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MEET DR. MUSTAFA
AT 1385 DENTAL STUDIO

WINNING WITH
THE AUBREY FFA

DISTRICT PARTNERS
JOIN TOGETHER

ENJOY THE HISTORY
OF THE SQUARE

JAY MELUGAN'S
PILOT POINT
HISTORIC SQUARE
WALKING TOUR

MEET DUSTY FIFE

LOOKING FOR
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CONTENTS

PUBLISHERS

Jodie Linton-Prickett and David Prickett

EDITORIAL

EXECUTIVE EDITOR
Jodie Linton-Prickett

DIRECTOR OF BUSINESS DEVELOPMENT

David Prickett
214-564-6693

ART & PHOTOGRAPHY

ART & CREATIVE DIRECTOR
Mariah Acevedo

CONTRIBUTING WRITERS

Jay Melugin, Jodie Linton-Prickett, Amy Ruggini,
Steven Baringer, Dr. Matthew Bonander, Texas A&M,
Dusty Fife, Hauani Shipper, Trinity Falls, Dr. Hala Mustafa,
Damien Jones, 1385 Dental Studio

ART & PHOTOGRAPHY

Mariah Acevedo, Jodie Linton-Prickett, David
Prickett, Dreamstime, Denton ISD, Aubrey ISD, Amy
Ruggini, Steven Baringer, Pilot Point Chamber of
Commerce, Dr. Matthew Bonander, Exercise, Health
and Vitality, Texas A&M, Trinity Falls, Hauani Shipper,
Harry Jean, Richard Giratdoux

HOW TO REACH US

MAILING ADDRESS
P.O. Box 399, Aubrey, Texas 76227

PHYSICAL ADDRESS

301 South Washington Street, Pilot Point, TX 76227

WEBSITE

www.380Guide.com

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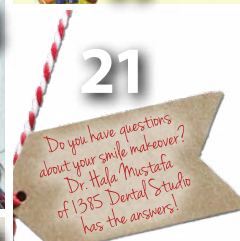
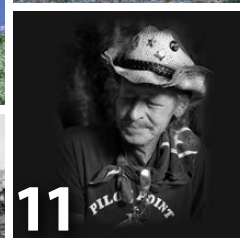
Dr. Hala Mustafa and Damien Jones are giving you something to smile about at the new 1385 Dental Studio. Photo by Mariah Acevedo.



DECEMBER/JANUARY 2022



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LETTER FROM THE PUBLISHER

The Gift of Presence in 2021

Every holiday season I like to celebrate the gift of presence over presents. With everything in short supply the gift of presence is available, give abundantly! Sadly, physical presence may still be difficult this year. Who would have guessed over a year later something we take so easily for granted could still be so challenging?

With travel being more taxing in the current conditions it may be beyond our reach to visit our far away loved ones this holiday season. Over the years, we have learned an important, yet easy life lesson that presence lasts longer, means more and binds a family tighter than any present ever will. Presence is a gift, which never is out grown, it doesn't get too small or boring, and never wears out or breaks. This is where I would say, "The best thing about presence is that it is always affordable and available for any family at any time. During the holidays, we wish for all of our readers, more presence!" This year might be the first time that presence is not available in the traditional sense of the word. It is more important than ever to stay mentally connected in times that pushes us physically apart. Pick up the phone, Facetime someone, send a photo, or write an old school friend a letter. Find a way to be there even if you cannot actually be there. Presence no matter how it is provided is priceless.

We are completing our sixteenth year of publishing 380Guide, we hope through the magazine you get to know more about all of the fantastic things there are to do right here in the area. We anticipate through our articles you will find some places that will become meaningful to you and your family where you can develop traditions and grow together.

Please remember to support our advertisers when shopping for your gifts this holiday season. It is because of them that we can bring you area events, community information and micro-local articles at no cost to you.

All of us at 380Guide would like to wish all of our readers, good health, warm nights and festive holidays!

Merry Christmas and Happy New Year!

Jodie Linton-Prickett, PUBLISHER



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WINNING with the Aubrey FFA!

By Amy Ruggini

Activity at the Aubrey ISD Agricultural Center has increased over the last few weeks as the Aubrey FFA program has started its season with showings at the North Texas State Fair and the State Fair of Texas.

The Aubrey FFA program looks a little different this year in size. Aubrey High School agricultural teachers Tracy Yarbrough, Jennifer Gilbreath and Caitlin McGuire joined the FFA affiliation membership program, which enrolls all students that take an Ag class (8th grade – 12th grade) into FFA. The Aubrey FFA enrollment numbers tripled, and Mrs. Gilbreath said she has seen the most increase in activities, like public speaking and training for contest teams.

The center of the Aubrey FFA program has been showing animals, and Aubrey had a large group of students showing at the two fairs this fall. One of the top winners was AHS senior and current Aubrey FFA president Heather Hough.

Heather and her lamb, Dolly, won the breeding sheep show at the North Texas State Fair. They were named Grand Champion and then Supreme Grand Champion.

At the State Fair of Texas show, Heather and Dolly again won the entire breeding sheep category, beating several hundred breeding champion competitors. For the second straight show, she won Grand Champion and Supreme Grand Champion in the ewe division.

"I was really surprised," Heather said. "I was excited to win Grand Champion but going into Supreme when you are showing against all the breeds, Dorper's don't typically win Supreme. So, winning it was a big surprise."

Dolly is one of 13 sheep and seven show sheep that the Hough family owns. Over the last few years, Heather has made connections in the sheep market and she went and talked to a breeder who had a sale for ewes. Heather

bought Dolly in an auction this past May.

"This is my 9th year showing, and I have learned the parts of the sheep and what's good and what's not good," Heather said. "I really had this picture in my mind of what I wanted the sheep to be. So, when we went and picked one out, I was looking for one that was really wide and really deep and had that feminine look to her. And, Dolly had all the pieces that I was looking for."

Dolly is currently at a breeder and is going to have lambs in the spring. Heather's next shows with Dolly will be Fort Worth in January and then San Antonio, San Angelo and Houston.

Heather's state fair was amazing," Gilbreath said. "This is a good showing of what hopefully the rest of the year will be."

"I've been over the moon," Heather said "I really wanted a good senior project, but Dolly has gone above and beyond what I expected."



Something to *Smile About*



Meet Dr. Mustafa at 1385 Dental Studio



office, 1385 Dental Studio, has been open since December 2020 and is always accepting new patients.

At 1385 Dental Studio, you will walk into a serene environment, setting the mood for your relaxing and enjoyable, yes, enjoyable dental experience. The Dental Studio offers comprehensive care to ensure that you and your family have a healthy and beautiful smile. Of course, at the top of the menu is preventative care

which prepares you for all of your smile enhancements such as veneers, whitening, and clear aligner therapy (clear trays).

The dental studio features state-of-the-art technology including CBCT and intraoral cameras. To keep patients informed at 1385 Dental Studio, they can learn about the treatment by observing their radiographs and pictures during the exam.

Dr. Mustafa's interest in dentistry grew after shadowing

a few local dentists while she was in high school. Her interest flourished as she attended UTA, majoring in Biology. She continued her education by attending Texas A&M College of Dentistry, where she earned her Doctorate.

Dr. Mustafa worked in several corporate offices prior to making the jump into starting her own practice. She noticed gaps and lack of continuity of care in offices, particularly in corporate offices. Many issues

Dr. Mustafa, and her husband, Damien, are giving the 380 Corridor something to smile about. Their beautiful new dental

arise when the information and communication of the patient's care are not appropriately disseminated in an office and different providers are involved at each visit. Dr. Mustafa was on her journey to provide the best personalized care for her patients and knew she could best serve her patients and give them a more personalized experiences by starting her own practice.

With the assistance and support of her husband Damien the dream of 1385 Dental Studio became a reality. Damien is the office manager and administrator. The two of them working as a team, provides an upbeat energy resulting in an engaging and positive experience for the patients. At 1385 Dental Studio you will find general dentistry for all ages.

The compassionate care and relaxing environment makes it easy for patients with dental anxiety. The studio offers calming music, a snack and beverage station to enjoy before or after your treatment, and movies are available for viewing. The treatment rooms are relaxingly designed with large picture windows to let in natural light. Most importantly, at 1385 Dental Studio, you are treated like an extended part of their family.

"Many adults have a phobia regarding visiting the dentist, and sadly, this fear keeps many from seeking the preventative care they need," said Dr. Mustafa. Frequently people wait until pain is present before contacting the dentist, often changing a preventative visit to an emergency. "Preventative care is the best care," said Dr. Mustafa, "I want patients to understand that visiting the dentist can actually be a pleasant experience." At 1385 Dental Studio they offer a variety of solutions to make treatments relaxing including laughing gas or minimal sedation. "It's very important to schedule your six-month check-ups and make preventative exams a priority," said Dr. Mustafa, "Preventative dentistry is imperative to more than just teeth. It's crucial for the diagnosis of head and neck pathology that can affect the entire body and one's overall health."

Come join the 1385 Dental Studio family. They are located at 27379 East University in Aubrey, TX and looking forward to seeing your smile! For more information please visit www.1385DentalStudio.com.



What Patients are Saying

★★★★★ 6 months ago

Had a great first visit at 1385 Dental studio! I was a bit anxious as it's been quite a while since my last exam/cleaning. Dr. Mustafa and her hygienist were so kind and compassionate. My mind was at instantly at ease. They took good care of me and listened to my concerns. Very glad I chose this practice!

★★★★★ 10 months ago

Had the opportunity to visit 1385 Dental Studio today and the office is as luxurious as you could ask for. Dr. M is amazing and pays attention to every detail. While I was there, I had 3 old fillings replaced and help with gum recession. The experience was painless and Dr. M literally showed me everything she was doing before she did it. We also COLLABORATED on a treatment plan for 2021.

One of the most impressive things I liked was that we went through several bite impressions after the fillings to make sure it was perfect. To top it off, I was given a warm towel to clean my face instead of a paper towel like other offices. I finally found a dentist that cares and didn't make me feel like a number.

Worried about #COVID19, don't be!! All forms are digital and can be filled out ahead of time, saving valuable time and eliminating any unnecessary close contact.

If you are looking for a new, pressure free dental home, give 1385 Dental Studio a chance.

★★★★★ 8 months ago

If you're like me going to the dentist is a love/hate experience... primarily more hate than love. My last horrible dentist visit forced me to put a little more energy into finding another dentist. After 2-days of looking and comparing I settled on 1385 Dental Studio.

Initially the numbers 1385 spoke to me, and after meeting the staff I'm happy I followed my instincts. The facility has a clean, fresh ambiance, and while it has state of the art dental technology, you still feel well cared for. The entire staff and dentists are absolutely wonderful. They are extremely personable, knowledgeable, yet able to simplify things. They are so thorough and go out of their way to make a necessary evil pleasurable.

I ended up having to get a few things done, so they put me on a dental plan for long-term care. They didn't over sell or try to up sale me on what I needed done, but instead offered options for my needs/budget. For the first time, I've had a dental experience that was more love than hate. I highly recommend you have a 1385 experience... and make sure you get the warm lavender scented towel at the end of your dental services. It's free and a most have! That is something I hope they never stop.

★★★★★ 3 months ago

My wife and I recently moved to Aubrey and we discovered this little gem. My wife is having some extensive dental work done and Dr. Mustafa has been nothing short of amazing. She is a great listener. She really works at achieving the goals that you want and works very hard to make the experience very comfortable. The office is brand new and quite beautiful. Damien the administrator is very good at explaining benefits, financial concerns, etc. You couldn't ask for a better experience. We highly recommend them!

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Looking for 4-H Volunteers



If you have a particular interest, we can build a project around it!

By Steven Baringer

Texas 4-H is like a club for kids and teens ages 5-18, and it's big! It's the largest youth development program in Texas with more than 550,000 youth each year. 4-H empowers young people with the skills to lead for a lifetime. It's a research-based experience that includes a mentor, a hands-on project, and a meaningful leadership opportunity. Based on their interests and guided by adult mentors, youth develop their own pathway in 4-H. They select from a broad menu of local 4-H programs. No matter where you live or what you like to do, Texas 4-H has something that lets you be a better you! You may think 4-H is only for your friends with animals, but it's so much more! You can do activities like shooting sports, food science, healthy living, robotics, fashion, and photography.

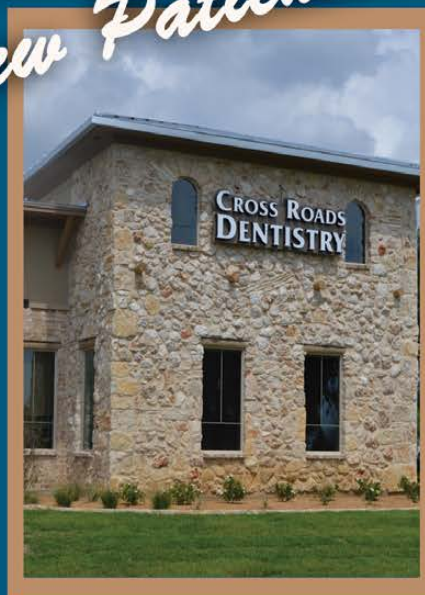
4-H students are leaders. They pursue passions. They solve problems and tackle everyday challenges. And YOU are the key to their success! We need adult volunteers to mentor 4-H youth, lead local clubs, and run events. No experience necessary – we'll train you! But you must be at least 18 years old – or 21 years old to chaperone overnight trips – and pass a criminal background check. You decide the level of involvement that fits your skills and schedule, such as:

- Lead community clubs, school-based or after-school programs and camp settings
- Serve as chaperone, board member, event judge or camp counselor
- Create community service opportunities for youth in your area
- Work with other adults to create fun and exciting programs

Denton County 4-H is looking to grow the variety of projects and programs it has to offer. If you have a hobby and would like to make a difference in the youth of Denton County, please contact the Denton County AgriLife Extension Office. We are currently looking to build a project around outdoor education (camping, wildlife watching, shooting and hunting skills, and fire building), public speaking, entrepreneurship, consumer decision making, and several other projects. If you have a particular interest, we can build a project around it!

For questions on how to volunteer with Denton County 4-H, please contact Steven Baringer, Denton County 4-H and Youth Development Agent at 940-349-2884 or steven.baringer@ag.tamu.edu. To learn what Denton County 4-H is currently involved in, visit denton.agrilife.org and like us on Facebook "Denton County 4-H and Youth Development."

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Pilot Point is the oldest town in Denton County. Pioneers began settling the area in the late 1840's. The public square of the town was platted and laid out by George Newcome on Christmas Day in 1853. The Pilot Point Historic Square was originally known as "Pilot's Point" which designated a high point of timber that served as a landmark for travelers. Pilot Point was also near an early immigrant trail and was a frequent stop on the Butterfield Stage route. Above photo: Pilot Point Historic Square circa 1884 (Looking East towards Main and Jefferson).

** Historical information confirmed by local Historian Jay Melugin. Some stories are based on local folklore and legend.*

** Information on pages 10-14 provided by Jay Melugin via the Pilot Point Chamber of Commerce: 940.686.5385, chamber@pilotpoint.org*



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JAY MELUGIN'S



Pilot Point Historic Square WALKING TOUR

1. The John Hundley Building:

The building, originally built in 1872, was commissioned by John Merchant and built by John Hundley. It is the oldest brick building in Denton County. Currently it is The Purple Door Day Spa. Originally, it was home to a general store and the second floor was used frequently as a lodge hall.



2. F.A. Wright Dry Goods and Leather:

Currently vacant. This building was built sometime in the 1870's and once housed F.A. Wright Dry Goods, Grocery and Leather. Later, with the advancement of electricity, it was home to the Power and Light Company. Around the same time, the local telephone operator was on the second floor and was expected to locate wayward citizens she could spot on the Town Square. The building facade went from Victorian to Nouveau-Deco in the 1920's.



3. Star Drug Store:

Currently Pilot Point Coffee House. This building was originally built for J.W. Eddleman by John Hundley in 1873, and housed Star Drug Store. Later it was used by J.C. Selman and Son Groceries. This building has burned down and been rebuilt four times.



4. O.A. Ross and Son Dry Goods: Newly renovated in 2018, this 1870's building has been home to Pelzel's Barber Shop and Salon since the 1960's. Originally, the ground floor was home to O.A. Ross and Son Dry Goods while the second floor was used as a flop house. Later, Mrs. Copenhaver sold sewing notions at this location.



5. Greenberg Perlman Building:

Currently the building houses the Justice Art Studio. The Greenberg Perlman Building c.1885 sold silver, antiques and finery.



6. Saddlery and Saloon:

Constructed in 1885, this building served as a saddlery and saloon until 1907. During the 1920's and 1930's, it housed the Notorious Cafe and Domino Hall. In 2012, with a wink and a nod, Notoriously Yours Boutique moved in.



7. Old Barber Shop: Currently vacant, this building was constructed in 1896 and was home to a Barber Shop. During the 1920's it was turned into a small cafe and it is rumored to have been frequented by the notorious duo, Bonnie and Clyde during the early 1930's.



8. Hardware and Harness Business:

Built in 1896, this vacant building was home to a hardware and harness business, but that did not last long. From 1896, until the early 1900's, Grays Furniture and Undertaking served the community from this building. In the 1930's, it became home to a dance hall and later the building became Stephens' Grocery.



9. City Hall and Pilot Point

Police Department: Built in 1892, this building served as the Pilot Point National Bank until the mid - 1960's and remains the scene of the only unsolved bank robbery in Pilot Point which occurred in 1932. Donated to the City of Pilot Point, it was renovated in 2003 and became home of Pilot Point's City Government and Police Station.



10. Midway Saloon: Built as a wood structure in the early to mid - 1880's, this building was rebuilt with brick in the early 1890's and housed one of Pilot Point's most notorious saloon and billiard halls, known as the Midway Saloon. In 1904, the last gunfight in Pilot Point broke out in front of the saloon, and to this day you can still find bullet holes in the front facade of the building. After being vacant for many years, Martin General Store moved in in 2018 with a nod to Dry Goods stores from era's past.



11 and 12. Chandler and Company: Built in the early to mid-1880's in wood and then later rebuilt in brick, this building was originally home to Chandler and Co. believed to be a wagon and buggy company. In the mid twentieth century, The building was partitioned and Selz and Henzler Insurance moved in and has been serving the community ever since.



13. The Mississippi Store: The current antiques section was originally the Mississippi Store in 1876 and then served as Doc Amos' Drug Store from the mid - 1930's until the 1940's. It was popular with the local youth of the day because it had an old time soda fountain. Some say you can still smell Doc's cigar. Currently Ab and Gail's Antiques.



14. The Gaslight Building: Currently Square Center is now the home of a lawnmower repair and parts store. In c. 1876 it was originally G.W. Davidsons and Co. Dry Goods and Clothiers.



15. Almond's Cash Grocery Store: Currently vacant. This building was built in 1882. It housed Almond's Cash and Grocery and then later Stephens Grocery in the mid - 20th century until they moved to the north side of the Square.



16. Flakes and Floppin Hardware and Stoves: Recently renovated but currently vacant. This building housed Flakes and Floppin Hardware and Stoves in 1882.



17. Nunn and McFarland Clothing and Furnishing: Currently vacant, this building was originally Nunn and McFarland Clothing and Furnishing Goods in 1884.



18. N. Wilson and Company Dry Goods and Clothing: Now Dolly's Antiques, it was originally known as Wilson and Co. Dry Goods and Clothing in 1884.



continued on next page

19. Pilot Point Museum:

Originally built in the early 1880's, this building housed R.M. Baird and Co Dry Goods and Notions until it was renovated in the late 1890's into The City Hotel and later became the Cloer Hotel. Sometime in the mid -20th century, the second floor was removed.



20. Golden Triangle Meat Processing:

Currently Pilot Point Meat Processing. Originally built in c. 1890.



21. South Side: This portion of the Historic Square was damaged in a tornado during the 1950's and later destroyed by fire. It was decided to tear down what remained of the buildings and the property has sat vacant for many years.



22. Ruby and Pearl Hotel:

Also known as the Holt Building, it was built in the 1890's as a hotel. It was purchased in 2017 and renamed the Ruby and Pearl Hotel. Renovations are currently underway.



23. Lowbrows: Built in 1893, this building was originally Dad Robin's Place, a restaurant. It was later home to the Pilot Point Post Signal, established earlier in 1878 and Denton County's oldest newspaper. They called this building home from about 1900 to 1960. It is interesting to note that this building is one of the few buildings on The Square that still have the original front doors and windows.



Converted into Lowbrows, a Bar and Music Venue in the mid 2000's by Bob Albrecht. Currently closed. Reopening soon as Lowbrows Saloon.

24. Old City Jail: Built prior to 1880, the Old City Jail was built of native stone, like the town's earliest masonry structures and now shares the lot belonging to Lowbrows. It is also the site of the hanging of notorious outlaw Spoon Butler during the Civil War.



25. Pilot Point Opera House:

The building was originally R.T. Evans Hardware. The original Opera House was built above the hardware store in 1894 and named the Queen Theater providing a 300 seat opera house. The property also was home to a livery stable, and various boot, saddle and harness shops where the current theater resides. AFG Travel Agency now exists in the building that housed the original theater, which was removed. The Garage Door Theater is still offering regular performances on the other side.



26. Farm and Merchants Bank:

Built in 1896, the Farmers and Merchants Bank, with its Richardsonian Romanesque architecture, is a focal point of The Square. It closed during the depression and never reopened as a bank. Contrary to some local myths, Bonnie and Clyde never robbed this bank. It was, however, used as a set for the 1967 Bonnie and Clyde movie starring Warren Beatty and Faye Dunaway, as well as being the annual backdrop to Pilot Point's Bonnie and Clyde Days recreation of a robbery scene in the movie.





DISTRICT PARTNERS JOIN TOGETHER, DEDICATE MINI-PITCH AT NAVO MIDDLE SCHOOL

Article and Photo provided by Denton ISD

Three prominent Denton ISD district partners were all recently on hand to unveil a new mini-pitch at Navo Middle School. The FC Dallas Foundation, CoServ, and Globe Life worked together to create this innovative field for students to enjoy.

“The intrinsic value in creating this mini-pitch here at Navo Middle School can not be understated. I’m a true believer in the educational benefits of sports and soccer specifically with what it provides for our youth,” said Jimmy Smith, FC Dallas Chief Operating Officer. “We recognize that not every player is going to be able to make it professionally but the benefits of playing sports and having that teamwork dynamic, working through challenges, setting goals, staying committed to something bigger than yourself, and doing things the right way are an important foundation for success.”

The pitch is part of the FC Dallas Foundation’s commitment to promoting a healthy, active lifestyle for youth and communities in North Texas by building safe places for them to play soccer.

“To be able to partner with Denton ISD and help make this opportunity come to life for the students at Navo

Middle School and to give these kids a hands-on opportunity to be a part of something valuable to them, and that helps them focus on living a healthy and active lifestyle is what it’s all about for us and those are the types of partnerships we want to continue to grow and cultivate,” said Jennifer Haworth, Globe Life Executive Vice-President, and Chief Marketing Officer.

The mini-pitch project, valued at more than \$40,000 and underwritten by the local partners, converted an existing tennis court to a futsal court using a recyclable, synthetic product. The self-draining surface is low maintenance, eco-friendly, and allows for a safe place to play indoor soccer outside when fields are too wet or too dry.

FC Dallas is no stranger to the mini-pitch concept. This latest one at Navo Middle School is the second pitch dedicated by FC Dallas in Denton ISD, joining the one created at Strickland Middle School in 2017 and their ninth venture overall.

“Our company has a proven track record of engagement and supporting our local communities, and this is just one example of that,” said Mario Zavala, CoServ Manager of Communications and Brand Engagement. “This is the second mini-pitch project for CoServ to

be involved with here in Denton ISD and fourth overall in Denton County. It’s important to find different ways to give back, so to partner with FC Dallas on this mini-pitch project in particular means a lot.”

Students from Navo Middle School’s GOAL Program were in attendance during the ceremony. GOAL, Guys & Girls Operating As Leaders, is an after-school soccer program staffed by district teachers who volunteer their time after school.

The program nurtures leadership qualities among second language learners and at-risk students through mental, emotional, and physical wellness in a high-trust environment. Currently, 400 Denton ISD students participate in the GOAL program, including 35 at Navo Middle School, on five Denton ISD middle schools and nine Denton ISD elementary campuses.

“We’re extremely excited to have FC Dallas invest in our students and community in the form of this mini-pitch,” said Dr. Jamie Wilson, superintendent of schools. “The support they’ve provided us over the years has helped many of our students in GOAL find another extracurricular outlet to connect with their school and refocus on their studies.”

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Aging and the Benefits of Exercise

By Dr. Matthew Bonander, licensed Physical Therapist, Doctor of Physical Therapy



Socrates once said, “No man has the right to be an amateur in the matter of physical training. It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable.” It’s true that changes occur as we age, but just as true, is the body’s ability to respond to exercise. As age increases, individuals should remain optimistic because our muscles respond to training with marked and rapid gains into the ninth decade of life¹ and beyond.

Many people realize that exercise is profitable. Physiologically many benefits, such as improved bone density, muscular strength, and standing balance, are evident. Functional status with regular exercise may minimize or even reverse physical frailty. Regular exercise also provides an effective means to diminish orthopedic injury, including those related to falls, in the aging population¹. This can be an effective means to address conditions such as sarcopenia (muscle weakness and atrophy), osteopenia or osteoporosis (decreased bone density) as well as balance deficits.

Exercise has unquestionable benefits for the cardiovascular system as well. For instance, an article published by the American Heart Association and written by Johnathan Myers (2003) reported that patients who were recently diagnosed with heart disease and participated in an exercise program were said to have an earlier return to work as well as increased measures of quality of life, such as self-confidence, lower anxiety, and stress. Myers also noted that research has discovered that heart attack patients who participate in formal exercise programs have a reduction in death rate by 20-25%. Other benefits of sustained exercise and physical activity include increased exercise tolerance, lower body weight, reduced blood pressure, decreased bad (LDL) and total cholesterol as well as improved good (HDL) cholesterol².

Exercise also helps the lungs, or pulmonary system. When individuals maintain physical activity, their lungs work to supply oxygen to the muscular system and throughout the body. Both aerobic (endurance) and anaerobic (strengthening) exercise make the lungs stronger. As people’s physical fitness improves so does the ability of their body to transport oxygen more efficiently in the bloodstream and to the body’s various life-giving organs. Enhanced oxygenation helps individuals to become less short of breath over time. According to the American Lung Association³, targeted exercises that strengthen the neck, chest, and back muscles can help to promote effective inhalation and exhalation. Maintenance of healthy lungs is also essential in diminishing the likelihood of infections such as pneumonia.

The U.S. Department of Health and Human Services⁴ recommends a minimum of 150 minutes of moderate-intensity exercise (or activity) per week. This can be done by traditional means of exercise (e.g., weights; treadmill; jogging) or physical activity (e.g., housework; yardwork). It is important to engage in exercise or activity that is enjoyable. Research has demonstrated this promotes adherence over time.

Socrates correctly has said that the body has strength and beauty as well as the ability to respond to exercise. Some good questions to ask oneself in considering the topic of physical exercise and activity include:

- What forms of exercise or physical activity do I find enjoyable?
- Is there someone who can keep me accountable?
- What are my personal goals for engaging in exercise?
- Am I engaging in adequate levels of exercise (>= 150 minutes/week)?

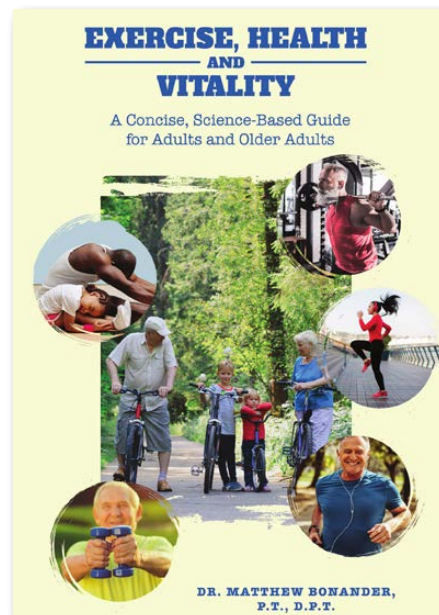
An intentional pursuit of exercise can enhance health, vitality, and quality of life⁵.

Author: Dr. Matthew Bonander, licensed Physical Therapist, Doctor of Physical Therapy

Referenced from the first Chapter of his book: “Exercise, Health and Vitality”

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Meet Dusty Fife

The New Better Living for Texans Agent



Hello my name is Dusty Fife. I was recently brought on as the Better Living for Texans Extension Agent with the Texas A&M AgriLife Extension Service to serve Denton County residents. With a name like Dusty you know I had to be born in Texas. In fact, I have spent the majority of my life right here in Denton County. In 2016, I graduated from Texas Woman's University with a

degree in Health Studies. My degree aligned perfectly with my hopes of making positive impacts in the health of others within my community and I look forward to opportunities that this position will provide.

My family and I spend most of our time on the soccer fields and watching our youngest do his thing with his high school band. In the little spare time that I get, I do enjoy riding my bike and going on hikes with my husband and two boys. As of now, I am busy with new hire trainings and onboarding tasks. I just returned from a week-long training that provided a deeper understanding of what all AgriLife Extension does for residents of Texas in the past, present, and what it hopes to do in the future. It was an invaluable opportunity that I will forever cherish and hold dear to my heart. I feel so honored to hold a position that can do so much good for my fellow neighbors. I am especially looking forward to meeting members within the community and helping to increase their nutritional knowledge and physical fitness levels.

A deeper look into the Better Living for Texans programming will show a variety of research-based lessons that help offset busy families by offering quick, healthy, and economical meal ideas. More specifically, our programs educate low income residents on ways to increase fruit and vegetable intake and access, physical activities, food safety, and food resource management. For instance, we teach the importance of nutrition and staying physically active through cooking demos and hands-on activities. Our aim is to help to build confidence in the kitchen and adopt better eating and lifestyle habits. Please reach out to me with any questions and program specifics.

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating



Trinity Falls Tour of Trees SURE TO WOW

By Haunani Shipper



Holiday creativity will be on overdrive in Trinity Falls, 7801 Trinity Falls Parkway, during the Tour of Trees event now through Dec. 19.

Ten model homes will feature stunning, themed trees created by professional holiday specialist and custom tree designer Antoinette Boston with A.B.'s Holiday Décor, who is working in collaboration with Premier Christmas. Information about Trinity Falls' newest phase, Heritage Crest, also will be available.

The professionally decorated model homes will be open daily starting at 10 a.m. Monday through Saturday and noon on Sundays. The Tour of Trees is free to attend and open to the public.

Participating model homes and more information about Trinity Falls can be found at www.trinityfalls.com.





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Exactly what is cosmetic dentistry?

Cosmetic dentistry is the essence of dentistry as the overall goal is to enhance the beauty and aesthetics of the smile while addressing function. Cosmetic dentistry includes veneers and crowns, teeth whitening, implants, bridges, and clear aligner therapy.

Who would benefit from cosmetic dentistry?

Anyone who isn't confident about their smile can benefit from cosmetic dentistry. If you are unhappy with the color, position, shape, and size of teeth, then cosmetic dentistry is for you. Cosmetic dentistry is also a great solution for patients who need restorative care due to decay and missing teeth.

What is the difference between veneers and crowns, and which one would be best for me?

Veneers are a great option for anyone who's not feeling confident about the color and shape of their teeth. A veneer is a thin layer of porcelain that's bonded to the tooth to cover imperfections such as small teeth, chipped teeth, stained teeth, or small gaps. It looks very natural and can completely transform the aesthetics of your smile. Veneers are very durable, long-lasting, and stain resistant, making them a great investment.

Whereas veneers are purely cosmetic, crowns are used for restoring severely decayed or damaged teeth. So not only can a crown change a person's smile when the damaged tooth is visible, but it also restores functionality.

What if I'm missing a tooth?

Replacing a tooth has aesthetic benefits as well as practical ones—it can keep the rest of your teeth aligned, preserve your facial shape, and improve function. One option is a dental bridge, which is a porcelain replacement tooth held in place by the teeth around the missing tooth. However, the more ideal option when possible is an implant, because it's biocompatible with your body and acts like a tooth root in the jawbone, protecting against bone loss. An implant is a medical-grade titanium rod that's placed in the jaw where the tooth is missing, usually when the tooth has been extracted due to advanced tooth decay, onto which a crown can be placed. Implants are a great way to restore both form and function to your smile.

Can you tell me more about teeth whitening?

There are several options when it comes to teeth whitening. At 1385 Dental Studio, we offer in-office whitening and take home whitening kits for your convenience. After an examination to ensure you're a candidate, we get started. With in-office whitening, you can usually go five shades lighter in a one hour-long appointment. We'll do about four to five sessions during the hour-long appointment. What's most rewarding is seeing patients smile about their new bright smile!

If I whiten my teeth how long will it last?

Teeth whitening can last up to six months (or even longer, depending on your lifestyle). My patients really love it and the confidence it gives them.

Am I too old to fix my crooked teeth?

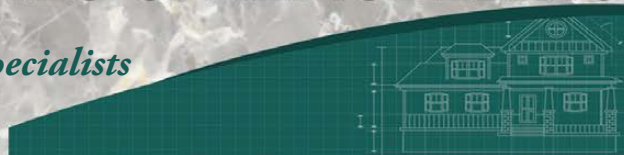
Absolutely not! You're never too old to improve your smile (or your oral health). Clear aligners, which are clear orthodontic appliances shaped to the patient's teeth, are perfect for treating patients whose teeth aren't in alignment. But straightening your teeth isn't just about the aesthetics. When teeth aren't in alignment, it can cause Dental Trauma that present as chipped, fractured or abnormal wear on the teeth. By utilizing clear aligners, you'll have a great smile and be more confident, but you'll also ensure you don't need restorative treatment in the future.

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Becky Bauer took her 380Guide with her to have fun times in Niceville, FL.

Chris and Sheryl Eudy took their 380Guide to Aruba!



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