

# Woodland Hills



The Official Publication of the Woodland Hills Homeowner's Association

Volume 5, Number 7

July 2010

## CONGRATULATIONS GRADUATES!

*By Kim Welch*

Here is the list of Woodland Hills seniors scheduled to graduate from Colleyville Heritage High School on June 6, 2010.

Mitch Arnold  
Patrick Barsallo  
Austin Billman  
Cayla Cecil  
Dylan Connell  
Sidney Connell  
Philippe Dollo  
Paige Ebert  
Taylor Eldridge  
Tyler Gober  
Daniel Hansen  
Daniel Keene  
Austin Kubitza  
Kaitlin Kulaga  
Scott Kwidzinski  
Katie Lewis  
Kathryn Ludlow  
Andrew Matt  
Christian McCollum  
Mason Miller  
Jacob Skinner  
William Thompson  
Maggie Till  
John Wilbur  
Nicholas Young  
Chase Martin graduated with his  
Masters Degree in History.

Parents – if we have missed your graduate, please send a note to [helenharvey@att.net](mailto:helenharvey@att.net) and we will publish in the next newsletter.

## JULY 3RD PARADE AND PICNIC



Hopefully you all came out to join us for our 3rd annual Parade and Picnic to celebrate the Fourth of July! The photo in this newsletter is from 2009, but I will include new photos in the August newsletter to share all the fun.

Our thanks to The Moberly Team for providing the food and water at the event. As always, Joel does a fabulous job of grilling hot dogs and slow cooking brisket for us. Laurie is the consummate hostess serving all the food after having done all the shopping and preparations for us. Thank you for sponsoring this event for Woodland Hills!

Many thanks also to Lance Andrews and Atmos Energy for providing the huge gas grill to make cooking easy and providing the giant ice chest to cool all the beverages.

We had a great team of volunteers that I would also like to thank for all their work:

- Misty Jones – coordination of the park and food service
- Janeece Garlish – soda shopper, chiller and parade assistant
- Louie Sullins – coordinate City of Colleyville police and fire participation
- Kay Allen – lead the award judging of the parade.
- Dave Pizzey – for loaning his shade tent and generator
- Mary Grigg – helping in the park
- Christie Kimbell – assistance in securing entertainment and A/V equipment
- Other volunteers: Helen Sink, Maritta Bush, Joe Allen, and others who offered just in time!

We will be counting on all of our residents to make this our best event ever in 2011. It's never too early to start thinking about what kind of parade entry you want to have!

# Woodland Hills

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## NEWSLETTER INFO

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### CLASSIFIED ADS

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Woodland Hills residents, limit 30 words, please e-mail [helenharvey@att.net](mailto:helenharvey@att.net)

**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](mailto:advertising@PEELinc.com).

## OUTSTANDING TEACHER AWARD

*Don McConnell*



Congratulations to Don McConnell of Chrimac Way! He was recently awarded the University Of Texas at Arlington College of Business' Outstanding Undergraduate Teacher Award. Don teaches Financial Statement Auditing in the Department of Accounting.

In his 32 years of teaching, Don has also won 3 College of Business Outstanding Professional Publication Awards, 2 letters of commendation from the Journal of Accountancy for articles he wrote, and the Max Block Award from CPA Journal for the outstanding article in the area of technical analysis for the year 2007.

Don has an amazing list of distinguished titles:

- University Distinguished Teaching Professor at UTA
- CPA, Ph D
- Certified Fraud Examiner (CFE)

Don was also selected for the Association of Certified Fraud Examiners' Distinguished Achievement Award. This is a fairly selective award, and not often bestowed by the organization.

But Don is not just about academia! He is also a part-time professional sports photographer, specializing in major league baseball, but also various CHHS sports—football, baseball, soccer. The beautiful photo of his family was taken while on vacation in Maui. You can see that Don has lots of talent as a photographer in addition to his talents as a teacher.

Congratulations Don!

## Do You Have News To Share?

We'd love to have family news: births, marriages, graduations, etc. We can also post items for sale, babysitting services, etc.

Homeowners deadline for the August 2010 issue is 5pm on July 17th. Please submit information and photos via e-mail to [helenharvey@att.net](mailto:helenharvey@att.net).

If you would like to be on my email reminder list, please send your e-mail address to the above address.

Put the name of your organization or article in the subject line of emails. Please include the name of the submitting person at end of articles.

Questions? Call Helen Harvey Sink at 214-460-7072.

## WEBSITE DIRECTORY

*Important Notice  
Action Required*

Currently on our website you can get a directory of neighbors by logging in to [www.woodlandhills-hoa.com](http://www.woodlandhills-hoa.com). Then click on Resources, then click on Directory and you will see a listing of all current residents. But no phone numbers are listed at this time.

The Board has requested that Select Management make resident phone numbers visible so that you will have better access to your neighbors in a timely, convenient manner. IF you have an unlisted number and wish to opt out, you will need to contact Select Management. Also, if your phone number has recently changed, please contact Select Management to update your information.

Opt out and update can be done by phone, mail or email. Call Amy Edwards at 972-755-1063 or email [aedwards@selectmgco.com](mailto:aedwards@selectmgco.com). Regular mail may be sent to Select Management, 14801 Quorum, Suite 250, Dallas, TX 75254. Remember: Opt out or you're in!

## YARD OF THE MONTH

*By Darlene Page*

Congratulations to George and Kaye Lynne Boll at 4406 Eaton Circle for winning the Woodland Hills Yard of the Month for June! Their yard is a beautiful medley of annuals and perennials and the large curbside flower bed is a standout. They will receive a \$25 gift card from Calloway's.

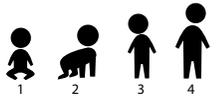


## COLIN'S HOPE

*Increasing water safety awareness and standards*

### FACTS YOU NEED TO KNOW ABOUT DROWNING

Drowning is the leading cause of unintentional injury-related death in children ages 1-4



### DROWNING WILL AFFECT YOU OR SOMEONE YOU KNOW

Drowning is the 2nd leading cause of unintentional injury-related death ages 1-14.

For more information, check out our website at

[www.colinshope.org](http://www.colinshope.org)

### DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM

NO ONE is "drown proof" – no matter their level of swimming ability.

Falls, entrapments, and injuries lead to drowning regardless of swimming level.

A majority of people overestimate their own and their child's ability to swim, especially in a panic event.

### DROWNING IS QUICK AND SILENT



Drowning occurs in as little as 2 minutes.



Irreversible brain damage occurs in as little as 4 minutes.



Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Most children die who are submerged for as little as 6-10 minutes.

Children who drown do not **scream, splash, or struggle**. They silently slip beneath the water, even with adults & lifeguards present.

# Woodland Hills

## Recipe of the Month

### MEXICAN LASAGNE

#### INGREDIENTS

- 1 ½ pounds ground beef, browned
- 1 (16 oz) can refried beans
- ½ tsp dried oregano
- 2 tsp ground cumin
- ¾ tsp garlic powder
- 12 uncooked lasagna noodles
- 2 ½ cup water
- 2 ½ cup salsa
- 2 cups sour cream
- ¾ cup sliced green onions
- 1 (2 ¼ oz) can sliced black olives
- ½ cup shredded pepper jack or Mexican blend cheese

#### DIRECTIONS

Preheat oven to 350. Lightly spray a 13x9" baking dish with non-stick cooking spray. Combine browned beef, oregano, cumin, and garlic powder. Place 4 lasagne noodles in bottom of baking dish. Spread ½ the beef mixture over noodles. Top with 4 more noodles and remaining beef mixture. Cover with remaining noodles. Combine water and salsa and pour over noodles. Cover with foil and back 1 ½ hours or until noodles are tender. Spread refried beans over top. Combine sour cream, onions and olives. Spoon over casserole and top with grated cheese. Bake, uncovered until cheese melts. Remove and let stand 10 minutes before serving.

## SPECIAL THANKS!

Kim Welch has graciously collected the names of our local graduating seniors for us this year and last. Thank you Kim for helping us acknowledge and celebrate the accomplishments of our young men and women.

*Do You Have  
Reason  
to Celebrate?*

We want to hear from you! Email [helenbarvey@att.net](mailto:helenbarvey@att.net) to let the community know!



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- wash countertops & cabinets
- clean mirrors, lights, light switches & baseboards

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- clean outside appliances
- sweep, mop floors, remove trash

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# What's Happening with The Minter Team?



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- ★ Over 50 Years Combined Real Estate Experience
  - ★ Certified Luxury Home Specialists
  - ★ Certified Buyer & Seller Specialists
- ★ Our Service and Expertise is YOUR Benefit

# What's Happening in Woodland Hills?



- ★ 15 Properties Currently Listed For Sale
  - Average List Price - \$407,927
  - Average Price Per Sq.Ft. - \$122.17
  - Average Days on Market - 107
- ★ 2 Properties Currently Under Contract
  - Average List Price - \$476,878
  - Average Price Per Sq.Ft. - \$111.22
  - Average Days on Market - 65
- ★ 10 Properties Sold in the Last 6 Months
  - Average List Price - \$378,090
  - Average Price Per Sq.Ft. - \$118.50
  - Average Days on Market - 62



(As of 06/21/10)

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## HEALTH BRIEFS



### **Parents Should Stay Within Reach When Youngsters Are In Pool**

Parents can help prevent potential accidents at the pool this summer by staying alert and attentive, said a pediatric emergency medicine physician at Baylor College of Medicine.

“A high percentage of summer drownings and accidents occur in community and residential swimming pools,” said Dr. Rohit Sheno, assistant professor of pediatrics - emergency medicine at BCM and Texas Children’s Hospital. “By far, the most common cause of drowning is lack of supervision.”

Parents need to keep a close watch, both physically - in proximity to the child - and mentally, with little distractions to prevent these accidents, Sheno said. A good rule of thumb, he said, is to implement “touch supervision,” which means keeping within arms-length of your toddler at all times. Other important precautions include:

- Do not rely on flotation devices. Children can slip out of them easily.
- Keep a close eye even on children who can swim.
- Make sure the pool has two unblockable drains to prevent children from getting stuck in them.
- Fence in home pools so that children can’t walk out the back door and fall into the pool.

### **Avoid Common Summer Catastrophes**

Fun is the word on everyone’s mind as summer heats up, but doctors at Baylor College of Medicine say “prevention” should not be far behind.

Dr. John Rogers, professor of family and community medicine at BCM, offers advice on how to prevent common summer health risks and injuries:

- Always wear sunblock and make sure to apply it as evenly as possible over all exposed skin. Make sure it is at least SPF 15 and reapply often.
- Wear a hat with a wide rim and long sleeve shirts in a light-weight material to further protect the skin.
- Don’t wait until you are thirsty to drink water. That means you are already becoming dehydrated. Drink water or sports beverages throughout the day.
- Keep the elderly in mind during the summer. Other health issues could be heightened by the heat. Even if they are indoors, they could still become victims of heat exhaustion.
- Never swim alone. Even the most experienced swimmer could suffer an injury and need help getting out of the pool.
- Helmets are a must if bike riding is in the plans this summer. Elbow and knee pads are also suggested for skateboarding or roller skating.

- Not all outdoor injuries can be prevented - like scraped knees. But usually a minor injury like that doesn’t require a trip to the emergency room.

### **Early Intervention Best Approach To Prostate Cancer Treatment**

Early-stage intervention in prostate cancer is the best approach to treatment of the disease, said a urologist at Baylor College of Medicine.

Prostate cancer, when caught in the early stages, is highly treatable and curable, said Dr. Dov Kadman, professor of urology at BCM. The introduction of the prostate-specific antigen test about 15 years ago has strongly influenced the ability to catch cancer early. PSA is a protein produced by normal and cancerous prostate cells; PSA blood levels are elevated when produced by prostate cancer cells.

Beginning at age 50, it is recommended that men have a PSA test every year.

Men with a family history of prostate cancer and African American men should begin yearly screenings at age 40. Men should continue prostate cancer screenings and consider treatment if necessary into their late 70s.

Depending on a man’s age, there are recommended blood levels that may indicate the need for a biopsy and further treatment. Standard forms of early prostate cancer treatment include surgery (removal of the prostate gland) and radiation therapy.

### **Save Some ‘Green’ With Frozen, Canned Veggies**

Don’t overlook frozen or canned fruits and vegetables as healthy and less expensive alternatives to the fresh versions, said an expert at Baylor College of Medicine.

“You might be surprised to know that frozen or canned options are just as nutritious as or sometimes even more nutritious than fresh fruits and vegetables,” said Molly Gee, a registered dietitian at BCM.

Companies that make frozen or canned fruits and vegetables must pack the items at their peak, said Gee. While some vitamins and minerals are lost in the fresh foods due to the time it takes to get them from the field to the plate, these vitamins and minerals are present in the canned or frozen versions.

However, she warns that it’s still important to read the labels on canned or frozen items to be sure that they are preserved in their own natural juices and that no sugar is added.

Frozen meals can also be a good option for saving some money and maintaining a healthy weight, said Gee, but make sure only 30 percent of the calories are from fat and consider low-sodium options.

## STRATEGIES FOR A POSSIBLE LAYOFF



A family's most important financial strategies include defensive ones. What if you or your spouse might get laid off in the near future? But you might not get laid off too, so what types of things should a family do? The challenge is to protect your family's assets while staying on-plan to secure your future finances.

First, stay with your retirement savings plan. Keep on contributing because it reduces your taxes and your company may make matching contributions. Combined, these will do you more good than paying off consumer debt. And avoid borrowing against a retirement plan or worse, withdrawing funds early. The taxes and penalties for this are severe.

Next reduce your spending, say, by 10%. This is a good idea

regardless of your situation and the upside is you might reconnect with what is important. Distinguish between wants versus needs. Include the kids on the family decisions. Now that you have more money, it's time to boost your emergency fund. Everyone needs 3 to 6 months of expenses in a readily accessible account. This helps you avoid going into debt when emergencies arise.

Secure your life insurance. This protects your income stream. If you have a group life plan, it will disappear with a job loss. And group plans often have steep increases when you hit those magic milestones every 5 years after 40. Buying a policy outside the company is called portable insurance, and it's smart.

Next knock down your consumer debt. By that I mean anything with a "minimum payment" box – that's bad debt. Use debt-stacking techniques to get out of debt quicker while paying no more on a monthly basis. It's smart to open a home equity line of credit now but don't borrow against it. Think of it as a safety net.

Lastly, secure your home by refinancing while interest rates are low. While you could get a 15-year note, it's smart to get a 30-year loan and pay it off as though it were a 15-year note using higher payments. In this way if you get laid off you can always revert to the lower payments required by the 30-year note.

- Submitted by Rich Keith

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## Real Illusions: How we Trick Ourselves about Finances

**Submitted By:** Mark L Adams

**Branch Name:** Morgan Stanley Smith Barney Southlake Texas

**Phone Number:** 817-416-4462



We all like to think that we make rational and wise decisions when managing our money. But most of us are influenced far more by our emotions than our brains. Why do smart people make irrational investment decisions so commonly and so easily? The fascinating study of behavioral economics and decision science fills many books, but let's look at a few of the ways in which investors' minds play tricks on them.

### **The Timid Bunny—Worrying Over Risk**

Why do so many people bank their money in savings accounts, CDs and money markets when they are often actually losing money if measured against inflation and taxes? Some people do it because they are so fearful of risk that they don't consider that such fixed investments are not risk-free. The interest credited to your account each month is subject to the likelihood of shrinking purchasing power, especially over time. A canoeist struggling to get upstream against current and wind will have the illusion of movement, but he will have to switch to a boat with a motor to make real progress.

### **The Hoarding Pack Rat—Treasuring What We Own**

The preference to keep things the way they are is called the "status quo bias." We tend to fall in love with what we own and stick to the familiar even if we would likely be financially better off with a different investment. We validate our prior choice by sticking with it. What we know feels better than what we don't know.

### **The Foolish Sheep—Fearing Loss**

We are so averse to accepting loss that we will throw good money after bad. This is sometimes called the "sunk cost fallacy"—our inability to let go of money that's already been spent or lost. We will invest more money on car repairs simply because we've already spent so much on the car. Rather than evaluate a losing investment on its cost—as we are prone to do—it makes more sense to assess its current potential for loss or gain. If you would not choose to buy that investment today, then why do you make the choice every day to keep your money invested in it? Usually, it is because you are focusing on the past—what you have already spent. But it has no relevance to the future.

### **The Little Chicken—Focusing on the Negative**

We feel the pain that comes from loss more acutely than we do the pleasure from an equal or greater gain. If you invest \$100,000 in a stock portfolio, and it rises in value to \$150,000 but then drops to \$130,000, you are more likely to be motivated by the disappointment in your "loss" of \$20,000 than the pleasure in your gain of \$30,000. You may focus on your phantom loss rather than your available gain. This can lead you to be less willing to sell a profitable stock and buy an undervalued one, even though we have all heard that it makes more sense to buy low and sell high.

### **The Stubborn Mule—Refusing to Change**

We frequently decide not to decide, and that inaction can cost serious money. There are so many options out there that we become paralyzed and stay with the familiar.

Often this is motivated by fear of short-term regret at making a less-than-perfect decision even though we know that there are no perfect decisions. But, as Mark Twain said, "Twenty years from now, you will be more disappointed by the things you didn't do than by the things you did do." By placing more emphasis on what we have already expended than on what could be gained by change, we ignore lost opportunity costs because they don't seem real. But with your financial security at stake, where you are headed is much more important than where you have been.

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# - Kids Stuff -

Section for Kids with news, puzzles, games and more!



Isn't the Fourth of July great? In addition to being a celebration of America's independence as a nation, there's no school, lots of families have barbecues or cookouts, and you can go see a fireworks display at night.

The safest way to enjoy fireworks is at a professional display. Some people light sparklers at home or even set off their own fireworks, but this is dangerous. More than 10,000 people were treated at hospital emergency rooms for fireworks-related injuries in 2005. And almost half of those injured each year are kids under age 15. Some of the people hurt each year aren't the ones setting off the fireworks, but people who are nearby.

It's best to stay away from areas where nonprofessionals are setting off fireworks. Fireworks can cause serious eye injuries, including blindness, if the eye tissue gets damaged or torn. Other common injuries from fireworks include burns to the hands and face, which can leave scars. Someone could even lose one or more fingers if fireworks go off the wrong way. Fireworks

can also start fires, which can hurt even more people.

If you know someone who plans to set off fireworks at home, here are some safety tips to share:

- Only adults should light fireworks.
- Never use fireworks indoors.
- Be prepared to put out a fire by having a hose or water nearby.
- Light fireworks one at a time.
- Stay away from a firework that has not gone off and never try to relight it.

Sparklers may seem less dangerous than fireworks, but they get extremely hot — as hot as 1,800° Fahrenheit (982° Celsius). Sparklers can light clothes on fire and can cause kids to get badly burned. In fact, in 2005, more than 1,000 people were treated in emergency rooms for injuries from sparklers. That would take the fun out of a great holiday!

Reviewed by: Larissa Hirsch, MD

Date reviewed: June 2007

Originally reviewed by: Barbara P. Homeier, MD

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation

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# Nancy Dennis

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