

Willowlake Community Newsletter

www.willowlake.siteblast.com

April 2006

Volume 2, Issue 4

The Official Publication of the Willowlake Homeowners Association

Willowlake Money Matters – Recap of 2005

by Shelly Lackey, HOA Treasurer

Now that the holidays are behind us and the 2005 financials have been completed, I wanted to give you a summary of how your Homeowner’s Association (“HOA”) dues were spent last year. For the year 2005 the Willowlake HOA collected \$313,646 in assessments and other income/reimbursements and incurred \$296,147 in expenses. The table below summarizes our expenses into several categories. As you can see, the top three expenses for our HOA during 2005 were weekly trash service (\$55,223) landscaping and maintenance of our common areas (\$49,842), and lifeguards and maintenance of our pool (\$31,901). As you are aware, the cost of utilities climbed during 2005. Unfortunately Willowlake experienced that as well. The HOA paid \$25,420 for water, telephone, and electricity, not including streetlights, during 2005. This is an increase of 42% over 2004. We paid an additional \$24,298 for the electricity to run our streetlights. Since we are not in the city, we have to pay for our streetlights directly. We were able to continue to provide a Sheriff’s patrol for our neighborhood during 2005. Willowlake’s cost of the Sheriff patrol, which we share with Willowbridge, Stonebridge, Westbridge and MUD 11, was \$23,410.

The HOA incurred \$23,024 of legal fees during 2005. A majority of these fees were spent on collecting delinquent HOA dues. While we must pay those fees up front, they are also charged back to the delinquent account and are reimbursed once the account is paid. As a reminder, please make sure you have paid your 2006 HOA dues. The 2006 dues are the same as last year, \$575, and were due by January 31st. Please contact SCS if you have any questions about your account.

Last year we made several repairs to the gazebo and park area. This included having the gazebo and park signs power washed and repainted. We also replaced two of the red benches along the walking trail. Another sizeable repair we incurred last year was to restore the electricity to the monument at the Little Branch entrance. Someone had severed the electrical line. In total we incurred \$19,245 of maintenance & repair costs during 2005.

Our administrative expenses include postage, printing costs and, until we changed providers, the cost of this newsletter. You probably noticed that during 2005 we changed newsletter providers. Peel,

Inc., our current newsletter publisher, does not charge us to publish and mail our newsletter. Instead they make their money on the advertisements. Also included in the 2005 administrative expenses was a partial payment for a reserve study that is being conducted by a professional services firm. At the end of 2005 the Willowlake HOA board engaged a professional services firm to analyze Willowlake’s assets (pool, pool house, fences, gazebo, playground equipment, etc.) and determine how much the HOA needs to maintain as reserves to provide for the future repair and/or replacement of our assets. The HOA currently has a reserve fund of approximately \$81,600. In order for the HOA board to determine whether this amount of reserves is adequate, we determined that a reserve study was needed and should be performed by someone with expertise in this area. The results of the study will be communicated in a future newsletter.

You may recall at the end of 2004 I mentioned several capital improvements that the HOA board was planning for 2005. You probably noticed that those improvements were made! They included adding a cover over the baby pool as well as replacing several of the pool chairs. I hope you were able to enjoy the pool last year and the improvements that were made. We also introduced pool tags last year as a way to better control access to our pool. Please remember to fill out and return the pool registration form you received from SCS so that you can receive your 2006 pool tag stickers.

As I finish my recap of our expenses for 2005 let me take this opportunity to assure you that your HOA board is very mindful of every dollar that is spent. We analyze all expenses just as we would our own bills. As a general rule we solicit multiple bids for every

(Continued on Page 3)

Dates to Remember

- April 1 Spring Clean Up Day
- April 2 Daylight Savings Begins
- April 13 Board Meeting
- April 14 Good Friday
- April 16 Easter Sunday

Willowlake

Important Numbers

All Emergencies	911
Cypress-Fairbanks Hospital	281-897-3300
Harris County Sheriff.....	713-221-6000
Department of Public Safety	713-681-6187
Fire Department (non-emergency).....	713-466-6161
Center Point Energy- <i>Power Outages Only</i>	713-207-7777
ENTEX Gas	713-659-2111
Harris County Animal Control.....	281-999-3191
Memorial City Hospital	713-932-3000
MUD #11	281-209-2020
Poison Control Center	800-222-1222
Post Office Central	800-275-8777
Sweetwater Pool	281-988-8480
Newsletter Publisher	
Peel, Inc.	512-989-8905
Sales Office	<i>advertising@PEELinc.com</i> , 512-989-8905
Adver. Donna Sommer .	<i>dsommer@Peelinc.com</i> , 832-237-4684

Your SCS Management Team 281-463-1777

Association Manager

Terrie Brown *tbrown@scsmgmt.com*, ext. 7121

Service Manager

Debbie Spaw *dspaw@scsmgmt.com*, ext. 7134

Deed Restriction Coordinator

Rene Ruiz..... *r Ruiz@scsmgmt.com*, ext. 7212

Accounting Representative

Johana Reyna *jreyna@scsmgmt.com*, ext. 7130

For information on your homeowner's assessments, deed restriction violations or questions in general please contact:

SCS Management Services

7170 Cherry Park Drive ; Houston, Texas 77095

281-463-1777 • www.scsmgmt.com

Committees 2005

Architectural Control Committee

Mark Lackey.....281-970-4671

Social Events

OPEN

Newsletter - SCS

Terrie Brown.....281-463-1777, ext. 7121

Yard of the Month

Susan Childress281-955-8927

Michele Kindler

Security Chairman

Fred Flores

Block Captains

OPEN

Mom's Group

OPEN

Gazebo Rental - SCS

Debbie Spaw.....281-463-1777, ext. 7134

Pool Chairman

Paul Ford832-237-5103

Park Chairman

Karla Foley

Board of Directors

Board's E-mail..... willowlakebd@hotmail.com

President

Joe Casas..... *jasas1994@sbcglobal.net*, 281-469-1271

Vice President

Bob Ngao281-249-2431

Treasurer

Shelly Lackey.....281-970-4671

Secretary

Christie McConnell

Director

Advertising Information

Please support the businesses that advertise in the Willowlake Community Newsletter. Their advertising dollars make it possible for all Willowlake 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 Willowlake Community Newsletter by advertising, please contact our Sales Office at 512-989-8905, advertising@PEELinc.com or sales representative, Donna Sommer @ 832-237-4684 or at dsommer@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

EGGstravaganza
Easter Sunday, April 16th
6:00-8:00 pm
Ages 2 thru 5th grade
Candy Fun Music
Flashlight Egg Hunt

First Place Mother's Day Out

now enrolling for 2006-2007
(begins August 22nd)

Tuesdays & Thursdays 9:00am-2:00pm
for ages 3 months to 5 years



Kids Konnection

Houston First Church of the Nazarene

10001 West Sam Houston Parkway North ★ 281-837-0300 ★ www.fcnaz.org

Money Matters - (Continued from Page 1)

contract that we sign to ensure that we are being responsible with the HOA's money. Additionally a board member, usually the Treasurer, signs every check that is written. We are well aware of every dollar that is spent and continually evaluate the services we are receiving. As an example last year we felt that we were not getting the attention to detail that we wanted from our landscape contractor. Thus at the end of 2005 we interviewed several new contractors. We selected Monarch Landscaping to be our new landscape provider and they began servicing the Willowlake common areas in January. We have been very impressed with how quickly they have become familiar with our common areas. Monarch has identified a number of issues with our irrigation system and we are looking forward to working with them this year to greatly improve the look of our common areas. The HOA board will also be working with our new neighbors, the Credit Union that is being built at the Big Branch entrance as well as the town home community at our West road entrance, to improve the landscaping along the West road and Big Branch entrances.

I hope you have found this information helpful. If you have questions or would like additional information, feel free to contact me, or any of your other Board members. We are here to serve you.

“W” Car Decal

As you may be aware, the Willowlake Homeowner's Association (“HOA”) has joined three neighboring communities, Willowbridge, Stonebridge, and Westbridge, as well as our MUD #11 to provide a Sheriff deputy patrol for added security and presence in our neighborhood. Although we do not have around the clock deputy coverage, our patrol contract does cover every day of the week. In order to assist our Sheriff deputy patrol officers in identifying vehicles that “reside” in our neighborhoods, Willowlake has partnered with Willowbridge and Stonebridge to provide our residents with vehicle decals. The decals are a tool to enable our Sheriff patrol officers to conduct their patrols of our neighborhood more effectively.

Since this program is only successful if we have widespread participation from all residents, we urge you to participate by affixing a “W” decal to the lower left corner (driver's side) of your vehicle's back windshield. The Willowlake HOA has provided two decals for each residence. Additional decals for cars registered to your Willowlake address are 50 cents each and can be obtained from either SCS Management or any HOA board member. Thank you in advance for your cooperation and welcome to Willowlake!

JOB OPPORTUNITY!!

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Monday-Friday



Willowlake

National Night Out 2006

Calling all Volunteers

National Night Out is held annually on the first Tuesday of August. It is an opportunity for people to meet their neighbors in an effort to promote neighborhood spirit as well as fight crime. National Night Out 2006 is scheduled for Tuesday, August 1. The Willowlake HOA Board is seeking volunteers to help organize Willowlake's National Night Out festivities. This year we would like to use our gazebo and park facilities to hold the neighborhood celebration. Please contact our Treasurer, Shelly Lackey (shelly.lackey@enron.com), or Terrie Brown at SCS to volunteer. We are looking forward to a successful National Night Out and thank you in advance for getting involved!

For streetlight outage:
<http://www.centerpointenergy.com-outage>

At no time will any source be allowed to use the Willowlake 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 Willowlake Homeowners Association and Peel, Inc. The information in the Willowlake Community Newsletter is exclusively for the private use of Willowlake residents only.

Join the Fight Against Cancer April 7 and April 8

Cypress, Texas (March 9, 2006) Join the fight against cancer and participate in the 2006 American Cancer Society's Relay For Life of Cy-Fair this April.

This unique overnight fund-raising effort, set for 6 p.m. April 7 to 6 a.m. April 8 at Cy-Fair College, 9191 Barker Cypress Road, includes a survivor/caregiver recognition walk, a luminaria lighting ceremony and a variety of entertainment for all ages.

For participation, donation or event information go to www.acevents.org/tx/relay/cyfair or contact Catherine Unger at 713-706-5646 or via e-mail at Catherine.unger@cancer.org.

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Willowlake Summary of Actual 2005 Expenditures

Misc. (Taxes, Events)	0.2%	\$679
Capital Improvements (pool cover/chairs)	1.1%	3,281
Administrative exp.	2.6%	7,743
Insurance	3.8%	11,341
Maintenance & Repairs	6.5%	19,245
Management (SCS)	7.0%	20,739
Legal fees	7.8%	23,024
Patrol contract	7.9%	23,410
Street lights	8.2%	24,298
Utilities - other	8.6%	25,420
Pool	10.8%	31,901
Landscaping & repairs	16.8%	49,842
Trash	18.6%	55,223
	100.0%	\$296,147

Boy Scout BBQ

Venturing Crew 288 of the Boy Scouts of America will be holding a BBQ fundraiser from Friday April 28 5:00 p.m. to Saturday April 29 5:00 p.m. in the parking lot of the Gander Mountain Store at 290 and Hwy. 6.

Pre-orders are now being taken until April 25th at www.geocities.com/crew288/fundraisers.

SCS Announcement

In an effort to keep your property values up and the neighborhood looking great deed restriction inspections are conducted once per month.

Some items that will be cited are unkempt yards, stored or immobile vehicles, commercial vehicles as well as construction with out approval.

If you are planning any home improvement, addition or any exterior change please contact SCS for an Architectural Control Committee (ACC) application form. Upon receipt of your form, the association will respond as quickly as possible. Compliance with your community guidelines is greatly appreciated!



Assessment Collection Schedule

Original Statement Mailed	November
Assessments Due	January
Late Penalty Charged	February**
Notice of Delinquency	March**
Notice of Liens Filed	May**
Attorney Demand Letters	July**
Suits Filed	September**

**Incur charges

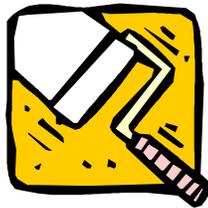
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Patient Testimonials

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Olga Salazar - Houston, TX USA

Dr. Nguyen is the most hitech-savvy dentist I have ever met. I have been a patient of Dr. Nguyen for 7 years. His ability and knowledge to utilize computerized equipment and hi-tech (laser etc.) equipment have amazed me. Dr. Nguyen works hard and do the best for his patients. I highly recommend Dr. Nguyen to be your dentist.

Jason Wong - Houston, TX USA

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Texas Events - April

1—CLEAR LAKE AREA: 11th Annual Crawfish Festival Includes plates of boiled crawfish with all the trimmings, carnival foods, kids games, gumbo cook-off, crawfish-eating contests, silent auction, dunking booth, live zydeco music and more. Hours are 11 a.m. to 9 p.m. Landolt Pavilion, Clear Lake Park, 5001 NASA Road 1. 281/488-7676

1—CLEAR LAKE AREA: Clear Lake Crawfish Crawl 5-K Walk Participants can walk, run or roller blade around Clear Lake Park and through Clear Lake Forest. Begins at 9 a.m. 281/488-7676

1—GALVESTON: The Grand Kids Festival Hours are 10 a.m. to 5 p.m. The Grand 1894 Opera House, 2020 Postoffice St. www.the-grand.com 409/765-1894

1-2—HOUSTON: 11th Annual Bayou City Cajun Fest Live bands perform from 11 a.m. to 5 p.m. Features shrimp etouffee, red beans and rice, fried boudin balls, seafood gumbo, and spicy boiled crawfish. Traders Village. www.tradersvillage.com 281/890-5500

1-2—HOUSTON: H-E-B Children's Festival Offers a dazzling smorgasbord of exciting activities, including six entertainment stages, more than 350 games and 10 Family Adventure areas. Downtown Houston. www.houstonchildrensfestival.com 713/522-9723

1-2—HOUSTON: The Peking Acrobats This troupe of China's most gifted tumblers, jugglers, cyclists and gymnasts are complemented by live musicians playing traditional Chinese instruments. Jones Hall. www.spahouston.org 713/227-4SPA

2—GALVESTON: Stories from the Appalachian Mountains Raised in the Appalachian Mountains among a family of storytellers, Elizabeth Ellis has been telling stories professionally for more than 20 years. Begins at 2 p.m. The Grand 1894 Opera House, 2020 Postoffice St. www.the-grand.com 409/765-1894

5—SOUTH PADRE ISLAND: Easter Island Easter Egg Scramble Kids age 10 and younger can bring a basket and fill it with candy and toy-filled eggs. Begins at 10 a.m. Back lawn of the Visitors Center. 800/767-2373

5-23—HOUSTON: The Dead Guy A man is given \$1 million to spend in seven days — his last week on earth. The catch is everything is televised and viewers vote on how he dies. www.stagestheatre.com 713/527-0123

7—HOUSTON: Ballet Austin's Not Afraid of the Dark — The Show that Glows This performance takes a journey into a glow-in-the-dark world, where turning off the lights isn't scary. Begins at 7 p.m. Wortham Center's Cullen Theater. www.spahouston.org 713/227-4SPA

Hours are 9 a.m. to 4 p.m. Pete Sultis Stadium. www.baytown.org 281/420-6597

8—HOUSTON: Buglisi/Foreman Dance Begins at 8 p.m. Wortham Center's Cullen Theater. www.spahouston.org 713/227-4SPA

8—HOUSTON: Indochinese Tigers Birthday Party Tiger brothers Jamu and Pandu celebrate their sixth birthdays. Includes enrichment events and Tiger Talk keeper chats. Hours are 10 a.m. to 3 p.m. Houston Zoo. www.houstonzoo.org 713/533-6500

8-9—HOUSTON: Camera Show Marriott Hotel-Hobby Airport. 713/868-9606

8-9—HOUSTON: Japan Festival Includes a main stage, martial arts stage, Japanese food vendors, 50 exhibitors and kids games. Tour the gardens where a tea ceremony, bonsai demonstrations and displays, Ikebana flower arranging demonstrations, origami and more are held. Hermann Park — Japanese Gardens. E-mail: yoko@jashouston.org 713/963-0121

8, 15—SPRING: Celebration of Easter 2006 www.oldtownspringtx.com 800/653-8696

9—FRIENDSWOOD: Easter in the Park Offers an Easter egg hunt for children, 8 years old and younger. Stevenson Park. E-mail: fwdchamber@swbell.net • www.friendswood-chamber.com

9—HOUSTON: Czech SpringFest 713/349-0500 or 866/293-2443

9—HOUSTON: Migration Celebration Includes conservation booths, craft

areas, games and special "Keeper Chats" and docent presentation. Hours are 10 a.m. to 3 p.m. Houston Zoo. www.houstonzoo.org 713/533-6500

14-16—GALVESTON: Will Rogers Follies Showcases the life and career of America's "favorite son." The Grand Opera House. www.the-grand.com 409/765-1894

15-16—KEMAH: Easter Weekend Includes an egg hunt, egg decorating, giant egg pinata bust, pictures with the Easter bunny, sunrise nondenominational church service and more. Kemah Boardwalk. www.kemahboardwalk.com 281/334-9880

15, 18, 23, 25, 28, 30—HOUSTON: Bizet's Carmen Opera's most famous femme fatale returns. This is a co-production of Houston Grand Opera, Opera Pacific and Michigan Opera Theatre. Wortham Theater Center. 713/228-6737 or 800/626-7372

17-23—HOUSTON: Shell Houston Open Golf Tournament About 150 of the world's best golfers pursue the \$5 million-plus purse. Redstone Golf Club. www.shellhoustonopen.com 281/454-7000

21-22—HOUSTON: Waste Management Earth Day Festival Children can enjoy a variety of games and crafts from building environmentally friendly bird feeders to puzzling their way through the Migration Trail Maze. Learn how conservationists track migrating birds. Hours are 10 a.m. to 2 p.m. Friday and 10 a.m. to 3 p.m. Saturday. Houston Zoo. www.houstonzoo.org 713/533-6500

21-23, 28-30—SPRING: 20th Annual Texas Crawfish & Music Festival Features music on three stages, rides, exhibits, kids area and food. 281/288-2355

21-30—HOUSTON: WorldFest: Houston International Film Festival Brings a blend of feature films, shorts, screenplays, TV commercials, music videos and documentaries to viewers throughout the area. www.worldfest.org 713/965-9955

22—ALVIN: Annual Alvin Area Garden Tour Visit several private gardens plus the museum and grounds. Includes vendors with patio/garden art, furniture, decorations and more. Hours are 10 a.m. to 4 p.m. Marquerite Rogers House Museum, 113 E. Dumble. E-mail: pdkl@hal-pc.org 281/393-1538

22—CLEAR LAKE AREA: Gulf Greyhound Park — Wiener Dawg Nationals I-45 S., exit 15, between Houston and Galveston. www.gulfgreyhound.com 409/986-9500 or 800/275-2946

22-23—HOUSTON: BP MS 150 Bike Tour More than 12,000 cyclists participate. Two-day bike tour takes riders from Houston to Austin to raise funds to fight MS. www.nationalmssociety.org/txh/home 800/344-4867

22-23, 29-30—HOUSTON: Houston International Festival Spotlights Jamaica. Downtown is filled with ethnic food booths, arts & crafts, kiosks, exhibits and 1,800 various performers. Features music and dance groups from around the world. Downtown Houston, including City Hall, Tranquility Park, Bagby Street, Upper and Lower Sam Houston Park and Allen Parkway. www.ifest.org 713/654-8808

28—HOUSTON: BREAK! The Urban Funk Spectacular Show explores the past 30 years of hip-hop dancing. Begins at 7 p.m. Jones Hall. www.spahouston.org 713/227-4SPA

29—HOUSTON: Monteverdi's The Coronation of Poppea (L'Incoronazione Di Poppea) Houston Grand Opera. Wortham Theater Center. 713/228-6737 or 800/626-7372

29-30—HOUSTON: 35th Annual Hal John & Judy Wimberly Memorial Chili Cook-Off Traders Village. E-mail: kdkone@aol.com • www.houstonpod.org 281/890-5500

Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.

Willowlake

Willowlake Homeowners Association, Inc.

POOL SEASON IS COMING SOON! TAGS AND/OR 2006 STICKERS WILL BE REQUIRED FOR POOL USE. The Willowlake pool will open on Saturday, May 6, 2006 and will be open weekends only in May until Memorial Day. Sweetwater Pools will be handling pool management. Other than registration, feel free to contact them for any pool related questions, concerns, or to schedule pool parties at 281-988-8480. Please follow the following steps to register for the 2006 swim season:

Pool Registration Procedures

1. Please make sure your account has a zero balance.
2. Fill out the enclosed registration form. List all family members residing in your home in need of pool tags and/or stickers. All information must be filled out especially the Emergency Contact and Medical Information. Failure to do so will delay processing.
3. Mail the COMPLETED registration form to SCS Management Services, 7170 Cherry Park Drive, Houston Texas 77095. You can fax your form to 281-500-7174. PLEASE NOTE: YOUR REGISTRATION FORM MUST BE RECEIVED BEFORE JUNE 1.
4. Everyone 10 years and older must have a tag; and children under 10 cannot use the pool unless accompanied by an adult.
5. Initial registration will be done entirely by mail/fax. Tags will not be available for walk-in registration until after June 1st

Late Registration

1. Forms received after June 1st will incur a \$10.00 processing fee.
2. Please keep your tags as they will be used for multiple years.
3. Lost tags can be replaced at a cost of \$1.00 per tag.

Pool closes for the season after September 4, 2006

YOU MUST HAVE A POOL TAG AND 2006 STICKER TO ENTER THE POOL AREA

WILLOWLAKE POOL RULES

1. No running or excessive horseplay.
2. No balls, frisbees or thrown toys allowed.
3. No loud, abusive or vulgar language allowed.
4. No pets, except seeing eye dogs, in pool area.
5. No glass items in pool or pool area.
6. No food, drinks or gum in the pool.
7. Children ten (10) years of age and under must be accompanied by an adult or guardian. Lifeguards are not responsible for supervision of underage children.
8. No alcoholic beverages, unless otherwise noted, at the pool.
9. All persons must shower before entering pool.
10. Only persons with proper identification admitted to pool area.
11. There will be a rest period at ten (10) minutes until the hour, each hour the pool is open. Adults only may swim during this period.
12. Lifeguards are not responsible for supervision of the wading pool.
13. No diving into shallow water.
14. Proper swim attire (including swim diapers)

THE LIFEGUARD HAS FULL AND FINAL AUTHORITY ON ALL MATTERS CONCERNING THE POOL

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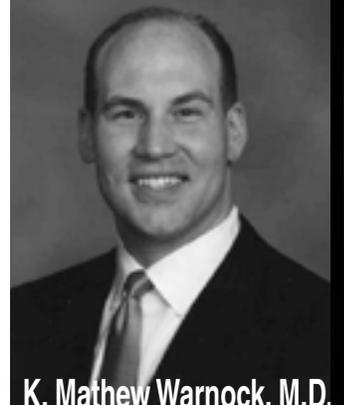
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K. Mathew Warnock, M.D.

Kids' Health Briefs

Baylor College of Medicine

Depression hard to spot in children, teens

Statistics suggest that more than 10 percent of the U.S. population experiences at least one episode of depression by the time they are 24 years old. Depression can be hard to spot in children and adolescents, but addressing it early can make all the difference in preventing development, learning, and additional emotional disorders.

"Many children and teens have somatic symptoms like head, stomach, and leg aches, as well as increased irritability and grumpiness or 'whininess.' Many times they suffer from antisocial behavior with friends and peers. Adolescents often suffer from feelings of guilt and indecisiveness," said Dr. Flossy Eddins-Folensbee, associate professor of psychiatry and behavioral sciences at Baylor College of Medicine.

"We believe girls suffering from depression outnumber boys, because girls more often use their anger and frustration, while boys tend to use more outlets for their emotions, like sports and more aggressive leisure activities. This might also be due to the biological changes that happen during female adolescence," said Eddins-Folensbee.

Clear diagnoses and target symptoms should be discussed and a plan developed for measuring and monitoring side effects and improvement.

Small steps not enough to reverse childhood obesity

At the rate they're currently overeating, many overweight kids would need to walk three miles or more a day to just prevent further weight gain, say researchers at Baylor College of Medicine (BCM) in Houston.

"Although healthy children are expected to gain weight as they grow, weight loss is recommended for overweight children, which are those with a body mass index at or above the 95th percentile," said Dr. Nancy Butte, a professor of pediatrics at BCM and researcher with the USDA/ARS Children's Nutrition Research Center. "However, we found that many overweight children are continuing to gain weight at alarming rates."

According to Butte, to burn an extra 260 calories per day, these overweight children would need to walk the equivalent of three miles or about 60 minutes per day.

"Halting the epidemic of childhood obesity will take much more than helping children make small changes in diet and physical activity," Butte said. "It will require a significant and concerted societal effort to change the way our children are eating and to increase their physical activity."

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Metabolic syndrome: The disease of the new millennium

Baylor College of Medicine

HOUSTON – (March 1, 2006) – A growing number of adults in the United States are afflicted by the fastest growing health condition in the world.

“Metabolic syndrome is the disease of the new millennium,” said Dr. John Foreyt, director of the behavioral medicine research center at Baylor College of Medicine (BCM) in Houston. “By the time you’re an adult, most of us have it. Its prevalence is increasing dramatically because of the rising number of people who are obese and inactive.”

Foreyt, also a professor of pediatrics at the Children’s Nutrition Research Center, says that in the United States almost 50 percent of adults age 60 and over have the syndrome, which may soon become the number one risk factor for heart disease.

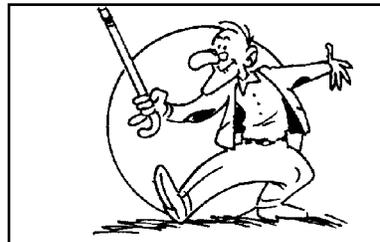
Metabolic syndrome is characterized by several risk factors, including central obesity or large waist circumference, elevated blood pressure, high plasma levels of triglycerides and low plasma levels of high-density lipoprotein cholesterol and impaired glucose tolerance. Foreyt says that if you have any three of these characteristics you have metabolic syndrome and are at risk of developing type 2 diabetes, coronary heart disease, or having a stroke or heart attack.

Lifestyle modification is an essential part of weight loss for people with or at risk for metabolic syndrome. Maintaining a healthy diet and

weight, doing 30 to 60 minutes of moderately intense exercise every day and quitting smoking can all help reduce a person’s chances of developing heart disease.

Foreyt has created a “toolbox” of strategies that can be used to combat the syndrome. The strategies include setting reasonable weight loss goals, raising awareness, confronting your weaknesses, managing stress, thinking positively and realistically about losing weight, preventing relapses by developing coping strategies and having strong support from family members and close friends.

“It’s about changing your lifestyle,” said Foreyt. “No matter what age you are the emphasis has to be on adopting a healthy diet and getting more exercise.”



About 56,000 Americans are over 100 years old.

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(REGISTRATION FORM MUST BE COMPLETELY FILLED OUT)

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Registration for pool tags and stickers for Willowlake Homeowners Association: The appropriate information listed below must be completed and returned to the address below.

Pool tags and stickers will be issued to all property owners who have returned this form and are eligible for amenity privileges. Please make sure your account has a zero balance.

Last Name of Applicant(s): _____

Property Address: _____

Daytime Phone #: _____ Alternate Phone # _____

Emergency Contact and Number: _____

CHILDREN'S LAST NAME (IF DIFFERENT THAN PARENTS) _____

ALL NAMES MUST BE LISTED BELOW IN ORDER TO RECEIVE A POOL TAG/STICKERS

NAME	AGE	HAIR	EYES	HEIGHT	MEDICAL CONDITIONS

PLEASE NOTE: IF YOU ARE A TENANT, PROPERTY OWNERS NAME AND ADDRESS ARE REQUIRED BELOW.

Owners Name: _____

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Please fax form to:

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******PLEASE MAKE A NOTE IF YOU ALREADY HAVE TAGS**

YOU WILL ONLY NEED 2006 STICKERS ****

PLEASE NOTE WHICH YOU NEED STICKERS OR TAGS OR BOTH

WILLOWLAKE MARKET REPORT

Courtesy of "DAVID FLORY"

This market information report is provided to keep you informed of resale market activity in your subdivision

	Sept 05	Oct 05	Nov 05	Dec 05	Jan 06	Feb 06
\$170,000 +	1	1	0	0	1	1
\$150,000-169,999	1	0	0	0	0	2
\$140,000-149,999	0	0	0	0	0	0
\$130,000-139,999	1	1	0	1	0	0
\$110,000-129,999	0	0	0	0	1	0
\$110,000 -	0	0	0	0	0	0
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