

May/June 2007

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*Wylie • Sachse • Murphy Community Magazine*



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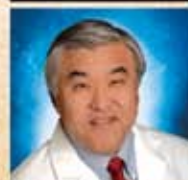
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Professor D sax player gives the audience an "up-close" experience during their 2006 performance.

Photo by Mark Witter



Photo by Anne Hiney

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A Sachse Icon



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## BUSINESS SPOTLIGHT

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Prestige Ford -  
Salesman of the Year



Just for fun, find the butterfly!



### The CONNECTION *The Wylie • Sachse • Murphy Community Magazine*

Wylie Chamber of Commerce  
108-A W. Marble | Wylie, TX 75098  
Telephone: 972-442-2804  
[www.wyliechamber.org](http://www.wyliechamber.org)

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CONTRIBUTING WRITERS	Janet Doleh
	Susan Dacus
	Anne Hiney
	Mark Witter
	Mike Agnew
	Michael M. Girgis, M.D.

For information about advertising in The Connection Magazine please contact Becky Lindstrom at 972-442-2804 or [blindstrom@wyliechamber.org](mailto:blindstrom@wyliechamber.org). Story ideas should be submitted to Mike Agnew at [magnew@wyliechamber.org](mailto:magnew@wyliechamber.org).

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*Corrections: The photos credited to Billi London Gray were taken while on assignment for the Wylie News. And many apologies for Mrs. Janet McMillen's name being misspelled on her story!*



**Would you buy a car  
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Anthony Roach learned about selling cars at a very early age. His father, Harvey, was a school counselor by profession and a car salesman at heart, supplementing the family income by selling cars during summer school breaks. He taught Anthony the car business.

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# Is it summer yet?!

A new season begins

**T**he countdown to summer vacation has undoubtedly started on every school campus. A new season is unfolding – one of growth and new beginnings for our youth and ourselves. It's an exciting time. From the youngest kindergartner to the oldest high school senior, their energy is almost tangible. As we enjoy the warmer weather and longer days it's amazing that this school year is almost finished. It seems like it just started (at least that's how the grown-ups feel; we know for the kids it seems never ending.) Plus, we can't forget our teacher's excitement as well! I've heard from more than one parent of a graduating senior about the severe case of "senior-itis" that's going around. Fortunately, this too shall pass. Bring on summer vacation!

We have some fun activities coming up around town in the near future. The Summer Concert Series is a great program that Wylie brings to the community each year. It's one of our favorite outings as a family. Oh, yeah, did we mention it's FREE?

We hope that everyone enjoys this issue, and ask once again that you let us know what you think. •

~ Anne • Becky • Mike ~



Photo by Robert Vaughan

*Above: Hot rod entry in the 2006 Classic Car show in Downtown Wylie.*



Photo by Angel Wygant

*Left: Will Wygant proudly shows us his trophy won during the 2006 Downtown Merchants Pedal Car Races.*

*This year the Classic Car Show and Pedal Car Races are being held on May 6. See calendar listing for more info on these events.*

**InSync Exotics Wildlife Rescue & Educational Center** is a non-profit organization dedicated to the rescue of exotic felines. Visit [www.insyncexotics.com](http://www.insyncexotics.com) for more info. Open Saturdays and Sundays, 11:00 a.m. to 6:00 p.m. (972)442-6888.

**Trinity Trail Preservation Association (TTPA)** is an all-volunteer equestrian organization that maintains the 9-mile long trail on the Corps of Engineers land along Lake Lavon, networks with other trail riders, sponsors trail rides and cookouts, hosts quarterly meetings with speakers on horse-related issues, holds family type activities such as scavenger hunts on horseback, fun poker rides, and educational clinics. For information call Betty Van Houten at (214)864-4066. [www.trinitytrailriders.org](http://www.trinitytrailriders.org).

**Moms & More** All caretakers, whether you are a Mom, Dad, Aunt, Uncle, Grandparent or Nanny, are welcome. We accept members from Wylie and the surrounding communities and have many activities for children and their caretakers. We meet on the first Thursday of each month. Headhunter, Grady Sisco: (972) 941-8597 and Diva, Kris Sands: (214) 236-4037.

**Sachse Historical Society** meets the third Saturday of the month, 9:30 a.m., Sachse Historical Museum, 3033 6th St. in Sachse. Museum is open for visitors Tuesday from 9 a.m. to 1 p.m. and by appointment. (972)495-1231.

**Wylie Lions Club** meets the second and fourth Thursday of the month at Napoli's Pizza & Restaurant at 701 N. Hwy. 78 at Noon. Anyone interested in becoming a Lion is welcome to join us for lunch. Call Don Ables for more info at (972)755-5959.

**Wylie Evening Lions Club** meets the first & third Thursdays of the month at Steak Country in Sachse at 6:30 p.m. Contact Carl Bodine at (469)951-4344.

**Wylie Friends of the Library** meets the third Thursday of each month, 6 p.m., at the Rita and Truett Smith Public Library, 800 Thomas, in the Bluebonnet Room. (972)442-7566.

**Sachse Pet Pals** is a volunteer organization working with Sachse Animal Control to enhance adoption rates and help with pet medical expenses on a financial need basis. Contact Peggy Strong at (972)495-9645 for more information.

**MOMS Club of Wylie**, a non-profit, non-religious affiliated, support group for stay at home moms, meets the first Tuesday of each month at 10:00 a.m. at the Brown Street Baptist Fellowship. For more information, please contact: Susan Lefort at (972)542-4175.

**MOMS Club of Murphy/Sachse** is a non-profit support group for at-home moms providing monthly meetings and activities for moms and their children. Activities include monthly meetings with guest speakers, play groups, park days, MOMS Night Out, field trips and more fun stuff. They also participate in service projects to benefit children in the community. Contact Jennifer at (972)578-9317 or [thebergmanfamily@hotmail.com](mailto:thebergmanfamily@hotmail.com) for meeting times.

**Sachse Parks Department Summer Camps** for youths including Cooking Camp, Adventures in Art, Keyboard Camp, Summer Fun Camp and Kindermusik Camps. Call the Parks Department at 469-429-0275 or go online to obtain a brochure at [www.cityofsachse.com](http://www.cityofsachse.com).

## Got something going on?

To submit your special event to the July/August community calendar send an e-mail to [theconnection.anne@mac.com](mailto:theconnection.anne@mac.com) no later than June 1st. Please include contact name, date(s), time(s), location, a publishable phone number, e-mail and/or web site for information. Only events that are open to the public (no "members only" events) are eligible, as space permits. THANKS!



**May 2, 9, 16, 23 & 30** Preschool Story Time; 9 a.m. and 11 a.m.; Wee Read Story Time; 10 a.m.; Wylie's Smith Public Library, 800 Thomas St. (972)442-7566.

**May 4, 11 & 18** - Wylie Seniors Bingo; 12 p.m. at the Bart Peddicord Community Center, 100 W. Oak, (972)442-2841.

**May 5** - Pioneer Days Celebration at the Birmingham House 301 N. Ballard Ave. in Historic Downtown Wylie. 9 a.m. - 3 p.m. Go to [www.birminghamtrust.com](http://www.birminghamtrust.com) for more info.

**May 5** - Golf for Kids Tournament at Firewheel Golf Club benefiting the North Texas Food Bank - Food 4 Kids Program provides shelf-stable meals for the weekend to those elementary school children most at risk of going hungry over the weekend. Currently serving over sixty schools in 9 school districts, the program provides food every weekend to approximately 3,000 children in the greater Dallas area. Contact Dave Scott at (972)977-9234 or Sachse First United Methodist Church at (972)530-1005 for more info.

**May 5** - 2nd Annual Public Safety Fair at Noon to 4:00 p.m. on the grounds of the Murphy Municipal Complex, in front of City Hall. There will be several activities planned to involve children of the community which will include; appearances by "McGruff The Crime Dog", "Red E. Fox the 9-1-1 mascot", "Sparky the Fire Dog", finger-printing and a bicycle rodeo / safety competition. The Murphy Exchange Club will also operate an informational booth regarding Internet Safety for Children. Contact Roni Brackett (972) 468-4211 for more info.

**May 5** - Sachse Seniors Mystery Trip - Info at 972-495-6282.

**May 6** - Wylie Downtown Merchants Pedal Car Races, 2-4 p.m. in Historic Downtown Wylie for ages 2-3 & 4-5. Registration starts at 1 p.m. Contact Tomi Brizendine at (972)442-7521.

**May 6** - 2nd Annual Classic Car Show hosted by the Dallas Mopar Club in Historic Downtown Wylie - 3 p.m. to 6 p.m.. Contact Bill Bonnie at (214)769-5314 for entry info.

**May 8** - National Teacher Day

**May 8** - Murphy Chamber's Annual Golf Tournament, 8 a.m. at Woodbridge Golf Club, (972) 235-8762, [www.murphychamber.org](http://www.murphychamber.org).

**May 8** - Sachse Library Paws & Read Program - 6:30 p.m. 972-530-8966

**May 9** - National School Nurse Day

**May 12 - Election Day - GO VOTE!**

**May 12** - Pirate Cove Playground in Founders Park "Keep Our Playground Safe & Sound" Maintenance Day - 7 a.m. to 2 p.m. Volunteers invited to come out and help! Contact Anne Hiney at (972)672-4133. More info at [www.wylieplaygroundproject.org](http://www.wylieplaygroundproject.org).

**May 12** - Wylie Drill Team Registration from 12 noon - 2 p.m. at the Pavilion at Community Park. (972)442-5021, ext. #4, [info@wyliedrillteam.com](mailto:info@wyliedrillteam.com).

**May 13** - Mother's Day - Originated in the United States in 1872 with Julia Ward Howe, a writer, abolitionist, and suffragist who wrote the words to "Battle Hymn of the Republic." In 1911, President Woodrow Wilson made it a national holiday.

**May 14 & 21** Wylie Seniors "Baked Goods" Bingo; 11 a.m. at the Bart Peddicord Community Center, 100 W. Oak, (972)442-2841.

**May 19** - Wylie Drill Team Registration from 10 a.m. - 12 noon at the Pavilion at Community Park. (972)442-5021, ext. #4, [info@wyliedrillteam.com](mailto:info@wyliedrillteam.com).

**May 19** - Annual Bike Rodeo hosted by Sachse Police Department and Sachse Police Academy Alumni Association

from 10 a.m. to 12 noon at Sachse Assembly of God Church parking lot. Sachse motorcycle officers and bike patrol officers will be there to conduct bicycle inspections, register bikes, create ID cards, and go over bike and scooter safety with children and parents. Drawings for door prizes throughout the event. Contact Lt. Dean Winters at [dwinters@cityofsachse.com](mailto:dwinters@cityofsachse.com) or (972)495-2271, ext. 203.

**May 20** - Financial Peace University starts up again at Park Lake Baptist Church Sachse, TX. This is a 13 week program taught via video by national radio talk show host Dave Ramsey. It will give you the tools and information to get out of debt and change your family tree forever. There is a cost for class materials. Contact Chelsea O'Neal (972)941-8068 go to [www.daveramsey.com](http://www.daveramsey.com) for info.

**May 21** - Family Story Time; 7 p.m.; Wylie's Smith Public Library, 800 Thomas St. (972)442-7566.

**May 24** - Sachse High School Graduation at 7:00 p.m. at the Garland Special Events Center.

**May 28** - Memorial Day

**May 29** - Plano East Senior High School Graduation at 2:00 p.m. in Reunion Arena.

**Thru June 1st** - Recycle your old cell phones by dropping them off at Sachse City Hall or the Sachse Library.

**June 1 thru 16** - The Exchange Club of Murphy is sponsoring a food drive. Boxes will be placed at these Murphy business locations: Nationwide Insurance and Fantastic Sam's in the Albertson's shopping center, Wells Fargo Bank and Murphy City Hall in the lobby. Contact Nathan Nakamura at (972)424-0005 for additional info.

**June 2** - Wylie Senior High Graduation at 1:30 p.m. at the Garland Special Events Center.

**June 2** - Sachse Library's Summer Reading Program starts with a pizza party at 2 p.m. at the Library. Special programs each Thursday at 11 a.m. at the Library including Critterman, Bong Rod, Zooniversity, Wings Again, Strike, Scrape and Shake and a Harry Potter party. Check out days and times on the city's website, [www.cityofsachse.com](http://www.cityofsachse.com).

**June 2** - Pirate Cove Playground in Founders Park "Keep Our Playground Safe & Sound" Maintenance Day - 6 a.m. to Noon. Volunteers invited to come out and help! Contact Anne Hiney at (972)672-4133. More info at [www.wylieplaygroundproject.org](http://www.wylieplaygroundproject.org).

**June 13** - Sachse Chamber of Commerce Annual Golf Shootout at Woodbridge Golf Course, 8 a.m., Call (972) 496-1212 for entry info. [www.sachsechamber.com](http://www.sachsechamber.com).

**June 14** - Flag Day: The first American flag was approved by the Continental Congress on June 14, 1777. In 1818, after 5 more states joined the Union, Congress passed legislation fixing the number of stripes at 13 and requiring that the number of stars equal the number of states.

**June 16** - InSync Exotics Big Cat Birthday Bash. Gates open at 11 a.m. for a day filled with games, food, cake and ice cream, presents for the cats and fun for all. Visit [www.insyncexotics.com](http://www.insyncexotics.com) for more information about the party. (972)442-6888

**June 17** - Father's Day - 1910 - Sonora Smart Dodd of Spokane, Washington, organizes the first Father's Day celebration on June 19, her own father's birthday. Dodd's father, a farmer and Civil War veteran, had been a single father to six young children after the death of his wife. In 1966 President Lyndon Johnson proclaims Father's Day to be an official national holiday.

**June 21** - Summer Solstice (aka. First day of Summer!) •





# Odie Hall

## A Sachse Icon



If you travel about twenty miles north of Wylie on Highway 78, you will come to Farmersville. It may be a small town, but some legendary Americans have called Farmersville home. Here, you will probably recognize Audie Murphy's name. He was the most decorated combat soldier in World War II, credited with killing 250 Germans and many other heroic deeds. He went to school in Farmersville and came back to it after the war. You may not recognize the name of Lieutenant General Archie J. Old, Jr., who led the first shuttle bomb run from England to Russia in 1944. He also called Farmersville home. Bonnie and Clyde passed through town, as did Mrs. Carrie Nation, the famous Kansas saloon smasher. She took the time to smash bottles in J. Horn's drinking establishment in 1905 before delivering a lecture in McKinney later in the day.

One of Sachse's most treasured citizens, Odie Hall, was born in Farmersville. In her own way, she too, is a Texas legend. Growing up on a farm during the depression, she developed the strength, character, and self-confidence that shaped her future as a successful entrepreneur, wife, and mother. Not many women of her generation chose to enter the business world, however, Odie is no ordinary woman.

"I don't fit any mold," she said. "I came from those cotton patches, and I don't want to ever feel that strapped again."

As a child, Odie Kerby attended her community's two-room school until it closed. She then transferred to the school "in town." At age 16, her junior year, she dropped out of school to marry Sonny Hall. Although her formal education was temporarily interrupted, Odie intended to finish. She eventually completed her GED, acquired her real estate license and took some college classes. Meanwhile she and Sonny started their family and had three children by the time Odie was 25. Today their oldest son J. F., daughter Tina Boyd and younger son Norman all live in the Sachse/Wylie community.

Before Norman was born in 1959, Odie's life changed dramatically. Sonny was in a serious accident. "He fell from the Heinz Pontiac building," she said. "We thought he wouldn't walk again."

After the accident they moved to Sachse where Odie's brother lived. With two small children and an injured husband Odie knew she needed to support her family.

"I prayed a lot," she said. "What I wanted to do was go into real estate, but my family was doubtful. We didn't know anybody in real estate."

To gain a foothold in the business world in the mid-1950's Odie needed a sponsor, and she found one. "He'd never had a woman salesman before," she said, "but he saw how determined I was. He took me on."

Odie had a metro phone line run into her little Sachse house and went to work. Soon, however, she was in trouble. "Real estate takes math skills," she said. "We didn't have calculators back then, and I didn't have enough formal education." So she checked out a seventh grade math book from the library and also had her brother tutor her. Her hard work paid off, and she qualified for her real estate license. "I cried like a baby when I got my license," she said. "I was so grateful."

With her license in hand Odie and Sonny bought an acre of land and had a little house moved onto the property. Today, more than forty years later, that house at 6512 Hwy 78 is still her company headquarters. It has sturdy oak plank flooring and sub floors made of World War II bomb crates. Odie Hall Realtors is the oldest existing business in Sachse and her telephone number, 972-276-0021, is the original metro number she started with.

In the beginning, as Odie launched her business, she began to get listings yet couldn't afford signs. When one of her first customers asked about signs, she told him she was waiting on income. Sometimes she traded real estate services for goods. The restored antique wagon in front of her business as well as an antique automobile came from a Nevada farm that Odie parceled and sold. Another customer traded cows, so she put her husband in the cattle business for awhile.



After 43 years of marriage, Sonny passed away. Four years later, Odie married Shannon Phillips, but he died a year and a half later of sleep apnea. Odie's friends and family were there to help her through the difficult losses.

Seven years ago, she married Earl Swaim, a retired railroad professional. They are business partners in several ventures, and he assists her in her real estate company.

Over the years, she has known many interesting people, including the producers of the television show "Dallas." "I showed them locations for some of their shoots," she said. She has also handled real estate business for some of the Dallas Cowboys.

"Odie is a spectacular lady who has helped Sachse grow," said her longtime friend and owner of The Essential Secretary in Sachse, Charlene Haupt. "When my children were in school, Odie was always doing something to help, donating things to the schools. And, when I worked at the Chamber of Commerce, Odie could beat everyone when we had membership drives. She knows everybody in town."

Her business has been a Sachse landmark for decades. In 2002, the Sachse Economic Development Council honored Odie Hall Realtors with the SEDC Executive Club Economic Excellence Award. Odie isn't showing any signs of slowing down. "I come in early and stay late," she said. "I have more energy than my kids. This week alone, I've had five referrals."

Her greatest pleasures are her books, her friends and her family. Not many people know that over the years, she has written several children's stories. "They are about life, about the lessons you learn," she said. "I used to read them to my children."

One of Odie's connections to her original hometown of Farmersville is her friend Nadine Lokey. Nadine is Audie Murphy's sister. "Odie has the personality to get your attention," Nadine said. "I really love her. If she can help someone, she will."

Odie's unflagging positive attitude, desire to help others, and strong work ethic shaped her success. "She really is a Texas treasure," said her daughter Tina. "We couldn't be prouder." •



Photo by Anne Hiney

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# Live in Wylie 2007

Summer concerts in the park series

by Mark Witter of Wylie

**W**hat does a Nashville Star, an “Idol-like” competition and a blue-grass version of the Beatles all have in common? All will be featured as a part of this year’s Live in Wylie.

Live in Wylie is the City’s summer concert series. From June through mid-July, the City hosts an evening of free family entertainment in one of the City’s parks.

## Thursday, June 7

Community Park, 7:30 - 9:30 p.m.



Promotional photo provided by Professor D

### Professor D

Professor D is a Dallas dance and variety band. Weighing in at eight pieces with horns, male and female lead vocals, and one of the tightest rhythm sections in the southwest, Professor D brings an incomparable energy to

their dynamic shows. From Motown to disco, funk and R&B, to current Top 40 hits, you get the best dance and party songs - played back to back to back!

## Thursday, June 14

Community Park, 7:30 - 9:30 p.m.

“Searching for a Star” Finals - See next story for more information.

## Thursday, June 21

Community Park, 7:30 - 9:30 p.m.

### Joey Love

Joey Love hit the Texas Music Scene in 1995 forming the Blues Xpress and to date has two independently released CD’s. Joey and his band do not rely on covers or classics but more on the strength of their original material and the powerful and soulful guitar that has faded in the music scene over the past few years.



Promotional photo provided by Joey Love

## Saturday, June 30

Founders Park, 6:30 - 9:30 p.m.

Wylie Independence Day Celebration – “Family, Fun & Fireworks”

### Radney Foster

Dualtone recording artist and Texas singer/songwriter Radney Foster recently released his third album, *This World We Live In*. Foster’s sound combines his gift for literate song writing with the rough and tumble sound of a man who’s done battle with the complexities of life.



Promotional photo provided by Radney Foster

### Erika Jo

Born in Angleton, Texas, Erika Jo won the 2005 season of the USA Network’s “Nashville Star”. In 2005, she released her debut album and has since become a regular guest performer on the Grand Ole Opry.



Promotional photo provided by Erika Jo

Along with the concerts, the Celebration includes a Kids’ Area and features a 15-minute fireworks show. This year the 2nd Annual Wylie Public Safety Expo will be held in conjunction with the Independence Day Celebration. The Expo features safety information booths and demonstrations by Wylie public safety personnel.

## Friday, July 13

Historic Downtown Wylie, 8 - 10 p.m.

### July Jubilee Street Dance

Families gather in Historic Downtown Wylie to enjoy the music, food and fun. Visit [www.wylietexas.gov](http://www.wylietexas.gov) for more information as it develops.



Photos by Mark Witter



Mammoth Jack performed last year during the July Jubilee Street Dance.

## Friday, July 20

Community Park, 9 - 11 p.m. - Family Movie Night

This event combines the feel of the big screen with the comfort of a city park. Visit [www.wylietexas.gov](http://www.wylietexas.gov) for more information.



## Friday, July 27

Community Park, 7:30 - 9:30 p.m.

### Beatlegras

Bands have been covering Beatles tunes for decades, but none like this talented trio. Imagine the music of the Fab Four shaken up with infusions of bluegrass and jazz and topped off with a classical twist. The result: a satisfying musical cocktail called Beatlegras.



Promotional photo provided by Beatlegras

All citizens are encouraged to come to one or more of the concerts. Bring a blanket and enjoy Live in Wylie. Concessions will be available. No alcoholic beverages are permitted in the parks. For cancellations due to inclement weather, call 972.442.8199.

For more information, visit the City of Wylie website: [www.wylietexas.gov](http://www.wylietexas.gov) or contact the Parks & Recreation department at 972.442.7588 or [parks@wylietexas.gov](mailto:parks@wylietexas.gov).

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# Searching for a Star

Our local talent is second to none

by Anne Hiney of Wylie

**R**ob Hunter, of Hunter's Place and Ballard Street School of Performing Arts, is searching for a star. Actually, he's searching for several. In March, Hunter's Place Searching for a Star competition began with contestants auditioning for an "American Idol" style contest. At the same time Rob established the Searching for a Star Foundation. The foundation will give scholarships to help musicians with limited financial resources to be able to afford their musical training. The contest is one of the ways that money is being raised for the foundation.

Hunter's Searching for a Star contestants fall into three categories: Elementary - six to ten years old, Junior - eleven to 15 years old and Senior - 16 to 25 years old. Contests are held Friday nights starting at 6:30 p.m. for the Elementary division at Park Lake Church, 702 Sachse Road in Sachse. Junior division goes on at 7:45 and Senior Division starts at 9:15. Admission is \$5 with kids 8 and under free. During the upcoming elimination rounds the singers will each perform a song from a particular genre. May 4th is 50's and 60's Night, May 11th is Broadway Night, May 18th will feature Songs of Faith and Comfort, May 25th is Top 40 2000-2007 Night, and June 1st is Country Night.

The finals will be held Thursday, June 14th, as a free outdoor concert in Wylie's Community Park from 7:30 to 9:00 p.m.

"The talent has been fantastic," said Rob! "We've been so impressed with how well they've been performing. You've just got to see these kids shine. They are amazing!"

Everyone is invited to come out and support these talented young performers. For more information on the Searching for a Star contest and foundation visit [www.ballardmusic.com](http://www.ballardmusic.com). •

## JUNIOR



Savannah Fortner • Mandolin Wiessner • Krista Alba • Brandi Boeder • Haley Binion • Haley Bunnell • Natalie Riegel • Ashton Russel • Taylor Beckham • Alexis Henderson • Katelyn Buchta • Kelsey Nallie • Alex Adkins • Not in photo: Natalie Janson • Kelli Kennedy • Rebecca Gibbs • Kaylie Isham • Ashlee Sherrin

## SENIOR ELEMENTARY



Kyle Apple • Kaitlyn Sanders • Marison Clayton • Becky Bartleson • Mallory Jones • Kayla Apple • Jade Warren • Meagan McLaughlin • Sarah Aljaser • Not in photo: Sierra Jones



Sarah Brogan • Stephanie Smith • Trevor Bell • Jacki Tobar • Anna Lamb • Heather Polly • Becky Utterback • Ashley Carter • Leah Ruddell • Not in photo: Kristin Lee • Hollie Rice • Jonathan Pilgrim • Charity Eden

*Photos provided by Rob Hunter*

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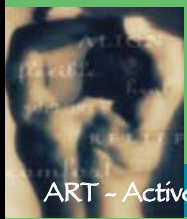
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# Keep Kids Active During the Summer Time

Plan fun, physical activities to help them stay fit

by Michael M. Girgis, M.D. of Richardson Regional Medical Center

If you're of a mind that kids are more active during the summer, think again! A new study by Ohio State University shows that children are now spending those "lazy days of summer" putting on the pounds rather than shedding them. In fact, children gain more weight during the summer than during the entire school year! Researchers suggest that parents play a key role in determining how well their children stay physically fit when school is out.

It's no secret that obesity and related health conditions such as hypertension (high blood pressure), hyperlipidemia (high cholesterol) and heart disease are increasingly common among children. The percentage of children ages 6 to 11 with obesity quadrupled between 1971 and 2000. Over 30 percent of children ages 6 to 11 are now overweight, and 15 percent are considered obese. The numbers are similar for adolescents ages 12 to 19. Being overweight in childhood and adolescence has been linked to many adverse health conditions later in life, including but not limited to asthma, Type II diabetes, bone pain and sleep apnea.

## **The Need for Parental Involvement**

One reason children gain weight during the summer is that they lack the structure of the school year, filled with activities and movement from place to place. Without a routine or schedule in place, the summer months tend to be a time to eat extra snacks, lounge in front of the TV and play video games. Parents, this is where you come in. Take charge of your children's sedentary time by setting limits. A few rules can go a long way, and they don't have to be extreme to be effective. These ought to be discussed with your children before school is out so they know what to expect during vacation.

Once you have established the fact that they won't be wasting countless hours in front of the TV, have a plan for how they will be spending their time. If you need a little help getting started, consider some of the following suggestions to keep your children active:

### **1. Chores**

Most children already have regular household chores that involve physical activity – walking the dog, washing windows, cleaning the

car, etc. With a little effort, these can become incentives. A creative way to do this is to reward your children for completing chores with coupons that they can redeem towards time on the computer, video game console or TV. A great source of physical work is your yard. Here in north Texas, our yards require a lot of attention to keep them looking good. Don't go it alone; put your kids to work alongside you! Teens can mow and trim the grass, while younger kids can clean up leaves and pull weeds. Another idea is to do chores for other people. Neighbors with hectic travel schedules or serious health problems may need help keeping up with their homes and yards. Offer to mow their grass or walk their dogs. Your kids will learn the value of hard work and might even make a little money on the side!

### **2. Sports & Camps**

Sports are another fun way to stay physically active. Consider enrolling your kids in gymnastics, dance, track and field, or other summer programs hosted by schools and the city's parks and recreation department. Most youth camps involve constant physical activities. If your child isn't ready to sleep away from home, try a day camp.

### **3. Family Fun**

Finally, don't overlook the many ways you can stay active as a family. Make time for regular family bike rides, walks, hikes or other types of exercise. Find a park trail or walkway near your house and explore! One of the best local trails is the Trinity Trail, a 9-mile horse/walking trail near Eastfork Park by Lake Lavon. Become members at a pool and swim laps. Start small and increase the number of laps each week. For younger children, there's nothing like visiting the park regularly.

Parents, your role in keeping your children healthy this summer is more than just preparing balanced meals. Taking time now to plan fun, physical activities gives them the best opportunity to stay fit. Help them avoid the national trend of summer weight gain by setting up a schedule and sticking to it.

A map of Lake Lavon parks and trails is available at [www.trinitytrailriders.org/PRINTER-FRIENDLY-MAPS.htm](http://www.trinitytrailriders.org/PRINTER-FRIENDLY-MAPS.htm) •



Shanna Garland swings at Pirate Cove Playground in Founders Park in Wylie.

Photo by Anne Hiney



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# Fire It Up!

Tips to make your outdoor grilling sizzle

by Mike Agnew of Murphy

**W**armer weather and longer days mark the beginning of the backyard grilling season. Grills are being uncovered and people everywhere are buying charcoal or a new propane tank. I took a trip through the Internet and a walk around town to bring you some tips from pros to make your outdoor grilling sizzle.

## GETTING STARTED

Clean your grill before cooking with a brass wire brush to remove any debris. If the grill is really dirty, fire it up and again use the brass wire brush. Prior to cooking prep the grill or spray the meat with oil to prevent it from sticking.

Marinades tenderize your meats keeping them moist during cooking and enhancing their flavor. Overnight marinating is ideal for meat to absorb all of the seasoning. If you don't have that much time, try to marinate the meat at least two hours prior to cooking.



Stock photo

## COOKING TIPS

Baste the meat during the barbecuing process with the marinade.

Don't wait until the end or the meat will dry out and don't pierce the meat with a fork as you will lose all of the flavorful juices.

Use direct heat over low to medium coals or flame when cooking steaks and chops. Did I mention to not forget the marinades?!

## SMOKERS

Smokers, or a slow wood burning grill, seem to be the tool of choice from some of our local "professional" outdoor cooks. Below are a few tips for those who have smoking aspirations this summer:

**Ken Swayze** – Owner of KC Swayze Excavating, Ken has over 20 years of experience cooking for big events and small. He has trophies "out the grill" recognizing his talent.

Continued on page 18 -

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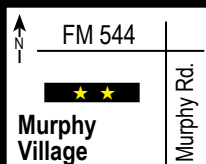


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**TIP:** Get a thermometer for your cooker. Try to stay in the 210 – 225°F range and be ready for a 10-12 hour process.

Keep a water pan in your smoker or use a pump spray bottle and spray the meat occasionally.

Keep it simple. Don't over "secret ingredient" your meat.

**Charles Smith** – Mayor Pro Tem of Sachse, Charles is a member of the Sachse Lion's Club and a multiple cooking contest winner.

**TIP:** When smoking a brisket choose an untrimmed brisket with all the fat on it. Put it on your smoker with the fat side up to allow the juices to flow through the meat while cooking.

Wrap the meat in foil during the last half of your cooking process to seal in the juices even more.

**Wendell Daniel** – Owner of All Pest Solutions, Wendell is the prize winning outdoor cook for the Wylie Lions Club and any other group that can catch him.



Photo by Anne Hiney

**TIP:** "Slow and Low" is the rule. Divide your cook time in half, exposing the meat to the smoke in the first half, then wrapping the meat in foil to finish.

The wood is the key to the flavor and the drier the better. Wendell prefers pecan wood, but hickory, apple or cherry wood will do as well.

Wendell Daniel smokin' for the Wylie Lions Club annual turkey sale.

For those who like the idea of smoking your meat, but do not want to go out and buy a true smoker, you can turn your grill into a smoker by adding a smoke box and wood chips.

With all of these tips in mind, remember the most important pointer you can take to the backyard this summer: Do what works best for you and your family. If they love the food you cook on the grill then your job as backyard cooker is complete. You have won the best prize available! •

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## Another Successful School

Students shine in Wylie

*by Susan Dacus of Wylie ISD*



*Recogni...*

The 2006-2007 school year has been a milestone for the Wylie ISD. It has continued its rapid student growth and opened two new campuses. WISD increased its diversity and became a 5A district in University Interscholastic League academic and athletic events. This change has taken place against a backdrop of growing student achievement and performance.

Under the state's rating system for schools and districts, Wylie ISD has been named as a "Recognized" district, and 10 of the 12 campuses rated last year were either "Exemplary" or "Recognized." The district's goal for the next rating cycle is to have all of the district's campuses be either "Exemplary" or "Recognized."

Despite the jump to 5A, WISD students have competed well during their first year in the larger, very competitive arena. Some of the notable honors and recognitions are listed here although more accolades will continue to come in as the school year ends. Two students are state Visual Arts winners; two are members of the All-State Choir; five students are on the Academic All-State Football team; and two students are national competitors in Speech and Debate. Fifty-seven students are going to state competi-



*Photo by B&E Photography*

*Tyler O'Quin runs for the Pirates in a 5A game against the Richardson Eagles.*

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# Year



ized & Exemplary WISD Campus Leaders

tion in band, eight are going to state in Texas Skills USA; and 23 WHS students will go to state in Business Professionals of America competition. Two students are finalists in the National Merit Scholarship program and two are commended students. One student is a National Merit Hispanic Scholar. Culinary Arts students have already accrued more than \$30,000 in scholarships.

In athletics, the WHS Women's Basketball team made the State Playoffs, and the Women's Cross Country team was a regional qualifier.

A WHS athlete was named to the Texas Association of Basketball Coaches Women's All-State Basketball Team.

This year the district has reached an enrollment of more than 10,000 students which is double the number since 2001-2002. Enrollment will double again before Wylie ISD reaches "build out" at approximately 25,000 students. The district is also more diverse with 50 different languages being spoken at home by our students. When school begins next August, Wylie ISD will have 17 campuses for its students!



WISD's 10,000th student

With a staff of more than 1,300, the district is the community's largest employer with a budget this year of \$84 million. The school system is able to draw top quality teachers and administrators as evidenced by the large number of individuals who want to work in Wylie ISD. The pool of applicants greatly outnumbers the available positions each year.

The success of the school year also rests with the community whose members tutor, mentor, develop partnerships and volunteer in the schools. Businesses and individuals provide scholarships and the Wylie ISD Education Foundation, Birmingham Trusts, city and chamber are true partners as the district embraces its mission of world-class education. •

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# Smart Financial Moves Can Pay Off After Layoffs

Careful planning will keep you on track

*from Jal Dennis of Edward Jones Investment*

If you get laid off or “downsized,” it’s unquestionably a tough break, and it can be stressful in many ways. However, if you make the right investment-related moves, the loss of a job doesn’t necessarily mean you have lost the opportunity to achieve your important financial goals.

Above all else, don’t panic when you learn of an impending termination. If you are going to get a severance package, you may not have to take the first offer that comes your way; you might be able to negotiate for more attractive terms. But even if there is no room for negotiation, you need to make sure you get all the information you need, such as whether the severance will be paid at once or in stages. As severance packages may have tax consequences, you should consult with your tax advisor before making any decisions.

Here’s another suggestion: Don’t rush to collect the money from your 401(k), 403(b) or 457(b) plan. Of course, if your retirement plan is your main source of savings, you may have no choice in the matter. But once you cash out your plan, you’ll no longer benefit from tax-deferred earnings growth. Furthermore, your former employer must withhold 20 percent from your distribution.

If you don’t cash out your plan, what should you do with it? You might be able to leave the money in your former employer’s plan. When you get your next job, you could move the money from your old plan into a new employer’s plan, if the new plan allows such transfers.

However, you can get much more flexibility by rolling over your retirement assets into an IRA, which provides an almost unlimited array of investment choices. By making a direct rollover to an IRA, you’ll avoid the 20 percent withholding and current income taxes on

your retirement plan distribution, and you’ll give your earnings the potential to keep growing on a tax-deferred basis. Keep in mind, though, that before you reach 59-1/2, your IRA withdrawals will be subject to ordinary income tax and a 10 percent penalty, unless you take systematic distributions under Section 72(t) of the Internal Revenue Code. To make sure you’re making the right moves, consult with your tax and financial advisors before tapping into your IRA.

After deciding what to do with your 401(k) or other retirement plan, you might also want to adjust the other, non-IRA investments in your portfolio. While you were working full time, you may have established an investment mix that was based on a variety of factors, including your goals, time

horizon, risk tolerance, ability to invest and your need for growth and income. But if you are between jobs for an extended time period, you may need to adjust your portfolio. A financial advisor can help you select an appropriate investment mix. Once you’re employed again, you can readjust your portfolio as needed.

A layoff can be difficult for you and your family. But by thinking carefully about what to do with your retirement plan and your investment portfolio, you can survive this setback - and stay on track toward the future you’ve envisioned. •



*Stock photo*

An IRA is a retirement investing tool that can be either an “individual retirement account” or an “individual retirement annuity”. There are several types of IRAs: Traditional IRAs, Roth IRAs, SIMPLE IRAs and SEP IRAs.

Traditional and Roth IRAs are established by individual taxpayers, who are allowed to contribute 100% of compensation (self-employment income for sole proprietors and partners) up to a set maximum dollar amount. Contributions to the Traditional IRA may be tax-deductible depending on the taxpayer’s income, tax-filing status, and coverage by an employer-sponsored retirement plan. Roth IRA contributions are not tax-deductible. Consult your investment advisor about which IRA would be your best choice.



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