



2015 HOLIDAY DECORATION WINNERS

Willowbridge looked beautiful this past holiday season. Thank you to all of you who brightened the neighborhood with holiday cheer and colorful decorations. There were 3 houses that stood out, and the board would like to give recognition to:

BEST DECORATIONS
8607 Glascock Ln. (Willowbridge)
Olitia and Luis Cortes

RUNNER UP
9506 Pearsall Dr. (Willowbridge)
Julie Nguyen Cao

RUNNER UP
9707 Rockpass Dr. (Stonebridge)
Mary Jane and John Schneider



Top 10 HOA questions:

When I bought my home in Willowbridge, I bought it for the beautiful neighborhood, great location, and a wonderful place to raise a family. I didn't even know what an HOA was until closing. I'm not alone, after speaking with many neighbors most didn't know the answers to some common questions we all might have about living in an HOA community.

Here are the top 10 most common questions asked by home owners

1) Can I change my landscaping in my front yard without permission from the HOA? i.e. can I remove a tree?- Answer- No, you must submit the appropriate form to the HOA for approval for any changes to the front landscaping

2) Who do I call when I have an issue with a neighbor? With dog fouling, street parking or loud noise?- Answer- Call Graham Management company at 713-334-8000

3) Can I build a pool in my backyard without permission?- Answer- No, you must submit the appropriate forms to the Management Company

4) What do my HOA fees cover?- Answer- The budget has all things that our fees cover. If you would like a copy of the budget, you can email Tracy Graham at grahammanagement@sbcglobal.net, also it is available on our website under the About Willowbridge tab under forms and documents

5) Do my friends and extended family have access to common areas?- Answer- You are allowed 2 guests per resident

6) If I want to make any superficial changes to my home, what form do I need to fill out and how is the decision made for approval or denial?- Answer- You need to fill out the ACC form and the decision is made by the committee according to the guidelines

7) How often does the HOA hold meetings?- Answer- The HOA holds meets every quarter

8) Is solicitation allowed in our neighborhood, i.e girl scouts or political campaigning?- Answer- No, not without consent from the HOA.

9) Where do I direct complaints?- Answer- The Management Company

10) Do I need to notify the HOA if I choose to rent or sell my property?-Answer- No you do not

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
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Poison Control Center	800-222-1222
AT&T - Repair	800-246-8464
Billing	800-585-7928
Best Trash.....	281-313-2378
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

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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.

Cold Vs Flu

Your nose is stuffy, your throat is scratchy, and your head is pounding. Is it a cold or the seasonal flu? Symptoms can overlap, so unless your doctor runs a rapid flu test — a quick check done with a cotton swab from the back of your nose or throat — as soon as you start to get sick, it's hard to know for sure. Here are some basic guidelines on how to tell the difference between cold and flu symptoms, and what to do if you have either one of these infections.

What Is the Common Cold?

The common cold is called “common” for a reason. This seasonal respiratory infection is a leading cause of doctor's office visits and missed work or school days each year. In fact, according to the Centers for Disease Control and Prevention, approximately 22 million school days are lost each year in the United States due to the common cold.

While a cold generally resolves quickly, symptoms can last for up to two weeks. However, unlike the flu, symptoms are generally mild and in most cases do not lead to any serious health complications.

According to the Mayo Clinic more than 100 different viruses can cause the common cold. However, the rhinovirus is most often the one that makes people sneeze and sniffle, and it's highly contagious. Other frequent cold-causing pathogens include coronaviruses and respiratory syncytial viruses. Most cold-causing viruses thrive in environments with low humidity, which may be why colds are more common during the fall and winter months. However, you can catch a cold any time of year.

When someone who's sick sneezes or coughs, they send virus-filled droplets flying through the air. You can get sick if you touch a surface (such as a countertop or doorknob) that has recently been handled by a cold-infected person, and then touch your nose, mouth, or eyes.

Cold Symptoms

If you have a cold, you'll probably experience symptoms such as:

- runny or stuffy nose
- sore throat
- sneezing

- mild-to-moderate fever
- cough
- headache or body aches
- mild tiredness

How to Treat a Cold

Colds are contagious during the first two to three days, so stay home and rest up. Because this is a viral infection, antibiotics are not effective in treating a cold. However, over-the-counter medications (antihistamines, decongestants, acetaminophen, and nonsteroidal anti-inflammatory medicines) can relieve congestion, aches, and other cold symptoms. Drink plenty of fluids to avoid dehydration.

Some people take natural cold remedies, such as zinc, vitamin C, or echinacea. According to the National Center for Complementary and Integrative Health, studies haven't confirmed whether these remedies can prevent or reduce the symptoms or length of a cold.

Colds usually clear up within a few days. See a doctor if your cold hasn't improved in about a week, or if you develop significant or persistent fevers. You could have allergies, or a bacterial infection (such as sinusitis or strep throat) that requires antibiotics. A nagging cough could also be a sign of asthma or bronchitis.

How to Prevent a Cold

There's an old saying that laments, “We can put a man on the moon, but we still can't cure the common cold.” While it's true that doctors haven't yet identified a vaccine, there are ways to prevent this mild but annoying affliction.

Avoidance

Because colds spread so easily, the best prevention is avoidance. Stay away from anyone who is sick, and don't share utensils or any other personal items (e.g. toothbrush, towel). Sharing goes both ways — when you're sick with a cold, stay home.

Good Hygiene

Practice good hygiene. Wash your hands often with hot water and soap to get rid of any germs you might have picked up during the

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day, or use an alcohol-based hand sanitizer. Keep your hands away from your nose, eyes, and mouth when they're not freshly washed. Cover your mouth and nose when coughing or sneezing, and always wash your hands afterward.

What Is the Seasonal Flu?

Influenza — or the flu, as it's better known — is another upper respiratory illness. Unlike the common cold, the flu can develop into a more serious condition such as pneumonia. This is especially true for young children, older adults, pregnant women, and people with immunocompromising health conditions such as asthma, heart disease or diabetes.

Unlike the cold, which can hit at any time of year, the flu is generally seasonal. Flu season usually runs from fall to spring, peaking during the winter months. During flu season, you can catch the flu in the same way you'd pick up a cold: by coming into contact with droplets spread by an infected person.

The seasonal flu is caused by the influenza A, B, and C viruses. Active strains of influenza virus vary from year to year. That's why a new flu vaccine is formulated and released each year.

Flu Symptoms

Flu symptoms can be similar to those of a cold, although they tend to be more severe. Symptoms can include:

- dry, hacking cough
- moderate-to-high fever (although not everyone with the flu will run a fever)
- sore throat
- shaking chills
- severe muscle or body aches
- headache
- stuffy and runny nose
- profound fatigue (may last up to two weeks)

Some people may experience vomiting and diarrhea, but this is more common in children.

How to Treat the Flu

In most cases, fluids and rest are the best way to treat the flu. Over-the-counter decongestants and pain relievers such as ibuprofen and acetaminophen may control your symptoms and help you feel better. However, never give aspirin to children. It can increase the risk of a rare but serious condition called Reye's syndrome. Drink plenty of fluids to prevent dehydration. Your doctor may prescribe antiviral drugs — oseltamivir (Tamiflu), zanamivir (Relenza), or peramivir (Rapivab) — to treat the flu. These drugs can shorten the duration of the flu and prevent complications such as pneumonia, but you need to take them within the first 48 hours of getting sick in order to have a positive impact.

When to Call a Doctor

Call your doctor when you first have symptoms if you're at risk for complications from the flu. According to the University of California, San Francisco Medical Center, those at risk for serious complications include:

- people over the age of 50
- pregnant women

- children under the age of 2
- those with weakened immune systems due to HIV/AIDS, steroid treatment, or chemotherapy
- people with chronic lung or heart conditions
- people with metabolic disorders such as diabetes, anemia, or kidney disease
- people living in long-term care facilities such as nursing homes

Contact your doctor right away if your symptoms do not improve, or if they become severe. See a doctor if you have signs of pneumonia, including:

- trouble breathing
- severe sore throat
- cough that produces green mucus
- high, persistent fever
- chest discomfort

Monitor children closely, and seek prompt medical treatment if they develop the following symptoms:

- labored breathing
- irritability
- lethargy
- refusing to eat or drink
- trouble awaking or interacting

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Part 10 of 10: Flu Prevention

How to Prevent the Flu

The best way to prevent the flu is by getting the flu shot. Most doctors recommend getting the flu vaccine in October, or at the very start of flu season. However, you can still get the vaccine in late fall or winter.

To avoid picking up the influenza virus, wash your hands often and thoroughly with warm soap and water, or use an alcohol-based hand sanitizer. Avoid touching your nose, eyes, and mouth, and try to stay away from anyone who has the flu or flu-like symptoms.

It's important to adopt healthy habits to keep cold and flu germs at bay. You should always make sure you get plenty of sleep, eat lots of fruits and vegetables, exercise, and manage your stress during cold and flu season and beyond.

RAIN IN THE DRAIN

Flooding and street drainage are always issues that come up this time of year. We usually get our heaviest rains in the next few months. Did you know that clippings from our yards greatly impact our storm drain system? This could be the difference between water clearing within a few minutes to taking hours, and even worse, causing flooding.

The City and Harris County have spent millions of dollars to try and help alleviate the situation, there are several things that we should be mindful of. If we as homeowners do our own yard work, make sure we mulch our grass clippings or bag and throw them away. If we use a yard service make sure we tell them not to blow grass and leaves into the street. If leaves and debris are building up on our driveways and sidewalks, we bag them before they end up going down the drain.

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Recipe Box: Chocolate Pie

In honor of Valentine's Day, here is a very easy, very decadent chocolate pie that is sure to be a welcome addition to any special occasion

Ingredients

- 1 1/2 cups sugar
- 1/4 cup cornstarch
- 1/4 teaspoon salt
- 3 cups whole milk
- 4 egg yolks, beaten with a fork
- 6 1/2 ounces bittersweet chocolate, broken into pieces
- 2 tablespoons butter
- 2 teaspoons vanilla
- 1 baked pie shell (store-bought is fine)

Optional toppings: whipped cream, hot fudge sauce, caramel sauce, chopped walnuts, raspberries and sprinkles

Directions

In a large saucepan over medium heat, stir together the sugar, cornstarch and salt. Pour in the milk, then the beaten eggs. Cook, stirring, until the mixture comes to a boil. Remove from the heat and add the chocolate, butter and vanilla. Stir until the chocolate is all melted. Pour into the baked pie shell and chill in the fridge for several hours until set.

Add optional toppings to make it extra special

Recipe courtesy of Ree Drummond www.foodnetwork.com



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