

Woodland Hills



The Official Publication of the Woodland Hills Homeowner's Association

Volume 3, Number 1

January 2008

Annual Meeting of Woodland Hills Home Owners Association

Mark your calendars the meeting will be held on Monday Feb. 4th 2008 at 7:30 PM in the Colleyville Center. Every member of WHHA should plan to attend.

- A review of 2007 activities
- Erosion Control – What's happening in our Park
- Expectations – What can be expected in 2008
- New development next door – what will it look like
- Finally but not least (Who will be our new board members in 2008)

If you cannot attend please contact a current board member for information about proxy voting.

High Water

In case you haven't noticed, new poles have been erected at each end of the Martin Street Bridge. The Public Works Dept. can now observe when water is over the bridge and can initiate flashing lights to warn people of the street closure. They still will have to operate the gates manually but at least now they don't have to make a special trip to see if water is flowing over the bridge.

Also a camera has been mounted at the bridge, which will show when debris gets piled up against the upstream side of the bridge so they can plan for removal.

- John Gray

Update on Erosion Control

The gabion designs are completed and we will be sending them out for bids, hopefully the week of December 17th.

- Darlene

Thank You – Christie

I just wanted to take this opportunity to thank Christie Kimbell for all of her hard work this year as the social chairman. She has done an outstanding job! The Holiday party was wonderful and all in attendance had great fun. Christie from all of us in the neighborhood you deserve a huge pat on the back, for a job well done.

- Delynn



Don't want to wait for the mail?

View the Woodland Hills Homeowner's Association Newsletter
on the 1st day of each month at
www.PEELinc.com

Woodland Hills

President Rick Watson
..... 817.283.0406, rsttw@sbcglobal.net
Vice President Rod Montrose
..... 817-857-1124, rcm@avidwireless.com
Secretary Selda Wright
..... 817-571-6687, selda1@earthlink.net
Treasurer Don Young
..... 817-239-4136, donald.young@c-b.com
ACC Chairperson Lance Andrews
..... 817-571-6160, lrandrews@sbcglobal.net
ACC Chairperson Lynn Bryant
..... 817-233-5382, lynnb@lwbpc.com
Landscape Chairperson Darlene Page
..... 817-498-8278
City Services Liaison John Gray
..... 817-318-8229 j.h.gray@comcast.net
Newsletter Editor Delynn Montrose
..... 214-282-7440, delynn@avidwireless.com
Social Comm. Chairperson Christie Kimball
..... 214-435-2295, christiekimbell@proplanit.com

Newsletter Information

Editor

Delynn Montrose delynn@avidwireless.com

Publisher

Peel, Inc. www.PEELinc.com, 888-687-6444

Advertising advertising@PEELinc.com, 888-687-6444

Advertising Information

Please support the businesses that advertise in the Woodland Hills Community Newsletter. Their advertising dollars make it possible for all Woodland Hills 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 newsletter by advertising, please contact our sales office at 888-687-6444 or advertising@PEELinc.com. The advertising deadline is the 20th of each month for the following month's newsletter.

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.

Woodland Hills Homeowner Association Email Address

The Woodland Hills HOA has established an email box at hoa_woodlandhills@yahoo.com. Since the newsletter comes out only once a month, we needed a way to communicate more frequently with the neighborhood. Please feel free to email the HOA with any questions you might have, feedback, or concerns. In addition, if you just want to know what is happening, send an email with Update in the subject line and an automated response will go out with all of the latest HOA news. This should help tide us over between newsletters.

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

WANTED

— BY PEEL INC. —

ENERGETIC SALES REPRESENTATIVES

➡ **REWARD** ⬅

COMMISSION BASED INCOME

WANTED FOR WORKING FROM HOME,
EARNING EXTRA INCOME, AND
SELLING ADS IN YOUR NEWSLETTER

VISIT WWW.PEELINC.COM/JOBS.PHP FOR MORE INFORMATION

888-687-6444 | WWW.PEELINC.COM



"The Moberly Team"

*Laurie, Joel and Debbie
817-313-7263 or 817-247-9541
jmoberly@airmail.net
www.moberlyteam.com*

*Full time realtors selling
Woodland Hills since 1993*

*We have never failed to sell one of our listed
properties in Woodland Hills;
Over 65 homes successfully marketed!*

A new year brings opportunity , challenge, and a fresh outlook!

Is the glass half empty or half full? It depends on your perspective. We have just completed the third best year ever for real estate in North Texas. But what's in store for us the first half of 2008? I have the data sources on file but the general consensus for the metroplex housing market is to buck the national trend with a forecasted 3% appreciation in home prices. Moreover, PMI U.S. market risk index shows there is less than a 9% chance of a price decline in 2008 for our area and ranks our risk lowest, #47 out of the fifty major markets.

The two primary reasons for metroplex outperformance:

- Local economy doing much better than national economy*
- We have not had a big run up in home prices, so only negatives are in sub-prime (mostly below \$200,000).*

2008 should be a very good year for our Colleyville micro-market. If you are considering selling your home, please give us a call. Remember the Moberly Team difference: The best price in the shortest amount of time using our free re-sale stager, Michelle Granfield of "Sanctuaries", to help you prepare your home to show it's best.

"HAVE A PROSPEROUS AND SUCCESSFUL NEW YEAR!"

Woodland Hills

Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

			2			8	6	7
				5	4	2		9
					7			
5								6
7					1			
	4				8	7		
	9	3	8				4	
		5		1		3		
							1	

Solutions at www.PEELinc.com

© 2006. Feature Exchange

5 Easy Steps to Avoid the Flu And Colds This Year

Submitted by Dr. Jim Pollard, D.C.

With winter holidays comes the cold and flu season. What's so special about this time of year that has so many folks falling victim to the common cold or flu? The answer may not be what you think. Why is it that some get sick and others don't? The answer is simple. Some are better fit to fight off the attack than others. So, how do you stay fit and avoid catching the cold or flu? Here are five easy steps to help you and your family stay healthy.

1. Wash your hands often.

Contagious sick people unintentionally spread their "bugs" wherever they go. Wash your hands regularly and avoid touching your hands to your face. No need for chemically anti-bacterial hand gels; simple water and soap will suffice.

2. Get plenty of rest.

When you physically exhaust yourself from work and all of the extra activity that the holidays bring, you leave your body with less energy to fight off an attack. In addition, your body does much of its maintenance and repair while you sleep. The more rest that you get, the better your body is able fight off illness.

3. Support your immune system naturally.

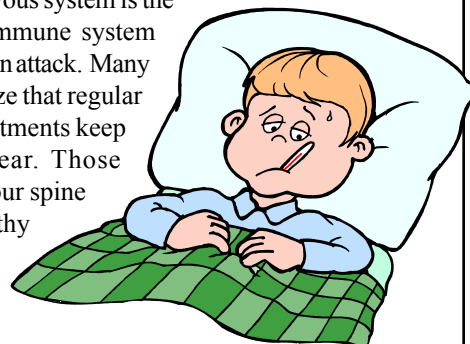
Vitamin C, zinc and grape seed extract are powerful antioxidants. Silver ion is the most powerful natural antibacterial, antiviral and antifungal known. Probiotics, such as those found in live-culture yogurts and kefir, are important in supporting immunity too, by protecting the "good bugs."

4. Maintain your exercise program.

I know, I know. It's difficult to maintain an exercise program routine this time of the year. There are only so many hours in the day. So abbreviate your usual routine. This is important because your body releases pent-up stress when you exercise. If left alone, this stress can lead to fatigue and physical breakdown. Exercise, also, releases beneficial hormones, improves immune response and helps you get a better nights sleep.

5. Maximize your immune response with Chiropractic.

A healthy nervous system is crucial to a healthy immune response. The nervous system is the "road" that the immune system uses to respond to an attack. Many people don't realize that regular chiropractic adjustments keep your "roads" clear. Those visits that keep your spine flexible and healthy may help you avoid the cold or flu this year.



FACTS ON JUNK MAIL

- The average person gets 10.8 pieces of junk mail per week.
- 100 million trees are ground up each year to produce junk mail.
- Approximately 40% of the solid mass that makes up our landfills is paper.

To help reduce junk mail, cut down waste, and save some trees, follow the 2 easy steps below.

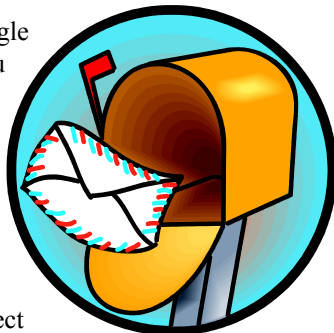
Call 888-567-8688. This single automated phone line takes you off the lists of all major credit bureaus. You can also do this online at: <http://www.optoutprescreen.com>

Send a postcard with your name, address and signature to:

Mail Preference Service, Direct Marketing Association
P.O. Box 643, Carmel, NY 10512

or download the online form at: <http://www.dmaconsumers.org>

*click on REMOVE MY NAME FROM THOSE LISTS **



Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

Understanding Sciatica

Sciatica is a nerve-related condition that can have a major impact on your fitness program and your ability to perform simple, daily tasks with ease.

A relatively common form of back pain, sciatica refers to irritation of the sciatic nerve, which is made up of five branches of nerves that come out of your lumbar and sacral spine.

In many cases, sciatica is caused by a herniated disc that is putting pressure on the sciatic nerve. A herniated disc, which is often brought on by a sudden twisting motion or injury, is sometimes referred to as a slipped, ruptured, bulging or protruding disc, or a pinched nerve.

For others, sciatica may be caused by a narrowing of the spinal canal, or stenosis, which can be congenital or may develop over time. In this case, lesions can form and protrude into the canal and press on the nerves. Sciatic irritation may also be caused by slippage of a vertebral body in front of another, a condition known as spondylolisthesis.

Poor biomechanics, curvature of the back, weak abdominal muscles or pregnancy can contribute to this slippage, which can press on the nerve.

Symptoms of sciatica

As the longest nerve in your body, the sciatic nerve runs down from your lower back through the back of your thighs, where it divides into two branches just above your knees. It further branches out into the muscles below your knees, all the way down to your feet.

Classic symptoms of sciatica often start out with back pain, which may improve over time. However, you may begin to feel pain in one of your hamstrings or calves, and some numbness or tingling in your toes.



For some people, the pain from sciatica can be severe and debilitating. For others, the pain might be infrequent and irritating, but has the potential to get worse. While sciatica can be very painful, permanent nerve damage is rare.

Fortunately, because the spinal cord does not extend through the lumbar (lower) spine, there is no danger of paralysis from a herniated disc in this area.

(Note: If your symptoms include progressive weakness in the legs or bladder/bowel incontinence, this may indicate a serious condition called cauda equina syndrome, which requires immediate medical attention.)

Treating sciatica

How sciatica is treated depends on the severity of the problem. You should, of course, see your doctor for an evaluation and diagnosis if the pain is keeping you from everyday activities.

Nerve pain is caused by both pressure and inflammation on the nerve, and treatment

is concentrated on relieving both of these conditions.

For acute pain along the sciatic nerve, heat and/or ice packs can help relieve pain. Begin by applying heat or ice for about 20 minutes at a time, and repeating every two hours as needed. You can also alternate the two to see if this provides more relief.

For some people, taking oral steroids or an anti-inflammatory such as ibuprofen will help. If the pain is severe, your doctor may inject an epidural directly into the affected area to reduce the inflammation that is causing you pain.

Manual treatments, osteopathic or chiropractic, may help relieve the pressure. Your doctor may also suggest a physical-therapy program that includes back-strengthening or lumbar stabilization exercises.

Fortunately, most people with sciatica can expect their symptoms to improve within a matter of days. For others, relief may come within two to three months.

In a small percentage of cases, where pain is severe and the combination of manual and medical treatments have not provided relief, surgery may be necessary to help relieve both pressure and inflammation.



Reprinted with permission
from the American Council on Exercise



Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at 203 W. Main Street, Ste. D, Pflugerville, TX 78660.
We will select the top few and post their artwork online at www.PEELinc.com. DUE: December 31st

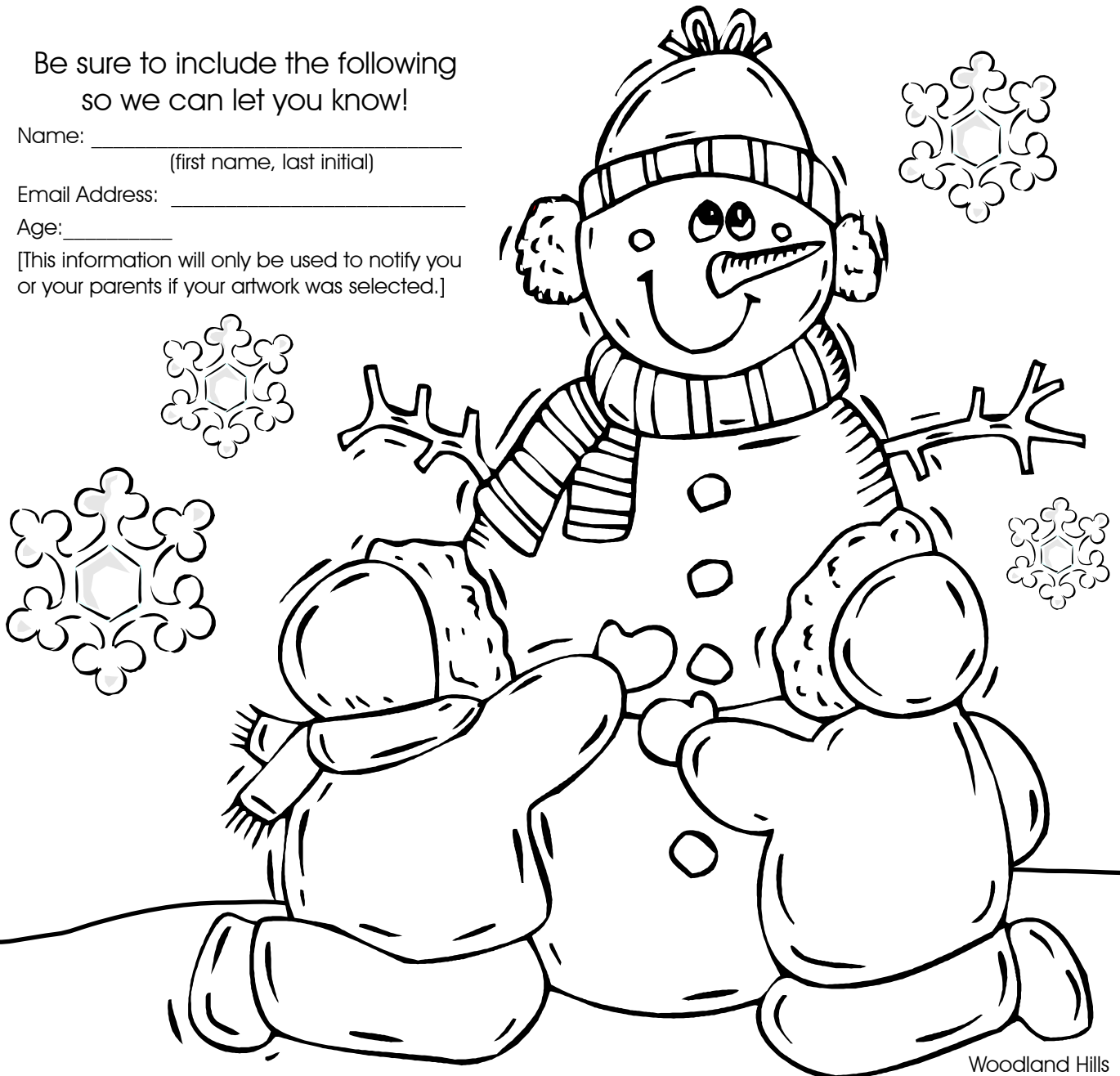
Be sure to include the following
so we can let you know!

Name: _____
(first name, last initial)

Email Address: _____

Age: _____

[This information will only be used to notify you
or your parents if your artwork was selected.]



Woodland Hills

Moving Families Home...



FOR AN UPDATE ON YOUR SUBDIVISION
GO TO
WWW.WOODLANDHILLSMARKETUPDATE.COM

CALL TODAY!

817-481-8890

KELLER WILLIAMS REALTY

850 E STATE HWY 114, STE. 100

SOUTHLAKE, TEXAS 76092

INFO@MINTEERTEAM.COM

WWW.MINTEERTEAM.COM





Nancy Dennis & Associates

817-992-7889

www.NancyDennis.com

Nancy.Dennis@cbdfw.com



Reasons to List Your Home with Nancy:

- Over \$80 Million in Homes Listed, Sold and Closed.
- Coldwell Banker's President's Elite Award 2007, President's Circle Award 2006, 2005 and Diamond International Award 2004.
- Certified Relocation Specialist and Certified Home Marketing Specialist. Certified Previews Specialist.
- D Magazine named Nancy one of DFWs Best Realtors in 2005, 2006 & 2007.
- Fort Worth, Texas Magazine's Best Realtors 2006 & 2007.
- Nancy ranked top tier 3.5% - International Top Sales Agent nation wide.
- Custom Marketing & Advertising to "Showcase" Your Home to get top \$\$\$'s.
- Representing Homes of Distinction in the Dallas/Fort Worth Metroplex.
- Specializing in Southlake, Colleyville, Keller, West Lake, Trophy Club, Flower Mound, Las Colinas, Coppell, Grapevine, & Northeast Tarrant.
- Personal website NancyDennis.com linked directly to Google search.

Peel, Inc.

203 W. Main Street, Suite D
Pflugerville, Texas 78660

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

☎ **Voice 888-687-6444**

💻 **www.PEELinc.com**

WD