

# The Connection

*Wylie • Sachse • Murphy Community Magazine*

## Ginger Goes Green!

### Summer Games to Watch & Play

### A Farewell from Sadie

### Derek Draper



July • August 2008

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photo by Anne Hiney

Ginger Roady is a Rock'en Recycler!

Just for fun, find the butterfly! Last issue it was hidden in the cat photo on page 26. We made it a bit bigger this issue.



We owe Sachse's Fire Chief Doug Kendrick and his two dogs, Bexar and Smoky a huge apology!! We accidentally left them out of our photo collage in the last issue. Please forgive us!

## BUSINESS SPOTLIGHT

### 5 TASTE OF HOME AND ALMOST HOME

The Connection  
Wylie • Sachse • Murphy Community Magazine

A Wylie Chamber of Commerce Publication  
108-A W. Marble | Wylie, TX 75098  
Telephone: 972-442-2804 Fax: 972-429-0139  
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For information about advertising in The Connection Magazine please contact Becky Lindstrom at 972-442-2804 or blindstrom@wyliechamber.org. Story ideas should be submitted to Anne Hiney at theconnection.anne@mac.com.

The Connection is published bimonthly by the Wylie Chamber of Commerce. The Connection is mailed free of charge to over 27,000 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 regarding health, finance and other matters should be made after consultation with the reader's professional advisors.

We made a couple of typographical errors last issue, thanks for keeping us on our toes!

## Spotlight on Taste of Home and Almost Home two NEW Hot Spots in Wylie



If you didn't know, you'd think Kathy Goodwin and Stephanie French had known each other for years. In fact, the opposite is true. Kathy Goodwin had owned Taste of Home and Almost Home in historic downtown Wylie for over eight years. Stephanie and her family moved to Sachse three years ago. It was only by the good Lord's handiwork that Kathy and Stephanie came to be good friends. "It was an accident that I came into Almost Home in the first place," Stephanie said. "I overheard Kathy talking to a client about Almost Home needing a new owner." That was January 5, 2008. One month to the day later, February 5, 2008, Stephanie bought Almost Home from Kathy. Together they each began a great journey.

For Kathy the journey meant she and her husband Scot had to prepare for one of the biggest moves of their lives, re-opening Taste of Home in a new location. The setting is beautiful. Surrounded by ancient and lofty oak trees the restaurant has relocated to a historic house built in 1901. Extensively restored to its original beauty, you feel like you have stepped into Kathy and Scot's charming home. Original hardwood floors and beautiful antiques complete the look on the inside. Outside there is a wrap around porch and wind chimes gently swaying in the breeze. Taste of Home re-opened its doors on Monday, June 16th to a crowd of anxious and hungry patrons. "Scot and I have prayed for Taste of Home to be the type of restaurant that Wylie and the surrounding cities will be proud to welcome to this historic area." Transitioning from only serving lunch to serving a full menu was easier than expected. Kathy has the support of her knowledgeable and loyal staff including her newest addition, Chef Peter Genera, a local from Sachse. Chef Genera is an Executive Chef with over 30 years of experience. His most recent position before coming to Taste of Home was with the Renaissance Hotel in the Dallas area. Chef Genera is another bit of God's handiwork.

Stephanie's journey meant embarking on a lifelong dream of owning her own retail store and becoming a voice in the community. Being relatively new to the area, Stephanie had not visited downtown Wylie until the day she walked into Almost Home. Since then she, like many others, has fallen in love with the small town community feel that defines Wylie. As Stephanie puts it: "We are in the middle of this thriving city yet there is nostalgia everywhere. I am staying with the traditions of furniture and antiques, but I'm adding a bit of European flavor to the mix by bringing in a French Country inspiration to the shop. I also have my own exclusive line of bath and body products called Curatif, candles and fragrance burners as well as terrific gifts for all occasions. I have met some amazing and talented people in Wylie such as artists, seamstresses and jewelers. I was given an amazing opportunity and I want to pass that opportunity along."

Stephanie and several new local merchants have opened a series of mini-stores within Almost Home. Inside you will find everything from antiques to baby clothing and all things in between. Stephanie said, "we are trying, as merchants, to help the local community save on gas by creating a one-stop shopping experience. I know you are going to love what we are doing!"

Historic Downtown Wylie is on Ballard Ave. north of Highway 78. Stop by to enjoy an award winning lunch at Taste of Home with Kathy, shop Almost Home with Stephanie and search for amazing goodies all over downtown Wylie. Taste of Home, located at 302 North Ballard Ave., is open 7-days a week: Mon - Thur 10:30 - 8:30, Fri - Sat 10:30 - 10:00, Sun 10:30 - 2:30 and offers delivery to the local Wylie area. Please call 972-442-9797 for more information and visit their website at [www.tasteofhomewylie.com](http://www.tasteofhomewylie.com) to view their new menu. Almost Home is open Monday through Saturday 10 a.m. to 5 p.m. and remains located in the downtown strip at 102 B North Ballard Ave. Please call 972-941-9393 for more information.



## July Events

### Wylie United Methodist Church Summer Camps

- Music and Drama, Art and Worship, and Adventure Camp  
Contact Lezlie at 972-442-5835 or visit [www.wylieumc.org](http://www.wylieumc.org) for more information on the dates, times and to download a registration form.

**Ongoing** - Heard Natural Science Museum and Wildlife Sanctuary - **Live Animals of the World:** A Conservation Exhibit located at One Nature Place, McKinney, TX 75069. General Admission: \$8 adults; \$5 kids 3-12 & seniors; Members are free. For more info visit [www.heardmuseum.org](http://www.heardmuseum.org) or call (972)562-5566.

**Thru Aug. 31st** - Heard Natural Science Museum and Wildlife Sanctuary - **Rat Snakes to Rattlers:** Live Texas Snakes located at One Nature Place, McKinney, TX 75069. General Admission: \$8 adults; \$5 kids 3-12 & seniors; Members are free. For more info visit [www.heardmuseum.org](http://www.heardmuseum.org) or call (972)562-5566.

**July 3rd** - Sachse Library presents **Sandy Shrout's Puppets** at 11 a.m. 3815 Sachse Road, Suite C, (972)530-8966. [www.cityofsachse.com](http://www.cityofsachse.com)

**July 3rd** - The City of Sachse and the Sachse Economic Development Corporation **Fireworks Spectacular** starting at 9:30 p.m. The firing site will be Heritage Park, 4401 Hudson Drive in Sachse, just off of Miles Road. Presented by Zambelli Fireworks Internationale, the show will last approx. 25 minutes. For more information call 972.495.1212, ext. 21.

**July 3rd** - City of Wylie **Fireworks Display** in Founders Park behind Wylie High School begins at 9:30 p.m. (No concert this year) FREE

**July 4th** - Sachse's Annual 4th of July Parade. It's time to decorate your float, bike, motorcycle, scooter, roller blades, stroller or your walking shoes and join us! This year's theme is "Reach for the Stars". Interpretation of the theme is entirely up to you. It could be movie stars and Hollywood or celestial stars and space. Entries of all sizes are welcome and will be judged based on the best, most creative display of the theme. Line up in the Library parking lot, 3815 Sachse Road, at 9:30 a.m. At 10 a.m. the parade will proceed up Miles Road and end at Heritage Park, where awards will be announced. There will be games so hang around after the parade for the Sachse Fire Department's "splash down". Hope for a warm, sunny day. If you have any questions please contact the Parks and Recreation Department at (469)429-0275.

**July 4th** - Plano Symphony Orchestra presents **Patriotic Pops** featuring Town North Plano Men of Note and Rich-Tone Chorus. 3 p.m. at Charles Eisemann Center for Performing Arts, 2351 Performance Dr., Richardson, TX 75082. Tickets \$10-\$35. Add \$2 at the door. To order, call the box office at 972-473-7262. [www.planosymphony.org](http://www.planosymphony.org)

**July 8th** - Sachse Chamber of Commerce **Annual Mayoral Luncheon**, Northplace Church, Sachse. 11:30 a.m. Go to [www.sachsechamber.com](http://www.sachsechamber.com) to RSVP.

**July 10th** - Sachse Library presents **Jungle Jim's Bugs** at 11 a.m. 3815 Sachse Road, Suite C, (972)530-8966. [www.cityofsachse.com](http://www.cityofsachse.com)

**July 11th** - Wylie Summer Concert Series - July Jubilee Street Dance featuring Brent Frailicks on Ballard St. in Downtown Wylie at 7:30 p.m. FREE

**July 14th - Sept. 28th** - Heard Natural Science Museum and Wildlife Sanctuary presents **Native Texas Butterflies**. Experience the splendor of Native Texas butterflies! Be immersed among hundreds of butterflies in an 800+ square foot butterfly house. The exhibit also creates a beautiful place for pictures. One Nature Place, McKinney, TX 75069. General Admission: \$8 adults; \$5 kids 3-12 & seniors; Members are free. For more info visit [www.heardmuseum.org](http://www.heardmuseum.org) or call (972)562-5566.



**July 15th** - Murphy Chamber of Commerce **Monthly Luncheon Meeting**, Woodbridge Golf Club Pavilion, Wylie, 11:30 a.m. Guest speaker:

James Tucker, Small Business Association. For information about the Murphy Chamber or to make a reservation for the lunch, contact Sammie Hampton, (972)881-2342. [www.murphychamber.org](http://www.murphychamber.org)

**July 17th** - Sachse Library presents **Amazing Balloon Show** at 11 a.m. 3815 Sachse Road, Suite C, (972)530-8966. [www.cityofsachse.com](http://www.cityofsachse.com)

**July 17th** - Wylie Summer Concert Series featuring the Vegas Stars at 7:30 p.m. FREE in Olde City Park, Downtown Wylie.

**July 23rd** - Murphy Chamber Come & Go Lunch - 4th Wednesday, 11:30 - 1 p.m. Check the website for location at [www.murphychamber.org](http://www.murphychamber.org)

**July 24th** - Sachse Library presents **Jubilee Jamboree** at 11 a.m. 3815 Sachse Road, Suite C, (972)530-8966. [www.cityofsachse.com](http://www.cityofsachse.com)

**July 25th** - Wylie Friday Family Movie Night will be playing Shrek the Third, 9:30 p.m. FREE in Olde City Park, Downtown Wylie.

**July 25th** - Sachse Community Coffee - 8 a.m. Sachse Christian Church, 5005 Ben Davis Road, Sachse then at 9 a.m. Partners in Business Presentation, by Barry Shelton, Director of Community Development, City of Sachse. [www.sachsechamber.com](http://www.sachsechamber.com)

**July 26th** - "Cars Under the Stars" Car & Motorcycle Show from the Sachse Chamber of Commerce in Kroger Parking Lot, Sachse, 7 to 10 p.m. [www.sachsechamber.com](http://www.sachsechamber.com)

**July 26th** - Sachse's Laurie Schwenk Senior Center is going to the Garland Theater to see the "Will Rogers Follies - A life in revue". Deadline is July 22 to make your reservation and payment. Tickets are \$24.00 each. Call (972)495-6282 for more info. [www.cityofsachse.com](http://www.cityofsachse.com)

**July 26th** - Night Hikes at the Heard Natural Science Museum and Wildlife Sanctuary. To make reservations or book a private night hike, email [smann@heardmuseum.org](mailto:smann@heardmuseum.org). Night Hikes are offered at \$12.00 per person for public, \$10.00 per person for members. Payment is required to reserve your place. All Night Hikes will last 30 to 60 minutes. Be sure to check back for dates available in all four seasons! 8:15 p.m. start time. [www.heardmuseum.org](http://www.heardmuseum.org) or (972)562-5566.

**July 31st** - Sachse Library presents **End of Program Party** at 11 a.m. 3815 Sachse Road, Suite C, (972)530-8966. [www.cityofsachse.com](http://www.cityofsachse.com).

**July 31st** - Wylie Summer Concert Series featuring Professor D and the Playschool at 7:30 p.m. FREE in Olde City Park, Downtown Wylie.

**Every Wednesday** - Wylie Chamber of Commerce **Business Card Exchange** is held at the Woodbridge Golf Course club house, 7400 Country Club Dr., Wylie. Join us to 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)

**Wylie's Smith Public Library** For a complete listing of Summer Programs for Children, Teens and Adults please visit [www.wylietexas.gov/Library/](http://www.wylietexas.gov/Library/)

## August Events

**Aug. 3rd - 9th** - Fall Trading Closets - Time for an old fashioned clothing swap right before school begins. Bring items that no longer fit your children and trade them for things that do fit. Please bring gently used items. Wylie United Methodist Church, 1401 FM 1378, Wylie, Contact Lezlie at 972-442-5835 for more info. [www.wylieumc.org](http://www.wylieumc.org)

**Aug. 7th** - Wylie Summer Concert Series featuring the Hard Nights Day (Beatles Cover) at 7:30 p.m. FREE in Olde City Park, Downtown Wylie.

**Aug. 12th** - Sachse Chamber of Commerce **Monthly Networking Luncheon**, Northplace Church, Sachse. 11:30 a.m. [www.sachsechamber.com](http://www.sachsechamber.com) to RSVP.

**Aug. 13th** - Wylie ISD **New Teacher Luncheon** sponsored by the Wylie Chamber of Commerce. For more info contact the Chamber at (972)442-2804 or visit the website [www.wyliechamber.org](http://www.wyliechamber.org).

*Continued ~*

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**Aug. 13th - Financial Peace University** - Enroll now for a 13 week class that will help you find Financial Peace. You will need to purchase a membership kit before the first class. Classes begin August 13 at 7:00 pm at Wylie United Methodist Church, 1401 FM 1378, Wylie. Please e-mail Pastor Donna Sutton (donna.sutton@wylieumc.org) or call the church office at 972-442-5835 to enroll.

**Aug. 14th - Wylie Summer Concert Series** featuring the Brave Combo at 7:30 p.m. FREE in Olde City Park, Downtown Wylie.

**Aug. 14th - Financial Seminar** at Sachse's Laurie Schwenk Senior Center at 10 a.m. Reservation required for this luncheon seminar. (972)495-6282 for more info. www.cityofsachse.com

**Aug. 16th - Sachse's Laurie Schwenk Senior Center** is coordinating an outing to Cleburne to the Plaza Theater to see live theater - "Smoke on the Mountain". Tickets are \$7.00 each. You must be signed up and paid by August 12, (no refunds after this date). Call (972)495-6282 for more info. www.cityofsachse.com

**Aug. 18th - 22nd - Lipid Profile and Glucose Screening** - Test your blood fats, including cholesterol and glucose, at Richardson Regional Medical Center. Stop by the Medical Plaza I Conference Center (403 W. Campbell Road) between 7 a.m. to 10 a.m. No appointment necessary. Cost is \$15. A 10-hour fast is required. For more information, call (972) 4 DR LINE.

**Aug. 24th - Round up and Blessing of the Back Packs** - Time to go back to school is around the corner. Begin the school year with a back pack blessing for the kids and find other parents like you to help and support you in the new school year. 8:30, 9:45, and 11:05 a.m. at Wylie United Methodist Church, 1401 FM 1378 Wylie. www.wylieumc.org

**Aug. 19th - Murphy Chamber of Commerce** monthly luncheon meeting, Woodbridge Golf Club Pavilion, Wylie, 11:30 a.m. For information about the Murphy Chamber or to make a reservation for the lunch, contact Sammie Hampton, (972)881-2342. www.murphychamber.org

**Aug. 27th - Murphy Chamber Come & Go Lunch** - 4th Wednesday, 11:30 - 1 p.m. Check the website for location at www.murphychamber.org.

**Aug. 29th - Sachse Community Coffee** 8 a.m. Sachse Christian Church, 5005 Ben Davis Road, Sachse then at 9 a.m. Partners in Business Presentation, by Barry Shelton, Director of Community Development, City of Sachse. www.sachsechamber.com.

**Aug. 29th - Dec. 31st - Dinosaurs Alive! Life-Size Animatronic Dinosaurs at the Heard Natural Science Museum and Wildlife Sanctuary.** Encounters with 12 life-size animatronic dinosaurs will be fun for you and your kids. Watch our website for updates about this exciting event at www.heardmuseum.org or call (972)562-5566. •

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## Local Organizations

**Dyslexia Advocates of Wylie** (formerly PIRATES Dyslexia) is a Parent Support Group for parents of dyslexic children that meets bi-monthly at 7 - 8 p.m. at McMillan Jr. High, 1050 Park Blvd., Wylie, TX, 75098 Go to [www.dyslexiaadvocatesofwylie.com](http://www.dyslexiaadvocatesofwylie.com) for dates and more info.

**Exchange Club of Murphy** is a volunteer service organization for people who want to serve their community, develop leadership skills and enjoy new friendships. Programs include: Child Abuse Prevention, Americanism, Community Service and Youth Activities. We meet the 2nd and 4th Tuesday of every month from noon to 1 p.m., Pecan Hollow Golf Course Grill, 4501 East 14th Street, Plano. Contact: Debra Chiarello 214-641-9970.

**Exchange Club of Sachse/Wylie** 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. Meetings are held at various local restaurants, meeting times vary. Please call 214-498-6875 for additional info.

**Garland Quilt Guild** meets the first Tuesday of each month at First Presbyterian Church, 930 West Avenue B, in Garland at 7:00 p.m. (except December) Located at the corner of 9th and Avenue B in Garland Texas. For more info visit [www.garlandquiltguild.org](http://www.garlandquiltguild.org) or contact Allison Ray at 972-941-0860 or [allisonray@gmail.com](mailto:allisonray@gmail.com).

**Genealogy Friends of Plano Libraries, Inc.** presents a Free Genealogy Seminar on the 3rd Saturday of each month from 10:15 a.m. - 12:30 p.m. at the W.O. Haggard Library Program Room, 2501 Coit Road, Plano. Public is welcome. For info visit [www.rootsweb.com/~txgfp](http://www.rootsweb.com/~txgfp), e-mail: [GenFriends@tx.rr.com](mailto:GenFriends@tx.rr.com) or call Jean Funk at 972-618-1580.

**In-Sync 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 a.m. - 6 p.m. 972-442-6888.

**MOMS Club of Murphy/Sachse** is a non-profit support group for stay-at-home moms and their children. Activities include monthly meetings with guest speakers, play groups, park days, MOMS Night Out, field trips and more. We participate in service projects to benefit children in the community. Contact Kelly Criss, Membership VP, at 972-429-1890 or [crissx3@verizon.net](mailto:crissx3@verizon.net) for meeting times.

**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 the 1st Thursday of the month. Contact Membership Chair, Shannon Morris: (972)461-0995 for info. [www.wyliemomsandmore.org](http://www.wyliemomsandmore.org).

**MOPs** of Sachse/Wylie/Murphy - Mothers of Preschoolers meet at Park Lake Church in Sachse Texas on the 1st & 3rd Wednesdays of the month from 9 a.m. - 12 noon. Childcare is provided. To reserve your spot in childcare or for more info please contact Lavonne Hernandez at 972-575-8222 or [mops@parklakechurch.com](mailto:mops@parklakechurch.com).

**Sachse Historical Society** meets the 3rd Saturday of the month, 9:30 a.m., Sachse Historical Museum, 3033 6th St. Museum is open for visitors every 2nd & 4th Saturday from 1 - 4 p.m., every Tuesday from 10 a.m. to 1 p.m. and by appointment for visitors and tours, 972-495-1231.

**Sachse Lion's Club** meets the 3rd Monday of the month at Steak Kountry, 7010 Highway 78 at 6:30 p.m. We participate in fund rais-

ers throughout the year that benefit several organizations including the Blind Leader Dog program and Air Challenge, a program that takes disabled children for airplane rides. We also support the Vision Impaired Olympics summer camp for kids. The Sachse Lions also assist with building Habitat for Humanity homes.

**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 info.

**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. TTPA 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 info call Betty Van Houten at 214-864-4066, [www.trinitytrailriders.org](http://www.trinitytrailriders.org).

**Wylie Friends of the Library** meets the 3rd Thursday of each month, 6 p.m. at the Rita and Truett Smith Public Library, 800 Thomas, in the Bluebonnet Room, 972-442-7566.

**Wylie Lions Club** meets the 2nd and 4th 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 the group for lunch. Call Ada Mooney for more info at 972-771-5551.

**Wylie Lions Club - Evening Branch** meets the 1st & 3rd Thursdays of the month at Steak Country in Sachse at 6:30 p.m. Contact Carl Bodine at 469-951-4344 for info.

**Wylie Rotary Club** meets weekly on Thursday at 12 noon at Woodbridge Country Club. Contact Joe Helmlinger at [johelmlinger@verizon.net](mailto:johelmlinger@verizon.net) for additional info.


**Wylie Wisecrackers**, a Toastmasters club serving Wylie, Sachse, Murphy, and Lavon, meets every Wednesday from 6:30 - 7:30 p.m. at Napoli's Pizza & Restaurant, 701 N. Hwy 78. All are welcome. We offer a "learn by doing" educational program in which members hone their skills in a comfortable and supportive club atmosphere. Members practice effective public speaking techniques, gain valuable leadership experience, and, thus, gain personal confidence. For more info visit [www.wylie.freetoasthost.com](http://www.wylie.freetoasthost.com) or contact Katie Shockley at [katieshockleydtm@yahoo.com](mailto:katieshockleydtm@yahoo.com) or 469-757-0952.

**Wylie Women's League** Meets the 1st Thursday of each month. Contact Stacey Daniel at 469-964-7425 or [daniel21@verizon.net](mailto:daniel21@verizon.net) for more info. •

### Got something going on?


To submit your special event to the Sept/Oct community calendar send an e-mail to [theconnection.anne@mac.com](mailto:theconnection.anne@mac.com) no later than August 10th. 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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# Meet the Rock'en Recycl'en Roadys

by Jan Doleh of Sachse

**G**inger Roady might look like a normal nine-year-old, but she's trying to start a revolution in Wylie – a GREEN revolution.

Ginger and her mother, Marla, have dubbed themselves "The Rock'en Recycl'en Roadys." Full of creativity, they are a team that knows how to make recycling and living green fun for the whole family. They practice conservation at home by doing things such as turning off the water while brushing their teeth and not throwing away anything that can be recycled.

One of their green ideas is called "Trash Into Art." "We collect all kinds of things that might be considered trash and use them to design little-to-no-cost craft projects," Marla said. "This includes broken crayons, paper clips, old hangers, bottle caps, all kinds of plastic food containers, plastic sacks, and scraps of paper. Making a great project out of trash is about instilling good values while spending time together."

An example of a "Trash Into Art" project is on display in the Roady's home. It's a large scene of colorful flowers with a cheerful cloud-filled sky. The materials used in this project include biodegradable red and green paper leftover from Christmas, bubble wrap for the clouds, strips of green cabinet-liner material for flower stems and leaves, clip art enlarged on a copier, and confetti-filled apple-sauce containers in the center of the large flowers. The entire scene covers a big piece of leftover cardboard. Packing tape around the border provides a finished "frame."

One of Ginger's recycling ideas has been used to make cheerleader pom poms. The project calls for fifteen to twenty used plastic grocery bags, tape or twist-ties, markers, and a pair of school safety scissors. By binding the bags together about five inches down the handles and then cutting the bottom parts of the bags into eight-inch strips, the pom poms take shape. You can add colored curling ribbons to decorate them in school colors.



Ginger & Marla Roady with examples of recycle projects.



Ginger with her display of recycled summer craft ideas.

## Summer Craft Projects for Kids

The Roadys have a list of summer craft projects to share with Ginger's Girl Scout troop and other interested families. All are made of recycled materials that most households will have. For example, wind chimes can be made out of ribbon, old CDs and garage sale flatware. You can create a tic tac toe game using old cardboard and yellow and blue bottle caps or straight and curly pretzels. Want a no-cost set of bowling pins? You can make them out of Gatorade Rain bottles filled with leftover pieces of crayons.

"One of our totally green summer craft projects is a 'Rock'en Guitar' for kids," Ginger said. "We make it out of a tissue box, a paper towel holder, Christmas curling ribbon, paper clips, teacher reward stickers, and foam stars." It's great for kids to pretend to play while lip-synching Hannah Montana's 'This Is the Life' and other girl-empowering songs.

Ginger invented another practical project, the Green Arts and Crafts Hanger, to solve a common problem. She wanted to display her best school work at home without making too much clutter. First, Ginger found an old plastic clothes hanger and decorated it with stickers. She then attached several plastic carry-rings from a 12-pack of Gatorade Rain 20-ounce bottles. Last, she put a paper clip on each ring and clipped her special papers to the hanger. With her Green Hanger, Ginger always has her favorite papers on display at home for everyone to enjoy. "This simple project has made me see the 'green' of recycling instead of the 'red' of a mess of school papers," Marla said.

At the end of the school year, Ginger's class and the principal at Akin Elementary were inspired by her "Can Do" attitude and the innovative recycling projects. They incorporated the Rock'en

Continued ~



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Guitar, spirit pom poms and Green Art Hanger into their Frogfest, hoping to encourage others to save materials all summer long for future craft projects.

#### A Support-the-Troops Project

The Roadys like to create green products that help others, and one of Ginger's projects is specifically for our troops, firefighters, and policemen. "By using leftover balloons from a birthday party, we can make Stress Balls," Ginger said. "We fill the balloons with 'magic beans' (baby lima beans) and take them to Wylie's National Guard Armory. They help relieve stress and support our troops."

#### Eureka Park Project

Recently, the Rock'en Recycl'en Roadys have taken their "live green" ideas to the next level by adopting Eureka Park. It happened after Ginger and Marla walked to the park and saw that it needed



Girl Scout Troop 9373 - Rileigh, Marina, Hannah, Rebecca & Ginger

to be cleaned up. "We started picking up the trash and cleaning the tables with Wet Ones," Marla said. "Now we regularly visit the park and take our Clorox Green products to clean it up. It's a way to set a good example for others, build our mother-daughter relationship, and do our part to take care of Mother Earth."

Ginger's Girl Scout Troop has joined in the adoption of Eureka Park, and the park will be the site of a series of family fun dates around the theme "Think Green, Do Green and Live Green in Wylie." This summer, on the first and third Wednesday nights from 6:30 to 7:30, Ginger and Marla will be in the park to show parents and children how to make the most of recycling while making green games, toys, and art projects. As Ginger says, "Living green is not just fun; it's good for our community."

I only feel angry when I see waste. When I see people throwing away things we could use.

-- Mother Teresa



Ginger's "Can Do Award" from Akin Elementary School in recognition of her efforts to promote recycling.

Photos by Anne Hincy

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# A Farewell from Sadie

by Sadie Byboth of Wylie

Since I will be leaving for Louisiana State University in Baton Rouge, LA in just a few months, this story is my farewell piece for The Connection Magazine. And because I couldn't fit all of the people I would like to thank into a single story, I decided to pick just a few to highlight; the ladies whom I would most like to emulate throughout the rest of my life. Thank you ladies, for all you have taught me, shown me, and given me. Your friendships and guidance have meant more than I can possibly say.

While I did my time at Wylie High School, there were many faculty members who made my high school years fun and educational – a combination which surprises most students. But there were two women who put more effort into their jobs than almost anyone else. Their passion for what they do has taught me the importance of throwing myself into what ever path I choose in life.

your homework. But slowly and surely, we grew to love her and when sophomore year came around we begged her to move up a grade with us – and she did.

For two years, while we broadened our vocabularies, we also learned about life. Every tangent we led her off on somehow taught us a life lesson. Her patience with us was remarkable, and though she told us

see both sides. We would engage in all-out debates about what we thought, with Mrs. Anderson there as mediator, and by the end of the period I would have a different per-



Photos by Sadie Byboth & Anne Hiney

Sue Nicklas

spective on politics, people, or places.

We did a lot of work in that class but what I remember most is the way she did it with us rather than throwing the work in front of us. Mrs. Anderson somehow managed to weave the journal topic or the vocabulary list or the poem into seemingly-normal conversation, so sneaky that we teens didn't notice until we had filled a notebook paper sheet up.

Cindy Anderson

exactly what she thought of such-and-such on occasion, she was always motherly and kind – armed with a Hershey's Kiss in one hand and a vocabulary sheet in the other. Though she retired earlier this year, I'm positive Jan Sellars will always be a teacher – in life and in fun.

Jan Sellars



Mrs. Jan Sellars was the teacher every freshman dreaded seeing on their schedule at the beginning of the school year. She was strict, she made us do timed-writings, and worst of all, she actually expected you to do

If there was ever a teacher that made me think, it's Mrs. Cindy Anderson. Though she was always firm in her beliefs, she had a way of playing Devil's Advocate with real life issues or with literary topics, and forced us English III AP students to

Outside of high school, I have become close with some other ladies who mean as much to me as Mrs. Sellars and Mrs. Anderson. One such lady was a teacher herself for many years, and though I was never in her class, she has taught me a great deal about how to stand firm in my beliefs, regardless of the challenges I meet in life. My relationship with Mrs. Sue Nicklas began through my friendship with her granddaughter, Cori. Now, "Grandma Sue" and I have a standing breakfast appointment on Friday mornings at one of our favorite places: either Ballard Street Café and Grill or the Pirate Cove Café at Wylie High School. We talk about whatever we



Don & Lynn Ables

feel like, from school to politics to shopping. No stone is left un-turned when we two girls get together.

Grandma Sue is also my Sunday School teacher, along with her husband, Mr. Pete. Their Godly instruction perfectly complements their lifestyles and this leadership is what has helped me decide where I stand in life. When I grow up, I want to be like Grandma Sue. I want to be happily married to one man for life, surrounded by children and grandchildren and friends, teaching the next generation how to love God and live vibrantly.

Mr. Don and Mrs. Lynn Ables were my employers at my first real job. They helped me to find what I want to do in life. It was there at A Southern Lady Antiques Shop that I first realized I want to be an Antiques dealer.

The Ables gave me freedom to set up the store however I liked. Mrs. Lynn is a true "southern lady" and my respect for her grew quickly when I realized how much she knew about everything. Hair, make-up, nails, clothes, sewing, upholstery, furniture, candles, place settings, and family; if you can think of a subject, Mrs. Lynn knows something about it. In some miraculous way, she managed to combine work and play, responsibility and independence, so that I always felt confident. It's this love for the business that has made me who I am today. While my grandmother was facing ovarian cancer, Mrs. Lynn was a true friend to her and when she passed away, Mrs. Lynn and Mr. Don were the first ones on the scene to help our family. Without her fantastic cooking and amazing love, it would have been hard to recover.

There are a few special ladies in my life who haven't taught me in school and don't



Denise Carroll

quite fit the title of "grandmother" either. They are just as special to me as the others but their lessons in life and love have shown me an entirely new facet of the world. The Carroll family owns a shop in downtown Wylie that combines a salon, a jewelry store and a ladies boutique; in short, a woman's idea of heaven.

I was absolutely delighted to be hired because of the fascinating experience I could gain from working there. Mrs. Denise Carroll first tutored me in the ways of the boutique and then gradually extended my responsibilities. My favorite part is still designing the displays: matching bags to shoes, picking out outfits, and choosing jewelry. I have a blast working there. Denise was even kind enough to take me with her to The Dallas Market Hall on one of her ordering expeditions. She understands my interests and perspectives, and never hesitates to talk with me about whatever is going on, good or bad. When I first started to work for her, I was happy to have found

a job, some purses, and a cute pair of shoes. But best of all, at Indulgence Boutique, I found a true friend in Denise.

Mrs. Anne Hiney has been my editor for The Connection Magazine and all-around good friend. Regardless of how busy she may be, she always seems to be ready to go, nearly clairvoyant in her level of preparedness. Anne's always got a joke or pun at the tip of her tongue, and grows ideas that are as beautiful and as fruitful as her rather

remarkable garden. Anne's creativity varies from photography to art to jewelry to clothes, and in her amazing kindness, she has taught me some of her techniques. It is as a result of Anne's eternal quest to help people succeed in life that I started writing for



Anne Hiney

The Connection, as well as a host of other opportunities.

Her many talents and her zest for life have inspired me to try and live my life with the same passion. I suppose the best way to describe Anne is with one of her favorite sayings: Work like you don't need the money, Love like you've never been hurt, Dance like nobody's watching, Sing like no one's listening and Live like it's Heaven on Earth! •

*Good Luck at LSU Sadie, we will all miss you! ~ Anne*



## Derek Draper

Following the calling of his faith and his sport

by Scot Harrison the Voice of the Wylie Pirates

In Texas it is generally agreed that football is a religion. For Wylie's Derek Draper melding his love of the Lord and his passion for the pigskin has been a lifelong mission.

The son of longtime First Baptist Church Pastor Dr. Al Draper, Derek was raised in Wylie.

"Growing up in Wylie, there was just an expectation of excellence. I was in first grade when the Pirates won the 1977 state championship," Derek remembers. "As a kid all I wanted to do was play football for (then Pirates coach) Jerry Schaffer, Grant Teaff (the Baylor coaching icon), and (former Dallas Cowboys coach) Tom Landry."

As a sophomore he cracked the Pirates' starting lineup at defensive back earning Co-Newcomer of the Year honors. The next season Derek earned 1st Team All District honors as the Pirates made yet another run to the playoffs, then repeated the feat as a senior while also playing quarterback on yet another Wylie playoff team.

Though he admits to having a "feeling" that God was calling him to the ministry when he was in high school, Derek wasn't ready.

"Growing up I really didn't want to be in the ministry and work at a church. Dad had done that. But the Lord had other plans."

Football was still calling. Upon graduation in 1989, Derek's dream of playing at Baylor was realized. He walked on that fall.

"I remember all of us walk-ons were out there running," Derek says with a smile. "I was backpedaling as Coach Teaff walked by. My cleats caught the turf and I just fell backwards. That was the first impression I made on the coach."

Still, he made the team albeit in much the same way of the title character in the inspirational movie Rudy.

"We were called the EDT's, educated tackling dummies," Derek recalls.

But he was playing college football.

After two seasons as

a walk-on, he was called into Coach Grant Teaff's office in the summer of 1992. He had earned a scholarship.

Meanwhile his studies in Radio/TV continued.

"I wanted to take Dale Hansen's spot at Channel 8," Derek chuckles. "But I felt the Lord was calling me into a full-time Christian ministry after my freshman year."

In the fall of 1992 the football career hit a snag. Covering a punt on the road against UTEP Derek tore his ACL ending his season. He rehabbed and tried to come back for his senior year but Coach Teaff had retired and there was new staff. An injured hamstring before the season began was the final straw. Derek finished out the year as a graduate assistant having earned his degree the previous May.

Three years of study in Fort Worth at the Southwestern Theological Seminary awaited as did his future wife, Renee. They met at a retreat in 1995.

"It took about 5 years to talk her into marrying me," Derek says coyly.

He earned his Master of Divinity degree in May of 1997 and continued to serve as Student Minister in the Denton County town of Justin where he had started part-time in 1996.

By 2006, Dr. Al Draper was ready to retire. Derek's college buddy, Chris Segrist was chosen to replace the longtime Pastor at FBC Wylie. It wouldn't take long for Derek, Renee, and twins Guy and Jackson, now 3, to come back home.

It was only natural that Derek would soon be involved with the Pirates' football program. In addition to providing spiritual support, Derek took over coaching the summer 7-on-7 program, and in 2007 stepped into the radio booth to provide color analysis for the broadcast of Pirates' football games.

"I appreciate Coach (Bill) Howard letting me do some of these things," he says. "I want to do all I can to help all those guys out."

Derek is looking forward earning his doctorate with an emphasis in student ministry in December.

"I would like to stay in the student ministry as long as I can," he says. "I feel like the Lord has called me to serve students. I love what I am doing."

Meanwhile he fervently fuses his faith and football.

"I loved the defensive side because you got to hit people," he laughs. "But it's a game within the rules and I believe as a Christian, my relationship with the Lord; that had an impact on what I did. Whatever I did I tried to do the best that I could and do it for the Lord. I still have that same mentality." •



Derek Draper

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# Let's Go Out To A Game!

## FC Dallas Soccer

This is a tale of two families, each with 2 adults and two children, who went different ways to the FC Dallas game against the David Beckham led - Los Angeles Galaxy.

Family A chose the economical route, while Family B went without an eye on the wallet. Family A arrived in Frisco early, parked for free behind the shopping area and ate at the Mexican Restaurant just south of Pizza Hut Park. They had appetizers, chips and beverages before walking across Main Street into the stadium. They purchased 4 of the south end zone seats and settled in to enjoy the game.

Family B arrived at Pizza Hut Park and cruised into the Gold Parking section, walking a grand total of 50 yards to get to their seats in the south end of the stadium next to Family A. Before half-time they purchased 2 Hot Dogs, 2 Pizza's (it is Pizza Hut Park you know,) a small popcorn

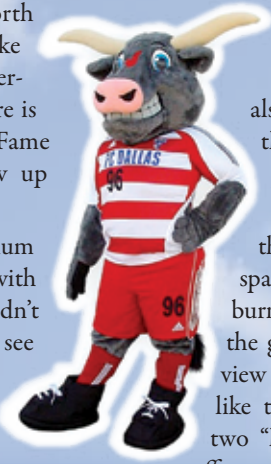
and Gatorade for all four. Aside from the Cotton Candy purchase and a few runs to the bathroom, they enjoyed the game next to Family A.

### Financial Totals for the evening:

Family A	Family B
<b>Tickets for 4 (\$72)</b>	<b>Tickets for 4 (\$72)</b>
<b>Parking (Free)</b>	<b>Gold Parking (\$10)</b>
<b>Mexican Food Appetizers and Beverages (\$36)</b>	<b>2 Hot Dogs, 2 Pizza's, 1 Small Popcorn, 4 Gatorades, 1 Cotton Candy (\$45)</b>
<b>Total for Family A: \$108</b>	<b>Total for Family B: \$127</b>

Overall the Pizza Hut Park outing was a very family friendly one. There is a bouncy, inflatable kid's zone free to the little ones outside the North entrance. This is a great place to take the young ones to burn off a little energy before going into the stadium. There is also the Texans Credit Union Walk of Fame that is a must-see for anyone who grew up playing soccer in this area.

Inside the stadium concession areas with the little ones didn't there are plenty of space to walk around (if burn off enough energy), and still be able to see the game. The end zone seats offer a great view of the action and for those that like the left to right TV view, there are two "huge" screens in the north end that offer replay for anything you missed. Sitting in the end zone also gives you a nice breeze, which



is important as the FC Dallas season does run through the summer months.

A few hints if you are planning to head to a game. Get in touch with your Frisco friends for any short cuts they might have to offer. The Dallas North Tollway now runs right to Pizza Hut Park (Main Street exit), but the exit has a tendency to back up and slow your arrival quite a bit. So leave for the game early or have good knowledge of the shortcuts. You also want to remember to take some cash with you as the credit card machines went out during this game and turned away some hungry people.

All in all the experience was a great one, the stadium is beautiful and the crowd was into the game. Unfortunately on this day FC Dallas wasn't into the game, as the Los Angeles Galaxy cruised to a 5-1 win. Win, lose or draw, both Family A and Family B will be back for more soccer action. •

## RoughRiders Baseball

It's hot....and that means it's Baseball Season!

The afternoon started off quite warm but it turned into a beautiful evening to watch a baseball game. As we entered Dr. Pepper Ballpark located in Frisco, we were greeted by the cheerful RoughRiders staff and the smell of ballpark refreshments. Anxious to locate our seats (we were privileged to have tickets for the "Teddy Bear" club) we found them to be right at the first base line. This section provides all-inclusive food and drinks till the end of the 6th inning. If you elect to go ala-cart you will find a selection that includes everything from the traditional hotdogs, pretzels and peanuts (all moderately priced) to gourmet steak sandwiches and Dippin' Dots® ice cream complete with a souvenir cup!

The entertainment this facility provides not only keeps people of all ages wondering what comes next, it also allows the crowd to interact throughout the evening. Adults might be caught on the giant Rider Vision screen

and asked to "flex their muscles" or be selected to participate in baseballs version of "the newlywed game". Deuce and Daisy, the beloved mascots of the Rider team, not only provided an entire evening of dancing amusement they also allowed many opportunities for children to interact with them on the field. Whether it's a game of "musical chairs", "the hula hustle" or the 5th inning "prairie dog punch-out" one thing is for certain you'll have plenty to keep you entertained.

The RoughRiders offer many promotional specials to meet all of your family or large group baseball outing requirements, providing an all around experience that is second to none. Complete with recognition of participating companies for the evening they also send a welcome to those celebrating their birthdays or other special events. Should you be lucky enough to witness a home run (and this evening we had two!) you will also be treated to a round of fireworks to celebrate the fantastic hit. Be sure to contribute to the home run



collection boot that is passed throughout the stadium. The proceeds benefit the player who has knocked it out of the park!

And speaking of knocking it out of the park, how would you like to be enjoying a cool dip in a swimming pool and suddenly be interrupted by a baseball landing in the pool.....Splash!! You should hope that happens in the bottom of any inning because it means the RoughRiders have just hit another home run. Believe it or not there is a full size swimming pool in right field. This is another one of the spectacular amenities you'll find at the Dr. Pepper Ballpark. Imagine, you and up to 24 other people enjoying some of the best seats in the house pool side. But that's not all, because as part of the experience you are treated to a personal attendant preparing freshly grilled food for you. They have a complete menu including various frosty beverages to help keep you cool while our Frisco boys of summer get their bats and their game smokin' hot.



Overall our experience at the ballpark was certainly one we will repeat before the close of the season. After 12 innings (yes, 4 hours and 36 minutes of baseball!) our score for the evening was Riders 6 – Rockhounds 5, Homeruns = 2, Broken bats = 2, 2 free t-shirts, a souvenir cup (yep, I caved to the ice cream) and a baseball from the team. I would also like to extend a special shout-out to Matt Stamm, from the Riders entertainment staff, for making our evening extra special.

The RoughRiders are a AA affiliate of the Texas Rangers Baseball organization. Ticket prices range from \$10 to \$19 depending on seat location. RoughRiders has teamed with Kroger to offer a \$7 lawn ticket package that includes a free cap and hotdog when purchased with your Kroger Plus Card. If you haven't checked around lately it's become mighty pricey to have an outing with friends and family. The accommodations and staff at the Dr. Pepper Ballpark make it one of the best values in the metroplex and these will be memories you'll hold on to for years to come. •

photos courtesy of FC Dallas & RoughRiders



## Paintball Pandemonium

A modern day version of playing Cowboys and Indians

by the Warriors of Wylie

**R**eady... Aim... Fire! And most importantly DUCK!! We never new we were going to be in the position we were in while playing paintball (now we know why we had to sign the waiver)!

As an added bonus on my birthday, courtesy of one of Wylie's local businesses (PizzaMan, you know who you are!) Mom had promised to take me and my friends on a mission to Fort Paintball located in Parker for an afternoon of action.

We were kinda nervous going into this because most of us didn't know what it was going to be like - especially since the waiver alerted us to the possibility of death. After we got our paintball guns and gear we were feeling slightly more confident as we began to march out to the first playing field. When we got out to one of the playing fields we started to feel a little uneasy about the cover (it was just some barrels and two foot high walls).

During the first round nobody on our team did too well. We were out-matched by a group of teenagers and grown ups. As they began their assault they had us all surrendering in less than a minute. Once round two began and we switched sides, we doubled our warrior skills and lasted about twice the amount of time as in the first round (two minutes)! That major improve-

ment led us to believe we had gotten the hang of things on the battlefield.

Round three - massacre. It wasn't pretty. We had men down all over the place. We regrouped and decided now



Wylie Warriors ready for action!



Laying low.

would be a good time to rethink our strategy and refill our ammo. In other words Mom made us take a break and eat lunch while we surveyed the damage done to our troops.

As we headed back out we were all in agreement that this would be our last stand! Victory would be ours! We headed to the hill (a.k.a. "the Fort") with a secret weapon; we knew we would conquer the enemy at last! The paintball grenade... many would consider this a weapon of great power, however you have to keep it in your pocket for it to be effective. It mysteriously ejected itself while I was running for cover.

In spite of our sneak attack plan

being sabotaged by a renegade grenade, The Fort was the best round, but by far the longest and hardest. We would recommend Fort Paintball for new and expert players alike. It has great playing fields and offers a great experience for all you new players out there in magazine reader land. Just remember kids, while paintball may occasionally sting and sometimes end in defeat, it's always about having fun with your friends. Overall, the Fort Paintball experience was totally awesome!!!!

Fort Paintball is located on over 40 acres of open meadowlands in Parker, TX - north of Southfork Ranch. They have nine different fields, including 5-man and 10-man Lego Fields and a chance to Storm the Fort!!! Fields are within walking distance of the entrance and there is a covered staging area, picnic tables, and plenty of parking. They have complete rental packages that include marker, mask, all day CO2 refills, and 100 rounds of paintballs. You can call 972-442-9777 (field number) or 214-929-0256 (after hours) for more info, or visit their website [www.fortpaintball.com](http://www.fortpaintball.com). Summer hours are Wed., Fri., Sat. and Sun. 10 a.m. - 8 p.m.

See you next time on the field! •



The Fort

Don't shoot!

photos by Anne Hiney & Becky Lindstrom

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## Playing Golf with a Disc

A fun outing for the whole family

by Anne Hiney of Wylie

It was a beautiful afternoon as we made the 20 minute drive to the Alex Clark Disc Golf course in McKinney (just north of El Dorado Pkwy. on the west side of Central Expressway). It had been several years since we last played, and this was our son's first time. Everything was going just fine, but stay with me dear reader, it gets funny.

The park is very shady with massive old trees. These often serve as challenging obstacles for us novice players but make for a very pleasant setting in the summer heat. A creek runs alongside the course and you cross over it after the second hole. Remember this creek, I'll be coming back to it.

The course has 18 holes, just like traditional golf. Each hole has a par that you try to make, just like traditional golf. But unlike traditional golf you are using a Frisbee® style disc for a driver and putter.

Sounds simple, right? In theory, yes! In reality, not so much!! It takes skill to throw an 8 inch flat round object in a straight line. It tends to go in all sorts of interesting directions. For my family, that direction had a strong tendency toward the left. Now I'm sure it is probably operator error but I like to think since we all had the same problem it was the disc's fault. Not likely, but it's my story and I'm sticking to it!

Slowly but surely, we made our way around the course. Each tee had a sign showing the number, location and distance to the basket (hole). Some were missing, (park vandals strike again), but you could easily figure out the way to throw because the baskets are numbered as well.

There were at least six other groups playing while we were there and we let one of them behind us play through. Our progress tended to be a bit less speedy than theirs and we didn't want them having to wait on us.

As we moved from one hole to the next, our skills were gradually improving. The

discs were still venturing to the left more often than not, but occasionally we had a fairly straight throw. Practice was definitely something we needed.

Moving on for the next few holes things were pretty uneventful. We were thoroughly enjoying this time out as a family. Walking, talking, laughing and learning together.

Then we arrived at the 16th hole. Remember that creek I told you about earlier? Well, at this point in the course it is on your left. And the hole is a dogleg left. From the tee you can't see the basket. Can you see where I'm going with this?

Our son throws first. Amazingly, his disc heads to the right. I'm up next. I have a fairly decent throw with a slight left curve. My husband "tees up", throws with his usual enthusiasm - read that as really hard - and his disc lands safely. Our son sends his second throw down field and lands to the right again, but still playable. My husband loads up and fires his second disc in a beautiful line that curves left, just as he wanted it to. However, it landed a bit left of the fairway after it skipped through the underbrush (we'll call this the rough).

OK, not a problem. It's simply a matter of locating it and throwing from where ever it landed in the rough. But here's where the fun begins. First we can't find it. Oh, wait, there it is... in the creek... at the bottom of about a 45° sloped, 15 foot deep embankment.

Our son, ever eager to be helpful, volunteers "I'll go get it!" "No, no, we can't have you



David "putting" - good throw!



A variety of discs to choose from, all under \$10 each and available at sporting goods stores.

slipping and falling in the water," we replied. (Which knowing my son, was his plan from the start.)

We should have let him go, the outcome might have been different. What we forgot to consider was that it had recently rained, which tends to make our local black clay a bit slippery. Instead, my husband scopes out the well worn path to

the water's edge and down he goes. Slowly and carefully at first, then a little faster as he started to lose traction. He finally came to a stop. Thankfully, the water broke his fall. SPLASH!!

Oh my, I didn't want to laugh, but just couldn't help it. Actually we all got a good laugh out of it. He said the water was fine and we should join him. Having retrieved the disc we decided to head back to the car, cutting our outing short, since my husband was now sopping wet.

We'll be going back to finish the game we started. Next time we plan to pack a towel!

For more information on playing disc golf and course locations visit the Professional Disc Golf Association's website at [www.pdga.org](http://www.pdga.org).

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## Have a Healthy Summer

Set an active example for your kids to follow

by Jamie Williamson, M.D.

The average child spends up to six hours a day watching TV, playing video games and surfing the web. If you think that kids are more active during the summer, think again. A recent study shows that children gain more weight during the summer than during the entire school year! Considering that nearly 40 percent of children in Texas are overweight or obese, it's especially important to make sure your children are eating right and staying active.

Children learn from their parents in more ways than one. By being physically active, parents can be role models and help shape the well-being and health behaviors of their children. Staying active with your children also provides increased energy and endurance, relieves everyday stress and anxiety and promotes a better sense of self.

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 and waste countless hours lounging at home.

Heading out the front door, away from TVs and computers, is the first step, but it also helps to have a plan for how they will be spending their time. The recommended amount of weekly exercise for adults is 30 minutes at least four days of the week. Children

need to have at least 60 minutes of "playtime" every day – whether it's exercise or other active pursuits such as playing tag, throwing a Frisbee, or flying a kite.

For fun-filled days, 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.

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! Become members at a pool and swim laps. For younger children, there's nothing like visiting the park regularly.

Physical activity helps adults and kids sleep better,

lowers the risk of type 2 diabetes, improves leadership and social skills and improves overall health. The key is to get moving. If you find something that you really love to do together, and make a point to do it regularly, the health benefits will follow. Spending time with your children and being active together sends a strong message that health is important. •

Jamie Williamson, M.D., attended medical school at The University of Texas Health Science Center in Houston. After graduation, she completed the Family Practice Residency Program at San Jacinto Methodist Hospital where she served as chief resident. She also completed a Faculty Development Fellowship at the University of Arizona in the Department of Family and Community Medicine. She is board certified in family medicine, and her office is located at Richardson Regional Medical Center's Bush/Renner campus (George Bush Highway and Renner Road). For appointments, please call (214) 239-1053.



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### Dudes Do Dinner

Plano Super Bowl - Food and Fun  
for the Whole Family

By Scot, Mike, Jeff & Craig

Looking for good food and good fun the Dudes made a recent stop at the Plano Super Bowl, the venerable Collin County bowling alley. Aware that our readers might raise an eyebrow at a dining column sampling bowling alley food, the Dudes remind all that our criteria were threefold: food, fun, and family. With these standards established we slipped on our rented shoes, picked our balls (stop giggling), and found our assigned lane.

Now the Dudes freely admit that the Plano Super Bowl snack bar does not have a leather bound menu, white table clothes, and stuffy waiters, but know this: the plastic letters arranged on the grooved board illuminated from behind by fluorescent tubes revealed intriguing items beyond the standard snack bar fare of burgers and fries, hot dogs, and nachos. Javier, the house cook, has developed the “Handmade Menu” featuring some incredibly fresh flavors.

**Dude One:** I immediately locked in on the Grande Beef Fajita Taco with sour cream and guacamole. Served in a buttery, grilled 8 inch flour tortilla, Javier started with his own recipe for Mexican rice, and we’re not talking that orange colored stuff you get out of box. This was light, not gooey, and the refried beans were a far cry from the smooth, plaster-like substance found on the store shelf. These were spiced in such a way that reminded one of boracho beans and mashed such that large chunks of the original pintos were still found throughout. Lightly grilled onion, green bell pepper, grated cheddar and chopped lettuce finished the peripherals. The nicely spiced grilled beef fajita meat stands up any of the finest Mexican food restaurants around. I have always enjoyed my fajita taco meat chopped into smallish cubes (I blame La Taqueria on North Gate in College Station in the early 80’s) and Javier is a cook after my own heart dicing the beef fajita into half inch cubes

Javier also makes the salsa fresh from scratch. With a fresh tomato flavor and just enough latent jalapeno kick it put the Grande Beef Fajita Taco over the top.

**Dude Two:** No bowling alley grill would be complete without a cheesesteak sandwich of some kind but I was skeptical when I saw mine on Texas Toast. Be warned, this isn’t Jenny Craig but it is a



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great sandwich that I’d definitely order again. Complemented with fries that were hot and crisp, it was nothing fancy, just plain good. I’ve been to so many entertainment centers, miniature golf courses, and other family fun places where the food is over-priced, tasteless and seemingly days old – it was refreshing to find someone who’s gotten it right.

**Dude Three:** Steak fingers were my choice. Country fried to perfection, the tender cubed steak was served with thin cut fries reminiscent of those served by a certain fast food purveyor noted for its clown spokesman. They were lightly salted and crisp. The cream gravy for dipping was a perfect match.

If you responsibly desire to have an adult beverage, they are available at a walk-up window a few steps down from the snack bar. We went with soft drinks on this visit (see Mom, I told you I could).

**Dude Four:** Missed this fun outing due to those vicious e-mail gremlins we all have in our computers. Hopefully tech support has resolved the problem by our next dinner.

Newly updated, Plano Super Bowl boasts 48 lanes, all equipped with bumpers should the young ones want to play (or for the older ones who have trouble staying out of the gutter). The bowling is a solid bargain at \$5 game with shoe rental \$3.

If Chris Schenkel never covered one of your tournaments (in other words if you are not a pro) and you have your own ball, Plano Super Bowl organized system to find the one that just right for you utilizing weights and finger hole sizes.

It is also a great place to bring the kids on a hot day. For the kids who don’t want to bowl there is a large video arcade.

Corporate or Group packages are available with optional food and drink packages. Late night specials on Friday and Saturday feature live DJ’s, a light show, and door prizes. And if you are planning a birthday party for your kids or for a friend there are many options available. There are also some deals to be had in off hours. For instance, if you went to Sunday school but want to skip the sermon, a game is only \$1.50 before noon on Sunday.

Plano Super Bowl is at 2521 Ave. K in Plano. From Downtown Wylie travel time is about 20 minutes. •



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## Eliminate Debt and Save Money?

It's all about getting a plan

from Jal Dennis Group of Wylie

**W**ith widespread concern about the value of homes, rising health care costs and the general outlook for the economy, now more than ever, Americans need to set a new course with regard to managing their household finances.

### Debt Facts & Figures

There are two stories of debt in this country. One describes an America that is knee-deep and sinking:

- Today U.S. consumers are carrying more than \$900 billion in credit card balances.<sup>1</sup>
- The average credit card debt load is \$9,659 per household.<sup>2</sup>
- Of cardholders carrying debt, more than one in 10 say they carry credit card balances in excess of \$25,000.<sup>2</sup>

The other describes an America that is facing reality and trying to do better:

- Half of Americans confess to being "concerned" or "extremely concerned" about the amount of credit card debt they have.<sup>2</sup>
- Most U.S. households have no credit card debt; about 25% have no credit cards and an additional 30% of households pay off their balances every month.<sup>1</sup>
- Three out of four Americans (74%) envision themselves being completely debt free at some point in their lives.<sup>2</sup>

If you are ready to face up to your own financial realities and set a plan of action, the time to act is

now. With a measure of self-discipline and a positive attitude, your financial picture can potentially change for the better in about six months.

The following three-part strategy may help you control your cash flow, pay off debt and encourage saving so you can handle the unexpected expenses that may have gotten you into debt in the first place.

### Part One: Track Spending

As a first step, keep track of your typical expenses for one month or so to find out where your money is going. Also figure your unexpected expenses for a year's time—auto and home repairs, gifts, vacations, etc.—and divide that number by 12. Once you have a record of your spending, compare your monthly outlay to your monthly income. If you have a surplus, this is the amount you can apply each month to paying down debt and building savings. If you have a shortfall, you'll need to cut expenses.

### Part Two: Build Savings

A key to establishing good saving habits is to make saving even easier than spending. Here are some tips.

Set up three savings accounts with goals attached to them, and then ask your bank about linking them to your checking account via an ATM card. Account may be labeled similar to the following:

1. "cushion" for emergency cash
2. "expenses" for unexpected bills
3. "investments" for investing

Whether you have direct deposit of your paycheck or you receive your paycheck in hand, keep only what you need to live on for one month (or two weeks, if you get paid every two weeks) in your checking account. If you leave more in checking, you'll probably spend it. If you can, put money equivalent to one month's expenses into your "expenses" account for unexpected bills. The idea is to build at least a small stash so you're less likely to use your credit card if your car needs a new tire.

Begin building your emergency cushion by depositing a portion of each paycheck into your "cushion" savings account. If your goal is to have three months' living expenses, you could reach your goal in 30 months by saving 10% of each month's pay—or in 15 months by saving 20%.

Put whatever is left into your "investments" account, including found money such as birthday and holiday checks, bonuses or money made from a garage sale. If you get a raise, put the difference into this account on a regular basis.

### Step Three: Reduce Debt

Paying off debt is easier once you stop using your cards. Pay off your highest interest credit card debt first, making sure you avoid the "minimum balance trap." Because credit card companies make their money from interest payments, they purposely set those payments low so it will take you years to pay off the balance. Paying more than the minimum can make a big difference.

Consolidate your debt by transferring outstanding balances to lower-rate cards. If you don't want to transfer your balances, chances are that your current credit card company will match the interest rate of a competitor. Just be aware that some of the low rates available are "teaser rates," which only apply during the first 6 to 12 months you have the card. Cancel your old cards so you won't be tempted to use them again or leave them at home unless you really need them.

Set up a realistic payment timetable and stick with it. If you need to readjust your timetable, do so. If you have trouble, talk to a professional. The counselors at the nonprofit National Foundation for Credit Counseling can develop a more structured plan for you, if needed. To find the nearest location, call 1-800-388-2227, or log on to [www.nfcc.org](http://www.nfcc.org).

### Put Time on Your Side

You may not be able to solve your debt problem overnight, but you can solve it over time. Not only will a combined debt reduction and saving strategy begin to lighten the load now, it will help you feel better about your future. •

<sup>1</sup> Source: The Federal Reserve

<sup>2</sup> Source: CardTrak.com

*This article is not intended to provide specific investment or tax advice for any individual. Consult your financial advisor, your tax advisor or us if you have any questions at 972-429-0603.*

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