

Woodland Hills

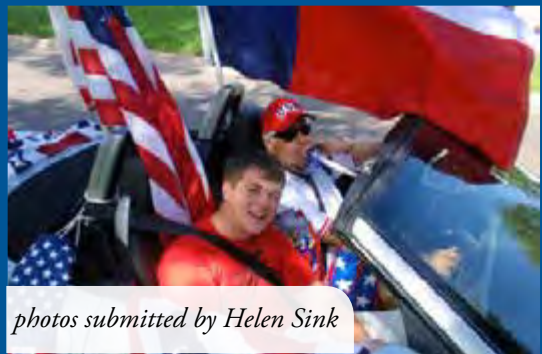


The Official Publication of the Woodland Hills Homeowner's Association

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August 2012

Fourth of July Fun!



photos submitted by Helen Sink

Thanks to everyone's attendance at a successful July 4th event. I believe it was the largest attended yet. The breeze we had helped out a lot and took the edge off the heat. The parade entrants were enthusiastic and original and everyone enjoyed watching them pass. Because of everyone's cooperation, the food line moved much faster when lunch began and the cookers and servers were able to keep up with the line which made everything go faster. This led to a much more relaxed setting for everyone.

WHHOA's President Mark Skinner's prayer and Kenny Clymer's national anthem set the tone to the occasion and reminded everyone of the real meaning of the day and those who made it possible. We may have started a tradition.

Terri Nielsen, Social Chairperson

"A special thanks to Terri Nielsen for all of work in putting together an amazing Fourth of July picnic and parade. We appreciate you!"

Mark, Skinner, WHHOA President

WITH SPECIAL THANKS TO:

THE MOBERLY TEAM!

Contributed 60+ pounds of brisket, and 200 hot dogs. This is the fifth year that Joel and Laurie Moberly have sponsored our July 4th event. We couldn't do it without The Moberly Team!

WOODLAND HILLS HOA!

Contributed all side dishes, drinks, condiments, bounce house, clowns, water slide, face painter and the balloon maker.

THE VOLUNTEERS!!

- Louie Sullins
- Mark Skinner
- Janece and Jamie Garlish
- Clancy Cummings
- Laurie and Joel Moberly
- BeLinda Nikkel
- Kirsten Isensee
- David Nikkel
- Dave Pizzey
- Helen and Charlie Sink
- Maritta and Bob Bush
- Craig Nielsen

And a Special thanks to Darlene Page, Landscape Chairperson, for having the park in Tip-Top shape!

Woodland Hills

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to Celebrate?*

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Katie Meili

Submitted by Karen Meili



Woodland Hills resident Katie Meili, a senior at Columbia University recently competed in 4 events at the USA Swimming Olympic Trials in Omaha Nebraska.

During the 18 months leading to the Trials, Meili earned qualifying times in the 100 Breaststroke, 200 Breaststroke, 200 Individual Medley and the 50 Freestyle.

However, 3 weeks earlier, during a swim competition in Santa Clara CA., Meili fractured her right hand. Surgery was necessary and intense physical therapy followed in hopes of regaining enough strength to possibly compete at the Trials.

Meili was USA Swimming.org featured athlete on June 21st as the "Swimmer Who Would Not Give Up." <http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=0&Itemid=4522&mid=8712> "It could have been a leg, or my whole arm," Meili says. "So many worse things could have happened. When it all comes down to it, a hand is not as important as my whole leg. If something bad were to happen, this is the best bad thing that could have happened." She adds: "Its more nerve wracking because I'm not as sure what to expect, but at the same time I'm determined to do well because this happened."

During the 2012 Ivy League Championship meet Meili was the first woman in history of the Conference to swim the 100 Breaststroke in under 1:00. Her time of 59.64 broke meet, pool and varsity records and earned her a NCAA "A" cut.

She took another meet, pool and varsity record in the 200 Individual Medley with 1:56.73 with another NCAA cut. In the 200 Breaststroke she swam a pool and varsity record of 2:10.40. She was honored as "Swimmer of the Meet" and earned Columbia's "Student Athlete of the Month" for January and March.

While competing at NCAA's, Meili swam the 100 Breaststroke in 59.44. That time earned her a place in the final competition. She placed 5th overall and earned All American status. She place 10th in the 200 Individual Medley.

Meili remains at Columbia this summer for training. She will compete at the upcoming U.S. Open meet hosted by Indiana University August 7-11. Meili is a 2009 graduate of Nolan Catholic High School. Following graduation from Columbia she plans to attend Law School. She is the daughter of Bill and Karen Meili on Queensbury Way. Her sister is a 2004 graduate of NCHS and a 2008 graduate of Texas A&M.

TIMELY TIPS

FOR AUGUST GARDENERS AT CALLOWAY'S AND CORNELIUS

Submitted by Darlene Page

Bring on the heat with Summer Color! During the Summer months, re-vitalize your garden beds. Fertilizing, pruning, new mulch and fresh plantings can all bring your flowerbeds back to life!

Fresh color is available in larger sizes for an instant impact. Celosia, Vinca (Periwinkle), Lantana and Purslane are all good, reliable Summer bloomers. Plant these directly into beds or containers to replace flowers which have reached their prime. Add Calloway's Flower Food, a slow release fertilizer, and you will not have to fertilize for two months. Keep old blooms trimmed off to encourage repeat blooming. Add a new layer of mulch to flowerbeds and to containers to lessen evaporation and keep the soil cooler. Color abounds even in the heat of Summer!

Join us for a Free Saturday clinic, August 11 at 10:15 a.m. Our topic that day, Cool Summer Color, will offer up suggestions and ideas on how to create a cool, soothing retreat in your landscape. Come in for free advice and leave inspired!

Enjoy vibrant blooms even in August! For more information, stop by any of our Calloway's or Cornelius stores or visit our website, www.calloways.com for locations.



Woodland Hills

Save the Date

Submitted by Terri Nielsen

ATTENTION ALL – DUE TO A SCHEDULING CONFLICT THE OCTOBER MOVIE NIGHT IN THE PARK IS NOW SATURDAY, OCTOBER 20, 2012.

We'll have a 16 foot outdoor movie screen, but movie is yet to be determined so if you have a suggestion please feel free to let me know. The Hamburger Man will be cooking up his specialty along with soft drinks and sides. Of course, there will be popcorn for those serious movie buffs. Just bring yourselves, your lawn chairs and blankets and join us for a fun night in the Park. Dinner will be around 6:30 PM and the movie starts at sundown.

THE FINAL EVENT OF THE YEAR WILL BE -

Christmas in the Park

Saturday, December 1, 2012

from 3 pm to 6 pm

Come join in the fun with sleigh rides, hot apple cider and the lighting of the park.

Please RSVP to Terri Nielsen at H-817-684-0450, C-817-475-1389 or tanderson3312@sbcglobal.net for both events!

Street Repair Reminder

Just a reminder: The City of Colleyville will be repairing streets in our neighborhood. Pembroke Parkway West is scheduled for full-depth reclamation and water main replacement. Work is slated to begin July 30th and is expected to be completed in 45 days. Micro-resurfacing will take place on Scarborough Lane during this same time period. Driveway access may be limited at times and short term water service interruptions can be expected. Each property will be contacted prior to interruptions.



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What's Happening in Woodland Hills?

Listed For Sale In Woodland Hills

By The Minter Team:



- ★ 12 Properties Currently Listed For Sale
Average List Price - \$413,400
Average Price Per Sq.Ft. - \$119.40
Average Days on Market - 82



3304 Park View Court

- ★ 4 Properties Currently Under Contract
Average List Price - \$412,000
Average Price Per Sq.Ft. - \$114.15
Average Days on Market - 51

- ★ 14 Properties Sold in the Last 6 Months
Average List Price - \$424,093
Average Price Per Sq.Ft. - \$122.65
Average Days on Market - 101
(As of 7/20/12)



3130 Woodland Heights Circle

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Oven Baked Tilapia with Leek Cilantro Salad

by The Four Points Foodie

This is just a yummy dish! Oven baked tilapia is a good staple. I breaded mine with panko for a really light and crunchy texture. But what sets this recipe apart is the leek and cilantro salad on top. Served over a bed of jasmine rice, this is the perfect summertime meal.

TILAPIA & RICE

Ingredients:

- Jasmine Rice, cooked per the package to serve 4
- 4 Tilapia fillets, rinsed and dried
- 2 T olive oil
- 12 oz panko bread crumbs
- salt and pepper

Directions:

Preheat oven to 350 degrees.
Prepare Jasmine Rice per the package to make 4 servings.
Rinse and dry tilapia fillets and rub each one with olive oil. Dredge through the panko bread crumbs, pushing with your fingers so it sticks. Add a little extra olive oil onto your pan and place the breaded tilapia on it. Season with salt and pepper and bake in the oven for about 20 minutes or until done.



LEEK AND CILANTRO SALAD

Ingredients:

- 2 leeks, green tops discarded, sliced in half, rinsed and patted dry

- 2 bunches cilantro, rinsed and dried

- 2 T rice vinegar
- 1 T butter
- 2 T olive oil
- Salt and Pepper

Directions:

Chop off the green tops of the leeks and slice in half, which makes cleaning easier. Remove all sand and pat dry. Slice the leeks and add to a saute pan with the 1 T of butter. Saute until tender, remove from heat and cool.

Meanwhile, pick the clean cilantro leaves off the stems and add to a bowl. Add the cooled sauted leeks, rice vinegar, olive oil and season to taste with salt and pepper. To assemble: Start with a bed of jasmine rice, then the baked tilapia and topped with the delicious leek and cilantro salad. Serves 4.

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(yes.)

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community newsletters

Immunizations: Not Just for Kids

By: Concentra Urgent Care

Although most toddlers in the United States have received all recommended vaccines, many adults and adolescents have not. These missed vaccinations increase their risk for infection, hospitalization, death, and disease spread, and they contribute to the estimated \$10 billion that is spent annually on vaccine preventable diseases in the United States.

Evidence shows that currently approved vaccines are safe and effective. However, coverage rates for persons of all ages vary nationwide. Reasons cited include lack of health insurance, unfamiliarity with vaccine recommendations, limited access at physicians' offices, or the perceived cost of vaccines.

What you need to know is that obtaining recommended vaccines in a timely manner can prevent disease. The Advisory Committee on Immunization Practices (ACIP) recommends the immunization schedule to the right for generally healthy adults and adolescents.

For more information about immunizations and where to get them, contact your health care provider, your Concentra health specialist, or visit the CDC's Web Site at: www.cdc.gov/vaccines.

**Specific recommendations for individuals may vary depending on age, prior immunization history and the presence of other existing conditions; please see the Centers for Disease Control (CDC) Web site at: <http://www.cdc.gov/vaccines/recs/schedules/default.htm>*

IMMUNIZATION SCHEDULE RECOMMENDATIONS

INFLUENZA:

Yearly, especially if at risk

MENINGOCOCCAL:

One dose, age 11-12 or 13-18 if not previously immunized

TETANUS-DIPHTHERIA/TETANUS

One dose, age 11-12, then booster

DIPHTHERIA-PERTUSSIS:

every 10 years

HUMAN PAPILLOMA VIRUS

Three doses, age 11-26 (females only):

MEASLES - MUMPS - RUBELLA:

If born after 1956, one or two doses if never immunized up to age 65

PNEUMOCOCCAL:

One dose, at or after age 65

VARICELLA (CHICKEN POX):

Two doses if no prior infection or immunization received

ZOSTER (SHINGLES):

One dose, at or after age 60

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