

THE

NEWS FOR THE
RESIDENTS OF
TIMARRON

Talk

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HEALTH BRIEFS - SEPTEMBER

EASE YOUR CHILD BACK INTO SCHOOL

Establishing a normal school routine can be hard for children of any age after the long lazy days of summer. Dr. James H. Bray, a family psychologist and associate professor of family and community medicine at Baylor College of Medicine, offers the following tips to help make going back to school a less stressful experience for children and parents.

- Get kids into the school mode early. Many children have a summer schedule that includes staying up late and sleeping in. Kids need at least a week before school starts to get back into the school schedule.
- Develop a plan. Doing things like buying supplies and clothes, and finding out about schedules and teachers in advance, rather than waiting to the last minute, helps reduce stress for parents and kids.
- Talk with children about their fears and concerns and do some advance problem solving and planning. -Get involved with your child's school by getting to know the teacher and discussing their expectations.
- Talk to your children about what they want to accomplish and get out of their school year. Discuss their academic and social goals, but emphasize balance.

BACK-TO-SCHOOL CHECKLIST SHOULD INCLUDE EYE EXAM

Preparing for the start of a new school

year? Remember to get a new backpack, paper and pencils, and get your children's vision screened as part of their back-to-school checklist.

"Poor vision can interfere with learning, school performance, participation in sports and other activities, as well as self esteem," said Dr. Kimberly Yen, assistant professor of ophthalmology at Baylor College of Medicine in Houston and an ophthalmologist at Texas Children's Hospital.

Yen said if parents know that eye problems run in their family or if they suspect problems, it is especially important that their child receive eye exams regularly. All children should have their eyes examined, as part of their well-child check ups and children who exhibit no signs of visual problems should have their vision screened by age 3.

Good eye care should also include wearing protective eyewear during sports activities. Children who play basketball, baseball and racquet sports are more susceptible to eye injuries. Sports goggles can significantly reduce the likelihood of potentially sight damaging injuries. Good vision not only helps children develop in the classroom, but it teaches them the life-long value of regular vision screenings.

STUDENT ATHLETES' HEALTH STARTS OFF THE FIELD

Even though it is students who will be taking the field as extracurricular school activities begin, doctors at Baylor College of Medicine say parents play an important role in keeping their kids safe. Family health history, especially heart illnesses, is important information for doctors to know during an exam, said Dr. John Rogers, professor of family and community medicine at BCM.

A certain type of heart murmur and rapid heart beats can be detected during a physical, but the exam can't determine if past family members have heart problems or if anyone has died suddenly due to a cardiac problem. Being armed with that information helps doctors know whether the student-athlete should undergo an echocardiogram or ultrasound for a more in-depth examination.

Parents' knowledge of their child's previous injuries can also be helpful. Teens may downplay an injury, because they don't want it to prevent them from taking part in their favorite sport. However, a parent might remember lasting effects that will help doctors determine the severity of the injury.

Rogers said other issues that cannot be detected during a physical are light-headedness or shortness of breath that is not

(Continued on Page 3)

THE TALK

Newsletter Information

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Peel, Inc. 888-687-6444
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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.

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Health Briefs - (Continued from Cover)

proportionate to the exertion level of the activity. Parents should keep an eye out for these issues and let their doctor know at the time of the physical exam.

TEENS BENEFIT BY MAKING TIME FOR BREAKFAST

Teens who start their day without breakfast are twice as likely to have diets low in iron - a shortfall that could be hurting their grades. "Breakfast supplies more than just the energy kids need to get through the morning," said Dr. Theresa Nicklas, a professor of pediatrics at Baylor College of Medicine in Houston. "Teens who eat breakfast are also two to five times more likely to consume at least two-thirds the recommended amounts of most vitamins and minerals, including iron."

Iron-deficiency anemia has long been known to have a negative affect on behavior and learning. Eating breakfast has been linked to improved memory, grades, school attendance and punctuality in children. In addition, intakes of other vitamins and minerals, including zinc, calcium, and folic acid, are higher among breakfast-eaters, while fat consumption is lower.

"It's important for parents to realize that the nutrients teens miss when they're allowed to skip breakfast are rarely recouped during other meals," said Nicklas, also a researcher at the USDA/ARS Children's Nutrition Research Center.

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Omar is a sweet, loving boy—and he almost always has a smile on face! While he is extremely active and loves to play sports and be outside, Omar does well academically and is a very polite young man. Omar, who turns ten in November, needs an active and involved family who can provide him with consistent expectations, boundaries and structure. An abundance of support and patience will help Omar achieve success in his promising young life.

To find out more about Omar, please contact Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter, at the Adoption Coalition of Texas (512) 810-0813 or gracelindgren@adopttexas.org. Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group. To learn more about the foster care adoption process, please call the Adoption Coalition of Texas at (512) 301-2825, email info@adopttexas.org and visit our website at <http://www.adoptioncoalitiontx.org>

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Immunizations *Not Just for Kids*

By- Concentra Urgent Care

Although most toddlers in the United States have received all recommended vaccines, many adults and adolescents have not. These missed vaccinations increase their risk for infection, hospitalization, death, and disease spread, and they contribute to the estimated \$10 billion that is spent annually on vaccine preventable diseases in the United States.

Evidence shows that currently approved vaccines are safe and effective. However, coverage rates for persons of all ages vary nationwide. Reasons cited include lack of health insurance, unfamiliarity with vaccine recommendations, limited access at physicians' offices, or the perceived cost of vaccines.

What you need to know is that obtaining recommended vaccines in a timely manner can prevent disease. The Advisory Committee on Immunization Practices (ACIP) recommends the following immunization schedule for generally healthy adults and adolescents:

VACCINE INFLUENZA: **RECOMMENDED SCHEDULE**
Yearly, especially if at risk

MENINGOCOCCAL: One dose, age 11-12 or 13-18 if not previously immunized

TETANUS-DIPHTHERIA/TETANUS -DIPHTHERIA-PERTUSSIS: One dose, age 11-12, then booster every 10 years

HUMAN PAPILLOMA VIRUS: (FEMALES ONLY) Three doses, age 11-26

MEASLES - MUMPS - RUBELLA: If born after 1956, one or two doses if never immunized up to age 65

PNEUMOCOCCAL: One dose, at or after age 65

VARICELLA (CHICKEN POX): Two doses if no prior infection or immunization received

ZOSTER (SHINGLES): One dose, at or after age 60

Specific recommendations for individuals may vary depending on age, prior immunization history and the presence of other existing conditions; please see the Centers for Disease Control (CDC) Web site at: <http://www.cdc.gov/vaccines/recs/schedules/default.htm>.

For more information about immunizations and where to get them, contact your health care provider, your Concentra health specialist, or visit the CDC's Web Site at: www.cdc.gov/vaccines.

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Recipe of the Month TORTILLA SOUP

INGREDIENTS

- 1 Onion, chopped
- ¼ Cup oleo
- ¼ Cup flour
- 6 cans chicken broth
- 3-4 chicken breasts; cooked and chopped
- 2 - 4 oz. cans chopped green chilies
- 1 can diced Rotel tomatoes or 1 can diced tomatoes
- 2 T chili powder
- 2 tsp. garlic salt
- 1 T Cumin
- 8 Corn tortilla chips, cut up
- 2 chopped avocados
- shredded Monterey Jack Cheese

Combine oleo and flour. Brown. Add broth, tomatoes, chilies, chicken, chili powder, cumin, garlic salt. Simmer for 1 hour. Saute onion and chips. Add to soup. Pour over cheese and avocados. Optional: Add sour cream.

Enjoy!

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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 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 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>

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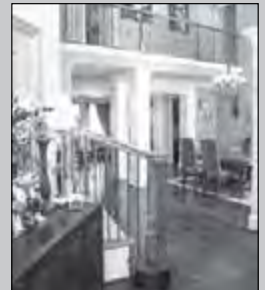
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1708 Byron Nelson Pkwy	\$1,875,000	403 Atherton Circle	\$900,000	1409 Waltham Drive	\$625,000	1360 Bent Trail Circle	\$479,000
1345 Eagle Bend	\$1,875,000	7216 Braemar Terrace	\$899,900	1808 Caspian Lane	\$620,000	1475 Bent Trail Circle	\$478,800
1430 Byron Nelson Pkwy	\$1,700,000	1329 Province Lane	\$899,500	1308 Montgomery Lane	\$619,000	503 Northwood Trail	\$475,000
1600 Byron Nelson Pkwy	\$1,598,800	7300 Thames Trail	\$769,900	526 Queensbury Turn	\$615,000	700 Aberdeen Way	\$475,000
1208 Chadwick Crossing	\$1,500,000	7206 Brooke Drive	\$759,900	706 Wentwood Drive	\$615,000	601 Parkwood Drive	\$469,900
1409 Eagle Bend	\$1,449,000	1907 Caspian	\$748,000	1365 Bent Creek Drive	\$600,000	706 Longford Drive	\$469,900
1632 Byron Nelson Pkwy	\$1,399,000	1700 Thames Trail	\$737,500	1404 Kensington Court	\$589,900	721 Bryson Way	\$468,000
1715 Byron Nelson Pkwy	\$1,395,000	1305 Regency Court	\$715,000	1315 Avon	\$585,000	604 Heatherglenn Dr.	\$445,000
1516 Byron Nelson Pkwy	\$1,395,000	1312 Byron Nelson Pkwy	\$699,999	604 Blair Court	\$582,800	600 Northwood Trail	\$444,900
1426 Eagle Bend	\$1,295,000	7203 Stilton Court	\$699,950	7201 Balmoral Drive	\$579,900	714 Longford Drive	\$439,900
1319 Eagle Bend	\$1,275,000	603 Aberdeen Way	\$689,900	714 Wentwood Drive	\$559,900	927 Midland Creek Drive	\$439,900
402 Bryn Meadow	\$1,250,000	1205 Lansdowne Court	\$675,000	125 Creekway Bend	\$550,000	345 Highland Oaks Circle	\$439,900
1226 Strathmore Drive	\$1,250,000	1203 Strathmore Drive	\$674,900	1320 Regency Court	\$550,000	704 Bryson Way	\$439,800
1204 Strathmore Drive	\$1,200,000	1420 Bent Creek Drive	\$669,800	733 Longford Drive	\$539,800	712 Heatherglenn Drive	\$429,900
1321 Province Lane	\$1,175,000	607 Aberdeen Way	\$664,900	2213 Collins Path	\$529,900	718 Nettleton Drive	\$350,000
402 Atherton Circle	\$1,149,000	517 Villa Crossing	\$645,000	1122 Longford Circle	\$500,000	943 Midland Creek Drive	\$340,000
413 Bryn Meadows	\$1,099,990	515 Regency Crossing	\$640,000	808 Longford Drive	\$500,000		
1415 Bentley Court	\$950,000	1507 Byron Nelson Pkwy	\$639,900	601 Northwood Court	\$500,000		

Statistics as reported by NTREIS as of 8/19/2011

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1909 Thames Trail	\$ 765,000	908 Wentwood Drive	\$ 550,000
604 Fairway View Terrace	\$ 750,000	800 Oakcrest Court	\$ 512,000
1310 Province Lane	\$ 727,000	805 Longford Drive	\$ 502,500
1319 Regency Court	\$ 720,000	518 Villa Crossing	\$ 485,000
1455 Bent Creek Drive	\$ 705,000	604 Rustic Ridge Court	\$ 475,000
1208 Champions Way	\$ 700,000	709 Ashleigh Lane	\$ 440,000
1206 Champions Way	\$ 695,000	720 Nettleton Drive	\$ 425,000
1613 Byron Nelson Pkwy	\$ 585,000	804 Oakcrest Court	\$ 397,000