

Woodland Hills



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6 Things You Should Know Going Back to School

Submitted by Dr. Whit Kathrine

Going back to school can be daunting. Many older students return every year for a variety of reasons, but that doesn't make it any easier when you've been out of the game for a while. So what do you do? Get your laptop, I Phone or I pad (because classrooms have gone digital) and take a couple of notes.

- Understand how students are classified at your institution. Usually students are considered to be freshman until they have earned 24 hours, sophomores 25-59 hours, juniors once you have earned 60 hours, and students become seniors when they have earned 85 hours
- Understand how your GPA is calculated. Usually a 4.0 is an "A," 3.0 a "B," 2.0 a "C," 1.0 a "D," and 0 is a "F." Points are added and divided by the number of credits involved
- Know your options. Classes can be online or on campus. Choose the type of environment that is right for you and your schedule. If you opt to take classes on campus think about taking the course with a partner. Many universities allow adult students to audit a class for free
- Know important dates. Deadlines for adding and dropping classes, registration, advising, midterm exams and finals are really important
- Make copies of everything--- papers, syllabuses, notes--- and keep them even after the semester is over
- If you are taking a course on campus then take a tour beforehand. Know where the classroom is and how long it will take to get there, find out where the restrooms, vending machines and water fountains are, and get to know the campus library

My 5 Favorite Moves

Submitted by Natalie Verde

- The Lunge: Lunges work your biggest muscle group, the legs, and whether you are "walking" the lunge (lunging down a straight line) or lunging in place, using weight or not, on an unstable surface like a BOSU or on the floor the lunge tones up your legs and butt like nothing else. Be sure to always use proper form. Never let your knees pass your toes at anytime during the move and always squeeze together your hamstrings and gluteus maximus as you come up
- The Squat Overhead Press: I love when you can work more than one muscle group at a time. The Squat Overhead Press is one of those moves. With weighted dumbbells in each hand at shoulder level, begin with a squat. Feet about shoulder width apart, body weight in the heels, toes pointed forward. Squat down, come up and don't forget to squeeze the gluteus maximus. As the body moves upward press the weights overhead
- The Plank: Planks strengthens the core of your body--- the stomach and back. Place hands palms down onto the floor in front of your shoulders or bend your arms to 90 degrees and place the forearms and elbows on the floor instead. Toes and heels are together, dig toes into the floor and press body straight up (you should be running parallel to the floor) and hold
- The Burpie: Not for the faint of heart, the Burpie is a combination of plyometrics and strength. From a standing position squat down to the floor, your hands touching the floor on both sides, push both legs straight back at the same time until you are parallel with the floor (like a plank), pull both legs back in at the same time and then jump straight up toward the ceiling. If it's your first time try walking through it without jumping several times. Walk the legs out and back one at a time until you get the hang of it
- The Push Up: Never underestimate the power of the good old fashion Push Up. Your arms, chest and back will be transformed with this move

Woodland Hills

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to Celebrate?*

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September Garden Tips *Submitted by Darlene Paige*

**Autumn is upon us!
Recharge and reconnect with nature**

You've made it through another Texas Summer. Pat yourself on the back! Then, throw open the windows and get a breath of cool air! Autumn is upon us—a glorious season in Texas. Head outside and enjoy your garden during this most pleasant of seasons.

Color your world. Have fun experimenting with colorful annual flowers and foliage in your beds and containers. Get creative with Crotons, Mums, Ornamental Peppers and other bold, festive selections.


Feed the grass. A Fall lawn feeding is just what the plant doc ordered. Be sure to fertilize with a high-quality product. The grass deserves the best after the stresses of Summer. To help you out, Calloway's Premium Lawn Food is available in 21-5-10 or 21-0-0 formulations. Both contain 70% slow-release nitrogen to fortify lawns with much-needed nutrients.

Splurge on seasonal décor. As the holidays draw closer, dress up

your home with pumpkins, corn stalks and cute outdoor décor.

Plant a tree. A few weeks ago you were likely wishing for a shady spot. Get a head start on Summer 2013 by planting trees and large shrubs now. They'll have time to establish before freezing weather comes our way.

Attend a clinic! Fall means more free garden clinics. Something is going on each weekend throughout September and October. Visit our website, www.calloways.com, for details!




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Woodland Hills

Save the Date

Submitted by Terri Nielsen

BURGER & A MOVIE

Known to make "one of the BEST Old-Fashion Hamburgers in town," the **Hamburger Man** will be at Melrose Park on Saturday, October 20th, for our neighborhood's annual Movie in the Park. The grill will fire up at 6:30 and we'll begin the movie around sundown. Bring your chairs, blankets and appetite. See you there! *RSVP to Terri Nielsen at tanderson3312@sbcglobal.net or call (home) 817-684-0451 or (cell) 817-475-1389.*

THE FINAL EVENT OF THE YEAR WILL BE - Christmas in the Park

Saturday, December 1, 20012
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!

Spotlight On! Seniors

If you know a high school or college senior and want to share their story please e-mail me at tiki100@verizon.net. We will feature a neighborhood senior every month in the newsletter.

Fraud Alert

There is a nationwide scam claiming that federal aid is available to pay utility bills. There have been at least two victims in the North Texas area. This is how the scam operates: A suspect contacts customers by telephone and explains to them that the government wants to help pay their electric or water bill. The suspect provides a special routing number in exchange for a social security number and banking information. In the end, the payment is declined and the victim is responsible for the balance of the water bill.

The city of Colleyville reminds citizens not to provide private information over the phone, especially bank credentials and social security numbers.



Welcome to the Neighborhood!

Submitted by Helen Sink

Please give your warmest welcome to our new neighbors: Jessica and Jim Jackson at 3102 Scarborough Lane W. (the big white house on the mini-cul-de-sac). The Jacksons moved in just a week ago from Bedford and are in the process of settling in. Both Jessica and Jim are in the insurance business and they have a precious 2 ½ year old daughter named Reagan.

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 an Architectural Request Form. This can be obtained on the Woodland Hills website or by calling Select Management Company. Please remember that once paperwork has been submitted it does not mean approval has been given. 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 work.

Burn Ban

On Aug. 7, the Tarrant County Commissioner's Court approved an outdoor burning ban for Tarrant County, prohibiting all outdoor burning. The ban will be in place for the next 90 days.

The Tarrant County Fire Marshal requested the ban in an effort to protect the lives and properties of residents in Tarrant County. A violation of the court order prohibiting outdoor burning is a class C misdemeanor, punishable by a fine up to \$500.

Outdoor Cooking

The Tarrant County Fire Marshal's Office urges residents to use common sense when handling flammable materials during a burn ban. Suggested guidelines are as follows:

- Gas grills are the safest outdoor cooking option. Please keep flames covered during the operation of a gas grill.
- Charcoal or wood-burning grills must be placed on a concrete, gravel, or dirt surface and five feet or more from any combustible materials. Please keep the cover on the grill during use.
- Smokers can be used if placed on a concrete, gravel, or dirt surface and five feet or more from any combustible materials. Please keep flames covered during use.
- Keep a water source, such as a bucket of water or a garden hose, nearby in case of emergencies.

What's Happening in Woodland Hills?



★ 9 Properties Currently Listed For Sale	★ 6 Property Currently Under Contract	★ 15 Properties Sold in the Last 6 Months
Average List Price - \$408,032	Average List Price - \$351,467	Average List Price - \$448,000
Average Price Per Sq.Ft. - \$116.78	Average Price Per Sq.Ft. - \$110.88	Average Price Per Sq.Ft. - \$122.83
Average Days on Market - 89	Average Days on Market - 60	Average Days on Market - 96

(As of 8/20/12)

To Find Out How Much Your Home is Worth Go To:

www.MySubdivisionUpdate.com

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Chris Minteer,
12 Year
Woodland Hills Resident



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September 2012						
Sunday	Monday	Tuesday		Thursday	Friday	Saturday
						1
2	3 Labor Day	4	5	6 Curriculum Night at Heritage Elementary	7	8
9	10 Colleyville Library Story Time/ Chess Club	11	12	13 Books 'n' Brunch 11:00-12:30 Colleyville Library	14	15 Woodland Hills Garage Sale
16	17 Library Books 'n' Bites 4:00-5:00 Colleyville Library	18	19	20	21	22
23	24	25	26 Heritage Elementary K-5 Early Dismissal	27 Heritage Elementary K-5 Early Dismissal/ Reel Talk at Library 11:00-12:30	28	29 Colleyville Senior Center National Coffee Day 9:00AM
30						



Woodland Hills

October 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 Columbus Day	9 Student Holiday	10	11 Heritage Elementary K-5 Picture Day/Book 'n' Brunch 11:00-12:30 Colleyville Library	12	13
14	15 Books 'n' Bites Colleyville Library 4:00-5:00	16	17	18	19	20 Annual Woodland Hills Movie Night 6:30
21	22	23	24	25 Keep it Real Nonfiction Book Club 11:00-12:30 Colleyville Library	26	27
28	29	30	31			



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