

# 380 Guide™

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**DR. HALA MUSTAFA**  
**OF 1385 DENTAL STUDIO**  
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**ANSWERS TO YOUR QUESTIONS**

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# Holiday Cactus

By Donna Hull

It's the time of year to enjoy a few holiday-inspired plants. The garden centers are filled with poinsettias and fresh pine, but don't forget to invite another beauty into your home – the holiday cactus.

There are three holiday cacti – the Thanksgiving cactus, Christmas cactus, and Easter cactus. The first two, which are the most commonly bought and enjoyed by gardeners, are separate species of the genus *Schlumbergera* which bloom in November and December, respectively. And while they are members of the Family Cactaceae, these are not the cacti we think of from dry regions. *Schlumbergera* are native to the higher altitudes of tropical rainforests in Brazil. They are epiphytes, meaning they grow on trees (and sometimes out of rock fractures) in the rainforest, where they receive consistent rainfall and indirect light. The temperatures are moderate, and the soil is rich in organic matter. Not your desert cactus at all!

## Holiday Blooms

Because your home is likely not a perfect substitute for a tropical rainforest (nor would you want it to be!), a little coaxing must be done to get our holiday cactus to bloom. In its native environment,

*Schlumbergera* usually blooms at the end of the rainy season, when temperatures and light reach the appropriate levels to set off the formation of buds. Since you are likely aiming for flowering during the holidays, begin the forcing process 6-8 weeks before your preferred bloom time. The forcing process focuses on two growing factors: light and temperature. *Schlumbergera* will begin to form flower buds through a reduction in temperature and an increase in the hours of darkness that they are exposed to. In North Texas, this is a good time to set the plant outdoors (if possible), exposing the plant to 50-55°F with 2-6 hours of complete darkness (no artificial or natural light) or 60-65°F with 12 hours of complete darkness. At 70°F the plant will need 15 hours of darkness. Do not fertilize during this period, and only water when dry to the touch. After the buds have formed, the plant can stay in 65-70 °F, and resume regular watering (keeping the plant moist, not water soaked) and light. Be sure to bring them inside if the temperatures fall below 50°F – they like it cool, but not too cold! If all goes well, you will be rewarded with 6-8 weeks of colorful holiday cactus blooms.

## After the Bloom Wears Off

Once they have finished blooming, *Schlumbergera* will need (and deserve) a resting period, typically January through March. Keep the plants in indirect light. Water when dry to the touch and keep the plant in cooler temperatures if possible. Late spring through summer, water regularly and apply a fertilizer periodically at half strength. *Schlumbergera* likes to be slightly root-bound – so only repot every 2-3 years into a slightly larger pot. Come fall, fertilize with a high phosphorus fertilizer, continue watering, and keep your eye on the calendar so that you can begin the forcing process again when the time is right.

## Sources

Cathyday. (2020, May 21). *Tips for growing Thanksgiving cactus.*

<https://txmg.org/orange/tips-for-growing-thanksgiving-cactus/>

Lindsey Kerr, Michigan State University Extension. (2022). *How to care for and get your holiday*



# Dr. Hala Mustafa of 1385 Dental Studio Provides Smile-Inducing Answers to Your Questions

Photos By Kory Sebastian, Ksebastianphoto



by having the right team, practicing preventative dentistry, and promoting patient participation."

As the end of the year draws near, most people don't think about going to the dentist, but they should. Not only is maintaining good dental health one of the best investments you can make in yourself, but now is the ideal time of year to utilize any unused dental benefits. "If you're paying for it, you might as well use it," says Dr. Hala Mustafa, who co-owns 1385 Dental Studio in Aubrey with her husband Damien.

Making the decision to get the smile of your dreams is always an excellent idea, and Dr. Mustafa is prepared to assist you in achieving your cosmetic dentistry objectives. She answers the most common queries about cosmetic dentistry and outlines the available options below.

## What does cosmetic dentistry entail?

Any dental procedure that enhances the appearance of teeth is referred to as cosmetic dentistry. It mainly focuses on enhancing a person's entire smile and dental aesthetics, such as the color, position, shape, and size of teeth. Crowns and veneers, teeth whitening, implants, bridges, and clear aligner therapy are all included in cosmetic dentistry.



**D**r. Mustafa is a caring, compassionate, and dedicated healthcare provider who recognizes that many people are apprehensive about visiting the dentist or are concerned about what they might find out about the condition of their mouth. To keep their mouths healthy

and to make informed decisions, she advises patients to take advantage of checkups and preventative dental care. Nothing makes her happier than easing her patients' anxieties and transforming their unfavorable opinions about dentistry into positive ones. "Losing teeth is not a natural process of aging," emphasizes Dr. Mustafa. "It can be avoided



## For whom is cosmetic dentistry appropriate?

Cosmetic dentistry can help anyone who is self-conscious about their smile. Patients with extensive decay, broken or damaged teeth, gaps in their teeth, discolored or malformed teeth, can all benefit greatly from cosmetic dentistry.

## How long does teeth whitening take, and how does it operate?

When it comes to teeth whitening, there are numerous options. We provide take-home whitening kits, in-office whitening, and in-office whitening combined with a take-home touch-up kit at 1385 Dental Studio. You can typically lighten four to five shades with in-office whitening in an hour-long session. We check to see if you're a good candidate for teeth whitening and then we make sure you're at ease. Your smile will then be brighter after we apply a special material coating to the teeth and activate it with a special light. During the hour-long appointment, we will do roughly four to five sessions.

## What is the duration of teeth whitening?

Whitening your teeth can last up to six months (or even longer, depending on your lifestyle). My patients adore it and the sense of confidence it instills in them.

## Can my crooked teeth still be straightened?

It's never too late to get a better smile (or your oral health). Patients with misaligned teeth are ideal candidates for clear aligners, which are transparent orthodontic appliances customized to the patient's teeth. But getting your teeth straightened is about more than just appearances. Out of alignment teeth can be traumatizing and ultimately break. You'll have a beautiful smile and feel more confident with clear aligners, but you'll also make sure you never need restorative dentistry.

## How can I determine which kind of crown or veneer I need?

For those who are self-conscious about the color and shape of their teeth, veneers are a fantastic option. A veneer is a very thin layer of porcelain that is cemented onto a tooth to cover flaws like tiny gaps, stained teeth, chipped teeth, or small teeth. It completely changes the way your smile appears and looks very natural. Veneers are a fantastic investment because of their extreme durability, longevity, and stain resistance.



Crowns are used to repair teeth that have severe decay or damage, whereas veneers are only used for aesthetic purposes. Therefore, a crown not only improves functionality but also alters a person's smile when the damaged tooth is visible.

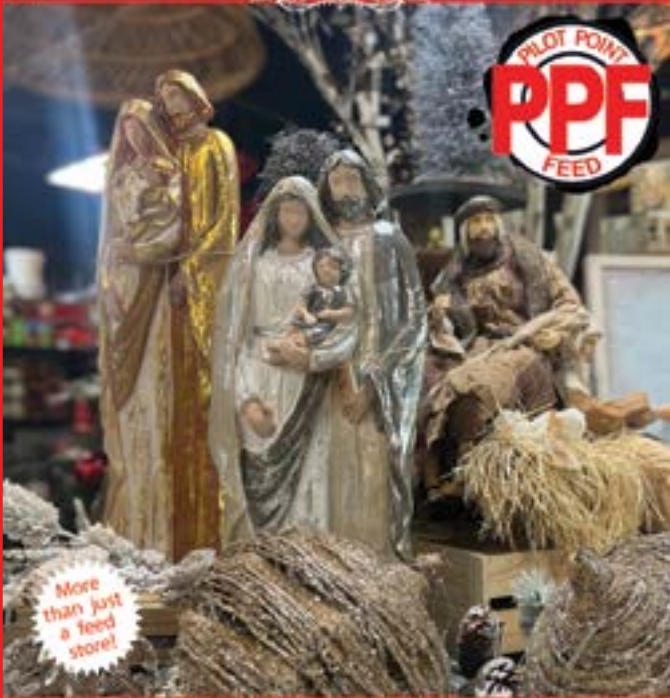
## If I'm missing a tooth, what are my options?

In addition to being functional, replacing a tooth can maintain the alignment of the remaining teeth, maintain the natural contour of your face, and enhance appearance. A porcelain replacement tooth supported by the teeth surrounding the missing tooth is called a dental bridge, and it is one option. An implant, on the other hand, is a better choice because it is biocompatible with your body and functions in the jawbone like a tooth root to prevent bone loss. An implant is a medical-grade titanium rod that is inserted into the mandible to replace a missing tooth. This is typically done after the tooth has been extracted due to an infection. A crown can then be placed atop the implant. Your smile can be beautifully restored with implants, restoring both form and function.

A stunning smile that exudes confidence is a wonderful way to start the new year! To begin straight away enhancing your smile, call 817.696.9080 to schedule an appointment with 1385 Dental Studio.



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# Artist's Edge Salon

## Meet Ty Belger

By Jodie Linton-Prickett

At a salon, a trusted stylist creates a new look for you with foils, colors, scissors, and possibly even pixie dust—an enchanting experience that is sure to make you feel transformed!

When looking for a new stylist, you should look for someone who is skilled, patient, truthful, creative, aware of current trends, and a great communicator. All of this and more is available with Ty Belger at Artists' Edge Hair and Design Studio, which is situated in Cross Roads at 8000 US Highway 380.

Ty and I clicked right away when we first met more than fifteen years ago. I felt like a million bucks when I walked out from my first hair appointment with him. The best thing is that whenever I get up from his chair, I always feel fantastic. One thing people always compliment me on is my hair, so it's not just me who thinks that. I have no doubt that most of his clients share this sentiment. He can create the ideal look that is uniquely you thanks to his artistic ability.

To create the most attractive look for you, Ty takes into account your overall coloration, hair texture, face shape, and even your lifestyle. A great stylist knows how to communicate well. Ty reads his clients and knows how much conversation each client is comfortable with. He listens and really pays attention to your needs. It is exciting to know I have an appointment with Ty, not just because I'm going to look and feel better, but because I'm going to have a great overall experience.

After my first visit with Ty, I left with the perfect cut, color, and style. However, when I originally walked in, it was not the look I had intended. I was picturing something quite different,

more mundane. After taking a look at my hair, he gave me some warm advice based on both his personal experience and his heart. After hearing his point of view, it seemed to make sense; he would have given me the look I went in for if I really wanted it. However, listening to him gave me a delightful “wow” moment!

We have changed my hair's appearance over the years; I have had longer hair and shorter hair, curly hair and straight hair. I've experimented with a variety of colors with him, and we've even played with some purple streaks. Still, when I inquire, he gives me honest feedback. He truly listens to his clients and considers what they want and need. My appointments with Ty excite me not only because I will feel and look better, but also because I will have an amazing experience in general.

Visiting a franchise with the current coupon and never seeing the same stylist twice or frequent stylist changes may seem convenient, but a positive rapport with your stylist and salon significantly impacts results. Despite initial costs being slightly higher, a good salon saves you money in the long run. Fixing a bad cut and making color corrections takes time and can be expensive.

If you are new to the area and looking for a phenomenal stylist, I encourage you to make an appointment at the Artists' Edge Hair and Design Studio. For individuals in need of or who desire a completely natural-based color, ask for CJ; she is a natural color specialist and a very gifted stylist as well. You can call 972.740.8132 to arrange for a consultation or appointment.



Betty Linton's first visit to Ty

# Church Guide

## ASSEMBLY OF GOD

Hilltop Church  
Aubrey First Assembly of God  
819 W. Sherman Dr. in Aubrey

Trilogy Community Church  
Cross Oaks Elementary School,  
600 Liberty Blvd,  
Cross Roads, TX 76227  
469.708.7654, [www.trilogy.church](http://www.trilogy.church)

Cowboy Country Chapel  
603 Morrison  
Pilot Point, TX 76258

## BAHA'I FAITH

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[www.bahai.org](http://www.bahai.org) and [www.bahai.us](http://www.bahai.us)

## BAPTIST

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Aubrey, Texas 76227  
Bethel Baptist Church  
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Pilot Point, Texas 76258  
903-429-3661

Calvary Baptist Church  
Corner of 125 N. Jefferson & Walcott St.,  
Pilot Point, TX 76258  
[www.calvarypilotpoint.com](http://www.calvarypilotpoint.com)

Cowboy Church of Cooper Creek  
3000 Rock Hill Rd.  
Aubrey, TX 76227  
972-841-3331  
[www.cowboychurchofcoopercreek.org](http://www.cowboychurchofcoopercreek.org)

Cross Fellowship Church  
Meets at Savannah Elementary  
1101 Cotton Exchange Dr  
Aubrey, TX 76227  
[www.crossfellowship380.com](http://www.crossfellowship380.com)

CrossRidge Church  
1701 Walker Lane  
(Across From Little Elm High School)  
[www.crossridgeonline.org](http://www.crossridgeonline.org)  
972-292-1953

First Rock Fellowship  
201 N. Cherry Street, Aubrey  
[www.firstrockfellowship.org](http://www.firstrockfellowship.org)

First Baptist of Krugerville  
Hwy. 377 South, Krugerville  
[www.Fbckrugerville.com](http://www.Fbckrugerville.com)

Green Valley Baptist Church  
9901 FM 428 in Aubrey

Living Word Baptist Church  
2315 FM 720 West  
Little Elm , TX 75068  
(469) 362-9010,  
[www.livingwordbaptist.net](http://www.livingwordbaptist.net)

Midway Baptist Church  
Hwy. 377 North of Aubrey  
940-365-9312  
[www.midwaychurch.org](http://www.midwaychurch.org)

Mustang Baptist Church  
Corner of I-385 & Mustang Rd.  
in Aubrey

New Hope Baptist Church  
Highway 377, South, Aubrey  
[www.newhopeaubrey.com](http://www.newhopeaubrey.com)

Prestonwood Baptist Church  
1001 West Prosper Trail, Prosper, TX  
972-798-6700

Providence Village Church  
Providence Elementary  
1000 FM 2931  
Aubrey Tx 76227  
[www.providencevillagechurch.com](http://www.providencevillagechurch.com)

Rhea's Mill Baptist Church  
5733 North Custer Rd., McKinney  
972-562-2947  
[www.rheasmill.org](http://www.rheasmill.org)

## CATHOLIC

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Prosper, TX 75078  
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[www.saintmartindp.org](http://www.saintmartindp.org)

St. Thomas Aquinas Catholic Church  
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Pilot Point, TX 76258  
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[www.stthomaspilotpoint.org](http://www.stthomaspilotpoint.org)

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## METHODIST

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www.aubreyfumc.com

Bethel Methodist Church  
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www.bmumc.org, 972-292-1465

First United Methodist Church  
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Pilot Point, TX 76258  
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Grace Chapel  
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Texas 76227  
www.grace380.org

Harvest Bible Fellowship, CMC  
3121 FM 2931  
church.netministries.org/ch30630

New Leaf Church  
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972 325-8939,  
www.newleafnow.org

Oak Grove United Methodist  
4725 FM 720 W.  
(940) 365- 3027  
www.oakgroveunitedmethodist.org

Prosper United Methodist Church  
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www.prosperumc.org,  
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Covenant Church

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940-365-1395  
www.covenantcrossroads.org

Covenant Word Ministries Church  
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(Paloma Creek South Clubhouse)  
Little Elm, TX 75068  
www.covenantwordministrieschurch.org

Frisco Bible Church  
8000 Sanctuary Dr.,  
Frisco, TX 75033  
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aubreyfaithassembly.weebly.com

Gateway Church  
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Frisco, 75034  
Frs.GatewayPeople.com  
469.238.1000

Grace Village Community Church  
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Krugerville, TX 76227  
gracevillagechurch.org

Lighthouse Christian Fellowship  
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Prosper, TX 75078  
972-562-2500  
www.lighthousetx.com

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www.northtexascowboy.org

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www.ridinforthebrand.org, 940-458-3076

Rock Creek Church  
rockcreektx.church  
469-815-5353  
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Savannah Life Fellowship  
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Unity Spiritual Center of Denton  
6071 New Hope Road  
Krugerville, TX 76227  
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www.tabernacle-church.com

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- Bio-Identical Hormone Replacement and Testosterone Therapy for Men and Women
- Physician supervised weight loss treatment

### Chronic Disease Management

- Diabetes
- High Blood Pressure
- High Cholesterol
- Heart Disease including Heart Failure
- Allergy & Asthma
- Thyroid Disorders
- Depression & Anxiety
- Sleep Disorders
- Bone & Joint Disorders

### Preventative Screening

- Annual Physicals
- Well-Woman Exams (Pap Smear)
- Well-Male Exams (Prostate Exam)
- Skin Cancer Screening
- Breast and Colon Cancer Screening
- Vaccination Counseling
- Pre-Operative Evaluation & Clearance

### Minor Procedures and Diagnostic Services

- Skin Biopsy & Pre-Cancerous Mole removal
- Cryo Therapy • Spirometry • EKG • Bladder Scan

✓ Open on Saturdays at Frisco Location

✓ Most Insurances including Medicare are welcome

✓ Same day appointments

*~Two Locations~*



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**Frisco 469-301-2300**

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# You Can Take It With You

Would you like to be in the next issue of 380Guide? If so send us your photo with your 380Guide to [YouCanTakeItWithYou@380Guide.com](mailto:YouCanTakeItWithYou@380Guide.com)



Patti Wilson took her Guide with her to read about Pilot Point's Bonnie and Clyde Days Festival. She enjoyed the article after she crossed the border and experienced Niagara Falls with a Canadian view.



Taylor Marquis took his Pilot Point Guide with him to Lake Murray's Tucker Tower in Ardmore, OK.

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