



The CONNECTION

Wylie • Sachse • Murphy Community Magazine

Recreation on Lavon Lake
Football Preview
Summer Dreaming - Kid Style
National Night Out

July/August 2007

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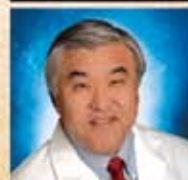
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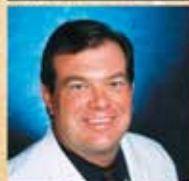
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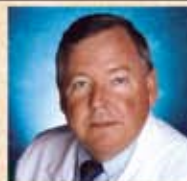
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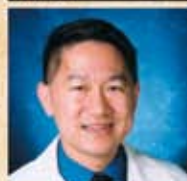


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On the Cover: Jumpin' the Wake on Lavon Lake!

BUSINESS SPOTLIGHT

5 Dr. Charles Downey, M.D.



Just for fun, find the butterfly!
Last issue it was hidden in the Pirate Cove Playground ad.

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

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Story ideas should be submitted to Mike Agnew at
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The Connection is published bi-monthly by the Wylie Chamber of Commerce. The Connection is mailed free of charge to over 25,000 households in the Wylie/Sachse/Murphy area and more than 1,000 copies are distributed to local businesses. Contents of this magazine may not be reproduced without written permission from the publisher. Advertisers and advertising agencies assume liability for content of all advertisements. Information published in The Connection is the opinion of the sourced authors. The Wylie Chamber of Commerce does not necessarily share the editorial opinions expressed in The Connection magazine. Personal decisions

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Charles Downey was raised in Austin and graduated from Texas A&M University with a BS in Biology. Following completion of medical school in Temple, Texas, he entered active duty in the US Army and began his training in OB/GYN at Brooke Army Medical Center in San Antonio. He served in various locations around the world including a 5-month tour in Baghdad, Iraq in 2003. After 10 years of service MAJ Downey was honorably discharged from the Army in 2004 and opened his practice in Richardson.

Dr. Downey lives in Richardson with his wife and three children. He is board certified in Obstetrics and Gynecology and is a Fellow of the American College of Obstetricians and Gynecologists. He enjoys many outdoor activities including golf, bicycling and running. The Downey's are active at The Heights Baptist Church in Richardson.



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Local Organizations

InSync Exotics Wildlife Rescue & Educational Center is a non-profit organization dedicated to the rescue of exotic felines. Visit 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 Lavon Lake, 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.

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. Contact Grady Sisco: (972)941-8597 or 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 every second and fourth Saturday from 1:00 to 4:00 p.m., every Tuesday from 10:00 a.m. to 1:00 p.m. and any time by appointment for visitors and tours. (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 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 for meeting times.

Wylie Rotary Club meets weekly on Thursday at noon at Woodbridge Country Club. Contact Joe Helmberger at joehelmberger@verizon.net for additional information.

Exchange Club of Murphy is a volunteer service organization for people who want to serve their community, develop leadership skills, and enjoy new friendships. The Exchange Club's programs of service include: Child Abuse Prevention, Americanism, Community Service and Youth Activities. The Exchange Club of Murphy meets the second and fourth Tuesday of every month from noon to 1 p.m. at the Los Rios Country Club. Join us for lunch and see what you can do for your community. For information contact Nathan Nakamura (972)424-0005.

Sachse/Wylie Exchange Club is a group of men and women working to make America a better place to live through one national project, prevention of child abuse and other community service projects. Come have breakfast with us the first three Fridays of each month at Woodbridge Golf Club from 7:30 to 8:30 a.m. For info, call Vicki Franzen, President, at (972)495-1764 or (214)914-4433.

Sachse Lion's Club meets the 3rd Monday of the month at Steak Country, 7010 Highway 78 at 6:30 p.m. The Sachse Lion's Club participates in several fund raisers throughout the year, including the Sewell Elementary pancake breakfast, where half of the proceeds go back to the Sewell PTA, and the turkey leg food booth at the Sachse Fallfest. The funds raised benefit several organizations including the Blind Leader Dog program and Air Challenge, a program that takes disabled children for airplane rides. They also support the Vision Impaired Olympics summer camp for kids. The Sachse Lion's Club also assists with building Habitats for Humanity.



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July Events

July 4 - Sachse's 4th of July Parade and Celebration. Parade entries begin lining up in the Sachse Library parking lot at 9:30 a.m. The parade starts at 10 a.m. and ends at Heritage Park. The entire family is invited to participate in games such as sack races, balloon toss, etc. There is NO entry fee and floats of all sizes are encouraged to participate, including bicycles and strollers. For info call the Parks Dept. at 469-429-0275.

July 10 - Sachse Chamber of Commerce Monthly Luncheon. 11:30 a.m. to 1:00 p.m. at the Sachse Assembly of God, 2709 Third Street, Sachse Lunch Prices: \$12 with reservations, \$15 without reservations. www.sachsechamber.com

July 13 - Historic Downtown Wylie July Jubilee Street Dance featuring blacktopGYPSY 7:30 - 9:30 p.m. on Ballard St.FREE! Also, give blood during the Battle of the Badges Blood Drive and vote for your favorite dept. Donors receive t-shirt, goody bag & a chance to win a backyard grill 6 - 10 p.m. at the corner of Ballard & Oak Streets.



July 17 - Murphy Chamber's "Networking Extravaganza!" at Woodbridge Golf Pavilion. Doors open at 11:30 a.m., lunch begins at noon. www.murphychamber.org, for more details.

July 20 - Family Movie Night 9 - 11 p.m. in Community Park. 800 Thomas (by Smith Public Library and Burnett Junior High School) THE ASTRONAUT FARMER Starring: Billy Bob Thornton, Virginia Madsen, Bruce Dern and Bruce Willis. Rated: PG FREE!

July 24 thru 26 - Wylie ISD PRE-K Registration. For info visit www.wylieisd.net/news/2007/may/prek.wsp Direct questions to Jeanie Lott at 972-429-2367.

July 27 - Wylie Summer Concert Series 7:30 – 9:30 p.m. in Community Park featuring BEATLEGRAS. 800 Thomas (located by Smith Public Library and Burnett Junior High School). FREE!

July 28 - Cars Under the Stars Car Show presented by the Sachse Chamber of Commerce sponsored by Sachse Auto Care in the Kroger Parking Lot. 7 - 11 p.m. \$20 entry fee benefits chamber scholarship fund. Contact Sachse Chamber for info (972)496-1212.

July 28 - Wild Hawg Road Rally motorized vehicle scavenger hunt presented by the Sachse Chamber Ambassadors. Registration at 10 a.m. in Kroger parking lot. \$20 entry fee. *This is not a race!* Contact Sachse Chamber for more info at (972)496-1212.

July 28 - TTPA Sunrise Ride 6 a.m. Breakfast at 9 a.m. Brockdale Park, Lucas. www.trinitytrailriders.org for details.



Photo by Tracy Matern ©2005

Carole Kowitt guides her Spotted Saddle Horse Norman through the East Fork equestrian gate on Lavon Lake.



August Events

August 7 - National Night Out

August 11 - Boondoxxx Motocross Angel League Charity Race All proceeds of this race will go to the Angel League of Rowlett. These are kids with special needs trying to raise money to play sports and other activities. Donate used baseball and softball equipment for the kids. For more info and directions go to www.boondoxxx.com or call (214)551-0489.

August 14 - Sachse Chamber Monthly Luncheon. 11:30 a.m. - 1 p.m. at Sachse Assembly of God, 2709 Third Street, Sachse. Lunch Prices: \$12 with reservations, \$15 without reservations. www.sachse-chamber.com

August 15 - Wylie ISD New Teacher Luncheon at Wylie East High School at 11:30 a.m. - 1:00 p.m. presented by the Wylie Chamber. \$15 at the door. www.wyliechamber.org

August 18 - TTPA Cookout and presentation by Dr. Valerie Bixler on Equine Dental Health; 7 p.m. Brockdale Park, Lucas. RSVP Bonnie Guimarin at (972)727-4496 or clancyhollow@sbcglobal.net. www.trinity-trailriders.org.

August 21 - Murphy Chamber's Lunch Time Speaker Series at Woodbridge Golf Club. Networking at 11:30 a.m., lunch at Noon. You do not have to be a Chamber member to attend, but reservations are requested. The scheduled speaker is Joel Halpin from The Springs church. www.murphychamber.org for details.

August 25 - TTPA Drinks and Dessert at 8 p.m. followed by Moonrise Trailride At Brockdale Park, Lucas. Tracy Matern at 214-495-7493 or bobtracy@dfwair.net. www.trinitytrailriders.org.

August 27 - WISD, GISD and PISD students start back to school.

August - Murphy Exchange Club is planning a pancake breakfast "Flip for a Cause". Contact Nathan Nakamura (972)424-0005 for more info.

Library Events

Wylie's Smith Public Library Preschool Story Time
Wednesdays at 9:00 a.m. 800 Thomas St. (972)442-7566.

July 11, 18, 25 - 9 a.m. read books, sing songs and make a craft.

Wylie's Smith Public Library Kids Summer Programs

July 10 - Pirate and puppet show with magician Brett Roberts.

12:30 p.m., 1:30 p.m. & 2:30 p.m.

July 11 - Puppet show with puppeteer Sandy Shrout. 10:30 a.m. & 11:30 a.m.

July 17 - "Wildlife on the Move" Boas vs. Pythons – see different species of boas and pythons from around the world. 12:30 p.m., 1:30 p.m. & 2:30 p.m.

July 18 - Super Dave and Big Ern return with their guitars from their show filled with songs and laughs. 10:30 & 11:30 a.m.

July 24 - "Creature Teacher" New Creatures of the Sea program with six real fossils from starfish to sting ray. 12:30 p.m., 1:30 p.m., 2:30 p.m.

July 25 - Gene & Peggy Helmick-Richardson will join us for a morning of traditional stories including their acclaimed string stories. 10:30 a.m., 11:30 a.m.

Wylie's Smith Public Library Teen Summer Programs
Mondays from 5 - 7 p.m. at 800 Thomas St. (972)442-7566.

July 9 - Anime Drawing Workshop, 5 - 7 p.m.

July 16 - Make you own Zine, 5 - 7 p.m.

July 23 - Wylie Idol, 5 - 7 p.m.

Wylie's Smith Public Library Adult Summer Programs
800 Thomas St. (972)442-7566.

July 17 - Book Discussion - A Walk in the Woods by Bill Bryson, 6:30 - 8 p.m.

Sachse Public Library Summer Programs
3815 Sachse Road, Suite C (972)530-8966

Library hours are 12:00 noon to 8:00 p.m. Mon. thru Thurs. The Library will open early on Thursdays for the summer reading program.

July 5 - Wings Again 11:00 a.m.

July 12 - Buddy and Tine Wright 11:00 a.m.

July 19 - Strike, Scrape and Shake 11:00 a.m.

July 21 - Harry Potter Party 2:00 p.m.

July 26 - End of Program Party 11:00 a.m.

Every Thursday - Summer Reading Programs at 11:00 a.m.

Every Saturday - Fun Flicks at 1:30 p.m.

Second Tuesday of the month - Paws and Read Program at 6:30 p.m.

For August Library Events check the city web sites for Wylie at www.wylietexas.gov/Library/ and Sachse at www.cityofsachse.com

Got something going on?

To submit your special event to the September/October community calendar send an e-mail to theconnection.anne@mac.com no later than August 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!

Lavon Lake

A great recreation destination right next door

by Janet Doleb of Sachse

Summer in Texas means it's time for family fun, and one of the best destinations in our area is Lavon Lake. With more than 121 miles of shoreline, two full service marinas, excellent fishing, great sandy beaches, and adjacent acreage for camping and hunting, Lavon Lake provides fun for everyone. Here are some of the many ways you can enjoy the lake and its surrounding recreation areas:

Swimming The six swim areas can be found at Mallard Park, Pebble Beach Park, East Fork Park, Collin Park, Ticky Creek, and Avalon Park. All except Collin Park are available to the public, and all have restrooms. Collin Park requires a user fee to enter the day use area.

Boating For boaters, water skiers, and sailors, Lavon Lake has it all. There are 16 boat ramp facilities, including eight with courtesy docks. The East Fork Harbor Marina, within walking distance of East Fork Park, offers 135 slips and a professional staff to help with boating needs. Collin Park Marina, named 2004 Marina of the Year and 2003 Clean Marina of the Year, offers more than 500 slips and full-service boat care. You can rent a boat or store your own at the marinas. If you are looking for a professional boating organization to join, the Lavon Yacht Club may be right for you. It plans many events each year, from sailboat racing activities to organized cruising and social events.

Fishing Widely known for its excellent fishing, Lavon Lake is stocked with crappie, striped bass, largemouth bass, white bass, flat-head catfish, channel catfish and blue catfish. Sunfish are plentiful too. You can see a list of fishing records and find fishing tips for Lavon Lake at <http://www.tpwd.state.tx.us/fishboat/fish/recreational/lakes/lavon/>. Another interesting site is www.lakelavon-fishing.com.

Camping/Recreation Campers have a choice of six locations around the lake. At Collin Park Marina, you will find campsites with fireboxes, RV hookups, covered picnic areas with grills, sand volleyball facilities, horseback and hiking trails and a playground.

Other places to camp include East Fork Park, Lavonia Park, Clear Lake Park, Lakeland Park, and Ticky Creek Park. You can find information about camping fees and facilities at http://www.lasr.net/pages/lake.php?Lake_ID=TX06lk008

Hunting Collin County contains approximately 6,500 acres available for public hunting, much of it adjacent to Lavon Lake. In designated areas, hunters with the proper permits can use shotguns or long bows with hunting arrows in search of dove, quail, squirrel, rabbits, and waterfowl. Feral hogs may be hunted with long bows or crossbows.

Horseback riding and hiking along the Trinity Trail

This trail received a five-star rating from Trail.com. It is a moderately difficult equestrian and hiking trail with trailheads located at Brockdale Park and East Fork Park. The Trinity Trail Preservation Association handles maintenance.

More hiking and bicycling

Located next to Lavon Lake in Sister Grove Park, a 75-acre primitive trail for hiking and off-road bicycling provides family fun. There are restrooms and picnic tables along the way. The trail is maintained by the Dallas Off Road Bike Association (DORBA).

Dining at the lake When you are ready for a great meal in a beautiful setting, try the Harbor House Floating Restaurant and Club at Collin Park Marina. It serves everything from seafood and steaks to hamburgers. Harbor House offers indoor and outdoor seating, live music on the weekends and a dock where the kids can feed the fish. It is available for private parties, too.

Lavon Lake is located approximately 3 miles east of Wylie and 2.5 miles west of Farmersville. With more than 21,000 acres of surface water and a maximum depth of 59 feet, the lake is fed by area creeks and the east fork of the Trinity River. It is part of the Trinity Project in the Fort Worth District of the U.S. Army Corps of Engineers.

For more facts about the lake: www.swf-wc.usace.army.mil/lavon/
Free maps are available at the USACE office 972-442-3141. •

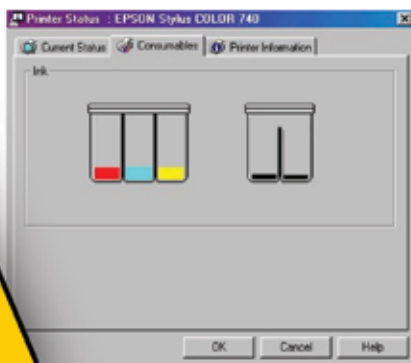


Cover wakeboarder Brian and his family always practice water safety when boating.

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Are We Ready For Some Football?

Season kicks off early for Wylie fans

by Scot Harrison - the Voice of the Wylie Pirates

Heading into their second season in Class 5A, the Wylie Pirates and Head Coach Bill Howard have good reason to be excited about their prospects in 2007. But one major concern still remains and its one that rests solely in the hands of the football gods.

"Injuries are something that on certain levels can be devastating. They can be devastating when you have key players (hurt) and a lack of depth."

Injuries were a major reason the Pirates finished with a 3-7 record (2-5 in District 9-5A) in 2006 after making it to the 4A Quarterfinals in the two previous seasons. The trouble started before the season began. Then junior wide receiver Danyiel Lovan suffered a season ending knee injury in the Forney scrimmage one week before the season started. In the season opener against Temple, Junior WR/RB Chris Givens rushed for 56 yards on 11 carries and caught four passes for 45 yards while showing glimpses of his tremendous potential. Six days later, returning a kick-off against Mesquite Poteet, Givens tore his ACL and was lost for the season.

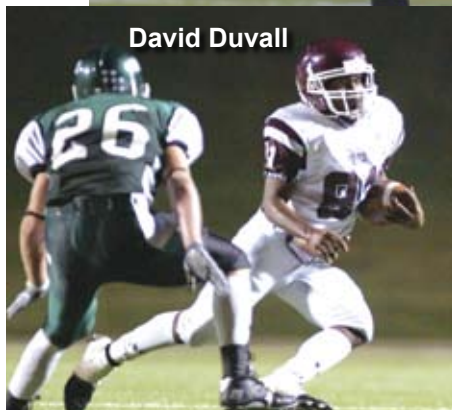
"Chris was a really important cog in our offense and we really didn't have anyone else to step up," said Howard.

Givens (6-1, 205), coming back from knee surgery was stunning in the Spring Game scoring 3 touchdowns and showing break-away speed. He was clocked at 4.47 in the 40 at a recent football camp and he is drawing interest from some of the nation's big-

gest collegiate programs including Texas, Michigan, and defending national champion Florida. Lovan is back as well, seeing time at both wide receiver and quarterback.



Chris Givens



David Duvall

Now, after the success of spring practices, Howard is downright excited!

"We showed some signs of having potential. I think



Nikita Whitlock

our offensive line has the ability to be really good. I feel good about our quarterback. I think we have a strong core of receivers."

The offensive line returns 2 starters, seniors Trevor Coffee (6-2, 240) and Steven Anderson (6-3, 250). Seniors Dylan Dunlop, Trey Martinez, and Josh DeLong return after seeing significant playing time in 2006 because of injury.

Junior quarterback Jarod Monk (6-5, 220) was very solid in the spring. After attempting only 6 passes in 2006 as a backup to Nebraska-bound Patrick Witt, Monk is already garnering attention from recruiters

even before he makes his first varsity start thanks to his size, arm strength, and the Pirates recent tradition of developing top quarterbacks.

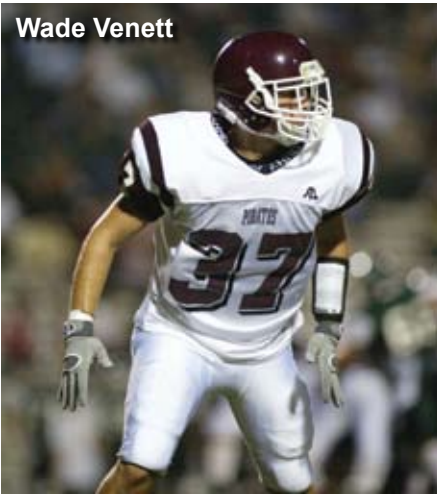
The wide receiving corps is short on experience but long on depth. Seniors Chris Nalley and David Duvall are expected to lead the group. Junior Justin Thompson had a solid spring. Colby Harper, Andrew Long, Dominique Rabun, Aaron Morris, Corey Smith, and Zeke Kirk round out a deep group fighting for the four receiver slots.

Defensively, Coordinator Joe Lepsis is looking for athletes. The defensive line in the Pirates 3-4 appears to be the strength coming out of spring practice. Junior nose tackle Nikita Whitlock, a unanimous 1st team All District selection as a sophomore anchors the 3 man front. Senior tackle Matt Tarver has added weight and inches since November and was a standout in the spring game. Senior Wade Venett (3 interceptions, 11 passes broken up) is a 3 year starter in the secondary who pairs with returning starter junior Daniel Jordan to lead the secondary. Linebacker is the big question. Howard and Lepsis expect as many as 3 sophomores to fill the 4 man squad. Junior Nathan Riegel had a good final week of spring practice at outside linebacker and sophomore Toby Ball leads the group from the inside.

But in the wake of spring practice Howard made no excuses. "We answered some questions but we still have some holes. We still lack a lot of depth on defense and we are still trying to find the 11 guys who are going to start. We are very young."

The Pirates begin the season Saturday, September 1 at Waco ISD Stadium against

Wade Venett



the Waco Lions. Kickoff is 12 noon.

All Pirates games will be broadcast on KVCE 1160 AM. •



Stephen Anderson

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Kid's Summer Dreamin'

What would you do if you could do anything?

by Sadie Byboth of Wylie

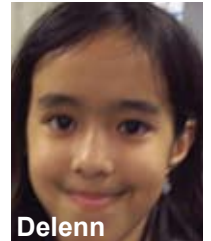
Summer. That magical time of year for kids everywhere when school's out, freedom's in, and the imagination runs wild. I asked seven kids what they'd do this year if they could do absolutely anything. Disclaimer: all grammatical and syntactical errors are included for the sake of the article. The answers were certainly entertaining, and made me wonder: what would I do?

My younger brother, Austin Byboth, who's eight years old, plans in great detail. "Basically, find a way to create dinosaurs again. I got the idea from Jurassic Park. I'd have it on an island no one's ever done anything on or had any interest in at Costa Rica. The Jurassic, Cretaceous, Triassic, and only one created species. A created species is something not discovered; it's not real. Mythical, like the Wyvern from ancient Egypt and Africa. Paleontologists, Mythologists, Biologists, and Naturalists would prevent people from dying like they do in all the Jurassic Park movies. It would be open to publicity and, in some cases, privacy. I would have two houses from the money I make: one on the island and one in Texas. Texas is the closest state to Costa Rica."

Eight-year-old Andrew Spiegel, one third of a set of triplets and older brother to Haley, keeps it simple. "I'd go to Florida and go to Disney World on a Star Wars ride. Obi-Wan Kenobi my favorite!"

Andrew later added that he'd "take Brandon, Rebecca, and Haley"—his brother and sisters.

Dan Barnhart, also eight, dreams of more athletic activities. "I would be a professional basketball player or a professional skateboarder. For the basketball, I would want to play for the Mavs' team and they get to the playoffs. I'd want to be point guard like Steve Nash was. But the surprising thing is that he's 6'1" and it would be cool to be 6'1". It'd be cool to be like Tony Hawk, 'cause it'd be cool, but I'm so sad that he's retiring probably. It'd be really cool to just be in the X-Games, just because my cousin likes skateboarding and he wants me to be in the X-Games. Sometimes they have to go through obstacles. I can do an Olly, Toe-Hold, I don't know what all I can do. I have a G-T Board, which is a company for skateboarding."



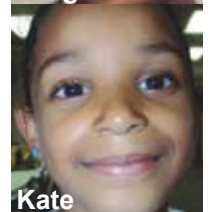
Delenn



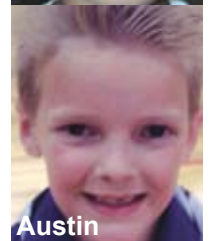
Dan



Greg



Kate



Austin

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Ten year-old Greg Sheffield also plans to be on ESPN this summer. "Be a pro-football player for the Cowboys. I'd be running back like Emmitt Smith. The money would be the best part of all! I'd say the Buccaneers would be the best to play against. I would only want to be a pro-football player because I'm good at it. I can catch sort of good and I'm fast and I would like to be the coach sometimes. Like if one of the coaches is sick and the other coach don't know that much, I could tell his stuff. If one of the players was sick, I could fill in for him and someone who could play running back could play for me sometimes. I'd get a Corvette, too!"



Andrew



Haley



Rebecca



Brandon



John

Greg's younger sister Kate is six and is just as sporty as he is. "I'd play basketball anywhere. I'd play for the Wylie Pirates! My favorite thing to do is shoot hoops! My jersey would be red. I'm good at shooting hoops and I'm fast! If I was a pro the best part would be being on T.V. It's fun playing basketball. I do it for fun because it's fun at games."

Delenn Solis, ten years old, says she'd: "visit the world, by lots of different forms of transportation. My favorite countries are: Italy, France (again!), and I want to go to Russia. I'll go with my best friends! I want to earn more than 1 million dollars so I can try to get some sort of a rainbow taxi! I'd take it all over the world. I'd do practice for becoming a detective and then I'd... then I'll set two world records! I'd set the record for having the most pets and eating the most pasta and pies. There's no pastas I don't like; I like most all of them. I'd take one of the sleep-over camps for a whole two weeks and the absolute last thing I'll do is take \$30 and go to Braum's and buy 100 Black Forest ice creams! And that's all."

Her younger brother John Solis is eight and knows just exactly what he'd do! "Um, I'd go to Legoland! I ride on the roller coaster they have and I would ride on it many times and after that I would go boating. I'd go on a rowboat on a lake and I'd go swimming. I might just see a few fish!"

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Is Your Skin at Risk?

Don't forget the sunscreen

by Dr. Barry Levinson of Richardson Regional Medical Center

As the weather gets warmer and you dust off swimsuits, flip flops and beach towels, don't forget to add sunscreen to your shopping list. Throw out older bottles of sunscreen, which can lose potency after as little as three years.

According to the American Cancer Society, cancer of the skin is the most common of all cancers and the number of new cases of melanoma in the United States is rising faster than any other type of cancer. The American Cancer Society estimates that in 2006 there will be 62,190 new cases of melanoma in this country.

Melanoma can be hereditary, but by arming yourself with knowledge about potential risk factors you can further decrease your chances of being diagnosed with this deadly cancer.



I'm at risk...now what?

The most obvious way to lower your risk of melanoma is to avoid excessive exposure to the sun's rays and UV light. Limit direct sun exposure, especially between 10 a.m. and 4 p.m. When gardening, playing sports or otherwise spending time in the sun, wear shirts with long sleeves and

a hat. If swimming, be sure to apply sunscreen of SPF 15 or higher and reapply after each dip in the pool.

Self-examine your body. Know your skin and the pattern of your moles, birthmarks and freckles. Changes in appearance could indicate a potential cancer developing. If you see something you aren't sure about, contact your physician. A quick trip to your physician is well worth the time and could potentially save your life.

More information on protecting your skin can be found at the American Academy of Dermatology website <http://www.aad.org/public/News/DermInfo/DInfoSunscreenFAQ.htm>. •

The highest risk factors for melanoma include:

- *Fair Skin that burns and freckles easily, especially in those with blue/green eyes and blond/red hair. If you have fair skin, be sure to take the precautions outlined below.*
- *High Exposure to the Sun including those who work in the sun or spend lots of recreational time in the sun.*
- *Severe Sunburn suffered as a child or teenager (under the age of 20). Melanoma has been linked to sun exposure and sunburns early in life. Family History of melanoma increases the risk of developing the disease. If several members of your family have been diagnosed with melanoma, you should look into genetic counseling to determine if you are at risk.*
- *Large Quantity of Moles (50 or more) or atypical moles. Moles that fall into the ABCD (Asymmetrical, Border irregularity, Color that's uneven, Diameter greater than 6 cm) category should be examined by your doctor.*
- *Risk Increases with Age. As with most cancers, the odds of being diagnosed increase with age.*

Sunscreen Basics

As complicated as the subject of sunscreens may seem, there are really four key points to remember:

- **For proper UVB protection, use an SPF 15 or higher sunscreen every day.**
- **For effective UVA protection, select products that contain some combination of avobenzone, oxybenzone, mexoryl, zinc oxide and titanium dioxide.**
- **When applying sunscreen to the entire body, use one ounce (two tablespoons) of sunscreen.**
- **Reapply every two hours or immediately after swimming or excessive sweating.**

Note: If you are going to be outdoors for a prolonged period of time, opt for a water resistant or very water resistant sunscreen formulation.

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Dr. Girgis is an employee of the Richardson Physician Alliance and a member of the medical staff at Richardson Regional Medical Center but is not an employee or agent of the hospital.





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National Night Out

Neighbors get together to fight crime

On Tuesday, August 7, 2007, citizens, law enforcement agencies, community groups, businesses and local officials in over 11,000 communities from all 50 states, U.S. territories, Canadian cities and military bases worldwide will join forces to mark the "24th Annual National Night Out" (NNO) – which is sponsored by the National Association of Town Watch (NATW) – in partnership with Target and the U.S. Department of Justice. Nationally, over 35 million people are expected to participate in 'America's Night Out Against Crime' this year.

National Night Out, 'America's Night Out Against Crime,' was introduced by NATW in 1984. NATW is a nonprofit, crime prevention organization which works in cooperation with thousands of crime watch groups and law enforcement agencies throughout the country. The program was the brainchild of NATW Executive Director Matt A. Peskin.

"This is a night for neighborhoods nationwide to come out and stand united against crime," said Mr. Peskin.

NATIONAL NIGHT OUT is designed to:

- Heighten crime and drug prevention awareness;
- Generate support for, and participation in, local anticrime programs;
- Strengthen neighborhood spirit and police-community partnerships; and
- Send a message to criminals letting them know that neighborhoods are organized and fighting back.



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Along with the traditional display of outdoor lights and front porch vigils, cities, towns and neighborhoods 'celebrate' NNO with a variety of events and activities such as block parties, cookouts, visits from local police, parades, exhibits, flashlight walks, contests, and youth programs.

NNO has proven to be an effective, inexpensive and enjoyable program to promote neighborhood spirit and police-community partnerships in our fight for a safer nation. Plus, the benefits your community will derive from NNO will most certainly extend well beyond the one night.

Peskin said, "It's a wonderful opportunity for communities nationwide to promote police-community partnerships, crime prevention, and neighborhood camaraderie. While the one night is certainly not an answer to crime, drugs and violence, National Night Out does represent the kind of spirit, energy and determination that is helping to make many neighborhoods safer places throughout the year. It [NNO] is a night to celebrate safety and crime prevention successes - and to expand and strengthen programs for the next 364 days."

Here in Wylie, Sachse and Murphy citizens and neighborhoods are encouraged to plan an event to get out and meet your neighbors. Our local police departments invite you to contact them for additional information.

Wylie PD's Officer Donna Valdepena stresses "It is so important to get to know your neighbors. It also shouldn't be for just this night (August 7, 2007), but this is a good place to start."

In Wylie anyone interested in having a get together in their neighborhood should contact officers Donna Valdepena, (972) 442-8179, donna.valdepena@wylietexas.gov, or Angie Willis, angie.willis@wylietexas.gov, (972) 442-8171.

In Sachse, as a symbol of support for our police officers, residents are encouraged to turn on their porch lights between 7 and 10 p.m. For information on planning a neighborhood gathering call Lt. Dean Winters at (972) 495-2271, ext. 203.

In Murphy contact Officer Brad Taylor (972) 468-4214 for more details about several community events. •



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Ladies Do Lunch

Good friends enjoy great food at Mogio's Gourmet Pizza

By Lori Whitten

I had the great pleasure of lunching with some good friends recently at a wonderful restaurant called Mogio's Gourmet Pizza. Having just sold my restaurant this was my first time to "do lunch" in four years. Add the fact that my family owned a pizzeria many moons ago (when I was in high school) and there was the real possibility for a serious let down. I must say though – I was not disappointed with Mogio's. Anne, Judy, Stacie and I found the décor to be sincerely inviting, the food to be incredibly flavorful and fresh and the staff to be extremely welcoming.

Upon entering Mogio's you immediately notice the warm colors and relaxing atmosphere. I spied the most beautiful vent-a-hood I had ever seen! Most are designed for function only and are truly not attractive. However, Mo the owner, commissioned this beautiful hammered copper vent-a-hood to be part of his décor and it is art. The hand textured walls, warmly stained floors and Italian Riviera feel of the dining room add to the inviting atmosphere. Of course walking in is half the battle when going to a new place, the other half is figuring out whether to seat yourself or wait. To make it easy for you at Mogio's you walk in and approach the counter, place your order, pick your table and have a seat. No need to worry about your meal, they bring it to your table.

We decided on the Caribbean Salad to start. Hallelujah! Mo uses fresh mixed greens in his salads. The salad included cashews, pineapple, sun-dried tomatoes, cranberries and a wonderful walnut raspberry dressing. We all agreed it was the perfect combination: sweet, salty and tangy. It was plenty for three of us to share (Stacie was late but we did save her a bite). For our entrées we choose a traditional Pepperoni Calzone in a whole-wheat crust, the Grecian Alfredo Pizza and Mogio's Signature Chicken.

The whole-wheat crust Calzone was wonderful but I have to say the Grecian Alfredo Pizza and Signature Chicken were the most notable. In truth, my favorite was the Signature Chicken. The sauce was wonderful, not overly heavy, but smooth and creamy. I enjoyed the artichoke and sun dried tomatoes and the chicken was roasted to

moist perfection. The blend of spices was just right, not over-powering or plain. But in fairness to the pizza – I am a traditionalist when it comes to my pie. I truly enjoyed the Grecian Alfredo Pizza

in spite of being skeptical of a pizza with chicken, spinach and Alfredo sauce. It was very good. The chicken was cut in small pieces and very tender and the Alfredo Sauce was again smooth and creamy and the blend of spices was just plain yummy.

For dessert we enjoyed the Tiramisu, made with just the right blend of coffee flavor and a Caramel Turtle



Mogio's delicious Signature Chicken was our favorite.



Mo (right) and his staff.

Cheese Cake that was rich and creamy. They were a decadent finish to a delicious lunch.

Mo opened Mogio's Gourmet Pizza in January of 2007. He does not serve spirits of any kind but you are invited to bring in your own. It is a great place to meet friends or family for lunch or dinner and they also deliver. We four lunching ladies highly recommend a visit to Mogio's Gourmet Pizza, located at 158 W. FM 544 Suite #132 in Murphy. Tell them "the lunch ladies" sent you. They are open Sunday through Thursday 11 a.m. to 10 p.m. and Friday and Saturday 11 a.m. to 11 p.m. You can view their menu at www.mogiospizza.com.

A note from the Lunch Ladies: Our restaurant visits are unannounced and restaurant selection is at our whim. Restaurant featured may or may not be an advertiser. This issue it just happened to be.

Photos by Anne Hiney



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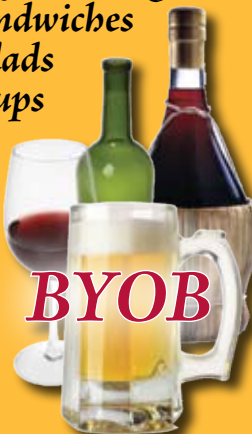
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Dreams Really Do Come True

A community helps a family build a new home

by Jill Smola of Habitat for Humanity

Christine Walk and her 8 year old son, Johnathan, are definitely believers that dreams really do come true. They are currently partnering with Habitat for Humanity of South Collin County to build their first home in Wylie, Texas. Christine's mother, who died at the young age of 43, never owned her own home. As a single mom, Christine never thought she would be able to afford a house for her family either. She is so thrilled to have this opportunity and her enthusiasm shows every day she is on site building along with the volunteers as she fulfills her "sweat equity" commitment to Habitat. This home is the third annual Women Build project to be built in conjunction with Mother's Day for the South Collin County Habitat affiliate.

Christine has been a volunteer for Habitat for many years through her work at Home Depot. She feels especially blessed that her home is being built by women through Habitat's Women Build program. "Watching the women enjoying the experience as they work together to learn new skills and knowing that their hearts are in it means everything to me," Christine said.

Christine's house was started on May 12th, the Saturday before Mother's Day. Billinda Shelle, a friend of Christine's, a Habitat volunteer, and a resident of Wylie, left the build site at the end of that first day only to return that night to write "Happy Mother's Day – Dreams really do come true" on the exterior OSB of Christine's new home. The follow-

ing morning, on Mother's Day, Christine stopped by as she does every day to check on the progress being made on her home. She saw the message but didn't know who wrote it. Later that day, Billinda returned to the home and put a picture of Johnathan along side the Mother's Day message. Later



Johnathan looks forward to his new home being finished.

that evening when Christine again stopped by the house, she saw the photo and began to cry. When the house was wrapped with Tyvek, the message and picture were left in place. Christine still touches that spot every day and says, “Now my baby is wrapped in this house – this will always be his home.”

Johnathan, who is an incredible motocross racer, has already picked out his room and has plans to display all of his trophies. He's too young to actually build on the house but he's been on site helping fill ice chests, sorting nails, and taking advantage of the huge sand pile in the backyard. When he needs Christine and yells "MOM!" at the top of his lungs, every woman on the site immediately turns and looks his way!

Christine moved to Sachse from Virginia two years ago to be closer to her brother so


that he could be a role model for Johnathan. She had researched the area and really wanted to live in Wylie for the excellent school system; however, the cost of living was out of her budget at the time. She is very grateful that Habitat is now building affordable housing in Wylie and that Johnathan will be able to participate in the gifted program at his new school.

Christine's co-workers from Home Depot helped build the home along with volunteers from all of this year's Women Build sponsors – PepsiCo, Cadbury-Schweppes, ESI, Keller Williams, Bruce & Debbie Gilmore, 1st International Bank, and Ann Dunham State Farm Insurance Agency. In kind donations of materials and services have also been donated by several area businesses including Insulation for Life, Wylie Carpet & Tile, Dallas Plumbing Company, Larry DeBerry, and All Pest Solutions.

Habitat for Humanity of South Collin County, founded in 1997, is an ecumenical, Christian-based organization that builds decent, affordable homes for deserving families, regardless of religion, race, creed, color, gender or familial status. HfHSCC is an independent affiliate of Habitat for Humanity International. For more information on how to become involved as a volunteer or to learn about applying for home ownership, check out the website at www.habitat-scc.org or call 972-398-0634. •

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Smart Financial Moves for College Graduates

While thinking about today, plan for tomorrow

from Jal Dennis of Edward Jones Investment

It's that time of year when students from across the country graduate from college. If you're one of them, you'll be anticipating a new chapter in your life. And that means you'll have to do your homework on a very important topic: your financial situation. It's one subject in which you'll definitely want to earn a passing grade.

Of course, if you're like many recent graduates, the financial issue that might weigh heaviest on your mind is your student loans. To help pay for college, about two out of three students take out loans, with the average debt amounting to more than \$19,000, according to figures from the U.S. Department of Education.

Whatever the amount you have borrowed, you will need to make arrangements to pay for it. If your loans aren't too large, your monthly payments may not be overly burdensome, but, in any case, it's a very good idea to stay current on your payment schedule - falling behind can lead to big problems down the line.

Apart from paying back your loan, though, you'll have other financial considerations upon graduating college. Unless you're going to graduate school, you might be starting at a full-time job, which means you'll have to quickly learn some money-management skills



- and one of the most important of these skills is budgeting. At this stage of your life, you may not have a lot of disposable income - especially after paying for rent, which will probably take up a sizable portion of your paycheck - so you'll want to track your expenses carefully and be as thrifty as possible.

Still, while you're thinking about today, you'll want to plan for tomorrow. If you want to save for a car, or perhaps later down the line, a house, you'll want to get in the habit of investing something on a regular basis. Even if you can just put away \$50 or \$75 per month at first, you may see some accumulation after several months. And just as importantly, you'll get in the "savings habit," which, if continued throughout your working life, can pay off for you in many ways. Dollar cost averaging does not guarantee a profit, nor does it protect against a loss in a declining market. You should always consider your financial ability to continue investing through periods of low-price levels. If you don't know how you should invest your money, consult with a financial advisor - and don't be deterred from seeking out professional help because you're "only"

a "small" investor. Many highly qualified financial advisors will be more than willing to meet with you and help you out - you just have to find someone who's right for you.

You might also get some investing help, in a way, from your employer. If you've landed a job with a company that offers a retirement plan, such as a 401(k), take advantage of it. While retirement may be quite far from your mind at the moment, an employer-sponsored retirement plan offers the chance to invest on a tax-deferred basis, which means your money will grow faster than it would if you invested it on an account in which you paid taxes every year. So, put away what you can afford - at least enough to earn your employer's matching contribution, if one is offered - and increase your contributions as your salary rises over time.

By following these suggestions, you can start your life in the working world with a solid grasp on your finances - and that's a grip you won't want to relinquish. •

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