

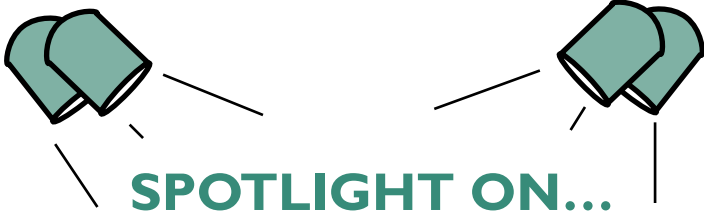
# Woodland Hills



The Official Publication of the Woodland Hills Homeowner's Association

Volume 6, Number 9

September 2011



## SPOTLIGHT ON...

*Dot Timothy / 3302 Wilton Woods Court*

*Submitted by Kirsten Isensee*

If you don't know Dot Timothy, or her husband Enoch, you probably have seen their house--- a beautiful Victorian style home on the corner of Wilton Woods and Martin that they moved into in 1999. The gingerbread-like home houses Dot's extensive doll collection and was one of the homes featured on the Colleyville Woman's Club Holiday Home Tour in 1999. Featuring 16 Christmas trees, Dot's house undergoes a Christmas transformation, a decorating feat that starts November 1 and includes a music tree, a Victorian style tree, a Santa Claus tree, a western theme tree and a world tree.

Dot, the mother of two and the grandmother of six, is a well traveled person who is an accomplished musician. It's apparent that music is a big part of her life. Dot began playing the piano at age 10 and somewhere along the way she added the violin and accordion to her repertoire. She sight reads, which if you are not familiar with music is the ability to read and produce instrumental music at first sight, and loves musicals. The Sound of Music and Fiddler on the Roof are two of her favorites.

Four and a half years ago Dot and Enoch took up ball room dancing. According to Dot, Enoch was a little apprehensive about it at first, but he quickly came around and both are still taking ballroom dancing lessons today. In fact, the friends they have made, the time they spend together and the wholesome entertainment inspired them to take up square dancing two years later. Now, Dot says, "Enoch loves it."

It is apparent that Dot is all about family and friends. She has filled her home with love. From the first doll her husband gave her in 1985 that sparked a passion for collecting to the video she proudly shows of her two young granddaughters playing the piano. It's no wonder the Christmas spirit stays with her all year round.

## SOCIAL UPDATE

*By Terri Nielsen – Social Director*

### FALL GARAGE SALE

September 17, 2011 – 8 AM to Noon

### MOVIE NIGHT IN THE PARK

WHEN: .....October 8, 2011

WHERE:.....Melrose Park

TIME:.....Dinner @ 6:30 pm, movie starts around 7:30 pm. Sunset is 7:09

Once again, the Hamburger Man to provide hamburgers, hot dogs and all the fixins and we will also have popcorn for the movie. Water is also provided. Sodas and adult beverages are BYOB. Don't forget your chairs and blankets!

### CHRISTMAS IN THE PARK

WHEN: ..... December 3, 2011

WHERE: ..... Melrose Park

TIME:.....3 PM to 6 PM

Come and enjoy the beginning of the Christmas season with the lighting of Melrose Park, Carriage Rides and Santa! We will be serving hot apple cider and hot chocolate so bring your lawn chairs and blankets for this festive occasion.

We need volunteers to help in organizing upcoming social events. If you are available, please contact Terri Nielsen at 817.684.0450 (home) 817-475-1389 (cell) or [tanderson3312@sbcglobal.net](mailto:tanderson3312@sbcglobal.net).

# Woodland Hills

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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).

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 Turn to the Experts

## Whom should we SPOTLIGHT???

Do you have a suggestion for whom we should do a "Spotlight On..." Article about? I'd love to hear your ideas. Maybe you live near someone fascinating or someone you'd like to know more about. Please tell me and we will try to connect!

We'd also love to have family news: births, marriages, graduations, military deployments and homecomings, etc.

You can also post items for sale, babysitting services, etc. Any one time sale is free – no charge service from Peel Publishing.

Please submit information and photos via e-mail to [helenharvey@att.net](mailto:helenharvey@att.net). Put the name of your article in the subject line of emails. Please include the name of the submitting person and contact information in your email.

Questions? Call Helen Sink at 214-460-7072 or email me at [helenharvey@att.net](mailto:helenharvey@att.net). Thanks for your contributions!

## GUEST EDITOR Kirsten Isensee

This month, I am pleased to introduce you to Kirsten Isensee of Wilton Woods Court. Kirsten is taking a turn at interviewing neighbors for the Spotlight On... articles that we write to get to know our neighbors. Kirsten did an outstanding job on her Spotlight On Dot Timothy. Don't miss learning more about Dot and her family. (I will add that Dot's husband, Enoch, is always in the July 4<sup>th</sup> parade with his BMW Z4 convertible and we appreciate his participation!)

Please let Kirsten know that you enjoyed her article and let's encourage more! Send Kirsten a note at [tiki100@verizon.net](mailto:tiki100@verizon.net).

## Do You Have Reason to Celebrate?

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



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## COLIN'S HOPE

Increasing water safety awareness and standards



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Source: Texas Department of Family and Protective Services

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## JOIN US IN HAVING A SAFE SUMMER IN THE WATER!



### September 2011 The Hospital at Westlake Medical Center Flamingo Sale to Benefit Colin's Hope!

When the beloved garden center, Pots & Plants closed its doors- several flamingos were injured in the move. You can help them return for the best care in town at The Hospital at Westlake by donating \$15. ALL profit in July, August and September benefits Colin's Hope. You can add to The Hospital at Westlake's flock, or start your own flock at home. Visit [www.westlakemedical.com](http://www.westlakemedical.com) for more details or stop in The Hospital's Waterfall Café, 5656 Bee Caves Road, Building L, level 3 to sponsor your flamingo. Spread the word on Facebook and raise even more funds for Colin's Hope



### September 2011 - Sign up for Ourgift and Colin's Hope will receive donations during September!

OurGift.Org™ has chosen Colin's Hope as one of the charities that will benefit from donations in September. Please visit [www.ourgift.org](http://www.ourgift.org) to learn more and sign up to receive the daily deals from local businesses. It's a great way to help prevent childhood drowning! You get a great deal, a local business is supported and Colin's Hope will get a donation! Follow them on Twitter @ourgiftlists and find them on Facebook at <http://www.tinych.org/ourgift>

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

# Woodland Hills

## Landscape and Maintenance Report

By Darlene Page

We continue to work to keep our ponds looking attractive during these hot, dry months. The wells pumps have been replaced over the summer to keep them working well and up to code. As successful as we have been this year with maintaining acceptable water levels in the ponds, the record drought we are experiencing is beginning to take its toll. Let's all hope for rain soon.

We are aware of the algae buildup in the back pond behind the parking lot. However, we have been advised that due to the hot weather and lower water level, to treat for algae would put an undue stress on the fish. As the algae decomposes, it removes oxygen from the water which combined with the hot weather and low water level will most certainly kill a large number of fish. So in the best interest of the fish in the pond, we have chosen to wait to treat for algae until we have more rainfall and cooler weather.

The pecan orchard area of Melrose Park is having several landscape issues addressed. Two dead trees were recently removed, two drainage issues are being addressed, and two sink holes will be checked out by the Lawn Firm as well.

The color gardens for our entries have held up remarkably well in the heat. Kudos to The Lawn Firm for their work in keeping our common areas looking good.

*Welcome New Homeowners*

*Please extend a warm and friendly welcome to the following new neighbors:*

Michael and Cheryl Morgan  
3115 Woodland Heights Circle  
Welcome to Woodland Hills!



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# What's Happening in Woodland Hills?



Listed For Sale!

3304 Park View Court  
Colleyville  
Woodland Hills Addition

★ 8 Properties Currently Listed For Sale  
Average List Price - \$400,825  
Average Price Per Sq.Ft. - \$119.19  
Average Days on Market - 58

★ 1 Property Currently Under Contract  
Average List Price - \$449,000  
Average Price Per Sq.Ft. - \$140.05  
Average Days on Market - 13

★ 4 Properties Sold in the Last 6 Months  
Average List Price - \$394,725  
Average Price Per Sq.Ft. - \$119.37  
Average Days on Market - 71  
(As of 8/19/11)

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Chris Minter,  
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# Woodland Hills

## Timely Tip for September *From Calloway's Nursery*

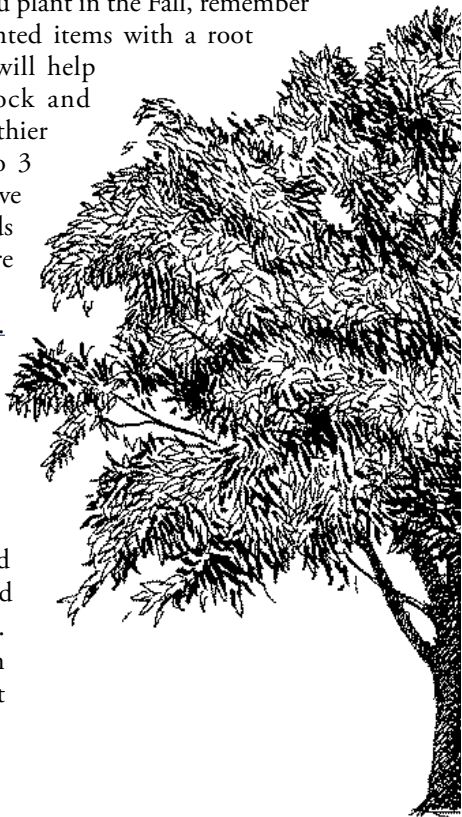
Fall is a perfect time to evaluate your landscape and flowerbeds. If you are looking to replace existing plants or thinking of creating new beds, you have found the right time! Nursery stock planted now will have an opportunity for roots to settle in and become established. When Spring arrives, this root system can support and take full advantage of the surge of Spring growth. This is also an excellent time to evaluate your existing beds and remove those items that struggled with the Summer conditions and replace them with proven winners. Fresh stock is arriving daily so the selection is great!

You might want to think about planting a shade tree this Fall. Things to consider are shade trees planted on the south and west sides of property provide cooling shade that is useful over outdoor living spaces, play areas, driveways, large windows and glass doors. From a design standpoint, front yard trees positioned off each corner of the front of the house balance the overall look. In the back yard, trees sometimes are used for accenting. To make sure there's room for a tree, check for utility lines and that the space can accommodate the tree's mature height and spread.

An ornamental tree for planting in the Fall is the Japanese Maple. Prized for its foliage throughout the growing season, the Japanese Maple also shows its true colors in Fall. The brilliant Fall foliage lights up the garden and the textured bark and contorted branches provide winter interest. Use as an accent tree or in patio containers. The Japanese Maple is a favorite among gardeners everywhere.

Regardless of what you plant in the Fall, remember to water all newly planted items with a root stimulator mix. This will help reduce transplant shock and promote stronger, healthier roots. Also, apply 2 to 3 inches of mulch to conserve moisture, prevent weeds and to maintain a more even soil temperature.

Visit [www.calloways.com](http://www.calloways.com) for more gardening tips, information and to become a member of our Garden Club! Also, stop by any of our garden centers and visit with a Texas Certified Nursery Professional. Success in the garden is made fun and easy at Calloway's Nursery!



## Board and Committees

With the Summer drawing to a close, I would like to extend my thanks for support and assistance given to me this past year from each Board and Committee and their members.

The Board and Committees are an integral part of every successful community and Woodland Hills is no exception. It is important that Homeowners get involved in one of our several committees. If you are interested, please contact me at [sbritton@selectmgco.com](mailto:sbritton@selectmgco.com).

### **REMINDER: ARCHITECTURAL REQUESTS**

Any exterior changes to your home require an approval from the Architectural Committee. In order to obtain an approval for your changes, you will need to fill out an Architectural Request Form. This form can be obtained on the Woodland Hills website or by calling Select Management Company. Please remember that once the paperwork has been submitted it does not mean approval has been given. Architectural review either by the Architectural Committee must occur and a subsequent approval before proceeding with projects and work. Be sure to check with Select Management prior to proceeding with projects and actual implementation of the work.

Submitted by Shonda Britton, Property Manager, Select Management Company

## SEND US YOUR

### *Event Pictures!!*

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to [belenharvey@att.net](mailto:belenharvey@att.net) Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at [www.PEELinc.com](http://www.PEELinc.com).



## Water, Hydration and Health

By Christine Kline RD

Over 55% of our bodies are made up of water. This nutrient is a key component needed to keep us healthy. Because of this, it is important to make sure we are meeting our fluid needs daily.

### WHY IS WATER IMPORTANT?

Water makes up 83% of our blood, 73% of muscle, 25% of fat, and 22% of bones.

Water and fluids have multiple functions in our bodies such as:

- Providing a medium to transport all our nutrients (including oxygen) to our cells.
- Regulating body temperature.
- Providing moisture to skin and tissues.
- Cushioning joints.
- Strengthening muscles.
- Preventing constipation.
- Maintaining good cognitive function
- Maintaining organ function.

If you do not drink enough fluid to meet your body's needs, you may experience dehydration. Dehydration can be caused by not drinking enough fluids or by losing too many fluids as with excessive sweating, flu with emesis, or increased urination from medication such as diuretics.

Here are some basic symptoms of dehydration:

- Mild: loss of 3-5% of body fluid: confusion, headaches, constipation, muscle, joint, or back pain, reduced urination.
- Moderate: loss of 5-10% of body fluid: Sunken eyes, pale dry skin, and anxiety.
- Severe: loss of 9-15% of body fluid weight: weak, rapid heartbeat, low blood pressure, organ failure, swelling of the brain, seizures, kidney failure, seizures, and death.

Even though an average person might live several weeks without food, most people cannot last without water for over 4 to 8 days and their body functions will be impaired within 24 to 48 hours.

### HOW MUCH WATER DO WE NEED?

There are multiple calculations for estimating fluid needs for the average, medically stable person.

One of the most common methods is as follows:

- Adults <55 year old: 5 ½ ounces per 10 pounds
- Adults 55- 75: 4 ½ ounces per 10 pounds
- Adults > 75: 4 ounces per 10 pounds
- Children: 1000 mls (33 ounces) for the first 10 kg (22 lbs) + 50 mls/kg (3/4 ounce/pound) for the next 10 kg (22 lbs) and 15 mls/kg (1/4 ounce/lb) for each additional 20 kg(44 lbs)

About 20% of our fluid intake comes from food. Fruits and Vegetables contain the highest amount of water. For example, oranges are 87% water and lettuce is 90% water.

Most adults drink when they are thirsty, however, sometimes how much you drink is affected by other factors. An easy way to check your hydration status is check urine output. If you are urinating a lot less than usual or if your urine is a dark color: especially if later in the day, this may indicate dehydration.

### IS IT POSSIBLE TO TAKE TOO MUCH WATER?

Taking too much water is very rare; however, if intake; especially if electrolyte-free water, is greater than the maximum kidney excretion rate of about 4 cups per hour, a person could overdose on water. One would have to drink constantly for hours to take in this much water.

### FACTORS AFFECTING FLUID NEEDS:

There are multiple factors which can affect the amount of fluid we need.

- Exercise: short duration exercise may result in loss of 400 – 600 mls of water or 1 ½ - 2 ½ cups of water. For longer duration or very strenuous exercise, measure your weight before and after the exercise and replace loss with 2 cups (16 ounces) for every pound loss. A rule of thumb for strenuous exercise is to drink one cup of fluid every 15 minutes.

- Illness: increased loss seen with fever, bladder infections, urinary tract infections, and diarrhea. It is very important to try to replace extra estimated loss by drinking extra water. For diarrhea, which also loses electrolytes, adding extra fluid such as Pedialyte or Gatorade may be needed. Reduced fluid needs are seen with specific disease conditions such as congestive heart failure or kidney failure. Check with your doctor or dietitian regarding fluid needs for these conditions.

- Pregnancy and Nursing: women need a minimum of 2.3 liters or 10 cups of fluid/day for pregnancy and 3.1 liters or 13 cups of fluid/day for nursing.
- Altitude over 8,200 ft.: results in increased urination as well as rapid breathing, both resulting in more fluid loss.
- Airplane Flight: increased fluid loss by breathing dry re-circulated air.
- Seasons:
- Winter: increased fluid needs due to increased loss of skin moisture from heating as well as increased sweating wearing insulated clothes.
- Summer: increased loss from sweating when outside in high temperatures or when inside with air conditioning.
- Geographical Location: those living in dry climates tend to lose more moisture from skin versus those living in humid climates.

In summary: Keeping yourself well hydrated and making sure you include water and other fluids in your daily diet, will help ensure you stay healthy and strong so ....

### HAVE ANOTHER DRINK!

1 USDA Nutrition and Your Health Dietary Guidelines for Americans, 11/07)

2 (University of Illinois Medical Center at Chicago © 2006 Reviewer: Reginald Finger, MD)

3 Mayo Clinic: Mayo Foundation for Medical Education and Research, Jan 7, 2011

4 [www.merckmanuals.com/professional/sec a9/ch276b](http://www.merckmanuals.com/professional/sec a9/ch276b), May 2077, Kenneth Roberts MD

5 Mayo Clinic 4 17 2010 Mayo Foundation for Medical Education and Research (MFMER))





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