

#### **Hello Timarron Homeowners!**

The Timarron office is now fully staffed with your new Management Team and we look forward to the future. On Monday June 18th, Melissa Prior joined TOA as Timarron's Assistant Manager. If you wish more information on this Dallas/Fort Worth native, read the August newsletter for a brief biography.

It is my hope that this newsletter will include something for everyone. The newest monthly article is "Current Projects Happenin" in Timarron." Read this editorial for planned TOA projects. Review the calendar to attend a Timarron meeting or social event. Or have the kids check out the Kids Korner. Suggestions are always welcome and the Newsletter Committee is always looking for volunteers.

Are you new to Timarron and want to know more about the Association where you live? Volunteer as a Committee Member or represent your neighborhood as a Delegate. As a Committee Member, you can participate in Communications, Facilities, Finance, Landscape, Modifications, Tennis, and the newest Committee.... Social. Delegates represent individual Neighborhoods and act as another level of neighbor communication. Delegate elections are held in August. These Neighborhood Delegates then elect the Board Members in September.

Thank you for your interest in Timarron! Please feel free to call the office at (817) 424-3027 with questions.

Kathy Epperson

Timarron General Manager



## Timarron Crime Watch Meeting

There will be a safety awareness meeting in the Bent Creek clubhouse on Tuesday July 17th Starting at 7pm. Officer Bedrich will be conducting this meeting and will cover issues on neighborhood vandalism and other criminal activities that threaten the security of our homes and families. All Timarron residents are encouraged to attend. Please contact the manager office for further information. Let's stick together in our fight against crime.

## Are you interested in Timarron and your Community?

Would you like to help make decisions that affect your Neighborhood? If you are a Timarron Association property owner, in good standing, and wish to be involved in activities that make this community a great place to live; join the Delegate Team. Delegates are neighborhood representatives who annually elect the Timarron Board of Directors, as well as communicate Neighborhood concerns with property management. If you are interested or have questions, feel free to call the Timarron Owners Association office or speak with a current delegate. Delegate applications are due by August 17th and can be picked up at the TOA office. Elections are held when we receive more applicants than available seats. Timarron needs YOU to keep her great!!! Become a delegate and you'll find yourself at the September meeting electing the new 2007-2008 Board of Directors. See you there! Current delegates, please remember that you must fill out an application as well.



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#### **Newsletter Information**

#### Editor

Kathy Epperson.....Kepperson@principal-mgmt.com Publisher

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#### **ATTENTION TIMARRON RESIDENTS!!!**

Our newsletter is in need for volunteers to help coordinate articles and information gathering. We are very fortunate to have the "Inside Timarron" newsletter. It has opened a great communication forum to help us build and maintain a stronger community, free of charge to our readers.

This could be a great opportunity for those interested in positive journalism to get involved in helping your community. Please contact the office to volunteer at 817-424-3027.

#### **Mission Statement**

The Mission of the Timarron Owners Association is to provide its members a superior residential development with amenities, policies, and standards which maintain the quality of life for its neighborhoods, maximize the property values of its homeowners, and provie uniform administration and enforcement of its policies

The principle points of focus to fulfill the mission are to:

- Administer strict but fair enforcement of covenants and restrictions
- Maintain the high standards of Timarron landscaping and infrastructure
- Respond to property owners particular needs and ideas
- Maintain accountability to the elected neighborhood delegates

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## **Current Projects** Happenin' in Timarron

Note: This article will be updated each month to summarize projects either currently in process or being considered over the following 12 months.

- Water, Water, Water!!! T.O.A.'s (Timarron Owners Association) second largest expense, next to landscaping/ irrigation, is water. The past two years we have spent approximately \$225,000 per year for water and the expense continues to climb. In spite of the fact that TOA utilizes close to 50 million gallons of water per year, our billing rate is the same as an individual resident. In other words, there are no breaks for commercial customers, So as our individual home costs go up, TOA's rate goes up proportionately. In order to better control this huge expense, your Board of Directors voted on June 4, 2007 to begin utilizing additional water from our Bent Creek lake. To facilitate this, TOA has begun drilling another well (one is already feeding the lake by the tennis courts) situated between Bent Creek Drive and Strathmore. You have probably noticed the activity. In addition, TOA will be laying close to 2 miles of new pipe so you will see a lot of trenching and pipe laying! With this project, it is anticipated that TOA will reduce its city water consumption by over 50%. We will continually update you on this project in future issues but anticipate it being completed by mid to late August. This savings will pay off our construction cost in less than 3 years as we will be borrowing the funds from our capital reserve and replenishing those borrowed funds with the savings!
- Strathmore Entrance Street (Pavers) have sunk and we have contracted with a paver company to fix the problem. By the time you read this article, the work is complete
- Lighting issues in Cascade are currently being worked on and should be working properly soon.
- Drainage in Sand Valley Ball Court has historically been a problem. We anticipate putting french drains under the courts to resolve this issue.
- Tennis Courts (2 in Bent Creek and 2 in Cascades) are currently being assessed for new surfacing and if necessary will be completed no later than spring 2008.

#### 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 <u>Kepperson@</u> <u>principal-mgmt.com</u>

**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.* 

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loving Families Home...

## FOR AN UPDATE ON YOUR SUBDIVISION GO TO WWW.TIMARRONMARKETUPDATE.COM

## CALL TODAY! 817-481-8890

Keller Williams Realty 850 E State Hwy 114, Ste. 100

Southlake, Texas 76092

INFO@MINTEERTEAM.COM

#### www.MinteerTeam.com







#### Tennis Anyone...

Beginning tennis lessons for Timarron residents, ages 3-12 years old, are available at the Bent Creek court. Private lessons are also available. If all goes well, we

hope to have lessons throughout the entire year. Currently, sessions run on a monthly basis; however, they could go to six week sessions if we can get enough residents interested. Call Timarron resident Scott Brekken at (817) 421-5605 for more information.

#### CITY WATER RESTRICTIONS

Avoid those city citations! Please don't forget that despite our recent flooding, Fort Worth still requires our local cities to limit watering during the hours of 10 am to 6 pm. With the population growth, water is still in high demand and no one wants a water pressure drop. Please check the Southlake and Colleyville websites for updates.



## TIMARRON COUNTRY CLUB

July?!!! It just can't already be July! Why, that's the middle of the year, and half way through summer! Really? It's July. I must be getting old. Actually, I am. This month I'll be hitting another one of those birthday milestone. I don't want to remind you about the umpteeth anniversary of my 29th birthday. But I do want to remind you about a more important birthday. So important and special that Timarron Country Club started celebrating in June and will keep it going all year! So, what's the hullabaloo?

The 50th Anniversary of ClubCorp.

Back when Chevy introduced the fin tail lights on the Bel Air, and Elvis was hot on the music charts. Back when Coca-Colas came in small bottles or from the teenager with the white paper hat behind what my dad called the "sit up and beg" at the drug store. Back when most families had just one phone and one TV for the entire house. And long before tennis balls were yellow, and bar codes were on the cans at the grocery store. The year was 1957.

Mr. Robert Dedman decided there should be a place where friends could gather, enjoy a round of golf, good food, and most importantly be recognized and known. A place where one could feel a part of something special. And so Brookhaven Country Club right here in the Dallas area became the first club under the management of ClubCorp, with Mr. Dedman at the helm. And Mr. Dedman became known as the King of Clubs all because he believed one simple thought: 'a member should be King at his club'. And one club became many by one simple practice still used today: Membership by Invitation.

'What is that?' you ask. Well – It's the practice of asking each new member "Who do you know who....." and have them fill in the blank. Such as, Who do you know that would enjoy playing golf at Timarron?; Who do you know who is looking for a great place to meet people?; Who do you know that would enjoy being a member with you at the club? And that's how it works!

Members, I ask you – "Who do you know who………" For membership information please contact:

Susan Merrill, Membership Director at susan.merrill@ourclub.com

## Let's Play Chess!!

The Timarron Social Committee is holding an open seating for Chess! Come and test your skills or learn new moves! When: Monday, July 16th from 6pm to 7:30pm Where: Bent Creek Club House

Timarron residents of all ages are welcome to attend. Bring your water... we will have the crackers!!! We do not have enough Chess boards for everyone so please bring your own if you have one. Also, with only two adults coordinating this event, children under 9 years old must attend with an adult. Concentration is needed so please be respectful of other players or we may ask you to leave. Children will not be allowed to wonder out of the club house without an adult. Any questions contact lchagnot@yahoo.com

#### Advertising Information

Please support the businesses that advertise in the Timarron Community Newsletter. Their advertising dollars make it possible for all Timarron 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 <u>advertising@PEELinc.</u> <u>com</u>. The advertising deadline is the 20th of each month for the following month's newsletter.

# **Beautify & Protect Your Investment**

- Standard Timarron approved colors available
- <u>Don't replace your wood fence.</u>
  In most cases, we can adjust or replace your post, pickets and gate as needed and top it all off with a fresh coat of stain giving your old fence an "As Good As New" appearance at just a fraction of the cost of replacement.

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AFTER

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ESTIMATES

 $\oslash$ 

FENCE MAINTENANCE

**UPDATES** 

In the past couple newsletters, you have read a number of articles

regarding fence maintenance and the "approved" Timarron fence stain.

While the Modification and Fence Committees draft a homeowner

letter to address fence concerns, Management continues to work

closely with Southlake Lowes and Home Depot stores to address

wood fence stain product concerns. If you received the incorrect

fence stain color or require a discount on 1-gallon purchases resulting

from a 5-gallon container shortage, please contact Mark Atkins (Store Manager) or Carlos Ramiro at the Southlake Lowes store. Both Home Depot and Lowes are addressing the need for 5-gallon containers of the base stain and assure us that they want your business. Watch your

mailbox for the fence letter coming to homeowners shortly.

BEFORE

## **TOA Calendar**

#### Bent Creek Clubhouse

July 3 – Ladies Bridge 9am-3pm July 10 – Highland Ladies 7-9:30pm July 16 – Chess Club 7:30pm July 17 – Neighborhood Crime Watch 7pm July 19 – Eagle Bend Bunco 7-11pm July 20 – Couples Bridge 7-10pm July 24 – Pokeno RSVP Monica @ 817-424-2455 6:00pm-10:00pm

#### Wentwood Clubhouse

July 9 – New Construction/Modifications 9:30am July 23 – New Construction/ Modifications 9:30am August 6 – New Construction/ Modifications 9:30am

#### Holidays

July 3 – City of Southlake Fireworks 9:30pm July 4 – Independence Day

#### **COVENANT NOTICES**

In talking with Timarron Homeowners, it appears that Covenant enforcement is a Community concern. The majority of calls regarding the Covenants relate to on-street parking, boats, and RVs. These items and others will be evenly addressed throughout Timarron. Please remember to park on your drive or in your garage; day time visitors should avoid parking in front of mailboxes; and boats and RVs are permitted for loading and unloading only. Notices are not meant to be intrusive but bring items of concern to the attention of Residents. Thank you for your understanding.

#### **"In Case of Emergency"** If you have a stroke, heart attack or car accident and cannot

If you have a stroke, heart attack or car accident and cannot communicate, how will the emergency technicians know who to contact? The Southlake DPS recommends that you program emergency phone contact information into you cell phone. To emergency personnel, "ICE" means In Case of Emergency. In emergency situations, police departments check cell phones for an ICE contact. Therefore, take the time to add ICE to your list of cell phone contacts. Remember; if you are under 18 be sure your ICE contact is a parent of guardian.



## Brian Zvonecek 190 W. Hwy 114 Suite A Southlake, TX 76092 817-251-8999

## **FREE GIFT CARD!**

Your TIMARRON home qualifies for our **NEW** Texas Family Homeowners Policy.

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**Compounding:** Pharmacy compounding is the art and science of preparing customized medications for patients. For example: Natural (bio-identical) hormones are customized for you based on your needs and can be adjusted based on your response. Each prescription is specifically compounded for you. Many dosage forms are available including creams, capsules, suppositories, troches and more.



# For TIM'S Kids

#### "My Heritage"

- The Native American people and the immigrants who have come to the United States from all over
- the world, have contributed to the richness of the
   American Culture
- American Culture.
- Find out how your family has helped make Americaspecial:
- 1. When or How did your family get started in America?
- 2. From where did your family come from?
- 3. What other language is spoken in that country?
- 4. What foods are special to your family?
- 5. You can ask a Librarian to help you find a folktale
- from the country your parents or ancestors came
   from.
- 6. Name a famous person, special event or fact from that country.
- 7. Draw a picture of your family and your heritage.
- You can submit it to the Timarron's office if you
- would like to share it in the next newsletter.
- Be sure to get parental approval first.

## Kidz Crossword Puzzle

**Instructions**: Match the correct answer with each clue to complete the puzzle.



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	© 2006. Feature Exchange												

## Kidz Maze Mania

Joey put too much hot sauce on his dinner and burned his mouth. Get the ice cubes through the maze and help him cool off!



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## Summer Vandalism Leading to Increased Expenses

We were all young once... but the Summer Vandalism is already getting out of hand. Whether throwing furniture into the pools, papering trees, or throwing soap and fish into the fountains our young people have a lot of time on their hands and the Homeowners are paying for this 'fun'. On June 13th, the young men in the Black Dodge Ram 1500 with tinted windows were almost caught throwing half-dead fish in the chlorinated fountains. Please speak with your teens about the courtesy of not damaging other people's property. The Association has no choice but to prosecute vandals for property damage and associated expenses. If you witness this vandalism, please report it the local authorities. What you may think is a minor act can serious impact the amenity operations.

#### ARE YOUR LIGHTS OUT ?? Streetlights, that is. If so, please complete the Streetlight Outage Reporting Form located at http://www.oncorgroup.com/community/ streetlights/

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#### **COLLECTION DAY HOLIDAYS**

Please make note of the trash collection holidays.

For **Southlake** pick up remains Monday and Thursday except on the following holidays: 4th of July, Labor Day, Thanksgiving, Christmas, and New Years. If collection pick-up is scheduled for

a holiday, please hold items until the next scheduled collection day. – Thank you, Duncan Disposal

For **Colleyville** pick up remains Monday and Thursday except on the following holidays: Christmas, New Year's Day, or Thanksgiving fall. If collections pick-up is scheduled for a holiday, trash will occur on the following day.



## Do you have a Secure Card?

As a Timarron Homeowner, you should have a Secure Card to enter Timarron Facilities. This card allows homeowners access to tennis courts, outside bathroom facilities, the Bent Creek pool, and the Bent Creek workout room. Original owners received these key cards from the office and sellers should leave the card for buyers. If you do not already have a card, they are available from the office for \$30. Please turn in found cards to the office as only Timarron residents should have use of our Community areas.

#### TIMARRON SOCIAL COMMITTEE

We are in the process of starting a social committee dedicated to bring our community families together and take

to bring our community families advantage of our common areas to and social events for our Timarron residents. Ideas include family picnics, sporting events, movies by the lake, fishing derbies, bike rides, chess and music clubs, holiday parades, etc. Please contact the Social Committee Chair at lchagnot@yahoo.com if you would like to join this committee or if you would like to submit ideas for future events.



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#### Colleyville

5201 Colleyville Boulevard - Colleyville, TX 76034



## Texas Events - July

7, 14, 21, 28—ADDISON: July Jazz Esplanade Park. www.addisontexas.net 800/233-4766

8—MCKINNEY: Living History Days at Chestnut Square: Entertain McKinney!: Collin County Music, Art & Storytelling Learn about how people lived in Collin County 1850–1930 through demonstrations. Chestnut Square Historic Village. www.chestnutsquare.org 972/562-8790

10—DALLAS: Great Tuesdays Concert Dallas Arboretum. www. dallasarboretum.org 214/515-6500

10, 17, 24—LEWISVILLE: Free Summer Concerts Includes performances by Spector's Gun Collection on July 10, Havana NRG Orchestra on July 17 and Denton County Line on July 24. Vista Ridge Amphitheater. www.visitlewisville. com 972/219-3401

11-15—ATHENS: Summer Jubilee Henderson County Fair Park Complex. 903/677-6354

12-14—PLANO: 24th Annual Library Book Sale Plano Centre. www. friendsofplanolibrary.org 972/769-4250

12-14—ROCKDALE: Jubilee Days Includes roping, barrel racing, rodeo, music and carnival. Fair Park. www.rockdalechamber.com 512/446-2030

12-15, 19-21—ATHENS: Peter Pan Henderson County Performing Arts. www. hcpac.org 903/675-3095

13-15—MCKINNEY: Third Monday Trade Days 4550 W. University Drive. www.tmtd.com 972/562-5466

13-15—WAXAHACHIE: Heart of Texas Arts & Crafts Show Waxahachie Civic Center. 972/938-3434

14—ANDERSON: Stagecoach Day Begins at 11 a.m. Fanthorp Inn State Historic Site. 936/873-2633

14—BASTROP: Jr. Angler Fishing Clinic Includes the basics of freshwater fishing. Begins at 9 a.m. Bastrop State Park. 512/327-2241 or 512/321-2101 14—BASTROP: Pine Street Market Days Downtown. www.bastropbpw.com 512/303-6233

14—CORSICANA: Concerts for Charities Martin's Music Hall, 201 S. Beaton. 903/872-8226

14—DENISON: 4-H Kids Fishing Derby Eisenhower State Park. 903/465-1956

14—DENISON: Venomous Snakes of Texas — Myth vs. Truth Eisenhower State Park. 903/465-1956

14—EUSTACE: Pre-Dawn Canoe Tour Reservations required. Purtis Creek State Park. 903/425-2332

14—HAMILTON: Second Saturday Sell-a-bration Includes arts & crafts, food vendors and more. Hamilton Courthouse Square. www.hamiltontexas. com 254/386-3986

14-MCDADE: 59th Watermelon Festival 512/273-0018

14—MCKINNEY: Second Saturday on the Square See outstanding art and enjoy award-winning wine and jazz. Historic Downtown McKinney. 972/548-7830 14—WEATHERFORD: Parker County Peach Festival Features arts & crafts vendors, food vendors, activities, entertainment and fresh produce. Try homemade peach cobblers, peach ice cream, peach snow cones, peach juleps and juicy peaches. Historic Downtown. www.weatherford-chamber. com 888/594-3801

14-15—WALLIS: Fourth Annual Arts & Crafts Show Hours are 9:30 a.m. to 5 p.m. Saturday and 10 a.m. to 4 p.m. Sunday. 330 Legion Road. 979/885-2164

14-15, 28-29—STEPHENVILLE: Chicken House Flea Market Hwy. 377. Email: allenscrafts@erath.net 254/592-6674 or 254/968-0888

14-Sep. 2—IRVING: Seventh Annual Art Connection Members' Show See about 150 works of art created by members of the Irving Arts Center's Art Connection program. Main Gallery at the Irving Arts Center. www.irvingartscenter.com 972/252-7558

14-Sep. 9—IRVING: At the Controls: The Smithsonian National Air & Space Museum Looks at Cockpits Features large-format color photographs of cockpits from airplanes and spacecraft. Irving Arts Center Dupree Theater Lobby. www. irvingartscenter.com 972/252-7558

15—DALLAS: Children's Concert Features Justin Roberts. Dallas Arboretum. www.dallasarboretum.org 214/515-6500

15—IRVING: Family Funday Irving Arts Center, Art Lab. www.irvingartscenter. com 972/252-7558

17-22—WACO: 2007 National Hot Air Balloon Championships Features 50 balloonists racing for six days. Balloon races begin at sunrise each morning. www.bfa.net 515/961-8809

18—DALLAS: Women in Law Enforcement Panelists discuss their achievements and challenges. The Sixth Floor Museum at Dealey Plaza. www. jfk.org 214/747-6660

18-Aug. 12—ROUND TOP: Shakespeare at Winedale Includes Richard II, Measure for Measure and The Comedy of Errors on Thursdays through Sundays. Winedale Historical Center Theatre Barn. www.shakespeare-winedale.org 512/471-4726

19-21—BRENHAM: Blue Bell 100th Anniversary Washington County Fairgrounds. www.bluebell.com 888/273-6426

20—ATHENS: Black-Eyed Pea Anniversary Dance Henderson County Senior Citizens Building. 903/675-1665

20—BRYAN: Moonlit Harvest Share the romance and excitement of the harvest. Messina Hof Winery & Resort. www.messinahof.com 979/778-9463 ext. 24

20-29—GARLAND: Thoroughly Modern Millie Main Auditorium of the Granville Arts Center, 300 N. Fifth St. 972/205-2790 or 972/675-5584

20-Aug. 4—IRVING: The Pirates of Penzance Dupree Theater at the Irving Arts Center. www.irvingartscenter.com 972/252-7558

21—BRYAN: Murder Mystery Dinner: Celebrity Celebrations Dress up as a favorite movie star and join in the fun. Messina Hof Winery & Resort. www.messinahof.com 979/778-9463 ext. 24

21—CEDAR HILL: Kids Wilderness Survival Reservations required. Cedar Hill State Park. 972/291-3900 ext. 232

21—DALLAS: Native Plants Walk through the native plant collections with Beverly Hayes and other local experts. Texas Discovery Gardens at Fair Park. 214/428-7476

21—DALLAS: Railroading 101 Learn railroad hand signals and railroad safety. Enjoy arts & crafts and steam whistle demonstrations. Museum of the American Railroad. www.dallasrailwaymuseum.com 214/428-0101

21—FORT WORTH: Lake Worth Boat & Ski Club Classic Car Show 4001 Marina Drive. www.ddrockinrods.com 817/237-4731 or 817/797-1197

21—GRAND PRAIRIE: Bob Johnson Memorial Stakes Three-year-olds and up race 1 mile on turf. Lone Star Park. 972/263-7223

21—ROUND TOP: Shakespeare at Winedale Fundraising Gala Winedale Historical Center Theatre Barn. www.shakespeare-winedale.org 512/471-4726

21—SMITHVILLE: Jr. Angler Fishing Clinic Kids, ages 6 to 13, become Certified Junior Anglers and then go fishing. Buescher State Park. 512/237-2241

21-22—COMANCHE: Open Rodeo CPRA- and UPRA-approved rodeo action occurs nightly with the Walls Rodeo Company. Includes a historic downtown parade at 10 a.m. Saturday. Comanche Rodeo Grounds. www. comanchechamber.org 325/356-3233

21-22—PLANO: TAIJI Legacy Championships Martial arts tournament for all age groups. Plano Centre. 972/680-7888

21, 28—SALADO: Salado Legends An original song weaves the legends of the Tonkawa Indians, the dreams of Spanish explorers and the hopes of the Scottish settlers into a panoramic tale. Tablerock Festival of Salado. www. tablerock.org 254/947-9205

21-Aug. 19—BRYAN: Harvest Celebration Events occur every weekend. Messina Hof Winery & Resort. www.messinahof.com 979/778-9463 ext. 34 21-Sep. 8—COLUMBUS: Texas Watercolor Society Traveling Exhibit Live Oak Art Center. www.columbustexas.org 979/732-8385

22—MESQUITE: Chamber Singers Concert Mesquite Arts Center Concert Hall. E-mail: mtemplet@ci.mesquite.tx.us 972/216-6444

22-28—DECATUR: Wise County Reunion Weeklong festival includes a carnival and activities. Wise County Reunion Grounds. www.decaturtx.com 940/627-7090

24-28—HICO: Old Settlers Reunion Enjoy a parade, carnival, live music and vendor booths. City Park. 800/361-HICO

24-Aug. 5—DALLAS: Sweet Charity Music Hall at Fair Park. 214/565-1116 25-28—BONHAM: Kueckelhan Rodeo Hwy. 78 and FM 273, 10 miles north of Bonham. 903/583-5337

25-29—ROCKDALE: Rockdale Tennis Open Rockdale Tennis Courts. www. rockdalechamber.com 512/446-2030

27—BRYAN: Kendall Jackson Vintner Dinner Messina Hof Winery & Resort. E-mail: dickison@messinahof.com • www.messinahof.com 979/778-9463 ext. 34

27—IRVING: The Rope Warrior David L. Fisher is a professional athlete/ entertainer/author and a lean, mean, jumping machine. Carpenter Performance Hall. www.irvingartscenter.com 972/252-7558

27-29—ATHENS: Dallas Dressage Club Henderson County Fair Park Complex. 903/677-6354

27-29—MOULTON: Jamboree Includes Texas State Championship Barbecue Cook-Off, CASI cook-off, free entertainment under the pavilion, car show, antique tractor show, pie baking contest and auction, carnival, children's activities and more. Moulton City Park. www.moultontexas.com 361/596-7205

28—BELLVILLE: Spring Creek Bluegrass Club Festival E-mail: bellvillechamber@sbcglobal.net 979/865-3407

28—BRYAN: Murder Mystery Dinner: One of the Girls Theme centers on a high school reunion. Messina Hof Winery & Resort. www.messinahof.com 979/778-9463 ext. 34

28—CLEBURNE: Goatneck 100-K Bike Ride Features rides of 10 miles, 25 miles and 100 kilometers. Cleburne High School. www.thegoatneck.com 817/556-4000

28—GONZALES: Courthouse Trade Day Courthouse and Confederate squares. E-mail: info@gonzalestexas.com 830/672-6532

28—GRAND PRAIRIE: Eighth Festival de la Familia Celebrates the family with music, fun and games. Traders Village. 972/647-2331

28—GRAND PRAIRIE: Silver Spur Breeders' Cup Stakes Two-year-old fillies race six furlongs. 972/263-7223

28—NAVASOTA: Western Swing Grimes County Fairgrounds. www. navasotagrimeschamber.com 936/825-7338 or 936/825-6600

28-29—BRENHAM: Crush for Fun Includes tours, tastings and other activities. Pleasant Hill Winery. www.pleasanthillwinery.com 979/830-8463

29—GRAND PRAIRIE: Middleground Breeders' Cup Stakes Lone Star Park. 972/263-7223

30-Aug. 4—DALLAS: 2007 National Black Theatre Festival Black Academy of Arts and Letters. 214/743-2440

31-Aug. 2—ARLINGTON: Adventures of Nate the Great Creative Arts Theatre & School. www.creativearts.org 817/861-2287

**Texas Events** has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.



## Currently Listed in Our Neighborhood



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14 Timarron Owner's Association Newsletter - July 2007

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# FROM THE AMERICAN COUNCIL ON EXERCISE®

## Summer Skin

Once again, winter has faded into spring and spring has burst into summer. Along comes the invincible summer sun, your skin's arch-enemy, particularly if you exercise outdoors. Most people know that using a sunscreen is essential protection, but knowing and doing are often two different things. There are a number of ways to promote a healthy glow without exposing your skin to harmful rays.

#### Sunscreen

Every sunscreen has a sun protection factor, or SPF, which is a measure of its strength or effectiveness. Each of us needs a different SPF, depending on whether, and to what degree, our skin burns or tans. A tan is the direct result of melanin, a brown pigment found in the epidermis that is produced when skin is exposed to sunlight. Melanin protects the skin by absorbing, reflecting and scattering ultraviolet radiation before it penetrates the dermis, or underlying skin. However, armor that it is, melanin can't prevent all the negative effects of the sun, and is often representative of damage. That's why we need to use sunscreens. To determine what SPF your skin requires, you must know how long it takes your skin to burn when unprotected and exposed to sunlight. As a rule of thumb, anyone whose skin burns, whether or not it turns into a tan, should use an SPF of 15. Check with your doctor or pharmacist if you are taking antibiotics, antidepressives or antidiuretics. Some of these medications increase your skin's sensitivity to sunlight and may decrease the time it takes your skin to burn.

#### **Creating a Barrier**

When exercising outdoors on a hot, sunny day, light-weight, light-colored clothing combined with plenty of sunscreen on both exposed and unexposed skin is the way to go. However, if overheating isn't a concern, dark-colored, tightly woven clothing is more effective at blocking UV rays than say, a white T-shirt, which allows UV rays to reach the skin. Another barrier against sun damage comes in the form of eyewear. Protect not only your eyes, but the skin around them by wearing sunglasses that block 90 percent to 100 percent of the sun's UV rays.

And, last but not least, wear a hat. Though a cap may be more comfortable for jogging, try a wide-brimmed hat that will shade your neck and face while gardening or walking outside.

#### **Sunscreen Facts**

- Wear sunscreen every day if you will be outside for more than 20 minutes, even when it's cloudy.
- Sunscreen should be applied 15 to 30 minutes before going outdoors, and reapplied every two hours or after swimming or sweating.
- Don't skimp: One ounce—enough to fill a shot glass—is considered the amount needed to properly cover exposed skin.
- Limit your exposure to sunlight from 10 a.m.-4 p.m. during Daylight Savings Time (9 a.m.-3 p.m. during Standard Time) when the sun's rays are the strongest and most harmful.
- When choosing a sunscreen, look for one with an SPF of 15 or higher that provides broad-spectrum coverage against all ultraviolet light wavelengths.
- Throw out old bottles of sunscreen, which can lose strength after three years.

Source: American Academy of Dermatology

#### Start with the Inside

Now that you know how to protect the skin's surface, it's time to start thinking about what you can do to make it glow from the inside out. You're already off to a good start with exercise, which gets the blood circulating and delivers fresh oxygen to the skin all over your body. The next step is to drink plenty of water. Outdoor exercise, especially in the summer, increases your risk of dehydration. This is one risk you don't want to take since it not only affects your performance and robs your skin of its vitality, but may be potentially hazardous to your health. Be sure to drink fluids before, during and after activity. To replenish your fluids after any outdoor activity, weigh yourself before you participate and then again after. Any weight you lost is water and should be replaced by drinking two glasses (16 ounces) of water for every pound you have lost.

#### **Everyone Needs a Little Sunlight**

It's been shown that a lack of sunlight can cause depression. After all, most plants won't even grow without sunshine. And when the sun comes around and makes the days longer, our first instinct is to peel off our sweaters and bask in it. Go ahead. Just take precautions so you won't have to deal with the unpleasant (and unnecessary) consequences.

#### What SPF Do You Need?

Follow these steps to calculate what SPF you should look for in a sunscreen:

- 1. Determine how many minutes your bare skin can be exposed to the sun before it burns.
- 2. Divide that number of minutes into the total number of minutes you want to remain in the sun.
- 3. The result is the SPF you should look for in a sunscreen. For example, if your unprotected skin burns in 10 minutes, and you plan on being in the sun for three hours, you would need a sunscreen with an SPF of at least 18 (180 minutes divided by 10 minutes).



## **Family Fun**

It is summer time and it's a great time to explore Texas. The Texas Parks and Wildlife Department has a wonderful website that provides a wealth of information about things to do in Texas.

http://www.tpwd.state.tx.us/

#### Big Bend - http://www.visitbigbend.com

Big Bend National Park is in Southwest Texas along the Rio Grande river. It is located near the cities of Alpine and Terlingua. It is 800,000 plus acres of spectacular vistas, canyons and rugged desert mountains. It is a fabulous place to hike, camp, ride horses, mountain bike or look for wildlife. Big Bend offers everything from sightseeing from your car to hard-core wilderness adventures. **Palo Duro Canyon -** www.palodurocanyon.com

The Palo Duro Canyon State Park is located just outside of Amarillo. The massive canyon walls plunge up to 1,000 feet at some points. It is frequently referred to as the "Grand Canyon" of Texas. Of course, it offers camping, hiking, biking, horseback riding etc. One of the main features at Palo Duro Canyon is the official play of the State of Texas. This is the 41st year that the play has been produced. It runs through August 19th and is performed Tuesday through Saturday. The play tells the story of the struggles and triumphs of the settlers of the Texas Panhandle in the 1800's.

#### **Texas Coastline**

http://www.corpuschristi-tx-cvb.org/, http://www.spichamber.com, http://www.portaransas.org, http://www.galveston.com

Discover the beautiful sandy beaches of Texas. From historic Galveston to Mustang Island/Port Aransas and from North to South Padre Island, Texas has wonderful beaches on the Gulf of Mexico. There are lots of things to do and places to visit along the Texas Gulf Coast. Fishing, surfing, wind-surfing, bird watching, learning about sea turtles or just hanging out at the beach are just a few of the things you can do.

There are two main areas to Padre Island – North Padre which is 25 miles south of Corpus Christi and South Padre which is between Harlingen and Brownsville via the Port Isabel Causeway. Port Aransas/Mustang Island is also near Corpus Christi and Galveston is just south of Houston.

#### **Texas State Railroad State Park -- Rusk to Palestine** http://www.texasstaterailroad.com

The Texas State Railroad (TSRR) runs between Rusk and Palestine in the beautiful piney woods of East Texas. This historic train is a great way to let your kids experience riding on a train. You can board the train in either Rusk or Palestine. It takes about 1 ½ hours to reach the opposite station. Visitors have an hour to eat lunch and explore the area before they board the train for the return trip. The entire 50 mile excursion takes about 4 hours. Kids ride free from June through August when accompanied by a paying adult.

Photo courtesy of the Texas State Railroad.



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POLICE-COMMUNITY PARTNERSHIPS

#### National Night Out Reminder

The 24th Annual National Night Out (NNO) has been scheduled for Tuesday, August 7, 2007.

NATIONAL NIGHT OUT is designed to:

- Heighten crime and drug prevention awareness;
- Generate support for, and participation in, local anticrime programs;

• Strengthen neighborhood spirit and police-community partnerships; and

• Send a message to criminals letting them know that neighborhoods are organized and fighting back.

## Sudoku

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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		2		6			5			
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	6		1				4	5	*	
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#### If you would like to submit YOUR recipe email it to <u>Kepperson@principal-mgmt.com</u>



"You told him he was getting a bath, right?"

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