

# THE

NEWS FOR THE  
RESIDENTS OF  
TIMARRON

# Talk

December 2011

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## RIGHT IN YOUR OWN BACKYARD

*Submitted by Harry Kunz*

I grew up in a small town in Illinois. It was a convenient place to live. Everything was within easy walking distance. Our main street was named Main Street because everything you wanted or needed was there. It had a grocery store, barber shop, filling station, and hardware store. There was a beauty shop, a movie theatre, and one clothing store, but it sold both men and women's apparel. The post office was next to the police station. At one end of the street was our church and at the other end was Fast Eddy's, a friendly neighborhood watering hole. Usually, you would find the same people dutifully present at one establishment on Saturday night and the other on Sunday morning. Everything was so doggone close. It was like having the whole town right in your own backyard.

Later on, I moved to the suburbs of the nearest big city, St. Louis. Nice enough place with good mid-western people, but you had to drive everywhere. The nearest school was miles away and the nearest restaurants were fast food types. There was no main street where you could have dinner, enjoy a movie, and meet your friends later. That required driving to three different locations. I really missed having everything in my own backyard, so to speak.

Then, we moved to Southlake, and Halleluiaah, I had it all back again! Everything you can almost imagine is here. Town Square is the closest thing to Main Street you will find in this day and age. In this small and beautiful community are located so many shops and stores, and parks, and restaurants, and doctors, and lawyers, and services, I can't even try to mention them here. Needless to say, no matter what you want or need, you can find it here in Southlake. Everything IS almost in your own backyard.

Located within Southlake is another small community. It's where old friends can gather or where new friends can meet. It's where families are welcome yet still offers the opportunity for adults to have that date out by themselves. It's where weddings are celebrated, banquets are enjoyed, education to our children is given, and perhaps the most beautiful view in all of Southlake can be enjoyed every evening. I'm referring, of course, to the Timarron Golf Club, located in the heart of Southlake. It's that place where you can play, dine, and relax. It's where you can enjoy many special entertainment events, attend cooking classes, get help planning your own event, and leave your children while you enjoy those special evenings. You can exercise in the first class health center

under the supervision of a full time trainer and enjoy the many specials offered daily in the bar area. I haven't mentioned the golf course because it has to be seen to be fully appreciated. Byron Nelson designed the course and it lives up to the standards set by that legend of Golf. The golf course and the professional golfing staff are a great matter of pride to the Club.

You should come out and visit the Timarron Golf Club. I think you will be pleased with what you see, and the best part of it is, it's almost in your own backyard.



## Newsletter Information

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## Article Submissions

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Conner is a 10 year old energetic child who enjoys skateboarding, karate and playing basketball. He also likes to play with puzzles, action figures and lego's. Conner is very creative and loves to draw and paint. Conner needs a patient, committed adoptive family that will provide him with unconditional love and support. He will benefit most by being the youngest child in the home or the only child. For more information, please contact Stephanie Berka, Wendy's Wonderful Kids Recruiter at Adoption Coalition of Texas 512-450-8750 or [stephanieberka@adopttexas.org](mailto:stephanieberka@adopttexas.org)



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## WASH YOUR HANDS

REDUCING SPREAD OF DISEASE WHILE AT HOME & WORK

By: Concentra Urgent Care

The Centers for Disease Control and Prevention (CDC) say that nearly 90,000 patients die in U.S. hospitals each year due to a preventable disease—many could be avoided if everyone properly washed their hands. From germs on office equipment to sick colleagues who decided to come into work anyway, people face the same dangers in the workplace. The same simple fact holds true: Washing your hands regularly is an effective way to prevent yourself from catching or spreading a preventable disease or illness.

### WHEN TO WASH YOUR HANDS

*The CDC recommends washing your hands every time you:*

- Prepare or eat food
- Use the restroom

- Tend to someone who is sick; both before and after
- Blow your nose, cough, or sneeze
- Handle garbage
- Treat a cut or wound
- Change diaper or clean up after children
- Handle an animal or animal waste

### HAND WASHING BASICS

*The CDC has issued specific guidelines about effective hand washing:*

- Wet hands with water
- Use plain bar or liquid soap
- Create a lather by vigorously rubbing hands together for 15-20 seconds—about the amount of time it takes to sing “Happy Birthday” twice
- Be sure to wash palms, back of hands,

fingers, and nails (clean nails by gently scratching nails down your opposing soapy palm)

- Rinse off soap under a stream of water

### WHAT ELSE CAN YOU DO?

- Focus on hand washing in the lunch and/or break room
- Be careful when using sponges and dish towels. These are ideal sites for bacterial growth. Always wash your hands after using these items.
- Maintain a clean work area; regularly clean any office equipment, especially shared items such as phones and keyboards.
- Remind your colleagues of the importance of hand washing, particularly when you witness someone neglecting to wash his or her hands. °



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HEALTH BRIEFS - DECEMBER 2011

**ALLERGIES:  
KNOW YOUR TREATMENT  
OPTIONS**

Allergies got you down? Dr. Madhu Narra, assistant professor of medicine in the section of allergy, immunology and rheumatology at Baylor College of Medicine offers some tips to help manage. Fall is the blooming season for weeds such as ragweed while spring allergies are from blooming trees and grasses. Indoor allergens such as dust mites can cause symptoms all year round. It is important to be aware of what you are allergic to so that you know when to look out for these allergens, said Narra.

*Symptoms include runny and itchy eyes and nose, sneezing, congestion, drainage and cough. Some people may experience wheezing and trouble breathing.*

- For mild allergies, consider over-the-counter medications like loratadine or cetirizine that usually do not cause drowsiness
- Keep your windows closed during peak pollen season. You can track pollen counts online.
- Clean pets before they enter the house so that they don't carry pollen into the home
- Do not dry clothes outside where they can pick up pollen
- Wear a mask or nasal filters when mowing the lawn to prevent allergens from getting into the nose
- If prescription medications and nasal sprays do not help much or if long-term relief from severe allergies is desired, consider getting allergy shots, which can provide long lasting relief with four to five years of treatment

**WINTER WEATHER & SKIN CARE**

Summer may be over, but protecting your skin should remain a priority. "Colder temperatures, wind and sunlight work together to cause irritation to your skin," said Dr. John Wolf, professor and chair of dermatology at BCM. "It is difficult to distinguish between windburn and sunburn, so it is a good idea to focus on overall skin care." Wolf suggests using extra moisturizer as well as moisturizing sun block with an SPF of 30 or higher, especially if planning a winter trip to a higher altitude where ultraviolet rays from the sun are more intense.

Chapped lips and fever blisters also can be provoked by the cold, wind and sun. People who suffer from severe outbreaks of fever blisters may want to talk to their doctor to

*(Continued on Page 6)*

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# THE TALK

Health Briefs - (Continued from Page 5)

see if there are prescriptions to prevent such outbreaks Wolf says. Chapped lips are more prevalent during colder months as well, but using a lip balm with an SPF factor of 30 or even a thick coat of zinc oxide may help keep them at bay.

During colder weather many people will take hot showers, sit in a sauna or even enjoy a hot tub. Wolf said this can actually increase dry and itchy skin. He suggests using moisturizer while still damp, before completely drying off.

## TEACH KIDS TO ENJOY TREATS IN MODERATION

From Halloween to the new year, kids are tempted by pies, cakes and other treats. However, according to experts at Baylor College of Medicine, the holidays are no excuse for parents to let kids overeat and divert from their normal eating routine.


“You have to keep meals and snacks under some control no matter what day of the year it is,” said Dr. Karen Cullen, associate professor of pediatrics at the USDA/ARS Children’s Nutrition Research Center at BCM. Cullen says a good plan is to save holiday treats for snacks, and be sure that they are an appropriate portion size for that snack. Consider freezing treats to save for later use. Parents should be serve as positive role models by continuing to serve and eat regular balanced meals. In addition, they should encourage children to try fruits and veggies that are offered at holiday parties.

## OLDER ADULTS CAN FIGHT FRAILTY THROUGH RESISTANCE WEIGHT TRAINING

Imagine not being able to stand up because you can’t carry your own body weight. To prevent this, incorporate resistance weight training into your routine, said an expert at Baylor College of Medicine. “As we age, we slowly start to lose lean muscle mass, and resistance weight training is the only way to slow this down,” said Dr. Robert Roush, associate professor of medicine - geriatrics at BCM. “It’s never too late to start.”

Resistance weight training can consist of weight lifting, using weight machines or any other exercise activity that creates some sort of resistance. This should go along with a regular cardiovascular exercise plan, said Roush, who is also with the Huffington Center on Aging at BCM.

Always check with a qualified health care provider before starting any exercise routine. Try to find a gym with senior benefits or share a personal trainer with friends to learn proper technique. If a gym is not an option, try using stretch bands and dumbbells at home. Activities such as swimming, climbing stairs and walking at an incline can also provide resistance. Regardless of whether one goes to a health club or exercises at home, the key is to follow recommended regimens and proper technique.



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1708 Byron Nelson Pkwy	\$1,695,000	1907 Caspian	\$725,000	706 Wentwood Drive	\$575,000
1430 Byron Nelson Pkwy	\$1,665,000	7204 Majestic Manor	\$724,500	125 Creekway Bend	\$550,000
1413 Eagle Bend	\$1,400,000	7203 Stilton Court	\$699,950	714 Wentwood Drive	\$549,900
1715 Byron Nelson Pkwy	\$1,395,000	2007 Caspian Lane	\$699,900	7200 Thames Trail	\$545,000
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403 Atherton Circle	\$900,000	515 Regency Crossing	\$623,800	927 Midland Creek Drive	\$439,900
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1415 Bentley Court	\$849,999	526 Queensbury Turn	\$615,000	606 Heatherglen Drive	\$438,000
1205 Province Lane	\$830,000	1303 Byron Nelson Pkwy	\$615,000	120 Bent Trail Drive	\$429,900
1305 Province Lane	\$819,900	716 Aberdeen Way	\$600,000	712 Heatherglen Drive	\$419,000
7206 Brooke Drive	\$759,900	612 Logans Lane	\$599,900		

Statistics as reported by NTRIS as of 11/18/2011

**OCT 2011 SOLD**

1321 Province Lane	\$1,100,000
1312 Byron Nelson Pkwy	\$696,500
1507 Byron Nelson Pkwy	\$525,000
1475 Bent Trail Circle	\$437,500



*Merry Christmas!*

