com
Homeowners Association	713-334-8000
Graham Mgmt - Tracy Graham	
.....	grahammanagement@sbcglobal.net
Clubhouse/Reservations	
Adrienne DelGiorno	713-334-8000
Pool Parties/Tags	
Sweetwater Pool Co.	281-988-8480
Marquee Coordinator	
Barbara Lallinger.....	281-890-8464
Newsletter Coordinator	
Krystina Cotton	
.....	willowbridgenews@gmail.com
Security Coordinator	
Julie Dubros.....	281-794-9032
.....	martin@juliedubros.com
Soccer Field Coordinator.....	
Jay Guarino	jvguarino@hotmail.com
Website Coordinator	
Angela Doray.....	willowbridgehoa@live.com
Yard of the Month Committee	
Nominate your favorite at: willowbridgehoa.com or Contact	
Jennifer Y'Barbo	jhybarbo@subhou.com
Lost Pet Coordinator	
Sonia Moore	msrc@aol.com, 281-955-8068
Welcoming Committee	
Gracie Galvan	281-732-0009
.....	galvangracie@hotmail.com

BOARD OF DIRECTORS

Brian Fisher	President
Jennifer Y'Barbo	Secretary
Leah Protz	Treasurer
Barbara Lallinger	Director
Rebecca Peters	Director

HOA INFORMATION

Willowbridge Homeowners Association Inc. - Graham Mgmt
Tracy Graham 713-334-8000 || E-Mail | grahammanagement@sbcglobal.net |
Fax	713-334-5055
2825 Wilcrest Dr., #600 Houston, Tx. 77042	
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 Thursday of each quarter (Jan, Apr, Jul, & Oct) 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.

STREET LIGHT OUT?

If you notice a street light out PLEASE report it to CenterPoint Energy. We pay for all of the street lights in our subdivision... every month... regardless if they are illuminated or not!! This is also a serious safety issue. To report an outage, follow these steps:

1. Dial (713) 207-2222.
2. Choose a language preference.
3. Select option "4" (for street light outages).
4. Provide the 6 digit number (located approximately 5 feet up the pole), street name and closest address.

NEWSLETTER ARTICLE SUBMISSION

Newsletter Article submission Deadline is 3rd of each month. Please give a 2 month advance notice.

(Cont. from Cover)

What happened with the Metro Pinemont Park and Ride?

In January 2014, METRO closed the Pinemont Park and Ride. In spring 2014, the T-ramp access to that facility was removed.

The ultimate plan for the US 290 Corridor, approved during the environmental review, includes widening the US 290 mainlanes and adding a new managed lane facility on Hempstead. The cost of building the ultimate plan is \$4.7 billion. Due to the distance between the Pinemont facility to the Hempstead managed lanes, it was not feasible to maintain the connection to the Pinemont park and ride lot.

Current funding conditions mean TxDOT cannot construct both US 290 and the Hempstead Tollway at this time. TxDOT will build interim improvements on US 290 from I-610 to SH 99, and is currently deciding what the lane configuration of that interim project will look like. The US 290 footprint as approved in the program's Final Environmental Impact Statement (FEIS) will not change.

Maintaining the Pinemont connection during this interim phase would be costly. It would require expanding the right-of-way footprint, which was not approved in the program's Final Environmental Impact Statement, and increase the cost of right-of-way acquisition and relocation. There are also challenges designing the interim facility on the US 290 mainlanes to accommodate the Pinemont connection, and difficulties phasing construction to safely work on the mainlanes around the elevated ramp.

Please know we continue working together with METRO on future operations and ways to mitigate this access change at the Pinemont Park and Ride, including potentially increasing parking at other facilities such as the Northwest Transit Center.

We should add the METRO HOV system remains operational on US 290.

When will the 290 project be finished?

We anticipate construction on the interim project to be completed by the end of 2017. As construction progresses, TxDOT will open some portions before 2017. My290.com will let you know when these openings occur.

TxDOT's ultimate vision for the US 290 Corridor involves the construction of the parallel Hempstead Tollway from I-610 to SH 99. Due to current funding conditions, that roadway will not likely be built for 20 years.

*All information from the www.my290.com website as well as TXDOT.gov

Walking in a (not so) Winter Wonderland

When you consider most of the country during the month of January drops below freezing at some point, we have to look at ourselves as pretty lucky with our weather. Add that to the fact that our subdivision has such nice sidewalks, parks and play areas, we really should be out there walking as much as we can.

Walking benefits everyone. Here are some of the many reasons we need to go for a walk.

1. Walking improves circulation. It also wards off heart disease, brings up the heart rate, lowers blood pressure and strengthens the heart. Studies at the University of Colorado at Boulder and the University of Tennessee found that post-menopausal women who walked just one to two miles a day lowered blood pressure by nearly 11 points in 24 weeks. Women who walked 30 minutes a day reduced their risk of stroke by 20 percent – by 40 percent when they stepped up the pace, according to researchers at the Harvard School of Public Health in Boston.

2. Walking shores up your bones. It can stop the loss of bone mass for those with osteoporosis, according to Michael A. Schwartz, MD, of Plancher Orthopedics & Sports Medicine in New York. In fact, a Brigham and Women's Hospital, Boston, study of post-menopausal women found that 30 minutes of walking each day reduced their risk of hip fractures by 40 percent.

3. Walking leads to a longer life. Recent research out of the University of Michigan Medical School and the Veterans Administration Ann Arbor Healthcare System says those who



(Continued on Page 4)



Willowbridge - Stonebridge

(Continued from Page 3)

exercise regularly in their fifties and sixties are 35 percent less likely to die over the next eight years than their non-walking counterparts. That number shoots up to 45 percent less likely for those who have underlying health conditions.

4. Walking lightens mood. A California State University, Long Beach, study showed that the more steps people took during the day, the better their moods were. Why? Walking releases natural pain-killing endorphins to the body – one of the emotional benefits of exercise.

5. Walking can lead to weight loss. A brisk 30-minute walk burns 200 calories. Over time, calories burned can lead to pounds dropped.

6. Walking strengthens muscles. It tones your leg and abdominal muscles – and even arm muscles if you pump them as you walk. This increases your range of motion, shifting the pressure and weight from your joints and muscles – which are meant to handle weight – helping to lessen arthritis pain

7. Walking improves sleep. A study from the Fred Hutchinson Cancer Research Center in Seattle found that women, ages 50 to 75, who took one-hour morning walks, were more likely to relieve insomnia than women who didn't walk.

8. Walking supports your joints. The majority of joint cartilage has no direct blood supply. It gets its nutrition from synovial or joint fluid that circulates as we move. Impact that comes from movement or

compression, such as walking, “squishes” the cartilage, bringing oxygen and nutrients into the area. If you don't walk, joints are deprived of life-giving fluid, which can speed deterioration.

9. Walking improves your breath. When walking, your breathing rate increases, causing oxygen to travel faster through bloodstream, helping to eliminate waste products and improve your energy level and the ability to heal.

10. Walking slows mental decline. A study of 6,000 women, ages 65 and older, performed by researchers at the University of California, San Francisco, found that age-related memory decline was lower in those who walked more. The women walking 2.5 miles per day had a 17-percent decline in memory, as opposed to a 25-percent decline in women who walked less than a half-mile per week.

11. Walking lowers Alzheimer's risk. A study from the University of Virginia Health System in Charlottesville found that men between the ages of 71 and 93 who walked more than a quarter of a mile per day had half the incidence of dementia and Alzheimer's disease, compared to those who walked less.

12. Walking helps you do more, longer. Aerobic walking and resistance exercise programs may reduce the incidence of disability in the activities of daily living of people who are older than 65 and have symptomatic OA, shows a study published in the Journal of Clinical Outcomes Management.

www.arthritis.org



GRACIE GALVAN

Realtor

SRES, CHMS, & ALHS Specialist

RE/MAX

Professional Group

galvangracie@hotmail.com

Direct: 281-732-0009

Office: 832-478-1246



Area resident for 17 years.

SELLING YOUR HOME

- Free Market Analysis

BUYING A HOME

- Free Home Search Service

**LOOK NO FURTHER FOR GREAT
CUSTOMER SERVICE AND PUT
EXPERIENCE TO WORK FOR YOU!**

Member of HAR/MLS service

Always working for you!



BASHANS PAINTING & HOME REPAIR

- Interior & Exterior Painting
- HardiPlank Replacement
- Sheetrock Repair
- Cabinet Painting
- Pressure Washing
- Fence Repair/Replacement
- Custom Staining
- Gutter Repair & Replacement
- Crown Molding
- Wallpaper Removal
- Wood Replacement
- Interior Carpentry
- Wallpaper Removal & Texture
- Garage Floor Epoxy
- Roofing
- Faux Painting

NO MONEY UP FRONT

20 Years Experience • References Available

Commercial/Residential

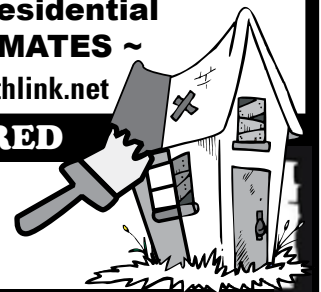
~ FREE ESTIMATES ~

BashansPainting@earthlink.net

◆ FULLY INSURED

281-347-6702

281-731-3383 cell



HARDIPLANK®



Roasted Butternut Squash Soup

It's the coldest time of the year in Houston, so there has never been a better time than now to enjoy a warm bowl of delicious soup.

Ingredients

- 4 pounds whole butternut squash (about 2 medium), halved lengthwise and seeds removed
- 2 tablespoons unsalted butter (1/4 stick)
- 1 medium Granny Smith apple (about 8 ounces)
- 1/2 medium yellow onion
- 8 fresh sage leaves
- 2 1/2 cups low-sodium vegetable or chicken broth
- 2 1/2 cups water
- 1 1/2 teaspoons kosher salt, plus more as needed
- 1/4 teaspoon freshly ground black pepper, plus more as needed
- 1/3 cup heavy cream
- 1/2 cup toasted pumpkin seeds, for garnish (optional)

Directions

1. Heat the oven to 425°F and arrange a rack in the middle. Line a baking sheet with aluminum foil. Place the squash pieces cut-side up on the baking sheet. Melt 1 tablespoon of the butter



(Continued on Page 6)

JUST DO IT!

SELL US YOUR CAR!™

TEXASDIRECTAUTO.COM

The advertisement features a black and white photograph of a small puppy sitting on a white surface. Next to the puppy are two dumbbells and a coiled measuring tape. The text 'JUST DO IT!' is written in large, bold, black letters to the right of the puppy. Below the photograph, the text 'SELL US YOUR CAR!™' is written in large, bold, white letters with a black outline. At the bottom, the website 'TEXASDIRECTAUTO.COM' is written in a smaller, bold, black font. A small logo of a car is visible to the left of the website name.

Willowbridge - Stonebridge

(Cont. from Page 5)

and brush all of it over the tops and insides of the squash halves (alternatively, you can rub it on evenly with your fingers). Season generously with salt and pepper. Roast until knife tender, 50 minutes to 1 hour.

2. Meanwhile, peel, core, and cut the apple into medium dice, also cut the onion into medium dice as well. Melt the remaining tablespoon of butter in a large saucepan or Dutch oven over medium heat. Add the apple, onion, and sage, season with salt and pepper, and cook, stirring occasionally, until softened, about 7 minutes. Remove the pan from the heat and set aside.

3. When the squash is ready, set the baking sheet on a wire rack until the squash is cool enough to handle. Using a large spoon, scoop the flesh into the saucepan with the sautéed apples and onions; discard the skins.

4. Add the broth, water, and measured salt and pepper, stir to combine, and bring to a boil over medium-high heat. Reduce the heat to medium low and simmer, stirring occasionally and breaking up any large pieces of squash, until the flavors meld, about 15 minutes. Remove the pan from the heat and stir in the cream.

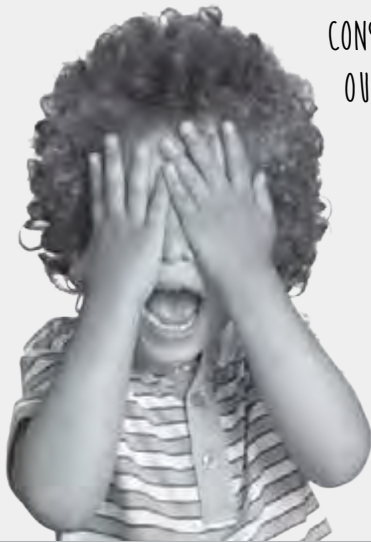
5. Using a blender, purée the soup in batches until smooth, removing the small cap (the pour lid) from the blender lid and covering the space with a kitchen towel (this allows steam to escape and prevents the blender lid from popping off). Alternatively, use an immersion blender. Taste and season with salt and pepper as needed. Serve garnished with the pumpkin seeds, if using.

To add a textural final flourish, garnish with toasted pumpkin seeds, our Savory Pumpkin Seed and Rye Granola, or Parsley Croutons. And for a delicious alternative you can make in your crockpot, check out our Slow Cooker Butternut Squash and Red Pepper Soup.

Make-ahead note: Cool the finished soup to room temperature, cover, and refrigerate for up to 3 days, or stick in the freezer up to 1 month.

Recipe courtesy of Christine Gally from www.chowhound.com

SPENT TOO MUCH DURING THE HOLIDAYS?



CONSOLIDATE THOSE BILLS WITH
OUR PLATINUM VISA® CREDIT
CARD TODAY!

Opening an Energy Capital
Credit Union Platinum VISA®
credit card makes paying down
credit card debt easy. Balance
transfers are free, and card
interest rates are as low as
11.40% APR*.

Apply online at www.eccu.net, or at your favorite
Energy Capital Credit Union location.

832.604.4848 | WWW.ECCU.NET

24396 NORTH FREEWAY,
SPRING, TX 77386

18540 NORTHWEST FREEWAY
HOUSTON, TX 77065



ENERGY
CREDIT UNION
CAPITAL

*APR is Annual Percentage Rate, as low as 11.40% and current as of 12/15/2015. Rates subject to change at any time. Subject to credit qualifications. Visit www.eccu.net for full credit card disclosures.

All of Your Dental Needs Under One Roof.



LEPOW DENTAL
ASSOCIATES

(713) 937-0050

www.lepowdental.com

- Family Dentistry
- Cosmetic Dentistry
- Team of Dental Specialists
- Orthodontics and Invisalign
- Periodontal (Gum) Treatment/Surgery
- Root Canal Treatment
- Wisdom Tooth Removal
- Dental Implants
- Dentures and Partials

Now Welcoming New Patients!
Se Habla Español

9125 West Road
Houston, Texas

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	Birthdate	Phone Number	Parents
Rebecca Dyer+	1998	281-955-0863	Tracy & Brian Dyer
Rachel Sontag	1997	713-598-6792	Rosanne & Perry Sontag
Nicole Cooper	1996	832-922-2744	Inday & Wayne Cooper
Sae Anazonwu	1998	713-417-3670	Debra Anazonwu
Kim Cook	1997	832-237-9541	Glenn & Maureen Cook
Darien Holley	1999	713-253-8786	Darcele Holley
Brooke Sontag	2000	281-844-5978	Rosanne & Perry Sontag
Sarah Pham	1999	832-859-7169	Quang Pham & Tuyet Nguyen

+ Red Cross Certified

Pet Sitter / Plant Watering

Tommy Hamner	1998	281-469-5782	Melissa & Findley Hamner
Rachel Sontag	1997	713-598-6792	Rosanne & Perry Sontag
Abby & Emily Cook	2000	832-237-9541	Glenn & Maureen Cook
Darien Holley	1999	713-253-8786	Darcele Holley
Chryssy Janoschak	1998	281-610-0939	Tammy & Mark Janoschak
Brooke Sontag	2000	281-844-5978	Rosanne & Perry Sontag
Nick Hamilton	2002	281-919-9716	Kristi and Andy Hamilton
Trinity Kerr	2000	832-253-4501	Jennifer and Robert Bird

ATTENTION TEENAGERS

The Teenage Job Seekers listing service is offered free of charge to all Willowbridge/Stonebridge teenagers seeking work. Submit your name and information to willowbridgenews@gmail.com by the 8th of the month!

At no time will any source be allowed to use the WillowTalk contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the Willowbridge-Stonebridge Homeowners Association and Peel, Inc. The information in the WillowTalk is exclusively for the private use of Willowbridge-Stonebridge residents only.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

WIRED

ELECTRICAL SERVICES

SERVICING ALL YOUR ELECTRICAL NEEDS

- Panel Upgrades
- Home Inspections
- TV Install/Mounting
- Troubleshooting
- Remodeling
- Landscaping Lighting
- Home Generators

RESIDENTIAL & COMMERCIAL 24-7 SERVICE
LICENSED & INSURED



**Take \$25.00 Off Your
Next Service Call**

FAMILY OWNED AND OPERATED

713.467.1125 or 281.897.001

www.WiredES.com



TECL 22809 Master 100394



ADVERTISE YOUR BUSINESS TO YOUR NEIGHBORS

Support Your Community Newsletter

Jackie Owens

Sales Representative

832-482-8132

jowens@PEELinc.com



PEEL, INC.
community newsletters

www.PEELinc.com 1-888-687-6444



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSRT STD
U.S. POSTAGE
PAID
PEEL, INC.

WB



Here's to a fresh start in 2016.
CHEERS.

Start the new year right with stellar buyer
and seller services offered by the



Buyer Services

Knowledge of Entire Houston Area
Savvy Price Negotiation
Total Guidance Through Buying Process
New Home Specialists
Multiple Lending Resources

Seller Services

Market Pricing Expertise
Extensive Marketing Plan
Free Professional Photography
Effective Staging Advice
Move-Up and Downsize Programs

REAL ESTATE BY *REAL PEOPLE.*



Each office independently owned and operated.

281.477.0345

info@floryteam.com

floryteam.com