

July/August 2009

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Your Wylie • Sachse • Murphy Community Magazine



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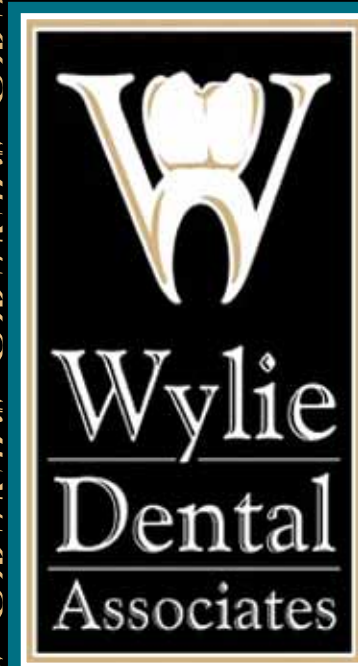
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#### MEDICAL SCHOOL:

New York Medical College

#### RESIDENCY:

Long Island Jewish Medical Center

#### MEDICAL INTERESTS:

Primary care, wellness and disease prevention counseling, treatment of chronic diseases

#### PERSONAL:

Dr. Singh enjoys gardening and spending time with her husband and son.



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the doctor ordered.**

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Texas law prohibits hospitals from practicing medicine. The physicians on the Methodist Richardson Medical Center medical staff are independent practitioners who are not employees or agents of Methodist Richardson Medical Center.



On The Cover



Raylee Grimes - Photo by Anne Hiney



Just for fun, find the butterfly! Last issue it was hidden in the Eco Explorers photo on page 24.

## The CONNECTION

Your Wylie • Sachse • Murphy Community Magazine

A Wylie Chamber of Commerce Publication  
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Occasionally we make a mistake. Let us know if you find one so we can correct it. We welcome your feedback - send comments to [info@wyliechamber.org](mailto:info@wyliechamber.org). Thanks!

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# JULY EVENTS

**City of Wylie Thursday Night Concert Series:** Bring the entire family out to enjoy the Free Concerts in Olde City Park, Downtown Wylie. 7:30 - 9:30 p.m. **July 16 - Joe Jonas Jazz Band;** **July 23 - Panhandlers Steel Band;** **July 30 - Professor D.**

**July 10th - July Jubilee** - 7 p.m. in Historic Downtown Wylie on Ballard Ave. featuring Gary P. Nunn with special guest Chris Allen.

**July 10th & 24th - Wylie Opportunity Resource for Careers (W.O.R.C.)** Wylie United Methodist Church's W.O.R.C. career support group will meet from 7- 8 p.m. This is not just a "Wylie" group. We can help anyone interested by providing support and tools to help them land the job they want. We will publish a list of topics shortly for future meetings. Wylie United Methodist Church is located at 1401 FM 1378. If you have questions, please call the church office at 972-442-5835.

**July 13th - Sachse's Laurie Schwenk Senior Center Lunch** - 11:30 a.m. Please make your reservation at 972-495-6282. 3815 Sachse Road, Suite B, Sachse, TX [www.cityofsachse.com](http://www.cityofsachse.com).

**July 20 - 24th - Murphy Police Dept., Youth Citizens' Police Academy** (open to youth 13-15) Registration Packet available online at [www.murphytx.org](http://www.murphytx.org).

**July 21st - Murphy Chamber Luncheon Meeting** – Speaker: Collin County Advocacy Center – Woodbridge Golf Club Dining Room, [murphychamber.org](http://murphychamber.org).

**July 25th** - Join the Sachse Chamber of Commerce for the 5th Annual **SACHSE CARS UNDER THE STARS Car Show**, sponsored by Kwik Kar, in the Sachse Kroger Shopping Center for a FREE night of custom cars. Registration is from 7-8 p.m. with a \$20 entry fee and awards presentation at 11 p.m.. Cars, trucks, and motorcycles of all classes are welcome. A portion of the proceeds help the Chamber support local scholarship funds throughout the year. Contact the Chamber office at 972-496-1212 or [www.sachsechamber.com](http://www.sachsechamber.com) for further details. Kroger: 5190 Highway 78, Sachse.

**July 29th - Murphy Chamber Come & Go Networking Lunch** at Jimmy John's – Renner Road, [murphychamber.org](http://murphychamber.org).

# AUGUST EVENTS

**City of Wylie Saturday Family Movie Nights:** Bring the entire family out to enjoy the Free Concerts in Olde City Park, Downtown Wylie at 9:30 p.m. **August 8 - Kung Fu Panda;** **August 15 - High School Musical 3.**

**Aug. 7th - Blackland Prairie Live Raptor Presentation** 10:30 a.m. at the Heard Natural Science Museum & Wildlife Sanctuary. General admission: Adult \$8, kids (3-12) & seniors \$5, plus \$3 for adults & children, Age 2+ under free. 1 Nature Place, McKinney, TX 75069, [www.heardmuseum.org](http://www.heardmuseum.org).

**Aug. 7th & 21st - Wylie Opportunity Resource for Careers (W.O.R.C.)** Wylie United Methodist Church's W.O.R.C. career support group will meet from 7-8 p.m. This is not just a "Wylie" group. We can help anyone interested by providing support and tools to help them land the job they want. We will publish a list of topics shortly for future meetings. Wylie United Methodist Church is located at 1401 FM 1378. If you have questions, please call the church office at 972-442-5835.

**Aug. 8th - Wylie Back To School Fair** for families in need from 10 a.m. – 2 p.m. at Olde City Park. This free event will provide vision screenings by WalMart, haircuts by Tangles Salon, and child fingerprinting by Wylie PD. The tooth fairy will be there handing out toothbrushes. The fair will also feature entertainment and giveaways. Through generous sponsorships and donations from businesses such as American National Bank, Inwood Bank, WalMart, Farmer's Electric Cooperative, Wylie United Methodist Church, First Baptist Church of Wylie, and Wylie is HOPE an expected 1000 backpacks filled with school supplies will be given away to those families facing economic hardships. Needed items: yellow highlighters, 12x18 construction paper, 12x18 manila paper, Protractors, 5" blunt scissors, 5" pointed scissors, 1 subject notebooks, and wide ruled notebook paper. If your family, neighborhood, or business is interested in helping out with supplies contact Candy Arrington @ 214-957-5000 or [carrington@instaff.com](mailto:carrington@instaff.com).

**Aug. 10th - Sachse's Laurie Schwenk Senior Center Lunch** - 11:30 a.m. Please make your reservation at 972-495-6282. 3815 Sachse Road, Suite B, Sachse, TX [www.cityofsachse.com](http://www.cityofsachse.com).

**Aug. 15th - "N2N – Murphy Citywide Block Party 2009"** Our version of National Night Out. Check city and MPD web page for further information or to register as a block party, contact Det. Kyle Kucauskas or Officer Brad Taylor, (972) 468-4211.

**Aug. 18th - Murphy Chamber Luncheon Meeting** – Woodbridge – Speaker: Design Your Work – Woodbridge Golf Club Dining Room. [murphychamber.org](http://murphychamber.org)

**Aug. 19th - Financial Peace University** preview night. Come find out how to have financial peace (with Dave Ramsey) in this economy. August 19 is our preview night at 7 p.m. and classes begin August 26 (7 p.m., childcare is by reservation). Wylie United

Methodist Church is located at 1401 FM 1378. If you have questions, please call the church office at 972-442-5835.

**Aug. 26th - Murphy Chamber Come & Go Networking Lunch.** Location TBA, check [murphychamber.org](http://murphychamber.org) for more info.

# WYLIE'S RITA AND TRUETT SMITH PUBLIC LIBRARY

Wylie's Smith Public Library is located at 800 Thomas Street, Wylie 972-442-7566.

## Tuesday Summer Reading Club Program

**July 7th** Brett Roberts, the Kids Comedian, will be performing Texas magic tricks and Tomfoolery at 12:30, 1:30 and 2:30 p.m.

**July 14th** Jungle Jim, a Guinness World Record holder for the largest millipede in the world, will introduce the audience to creepy crawlers from around the world at 12:30, 1:30 & 2:30 p.m.

**July 21st** Dorayne Breedlove, a Texas Tall Tales storyteller, will present a western adventure about Pecos Bill and Native American Legends at 12:30 & 1:30 p.m.

**July 28th** Len Barnett, a Professional Percussionist, will be "Beating the Heat" with his various drum and percussion instruments at 12:30 & 1:30 p.m.

## Wednesday Morning Story Time

**Big Kids Story Time:** Ages 3-5 are invited to listen to books, flannel stories and songs at 9 a.m. or 11 a.m. on Wednesday's.

**Wee Read Story Time:** Babies and Toddlers are invited to listen to books, flannel stories and song at 10 a.m. on Wednesday's.

**Story Time Dates & Themes:** **July 1** - Shoes, **July 8** - All Mixed Up, **July 15** - Chickens, **July 22** - Houses, **July 29** - Story Time presents Mr. Willy Welch and Evelyn the guitar!

*During the month of August, there is no story time. Enjoy the rest of the summer and we'll see you, Wednesday September 2 for Big Kids and Wee Read story time!*

## Thursday Summer Reading Club Programs:

**July 9th** Presenting Genie Hammel's Texas Folk Tales, the Magic Genie, puppetry and more at 6:30 p.m.

**July 23rd** Catherine Whiteman, Texas-based actress, singer, writer and producer will engage imaginations through stories, sound, movement and music at 6:30 p.m.

# SACHSE LIBRARY EVENTS

Sachse Library is located at 3815 Sachse Road, Building C, Sachse 972-530-8966

## Summer Reading Program for July:

All children ages 5 to 12 are invited to join us for the **2009 Summer Reading Club**. Everyone will have the chance to win prizes, earn rewards and read great books over the summer. The Summer Reading Program theme is Libraries Deep in the Heart of Texas. Every Thursday in July until July 30th – Sachse Library's Summer Reading Program with two performances, one at 11 a.m. and one at 12:30 p.m. **July 2** – Seussology 101; **July 9** – Dal Sanders' Magical World; **July 16** – Mister David; **July 23** – Esther Malone and her fabulous stories; **July 30** – End of program party with a special presentation of Turtle Discovery.

**Every Wednesday – Wylie Chamber of Commerce Business Card Exchange**, Woodbridge Golf Course club house, 7400 Country Club Dr., Wylie. Network and promote your business from 8 - 9 a.m. For more info call 972-442-2804 or visit [www.wyliechamber.org](http://www.wyliechamber.org).

**The Wylie Farmers Market** is held the 1st and the 3rd Saturday of each month from 7 a.m. - 1 p.m. offering fresh fruit, vegetables, handmade crafts, gourmet foods, etc. in the empty lot between Quick Response Computers and the Farmers Ins. building in Historic Downtown Wylie. Contact: Ellie Hughes 972-408-8561 or [twistedpepper@verizon.net](mailto:twistedpepper@verizon.net).

## Tell me about it.....

To submit your special event to the **September/October** community calendar send an e-mail to [theconnection.anne@mac.com](mailto:theconnection.anne@mac.com) no later than **August 15th**. 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!

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# Piecing It All Together

By Kathleen Noble of Wylie

## At the Blue Ribbon Quilt Shoppe

in one other death and two injury accidents, including that of a Dallas homeless man six weeks prior to her husband's fatal fall.

A lonely yet determined Teena Hopkins spent the next several years raising her son Wade and daughter Coryanne.

The now twenty-four year old Wade is a patrol officer with the Dallas Police Department, Northeast station, while 20-year old Coryanne is attending Texas A&M in College Station where she is pursuing a career in communications.

With only the knowledge gained from a quilting class taken in the 1980s at Eastfield College in Dallas, a limited background in retail, and a long time interest in sewing and quilting Hopkins patterned what she hoped would be the start of a new life – opening her own quilt shop.

"The idea came to me in March 2008 and by the beginning

"Anyone can learn to make quilt tops," said Hopkins.

Beginner classes in quilt top making are expertly taught by Judy Losey, a retired Richardson Independent School District teacher while instruction in all levels of hand appliqué are offered by award winning quilter Sally Ashbacher.

Four, once-weekly beginner classes are available both morning and evening starting at \$45. There are additional costs for supplies. Students graduate to more advanced classes, if they wish to do so as they gather knowledge, experience and proficiency in the art of quilt top making.

Class takers may bring their own portable sewing machines or use Baby Lock sewing machines provided on site by Blue Ribbon Quilt Shoppe.

Instructions are given on the same quilt patterns to a group, but fabrics and colors are individually selected by the students leaving them open to their own personal expression.

Hopkins travels twice yearly in both the fall and spring to fabric markets and trade shows to bring the newest quilting items and fabrics to quilting enthusiasts.

Once students have completed their quilt tops the pieces are then sent out for the actual quilting process.

The quilts can then be entered into local or national Quilters Guild or fair competitions.

Blue Ribbon Quilt Shoppe and Hopkins are members of the Dallas Quilters Guild.

"Those not yet certain they'd want to start with an undertaking quite as large as a quilt top may choose to start small with a hot pad, a table runner,

place mats, an apron, or even some small quilting craft," said Hopkins.

Quilt making is a history rich tradition and legacy of love passed from one generation to the next as a way to preserve lifestyles and heritage.

According to Hopkins, long ago quilting bees served as a sort of social event for women and reflected the day to day lives of our fore mothers, their hopes and dreams, their families and activities and mirrored the frontiers they traveled.

"Most people think of quilting as something our grandmoth-



Quilters from all over the metroplex attend classes at the Blue Ribbon Quilt Shoppe.

ers and great grandmothers loved doing. Folks will be surprised to learn we have students as young as eleven learning this supposed lost art," said Hopkins.

Within the soon to be 4,600 square foot space, that is the Blue Ribbon Quilt Shoppe, patrons will find a wide assortment of colorful fabrics, quilt patterns and kits, Baby Lock sewing machines, quilting novelties, Happy Hollow Designs and other seasonal quilter crafts, jigsaw puzzles, notions and books along with many other unique gift items.

"I feel like my business has expanded because of the great customer service we provide, but really I know it's because friendships are built here," said Hopkins.

"We talk, we share, we visit, we laugh and sometimes we sew," she added.

For more information visit the Blue Ribbon Quilt Shoppe at 102C North Ballard in historic downtown Wylie, at [www.blueribbonquiltshoppe.com](http://www.blueribbonquiltshoppe.com) or call 972-941-0777. •

Photos by Kathleen Noble & Anne Hiney.

Teena Hopkins with Waylin.

Teena Hopkins' life was forever unraveled July 25, 2001. A single, sudden, catastrophic, life changing event forced her to piece together remnants from her former existence into some sort of new tapestry that she hoped might, for her, become a new life.

The sudden death, while on duty, of Hopkins' husband of four years, Dallas Police Senior Corporal Ronald Hopkins on that date from a tragic accidental fall from a manlift in a busy downtown Dallas parking garage, near the now closed Grand Hotel set her on a course to find something that would occupy her mind and hopefully help to mend her grieving heart.

Sr. Corporal Ronald Hopkins, a 27-year veteran of the Dallas Police Force, had only a short time prior to the fatal accident opted for an office position that would help to coordinate the department's interactive community policing program.

The concept of community policing was brought to life with the idea that frequent personal contact and interaction between patrol and beat officers with members of the communities they patrolled would aid in the reduction of community disorder, fear of crime and care of crime victims.

The accident that took the life of her husband resulted in a two year lawsuit. Hopkins learned the manlift that played a prominent part in her husband's death had also been a factor

of August I was unlocking the door to the downtown Wylie Blue Ribbon Quilt Shoppe," said Hopkins.

With a customer base that has already grown in a single year to slightly more than 1,500 through newsletter and website subscriptions, Hopkins plans to enlarge the current location in July by taking occupancy of the former Taste of Home/Wylie Apparel site next door.

An array of classes beginning with instruction for individuals that don't even know how to turn on a sewing machine to education for the more advanced quilter are being offered at Blue Ribbon Quilt Shoppe.



Sharon Leach shopping for beautiful fabrics.



Teena with Sally Ashbacher and her award winning bunny quilt.







# SPROUTS FARMERS MARKET

LAST OCTOBER, SPROUTS FARMERS MARKET opened their doors in Murphy Marketplace (FM 544 & Murphy) and has since become an essential part of the Marketplace landscape. A fun and affordable shopping experience awaits the community of Murphy and surrounding cities, in an easy-to-shop farmers market format. Customers step into a whole new world of wonderful food including natural, organic and great-tasting mainstream items all under one roof. At Sprouts you will find right from-the-earth foods at down-to-earth prices.

Since its inception in 2002, Sprouts Farmers Market has been on the cutting edge of the natural foods game and achieved swift and steady progress over the last six years. With the recent expansion announcement of 100 stores in the next five years, Sprouts has enjoyed a monumental climb to the top of the natural foods chain. With projected sales growth expected to hit one billion when the 100 store mark is achieved in 2013, Sprouts continues to be a leader with great food for a great value.

The Murphy location was the thirty-first in the chain and the 7th location in the great state of Texas. The natural foods store, joins existing markets in Plano, Flower Mound, Southlake, Frisco, Dallas, Richardson and Coppell with four new locations in Austin scheduled to open this fall. The Arizona-based chain now boasts 33 stores in four regions with nine more locations slated for 2009.

Nearly all of Sprouts farm-fresh produce is purchased from local growers and several items sold in the store are unique to the Texas region. Fresh-off-the-boat gulf shrimp, grouper and scarlet snapper can often be found in the seafood department. Other offerings popular with the Murphy crowd: locally grown pecans, honey sticks and organic milk.

Sprouts strong sense of community is a gold standard with customers and employees alike. "As a long time Texan, I'm thrilled to introduce new customers to Sprouts, offering my neighbors a great place to shop for natural and organic foods



– at affordable prices! We appreciate them stopping by to let us know they enjoy what we have to offer," said Brady Dudley, Murphy Store Manager.

Four times a year, Sprouts holds a "Backyard BBQ" where they cook fall-off-the-bone ribs on 8 foot grills over mesquite coals. A huge hit with customers, the most recent barbecue resulted in over 1,000 slabs sold in just a few hours. In fact, Murphy sells more barbecue than any other Sprouts store in Texas.

A passionate group of employees staff the Sprouts team in each store with several years of experience in every department and a certified holistic nutrition educator in each region. Doug Sanders, President and COO proudly proclaims: "Sprouts team members are a great group of people that fill our stores. They work hard, have fun and truly enjoy the difference they

*continued ~*



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make everyday." Growing future "Sprouties" is a priority, with the current spotlight on children's health.

The successful "Celebration of the Child" program will bring speakers from across the nation to visit store locations with a variety of messages for spirit-minded consumers.

Murphy employees are healthy and happy with a variety of interests including an extreme sports enthusiast who cliff jumps and sky dives his way around Texas and an 82-year-old great-grandma that works in the vitamin department. Her goal for herself and her customers: "A Healthy, Happy One-Hundred!"

Sprouts provides Texans nearly seven-hundred jobs, including 80 in the Murphy store. With the recent opening of a warehouse in Dallas and more store openings on the horizon, that number should top 1,000 by the end of 2009. Sprouts is also very active in the local community. A proud sponsor of the recent Lone Star Vintage Track Show in Collin County, a weekend filled with farm-to-table events, vintage tractors and a parade of local residents. Sprouts continues their community service with unprecedented initiatives honoring state park programs and scholarships to employees and their families. In 2008, nearly \$200,000 was given to local programs in



Sprouts' communities to benefit numerous programs in times of financial crisis.

The value message is an important one at Sprouts. Double ad Wednesday, website deals and manager specials are a few ways Sprouts helps their customers stretch their dollar. "Many of our customers tell us that they enjoy a wealth of healthy foods for less when they shop at Sprouts" said Sanders.



Photos by Anne Hiney & Sprouts.



"Customers comment on the enjoyable shopping experience and the jovial atmosphere our employees provide."

In a struggling economy consumers tend to buy and prepare more foods at home. Bulk sales have blossomed as customers realize the key to saving money is to get back to basics. With most of a Sprouts store filled with perishables, finding healthy choices for a good value is like money in the bank. Customers take advantage of a great selection of gluten-free products, sugar-free and allergy-sensitive foods and selected offerings of indulgence brands. "Fulfilling customer demand is the cornerstone of our business, when the customers are happy, we're happy" says Sanders, a Texas native.

Parting with the plastic is another way Sprouts makes a difference. With 350,000 of their signature "green" bags sold, Sprouts promotes the reusable bags with customer incentives and education. They also promote their BYOB (Bring Your Own Bag) program and offer monetary incentives for each bag returned. Another customer offering unique to a Sprouts market is the focus on educating. Sprouts offers a variety of monthly events that are well promoted within the stores.

Looking into the future, Sprouts will maintain its reputation as the trusted source for natural foods, great quality and value, and consumer education. Sanders claims, "It's all part of Sprouts message to eat healthier, live better and spend less."

Sprouts is open seven days a week, 8 a.m. - 10 p.m., sprouts.com. •



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# Raylee Grimes

A young entrepreneur

by Sadie Byboth of Wylie

**Q**uestion: What do macaroni and cheese, Edward Cullen, and Stickmen have in common?  
Answer: bottle caps and Raylee Grimes.

Raylee is a nine year old entrepreneur who, with her mom Andrea's help, makes bottle cap accessories.

"We saw a news story about an 11 year old who became a millionaire when her cap jewelry line was picked up by Nordstrom's and some upscale boutiques," says Andrea. "We looked at it and thought that if she could do it, Raylee could do it."

Mom and daughter jazzed up the original idea of bottle cap necklaces by creating a whole line of accessories. Though the caps can be modified upon request, the line regularly produces brooches, key-chains, magnets, flip-flop adornments, chokers, bracelets, necklaces and pet tags.

Raylee also has an original method for attaching the caps to the chokers, flip-flops, and brooches: magnets! Not only can the decorations and designs be easily switched out, but they're also kinder to clothes.

"They can be worn in recess and P.E., too, and they'll stay on," says Raylee, who knows a thing or two about recess and P.E.—she'll attend Draper Intermediate in the fall.

"Yep, she's been peddling at school!" laughs her dad, Angelo.

These crafty ladies can use almost anything for cap designs: online images, photographs sent in by customers, rhinestones, beads and charms. Ball-chain necklaces and key-chain hardware are added to the top, those school-proof magnets are attached to the back, and optional "danglies" can, well, dangle off the bottom.

"I like to make all of them, but I love the ones with beads and dangly thingamajigs!" says Raylee.

The caps are cool for everyone; even her older brother Hayden wears one, sporting a cool lanyard-length cap depicting ninja stickmen. He also likes the one that says, "I like pie." I was impressed with the selection of hundreds of caps, running the gamut from words, sayings, letters, food, flowers, college mascots, Christian imagery, celebrities, sports, photos, bohemia, pirates, and skulls. It was a long time choosing, but I got a chain with a tiger design. Geaux LSU Tigers!

After the initial success, Raylee christened her enterprise "Dazzling Dots Bottle Cap Creations" about four months ago.

"It took us forever to come up with the name," says Andrea.



Photo by Anne Hiney.

"We wanted something to do with caps, but all the sites were taken by baseball cap companies."

Dazzling Dots has a website, where customers can order directly or create special orders. Raylee sells them at her dad's tanning salon, Sun Lounge, in Downtown Wylie. They also rent booth number 161 at McKinney's Third Monday Trade Days (or, TMTD), located on the southwest side. This month, they'll be there July 17, 18, 19.

"The site has been good, because customers can send requests directly to us by e-mail between TMTDs. One lady wanted us to make a bracelet with all of her grandkids' pictures," says Andrea. And as for the booth, "we've been there the last three times, so that gets us lots of return customers. Our best customers have been several softball teams that order 15-20 at a time as end of the season gifts."

And it's no wonder why teams are snatching up these hand-crafted creations. The prices are extremely reasonable, starting at \$7 for magnetic caps, \$6 for caps on a chain, \$12 for flip-flops, and \$5 for key-chains.

Raylee has big plans for her profits.

"A PHONE! I really want a phone. I need one for 5th grade! And...maybe food at TMTD? It's good," says Raylee. "We just got back from Disney World and I saved up to buy stuff there for the last two months."

Life isn't all business for the budding designer. Among her favorite shopping spots are Target and Hot Topic, she likes the jeans at Old Navy, and she enjoys checking out the other booths at TMTD.

What does this young entrepreneur want to be when she grows up? "A model!" she giggles.

For more information about Dazzling Dots Bottle Cap Creations, visit [www.DAZZLINGDOTS.com](http://www.DAZZLINGDOTS.com), or contact Andrea Grimes at (214) 802-8267 or by e-mail at [fauxpro764@aol.com](mailto:fauxpro764@aol.com).

For more information on Third Monday Trade Days, visit [www.TMTD.com](http://www.TMTD.com).

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# Summer Family Fun

Free and inexpensive things to go and do!

by Lori C. Villarreal of Wylie

The excitement of the first weeks of summer have long past and now you're stuck trying to figure out what to do with your kids for the rest of their break. Either they are "dying of boredom" or glued to their favorite entertainment system. It's likely your summer budget is shot and now you're left trying to entertain an all too finicky household.

Here are a few free or inexpensive ideas to wear them out, open their minds, and frankly, keep you from pulling all of your hair out.

## Get outside and play.

Try park hopping. Lather on the sunscreen, pack water bottles, (a book for mom) and trek off to your favorite park. Let the kids choose their park destination. It seems to be the trick in their happiness. Log onto your city's website for a list of local parks.

Go fishing. Grab a stick and a piece of string if you have to, but take the kids fishing. Throw a few folding chairs, bug spray, and a bag of bread in the car and load up the kids. To find easy directions and fishing tips log onto [www.lakelavonfishing.com](http://www.lakelavonfishing.com).



iStock Photo

Hose them down. Celebration Park is a favorite outdoor playground and spray park open to the public. This cool entertainment is free and appropriate for children of all ages. Check [www.allenparks.org](http://www.allenparks.org) for more details.

## Open young minds.

Nasher Sculpture Center hosts a free, kid-friendly event with scavenger hunts, art projects, and story-time on August 1st from 10 a.m. to 2 p.m. [www.nashersculpturecenter.org](http://www.nashersculpturecenter.org).

Meadows Museum at SMU sponsors free games and hands-on activities on July 25th from 11 a.m. to 2 p.m. [smu.edu/meadows/museum](http://smu.edu/meadows/museum).

Become an expert. Pick out a few books about bugs, bows, or anything your kids might find interesting. For the too-young-to-read grab a few books off the shelves and let them make up a story using the pictures. Ask questions and indulge your child's imaginative plot. Story-times are also offered at your local library and book stores.

## Encourage your explorer.

Take a hike. The Heard Natural Science Museum is a short drive north. For the price of admission (\$5 children, \$8 adults) your adventurer can tour the grounds. The Native Butterfly Exhibit is a must see. Families can experience the sounds of nature in the dark during the Night Hike on July 18. This starts at 8:30 p.m. and requires pre-registration

Crawl around with the Caterpillars. Fair Park Museum Complex offers your child a chance to learn more about the life of a butterfly. This tour is appropriate for children ages 2 and older on August 15 from 10 a.m. to 11 a.m. (\$1.50 child, \$3 adult). [www.texasdiscoverygardens.org](http://www.texasdiscoverygardens.org).

## Out for Family Fun

Spend a nickel at a time. Nickelmania offers an indoor game haven and is located at Midway and Trinity Mills. Admission is \$1.95 per person or free with purchase of food. [www.nickelmania.com](http://www.nickelmania.com).

Play it safe. It is well worth the drive to Frisco for the Fire Safety Town. Family Nights are hosted Fridays from 6 to 8 p.m. through August. This hands-on-experience is fun and teaches how to play it safe with fire. [www.friscotexas.gov](http://www.friscotexas.gov).

Enjoy the All-American pastime. The Frisco Rough Riders offer a family-friendly night at the ball park. Take advantage of their Family Four-Pack starting at \$29.50 on July 30th and August 8th at 7 p.m. The package includes four seats, ball caps, and McDonald's Extra Value Meals. [www.ridersbaseball.com](http://www.ridersbaseball.com).

Enjoy a night on the town. The city of Wylie is hosting a series of family concerts and movie nights. Artists, locations, and days vary so log onto [www.wylietexas.gov](http://www.wylietexas.gov).

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# Ladies Do Lunch

at La Flor Mexican Grill & Cantina in Murphy

by Lori Whitten of Poetry & Wylie

We chose Administrative Professional's day to come together for a lovely afternoon of feasting and friendship. Thank you Megan, as our Professional, we appreciate all you do for us. Anne was feeling a bit under the weather, and since none of us had the time to be sick – we put her in quarantine for the day and joyfully welcomed Megan, with her fresh and insightful perspective to join us.

This month, we decided to get our Chiquita swagger on at La Flor Mexican Grill and Cantina in Murphy, Texas. As a connoisseur of fine salsa I must say I love La Flor's homemade version – I can see each fresh ingredient and better yet I can taste them. Warm chips and my own personal bowl of fresh made salsa, life does not get much better than that. Except – when you add really good, chunky and homemade guacamole, which of course, we did. As sticklers for fresh ingredients and flavorful foods sometimes we ladies can be difficult to please. La Flor had no problem making us happy, both food and service where exceptional.

We ordered a nice sampling of food and came to the conclusion that we could not come to a consensus on what we liked



Photos by Anne Hiney.

best. For that reason, I will throw out a couple of statements from each "lady" and you might feel like you dined with us. "Just delightful", said Megan as she took a big bite of thick and juicy hamburger; if I might elaborate, these are not pre-fab burgers folks, they are the real deal and accompanied by great big and tasty steak fries. I loved the chicken enchiladas with sour cream sauce. The chicken was tender and moist and the sour cream sauce delicious - trust me that is not easy. The chicken enchiladas where accompanied by very flavorful southwestern rice and refried beans. Judy had crabs. Oops, I mean Judy liked the crabs relleno. "Warm, cheesy with a bit of a bite", said Judy, as the cheese dripped down her chin.

We saw Tres Leches cake on the menu and had a bit of a laugh over it. "Why is

it, everywhere we go is 'wet cake'", said one of our amigas – can you guess who? If you said Stacie, you would be correct. Then, when we asked Raul, our server, what desert he would suggest and he said, "Tres Leches", we all died laughing. He was of course, bewildered and some of you may be as well if you have not read all of our reviews. However, after much coaxing, Stacie tried the wet cake and proclaimed, "That was good". Success! "Mmmmm, sopapillas – Good", came from Becky – a beautiful lady with very few words. And I think I can sum up the entire meal on that note – Mmmmm good, the food, the service and the company.

We all agreed, we love La Flor, from the buttery golden walls, to the industrial black pipe exposed ceiling to the

burgundy striped booths. From the Tex-Mex to the down home American food. The service was probably some of the best we have experienced since we ladies began dining together each month. Raul, our server, was both wonderfully attentive and patient with us. I would like to point out that the ladies were neither refined nor well behaved on this outing; Raul deserves serious kudos for putting up with us. La Flor is located at 305 E. FM 544 in Murphy. They are open 7 days a week; Sunday thru Thursday 11 a.m. to 9:30 p.m. and Friday thru Saturday 11 a.m. to 11:30 p.m., they fea-



ture a full menu and full bar service. Go to [www.laflormexicangrillcantina.com](http://www.laflormexicangrillcantina.com) to view their menu online. I hope if you get the opportunity to eat out in the Murphy area you will stop into La Flor's, ask to be

seated in Raul's section and tell him the Wylie Lunch Ladies sent you. •

*Note from Anne - Sorry I missed it!*

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# Nursing as a Second Career

A stable and rewarding profession

by Jennifer Baylis of Methodist Richardson Medical Center

If you're thinking about a career in health care, experts say nursing is an excellent choice. In this weak economy, the demand for nurses is stronger than ever. According to the Texas Center for Nursing Workforce Studies, demand for full-time registered nurses (RNs) in Texas in 2008 exceeded supply by 22,000. The gap is projected to widen to 70,000 in 2020 as older nurses retire or reduce their hours and as the aging population needs more acute care.

Nursing has become a popular second — or even third — career. Harley Anderson of Richardson had worked in information systems and retail management before he decided to switch career paths.

"When I had an opportunity to go back to school, I looked at all the things I had enjoyed or had a passion for in my life," said Anderson, who now works as an RN in the Intensive Care Unit at Methodist Richardson Medical Center. "I knew I enjoyed helping people more than anything else I had ever done. I talked with my wife and friends and decided on nursing."

After taking prerequisite classes and maintaining a 4.0 GPA, Anderson was accepted into the nursing program at Texas Woman's University in Dallas. He graduated with his nursing degree in 2004.

"I am happy with the decision for many reasons," said Anderson. "It is a wonderful career that has great job security."

Roxanne Waltz, RN, supervisor of education at Methodist Richardson, agrees that nursing is a stable and rewarding profession.

"The ability to move anywhere at any time and secure employment is a huge plus," said Waltz. "Many people also realize they can get their nursing degree in a relatively short period of time, start earning a living, then bridge to a higher degree later."

Waltz explains that getting an associate degree in nursing is a common starting point, but these days the industry is really pushing for a higher level of education, which means pursuing your Bachelor of Science in nursing, a four-year program, after passing the state licensing examination. But it takes hard work and dedication.

"Make sure you have a good support system in place before beginning," said Waltz. "School and clinical rotations are

exhausting. You really need the support of your loved ones because everything gets put on hold for several years."

"Second career" nurses — many of them in their 30s and 40s — bring special qualities that are valued by employers.

"Their maturity, commitment, and work ethic really stand out," said Waltz. "Some good things come with aging."

And good things come with having a career you love.

"I love the interaction with patients and their families and being able to help them through an often difficult time," said Anderson. "It's not the easiest job I could have, but it's the most rewarding."

For more information about nursing degree programs, contact the nursing department at your local university or community college. •



Harley Anderson, RN

## RN Career Paths

**Although 60 percent of RNs work in acute care practice settings (hospitals, medical offices, health clinics), nearly 40 percent of today's registered nurses (RNs) in Texas work in other health care venues.**

- Advanced nurse/clinical practitioner
- Consultant and private ventures
- Collaborative practice
- Alternative care
- Educator (patient, health, secondary and higher education)
- Community care
- Elected official, policy maker, or lobbyist
- Editor/author
- Corporate business
- Pharmaceutical/medical supply sales and marketing
- Law practice
- Computers and informatics
- Federal/armed services

Source: Texas Nurses Association

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