

THE

Talk

August 2012

Volume 6, Issue 8

Walk for PKD and 5K Run the Square

SATURDAY, SEPTEMBER 22, 2012

SOUTHLAKE TOWN SQUARE, RUSTIN FAMILY PARK

8:30: 5K Run

9:00: Children's Walk

9:30: Walk for PKD

Registration is free for the Walk. The 5K run is a chip-timed event and the entry fee is \$20 for adults, \$10 for youths prior to 9/19. There will be music, awards, and a free pancake breakfast. To register for the event and/or donate, please visit www.walkforpkd.org/northtexas

PKD is one of the world's most common, life-threatening genetic diseases, often resulting in kidney failure and death. There is no treatment or cure for PKD – but there is an immeasurable amount of hope.

The PKD Foundation is a not-for-profit organization dedicated to promoting programs of research, education, support, advocacy and awareness in order to discover treatments and a cure for polycystic kidney disease and improve the lives of all it affects.



Walk for PKD®

*To Support Research
and Education*



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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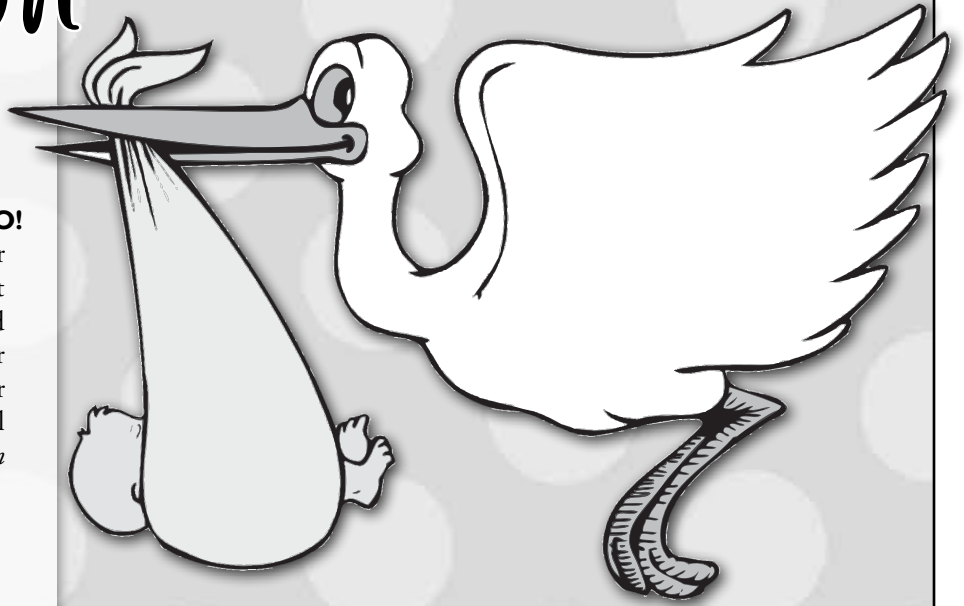
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Stork Report

PLEASE SUBMIT INFO & A PHOTO!

If you have a new arrival (baby or grandbaby), email us the pertinent information along with a photo and we'll publish it in the Warbler. Let your neighbors share in celebrating your happiness! Email info on the arrival of your little one to timarron@peelinc.com



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ADOPTION COALITION OF TEXAS

Kelly

APRIL 20, 1997

Kelly is a friendly and outgoing young woman. She enjoys playing soccer, basketball and volleyball; Kelly also participates in her school FFA and adores animals. She enjoys swimming and has told her caseworker, that she doesn't care if it is a lake, river or swimming pool, she wants to swim. With her current foster family, she enjoys going to the swimming pool, shopping, eating out, rodeos, vacation bible school, church, youth group, dances, and a variety of other community and school events. Kelly thrives in any situation where she is given the attention that she needs, but freedom to be a teenager. She would do best in a home where her adoptive parents can give her the attention and proper guidance she requires. Kelly needs a good role model and a structured setting. For more information contact Grace Lindgren at the Adoption Coalition of Texas at (512) 810-0813 or gracelindgren@adopttexas.org



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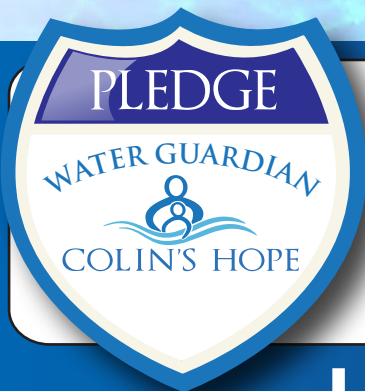
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Immunizations: Not Just for Kids

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 immunization schedule to the right for generally healthy adults and adolescents.

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.

**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>*

IMMUNIZATION SCHEDULE RECOMMENDATIONS

INFLUENZA:

Yearly, especially if at risk

MENINGOCOCCAL:

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

TETANUS-DIPHTHERIA/TETANUS

One dose, age 11-12, then booster

DIPHTHERIA-PERTUSSIS:

every 10 years

HUMAN PAPILLOMA VIRUS

Three doses, age 11-26 (females only):

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



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Gratitude is the key

Unlocking The Doors To Treasures In Our Children

By Sugandha Jain

Gratitude is an instant mood converter. Gratefulness is the knife that melds impatience to patience, fear to love and anxiety to peace. Enveloped by the clouds of thankfulness, we can soar high in the air of optimism. Our aura is immediately cleansed when we fill our thoughts with praise. Relationships glow under the varnish of a positive expression in mutual affection.

We only have to look around us to realize how blessed we are. Being mindful of the generosity of people, beauty in our surroundings and the uniqueness of our own spirits can help us appreciate our fortunate existence.

Opening ourselves to receiving divine grace that is already a part of our lives makes us acknowledge our own sacredness. We appreciate our oneness with the universe and what we feel as a result, is gratitude on being a part of the whole. We feel love, we feel complete.


Modeling gratefulness with our families can help children open their hearts to the love and light in everything they do. Daily writing in their Gratitude Journal can gradually shift children's consciousness to a higher dimension.

Constantly reminding children to see the lessons presented by events instead of sulking on challenges can be an exercise in life-long learning. When we encourage children to make choices, evaluate them and re-choose options that help them feel grateful, we show them how to be free.

Together, we find that our interactions with each other have always been complete; the missing link in the puzzle in seeking out and seeding in the Om of smile- the symbol of thankfulness.

Sugandha Jain is a Master Registered Texas Trainer and Director of Accreditation at a Texas preschool.

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1215 Chadwick Crossing	\$2,600,000	704 Aberdeen Way	\$629,900	1708 Byron Nelson Pkwy	\$1,565,000Z	706 Wentwood Drive	\$550,000
1719 Byron Nelson Pkwy	\$1,875,000	1450 Bent Creek Drive	\$628,800	1430 Byron Nelson Pkwy	\$1,294,875	1307 Regency Court	\$550,000
1724 Byron Nelson Pkwy	\$1,475,000	1409 Waltham Drive	\$625,000	1600 Byron Nelson Pkwy	\$1,250,000	904 Aaron Way	\$545,000
1203 Earliston Court	\$1,375,000	502 Villa Crossing	\$625,000	1208 Chadwick Crossing	\$1,240,000	2213 Collins Path	\$509,000
409 Oak Ridge Court	\$1,250,000	1343 Province Lane	\$625,000	1413 Eagle Bend	\$1,198,800Z	1116 Longford Circle	\$508,000
1516 Byron Nelson Pkwy	\$1,250,000	7213 Thames Trail	\$624,900	1715 Byron Nelson Pkwy	\$1,150,000	728 Bryson Way	\$501,500
1319 Eagle Bend Drive	\$1,199,000	1204 Barlow Bend	\$600,000	404 Oak Ridge Court	\$1,100,000	1122 Longford Circle	\$500,000
1226 Strathmore Drive	\$1,150,000	1205 Strathmore Drive	\$595,000	1632 Byron Nelson Pkwy	\$1,047,000	1320 Regency Court	\$499,900
1301 Eagle Bend	\$1,125,000	1700 Thames Trail	\$579,500	1334 Eagle Bend	\$1,020,000	612 Logans Lane	\$490,000
413 Bryn Meadows	\$1,065,000	910 Wentwood Drive	\$579,000	1205 Province Lane	\$995,000Z	714 Wentwood Drive	\$485,000
1644 Byron Nelson Pkwy	\$965,000	1314 Montgomery Lane	\$573,600	1644 Byron Nelson Pkwy	\$865,942	1400 Kensington Court	\$482,500
1640 Byron Nelson Pkwy	\$900,000	604 Blair Court	\$569,500	1340 Bentley Court	\$859,800	320 Glenrose Court	\$475,000
1310 Chadwick Crossing	\$899,900	606 Blair Court	\$559,850	1329 Province Lane	\$837,500	811 Caroline Lane	\$475,000
1215 Bent Creek Drive	\$899,900	1012 Hanover Drive	\$549,800	614 Fairway View Terrace	\$800,000	809 Heatherglen Court	\$475,000
7308 Thames Trail	\$825,000	1425 Kensington Court	\$549,000	403 Atherton Circle	\$800,000	1360 BENT TRAIL Circle	\$471,000
1305 Province Lane	\$825,000	601 Northwood Trail	\$540,000	1624 Byron Nelson Pkwy	\$784,000	1008 Hanover Drive	\$470,500
412 Bryn Meadows	\$799,800	1421 Montgomery Lane	\$539,000	1202 Lansdowne Court	\$725,000	802 Durham Court	\$470,000
7216 Braemar	\$760,000	1358 Montgomery Lane	\$529,990	7204 Majestic Manor	\$705,000	1422 Kensington Court	\$468,000
807 Fairwood Court	\$750,000	518 Northwood Trail	\$525,000	1205 Lansdowne Court	\$671,626	616 Logans Lane	\$466,500
301 Augusta Court	\$749,000	802 Aberdeen Way	\$502,999	1907 Caspian	\$662,500	325 Highland Oaks Circle	\$442,000
7300 Thames Trail	\$729,800	729 Greymoor Place	\$499,500	1355 Bent Trail Circle	\$660,000	702 Heatherglen Drive	\$440,000
1205 Kirkcaldy Court	\$719,000	830 Silverwood Drive	\$499,000	805 Aberdeen Way	\$650,000	710 Nettleton Drive	\$439,900Z
7304 Braemar Terrace	\$709,000	1426 Montgomery Lane	\$497,000	1374 Bent Trail Circle	\$645,000	805 Durham Court	\$430,000
1405 Montgomery Lane	\$679,850	722 Wyndor Creek Drive	\$489,995	2007 Caspian Lane	\$640,000	702 Bryson Way	\$427,500
115 Creekwood Court	\$699,800	1115 Highland Oaks Drive	\$489,900	1420 Bent Creek Drive	\$637,000	1008 Aberdeen Way	\$420,000
1375 Bent Creek Drive	\$695,000	708 Longford Drive	\$484,900	1421 Sandstone Court	\$635,000	600 Northwood Trail	\$415,000
1305 Regency Court	\$689,000	613 Regency Crossing	\$475,000	215 Creekway Bend	\$628,000	807 Oakcrest Court	\$410,000
1661 Byron Nelson Pkwy	\$664,900	1412 Kensington Court	\$459,900	1485 Bent Trail Circle	\$618,000	934 Midland Creek Drive	\$406,000
611 Regency Crossing	\$649,900	709 Greymoor Place	\$449,900	1434 Waltham Drive	\$617,000	712 Heatherglen Drive	\$395,000
524 Villa Crossing	\$649,500	600 Regency Crossing	\$439,900	901 Aaron Way	\$599,000	923 Midland Creek Drive	\$395,000
900 Jenny Terrace	\$649,000	727 Inwood Drive	\$435,000	2217 Collins Path	\$585,000		
709 Aberdeen Way	\$634,900	809 Caroline Lane	\$432,500	614 Regency Crossing	\$582,000		
				601 Rustic Ridge Court	\$565,500		

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