

# THE

NEWS FOR THE  
RESIDENTS OF  
TIMARRON

# Talk

February 2012

Volume 6, Issue 2

## New Years & Resolutions

*By Hjalmar Perez, CPT, LMT and Q Estrada, CI-PT, MTI*

So a New Year and again resolutions! Do we know the definition of a resolution? What lifestyle changes do I have to commit too? What are obstacles we have to work around that will challenge us to commit? These are probably questions that come across our mind, the day of the first of the year. Honestly, do we have to be ridged or just create enough awareness to give yourself the energy to move to the next step? We all want our resolutions to be manageable and easy to complete. Well, we are here to assist you one more time. Last time we talked about S.M.A.R.T, how this acronym should be your golden rule too completing your goals, in this case your resolutions.

So let's begin with the definition of the word: resolution. The American Heritage Dictionary has 14 statements to define resolution. I will only state 3; 1. Firm determination. 2. The act of resolving to do something. 3. A course of action determined or decided upon. It seems, in our case, the 3rd is the most feasible. Let's face it; this is the toughest step in the process. Most of us need to sit and be methodical about taking action. This fulfills the how, what, when questions.

### *What are yours?*

With the start of any new endeavor, it's quite common to look at our lifestyle and look for areas we can improve on. One change I made several yrs ago was to not make a resolution. Yes, not to make a resolution. I decided to make a list of 6-12 things I wanted to complete or change throughout the year. All had to deal with a nutritional goal, a fitness goal and a spiritual goal. I even went as far as, adding some volunteer, community, self care goals...just in those you have six ideas. Now you can work on a list for the whole year. Take some time throughout the month to glance and stay on track...don't allow yourself to take two steps back. Now and again you might

side steps but move forward. Take some quite time to glance at your list, to reflect on your journey and work towards fruition.

What obstacles will challenge you and how will you overcome them? Let's face it, there are going to be times when our Will will be challenged. Such things as our commitments to our family, our friends and our community will be barriers to overcome. The good news is, you have 365 days, 168 hrs per week and you only need a minimum of 30 to 45 minutes per week to 4 hrs per month to commit to one goal. Keep in mind, our resolutions should remain attainable and realistic. If you find there are too many goals, then scale back; reorganize and prioritize. No one likes feeling defeated. We do have the option to not put ourselves in the opportunity of failure.

This 2012, let's begin with a desire to set our course of action, to enjoy our journey to learn, to train, to maintain, to change; at all levels at all degrees.

Also take time to reflect on positive changes; those that come from our desire to change but also by the outcomes of our actions. As always, my business partner and I wish you balance, harmony, and good health. Be well be blessed.



# THE TALK

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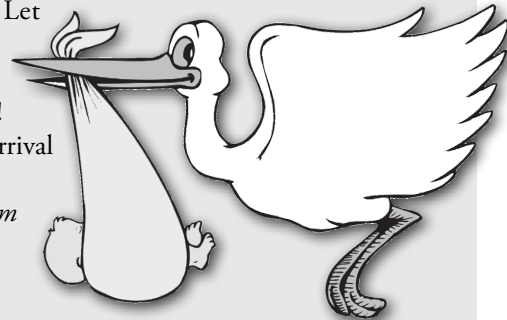
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## Team Tiara & Pinktober365

Team Tiara is a 501(c)(3) dedicated to raising money to fund research and education for breast cancer as well as provide outreach services to those affected by it. 2012 will mark our 7th year in this fight against breast cancer. To date, we have raised over \$600,000 for breast cancer awareness, research and direct support for survivors. In 2012, Team Tiara will begin directly funding research into metastatic breast cancer. This is an under-funded area of research where we need to have a lasting impact. Men and women do not die when their cancer is confined to their breasts. We lose them when that cancer spreads to their bones, liver, lungs, brain and other organs -- robbing them of time with their families and friends. This is the heart-breaking side of breast cancer, and an area of research we need to be a part of.

Our goal is to raise \$100,000 in 2012, specifically targeted to metastatic breast cancer research. SO WE are excited to announce that [www.pinktober365.com](http://www.pinktober365.com) launched January 1. This new website will profile 365 pink warriors -- survivors, walkers, researchers, and advocates. We want to hear your story, whether you are a fighter, survivor, family or friend affected by breast cancer. Go to [www.pinktober365.com](http://www.pinktober365.com) to share your story or obtain more information. Team Tiara would be honored to hear from you.

## RECIPE OF THE MONTH

### Paris Potatoes

- 5 cups potatoes, diced in ½" cubes
- 1 C sour cream
- 2 C creamed cottage cheese
- 1 C green onions & tops, finely chopped
- ½ tsp. garlic salt, optional
- salt & pepper to taste
- 1 C shredded cheddar cheese

Parcook diced potatoes in boiling water until crispy tender. Drain, and combine potatoes with all ingredients except cheese. Baked in buttered 13 x 9" baking dish at 350° for 30 minutes or until sauce is bubbly. Sprinkle with cheese during last 10 minutes of baking time.



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## What Causes Sensitive Teeth & What To Do About It

Do you experience discomfort in your teeth? Do you find it difficult to drink icy or hot beverages? You may have a case of sensitive teeth. Luckily, it's very treatable. Find out what causes sensitive teeth and how to change your habits to avoid sensitivity.

### *What does it mean to have sensitive teeth?*

If you experience pain or discomfort when consuming foods or beverages that are hot, cold, sweet, or sour; when brushing or flossing; or even when breathing sharp, cold air, you may have sensitive teeth.

### *What is the reason for sensitive teeth?*

#### COMMON CAUSES OF TOOTH SENSITIVITY:

##### OVER-BRUSHING

Brushing your teeth too hard may wear down enamel or irritate the gum line, causing it to recede and expose the tooth's sensitive roots.

##### CRACKED TEETH

A crack or chip in your tooth may expose the underlying dentin or may fill with bacteria from plaque, causing the nerve to inflame.

##### TEETH GRINDING

Over time, grinding or clenching your teeth can erode enamel and expose dentin.

##### GUM DISEASE

Gum disease leads to tooth decay which breaks down enamel; gum disease can also lead to infection which may attack the tooth's roots or cause the gum line to recede.

##### TOOTH WHITENING

Using products with peroxide or baking soda can seriously aggravate exposed roots or dentin.

##### AGE

Studies have shown that tooth sensitivity occurs most often in people between the ages of 25 and 30.

It is possible to experience tooth sensitivity after routine dental procedures such as the placement of a filling or crown, tooth restoration, or even tooth cleaning. Such sensitivity is temporary; if it does not cease after four to six weeks please consult your dentist.

### *How should I take care of my teeth if they are sensitive?*

*Tooth sensitivity is very treatable, no matter what the cause. Here are a few remedies you can take advantage of at home:*

- Try a **desensitizing toothpaste** which contains chemicals that block sensations like hot and cold from reaching the nerves in your teeth.
- Use a **soft-bristled toothbrush** that will be gentler on both your teeth and gums.
- Switch to a **fluoride mouthwash**.
- **Avoid acidic foods** such as tea, tomatoes, and citrus fruits.
- Maintain **good oral hygiene** by brushing twice every day and flossing once daily.

Depending on the cause and severity of your sensitivity, you may benefit from professional treatment. If you suffer from sensitive teeth, please be sure to contact your dentist. We can set up an appointment to discuss what is bothering you and determine the best way to address the problem.

*Submitted by Dr. Flury*



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*and many others...*

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Lakeway  
Lakewood  
Legend Oaks II  
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## HEART HEALTHY LIFESTYLES

By: Concentra Urgent Care

**APPROXIMATELY EVERY 60 SECONDS, AN AMERICAN WILL DIE FROM A CORONARY EVENT.**

According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

*What can you do to live heart healthy? The AHA recommends:*

### EATING A HEALTHY DIET

- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat

### EXERCISING REGULARLY

- 20-to-60 minutes per day, 3-to-5 times per week

### AVOIDING TOBACCO PRODUCTS & TOBACCO SMOKE

### • LIMITING YOUR ALCOHOL INTAKE

- Women: 1 drink per day (maximum)
- Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in heart disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

*What should be included in a family history?*

### ANY KNOWN CONGENITAL OR HEREDITARY DISORDERS

### MAJOR ILLNESSES

### CHRONIC AILMENTS OR RISK FACTORS

- Smoking
- Obesity
- Alcohol problems

### THE CAUSE & AGE OF DEATH

*(Continued on Page 7)*

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## Heart Healthy Lifestyles- (Continued from Page 6)

### OF ANY DECEASED RELATIVES

#### CHILDHOOD CONDITIONS

- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

*For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at: [www.AmericanHeart.org](http://www.AmericanHeart.org).*



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1426 Eagle Bend	\$1,295,000 <sup>2</sup>	800 Aberdeen Way	\$644,000	800 Oakcrest Court	\$512,000	804 Durham Court	\$445,000
613 Fairway View Terrace	\$1,135,000	517 Villa Crossing	\$635,000	408 Parkwood Court	\$509,000	709 Ashleigh Lane	\$440,000
1321 Province Lane	\$1,100,000	1329 Montgomery Lane	\$610,000	805 Longford Drive	\$502,500	604 Heatherglen Dr.	\$440,000
1212 Province Lane	\$1,070,000	1417 Monarch Way	\$606,250	813 Longford Drive	\$502,000	1475 Bent Trail Circle	\$437,500
1204 Strathmore Drive	\$1,068,860	1308 Montgomery Lane	\$600,000	804 Wentwood Drive	\$500,000	511 Regency Crossing	\$437,000
1303 Eagle Bend	\$1,016,000	1201 Sarah Park Trail	\$600,000	7304 Balmoral Drive	\$500,000	709 Bryson Way	\$430,000
413 Borders Court	\$975,000	612 Aberdeen Way	\$591,000	811 Wentwood Drive	\$499,900 <sup>2</sup>	120 Bent Trail Drive	\$429,900 <sup>2</sup>
1670 Bent Creek Drive	\$790,000	7305 Majestic Manor	\$590,000 <sup>2</sup>	720 Wyndors Creek Drive	\$499,000	707 Wyndors Creek Drive	\$427,500
1321 Saint Albans Path	\$775,000 <sup>2</sup>	1613 Byron Nelson Pkwy	\$585,000	808 Longford Drive	\$495,000	720 Nettleton Drive	\$425,000
1909 Thames Trail	\$765,000	1495 Bent Trail Circle	\$585,000	710 Aberdeen Way	\$495,000	718 Saxton Trail	\$422,650
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804 Aberdeen Way	\$755,000	901 Jenny Terrace	\$580,000	315 Highland Oaks Circle	\$492,000	614 Heatherglen Drive	\$420,000
2205 Collins Path	\$750,000 <sup>2</sup>	902 Hanover Drive	\$577,000	601 Northwood Court	\$488,800	345 Highland Oaks Circle	\$420,000
604 Fairway View Terrace	\$750,000	1315 Avon	\$575,000	805 Heatherglen Court	\$486,000	709 Bryson Way	\$416,000
1310 Province Lane	\$727,000	1404 Kensington Court	\$562,500	518 Villa Crossing	\$485,000	703 Longford Drive	\$412,000
1319 Regency Court	\$720,000	716 Wentwood Drive	\$559,900	604 Rustic Ridge Court	\$475,000	706 Heatherglen Drive	\$409,500
1512 Byron Nelson Pkwy	\$710,000	1413 Kensington Court	\$554,840	1713 Prince Meadow Drive	\$470,000	804 Oakcrest Court	\$397,000
1455 Bent Creek Drive	\$705,000	908 Wentwood Drive	\$550,000	706 Longford Drive	\$462,500	718 Nettleton Drive	\$340,000
1208 Champions Way	\$700,000	1401 WALTHAM Drive	\$550,000	430 Highland Oaks Circle	\$460,000	715 Ashleigh Lane	\$337,000
1312 Byron Nelson Pkwy	\$696,500	1010 Hanover Drive	\$547,000	808 Caroline Lane	\$453,000	943 Midland Creek Drive	\$328,000
1206 Champions Way	\$695,000	1507 Byron Nelson Pkwy	\$525,000	1410 Montgomery Lane	\$452,500	1155 Highland Oaks Drive	\$325,000
						604 Heatherglen Drive	\$318,699

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