

Woodland Hills



The Official Publication of the Woodland Hills Homeowner's Association

Volume 3, Number 10

October 2008

Mineral Rights Update

Working together will give us more power in negotiating with potential gas companies. All Woodland Hills homeowners are encouraged to research this coalition bargaining opportunity for yourself and join the coalition. Go to www.bc-mrc.com to sign up online. It is easy to do and we need all homeowners participation to get the best possible negotiating strength. You can also contact Zack Bryant who is our liaison to BCMRC. His email and phone number is listed with Board of Directors in the front on this newsletter.

As stated in our previous messages about mineral rights, the WHHOA is offering no legal advice but providing opinions and information relating to this important issue. If you feel you need legal advice, it is incumbent upon you to obtain such advice at your expense.



Happy Halloween!

Woodland Hills Social Activities

Neighbor National Night Out –



National night out for Colleyville will be held October 14th, which is a Tuesday. Our theme is Oktoberfest. We are planning on having a beer tasting and some kind of BBQ (brats, hot dogs, etc.) The weather should be perfect so please plan to come to the park with your chairs and neighbors!

Holiday Party –

The holiday party is scheduled for December 13th. Please contact Christie Kimbell at cell) 214-435-2295 or Email: christiekimbell@proplanit.com. Ideally, we would like to have 4 host houses. We'll be planning a theme for the holiday party to make it extra special. Please mark your calendars and plan to attend. This is one of the highlights of the year for our neighborhood!

Welcome New Neighbors

Please join us in welcoming our newest additions to Woodland Hills:

**Merri Pendergrass
3201 Queensbury Way**



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

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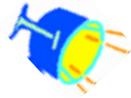
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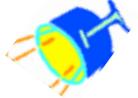
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Spotlight On... Zack Bryant!



Editor's note: I am starting a new column called "Spotlight On..." which will give us an opportunity to learn about some of our neighbors in Woodland Hills. I am selecting individuals that I do not know well to feature. I will try to randomly select folks from WHHA for a bit of spotlight. Watch out – YOU could be next!!!

About Zack Bryant:

Zack and his wife of 26 years, Lynn have lived in Woodland Hills since 1995 along with their two cockapoo dogs Kirby and Bailey. Originally from Oklahoma, they moved to this area in 1984.

Work?

I am a Financial Advisor at my firm, Bryant Financial Services in Hurst. My wife Lynn and I work together in our CPA firm as well.

Hobbies and Interests?

I like to play golf and walk my dogs in our park.

What do you do to keep busy?

In addition to his full time job, I serve as our liaison for the Mineral Rights Committee. This is almost like having another full time job! Many WHHOA neighbors have been really helpful during this process of trying to get everyone to join the coalition and negotiate the most favorable terms for homeowners. I also serve as a volunteer on the WHHOA Board on the Architectural Control Committee.

What do you like about living in Woodland Hills?

This is a neat and clean neighborhood. It's a beautiful area. We looked around for a long time before deciding on Woodland Hills and we are very happy here.

What is something most people don't know about you?

I like to cook! Lynn and I like to pull recipes from different cookbooks for different countries. Italian and Greek are some of my favorites.

What would be your dream vacation?

I would like to go sailing around the Greek Islands.

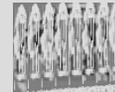
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Woodland Hills

What's Going On?

Here is a list of just a few upcoming activities and events in the City of Colleyville. There's lots more to see and do. For a complete list, go to www.colleyville.com.

Canton in the City Holiday Gift Market

Colleyville Center
Sat. and Sun., Oct. 4-5
10:00 a.m.-5:00 p.m.

Beginning Computers

Colleyville Senior Center
Wed. and Fri., Oct. 15-31
9:00-10:00 a.m.



Emergency Preparedness Series

Fire Safety and Preparedness
Colleyville Senior Center
Wed., Oct. 8, 10:00 a.m.

Colleyville Rotary Masquerade Ball

Colleyville Center
Sat., Oct. 25, 7:00 p.m.

There are many activities for reading and play for young children at the Colleyville Public Library. The address is 100 Main Street in the "Villages of Colleyville" shopping area. Or use the web site listed above for more details.



Family Movie Day

Colleyville Public Library
Sat., Oct. 11, 1:00 p.m.



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Make sense?

Please choose "Newsletter Ad" as your referral on the SparkPowerBank.com website.

Recycling Update:

Everyone is following the trend to “go green”. With that in mind, here is a bit of an update on our Colleyville recycling program. All containers must be left at curbside no later than 7:00 a.m. on pick-up day. Monday morning for Woodland Hills. Recyclables should not be placed at curbside more than twenty-four (24) hours prior to pick-up day. Additional recycle bins are available to residents at Colleyville City Hall, 100 Main Street.

Collections are made on Memorial Day, 4th of July, and Labor Day. If Christmas, New Year’s Day, or Thanksgiving fall on a Monday pick up day, all recyclables will be picked up on the next regularly scheduled pickup day.

For more information regarding schedules, routes, and garbage or recycling customer service, please call IESI at 817.222.2221.

What to put in your recycling bin:

Paper

Paper clips and staples are OK.

- Advertising circulars
- Carbonless paper
- Cardboard – cereal boxes (liners removed), soda and beer carry cartons, dry goods packaging, corrugated cardboard, paper towel and toilet paper cores. Large boxes must be broken down or cut to fit inside the cart.
- Catalogs
- Envelopes – with or without windows
- Junk mail
- Magazines
- Newspapers – all sections
- Office paper – file folders, letterhead, sticky notes, printer paper, calendars, school papers
- Paperback books
- Paper bags
- Phone books

Metals

Please rinse. Labels can be left on.

- Aluminum drink cans – do not flatten

- Aluminum baking tins – clean
- Steel or tin food cans and lids
- Empty aerosol cans – with spray nozzle; remove plastic lid unless part of the can
- Steel paint cans – must be empty and dry; a thin skin of dry paint and sides is OK; remove lid and recycle

Glass and Ceramics

Please rinse. Labels can be left on. All colors accepted.

- Bottles and jars – remove metal and plastic lids and recycle
- Ceramics
- China
- Dishes
- Mirrors – must fit inside car with lid closed
- Windowpanes – no auto glass

Plastics

Please rinse. All colors accepted.

- Bottles, cups and jars – with #1 through #7 recycling symbols on bottom of container; remove caps and lids and recycle
- Food trays, tubs and bowls – with #1 through #7 recycling symbols on bottom of container
- Plastic Eating utensils

Please **do not** put these in the recycling bin:

- Household trash
- Aluminum foil
- Auto glass
- Clothing or bedding
- Drink boxes and straws
- Garden hoses
- Gift wrap and greeting cards
- Hangers (plastic OR metal)
- Hard cover books
- Light bulbs
- Medical waste (including syringes, lancets, IV bags and tubing, and medications)
- Paper milk and juice cartons



(Continued on page 6)



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for the Escape You Deserve.*

Woodland Hills

Recycling Update - (Continued from page 5)

- Paper that comes into contact with moist food, including pizza boxes, some frozen food containers, waxed drinking cups, etc.
- Plastic containers that held hazardous materials such as gasoline, motor oil, paint pesticide or weed killer. Throw empty containers in trash.
- Plastic bags including grocery sacks, dry cleaners bags, newspaper wrappers, etc.
- Toys
- Styrofoam (foamed polystyrene) cups, food containers, formed packing, "peanuts," etc.
- Waxed paper and waxed food containers
- Yard trimmings

NEIGHBOR NEWS

We would like to publish YOUR news too! If you would like to announce births, graduations, weddings, military deployment, military return and such type of news, please send a note to helenharvey@att.net. We'd love to share the stories of the people who make up our community.

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Follow Our Top 10 Ways To Save Gas!

Submitted by Leonard Johnson

If you are serious about saving more gas, it is important to understand that you will see the largest savings when you practice a combination of proper car care and smart driving behaviors. An aggressive attack plan can save you hundreds of dollars per year in fuel.

- 1) Drive fewer miles: Combine errands, carpool when possible, eliminate unnecessary trips. The average vehicle uses a gallon of fuel for every 20 miles driven. A few thousand less miles per year adds up to big money!
- 2) Correct tire pressure: This one has gotten a lot of press recently, but improper tire pressure can cost 3% in fuel economy.
- 3) Replace dirty air filters: Replacing your air filter every 12,000 miles will save up to 10% fuel.
- 4) Pay attention to the Orange engine light: This light warns you when something is wrong in your fuel or emission system. A faulty Oxygen sensor or fuel injector can waste 35% more fuel and increase the harmful pollutants your vehicle emits.
- 5) Check the gas cap: 147 million gallons of gas vaporizes annually in the U.S. due to loose gas caps.
- 6) Avoid jack-rabbit starts: The key to good fuel economy is smooth starts and stops. Driving like a grandma may not be fun, but it will raise your fuel mileage by up to 33%.
- 7) Slow down: Every 5 miles per hour over 60 mph is like paying an additional .26 cents per gallon for gas.
- 8) Remove excess weight: Every 100 pounds of weight reduces your mpg by 2%.
- 9) Change to synthetic motor oil: Reduces friction and increases fuel mileage by 2%
- 10) Inspect brakes - Dragging brakes can seriously decrease fuel mileage.



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Woodland Hills

Texas Events - October

- 1-30—MIDLOTHIAN:** Scarecrows in the Park View themed scarecrows the community sets up. Heritage Park. www.midlothianchamber.org 972/723-8600
- 1-31—WASHINGTON:** Archaeology Awareness Month Offers a display in the Showers-Brown Discovery Center. Includes information about public digs, Web sites to visit and other literature. Washington-on-the-Brazos State Historic Site. www.birthplaceoftexas.com 936/878-2461
- 1-Nov. 2—GLEN ROSE:** The Promise Texas Amphitheatre. (Began Sep. 5.) www.glenrosetexas.net 800/687-2661
- 4, 18—PILOT POINT:** Fireside Chat Begins at 7 p.m. Ray Roberts Lake State Park, Isle du Bois Unit. 940/686-2148
- 4-26—FORT WORTH:** Fourth Annual Heart of the West Art Exhibition & Sale Features 39 of the most talented female artists in the Western art world. Works of art go on sale Oct. 10 during a gala reception at the museum. National Cowgirl Museum and Hall of Fame. www.cowgirl.net 817/336-4475
- 4-Nov. 1—WAXAHACHIE:** Screams Halloween Theme Park Includes haunted houses, haunted maze, ghoulish graveyard, Spooky Hollow children's area and more from 7:30 p.m. to 1:30 a.m. 2511 FM 66. www.screamspark.com 972/938-3247
- 8, 22—WASHINGTON:** Home School Days Discover what life was like for a child in the mid-19th century during an interactive, hands-on program. Reservations required. Washington-on-the-Brazos State Historic Site. www.birthplaceoftexas.com 936/878-2462 ext. 2461
- 9-12, 16-19—BONHAM:** Mystery Dessert Theatre Lake Fannin Wilderness Park. 903/583-6460
- 11, 25—VALLEY VIEW:** Fireside Chat Oak Point Amphitheater, Ray Roberts Lake State Park, Johnson Branch Unit. 940/637-2294
- 11-Nov. 2—ATHENS:** Scarecrow Trail East Texas Arboretum. 903/675-5630
- 11-Nov. 30—PLANTERSVILLE:** Texas Renaissance Festival The sights, sounds, tastes and beauty of the 16th century come alive for eight spectacular weekends. Includes music, food and entertainment. Open Saturdays, Sundays and Thanksgiving Friday. 21778 FM 1774. www.texrenfest.com 800/458-3435
- 17-19—WEATHERFORD:** Sounds of Thunder Scholarship Powwow Tribal dancers don beautiful traditional regalia and synchronize dancing feet with the pulsing, ancient heartbeat of the central drum. 2100 Greenwood Road. www.soundsofthunder.us 214/789-9130 or 817/832-9936
- 17-19—YORKTOWN:** 50th Annual Western Days Festival Includes armadillo races, gold mine, gunfighters, medicine show, mutton busting, pig scramble, carnival, shows, contests, arts & crafts, and one of the largest parades in South Texas. City Park, 130 Riedel. www.yorktowntx.com 361/564-2661
- 18-Dec. 28—DALLAS:** Texas Collects Asia 2008: Japanese Folk Art Honors the legacy of private collectors like the Crows, who love Asia and have shared that with Texans. Crow Collection of Asian Art. 214/979-6430
- 18-Jan. 4—DALLAS:** Texas Collects Asia 2008: Contemporary Art Crow Collection of Asian Art. 214/979-6430
- 22-23—SEGUIN:** Buck Fever Share stories, view exhibits, receive educational information on hunting safety and more. Seguin-Guadalupe County Coliseum. E-mail: cofc@seguintx.org 800/580-7322
- 23-25—BELLVILLE:** Annual Bluegrass & Gospel Music Festival Includes bands from all over the United States, Canada and Mexico. Coushatta Recreational Ranch. 979/865-5250
- 24-25—SAN FELIPE:** Halloween Fest BBQ Cook-Off Celebration 979/885-2017 or 281/630-2309
- 24-25—TEMPLE:** Angels, Antiques & Things Includes antiques; craft, gift and decorative items; angels; and country store with home-canned goods, baked goods and casseroles. Hours are 5:30 to 8 p.m. Friday and 9:30 to 2 p.m. Saturday. First Christian Church, 300 N. 5th St. 254/773-9061
- 24-26—FLATONIA:** Czhlispiel XXXVI Features continuous live music, IABC-sanctioned barbecue and CASI "Czhili" cook-offs, pie auction, jalapeno-eating contest, grand parade, arts & crafts booths, petting zoo, carnival, mechanical bull, special events and more. Downtown Flatonia, North Main. www.czhlispielfestival.com 361/865-3920
- 24-26—FORT WORTH:** Red Steagall Cowboy Gathering & Western Swing Festival Celebrates the heritage of the American cowboy with music, ranch rodeo, cowboy poetry and more. Stockyards National Historic District. www.redsteagall.com 888/269-8696
- 24-26—PLANO:** Dallas Comicon Offers a conference for comic book and sci-fi fans. Enjoy a chance to pick up memorabilia and get autographs. Plano Centre. www.scifiexpo.com 972/420-8639
- 24-26—SEGUIN:** Pecan Fest & Heritage Days Includes the Seguin Art Center and Film & Arts Festival, South Texas Pottery Show, gardener's market, Lions Club car show, historic sites and tours, golf tournament and more. Downtown Central Park. E-mail: cofc@seguintx.org 800/580-7322
- 24-Nov. 22—CLEBURNE:** The Sound of Music Presented by Plaza Theatre Company. 111 S. Main. www.plaza-theatre.com 817/202-0600
- 25—ADDISON:** Worldfest Includes an international marketplace, global food court, global games, live music and dance, international wine tasting, children's activities and workshops, parade of nations, closing drum circle and more. Addison Circle Park. www.addisontexas.net 800/233-4766
- 25—ATHENS:** First Fish for a Cause Tournament Lake Athens. 903/677-5624
- 25—BASTROP:** Bastrop State Park Fall Festival Includes a race, activities, games and sweet treats. Learn how to make pine needle baskets and decorate your own pumpkin. Costumes are allowed. Bastrop State Park. www.friendsoflostpines.org 512/321-2101
- 25—DALLAS:** Bancroft Family Concerts Enjoy classical chamber music. Dallas Museum of Art. 214/922-1200
- 25—ELGIN:** Hogeeye Festival Includes live music, pork barbecue cook-off, arts & crafts booths, art show, Sowpremes performances, royal coronation, Road Hog car show, hog calling contest and more. Main Street. www.elgintx.com 512/281-5724

(Continued on Page 9)

Woodland Hills

Texas Events - (Continued from Page 8)

- 26—DALLAS:** Thrilling Halloween Adventures Morton H. Meyerson Symphony Center. www.dallassymphony.com 214/692-0203
- 26—HALLETTSVILLE:** Falling Leaves Polka Festival Features polka, dancing, food and more. Knights of Columbus Hall. www.kchall.com 361/798-4333
- 29-31—DENTON:** Halloween-on-the-Square A culmination of three simultaneous events with trick-or-treating, a treasure hunt and an 1857 Old West Haunted House. Courthouse-on-the-Square. 940/891-3022
- 30—ATHENS:** Halloween at the Hatchery Provides a safe, family-oriented trick-or-treat experience. Texas Freshwater Fisheries Center. 903/676-2277
- 30—COMANCHE:** Trick or Treat Downtown Comanche. www.comanchechamber.org
- 30—GRAND PRAIRIE:** Carrie Underwood NOKIA Theatre. www.NOKIAtheatreDFW.com 214/373-8000 or 972/647-5700
- 30-Nov. 2—CANTON:** First Monday Trade Days Shop antiques, home decor, arts & crafts, tools, plants and more. Original First Monday Grounds/Canton Civic Center. www.firstmondaycanton.com 903/567-6556
- 30-Nov. 2—FORT WORTH:** NASCAR Dickies 500 Sprint Cup Race Includes 7-Eleven Qualifying, Silverado 350K NASCAR Craftsman Truck Series Race, O'Reilly Challenge NASCAR

Series Race, and Dickies 500 race. Texas Motor Speedway. www.texasmotorspeedway.com

- 31—WEST:** West Over 50 Dance Features music by Jerry Haisler. Hours are 7 to 10 p.m. West Fraternal Auditorium. www.westover50dance.com 254/826-4180
- 31-Nov. 1—COLUMBUS:** Live Oaks & Dead Folks Cemetery Tour Local re-enactors tell about the lives of interesting folks from the past. Local Cemetery. www.columbus-texas.org 979/732-3392
- 31-Nov. 1—ROUND TOP:** Wine Tasting Festival Enjoy holiday shopping, live music, fine dining and wine tasting. Bybee Square. E-mail: info@roundtop.org • www.roundtop.org 979/249-4042
- 31-Nov. 1—SAN FELIPE:** Heritage Celebration Celebrate Stephen F. Austin's Birthday and tour San Felipe. Includes numerous activities for children and adults. Stephen F. Austin State Historic Site. www.sealychamber.com 979/885-3043
- 31-Nov. 2—DALLAS:** The Magical Music of Walt Disney Morton H. Meyerson Symphony Center. www.dallassymphony.com 214/692-0203

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DOOR WORKS



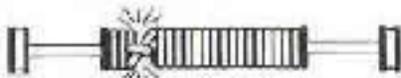
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Contrary to popular belief, women aren't the only ones with biological clocks. We all have them, and heed their ticking on a daily basis. If you are a regular exerciser, you may have already determined your most productive time to exercise and follow a routine that works best for you. On the other hand, if your exercise time varies from day to day, and it's wearing you out instead of pumping you up, you may be interested in the work of scientists who are studying the proverbial internal clock and how to best determine what time of day you should schedule your workouts.

RHYTHM: IT'S NOT JUST FOR DANCING

The secret appears to lie in circadian rhythms, the daily cycles that our bodies follow. These rhythms originate in the hypothalamus and regulate everything from body temperature and metabolism to blood pressure. The rhythms result from the firing rate of neurons. They have conformed to our 24-hour light-to-dark cycle, and may be regulated and reregulated each day according to the environment.

WARM IS BETTER

It is the influence of circadian rhythms on body temperature that seems to yield the most control over the quality of a workout. When body temperature is at its highest, your workouts will likely be more productive; when your temperature is low, chances are your exercise session may be less than optimal. Body temperature is at its lowest about one to three hours before most of

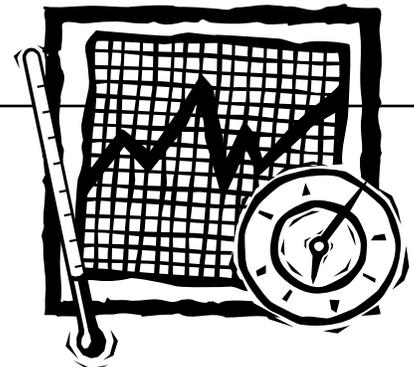
us wake up in the morning, in contrast to late afternoon when body temperature reaches its peak. (To determine your own circadian peak, refer to the box to the right.) Studies have consistently shown that exercise during these late-in-the-day hours produces better performance and more power. Muscles are warm and more flexible, perceived exertion is low, reaction time is quicker, strength is at its peak, and resting heart rate and blood pressure are low.

DON'T FIX IT IF IT'S NOT BROKEN

First of all, don't change your schedule if you feel good beginning your day with exercise. Everyone agrees that exercise at any time is better than no exercise at all. In fact, people who exercise in the morning are more successful at making it a habit. And though it has been suggested that morning exercise may put some people at higher risk for heart attack, further research indicates that there is simply a generalized increased risk of heart attacks in the morning. If your schedule favors an early workout, emphasize stretching and a good warm-up to insure that your body is ready for action.

OTHER CONSIDERATIONS

If stress relief is your goal, exercise always works, all the time. And if you're wondering when it's best to train for an upcoming event, it all depends on what time you'll actually be competing. If an upcoming marathon begins at 7:00 a.m., try training at that time of day. Though training at any time of day will raise performance levels, research has shown that the ability to maintain sustained



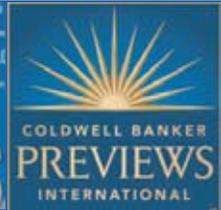
Find Your Peak

To determine your own circadian peak in body temperature, record your temperature every couple of hours for five to six consecutive days. Body temperature usually fluctuates by plus or minus 1.5 degrees throughout the day. Try exercising during the period three hours before and after your highest temperature. If you are an early bird or a night owl, you may notice that your temperature peaks one to two hours before or after the norm (between 4 p.m. and 6 p.m.); you can adjust your exercise time accordingly.

exercise is adaptive to circadian rhythms. In other words, consistently training in the morning will allow you to sustain exercise during a morning marathon longer than if you train in the evening.

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