

Woodland Hills



The Official Publication of the Woodland Hills Homeowner's Association

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Nominating Committee Formed

As we prepare for 2012, we will need additional volunteers to serve on the Woodland Hills HOA board of directors. Please consider giving your time and effort into supporting your local home community. It's your involvement that makes a difference in how our neighborhood looks and feels!

To serve on the Board, you must be a member in good standing of our HOA. You must be able to participate in monthly meetings which are held on the second Wednesday of each month. We are looking for those who are sincerely interested in improving our quality of life and maintaining the property values of our neighborhood. And of course, any board member is expected to be able to work well within a team of volunteers.

In order to find candidates to serve on the WHHOA board, we have formed a nominating committee to call on those people who have an interest. This committee consists of the following Woodland Hills homeowners: John and Charna Gray, Helen Sink, Lance Andrews and Rick Watson. If you are interested in serving on the Board, please feel free to contact any member of the nominating committee or any current WHHOA board member. You'll find their contact information listed on page 2 of this newsletter.



PEMBROOKE BLOCK PARTY

A block party was hosted by Block Captains Rod and Janet Balke along with Janece and Jaime Garlish and Kay and Joe Allen. This event was held October 21st—strategically coordinated to avoid conflict with high school football game schedules! The hosts grilled hotdogs, hamburgers and brats for the 42 adults who attended and bunches of children. Please see the photos of this neighborhood evening.



ANNUAL MEETING

Please put the date in your calendar. Our annual meeting will be the first Monday of February, 2012. That's February 6th. It will be a 7pm at the Colleyville Community Center. Thanks in advance for your support and participation.

Woodland Hills

BOARD OF DIRECTORS

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NEWSLETTER INFO

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Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 888-687-6444 or advertising@PEELinc.com.

Social Update

By Terri Nielsen

By the time this newsletter is printed, the holiday lights will be lit at all seven of our neighborhood entrances and along the park fence. I hope you enjoy them! We will also have had our final social event of the year – Holiday in the Park. Santa was there for photos with kids and families along with carriage rides, hot cocoa and hot cider. This will round out our year of social activities.

I will be planning the 2012 calendar of events soon. We hope to continue the events that have received the greatest attendance, but certainly welcome your ideas too. Volunteering to assist for events is a great way to get to know people. Plus, it is a short-term commitment. If you have suggestions for activities or would like to be an event volunteer, please contact me at tanderson3312@sbcglobal.net.



NOT AVAILABLE
ONLINE

MOVIE NIGHT

By Terri Nielsen, Social Chairperson

Thanks to all the neighbors who came out for our Fall Movie Night October 8th. The event was well attended and we enjoyed delicious hamburgers and hotdogs with all the sides and fixin's. The movie screen was a giant inflatable 21' screen so everyone gets a good seat no matter where you sit. We got started on the movie – Marley and Me – but then a light mist started so everyone departed quickly to avoid the later rains. We were sad that the party ended, but we sure needed the rain! For those who didn't come, this is something to consider for the future. It's one of our most fun events in cool weather and everything is provided for you. Just bring your chair or blanket. Mingle with neighbors and enjoy a "no cooking" night!

See photos of the fun!



FREE MESSAGE

Submitted by Angelia Szysh

I am in massage school and we offer FREE massages on Fridays. It is at TCC South Campus. Your Free massage appointment can be made by calling 817-515-4873 and following the instructions. My internship work starts December 2, 2011. As they are free they fill up pretty fast so call soon.

Police Contact

If you have an emergency, dial 9-1-1. Everyone knows that. But did you know that there is another way to contact police for non-emergency situations? The non-emergency number is 817.743.4522. Please make note of this number and use it to call in when you see something suspicious going on. The extra police presence is a great deterrent to theft and vandalism.



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Woodland Hills

ADOPTION COALITION

Conner is a 10 year old energetic child who enjoys skateboarding, karate and playing basketball. He also likes to play with puzzles, action figures and lego's. Conner is very creative and loves to draw and paint. Conner needs a patient, committed adoptive family that will provide him with unconditional love and support. He will benefit most by being the youngest child in the home or the only child. For more information, please contact Stephanie Berka, Wendy's Wonderful Kids Recruiter at Adoption Coalition of Texas 512-450-8750 or stephanieberka@adopttexas.org



adoptioncoalitiontx.org

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Timely Tip for December Gardeners from Calloway's Nursery

Working in your garden is an excellent escape during the holidays. It is a perfect time to plant trees and shrubs so they can develop a strong root system for next Spring. Cool weather color such as Pansies, Snapdragons, Cyclamen, Flowering Cabbage and Kale add splashes of color to your landscape. Spring flowering bulbs can be planted now once they have been properly chilled. Prune Summer flowering shrubs and vines now. They will bloom on new growth. Remember-do not top your Crapemyrtles! Simply prune to remove seed heads and shape. Trim evergreens only to reshape.

Prepare for the cold weather before it hits! One of the best things you can do for your landscape plants is to provide a 2-to 3-inch layer of mulch. Mulching is necessary year round but during the colder periods it provides a layer of insulation for the roots. Secondly, water your landscape well before a cold spell. A drought stressed plant is more susceptible to freeze damage. Thirdly, for more tender plants, purchase frost cloth for extra protection. Frost cloth is a fabric which adds 3 to 4 degrees of warmth. Cover the plant completely allowing the edges to come all the way to the ground. We are utilizing the heat which radiates from the ground.

Become a member of our Garden Club and you will receive email notices prior to any weather crisis. Visit www.calloways.com to join. This is also an excellent time to start planning changes or additions to your landscape. Bring a sketch or photo and let our Texas Certified Nursery Professionals assist you!

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What's Happening in Woodland Hills?



Listed For Sale!

3304 Park View Court
Colleyville
Woodland Hills



★ 9 Properties Currently Listed For Sale
Average List Price - \$424,244
Average Price Per Sq.Ft. - \$124.49
Average Days on Market - 89

★ 1 Property Currently Under Contract
Average List Price - \$350,00
Average Price Per Sq.Ft. - \$120.44
Average Days on Market - 15

★ 6 Properties Sold in the Last 6 Months
Average List Price - \$375,650
Average Price Per Sq.Ft. - \$117.65
Average Days on Market - 54
(As of 11/18/11)

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HEALTH BRIEFS - DECEMBER 2011

ALLERGIES: KNOW YOUR TREATMENT OPTIONS

Allergies got you down? Dr. Madhu Narra, assistant professor of medicine in the section of allergy, immunology and rheumatology at Baylor College of Medicine offers some tips to help manage.

Fall is the blooming season for weeds such as ragweed while spring allergies are from blooming trees and grasses. Indoor allergens such as dust mites can cause symptoms all year round. It is important to be aware of what you are allergic to so that you know when to look out for these allergens, said Narra.

Symptoms include runny and itchy eyes and nose, sneezing, congestion, drainage and cough. Some people may experience wheezing and trouble breathing.

- For mild allergies, consider over-the-counter medications like loratadine or cetirizine that usually do not cause drowsiness
- Keep your windows closed during peak pollen season. You can track pollen counts online.
- Clean pets before they enter the house so that they don't carry pollen into the home
- Do not dry clothes outside where they can pick up pollen
- Wear a mask or nasal filters when mowing the lawn to prevent allergens from getting into the nose
- If prescription medications and nasal sprays do not help much or if long-term relief from severe allergies is desired, consider getting allergy shots, which can provide long lasting relief with four to five years of treatment

WINTER WEATHER & SKIN CARE

Summer may be over, but protecting your skin should remain a priority. "Colder temperatures, wind and sunlight work together to cause irritation to your skin," said Dr. John Wolf, professor and chair of dermatology at BCM. "It is difficult to distinguish between windburn and sunburn, so it is a good idea to focus on overall skin care." Wolf suggests using extra moisturizer as well as moisturizing sun block with an SPF of 30 or higher, especially if planning a winter trip to a higher altitude where ultraviolet rays from the sun are more intense.

Chapped lips and fever blisters also can be provoked by the cold, wind and sun. People who suffer from severe outbreaks of fever blisters may want to talk to their doctor to see if there are prescriptions to prevent such outbreaks Wolf says. Chapped lips are more prevalent during colder months as well, but using a lip balm with an SPF factor

of 30 or even a thick coat of zinc oxide may help keep them at bay.

During colder weather many people will take hot showers, sit in a sauna or even enjoy a hot tub. Wolf said this can actually increase dry and itchy skin. He suggests using moisturizer while still damp, before completely drying off.

TEACH KIDS TO ENJOY TREATS IN MODERATION

From Halloween to the new year, kids are tempted by pies, cakes and other treats. However, according to experts at Baylor College of Medicine, the holidays are no excuse for parents to let kids overeat and divert from their normal eating routine.

"You have to keep meals and snacks under some control no matter what day of the year it is," said Dr. Karen Cullen, associate professor of pediatrics at the USDA/ARS Children's Nutrition Research Center at BCM. Cullen says a good plan is to save holiday treats for snacks, and be sure that they are an appropriate portion size for that snack. Consider freezing treats to save for later use. Parents should be serve as positive role models by continuing to serve and eat regular balanced meals. In addition, they should encourage children to try fruits and veggies that are offered at holiday parties.

OLDER ADULTS CAN FIGHT FRAILTY THROUGH RESISTANCE WEIGHT TRAINING

Imagine not being able to stand up because you can't carry your own body weight. To prevent this, incorporate resistance weight training into your routine, said an expert at Baylor College of Medicine. "As we age, we slowly start to lose lean muscle mass, and resistance weight training is the only way to slow this down," said Dr. Robert Roush, associate professor of medicine - geriatrics at BCM. "It's never too late to start."

Resistance weight training can consist of weight lifting, using weight machines or any other exercise activity that creates some sort of resistance. This should go along with a regular cardiovascular exercise plan, said Roush, who is also with the Huffington Center on Aging at BCM.

Always check with a qualified health care provider before starting any exercise routine. Try to find a gym with senior benefits or share a personal trainer with friends to learn proper technique. If a gym is not an option, try using stretch bands and dumbbells at home. Activities such as swimming, climbing stairs and walking at an incline can also provide resistance. Regardless of whether one goes to a health club or exercises at home, the key is to follow recommended regimens and proper technique.

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