

THE

NEWS FOR THE
RESIDENTS OF
TIMARRON

Talk

April 2012

Volume 6, Issue 4

Timarron
SPRING GARAGE SALE
FRIDAY APRIL 20TH & SATURDAY APRIL 21ST
9:00 AM TO 4:00 PM

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Newsletter Information

Publisher

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

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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

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Southlake Parks & Recreation Calendar

APRIL 1ST EASTER IN THE PARK

WHEN: 1:30 PM TO 4:30 PM

WHERE: SOUTHLAKE TOWN SQUARE

Join us for egg hunts, inflatables, crafts, an Easter basket contest
Mr. & Mrs. Easter Bunny, cotton candy, balloon artists
...and so much more!

APRIL 21ST – 22ND

WHERE: GREAT OUTDOOR DAYS

AT BOB JONES PARK

For more info go to www.SouthlakeParksAndRec.com

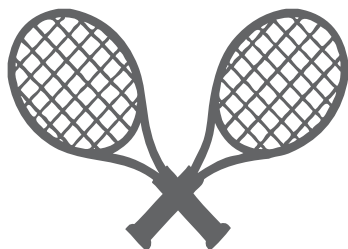


2012 Easter Egg Hunt

**APRIL 1ST
AT BENT CREEK PARK**

Take your picture with the Easter Bunny (bring your camera). There will also be arts and crafts for the kids!

SPRING BREAK TENNIS CAMP



March 12th-16th | Ages 8-12

(for Timarron residents only)

TIMES

1-2:30, 2:30-4:00

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(Limit 8 students per camp)





Colleyville Center

Submitted by Lin Przbyl

The City of Colleyville's Colleyville Center, located next to the Justice Center, has completed its renovations.

The city opened the center in early 1998, after many years of planning, fundraising, and organizing by Colleyville civic organizations, city leaders and residents -- including several Woodland Hills residents.

The improved venue will host over 500 events this year including city public meetings, corporate and school events, weddings, and HOA meetings.

Congratulations to everyone who participated in the center's fundraising.



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Early Packing List: When to Get Travel Vaccinations

PLANNING AHEAD IS THE KEY TO SAFE, HEALTHY GLOBE-TROTTING

Submitted by Laura Guerrero, M.D., medical director for The Austin Diagnostic Clinic's Travel Clinic

There are just a few days to go before your big trip overseas. You've triple checked your itinerary, memorized important maps, and maybe even practiced speaking a bit of the local language. But unless you have taken the proper vaccination measures well in advance, your health may be at risk.

One of the most overlooked to-dos on a busy pre-travel itinerary checklist is the need to get vaccines and other medical preparations taken care of weeks, sometimes even months, before a trip, says Laura Guerrero, M.D., an internal medicine physician and medical director of the Travel Clinic at The Austin Diagnostic Clinic (ADC).

"Depending on where in the world you are going, you may be exposed to diseases and other pathogens that your body just hasn't had to cope with here in the United States. Often, vaccines are the best preventative measure to protect your health," says Dr. Guerrero. "But what people sometimes forget is that many vaccines have to be taken over an extended period of time before they can effectively prevent an illness."

ROUTINE, RECOMMENDED, & REQUIRED VACCINATIONS

The Centers for Disease Control and Prevention (CDC) divides travel vaccines into three categories: routine, recommended, and required. Dr. Guerrero says the number and type of vaccines you should receive will vary depending on what part of the world you are traveling to.

"Your particular vaccination and health needs can be as different as the Amazon jungle is to the Sahara desert," says Dr. Guerrero. "The only way to know what vaccinations are recommended for you is by consulting with your doctor at least one month before you plan on traveling abroad."



THE RIGHT VACCINE AT THE RIGHT TIME

Routine vaccinations are designed to protect you from diseases that rarely occur in the United States, but are still common in many parts of the world. According to the CDC, routine vaccinations should be administered for things such as influenza, tetanus, hepatitis A and B, measles, chickenpox, and zoster (shingles).

Exactly what routine vaccinations travelers should get will also depend mainly on your age and gender. And if you are traveling with children, they will likely require different vaccinations than an adult. Infants may need to have their vaccines administered over a period of several days or weeks, explains Dr. Guerrero. Recommended vaccinations will also depend on where you are traveling. The CDC lists vaccine information about specific destinations around the world on its website, <http://wwwnc.cdc.gov/travel/destinations/list.htm>. The site includes detailed health information about specific countries.

"We will update your shot record so we know what vaccines you should be receiving," says Dr. Guerrero. "And we will also counsel you about what diseases may be present in your destination, and how you can avoid exposure." As far as required vaccinations

go, international health regulations currently only require a vaccination for yellow fever for travelers visiting certain countries in sub-Saharan Africa and tropical South America. Meningococcal vaccination is also required by the government of Saudi Arabia for annual travel during the Hajj—the term for the annual pilgrimage to Mecca, Saudi Arabia, which occurs sometime between November and January.

"Even if you do not get your travel vaccines in time, it's always a good idea to see your doctor before you travel abroad because you can still benefit from medications and other information about how to protect yourself from illness and injury while on vacation in another country," adds Dr. Guerrero.

HEALTHY TIPS WHILE ABROAD


Once you have followed the vaccination schedule exactly, there are many other health considerations to take into account, Dr. Guerrero says. If you are taking prescription medications, for example, make sure you bring enough to last your entire trip and that you keep them stowed in their original containers. It's also a good idea to bring medicine for diarrhea, and to be cautious about drinking from local water supplies or eating things like raw seafood or other uncooked items.

"Part of ensuring a memorable travel experience abroad is making sure you are prepared for any potential health situations," explains Dr. Guerrero. "For example, if you have a preexisting health condition, it's always a good idea to know what your emergency care options are if something were to happen abroad. By taking the proper health planning measures, your trip of a lifetime can be filled with good memories instead of bad ones."

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Tips for a Diet that Promotes Healthy Teeth

Of course we all know that a healthy diet is good for our bodies, but did you know that what you eat affects your teeth as well? Here is a list of simple ways you can improve your oral health by paying close attention to your diet. Brushing and flossing are vital to keeping your teeth healthy, but what you eat and drink in between your daily cleaning rituals also plays an important role in your oral health.

Plaque—an invisible, sticky layer of bacteria—regularly coats your teeth. When the starches and sugars present in many foods come into contact with this bacteria, acid is produced. This acid breaks down the enamel that protects the outside of your teeth, and over time can cause tooth decay. If you choose your foods wisely, you can decrease the amount of acid that attacks your teeth. Here are some diet tips for keeping your teeth healthy:

Limit foods and drinks that are high in sugar, like cookies, candies and sodas—remember even unsweetened fruit juices are high in sugar. **Read packaging labels** to find out how much sugar is included, and make educated choices in the products you purchase. **Limit dried fruits**, which are sticky and cling to the teeth—instead, eat fresh fruit, especially apples, which serve as natural tooth cleaners.

Avoid snacks between meals—but if you must snack, replace sugary treats with crackers, cheese, yogurt, nuts, and celery or carrot sticks, which produce less acid. If you do drink sugary liquids (soda, sports drinks, juices), **avoid sipping slowly** over a long period of time as this extends the period that acid attacks your teeth.

If you're a regular coffee or tea drinker, **reduce or eliminate added sugar**. If your

children snack at school, be sure they have **access to healthy snacks** (veggies, fresh fruits, cheese) instead of packaged foods that are high in sugar. If you occasionally treat yourself to a sugary snack, **brush your teeth afterwards** to reduce the acid effect—if you aren't near a toothbrush, **rinse with water or chew a piece of sugarless gum** to stimulate saliva, which helps clean your teeth.

Your diet also affects your overall health, which helps determine how well your body can fight off infection. If you aren't getting certain nutrients, the tissues in your mouth may not be as resistant, leaving you more prone to periodontal (gum) disease.

If you have any questions about your diet and its effect on your oral health, let us know. We'll be happy to guide you toward healthier eating habits.

Submitted by Dr. Flury

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1708 Byron Nelson Pkwy	\$1,695,000	1205 Kirkcaldy Court	\$759,900	1358 Montgomery Lane	\$564,900	707 Bryson Way	\$434,000
1430 Byron Nelson Pkwy	\$1,665,000	1305 Regency Court	\$749,000	7201 Balmoral Drive	\$559,900	927 Midland Creek Drive	\$425,000
1311 Chadwick Crossing	\$1,385,000	7300 Thames Trail	\$745,800	612 Logans Lane	\$559,900	807 Oakcrest Court	\$425,000
1203 Earlston Court	\$1,375,000	7304 Braemar Terrace	\$719,000	125 Creekway Bend	\$535,000	934 Midland Creek Drive	\$410,000
1208 Chadwick Crossing	\$1,300,000	2007 Caspian Lane	\$699,900	613 Regency Crossing	\$525,000	923 Midland Creek Drive	\$410,000
1516 Byron Nelson Pkwy	\$1,299,500	1669 Byron Nelson Pkwy	\$699,000	1116 Longford Circle	\$518,800	712 Heatherglen Drive	\$399,900
1600 Byron Nelson Pkwy	\$1,298,800	1700 Thames Trail	\$699,000	1122 Longford Circle	\$512,000	Sales Year-to-Date	
1715 Byron Nelson Pkwy	\$1,292,800	7203 Stilton Court	\$675,000	350 Silverwood Circle	\$509,999		
1226 Strathmore Drive	\$1,250,000	1205 Lansdowne Court	\$675,000	1426 Montgomery Lane	\$509,000	1644 Byron Nelson Pkwy	\$ 865,942
1632 Byron Nelson Pkwy	\$1,199,900	1420 Bent Creek Drive	\$669,800	2213 Collins Path	\$509,000	7204 Majestic Manor	\$ 705,000
404 Oak Ridge Court	\$1,198,800	1315 Regency Court	\$667,000	728 Bryson Way	\$509,000	1907 Caspian	\$ 662,500
1413 Eagle Bend	\$1,198,800	607 Aberdeen Way	\$649,900	809 Heatherglen Court	\$500,000	215 Creekway Bend	\$ 628,000
402 Atherton Circle	\$1,000,000	1421 Sandstone Court	\$645,000	320 Glenrose Court	\$499,900	2217 Collins Path	\$ 585,000
412 Bryn Meadows	\$1,000,000	1409 Waltham Drive	\$625,000	1422 Kensington Court	\$475,800	601 Rustic Ridge Court	\$ 565,500
1329 Province Lane	\$864,990	1434 Waltham Drive	\$625,000	1400 Kensington Court	\$496,450	706 Wentwood Drive	\$ 550,000
403 Atherton Circle	\$850,000	515 Regency Crossing	\$623,800	700 Aberdeen Way	\$480,000	811 Caroline Lane	\$ 475,000
1415 Bentley Court	\$849,999	614 Regency Crossing	\$600,000	714 Wentwood Drive	\$479,900	1360 Bent Trail Circle	\$ 471,000
301 Augusta Court	\$849,500	1205 Strathmore Drive	\$599,900	802 Durham Court	\$475,800	1008 Hanover Drive	\$ 470,500
7308 Thames Trail	\$825,000	1307 Regency Court	\$598,800	723 Wyndor Creek Drive	\$475,000	616 Logans Lane	\$ 466,500
7216 Braemar Terrace	\$824,900	1135 Highland Oaks Drive	\$579,000	1320 Regency Court	\$469,900	710 Nettleton Drive	\$ 439,900
1205 Province Lane	\$798,000	1012 Hanover Drive	\$575,000	702 Bryson Way	\$455,000	600 Northwood Trail	\$ 415,000

Statistics as reported by NTREIS as of 2/20/2012

Z=price is undisclosed

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