

THE

NEWS FOR THE
RESIDENTS OF
TIMARRON

Talk

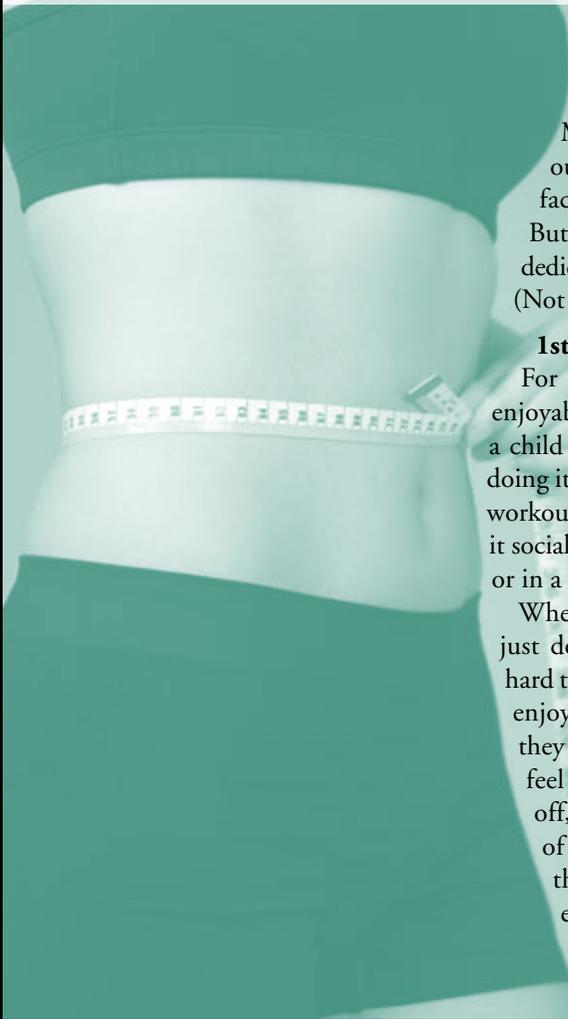
May 2011

Volume 5, Issue 5

OVERCOMING BARRIERS TO EXERCISE

Enjoyment, Time, & Know How

By Sarah S. Jordan, MS



We live in a busy world where creating and sticking with a regular exercise routine can be challenging. Many obstacles can stand in the way of our routine, including the enjoyment factor, time, and exercise know-how. But with a little creativity, planning, and dedication, the rewards can be oh so sweet! (Not to mention life changing.)

1st Barrier - I don't enjoy exercise.

For some people, exercise is simply not enjoyable. Think about what you did as a child as "play." Most likely, you enjoyed doing it. See if you can weave that into your workouts to make them more fun. Or make it social by exercising with a workout buddy or in a group setting.

Whenever I have people tell me that they just don't find exercise enjoyable, I work hard to find a mode of exercise that they do enjoy in order to get them started. Once they are moving more, eating smarter, and feel their hard work and activity paying off, it is much easier to find other modes of exercise to challenge them and help them see results. And I love watching exercise become fun for them and the thing that they look forward to in their day!

2nd Barrier

I just can't find the time.

If there is one thing that I have learned about my workouts since becoming a mother, it is that they will not happen if I wait for the time to open up in my day. I have to create, devote, and stick to the time I make for them. Here are some tips for making more time for exercise:

- ANY exercise is better than none. Even if you just have 15 minutes, take it. Your body and mind will be glad you did, and 15 minutes a day can add up to great things over time!
- Put exercise on your calendar and treat it like you would a mandatory meeting.
- Find a reliable workout partner. This not only makes workouts more fun, but it holds you accountable to show up.
- Invest in a personal trainer. They can create an individualized workout plan that fits your lifestyle and goals, and equip you with an incredible amount of education on healthy living.
- Make use of the early hours. Getting workouts in before the busy day kicks off ensures that they happen, and the entire day will be so much better because of it!

(Continued on Page 3)

Newsletter Information

Publisher

Peel, Inc. 888-687-6444
Articles..... timarron@peelinc.com
Advertising..... advertising@PEELinc.com

Article Submissions

Interested in submitting an article? You can do so by emailing timarron@PEELinc.com or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 15th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for *The Talk*. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

Advertising Information

Please support the businesses that advertise in the *The Talk*. 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 Timarron residents, limit 30 words, submit before the 15th of each month. Please e-mail timarron@peelinc.com

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.

Personal Classified Advertisements

FOR SALE: Cargo Twin Bunk Bed - all original to include mattresses. Honey-type finish with solid sides and ladder. High quality, excellent condition. \$325. Phone: 817-442-8043.

FOR SALE: Trek Mountain Train Bike and Half---great for a parent to ride with a child who is just learning how to ride a bike. Excellent condition. Price \$150. Call 817-421-1025.

FOR SALE: Little Girls Schwinn Bicycle--great condition \$30. Call 817-421-1025.



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Overcoming Barriers to Exercise - (Continued from the Cover Page)

- Make it a family tradition. What a cool thing to expose our kids to - families moving together!
- Find what works for YOU. For some people, joining a gym is the most convenient option. If that is not realistic for you, find other activities, classes, and opportunities in your area.
- Don't give up. If you are not reaching your goals, determine what is not working and create a roadmap to resolve it. Remember that fitness is a lifestyle and it goes through ups and downs, but always benefits us if we persevere.

The other important thing is to make the time we do have count in the biggest ways possible. If we have just thirty minutes three days a week to exercise, it is essential that we step up the intensity of those workouts to get the most we can for our time. If duration is short, we need to increase intensity. Add intervals and hills to your routine, or find a fitness class or DVD that offers a combination of cardio and strength training.

3rd Barrier - I don't know how to exercise.

In today's world, exercise videos and how-to's are literally at our fingertips online. We also have options for FitTV, DVDs, and opportunities at gyms, studios, and parks around town. Finding what works for your schedule and lifestyle is essential, so test a few things out before you commit.

Here are some options for gaining exercise know-how:

- Talk to your doctor to get recommendations and approval when starting an exercise program.
- Use credible online resources. One that I use often is the "ACE Get Fit™" section at www.acefitness.org.
- Put it in the hands of a professional and take out the guesswork by hiring an experienced personal trainer, or get involved in some group fitness classes.
- If you have a friend that is very fit and knows a lot about exercise, ask him/her if you can join them for their next exercise session.

.....

***WE ALL KNOW THAT IT IS NOT EASY TO MAKE TIME TO EXERCISE.
BUT WE HAVE THE POWER TO MAKE CHOICES THAT CAN SHAPE OUR FUTURE BASED ON
HOW MUCH WE MOVE NOW. SOMETIMES ALL IT TAKES IS ONE STEP IN THE RIGHT DIRECTION.***



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City of Colleyville Door To Door Solicitation Ordinance

Good afternoon to all,

In the 2010 citizen survey, door-to-door solicitation was listed as the top concern of Colleyville citizens. In response, the city has adopted a strict solicitation ordinance aimed at keeping citizens safe, protecting their privacy, and creating an outlet for complaints.

The new ordinance includes heightened permit requirements, requiring more information from those who apply. Applicants will also undergo a criminal background check, and permits will be denied to those with a felony and some applicable misdemeanors. Religious groups, charities, and political campaigns are exempt from permitting requirements.

Soliciting will only be permitted between 9:00 a.m. and 4:30 p.m., Monday through Saturday. Sundays and federal holidays are excluded. Citizens who do not wish to be contacted by solicitors should post a "No Solicitation" sign that meets the city's requirements near the main entrance of their home. Signs must be not less than 3 inches by 4 inches in size, with letters not less than 2/3 of an inch in height. Violators can now be reported to police or online at

Colleyville.com. Punishment can range from permit revocation to a Class C misdemeanor charge and a fine not to exceed \$500 per incident.

New regulations for itinerant vendors, such as ice cream trucks, include a required permit, sound restrictions, a 30-minute limit to remain in a single location, and vehicle safety and insurance requirements. Other additions to the ordinance include:

- Solicitors and distributors may only approach the front doors of homes.
- Unsolicited pamphlets, brochures, flyers, packages and printed advertisements must be left secured and no further than five feet from the front door.
- Children less than 16 years old must be within 1,000 feet of their own home or actively supervised and within 100 feet of a person who is at least 18 years old.
- Applicants less than 16 years old must provide a copy of the parental consent form.

(Continued on Page 5)

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City of Colleyville - (Continued from Page 4)

- Solicitors must have a copy of their permit in their possession and visible during all solicitation activities.

If you have any questions regarding this information, you may contact Toni Oyler, Program Coordinator at 817-503-1241 or toyler@colleyville.com.

Thank you, Amy Shelley

Community Development Coordinator
City of Colleyville
www.colleyville.com
Office: 817.503.1051
Fax: 817.503.1059
ashelley@colleyville.com

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Recipe of the Month CHOCOLATE CRINKLES

- ½ cup vegetable oil
- 2 cups sugar
- 4 squares unsweetened chocolate (melted)
- 4 eggs 2 tsp. vanilla
- 2 cups plus 2 level Tbsp. flour
- 2 tsp. baking powder
- ½ tsp. salt

Mix oil, chocolate, & sugar. Blend in one egg at a time until well mixed. Add vanilla. Stir flour, baking powder, and salt into oil mixture. Chill several hours. Drop teaspoon of dough rolled into small balls into powdered sugar. Place 2" apart on greased cookie sheet. Bake 10-12 minutes at 350°. Do not overbake!

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FINANCIAL FOCUS

“Munis” Can Still Work for You — Even in Tough Time

No matter where you live, the chances are good that a state or local government near you may be having some difficulty in balancing its budget. As a citizen, you’re probably concerned about how this situation will affect your life and your community. But as an investor, you may also wonder how this might affect any municipal bonds you own. Fortunately, the outlook might be brighter than you think.



municipalities must still fund various projects, and even one bond payment default could impact their future ability to borrow money in the form of new municipal bonds.

So are munis right for you? The answer depends on your situation — your goals, need for investment income, current investment mix, risk tolerance and so on. But if you want to receive interest payments that are exempt from federal taxes, you may well be interested

Of course, taken to the extreme, the financial challenges of some state and local governments could conceivably affect their ability to fulfill the payment obligations on their municipal bonds. But investment-grade quality municipal bond default rates historically have been very low, especially when compared to those of corporate bonds. And municipalities are cutting spending, eliminating nonessential programs and, in some cases, raising taxes or fees. In short, they are taking steps that, while potentially painful to residents, are likely to help them continue making timely payments of interest and principal on their municipal bond obligations. Furthermore,

in exploring municipal bonds. Keep in mind, though, that municipal bonds may be subject to state and local taxes and the alternative minimum tax (AMT).

In addition, you’ll want to be familiar with “taxable-equivalent yield.” Typically, municipal bonds pay an interest rate that’s lower than those paid by taxable bonds. Since this interest is free from federal taxes, however, the rate may not be as low as it appears. The taxable-equivalent yield measures the rate you’d have to earn on a taxable bond to match the income from a tax-exempt municipal

(Continued on Page 7)

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Financial Focus - (Continued from Page 6)

bond. And the higher your tax bracket, the higher your taxable-equivalent yield.

Suppose that you're in the 35% marginal tax bracket, and you are considering a tax-exempt municipal bond with a 3.33% yield. You simply divide 3.33% (0.0333 in decimal form) by 1 minus 0.35 (your tax bracket), which would give you 0.0512, or 5.12%. In this tax bracket, a muni with a 3.33% yield is equivalent to a taxable bond with a 5.12% yield. (This example is for illustration purposes only.)

Keep in mind that, before investing in bonds, you should understand the risks involved, including interest rate risk, credit risk and market risk. Bond investments are subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and you can lose principal value if the investment is sold prior to maturity. So it's best to discuss municipal bonds with your financial and tax advisors.

By adding quality municipal bonds to your portfolio, you can show faith in your municipality, your investment dollars can help support worthwhile projects in your area, and you receive a steady source of tax-exempt income.

SUDOKU

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				9	5			
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	5		6					
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The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.



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Red Level I (5-6 yrs.)	M-F	8:15 – 9:00 a.m.	\$50.00/week
Red Level II (7-8 yrs.)	M-F	9:00 – 11:00 a.m.	\$95.00/week
Orange Level (9-11 yrs.)	M-F	9:00 – 12:00 noon	\$125.00/week
Green Level (12-16 yrs.)	M-F	9:00 – 12:00 noon	\$125.00/week



Early Bird Offer: ENROLL BY MAY 15 AND REGISTRATION FEE IS WAIVED (A \$25 value).

Once-a-Week Summer Tennis Classes: June 6 – August 19

Red Level I (5-6 yrs.)	Sat	8:30 – 9:00 a.m.	\$40.00 for 4 classes
Red Level II (7-8 yrs.)	Sat	9:00 – 10:00 a.m.	\$65.00 for 4 classes
Orange Level (9-11 yrs.)	Sat	10:00 – 11:00 a.m.	\$65.00 for 4 classes
Green Level (12-16 yrs.)	Sat	11:00 – 12:00 a.m.	\$65.00 for 4 classes
Orange Level (9-11 yrs.)	MTWTh	6:00 – 7:00 p.m.	\$65.00 for 4 classes
Green Level (12-16 yrs.)	MTWTh	6:00 – 7:00 p.m.	\$65.00 for 4 classes

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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 timarron@peelinc.com. 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.



NOMINATE YOUR FAVORITE YARD FOR *Yard Of The Month*

Do you know a neighbor who takes excellent care of their property or a neighbor who has added something new to their yard?

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RANGO - *Starring: Johnny Depp, Isla Fisher, Abigail Breslin*

Johnny Depp voices the scaly, heroic title character in "Rango."

Director: Gore Verbinski ("Pirates of the Caribbean") Written by: John Logan ("Gladiator")

Industrial Light and Magic sure knows how to make a great first impression. "Rango," the first-ever animated feature created by the George Lucas company, is an impressive adventure film set in the Old West featuring a scrawny pet chameleon as it's courageous hero.



When Rango (Johnny Depp), an aspiring thespian, strolls into the small town of Dirt after landing in the desert, he is given the chance to start on a clean slate and become whoever he wants in his new surroundings. No one in Dirt knows who he is, so he conjures up a few lies and jumps into character as a mysterious gunslinger who isn't afraid of anything the big, bad desert has to offer, including the villainous Rattlesnake Jake (Bill Nighy).

Reminiscent of the storyline in the 1986 comedy "The Three Amigos," the towns people, made up of some bizarre looking creatures, accept Rango into their dried-up community and make

him sheriff when he accidentally kills a terrorizing hawk. As sheriff, it's now up to Rango to somehow bring water to the thirsty people of Dirt before more of them pack up and take off in search of the one thing they need to survive the desert heat.

As an animated spaghetti Western, "Rango" takes its original narrative and sets it on a dark and dangerous path most cartoons would never tread. Leave it to director Gore Verbinski, who teamed up with Depp in the first two "Pirates" movies, to find inspiration from Western classics like those from director Sergio Leone. Along with exquisite imagery and witty dialogue from the title character, "Rango" is an imaginative and sort of hallucinatory tribute (see if you can spot the "Fear and Loathing in Las Vegas" reference) to a genre most kids aren't exposed to nearly enough. With a lizard as the lead, this is as kid-friendly as it's going to get. *(Grade: B+ by Cinesnob.net)*



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THE TALK

TEXAS EVENTS *May 2011*

- 15—DALLAS:** Broken Boundaries and Ancient Lands Presented by the Arts District Chorale. Grand Hall, Texas Discovery Gardens, Fair Park. www.artsdistrictchorale.org 214/942-5085
- 15—IRVING:** Jim Witter: The Piano Man Witter salutes two of the most well-known “piano men”—Elton John and Billy Joel—in this multimedia concert event. Travel back in time to the 1970s and explore big hits and big events that shaped the decade. Irving Arts Center. www.irvingartscenter.com 972/252-2787
- 15—MESQUITE:** My Soul’s Been Anchored Presented by The Texas Voices chamber choir. Mesquite Arts Center, 1527 N. Galloway Ave. www.thetexasvoice.org 214/384-6336
- 16-22—FORT WORTH:** Crowne Plaza Invitational This televised tournament is one of the PGA’s premier tournaments, featuring the nation’s top golfers. Colonial Country Club. www.crowneplazainvitational.com 817/840-2219
- 17-29—DALLAS:** Rock of Ages This arena-rock love story is told through the hits of Journey, Night Ranger, Styx, REO Speedwagon, Pat Benatar, Twisted Sister, Poison, Asia, Whitesnake and more. Winspear Opera House, 2403 Flora St. www.artandseek.org/event.php?id=19563 214/443-1000
- 19—CUERO:** Cuero Country Opry Dinner is served at 5:30 p.m., with music starting at 7 p.m. VFW Hall, 934 U.S. 183 N. 361/275-3009 or 361/275-6334
- 19—LULING:** Field Day This 83rd-annual event includes a hayride, tour of the historic farm, exhibitors, agricultural education and guest speakers. Luling Foundation Farm, 523 Mulberry St. www.lulingfoundation.org 830/875-2438
- 19-Jun. 11—PLANO:** Murder at the Orient Burlesque Presented by Rover Dramawerks. Cox Building Playhouse. www.roverdramawerks.com 972/849-0358
- 20-21—DALLAS:** A Handsome Woman’s Retreat Acclaimed one-woman show is a seriously funny journey to inner peace. Black Academy of Arts and Letters, 650 S. Griffin St. www.tbaal.org/cal-may11.html 214/743-2440
- 20-21—PROSPER:** Arts & Music Festival Includes arts & crafts, a barbecue cook-off and live music. Prosper Town Center, 100 N. Preston Road. www.prosperartsandmusicfestival.com
- 20-21, 26-28—CLEBURNE:** Hello Dolly! Presented by the Plaza Theatre Company. 111 S. Main www.plaza-theatre.com 817/202-0600
- 20-22—IRVING:** Dallas Comic Con 2011 Event focused on comic book artists, writers and publishers features entertainment, panel presentations, autograph sessions and vendors for fans. Irving Convention Center at Las Colinas. www.irvingconventioncenter.com 972/252-7476
- 20-22—RICHARDSON:** Wildflower! Arts & Music Festival Features local, regional and national headliner entertainment on three stages. Also enjoy an arts & crafts market, kids’ area, street performers, acrobats, the singer/songwriter stage and contest, battle of the bands competition, food and more. Galatyn Park, 2351 Performance Drive. www.wildflowerfestival.com 972/744-4580
- 21—DALLAS:** Charles Barr Memorial Concert Russell Houston, an award-winning 17-year-old Dallas cellist, will present a recital honoring the memory of Dallas-born bassist Charles Barr. Horchow Auditorium, Dallas Museum of Art. www.dallasmuseumofart.org 214/922-1200
- 21—MCKINNEY:** Artwalk Visit the shops downtown, which host artists representing a variety of artistic media. Historic Downtown McKinney. www.downtownmckinney.com 972/547-2660
- 21-22—BELTON:** A Sami Show An arts & crafts and home decor marketplace comes to the Bell County Expo Center. www.samishow.com 254/939-5353

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Join us in getting ready for a safe summer in the water!

**Colin's Hope Night at Eastside Movies in the Park
Tuesday, May 3rd, Doors open at 6PM, Movie at sundown**

Join us at The Expedition School Lagoon (On Lady Bird Lake in East Austin next to Fiesta Gardens) for a screening of Whale Rider. Bring your family and friends to enjoy the movie under the stars.

**Colin's Hope Day at Schlitterbahn-New Braunfels
Saturday, May 21st**

Join us for a day to promote Water Safety and Drowning Prevention at Schlitterbahn-New Braunfels! Special tickets are available from Colin's Hope. Email alissa.magrum@colinshope.org for more information.

For more info visit our website at www.colinshope.org



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1712 Byron Nelson Pkwy	\$2,190,000	1321 Saint Albans Path	\$799,950	1365 Bent Creek Drive	\$600,000	601 Parkwood Drive	\$489,900
1708 Byron Nelson Pkwy	\$1,875,000	7300 Thames Trail	\$775,000	1315 Avon Terrace	\$600,000	430 Highland Oaks Circle	\$488,800
1436 Eagle Bend	\$1,750,000	1312 Byron Nelson Pkwy	\$775,000	901 Jenny Terrace	\$599,999	1360 Bent Trail Circle	\$479,000
1430 Byron Nelson Pkwy	\$1,700,000	2205 Collins Path	\$750,000	1404 Kensington Court	\$599,000	717 Inwood Drive	\$478,800
1208 Chadwick Crossing	\$1,650,000	1907 Caspian	\$748,000	2213 Collins Path	\$598,000	1410 Montgomery Lane	\$475,000
1600 Byron Nelson Pkwy	\$1,598,800	7204 Majestic Manor	\$739,900	640 Chandon Court	\$575,000	721 Bryson Way	\$474,900
1632 Byron Nelson Pkwy	\$1,499,065	1455 Bent Creek Drive	\$729,000	716 Wentwood Drive	\$569,000	709 Ashleigh Lane	\$450,000
1409 Eagle Bend	\$1,499,000	7203 Stilton Court	\$724,900	1010 Hanover Drive	\$559,000	804 Durham Court	\$450,000
1426 Eagle Bend	\$1,335,000	1313 Regency Court	\$689,000	616 Logans Lane	\$550,000	713 Saxon Trail	\$448,800
1204 Strathmore Drive	\$1,300,000	800 Aberdeen Way	\$685,000	1320 Regency Court	\$550,000	720 Nettleton Drive	\$439,900
1319 Eagle Bend	\$1,299,000	607 Aberdeen Way	\$679,900	1422 Kensington Court	\$548,500	709 Bryson Way	\$439,000
1321 Province Lane	\$1,285,000	165 Creekway Bend	\$669,000	1426 Kensington Court	\$529,000	614 Heatherglen Drive	\$439,000
1226 Strathmore Drive	\$1,250,000	1409 Waltham Drive	\$650,000	365 Silverwood Circle	\$525,000	621 Chandon Court	\$425,000
413 Bryn Meadows	\$1,149,500	704 Aberdeen Way	\$650,000	804 Wentwood Drive	\$519,800	706 Heatherglen Drive	\$419,900
413 Borders Court	\$1,075,000	125 Creekway Bend	\$649,000	813 Longford Drive	\$515,000	923 Midland Creek Drive	\$395,000
1329 Province Lane	\$949,000	1613 Byron Nelson Pkwy	\$640,000	1475 Bent Trail Circle	\$500,000	604 Heatherglen Drive	\$369,900
1205 Province Lane	\$945,000	515 Regency Crossing	\$640,000	518 Villa Crossing	\$500,000	715 Ashleigh Lane	\$348,000
1670 Bent Creek Drive	\$889,000	1201 Sarah Park Trail	\$632,000	805 Heatherglen Court	\$499,900	1155 Highland Oaks Dr	\$330,000
1415 Bentley Court	\$825,000	612 Aberdeen Way	\$619,900	1713 Prince Meadow Dr	\$499,000		
804 Aberdeen Way	\$800,000	526 Queensbury Turn	\$615,000	712 Inwood Drive	\$495,000		

Statistics as reported by NTREIS as of April 20, 2011 - Z=Price is undisclosed

March 2011 Solds

613 Fairway View Terrace	\$1,135,000
1512 Byron Nelson Pkwy	\$710,000
7304 Balmoral Drive	\$500,000
811 Wentwood Drive	\$499,900Z



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