

Woodland Hills



The Official Publication of the Woodland Hills Homeowner's Association

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July 2013

EASTER EGG HUNT

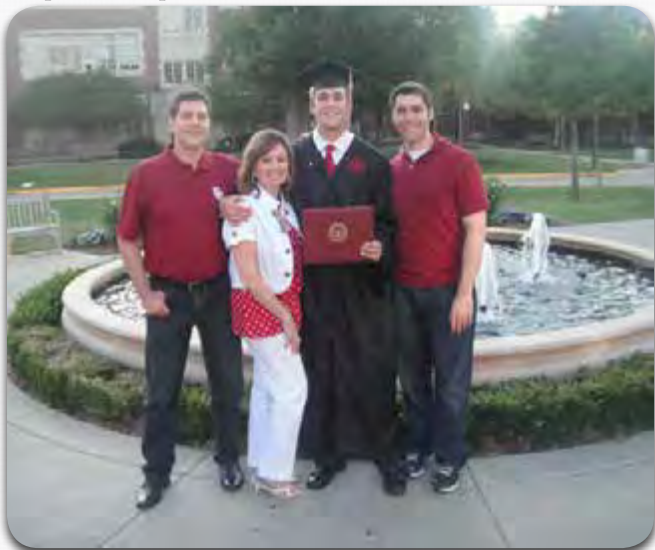
*By: Terri Nielsen
Social Chairperson*

Turnout was great in spite of the rainy weather and a few hours delay for our fourth annual Easter Egg Hunt. We counted about 30+ children from our neighborhood and they all brought parents, grandparents, aunts and uncles. The weather improved and everyone enjoyed the day. The Easter Bunny arrived before the egg hunt began and spent time mingling with the children and getting lots of pictures taken.

Thanks to everyone who participated.

LOCAL COLLEGIATE

Steven Michael Pelitere graduated from the University of Oklahoma with a Degree in Business and a Major in Entrepreneurship on May 11, 2013.



Pictured left to right: Michael Pelitere, Brenda Pelitere, Steven Pelitere, Chuck Pelitere.

UPCOMING SOCIAL EVENTS

By: Terri Nielsen, Social Chairperson

FOURTH OF JULY PARADE AND PICNIC

Parade starts @ 10 am with a short walk thru the neighborhood to Melrose Park. There are all sorts of things to do for the kids — bounce house, face painting and balloons. For the sixth year in a row, the Moberly's will be sponsoring the hot dogs and brisket! Don't forget to bring your lawn chairs and relax in the shade for this fun filled day in the park. WHHOA gives a big THANK YOU to our food sponsor – the MOBERLY TEAM!

FALL GARAGE SALE

Saturday, September 21, 2013 – 8 AM to NOON

FALL MOVIE NIGHT IN THE PARK

Saturday – October 12, 2013- Melrose Park
- Dinner @ 6:30 pm

Movie will start around 7:30 pm or sunset. Once again, the Hamburger man is going to provide hamburgers, hot dogs and all the fixin's and we will also have popcorn for the movie!

CHRISTMAS IN THE PARK

December 7, 2013 – Melrose Park – 3 PM to 6 PM

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

If you would like to help in organizing upcoming social events, please contact Terri Nielsen 817.475.1389 or email – tanderson3312@sbcglobal.net

Woodland Hills

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NEWSLETTER INFO

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ADVERTISING INFORMATION

Please support the businesses that advertise in the Woodland Hills Community Newsletter. Their advertising dollars make it possible for all Woodland Hills residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or advertising@PEELinc.com. The advertising deadline is the 20th of each month for the following month's newsletter.

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 Tiki100@verizon.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.

Congratulations to 2013 Graduate of Colleyville Heritage High School Alaina Stoval!



Yet another knee strain?

Submitted by Kathryn Lorusso

I hobbled out of the doctor's office with his words ringing in my ears. STOP the impact exercising which meant running, aerobics and even squats and lunges. My right knee was complaining loudly and I guess I had no choice apparently. If I didn't lay off, I'd need surgery. I'd been a workout queen my whole life and the more demanding the sport, the more I loved it. Getting older was not acceptable so accepting a slow kind of work out was unheard of for me.

Ironically, my sister, Paulette, had been practicing Bikram yoga for a year and pleading with me to try a class. At this point, there was nothing else I could do so I gave in, found the Bikram Yoga North Texas studio in Grapevine and literally fell in the door.

Eight years later, I'm still hooked and looking forward to my next class! Not only did my knee heal, I've rehabbed countless injuries over the years including a bad rotator cuff tear, lower back pain from running, and even post treatment side effects from radiation. Bikram yoga is a miracle in my life and has no doubt saved me from chronic illness, menopause craziness and injuries from all of the other sports I engage in. It is the force that balances everything in my life and I will NEVER quit.

In light of a breast cancer diagnosis that surprised me 3 years ago, the original knee injury that brought me to Bikram yoga was a walk in the park. I had two lumpectomies and 25 rounds of radiation but never experienced a day of stiffness, pain or scarring. I was in the room stretching my scar tissue out and sweating all of the toxic side effects of the rays, as well. My radiologist and surgeon were amazed at my recovery but I wasn't! I knew how great I'd felt from the first class on so this was just more of the same goodness I'd always experienced.

Together with a clean diet and the calming, centering practice of Bikram yoga, I can handle the stress of 450 teenagers in my daily job as a high school guidance counselor, plant based catering and cooking classes that I give at the two Bikram Yoga North Texas studios and the three large rescued greyhounds who reside in my house. I've even given some "hot yoga" classes to the Trinity football team this past season! Stacey Stier, owner, has become a treasured friend and the rest of the yogis I see in my classes are now my "family of choice."

Bikram yoga continues to change my life for the better and as a result, I am a grateful girl!

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Average List Price - \$491,784	Average List Price - \$414,800	Average List Price - \$402,082
Average Price Per Sq.Ft. - \$126.67	Average Price Per Sq.Ft. - \$117.74	Average Price Per Sq.Ft. - \$115.43
Average Days on Market - 39	Average Days on Market - 113	Average Days on Market - 112

(As of 5/20/13)

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It Really is a Small World After All

By Vicki Milana



This past school year has been an eventful one for twenty-two Houston area Ayusa families. In August 2012, these families opened their hearts and their homes to foreign exchange students from around the world. During the 2012-2013 school year; we had eleven countries represented in our area, some of the countries included were Germany, Brazil, Italy, Lebanon, China, Japan and Tunisia.

The Ayusa foreign exchange student program is a great way to enrich not only the lives of your family members, but that of the folks in your community and the student themselves. "Both my wife and I have been hosting for the past five years and have enjoyed every minute of it!" says Theodore Odom of Pearland, Texas. "My wife and I have no children, so we are able to bring the students in for the full year and be their Host Parents. We believe it's a way of giving back. This year's student, Ina Zyfi of Albania has had a great time meeting new people, making new friends and volunteering her time to a local dachshund rescue."

"We welcome host families of all shapes and sizes – families with young children, families with no children, empty nesters whose children have left home, single parents and non-traditional families," says Connie Coutu, Regional Manager of Ayusa, a 501(c)(3) not for profit organization. "The key requirements for a host family are to provide a safe and nurturing home environment, genuinely love children, and have a desire to learn more about a different culture."

"Our students really love giving back to the community", says Heather Wells, the Houston area Senior Regional Director. "One of our students, Nesrine Mbarek of Tunisia, participated in over 300 hours of community service. She was actually one of three students who won a trip for her community service and also attended a US Department of State "Teaching English as a Second Language" conference in April for her hard work. Other students have worked in food banks and have given presentations on their home countries in their schools."

This year, Ayusa is sponsoring over 900 students from 60 different countries in the United States. Volunteer host families are needed in our area to house these students for the 2013-2014 school year. The families need only provide foreign exchange students a nurturing environment, three meals a day and a bedroom (either private or shared with a host sibling of the same gender). Each host family and student is supported by a professionally trained community representative who works with the family and student for the entire program.

If you are interested in hosting an exchange student, please visit the Ayusa website at www.ayusa.org and complete the on-line application. You can view the students that are available for placement by clicking on the View Student Profiles on the home page. Help make this a memorable year for both your children and the prospective students. You'll be glad you did!

Make an impact.

Call today to reserve this space.



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Woodland Hills

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View answers online at www.peelinc.com

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

Follow the Path to Healthy Living

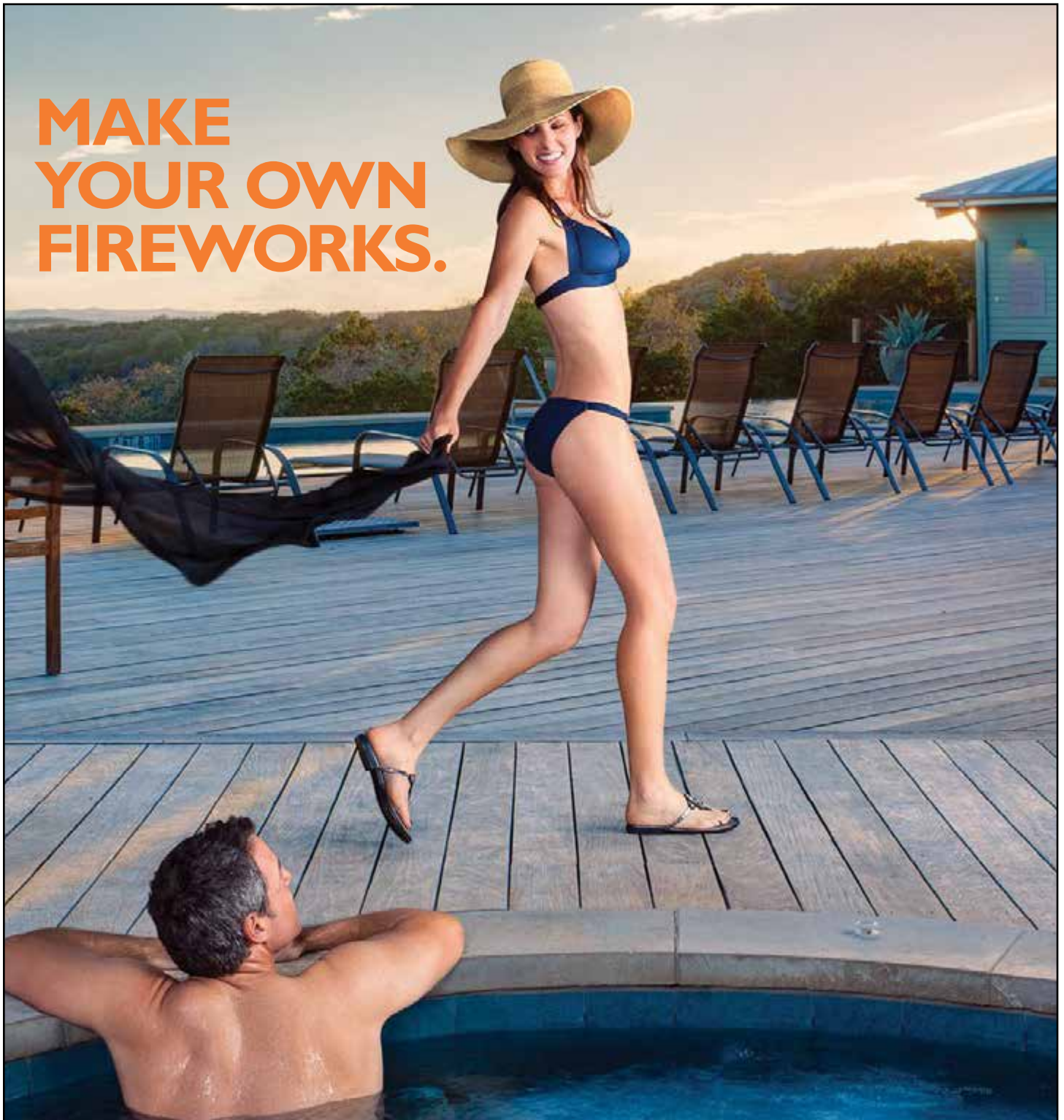
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August 29: Colin's Hope Got2Swim Lake Austin 10K/10 miler. <http://www.tinych.org/got2swim>
September 8: 5th Annual Colin's Hope Kids Triathlon <http://www.tinych.org/KidsTri>



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