

WILLOW POINTE

Official Publication of the Willow Pointe Homeowners Association, Inc.

PRESIDENT'S MESSAGE

By Scott Ward

SCHOOL RULEZ

School will be starting back up August 22nd. As this school year begins, please remember to watch out for the kids out and about. This includes both in the neighborhood bus stops as well as the active school zones around our community. We will have our patrol officers following the bus to help keep things in order, but please use caution and be aware.

SUMMER SUNSET

As summer comes to an end, the Community Pool will close weekdays starting August 22nd and will open be open for weekends ONLY. This also includes all three days of Labor Day weekend... September 3, 4, and 5. See Community Calendar for details.

BLOWN AWAY

Don't forget that we are in Hurricane Season now and approaching the peak months of August and September which combined account for 61% of all Hurricanes forming in the Atlantic Basin. It is a good idea to check that you still have your supplies (Batteries, flashlights, canned foods, etc.) at the ready if needed.

Also, it is now time to check the condition of your home's exterior. Check for overgrown trees. Check your siding for lose sections. Most importantly, have your roof inspected. If you have any question about its integrity...such as loose shingles or missing tabs. Some people opt to 'wait' until they have damage to their roof to get insurance company money for replacement...just realize this can be a very risky proposition as when a roof is weakened, a minor hurricane damage will become major damage very quickly. Loose shingles/tabs indicate a weakened adhesion of the shingles. During a storm, these are quickly removed and leave behind only a layer of tar paper and plywood between your home and serious water damage.



Willow Pointe Community Calendar

August 2016

- August 1.....Landscape Committee Meeting @ 6:30pm
- August 13.....Walk the bayou and pick up trash
Willow Crossing Bridge @ 8 am
- August 22.....First Day of School
POOL CLOSED WEEKDAYS
- August 27.....Pool Open (9am-9pm)
- August 28.....Pool Open (11am-8pm)

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 third Thursday of the month at the offices of Attorneys Young and Brooks. The address is 10000 Memorial Drive, Suite 260.

IMPORTANT NUMBERS

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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)	713-207-2222
WCA -	
Garbage & Recycle.....	281-368-8397
Recycle/Hazardous Waste Disposal.....	281-560-6200
West Harris County MUD.....	281-807-9500
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Please contact us at wphoa.board@willowpointe.org if you have questions, comments or concerns.

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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.

Harris County SHERIFF'S OFFICE Patrol Report

JUNE 2016

Category	No.
Burglary/Habitat	0
Criminal Mischief	0
Disturbance/Family	0
Local Alarms	2
Suspicious Person	1
Theft/Other.....	0
Traffic stop	4
Vehicle stolen	0
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YARD OF THE MONTH

Our flooding rains have been replaced with the scorching heat of summer... but these lawns are still looking great. Congratulations to the family at 10023 Briar Park Trail who received first place for the month. Also congratulations go to the family at 9922 Elm Meadow Trail who receive second place this month.



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Dead spots in the lawn? Look for chinch bugs....

Chinch bugs often appear in Texas lawns during hot, dry conditions. Usually damage starts in sunny locations or near driveway and sidewalk areas. Damage appears as irregular dead patches in the lawn surrounded by yellowing or dying grass. Chinch bug damage can be mistaken for other lawn problems like white grubs or fungal diseases, so confirmation of chinch bug activity is needed before choosing proper treatment.

So how do you tell if you have chinch bugs? The easiest way is to look for the insects. One way to look is to cut both ends out of a can, push it into the ground using a twisting motion and then fill the can with water for about 10 minutes and wait for any bugs to float to the top. Another way would be to get down on your hands and knees and part the grass to look for the insects. For both methods, samples should be taken in the damaged (yellowed grass), not dead, grass areas.

Chinch bugs are small (about 1/5 of an inch as adults; immatures are smaller). Adults are black with white wings containing triangular markings. Nymphs, or immatures, are yellowish or pinkish with a light colored band across their body. Nymphs do not have fully developed wings.

Treatment is usually a liquid or granular formulation. Liquid formulations are often bottles that attach to the end of the garden hose or concentrates that you mix with water in a tank sprayer. Granular formulations are applied with push spreaders and need to be watered in after treatment.

Treatment should be applied to the area where damage is occurring and several feet out from the damaged area; the entire yard does not have to be treated. All label instructions should be read and followed before and during the treatment.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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Pasta Salad

- 4 cups Elbow Macaroni
- 3 whole Roasted Red Peppers Chopped (more to taste, can also use Pimentos)
- 1/2 cups Black olives - chopped fine/ can use Calamari olives
- Add pepperoncinis sliced - to taste
- 6 whole Dill pickle slices -diced about 1/2 cup diced
- 3 whole Green onions sliced - white and dark green parts
- 1/2 cups Mayonnaise
- 1 Tablespoon Red Wine or Distilled Vinegar
- 3 teaspoon Sugar more or less to taste
- 1/4 Salt teaspoon
- Plenty of black pepper
- 1/4 cup Milk - more if needed
- Splash of Pickle juice - add more if needed/ can also add pepperoncinis juice also

Cook Macaroni in lightly salted water according to package directions. Drain and rinse under cold water to cool. Set aside.

Mix together mayo, vinegar, sugar, salt & pepper. Splash in enough milk (1/4 of milk) to make it pourable. Splash in pickle juice for extra flavor. Taste & adjust seasonings as needed. Set aside.

Place cooled Macaroni in a large bowl and pour 3/4 of the dressing. Toss and add more dressing if you if you like. (Dressing will seem a little thin, but it will thicken up as salad chills).

Stir in olives, Roasted red peppers(or Pimentos), pickles, and green onions. Add more of any ingredient if you'd like stuff going on. At the end, splash in a little more pickle juice and stir.

Chill for at least 2 hours before serving. Sprinkle with sliced green onion to serve.



Best Foods & Fitness Matchups

It's a common problem: You're going for the final stretch, looking for that extra push to help you burn just a few more calories, but suddenly you're out of gas. You're not alone. "The muscles maximally absorb nutrients from food during the first 30 minutes after a workout," says Roberta Anding, M.S., R.D., national spokesperson for the American Dietetic Association.

What to do? Fuel up with the right stuff before you hit the gym, and don't forget a recovery meal post-workout. Try one of these winning combinations before your next workout, and see if you don't find that extra oomph you've been missing.

Weight Training + Protein: Combining a high-protein diet with strength training can help dieters lose more weight — and you lose fat, not muscle. Protein not only builds muscles but it also helps repair them after a workout. "The winning combination is typically four grams of carbs for every one gram of protein (think skim chocolate milk, energy bars, a turkey sandwich on whole wheat)," says Anding.

Long Distance Running + Carbohydrates: For long workouts, the performance edge goes to people who have the most glycogen (the stored form of carbohydrates). When you eat pasta or other starchy food, the body converts those carbohydrates into muscle glycogen for fuel. Hence the reason marathoners "carbo-load" the night before a big race. The trouble comes in when you eat more carbs than you need, because unused carbs can also be stored as fat!

Aerobics, Kickboxing and Spinning + Fat: For activities that involve repetitive joint action, monounsaturated fats from fish, nuts, seeds and canola, olive and peanut oils can help lubricate the joints while also providing high-quality protein to power you through a workout. An added bonus: These fats also reduce post workout soreness and stiff muscles.

Yoga and Pilates + Complex Carbohydrates: The fiber from whole grains and vegetables slows the digestion of food, allowing your body more time to absorb critical nutrients. And since most yoga and Pilates classes require fasting for two hours before class, the long lasting effects of fiber will help sustain you through a few hours without food.



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BLUE JAYS ARE NOT BLUE?

By Cheryl Conley, TWRC Wildlife Center



Blue Jays are easy to recognize because of their crest and their beautiful blue, black and white markings. They are also one of our larger birds, some reaching a foot long. Although beautiful, some consider them a nuisance because they can be aggressive.

Aggressiveness towards humans can occur when a Blue Jay is protecting its nest. They've also been known to dive-bomb cats and dogs. They can imitate the sounds of the Red-shouldered Hawk and often do this to keep predators away from the nest. Because they are such good parents and very protective, TWRC Wildlife Center rarely receives any eyes-closed nestlings at the Center.

Did you know that Blue Jays aren't really blue? The color we see is

the result of the inner structure of the feathers. There are two types of color in birds—pigmented and structural. The cardinal looks red because the feathers really are red. This is pigmented. Blue and green are unique colors in the animal kingdom and are considered structural colors. To explain as simply as possible, the blue in the Blue Jay is caused by microscopic structures in the feather that refract light like a prism. When the light passes through a dark layer of melanin, some wavelengths are filtered out, and the bird looks blue. Feathers look blue for the same reason the sky looks blue.

In late summer you may see a bald Blue Jay. Don't automatically assume that it is sick or has been attacked by another animal. Blue Jays, as well as Cardinals, go through a complete molt of their head feathers but they do grow back.

During the spring, TWRC Wildlife Center admits hundreds of Blue Jays, both adults and babies. They are admitted to our on-site care program and require daily care. If you'd like to learn how to feed and care for Blue Jays, volunteer and become a part of our Baby Bird Program. It's fun, it's rewarding and you'll be helping our wildlife. For more information go to www.twrcwildlifecenter.org.

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